

Pos	Dorsal	Nombre	Tiempo	1(40)	2(34)	3(45)	4(50)	5(36)	6(48)	7(35)	8(33)	9(200)	Meta									
Masculino 15 (5)				9 C																		
1	384	Anxo Somoza Seoane Culleredo GALLAECIA_R/	56:13 7:14	11:24	17:36	25:27	32:05	40:02	47:47	50:27	54:28	56:13										
2	377	Diego Silvarrey Oreiro Culleredo GALLAECIA_R/	1:00:00 8:00	12:17	18:54	27:15	35:05	43:06	51:03	54:01	58:11	1:00:00										
3	184	Rui González Souto Culleredo GALLAECIA_R/	1:02:28 7:32	12:23	18:17	26:25	32:52	45:25	53:50	56:45	1:00:35	1:02:28										
4	83	Martín Casado Núñez Betanzos OP BETANZOS	1:08:07 8:22	14:43	21:28	29:29	36:05	48:57	57:32	1:01:21	1:06:04	1:08:07										
5	446	Rodrigo Fouz Sanchez LUGO FLUVIAL_LUGO	1:41:51 13:24	20:53	32:37	44:37	55:06	1:11:45	1:25:49	1:30:23	1:38:58	1:41:51										
Masculino 17 (1)				12 C																		
1	219	Adrián López López Culleredo GALLAECIA_R/	1:53:42 8:55	20:29	46:31	50:25	59:03	1:07:35	1:17:39	1:26:04	1:33:36	1:36:34	1:43:52	1:49:08	1:53:42							
Élite (10)				19 C																		
1	507	Ángel García García A Coruña BRIGANTIA	1:13:45 4:05	5:35	11:13	12:29	20:28	21:53	23:34	27:30	34:51	40:10	43:14	48:51	51:37	56:11	1:01:04	1:03:15	1:05:00	1:08:50	1:11:32	1:13:45
2	498	Yago Breijo Martinez Cuntis XESTEIRAS	1:14:44 3:49	5:20	10:40	11:56	19:47	20:59	23:09	28:43	35:45	40:36	43:32	50:40	53:42	57:57	1:02:34	1:04:44	1:06:27	1:10:04	1:12:41	1:14:44
3	345	Rodrigo Ivan Rodriguez LUGO COMPÁS	1:20:56 3:59	5:38	11:23	13:53	22:19	23:40	25:26	31:50	39:30	44:57	47:59	53:44	57:08	1:01:54	1:07:12	1:09:38	1:11:16	1:15:42	1:18:40	1:20:56
4	411	Borja Varela Paz A Coruña COCO	1:21:04 4:05	5:43	12:29	13:52	21:50	23:10	24:59	31:54	39:03	44:21	47:21	53:15	56:14	1:01:11	1:06:21	1:08:46	1:10:33	1:15:47	1:18:46	1:21:04
5	211	Francisco Javier López C Betanzos OP BETANZOS	1:23:38 4:18	5:56	12:29	13:59	22:55	24:18	26:35	32:33	40:39	46:25	49:48	57:00	1:00:06	1:05:15	1:09:54	1:12:22	1:14:13	1:18:17	1:21:11	1:23:38
6	42	Manuel Arias Rodil A Coruña COCO	1:27:30 4:48	6:36	13:56	15:26	24:04	25:43	28:27	33:48	42:01	48:37	52:10	58:53	1:02:22	1:07:31	1:12:43	1:15:26	1:17:33	1:22:05	1:25:16	1:27:30
7	683	Porfirio Fernández Vidal Pontevedra AROMON	1:32:39 5:35	7:24	13:12	14:49	23:36	25:24	28:04	36:28	44:21	50:01	54:26	1:01:24	1:04:57	1:11:11	1:16:36	1:20:53	1:22:51	1:26:48	1:29:50	1:32:39
8	454	Jose Manuel Nogueiras M LUGO FLUVIAL_LUGO	1:36:09 4:21	6:06	16:03	17:58	27:39	29:20	31:52	38:36	48:09	55:02	58:48	1:05:46	1:09:56	1:15:33	1:21:14	1:23:53	1:25:37	1:30:28	1:33:29	1:36:09
9	561	Adrián Pérez Alonso Pontevedra AROMON	1:41:28 4:48	6:47	20:46	22:19	32:01	33:44	35:58	43:07	52:39	58:56	1:02:35	1:09:35	1:13:03	1:18:21	1:24:20	1:27:28	1:29:41	1:35:18	1:39:01	1:41:28
10	313	Alberto Perez Seijas Culleredo GALLAECIA_R/	1:43:50 5:26	7:31	15:25	17:04	27:28	29:54	32:10	40:05	50:40	58:04	1:02:03	1:10:12	1:13:52	1:20:17	1:26:11	1:29:15	1:31:19	1:37:00	1:40:37	1:43:50
Masculino 21 (5)				15 C																		
1	327	Jose Raña Iglesias Culleredo GALLAECIA_R/	1:17:38 5:06	11:50	17:44	21:08	26:56	32:52	36:26	43:22	47:24	53:21	58:35	1:03:54	1:07:31	1:12:50	1:14:46	1:17:38				
2	33	Roberto Amarelle Garabá LUGO COMPÁS	1:22:28 5:50	12:39	18:44	22:17	29:00	35:06	38:34	45:21	49:09	54:48	1:00:12	1:05:41	1:09:37	1:17:29	1:19:36	1:22:28				
3	635	Moises Vergara Villarnov Ferrol MONTAÑA_FERROI	1:30:37 7:38	16:10	23:06	27:27	34:42	42:54	47:02	54:45	59:11	1:05:37	1:11:45	1:15:04	1:20:55	1:25:15	1:27:29	1:30:37				
4	152	Hector Fraga Ares Pontedeume MONTBREAM	1:48:23 7:05	16:32	23:58	28:46	42:27	50:21	54:39	1:09:12	1:12:37	1:19:21	1:25:06	1:29:55	1:35:58	1:42:59	1:45:17	1:48:23				

Pos	Dorsal	Nombre	Tiempo																		
Masculino 21 (5)				15 C		<i>(cont.)</i>															
				1(39)	2(33)	3(35)	4(48)	5(38)	6(37)	7(41)	8(42)	9(50)	10(36)	11(45)	12(46)	13(43)	14(34)	15(100)	Meta		
5	258	Rodrigo Mosquera Area Culleredo GALLAECIA_R/	2:55:29	19:48	32:26	52:46	57:56	1:12:03	1:22:48	1:29:18	1:51:08	1:57:46	2:07:27	2:19:42	2:32:01	2:39:03	2:47:34	2:50:37	2:55:29		
				19:48	12:38	20:20	5:10	14:07	10:45	6:30	21:50	6:38	9:41	12:15	12:19	7:02	8:31	3:03	4:52		
Masculino 40 (11)				15 C																	
				1(39)	2(33)	3(35)	4(48)	5(38)	6(37)	7(41)	8(42)	9(50)	10(36)	11(45)	12(46)	13(43)	14(34)	15(100)	Meta		
1	67	Miguel Camblor Quirós Culleredo GALLAECIA_R/	1:12:48	4:40	11:35	17:20	20:08	26:13	32:16	35:27	41:45	45:53	51:17	56:30	1:00:14	1:04:23	1:08:06	1:10:09	1:12:48		
				4:40	6:55	5:45	2:48	6:05	6:03	3:11	6:18	4:08	5:24	5:13	3:44	4:09	3:43	2:03	2:39		
2	678	Ruben Carballo Morán Ordes SEO	1:14:02	5:04	11:24	16:35	20:40	26:33	32:00	35:43	42:19	46:39	51:55	57:46	1:00:38	1:04:21	1:09:37	1:11:35	1:14:02		
				5:04	6:20	5:11	4:05	5:53	5:27	3:43	6:36	4:20	5:16	5:51	2:52	3:43	5:16	1:58	2:27		
3	282	Joaquín Oujo Ageitos Porto do Son ADC_ARNE	1:14:48	4:40	11:09	16:40	19:53	26:10	31:58	35:27	42:08	46:16	51:31	57:11	1:00:29	1:06:25	1:10:08	1:12:03	1:14:48		
				4:40	6:29	5:31	3:13	6:17	5:48	3:29	6:41	4:08	5:15	5:40	3:18	5:56	3:43	1:55	2:45		
4	484	Jose Angel Morlán Rodri Ordes SEO	1:15:28	4:59	12:12	18:55	21:59	28:33	34:50	38:19	44:53	48:16	54:02	59:14	1:03:25	1:07:10	1:10:57	1:12:51	1:15:28		
				4:59	7:13	6:43	3:04	6:34	6:17	3:29	6:34	3:23	5:46	5:12	4:11	3:45	3:47	1:54	2:37		
5	232	Alex Marín Pontevedra AROMON	1:16:35	5:19	13:04	18:55	21:59	28:09	34:44	38:06	45:49	50:07	55:57	1:01:25	1:04:15	1:08:22	1:12:15	1:14:09	1:16:35		
				5:19	7:45	5:51	3:04	6:10	6:35	3:22	7:43	4:18	5:50	5:28	2:50	4:07	3:53	1:54	2:26		
6	56	Diego Bouza Padín Pontedeume MONTBREAM	1:17:26	4:50	11:58	18:01	20:54	28:26	34:30	38:15	45:08	48:51	54:15	1:00:55	1:04:04	1:08:08	1:12:29	1:14:30	1:17:26		
				4:50	7:08	6:03	2:53	7:32	6:04	3:45	6:53	3:43	5:24	6:40	3:09	4:04	4:21	2:01	2:56		
7	203	Alberto Lamela Arias LUGO COMPÁS	1:24:27	5:42	13:49	20:19	23:46	31:07	38:12	41:57	50:04	54:40	1:00:35	1:06:35	1:09:28	1:14:51	1:19:05	1:21:23	1:24:27		
				5:42	8:07	6:30	3:27	7:21	7:05	3:45	8:07	4:36	5:55	6:00	2:53	5:23	4:14	2:18	3:04		
8	475	Alberto Otero Pernas Pontedeume MONTBREAM	1:31:26	8:07	15:54	22:44	26:05	34:23	41:05	45:07	52:36	56:27	1:02:53	1:10:03	1:14:59	1:19:45	1:26:17	1:28:19	1:31:26		
				8:07	7:47	6:50	3:21	8:18	6:42	4:02	7:29	3:51	6:26	7:10	4:56	4:46	6:32	2:02	3:07		
9	35	Arturo Antón Casado Culleredo GALLAECIA_R/	1:38:17	6:18	15:58	24:31	29:05	37:27	45:39	50:48	59:04	1:04:25	1:10:55	1:17:07	1:22:27	1:28:27	1:33:04	1:35:17	1:38:17		
				6:18	9:40	8:33	4:34	8:22	8:12	5:09	8:16	5:21	6:30	6:12	5:20	6:00	4:37	2:13	3:00		
10	257	Alberto Morlán Otero Culleredo GALLAECIA_R/	1:40:11	5:48	15:14	23:28	27:06	37:49	46:05	50:11	1:00:48	1:04:46	1:12:05	1:18:16	1:22:19	1:27:49	1:34:32	1:36:47	1:40:11		
				5:48	9:26	8:14	3:38	10:43	8:16	4:06	10:37	3:58	7:19	6:11	4:03	5:30	6:43	2:15	3:24		
100		Diego De La Torre Herrero en tarj. O Barco de Valde TREVIN		5:44	13:34	19:51	23:39	32:44	39:28	43:36	53:44	58:51	1:05:23	1:12:45	1:21:08	-----	1:25:48	1:29:20	1:33:06		
				5:44	7:50	6:17	3:48	9:05	6:44	4:08	10:08	5:07	6:32	7:22	8:23		4:40	3:32	3:46		
Masculino 50 (8)				12 C																	
				1(39)	2(33)	3(31)	4(48)	5(37)	6(32)	7(36)	8(45)	9(43)	10(46)	11(47)	12(100)	Meta					
1	81	David Casado Bravo Betanzos OP BETANZOS	56:31	4:55	11:49	20:07	22:09	26:42	31:15	35:42	41:19	43:59	45:58	50:40	53:42	56:31					
				4:55	6:54	8:18	2:02	4:33	4:33	4:27	5:37	2:40	1:59	4:42	3:02	2:49					
2	450	Javier Liz Díaz LUGO FLUVIAL_LUGO	1:01:23	4:57	13:15	21:48	23:47	28:33	33:18	37:30	43:05	45:59	47:56	53:55	58:11	1:01:23					
				4:57	8:18	8:33	1:59	4:46	4:45	4:12	5:35	2:54	1:57	5:59	4:16	3:12					
3	2	Javier Arufe Varela A Coruña LICEO	1:03:17	7:24	15:04	24:05	26:03	30:49	35:49	40:19	46:12	49:05	51:13	56:35	1:00:04	1:03:17					
				7:24	7:40	9:01	1:58	4:46	5:00	4:30	5:53	2:53	2:08	5:22	3:29	3:13					
4	536	Ricardo Sánchez Díaz A Coruña BRIGANTIA	1:04:16	4:59	12:21	21:43	24:05	28:49	33:27	37:33	43:22	46:31	48:48	55:45	1:01:13	1:04:16					
				4:59	7:22	9:22	2:22	4:44	4:38	4:06	5:49	3:09	2:17	6:57	5:28	3:03					
5	141	José Manuel Fernández S LUGO COMPÁS	1:05:22	5:37	15:07	24:12	26:06	31:08	36:00	40:42	46:23	49:03	51:08	56:27	1:02:18	1:05:22					
				5:37	9:30	9:05	1:54	5:02	4:52	4:42	5:41	2:40	2:05	5:19	5:51	3:04					
6	453	Jose Carlos Montouto Gc LUGO FLUVIAL_LUGO	1:25:44	6:55	15:16	37:31	40:00	46:16	51:46	57:10	1:04:25	1:07:57	1:10:47	1:17:52	1:21:58	1:25:44					
				6:55	8:21	22:15	2:29	6:16	5:30	5:24	7:15	3:32	2:50	7:05	4:06	3:46					
7	11	Pablo Adrián Alier Estéve O Barco de Valde TREVIN	1:36:13	7:47	20:25	33:31	36:40	44:15	52:57	59:51	1:07:47	1:12:29	1:15:52	1:22:58	1:31:00	1:36:13					
				7:47	12:38	13:06	3:09	7:35	8:42	6:54	7:56	4:42	3:23	7:06	8:02	5:13					
8	445	Marcos Fouz Rodriguez LUGO FLUVIAL_LUGO	1:43:36	7:57	21:24	44:23	47:27	55:26	1:02:38	1:09:46	1:17:52	1:22:55	1:26:04	1:33:38	1:38:39	1:43:36					
				7:57	13:27	22:59	3:04	7:59	7:12	7:08	8:06	5:03	3:09	7:34	5:01	4:57					

1:22:13
*46

Pos	Dorsal	Nombre	Tiempo													
Masculino 60 (5)			9 C													
			1(40)	2(34)	3(45)	4(50)	5(36)	6(48)	7(35)	8(33)	9(200)	Meta				
1	457	Pedro Parga Andón	1:07:23	8:18	12:58	19:39	28:08	36:25	44:52	53:44	57:22	1:05:10	1:07:23			
		LUGO FLUVIAL_LUGO		8:18	4:40	6:41	8:29	8:17	8:27	8:52	3:38	7:48	2:13			
2	494	José Luis Armada Luaces	1:07:47	9:30	14:38	21:57	31:03	38:21	46:59	56:13	59:49	1:04:57	1:07:47			
		Vigo U-VIGO		9:30	5:08	7:19	9:06	7:18	8:38	9:14	3:36	5:08	2:50			
3	491	Carles Abad Vives	1:09:56	9:18	14:07	22:29	31:51	39:45	49:37	59:07	1:02:12	1:07:07	1:09:56			
		Vigo U-VIGO		9:18	4:49	8:22	9:22	7:54	9:52	9:30	3:05	4:55	2:49			
4	179	Evaristo Gonzalez Fernar	1:10:09	9:02	13:48	20:32	29:50	37:01	45:23	53:59	58:03	1:07:40	1:10:09			
		Culleredo GALLAECIA_R/		9:02	4:46	6:44	9:18	7:11	8:22	8:36	4:04	9:37	2:29			
													1:02:50			
5	76	Juan Carlos Carballo Fer	1:18:19	10:06	15:14	23:50	34:50	44:37	55:32	1:06:54	1:09:57	1:15:24	1:18:19			
		Culleredo GALLAECIA_R/		10:06	5:08	8:36	11:00	9:47	10:55	11:22	3:03	5:27	2:55			
													*40			
Feminino 15 (4)			7 C													
			1(40)	2(34)	3(46)	4(32)	5(36)	6(33)	7(200)	Meta						
1	455	Sara Nogueiras Porto	1:01:27	12:19	17:28	22:18	37:11	43:31	54:26	59:10	1:01:27					
		LUGO FLUVIAL_LUGO		12:19	5:09	4:50	14:53	6:20	10:55	4:44	2:17					
2	220	Silvia López López	1:11:14	10:18	16:11	21:19	39:37	47:00	59:55	1:08:27	1:11:14					
		Culleredo GALLAECIA_R/		10:18	5:53	5:08	18:18	7:23	12:55	8:32	2:47					
3	352	Noa Rodríguez Sobrado	1:13:28	14:05	19:17	26:33	45:35	52:21	1:04:37	1:10:35	1:13:28	8:52				
		LUGO COMPÁS		14:05	5:12	7:16	19:02	6:46	12:16	5:58	2:53	*200				
4	351	Lia Rodríguez Sobrado	1:26:14	9:49	24:17	30:23	54:17	1:01:06	1:16:50	1:23:22	1:26:14					
		LUGO COMPÁS		9:49	14:28	6:06	23:54	6:49	15:44	6:32	2:52					
Feminino 17 (1)			9 C													
			1(40)	2(34)	3(45)	4(50)	5(36)	6(48)	7(35)	8(33)	9(200)	Meta				
1	82	Eva Casado Nuñez	1:11:48	8:55	14:15	22:16	32:27	41:16	50:38	1:01:02	1:04:35	1:09:20	1:11:48			
		Betanzos OP BETANZOS		8:55	5:20	8:01	10:11	8:49	9:22	10:24	3:33	4:45	2:28			
Feminino 20 (1)			12 C													
			1(39)	2(33)	3(31)	4(48)	5(37)	6(32)	7(36)	8(45)	9(43)	10(46)	11(47)	12(100)	Meta	
1	240	Sofía Martínez Gómez	1:21:13	6:01	16:05	27:04	30:43	38:39	44:43	50:53	58:30	1:02:13	1:05:02	1:11:27	1:17:35	1:21:13
		LUGO COMPÁS		6:01	10:04	10:59	3:39	7:56	6:04	6:10	7:37	3:43	2:49	6:25	6:08	3:38
Feminino Élite (3)			12 C													
			1(40)	2(47)	3(46)	4(43)	5(45)	6(36)	7(50)	8(41)	9(37)	10(48)	11(33)	12(200)	Meta	
1	102	María Del Mar Delgado G	1:09:20	7:19	12:42	17:27	21:34	25:45	33:14	38:34	48:07	52:39	58:30	1:04:36	1:07:40	1:09:20
		Betanzos OP BETANZOS		7:19	5:23	4:45	4:07	4:11	7:29	5:20	9:33	4:32	5:51	6:06	3:04	1:40
2	514	Tania López Eyo	1:10:39	6:56	11:55	16:41	21:45	25:49	33:20	38:47	48:30	53:05	59:02	1:05:23	1:08:53	1:10:39
		Cuntis XESTEIRAS		6:56	4:59	4:46	5:04	4:04	7:31	5:27	9:43	4:35	5:57	6:21	3:30	1:46
3	268	Paula Naya Mancebo	1:32:41	10:05	17:00	23:19	29:52	34:24	43:52	50:11	1:02:52	1:09:42	1:17:26	1:25:46	1:30:28	1:32:41
		Culleredo GALLAECIA_R/		10:05	6:55	6:19	6:33	4:32	9:28	6:19	12:41	6:50	7:44	8:20	4:42	2:13
Feminino 21 (2)			12 C													
			1(40)	2(47)	3(46)	4(43)	5(45)	6(36)	7(50)	8(41)	9(37)	10(48)	11(33)	12(200)	Meta	
1	540	Begoña Toimil	2:03:15	11:02	22:31	30:41	37:19	42:47	53:18	1:09:33	1:24:59	1:31:41	1:40:28	1:54:53	2:00:21	2:03:15
		A Coruña COCO		11:02	11:29	8:10	6:38	5:28	10:31	16:15	15:26	6:42	8:47	14:25	5:28	2:54
2	225	Victoria López Permuy	2:26:18	12:05	20:38	31:44	39:39	51:07	1:13:15	1:22:21	1:40:45	1:50:06	1:59:38	2:14:17	2:22:48	2:26:18
		Culleredo GALLAECIA_R/		12:05	8:33	11:06	7:55	11:28	22:08	9:06	18:24	9:21	9:32	14:39	8:31	3:30

Pos	Dorsal	Nombre	Tiempo	1(39)	2(33)	3(31)	4(48)	5(37)	6(32)	7(36)	8(45)	9(43)	10(46)	11(47)	12(100)	Meta			
Feminino 40 (6)			12 C																
1	305	Alicia Pérez Alonso Pontevedra AROMON	1:07:29	6:02	14:39	23:57	26:15	31:47	37:08	42:00	48:00	51:23	53:51	1:00:10	1:04:02	1:07:29			
2	250	Susana Míguez Sampedro Porto do Son ADC_ARNE	1:09:44	6:32	14:48	24:01	26:40	32:34	37:40	42:38	48:46	52:23	56:02	1:02:29	1:06:15	1:09:44			
3	296	Natalia Pedre Fernández A Coruña LICEO	1:13:02	5:58	14:21	26:06	28:36	35:23	40:41	46:01	52:24	56:22	59:03	1:05:39	1:09:37	1:13:02			
4	167	Sonia Gómez Naya LUGO COMPÁS	1:19:02	6:23	16:07	27:58	30:43	37:17	42:56	51:20	58:17	1:02:17	1:04:56	1:11:25	1:15:28	1:19:02			
5	459	M. José Pérez González LUGO FLUVIAL_LUGO	1:21:24	7:15	17:03	28:06	31:00	37:55	44:38	50:42	58:10	1:02:16	1:05:09	1:12:15	1:16:53	1:21:24			
6	460	Rosa Porto Vázquez LUGO FLUVIAL_LUGO	1:24:59	6:43	17:23	28:32	31:17	38:25	45:02	52:27	1:00:22	1:04:52	1:07:24	1:15:27	1:20:29	1:24:59			
Feminino 50 (5)			9 C																
1	259	Paulina Andrea Mosquera Culleredo GALLAECIA_R/	1:08:14	9:17	14:14	23:16	31:41	39:08	47:29	56:36	1:00:20	1:06:05	1:08:14						
2	291	Rosa María Paredes Ríos Pontevedra AROMON	1:16:37	15:50	21:16	29:11	38:48	47:14	55:59	1:05:47	1:09:35	1:14:01	1:16:37						
3	502	Begoña Crespo Quindós Vigo U-VIGO	1:20:32	10:22	16:03	24:17	34:24	43:52	54:32	1:05:05	1:10:16	1:17:36	1:20:32						
4	364	María Luisa Sanchez Vázquez Pontevedra AROMON	1:36:35	14:54	21:41	31:53	43:32	54:12	1:06:29	1:19:20	1:23:59	1:32:54	1:36:35						
5	512	Ana Iglesias Junzalvos Vigo U-VIGO	1:42:32	14:11	21:50	36:17	48:37	59:42	1:13:03	1:24:12	1:30:17	1:39:27	1:42:32						
Absoluta Parellas (2)			15 C																
1	46	María Esther Barreira Vaz Gallaecia_1	1:32:34	6:10	15:27	22:52	26:29	34:46	41:59	46:21	54:20	59:29	1:06:12	1:12:33	1:16:33	1:21:33	1:26:25	1:28:45	1:32:30
2	47	Pablo Barreiro Fernández Aromon_1	2:07:35	6:50	31:05	40:01	44:35	54:35	1:04:21	1:09:27	1:19:34	1:27:07	1:35:36	1:43:23	1:48:00	1:54:18	1:59:52	2:02:50	2:07:32