

Pos	Nombre	Tiempo															
Iniciacion Corta (28)		2.0 km 95 m 9 C															
		1(49)	2(37)	3(65)	4(36)	5(35)	6(31)	7(52)	8(34)	9(100)	F						
1	Candela Iglesias, M ^a Rosar ARTABROS A Coruña	44:04	6:16	12:19	15:47	20:18	24:04	30:01	32:50	37:37	42:24	44:04					
2	Pérez Ramil, Iago INDEPEND. ----	45:06	6:11	13:10	20:13	23:55	27:00	32:24	35:23	40:16	44:05	45:06					
3	Hernández Cabrera, Juan I INDEPEND. ----	47:34	6:11	6:59	7:03	3:42	3:05	5:24	2:59	4:53	3:49	1:01					
4	Lopez Perez, M ^a Dolores ARTABROS A Coruña	1:03:18	7:31	15:09	28:08	35:18	38:49	46:56	49:20	56:45	1:01:19	1:03:18					
5	Álvarez Pérez, Manuel TREVINCA O Barco de Valc	1:03:36	6:00	19:07	21:53	26:12	30:04	49:30	51:41	59:09	1:02:29	1:03:36					
6	García Lopez, Carlota ARTABROS A Coruña	1:03:50	8:44	15:54	29:07	36:12	39:45	47:53	50:10	57:39	1:02:13	1:03:50	1:02:16				
7	Mosquera López, Laura TREVINCA O Barco de Valc	1:10:59	8:44	7:10	13:13	7:05	3:33	8:08	2:17	7:29	4:34	1:37					
8	Estévez Sas, Beatriz TREVINCA O Barco de Valc	1:12:57	7:31	7:38	12:59	7:10	3:31	8:07	2:24	7:25	4:34	1:59					
9	Veleiro García, Laura INDEPEND. ----	1:16:31	15:20	11:56	5:23	5:34	6:14	10:16	3:44	9:56	6:03	2:05					
10	Zuleta Marín, Mileidi FLUVIAL Lugo	1:30:15	7:19	33:12	38:27	46:38	50:04	1:14:02	1:15:41	1:22:27	1:27:21	1:30:15					
11	García Ossorio, María Enci TREVINCA O Barco de Valc	1:30:43	7:19	25:53	5:15	8:11	3:26	23:58	1:39	6:46	4:54	2:54					
12	Díaz Chub, Miguel INDEPEND. ----	1:45:09	15:18	41:51	45:46	51:32	54:13	1:00:28	1:03:20	1:25:15	1:28:52	1:30:43					
13	Trigo Recarey, Victoria ARTABROS A Coruña	1:49:31	15:18	26:33	3:55	5:46	2:41	6:15	2:52	21:55	3:37	1:51					
14	Sánchez Rodríguez, Elena AROMON Pontevedra	1:50:25	24:41	48:58	56:30	1:03:17	1:11:20	1:23:51	1:27:59	1:38:41	1:43:38	1:45:09	1:43:45				
15	Vinagre Barros, Martín FAICAMIÑO Oleiros (Iñás)	1:50:30	24:41	24:17	7:32	6:47	8:03	12:31	4:08	10:42	4:57	1:31					
16	Chub Savchenko, Lyudmyl INDEPEND. ----	1:54:10	11:44	11:56	5:29	14:47	4:39	24:20	3:14	24:34	7:35	1:13					
17	González Martínez, Mónica FLUVIAL Lugo	2:18:37	43:24	59:36	1:03:59	1:16:13	1:24:35	1:31:42	1:34:29	1:39:23	1:48:18	1:50:25					
18	Rodríguez Mateo, Miguel A APA LICEO A Coruña	13:02:00	43:24	16:12	4:23	12:14	8:22	7:07	2:47	4:54	8:55	2:07					
			40:46	57:53	1:01:41	1:14:11	1:22:51	1:34:46	1:38:20	1:43:22	1:49:20	1:50:30					
			40:46	17:07	3:48	12:30	8:40	11:55	3:34	5:02	5:58	1:10					
			33:36	57:53	1:05:40	1:12:04	1:20:24	1:32:55	1:37:04	1:47:39	1:52:35	1:54:10	1:52:39				
			33:36	24:17	7:47	6:24	8:20	12:31	4:09	10:35	4:56	1:35					
			1:10:36	1:20:51	1:31:12	1:38:33	1:43:00	1:51:24	1:55:27	2:04:35	2:14:51	2:18:37					
			1:10:36	10:15	10:21	7:21	4:27	8:24	4:03	9:08	10:16	3:46					
			2:06:46	2:23:41	2:29:22	2:35:41	2:40:39	2:48:14	2:51:14	2:55:20	3:00:27	3:02:00	1:21:17	1:27:27	1:28:09		
			2:06:46	16:55	5:41	6:19	4:58	7:35	3:00	4:06	5:07	1:33	*66	*65	*65		
			1:31:10	1:35:58	1:39:56	1:46:25	1:54:13	1:59:27	2:04:05	2:13:07	2:19:56	2:24:21	2:32:50	2:36:27	2:41:04	2:45:17	
			*52	*64	*63	*53	*54	*64	*50	*65	*56	*60	*59	*61	*51	*57	
			2:53:09	2:55:06													
			*68	*100													
19	Rey Molina, Lino APA LICEO A Coruña	25:02:30	14:07:33	14:24:35	14:30:24	14:36:38	0:00	0:00	0:00	0:00	0:00	15:02:30	8:58	16:37	22:01		
			14:07:33	17:02	5:49	6:14					25:52	*78	*65	*72			
			29:05	37:53	48:21	1:00:40	1:16:01	1:30:06	1:38:57	1:49:05	2:14:04	2:23:28	2:33:33	2:36:43	3:35:44	3:40:24	
			*64	*63	*54	*65	*67	*76	*59	*61	*51	*70	*68	*100	*33	*35	
			13:43:39	13:49:11	13:53:10	14:00:24	14:11:48	14:21:00	14:27:04	14:28:26	14:28:40						
			*36	*51	*48	*46	*38	*45	*54	*31	*31						
	Traveso Pedrares, Irene ARTABROS A Coruña	ror en tarj.	1:11:28	1:11:28	1:34:24	1:58:51	2:09:06	2:16:14	2:16:52	43:05	47:30	59:25					
			1:11:28	22:56	24:27							*36	*60	*39			
			1:07:09	1:18:24	1:44:27	1:54:16	2:01:42										
			*40	*32	*41	*52	*38										
	Rodríguez Alvares, Carla HAB HAINAS Vigo	ror en tarj.	22:57	1:21:00	1:30:37	1:49:26											
			22:57	58:03	9:37	18:49											
	Gomez Costa, Irene HAB HAINAS Vigo	ror en tarj.	7:54	43:35	56:48	1:06:58	1:13:56										
			7:54	35:41	13:13	10:10	6:58										
	Alves Perez, Marta HAB HAINAS Vigo	ror en tarj.	58:02	1:07:32	1:26:18												
			58:02	9:30	18:46												
	Perez Villar, Raquel HAB HAINAS Vigo	ror en tarj.	4:40	1:03:04	1:12:42	1:31:30											
			4:40	58:24	9:38	18:48											
	Ruiz Lopez, Lucía HAB HAINAS Vigo	ror en tarj.	38:53	1:36:59	1:46:35	2:05:23											
			38:53	58:06	9:36	18:48											
	Ruiz Lopez, Alejandra HAB HAINAS Vigo	No sale	1:20:20	1:20:20													
			1:20:20	40:55	42:05	43:22	44:45	47:24	51:45	53:26	1:00:04	1:02:32	1:04:27	1:06:24	1:09:54	1:12:04	1:15:54
			*34	*35	*36	*37	*38	*39	*40	*41	*42	*43	*44	*45	*46	*47	
			1:18:20	1:24:10	1:26:12												
			*48	*50	*51												
	Gil Boubeta, Ana HAB HAINAS Vigo	No sale	34:14	34:14													
			34:14	15:49:26	16:21:00	16:26:57	16:29:45	16:33:28	16:36:22	16:41:37	16:51:27	16:56:47	17:04:06	17:14:25	17:18:54	17:23:37	17:30:52
			*64	*63	*53	*54	*64	*50	*65	*56	*60	*59	*61	*51	*57	*68	
			17:32:25	7:31	8:51	9:23	13:29	14:36	19:33	21:51	23:57	26:16	29:23	31:53			
			*100	*55	*53	*33	*54	*31	*45	*51	*39	*37	*46	*35			
	Vazquez Vaamonde, Nuria HAB HAINAS Vigo	No sale	43:02	43:02													
			43:02	23:18	27:09	28:46	29:48	30:51	33:10	34:33	35:59	39:09	40:32	19:31	20:14	21:44	
			*31	*45	*51	*39	*37	*46	*35	*36	*48	*54	*55	*33	*56		

Iniciación Longa (87)		2.8 km 125 m 13 C														
		1(36)	2(60)	3(39)	4(40)	5(37)	6(32)	7(35)	8(41)	9(52)	10(31)	11(38)	12(34)	13(100)	F	
1	Doce Serrano, Juan Antoni ARTABROS A Coruña	31:44	3:19	4:21	9:07	10:20	11:30	13:05	16:04	17:46	20:34	22:20	26:21	28:16	30:52	31:44
2	Maneiro García, Ivan JARNACHAS Arteixo	39:21	3:31	4:40	8:08	9:50	11:25	13:33	17:03	21:16	27:58	29:52	31:50	34:39	37:42	39:21
			3:31	1:09	3:28	1:42	1:35	2:08	3:30	4:13	6:42	1:54	1:58	2:49	3:03	1:39

Pos	Nombre	Tempo															
D-E (10)			7.7 km 340 m 26 C (cont.)														
			1(35) 15(62)	2(47) 16(48)	3(46) 17(59)	4(53) 18(52)	5(51) 19(33)	6(64) 20(43)	7(57) 21(50)	8(44) 22(51)	9(55) 23(56)	10(66) 24(34)	11(32) 25(41)	12(63) 26(100)	13(45) F	14(61)	
6	Barreira Salgado, Teresa MONTAÑA Ferrol. A Coruña	1:46:32	5:59 5:59 1:09:54 7:36	16:06 10:07 1:13:09 3:15	17:27 1:21 1:15:20 2:11	20:16 2:49 1:20:28 5:08	31:02 10:46 1:27:23 6:55	34:23 3:21 1:31:02 3:39	37:14 2:51 1:34:54 3:52	41:22 4:08 1:36:52 1:58	42:59 1:37 1:38:35 1:43	46:48 3:49 1:41:41 3:06	51:43 4:55 1:43:23 1:42	55:17 3:34 1:45:58 2:35	56:57 1:40 1:46:32 0:34	1:02:18 5:21	
7	Ceide Vilela, Mª Vanessa FLUVIAL Lugo	1:53:19	4:48 4:48 1:10:55 11:27	7:17 2:29 1:13:39 2:44	8:41 1:24 1:16:20 2:41	12:53 4:12 1:23:02 6:42	24:03 11:10 1:29:27 6:25	27:45 3:42 1:31:42 2:15	31:13 3:28 1:35:47 4:05	36:06 4:53 1:37:49 2:02	37:57 1:51 1:40:08 2:19	41:41 3:44 1:45:07 4:59	45:52 4:11 1:47:39 2:32	50:03 4:11 1:52:27 4:48	53:13 3:10 1:52:27 0:52	59:28 6:15	
8	García Domínguez, Mª Zaira AROMON Pontevedra	2:15:16	18:25 18:25 1:31:32 9:27	22:12 3:47 1:34:22 2:50	24:23 2:11 1:39:44 5:22	28:35 4:12 1:43:47 4:03	43:37 15:02 1:48:21 4:34	48:26 4:49 1:50:17 1:56	53:35 5:09 1:56:28 6:11	1:00:47 7:12 1:58:37 2:09	1:02:36 1:49 2:01:04 2:27	1:05:28 2:52 2:05:19 4:15	1:09:46 4:18 2:11:35 6:16	1:13:27 3:41 2:14:26 2:51	1:17:01 3:34 2:15:16 0:50	1:22:05 5:04	
9	Rodríguez Pérez, Iria María FLUVIAL Lugo	2:15:29	6:22 6:22 1:25:23 10:18	9:41 3:19 1:28:36 3:13	11:50 2:09 1:31:10 2:34	16:57 5:07 1:38:29 7:19	31:18 14:21 1:46:38 8:09	36:03 4:45 1:49:36 2:58	40:06 4:03 1:54:07 4:31	46:20 6:14 1:56:14 2:07	48:25 2:05 1:58:31 2:17	53:09 4:44 2:04:31 6:00	58:46 5:37 2:08:10 3:39	1:04:37 5:51 2:14:22 6:12	1:07:51 3:14 2:15:29 1:07	1:15:05 7:14	
10	Follana Neira, Fernanda FLUVIAL Lugo	2:41:34	12:15 12:15 1:56:31 12:38	18:54 6:39 1:59:19 2:48	20:49 1:55 2:01:50 2:31	24:58 4:09 2:09:31 7:41	40:16 15:18 2:17:41 8:10	47:14 6:58 2:20:05 2:24	1:05:14 18:00 2:23:26 3:21	1:15:48 10:34 2:24:52 1:26	1:17:42 1:54 2:27:06 2:14	1:21:18 3:36 2:33:00 5:54	1:25:39 4:21 2:35:43 2:43	1:30:06 4:27 2:39:42 3:59	1:36:33 6:27 2:41:34 1:52	1:43:53 7:20	
H-12 (5)			2.0 km 95 m 9 C														
			1(49)	2(37)	3(65)	4(36)	5(35)	6(31)	7(52)	8(34)	9(100)	F					
1	Rodilla Iriso, Santiago HAB HAINAS Vigo	31:03	3:26 3:26 4:41	8:07 4:41	10:21 2:14	15:39 5:18	17:47 2:08	21:44 3:57	23:36 1:52	27:18 3:42	30:18 3:00	31:03 0:45					
2	Antoñón Casal, Hugo AROMON Pontevedra	43:10	3:24 3:24 11:12	14:36 11:12	16:24 1:48	22:20 5:56	25:09 2:49	29:16 4:07	31:42 2:26	38:19 6:37	42:29 4:10	43:10 0:41					
3	Antoñón Casal, Mateo AROMON Pontevedra	45:05	5:22 5:22 11:13	16:35 11:13	18:20 1:45	24:11 5:51	26:48 2:37	31:13 4:25	33:36 2:23	40:16 6:40	44:28 4:12	45:05 0:37					
4	Candela Iglesias, Natnael ARTABROS A Coruña	46:03	2:34 2:34 4:45	7:19 4:45	9:26 2:07	13:44 4:18	23:24 9:40	29:26 6:02	30:51 1:25	41:25 10:34	45:27 4:02	46:03 0:36					
5	Trejo Garcia, Nicolás TREVINCA O Barco de Val	1:06:26	8:25 8:25 12:30	20:55 12:30	23:55 3:00	28:19 4:24	31:59 3:40	51:36 19:37	53:49 2:13	1:01:06 7:17	1:05:31 4:25	1:06:26 0:55					
H-14 (7)			2.4 km 120 m 12 C														
			1(49)	2(32)	3(39)	4(40)	5(37)	6(36)	7(35)	8(59)	9(31)	10(41)	11(34)	12(100)	F		
1	Lois Serto, Iván AROMON Pontevedra	34:19	2:28 2:28 4:34	4:34 2:06	6:54 2:20	8:23 1:29	9:58 1:35	14:19 4:21	16:07 1:48	20:01 3:54	24:03 4:02	27:56 3:53	31:44 3:48	33:53 2:09	34:19 0:26		
2	Rodríguez Vila, Diego APA LICEO A Coruña	43:10	2:16 2:16 3:28	5:44 3:28	7:57 2:13	10:10 2:13	11:47 1:37	14:57 3:10	17:00 2:03	23:20 6:20	28:42 5:22	35:32 6:50	39:02 3:30	42:31 3:29	43:10 0:39		
3	Castillo López, Denis FLUVIAL Lugo	45:37	4:11 4:11 2:04	6:15 2:04	8:43 2:28	11:47 3:04	14:42 2:55	18:01 3:19	20:09 2:08	29:52 9:43	33:29 3:37	40:12 6:43	42:25 2:13	44:56 2:31	45:37 0:41		
4	Atanes Conde, Juan FLUVIAL Lugo	51:30	3:07 3:07 2:12	5:19 2:12	7:16 1:57	14:33 7:17	19:11 4:38	22:20 3:09	24:34 2:14	33:58 9:24	38:20 4:22	43:17 4:57	48:18 5:01	50:45 2:27	51:30 0:45		
5	Garrido Burgo, Juan Manu FLUVIAL Lugo	1:10:57	5:57 5:57 7:03	13:00 7:03	15:06 2:06	16:29 1:23	22:33 6:04	46:29 23:56	47:49 1:20	53:40 5:51	59:41 6:01	1:04:49 5:08	1:07:43 2:54	1:10:10 2:27	1:10:57 0:47		
6	Piñeiro Fraga, Iago FLUVIAL Lugo	1:28:40	5:47 5:47 15:36	21:23 15:36	24:30 3:07	28:20 3:50	31:09 2:49	36:37 5:28	39:35 2:58	1:00:03 20:28	1:07:24 7:21	1:12:19 4:55	1:24:05 1:14:46	1:27:43 3:38	1:28:40 0:57		
7	Fernández Brañas, Víctor FLUVIAL Lugo	1:56:17	13:16 13:16 4:03	17:19 4:03	25:00 7:41	31:05 6:05	41:35 10:30	51:06 9:31	54:12 3:06	1:00:34 6:22	1:09:52 9:18	1:17:23 7:31	1:41:46 24:23	1:55:31 13:45	1:56:17 0:46		
H-16 (5)			4.2 km 185 m 19 C														
			1(32) 15(47)	2(44) 16(46)	3(66) 17(60)	4(37) 18(41)	5(57) 19(100)	6(64) F	7(50)	8(58)	9(56)	10(43)	11(33)	12(54)	13(38)	14(59)	
1	Iglesias Nández, Raúl TREVINCA O Barco de Val	55:27	3:07 3:07 4:32 2:11	5:34 2:27 44:29 1:06	8:21 2:47 47:09 2:40	9:59 1:38 51:17 4:08	11:39 1:40 54:47 3:30	14:00 2:21 55:27 0:40	17:24 3:24 1:48	19:12 1:48 0:41	19:53 0:57 3:33	20:50 0:57 3:33	24:23 4:33 1:41	26:04 1:41 3:23	29:27 3:23 11:45	41:12	
2	Fraga Diaz, Alex FLUVIAL Lugo	1:13:16	13:30 13:30 7:56 58:27	21:26 7:56 59:53 1:03:49	24:18 2:52 1:03:49 1:08:05	26:46 2:28 1:08:05 1:12:43	29:40 2:54 1:12:43 1:13:16	32:40 3:00 1:13:16 0:33	39:07 6:27 1:54	41:01 1:54 1:26	42:27 1:26 1:01	43:28 1:01 1:56	45:24 2:46 3:09	48:10 2:46 3:09	51:19 3:09 4:09	55:28	
3	García Cousillas, David FLUVIAL Lugo	1:34:20	4:43 4:43 1:14:14 9:48	9:25 4:42 1:16:04 1:50	12:57 3:32 1:20:38 4:34	15:48 2:51 1:28:58 8:20	18:27 2:39 1:33:48 5:20	23:34 5:07 1:34:20 0:32	39:28 15:54 2:01	41:29 2:01 0:57	42:26 0:57 0:59	43:25 0:59 2:47	46:12 2:47 2:55	49:07 2:55 6:23	55:30 6:23 8:56	1:04:26	
4	Valdés González, Adrián FLUVIAL Lugo	1:43:46	5:08 5:08 1:23:23 9:46	9:48 4:40 1:25:06 1:43	13:33 3:45 1:29:48 4:42	15:52 2:19 1:38:08 8:20	20:19 4:27 1:42:47 4:39	26:49 6:30 1:43:46 0:59	39:39 12:50 2:01	50:28 10:49 0:59	51:27 0:59 1:01	52:27 1:00 2:44	55:11 2:44 3:03	58:14 3:03 6:18	1:04:32 6:18 9:05	1:13:37	
5	Escolante Enríquez, Adrián FLUVIAL Lugo	1:49:24	17:31 17:31 1:29:20 9:48	20:49 3:18 1:30:57 1:37	26:01 5:12 1:35:19 4:22	28:03 2:02 1:44:02 8:43	35:14 7:11 1:48:43 4:41	38:35 3:21 1:49:24 0:41	54:26 15:51 2:01	56:23 1:57 1:01	57:24 1:01 0:57	58:21 0:57 2:58	1:01:19 2:58 2:51	1:04:10 2:51 6:18	1:10:28 6:18 9:04	1:19:32	

Pos	Nombre	Tiempo														
H-21B (32)	5.5 km 240 m 25 C (cont.)	1(32)	2(40)	3(44)	4(55)	5(66)	6(61)	7(36)	8(53)	9(39)	10(57)	11(64)	12(51)	13(50)	14(58)	
		15(56)	16(43)	17(33)	18(52)	19(38)	20(48)	21(62)	22(47)	23(59)	24(35)	25(100)	F			
		Caloto Sandamil, José Man rror en tarj. FLUVIAL Lugo	8:40	11:43	12:57	14:02	16:41	19:46	23:33	25:18	28:06	31:06	35:55	41:02	48:59	50:08
		8:40	3:03	1:14	1:05	2:39	3:05	3:47	1:45	2:48	3:00	4:49	5:07	7:57	1:09	

Pos	Nombre	Tiempo															
H-E (24)			8.8 km 395 m 26 C (cont.)														
			1(36) 15(37)	2(66) 16(57)	3(55) 17(47)	4(45) 18(48)	5(63) 19(50)	6(51) 20(51)	7(33) 21(64)	8(52) 22(62)	9(47) 23(38)	10(46) 24(54)	11(60) 25(56)	12(39) 26(100)	13(40) F	14(61)	
13	Arufe Varela, Javier APA LICEO A Coruña	1:22:50	2:29 2:29 40:13 0:19	6:28 3:59 42:08 1:55	8:40 2:12 45:49 3:41	9:32 0:52 48:57 3:08	10:40 1:08 57:10 8:13	19:20 8:40 58:32 1:22	21:42 2:22 1:01:57 3:25	25:17 3:35 1:08:56 6:59	29:33 4:16 1:12:24 3:28	30:44 1:11 1:15:53 3:29	33:27 2:43 1:19:55 4:02	36:42 3:15 1:22:14 2:19	38:07 1:25 1:22:50 0:36	39:54 1:47	
14	Varela Rivera, Manuel AROMON Pontevedra	1:23:27	2:27 2:27 39:10 0:21	6:15 3:48 40:38 1:28	8:12 1:57 44:35 3:57	8:54 0:42 47:42 3:07	9:51 0:57 55:47 8:05	18:00 8:09 57:00 1:13	20:33 2:33 1:00:32 3:32	23:22 2:49 1:08:22 7:50	28:32 5:10 1:12:04 3:42	29:47 1:15 1:15:54 3:50	32:34 1:15 1:20:16 4:22	35:44 3:10 1:22:43 2:27	37:02 1:18 1:23:27 0:44	38:49 1:47	
15	Corral Alonso, Alberto FLUVIAL Lugo	1:24:28	3:46 3:46 44:45 0:18	8:06 4:20 46:07 1:22	10:36 2:30 49:44 3:37	11:24 0:48 52:10 2:26	12:27 1:03 59:40 7:30	25:12 2:15 1:00:37 0:57	27:27 3:22 1:03:39 3:02	30:49 3:22 1:12:43 9:04	36:07 5:18 1:15:35 2:52	37:12 1:05 1:18:40 3:05	39:26 2:14 1:22:08 3:28	42:02 2:36 1:23:56 1:48	43:12 1:10 1:24:28 0:32	44:27 1:15	
16	Fernández Torres, Ramón ADCARNELA Porto do Son	1:24:54	8:34 8:34 46:40 0:18	12:21 3:47 48:11 1:31	14:05 1:44 52:08 3:57	14:51 0:46 55:45 7:31	15:40 0:49 1:03:16 7:31	23:07 7:27 1:04:06 0:50	26:53 3:46 1:07:54 3:48	32:48 5:55 1:14:03 6:09	38:08 5:20 1:16:41 2:38	39:15 1:07 1:19:21 2:40	41:14 1:59 1:22:21 3:00	43:57 2:43 1:24:15 1:54	45:08 1:11 1:24:54 0:39	46:22 1:14	
17	García Lorenzo, Carlos MONTAÑA Ferrol. A Coruña	1:26:05	2:31 2:31 48:10 0:19	6:10 3:39 49:51 1:41	8:01 1:51 53:33 3:42	8:48 0:47 56:11 7:59	9:48 1:00 1:04:10 1:11	29:01 19:13 1:05:21 1:07:45	31:33 2:32 1:07:45 1:14:16	35:26 3:53 1:14:16 1:16:58	38:56 3:30 1:16:58 1:20:09	40:01 1:05 1:20:09 1:23:17	42:15 2:14 1:23:17 3:08	45:14 2:59 1:25:32 2:15	46:33 1:19 1:26:05 0:33	47:51 1:18	
18	García Domínguez, José Lt GALLAECIA A Coruña	1:26:53	3:26 3:26 43:57 0:13	7:54 4:28 45:27 1:30	9:38 1:44 49:31 4:04	10:15 0:37 52:06 2:35	11:08 0:53 1:00:01 7:55	20:22 9:14 1:01:06 1:05:34	23:30 3:08 1:05:23 1:07:12	27:19 3:49 1:14:45 1:11:18	33:23 6:04 1:17:21 1:19:56	34:15 0:52 1:20:34 1:26:27	36:29 2:14 1:24:02 1:30:26	39:39 3:10 1:26:22 1:33:02	41:03 1:24 1:26:53 1:33:53	43:44 2:41	
19	Alvelo Fraguera, Javier AROMON Pontevedra	1:28:51	2:19 2:19 38:23 0:19	7:11 4:52 40:49 2:26	9:04 1:53 44:42 3:53	10:12 1:08 47:33 2:51	11:11 0:59 55:12 7:39	19:42 8:31 1:02:40 7:28	22:05 2:23 1:06:42 4:02	25:24 3:19 1:16:18 9:36	29:06 3:42 1:19:23 3:05	30:13 1:07 1:22:53 3:30	32:37 2:24 1:26:17 3:24	35:24 2:47 1:28:19 2:02	36:43 1:19 1:28:51 0:32	38:04 1:21	
20	Pérez Juste, German UVIGO Vigo	1:33:53	2:59 2:59 47:59 0:17	7:03 4:04 49:41 1:42	9:08 2:05 54:12 4:31	10:13 1:05 57:06 2:54	11:38 1:25 1:05:34 8:28	23:01 1:23 1:07:12 1:38	26:50 3:49 1:11:18 4:06	31:53 5:03 1:19:56 8:38	36:58 5:05 1:23:19 3:23	38:15 1:17 1:26:27 3:08	41:02 2:47 1:30:26 3:59	44:18 3:16 1:33:02 2:36	45:44 1:26 1:33:53 0:51	47:42 1:58	
21	Torviso Berdeal, Jose Anto MONTAÑA Ferrol. A Coruña	1:47:04	12:17 12:17 59:08 0:26	22:27 10:10 1:00:58 1:50	25:27 3:00 1:05:42 4:44	26:10 0:43 1:08:18 2:36	27:02 0:52 1:16:21 8:03	39:36 12:34 1:17:47 1:26	41:50 2:14 1:20:03 2:16	45:27 3:37 1:28:54 8:51	49:27 4:00 1:32:02 3:08	50:26 0:59 1:35:25 3:23	52:40 2:14 1:44:01 8:36	55:45 3:05 1:46:13 2:12	56:57 1:12 1:47:04 0:51	58:42 1:45	
	Fernández Otero, Oscar MONTAÑA Ferrol. A Coruña	ror en tarj.	----- ----- ----- -----	15:58 15:58 ----- -----	18:30 2:32 ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----
	García De Las Heras, Franc GALLAECIA A Coruña	ror en tarj.	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----
	Rodríguez Rodríguez, Orlai AABT Paderne	ror en tarj.	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----
4FC (2)			4.3 km 175 m 18 C														
			1(60) 15(44)	2(46) 16(32)	3(47) 17(38)	4(59) 18(100)	5(41) F	6(34)	7(54)	8(33)	9(43)	10(58)	11(64)	12(57)	13(37)	14(40)	
1	Valcarcel Lopez, Mar ARTABROS A Coruña	1:50:57	36:40 36:40 1:31:33 2:00	40:56 4:16 1:37:01 5:28	43:43 2:47 1:44:34 7:33	55:47 12:04 1:50:02 5:28	59:50 4:03 1:50:57 0:55	1:03:31 3:41	1:06:41 3:10	1:09:17 2:36	1:11:20 2:03	1:13:44 2:24	1:20:56 7:12	1:24:03 3:07	1:27:05 3:02	1:29:33 2:28	
	Candal López, Patricia ADCARNELA Porto do Son	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
5FC (18)			5.6 km 240 m 20 C														
			1(60) 15(51)	2(40) 16(43)	3(55) 17(42)	4(44) 18(56)	5(37) 19(58)	6(48) 20(100)	7(62) F	8(47)	9(41)	10(52)	11(33)	12(50)	13(57)	14(64)	
1	Viguera Sas, Carlos MONTAÑA Ferrol. A Coruña	1:05:12	4:42 4:42 55:01 3:25	9:33 4:51 59:52 4:51	11:25 1:52 1:01:20 1:28	12:47 1:22 1:02:01 0:41	15:45 2:58 1:02:34 0:33	23:10 7:25 1:04:35 2:01	25:00 1:50 1:05:12 0:37	26:36 1:36 1:06:57 0:37	30:32 3:56 1:08:53 0:37	33:40 3:08 1:11:53 0:37	38:27 4:47 1:14:40 0:37	41:57 3:30 1:18:10 0:37	48:53 6:56 1:24:36 0:37	51:36 2:43	
2	Ruda Orozco, Omar Eduarc AROMON Pontevedra	1:07:29	5:29 5:29 57:48 3:18	12:25 6:56 1:02:08 4:20	13:53 1:28 1:02:59 0:51	15:43 1:50 1:03:30 0:31	20:26 4:43 1:05:21 1:51	25:32 5:06 1:06:53 1:32	27:00 1:28 1:07:29 0:36	28:40 1:40 1:08:49 0:36	34:04 5:24 1:14:13 0:36	36:45 2:41 1:16:54 0:36	40:09 3:24 1:20:18 0:36	44:25 4:16 1:24:34 0:36	52:35 8:10 1:32:44 0:36	54:30 1:55	

Pos	Nombre	Tiempo														
5FC (18)			5.6 km 240 m 20 C							(cont.)						
			1(60)	2(40)	3(55)	4(44)	5(37)	6(48)	7(62)	8(47)	9(41)	10(52)	11(33)	12(50)	13(57)	14(64)
			15(51)	16(43)	17(42)	18(56)	19(58)	20(100)	F							
3	Villanueva Cabrera, Cristia AROMON Pontevedra	1:13:06	15:02 15:02	20:01 4:59	21:29 1:28	22:37 1:08	25:41 3:04	32:04 6:23	34:37 2:33	36:08 1:31	40:36 4:28	44:13 3:37	49:48 5:35	54:08 4:20	57:49 3:41	1:00:32 2:43
4	Gayoso Sánchez, David INDEPEND. ----	1:15:23	1:03:18 2:46	1:06:59 3:41	1:09:02 2:03	1:09:28 0:26	1:10:07 0:39	1:12:22 2:15	1:13:06 0:44	33:46 3:45	37:09 3:23	39:42 2:33	43:20 3:38	51:36 8:16	1:02:22 10:46	1:04:32 2:10
5	Villar Comesaña, Iria HAB HAINAS Vigo	1:19:49	1:07:57 3:25	1:10:11 2:14	1:11:40 1:29	1:12:21 0:41	1:13:02 0:41	1:14:34 1:32	1:15:23 0:49	32:38 3:00	37:41 5:03	41:51 4:10	47:21 5:30	51:29 4:08	58:08 6:39	1:01:55 3:47
6	Castro Estévez, Carlos INDEPEND. ----	1:21:25	4:30 4:26	5:16 9:01	2:34 11:00	0:48 14:35	1:08 17:28	2:27 27:25	1:11 28:46	34:04 5:18	38:25 4:21	41:45 3:20	46:29 4:44	57:41 11:12	1:05:05 7:24	1:07:52 2:47
7	Alves Comesaña, David HAB HAINAS Vigo	1:22:24	4:09 4:09	10:01 5:52	15:38 5:37	18:29 2:51	21:45 3:16	30:25 8:40	32:18 1:53	37:33 5:15	41:36 4:03	45:31 3:55	51:46 6:15	55:41 3:55	1:01:43 6:02	1:05:18 3:35
8	Conde Renda, Juan Manue HAB HAINAS Vigo	1:26:34	5:07 5:11	4:28 5:08	2:36 2:14	0:55 1:47	0:53 3:47	2:21 12:18	0:46 2:07	36:20 3:48	41:14 4:54	46:37 5:23	52:57 6:20	58:47 5:50	1:02:33 3:46	1:06:11 3:38
9	Palacios Palacios, Román AROMON Pontevedra	1:28:14	7:26 11:06	2:51 5:56	2:24 2:14	4:24 7:02	0:43 2:27	2:01 8:41	0:34 2:08	42:06 2:32	47:45 5:39	51:22 3:37	56:18 4:56	1:02:13 5:55	1:08:01 5:48	1:10:00 1:59
10	Valladares Varela, César INDEPEND. ----	1:30:33	5:57 17:29	6:27 23:14	1:00 24:54	0:29 27:09	1:37 29:26	1:53 38:39	0:51 41:05	42:38 1:33	45:53 3:15	49:53 4:00	58:33 8:40	1:01:39 3:06	1:11:08 9:29	1:13:32 2:24
11	García Dapena, Miriam INDEPEND. ----	1:42:02	5:48 5:48	14:12 8:24	18:47 4:35	21:40 2:53	25:29 3:49	33:03 7:34	36:18 3:15	41:02 4:44	52:11 11:09	58:10 5:59	1:05:45 7:35	1:11:11 5:26	1:19:09 7:58	1:22:42 3:33
12	Álvarez Rodríguez, Lucas INDEPEND. ----	1:43:21	8:41 27:01	4:46 31:50	1:50 34:16	0:34 36:39	0:57 40:40	1:52 49:58	0:40 51:47	53:52 2:05	57:54 4:02	1:02:09 4:15	1:09:01 6:52	1:12:13 3:12	1:20:34 8:21	1:26:01 5:27
13	Núñez Pérez, Yolanda INDEPEND. ----	1:45:58	7:25 9:46	3:13 8:23	1:59 4:36	0:29 2:53	0:51 3:49	2:42 7:34	0:41 3:14	44:57 4:42	56:08 11:11	1:02:07 5:59	1:09:41 7:34	1:15:07 5:26	1:23:06 7:59	1:26:39 3:33
14	Carballeira De Jesus, Katy GALLAECIA A Coruña	1:50:36	8:40 7:48	4:46 13:57	1:52 16:36	0:32 21:34	1:03 26:07	1:47 35:58	0:39 38:16	43:45 5:29	49:41 5:56	54:18 4:37	1:02:44 8:26	1:08:53 6:09	1:26:56 18:03	1:32:09 5:13
15	Fernandez Carrera, Victor HAB HAINAS Vigo	1:59:51	5:39 29:44	4:33 36:36	2:07 38:49	0:46 40:56	1:01 43:56	2:56 59:35	1:25 1:01:36	1:04:22 2:46	1:08:13 3:51	1:14:29 6:16	1:22:22 7:53	1:26:16 3:54	1:32:13 5:57	1:36:32 4:19
	De Aymerich Vadillo, Mar AROMON Pontevedra	rror en tarj.	5:24 5:24	12:00 6:36	14:01 2:01	15:00 0:59	18:28 3:28	26:32 8:04	28:23 1:51	30:56 2:33	34:49 3:53	38:01 3:12	43:19 5:18	46:40 3:21	52:13 5:33	55:11 2:58
			40:39	45:59	51:54	59:00	1:05:40	1:10:33	1:21:43	1:32:18	1:34:48	1:43:32				
			*37	*39	*40	*41	*38	*42	*43	*44	*45	*100				
	Rioboo Tejo, Javier BOMBEIROS A Coruña	rror en tarj.	----	9:21 9:21	12:15 2:54	----	----	59:30 47:15	1:01:10 1:40	1:06:28 5:18	----	----	----	----	----	----
			28:45	33:23	35:55	42:12	44:04	45:40	46:35	47:59	50:10	54:34	56:26	1:09:41	1:11:56	25:06
			*39	*57	*64	*51	*50	*58	*56	*43	*33	*52	*38	*59	*35	*53
	Álvarez Rodríguez, Anahí INDEPEND. ----	rror en tarj.	----	----	----	----	----	7:02 7:02	9:02 2:00	11:11 2:09	14:29 3:18	19:50 5:21	24:47 4:57	28:14 3:27	34:00 5:46	35:50 1:50
					1:13	6:55	10:21	14:03	19:32	22:45	30:23	32:20		*56	*31	*45
			*39	*37	*46	*35	*36	*48	*54	*49	*52	*100				*51
6FC (7)			6.9 km 300 m 26 C													
			1(60)	2(53)	3(40)	4(61)	5(57)	6(32)	7(66)	8(45)	9(63)	10(44)	11(46)	12(47)	13(59)	14(64)
			15(51)	16(50)	17(43)	18(33)	19(41)	20(35)	21(62)	22(48)	23(38)	24(52)	25(54)	26(100)	F	
1	Lima, Rafael ORIMARAO ----	52:07	3:29 3:29	3:57 0:28	7:06 3:09	8:11 1:05	9:25 1:14	10:34 1:09	12:55 2:21	15:04 2:09	15:49 0:45	17:01 1:12	20:09 3:08	21:04 0:55	22:59 1:55	29:30 6:31
			33:02	34:06	35:52	36:50	39:18	40:44	42:57	44:22	46:14	47:43	49:43	51:34	52:07	
			3:32	1:04	1:46	0:58	2:28	1:26	2:13	1:25	1:52	1:29	2:00	1:51	0:33	

