

os		rsal	Nombre		tiempo																	
SENIOR MASCULINO (43)					20,5 km	665 m	17 C	<i>(cont.)</i>														
					1(44)	2(39)	3(45)	4(49)	5(53)	6(38)	7(37)	8(47)	9(55)	10(50)	11(54)	12(42)	13(40)					
					15(52)	16(43)	17(100)	F														
148			Roberto Verde Lareu AROMON Pontevedra	andona	8:13	17:09	28:27	38:33	55:35	1:01:50	1:12:49	1:20:09	1:28:27	1:34:57	1:44:55	----	----					
					8:13	8:56	11:18	10:06	17:02	6:15	10:59	7:20	8:18	6:30	9:58							
					----	----	----															
334			Jose Maria Rodriguez Pena GALLAECIA RAID A Coruña	andona	22:07	31:29	37:42	48:15	1:23:22	1:35:18	1:46:19	1:52:22	----	----	----	----	----					
					22:07	9:22	6:13	10:33	35:07	11:56	11:01	6:03										
					----	----	----															
374			Alberto Taboada Pintor AABT Paderne	andona	11:12	22:41	30:39	37:02	46:17	50:03	1:01:38	1:06:09	1:34:09	1:38:31	1:45:11	1:54:49	----					
					11:12	11:29	7:58	6:23	9:15	3:46	11:35	4:31	28:00	4:22	6:40	9:38						
					----	----	----															
473			Borja Varela Paz C.O.CO A Coruña	andona	3:14	----	----	----	----	----	----	----	----	----	----	----	----					
					3:14																	
					----	----	----															
SENIOR FEMENINO (10)					12,6 km	440 m	12 C															
					1(46)	2(39)	3(45)	4(49)	5(37)	6(38)	7(53)	8(41)	9(51)	10(52)	11(43)	12(100)	F					
1	312		Tania López Eyo GALLAECIA RAID A Coruña	1:47:00	1:25	22:15	29:51	41:26	50:25	55:00	1:03:15	1:20:44	1:30:44	1:38:29	1:43:30	1:46:31	1:47:00					
					1:25	20:50	7:36	11:35	8:59	4:35	8:15	17:29	10:00	7:45	5:01	3:01	0:29					
2	129		Alicia Pérez Alonso AROMON Pontevedra	2:05:11	3:20	14:06	26:05	36:27	52:09	1:00:58	1:13:17	1:23:40	1:40:35	1:55:04	1:59:59	2:04:36	2:05:11					
					3:20	10:46	11:59	10:22	15:42	8:49	12:19	10:23	16:55	14:29	4:55	4:37	0:35					
3	500		Natalia Barros Diz FAICAMIÑO A Coruña (Oleiros - Iña)	2:05:33	2:53	13:45	33:21	59:22	1:07:54	1:13:19	1:24:26	1:33:20	1:48:17	1:57:28	2:01:08	2:05:01	2:05:33					
					2:53	10:52	19:36	26:01	8:32	5:25	11:07	8:54	14:57	9:11	3:40	3:53	0:32					
4	376		Ana Varela Yáñez BRIGANTIA A Coruña	2:26:18	1:49	9:45	27:23	45:39	1:08:54	1:20:08	1:47:29	1:57:43	2:10:32	2:19:22	2:22:30	2:25:45	2:26:18					
					1:49	7:56	17:38	18:16	23:15	11:14	27:21	10:14	12:49	8:50	3:08	3:15	0:33					
5	146		Carla Veiga García AROMON Pontevedra	2:28:56	2:27	18:54	37:42	47:19	58:02	1:16:08	1:30:12	1:43:50	2:03:43	2:18:29	2:24:43	2:28:27	2:28:56					
					2:27	16:27	18:48	9:37	10:43	18:06	14:04	13:38	19:53	14:46	6:14	3:44	0:29					
296			Isabel Diz Cao GALLAECIA RAID A Coruña	en tarj.	3:33	12:37	20:21	37:51	55:56	1:00:31	1:11:12	1:19:20	1:33:54	1:41:31	1:44:51	----	1:48:02					
					3:33	9:04	7:44	17:30	18:05	4:35	10:41	8:08	14:34	7:37	3:20	3:11						
529			Barbara Del Puerto Lopez SEO Ordes	en tarj.	5:45	18:01	29:11	43:51	56:48	----	1:11:26	1:23:17	1:36:24	1:51:20	1:55:46	1:59:28	2:00:01					
					5:45	12:16	11:10	14:40	12:57	----	14:38	11:51	13:07	14:56	4:26	3:42	0:33					
114			Saba González Lorenzo AROMON Pontevedra	en tarj.	5:13	16:27	26:48	39:26	1:09:02	1:28:57	1:45:20	1:57:33	2:22:49	2:33:55	2:38:44	----	2:42:34					
					5:13	11:14	10:21	12:38	29:36	19:55	16:23	12:13	25:16	11:06	4:49	3:50						
96			Ana Belén Crespo Iribarne AROMON Pontevedra	en tarj.	10:39	----	55:43	1:11:08	1:34:22	1:53:14	2:09:40	2:21:13	2:44:56	2:56:46	3:01:07	3:04:24	3:05:00					
					10:39	----	45:04	15:25	23:14	18:52	16:26	11:33	23:43	11:50	4:21	3:17	0:36					
113			Noelia Gonzalez Fernandez AROMON Pontevedra	andona	7:15	29:40	58:57	1:28:32	1:55:38	----	----	----	----	----	----	----	----					
					7:15	22:25	29:17	29:35	27:06													
VETERANO MASCULINO (18)					13,4 km	445 m	13 C															
					1(46)	2(44)	3(39)	4(53)	5(49)	6(47)	7(37)	8(42)	9(40)	10(51)	11(52)	12(43)	13(100)					
1	251		Carlos Garcia Lorenzo MONTAÑA FERROL Ferrol. A Coru	1:13:32	0:27	5:19	10:47	15:11	28:19	33:33	37:33	45:13	54:44	1:01:46	1:07:47	1:10:34	1:13:08					
					0:27	4:52	5:28	4:24	13:08	5:14	4:00	7:40	9:31	7:02	6:01	2:47	2:34					
2	154		José María Álvarez Cabero UNIVERSIDAD DE V Vigo	1:13:54	0:59	5:08	10:06	15:35	28:32	32:57	36:51	46:06	55:38	1:02:21	1:08:22	1:11:07	1:13:27					
					0:59	4:09	4:58	5:29	12:57	4:25	3:54	9:15	9:32	6:43	6:01	2:45	2:20					
3	192		Javier Arufe Varela APA LICEO A Coruña	1:28:33	1:02	7:38	14:33	19:22	33:22	37:43	42:15	51:18	1:01:18	1:14:33	1:20:54	1:24:25	1:28:04					
					1:02	6:36	6:55	4:49	14:00	4:21	4:32	9:03	10:00	13:15	6:21	3:31	3:39					
4	191		Alberto Arufe Varela APA LICEO A Coruña	1:32:34	1:54	7:50	21:09	26:36	40:42	46:32	50:05	59:44	1:10:11	1:20:21	1:26:17	1:29:14	1:32:08					
					1:54	5:56	13:19	5:27	14:06	5:50	3:33	9:39	10:27	10:10	5:56	2:57	2:54					
5	278		Enrique Luis Álvarez Estévez GALLAECIA RAID A Coruña	1:33:19	2:48	7:55	18:10	22:44	45:43	49:47	54:12	1:04:19	1:13:32	1:20:36	1:26:40	1:29:40	1:32:48					
					2:48	5:07	10:15	4:34	22:59	4:04	4:25	10:07	9:13	7:04	6:04	3:00	3:08					
6	477		Francisco José Ferrer Vidal HABELAS HAINAS Vigo	1:35:52	3:47	9:02	15:39	19:55	36:20	41:40	46:34	57:13	1:10:54	1:21:13	1:28:59	1:32:47	1:35:24					
					3:47	5:15	6:37	4:16	16:25	5:20	4:54	10:39	13:41	10:19	7:46	3:48	2:37					
7	107		José Luis Fernández Costas AROMON Pontevedra	1:37:13	2:54	7:53	14:47	27:29	41:16	46:11	52:14	1:00:55	1:12:29	1:22:48	1:30:04	1:33:18	1:36:47					
					2:54	4:59	6:54	12:42	13:47	4:55	6:03	8:41	11:34	10:19	7:16	3:14	3:29					
8	257		Antonio Javier López Peiteado MONTAÑA FERROL Ferrol. A Coru	1:39:11	2:10	7:04	20:12	24:26	42:23	50:47	55:56	1:03:23	1:15:19	1:23:47	1:31:04	1:35:00	1:38:38					
					2:10	4:54	13:08	4:14	17:57	8:24	5:09	7:27	11:56	8:28	7:17	3:56	3:38					
9	159		Jorge Castro Castro UNIVERSIDAD DE V Vigo	1:43:34	0:47	5:26	22:43	27:07	47:02	54:32	1:00:33	1:09:58	1:21:09	1:30:04	1:38:15	1:41:02	1:43:07					
					0:47	4:39	17:17	4:24	19:55	7:30	6:01	9:25	11:11	8:55	8:11	2:47	2:05					
10	367		Javier Rioboo Tejo BRIGANTIA A Coruña	1:57:37	4:50	13:16	24:01	29:55	45:53	54:53	1:01:09	1:11:27	1:25:08	1:39:02	1:49:59	1:53:46	1:56:59					
					4:50	8:26	10:45	5:54	15:58	9:00	6:16	10:18	13:41	13:54	10:57	3:47	3:13					
11	300		Andres Dopico Pena GALLAECIA RAID A Coruña	2:00:09	2:20	7:39	20:24	32:46	47:11	56:22	1:02:29	1:21:42	1:32:26	1:42:13	1:53:18	1:57:00	1:59:39					
					2:20	5:19	12:45	12:22	14:25	9:11	6:07	19:13	10:44	9:47	11:05	3:42	2:39					
12	1		Jose Antonio Ricoy Bugarín AROMON Pontevedra	2:02:16	2:33	9:49	18:00	26:49	45:46	51:56	1:02:52	1:15:11	1:32:14	1:43:14	1:53:13	1:57:43	2:01:38					
					2:33	7:16	8:11	8:49	18:57	6:10	10:56	12:19	17:03	11:00	9:59	4:30	3:55					
13	185		German Pérez Juste UNIVERSIDAD DE V Vigo	2:09:03	2:38	7:57	24:53	30:53	49:55	59:04	1:05:41	1:15:57	1:36:01	1:45:29	2:00:49	2:04:54	2:08:26					
					2:38	5:19	16:56	6:00	19:02	9:09	6:37	10:16	20:04	9:28	15:20	4:05	3:32					
14	414		Jose Miguel López Pérez ARTABROS A Coruña	2:30:20	4:29	11:52	21:08	29:35	52:08	58:22	1:07:00	1:26:05	1:44:58	2:02:43	2:18:14	2:24:59	2:29:35					
					4:29	7:23	9:16	8:27	22:33	6:14	8:38	19:05	18:53	17:45	15:31	6:45	4:36					
350			Javier Casanova Corral BRIGANTIA A Coruña	en tarj.	1:03	5:55	12:28	18:47	34:28	43:18	51:04	1:00:25	1:09:33	1:20:19	1:27:50	1:31:01	----					
					1:03	4:52	6:33	6:19	15:41	8:50	7:46	9:21	9:08	10:46	7:31	3:11						
101			Antonio Dominguez Portas AROMON Pontevedra	en tarj.	1:38	7:26	14:38	19:24	34:11	50:50	56:25	1:03:58	1:16:03	1:23:45	1:30:36	1:34:29	----					
					1:38	5:48	7:12	4:46	14:47	16:39	5:35	7:33	12:05	7:42	6:51	3:53						
616			Alberto Pérez Pereira AROMON Pontevedra	en tarj.	2:02	8:04	17:33	22:02	45:14	53:48	1:00:26	1:11:07	1:22:50	1:31:54	1:41:30	1:44:54	----					
					2:02	6:02	9:29	4:29	23:12	8:34	6:38	10:41	11:43	9:04	9:36	3:24						

os		rsal	Nombre		tiempo													
VETERANO MASCULINO (18)					13,4 km	445 m	13 C			<i>(cont.)</i>								
					1(46)	2(44)	3(39)	4(53)	5(49)	6(47)	7(37)	8(42)	9(40)	10(51)	11(52)	12(43)	13(100)	
310			Juan Luis Limorte Urrutia GALLAECIA RAID A Coruña	andona	7:40	14:08	23:05	31:34	1:30:19	2:14:50	-----	-----	-----	-----	-----	-----	-----	
					7:40	6:28	8:57	8:29	58:45	44:31								
VETERANO FEMENINO (4)					8,7 km	320 m	9 C											
					1(44)	2(48)	3(49)	4(42)	5(53)	6(51)	7(52)	8(43)	9(100)				F	
1	319		Paulina Andrea Mosquera GALLAECIA RAID A Coruña		1:43:12	21:04	34:46	41:28	1:07:45	1:12:03	1:25:03	1:35:13	1:39:34	1:42:43	1:43:12			
					21:04	13:42	6:42	26:17	4:18	13:00	10:10	4:21	3:09	0:29				
2	19		Luisa Felpeto González FLUVIAL LUGO Lugo		1:59:36	34:58	46:18	57:11	1:18:25	1:29:20	1:41:14	1:51:13	1:55:05	1:59:03	1:59:36			
					34:58	11:20	10:53	21:14	10:55	11:54	9:59	3:52	3:58	0:33				
3	17		Yolanda García González ADC ARNELA Porto do Son		2:34:20	20:27	56:27	1:13:52	1:53:35	1:56:17	2:17:47	2:26:17	2:30:38	2:33:50	2:34:20			
					20:27	36:00	17:25	39:43	2:42	21:30	8:30	4:21	3:12	0:30				
140			Maria Luisa Sanchez Vázquez AROMON Pontevedra	en tarj.	22:46	43:08	1:43:55	2:15:49	2:22:04	2:39:09	2:55:09	3:00:30	-----	3:05:53				
					22:46	20:22	1:00:47	31:54	6:15	17:05	16:00	5:21		5:23				
JUNIOR MASCULINO (3)					10,8 km	430 m	12 C											
					1(46)	2(56)	3(39)	4(53)	5(37)	6(47)	7(49)	8(42)	9(51)	10(52)	11(43)	12(100)	F	
1	520		Artur Carballo Alviárez A PEDROSA ORRO Culleredo (A C		1:37:43	4:53	9:55	13:58	20:30	30:29	36:35	49:39	1:06:25	1:21:05	1:29:44	1:33:39	1:37:08	1:37:43
						4:53	5:02	4:03	6:32	9:59	6:06	13:04	16:46	14:40	8:39	3:55	3:29	0:35
2	610		Adrián Pérez FLUVIAL LUGO Lugo		2:25:43	5:23	11:06	17:39	25:26	42:08	1:00:25	1:15:42	1:46:17	2:05:05	2:16:03	2:21:38	2:25:10	2:25:43
						5:23	5:43	6:33	7:47	16:42	18:17	15:17	30:35	18:48	10:58	5:35	3:32	0:33
392			Raúl Iglesias Nández TREVINCA O Barco de Valdeorras	andona	2:07	7:50	15:23	22:50	37:45	45:31	1:01:52	-----	-----	-----	-----	-----	-----	
					2:07	5:43	7:33	7:27	14:55	7:46	16:21							
INICIACION LONGA (22)					11,1 km	415 m	11 C											
					1(46)	2(56)	3(39)	4(48)	5(47)	6(54)	7(38)	8(41)	9(52)	10(43)	11(100)		F	
1	346		Miguel Casal Casal BRIGANTIA A Coruña		1:22:33	3:45	7:57	13:03	17:31	41:41	46:56	49:53	1:00:18	1:16:13	1:19:33	1:22:02	1:22:33	
						3:45	4:12	5:06	4:28	24:10	5:15	2:57	10:25	15:55	3:20	2:29	0:31	
2	8		Alfonso Agraso Torres ADC ARNELA Porto do Son		1:22:46	1:46	5:35	8:46	11:47	44:15	47:45	49:52	1:02:54	1:16:45	1:20:19	1:22:19	1:22:46	
						1:46	3:49	3:11	3:01	32:28	3:30	2:07	13:02	13:51	3:34	2:00	0:27	
3	10		Lino Fontan Guiao AROMON Pontevedra		1:37:35	5:57	10:26	16:38	21:31	38:46	42:41	58:07	1:10:54	1:28:53	1:33:39	1:37:02	1:37:35	
						5:57	4:29	6:12	4:53	17:15	3:55	15:26	12:47	17:59	4:46	3:23	0:33	
4	5		Eugenio Gonzalez Piñeiro Sen Clube		1:43:58	5:50	11:04	15:35	21:25	45:16	51:33	55:25	1:13:38	1:33:39	1:38:17	1:43:22	1:43:58	
						5:50	5:14	4:31	5:50	23:51	6:17	3:52	18:13	20:01	4:38	5:05	0:36	
5	127		Rubén Muñoz Narciso AROMON Pontevedra		1:43:59	5:18	16:47	24:54	30:13	59:48	1:06:26	1:10:21	1:22:53	1:35:37	1:39:07	1:43:27	1:43:59	
						5:18	11:29	8:07	5:19	29:35	6:38	3:55	12:32	12:44	3:30	4:20	0:32	
6	2		Alexandre Gonzalez Gonzalez Sen Clube		1:53:18	7:09	12:43	17:06	23:17	56:02	1:03:45	1:09:15	1:24:52	1:43:36	1:48:08	1:52:11	1:53:18	
						7:09	5:34	4:23	6:11	32:45	7:43	5:30	15:37	18:44	4:32	4:03	1:07	
7	612		Francisco Rifón Añón FLUVIAL LUGO Lugo		2:11:22	26:55	34:46	39:28	45:59	1:08:39	1:14:48	1:20:12	1:37:40	1:59:13	2:06:00	2:10:26	2:11:22	
						26:55	7:51	4:42	6:31	22:40	6:09	5:24	17:28	21:33	6:47	4:26	0:56	
8	287		Begoña Brion Garcia GALLAECIA RAID A Coruña		2:17:22	10:00	15:43	25:14	39:12	1:06:55	1:16:33	1:21:57	1:44:49	2:05:45	2:11:52	2:16:33	2:17:22	
						10:00	5:43	9:31	13:58	27:43	9:38	5:24	22:52	20:56	6:07	4:41	0:49	
9	9		Javier Prieto Garcia AROMON Pontevedra		2:17:23	14:32	19:31	23:40	38:21	1:05:50	1:10:40	1:13:32	1:27:51	1:42:37	2:13:38	2:16:53	2:17:23	
						14:32	4:59	4:09	14:41	27:29	4:50	2:52	14:19	14:46	31:01	3:15	0:30	
10	324		Fatima Paz Gago GALLAECIA RAID A Coruña		2:24:26	16:50	23:08	32:20	46:26	1:14:06	1:23:49	1:29:06	1:51:42	2:11:41	2:19:00	2:23:44	2:24:26	
						16:50	6:18	9:12	14:06	27:40	9:43	5:17	22:36	19:59	7:19	4:44	0:42	
11	301		Estefanía Ferro Pérez GALLAECIA RAID A Coruña		2:41:24	33:39	39:51	50:15	1:03:34	1:31:17	1:40:53	1:46:14	2:09:21	2:29:40	2:36:07	2:40:40	2:41:24	
						33:39	6:12	10:24	13:19	27:43	9:36	5:21	23:07	20:19	6:27	4:33	0:44	
12	283		Julio Vicente Bermúdez Martínez GALLAECIA RAID A Coruña		2:45:49	12:39	21:08	32:14	41:20	1:16:55	1:26:42	1:30:15	1:46:58	2:26:52	2:37:14	2:45:17	2:45:49	
						12:39	8:29	11:06	9:06	35:35	9:47	3:33	16:43	39:54	10:22	8:03	0:32	
13	281		Maria Elena Arcos Trillo GALLAECIA RAID A Coruña		2:49:15	41:27	47:16	57:10	1:10:55	1:38:49	1:48:45	1:53:54	2:16:37	2:36:36	2:43:47	2:48:33	2:49:15	
						41:27	5:49	9:54	13:45	27:54	9:56	5:09	22:43	19:59	7:11	4:46	0:42	
14	280		Leticia Aller Silván GALLAECIA RAID A Coruña		3:26:23	53:42	1:01:59	1:13:12	1:21:33	1:57:23	2:04:53	2:10:22	2:30:58	3:12:20	3:17:31	3:25:37	3:26:23	
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15	7		Luciana Aparecid Pinto Sen Clube		3:51:27	12:32	23:15	38:31	51:08	2:11:28	2:29:52	2:35:38	3:04:21	3:32:42	3:43:52	3:50:30	3:51:27	
						12:32	10:43	15:16	12:37	1:20:20	18:24	5:46	28:43	28:21	11:10	6:38	0:57	
16	509		Esperanza Travieso Martínez FAICAMIÑO A Coruña (Oleiros - Iña		3:59:22	20:29	31:08	46:23	58:47	2:19:12	2:37:40	2:43:27	3:12:08	3:40:19	3:51:45	3:58:27	3:59:22	
						20:29	10:39	15:15	12:24	1:20:25	18:28	5:47	28:41	28:11	11:26	6:42	0:55	
6			Jose Ramon Seone Gonzalez Sen Clube	en tarj.	7:41	15:48	22:26	32:17	52:06	59:03	1:01:24	1:12:20	1:27:48	1:31:12	-----	1:33:29		
					7:41	8:07	6:38	9:51	19:49	6:57	2:21	10:56	15:28	3:24		2:17		
11			Alvaro Vazquez Lopez C.O.CO A Coruña	en tarj.	5:50	10:15	26:22	30:38	1:20:10	1:27:00	1:29:22	1:39:45	1:55:45	1:59:18	-----	2:01:32		
					5:50	4:25	16:07	4:16	49:32	6:50	2:22	10:23	16:00	3:33		2:14		
597			Leticia Garcia Forte CORNELIOS RAID As Neves	en tarj.	10:37	17:10	25:27	33:19	1:01:03	1:09:42	1:14:25	1:33:03	1:57:46	2:02:38	-----	2:07:28		
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4			Oscar Recarey Santamaria CORNELIOS RAID As Neves	en tarj.	10:19	18:23	25:19	33:12	1:00:48	1:09:33	1:14:19	1:32:55	1:57:51	2:02:31	-----	2:07:29		
					10:19	8:04	6:56	7:53	27:36	8:45	4:46	18:36	24:56	4:40		4:58		
			Fernando Iglesias Rey FLUVIAL LUGO Lugo	en tarj.	13:55	21:02	29:14	37:06	1:04:14	1:13:31	1:18:14	1:36:52	2:01:35	2:06:35	-----	2:11:26		
					13:55	7:07	8:12	7:52	27:08	9:17	4:43	18:38	24:43	5:00		4:51		
3			Alvaro Valverde Alonso Sen Clube	en tarj.	17:47	22:23	38:16	42:45	1:32:17	1:39:17	1:41:33	1:53:14						

