

Pos	orsal	Nombre	Tiempo														
M-15 (7)			16,5 km 489 m 12 C														
			1(31)	2(32)	3(33)	4(34)	5(39)	6(40)	7(42)	8(43)	9(44)	10(41)	11(36)	12(100)	Meta		
1	21	López González, Nicolás La Coruña OPBZ	1:09:47	3:20	4:30	7:57	11:42	18:31	28:10	35:46	43:46	45:53	52:00	1:02:21	1:08:54	1:09:47	
				3:20	1:10	3:27	3:45	6:49	9:39	7:36	8:00	2:07	6:07	10:21	6:33	0:53	
2	90	Beloso Iglesias, Alexandre Pontevedra AROMON	1:25:44	4:58	6:31	11:23	15:57	26:03	41:23	49:42	58:46	1:01:44	1:08:03	1:17:23	1:24:38	1:25:44	
				4:58	1:33	4:52	4:34	10:06	15:20	8:19	9:04	2:58	6:19	9:20	7:15	1:06	
3	125	Obreo Montero, Alfonso Badajoz ITACA	1:35:41	3:37	5:02	9:28	14:04	22:59	43:16	51:57	1:00:22	1:02:44	1:15:00	1:26:18	1:34:36	1:35:41	
				3:37	1:25	4:26	4:36	8:55	20:17	8:41	8:25	2:22	12:16	11:18	8:18	1:05	
4	104	Serantes Abal, Eloi La Coruña ADC_ARNELA	1:41:05	3:58	5:38	10:06	18:08	30:22	47:22	1:00:35	1:17:48	1:19:59	1:25:29	1:33:22	1:39:58	1:41:05	
				3:58	1:40	4:28	8:02	12:14	17:00	13:13	17:13	2:11	5:30	7:53	6:36	1:07	
5	34	Alvarez Braña, Ivan La Coruña GALLAECIA_RAID	2:08:22	4:43	6:28	12:11	18:28	34:09	1:00:15	1:13:16	1:24:32	1:28:35	1:38:22	1:56:57	2:06:42	2:08:22	
				4:43	1:45	5:43	6:17	15:41	26:06	13:01	11:16	4:03	9:47	18:35	9:45	1:40	
	38	Silvarrey Oreiro, Marcos La Coruña GALLAECIA_RAID	Abandona	4:53	6:33	13:53	20:13	37:00	----	----	----	----	----	----	----	1:14:12	
				4:53	1:40	7:20	6:20	16:47								37:12	
	22	López González, Mario La Coruña OPBZ	Abandona	9:11	11:10	18:16	----	----	----	----	----	----	----	----	----		
				9:11	1:59	7:06											
M-17 (3)			16,5 km 475 m 12 C														
			1(45)	2(46)	3(33)	4(40)	5(47)	6(42)	7(48)	8(43)	9(44)	10(41)	11(36)	12(100)	Meta		
1	20	López González, Javier La Coruña OPBZ	1:09:56	2:01	3:25	8:51	27:01	30:43	36:01	40:21	46:39	48:56	55:29	1:03:24	1:08:59	1:09:56	
				2:01	1:24	5:26	18:10	3:42	5:18	4:20	6:18	2:17	6:33	7:55	5:35	0:57	
2	66	Fernández Sánchez, Pablo Lugo FLUVIAL_LUGO	1:17:29	2:23	3:30	12:04	31:37	35:28	40:35	45:26	51:27	56:19	1:03:16	1:10:39	1:16:32	1:17:29	
				2:23	1:07	8:34	19:33	3:51	5:07	4:51	6:01	4:52	6:57	7:23	5:53	0:57	
3	128	Veiga Couñago, Manuel Lugo FLUVIAL_LUGO	1:48:41	3:29	5:56	20:07	46:24	52:59	1:01:27	1:07:53	1:15:18	1:18:06	1:27:56	1:39:12	1:47:33	1:48:41	
				3:29	2:27	14:11	26:17	6:35	8:28	6:26	7:25	2:48	9:50	11:16	8:21	1:08	
M-20 (1)			20,6 km 526 m 11 C														
			1(45)	2(46)	3(40)	4(47)	5(49)	6(53)	7(54)	8(55)	9(40)	10(37)	11(100)	Meta			
1	25	Álvarez Braña, Martin Enrique La Coruña GALLAECIA_RAID	1:43:13	1:36	3:07	26:44	30:19	35:09	54:57	1:00:35	1:18:10	1:23:31	1:40:53	1:42:25	1:43:13		
				1:36	1:31	23:37	3:35	4:50	19:48	5:38	17:35	5:21	17:22	1:32	0:48		
M-E (18)			28,8 km 852 m 13 C														
			1(45)	2(46)	3(47)	4(49)	5(51)	6(52)	7(50)	8(53)	9(54)	10(55)	11(40)	12(37)	13(100)	Meta	
1	48	Roose, Riivo Barcelona CAT-O	1:41:53	1:34	2:35	19:27	23:21	35:06	37:29	43:57	1:09:49	1:13:09	1:23:53	1:28:24	1:39:31	1:41:02	1:41:53
				1:34	1:01	16:52	3:54	11:45	2:23	6:28	25:52	3:20	10:44	4:31	11:07	1:31	0:51
2	11	Muñoz Guerrero, Francisco Javi Cáceres ALTAIR	1:48:58	1:37	2:21	19:37	25:38	36:54	40:27	46:21	1:16:18	1:19:34	1:31:50	1:35:52	1:46:50	1:48:12	1:48:58
				1:37	0:44	17:16	6:01	11:16	3:33	5:54	29:57	3:16	12:16	4:02	10:58	1:22	0:46
3	115	Toll Clos, David Barcelona CEObTT	1:52:15	1:55	2:42	21:39	25:45	38:28	42:21	48:52	1:16:24	1:20:20	1:31:52	1:36:42	1:49:41	1:51:16	1:52:15
				1:55	0:47	18:57	4:06	12:43	3:53	6:31	27:32	3:56	11:32	4:50	12:59	1:35	0:59
4	76	Bermejo Cristóbal, Jesús Madrid RANDOBIKE	1:54:05	1:41	2:36	22:45	26:29	40:11	43:04	50:12	1:17:58	1:21:51	1:34:16	1:39:29	1:51:40	1:53:07	1:54:05
				1:41	0:55	20:09	3:44	13:42	2:53	7:08	27:46	3:53	12:25	5:13	12:11	1:27	0:58
5	96	Iglesias Mota, Urtzi Vizcaya COBI	1:54:21	1:52	2:46	21:18	25:27	40:25	43:08	49:38	1:17:19	1:21:34	1:33:43	1:39:33	1:51:33	1:53:16	1:54:21
				1:52	0:54	18:32	4:09	14:58	2:43	6:30	27:41	4:15	12:09	5:50	12:00	1:43	1:05
6	14	Gil López, Víctor Murcia MALVARICHE-O	1:57:44	1:58	2:56	23:16	27:34	39:57	42:56	49:13	1:16:53	1:22:13	1:36:12	1:40:57	1:55:19	1:56:52	1:57:44
				1:58	0:58	20:20	4:18	12:23	2:59	6:17	27:40	5:20	13:59	4:45	14:22	1:33	0:52
7	86	Taboada Pintor, Alberto La Coruña OPBZ	1:57:48	2:12	3:18	21:55	25:52	38:08	40:28	47:26	1:15:06	1:20:26	1:36:54	1:43:20	1:55:31	1:57:00	1:57:48
				2:12	1:06	18:37	3:57	12:16	2:20	6:58	27:40	5:20	16:28	6:26	12:11	1:29	0:48
8	120	Chousa Esteban, Enrique Madrid T_TRAGAME	2:00:05	1:51	2:38	23:21	27:42	40:49	44:25	51:23	1:22:40	1:27:08	1:38:15	1:43:54	1:57:34	1:59:13	2:00:05
				1:51	0:47	20:43	4:21	13:07	3:36	6:58	31:17	4:28	11:07	5:39	13:40	1:39	0:52
9	45	Trigales Delgado, Iván Madrid LOS_ANGELES	2:00:25	1:32	2:39	21:40	26:34	39:20	41:54	48:17	1:16:15	1:19:57	1:37:47	1:42:15	1:58:03	1:59:35	2:00:25
				1:32	1:07	19:01	4:54	12:46	2:34	6:23	27:58	3:42	17:50	4:28	15:48	1:32	0:50

1:32:09
*37

Pos	orsal	Nombre	Tiempo																
M-E (18)				28,8 km 852 m 13 C			<i>(cont.)</i>												
				1(45)	2(46)	3(47)	4(49)	5(51)	6(52)	7(50)	8(53)	9(54)	10(55)	11(40)	12(37)	13(100)	Meta		
10	58	Corral Alonso, Alberto	2:00:29	1:57	2:49	26:32	31:26	44:44	48:34	55:17	1:24:47	1:28:57	1:41:26	1:45:52	1:58:07	1:59:36	2:00:29		
		Lugo FLUVIAL_LUGO		1:57	0:52	23:43	4:54	13:18	3:50	6:43	29:30	4:10	12:29	4:26	12:15	1:29	0:53		
11	84	Fernández Otero, Oscar	2:02:50	2:22	3:35	25:58	30:01	42:02	44:38	51:54	1:19:25	1:24:38	1:40:34	1:45:43	2:00:10	2:01:56	2:02:50		
		La Coruña MONTAÑA_FERROL		2:22	1:13	22:23	4:03	12:01	2:36	7:16	27:31	5:13	15:56	5:09	14:27	1:46	0:54		
12	19	López Costoya, Francisco Javier	2:05:54	1:59	2:58	26:02	30:13	44:39	48:43	56:07	1:27:43	1:32:01	1:44:49	1:50:31	2:02:59	2:04:48	2:05:54		
		La Coruña OPBZ		1:59	0:59	23:04	4:11	14:26	4:04	7:24	31:36	4:18	12:48	5:42	12:28	1:49	1:06		
13	30	Peña Pita, Felipe	2:11:23	2:14	3:41	25:03	29:33	45:08	49:36	56:56	1:25:42	1:30:14	1:45:43	1:52:13	2:08:32	2:10:19	2:11:23		
		La Coruña GALLAECIA_RAID		2:14	1:27	21:22	4:30	15:35	4:28	7:20	28:46	4:32	15:29	6:30	16:19	1:47	1:04		
14	91	Pérez Alonso, Adrián	2:42:16	2:56	4:06	32:54	39:33	57:16	1:01:48	1:10:45	1:46:20	1:52:44	2:11:56	2:21:21	2:39:15	2:41:09	2:42:16		
		Pontevedra AROMON		2:56	1:10	28:48	6:39	17:43	4:32	8:57	35:35	6:24	19:12	9:25	17:54	1:54	1:07		
15	88	Martínez Raya, Francisco Manue	2:56:47	3:15	4:45	31:44	38:04	58:21	1:03:46	1:15:07	1:52:06	1:59:13	2:21:39	2:32:38	2:53:35	2:55:40	2:56:47		
		Almería SURCO		3:15	1:30	26:59	6:20	20:17	5:25	11:21	36:59	7:07	22:26	10:59	20:57	2:05	1:07		
16	54	Morlan Rodríguez, Jose Angel	2:58:10	2:27	3:28	26:32	33:14	52:01	54:56	1:03:00	1:44:14	1:50:01	2:18:23	2:24:06	2:54:39	2:56:52	2:58:10		
		La Coruña SEO		2:27	1:01	23:04	6:42	18:47	2:55	8:04	41:14	5:47	28:22	5:43	30:33	2:13	1:18		
131		Castro Fraga, Felipe	rror en tarj	4:07	5:46	35:20	42:22	1:02:11	1:07:05	1:18:52	2:12:51	2:19:17	----	----	----	----	2:56:42		
		A CORUÑA INDEPENDIENTE		4:07	1:39	29:34	7:02	19:49	4:54	11:47	53:59	6:26					37:25		
116		Amil Fernández, Carlos	No sale																
		Pontevedra BUDIÑORAI																	
M-21 (11)				20,6 km 526 m 11 C															
				1(45)	2(46)	3(40)	4(47)	5(49)	6(53)	7(54)	8(55)	9(40)	10(37)	11(100)	Meta				
1	47	González García, Javier	1:36:50	3:03	4:08	22:41	25:41	30:23	49:47	54:54	1:14:12	1:20:26	1:34:30	1:35:55	1:36:50				
		Madrid MALARRUTA		3:03	1:05	18:33	3:00	4:42	19:24	5:07	19:18	6:14	14:04	1:25	0:55				
2	100	Lareo Martínez, David	1:48:47	2:00	3:06	25:19	29:24	36:17	59:29	1:04:55	1:20:25	1:28:10	1:45:11	1:47:30	1:48:47				
		La Coruña ADC_ARNELA		2:00	1:06	22:13	4:05	6:53	23:12	5:26	15:30	7:45	17:01	2:19	1:17				
3	98	Baamonde Arufe, Pablo	1:53:19	2:35	3:45	26:33	31:14	36:44	1:02:03	1:08:04	1:26:57	1:33:38	1:50:11	1:52:08	1:53:19				
		La Coruña ADC_ARNELA		2:35	1:10	22:48	4:41	5:30	25:19	6:01	18:53	6:41	16:33	1:57	1:11				
4	49	Serrano Molinero, Javier	1:53:52	2:57	4:27	27:03	31:44	37:35	1:02:17	1:08:07	1:25:34	1:32:47	1:50:33	1:52:40	1:53:52				
		Madrid ESCONDITE-M		2:57	1:30	22:36	4:41	5:51	24:42	5:50	17:27	7:13	17:46	2:07	1:12				
5	13	Pérez González, Manuel	1:58:08	5:52	7:21	32:32	36:05	41:15	1:01:57	1:07:17	1:24:23	1:34:28	1:55:16	1:57:06	1:58:08				
		Cáceres ALTAIR		5:52	1:29	25:11	3:33	5:10	20:42	5:20	17:06	10:05	20:48	1:50	1:02				
6	126	Folgar Romay, Javier	2:09:53	2:26	4:44	25:26	30:13	35:34	1:09:38	1:18:48	1:38:47	1:46:34	2:06:33	2:08:46	2:09:53				
		Lugo FLUVIAL_LUGO		2:26	2:18	20:42	4:47	5:21	34:04	9:10	19:59	7:47	19:59	2:13	1:07				
7	60	Fernández Martínez, Carlos	2:10:31	2:52	4:00	31:38	36:40	43:42	1:09:54	1:19:22	1:42:10	1:48:25	2:06:48	2:09:09	2:10:31				
		Lugo FLUVIAL_LUGO		2:52	1:08	27:38	5:02	7:02	26:12	9:28	22:48	6:15	18:23	2:21	1:22				
8	80	Gomez Varela, Roberto	2:33:44	3:13	4:41	52:50	57:43	1:03:57	1:30:48	1:38:40	1:59:15	2:07:22	2:28:46	2:32:02	2:33:44				
		Lugo BG		3:13	1:28	48:09	4:53	6:14	26:51	7:52	20:35	8:07	21:24	3:16	1:42				
9	108	Noguerol Diz, Ivan	2:52:44	2:41	4:52	37:15	43:27	50:18	1:31:49	1:40:16	2:04:45	2:16:37	2:47:38	2:50:55	2:52:44				
		La Coruña GALLAECIA_RAID		2:41	2:11	32:23	6:12	6:51	41:31	8:27	24:29	11:52	31:01	3:17	1:49				
10	40	VILLAMARÍN GONZÁLEZ, IVÁN	2:56:51	4:20	5:46	33:41	40:23	49:21	1:36:41	1:44:29	2:16:54	2:27:47	2:52:55	2:55:21	2:56:51				
		La Coruña GALLAECIA_RAID		4:20	1:26	27:55	6:42	8:58	47:20	7:48	32:25	10:53	25:08	2:26	1:30				
61		Liz Díaz, Javier	Abandona	2:46	----	----	----	----	----	----	----	----	----	----					
		Lugo FLUVIAL_LUGO		2:46															
M-40 (26)				24,5 km 670 m 12 C															
				1(45)	2(46)	3(47)	4(49)	5(51)	6(52)	7(53)	8(54)	9(55)	10(40)	11(37)	12(100)	Meta			
1	29	Diz López, Francisco	1:43:05	2:17	2:55	22:59	26:53	41:28	45:25	1:08:45	1:12:21	1:24:00	1:27:42	1:40:19	1:42:12	1:43:05			
		La Coruña GALLAECIA_RAID		2:17	0:38	20:04	3:54	14:35	3:57	23:20	3:36	11:39	3:42	12:37	1:53	0:53			

Pos	orsal	Nombre	Tiempo													
F-17 (3)			16,5 km 489 m 12 C													
			1(31)	2(32)	3(33)	4(34)	5(39)	6(40)	7(42)	8(43)	9(44)	10(41)	11(36)	12(100)	Meta	
1	42	García Rodríguez, Nerea Badajoz ITACA	1:15:15	3:00	4:07	8:04	12:19	20:28	32:27	39:45	47:34	49:35	55:03	1:07:01	1:14:06	1:15:15
				3:00	1:07	3:57	4:15	8:09	11:59	7:18	7:49	2:01	5:28	11:58	7:05	1:09
2	72	Yllan Ortiz, Elena Madrid ALABARDA-O	1:42:51	6:34	8:14	13:53	19:31	32:56	47:27	58:26	1:08:36	1:11:56	1:19:46	1:32:00	1:41:30	1:42:51
				6:34	1:40	5:39	5:38	13:25	14:31	10:59	10:10	3:20	7:50	12:14	9:30	1:21
3	17	Villa Rodríguez, Paola Asturias PILOÑA_DEPORTE	1:42:55	3:30	5:02	9:38	14:42	25:39	49:35	1:00:31	1:10:38	1:13:59	1:22:26	1:33:09	1:41:30	1:42:55
				3:30	1:32	4:36	5:04	10:57	23:56	10:56	10:07	3:21	8:27	10:43	8:21	1:25
F-E (9)			24,5 km 670 m 12 C													
			1(45)	2(46)	3(47)	4(49)	5(51)	6(52)	7(53)	8(54)	9(55)	10(40)	11(37)	12(100)	Meta	
1	114	Delgado Gonzalez, Maria Del Ma La Coruña OPBZ	1:58:15	2:02	2:59	25:23	31:17	45:01	48:28	1:15:02	1:19:43	1:33:33	1:39:29	1:55:30	1:57:15	1:58:15
				2:02	0:57	22:24	5:54	13:44	3:27	26:34	4:41	13:50	5:56	16:01	1:45	1:00
2	59	Felpeto González, Luisa Lugo FLUVIAL_LUGO	2:43:12	3:01	4:17	31:42	38:15	56:07	1:01:34	1:28:55	1:34:30	1:58:47	2:20:56	2:40:01	2:42:04	2:43:12
				3:01	1:16	27:25	6:33	17:52	5:27	27:21	5:35	24:17	22:09	19:05	2:03	1:08
3	7	Isaba Aramendía, Natalia Navarra NORTE-SUR	2:45:45	2:48	4:19	33:05	39:25	59:46	1:03:22	1:37:59	1:45:08	2:13:28	2:22:56	2:42:24	2:44:32	2:45:45
				2:48	1:31	28:46	6:20	20:21	3:36	34:37	7:09	28:20	9:28	19:28	2:08	1:13
4	85	Montes Villar, Veronica La Coruña OPBZ	2:49:54	4:21	5:50	36:39	42:34	1:04:30	1:09:16	1:45:26	1:52:55	2:13:54	2:23:22	2:46:48	2:48:47	2:49:54
				4:21	1:29	30:49	5:55	21:56	4:46	36:10	7:29	20:59	9:28	23:26	1:59	1:07
5	92	Pérez Alonso, Alicia Pontevedra AROMON	2:56:12	3:25	4:45	34:18	42:38	1:00:49	1:05:56	1:41:20	1:49:47	2:14:57	2:28:16	2:52:12	2:54:42	2:56:12
				3:25	1:20	29:33	8:20	18:11	5:07	35:24	8:27	25:10	13:19	23:56	2:30	1:30
6	23	Naya Mancebo, Paula La Coruña GALLAECIA_RAID	3:00:20	2:52	4:29	37:53	55:04	1:15:16	1:19:37	1:53:19	1:59:02	2:26:54	2:35:16	2:56:40	2:59:08	3:00:20
				2:52	1:37	33:24	17:11	20:12	4:21	33:42	5:43	27:52	8:22	21:24	2:28	1:12
7	97	Rico Arechaederra, Cristina Vizcaya COBI	3:13:38	2:45	4:04	53:25	1:00:42	1:20:09	1:24:32	1:57:53	2:04:08	2:31:07	2:40:12	3:09:37	3:12:17	3:13:38
				2:45	1:19	49:21	7:17	19:27	4:23	33:21	6:15	26:59	9:05	29:25	2:40	1:21
8	12	Miranda Guerrero, Miriam Cáceres ALTAIR	3:41:13	5:54	7:35	48:59	1:00:24	1:21:32	1:27:22	2:10:55	2:18:29	2:47:06	2:56:58	3:36:22	3:39:13	3:41:13
				5:54	1:41	41:24	11:25	21:08	5:50	43:33	7:34	28:37	9:52	39:24	2:51	2:00
31	López Eyo, Tania La Coruña GALLAECIA_RAID	Abandona	2:43	4:11	31:47	39:02	59:59	-----	-----	-----	-----	-----	-----	-----	-----	-----
			2:43	1:28	27:36	7:15	20:57									
F-21 (7)			16,5 km 475 m 12 C													
			1(45)	2(46)	3(33)	4(40)	5(47)	6(42)	7(48)	8(43)	9(44)	10(41)	11(36)	12(100)	Meta	
1	6	Esparza Muñoz, María José Murcia LORCA-O	1:44:43	3:08	4:25	11:14	45:57	51:07	58:17	1:04:02	1:11:50	1:16:57	1:24:50	1:35:59	1:43:33	1:44:43
				3:08	1:17	6:49	34:43	5:10	7:10	5:45	7:48	5:07	7:53	11:09	7:34	1:10
2	63	Pérez González, María José Lugo FLUVIAL_LUGO	1:52:23	3:47	5:11	16:57	45:25	51:00	58:34	1:04:49	1:13:26	1:17:33	1:26:13	1:41:15	1:50:48	1:52:23
				3:47	1:24	11:46	28:28	5:35	7:34	6:15	8:37	4:07	8:40	15:02	9:33	1:35
3	77	López Chaves, Carolina Madrid RANDOBIKE	1:54:54	5:11	9:04	17:22	45:16	51:22	58:25	1:03:52	1:12:02	1:16:15	1:26:57	1:45:05	1:53:34	1:54:54
				5:11	3:53	8:18	27:54	6:06	7:03	5:27	8:10	4:13	10:42	18:08	8:29	1:20
4	95	Veiga García, Carlota Pontevedra AROMON	2:11:12	4:40	6:47	16:51	52:58	1:01:28	1:12:08	1:18:16	1:26:20	1:33:28	1:43:02	1:58:38	2:09:33	2:11:12
				4:40	2:07	10:04	36:07	8:30	10:40	6:08	8:04	7:08	9:34	15:36	10:55	1:39
5	53	Del Puerto López, Barbara La Coruña SEO	2:30:24	4:12	5:44	14:05	57:49	1:11:39	1:22:39	1:31:51	1:42:23	1:46:01	1:57:21	2:14:31	2:28:30	2:30:24
				4:12	1:32	8:21	43:44	13:50	11:00	9:12	10:32	3:38	11:20	17:10	13:59	1:54
6	41	Fariña Balsa, Sandra La Coruña GALLAECIA_RAID	2:30:43	5:44	10:07	21:59	58:52	1:07:07	1:17:59	1:26:15	1:37:02	1:44:48	1:58:06	2:19:09	2:28:52	2:30:43
				5:44	4:23	11:52	36:53	8:15	10:52	8:16	10:47	7:46	13:18	21:03	9:43	1:51
7	102	Míguez Sampedro, Susana La Coruña ADC_ARNELA	2:33:50	5:39	9:06	19:53	54:33	1:02:31	1:12:24	1:19:58	1:31:20	1:36:01	1:51:38	2:20:06	2:31:49	2:33:50
				5:39	3:27	10:47	34:40	7:58	9:53	7:34	11:22	4:41	15:37	28:28	11:43	2:01
F-40 (9)			20,6 km 526 m 11 C													
			1(45)	2(46)	3(40)	4(47)	5(49)	6(53)	7(54)	8(55)	9(40)	10(37)	11(100)	Meta		
1	65	Gómez Naya, Sonia Lugo FLUVIAL_LUGO	2:23:33	4:15	5:35	33:27	38:10	45:45	1:09:47	1:17:17	1:44:29	1:57:23	2:20:28	2:22:28	2:23:33	
				4:15	1:20	27:52	4:43	7:35	24:02	7:30	27:12	12:54	23:05	2:00	1:05	

40:25
*40

Pos	orsal	Nombre	Tiempo													
F-40 (9)				20,6 km 526 m			11 C			<i>(cont.)</i>						
				1(45)	2(46)	3(40)	4(47)	5(49)	6(53)	7(54)	8(55)	9(40)	10(37)	11(100)	Meta	
2	83	López Dacosta, Cristina	2:27:31	4:29	5:56	39:52	45:02	51:09	1:17:54	1:25:24	1:46:38	1:55:39	2:23:33	2:26:08	2:27:31	
		La Coruña MONTAÑA_FERROL		4:29	1:27	33:56	5:10	6:07	26:45	7:30	21:14	9:01	27:54	2:35	1:23	
3	5	Díaz Fuentes, Micaela	2:37:02	4:05	6:51	40:38	46:41	53:36	1:24:17	1:30:58	1:51:49	2:02:03	2:32:49	2:35:37	2:37:02	
		Murcia LORCA-O		4:05	2:46	33:47	6:03	6:55	30:41	6:41	20:51	10:14	30:46	2:48	1:25	
4	99	Carro Mahía, Alejandra	2:45:26	3:46	5:14	36:49	43:49	51:52	1:27:28	1:33:50	2:06:19	2:16:19	2:41:11	2:43:56	2:45:26	
		La Coruña ADC_ARNELA		3:46	1:28	31:35	7:00	8:03	35:36	6:22	32:29	10:00	24:52	2:45	1:30	
5	32	García González, Yolanda	2:50:45	3:40	5:34	47:16	52:33	1:04:56	1:40:22	1:48:12	2:13:58	2:24:14	2:46:51	2:49:29	2:50:45	
		La Coruña GALLAECIA_RAID		3:40	1:54	41:42	5:17	12:23	35:26	7:50	25:46	10:16	22:37	2:38	1:16	
6	33	Mosquera Azar, Paulina Andrea	2:57:02	4:32	9:21	40:05	47:06	55:29	1:31:17	1:39:15	2:11:43	2:22:21	2:53:52	2:55:47	2:57:02	
		La Coruña GALLAECIA_RAID		4:32	4:49	30:44	7:01	8:23	35:48	7:58	32:28	10:38	31:31	1:55	1:15	
7	43	García-Hawkins Fernandez, Ang	3:26:08	7:31	10:16	47:29	55:33	1:10:24	1:58:29	2:08:08	2:35:50	2:51:52	3:21:59	3:24:39	3:26:08	
		Madrid LOS_ANGELES		7:31	2:45	37:13	8:04	14:51	48:05	9:39	27:42	16:02	30:07	2:40	1:29	
8	2	Fontana Pérez, María Paloma	3:26:17	4:47	6:32	43:14	49:04	59:23	1:54:23	2:04:13	2:27:15	2:45:27	3:20:24	3:24:12	3:26:17	
		Córdoba LOS_CALIFAS		4:47	1:45	36:42	5:50	10:19	55:00	9:50	23:02	18:12	34:57	3:48	2:05	
	87	CHICA GONZALEZ, LIDIA	rror en tarj	----	16:00	55:27	1:07:00	1:19:06	2:06:58	2:18:52	2:50:06	3:04:31	3:45:06	3:48:11	3:50:03	
		Almería SURCO			16:00	39:27	11:33	12:06	47:52	11:54	31:14	14:25	40:35	3:05	1:52	
F-50 (6)				16,5 km 475 m			12 C									
				1(45)	2(46)	3(33)	4(40)	5(47)	6(42)	7(48)	8(43)	9(44)	10(41)	11(36)	12(100)	Meta
1	75	Piedrafita García, Dolores	2:13:44	4:42	7:56	17:18	49:43	59:33	1:08:20	1:16:00	1:24:51	1:29:58	1:40:34	2:01:30	2:11:56	2:13:44
		Huesca PEÑA_GUARA		4:42	3:14	9:22	32:25	9:50	8:47	7:40	8:51	5:07	10:36	20:56	10:26	1:48
2	74	Puyuelo Sanclemente, Mar	2:19:51	6:07	9:05	26:57	1:03:05	1:08:47	1:20:36	1:26:23	1:34:16	1:41:24	1:49:09	2:07:00	2:17:53	2:19:51
		Huesca PEÑA_GUARA		6:07	2:58	17:52	36:08	5:42	11:49	5:47	7:53	7:08	7:45	17:51	10:53	1:58
3	94	Sánchez Vázquez, Luisa	2:28:16	5:42	9:14	21:35	59:54	1:09:24	1:20:16	1:26:59	1:39:26	1:45:29	1:54:42	2:13:50	2:26:42	2:28:16
		Pontevedra AROMON		5:42	3:32	12:21	38:19	9:30	10:52	6:43	12:27	6:03	9:13	19:08	12:52	1:34
4	24	Silvarrey Redondo, María Teresa	2:45:07	6:21	9:07	25:22	1:06:46	1:15:17	1:26:56	1:34:48	1:45:34	1:50:31	2:01:19	2:32:00	2:43:05	2:45:07
		La Coruña GALLAECIA_RAID		6:21	2:46	16:15	41:24	8:31	11:39	7:52	10:46	4:57	10:48	30:41	11:05	2:02
5	3	Crespo Quindos, Begoña	3:04:13	5:29	8:40	23:15	1:22:30	1:30:02	1:45:16	1:55:13	2:07:17	2:16:59	2:27:00	2:48:05	3:01:50	3:04:13
		Pontevedra U-VIGO		5:29	3:11	14:35	59:15	7:32	15:14	9:57	12:04	9:42	10:01	21:05	13:45	2:23
	81	Para Martin, Eva María	No sale													
		Madrid MONTE_EL_PARDO														
F-PROM (2)				7,0 km 260 m			9 C									
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(56)	8(37)	9(100)	Meta			
1	133	García Alvarez, Pedro	1:02:05	15:08	18:22	24:49	30:43	38:08	42:07	53:44	57:22	1:00:19	1:02:05			
		A CORUÑA INDEPENDIENTE		15:08	3:14	6:27	5:54	7:25	3:59	11:37	3:38	2:57	1:46			
	121	Hermida Balseiro, Uxía	No sale													
		La Coruña GALLAECIA_RAID														
ABS.PAREJAS (8)				16,5 km 489 m			12 C									
				1(31)	2(32)	3(33)	4(34)	5(39)	6(40)	7(42)	8(43)	9(44)	10(41)	11(36)	12(100)	Meta
1	52	Casado Bravo, David	1:12:52	4:09	5:44	9:54	14:01	21:44	34:27	41:18	49:00	51:13	56:51	1:04:21	1:11:08	1:12:52
		La Coruña OPBZ		4:09	1:35	4:10	4:07	7:43	12:43	6:51	7:42	2:13	5:38	7:30	6:47	1:44
1	71	Riestra González, Santiago	1:12:52	4:13	5:50	9:58	14:03	22:19	34:32	41:34	48:54	51:09	56:46	1:04:13	1:11:12	1:12:52
		La Coruña ARTABROS		4:13	1:37	4:08	4:05	8:16	12:13	7:02	7:20	2:15	5:37	7:27	6:59	1:40
3	123	Sancosmed Torres, Manuel	1:34:35	5:43	7:17	11:55	16:26	25:16	45:16	53:45	1:01:50	1:07:04	1:13:10	1:25:41	1:33:23	1:34:35
		La Coruña COCO		5:43	1:34	4:38	4:31	8:50	20:00	8:29	8:05	5:14	6:06	12:31	7:42	1:12

1:11:34
*100

Pos	orsal	Nombre	Tiempo													
ABS.PAREJAS (8)			16,5 km 489 m	12 C	<i>(cont.)</i>											
				1(31)	2(32)	3(33)	4(34)	5(39)	6(40)	7(42)	8(43)	9(44)	10(41)	11(36)	12(100)	Meta
3	122	Sancosmed Torres, José Manuel La Coruña COCO	1:34:35	5:40	7:13	11:58	16:25	25:26	45:10	53:38	1:01:44	1:06:59	1:13:02	1:25:33	1:33:20	1:34:35
5	9	Pedre Fernández, Natalia Teresa La Coruña APA_LICEO	1:47:42	5:40	1:33	4:45	4:27	9:01	19:44	8:28	8:06	5:15	6:03	12:31	7:47	1:15
5	8	Arufe Varela, Javier La Coruña APA_LICEO	1:47:42	9:58	11:34	16:38	22:54	35:40	52:42	1:03:11	1:13:51	1:18:02	1:24:59	1:35:50	1:45:53	1:47:42
				9:58	1:36	5:04	6:16	12:46	17:02	10:29	10:40	4:11	6:57	10:51	10:03	1:49
				9:55	11:32	16:30	22:50	35:04	52:45	1:03:02	1:13:46	1:17:59	1:24:47	1:35:41	1:45:39	1:47:42
				9:55	1:37	4:58	6:20	12:14	17:41	10:17	10:44	4:13	6:48	10:54	9:58	2:03
112		Dopico Pena, Andres La Coruña GALLAECIA_RAID	Abandona	6:15	8:50	16:55	25:10	40:38	----	----	----	----	----	----	----	----
113		García Santos, Rocio La Coruña GALLAECIA_RAID	Abandona	6:15	2:35	8:05	8:15	15:28	----	----	----	----	----	----	----	----
				6:26	8:56	17:16	25:28	40:40	----	----	----	----	----	----	----	----
				6:26	2:30	8:20	8:12	15:12								
INIC.PAREJA (3)			11,2 km 374 m	11 C												
				1(31)	2(32)	3(33)	4(34)	5(39)	6(40)	7(41)	8(36)	9(56)	10(37)	11(100)	Meta	
70		Varela Montoto, Sergio Lugo FLUVIAL_LUGO	Abandona	23:39	29:17	57:57	1:23:37	----	----	----	----	----	----	----	3:17:31	
				23:39	5:38	28:40	25:40								1:53:54	
69		Varela Montoto, Manuel Lugo FLUVIAL_LUGO	Abandona	23:45	29:58	58:16	1:23:48	----	----	----	----	----	----	----	3:20:29	
				23:45	6:13	28:18	25:32								1:56:41	
68		Montoto Vales, Natalia Lugo FLUVIAL_LUGO	Abandona	23:39	29:40	57:51	1:23:56	----	----	----	----	----	----	----	3:21:28	
				23:39	6:01	28:11	26:05								1:57:32	