

os	rsal	Nombre	Tempo																	
Mulleres Cadete (2)				5,2 km 80 m					9 C											
				1(42)	2(45)	3(39)	4(49)	5(44)	6(41)	7(31)	8(43)	9(200)	Meta							
1	161	Alba Dopico Golpe GALLAECIA RAID A	50:58	5:16	13:06	17:58	26:41	29:19	33:34	38:44	42:35	50:03	50:58							
2	299	Nerea Oujo Perez ADC ARNELA Porto	1:18:39	7:12	20:12	23:31	43:02	46:48	52:46	59:57	1:10:05	1:17:41	1:18:39							
				7:12	13:00	3:19	19:31	3:46	5:58	7:11	10:08	7:36	0:58							
Mulleres Senior (13)				17,2 km 650 m					13 C											
				1(34)	2(40)	3(36)	4(37)	5(57)	6(60)	7(64)	8(63)	9(61)	10(59)	11(67)	12(69)	13(100)	Meta			
1	580	Veronica Montes Vil AABT Paderne	1:46:34	6:50	9:30	14:30	31:45	48:43	59:27	1:09:42	1:14:31	1:18:07	1:25:10	1:31:18	1:39:59	1:46:05	1:46:34			
2	256	Teresa Barreira Sal MONTAÑA FERROL	1:49:54	9:23	11:35	19:36	34:15	50:28	1:01:18	1:12:00	1:16:29	1:19:46	1:24:55	1:35:13	1:44:11	1:49:22	1:49:54			
3	175	Tania López Eyo GALLAECIA RAID A	2:00:24	9:23	2:12	8:01	14:39	16:13	10:50	10:42	4:29	3:17	5:09	10:18	8:58	5:11	0:32			
4	26	Fernanda Follana N FLUVIAL LUGO Lug	2:05:38	8:02	2:04	7:24	13:08	25:46	13:05	12:58	3:17	3:18	7:03	6:18	9:36	7:48	0:37			
5	19	Luisa Felpeto Gonz FLUVIAL LUGO Lug	2:08:13	7:07	9:51	17:51	35:48	56:44	1:13:45	1:27:53	1:31:58	1:36:13	1:43:17	1:49:22	1:59:06	2:05:03	2:05:38			
6	314	María Del Mar Delga FAICAMIÑO A Coruña	2:15:56	7:07	2:44	8:00	17:57	20:56	17:01	14:08	4:05	4:15	7:04	6:05	9:44	5:57	0:35			
				10:59	13:22	21:04	36:05	58:59	1:14:53	1:31:02	1:35:18	1:39:43	1:47:49	1:54:59	2:06:11	2:15:09	2:15:56			
				10:59	2:23	7:42	15:01	22:54	15:54	16:09	4:16	4:25	8:06	7:10	11:12	8:58	0:47			
					6:57	*35														
7	496	Isabel Diz Cao CORNELIOS RAID A	2:20:53	7:27	9:50	16:46	32:06	59:21	1:13:49	1:29:16	1:34:15	1:38:36	1:47:38	1:57:31	2:13:17	2:20:06	2:20:53			
8	127	Alicia Pérez Alonso AROMON Pontevedr	2:27:40	7:27	2:23	6:56	15:20	27:15	14:28	15:27	4:59	4:21	9:02	9:53	15:46	6:49	0:47			
9	142	Carla Veiga García AROMON Pontevedr	3:06:44	9:50	12:45	21:20	37:09	58:14	1:16:22	1:29:11	1:34:40	1:38:59	1:47:38	2:04:56	2:18:53	2:26:57	2:27:40			
				9:50	2:55	8:35	15:49	21:05	18:08	12:49	5:29	4:19	8:39	17:18	13:57	8:04	0:43			
				9:01	12:10	23:53	49:27	1:20:36	1:50:14	2:07:26	2:13:53	2:21:28	2:31:36	2:41:05	2:56:54	3:05:50	3:06:44			
				9:01	3:09	11:43	25:34	31:09	29:38	17:12	6:27	7:35	10:08	9:29	15:49	8:56	0:54			
				402	Ana Varela Yáñez BRIGANTIA A Coruña	Desc.	7:11	9:38	14:32	26:32	43:28	55:38	1:06:27	1:09:51	1:13:38	1:21:34	1:27:43	1:38:15	1:43:48	1:44:20
				7:11	2:27	4:54	12:00	16:56	12:10	10:49	3:24	3:47	7:56	6:09	10:32	5:33	0:32			
				602	Maite Fraga Lamas FLUVIAL LUGO Lug	Desc.	13:30	17:59	31:21	1:01:45	1:42:59	2:20:22	2:41:08	2:46:24	2:54:09	3:04:33	3:22:49	3:40:55	3:52:52	3:53:54
				13:30	4:29	13:22	30:24	41:14	37:23	20:46	5:16	7:45	10:24	18:16	18:06	11:57	1:02			
				307	María Santos Camb ADC ARNELA Porto	andona	7:40	13:03	26:34	----	----	----	----	----	----	----	----	1:33:12		
				7:40	5:23	13:31														
				508	Olalla Bello Rodríg ROBALIZA Cambre	No sale														
Mulleres Veteranas A (3)				12,3 km 450 m					11 C											
				1(45)	2(32)	3(54)	4(56)	5(61)	6(58)	7(55)	8(46)	9(47)	10(69)	11(100)	Meta					
1	258	Elena Bujía Rodríg MONTAÑA FERROL	2:05:37	13:47	20:09	28:59	46:19	1:18:01	1:32:07	1:42:33	1:49:58	1:52:54	1:57:04	2:04:35	2:05:37					
				13:47	6:22	8:50	17:20	31:42	14:06	10:26	7:25	2:56	4:10	7:31	1:02					
				379	Sonia Gómez Naya BRIGANTIA A Coruña	en tarj.	----	----	----	2:19:02	----	----	----	2:47:18	2:56:00	2:56:46	11:04			
									2:19:02				28:16	8:42	0:46	*34				
									2:09:49	2:14:39	2:26:23	2:34:14								
									*64	*63	*59	*67								
									*60	*63	*59	*67								
									*57	*60	*63	*67								
									2:23:05	----	----	----	2:51:28	3:00:00	3:00:48	6:39				
									2:23:05				28:23	8:32	0:48	*34				
									1:57:04	2:13:55	2:18:44	2:30:24	2:38:19							
									*60	*64	*63	*59	*67							
Mulleres Veteranas B (1)				6,3 km 120 m					9 C											
				1(42)	2(45)	3(51)	4(49)	5(44)	6(41)	7(31)	8(43)	9(200)	Meta							
1	454	Soraya Alviarez Mila A PEDROSA ORRO	1:11:42	16:17	23:11	32:47	40:09	44:26	53:03	56:47	1:02:01	1:10:21	1:11:42							
				16:17	6:54	9:36	7:22	4:17	8:37	3:44	5:14	8:20	1:21							
Homes Cadete (5)				5,2 km 80 m					9 C											
				1(42)	2(45)	3(39)	4(49)	5(44)	6(41)	7(31)	8(43)	9(200)	Meta							
1	147	Martin Enrique Alva GALLAECIA RAID A	26:28	3:49	7:59	10:24	13:01	14:49	17:24	19:08	20:58	25:51	26:28							
				3:49	4:10	2:25	2:37	1:48	2:35	1:44	1:50	4:53	0:37							
2	284	Denis Arufe Calo ADC ARNELA Porto	37:07	4:47	9:27	12:56	19:48	22:06	25:58	27:52	30:52	36:21	37:07							
				4:47	4:40	3:29	6:52	2:18	3:52	1:54	3:00	5:29	0:46							
3	99	Xandre Beloso Igle AROMON Pontevedr	39:55	5:35	12:38	15:14	19:05	21:45	26:23	29:00	32:52	39:05	39:55							
				5:35	7:03	2:36	3:51	2:40	4:38	2:37	3:52	6:13	0:50							
4	308	Eloi Serantes Abal ADC ARNELA Porto	1:07:34	7:59	15:46	21:01	29:56	33:35	49:21	52:42	57:43	1:06:24	1:07:34							
				7:59	7:47	5:15	8:55	3:39	15:46	3:21	5:01	8:41	1:10							
									11:51:49	11:54:01	11:56:34	1:49	2:36	20:08	28:41	45:08				
									5:27	2:12	2:33	0:47	*73	*64	*49					
									2:25:14	2:37:28										
									*54	*54										
									*53	*54										
									*62	*53										
									*74	*53										
									*50	*51										
									*51	*74										
Homes Junior (1)				12,3 km 450 m					11 C											
				1(45)	2(32)	3(54)	4(56)	5(61)	6(58)	7(55)	8(46)	9(47)	10(69)	11(100)	Meta					
1	383	Santiago González BRIGANTIA A Coruña	1:46:31	7:38	12:34	18:21	37:07	1:08:45	1:21:44	1:26:26	1:34:16	1:36:40	1:40:11	1:45:57	1:46:31					
				7:38	4:56	5:47	18:46	31:38	12:59	4:42	7:50	2:24	3:31	5:46	0:34					

os	rsal	Nombre	Tiempo	22,5 km 900 m											17 C			
				1(35)	2(38)	3(33)	4(37)	5(52)	6(53)	7(57)	8(60)	9(64)	10(65)	11(63)	12(62)	13(66)	14(67)	
				15(68)	16(69)	17(100)	Meta											
1	518	Ángel García García AABT Paderne	1:32:00	3:13	5:11	10:39	20:19	26:46	32:35	42:43	51:24	59:23	1:02:39	1:07:12	1:09:56	1:13:28	1:20:44	
				1:24:16	1:28:14	1:31:36	1:32:00	6:27	5:49	10:08	8:41	7:59	3:16	4:33	2:44	3:32	7:16	
				3:32	3:58	3:22	0:24											
2	16	Alberto Corral Alon FLUVIAL LUGO Lug	1:45:38	3:33	5:39	13:45	24:57	32:01	40:24	51:57	1:00:44	1:10:25	1:14:57	1:18:28	1:21:14	1:25:35	1:33:07	
				3:33	2:06	8:06	11:12	7:04	8:23	11:33	8:47	9:41	4:32	3:31	2:46	4:21	7:32	
				1:36:22	1:40:14	1:45:07	1:45:38											
				3:15	3:52	4:53	0:31											
3	483	Borja Varela Paz C.O.CO A Coruña	1:48:11	3:45	8:21	15:59	27:20	34:55	40:48	51:58	1:00:54	1:11:13	1:14:48	1:17:56	1:20:55	1:25:36	1:35:02	
				3:45	4:36	7:38	11:21	7:35	5:53	11:10	8:56	10:19	3:35	3:08	2:59	4:41	9:26	
				1:38:48	1:43:16	1:47:41	1:48:11											
				3:46	4:28	4:25	0:30											
4	291	Ramón Fernández T ADC ARNELA Porto	1:54:07	3:44	6:21	14:33	27:11	35:32	41:54	56:57	1:06:43	1:16:43	1:20:09	1:24:18	1:27:32	1:32:18	1:40:46	
				3:44	2:37	8:12	12:38	8:21	6:22	15:03	9:46	10:00	3:26	4:09	3:14	4:46	8:28	
				1:44:36	1:49:14	1:53:33	1:54:07											
				3:50	4:38	4:19	0:34											
5	575	Pedro Castrillo Aria C.O.CO A Coruña	2:06:23	4:10	6:23	14:56	26:52	34:16	40:28	53:28	1:03:03	1:12:50	1:15:50	1:19:24	1:22:35	1:27:51	1:49:46	
				4:10	2:13	8:33	11:56	7:24	6:12	13:00	9:35	9:47	3:00	3:34	3:11	5:16	21:55	
				1:55:28	2:00:51	2:05:50	2:06:23											
				5:42	5:23	4:59	0:33											
6	543	Carlos Amil Fernán BUDIÑORAI O Por	2:07:48	5:19	12:05	18:49	31:56	40:29	47:09	59:35	1:10:56	1:20:59	1:26:05	1:29:55	1:33:18	1:37:28	1:47:00	
				5:19	6:46	6:44	13:07	8:33	6:40	12:26	11:21	10:03	5:06	3:50	3:23	4:10	9:32	
				1:51:07	2:01:33	2:07:10	2:07:48											
				4:07	10:26	5:37	0:38											
7	277	Jose Maria Rodrigu MONTAÑA FERROL	2:11:59	4:00	9:55	21:16	34:24	43:04	50:22	1:00:55	1:09:42	1:21:06	1:29:58	1:41:18	1:44:14	1:49:17	1:59:42	
				4:00	5:55	11:21	13:08	8:40	7:18	10:33	8:47	11:24	8:52	11:20	2:56	5:03	10:25	
				2:03:11	2:07:17	2:11:25	2:11:59											
				3:29	4:06	4:08	0:34											
8	3	Roberto Amarelle G FLUVIAL LUGO Lug	2:13:51	6:22	14:41	22:19	37:35	46:46	56:36	1:09:08	1:20:34	1:31:51	1:35:14	1:39:35	1:43:36	1:49:56	2:00:52	
				6:22	8:19	7:38	15:16	9:11	9:50	12:32	11:26	11:17	3:23	4:21	4:01	6:20	10:56	
				2:04:05	2:08:50	2:13:16	2:13:51											
				3:13	4:45	4:26	0:35											
9	436	Jose Angel Morlán SEO Ordes	2:16:13	6:34	9:21	17:35	31:28	40:32	47:33	1:04:02	1:15:40	1:27:48	1:31:25	1:36:09	1:40:08	1:46:34	1:57:29	
				6:34	2:47	8:14	13:53	9:04	7:01	16:29	11:38	12:08	3:37	4:44	3:59	6:26	10:55	
				2:03:25	2:08:42	2:15:37	2:16:13											
				5:56	5:17	6:55	0:36											
10	282	Moises Vergara Vill MONTAÑA FERROL	2:23:47	4:24	8:32	17:33	31:40	41:56	51:25	1:04:56	1:18:04	1:32:00	1:36:16	1:41:26	1:46:04	1:52:11	2:05:47	
				4:24	4:08	9:01	14:07	10:16	9:29	13:31	13:08	13:56	4:16	5:10	4:38	6:07	13:36	
				2:11:36	2:17:20	2:23:11	2:23:47											
				5:49	5:44	5:51	0:36											
11	144	Roberto Verde Lare AROMON Pontevedr	2:36:30	9:55	13:32	23:03	39:56	51:32	1:00:41	1:16:16	1:30:08	1:44:09	1:48:51	1:53:21	1:57:25	2:04:02	2:15:17	
				9:55	3:37	9:31	16:53	11:36	9:09	15:35	13:52	14:01	4:42	4:30	4:04	6:37	11:15	
				2:22:17	2:28:17	2:35:53	2:36:30											
				7:00	6:00	7:36	0:37											
12	154	Roberto Carro Garc GALLAECIA RAID A	2:38:15	11:17	18:27	26:27	41:51	55:41	1:03:27	1:18:12	1:32:05	1:46:01	1:50:46	1:54:35	1:59:20	2:05:43	2:17:12	
				11:17	7:10	8:00	15:24	13:50	7:46	14:45	13:53	13:56	4:45	3:49	4:45	6:23	11:29	
				2:24:04	2:30:07	2:37:49	2:38:15											
				6:52	6:03	7:42	0:26											
13	21	Carlos Fernández M FLUVIAL LUGO Lug	2:38:55	5:35	8:54	19:47	36:14	48:54	57:05	1:12:52	1:27:33	1:40:27	1:45:45	1:50:16	1:54:29	2:07:14	2:20:22	
				5:35	3:19	10:53	16:27	12:40	8:11	15:47	14:41	12:54	5:18	4:31	4:13	12:45	13:08	
				2:25:57	2:32:10	2:38:17	2:38:55											
				5:35	6:13	6:07	0:38											
14	109	Gonzalo Fernández AROMON Pontevedr	2:40:05	5:27	7:28	16:04	26:51	34:00	43:00	1:36:58	1:46:57	1:57:19	2:02:44	2:06:20	2:10:04	2:14:53	2:23:31	
				5:27	2:01	8:36	10:47	7:09	9:00	53:58	9:59	10:22	5:25	3:36	3:44	4:49	8:38	
				2:26:49	2:31:08	2:39:35	2:40:05											
				3:18	4:19	8:27	0:30											
403		Marcos Varela Yáñez BRIGANTIA A Coruñ	en tarj.	4:08	8:19	15:24	28:05	35:58	42:12	53:23	1:03:19	1:13:22	1:17:29	-----	-----	1:23:51	1:33:23	
				4:08	4:11	7:05	12:41	7:53	6:14	11:11	9:56	10:03	4:07					
				1:36:59	1:41:44	1:45:51	1:46:22											
				3:36	4:45	4:07	0:31											
460		David Valiño Martín A PEDROSA ORRO	en tarj.	4:59	8:17	19:58	38:17	50:13	59:47	1:22:53	1:38:46	1:54:07	2:07:02	2:14:09	2:18:26	2:24:12	2:50:10	
				4:59	3:18	11:41	18:19	11:56	9:34	23:06	15:53	15:21	12:55	7:07	4:17	5:46	25:58	
				-----	-----	3:06:39	3:07:31											
				16:29	0:52													
581		Alberto Taboada Pin AABT Paderne	Desc.	5:07	7:11	14:28	25:24	32:30	38:15	48:35	57:41	1:06:12	1:09:02	1:12:01	1:14:42	1:18:30	1:27:29	
				5:07	2:04	7:17	10:56	7:06	5:45	10:20	9:06	8:31	2:50	2:59	2:41	3:48	8:59	
				1:30:59	1:34:57	1:38:59	1:39:27											
				3:30	3:58	4:02	0:28											
40		Rubén Iglesias Cast FLUVIAL LUGO Lug	Desc.	4:41	6:53	13:05	24:53	33:02	38:50	53:35	1:03:19	1:12:35	1:17:20	1:20:19	1:23:26	1:28:29	1:36:26	
				4:41	2:12	6:12	11:48	8:09	5:48	14:45	9:44	9:16	4:45	2:59	3:07	5:03	7:57	
				1:39:52	1:44:26	1:49:44	1:50:12											
				3:26	4:34	5:18	0:28											
366		Antonio Blanco Vill BRIGANTIA A Coruñ	Desc.	4:58	7:16	14:32	27:00	35:02	40:51	54:31	1:05:26	1:14:44	1:18:30	1:21:50	1:25:11	1:29:15	1:38:56	
				4:58	2:18	7:16	12:28	8:02	5:49	13:40	10:55	9:18	3:46	3:20	3:21	4:04	9:41	
				1:42:05	1:46:16	1:51:21	1:51:56											
				3:09	4:11	5:05	0:35											

os	rsal	Nombre	Tempo														
Homes Senior (32)				22,5 km 900 m				17 C				<i>(cont.)</i>					
				1(35) 15(68)	2(38) 16(69)	3(33) 17(100)	4(37) Meta	5(52)	6(53)	7(57)	8(60)	9(64)	10(65)	11(63)	12(62)	13(66)	14(67)
280		Jose Antonio Torvis MONTAÑA FERROL	Desc.	6:57 6:57 1:46:01 3:21	9:44 2:47 1:50:39 4:38	17:24 7:40 1:55:19 4:40	29:46 12:22 1:55:55 0:36	37:17 7:31	43:07 5:50 1:25:31 *61	53:37 10:30	1:02:49 9:12	1:13:45 10:56	1:17:11 3:26	1:21:19 4:08	1:28:02 6:43	1:33:01 4:59	1:42:40 9:39
41		Juan José Lafuente FLUVIAL LUGO Lug	Desc.	6:30 6:30 2:10:25 4:47	9:28 2:58 2:17:01 6:36	18:35 9:07 2:22:16 5:15	34:33 15:58 2:22:49 0:33	45:43 11:10	53:42 7:59	1:08:10 14:28	1:20:29 12:19	1:33:00 12:31	1:39:26 6:26	1:43:42 4:16	1:48:20 4:38	1:53:50 5:30	2:05:38 11:48
86		Iago Viana Gonzale FLUVIAL LUGO Lug	Desc.	6:06 6:06 2:11:37 5:47	12:02 5:56 2:18:26 6:49	20:08 8:06 2:24:36 6:10	35:30 15:22 2:25:17 0:41	45:51 10:21	54:48 8:57	1:10:26 15:38	1:25:07 14:41	1:37:49 12:42	1:42:01 4:12	1:46:03 4:02	1:50:09 4:06	1:54:38 4:29	2:05:50 11:12
458		Juan Antonio Doce A PEDROSA ORRO	Desc.	6:17 6:17 2:21:11 4:56	10:15 3:58 2:28:03 6:52	18:39 8:24 2:36:30 8:27	35:18 16:39 2:37:14 0:44	45:55 10:37	56:09 10:14	1:13:00 16:51	1:28:38 15:38	1:42:46 14:08	1:48:13 5:27	1:53:07 4:54	1:57:57 4:50	2:03:50 5:53	2:16:15 12:25
475		Manuel Arias Rodil C.O.CO A Coruña	andona	4:05 4:05 ----- -----	6:56 2:51 ----- -----	15:14 8:18 ----- -----	27:55 12:41 ----- -----	37:07 9:12	44:12 7:05	58:00 13:48	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
523		Ramón Ángel Garcí GALLAECIA RAID A	andona	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
542		Alexandre Camean JARNACHAS Arteixo	andona	25:38 25:38 ----- -----	35:44 10:06 ----- -----	46:32 10:48 ----- -----	1:03:20 16:48 ----- -----	1:14:31 11:11	1:22:20 7:49	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
143		José Javier Vera Mu AROMON Pontevedr	andona	8:32 8:32 ----- -----	11:16 2:44 ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
322		Marcos Vinagre Rey FAICAMIÑO A Coruñ	No sale														
560		Angel Soto Boullos AROMON Pontevedr	No sale														
112		Ricardo Figueroa F AROMON Pontevedr	No sale														
374		Sergio Del Arco Mar BRIGANTIA A Coruñ	No sale														
254		Francisco Abeal Na MONTAÑA FERROL	No sale														
Homes Veteráns A (26)				17,2 km 650 m				13 C									
				1(34)	2(40)	3(36)	4(37)	5(57)	6(60)	7(64)	8(63)	9(61)	10(59)	11(67)	12(69)	13(100)	Meta
1	437	Francisco Varela Lo SEO Ordes	1:35:39	4:49 4:49	7:03 2:14	12:31 5:28	24:22 11:51	41:04 16:42	52:23 11:19	1:03:05 10:42	1:06:04 2:59	1:09:13 3:09	1:14:13 5:00	1:21:49 7:36	1:30:17 8:28	1:35:03 4:46	1:35:39 0:36
2	98	Manuel Beloso Garc AROMON Pontevedr	1:39:12	4:58 4:58	7:16 2:18	13:38 6:22	24:53 11:15	41:40 16:47	54:06 12:26	1:05:28 11:22	1:08:44 3:16	1:11:54 3:10	1:18:07 6:13	1:23:21 5:14	1:32:14 8:53	1:38:31 6:17	1:39:12 0:41
3	108	Antonio Dominguez AROMON Pontevedr	1:40:08	6:29 6:29	8:24 1:55	14:03 5:39	25:06 11:03	43:15 18:09	54:48 11:33	1:05:12 10:24	1:08:23 3:11	1:11:49 3:26	1:18:18 6:29	1:23:37 5:19	1:32:10 8:33	1:38:59 6:49	1:40:08 1:09
4	439	Carlos Viqueira No SEO Ordes	1:44:12	5:42 5:42	7:53 2:11	15:22 7:29	26:23 11:01	44:59 18:36	58:21 13:22	1:11:21 13:00	1:14:25 3:04	1:17:50 3:25	1:23:54 6:04	1:29:41 5:47	1:38:15 8:34	1:43:43 5:28	1:44:12 0:29
5	200	José María Álvarez UNIVERSIDAD DE V	1:46:47	18:49 18:49	20:52 2:03	26:52 6:00	38:31 11:39	53:38 15:07	1:03:38 10:00	1:13:21 9:43	1:17:03 3:42	1:21:49 4:46	1:27:30 5:41	1:33:06 5:36	1:41:14 8:08	1:46:16 5:02	1:46:47 0:31
6	626	José Manuel Fernán FLUVIAL LUGO Lug	1:48:44	5:31 5:31	7:32 2:01	13:14 5:42	32:59 19:45	51:06 18:07	1:02:53 11:47	1:16:06 13:13	1:19:03 2:57	1:22:35 3:32	1:28:41 6:06	1:34:24 5:43	1:43:23 8:59	1:48:11 4:48	1:48:44 0:33
7	272	David Perez Marcot MONTAÑA FERROL	1:54:31	5:34 5:34	8:02 2:28	13:39 5:37	30:22 16:43	49:03 18:41	1:01:08 12:05	1:12:22 11:14	1:16:56 4:34	1:20:36 3:40	1:27:18 6:42	1:39:57 12:39	1:49:13 9:16	1:53:56 4:43	1:54:31 0:35
8	368	Miguel Casal Casal BRIGANTIA A Coruñ	1:58:38	5:55 5:55	8:11 2:16	15:44 7:33	32:42 16:58	50:18 17:36	1:03:04 12:46	1:16:35 13:31	1:20:49 4:14	1:24:47 3:58	1:35:01 10:14	1:41:07 6:06	1:53:04 11:57	1:58:03 4:59	1:58:38 0:35
9	115	Jovino Gonzalez C AROMON Pontevedr	2:00:36	5:09 5:09	7:53 2:44	19:06 11:13	34:03 14:57	54:48 20:45	1:08:01 13:13	1:20:24 12:23	1:24:26 4:02	1:28:07 3:41	1:33:47 5:40	1:43:55 10:08	1:53:46 9:51	1:59:56 6:10	2:00:36 0:40
10	229	Javier Arufe Varela APA LICEO A Coruñ	2:04:58	5:19 5:19	7:28 2:09	15:12 7:44	28:08 12:56	50:29 22:21	1:05:46 15:17	1:22:39 16:53	1:26:28 3:49	1:30:28 4:00	1:37:00 6:32	1:45:32 8:32	1:58:00 12:28	2:04:15 6:15	2:04:58 0:43
11	224	German Pérez Juste UNIVERSIDAD DE V	2:08:32	5:58 5:58	8:37 2:39	18:20 9:43	35:10 16:50	54:00 18:50	1:08:24 14:24	1:19:51 11:27	1:24:12 4:21	1:27:59 3:47	1:35:31 7:32	1:44:32 9:01	1:58:43 14:11	2:07:45 9:02	2:08:32 0:47
12	171	Eduardo Santiago GALLAECIA RAID A	2:09:41	16:22 16:22	18:40 2:18	24:46 6:06	45:45 20:59	1:03:35 17:50	1:17:46 14:11	1:30:44 12:58	1:34:25 3:41	1:38:11 3:46	1:44:45 6:34	1:53:06 8:21	2:03:59 10:53	2:09:10 5:11	2:09:41 0:31
13	36	Leandro González FLUVIAL LUGO Lug	2:15:42	5:41 5:41	8:30 2:49	15:31 7:01	30:40 15:09	58:47 28:07	1:13:44 14:57	1:29:30 15:46	1:34:11 4:41	1:40:49 6:38	1:47:02 6:13	1:55:08 8:06	2:08:04 12:56	2:14:57 6:53	2:15:42 0:45
14	296	Santiago Amador O ADC ARNELA Porto	2:28:01	7:17 7:17	10:44 3:27	18:50 8:06	41:09 22:19	1:02:08 20:59	1:14:40 12:32	1:28:03 13:23	1:32:26 4:23	1:36:56 4:30	1:46:13 9:17	1:56:52 10:39	2:20:13 23:21	2:27:07 6:54	2:28:01 0:54
15	556	Lino Fontan Guiao AROMON Pontevedr	2:37:15	26:46 26:46	30:08 3:22	38:55 8:47	53:08 14:13	1:16:39 23:31	1:33:26 16:47	1:51:56 18:30	1:56:33 4:37	2:00:09 3:36	2:05:55 5:46	2:15:49 9:54	2:29:39 13:50	2:36:18 6:39	2:37:15 0:57

Pos	Nombre	Tempo	1(34)	2(40)	3(36)	4(37)	5(57)	6(60)	7(64)	8(63)	9(61)	10(59)	11(67)	12(69)	13(100)	Meta
Homes Veteráns A (26)																
			17,2 km 650 m 13 C (cont.)													
306	Alberto Santos Blanco ADC ARNELA Porto	en tarj.	22:35 22:35	42:50 20:15	0:00 9:50 *58	14:26 25:37 *35	33:11 33:39 *60	45:16 35:08 *61	57:05 35:53 *38	1:01:00 55:47 *55	1:04:12 58:33 *41	1:12:14 1:02:29 *47	1:18:42 1:05:08 *43	1:26:59 1:06:58 *44	1:32:28 1:15:58 *45	1:33:02 5:29 *46
271	Fernando Perez Diaz MONTAÑA FERROL	Desc.	4:47 4:47	6:38 1:51	11:19 4:41	24:03 12:44	41:25 17:22	52:32 11:07	1:03:52 11:20	1:07:55 4:03	1:11:04 3:09	1:17:16 6:12	1:21:41 4:25	1:32:43 11:02	1:37:08 4:25	1:37:41 0:33
233	David Casado Brav APA LICEO A Coruña	Desc.	5:03 5:03	7:35 2:32	12:59 5:24	25:50 12:51	43:30 17:40	1:00:20 16:50	1:11:17 10:57	1:14:40 3:23	1:18:31 3:51	1:24:07 5:36	1:29:14 5:07	1:43:26 14:12	1:48:49 5:23	1:49:31 0:42
434	Jose Manuel Amor SEO Ordes	Desc.	8:24 8:24	11:40 3:16	19:57 8:17	41:27 21:30	1:01:33 20:06	1:13:36 12:03	1:26:48 13:12	1:32:50 6:02	1:37:22 4:32	1:44:20 6:58	1:50:43 6:23	2:00:16 9:33	2:07:59 7:43	2:08:38 0:39
480	Manuel Sancosmed C.O.CO A Coruña	Desc.	7:49 7:49	10:27 2:38	15:06 4:39	33:43 18:37	55:11 21:28	1:10:50 15:39	1:24:50 14:00	1:29:50 5:00	1:36:27 6:37	1:44:58 8:31	1:51:21 6:23	2:03:58 12:37	2:10:21 6:23	2:10:56 0:35
406	Luis Villar Esmoris BRIGANTIA A Coruña	Desc.	5:53 5:53	8:26 2:33	23:25 14:59	37:13 13:48	59:53 22:40	1:13:49 13:56	1:27:33 13:44	1:33:22 5:49	1:42:36 9:14	1:49:15 6:39	1:56:17 7:02	2:06:38 10:21	2:12:47 6:09	2:13:24 0:37
11	José Manuel Caama FLUVIAL LUGO Lug	Desc.	7:33 7:33	10:28 2:55	19:23 8:55	46:51 27:28	1:43:32 56:41	2:01:03 17:31	2:22:10 21:07	2:28:22 6:12	2:33:07 4:45	2:44:21 11:14	2:54:17 9:56	3:08:11 13:54	3:17:28 9:17	3:18:25 0:57
51	José Manuel Nogue FLUVIAL LUGO Lug	andona	7:34 7:34	9:39 2:05	15:46 6:07	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
420	Jose Miguel López ARTABROS A Coruña	No sale														
353	Jose Luis Mata Núñ TREVINCA O Barco	No sale														
316	Celso Lopez Vazqu FAICAMIÑO A Coruña	No sale														
Homes Veteráns B (9)																
			12,1 km 340 m 13 C													
1	91 Javier Alvelo Fragu AROMON Pontevedr	1:19:20	5:44 5:44	10:57 5:13	16:55 5:58	26:20 9:25	28:43 2:23	47:45 19:02	55:53 8:08	59:16 3:23	1:03:42 4:26	1:06:53 3:11	1:09:06 2:13	1:13:44 4:38	1:18:38 4:54	1:19:20 0:42
2	381 Evaristo Gonzalez F BRIGANTIA A Coruña	1:23:01	9:17 9:17	13:00 3:43	21:47 8:47	30:50 9:03	33:23 2:33	51:58 18:35	58:01 6:03	1:02:14 4:13	1:06:30 4:16	1:10:33 4:03	1:12:53 2:20	1:17:04 4:11	1:22:20 5:16	1:23:01 0:41
3	79 Eugenio A. Rodríguez FLUVIAL LUGO Lug	1:27:11	6:33 6:33	9:42 3:09	18:23 8:41	32:18 13:55	34:40 2:22	50:47 16:07	59:50 9:03	1:03:51 4:01	1:09:04 5:13	1:12:51 3:47	1:17:17 4:26	1:21:21 4:04	1:26:16 4:55	1:27:11 0:55
4	61 Pedro Parga Andón FLUVIAL LUGO Lug	1:31:24	6:43 6:43	13:32 6:49	21:25 7:53	36:11 14:46	37:50 1:39	57:40 19:50	1:05:07 7:27	1:08:57 3:50	1:11:06 2:09	1:14:43 3:37	1:16:57 2:14	1:25:17 8:20	1:30:40 5:23	1:31:24 0:44
5	106 Gilberto Diaz Falco AROMON Pontevedr	1:57:32	7:56 7:56	12:49 4:53	26:27 13:38	41:36 15:09	44:53 3:17	1:09:32 24:39	1:22:18 12:46	1:27:10 4:52	1:33:15 6:05	1:39:01 5:46	1:42:35 3:34	1:48:12 5:37	1:56:33 8:21	1:57:32 0:59
6	457 Juan Carlos Carball A PEDROSA ORRO	1:57:36	10:05 10:05	18:28 8:23	29:39 11:11	45:50 16:11	48:50 3:00	1:17:46 28:56	1:28:10 10:24	1:33:22 5:12	1:35:54 2:32	1:40:42 4:48	1:43:53 3:11	1:49:01 5:08	1:56:45 7:44	1:57:36 0:51
7	309 Camilo Serantes Ma ADC ARNELA Porto	2:02:57	6:29 6:29	11:57 5:28	20:50 8:53	30:47 9:57	33:27 2:40	1:23:20 49:53	1:30:18 6:58	1:36:58 6:40	1:39:48 2:50	1:43:19 3:31	1:45:44 2:25	1:56:58 11:14	2:02:12 5:14	2:02:57 0:45
479	José Manuel Sanco C.O.CO A Coruña	Desc.	5:15 5:15	12:59 7:44 19:47 *41	17:53 4:54	29:44 11:51	32:08 2:24	51:32 19:24	59:23 7:51	1:03:21 3:58	1:05:20 1:59	1:08:45 3:25	1:11:24 2:39	1:15:28 4:04	1:20:32 5:04	1:21:19 0:47
110	Javier Fernández C AROMON Pontevedr	Desc.	10:49 10:49	15:35 4:46	38:24 22:49	59:13 20:49	1:02:40 3:27	1:33:22 30:42	1:43:26 10:04	1:49:18 5:52	1:51:44 2:26	1:56:47 5:03	2:00:02 3:15	2:18:14 18:12	2:26:57 8:43	
Iniciación Corta (5)																
			5,0 km 50 m 7 C													
1	369 Antonio Casal Mont BRIGANTIA A Coruña	1:01:11	14:39 14:39	23:57 9:18	27:11 3:14	35:21 8:10	42:54 7:33	49:10 6:16	59:07 9:57	1:01:11 2:04						
2	370 Roberto Casal Mont BRIGANTIA A Coruña	1:01:14	14:45 14:45	24:00 9:15	27:42 3:42	35:51 8:09	42:54 7:03	50:10 7:16	59:43 9:33	1:01:14 1:31						
3	810 Silvia Casanova Ca BRIGANTIA A Coruña	1:01:25	15:14 15:14	24:17 9:03	27:29 3:12	36:07 8:38	42:50 6:43	50:01 7:11	59:48 9:47	1:01:25 1:37						
510	Miguel Camblor Qui ROBALIZA Cambre	No sale														
391	Sofía Martínez Góm BRIGANTIA A Coruña	No sale														
Iniciación Longa (19)																
			12,3 km 450 m 11 C													
1	808 Bruno Portela Lope FLUVIAL LUGO Lug	1:35:51	8:07 8:07	13:10 5:03	20:02 6:52	30:12 10:10	1:02:32 32:20	1:10:58 8:26	1:17:32 6:34	1:23:03 5:31	1:25:28 2:25	1:28:05 2:37	1:35:10 7:05	1:35:51 0:41		
2	805 M. Antonio Piñeiro ADC ARNELA Porto	1:38:02	6:17 6:17	9:59 3:42	17:00 7:01	24:00 7:00	1:08:05 44:05	1:15:30 7:25	1:22:29 6:59	1:28:18 5:49	1:30:31 2:13	1:33:13 2:42	1:37:26 4:13	1:38:02 0:36		
3	807 Pablo Baamonde Ar INDEPEN Galicia	1:48:23	6:34 6:34	10:34 4:00	17:59 7:25	32:44 14:45	1:07:30 34:46	1:15:35 8:05	1:28:56 13:21	1:37:45 8:49	1:39:59 2:14	1:42:05 2:06	1:47:45 5:40	1:48:23 0:38		
4	435 Barbara Del Puerto SEO Ordes	1:51:10	10:21 10:21	15:50 5:29	22:56 7:06	34:58 12:02	1:11:33 36:35	1:22:59 11:26	1:32:02 9:03	1:36:58 4:56	1:40:11 3:13	1:43:17 3:06	1:50:13 6:56	1:51:10 0:57		
5	557 Aique González Co AROMON Pontevedr	1:53:46	10:33 10:33	16:19 5:46	26:25 10:06	42:59 16:34	1:13:44 30:45	1:25:14 11:30	1:32:19 7:05	1:42:06 9:47	1:44:12 2:06	1:46:15 2:03	1:53:04 6:49	1:53:46 0:42		

