



Pos	Jorsal	Nombre	Tiempo													
<i>Iniciación Longa (107)</i>																
			<i>3,8 km</i>		<i>14 C</i>		<i>(cont.)</i>									
			1(55)	2(51)	3(56)	4(46)	5(57)	6(61)	7(52)	8(53)	9(63)	10(62)	11(58)	12(59)	13(60)	14(200)
			F													
4	9970	Orsolya Vincze APA LICEO A Coruña	1:01:03 2:12 2:12 1:01:03 1:07	6:36 4:24	9:39 3:03	14:32 4:53	17:00 2:28	<b>24:47</b> 7:47	<b>28:42</b> 3:55	38:07 9:25	41:27 3:20	43:13 1:46	48:39 5:26	50:37 1:58	57:51 7:14	59:56 2:05
5	9961	José Vázquez López APA LICEO A Coruña	1:01:07 2:05 2:05 1:01:07 1:09	6:34 4:29	9:48 3:14	14:36 4:48	16:58 2:22	25:05 8:07	28:48 3:43	38:31 9:43	41:30 2:59	43:15 1:45	48:49 5:34	50:39 1:50	58:01 7:22	59:58 1:57
6	9923	Iván Ramil Vázquez	1:02:10 17:55 17:55 1:02:10 0:50	21:06 3:11	23:08 2:02	29:43 6:35	31:09 1:26	36:45 <b>5:36</b>	39:29 2:44	43:53 4:24	46:02 2:09	49:36 3:34	52:44 3:08	53:48 <b>1:04</b>	57:15 3:27	1:01:20 4:05
7	19223	Iria Bello Viruega APA LICEO A Coruña	1:02:48 2:09 2:09 1:02:48 1:39	6:52 4:43	10:10 3:18	14:40 4:30	17:06 2:26	26:05 8:59	29:57 3:52	38:37 8:40	41:25 2:48	43:45 2:20	48:45 5:00	50:45 2:00	58:09 7:24	1:01:09 3:00
8	9944	Sergio Sánchez Don SABON Arteixo. A C	1:03:56 14:50 14:50 1:03:56 <b>0:41</b>	17:49 2:59	19:59 2:10	26:24 6:25	28:08 1:44	33:51 5:43	36:35 2:44	47:44 11:09	48:19 <b>0:35</b>	50:23 2:04	55:22 4:59	57:38 2:16	1:01:34 3:56	1:03:15 1:41
9	9925	Jose Ramos Grela	1:04:00 1:17 1:17 1:04:00 0:54	4:45 3:28	<b>6:18</b> <b>1:33</b>	<b>8:39</b> <b>2:21</b>	<b>10:12</b> 1:33	45:28 35:16	47:33 <b>2:05</b>	51:27 <b>3:54</b>	52:34 1:07	53:55 <b>1:21</b>	56:35 <b>2:40</b>	57:46 1:11	1:01:27 3:41	1:03:06 1:39
10	9967	Norma Vila Pernas APA LICEO A Coruña	1:06:13 5:11 5:11 1:06:13 1:09	10:36 5:25	14:23 3:47	17:17 2:54	19:04 1:47	27:31 8:27	30:25 2:54	<b>36:12</b> 5:47	41:20 5:08	43:20 2:00	46:51 3:31	48:23 1:32	1:02:58 14:35	1:05:04 2:06
11	9932	Carlos Rodríguez Di	1:06:41 2:26 2:26 1:06:41 1:05	5:38 3:12	9:28 3:50	12:46 3:18	14:22 1:36	36:30 22:08	41:58 5:28	47:30 5:32	49:45 2:15	52:51 3:06	59:12 6:21	1:00:41 1:29	1:03:54 <b>3:13</b>	1:05:36 1:42
12	19333	Carlos De La Vega S	1:10:11 2:10 2:10 1:10:11 1:03	8:25 6:15	11:52 3:27	14:53 3:01	18:59 4:06	29:20 10:21	35:02 5:42	41:55 6:53	47:30 5:35	50:17 2:47	1:00:18 10:01	1:02:26 2:08	1:06:43 4:17	1:09:08 2:25
13	19362	Manuel Garrido Ruiz FLUVIAL LU Lugo	1:10:40 2:10 2:10 1:10:40 1:01	7:14 5:04	10:06 2:52	13:28 3:22	15:18 1:50	38:15 22:57	43:14 4:59	50:32 7:18	52:29 1:57	55:05 2:36	1:00:02 4:57	1:01:44 1:42	1:07:49 6:05	1:09:39 1:50
14	19344	J Emilio Fernandez I FLUVIAL LU Lugo	1:12:25 2:12 2:12 1:12:25 1:02	8:56 6:44	16:03 7:07	20:26 4:23	23:20 2:54	44:44 21:24	47:47 3:03	54:06 6:19	57:38 3:32	1:00:10 2:32	1:04:05 3:55	1:05:32 1:27	1:09:18 3:46	1:11:23 2:05
15	993	Maria Pardo Villaver APA LICEO A Coruña	1:12:28 5:18 5:18 1:12:28 1:29	9:55 4:37	13:19 3:24	17:53 4:34	20:20 2:27	28:00 7:40	31:52 3:52	43:22 11:30	46:48 3:26	48:52 2:04	56:59 8:07	58:59 2:00	1:08:27 9:28	1:10:59 2:32
16	225	Eva Seoane Seijas ARTABROS A Coruí	1:13:24 3:01 3:01 1:13:24 1:17	9:10 6:09	12:39 3:29	17:59 5:20	20:27 2:28	34:14 13:47	37:59 3:45	47:24 9:25	51:05 3:41	55:02 3:57	1:00:13 5:11	1:03:29 3:16	1:09:45 6:16	1:12:07 2:22
17	9940	Luis M Saez Abuín FLUVIAL LU Lugo	1:14:58 3:00 3:00 1:14:58 1:25	6:40 3:40	10:39 3:59	13:47 3:08	16:55 3:08	48:31 31:36	51:25 2:54	56:38 5:13	58:38 2:00	1:00:47 2:09	1:04:11 3:24	1:06:04 1:53	1:10:44 4:40	1:13:33 2:49
18	19340	Susana Ezcurra De l ARTABROS A Coruí	1:15:25 2:31 2:31 1:15:25 1:17	11:14 8:43	14:31 3:17	20:25 5:54	22:44 2:19	36:11 13:27	41:07 4:56	49:28 8:21	53:04 3:36	57:04 4:00	1:02:16 5:12	1:05:34 3:18	1:11:49 6:15	1:14:08 2:19
19	19355	Alejandro García Ge SABON Arteixo. A C	1:16:59 27:53 27:53 1:16:59 0:46	30:52 2:59	33:02 2:10	39:28 6:26	41:05 1:37	46:55 5:50	49:38 2:43	1:00:45 11:07	1:01:22 0:37	1:03:25 2:03	1:08:20 4:55	1:10:40 2:20	1:14:39 3:59	1:16:13 1:34
20	178	Montse Perez Vazqu UNIVERSIDA Vigo	1:18:19 4:17 4:17 1:18:19 2:09	11:33 7:16	16:44 5:11	23:40 6:56	26:13 2:33	32:59 6:46	38:17 5:18	50:28 12:11	53:48 3:20	57:23 3:35	1:02:20 4:57	1:04:44 2:24	1:12:55 8:11	1:16:10 3:15
21	9918	Roberto Porteiro Ve SABON Arteixo. A C	1:20:59 2:03 2:03 1:20:59 1:49	9:44 7:41	11:40 1:56	19:35 7:55	20:59 <b>1:24</b>	39:08 18:09	42:51 3:43	51:36 8:45	54:26 2:50	57:20 2:54	1:04:20 7:00	1:07:35 3:15	1:15:30 7:55	1:19:10 3:40
22	19338	Ignacio Dubra SABON Arteixo. A C	1:22:59 2:29 2:29 1:22:59 2:14	7:41 5:12	10:53 3:12	20:22 9:29	22:56 2:34	35:13 12:17	41:05 5:52	50:52 9:47	52:54 2:02	57:05 4:11	1:05:35 8:30	1:08:30 2:55	1:17:27 8:57	1:20:45 3:18
23	19396	Pedro Menchen Lóp USC Santiago de Cc	1:23:22 1:40 1:40 1:23:22 1:07	5:06 3:26	9:30 4:24	12:21 2:51	14:04 1:43	53:49 39:45	57:30 3:41	1:04:13 6:43	1:06:02 1:49	1:08:24 2:22	1:13:07 4:43	1:15:12 2:05	1:20:07 4:55	1:22:15 2:08
24	19386	Montserrat Lopez Fe FLUVIAL LU Lugo	1:23:47 17:36 17:36 1:23:47 1:30	21:03 3:27	24:03 3:00	28:13 4:10	30:29 2:16	40:36 10:07	45:14 4:38	54:44 9:30	57:09 2:25	1:02:08 4:59	1:08:35 6:27	1:10:24 1:49	1:18:18 7:54	1:22:17 3:59
25	19341	Nerea Fachado Rem SABON Arteixo. A C	1:23:51 3:22 3:22 1:23:51 1:00	18:28 15:06	23:25 4:57	30:10 6:45	32:25 2:15	41:30 9:05	45:21 3:51	1:05:21 20:00	1:06:44 1:23	1:08:54 2:10	1:13:49 4:55	1:15:19 1:30	1:20:36 5:17	1:22:51 2:15

Table with 17 columns: Pos, Jorsal, Nombre, Tiempo, and 14 sub-timers (1(55) to 14(200)). Rows include participants like Mar Valcarcel Lopez, Andrés Antonio Can, María Andrade Gonz, etc.

Pos	Jorsal	Nombre	Tiempo															
<b>Iniciación Longa (107)</b>					<b>3,8 km</b>		<b>14 C (cont.)</b>											
					1(55) F	2(51)	3(56)	4(46)	5(57)	6(61)	7(52)	8(53)	9(63)	10(62)	11(58)	12(59)	13(60)	14(200)
48	19358	Alberto García Ramo FLUVIAL LU Lugo	1:37:37	2:28 2:28 1:37:37	11:29 9:01	14:10 2:41	22:56 8:46	24:57 2:01	48:19 23:22	50:38 2:19	1:08:28 17:50	1:15:19 6:51	1:17:27 2:08	1:22:15 4:48	1:24:13 1:58	1:31:37 7:24	1:36:04 4:27	
49	19376	Manuel Iglesias Mar FLUVIAL LU Lugo	1:38:33	10:17 10:17 1:38:33	18:12 7:55	21:54 3:42	26:50 4:56	29:17 2:27	39:57 10:40	46:37 6:40	1:04:31 17:54	1:08:57 4:26	1:14:12 5:15	1:21:00 6:48	1:23:50 2:50	1:32:28 8:38	1:36:46 4:18	
50	19196	María Begoña Alons FLUVIAL LU Lugo	1:39:44	8:20 8:20 1:39:44	15:34 7:14	20:05 4:31	24:38 4:33	26:49 2:11	39:37 12:48	1:09:39 30:02	1:16:43 7:04	1:18:51 2:08	1:21:33 2:42	1:26:35 5:02	1:28:48 2:13	1:36:10 7:22	1:38:35 2:25	
51	19394	Ivan Manuel Mariño FLUVIAL LU Lugo	1:40:31	2:15 2:15 1:40:31	8:02 5:47	10:53 2:51	20:01 9:08	21:40 1:39	38:34 16:54	41:41 3:07	1:05:04 23:23	1:16:22 11:18	1:18:32 2:10	1:26:19 7:47	1:28:51 2:32	1:35:58 7:07	1:39:43 3:45	
52	9935	Ana Belén Rubio Ál TREVINCA O Barco	1:41:17	28:00 28:00 1:41:17	32:10 4:10	34:15 2:05	36:40 2:25	38:13 1:33	45:04 6:51	47:33 2:29	1:16:39 29:06	1:21:43 5:04	1:23:49 2:06	1:30:37 6:48	1:33:34 2:57	1:38:05 4:31	1:39:53 1:48	
53	19371	Pablo González Pér FLUVIAL LU Lugo	1:41:35	3:07 3:07 1:41:35	9:04 5:57	11:51 2:47	20:47 8:56	22:43 1:56	39:30 16:47	42:05 2:35	1:06:12 24:07	1:17:29 11:17	1:19:44 2:15	1:27:46 8:02	1:29:54 2:08	1:37:04 7:10	1:40:47 3:43	
54	19349	Julia Fuertes Saco UNIVERSIDA Vigo	1:44:10	0:32 0:32 1:44:10	4:09 3:37	6:19 2:10	10:35 4:16	12:14 1:39	1:08:45 56:31	1:14:10 5:25	1:25:46 11:36	1:27:42 1:56	1:29:08 1:26	1:33:41 4:33	1:35:50 2:09	1:41:24 5:34	1:43:10 1:46	
55	9916	Javier Pita Calvo FLUVIAL LU Lugo	1:45:38	2:21 2:21 1:45:38	12:54 10:33	16:02 3:08	25:46 9:44	29:24 3:38	42:34 13:10	46:33 3:59	1:09:52 23:19	1:21:00 11:08	1:23:21 2:21	1:31:41 8:20	1:33:58 2:17	1:41:16 7:18	1:44:29 3:13	
56	351	Ángel Pereira Moya TREVINCA O Barco	1:45:56	2:48 2:48 1:45:56	11:57 9:09	16:38 4:41	21:31 4:53	25:01 3:30	30:54 5:53	57:37 26:43	1:06:56 9:19	1:08:52 1:56	1:12:36 3:44	1:30:56 18:20	1:33:08 2:12	1:40:16 7:08	1:44:13 3:57	
57	19373	Paulo Grandío Mont FLUVIAL LU Lugo	1:46:01	4:33 4:33 1:46:01	8:41 4:08	10:39 1:58	13:33 2:54	22:28 8:55	1:19:32 57:04	1:22:19 2:47	1:26:38 4:19	1:27:37 0:59	1:30:28 2:51	1:34:48 4:20	1:36:20 1:32	1:41:03 4:43	1:44:36 3:33	
58	350	María Del Carmen A TREVINCA O Barco	1:46:45	3:50 3:50 1:46:45	12:52 9:02	17:46 4:54	22:37 4:51	25:49 3:12	31:52 6:03	58:33 26:41	1:07:51 9:18	1:09:50 1:59	1:13:38 3:48	1:32:01 18:23	1:33:59 1:58	1:41:32 7:33	1:45:06 3:34	
59	19328	David Castro Villar SABON Arteixo. A C	1:50:21	28:24 28:24 1:50:21	33:26 5:02	36:07 2:41	42:30 6:23	45:02 2:32	1:16:06 31:04	1:19:59 3:53	1:27:16 7:17	1:29:57 2:41	1:32:54 2:57	1:37:33 4:39	1:39:28 1:55	1:46:32 7:04	1:48:48 2:16	
60	9949	Rubén Suazo Arias FLUVIAL LU Lugo	1:51:16	4:36 4:36 1:51:16	8:40 4:04	12:46 4:06	15:58 3:12	17:59 2:01	1:18:23 1:00:24	1:20:56 2:33	1:28:50 7:54	1:30:32 1:42	1:32:42 2:10	1:38:06 5:24	1:40:43 2:37	1:47:50 7:07	1:50:08 2:18	
61	19224	Manuel J Blanco Bu FLUVIAL LU Lugo	1:51:20	29:26 29:26 1:51:20	34:29 5:03	37:10 2:41	42:36 5:26	46:06 3:30	1:17:04 30:58	1:20:40 3:36	1:28:13 7:33	1:30:59 2:46	1:33:52 2:53	1:38:27 4:35	1:40:22 1:55	1:47:35 7:13	1:49:50 2:15	
62	999	Rosa M Perez Rodrí FLUVIAL LU Lugo	1:52:29	23:10 23:10 1:52:29	40:42 17:32	43:55 3:13	49:00 5:05	51:27 2:27	1:07:04 15:37	1:11:58 4:54	1:22:22 10:24	1:25:09 2:47	1:28:31 3:22	1:33:58 5:27	1:37:29 3:31	1:46:53 9:24	1:50:19 3:26	
63	9947	Jose Santalla Ramo FLUVIAL LU Lugo	1:52:31	22:51 22:51 1:52:31	40:37 17:46	43:52 3:15	48:53 5:01	51:22 2:29	1:06:49 15:27	1:12:11 5:22	1:22:19 10:08	1:24:40 2:21	1:28:28 3:48	1:33:51 5:23	1:37:31 3:40	1:46:43 9:12	1:50:16 3:33	
64	9959	Andrea Varela Uzal USC Santiago de Cc	1:53:46	16:10 16:10 1:53:46	23:12 7:02	26:11 2:59	42:30 16:19	45:25 2:55	59:15 13:50	1:04:55 5:40	1:20:06 15:11	1:23:33 3:27	1:26:47 3:14	1:34:57 8:10	1:36:58 2:01	1:46:20 9:22	1:51:37 5:17	
65	19329	Sara Cela Rodríguez FLUVIAL LU Lugo	1:53:52	36:15 36:15 1:53:52	41:52 5:37	44:32 2:40	50:12 5:40	52:26 2:14	1:08:32 16:06	1:12:03 3:31	1:27:54 15:51	1:32:15 4:21	1:34:48 2:33	1:39:58 5:10	1:41:39 1:41	1:48:33 6:54	1:51:58 3:25	
66	9945	Laura Sande Castro MONTAÑA FE Ferro	1:57:01	32:04 32:04 1:57:01	41:29 9:25	47:04 5:35	53:20 6:16	55:48 2:28	1:14:48 19:00	1:19:27 4:39	1:27:57 8:30	1:30:23 2:26	1:33:30 3:07	1:41:25 7:55	1:43:34 2:09	1:51:41 8:07	1:54:51 3:10	
67	19377	Fernando Iglesias R FLUVIAL LU Lugo	1:57:17	4:20 4:20 1:57:17	15:15 10:55	22:07 6:52	26:47 4:40	38:49 12:02	55:27 16:38	1:04:13 8:46	1:16:21 12:08	1:20:07 3:46	1:25:23 5:16	1:32:58 7:35	1:38:03 5:05	1:50:37 12:34	1:54:26 3:49	
68	19216	Javier Arias Fernan FLUVIAL LU Lugo	1:58:15	4:56 4:56 1:58:15	9:27 4:31	12:02 2:35	22:50 10:48	24:54 2:04	1:25:26 1:00:32	1:27:59 2:33	1:35:54 7:55	1:37:36 1:42	1:39:39 2:03	1:45:28 5:49	1:47:46 2:18	1:55:10 7:24	1:57:10 2:00	
69	142	Fernando Del Río P USC Santiago de Cc	1:59:31	21:24 21:24 1:59:31	32:09 10:45	36:53 4:44	46:20 9:27	52:20 6:00	1:07:04 14:44	1:12:58 5:54	1:24:33 11:35	1:27:51 3:18	1:32:23 4:32	1:39:14 6:51	1:42:41 3:27	1:52:56 10:15	1:56:44 3:48	

Pos	Jorsal	Nombre	Tiempo															
<b>Iniciación Longa (107)</b>					<b>3,8 km</b>	<b>14 C (cont.)</b>												
					1(55) F	2(51)	3(56)	4(46)	5(57)	6(61)	7(52)	8(53)	9(63)	10(62)	11(58)	12(59)	13(60)	14(200)
70	19372	Artai González Rodr FLUVIAL LU Lugo	1:59:32	16:11 16:11 1:59:32 0:56	27:07 10:56	29:56 2:49	39:51 9:55	43:16 3:25	56:44 13:28	1:00:29 3:45	1:23:55 23:26	1:35:18 11:23	1:37:19 2:01	1:45:30 8:11	1:47:57 2:27	1:55:10 7:13	1:58:36 3:26	
71	90	Ana Rodríguez Sout APA LICEO A Coruña	2:01:43	2:42 2:42 2:01:43 1:54	12:07 9:25	17:23 5:16	27:15 9:52	34:45 7:30	42:19 7:34	52:15 9:56	1:09:00 16:45	1:13:05 4:05	1:18:25 5:20	1:35:04 16:39	1:39:51 4:47	1:56:56 17:05	1:59:49 2:53	
72	9913	Quique Pérez Soler MONTAÑA FE Ferro	2:02:19	3:36 3:36 2:02:19 2:13	10:22 6:46	13:55 3:33	21:45 7:50	23:30 1:45	1:22:50 59:20	1:25:30 2:40	1:33:11 7:41	1:40:42 7:31	1:42:21 1:39	1:47:30 5:09	1:49:28 1:58	1:56:46 7:18	2:00:06 3:20	
73	9910	Carlos Perez Valin	2:02:24	9:28 9:28 2:02:24 0:43	12:46 3:18	14:45 1:59	20:29 5:44	22:38 2:09	1:07:27 44:49	1:17:58 10:31	1:23:25 5:27	1:31:11 7:46	1:33:14 2:03	1:48:20 15:06	1:49:47 1:27	2:00:11 10:24	2:01:41 1:30	
74	19392	Patricia Lorenzo Fer FLUVIAL LU Lugo	2:02:31	16:51 16:51 2:02:31 1:43	27:51 11:00	33:43 5:52	45:12 11:29	48:05 2:53	1:03:53 15:48	1:10:33 6:40	1:28:25 17:52	1:33:00 4:35	1:38:10 5:10	1:45:07 6:57	1:47:46 2:39	1:56:36 8:50	2:00:48 4:12	
75	19395	Celia Maseda Valiñc FLUVIAL LU Lugo	2:02:55	25:02 25:02 2:02:55 2:30	36:57 11:55	40:31 3:34	49:28 8:57	51:59 2:31	1:15:14 23:15	1:19:56 4:42	1:29:38 9:42	1:33:09 3:31	1:36:25 3:16	1:43:14 6:49	1:46:13 2:59	1:56:07 9:54	2:00:25 4:18	
75	9917	Chiara Porcu Extra FLUVIAL LU Lugo	2:02:55	25:05 25:05 2:02:55 2:27	36:54 11:49	40:28 3:34	49:37 9:09	52:01 2:24	1:15:22 23:21	1:20:10 4:48	1:29:51 9:41	1:33:05 3:14	1:36:27 3:22	1:43:07 6:40	1:46:16 3:09	1:55:57 9:41	2:00:28 4:31	
77	9939	Mª Isabel Saco Fern UNIVERSIDA Vigo	2:03:05	22:53 22:53 2:03:05 1:09	29:33 6:40	33:35 4:02	38:01 4:26	43:27 5:26	1:16:44 33:17	1:21:17 4:33	1:34:44 13:27	1:37:24 2:40	1:41:13 3:49	1:50:07 8:54	1:52:35 2:28	1:59:27 6:52	2:01:56 2:29	
78	19195	Lucia Aguiar Martin FLUVIAL LU Lugo	2:03:09	7:29 7:29 2:03:09 11:30	20:09 12:40	23:09 3:00	32:28 9:19	36:20 3:52	49:47 13:27	53:38 3:51	1:17:00 23:22	1:28:21 11:21	1:30:42 2:21	1:38:25 7:43	1:41:02 2:37	1:48:14 7:12	1:51:39 3:25	
79	9969	Cristina Vinagre Rey ARTABROS A Coruña	2:03:43	4:53 4:53 2:03:43 1:52	13:39 8:46	19:40 6:01	29:20 9:40	36:22 7:02	44:33 8:11	53:13 8:40	1:11:43 18:30	1:14:30 2:47	1:20:02 5:32	1:37:09 17:07	1:41:30 4:21	1:58:44 17:14	2:01:51 3:07	
80	19348	Ana Fuertes Saco UNIVERSIDA Vigo	2:03:47	23:55 23:55 2:03:47 0:56	30:20 6:25	34:29 4:09	38:47 4:18	44:23 5:36	1:17:45 33:22	1:22:12 4:27	1:35:01 12:49	1:38:10 3:09	1:41:54 3:44	1:50:53 8:59	1:53:25 2:32	2:00:25 7:00	2:02:51 2:26	
81	19356	Laura García López USC Santiago de Cc	2:04:00	2:14 2:14 2:04:00 1:41	9:09 6:55	12:06 2:57	28:36 16:30	31:06 2:30	1:32:41 1:01:35	1:35:58 3:17	1:41:39 5:41	1:43:13 1:34	1:45:12 1:59	1:50:01 4:49	1:51:57 1:56	2:00:21 8:24	2:02:19 1:58	
82	9943	Ruben Sánchez Agr FLUVIAL LU Lugo	2:06:06	16:45 16:45 2:06:06 0:48	20:09 3:24	22:12 2:03	47:21 25:09	49:29 2:08	1:30:35 41:06	1:35:17 4:42	1:44:03 8:46	1:46:48 2:45	1:48:57 2:09	1:53:46 4:49	1:55:39 1:53	2:03:19 7:40	2:05:18 1:59	
83	19435	Ruben Ouro Val FLUVIAL LU Lugo	2:10:21	7:00 7:00 2:10:21 1:06	12:14 5:14	14:07 1:53	25:16 11:09	27:09 1:53	1:29:34 1:02:25	1:33:18 3:44	1:49:04 15:46	1:53:47 4:43	1:55:41 1:54	2:01:02 5:21	2:02:37 1:35	2:06:59 4:22	2:09:15 2:16	
84	9920	Marcos Prado Rodrí	2:10:23	3:31 3:31 2:10:23 0:58	6:38 3:07	9:39 3:01	14:35 4:56	16:48 2:13	1:40:24 1:23:36	1:42:43 2:19	1:54:20 11:37	1:55:38 1:18	1:58:15 2:37	2:02:31 4:16	2:03:55 1:24	2:07:54 3:59	2:09:25 1:31	
85	19225	Jose Blanco Janeirc FLUVIAL LU Lugo	2:13:15	23:58 23:58 2:13:15 0:55	27:12 3:14	29:15 2:03	54:27 25:12	56:31 2:04	1:37:40 41:09	1:42:24 4:44	1:51:10 8:46	1:53:54 2:44	1:56:03 2:09	2:00:51 4:48	2:02:44 1:53	2:10:41 7:57	2:12:20 1:39	
86	9912	Alberto Pérez Pereir	2:14:21	9:56 9:56 2:14:21 0:49	13:45 3:49	18:47 5:02	25:18 6:31	26:57 1:39	1:45:16 1:18:19	1:47:24 2:08	1:51:22 3:58	1:52:31 1:09	1:56:02 3:31	2:04:10 8:08	2:06:10 2:00	2:10:02 3:52	2:13:32 3:30	
87	19399	Iván Montero Piñeir FLUVIAL LU Lugo	2:17:23	11:03 11:03 2:17:23 1:12	13:41 2:38	15:52 2:11	27:20 11:28	28:48 1:28	1:36:18 1:07:30	1:40:06 3:48	1:55:51 15:45	2:00:37 4:46	2:02:26 1:49	2:07:52 5:26	2:09:24 1:32	2:13:55 4:31	2:16:11 2:16	
88	19387	Faustino Lopez Perc FLUVIAL LU Lugo	2:20:07	4:58 4:58 2:20:07 2:07	8:02 3:04	15:32 7:30	19:18 3:46	24:18 5:00	1:30:44 1:06:26	1:34:12 3:28	1:50:22 16:10	1:54:56 4:34	1:56:39 1:43	2:02:53 6:14	2:05:31 2:38	2:13:55 8:24	2:18:00 4:05	
89	19336	Francisco Albert Die FLUVIAL LU Lugo	2:20:25	14:14 14:14 2:20:25 1:12	16:48 2:34	18:49 2:01	30:16 11:27	31:58 1:42	1:39:36 1:07:38	1:43:14 3:38	1:59:08 15:54	2:03:49 4:41	2:05:29 1:40	2:11:08 5:39	2:12:42 1:34	2:17:02 4:20	2:19:13 2:11	
90	9933	Adrián Rodríguez Sa FLUVIAL LU Lugo	2:41:20	6:52 6:52 2:41:20 0:55	11:33 4:41	14:21 2:48	24:41 10:20	26:46 2:05	2:01:18 1:34:32	2:04:56 3:38	2:20:12 15:16	2:24:26 4:14	2:26:23 1:57	2:31:45 5:22	2:33:32 1:47	2:38:08 4:36	2:40:25 2:17	
91	140	Cristina Carracedo I USC Santiago de Cc	2:46:32	1:08:26 1:08:26 2:46:32 2:47	1:19:10 10:44	1:23:54 4:44	1:33:21 9:27	1:39:21 6:00	1:54:05 14:44	1:59:59 5:54	2:11:34 11:35	2:14:52 3:18	2:19:24 4:32	2:26:15 6:51	2:29:42 3:27	2:39:57 10:15	2:43:45 3:48	

Pos	Jorsal	Nombre	Tempo														
<b>Iniciación Longa (107)</b>					<b>3,8 km</b>	<b>14 C</b>	<i>(cont.)</i>										
				1(55) F	2(51)	3(56)	4(46)	5(57)	6(61)	7(52)	8(53)	9(63)	10(62)	11(58)	12(59)	13(60)	14(200)
92	19390	Lidia López Correa FLUVIAL LU Lugo	3:12:31	1:12:11 1:12:11 3:12:31 1:07	1:17:57 5:46	1:20:23 2:26	1:25:58 5:35	1:28:03 2:05	1:40:23 12:20	1:43:12 2:49	2:42:08 58:56	2:47:34 5:26	2:48:55 1:21	3:02:14 13:19	3:04:00 1:46	3:09:56 5:56	3:11:24 1:28
	19382	Miguel Angel Limera r en tarj. TREVINCA O Barco		2:02 2:02 1:19:45 4:46	7:23 5:21	9:46 2:23 1:18:04 *100	19:10 9:24	21:07 1:57	32:47 11:40	37:13 4:26	45:32 8:19	56:30 10:58	58:55 2:25	1:04:42 5:47	1:08:06 3:24	1:14:59 6:53	-----
	19197	Sandra Alonso Polo r en tarj. FLUVIAL LU Lugo		4:39 4:39 1:34:48 4:40	15:04 10:25	18:59 3:55 1:33:14 *100	33:59 15:00	38:04 4:05	48:59 10:55	52:49 3:50	1:01:11 8:22	1:11:44 10:33	1:14:16 2:32	1:19:47 5:31	1:23:09 3:22	1:30:08 6:59	-----
	9946	Ismael Sanjurjo Gón r en tarj. BOMBEIROS A Coru		8:44 8:44 1:48:03 4:07	14:24 5:40	17:04 2:40	23:40 6:36	26:01 2:21	-----	-----	-----	-----	-----	-----	-----	-----	1:43:56 1:17:55
	19364	Paz Gonzalez Lope r en tarj. APA LICEO A Coruña		1:38 1:38 2:13:12 2:09	6:09 4:31	7:58 1:49	19:18 11:20	21:28 2:10	-----	-----	-----	-----	-----	-----	-----	-----	2:11:03 1:49:35
	19194	Irene Abeledo Ulla r en tarj. FLUVIAL LU Lugo		6:44 6:44 2:29:35 38:47	13:07 6:23	16:38 3:31	20:59 4:21	24:09 3:10	1:47:22 1:23:13	1:50:48 3:26	-----	-----	-----	-----	-----	-----	-----
	19370	Victor González Mar r en tarj. SEO Ordes		7:58 7:58 2:56:29 2:11	23:16 15:18	29:49 6:33	40:53 11:04	43:00 2:07	1:14:03 31:03	1:26:13 12:10	-----	-----	2:12:04 45:51	2:21:34 9:30	2:25:44 4:10	-----	2:54:18 28:34
	19398	Cristina Montero Ga r en tarj. SABON Arteixo. A C		4:36 4:36 2:59:53 2:46	8:40 4:04	11:22 2:42	15:03 3:41	19:01 3:58	1:42:06 1:23:05	1:46:06 4:00	-----	-----	-----	-----	-----	-----	2:57:07 1:11:01
	19391	Jessica López Espe r en tarj. SABON Arteixo. A C		14:37 14:37 3:24:54 2:45	25:37 11:00	30:49 5:12	35:52 5:03	38:32 2:40	2:07:11 1:28:39	2:11:12 4:01	-----	-----	-----	-----	-----	-----	3:22:09 1:10:57
	19198	Elena Álvarez Carba r en tarj. GALLAECIA A Corui		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	37:11 37:11	40:40 3:29
	19337	Sandra Díaz Monter No sale GALLAECIA A Corui		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	19323	Olalla Caamaño Lop No sale FLUVIAL LU Lugo		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	9966	Santiago Vila Diaz No sale FLUVIAL LU Lugo		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	9950	Miguel Ángel Trejo C No sale TREVINCA O Barco		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	19354	Cristian Garcia Villa No sale FLUVIAL LU Lugo		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	19352	Marcos Garcia Casti No sale		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

<b>Damas 12 (5)</b>						<b>3,6 km</b>	<b>11 C</b>									
				1(55) F	2(51)	3(56)	4(57)	5(61)	6(52)	7(62)	8(58)	9(59)	10(60)	11(200)	F	
1	356	Alba Arufe Seijas APA LICEO A Coruña	1:18:11	5:17 5:17	12:34 7:17	17:10 4:36	22:19 5:09	<b>34:22</b> <b>12:03</b>	<b>39:50</b> 5:28	<b>50:50</b> 11:00	<b>56:44</b> 5:54	<b>1:00:09</b> 3:25	<b>1:11:38</b> 11:29	1:16:57 5:19	<b>1:18:11</b> 1:14	
2	359	Marta Alvelo Blanco AROMON Pontevedr	1:18:13	<b>3:47</b> 3:47	<b>10:20</b> 6:33	<b>13:32</b> 3:12	21:01 7:29	36:42 15:41	40:56 4:14	51:43 10:47	58:38 6:55	1:02:19 3:41	1:13:13 10:54	<b>1:16:31</b> 3:18	1:18:13 1:42	
3	129	Sara Ricoy Rajoy AROMON Pontevedr	2:11:27	4:52 4:52	11:00 6:08	14:00 3:00	<b>17:59</b> <b>3:59</b>	1:44:41 1:26:42	1:48:39 <b>3:58</b>	1:55:45 <b>7:06</b>	1:59:26 <b>3:41</b>	2:01:31 <b>2:05</b>	2:07:52 <b>6:21</b>	2:10:06 2:14	2:11:27 1:21	
4	349	Milagros Morena All TREVINCA O Barco	2:13:31	11:18 11:18	25:14 13:56	30:34 5:20	38:43 8:09	59:27 20:44	1:07:11 7:44	1:31:29 24:18	1:45:08 13:39	1:49:00 3:52	2:07:35 18:35	2:11:50 4:15	2:13:31 1:41	
	361	Sabela Alicia Iglesia AROMON Pontevedr	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	

<b>Damas 14 (1)</b>						<b>4,0 km</b>	<b>14 C</b>										
				1(55) F	2(51)	3(56)	4(46)	5(57)	6(52)	7(49)	8(64)	9(63)	10(62)	11(58)	12(59)	13(60)	14(200)
1	82	Andrea Julia Piñeirc APA LICEO A Coruña	1:50:42	<b>3:02</b> <b>3:02</b> 1:50:42 1:01	<b>10:41</b> <b>7:39</b>	<b>13:06</b> <b>2:25</b>	<b>42:38</b> <b>29:32</b>	<b>46:15</b> <b>3:37</b>	<b>57:46</b> <b>11:31</b>	<b>1:05:50</b> <b>8:04</b>	<b>1:11:22</b> <b>5:32</b>	<b>1:22:15</b> <b>10:53</b>	<b>1:25:12</b> <b>2:57</b>	<b>1:33:28</b> <b>8:16</b>	<b>1:36:04</b> <b>2:36</b>	<b>1:45:59</b> <b>9:55</b>	<b>1:49:41</b> <b>3:42</b>



Pos	Jorsal	Nombre	Tempo														
<b>Damas 21 (15)</b>						<b>6,7 km</b>	<b>15 C</b>	<i>(cont.)</i>									
				1(31) 15(100)	2(33) F	3(32)	4(35)	5(36)	6(38)	7(40)	8(42)	9(57)	10(50)	11(49)	12(48)	13(47)	14(54)
187	Natalia Barros Diz	r en tarj.	7:21 7:21 1:32:37 48:57	8:48 1:27 1:34:43 2:06		12:21 3:33	23:51 11:30	32:38 8:47	43:40 11:02	----	----	----	----	----	----	----	----
19374	Raquel Grandío Mor	r en tarj.	8:35 8:35 2:19:02 15:10	10:53 2:18 2:22:19 3:17		15:34 4:41	39:43 24:09	1:05:27 25:44	1:14:56 9:29	1:30:56 16:00	1:42:56 12:00	2:03:52 20:56	----	----	----	----	----
372	Cristina Fernández l	r en tarj.	8:47 8:47 2:59:06 4:57	9:58 1:11 3:00:25 1:19		12:10 2:12	20:13 8:03	32:13 12:00	42:03 9:50	58:25 16:22	1:17:02 18:37	1:26:02 9:00	1:38:44 12:42	----	2:28:47 50:03	2:45:08 16:21	2:54:09 9:01
352	Nadia Soledad Pfi	rte No sale	----	----		----	----	----	----	----	----	----	----	----	----	----	----
<b>Damas 35 (13)</b>						<b>6,7 km</b>	<b>15 C</b>										
				1(31) 15(100)	2(33) F	3(32)	4(35)	5(36)	6(38)	7(40)	8(42)	9(57)	10(50)	11(49)	12(48)	13(47)	14(54)
1	27 Concepción Gonzál	FLUVIAL LU Lugo	1:49:17 6:59 6:59 1:47:47 4:04	7:48 0:49 1:30 1:49:17 1:30		9:51 2:03	14:48 4:57	22:13 7:25	29:24 7:11	36:10 6:46	42:59 6:49	51:27 8:28	1:00:16 8:49	1:08:29 8:13	1:23:21 14:52	1:30:02 6:41	1:43:43 13:41
2	108 Ana Mª Dios Gonzál	AROMON Pontevedi	2:26:31 6:35 6:35 2:24:16 5:49	7:30 0:55 2:26:31 2:15		15:52 8:22	30:50 14:58	39:36 8:46	49:02 9:26	59:54 10:52	1:08:05 8:11	1:16:34 8:29	1:28:05 11:31	1:39:29 11:24	1:54:52 15:23	2:02:50 7:58	2:18:27 15:37
3	150 Rosa Mª Pernas Mar	USC Santiago de Cc	2:32:41 8:54 8:54 2:30:16 4:06	9:59 1:05 2:32:41 2:25		12:01 2:02	20:14 8:13	28:03 7:49	39:14 11:11	53:29 14:15	1:03:27 9:58	1:16:49 13:22	1:29:23 12:34	1:42:28 13:05	2:02:35 20:07	2:12:03 9:28	2:26:10 14:07
4	170 Ana Iglesias Junzál	UNIVERSIDA Vigo	2:35:25 7:49 7:49 2:33:58 7:16	12:38 4:49 2:35:25 1:27		15:46 3:08	26:55 11:09	39:22 12:27	47:19 7:57	56:22 9:03	1:04:59 8:37	1:14:35 9:36	1:25:26 10:51	1:35:42 10:16	1:50:45 15:03	1:57:43 6:58	2:26:42 28:59
5	38 María Libia Pérez Rc	FLUVIAL LU Lugo	2:38:03 18:36 18:36 2:36:22 3:34	19:27 0:51 2:38:03 1:41		21:01 1:34	29:03 8:02	42:20 13:17	56:38 14:18	1:10:30 13:52	1:26:51 16:21	1:36:23 9:32	1:43:47 7:24	1:59:15 15:28	2:12:36 13:21	2:20:56 8:20	2:32:48 11:52
6	18 Luisa Felpeto Gonz	FLUVIAL LU Lugo	2:44:41 25:17 25:17 2:43:04 4:03	26:08 0:51 2:44:41 1:37		28:03 1:55	42:38 14:35	52:08 9:30	1:02:07 9:59	1:12:07 10:00	1:19:58 7:51	1:27:18 7:20	1:41:28 14:10	1:52:05 10:37	2:12:59 20:54	2:21:32 8:33	2:39:01 17:29
7	138 Margarita Balboa Ba	USC Santiago de Cc	2:52:26 9:11 9:11 2:50:00 3:33	10:07 0:56 2:52:26 2:26		18:12 8:05	24:11 5:59	35:00 10:49	45:26 10:26	58:19 12:53	1:09:10 10:51	1:49:09 39:59	1:59:30 10:21	2:08:18 8:48	2:24:19 16:01	2:32:37 8:18	2:46:27 13:50
8	347 Nuria Valle Ares	MONTAÑA FE Ferro	3:26:18 10:17 10:17 3:23:33 4:35	11:19 1:02 3:26:18 2:45		15:06 3:47	26:41 11:35	43:28 16:47	54:41 11:13	1:05:01 10:20	1:14:34 9:33	1:24:06 9:32	1:43:11 19:05	2:07:06 23:55	2:26:38 19:32	2:57:46 31:08	3:18:58 21:12
30	Paula Medin Cagiao	r en tarj.	17:04 17:04 ----	18:31 1:27 59:18 11:38		20:52 2:21	29:07 8:15	47:40 18:33	----	----	----	----	----	----	----	----	----
9975	Begoña Crespo Quii	r en tarj.	29:33 29:33 ----	30:38 1:05 3:32:05 44:53		33:28 2:50	43:13 9:45	57:05 13:52	1:23:15 26:10	1:34:30 11:15	1:47:39 13:09	2:00:03 12:24	2:22:44 22:41	2:47:12 24:28	----	----	----
162	Olimpia Alvarez Cas	r en tarj.	17:08 17:08 ----	18:27 1:19 ----		21:56 3:29	48:35 26:39	1:01:23 12:48	1:21:33 20:10	1:35:46 14:13	1:48:21 12:35	2:12:15 23:54	2:29:38 17:23	2:45:18 15:40	3:06:38 21:20	----	----
293	Alicia Martínez Rodr	andona	----	----		----	----	----	----	----	----	----	----	----	----	----	----
80	Natalia Pedre Fernál	No sale	----	----		----	----	----	----	----	----	----	----	----	----	----	----
<b>Damas 45 (5)</b>						<b>4,2 km</b>	<b>13 C</b>										
				1(31)	2(33)	3(46)	4(45)	5(52)	6(49)	7(64)	8(53)	9(63)	10(58)	11(59)	12(60)	13(200)	F
1	86 Mª Teresa Rey Sout	APA LICEO A Coruñ	1:30:59 13:16 13:16 1:26	14:42 1:26 11:36 6:02		26:18 13:34	32:20 9:32	45:54 13:34	55:26 9:32	59:18 3:52	1:08:29 9:11	1:10:00 1:31	1:17:02 7:02	1:18:59 1:57	1:26:35 7:36	1:29:21 2:46	1:30:59 1:38
2	133 María Luisa Sanche	AROMON Pontevedi	2:01:52 39:50 39:50 1:09	40:59 1:04:45 1:08:48 4:03		1:04:45 1:23:09	1:08:48 1:32:31	1:23:09 1:36:56	1:32:31 1:43:17	1:36:56 4:25	1:43:17 6:21	1:44:55 1:38	1:52:02 7:07	1:53:45 1:43	1:58:57 5:12	2:00:46 1:49	2:01:52 1:06
3	77 Mª José Naya López	APA LICEO A Coruñ	2:08:20 31:47 31:47 1:16	33:03 43:59 47:48 1:27:49		43:59 1:27:49	47:48 1:38:33	1:27:49 1:38:33	1:38:33 1:43:01	1:43:01 4:28	1:49:24 6:23	1:50:59 1:35	1:57:58 6:59	1:59:42 1:44	2:04:58 5:16	2:06:48 1:50	2:08:20 1:32
218	Mª Elena Ponte Pen	r en tarj.	20:53 20:53 1:00	21:53 11:28 7:05		33:21 11:28	40:26 7:05	----	----	----	----	----	----	----	2:27:22	2:32:25	5:03
54	Marina Amil Serante	No sale	----	----		----	----	----	----	----	----	----	----	----	1:46:56	5:03	----



Pos	Jorsal	Nombre	Tempo																
<b>Damas Élite (7)</b>				<b>7,1 km</b>				<b>17 C</b>											
				1(31) 15(47)	2(33) 16(54)	3(35) 17(100)	4(37) F	5(38)	6(39)	7(40)	8(42)	9(43)	10(45)	11(50)	12(64)	13(63)	14(48)		
1	188	Olalla Bello Rodrígu ARTABROS A Coruá	1:42:06	7:20 7:20	8:01 0:41	15:58 7:57	<b>25:27</b> <b>9:29</b>	<b>27:47</b> <b>2:20</b>	<b>30:29</b> <b>2:42</b>	<b>34:44</b> 4:15	<b>41:16</b> 6:32	<b>44:39</b> <b>3:23</b>	<b>54:26</b> 9:47	<b>1:02:44</b> 8:18	<b>1:11:42</b> <b>8:58</b>	<b>1:16:23</b> 4:41	<b>1:23:06</b> <b>6:43</b>		
2	328	Clara Miguélez Garc SEO Ordes	2:00:12	6:09 6:09	6:49 0:40	16:18 9:29	28:33 12:15	32:20 3:47	40:55 8:35	44:43 3:48	50:45 6:02	55:11 4:26	1:04:43 9:32	1:11:00 6:17	1:20:30 9:30	1:24:29 3:59	1:34:55 10:26		
3	14	Mª Vanessa Ceide V FLUVIAL LU Lugo	2:07:11	6:59 1:50:09	7:44 2:01:08	<b>15:48</b> 2:05:43	27:56 2:07:11	32:21 4:25	37:26 5:05	42:54 5:28	52:05 9:11	57:47 5:42	1:08:40 10:53	1:18:58 10:18	1:28:44 9:46	1:34:05 5:21	1:42:09 8:04		
4	124	Alicia Pérez Alonso AROMON Pontevedr	2:15:37	8:00 19:15	10:59 20:03	4:35 26:01	1:28 40:35	4:35 3:00	55:01 11:26	1:00:33 5:32	1:10:15 9:42	1:15:40 5:25	1:25:20 9:40	1:32:25 7:05	1:43:20 10:55	1:47:11 3:51	1:54:19 7:08		
5	199	Alejandra Carro Ma ARTABROS A Coruá	2:20:30	7:26 2:04:29	8:11 2:14:07	18:20 2:18:57	34:50 2:20:30	38:04 4:25	47:19 9:15	53:21 6:02	59:35 6:14	1:04:04 4:29	1:27:16 23:12	1:33:43 6:27	1:42:56 9:13	1:47:06 4:10	1:54:53 7:47		
6	100	Belén Albaladejo Fe AROMON Pontevedr	2:31:08	9:36 7:23	9:38 1:13	4:50 7:21	1:33 21:03	42:43 5:43	54:45 12:02	1:02:12 7:27	1:08:50 6:38	1:13:11 4:21	1:22:26 9:15	1:28:46 6:20	1:45:17 16:31	1:52:25 7:08	2:07:29 15:04		
	159	Pilar Veiga Barbazá USC Santiago de Cc	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
<b>Homes 12 (1)</b>				<b>3,6 km</b>				<b>11 C</b>											
				1(55) F	2(51)	3(56)	4(57)	5(61)	6(52)	7(62)	8(58)	9(59)	10(60)	11(200)					
1	194	Natnael Candela Igl ARTABROS A Coruá	1:10:43	5:57 5:57	9:51 3:54	15:08 5:17	19:20 4:12	31:06 11:46	34:51 3:45	47:31 12:40	56:03 8:32	57:41 1:38	1:06:24 8:43	1:09:34 3:10	1:10:43 1:09				
<b>Homes 14 (6)</b>				<b>4,0 km</b>				<b>14 C</b>											
				1(55) F	2(51)	3(56)	4(46)	5(57)	6(52)	7(49)	8(64)	9(63)	10(62)	11(58)	12(59)	13(60)	14(200)		
1	353	Raúl Iglesias Náñez ALPINO OUR Ouren	46:25	0:11 0:11 46:25	3:13 3:02	4:57 1:44	9:33 4:36	11:16 1:43	16:02 4:46	20:29 4:27	23:09 2:40	28:07 4:58	29:30 1:23	33:18 3:48	34:44 1:26	43:15 8:31	45:22 2:07		
2	120	Iván Lois Serto AROMON Pontevedr	1:09:25	8:12 1:09:25	12:54 4:42	16:06 3:12	19:45 3:39	21:25 1:40	31:30 10:05	37:00 5:30	40:44 3:44	47:51 7:07	49:47 1:56	58:49 9:02	1:01:00 2:11	1:06:00 5:00	1:08:45 2:45		
3	23	David García Cousil FLUVIAL LU Lugo	1:13:31	0:36 1:13:31	5:11 4:35	7:03 1:52	11:44 4:41	13:47 2:03	20:53 7:06	26:13 5:20	31:51 5:38	43:35 11:44	46:35 3:00	54:25 7:50	57:27 3:02	1:08:03 10:36	1:12:20 4:17		
4	26	Juan Manuel Garrid FLUVIAL LU Lugo	1:21:33	3:59 1:21:33	10:36 6:37	14:24 3:48	19:51 5:27	21:58 2:07	28:37 6:39	34:02 5:25	39:57 5:55	51:28 11:31	54:30 3:02	1:02:35 8:05	1:05:10 2:35	1:15:58 10:48	1:20:15 4:17		
5	388	Adrián Valdés Gonz FLUVIAL LU Lugo	1:23:32	6:03 1:23:32	12:41 6:38	16:29 3:48	21:48 5:19	24:04 2:16	30:57 6:53	36:22 5:25	41:56 5:34	53:31 11:35	56:32 3:01	1:04:23 7:51	1:07:20 2:57	1:18:55 11:35	1:22:22 3:27		
6	91	Diego Rodríguez Vil APA LICEO A Coruñ	1:46:42	1:22 1:46:42	6:18 4:56	9:00 2:42	39:19 30:19	42:12 2:53	53:40 11:28	1:01:41 8:01	1:07:18 5:37	1:17:36 10:18	1:21:10 3:34	1:29:34 8:24	1:32:17 2:43	1:41:49 9:32	1:45:37 3:48		
<b>Homes 16 (4)</b>				<b>4,2 km</b>				<b>13 C</b>											
				1(31)	2(33) F	3(46)	4(45)	5(52)	6(49)	7(64)	8(53)	9(63)	10(58)	11(59)	12(60)	13(200)	F		
1	163	Alejandro Alvarez Tr UNIVERSIDA Vigo	54:18	7:45 7:45	8:22 0:37	14:55 6:33	18:02 3:07	25:16 7:14	30:42 5:26	33:19 2:37	36:51 3:32	39:18 2:27	44:54 5:36	46:30 1:36	50:47 4:17	53:16 2:29	54:18 1:02		
2	39	Brais Piñeiro Fraga FLUVIAL LU Lugo	54:24	7:00 7:00	7:57 0:57	12:27 4:30	15:06 2:39	21:52 6:46	26:59 5:07	32:53 5:54	37:38 4:45	39:41 2:03	44:39 4:58	45:48 1:09	52:06 6:18	53:33 1:27	54:24 0:51		
	380	Santiago González F GALICIA CA Ferrol	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
	13	Pablo Castro Lorenz FLUVIAL LU Lugo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
<b>Homes 20 (4)</b>				<b>6,7 km</b>				<b>15 C</b>											
				1(31) 15(100)	2(33) F	3(32)	4(35)	5(36)	6(38)	7(40)	8(42)	9(57)	10(50)	11(49)	12(48)	13(47)	14(54)		
1	1	Diego Álvarez Abuír FLUVIAL LU Lugo	2:08:57	8:35 2:08:57	9:25 2:08:57	14:02 4:37	18:45 4:43	29:53 11:08	36:10 6:17	<b>42:53</b> <b>6:43</b>	<b>50:28</b> <b>7:35</b>	<b>59:20</b> 8:52	<b>1:16:50</b> 17:30	<b>1:25:55</b> 9:05	<b>1:40:45</b> <b>14:50</b>	<b>1:49:55</b> 9:10	<b>2:04:13</b> 14:18		
2	11	Juan Casas López FLUVIAL LU Lugo	2:14:36	6:23 2:13:01	7:03 2:14:36	8:41 1:38	14:26 5:45	22:00 7:34	29:40 7:40	50:46 21:06	59:07 8:21	1:10:16 11:09	1:21:00 10:44	1:31:57 10:57	1:46:56 14:59	1:54:51 7:55	2:08:53 14:02		

Pos	Jorsal	Nombre	Tempo	1(31) 15(100)	2(33) F	3(32)	4(35)	5(36)	6(38)	7(40)	8(42)	9(57)	10(50)	11(49)	12(48)	13(47)	14(54)		
<b>Homes 20 (4)</b>																			
				<b>6,7 km</b>			<b>15 C (cont.)</b>												
3	19	Simón Fernández B FLUVIAL LU Lugo	2:19:12	18:32 18:32 2:17:52 3:41	19:27 0:55 2:19:12 1:20	24:06 4:39	28:40 <b>4:34</b>	39:55 11:15	46:06 <b>6:11</b>	52:55 6:49	1:00:55 8:00	1:09:23 <b>8:28</b>	1:27:03 17:40	1:35:51 <b>8:48</b>	1:50:42 14:51	1:59:57 9:15	2:14:11 14:14		
4	50	Diego Vila Torres FLUVIAL LU Lugo	3:03:34	24:34 24:34 3:02:06 3:50	25:16 0:42 3:03:34 1:28	27:11 1:55	35:51 8:40	48:23 12:32	1:10:57 22:34	1:18:29 7:32	1:36:06 17:37	1:51:03 14:57	2:10:39 19:36	2:19:53 9:14	2:35:04 15:11	2:44:02 8:58	2:58:16 14:14		
<b>Homes 21 (26)</b>																			
				<b>7,1 km</b>			<b>17 C</b>												
1	75	Iván Mera García APA LICEO A Coruñ	1:18:57	4:04 <b>4:04</b> 1:05:36 <b>4:31</b>	4:38 <b>0:34</b> 1:14:55 9:19	9:03 <b>4:25</b> 1:17:56 3:01	17:43 <b>8:40</b> 1:18:57 1:01	20:07 2:24	22:42 2:35	25:44 <b>3:02</b>	30:13 <b>4:29</b>	33:18 3:05	39:47 6:29	44:31 <b>4:44</b>	51:28 6:57	54:19 2:51	1:01:05 6:46		
2	132	Alfonso Rosado Fra AROMON Pontevedr	1:34:49	5:13 5:13 1:15:59 7:19	5:50 0:37 1:30:48 14:49	11:14 5:24 1:33:50 3:02	22:55 11:41 1:34:49 0:59	24:38 <b>1:43</b>	27:39 3:01	31:05 3:26	36:49 5:44	40:22 3:33	46:45 <b>6:23</b>	51:50 5:05	59:18 7:28	1:01:52 <b>2:34</b>	1:08:40 6:48		
3	239	Carlos David Alonsc GALLAECIA A Corui	1:38:06	4:45 4:45 1:21:44 6:33	5:25 0:40 1:32:43 10:59	11:48 10:28 1:37:03 4:20	22:16 10:28 1:38:06 1:03	24:44 2:28	27:31 2:47	31:58 4:27	37:46 5:48	41:33 3:47	50:19 8:46	56:07 5:48	1:04:27 8:20	1:08:51 4:24	1:15:11 <b>6:20</b>		
4	183	Maikele Rodriguez Dr UNIVERSIDA Vigo	1:38:28	4:11 4:11 1:24:43 7:20	4:48 0:37 1:35:20 10:37	9:45 9:45 1:37:35 <b>2:15</b>	19:30 9:45 1:38:28 <b>0:53</b>	21:54 2:24	24:57 3:03	28:51 3:54	34:09 5:18	38:33 4:24	48:17 9:44	53:22 5:05	1:07:49 14:27	1:10:25 2:36	1:17:23 6:58		
5	273	Jose Santalla Pérez GALLAECIA A Corui	1:48:29	14:24 14:24 1:30:28 5:47	15:00 0:36 1:43:06 12:38	19:59 4:59 1:47:14 4:08	34:21 14:22 1:48:29 1:15	37:23 3:02	40:14 2:51	44:54 4:40	50:15 5:21	54:02 3:47	1:01:22 7:20	1:07:04 5:42	1:15:00 7:56	1:18:15 3:15	1:24:41 6:26		
6	154	Miguel Ramos Pern USC Santiago de Cc	1:50:16	5:26 5:26 1:35:31 5:34	6:04 0:38 1:46:45 11:14	14:30 8:26 1:49:07 2:22	24:16 9:46 1:50:16 1:09	27:12 2:56	29:43 <b>2:31</b>	33:20 3:37	38:53 5:33	42:46 3:53	1:04:47 22:01	1:09:48 5:01	1:16:32 <b>6:44</b>	1:22:20 5:48	1:29:57 7:37		
7	266	Roberto Pousada G GALLAECIA A Corui	1:56:23	8:42 8:42 1:38:34 5:35	9:24 0:42 1:51:05 12:31	15:35 6:11 1:54:30 3:25	28:33 12:58 1:56:23 1:53	30:41 2:08	34:31 3:50	40:09 5:38	46:02 5:53	50:30 4:28	59:28 8:58	1:07:19 7:51	1:21:38 14:19	1:25:24 3:46	1:32:59 7:35		
8	64	Julio Cañas Lara APA LICEO A Coruñ	2:00:48	6:00 6:00 1:42:36 5:50	6:52 0:52 1:54:58 12:22	15:11 8:19 1:59:31 4:33	29:44 14:33 2:00:48 1:17	31:47 2:03	38:23 6:36	44:46 6:23	50:33 5:47	54:15 3:42	1:10:47 16:32	1:17:01 6:14	1:27:02 10:01	1:29:59 2:57	1:36:46 6:47		
9	245	Roberto Carro Garc GALLAECIA A Corui	2:03:06	15:20 15:20 1:51:46 5:37	15:54 <b>0:34</b> 1:58:33 <b>6:47</b>	24:22 8:28 2:01:53 3:20	34:42 10:20 2:03:06 1:13	37:07 2:25	46:45 9:38	53:37 6:52	1:00:34 6:57	1:03:35 <b>3:01</b>	1:11:48 8:13	1:17:44 5:56	1:31:32 13:48	1:37:39 6:07	1:46:09 8:30		
10	370	José Antonio Castri APA LICEO A Coruñ	2:03:57	17:09 17:09 1:45:00 7:11	20:32 3:23 1:59:17 14:17	26:31 5:59 2:02:23 3:06	37:05 10:34 2:03:57 1:34	39:25 2:20	43:05 3:40	48:50 5:45	54:54 6:04	58:40 3:46	1:07:28 8:48	1:14:36 7:08	1:25:06 10:30	1:28:52 3:46	1:37:49 8:57		
11	195	Jacob Canedo Mon ARTABROS A Coruñ	2:07:31	5:31 5:31 1:40:21 9:06	7:32 2:01 2:02:58 22:37	16:45 9:13 2:06:15 3:17	27:00 10:15 2:07:31 1:16	29:48 2:48	33:38 3:50	38:01 4:23	44:00 5:59	49:15 5:15	56:14 6:59	1:01:42 5:28	1:14:06 12:24	1:20:11 6:05	1:31:15 11:04		
12	36	Alejandro Pérez Jan FLUVIAL LU Lugo	2:08:15	5:22 5:22 1:49:49 8:00	6:18 0:56 2:04:23 14:34	13:50 7:32 2:07:11 2:48	23:43 9:53 2:08:15 1:04	26:00 2:17	42:39 16:39	46:46 4:07	53:29 6:43	57:38 4:09	1:12:04 14:26	1:18:54 6:50	1:29:15 10:21	1:33:29 4:14	1:41:49 8:20		
13	283	Manuel Parrado Mac HABELAS HA Vigo	2:11:36	13:09 13:09 1:58:35 6:02	14:02 0:53 2:07:04 8:29	22:11 8:09 2:10:06 3:02	35:20 13:09 2:11:36 1:30	37:44 2:24	43:28 5:44	46:56 3:28	1:04:27 17:31	1:08:08 3:41	1:24:30 16:22	1:30:20 5:50	1:42:39 12:19	1:46:06 3:27	1:52:33 6:27		
14	259	José Ramón Mosqu GALLAECIA A Corui	2:13:52	5:26 5:26 1:55:33 7:07	6:50 1:24 2:04:52 9:19	17:32 10:42 2:12:43 7:51	34:10 16:38 2:13:52 1:09	36:52 2:42	48:51 11:59	52:39 3:48	58:38 5:59	1:02:07 3:29	1:14:29 12:22	1:22:49 8:20	1:35:34 12:45	1:39:36 4:02	1:48:26 8:50		
15	285	Juan Antonio Rodrí HABELAS HA Vigo	2:17:48	5:09 5:09 2:00:54 7:01	6:02 0:53 2:14:09 13:15	18:27 12:25 2:16:51 2:42	37:31 19:04 2:17:48 0:57	40:01 2:30	43:22 3:21	47:54 4:32	54:11 6:17	58:17 4:06	1:07:06 8:49	1:19:14 12:08	1:32:44 13:30	1:35:36 2:52	1:53:53 18:17		
16	287	Emilio Ruiz Lago HABELAS HA Vigo	2:21:48	9:08 9:08 2:05:01 7:19	9:59 0:51 2:18:15 13:14	21:49 11:50 2:20:42 2:27	41:29 19:40 2:21:48 1:06	43:58 2:29	47:18 3:20	51:49 4:31	58:08 6:19	1:02:26 4:18	1:10:58 8:32	1:23:23 12:25	1:36:42 13:19	1:39:33 2:51	1:57:42 18:09		
17	10	Luis Carreira López FLUVIAL LU Lugo	2:29:45	14:18 14:18 2:06:20 7:55	15:34 1:16 2:22:29 16:09	26:08 10:34 2:27:31 5:02	39:48 13:40 2:29:45 2:14	43:21 3:33	52:32 9:11	57:56 5:24	1:05:08 7:12	1:09:19 4:11	1:25:44 16:25	1:32:43 6:59	1:44:29 11:46	1:50:42 6:13	1:58:25 7:43		
18	7	José Manuel Caama FLUVIAL LU Lugo	2:31:43	5:05 5:05 2:12:06 10:11	5:49 0:44 2:25:58 13:52	12:17 6:28 2:29:46 3:48	31:21 19:04 2:31:43 1:57	34:36 3:15	42:45 8:09	46:24 3:39	55:22 8:58	59:35 4:13	1:20:55 21:20	1:28:21 7:26	1:44:00 15:39	1:47:53 3:53	2:01:55 14:02		
19	137	Francisco Javier Ve AROMON Pontevedr	2:49:49	5:37 5:37 2:29:55 9:27	6:49 1:12 2:44:21 14:26	14:39 7:50 2:47:50 3:29	28:07 13:28 2:49:49 1:59	31:17 3:10	50:09 18:52	55:45 5:36	1:03:21 7:36	1:09:16 5:55	1:39:05 29:49	1:46:35 7:30	2:02:06 15:31	2:05:57 3:51	2:20:28 14:31		

Pos	Jorsal	Nombre	Tiempo	1(31) 15(47)	2(33) 16(54)	3(35) 17(100)	4(37) F	5(38)	6(39)	7(40)	8(42)	9(43)	10(45)	11(50)	12(64)	13(63)	14(48)
<b>Homes 21 (26)</b>																	
				<b>7,1 km</b>			<b>17 C (cont.)</b>										
<b>20</b>	<b>215</b>	<b>Alejandro Mancera F ARTABROS A Coruá</b>	<b>2:53:12</b>	10:23 10:23 2:27:13 9:40	11:14 0:51 2:46:41 19:28	22:48 11:34 2:51:32 4:51	38:39 15:51 2:53:12 1:40	45:49 7:10	52:23 6:34	57:17 4:54	1:05:10 7:53	1:10:43 5:33	1:37:17 26:34	1:46:14 8:57	2:03:25 17:11	2:07:58 4:33	2:17:33 9:35
<b>21</b>	<b>17</b>	<b>Patricio Cruz Farías FLUVIAL LU Lugo</b>	<b>3:00:37</b>	6:52 6:52 2:38:56 9:17	8:14 1:22 2:52:03 13:07	18:46 10:32 2:59:19 7:16	42:48 24:02 3:00:37 1:18	47:54 5:06	58:54 11:00	1:02:56 4:02	1:24:53 21:57	1:30:47 5:54	1:43:15 12:28	1:51:41 8:26	2:09:03 17:22	2:20:06 11:03	2:29:39 9:33
<b>22</b>	<b>302</b>	<b>Diego Teijeiro Ruíz BOMBEIROS A Coru</b>	<b>3:07:29</b>	17:09 17:09 2:45:35 6:51	18:26 1:17 2:56:39 11:04	28:21 9:55 3:06:08 9:29	41:53 13:32 3:07:29 1:21	45:09 3:16	50:17 5:08	58:44 8:27	1:07:24 8:40	1:11:24 4:00	1:50:05 38:41	1:55:52 5:47	2:07:35 11:43	2:11:16 3:41	2:38:44 27:28
<b>238</b>		<b>Marcos Vinagre Rey r en tarj. ARTABROS A Coruá</b>	<b>No sale</b>	7:42 7:42 -----	8:34 0:52 -----	19:31 10:57 -----	31:43 12:12 1:33:35 11:52	34:29 2:46	42:36 8:07	56:53 14:17	1:03:03 6:10	1:06:18 3:15	1:14:34 8:16	1:21:43 7:09	-----	-----	-----
<b>326</b>		<b>Alvaro Gómez Andra SEO Ordes</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>61</b>		<b>Adrián Bugallo Iglesias APA LICEO A Coruá</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>107</b>		<b>Marco Antonio Blanco AROMON Pontevedra</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

<b>Homes 21 B (32)</b>																	
				<b>6,7 km</b>		<b>15 C</b>											
				1(31) 15(100)	2(33) F	3(32)	4(35)	5(36)	6(38)	7(40)	8(42)	9(57)	10(50)	11(49)	12(48)	13(47)	14(54)
<b>1</b>	<b>263</b>	<b>Felipe Peña Pita GALLAECIA A Coruá</b>	<b>1:27:48</b>	<b>3:50</b> 3:50 1:26:54 4:16	<b>4:36</b> 0:46 1:27:48 0:54	<b>6:00</b> 1:24	12:25 6:25	20:30 8:05	26:38 6:08	36:28 9:50	41:22 4:54	46:16 4:54	<b>51:33</b> 5:17	<b>57:19</b> 5:46	<b>1:05:48</b> 8:29	<b>1:11:40</b> 5:52	<b>1:22:38</b> 10:58
<b>2</b>	<b>119</b>	<b>Francisco Iglesias V AROMON Pontevedra</b>	<b>1:33:15</b>	7:52 7:52 1:32:14 3:31	9:01 1:09 1:33:15 1:01	10:38 1:37	16:59 6:21	24:35 7:36	30:27 5:52	37:05 6:38	45:14 8:09	51:31 6:17	58:34 7:03	1:05:07 6:33	1:13:30 8:23	1:21:03 7:33	1:28:43 7:40
<b>3</b>	<b>208</b>	<b>David Lareo Martine ARTABROS A Coruá</b>	<b>1:35:12</b>	5:14 5:14 1:33:59 3:01	6:13 0:59 1:35:12 1:13	8:08 1:55	12:36 4:28	<b>20:21</b> 7:45	<b>26:27</b> 6:06	<b>32:23</b> 5:56	<b>38:19</b> 5:56	<b>44:18</b> 5:59	52:52 8:34	1:03:39 10:47	1:16:21 12:42	1:22:22 6:01	1:30:58 8:36
<b>4</b>	<b>174</b>	<b>Vicente Pastoriza Sa UNIVERSIDA Vigo</b>	<b>1:48:33</b>	9:58 9:58 1:47:18 3:25	10:38 0:40 1:48:33 1:15	11:34 0:56	16:59 5:25	28:54 11:55	36:03 7:09	41:36 5:33	47:01 5:25	55:38 8:37	1:04:11 8:33	1:17:24 13:13	1:27:21 9:57	1:35:02 7:41	1:43:53 8:51
<b>5</b>	<b>66</b>	<b>Pablo Castedo López APA LICEO A Coruá</b>	<b>1:49:47</b>	7:47 7:47 1:48:40 4:18	8:59 1:12 1:49:47 1:07	12:25 3:26	20:09 7:44	25:35 5:26	32:45 7:10	39:55 7:10	45:14 5:19	56:31 11:17	1:03:12 6:41	1:11:40 8:28	1:25:15 13:35	1:34:25 9:10	1:44:22 9:57
<b>6</b>	<b>69</b>	<b>Luis García López APA LICEO A Coruá</b>	<b>1:53:42</b>	9:29 9:29 1:52:43 4:17	10:13 0:44 1:53:42 0:59	11:58 1:45	22:09 10:11	30:29 8:20	36:37 6:08	44:04 7:27	48:48 4:44	1:00:22 11:34	1:07:16 6:54	1:15:35 8:19	1:33:49 18:14	1:40:00 6:11	1:48:26 8:26
<b>7</b>	<b>104</b>	<b>David Araujo Rua AROMON Pontevedra</b>	<b>1:57:59</b>	5:27 5:27 1:56:47 4:30	6:07 0:40 1:57:59 1:12	7:43 1:36	<b>11:39</b> 3:56	22:59 11:20	28:39 5:40	35:03 6:24	42:19 7:16	1:01:04 18:45	1:14:09 13:05	1:22:16 8:07	1:33:32 11:16	1:42:12 8:40	1:52:17 10:05
<b>8</b>	<b>3</b>	<b>Manuel Alejandro B FLUVIAL LU Lugo</b>	<b>2:05:11</b>	6:12 6:12 2:03:47 3:38	7:00 0:48 2:05:11 1:24	9:58 2:58	14:38 4:40	25:51 11:13	32:04 6:13	38:51 6:47	46:18 7:27	53:06 6:48	1:13:25 20:19	1:21:49 8:24	1:36:39 14:50	1:45:52 9:13	2:00:09 14:17
<b>9</b>	<b>264</b>	<b>Victor Manuel Picos GALLAECIA A Coruá</b>	<b>2:11:40</b>	17:22 17:22 2:10:02 2:55	17:56 0:34 2:11:40 1:38	21:30 3:34	28:19 6:49	36:05 7:46	46:04 9:59	56:02 9:58	1:03:03 7:01	1:10:35 7:32	1:25:00 14:25	1:35:50 10:50	1:50:25 14:35	1:56:08 5:43	2:07:07 10:59
<b>10</b>	<b>134</b>	<b>Ignacio Talens Pena AROMON Pontevedra</b>	<b>2:13:50</b>	6:06 6:06 2:12:19 5:30	6:56 0:50 2:13:50 1:31	9:13 2:17	33:54 24:41	42:56 9:02	49:16 6:20	1:02:35 13:19	1:10:19 7:44	1:16:44 6:25	1:27:15 10:31	1:36:47 9:32	1:45:24 8:37	1:53:40 8:16	2:06:49 13:09
<b>11</b>	<b>299</b>	<b>Ricardo Sánchez Dí BOMBEIROS A Coru</b>	<b>2:13:59</b>	15:29 15:29 2:12:46 4:23	17:41 2:12 2:13:59 1:13	23:08 5:27	27:38 4:30	35:35 7:57	44:45 9:10	51:06 6:21	58:27 7:21	1:23:01 24:34	1:29:54 6:53	1:38:29 8:35	1:49:27 10:58	1:58:18 8:51	2:08:23 10:05
<b>12</b>	<b>207</b>	<b>Javier González Roc ARTABROS A Coruá</b>	<b>2:14:12</b>	6:24 6:24 2:12:34 3:10	7:19 0:55 2:14:12 1:38	9:08 1:49	17:09 8:01	31:32 14:23	36:43 5:11	44:22 7:39	51:58 7:36	1:07:51 15:53	1:29:57 22:06	1:36:46 6:49	1:51:07 14:21	1:59:10 8:03	2:09:24 10:14
<b>13</b>	<b>155</b>	<b>José Manuel Sampe USC Santiago de Cc</b>	<b>2:33:30</b>	13:33 13:33 2:30:56 3:52	14:27 0:54 2:33:30 2:34	18:42 4:15	25:10 6:28	35:16 10:06	43:13 7:57	1:03:04 19:51	1:11:02 7:58	1:24:54 13:52	1:37:20 12:26	1:46:28 9:08	2:01:25 14:57	2:09:22 7:57	2:27:04 17:42
<b>14</b>	<b>348</b>	<b>Pablo Adrián Aller E TREVINCA O Barco</b>	<b>2:34:34</b>	8:02 8:02 2:32:48 6:49	9:01 0:59 2:34:34 1:46	10:51 1:50	32:48 21:57	43:30 10:42	51:46 8:16	59:33 7:47	1:11:50 12:17	1:26:20 14:30	1:35:12 8:52	1:44:47 9:35	2:01:36 16:49	2:09:08 7:32	2:25:59 16:51

Pos	Jorsal	Nombre	Tempo	1(31) 15(100)	2(33) F	6,7 km 3(32)	15 C 4(35)	(cont.) 5(36)	6(38)	7(40)	8(42)	9(57)	10(50)	11(49)	12(48)	13(47)	14(54)	
<b>Homes 21 B (32)</b>																		
15	79	Fernando Nuñez Po APA LICEO A Coruña	2:34:37	6:06 6:06 2:33:11 8:24	7:19 1:13 2:34:37 1:26	13:40 6:21	21:46 8:06	32:26 10:40	43:58 11:32	50:12 6:14	1:07:59 17:47	1:15:12 7:13	1:29:53 14:41	1:44:20 14:27	1:58:02 13:42	2:06:06 8:04	2:24:47 18:41	
16	281	Diego Gonzalez Alo HABELAS HA Vigo	2:40:29	11:33 11:33 2:39:17 6:07	12:57 1:24 2:40:29 1:12	17:44 4:47	25:31 7:47	34:20 8:49	45:25 11:05	51:52 6:27	1:00:11 8:19	1:12:30 12:19	1:24:17 11:47	1:40:00 15:43	1:56:33 16:33	2:19:32 22:59	2:33:10 13:38	
17	262	Manuel Penabad Fra GALLAECIA A Corui	2:41:59	7:16 7:16 2:40:26 2:55	7:54 0:38 2:41:59 1:33	9:52 1:58	15:46 5:54	21:46 6:00	30:48 9:02	43:43 12:55	51:21 7:38	1:09:18 17:57	1:21:08 11:50	1:36:29 15:21	2:22:16 45:47	2:26:48 4:32	2:37:31 10:43	
18	89	Jose Luis Rodríguez APA LICEO A Coruña	2:44:13	20:07 20:07 2:42:38 4:00	21:27 1:20 2:44:13 1:35	23:06 1:39	33:24 10:18	50:38 17:14	1:07:31 16:53	1:13:19 5:48	1:22:04 8:45	1:29:13 7:09	1:39:14 10:01	2:00:18 21:04	2:13:34 13:16	2:22:56 9:22	2:38:38 15:42	
19	291	Alejandro Fojo Oute BOMBEIROS A Cort	2:44:39	14:40 14:40 2:43:07 4:56	15:19 0:39 2:44:39 1:32	21:02 5:43	28:24 7:22	35:28 7:04	41:37 6:09	48:40 7:03	1:01:55 13:15	1:24:59 23:04	1:31:25 6:26	1:40:37 9:12	1:57:43 17:06	2:13:24 15:41	2:38:11 24:47	
20	9963	Iago Vázquez Mora SABON Arteixo. A C	2:46:44	5:08 5:08 2:44:51 3:22	11:16 6:08 2:46:44 1:53	15:41 4:25	49:07 33:26	59:40 10:33	1:20:42 21:02	1:28:20 7:38	1:39:24 11:04	1:48:11 8:47	1:57:56 9:45	2:07:30 9:34	2:21:54 14:24	2:30:17 8:23	2:41:29 11:12	
21	357	Julio Miguel Casted APA LICEO A Coruña	2:50:15	29:33 29:33 2:49:01 5:35	30:44 1:11 2:50:15 1:14	34:21 3:37	48:02 13:41	58:03 10:01	1:06:38 8:35	1:18:00 11:22	1:28:24 10:24	1:36:05 7:41	1:46:01 9:56	2:03:24 17:23	2:19:22 15:58	2:28:32 9:10	2:43:26 14:54	
22	9378	Francisco Xosé Larr FLUVIAL LU Lugo	2:50:38	19:53 19:53 2:49:13 4:11	20:52 0:59 2:50:38 1:25	21:59 1:07	28:47 6:48	35:07 6:20	42:46 7:39	50:16 7:30	1:05:41 15:25	1:15:48 10:07	1:34:36 18:48	1:40:36 6:00	2:06:01 25:25	2:25:23 19:22	2:45:02 19:39	
23	41	Manuel Rodríguez A FLUVIAL LU Lugo	2:57:34	11:32 11:32 2:56:09 5:56	12:19 0:47 2:57:34 1:25	13:56 1:37	21:53 7:57	32:07 10:14	39:54 7:47	47:47 7:53	58:58 11:11	1:09:28 10:30	1:47:40 38:12	1:57:28 9:48	2:16:03 18:35	2:24:56 8:53	2:50:13 25:17	
24	48	Antonio Soto Fernán FLUVIAL LU Lugo	3:01:12	8:03 8:03 2:59:15 5:52	9:29 1:26 3:01:12 1:57	11:47 2:18	20:11 8:24	32:49 12:38	44:31 11:42	54:55 10:24	1:04:56 10:01	1:19:17 14:21	1:35:18 16:01	1:54:57 19:39	2:17:14 22:17	2:27:44 10:30	2:53:23 25:39	
25	9330	Marcos Corujo Fons USC Santiago de Cc	3:01:37	12:30 12:30 2:59:44 3:32	13:14 0:44 3:01:37 1:53	23:06 9:52	29:04 5:58	35:34 6:30	45:21 9:47	51:46 6:25	1:03:09 11:23	1:22:51 19:42	1:38:45 15:54	2:04:33 25:48	2:20:19 15:46	2:32:30 12:11	2:56:12 23:42	
26	279	Manuel Diaz Congil HABELAS HA Vigo	3:12:41	19:37 19:37 3:11:26 6:10	20:29 0:52 3:12:41 1:15	23:15 2:46	30:49 7:34	45:05 14:16	54:31 9:26	1:04:05 9:34	1:13:41 9:36	1:28:58 15:17	1:38:10 9:12	2:11:05 32:55	2:28:40 17:35	2:51:42 23:02	3:05:16 13:34	
27	217	Eladio Parga Ures ARTABROS A Coruí	3:48:50	9:30 9:30 3:47:01 5:09	10:20 0:50 3:48:50 1:49	11:09 0:49	17:19 6:10	35:46 18:27	47:07 11:21	1:48:28 1:01:21	2:04:47 16:19	2:13:23 8:36	2:23:27 10:04	2:37:24 13:57	2:51:54 14:30	3:01:05 9:11	3:41:52 40:47	
	76	Alfonso Navia Álvaro r en tarj. APA LICEO A Coruña		6:04 6:04 ----- 11:12	7:00 0:56 1:56:09 11:12	10:42 3:42	29:03 18:21	48:22 19:19	56:02 7:40	----- -----	----- -----	1:44:57 48:55	----- -----	----- -----	----- -----	----- -----	----- -----	
	358	Ignacio Senin Cano: r en tarj. APA LICEO A Coruña		37:00 37:00 ----- 2:37:58	46:25 9:25 2:37:58 43:09	49:38 3:13	1:08:14 18:36	1:14:05 5:51	1:28:27 14:22	1:44:00 15:33	1:54:49 10:49	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
	126	Ángel Puime Refojo andona AROMON Pontevedr		----- ----- -----	----- ----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
	9965	Jaime Verdia Mallo USC Santiago de Cc	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
	56	Alvaro Armada Luac APA LICEO A Coruña	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	

<b>Homes 35 (22)</b>																		
Pos	Jorsal	Nombre	Tempo	1(31) 15(47)	2(33) 16(54)	7,1 km 3(35)	17 C 4(37)	5(38)	6(39)	7(40)	8(42)	9(43)	10(45)	11(50)	12(64)	13(63)	14(48)	
1	334	Francisco Varela Lo SEO Ordes	1:29:10	4:39 4:39 1:15:38 4:34	5:16 0:37 1:24:49 9:11	9:41 4:25 1:28:02 3:13	17:57 8:16 1:29:10 1:08	19:57 2:00	25:26 5:29	31:07 5:41	36:32 5:25	40:45 4:13	46:55 6:10	52:24 5:29	59:03 6:39	1:01:35 2:32	1:11:04 9:29	
2	190	Miguel Camblor Qui ARTABROS A Coruí	1:36:34	6:17 6:17 1:24:23 5:50	6:56 0:39 1:33:17 8:54	13:04 6:08 1:35:32 2:15	22:09 9:05 1:36:34 1:02	24:17 2:08	32:30 8:13	36:30 4:00	42:35 6:05	46:00 3:25	52:25 6:25	59:18 6:53	1:09:09 9:51	1:12:25 3:16	1:18:33 6:08	
3	103	Javier Alvelo Frague AROMON Pontevedr	1:40:32	9:09 9:09 1:27:52 6:22	9:56 0:47 1:37:02 9:10	15:38 5:42 1:39:26 2:24	25:22 9:44 1:40:32 1:06	28:36 3:14	35:33 6:57	41:19 5:46	46:30 5:11	50:29 3:59	57:40 7:11	1:02:51 5:11	1:11:25 8:34	1:14:35 3:10	1:21:30 6:55	

Pos	Jorsal	Nombre	Tempo																		
<b>Homes 35 (22)</b>				<b>7,1 km</b>		<b>17 C</b>		<i>(cont.)</i>													
				1(31)	2(33)	3(35)	4(37)	5(38)	6(39)	7(40)	8(42)	9(43)	10(45)	11(50)	12(64)	13(63)	14(48)				
				15(47)	16(54)	17(100)	F														
4	149	José Ramón Pacheco USC Santiago de Compostela	1:42:17	6:13 6:13 1:26:11	7:02 0:49 1:37:09	13:29 6:27 1:40:58	23:09 9:40 1:42:17	26:27 3:18	31:12 4:45	35:56 4:44	42:14 6:18	45:57 3:43	54:41 8:44	1:00:05 5:24	1:08:23 8:18	1:12:35 4:12	1:19:32 6:57				
5	55	Arturo Antón Casado APA LICEO A Coruña	1:45:20	5:10 5:10 1:32:29	5:56 0:46 1:41:34	14:03 8:07 1:44:11	29:17 15:14 1:45:20	31:56 2:39	35:02 3:06	39:34 4:32	46:40 7:06	50:25 3:45	58:41 8:16	1:05:01 6:20	1:13:36 8:35	1:17:03 3:27	1:23:55 6:52				
6	280	Francisco José Ferrer HABELAS HA Vigo	1:51:45	5:08 5:08 1:40:01	5:49 0:41 1:47:56	10:54 5:05 1:50:38	20:15 9:21 1:51:45	23:04 2:49	26:14 3:10	30:28 4:14	36:42 6:14	40:15 3:33	1:00:34 20:19	1:08:12 7:38	1:18:02 9:50	1:22:30 4:28	1:35:23 12:53				
7	253	Eduardo Santiago GALLAECIA A Coruña	1:54:26	8:58 8:58 1:34:38	10:03 1:05 1:49:47	16:19 6:16 1:53:24	29:42 13:23 1:54:26	33:23 3:41	42:38 9:15	46:16 3:38	51:52 5:36	56:11 4:19	1:04:05 7:54	1:09:26 5:21	1:17:45 8:19	1:21:51 4:06	1:28:15 6:24				
8	40	Xoan Manoel Puente FLUVIAL LU Lugo	1:55:50	4:28 4:28 1:41:42	5:11 0:43 1:51:33	15:21 10:10 1:54:23	29:15 13:54 1:55:50	32:39 3:24	40:42 8:03	44:27 3:45	51:30 7:03	55:22 3:52	1:03:28 8:06	1:09:30 6:02	1:17:10 7:40	1:20:37 3:27	1:34:59 14:22				
9	127	José Antonio Ricoy AROMON Pontevedra	1:56:55	9:11 9:11 1:42:49	10:03 0:52 1:52:42	20:14 10:11 1:55:36	32:01 11:47 1:56:55	34:23 2:22	41:32 7:09	46:01 4:29	53:10 7:09	1:00:26 7:16	1:10:35 10:09	1:16:39 6:04	1:25:30 8:51	1:28:44 3:14	1:35:08 6:24				
10	166	José Luis Armada L UNIVERSIDA Vigo	1:58:23	4:32 4:32 1:39:29	5:12 0:40 1:52:07	23:18 18:06 1:57:03	33:17 9:59 1:58:23	36:19 3:02	40:01 3:42	45:57 5:56	52:07 6:10	55:59 3:52	1:06:29 10:30	1:12:48 6:19	1:24:07 11:19	1:27:33 3:26	1:33:48 6:15				
11	340	Jose A. García García MONTAÑA FE Ferro	2:01:44	17:11 17:11 1:43:05	17:47 0:36 1:56:35	22:38 4:51 2:00:35	34:05 11:27 2:01:44	36:09 2:04	43:44 7:35	47:09 3:25	54:25 7:16	57:52 3:27	1:05:31 7:39	1:11:02 5:31	1:18:44 7:42	1:26:32 7:48	1:36:01 9:29				
12	229	Santiago Traveso Ríos ARTABROS A Coruña	2:08:17	6:09 6:09 1:49:36	6:57 0:48 2:01:53	25:57 19:00 2:06:59	37:08 11:11 2:08:17	41:38 4:30	50:50 9:12	55:12 4:22	1:03:02 7:50	1:07:12 4:10	1:15:30 8:18	1:22:08 6:38	1:31:51 9:43	1:35:19 3:28	1:42:41 7:22				
13	9974	Victor A Suarez Alvarez FLUVIAL LU Lugo	2:17:31	12:09 12:09 2:05:02	12:45 0:36 2:13:00	19:23 6:38 2:16:13	29:19 9:56 2:17:31	33:40 4:21	40:50 7:10	50:27 9:37	56:10 5:43	1:01:34 5:24	1:25:01 23:27	1:30:47 5:46	1:43:32 12:45	1:46:42 3:10	1:56:50 10:08				
14	85	Luis Javier Ramos Ramos APA LICEO A Coruña	2:23:34	5:16 5:16 1:54:45	6:04 0:48 2:18:36	16:19 10:15 2:22:25	29:02 12:43 2:23:34	31:59 2:57	38:57 6:58	43:16 4:19	48:34 5:18	51:50 3:16	1:18:43 26:53	1:23:15 4:32	1:33:56 10:41	1:39:45 5:49	1:47:29 7:44				
15	209	Jose Miguel López Fernández ARTABROS A Coruña	2:30:02	5:11 5:11 1:54:14	5:59 0:48 2:23:08	12:30 6:31 2:27:42	23:59 11:29 2:30:02	26:20 2:21	28:57 2:37	37:08 8:11	49:09 12:01	54:12 5:03	1:03:27 9:15	1:10:57 7:30	1:25:03 14:06	1:31:03 6:00	1:43:57 12:54				
16	344	David Perez Marcote MONTAÑA FE Ferro	2:47:07	11:26 11:26 2:30:10	12:21 0:55 2:40:22	23:19 10:58 2:45:43	41:20 18:01 2:47:07	43:57 2:37	54:07 10:10	59:02 4:55	1:08:56 9:54	1:13:22 4:26	1:39:39 26:17	1:46:12 6:33	1:58:09 11:57	2:16:14 18:05	2:22:46 6:32				
17	214	Alfonso Mancera Benito ARTABROS A Coruña	2:56:03	22:29 22:29 2:26:09	23:15 0:46 2:49:11	31:09 7:54 2:53:54	47:15 16:06 2:56:03	49:58 2:43	55:07 5:09	1:04:07 9:00	1:16:22 12:15	1:21:36 5:14	1:36:01 14:25	1:42:28 6:27	2:05:27 22:59	2:08:48 3:21	2:18:15 9:27				
	200	Neil Chase r en tarj. ARTABROS A Coruña		9:12 9:12 -----	9:47 0:35 -----	19:00 9:13 -----	38:43 19:43 1:46:57	40:31 1:48	1:09:46 29:15	-----	-----	-----	-----	-----	-----	-----	-----				
	355	Xan Mariano Trigo Ríos r en tarj. ALPINO OUR Ourense		5:25 5:25 -----	6:12 0:47 -----	13:39 7:27 -----	27:35 13:56 1:58:22	30:34 2:59	41:01 10:27	44:57 3:56	-----	-----	-----	-----	-----	-----	-----				
				-----	-----	-----	1:58:22	1:25:22	1:27:59	1:29:24	1:31:55	1:33:19	1:35:09	1:37:30	1:39:36	1:54:19					
				-----	-----	-----	1:13:25	*37	*39	*36	*41	*42	*40	*36	*55	*43					
				1:55:53	2:10:36	2:17:49	2:19:22	2:22:22	2:24:25	2:25:47	2:26:20	2:27:48	2:29:09	2:29:54	2:33:34	2:34:45	2:35:10				
				*44	*46	*49	*48	*51	*33	*32	*35	*34	*59	*38	*52	*54	*100				
	321	Matías Velázquez González GALICIA CA Ferrol		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
	286	Eladio Rodríguez Pérez HABELAS HA Vigo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
	371	Victor Manuel Del Rio APA LICEO A Coruña	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				

<b>Homes 45 (23)</b>				<b>6,7 km</b>		<b>15 C</b>											
				1(31)	2(33)	3(32)	4(35)	5(36)	6(38)	7(40)	8(42)	9(57)	10(50)	11(49)	12(48)	13(47)	14(54)
				15(100)	F												
1	34	Pedro Parga Andón FLUVIAL LU Lugo	1:45:46	4:12 4:12 1:43:51	4:58 0:46 1:45:46	6:37 1:39	12:27 5:50	18:16 5:49	25:18 7:02	32:11 6:53	39:01 6:50	47:25 8:24	56:11 8:46	1:04:27 8:16	1:19:11 14:44	1:25:58 6:47	1:39:41 13:43











Pos	dorsal	Nombre	Tiempo												
7 FC (4)			8,3 km			20 C (cont.)			8(43)	9(44)	10(46)	11(45)	12(52)	13(47)	14(48)
			1(31)	2(32)	3(34)	4(36)	5(37)	6(39)	7(41)						
			15(53)	16(64)	17(49)	18(50)	19(54)	20(100)	F						
19205		Francisco Javier An r en tarj.	15:09	21:22	33:57	50:42	2:04:31	2:26:31	-----	-----	-----	-----	-----	-----	-----
			15:09	6:13	12:35	16:45	1:13:49	22:00							
			-----	-----	-----	-----	-----	-----	3:37:42						
									1:11:11						
19385		Cesar Lopez Alvarez r en tarj.	<b>8:56</b>	<b>13:16</b>	32:04	42:30	1:34:20	2:09:02	2:27:05	2:40:07	2:47:19	3:08:12	3:13:37	<b>3:22:19</b>	-----
		FLUVIAL LU Lugo	<b>8:56</b>	4:20	18:48	10:26	51:50	34:42	18:03	13:02	7:12	20:53	5:25	<b>8:42</b>	-----
			-----	-----	-----	-----	3:35:28	3:40:31	3:42:44						
							13:09	5:03	2:13						