

Cto Galego O-BM 2011, Trofeo Concello de Arteixo
Resultados SPORTident

Pos	Dorsal	Nombre	Tiempo													F
H Junior (2)				8.2 km 180 m 10 C												
				1(43)	2(31)	3(38)	4(34)	5(35)	6(36)	7(37)	8(40)	9(41)	10(100)		F	
1	518	Sandá López, Efrén	46:51	3:19	9:56	14:34	21:13	25:41	35:49	39:10	41:29	44:13	46:20	46:51		
		SABON Arteixo. A Coruña		3:19	6:37	4:38	6:39	4:28	10:08	3:21	2:19	2:44	2:07	0:31		
2	380	González Rodríguez, Sa	1:20:07	10:57	22:13	32:24	44:39	53:17	1:01:26	1:06:41	1:10:45	1:15:42	1:19:37	1:20:07		
		GALICIA CA Ferrol		10:57	11:16	10:11	12:15	8:38	8:09	5:15	4:04	4:57	3:55	0:30		
H Senior (53)				10.5 km 210 m 12 C												
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(100)	F
1	110	Fernández Casalderrey,	38:24	5:40	11:03	12:52	15:47	19:00	23:01	26:59	31:12	32:36	34:33	36:22	37:59	38:24
		AROMON Pontevedra		5:40	5:23	1:49	2:55	3:13	4:01	3:58	4:13	1:24	1:57	1:49	1:37	0:25
2	519	Feijoo Palleiro, Danie	38:49	4:36	11:09	12:48	16:06	19:36	23:46	27:01	30:54	32:28	34:20	36:11	38:13	38:49
		INDEP Coruña		4:36	6:33	1:39	3:18	3:30	4:10	3:15	3:53	1:34	1:52	1:51	2:02	0:36
3	276	Varela Paz, Borja	39:13	6:05	11:56	13:32	17:17	20:45	24:38	27:11	30:52	32:40	34:21	37:00	38:49	39:13
		GALLAECIA A Coruña		6:05	5:51	1:36	3:45	3:28	3:53	2:33	3:41	1:48	1:41	2:39	1:49	0:24
3	522	Ramos Grela, Jose	39:13	3:59	9:43	11:13	14:36	18:16	22:21	25:24	30:10	32:51	34:35	36:46	38:46	39:13
		INDEP Coruña		3:59	5:44	1:30	3:23	3:40	4:05	3:03	4:46	2:41	1:44	2:11	2:00	0:27
5	197	Carballo Alviarez, Xan	40:02	5:26	11:57	13:43	17:43	21:19	25:36	28:25	32:09	33:52	35:43	37:37	39:33	40:02
		ARTABROS A Coruña		5:26	6:31	1:46	4:00	3:36	4:17	2:49	3:44	1:43	1:51	1:54	1:56	0:29
6	291	Fojo Outeiro, Alejandr	40:17	5:12	11:44	13:13	16:43	21:44	25:34	28:11	32:11	34:26	36:07	38:00	39:49	40:17
		BOMBEIROS A Coruña.		5:12	6:32	1:29	3:30	5:01	3:50	2:37	4:00	2:15	1:41	1:53	1:49	0:28
7	305	Varela Yáñez, Marcos	40:47	4:57	14:32	16:03	19:30	22:51	26:46	29:27	33:06	34:40	36:24	38:42	40:21	40:47
		BOMBEIROS A Coruña.		4:57	9:35	1:31	3:27	3:21	3:55	2:41	3:39	1:34	1:44	2:18	1:39	0:26
8	65	Casado Bravo, David	41:05	4:54	11:30	13:08	17:44	21:51	25:56	28:56	33:00	34:44	36:31	38:49	40:37	41:05
		APA LICEO A Coruña		4:54	6:36	1:38	4:36	4:07	4:05	3:00	4:04	1:44	1:47	2:18	1:48	0:28
9	366	Chas Gómez, Roberto	42:49	5:24	15:04	16:36	20:07	23:41	27:40	31:04	34:50	36:34	38:16	40:10	42:01	42:49
		GALLAECIA A Coruña		5:24	9:40	1:32	3:31	3:34	3:59	3:24	3:46	1:44	1:42	1:54	1:51	0:48
10	222	Roca Santiuste, Benjam	43:59	6:40	13:56	15:37	19:27	23:16	27:50	30:50	34:59	37:18	39:17	41:28	43:32	43:59
		ARTABROS A Coruña		6:40	7:16	1:41	3:50	3:49	4:34	3:00	4:09	2:19	1:59	2:11	2:04	0:27
11	201	Esmoris Lois, José Man	44:34	4:15	9:55	11:24	14:17	18:07	21:56	24:53	29:26	31:51	34:36	39:31	44:00	44:34
		ARTABROS A Coruña		4:15	5:40	1:29	2:53	3:50	3:49	2:57	4:33	2:25	2:45	4:55	4:29	0:34
12	510	Ramos Sánchez, Damian	46:17	6:50	13:08	14:35	18:18	26:05	31:38	34:18	38:12	40:28	42:11	44:04	45:50	46:17
		GALLAECIA A Coruña		6:50	6:18	1:27	3:43	7:47	5:33	2:40	3:54	2:16	1:43	1:53	1:46	0:27
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		ARTABROS A Coruña		5:53	7:56	2:09	4:37	4:21	4:53	3:18	4:01	2:14	1:57	2:46	1:47	0:35
14	195	Canedo Monasterio, Jac	46:45	6:43	14:16	16:16	20:12	24:37	29:17	32:52	37:43	40:10	42:18	44:27	46:17	46:45
		ARTABROS A Coruña		6:43	7:33	2:00	3:56	4:25	4:40	3:35	4:51	2:27	2:08	2:09	1:50	0:28
15	292	González Varela, Franc	47:01	6:55	17:48	19:10	22:31	27:46	31:52	34:42	38:35	40:45	42:27	44:48	46:35	47:01
		BOMBEIROS A Coruña.		6:55	10:53	1:22	3:21	5:15	4:06	2:50	3:53	2:10	1:42	2:21	1:47	0:26
16	189	Brea Rodríguez, Iván	47:24	9:15	16:45	18:25	22:21	26:29	31:12	34:12	37:58	41:10	42:51	45:10	47:00	47:24
		ARTABROS A Coruña		9:15	7:30	1:40	3:56	4:08	4:43	3:00	3:46	3:12	1:41	2:19	1:50	0:24
				3:16:32	3:31:53	3:42:15	4:15:17	4:28:36	5:01:00	5:34:22	6:26:02					
				*112	*113	*114	*115	*116	*117	*118	*32					
17	289	Casanova Corral, Javier	47:26	7:14	14:35	16:18	20:08	23:56	30:08	33:24	38:15	40:32	42:31	45:07	46:56	47:26
		BOMBEIROS A Coruña.		7:14	7:21	1:43	3:50	3:48	6:12	3:16	4:51	2:17	1:59	2:36	1:49	0:30

18	251	García De Las Heras, R GALLAECIA A Coruña	47:34	5:10 5:10	12:28 7:18	14:19 1:51	18:02 3:43	21:49 3:47	26:05 4:16	29:26 3:21	36:25 6:59	39:05 2:40	42:42 3:37	44:59 2:17	47:02 2:03	47:34 0:32
19	273	Santalla Pérez, Jose GALLAECIA A Coruña	48:19	5:40 5:40	12:41 7:01	14:26 1:45	18:37 4:11	25:27 6:50	30:26 4:59	34:37 4:11	39:12 4:35	41:17 2:05	43:22 2:05	45:59 2:37	47:51 1:52	48:19 0:28
20	511	Blanco Puey, Juan Carl BOMBEIROS A Coruña.	50:34	6:57 6:57	14:17 7:20	15:58 1:41	20:15 4:17	24:39 4:24	30:33 5:54	34:43 4:10	39:41 4:58	42:52 3:11	45:06 2:14	47:50 2:44	50:01 2:11	50:34 0:33
21	269	Rodríguez Rodríguez, C GALLAECIA A Coruña	51:51	7:05 7:05	14:34 7:29	16:23 1:49	19:52 3:29	24:16 4:24	30:17 6:01	35:23 5:06	40:39 5:16	42:58 2:19	44:57 1:59	49:05 4:08	51:16 2:11	51:51 0:35
22	238	Vinagre Rey, Marcos ARTABROS A Coruña	53:05	6:04 6:04	13:23 7:19	15:04 1:41	20:59 5:55	25:23 4:24	35:53 10:30	39:04 3:11	43:32 4:28	45:46 2:14	47:39 1:53	50:37 2:58	52:33 1:56	53:05 0:32
23	208	Lareo Martínez, David ARTABROS A Coruña	53:16	6:59 6:59	15:47 8:48	17:49 2:02	23:03 5:14	27:59 4:56	33:50 5:51	38:01 4:11	43:30 5:29	45:23 1:53	47:40 2:17	50:20 2:40	52:45 2:25	53:16 0:31
24	371	Del Río Del Río, Victo APA LICEO A Coruña	55:28	6:25 6:25	16:47 10:22	18:42 1:55	24:02 5:20	29:29 5:27	36:13 6:44	40:09 3:56	45:00 4:51	47:24 2:24	49:39 2:15	52:03 2:24	54:52 2:49	55:28 0:36
25	250	García De Las Heras, F GALLAECIA A Coruña	56:04	7:56 7:56	17:34 9:38	19:20 1:46	23:48 4:28	30:42 6:54	36:02 5:20	39:34 3:32	44:40 5:06	48:02 3:22	50:35 2:33	53:25 2:50	55:32 2:07	56:04 0:32
26	55	Antón Casado, Arturo APA LICEO A Coruña	56:49	6:49 6:49	15:10 8:21	17:32 2:22	22:30 4:58	28:17 5:47	35:16 6:59	39:23 4:07	46:51 7:28	49:19 2:28	51:30 2:11	54:24 2:54	56:18 1:54	56:49 0:31
27	264	Picos Romero, Victor M GALLAECIA A Coruña	56:54	12:22 12:22	21:32 9:10	23:14 1:42	27:23 4:09	32:08 4:45	39:00 6:52	42:02 3:02	46:58 4:56	50:11 3:13	52:25 2:14	54:32 2:07	56:26 1:54	56:54 0:28
28	207	González Rodríguez, Ja ARTABROS A Coruña	58:57	11:52 11:52 44:25	20:05 8:13	22:23 2:18	26:41 4:18	34:01 7:20	39:11 5:10	42:26 3:15	49:16 6:50	51:03 1:47	53:46 2:43	56:14 2:28	58:24 2:10	58:57 0:33
29	358	Senin Canosa, Ignacio APA LICEO A Coruña	59:07	11:26 11:26	20:51 9:25	22:59 2:08	27:20 4:21	32:58 5:38	39:32 6:34	43:43 4:11	49:07 5:24	51:11 2:04	53:32 2:21	56:11 2:39	58:39 2:28	59:07 0:28
30	232	Vázquez González, Migu ARTABROS A Coruña	59:13	6:31 6:31	20:32 14:01	22:29 1:57	27:24 4:55	33:26 6:02	39:22 5:56	43:23 4:01	48:37 5:14	50:58 2:21	53:15 2:17	56:25 3:10	58:37 2:12	59:13 0:36
31	524	Valle Rodríguez, Jesus INDEP Coruña	59:40	9:06 9:06	17:59 8:53	20:24 2:25	25:14 4:50	32:13 6:59	38:54 6:41	42:48 3:54	48:21 5:33	50:48 2:27	53:23 2:35	56:30 3:07	59:07 2:37	59:40 0:33
32	297	Rodríguez Gutierrez, G BOMBEIROS A Coruña.	1:00:33	7:05 7:05	17:35 10:30	19:18 1:43	24:05 4:47	28:44 4:39	35:21 6:37	44:54 9:33	49:46 4:52	53:13 3:27	55:12 1:59	57:43 2:31	59:56 2:13	1:00:33 0:37
33	313	Gonzalez Pantin, Jose GALICIA CA Ferrol	1:03:32	11:53 11:53	22:41 10:48	24:28 1:47	28:28 4:00	33:18 4:50	41:47 8:29	48:58 7:11	53:56 4:58	55:50 1:54	57:46 1:56	1:00:11 2:25	1:02:29 2:18	1:03:32 1:03
34	523	Santiso Presedo, Manue INDEP Coruña	1:08:13	11:47 11:47	21:22 9:35	24:03 2:41	29:00 4:57	34:42 5:42	44:03 9:21	48:59 4:56	55:13 6:14	57:29 2:16	1:00:59 3:30	1:03:54 2:55	1:07:13 3:19	1:08:13 1:00
35	503	Otero Pernas, Alberto MONTAÑA FE Ferrol. A C	1:09:08	14:21 14:21	22:38 8:17	24:21 1:43	28:35 4:14	32:31 3:56	38:36 6:05	42:49 4:13	47:50 5:01	49:48 1:58	51:59 2:11	1:06:05 14:06	1:08:23 2:18	1:09:08 0:45
36	204	García García, Carlos ARTABROS A Coruña	1:09:13	8:25 8:25	18:10 9:45	20:25 2:15	27:20 6:55	39:47 12:27	46:37 6:50	51:17 4:40	57:24 6:07	1:00:30 3:06	1:03:05 2:35	1:05:47 2:42	1:08:19 2:32	1:09:13 0:54
37	501	Melero González-Solare APA LICEO A Coruña	1:09:39	19:34 19:34	27:53 8:19	29:42 1:49	34:12 4:30	40:30 6:18	46:07 5:37	50:34 4:27	56:03 5:29	58:48 2:45	1:00:59 2:11	1:06:25 5:26	1:09:10 2:45	1:09:39 0:29
38	85	Ramos Asensio, Luis Ja APA LICEO A Coruña	1:09:59	16:22 16:22	23:41 7:19	25:33 1:52	32:25 6:52	40:06 7:41	52:00 11:54	55:40 3:40	1:00:30 4:50	1:02:24 1:54	1:04:48 2:24	1:07:36 2:48	1:09:35 1:59	1:09:59 0:24
39	507	Sánchez Marcote, Borja ARTABROS A Coruña	1:11:46	11:43 11:43	21:45 10:02	24:59 3:14	31:36 6:37	37:32 5:56	49:27 11:55	53:30 4:03	1:00:47 7:17	1:03:16 2:29	1:05:50 2:34	1:08:08 2:18	1:11:04 2:56	1:11:46 0:42
40	312	Gonzalez Fernandez, Ev GALICIA CA Ferrol	1:12:23	10:45 10:45	20:19 9:34	23:35 3:16	30:21 6:46	39:12 8:51	47:19 8:07	52:34 5:15	59:27 6:53	1:02:35 3:08	1:05:39 3:04	1:09:17 3:38	1:11:47 2:30	1:12:23 0:36
41	368	Borines García, Diego GALLAECIA A Coruña	1:13:53	29:12 29:12	38:09 8:57	39:40 1:31	43:18 3:38	53:32 10:14	58:51 5:19	1:02:00 3:09	1:05:53 3:53	1:07:52 1:59	1:09:40 1:48	1:11:21 1:41	1:13:20 1:59	1:13:53 0:33
42	525	Varela Garcia, Jose An INDEP Coruña	1:16:11	17:15 17:15	27:53 10:38	30:12 2:19	36:30 6:18	42:54 6:24	51:58 9:04	56:54 4:56	1:03:06 6:12	1:05:24 2:18	1:08:53 3:29	1:11:48 2:55	1:15:06 3:18	1:16:11 1:05
43	302	Teijeiro Ruíz, Diego BOMBEIROS A Coruña.	1:17:15	20:23 20:23	29:35 9:12	31:49 2:14	37:12 5:23	43:55 6:43	51:13 7:18	56:35 5:22	1:03:44 7:09	1:07:31 3:47	1:09:56 2:25	1:13:26 3:30	1:16:20 2:54	1:17:15 0:55
44	281	Gonzalez Alonso, Diego HABELAS HA Vigo	1:19:00	9:53 9:53	22:33 12:40	25:36 3:03	34:36 9:00	42:12 7:36	51:25 9:13	56:28 5:03	1:04:42 8:14	1:07:15 2:33	1:11:49 4:34	1:15:12 3:23	1:18:18 3:06	1:19:00 0:42
45	514	López Rey, Mikel SABON Arteixo. A Coruñ	1:19:51	9:58 9:58	20:38 10:40	22:59 2:21	29:08 6:09	34:46 5:38	53:23 18:37	1:00:11 6:48	1:05:54 5:43	1:08:41 2:47	1:13:31 4:50	1:16:22 2:51	1:19:12 2:50	1:19:51 0:39
46	517	Rizzi Del Zotto, Lione	1:23:12	7:30 7:30	16:10 16:10	18:53 2:43	24:05 5:12	29:38 5:33	45:42 1:02:51	1:02:51 1:11:23	1:14:00 1:14:00	1:16:39 1:16:39	1:19:26 1:19:26	1:22:29 1:22:29	1:23:12 1:23:12	

	SABON Arteixo. A Coruña		7:30	8:40	2:43	5:12	5:33	16:04	17:09	8:32	2:37	2:39	2:47	3:03	0:43
47	279 Diaz Congil, Manuel	1:31:00	20:02	33:05	35:04	42:16	47:32	55:03	1:06:56	1:19:29	1:22:25	1:24:54	1:28:03	1:30:28	1:31:00
	HABELAS HA Vigo		20:02	13:03	1:59	7:12	5:16	7:31	11:53	12:33	2:56	2:29	3:09	2:25	0:32
48	303 Ulloa Fernández, Rober	1:31:54	13:06	22:59	24:52	30:03	43:27	1:08:18	1:12:24	1:18:16	1:23:28	1:25:53	1:28:44	1:31:14	1:31:54
	BOMBEIROS A Coruña.		13:06	9:53	1:53	5:11	13:24	24:51	4:06	5:52	5:12	2:25	2:51	2:30	0:40
49	526 Vazquez Vilela, Ricard	1:46:07	18:35	51:16	54:35	1:00:56	1:08:00	1:15:28	1:21:06	1:29:34	1:36:02	1:39:12	1:41:56	1:45:10	1:46:07
	INDEP Coruña		18:35	32:41	3:19	6:21	7:04	7:28	5:38	8:28	6:28	3:10	2:44	3:14	0:57
50	505 García Ramos, Alberto	1:52:46	19:44	1:13:34	1:15:24	1:19:32	1:24:47	1:31:04	1:37:26	1:41:30	1:44:31	1:46:27	1:48:59	1:51:44	1:52:46
	ARTABROS A Coruña		19:44	53:50	1:50	4:08	5:15	6:17	6:22	4:04	3:01	1:56	2:32	2:45	1:02
			1:51:46												
			*100												
	386 Palleiro Morlan, Oscar	en tarj.	30:48	39:43	41:38	50:01	57:36	-----	-----	-----	-----	1:14:53	1:17:40	1:20:10	1:20:53
	BOMBEIROS A Coruña.		30:48	8:55	1:55	8:23	7:35					17:17	2:47	2:30	0:43
			1:06:43												
			*44												
	512 Enés Nieto, Rubén	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	56:59	1:01:25	1:04:40	1:05:24
	SABON Arteixo. A Coruña											56:59	4:26	3:15	0:44
			36:58												
			*43												
	521 Ochoa, Enrique	en tarj.	6:46	13:32	15:53	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	INDEP Coruña		6:46	6:46	2:21										

H Veteráns (9)

8.2 km 180 m 10 C

1(43) 2(31) 3(38) 4(34) 5(35) 6(36) 7(37) 8(40) 9(41) 10(100) F

1	341 Garcia Lorenzo, Carlos	36:06	2:21	8:11	12:22	17:26	21:43	26:09	29:19	31:24	33:41	35:41	36:06
	MONTAÑA FE Ferrol. A C		2:21	5:50	4:11	5:04	4:17	4:26	3:10	2:05	2:17	2:00	0:25
2	241 Balseiro Pérez, José A	36:57	2:42	7:19	10:54	18:59	22:48	27:16	29:59	32:10	34:22	36:21	36:57
	GALLAECIA A Coruña		2:42	4:37	3:35	8:05	3:49	4:28	2:43	2:11	2:12	1:59	0:36
3	336 Viqueira Nouche, Carlo	42:00	5:31	11:48	16:08	21:56	26:16	31:29	34:54	36:46	39:37	41:26	42:00
	SEO Ordes		5:31	6:17	4:20	5:48	4:20	5:13	3:25	1:52	2:51	1:49	0:34
4	106 Beloso García, Manuel	43:39	5:51	12:23	15:41	21:23	25:39	30:08	35:28	38:10	40:53	43:15	43:39
	AROMON Pontevedra		5:51	6:32	3:18	5:42	4:16	4:29	5:20	2:42	2:43	2:22	0:24
5	198 Carballo Fernández, Ju	45:57	2:48	9:38	13:25	20:25	25:57	31:49	36:16	38:44	42:13	45:18	45:57
	ARTABROS A Coruña		2:48	6:50	3:47	7:00	5:32	5:52	4:27	2:28	3:29	3:05	0:39
6	209 López Pérez, Jose Migu	46:54	3:18	12:00	15:22	22:23	27:31	33:30	37:43	40:16	43:43	46:18	46:54
	ARTABROS A Coruña		3:18	8:42	3:22	7:01	5:08	5:59	4:13	2:33	3:27	2:35	0:36
7	343 López Peiteado, Antoni	53:11	3:47	11:13	19:57	26:34	31:30	41:38	45:16	47:23	50:30	52:42	53:11
	MONTAÑA FE Ferrol. A C		3:47	7:26	8:44	6:37	4:56	10:08	3:38	2:07	3:07	2:12	0:29
8	60 Bugallo García, José R	54:07	4:03	12:35	23:00	30:19	35:49	42:07	45:42	47:57	51:15	53:35	54:07
	APA LICEO A Coruña		4:03	8:32	10:25	7:19	5:30	6:18	3:35	2:15	3:18	2:20	0:32
9	176 Pérez Juste, German	58:21	3:17	12:23	18:10	25:16	37:23	43:49	48:26	50:57	55:24	57:45	58:21
	UNIVERSIDA Vigo		3:17	9:06	5:47	7:06	12:07	6:26	4:37	2:31	4:27	2:21	0:36

D Junior (4)

5.0 km 70 m 8 C

1(43) 2(31) 3(39) 4(38) 5(44) 6(40) 7(41) 8(100) F

1	508 Arcos Trillo, Maria El	2:09:04	7:20	42:41	52:14	1:00:58	1:48:21	1:55:25	2:03:25	2:07:46	2:09:04
	GALLAECIA A Coruña		7:20	35:21	9:33	8:44	47:23	7:04	8:00	4:21	1:18
2	509 Lopez Pita, Estibaliz	2:17:16	15:05	51:17	59:58	1:08:36	1:54:03	2:03:16	2:07:46	2:16:22	2:17:16
	GALLAECIA A Coruña		15:05	36:12	8:41	8:38	45:27	9:13	4:30	8:36	0:54
	513 Freire Blanco, Jennife	en tarj.	16:11	-----	59:49	1:16:42	1:22:44	1:28:06	1:35:16	1:40:38	1:41:34
	SABON Arteixo. A Coruña		16:11		43:38	16:53	6:02	5:22	7:10	5:22	0:56

516 Rey Gómez, Dolores en tarj. 8:19 ----- 51:51 1:08:51 1:14:21 1:20:02 1:27:08 1:32:44 1:33:34
 SABON Arteixo. A Coruña 8:19 43:32 17:00 5:30 5:41 7:06 5:36 0:50

D Senior (11)

8.2 km 180 m 10 C

1(43) 2(31) 3(38) 4(34) 5(35) 6(36) 7(37) 8(40) 9(41) 10(100) F

1	72 Gómez Naya, Sonia	53:42	3:31	12:00	17:02	24:53	31:55	39:08	43:55	46:43	50:34	52:58	53:42
	APA LICEO A Coruña		3:31	8:29	5:02	7:51	7:02	7:13	4:47	2:48	3:51	2:24	0:44
2	188 Bello Rodríguez, Olall	1:01:11	4:09	16:40	22:02	32:08	38:41	45:38	50:24	53:48	58:01	1:00:37	1:01:11
	ARTABROS A Coruña		4:09	12:31	5:22	10:06	6:33	6:57	4:46	3:24	4:13	2:36	0:34
3	199 Carro Mahía, Alejandra	1:08:03	4:38	16:16	22:38	31:46	38:53	52:58	57:25	1:00:30	1:04:10	1:07:17	1:08:03
	ARTABROS A Coruña		4:38	11:38	6:22	9:08	7:07	14:05	4:27	3:05	3:40	3:07	0:46
4	377 Roca Vazquez, Amelia	1:12:19	4:14	13:39	29:51	38:52	46:42	54:14	59:14	1:02:26	1:08:44	1:11:31	1:12:19
	BOMBEIROS A Coruña.		4:14	9:25	16:12	9:01	7:50	7:32	5:00	3:12	6:18	2:47	0:48
5	257 López Eyo, Tania	1:13:46	3:21	18:09	23:08	30:59	42:29	1:01:07	1:05:13	1:07:42	1:11:00	1:13:13	1:13:46
	GALLAECIA A Coruña		3:21	14:48	4:59	7:51	11:30	18:38	4:06	2:29	3:18	2:13	0:33
6	225 Seoane Seijas, Eva	1:28:20	8:12	20:29	31:21	45:32	55:06	1:04:37	1:12:14	1:17:31	1:22:49	1:27:05	1:28:20
	ARTABROS A Coruña		8:12	12:17	10:52	14:11	9:34	9:31	7:37	5:17	5:18	4:16	1:15
7	365 Alvarez Rodriguez, Car	1:28:41	6:57	20:12	36:22	50:01	1:00:21	1:11:19	1:17:00	1:20:19	1:24:43	1:28:03	1:28:41
	GALLAECIA A Coruña		6:57	13:15	16:10	13:39	10:20	10:58	5:41	3:19	4:24	3:20	0:38
8	187 Barros Diz, Natalia	1:32:15	8:51	22:29	35:17	49:30	58:09	1:08:35	1:16:09	1:21:29	1:26:39	1:31:00	1:32:15
	ARTABROS A Coruña		8:51	13:38	12:48	14:13	8:39	10:26	7:34	5:20	5:10	4:21	1:15
9	502 Sánchez Gómez, María d	1:41:34	10:03	26:41	35:10	58:16	1:08:02	1:18:13	1:28:42	1:32:14	1:36:38	1:40:48	1:41:34
	APA LICEO A Coruña		10:03	16:38	8:29	23:06	9:46	10:11	10:29	3:32	4:24	4:10	0:46
10	506 Meiras Casanova, Ana	2:02:02	6:42	21:47	48:19	1:02:40	1:17:50	1:33:49	1:44:14	1:48:04	1:55:56	2:01:10	2:02:02
	ARTABROS A Coruña		6:42	15:05	26:32	14:21	15:10	15:59	10:25	3:50	7:52	5:14	0:52
	515 Piñón Amboage, Tania	en tarj.	3:51	13:23	28:49	-----	-----	-----	-----	37:11	42:08	45:12	45:55
	SABON Arteixo. A Coruña		3:51	9:32	15:26					8:22	4:57	3:04	0:43
												17:21	33:04
												*39	*44