

Pos	Orde	Nome	Tempo									Meta				
Feminino 12 (5)				2,1 km		8 C										
				1(31)	2(84)	3(93)	4(97)	5(72)	6(66)	7(61)	8(100)	Meta				
1	4354	Noa Albarran Oroza	29:15	4:36	9:08	13:45	14:37	21:06	23:10	24:58	28:39	29:15				
		Culleredo GALLAECIA_RAI		4:36	4:32	4:37	0:52	6:29	2:04	1:48	3:41	0:36				
2	4253	Noa Varela Pérez	34:36	6:45	10:59	17:53	19:37	23:08	26:59	29:13	34:02	34:36				
		Nigrán RAZA PALLEIRA		6:45	4:14	6:54	1:44	3:31	3:51	2:14	4:49	0:34				
3	4350	Blanca Rodríguez Loira	46:21	10:51	23:46	27:07	33:22	36:43	40:34	42:30	45:37	46:21				
		Vigo U-VIGO		10:51	12:55	3:21	6:15	3:21	3:51	1:56	3:07	0:44				
	4458	Zoe Ramos Rayón	r en tarj.	19:41	-----	43:10	46:23	53:09	58:41	1:00:50	1:02:37	1:03:19				
		Culleredo GALLAECIA_RAI		19:41		23:29	3:13	6:46	5:32	2:09	1:47	0:42				
	4246	Inés Romero Armada	No sale													
		Pontevedra AROMON														
Feminino 14 (5)				2,8 km		11 C										
				1(67)	2(31)	3(32)	4(68)	5(89)	6(81)	7(90)	8(95)	9(86)	10(61)	11(100)	Meta	
1	4353	Jana Albarran Oroza	31:36	1:27	6:02	7:19	15:35	18:26	21:36	23:31	27:11	28:10	29:15	31:09	31:36	4:09
		Culleredo GALLAECIA_RAI		1:27	4:35	1:17	8:16	2:51	3:10	1:55	3:40	0:59	1:05	1:54	0:27	*50
2	4349	Sabela Perez Pastoriza	33:27	2:29	7:02	8:39	13:41	16:57	19:49	22:22	25:59	27:34	29:09	32:58	33:27	
		Vigo U-VIGO		2:29	4:33	1:37	5:02	3:16	2:52	2:33	3:37	1:35	1:35	3:49	0:29	
3	4241	Sira Rodríguez Díaz	42:29	2:07	6:39	8:19	13:37	17:40	29:03	31:43	37:23	38:41	40:04	42:03	42:29	
		Pontevedra AROMON		2:07	4:32	1:40	5:18	4:03	11:23	2:40	5:40	1:18	1:23	1:59	0:26	
4	4341	Maria Pastoriza Cordero	57:02	1:58	5:26	7:27	12:19	16:31	38:59	41:38	47:17	51:14	53:21	56:28	57:02	
		Vigo U-VIGO		1:58	3:28	2:01	4:52	4:12	22:28	2:39	5:39	3:57	2:07	3:07	0:34	
	4380	Sira Cubeiro Suárez	r en tarj.	2:38	5:45	8:09	13:38	18:35	-----	59:30	1:06:35	1:08:26	1:10:28	1:12:56	1:13:28	
		Culleredo GALLAECIA_RAI		2:38	3:07	2:24	5:29	4:57		40:55	7:05	1:51	2:02	2:28	0:32	
Feminino 16 (4)				4,3 km		11 C										
				1(42)	2(44)	3(74)	4(60)	5(65)	6(88)	7(72)	8(89)	9(79)	10(95)	11(100)	Meta	
1	4479	Carla Somoza Seoane	1:03:25	1:36	4:20	7:39	13:13	26:46	44:16	46:07	47:32	50:37	55:19	1:02:58	1:03:25	
		Culleredo GALLAECIA_RAI		1:36	2:44	3:19	5:34	13:33	17:30	1:51	1:25	3:05	4:42	7:39	0:27	
2	4805	Estrella Lamela Belver	1:18:43	1:55	3:47	12:41	20:05	39:31	53:52	58:42	59:34	1:04:40	1:11:28	1:18:12	1:18:43	50:31
		LUGO COMPÁS		1:55	1:52	8:54	7:24	19:26	14:21	4:50	0:52	5:06	6:48	6:44	0:31	*89
				1:10:04												
				*83												
3	4826	Aixa Domínguez Rodas	2:21:03	3:47	7:36	23:05	46:20	1:16:22	1:45:52	1:51:29	1:53:01	2:04:13	2:13:02	2:20:37	2:21:03	
		Nigrán RAZA PALLEIRA		3:47	3:49	15:29	23:15	30:02	29:30	5:37	1:32	11:12	8:49	7:35	0:26	
	4816	Lia Rodríguez Sobrado	r en tarj.	-----	-----	-----	-----	-----	20:49	-----	-----	-----	30:30	37:54	38:57	2:21
		LUGO COMPÁS							20:49				9:41	7:24	1:03	*67
				5:15	7:16	12:43	16:29	22:44	24:54	33:20	35:36					
				*31	*32	*68	*89	*81	*90	*86	*61					

Pos	Id	Nome	Tiempo														
Feminino 18 (3)																	
			5,6 km		14 C												
			1(52)	2(50)	3(43)	4(64)	5(33)	6(59)	7(69)	8(56)	9(37)	10(87)	11(88)	12(81)	13(79)	14(91)	
			Meta														
1	4346	Julia Pérez Álvarez Vigo U-VIGO	1:22:45	3:18	6:42	10:39	11:52	13:56	16:07	19:59	36:57	42:34	48:31	56:34	1:02:59	1:04:34	1:16:08
				3:18	3:24	3:57	1:13	2:04	2:11	3:52	16:58	5:37	5:57	8:03	6:25	1:35	11:34
			1:22:45	1:21:59													
			6:37	*100													
2	4416	Silvia López López Culleredo GALLAECIA_RA	1:31:04	12:28	16:48	19:05	20:23	22:37	24:29	28:41	47:42	56:04	1:04:11	1:13:42	1:15:25	1:17:30	1:24:41
				12:28	4:20	2:17	1:18	2:14	1:52	4:12	19:01	8:22	8:07	9:31	1:43	2:05	7:11
			1:31:04	1:30:24													
			6:23	*100													
3	4817	Noa Rodríguez Sobrado LUGO COMPÁS	2:01:30	4:10	9:09	12:22	15:07	17:56	20:26	26:44	57:37	1:06:27	1:20:49	1:31:16	1:33:44	1:36:30	1:51:56
				4:10	4:59	3:13	2:45	2:49	2:30	6:18	30:53	8:50	14:22	10:27	2:28	2:46	15:26
			2:01:30	2:00:52													
			9:34	*100													
Feminino 21 A (8)																	
			7,8 km		13 C												
			1(52)	2(74)	3(32)	4(75)	5(49)	6(41)	7(76)	8(54)	9(68)	10(34)	11(83)	12(91)	13(100)	Meta	
1	4317	Sara Nogueiras Porto LUGO FLUVIAL_LUGO	1:16:56	2:18	11:46	13:30	32:53	40:28	45:01	56:54	58:08	1:02:53	1:07:50	1:10:32	1:12:16	1:16:23	1:16:56
				2:18	9:28	1:44	19:23	7:35	4:33	11:53	1:14	4:45	4:57	2:42	1:44	4:07	0:33
2	4589	Nuria Oujo Míguez Porto do Son ADC_ARNEL	1:22:47	2:53	10:17	12:31	31:15	40:34	44:25	57:15	58:46	1:06:32	1:11:32	1:14:35	1:16:32	1:21:58	1:22:47
				2:53	7:24	2:14	18:44	9:19	3:51	12:50	1:31	7:46	5:00	3:03	1:57	5:26	0:49
3	4240	Sara Ricoy Rajoy Pontevedra AROMON	1:26:14	2:23	7:02	9:18	29:31	40:02	44:32	1:00:54	1:02:35	1:07:43	1:13:21	1:16:14	1:18:06	1:25:41	1:26:14
				2:23	4:39	2:16	20:13	10:31	4:30	16:22	1:41	5:08	5:38	2:53	1:52	7:35	0:33
4	4384	Alba Dopico Golpe Culleredo GALLAECIA_RA	2:15:04	3:23	9:12	12:41	39:38	55:40	1:03:35	1:48:10	1:50:05	1:55:20	2:01:48	2:05:15	2:07:58	2:14:12	2:15:04
				3:23	5:49	3:29	26:57	16:02	7:55	44:35	1:55	5:15	6:28	3:27	2:43	6:14	0:52
5	4591	Nerea Oujo Pérez Porto do Son ADC_ARNEL	2:19:01	6:50	13:16	16:41	43:29	59:39	1:07:45	1:52:17	1:54:03	1:59:21	2:05:50	2:09:11	2:11:59	2:18:24	2:19:01
				6:50	6:26	3:25	26:48	16:10	8:06	44:32	1:46	5:18	6:29	3:21	2:48	6:25	0:37
6	4590	Antía Oujo Pérez Porto do Son ADC_ARNEL	2:28:37	4:56	43:11	46:04	1:16:29	1:33:12	1:38:35	1:57:55	1:59:17	2:05:36	2:12:49	2:17:12	2:20:01	2:27:44	2:28:37
				4:56	38:15	2:53	30:25	16:43	5:23	19:20	1:22	6:19	7:13	4:23	2:49	7:43	0:53
	4504	Lorena Calviño Sampedro Santiago de Comp USC	No sale	3:47	7:53	11:22	31:43	40:00	46:38	1:02:34	1:04:27	1:16:19	1:25:34	1:29:59	1:33:21	1:40:01	1:40:48
				3:47	4:06	3:29	20:21	8:17	6:38	15:56	1:53	11:52	9:15	4:25	3:22	6:40	0:47
	4616	Eva Casado Nuñez Betanzos OP BETANZOS	No sale														
Feminino 21 B (4)																	
			5,0 km		19 C												
			1(42)	2(102)	3(50)	4(32)	5(60)	6(69)	7(38)	8(48)	9(76)	10(53)	11(77)	12(80)	13(68)	14(72)	
			15(81)	16(90)	17(95)	18(61)	19(100)	Meta									
1	6627	Alazne Asenjo Valle COBI	1:11:54	2:08	4:43	7:17	9:36	16:44	19:25	21:08	23:07	31:08	32:25	35:17	42:08	48:45	52:32
				2:08	2:35	2:34	2:19	7:08	2:41	1:43	1:59	8:01	1:17	2:52	6:51	6:37	3:47
			55:51	1:02:09	1:06:43	1:09:39	1:11:21	1:11:54									
			3:19	6:18	4:34	2:56	1:42	0:33									

Pos	Id	Nome	Tiempo																	
Feminino 35 (8)				6,7 km		14 C		<i>(cont.)</i>												
			1(46) Meta	2(50)	3(43)	4(64)	5(38)	6(41)	7(98)	8(58)	9(71)	10(96)	11(82)	12(47)	13(61)	14(100)				
7	4776	Iria Garea García A Coruña LICEO	2:22:37 4:28 2:22:37 0:43	14:51	21:33	22:39	30:53	1:09:53	1:14:26	1:29:58	1:37:09	1:44:20	2:06:22	2:16:03	2:19:31	2:21:54				
				10:23	6:42	1:06	8:14	39:00	4:33	15:32	7:11	7:11	22:02	9:41	3:28	2:23				
8	4453	Iria Pico Martínez Culleredo GALLAECIA_RAI	3:05:32 11:59 3:05:32 0:40	24:38	27:15	29:05	39:28	1:36:59	1:44:46	2:00:10	2:14:13	2:20:20	2:42:21	2:55:22	3:02:39	3:04:52				
				12:39	2:37	1:50	10:23	57:31	7:47	15:24	14:03	6:07	22:01	13:01	7:17	2:13				
					3:00:31	*86														
Feminino 40 (10)				5,4 km		12 C														
			1(45)	2(74)	3(56)	4(94)	5(77)	6(53)	7(65)	8(48)	9(78)	10(34)	11(91)	12(100)	Meta					
1	4767	Tania López Eyo Cuntis XESTEIRAS	1:15:10 3:59 1:15:10	10:26	29:05	32:15	35:37	37:53	48:38	55:31	1:05:00	1:06:36	1:09:34	1:14:34	1:15:10					
				6:27	18:39	3:10	3:22	2:16	10:45	6:53	9:29	1:36	2:58	5:00	0:36					
2	4472	Silvia Seoane Rodríguez Culleredo GALLAECIA_RAI	1:15:45 4:19 1:15:45	8:43	26:05	28:45	33:33	43:05	48:56	53:58	1:02:47	1:04:47	1:10:46	1:15:17	1:15:45					
				4:24	17:22	2:40	4:48	9:32	5:51	5:02	8:49	2:00	5:59	4:31	0:28					
3	4802	Sonia Gómez Naya LUGO COMPÁS	1:19:30 3:31 1:19:30	9:03	25:16	27:17	32:41	34:52	45:23	52:07	1:00:44	1:02:02	1:12:23	1:18:55	1:19:30					
				5:32	16:13	2:01	5:24	2:11	10:31	6:44	8:37	1:18	10:21	6:32	0:35					
4	4678	Ana Varela Yáñez A Coruña BRIGANTIA	1:30:25 3:18 1:30:25 2:22 *52	9:31	32:07	36:17	43:47	46:04	1:02:21	1:06:49	1:15:50	1:18:39	1:21:28	1:29:42	1:30:25					
				6:13	22:36	4:10	7:30	2:17	16:17	4:28	9:01	2:49	2:49	8:14	0:43					
5	4436	Paula Naya Mancebo Culleredo GALLAECIA_RAI	1:38:45 5:17 1:29:12 *95	14:47	39:42	44:29	49:30	53:08	1:06:35	1:14:47	1:25:21	1:26:59	1:32:29	1:38:09	1:38:45					
				9:30	24:55	4:47	5:01	3:38	13:27	8:12	10:34	1:38	5:30	5:40	0:36					
6	4330	Cristina Zolle Fernández LUGO FLUVIAL_LUGO	1:40:03 6:16 1:40:03	12:10	42:41	45:52	51:48	55:09	1:05:34	1:12:35	1:23:32	1:25:12	1:31:21	1:39:14	1:40:03					
				5:54	30:31	3:11	5:56	3:21	10:25	7:01	10:57	1:40	6:09	7:53	0:49					
7	6483	Mar De Aymerich Vadillo A Coruña ARTABROS	1:40:39 13:52 1:40:39 5:05 *46	27:41	48:50	51:27	55:11	57:41	1:04:38	1:13:00	1:24:56	1:26:39	1:34:48	1:40:01	1:40:39					
				13:49	21:09	2:37	3:44	2:30	6:57	8:22	11:56	1:43	8:09	5:13	0:38					
8	4452	Lucía Peteiro Couceiro Culleredo GALLAECIA_RAI	1:52:09 9:20 1:52:09	21:54	54:50	57:38	1:03:15	1:06:09	1:15:17	1:20:17	1:32:46	1:34:11	1:43:29	1:51:31	1:52:09					
				9:20	12:34	32:56	2:48	5:37	2:54	9:08	5:00	12:29	1:25	9:18	8:02	0:38				
9	4300	Eva Corral Prado LUGO FLUVIAL_LUGO	2:00:17 4:27 2:00:17	14:11	1:03:55	1:08:16	1:13:04	1:15:52	1:26:20	1:31:47	1:43:38	1:46:05	1:53:28	1:59:44	2:00:17					
				4:27	9:44	49:44	4:21	4:48	2:48	10:28	5:27	11:51	2:27	7:23	6:16	0:33				
10	4362	Irene Baspino Fernández Culleredo GALLAECIA_RAI	2:09:49 17:32 2:09:49	26:15	47:30	51:29	1:00:05	1:08:34	1:19:53	1:32:26	1:48:31	1:50:20	1:58:10	2:09:19	2:09:49					
				17:32	8:43	21:15	3:59	8:36	8:29	11:19	12:33	16:05	1:49	7:50	11:09	0:30				

Pos	Id	Nome	Tempo											
Feminino 45 (9)														
				4,5 km	10 C									
				1(73)	2(44)	3(74)	4(77)	5(53)	6(65)	7(38)	8(88)	9(86)	10(100)	Meta
1	4335	Begoña Crespo Quindós Vigo U-VIGO	1:02:05	2:54	8:59	15:23	28:06	31:09	38:40	42:47	54:02	58:24	1:01:25	1:02:05
				2:54	6:05	6:24	12:43	3:03	7:31	4:07	11:15	4:22	3:01	0:40
2	4365	Elena Bujía Rodríguez Culleredo GALLAECIA_RAI	1:09:45	2:37	8:08	11:41	23:43	28:01	39:34	44:17	59:11	1:06:13	1:09:12	1:09:45
				2:37	5:31	3:33	12:02	4:18	11:33	4:43	14:54	7:02	2:59	0:33
3	4295	Carmen Trueba Gayol A Coruña ARTABROS	1:21:49	3:37	6:54	15:53	36:58	41:08	52:55	57:56	1:13:23	1:16:51	1:21:04	1:21:49
				3:37	3:17	8:59	21:05	4:10	11:47	5:01	15:27	3:28	4:13	0:45
4	4340	Ana Iglesias Junzalvos Vigo U-VIGO	1:30:16	3:52	7:58	12:55	47:05	49:43	1:02:33	1:08:20	1:21:03	1:24:49	1:29:38	1:30:16
				3:52	4:06	4:57	34:10	2:38	12:50	5:47	12:43	3:46	4:49	0:38
5	4324	Rosa Porto Vázquez LUGO FLUVIAL_LUGO	1:31:56	4:23	13:33	18:20	42:07	45:33	56:12	1:01:14	1:22:15	1:27:07	1:31:17	1:31:56
				4:23	9:10	4:47	23:47	3:26	10:39	5:02	21:01	4:52	4:10	0:39
6	4460	Paloma Rayón Fernández Culleredo GALLAECIA_RAI	1:51:35	6:54	14:25	20:29	50:50	55:16	1:08:34	1:16:04	1:40:50	1:47:34	1:51:06	1:51:35
				6:54	7:31	6:04	30:21	4:26	13:18	7:30	24:46	6:44	3:32	0:29
7	4230	Yolanda Navia Vega Pontevedra AROMON	2:01:13	6:25	10:04	20:04	38:24	1:17:51	1:31:56	1:36:57	1:51:49	1:55:49	2:00:26	2:01:13
				6:25	3:39	10:00	18:20	39:27	14:05	5:01	14:52	4:00	4:37	0:47
8	4304	Gloria Fernández Fernánd LUGO FLUVIAL_LUGO	2:39:25	14:40	18:27	30:00	1:01:49	1:10:13	1:40:39	1:55:15	2:22:16	2:26:23	2:38:08	2:39:25
				14:40	3:47	11:33	31:49	8:24	30:26	14:36	27:01	4:07	11:45	1:17
4732		Dori Seijo Souto As Neves VIZHOJA-CORNE	No sale											
Feminino 50 (10)														
				4,2 km	7 C									
				1(52)	2(94)	3(56)	4(76)	5(78)	6(86)	7(100)	Meta			
1	4798	Diana Ferrer Vidal LUGO COMPÁS	55:46	2:47	28:07	30:06	36:53	48:01	51:03	55:06	55:46			
				2:47	25:20	1:59	6:47	11:08	3:02	4:03	0:40			
2	4818	María Josefa Sánchez Marí LUGO COMPÁS	1:03:55	2:56	32:45	37:55	43:15	54:10	59:02	1:03:08	1:03:55			
				2:56	29:49	5:10	5:20	10:55	4:52	4:06	0:47			
3	4508	Rosa Mª Pernas Martínez Santiago de Comp USC	1:10:23	4:34	31:10	34:30	48:06	1:01:47	1:05:16	1:09:35	1:10:23			
				4:34	26:36	3:20	13:36	13:41	3:29	4:19	0:48			
4	4594	María Del Pilar Pérez Torre Porto do Son ADC ARNEL	1:29:41	4:51	48:29	53:20	1:07:59	1:21:57	1:25:03	1:29:03	1:29:41			
				4:51	43:38	4:51	14:39	13:58	3:06	4:00	0:38			
5	4612	Maria Esther Barreira Vazc Betanzos OP BETANZOS	1:45:47	2:27	37:59	46:20	54:15	1:41:20	1:43:03	1:45:20	1:45:47	1:09:52	1:36:40	
				2:27	35:32	8:21	7:55	47:05	1:43	2:17	0:27	*79	*36	
6	4433	Paulina Andrea Mosquera Culleredo GALLAECIA_RAI	1:48:21	3:46	31:06	34:41	1:02:58	1:21:05	1:44:01	1:47:40	1:48:21	1:24:34	1:42:13	
				3:46	27:20	3:35	28:17	18:07	22:56	3:39	0:41	*95	*61	
7	4332	Olimpia Alvarez Castro Vigo U-VIGO	1:50:03	23:39	46:55	1:01:41	1:20:14	1:37:52	1:43:35	1:49:24	1:50:03			
				23:39	23:16	14:46	18:33	17:38	5:43	5:49	0:39			
8	4351	Mª Isabel Saco Fernández Vigo U-VIGO	1:50:43	18:52	52:48	56:36	1:06:19	1:38:34	1:43:07	1:50:02	1:50:43			
				18:52	33:56	3:48	9:43	32:15	4:33	6:55	0:41			
9	4627	Elia Núñez Otero Betanzos OP BETANZOS	2:47:39	17:43	1:30:11	1:35:09	1:48:26	2:27:50	2:41:23	2:46:14	2:47:39			
				17:43	1:12:28	4:58	13:17	39:24	13:33	4:51	1:25			
4480		Mamen Souto González Culleredo GALLAECIA_RAI	bandona	10:16	-----	-----	-----	-----	-----	-----	1:28:23			
				10:16							1:18:07			

Pos	Id	Nome	Tiempo																			
Masculino 21 A (8)					7,1 km		15 C		<i>(cont.)</i>													
			1(73)	2(74)	3(64)	4(33)	5(39)	6(38)	7(41)	8(98)	9(96)	10(57)	11(77)	12(78)	13(34)	14(91)						
			15(100)	Meta																		
2	4582	Julio Lagos Carrera Porto do Son ADC_ARNEL	1:18:02	1:51	6:15	8:33	11:26	13:27	18:08	36:49	39:08	49:14	50:50	58:02	1:09:17	1:10:47	1:13:02					
				1:51	4:24	2:18	2:53	2:01	4:41	18:41	2:19	10:06	1:36	7:12	11:15	1:30	2:15					
			1:17:32	1:18:02																		
			4:30	0:30																		
3	4507	Pelayo Garcia Acevedo Pontevedra AROMON	1:22:22	2:24	9:14	13:29	15:15	19:02	23:49	40:05	42:05	51:58	54:32	1:04:52	1:13:12	1:14:14	1:18:23					
				2:24	6:50	4:15	1:46	3:47	4:47	16:16	2:00	9:53	2:34	10:20	8:20	1:02	4:09					
			1:21:51	1:22:22																		
			3:28	0:31																		
4	4345	Diego Pérez Álvarez Vigo U-VIGO	1:27:43	2:05	5:55	8:29	10:06	12:15	16:24	31:34	48:28	55:48	58:37	1:05:52	1:13:10	1:14:21	1:24:25					
				2:05	3:50	2:34	1:37	2:09	4:09	15:10	16:54	7:20	2:49	7:15	7:18	1:11	10:04					
			1:27:18	1:27:43																		
			2:53	0:25																		
5	4686	Juan Garrido Blanco Xinzo de Limia LIMIACTIV/	1:52:40	2:38	9:28	12:44	15:25	24:09	29:46	54:58	1:00:18	1:14:57	1:16:31	1:26:52	1:40:07	1:41:06	1:46:25					
				2:38	6:50	3:16	2:41	8:44	5:37	25:12	5:20	14:39	1:34	10:21	13:15	0:59	5:19					
			1:52:09	1:52:40																		
			5:44	0:31																		
6	4608	Alejandro Victorero Domír Porto do Son ADC_ARNEL	2:03:14	1:44	8:29	10:31	12:13	14:16	18:15	35:59	37:49	1:31:30	1:33:03	1:43:05	1:54:13	1:55:31	1:58:19					
				1:44	6:45	2:02	1:42	2:03	3:59	17:44	1:50	53:41	1:33	10:02	11:08	1:18	2:48					
			2:02:42	2:03:14																		
			4:23	0:32																		
7	6355	Abel Chamorro García Nigrán RAZA PALLEIRA	2:12:48	4:40	22:12	30:27	32:48	35:26	40:53	1:02:09	1:12:06	1:33:53	1:35:57	1:47:01	2:00:27	2:01:46	2:05:25					
				4:40	17:32	8:15	2:21	2:38	5:27	21:16	9:57	21:47	2:04	11:04	13:26	1:19	3:39					
			2:12:19	2:12:48																		
			6:54	0:29																		
8	4427	Jose Mansilla Barreiro Culleredo GALLAECIA_RA	2:22:26	2:40	13:50	17:03	19:40	22:42	28:01	48:03	50:05	1:49:26	1:52:10	1:59:57	2:08:20	2:10:24	2:17:09					
				2:40	11:10	3:13	2:37	3:02	5:19	20:02	2:02	59:21	2:44	7:47	8:23	2:04	6:45					
			2:22:02	2:22:26																		
			4:53	0:24																		
Masculino 21 B (10)					5,0 km		19 C															
			1(42)	2(102)	3(50)	4(32)	5(60)	6(69)	7(38)	8(48)	9(76)	10(53)	11(77)	12(80)	13(68)	14(72)						
			15(81)	16(90)	17(95)	18(61)	19(100)	Meta														
1	6307	Antonio Pazos Porta A Coruña LICEO	1:09:40	3:02	5:26	7:45	10:53	14:35	17:10	18:32	21:15	29:22	30:37	33:19	40:39	46:54	51:27					
				3:02	2:24	2:19	3:08	3:42	2:35	1:22	2:43	8:07	1:15	2:42	7:20	6:15	4:33					
			56:14	59:13	1:03:49	1:07:38	1:09:03	1:09:40														
			4:47	2:59	4:36	3:49	1:25	0:37														
2	4439	Oscar Orizales Lopez Culleredo GALLAECIA_RA	1:34:12	2:42	5:53	9:18	13:04	15:49	18:29	20:18	22:26	30:46	32:22	35:15	42:55	46:21	1:19:34					
				2:42	3:11	3:25	3:46	2:45	2:40	1:49	2:08	8:20	1:36	2:53	7:40	3:26	33:13					
			1:22:41	1:24:56	1:28:59	1:32:01	1:33:34	1:34:12														
			3:07	2:15	4:03	3:02	1:33	0:38														

Pos	Id	Nome	Tempo																				
				5,0 km		19 C		(cont.)															
				1(42)	2(102)	3(50)	4(32)	5(60)	6(69)	7(38)	8(48)	9(76)	10(53)	11(77)	12(80)	13(68)	14(72)						
				15(81)	16(90)	17(95)	18(61)	19(100)	Meta														
3	4832	Javier Gonzalez Folgueira Nigrán RAZA PALLEIRA	1:41:37	2:07	4:16	7:06	9:11	12:00	14:05	15:29	42:08	50:39	52:49	55:14	1:02:58	1:07:15	1:11:10						
				2:07	2:09	2:50	2:05	2:49	2:05	1:24	26:39	8:31	2:10	2:25	7:44	4:17	3:55						
				1:27:46	1:29:41	1:33:38	1:35:49	1:41:03	1:41:37														
				16:36	1:55	3:57	2:11	5:14	0:34														
4	6365	Carlos Alberto Alonso Mor Culleredo GALLAECIA_RAI	1:49:04	3:27	6:26	9:46	13:34	18:39	21:23	25:34	34:40	43:20	45:50	49:10	1:13:58	1:21:31	1:26:38						
				3:27	2:59	3:20	3:48	5:05	2:44	4:11	9:06	8:40	2:30	3:20	24:48	7:33	5:07						
				1:31:30	1:36:20	1:42:24	1:46:02	1:48:24	1:49:04														
				4:52	4:50	6:04	3:38	2:22	0:40														
5	4823	Marcos Cereijo Rodríguez Nigrán RAZA PALLEIRA	1:52:58	3:02	5:21	7:35	18:07	45:10	48:07	49:52	1:03:46	1:12:57	1:14:45	1:18:26	1:26:25	1:30:16	1:33:44						
				3:02	2:19	2:14	10:32	27:03	2:57	1:45	13:54	9:11	1:48	3:41	7:59	3:51	3:28						
				1:37:46	1:40:21	1:48:16	1:50:55	1:52:32	1:52:58														
				4:02	2:35	7:55	2:39	1:37	0:26														
6	4415	Adrián López López Culleredo GALLAECIA_RAI	2:27:50	3:05	6:18	9:05	18:51	27:39	35:33	42:59	46:29	1:00:50	1:03:16	1:07:46	1:33:22	1:50:39	1:56:28						
				3:05	3:13	2:47	9:46	8:48	7:54	7:26	3:30	14:21	2:26	4:30	25:36	17:17	5:49						
				2:06:44	2:11:33	2:19:28	2:23:48	2:26:31	2:27:50														
				10:16	4:49	7:55	4:20	2:43	1:19														
4837	Adrian Salgueiro Balsa Nigrán RAZA PALLEIRA	r en tarj.	13:24	6:45	9:04	17:17	20:46	25:51	27:16	29:08	40:56	42:21	45:03	55:16	59:25	1:03:15							
				13:24		2:19	8:13	3:29	5:05	1:25	1:52	11:48	1:25	2:42	10:13	4:09	3:50						
				1:11:31	1:14:04	-----	-----	-----	1:29:03														
				8:16	2:33				14:59	3:13:03	3:16:37	0:00	0:00	0:00	1:57	27:15							
				37:53	1:00:37	1:08:32	1:17:37	1:23:01	1:35:13	*32	*31	*39	*43	*40	*46	*72							
				*45	*47	*36	*37	*34	*33														
6159	Jesus Costas Conde Pontevedra AROMON	Desc.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----							
				-----	-----	-----	-----	-----															
4392	Juan Carlos Ferreiro Viña Culleredo GALLAECIA_RAI	bandona	2:53	5:54	8:36	11:43	16:49	21:01	24:30	26:37	42:35	45:43	49:33	1:02:58	1:21:44	-----							
				2:53	3:01	2:42	3:07	5:06	4:12	3:29	2:07	15:58	3:08	3:50	13:25	18:46							
				-----	-----	-----	-----	-----															
6056	Miguel Angel Piñeiro Malvi Nigrán RAZA PALLEIRA	bandona	19:50	22:29	25:02	27:27	31:31	34:45	36:19	38:24	47:21	51:26	59:49	1:13:54	1:17:46	1:21:12							
				19:50	2:39	2:33	2:25	4:04	3:14	1:34	2:05	8:57	4:05	8:23	14:05	3:52	3:26						
				-----	-----	-----	-----	-----															
									1:26:01														
									*78														

Pos	Orde	Nome	Tiempo														
Masculino 35 (13)			9,0 km					18 C									
			1(45)	2(74)	3(64)	4(33)	5(75)	6(63)	7(98)	8(99)	9(101)	10(41)	11(51)	12(71)	13(57)	14(77)	
			15(78)	16(34)	17(91)	18(100)	Meta										
1	4201	Ángel Álvarez Serto Pontevedra AROMON	1:07:40	2:18	5:28	7:08	9:11	20:28	29:03	32:13	34:27	36:30	42:21	43:29	48:17	51:06	55:49
			2:18	3:10	1:40	2:03	11:17	8:35	3:10	2:14	2:03	5:51	1:08	4:48	2:49	4:43	
			1:01:42	1:02:36	1:04:16	1:07:14	1:07:40										
			5:53	0:54	1:40	2:58	0:26										
2	4493	Jose Angel Morlán Rodrig Ordes SEO	1:34:17	2:45	9:30	12:10	13:49	29:29	36:50	41:34	53:55	57:24	1:02:10	1:04:06	1:09:20	1:13:20	1:19:19
			2:45	6:45	2:40	1:39	15:40	7:21	4:44	12:21	3:29	4:46	1:56	5:14	4:00	5:59	
			1:26:41	1:27:40	1:30:24	1:33:49	1:34:17										
			7:22	0:59	2:44	3:25	0:28										
3	4366	Juan Carlos Cagide Taboa Culleredo GALLAECIA_RA	1:38:14	2:39	10:48	14:34	16:10	31:33	39:41	45:15	47:38	50:12	58:42	1:01:53	1:07:32	1:12:41	1:19:41
			2:39	8:09	3:46	1:36	15:23	8:08	5:34	2:23	2:34	8:30	3:11	5:39	5:09	7:00	
			1:28:36	1:29:42	1:32:19	1:37:45	1:38:14										
			8:55	1:06	2:37	5:26	0:29										
4	4820	Francisco Varela Lorenzo LUGO COMPÁS	1:40:27	3:09	8:08	10:49	13:21	28:20	44:18	49:33	54:59	57:15	1:02:45	1:04:21	1:10:55	1:15:44	1:22:09
			3:09	4:59	2:41	2:32	14:59	15:58	5:15	5:26	2:16	5:30	1:36	6:34	4:49	6:25	
			1:30:41	1:31:50	1:34:45	1:39:48	1:40:27										
			8:32	1:09	2:55	5:03	0:39										
5	4513	Ignacio Sordo Touza Santiago de Comp USC	1:43:52	2:58	5:49	7:37	12:03	26:13	35:40	49:19	51:38	54:31	1:03:09	1:05:37	1:12:06	1:16:41	1:23:48
			2:58	2:51	1:48	4:26	14:10	9:27	13:39	2:19	2:53	8:38	2:28	6:29	4:35	7:07	
			1:31:23	1:34:15	1:36:25	1:43:21	1:43:52										
			7:35	2:52	2:10	6:56	0:31										
6	4679	Marcos Varela Yáñez A Coruña BRIGANTIA	1:49:29	2:57	9:47	12:48	14:21	29:17	39:04	45:45	51:28	54:11	1:06:28	1:08:26	1:13:50	1:19:27	1:27:06
			2:57	6:50	3:01	1:33	14:56	9:47	6:41	5:43	2:43	12:17	1:58	5:24	5:37	7:39	
			1:36:40	1:38:05	1:42:31	1:48:56	1:49:29										
			9:34	1:25	4:26	6:25	0:33										
7	4548	Lucas Garcia Vazquez O Porriño BUDIÑORAD	2:19:44	4:46	8:25	10:59	12:58	33:55	44:54	1:00:52	1:04:03	1:08:42	1:18:45	1:21:03	1:31:57	1:37:42	1:57:24
			4:46	3:39	2:34	1:59	20:57	10:59	15:58	3:11	4:39	10:03	2:18	10:54	5:45	19:42	
			2:08:29	2:09:57	2:13:07	2:19:14	2:19:44										
			11:05	1:28	3:10	6:07	0:30										
8	4347	German Pérez Juste Vigo U-VIGO	2:45:09	4:22	9:43	19:37	21:38	36:54	1:11:20	1:17:37	1:28:25	1:31:34	1:37:37	1:40:06	1:48:57	1:57:26	2:20:24
			4:22	5:21	9:54	2:01	15:16	34:26	6:17	10:48	3:09	6:03	2:29	8:51	8:29	22:58	
			2:33:45	2:34:57	2:38:19	2:44:26	2:45:09										
			13:21	1:12	3:22	6:07	0:43										
9	4756	Oliver Fernández Núñez Nigrán RAZA PALLEIRA	3:19:41	10:08	22:54	26:17	28:20	48:15	1:02:12	1:38:57	1:41:48	2:07:27	2:19:09	2:21:49	2:30:23	2:36:51	2:45:39
			10:08	12:46	3:23	2:03	19:55	13:57	36:45	2:51	25:39	11:42	2:40	8:34	6:28	8:48	
			2:59:34	3:01:04	3:12:18	3:18:57	3:19:41										
			13:55	1:30	11:14	6:39	0:44										
4313	Javier Liz Díaz LUGO FLUVIAL_LUGO	r en tarj.	8:20	11:33	13:43	15:13	29:46	42:13	-----	-----	-----	47:36	50:30	57:13	1:01:16	1:07:08	
			8:20	3:13	2:10	1:30	14:33	12:27									
			1:14:23	1:15:22	1:17:30	1:21:35	1:22:03										
			7:15	0:59	2:08	4:05	0:28										
												4:46					
												*46					

Pos	Id	Nome	Tempo														
Masculino 45 (17)				6,3 km		13 C		<i>(cont.)</i>									
				1(52)	2(74)	3(64)	4(33)	5(85)	6(92)	7(49)	8(63)	9(98)	10(34)	11(83)	12(91)	13(100)	Meta
	4728	Alberto Rodríguez Salas As Neves VIZHOJA-CORNE	No sale														
Masculino 50 (22)				5,5 km		17 C											
				1(46)	2(45)	3(50)	4(43)	5(64)	6(33)	7(39)	8(38)	9(56)	10(94)	11(77)	12(68)	13(88)	14(90)
				15(83)	16(91)	17(100)	Meta										
1	4420	Antonio Javier López Peite Culleredo GALLAECIA_RAI	1:03:54	2:39	5:07	7:33	9:11	10:11	11:49	13:44	17:39	35:11	36:47	42:01	49:38	53:24	54:55
				2:39	2:28	2:26	1:38	1:00	1:38	1:55	3:55	17:32	1:36	5:14	7:37	3:46	1:31
				57:36	59:29	1:03:22	1:03:54										
				2:41	1:53	3:53	0:32										
2	7001	Jose Fernandes Portugal COM	1:06:40	5:15	6:05	8:17	15:06	16:14	17:44	19:40	23:12	34:57	42:48	45:33	50:34	54:20	57:03
				5:15	0:50	2:12	6:49	1:08	1:30	1:56	3:32	11:45	7:51	2:45	5:01	3:46	2:43
				59:55	1:01:30	1:06:07	1:06:40										
				2:52	1:35	4:37	0:33										
3	4796	José Manuel Fernández S LUGO COMPÁS	1:09:39	2:42	4:22	6:53	9:32	10:28	12:44	14:49	19:32	33:10	36:02	38:45	46:17	51:43	53:36
				2:42	1:40	2:31	2:39	0:56	2:16	2:05	4:43	13:38	2:52	2:43	7:32	5:26	1:53
				57:29	59:11	1:09:02	1:09:39										
				3:53	1:42	9:51	0:37										
4	4319	Pedro Parga Andón LUGO FLUVIAL_LUGO	1:15:13	3:35	5:59	8:41	12:26	13:54	15:58	17:51	22:04	41:48	44:00	47:24	54:22	1:02:11	1:04:14
				3:35	2:24	2:42	3:45	1:28	2:04	1:53	4:13	19:44	2:12	3:24	6:58	7:49	2:03
				1:07:39	1:09:25	1:14:29	1:15:13										
				3:25	1:46	5:04	0:44										
5	4618	Roberto Chas Gómez Betanzos OP BETANZOS	1:18:00	5:10	6:02	11:46	14:46	15:44	17:27	19:18	23:43	45:17	47:23	50:02	56:05	1:06:27	1:08:10
				5:10	0:52	5:44	3:00	0:58	1:43	1:51	4:25	21:34	2:06	2:39	6:03	10:22	1:43
				1:11:02	1:12:48	1:17:27	1:18:00										
				2:52	1:46	4:39	0:33										
6	7002	Octávio Andrade Portugal COM	1:18:38	3:21	8:09	11:12	13:11	14:02	19:54	24:56	29:20	49:40	51:28	54:43	1:00:19	1:05:46	1:07:58
				3:21	4:48	3:03	1:59	0:51	5:52	5:02	4:24	20:20	1:48	3:15	5:36	5:27	2:12
				1:11:22	1:13:06	1:18:01	1:18:38										
				3:24	1:44	4:55	0:37										
7	4397	Jose Luis Garcia Domingu Culleredo GALLAECIA_RAI	1:24:08	4:16	5:18	8:24	10:00	11:39	13:25	15:03	18:39	48:20	50:21	53:36	59:15	1:06:50	1:09:10
				4:16	1:02	3:06	1:36	1:39	1:46	1:38	3:36	29:41	2:01	3:15	5:39	7:35	2:20
				1:13:28	1:19:09	1:23:37	1:24:08										
				4:18	5:41	4:28	0:31										
8	4671	Gabriel Rodriguez Gutiérr A Coruña BRIGANTIA	1:25:03	3:24	8:28	17:22	24:31	26:15	28:09	31:33	35:56	51:38	53:38	58:20	1:05:07	1:10:47	1:12:33
				3:24	5:04	8:54	7:09	1:44	1:54	3:24	4:23	15:42	2:00	4:42	6:47	5:40	1:46
				1:15:53	1:18:51	1:24:25	1:25:03										
				3:20	2:58	5:34	0:38										
9	4378	Santiago Criado Canales Culleredo GALLAECIA_RAI	1:25:55	7:16	9:12	12:25	15:16	16:51	19:15	22:27	36:05	50:20	52:28	54:49	1:00:32	1:12:05	1:14:03
				7:16	1:56	3:13	2:51	1:35	2:24	3:12	13:38	14:15	2:08	2:21	5:43	11:33	1:58
				1:17:18	1:20:00	1:25:14	1:25:55										
				3:15	2:42	5:14	0:41										
								<i>*100</i>									

Pos	Id	Nome	Tiempo																		
				5,5 km				17 C				(cont.)									
				1(46)	2(45)	3(50)	4(43)	5(64)	6(33)	7(39)	8(38)	9(56)	10(94)	11(77)	12(68)	13(88)	14(90)				
				15(83)	16(91)	17(100)	Meta														
10	4385	Andres Dopico Pena Culleredo GALLAECIA_RAI	1:27:31	5:19	6:12	9:42	11:35	13:03	15:22	18:34	30:18	45:00	47:34	54:01	1:04:08	1:09:43	1:13:21				
				5:19	0:53	3:30	1:53	1:28	2:19	3:12	11:44	14:42	2:34	6:27	10:07	5:35	3:38				
				1:17:15	1:19:40	1:26:54	1:27:31														
				3:54	2:25	7:14	0:37														
11	4588	Santiago Amador Oujo Ca: Porto do Son ADC_ARNEL	1:30:39	7:29	10:34	13:57	17:00	18:18	20:37	23:01	28:11	59:26	1:00:39	1:03:57	1:13:45	1:19:22	1:21:12				
				7:29	3:05	3:23	3:03	1:18	2:19	2:24	5:10	31:15	1:13	3:18	9:48	5:37	1:50				
				1:24:05	1:25:50	1:30:06	1:30:39														
				2:53	1:45	4:16	0:33														
12	4516	Pablo Adrián Aller Estévez O Barco de Valde TREVIN	1:33:58	10:39	15:48	19:37	23:57	25:30	28:02	30:39	36:36	54:24	57:18	1:01:18	1:10:30	1:17:25	1:20:09				
				10:39	5:09	3:49	4:20	1:33	2:32	2:37	5:57	17:48	2:54	4:00	9:12	6:55	2:44				
				1:24:27	1:26:24	1:33:24	1:33:58														
				4:18	1:57	7:00	0:34														
13	4404	Rodrigo González Roman Culleredo GALLAECIA_RAI	1:40:07	3:47	5:45	9:01	14:11	15:18	17:42	21:29	39:21	59:21	1:01:25	1:12:59	1:20:32	1:27:08	1:29:10				
				3:47	1:58	3:16	5:10	1:07	2:24	3:47	17:52	20:00	2:04	11:34	7:33	6:36	2:02				
				1:32:58	1:34:34	1:39:30	1:40:07														
				3:48	1:36	4:56	0:37														
14	4289	Jesus Santos Iglesias A Coruña ARTABROS	1:51:00	7:12	11:57	19:50	26:44	29:41	33:06	37:48	45:22	1:07:34	1:11:16	1:17:00	1:26:03	1:37:57	1:40:01				
				7:12	4:45	7:53	6:54	2:57	3:25	4:42	7:34	22:12	3:42	5:44	9:03	11:54	2:04				
				1:43:46	1:46:08	1:50:27	1:51:00														
				3:45	2:22	4:19	0:33														
15	2065	José Antonio Martínez Gor Asturias PILOÑA	1:52:51	4:20	8:07	11:34	14:50	17:47	20:16	36:28	43:47	1:08:17	1:11:57	1:16:34	1:26:32	1:34:38	1:36:34				
				4:20	3:47	3:27	3:16	2:57	2:29	16:12	7:19	24:30	3:40	4:37	9:58	8:06	1:56				
				1:41:51	1:44:24	1:51:31	1:52:51														
				5:17	2:33	7:07	1:20														
16	4244	Eladio Rodríguez Pérez Pontevedra AROMON	1:55:15	5:58	13:43	19:00	23:25	25:41	28:37	32:07	41:08	1:01:01	1:04:27	1:11:28	1:25:40	1:31:59	1:35:52				
				5:58	7:45	5:17	4:25	2:16	2:56	3:30	9:01	19:53	3:26	7:01	14:12	6:19	3:53				
				1:40:12	1:49:16	1:54:38	1:55:15														
				4:20	9:04	5:22	0:37														
17	4315	Jose Carlos Montouto Gor LUGO FLUVIAL_LUGO	2:00:16	5:05	6:42	11:08	18:19	20:39	22:39	25:15	29:58	50:05	51:44	56:51	1:05:13	1:10:38	1:14:27				
				5:05	1:37	4:26	7:11	2:20	2:00	2:36	4:43	20:07	1:39	5:07	8:22	5:25	3:49				
				1:18:05	1:20:17	1:59:10	2:00:16														
				3:38	2:12	38:53	1:06														
18	4348	Jorge Pérez Juste Vigo U-VIGO	2:14:45	9:50	11:45	17:16	21:08	23:02	25:46	30:00	37:45	1:25:05	1:29:21	1:33:44	1:42:09	1:48:57	1:53:45				
				9:50	1:55	5:31	3:52	1:54	2:44	4:14	7:45	47:20	4:16	4:23	8:25	6:48	4:48				
				1:58:05	2:04:47	2:14:05	2:14:45														
				4:20	6:42	9:18	0:40														
19	6367	Manuel Rodriguez Vázque Culleredo GALLAECIA_RAI	2:16:02	5:18	9:21	13:25	17:04	19:06	25:21	43:23	49:10	1:15:51	1:23:00	1:27:37	1:43:18	1:53:15	1:55:53				
				5:18	4:03	4:04	3:39	2:02	6:15	18:02	5:47	26:41	7:09	4:37	15:41	9:57	2:38				
				2:04:59	2:07:30	2:15:24	2:16:02														
				9:06	2:31	7:54	0:38														

Pos	Id	Nome	Tempo														
				5,5 km				17 C				(cont.)					
				1(46)	2(45)	3(50)	4(43)	5(64)	6(33)	7(39)	8(38)	9(56)	10(94)	11(77)	12(68)	13(88)	14(90)
				15(83)	16(91)	17(100)	Meta										
20	4311	Marcos Fouz Rodriguez LUGO FLUVIAL_LUGO	2:59:08	17:29	21:39	24:56	27:43	30:12	32:46	46:07	57:26	1:20:47	1:24:54	1:29:36	1:39:47	1:57:40	2:01:11
				17:29	4:10	3:17	2:47	2:29	2:34	13:21	11:19	23:21	4:07	4:42	10:11	17:53	3:31
				2:06:14	2:39:29	2:57:26	2:59:08										
				5:03	33:15	17:57	1:42										
4410		Andres Lopez Suarez Culleredo GALLAECIA_RA	No sale														
4475		Fernando Silvarrey Redon Culleredo GALLAECIA_RA	No sale														
				12,2 km				22 C									
				1(52)	2(74)	3(64)	4(33)	5(75)	6(99)	7(101)	8(40)	9(51)	10(71)	11(57)	12(53)	13(92)	14(38)
				15(34)	16(35)	17(37)	18(94)	19(54)	20(78)	21(86)	22(100)	Meta					
1	4243	Mateo Rodríguez Díaz Pontevedra AROMON	1:20:20	1:18	4:32	5:49	7:02	17:05	23:53	25:34	28:42	31:31	36:35	39:30	43:35	49:28	50:25
				1:18	3:14	1:17	1:13	10:03	6:48	1:41	3:08	2:49	5:04	2:55	4:05	5:53	0:57
				56:25	59:51	1:03:39	1:06:44	1:12:07	1:16:44	1:18:07	1:19:54	1:20:20	56:06				
				6:00	3:26	3:48	3:05	5:23	4:37	1:23	1:47	0:26	*88				
2	4824	Xoel Chamorro Garcia Nigrán RAZA PALLEIRA	1:21:13	1:27	4:43	6:12	7:19	18:00	25:24	27:29	31:06	34:08	39:06	42:22	46:00	51:44	52:50
				1:27	3:16	1:29	1:07	10:41	7:24	2:05	3:37	3:02	4:58	3:16	3:38	5:44	1:06
				58:57	1:02:35	1:06:23	1:08:41	1:11:52	1:16:55	1:18:52	1:20:44	1:21:13					
				6:07	3:38	3:48	2:18	3:11	5:03	1:57	1:52	0:29					
3	4662	Ángel García García A Coruña BRIGANTIA	1:36:20	1:37	4:30	8:34	9:53	22:33	32:24	35:09	39:51	43:29	48:42	52:48	57:28	1:03:52	1:05:08
				1:37	2:53	4:04	1:19	12:40	9:51	2:45	4:42	3:38	5:13	4:06	4:40	6:24	1:16
				1:12:26	1:16:20	1:20:08	1:22:21	1:26:41	1:32:29	1:33:57	1:35:50	1:36:20	3:39				
				7:18	3:54	3:48	2:13	4:20	5:48	1:28	1:53	0:30	*50				
4	4615	David Casado Bravo Betanzos OP BETANZOS	1:40:29	1:43	4:35	6:53	8:18	23:21	32:43	34:31	39:23	42:48	48:22	52:21	57:32	1:04:48	1:05:59
				1:43	2:52	2:18	1:25	15:03	9:22	1:48	4:52	3:25	5:34	3:59	5:11	7:16	1:11
				1:13:50	1:18:16	1:22:29	1:24:56	1:28:53	1:35:10	1:37:28	1:39:59	1:40:29	31:18		1:31:52		
				7:51	4:26	4:13	2:27	3:57	6:17	2:18	2:31	0:30	*62		*80		
5	4477	Iván Somoza Argibay Culleredo GALLAECIA_RA	1:42:06	1:47	4:33	6:21	7:39	20:48	29:27	31:44	35:21	38:32	44:05	53:53	57:51	1:04:15	1:05:19
				1:47	2:46	1:48	1:18	13:09	8:39	2:17	3:37	3:11	5:33	9:48	3:58	6:24	1:04
				1:12:18	1:20:03	1:24:15	1:27:51	1:31:48	1:37:55	1:39:17	1:41:36	1:42:06					
				6:59	7:45	4:12	3:36	3:57	6:07	1:22	2:19	0:30					
6	4450	Felipe Peña Pita Culleredo GALLAECIA_RA	1:47:29	1:32	4:52	6:28	9:57	22:11	32:54	40:32	46:12	53:10	58:21	1:02:44	1:07:30	1:14:00	1:15:08
				1:32	3:20	1:36	3:29	12:14	10:43	7:38	5:40	6:58	5:11	4:23	4:46	6:30	1:08
				1:22:22	1:26:41	1:30:52	1:33:38	1:37:29	1:43:19	1:44:57	1:47:00	1:47:29	31:28				
				7:14	4:19	4:11	2:46	3:51	5:50	1:38	2:03	0:29	*62				
7	4254	Manuel Varela Rivera Pontevedra AROMON	1:48:04	1:49	4:53	6:38	9:17	24:33	36:55	38:41	43:42	47:04	52:42	56:01	1:01:01	1:07:39	1:08:49
				1:49	3:04	1:45	2:39	15:16	12:22	1:46	5:01	3:22	5:38	3:19	5:00	6:38	1:10
				1:16:43	1:21:12	1:25:30	1:29:06	1:33:25	1:42:54	1:45:12	1:47:33	1:48:04					
				7:54	4:29	4:18	3:36	4:19	9:29	2:18	2:21	0:31					

Pos	Id	Nome	Tempo																
				12,2 km			22 C		(cont.)										
				1(52)	2(74)	3(64)	4(33)	5(75)	6(99)	7(101)	8(40)	9(51)	10(71)	11(57)	12(53)	13(92)	14(38)		
				15(34)	16(35)	17(37)	18(94)	19(54)	20(78)	21(86)	22(100)	Meta							
8	4478	Anxo Somoza Seoane Culleredo GALLAECIA_RAI	1:53:58	1:47	4:06	6:12	7:42	23:37	37:07	39:44	46:42	50:16	56:16	1:01:02	1:06:41	1:14:29	1:15:51		
				1:24:36	1:29:59	1:34:42	1:38:11	1:42:10	1:49:36	1:51:14	1:53:33	1:53:58	35:24	44:42					
				8:45	5:23	4:43	3:29	3:59	7:26	1:38	2:19	0:25	*62	*49					
9	4580	Ramón Fernández Torres Porto do Son ADC_ARNEL	1:58:01	1:52	5:13	7:14	8:48	24:47	41:16	45:10	50:41	54:04	59:58	1:06:53	1:13:12	1:19:51	1:20:57		
				1:29:49	1:34:25	1:38:42	1:42:26	1:46:14	1:53:36	1:55:13	1:57:33	1:58:01	49:06						
				8:52	4:36	4:17	3:44	3:48	7:22	1:37	2:20	0:28	*49						
10	4228	Adrián Moreira Alonso Pontevedra AROMON	1:59:49	1:43	6:51	8:43	9:58	24:14	49:58	52:17	56:44	1:00:10	1:06:52	1:10:58	1:16:17	1:24:10	1:27:05		
				1:34:19	1:38:16	1:42:28	1:44:59	1:49:06	1:55:53	1:57:33	1:59:26	1:59:49	0:23						
				7:14	3:57	4:12	2:31	4:07	6:47	1:40	1:53	0:23							
11	4825	Antonio Dominguez Porta Nigrán RAZA_PALLEIRA	2:05:19	2:10	4:45	6:49	8:32	25:02	36:09	38:42	51:58	56:12	1:03:50	1:07:49	1:12:47	1:22:02	1:23:33		
				1:32:20	1:37:58	1:43:01	1:46:22	1:50:56	1:59:21	2:01:27	2:04:40	2:05:19							
				8:47	5:38	5:03	3:21	4:34	8:25	2:06	3:13	0:39							
12	4604	Eloi Serantes Abal Porto do Son ADC_ARNEL	2:37:27	2:43	8:54	10:54	12:35	31:25	48:53	51:15	1:01:23	1:07:54	1:15:23	1:20:58	1:26:24	1:40:03	1:41:36		
				1:51:24	1:58:40	2:06:36	2:14:04	2:20:39	2:31:10	2:33:23	2:36:51	2:37:27							
				9:48	7:16	7:56	7:28	6:35	10:31	2:13	3:28	0:36							
13	4765	Yago Breiño Martínez Cuntis XESTEIRAS	2:40:42	2:07	12:39	14:28	15:56	31:39	49:08	57:00	1:03:05	1:08:52	1:14:47	1:19:53	1:24:37	1:36:38	1:37:54		
				1:56:12	2:01:15	2:09:52	2:13:17	2:20:14	2:35:23	2:37:08	2:40:10	2:40:42	47:34	1:46:31	1:49:39				
				18:18	5:03	8:37	3:25	6:57	15:09	1:45	3:02	0:32	*62	*78	*86				
14	4316	Jose Manuel Nogueiras Ma LUGO FLUVIAL_LUGO	2:40:45	4:56	11:54	14:57	16:37	35:36	53:04	1:00:48	1:07:14	1:12:58	1:18:58	1:26:01	1:32:39	1:41:01	1:42:41		
				2:00:57	2:12:37	2:18:06	2:21:11	2:27:16	2:34:39	2:37:46	2:40:13	2:40:45	51:28						
				18:16	11:40	5:29	3:05	6:05	7:23	3:07	2:27	0:32	*62						
4623		Francisco Javier López Cc Betanzos OP BETANZOS	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
				-----	-----	-----	-----	-----	-----	-----	-----	-----							
Iniciación Curta (19)				2,0 km			10 C												
				1(67)	2(102)	3(31)	4(32)	5(93)	6(97)	7(72)	8(66)	9(61)	10(100)	Meta					
1	7003	Marco Antonio Andrade INDEPENDIENTE	43:20	7:15	11:40	16:24	20:46	25:18	27:08	31:14	35:46	38:16	42:09	43:20					
				7:15	4:25	4:44	4:22	4:32	1:50	4:06	4:32	2:30	3:53	1:11					
2	7004	Elsa Andrade Gayoso INDEPENDIENTE	43:22	7:22	11:41	16:18	20:24	25:27	27:15	31:23	35:40	38:24	42:12	43:22					
				7:22	4:19	4:37	4:06	5:03	1:48	4:08	4:17	2:44	3:48	1:10					

Pos	Id	Nome	Tiempo																
				4,5 km		14 C		(cont.)											
				1(42)	2(102)	3(32)	4(60)	5(69)	6(48)	7(65)	8(55)	9(72)	10(95)	11(90)	12(81)	13(61)	14(100)		
				Meta															
1	7008	Ruben Leira Rey INDEPENDIENTE	1:13:48	3:13 3:13	5:08 1:55	8:18 3:10	11:26 3:08	18:28 7:02	23:50 5:22	30:00 6:10	31:48 1:48	44:28 12:40	50:18 5:50	55:51 5:33	1:05:40 9:49	1:09:12 3:32	1:13:09 3:57		
				1:13:48															
				0:39															
2	7018	Daniel Calvar Parada INDEPENDIENTE	1:46:11	2:21 2:21	4:08 1:47	6:58 2:50	28:34 21:36	30:49 2:15	53:20 22:31	59:49 6:29	1:00:56 1:07	1:12:06 11:10	1:15:40 3:34	1:35:32 19:52	1:39:02 3:30	1:42:40 3:38	1:45:46 3:06		
				1:46:11															
				0:25															
3	6508	Nicolás Daniel Lorenzo U Santiago de Comp USC	2:11:55	5:53 5:53	10:36 4:43	19:58 9:22	28:09 8:11	32:41 4:32	57:21 24:40	1:14:55 17:34	1:17:29 2:34	1:29:26 11:57	1:36:11 6:45	1:41:12 5:01	1:56:14 15:02	2:07:33 11:19	2:10:32 2:59		
				2:11:55															
				1:23															
4	7020	Noa Orizales Iglesias INDEPENDIENTE	2:12:09	7:35 7:35	11:26 3:51	20:18 8:52	25:26 5:08	31:27 6:01	40:49 9:22	50:23 9:34	55:21 4:58	1:21:57 26:36	1:29:45 7:48	1:41:20 11:35	1:59:15 17:55	2:06:32 7:17	2:10:40 4:08		
				2:12:09															
				1:29															
5	7021	Basilio Seijas Franco INDEPENDIENTE	2:12:10	7:39 7:39	11:20 3:41	20:29 9:09	25:49 5:20	31:32 5:43	41:02 9:30	50:17 9:15	55:19 5:02	1:22:04 26:45	1:28:19 6:15	1:41:21 13:02	1:59:10 17:49	2:06:38 7:28	2:10:45 4:07		
				2:12:10															
				1:25															
6	7022	Emma Bouza Díaz INDEPENDIENTE	2:12:16	7:38 7:38	11:16 3:38	20:24 9:08	25:40 5:16	31:31 5:51	40:52 9:21	50:27 9:35	55:25 4:58	1:22:15 26:50	1:29:53 7:38	1:41:29 11:36	1:59:29 18:00	2:06:38 7:09	2:10:47 4:09		
				2:12:16															
				1:29															
7	4505	Manuel Calviño Ramallo Santiago de Comp USC	2:34:59	5:32 5:32	10:21 4:49	20:13 9:52	27:17 7:04	31:49 4:32	56:51 25:02	1:04:30 7:39	1:12:14 7:44	1:32:22 20:08	1:47:13 14:51	1:53:33 6:20	2:22:52 29:19	2:28:37 5:45	2:33:41 5:04		
				2:34:59															
				1:18															
8	7006	Eva Carballo Porto Nigrán RAZA PALLEIRA	2:42:48	7:00 7:00	10:32 3:32	19:00 8:28	26:25 7:25	31:29 5:04	1:03:54 32:25	1:11:59 8:05	1:15:22 3:23	1:41:33 26:11	1:51:20 9:47	1:58:23 7:03	2:31:15 32:52	2:36:43 5:28	2:41:20 4:37		
				2:42:48															
				1:28															
9	7005	Susana García García Nigrán RAZA PALLEIRA	2:42:50	7:02 7:02	10:35 3:33	19:05 8:30	26:34 7:29	31:35 5:01	1:04:00 32:25	1:12:05 8:05	1:15:28 3:23	1:41:35 26:07	1:51:25 9:50	1:58:23 6:58	2:31:17 32:54	2:36:49 5:32	2:41:27 4:38		
				2:42:50															
				1:23															
10	7015	Marta Freire Rodriguez Porto do Son ADC_ARNEL	2:45:23	11:33 11:33	26:10 14:37	39:10 13:00	51:02 11:52	1:00:41 9:39	1:12:16 11:35	1:32:03 19:47	1:39:56 7:53	1:57:31 17:35	2:06:55 9:24	2:19:30 12:35	2:32:58 13:28	2:39:49 6:51	2:43:50 4:01		
				2:45:23															
				1:33															

Pos	Id	Nome	Tempo																			
				4,5 km			14 C		(cont.)													
				1(42)	2(102)	3(32)	4(60)	5(69)	6(48)	7(65)	8(55)	9(72)	10(95)	11(90)	12(81)	13(61)	14(100)					
				Meta																		
11	7007	Goretti López Casal Culleredo GALLAECIA_RAI	2:48:09	4:53	9:36	17:31	25:42	29:04	34:07	40:42	44:40	59:41	1:18:22	1:23:35	2:35:29	2:40:02	2:46:56					
				4:53	4:43	7:55	8:11	3:22	5:03	6:35	3:58	15:01	18:41	5:13	1:11:54	4:33	6:54					
				2:48:09																		
				1:13																		
7012	Sainza Barroso Domingue Pontevedra AROMON	en tarj.	5:12	8:24	14:40	38:57	43:05	55:10	-----	-----	2:27:34	-----	-----	-----	2:38:48	2:44:01						
				5:12	3:12	6:16	24:17	4:08	12:05	-----	-----	1:32:24	-----	-----	-----	11:14	5:13					
				2:45:23	2:03:09		2:22:02															
				1:22	*90		*81															
7009	Antonio Jesús Roibás Yáñez A Coruña ARTABROS	bandona	7:28	15:17	34:38	39:35	43:32	1:20:49	1:31:20	-----	-----	-----	-----	-----	-----	-----						
				7:28	7:49	19:21	4:57	3:57	37:17	10:31												
7019	Alan Sardinero Gonzalez Porto do Son ADC_ARNEL	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:59:25					
				1:59:47	1:45		5:32	10:52	12:19	27:13	40:31	42:35	48:01	52:14	58:38	1:03:02	1:08:26					
				0:22	*52		*74	*64	*33	*75	*99	*101	*40	*51	*71	*57	*53					
				1:16:04	1:17:14	1:24:21	1:26:15	1:31:18	1:40:04	1:44:40	1:50:02	1:55:46	1:57:19									
				*92	*38	*78	*34	*35	*37	*94	*54	*78	*86									
1249	Luis Enrique Nogueira De INDEPENDIENTE	No sale	-----																			
Masculino 55 (9)				4,4 km			12 C															
				1(46)	2(45)	3(74)	4(64)	5(33)	6(92)	7(53)	8(77)	9(68)	10(88)	11(86)	12(100)	Meta						
1	4206	Manuel Beloso García Pontevedra AROMON	57:03	4:21	6:58	13:41	16:26	18:25	25:23	35:56	38:39	45:30	50:48	53:37	56:26	57:03						
				4:21	2:37	6:43	2:45	1:59	6:58	10:33	2:43	6:51	5:18	2:49	2:49	0:37						
2	4357	Enrique Luis Álvarez Esté Culleredo GALLAECIA_RAI	58:06	2:19	3:52	17:29	19:18	20:44	25:15	39:48	41:34	48:06	52:47	55:13	57:37	58:06						
				2:19	1:33	13:37	1:49	1:26	4:31	14:33	1:46	6:32	4:41	2:26	2:24	0:29						
3	4529	Javier Rodríguez Sarmien O Barco de Valde TREVINCO	1:02:31	3:35	7:11	12:53	15:12	17:01	30:26	40:10	42:32	50:55	56:37	59:13	1:02:02	1:02:31						
				3:35	3:36	5:42	2:19	1:49	13:25	9:44	2:22	8:23	5:42	2:36	2:49	0:29						
4	4399	José Antonio Gil Díaz Culleredo GALLAECIA_RAI	1:02:36	3:49	5:05	10:31	13:30	15:48	24:19	35:08	38:26	46:32	56:17	58:49	1:01:57	1:02:36						
				3:49	1:16	5:26	2:59	2:18	8:31	10:49	3:18	8:06	9:45	2:32	3:08	0:39						
				51:39																		
				*78																		
5	4605	Camilo Serantes Maneiro Porto do Son ADC_ARNEL	1:03:58	4:48	5:34	10:35	24:46	26:50	32:42	43:16	45:42	51:07	56:21	1:00:58	1:03:27	1:03:58						
				4:48	0:46	5:01	14:11	2:04	5:52	10:34	2:26	5:25	5:14	4:37	2:29	0:31						
6	4210	Gilberto Diaz Falcon Pontevedra AROMON	1:16:57	3:15	4:20	8:27	12:50	14:32	20:31	50:10	57:34	1:04:23	1:09:51	1:12:13	1:16:09	1:16:57						
				3:15	1:05	4:07	4:23	1:42	5:59	29:39	7:24	6:49	5:28	2:22	3:56	0:48						
7	4609	Jorge Victorero Rey Porto do Son ADC_ARNEL	1:18:34	20:22	21:17	30:11	33:08	35:23	44:29	55:27	58:09	1:05:58	1:12:11	1:14:50	1:17:58	1:18:34						
				20:22	0:55	8:54	2:57	2:15	9:06	10:58	2:42	7:49	6:13	2:39	3:08	0:36						

Pos	Nome	Tempo													
Masculino 55 (9)			4,4 km			12 C			<i>(cont.)</i>						
			1(46)	2(45)	3(74)	4(64)	5(33)	6(92)	7(53)	8(77)	9(68)	10(88)	11(86)	12(100)	Meta
8	4443 Rafael Pazos Miser Culleredo GALLAECIA_RAI	1:19:51	6:19	13:11	25:34	28:37	31:14	38:58	53:30	57:16	1:05:06	1:12:07	1:15:39	1:19:07	1:19:51
			6:19	6:52	12:23	3:03	2:37	7:44	14:32	3:46	7:50	7:01	3:32	3:28	0:44
9	4535 Francisco Sande Rodríguez Ferrol MONTAÑA_FERROL	2:11:20	8:14	13:11	28:36	31:53	34:03	1:02:21	1:17:33	1:23:22	1:40:59	2:00:48	2:04:42	2:10:06	2:11:20
			8:14	4:57	15:25	3:17	2:10	28:18	15:12	5:49	17:37	19:49	3:54	5:24	1:14
Feminino 55 (4)			3,8 km			12 C									
			1(70)	2(50)	3(43)	4(64)	5(33)	6(39)	7(38)	8(34)	9(36)	10(83)	11(86)	12(100)	Meta
1	4303 Fermina Fernandez Riveir LUGO FLUVIAL_LUGO	1:04:43	3:58	15:12	19:21	21:18	24:03	26:53	33:11	48:52	51:46	56:05	59:43	1:03:56	1:04:43
			3:58	11:14	4:09	1:57	2:45	2:50	6:18	15:41	2:54	4:19	3:38	4:13	0:47
2	4503 Margarita Balboa Barros Santiago de Comp USC	1:22:53	5:27	16:18	18:53	20:41	23:28	26:18	41:17	1:02:21	1:05:33	1:09:22	1:12:37	1:22:02	1:22:53
			5:27	10:51	2:35	1:48	2:47	2:50	14:59	21:04	3:12	3:49	3:15	9:25	0:51
3	4388 María Fernández Santiago Culleredo GALLAECIA_RAI	2:03:51	9:44	28:52	35:23	39:58	43:26	49:00	1:04:01	1:42:23	1:46:22	1:51:01	1:57:41	2:02:30	2:03:51
			9:44	19:08	6:31	4:35	3:28	5:34	15:01	38:22	3:59	4:39	6:40	4:49	1:21
	4423 María Dolores López Suárez Culleredo GALLAECIA_RAI	-----	42:05	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
			42:05												
Masculino 55 NC (1)			4,4 km			12 C									
			1(46)	2(45)	3(74)	4(64)	5(33)	6(92)	7(53)	8(77)	9(68)	10(88)	11(86)	12(100)	Meta
	1481 Santiago Guillen Pérez Mar VELETA	No sale													
Femenino 60 (1)			3,4 km			12 C									
			1(52)	2(44)	3(50)	4(43)	5(64)	6(33)	7(79)	8(36)	9(86)	10(78)	11(72)	12(100)	Meta
1	4785 Mª José Naya López A Coruña LICEO	53:42	3:51	5:31	8:52	11:40	13:33	16:19	30:17	33:44	41:42	45:03	47:06	52:55	53:42
			3:51	1:40	3:21	2:48	1:53	2:46	13:58	3:27	7:58	3:21	2:03	5:49	0:47
Femenino 60 NC (1)			3,4 km			12 C									
			1(52)	2(44)	3(50)	4(43)	5(64)	6(33)	7(79)	8(36)	9(86)	10(78)	11(72)	12(100)	Meta
1	7010 María Elena Saavedra Mart Sevilla ADOL	48:01	3:46	5:25	8:39	12:23	13:50	16:47	30:04	33:29	37:29	40:24	42:16	47:10	48:01
			3:46	1:39	3:14	3:44	1:27	2:57	13:17	3:25	4:00	2:55	1:52	4:54	0:51
Masculino 60 (4)			3,9 km			11 C									
			1(70)	2(44)	3(74)	4(64)	5(33)	6(92)	7(55)	8(78)	9(34)	10(91)	11(100)	Meta	
1	6701 Manuel Varela Maceira Pontevedra AROMON	1:01:14	6:28	12:41	15:30	18:43	21:48	32:00	36:06	48:51	51:00	54:22	1:00:32	1:01:14	
			6:28	6:13	2:49	3:13	3:05	10:12	4:06	12:45	2:09	3:22	6:10	0:42	
2	4373 Juan Carlos Carballo Ferr Culleredo GALLAECIA_RAI	1:08:30	13:28	15:59	22:01	25:33	28:21	35:54	40:47	52:58	56:00	1:00:14	1:07:43	1:08:30	4:27
			13:28	2:31	6:02	3:32	2:48	7:33	4:53	12:11	3:02	4:14	7:29	0:47	*45

Pos	Corse	Nombre	Tiempo													
Masculino 60 (4)				3,9 km	11 C	<i>(cont.)</i>										
			1(70)	2(44)	3(74)	4(64)	5(33)	6(92)	7(55)	8(78)	9(34)	10(91)	11(100)	Meta		
3	4247	Carlos Mario Romero Cap Pontevedra AROMON	1:23:27	26:03	34:36	40:42	43:52	46:02	58:11	1:03:52	1:13:16	1:14:50	1:17:42	1:22:49	1:23:27	
				26:03	8:33	6:06	3:10	2:10	12:09	5:41	9:24	1:34	2:52	5:07	0:38	
	4533	Antonio Garcia Couce Ferrol MONTAÑA_FERROL	r en tarj.	-----	-----	15:42	20:23	23:53	33:28	-----	-----	-----	-----	2:08:12	2:09:19	8:10
						15:42	4:41	3:30	9:35					1:34:44	1:07	*46
				10:00	48:54	52:54	1:50:07	1:56:06	2:00:14							
				*45	*53	*77	*68	*88	*86							
Masculino 60 NC (1)				3,9 km	11 C											
			1(70)	2(44)	3(74)	4(64)	5(33)	6(92)	7(55)	8(78)	9(34)	10(91)	11(100)	Meta		
	7011	Miguel Angel Garcia Grind Sevilla ADOL	r en tarj.	-----	-----	-----	22:48	32:52	-----	-----	-----	-----	1:24:47	1:32:07	1:32:56	6:17
						22:48	10:04						51:55	7:20	0:49	*46
				10:40	14:16	19:26	40:36	51:58	59:26	1:11:43	1:16:02	1:19:58	1:21:31			
				*45	*50	*43	*39	*38	*68	*88	*90	*95	*83			