Masculino 15 (7) — 7,4 km 220 m — 12 C

os	Nombre	Tiempo	1(104)	2(103)	3(105)	4(107)	5(110)	6(111)	7(109)	8(108)	9(122)	10(124)	11(123)	12(200)	Meta
1	**Rodriguez Arenas Aaro**	**36:01**	6:45	8:16	11:25	12:43	16:33	**19:11**	**20:36**	**24:12**	**29:01**	**30:51**	**33:24**	**35:36**	**36:01**
	As Neves VIZHOJA-COR		6:45	***1:31***	***3:09***	***1:18***	***3:50***	***2:38***	***1:25***	3:36	***4:49***	***1:50***	***2:33***	***2:12***	***0:25***
2	**Somoza Seoane Anxo**	**46:09**	**3:20**	**5:05**	**9:03**	**11:09**	**15:51**	19:58	21:30	30:54	37:44	39:45	43:02	45:41	46:09
	Culleredo GALLAECIA_		***3:20***	1:45	3:58	2:06	4:42	4:07	1:32	9:24	6:50	2:01	3:17	2:39	0:28
3	**Casado Núñez Martín**	**48:06**	8:50	11:16	15:49	17:46	22:55	26:25	28:34	30:48	36:55	39:23	44:43	47:30	48:06
	Betanzos OP BETANZO		8:50	2:26	4:33	1:57	5:09	3:30	2:09	***2:14***	6:07	2:28	5:20	2:47	0:36
4	**López González Mario**	**48:14**	4:14	6:19	10:36	13:53	18:59	23:00	24:53	32:01	39:31	41:49	44:35	47:37	48:14
	Betanzos OP BETANZO		4:14	2:05	4:17	3:17	5:06	4:01	1:53	7:08	7:30	2:18	2:46	3:02	0:37
5	**Beloso Iglesias Mauro**	**49:09**	11:26	13:31	18:37	20:37	25:08	28:37	30:46	33:04	38:40	41:19	45:26	48:30	49:09
	Pontevedra AROMON		11:26	2:05	5:06	2:00	4:31	3:29	2:09	2:18	5:36	2:39	4:07	3:04	0:39
6	**Fouz Sanchez Rodrigo**	**1:30:03**	24:44	30:26	45:46	53:07	1:00:27	1:06:53	1:09:25	1:11:41	1:19:19	1:22:59	1:26:21	1:29:30	1:30:03
	LUGO FLUVIAL_LUGO		24:44	5:42	15:20	7:21	7:20	6:26	2:32	2:16	7:38	3:40	3:22	3:09	0:33
			15:57												
			**102*												
	Silvarrey Oreiro Diego	**en tarj.**	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	Culleredo GALLAECIA_														

Masculino 17 (2) — 9,8 km 320 m — 15 C

os	Nombre	Tiempo	1(102)	2(104)	3(106)	4(109)	5(110)	6(111)	7(116)	8(118)	9(121)	10(114)	11(119)	12(127)	13(124)	14(123)
			15(200)	Meta												
1	**Alvarez Braña Ivan**	**1:03:55**	**2:44**	**4:18**	**8:21**	**13:36**	**15:43**	**19:46**	**33:56**	**36:03**	**39:27**	**43:26**	**48:56**	**53:50**	**56:52**	**1:00:32**
	Culleredo GALLAECIA_		***2:44***	***1:34***	4:03	***5:15***	2:07	***4:03***	***14:10***	***2:07***	***3:24***	***3:59***	***5:30***	4:54	3:02	***3:40***
			1:03:20	**1:03:55**												
			2:48	***0:35***												
2	**Pérez Álvarez Diego**	**1:20:41**	2:52	4:47	8:31	14:13	16:07	20:29	39:59	44:56	49:28	54:06	59:49	1:03:13	1:06:12	1:16:51
	Vigo U-VIGO		2:52	1:55	***3:44***	5:42	***1:54***	4:22	19:30	4:57	4:32	4:38	5:43	***3:24***	***2:59***	10:39
			1:19:54	1:20:41		*1:05:16*										
			3:03	0:47		**125*										

Élite (8) — 20,8 km 660 m — 24 C

os	Nombre	Tiempo	1(102)	2(104)	3(110)	4(111)	5(112)	6(117)	7(118)	8(121)	9(122)	10(115)	11(131)	12(136)	13(137)	14(134)
			15(135)	16(133)	17(132)	18(130)	19(127)	20(120)	21(126)	22(125)	23(123)	24(200)	Meta			
1	**Sancosmed Vázquez J**	**1:14:23**	1:49	**2:53**	**7:09**	**9:25**	**14:10**	**20:48**	**24:05**	**25:52**	**28:58**	**34:39**	**41:56**	**46:21**	**47:46**	**49:26**
	A Coruña COCO		1:49	1:04	***4:16***	2:16	***4:45***	***6:38***	3:17	1:47	3:06	***5:41***	***7:17***	***4:25***	***1:25***	***1:40***
			52:11	**54:34**	**57:16**	**1:01:10**	**1:03:41**	**1:07:16**	**1:08:37**	**1:10:19**	**1:12:16**	**1:13:57**	**1:14:23**			
			2:45	***2:23***	2:42	***3:54***	***2:31***	3:35	***1:21***	1:42	1:57	1:41	0:26			
2	**Carballo Alviárez Xan**	**1:21:33**	1:57	2:57	7:43	10:17	15:56	23:48	26:31	28:07	30:28	37:02	46:21	51:31	53:00	55:03
	Culleredo GALLAECIA_		1:57	***1:00***	4:46	2:34	5:39	7:52	2:43	***1:36***	2:21	6:34	9:19	5:10	1:29	2:03
			58:04	1:01:11	1:03:32	1:07:55	1:10:41	1:14:08	1:15:34	1:17:45	1:19:35	1:21:07	1:21:33			
			3:01	3:07	***2:21***	4:23	2:46	***3:27***	1:26	2:11	***1:50***	***1:32***	0:26			
3	**Rodriguez Silva Isaac**	**1:32:17**	3:12	4:30	9:31	12:23	18:07	26:48	29:59	32:38	35:56	43:12	52:20	57:48	59:19	1:01:28
	As Neves VIZHOJA-COR		3:12	1:18	5:01	2:52	5:44	8:41	3:11	2:39	3:18	7:16	9:08	5:28	1:31	2:09
			1:05:01	1:08:17	1:11:29	1:16:23	1:19:24	1:24:01	1:25:34	1:27:26	1:29:35	1:31:42	1:32:17			
			3:33	3:16	3:12	4:54	3:01	4:37	1:33	1:52	2:09	2:07	0:35			
4	**Fernández Casalderrey**	**1:32:59**	2:03	3:03	7:38	9:52	15:06	22:34	25:33	27:11	29:31	35:52	44:20	49:22	50:58	54:46
	Pontevedra AROMON		2:03	***1:00***	4:35	***2:14***	5:14	7:28	2:59	1:38	2:20	6:21	8:28	5:02	1:36	3:48
			57:26	1:00:17	1:03:43	1:12:11	1:15:04	1:20:28	1:21:56	1:23:41	1:30:58	1:32:34	1:32:59			
			2:40	2:51	3:26	8:28	2:53	5:24	1:28	1:45	7:17	1:36	***0:25***			
5	**Serantes Abal Eloi**	**1:45:42**	**1:46**	3:51	9:18	12:13	21:03	31:14	35:27	37:54	42:06	52:20	1:02:37	1:09:00	1:10:34	1:12:22
	Porto do Son ADC_AR		***1:46***	2:05	5:27	2:55	8:50	10:11	4:13	2:27	4:12	10:14	10:17	6:23	1:34	1:48
			1:15:54	1:19:22	1:22:19	1:27:33	1:30:30	1:34:19	1:38:16	1:40:39	1:43:29	1:45:16	1:45:42			
			3:32	3:28	2:57	5:14	2:57	3:49	3:57	2:23	2:50	1:47	0:26			
6	**Candal Viqueira Albert**	**2:05:23**	14:03	16:28	22:51	25:22	34:29	42:33	49:03	52:08	55:52	1:02:59	1:13:43	1:20:38	1:22:36	1:25:05
	Ordes SEO		14:03	2:25	6:23	2:31	9:07	8:04	6:30	3:05	3:44	7:07	10:44	6:55	1:58	2:29
			1:30:34	1:34:11	1:37:57	1:43:21	1:47:41	1:52:02	1:56:12	1:57:53	2:02:50	2:04:47	2:05:23		*2:04:49*	
			5:29	3:37	3:46	5:24	4:20	4:21	4:10	***1:41***	4:57	1:57	0:36		**200*	
	Fernández Otero Oscar	**en tarj.**	1:47	3:56	9:06	11:42	17:24	26:46	29:27	31:13	33:30	39:20	50:15	56:39	58:42	1:00:38
	Culleredo GALLAECIA_		1:47	2:09	5:10	2:36	5:42	9:22	***2:41***	1:46	***2:17***	5:50	10:55	6:24	2:03	1:56
			1:04:00	1:07:02	1:09:33	1:16:50	1:19:36	-----	1:24:40	1:26:26	1:28:40	1:30:15	1:30:40			
			3:22	3:02	2:31	7:17	2:46		5:04	1:46	2:14	1:35	0:25			
	González Comesaña Ai	**en tarj.**	5:27	15:56	29:05	32:25	42:14	54:36	1:00:10	1:03:19	1:07:36	1:18:11	1:32:44	1:41:30	1:43:46	1:56:41
	Pontevedra AROMON		5:27	10:29	13:09	3:20	9:49	12:22	5:34	3:09	4:17	10:35	14:33	8:46	2:16	12:55
			2:01:56	2:06:01	2:11:35	2:19:06	2:24:41	-----	-----	2:26:54	2:31:49	2:34:15	2:34:48			
			5:15	4:05	5:34	7:31	5:35			2:13	4:55	2:26	0:33			

Masculino 21 (3) — 18,2 km 520 m — 21 C

os	Nombre	Tiempo	1(105)	2(110)	3(111)	4(113)	5(121)	6(122)	7(114)	8(115)	9(131)	10(136)	11(137)	12(134)	13(135)	14(132)
			15(130)	16(127)	17(120)	18(126)	19(125)	20(123)	21(200)	Meta						
1	**Pérez Juste German**	**1:49:09**	**3:26**	**10:33**	**13:28**	**21:28**	**27:37**	**32:00**	**36:48**	**40:23**	**51:33**	**1:00:35**	**1:02:49**	**1:06:48**	**1:12:39**	**1:19:19**
	Vigo U-VIGO		***3:26***	7:07	2:55	8:00	***6:09***	***4:23***	***4:48***	3:35	***11:10***	9:02	2:14	3:59	5:51	***6:40***
			1:25:40	**1:29:52**	**1:36:17**	**1:38:41**	**1:42:33**	**1:45:37**	**1:48:25**	**1:49:09**						
			6:21	4:12	6:25	2:24	3:52	***3:04***	2:48	0:44						
2	**Sardinero Gonzalez Ala**	**2:07:01**	20:31	25:08	27:47	35:19	44:48	50:47	55:54	59:23	1:10:48	1:18:01	1:19:54	1:24:06	1:31:03	1:38:24
	Vigo U-VIGO		20:31	***4:37***	***2:39***	***7:32***	9:29	5:59	5:07	***3:29***	11:25	***7:13***	***1:53***	4:12	6:57	7:21
			1:44:30	1:48:19	1:53:03	1:55:30	1:59:21	2:04:04	2:06:25	2:07:01						
			6:06	***3:49***	***4:44***	2:27	3:51	4:43	***2:21***	0:36						

os	Nombre	Tiempo	1(105)	2(110)	3(111)	4(113)	5(121)	6(122)	7(114)	8(115)	9(131)	10(136)	11(137)	12(134)	13(135)	14(132)
			15(130)	16(127)	17(120)	18(126)	19(125)	20(123)	21(200)	Meta						
Masculino 21 (3)					***18,2 km 520 m***		***21 C***	*(cont.)*								
3	**Fraga Ares Hector**	**2:21:40**	8:13	13:39	17:31	28:36	43:07	48:19	53:28	57:44	1:09:44	1:17:43	1:21:19	1:25:07	1:29:25	1:43:23
	Pontedeume MONTBRE		8:13	5:26	3:52	11:05	14:31	5:12	5:09	4:16	12:00	7:59	3:36	***3:48***	***4:18***	13:58
			1:49:54	1:53:43	2:01:17	2:03:21	2:06:56	2:18:43	2:21:10	2:21:40						
			6:31	***3:49***	7:34	***2:04***	***3:35***	11:47	2:27	***0:30***						
Masculino 40 (15)					**18,2 km 520 m**		**21 C**									
			1(105)	2(110)	3(111)	4(113)	5(121)	6(122)	7(114)	8(115)	9(131)	10(136)	11(137)	12(134)	13(135)	14(132)
			15(130)	16(127)	17(120)	18(126)	19(125)	20(123)	21(200)	Meta						
1	**Nogueras Marentes Jos**	**1:14:19**	**2:15**	6:35	**8:48**	**15:12**	**19:50**	**22:53**	**26:09**	**29:02**	**37:24**	**42:50**	**44:45**	**46:35**	**49:44**	**53:47**
	LUGO FLUVIAL_LUGO		***2:15***	4:20	***2:13***	6:24	4:38	3:03	***3:16***	2:53	8:22	***5:26***	1:55	***1:50***	3:09	4:03
			59:22	**1:02:25**	**1:06:12**	**1:07:40**	**1:09:31**	**1:12:25**	**1:13:55**	**1:14:19**						
			5:35	3:03	3:47	1:28	***1:51***	2:54	***1:30***	***0:24***						
2	**Morlán Rodriguez Jose**	**1:16:31**	2:58	7:10	9:28	16:38	22:48	25:40	29:53	32:48	40:20	46:04	47:28	50:12	53:39	57:33
	Ordes SEO		2:58	4:12	2:18	7:10	6:10	2:52	4:13	2:55	***7:32***	5:44	***1:24***	2:44	3:27	***3:54***
			1:02:06	1:04:59	1:08:26	1:10:02	1:12:06	1:14:11	1:16:04	1:16:31						
			4:33	***2:53***	***3:27***	1:36	2:04	***2:05***	1:53	0:27						
3	**Somoza Argibay Iván**	**1:24:40**	2:30	6:50	9:17	16:11	20:28	23:33	27:27	30:27	38:57	45:55	47:41	49:31	54:18	1:00:36
	Culleredo GALLAECIA_		2:30	4:20	2:27	6:54	***4:17***	3:05	3:54	3:00	8:30	6:58	1:46	***1:50***	4:47	6:18
			1:06:22	1:10:06	1:16:32	1:18:06	1:20:01	1:22:10	1:24:14	1:24:40						
			5:46	3:44	6:26	1:34	1:55	2:09	2:04	0:26						
4	**Liz Díaz Javier**	**1:26:17**	2:39	6:44	9:13	15:54	20:54	24:30	28:47	32:03	40:24	46:13	47:37	51:20	55:21	1:02:48
	LUGO FLUVIAL_LUGO		2:39	***4:05***	2:29	6:41	5:00	3:36	4:17	3:16	8:21	5:49	***1:24***	3:43	4:01	7:27
			1:07:55	1:11:25	1:15:39	1:17:21	1:19:42	1:23:46	1:25:48	1:26:17						
			5:07	3:30	4:14	1:42	2:21	4:04	2:02	0:29						
5	**Pérez Rodríguez Jesús**	**1:29:58**	5:33	10:21	14:09	20:31	25:08	28:13	32:16	35:12	45:34	51:34	53:23	55:33	1:00:06	1:05:07
	O Porriño BUDIÑORAID		5:33	4:48	3:48	***6:22***	4:37	3:05	4:03	2:56	10:22	6:00	1:49	2:10	4:33	5:01
			1:11:57	1:14:56	1:20:19	1:21:58	1:24:14	1:27:27	1:29:24	1:29:58						
			6:50	2:59	5:23	1:39	2:16	3:13	1:57	0:34						
6	**Casado Bravo David**	**1:32:00**	2:39	7:12	9:34	16:08	34:34	37:58	41:41	44:28	52:08	58:34	1:00:21	1:02:44	1:05:50	1:10:54
	Betanzos OP BETANZO		2:39	4:33	2:22	6:34	18:26	3:24	3:43	***2:47***	7:40	6:26	1:47	2:23	3:06	5:04
			1:16:21	1:19:34	1:23:22	1:24:54	1:27:26	1:29:36	1:31:25	1:32:00						
			5:27	3:13	3:48	1:32	2:32	2:10	1:49	0:35						
7	**Fernández Souto José**	**1:32:32**	2:54	7:49	11:02	19:46	26:13	28:59	34:10	38:16	48:07	54:26	56:22	58:34	1:02:56	1:07:56
	LUGO COMPAS		2:54	4:55	3:13	8:44	6:27	2:46	5:11	4:06	9:51	6:19	1:56	2:12	4:22	5:00
			1:14:17	1:17:52	1:23:03	1:24:27	1:27:10	1:29:51	1:32:03	1:32:32						
			6:21	3:35	5:11	***1:24***	2:43	2:41	2:12	0:29						
8	**Figueroa Fernández Ri**	**1:36:50**	2:27	**6:34**	9:02	16:01	23:12	25:56	29:59	33:45	45:57	53:58	55:44	1:04:41	1:07:43	1:14:15
	Pontevedra AROMON		2:27	4:07	2:28	6:59	7:11	***2:44***	4:03	3:46	12:12	8:01	1:46	8:57	***3:02***	6:32
			1:20:57	1:24:11	1:29:04	1:30:31	1:32:32	1:34:39	1:36:23	1:36:50						
			6:42	3:14	4:53	1:27	2:01	2:07	1:44	0:27						
9	**Barreiro Fernández Pa**	**1:40:26**	4:21	9:01	11:26	18:46	25:04	29:09	33:52	39:12	51:55	58:52	1:00:40	1:02:43	1:08:36	1:14:01
	Pontevedra AROMON		4:21	4:40	2:25	7:20	6:18	4:05	4:43	5:20	12:43	6:57	1:48	2:03	5:53	5:25
			1:19:38	1:23:19	1:28:46	1:31:51	1:34:37	1:37:43	1:39:57	1:40:26						
			5:37	3:41	5:27	3:05	2:46	3:06	2:14	0:29						
10	**Beloso García Manuel**	**1:40:34**	3:00	8:29	13:02	21:21	27:39	30:46	35:33	39:11	50:38	58:54	1:00:57	1:03:05	1:07:05	1:12:45
	Pontevedra AROMON		3:00	5:29	4:33	8:19	6:18	3:07	4:47	3:38	11:27	8:16	2:03	2:08	4:00	5:40
			1:19:40	1:23:33	1:29:21	1:31:19	1:34:53	1:37:57	1:40:06	1:40:34						
			6:55	3:53	5:48	1:58	3:34	3:04	2:09	0:28						
11	**Verde Lareu Roberto**	**1:43:47**	4:05	9:07	12:01	21:06	27:32	33:02	38:14	42:08	54:23	1:02:41	1:04:38	1:07:04	1:10:47	1:16:23
	Pontevedra AROMON		4:05	5:02	2:54	9:05	6:26	5:30	5:12	3:54	12:15	8:18	1:57	2:26	3:43	5:36
			1:23:05	1:27:27	1:32:30	1:34:37	1:37:48	1:41:02	1:43:18	1:43:47						
			6:42	4:22	5:03	2:07	3:11	3:14	2:16	0:29						
12	**Rioboo Iglesias Daniel**	**1:46:40**	4:55	9:47	12:41	20:39	28:50	31:48	36:45	40:07	53:13	1:01:22	1:03:54	1:06:41	1:11:05	1:15:54
	Culleredo GALLAECIA_		4:55	4:52	2:54	7:58	8:11	2:58	4:57	3:22	13:06	8:09	2:32	2:47	4:24	4:49
			1:23:23	1:28:17	1:35:13	1:37:05	1:40:52	1:44:23	1:46:12	1:46:40						
			7:29	4:54	6:56	1:52	3:47	3:31	1:49	0:28						
13	**Gonzalez ComesaÑa Jo**	**1:49:20**	5:31	11:27	14:29	22:28	27:37	32:15	37:38	41:23	58:58	1:06:15	1:09:38	1:11:49	1:16:37	1:22:12
	Pontevedra AROMON		5:31	5:56	3:02	7:59	5:09	4:38	5:23	3:45	17:35	7:17	3:23	2:11	4:48	5:35
			1:28:08	1:33:09	1:38:50	1:41:03	1:43:45	1:46:26	1:48:43	1:49:20						
			5:56	5:01	5:41	2:13	2:42	2:41	2:17	0:37						
	Camblor Quirós Miguel	**en tarj.**	3:07	9:08	11:56	20:28	25:59	30:08	34:45	39:21	52:25	1:00:12	1:02:35	1:04:34	1:08:25	1:13:54
	Culleredo GALLAECIA_		3:07	6:01	2:48	8:32	5:31	4:09	4:37	4:36	13:04	7:47	2:23	1:59	3:51	5:29
			1:20:30	1:24:05	-----	-----	1:28:01	1:30:46	1:33:12	1:33:45						
			6:36	3:35			3:56	2:45	2:26	0:33						
	Ferreiro Viña Juan Carl	**andona**	7:29	16:51	21:14	41:39	1:00:34	1:08:37	1:15:45	1:22:49	1:49:44	2:03:32	-----	-----	2:07:52	-----
	Culleredo GALLAECIA_		7:29	9:22	4:23	20:25	18:55	8:03	7:08	7:04	26:55	13:48			4:20	
			-----	-----	-----	-----	2:46:50	-----	2:50:55	2:53:43						
							38:58		4:05	2:48						

Masculino 50 (8) — 14,7 km 400 m — 17 C

os	Nombre	Tiempo	1(102)	2(106)	3(109)	4(108)	5(111)	6(113)	7(121)	8(122)	9(116)	10(128)	11(129)	12(130)	13(127)	14(120)
			15(124)	16(123)	17(200)	Meta										
1	**Álvarez Estévez Enriqu**	**1:02:05**	**2:00**	**3:30**	**7:13**	**8:43**	**12:22**	**18:44**	**23:43**	**27:51**	**35:01**	**40:41**	**44:18**	**46:38**	**49:53**	**56:01**
	Culleredo GALLAECIA_		***2:00***	1:30	***3:43***	1:30	***3:39***	***6:22***	***4:59***	4:08	***7:10***	***5:40***	3:37	2:20	***3:15***	6:08
			56:48	**59:18**	**1:01:27**	**1:02:05**		*1:41*	*53:30*							
			0:47	2:30	2:09	0:38		**101*	**125*							
2	**Arufe Varela Javier**	**1:03:43**	2:15	3:38	8:10	9:28	13:59	22:01	27:40	30:53	39:35	45:27	49:01	50:49	54:16	59:06
	A Coruña LICEO		2:15	***1:23***	4:32	***1:18***	4:31	8:02	5:39	***3:13***	8:42	5:52	***3:34***	***1:48***	3:27	4:50
			59:52	1:01:33	1:03:19	1:03:43										
			0:46	***1:41***	***1:46***	0:24										
3	**Varela Lorenzo Francis**	**1:05:37**	2:16	3:57	7:58	9:25	13:21	20:27	25:43	29:59	39:11	45:09	48:51	51:09	54:36	59:25
	LUGO COMPAS		2:16	1:41	4:01	1:27	3:56	7:06	5:16	4:16	9:12	5:58	3:42	2:18	3:27	***4:49***
			1:00:24	1:03:08	1:05:13	1:05:37		*38:30*								
			0:59	2:44	2:05	***0:24***		**115*								
4	**Vazquez De Parga Beni**	**1:29:07**	4:03	6:10	11:37	15:19	21:50	31:28	39:54	44:35	55:41	1:03:34	1:08:06	1:12:28	1:16:26	1:21:56
	O Porriño BUDIÑORAID		4:03	2:07	5:27	3:42	6:31	9:38	8:26	4:41	11:06	7:53	4:32	4:22	3:58	5:30
			1:22:57	1:25:53	1:28:18	1:29:07										
			1:01	2:56	2:25	0:49										
5	**Aller Estévez Pablo Adr**	**1:53:34**	4:41	7:05	13:27	16:06	23:52	35:32	44:52	50:34	1:05:53	1:21:05	1:26:46	1:30:26	1:35:23	1:44:56
	O Barco de Valde TREV		4:41	2:24	6:22	2:39	7:46	11:40	9:20	5:42	15:19	15:12	5:41	3:40	4:57	9:33
			1:46:08	1:49:22	1:52:52	1:53:34										
			1:12	3:14	3:30	0:42										
6	**González Núñez José M**	**2:22:48**	5:20	8:10	17:41	26:43	35:20	49:41	1:00:55	1:05:57	1:24:00	1:34:46	1:41:58	1:47:04	1:53:57	2:10:10
	Culleredo GALLAECIA_		5:20	2:50	9:31	9:02	8:37	14:21	11:14	5:02	18:03	10:46	7:12	5:06	6:53	16:13
			2:11:34	2:17:17	2:22:08	2:22:48										
			1:24	5:43	4:51	0:40										
7	**Fouz Rodriguez Marco**	**2:48:09**	15:12	25:11	32:36	40:55	48:41	1:01:04	1:21:41	1:25:46	1:42:16	1:51:46	1:59:10	2:03:12	2:08:59	2:20:19
	LUGO FLUVIAL_LUGO		15:12	9:59	7:25	8:19	7:46	12:23	20:37	4:05	16:30	9:30	7:24	4:02	5:47	11:20
			2:22:41	2:43:55	2:47:34	2:48:09										
			2:22	21:14	3:39	0:35										
	Ricoy Bugarín José An	**No sale**														
	Pontevedra AROMON															

Masculino 60 (2) — 11,7 km 350 m — 15 C

			1(108)	2(109)	3(106)	4(101)	5(110)	6(111)	7(113)	8(121)	9(122)	10(114)	11(119)	12(127)	13(124)	14(123)
			15(200)	Meta												
1	**Sancosmed Torres Jos**	**1:19:08**	**2:10**	**4:21**	9:31	**12:32**	**17:23**	**20:24**	**29:45**	**43:09**	**46:25**	**51:28**	**1:06:08**	**1:10:32**	**1:13:10**	**1:15:40**
	A Coruña COCO		***2:10***	***2:11***	5:10	***3:01***	4:51	***3:01***	***9:21***	***13:24***	***3:16***	***5:03***	14:40	4:24	***2:38***	***2:30***
			1:18:34	**1:19:08**												
			2:54	***0:34***												
2	**Carballo Fernández Ju**	**1:20:22**	2:22	5:16	**8:45**	12:54	17:31	22:41	35:35	51:29	55:25	1:02:03	1:07:40	1:10:52	1:13:55	1:16:39
	Culleredo GALLAECIA_		2:22	2:54	***3:29***	4:09	***4:37***	5:10	12:54	15:54	3:56	6:38	***5:37***	***3:12***	3:03	2:44
			1:19:38	1:20:22												
			2:59	0:44												

Feminino 15 (4) — 6,5 km 180 m — 12 C

			1(102)	2(104)	3(105)	4(106)	5(111)	6(110)	7(109)	8(108)	9(122)	10(124)	11(123)	12(200)	Meta
1	**Casado Nuñez Eva**	**40:41**	3:57	**5:26**	**7:06**	**8:19**	**17:02**	**19:14**	**20:35**	**22:06**	**27:51**	**30:08**	**37:10**	**40:07**	**40:41**
	Betanzos OP BETANZO		3:57	***1:29***	***1:40***	***1:13***	8:43	2:12	***1:21***	***1:31***	***5:45***	2:17	***7:02***	***2:57***	0:34
2	**Nogueras Porto Sara**	**51:17**	**3:22**	6:04	7:48	9:35	17:49	19:52	21:49	27:10	32:59	35:09	46:38	50:35	51:17
	LUGO FLUVIAL_LUGO		***3:22***	2:42	1:44	1:47	8:14	***2:03***	1:57	5:21	5:49	2:10	11:29	3:57	0:42
3	**Fernandez Lopez Lara**	**56:56**	4:11	10:28	13:02	15:29	23:28	25:42	27:39	32:55	38:48	40:57	52:36	56:22	56:56
	Culleredo GALLAECIA_		4:11	6:17	2:34	2:27	***7:59***	2:14	1:57	5:16	5:53	***2:09***	11:39	3:46	***0:34***
4	**Somoza Seoane Carla**	**1:29:13**	5:07	13:35	16:38	20:29	39:13	47:13	50:29	53:58	1:07:18	1:12:12	1:23:12	1:28:18	1:29:13
	Culleredo GALLAECIA_		5:07	8:28	3:03	3:51	18:44	8:00	3:16	3:29	13:20	4:54	11:00	5:06	0:55

Feminino Élite (4) — 14,8 km 430 m — 18 C

			1(102)	2(105)	3(110)	4(111)	5(113)	6(121)	7(122)	8(114)	9(116)	10(128)	11(129)	12(130)	13(127)	14(120)
			15(126)	16(125)	17(123)	18(200)	Meta									
1	**Gómez Naya Sonia**	**1:17:44**	**2:39**	**3:40**	**9:44**	**12:40**	**20:25**	**26:23**	**31:59**	**37:05**	**41:32**	**48:43**	**53:25**	**56:30**	**1:01:01**	**1:06:14**
	LUGO COMPAS		***2:39***	***1:01***	6:04	2:56	***7:45***	***5:58***	5:36	5:06	***4:27***	7:11	4:42	3:05	4:31	***5:13***
			1:08:17	**1:11:48**	**1:14:48**	**1:17:11**	**1:17:44**									
			2:03	3:31	***3:00***	***2:23***	0:33									
2	**Naya Mancebo Paula**	**1:23:16**	3:06	4:21	10:08	13:34	23:18	29:35	34:52	40:03	44:33	51:56	56:43	59:38	1:03:54	1:09:44
	Culleredo GALLAECIA_		3:06	1:15	5:47	3:26	9:44	6:17	***5:17***	5:11	4:30	7:23	4:47	2:55	4:16	5:50
			1:13:02	1:16:27	1:19:57	1:22:41	1:23:16									
			3:18	***3:25***	3:30	2:44	0:35									
3	**Pérez Alonso Alicia**	**1:27:55**	6:09	7:47	12:31	15:25	24:56	32:26	39:11	44:08	49:21	56:30	1:00:51	1:03:41	1:07:47	1:14:38
	Pontevedra AROMON		6:09	1:38	***4:44***	***2:54***	9:31	7:30	6:45	***4:57***	5:13	***7:09***	***4:21***	***2:50***	***4:06***	6:51
			1:17:02	1:20:42	1:24:13	1:27:20	1:27:55									
			2:24	3:40	3:31	3:07	0:35									
4	**Diz Cao Isabel**	**1:56:31**	4:08	5:14	11:59	15:45	26:36	54:57	1:01:40	1:08:12	1:13:57	1:22:10	1:26:49	1:30:05	1:36:25	1:43:25
	As Neves VIZHOJA-COR		4:08	1:06	6:45	3:46	10:51	28:21	6:43	6:32	5:45	8:13	4:39	3:16	6:20	7:00
			1:45:42	1:49:45	1:53:17	1:56:01	1:56:31									
			2:17	4:03	3:32	2:44	***0:30***									

Feminino 21 (2) — 14,4 km 400 m — 16 C

os	Nombre	Tiempo	1(104)	2(103)	3(105)	4(108)	5(110)	6(111)	7(113)	8(121)	9(122)	10(116)	11(128)	12(127)	13(120)	14(124)
			15(123)	16(200)	Meta											
1	**Del Puerto Lopez Barb**	**1:24:47**	**4:22**	**6:45**	**11:12**	**15:48**	**19:42**	**23:37**	**34:50**	**42:00**	**47:15**	**59:12**	**1:06:38**	**1:09:32**	**1:17:34**	**1:18:28**
	Ordes SEO		***4:22***	***2:23***	4:27	4:36	3:54	3:55	11:13	***7:10***	5:15	11:57	***7:26***	***2:54***	8:02	***0:54***
			1:21:31	**1:24:20**	**1:24:47**											
			3:03	2:49	***0:27***											
2	**Denis Sanroman Marin**	**1:34:57**	9:31	12:09	16:22	20:41	24:16	28:01	38:39	52:50	56:46	1:07:49	1:15:31	1:19:50	1:26:46	1:27:56
	Pontevedra AROMON		9:31	2:38	***4:13***	***4:19***	***3:35***	***3:45***	***10:38***	14:11	***3:56***	***11:03***	7:42	4:19	***6:56***	1:10
			1:31:40	1:34:22	1:34:57											
			3:44	***2:42***	0:35											

Feminino 40 (13) — 14,7 km 400 m — 17 C

os	Nombre	Tiempo	1(102)	2(106)	3(109)	4(108)	5(111)	6(113)	7(121)	8(122)	9(116)	10(128)	11(129)	12(130)	13(127)	14(120)
			15(124)	16(123)	17(200)	Meta										
1	**López Eyo Tania**	**1:09:41**	**2:06**	**3:33**	**8:21**	**9:44**	**13:50**	**21:04**	**27:29**	**31:31**	**40:16**	**46:15**	**50:37**	**53:32**	**57:36**	**1:02:35**
	Cuntis XESTEIRAS		***2:06***	***1:27***	4:48	***1:23***	***4:06***	***7:14***	6:25	***4:02***	***8:45***	***5:59***	4:22	2:55	4:04	***4:59***
			1:03:35	**1:06:51**	**1:09:09**	**1:09:41**										
			1:00	3:16	2:18	0:32										
2	**Lopez Dacosta Cristina**	**1:20:16**	2:22	4:09	8:43	16:55	22:58	30:26	36:09	41:10	51:50	58:07	1:01:59	1:05:10	1:09:10	1:14:10
	Culleredo GALLAECIA_		2:22	1:47	***4:34***	8:12	6:03	7:28	***5:43***	5:01	10:40	6:17	***3:52***	3:11	***4:00***	5:00
			1:15:04	1:17:43	1:19:48	1:20:16										
			0:54	***2:39***	***2:05***	***0:28***										
3	**Pedre Fernández Natali**	**1:28:43**	3:45	5:46	11:24	13:16	18:20	27:44	34:29	39:14	50:21	1:00:05	1:05:41	1:09:00	1:13:54	1:19:47
	A Coruña LICEO		3:45	2:01	5:38	1:52	5:04	9:24	6:45	4:45	11:07	9:44	5:36	3:19	4:54	5:53
			1:20:49	1:25:10	1:28:10	1:28:43										
			1:02	4:21	3:00	0:33										
4	**Pérez González M. Jos**	**1:34:36**	3:56	6:22	12:21	14:47	20:17	29:56	38:26	44:43	54:48	1:05:48	1:10:57	1:14:14	1:18:44	1:24:41
	LUGO FLUVIAL_LUGO		3:56	2:26	5:59	2:26	5:30	9:39	8:30	6:17	10:05	11:00	5:09	3:17	4:30	5:57
			1:25:56	1:31:17	1:34:02	1:34:36										
			1:15	5:21	2:45	0:34										
5	**Veiga García Carla**	**1:37:44**	3:13	7:16	17:48	19:41	26:09	36:27	44:50	49:23	1:00:37	1:08:43	1:13:46	1:16:36	1:22:17	1:29:16
	Pontevedra AROMON		3:13	4:03	10:32	1:53	6:28	10:18	8:23	4:33	11:14	8:06	5:03	2:50	5:41	6:59
			1:30:20	1:34:14	1:37:12	1:37:44		*13:22*								
			1:04	3:54	2:58	0:32		**108*								
6	**Porto Vázquez Rosa**	**1:47:51**	3:33	12:27	18:32	20:35	26:11	36:58	46:29	50:46	1:03:06	1:11:54	1:18:38	1:22:36	1:30:07	1:39:56
	LUGO FLUVIAL_LUGO		3:33	8:54	6:05	2:03	5:36	10:47	9:31	4:17	12:20	8:48	6:44	3:58	7:31	9:49
			1:40:51	1:44:32	1:47:20	1:47:51										
			0:55	3:41	2:48	0:31										
7	**Seoane Rodríguez Silv**	**1:52:24**	3:29	6:13	12:27	19:06	25:34	37:15	46:09	55:41	1:08:53	1:19:03	1:25:51	1:29:34	1:34:50	1:42:34
	Culleredo GALLAECIA_		3:29	2:44	6:14	6:39	6:28	11:41	8:54	9:32	13:12	10:10	6:48	3:43	5:16	7:44
			1:44:18	1:48:42	1:51:40	1:52:24										
			1:44	4:24	2:58	0:44										
8	**Arenas Rincón María In**	**2:05:34**	6:47	8:46	15:11	19:24	27:49	40:29	53:37	58:33	1:13:37	1:23:58	1:32:02	1:36:15	1:41:50	1:50:27
	As Neves VIZHOJA-COR		6:47	1:59	6:25	4:13	8:25	12:40	13:08	4:56	15:04	10:21	8:04	4:13	5:35	8:37
			1:51:57	2:01:21	2:04:50	2:05:34										
			1:30	9:24	3:29	0:44										
9	**Sánchez Marín María J**	**2:12:05**	3:46	6:55	14:03	16:21	23:29	35:53	45:35	56:27	1:13:39	1:28:12	1:35:37	1:41:04	1:47:27	1:58:02
	LUGO COMPAS		3:46	3:09	7:08	2:18	7:08	12:24	9:42	10:52	17:12	14:33	7:25	5:27	6:23	10:35
			2:00:35	2:07:02	2:10:49	2:12:05										
			2:33	6:27	3:47	1:16										
10	**Seijo Souto Dori**	**2:17:22**	3:31	6:57	13:28	23:05	36:20	45:45	55:07	1:09:20	1:20:41	1:29:34	1:37:24	1:40:49	1:46:47	1:53:30
	Pontevedra AROMON		3:31	3:26	6:31	9:37	13:15	9:25	9:22	14:13	11:21	8:53	7:50	3:25	5:58	6:43
			1:55:09	2:12:39	2:16:36	2:17:22										
			1:39	17:30	3:57	0:46										
11	**González Canda Reyes**	**2:17:53**	7:12	11:08	18:47	21:18	29:54	42:02	51:29	1:02:17	1:19:36	1:33:33	1:41:43	1:47:06	1:53:16	2:04:53
	LUGO COMPAS		7:12	3:56	7:39	2:31	8:36	12:08	9:27	10:48	17:19	13:57	8:10	5:23	6:10	11:37
			2:06:38	2:12:52	2:16:46	2:17:53										
			1:45	6:14	3:54	1:07										
12	**Bello Rodríguez Olalla**	**2:24:12**	57:38	1:00:19	1:05:29	1:07:26	1:12:59	1:22:23	1:31:11	1:35:30	1:47:29	1:55:52	2:01:14	2:03:54	2:09:13	2:16:51
	Culleredo GALLAECIA_		57:38	2:41	5:10	1:57	5:33	9:24	8:48	4:19	11:59	8:23	5:22	***2:40***	5:19	7:38
			2:18:01	2:20:52	2:23:26	2:24:12										
			1:10	2:51	2:34	0:46										
	López Permuy Victoria	**No sale**														
	A Coruña BRIGANTIA															

Feminino 50 (5) — 11,7 km 350 m — 15 C

os	Nombre	Tiempo	1(108)	2(109)	3(106)	4(101)	5(110)	6(111)	7(113)	8(121)	9(122)	10(114)	11(119)	12(127)	13(124)	14(123)
			15(200)	Meta												
1	**Paredes Rios Rosa Mar**	**1:18:22**	7:21	9:52	15:06	19:10	24:47	28:24	38:11	47:08	52:36	58:31	1:02:50	1:07:27	1:10:33	**1:14:56**
	Pontevedra AROMON		7:21	***2:31***	5:14	4:04	5:37	3:37	9:47	8:57	5:28	5:55	***4:19***	4:37	3:06	***4:23***
			1:17:47	**1:18:22**												
			2:51	***0:35***												
2	**Mosquera Azar Paulina**	**1:19:40**	2:36	5:16	8:47	13:03	**17:45**	**21:42**	**30:31**	**41:28**	**46:48**	**52:19**	**1:02:21**	**1:06:58**	**1:10:00**	1:15:33
	Culleredo GALLAECIA_		2:36	2:40	3:31	4:16	***4:42***	3:57	***8:49***	10:57	5:20	***5:31***	10:02	4:37	***3:02***	5:33
			1:18:39	1:19:40												
			3:06	1:01												

os Nombre Tiempo

Feminino 50 (5) ***11,7 km 350 m*** ***15 C*** *(cont.)*

os	Nombre	Tiempo	1(108)	2(109)	3(106)	4(101)	5(110)	6(111)	7(113)	8(121)	9(122)	10(114)	11(119)	12(127)	13(124)	14(123)
			15(200)	Meta												
3	**Silvarrey Redondo Ter**	**1:22:52**	**1:58**	**4:32**	**8:02**	**12:14**	19:59	24:36	36:19	44:36	50:36	58:30	1:04:41	1:08:59	1:13:35	1:18:14
	Culleredo GALLAECIA_		***1:58***	2:34	***3:30***	4:12	7:45	4:37	11:43	***8:17***	6:00	7:54	6:11	4:18	4:36	4:39
			1:21:26	1:22:52		*1:12:10*										
			3:12	1:26		**125*										
4	**Crespo Quindós Begoñ**	**1:32:42**	3:00	6:59	12:48	16:20	22:46	26:21	42:22	50:53	56:01	1:05:00	1:12:39	1:18:39	1:23:02	1:28:15
	Vigo U-VIGO		3:00	3:59	5:49	***3:32***	6:26	***3:35***	16:01	8:31	***5:08***	8:59	7:39	6:00	4:23	5:13
			1:31:53	1:32:42		*29:45*	*1:21:29*									
			3:38	0:49		**110*	**125*									
	Sanchez Vázquez Maria	**en tarj.**	4:55	8:04	12:05	17:07	22:51	28:14	43:18	53:08	59:04	1:06:54	1:13:08	1:16:49	-----	1:28:02
	Pontevedra AROMON		4:55	3:09	4:01	5:02	5:44	5:23	15:04	9:50	5:56	7:50	6:14	***3:41***		11:13
			1:31:39	1:32:27		*1:19:57*										
			3:37	0:48		**125*										

Feminino 60 (1) **8,4 km 270 m** **14 C**

os	Nombre	Tiempo	1(101)	2(104)	3(106)	4(107)	5(110)	6(108)	7(109)	8(111)	9(114)	10(119)	11(127)	12(124)	13(123)	14(200)
			Meta													
1	**García Pacios María Án**	**1:56:42**	**16:45**	**28:57**	**36:48**	**44:24**	**53:38**	**1:00:08**	**1:04:42**	**1:10:47**	**1:23:45**	**1:31:32**	**1:35:44**	**1:41:09**	**1:50:01**	**1:55:18**
	Vigo U-VIGO		***16:45***	***12:12***	***7:51***	***7:36***	***9:14***	***6:30***	***4:34***	***6:05***	***12:58***	***7:47***	***4:12***	***5:25***	***8:52***	***5:17***
			1:56:42													
			1:24													

Absoluta Parellas (1) **14,7 km 400 m** **17 C**

os	Nombre	Tiempo	1(102)	2(106)	3(109)	4(108)	5(111)	6(113)	7(121)	8(122)	9(116)	10(128)	11(129)	12(130)	13(127)	14(120)
			15(124)	16(123)	17(200)	Meta										
1	**Hermida Carrasco Albe**	**1:44:56**	**7:18**	**10:19**	**17:01**	**19:52**	**31:22**	**41:53**	**50:00**	**55:18**	**1:06:29**	**1:15:15**	**1:20:11**	**1:23:17**	**1:28:44**	**1:34:38**
	Pontedeume MONTBRE		***7:18***	***3:01***	***6:42***	***2:51***	***11:30***	***10:31***	***8:07***	***5:18***	***11:11***	***8:46***	***4:56***	***3:06***	***5:27***	***5:54***
			1:36:46	**1:40:57**	**1:43:47**	**1:44:56**										
			2:08	***4:11***	***2:50***	***1:09***										