



Pos	Dorsal	Nombre	Tiempo															
Iniciación Longa (55)				1(31)	2(67)	3,8 km	15 C											
				15(100)	F	3(38)	4(37)	5(35)	6(36)	7(61)	8(74)	9(81)	10(76)	11(59)	12(70)	13(72)	14(73)	
1	9117	Baeza Peleteiro Eug FAICAMIÑO A Coruñ	53:48	1:31 1:31	3:26 1:55	5:23 1:57	6:29 1:06	8:06 1:37	13:40 5:34	20:14 6:34	22:59 2:45	34:57 11:58	43:05 8:08	45:09 2:04	47:28 2:19	48:49 1:21	50:22 1:33	
2	9110	Castro Santos Lucía IMP99 INDEPENDIEI	55:09	3:02 2:05	0:24 4:13		6:39 8:05	10:29 2:26	16:20 1:26	29:16 2:24	32:19 3:03	36:08 3:49	42:26 6:18	44:31 2:05	46:49 2:18	49:33 2:44	51:30 1:57	
3	9109	Tejo García Diego IMP99 INDEPENDIEI	55:16	54:35 3:05	55:09 0:34		6:43 2:11	8:11 2:09	10:32 2:23	16:23 5:51	29:19 2:56	32:15 3:49	36:04 6:15	42:19 2:13	44:32 2:14	46:46 2:55	51:38 1:57	
4	9130	Castillo Urones Dan LIMIACTIVA Xinzo d	56:16	54:35 2:57	55:16 0:41		4:03 1:11	5:05 1:28	6:13 1:08	13:29 7:16	31:02 17:33	33:17 2:15	40:29 7:12	46:40 6:11	48:37 1:57	50:55 2:18	52:06 1:11	52:52 0:46
5	9187	Castrillo Arias Alej FLUVIAL LUGO Lug	56:40	56:09 3:27	56:40 0:31		4:23 6:00	13:31 7:31	18:26 4:55	30:40 12:14	33:45 3:05	36:58 3:13	42:40 5:42	46:37 3:57	48:54 2:17	50:16 1:22	52:42 2:26	
6	9194	Caldas Mosquera Al IMP99 INDEPENDIEI	57:11	55:57 3:38	57:11 1:14		6:45 8:09	7:54 1:14	10:05 2:05	15:23 5:13	24:00 9:22	27:19 3:19	34:41 7:22	43:08 8:27	46:12 3:04	48:32 2:20	50:24 1:52	52:19 1:55
7	9190	Capon Lamelas Ner FLUVIAL LUGO Lug	59:59	59:17 3:26	59:59 0:42		6:55 8:09	10:14 1:14	15:27 2:05	24:49 5:13	34:27 9:38	37:57 3:30	45:31 7:34	48:31 3:00	51:43 3:12	53:49 2:06	55:51 2:02	
8	9115	Cógelo López Eduar IMP99 INDEPENDIEI	1:03:21	1:02:50 4:10	1:03:21 0:31		6:19 7:37	9:33 1:56	15:23 5:50	22:11 6:48	25:32 3:21	45:28 19:56	51:12 5:44	53:28 2:16	56:00 2:32	57:30 1:30	58:40 1:10	
9	528	Ramos Vale Luis GALLAECIA RAID A	1:03:32	1:03:03 15:05	1:03:32 0:29		7:05 8:57	15:22 1:52	19:34 6:25	26:34 4:12	32:55 6:21	35:48 2:53	41:20 5:32	43:29 2:09	45:33 2:04	46:59 1:26	47:58 0:59	
10	9174	Castro Marente Isau FLUVIAL LUGO Lug	1:04:29	1:03:49 3:22	1:04:29 0:40		9:28 11:12	14:23 3:11	21:10 6:47	32:36 11:26	36:36 4:00	42:15 5:39	49:51 7:36	52:30 2:39	56:29 3:59	58:45 2:16	1:00:27 1:42	
11	9188	Fernandez Souto Jo FLUVIAL LUGO Lug	1:04:44	1:04:09 3:26	1:04:44 0:35		9:36 11:28	14:51 1:52	21:27 6:36	32:53 11:26	36:50 3:57	42:15 5:25	50:07 7:52	52:48 2:41	56:37 3:49	59:01 2:24	1:00:43 1:42	
12	9201	Penas Ares Carla FLUVIAL LUGO Lug	1:05:46	1:05:19 4:09	1:05:46 0:27		8:28 9:34	12:58 1:06	21:23 8:25	33:29 12:06	37:25 3:56	41:27 4:02	49:42 8:15	52:36 2:54	55:44 3:08	57:29 1:45	1:01:10 3:41	
13	9108	Gómez Míguez Ósc LIMIACTIVA Xinzo d	1:06:39	1:06:00 7:02	1:06:39 0:39		5:34 7:30	9:32 2:02	14:22 4:50	28:02 13:40	30:44 2:42	42:37 11:53	51:33 8:56	53:25 1:52	55:36 2:11	57:38 2:02	58:58 1:20	
14	125	Pazos FernÁndez Si AROMON Pontevedi	1:09:24	1:08:55 3:49	1:09:24 0:29		7:18 8:46	10:58 2:12	16:34 5:36	39:31 22:57	44:01 4:30	48:57 4:56	55:45 6:48	58:29 2:44	1:02:03 3:34	1:03:46 1:43	1:05:06 1:20	
15	9105	Pérez Chamorro Juz APA LICEO A Coruñ	1:13:08	1:12:21 4:01	1:13:08 0:47		8:03 10:03	13:23 2:00	20:12 3:20	30:50 10:38	34:33 3:43	40:51 6:18	51:22 10:31	54:33 3:11	1:00:48 6:15	1:04:29 3:41	1:08:20 3:51	
16	9113	Carro Blanes Monic APA LICEO A Coruñ	1:13:13	1:12:32 4:03	1:13:13 0:41		8:08 10:08	13:32 2:00	20:17 3:24	30:59 6:45	34:43 10:42	41:02 3:44	51:29 6:19	54:38 3:09	1:00:56 6:18	1:04:35 3:39	1:08:29 3:54	
17	9164	Diaz Lopez Og Adria FLUVIAL LUGO Lug	1:13:19	1:12:41 2:58	1:13:19 0:38		12:40 15:01	17:30 2:29	23:37 6:07	42:32 18:55	49:02 6:30	55:18 6:16	1:00:37 5:19	1:04:55 4:18	1:07:03 2:08	1:08:33 1:30	1:09:43 1:10	
18	9104	Rodríguez Pazos Da IMP99 INDEPENDIEI	1:21:18	1:20:23 4:58	1:21:18 0:55		7:12 9:43	11:03 2:31	19:20 8:17	33:02 13:42	39:02 6:00	44:16 5:14	55:34 11:18	59:30 3:56	1:05:09 5:39	1:11:27 6:18	1:15:25 3:58	
19	9103	Rodríguez Cobo Luc IMP99 INDEPENDIEI	1:21:38	1:20:42 6:16	1:21:38 0:56		7:41 10:00	13:12 2:19	22:03 8:51	33:02 10:59	39:24 6:22	45:36 6:12	55:29 9:53	59:24 3:55	1:04:51 5:27	1:11:31 6:40	1:14:26 2:55	
20	9125	Besada Waldomar R IMP99 INDEPENDIEI	1:23:58	1:23:35 1:59	1:23:58 0:23		7:15 8:04	9:07 0:49	13:17 4:45	1:00:29 47:12	1:02:11 1:42	1:05:19 3:08	1:10:58 5:39	1:13:59 3:01	1:16:24 2:25	1:17:40 1:16	1:21:36 3:56	
21	9155	Castro Castro Elena FLUVIAL LUGO Lug	1:25:30	1:24:45 4:15	1:25:30 0:45		12:58 14:16	17:35 1:18	24:34 6:59	35:29 10:55	47:15 11:46	51:47 4:32	1:10:02 18:15	1:12:52 2:50	1:16:24 3:32	1:18:38 2:14	1:20:30 1:52	
22	9121	Vázquez Gómez Anz GALLAECIA RAID A	1:26:53	1:26:16 4:15	1:26:53 0:37		8:42 10:45	12:19 2:03	22:32 1:34	44:36 10:13	47:41 22:04	56:22 3:05	1:06:39 8:41	1:14:33 7:54	1:18:09 3:36	1:19:44 1:35	1:22:01 2:17	

Pos	Dorsal	Nombre	Tiempo														
<b>Iniciación Longa (55)</b>				<b>3,8 km</b>	<b>15 C</b>	<i>(cont.)</i>											
				1(31) 15(100)	2(67) F	3(38)	4(37)	5(35)	6(36)	7(61)	8(74)	9(81)	10(76)	11(59)	12(70)	13(72)	14(73)
23	9119	Ares González Moro BRIGANTIA A Coruñ	1:32:48	4:28 4:28 1:32:09	6:11 1:43 1:32:48	9:41 3:30	11:09 1:28	13:52 2:43	28:20 14:28	47:21 19:01	50:33 3:12	1:11:36 21:03	1:17:14 5:38	1:19:23 2:09	1:23:51 4:28	1:26:00 2:09	1:27:32 1:32
24	9141	Rodríguez Garcia S HABELAS HAINAS \	1:49:20	2:52 4:37 1:48:16	5:21 0:39 1:49:20	7:49 2:28	10:10 2:21	13:21 3:11	19:30 6:09	34:45 15:15	48:35 13:50	1:05:00 16:25	1:29:12 24:12	1:33:15 4:03	1:38:24 5:09	1:41:11 2:47	1:43:18 2:07
25	9102	Abal Abeijon Maria C ADC ARNELA Porto	1:51:34	5:44 5:44 1:50:56	8:51 3:07 1:51:34	12:30 3:39	15:25 2:55	20:42 5:17	45:08 24:26	1:05:35 20:27	1:12:38 7:03	1:23:09 10:31	1:34:34 11:25	1:38:07 3:33	1:41:15 3:08	1:43:14 1:59	1:45:05 1:51
26	9138	Lopez Rodriguez Lu FLUVIAL LUGO Lug	1:51:51	6:05 6:05 1:51:00	9:18 3:13 1:51:51	12:52 3:34	15:55 3:03	21:02 5:07	45:30 24:28	1:05:31 20:01	1:12:59 7:28	1:23:13 10:14	1:34:23 11:10	1:38:26 4:03	1:41:49 3:23	1:43:41 1:52	1:45:58 2:17
27	9193	Castro Crecente Em FLUVIAL LUGO Lug	1:54:49	3:28 3:28 1:54:18	5:40 2:12 1:54:49	7:26 1:46	8:28 1:02	9:48 1:20	15:06 5:18	20:11 5:05	22:31 2:20	25:24 2:53	1:20:27 55:03	1:22:14 1:47	1:43:58 21:44	1:44:56 0:58	1:51:28 6:32
28	9118	Fernández Santiago BRIGANTIA A Coruñ	2:01:03	4:42 4:42 2:00:01	10:02 5:20 2:01:03	14:15 4:13	17:19 3:04	21:34 4:15	32:07 10:33	1:15:38 43:31	1:22:09 6:31	1:32:57 10:48	1:43:50 10:53	1:47:42 3:52	1:51:01 3:19	1:53:05 2:04	1:55:10 2:05
29	9195	Calvo Lorenzo Man ARTABROS A Coruñ	2:01:09	4:14 4:14 1:58:53	8:39 4:25 2:01:09	13:37 4:58	16:26 2:49	19:16 2:50	31:36 12:20	41:40 10:04	54:23 12:43	1:20:09 25:46	1:30:32 10:23	1:34:59 4:27	1:49:23 14:24	1:51:35 2:12	1:53:33 1:58
30	9120	Alonso Estevez Jua BRIGANTIA A Coruñ	2:02:08	3:21 3:21 2:01:42	5:03 1:42 2:02:08	11:35 6:32	12:53 1:18	15:36 2:43	26:35 10:59	44:18 17:43	46:32 2:14	1:43:01 56:29	1:49:22 6:21	1:51:38 2:16	1:54:22 2:44	1:55:36 1:14	1:58:34 2:58
31	386	González Souto Rui BRIGANTIA A Coruñ	2:02:59	3:31 3:31 2:02:28	7:16 3:45 2:02:59	9:48 2:32	13:13 3:25	20:11 6:58	29:12 9:01	43:03 13:51	47:33 4:30	1:35:26 47:53	1:46:53 11:27	1:50:52 3:59	1:54:32 3:40	1:56:48 2:16	1:58:30 1:42
32	398	Souto González Mar BRIGANTIA A Coruñ	2:03:05	3:44 3:44 2:02:15	7:18 3:34 2:03:05	10:55 3:37	13:17 2:22	20:11 6:54	29:05 8:54	42:47 13:42	47:31 4:44	1:35:06 47:35	1:46:51 11:45	1:50:50 3:59	1:54:31 3:41	1:56:40 2:09	1:58:28 1:48
33	9126	Carro Sanchez Cele GALLAECIA RAID A	2:03:35	11:46 11:46 2:02:41	14:13 2:27 2:03:35	17:01 2:48	18:31 1:30	21:07 2:36	27:03 5:56	43:30 16:27	46:19 2:49	1:38:05 51:46	1:47:52 9:47	1:50:37 2:45	1:54:03 3:26	1:56:15 2:12	1:57:52 1:37
34	9151	Gallego Portabales I FLUVIAL LUGO Lug	2:13:42	3:48 3:48 2:12:55	9:42 5:54 2:13:42	13:25 3:43	16:34 3:09	19:23 2:49	28:32 9:09	1:04:08 35:36	1:07:38 3:30	1:46:09 38:31	1:57:02 10:53	2:02:12 5:10	2:05:27 3:15	2:07:57 2:30	2:09:30 1:33
35	9150	Portabales Dobaño FLUVIAL LUGO Lug	2:13:46	3:52 3:52 2:13:06	9:54 6:02 2:13:46	13:31 3:37	16:37 3:06	19:24 2:47	28:36 9:12	1:04:07 35:31	1:07:34 3:27	1:46:12 38:38	1:57:02 10:50	2:02:13 5:11	2:05:36 3:23	2:07:57 2:21	2:09:35 1:38
36	9168	Teijeiro Boo Og Dav FLUVIAL LUGO Lug	2:15:19	4:35 4:35 2:14:33	10:27 5:52 2:15:19	14:00 3:33	16:22 2:22	19:51 3:29	29:33 9:42	48:27 18:54	58:03 9:36	1:49:41 51:38	1:59:35 9:54	2:02:15 2:40	2:06:22 4:07	2:08:34 2:12	2:10:10 1:36
37	9173	López Suárez Og Jo FLUVIAL LUGO Lug	2:15:21	4:38 4:38 2:14:23	10:20 5:42 2:15:21	14:05 3:45	16:23 2:18	19:57 3:34	29:37 9:40	48:37 19:00	57:58 9:21	1:49:38 51:40	1:59:36 9:58	2:02:18 2:42	2:06:09 3:51	2:08:15 2:06	2:10:01 1:46
38	9172	Rodríguez Cedron C FLUVIAL LUGO Lug	2:15:23	4:31 4:31 2:14:34	10:21 5:50 2:15:23	14:09 3:48	16:21 2:12	20:05 3:44	29:42 9:37	48:27 18:45	58:08 9:41	1:49:51 51:43	1:59:40 9:49	2:02:26 2:46	2:06:08 3:42	2:08:29 2:21	2:10:10 1:41
39	9162	Vazquez Castro Og FLUVIAL LUGO Lug	2:15:26	4:36 4:36 2:14:23	10:34 5:58 2:15:26	14:07 3:33	16:20 2:13	19:59 3:39	29:46 9:47	48:23 18:37	54:07 5:44	1:49:50 55:43	1:59:28 9:38	2:02:27 2:59	2:05:51 3:24	2:07:51 2:00	2:09:40 1:49
40	9183	Mendez Perez Sonia FLUVIAL LUGO Lug	2:30:14	3:58 3:58 2:29:44	8:18 4:20 2:30:14	12:52 4:34	16:09 3:17	20:00 3:51	33:14 13:14	1:38:45 1:05:31	1:43:44 4:59	2:03:16 19:32	2:10:56 7:40	2:13:55 2:59	2:21:27 7:32	2:23:38 2:11	2:27:01 3:23
41	9177	Malpelo Garcia Alex FLUVIAL LUGO Lug	2:30:17	4:00 4:00 2:29:40	8:04 4:04 2:30:17	12:42 4:38	16:02 3:20	19:57 3:55	33:08 13:11	1:38:38 1:05:30	1:43:46 5:08	2:03:40 19:54	2:10:59 7:19	2:14:10 3:11	2:21:24 7:14	2:23:17 1:53	2:26:51 3:34
42	9181	Sole Muñoz Joan FLUVIAL LUGO Lug	2:30:18	4:16 4:16 2:29:56	8:27 4:11 2:30:18	13:45 5:18	16:19 2:34	20:04 3:45	33:23 13:19	1:38:50 1:05:27	1:43:32 4:42	2:03:21 19:49	2:11:04 7:43	2:13:59 2:55	2:24:46 10:47	2:25:59 1:13	2:27:06 1:07
43	9107	Carames Rios Jose ARTABROS A Coruñ	2:32:30	7:14 7:14 2:31:29	22:32 15:18 2:32:30	28:40 6:08	31:35 2:55	35:58 4:23	58:51 22:53	1:30:30 31:39	1:39:35 9:05	2:02:24 22:49	2:13:01 10:37	2:15:41 2:40	2:20:20 4:39	2:22:30 2:10	2:24:30 2:00
44	9191	Sobrado Garcia Mar FLUVIAL LUGO Lug	3:13:19	7:27 7:27 3:07:08	11:53 4:26 3:13:19	16:29 4:36	19:41 3:12	23:23 3:42	35:37 12:14	1:10:37 35:00	1:20:39 10:02	2:19:47 59:08	2:45:46 25:59	2:50:04 4:18	2:55:00 4:56	2:57:18 2:18	2:59:38 2:20

