

| Pos | Jorsal | Nombre | Tempo | | | | | | | | | | | | | | |
|---------------------------|--------|---|------------|----------------|----------------|----------------|----------------|----------------|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Feminino 12 (6) | | | | | | 2,4 km | | 10 C | | | | | | | | | |
| | | | | 1(76) | 2(68) | 3(69) | 4(78) | 5(70) | 6(77) | 7(73) | 8(72) | 9(74) | 10(100) | Meta | | | |
| 1 | 168 | Alvarez Toyos, Irene UNIVERSIDAD DE V | 1:08:50 | 13:06 | 15:57 | 17:49 | 26:47 | 29:06 | 34:24 | 45:36 | 50:20 | 59:46 | 1:06:10 | 1:08:50 | | | |
| | | | | 13:06 | 2:51 | 1:52 | 8:58 | 2:19 | 5:18 | 11:12 | 4:44 | 9:26 | 6:24 | 2:40 | | | |
| 2 | 154 | Pérez García, Uxia ADC ARNELA Porto | 1:23:52 | 13:42 | 15:25 | 18:35 | 23:50 | 26:01 | 53:55 | 1:01:36 | 1:04:31 | 1:12:29 | 1:21:15 | 1:23:52 | | | |
| | | | | 13:42 | 1:43 | 3:10 | 5:15 | 2:11 | 27:54 | 7:41 | 2:55 | 7:58 | 8:46 | 2:37 | | | |
| 3 | 315 | García Lopez, Carlo ARTABROS A Coruá | 1:33:37 | 23:14 | 30:42 | 34:33 | 44:41 | 51:30 | 57:29 | 1:14:53 | 1:18:46 | 1:28:45 | 1:31:07 | 1:33:37 | | | |
| | | | | 23:14 | 7:28 | 3:51 | 10:08 | 6:49 | 5:59 | 17:24 | 3:53 | 9:59 | 2:22 | 2:30 | | | |
| 4 | 332 | Traveso Pedrares, Ir ARTABROS A Coruá | 1:33:39 | 16:17 | 20:58 | 24:53 | 39:01 | 43:11 | 52:40 | 1:04:39 | 1:09:35 | 1:28:11 | 1:31:47 | 1:33:39 | | | |
| | | | | 16:17 | 4:41 | 3:55 | 14:08 | 4:10 | 9:29 | 11:59 | 4:56 | 18:36 | 3:36 | 1:52 | | | |
| 5 | 333 | Traveso Pedrares, S ARTABROS A Coruá | 2:01:45 | 10:14 | 14:57 | 18:39 | 33:05 | 35:30 | 44:42 | 57:38 | 1:35:42 | 1:55:40 | 1:59:42 | 2:01:45 | | | |
| | | | | 10:14 | 4:43 | 3:42 | 14:26 | 2:25 | 9:12 | 12:56 | 38:04 | 19:58 | 4:02 | 2:03 | | | |
| | 277 | Martínez Gómez, So BRIGANTIA A Coruá | r en tarj. | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 30:30 | 35:33 | 37:21 | | | |
| | | | | | | | | | | | | 30:30 | 5:03 | 1:48 | | | |
| Feminino 14 (4) | | | | | | 2,9 km | | 12 C | | | | | | | | | |
| | | | | 1(76) | 2(68) | 3(69) | 4(78) | 5(70) | 6(77) | 7(71) | 8(79) | 9(80) | 10(72) | 11(74) | 12(100) | Meta | |
| 1 | 104 | Hermida Balseiro, U GALLAECIA RAID A | 1:06:14 | 6:40 | 9:23 | 10:51 | 16:31 | 19:08 | 22:28 | 43:45 | 45:21 | 52:38 | 58:10 | 1:03:01 | 1:04:40 | 1:06:14 | |
| | | | | 6:40 | 2:43 | 1:28 | 5:40 | 2:37 | 3:20 | 21:17 | 1:36 | 7:17 | 5:32 | 4:51 | 1:39 | 1:34 | |
| 2 | 380 | Grimaldi Pérez, Alba HABELAS HAINAS \ | 1:17:44 | 9:51 | 11:23 | 12:15 | 21:30 | 23:23 | 38:18 | 43:55 | 52:39 | 58:46 | 1:08:25 | 1:14:26 | 1:16:23 | 1:17:44 | |
| | | | | 9:51 | 1:32 | 0:52 | 9:15 | 1:53 | 14:55 | 5:37 | 8:44 | 6:07 | 9:39 | 6:01 | 1:57 | 1:21 | |
| 3 | 92 | Dopico Golpe, Rocio GALLAECIA RAID A | 1:32:09 | 6:29 | 9:00 | 11:43 | 23:41 | 26:24 | 30:16 | 35:51 | 37:49 | 59:39 | 1:06:13 | 1:12:54 | 1:30:40 | 1:32:09 | |
| | | | | 6:29 | 2:31 | 2:43 | 11:58 | 2:43 | 3:52 | 5:35 | 1:58 | 21:50 | 6:34 | 6:41 | 17:46 | 1:29 | |
| 4 | 151 | Oujo Perez, Nerea ADC ARNELA Porto | 1:40:55 | 9:41 | 11:26 | 14:32 | 18:12 | 21:56 | 1:04:28 | 1:18:40 | 1:20:28 | 1:28:14 | 1:31:49 | 1:37:04 | 1:39:31 | 1:40:55 | |
| | | | | 9:41 | 1:45 | 3:06 | 3:40 | 3:44 | 42:32 | 14:12 | 1:48 | 7:46 | 3:35 | 5:15 | 2:27 | 1:24 | |
| Feminino 16 (4) | | | | | | 3,1 km | | 15 C | | | | | | | | | |
| | | | | 1(81) | 2(67) | 3(84) | 4(85) | 5(88) | 6(57) | 7(77) | 8(71) | 9(66) | 10(92) | 11(93) | 12(94) | 13(95) | 14(97) |
| | | | | 15(100) | Meta | | | | | | | | | | | | |
| 1 | 327 | Piñeiro Varela, Marí ARTABROS A Coruá | 1:05:21 | 4:01 | 7:36 | 11:13 | 13:32 | 17:00 | 19:50 | 22:20 | 31:54 | 35:40 | 46:10 | 48:31 | 54:49 | 58:18 | 1:02:50 |
| | | | | 4:01 | 3:35 | 3:37 | 2:19 | 3:28 | 2:50 | 2:30 | 9:34 | 3:46 | 10:30 | 2:21 | 6:18 | 3:29 | 4:32 |
| | | | | 1:03:54 | 1:05:21 | | | | | | | | | | | | |
| | | | | 1:04 | 1:27 | | | | | | | | | | | | |
| 2 | 212 | Osorio Miguez, Alba TREVINCA O Barco | 1:27:24 | 4:30 | 12:41 | 17:17 | 20:31 | 26:17 | 30:10 | 33:42 | 41:29 | 47:48 | 58:29 | 1:01:58 | 1:09:59 | 1:18:51 | 1:24:23 |
| | | | | 4:30 | 8:11 | 4:36 | 3:14 | 5:46 | 3:53 | 3:32 | 7:47 | 6:19 | 10:41 | 3:29 | 8:01 | 8:52 | 5:32 |
| | | | | 1:25:53 | 1:27:24 | | | | | | | | | | | | |
| | | | | 1:30 | 1:31 | | | | | | | | | | | | |
| 3 | 201 | Aller Pfrter, Milagro TREVINCA O Barco | 1:33:51 | 5:49 | 18:48 | 22:59 | 27:29 | 34:03 | 38:35 | 43:54 | 49:59 | 55:51 | 1:04:25 | 1:08:06 | 1:15:58 | 1:24:53 | 1:30:19 |
| | | | | 5:49 | 12:59 | 4:11 | 4:30 | 6:34 | 4:32 | 5:19 | 6:05 | 5:52 | 8:34 | 3:41 | 7:52 | 8:55 | 5:26 |
| | | | | 1:31:56 | 1:33:51 | | | | | | | | | | | | |
| | | | | 1:37 | 1:55 | | | | | | | | | | | | |
| | 16 | González Fernández FLUVIAL LUGO Lug | No sale | | | | | | | | | | | | | | |
| Feminino 18 (1) | | | | | | 4,7 km | | 18 C | | | | | | | | | |
| | | | | 1(81) | 2(82) | 3(83) | 4(84) | 5(85) | 6(86) | 7(87) | 8(88) | 9(89) | 10(90) | 11(91) | 12(92) | 13(93) | 14(94) |
| | | | | 15(95) | 16(96) | 17(97) | 18(100) | Meta | | | | | | | | | |
| 1 | 150 | Oujo Perez, Antia ADC ARNELA Porto | 2:52:20 | 10:11 | 15:52 | 24:56 | 36:57 | 44:38 | 51:11 | 1:01:00 | 1:06:37 | 1:15:40 | 1:38:03 | 1:53:12 | 2:03:02 | 2:08:13 | 2:28:05 |
| | | | | 10:11 | 5:41 | 9:04 | 12:01 | 7:41 | 6:33 | 9:49 | 5:37 | 9:03 | 22:23 | 15:09 | 9:50 | 5:11 | 19:52 |
| | | | | 2:40:59 | 2:44:54 | 2:47:44 | 2:49:38 | 2:52:20 | | | | | | | | | |
| | | | | 12:54 | 3:55 | 2:50 | 1:54 | 2:42 | | | | | | | | | |
| Feminino 21 A (18) | | | | | | 4,7 km | | 14 C | | | | | | | | | |
| | | | | 1(53) | 2(58) | 3(52) | 4(49) | 5(47) | 6(45) | 7(43) | 8(32) | 9(55) | 10(48) | 11(50) | 12(46) | 13(95) | 14(100) |
| | | | | Meta | | | | | | | | | | | | | |
| 1 | 174 | Fuertes Saco, Julia UNIVERSIDAD DE V | 1:17:26 | 5:54 | 10:09 | 19:22 | 28:18 | 40:04 | 43:10 | 46:23 | 53:23 | 56:54 | 1:00:05 | 1:05:28 | 1:08:51 | 1:11:54 | 1:16:10 |
| | | | | 5:54 | 4:15 | 9:13 | 8:56 | 11:46 | 3:06 | 3:13 | 7:00 | 3:31 | 3:11 | 5:23 | 3:23 | 3:03 | 4:16 |
| | | | | 1:17:26 | | | | | | | | | | | | | |
| | | | | 1:16 | | | | | | | | | | | | | |
| 2 | 404 | Morales Jiménez, Ir LIMIACTIVA Xinzod | 1:27:04 | 6:20 | 10:31 | 18:50 | 26:51 | 40:24 | 43:23 | 47:04 | 56:07 | 1:02:28 | 1:06:03 | 1:11:59 | 1:15:23 | 1:21:13 | 1:25:53 |
| | | | | 6:20 | 4:11 | 8:19 | 8:01 | 13:33 | 2:59 | 3:41 | 9:03 | 6:21 | 3:35 | 5:56 | 3:24 | 5:50 | 4:40 |
| | | | | 1:27:04 | | | | | | | | | | | | | |
| | | | | 1:11 | | | | | | | | | | | | | |
| 3 | 64 | Ricoy Rajoy, Sara AROMON Pontevedr | 1:33:39 | 7:16 | 13:09 | 21:17 | 30:37 | 44:02 | 50:10 | 53:59 | 1:02:58 | 1:08:47 | 1:12:03 | 1:17:33 | 1:20:59 | 1:23:57 | 1:32:01 |
| | | | | 7:16 | 5:53 | 8:08 | 9:20 | 13:25 | 6:08 | 3:49 | 8:59 | 5:49 | 3:16 | 5:30 | 3:26 | 2:58 | 8:04 |
| | | | | 1:33:39 | | | | | | | | | | | | | |
| | | | | 1:38 | | | | | | | | | | | | | |
| 4 | 448 | Delgado Gonzalez, I IES SABÓN Arteixo. | 1:40:08 | 8:03 | 14:07 | 22:04 | 29:57 | 50:04 | 55:00 | 59:39 | 1:10:08 | 1:15:30 | 1:17:49 | 1:24:07 | 1:27:42 | 1:32:50 | 1:38:21 |
| | | | | 8:03 | 6:04 | 7:57 | 7:53 | 20:07 | 4:56 | 4:39 | 10:29 | 5:22 | 2:19 | 6:18 | 3:35 | 5:08 | 5:31 |
| | | | | 1:40:08 | | | | | | | | | | | | | |
| | | | | 1:47 | | | | | | | | | | | | | |
| 5 | 231 | Garrido Martinez, La APA LICEO A Coruá | 1:41:24 | 6:36 | 13:04 | 23:19 | 33:35 | 46:58 | 54:28 | 58:36 | 1:06:51 | 1:11:52 | 1:15:16 | 1:22:47 | 1:28:48 | 1:33:08 | 1:39:19 |
| | | | | 6:36 | 6:28 | 10:15 | 10:16 | 13:23 | 7:30 | 4:08 | 8:15 | 5:01 | 3:24 | 7:31 | 6:01 | 4:20 | 6:11 |
| | | | | 1:41:24 | | | | | | | | | | | | | |
| | | | | 2:05 | | | | | | | | | | | | | |
| 6 | 3 | Bellón Santos, Tere FLUVIAL LUGO Lug | 1:45:32 | 6:57 | 14:44 | 21:26 | 31:30 | 41:21 | 52:09 | 56:16 | 1:12:39 | 1:18:09 | 1:23:00 | 1:30:10 | 1:33:44 | 1:38:55 | 1:43:57 |
| | | | | 6:57 | 7:47 | 6:42 | 10:04 | 9:51 | 10:48 | 4:07 | 16:23 | 5:30 | 4:51 | 7:10 | 3:34 | 5:11 | 5:02 |
| | | | | 1:45:32 | | | | | | | | | | | | | |
| | | | | 1:35 | | | | | | | | | | | | | |
| 7 | 21 | Parga Basanta, Luci FLUVIAL LUGO Lug | 1:47:11 | 13:36 | 20:15 | 30:52 | 39:56 | 56:49 | 1:01:30 | 1:04:57 | 1:15:42 | 1:21:54 | 1:25:42 | 1:31:16 | 1:36:42 | 1:41:04 | 1:45:46 |
| | | | | 13:36 | 6:39 | 10:37 | 9:04 | 16:53 | 4:41 | 3:27 | 10:45 | 6:12 | 3:48 | 5:34 | 5:26 | 4:22 | 4:42 |
| | | | | 1:47:11 | | | | | | | | | | | | | |
| | | | | 1:25 | | | | | | | | | | | | | |
| 8 | 66 | Rodríguez Mouríño, AROMON Pontevedr | 1:48:22 | 6:27 | 13:26 | 26:12 | 36:46 | 49:25 | 55:09 | 59:01 | 1:08:50 | 1:17:16 | 1:20:20 | 1:25:51 | 1:36:26 | 1:39:29 | 1:46:22 |
| | | | | 6:27 | 6:59 | 12:46 | 10:34 | 12:39 | 5:44 | 3:52 | 9:49 | 8:26 | 3:04 | 5:31 | 10:35 | 3:03 | 6:53 |
| | | | | 1:48:22 | | | | | | | | | | | | | |
| | | | | 2:00 | | | | | | | | | | | | | |

| Pos | Jorsal | Nombre | Tempo | | | | | | | | | | | | | | |
|---------------------------|--------|--|---------|--------------------------------------|-----------------|---------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| Feminino 21 A (18) | | | | | | | | | | | | | | | | | |
| | | | | 4,7 km | | 14 C (cont.) | | | | | | | | | | | |
| | | | | 1(53) Meta | 2(58) | 3(52) | 4(49) | 5(47) | 6(45) | 7(43) | 8(32) | 9(55) | 10(48) | 11(50) | 12(46) | 13(95) | 14(100) |
| 9 | 102 | González Corral, Bit GALLAECIA RAID A | 1:51:00 | 6:38 6:38 1:51:00 2:05 | 15:43 9:05 | 22:33 6:50 | 35:40 13:07 | 48:41 13:01 | 56:11 7:30 | 1:00:32 4:21 | 1:18:51 18:19 | 1:25:46 6:55 | 1:28:53 3:07 | 1:34:19 5:26 | 1:38:44 4:25 | 1:42:24 3:40 | 1:48:55 6:31 |
| 10 | 414 | Loureiro Garrido, Al ROBALIZA Cambre | 1:58:08 | 13:38 13:38 1:58:08 1:59 | 22:23 8:45 | 30:44 8:21 | 44:05 13:21 | 1:01:28 17:23 | 1:05:14 3:46 | 1:11:55 6:41 | 1:23:16 11:21 | 1:28:31 5:15 | 1:32:56 4:25 | 1:41:46 8:50 | 1:46:50 5:04 | 1:49:54 3:04 | 1:56:09 6:15 |
| 11 | 574 | Roca Vazquez, Ame GALLAECIA RAID A | 2:06:46 | 6:16 6:16 2:06:46 1:19 | 12:14 5:58 | 21:01 8:47 | 31:02 10:01 | 45:31 14:29 | 53:10 7:39 | 1:06:42 13:32 | 1:16:08 9:26 | 1:28:49 12:41 | 1:40:13 11:24 | 1:46:36 6:23 | 1:51:34 4:58 | 1:59:10 7:36 | 2:05:27 6:17 |
| 12 | 262 | Ferrero Del Pozo, C BRIGANTIA A Coruñ | 2:26:10 | 12:23 12:23 2:26:10 2:37 | 22:03 9:40 | 34:02 11:59 | 52:32 18:30 | 1:09:11 16:39 | 1:14:06 4:55 | 1:19:44 5:38 | 1:37:18 17:34 | 1:46:53 9:35 | 1:51:35 4:42 | 2:00:59 9:24 | 2:06:18 5:19 | 2:15:38 9:20 | 2:23:33 7:55 |
| 13 | 159 | Santos Cambón, Ma ADC ARNELA Porto | 3:02:24 | 14:34 14:34 3:02:24 2:34 | 23:13 8:39 | 38:44 15:31 | 54:46 16:02 | 1:25:38 30:52 | 1:33:22 7:44 | 1:40:29 7:07 | 1:57:47 17:18 | 2:09:47 12:00 | 2:14:33 4:46 | 2:25:34 11:01 | 2:31:59 6:25 | 2:53:37 21:38 | 2:59:50 6:13 |
| 14 | 536 | Zolle Fernández, Cri FLUVIAL LUGO Lug | 3:08:21 | 14:09 14:09 3:08:21 2:55 | 27:46 13:37 | 42:50 15:04 | 1:01:57 19:07 | 1:28:30 26:33 | 1:34:28 5:58 | 1:46:22 11:54 | 2:07:03 20:41 | 2:17:19 10:16 | 2:27:25 10:06 | 2:42:31 15:06 | 2:50:19 7:48 | 2:57:40 7:21 | 3:05:26 7:46 |
| 15 | 275 | López Permuy, Vict BRIGANTIA A Coruñ | 3:12:42 | 20:51 20:51 3:12:42 1:52 | 36:56 16:05 | 56:35 19:39 | 1:16:14 19:39 | 1:34:02 17:48 | 1:48:44 14:42 | 1:54:47 6:03 | 2:11:49 17:02 | 2:24:50 13:01 | 2:38:12 13:22 | 2:49:47 11:35 | 2:55:35 5:48 | 3:03:58 8:23 | 3:10:50 6:52 |
| | 146 | Lourido Gaciño, Ele ADC ARNELA Porto | bandona | 6:57 6:57 2:30:42 29:25 | 16:04 9:07 | 24:49 8:45 | 40:42 15:53 | 1:02:23 21:41 | 1:07:52 5:29 | 1:15:00 7:08 | 2:01:17 46:17 | ----- | ----- | ----- | ----- | ----- | ----- |
| | 558 | Astorga Somoza, Ma AROMON Pontevedr | bandona | 31:49 31:49 2:53:22 1:21:20 | 42:26 10:37 | 52:47 10:21 | 1:09:14 16:27 | 1:25:14 16:00 | 1:28:35 3:21 | 1:32:02 3:27 | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | 540 | Estevez Méndez, Fal AROMON Pontevedr | bandona | 6:49 6:49 | 15:43 8:54 | 24:26 8:43 | 38:17 13:51 | 1:00:23 22:06 | 1:04:41 4:18 | 1:11:58 7:17 | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| Feminino 21 B (20) | | | | | | | | | | | | | | | | | |
| | | | | 4,7 km | | 18 C | | | | | | | | | | | |
| | | | | 1(81) 15(95) | 2(82) 16(96) | 3(83) 17(97) | 4(84) 18(100) | 5(85) Meta | 6(86) | 7(87) | 8(88) | 9(89) | 10(90) | 11(91) | 12(92) | 13(93) | 14(94) |
| 1 | 91 | Dopico Golpe, Alba GALLAECIA RAID A | 1:27:14 | 4:33 4:33 1:20:02 5:24 | 9:48 5:15 | 13:12 3:24 | 18:41 5:29 | 21:44 3:03 | 26:41 4:57 | 34:21 7:40 | 38:05 3:44 | 42:06 4:01 | 49:07 7:01 | 55:03 5:56 | 1:00:26 5:23 | 1:04:13 3:47 | 1:14:38 10:25 |
| 2 | 31 | Sánchez Marín, M J FLUVIAL LUGO Lug | 1:52:12 | 5:40 5:40 1:41:31 9:39 | 12:49 7:09 | 16:31 3:42 | 25:42 9:11 | 28:51 3:09 | 35:12 6:21 | 40:49 5:37 | 44:42 3:53 | 49:30 4:48 | 56:34 7:04 | 1:08:11 11:37 | 1:22:56 14:45 | 1:26:29 3:33 | 1:31:52 5:23 |
| 3 | 60 | Pazos Fernández, S AROMON Pontevedr | 1:53:59 | 4:38 4:38 1:46:24 7:18 | 12:40 8:02 | 16:14 3:34 | 34:23 18:09 | 38:37 4:14 | 48:04 9:27 | 54:09 6:05 | 57:22 3:13 | 1:03:38 6:16 | 1:12:02 8:24 | 1:21:02 9:00 | 1:26:32 5:30 | 1:30:30 3:58 | 1:39:06 8:36 |
| 4 | 147 | Míguez Sampedro, S ADC ARNELA Porto | 2:11:50 | 8:03 8:03 2:03:55 9:28 | 13:01 4:58 | 16:28 3:27 | 28:45 12:17 | 31:50 3:05 | 36:53 5:03 | 59:21 22:28 | 1:02:57 3:36 | 1:08:52 5:55 | 1:31:18 22:26 | 1:36:40 5:22 | 1:45:12 8:32 | 1:48:14 3:02 | 1:54:27 6:13 |
| 5 | 581 | Remesal Guzmán, E FLUVIAL LUGO Lug | 2:19:00 | 5:12 5:12 2:07:15 13:47 | 11:25 6:13 | 15:25 4:00 | 30:44 15:19 | 36:12 5:28 | 42:27 6:15 | 47:06 4:39 | 51:25 4:19 | 1:01:40 10:15 | 1:11:36 9:56 | 1:18:22 6:46 | 1:26:04 7:42 | 1:33:36 7:32 | 1:53:28 19:52 |
| 6 | 522 | Grandío Montes, Ra FLUVIAL LUGO Lug | 2:21:02 | 6:08 6:08 2:11:12 15:54 | 11:41 5:33 | 15:29 3:48 | 29:29 14:00 | 34:32 5:03 | 40:53 6:21 | 51:28 10:35 | 55:53 4:25 | 1:02:07 6:14 | 1:07:53 5:46 | 1:31:55 24:02 | 1:40:05 8:10 | 1:43:46 3:41 | 1:55:18 11:32 |
| 7 | 398 | Fernandez De Sanm A PEDROSA ORRO | 2:23:10 | 5:46 5:46 2:11:56 12:27 | 13:44 7:58 | 17:15 3:31 | 30:56 13:41 | 37:38 6:42 | 44:06 6:28 | 49:52 5:46 | 54:38 4:46 | 1:11:10 16:32 | 1:24:32 13:22 | 1:34:47 10:15 | 1:42:52 8:05 | 1:49:56 7:04 | 1:59:29 9:33 |
| 8 | 140 | Fernández Torres, Ir ADC ARNELA Porto | 2:26:33 | 5:51 5:51 2:16:13 14:38 | 13:27 7:36 | 21:44 8:17 | 31:11 9:27 | 35:49 4:38 | 41:43 5:54 | 54:43 13:00 | 59:01 4:18 | 1:04:47 5:46 | 1:17:54 13:07 | 1:39:56 22:02 | 1:49:22 9:26 | 1:54:49 5:27 | 2:01:35 6:46 |
| 9 | 584 | Vazquez Gomez, An GALLAECIA RAID A | 2:43:22 | 9:05 9:05 2:34:59 12:36 | 15:07 6:02 | 18:43 3:36 | 29:27 10:44 | 33:21 3:54 | 44:24 11:03 | 50:50 6:26 | 54:47 3:57 | 1:00:00 5:13 | 1:10:37 10:37 | 1:52:14 41:37 | 2:02:00 9:46 | 2:06:51 4:51 | 2:22:23 15:32 |
| 10 | 355 | Roca Balsa, Ana Ma MONTAÑA FERROL | 2:51:18 | 6:43 6:43 2:39:13 10:30 | 15:13 8:30 | 20:35 5:22 | 29:44 9:09 | 33:39 3:55 | 40:43 7:04 | 50:54 10:11 | 58:38 7:44 | 1:08:49 10:11 | 1:32:13 23:24 | 1:44:08 11:55 | 1:56:20 12:12 | 2:02:18 5:58 | 2:28:43 26:25 |
| 11 | 418 | Ramos Morado, Gor ROBALIZA Cambre | 2:55:48 | 20:19 20:19 2:47:29 13:50 | 27:54 7:35 | 32:43 4:49 | 44:49 12:06 | 49:14 4:25 | 54:23 5:09 | 1:18:56 24:33 | 1:24:01 5:05 | 1:30:32 6:31 | 1:55:26 24:54 | 2:00:25 4:59 | 2:12:55 12:30 | 2:18:50 5:55 | 2:33:39 14:49 |

| Pos | Jorsal | Nombre | Tiempo | | | | | | | | | | | | | | |
|---------------------------|------------|--|----------------|------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|-----------------|------------------|
| Feminino 21 B (20) | | | | 4,7 km | | 18 C (cont.) | | | | | | | | | | | |
| | | | | 1(81) 15(95) | 2(82) 16(96) | 3(83) 17(97) | 4(84) 18(100) | 5(85) Meta | 6(86) | 7(87) | 8(88) | 9(89) | 10(90) | 11(91) | 12(92) | 13(93) | 14(94) |
| 12 | 130 | Abal Abeijon, Maria ADC ARNELA Porto | 3:04:21 | 12:06 12:06 2:53:15 12:55 | 29:27 17:21 2:56:55 3:40 | 37:13 7:46 2:59:43 2:48 | 49:02 11:49 3:01:38 1:55 | 56:46 7:44 3:04:21 2:43 | 1:03:09 6:23 | 1:13:06 9:57 | 1:18:47 5:41 | 1:27:55 9:08 | 1:50:22 22:27 | 2:05:44 15:22 | 2:15:03 9:19 | 2:20:17 5:14 | 2:40:20 20:03 |
| 400 | | Ortegano Pérez, Arar en tarj. A PEDROSA ORRO | | 12:53 12:53 2:16:23 16:59 | 20:03 7:10 2:18:52 2:29 | 24:32 4:29 2:21:38 2:46 | 35:44 11:12 2:23:09 1:31 | 39:14 3:30 2:25:02 1:53 | 51:20 12:06 | ----- 5:07 | 56:27 5:03 | 1:01:30 5:03 | 1:28:36 27:06 | 1:35:39 7:03 | 1:44:16 8:37 | 1:47:42 3:26 | 1:59:24 11:42 |
| 990 | | Vázquez Vázquez, B andona FLUVIAL LUGO Lug | | 14:17 14:17 ----- | 24:05 9:48 ----- | 30:09 6:04 ----- | 41:08 10:59 ----- | 48:13 7:05 ----- | 58:20 10:07 | 1:09:18 10:58 | 1:15:00 5:42 | 1:21:34 6:34 | ----- | ----- | ----- | ----- | ----- |
| 109 | | López Suárez, María andona GALLAECIA RAID A | | 8:30 8:30 ----- | 25:16 16:46 ----- | 31:13 5:57 ----- | 58:11 26:58 ----- | 1:09:56 11:45 ----- | 1:25:19 15:23 | 1:33:17 7:58 | 1:39:32 6:15 | ----- | ----- | ----- | ----- | ----- | ----- |
| 517 | | Fernández Fernández andona FLUVIAL LUGO Lug | | 23:58 23:58 ----- | 42:51 18:53 ----- | 48:45 5:54 ----- | ----- ----- ----- | ----- ----- ----- | ----- | ----- | 1:38:15 49:30 | ----- | ----- | ----- | ----- | ----- | ----- |
| 95 | | Fariña Balsa, Sandr andona GALLAECIA RAID A | | 12:06 12:06 ----- | 20:18 8:12 ----- | 25:55 5:37 ----- | 33:58 8:03 ----- | 37:21 3:23 ----- | 1:06:43 29:22 | 1:56:24 49:41 | 2:00:54 4:30 | ----- | ----- | ----- | ----- | ----- | ----- |
| 417 | | Pereira Ameijenda, I No sale ROBALIZA Cambre | | | | | | | | | | | | | | | |
| 143 | | García Paz, Margarit No sale ADC ARNELA Porto | | | | | | | | | | | | | | | |
| 570 | | Lamas Perez, Maria No sale ARTABROS A Coruá | | | | | | | | | | | | | | | |
| Feminino 35 (14) | | | | 4,7 km | | 16 C | | | | | | | | | | | |
| | | | | 1(53) 15(46) | 2(58) 16(100) | 3(54) Meta | 4(87) | 5(89) | 6(47) | 7(63) | 8(43) | 9(44) | 10(32) | 11(55) | 12(48) | 13(66) | 14(50) |
| 1 | 39 | Arias Lima, Sonia M AROMON Pontevedr | 1:16:40 | 6:15 6:15 1:11:10 4:15 | 11:05 4:50 1:14:36 3:26 | 20:11 9:06 1:16:40 2:04 | 21:24 1:13 | 25:12 3:48 | 35:38 10:26 | 38:58 3:20 | 43:17 4:19 | 47:10 3:53 | 50:01 2:51 | 54:14 4:13 | 57:00 2:46 | 58:13 1:13 | 1:06:55 8:42 |
| 2 | 340 | Bujía Rodríguez, Ele MONTAÑA FERROL | 1:22:51 | 6:12 6:12 1:19:39 3:46 | 11:51 4:59 1:21:42 2:03 | 23:12 11:21 1:22:51 1:09 | 25:14 2:02 | 30:49 5:35 | 41:47 10:58 | 47:31 5:44 | 52:19 4:48 | 56:26 4:07 | 1:00:13 3:47 | 1:06:52 6:39 | 1:10:02 3:10 | 1:11:08 1:06 | 1:15:53 4:45 |
| 3 | 172 | Fernández López, C UNIVERSIDAD DE V | 1:33:54 | 8:06 8:06 1:30:34 4:14 | 15:58 7:52 1:32:44 2:10 | 25:31 9:33 1:33:54 1:10 | 27:31 2:00 | 33:08 5:37 | 47:07 13:59 | 58:37 11:30 | 1:03:09 4:32 | 1:07:32 4:23 | 1:11:16 3:44 | 1:17:48 6:32 | 1:20:58 3:10 | 1:22:02 1:04 | 1:26:20 4:18 |
| 4 | 6 | Corral Prado, Eva FLUVIAL LUGO Lug | 1:41:04 | 7:56 7:56 1:35:58 8:25 | 14:51 6:55 1:39:16 3:18 | 28:59 14:08 1:41:04 1:48 | 30:54 1:55 | 36:35 5:41 | 50:21 13:46 | 54:39 4:18 | 1:00:23 5:44 | 1:05:32 5:09 | 1:09:14 3:42 | 1:16:15 7:01 | 1:20:51 4:36 | 1:22:14 1:23 | 1:27:33 5:19 |
| 5 | 139 | Fernandez Torres, X ADC ARNELA Porto | 1:42:18 | 9:03 9:03 1:37:48 3:12 | 16:11 7:08 1:40:42 2:54 | 26:11 10:00 1:42:18 1:36 | 27:38 1:27 | 32:29 4:51 | 49:14 16:45 | 56:13 6:59 | 1:03:08 6:55 | 1:09:39 6:31 | 1:13:49 4:10 | 1:21:46 7:57 | 1:27:43 5:57 | 1:28:41 0:58 | 1:34:36 5:55 |
| 6 | 23 | Pérez González, M. FLUVIAL LUGO Lug | 1:43:42 | 7:06 7:06 1:38:57 5:42 | 14:11 7:05 1:41:42 2:45 | 27:19 13:08 1:43:42 2:00 | 29:02 1:43 | 33:10 4:08 | 42:41 9:31 | 57:12 14:31 | 1:04:24 7:12 | 1:09:54 5:30 | 1:17:36 7:42 | 1:23:59 6:23 | 1:27:44 3:45 | 1:29:09 1:25 | 1:33:15 4:06 |
| 7 | 177 | Iglesias Junzalvos, UNIVERSIDAD DE V | 1:44:53 | 14:09 14:09 1:40:32 3:40 | 21:37 7:28 1:43:07 2:35 | 35:29 13:52 1:44:53 1:46 | 37:23 1:54 | 41:59 4:36 | 53:11 11:12 | 57:33 4:22 | 1:06:48 9:15 | 1:14:48 8:00 | 1:17:42 2:54 | 1:27:04 9:22 | 1:29:41 2:37 | 1:31:40 1:59 | 1:36:52 5:12 |
| 8 | 15 | González Bello, Con FLUVIAL LUGO Lug | 1:45:49 | 7:10 7:10 1:41:15 5:56 | 18:49 11:39 1:44:17 3:02 | 29:43 10:54 1:45:49 1:32 | 31:25 1:42 | 36:04 4:39 | 45:02 8:58 | 1:00:15 15:13 | 1:06:01 5:46 | 1:12:00 5:59 | 1:19:50 7:50 | 1:25:47 5:57 | 1:29:58 4:11 | 1:31:20 1:22 | 1:35:19 3:59 |
| 9 | 441 | Rodríguez Docampo SEO Ordes | 1:47:53 | 10:17 10:17 1:42:39 4:34 | 20:49 10:32 1:45:59 3:20 | 34:37 13:48 1:47:53 1:54 | 36:39 2:02 | 41:28 4:49 | 54:39 13:11 | 59:34 4:55 | 1:05:04 5:30 | 1:10:42 5:38 | 1:15:34 4:52 | 1:27:27 11:53 | 1:31:03 3:36 | 1:33:10 2:07 | 1:38:05 4:55 |
| 10 | 503 | Arcos Trillo, Maria E GALLAECIA RAID A | 1:55:07 | 7:55 7:55 1:50:08 7:31 | 17:42 9:47 1:53:21 3:13 | 29:22 11:40 1:55:07 1:46 | 31:18 1:56 | 36:56 5:38 | 46:19 9:23 | 58:20 12:01 | 1:04:37 6:17 | 1:10:33 5:56 | 1:13:42 3:09 | 1:21:07 7:25 | 1:25:41 4:34 | 1:27:13 1:32 | 1:42:37 15:24 |
| 11 | 293 | Blanco Pérez, Ana USC Santiago de Cc | 2:01:54 | 7:57 7:57 1:55:12 5:16 | 17:45 9:48 1:59:15 4:03 | 34:41 16:56 2:01:54 2:39 | 36:41 2:00 | 42:17 5:36 | 58:32 16:15 | 1:04:18 5:46 | 1:12:31 8:13 | 1:19:31 7:00 | 1:24:51 5:20 | 1:30:36 5:45 | 1:35:27 4:51 | 1:40:56 5:29 | 1:49:56 9:00 |
| 12 | 45 | Díos González, Ana AROMON Pontevedr | 2:10:10 | 9:57 9:57 2:03:06 7:49 | 21:29 11:32 2:07:31 4:25 | 36:26 14:57 2:10:10 2:39 | 38:32 2:06 | 43:47 5:15 | 55:46 11:59 | 1:02:16 6:30 | 1:09:53 7:37 | 1:22:02 12:09 | 1:30:33 8:31 | 1:41:40 11:07 | 1:45:32 3:52 | 1:49:55 4:23 | 1:55:17 5:22 |
| 13 | 384 | Pérez Otero, Amalia HABELAS HAINAS \ | 2:39:42 | 10:00 10:00 2:22:31 5:30 | 19:26 9:26 2:37:37 15:06 | 35:46 16:20 2:39:42 2:05 | 38:35 2:49 | 44:24 5:49 | 1:01:21 16:57 | 1:13:51 12:30 | 1:22:08 8:17 | 1:32:00 9:52 | 1:38:55 6:55 | 1:51:40 12:45 | 2:05:16 13:36 | 2:07:33 2:17 | 2:17:01 9:28 |

| Pos | Jorsal | Nombre | Tempo | | | | | | | | | | | | | | |
|-------------------------|------------------|---------|-------|---------------|---------|-------|-------------|-------|-------|----------------|-------|-------|--------|--------|--------|--------|--------|
| Feminino 35 (14) | | | | 4,7 km | | | 16 C | | | <i>(cont.)</i> | | | | | | | |
| | | | | 1(53) | 2(58) | 3(54) | 4(87) | 5(89) | 6(47) | 7(63) | 8(43) | 9(44) | 10(32) | 11(55) | 12(48) | 13(66) | 14(50) |
| | | | | 15(46) | 16(100) | Meta | | | | | | | | | | | |
| 335 | Trueba, Carmen | bandona | 9:46 | 18:40 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | ARTABROS A Coruá | | 9:46 | 8:54 | ----- | ----- | | | | | | | | | | | |

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|-------------------------|--------------------------|---------|---------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|----------------|----------------|----------------|----------------|--|
| Feminino 45 (10) | | | | 4,6 km | | | 12 C | | | | | | | | | | |
| | | | | 1(53) | 2(31) | 3(58) | 4(54) | 5(88) | 6(47) | 7(45) | 8(44) | 9(55) | 10(92) | 11(50) | 12(100) | Meta | |
| 1 | 298 Pernas Martínez, Ro | | 1:40:34 | 8:28 | 11:36 | 15:51 | 30:22 | 33:40 | 48:59 | 53:17 | 1:04:45 | 1:20:48 | 1:26:39 | 1:33:22 | 1:38:22 | 1:40:34 | |
| | USC Santiago de Cc | | | 8:28 | 3:08 | 4:15 | 14:31 | 3:18 | 15:19 | 4:18 | 11:28 | 16:03 | 5:51 | 6:43 | 5:00 | 2:12 | |
| 2 | 69 Sanchez Vázquez, M | | 1:48:14 | 8:10 | 12:35 | 16:52 | 31:49 | 36:55 | 50:39 | 55:42 | 1:06:57 | 1:17:12 | 1:24:23 | 1:41:19 | 1:46:20 | 1:48:14 | |
| | AROMON Pontevedr | | | 8:10 | 4:25 | 4:17 | 14:57 | 5:06 | 13:44 | 5:03 | 11:15 | 10:15 | 7:11 | 16:56 | 5:01 | 1:54 | |
| 3 | 111 Mosquera Azar, Pau | | 1:51:20 | 9:11 | 12:01 | 16:09 | 30:24 | 35:12 | 1:03:27 | 1:07:41 | 1:16:42 | 1:31:53 | 1:38:44 | 1:44:54 | 1:49:44 | 1:51:20 | |
| | GALLAECIA RAID A | | | 9:11 | 2:50 | 4:08 | 14:15 | 4:48 | 28:15 | 4:14 | 9:01 | 15:11 | 6:51 | 6:10 | 4:50 | 1:36 | |
| 4 | 292 Balboa Barros, Mar | | 2:07:30 | 11:06 | 15:56 | 19:00 | 44:33 | 52:11 | 1:04:48 | 1:09:19 | 1:19:15 | 1:33:37 | 1:52:00 | 1:57:35 | 2:05:04 | 2:07:30 | |
| | USC Santiago de Cc | | | 11:06 | 4:50 | 3:04 | 25:33 | 7:38 | 12:37 | 4:31 | 9:56 | 14:22 | 18:23 | 5:35 | 7:29 | 2:26 | |
| 5 | 166 Alvarez Castro, Olin | | 2:08:13 | 9:57 | 15:01 | 21:08 | 37:41 | 44:17 | 1:01:46 | 1:08:38 | 1:23:33 | 1:40:32 | 1:49:17 | 1:57:42 | 2:05:36 | 2:08:13 | |
| | UNIVERSIDAD DE V | | | 9:57 | 5:04 | 6:07 | 16:33 | 6:36 | 17:29 | 6:52 | 14:55 | 16:59 | 8:45 | 8:25 | 7:54 | 2:37 | |
| 6 | 170 Crespo Quindós, Be | | 2:09:08 | 10:25 | 19:58 | 23:09 | 38:20 | 51:11 | 1:03:31 | 1:09:03 | 1:27:07 | 1:37:44 | 1:53:28 | 2:02:45 | 2:07:19 | 2:09:08 | |
| | UNIVERSIDAD DE V | | | 10:25 | 9:33 | 3:11 | 15:11 | 12:51 | 12:20 | 5:32 | 18:04 | 10:37 | 15:44 | 9:17 | 4:34 | 1:49 | |
| | 155 Pérez Torres, María | Desc. | 33:28 | 47:46 | 1:00:48 | 1:21:22 | 1:52:33 | 2:16:57 | 2:53:42 | 3:05:57 | 3:15:30 | 3:22:57 | 3:32:39 | 3:36:30 | | | |
| | ADC ARNELA Porto | | 33:28 | 14:18 | 13:02 | 20:34 | 31:11 | 24:24 | 36:45 | 12:15 | 9:33 | 7:27 | 9:42 | 3:51 | | | |
| | 588 Fernandez Fernand | bandona | 19:45 | 25:13 | 28:55 | 1:15:36 | 1:29:24 | ----- | ----- | ----- | ----- | ----- | ----- | 2:11:41 | 2:14:04 | | |
| | GALLAECIA RAID A | | 19:45 | 5:28 | 3:42 | 46:41 | 13:48 | | | | | | | 42:17 | 2:23 | | |
| | 127 Silvarrey Redondo, I | bandona | ----- | 44:01 | 1:00:09 | 1:25:16 | 1:34:47 | 2:12:42 | 2:25:11 | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | GALLAECIA RAID A | | | 44:01 | 16:08 | 25:07 | 9:31 | 37:55 | 12:29 | | | | | | | | |
| | 193 Saco Fernández, Mª | bandona | 19:04 | 23:26 | 29:42 | 44:00 | 58:06 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | UNIVERSIDAD DE V | | 19:04 | 4:22 | 6:16 | 14:18 | 14:06 | | | | | | | | | | |

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|------------------------|--------------------------|--|---------|---------------|--------------|--------------|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|--|--|
| Feminino 55 (4) | | | | 2,9 km | | | 10 C | | | | | | | | | |
| | | | | 1(81) | 2(68) | 3(58) | 4(32) | 5(55) | 6(79) | 7(66) | 8(92) | 9(61) | 10(100) | Meta | | |
| 1 | 236 Naya López, Mª Jos | | 1:43:38 | 10:29 | 16:15 | 25:02 | 53:48 | 1:05:12 | 1:12:02 | 1:18:11 | 1:27:24 | 1:40:33 | 1:41:42 | 1:43:38 | | |
| | APA LICEO A Coruá | | | 10:29 | 5:46 | 8:47 | 28:46 | 11:24 | 6:50 | 6:09 | 9:13 | 13:09 | 1:09 | 1:56 | | |
| 2 | 9 Fernández Riveiro, F | | 1:56:13 | 6:02 | 10:31 | 19:40 | 1:06:19 | 1:17:02 | 1:24:06 | 1:34:55 | 1:39:17 | 1:52:40 | 1:53:48 | 1:56:13 | | |
| | FLUVIAL LUGO Lug | | | 6:02 | 4:29 | 9:09 | 46:39 | 10:43 | 7:04 | 10:49 | 4:22 | 13:23 | 1:08 | 2:25 | | |
| 3 | 390 Alviarez Milano, Sor | | 2:01:09 | 5:41 | 13:08 | 22:40 | 37:25 | 1:09:13 | 1:28:16 | 1:40:50 | 1:45:32 | 1:58:36 | 1:59:38 | 2:01:09 | | |
| | A PEDROSA ORRO | | | 5:41 | 7:27 | 9:32 | 14:45 | 31:48 | 19:03 | 12:34 | 4:42 | 13:04 | 1:02 | 1:31 | | |
| 4 | 328 Ponte Pena, Mª Elen | | 2:17:36 | 7:24 | 15:07 | 29:53 | 52:45 | 1:05:36 | 1:18:14 | 1:33:26 | 1:49:03 | 2:11:55 | 2:14:32 | 2:17:36 | | |
| | ARTABROS A Coruá | | | 7:24 | 7:43 | 14:46 | 22:52 | 12:51 | 12:38 | 15:12 | 15:37 | 22:52 | 2:37 | 3:04 | | |

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|----------------------------|--------------------------|--|---------|----------------|----------------|----------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|----------------|----------------|
| Feminino Élite (14) | | | | 6,6 km | | | 17 C | | | | | | | | | | |
| | | | | 1(51) | 2(31) | 3(58) | 4(49) | 5(64) | 6(35) | 7(60) | 8(41) | 9(62) | 10(56) | 11(47) | 12(45) | 13(43) | 14(55) |
| 1 | 406 Bello Rodríguez, Ol | | 1:29:57 | 5:03 | 10:53 | 13:13 | 21:47 | 33:07 | 36:59 | 45:04 | 51:11 | 54:26 | 59:43 | 1:02:47 | 1:05:39 | 1:08:40 | 1:17:00 |
| | ROBALIZA Cambre | | | 5:03 | 5:50 | 2:20 | 8:34 | 11:20 | 3:52 | 8:05 | 6:07 | 3:15 | 5:17 | 3:04 | 2:52 | 3:01 | 8:20 |
| | | | | 1:19:37 | 1:27:00 | 1:28:47 | 1:29:57 | | | | | | | | | | |
| | | | | 2:37 | 7:23 | 1:47 | 1:10 | | | | | | | | | | |
| 2 | 339 Barreira Salgado, Te | | 1:37:41 | 5:19 | 11:56 | 15:00 | 26:45 | 41:26 | 44:22 | 47:09 | 54:42 | 58:51 | 1:03:58 | 1:09:14 | 1:14:56 | 1:19:00 | 1:24:41 |
| | MONTAÑA FERROL | | | 5:19 | 6:37 | 3:04 | 11:45 | 14:41 | 2:56 | 2:47 | 7:33 | 4:09 | 5:07 | 5:16 | 5:42 | 4:04 | 5:41 |
| | | | | 1:27:13 | 1:33:42 | 1:36:31 | 1:37:41 | | | | | | | | | | |
| | | | | 2:32 | 6:29 | 2:49 | 1:10 | | | | | | | | | | |
| 3 | 7 Felpeto González, L | | 1:38:12 | 5:32 | 15:06 | 18:26 | 32:23 | 44:28 | 49:15 | 53:10 | 59:31 | 1:02:40 | 1:08:07 | 1:11:19 | 1:15:18 | 1:18:30 | 1:24:19 |
| | FLUVIAL LUGO Lug | | | 5:32 | 9:34 | 3:20 | 13:57 | 12:05 | 4:47 | 3:55 | 6:21 | 3:09 | 5:27 | 3:12 | 3:59 | 3:12 | 5:49 |
| | | | | 1:27:03 | 1:35:06 | 1:36:56 | 1:38:12 | | | | | | | | | | |
| | | | | 2:44 | 8:03 | 1:50 | 1:16 | | | | | | | | | | |
| 4 | 286 Suárez Pazos, Almu | | 1:38:43 | 6:51 | 13:51 | 15:49 | 25:57 | 36:43 | 40:37 | 43:52 | 50:24 | 55:17 | 1:01:10 | 1:06:12 | 1:11:00 | 1:19:48 | 1:25:16 |
| | BRIGANTIA A Coruá | | | 6:51 | 7:00 | 1:58 | 10:08 | 10:46 | 3:54 | 3:15 | 6:32 | 4:53 | 5:53 | 5:02 | 4:48 | 8:48 | 5:28 |
| | | | | 1:28:49 | 1:35:44 | 1:37:25 | 1:38:43 | | 3:28 | 12:08 | | | | | | | |
| | | | | 3:33 | 6:55 | 1:41 | 1:18 | | *81 | *67 | | | | | | | |
| 5 | 136 Carro Mahía, Alejani | | 1:39:09 | 6:32 | 14:39 | 16:59 | 27:21 | 40:54 | 44:57 | 48:00 | 54:24 | 58:59 | 1:03:16 | 1:07:03 | 1:12:43 | 1:16:11 | 1:22:28 |
| | ADC ARNELA Porto | | | 6:32 | 8:07 | 2:20 | 10:22 | 13:33 | 4:03 | 3:03 | 6:24 | 4:35 | 4:17 | 3:47 | 5:40 | 3:28 | 6:17 |
| | | | | 1:25:34 | 1:35:23 | 1:37:41 | 1:39:09 | | | | | | | | | | |
| | | | | 3:06 | 9:49 | 2:18 | 1:28 | | | | | | | | | | |
| 6 | 105 López Eyo, Tania | | 1:43:15 | 6:15 | 14:15 | 17:56 | 29:43 | 42:56 | 47:36 | 51:03 | 58:31 | 1:03:25 | 1:09:01 | 1:13:13 | 1:19:15 | 1:23:48 | 1:29:30 |
| | GALLAECIA RAID A | | | 6:15 | 8:00 | 3:41 | 11:47 | 13:13 | 4:40 | 3:27 | 7:28 | 4:54 | 5:36 | 4:12 | 6:02 | 4:33 | 5:42 |
| | | | | 1:32:18 | 1:39:55 | 1:41:52 | 1:43:15 | | | | | | | | | | |
| | | | | 2:48 | 7:37 | 1:57 | 1:23 | | | | | | | | | | |
| 7 | 74 Veiga García, Carla | | 1:43:25 | 6:30 | 14:41 | 17:44 | 28:08 | 45:05 | 49:03 | 51:42 | 58:31 | 1:03:03 | 1:09:10 | 1:12:41 | 1:16:45 | 1:20:25 | 1:27:59 |
| | AROMON Pontevedr | | | 6:30 | 8:11 | 3:03 | 10:24 | 16:57 | 3:58 | 2:39 | 6:49 | 4:32 | 6:07 | 3:31 | 4:04 | 3:40 | 7:34 |
| | | | | 1:30:10 | 1:39:28 | 1:41:42 | 1:43:25 | | | | | | | | | | |
| | | | | 2:11 | 9:18 | 2:14 | 1:43 | | | | | | | | | | |
| 8 | 62 Pérez Alonso, Alicia | | 1:47:03 | 5:42 | 15:28 | 19:46 | 30:14 | 44:11 | 48:29 | 51:41 | 58:49 | 1:03:30 | 1:10:43 | 1:16:02 | 1:19:35 | 1:25:26 | 1:30:35 |
| | AROMON Pontevedr | | | 5:42 | 9:46 | 4:18 | 10:28 | 13:57 | 4:18 | 3:12 | 7:08 | 4:41 | 7:13 | 5:19 | 3:33 | 5:51 | 5:09 |
| | | | | 1:33:11 | 1:43:27 | 1:45:31 | 1:47:03 | | | | | | | | | | |
| | | | | 2:36 | 10:16 | 2:04 | 1:32 | | | | | | | | | | |
| 9 | 183 Pastoriza Santos, Is | | 1:50:47 | 7:10 | 13:29 | 17:06 | 28:37 | 44:23 | 48:58 | 53:05 | 1:00:29 | 1:06:31 | 1:13:01 | 1:20:12 | 1:23:05 | 1:27:23 | 1:36:23 |
| | UNIVERSIDAD DE V | | | 7:10 | 6:19 | 3:37 | 11:31 | 15:46 | 4:35 | 4:07 | 7:24 | | | | | | |

| Pos | Jorsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | |
|----------------------------|--------|--|------------------|--|-----------------|------------------|-------------------------------|---------------|---------------|---------------|----------------|-----------------|-----------------|------------------|-----------------|------------------|--|--|--|--|
| Masculino 16 (11) | | | | | | | 3,1 km | | 15 C | | <i>(cont.)</i> | | | | | | | | | |
| | | | 1(81) 15(100) | 2(67) Meta | 3(84) | 4(85) | 5(88) | 6(57) | 7(77) | 8(71) | 9(66) | 10(92) | 11(93) | 12(94) | 13(95) | 14(97) | | | | |
| 6 | 30 | Rodríguez Vega, Ju FLUVIAL LUGO Lug | 1:23:26 | 3:59 12:05 1:21:29 1:20 1:57 | 3:46 | 5:01 | 8:32 | 2:16 | 3:11 | 4:33 | 44:48 3:15 | 48:05 3:17 | 55:26 7:21 | 1:11:43 16:17 | 1:16:40 4:57 | 1:20:09 3:29 | | | | |
| 7 | 59 | Omil Pazos, Lois AROMON Pontevedr | 1:27:32 | 4:21 17:23 4:21 13:02 1:26:11 1:27:32 1:57 1:21 | 7:26 | 30:55 6:06 | 35:26 4:31 | 39:14 3:48 | 43:38 4:24 | 48:51 5:13 | 53:39 4:48 | 1:00:21 6:42 | 1:03:46 3:25 | 1:14:27 10:41 | 1:19:43 5:16 | 1:24:14 4:31 | | | | |
| 8 | 527 | Núñez Ferreiro, Alfo FLUVIAL LUGO Lug | 1:30:33 | 4:57 9:29 4:57 4:32 1:28:48 1:30:33 1:44 1:45 | 5:15 | 6:14 | 6:22 | 4:41 | 4:26 | 20:59 | 5:35 | 3:53 | 3:15 | 4:30 | 7:04 | 1:27:04 5:21 | | | | |
| | 521 | González Ramil, Nic FLUVIAL LUGO Lug | No sale | | | | | | | | | | | | | | | | | |
| | 585 | Varela Gutierrez, Ju FLUVIAL LUGO Lug | No sale | | | | | | | | | | | | | | | | | |
| | 208 | Limeres Vázquez, C TREVINCA O Barco | No sale | | | | | | | | | | | | | | | | | |
| Masculino 18 (4) | | | | | | | 4,7 km | | 18 C | | | | | | | | | | | |
| | | | 1(81) 15(95) | 2(82) 16(96) | 3(83) 17(97) | 4(84) 18(100) | 5(85) Meta | 6(86) | 7(87) | 8(88) | 9(89) | 10(90) | 11(91) | 12(92) | 13(93) | 14(94) | | | | |
| 1 | 512 | Balboa Rodríguez, M FLUVIAL LUGO Lug | 1:26:11 | 3:39 8:54 3:39 5:15 1:17:23 1:19:59 4:40 2:36 | 3:31 | 9:49 2:47 | 2:47 | 30:29 5:28 | 34:29 4:00 | 37:27 2:58 | 41:58 4:31 | 47:53 5:55 | 53:21 5:28 | 58:52 5:31 | 1:02:55 4:03 | 1:12:43 9:48 | | | | |
| 2 | 80 | Álvarez Braña, Marti GALLAECIA RAID A | 1:30:03 | 3:19 6:48 3:19 3:29 1:22:30 1:25:13 5:30 2:43 | 4:06 5:08 | 1:57 | 1:27:48 1:28:55 1:30:03 | 6:10 | 4:01 | 1:48 | 3:37 | 7:05 | 3:46 | 7:31 | 3:28 | 1:17:00 21:35 | | | | |
| | 530 | Portela Lopez, Brun FLUVIAL LUGO Lug | No sale | | | | | | | | | | | | | | | | | |
| | 529 | Piñeiro Fraga, Iago FLUVIAL LUGO Lug | No sale | | | | | | | | | | | | | | | | | |
| Masculino 21 A (29) | | | | | | | 5,5 km | | 15 C | | | | | | | | | | | |
| | | | 1(51) 15(100) | 2(31) Meta | 3(58) | 4(52) | 5(54) | 6(64) | 7(34) | 8(33) | 9(60) | 10(47) | 11(45) | 12(43) | 13(48) | 14(46) | | | | |
| 1 | 70 | Soto Boulosa, Ange AROMON Pontevedr | 1:00:49 | 4:40 8:56 4:40 4:16 59:35 1:00:49 2:04 1:14 | 1:34 | 4:46 | 2:03 | 9:58 | 2:08 | 3:53 | 3:24 | 4:33 | 4:06 | 2:54 | 4:26 | 57:31 4:50 | | | | |
| 2 | 550 | Ruda Orozco, Omar AROMON Pontevedr | 1:00:58 | 5:39 9:56 5:39 4:17 1:00:08 1:00:58 2:26 0:50 | 3:14 | 4:36 | 3:07 | 7:22 | 2:16 | 2:25 | 2:54 | 5:26 | 2:07 | 2:49 | 6:15 | 57:42 5:15 | | | | |
| 3 | 202 | Álvarez Gonzalez, M TREVINCA O Barco | 1:05:09 | 5:00 10:19 5:00 5:19 1:04:10 1:05:09 1:39 0:59 | 1:24 | 4:27 | 2:58 | 10:09 | 2:58 | 2:08 | 2:38 | 5:12 | 4:54 | 2:53 | 5:22 | 1:02:31 7:09 | | | | |
| 4 | 152 | Oujo Pouso, Gelasic ADC ARNELA Porto | 1:10:33 | 4:49 17:33 4:49 12:44 1:09:29 1:10:33 1:36 1:04 | 1:54 | 5:20 | 5:55 | 8:16 | 2:30 | 2:13 | 3:13 | 4:26 | 2:47 | 3:32 | 4:23 | 1:07:53 5:51 | | | | |
| 5 | 178 | Martinez-vara De Re UNIVERSIDAD DE V | 1:11:22 | 4:41 9:49 4:41 5:08 1:10:17 1:11:22 2:32 1:05 | 2:36 | 5:59 | 4:38 | 10:07 | 3:10 | 2:43 | 3:57 | 6:07 | 3:43 | 3:28 | 6:07 | 1:07:45 5:21 | | | | |
| 6 | 210 | Mata Rodriguez, Erc TREVINCA O Barco | 1:12:40 | 4:55 9:53 4:55 4:58 1:11:39 1:12:40 2:13 1:01 | 2:20 | 5:36 | 6:56 | 10:06 | 1:51 | 2:45 | 3:35 | 8:15 | 2:30 | 4:23 | 4:53 | 1:09:26 6:23 | | | | |
| 7 | 789 | Prado da Cruz, Carl FLUVIAL LUGO Lug | 1:14:27 | 7:04 11:45 7:04 4:41 1:13:10 1:14:27 3:21 1:17 | 1:38 | 6:47 | 2:12 | 9:45 | 2:05 | 2:16 | 3:53 | 5:02 | 2:45 | 4:12 | 12:01 | 1:09:49 5:28 | | | | |
| 8 | 55 | Marín, Alex AROMON Pontevedr | 1:14:42 | 5:19 11:49 5:19 6:30 1:13:34 1:14:42 2:49 1:08 | 2:13 | 5:41 | 3:15 | 8:57 | 5:23 | 1:49 | 3:38 | 4:41 | 4:22 | 5:28 | 7:26 | 1:10:45 6:03 | | | | |
| 9 | 364 | Ciorraga Osorio, An FAICAMIÑO A Coruá | 1:18:31 | 4:52 13:39 4:52 8:47 1:17:25 1:18:31 1:38 1:06 | 5:30 | 5:22 | 2:25 | 7:36 | 2:24 | 2:20 | 4:59 | 8:42 | 3:06 | 5:05 | 7:33 | 1:15:47 7:06 | | | | |
| 10 | 577 | González Rodríguez BRIGANTIA A Coruá | 1:19:02 | 6:36 17:55 6:36 11:19 1:17:56 1:19:02 2:16 1:06 | 2:17 | 5:37 | 3:21 | 9:57 | 3:09 | 2:49 | 4:09 | 5:18 | 3:12 | 3:54 | 7:29 | 1:15:40 6:33 | | | | |
| 11 | 96 | Freire Lage, Lucas GALLAECIA RAID A | 1:19:22 | 4:35 11:32 4:35 6:57 1:18:09 1:19:22 2:00 1:13 | 2:53 | 5:11 | 12:12 | 11:28 | 5:03 | 2:48 | 3:04 | 4:00 | 3:02 | 2:55 | 6:18 | 1:16:09 5:43 | | | | |
| 12 | 426 | Penas, Jose C.O.CO A Coruña | 1:22:41 | 5:39 10:51 5:39 5:12 1:21:49 1:22:41 1:54 0:52 | 1:59 | 7:16 | 4:38 | 16:29 | 1:41 | 3:04 | 3:30 | 54:01 4:33 | 56:56 2:55 | 1:00:20 3:24 | 1:07:27 7:07 | 1:19:55 12:28 | | | | |

| Pos | Jorsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | | | |
|----------------------------|--------|--|----------|-----------------------------------|-----------------------------------|-----------------|---------------------|-----------------|------------------|-----------------|-----------------|-----------------|------------------|-----------------|-----------------|------------------|------------------|--------|--|--|--|--|
| Masculino 21 A (29) | | | | | 5,5 km | | 15 C (cont.) | | | | | | | | | | | | | | | |
| | | | | | 1(51) | 2(31) | 3(58) | 4(52) | 5(54) | 6(64) | 7(34) | 8(33) | 9(60) | 10(47) | 11(45) | 12(43) | 13(48) | 14(46) | | | | |
| | | | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 13 | 93 | Dopico Pena, Andre GALLAECIA RAID A | 1:23:23 | 5:27 5:27 1:21:58 2:02 | 11:46 6:19 1:23:23 1:25 | 15:09 3:23 | 21:06 5:57 | 27:36 6:30 | 39:16 11:40 | 41:56 2:40 | 45:49 3:53 | 50:20 4:31 | 56:46 6:26 | 1:00:04 3:18 | 1:04:03 3:59 | 1:12:09 8:06 | 1:19:56 7:47 | | | | | |
| 14 | 344 | Feal Díaz, Néstor MONTAÑA FERROL | 1:23:55 | 6:13 6:13 1:22:53 1:56 | 17:05 10:52 1:23:55 1:02 | 20:42 3:37 | 27:58 7:16 | 31:05 3:07 | 41:07 10:02 | 45:04 3:57 | 48:43 3:39 | 51:55 3:12 | 58:12 6:17 | 1:01:25 3:13 | 1:04:27 3:02 | 1:10:52 6:25 | 1:20:57 10:05 | | | | | |
| 15 | 54 | Lois Serto, Iván AROMON Pontevedr | 1:24:01 | 5:31 5:31 1:23:07 2:09 | 18:35 13:04 1:24:01 0:54 | 21:25 2:50 | 28:14 6:49 | 31:31 3:17 | 43:46 12:15 | 47:11 3:25 | 49:31 2:20 | 53:14 3:43 | 58:53 5:39 | 1:04:27 5:34 | 1:08:23 3:56 | 1:15:00 6:37 | 1:20:58 5:58 | | | | | |
| 16 | 269 | González Rodríguez BRIGANTIA A Coruñ | 1:24:38 | 6:27 6:27 1:23:38 3:01 | 16:21 9:54 1:24:38 1:00 | 19:17 2:56 | 26:00 6:43 | 30:38 4:38 | 41:29 10:51 | 44:04 2:35 | 46:58 2:54 | 51:13 4:15 | 57:26 6:13 | 1:02:35 5:09 | 1:06:15 3:40 | 1:13:58 7:43 | 1:20:37 6:39 | | | | | |
| 17 | 514 | Caamaño Lago, Jos FLUVIAL LUGO Lug | 1:27:37 | 6:55 6:55 1:26:05 3:53 | 13:28 6:33 1:27:37 1:32 | 16:28 3:00 | 24:38 8:10 | 28:08 3:30 | 41:22 13:14 | 44:13 2:51 | 46:42 2:29 | 50:39 3:57 | 58:10 7:31 | 1:01:37 3:27 | 1:05:45 4:08 | 1:13:02 7:17 | 1:22:12 9:10 | | | | | |
| 18 | 132 | Arufe Santamaría, Ji ADC ARNELA Porto | 1:28:29 | 6:13 6:13 1:27:32 1:58 | 14:35 8:22 1:28:29 0:57 | 16:52 2:17 | 22:06 5:14 | 26:11 4:05 | 41:06 14:55 | 46:06 5:00 | 50:26 4:20 | 55:11 4:45 | 1:00:17 5:06 | 1:04:57 4:40 | 1:09:21 4:24 | 1:15:13 5:52 | 1:25:34 10:21 | | | | | |
| 19 | 401 | Valiño Martínez, Dav A PEDROSA ORRO | 1:28:54 | 5:45 5:45 1:27:40 2:35 | 11:01 5:16 1:28:54 1:14 | 13:41 2:40 | 20:40 6:59 | 25:44 5:04 | 37:21 11:37 | 39:50 2:29 | 47:45 7:55 | 53:36 5:51 | 1:00:56 7:20 | 1:03:57 3:01 | 1:07:59 4:02 | 1:16:46 8:47 | 1:25:05 8:19 | | | | | |
| 20 | 356 | Rodríguez Bergara, MONTAÑA FERROL | 1:29:48 | 6:09 6:09 1:28:28 1:54 | 12:23 6:14 1:29:48 1:20 | 15:07 2:44 | 20:47 5:40 | 32:34 11:47 | 41:58 9:24 | 46:35 4:37 | 49:42 3:07 | 58:02 8:20 | 1:02:14 4:12 | 1:07:57 5:43 | 1:11:30 3:33 | 1:17:34 6:04 | 1:26:34 9:00 | | | | | |
| 21 | 12 | Folgar Romay, Javi FLUVIAL LUGO Lug | 1:35:59 | 5:42 5:42 1:34:56 2:20 | 13:09 7:27 1:35:59 1:03 | 16:30 3:21 | 25:14 8:44 | 28:53 3:39 | 40:45 11:52 | 45:53 5:08 | 49:37 3:44 | 53:56 4:19 | 1:00:58 7:02 | 1:09:05 8:07 | 1:12:41 3:36 | 1:20:57 8:16 | 1:32:36 11:39 | | | | | |
| 22 | 72 | Varela Varela, Franc AROMON Pontevedr | 1:36:03 | 7:38 7:38 1:34:37 2:31 | 17:22 9:44 1:36:03 1:26 | 21:25 4:03 | 32:07 10:42 | 37:30 5:23 | 47:52 10:22 | 50:45 2:53 | 54:01 3:16 | 58:01 4:00 | 1:04:48 6:47 | 1:12:20 7:32 | 1:16:08 3:48 | 1:23:02 6:54 | 1:32:06 9:04 | | | | | |
| 23 | 11 | Fernández Souto, Jr FLUVIAL LUGO Lug | 1:37:07 | 5:46 5:46 1:35:46 2:14 | 12:12 6:26 1:37:07 1:21 | 15:04 2:52 | 22:21 7:17 | 27:25 5:04 | 37:56 10:31 | 40:24 2:28 | 51:39 11:15 | 55:52 4:13 | 1:05:57 10:05 | 1:09:30 3:33 | 1:13:23 3:53 | 1:23:06 9:43 | 1:33:32 10:26 | | | | | |
| 24 | 190 | Pérez Juste, Jorge UNIVERSIDAD DE V | 1:39:45 | 7:21 7:21 1:38:36 1:47 | 19:36 12:15 1:39:45 1:09 | 23:14 3:38 | 32:34 9:20 | 35:53 3:19 | 46:30 10:37 | 51:48 5:18 | 57:16 5:28 | 1:03:25 6:09 | 1:14:56 11:31 | 1:18:18 3:22 | 1:21:58 3:40 | 1:29:31 7:33 | 1:36:49 7:18 | | | | | |
| 25 | 108 | López Rodríguez, Fr GALLAECIA RAID A | 1:40:19 | 4:56 4:56 1:39:07 6:20 | 9:47 4:51 1:40:19 1:12 | 11:33 1:46 | 17:27 5:54 | 23:29 6:02 | 59:13 35:44 | 1:02:40 3:27 | 1:05:12 2:32 | 1:08:20 3:08 | 1:13:33 5:13 | 1:16:27 2:54 | 1:20:25 3:58 | 1:26:09 5:44 | 1:32:47 6:38 | | | | | |
| 26 | 436 | García Ramírez, Mar SEO Ordes | 1:41:16 | 6:34 6:34 1:39:53 9:37 | 17:25 10:51 1:41:16 1:23 | 20:54 3:29 | 27:45 6:51 | 32:37 4:52 | 46:13 13:36 | 52:11 5:58 | 55:06 2:55 | 58:54 3:48 | 1:06:14 7:20 | 1:09:46 3:32 | 1:13:59 4:13 | 1:20:59 7:00 | 1:30:16 9:17 | | | | | |
| 27 | 14 | Fouz Rodríguez, Ma FLUVIAL LUGO Lug | 3:16:11 | 49:31 49:31 3:13:16 2:59 | 57:54 8:23 3:16:11 2:55 | 1:00:54 3:00 | 1:19:10 18:16 | 1:23:10 4:00 | 1:51:15 28:05 | 1:53:55 2:40 | 1:57:54 3:59 | 2:03:39 5:45 | 2:14:20 10:41 | 2:20:15 5:55 | 2:27:35 7:20 | 2:52:36 25:01 | 3:10:17 17:41 | | | | | |
| | 61 | Pérez Alonso, Adrián AROMON Pontevedr | en tarj. | 8:44 8:44 1:08:50 2:41 | 13:19 4:35 1:09:57 1:07 | 15:15 1:56 | 20:40 5:25 | ----- | 33:38 12:58 | 38:28 4:50 | 41:27 2:59 | 44:46 3:19 | 49:23 4:37 | 52:14 2:51 | 55:36 3:22 | 1:00:00 4:24 | 1:06:09 6:09 | | | | | |
| | 575 | Salvador Rodríguez, GALLAECIA RAID A | No sale | | | | | | | | | | | | | | | | | | | |
| Masculino 21 B (33) | | | | | 4,6 km | | 17 C | | | | | | | | | | | | | | | |
| | | | | | 1(67) | 2(82) | 3(83) | 4(86) | 5(88) | 6(89) | 7(49) | 8(43) | 9(91) | 10(66) | 11(92) | 12(93) | 13(46) | 14(95) | | | | |
| | | | | | 15(96) | 16(97) | 17(100) | Meta | | | | | | | | | | | | | | |
| 1 | 250 | Tejo García, Diego APA LICEO A Coruñ | 1:07:52 | 6:32 6:32 1:04:15 1:47 | 11:13 4:41 1:05:50 1:35 | 13:53 2:40 | 20:21 6:28 | 21:38 1:17 | 25:03 3:25 | 27:39 2:36 | 36:42 9:03 | 41:34 4:52 | 44:40 3:06 | 48:59 4:19 | 52:28 3:29 | 57:23 4:55 | 1:02:28 5:05 | | | | | |
| 2 | 114 | Noguerol, Iván GALLAECIA RAID A | 1:08:36 | 7:40 7:40 1:03:57 1:58 | 13:09 5:29 1:06:09 2:12 | 15:56 2:47 | 24:15 8:19 | 25:48 1:33 | 29:42 3:54 | 33:12 3:30 | 39:03 5:51 | 44:46 5:43 | 47:58 3:12 | 52:39 4:41 | 55:48 3:09 | 59:44 3:56 | 1:01:59 2:15 | | | | | |
| 3 | 281 | Rodríguez Rodrigue BRIGANTIA A Coruñ | 1:10:34 | 6:59 6:59 1:06:36 2:26 | 12:33 5:34 1:08:15 1:39 | 15:22 2:49 | 21:32 6:10 | 22:44 1:12 | 26:23 3:39 | 31:24 5:01 | 36:02 4:38 | 40:09 4:07 | 44:15 4:06 | 51:39 7:24 | 54:27 2:48 | 1:00:51 6:24 | 1:04:10 3:19 | | | | | |
| 4 | 557 | Sampedro Fraga, Ai USC Santiago de Cc | 1:16:28 | 11:14 11:14 1:11:15 1:50 | 17:05 5:51 1:13:35 2:20 | 21:32 4:27 | 29:36 8:04 | 31:00 1:24 | 34:42 3:42 | 39:12 4:30 | 44:09 4:57 | 48:52 4:43 | 51:54 3:02 | 56:12 4:18 | 59:08 2:56 | 1:06:26 7:18 | 1:09:25 2:59 | | | | | |

| Pos | Jorsal | Nombre | Tempo | | | 4,6 km | | 17 C | | <i>(cont.)</i> | | | | | | | |
|-----------|------------|--|----------------|---------------------------------------|---------------------------|---------------------------------|---------------------------------|----------------------|------------------|----------------------|----------------------|----------------------|----------------------|----------------------|------------------------|------------------------|------------------|
| | | | | 1(67) | 2(82) | 3(83) | 4(86) | 5(88) | 6(89) | 7(49) | 8(43) | 9(91) | 10(66) | 11(92) | 12(93) | 13(46) | 14(95) |
| | | | | 15(96) | 16(97) | 17(100) | Meta | | | | | | | | | | |
| 5 | 133 | Baamonde Arufe, Pa ADC ARNELA Porto | 1:20:20 | 15:36 15:36 1:16:16 | 20:32 4:56 1:18:08 | 23:27 2:55 1:19:01 | 31:00 7:33 1:20:20 | 32:06 1:06 | 35:44 3:38 | 38:02 2:18 | 43:06 5:04 | 50:25 7:19 | 53:21 2:56 | 56:11 2:50 | 58:34 2:23 | 1:02:12 3:38 | 1:14:15 12:03 |
| 6 | 88 | Cobas García, Robe GALLAECIA RAID A | 1:22:15 | 17:25 17:25 1:18:22 | 23:35 6:10 1:20:04 | 26:12 2:37 1:21:01 | 32:20 6:08 1:22:15 | 33:46 1:26 | 37:33 3:47 | 42:24 4:51 | 52:36 10:12 | 55:11 2:35 | 59:24 4:13 | 1:06:54 7:30 | 1:09:23 2:29 | 1:12:47 3:24 | 1:16:18 3:31 |
| 7 | 412 | Iglesias Muñiz, Carl ROBALIZA Cambre | 1:23:41 | 6:05 6:05 1:19:03 | 12:44 6:39 1:21:09 | 15:24 2:40 1:22:36 | 27:06 11:42 1:23:41 | 29:42 2:36 | 36:08 6:26 | 39:48 3:40 | 48:27 8:39 | 56:18 7:51 | 59:57 3:39 | 1:03:51 3:54 | 1:06:30 2:39 | 1:12:43 6:13 | 1:16:16 3:33 |
| 8 | 124 | Rioboo Iglesias, Dar GALLAECIA RAID A | 1:24:25 | 11:53 11:53 1:18:07 | 18:47 6:54 1:20:49 | 22:42 3:55 1:22:19 | 31:00 8:18 1:24:25 | 32:34 1:34 | 36:31 3:57 | 40:21 3:50 | 46:00 5:39 | 55:29 9:29 | 59:21 3:52 | 1:03:52 4:31 | 1:07:05 3:13 | 1:12:47 5:42 | 1:15:49 3:02 |
| 9 | 138 | Dosil Bouzas, Ferna ADC ARNELA Porto | 1:26:43 | 10:18 10:18 1:22:09 | 18:44 8:26 1:24:06 | 21:46 3:02 1:25:12 | 36:04 14:18 1:26:43 | 37:19 1:15 | 41:13 3:54 | 45:07 3:54 | 50:16 5:09 | 54:02 3:46 | 58:02 4:00 | 1:04:28 6:26 | 1:07:03 2:35 | 1:13:48 6:45 | 1:20:11 6:23 |
| 10 | 205 | Camba Rodríguez, F TREVINCA O Barco | 1:32:26 | 8:18 8:18 1:27:28 | 17:05 8:47 1:29:43 | 22:43 5:38 1:30:51 | 29:54 7:11 1:32:26 | 34:38 4:44 | 39:36 4:58 | 42:45 3:09 | 49:54 7:09 | 53:31 3:37 | 57:22 3:51 | 1:01:20 3:58 | 1:04:45 3:25 | 1:18:06 13:21 | 1:25:51 7:45 |
| 11 | 137 | Ces Armental, Ventu ADC ARNELA Porto | 1:32:49 | 7:14 7:14 1:27:57 | 13:25 6:11 1:30:07 | 15:45 2:20 1:31:23 | 21:43 5:58 1:32:49 | 23:03 1:20 | 26:58 3:55 | 29:54 2:56 | 37:50 7:56 | 51:08 13:18 | 59:07 7:59 | 1:06:05 6:58 | 1:08:04 1:59 | 1:11:40 3:36 | 1:25:15 13:35 |
| 12 | 505 | Castelo Núñez, Davi GALLAECIA RAID A | 1:32:56 | 13:37 13:37 1:28:06 | 19:32 5:55 1:29:57 | 22:18 2:46 1:31:20 | 30:23 8:05 1:32:56 | 31:36 1:13 | 35:38 4:02 | 39:57 4:19 | 43:47 3:50 | 1:02:56 19:09 | 1:10:15 7:19 | 1:15:29 5:14 | 1:18:16 2:47 | 1:22:58 4:42 | 1:25:58 3:00 |
| 13 | 247 | Rodríguez Pazos, Di APA LICEO A Coruñ | 1:33:31 | 10:56 10:56 1:26:57 | 17:51 6:55 1:29:29 | 22:06 4:15 1:31:34 | 32:02 9:56 1:33:31 | 34:58 2:56 | 41:06 6:08 | 45:52 4:46 | 55:13 9:21 | 1:01:28 6:15 | 1:05:37 4:09 | 1:12:33 6:56 | 1:16:15 3:42 | 1:19:54 3:39 | 1:23:27 3:33 |
| 14 | 121 | Picos Romero, Victo GALLAECIA RAID A | 1:35:52 | 20:05 20:05 1:31:39 | 31:02 10:57 1:33:33 | 33:54 2:52 1:34:33 | 41:10 7:16 1:35:52 | 42:31 1:21 | 48:27 5:56 | 52:31 4:04 | 58:36 6:05 | 1:05:36 7:00 | 1:09:06 3:30 | 1:14:58 5:52 | 1:18:59 4:01 | 1:25:26 6:27 | 1:29:39 4:13 |
| 15 | 284 | Senin Canosa, Ignac BRIGANTIA A Coruñ | 1:36:10 | 6:04 6:04 1:30:45 | 12:35 6:31 1:33:02 | 15:42 3:07 1:34:53 | 23:24 7:42 1:36:10 | 28:30 5:06 | 33:28 4:58 | 37:12 3:44 | 44:09 6:57 | 1:01:16 17:07 | 1:09:40 8:24 | 1:16:27 6:47 | 1:19:13 2:46 | 1:23:36 4:23 | 1:26:57 3:21 |
| 16 | 519 | Freire Fernández, Jc FLUVIAL LUGO Lug | 1:37:54 | 14:44 14:44 1:32:07 | 22:31 7:47 1:34:45 | 25:54 3:23 1:36:08 | 36:59 11:05 1:37:54 | 39:07 2:08 | 43:59 4:52 | 49:28 5:29 | 58:30 9:02 | 1:03:41 5:11 | 1:09:01 5:20 | 1:13:52 4:51 | 1:17:07 3:15 | 1:25:05 7:58 | 1:29:50 4:45 |
| 17 | 237 | Núñez Pol, Fernand APA LICEO A Coruñ | 1:37:56 | 11:58 11:58 1:33:50 | 22:12 10:14 1:35:26 | 24:58 2:46 1:36:41 | 31:38 6:40 1:37:56 | 35:52 4:14 | 41:21 5:29 | 44:51 3:30 | 52:21 7:30 | 57:07 4:46 | 1:00:37 3:30 | 1:08:10 7:33 | 1:12:06 3:56 | 1:24:53 12:47 | 1:31:47 6:54 |
| 18 | 110 | López Vázquez, Jes GALLAECIA RAID A | 1:38:45 | 7:19 7:19 1:33:14 | 14:06 6:47 1:35:35 | 17:17 3:11 1:36:47 | 27:27 10:10 1:38:45 | 28:45 1:18 | 32:58 4:13 | 39:04 6:06 | 57:45 18:41 | 1:02:17 4:32 | 1:06:49 4:32 | 1:17:26 10:37 | 1:19:23 1:57 | 1:24:51 5:28 | 1:31:12 6:21 |
| 19 | 428 | Sánchez Mourazos, C.O.CO A Coruña | 1:40:20 | 22:13 22:13 1:36:31 | 27:49 5:36 1:38:01 | 30:33 2:44 1:39:10 | 37:03 6:30 1:40:20 | 39:19 2:16 | 47:59 8:40 | 52:23 4:24 | 1:00:52 8:29 | 1:07:15 6:23 | 1:18:04 10:49 | 1:22:34 4:30 | 1:24:55 2:21 | 1:31:42 6:47 | 1:34:39 2:57 |
| 20 | 254 | Caldas Mosquera, A BRIGANTIA A Coruñ | 1:43:53 | 15:21 15:21 1:37:11 | 22:17 6:56 1:40:04 | 25:52 3:35 1:41:53 | 35:16 9:24 1:43:53 | 37:22 2:06 | 43:51 6:29 | 47:24 3:33 | 54:06 6:42 | 58:38 4:32 | 1:03:50 5:12 | 1:10:05 6:15 | 1:14:07 4:02 | 1:20:37 6:30 | 1:34:38 14:01 |
| 21 | 343 | Cobelo López, Edua MONTAÑA FERROL | 1:47:47 | 11:25 11:25 1:41:08 | 19:39 8:14 1:44:35 | 22:45 3:06 1:45:54 | 35:14 12:29 1:47:47 | 36:33 1:19 | 40:30 3:57 | 1:00:37 20:07 | 1:09:18 8:41 | 1:14:06 4:48 | 1:18:13 4:07 | 1:22:25 4:12 | 1:25:21 2:56 | 1:31:20 5:59 | 1:38:44 7:24 |
| 22 | 118 | Pedre Vazquez, Man GALLAECIA RAID A | 1:49:16 | 17:49 17:49 1:44:42 | 38:30 20:41 1:46:41 | 42:21 3:51 1:48:04 | 51:05 8:44 1:49:16 | 53:27 2:22 | 57:36 4:09 | 1:02:05 4:29 | 1:08:20 6:15 | 1:13:23 5:03 | 1:20:37 7:14 | 1:27:02 6:25 | 1:30:27 3:25 | 1:37:15 6:48 | 1:42:33 5:18 |
| 23 | 580 | Fernández Paradelo FLUVIAL LUGO Lug | 1:52:21 | 10:39 10:39 1:47:10 | 19:48 9:09 1:49:24 | 23:17 3:29 1:50:43 | 33:27 10:10 1:52:21 | 34:54 1:27 | 39:56 5:02 | 46:20 6:24 | 54:22 8:02 | 1:08:14 13:52 | 1:23:43 15:29 | 1:28:04 4:21 | 1:31:26 3:22 | 1:40:00 8:34 | 1:44:42 4:42 |
| 24 | 365 | Gómez Sandomingo FAICAMIÑO A Coruñ | 1:56:56 | 12:53 12:53 1:51:43 | 21:39 8:46 1:54:06 | 27:39 6:00 1:55:24 | 50:52 23:13 1:56:56 | 52:23 1:31 | 56:50 4:27 | 1:01:24 4:34 | 1:08:59 7:35 | 1:13:49 4:50 | 1:17:39 3:50 | 1:21:12 3:33 | 1:33:01 11:49 | 1:39:11 6:10 | 1:49:47 10:36 |
| 25 | 52 | Gutiérrez Costas, Jc AROMON Pontevedr | 2:07:51 | 13:22 13:22 2:00:25 | 24:05 10:43 2:03:27 | 30:31 6:26 2:05:15 | 41:16 10:45 2:07:51 | 47:55 6:39 | 54:11 6:16 | 59:22 5:11 | 1:12:39 13:17 | 1:24:13 11:34 | 1:30:53 6:40 | 1:39:07 8:14 | 1:43:23 4:16 | 1:48:37 5:14 | 1:56:39 8:02 |
| 26 | 115 | Olarza Costa, Pablo GALLAECIA RAID A | 2:33:05 | 25:38 25:38 2:29:02 | 35:33 9:55 2:31:01 | 38:02 2:29 2:31:56 | 44:01 5:59 2:33:05 | 45:23 1:22 | 1:15:59 30:36 | 1:20:40 4:41 | 1:40:01 19:21 | 1:44:53 4:52 | 1:50:31 5:38 | 2:04:53 14:22 | 2:07:36 2:43 | 2:15:01 7:25 | 2:26:56 11:55 |

| Pos | Jorsal | Nombre | Tempo | | | | | | | | | | | | | | |
|----------------------------|--------|--|---------|-------------------------------|----------------------------|----------------------------|---------------------------|-----------------|------------------|------------------|------------------|------------------|-----------------|-----------------|-----------------|-----------------|------------------|
| Masculino 21 B (33) | | | | 4,6 km | | 17 C | | <i>(cont.)</i> | | | | | | | | | |
| | | | | 1(67) 15(96) | 2(82) 16(97) | 3(83) 17(100) | 4(86) Meta | 5(88) | 6(89) | 7(49) | 8(43) | 9(91) | 10(66) | 11(92) | 12(93) | 13(46) | 14(95) |
| | | 1 Algora Aizpurua, An r en tarj. FLUVIAL LUGO Lug | | ----- 1:59:47 1:48 | 44:34 2:01:56 2:09 | 48:46 2:04:13 2:17 | 56:47 2:07:00 2:47 | 58:55 2:08 | 1:03:16 4:21 | 1:06:50 3:34 | 1:12:28 5:38 | 1:25:50 13:22 | 1:28:55 3:05 | 1:36:44 7:49 | 1:38:55 2:11 | 1:43:21 4:26 | 1:57:59 14:38 |
| | | 207 Limeres Antonio, Mi r en tarj. TREVINCA O Barco | | 15:07 15:07 ----- | 30:51 15:44 2:22:43 | 34:51 4:00 2:25:13 | 52:11 17:20 2:27:53 | 53:51 1:40 | 1:01:03 7:12 | 1:10:42 9:39 | 1:24:03 13:21 | 1:45:08 21:05 | 1:53:47 8:39 | 2:00:56 7:09 | 2:05:02 4:06 | 2:12:09 7:07 | ----- |
| | | 532 Rodríguez Méndez, FLUVIAL LUGO Lug | Desc. | 1:02:32 1:02:32 2:34:09 | 1:08:27 5:55 2:36:43 | 1:12:13 3:46 2:38:46 | 1:21:45 9:32 | 1:25:00 3:15 | 1:32:30 7:30 | 1:38:37 6:07 | 1:44:42 6:05 | 1:58:06 13:24 | 2:01:43 3:37 | 2:07:49 6:06 | 2:14:59 7:10 | 2:23:25 8:26 | 2:30:14 6:49 |
| | | 518 Fraga Diaz, Alex FLUVIAL LUGO Lug | bandona | 21:35 21:35 ----- | 31:14 9:39 ----- | 37:28 6:14 1:57:58 | 48:56 11:28 2:00:12 | 50:47 1:51 | 1:01:44 10:57 | 1:16:49 15:05 | 1:30:57 14:08 | 1:37:23 6:26 | 1:43:01 5:38 | ----- | ----- | ----- | ----- |
| | | 153 Oujo Pouso, José Li ADC ARNELA Porto | bandona | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | 204 Camba Rodríguez, A TREVINCA O Barco | No sale | | | | | | | | | | | | | | |
| | | 568 García García, Carlo ARTABROS A Coruá | No sale | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|--------------------------|--|---|---------|-------------------------|--------------------------|---------------------------|--------------------------|----------------------------|----------------|----------------|---------------|---------------|---------------|---------------|-----------------|-----------------|-----------------|
| Masculino 35 (39) | | | | 6,5 km | | 18 C | | | | | | | | | | | |
| | | | | 1(53) 15(43) | 2(31) 16(44) | 3(58) 17(46) | 4(52) 18(100) | 5(54) Meta | 6(49) | 7(33) | 8(60) | 9(38) | 10(59) | 11(62) | 12(56) | 13(45) | 14(63) |
| | | 1 50 Figueroa Fernández AROMON Pontevedr | 1:05:21 | 4:02 4:02 5:10 | 5:40 1:38 5:42 | 7:21 1:41 8:21 | 12:21 5:00 1:04:23 | 16:07 3:46 1:05:21 | 20:22 4:15 | 27:25 7:03 | 30:45 3:20 | 35:45 5:00 | 37:14 1:29 | 39:58 2:44 | 43:29 3:31 | 46:27 2:58 | 48:11 1:44 |
| | | 2 506 Diz López, Francisca GALLAECIA RAID A | 1:13:55 | 4:14 4:14 57:54 | 6:34 2:20 1:01:37 | 8:24 1:50 1:10:40 | 13:34 5:10 1:12:44 | 16:09 2:35 1:13:55 | 21:00 4:51 | 29:05 8:05 | 31:52 2:47 | 37:55 6:03 | 39:05 1:10 | 43:19 4:14 | 47:52 4:33 | 51:58 4:06 | 54:45 2:47 |
| | | 3 167 Álvarez Cabero, Jos UNIVERSIDAD DE V | 1:17:08 | 3:09 4:01 4:01 | 3:43 9:12 5:11 | 9:03 10:37 1:25 | 2:04 15:10 4:33 | 1:11 18:51 3:41 | 24:25 5:34 | 32:41 8:16 | 35:50 3:09 | 41:09 5:19 | 42:22 1:13 | 45:22 3:00 | 51:14 5:52 | 55:08 3:54 | 56:46 1:38 |
| | | 4 68 Rosado Frade, Alfor AROMON Pontevedr | 1:18:46 | 3:56 4:32 1:00:12 | 3:35 6:26 1:03:51 | 10:07 8:40 1:15:32 | 1:35 14:10 1:17:33 | 1:09 18:10 1:18:46 | 24:41 6:31 | 33:16 8:35 | 36:42 3:26 | 41:30 4:48 | 43:06 1:36 | 46:40 3:34 | 50:50 4:10 | 55:08 4:18 | 57:02 1:54 |
| | | 5 103 González Miramonte GALLAECIA RAID A | 1:24:26 | 3:10 6:10 1:07:46 | 3:39 8:14 1:11:33 | 11:41 10:40 1:21:50 | 2:01 16:11 1:23:26 | 1:13 19:08 1:24:26 | 28:11 9:03 | 37:27 9:16 | 40:36 3:09 | 46:00 5:24 | 47:12 1:12 | 51:42 4:30 | 56:34 4:52 | 1:02:08 5:34 | 1:03:46 1:38 |
| | | 6 329 Roca Santiuste, Ber ARTABROS A Coruá | 1:24:28 | 4:00 4:55 1:05:23 | 3:47 6:42 1:08:54 | 10:17 8:28 1:21:33 | 1:36 20:17 1:23:14 | 1:00 20:17 1:24:28 | 25:49 5:32 | 35:14 9:25 | 38:43 3:29 | 45:51 7:08 | 47:12 1:21 | 50:28 3:16 | 54:13 3:45 | 59:35 5:22 | 1:01:16 1:41 |
| | | 7 553 Albarran Rodriguez, MONTAÑA FERROL | 1:25:56 | 4:07 6:15 1:06:15 | 3:31 8:16 1:10:40 | 12:39 10:17 1:22:14 | 1:41 2:06 1:24:49 | 1:14 1:25:56 1:25:56 | 26:49 6:13 | 35:45 8:56 | 39:01 3:16 | 45:02 6:01 | 46:15 1:13 | 50:02 3:47 | 54:33 4:31 | 1:00:20 5:47 | 1:02:19 1:59 |
| | | 8 184 Pastoriza Santos, Vi UNIVERSIDAD DE V | 1:28:09 | 3:56 7:04 1:10:50 | 4:25 10:36 1:14:49 | 11:34 12:26 1:25:12 | 2:35 17:49 1:26:56 | 1:07 21:23 1:28:09 | 27:13 5:50 | 35:53 8:40 | 39:41 3:48 | 45:28 5:47 | 48:00 2:32 | 53:38 5:38 | 57:49 4:11 | 1:02:11 4:22 | 1:04:32 2:21 |
| | | 9 41 Beloso García, Mani AROMON Pontevedr | 1:28:22 | 6:18 4:49 1:11:02 | 3:59 9:30 1:15:04 | 10:23 11:28 1:25:10 | 1:44 17:17 1:27:07 | 1:13 20:20 1:28:22 | 26:26 6:06 | 37:10 10:44 | 41:21 4:11 | 47:04 5:43 | 48:49 1:45 | 53:14 4:25 | 58:08 4:54 | 1:04:33 6:25 | 1:06:42 2:09 |
| | | 10 169 Armada Luaces, Jos UNIVERSIDAD DE V | 1:28:39 | 4:20 6:04 1:08:14 | 4:02 8:18 1:12:53 | 10:06 10:49 1:24:59 | 1:57 18:09 1:27:11 | 1:15 21:11 1:28:39 | 26:59 5:48 | 36:54 9:55 | 40:43 3:49 | 46:58 6:15 | 48:20 1:22 | 52:42 4:22 | 58:19 5:37 | 1:02:17 3:58 | 1:04:18 2:01 |
| | | 11 222 Cañas Lara, Julio APA LICEO A Coruá | 1:28:40 | 3:56 5:10 1:10:17 | 4:39 7:12 1:14:12 | 12:06 9:03 1:24:53 | 2:12 14:07 1:27:19 | 1:28 17:04 1:28:40 | 30:31 13:27 | 40:26 9:55 | 44:01 3:35 | 48:33 4:32 | 49:58 1:25 | 54:31 4:33 | 58:40 4:09 | 1:03:48 5:08 | 1:05:31 1:43 |
| | | 12 158 Santos Blanco, Albe ADC ARNELA Porto | 1:29:18 | 4:46 4:57 1:11:20 | 3:55 7:21 1:14:48 | 10:41 9:33 1:25:51 | 2:26 14:44 1:28:03 | 1:21 18:22 1:29:18 | 31:08 12:46 | 40:30 9:22 | 43:59 3:29 | 49:44 5:45 | 50:55 1:11 | 55:17 4:22 | 59:10 3:53 | 1:04:35 5:25 | 1:06:24 1:49 |
| | | 13 450 Ramos Asensio, Lui IES SABÓN Arteixo. | 1:30:22 | 4:56 4:51 1:12:21 | 3:28 7:04 1:16:31 | 11:03 9:00 1:26:55 | 2:12 18:13 1:29:17 | 1:15 3:59 1:30:22 | 27:47 5:35 | 37:22 9:35 | 42:03 4:41 | 51:27 9:24 | 53:24 1:57 | 56:21 2:57 | 1:00:20 3:59 | 1:05:58 5:38 | 1:07:48 1:50 |
| | | 14 148 Oujo Castelo, Santi ADC ARNELA Porto | 1:31:15 | 4:33 9:08 1:14:09 | 4:10 11:34 1:18:11 | 10:24 13:23 1:28:03 | 2:22 19:22 1:29:54 | 1:05 2:55 1:31:15 | 31:37 9:20 | 41:06 9:29 | 44:42 3:36 | 53:34 8:52 | 54:23 0:49 | 57:38 3:15 | 1:02:53 5:15 | 1:07:43 4:50 | 1:10:15 2:32 |
| | | 15 334 Traveso Rodríguez, ARTABROS A Coruá | 1:32:02 | 3:54 5:33 1:11:13 | 4:02 7:44 1:15:45 | 9:52 9:49 1:27:48 | 1:51 15:38 1:30:44 | 1:21 18:20 1:32:02 | 25:40 7:20 | 36:12 10:32 | 39:43 3:31 | 45:23 5:40 | 47:07 1:44 | 53:03 5:56 | 59:23 6:20 | 1:03:43 4:20 | 1:06:05 2:22 |

| Pos | Jorsal | Nombre | Tempo | | | | | | | | | | | | | | | | | | |
|--------------------------|--------|---|---------|-----------------|------------------|-----------------|------------------|----------------|----------------|---------------|-----------------|------------------|------------------|------------------|-----------------|-----------------|-----------------|--|--|--|--|
| Masculino 35 (39) | | | | 6,5 km | | 18 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | 1(53) 15(43) | 2(31) 16(44) | 3(58) 17(46) | 4(52) 18(100) | 5(54) Meta | 6(49) | 7(33) | 8(60) | 9(38) | 10(59) | 11(62) | 12(56) | 13(45) | 14(63) | | | | |
| 411 | | Camblor Quirós, Miç ROBALIZA Cambre | No sale | | | | | | | | | | | | | | | | | | |
| 87 | | Chas Gómez, Rober GALLAECIA RAID A | No sale | | | | | | | | | | | | | | | | | | |
| Masculino 45 (31) | | | | 4,7 km | | 16 C | | | | | | | | | | | | | | | |
| | | | | 1(53) 15(46) | 2(58) 16(100) | 3(54) Meta | 4(87) | 5(89) | 6(47) | 7(63) | 8(43) | 9(44) | 10(32) | 11(55) | 12(48) | 13(66) | 14(50) | | | | |
| 1 | 81 | Álvarez Estévez, Eni GALLAECIA RAID A | 1:02:39 | 4:25 4:25 | 9:23 4:58 | 16:44 7:21 | 18:03 1:19 | 21:41 3:38 | 29:18 7:37 | 32:22 3:04 | 36:15 3:53 | 41:51 5:36 | 43:54 2:03 | 48:23 4:29 | 51:06 2:43 | 52:07 1:01 | 55:16 3:09 | | | | |
| 2 | 25 | Puente Salvado, Xosé FLUVIAL LUGO Lug | 1:08:36 | 5:16 5:16 | 10:01 4:45 | 18:29 8:28 | 19:53 1:24 | 24:05 4:12 | 32:05 8:00 | 36:53 4:48 | 40:59 4:06 | 47:40 6:41 | 49:53 2:13 | 54:13 4:20 | 57:14 3:01 | 58:22 1:08 | 1:02:36 4:14 | | | | |
| 3 | 442 | Varela Lorenzo, Frai FLUVIAL LUGO Lug | 1:09:34 | 8:04 8:04 | 12:37 4:33 | 24:33 11:56 | 26:03 1:30 | 29:26 3:23 | 34:37 5:11 | 39:07 4:30 | 43:19 4:12 | 47:07 3:48 | 50:47 3:40 | 54:04 3:17 | 56:50 2:46 | 57:57 1:07 | 1:01:28 3:31 | | | | |
| 4 | 38 | Antoñón Clemente, AROMON Pontevedr | 1:11:40 | 4:51 4:51 | 10:06 5:15 | 20:43 10:37 | 21:55 1:12 | 25:20 3:25 | 34:30 9:10 | 38:24 3:54 | 43:03 4:39 | 47:44 4:41 | 50:16 2:32 | 55:09 4:53 | 57:36 2:27 | 59:06 1:30 | 1:04:17 5:11 | | | | |
| 5 | 116 | Patiño Varela, Juan GALLAECIA RAID A | 1:11:42 | 5:52 5:52 | 10:03 4:11 | 18:39 8:36 | 19:57 1:18 | 24:00 4:03 | 38:54 14:54 | 41:51 2:57 | 45:51 4:00 | 49:36 3:45 | 52:11 2:35 | 57:25 5:14 | 59:20 1:55 | 1:00:27 1:07 | 1:04:12 3:45 | | | | |
| 6 | 220 | Arufe Varela, Javier APA LICEO A Coruñ | 1:12:23 | 6:02 6:02 | 11:21 5:19 | 22:08 10:47 | 23:35 1:27 | 28:34 4:59 | 37:20 8:46 | 41:38 4:18 | 46:05 4:27 | 50:22 4:17 | 53:11 2:49 | 58:50 5:39 | 1:01:55 3:05 | 1:02:57 1:02 | 1:06:35 3:38 | | | | |
| 7 | 63 | Ricoy Bugarín, José AROMON Pontevedr | 1:14:22 | 5:43 5:43 | 10:00 4:17 | 18:55 8:55 | 20:44 1:49 | 24:22 3:38 | 36:02 11:40 | 40:33 4:31 | 45:34 5:01 | 49:52 4:18 | 52:31 2:39 | 57:50 5:19 | 1:00:37 2:47 | 1:03:13 2:36 | 1:06:52 3:39 | | | | |
| 8 | 83 | Balseiro Pérez, José GALLAECIA RAID A | 1:18:40 | 4:36 4:36 | 8:59 4:23 | 20:04 11:05 | 22:47 2:43 | 26:50 4:03 | 32:59 6:09 | 42:04 9:05 | 46:16 4:12 | 50:17 4:01 | 56:59 6:42 | 1:03:32 6:33 | 1:05:51 2:19 | 1:07:48 1:57 | 1:12:12 4:24 | | | | |
| 9 | 322 | Mancera Bello, Alfor ARTABROS A Coruñ | 1:18:59 | 7:15 7:15 | 12:12 4:57 | 22:39 10:27 | 23:58 1:19 | 28:14 4:16 | 39:28 11:14 | 43:48 4:20 | 47:58 4:10 | 52:38 4:40 | 56:01 3:23 | 1:02:26 6:25 | 1:05:45 3:19 | 1:06:56 1:11 | 1:11:47 4:51 | | | | |
| 10 | 347 | Lopez Suarez, Andri MONTAÑA FERROL | 1:22:49 | 9:14 9:14 | 14:37 5:23 | 24:00 9:23 | 24:53 0:53 | 28:52 3:59 | 35:19 6:27 | 38:48 3:29 | 42:38 3:50 | 46:28 3:50 | 1:01:04 14:36 | 1:06:55 5:51 | 1:09:43 2:48 | 1:11:15 1:32 | 1:15:48 4:33 | | | | |
| 11 | 270 | González Romano, I BRIGANTIA A Coruñ | 1:23:10 | 10:50 10:50 | 14:57 4:07 | 22:38 7:41 | 23:56 1:18 | 27:48 3:52 | 41:59 14:11 | 45:42 3:43 | 51:41 5:59 | 56:03 4:22 | 58:42 2:39 | 1:06:36 7:54 | 1:09:20 2:44 | 1:10:24 1:04 | 1:16:02 5:38 | | | | |
| 12 | 539 | Diaz Falcon, Gilbert AROMON Pontevedr | 1:24:09 | 6:16 6:16 | 11:59 5:43 | 21:21 9:22 | 22:42 1:21 | 27:19 4:37 | 35:55 8:36 | 42:58 7:03 | 48:20 5:22 | 53:40 5:20 | 59:07 5:27 | 1:06:45 7:38 | 1:09:05 2:20 | 1:10:49 1:44 | 1:16:56 6:07 | | | | |
| 13 | 161 | Serantes Maneiro, C ADC ARNELA Porto | 1:24:47 | 14:25 14:25 | 19:24 4:59 | 28:36 9:12 | 30:02 1:26 | 34:32 4:30 | 45:18 10:46 | 50:10 4:52 | 54:16 4:06 | 58:19 4:03 | 1:02:09 3:50 | 1:08:21 6:12 | 1:11:39 3:18 | 1:12:48 1:09 | 1:17:24 4:36 | | | | |
| 14 | 571 | Pedreira Romero, Fe ARTABROS A Coruñ | 1:28:51 | 5:25 5:25 | 10:14 4:49 | 23:24 13:10 | 25:36 2:12 | 28:54 3:18 | 40:09 11:15 | 49:13 9:04 | 56:13 7:00 | 1:00:08 3:55 | 1:03:01 2:53 | 1:10:38 7:37 | 1:14:33 3:55 | 1:16:00 1:27 | 1:20:07 4:07 | | | | |
| 15 | 301 | Ramos Lozano, Edu USC Santiago de Cc | 1:29:07 | 7:53 7:53 | 13:31 5:38 | 23:35 10:04 | 25:06 1:31 | 29:59 4:53 | 38:13 8:14 | 43:46 5:33 | 50:12 6:26 | 55:34 5:22 | 58:07 2:33 | 1:09:36 11:29 | 1:12:47 3:11 | 1:14:33 1:46 | 1:20:50 6:17 | | | | |
| 16 | 304 | Sampedro Muñiz, R USC Santiago de Cc | 1:31:00 | 5:51 5:51 | 11:56 6:05 | 24:32 12:36 | 27:29 2:57 | 32:03 4:34 | 44:37 12:34 | 48:20 3:43 | 54:35 6:15 | 1:04:51 10:16 | 1:06:56 2:05 | 1:12:37 5:41 | 1:15:23 2:46 | 1:18:38 3:15 | 1:22:59 4:21 | | | | |
| 17 | 58 | Omil Beloso, Antoni AROMON Pontevedr | 1:32:51 | 9:42 9:42 | 15:23 5:41 | 26:23 11:00 | 30:19 3:56 | 34:58 4:39 | 42:14 7:16 | 47:55 5:41 | 55:36 7:41 | 1:00:36 5:00 | 1:03:01 2:25 | 1:09:42 6:41 | 1:12:17 2:35 | 1:14:01 1:44 | 1:18:33 4:32 | | | | |
| 18 | 535 | Sanmartín Matalobo FLUVIAL LUGO Lug | 1:34:47 | 18:49 18:49 | 24:53 6:04 | 35:15 10:22 | 36:43 1:28 | 41:16 4:33 | 53:12 11:56 | 57:59 4:47 | 1:02:40 4:41 | 1:06:58 4:18 | 1:09:40 2:42 | 1:15:05 5:25 | 1:17:51 2:46 | 1:21:07 3:16 | 1:27:30 6:23 | | | | |
| 19 | 53 | Iglesias Pesqueira, I AROMON Pontevedr | 1:35:01 | 6:06 6:06 | 11:26 5:20 | 21:19 9:53 | 22:55 1:36 | 27:38 4:43 | 36:35 8:57 | 42:33 5:58 | 56:49 14:16 | 1:01:46 4:57 | 1:09:26 7:40 | 1:17:11 7:45 | 1:20:46 3:35 | 1:22:17 1:31 | 1:26:25 4:08 | | | | |
| 20 | 198 | Aller Estévez, Pablo TREVINCA O Barco | 1:39:45 | 5:58 5:58 | 13:02 7:04 | 26:41 13:39 | 27:58 1:17 | 31:49 3:51 | 44:07 12:18 | 48:36 4:29 | 57:39 9:03 | 1:05:41 8:02 | 1:09:03 3:22 | 1:19:32 10:29 | 1:23:15 3:43 | 1:25:06 1:51 | 1:29:46 4:40 | | | | |

| Pos | Jorsal | Nombre | Tiempo | | | | | | | | | | | | | | |
|--------------------------|--------|--|---------|--|----------------------------------|---|---------------|----------------|------------------|------------------|-----------------|------------------|------------------|------------------|------------------|-----------------|------------------|
| Masculino 45 (31) | | | | 4,7 km | | 16 C (cont.) | | | | | | | | | | | |
| | | | | 1(53) 15(46) | 2(58) 16(100) | 3(54) Meta | 4(87) | 5(89) | 6(47) | 7(63) | 8(43) | 9(44) | 10(32) | 11(55) | 12(48) | 13(66) | 14(50) |
| 21 | 186 | Peláez Méndez, Patr UNIVERSIDAD DE V | 1:40:56 | 6:31 6:31 1:37:12 3:08 | 10:44 4:13 1:39:40 2:28 | 19:48 9:04 1:40:56 1:16 | 20:49 1:01 | 32:45 11:56 | 40:27 7:42 | 45:01 4:34 | 49:05 4:04 | 1:00:23 11:18 | 1:18:41 18:18 | 1:24:37 5:56 | 1:27:53 3:16 | 1:29:19 1:26 | 1:34:04 4:45 |
| 22 | 267 | Gonzalez Fernandez BRIGANTIA A Coruñ | 1:43:08 | 7:37 7:37 1:39:34 5:21 | 15:00 7:23 1:41:56 2:22 | 28:09 13:09 1:43:08 1:12 | 30:16 2:07 | 36:26 6:10 | 52:19 15:53 | 55:55 3:36 | 1:00:47 4:52 | 1:05:18 4:31 | 1:11:02 5:44 | 1:19:20 8:18 | 1:22:21 3:01 | 1:23:31 1:10 | 1:34:13 10:42 |
| 23 | 215 | Rodriguez Sarmient TREVINCA O Barco | 1:43:25 | 8:53 8:53 1:40:33 3:35 | 9:28 9:28 1:42:25 1:52 | 12:39 12:39 1:43:25 1:00 | 32:13 1:13 | 37:19 5:06 | 44:44 7:25 | 49:14 4:30 | 53:12 3:58 | 57:26 4:14 | 1:00:46 3:20 | 1:26:10 25:24 | 1:30:20 4:10 | 1:32:18 1:58 | 1:36:58 4:40 |
| 24 | 303 | Sampedro Muñiz, Jc USC Santiago de Cc | 1:51:17 | 6:53 6:53 1:46:01 6:31 | 15:12 8:19 1:49:22 3:21 | 30:09 14:57 1:51:17 1:55 | 31:46 1:37 | 37:53 6:07 | 58:22 20:29 | 1:02:17 3:55 | 1:09:05 6:48 | 1:16:31 7:26 | 1:19:35 3:04 | 1:28:30 8:55 | 1:31:35 3:05 | 1:34:18 2:43 | 1:39:30 5:12 |
| 25 | 117 | Pazos Miser, Rafael GALLAECIA RAID A | 1:52:27 | 7:40 7:40 1:47:57 7:28 | 15:00 7:20 1:50:56 2:59 | 27:05 12:05 1:52:27 1:31 | 29:11 2:06 | 34:30 5:19 | 44:14 9:44 | 56:16 12:02 | 1:02:42 6:26 | 1:08:17 5:35 | 1:11:48 3:31 | 1:18:52 7:04 | 1:23:43 4:51 | 1:25:09 1:26 | 1:40:29 15:20 |
| 26 | 320 | López Pérez, Jose M ARTABROS A Coruñ | 1:53:10 | 8:12 8:12 1:47:21 4:00 | 15:35 7:23 1:50:58 3:37 | 30:37 15:02 1:53:10 2:12 | 32:10 1:33 | 37:42 5:32 | 51:46 14:04 | 58:39 6:53 | 1:04:56 6:17 | 1:10:59 6:03 | 1:23:20 12:21 | 1:31:49 8:29 | 1:35:58 4:09 | 1:37:46 1:48 | 1:43:21 5:35 |
| 27 | 297 | Gallego Priego, Man USC Santiago de Cc | 1:54:46 | 9:30 9:30 1:51:28 3:29 | 15:41 6:11 1:53:38 2:10 | 25:25 9:44 1:54:46 1:08 | 26:58 1:33 | 31:43 4:45 | 42:40 10:57 | 53:41 11:01 | 57:31 3:50 | 1:06:12 8:41 | 1:26:40 20:28 | 1:37:48 11:08 | 1:41:07 3:19 | 1:42:35 1:28 | 1:47:59 5:24 |
| 28 | 145 | Lopez Sanchez, Jair ADC ARNELA Porto | 1:56:58 | 12:35 12:35 1:53:24 3:03 | 17:20 4:45 1:55:44 2:20 | 35:41 18:21 1:56:58 1:14 | 36:57 1:16 | 43:16 6:19 | 1:04:39 21:23 | 1:08:44 4:05 | 1:18:15 9:31 | 1:25:08 6:53 | 1:29:17 4:09 | 1:35:13 5:56 | 1:40:02 4:49 | 1:41:39 1:37 | 1:50:21 8:42 |
| 29 | 541 | Fernández Casalder AROMON Pontevedr | 2:10:44 | 6:10 6:10 2:02:17 3:02 | 12:19 6:09 2:08:03 5:46 | 36:19 24:00 2:10:44 2:41 | 37:50 1:31 | 43:41 5:51 | 56:43 13:02 | 1:02:37 5:54 | 1:07:55 5:18 | 1:14:21 6:26 | 1:17:25 3:04 | 1:22:10 4:45 | 1:40:18 18:08 | 1:41:45 1:27 | 1:59:15 17:30 |
| 30 | 264 | Gil Díaz, José Anton BRIGANTIA A Coruñ | 2:16:01 | 15:22 15:22 2:10:42 9:56 | 22:57 7:35 2:14:20 3:38 | 35:23 12:26 2:16:01 1:41 | 38:19 2:56 | 44:17 5:58 | 1:03:25 19:08 | 1:13:25 10:00 | 1:19:31 6:06 | 1:26:32 7:01 | 1:29:48 3:16 | 1:41:46 11:58 | 1:48:55 7:09 | 1:50:31 1:36 | 2:00:46 10:15 |
| | 209 | Mata Núñez, Jose Li r en tarj. TREVINCA O Barco | | 6:04 6:04 ----- 1:40:09 6:25 | 10:42 4:38 1:41:25 1:16 | 22:42 12:00 ----- 41:03 1:30:09 *88 *92 | ----- | ----- | ----- | ----- | ----- | 1:10:34 47:52 | ----- 13:30 | ----- | ----- | ----- | 1:33:44 9:40 |

| Masculino 55 (1) | | | | 4,6 km | | 12 C | | | | | | | | | | | |
|-------------------------|-----|---|---------|---------------|---------------|---------------|----------------|---------------|------------------|-----------------|------------------|------------------|-----------------|-----------------|-----------------|-----------------|--|
| | | | | 1(53) | 2(31) | 3(58) | 4(54) | 5(88) | 6(47) | 7(45) | 8(44) | 9(55) | 10(92) | 11(50) | 12(100) | Meta | |
| 1 | 241 | Pérez Chamorro, Ju APA LICEO A Coruñ | 2:22:40 | 9:31 9:31 | 13:01 3:30 | 17:18 4:17 | 34:18 17:00 | 43:24 9:06 | 1:11:25 28:01 | 1:16:22 4:57 | 1:32:52 16:30 | 1:54:45 21:53 | 2:04:07 9:22 | 2:11:54 7:47 | 2:19:29 7:35 | 2:22:40 3:11 | |

| Élite (30) | | | | 8,0 km | | 20 C | | | | | | | | | | | |
|-------------------|-----|---|---------|-------------------------------|--------------------------------|------------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | | 1(31) 15(59) | 2(32) 16(62) | 3(89) 17(43) | 4(33) 18(48) | 5(34) 19(46) | 6(35) 20(100) | 7(65) Meta | 8(36) | 9(38) | 10(39) | 11(40) | 12(41) | 13(42) | 14(37) |
| 1 | 403 | Morales Ferreiro, Ma LIMIACTIVA Xinzod | 1:07:39 | 5:24 5:24 43:58 2:45 | 9:16 3:52 46:45 2:47 | 13:17 4:01 55:44 8:59 | 17:58 4:41 59:46 4:02 | 20:16 2:18 1:05:10 5:24 | 22:22 2:06 1:06:43 1:33 | 23:49 1:27 1:07:39 0:56 | 25:31 1:42 | 28:30 2:59 | 29:44 1:14 | 31:03 1:19 | 32:21 1:18 | 37:15 4:54 | 41:13 3:58 |
| 2 | 34 | Álvarez Serto, Ánge AROMON Pontevedr | 1:08:07 | 4:46 4:46 45:42 2:29 | 8:32 3:46 48:58 3:16 | 12:49 4:17 56:34 7:36 | 18:35 5:46 1:00:53 4:19 | 21:05 2:30 1:05:47 4:54 | 23:37 2:32 1:07:12 1:25 | 25:11 1:34 1:08:07 0:55 | 26:09 0:58 | 29:06 2:57 | 30:34 1:28 | 31:51 1:17 | 33:24 1:33 | 38:39 5:15 | 43:13 4:34 |
| 3 | 49 | Fernández Casalder AROMON Pontevedr | 1:13:06 | 5:07 5:07 48:10 3:17 | 9:28 4:21 51:06 2:56 | 14:11 4:43 58:11 7:05 | 19:10 4:59 1:03:05 4:54 | 21:52 2:42 1:10:19 7:14 | 24:15 2:23 1:12:07 1:48 | 26:40 2:25 1:13:06 0:59 | 27:35 0:55 | 30:18 2:43 | 31:35 1:17 | 32:41 1:06 | 34:51 2:10 | 40:02 5:11 | 44:53 4:51 |
| 4 | 119 | Peña Pita, Felipe GALLAECIA RAID A | 1:13:07 | 5:32 5:32 50:33 3:21 | 9:40 4:08 53:43 3:10 | 15:01 5:21 1:01:32 7:49 | 20:28 5:27 1:05:51 4:19 | 24:17 3:49 1:10:32 4:41 | 27:26 3:09 1:12:09 1:37 | 28:52 1:26 1:13:07 0:58 | 30:04 1:12 | 33:03 2:59 | 34:48 1:45 | 36:08 1:20 | 37:35 1:27 | 43:00 5:25 | 47:12 4:12 |
| 5 | 433 | Varela Paz, Borja C.O.CO A Coruña | 1:16:02 | 4:51 4:51 51:53 2:46 | 8:39 3:48 56:52 4:59 | 12:49 4:10 1:04:01 7:09 | 17:57 5:08 1:08:55 4:54 | 20:07 2:10 1:13:36 4:41 | 21:49 1:42 1:15:11 1:35 | 23:01 1:12 1:16:02 0:51 | 23:59 0:58 | 30:19 6:20 | 31:35 1:16 | 33:06 1:31 | 37:34 4:28 | 43:21 5:47 | 49:07 5:46 |
| 6 | 223 | Casado Bravo, Davi APA LICEO A Coruñ | 1:16:32 | 7:48 7:48 52:31 2:43 | 12:40 4:52 55:13 2:42 | 17:21 4:41 1:03:20 8:07 | 23:19 5:58 1:08:19 4:59 | 26:01 2:42 1:13:13 4:54 | 28:26 2:25 1:15:21 2:08 | 30:02 1:36 1:16:32 1:11 | 31:42 1:40 | 34:53 3:11 | 36:38 1:45 | 37:52 1:14 | 39:39 1:47 | 44:46 5:07 | 49:48 5:02 |
| 7 | 904 | Sánchez Dorado, Cc IMP99 INDEPENDIEI | 1:17:53 | 6:14 6:14 52:00 3:15 | 12:17 6:03 55:27 3:27 | 16:41 4:24 1:04:17 8:50 | 22:22 5:41 1:10:31 6:14 | 25:14 2:52 1:14:48 4:17 | 27:23 2:09 1:16:45 1:57 | 28:56 1:33 1:17:53 1:08 | 29:59 1:03 | 33:18 3:19 | 35:06 1:48 | 36:28 1:22 | 38:07 1:39 | 43:17 5:10 | 48:45 5:28 |
| 8 | 65 | Rodriguez Domingu AROMON Pontevedr | 1:21:25 | 5:25 5:25 55:50 3:34 | 10:01 4:36 58:27 2:37 | 21:04 11:03 1:08:34 10:07 | 26:28 5:24 1:12:49 4:15 | 29:48 3:20 1:18:37 5:48 | 31:49 2:01 1:20:20 1:43 | 33:25 1:36 1:21:25 1:05 | 34:17 0:52 | 37:54 3:37 | 39:28 1:34 | 41:05 1:37 | 42:58 1:53 | 47:37 4:39 | 52:16 4:39 |

| Pos | Jorsal | Nombre | Tempo | | | | | | | | | | | | | | |
|-------------------|--------|-----------------------|----------|---------------|---------|-------------|---------|----------------|---------|---------|-------|-------|---------|---------|---------|---------|---------|
| Élite (30) | | | | 8,0 km | | 20 C | | <i>(cont.)</i> | | | | | | | | | |
| | | | | 1(31) | 2(32) | 3(89) | 4(33) | 5(34) | 6(35) | 7(65) | 8(36) | 9(38) | 10(39) | 11(40) | 12(41) | 13(42) | 14(37) |
| | | | | 15(59) | 16(62) | 17(43) | 18(48) | 19(46) | 20(100) | Meta | | | | | | | |
| 9 | 492 | López Costoya, Fran | 1:23:23 | 6:03 | 10:39 | 16:05 | 24:24 | 26:57 | 29:11 | 30:46 | 32:08 | 35:47 | 41:18 | 42:43 | 46:16 | 51:53 | 56:11 |
| | | ADVENTURE ADDIC | | 6:03 | 4:36 | 5:26 | 8:19 | 2:33 | 2:14 | 1:35 | 1:22 | 3:39 | 5:31 | 1:25 | 3:33 | 5:37 | 4:18 |
| | | | | 59:12 | 1:02:17 | 1:09:53 | 1:14:29 | 1:20:17 | 1:22:15 | 1:23:23 | | | | | | | |
| | | | | 3:01 | 3:05 | 7:36 | 4:36 | 5:48 | 1:58 | 1:08 | | | | | | | |
| 10 | 305 | Sordo Touza, Ignaci | 1:24:43 | 5:21 | 10:17 | 17:17 | 23:26 | 26:35 | 29:03 | 30:33 | 31:35 | 34:33 | 36:14 | 37:35 | 39:32 | 47:39 | 52:15 |
| | | USC Santiago de Cc | | 5:21 | 4:56 | 7:00 | 6:09 | 3:09 | 2:28 | 1:30 | 1:02 | 2:58 | 1:41 | 1:21 | 1:57 | 8:07 | 4:36 |
| | | | | 55:14 | 58:39 | 1:08:31 | 1:15:22 | 1:21:46 | 1:23:31 | 1:24:43 | | | | | | | |
| | | | | 2:59 | 3:25 | 9:52 | 6:51 | 6:24 | 1:45 | 1:12 | | | | | | | |
| 11 | 455 | Amil Fernández, Car | 1:24:51 | 5:33 | 11:50 | 19:40 | 25:50 | 30:15 | 32:32 | 34:24 | 35:27 | 38:21 | 39:58 | 41:13 | 43:40 | 49:06 | 54:23 |
| | | BUDIÑORAID O Por | | 5:33 | 6:17 | 7:50 | 6:10 | 4:25 | 2:17 | 1:52 | 1:03 | 2:54 | 1:37 | 1:15 | 2:27 | 5:26 | 5:17 |
| | | | | 57:31 | 1:00:59 | 1:08:57 | 1:14:37 | 1:21:53 | 1:23:53 | 1:24:51 | | | | | | | |
| | | | | 3:08 | 3:28 | 7:58 | 5:40 | 7:16 | 2:00 | 0:58 | | | | | | | |
| 12 | 439 | Morlán Rodríguez, J | 1:24:59 | 5:30 | 14:27 | 19:30 | 26:24 | 29:58 | 32:54 | 34:25 | 35:40 | 38:30 | 40:08 | 41:29 | 43:12 | 48:55 | 54:19 |
| | | SEO Ordes | | 5:30 | 8:57 | 5:03 | 6:54 | 3:34 | 2:56 | 1:31 | 1:15 | 2:50 | 1:38 | 1:21 | 1:43 | 5:43 | 5:24 |
| | | | | 57:20 | 1:00:35 | 1:10:20 | 1:16:24 | 1:22:09 | 1:23:51 | 1:24:59 | | | | | | | |
| | | | | 3:01 | 3:15 | 9:45 | 6:04 | 5:45 | 1:42 | 1:08 | | | | | | | |
| 13 | 331 | Sevilla Gómez, Fran | 1:25:11 | 6:14 | 10:36 | 15:37 | 22:02 | 26:00 | 28:08 | 29:58 | 30:59 | 34:22 | 36:11 | 37:48 | 41:34 | 46:17 | 51:28 |
| | | ARTABROS A Coruá | | 6:14 | 4:22 | 5:01 | 6:25 | 3:58 | 2:08 | 1:50 | 1:01 | 3:23 | 1:49 | 1:37 | 3:46 | 4:43 | 5:11 |
| | | | | 54:37 | 59:49 | 1:09:20 | 1:16:44 | 1:21:33 | 1:24:14 | 1:25:11 | | | | | | | |
| | | | | 3:09 | 5:12 | 9:31 | 7:24 | 4:49 | 2:41 | 0:57 | | | | | | | |
| 14 | 144 | Lareo Martinez, Dav | 1:26:55 | 6:01 | 10:23 | 15:24 | 22:08 | 25:48 | 28:08 | 30:14 | 31:20 | 34:57 | 40:58 | 42:35 | 44:51 | 50:30 | 55:22 |
| | | ADC ARNELA Porto | | 6:01 | 4:22 | 5:01 | 6:44 | 3:40 | 2:20 | 2:06 | 1:06 | 3:37 | 6:01 | 1:37 | 2:16 | 5:39 | 4:52 |
| | | | | 58:39 | 1:02:14 | 1:12:47 | 1:17:50 | 1:23:47 | 1:25:43 | 1:26:55 | | | | | | | |
| | | | | 3:17 | 3:35 | 10:33 | 5:03 | 5:57 | 1:56 | 1:12 | | | | | | | |
| 15 | 24 | Piñeiro Fraga, Brais | 1:27:28 | 8:48 | 14:06 | 20:13 | 28:06 | 31:13 | 34:01 | 35:41 | 38:28 | 41:51 | 46:33 | 47:40 | 49:45 | 54:34 | 59:48 |
| | | FLUVIAL LUGO Lug | | 8:48 | 5:18 | 6:07 | 7:53 | 3:07 | 2:48 | 1:40 | 2:47 | 3:23 | 4:42 | 1:07 | 2:05 | 4:49 | 5:14 |
| | | | | 1:02:29 | 1:06:26 | 1:14:08 | 1:19:02 | 1:24:56 | 1:26:26 | 1:27:28 | | | | | | | |
| | | | | 2:41 | 3:57 | 7:42 | 4:54 | 5:54 | 1:30 | 1:02 | | | | | | | |
| 16 | 142 | Fernández Torres, R | 1:28:31 | 5:15 | 23:49 | 30:13 | 35:22 | 37:56 | 39:59 | 42:20 | 43:26 | 46:19 | 47:37 | 48:46 | 50:28 | 56:08 | 1:00:30 |
| | | ADC ARNELA Porto | | 5:15 | 18:34 | 6:24 | 5:09 | 2:34 | 2:03 | 2:21 | 1:06 | 2:53 | 1:18 | 1:09 | 1:42 | 5:40 | 4:22 |
| | | | | 1:03:04 | 1:05:40 | 1:13:48 | 1:19:12 | 1:25:35 | 1:27:32 | 1:28:31 | | | | | | | |
| | | | | 2:34 | 2:36 | 8:08 | 5:24 | 6:23 | 1:57 | 0:59 | | | | | | | |
| 17 | 106 | López Franco, Pabl | 1:29:48 | 5:36 | 10:16 | 15:26 | 21:58 | 24:49 | 27:37 | 29:03 | 32:37 | 36:58 | 40:34 | 42:17 | 44:04 | 48:55 | 59:05 |
| | | GALLAECIA RAID A | | 5:36 | 4:40 | 5:10 | 6:32 | 2:51 | 2:48 | 1:26 | 3:34 | 4:21 | 3:36 | 1:43 | 1:47 | 4:51 | 10:10 |
| | | | | 1:01:56 | 1:05:33 | 1:14:58 | 1:21:56 | 1:26:47 | 1:28:42 | 1:29:48 | | | | | | | |
| | | | | 2:51 | 3:37 | 9:25 | 6:58 | 4:51 | 1:55 | 1:06 | | | | | | | |
| 18 | 234 | Mera García, Iván | 1:30:07 | 5:50 | 9:48 | 15:11 | 21:51 | 25:24 | 27:36 | 29:02 | 29:56 | 36:18 | 37:39 | 39:01 | 43:43 | 49:12 | 54:13 |
| | | APA LICEO A Coruá | | 5:50 | 3:58 | 5:23 | 6:40 | 3:33 | 2:12 | 1:26 | 0:54 | 6:22 | 1:21 | 1:22 | 4:42 | 5:29 | 5:01 |
| | | | | 57:11 | 1:00:07 | 1:13:13 | 1:21:15 | 1:26:20 | 1:28:55 | 1:30:07 | | | | | | | |
| | | | | 2:58 | 2:56 | 13:06 | 8:02 | 5:05 | 2:35 | 1:12 | | | | | | | |
| 19 | 85 | Breijo Martínez, Yag | 1:32:18 | 9:06 | 14:39 | 20:36 | 27:39 | 31:35 | 34:10 | 36:12 | 37:11 | 40:10 | 42:49 | 44:19 | 45:57 | 50:35 | 55:49 |
| | | GALLAECIA RAID A | | 9:06 | 5:33 | 5:57 | 7:03 | 3:56 | 2:35 | 2:02 | 0:59 | 2:59 | 2:39 | 1:30 | 1:38 | 4:38 | 5:14 |
| | | | | 1:04:23 | 1:07:09 | 1:16:43 | 1:22:05 | 1:28:30 | 1:30:56 | 1:32:18 | | | | | | | |
| | | | | 8:34 | 2:46 | 9:34 | 5:22 | 6:25 | 2:26 | 1:22 | | | | | | | |
| 20 | 360 | Torviso Berdeal, Jos | 1:37:50 | 6:43 | 12:05 | 19:22 | 28:59 | 33:48 | 36:22 | 38:06 | 39:32 | 42:36 | 43:58 | 45:08 | 47:05 | 55:19 | 1:01:29 |
| | | MONTAÑA FERROL | | 6:43 | 5:22 | 7:17 | 9:37 | 4:49 | 2:34 | 1:44 | 1:26 | 3:04 | 1:22 | 1:10 | 1:57 | 8:14 | 6:10 |
| | | | | 1:04:26 | 1:08:52 | 1:19:33 | 1:28:54 | 1:34:55 | 1:36:37 | 1:37:50 | | | | | | | |
| | | | | 2:57 | 4:26 | 10:41 | 9:21 | 6:01 | 1:42 | 1:13 | | | | | | | |
| 21 | 189 | Pérez Juste, Germai | 1:46:20 | 7:49 | 14:28 | 21:49 | 28:59 | 33:40 | 35:49 | 37:41 | 42:09 | 47:28 | 51:40 | 53:42 | 58:02 | 1:05:02 | 1:11:46 |
| | | UNIVERSIDAD DE V | | 7:49 | 6:39 | 7:21 | 7:10 | 4:41 | 2:09 | 1:52 | 4:28 | 5:19 | 4:12 | 2:02 | 4:20 | 7:00 | 6:44 |
| | | | | 1:15:36 | 1:19:31 | 1:27:53 | 1:35:57 | 1:42:21 | 1:45:04 | 1:46:20 | | | | | | | |
| | | | | 3:50 | 3:55 | 8:22 | 8:04 | 6:24 | 2:43 | 1:16 | | | | | | | |
| 22 | 392 | Carballo Alviárez, Xi | 1:49:46 | 6:09 | 11:04 | 18:56 | 27:11 | 31:00 | 34:14 | 36:11 | 38:12 | 43:33 | 45:51 | 48:49 | 51:04 | 59:16 | 1:05:54 |
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| | | | | 1:09:28 | 1:14:01 | 1:27:03 | 1:35:22 | 1:45:54 | 1:48:22 | 1:49:46 | | | | | | | |
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| | | | | 1:17:01 | 1:22:41 | 1:33:50 | 1:40:01 | 1:47:45 | 1:50:23 | 1:51:39 | | | | | | | |
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| 24 | 341 | Burgos Martos, Fran | 1:55:38 | 10:49 | 18:18 | 26:33 | 35:22 | 41:32 | 44:12 | 46:22 | 48:00 | 57:00 | 59:10 | 1:00:48 | 1:03:08 | 1:09:15 | 1:15:59 |
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| | | | | 1:19:31 | 1:23:55 | 1:36:01 | 1:45:32 | 1:52:15 | 1:54:12 | 1:55:38 | | | | | | | |
| | | | | 3:32 | 4:24 | 12:06 | 9:31 | 6:43 | 1:57 | 1:26 | | | | | | | |
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| | | MONTAÑA FERROL | | 7:30 | 6:39 | 9:06 | 9:08 | 5:04 | 2:05 | 2:07 | 1:01 | 3:07 | ----- | 7:30 | 5:59 | 5:58 | 4:05 |
| | | | | 1:12:27 | 1:15:38 | 1:26:39 | 1:31:10 | 1:36:15 | 1:37:51 | 1:38:50 | | | | | | | |
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| | | APA LICEO A Coruá | | 6:28 | 9:13 | 6:17 | 6:34 | 3:09 | 2:44 | | | | | | | | |