

Pos	Jorsal	Nombre	Tiempo															
<b>Homes Junior (3)</b>																		
			1(37) F	2(42)	3(50)	4(47)	5(54)	6(41)	7(53)	8(55)	9(56)	10(46)	11(48)	12(49)	13(51)	14(100)		
1	2	Artur Carballo Alviá ARTABROS A Coruí	1:53:30	3:53 3:53 1:53:30 0:50	9:25 5:32	19:47 10:22	24:07 4:20	33:33 9:26	37:21 3:48	45:52 8:31	51:36 5:44	59:51 8:15	1:13:17 13:26	1:26:37 13:20	1:34:37 8:00	1:44:49 10:12	1:52:40 7:51	
	3	Alejandro Alvarez Tr UNIVERSIDA Vigo		5:07 5:07	12:35 7:28	36:08 23:33	41:42 5:34	1:02:37 20:55	1:09:30 6:53	1:34:04 24:34	1:59:06 25:02	2:18:58 19:52	2:48:45 29:47	----	----	----	----	
	4	Raúl Iglesias Nández TREVINCA O Barco		8:48 8:48	16:34 7:46	40:07 23:33	45:44 5:37	1:06:31 20:47	1:13:25 6:54	1:38:06 24:41	2:02:22 24:16	2:22:54 20:32	2:52:29 29:35	----	----	----	----	
<b>Homes Senior (46)</b>																		
			1(37)	2(38)	3(52)	4(39)	5(40)	6(41)	7(53)	8(43)	9(44)	10(45)	11(46)	12(54)	13(48)	14(49)		
			15(50) F	16(51)	17(100)													
1	53	Francisco Javier Ló AABT Paderne	1:35:58	3:04 3:04 1:28:11 6:37	6:14 3:10 1:32:36 4:25	10:34 4:20 1:35:26 2:50	18:18 7:44 1:35:58 0:32	20:55 2:37	25:19 4:24	30:25 5:06	36:18 5:53	46:32 10:14	54:48 8:16	1:04:33 9:45	1:12:40 8:07	1:17:29 4:49	1:21:34 4:05	
2	47	Juan J. Sancosmed AABT Paderne	1:36:02	5:28 5:28 1:26:39 3:16	8:10 2:42 1:31:38 4:59	12:25 4:15 1:35:29 3:51	19:31 7:06 1:36:02 0:33	22:02 2:31	27:09 5:07	33:27 6:18	38:20 4:53	47:59 9:39	56:32 8:33	1:06:04 9:32	1:14:32 8:28	1:19:02 4:30	1:23:23 4:21	
3	40	Borja Varela Paz AABT Paderne	1:57:58	2:40 2:40 1:48:01 9:00	5:19 2:39 1:52:55 4:54	9:54 4:35 1:57:22 4:27	18:18 8:24 1:57:58 0:36	21:18 3:00	28:22 7:04	35:24 7:02	46:09 10:45	56:52 10:43	1:06:00 9:08	1:16:11 10:11	1:25:41 9:30	1:33:39 7:58	1:39:01 5:22	
4	27	Alberto Taboada Pir AABT Paderne	2:00:41	2:52 2:52 1:51:16 5:45	6:16 3:24 1:56:33 5:17	14:21 8:05 2:00:05 3:32	22:36 8:15 2:00:41 0:36	32:28 9:52	37:56 5:28	43:40 5:44	49:32 5:52	1:00:34 11:02	1:10:52 10:18	1:21:59 11:07	1:32:46 10:47	1:39:09 6:23	1:45:31 6:22	
5	18	Xan Carballo Alviá ARTABROS A Coruí	2:04:29	2:35 2:35 1:53:44 7:16	5:30 2:55 2:00:01 6:17	10:45 5:15 2:03:42 5:25	21:03 10:18 2:04:29 0:47	23:57 2:54	30:30 6:33	35:29 4:59	41:20 5:51	56:14 14:54	1:06:40 10:26	1:21:16 14:36	1:32:57 11:41	1:40:32 7:35	1:46:28 5:56	
6	37	Jose Angel Morlán F SEO Ordes	2:06:27	4:28 4:28 1:53:57 6:32	7:33 3:05 2:00:16 6:19	15:43 8:10 2:05:41 5:25	26:38 10:55 2:06:27 0:46	29:40 3:02	36:43 7:03	43:22 6:39	50:21 6:59	1:02:35 12:14	1:12:18 9:43	1:24:27 12:09	1:34:52 10:25	1:41:47 6:55	1:47:25 5:38	
7	33	Felipe Peña Pita GALLAECIA A Coruí	2:09:15	3:27 3:27 1:59:05 6:17	6:59 3:32 2:04:53 5:48	15:31 8:32 2:08:39 3:46	25:24 9:53 2:09:15 0:36	29:28 4:04	40:11 10:43	47:16 7:05	54:56 7:40	1:07:59 13:03	1:18:44 10:45	1:30:10 11:26	1:41:48 11:38	1:47:42 5:54	1:52:48 5:06	
8	16	José María Álvarez UNIVERSIDA Vigo	2:10:25	3:45 3:45 2:00:11 7:16	7:05 3:20 2:05:43 5:32	13:01 5:56 2:09:47 4:04	22:18 9:17 2:10:25 0:38	25:37 3:19	31:54 6:17	39:41 7:47	46:07 6:26	1:04:30 18:23	1:16:13 11:43	1:26:33 10:20	1:36:09 9:36	1:45:49 9:40	1:52:55 7:06	
9	45	Adrián Moreira Alon AROMON Pontevedr	2:15:25	5:22 5:22 2:05:42 10:52	8:56 3:34 2:11:09 5:27	20:58 12:02 2:14:56 3:47	29:39 8:41 2:15:25 0:29	33:13 3:34	38:31 5:18	45:08 6:37	51:02 5:54	1:09:10 18:08	1:20:24 11:14	1:31:32 11:08	1:41:10 9:38	1:48:18 7:08	1:54:50 6:32	
10	46	Ramón Fernández T ADCARNELA Porto	2:17:28	3:53 3:53 2:05:50 4:40	8:33 4:40 2:11:51 6:01	17:55 9:22 2:16:33 4:42	27:55 10:00 2:17:28 0:55	32:10 4:15	42:23 10:13	51:10 8:47	59:20 8:10	1:12:21 13:01	1:24:12 11:51	1:36:40 12:28	1:47:01 10:21	1:54:42 7:41	2:01:10 6:28	
11	26	Francisco Diz López GALLAECIA A Coruí	2:17:51	5:17 5:17 2:06:27 7:17	8:50 3:33 2:13:26 6:59	15:46 6:56 2:16:55 3:29	24:04 8:18 2:17:51 0:56	27:10 3:06	35:20 8:10	41:03 5:43	47:12 6:09	1:15:35 28:23	1:26:29 10:54	1:37:53 11:24	1:48:24 10:31	1:53:27 5:03	1:59:10 5:43	
12	56	Carlos Amil Fernánc BUDIÑORAID O Por	2:19:45	2:59 2:59 2:09:13 7:59	11:29 8:30 2:15:18 6:05	21:06 9:37 2:19:04 3:46	30:00 8:54 2:19:45 0:41	34:12 4:12	39:27 5:15	47:06 7:39	56:48 9:42	1:11:42 14:54	1:22:17 10:35	1:35:25 13:08	1:48:19 12:54	1:55:03 6:44	2:01:14 6:11	
13	29	Damian Ramos San AABT Paderne	2:35:45	4:23 4:23 2:24:20 6:18	7:56 3:33 2:29:44 5:24	28:55 28:23 2:34:40 4:56	57:18 28:23 2:35:45 1:05	1:00:53 3:35	1:08:42 7:49	1:16:09 7:27	1:22:57 6:48	1:34:39 11:42	1:45:04 10:25	1:55:44 10:40	2:04:48 9:04	2:10:19 5:31	2:18:02 7:43	
14	31	Marcos Vinagre Rey FAICAMIÑO A Coruí	2:36:26	8:37 8:37 2:24:52 8:17	14:14 5:37 2:31:33 6:41	26:07 11:53 2:35:48 4:15	37:43 11:36 2:36:26 0:38	42:18 4:35	50:03 7:45	57:48 7:45	1:05:33 7:45	1:25:38 20:05	1:37:04 11:26	1:50:32 13:28	2:02:30 11:58	2:09:14 6:44	2:16:35 7:21	
15	54	Roberto Carro Garc GALLAECIA A Coruí	2:38:13	4:43 4:43 2:27:48 7:22	9:24 4:41 2:34:05 6:17	19:39 10:15 2:37:31 4:15	29:39 10:00 2:38:13 0:42	33:28 3:49	42:44 9:16	55:20 12:36	1:06:07 10:47	1:28:30 22:23	1:40:42 12:12	1:53:28 12:46	2:04:39 11:11	2:12:19 7:40	2:20:26 8:07	
16	14	Alberto Carlos Asen TREVINCA O Barco	2:38:32	5:28 5:28 2:26:54 8:11	19:27 13:59 2:33:37 6:43	27:19 7:52 2:37:46 4:09	39:54 12:35 2:38:32 0:46	43:51 3:57	52:04 8:13	59:55 7:51	1:07:37 7:42	1:27:32 19:55	1:39:13 11:41	1:52:26 13:13	2:04:44 12:18	2:11:25 6:41	2:18:43 7:18	
17	38	Alberto Santos Blan ADCARNELA Porto	2:40:28	5:23 5:23 2:30:04 7:24	13:54 8:31 2:36:00 5:56	23:07 9:13 2:39:41 3:41	32:53 9:46 2:40:28 0:47	37:31 4:38	46:51 9:20	57:26 10:35	1:04:01 6:35	1:30:46 26:45	1:42:50 12:04	1:55:37 12:47	2:06:52 11:15	2:14:41 7:49	2:22:40 7:59	
18	24	Jorge Manrique Van ADCARNELA Porto	2:45:20	4:14 4:14 2:30:07 10:03	7:56 3:42 2:38:43 8:36	17:52 9:56 2:44:20 5:37	30:52 13:00 2:45:20 1:00	34:31 3:39	44:13 9:42	52:05 7:52	1:02:16 10:11	1:17:42 15:26	1:29:50 12:08	1:46:08 16:18	2:03:00 16:52	2:11:52 8:52	2:20:04 8:12	





Pos	Jorsal	Nombre	Tempo														
<b>Mulleres Senior (12)</b>				<b>9,9 km 515 m 14 C (cont.)</b>													
			1(37) F	2(42)	3(52)	4(39)	5(47)	6(40)	7(54)	8(48)	9(53)	10(41)	11(49)	12(50)	13(51)	14(100)	
2	82	Marta Barbeito Dom AD FOGAR Carballo	2:27:47 8:04 2:27:47 0:44	13:45 5:41	21:28 7:43	35:43 14:15	41:31 5:48	45:39 4:08	1:00:03 14:24	1:18:08 18:05	1:35:23 17:15	1:53:09 17:46	2:07:08 13:59	2:12:51 5:43	2:20:27 7:36	2:27:03 6:36	
3	88	Veronica Montes Vil AABT Paderne	2:44:03 12:41 2:44:03 0:40	18:49 6:08	25:27 6:38	47:46 22:19	55:33 7:47	59:15 3:42	1:19:12 19:57	1:29:45 10:33	1:48:46 19:01	2:04:22 15:36	2:22:32 18:10	2:29:23 6:51	2:35:56 6:33	2:43:23 7:27	
4	89	Almudena Suárez Pi BOMBEIROS A Coru	2:50:01 5:41 2:50:01 0:50	13:07 5:41	21:20 8:13	34:12 12:52	42:37 8:25	46:56 4:19	1:17:11 30:15	1:27:58 10:47	1:55:43 27:45	2:10:27 14:44	2:23:47 13:20	2:30:49 7:02	2:41:06 10:17	2:49:11 8:05	
5	84	Pilar Veiga Barbazá USC Santiago de Cc	2:50:18 8:11 2:50:18 1:15	14:53 6:42	22:03 7:10	38:16 16:13	51:23 13:07	56:05 4:42	1:08:00 11:55	1:20:05 12:05	1:36:13 16:08	1:54:29 18:16	2:11:34 17:05	2:25:34 14:00	2:38:53 13:19	2:49:03 10:10	
6	90	Carla Veiga García UNIVERSIDA Vigo	2:59:27 9:31 2:59:27 1:18	16:42 7:11	25:17 8:35	42:54 17:37	59:25 16:31	1:03:56 4:31	1:19:14 15:18	1:30:07 10:53	1:44:05 13:58	2:04:37 20:32	2:28:15 23:38	2:38:23 10:08	2:50:49 12:26	2:58:09 7:20	
7	85	Orsolya Vincze APA LICEO A Coruñ	3:21:59 14:19 3:21:59 1:04	21:03 6:44	28:33 7:30	45:41 17:08	55:24 9:43	1:01:15 5:51	1:19:33 18:18	1:33:21 13:48	2:03:50 30:29	2:23:16 19:26	2:45:43 22:27	3:03:02 17:19	3:13:29 10:27	3:20:55 7:26	
8	87	Ana Meirás Casano JARNACHAS Arteix	3:31:12 9:33 3:31:12 1:17	17:17 7:44	25:28 8:11	51:02 25:34	57:14 6:12	1:03:54 6:40	1:19:11 15:17	1:32:37 13:26	1:59:58 27:21	2:25:46 25:48	2:51:07 25:21	3:04:04 12:57	3:18:20 14:16	3:29:55 11:35	
	92	Natalia Pedre Ferná APA LICEO A Coruñ	2:09:40 6:13 2:09:40 1:12	14:41 8:28	22:40 7:59	42:18 19:38	47:14 4:56	51:09 3:55	-----	-----	-----	1:15:24 24:15	1:37:16 21:52	1:48:39 11:23	1:59:32 10:53	2:08:28 8:56	
	83	Alejandra Carro Ma ADCARNELA Porto	2:38:26 14:53 2:38:26 0:59	20:23 5:30	27:35 7:12	42:33 14:58	54:43 12:10	59:02 4:19	1:13:41 14:39	1:26:39 12:58	1:42:53 16:14	2:00:55 18:02	-----	2:22:49 21:54	2:31:34 8:45	2:37:27 5:53	
	81	Laura Martínez Garc USC Santiago de Cc	11:14 11:14	21:09 9:55	30:34 9:25	49:12 18:38	58:49 9:37	1:04:13 5:24	1:20:16 16:03	1:33:03 12:47	2:00:48 27:45	-----	-----	-----	-----	-----	
	86	Ana Belen Diaz Blan GALLAECIA A Corui	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Mulleres Veteráns (2)</b>				<b>7,6 km 380 m 11 C</b>													
			1(35)	2(38)	3(52)	4(39)	5(40)	6(54)	7(41)	8(49)	9(50)	10(51)	11(100)	F			
1	95	Maria Luisa Sanche AROMON Pontevedi	3:47:20 58:30 3:47:20	1:04:18 5:48	1:29:30 25:12	1:56:11 26:41	2:05:08 8:57	2:24:07 18:59	2:39:28 15:21	3:03:49 24:21	3:15:05 11:16	3:34:28 19:23	3:45:44 11:16	3:47:20 1:36			
2	94	Almudena Canales AROMON Pontevedi	3:49:20 59:47 3:49:20	1:06:19 6:32	1:31:38 25:19	1:57:57 26:19	2:07:03 9:06	2:26:32 19:29	2:41:34 15:02	3:04:45 23:11	3:16:31 11:46	3:36:23 19:52	3:47:42 11:19	3:49:20 1:38			
<b>Iniciación Corta (5)</b>				<b>2,6 km 70 m 7 C</b>													
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(100)	F							
1	98	Saba González Lore AROMON Pontevedi	24:32 5:13 24:32	6:41 1:28	9:29 2:48	13:16 3:47	16:15 2:59	20:46 4:31	23:16 2:30	24:32 1:16							
2	97	Noelia Gonzalez Fer Sin club Sin club	24:46 4:59 24:46	6:09 4:59	8:47 1:10	12:48 2:38	16:10 4:01	21:22 5:12	23:31 2:09	24:46 1:15							
3	100	Xema Fernandez To ADCARNELA Porto	29:27 7:06 29:27	8:54 1:48	12:42 3:48	17:15 4:33	20:14 2:59	24:22 4:08	26:32 2:10	29:27 2:55							
4	99	Sara Ricoy Rajoy AROMON Pontevedi	32:55 5:17 32:55	6:51 1:34	12:03 5:12	17:51 5:48	22:27 4:36	28:53 6:26	31:17 2:24	32:55 1:38							
5	101	Francisco Martin Ro AROMON Pontevedi	2:28:10 2:01:09 2:28:10	2:02:54 1:45	2:06:06 3:12	2:10:42 4:36	2:16:17 5:35	2:23:11 6:54	2:26:37 3:26	2:28:10 1:33							
<b>Iniciación Longa (22)</b>				<b>8,9 km 495 m 12 C</b>													
			1(35)	2(42)	3(52)	4(47)	5(54)	6(41)	7(53)	8(46)	9(48)	10(49)	11(51)	12(100)	F		
1	124	José Javier Vera Mu AROMON Pontevedi	1:40:36 5:50 1:40:36	9:48 3:58	15:08 5:20	23:19 8:11	35:23 12:04	41:08 5:45	49:59 8:51	58:36 8:37	1:09:59 11:23	1:19:50 9:51	1:33:25 13:35	1:39:51 6:26	1:40:36 0:45		
2	111	Daniel Martinez Lor Sin club Sin club	1:47:27 4:18 1:47:27 26:11 *47	10:33 6:15 26:44 *54	16:35 6:02 29:29 *39	28:47 12:12 30:12 *31	47:10 18:23 32:47 *51	52:36 5:26 33:37 *52	1:03:22 10:46 34:44 *33	1:09:41 6:19 35:47 *41	1:21:39 11:58 38:23 *42	1:29:17 7:38 39:25 *44	1:40:04 1:04:07 40:10 *36	1:46:44 1:40:47 41:57 *37	1:47:27 0:43 42:23 *32	44:24 *100	
3	119	Jovino Gonzalez Co AROMON Pontevedi	1:55:47 14:04 1:55:47	17:29 3:25	31:12 13:43	39:08 7:56	56:09 17:01	1:04:57 8:48	1:11:56 6:59	1:18:22 6:26	1:30:16 11:54	1:36:51 6:35	1:49:13 12:22	1:55:05 5:52	1:55:47 0:42		
4	115	Javier Costas Gonz Sin club Sin club	1:59:12 6:51 1:59:12	10:21 3:30	23:28 13:07	34:31 11:03	44:15 9:44	48:13 3:58	1:00:02 11:49	1:08:21 8:19	1:24:22 16:01	1:37:18 12:56	1:49:08 11:50	1:58:05 8:57	1:59:12 1:07		
5	108	Lino Fontan Guiao AROMON Pontevedi	2:12:07 9:36 2:12:07	14:31 4:55	22:05 7:34	33:21 11:16	51:04 17:43	56:21 5:17	1:06:54 10:33	1:15:27 8:33	1:38:15 22:48	1:51:16 13:01	2:04:50 13:34	2:10:41 5:51	2:12:07 1:26		
6	105	Santiago Núñez Par Sin club Sin club	2:13:00 6:42 2:13:00	10:36 3:54	17:31 6:55	26:51 9:20	55:04 28:13	1:01:22 6:18	1:14:19 12:57	1:24:09 9:50	1:38:22 14:13	1:50:09 11:47	2:02:46 12:37	2:12:03 9:17	2:13:00 0:57		
7	121	Alfonso Agraso Tor ADCARNELA Porto	2:13:58 12:16 2:13:58	31:42 19:26	44:36 12:54	54:28 9:52	1:05:14 10:46	1:10:31 5:17	1:23:06 12:35	1:31:06 8:00	1:48:01 16:55	1:54:07 6:06	2:06:13 12:06	2:12:37 6:24	2:13:58 1:21		
8	109	Nicolas Morales Per AGACO A Coruña	2:14:03 14:46 2:14:03	18:23 3:37	24:21 5:58	34:00 9:39	46:10 12:10	1:02:53 16:43	1:19:15 16:22	1:27:25 8:10	1:41:24 13:59	1:55:28 14:04	2:06:50 11:22	2:13:08 6:18	2:14:03 0:55		

