

**"II Trofeo Descubre-O Concello de Marin" Pastoriza**

jue 01/12/2011 0:02

**Parciales**Creado por [OE2003 © Stephan Krämer 2008](#)

Pos	Dorsal	Nombre	Tiempo																	
INI-CORTA (31)				2.1 km	70 m	13 C														
				1 (33)	2 (37)	3 (76)	4 (38)	5 (45)	6 (64)	7 (66)	8 (67)	9 (69)	10 (72)	11 (74)	12 (75)	13 (100)	F			
1	611	Vázquez Méndez, Laura APA LICEO A Coruña	52:49	8:51	14:40	20:13	23:15	26:35	35:32	39:03	42:17	44:59	46:49	50:31	51:45	52:13	52:49			
2	605	Otero Antelo, Uxia APA LICEO A Coruña	53:04	8:57	14:43	20:18	23:21	26:26	35:57	39:07	42:49	45:15	46:47	50:53	51:57	52:30	53:04			
3	612	Villaverde Jorge, Estela APA LICEO A Coruña	53:17	8:43	14:40	20:09	23:24	28:44	35:38	39:13	43:09	45:02	46:51	50:40	51:53	52:22	53:17			
4	630	Lopez Gonzalez, Javier HABELAS HA Vigo	56:25	5:37	9:41	13:18	15:52	21:42	24:46	28:55	42:32	44:56	46:40	52:54	54:12	55:23	56:25			
5	546	Varela Gutierrez, Juan SEO Ordes	56:29	7:53	11:17	15:09	17:49	23:32	26:13	30:50	44:00	46:46	48:33	54:24	55:14	55:45	56:29			
6	521	Rodilla Irioso, Santiago HABELAS HA Vigo	58:40	-----	18:42	24:02	27:56	33:26	35:15	39:00	45:44	48:38	50:48	56:38	57:17	57:55	58:40			
7	530	Antoñón Casal, Mateo AROMON Pontevedra	1:08:22	-----	19:39	25:15	28:06	31:14	37:05	48:21	51:25	58:01	1:00:55	1:05:19	1:07:25	1:07:50	1:08:22			
8	529	Antoñón Casal, Hugo AROMON Pontevedra	1:08:26	-----	19:34	25:11	28:04	31:20	36:18	48:30	51:28	57:57	1:01:04	1:05:47	1:07:26	1:07:51	1:08:26			
9	520	Gonzalez Regeral Perez, Carl HABELAS HA Vigo	1:09:07	-----	19:13	25:05	27:57	31:40	37:03	48:27	51:27	57:46	1:01:00	1:05:30	1:07:22	1:07:52	1:09:07			
10	629	Lopez Gonzalez, Nicolas HABELAS HA Vigo	1:12:25	27:45	31:44	36:06	38:06	43:50	48:13	52:34	57:58	1:00:51	1:02:46	1:07:18	1:09:37	1:10:43	1:12:25			
11	615	Santos Rodríguez, Marcos APA LICEO A Coruña	1:13:56	15:25	28:34	34:44	40:50	45:08	48:35	52:56	1:03:39	1:05:26	1:07:22	1:10:45	1:11:39	1:13:15	1:13:56			
12	502	Dominguez Arnilla, Maria HABELAS HA Vigo	1:15:20	13:18	31:00	36:03	40:20	43:17	48:45	53:09	56:51	1:01:28	1:04:03	1:11:41	1:13:31	1:14:32	1:15:20			
13	639	Dominguez, Marcos HABELAS HA Vigo	1:15:23	13:21	30:54	36:05	40:17	45:28	48:37	53:10	56:49	1:01:23	1:04:01	1:11:36	1:13:28	1:14:27	1:15:23			
14	591	Garcia Lopez, Carlota ARTABROS A Coruña	1:17:36	7:50	13:28	22:24	26:33	31:07	38:09	44:38	52:13	1:00:00	1:03:13	1:12:33	1:14:34	1:15:57	1:17:36			
15	590	Lopez Perez, M <sup>a</sup> Dolores ARTABROS A Coruña	1:17:45	7:57	13:38	22:17	26:50	31:30	37:49	45:16	52:24	1:00:02	1:03:16	1:12:15	1:14:49	1:16:04	1:17:45			
16	545	Varela Gutierrez, David SEO Ordes	1:21:18	8:13	12:31	18:38	23:04	29:04	41:43	48:28	55:20	1:00:52	1:04:15	1:16:12	1:18:11	1:19:28	1:21:18			
17	510	Rios Rubio, Yurena TREVINCA O Barco de Valdeorr	1:22:08	10:27	16:36	26:34	33:44	39:17	47:52	56:14	1:02:01	1:05:53	1:09:04	1:13:48	1:20:27	1:21:16	1:22:08			
18	526	Trejo Garcia, Nicolás TREVINCA O Barco de Valdeorr	1:26:06	14:20	20:30	30:52	37:28	45:28	51:40	1:00:19	1:06:03	1:09:47	1:12:48	1:17:48	1:24:24	1:25:12	1:26:06			
19	663	Costa Diez, Iñigo Jr HABELAS HA Vigo	1:31:29	19:48	27:45	34:29	40:45	47:22	52:15	58:50	1:05:59	1:12:21	1:17:10	1:25:59	1:28:42	1:30:03	1:31:29			
20	500	Prieto Garcia, Mario HABELAS HA Vigo	1:31:54	10:20	43:37	50:33	56:20	1:02:28	1:03:55	1:08:35	1:12:58	1:16:57	1:19:49	1:27:24	1:29:03	1:30:01	1:31:54			
20	501	Alonso Iglesias, Alicia HABELAS HA Vigo	1:31:54	10:23	44:07	51:08	56:17	1:02:34	1:04:10	1:08:40	1:13:03	1:17:04	1:19:59	1:27:38	1:29:19	1:30:17	1:31:54			
22	540	Beloso Iglesias, Xandre AROMON Pontevedra	1:38:34	11:42	44:58	53:11	57:26	1:03:14	1:05:35	1:11:09	1:17:34	1:23:13	1:26:25	1:33:18	1:37:04	1:37:44	1:38:34			
23	524	Beloso Iglesias, Mauro AROMON Pontevedra	1:39:22	12:49	46:02	53:40	58:09	1:04:01	1:07:06	1:12:35	1:19:23	1:23:30	1:26:30	1:34:02	1:37:28	1:38:14	1:39:22			
24	657	Lista Lista, Elena AROMON Pontevedra	1:40:01	14:21	23:04	44:36	50:14	57:15	1:00:04	1:05:22	1:14:30	1:20:21	1:23:36	1:32:59	1:35:06	1:36:30	1:40:01			
25	656	Sancho Sánchez, Teresa AROMON Pontevedra	1:40:02	14:26	23:07	44:37	50:10	57:13	1:00:09	1:05:20	1:14:24	1:20:26	1:23:34	1:33:06	1:35:11	1:36:31	1:40:02			
26	547	Zuleta Marín, Mileidi FLUVIAL LU Lugo	1:54:07	17:28	25:15	36:42	42:17	50:28	1:08:25	1:16:56	1:23:23	1:28:28	1:41:07	1:48:43	1:50:39	1:51:41	1:54:07			
27	661	Rodriguez Alvarez, Carla HABELAS HA Vigo	2:37:08	52:03	1:01:05	1:06:23	1:12:08	1:52:23	1:55:57	2:02:33	2:07:06	2:10:09	2:15:51	2:29:27	2:35:38	2:36:29	2:37:08			
28	634	Gómez Costas, Irene HABELAS HA Vigo	2:38:06	53:12	1:01:57	1:07:30	1:13:11	1:53:26	1:57:02	2:03:35	2:08:13	2:11:16	2:17:02	2:30:35	2:36:51	2:37:28	2:38:06			
29	633	Fernandez Vázquez, Inés HABELAS HA Vigo	2:38:08	53:08	1:01:59	1:07:21	1:13:10	1:53:25	1:56:56	2:03:34	2:08:11	2:11:25	2:16:54	2:30:28	2:36:58	2:37:31	2:38:08			
	613	Casado Nuñez, Eva APA LICEO A Coruña	en tarj.	7:54	28:20	33:42	38:00	45:55	48:09	52:54	57:19	1:00:31	-----	0:00	-----	0:00	1:42:16			
				7:54	20:26	5:22	4:18	7:55	2:14	4:45	4:25	3:12					41:45			
					11:52:08	3:49	9:36	19:29	26:41	34:21	36:56	44:13	1:01:23	1:04:58	1:10:41	1:26:53	1:31:32			
					*55	*51	*56	*46	*57	*61	*61	*52	*53	*63	*62	*58	*59			
				1:48:53	1:51:55	12:42	23:33	1:05:00	1:22:48	1:28:07										
				*60	*200	*35	*36	*71	*60	*59										
	537	Buceta Armada, Ana HABELAS HA Vigo	en tarj.	24:20	42:33	47:30	-----	1:00:37	1:03:27	1:10:54	1:15:22	1:19:22	1:24:20	1:29:54	1:34:39	1:35:31	1:37:39			
				24:20	18:13	4:57		13:07	2:50	7:27	4:28	4:00	4:58	5:34	4:45	0:52	2:08			
INI-LARGA (87)				3.3 km	90 m	16 C														
				1 (33)	2 (35)	3 (36)	4 (37)	5 (76)	6 (38)	7 (45)	8 (64)	9 (66)	10 (67)	11 (69)	12 (71)	13 (60)	14 (59)			
1	528	Antoñón Clemente, Fco. Javier AROMON Pontevedra	1:11:17	5:03	8:30	12:48	16:11	26:24	29:35	31:19	34:01	36:49	39:37	40:53	45:56	57:56	1:06:31			
2	533	Torrado González, Miguel HABELAS HA Vigo	1:12:26	10:15	17:40	22:00	23:37	26:47	29:15	31:01	34:04	36:18	51:09	53:20	57:12	1:03:30	1:06:53			
3	532	Martínez Lorenzo, Guillermo AROMON Pontevedra	1:13:19	9:06	15:17	25:33	28:30	32:31	35:30	39:38	40:21	42:58	47:30	50:16	55:36	1:05:40	1:07:55			
4	562	Alonso Rodriguez, Jose Maria HABELAS HA Vigo	1:13:25	9:57	13:07	16:52	19:49	29:42	34:58	39:35	40:57	44:16	47:01	48:33	51:06	59:38	1:05:10			
5	563	Martínez America, Vanesa HABELAS HA Vigo	1:13:26	9:53	13:05	17:10	19:49	32:49	35:02	39:40	41:01	44:19	47:01	48:36	51:10	59:57	1:05:34			
6	658	Duarte Marques, José Carlos HABELAS HA Vigo	1:19:02	10:59	15:55	21:19	24:08	28:36	37:22	41:15	41:52	44:41	47:17	48:59	51:58	1:08:03	1:11:45			
7	662	Vincze, Orsolya	1:19:51	9:27	16:17	19:05	20:40	23:45	27:28	29:33	31:59	36:33	41:24	42:41	44:55	1:11:06	1:13:43			

This version of Total HTML Converter is unregistered.																	
		APA LICEO A Coruña	9:27	6:50	2:48	1:35	3:05	3:43	2:05	2:26	4:34	4:51	1:17	2:14	26:11	2:37	
			1:18:25	1:19:11	1:19:51		50:30										
			4:42	0:46	0:40		*59										
8	564	Martínez Lorenzo, Daniel	1:21:53	8:22	18:02	22:34	25:34	29:30	32:19	36:32	36:53	38:40	40:57	53:10	54:07	1:11:28	1:13:27
		HABELAS HA Vigo	8:22	9:40	4:32	3:00	3:56	2:49	4:13	0:21	1:47	2:17	12:13	0:57	17:21	1:59	
			1:19:29	1:21:12	1:21:53												
			6:02	1:43	0:41												
9	551	Alonso Menéndez, María Begoñ	1:23:35	10:49	27:29	31:07	34:20	38:55	41:43	44:28	47:33	50:25	53:31	55:38	59:53	1:13:07	1:15:22
		FLUVIAL LU Lugo	10:49	16:40	3:38	3:13	4:35	2:48	2:45	3:05	2:52	3:06	2:07	4:15	13:14	2:15	
			1:21:29	1:22:50	1:23:35												
			6:07	1:21	0:45												
10	600	Reyes Fernández, José Antoni	1:24:55	17:06	21:36	25:22	45:03	47:40	50:46	53:05	55:29	57:46	1:00:57	1:02:25	1:06:03	1:14:42	1:16:21
		AROMON Pontevedra	17:06	4:30	3:46	19:41	2:37	3:06	2:19	2:24	2:17	3:11	1:28	3:38	8:39	1:39	
			1:22:25	1:24:09	1:24:55												
			6:04	1:44	0:46												
11	601	Reyes Loureiro, Ana María	1:24:57	17:23	21:38	25:24	45:05	47:42	50:52	55:13	55:33	57:48	1:01:08	1:02:32	1:06:06	1:14:47	1:16:32
		AROMON Pontevedra	17:23	4:15	3:46	19:41	2:37	3:10	4:21	0:20	2:15	3:20	1:24	3:34	8:41	1:45	
			1:22:35	1:24:11	1:24:57												
			6:03	1:36	0:46												
12	609	Maira Suárez, Belén	1:26:33	8:37	14:30	21:48	25:41	30:01	33:26	36:52	43:26	49:05	52:35	54:51	58:42	1:11:42	1:15:47
		APA LICEO A Coruña	8:37	5:53	7:18	3:53	4:20	3:25	3:26	6:34	5:39	3:30	2:16	3:51	13:00	4:05	
			1:23:56	1:25:40	1:26:33												
			8:09	1:44	0:53												
13	606	Vila Pernas, Norma	1:28:13	9:49	13:11	27:43	30:27	34:24	37:22	39:35	41:48	43:42	46:31	48:54	58:26	1:18:38	1:21:08
		APA LICEO A Coruña	9:49	3:22	14:32	2:44	3:57	2:58	2:13	2:13	1:54	2:49	2:23	9:32	20:12	2:30	
			1:26:41	1:27:28	1:28:13												
			5:33	0:47	0:45												
14	572	Vilas Creo, Diego	1:30:28	11:57	16:11	28:09	32:08	34:59	44:13	45:53	52:08	54:23	1:09:24	1:11:24	1:15:05	1:21:38	1:25:04
		HABELAS HA Vigo	11:57	4:14	11:58	3:59	2:51	9:14	1:40	6:15	2:15	15:01	2:00	3:41	6:33	3:26	
			1:28:59	1:29:42	1:30:28			1:29:44									
			3:55	0:43	0:46			*100									
15	556	Lafuente, Juan José	1:31:40	30:43	43:11	47:00	48:40	57:08	58:46	1:02:43	1:02:35	1:05:01	1:07:56	1:10:06	1:17:51	1:24:30	1:25:41
		FLUVIAL LU Lugo	30:43	12:28	3:49	1:40	8:28	1:38	3:57			2:26	2:55	2:10	7:45	6:39	1:11
			1:30:19	1:30:57	1:31:40												
			4:38	0:38	0:43												
16	560	Travieso Martínez, Esperanza	1:32:27	7:00	12:55	25:05	28:30	32:54	36:00	39:57	49:15	54:31	58:22	1:01:36	1:05:13	1:16:57	1:22:48
		ARTABROS A Coruña	7:00	5:55	12:10	3:25	4:24	3:06	3:57	9:18	5:16	3:51	3:14	3:37	11:44	5:51	
			1:30:04	1:31:11	1:32:27												
			7:16	1:07	1:16												
16	559	Prado Costoya, Jaime	1:32:27	6:55	12:56	25:02	28:28	32:51	36:01	39:56	49:11	54:28	57:43	1:01:31	1:05:09	1:16:59	1:22:42
		ARTABROS A Coruña	6:55	6:01	12:06	3:26	4:23	3:10	3:55	9:15	5:17	3:15	3:48	3:38	11:50	5:43	
			1:29:58	1:31:08	1:32:27												
			7:16	1:10	1:19												
18	565	Loira Ave, Mariña	1:33:31	7:23	20:30	24:05	27:40	31:17	34:54	37:33	39:58	42:29	50:20	53:11	59:53	1:11:43	1:14:48
		HABELAS HA Vigo	7:23	13:07	3:35	3:35	3:37	3:37	2:39	2:25	2:31	7:51	2:51	59:53	1:11:43	1:14:48	
			1:26:17	1:28:15	1:33:31												
			11:29	1:58	5:16												
19	647	Sanjurjo Gómez, Ismael	1:34:15	12:31	37:57	41:47	43:46	46:45	49:55	51:58	55:16	59:11	1:02:11	1:03:57	1:06:51	1:23:15	1:26:52
		BOMBEIROS A Coruña.	12:31	25:26	3:50	1:59	2:59	3:10	2:03	3:18	3:55	3:00	1:46	2:54	16:24	3:37	
			1:32:07	1:33:31	1:34:15												
			5:15	1:24	0:44												
20	557	García Barbeira, Pablo	1:34:21	19:03	20:31	24:43	26:39	1:03:42	1:04:42	1:08:23	1:08:10	1:10:04	1:11:55	1:12:51	1:21:46	1:28:10	1:29:25
		HABELAS HA Vigo	19:03	1:28	4:12	1:56	37:03	1:00	3:41			1:54	1:51	0:56	8:55	6:24	1:15
			1:33:07	1:33:43	1:34:21												
			3:42	0:36	0:38												
21	654	González Comesaña, Lucía	1:34:52	7:58	27:20	42:32	44:13	48:06	51:17	55:58	56:41	59:33	1:03:47	1:05:34	1:08:54	1:19:46	1:26:47
		AROMON Pontevedra	7:58	19:22	15:12	1:41	3:53	3:11	4:41	0:43	2:52	4:14	1:47	3:20	10:52	7:01	
			1:32:03	1:34:07	1:34:52												
			5:16	2:04	0:45												
22	574	Santos Blanco, Juan	1:35:49	6:28	27:14	32:42	36:20	39:06	41:25	46:00	45:53	48:13	50:10	51:44	54:46	1:25:35	1:28:58
		HABELAS HA Vigo	6:28	20:46	5:28	3:38	2:46	2:19	4:35			2:20	1:57	1:34	3:02	30:49	3:23
			1:33:55	1:34:58	1:35:49												
			4:57	1:03	0:51												
23	541	Díaz Falcón, Gilberto	1:36:20	8:08	16:29	32:29	35:57	42:29	49:53	55:05	56:14	1:00:40	1:05:33	1:07:54	1:12:11	1:22:28	1:26:48
		AROMON Pontevedra	8:08	8:21	16:00	3:28	6:32	7:24	5:12	1:09	4:26	4:53	2:21	4:17	10:17	4:20	
			1:33:40	1:35:02	1:36:20												
			6:52	1:22	1:18												
24	542	Díaz Chub, Alexander	1:36:23	8:10	16:36	32:52	35:56	42:34	49:48	52:53	56:19	1:00:46	1:05:31	1:07:50	1:12:05	1:22:49	1:27:12
		AROMON Pontevedra	8:10	8:26	16:16	3:04	6:38	7:14	3:05	3:26	4:27	4:45	2:19	4:15	10:44	4:23	
			1:33:47	1:35:18	1:36:23												
			6:35	1:31	1:05												
25	604	Rial Iglesias, Ana	1:37:22	10:46	15:58	27:09	30:40	35:09	37:51	43:06	45:20	50:07	53:36	57:06	1:00:36	1:11:30	1:13:53
		AROMON Pontevedra	10:46	5:12	11:11	3:31	4:29	2:42	5:15	2:14	4:47	3:29	3:30	3:30	10:54	2:23	
			1:35:15	1:36:34	1:37:22												
			21:22	1:19	0:48												
26	90	Rodríguez Souto, Ana	1:41:19	6:46	11:36	22:21	27:03	32:35	37:26	45:02	46:56	51:50	56:25	59:24	1:04:03	1:21:46	1:27:01
		APA LICEO A Coruña	6:46	4:50	10:45	4:42	5:32	4:51	7:36	1:54	4:54	4:35	2:59	4:39	17:43	5:15	
			1:37:59	1:40:18	1:41:19												
			10:58	2:19	1:01												
27	513	Rayón Fernández, Paloma	1:41:21	4:59	10:04	17:23	20:03	24:15	55:48	1:02:11	1:02:30	1:05:34	1:08:52	1:11:41	1:16:14	1:25:48	1:32:21
		SABON Arteixo. A Coruña	4:59	5:05	7:19	2:40	4:12	31:33	6:23	0:19	3:04	3:18	2:49	4:33	9:34	6:33	
			1:39:28	1:40:38	1:41:21												
			7:07	1:10	0:43												
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		HABELAS HA Vigo	6:03	18:15	21:49	2:58	3:20	3:00	2:43	3:49	3:42	3:15	1:58	3:12	14:08	2:42	
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			7:06	1:55	1:46												
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		HABELAS HA Vigo	6:44	22:25	10:21	3:04	5:31	4:02	3:25	3:53	3:38	6:38	2:58	5:20	12:06	3:35	
			1:40:22	1:41:09	1:42:16												
			6:42	0:47	1:07												
30	554	Caloto Sandamil, J Manuel	1:43:2														

			1:48:08	1:49:29	1:50:55		27:02										
			6:15	1:21	1:26		*34										
37	589	Castillo López, Denis FLUVIAL LU Lugo	1:52:35	5:58	19:21	21:10	23:15	26:48	36:59	42:44	42:40	45:39	55:06	1:13:21	1:15:55	1:34:33	1:45:27
			5:58	13:23	1:49	2:05	3:33	10:11	5:45		2:59	9:27	18:15	2:34	18:38	10:54	
			1:50:59	1:51:47	1:52:35												
			5:32	0:48	0:48												
38	581	Falque Estévez, Julia HABELAS HA Vigo	1:53:18	9:43	15:51	32:23	36:22	40:32	44:22	47:03	51:13	54:19	59:03	1:03:31	1:07:44	1:39:33	1:42:17
			9:43	6:08	16:32	3:59	4:10	3:50	2:41	4:10	3:06	4:44	4:28	4:13	31:49	2:44	
			1:50:59	1:52:12	1:53:18												
			8:42	1:13	1:06												
39	580	Falque Estévez, Susana HABELAS HA Vigo	1:54:02	10:55	16:48	33:25	37:23	41:21	45:19	48:00	52:12	55:16	59:52	1:04:34	1:08:47	1:40:32	1:43:12
			10:55	5:53	16:37	3:58	3:58	3:58	2:41	4:12	3:04	4:36	4:42	4:13	31:45	2:40	
			1:51:55	1:53:09	1:54:02												
			8:43	1:14	0:53												
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			1:55:31	1:56:16	1:56:52												
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			1:56:04	1:56:44	1:57:28		1:56:46										
			4:04	0:40	0:44		*100										
42	644	Baeza Peleteiro, Ana HABELAS HA Vigo	2:03:08	11:26	53:28	1:03:40	1:07:31	1:10:38	1:15:38	1:21:50	1:23:57	1:29:11	1:32:53	1:35:20	1:40:14	1:51:26	1:52:53
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			1:59:52	2:01:35	2:03:08												
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44	667	Abilleira Rodriguez, Mª Jesú AROMON Pontevedra	2:04:56	16:58	22:55	33:44	37:40	51:46	58:15	1:03:37	1:13:09	1:20:15	1:23:47	1:26:01	1:29:59	1:51:35	1:55:50
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47	548	Fraga Diaz, Alex FLUVIAL LU Lugo	2:09:18	10:28	1:01:11	1:10:55	1:15:09	1:18:22	1:23:11	1:27:11	1:32:01	1:36:44	1:40:37	1:43:11	1:47:47	1:59:28	2:01:00
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48	635	Vázquez Vaamonde, Ana HABELAS HA Vigo	2:09:24	8:25	38:56	47:17	50:22	55:42	58:48	1:07:34	1:09:29	1:14:34	1:19:53	1:26:34	1:29:57	1:48:01	1:54:44
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			2:10:08	2:11:30	2:12:23												
			6:52	1:22	0:53												
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			2:17:40	2:19:00	2:20:07												
			7:50	1:20	1:07												
58	610	Vázquez Seoane, Julio APA LICEO A Coruña	2:20:07	27:23	37:54	47:30	50:15	1:07:52	1:14:20	1:20:59	1:23:25	1:27:50					



67	585 Fernandez Brañas, Victor J FLUVIAL LU Lugo	2:32:13	9:13 8:35 8:35 2:29:20	1:41 16:35 8:00 2:30:20	1:37 33:33 16:58 2:32:13	46:30 55:21	1:02:55	1:08:16	1:10:02	1:14:33	1:18:01	1:20:09	1:23:51	2:03:11	2:20:50	
68	178 Perez Vazquez, Montse UNIVERSIDA Vigo	2:32:22	8:30 12:53 2:29:01	1:00 56:18 2:30:35	1:53 1:03:12 2:32:22	1:06:45 1:15:28	1:23:24	1:30:07	1:34:19	1:38:29	1:44:16	1:47:44	1:51:16	2:06:39	2:09:12	
69	550 Porcu Extra, Chiara FLUVIAL LU Lugo	2:32:37	19:49 13:03 2:29:53	1:34 52:36 2:30:58	1:47 1:12:18 2:32:37	1:15:10 1:19:51	1:26:04	1:31:58	1:32:55	1:36:14	1:46:31	1:48:51	1:58:21	2:10:11	2:21:12	
70	618 Gonçalves López, Paz APA LICEO A Coruña	2:47:23	8:41 29:28 2:45:10	1:05 56:02 2:46:28	1:39 1:15:08 2:47:23	1:19:00 1:24:40	1:29:07	1:35:25	1:45:17	1:49:17	1:55:36	1:58:44	2:04:19	2:27:29	2:38:09	
570	González Llecha, Adrián USC Santiago de Compostela	en tarj.	11:18 11:18	1:50:32 1:39:14	2:18:58 28:26	----- -----	3:57:44 1:38:46	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
617	Rodríguez Yuste, Irene Antía APA LICEO A Coruña	en tarj.	6:24 6:24	10:58 4:34	16:52 5:54	20:20 3:28	39:48 19:28	52:22 12:34	1:02:53 10:31	1:03:49 0:56	1:07:27 3:38	1:14:36 7:09	1:17:00 2:24	1:20:22 3:22	1:32:18 11:56	
619	Pereira Zas, Silvia APA LICEO A Coruña	en tarj.	5:29 5:29	----- 1:21:35	19:03 13:34	28:44 9:41	32:05 3:21	36:26 4:21	41:04 4:38	44:18 3:14	47:38 3:20	51:01 3:23	53:13 2:12	57:28 4:15	1:09:39 12:11	1:11:58 2:19
113	Figuroa Leiro, Monica AROMON Pontevedra	en tarj.	10:50 10:50	20:14 9:24	29:04 8:50	33:45 4:41	42:46 9:01	49:49 7:03	58:15 8:26	1:01:05 2:50	1:05:51 4:46	1:11:34 5:43	1:14:59 3:25	1:19:28 4:29	----- -----	
588	Mirón Candedo, Pilar FLUVIAL LU Lugo	en tarj.	10:11 10:11	1:58:51 1:48:40	2:02:05 3:14	----- -----	----- -----	2:12:42 10:37	2:18:20 5:38	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
664	Gutiérrez Rodríguez, Fernand AROMON Pontevedra	en tarj.	8:32 8:32	14:06 5:34	25:04 10:58	29:14 4:10	52:43 23:29	59:59 7:16	1:04:56 4:57	1:07:24 2:28	1:11:40 4:16	1:15:09 3:29	1:17:16 2:07	1:21:25 4:09	2:00:02 38:37	
665	Crespo Rey, Mª Teresa AROMON Pontevedra	en tarj.	8:07 8:07	13:53 5:46	24:47 10:54	28:36 3:49	52:13 23:37	1:00:03 7:50	1:05:11 5:08	1:07:29 2:18	1:11:10 3:41	1:14:41 3:31	1:16:51 2:10	1:21:12 4:21	1:59:30 38:18	
516	Iglesias Pazos, Miguel HABELAS HA Vigo	en tarj.	9:54 9:54	----- -----	----- 2:05:55	----- 1:56:01	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
522	Costas Fernandez, Jose Luis HABELAS HA Vigo	en tarj.	1:40 1:40	44:20 42:40	50:36 6:16	57:25 6:49	1:02:57 5:32	1:14:15 11:18	1:19:58 5:43	1:28:32 8:34	1:33:30 4:58	1:39:39 6:09	1:47:22 7:43	2:01:28 14:06	----- -----	
523	Orozco Garcia, Brenda Azucen HABELAS HA Vigo	en tarj.	1:43 1:43	44:16 42:33	50:31 6:15	57:23 6:52	1:02:51 5:28	1:14:08 11:17	1:17:47 3:39	1:28:47 11:00	1:33:26 4:39	1:39:35 6:09	1:47:07 7:32	2:01:26 14:19	----- -----	
582	Sánchez Rienda, Hugo HABELAS HA Vigo	en tarj.	18:50 18:50	37:02 18:12	44:51 7:49	49:16 4:25	55:29 6:13	58:42 3:13	1:04:28 5:46	1:07:44 3:16	1:12:27 4:43	1:17:00 4:33	1:20:16 3:16	1:23:56 3:40	1:53:19 29:23	
636	Núñez Vazquez, David HABELAS HA Vigo	en tarj.	36:42 36:42	39:48 3:06	58:29 18:41	1:00:52 2:23	1:05:34 4:42	1:08:42 3:08	1:15:05 6:23	1:15:24 0:19	1:17:45 2:21	1:19:58 2:13	1:22:07 2:09	----- 10:46	1:32:53 4:52	
637	Gil Boubeta, Ana Isabel HABELAS HA Vigo	en tarj.	20:14 20:14	----- 1:44:35	----- 1:52:02	33:06 12:52	38:57 5:51	49:16 10:19	1:01:34 12:18	----- 1:32:05	----- 1:43:13	1:18:10 16:36	1:26:04 7:54	----- -----	----- -----	
651	Fontan Gonzalez, Leticia HABELAS HA Vigo	en tarj.	46:41 46:41	1:29:23 42:42	1:35:52 6:29	1:42:51 6:59	1:48:14 5:23	1:59:11 10:57	2:05:01 5:50	2:14:06 9:05	2:18:33 4:27	----- 13:41	2:32:14 14:46	2:47:00 14:46	----- -----	
670	Cortizo Márquez, Esther HABELAS HA Vigo	en tarj.	----- 2:01:05	27:20 27:20	42:40 15:20	----- 2:04:42	----- -----	----- -----	----- -----	----- -----	----- -----	1:20:52 38:12	1:27:41 6:49	1:32:27 4:46	1:51:08 18:41	1:53:48 2:40
671	Barros Castro, Daniel HABELAS HA Vigo	en tarj.	----- -----	----- -----	----- 2:38:20	----- 26:24	0:48 0:48	5:58 5:10	10:21 4:23	15:27 5:06	----- 52:06	----- 57:38	----- 59:28	----- 1:11:34	----- 1:12:53	----- 1:20:17
675	Díaz León, Marisa HABELAS HA Vigo	en tarj.	12:41 12:41	48:16 35:35	59:25 11:09	1:02:29 3:04	1:11:48 9:19	1:23:01 11:13	1:29:03 6:02	----- -----	----- -----	----- -----	----- -----	----- 1:51:05	1:58:23 7:18	

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1	129 Ricoy Rajoy, Sara AROMON Pontevedra	56:26	5:34 5:34	8:40 3:06	14:36 5:56	17:59 3:23	22:51 4:52	29:54 7:03	32:53 2:59	36:38 3:45	47:05 10:27	48:08 1:03	53:20 5:12	54:22 1:02	55:45 1:23	56:26 0:41
2	356 Arufe Seijas, Alba APA LICEO A Coruña	56:28	6:50 6:50	18:33 11:43	24:15 5:42	28:56 4:41	32:03 3:07	35:37 3:34	38:48 3:11	42:11 3:23	45:59 3:48	48:06 2:07	53:42 5:36	55:10 1:28	55:51 0:41	56:28 0:37
3	361 Iglesias Sánchez, Sabela Ali AROMON Pontevedra	1:17:15	6:59 6:59	15:03 8:04	21:01 5:58	27:00 5:59	29:22 2:22	35:52 6:30	43:26 7:34	54:12 10:46	58:50 4:38	1:01:31 2:41	1:11:01 9:30	1:15:20 4:19	1:16:29 1:09	1:17:15 0:46
4	359 Alvelo Blanco, Marta AROMON Pontevedra	1:25:17	9:03 9:03	13:47 4:44	28:54 15:07	34:56 6:02	39:36 4:40	43:53 4:17	51:30 7:37	1:02:22 10:52	1:06:58 4:36	1:09:30 2:32	1:19:01 9:31	1:23:17 4:16	1:24:28 1:11	1:25:17 0:49
5	349 Aller Pforter, Milagros More TREVINCA O Barco de Valdeorr	1:57:06	26:50 26:50	1:07:15 40:25	1:13:00 5:45	1:15:59 2:59	1:21:55 5:56	1:24:13 2:18	1:36:23 12:10	1:39:30 3:07	1:46:07 6:37	1:48:54 2:47	1:53:24 4:30	1:55:20 1:56	1:55:49 0:29	1:57:06 1:17

D-16 (5) 4.0 km 120 m 16 C

			1(32)	2(35)	3(37)	4(39)	5(77)	6(34)	7(76)	8(31)	9(45)	10(67)	11(72)	12(60)	13(61)	14(59)
1	35 Parga Basanta, Lucia FLUVIAL LU Lugo	1:25:47	12:23 12:23	20:19 7:56	22:26 2:07	27:30 5:04	33:57 6:27	42:10 8:13	43:30 1:20	51:58 8:28	57:05 5:07	58:39 1:34	1:01:20 2:41	1:10:46 9:26	1:14:46 4:00	1:19:16 4:30
2	96 Vázquez Barrientos, Sandra APA LICEO A Coruña	1:34:17	8:37 8:37	21:46 13:09	26:14 4:28	32:09 5:55	37:06 4:57	45:21 8:15	46:40 1:19	55:08 8:28	58:03 2:55	1:02:42 4:39	1:05:49 3:07	1:19:06 13:17	1:25:48 6:42	1:27:45 1:57
3	4 Bellón Santos, Teresa	1:37:19	10:58 5:01	24:31 0:51	29:12 0:40	35:11	40:03	48:15	49:32	58:01	1:00:59	1:05:40	1:08:47	1:22:09	1:28:41	1:30:43

	FLUVIAL LU Lugo		10:58	13:33	4:41	5:59	4:52	8:12	1:17	8:29	2:58	4:41	3:07	13:22	6:32	2:02
			1:35:42	1:36:35	1:37:19											
			4:59	0:53	0:44											
	53 Alba Amil, Andrea APA LICEO A Coruña	en tarj.	6:55	44:03	46:25	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
			6:55	37:08	2:22											
			-----	1:08:46	1:09:31											
				22:21	0:45											
	92 Rodríguez Vila, Marta APA LICEO A Coruña	en tarj.	16:57	28:53	33:18	43:35	58:53	1:08:27	1:09:58	1:15:32	1:17:38	1:21:20	1:24:19	-----	1:34:43	1:36:27
			16:57	11:56	4:25	10:17	15:18	9:34	1:31	5:34	2:06	3:42	2:59		10:24	1:44
			1:44:53	1:45:40	1:46:16											
			8:26	0:47	0:36											
D-20 (1)		5.1 km 185 m 18 C														
			1(32)	2(41)	3(40)	4(51)	5(44)	6(53)	7(52)	8(77)	9(34)	10(45)	11(64)	12(59)	13(60)	14(67)
			15(70)	16(72)	17(74)	18(100)	F									
1	32 Núñez Carvallo, Claudia FLUVIAL LU Lugo	1:59:14	5:41	18:11	24:53	33:11	41:37	53:14	59:18	1:08:18	1:18:01	1:26:53	1:31:31	1:34:04	1:38:59	1:48:38
			5:41	12:30	6:42	8:18	8:26	11:37	6:04	9:00	9:43	8:52	4:38	2:33	4:55	9:39
			1:52:48	1:55:14	1:57:43	1:58:38	1:59:14									
			4:10	2:26	2:29	0:55	0:36									
D-21 (9)		5.1 km 185 m 18 C														
			1(32)	2(41)	3(40)	4(51)	5(44)	6(53)	7(52)	8(77)	9(34)	10(45)	11(64)	12(59)	13(60)	14(67)
			15(70)	16(72)	17(74)	18(100)	F									
1	72 Gómez Naya, Sonia APA LICEO A Coruña	1:27:13	4:17	13:01	16:15	21:26	25:15	32:08	36:54	43:25	51:27	58:25	58:17	59:52	1:05:41	1:18:34
			4:17	8:44	3:14	5:11	3:49	6:53	4:46	6:31	8:02	6:58		1:35	5:49	12:53
			1:21:25	1:24:03	1:25:58	1:26:36	1:27:13									
			2:51	2:38	1:55	0:38	0:37									
2	257 López Eyo, Tania GALLAECIA A Coruña	1:32:44	5:11	15:12	18:38	25:53	30:07	40:17	45:50	51:57	1:00:47	1:09:01	1:09:02	1:11:05	1:13:40	1:21:37
			5:11	10:01	3:26	7:15	4:14	10:10	5:33	6:07	8:50	8:14	0:01	2:03	2:35	7:57
			1:25:44	1:28:25	1:31:03	1:32:07	1:32:44									
			4:07	2:41	2:38	1:04	0:37									
3	135 Tarrío Rozados, Susana AROMON Pontevedra	1:36:43	13:17	22:08	25:40	30:07	34:04	43:05	52:18	1:00:42	1:10:18	1:17:29	1:17:09	1:18:38	1:21:12	1:27:05
			13:17	8:51	3:32	4:27	3:57	9:01	9:13	8:24	9:36	7:11		1:29	2:34	5:53
			1:30:30	1:33:42	1:35:24	1:36:08	1:36:43									
			3:25	3:12	1:42	0:44	0:35									
4	254 González Miramontes, María A GALLAECIA A Coruña	1:37:24	7:23	18:51	23:42	29:08	32:57	42:36	48:00	55:51	1:05:11	1:15:43	1:15:47	1:17:52	1:21:32	1:27:26
			7:23	11:28	4:51	5:26	3:49	9:39	5:24	7:51	9:20	10:32	0:04	2:05	3:40	5:54
			1:30:15	1:32:18	1:36:03	1:36:55	1:37:24									
			2:49	2:03	3:45	0:52	0:29									
5	148 Ouro Gómez, Cristina USC Santiago de Compostela	2:15:41	6:47	20:44	29:41	35:33	40:06	52:55	58:23	1:08:49	1:20:44	1:31:32	1:32:32	1:38:39	1:49:42	2:03:48
			6:47	13:57	8:57	5:52	4:33	12:49	5:28	10:26	11:55	10:48	1:00	6:07	11:03	14:06
			2:08:06	2:10:34	2:12:57	2:14:25	2:15:41									
			4:18	2:28	2:23	1:28	1:16									
6	372 Fernández López, Cristina UNIVERSIDA Vigo	2:18:55	5:43	56:21	1:02:53	1:08:57	1:13:57	1:28:50	1:33:55	1:41:33	1:52:18	2:01:12	2:01:16	2:02:56	2:04:39	2:09:51
			5:43	50:38	6:32	6:04	5:00	14:53	5:05	7:38	10:45	8:54	0:04	1:40	1:43	5:12
			2:12:32	2:14:13	2:17:20	2:18:15	2:18:55									
			2:41	1:41	3:07	0:55	0:40									
7	187 Barros Diz, Natalia ARTABROS A Coruña	2:28:29	14:27	54:35	1:01:53	1:09:16	1:14:41	1:22:57	1:40:15	1:46:55	1:57:13	2:01:35	2:03:29	2:05:03	2:07:05	2:16:44
			14:27	40:08	7:18	7:23	5:25	8:16	17:18	6:40	10:18	4:22	1:54	1:34	2:02	9:39
			2:21:40	2:24:28	2:27:03	2:27:46	2:28:29									
			4:56	2:48	2:35	0:43	0:43									
8	373 Pacheco Iglesias, Aurori UNIVERSIDA Vigo	2:32:44	6:02	59:26	1:07:16	1:13:35	1:18:49	1:27:20	1:31:46	1:41:44	1:54:34	2:03:39	2:07:02	2:09:47	2:12:00	2:21:28
			6:02	53:24	7:50	6:19	5:14	8:31	4:26	9:58	12:50	9:05	3:23	2:45	2:13	9:28
			2:25:23	2:28:48	2:31:08	2:31:51	2:32:44									
			3:55	3:25	2:20	0:43	0:53									
	5 Blanco Pérez, Ana FLUVIAL LU Lugo	en tarj.	7:58	20:46	25:38	34:53	40:43	55:13	1:39:38	1:49:46	-----	-----	-----	-----	-----	-----
			7:58	12:48	4:52	9:15	5:50	14:30	44:25	10:08						
			-----	-----	-----	-----	2:07:11									
							17:25									
D-35 (11)		5.1 km 185 m 18 C														
			1(32)	2(41)	3(40)	4(51)	5(44)	6(53)	7(52)	8(77)	9(34)	10(45)	11(64)	12(59)	13(60)	14(67)
			15(70)	16(72)	17(74)	18(100)	F									
1	27 González Bello, Concepción FLUVIAL LU Lugo	1:37:07	5:01	15:04	19:44	26:26	30:44	44:12	47:29	54:55	1:05:07	1:11:38	1:11:48	1:13:44	1:18:24	1:24:49
			5:01	10:03	4:40	6:42	4:18	13:28	3:17	7:26	10:12	6:31	0:10	1:56	4:40	6:25
			1:32:29	1:34:19	1:35:50	1:36:33	1:37:07									
			7:40	1:50	1:31	0:43	0:34									
2	38 Pérez Rodríguez, María Libia FLUVIAL LU Lugo	1:38:52	16:34	26:21	33:26	37:55	42:34	52:24	57:08	1:02:46	1:10:11	1:18:46	1:18:52	1:20:55	1:23:00	1:29:42
			16:34	9:47	7:05	4:29	4:39	9:50	4:44	5:38	7:25	8:35	0:06	2:03	2:05	6:42
			1:32:36	1:35:48	1:37:22	1:38:12	1:38:52									
			2:54	3:12	1:34	0:50	0:40									
3	18 Felpeto González, Luisa FLUVIAL LU Lugo	1:48:40	7:09	17:33	22:44	29:27	47:34	55:03	1:00:41	1:06:24	1:18:11	1:28:31	1:32:41	1:34:20	1:35:59	1:41:32
			7:09	10:24	5:11	6:43	18:07	7:29	5:38	5:43	11:47	10:20	4:10	1:39	1:39	5:33
			1:43:50	1:45:33	1:47:12	1:47:57	1:48:40									
			2:18	1:43	1:39	0:45	0:43									
4	150 Pernas Martínez, Rosa Mª USC Santiago de Compostela	1:54:39	5:38	17:54	25:06	32:31	37:34	49:35	56:00	1:10:57	1:20:34	1:30:40	1:31:35	1:34:30	1:37:24	1:45:39
			5:38	12:16	7:12	7:25	5:03	12:01	6:25	14:57	9:37	10:06	0:55	2:55	2:54	8:15
			1:48:42	1:50:55	1:52:55	1:53:52	1:54:39									
			3:03	2:13	2:00	0:57	0:47									
5	389 Canales Criado, Almudena AROMON Pontevedra	2:17:02	16:15	30:04	35:51	48:06	53:23	1:03:54	1:12:07	1:28:42	1:39:53	1:49:23	1:49:46	1:52:19	1:55:40	2:04:12
			16:15	13:49	5:47	12:15	5:17	10:31	8:13	16:35	11:11	9:30	0:23	2:33	3:21	8:32
			2:07:34	2:11:31	2:14:29	2:16:03	2:17:02									
			3:22	3:57	2:58	1:34	0:59									
6	22 Fraga Pita, Mónica FLUVIAL LU Lugo	2:17:30	15:33	33:00	38:59	46:05	51:23	1:13:34	1:18:09	1:25:31	1:35:34	1:45:11	1:49:25	1:52:08	1:57:05	2:06:33
			15:33	17:27	5:59	7:06	5:18</									

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D-45 (3)		4.0 km	120 m	16 C														
			1 (32) 15 (74)	2 (35) 16 (100)	3 (37) F	4 (39)	5 (77)	6 (34)	7 (76)	8 (31)	9 (45)	10 (67)	11 (72)	12 (60)	13 (61)	14 (59)		
1	133 Sanchez Vázquez, Maria Luisa AROMON Pontevedra	1:35:10	6:22 6:22	9:41 3:19	12:32 2:51	25:16 12:44	38:16 13:00	50:42 12:26	53:27 2:45	56:51 3:24	1:02:11 5:20	1:04:07 1:56	1:06:58 2:51	1:20:01 13:03	1:22:53 2:52	1:26:43 3:50		
2	77 Naya López, Mª José APA LICEO A Coruña	1:47:13	6:44 11:03	1:00 22:53	0:43 28:05	43:39 15:34	52:36 8:57	1:04:01 11:25	1:05:48 1:47	1:08:55 3:07	1:12:01 3:06	1:16:20 4:19	1:19:02 2:42	1:31:57 12:55	1:34:55 2:58	1:38:48 3:53		
3	86 Rey Souto, Mª Teresa APA LICEO A Coruña	2:08:05	6:37 9:24	1:01 15:29	0:47 20:17	36:03 15:46	57:26 21:23	1:11:16 13:50	1:13:04 1:48	1:25:29 12:25	1:28:57 3:28	1:36:05 7:08	1:40:35 4:30	1:50:54 10:19	1:56:05 5:11	1:59:38 3:33		
D-E (8)		6.2 km	255 m	20 C														
			1 (34) 15 (59)	2 (37) 16 (61)	3 (39) 17 (63)	4 (41) 18 (65)	5 (40) 19 (74)	6 (43) 20 (100)	7 (53) F	8 (52)	9 (50)	10 (44)	11 (31)	12 (45)	13 (68)	14 (73)		
1	188 Bello Rodríguez, Olalla ARTABROS A Coruña	1:27:23	5:10 5:10	5:53 0:43	13:14 7:21	15:40 2:26	19:27 3:47	25:58 6:31	36:45 10:47	41:59 5:14	51:22 9:23	52:17 0:55	1:00:08 7:51	1:04:14 4:06	1:07:08 2:54	1:09:21 2:13		
2	124 Pérez Alonso, Alicia AROMON Pontevedra	1:41:50	5:46 5:46	7:08 1:22	12:01 4:53	15:12 3:11	19:55 4:43	33:52 13:57	49:07 15:15	52:54 3:47	1:03:21 10:27	1:04:10 0:49	1:15:10 11:00	1:17:09 1:59	1:22:17 5:08	1:23:56 1:39		
3	173 Pastoriza Santos, Isabel UNIVERSIDA Vigo	1:43:22	7:47 7:47	8:43 0:56	13:46 5:03	16:04 2:18	19:24 3:20	28:04 8:40	40:34 12:30	44:13 3:39	54:34 10:21	55:30 0:56	1:07:26 11:56	1:11:37 4:11	1:13:52 2:15	1:15:45 1:53		
4	199 Carro Mahía, Alejandra ARTABROS A Coruña	1:45:19	6:16 6:16	7:04 0:48	12:14 5:10	14:39 2:25	18:50 4:11	32:53 14:03	43:13 10:20	48:15 5:02	1:00:55 12:40	1:02:22 1:27	1:13:53 11:31	1:18:27 4:34	1:21:25 2:58	1:23:43 2:18		
5	159 Veiga Barbazán, Pilar USC Santiago de Compostela	1:52:10	6:27 6:27	7:17 0:50	17:59 10:42	20:22 2:23	24:07 3:45	31:30 7:23	42:08 10:38	50:09 8:01	1:03:43 13:34	1:04:21 0:38	1:15:49 11:28	1:20:02 4:13	1:22:09 2:07	1:23:45 1:36		
6	650 Bascón Osuna, Lola BOMBEIROS A Coruña.	1:53:36	4:03 11:12	6:04 11:56	4:15 23:23	10:20 25:34	2:34 28:35	0:34 37:16	0:35 46:44	49:37 49:37	1:00:21 1:00:21	1:01:23 1:01:23	1:10:56 1:10:56	1:15:13 1:15:13	1:18:22 1:18:22	1:20:07 1:20:07		
7	14 Ceide Vilela, Mª Vanessa FLUVIAL LU Lugo	1:57:09	9:03 9:03	10:22 1:19	15:04 4:42	17:27 2:23	22:20 4:53	31:02 8:42	51:01 19:59	54:55 3:54	1:07:18 12:23	1:08:31 1:13	1:22:19 13:48	1:27:03 4:44	1:29:28 2:25	1:31:28 2:00		
8	185 Veiga García, Carla UNIVERSIDA Vigo	2:56:54	4:48 10:57	3:15 11:57	6:53 19:22	6:05 22:20	3:16 27:50	0:46 1:12:24	0:38 1:24:59	1:30:49 1:44:48	1:44:48 1:44:48	1:47:18 1:47:18	2:06:29 2:06:29	2:10:51 4:22	2:18:46 7:55	2:22:15 3:29		
H-14 (6)		2.8 km	70 m	15 C														
			1 (33) 15 (100)	2 (35) F	3 (36)	4 (37)	5 (76)	6 (38)	7 (45)	8 (61)	9 (60)	10 (64)	11 (67)	12 (69)	13 (71)	14 (75)		
1	26 Garrido Burgo, Juan Manuel FLUVIAL LU Lugo	1:32:36	6:19 6:19	12:02 5:43	17:26 5:24	20:58 3:32	24:49 3:51	27:13 2:24	31:42 4:29	51:39 19:57	1:01:20 9:41	1:08:29 7:09	1:13:41 5:12	1:15:09 1:28	1:26:16 11:07	1:31:21 5:05		
2	91 Rodríguez Vila, Diego APA LICEO A Coruña	1:37:40	0:32 4:35	0:43 8:26	40:21 31:55	42:47 2:26	45:59 3:12	47:52 1:53	49:58 2:06	55:51 5:53	1:03:59 8:08	1:19:26 15:27	1:23:59 4:33	1:25:42 1:43	1:32:48 7:06	1:36:28 3:40		
3	120 Lois Serto, Iván AROMON Pontevedra	1:45:10	13:26 13:26	17:41 4:15	44:09 26:28	46:16 2:07	47:59 1:43	51:22 3:23	55:57 4:35	59:39 3:42	1:13:20 13:41	1:28:20 15:00	1:32:15 3:55	1:33:27 1:12	1:39:23 5:56	1:44:21 4:58		
4	388 Valdés González, Adrián FLUVIAL LU Lugo	2:00:46	16:22 16:22	40:07 23:45	45:30 5:23	48:59 3:29	52:55 3:56	55:11 2:16	59:46 4:35	1:19:53 20:07	1:29:30 9:37	1:36:36 7:06	1:41:46 5:10	1:43:15 1:29	1:54:12 10:57	1:59:27 5:15		
5	23 García Cousillas, David FLUVIAL LU Lugo	2:34:27	4:57 4:57	1:03:05 58:08	1:06:56 3:51	1:10:06 3:10	1:15:13 5:07	1:18:25 3:12	1:24:48 6:23	1:33:30 8:42	1:41:48 8:18	1:46:57 5:09	1:52:13 5:16	1:55:14 3:01	1:59:42 4:28	2:33:10 33:28		
	353 Iglesias Nández, Raúl ALPINO OUR Ourense	en tarj.	7:04 7:04	10:22 3:18	22:11 11:49	27:12 5:01	35:15 8:03	37:13 1:58	39:07 1:54	51:54 12:47	55:09 3:15	-----	-----	-----	-----	-----		
H-16 (2)		4.0 km	120 m	16 C														
			1 (32) 15 (74)	2 (35) 16 (100)	3 (37) F	4 (39)	5 (77)	6 (34)	7 (76)	8 (31)	9 (45)	10 (67)	11 (72)	12 (60)	13 (61)	14 (59)		
1	39 Piñeiro Fraga, Brais FLUVIAL LU Lugo	1:23:29	4:16 4:16	6:53 2:37	9:59 3:06	16:36 6:37	22:12 5:36	39:02 16:50	40:12 1:10	49:42 9:30	54:11 4:29	56:31 2:20	58:36 2:05	1:06:20 7:44	1:13:39 7:19	1:16:34 2:55		
2	163 Alvarez Toyos, Alejandro UNIVERSIDA Vigo	1:26:41	5:44 4:16	0:40 4:15	0:31 4:32	13:03 4:32	19:33 6:30	25:08 5:35	42:17 17:09	43:17 1:00	52:47 9:30	57:15 4:28	59:30 2:15	1:01:39 2:09	1:09:25 7:46	1:16:46 7:21	1:19:41 2:55	
H-20 (2)		5.1 km	185 m	18 C														
			1 (32) 15 (70)	2 (41) 16 (72)	3 (40) 17 (74)	4 (51) 18 (100)	5 (44) F	6 (53)	7 (52)	8 (77)	9 (34)	10 (45)	11 (64)	12 (59)	13 (60)	14 (67)		
1	11 Casas López, Juan FLUVIAL LU Lugo	1:46:44	7:18 7:18	16:30 9:12	20:41 4:11	25:08 4:27	28:51 3:43	36:15 7:24	40:08 3:53	48:16 8:08	59:50 11:34	1:07:34 7:44	1:09:23 1:49	1:12:20 2:57	1:27:51 15:31	1:36:45 8:54		
2	1 Álvarez Abuín, Diego	2:15:45	7:57	24:06	29:26	36:38	41:13	53:58	1:04:47	1:17:20	1:28:54	1:36:37	1:38:26	1:41:23	1:56:49	2:05:40		





2	71 Gómez Naya, Alan APA LICEO A Coruña	1:11:29	1:36	2:15	1:02	0:47	0:29											
			3:52	10:20	12:39	16:04	18:18	25:09	28:06	33:00	38:11	42:14	45:06	46:27	52:30	1:05:12		
			3:52	6:28	2:19	3:25	2:14	6:51	2:57	4:54	5:11	4:03	2:52	1:21	6:03	12:42		
			1:07:53	1:09:12	1:10:23	1:10:58	1:11:29											
			2:41	1:19	1:11	0:35	0:31											
3	208 Lareo Martínez, David ARTABROS A Coruña	1:11:46	5:28	13:16	19:07	22:24	26:25	32:29	38:17	42:58	49:40	56:50	56:39	58:03	1:00:04	1:04:20		
			5:28	7:48	5:51	3:17	4:01	6:04	5:48	4:41	6:42	7:10		1:24	2:01	4:16		
			1:06:35	1:08:16	1:09:57	1:11:07	1:11:46											
			2:15	1:41	1:41	1:10	0:39											
4	291 Fojo Outeiro, Alejandro BOMBEIROS A Coruña.	1:12:51	4:02	10:29	14:13	20:15	23:13	30:25	33:16	39:08	47:09	53:31	52:50	56:13	59:05	1:05:59		
			4:02	6:27	3:44	6:02	2:58	7:12	2:51	5:52	8:01	6:22		3:23	2:52	6:54		
			1:08:29	1:10:34	1:11:34	1:12:19	1:12:51											
			2:30	2:05	1:00	0:45	0:32											
5	174 Pastoriza Santos, Vicente UNIVERSIDA Vigo	1:16:41	3:33	10:14	14:35	18:11	21:18	27:27	30:31	35:04	42:03	44:56	46:37	48:23	50:18	54:54		
			3:33	6:41	4:21	3:36	3:07	6:09	3:04	4:33	6:59	2:53	1:41	1:46	1:55	4:36		
			1:12:14	1:14:06	1:15:29	1:16:04	1:16:41											
			17:20	1:52	1:23	0:35	0:37											
6	134 Talens Penalva, Ignacio AROMON Pontevedra	1:17:06	4:08	11:48	14:50	18:55	21:11	27:48	31:53	37:30	48:14	55:35	55:13	58:35	1:03:19	1:07:50		
			4:08	7:40	3:02	4:05	2:16	6:37	4:05	5:37	10:44	7:21		3:22	4:44	4:31		
			1:10:20	1:13:17	1:15:58	1:16:40	1:17:06											
			2:30	2:57	2:41	0:42	0:26											
7	76 Navia Álvarez, Alfonso APA LICEO A Coruña	1:32:10	5:03	13:53	19:09	23:59	28:16	37:24	42:09	48:30	56:30	1:03:28	1:03:15	1:04:56	1:10:43	1:23:17		
			5:03	8:50	5:16	4:50	4:17	9:08	4:45	6:21	8:00	6:58		1:41	5:47	12:34		
			1:26:32	1:29:01	1:30:57	1:31:37	1:32:10											
			3:15	2:29	1:56	0:40	0:33											
8	264 Picos Romero, Victor Manuel GALLAECIA A Coruña	1:38:13	4:50	15:44	19:35	24:05	30:47	37:17	42:47	51:15	1:06:46	1:15:08	1:14:59	1:16:51	1:18:51	1:28:25		
			4:50	10:54	3:51	4:30	6:42	6:30	5:30	8:28	15:31	8:22		1:52	2:00	9:34		
			1:32:03	1:35:02	1:36:40	1:37:33	1:38:13											
			3:38	2:59	1:38	0:53	0:40											
9	56 Armada Luaces, Alvaro APA LICEO A Coruña	1:43:20	4:51	16:37	20:16	25:00	34:41	45:56	49:34	58:00	1:06:20	1:14:48	1:15:32	1:17:13	1:25:41	1:31:50		
			4:51	11:46	3:39	4:44	9:41	11:15	3:38	8:26	8:20	8:28	0:44	1:41	8:28	6:09		
			1:37:19	1:39:29	1:41:27	1:42:36	1:43:20											
			5:29	2:10	1:58	1:09	0:44											
10	155 Sampedro Muñiz, José Manuel USC Santiago de Compostela	1:53:49	6:00	31:04	36:44	43:34	47:35	54:34	58:09	1:06:15	1:24:05	1:29:39	1:29:44	1:32:35	1:35:03	1:45:21		
			6:00	25:04	5:40	6:50	4:01	6:59	3:35	8:06	17:50	5:34	0:05	2:51	2:28	10:18		
			1:48:01	1:50:27	1:51:47	1:52:53	1:53:49											
			2:40	2:26	1:20	1:06	0:56											
11	89 Rodríguez Bueno, Jose Luis APA LICEO A Coruña	2:02:25	9:47	20:59	25:15	29:38	40:40	58:17	1:02:45	1:08:43	1:18:01	1:24:59	1:24:44	1:26:25	1:28:19	1:50:03		
			9:47	11:12	4:16	4:23	11:02	17:37	4:28	5:58	9:18	6:58		1:41	1:54	21:44		
			1:55:02	1:59:13	2:00:49	2:01:43	2:02:25											
			4:59	4:11	1:36	0:54	0:42											
12	177 Pérez Juste, Jorge UNIVERSIDA Vigo	2:09:00	4:54	31:20	37:46	42:24	48:40	1:03:54	1:09:54	1:24:47	1:37:13	1:43:27	1:45:54	1:47:53	1:49:42	1:59:53		
			4:54	26:26	6:26	4:38	6:16	15:14	6:00	14:53	12:26	6:14	2:27	1:59	1:49	10:11		
			2:02:47	2:05:57	2:07:35	2:08:22	2:09:00											
			2:54	3:10	1:38	0:47	0:38											
13	558 Camean Bao, Alexandre ARTABROS A Coruña	2:32:59	4:43	27:48	31:33	36:11	44:03	51:10	1:08:20	1:14:58	1:25:08	1:31:40	1:31:20	1:32:56	1:58:56	2:23:30		
			4:43	23:05	3:45	4:38	7:52	7:07	17:10	6:38	10:10	6:32		1:36	26:00	24:34		
			2:26:17	2:28:52	2:31:30	2:32:06	2:32:59											
			2:47	2:35	2:38	0:36	0:53											
14	348 Aller Estévez, Pablo Adrián TREVINCA O Barco de Valdeorr	2:37:42	11:56	24:16	28:56	42:25	51:35	1:05:29	1:10:11	1:21:12	1:39:11	1:46:43	1:47:07	1:52:19	2:22:36	2:30:43		
			11:56	12:20	4:40	13:29	9:10	13:54	4:42	11:01	17:59	7:32	0:24	5:12	30:17	8:07		
			2:33:24	2:34:53	2:36:09	2:36:57	2:37:42											
			2:41	1:29	1:16	0:48	0:45											
	104 Araujo Rua, David AROMON Pontevedra	en tarj.	9:50	23:33	26:08	31:18	34:30	41:55	46:29	51:43	1:01:51	1:08:46	1:08:22	1:09:54	1:11:31	1:15:46		
			9:50	13:43	2:35	5:10	3:12	7:25	4:34	5:14	10:08	6:55		1:32	1:37	4:15		
			1:18:50	-----	1:22:00	1:22:46	1:23:19			1:21:15								
			3:04		3:10	0:46	0:33			*73								
	119 Iglesias Vieitez, Francisco AROMON Pontevedra	en tarj.	4:41	19:00	21:29	27:03	30:24	36:30	41:00	47:41	54:35	1:00:36	59:57	1:03:40	1:20:38	1:24:50		
			4:41	14:19	2:29	5:34	3:21	6:06	4:30	6:41	6:54	6:01		3:43	16:58	4:12		
			1:27:55	-----	1:30:58	1:31:41	1:32:12			1:30:10								
			3:05		3:03	0:43	0:31			*73								

H-35	(17)	6.2 km	255 m	20 C	1 (34)	2 (37)	3 (39)	4 (41)	5 (40)	6 (43)	7 (53)	8 (52)	9 (50)	10 (44)	11 (31)	12 (45)	13 (68)	14 (73)
					15 (59)	16 (61)	17 (63)	18 (65)	19 (74)	20 (100)	F							

1	341 Garcia Lorenzo, Carlos MONTAÑA FE Ferrol. A Coruña	1:18:57	5:05	5:47	12:54	15:05	19:01	25:19	34:27	38:02	46:26	47:24	54:20	58:04	58:53	1:00:32		
			5:05	0:42	7:07	2:11	3:56	6:18	9:08	3:35	8:24	0:58	6:56	3:44	0:49	1:39		
			1:04:29	1:06:47	1:10:57	1:15:36	1:17:34	1:18:26	1:18:57									
			3:57	2:18	4:10	4:39	1:58	0:52	0:31									
2	106 Beloso García, Manuel AROMON Pontevedra	1:24:44	6:03	6:52	11:10	13:24	17:33	25:02	34:04	37:56	45:57	46:56	59:19	1:01:22	1:05:09	1:06:52		
			6:03	0:49	4:18	2:14	4:09	7:29	9:02	3:52	8:01	0:59	12:23	2:03	3:47	1:43		
			1:10:09	1:12:27	1:16:27	1:21:13	1:23:15	1:24:14	1:24:44									
			3:17	2:18	4:00	4:46	2:02	0:59	0:30									
3	209 López Pérez, Jose Miguel ARTABROS A Coruña	1:25:15	6:11	7:17	12:24	14:40	18:12	25:48	36:59	40:14	49:06	50:13	58:41	1:02:56	1:05:01	1:06:41		
			6:11	1:06	5:07	2:16	3:32	7:36	11:11	3:15	8:52	1:07	8:28	4:15	2:05	1:40		
			1:10:10															



				1:54:25	1:57:30	2:03:30	2:09:50	2:14:31	2:15:31	2:16:20								
				8:52	3:05	6:00	6:20	4:41	1:00	0:49								
14	253	González Miramontes, Eduardo	2:27:31	7:35	8:50	14:35	17:58	21:15	54:03	1:04:06	1:11:57	1:20:02	1:21:24	1:49:36	1:51:34	1:56:36	1:59:32	
		GALLAECIA A Coruña		7:35	1:15	5:45	3:23	3:17	32:48	10:03	7:51	8:05	1:22	28:12	1:58	5:02	2:56	
				2:04:18	2:08:53	2:13:02	2:23:39	2:26:11	2:27:01	2:27:31								
				4:46	4:35	4:09	10:37	2:32	0:50	0:30								
	149	Pacheco Sancho, José Ramón	en tarj.	6:33	10:42	22:00	24:19	27:52	35:09	43:41	47:19	-----	-----	-----	-----	-----	-----	
		USC Santiago de Compostela		6:33	4:09	11:18	2:19	3:33	7:17	8:32	3:38							
				-----	-----	-----	-----	-----	-----	-----								
	166	Armada Luaces, José Luis	en tarj.	6:29	7:13	10:37	13:34	17:14	23:51	38:02	42:06	55:54	56:51	1:11:22	1:13:19	-----	1:16:01	
		UNIVERSIDA Vigo		6:29	0:44	3:24	2:57	3:40	6:37	14:11	4:04	13:48	0:57	14:31	1:57		2:42	
				1:20:03	1:22:37	1:26:57	1:31:07	1:33:12	1:34:19	1:34:45								
				4:02	2:34	4:20	4:10	2:05	1:07	0:26								
	103	Alvelo Fraguera, Javier	en tarj.	5:34	6:18	10:06	14:50	18:02	23:44	34:27	38:03	49:06	50:59	1:01:09	1:05:01	1:06:39	1:08:54	
		AROMON Pontevedra		5:34	0:44	3:48	4:44	3:12	5:42	10:43	3:36	11:03	1:53	10:10	3:52	1:38	2:15	
				-----	-----	-----	-----	1:09:58	1:10:33	1:11:01								
								1:04	0:35	0:28								

H-45 (16)				5.1 km 185 m 18 C																	
				1(32)	2(41)	3(40)	4(51)	5(44)	6(53)	7(52)	8(77)	9(34)	10(45)	11(64)	12(59)	13(60)	14(67)				
				15(70)	16(72)	17(74)	18(100)	F													
1	198	Carballo Fernández, Juan Car	1:19:17	5:16	13:54	19:22	23:45	27:27	35:18	39:15	45:54	52:34	58:57	1:03:48	1:05:10	1:06:51	1:12:33				
		ARTABROS A Coruña		5:16	8:38	5:28	4:23	3:42	7:51	3:57	6:39	6:40	6:23	4:51	1:22	1:41	5:42				
				1:14:45	1:16:25	1:18:02	1:18:45	1:19:17													
				2:12	1:40	1:37	0:43	0:32													
2	109	Fariña Martínez, Manuel	1:19:59	4:28	11:44	15:49	19:39	22:35	31:07	34:47	39:46	47:58	51:25	53:41	55:28	58:33	1:08:53				
		AROMON Pontevedra		4:28	7:16	4:05	3:50	2:56	8:32	3:40	4:59	8:12	3:27	2:16	1:47	3:05	10:20				
				1:15:52	1:17:14	1:18:17	1:19:11	1:19:59													
				6:59	1:22	1:03	0:54	0:48													
3	297	Rodríguez Gutierrez, Gabriel	1:32:32	5:31	18:25	22:26	26:22	30:09	37:02	44:23	51:25	59:26	1:05:55	1:05:41	1:07:07	1:12:30	1:20:42				
		BOMBEIROS A Coruña.		5:31	12:54	4:01	3:56	3:47	6:53	7:21	7:02	8:01	6:29		1:26	5:23	8:12				
				1:24:59	1:27:49	1:31:04	1:31:55	1:32:32													
				4:17	2:50	3:15	0:51	0:37													
4	180	Pinal Otero, David Eladio	1:37:46	5:16	15:49	20:53	27:40	33:42	44:05	49:11	57:01	1:06:11	1:13:45	1:14:38	1:16:22	1:18:21	1:30:09				
		UNIVERSIDA Vigo		5:16	10:33	5:04	6:47	6:02	10:23	5:06	7:50	9:10	7:34	0:53	1:44	1:59	11:48				
				1:32:30	1:35:09	1:36:23	1:37:03	1:37:46													
				2:21	2:39	1:14	0:40	0:43													
5	343	López Peiteado, Antonio Javi	1:39:58	3:43	11:08	14:14	17:29	24:38	39:04	44:40	52:19	1:04:38	1:10:40	1:11:04	1:12:13	1:26:43	1:31:33				
		MONTAÑA FE Ferrol. A Coruña		3:43	7:25	3:06	3:15	7:09	14:26	5:36	7:39	12:19	6:02	0:24	1:09	14:30	4:50				
				1:34:04	1:37:05	1:38:42	1:39:23	1:39:58													
				2:31	3:01	1:37	0:41	0:35													
6	345	Sande Rodríguez, Francisco	1:40:36	8:15	18:40	24:01	29:45	32:35	43:04	48:08	56:11	1:08:11	1:14:59	1:17:14	1:19:53	1:21:53	1:27:54				
		MONTAÑA FE Ferrol. A Coruña		8:15	10:25	5:21	5:44	2:50	10:29	5:04	8:03	12:00	6:48	2:15	2:39	2:00	6:01				
				1:34:49	1:37:37	1:39:12	1:40:02	1:40:36													
				6:55	2:48	1:35	0:50	0:34													
7	153	Ramos Lozano, Eduardo V.	1:42:07	5:50	16:18	21:07	27:05	31:52	52:25	57:55	1:03:40	1:11:40	1:19:01	1:19:38	1:21:37	1:24:23	1:31:57				
		USC Santiago de Compostela		5:50	10:28	4:49	5:58	4:47	20:33	5:30	5:45	8:00	7:21	0:37	1:59	2:46	7:34				
				1:36:16	1:38:51	1:40:39	1:41:28	1:42:07													
				4:19	2:35	1:48	0:49	0:39													
8	156	Sampedro Muñiz, Ramón	1:44:29	9:09	22:41	27:27	34:19	38:28	45:29	49:13	57:26	1:14:56	1:20:34	1:20:35	1:23:13	1:25:36	1:35:52				
		USC Santiago de Compostela		9:09	13:32	4:46	6:52	4:09	7:01	3:44	8:13	17:30	5:38	0:01	2:38	2:23	10:16				
				1:38:50	1:41:08	1:42:48	1:43:52	1:44:29													
				2:58	2:18	1:40	1:04	0:37													
9	111	Fernández Casalderrey, Javie	1:54:57	4:30	17:30	23:55	29:21	34:37	54:28	58:02	1:04:36	1:21:40	1:29:43	1:32:43	1:35:50	1:37:58	1:44:47				
		AROMON Pontevedra		4:30	13:00	6:25	5:26	5:16	19:51	3:34	6:34	17:04	8:03	3:00	3:07	2:08	6:49				
				1:49:11	1:51:59	1:53:34	1:54:22	1:54:57													
				4:24	2:48	1:35	0:48	0:35													
10	158	Souto Castro, Manuel Martín	1:56:28	5:39	21:54	26:22	34:18	38:27	49:42	55:31	1:03:47	1:18:15	1:26:19	1:27:44	1:29:47	1:37:16	1:44:38				
		USC Santiago de Compostela		5:39	16:15	4:28	7:56	4:09	11:15	5:49	8:16	14:28	8:04	1:25	2:03	7:29	7:22				
				1:50:16	1:53:01	1:54:35	1:55:41	1:56:28													
				5:38	2:45	1:34	1:06	0:47													
11	60	Bugallo García, José Ramón	1:59:03	4:08	13:39	17:48	27:52	32:59	45:52	58:25	1:05:39	1:14:30	1:21:17	1:21:11	1:22:38	1:25:01	1:42:47				
		APA LICEO A Coruña		4:08	9:31	4:09	10:04	5:07	12:53	12:33	7:14	8:51	6:47		1:27	2:23	17:46				
				1:47:34	1:51:58	1:56:37	1:58:08	1:59:03													
				4:47	4:24	4:39	1:31	0:55													
12	34	Parga Andón, Pedro	1:59:57	6:34	44:12	48:51	52:51	57:44	1:06:03	1:14:07	1:19:59	1:27:40	1:35:59	1:36:16	1:37:40	1:39:49	1:51:42				
		FLUVIAL LU Lugo		6:34	37:38	4:39	4:00	4:53	8:19	8:04	5:52	7:41	8:19	0:17	1:24	2:09	11:53				
				1:54:56	1:57:05	1:58:29	1:59:12	1:59:57													
				3:14	2:09	1:24	0:43	0:45													
13	81	Pérez Chamorro, Juan	2:02:03	7:20	17:10	21:10	31:04	36:16	48:58	1:01:35	1:08:42	1:17:45	1:24:36	1:34:41	1:36:57	1:40:40	1:49:57				
		APA LICEO A Coruña		7:20	9:50	4:00	9:54	5:12	12:42	12:37	7:07	9:03	6:51	10:05	2:16	3:43	9:17				
				1:52:52	1:57:32	1:59:40	2:01:12	2:02:03													
				2:55	4:40	2:08	1:32	0:51													
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			15(100)	F														
1	74 Martínez Girón, Jesús APA LICEO A Coruña	2:40:24	7:42	38:41	48:11	51:36	55:01	1:16:40	1:23:10	1:27:30	2:05:00	2:18:59	2:24:08	2:28:37	2:32:25	2:37:40		
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			2:38:43	2:40:24														
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4FC (5)		4.0 km 120 m 16 C	1(32)	2(35)	3(37)	4(39)	5(77)	6(34)	7(76)	8(31)	9(45)	10(67)	11(72)	12(60)	13(61)	14(59)		
			15(74)	16(100)	F													
1	5227 Pires Pires, Daniela HABELAS HA Vigo	1:15:05	4:50	8:05	10:28	19:07	24:25	32:25	33:41	39:27	41:53	45:31	47:56	1:00:58	1:05:19	1:09:34		
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			1:22:26	1:23:23	1:24:14													
			4:46	0:57	0:51													
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21	511	Rubio Alvarez, Ana Belén TREVINCA O Barco de Valdeorr	3:28:05	18:54 18:54 3:16:15 5:54	35:31 16:37 3:20:14 3:59	49:22 13:51 3:24:41 4:27	1:04:33 15:11 3:26:35 1:54	1:11:03 6:30 3:28:05 1:30	1:28:13 17:10 6:23 1:34:36	1:34:36 6:23 14:29 1:49:05	2:19:33 30:28 13:39 2:19:33	2:33:12 1:25 9:02 2:33:12	2:34:37 1:25 9:02 2:34:37	2:43:39 9:02 15:14 2:43:39	2:58:53 15:14 11:28 2:58:53	3:10:21 11:28 3:10:21 3:10:21	
22	525	Trejo Garcia, Miguel Angel TREVINCA O Barco de Valdeorr	3:30:05	10:02 10:02 3:18:08 5:44	37:27 27:25 3:22:13 4:05	51:12 13:45 3:26:38 4:25	1:06:31 15:19 3:28:34 1:56	1:13:19 6:48 3:30:05 1:31	1:30:05 16:46 5:04 1:36:31	1:36:31 6:26 14:32 1:51:03	2:21:35 30:32 11:29 2:21:35	2:33:04 3:31 9:00 2:33:04	2:36:35 3:31 9:00 2:36:35	2:45:35 9:00 15:11 2:45:35	3:00:46 15:11 11:38 3:00:46	3:12:24 11:38 3:12:24 3:12:24	
	616	Pardo Villaverde, Maria APA LICEO A Coruña	en tarj.	22:28 22:28 -----	39:44 17:16 -----	45:53 6:09 -----	52:54 7:01 -----	58:02 5:08 -----	1:20:24 22:22 -----	----- 49:52 -----	2:10:16 11:11 -----	2:21:27 9:01 -----	2:30:28 1:00 -----	2:31:28 4:03 -----	2:35:31 11:19 -----	2:46:50 -----	-----
	527	Limeres Antonio, Miguel Ange TREVINCA O Barco de Valdeorr	en tarj.	7:45 7:45 -----	1:06:42 58:57 -----	1:19:00 12:18 -----	1:27:15 8:15 -----	1:35:42 8:27 -----	1:47:17 11:35 -----	1:53:22 6:05 -----	2:02:17 8:55 -----	2:12:06 9:49 -----	2:20:58 8:52 -----	-----	-----	-----	-----
	504	Meirás Casanova, Ana HABELAS HA Vigo	en tarj.	6:31 6:31 -----	23:59 17:28 -----	31:09 7:10 -----	40:31 9:22 -----	46:55 6:24 -----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	506	Fernandez Carrera, Víctor Ga HABELAS HA Vigo	en tarj.	6:44 6:44 -----	1:25:29 1:18:45 -----	1:32:00 6:31 -----	1:40:20 8:20 -----	1:45:21 5:01 -----	2:01:23 16:02 -----	-----	-----	-----	-----	-----	-----	-----	-----
	508	Rodriguez Saez, Jose Manuel HABELAS HA Vigo	en tarj.	7:16 7:16 -----	17:25 10:09 -----	26:40 9:15 -----	33:18 6:38 -----	38:25 5:07 -----	47:37 9:12 -----	52:06 4:29 -----	1:39:07 47:01 -----	1:53:51 14:44 -----	2:05:22 11:31 -----	2:08:13 2:51 -----	2:10:19 2:06 -----	2:36:03 25:44 -----	-----
	668	Núñez Paredes, Santiago HABELAS HA Vigo	en tarj.	20:43 20:43 2:27:33 2:11	35:27 14:44 2:29:38 2:05	39:27 4:00 2:34:00 4:22	44:08 4:41 2:35:04 1:04	48:58 4:50 2:36:24 1:20	58:49 9:51 2:36:24 1:20	----- 28:38 -----	1:27:27 10:43 -----	1:38:10 6:18 -----	1:44:28 0:01 -----	1:44:29 2:29 -----	1:46:58 28:57 -----	2:25:22 9:27 -----	
	632	Ramil Vázquez, Iván HABELAS HA Vigo	en tarj.	24:56 24:56 -----	1:44:00 1:19:04 -----	1:51:08 7:08 -----	1:59:15 8:07 -----	2:04:19 5:04 -----	2:20:21 16:02 -----	-----	-----	-----	-----	-----	-----	-----	-----
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			15(59)	16(61)	17(63)	18(65)	19(74)	20(100)	F								
1	595	Loira Stefanini, Francesco AROMON Pontevedra	1:38:27	15:42 15:42 1:22:17 3:30	19:44 4:02 1:24:10 1:53	24:40 4:56 1:29:12 5:02	27:33 2:53 1:35:35 6:23	30:55 3:22 1:37:12 1:37	38:18 7:23 1:37:47 0:35	47:31 9:13 1:38:27 0:40	52:55 5:24 1:03:52 1:03:28	1:02:04 9:09 1:03:52 1:03:28	1:03:52 1:48 1:11:43 1:11:43	1:13:40 1:57 1:17:05 1:17:05	1:18:47 3:25 1:42 1:18:47		
2	503	Lopez Suarez, Andres MONTAÑA FE Ferrol. A Coruña	1:49:37	6:43 6:43 1:31:54 5:10	7:50 1:07 1:33:31 1:37	13:55 6:05 1:42:40 9:09	20:21 6:26 1:46:25 3:45	24:02 3:41 1:48:12 1:47	32:29 8:27 1:49:01 0:49	46:03 13:34 1:49:37 0:36	50:37 4:34 1:49:37 0:36	1:03:28 4:34 1:49:37 0:36	1:04:26 0:58 1:49:37 0:36	1:17:38 13:12 1:49:37 0:36	1:22:18 4:40 1:49:37 0:36	1:24:08 1:50 1:49:37 0:36	1:26:44 2:36 1:49:37 0:36
3	674	Díaz León, Román HABELAS HA Vigo	2:17:37	15:46 15:46 1:52:19 3:36	17:33 1:47 1:54:55 2:36	23:38 6:05 2:01:16 6:21	35:41 12:03 2:14:41 13:25	39:58 4:17 2:16:26 1:45	48:00 8:02 2:17:05 0:39	58:37 10:37 2:17:37 0:32	1:02:53 4:16 2:17:37 0:32	1:16:28 13:35 2:17:37 0:32	1:18:05 1:37 2:17:37 0:32	1:40:54 22:49 2:17:37 0:32	1:44:40 3:46 2:17:37 0:32	1:45:59 1:19 2:17:37 0:32	1:48:43 2:44 2:17:37 0:32
4	598	Ruda Orozco, Omar Eduardo AROMON Pontevedra	3:23:43	33:59 33:59 2:47:35 7:01	36:02 2:03 2:50:49 3:14	40:43 4:41 3:09:18 18:29	43:18 2:35 3:19:02 9:44	46:50 3:32 3:22:10 3:08	1:13:45 26:55 3:23:01 0:51	1:44:22 30:37 3:23:43 0:42	2:04:57 20:35 3:23:43 0:42	2:16:18 11:21 3:23:43 0:42	2:17:42 1:24 3:23:43 0:42	2:27:44 10:02 3:23:43 0:42	2:33:06 5:22 3:23:43 0:42	2:37:11 4:05 3:23:43 0:42	2:40:34 3:23 3:23:43 0:42
5	596	Villanueva Cabrera, Cristian AROMON Pontevedra	3:38:03	7:													



561	Lima Lima, Rafael HABELAS HA Vigo	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
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594	Vázquez Toucido, José Albert AROMON Pontevedra	en tarj.	4:38	5:14	18:00	29:13	32:13	39:50	49:37	51:54	58:19	59:07	1:12:11	1:13:49	-----	1:18:36
			4:38	0:36	12:46	11:13	3:00	7:37	9:47	2:17	6:25	0:48	13:04	1:38	-----	1:18:36
			1:21:04	1:22:23	1:25:06	1:27:57	1:29:28	1:30:01	1:30:38		1:16:35					4:47
			2:28	1:19	2:43	2:51	1:31	0:33	0:37		*67					
597	Palacios Palacios, Román AROMON Pontevedra	en tarj.	14:02	29:57	33:50	41:52	1:10:00	1:35:29	2:40:34	2:52:18	3:01:29	3:03:00	-----	-----	-----	-----
			14:02	15:55	3:53	8:02	28:08	25:29	1:05:05	11:44	9:11	1:31				
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7FC (5)

8.2 km 310 m 25 C

			1 (31)	2 (37)	3 (40)	4 (41)	5 (42)	6 (43)	7 (50)	8 (44)	9 (52)	10 (54)	11 (55)	12 (56)	13 (57)	14 (51)
			15 (58)	16 (45)	17 (63)	18 (62)	19 (61)	20 (65)	21 (72)	22 (70)	23 (68)	24 (73)	25 (100)	F		
1	1246 Pires Pires, Daniel HABELAS HA Vigo	1:49:14	9:17	12:35	18:06	21:16	25:40	28:02	34:28	35:07	40:39	47:33	50:36	53:02	53:34	1:01:01
			9:17	3:18	5:31	3:10	4:24	2:22	6:26	0:39	5:32	6:54	3:03	2:26	0:32	7:27
			1:19:25	1:23:30	1:27:00	1:29:43	1:31:58	1:37:48	1:41:52	1:43:35	1:45:05	1:47:41	1:48:35	1:49:14		
			18:24	4:05	3:30	2:43	2:15	5:50	4:04	1:43	1:30	2:36	0:54	0:39		
2	628 Lopez Costoya, Francisco HABELAS HA Vigo	2:15:49	9:58	14:41	23:09	28:05	35:24	38:18	50:30	51:13	1:01:17	1:10:14	1:14:41	1:20:06	1:20:49	1:27:27
			9:58	4:43	8:28	4:56	7:19	2:54	12:12	0:43	10:04	8:57	4:27	5:25	0:43	6:38
			1:42:30	1:44:59	1:49:22	1:51:46	1:54:39	2:00:01	2:04:08	2:06:04	2:11:44	2:13:57	2:15:10	2:15:49		
			15:03	2:29	4:23	2:24	2:53	5:22	4:07	1:56	5:40	2:13	1:13	0:39		
3	566 Fernández Torres, Ramón HABELAS HA Vigo	2:38:30	6:41	12:24	23:32	26:15	40:22	52:29	57:54	58:44	1:04:54	1:13:41	1:21:03	1:23:11	1:23:40	1:31:15
			6:41	5:43	11:08	2:43	14:07	12:07	5:25	0:50	6:10	8:47	7:22	2:08	0:29	7:35
			2:00:29	2:03:14	2:16:55	2:18:24	2:19:52	2:27:45	2:30:07	2:32:39	2:34:19	2:36:10	2:37:47	2:38:30		
			29:14	2:45	13:41	1:29	1:28	7:53	2:22	2:32	1:40	1:51	1:37	0:43		
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568	Santos Blanco, Alberto HABELAS HA Vigo	en tarj.	12:49	53:13	1:11:03	1:15:11	1:26:59	1:40:50	1:53:09	1:59:08	-----	-----	-----	-----	-----	-----
			12:49	40:24	17:50	4:08	11:48	13:51	12:19	5:59						
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														33:46		
642	Castro Castro, Jorge HABELAS HA Vigo	en tarj.	4:34	13:17	22:59	26:52	42:36	50:48	1:04:37	1:05:53	1:17:50	-----	-----	-----	-----	-----
			4:34	8:43	9:42	3:53	15:44	8:12	13:49	1:16	11:57					
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