

Pos	Jorsal	Nombre	Tempo													
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Iniciación Corta (23)				3,4 km			10 C									
				1(65)	2(55)	3(56)	4(63)	5(57)	6(58)	7(59)	8(60)	9(61)	10(100)	F		
1	9098	López Rodríguez, Miguel	1:10:08	2:04	5:07	19:18	25:43	28:34	39:20	44:16	1:03:55	1:07:13	1:09:40	1:10:08		
		INDEPENDIENTE		2:04	3:03	14:11	6:25	2:51	10:46	4:56	19:39	3:18	2:27	0:28		
2	9113	Gomez Pardo, Mar	1:25:01	3:43	11:24	17:33	25:26	30:57	46:37	55:33	1:12:17	1:18:32	1:24:17	1:25:01		
		INDEPENDIENTE		3:43	7:41	6:09	7:53	5:31	15:40	8:56	16:44	6:15	5:45	0:44		
3	9108	Fernandez Lopez, Montserrat	1:36:12	3:39	7:33	14:36	28:18	37:24	57:58	1:04:32	1:27:09	1:31:47	1:35:13	1:36:12		
		FLUVIAL LU Lugo		3:39	3:54	7:03	13:42	9:06	20:34	6:34	22:37	4:38	3:26	0:59		
4	9220	Gonzalez Bonacho, Clara	1:38:45	3:02	7:26	33:22	41:46	45:28	59:19	1:07:15	1:28:43	1:33:28	1:38:04	1:38:45	1:38:09	
		FLUVIAL LU Lugo		3:02	4:24	25:56	8:24	3:42	13:51	7:56	21:28	4:45	4:36	0:41	*100	
5	9217	Perez Diez, Pablo	1:38:46	2:59	7:35	33:17	41:39	45:37	58:46	1:07:46	1:28:37	1:33:23	1:38:06	1:38:46	1:38:08	
		FLUVIAL LU Lugo		2:59	4:36	25:42	8:22	3:58	13:09	9:00	20:51	4:46	4:43	0:40	*100	
6	9215	Pernas Rodríguez, Antia	1:38:47	2:53	7:19	32:58	41:42	45:30	59:14	1:07:08	1:28:46	1:33:44	1:38:11	1:38:47	1:38:12	
		FLUVIAL LU Lugo		2:53	4:26	25:39	8:44	3:48	13:44	7:54	21:38	4:58	4:27	0:36	*100	
7	9198	Gomez Pumariño, Samuel	1:38:51	2:50	6:55	33:06	41:30	45:58	59:20	1:07:03	1:28:38	1:33:57	1:38:12	1:38:51	1:38:14	
		FLUVIAL LU Lugo		2:50	4:05	26:11	8:24	4:28	13:22	7:43	21:35	5:19	4:15	0:39	*100	
8	9216	Perez Diez, Laura	1:39:00	3:06	7:38	33:31	42:01	46:10	59:16	1:07:49	1:28:57	1:33:53	1:38:17	1:39:00		
		FLUVIAL LU Lugo		3:06	4:32	25:53	8:30	4:09	13:06	8:33	21:08	4:56	4:24	0:43		
9	9109	Linares Neira, Manuel	1:40:47	40:13	45:09	50:34	58:21	1:02:43	1:10:46	1:16:19	1:31:11	1:36:04	1:39:51	1:40:47	3:49:47	
		FLUVIAL LU Lugo		40:13	4:56	5:25	7:47	4:22	8:03	5:33	14:52	4:53	3:47	0:56	*32	
10	9196	Gomez Pumariño, Carmen	1:40:51	2:46	7:05	32:40	42:52	46:14	58:39	1:07:12	1:28:51	1:33:46	1:40:14	1:40:51	1:40:14	
		FLUVIAL LU Lugo		2:46	4:19	25:35	10:12	3:22	12:25	8:33	21:39	4:55	6:28	0:37	*100	
11	9164	Casal Montero, Roberto	1:40:52	4:40	13:35	19:38	29:04	36:27	51:24	1:02:47	1:26:28	1:33:36	1:39:20	1:40:52		
		BOMBEIROS A Coruña.		4:40	8:55	6:03	9:26	7:23	14:57	11:23	23:41	7:08	5:44	1:32		
12	9162	Casanova Casal, Silvia	1:54:54	18:31	27:03	33:41	42:46	50:10	1:05:32	1:16:51	1:40:18	1:47:22	1:53:21	1:54:54		
		BOMBEIROS A Coruña.		18:31	8:32	6:38	9:05	7:24	15:22	11:19	23:27	7:04	5:59	1:33		
13	9151	Patiño Carro, Antón	2:02:49	3:22	12:47	30:58	44:47	51:45	1:12:30	1:25:50	1:48:54	1:57:10	2:01:45	2:02:49		
		ADCARNELA Porto do Son		3:22	9:25	18:11	13:49	6:58	20:45	13:20	23:04	8:16	4:35	1:04		
14	9155	Patiño Carro, Daniel	2:06:21	7:29	14:13	35:03	48:23	55:31	1:14:13	1:29:20	1:52:40	2:00:59	2:05:23	2:06:21		
		ADCARNELA Porto do Son		7:29	6:44	20:50	13:20	7:08	18:42	15:07	23:20	8:19	4:24	0:58		
15	9100	Agudo Calvelo, Juan Pablo	2:10:27	3:44	28:50	47:53	59:42	1:11:14	1:27:27	1:38:17	1:57:52	2:05:59	2:09:49	2:10:27		
		TREVINCA O Barco de Valde		3:44	25:06	19:03	11:49	11:32	16:13	10:50	19:35	8:07	3:50	0:38		
16	9168	Casal Montero, Antonio	2:16:55	40:35	49:29	55:31	1:05:03	1:12:15	1:27:19	1:38:29	2:02:23	2:09:25	2:15:12	2:16:55		
		BOMBEIROS A Coruña.		40:35	8:54	6:02	9:32	7:12	15:04	11:10	23:54	7:02	5:47	1:43		
	88	Santos Rodríguez, Marcos	r en tarj.	1:44	4:41	-----	19:05	27:41	39:26	43:37	56:11	1:00:05	1:03:17	1:03:41	22:36	
		APA LICEO A Coruña		1:44	2:57	-----	14:24	8:36	11:45	4:11	12:34	3:54	3:12	0:24	*52	
	9110	Santos Penela, M Angeles	r en tarj.	3:24	11:39	-----	-----	55:37	1:07:43	1:15:48	1:30:13	1:35:20	1:40:49	1:42:00		
		FLUVIAL LU Lugo		3:24	8:15	-----	-----	43:58	12:06	8:05	14:25	5:07	5:29	1:11		
	159	Álvarez Toyos, Irene	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
		UNIVERSIDA Vigo		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
	347	Vinagre Barros, Martin	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
		FAICAMIÑO A Coruña (Oleiros		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
	68	Casado Nuñez, Eva	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
		APA LICEO A Coruña		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
	9120	Lopez Friero, Carlos	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
		MONTAÑA FE Ferrol. A Coruña		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
	9188	Prado López, Agustín	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
		FLUVIAL LU Lugo		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		

Iniciación Longa (95)				4,0 km			13 C										
				1(65)	2(55)	3(64)	4(62)	5(63)	6(57)	7(58)	8(59)	9(53)	10(44)	11(60)	12(61)	13(100)	F
1	9181	Legaspi Abelaira, Raúl	52:21	1:24	3:50	5:58	12:49	24:45	26:45	32:22	35:35	41:51	44:11	47:36	50:14	51:49	52:21
		FLUVIAL LU Lugo		1:24	2:26	2:08	6:51	11:56	2:00	5:37	3:13	6:16	2:20	3:25	2:38	1:35	0:32
2	9185	Seijas Varela, Diego	53:36	1:23	4:40	6:47	13:19	25:40	28:41	33:16	36:31	42:40	45:18	48:29	51:10	53:10	53:36
		FLUVIAL LU Lugo		1:23	3:17	2:07	6:32	12:21	3:01	4:35	3:15	6:09	2:38	3:11	2:41	2:00	0:26
3	9116	Corral Vazquez, Jorge	58:02	1:08	3:08	4:49	17:27	25:51	30:26	36:06	40:09	47:58	50:16	53:03	55:36	57:41	58:02
		SABON Arteixo. A Coruña		1:08	2:00	1:41	12:38	8:24	4:35	5:40	4:03	7:49	2:18	2:47	2:33	2:05	0:21
4	9115	Ferreiro Barreiro, Alejandro	59:48	1:43	4:04	6:53	15:51	29:22	31:04	36:03	39:24	45:36	52:25	54:44	57:28	59:28	59:48
		SABON Arteixo. A Coruña		1:43	2:21	2:49	8:58	13:31	1:42	4:59	3:21	6:12	6:49	2:19	2:44	2:00	0:20
5	9150	Freire González, Javier	1:00:50	1:45	5:08	7:53	15:35	30:42	33:13	40:47	44:15	51:27	54:22	55:38	58:12	1:00:25	1:00:50
		USC Santiago de Compostela		1:45	3:23	2:45	7:42	15:07	2:31	7:34	3:28	7:12	2:55	1:16	2:34	2:13	0:25
6	9118	Pazos Miser, Rafael	1:02:08	1:35	3:46	6:07	13:44	32:24	34:27	40:20	44:19	52:09	54:22	56:02	58:51	1:01:33	1:02:08
		FLUVIAL LU Lugo		1:35	2:11	2:21	7:37	18:40	2:03	5:53	3:59	7:50	2:13	1:40	2:49	2:42	0:35
6	9117	García Costoya, María	1:02:08	1:38	3:44	6:10	13:58	32:35	34:29	40:32	44:21	52:10	54:32	56:05	58:53	1:01:40	1:02:08
		FLUVIAL LU Lugo		1:38	2:06	2:26	7:48	18:37	1:54	6:03	3:49	7:49	2:22	1:33	2:48	2:47	0:28
8	9124	Prado Rodríguez, Marcos	1:07:03	1:34	-----	6:52	14:48	32:24	34:30	39:46	43:23	50:57	58:06	1:01:22	1:04:05	1:06:27	1:07:03
		INDEPENDIENTE		1:34	-----	5:18	7:56	17:36	2:06	5:16	3:37	7:34	2:09	3:16	2:43	2:22	0:36
9	9147	Viana Gonzalez, Iago	1:07:21	1:17	7:05	9:46	26:52	39:00	40:47	45:10	48:52	55:16	57:47	59:50	1:03:22	1:06:40	1:07:21
		INDEPENDIENTE		1:17	5:48	2:41	17:06	12:08	1:47	4:23	3:42	6:24	2:31	2:03	3:32	3:18	0:41
10	9107	Castro Vazquez, Carlos	1:10:41	2:04	-----	9:09	18:41	31:45	34:57	41:42	46:52	55:19	57:55	1:00:04	1:04:02	1:10:04	1:10:41
		FLUVIAL LU Lugo		2:04	-----	7:05	9:32	13:04	3:12	6:45	5:10	8:27	2:36	2:09	3:58	6:02	0:37
11	9172	Ferreiro Caamaño, Francisco	1:11:28	1:19	-----	7:28	18:50	36:49	39:41	45:30	49:51	59:26	1:01:58	1:04:36	1:08:35	1:10:52	1:11:28
		INDEPENDIENTE		1:19	-----	6:09	11:22	17:59	2:52	5:49	4:21	9:35	2:32	2:38	3:59	2:17	0:36
12	470	Arcos Trillo, María Elena	1:13:02	2:36	6:24</												

Pos	Jorsal	Nombre	Tiempo														F
Iniciación Longa (95)				4,0 km	13 C	(cont.)											
				1(65)	2(55)	3(64)	4(62)	5(63)	6(57)	7(58)	8(59)	9(53)	10(44)	11(60)	12(61)	13(100)	
21	9200	Perez Valin, Esther FLUVIAL LU Lugo	1:29:06	3:13 3:13	8:05 4:52	18:42 10:37	28:24 9:42	43:51 15:27	46:32 2:41	57:11 10:39	1:02:36 5:25	1:12:50 10:14	1:19:55 7:05	1:21:16 1:21	1:25:13 3:57	1:28:18 3:05	1:29:06 0:48
22	9103	Castro Campello, Sergio INDEPENDIENTE	1:29:10	1:19 1:19	----- 6:27	7:46 11:42	19:28 26:28	45:56 5:46	51:42 8:16	59:58 3:50	1:03:48 13:11	1:16:59 2:03	1:19:02 4:52	1:23:54 2:41	1:26:35 2:41	1:28:44 2:09	1:29:10 0:26
23	9204	Montero Rosende, Pablo FLUVIAL LU Lugo	1:32:25	2:40 2:40	6:39 3:59	10:38 3:59	26:00 15:22	42:21 16:21	45:32 3:11	55:28 9:56	1:01:34 6:06	1:13:21 11:47	1:16:29 3:08	1:18:02 1:33	1:23:05 5:03	1:31:58 8:53	1:32:25 0:27
24	9096	Lopez Vazquez, Carmen APA LICEO A Coruña	1:33:41	2:32 2:32	6:19 3:47	10:22 4:03	32:26 22:04	46:27 14:01	49:54 3:27	1:01:08 11:14	1:08:04 6:56	1:19:55 11:51	1:23:55 4:00	1:26:41 2:46	1:31:05 4:24	1:33:04 1:59	1:33:41 0:37
25	9026	Engrobas -, Oscar FLUVIAL LU Lugo	1:37:11	1:43 1:43	15:23 13:40	17:50 2:27	40:28 22:38	1:04:04 23:36	1:05:36 1:32	1:11:32 5:56	1:15:28 3:56	1:22:24 6:56	1:25:12 2:48	1:30:04 4:52	1:33:33 3:29	1:36:38 3:05	1:37:11 0:33
26	9084	Seijo Santaballa, Amazona APA LICEO A Coruña	1:38:47	3:09 3:09	8:28 5:19	11:59 3:31	27:04 15:05	44:35 17:31	49:50 5:15	1:00:31 10:41	1:06:59 6:28	1:18:17 11:18	1:21:46 3:29	1:24:32 2:46	1:31:37 7:05	1:38:06 6:29	1:38:47 0:41
27	9080	Lape Lopez, Anais APA LICEO A Coruña	1:39:06	2:44 2:44	7:15 4:31	11:45 4:30	28:19 16:34	45:40 17:21	50:37 4:57	1:01:52 11:15	1:08:08 6:16	1:19:29 11:21	1:22:53 3:24	1:26:03 3:10	1:32:03 6:00	1:37:55 5:52	1:39:06 1:11
28	9199	Rey Fernandez, Javier FLUVIAL LU Lugo	1:39:19	1:35 1:35	5:50 4:15	10:28 4:38	17:19 6:51	54:37 37:18	57:35 2:58	1:04:11 6:36	1:08:18 4:07	1:28:28 20:10	1:31:03 2:35	1:32:47 1:44	1:35:52 3:05	1:38:47 2:55	1:39:19 0:32
29	9222	Fraga Lamas, Maite FLUVIAL LU Lugo	1:39:29	3:15 3:15	10:02 6:47	13:42 3:40	39:05 25:23	53:36 14:31	56:30 2:54	1:06:29 9:59	1:11:37 5:08	1:23:00 11:23	1:26:49 3:49	1:31:53 5:04	1:35:38 3:45	1:38:58 3:20	1:39:29 0:31
30	9206	Fraga Germade, David FLUVIAL LU Lugo	1:41:24	3:59 3:59	7:49 3:50	11:30 3:41	23:37 12:07	51:07 27:30	54:27 3:20	1:04:32 10:05	1:10:28 5:56	1:22:30 12:02	1:25:23 2:53	1:26:58 1:35	1:32:02 5:04	1:40:57 8:55	1:41:24 0:27
31	9091	Gudiña Canicoba, Celia APA LICEO A Coruña	1:42:53	2:26 2:26	7:40 5:14	10:25 2:45	31:42 21:17	46:44 15:02	49:45 3:01	1:09:50 20:05	1:16:40 6:50	1:28:19 11:39	1:31:03 2:44	1:32:57 1:54	1:37:19 4:22	1:41:40 4:21	1:42:53 1:13
32	9089	Lonja Dios, Sabela APA LICEO A Coruña	1:43:49	3:02 3:02	7:26 4:24	10:56 3:30	25:56 15:00	47:21 21:25	50:49 3:28	1:10:55 20:06	1:17:42 6:47	1:29:21 11:39	1:32:06 2:45	1:33:59 1:53	1:38:17 4:18	1:42:33 4:16	1:43:49 1:16
33	9104	Fraga Pena, Santiago INDEPENDIENTE	1:46:49	1:37 1:37	----- 11:13	12:50 10:03	22:53 27:05	49:58 3:30	53:28 19:31	1:12:59 6:50	1:19:49 11:07	1:30:56 3:13	1:34:09 2:24	1:36:33 4:39	1:41:12 4:33	1:45:45 4:33	1:46:49 1:04
34	9202	Valin Morandeira, Rocio FLUVIAL LU Lugo	1:46:54	3:12 3:12	9:44 6:32	12:59 3:15	28:08 15:09	59:01 30:53	1:06:41 7:40	1:15:41 9:00	1:20:40 4:59	1:31:42 11:02	1:36:36 4:54	1:39:23 2:47	1:43:00 3:37	1:45:43 2:43	1:46:54 1:11
35	9203	Perez Valin, Carlos FLUVIAL LU Lugo	1:46:55	3:11 3:11	9:31 6:20	12:55 3:24	28:02 15:07	58:54 30:52	1:06:34 7:40	1:15:37 9:03	1:20:42 5:05	1:31:37 10:55	1:36:30 4:53	1:39:15 2:45	1:42:56 3:41	1:45:45 2:49	1:46:55 1:10
36	9078	Rey Abelaira, Isabel APA LICEO A Coruña	1:47:24	1:54 1:54	5:54 4:00	9:38 3:44	44:04 34:26	57:48 13:44	1:01:03 3:15	1:12:06 11:03	1:19:23 7:17	1:31:14 11:51	1:35:06 3:52	1:37:51 2:45	1:42:56 5:05	1:46:16 3:20	1:47:24 1:08
37	9187	Gómez Rodríguez, Cristina FLUVIAL LU Lugo	1:47:27	2:49 2:49	10:44 7:55	14:55 4:11	29:33 14:38	54:23 24:50	58:53 4:30	1:13:06 14:13	1:18:06 5:00	1:28:43 10:37	1:35:23 6:40	1:40:18 4:55	1:43:35 3:17	1:46:41 3:06	1:47:27 0:46
38	9076	Doval Alavrez, Natalia APA LICEO A Coruña	1:48:26	2:34 2:34	6:50 4:16	10:36 3:46	44:54 34:18	58:45 13:51	1:01:58 3:13	1:13:03 11:05	1:20:31 7:28	1:32:37 12:06	1:36:10 3:33	1:39:01 2:51	1:43:52 4:51	1:47:16 3:24	1:48:26 1:10
39	72	Martínez Girón, Jesús APA LICEO A Coruña	1:53:44	3:22 3:22	9:55 6:33	15:21 5:26	33:46 18:25	55:45 21:59	1:00:54 5:09	1:14:34 13:40	1:21:38 7:04	1:34:08 12:30	1:39:51 5:43	1:42:33 2:42	1:48:03 5:30	1:52:32 4:29	1:53:44 1:12
40	9002	Regueiro Varela, Elena ROBALIZA Cambre	1:55:23	6:10 6:10	----- 11:03	17:13 28:39	45:52 17:02	1:02:54 3:10	1:06:04 10:19	1:16:23 6:55	1:23:18 12:35	1:35:53 5:48	1:41:41 2:37	1:44:18 5:47	1:50:05 5:47	1:54:28 4:23	1:55:23 0:55
41	9050	Rial Budiño, Jose Manuel FLUVIAL LU Lugo	1:57:14	2:42 2:42	10:34 7:52	13:41 3:07	23:30 9:49	56:55 33:25	58:28 1:33	1:27:29 29:01	1:32:44 5:15	1:40:12 7:28	1:45:06 4:54	1:50:14 5:08	1:53:32 3:18	1:56:36 3:04	1:57:14 0:38
42	9092	Alonso Salgado, Alvaro APA LICEO A Coruña	1:58:53	2:12 2:12	5:03 2:51	7:15 2:12	16:30 9:15	1:09:16 52:46	1:15:28 6:12	1:27:21 11:53	1:33:01 5:40	1:44:54 11:53	1:50:26 5:32	1:52:48 2:22	1:55:34 2:46	1:58:21 2:47	1:58:53 0:32
43	9141	González López, Paula INDEPENDIENTE	1:59:21	3:14 3:14	10:19 7:05	15:20 5:01	35:36 20:16	1:03:23 27:47	1:10:20 6:57	1:25:42 15:22	1:30:38 4:56	1:40:20 9:42	1:44:23 4:03	1:50:53 6:30	1:55:10 4:17	1:58:21 3:11	1:59:21 1:00
44	9131	Lema, Juan INDEPENDIENTE	2:02:02	2:16 2:16	----- 14:58	17:14 16:59	34:13 26:25	1:00:38 3:46	1:04:24 17:29	1:21:53 8:31	1:30:24 13:08	1:43:32 4:04	1:47:36 2:38	1:50:14 2:38	1:55:42 5:28	2:00:40 4:58	2:02:02 1:22
45	85	Riestra Rodriguez, Antia APA LICEO A Coruña	2:02:24	3:45 3:45	----- 12:20	16:05 14:59	31:04 14:57	1:12:51 41:47	1:16:46 3:55	1:27:56 11:10	1:36:07 8:11	1:46:45 10:38	1:50:17 3:32	1:53:59 3:42	1:58:44 4:45	2:01:54 3:10	2:02:24 0:30
46	9205	Rey Vazquez, Maria Jose FLUVIAL LU Lugo	2:03:12	2:18 2:18	----- 13:22	15:40 20:24	36:04 41:19	1:17:23 4:17	1:21:40 4:17	1:34:05 12:25	1:40:27 6:22	1:51:42 11:15	1:54:16 2:34	1:56:06 1:50	1:59:27 3:21	2:02:46 3:19	2:03:12 0:26
47	9121	Ferrero Del Pozo, Carmen INDEPENDIENTE	2:03:36	5:50 5:50	----- 13:40	19:30 10:47	30:17 42:02	1:12:19 4:24	1:16:43 4:24	1:29:07 12:24	1:35:29 6:22	1:46:53 11:24	1:49:42 2:49	1:52:10 2:28	1:58:17 6:07	2:02:36 4:19	2:03:36 1:00
48	9138	Suárez Agra, Santiago FAICAMIÑO A Coruña (Oleiros)	2:07:30	1:42 1:42	5:56 4:14	9:30 3:34	30:27 20:57	1:17:39 47:12	1:20:05 2:26	1:27:39 7:34	1:38:14 10:35	1:48:47 10:33	1:55:31 6:44	2:01:12 5:41	2:04:36 3:24	2:07:00 2:24	2:07:30 0:30
49	9102	Castro Campello, Cristina INDEPENDIENTE	2:08:32	3:15 3:15	10:58 7:43	17:11 6:13	29:53 12:42	1:02:16 32:23	1:06:27 4:11	1:19:38 13:11	1:26:29 6:51	1:38:35 12:06	1:42:54 4:19	1:58:01 15:07	2:02:25 4:24	2:07:25 5:00	2:08:32 1:07
50	9174	Fontan Fernandez, Mónica APA LICEO A Coruña	2:10:24	3:23 3:23	----- 14:27	17:50 17:08	34:58 28:26	1:12:19 8:55	1:13:02 20:43	1:33:02 6:22	1:39:24 12:18	1:51:42 15:16	1:57:56 6:14	2:00:47 2:51	2:05:26 4:39	2:09:24 3:58	2:10:24 1:00
51	9056	Roca Balsa, Ana Maria MONTAÑA FE Ferrol. A Coruña	2:30:40	7:34 7:34	15:05 7:31	31:17 16:12	55:29 24:12	1:39:54 44:25	1:42:15 2:21	1:50:16 8:01	1:55:21 5:05	2:06:52 11:31	2:10:16 3:24	2:23:25 13:09	2:27:16 3:51	2:30:01 2:45	2:30:40 0:39
52	9125	Lopez Dacosta, Cristina MONTAÑA FE Ferrol. A Coruña	2:31:39	9:17 9:17	16:21 7:04	29:42 13:21	1:08:14 38:32	1:40:52 32:38	1:43:06 2:14	1:51:06 8:00	1:56:17 5:11	2:07:19 11:02	2:11:01 3:42	2:24:08 13:07	2:28:06 3:58	2:30:59 2:53	2:31:39 0:40
53	9194	Jacome Galvan, Judit Daniela FLUVIAL LU Lugo	2:34:12	2:51 2:51	7:43 4:52	15:15 7:32	32:53 17:38	1:26:06 53:13	1:31:17 5:11	1:47:30 16:13	1:54:26 6:56	2:09:07 14:41	2:13:45 4:38	2:22:57 9:12	2:28:27 5:30	2:32:55 4:28	2:34:12 1:17
54	9213	Bascaran Ayuela, Consuelo FLUVIAL LU Lugo	2:35:14	3:44 3:44	8:24 4:40	16:01 7:37	34:29 18:28	1:26:44 52:15	1:32:06 5:22	1:48:26 16:20	1:55:21 6:55	2:10:30 15:09	2:14:20 3:50	2:24:22 10:02	2:29:17 4:55	2:33:57 4:40	2:35:14 1:17
55	9193	Salgado Castelo, Marta FLUVIAL LU Lugo	2:35:47	3:40 3:40	8:17 4:37	16:07 7:50	33:44 17:37	1:26:31 52:47	1:32:11 5:40	1:48:14 16:03	1:55:16 7:02	2:10:45 15:29	2:14:26 3:41	2:24:11 9:45	2:29:14 5:03	2:34:45 5:31	2:35:47 1:02
56	9190	Diaz Lopez, Sheila FLUVIAL LU Lugo	2:36:49	4:55 4:55	9:46 4:51	17:20 7:34	35:35 18:15	1:27:53 52:18	1:33:15 5:22	1:49:39 16:24	1:56:35 6:56	2:12:03 15:28	2:16:21 4:18	2:26:11 9:50	2:31:03 4:52	2:35:47 4:44	2:36:49 1:02
57	9212	Lopez Castro, Cristina FLUVIAL LU Lugo	2:36:51	4:57 4:57	9:52 4:55	17:24 7:32	35:37 18:13	1:28:11 52:34	1:33:20 5:09	1:49:43 16:23	1:56:32 6:49	2:12:06 15:34	2:16:25 4:19	2:25:51 9:26	2:30:58 5:07	2:35:49 4:51	2:36:51 1:02
58	196	Del Río Pose, Fernando USC Santiago de Compostela	2:44:00	29:29 29:29	34:51 5:22	41:12 6:21	58:03 16:51	1:35:49 37:46	1:40:35 4:46	1:55:16							

Pos	Jorsal	Nombre	Tempo														
<i>Iniciación Longa (95)</i>				4,0 km			13 C			<i>(cont.)</i>							
				1(65)	2(55)	3(64)	4(62)	5(63)	6(57)	7(58)	8(59)	9(53)	10(44)	11(60)	12(61)	13(100)	F
59	231	Traveso Pedrares, Irene ARTABROS A Coruña	2:52:33	35:52	44:13	51:27	1:13:20	1:42:13	1:48:08	2:02:44	2:11:35	2:28:36	2:34:38	2:38:16	2:45:03	2:51:24	2:52:33
60	195	Carracedo Maneiro, Cristina USC Santiago de Compostela	3:02:06	35:52	8:21	7:14	21:53	28:53	5:55	14:36	8:51	17:01	6:02	3:38	6:47	6:21	1:09
61	233	Traveso Rodríguez, Santiago ARTABROS A Coruña	3:09:55	47:28	52:52	59:10	1:16:00	1:53:47	1:58:32	2:13:11	2:21:22	2:38:30	2:42:59	2:48:00	2:54:30	3:00:37	3:02:06
				47:28	5:24	6:18	16:50	37:47	4:45	14:39	8:11	17:08	4:29	5:01	6:30	6:07	1:29
				52:26	1:00:33	1:08:23	1:30:14	1:59:21	2:04:56	2:19:38	2:28:39	2:45:20	2:49:54	2:54:40	3:02:09	3:08:28	3:09:55
				52:26	8:07	7:50	21:51	29:07	5:35	14:42	9:01	16:41	4:34	4:46	7:29	6:19	1:27
				3:08:29 *100													
9191		Gómez García, Mangeles FLUVIAL LU Lugo	r en tarj.	----	----	----	----	----	----	----	----	----	----	----	----	24:04	29:06
				0.00 0.00 0.00 19:29													
				*71 *72 *73 *76													
9225		Parades Garcia, Montserrat FLUVIAL LU Lugo	r en tarj.	2:50	----	----	----	----	----	----	----	----	----	----	----	----	1:23:05
				2:50													
9173		Barreiro Mogrovejo, Alejandra APA LICEO A Coruña	r en tarj.	2:04	5:45	9:31	22:37	41:05	46:55	56:23	1:02:01	1:12:42	1:16:06	1:19:00	1:23:15	----	1:27:04
				2:04 3:41 3:46 13:06 18:28 5:50 9:28 5:38 10:41 3:24 2:54 4:15													
9105		NOgueroI, Iván INDEPENDIENTE	r en tarj.	1:06	----	8:17	----	55:37	57:48	1:04:30	1:09:19	1:17:52	1:20:12	1:22:35	1:25:44	1:28:06	1:28:32
				1:06 7:11 7:11 47:20 2:11 6:42 4:49 8:33 2:20 2:23 3:09 2:22 0:26													
9031		Rial Engroba, David FLUVIAL LU Lugo	r en tarj.	1:39	4:26	6:42	13:53	----	----	56:47	1:03:03	1:15:10	1:19:41	1:22:19	1:26:01	1:28:51	1:29:19
				1:39 2:47 2:16 7:11 42:54 6:16 12:07 4:31 2:38 3:42 2:50 0:28													
				24:41 *40													
9140		Blanco Burgo, Manuel Jesús INDEPENDIENTE	r en tarj.	2:06	----	14:13	20:50	----	----	1:05:56	1:10:40	----	1:22:48	1:29:40	1:32:20	1:34:20	1:34:54
				2:06 12:07 6:37 45:06 4:44 12:08 6:52 2:40 2:00 0:34													
9057		Puime Guillen, Felix APA LICEO A Coruña	r en tarj.	2:36	----	13:55	23:56	51:03	54:31	1:14:01	1:20:53	1:32:03	1:35:03	1:37:36	1:42:16	1:46:45	1:47:49
				2:36 11:19 10:01 27:07 3:28 19:30 6:52 11:10 3:00 2:33 4:40 4:29 1:04													
235		Camiño Mouzo, Alicia BOMBEIROS A Coruña.	r en tarj.	----	7:44	13:15	31:35	53:50	58:57	1:12:31	1:19:42	1:32:13	1:37:30	1:40:41	1:45:59	1:50:31	1:51:42
				7:44 5:31 18:20 22:15 5:07 13:34 7:11 12:31 5:17 3:11 5:18 4:32 1:11													
9087		Pereiro Alen, Jose Ramon APA LICEO A Coruña	r en tarj.	6:12	12:15	17:37	30:33	46:58	49:40	1:01:38	1:08:12	----	1:33:44	1:55:43	1:58:14	2:00:32	2:01:35
				6:12 6:03 5:22 12:56 16:25 2:42 11:58 6:34 25:32 21:59 2:31 2:18 1:03													
274		Hermida Balseiro, Uxia GALLAECIA A Coruña	r en tarj.	3:03	----	21:28	58:37	----	1:34:52	1:49:38	1:58:07	----	----	2:22:06	2:28:39	2:34:09	2:34:54
				3:03 18:25 37:09 36:15 14:46 8:29 23:59 6:33 5:30 0:45													
9114		Rubio Sanfiz, Marcos FAICAMIÑO A Coruña (Oleiros	r en tarj.	----	10:00	16:24	57:13	1:16:00	1:26:50	1:53:08	1:59:43	2:20:54	2:25:41	2:39:37	2:50:36	2:54:59	2:56:21
				10:00 6:24 40:49 18:47 10:50 26:18 6:35 21:11 4:47 13:56 10:59 4:23 1:22													
232		Traveso Rodríguez, Sara ARTABROS A Coruña	r en tarj.	----	----	----	----	----	2:17:14	2:31:30	2:41:04	2:57:03	----	----	3:13:39	3:20:26	3:21:34
				2:17:14 14:16 9:34 15:59 16:36 6:47 1:08													
9177		García-junco García, Rosa Mª APA LICEO A Coruña	r en tarj.	----	----	33:29	----	----	----	----	----	----	----	----	----	----	----
				33:29													
9208		Novoa Vila, Lucía FLUVIAL LU Lugo	r en tarj.	31:59	37:26	43:48	1:03:24	1:36:54	1:43:28	2:06:26	2:20:53	----	----	----	----	----	----
				31:59 5:27 6:22 19:36 33:30 6:34 22:58 14:27													
9183		Freire Fernández, Jorge FLUVIAL LU Lugo	r en tarj.	2:11	7:28	12:01	21:28	----	----	----	----	----	----	----	----	----	----
				2:11 5:17 4:33 9:27													
9207		Farias Forneiro, Patricio FLUVIAL LU Lugo	r en tarj.	28:58	34:24	40:47	1:00:23	1:33:52	1:40:27	2:03:24	2:17:52	----	----	----	----	----	----
				28:58 5:26 6:23 19:36 33:29 6:35 22:57 14:28													
9094		CuiÑas Baloira, Lourdes APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9082		Dopico Otero, Marta APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9081		Alonso Castro, Leticia APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9088		Suarez Fernandez, Kike APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9079		Blanco Ternande, Silvia APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9093		Vazquez Veiga, Angel APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9066		Casabella Pardeiro, Tamara APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9077		Filgueiras LavariÑas, Vanessa APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9083		Naveiras Orjales, Iria APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9095		Lopez Vazquez, Jesus APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9223		Sanchez Lopez, Ana FLUVIAL LU Lugo	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9086		Rodriguez Gonzalez, Ivan APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9097		Roca Vazquez, Patricia APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9090		Requejo Cid, Laura APA LICEO A Coruña	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
416		Bello Landeira, Suso ROBALIZA Cambre	bandona	----	----	----	----	----	----	----	----	----	----	----	----	----	----
425		Rodríguez Becerra, Balbina ROBALIZA Cambre	bandona	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9195		Sanmiguel Lopez, Alba FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
9055		Eiroa Pereira, Ana ROBALIZA Cambre	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----

Damas 12 (4)				3,4 km			10 C										
				1(65)	2(55)	3(56)	4(63)	5(57)	6(58)	7(59)	8(60)	9(61)	10(100)	F			
1	60	Arufe Seijas, Alba APA LICEO A Coruña	1:03:16	2:26	8:15	13:03	20:44	24:17	37:49	43:30	57:30	1:00:14	1:02:49	1:03:16			
				2:26 5:49 4:48 7:41 3:33 13:32 5:41 14:00 2:44 2:35 0:27													
2	449	Dopico Golpe, Alba GALLAECIA A Coruña	1:24:48	1:53	----	22:27	41:31	44:26	55:47	1:02:27	1:15:49	1:21:41	1:24:20	1:24:48			
				1:53 20:34 19:04 2:55 11:21 6:40 13:22 5:52 2:39 0:28													
3	292	Aller Pfrirer, Milagros Morena TREVINCA O Barco de Valde	1:52:28	2:03	8:28	29:39	41:30	53:16	1:09:18	1:20:07	1:39:44	1:47:49	1:51:51	1:52:28			
				2:03 6:25 21:11 11:51 11:46 16:02 10:49 19:37 8:05 4:02 0:37													

Pos	Jorsal	Nombre	Tiempo															
Damas 12 (4)					3,4 km			10 C			<i>(cont.)</i>							
			1(65)	2(55)	3(56)	4(63)	5(57)	6(58)	7(59)	8(60)	9(61)	10(100)	F					
4	289	Agudo Calvelo, Esther TREVINCA O Barco de Valdeo	2:12:30	4:19 4:19	30:40 26:21	50:00 19:20	1:01:33 11:33	1:13:02 11:29	1:29:30 16:28	1:40:15 10:45	1:59:47 19:32	2:07:52 8:05	2:11:54 4:02	2:12:30 0:36				
Damas 14 (5)					4,0 km			13 C										
			1(65)	2(55)	3(64)	4(62)	5(41)	6(63)	7(57)	8(58)	9(59)	10(44)	11(60)	12(61)	13(100)	F		
1	299	Morales Jiménez, Irene TREVINCA O Barco de Valdeo	1:26:35	1:25 1:25	---- 13:58	15:23 6:58	22:21 22:46	45:07 0:48	45:55 2:28	48:23 11:16	59:39 4:18	1:03:57 13:45	1:17:42 13:45	1:20:09 2:27	1:23:52 3:43	1:26:12 2:20	1:26:35 0:23	
2	488	González Fernández, Cristina FLUVIAL LU Lugo	1:57:54	1:48 1:48	9:56 8:08	19:44 9:48	33:24 13:40	59:53 26:29	1:01:13 1:20	1:04:20 3:07	1:15:25 11:05	1:24:21 8:56	1:37:22 13:01	1:51:32 14:10	1:54:57 3:25	1:57:26 2:29	1:57:54 0:28	
3	492	Neira Luaces, Xela FLUVIAL LU Lugo	2:01:29	5:51 5:51	14:04 8:13	23:48 9:44	37:35 13:47	1:03:50 26:15	1:05:27 1:37	1:08:19 2:52	1:19:23 11:04	1:28:10 8:47	1:41:23 13:13	1:55:31 14:08	1:58:58 3:27	2:01:03 2:05	2:01:29 0:26	
4	9232	Meilán Sánchez, Iria FLUVIAL LU Lugo	2:07:46	1:23 1:23	8:14 6:51	12:21 4:07	34:48 22:27	1:08:47 33:59	1:09:34 0:47	1:12:31 2:57	1:34:36 22:05	1:39:52 5:16	1:52:51 12:59	2:00:07 7:16	2:04:11 4:04	2:07:24 3:13	2:07:46 0:22	
5	9231	García Sanchez, Nuria FLUVIAL LU Lugo	2:15:43	9:16 9:16	15:32 6:16	20:23 4:51	42:42 22:19	1:16:50 34:08	1:17:22 0:32	1:20:25 3:03	1:42:48 22:23	1:47:49 5:01	2:00:48 12:59	2:08:02 7:14	2:12:07 4:05	2:15:22 3:15	2:15:43 0:21	
Damas 16 (12)					4,4 km			15 C										
			1(55) 15(100)	2(64) F	3(38)	4(62)	5(39)	6(51)	7(57)	8(52)	9(58)	10(59)	11(53)	12(44)	13(60)	14(61)		
1	58	Alba Amil, Andrea APA LICEO A Coruña	1:06:54	4:22 4:22	6:48 2:26	12:01 5:13	15:17 3:16	21:14 5:57	28:07 6:53	35:03 6:56	36:14 1:11	42:45 6:31	47:02 4:17	55:50 8:48	1:00:08 4:18	1:01:41 1:33	1:04:17 2:36	
2	140	Ricoy Rajoy, Sara AROMON Pontevedra	1:17:39	7:13 7:13	10:46 3:33	17:45 6:59	22:29 4:44	29:41 7:12	36:02 6:21	42:59 6:57	44:21 1:22	50:43 6:22	55:33 4:50	1:04:42 9:09	1:08:06 3:24	1:11:06 3:00	1:14:53 3:47	
3	111	De Diego De Somonte Cañe, F AROMON Pontevedra	1:20:04	5:46 5:46	8:41 2:55	15:51 7:10	20:49 4:58	26:20 5:31	33:23 7:03	45:00 11:37	46:06 1:06	54:13 8:07	59:26 5:13	1:08:27 9:01	1:12:10 3:43	1:14:02 1:52	1:17:08 3:06	
4	479	Carnota Fandiño, Rebeca AD FOGAR Carballo	1:20:37	3:56 3:56	13:29 9:33	23:01 9:32	26:16 3:15	30:38 4:22	39:06 8:28	43:48 4:42	45:09 1:21	55:44 10:35	1:01:47 6:03	1:09:47 8:00	1:13:19 3:32	1:15:45 2:26	1:18:19 2:34	
5	80	PiÑeiro Lozano, Andrea Julia APA LICEO A Coruña	1:23:40	4:00 4:00	6:58 2:58	15:25 8:27	18:42 3:17	26:50 8:08	35:29 8:39	47:12 11:43	48:17 1:05	56:19 8:02	1:01:31 5:12	1:10:33 9:02	1:14:15 3:42	1:17:10 2:55	1:20:59 3:49	
6	57	Abad Cal, Antia APA LICEO A Coruña	1:24:26	---- 1:23:59	10:44 10:44	17:29 6:45	22:43 5:14	31:56 9:13	37:34 5:38	45:33 7:59	46:36 1:03	55:16 8:40	1:00:19 5:03	1:11:22 11:03	1:14:44 3:22	1:17:40 2:56	1:21:39 3:59	
7	171	Fuertes Saco, Julia UNIVERSIDA Vigo	1:24:45	---- 1:23:42	6:42 6:42	11:45 5:03	13:56 2:11	31:11 17:15	35:50 4:39	40:03 4:13	40:53 0:50	50:48 9:55	55:19 4:31	1:05:51 10:32	1:09:10 3:19	1:12:13 3:03	1:18:06 5:53	
8	6	Blanco Pérez, Andrea FLUVIAL LU Lugo	1:26:28	5:36 3:37	6:35 3:37	17:18 10:43	20:51 3:33	28:26 7:35	38:42 10:16	44:44 6:02	46:49 2:05	55:21 8:32	1:00:22 5:01	1:10:18 9:56	1:12:55 2:37	1:19:09 6:14	1:22:52 3:43	
9	40	Pasarin López, Lucía FLUVIAL LU Lugo	1:28:24	1:25:58 3:06	1:26:28 0:30	19:09 5:40	22:39 3:32	30:24 7:45	40:45 10:21	46:33 5:48	48:47 2:14	57:08 8:21	1:02:19 5:11	1:12:15 9:56	1:14:52 2:37	1:20:59 6:07	1:24:48 3:49	
10	81	Puime Bao, Belén APA LICEO A Coruña	1:31:48	1:27:55 3:07	1:28:24 0:29	8:27 8:27	16:45 8:18	19:40 2:55	43:44 24:04	50:04 6:20	57:05 7:01	58:18 1:13	1:04:41 6:23	1:09:36 4:55	1:18:36 9:00	1:22:14 3:38	1:25:23 3:09	1:28:56 3:33
11	95	Alvelo Blanco, Marta AROMON Pontevedra	2:01:59	2:26 5:23	0:26 3:25	16:51 8:03	21:00 4:09	28:59 7:59	40:00 11:01	46:11 6:11	1:03:12 17:01	1:13:51 10:39	1:19:56 6:05	1:36:10 16:14	1:41:28 5:18	1:53:07 11:39	1:57:32 4:25	
12	25	García Arrojo, Alicia FLUVIAL LU Lugo	2:09:17	2:01:30 3:58	2:01:59 0:29	13:29 13:29	31:10 17:41	33:40 2:30	52:35 18:55	1:02:41 10:06	1:11:24 8:43	1:13:51 2:27	1:26:13 12:22	1:33:39 7:26	1:47:47 14:08	1:54:50 7:03	1:59:42 4:52	2:04:28 4:46
Damas 21 (8)					7,1 km			14 C										
			1(35) F	2(50)	3(38)	4(62)	5(40)	6(51)	7(41)	8(58)	9(43)	10(44)	11(54)	12(32)	13(48)	14(100)		
1	269	Diz Cao, Isabel GALLAECIA A Coruña	1:31:25	11:58 11:58	19:08 7:10	29:01 9:53	31:21 2:20	40:52 9:31	42:05 1:13	47:43 5:38	54:18 6:35	58:04 3:46	1:05:36 7:32	1:08:01 2:25	1:19:50 11:49	1:22:00 2:10	1:30:42 8:42	
2	320	Bujía Rodríguez, Elena MONTAÑA FE Ferrol. A Coruñ	1:33:28	7:54 7:54	16:00 8:06	25:56 9:56	27:59 2:03	36:21 8:22	38:28 2:07	43:39 5:11	51:02 7:23	55:44 4:42	1:03:10 7:26	1:07:49 4:39	1:22:19 14:30	1:25:32 3:13	1:33:02 7:30	
3	268	Ctvrtnickova, Tereza GALLAECIA A Coruña	1:44:47	1:33:28 8:56	0:26 6:19	15:15 36:07	36:07 20:52	39:03 2:56	45:52 6:49	47:09 1:17	53:51 6:42	1:02:48 8:57	1:06:49 4:01	1:14:28 7:39	1:19:01 4:33	1:30:47 11:46	1:36:06 5:19	1:44:22 8:16
4	14	Ceide Vilela, Mª Vanessa FLUVIAL LU Lugo	1:49:02	1:44:47 0:25	15:25 10:11	32:54 5:14	35:20 2:26	42:31 7:11	44:27 1:56	53:10 8:43	1:00:48 7:38	1:06:08 5:20	1:15:44 9:36	1:18:39 2:55	1:34:24 15:45	1:38:45 4:21	1:48:31 9:46	

Pos	Jorsal	Nombre	Tiempo																		
Damas 21 (8)						7,1 km	14 C	<i>(cont.)</i>													
			1(35) F	2(50)	3(38)	4(62)	5(40)	6(51)	7(41)	8(58)	9(43)	10(44)	11(54)	12(32)	13(48)	14(100)					
5	250	Roca Vazquez, Amelia BOMBEIROS A Coruña.	1:58:27	22:23 22:23 1:58:27 0:28	29:41 7:18	41:25 11:44	43:52 2:27	50:42 6:50	52:47 2:05	59:02 6:15	1:05:37 6:35	1:10:23 4:46	1:18:34 8:11	1:21:18 2:44	1:46:48 25:30	1:49:38 2:50	1:57:59 8:21				
6	255	Suárez Pazos, Almudena BOMBEIROS A Coruña.	2:02:26	26:21 26:21 2:02:26 0:28	33:38 7:17	45:24 11:46	47:50 2:26	54:45 6:55	56:45 2:00	1:03:04 6:19	1:09:34 6:30	1:14:32 4:58	1:22:27 7:55	1:25:15 2:48	1:50:50 25:35	1:53:33 2:43	2:01:58 8:25				
7	11	Capón Lamelas, Nerea FLUVIAL LU Lugo	2:03:56	10:24 10:24 2:03:56 0:30	17:58 7:34	30:58 13:00	33:26 2:28	41:22 7:56	43:23 2:01	51:42 8:19	59:53 8:11	1:04:52 4:59	1:15:32 10:40	1:21:41 6:09	1:39:56 18:15	1:55:04 15:08	2:03:26 8:22				
8	383	Meirás Casanova, Ana JARNACHAS Arteixo	2:10:03	9:56 9:56 2:10:03 0:28	30:32 20:36	44:45 14:13	47:00 2:15	57:09 10:09	58:59 1:50	1:06:04 7:05	1:16:09 10:05	1:21:53 5:44	1:33:50 11:57	1:38:09 4:19	1:53:49 15:40	1:58:26 4:37	2:09:35 11:09				
Damas 35 (12)						5,9 km	15 C														
			1(64) 15(100) F	2(36)	3(37)	4(62)	5(38)	6(56)	7(41)	8(52)	9(42)	10(43)	11(53)	12(54)	13(46)	14(47)					
1	169	Fernández López, Cristina UNIVERSIDA Vigo	1:26:53	4:42 4:42 1:26:27 3:58	15:49 11:07	22:01 6:12	37:14 15:13	39:16 2:02	43:09 3:53	46:41 3:32	50:06 3:25	52:43 2:37	59:22 6:39	1:06:08 6:46	1:09:56 3:48	1:18:03 8:07	1:22:29 4:26				
2	176	Iglesias Junzalvos, Ana UNIVERSIDA Vigo	1:28:18	5:53 5:53 1:27:56 4:44	11:47 5:54	19:31 7:44	28:24 8:53	31:14 2:50	36:04 4:50	41:24 5:20	44:22 2:58	48:47 4:25	56:33 7:46	1:04:27 7:54	1:08:59 4:32	1:18:21 9:22	1:23:12 4:51				
3	78	Pedre Fernández, Natalia APA LICEO A Coruña	1:32:40	4:28 4:28 1:32:17 5:51	9:53 5:25	19:03 9:10	31:10 12:07	32:58 1:48	39:26 6:28	45:08 5:42	47:56 2:48	51:26 3:30	58:21 6:55	1:07:23 9:02	1:11:50 4:27	1:21:45 9:55	1:26:26 4:41				
4	113	Dios González, Ana Mª AROMON Pontevedra	1:38:59	5:14 5:14 1:38:33 5:20	12:19 7:05	17:51 5:32	26:31 8:40	28:55 2:24	33:23 4:28	37:31 4:08	41:00 3:29	50:41 9:41	58:46 8:05	1:08:02 9:16	1:13:33 5:31	1:24:31 10:58	1:33:13 8:42				
5	42	Pérez Rodríguez, María Libia FLUVIAL LU Lugo	1:46:31	4:26 4:26 1:46:10 4:43	8:04 3:38	36:25 28:21	44:23 7:58	49:36 5:13	53:17 3:41	57:10 3:53	59:45 2:35	1:03:54 4:09	1:11:47 7:53	1:21:04 9:17	1:25:46 4:42	1:36:27 10:41	1:41:27 5:00				
6	107	Canales Criado, Almudena AROMON Pontevedra	1:47:31	6:38 6:38 1:47:01 5:50	10:39 4:01	20:30 9:51	33:49 13:19	35:58 2:09	41:18 5:20	45:58 4:40	49:59 4:01	58:45 8:46	1:07:00 8:15	1:18:02 11:02	1:24:23 6:21	1:34:58 10:35	1:41:11 6:13				
7	109	Crespo Iribarne, Ana Belén AROMON Pontevedra	1:48:13	4:39 4:39 1:47:48 5:11	15:47 11:08	23:55 8:08	32:07 8:12	35:48 3:41	40:13 4:25	44:33 4:20	47:52 3:19	1:00:20 12:28	1:08:22 8:02	1:18:52 10:30	1:27:18 8:26	1:38:29 11:11	1:42:37 4:08				
8	30	González Bello, Concepción FLUVIAL LU Lugo	1:52:27	5:07 5:07 1:52:03 4:55	21:25 16:18	44:11 22:46	51:39 7:28	54:04 2:25	59:53 5:49	1:03:46 3:53	1:06:32 2:46	1:10:21 3:49	1:19:48 9:27	1:28:00 8:12	1:32:39 4:39	1:41:56 9:17	1:47:08 5:12				
9	181	Pacheco Iglesias, Aurori UNIVERSIDA Vigo	2:02:37	6:00 6:00 2:02:04 8:10	10:27 4:27	19:34 9:07	27:49 8:15	32:03 4:14	38:04 6:01	50:31 12:27	55:02 4:31	59:08 4:06	1:07:08 8:00	1:22:10 15:02	1:31:50 9:40	1:46:44 14:54	1:53:54 7:10				
10	337	Valle Ares, Nuria MONTAÑA FE Ferrol. A Coruña	2:14:06	9:02 9:02 2:13:11 10:04	15:50 6:48	26:08 10:18	35:52 9:44	42:57 7:05	50:19 7:22	55:57 5:38	1:01:01 5:04	1:08:46 7:45	1:23:05 14:19	1:34:19 11:14	1:42:41 8:22	1:56:40 13:59	2:03:07 6:27				
11	77	Pardo Villaverde, María APA LICEO A Coruña	3:00:04	6:59 6:59 2:59:20 7:55	26:11 19:12	48:14 22:03	58:02 9:48	1:00:39 2:37	1:11:09 10:30	1:16:53 5:44	1:21:35 4:42	1:27:43 6:08	1:36:45 9:02	1:49:18 12:33	1:56:50 7:32	2:44:46 47:56	2:51:25 6:39				
	422	Martínez Rodríguez, Alicia ROBALIZA Cambre	r en tarj.	7:12 7:12 -----	17:39 10:27	24:41 7:02	1:01:45 37:04	1:08:19 6:34	1:19:48 11:29	1:26:48 7:00	1:34:31 7:43	1:58:12 23:41	-----	-----	-----	-----	-----				
Damas 45 (12)						4,4 km	15 C														
			1(55) 15(100) F	2(64)	3(38)	4(62)	5(39)	6(51)	7(57)	8(52)	9(58)	10(59)	11(53)	12(44)	13(60)	14(61)					
1	194	Balboa Barros, Margarita USC Santiago de Compostela	1:08:00	----- 1:07:31 2:26 0:29	10:28 10:28	15:48 5:20	19:18 3:30	24:36 5:18	30:52 6:16	35:37 4:45	37:00 1:23	44:51 7:51	48:40 3:49	56:31 7:51	59:24 2:53	1:02:01 2:37	1:05:05 3:04				
2	166	Crespo Quindós, Begoña UNIVERSIDA Vigo	1:12:47	----- 1:12:18 1:53 0:29	10:46 10:46	19:29 8:43	21:22 1:53	27:37 6:15	32:20 4:43	40:39 8:19	42:11 1:32	50:42 8:31	54:21 3:39	1:01:57 7:36	1:05:10 3:13	1:07:20 2:10	1:10:25 3:05				
3	202	Pernas Martínez, Rosa Mª USC Santiago de Compostela	1:15:24	5:11 5:11 1:14:41 3:01	9:28 4:17	16:04 6:36	18:38 2:34	24:40 6:02	31:29 6:49	36:39 5:10	39:57 3:18	47:40 7:43	52:49 5:09	1:01:32 8:43	1:05:17 3:45	1:07:45 2:28	1:11:40 3:55				

Pos	Jorsal	Nombre	Tiempo																	
Damas 45 (12)					4,4 km	15 C	<i>(cont.)</i>													
			1(55) 15(100)	2(64) F	3(38)	4(62)	5(39)	6(51)	7(57)	8(52)	9(58)	10(59)	11(53)	12(44)	13(60)	14(61)				
4	172	García Pacios, María Ángeles UNIVERSIDA Vigo	1:24:16	----- 1:23:46 2:51	15:15 15:15 7:34	22:49 2:38	25:27 5:29	30:56 6:21	37:17 12:22	49:39 12:26	52:05 5:53	57:58 4:07	1:02:05 7:24	1:09:29 3:50	1:13:19 3:13	1:16:32 4:23				
5	83	Rey Souto, Mª Teresa APA LICEO A Coruña	1:32:01	4:46 4:46 1:31:32 3:38	8:03 3:17 1:32:01 0:29	19:06 11:03	22:20 3:14	28:11 5:51	39:36 11:25	49:33 9:57	51:53 2:20	1:00:59 9:06	1:06:14 5:15	1:16:50 10:36	1:20:59 4:09	1:23:47 2:48	1:27:54 4:07			
6	427	Veira Lauzara, Pier ROBALIZA Cambre	1:36:02	7:05 7:05 1:35:11 3:44	10:07 3:02 1:36:02 0:51	16:53 6:46	21:47 4:54	29:50 8:03	38:04 8:14	43:59 5:55	45:27 1:28	58:50 13:23	1:04:14 5:24	1:15:56 11:42	1:20:55 4:59	1:26:00 5:05	1:31:27 5:27			
7	108	Chub Savchenko, Lyudmyla AROMON Pontevedra	1:43:27	5:31 5:31 1:42:50 2:47	10:22 4:51 1:43:27 0:37	21:48 11:26	26:41 4:53	35:46 9:05	44:13 8:27	53:08 8:55	55:21 2:13	1:07:33 12:12	1:12:07 4:34	1:21:27 9:20	1:32:09 10:42	1:35:37 3:28	1:40:03 4:26			
8	227	Ponte Pena, Mª Elena ARTABROS A Coruña	1:48:55	5:48 5:48 1:48:11 4:01	9:29 3:41 1:48:55 0:44	24:25 14:56	27:01 2:36	34:58 7:57	45:50 10:52	55:16 9:26	57:18 2:02	1:09:00 11:42	1:16:18 7:18	1:33:07 16:49	1:36:35 3:28	1:39:30 2:55	1:44:10 4:40			
9	191	Saco Fernández, Mª Isabel UNIVERSIDA Vigo	1:50:53	----- 1:50:21 2:45	14:07 14:07 1:50:53 0:32	26:05 11:58	36:12 10:07	45:13 9:01	52:49 7:36	1:09:29 16:40	1:11:11 1:42	1:20:27 9:16	1:26:18 5:51	1:35:47 9:29	1:39:47 4:00	1:43:12 3:25	1:47:36 4:24			
10	91	Vila Pernas, Norma APA LICEO A Coruña	1:52:04	4:14 4:14 1:51:34 3:35	7:38 3:24 1:52:04 0:30	16:18 8:40	19:36 3:18	46:58 27:22	59:41 12:43	1:09:47 10:06	1:11:57 2:10	1:21:05 9:08	1:26:17 5:12	1:36:55 10:38	1:41:02 4:07	1:43:50 2:48	1:47:59 4:09			
11	75	Naya López, Mª José APA LICEO A Coruña	1:54:54	4:09 4:09 1:54:20 3:07	7:57 3:48 1:54:54 0:34	20:12 12:15	22:14 2:02	29:23 7:09	38:58 9:35	1:15:49 36:51	1:16:43 0:54	1:24:45 8:02	1:29:47 5:02	1:39:33 9:46	1:44:41 5:08	1:47:26 2:45	1:51:13 3:47			
	55	Valcarcel López, Mar FLUVIAL LU Lugo	r en tarj.	----- 1:06:26 2:19	13:01 13:01 1:06:59 0:33	19:22 6:21	21:31 2:09	-----	29:25 7:54	33:09 3:44	34:18 1:09	42:09 7:51	46:07 3:58	56:44 10:37	59:14 2:30	1:01:18 2:04	1:04:07 2:49			
Damas Élite (12)					7,6 km	14 C														
			1(48) F	2(49)	3(33)	4(50)	5(37)	6(39)	7(40)	8(52)	9(43)	10(53)	11(45)	12(32)	13(47)	14(100)				
1	254	Suárez Méndez, Priscila BOMBEIROS A Coruña.	1:38:00	10:30 10:30 1:38:00 0:23	16:21 5:51 1:38:00 0:23	17:16 0:55	30:14 12:58	39:19 9:05	50:35 11:16	54:39 4:04	1:01:45 7:06	1:09:57 8:12	1:17:02 7:05	1:23:14 6:12	1:31:46 8:32	1:34:09 2:23	1:37:37 3:28			
2	210	Veiga Barbazán, Pilar USC Santiago de Compostela	1:42:58	8:22 8:22 1:42:58 0:23	14:08 5:46 1:42:58 0:23	15:45 1:37	24:14 8:29	36:08 11:54	48:18 12:10	52:29 4:11	59:07 6:38	1:07:29 8:22	1:16:23 8:54	1:24:28 8:05	1:36:01 11:33	1:38:29 2:28	1:42:35 4:06			
3	275	López Eyo, Tania GALLAECIA A Coruña	1:43:32	9:06 9:06 1:43:32 0:25	15:52 6:46 1:43:32 0:25	17:20 1:28	30:44 13:24	40:24 9:40	50:00 9:36	55:16 5:16	1:03:39 8:23	1:11:43 8:04	1:18:53 7:10	1:26:05 7:12	1:35:50 9:45	1:39:03 3:13	1:43:07 4:04			
4	349	Carro Mahía, Alejandra ADCARNELA Porto do Son	1:47:01	9:09 9:09 1:47:01 0:23	18:48 9:39 1:47:01 0:23	20:12 1:24	33:54 13:42	44:20 10:26	54:56 10:36	59:58 5:02	1:05:54 5:56	1:14:47 8:53	1:22:45 7:58	1:28:54 6:09	1:40:06 11:12	1:42:20 2:14	1:46:38 4:18			
5	258	Varela Yáñez, Ana BOMBEIROS A Coruña.	1:47:46	12:49 12:49 1:47:46 0:27	19:03 6:14 1:47:46 0:27	20:30 1:27	29:26 8:56	40:40 11:14	49:52 9:12	53:43 3:51	1:00:05 6:22	1:08:25 8:20	1:18:09 9:44	1:24:32 6:23	1:35:42 11:10	1:39:14 3:32	1:47:19 8:05			
6	135	Pérez Alonso, Alicia AROMON Pontevedra	1:47:48	10:01 10:01 1:47:48 0:29	17:21 7:20 1:47:48 0:29	18:55 1:34	31:38 12:43	41:25 9:47	53:02 11:37	57:13 4:11	1:02:23 5:10	1:12:32 10:09	1:20:52 8:20	1:27:36 6:44	1:39:11 11:35	1:41:59 2:48	1:47:19 5:20			
7	182	Pastoriza Santos, Isabel UNIVERSIDA Vigo	1:49:51	11:12 11:12 1:49:51 0:28	18:15 7:03 1:49:51 0:28	19:44 1:29	30:23 10:39	39:45 9:22	50:40 10:55	55:24 4:44	1:04:21 8:57	1:13:32 9:11	1:22:05 8:33	1:28:10 6:05	1:40:42 12:32	1:44:59 4:17	1:49:23 4:24			
8	92	Vincze, Orsolya APA LICEO A Coruña	1:50:09	9:41 9:41 1:50:09 0:26	16:41 7:00 1:50:09 0:26	18:27 1:46	32:14 13:47	42:24 10:10	55:38 13:14	59:41 4:03	1:05:11 5:30	1:13:48 8:37	1:22:48 9:00	1:30:16 7:28	1:42:42 12:26	1:45:12 2:30	1:49:43 4:31			
9	151	Veiga García, Carla AROMON Pontevedra	1:54:14	13:21 13:21 1:54:14 0:25	19:26 6:05 1:54:14 0:25	20:46 1:20	30:44 9:58	41:55 11:11	51:42 9:47	56:50 5:08	1:02:53 6:03	1:11:26 8:33	1:19:03 7:37	1:28:19 9:16	1:41:31 13:12	1:49:41 8:10	1:53:49 4:08			
10	339	Barros Diz, Natalia FAICAMIÑO A Coruña (Oleiros)	1:56:19	12:53 12:53 1:56:19 0:31	20:19 7:26 1:56:19 0:31	22:17 1:58	33:42 11:25	43:22 9:40	58:18 14:56	1:02:21 4:03	1:08:51 6:30	1:20:13 11:22	1:29:20 9:07	1:38:09 8:49	1:48:32 10:23	1:51:18 2:46	1:55:48 4:30			
11	39	Parga Basanta, Lucia FLUVIAL LU Lugo	1:57:08	12:31 12:31 1:57:08 0:20	19:57 7:26 1:57:08 0:20	21:23 1:26	33:04 11:41	45:53 12:49	58:51 12:58	1:03:27 4:36	1:09:42 6:15	1:19:58 10:16	1:28:34 8:36	1:35:29 6:55	1:48:36 13:07	1:52:32 3:56	1:56:48 4:16			
12	19	Felpeto González, Luisa FLUVIAL LU Lugo	2:00:54	10:48 10:48 2:00:54	18:37 7:49	20:11 1:34	32:53 12:42	43:25 10:32	58:29 15:04	1:03:06 4:37	1:19:37 16:31	1:28:21 8:44	1:36:31 8:10	1:43:07 6:36	1:53:39 10:32	1:56:11 2:32	2:00:28 4:17			

Pos	Jorsal	Nombre	Tiempo																
Damas Élite (12)				7,6 km	14 C	<i>(cont.)</i>													
			1(48) F	2(49)	3(33)	4(50)	5(37)	6(39)	7(40)	8(52)	9(43)	10(53)	11(45)	12(32)	13(47)	14(100)			
			0:26																
Homes 12 (7)				3,4 km	10 C												F		
			1(65)	2(55)	3(56)	4(63)	5(57)	6(58)	7(59)	8(60)	9(61)	10(100)							
1	366	Varela Gutierrez, Juan SEO Ordes	56:41	1:24	4:16	7:40	19:46	22:30	37:12	41:08	51:28	53:50	56:17	56:41					
				1:24	2:52	3:24	12:06	2:44	14:42	3:56	10:20	2:22	2:27	0:24					
2	98	Antoñón Casal, Mateo AROMON Pontevedra	58:03	5:24	11:41	15:02	21:34	32:09	37:32	41:42	52:53	55:37	57:41	58:03					
				5:24	6:17	3:21	6:32	10:35	5:23	4:10	11:11	2:44	2:04	0:22					
3	315	Rodilla Iriso, Santiago HABELAS HA Vigo	59:10	1:15	4:06	11:13	17:46	20:38	29:25	34:19	53:33	56:15	58:46	59:10					
				3:11	2:51	7:07	6:33	2:52	8:47	4:54	19:14	2:42	2:31	0:24					
4	478	Morales Jiménez, Joao TREVINCA O Barco de Valdeo	1:08:33	1:15	9:35	12:49	19:39	30:11	41:30	45:55	1:01:54	1:05:44	1:08:14	1:08:33					
				3:11	6:24	3:14	6:50	10:32	11:19	4:25	15:59	3:50	2:30	0:19					
5	311	González-regueral Pérez, Carl HABELAS HA Vigo	1:14:32	4:06	8:30	25:21	32:00	34:45	43:31	48:21	1:07:45	1:11:24	1:14:03	1:14:32					
				4:06	4:24	16:51	6:39	2:45	8:46	4:50	19:24	3:39	2:39	0:29					
6	97	Antoñón Casal, Hugo AROMON Pontevedra	1:14:59	2:13	15:44	27:41	33:41	36:41	45:27	50:23	1:09:38	1:12:21	1:14:36	1:14:59					
				2:13	13:31	11:57	6:00	3:00	8:46	4:56	19:15	2:43	2:15	0:23					
7	17	Corral Souto, Iago FLUVIAL LU Lugo	1:16:22	1:39	-----	14:18	33:17	36:21	42:34	47:18	1:10:36	1:13:38	1:15:56	1:16:22					
				1:39		12:39	18:59	3:04	6:13	4:44	23:18	3:02	2:18	0:26					
Homes 14 (5)				4,0 km	13 C												F		
			1(65)	2(55)	3(64)	4(62)	5(41)	6(63)	7(57)	8(58)	9(59)	10(44)	11(60)	12(61)	13(100)	F			
1	481	Manzanares Casteleiro, Pablo AD FOGAR Carballo	1:08:32	1:42	-----	7:18	14:14	36:52	37:46	40:02	45:36	49:44	59:38	1:03:15	1:06:03	1:08:05	1:08:32		
				1:42		5:36	6:56	22:38	0:54	2:16	5:34	4:08	9:54	3:37	2:48	2:02	0:27		
2	490	López Guerreiro, Martín FLUVIAL LU Lugo	1:55:37	1:18	5:27	9:02	29:46	1:03:00	1:03:51	1:13:34	1:19:52	1:23:56	1:43:40	1:50:06	1:52:57	1:55:10	1:55:37		
				1:18	4:09	3:35	20:44	33:14	0:51	9:43	6:18	4:04	19:44	6:26	2:51	2:13	0:27		
				1:55:12															
				*100															
3	489	González Ramil, Nicolás FLUVIAL LU Lugo	1:59:32	5:19	9:05	12:40	33:38	1:06:57	1:07:36	1:17:20	1:23:44	1:27:32	1:46:29	1:53:58	1:56:50	1:59:07	1:59:32		
				5:19	3:46	3:35	20:58	33:19	0:39	9:44	6:24	3:48	18:57	7:29	2:52	2:17	0:25		
				1:59:08															
				*100															
4	9230	Rodríguez Vega, Juan FLUVIAL LU Lugo	2:11:42	5:21	12:15	16:14	38:35	1:12:38	1:13:24	1:16:30	1:38:47	1:43:46	1:56:55	2:04:03	2:07:32	2:11:20	2:11:42		
				5:21	6:54	3:59	22:21	34:03	0:46	3:06	22:17	4:59	13:09	7:08	3:29	3:48	0:22		
	214	Candela Iglesias, Natnael ARTABROS A Coruña	r en tarj.	1:26	38:33	-----	-----	52:42	53:36	57:11	1:13:15	1:17:10	1:25:52	1:27:50	1:30:38	1:32:35	1:32:58		
				1:26	37:07	-----	-----	14:09	0:54	3:35	16:04	3:55	8:42	1:58	2:48	1:57	0:23		
				11:16	18:10														
				*64	*62														
Homes 16 (9)				4,4 km	15 C														
			1(55) 15(100) F	2(64)	3(38)	4(62)	5(39)	6(51)	7(57)	8(52)	9(58)	10(59)	11(53)	12(44)	13(60)	14(61)			
1	241	González Rodríguez, Santiago BOMBEIROS A Coruña.	48:29	4:35	7:05	12:24	14:32	18:46	22:35	25:55	27:00	31:48	34:56	40:39	42:57	44:17	46:29		
				4:35	2:30	5:19	2:08	4:14	3:49	3:20	1:05	4:48	3:08	5:43	2:18	1:20	2:12		
				48:10	48:29														
				1:41	0:19														
2	131	Lois Serto, Iván AROMON Pontevedra	54:00	3:12	5:40	10:47	14:26	18:46	24:43	28:54	29:38	34:38	37:55	45:28	46:42	49:37	51:54		
				3:12	2:28	5:07	3:39	4:20	5:57	4:11	0:44	5:00	3:17	7:33	1:14	2:55	2:17		
				53:44	54:00														
				1:50	0:16														
3	29	Garrido Burgo, Juan Manuel FLUVIAL LU Lugo	1:06:42	-----	8:49	18:17	20:45	25:07	32:48	37:03	38:17	44:40	47:55	55:47	59:13	1:01:17	1:04:24		
				-----	8:49	9:28	2:28	4:22	7:41	4:15	1:14	6:23	3:15	7:52	3:26	2:04	3:07		
				1:06:15	1:06:42														
				1:51	0:27														
4	3	Balboa Rodríguez, Miguel FLUVIAL LU Lugo	1:19:21	4:51	8:10	14:57	19:27	27:54	35:57	40:42	41:36	49:39	54:21	1:04:53	1:09:37	1:12:16	1:15:59		
				4:51	3:19	6:47	4:30	8:27	8:03	4:45	0:54	8:03	4:42	10:32	4:44	2:39	3:43		
				1:18:53	1:19:21														
				2:54	0:28														
	13	Castillo López, Denis FLUVIAL LU Lugo	r en tarj.	9:30	12:31	21:55	25:34	44:13	55:02	1:03:23	1:05:48	1:18:19	1:25:35	1:39:43	1:44:40	1:51:26	1:56:38		
				9:30	3:01	9:24	3:39	18:39	10:49	8:21	2:25	12:31	7:16	14:08	4:57	6:46	5:12		
				-----	2:02:00														
				5:22															
	45	Piñeiro Fraga, Iago FLUVIAL LU Lugo	r en tarj.	8:25	10:57	18:37	20:30	27:52	37:34	-----	-----	-----	-----	-----	-----	-----	-----		
				8:25	2:32	7:40	1:53	7:22	9:42										
				-----	2:02:03														
				1:24:29															
	34	Lage Soilán, Anxo FLUVIAL LU Lugo	r en tarj.	5:33	7:40	40:24	42:24	56:25	-----	-----	-----	-----	-----	-----	-----	-----	-----		
				5:33	2:07	32:44	2:00	14:01											
				-----	2:17:09														
				1:20:44	*63														
	18	Escolante Enríquez, Adrián FLUVIAL LU Lugo	r en tarj.	35:32	45:26	1:14:19	1:16:23	1:30:13	-----	-----	-----	-----	-----	-----	-----	-----	-----		
				35:32	9:54	28:53	2:04	13:50											
				-----	2:51:09														
				1:20:56	*63														
	20	Fernández Brañas, Víctor FLUVIAL LU Lugo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		

Homes 21 (43)				7,1 km	14 C														
			1(35) F	2(50)	3(38)	4(62)	5(40)	6(51)	7(41)	8(58)	9(43)	10(44)	11(54)	12(32)	13(48)	14(100)			
1	141	Rodríguez Dominguez, Maikel AROMON Pontevedra	59:44	5:58	8:42	16:38	17:50	23:23	24:31	27:52	32:30	35:40	41:28	43:51	52:20	54:41	59:26		
				5:58	2:44	7:56	1:12	5:33	1:08	3:21	4:38	3:10	5:48	2:23	8:29	2:21	4:45		
				59:44															
				0:18															

Pos	Jorsal	Nombre	Tiempo													
Homes 21 (43)					7,1 km	14 C	<i>(cont.)</i>									
			1(35) F	2(50)	3(38)	4(62)	5(40)	6(51)	7(41)	8(58)	9(43)	10(44)	11(54)	12(32)	13(48)	14(100)
2	385	Ramos Grela, Jose JARNACHAS Arteixo	1:07:03 8:33 8:33 1:07:03 0:19	11:30 2:57	19:29 7:59	20:48 1:19	26:40 5:52	27:50 1:10	32:31 4:41	37:05 4:34	39:59 2:54	48:25 8:26	50:26 2:01	59:30 9:04	1:02:18 2:48	1:06:44 4:26
3	281	Muiño García, Marcos GALLAECIA A Coruña	1:10:23 6:42 6:42 1:10:23 0:20	12:24 5:42	23:48 11:24	24:48 1:00	31:19 6:31	32:21 1:02	37:02 4:41	41:51 4:49	45:17 3:26	50:33 5:16	53:17 2:44	1:03:05 9:48	1:05:31 2:26	1:10:03 4:32
4	394	Amil Fernández, Carlos BUDIÑORAID O Porriño	1:11:09 7:53 7:53 1:11:09 0:19	13:14 5:21	21:02 7:48	24:45 3:43	30:31 5:46	31:41 1:10	36:26 4:45	43:12 6:46	46:36 3:24	52:26 5:50	54:51 2:25	1:03:44 8:53	1:06:31 2:47	1:10:50 4:19
5	106	Braña Veiga, Alberto AROMON Pontevedra	1:11:18 6:27 6:27 1:11:18 0:23	9:46 3:19	18:23 8:37	20:12 1:49	27:55 7:43	28:59 1:04	33:18 4:19	38:45 5:27	42:20 3:35	49:04 6:44	51:21 2:17	1:02:25 11:04	1:05:11 2:46	1:10:55 5:44
6	120	Figueroa Fernández, Ricardo AROMON Pontevedra	1:11:23 6:18 6:18 1:11:23 0:14	10:10 3:52	18:09 7:59	19:31 1:22	25:07 5:36	25:53 0:46	34:53 9:00	39:45 4:52	43:15 3:30	50:03 6:48	52:37 2:34	1:03:26 10:49	1:06:41 3:15	1:11:09 4:28
7	442	Ruda Orozco, Omar Eduardo AROMON Pontevedra	1:13:36 6:11 6:11 1:13:36 0:15	15:44 9:33	23:18 7:34	26:22 3:04	30:48 4:26	31:37 0:49	35:16 3:39	41:45 6:29	44:35 2:50	50:38 6:03	53:24 2:46	1:04:12 10:48	1:06:15 2:03	1:13:21 7:06
8	283	Rabuñal Ríos, Gonzalo GALLAECIA A Coruña	1:15:59 8:02 8:02 1:15:59 0:24	13:48 5:46	22:27 8:39	24:03 1:36	30:05 6:02	31:15 1:10	36:32 5:17	41:38 5:06	45:08 3:30	53:37 8:29	56:00 2:23	1:05:45 9:45	1:08:28 2:43	1:15:35 7:07
9	47	Rocha Pena, Pablo FLUVIAL LU Lugo	1:17:53 7:16 7:16 1:17:53 0:22	13:05 5:49	23:30 10:25	26:00 2:30	33:53 7:53	35:20 1:27	39:44 4:24	45:04 5:20	48:38 3:34	54:49 6:11	57:15 2:26	1:09:16 12:01	1:12:03 2:47	1:17:31 5:28
10	389	Castedo López, Pablo AD FOGAR Carballo	1:18:02 7:39 7:39 1:18:02 0:21	10:50 3:11	25:21 14:31	26:44 1:23	32:55 6:11	33:52 0:57	38:41 4:49	44:05 5:24	47:26 3:21	54:35 7:09	59:41 5:06	1:09:59 10:18	1:13:03 3:04	1:17:41 4:38
11	10	Caloto Sandamil, José Manuel FLUVIAL LU Lugo	1:18:40 6:47 6:47 1:18:40 0:24	12:27 5:40	22:53 10:26	24:33 1:40	30:29 5:56	32:03 1:34	38:35 6:32	44:21 5:46	47:38 3:17	54:54 7:16	57:18 2:24	1:09:53 12:35	1:12:32 2:39	1:18:16 5:44
12	226	Parga Ures, Eladio ARTABROS A Coruña	1:20:17 8:23 8:23 1:20:17 0:24	11:35 3:12	21:11 9:36	24:13 3:02	32:03 7:50	33:13 1:10	41:00 7:47	46:53 5:53	50:52 3:59	58:15 7:23	1:00:48 2:33	1:11:49 11:01	1:14:22 2:33	1:19:53 5:31
13	487	Penas, Jose C.O.CO A Coruña	1:22:06 7:57 7:57 1:22:06 0:21	12:13 4:16	21:04 8:51	22:22 1:18	28:48 6:26	30:06 1:18	38:06 8:00	42:58 4:52	45:48 2:50	52:08 6:20	55:15 3:07	1:05:20 10:05	1:14:29 9:09	1:21:45 7:16
14	44	Piñeiro Fraga, Brais FLUVIAL LU Lugo	1:22:13 11:16 11:16 1:22:13 0:21	15:05 3:49	24:13 9:08	26:02 1:49	31:43 5:41	32:49 1:06	37:34 4:45	45:43 8:09	49:54 4:11	57:01 7:07	59:49 2:48	1:11:47 11:58	1:15:16 3:29	1:21:52 6:36
15	41	Pérez Janeiro, Alejandro FLUVIAL LU Lugo	1:25:47 15:55 15:55 1:25:47 0:21	19:51 3:56	30:04 10:13	32:00 1:56	37:33 5:33	38:56 1:23	43:25 4:29	49:12 5:47	53:51 4:39	1:01:26 7:35	1:03:27 2:01	1:16:10 12:43	1:19:05 2:55	1:25:26 6:21
16	125	Herrero Dapia, Alfonso Manuel AROMON Pontevedra	1:26:32 7:18 7:18 1:26:32 0:21	11:01 3:43	19:52 8:51	23:24 3:32	35:47 12:23	37:11 1:24	43:21 6:10	49:56 6:35	55:26 5:30	1:01:18 5:52	1:03:52 2:34	1:14:58 11:06	1:19:33 4:35	1:26:11 6:38
17	93	Alfonso Álvarez, David AROMON Pontevedra	1:29:39 8:20 8:20 1:29:39 0:26	15:57 7:37	30:18 14:21	32:03 1:45	37:53 5:50	39:30 1:37	44:56 5:26	50:49 5:53	54:18 3:29	1:00:45 6:27	1:07:47 7:02	1:21:46 13:59	1:24:08 2:22	1:29:13 5:05
18	129	Iglesias Vieitez, Francisco AROMON Pontevedra	1:29:41 8:39 8:39 1:29:41 0:20	14:01 5:22	25:54 11:53	28:01 2:07	36:17 8:16	37:31 1:14	46:43 9:12	53:25 6:42	56:34 3:09	1:03:11 6:37	1:06:50 3:39	1:20:12 13:22	1:22:58 2:46	1:29:21 6:23
19	373	Feijoo Palleiro, Daniel JARNACHAS Arteixo	1:31:14 9:27 9:27 1:31:14 0:22	13:19 3:52	27:01 13:42	28:32 1:31	37:42 9:10	39:20 1:38	46:16 6:56	57:01 10:45	1:00:25 3:24	1:07:01 6:36	1:09:42 2:41	1:21:02 11:20	1:23:45 2:43	1:30:52 7:07
20	335	Teijeiro Ruíz, Diego MONTAÑA FE Ferrol. A Coruña	1:34:47 9:06 9:06 1:34:47 0:30	17:10 8:04	33:08 15:58	34:36 1:28	40:13 5:37	41:40 1:27	49:04 7:24	56:57 7:53	1:01:00 4:03	1:08:35 7:35	1:11:58 3:23	1:23:40 11:42	1:26:39 2:59	1:34:17 7:38
21	33	Lafuente, Juan José FLUVIAL LU Lugo	1:34:52 7:37 7:37 1:34:52 0:23	14:06 6:29	24:35 10:29	26:20 1:45	34:17 7:57	35:43 1:26	42:22 6:39	50:38 8:16	56:45 6:07	1:04:23 7:38	1:07:06 2:43	1:25:11 18:05	1:27:59 2:48	1:34:29 6:30
22	49	Rodríguez Corral, Iván Jaime FLUVIAL LU Lugo	1:37:11 7:33 7:33 1:37:11 0:24	16:05 8:32	25:23 9:18	26:51 1:28	35:10 8:19	36:18 1:08	43:34 7:16	49:24 5:50	53:23 3:59	1:00:21 6:58	1:03:09 2:48	1:14:07 10:58	1:30:25 16:18	1:36:47 6:22
23	100	Araujo Rua, David AROMON Pontevedra	1:38:09 7:32 7:32 1:38:09 0:21	12:53 5:21	22:13 9:20	24:08 1:55	30:28 6:20	31:44 1:16	36:38 4:54	42:32 5:54	46:11 3:39	53:03 6:52	55:46 2:43	1:23:05 27:19	1:28:42 5:37	1:37:48 9:06

Pos	Jorsal	Nombre	Tiempo															
Homes 21 (43)					7,1 km	14 C			<i>(cont.)</i>									
			1(35) F	2(50)	3(38)	4(62)	5(40)	6(51)	7(41)	8(58)	9(43)	10(44)	11(54)	12(32)	13(48)	14(100)		
24	395	Rodríguez Martínez, Javier BUDIÑORAID O Porriño	1:39:29	8:50 8:50 1:39:29 0:19	15:51 7:01	35:53 20:02	37:38 1:45	48:26 10:48	49:37 1:11	55:27 5:50	1:01:50 6:23	1:05:57 4:07	1:13:06 7:09	1:17:41 4:35	1:29:55 12:14	1:33:12 3:17	1:39:10 5:58	
25	429	Iglesias Castro, Rubén FLUVIAL LU Lugo	1:42:18	10:44 10:44 1:42:18 0:23	19:18 8:34	44:49 25:31	47:32 2:43	52:44 5:12	53:50 1:06	59:23 5:33	1:04:27 5:04	1:07:28 3:01	1:13:43 6:15	1:16:51 3:08	1:31:45 14:54	1:35:49 4:04	1:41:55 6:06	
26	9169	Rodríguez Díaz, Carlos INDEPENDIENTE	1:42:55	9:28 9:28 1:42:55 0:26	14:04 4:36	24:13 10:09	25:52 1:39	31:56 6:04	33:18 1:22	38:49 5:31	44:36 5:47	49:19 4:43	56:58 7:39	1:00:24 3:26	1:12:51 12:27	1:35:14 22:23	1:42:29 7:15	
27	152	Vera Murillo, José Javier AROMON Pontevedra	1:43:24	7:21 7:21 1:43:24 0:28	11:56 4:35	27:11 15:15	29:40 2:29	36:07 6:27	37:34 1:27	42:56 5:22	51:23 8:27	55:34 4:11	1:05:22 9:48	1:09:30 4:08	1:27:12 17:42	1:31:09 3:57	1:42:56 11:47	
28	262	Alonso Velasco, Carlos David GALLAECIA A Coruña	1:43:46	8:30 8:30 1:43:46 0:25	12:51 4:21	23:20 10:29	25:31 2:11	33:56 8:25	36:41 2:45	42:37 5:56	49:02 6:25	53:08 4:06	1:02:02 8:54	1:05:01 2:59	1:18:46 13:45	1:25:15 6:29	1:43:21 18:06	
29	177	Liaño Cuquerella, Ramón UNIVERSIDA Vigo	1:45:03	15:22 15:22 1:45:03 0:23	22:33 7:11	41:12 18:39	42:23 1:11	51:13 8:50	52:24 1:11	1:02:38 10:14	1:08:33 5:55	1:11:49 3:16	1:18:01 6:12	1:21:58 3:57	1:35:03 13:05	1:37:46 2:43	1:44:40 6:54	
30	340	Barrós Diz, Rubén FAICAMIÑO A Coruña (Oleiros)	1:47:22	6:36 6:36 1:47:22 0:31	16:28 9:52	31:05 14:37	32:48 1:43	40:29 7:41	41:58 1:29	58:56 16:58	1:06:29 7:33	1:10:29 4:00	1:18:20 7:51	1:23:46 5:26	1:38:12 14:26	1:40:52 2:40	1:46:51 5:59	
31	359	Amor Boquete, Jose Manuel SEO Ordes	1:48:01	24:35 24:35 1:48:01 0:21	31:16 6:41	48:43 17:27	50:49 2:06	57:22 6:33	58:34 1:12	1:06:15 7:41	1:15:25 9:10	1:19:30 4:05	1:25:38 6:08	1:29:32 3:54	1:40:20 10:48	1:42:47 2:27	1:47:40 4:53	
32	12	Carreira López, Luis FLUVIAL LU Lugo	1:48:57	20:48 20:48 1:48:57 0:20	27:02 6:14	37:17 10:15	39:31 2:14	47:40 8:09	49:18 1:38	1:04:27 15:09	1:11:11 6:44	1:14:48 3:37	1:22:15 7:27	1:24:36 2:21	1:37:43 13:07	1:40:29 2:46	1:48:37 8:08	
33	463	Pousada Gallego, Roberto C.O.CO A Coruña	1:52:26	36:30 36:30 1:52:26 0:27	39:56 3:26	52:55 12:59	55:04 2:09	1:00:49 5:45	1:02:00 1:11	1:07:46 5:46	1:13:44 5:58	1:17:31 3:47	1:24:21 6:50	1:27:07 2:46	1:42:47 15:40	1:45:21 2:34	1:51:59 6:38	
34	237	Del Arco Marquiz, Sergio BOMBEIROS A Coruña.	1:55:00	24:27 24:27 1:55:00 0:25	31:48 7:21	43:49 12:01	45:56 2:07	52:59 7:03	54:44 1:45	1:01:00 6:16	1:07:36 6:36	1:12:25 4:49	1:20:30 8:05	1:23:13 2:43	1:37:06 13:53	1:42:22 5:16	1:54:35 12:13	
35	154	Vidal Juncal, Joaquín AROMON Pontevedra	2:05:13	16:24 16:24 2:05:13 0:27	24:06 7:42	34:44 10:38	36:30 1:46	46:51 10:21	48:30 1:39	59:58 11:28	1:07:13 7:15	1:18:05 10:52	1:30:40 12:35	1:39:19 8:39	1:51:52 12:33	1:55:57 4:05	2:04:46 8:49	
36	8	Caamaño Lago, José Manuel FLUVIAL LU Lugo	2:07:37	28:23 28:23 2:07:37 0:51	32:44 4:21	46:53 14:09	49:22 2:29	59:04 9:42	1:00:52 1:48	1:08:31 7:39	1:17:16 8:45	1:23:55 6:39	1:34:03 10:08	1:38:09 4:06	1:55:10 17:01	1:59:05 3:55	2:06:46 7:41	
37	164	Barrio Allende, David UNIVERSIDA Vigo	2:15:53	32:34 32:34 2:15:53 0:30	39:46 7:12	59:34 19:48	1:02:39 3:05	1:12:25 9:46	1:13:18 0:53	1:21:32 8:14	1:27:54 6:22	1:32:52 4:58	1:45:04 12:12	1:53:18 8:14	2:02:30 9:12	2:05:01 2:31	2:15:23 10:22	
38	179	Meseguer Ferrer, Tomas UNIVERSIDA Vigo	2:36:19	20:36 20:36 2:36:19 0:36	26:22 5:46	39:08 12:46	40:35 1:27	50:39 10:04	52:48 2:09	1:00:44 7:56	1:07:40 6:56	1:15:52 8:12	1:37:06 21:14	1:41:18 4:12	2:20:16 38:58	2:24:45 4:29	2:35:43 10:58	
288		Seijo Picado, Manuel GALLAECIA A Coruña	r en tarj.	15:40 15:40 1:42:40 16:46	27:14 11:34	44:38 17:24	48:40 4:02	1:01:35 12:55	1:04:10 2:35	----- 21:44	1:25:54 -----	-----	-----	-----	-----	-----	-----	
48		Rodríguez Acevedo, Manuel FLUVIAL LU Lugo	r en tarj.	26:23 26:23 2:13:52 16:20	37:32 11:09	1:03:22 25:50	1:06:04 2:42	1:30:58 24:54	1:43:33 12:35	1:57:32 13:59	-----	-----	-----	-----	-----	-----	-----	
371		Andrade Villar, Roberto JARNACHAS Arteixo	r en tarj.	27:51 27:51 2:17:25 0:53	31:26 3:35	-----	-----	-----	1:08:50 37:24	1:16:44 7:54	1:28:14 11:30	1:34:09 5:55	1:48:53 14:44	1:52:58 4:05	-----	-----	2:16:32 23:34	
65		Bugallo Iglesias, Adrián APA LICEO A Coruña	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
167		De La Torre Diaz, Juan Antoni UNIVERSIDA Vigo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
Homes 21 B (58)					5,0 km	14 C												
			1(64) F	2(36)	3(37)	4(62)	5(39)	6(51)	7(63)	8(52)	9(42)	10(59)	11(53)	12(44)	13(61)	14(100)		
1	234	Blanco Villar, Antonio BOMBEIROS A Coruña.	46:55	3:29 3:29 46:55 0:30	5:26 1:57	9:25 3:59	14:04 4:39	17:18 3:14	20:03 2:45	23:21 3:18	24:44 1:23	28:33 3:49	33:44 5:11	38:59 5:15	40:51 1:52	44:47 3:56	46:25 1:38	

Pos	Jorsal	Nombre	Tiempo													
Homes 21 B (58)					5,0 km	14 C	<i>(cont.)</i>									
			1(64) F	2(36)	3(37)	4(62)	5(39)	6(51)	7(63)	8(52)	9(42)	10(59)	11(53)	12(44)	13(61)	14(100)
2	130	Loira Stefanini, Francesco AROMON Pontevedra	51:45 4:09 4:09 51:45 0:24	7:55 3:46	12:00 4:05	18:00 6:00	21:52 3:52	25:06 3:14	30:24 5:18	31:47 1:23	35:14 3:27	40:07 4:53	45:02 4:55	46:22 1:20	49:48 3:26	51:21 1:33
3	486	Penas, Alfonso C.O.CO A Coruña	1:00:19 4:22 4:22 1:00:19 0:21	6:34 2:12	19:37 13:03	25:23 5:46	28:20 2:57	33:08 4:48	37:16 4:08	39:07 1:51	42:11 3:04	47:11 5:00	52:02 4:51	54:16 2:14	58:05 3:49	59:58 1:53
4	439	Dos Reis Gonzalez, Alberto AROMON Pontevedra	1:01:28 5:46 5:46 1:01:28 0:17	12:59 7:13	17:41 4:42	28:18 10:37	31:57 3:39	34:43 2:46	38:15 3:32	40:21 2:06	45:08 4:47	49:31 4:23	53:37 4:06	55:07 1:30	59:52 4:45	1:01:11 1:19
5	384	Rabuñal Lopez, Oscar JARNACHAS Arteixo	1:05:23 3:58 3:58 1:05:23 0:23	6:56 2:58	12:48 5:52	23:44 10:56	27:46 4:02	32:46 5:00	38:15 5:29	40:10 1:55	43:56 3:46	49:52 5:56	56:23 6:31	58:20 1:57	1:03:11 4:51	1:05:00 1:49
6	240	González Alvite, Estanislao BOMBEIROS A Coruña.	1:07:01 4:59 4:59 1:07:01 0:18	9:04 4:05	20:49 11:45	27:16 6:27	30:39 3:23	34:12 3:33	41:06 6:54	43:27 2:21	46:45 3:18	51:14 4:29	56:24 5:10	1:00:50 4:26	1:05:12 4:22	1:06:43 1:31
7	433	Castedo López, Julio Miguel APA LICEO A Coruña	1:09:01 4:44 4:44 1:09:01 0:26	8:14 3:30	16:24 8:10	26:20 9:56	30:25 4:05	35:33 5:08	39:50 4:17	41:26 1:36	47:26 6:00	53:55 6:29	1:00:00 6:05	1:01:31 1:31	1:06:15 4:44	1:08:35 2:20
7	99	Antoñón Clemente, Francisco AROMON Pontevedra	1:09:01 5:09 5:09 1:09:01 0:18	8:10 3:01	15:22 7:12	25:45 10:23	29:25 3:40	33:51 4:26	38:09 4:18	39:56 1:47	45:19 5:23	50:54 5:35	57:55 7:01	1:01:31 3:36	1:06:35 5:04	1:08:43 2:08
9	375	Fragoso Perez, Isaac JARNACHAS Arteixo	1:09:02 5:29 5:29 1:09:02 0:21	10:42 5:13	16:47 6:05	23:23 6:36	28:17 4:54	33:20 5:03	37:17 3:57	39:23 2:06	47:17 7:54	53:16 5:59	59:11 5:55	1:02:23 3:12	1:06:50 4:27	1:08:41 1:51
10	157	Alvarez Toyos, Alejandro UNIVERSIDA Vigo	1:10:33 4:45 4:45 1:10:33 0:27	7:33 2:48	13:28 5:55	30:57 17:29	35:53 4:56	40:10 4:17	44:20 4:10	46:55 2:35	50:01 3:06	56:02 6:01	1:01:45 5:43	1:03:52 2:07	1:08:03 4:11	1:10:06 2:03
11	376	Garcia Ramos, Alberto JARNACHAS Arteixo	1:10:38 4:44 4:44 1:10:38 0:21	7:58 3:14	14:43 6:45	21:25 6:42	28:55 7:30	32:24 3:29	39:24 7:00	42:41 3:17	50:55 8:14	56:47 5:52	1:02:26 5:39	1:04:07 1:41	1:08:35 4:28	1:10:17 1:42
12	150	Veiga Bugallo, Francisco Javier AROMON Pontevedra	1:15:20 4:56 4:56 1:15:20 0:18	11:08 6:12	16:48 5:40	24:31 7:43	29:24 4:53	34:57 5:33	40:54 5:57	42:59 2:05	49:20 6:21	57:28 8:08	1:04:30 7:02	1:06:34 2:04	1:12:09 5:35	1:15:02 2:53
13	396	Feal Díaz, Néstor C.O.CO A Coruña	1:15:28 5:15 5:15 1:15:28 0:24	12:28 7:13	17:34 5:06	24:45 7:11	38:13 13:28	42:36 4:23	46:53 4:17	49:32 2:39	54:38 5:06	59:57 5:19	1:05:08 5:11	1:07:26 2:18	1:13:33 6:07	1:15:04 1:31
14	387	Valle Rodriguez, Jesus JARNACHAS Arteixo	1:16:14 6:04 6:04 1:16:14 0:24	9:21 3:17	14:43 5:22	23:07 8:24	29:22 6:15	33:46 4:24	38:21 4:35	40:20 1:59	47:43 7:23	54:31 6:48	1:02:26 7:55	1:04:48 2:22	1:13:23 8:35	1:15:50 2:27
15	410	Doce Serrano, Juan Antonio A PEDROSA Culleredo (A Coruña)	1:16:22 4:04 4:04 1:16:22 0:39	11:34 7:30	26:05 14:31	32:38 6:33	38:29 5:51	42:37 4:08	47:51 5:14	49:41 1:50	53:11 3:30	59:50 6:39	1:05:49 5:59	1:09:44 3:55	1:13:40 3:56	1:15:43 2:03
16	426	Sanjurjo Gómez, Ismael ROBALIZA Cambre	1:18:26 5:00 5:00 1:18:26 0:28	9:29 4:29	16:51 7:22	25:18 8:27	30:13 4:55	36:13 6:00	43:03 6:50	45:28 2:25	53:10 7:42	1:01:19 8:09	1:08:35 7:16	1:10:30 1:55	1:15:41 5:11	1:17:58 2:17
17	193	Valdés Gandullo, Carlos UNIVERSIDA Vigo	1:18:42 4:55 4:55 1:18:42 0:20	8:16 3:21	20:52 12:36	27:05 6:13	30:20 3:15	35:32 5:12	42:21 6:49	44:15 1:54	47:55 3:40	53:56 6:01	59:53 5:57	1:12:19 12:26	1:16:33 4:14	1:18:22 1:49
18	205	Sampedro Fraga, Aitor USC Santiago de Compostela	1:19:13 3:28 3:28 1:19:13 0:21	9:10 5:42	15:58 6:48	27:20 11:22	36:35 9:15	40:58 4:23	50:35 9:37	52:11 1:36	56:02 3:51	1:01:22 5:20	1:08:05 6:43	1:12:21 4:16	1:16:51 4:30	1:18:52 2:01
19	173	Gonzalez-aller, Gerardo UNIVERSIDA Vigo	1:20:45 6:10 6:10 1:20:45 0:29	9:53 3:43	17:18 7:25	27:46 10:28	31:55 4:09	36:50 4:55	42:58 6:08	45:06 2:08	49:08 4:02	56:14 7:06	1:05:25 9:11	1:06:55 1:30	1:18:20 11:25	1:20:16 1:56
20	9156	Casal Casal, Miguel BOMBEIROS A Coruña.	1:20:54 5:44 5:44 1:20:54 0:31	11:21 5:37	19:09 7:48	35:55 16:46	39:40 3:45	44:27 4:47	52:42 8:15	54:47 2:05	57:53 3:06	1:03:42 5:49	1:09:27 5:45	1:11:25 1:58	1:18:29 7:04	1:20:23 1:54
21	160	Ameneiro Hernández De Ar, A UNIVERSIDA Vigo	1:21:09 5:58 5:58 1:21:09 0:18	9:04 3:06	19:46 10:42	27:45 7:59	31:53 4:08	37:39 5:46	46:22 8:43	48:14 1:52	56:49 8:35	1:02:56 6:07	1:12:47 9:51	1:14:11 1:24	1:18:48 4:37	1:20:51 2:03
22	165	Costas Figueroa, Javier UNIVERSIDA Vigo	1:22:08 4:38 4:38 1:22:08 0:22	8:15 3:37	13:31 5:16	36:02 22:31	40:06 4:04	43:51 3:45	48:16 4:25	50:48 2:32	1:00:21 9:33	1:06:10 5:49	1:13:26 7:16	1:15:22 1:56	1:19:58 4:36	1:21:46 1:48
23	253	Senin Canosa, Ignacio BOMBEIROS A Coruña.	1:22:39 5:02 5:02 1:22:39 0:27	8:27 3:25	15:51 7:24	35:32 19:41	39:54 4:22	45:40 5:46	50:21 4:41	52:54 2:33	56:12 3:18	1:06:45 10:33	1:14:01 7:16	1:15:52 1:51	1:20:21 4:29	1:22:12 1:51

Pos	Jorsal	Nombre	Tiempo													
Homes 21 B (58)				5,0 km	14 C	<i>(cont.)</i>										
			1(64) F	2(36)	3(37)	4(62)	5(39)	6(51)	7(63)	8(52)	9(42)	10(59)	11(53)	12(44)	13(61)	14(100)
24	398	Picallo Vila, Yeray C.O.CO A Coruña	1:23:18 4:11 4:11 1:23:18 0:20	7:04 2:53	17:53 10:49	39:31 21:38	43:21 3:50	47:49 4:28	53:56 6:07	56:57 3:01	1:01:26 4:29	1:06:42 5:16	1:13:55 7:13	1:15:58 2:03	1:19:55 3:57	1:22:58 3:03
25	76	Nuñez Pol, Fernando APA LICEO A Coruña	1:23:40 5:17 5:17 1:23:40 0:23	18:45 13:28	26:27 7:42	36:38 10:11	40:22 3:44	48:02 7:40	54:23 6:21	56:58 2:35	1:01:30 4:32	1:08:53 7:23	1:15:05 6:12	1:17:34 2:29	1:21:49 4:15	1:23:17 1:28
26	450	Dopico Pena, Andres GALLAECIA A Coruña	1:25:46 9:51 9:51 1:25:46 0:29	14:01 4:10	20:00 5:59	27:39 7:39	33:56 6:17	39:19 5:23	45:55 6:36	49:22 3:27	53:44 4:22	1:00:09 6:25	1:17:03 16:54	1:19:29 2:26	1:23:14 3:45	1:25:17 2:03
27	296	Iglesias Nández, Raúl TREVINCA O Barco de Valdeo	1:29:36 21:54 21:54 1:29:36 0:21	31:05 9:11	35:45 4:40	46:00 10:15	51:44 5:44	56:13 4:29	1:02:05 5:52	1:03:42 1:37	1:06:58 3:16	1:12:42 5:44	1:19:29 6:47	1:23:27 3:58	1:27:34 4:07	1:29:15 1:41
28	9101	Vinagre Rey, Mario FAICAMIÑO A Coruña (Oleiros)	1:30:21 6:09 6:09 1:30:21 0:31	9:26 3:17	23:45 14:19	46:51 23:06	50:15 3:24	54:12 3:57	1:00:22 6:10	1:04:22 4:00	1:08:14 3:52	1:14:44 6:30	1:21:13 6:29	1:23:19 2:06	1:27:56 4:37	1:29:50 1:54
29	441	Marín Gómez-nieves, Alex AROMON Pontevedra	1:30:28 4:28 4:28 1:30:28 0:22	6:44 2:16	35:58 29:14	42:45 6:47	53:30 10:45	56:57 3:27	1:00:51 3:54	1:04:38 3:47	1:09:08 4:30	1:14:37 5:29	1:20:12 5:35	1:21:30 1:18	1:27:49 6:19	1:30:06 2:17
30	161	Andres De La Cuadra, Alvaro UNIVERSIDA Vigo	1:34:24 5:57 5:57 1:34:24 0:21	8:27 2:30	26:19 17:52	42:57 16:38	46:53 3:56	52:37 5:44	1:03:31 10:54	1:06:39 3:08	1:12:15 5:36	1:18:08 5:53	1:25:16 7:08	1:27:44 2:28	1:32:10 4:26	1:34:03 1:53
31	431	Vázquez Vilaboa, Juan Manue FLUVIAL LU Lugo	1:35:06 10:55 10:55 1:35:06 0:19	17:46 6:51	29:16 11:30	42:44 13:28	46:15 3:31	51:12 4:57	1:03:44 12:32	1:06:30 2:46	1:11:15 4:45	1:16:45 5:30	1:23:08 6:23	1:26:04 2:56	1:32:37 6:33	1:34:47 2:10
32	206	Sampedro Muñiz, José Manue USC Santiago de Compostela	1:35:50 5:30 5:30 1:35:50 0:32	10:18 4:48	17:57 7:39	37:50 19:53	44:27 6:37	50:02 5:35	57:44 7:42	1:00:34 2:50	1:08:03 7:29	1:15:40 7:37	1:24:52 9:12	1:27:19 2:27	1:32:41 5:22	1:35:18 2:37
33	31	Hortas Luaces, Ivan FLUVIAL LU Lugo	1:38:01 4:47 4:47 1:38:01 0:27	9:24 4:37	32:07 22:43	42:53 10:46	48:28 5:35	54:42 6:14	1:01:50 7:08	1:04:24 2:34	1:10:46 6:22	1:17:01 6:15	1:23:05 6:04	1:30:43 7:38	1:35:32 4:49	1:37:34 2:02
34	343	Prado Costoya, Jaime FAICAMIÑO A Coruña (Oleiros)	1:46:06 5:11 5:11 1:46:06 0:29	21:29 16:18	29:38 8:09	37:02 7:24	50:09 13:07	1:07:08 16:59	1:11:37 4:29	1:14:25 2:48	1:21:24 6:59	1:29:02 7:38	1:35:30 6:28	1:38:38 3:08	1:43:24 4:46	1:45:37 2:13
35	386	Sánchez Marcote, Borja JARNACHAS Arteixo	1:46:17 6:03 6:03 1:46:17 0:34	11:56 5:53	21:36 9:40	34:19 12:43	42:59 8:40	49:55 6:56	56:37 6:42	1:00:11 3:34	1:06:22 6:11	1:17:02 10:40	1:27:59 10:57	1:30:58 2:59	1:42:30 11:32	1:45:43 3:13
36	323	Gallego Miguez, Roberto MONTAÑA FE Ferrol. A Coruña	1:49:14 5:11 5:11 1:49:14 0:27	9:11 4:00	39:26 30:15	48:00 8:34	53:25 5:25	59:25 6:00	1:13:43 14:18	1:16:59 3:16	1:23:04 6:05	1:30:27 7:23	1:39:12 8:45	1:41:31 2:19	1:46:25 4:54	1:48:47 2:22
37	9209	Barja Alvarez, Javier FLUVIAL LU Lugo	1:49:52 28:50 28:50 1:49:52 0:27	31:57 3:07	48:03 16:06	57:27 9:24	1:01:49 4:22	1:09:07 7:18	1:16:20 7:13	1:24:09 7:49	1:28:03 3:54	1:33:33 5:30	1:40:53 7:20	1:42:53 2:00	1:47:21 4:28	1:49:25 2:04
38	308	Díaz Congil, Manuel HABELAS HA Vigo	1:56:44 5:02 5:02 1:56:44 0:22	19:39 14:37	29:58 10:19	40:08 10:10	49:40 9:32	56:36 6:56	1:05:13 8:37	1:07:08 1:55	1:17:11 10:03	1:23:27 6:16	1:31:32 8:05	1:33:42 2:10	1:54:11 20:29	1:56:22 2:11
39	28	García Domínguez, Oscar FLUVIAL LU Lugo	2:03:16 3:52 3:52 2:03:16 0:45	8:53 5:01	24:21 15:28	1:07:12 42:51	1:11:42 4:30	1:23:42 12:00	1:29:15 5:33	1:31:30 2:15	1:35:29 3:59	1:43:12 7:43	1:52:37 9:25	1:54:30 1:53	1:59:40 5:10	2:02:31 2:51
40	23	Fraga Diaz, Alex FLUVIAL LU Lugo	2:06:11 6:56 6:56 2:06:11 0:24	20:09 13:13	35:20 15:11	50:58 15:38	1:00:40 9:42	1:08:52 8:12	1:24:56 16:04	1:28:07 3:11	1:34:02 5:55	1:42:35 8:33	1:52:43 10:08	1:55:55 3:12	2:03:20 7:25	2:05:47 2:27
41	56	Valdés González, Adrián FLUVIAL LU Lugo	2:07:31 5:42 5:42 2:07:31 0:23	38:02 32:20	44:28 6:26	53:27 8:59	59:38 6:11	1:05:59 6:21	1:13:10 7:11	1:18:05 4:55	1:25:23 7:18	1:36:24 11:01	1:49:01 12:37	1:57:44 8:43	2:04:56 7:12	2:07:08 2:12
42	461	Fernández Castro, Francisco HABELAS HA Vigo	2:09:06 21:53 21:53 2:09:06 0:44	29:10 7:17	58:49 29:39	1:15:32 16:43	1:20:20 4:48	1:26:43 6:23	1:33:31 6:48	1:37:48 4:17	1:44:02 6:14	1:50:33 6:31	1:57:17 6:44	2:00:51 3:34	2:06:04 5:13	2:08:22 2:18
43	238	González Cal, Miguel Angel BOMBEIROS A Coruña.	2:15:03 29:40 29:40 2:15:03 0:38	33:26 3:46	1:05:01 31:35	1:21:34 16:33	1:26:18 4:44	1:32:47 6:29	1:39:28 6:41	1:43:46 4:18	1:50:00 6:14	1:56:32 6:32	2:03:11 6:39	2:06:54 3:43	2:12:02 5:08	2:14:25 2:23
44	26	García Cousillas, David FLUVIAL LU Lugo	2:18:22 5:48 5:48 2:18:22 0:52	15:26 9:38	41:55 26:29	1:03:00 21:05	1:11:54 8:54	1:20:11 8:17	1:29:32 9:21	1:35:24 5:52	1:42:11 6:47	1:53:33 11:22	2:03:30 9:57	2:07:19 3:49	2:13:41 6:22	2:17:30 3:49
45	9030	Iglesias Rey, Fernando FLUVIAL LU Lugo	2:26:42 6:21 6:21 2:26:42 1:11	31:25 25:04	1:01:42 30:17	1:12:42 11:00	1:17:36 4:54	1:23:47 6:11	1:39:52 16:05	1:43:11 3:19	1:49:29 6:18	2:02:36 13:07	2:12:49 10:13	2:15:45 2:56	2:22:25 6:40	2:25:31 3:06

Pos	Jorsal	Nombre	Tiempo															
Homes 21 B (58)					5,0 km	14 C (cont.)												
					1(64) F	2(36)	3(37)	4(62)	5(39)	6(51)	7(63)	8(52)	9(42)	10(59)	11(53)	12(44)	13(61)	14(100)
46	465	Ordóñez Zuleta, Oscar A FLUVIAL LU Lugo	2:34:09	6:26 6:26 2:34:09 0:23	36:44 30:18	51:14 14:30	59:25 8:11	1:05:06 5:41	1:43:36 38:30	1:53:04 9:28	1:56:26 3:22	2:01:59 5:33	2:10:38 8:39	2:20:46 10:08	2:23:59 3:13	2:31:28 7:29	2:33:46 2:18	
47	180	Museros Alegre, Alejandro UNIVERSIDA Vigo	2:36:59	4:49 4:49 2:36:59 0:20	1:15:33 1:10:44	1:21:59 6:26	1:39:15 17:16	1:46:06 6:51	1:55:09 9:03	2:03:30 8:21	2:06:06 2:36	2:14:28 8:22	2:21:59 7:31	2:27:59 6:00	2:30:32 2:33	2:34:41 4:09	2:36:39 1:58	
48	420	Cañas Veira, Daniel ROBALIZA Cambre	2:47:15	8:45 8:45 2:47:15 0:43	16:46 8:01	42:27 25:41	1:21:22 38:55	1:32:55 11:33	1:48:54 15:59	1:57:15 8:21	2:00:40 3:25	2:08:13 7:33	2:20:27 12:14	2:31:32 11:05	2:34:53 3:21	2:42:39 7:46	2:46:32 3:53	
9099		Rodríguez Bergara, Andres INDEPENDIENTE	r en tarj.	5:21 5:21 50:37 45:16	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
493		Alvarez Gonzalez, Marcos TREVINCA O Barco de Valdeo	r en tarj.	13:13 13:13 2:00:03 2:18	31:21 18:08	42:12 10:51	50:47 8:35	1:10:36 19:49	1:17:11 6:35	1:24:28 7:17	1:26:59 2:31	1:32:31 5:32	1:39:11 6:40	1:45:46 6:35	1:52:48 7:02	1:57:45 4:57	-----	
192		Sevilla SÁnchez, JesÚs UNIVERSIDA Vigo	r en tarj.	26:14 26:14	42:42 16:28	1:30:15 47:33	1:49:49 19:34	2:00:30 10:41	-----	-----	-----	-----	-----	-----	-----	-----	-----	
9214		Pons Miralles, Jorge FLUVIAL LU Lugo	r en tarj.	56:38 56:38	1:09:14 12:36	1:55:33 46:19	2:18:56 23:23	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
189		Rodríguez Moreno, Jorge UNIVERSIDA Vigo	Desc.	3:45 3:45	6:45 3:00	15:08 8:23	40:05 24:57	44:34 4:29	50:28 5:54	55:55 5:27	58:12 2:17	1:01:23 3:11	1:06:14 4:51	1:11:59 5:45	1:14:22 2:23	1:17:58 3:36	1:19:36 1:38	
74		Navia Álvarez, Alfonso APA LICEO A Coruña	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
391		López Barbero, David Marcos AD FOGAR Carballo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
148		Varela Varela, Francisco AROMON Pontevedra	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
295		Iglesias Figueiras, Arturo TREVINCA O Barco de Valdeo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
178		Martinez-vara De Rey De, Carl UNIVERSIDA Vigo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
Homes 35 (38)					7,6 km	14 C												
					1(48) F	2(49)	3(33)	4(50)	5(37)	6(39)	7(40)	8(52)	9(43)	10(53)	11(45)	12(32)	13(47)	14(100)
1	114	Duque Gómez, Jose Manuel AROMON Pontevedra	1:12:34	10:15 10:15 1:12:34 0:20	14:01 3:46	15:04 1:03	21:22 6:18	28:01 6:39	34:22 6:21	37:53 3:31	41:32 3:39	49:18 7:46	54:37 5:19	59:13 4:36	1:07:05 7:52	1:09:02 1:57	1:12:14 3:12	
2	67	Casado Bravo, David APA LICEO A Coruña	1:13:59	6:35 6:35 1:13:59 0:24	10:48 4:13	11:57 1:09	19:08 7:11	27:30 8:22	34:37 7:07	37:16 2:39	40:54 3:38	48:25 7:31	53:56 5:31	1:00:25 6:29	1:08:26 8:01	1:09:56 1:30	1:13:35 3:39	
3	270	Diz López, Francisco GALLAECIA A Coruña	1:23:19	21:26 21:26 1:23:19 0:32	25:09 3:43	26:41 1:32	34:09 7:28	40:30 6:21	48:49 8:19	51:16 2:27	55:06 3:50	1:00:54 5:48	1:06:15 5:21	1:10:19 4:04	1:17:39 7:20	1:19:36 1:57	1:22:47 3:11	
4	183	Pastoriza Santos, Vicente UNIVERSIDA Vigo	1:25:20	7:46 7:46 1:25:20 0:25	12:37 4:51	14:02 1:25	22:05 8:03	30:45 8:40	38:54 8:09	42:59 4:05	48:26 5:27	56:39 8:13	1:03:30 6:51	1:09:08 5:38	1:18:40 9:32	1:21:06 2:26	1:24:55 3:49	
5	142	Rosado Frade, Alfonso AROMON Pontevedra	1:26:03	8:53 8:53 1:26:03 0:15	14:50 5:57	16:14 1:24	23:38 7:24	32:35 8:57	41:57 9:22	45:52 3:55	49:57 4:05	58:03 8:06	1:04:29 6:26	1:09:24 4:55	1:19:10 9:46	1:21:39 2:29	1:25:48 4:09	
6	348	Vinagre Rey, Marcos FAICAMIÑO A Coruña (Oleiros)	1:26:50	7:44 7:44 1:26:50 0:22	12:47 5:03	13:59 1:12	21:06 7:07	28:53 7:47	40:59 12:06	44:15 3:16	48:47 4:32	56:44 7:57	1:03:14 6:30	1:08:37 5:23	1:16:37 8:00	1:22:55 6:18	1:26:28 3:33	
7	201	Pacheco Sancho, José Ramón USC Santiago de Compostela	1:28:41	10:04 10:04 1:28:41 0:23	15:14 5:10	16:45 1:31	26:40 9:55	34:41 8:01	42:26 7:45	45:37 3:11	50:18 4:41	58:57 8:39	1:05:31 6:34	1:11:37 6:06	1:21:26 9:49	1:23:41 2:15	1:28:18 4:37	
8	319	Bouza Padin, Diego MONTAÑA FE Ferrol. A Coruña	1:34:33	9:53 9:53 1:34:33 0:37	14:14 4:21	15:26 1:12	25:33 10:07	32:58 7:25	41:48 8:50	45:46 3:58	58:38 12:52	1:05:46 7:08	1:12:12 6:26	1:17:55 5:43	1:26:12 8:17	1:29:11 2:59	1:33:56 4:45	

Pos	Jorsal	Nombre	Tiempo																
Homes 35 (38)					7,6 km	14 C		<i>(cont.)</i>											
					1(48) F	2(49)	3(33)	4(50)	5(37)	6(39)	7(40)	8(52)	9(43)	10(53)	11(45)	12(32)	13(47)	14(100)	
9	272	González Miramontes, Eduard GALLAECIA A Coruña	1:35:48	8:27 8:27 1:35:48 0:18	14:10 5:43	15:11 1:01	23:08 7:57	35:12 12:04	50:27 15:15	55:37 5:10	1:00:28 4:51	1:08:06 7:38	1:14:04 5:58	1:19:05 5:01	1:29:16 10:11	1:32:20 3:04	1:35:30 3:10		
10	110	Cruces Molinos, Esteban AROMON Pontevedra	1:36:05	9:56 9:56 1:36:05 0:18	25:40 15:44	27:08 1:28	37:36 10:28	46:25 8:49	54:43 8:18	57:55 3:12	1:01:58 4:03	1:09:24 7:26	1:16:00 6:36	1:22:00 6:00	1:31:02 9:02	1:32:30 1:28	1:35:47 3:17		
11	302	Rodríguez Sarmiento, Javier TREVINCA O Barco de Valde	1:38:33	12:15 12:15 1:38:33 0:34	20:11 7:56	21:17 1:06	29:42 8:25	40:49 11:07	49:11 8:22	51:59 2:48	1:01:03 9:04	1:09:17 8:14	1:16:16 6:59	1:21:57 5:41	1:30:28 8:31	1:33:17 2:49	1:37:59 4:42		
12	325	García García, Jose A. MONTAÑA FE Ferrol. A Coruñ	1:38:41	9:04 9:04 1:38:41 0:20	14:52 5:48	16:08 1:16	28:07 11:59	37:49 9:42	45:40 7:51	49:32 3:52	55:03 5:31	1:02:39 7:36	1:09:44 7:05	1:16:20 6:36	1:25:17 8:57	1:34:42 9:25	1:38:21 3:39		
13	46	Puente Salvado, Xoan Manoel FLUVIAL LU Lugo	1:39:26	11:44 11:44 1:39:26 0:25	17:08 5:24	19:01 1:53	28:22 9:21	39:44 11:22	49:21 9:37	53:40 4:19	58:34 4:54	1:07:23 8:49	1:15:15 7:52	1:21:16 6:01	1:32:22 11:06	1:34:48 2:26	1:39:01 4:13		
14	139	Ricoy Bugarín, José Antonio AROMON Pontevedra	1:41:43	10:32 10:32 1:41:43 0:26	16:41 6:09	18:09 1:28	29:24 11:15	40:43 11:19	50:45 10:02	55:50 5:05	1:00:55 5:05	1:09:57 9:02	1:17:20 7:23	1:23:38 6:18	1:34:18 10:40	1:36:43 2:25	1:41:17 4:34		
15	345	Vázquez González, Miguel Aní FAICAMIÑO A Coruña (Oleiros	1:43:18	15:20 15:20 1:43:18 0:29	21:09 5:49	22:25 1:16	33:58 11:33	42:48 8:50	57:22 14:34	1:00:41 3:19	1:06:02 5:21	1:13:28 7:26	1:21:05 7:37	1:26:41 5:36	1:36:54 10:13	1:38:38 1:44	1:42:49 4:11		
16	327	Gonzalez Orozco, Juan Carlos MONTAÑA FE Ferrol. A Coruñ	1:45:17	11:58 11:58 1:45:17 0:26	20:01 8:03	20:57 0:56	31:35 10:38	40:21 8:46	56:09 15:48	59:32 3:23	1:05:00 5:28	1:12:33 7:33	1:25:39 13:06	1:30:44 5:05	1:39:01 8:17	1:41:24 2:23	1:44:51 3:27		
17	62	Arufe Varela, Javier APA LICEO A Coruña	1:46:42	9:05 9:05 1:46:42 0:24	16:55 7:50	18:20 1:25	28:57 10:37	39:00 10:03	57:25 18:25	1:01:42 4:17	1:06:21 4:39	1:14:24 8:03	1:22:15 7:51	1:28:46 6:31	1:39:16 10:30	1:42:11 2:55	1:46:18 4:07		
18	360	Cabo Areoso, Jose Antonio SEO Ordes	1:47:41	16:56 16:56 1:47:41 0:28	22:01 5:05	23:24 1:23	33:28 10:04	44:37 11:09	53:26 8:49	56:51 3:25	1:05:33 8:42	1:13:14 7:41	1:19:58 6:44	1:26:35 6:37	1:40:04 13:29	1:43:04 3:00	1:47:13 4:09		
19	187	Pérez Juste, Jorge UNIVERSIDA Vigo	1:47:50	10:55 10:55 1:47:50 0:23	21:03 10:08	22:23 1:20	33:26 11:03	42:33 9:07	53:37 11:04	58:30 4:53	1:03:24 4:54	1:12:47 9:23	1:20:40 7:53	1:28:28 7:48	1:39:26 10:58	1:42:16 2:50	1:47:27 5:11		
20	21	Fernández Martínez, Carlos FLUVIAL LU Lugo	1:51:06	10:24 10:24 1:51:06 0:24	17:23 6:59	18:49 1:26	28:07 9:18	38:48 10:41	50:07 11:19	54:50 4:43	1:02:03 7:13	1:11:15 9:12	1:19:11 7:56	1:32:47 13:36	1:43:35 10:48	1:46:14 2:39	1:50:42 4:28		
21	462	Viguera Sas, Carlos MONTAÑA FE Ferrol. A Coruñ	1:51:54	9:29 9:29 1:51:54 0:27	15:36 6:07	17:00 1:24	32:04 15:04	41:59 9:55	54:18 12:19	58:26 4:08	1:04:15 5:49	1:13:05 8:50	1:21:22 8:17	1:30:56 9:34	1:44:38 13:42	1:47:22 2:44	1:51:27 4:05		
22	69	Castrillón Manso, José Antoni APA LICEO A Coruña	1:52:27	8:16 8:16 1:52:27 0:36	19:28 11:12	20:57 1:29	32:18 11:21	43:56 11:38	54:56 11:00	59:37 4:41	1:04:22 4:45	1:13:50 9:28	1:22:07 8:17	1:29:21 7:14	1:43:55 14:34	1:46:29 2:34	1:51:51 5:22		
23	162	Armada Luaces, José Luis UNIVERSIDA Vigo	1:54:45	8:09 8:09 1:54:45 0:44	14:32 6:23	15:58 1:26	29:46 13:48	39:38 9:52	50:29 10:51	55:29 5:00	1:00:27 4:58	1:13:18 12:51	1:21:22 8:04	1:32:58 11:36	1:44:53 11:55	1:47:38 2:45	1:54:01 6:23		
24	66	Cañas Lara, Julio APA LICEO A Coruña	1:57:19	9:07 9:07 1:57:19 0:23	14:48 5:41	15:57 1:09	26:09 10:12	47:25 21:16	1:07:06 19:41	1:10:20 3:14	1:15:15 4:55	1:23:09 7:54	1:30:31 7:22	1:37:33 7:02	1:48:01 10:28	1:52:38 4:37	1:56:56 4:18		
25	70	De Castro García, Pedro APA LICEO A Coruña	1:58:40	9:06 9:06 1:58:40 0:21	17:11 8:05	21:51 4:40	35:57 14:06	48:07 12:10	1:02:37 14:30	1:07:26 4:49	1:13:31 6:05	1:22:03 8:32	1:29:47 7:44	1:40:37 10:50	1:51:24 10:47	1:54:16 2:52	1:58:19 4:03		
26	211	Andrés Díaz, Marcos ARTABROS A Coruña	2:05:28	11:40 11:40 2:05:28 0:23	18:17 6:37	20:02 1:45	32:20 12:18	49:45 17:25	1:00:57 11:12	1:09:05 8:08	1:13:40 4:35	1:23:45 10:05	1:33:24 9:39	1:40:47 7:23	1:55:11 14:24	1:58:58 3:47	2:05:05 6:07		
27	290	Agudo, Jose Antonio TREVINCA O Barco de Valde	2:10:00	13:59 13:59 2:10:00 0:29	20:55 6:56	22:14 1:19	36:18 14:04	1:02:20 26:02	1:13:47 11:27	1:16:41 2:54	1:25:18 8:37	1:33:07 7:49	1:41:11 8:04	1:46:37 5:26	1:58:03 11:26	2:04:58 6:55	2:09:31 4:33		
28	59	Antón Casado, Arturo APA LICEO A Coruña	2:11:01	12:36 12:36 2:11:01 0:54	19:58 7:22	21:52 1:54	36:44 14:52	48:39 11:55	1:00:13 11:34	1:06:10 5:57	1:15:00 8:50	1:29:56 14:56	1:38:55 8:59	1:46:35 7:40	1:59:24 12:49	2:02:51 3:27	2:10:07 7:16		
29	222	López Pérez, Jose Miguel ARTABROS A Coruña	2:20:01	10:39 10:39 2:20:01 0:36	18:11 7:32	19:47 1:36	34:42 14:55	48:40 13:58	1:02:04 13:24	1:06:48 4:44	1:14:00 7:12	1:32:42 18:42	1:44:31 11:49	1:55:07 10:36	2:09:31 14:24	2:13:00 3:29	2:19:25 6:25		
30	330	Otero Pernas, Alberto MONTAÑA FE Ferrol. A Coruñ	2:28:38	12:03 12:03 2:28:38 0:37	22:54 10:51	24:12 1:18	35:24 11:12	46:48 11:24	1:00:29 13:41	1:04:23 3:54	1:36:55 32:32	1:46:57 10:02	1:55:31 8:34	2:02:46 7:15	2:20:21 17:35	2:23:14 2:53	2:28:01 4:47		

Pos	Jorsal	Nombre	Tiempo															
Homes 35 (38)					7,6 km	14 C		<i>(cont.)</i>										
					1(48) F	2(49)	3(33)	4(50)	5(37)	6(39)	7(40)	8(52)	9(43)	10(53)	11(45)	12(32)	13(47)	14(100)
31	310	Gonzalez Alonso, Diego HABELAS HA Vigo	2:30:11	14:55 14:55 2:30:11 0:27	23:36 8:41	25:31 1:55	46:47 21:16	1:01:30 14:43	1:15:41 14:11	1:24:50 9:09	1:31:48 6:58	1:43:55 12:07	1:55:17 11:22	2:03:45 8:28	2:20:27 16:42	2:23:46 3:19	2:29:44 5:58	
32	291	Aller Estévez, Pablo Adrián TREVINCA O Barco de Valde	2:42:25	19:04 19:04 2:42:25 0:30	26:50 7:46	28:46 1:56	40:27 11:41	1:08:27 28:00	1:32:06 23:39	1:38:34 6:28	1:45:30 6:56	1:55:19 9:49	2:06:18 10:59	2:16:08 9:50	2:32:09 16:01	2:36:36 4:27	2:41:55 5:19	
472	Chas Gómez, Roberto GALLAECIA A Coruña	r en tarj.	11:27 11:27 1:25:44 0:49	35:14 23:47	36:15 1:01	47:12 10:57	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:24:55 37:43	
197	Fraga Castro, Santiago USC Santiago de Compostela	r en tarj.	12:10 12:10 1:58:26 0:52	35:38 23:28	37:05 1:27	52:48 15:43	1:05:40 12:52	1:20:31 14:51	1:25:09 4:38	1:32:20 7:11	1:44:18 11:58	-----	-----	-----	-----	-----	1:57:34 13:16	
379	Iglesias Candal, Ivan JARNACHAS Arteixo	r en tarj.	11:03 11:03 2:54:08 1:04	20:49 9:46	22:36 1:47	42:54 20:18	57:49 14:55	1:13:55 16:06	1:20:14 6:19	1:26:43 6:29	1:44:13 17:30	1:53:45 9:32	2:40:38 46:53	-----	-----	-----	2:53:04 12:26	
50	Rodríguez López, Rafael FLUVIAL LU Lugo	r en tarj.	24:16 24:16	36:21 12:05	37:56 1:35	58:56 21:00	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
367	Varela Lorenzo, Francisco SEO Ordes	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
313	Pío Vaquero, César HABELAS HA Vigo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	

Homes 45 (27)					5,9 km	15 C												
					1(64) 15(100) F	2(36)	3(37)	4(62)	5(38)	6(56)	7(41)	8(52)	9(42)	10(43)	11(53)	12(54)	13(46)	14(47)
1	2785	Lima, Rafael INDEPENDIENTE	58:46	3:35 3:35 58:28 3:15	5:48 2:13	9:29 3:41	17:27 7:58	18:31 1:04	21:37 3:06	25:02 3:25	27:31 2:29	32:28 4:57	37:31 5:03	43:27 5:56	46:24 2:57	52:36 6:12	55:13 2:37	
2	329	López Peiteado, Antonio Javier MONTAÑA FE Ferrol. A Coruña	1:01:11	3:53 3:53 1:00:42 3:23	7:09 3:16	12:12 5:03	18:16 6:04	22:44 4:28	25:06 2:22	28:00 2:54	29:37 1:37	31:52 2:15	37:37 5:45	43:09 5:32	47:01 3:52	54:37 7:36	57:19 2:42	
3	115	Fariña Martínez, Manuel AROMON Pontevedra	1:04:58	3:55 3:55 1:04:35 3:56	6:09 2:14	12:56 6:47	18:35 5:39	20:12 1:37	23:09 2:57	26:26 3:17	28:51 2:25	32:13 3:22	38:55 6:42	45:37 6:42	49:16 3:39	57:08 7:52	1:00:39 3:31	
4	480	Carnota Mosquera, Juan Ramon AD FOGAR Carballo	1:08:20	5:38 5:38 1:07:56 4:20	8:12 2:34	12:29 4:17	18:11 5:42	20:12 2:01	25:32 5:20	28:45 3:13	31:40 2:55	34:31 2:51	41:28 6:57	47:24 5:56	51:07 3:43	59:12 8:05	1:03:36 4:24	
5	53	Sanmartín Matalobos, Jesús FLUVIAL LU Lugo	1:10:46	4:05 4:05 1:10:24 3:32	7:19 3:14	12:46 5:27	19:37 6:51	21:24 1:47	24:33 3:09	27:57 3:24	31:12 3:15	35:09 3:57	41:53 6:44	49:10 7:17	56:04 6:54	1:03:27 7:23	1:06:52 3:25	
6	401	Sancosmed Torres, José Manuel C.O.CO A Coruña	1:11:05	4:22 4:22 1:10:44 3:53	14:42 10:20	18:29 3:47	26:29 8:00	27:35 1:06	31:22 3:47	35:07 3:45	37:24 2:17	39:56 2:32	46:03 6:07	52:27 6:24	56:22 3:55	1:03:38 7:16	1:06:51 3:13	
7	251	Rodríguez Gutierrez, Gabriel BOMBEIROS A Coruña.	1:11:12	4:53 4:53 1:10:50 4:03	8:04 3:11	13:43 5:39	20:20 6:37	24:40 4:20	27:02 2:22	30:31 3:29	32:08 1:37	35:30 3:22	41:31 6:01	50:43 9:12	55:00 4:17	1:03:41 8:41	1:06:47 3:06	
8	409	Carballo Fernández, Juan Carlos A PEDROSA Culleredo (A Coruña)	1:16:47	4:36 4:36 1:16:24 4:14	8:45 4:09	16:31 7:46	23:25 6:54	25:24 1:59	29:27 4:03	33:13 3:46	35:50 2:37	38:37 2:47	45:35 6:58	53:44 8:09	57:58 4:14	1:07:56 9:58	1:12:10 4:14	
9	402	Sancosmed Torres, Manuel C.O.CO A Coruña	1:17:07	6:03 6:03 1:16:47 3:52	10:16 4:13	15:40 5:24	24:03 8:23	25:50 1:47	31:15 5:25	35:10 3:55	37:36 2:26	42:56 5:20	51:53 8:57	58:31 6:38	1:02:31 4:00	1:09:49 7:18	1:12:55 3:06	
10	242	González Romano, Rodrigo BOMBEIROS A Coruña.	1:22:10	4:16 4:16 1:21:52 4:20	7:47 3:31	13:19 5:32	25:04 11:45	27:04 2:00	29:47 2:43	35:13 5:26	38:10 2:57	40:53 2:43	46:30 5:37	1:02:19 15:49	1:05:18 2:59	1:14:07 8:49	1:17:32 3:25	
11	224	Mancera Bello, Alfonso ARTABROS A Coruña	1:22:47	4:41 4:41 1:22:23 4:07	14:24 9:43	22:43 8:19	29:36 6:53	31:21 1:45	34:30 3:09	38:06 3:36	40:29 2:23	45:01 4:32	52:46 7:45	1:00:51 8:05	1:06:17 5:26	1:14:16 7:59	1:18:16 4:00	
12	314	Rodilla Guerricagoitia, Santiago HABELAS HA Vigo	1:23:03	5:24 5:24 1:22:33 4:33	8:54 3:30	16:45 7:51	23:24 6:39	24:59 1:35	30:38 5:39	34:44 4:06	37:46 3:02	43:13 5:27	50:59 7:46	58:48 7:49	1:03:19 4:31	1:12:11 8:52	1:18:00 5:49	
13	207	Sampedro Muñiz, Ramón USC Santiago de Compostela	1:25:10	5:05 5:05 1:24:36 4:35	10:40 5:35	19:04 8:24	25:57 6:53	27:29 1:32	31:53 4:24	36:50 4:57	39:54 3:04	43:20 3:26	50:35 7:15	59:12 8:37	1:04:30 5:18	1:15:19 10:49	1:20:01 4:42	

Pos	Jorsal	Nombre	Tiempo																		
Homes 45 (27)				5,9 km		15 C		<i>(cont.)</i>													
				1(64) 15(100)	2(36) F	3(37)	4(62)	5(38)	6(56)	7(41)	8(52)	9(42)	10(43)	11(53)	12(54)	13(46)	14(47)				
14	328	Lopez Suarez, Andres MONTAÑA FE Ferrol. A Coruña	1:25:18	4:40 4:40 1:24:54 3:47	7:58 3:18 1:25:18 0:24	28:47 20:49	37:21 8:34	38:58 1:37	41:47 2:49	45:24 3:37	47:57 2:33	51:06 3:09	57:40 6:34	1:05:10 7:30	1:09:08 3:58	1:18:05 8:57	1:21:07 3:02				
15	38	Parga Andón, Pedro FLUVIAL LU Lugo	1:26:45	4:45 4:45 1:26:18 4:35	8:01 3:16 1:26:45 0:27	20:55 12:54	27:40 6:45	30:05 2:25	34:24 4:19	38:44 4:20	41:40 2:56	45:17 3:37	53:24 8:07	1:02:22 8:58	1:06:50 4:28	1:17:08 10:18	1:21:43 4:35				
16	112	Diaz Falcon, Gilberto AROMON Pontevedra	1:29:38	4:26 4:26 1:29:09 4:48	9:04 4:38 1:29:38 0:29	20:08 11:04	27:11 7:03	29:17 2:06	33:23 4:06	37:55 4:32	41:57 4:02	46:06 4:09	54:44 8:38	1:02:47 8:03	1:08:45 5:58	1:20:16 11:31	1:24:21 4:05				
17	170	Fuertes González, Enrique UNIVERSIDA Vigo	1:30:09	5:56 5:56 1:29:49 4:27	17:51 11:55 1:30:09 0:20	23:52 6:01	34:12 10:20	37:42 3:30	41:28 3:46	47:04 5:36	50:07 3:03	54:36 4:29	1:02:05 7:29	1:09:41 7:36	1:13:12 3:31	1:20:57 7:45	1:25:22 4:25				
18	239	Gonzalez Fernandez, Evaristo BOMBEIROS A Coruña.	1:30:46	6:33 6:33 1:30:24 5:51	11:55 5:22 1:30:46 0:22	20:49 8:54	28:52 8:03	30:45 1:53	37:24 6:39	43:36 6:12	46:17 2:41	49:28 3:11	56:12 6:44	1:05:27 9:15	1:09:44 4:17	1:19:35 9:51	1:24:33 4:58				
19	185	Peláez Méndez, Patricio UNIVERSIDA Vigo	1:34:09	5:05 5:05 1:33:43 4:23	21:56 16:51 1:34:09 0:26	27:46 5:50	38:15 10:29	41:12 2:57	45:26 4:14	51:07 5:41	54:19 3:12	58:41 4:22	1:06:10 7:29	1:13:49 7:39	1:17:14 3:25	1:24:40 7:26	1:29:20 4:40				
20	117	Fernández Casalderrey, Javier AROMON Pontevedra	1:36:33	10:43 10:43 1:36:04 6:14	16:03 5:20 1:36:33 0:29	21:56 5:53	29:41 7:45	33:39 3:58	37:35 3:56	41:54 4:19	49:27 7:33	52:24 2:57	1:01:14 8:50	1:09:39 8:25	1:15:50 6:11	1:25:43 9:53	1:29:50 4:07				
21	54	Seco Álvarez, Fernando FLUVIAL LU Lugo	1:36:45	3:59 3:59 1:36:14 4:05	12:46 8:47 1:36:45 0:31	31:56 19:10	40:01 8:05	42:03 2:02	47:09 5:06	51:12 4:03	54:26 3:14	58:06 3:40	1:04:50 6:44	1:14:20 9:30	1:20:24 6:04	1:28:21 7:57	1:32:09 3:48				
22	430	Sisto Rico, Daniel FLUVIAL LU Lugo	1:38:42	4:38 4:38 1:38:15 5:16	9:41 5:03 1:38:42 0:27	16:55 7:14	45:58 29:03	47:27 1:29	51:33 4:06	55:06 3:33	57:31 2:25	1:00:57 3:26	1:09:08 8:11	1:16:41 7:33	1:20:52 4:11	1:29:34 8:42	1:32:59 3:25				
23	203	Ramos Lozano, Eduardo V. USC Santiago de Compostela	1:39:23	6:26 6:26 1:38:53 5:14	12:08 5:42 1:39:23 0:30	19:36 7:28	31:16 11:40	33:18 2:02	39:13 5:55	45:32 6:19	49:00 3:28	54:27 5:27	1:03:32 9:05	1:13:08 9:36	1:18:04 4:56	1:28:30 10:26	1:33:39 5:09				
24	127	Iglesias Pesqueira, Eduardo AROMON Pontevedra	1:40:07	5:11 5:11 1:39:41 4:39	16:38 11:27 1:40:07 0:26	21:58 5:20	33:27 11:29	39:52 6:25	43:37 3:45	47:40 4:03	50:29 2:49	56:08 5:39	1:03:21 7:13	1:12:20 8:59	1:20:49 8:29	1:29:14 8:25	1:35:02 5:48				
25	334	Sande Rodríguez, Francisco MONTAÑA FE Ferrol. A Coruña	1:41:18	5:11 5:11 1:40:23 5:59	8:10 2:59 1:41:18 0:55	18:29 10:19	34:29 16:00	39:14 4:45	42:36 3:22	48:33 5:57	51:20 2:47	54:23 3:03	1:01:11 6:48	1:11:55 10:44	1:16:55 5:00	1:29:14 12:19	1:34:24 5:10				
26	86	Rodríguez Bueno, Jose Luis APA LICEO A Coruña	1:44:59	4:46 4:46 1:44:26 4:41	10:28 5:42 1:44:59 0:33	16:14 5:46	24:25 8:11	29:03 4:38	34:41 5:38	39:08 4:27	42:08 3:00	46:11 4:03	55:41 9:30	1:05:14 9:33	1:12:42 7:28	1:34:41 21:59	1:39:45 5:04				
	63	Arufe Varela, Juan Manuel APA LICEO A Coruña	er en tarj.	6:36 6:36 2:01:25 16:55	17:28 10:52 2:02:12 0:47	24:39 7:11	36:56 12:17	39:43 2:47	53:05 13:22	58:27 5:22	1:03:28 5:01	1:07:45 4:17	1:18:22 10:37	1:35:22 17:00	1:44:30 9:08	-----	-----				

Élite (34)				8,1 km		19 C															
				1(31) 15(44)	2(32) 16(45)	3(49) 17(46)	4(34) 18(47)	5(35) 19(100)	6(50) F	7(36)	8(37)	9(62)	10(39)	11(40)	12(41)	13(42)	14(43)				
1	404	Varela Paz, Borja C.O.CO A Coruña	1:14:50	5:57 5:57 1:01:15 4:39	7:13 1:16 1:04:09 2:54	11:13 4:00 1:08:56 4:47	13:25 2:12 1:11:40 2:44	17:53 4:28 1:14:32 2:52	22:01 4:08 1:14:50 0:18	30:53 8:52	35:17 4:24	39:19 4:02	41:45 2:26	44:44 2:59	49:11 4:27	52:15 3:04	56:36 4:21				
2	282	Peña Pita, Felipe GALLAECIA A Coruña	1:15:00	6:54 6:54 1:01:07 5:24	8:22 1:28 1:04:09 3:02	12:00 3:38 1:09:11 5:02	13:56 1:56 1:11:44 2:33	18:22 4:26 1:14:42 2:58	21:43 3:21 1:15:00 0:18	27:01 5:18	31:02 4:01	35:03 4:01	38:17 3:14	42:39 4:22	47:10 4:31	50:04 2:54	55:43 5:39				
3	298	Morales Ferreiro, Martín TREVINCA O Barco de Valde	1:16:02	5:38 5:38 59:25 5:54	7:24 1:46 1:04:42 5:17	11:13 3:49 1:09:59 5:17	13:20 2:07 1:12:42 2:43	18:21 5:01 1:15:45 3:03	20:52 2:31 1:16:02 0:17	25:52 5:00	28:47 2:55	34:22 5:35	37:54 3:32	40:20 2:26	45:41 5:21	48:51 3:10	53:31 4:40				
4	158	Álvarez Cabero, José María UNIVERSIDA Vigo	1:16:15	7:27 7:27 1:01:55 5:13	9:31 2:04 1:04:51 2:56	13:07 3:36 1:10:17 5:26	14:57 1:50 1:12:40 2:23	21:03 6:06 1:15:54 3:14	23:05 2:02 1:16:15 0:21	28:23 5:18	32:05 3:42	37:54 5:49	40:54 3:00	43:42 2:48	48:29 4:47	51:43 3:14	56:42 4:59				
5	256	Taboada Pintor, Alberto BOMBEIROS A Coruña.	1:19:09	6:02 6:02 1:04:12 5:15	8:07 2:05 1:08:54 4:42	14:36 6:29 1:13:44 4:50	16:24 1:48 1:16:05 2:21	21:46 5:22 1:18:54 2:49	24:49 3:03 1:19:09 0:15	29:57 5:08	33:15 3:18	39:33 6:18	42:19 2:46	45:25 3:06	50:43 5:18	53:40 2:57	58:57 5:17				
6	116	Fernández Casalderrey, Gonz AROMON Pontevedra	1:23:20	17:42 17:42 1:09:42 4:56	18:46 1:04 1:12:30 2:48	22:56 4:10 1:17:33 5:03	25:24 2:28 1:19:52 2:19	30:19 4:55 1:23:02 3:10	33:37 3:18 1:23:20 0:18	37:26 3:49	40:21 2:55	45:42 5:21	48:51 3:09	51:17 2:26	55:17 4:00	1:00:08 4:51	1:04:46 4:38				
7	208	Sordo Touza, Ignacio USC Santiago de Compostela	1:23:52	11:18 11:18 1:08:01 5:28	13:58 2:40 1:11:43 3:42	17:50 3:52 1:17:05 5:22	20:10 2:20 1:20:18 3:13	26:01 5:51 1:23:34 3:16	29:09 3:08 1:23:52 0:18	34:29 5:20	38:14 3:45	42:29 4:15	45:59 3:30	48:29 2:30	52:54 4:25	56:57 4:03	1:02:33 5:36				

Pos	Jorsal	Nombre	Tempo														
Élite (34)				8,1 km		19 C		<i>(cont.)</i>									
				1(31)	2(32)	3(49)	4(34)	5(35)	6(50)	7(36)	8(37)	9(62)	10(39)	11(40)	12(41)	13(42)	14(43)
				15(44)	16(45)	17(46)	18(47)	19(100)	F								
8	363	Morlán Rodríguez, Jose Angel SEO Ordes	1:24:39	9:57 9:57	11:28 1:31	15:53 4:25	18:03 2:10	23:01 4:58	27:17 4:16	32:32 5:15	36:30 3:58	41:35 5:05	45:56 4:21	49:32 3:36	53:43 4:11	57:34 3:51	1:02:50 5:16
				1:08:48	1:12:26	1:18:29	1:20:59	1:24:17	1:24:39								
				5:58	3:38	6:03	2:30	3:18	0:22								
9	175	Hortal Romera, Javier UNIVERSIDA Vigo	1:24:43	7:34 7:34	9:20 1:46	14:15 4:55	16:21 2:06	23:15 6:54	26:35 3:20	33:07 6:32	37:44 4:37	42:35 4:51	45:36 3:01	47:55 2:19	53:06 5:11	56:07 3:01	1:02:28 6:21
				1:08:18	1:11:26	1:16:52	1:20:08	1:24:20	1:24:43								
				5:50	3:08	5:26	3:16	4:12	0:23								
10	276	López Franco, Pablo GALLAECIA A Coruña	1:25:22	8:59 8:59	10:39 1:40	15:02 4:23	18:09 3:07	23:38 5:29	26:39 3:01	32:37 5:58	36:34 3:57	42:08 5:34	45:56 3:48	48:34 2:38	53:31 4:57	57:54 4:23	1:03:34 5:40
				1:09:36	1:13:33	1:18:34	1:21:41	1:25:01	1:25:22								
				6:02	3:57	5:01	3:07	3:20	0:21								
11	73	Mera García, Iván APA LICEO A Coruña	1:25:37	12:49 12:49	14:08 1:19	18:48 4:40	20:42 1:54	25:19 4:37	27:55 2:36	34:40 6:45	39:36 4:56	44:35 4:59	47:41 3:06	50:42 3:01	55:15 4:33	58:35 3:20	1:03:31 4:56
				1:09:35	1:13:31	1:19:47	1:22:11	1:25:18	1:25:37								
				6:04	3:56	6:16	2:24	3:07	0:19								
12	230	Sevilla Gómez, Francisco Javi ARTABROS A Coruña	1:27:01	8:27 8:27	10:27 2:00	16:14 5:47	18:14 2:00	23:31 5:17	26:55 3:24	33:40 6:45	37:29 3:49	45:08 7:39	48:31 3:23	51:04 2:33	56:56 5:52	1:00:22 3:26	1:06:08 5:46
				1:11:40	1:15:04	1:20:39	1:23:37	1:26:42	1:27:01								
				5:32	3:24	5:35	2:58	3:05	0:19								
13	287	Santalla Pérez, Jose GALLAECIA A Coruña	1:28:54	11:14 11:14	13:03 1:49	17:33 4:30	20:28 2:55	25:45 5:17	28:46 3:01	34:26 5:40	40:18 5:52	45:01 4:43	49:06 4:05	51:59 2:53	56:27 4:28	1:00:20 3:53	1:05:41 5:21
				1:11:30	1:15:10	1:21:32	1:24:30	1:28:30	1:28:54								
				5:49	3:40	6:22	2:58	4:00	0:24								
14	61	Arufe Varela, Alberto APA LICEO A Coruña	1:29:43	7:19 7:19	9:07 1:48	15:56 6:49	18:25 2:29	26:22 7:57	29:19 2:57	34:58 5:39	38:48 3:50	44:06 5:18	47:41 3:35	51:03 3:22	56:28 5:25	1:00:06 3:38	1:05:42 5:36
				1:11:37	1:15:51	1:22:25	1:25:32	1:29:20	1:29:43								
				5:55	4:14	6:34	3:07	3:48	0:23								
15	326	García Lorenzo, Carlos MONTAÑA FE Ferrol. A Coruñ	1:31:14	7:19 7:19	9:05 1:46	13:21 4:16	16:06 2:45	21:23 5:17	24:36 3:13	31:12 6:36	41:38 10:26	49:15 7:37	52:56 3:41	55:52 2:56	1:00:14 4:22	1:04:31 4:17	1:09:48 5:17
				1:15:20	1:18:54	1:24:47	1:27:38	1:30:54	1:31:14								
				5:32	3:34	5:53	2:51	3:16	0:20								
16	352	Fernández Torres, Ramón ADCARNELA Porto do Son	1:34:57	9:51 9:51	12:11 2:20	15:54 3:43	17:49 1:55	22:08 4:19	24:24 2:16	29:30 5:06	32:44 3:14	38:37 5:53	42:59 4:22	45:03 2:04	49:48 4:45	53:17 3:29	58:31 5:14
				1:03:35	1:23:21	1:28:47	1:31:33	1:34:38	1:34:57								
				5:04	19:46	5:26	2:46	3:05	0:19								
17	134	Pérez Alonso, Adrián AROMON Pontevedra	1:35:39	11:26 11:26	13:19 1:53	17:57 4:38	20:23 2:26	26:49 6:26	30:46 3:57	37:52 7:06	42:21 4:29	48:38 6:17	51:46 3:08	54:36 2:50	1:00:13 5:37	1:04:26 4:13	1:10:07 5:41
				1:17:34	1:21:34	1:28:13	1:31:28	1:35:20	1:35:39								
				7:27	4:00	6:39	3:15	3:52	0:19								
18	417	Bello Rodríguez, Olalla ROBALIZA Cambre	1:35:43	12:04 12:04	14:14 2:10	18:18 4:04	20:31 2:13	26:12 5:41	29:09 2:57	34:53 5:44	38:47 3:54	44:55 6:08	47:58 3:03	52:38 4:40	59:00 6:22	1:03:26 4:26	1:09:27 6:01
				1:15:40	1:22:43	1:29:02	1:31:55	1:35:23	1:35:43								
				6:13	7:03	6:19	2:53	3:28	0:20								
19	15	Corral Alonso, Alberto FLUVIAL LU Lugo	1:36:11	8:11 8:11	10:15 2:04	16:12 5:57	18:27 2:15	22:44 4:17	25:01 2:17	31:44 6:43	36:10 4:26	41:55 5:45	45:19 3:24	50:53 5:34	57:28 6:35	1:04:07 6:39	1:09:13 5:06
				1:15:22	1:23:47	1:30:12	1:32:37	1:35:50	1:36:11								
				6:09	8:25	6:25	2:25	3:13	0:21								
20	204	Ramos Pernas, Miguel USC Santiago de Compostela	1:37:33	7:35 7:35	8:51 1:16	20:07 11:16	22:24 2:17	30:38 8:14	33:45 3:07	39:31 5:46	43:29 3:58	48:46 5:17	52:42 3:56	55:21 2:39	1:00:49 5:28	1:04:30 3:41	1:10:55 6:25
				1:17:14	1:21:10	1:29:16	1:33:07	1:37:12	1:37:33								
				6:19	3:56	8:06	3:51	4:05	0:21								
21	84	Riestra González, Santiago APA LICEO A Coruña	1:39:05	9:58 9:58	11:41 1:43	15:48 4:07	18:04 2:16	23:20 5:16	26:58 3:38	32:45 5:47	45:51 13:06	51:26 5:35	54:50 3:24	57:49 2:59	1:02:18 4:29	1:06:29 4:11	1:12:27 5:58
				1:19:43	1:25:20	1:31:56	1:34:55	1:38:46	1:39:05								
				7:16	5:37	6:36	2:59	3:51	0:19								
22	82	Ramos Asensio, Luis Javier APA LICEO A Coruña	1:39:22	13:49 13:49	16:08 2:19	20:44 4:36	23:06 2:22	29:13 6:07	32:57 3:44	38:32 5:35	43:19 4:47	48:54 5:35	53:03 4:09	56:55 3:52	1:02:26 5:31	1:06:19 3:53	1:13:16 6:57
				1:19:50	1:25:40	1:31:22	1:35:37	1:39:04	1:39:22								
				6:34	5:50	5:42	4:15	3:27	0:18								
23	322	Fernández Otero, Oscar MONTAÑA FE Ferrol. A Coruñ	1:40:58	9:22 9:22	11:04 1:42	27:00 15:56	33:00 6:00	38:56 5:56	41:25 2:29	47:04 5:39	53:03 5:59	58:23 5:20	1:02:34 4:11	1:05:13 2:39	1:11:25 6:12	1:16:17 4:52	1:21:18 5:01
				1:26:18	1:29:38	1:35:03	1:37:40	1:40:38	1:40:58								
				5:00	3:20	5:25	2:37	2:58	0:20								
24	419	Camblor Quirós, Miguel ROBALIZA Cambre	1:42:30	6:53 6:53	8:33 1:40	12:07 3:34	14:01 1:54	18:37 4:36	21:32 2:55	28:16 6:44	37:13 8:57	47:20 10:07	50:24 3:04	52:42 2:18	1:00:10 7:28	1:07:23 7:13	1:12:37 5:14
				1:18:50	1:23:00	1:29:04	1:32:54	1:42:11	1:42:30		1:21:09						
				6:13	4:10	6:04	3:50	9:17	0:19		*54						
25	374	Fojo Outeiro, Alejandro JARNACHAS Arteixo	1:45:13	13:28 13:28	15:12 1:44	19:36 4:24	22:06 2:30	28:39 6:33	32:31 3:52	39:58 7:27	44:35 4:37	50:34 5:59	53:40 3:06	57:48 4:08	1:04:37 6:49	1:08:45 4:08	1:18:44 9:59
				1:26:17	1:30:04	1:36:55	1:40:27	1:44:41	1:45:13								
				7:33	3:47	6:51	3:32	4:14	0:32								
26	354	Lareo Martinez, David ADCARNELA Porto do Son	1:45:50	19:05 19:05	21:22 2:17	25:43 4:21	28:17 2:34	35:11 6:54	38:15 3:04	45:34 7:19	50:40 5:06	56:26 5:46	59:54 3:28	1:03:55 4:01	1:11:35 7:40	1:15:09 3:34	1:21:09 6:00
				1:27:18	1:31:28	1:37:40	1:41:18	1:45:24	1:45:50								
				6:09	4:10	6:12	3:38	4:06	0:26								
27	228	Roca Santiuste, Benjamín ARTABROS A Coruña	1:46:07	13:44 13:44	16:34 2:50	21:20 4:46	24:30 3:10	40:25 15:55	43:34 3:09	49:25 5:51	52:39 3:14	58:20 5:41	1:02:14 3:54	1:05:16 3:02	1:10:15 4:59	1:13:59 3:44	1:19:21 5:22
				1:25:12	1:30:24	1:38:07	1:41:29	1:45:45	1:46:07								
				5:51	5:12	7:43	3:22	4:16	0:22								
28	96	Alvelo Fraguela, Javier AROMON Pontevedra	1:49:36	7:53 7:53	10:21 2:28	19:31 9:10	25:50 6:19	32:17 6:27	37:42 5:25	46:56 9:14	54:15 7:19	1:00:27 6:12	1:03:31 3:04	1:06:34 3:03	1:14:40 8:06	1:19:05 4:25	1:25:38 6:33
				1:32:20	1:36:10	1:42:23	1:45:29	1:49:12	1:49:36								

Pos	Jorsal	Nombre	Tempo																		
Élite (34)																					
				8,1 km		19 C		<i>(cont.)</i>													
				1(31)	2(32)	3(49)	4(34)	5(35)	6(50)	7(36)	8(37)	9(62)	10(39)	11(40)	12(41)	13(42)	14(43)				
				15(44)	16(45)	17(46)	18(47)	19(100)	F												
30	264	Balseiro Pérez, José Antonio GALLAECIA A Coruña	2:01:01	13:41 13:41 1:41:27	15:26 1:45 1:45:40	20:39 5:13 1:52:14	23:01 2:22 1:55:56	31:01 8:00 2:00:32	35:01 4:00 2:01:01	52:03 17:02	59:57 7:54	1:06:23 6:26	1:09:48 3:25	1:13:43 3:55	1:20:47 7:04	1:24:50 4:03	1:34:35 9:45				
31	186	Pérez Juste, German UNIVERSIDA Vigo	2:06:57	6:52 13:41 13:41 1:46:44	4:13 15:48 2:07 1:51:01	6:34 20:20 4:32 1:58:07	3:42 24:10 3:50 2:02:01	4:36 31:41 7:31 2:06:24	0:29 38:38 6:57 2:06:57	46:57 8:19	54:12 7:15	1:09:48 15:36	1:15:22 5:34	1:19:06 3:44	1:27:33 8:27	1:33:56 6:23	1:40:34 6:38				
32	9	Cabado Estraviz, Santiago FLUVIAL LU Lugo	2:24:17	6:10 10:28 10:28 1:57:56	4:17 12:40 2:12 2:03:22	7:06 19:22 6:42 2:13:50	3:54 23:33 4:11 2:18:38	4:23 33:33 10:00 2:23:51	0:33 40:16 6:43 2:24:17	58:28 18:12	1:14:08 15:40	1:21:18 7:10	1:25:07 3:49	1:29:06 3:59	1:35:03 5:57	1:40:34 5:31	1:47:29 6:55				
	400	Rodríguez Rodríguez, Orland C.O.CO A Coruña	r en tarj.	21:44 21:44 1:31:01	23:38 1:54 1:36:04	28:06 4:28 1:40:58	31:02 2:56 1:43:52	----- 7:31 1:47:37	38:33 7:31 1:48:00	47:16 8:43	53:17 6:01	58:02 4:45	1:00:38 2:36	1:03:29 2:51	1:11:24 7:55	1:19:49 8:25	1:24:52 5:03				
	267	Castro Campello, David GALLAECIA A Coruña	No sale	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----				
4 FC (1)																					
				4,4 km		15 C															
				1(55)	2(64)	3(38)	4(62)	5(39)	6(51)	7(57)	8(52)	9(58)	10(59)	11(53)	12(44)	13(60)	14(61)				
				15(100)	F																
	9053	Valiño Canle, Jose Manuel ROBALIZA Cambre	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
Damas 21 B (16)																					
				5,0 km		14 C															
				1(64)	2(36)	3(37)	4(62)	5(39)	6(51)	7(63)	8(52)	9(42)	10(59)	11(53)	12(44)	13(61)	14(100)				
				F																	
1	9051	García García, Eva INDEPENDIENTE	1:08:14	5:07 5:07 1:08:14	8:31 3:24 8:31	13:15 4:44 13:15	21:06 7:51 21:06	25:40 4:34 25:40	29:03 3:23 29:03	41:13 12:10 41:13	43:04 1:51 43:04	47:02 3:58 47:02	52:18 5:16 52:18	58:49 6:31 58:49	1:01:56 3:07 1:01:56	1:06:13 4:17 1:06:13	1:07:52 1:39 1:07:52				
2	350	Fernandez Torres, Xema ADCARNELA Porto do Son	1:19:26	6:31 6:31 1:19:26	12:38 6:07 12:38	21:12 8:34 1:19:01	31:08 9:56 *100	35:15 4:07 35:15	42:28 7:13 42:28	49:12 6:44 49:12	52:55 3:43 52:55	57:09 4:14 57:09	1:03:31 6:22 1:03:31	1:10:28 6:57 1:10:28	1:12:26 1:58 1:12:26	1:16:39 4:13 1:16:39	1:18:56 2:17 1:18:56				
3	4	Bellón Santos, Teresa FLUVIAL LU Lugo	1:35:35	6:29 6:29 1:35:35	10:21 3:52 10:21	33:36 23:15 33:36	47:57 14:21 47:57	54:49 6:52 54:49	59:28 4:39 59:28	1:04:50 5:22 1:04:50	1:07:07 2:17 1:07:07	1:10:21 3:14 1:10:21	1:17:28 7:07 1:17:28	1:25:36 8:08 1:25:36	1:27:54 2:18 1:27:54	1:33:01 5:07 1:33:01	1:35:14 2:13 1:35:14				
4	119	Fernández Díaz, Tania AROMON Pontevedra	1:41:41	5:49 5:49 1:41:41	9:27 3:38 9:27	23:21 13:54 23:21	31:51 8:30 31:51	36:03 4:12 36:03	40:49 4:46 40:49	1:12:16 31:27 1:12:16	1:14:40 2:24 1:14:40	1:18:56 4:16 1:18:56	1:24:46 5:50 1:24:46	1:31:36 6:50 1:31:36	1:34:32 2:56 1:34:32	1:39:06 4:34 1:39:06	1:41:19 2:13 1:41:19				
5	9126	Teijo Vazquez, Tania FAICAMIÑO A Coruña (Oleiros)	1:48:15	6:52 6:52 1:48:15	13:20 6:28 13:20	20:27 7:07 20:27	31:18 10:51 31:18	38:24 7:06 38:24	44:17 5:53 44:17	1:00:24 16:07 1:00:24	1:03:23 2:59 1:03:23	1:10:34 7:11 1:10:34	1:20:07 9:33 1:20:07	1:28:47 8:40 1:28:47	1:37:42 8:55 1:37:42	1:44:34 6:52 1:44:34	1:47:42 3:08 1:47:42				
6	294	Calvelo Vázquez, Eva TREVINCA O Barco de Valde	1:50:00	6:43 6:43 1:50:00	15:26 8:43 15:26	22:50 7:24 22:50	50:49 27:59 50:49	58:17 7:28 58:17	1:08:56 10:39 1:08:56	1:15:10 6:14 1:15:10	1:18:11 3:01 1:18:11	1:24:39 6:28 1:24:39	1:32:33 7:54 1:32:33	1:39:48 7:15 1:39:48	1:42:04 2:16 1:42:04	1:47:17 5:13 1:47:17	1:49:30 2:13 1:49:30				
7	333	Rodríguez Castrelo, Ana Isabe MONTAÑA FE Ferrol. A Coruñ	1:51:00	6:37 6:37 1:51:00	17:26 10:49 17:26	28:03 10:37 28:03	48:21 20:18 48:21	54:29 6:08 54:29	1:00:42 6:13 1:00:42	1:09:58 9:16 1:09:58	1:12:37 2:39 1:12:37	1:18:11 5:34 1:18:11	1:27:58 9:47 1:27:58	1:38:12 10:14 1:38:12	1:41:47 3:35 1:41:47	1:47:24 5:37 1:47:24	1:50:25 3:01 1:50:25				
8	353	Garcia Gonzalez, Yolanda ADCARNELA Porto do Son	1:51:59	23:39 23:39 1:51:59	31:30 7:51 31:30	48:54 17:24 48:54	58:05 9:11 58:05	1:03:27 5:22 1:03:27	1:08:46 5:19 1:08:46	1:15:29 6:43 1:15:29	1:19:21 3:52 1:19:21	1:24:00 4:39 1:24:00	1:32:46 8:46 1:32:46	1:39:46 7:00 1:39:46	1:43:44 3:58 1:43:44	1:49:21 5:37 1:49:21	1:51:30 2:09 1:51:30				
9	344	Travieso Martínez, Esperanza FAICAMIÑO A Coruña (Oleiros)	2:01:01	7:46 7:46 2:01:01	11:09 3:23 11:09	22:08 10:59 22:08	41:31 19:23 41:31	51:14 9:43 51:14	57:08 5:54 57:08	1:13:30 16:22 1:13:30	1:16:25 2:55 1:16:25	1:23:31 7:06 1:23:31	1:33:02 9:31 1:33:02	1:41:49 8:47 1:41:49	1:50:31 8:42 1:50:31	1:57:21 6:50 1:57:21	2:00:24 3:03 2:00:24				
10	2	Alonso Menéndez, María Beg FLUVIAL LU Lugo	2:27:58	8:23 8:23 2:27:58	18:44 10:21 18:44	57:32 38:48 57:32	1:11:33 14:01 1:11:33	1:18:40 7:07 1:18:40	1:26:42 8:02 1:26:42	1:38:49 12:07 1:38:49	1:41:42 2:53 1:41:42	1:51:44 10:02 1:51:44	2:03:22 11:38 2:03:22	2:14:02 10:40 2:14:02	2:18:08 4:06 2:18:08	2:24:43 6:35 2:24:43	2:27:22 2:39 2:27:22				
11	432	Bello Viruega, Iria APA LICEO A Coruña	2:49:13	12:50 12:50 2:49:13	18:42 5:52 18:42	54:57 36:15 54:57	1:10:24 15:27 1:10:24	1:18:43 8:19 1:18:43	1:29:36 10:53 1:29:36	1:45:51 16:15 1:45:51	1:54:40 8:49 1:54:40	2:02:45 8:05 2:02:45	2:17:52 15:07 2:17:52	2:34:36 16:44 2:34:36	2:37:45 3:09 2:37:45	2:44:01 6:16 2:44:01	2:48:23 4:22 2:48:23				
12	423	Pan Iglesias, Lucia ROBALIZA Cambre	2:55:53	9:04 9:04 2:55:53	18:49 9:45 18:49	51:59 33:10 51:59	1:32:43 40:44 1:32:43	1:43:04 10:21 1:43:04	1:56:54 13:50 1:56:54	2:07:11 10:17 2:07:11	2:11:28 4:17 2:11:28	2:17:20 5:52 2:17:20	2:29:25 12:05 2:29:25	2:40:30 11:05 2:40:30	2:44:15 3:45 2:44:15	2:51:37 7:22 2:51:37	2:55:07 3:30 2:55:07				
	9119	Cortiñas Medina, Rosmary INDEPENDIENTE	r en tarj.	12:08 12:08 2:13:46	29:10 17:02 29:10	48:15 19:05 48:15	1:00:49 12:34 1:00:49	1:11:46 10:57 1:11:46	1:19:51 8:05 1:19:51	1:41:48 21:57 1:41:48	1:47:04 5:16 1:47:04	1:52:30 5:26 1:52:30	-----	-----	-----	-----	-----				

