

Prueba 11 Liga Gallega O-Pie Mesoiro
Parciales

Pos	Dorsal	Nombre	Club	Pts	Tiempo	Penal	Extra	Sc Tot
INI CORTA (34) 90:00 min 10 C 12 Pts								
1	865	Corral Souto, Iago	FLUVIAL Lugo	12	25:09			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	3:16	4:43 5:27	6:29 7:10	8:28 9:56 12:29	14:54 21:09	25:09		
	3:16	1:27 0:44	1:02 0:41	1:18 1:28 2:33	2:25 6:15	4:00		
2	879	Pérez Brión, Anxo	GALLAECIA A Coruña	12	27:58			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	5:09	7:05 8:23	9:46 10:57	12:20 14:11 17:00	20:53 24:01	27:58		
	5:09	1:56 1:18	1:11	1:23 1:51 2:49	3:53 3:08	3:57		
3	828	Beloso Iglesias, Xandre	AROMON Pontevedra	12	33:00			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	7:19	8:45 9:40	10:48 11:23	12:33 14:14 17:02	20:46 23:29	33:00		
	7:19	1:26 0:55	1:08 0:35	1:10 1:41 2:48	3:44 2:43	9:31		
4	915	Castro Pico, Patricia	INDEF A Coruña	12	37:14			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	6:50	8:52 9:46	11:20 11:53	13:19 18:16 21:26	26:14 33:14	37:14		
	6:50	2:02 0:54	1:34 0:33	1:26 4:57 3:10	4:48 7:00	4:00		
5	390	López Rojo, Vera	FAICAMIÑO A Coruña (Oleiros - Iñás)	12	37:16			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	5:25	8:27 10:05	12:51 13:59	15:44 19:57 25:23	30:20 33:35	37:16		
	5:25	3:02 1:38	2:46 1:08	1:45 4:13 5:26	4:57 3:15	3:41		
6	927	Gomez Pardo, Mar	INDEF A Coruña	12	38:19			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	5:38	8:08 9:14	10:51 12:03	13:45 16:51 21:04	26:11 32:52	38:19		
	5:38	2:30 1:06	1:37 1:12	1:42 3:06 4:13	5:07 6:41	5:27		
7	839	García Lopez, Carlota	ARTABROS A Coruña	12	38:49			12
	120(1)	260(2) 240(2)	140(1) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	5:03	11:40 12:56	13:45 16:57	18:31 21:44 25:39	29:20 33:24	38:49		
	5:03	6:37 1:16	0:49 3:12	1:34 3:13 3:55	3:41 4:04	5:25		
8	842	Lopez Perez, Mª Dolores	ARTABROS A Coruña	12	38:54			12
	120(1)	260(2) 240(2)	140(1) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	5:11	11:52 13:22	14:09 17:01	18:44 22:03 25:46	28:40 33:27	38:54		
	5:11	6:41 1:30	0:47 2:52	1:43 3:19 3:43	2:54 4:47	5:27		
9	56	Zuleta Marín, Mileidi	FLUVIAL Lugo	12	38:57			12
	120(1)	260(2) 240(2)	140(1) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	4:57	11:44 13:11	13:47 16:47	18:40 21:47 25:41	28:48 33:01	38:57		
	4:57	6:47 1:27	0:36 3:00	1:53 3:07 3:54	3:07 4:13	5:56		
10	919	Díaz Chub, Miguel	INDEF A Coruña	12	39:06			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	4:50	7:10 8:30	9:52 11:07	12:18 15:27 20:33	28:32 33:55	39:06		
	4:50	2:20 1:20	1:22 1:15	1:11 3:09 5:06	7:59 5:23	5:11		
11	829	Beloso Iglesias, Mauro	AROMON Pontevedra	12	39:19			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	7:17	9:34 11:01	13:21 14:06	15:35 17:57 23:06	27:03 33:42	39:19		
	7:17	2:24 1:20	2:20 0:45	1:29 2:22 5:09	3:57 6:39	5:37		
12	857	Rodríguez Becerra, Balbina	FAICAMIÑO A Coruña (Oleiros - Iñás)	12	39:24			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	6:40	9:50 10:58	13:31 14:18	16:28 19:04 23:46	28:45 32:59	39:24		
	6:40	3:10 1:08	2:33 0:47	2:10 2:36 4:42	4:59 4:14	6:25		
13	70	Casado Nuñez, Eva	APA LICEO A Coruña	12	47:30			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	15:40	19:44 21:37	25:12 26:39	29:05 32:42 37:36	0.00 0.00	47:30		
	15:40	4:04 1:53	3:35 1:27	2:26 3:37 4:54		9:54		
	*65	*64 *63	*62 *61	*80 *79 *58	*59 *55	*64 *66		
	1:19:59	1:22:14 1:25:35	1:33:07 1:42:03	1:52:12 1:58:51 1:57:16	2:00:45 2:03:28	2:06:44 2:10:49	2:18:14 2:24:27	2:31:29 2:38:27
	*63	*100						
	2:40:36	2:44:41						
14	956	Plaza Pedre, Marta	APA LICEO A Coruña	12	47:32			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	16:35	19:40 21:42	24:44 26:44	29:11 32:46 37:39	40:18 42:46	47:32		
	16:35	3:05 2:02	3:02 2:00	2:27 3:35 4:53	2:39 2:28	4:46		
15	815	Mesa Fernández, Adriana	APA LICEO A Coruña	12	49:41			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	21:29	24:30 25:48	27:30 28:06	29:46 33:08 36:49	40:22 45:10	49:41		
	21:29	3:01 1:18	1:42 0:36	1:40 3:22 3:41	3:33 4:48	4:31		
16	812	Del Palacio Rodríguez, Claudia	APA LICEO A Coruña	12	49:46			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	21:07	24:08 25:09	26:50 28:08	29:44 32:37 36:52	40:43 44:56	49:46		
	21:07	3:01 1:01	1:41 1:18	1:36 2:53 4:15	3:51 4:13	4:50		
17	852	Bello Landeira, Suso	FAICAMIÑO A Coruña (Oleiros - Iñás)	12	51:51			12
	120(1)	140(1) 240(2)	260(2) 190(1)	180(1) 160(1) 150(1) 130(1)	110(1)	F		
	7:02	10:23 12:54	14:56 17:27	20:53 25:48 32:01	41:03 45:01	51:51		
	7:02	3:21 2:31	2:02 2:31	3:26 4:55 6:13	9:02 3:58	6:50		
18	827	Vila Garrido, Felipe	APA LICEO A Coruña	12	55:43			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	11:55	16:28 19:20	21:40 23:36	27:29 32:15 38:08	42:38 48:54	55:43		
	11:55	4:33 2:52	2:20 1:56	3:53 4:46 5:53	4:30 6:16	6:49		
19	826	Vázquez Rodríguez, Emilia	APA LICEO A Coruña	12	55:45			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	12:02	16:25 19:15	21:44 23:31	27:36 32:26 38:16	42:50 49:19	55:45		
	12:02	4:23 2:50	2:29 1:47	4:05 4:50 5:50	4:34 6:29	6:26		
20	822	Pita Fernández, Nuria Mª	APA LICEO A Coruña	12	55:47			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	11:59	16:30 19:17	21:36 23:34	27:31 32:23 38:12	42:54 49:07	55:47		
	11:59	4:31 2:47	2:19 1:58	3:57 4:52 5:49	4:42 6:13	6:40		
21	816	Montero Doce, Jose Bernardo	APA LICEO A Coruña	12	55:50			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	12:05	16:34 19:20	21:46 23:43	27:27 32:12 38:18	42:36 49:25	55:50		
	12:05	4:29 2:51	2:21 1:57	3:44 4:45 6:06	4:18 6:49	6:25		
22	821	Penabad Fuentefría, Diego	APA LICEO A Coruña	12	56:18			12
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 180(1) 150(1) 130(1)	110(1)	F		
	23:06	26:13 27:31	29:22 30:19	32:01 35:02 39:18	42:00 45:34	56:18		
	23:06	3:07 1:18	1:51 0:57	1:42 3:01 4:16	2:42 3:34	10:44		
23	904	García Ossorio, María Encina	TREVINCA O Barco de Valdeorras	12	1:00:02			12
	120(1)	160(1) 240(2)	140(1) 260(2)	190(1) 150(1) 130(1) 110(1)	180(1)	F		
	5:13	11:50 13:46	15:01 17:52	19:42 28:34 32:54	39:40 47:30	1:00:02		
	5:13	6:37 1:56	1:15 2:51	1:50 8:52 4:20	6:46 7:50	12:32		
24	873	Santos Penela, Angeles	FLUVIAL Lugo	11	25:36			11
	120(1)	140(1) 240(2)	260(2) 190(1)	180(1) 150(1) 130(1) 110(1)		F		
	4:24	6:22 7:29	8:38 10:03	12:11 15:21 18:12	21:56 25:36			
	4:24	1:58 1:07	1:09 1:25	2:08 3:10 2:51	3:44 3:40			
25	819	Parada Gutiérrez, Nicolás	APA LICEO A Coruña	11	48:52			11
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 150(1) 130(1) 110(1)		F		
	20:46	23:47 24:59	26:06 26:53	28:04 35:08 40:14	43:45 48:52			
	20:46	3:01 1:12	1:07 0:47	1:11 7:04 5:06	3:31 5:07			
26	811	Del Palacio Rodríguez, Bruno	APA LICEO A Coruña	11	48:59			11
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 150(1) 130(1) 110(1)		F		
	20:59	23:51 25:05	26:09 26:57	28:16 35:01 40:36	44:00 48:59			
	20:59	2:52 1:14	1:04 0:48	1:19 6:45 5:35	3:24 4:59			
27	814	Mesa Fernández, Alonso	APA LICEO A Coruña	11	49:00			11
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 150(1) 130(1) 110(1)		F		
	21:02	23:54 25:03	26:08 26:54	28:14 35:03 40:33	44:21 49:00			
	21:02	2:52 1:09	1:05 0:46	1:20 6:49 5:30	3:48 4:39			
28	820	Penabad Fuentefría, Álvaro	APA LICEO A Coruña	11	56:15			11
	120(1)	140(1) 240(2)	260(2) 160(1)	190(1) 150(1) 130(1) 110(1)		F		
	21:14	24:52 25:34	26:53 27:36	28:27 35:16 40:41	47:40 56:15	</		

31	876	García Martínez, Antonio	260(2)	240(2)	140(1)	F	GALLAECIA A Coruña	8	44:14	8
			120(1)	160(1)	190(1)	260(2)	240(2)	140(1)	F	
			9:12	19:48	23:34	26:34	29:33	31:23	44:14	
			9:12	10:36	3:46	3:00	2:59	1:50	12:51	
32	163	Couceiro Herrerero, Luis Adolfo	260(2)	160(1)	110(1)	F	ARTABROS A Coruña	6	58:05	6
			120(1)	140(1)	160(1)	110(1)	F			
			9:31	16:19	23:52	25:56	44:11	58:05		
			9:31	6:48	7:33	2:04	18:15	13:54		
	824	Romero González, Jorge					APA LICEO A Coruña	0		Abandona
			F							
	834	Castro Codesal, Marina					ARTABROS A Coruña			No sale
			F							

INI LARGA (67)

90:00 min 19 C 36 Pts

1	802	Lourido Vazquez, Vicente	250(2)	300(3)	33(3)	34(3)	32(3)	31(3)	290(2)	36	1:03:32	36						
			120(1)	140(1)	160(1)	190(1)	250(2)	300(3)	33(3)	34(3)	32(3)	31(3)	290(2)	270(2)	280(2)	230(2)	210(2)	200(2)
			4:42	5:47	8:06	10:30	16:12	19:33	24:58	29:14	33:57	35:20	40:47	42:11	44:24	46:24	51:00	53:50
			4:42	1:05	2:19	2:24	5:42	3:21	5:25	4:16	4:43	1:23	5:27	1:24	2:13	2:00	4:36	2:50
			130(1)	150(1)	130(1)	F												
			57:42	58:57	1:01:02	1:03:32												
			3:52	1:15	2:05	2:30												
2	810	Couceiro Rebollo, David	250(2)	31(3)	32(3)	34(3)	33(3)	300(3)	290(2)	36	1:16:50	36						
			120(1)	140(1)	160(1)	190(1)	250(2)	31(3)	32(3)	34(3)	33(3)	300(3)	290(2)	270(2)	280(2)	230(2)	130(1)	150(1)
			2:37	3:50	5:13	6:42	23:54	33:37	35:15	39:10	43:17	48:57	54:28	56:09	58:36	1:00:23	1:02:38	1:04:13
			2:37	1:13	1:23	1:29	17:12	9:43	1:38	3:55	4:07	5:40	5:31	1:41	2:27	1:47	2:15	1:35
			210(2)	200(2)	110(1)	F												
			1:07:41	1:10:04	1:14:01	1:16:50												
			3:28	2:23	3:57	2:49												
3	881	Arenaza Gomezy, Flor	280(2)	31(3)	32(3)	34(3)	33(3)	300(3)	290(2)	36	1:23:06	36						
			200(2)	210(2)	230(2)	280(2)	31(3)	32(3)	34(3)	33(3)	300(3)	290(2)	270(2)	250(2)	150(1)	190(1)	160(1)	140(1)
			5:31	9:18	16:07	20:13	22:22	24:57	28:56	32:24	45:55	51:21	54:24	57:12	1:02:26	1:05:45	1:06:51	1:08:44
			5:31	3:47	6:49	4:06	2:09	2:35	3:59	3:28	13:31	5:26	3:03	2:48	5:14	3:19	1:06	1:53
			120(1)	110(1)	130(1)	F												
			1:10:39	1:13:50	1:16:13	1:23:06		1:04:21										
			1:55	3:11	2:23	6:53												
4	310	Gonzalez Alonso, Diego	280(2)	31(3)	32(3)	34(3)	33(3)	300(3)	290(2)	36	1:23:08	36						
			200(2)	210(2)	230(2)	280(2)	31(3)	32(3)	34(3)	33(3)	300(3)	290(2)	270(2)	250(2)	150(1)	190(1)	160(1)	140(1)
			5:29	9:22	16:00	20:19	22:19	24:53	29:00	32:25	45:57	51:29	54:17	57:09	1:02:23	1:05:40	1:06:56	1:08:40
			5:29	3:53	6:38	4:19	2:00	2:34	4:07	3:25	13:32	5:32	2:48	2:52	5:14	3:17	1:16	1:44
			120(1)	110(1)	130(1)	F												
			1:10:35	1:13:57	1:16:09	1:23:08												
			1:55	3:22	2:12	6:59												
5	470	Fernandez Torres, Xema	31(3)	32(3)	33(3)	34(3)	290(2)	270(2)	250(2)	36	1:24:05	36						
			200(2)	210(2)	230(2)	31(3)	32(3)	33(3)	34(3)	290(2)	270(2)	250(2)	280(2)	150(1)	130(1)	110(1)	120(1)	
			8:44	11:40	18:54	20:36	22:41	28:34	30:38	34:16	43:09	45:34	50:56	56:43	1:00:44	1:02:21	1:05:16	1:07:35
			8:44	2:56	7:14	1:42	2:05	5:53	2:04	3:38	8:53	2:25	5:22	5:47	4:01	1:37	2:55	2:19
			140(1)	160(1)	190(1)	F												
			1:08:58	1:11:42	1:18:31	1:24:05												
			1:23	2:44	6:49	5:34												
6	874	Vazquez Vilaboa, Juan Manuel	150(1)	130(1)	110(1)	250(2)	300(3)	32(3)	34(3)	36	1:29:27	36						
			120(1)	140(1)	160(1)	190(1)	150(1)	130(1)	110(1)	250(2)	300(3)	32(3)	34(3)	33(3)	290(2)	270(2)	280(2)	31(3)
			5:14	7:16	9:08	10:06	12:31	15:02	16:59	24:56	30:18	42:12	45:08	47:26	1:08:29	1:10:35	1:13:58	1:15:53
			5:14	2:02	1:52	0:58	2:25	2:31	1:57	7:57	5:22	11:54	2:56	2:18	21:03	2:06	3:23	1:55
			230(2)	210(2)	200(2)	F												
			1:18:00	1:22:07	1:26:17	1:29:27												
			2:07	4:07	4:10	3:10												
7	871	Rodríguez Acevedo, Manuel	250(2)	31(3)	280(2)	32(3)	34(3)	33(3)	300(3)	33	1:14:29	33						
			120(1)	140(1)	160(1)	190(1)	250(2)	31(3)	280(2)	32(3)	34(3)	33(3)	300(3)	270(2)	230(2)	210(2)	200(2)	110(1)
			5:44	6:54	8:24	9:07	16:08	25:05	26:43	29:41	32:47	34:34	44:25	49:27	53:19	59:22	1:02:06	1:08:56
			5:44	1:10	1:30	0:43	7:01	8:57	1:38	2:58	3:06	1:47	9:51	5:02	3:52	6:03	2:44	6:50
			130(1)	F														
			1:10:22	1:14:29														
			1:26	4:07														
8	909	Abeledo Patiño, Tomas	230(2)	32(3)	34(3)	33(3)	290(2)	270(2)	280(2)	36	1:19:03	36						
			200(2)	210(2)	230(2)	31(3)	32(3)	33(3)	34(3)	290(2)	270(2)	280(2)	250(2)	150(1)	160(1)	190(1)	130(1)	110(1)
			5:37	9:23	17:53	19:35	23:36	29:04	32:39	38:54	42:04	44:53	50:35	57:21	1:02:18	1:03:07	1:09:57	1:12:19
			5:37	3:46	8:30	1:42	4:01	5:28	3:35	6:15	3:10	2:49	5:42	6:46	4:57	0:49	6:50	2:22
			120(1)	140(1)	F													
			1:14:30	1:15:42	1:19:03	5:53												
			2:11	1:12	3:21													
9	925	García Estevez, Giovanni	31(3)	32(3)	33(3)	34(3)	290(2)	270(2)	300(3)	36	1:23:42	36						
			200(2)	210(2)	230(2)	31(3)	32(3)	33(3)	34(3)	290(2)	270(2)	300(3)	250(2)	130(1)	110(1)	120(1)	140(1)	160(1)
			8:59	12:14	18:41	20:53	22:53	29:30	44:56	49:30	51:27	56:31	1:01:05	1:10:46	1:12:46	1:14:49	1:15:52	1:17:31
			8:59	3:15	6:27	2:12	2:00	6:37	15:26	4:34	1:57	5:04	4:34	9:41	2:00	2:03	1:03	1:39
			190(1)	F														
			1:18:22	1:23:42	1:08:41													
			0:51	5:20														
10	890	Corral Vazquez, Jorge	250(2)	300(3)	33(3)	34(3)	32(3)	31(3)	270(2)	36	1:12:29	36						
			120(1)	140(1)	160(1)	190(1)	250(2)	300(3)	33(3)	34(3)	32(3)	31(3)	270(2)	290(2)	230(2)	150(1)	110(1)	130(1)
			2:35	5:08	7:33	10:14	16:46	19:57	28:18	30:48	33:59	36:17	39:05	47:33	55:30	58:09	1:00:54	1:02:43
			2:35	2:33	2:25	2:41	6:32	3:11	8:21	2:30	3:11	2:18	2:48	8:28	7:57	2:39	2:45	1:49
			200(2)	F														
			1:09:19	1:12:29														
			6:36	3:10														
11	888	Andrade Couto, Juan	250(2)	300(3)	33(3)	34(3)	32(3)	31(3)	270(2)	36	1:12:41	36						
			120(1)	140(1)	160(1)	190(1)	250(2)	300(3)	33(3)	34(3)	32(3)	31(3)	270(2)	290(2)	230(2)	150(1)		

51	899 Soto García, Camilo	4:17 2:18 2:40 1:53 4:49 6:56 2:55 3:23 5:03 2:54 30:17 2:25 6:15 1:17:28	SABON Arteixo. A Coruña	18	F	*160 9:38	18
52	900 Soto García, María Del Mar	120(1) 140(1) 160(1) 190(1) 150(1) 250(2) 300(3) 270(2) 290(2) 230(2) 130(1) 110(1) F	SABON Arteixo. A Coruña	18	F		18
53	891 Farina Amado, Sergio	4:45 6:52 9:32 11:01 15:39 22:33 31:04 55:52 58:54 1:08:47 1:11:41 1:14:06 1:17:28	SABON Arteixo. A Coruña	18	F		18
54	897 Rayón Fernández, Paloma	4:45 2:07 2:40 1:29 4:38 6:54 8:31 24:48 3:02 9:53 2:54 2:25 3:22	SABON Arteixo. A Coruña	17	F		17
55	894 Moss Gonçalves, Verónica	120(1) 140(1) 160(1) 190(1) 150(1) 250(2) 300(3) 270(2) 290(2) 230(2) 130(1) 110(1) F	SABON Arteixo. A Coruña	17	F		17
56	946 Amil Serantes, Marina	4:46 6:47 9:35 11:04 15:42 22:35 31:05 55:40 58:46 1:08:52 1:11:35 1:14:18 1:18:11	APA LICEO A Coruña	16	F	*240 7:32	16
57	957 Rebollo Mellado, M ^a Carmen	120(1) 140(1) 160(1) 190(1) 150(1) 230(2) 280(2) 270(2) 250(2) 300(3) 290(2) F	APA LICEO A Coruña	16	F		16
58	853 Blanco Ameijenda, Enrique	2:54 3:16 2:53 0:53 11:02 5:16 3:04 3:03 2:13 3:32 4:30 18:41	APA LICEO A Coruña	16	F		16
59	933 Méndez Toural, Pablo	120(1) 140(1) 160(1) 190(1) 150(1) 280(2) 270(2) 250(2) 31(3) 130(1) 110(1) F	APA LICEO A Coruña	16	F		16
60	903 Corral Ossorio, Antonio	4:03 6:34 10:24 12:10 17:41 25:13 38:28 41:54 52:59 59:02 1:02:44 1:17:01	APA LICEO A Coruña	16	F		16
61	875 Álvarez Carballo, Elena	4:03 2:31 3:50 1:46 5:31 7:32 13:15 3:26 11:05 6:03 3:42 14:17	APA LICEO A Coruña	16	F		16
62	914 Castro Campello, Sergio	120(1) 140(1) 160(1) 190(1) 150(1) 280(2) 270(2) 250(2) 31(3) 130(1) 110(1) F	APA LICEO A Coruña	16	F		16
63	860 Yebra Vilarchao, Rebeca	4:05 7:07 10:29 12:05 17:40 25:15 38:26 41:49 53:04 59:12 1:02:48 1:17:04	APA LICEO A Coruña	16	F	*140 7:11	16
64	855 Cortes Cabeza, Ines	4:05 8:02 3:22 1:36 5:35 7:35 13:11 3:23 11:15 6:08 3:36 14:16	APA LICEO A Coruña	16	F		16
65	912 Blanco, Jorge	120(1) 140(1) 160(1) 190(1) 150(1) 250(2) 300(3) 270(2) 290(2) 230(2) 130(1) 110(1) F	APA LICEO A Coruña	16	F		16
66	851 Abuin Pose, Adrian	9:03 11:16 14:11 15:12 19:28 29:51 49:35 54:52 1:03:37 1:05:59 1:07:21 1:12:32 1:18:05 1:25:01 1:31:05	APA LICEO A Coruña	16	F		16
67	895 Pan Bollivar, Leandro	9:03 2:13 2:55 1:01 4:16 10:23 19:44 5:17 8:45 2:22 1:22 5:11 5:33 6:56 6:04	APA LICEO A Coruña	16	F		16
D-12 (2)		60:00 min 15 C 23 Pts					
1	80 Otero Antelo, Uxia	120(1) 140(1) 260(2) 160(1) 180(1) 150(1) 130(1) 230(2) 280(2) 270(2) 290(2) 250(2) 210(2) 200(2) F	APA LICEO A Coruña	22	F		0
2	61 Arufe Seijas, Alba	3:39 6:05 10:39 11:14 17:32 20:19 26:36 31:43 35:37 39:24 44:32 48:40 1:04:20 1:09:17 1:15:22	APA LICEO A Coruña	22	F		0
D-14 (7)		60:00 min 16 C 30 Pts					
1	142 Ricoy Rajoy, Sara	120(1) 140(1) 260(2) 180(1) 150(1) 130(1) 230(2) 31(3) 32(3) 290(2) 270(2) 300(3) 250(2) 280(2) 210(2) 200(2) F	AROMON Pontevedra	29	F		29
2	197 Fuertes Saco, Julia	4:39 6:32 9:15 11:46 13:30 17:23 19:54 22:23 28:03 30:21 35:00 39:03 44:30 51:29 54:05 58:18	UNIVERSIDA Vigo	23	F		23
3	86 Puime Bao, Belén	4:39 1:53 2:43 2:31 1:44 3:53 2:31 2:29 5:40 2:18 4:39 4:03 5:27 6:59 2:36 4:13	APA LICEO A Coruña	21	F		21
4	85 Piñeiro Lozano, Andrea Julia	200(2) 110(1) 140(1) 260(2) 180(1) 150(1) 130(1) 230(2) 31(3) 32(3) 280(2) 270(2) 300(3) 250(2) 280(2) 210(2) 200(2) F	APA LICEO A Coruña	21	F		21
5	467 Morales Jiménez, Irene	6:34 14:18 18:55 20:25 22:34 24:43 26:09 28:47 30:41 39:12 44:07 46:45 48:31 56:03	TREVINCA O Barco de Valdeorras	20	F		20
6	23 García Arrojo, Alicia	6:34 7:44 4:37 1:30 2:09 2:09 1:26 2:38 1:54 8:31 4:55 2:38 1:46 7:32	FLUVIAL Lugo	19	F	*120 2:59	19
7	106 Alvelo Blanco, Marta	6:24 7:53 12:32 15:09 25:28 27:38 33:46 35:21 36:58 47:28 50:14 54:36 4:22	AROMON Pontevedra	13	F		13
D-16 (3)		70:00 min 19 C 43 Pts					
1	2 Bellón Santos, Teresa	140(1) 260(2) 180(1) 150(1) 130(1) 230(2) 31(3) 32(3) 280(2) 270(2) 300(3) 250(2) 280(2) 210(2) 200(2) F	FLUVIAL Lugo	34	F		34
2	93 Rodríguez Vila, Marta	4:01 6:47 13:12 15:17 17:30 20:12 25:50 28:29 32:45 40:33 47:01 51:48 54:56 55:27 1:02:06	APA LICEO A Coruña	33	F		33
3	58 Alba Amil, Andrea	4:01 2:46 6:25 2:05 2:13 2:42 5:38 2:39 4:16 7:48 6:28 4:47 3:08 0:31 6:39	APA LICEO A Coruña	29	F		29

D-20 (3)		80:00 min 24 C 69 Pts																
1	98 Vázquez Barrientos, Sandra	200(2)	210(2)	230(2)	31(3)	32(3)	280(2)	270(2)	290(2)	250(2)	150(1)	180(1)	260(2)	140(1)	1:12:30	F	25	
		5:05	7:55	18:48	21:20	24:43	34:06	36:29	38:08	40:07	56:18	58:28	1:00:56	1:02:37	1:12:30			
		5:05	2:50	10:53	2:32	3:23	9:23	2:23	1:39	1:59	16:11	2:10	2:28	1:41	9:53			
2	38 Parga Basanta, Lucía	200(2)	130(1)	150(1)	230(2)	31(3)	280(2)	270(2)	250(2)	300(3)	34(3)	290(2)	33(3)	65(6)	69(6)	43(4)	78(7)	
		4:05	7:40	9:23	11:51	14:16	16:22	18:57	21:08	24:53	27:43	33:33	35:53	42:34	47:35	50:07	54:40	
		4:05	3:35	1:43	2:28	2:25	2:06	2:35	2:11	3:45	2:50	5:50	2:20	6:41	5:01	2:32	4:33	
		1:27:15		47:38														
		32:35																
3	863 Capón Lamelas, Nerea	200(2)	130(1)	150(1)	230(2)	31(3)	280(2)	270(2)	250(2)	300(3)	34(3)	290(2)	33(3)	65(6)	69(6)	43(4)	78(7)	
		4:13	7:44	9:23	11:59	14:07	16:19	18:53	21:13	25:00	27:54	33:35	35:58	41:53	47:54	50:11	54:53	
		4:13	3:31	1:37	2:38	2:08	2:12	2:34	2:20	3:47	2:54	5:41	2:23	5:55	6:01	2:17	4:42	
		1:27:43																
		32:50																
D-21 (11)		80:00 min 24 C 69 Pts																
1	219 Martínez García, Laura	110(1)	130(1)	150(1)	230(2)	31(3)	32(3)	34(3)	33(3)	65(6)	69(6)	43(4)	63(6)	78(7)	300(3)	250(2)	290(2)	
		4:40	6:09	7:29	10:25	12:02	13:40	16:04	17:48	21:39	24:42	26:54	30:42	35:58	49:00	52:15	55:24	
		4:40	1:29	1:20	2:56	1:37	1:38	2:24	1:44	3:51	3:03	2:12	3:48	5:16	13:02	3:15	3:09	
		270(2)	280(2)	210(2)	200(2)	260(2)	140(1)	F										
		56:18	58:27	1:03:30	1:05:27	1:14:21	1:15:31	1:18:40										
		0:54	2:09	5:03	1:57	8:54	1:10	3:09										
2	366 Montes Villar, Veronica	200(2)	210(2)	230(2)	31(3)	32(3)	34(3)	33(3)	65(6)	69(6)	43(4)	78(7)	300(3)	250(2)	270(2)	280(2)	150(1)	
		4:07	6:23	9:59	11:30	12:54	15:43	17:40	21:17	24:37	32:41	35:56	48:44	51:37	53:29	55:18	59:12	
		4:07	2:16	3:36	1:31	1:24	2:49	1:57	3:37	3:20	8:04	3:15	12:48	2:53	1:52	1:49	3:54	
		180(1)	260(2)	140(1)	110(1)	130(1)	F											
		1:00:24	1:02:02	1:03:18	1:06:47	1:09:31	1:13:41											
		1:12	1:38	1:16	3:29	2:44	4:10											
3	301 Suárez Méndez, Priscila	140(1)	260(2)	180(1)	250(2)	41(4)	69(6)	43(4)	65(6)	33(3)	34(3)	32(3)	31(3)	280(2)	270(2)	290(2)	300(3)	
		3:39	5:10	6:41	10:27	15:10	23:05	32:44	36:42	41:20	43:13	45:54	47:43	49:51	51:42	53:19	56:23	
		3:39	1:31	1:31	3:46	4:43	7:55	9:39	3:58	4:38	1:53	2:41	1:49	2:08	1:51	1:37	3:04	
		230(2)	150(1)	210(2)	200(2)	F												
		1:01:32	1:04:49	1:07:43	1:09:29	1:12:26												
		5:09	3:17	2:54	1:46	2:57												
4	302 Suárez Pazos, Almudena	140(1)	260(2)	180(1)	250(2)	41(4)	69(6)	43(4)	65(6)	33(3)	34(3)	32(3)	31(3)	280(2)	270(2)	290(2)	300(3)	
		3:41	5:11	6:42	10:20	15:08	22:58	32:45	36:37	41:22	43:17	45:47	47:39	49:52	51:43	53:14	56:25	
		3:41	1:30	1:31	3:38	4:48	7:50	9:47	3:52	4:45	1:55	2:30	1:52	2:13	1:51	1:31	3:11	
		230(2)	150(1)	210(2)	200(2)	F												
		1:01:23	1:04:47	1:07:39	1:09:27	1:12:37	4:18											
		4:58	3:24	2:52	1:48	3:10												
5	412 Meirás Casanova, Ana	200(2)	210(2)	230(2)	31(3)	32(3)	34(3)	33(3)	65(6)	69(6)	43(4)	300(3)	270(2)	F				
		5:50	16:53	22:21	24:33	27:57	31:14	33:27	43:12	47:37	50:18	1:00:01	1:06:47	1:15:18				
		5:50	11:03	5:28	2:12	3:24	3:17	2:13	9:45	4:25	2:41	9:43	6:46	8:31				
6	122 Figueroa Lario, Monica	140(1)	260(2)	180(1)	250(2)	300(3)	41(4)	33(3)	34(3)	32(3)	31(3)	230(2)	210(2)	130(1)	110(1)	F		
		6:59	8:53	11:40	17:35	22:57	27:46	37:12	39:27	42:34	44:13	45:49	50:42	53:47	57:56	1:00:52	1:05:25	
		6:59	1:54	2:47	5:55	5:22	4:49	9:26	2:15	3:07	1:39	1:36	4:53	3:05	4:09	2:56	4:33	
		110(1)	130(1)	150(1)	230(2)	31(3)	32(3)	33(3)	34(3)	290(2)	270(2)	250(2)	180(1)	140(1)	F			
		9:55	12:38	14:31	17:59	20:12	22:29	30:00	34:20	38:48	41:53	44:41	49:47	53:20	1:02:11			
		9:55	2:43	1:53	3:28	2:13	2:17	7:31	4:20	4:28	3:05	2:48	5:06	3:33	8:51			
8	266 Bujía Rodríguez, Elena	200(2)	130(1)	110(1)	150(1)	230(2)	31(3)	32(3)	300(3)	290(2)	270(2)	280(2)	F					
		5:33	9:39	11:17	14:35	21:11	23:12	25:22	54:13	58:03	1:00:44	1:04:16	1:13:36					
		5:33	4:06	3:38	3:18	6:36	2:01	2:10	38:51	3:50	2:41	3:32	9:20					
9	237 Díaz Blanco, Ana Belen	140(1)	260(2)	180(1)	150(1)	230(2)	31(3)	32(3)	210(2)	200(2)	130(1)	110(1)	F					
		7:02	8:58	17:59	19:58	23:05	25:31	27:26	35:56	42:00	46:50	49:13	53:49					
		7:02	1:56	9:01	1:59	3:07	2:26	1:55	8:30	6:04	4:50	2:23	4:36					
10	3 Blanco Pérez, Ana	140(1)	260(2)	180(1)	150(1)	230(2)	31(3)	32(3)	280(2)	270(2)	250(2)	41(4)	33(3)	34(3)	210(2)	200(2)	F	
		5:59	8:11	10:48	13:17	16:49	19:05	21:37	25:02	28:27	31:06	43:52	57:58	1:02:23	1:15:00	1:18:35	1:22:53	
		5:59	2:12	2:37	2:29	3:32	2:16	2:32	3:25	3:25	2:39	12:46	14:06	4:25	12:37	3:35	4:18	
11	907 García López, Laura	200(2)	210(2)	230(2)	31(3)	32(3)	34(3)	33(3)	65(6)	69(6)	43(4)	78(7)	63(6)	F				
		5:08	7:33	14:28	16:48	20:03	23:01	26:07	41:49	50:49	1:03:45	1:36:16						
		5:08	2:25	6:55	2:20	3:15	2:58	3:06	15:42	9:00	12:56	32:31						
D-35 (11)		80:00 min 24 C 69 Pts																
1	40 Pérez Rodríguez, María Libia	200(2)	210(2)	230(2)	31(3)	32(3)	290(2)	300(3)	41(4)	69(6)	43(4)	78(7)	63(6)	65(6)	33(3)	34(3)	130(1)	
		5:01	7:22	12:23	14:35	16:48	20:07	23:00	26:51	36:02	38:29	42:40	48:23	56:08	1:04:45	1:07:07	1:13:14	
		5:01	2:21	5:01	2:12	2:13	3:19	2:53	3:51	9:11	2:27	4:11	5:43	7:45	8:37	2:22	6:07	
		110(1)	F															
		1:14:24	1:17:32															
		1:10	3:08															
2	16 Pelpeto González, Luisa	200(2)	210(2)	230(2)	31(3)	32(3)	34(3)	33(3)	65(6)	69(6)	43(4)	78(7)	63(6)	270(2)	130(1)	F		
		4:04	6:12	10:09	11:53	13:49	16:21	18:39	22:28	27:29	29:18	34:09	41:15	1:09:58	1:14:51	1:19:05		
		4:04	2:08	3:57	1:44	1:56	2:32	2:18	3:49	5:01	1:49	4:51	7:06	28:43	4:53	4:14		
3	28 González Bello, Concepción	200(2)	210(2)	230(2)	31(3)	32(3)	34(3)	33(3)	65(6)	69(6)	43(4)	78(7)	41(4)	180(1)	260(2)	110(1)	F	
		5:11	7:38	14:06	15:55	18:11	21:11	23:13	28:05	32:03	33:59	37:52	55:59	1:04:24	1:06:07	1:12:30	1:18:17	
		5:11	2:27	6:28	1:49	2:16	3:00	2:02	4:52	3:58	1:56	3:53	18:07	8:25	1:43	6:23	5:47	
4	200 Iglesias Junzalsos, Ana	200(2)	210(2)	230(2)	31(3)	32(3)	34(3)	33(3)	65(6)	69(6)	41(4)	300(3)	250(2)	150(1)	180(1)	260(2)	140(1)	
		6:29	8:59	14:05	16:11	18:21	21:26	23:41	31:27	38:13	49:50	54:10	57:52	1:01:54	1:04:04	1:06:03	1:09:48	
		6:29	2:30	5:06	2:06	2:10	3:05	2:15	7:46	6:46	11:37	4:20	3:42	4:02	2:10	1		

2	309 Ferrer Vidal, Francisco José	1:57 2:29 5:14 2:57 2:39 0:52 3:14 1:53 2:50 0:43 2:25 2:23 4:27 3:32	HABELAS HA Vigo	146	1:29:41	146
	200(2) 210(2) 56(5) 57(5) 71(7) 51(5) 65(6) 69(6) 64(6) 61(6) 72(7) 67(6) 100(10) 90(9) 63(6) 78(7)					
	2:55 4:52 15:50 17:46 20:17 24:36 26:17 29:16 32:17 34:52 36:26 38:05 40:43 43:15 46:42 51:31					
	2:55 5:57 13:58 1:56 2:33 4:19 1:49 2:59 3:01 2:35 1:34 1:39 2:38 2:32 3:27 4:49					
	50(5) 52(5) 70(7) 60(6) 62(6) 42(4) 41(4) 300(3) 290(2) 40(4) 220(2) 130(1) 260(2) F					
	54:24 56:47 57:50 1:03:19 1:05:25 1:08:07 1:09:03 1:11:48 1:14:01 1:18:26 1:21:30 1:22:25 1:26:02 1:29:41					
	2:53 2:23 1:03 5:29 2:06 2:42 0:56 2:45 2:13 4:25 3:04 0:55 3:37 3:39					
3	203 Pastoriza Santos, Vicente	200(2) 210(2) 220(2) 40(4) 56(5) 57(5) 71(7) 51(5) 65(6) 80(8) 67(6) 100(10) 90(9) 63(6) 72(7) 61(6)	UNIVERSIDA Vigo	141	1:27:12	141
	3:41 5:25 8:14 14:36 18:00 20:21 21:52 26:09 27:35 30:07 34:22 37:02 40:17 43:42 47:27 48:51					
	3:41 1:44 2:49 6:22 3:24 2:21 1:31 4:17 1:26 2:32 4:15 2:40 3:15 3:25 3:45 1:24					
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	5:19 2:25 6:23 1:31 1:21 3:05 1:49 3:05 1:02 7:15 5:06					
4	112 Beloso García, Manuel	200(2) 130(1) 220(2) 40(4) 56(5) 57(5) 71(7) 80(8) 65(6) 61(6) 72(7) 67(6) 100(10) 90(9) 63(6) 78(7)	AROMON Pontevedra	138	1:29:01	138
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	3:20 2:50 1:15 4:16 3:32 1:44 2:49 4:17 3:15 2:56 2:02 1:33 1:52 2:14 3:03 4:49					
	50(5) 70(7) 52(5) 60(6) 62(6) 42(4) 69(6) 51(5) 300(3) F					
	51:09 53:20 54:58 58:16 59:49 1:03:32 1:08:10 1:11:36 1:21:13 1:29:01					
	5:22 2:11 1:38 3:18 1:33 3:43 4:38 3:26 9:37 7:48					
5	191 Armada Luaces, José Luis	210(2) 40(4) 56(5) 57(5) 71(7) 51(5) 65(6) 80(8) 67(6) 100(10) 90(9) 63(6) 78(7) 50(5) 52(5) 70(7)	UNIVERSIDA Vigo	127	1:27:17	127
	5:03 13:37 16:56 19:01 20:31 27:50 29:30 32:14 35:11 37:44 43:37 46:35 51:16 54:42 57:17 58:09					
	5:03 8:24 13:58 1:56 2:33 4:19 1:49 2:59 3:01 2:35 1:34 1:39 2:38 2:32 3:27 4:49					
	60(6) 62(6) 42(4) 41(4) 300(3) 290(2) 220(2) 130(1) 200(2) F					
	1:03:05 1:05:02 1:07:42 1:08:46 1:11:55 1:14:02 1:18:49 1:19:43 1:23:17 1:27:17					
	4:56 1:57 2:40 1:04 3:09 2:07 4:47 0:54 3:34 4:00					
6	46 Rodríguez Núñez, Eugenio A.	260(2) 290(2) 300(3) 41(4) 42(4) 62(6) 60(6) 52(5) 70(7) 50(5) 78(7) 63(6) 90(9) 100(10) 67(6) 72(7)	FLUVIAL Lugo	126	1:29:25	126
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	5:42 7:54 6:07 3:12 1:45 4:02 2:40 2:50 1:34 2:00 4:57 4:56 2:41 1:36 4:06 3:05					
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7	229 Álvarez Estévez, Enrique Luis	200(2) 130(1) 220(2) 40(4) 56(5) 57(5) 71(7) 80(8) 67(6) 61(6) 72(7) 100(10) 90(9) 63(6) 78(7) 50(5)	GALLAECIA A Coruña	124	1:27:23	124
	3:33 5:54 7:09 10:15 13:51 15:34 16:41 26:34 30:28 33:25 35:36 38:43 42:01 45:06 54:08 1:00:22					
	3:33 2:21 1:15 3:06 3:36 1:43 1:07 9:53 3:54 2:57 2:11 3:07 3:18 3:05 9:02 6:14					
	70(7) 52(5) 62(6) 60(6) 42(4) 41(4) 260(2) F					
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	2:37 1:12 4:23 2:20 2:39 1:46 7:25 4:39					
8	140 Ricoy Bugariñ, José Antonio	200(2) 210(2) 220(2) 40(4) 56(5) 57(5) 71(7) 80(8) 67(6) 61(6) 72(7) 63(6) 90(9) 67(6) 72(7) 61(6) 64(6) 69(6)	AROMON Pontevedra	126	1:30:03	-5
	4:39 7:02 11:16 16:09 20:14 22:42 24:17 28:56 31:35 35:06 39:38 42:34 46:41 49:00 51:30 53:52					
	4:39 2:23 4:16 4:53 4:05 7:11 4:28 3:25 4:39 2:39 3:31 4:32 2:56 4:07 2:19 2:30 2:22					
	78(7) 70(7) 52(5) 62(6) 60(6) 42(4) 41(4) F					
	*40					
	1:00:13 1:07:55 1:09:19 1:12:49 1:16:12 1:19:14 1:20:31 1:30:03					
	6:21 7:42 1:24 3:30 3:23 3:02 1:17 9:32					
9	374 Fernández Torres, José Manuel	200(2) 210(2) 220(2) 40(4) 56(5) 57(5) 71(7) 80(8) 61(6) 72(7) 67(6) 100(10) 90(9) 78(7) 50(5) 52(5)	ADCARNELA Porto do Son	120	1:21:30	120
	3:07 4:56 7:45 11:47 15:16 18:02 20:00 23:32 27:36 30:04 31:30 33:32 35:46 41:44 45:56 47:54					
	3:07 1:49 2:49 4:02 3:29 2:46 1:58 3:32 4:04 2:28 1:26 2:02 2:14 5:58 4:12 1:58					
	70(7) 62(6) 60(6) 42(4) 41(4) 130(1) 260(2) F					
	50:04 54:24 56:06 1:00:30 1:01:25 1:13:51 1:18:00 1:21:30					
	2:10 4:20 1:43 4:24 0:55 12:26 4:09 3:30					
10	357 Trigo Recarey, Xan Mariano	130(1) 220(2) 40(4) 56(5) 57(5) 71(7) 51(5) 65(6) 80(8) 67(6) 100(10) 90(9) 63(6) 72(7) 61(6) 64(6)	TRUVINGA O Barco de Valdeorras	115	1:27:03	115
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	5:07 1:22 4:06 3:39 1:54 1:30 5:10 1:27 2:47 5:10 2:50 3:08 3:34 3:31 1:35 6:09					
	69(6) 78(7) 70(7) 260(2) F					
	54:40 1:00:26 1:07:43 1:22:26 1:27:03					
	1:41 5:46 7:17 14:43 4:37					
11	174 López Pérez, Jose Miguel	200(2) 210(2) 220(2) 130(1) 40(4) 56(5) 57(5) 71(7) 51(5) 65(6) 80(8) 67(6) 100(10) 90(9) 63(6) 72(7)	ARTABROS A Coruña	113	1:29:36	113
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	61(6) 64(6) 69(6) 42(4) 41(4) 260(2) F					
	1:01:44 1:05:50 1:08:11 1:13:26 1:14:40 1:24:12 1:29:36					
	1:34 4:06 2:21 5:15 1:14 9:32 5:24					
12	186 Traveso Rodríguez, Santiago	200(2) 130(1) 220(2) 40(4) 56(5) 57(5) 71(7) 80(8) 65(6) 67(6) 100(10) 90(9) 63(6) 72(7) 64(6) 69(6)	ARTABROS A Coruña	103	1:22:02	103
	4:54 7:32 8:54 15:07 18:59 21:23 24:27 29:37 35:41 40:56 43:52 46:35 49:43 53:46 56:58 59:35					
	4:54 2:38 1:22 6:13 3:52 2:24 3:04 5:10 6:04 5:15 2:56 2:43 3:08 4:03 3:12 2:37					
	42(4) 41(4) 300(3) 260(2) F					
	1:05:32 1:06:55 1:10:13 1:17:30 1:22:02					
	5:57 1:23 3:18 7:17 4:32					
13	322 Cabo Areoso, Jose Antonio	200(2) 130(1) 220(2) 40(4) 56(5) 57(5) 71(7) 80(8) 67(6) 100(10) 90(9) 63(6) 72(7) 61(6) 64(6) 69(6)	SEO Ordes	103	1:26:04	103
	4:20 7:34 8:53 15:09 18:31 20:27 22:21 27:33 32:26 34:42 37:04 40:29 45:20 47:01 49:18 51:20					
	4:20 3:14 1:19 6:16 3:22 1:56 1:54 5:12 4:53 2:16 2:22 3:25 4:51 1:41 2:17 2:02					
	65(6) 51(5) 210(2) F					
	56:11 58:10 1:22:06 1:26:04					
	4:51 1:59 2:35 3:58					
14	274 Lopez Suarez, Andres	200(2) 210(2) 40(4) 56(5) 57(5) 71(7) 80(8) 65(6) 61(6) 67(6) 100(10) 90(9) 63(6) 72(7) 64(6) 69(6)	MONTAÑA FE Ferrol. A Coruña	118	1:32:24	-15
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	3:25 1:46 6:42 3:02 2:42 1:51 5:09 6:31 3:11 2:26 2:11 2:28 2:43 3:05 5:03 2:00					
	52(5) 70(7) 50(5) 62(6) F					
	1:05:12 1:06:59 1:08:57 1:16:26 1:32:24					
	10:57 1:47 1:58 7:29 15:58					
15	44 Puente Salvado, Xoaño	210(2) 56(5) 57(5) 71(7) 80(8) 67(6) 100(10) 90(9) 63(6) 72(7) 61(6) 64(6) 69(6) 65(6) 51(5) 300(3)	FLUVIAL Lugo	97	1:23:37	97
	5:56 17:01 19:16 23:09 29:44 34:25 37:42 44:06 47:17 51:47 53:24 55:49 57:50 1:03:03 1:05:52 1:13:40					
	5:56 11:05 2:15 3:53 6:35 4:41 3:17 6:24 3:11 4:30 1:37 2:25 2:01 5:13 2:49 7:48					
	F					
	1:23:37					
	9:57					
16	59 Antón Casado, Arturo	52(5) 40(4) 41(4) 200(2) 210(2) 56(5) 71(7) 80(8) 100(10) 90(9) 63(6) 72(7) 61(6) 64(6) 69(6) 62(6)	APA LICEO A Coruña	93	1:27:17	93
	26:04 42:48 51:31 3:16 5:32 19:43 24:11 29:47 35:00 37:37 43:59 47:33 49:09 51:49 54:00 1:00:03					
	26:04 16:44 8:43 2:16 14:11 4:28 5:36 5:13 2:37 6:22 3:34 1:36 2:40 2:11 6:03					
	F					
	*37 *38 *39 *53 *43 *44 *45 *46 *54 *48 *49 *650 *651 *700					
	1:27:17	5:53 10:23 38:31 1:02:51 1:11:44 1:29:27 1:47:41 2:02:42 2:15:53 2:22:58 2:31:06 2:41:01 2:48:28 2:53:29				
	27:14					
17	180 Pedreira Romero, Fernando	200(2) 130(1) 220(2) 40(4) 56(5) 57(5) 71(7) 80(8) 65(6) 61(6) 72(7) 100(10) 90(9) 63(6) 64(6) 69(6)	ARTABROS A Coruña	95	1:30:45	-5
	6:05 9:21 10:49 15:13 18:55 21:32 25:29 31:48 37:59 42:17 44:57 48:39 51:07 57:24 1:02:01 1:05:57					
	6:05 3:16 1:28 4:24 3:42 2:37 3:57 6:19 6:11 4:18 2:40 3:42 2:28 6:17 4:37 3:56					
	51(5) F					
	1:11:22 1:30:45					
	5:25 19:23					
18	208 Pérez Juste, Jorge	200(2) 210(2) 220(2) 130(1) 40(4) 56(5) 57(5) 71(7) 80(8) 61(6) 72(7) 64(6) 69(6) 65(6) 51(5) 62(6)	UNIVERSIDA Vigo	88	1:23:32	88
	4:45 7:01 11:12 13:10 19:51 23:32 26:30 28:32 32:55 38:56 41:22 46:40 48:46 54:08 58:06 1:05:19					
	4:45 2:16 4:11 1:58 6:41 3:41 2:58 2:02 4:23 6:01 2:26 5:18 2:06 5:22 3:58 7:13					
	42(4) 41(4) 260(2) F					
	1:08:05 1:09:51 1:19:02 1:23:32					
	2:46 1:46 9:11 4:30					
19	321 Amor Boquete, Jose Manuel	200(2) 130(1) 220(2) 56(5) 57(5) 80(8) 61(6) 67(6) 72(7) 78(7) 42(4) 41(4) 300(3) 290(2) 40(4) 210(2)	SEO Ordes	68	1:22:25	68
	4:28 7:21 8:56 20:32 23:47 31:20 36:14 38:47 41:47 51:46 1:03:41 1:05:47 1:08:27 1:10:28 1:14:32 1:18:43					
	4:28 2:53 1:35 11:36 3:15 7:33 4:54 2:33 3:00 9:59 11:55 2:06 2:40 2:01 4:04 4:11					

		44:12	46:42	51:29	54:37	56:13	56:56	1:01:29	1:03:00	1:08:22	1:09:51	1:15:31	1:17:50	1:24:14	1:28:24	7:10	
		2:38	2:30	4:47	3:08	1:36	0:43	4:33	1:31	5:22	1:29	5:40	2:19	6:24	4:10		
5	105	Álvarez Serto, Ángel					AROMON Pontevedra				148	1:21:45			148		
		110(1)	220(2)	40(4)	56(5)	57(5)	71(7)	51(5)	65(6)	80(8)	61(6)	72(7)	63(6)	90(9)	100(10)	78(7)	64(6)
		3:39	5:46	8:51	11:41	14:52	16:24	20:04	21:11	23:15	28:08	29:32	32:58	35:55	37:12	43:28	47:14
		69(6)	50(5)	70(7)	52(5)	62(6)	60(6)	42(4)	41(4)	300(3)	290(2)	240(2)	200(2)	210(2)	F	6:16	3:46
		48:36	53:37	54:56	55:51	58:06	1:00:08	1:02:15	1:03:10	1:05:37	1:07:32	1:12:39	1:17:09	1:18:38	1:21:45		
		1:22	5:01	1:19	0:55	2:15	2:02	2:07	0:55	2:27	1:55	5:07	4:30	1:29	3:07		
6	387	Cambior Quiroga, Miguel					FAICAMIÑO A Coruña (Oleiros - Iñías)				148	1:23:46			148		
		200(2)	210(2)	220(2)	40(4)	56(5)	57(5)	71(7)	51(5)	65(6)	80(8)	61(6)	72(7)	67(6)	100(10)	90(9)	78(7)
		2:47	4:19	7:27	10:57	13:42	15:37	16:43	20:25	21:48	24:24	28:06	29:40	31:06	33:02	35:25	40:56
		50(5)	70(7)	52(5)	60(6)	62(6)	69(6)	64(6)	42(4)	41(4)	300(3)	290(2)	110(1)	240(2)	F	*220	1:15:00
		44:34	46:44	47:56	50:42	52:28	56:16	58:53	1:04:14	1:05:15	1:07:34	1:09:29	1:17:40	1:20:47	1:23:46		
		3:38	2:10	1:13	2:46	1:46	3:48	2:37	5:21	1:01	2:19	1:55	8:11	3:27	2:59		
7	118	Fernández Casalderrey, Gonzalo					AROMON Pontevedra				147	1:25:33			147		
		110(1)	240(2)	290(2)	300(3)	41(4)	42(4)	62(6)	60(6)	70(7)	52(5)	50(5)	78(7)	63(6)	90(9)	100(10)	67(6)
		3:18	7:19	12:37	14:27	16:45	20:39	22:48	25:24	34:33	35:42	37:18	40:11	44:02	46:46	47:48	50:12
		3:18	4:01	5:18	1:50	2:18	3:54	2:09	2:36	9:09	1:09	1:36	2:53	3:51	2:44	1:02	2:24
		72(7)	61(6)	64(6)	69(6)	65(6)	80(8)	71(7)	57(5)	56(5)	40(4)	210(2)	200(2)	F	*260		
		52:48	53:53	56:22	57:28	59:57	1:02:06	1:06:46	1:08:14	1:10:22	1:14:38	1:18:31	1:22:32	1:25:33	3:06		
		2:36	1:05	2:29	1:06	2:29	2:09	4:40	1:28	2:08	4:16	3:53	4:01	3:01			
8	305	Varela Yáñez, Marcos					BOMBEIROS A Coruña				145	1:28:43			145		
		200(2)	210(2)	220(2)	40(4)	56(5)	57(5)	71(7)	80(8)	61(6)	72(7)	67(6)	100(10)	90(9)	63(6)	64(6)	69(6)
		2:43	4:34	7:28	10:53	14:08	15:45	17:13	24:32	30:31	32:21	33:41	35:32	37:59	41:04	45:24	47:40
		2:43	1:51	2:54	3:25	3:15	1:37	1:28	7:19	5:59	1:50	1:20	1:51	2:27	3:05	4:20	2:16
		78(7)	50(5)	70(7)	52(5)	62(6)	60(6)	42(4)	41(4)	300(3)	290(2)	F					
		52:01	54:59	56:49	58:04	1:01:45	1:03:10	1:08:06	1:09:25	1:15:04	1:20:01	1:22:00	1:28:43				
		4:21	2:58	1:50	1:15	3:41	1:25	4:56	1:19	5:39	4:57	1:59	6:43				
9	160	Carballo Alviárez, Xan					ARTABROS A Coruña				144	1:27:56			144		
		200(2)	210(2)	40(4)	56(5)	57(5)	71(7)	51(5)	65(6)	80(8)	67(6)	100(10)	90(9)	63(6)	72(7)	61(6)	64(6)
		2:37	4:46	13:42	18:02	20:20	22:20	27:56	30:06	33:17	38:02	40:59	44:00	47:52	51:35	53:10	55:30
		2:37	2:09	8:56	4:20	2:18	2:00	5:36	2:10	3:11	4:45	2:57	3:01	3:52	3:43	1:35	2:20
		69(6)	50(5)	70(7)	52(5)	60(6)	62(6)	42(4)	41(4)	300(3)	290(2)	240(2)	F				
		57:37	1:02:38	1:03:57	1:05:17	1:08:26	1:10:00	1:12:48	1:13:40	1:16:39	1:18:53	1:24:13	1:27:56				
		2:07	5:01	1:19	1:20	3:09	1:34	2:48	0:52	2:59	2:14	5:20	3:43				
10	77	García Iván					APA LICEO A Coruña				143	1:14:01			143		
		200(2)	210(2)	220(2)	40(4)	56(5)	57(5)	71(7)	80(8)	65(6)	61(6)	72(7)	100(10)	90(9)	63(6)	64(6)	69(6)
		2:27	4:07	7:03	10:36	13:26	15:18	16:38	19:41	22:19	24:42	27:14	29:58	32:37	36:20	40:47	42:48
		2:27	1:40	2:56	3:33	2:50	1:52	1:20	3:03	2:38	2:23	2:32	2:44	2:39	3:43	4:27	2:01
		78(7)	50(5)	70(7)	52(5)	62(6)	60(6)	42(4)	41(4)	300(3)	290(2)	240(2)	110(1)	F	*220		
		46:48	49:00	50:02	51:08	54:31	55:44	58:18	59:01	1:01:43	1:03:23	1:07:54	1:11:39	1:14:01		7:06	
		4:00	2:12	1:02	1:06	3:23	1:13	2:34	0:43	2:42	1:40	4:31	3:45	2:22			
11	12	Corral Alonso, Alberto					FLUVIAL Lugo				139	1:27:30			139		
		200(2)	210(2)	220(2)	40(4)	56(5)	57(5)	71(7)	80(8)	65(6)	51(5)	67(6)	100(10)	90(9)	63(6)	72(7)	61(6)
		2:52	4:37	7:33	10:58	14:16	16:01	17:19	21:06	23:27	25:03	30:49	32:51	35:02	37:42	41:13	42:36
		2:52	1:45	2:56	3:25	3:18	1:45	1:18	3:47	2:21	1:36	5:46	2:02	2:11	2:40	3:31	1:23
		64(6)	69(6)	70(7)	52(5)	60(6)	70(7)	52(5)	42(4)	42(4)	110(1)	240(2)	F				
		47:45	48:59	54:15	59:57	1:01:05	1:04:27	1:08:04	1:11:51	1:21:38	1:24:25	1:27:30					
		5:09	1:14	5:16	3:42	1:08	3:22	3:37	3:47	9:47	2:47	3:05					
12	306	Vázquez García, Alfonso Breaogán					BOMBEIROS A Coruña				138	1:27:32			138		
		200(2)	220(2)	40(4)	56(5)	57(5)	71(7)	80(8)	65(6)	69(6)	61(6)	72(7)	67(6)	100(10)	90(9)	63(6)	78(7)
		2:49	6:14	9:43	12:32	14:55	16:21	19:33	22:24	27:50	30:39	32:13	33:32	35:29	37:51	42:26	47:49
		2:49	3:25	3:29	2:49	2:23	1:26	3:12	2:51	5:26	2:49	1:34	1:19	1:57	2:22	4:35	5:23
		50(5)	70(7)	60(6)	62(6)	42(4)	41(4)	300(3)	290(2)	240(2)	110(1)	210(2)	F				
		51:02	53:10	56:45	59:36	1:02:10	1:03:03	1:07:44	1:12:02	1:17:13	1:20:38	1:23:53	1:27:32				
		3:13	2:08	3:35	2:51	2:34	0:53	4:41	4:18	5:11	3:25	3:15	3:39				
13	330	Morán Rodríguez, Jose Angel					APA ORDOS A Coruña				143	1:29:38			138		
		200(2)	210(2)	220(2)	40(4)	56(5)	57(5)	71(7)	80(8)	61(6)	72(7)	67(6)	100(10)	90(9)	63(6)	64(6)	69(6)
		3:52	5:36	17:14	20:39	22:17	25:36	30:57	32:44	36:21	38:30	40:52	43:17	46:48	48:45	53:58	59:38
		3:52	1:44	11:38	3:25	1:38	3:19	5:21	1:47	3:37	2:09	2:22	2:25	3:31	1:57	5:13	5:40
		70(7)	52(5)	62(6)	60(6)	42(4)	41(4)	300(3)	290(2)	240(2)	110(1)	F					
		1:01:16	1:02:23	1:05:26	1:08:06	1:10:57	1:12:10	1:15:13	1:17:11	1:22:49	1:29:38						
		1:38	1:07	3:03	2:40	2:51	1:13	3:03	1:58	5:38	6:49						
14	281	Torviso Berdeal, Jose Antonio					MONTAÑA FE Ferrol. A Coruña				125	1:26:54			125		
		200(2)	210(2)	220(2)	40(4)	56(5)	57(5)	71(7)	80(8)	65(6)	67(6)	100(10)	90(9)	63(6)	72(7)	61(6)	64(6)
		3:11	5:40	8:22	11:51	15:07	16:50	19:18	24:23	30:40	34:47	37:21	39:34	42:14	45:05	46:45	49:29
		3:11	2:29	2:42	3:29	3:16	1:43	2:28	5:05	6:17	4:07	2:34	2:13	2:40	2:51	1:40	2:44
		69(6)	60(6)	62(6)	41(4)	42(4)	300(3)	290(2)	240(2)	110(1)	F						
		51:15	56:15	58:14	1:04:06	1:05:27	1:09:11	1:12:49	1:18:19	1:24:30	1:26:54						
		1:46	5:00	1:59	5:52	1:21	3:44	3:38	5:30	6:11	2:24						
15	267	Fernández Otero, Oscar					MONTAÑA FE Ferrol. A Coruña				125	1:29:28			125		
		200(2)	210(2)	220(2)	40(4)	56(5)	57(5)	71(7)	80(8)	67(6)	100(10)	90(9)	63(6)	72(7)	64(6)	69(6)	62(6)
		3:54	6:37	15:08	16:56	19:24	22:31	27:40	30:02	32:44	36:07	40:04	43:38	45:37	50:54	52:23	57:53
		3:54	2:43	8:31	1												

200(2)	40(4)	56(5)	57(5)	71(7)	80(8)	61(6)	72(7)	64(6)	69(6)	62(6)	42(4)	41(4)	300(3)	290(2)	220(2)
9:09	25:00	29:28	32:26	35:10	41:16	47:44	51:43	57:04	59:38	1:05:15	1:07:50	1:11:32	1:15:07	1:17:27	1:21:27
9:09	15:51	4:28	2:58	2:44	6:06	6:28	3:59	5:21	2:34	5:37	2:35	3:42	3:35	2:20	4:00
130(1)	260(2)	F													
1:22:33	1:26:08	1:29:56													
1:06	3:35	3:48													
3	854 Camean Bao, Alexander					FAICAMIÑO A Coruña (Oleiros - Iñás)				93		1:38:37		-45	48
200(2)	210(2)	56(5)	57(5)	71(7)	80(8)	67(6)	100(10)	90(9)	63(6)	60(6)	52(5)	70(7)	62(6)	42(4)	41(4)
3:09	4:49	15:02	17:51	20:26	25:42	32:43	35:18	40:43	44:16	1:01:17	1:04:31	1:07:51	1:13:21	1:20:41	1:22:27
3:09	1:40	10:13	2:49	2:35	5:16	7:01	2:35	5:25	3:33	17:01	3:14	3:20	5:30	7:20	1:46
130(1)	F														
1:34:16	1:38:37														
11:49	4:21														
4	929 Iglesias Candal, Ivan					INDEP A Coruña				51		1:38:43		-45	6
200(2)	130(1)	220(2)	40(4)	56(5)	57(5)	71(7)	80(8)	65(6)	51(5)	60(6)	F				
4:11	8:17	11:01	17:32	32:19	36:52	43:17	50:50	56:29	1:02:56	1:11:06	1:38:43				
4:11	4:06	2:44	6:31	14:47	4:33	6:25	7:33	5:39	6:27	8:10	27:37				

7FC (1)

90:00 min 30 C 154 Pts

1	908 Vicente Domínguez, Adolfo					USC Santiago de Compostela				79		1:29:32			79
200(2)	210(2)	220(2)	56(5)	57(5)	71(7)	51(5)	65(6)	80(8)	69(6)	64(6)	62(6)	60(6)	42(4)	41(4)	300(3)
4:57	6:36	9:30	21:14	25:41	27:29	36:38	39:42	43:03	49:56	54:15	1:06:30	1:08:30	1:11:48	1:13:47	1:18:31
4:57	1:39	2:54	11:44	4:27	1:48	9:09	3:04	3:21	6:53	4:19	12:15	2:00	3:18	1:59	4:44
290(2)	F														
1:21:05	1:29:32														
2:34	8:27														