

os	rsal	Nombre	Tiempo													
Mulleres Cadete (1)				5,1 km 105 m		9 C										
				1(31)	2(55)	3(51)	4(34)	5(47)	6(40)	7(41)	8(42)	9(100)	F			
1	299	Oujo Perez Nerea ADC ARNELA Porto do Son	3:31:57	8:13	1:34:46	1:47:03	2:31:40	2:58:35	3:02:04	3:15:18	3:24:47	3:30:39	3:31:57			
				8:13	1:26:33	12:17	44:37	26:55	3:29	13:14	9:29	5:52	1:18			
Mulleres Senior (9)				10,9 km 195 m		13 C										
				1(44)	2(45)	3(33)	4(48)	5(35)	6(50)	7(38)	8(43)	9(34)	10(40)	11(41)	12(55)	13(100)
1	402	Varela Yáñez Ana BRIGANTIA A Coruña	1:13:16	10:07	19:15	22:15	30:08	35:30	46:25	49:19	55:28	57:42	1:01:39	1:04:49	1:09:40	1:12:36
				10:07	9:08	3:00	7:53	5:22	10:55	2:54	6:09	2:14	3:57	3:10	4:51	2:56
				1:13:16	F											
				0:40												
2	496	Diz Cao Isabel CORNELIOS RAID As Neves	1:21:42	11:16	20:27	24:03	34:00	41:05	49:39	53:23	1:01:10	1:04:01	1:07:45	1:10:54	1:17:14	1:20:50
				11:16	9:11	3:36	9:57	7:05	8:34	3:44	7:47	2:51	3:44	3:09	6:20	3:36
				1:21:42												
				0:52												
3	175	López Eyo Tania GALLAECIA RAID A Coruña	1:23:35	11:55	23:35	26:50	36:58	46:52	54:05	57:18	1:04:22	1:06:38	1:10:23	1:13:38	1:19:16	1:22:49
				11:55	11:40	3:15	10:08	9:54	7:13	3:13	7:04	2:16	3:45	3:15	5:38	3:33
				1:23:35												
				0:46												
4	19	Felpeo González Luisa FLUVIAL LUGO Lugo	1:34:03	12:54	23:43	27:27	37:06	48:22	59:59	1:03:54	1:11:37	1:14:38	1:19:17	1:22:49	1:29:20	1:33:16
				12:54	10:49	3:44	9:39	11:16	11:37	3:55	7:43	3:01	4:39	3:32	6:31	3:56
				1:34:03												
				0:47												
5	127	Pérez Alonso Alicia AROMON Pontevedra	1:44:05	16:39	31:06	34:44	45:18	55:42	1:06:42	1:14:45	1:23:02	1:26:00	1:29:50	1:33:09	1:39:39	1:43:12
				16:39	14:27	3:38	10:34	10:24	11:00	8:03	8:17	2:58	3:50	3:19	6:30	3:33
				1:44:05												
				0:53												
6	26	Follana Neira Fernanda FLUVIAL LUGO Lugo	1:54:07	12:42	41:25	45:10	57:34	1:03:51	1:14:15	1:17:53	1:30:49	1:34:33	1:39:52	1:43:26	1:49:01	1:53:16
				12:42	28:43	3:45	12:24	6:17	10:24	3:38	12:56	3:44	5:19	3:34	5:35	4:15
				1:54:07												
				0:51												
7	142	Veiga García Carla AROMON Pontevedra	1:54:54	15:51	29:42	35:40	49:22	57:38	1:08:41	1:13:24	1:26:34	1:30:11	1:35:07	1:39:36	1:49:44	1:53:58
				15:51	13:51	5:58	13:42	8:16	11:03	4:43	13:10	3:37	4:56	4:29	10:08	4:14
				1:54:54												
				0:56												
8	172	González Miramontes María GALLAECIA RAID A Coruña	2:10:14	15:40	41:38	45:59	1:01:16	1:11:37	1:27:25	1:32:35	1:43:34	1:47:12	1:51:48	1:56:14	2:04:23	2:09:03
				15:40	25:58	4:21	15:17	10:21	15:48	5:10	10:59	3:38	4:36	4:26	8:09	4:40
				2:10:14												
				1:11												
9	602	Fraga Lamas Maite FLUVIAL LUGO Lugo	3:33:00	24:01	50:08	58:28	1:18:32	1:49:20	2:23:04	2:33:42	2:58:07	3:02:48	3:08:26	3:14:36	3:25:31	3:31:53
				24:01	26:07	8:20	20:04	30:48	33:44	10:38	24:25	4:41	5:38	6:10	10:55	6:22
				3:33:00												
				1:07												
Mulleres Veteranas A (3)				8,5 km 190 m		12 C										
				1(32)	2(33)	3(35)	4(37)	5(50)	6(38)	7(40)	8(47)	9(51)	10(41)	11(42)	12(100)	F
1	379	Gómez Naya Sonia BRIGANTIA A Coruña	1:29:29	13:39	20:31	33:43	50:16	53:50	1:00:00	1:05:24	1:08:14	1:14:05	1:18:32	1:24:34	1:28:31	1:29:29
				13:39	6:52	13:12	16:33	3:34	6:10	5:24	2:50	5:51	4:27	6:02	3:57	0:58
2	258	Bujía Rodríguez Elena MONTAÑA FERROL Ferrol. A	1:37:27	16:36	28:10	41:36	58:11	1:01:52	1:08:03	1:13:39	1:16:05	1:21:59	1:26:33	1:32:19	1:36:32	1:37:27
				16:36	11:34	13:26	16:35	3:41	6:11	5:36	2:26	5:54	4:34	5:46	4:13	0:55
3	138	Sanchez Vázquez Maria Luis AROMON Pontevedra	1:37:58	13:16	21:01	29:13	51:42	55:16	1:00:08	1:09:44	1:12:23	1:21:23	1:25:33	1:32:56	1:36:59	1:37:58
				13:16	7:45	8:12	22:29	3:34	4:52	9:36	2:39	9:00	4:10	7:23	4:03	0:59
Mulleres Veteranas B (1)				6,9 km 165 m		9 C										
				1(32)	2(55)	3(34)	4(36)	5(39)	6(38)	7(40)	8(42)	9(100)	F			
1	454	Alvarez Milano Soraya A PEDROSA ORRO Culleredo	2:37:40	35:48	42:02	1:03:52	1:30:44	1:37:32	1:44:24	1:56:43	2:26:07	2:36:10	2:37:40			
				35:48	6:14	21:50	26:52	6:48	6:52	12:19	29:24	10:03	1:30			
Homes Cadete (6)				5,1 km 105 m		9 C										
				1(31)	2(55)	3(51)	4(34)	5(47)	6(40)	7(41)	8(42)	9(100)	F			
1	579	Lopez Gonzalez Nicolas AABT Paderne	45:04	7:56	14:03	17:46	23:19	26:57	29:24	33:52	39:26	44:08	45:04			
				7:56	6:07	3:43	5:33	3:38	2:27	4:28	5:34	4:42	0:56			
2	284	Arufe Calo Denis ADC ARNELA Porto do Son	59:20	5:24	11:14	15:54	22:01	36:52	42:45	46:24	54:35	58:32	59:20			
				5:24	5:50	4:40	6:07	14:51	5:53	3:39	8:11	3:57	0:48			
3	625	Fernández Sánchez Pablo FLUVIAL LUGO Lugo	1:03:05	6:30	11:42	14:35	19:55	23:57	45:50	49:22	56:25	1:02:08	1:03:05			
				6:30	5:12	2:53	5:20	4:02	21:53	3:32	7:03	5:43	0:57			
4	308	Serantes Abal Eloi ADC ARNELA Porto do Son	1:28:16	6:03	25:50	34:27	52:46	59:21	1:07:14	1:12:12	1:22:34	1:27:05	1:28:16			
				6:03	19:47	8:37	18:19	6:35	7:53	4:58	10:22	4:31	1:11			
5	297	Oujo Fernandez Lois ADC ARNELA Porto do Son	3:06:44	8:59	1:09:50	1:22:00	2:07:29	2:33:11	2:37:34	2:50:27	2:59:43	3:05:36	3:06:44			
				8:59	1:00:51	12:10	45:29	25:42	4:23	12:53	9:16	5:53	1:08			
6	631	Romero Miyares Xurxo ADC ARNELA Porto do Son	3:16:48	9:56	1:19:58	1:31:49	2:16:44	2:43:19	2:47:41	2:59:30	3:09:30	3:15:48	3:16:48			
				9:56	1:10:02	11:51	44:55	26:35	4:22	11:49	10:00	6:18	1:00			

os	rsal	Nombre	Tiempo													
Homes Senior (32)				15,9 km 380 m			15 C									
				1(44)	2(46)	3(49)	4(53)	5(54)	6(50)	7(52)	8(35)	9(38)	10(41)	11(51)	12(34)	13(43)
				14(45)	15(100)	F										
1	577	López Costoya Francisco Ja AABT Paderne	1:29:19	6:38 6:38	24:40 18:02	38:35 13:55	48:00 9:25	51:30 3:30	56:02 4:32	1:01:48 5:46	1:04:16 2:28	1:09:37 5:21	1:13:11 3:34	1:15:37 2:26	1:17:55 2:18	1:19:03 1:08
2	518	García García Ángel AABT Paderne	1:30:52	6:06 6:06	24:18 18:12	37:09 12:51	46:50 9:41	52:51 6:01	56:58 4:07	1:02:37 5:39	1:04:54 2:17	1:09:13 4:19	1:13:03 3:50	1:15:57 2:54	1:18:36 2:39	1:19:42 1:06
3	188	Peña Pita Felipe GALLAECIA RAID A Coruña	1:32:49	6:31 7:48	4:05 24:59	0:34 37:58	48:14 10:16	52:32 4:18	57:05 4:33	1:03:25 6:20	1:06:01 2:36	1:11:12 5:11	1:15:24 4:12	1:17:51 2:27	1:20:52 3:01	1:22:07 1:15
4	109	Fernández Casalderrey Gon AROMON Pontevedra	1:33:24	6:42 6:42	22:46 16:04	35:40 12:54	46:16 10:36	50:28 4:12	54:54 4:26	1:01:26 6:32	1:03:45 2:19	1:08:22 4:37	1:15:29 7:07	1:18:46 3:17	1:21:10 2:24	1:22:20 1:10
5	151	Breijo Martinez Yago GALLAECIA RAID A Coruña	1:37:09	7:03 7:03	23:57 16:54	38:52 14:55	48:24 9:32	54:18 5:54	58:38 4:20	1:04:54 6:16	1:07:17 2:23	1:13:47 6:30	1:17:29 3:42	1:19:50 2:21	1:23:06 3:16	1:24:24 1:18
6	16	Corral Alonso Alberto FLUVIAL LUGO Lugo	1:42:13	8:10 8:10	29:48 21:38	43:16 13:28	53:59 10:43	58:53 4:54	1:03:28 4:35	1:10:35 7:07	1:13:06 2:31	1:19:25 6:19	1:23:03 3:38	1:26:26 3:23	1:29:21 2:55	1:30:45 1:24
7	40	Iglesias Castro Rubén FLUVIAL LUGO Lugo	1:45:05	8:03 8:03	26:34 18:31	39:48 13:14	51:26 11:38	56:38 5:12	1:02:14 5:36	1:08:54 6:40	1:11:34 2:40	1:17:36 6:02	1:24:20 6:44	1:27:07 2:47	1:30:27 3:20	1:32:37 2:10
8	184	Muño García Marcos GALLAECIA RAID A Coruña	1:45:32	8:37 8:37	30:28 21:51	46:21 15:53	56:41 10:20	1:01:14 4:33	1:06:18 5:04	1:12:55 6:37	1:16:05 3:10	1:21:16 5:11	1:26:10 4:54	1:29:33 3:23	1:32:20 2:47	1:33:44 1:24
9	160	Diz López Francisco GALLAECIA RAID A Coruña	1:46:13	6:30 6:30	26:09 19:39	39:49 13:40	54:53 15:04	58:52 3:59	1:03:25 4:33	1:13:54 10:29	1:16:56 3:02	1:22:49 5:53	1:27:36 4:47	1:30:17 2:41	1:32:56 2:39	1:34:12 1:16
10	543	Amil Fernández Carlos BUDIÑORAID O Porriño	1:48:30	8:23 8:23	28:00 19:37	44:09 16:09	57:07 12:58	1:01:15 4:08	1:06:14 4:59	1:13:42 7:28	1:16:32 2:50	1:23:54 7:22	1:28:06 4:12	1:31:08 3:02	1:34:27 3:19	1:35:58 1:31
11	497	Fernandez Sanchez Diego CORNELIOS RAID As Neves	1:51:40	15:42 15:42	32:19 16:37	46:47 14:28	57:49 11:02	1:02:21 4:32	1:07:24 5:03	1:13:52 6:28	1:16:30 2:38	1:24:27 7:57	1:28:54 4:27	1:32:38 3:44	1:37:52 5:14	1:39:25 1:33
12	366	Blanco Villar Antonio BRIGANTIA A Coruña	1:52:26	9:12 9:12	30:57 21:45	48:38 17:41	1:01:20 12:42	1:06:37 5:17	1:11:47 5:10	1:18:37 6:50	1:21:26 2:49	1:27:31 6:05	1:32:05 4:34	1:34:47 2:42	1:38:25 3:38	1:39:53 1:28
13	1208	Esmoris Lois José Manuel JARNACHAS Arteixo	1:59:19	10:29 10:29	31:34 21:05	51:11 19:37	1:05:24 14:13	1:10:43 5:19	1:16:13 5:30	1:24:14 8:01	1:27:16 3:02	1:33:19 6:03	1:38:18 4:59	1:41:32 3:14	1:44:40 3:08	1:46:15 1:35
14	154	Carro García Roberto GALLAECIA RAID A Coruña	2:04:34	9:07 9:07	29:29 20:22	46:04 16:35	1:00:07 14:03	1:05:46 5:39	1:11:19 5:33	1:22:58 11:39	1:26:07 3:09	1:31:47 5:40	1:37:27 5:40	1:40:29 3:02	1:43:27 2:58	1:45:10 1:43
15	456	Carballo Alviárez Xan A PEDROSA ORRO Culleredo	2:05:09	11:13 11:13	34:41 23:28	53:14 18:33	1:07:13 13:59	1:11:58 4:45	1:17:37 5:39	1:26:39 9:02	1:29:54 3:15	1:36:01 6:07	1:41:31 5:30	1:45:02 3:31	1:48:27 3:25	1:49:59 1:32
16	523	García De Las Heras Ramón GALLAECIA RAID A Coruña	2:10:36	11:40 11:40	38:33 26:53	55:23 16:50	1:08:09 12:46	1:13:57 5:48	1:25:15 11:18	1:33:04 7:49	1:36:16 3:12	1:42:16 6:00	1:47:32 5:16	1:50:31 2:59	1:53:39 3:08	1:55:44 2:05
17	282	Vergara Villarnovo Moises MONTAÑA FERROL Ferrol. A	2:13:50	11:12 11:12	34:56 23:44	52:50 17:54	1:05:59 13:09	1:11:24 5:25	1:18:26 7:02	1:28:07 9:41	1:31:49 3:42	1:41:14 9:25	1:47:05 5:51	1:51:02 3:57	1:55:36 4:34	1:57:47 2:11
18	86	Viana Gonzalez Iago FLUVIAL LUGO Lugo	2:15:14	11:18 11:18	37:28 26:10	55:34 18:06	1:08:40 13:06	1:13:47 5:07	1:19:46 5:59	1:33:43 13:57	1:36:58 3:15	1:45:21 8:23	1:49:44 4:23	1:53:05 3:21	1:56:15 3:10	1:59:16 3:01
19	283	Viguera Sas Carlos MONTAÑA FERROL Ferrol. A	2:17:30	9:24 9:24	34:01 24:37	54:54 20:53	1:14:07 19:13	1:19:16 5:09	1:25:10 5:54	1:33:53 8:43	1:37:24 3:31	1:46:20 8:56	1:51:47 5:27	1:55:24 3:37	1:58:50 3:26	2:01:05 2:15

os	rsal	Nombre	Tiempo														
Homes Senior (32)				15,9 km 380 m		15 C		<i>(cont.)</i>									
				1(44)	2(46)	3(49)	4(53)	5(54)	6(50)	7(52)	8(35)	9(38)	10(41)	11(51)	12(34)	13(43)	
				14(45)	15(100)	F											
20	458	Doce Serrano Juan Antonio A PEDROSA ORRO Culleredo	2:19:12	12:19 12:19 2:11:56 9:47	40:00 27:41 2:18:27 6:31	59:11 19:11 2:19:12 0:45	1:13:28 14:17	1:19:21 5:53	1:25:58 6:37	1:34:34 8:36	1:38:44 4:10	1:46:12 7:28	1:52:21 6:09	1:56:05 3:44	2:00:05 4:00	2:02:09 2:04	
21	560	Soto Boullosa Angel AROMON Pontevedra	2:19:27	11:39 11:39 2:11:34 9:42	38:56 27:17 2:17:49 6:15	59:37 20:41 2:19:27 1:38	1:16:03 16:26	1:21:10 5:07	1:27:19 6:09	1:35:48 8:29	1:39:38 3:50	1:46:46 7:08	1:52:33 5:47	1:55:55 3:22	1:59:20 3:25	2:01:52 2:32	
22	545	Martinez Lorenzo Daniel BUDIÑORAID O Porriño	2:23:27	10:22 10:22 2:14:47 12:53	32:55 22:33 2:22:46 7:59	52:39 19:44 2:23:27 0:41	1:12:09 19:30	1:18:35 6:26	1:25:27 6:52	1:34:30 9:03	1:37:57 3:27	1:45:50 7:53	1:51:03 5:13	1:54:52 3:49	1:58:52 4:00	2:01:54 3:02	
23	144	Verde Lareu Roberto AROMON Pontevedra	2:27:59	12:24 12:24 2:20:38 9:47	36:38 24:14 2:27:07 6:29	56:53 20:15 2:27:59 0:52	1:17:35 20:42	1:23:54 6:19	1:30:27 6:33	1:40:33 10:06	1:44:37 4:04	1:55:05 10:28	2:00:23 5:18	2:04:22 3:59	2:08:20 3:58	2:10:51 2:31	
24	10	Buide Mouriz Jesus FLUVIAL LUGO Lugo	2:30:58	11:11 11:11 2:18:18 10:04	44:10 32:59 2:30:03 11:45	1:02:37 18:27 2:30:58 0:55	1:16:38 14:01	1:22:31 5:53	1:30:54 8:23	1:39:51 8:57	1:44:55 5:04	1:53:37 8:42	1:59:18 5:41	2:02:47 3:29	2:06:07 3:20	2:08:14 2:07	
25	41	Lafuente Juan José FLUVIAL LUGO Lugo	2:35:06	11:48 11:48 2:28:02 9:49	42:10 30:22 2:34:17 6:15	1:01:06 18:56 2:35:06 0:49	1:21:43 20:37	1:28:27 6:44	1:35:27 7:00	1:45:02 9:35	1:49:13 4:11	2:01:51 12:38	2:06:47 4:56	2:11:59 5:12	2:15:56 3:57	2:18:13 2:17	
26	1209	Canedo García Juan JARNACHAS Arteixo	2:41:26	11:19 11:19 2:34:00 9:35	41:40 30:21 2:40:40 6:40	1:04:20 22:40 2:41:26 0:46	1:18:35 14:15	1:24:19 5:44	1:33:20 9:01	1:44:04 10:44	1:47:50 3:46	2:01:17 13:27	2:06:58 5:41	2:11:46 4:48	2:22:02 10:16	2:24:25 2:23	
27	115	Gonzalez Comesaña Jovino AROMON Pontevedra	2:49:54	15:33 15:33 2:42:39 9:41	50:07 34:34 2:48:58 6:19	1:08:57 18:50 2:49:54 0:56	1:23:32 14:35	1:29:34 6:02	1:36:43 7:09	1:46:57 10:14	1:51:19 4:22	2:00:09 8:50	2:08:21 8:12	2:14:32 6:11	2:30:52 16:20	2:32:58 2:06	
28	556	Fontan Guiao Lino AROMON Pontevedra	2:56:37	12:14 12:14 2:48:48 14:40	50:30 38:16 2:55:28 6:40	1:12:59 22:29 2:56:37 1:09	1:29:35 16:36	1:35:47 6:12	1:44:07 8:20	1:57:21 13:14	2:01:51 4:30	2:12:35 10:44	2:20:43 8:08	2:26:42 5:59	2:31:42 5:00	2:34:08 2:26	
29	373	Curros Cacho Carlos BRIGANTIA A Coruña	3:07:39	12:12 12:12 2:58:02 11:32	1:12:39 1:00:27 3:06:53 8:51	1:34:02 21:23 3:07:39 0:46	1:49:18 15:16	1:55:08 5:50	2:02:19 7:11	2:12:44 10:25	2:16:03 3:19	2:27:10 11:07	2:32:57 5:47	2:39:54 6:57	2:44:21 4:27	2:46:30 2:09	
30	396	Sánchez Díaz Ricardo BRIGANTIA A Coruña	3:08:49	10:19 10:19 2:54:51 14:26	36:21 26:02 3:07:25 12:34	1:14:14 37:53 3:08:49 1:24	1:37:24 23:10	1:46:39 9:15	1:52:45 6:06	2:01:42 8:57	2:05:39 3:57	2:19:55 14:16	2:27:03 7:08	2:33:34 6:31	2:37:54 4:20	2:40:25 2:31	
	1207	Rodríguez Rodríguez Orlan C.O.CO A Coruña	en tarj.	8:31 8:31 1:56:24 6:02	34:24 25:53 2:01:52 5:28	48:44 14:20 2:02:38 0:46	1:07:14 18:30	1:11:45 4:31	1:16:37 4:52	1:24:50 8:13	1:27:48 2:58	1:37:28 9:40	1:43:05 5:37	1:46:43 3:38	1:50:22 3:39	-----	
	112	Figueroa Fernández Ricardo AROMON Pontevedra	andona	11:06 11:06 1:16:57 6:23	34:57 23:51 1:22:53 5:56	53:18 18:21 1:23:36 0:43	-----	-----	-----	-----	1:01:05 7:47	-----	-----	-----	1:10:34 9:29	-----	
								1:06:49 *43									
Homes Veteráns A (16)				12,1 km 305 m		13 C											
				1(44)	2(48)	3(36)	4(53)	5(54)	6(38)	7(39)	8(43)	9(34)	10(45)	11(51)	12(42)	13(100)	
				F													
1	200	Álvarez Cabero José Maria UNIVERSIDAD DE V Vigo	1:17:15	8:46 8:46 1:17:15 0:37	25:24 16:38	35:39 10:15	43:32 7:53	48:47 5:15	53:00 4:13	54:48 1:48	59:00 4:12	1:01:19 2:19	1:06:43 5:24	1:10:27 3:44	1:13:58 3:31	1:16:38 2:40	
2	229	Arufe Varela Javier APA LICEO A Coruña	1:22:53	9:25 9:25 1:22:53 0:40	28:57 19:32 2:01:52 0:40	37:55 8:58	47:41 9:46	52:46 5:05	57:06 4:20	58:50 1:44	1:03:17 4:27	1:05:47 2:30	1:12:24 6:37	1:15:44 3:20	1:19:24 3:40	1:22:13 2:49	
3	98	Beloso García Manuel AROMON Pontevedra	1:23:42	9:21 9:21 1:23:42 0:38	28:36 19:15 2:01:52 0:38	37:31 8:55	46:35 9:04	54:27 7:52	58:40 4:13	1:00:12 1:32	1:05:05 4:53	1:07:12 2:07	1:12:27 5:15	1:16:09 3:42	1:20:03 3:54	1:23:04 3:01	
4	149	Álvarez Estévez Enrique Lui GALLAECIA RAID A Coruña	1:28:43	10:46 10:46 1:28:43 0:41	27:52 17:06 2:01:52 0:41	35:38 7:46	48:09 12:31	56:45 8:36	1:01:03 4:18	1:04:36 3:33	1:09:30 4:54	1:11:40 2:10	1:17:16 5:36	1:21:08 3:52	1:25:14 4:06	1:28:02 2:48	
5	439	Viqueira Nouche Carlos SEO Ordes	1:35:27	20:50 20:50 1:35:27 0:38	39:17 18:27 2:01:52 0:38	48:03 8:46	57:53 9:50	1:02:53 5:00	1:06:41 3:48	1:08:37 1:56	1:13:26 4:49	1:15:47 2:21	1:21:39 5:52	1:27:11 5:32	1:32:09 4:58	1:34:49 2:40	

os	rsal	Nombre	Tiempo													
Homes Veteráns A (16)				12,1 km 305 m	13 C	<i>(cont.)</i>										
				1(44)	2(48)	3(36)	4(53)	5(54)	6(38)	7(39)	8(43)	9(34)	10(45)	11(51)	12(42)	13(100)
				F												
6	224	Pérez Juste German UNIVERSIDAD DE V Vigo	1:37:10	11:28 11:28 1:37:10	30:51 19:23	41:32 10:41	51:32 10:00	57:51 6:19	1:05:34 7:43	1:07:48 2:14	1:13:24 5:36	1:16:57 3:33	1:23:01 6:04	1:28:59 5:58	1:32:59 4:00	1:36:17 3:18
7	526	Patiño Varela Juan GALLAECIA RAID A Coruña	1:37:45	10:06 10:06 1:37:45	28:22 18:16	41:22 13:00	59:47 18:25	1:05:26 5:39	1:10:52 5:26	1:12:49 1:57	1:18:17 5:28	1:20:36 2:19	1:26:33 5:57	1:30:08 3:35	1:34:02 3:54	1:36:59 2:57
8	626	Fernández Souto José Manu FLUVIAL LUGO Lugo	1:38:12	10:55 10:55 1:38:12	29:49 18:54	38:28 8:39	59:02 20:34	1:04:32 5:30	1:10:17 5:45	1:12:25 2:08	1:16:58 4:33	1:19:11 2:13	1:25:23 6:12	1:29:36 4:13	1:34:25 4:49	1:37:27 3:02
9	368	Casal Casal Miguel BRIGANTIA A Coruña	1:41:56	10:20 10:20 1:41:56	33:44 23:24	46:13 12:29	56:44 10:31	1:02:48 6:04	1:07:51 5:03	1:10:32 2:41	1:18:22 7:50	1:21:17 2:55	1:27:35 6:18	1:33:53 6:18	1:37:51 3:58	1:41:12 3:21
10	163	Dopico Pena Andres GALLAECIA RAID A Coruña	1:42:23	15:48 15:48 1:42:23	38:18 22:30	47:41 9:23	1:01:45 14:04	1:07:47 6:02	1:12:23 4:36	1:14:20 1:57	1:20:20 6:00	1:24:11 3:51	1:29:55 5:44	1:34:35 4:40	1:38:35 4:00	1:41:41 3:06
11	171	González Miramontes Eduar GALLAECIA RAID A Coruña	1:45:34	12:33 12:33 1:45:34	32:26 19:53	40:45 8:19	52:07 11:22	1:03:15 11:08	1:08:28 5:13	1:16:32 8:04	1:22:06 5:34	1:24:42 2:36	1:32:08 7:26	1:37:33 5:25	1:42:00 4:27	1:44:52 2:52
12	36	González Castro Leandro FLUVIAL LUGO Lugo	1:49:42	12:00 12:00 1:49:42	30:43 18:43	40:37 9:54	53:09 12:32	1:00:31 7:22	1:05:22 4:51	1:08:51 3:29	1:16:39 7:48	1:20:46 4:07	1:30:54 10:08	1:39:01 8:07	1:44:54 5:53	1:48:55 4:01
13	406	Villar Esmoris Luis BRIGANTIA A Coruña	2:05:00	12:27 12:27 2:05:00	39:30 27:03	50:05 10:35	1:11:48 21:43	1:18:03 6:15	1:23:15 5:12	1:27:09 3:54	1:33:51 6:42	1:40:40 6:49	1:48:15 7:35	1:53:26 5:11	1:59:38 6:12	2:03:54 4:16
14	548	Ramírez Fernández Manuel BUDIÑORAID O Porriño	2:13:51	12:21 12:21 2:13:51	59:18 46:57	1:18:34 19:16	1:29:09 10:35	1:35:19 6:10	1:40:17 4:58	1:44:41 4:24	1:50:38 5:57	1:53:33 2:55	2:00:00 6:27	2:04:29 4:29	2:09:36 5:07	2:13:00 3:24
15	388	Iglesias Candal Ivan BRIGANTIA A Coruña	2:32:12	15:54 15:54 2:32:12	52:13 36:19	1:13:43 21:30	1:30:01 16:18	1:43:10 13:09	1:49:53 6:43	1:53:01 3:08	1:59:37 6:36	2:03:18 3:41	2:12:10 8:52	2:21:26 9:16	2:27:09 5:43	2:31:11 4:02
16	420	López Pérez Jose Miguel ARTABROS A Coruña	2:42:37	26:06 26:06 2:42:37	1:00:30 34:24	1:14:08 13:38	1:36:10 22:02	1:44:01 7:51	1:50:55 6:54	1:54:45 3:50	2:04:17 9:32	2:08:40 4:23	2:20:49 12:09	2:27:29 6:40	2:36:41 9:12	2:41:26 4:45
Homes Veteráns B (3)				8,8 km 160 m	10 C											
				1(32)	2(34)	3(35)	4(37)	5(38)	6(51)	7(41)	8(42)	9(55)	10(100)	F		
1	457	Carballo Fernández Juan Ca A PEDROSA ORRO Culleredo	1:22:37	12:17 12:17	21:14 8:57	29:29 8:15	40:57 11:28	45:19 4:22	56:33 11:14	1:08:19 11:46	1:14:36 6:17	1:17:36 3:00	1:21:45 4:09	1:22:37 0:52		
2	61	Parga Andón Pedro FLUVIAL LUGO Lugo	1:27:43	9:49 9:49	17:38 7:49	24:59 7:21	50:34 25:35	54:04 3:30	1:08:14 14:10	1:14:20 6:06	1:20:08 5:48	1:22:42 2:34	1:26:46 4:04	1:27:43 0:57		
3	422	Mancera Bello Alfonso ARTABROS A Coruña	1:48:01	16:48 16:48	29:00 12:12	39:11 10:11	55:30 16:19	1:01:22 5:52	1:26:47 25:25	1:32:43 5:56	1:38:33 5:50	1:41:40 3:07	1:46:58 5:18	1:48:01 1:03		
Iniciación Corta (3)				5,1 km 105 m	9 C											
				1(31)	2(55)	3(51)	4(34)	5(47)	6(40)	7(41)	8(42)	9(100)	F			
	391	Martínez Gómez Sofía BRIGANTIA A Coruña	andona	1:08:05	-----	-----	-----	-----	-----	-----	-----	-----	-----			
	1206	Calvete Bujia Yago JARNACHAS Arteixo	andona	1:13:16	-----	-----	-----	-----	-----	-----	-----	-----	-----			
	1205	Dosil Calo Ángel ADC ARNELA Porto do Son	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----			
Iniciación Longa (7)				10,2 km 195 m	13 C											
				1(44)	2(45)	3(33)	4(48)	5(35)	6(36)	7(37)	8(38)	9(43)	10(34)	11(51)	12(42)	13(100)
				F												
1	1201	Piñeiro Pouso M. Antonio ADC ARNELA Porto do Son	1:17:47	12:39 12:39 1:17:47	24:55 12:16	28:06 3:11	36:14 8:08	41:12 4:58	44:25 3:13	51:36 7:11	54:50 3:14	1:01:59 7:09	1:05:08 3:09	1:07:57 2:49	1:14:30 6:33	1:17:03 2:33
2	1202	Fernandez Rego David	1:27:39	11:24 11:24 1:27:39	20:10 8:46	25:34 5:24	35:12 9:38	41:23 6:11	48:00 6:37	59:05 11:05	1:02:24 3:19	1:11:55 9:31	1:15:23 3:28	1:18:41 3:18	1:23:30 4:49	1:26:50 3:20

