

os	Nombre	Tiempo																		
UNI FEM (31)			3,9 km 205 m		19 C		<i>(cont.)</i>													
			1(68) 15(64)	2(69) 16(43)	3(70) 17(75)	4(35) 18(66)	5(71) 19(100)	6(53) Meta	7(72)	8(62)	9(73)	10(58)	11(59)	12(55)	13(63)	14(74)				
14	Burillo Veiga, Paula A CORUÑA UDC	1:57:23	3:59 3:59 1:42:43 4:36	5:23 1:24 1:51:54 9:11	8:57 3:34 1:54:22 2:28	13:42 4:45 1:55:29 1:07	22:14 8:32 1:57:00 1:31	34:55 12:41 1:57:23 0:23	39:42 4:47	48:05 8:23	51:23 3:18	1:05:13 13:50	1:08:34 3:21	1:21:12 12:38	1:33:20 12:08	1:38:07 4:47				
14	Salgado Castelo, Marta A CORUÑA UDC	1:57:23	3:08 3:08 1:41:37 5:25	4:51 1:43 1:51:19 9:42	7:32 2:41 1:54:49 3:30	10:50 3:18 1:55:42 0:53	23:56 13:06 1:56:55 1:13	35:28 11:32 1:57:23 0:28	40:16 4:48	52:03 11:47	54:19 2:16	59:26 5:07	1:04:48 5:22	1:22:53 18:05	1:33:09 10:16	1:36:12 3:03				
16	Piñeiro Cuadrado, Lucía A CORUÑA UDC	2:01:22	7:57 7:57 1:46:50 4:54	9:24 1:27 1:55:59 9:09	12:51 3:27 1:58:24 2:25	17:28 4:37 1:59:33 1:09	26:16 8:48 2:01:01 1:28	38:57 12:41 2:01:22 0:21	43:44 4:47	52:24 8:40	55:26 3:02	1:09:27 14:01	1:12:44 3:17	1:25:15 12:31	1:37:24 12:09	1:41:56 4:32				
17	Bisbé Brito, Melisa A CORUÑA USC	2:05:16	5:32 5:32 1:53:28 9:56	6:57 1:25 2:01:36 8:08	12:30 5:33 2:03:15 1:39	17:56 5:26 2:04:00 0:45	27:22 9:26 2:04:52 0:52	32:28 5:06 2:05:16 0:24	36:23 3:55	45:42 9:19	48:42 3:00	53:13 4:31	1:01:19 8:06	1:13:50 12:31	1:41:00 27:10	1:43:32 2:32				
18	Castro Durán, Noemí A CORUÑA UDC	2:05:21	3:56 3:56 1:50:53 5:03	5:13 1:17 1:59:58 9:05	10:22 5:09 2:02:14 2:16	14:37 4:15 2:03:24 1:10	22:13 7:36 2:04:56 1:32	29:30 7:17 2:05:21 0:25	34:58 5:28	49:14 14:16	52:31 3:17	1:13:22 20:51	1:16:50 3:28	1:29:17 12:27	1:41:08 11:51	1:45:50 4:42				
19	Serantes Pérez, Andrea A CORUÑA USC	2:07:02	5:51 5:51 1:52:59 4:42	7:43 1:52 2:01:53 8:54	13:04 5:21 2:04:06 2:13	17:38 4:34 2:05:09 1:03	33:14 15:36 2:06:27 1:18	44:58 11:44 2:07:02 0:35	49:56 4:58	59:32 9:36	1:03:05 3:33	1:11:25 8:20	1:14:12 2:47	1:33:29 19:17	1:43:47 10:18	1:48:17 4:30				
20	Prieto Carballo, Eva A CORUÑA UDC	2:09:21	10:08 10:08 1:54:48 4:51	11:41 1:33 2:03:56 9:08	14:18 2:37 2:06:16 2:20	18:42 4:24 2:07:19 1:03	26:18 7:36 2:09:00 1:41	33:33 7:15 2:09:21 0:21	38:56 5:23	53:02 14:06	56:28 3:26	1:17:15 20:47	1:20:43 3:28	1:33:19 12:36	1:45:11 11:52	1:49:57 4:46				
21	Pazos Campos, Tamera A CORUÑA USC	2:26:47	8:39 8:39 2:13:04 4:51	9:57 1:18 2:21:48 8:44	12:40 2:43 2:23:50 2:02	24:14 11:34 2:24:40 0:50	44:23 20:09 2:26:21 1:41	50:21 5:58 2:26:47 0:26	1:13:25 23:04	1:19:42 6:17	1:22:48 3:06	1:31:11 8:23	1:34:06 2:55	1:53:21 19:15	2:03:30 10:09	2:08:13 4:43				
22	Becerra Lozano, Xiomara A CORUÑA USC	2:37:00	8:25 8:25 2:23:05 4:46	10:33 2:08 2:31:55 8:50	30:28 19:55 2:34:08 2:13	34:16 3:48 2:35:06 0:58	54:27 20:11 2:36:30 1:24	1:00:37 6:10 2:37:00 0:30	1:23:52 23:15	1:29:45 5:53	1:32:51 3:06	1:41:16 8:25	1:44:03 2:47	2:03:27 19:24	2:13:50 10:23	2:18:19 4:29				
23	Brenlla Carballo, Erika A CORUÑA USC	2:43:09	4:29 4:29 2:30:34 5:01	7:40 3:11 2:36:28 5:54	14:11 6:31 2:38:33 2:05	17:38 3:27 2:41:26 2:53	29:32 11:54 2:42:50 1:24	33:59 4:27 2:43:09 0:19	1:31:21 57:22	1:36:49 5:28	1:40:46 3:57	1:49:05 8:19	1:51:52 2:47	2:11:17 19:25	2:21:22 10:05	2:25:33 4:11				
24	MARTÍNEZ CAMBRA, YARA A CORUÑA USC	3:26:11	3:32 3:32 3:00:34 5:14	5:41 2:09 3:16:28 15:54	13:40 7:59 3:20:03 3:35	22:05 8:25 3:21:28 1:25	1:06:01 43:56 3:24:53 3:25	1:16:13 10:12 3:26:11 1:18	1:30:16 14:03	1:57:04 26:48	2:03:22 6:18	2:15:49 12:27	2:21:24 5:35	2:33:51 12:27	2:45:22 11:31	2:55:20 9:58				
25	GONZÁLEZ PORTELA, MARÍA A CORUÑA USC	3:28:10	5:29 5:29 3:02:32 5:09	7:38 2:09 3:18:32 16:00	15:36 7:58 3:22:06 3:34	24:09 8:33 3:23:31 1:25	1:08:11 44:02 3:26:50 3:19	1:18:11 10:00 3:28:10 1:20	1:32:13 14:02	1:59:08 26:55	2:05:25 6:17	2:17:51 12:26	2:23:26 5:35	2:35:50 12:24	2:46:54 11:04	2:57:23 10:29				
	Maneiro Rey, Maria A CORUÑA USC	No sale																		

os Nombre		Tiempo														
UNI FEM (31)		3,9 km 205 m		19 C		<i>(cont.)</i>										
		1(68)	2(69)	3(70)	4(35)	5(71)	6(53)	7(72)	8(62)	9(73)	10(58)	11(59)	12(55)	13(63)	14(74)	
		15(64)	16(43)	17(75)	18(66)	19(100)	Meta									
	Lago Castillo, Natalia	No sale														
	A CORUÑA USC															
	Fernández Villar, Zulema	No sale														
	A CORUÑA USC															
	Cagide González, Laia	No sale														
	A CORUÑA USC															
	Celis González, Anamaura Guad	No sale														
	A CORUÑA UDC															
	Romero Rentería, Claudia Stefa	No sale														
	A CORUÑA UDC															
UNI MASC (50)		4,5 km 180 m		24 C												
		1(47)	2(69)	3(49)	4(98)	5(48)	6(51)	7(49)	8(50)	9(52)	10(53)	11(54)	12(55)	13(56)	14(62)	
		15(57)	16(58)	17(59)	18(61)	19(63)	20(65)	21(96)	22(66)	23(45)	24(100)	Meta				
1	Piñeiro Fraga, Brais	31:41	0:58	1:45	2:29	3:55	4:31	4:58	5:54	6:40	8:33	10:42	11:54	14:54	16:12	17:03
	PONTEVEDRA UVIGO		0:58	0:47	0:44	1:26	0:36	0:27	0:56	0:46	1:53	2:09	1:12	3:00	1:18	0:51
			18:23	18:55	19:41	22:13	24:10	27:09	28:47	30:46	31:11	31:30	31:41			
			1:20	0:32	0:46	2:32	1:57	2:59	1:38	1:59	0:25	0:19	0:11			
2	Pérez Juste, Germán	39:04	1:26	2:29	3:45	4:58	5:45	6:18	7:26	8:20	9:53	12:59	14:12	17:37	19:23	20:21
	PONTEVEDRA UVIGO		1:26	1:03	1:16	1:13	0:47	0:33	1:08	0:54	1:33	3:06	1:13	3:25	1:46	0:58
			21:49	22:25	23:26	26:55	30:01	32:57	34:44	37:26	38:14	38:45	39:04			
			1:28	0:36	1:01	3:29	3:06	2:56	1:47	2:42	0:48	0:31	0:19			
3	Pastoriza Santos, Vicente	39:58	1:12	2:20	3:22	5:02	5:50	6:15	7:25	8:20	10:11	13:27	14:53	18:33	20:08	21:21
	PONTEVEDRA UVIGO		1:12	1:08	1:02	1:40	0:48	0:25	1:10	0:55	1:51	3:16	1:26	3:40	1:35	1:13
			22:50	23:33	24:52	28:20	31:01	34:20	36:13	38:54	39:20	39:39	39:58			
			1:29	0:43	1:19	3:28	2:41	3:19	1:53	2:41	0:26	0:19	0:19			
4	Arufe Varela, Alberto	44:47	1:16	2:30	3:44	5:33	6:27	6:55	8:23	9:27	11:37	17:18	18:55	22:39	24:25	25:38
	A CORUÑA UDC		1:16	1:14	1:14	1:49	0:54	0:28	1:28	1:04	2:10	5:41	1:37	3:44	1:46	1:13
			27:11	27:50	28:51	32:25	34:45	38:11	40:15	43:34	44:11	44:32	44:47			
			1:33	0:39	1:01	3:34	2:20	3:26	2:04	3:19	0:37	0:21	0:15			
5	Patiño Varela, Juan	45:50	1:13	2:28	3:39	5:24	6:09	6:57	8:05	9:46	11:39	16:27	17:52	21:38	24:38	25:53
	A CORUÑA UDC		1:13	1:15	1:11	1:45	0:45	0:48	1:08	1:41	1:53	4:48	1:25	3:46	3:00	1:15
			27:14	27:57	29:38	33:12	35:41	38:59	41:14	44:44	45:13	45:34	45:50			
			1:21	0:43	1:41	3:34	2:29	3:18	2:15	3:30	0:29	0:21	0:16			
6	Rodríguez Núñez, Eugenio	49:16	1:30	2:44	4:02	5:45	6:49	7:38	9:05	10:13	12:55	16:17	17:45	21:40	23:57	29:56
	A CORUÑA USC		1:30	1:14	1:18	1:43	1:04	0:49	1:27	1:08	2:42	3:22	1:28	3:55	2:17	5:59
			31:23	32:06	33:15	36:43	39:16	42:25	44:32	48:08	48:38	48:59	49:16			
			1:27	0:43	1:09	3:28	2:33	3:09	2:07	3:36	0:30	0:21	0:17			
7	Sanmartín Matalobos, Jesús	53:10	1:44	3:10	5:05	6:55	8:05	8:51	10:30	12:01	14:11	18:13	20:01	24:51	27:20	28:49
	A CORUÑA USC		1:44	1:26	1:55	1:50	1:10	0:46	1:39	1:31	2:10	4:02	1:48	4:50	2:29	1:29
			30:36	31:33	33:28	37:39	40:36	44:53	47:07	52:00	52:32	52:54	53:10			
			1:47	0:57	1:55	4:11	2:57	4:17	2:14	4:53	0:32	0:22	0:16			
8	Pérez Juste, Jorge	55:01	1:39	4:07	5:39	7:40	8:54	9:32	11:15	13:32	15:50	20:39	22:14	26:47	29:08	30:34
	PONTEVEDRA UVIGO		1:39	2:28	1:32	2:01	1:14	0:38	1:43	2:17	2:18	4:49	1:35	4:33	2:21	1:26
			32:22	33:29	35:24	39:36	42:31	46:25	49:03	53:55	54:24	54:44	55:01			
			1:48	1:07	1:55	4:12	2:55	3:54	2:38	4:52	0:29	0:20	0:17			
9	Albaladejo Carreño, Julio	56:25	3:34	5:01	6:32	8:20	9:20	9:56	11:11	14:28	16:39	20:00	21:36	25:50	30:08	31:43
	PONTEVEDRA UVIGO		3:34	1:27	1:31	1:48	1:00	0:36	1:15	3:17	2:11	3:21	1:36	4:14	4:18	1:35
			33:34	34:42	37:04	41:08	44:18	48:36	50:57	55:21	55:53	56:12	56:25			
			1:51	1:08	2:22	4:04	3:10	4:18	2:21	4:24	0:32	0:19	0:13			

os	Nombre	Tiempo														
UNI MASC (50)			4,5 km 180 m		24 C		<i>(cont.)</i>									
			1(47)	2(69)	3(49)	4(98)	5(48)	6(51)	7(49)	8(50)	9(52)	10(53)	11(54)	12(55)	13(56)	14(62)
			15(57)	16(58)	17(59)	18(61)	19(63)	20(65)	21(96)	22(66)	23(45)	24(100)	Meta			
10	Alonso Veiga, José	1:08:52	2:21	5:02	8:32	10:36	11:47	12:21	13:43	17:57	19:57	25:12	27:14	32:12	35:13	38:11
	PONTEVEDRA UVIGO		2:21	2:41	3:30	2:04	1:11	0:34	1:22	4:14	2:00	5:15	2:02	4:58	3:01	2:58
			42:09	43:19	45:03	49:41	55:38	59:38	1:02:16	1:06:37	1:07:54	1:08:14	1:08:52			
			3:58	1:10	1:44	4:38	5:57	4:00	2:38	4:21	1:17	0:20	0:38			
11	Gonzalez Dovalo, Salvador	1:09:45	4:56	7:30	13:46	15:34	16:24	16:57	18:14	21:10	23:16	39:17	41:01	44:25	47:22	48:22
	A CORUÑA UDC		4:56	2:34	6:16	1:48	0:50	0:33	1:17	2:56	2:06	16:01	1:44	3:24	2:57	1:00
			49:58	50:35	51:39	55:32	58:58	1:02:37	1:04:52	1:07:50	1:08:24	1:08:58	1:09:45		9:57	10:52
			1:36	0:37	1:04	3:53	3:26	3:39	2:15	2:58	0:34	0:34	0:47		*98	*48
			12:02													
			*51													
12	Victorero Domínguez, Alejandro	1:11:00	1:24	4:49	6:21	8:18	9:35	10:21	12:12	13:58	16:25	21:59	25:00	30:30	34:03	38:28
	A CORUÑA USC		1:24	3:25	1:32	1:57	1:17	0:46	1:51	1:46	2:27	5:34	3:01	5:30	3:33	4:25
			40:45	42:36	45:38	51:08	54:53	59:32	1:02:26	1:09:27	1:10:15	1:10:41	1:11:00			
			2:17	1:51	3:02	5:30	3:45	4:39	2:54	7:01	0:48	0:26	0:19			
13	Blanco Ameijenda, Francisco E.	1:13:14	1:39	4:07	5:40	8:47	10:49	11:15	13:07	14:41	23:38	28:22	30:28	36:22	39:31	41:22
	PONTEVEDRA UVIGO		1:39	2:28	1:33	3:07	2:02	0:26	1:52	1:34	8:57	4:44	2:06	5:54	3:09	1:51
			43:17	44:06	46:21	53:00	56:41	1:02:31	1:06:18	1:11:54	1:12:35	1:12:57	1:13:14			
			1:55	0:49	2:15	6:39	3:41	5:50	3:47	5:36	0:41	0:22	0:17			
14	Aycart Celdrán, Guillermo	1:14:47	5:46	6:43	7:57	9:24	12:19	12:45	15:54	18:16	20:29	30:13	32:11	36:19	47:34	50:22
	PONTEVEDRA UVIGO		5:46	0:57	1:14	1:27	2:55	0:26	3:09	2:22	2:13	9:44	1:58	4:08	11:15	2:48
			52:34	53:43	55:12	59:31	1:02:19	1:06:13	1:08:54	1:13:50	1:14:12	1:14:30	1:14:47			
			2:12	1:09	1:29	4:19	2:48	3:54	2:41	4:56	0:22	0:18	0:17			
15	Gandarillas Carrara, Jaime de	1:15:42	1:40	2:54	14:14	15:48	16:51	17:42	20:41	23:18	28:10	33:28	35:11	39:09	41:39	43:01
	PONTEVEDRA UVIGO		1:40	1:14	11:20	1:34	1:03	0:51	2:59	2:37	4:52	5:18	1:43	3:58	2:30	1:22
			45:09	46:19	48:47	56:59	1:00:27	1:04:25	1:06:50	1:13:25	1:14:17	1:15:21	1:15:42			
			2:08	1:10	2:28	8:12	3:28	3:58	2:25	6:35	0:52	1:04	0:21			
16	Martínez Viqueira, Darío	1:18:04	1:59	5:35	7:26	9:20	10:48	11:45	13:45	20:24	23:21	28:52	31:13	38:27	42:46	44:35
	A CORUÑA UDC		1:59	3:36	1:51	1:54	1:28	0:57	2:00	6:39	2:57	5:31	2:21	7:14	4:19	1:49
			46:32	49:31	52:59	59:21	1:03:53	1:08:08	1:11:19	1:16:31	1:17:08	1:17:34	1:18:04		1:17:37	
			1:57	2:59	3:28	6:22	4:32	4:15	3:11	5:12	0:37	0:26	0:30		*100	
17	Bello López, Borja	1:19:50	2:58	7:24	9:20	11:13	12:27	13:17	15:05	16:46	19:16	25:29	27:23	32:16	36:58	38:58
	A CORUÑA UDC		2:58	4:26	1:56	1:53	1:14	0:50	1:48	1:41	2:30	6:13	1:54	4:53	4:42	2:00
			41:56	43:58	47:11	55:05	59:31	1:04:06	1:07:52	1:16:31	1:17:56	1:18:55	1:19:50			
			2:58	2:02	3:13	7:54	4:26	4:35	3:46	8:39	1:25	0:59	0:55			
18	Miralles Mestre, Joan Miquel	1:20:38	4:06	7:33	9:31	11:42	13:04	13:56	15:48	21:55	25:41	31:02	33:29	40:49	45:03	47:11
	A CORUÑA UDC		4:06	3:27	1:58	2:11	1:22	0:52	1:52	6:07	3:46	5:21	2:27	7:20	4:14	2:08
			49:20	51:57	55:15	1:01:41	1:06:44	1:10:46	1:13:59	1:18:28	1:19:15	1:19:49	1:20:38		1:19:57	
			2:09	2:37	3:18	6:26	5:03	4:02	3:13	4:29	0:47	0:34	0:49		*100	
19	Polo Pérez, Daniel	1:21:58	3:39	8:31	11:24	13:13	14:48	15:36	17:37	22:58	25:54	30:55	32:44	37:50	42:46	44:21
	A CORUÑA UDC		3:39	4:52	2:53	1:49	1:35	0:48	2:01	5:21	2:56	5:01	1:49	5:06	4:56	1:35
			46:01	48:37	49:58	55:13	1:00:00	1:04:12	1:07:11	1:20:19	1:21:06	1:21:31	1:21:58			
			1:40	2:36	1:21	5:15	4:47	4:12	2:59	13:08	0:47	0:25	0:27			
20	Homar Calafell, Francesc	1:23:49	3:18	4:46	11:30	14:01	15:55	16:59	19:00	20:34	22:48	28:52	31:02	35:23	40:51	42:55
	A CORUÑA UDC		3:18	1:28	6:44	2:31	1:54	1:04	2:01	1:34	2:14	6:04	2:10	4:21	5:28	2:04
			45:49	47:54	51:15	59:01	1:03:26	1:07:57	1:11:50	1:20:42	1:22:01	1:22:57	1:23:49			
			2:54	2:05	3:21	7:46	4:25	4:31	3:53	8:52	1:19	0:56	0:52			
21	García González, Ismael	1:24:05	4:54	9:32	13:28	15:30	17:07	17:53	19:51	26:32	29:23	34:59	37:16	44:35	48:26	50:42
	A CORUÑA UDC		4:54	4:38	3:56	2:02	1:37	0:46	1:58	6:41	2:51	5:36	2:17	7:19	3:51	2:16
			52:45	55:39	58:40	1:05:24	1:10:01	1:13:51	1:17:16	1:22:34	1:23:10	1:23:35	1:24:05		1:23:41	
			2:03	2:54	3:01	6:44	4:37	3:50	3:25	5:18	0:36	0:25	0:30		*100	

os	Nombre	Tiempo																
UNI MASC (50)			4,5 km 180 m		24 C		<i>(cont.)</i>											
			1(47)	2(69)	3(49)	4(98)	5(48)	6(51)	7(49)	8(50)	9(52)	10(53)	11(54)	12(55)	13(56)	14(62)		
			15(57)	16(58)	17(59)	18(61)	19(63)	20(65)	21(96)	22(66)	23(45)	24(100)	Meta					
22	Martínez Iglesias, Noé A CORUÑA UDC	1:25:52	6:58	11:41	15:33	17:48	19:15	19:58	21:56	28:41	31:48	37:04	39:33	46:40	51:09	53:01		
			6:58	4:43	3:52	2:15	1:27	0:43	1:58	6:45	3:07	5:16	2:29	7:07	4:29	1:52		
			55:25	57:51	1:01:05	1:07:39	1:12:30	1:17:04	1:20:10	1:24:25	1:25:06	1:25:30	1:25:52					
			2:24	2:26	3:14	6:34	4:51	4:34	3:06	4:15	0:41	0:24	0:22					
23	Carrera Paz, David A CORUÑA UDC	1:27:38	7:21	8:46	9:52	11:45	12:44	13:40	15:06	15:53	18:00	23:32	25:54	30:17	35:00	36:46		
			7:21	1:25	1:06	1:53	0:59	0:56	1:26	0:47	2:07	5:32	2:22	4:23	4:43	1:46		
			38:56	41:11	42:56	50:00	56:43	1:00:27	1:19:45	1:26:02	1:26:58	1:27:20	1:27:38					
			2:10	2:15	1:45	7:04	6:43	3:44	19:18	6:17	0:56	0:22	0:18					
24	Vázquez Estévez, Alexandre A CORUÑA UDC	1:27:43	2:43	4:09	13:50	16:05	17:11	18:15	19:45	21:44	24:40	36:55	39:58	46:08	52:27	54:30		
			2:43	1:26	9:41	2:15	1:06	1:04	1:30	1:59	2:56	12:15	3:03	6:10	6:19	2:03		
			58:05	59:51	1:02:03	1:09:07	1:12:34	1:16:28	1:18:48	1:25:29	1:26:19	1:27:23	1:27:43					
			3:35	1:46	2:12	7:04	3:27	3:54	2:20	6:41	0:50	1:04	0:20					
25	González Devesa, Daniel A CORUÑA UDC	1:29:54	9:41	10:48	11:53	13:46	14:40	15:38	17:10	18:04	20:14	25:39	27:51	32:13	37:05	38:41		
			9:41	1:07	1:05	1:53	0:54	0:58	1:32	0:54	2:10	5:25	2:12	4:22	4:52	1:36		
			40:50	43:06	44:46	51:48	59:05	1:02:34	1:21:34	1:28:11	1:29:04	1:29:29	1:29:54					
			2:09	2:16	1:40	7:02	7:17	3:29	19:00	6:37	0:53	0:25	0:25					
26	Sande García, Manuel A CORUÑA UDC	1:31:52	9:03	11:38	18:06	19:41	20:44	21:19	22:19	25:42	27:31	37:31	39:39	44:21	49:13	51:09		
			9:03	2:35	6:28	1:35	1:03	0:35	1:00	3:23	1:49	10:00	2:08	4:42	4:52	1:56		
			54:05	56:16	59:23	1:07:10	1:11:42	1:16:20	1:20:06	1:28:37	1:29:59	1:30:58	1:31:52		14:10	15:36		
			2:56	2:11	3:07	7:47	4:32	4:38	3:46	8:31	1:22	0:59	0:54		*98	*48		
			16:28															
			*51															
27	Manovel Barreiro, Germán A CORUÑA UDC	1:32:05	11:50	14:50	21:36	23:36	25:11	26:00	27:53	34:38	37:19	43:06	45:23	52:30	56:41	58:54		
			11:50	3:00	6:46	2:00	1:35	0:49	1:53	6:45	2:41	5:47	2:17	7:07	4:11	2:13		
			1:01:13	1:04:02	1:07:11	1:13:33	1:18:11	1:22:23	1:25:54	1:30:37	1:31:09	1:31:32	1:32:05		1:31:39			
			2:19	2:49	3:09	6:22	4:38	4:12	3:31	4:43	0:32	0:23	0:33		*100			
28	Díaz Fuentes, Miguel A CORUÑA USC	1:34:01	3:26	7:48	11:14	13:40	15:57	17:17	19:14	27:22	29:54	36:41	39:16	45:36	48:58	50:59		
			3:26	4:22	3:26	2:26	2:17	1:20	1:57	8:08	2:32	6:47	2:35	6:20	3:22	2:01		
			53:23	56:10	59:12	1:05:39	1:11:56	1:16:07	1:19:48	1:31:03	1:32:16	1:33:37	1:34:01					
			2:24	2:47	3:02	6:27	6:17	4:11	3:41	11:15	1:13	1:21	0:24					
29	Antón Candanedo, Alberto A CORUÑA UDC	1:38:00	7:51	14:08	16:18	18:01	19:59	21:15	23:03	31:07	33:44	40:38	43:17	49:31	52:50	54:52		
			7:51	6:17	2:10	1:43	1:58	1:16	1:48	8:04	2:37	6:54	2:39	6:14	3:19	2:02		
			57:12	1:00:02	1:03:22	1:09:41	1:15:47	1:20:02	1:23:44	1:34:59	1:36:12	1:37:40	1:38:00					
			2:20	2:50	3:20	6:19	6:06	4:15	3:42	11:15	1:13	1:28	0:20					
30	Gómez Varela, Joaquín F. A CORUÑA UDC	1:39:23	1:55	8:41	10:32	35:04	36:00	36:40	38:45	40:32	44:07	49:14	52:18	58:04	1:00:36	1:02:32		
			1:55	6:46	1:51	24:32	0:56	0:40	2:05	1:47	3:35	5:07	3:04	5:46	2:32	1:56		
			1:04:38	1:05:27	1:07:24	1:13:32	1:17:28	1:30:33	1:33:15	1:37:20	1:38:09	1:38:45	1:39:23		33:08			
			2:06	0:49	1:57	6:08	3:56	13:05	2:42	4:05	0:49	0:36	0:38		*48			
31	González Caballero, Francisco J A CORUÑA UDC	1:40:30	7:35	12:37	15:16	17:22	18:53	19:40	21:42	26:52	30:10	35:41	37:49	43:27	48:02	50:06		
			7:35	5:02	2:39	2:06	1:31	0:47	2:02	5:10	3:18	5:31	2:08	5:38	4:35	2:04		
			55:25	57:23	1:00:22	1:09:44	1:27:01	1:30:57	1:33:57	1:38:48	1:39:28	1:39:55	1:40:30		1:39:59			
			5:19	1:58	2:59	9:22	17:17	3:56	3:00	4:51	0:40	0:27	0:35		*100			
32	Canton González, Marcos A CORUÑA UDC	1:40:33	3:44	4:49	7:03	8:56	10:41	11:57	13:32	17:35	23:45	32:41	35:07	50:25	55:33	1:00:20		
			3:44	1:05	2:14	1:53	1:45	1:16	1:35	4:03	6:10	8:56	2:26	15:18	5:08	4:47		
			1:06:20	1:07:49	1:11:52	1:20:39	1:26:15	1:29:14	1:34:10	1:38:47	1:39:36	1:40:12	1:40:33					
			6:00	1:29	4:03	8:47	5:36	2:59	4:56	4:37	0:49	0:36	0:21					
33	Manuel Alves, Jorge A CORUÑA UDC	1:46:05	3:27	5:34	8:51	11:03	12:28	13:34	15:35	25:44	29:06	37:22	39:51	54:37	1:02:52	1:07:07		
			3:27	2:07	3:17	2:12	1:25	1:06	2:01	10:09	3:22	8:16	2:29	14:46	8:15	4:15		
			1:11:43	1:13:34	1:16:18	1:21:33	1:28:06	1:33:10	1:36:29	1:43:19	1:44:13	1:45:40	1:46:05					
			4:36	1:51	2:44	5:15	6:33	5:04	3:19	6:50	0:54	1:27	0:25					

os Nombre		Tiempo													
UNI MASC (50)		4,5 km 180 m				24 C (cont.)									
		1(47)	2(69)	3(49)	4(98)	5(48)	6(51)	7(49)	8(50)	9(52)	10(53)	11(54)	12(55)	13(56)	14(62)
		15(57)	16(58)	17(59)	18(61)	19(63)	20(65)	21(96)	22(66)	23(45)	24(100)	Meta			
34 Barro Lamela, Diego	1:48:32	5:10	8:58	15:00	16:48	18:47	19:59	21:30	25:37	31:50	40:39	43:03	58:28	1:03:48	1:08:13
A CORUÑA UDC		5:10	3:48	6:02	1:48	1:59	1:12	1:31	4:07	6:13	8:49	2:24	15:25	5:20	4:25
		1:14:21	1:16:04	1:19:56	1:28:41	1:34:13	1:37:17	1:42:07	1:46:42	1:47:35	1:48:13	1:48:32			
		6:08	1:43	3:52	8:45	5:32	3:04	4:50	4:35	0:53	0:38	0:19			
35 Bernardo Bas, Juan Carlos	1:50:04	7:26	9:31	12:50	15:01	16:22	17:31	19:32	30:11	33:10	41:21	43:46	58:12	1:06:58	1:10:44
A CORUÑA UDC		7:26	2:05	3:19	2:11	1:21	1:09	2:01	10:39	2:59	8:11	2:25	14:26	8:46	3:46
		1:15:42	1:17:33	1:20:14	1:25:25	1:32:03	1:37:08	1:40:32	1:47:16	1:48:17	1:49:38	1:50:04			
		4:58	1:51	2:41	5:11	6:38	5:05	3:24	6:44	1:01	1:21	0:26			
36 Maza Barón, Álvaro	1:51:29	4:05	6:06	9:08	12:27	15:11	16:54	19:56	23:53	27:50	41:49	45:02	53:16	58:15	1:02:46
A CORUÑA USC		4:05	2:01	3:02	3:19	2:44	1:43	3:02	3:57	3:57	13:59	3:13	8:14	4:59	4:31
		1:07:05	1:09:25	1:11:39	1:22:10	1:30:11	1:37:02	1:43:05	1:49:46	1:50:34	1:51:09	1:51:29			
		4:19	2:20	2:14	10:31	8:01	6:51	6:03	6:41	0:48	0:35	0:20			
37 Fernández Sante, Daniel	2:01:30	4:02	6:54	13:06	15:55	18:16	19:40	22:34	26:51	29:47	39:36	42:40	50:17	57:49	1:02:21
A CORUÑA UDC		4:02	2:52	6:12	2:49	2:21	1:24	2:54	4:17	2:56	9:49	3:04	7:37	7:32	4:32
		1:12:19	1:14:09	1:18:37	1:30:52	1:39:48	1:44:02	1:50:26	1:58:20	1:59:32	2:00:42	2:01:30		1:06:16	
		9:58	1:50	4:28	12:15	8:56	4:14	6:24	7:54	1:12	1:10	0:48			
38 ACEVES SANCHEZ, MIGUEL DAR	2:03:35	5:59	8:58	15:26	18:27	20:43	22:04	24:36	28:57	32:01	41:41	44:59	52:25	59:54	1:04:17
A CORUÑA UDC		5:59	2:59	6:28	3:01	2:16	1:21	2:32	4:21	3:04	9:40	3:18	7:26	7:29	4:23
		1:13:18	1:15:59	1:20:32	1:32:56	1:42:07	1:45:57	1:52:33	2:00:29	2:01:35	2:02:41	2:03:35			
		9:01	2:41	4:33	12:24	9:11	3:50	6:36	7:56	1:06	1:06	0:54			
39 Dols Esquiva, Pedro	2:07:38	6:06	10:29	19:18	22:07	24:19	25:35	28:23	31:39	35:49	45:42	48:41	56:32	1:02:14	1:08:25
A CORUÑA UDC		6:06	4:23	8:49	2:49	2:12	1:16	2:48	3:16	4:10	9:53	2:59	7:51	5:42	6:11
		1:17:02	1:18:45	1:24:17	1:37:02	1:46:09	1:50:04	1:56:30	2:04:22	2:05:40	2:06:46	2:07:38		1:12:14	
		8:37	1:43	5:32	12:45	9:07	3:55	6:26	7:52	1:18	1:06	0:52			*73
40 García Luaces, Iván	2:11:33	3:40	14:18	23:21	26:14	28:58	30:11	32:38	36:20	40:05	51:02	53:17	1:00:43	1:08:19	1:12:57
A CORUÑA UDC		3:40	10:38	9:03	2:53	2:44	1:13	2:27	3:42	3:45	10:57	2:15	7:26	7:36	4:38
		1:21:16	1:24:21	1:29:00	1:41:22	1:49:45	1:54:00	2:00:37	2:08:33	2:09:36	2:10:37	2:11:33			
		8:19	3:05	4:39	12:22	8:23	4:15	6:37	7:56	1:03	1:01	0:56			
41 Pérez González, Rubén	2:11:34	7:03	9:19	17:05	20:26	21:53	22:44	25:01	26:47	31:51	43:42	46:04	55:05	1:02:05	1:04:15
A CORUÑA UDC		7:03	2:16	7:46	3:21	1:27	0:51	2:17	1:46	5:04	11:51	2:22	9:01	7:00	2:10
		1:08:08	1:13:17	1:15:41	1:27:21	1:51:40	1:58:19	2:02:21	2:09:55	2:10:45	2:11:14	2:11:34			
		3:53	5:09	2:24	11:40	24:19	6:39	4:02	7:34	0:50	0:29	0:20			
42 Coronel Lopez, David Emanuel	2:12:59	4:08	7:17	20:56	23:12	24:34	25:43	27:43	38:21	41:37	49:08	52:06	1:06:44	1:10:41	1:14:37
A CORUÑA UDC		4:08	3:09	13:39	2:16	1:22	1:09	2:00	10:38	3:16	7:31	2:58	14:38	3:57	3:56
		1:18:55	1:22:13	1:26:32	1:34:33	1:40:32	1:45:56	1:51:12	2:08:22	2:10:40	2:11:52	2:12:59		2:11:59	
		4:18	3:18	4:19	8:01	5:59	5:24	5:16	17:10	2:18	1:12	1:07			*100
43 Lence, Emilio	2:35:49	6:01	14:33	18:51	22:14	24:48	27:07	29:34	48:05	1:06:53	1:15:51	1:19:49	1:28:36	1:32:43	1:37:21
A CORUÑA USC		6:01	8:32	4:18	3:23	2:34	2:19	2:27	18:31	18:48	8:58	3:58	8:47	4:07	4:38
		1:40:56	1:44:02	1:50:16	2:01:00	2:08:34	2:19:08	2:24:24	2:32:25	2:33:54	2:34:54	2:35:49			
		3:35	3:06	6:14	10:44	7:34	10:34	5:16	8:01	1:29	1:00	0:55			
Antón Casado, Arturo	r en tarj.	1:57	3:13	4:41	6:41	7:48	8:23	9:33	10:30	12:26	17:19	18:59	23:08	26:28	27:56
A CORUÑA UDC		1:57	1:16	1:28	2:00	1:07	0:35	1:10	0:57	1:56	4:53	1:40	4:09	3:20	1:28
		31:08	-----	34:09	38:57	41:59	45:21	47:13	50:43	51:18	51:42	51:58			
		3:12		3:01	4:48	3:02	3:22	1:52	3:30	0:35	0:24	0:16			
Ventura López, Antonio	r en tarj.	12:01	14:55	16:30	18:35	-----	21:41	30:21	45:46	49:28	1:02:31	1:06:39	1:14:30	1:18:31	1:21:48
A CORUÑA UDC		12:01	2:54	1:35	2:05		3:06	8:40	15:25	3:42	13:03	4:08	7:51	4:01	3:17
		1:25:50	1:28:23	1:31:41	1:40:03	1:48:58	1:53:51	1:57:46	2:06:58	2:09:57	2:10:55	2:11:51		26:37	
		4:02	2:33	3:18	8:22	8:55	4:53	3:55	9:12	2:59	0:58	0:56			*36

