

Pos	Nombre	Tiempo									
		1,6 km	40 m	8 C							
INI Nen@s (15)		1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	Meta	
1	MAURO BELOSO IGLESIAS PONTEVEDRA AROMON	17:01	2:06	3:03	4:34	6:35	10:10	12:21	13:55	15:35	17:00
			2:06	0:57	1:31	2:01	3:35	2:11	1:34	1:40	1:25
2	NICOLÁS OUTÓN / NOA OUTÓN PONTEVEDRA AROMON	20:10	2:09	4:02	6:04	8:31	11:20	14:06	15:59	18:33	20:10
			2:09	1:53	2:02	2:27	2:49	2:46	1:53	2:34	1:36
3	PAU PRIETO / PAU GARRIDO PONTEVEDRA AROMON	26:02	4:40	6:50	8:55	11:36	16:45	19:43	22:19	24:32	26:01
			4:40	2:10	2:05	2:41	5:09	2:58	2:36	2:13	1:29
4	ALBERTO LOPEZ / OTTO VARGAS / EIMI VA PONTEVEDRA AROMON	27:10	2:40	4:53	8:40	11:27	19:07	21:57	23:35	25:51	27:10
			2:40	2:13	3:47	2:47	7:40	2:50	1:38	2:16	1:18
5	SABELA PÉREZ PASTORIZA PONTEVEDRA AROMON	28:26	3:13	5:45	8:17	11:39	18:41	22:07	24:25	27:18	28:25
			3:13	2:32	2:32	3:22	7:02	3:26	2:18	2:53	1:07
6	NOA MARÍN PONTEVEDRA AROMON	29:10	5:04	8:14	11:30	15:14	19:17	22:16	24:57	27:31	29:11
			5:04	3:10	3:16	3:44	4:03	2:59	2:41	2:34	1:39
7	MARUXA CASAS / CRISTINA MARTINEZ / TAL PONTEVEDRA AROMON	29:43	3:34	5:19	8:01	14:51	20:34	23:44	26:13	28:27	29:43
			3:34	1:45	2:42	6:50	5:43	3:10	2:29	2:14	1:16
8	ALEJANDRO ROMERO / HELENA ROMERO PONTEVEDRA AROMON	40:24	3:46	8:19	11:47	15:31	20:31	25:41	28:32	38:47	40:24
			3:46	4:33	3:28	3:44	5:00	5:10	2:51	10:15	1:36
9	LUCÍA MARTINEZ / SONIA SOTELO PONTEVEDRA AROMON	49:36	5:36	10:27	15:50	22:09	30:54	36:05	40:07	47:13	49:35
			5:36	4:51	5:23	6:19	8:45	5:11	4:02	7:06	2:22
10	CLAUDIA PRIETO / DIEGO PRIETO PONTEVEDRA AROMON	50:26	5:34	10:00	13:51	21:09	30:47	35:54	40:11	47:01	50:25
			5:34	4:26	3:51	7:18	9:38	5:07	4:17	6:50	3:24
11	SARA IGLESIAS / JUAN PABLO RIVAS / JUA PONTEVEDRA AROMON	50:42	5:43	10:07	14:00	21:20	31:10	36:23	40:19	47:05	50:42
			5:43	4:24	3:53	7:20	9:50	5:13	3:56	6:46	3:36
12	SIRA RODRÍGUEZ DÍAZ PONTEVEDRA AROMON	51:31	5:32	9:54	13:51	21:17	32:38	38:03	41:38	48:09	51:31
			5:32	4:22	3:57	7:26	11:21	5:25	3:35	6:31	3:21
13	EMMA UBEIRA / XURXO UBEIRA PONTEVEDRA AROMON	51:36	6:31	10:33	15:35	21:40	32:31	38:05	41:43	48:19	51:35
			6:31	4:02	5:02	6:05	10:51	5:34	3:38	6:36	3:16
14	LÍA BARROS / TEO BARROS PONTEVEDRA AROMON	52:51	6:10	10:29	17:00	23:59	33:52	40:39	45:54	50:26	52:51
			6:10	4:19	6:31	6:59	9:53	6:47	5:15	4:32	2:24
	XANA TAPIA DENIS PONTEVEDRA AROMON	Error en tarj.	3:28	6:27	9:57	13:59	19:53	-----	25:57	29:10	30:47
			3:28	2:59	3:30	4:02	5:54		6:04	3:13	1:36

Pos	Nombre	Tiempo	13 C													Meta	
			3,2 km	80 m	1(31)	2(44)	3(39)	4(40)	5(41)	6(42)	7(43)	8(34)	9(33)	10(32)	11(45)		12(37)
1	BELTRAN GARCIA RODRIGUEZ PONTEVEDRA AROMON	25:44	1:26	1:26	2:34	7:19	9:55	11:38	13:32	16:04	18:44	20:13	21:21	23:06	23:54	25:04	25:44
2	FRANCISCO CASAL FERNÁNDEZ PONTEVEDRA AROMON	26:41	1:32	1:32	2:28	4:46	7:13	9:05	10:54	14:11	17:21	19:48	20:49	23:14	24:02	25:45	26:41
3	AMANDIO BUGARÍN / ISABEL FERNÁNDEZ PONTEVEDRA AROMON	29:54	1:38	1:38	2:38	5:52	8:47	10:45	12:31	17:02	21:47	23:18	24:16	26:15	27:14	28:51	29:54
4	EMILIO PEREZ PONTEVEDRA AROMON	31:25	3:10	3:10	4:06	7:12	10:17	12:50	14:53	18:29	23:26	24:57	26:02	27:41	29:01	30:32	31:24
5	BEGOÑA PEREIRA / IVÁN PÉREZ PONTEVEDRA AROMON	33:21	1:56	1:56	3:02	6:43	12:35	14:36	16:36	20:53	24:50	26:40	27:40	29:31	30:50	32:17	33:20
6	MARINA DENIS SANROMÁN PONTEVEDRA AROMON	35:38	1:44	1:44	2:42	7:35	12:34	14:37	16:44	22:54	26:56	28:46	29:46	31:45	32:50	34:31	35:37
6	JACOBO LORES ROMAY PONTEVEDRA AROMON	35:38	1:40	1:40	2:21	5:11	7:33	9:11	11:12	13:47	27:44	28:58	29:51	32:41	33:42	34:49	35:37
8	IAGO SOUTO PONTEVEDRA AROMON	36:16	1:48	1:48	2:44	8:15	13:06	14:59	18:06	21:47	24:50	26:22	30:35	32:36	33:56	35:13	36:15
9	DAVID TAPIA SOTO PONTEVEDRA AROMON	40:54	1:43	1:43	2:39	6:04	12:20	23:08	24:55	28:35	33:07	34:29	35:24	37:14	38:27	39:55	40:53
10	RAQUEL DÍAZ / IRENE MARTÍN / ROCÍO LO PONTEVEDRA AROMON	45:35	1:43	1:43	0:56	3:25	6:16	10:48	1:47	3:40	4:32	1:22	0:55	1:50	1:13	1:28	0:58
11	CARMEN BARREIRO PONTEVEDRA AROMON	47:50	1:50	1:50	2:58	7:53	10:48	13:11	15:46	34:37	38:24	40:15	41:43	43:58	45:19	46:41	47:49
12	XAIME ROZAS ABELLA PONTEVEDRA AROMON	53:44	2:01	2:01	3:08	7:20	16:40	18:57	22:19	40:35	44:26	46:25	47:36	50:01	51:07	52:32	53:43
13	MARÍA DE ÁNGELES FERNÁNDEZ / EMILIA PONTEVEDRA AROMON	58:58	3:34	3:34	5:35	10:56	17:12	22:58	27:23	34:53	42:37	45:41	48:22	51:47	53:52	56:45	58:57
14	ALFONSO BARREIRO / OLGA VAZQUEZ PONTEVEDRA AROMON	1:00:11	3:10	3:10	4:44	11:23	15:33	18:48	22:13	40:49	46:35	49:22	51:28	54:32	56:18	58:29	1:00:10
15	CARMEN IGLESIAS NIETO PONTEVEDRA AROMON	1:02:47	3:39	3:39	5:44	12:32	17:51	22:22	26:48	38:43	45:03	48:33	51:08	55:59	58:06	1:00:55	1:02:47
16	LAURA FILGUEIRA / MANUEL GALLEGO PONTEVEDRA AROMON	1:13:21	3:38	3:38	6:29	14:42	20:36	27:40	33:52	42:33	53:23	58:28	1:00:51	1:06:02	1:07:59	1:11:20	1:13:21
17	ANDREA LÓPEZ-DÓRIGA / ANTÍA SOTO PONTEVEDRA AROMON	1:35:10	4:26	4:26	7:32	14:14	20:27	26:06	30:36	57:14	1:12:29	1:16:26	1:19:25	1:24:15	1:28:10	1:32:12	1:35:09
18	FRANCISCO JOSÉ LAMAS ANTÓN PONTEVEDRA AROMON	1:46:36	4:51	4:51	7:17	18:51	26:08	36:22	43:03	54:57	1:11:49	1:16:51	1:20:04	1:24:24	1:28:19	1:42:28	1:46:36
19	IGNACIO SOUTO / MERCEDES RODRÍGUEZ PONTEVEDRA AROMON	2:09:37	3:51	3:51	7:55	1:17:10	1:21:38	1:25:42	1:29:34	1:34:47	1:42:47	1:45:15	1:46:47	1:50:35	2:07:05	2:08:22	2:09:37

Pos	Nombre	Tiempo																				
AVANZADO (20)		5,2 km	190 m	18 C																Meta		
		1(37)	2(35)	3(46)	4(36)	5(32)	6(47)	7(48)	8(49)	9(41)	10(55)	11(50)	12(56)	13(51)	14(41)	15(52)	16(53)	17(54)	18(38)	Meta		
1	MATEO RODRÍGUEZ DÍAZ PONTEVEDRA AROMON	1:01:51	1:48	2:48	5:38	7:49	8:40	12:37	19:39	21:57	30:36	31:42	32:31	37:09	39:46	41:08	45:10	51:23	59:07	1:01:04	1:01:51	
2	ADRIAN PEREZ PONTEVEDRA AROMON	1:03:03	2:16	3:49	7:54	9:32	10:53	14:20	20:15	23:22	33:33	34:55	35:58	37:05	39:05	40:28	45:11	51:48	1:00:31	1:02:12	1:03:03	
3	XIAN NOVOA GUTIERREZ PONTEVEDRA AROMON	1:09:05	1:58	3:16	9:03	10:04	11:13	15:36	23:17	26:14	36:17	37:44	39:21	40:37	43:29	45:25	50:25	57:03	1:06:01	1:08:01	1:09:04	
4	ALEX MARÍN PONTEVEDRA AROMON	1:11:13	2:22	3:57	6:53	7:54	9:18	13:10	19:43	22:31	37:55	39:12	40:13	41:22	43:58	45:36	52:58	59:37	1:07:34	1:10:16	1:11:13	
5	YARED GRIMALDI PÉREZ PONTEVEDRA AROMON	1:13:11	1:48	3:38	6:45	10:02	10:59	14:14	27:15	31:35	41:06	42:14	43:06	45:00	47:13	48:46	54:30	1:04:10	1:10:42	1:12:27	1:13:11	
		1:48	1:50	3:07	3:17	0:57	3:15	13:01	4:20	9:31	1:08	0:52	1:54	2:13	1:33	5:44	9:40	6:32	1:45	0:43		
		1:08:33																				
		*35																				
6	XANDRE BELOSO IGLESIAS PONTEVEDRA AROMON	1:17:38	2:08	3:25	11:08	12:03	13:01	17:15	25:12	28:02	40:36	43:14	44:14	45:44	47:21	49:06	53:53	1:07:43	1:15:10	1:17:01	1:17:37	
7	MARTÍN VEIGA JALDA PONTEVEDRA AROMON	1:29:03	2:08	1:17	7:43	0:55	0:58	4:14	7:57	2:50	12:34	2:38	1:00	1:30	1:37	1:45	4:47	13:50	7:27	1:51	0:36	
8	JUAN EUGENIO GUTIERREZ COSTAS PONTEVEDRA AROMON	1:31:01	2:25	3:51	6:02	7:14	8:19	12:41	20:16	23:19	36:37	37:57	39:24	40:42	42:19	44:18	1:01:13	1:13:25	1:25:07	1:27:58	1:29:03	
9	LAURA GARRIDO MARTÍNEZ PONTEVEDRA AROMON	1:38:42	2:25	1:26	2:11	1:12	1:05	4:22	7:35	3:03	13:18	1:20	1:27	1:18	1:37	1:59	16:55	12:12	11:42	2:51	1:04	
10	CARLOTA VEIGA GARCÍA PONTEVEDRA AROMON	1:40:34	3:00	5:15	8:27	11:39	12:58	17:17	25:47	30:52	42:30	44:02	45:00	46:11	48:34	50:13	1:03:10	1:15:32	1:27:34	1:30:00	1:31:01	
11	JUAN GRIMALDI DELGADO PONTEVEDRA AROMON	1:54:44	3:00	2:15	3:12	3:12	1:19	4:19	8:30	5:05	11:38	1:32	0:58	1:11	2:23	1:39	12:57	12:22	12:02	2:26	1:00	
		3:04	4:41	7:15	9:06	10:27	16:46	31:04	35:24	45:41	47:09	48:39	52:56	56:44	59:07	1:13:09	1:23:04	1:35:03	1:37:35	1:38:41		
		3:04	1:37	2:34	1:51	1:21	6:19	14:18	4:20	10:17	1:28	1:30	4:17	3:48	2:23	14:02	9:55	11:59	2:32	1:06		
		3:49	7:04	11:52	13:56	15:22	23:09	36:12	40:37	52:09	53:48	55:13	58:24	1:01:17	1:03:56	1:12:30	1:24:03	1:36:44	1:39:25	1:40:34		
		3:09	5:03	10:20	11:31	12:42	17:29	26:00	31:12	43:39	49:17	50:37	52:33	57:24	59:26	1:15:31	1:31:46	1:47:55	1:52:59	1:54:44		
		3:09	1:54	5:17	1:11	1:11	4:47	8:31	5:12	12:27	5:38	1:20	1:56	4:51	2:02	16:05	16:15	16:09	5:04	1:44		
		7:20																				
		*36																				
12	MARIA JESUS RODRIGUEZ MOURIÑO PONTEVEDRA AROMON	2:07:25	6:27	9:03	16:11	20:52	22:35	29:20	43:29	50:18	1:04:42	1:06:52	1:08:33	1:11:14	1:16:35	1:20:07	1:27:27	1:47:46	2:01:26	2:04:57	2:07:24	
		6:27	2:36	7:08	4:41	1:43	6:45	14:09	6:49	14:24	2:10	1:41	2:41	5:21	3:32	7:20	20:19	13:40	3:31	2:27		
		2:19																				
		*45																				
13	ANTONIO ABREU GONZÁLEZ PONTEVEDRA AROMON	2:15:22	3:28	6:53	9:43	12:46	14:43	22:33	32:13	41:00	56:12	57:44	59:15	1:08:00	1:12:46	1:15:18	1:31:14	1:45:22	2:10:03	2:14:18	2:15:21	
14	MANUEL BELOSO GARCIA PONTEVEDRA AROMON	2:23:14	3:28	3:25	2:50	3:03	1:57	7:50	9:40	8:47	15:12	1:32	1:31	8:45	4:46	2:32	15:56	14:08	24:41	4:15	1:03	
15	AIQUE GONZALEZ COMESAÑA PONTEVEDRA AROMON	2:25:05	3:41	5:46	10:16	12:08	13:37	30:26	44:38	50:37	1:05:43	1:08:17	1:09:56	1:12:40	1:18:13	1:22:01	1:41:42	1:59:34	2:16:02	2:21:13	2:23:13	
		3:41	2:05	4:30	1:52	1:29	16:49	14:12	5:59	15:06	2:34	1:39	2:44	5:33	3:48	19:41	17:52	16:28	5:11	2:00		
		3:37	6:04	27:07	28:25	29:50	35:42	46:48	52:23	1:07:41	1:10:05	1:11:51	1:14:39	1:20:11	1:23:59	1:43:53	2:00:21	2:18:08	2:23:11	2:25:04		
		3:37	2:27	21:03	1:18	1:25	5:52	11:06	5:35	15:18	2:24	1:46	2:48	5:32	3:48	19:54	16:28	17:47	5:03	1:53		
		8:22																				
		*36																				
16	YOLANDA DIAZ RODRIGUEZ PONTEVEDRA AROMON	2:36:34	5:16	7:49	12:09	16:26	18:20	30:57	46:48	52:37	1:10:08	1:12:19	1:14:54	1:16:44	1:21:55	1:25:48	1:45:05	2:02:13	2:30:33	2:34:28	2:36:33	
		5:16	2:33	4:20	4:17	1:54	12:37	15:51	5:49	17:31	2:11	2:35	1:50	5:11	3:53	19:17	17:08	28:20	3:55	2:05		
		Error en tarj.	-----	3:22	5:02	6:08	7:19	12:53	22:37	27:09	36:47	39:17	40:17	43:23	44:18	45:56	53:01	1:01:26	1:13:52	1:15:30	1:16:25	
		1:16		3:22	1:40	1:06	1:11	5:34	9:44	4:32	9:38	2:30	1:00	3:06	0:55	1:38	7:05	8:25	12:26	1:38	0:54	
		*45																				
		Error en tarj.	2:40	4:40	7:10	8:54	13:34	19:06	27:15	31:38	45:22	47:55	48:53	50:42	53:05	-----	1:06:21	1:17:24	1:31:34	1:35:03	1:36:53	
		2:40	2:00	2:30	1:44	4:40	5:32	8:09	4:23	13:44	2:33	0:58	1:49	2:23		13:16	11:03	14:10	3:29	1:50		
		Error en tarj.	9:39	14:28	22:11	24:06	25:40	31:40	54:48	1:04:17	1:14:16	1:15:58	1:17:26	1:22:11	1:23:35	1:25:32	1:35:07	1:47:14	2:11:16	-----	2:14:46	
		9:39	4:49	7:43	1:55	1:34	6:00	23:08	9:29	9:59	1:42	1:28	4:45	1:24	1:57	9:35	12:07	24:02		3:30		
		4:04	17:40	1:18:38																		
		*45	*36	*51																		
		Abandona	4:40	7:28	13:10	16:55	18:53	29:32	1:18:55	1:26:04	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:51:00	1:53:05
		4:40	2:48	5:42	3:45	1:58	10:39	49:23	7:09												24:56	2:04