

Pos	Jorsal	Nombre	Tiempo														
<b>Homes Senior (60)</b>			<b>16.6 km 396 m 19 C</b>														
			1(31) 15(45)	2(32) 16(46)	3(33) 17(48)	4(34) 18(50)	5(35) 19(100)	6(36) F	7(37)	8(38)	9(39)	10(40)	11(41)	12(49)	13(42)	14(44)	
1	71	López Costoya, Francisco Javier APA LICEO A Coruña	:35:51	3:59 3:59	6:02 2:03	10:16 4:14	13:25 3:09	16:51 3:26	21:38 4:47	31:41 10:03	34:28 2:47	37:47 3:19	45:14 7:27	50:28 5:14	53:41 3:13	1:00:39 6:58	1:11:07 10:28
2	259	Varela Yáñez, Marcos BOMBEIROS A Coruña.	:47:26	4:11 4:11	6:50 2:39	11:49 4:59	15:38 3:49	20:07 4:29	25:20 5:13	37:28 12:08	40:31 3:03	43:52 3:21	52:16 8:24	58:44 6:28	1:02:56 4:12	1:07:56 5:00	1:17:51 9:55
3	116	Fernández Casalderrey, Gonzalo AROMON Pontevedra	:57:33	4:01 4:01	6:26 2:25	12:06 5:40	15:40 3:34	22:09 6:29	28:45 6:36	40:38 11:53	43:31 2:53	46:29 2:58	57:02 10:33	1:06:54 9:52	1:11:08 4:14	1:18:17 7:09	1:27:39 9:22
4	256	Taboada Pintor, Alberto BOMBEIROS A Coruña.	:58:02	11:59 11:59	14:25 2:26	20:55 6:01	24:26 4:00	28:42 4:16	34:41 5:59	46:33 11:52	49:46 3:13	54:17 4:31	1:02:59 8:42	1:09:33 6:34	1:13:13 3:40	1:18:03 4:50	1:26:34 8:31
5	243	González Varela, Francisco José BOMBEIROS A Coruña.	:01:06	4:57 4:57	7:46 2:49	13:01 5:15	17:31 4:30	25:55 8:24	31:24 5:29	43:59 12:35	47:15 3:16	51:21 4:06	59:50 8:29	1:07:39 7:49	1:11:42 4:03	1:18:04 6:22	1:27:33 9:29
6	457	Pérez Pais, Humberto GALLAECIA A Coruña	:07:45	6:18 6:18	9:02 2:44	14:07 5:05	17:53 3:46	22:45 4:52	27:29 4:44	40:19 12:50	43:18 2:59	46:43 3:25	58:30 11:47	1:05:29 6:59	1:10:27 4:58	1:16:50 6:23	1:26:56 10:06
7		Corral Rivera, Luis Antonio GALLAECIA A Coruña	:08:28	4:40 4:40	7:17 2:37	12:07 4:50	16:01 3:54	20:14 4:13	25:39 5:25	40:51 15:12	44:15 3:24	49:01 4:46	58:50 9:49	1:05:08 6:18	1:08:55 3:47	1:16:02 7:07	1:25:20 9:18
8	385	Ramos Grela, Jose JARNACHAS Arteixo	:09:24	6:17 6:17	9:53 3:36	17:05 7:12	21:01 3:56	24:50 3:49	30:19 5:29	47:32 17:13	50:47 3:15	54:24 3:37	1:04:30 10:06	1:15:15 10:45	1:18:59 3:44	1:27:06 8:07	1:36:47 9:41
9	464	Brea Rodríguez, Iván A PEDROSA Culleredo (A Coruña)	:09:47	5:45 5:45	9:09 3:24	14:43 5:34	19:50 5:07	25:21 5:31	32:05 6:44	44:58 12:53	48:29 3:31	53:08 4:39	1:03:46 10:38	1:11:30 7:44	1:17:16 5:46	1:23:01 5:45	1:33:33 10:32
10	352	Fernández Torres, Ramón ADCARNELA Porto do Son	:14:38	4:51 4:51	8:35 3:44	14:55 6:20	19:15 4:20	26:38 7:23	34:29 7:51	50:54 16:25	54:35 3:41	59:01 4:26	1:07:30 8:29	1:14:43 7:13	1:19:02 4:19	1:28:02 9:00	1:38:34 10:32
11	336	Torviso Berdeal, Jose Antonio MONTAÑA FE Ferrol. A Coruña	:15:52	5:08 5:08	7:56 2:48	16:26 8:30	20:54 4:28	27:07 6:13	33:34 6:27	46:21 12:47	52:30 6:09	1:00:41 8:11	1:09:28 8:47	1:15:15 5:47	1:19:06 3:51	1:25:09 6:03	1:37:45 12:36
12		Raña Iglesias, Jose SIN CLUB SIN CLUB	:17:11	4:49 4:49	7:10 2:21	14:00 6:50	18:28 4:28	22:33 4:05	28:51 6:18	42:38 13:47	46:14 3:36	52:10 5:56	1:02:25 10:15	1:09:52 7:27	1:13:58 4:06	1:23:46 9:48	1:38:24 14:38
13	271	Freire Lage, Lucas GALLAECIA A Coruña	:17:32	23:38 23:38	25:56 2:18	30:22 4:26	33:51 3:29	37:11 3:20	42:23 5:12	55:59 13:36	59:20 3:21	1:03:29 4:09	1:12:21 8:52	1:19:22 7:01	1:29:53 10:31	1:36:55 7:02	1:46:32 9:37
14	234	Blanco Villar, Antonio BOMBEIROS A Coruña.	:20:38	8:05 8:05	11:48 3:43	23:00 11:12	27:38 4:38	32:11 4:33	38:14 6:03	53:50 15:36	57:19 3:29	1:02:18 4:59	1:11:42 9:24	1:19:20 7:38	1:28:48 9:28	1:34:32 5:44	1:45:46 11:14
15	394	Amil Fernández, Carlos BUDIÑORAID O Porriño	:21:02	5:27 5:27	8:04 2:37	13:57 5:53	18:16 4:19	22:33 4:17	28:03 5:30	41:04 13:01	44:20 3:16	48:16 3:56	59:30 11:14	1:06:41 7:11	1:10:57 4:16	1:23:59 13:02	1:34:27 10:28
16	373	Feijoo Palleiro, Daniel JARNACHAS Arteixo	:33:02	5:55 5:55	9:42 3:47	17:24 7:42	22:59 5:35	28:08 5:09	35:16 7:08	50:57 15:41	55:04 4:07	59:12 4:08	1:10:22 11:10	1:18:52 8:30	1:24:47 5:55	1:30:17 5:30	1:55:57 25:40
17	152	Vera Murillo, José Javier AROMON Pontevedra	:33:04	7:09 7:09	10:33 3:24	16:40 6:07	21:56 5:16	28:42 6:46	38:32 9:50	53:58 15:26	58:56 4:58	1:06:07 7:11	1:15:46 9:39	1:25:21 9:35	1:31:11 5:50	1:40:36 9:25	1:52:30 11:54
18		Blanco Ramos, Enrique SIN CLUB SIN CLUB	:36:30	5:26 5:26	8:10 2:44	12:57 4:47	17:01 4:04	21:52 4:51	26:56 5:04	44:56 18:00	51:23 6:27	59:33 8:10	1:12:29 12:56	1:22:56 10:27	1:30:49 7:53	1:40:45 9:56	1:53:08 12:23
19	330	Otero Pernas, Alberto MONTAÑA FE Ferrol. A Coruña	:37:31	7:30 7:30	10:59 3:29	20:43 9:44	26:45 6:02	32:51 6:06	44:21 11:30	59:20 14:59	1:03:37 4:17	1:09:15 5:38	1:22:44 2:29	1:32:00 9:16	1:36:46 4:46	1:44:19 7:33	1:55:47 11:28
20	429	Iglesias Castro, Rubén FLUVIAL LU Lugo	:39:05	7:26 7:26	10:17 2:51	16:10 5:53	20:32 4:22	35:19 14:47	42:29 7:10	55:22 12:53	58:50 3:28	1:04:06 5:16	1:12:26 8:20	1:19:03 6:37	1:23:18 4:15	1:45:13 21:55	2:03:12 17:59
21	15	Corral Alonso, Alberto FLUVIAL LU Lugo	:42:50	6:02 6:02	9:13 3:11	17:40 8:27	24:43 7:03	29:44 5:01	36:40 6:56	51:33 14:53	55:31 3:58	59:15 3:44	1:09:56 10:41	1:22:56 13:00	1:28:09 5:13	1:38:34 10:25	2:01:04 22:30
22	360	Cabo Areoso, Jose Antonio SEO Ordes	:44:43	8:33 6:12	16:17 4:09	4:18 7:44	4:39 5:57	7:08 6:29	8:51 8:50	55:22 16:01	59:48 4:26	1:05:11 5:23	1:16:18 11:07	1:26:06 9:48	1:32:09 6:03	1:40:41 8:32	1:55:56 15:15

Pos	Jorsal	Nombre	Tiempo														
<b>Homes Senior (60)</b>			<b>16.6 km 396 m 19 C</b>							<i>(cont.)</i>							
			1(31) 15(45)	2(32) 16(46)	3(33) 17(48)	4(34) 18(50)	5(35) 19(100)	6(36) F	7(37)	8(38)	9(39)	10(40)	11(41)	12(49)	13(42)	14(44)	
23	456	Penabad Franco, Manuel GALLAECIA A Coruña	:45:10	8:02 8:02	11:35 3:33	22:34 10:59	27:56 5:22	34:24 6:28	40:56 6:32	1:02:37 21:41	1:06:34 3:57	1:11:24 4:50	1:22:07 10:43	1:29:46 7:39	1:36:10 6:24	1:46:08 9:58	1:56:15 10:07
24	82	Ramos Asensio, Luis Javier APA LICEO A Coruña	:47:21	8:49 8:49	13:33 4:44	23:52 10:19	31:11 7:19	37:34 6:23	46:07 8:33	1:03:41 17:34	1:07:44 4:03	1:13:47 6:03	1:25:09 11:22	1:33:56 8:47	1:40:23 6:27	1:49:41 9:18	2:02:50 13:09
25	375	Fragoso Perez, Isaac JARNACHAS Arteixo	:47:32	6:14 6:14	11:07 4:53	18:56 7:49	23:47 4:51	28:57 5:10	37:10 8:13	53:03 15:53	57:11 4:08	1:02:51 5:40	1:18:41 15:50	1:28:48 10:07	1:35:04 6:16	1:45:45 10:41	2:03:12 17:27
26		Pedreira Romero, Fernando ARTABROS A Coruña	:50:34	6:50 6:50	10:27 3:37	19:21 8:54	24:51 5:30	32:23 7:32	42:30 10:07	57:59 15:29	1:02:02 4:03	1:07:35 5:33	1:22:02 14:27	1:30:08 8:06	1:35:31 5:23	1:44:09 8:38	1:57:38 13:29
27		González Fernández, Cesar CORNELIOS A Coruña	:54:26	5:56 5:56	9:45 3:49	25:51 16:06	32:34 6:43	38:30 5:56	48:07 9:37	1:06:34 18:27	1:10:56 4:22	1:16:41 5:45	1:29:26 12:45	1:37:35 8:09	1:43:25 5:50	1:54:06 10:41	2:14:59 20:53
28		Fernández Sánchez, Diego CORNELIOS A Coruña	:56:22	6:08 6:08	12:30 6:22	28:01 15:31	33:54 5:53	40:45 6:51	48:19 7:34	1:04:49 16:30	1:09:46 4:57	1:15:25 5:39	1:34:41 19:16	1:42:22 7:41	1:47:48 5:26	1:55:56 8:08	2:16:31 20:35
29		Rocha Costas, Julian CORNELIOS A Coruña	:57:23	7:13 7:13	13:31 6:18	29:12 15:41	34:57 5:45	41:48 6:51	50:09 8:21	1:09:38 19:29	1:14:00 4:22	1:19:45 5:45	1:32:31 12:46	1:40:37 8:06	1:46:27 5:50	1:56:58 10:31	2:17:43 20:45
30	356	Santos Blanco, Alberto ADCARNELA Porto do Son	:58:40	14:00 14:00	17:29 3:29	26:17 8:48	31:13 4:56	37:00 5:47	44:45 7:45	59:56 15:11	1:04:24 4:28	1:10:37 6:13	1:26:57 16:20	1:37:28 10:31	1:44:18 6:50	1:52:09 7:51	2:06:04 13:55
31		Roel Vazquez, Jose Antonio GALLAECIA A Coruña	:04:55	6:29 6:29	10:59 4:30	29:10 18:11	34:27 5:17	41:47 7:20	51:39 9:52	1:08:47 17:08	1:12:33 3:46	1:18:19 5:46	1:28:44 10:25	1:41:04 12:20	1:45:34 4:30	1:59:44 14:10	2:13:32 13:48
32	351	Fernández Torres, José Manuel ADCARNELA Porto do Son	:09:55	6:42 6:42	9:58 3:16	19:21 9:23	24:25 5:04	30:26 6:01	37:53 7:27	56:34 18:41	1:00:53 4:19	1:06:11 5:18	1:27:00 20:49	1:40:45 13:45	1:46:43 5:58	1:57:04 10:21	2:22:53 25:49
33		Perez Díaz, Fernando GALLAECIA A Coruña	:13:08	10:35 10:35	15:19 4:44	25:02 9:43	30:07 5:05	35:00 4:53	41:15 6:15	59:33 18:18	1:03:31 3:58	1:08:38 5:07	1:26:41 18:03	1:54:33 27:52	2:00:48 6:15	2:11:32 10:44	2:35:34 24:02
34	387	Valle Rodriguez, Jesus JARNACHAS Arteixo	:13:27	8:06 8:06	11:53 3:47	18:56 7:03	24:46 5:50	32:04 7:18	39:13 7:09	1:10:20 31:07	1:14:33 4:13	1:18:50 4:17	1:42:24 23:34	1:53:13 10:49	1:59:10 5:57	2:07:30 8:20	2:23:43 16:13
35	376	Garcia Ramos, Alberto JARNACHAS Arteixo	:15:26	7:21 7:21	11:07 3:46	19:21 8:14	32:47 13:26	37:45 4:58	49:00 11:15	1:05:23 16:23	1:09:06 3:43	1:15:12 6:06	1:25:48 10:36	1:33:55 8:07	1:42:42 8:47	1:53:00 10:18	2:31:45 38:45
36		Alonso Rodríguez, Jonatan SIN CLUB SIN CLUB	:20:49	13:42 13:42	17:38 3:56	28:26 10:48	34:13 5:47	40:45 6:32	48:03 7:18	1:40:20 52:17	1:44:56 4:36	1:51:36 6:40	2:01:51 10:15	2:11:13 9:22	2:18:03 6:50	2:26:14 8:11	2:39:59 13:45
37	384	Rabuñal Lopez, Oscar JARNACHAS Arteixo	:21:30	7:43 7:43	13:30 5:47	22:11 8:41	29:39 7:28	41:55 12:16	50:06 8:11	1:19:37 29:31	1:24:47 5:10	1:29:26 4:39	1:43:39 14:13	1:56:52 13:13	2:03:56 7:04	2:13:46 9:50	2:33:05 19:19
38		Páramo Regueira, Juan SIN CLUB SIN CLUB	:22:02	12:21 12:21	18:40 6:19	28:00 9:20	34:43 6:43	39:42 4:59	47:29 7:47	1:13:57 26:28	1:18:17 4:20	1:24:37 6:20	1:37:26 12:49	1:46:48 9:22	1:53:31 6:43	2:06:07 12:36	2:21:05 14:58
39		Canedo García, Juan SIN CLUB SIN CLUB	:23:58	5:57 5:57	21:36 15:39	29:52 8:16	36:35 6:43	41:36 5:01	49:21 7:45	1:15:50 26:29	1:20:11 4:21	1:26:29 6:18	1:39:11 12:42	1:48:42 9:31	1:55:34 6:52	2:08:02 12:28	2:23:00 14:58
40		García Fernandez, David GALLAECIA A Coruña	:26:00	18:56 18:56	22:28 3:32	33:18 10:50	39:22 6:04	45:55 6:33	53:50 7:55	1:45:23 51:33	1:50:50 5:27	1:56:29 5:39	2:07:04 10:35	2:16:19 9:15	2:23:11 6:52	2:31:23 8:12	2:45:09 13:46
41	359	Amor Boquete, Jose Manuel SEO Ordes	:28:55	7:34 7:34	12:53 5:19	21:36 8:43	29:02 7:26	37:33 8:31	45:37 8:04	1:06:19 20:42	1:11:31 5:12	1:22:14 10:43	1:34:42 12:28	1:46:34 11:52	1:53:55 7:21	2:06:42 12:47	2:24:23 17:41
42	504	Rodríguez Lopez, Rodrigo Ivan FLUVIAL LU Lugo	:29:08	6:20 6:20	29:30 23:10	38:18 8:48	44:41 6:23	51:11 6:30	57:07 5:56	1:19:58 22:51	1:23:41 3:43	1:28:18 4:37	1:43:24 15:06	1:53:24 10:00	1:58:24 5:00	2:08:50 10:26	2:51:03 42:13
43		Ramos Fernandez, Guillermo MONTAÑA FE Ferrol. A Coruña	:34:46	32:02 32:02	36:37 4:35	45:42 9:05	53:09 7:27	1:00:54 7:45	1:11:29 10:35	1:26:26 14:57	1:30:09 3:43	1:35:47 5:38	1:59:15 23:28	2:07:42 8:27	2:12:49 5:07	2:31:47 18:58	2:50:38 18:51
44	901	Rodríguez Pena, Jose María GALLAECIA A Coruña	:52:05	8:08 8:08	14:36 6:28	24:49 10:13	29:47 4:58	35:05 5:18	42:26 7:21	55:28 13:02	1:02:51 7:23	1:33:57 31:06	1:53:42 19:45	2:01:06 7:24	2:07:33 6:27	2:52:34 45:01	3:09:57 17:23

Pos	Jorsal	Nombre		Tiempo													
<b>Homes Senior (60)</b>				<b>16.6 km 396 m 19 C</b>													
				<i>(cont.)</i>													
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(49)	13(42)	14(44)
				15(45)	16(46)	17(48)	18(50)	19(100)	F								
		<b>Seijas Balseiro, Alberto</b>	en tarj.	6:19	10:28	17:34	30:27	35:16	58:10	1:24:26	1:28:40	1:35:43	1:49:11	----	----	----	----
		<b>MONTAÑA FE Ferrol. A Coruña</b>		6:19	4:09	7:06	12:53	4:49	22:54	26:16	4:14	7:03	13:28				
		<b>Vergara Villarnovo, Moises</b>	en tarj.	8:12	11:40	17:49	25:18	38:30	45:25	1:04:41	1:09:21	1:14:51	1:31:11	1:41:55	1:48:53	2:00:17	2:46:00
		<b>MONTAÑA FE Ferrol. A Coruña</b>		8:12	3:28	6:09	7:29	13:12	6:55	19:16	4:40	5:30	16:20	10:44	6:58	11:24	45:43
		<b>Vergara Villarnovo, Victor</b>	en tarj.	12:55	17:23	26:11	32:46	39:13	49:53	1:15:08	----	----	----	----	----	----	----
		<b>SIN CLUB SIN CLUB</b>		12:55	4:28	8:48	6:35	6:27	10:40	25:15							
		<b>345 Vázquez González, Miguel Angel</b>	en tarj.	11:24	15:33	25:10	30:39	35:59	44:27	1:01:01	1:05:01	1:09:34	1:21:34	----	----	----	----
		<b>FAICAMIÑO A Coruña (Oleiros - Iñ</b>		11:24	4:09	9:37	5:29	5:20	8:28	16:34	4:00	4:33	12:00				
		<b>Rico Tasende, Marcos</b>	en tarj.	22:55	26:07	36:32	42:22	49:57	1:00:16	1:29:47	1:34:49	1:43:03	2:06:15	2:50:50	----	----	----
		<b>GALLAECIA A Coruña</b>		22:55	3:12	10:25	5:50	7:35	10:19	29:31	5:02	8:14	23:12	44:35			
		<b>287 Santalla Pérez, Jose</b>	en tarj.	4:44	10:11	15:07	20:14	25:02	32:07	45:01	48:03	54:45	1:04:30	1:10:35	1:14:21	1:20:39	1:30:23
		<b>GALLAECIA A Coruña</b>		4:44	5:27	4:56	5:07	4:48	7:05	12:54	3:02	6:42	9:45	6:05	3:46	6:18	9:44
		<b>211 Andrés Díaz, Marcos</b>	en tarj.	6:04	9:15	17:43	23:53	30:46	39:40	57:27	1:01:36	1:05:40	1:25:30	1:36:21	----	----	----
		<b>ARTABROS A Coruña</b>		6:04	3:11	8:28	6:10	6:53	8:54	17:47	4:09	4:04	19:50	10:51			
		<b>Gómez Domínguez, Sebastián</b>	en tarj.	5:35	8:28	14:13	18:31	23:03	28:39	51:09	54:30	1:01:42	1:11:03	1:17:58	1:33:48	1:41:40	----
		<b>GALLAECIA A Coruña</b>		5:35	2:53	5:45	4:18	4:32	5:36	22:30	3:21	7:12	9:21	6:55	15:50	7:52	----
		<b>354 Lareo Martinez, David</b>	en tarj.	5:49	9:46	18:47	24:12	32:47	39:59	1:10:46	1:15:40	1:20:30	1:31:38	----	----	----	----
		<b>ADCARNELA Porto do Son</b>		5:49	3:57	9:01	5:25	8:35	7:12	30:47	4:54	4:50	11:08				
		<b>371 Andrade Villar, Roberto</b>	en tarj.	10:19	14:39	----	----	----	----	----	----	----	----	----	----	----	----
		<b>JARNACHAS Arteixo</b>		10:19	4:20												
		<b>279 Mosquera Ríos, José Ramón</b>	en tarj.	6:18	9:49	21:35	41:35	53:46	1:00:56	1:17:42	1:21:39	1:27:08	1:40:23	1:52:13	1:58:40	----	----
		<b>GALLAECIA A Coruña</b>		6:18	3:31	11:46	20:00	12:11	7:10	16:46	3:57	5:29	13:15	11:50	6:27		
		<b>407 Carballo Alviárez, Xan</b>	en tarj.	5:31	8:39	15:07	20:58	25:42	32:48	51:29	56:10	1:00:17	1:13:55	----	----	----	----
		<b>A PEDROSA Culleredo (A Coruña)</b>		5:31	3:08	6:28	5:51	4:44	7:06	18:41	4:41	4:07	13:38				
		<b>Sánchez Atanes, Francisco Javier</b>	en tarj.	7:15	----	----	----	----	----	----	----	----	----	----	----	----	----
		<b>CORNELIOS A Coruña</b>		7:15													
		<b>228 Roca Santiuste, Benjamín</b>	en tarj.	5:30	9:48	15:53	20:58	28:44	36:24	1:00:04	1:04:17	1:08:27	1:20:55	----	----	----	----
		<b>ARTABROS A Coruña</b>		5:30	4:18	6:05	5:05	7:46	7:40	23:40	4:13	4:10	12:28				
		<b>331 Perez Marcote, David</b>	indona	----	----	----	----	----	----	----	----	----	----	----	----	----	----
		<b>MONTAÑA FE Ferrol. A Coruña</b>															
		<b>343 Prado Costoya, Jaime</b>	indona	----	----	----	----	----	----	----	----	----	----	----	----	----	----
		<b>FAICAMIÑO A Coruña (Oleiros - Iñ</b>															
<b>Homes Veteráns (29)</b>				<b>12.4 km 392 m 13 C</b>													
				1(51)	2(32)	3(52)	4(53)	5(54)	6(55)	7(56)	8(57)	9(58)	10(59)	11(62)	12(50)	13(100)	F
1	326	<b>García Lorenzo, Carlos</b>	l:12:33	<b>4:29</b>	<b>7:10</b>	<b>11:34</b>	<b>20:42</b>	<b>25:28</b>	<b>28:01</b>	<b>33:51</b>	<b>40:50</b>	<b>44:50</b>	<b>51:15</b>	<b>1:02:07</b>	<b>1:06:20</b>	<b>1:11:43</b>	<b>1:12:33</b>
		<b>MONTAÑA FE Ferrol. A Coruña</b>		<b>4:29</b>	2:41	<b>4:24</b>	<b>9:08</b>	<b>4:46</b>	<b>2:33</b>	<b>5:50</b>	6:59	<b>4:00</b>	6:25	10:52	<b>4:13</b>	<b>5:23</b>	<b>0:50</b>
2	367	<b>Varela Lorenzo, Francisco</b>	l:16:06	4:42	7:30	12:34	21:56	26:44	29:44	36:40	43:33	48:13	54:24	1:05:06	1:09:29	1:15:00	1:16:06
		<b>SEO Ordes</b>		4:42	2:48	5:04	9:22	4:48	3:00	6:56	<b>6:53</b>	4:40	<b>6:11</b>	<b>10:42</b>	4:23	5:31	1:06
3	67	<b>Casado Bravo, David</b>	l:27:30	5:55	8:50	16:32	27:30	32:48	37:47	44:30	52:45	57:01	1:04:28	1:16:17	1:20:48	1:26:27	1:27:30
		<b>APA LICEO A Coruña</b>		5:55	2:55	7:42	10:58	5:18	4:59	6:43	8:15	4:16	7:27	11:49	4:31	5:39	1:03
4	476	<b>Suárez Fernández, Celso</b>	l:33:53	6:37	9:13	18:37	30:16	36:40	40:00	51:17	59:20	1:04:05	1:11:11	1:22:18	1:27:03	1:32:59	1:33:53
		<b>GALLAECIA A Coruña</b>		6:37	<b>2:36</b>	9:24	11:39	6:24	3:20	11:17	8:03	4:45	7:06	11:07	4:45	5:56	0:54
5	325	<b>García García, Jose A.</b>	l:34:42	6:45	9:36	14:46	26:06	33:12	36:14	46:59	55:15	1:02:45	1:10:18	1:22:57	1:27:41	1:33:45	1:34:42
		<b>MONTAÑA FE Ferrol. A Coruña</b>		6:45	2:51	5:10	11:20	7:06	3:02	10:45	8:16	7:30	7:33	12:39	4:44	6:04	0:57
6	102	<b>Beloso García, Manuel</b>	l:36:43	6:04	9:06	14:21	26:50	33:21	36:20	46:24	54:37	59:34	1:08:35	1:22:26	1:27:52	1:35:48	1:36:43
		<b>AROMON Pontevedra</b>		6:04	3:02	5:15	12:29	6:31	2:59	10:04	8:13	4:57	9:01	13:51	5:26	7:56	0:55
7	327	<b>Gonzalez Orozco, Juan Carlos</b>	l:36:47	7:50	10:40	15:59	27:11	34:09	37:18	47:54	56:09	1:03:49	1:11:16	1:23:52	1:28:41	1:35:40	1:36:47
		<b>MONTAÑA FE Ferrol. A Coruña</b>		7:50	2:50	5:19	11:12	6:58	3:09	10:36	8:15	7:40	7:27	12:36	4:49	6:59	1:07
8	505	<b>Dominguez Portas, Antonio</b>	l:42:27	5:19	8:27	17:52	28:54	34:55	38:42	49:58	1:00:55	1:05:45	1:13:46	1:25:53	1:32:48	1:41:17	1:42:27
		<b>AROMON Pontevedra</b>		5:19	3:08	9:25	11:02	6:01	3:47	11:16	10:57	4:50	8:01	12:07	6:55	8:29	1:10
9	263	<b>Álvarez Estévez, Enrique Luis</b>	l:44:14	6:08	10:00	15:40	26:00	35:10	40:16	46:46	1:04:18	1:08:44	1:15:50	1:27:03	1:31:58	1:43:07	1:44:14
		<b>GALLAECIA A Coruña</b>		6:08	3:52	5:40	10:20	9:10	5:06	6:30	17:32	4:26	7:06	11:13	4:55	11:09	1:07
10	251	<b>Rodríguez Gutierrez, Gabriel</b>	l:47:27	5:32	12:53	18:23	31:19	44:37	49:01	56:49	1:04:52	1:09:36	1:17:45	1:29:48	1:35:05	1:46:12	1:47:27
		<b>BOMBEIROS A Coruña.</b>		5:32	7:21	5:30	12:56	13:18	4:24	7:48	8:03	4:44	8:09	12:03	5:17	11:07	1:15





