

os	rsal	Nombre	Tempo														
Feminino 21 A (11)				4,7 km 235 m				18 C				<i>(cont.)</i>					
				1(77) 15(70)	2(72) 16(57)	3(69) 17(63)	4(76) 18(100)	5(47) Meta	6(73)	7(48)	8(49)	9(75)	10(67)	11(47)	12(76)	13(68)	14(34)
382		Carmen Ferrero Del BRIGANTIA A Coruñ	en tarj.	11:18 11:18 1:13:10	15:59 4:41 1:18:03	29:00 13:01 1:24:22	33:07 4:07 1:31:42	35:14 2:07 1:33:41	37:45 2:31	44:31 6:46	49:11 4:40	53:27 4:16	----	59:56 6:29	1:01:08 1:12	1:07:15 6:07	1:10:35 3:20
222		Amelia Roca Vazque GALLAECIA RAID a c	en tarj.	2:35 9:08 1:32:14	4:53 15:06 1:37:32	6:19 30:47 1:43:10	7:20 42:35 1:48:27	1:59 43:41 1:49:42	45:39 1:58	53:47 8:08	56:33 2:46	1:02:17 5:44	----	1:17:29 15:12	1:18:39 1:10	1:25:27 6:48	1:29:02 3:35
485		Irene Morales Jimén LIMIATIVA Xínzo d	No sale	3:12	5:18	5:38	5:17	1:15									
Feminino 21 B (21)				3,6 km 160 m				14 C									
				1(62) Meta	2(57)	3(64)	4(77)	5(71)	6(73)	7(66)	8(48)	9(78)	10(68)	11(59)	12(77)	13(58)	14(100)
1	46	M Josefa Sánchez M FLUVIAL LUGO Lug	48:55	6:43 6:43 48:55	10:10 3:27	15:06 4:56	16:40 1:34	19:24 2:44	27:03 7:39	30:28 3:25	32:15 1:47	35:05 2:50	37:08 2:03	40:03 2:55	41:36 1:33	44:00 2:24	47:13 3:13
2	554	Candela Puime Lóp BUDIÑORAID O Por	51:23	1:42 5:18 51:23	13:49 8:31 3:08	16:57 3:08	18:55 1:58	21:36 2:41	30:23 8:47	33:11 2:48	35:29 2:18	38:22 2:53	40:54 2:32	44:00 3:06	45:12 1:12	47:40 2:28	50:25 2:45
3	97	Susana Consuelo P AROMON Pontevedr	55:46	1:08 12:23 55:46	15:43 3:20	20:02 4:19	21:56 1:54	24:28 2:32	33:52 9:24	36:28 2:36	38:08 1:40	40:16 2:08	43:44 3:28	47:27 3:43	49:01 1:34	51:25 2:24	54:38 3:13
4	22	Raquel Grandío Mo FLUVIAL LUGO Lug	56:18	1:19 7:35 56:18	11:20 3:45	16:05 4:45	18:05 2:00	20:49 2:44	28:52 8:03	31:44 2:52	37:06 5:22	38:45 1:39	43:47 5:02	47:00 3:13	48:42 1:42	51:13 2:31	54:59 3:46
5	228	Silvia Seoane Rodrí GALLAECIA RAID a c	56:52	1:11 9:20 56:52	12:16 2:56	16:22 4:06	18:07 1:45	20:42 2:35	30:24 9:42	32:58 2:34	40:27 7:29	43:50 3:23	46:11 2:21	49:02 2:51	50:35 1:33	52:44 2:09	55:41 2:57
6	150	Rebeca Queiruga C ADC ARNELA Porto	1:04:42	1:35 9:16 1:04:42	13:08 3:52	19:06 5:58	21:33 2:27	25:50 4:17	38:10 12:20	40:33 2:23	43:47 3:14	46:01 2:14	49:09 3:08	53:49 4:40	55:38 1:49	58:13 2:35	1:03:07 4:54
7	439	Patricia Castro Pico MONTAÑA FERROL	1:05:34	1:18 9:32 1:05:34	13:31 3:59	18:35 5:04	21:12 2:37	24:21 3:09	33:30 9:09	40:19 6:49	43:35 3:16	47:15 3:40	50:37 3:22	55:40 5:03	57:23 1:43	1:00:29 3:06	1:04:16 3:47
8	502	Irene Baspino Fern A PEDROSA ORRO	1:06:47	1:34 11:01 1:06:47	15:46 4:45	21:12 5:26	23:23 2:11	26:18 2:55	34:32 8:14	41:38 7:06	45:44 4:06	48:13 2:29	51:55 3:42	56:22 4:27	58:46 2:24	1:01:46 3:00	1:05:13 3:27
9	649	Lucía Castro Santo APA LICEO A Coruñ	1:08:01	1:07 14:36 1:08:01	18:19 3:43	22:42 4:23	24:35 1:53	27:19 2:44	38:05 10:46	43:31 5:26	46:46 3:15	49:27 2:41	56:51 7:24	1:00:00 3:09	1:01:27 1:27	1:03:32 2:05	1:06:54 3:22
10	684	Gracia Rodríguez B APA LICEO A Coruñ	1:09:10	1:22 9:03 1:09:10	13:13 4:10	17:38 4:25	19:23 1:45	22:12 2:49	31:36 9:24	34:47 3:11	47:34 12:47	52:05 4:31	56:26 4:21	59:27 3:01	1:01:31 2:04	1:03:58 2:27	1:07:48 3:50
11	161	Leticia Aller Silván GALLAECIA RAID a c	1:12:12	1:37 7:38 1:12:12	12:11 4:33	17:25 5:14	19:51 2:26	24:45 4:54	37:05 12:20	39:55 2:50	47:14 7:19	51:16 4:02	55:54 4:38	59:38 3:44	1:02:34 2:56	1:06:01 3:27	1:10:35 4:34
12	506	Elena Fernandez De A PEDROSA ORRO	1:14:22	1:37 8:55 1:14:22	14:15 5:20	20:06 5:51	22:56 2:50	27:40 4:44	40:09 12:29	44:54 4:45	48:39 3:45	51:50 3:11	56:03 4:13	1:00:53 4:50	1:03:35 2:42	1:07:23 3:48	1:12:45 5:22
13	31	Montserrat Paredes FLUVIAL LUGO Lug	1:14:40	1:17 7:50 1:14:40	11:23 3:33	16:02 4:39	18:13 2:11	20:58 2:45	28:42 7:44	30:40 1:58	35:57 5:17	55:34 19:37	1:00:19 4:45	1:03:25 3:06	1:04:55 1:30	1:10:12 5:17	1:13:23 3:11
14	407	Mamen Souto Gonz BRIGANTIA A Coruñ	1:24:15	1:00 13:01 1:24:15	17:49 4:48	22:54 5:05	26:13 3:19	30:53 4:40	42:37 11:44	45:15 2:38	47:11 1:56	1:05:32 18:21	1:10:09 4:37	1:13:22 3:13	1:14:52 1:30	1:20:16 5:24	1:23:15 2:59
15	131	Irene Fernández To ADC ARNELA Porto	1:32:11	1:21 9:01 1:32:11	13:03 4:02	18:01 4:58	20:30 2:29	24:19 3:49	44:14 19:55	1:05:51 21:37	1:07:57 2:06	1:11:26 3:29	1:15:36 4:10	1:20:05 4:29	1:21:50 1:45	1:26:43 4:53	1:30:50 4:07
16	189	Rocio García Santo GALLAECIA RAID a c	1:38:58	1:20 11:38 1:38:58	16:20 4:42	22:26 6:06	25:10 2:44	28:22 3:12	38:25 10:03	55:56 17:31	58:59 3:03	1:05:03 6:04	1:09:21 4:18	1:15:17 5:56	1:22:05 6:48	1:32:50 10:45	1:37:38 4:48

Pos	Nombre	Tempo														
Feminino 21 B (21)			3,6 km 160 m			14 C			<i>(cont.)</i>							
			1(62) Meta	2(57)	3(64)	4(77)	5(71)	6(73)	7(76)	8(48)	9(78)	10(68)	11(59)	12(77)	13(58)	14(100)
17	9 Gloria Fernández F FLUVIAL LUGO Lug	1:47:35	10:39 10:39 1:47:35 2:33	16:21 5:42	21:44 5:23	25:07 3:23	30:37 5:30	49:40 19:03	53:08 3:28	59:39 6:31	1:05:09 5:30	1:21:55 16:46	1:28:49 6:54	1:30:59 2:10	1:39:17 8:18	1:45:02 5:45
18	204 Natalia Miguez Lop GALLAECIA RAID a c	1:51:34	15:24 15:24 1:51:34 2:44	21:19 5:55	28:18 6:59 1:48:51 *100	33:17 4:59	38:27 5:10	52:52 14:25	1:01:06 8:14	1:08:36 7:30	1:17:46 9:10	1:27:32 9:46	1:33:15 5:43	1:35:02 1:47	1:43:29 8:27	1:48:50 5:21
134	Rosa Fernández De ADC ARNELA Porto	Desc.	----	----	----	----	----	----	----	----	----	----	----	----	----	----
292	Remedios Durán Pe TREVINCA O Barco	andona	10:16 10:16	21:06 10:50	26:21 5:15	28:58 2:37	32:36 3:38	----	----	----	----	----	----	----	----	----
460	Lara Álvarez Gonzál HABELAS HAINAS Vi	No sale														
Feminino 35 (12)			4,8 km 245 m			16 C										
			1(71) 15(63)	2(72) 16(100)	3(52) Meta	4(69)	5(67)	6(75)	7(49)	8(48)	9(47)	10(73)	11(78)	12(34)	13(70)	14(57)
1	35 M. José Pérez Gonz FLUVIAL LUGO Lug	1:11:55	9:06 9:06 1:05:37	10:56 1:50 1:10:34	15:20 4:24 1:11:55	22:49 7:29	29:33 6:44	31:55 2:22	35:26 3:31	40:20 4:54	44:31 4:11	46:26 1:55	50:00 3:34	53:20 3:20	55:58 2:38	59:50 3:52
2	99 Alicia Pérez Alonso AROMON Pontevedr	1:13:56	5:47 9:47 9:47 1:08:14	4:57 12:49 3:02 1:12:51	1:21 17:30 4:41 1:13:56	26:40 9:10	34:05 7:25	36:14 2:09	39:20 3:06	44:14 4:54	47:56 3:42	50:09 2:13	53:28 3:19	57:57 4:29	1:00:05 2:08	1:03:37 3:32
3	288 Eva Calvelo Vázque TREVINCA O Barco	1:14:10	10:31 10:31 1:08:00	13:02 2:31 1:13:00	19:23 6:21 1:14:10	27:19 7:56	35:51 8:32	38:08 2:17	41:05 2:57	43:33 2:28	47:26 3:53	48:37 1:11	51:21 2:44	56:13 4:52	58:27 2:14	1:02:36 4:09
4	84 Saba González Lore AROMON Pontevedr	1:20:48	5:24 10:14 10:14 1:14:10	5:00 13:12 2:58 1:19:29	1:10 16:33 3:21 1:20:48	23:18 6:45	29:06 5:48	33:35 4:29	39:21 5:46	46:01 6:40	49:58 3:57	54:43 4:45	58:40 3:57	1:02:16 3:36	1:04:45 2:29	1:08:42 3:57
5	152 Maria Santos Camb ADC ARNELA Porto	1:21:50	10:06 10:06 1:15:33 4:43	13:00 2:54 1:20:48 5:15	22:38 9:38 1:21:50 1:02	31:41 9:03	39:25 7:44	43:35 4:10	50:25 6:50	53:42 3:17	56:54 3:12	58:35 1:41	1:01:18 2:43	1:05:00 3:42	1:07:10 2:10	1:10:50 3:40
6	81 Monica Figueroa Le AROMON Pontevedr	1:23:11	10:15 10:15 1:16:08 5:54	12:07 1:52 1:22:02 5:54	18:48 6:41 1:23:11 1:09	25:10 6:22	38:59 13:49	41:12 2:13	46:18 5:06	49:45 3:27	54:19 4:34	55:53 1:34	59:08 3:15	1:02:56 3:48	1:06:05 3:09	1:10:14 4:09
7	7 Eva Corral Prado FLUVIAL LUGO Lug	1:23:49	10:41 10:41 1:17:24 5:29	12:22 1:41 1:22:44 5:20	18:15 5:53 1:23:49 1:05	28:55 10:40	36:51 7:56	40:45 3:54	44:48 4:03	47:56 3:08	52:04 4:08	54:58 2:54	1:00:06 5:08	1:05:22 5:16	1:07:51 2:29	1:11:55 4:04
8	191 Bibiana González C GALLAECIA RAID a c	1:25:30	12:29 12:29 1:15:09 6:35	14:09 1:40 1:23:53 8:44	18:47 4:38 1:25:30 1:37	26:09 7:22	32:25 6:16	39:28 7:03	44:30 5:02	47:28 2:58	51:18 3:50	52:57 1:39	56:34 3:37	1:01:20 4:46	1:03:44 2:24	1:08:34 4:50
9	536 Paloma Rayón Fern IES SABÓN Arteixo.	1:26:41	9:50 9:50 1:19:38 4:47	12:21 2:31 1:25:46 6:08	21:16 8:55 1:26:41 0:55	34:22 13:06	43:14 8:52	45:44 2:30	51:15 5:31	54:22 3:07	57:54 3:32	59:30 1:36	1:04:10 4:40	1:08:22 4:12	1:10:53 2:31	1:14:51 3:58
10	473 Paula Presa Castro HABELAS HAINAS Vi	1:28:44	11:52 11:52 1:22:24 5:21	14:16 2:24 1:27:39 5:15	23:13 8:57 1:28:44 1:05	31:19 8:06	37:17 5:58	39:51 2:34	46:46 6:55	53:49 7:03	57:11 3:22	1:00:27 3:16	1:07:28 7:01	1:10:49 3:21	1:12:57 2:08	1:17:03 4:06
11	683 Alejandra Barreiro APA LICEO A Coruñ	1:34:03	13:05 13:05 1:25:49 8:11	16:01 2:56 1:32:28 6:39	22:03 6:02 1:34:03 1:35	31:31 9:28	40:01 8:30	43:29 3:28	47:09 3:40	50:32 3:23	55:20 4:48	57:32 2:12	1:06:33 9:01	1:10:12 3:39	1:13:07 2:55	1:17:38 4:31
565	Marta Rodriguez Do SEO Ordes	No sale														
Feminino 40 (7)			4,2 km 205 m			15 C										
			1(31) 15(100)	2(60) Meta	3(72)	4(68)	5(35)	6(36)	7(76)	8(50)	9(49)	10(69)	11(34)	12(70)	13(59)	14(56)
1	190 Sonia Gómez Naya GALLAECIA RAID a c	57:09	3:23 3:23 55:58 1:38	9:37 6:14 57:09 1:11	14:51 5:14	20:50 5:59	24:17 3:27	26:48 2:31	32:01 5:13	33:45 1:44	36:00 2:15	42:50 6:50	46:01 3:11	48:03 2:02	49:27 1:24	54:20 4:53

os	rsal	Nombre	Tiempo														
Feminino 40 (7)				4,2 km 205 m			15 C			<i>(cont.)</i>							
				1(31) 15(100)	2(60) Meta	3(72)	4(68)	5(35)	6(36)	7(76)	8(50)	9(49)	10(69)	11(34)	12(70)	13(59)	14(56)
2	60	Sonia Mª Arias Lima AROMON Pontevedr	58:21	2:36 2:36 57:15 1:28	9:28 6:52 58:21 1:06	14:24	20:51	22:37	24:12	28:14	29:34	31:57	44:26	48:09	50:02	51:04	55:47
3	253	Ana Iglesias Junzal UNIVERSIDAD DE V	1:05:17	3:44 3:44 1:04:08 1:23	12:09 8:25 1:05:17 1:09	18:30	26:01	29:22	32:52	38:32	40:03	42:54	49:33	53:46	56:23	58:16	1:02:45
4	5	Mª Vanessa Ceide Vi FLUVIAL LUGO Lug	1:09:57	2:41 2:41 1:08:41 1:30	10:04 7:23 1:09:57 1:16	15:54	22:55	25:22	29:09	35:07	46:01	48:36	54:08	57:45	1:00:13	1:01:56	1:07:11
5	19	Concepción Gonzál FLUVIAL LUGO Lug	1:24:50	4:00 4:00 1:23:30 1:46	24:39 20:39 1:24:50 1:20	31:15	38:43	40:41	43:24	48:05	49:45	52:16	1:01:02	1:07:41	1:09:38	1:16:16	1:21:44
6	472	Amalia Pérez Otero HABELAS HAINAS Vi	1:29:16	3:47 3:47 1:27:17 2:22	14:02 10:15 1:29:16 1:59	21:00	32:31	36:25	40:01	46:47	49:19	54:57	1:06:06	1:12:23	1:15:05	1:17:13	1:24:55
7	398	Victoria López Perm BRIGANTÍA A Coruñ	1:36:40	4:21 4:21 1:35:25 2:15	17:28 13:07 1:36:40 1:15	29:37	39:10	43:18	45:09	49:54	53:15	1:01:36	1:17:14	1:22:29	1:25:07	1:26:37	1:33:10
Feminino 45 (11)				4,0 km 190 m			15 C										
				1(63) 15(100)	2(57) Meta	3(77)	4(70)	5(68)	6(36)	7(48)	8(50)	9(47)	10(69)	11(71)	12(72)	13(65)	14(56)
1	50	Mar Valcarcel López FLUVIAL LUGO Lug	1:09:02	9:46 9:46 1:07:43 1:39	14:06 4:20 1:09:02 1:19	18:36	23:35	27:58	32:51	35:47	38:43	41:35	46:26	55:49	57:58	1:00:57	1:06:04
2	205	Paulina Andrea Mos GALLAECIA RAID a c	1:11:24	10:24 10:24 1:10:09 1:34	14:21 3:57 1:11:24 1:15	17:47	29:28	33:22	37:02	40:35	43:37	45:59	51:04	56:30	58:02	1:00:48	1:08:35
3	249	Begoña Crespo Qui UNIVERSIDAD DE V	1:12:43	6:43 6:43 1:11:24 1:58	11:16 4:33 1:12:43 1:19	14:55	19:25	23:43	28:37	32:25	40:18	43:09	48:26	55:23	58:02	1:02:30	1:09:26
4	419	Margarita Balboa B USC Santiago de C	1:12:46	8:55 8:55 1:11:28 1:56	15:03 6:08 1:12:46 1:18	19:08	24:05	28:15	33:57	37:06	40:11	43:37	47:30	56:55	59:37	1:04:26	1:09:32
5	107	Maria Luisa Sanche AROMON Pontevedr	1:17:59	10:26 10:26 1:16:36 2:14	18:15 7:49 1:17:59 1:23	23:05	28:29	34:40	40:09	43:41	46:37	49:31	54:36	1:02:40	1:04:56	1:09:17	1:14:22
6	252	María Ángeles Garcí UNIVERSIDAD DE V	1:20:48	10:43 10:43 1:19:27 2:04	16:24 5:41 1:20:48 1:21	22:51	28:38	34:29	38:24	41:05	43:59	47:29	51:11	1:00:40	1:04:14	1:10:22	1:17:23
7	694	Mónica Fraga Pita FLUVIAL LUGO Lug	1:27:20	15:14 15:14 1:26:04 1:31	21:31 6:17 1:27:20 1:16	25:53	31:21	36:10	42:11	45:53	49:49	52:44	1:06:57	1:14:05	1:15:57	1:19:10	1:24:33
8	243	Olimpia Alvarez Cas UNIVERSIDAD DE V	1:28:43	8:43 8:43 1:26:35 2:18	14:20 5:37 1:28:43 2:08	19:34	24:30	30:13	35:52	39:35	43:05	46:36	58:29	1:07:04	1:12:22	1:17:30	1:24:17
9	148	María Del Pilar Pére ADC ARNELA Porto	1:32:24	11:09 11:09 1:31:11 1:27	16:19 5:10 1:32:24 1:13	20:23	25:48	35:04	43:28	48:03	55:22	58:03	1:03:52	1:18:14	1:20:34	1:24:22	1:29:44
10	274	Mª Isabel Saco Fern UNIVERSIDAD DE V	2:10:49	11:35 11:35 2:08:36 2:20	16:39 5:04 2:10:49 2:13	21:20	27:40	33:04	56:15	1:00:27	1:04:29	1:14:26	1:40:38	1:47:37	1:55:01	1:59:51	2:06:16
	87	Carmen Iglesias Nie AROMON Pontevedr	No sale														
Feminino 55 (5)				2,8 km 70 m			10 C										
				1(56)	2(58)	3(60)	4(64)	5(77)	6(71)	7(65)	8(62)	9(61)	10(100)	Meta			
1	461	Yolanda Díaz Rodrí HABELAS HAINAS Vi	38:06	3:28 3:28	6:06 2:38	9:50 3:44	12:26 2:36	15:19 2:53	18:46 3:27	21:26 2:40	27:38 6:12	34:07 6:29	36:19 2:12	38:06 1:47			

os	rsal	Nombre	Tiempo														
Masculino 21 A (16)				5,0 km 235 m			19 C			<i>(cont.)</i>							
				1(77) 15(33)	2(55) 16(64)	3(72) 17(66)	4(71) 18(31)	5(49) 19(100)	6(74) Meta	7(36)	8(47)	9(67)	10(75)	11(73)	12(68)	13(34)	14(70)
5	20	Leandro González FLUVIAL LUGO Lug	1:07:52	5:52 5:52 59:02 1:28	7:38 1:46 1:00:09 1:07	9:15 1:37 1:03:51 3:42	10:51 1:36 1:05:29 1:38	21:35 10:44 1:06:58 1:29	31:16 9:41 1:07:52 0:54	37:02 5:46	41:46 4:44	44:06 2:20	45:20 1:14	49:27 4:07	53:28 4:01	55:42 2:14	57:34 1:52
6	287	Marcos Alvarez Gon TREVINCA O Barco	1:11:16	9:18 9:18 59:39 1:10	10:55 1:37 1:03:54 4:15	13:28 2:33 1:07:24 3:30	14:30 1:02 1:09:04 1:40	30:00 15:30 1:10:23 1:19	34:05 4:05 1:11:16 0:53	42:04 7:59	46:34 4:30	48:24 1:50	49:32 1:08	53:07 3:35	55:05 1:58	56:56 1:51	58:29 1:33
7	403	Rodrigo Rodriguez BRIGANTIA A Coruñ	1:14:36	6:11 6:11 1:04:23 1:09	7:51 1:40 1:06:17 1:54	9:59 2:08 1:10:24 4:07	11:38 1:39 1:12:16 1:52	20:33 8:55 1:13:45 1:29	32:04 11:31 1:14:36 0:51	35:58 3:54	40:44 4:46	50:01 9:17	52:53 2:52	56:43 3:50	59:18 2:35	1:01:04 1:46	1:03:14 2:10
8	664	Diego Tejo García APA LICEO A Coruñ	1:16:48	5:19 5:19 1:07:49 2:03	7:13 1:54 1:09:46 1:57	9:16 2:03 1:13:08 3:22	10:50 1:34 1:14:42 1:34	22:01 11:11 1:15:56 1:14	42:14 20:13 1:16:48 0:52	45:09 2:55	49:31 4:22	52:07 2:36	54:06 1:59	58:41 4:35	1:01:45 3:04	1:04:13 2:28	1:05:46 1:33
9	640	Alejandro Argudín V BUDIÑORAID O Por	1:19:24	7:48 7:48 1:08:19 0:54	9:34 1:46 1:10:23 2:04	16:34 7:00 1:14:05 3:42	18:15 1:41 1:16:26 2:21	30:17 12:02 1:18:21 1:55	35:53 5:36 1:19:24 1:03	41:51 5:58	47:04 5:13	53:03 5:59	55:36 2:33	59:52 4:16	1:02:42 2:50	1:05:31 2:49	1:07:25 1:54
10	121	Juan Arufe Santama ADC ARNELA Porto	1:23:09	5:52 5:52 1:11:46 1:02	7:38 1:46 1:15:48 4:02	10:05 2:27 1:19:26 3:38	11:35 1:30 1:21:07 1:41	30:34 18:59 1:22:25 1:18	40:32 9:58 1:23:09 0:44	44:47 4:15	49:11 4:24	56:59 7:48	1:00:17 3:18	1:04:11 3:54	1:07:01 2:50	1:08:54 1:53	1:10:44 1:50
11	112	Francisco Varela Va AROMON Pontevedr	1:37:15	6:21 6:21 1:25:28 2:19	8:27 2:06 1:26:49 1:21	12:39 4:12 1:31:15 4:26	14:33 1:54 1:34:01 2:46	39:45 25:12 1:36:06 2:05	45:49 6:04 1:37:15 1:09	55:36 9:47	1:03:02 7:26	1:05:56 2:54	1:08:52 2:56	1:13:33 4:41	1:18:03 4:30	1:20:52 2:49	1:23:09 2:17
12		Iván Ramos Abelair S/C	1:49:37	6:58 6:58 1:37:18 6:27	9:29 2:31 1:38:39 1:21	17:00 7:31 1:43:04 4:25	18:06 1:06 1:46:23 3:19	27:46 9:40 1:48:34 2:11	52:46 25:00 1:49:37 1:03	56:14 3:28	1:02:34 6:20	1:05:33 2:59	1:07:42 2:09	1:20:29 12:47	1:26:08 5:39	1:28:41 2:33	1:30:51 2:10
13	211	Iván Noguerol Diz GALLAECIA RAID a c	1:53:53	6:07 6:07 1:39:51 2:10	8:17 2:10 1:41:59 6:35	12:59 4:42 1:48:34 6:35	16:03 3:04 1:51:16 2:42	39:46 16:12 1:53:00 1:44	55:58 16:12 1:53:53 0:53	1:02:32 6:34	1:11:26 8:54	1:15:43 4:17	1:19:43 4:00	1:26:49 7:06	1:32:04 5:15	1:35:24 3:20	1:37:41 2:17
14	390	Javier González Ro BRIGANTIA A Coruñ	1:56:55	7:00 7:00 1:12:35 1:36	9:22 2:22 1:14:11 1:36	20:05 10:43 1:19:22 5:11	21:18 1:13 1:21:53 2:31	34:45 13:27 1:23:53 2:00	37:46 3:01 1:56:55 33:02	42:07 4:21	49:03 6:56	52:31 3:28	55:36 3:05	1:01:37 6:01	1:06:17 4:40	1:09:02 2:45	1:10:59 1:57
	391	Santiago González BRIGANTIA A Coruñ	en tarj.	12:08 12:08 1:30:35 2:28	16:02 3:54 1:32:43 2:08	21:04 5:02 1:42:53 10:10	23:12 2:08 ----- 5:15	1:07:47 44:35 1:48:08 2:46	----- ----- 1:50:54 2:46	----- 1:17:20 9:33 -----	----- ----- ----- -----	----- ----- 1:19:19 1:59 -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	1:28:07 8:48 ----- -----
	145	Gelasio Oujo Pouso ADC ARNELA Porto	No sale														
Masculino 21 B (20)				4,0 km 190 m			15 C										
				1(63) 15(100)	2(57) Meta	3(77)	4(70)	5(68)	6(36)	7(48)	8(50)	9(47)	10(69)	11(71)	12(72)	13(65)	14(56)
1	647	Salvador Alvarez Fe TREVINCA O Barco	47:33	5:36 5:36 46:33 1:40	9:37 4:01 47:33 1:00	12:39 3:02	15:03 2:24	18:37 3:34	23:46 5:09	25:50 2:04	27:35 1:45	29:59 2:24	34:09 4:10	37:57 3:48	39:00 1:03	41:08 2:08	44:53 3:45
2	128	Manuel Estevez Per ADC ARNELA Porto	49:11	4:39 4:39 48:12 1:48	7:40 3:01 49:11 0:59	10:33 2:53	13:34 3:01	17:04 3:30	19:33 2:29	21:47 2:14	23:35 1:48	26:41 3:06	34:26 7:45	38:53 4:27	40:21 1:28	42:32 2:11	46:24 3:52
3	307	Lisardo Vazquez Fe TREVINCA O Barco	59:44	4:55 4:55 58:36 1:33	8:08 3:13 59:44 1:08	11:09 3:01	13:51 2:42	18:50 4:59	21:27 2:37	23:55 2:28	25:20 1:25	37:02 11:42	46:21 9:19	49:56 3:35	50:55 0:59	52:49 1:54	57:03 4:14
4	36	Bruno Portela López FLUVIAL LUGO Lug	1:00:17	5:46 5:46 59:20 1:17	10:05 4:19 1:00:17 0:57	13:35 3:30	17:10 3:35	21:29 4:19	25:43 4:14	28:20 2:37	35:04 6:44	37:18 2:14	45:12 7:54	50:08 4:56	51:25 1:17	53:34 2:09	58:03 4:29
5	61	Pablo Barreiro Fern AROMON Pontevedr	1:02:50	7:24 7:24 1:02:02 1:42	10:46 3:22 1:02:50 0:48	13:28 2:42	17:22 3:54	30:26 13:04	33:26 3:00	35:55 2:29	39:39 3:44	41:26 1:47	48:02 6:36	52:35 4:33	53:50 1:15	56:34 2:44	1:00:20 3:46
6	168	Julio Vicente Bermú GALLAECIA RAID a c	1:06:11	6:54 6:54 1:05:16 1:40	10:29 3:35 1:06:11 0:55	13:19 2:50	15:56 2:37	19:26 3:30	25:19 5:53	30:10 4:51	42:33 12:23	45:27 2:54	50:06 4:39	55:50 5:44	56:58 1:08	59:43 2:45	1:03:36 3:53

os	rsal	Nombre	Tiempo																		
Masculino 21 B (20)				4,0 km 190 m		15 C		<i>(cont.)</i>													
				1(63) 15(100)	2(57) Meta	3(77)	4(70)	5(68)	6(36)	7(48)	8(50)	9(47)	10(69)	11(71)	12(72)	13(65)	14(56)				
7	372	Alberto M. Caldas M BRIGANTIA A Coruñ	1:07:04	6:37 6:37 1:05:40 1:48	10:53 4:16 1:07:04 1:24	15:12 4:19	18:42 3:30	24:11 5:29	30:36 6:25	34:16 3:40	38:16 4:00	40:35 2:19	45:53 5:18	52:00 6:07	54:32 2:32	58:58 4:26	1:03:52 4:54				
8	492	Carlos Iglesias Muñ ROBALIZA Cambre	1:08:17	6:36 6:36 1:07:22 1:44	11:03 4:27 1:08:17 0:55	15:47 4:44	19:27 3:40	24:21 4:54	31:21 7:00	34:44 3:23	39:57 5:13	42:53 2:56	47:20 4:27	55:01 7:41	56:29 1:28	1:00:09 3:40	1:05:38 5:29				
9	440	Eduardo David Cob MONTAÑA FERROL	1:09:55	6:22 6:22 1:08:53 1:17	11:57 5:35 1:09:55 1:02	15:40 3:43	23:14 7:34	27:52 4:38	31:11 3:19	33:58 2:47	37:33 3:35	39:31 1:58	47:37 8:06	54:57 7:20	58:50 3:53	1:02:07 3:17	1:07:36 5:29				
10	1	Angel Algora Aizpur FLUVIAL LUGO Lug	1:10:17	11:04 11:04 1:09:28 1:06	14:24 3:20 1:10:17 0:49	17:30 3:06	23:31 6:01	28:23 4:52	31:45 3:22	36:01 4:16	45:28 9:27	47:44 2:16	52:07 4:23	58:02 5:55	59:49 1:47	1:04:34 4:45	1:08:22 3:48				
11	635	Ricardo Masián Bes GALLAECIA RAID a c	1:17:40	6:36 6:36 1:16:40 1:16	11:19 4:43 1:17:40 1:00	15:47 4:28	25:28 9:41	31:31 6:03	36:07 4:36	38:29 2:22	47:10 8:41	49:47 2:37	57:43 7:56	1:03:14 5:31	1:04:58 1:44	1:08:23 3:25	1:15:24 7:01				
12	467	Juan Sebastián Gri HABELAS HAINAS Vi	1:25:14	8:10 8:10 1:24:05 1:25	13:40 5:30 1:25:14 1:09	18:00 4:20	28:40 10:40	33:11 4:31	37:05 3:54	39:57 2:52	43:48 3:51	46:36 2:48	59:53 13:17	1:07:26 7:33	1:14:16 6:50	1:17:17 3:01	1:22:40 5:23				
13	443	Hector Fraga Ares MONTAÑA FERROL	1:26:46	28:54 28:54 1:25:50 1:25	33:06 4:12 1:26:46 0:56	36:22 3:16	41:08 4:46	45:58 4:50	53:22 7:24	55:48 2:26	58:38 2:50	1:00:41 2:03	1:05:01 4:20	1:12:00 6:59	1:13:12 1:12	1:16:08 2:56	1:24:25 8:17				
14	668	Jaime López Allegu MONTAÑA FERROL	1:35:42	6:13 6:13 1:34:11 1:17	9:52 3:39 1:35:42 1:31	13:27 3:35	17:54 4:27	48:50 30:56	52:42 3:52	56:04 3:22	1:00:06 4:02	1:02:39 2:33	1:20:24 17:45	1:24:28 4:04	1:26:15 1:47	1:28:39 2:24	1:32:54 4:15				
15	658	Juan Ramon Soutul VIZHOJA-CORNELI	1:35:50	19:09 19:09 1:34:30 2:49	23:03 3:54 1:35:50 1:20	26:28 3:25	31:54 5:26	37:30 5:36	54:39 17:09	57:42 3:03	1:05:30 7:48	1:08:00 2:30	1:16:04 8:04	1:21:53 5:49	1:24:08 2:15	1:27:07 2:59	1:31:41 4:34				
	290	Alberto Camba Rod TREVINCA O Barco	en tarj.	8:05 8:05 1:16:14 1:17	13:27 5:22 1:17:28 1:14	16:58 3:31	21:38 4:40	25:54 4:16	29:47 3:53	33:41 3:54	42:35 8:54	45:42 3:07	51:53 6:11	----- 1:02:08	1:08:52 6:44	1:14:57 6:05					
	295	Miguel Angel Limer TREVINCA O Barco	No sale																		
	566	David Vázquez Pen SEO Ordes	No sale																		
	466	Diego Gonzalez Alo HABELAS HAINAS Vi	No sale																		
	650	Daniel Rodríguez P APA LICEO A Coruñ	No sale																		
Masculino 35 (21)				5,1 km 255 m		15 C															
				1(71) 15(100)	2(72) Meta	3(55)	4(77)	5(49)	6(74)	7(36)	8(47)	9(67)	10(75)	11(51)	12(34)	13(33)	14(31)				
1	418	Marcos Vinagre Rey BRIGANTIA A Coruñ	53:58	6:38 6:38 52:36 1:22	7:56 1:18 53:58 1:22	10:00 2:04	11:29 1:29	20:21 8:52	22:13 1:52	26:51 4:38	31:07 4:16	33:51 2:44	35:08 1:17	39:23 4:15	42:27 3:04	44:32 2:05	51:14 6:42				
2	105	Alfonso Rosado Fra AROMON Pontevedr	1:01:04	7:35 7:35 1:00:11 2:23	9:25 1:50 1:01:04 0:53	10:53 1:28	12:27 1:34	19:43 7:16	23:08 3:25	29:04 5:56	34:26 5:22	36:30 2:04	37:53 1:23	44:12 6:19	46:54 2:42	50:56 4:02	57:48 6:52				
3	26	Javier Liz Díaz FLUVIAL LUGO Lug	1:02:19	6:46 6:46 1:01:30 1:32	8:02 1:16 1:02:19 0:49	9:11 1:09	10:37 1:26	20:16 9:39	29:03 8:47	32:41 3:38	38:18 5:37	40:09 1:51	41:24 1:15	47:13 5:49	50:12 2:59	53:23 3:11	59:58 6:35				
4	91	Alex Marín AROMON Pontevedr	1:02:33	7:34 7:34 1:01:37 1:14	8:44 1:10 1:02:33 0:56	9:43 0:59	11:22 1:39	18:49 7:27	28:00 9:11	31:57 3:57	36:40 4:43	38:34 1:54	39:38 1:04	48:43 9:05	52:08 3:25	53:56 1:48	1:00:23 6:27				
5	192	Eduardo Santiago GALLAECIA RAID a c	1:02:52	7:26 7:26 1:02:11 1:21	8:49 1:23 1:02:52 0:41	10:35 1:46	11:59 1:24	21:06 9:07	24:28 3:22	28:02 3:34	32:00 3:58	34:02 2:02	37:30 3:28	45:07 7:37	50:51 5:44	54:19 3:28	1:00:50 6:31				
6	479	Roberto Feijoo Can LIMIACTIVA Xínzo d	1:10:10	8:41 8:41 1:08:56 1:42	9:57 1:16 1:10:10 1:14	11:19 1:22	13:20 2:01	23:10 9:50	30:01 6:51	33:07 3:06	37:18 4:11	40:29 3:11	43:58 3:29	52:56 8:58	56:41 3:45	1:00:47 4:06	1:07:14 6:27				

os	rsal	Nombre	Tiempo																		
Masculino 35 (21)				5,1 km 255 m		15 C		<i>(cont.)</i>													
				1(71) 15(100)	2(72) Meta	3(55)	4(77)	5(49)	6(74)	7(36)	8(47)	9(67)	10(75)	11(51)	12(34)	13(33)	14(31)				
7	663	Alfonso Navia Álvar APA LICEO A Coruña	1:14:01	8:24 8:24 1:13:06	10:11 1:47 1:14:01	12:39 2:28	15:34 2:55	23:19 7:45	28:38 5:19	32:12 3:34	37:30 5:18	40:50 3:20	43:16 2:26	53:22 10:06	58:19 4:57	1:01:58 3:39	1:11:34 9:36				
8	261	Vicente Pastoriza S UNIVERSIDAD DE V	1:16:21	7:18 1:15:09	8:36 1:18 1:16:21	9:31 0:55	10:58 1:27	32:06 21:08	36:13 4:07	40:03 3:50	46:33 6:30	49:29 2:56	50:58 1:29	59:16 8:18	1:02:47 3:31	1:05:02 2:15	1:13:10 8:08				
9	214	Juan Patiño Varela GALLAECIA RAID a c	1:20:11	7:08 1:19:09	8:30 1:22 1:20:11	10:34 2:04	12:06 1:32	25:32 13:26	33:17 7:45	36:30 3:13	46:13 9:43	48:48 2:35	51:17 2:29	1:01:31 10:14	1:06:35 5:04	1:09:51 3:16	1:17:26 7:35				
10	127	Fernando Dosil Bo ADC ARNELA Porto	1:22:04	10:36 10:36 1:21:15	11:56 1:20 1:22:04	14:07 2:11	16:52 2:45	24:49 7:57	44:06 19:17	48:02 3:56	53:29 5:27	56:04 2:35	58:22 2:18	1:06:22 8:00	1:10:27 4:05	1:12:34 2:07	1:19:41 7:07				
11	670	Juan Antonio Rodri HABELAS HAINAS Vi	1:25:12	7:29 7:29 1:24:18	9:38 2:09 1:25:12	12:31 2:53	14:16 1:45	22:06 7:50	30:24 8:18	41:10 10:46	46:25 5:15	49:51 3:26	54:31 4:40	1:08:44 14:13	1:12:36 3:52	1:16:04 3:28	1:22:24 6:20				
12	233	Iván Somoza Argiba GALLAECIA RAID a c	1:25:32	7:16 7:16 1:24:40	8:38 1:22 1:25:32	10:01 1:23	14:04 4:03	21:58 7:54	41:58 20:00	45:37 3:39	50:53 5:16	53:10 2:17	55:39 2:29	1:10:16 14:37	1:14:27 4:11	1:16:36 2:09	1:23:12 6:36				
13	263	Martín Pazó Pazó UNIVERSIDAD DE V	1:26:46	8:43 8:43 1:25:52	10:42 1:59 1:26:46	12:55 2:13	15:17 2:22	32:08 16:51	38:27 6:19	42:31 4:04	46:59 4:28	50:37 3:38	52:10 1:33	1:09:20 17:10	1:13:41 4:21	1:16:20 2:39	1:24:07 7:47				
14	627	Francisco Martín R AROMON Pontevedr	1:31:13	9:57 9:57 1:30:09	11:18 1:21 1:31:13	12:57 1:39	15:44 2:47	39:29 23:45	48:15 8:46	53:39 5:24	1:00:50 7:11	1:03:18 2:28	1:04:34 1:16	1:11:29 6:55	1:14:47 3:18	1:18:45 3:58	1:28:26 9:41				
15	341	Neil Chase ARTABROS A Coruña	1:39:53	8:05 8:05 1:38:44	9:54 1:49 1:39:53	11:34 1:40	13:16 1:42	23:57 10:41	36:01 12:04	46:25 10:24	53:18 6:53	57:16 3:58	59:55 2:39	1:14:24 14:29	1:19:31 5:07	1:23:12 3:41	1:36:01 12:49				
16	118	Roberto Verde Lare AROMON Pontevedr	1:43:22	10:52 10:52 1:42:20	12:24 1:32 1:43:22	15:19 2:55	17:03 1:44	25:38 8:35	59:50 34:12	1:05:28 5:38	1:12:10 6:42	1:15:29 3:19	1:17:08 1:39	1:25:26 8:18	1:29:18 3:52	1:32:25 3:07	1:40:24 7:59				
	174	Roberto Chas Góme GALLAECIA RAID a c	en tarj.	6:50 6:50 1:18:11	8:00 1:10 1:19:30	9:39 1:39	11:41 2:02	18:41 7:00	20:52 2:11	38:08 17:16	43:09 5:01	50:57 7:48	54:50 3:53	----- -----	----- -----	1:09:59 15:09	----- -----				
	89	Francisco Iglesias AROMON Pontevedr	en tarj.	12:22 12:22 -----	14:41 2:19 -----	22:47 8:06	25:04 2:17	32:45 7:41	52:28 19:43	58:30 6:02	1:05:16 6:46	1:08:51 3:35	1:11:34 2:43	1:20:28 8:54	----- -----	----- -----	----- -----				
	614	Ruben Guarin Pere JARNACHAS Arteixo	andona	7:07 7:07 -----	8:41 1:34 -----	16:59 8:18	18:39 1:40	33:24 14:45	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
	476	Emilio Ruiz Lago HABELAS HAINAS Vi	andona	----- ----- -----	----- ----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
	612	Daniel Feijoo Pallei JARNACHAS Arteixo	No sale	----- ----- -----	----- ----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
Masculino 40 (26)				4,7 km 235 m		18 C															
				1(77) 15(70)	2(72) 16(57)	3(69) 17(63)	4(76) 18(100)	5(47) Meta	6(73)	7(48)	8(49)	9(75)	10(67)	11(47)	12(76)	13(68)	14(34)				
1	491	Miguel Camblor Qui ROBALIZA Cambre	48:58	5:41 5:41 35:26	10:30 4:49 40:27	15:00 4:30 44:27	17:22 2:22 48:10	18:22 1:00 48:58	19:26 1:04	20:59 1:33	22:20 1:21	24:11 1:51	25:46 1:35	28:04 2:18	28:49 0:45	30:55 2:06	33:39 2:44				
2	535	Luis Javier Ramos IES SABÓN Arteixo.	51:12	1:47 6:46 40:26	5:01 3:14 43:24	4:00 6:39 46:56	3:43 2:50 50:26	0:48 0:54 51:12	21:24 1:01	24:26 3:02	26:52 2:26	29:00 2:08	30:58 1:58	33:10 2:12	33:44 0:34	36:21 2:37	38:49 2:28				
3	556	Javier Rodríguez M BUDIÑORAID O Por	52:23	1:37 7:16 39:58	2:58 3:20 43:02	3:32 5:28 47:01	3:30 3:03 51:30	0:46 0:58 52:23	21:24 1:19	24:48 3:24	27:16 2:28	29:15 1:59	31:18 2:03	33:14 1:56	34:00 0:46	36:09 2:09	38:16 2:07				

os	rsal	Nombre	Tiempo														
Masculino 40 (26)				4,7 km 235 m					18 C					<i>(cont.)</i>			
				1(77) 15(70)	2(72) 16(57)	3(69) 17(63)	4(76) 18(100)	5(47) Meta	6(73)	7(48)	8(49)	9(75)	10(67)	11(47)	12(76)	13(68)	14(34)
4	315	Julio Cañas Lara APA LICEO A Coruña	53:48	5:55 5:55 41:54 1:17	11:05 5:10 44:39 2:45	16:27 5:22 48:38 3:59	18:58 2:31 52:51 4:13	20:11 1:13 53:48 0:57	21:22 1:11	24:11 2:49	27:11 3:00	29:21 2:10	31:58 2:37	34:34 2:36	35:26 0:52	38:28 3:02	40:37 2:09
5	25	Francisco J Lamas FLUVIAL LUGO Lug	56:16	5:52 44:38 1:39	8:50 2:58 47:16 2:38	14:12 5:22 51:13 3:57	17:07 2:55 55:24 4:11	19:02 1:55 56:16 0:52	24:47 5:45	30:00 5:13	31:42 1:42	33:49 2:07	35:41 1:52	38:22 2:41	39:09 0:47	41:19 2:10	42:59 1:40
6	62	Manuel Beloso Garc AROMON Pontevedr	56:33	6:13 6:13 43:28 1:34	9:10 2:57 46:46 3:18	14:23 5:13 50:49 4:03	17:07 2:44 55:36 4:47	19:09 2:02 56:33 0:57	20:41 1:32	22:52 2:11	25:57 3:05	31:10 5:13	32:54 1:44	35:18 2:24	36:12 0:54	38:57 2:45	41:54 2:57
7	454	Andres Rodríguez MONTAÑA FERROL	56:55	5:37 5:37 44:17 1:33	8:42 3:05 47:33 3:16	14:24 5:42 51:13 3:40	17:36 3:12 56:03 4:50	18:52 1:16 56:55 0:52	20:56 2:04	27:47 6:51	29:49 2:02	31:58 2:09	34:56 2:58	36:56 2:00	37:37 0:41	40:24 2:47	42:44 2:20
8	180	Andres Dopico Pen GALLAECIA RAID a c	57:20	5:52 5:52 44:42 1:30	9:06 3:14 48:12 3:30	17:13 8:07 52:11 3:59	19:40 2:27 56:23 4:12	21:02 1:22 57:20 0:57	22:05 1:03	24:13 2:08	28:34 4:21	30:51 2:17	32:57 2:06	36:34 3:37	37:42 1:08	41:11 3:29	43:12 2:01
9	141	Santiago Amador O ADC ARNELA Porto	1:00:21	6:03 6:03 48:00 1:40	9:35 3:32 51:05 3:05	15:11 5:36 55:03 3:58	27:30 12:19 59:30 4:27	28:28 0:58 1:00:21 0:51	29:26 0:58	32:29 3:03	35:32 3:03	37:08 1:36	39:07 1:59	41:02 1:55	41:47 0:45	44:22 2:35	46:20 1:58
10	10	Carlos Fernández M FLUVIAL LUGO Lug	1:01:47	6:03 6:03 47:52 1:46	9:01 2:58 51:11 3:19	20:33 11:32 56:15 5:04	23:32 2:59 1:00:44 4:29	24:39 1:07 1:01:47 1:03	26:39 2:00	29:36 2:57	32:02 2:26	34:40 2:38	37:44 3:04	40:24 2:40	41:16 0:52	43:58 2:42	46:06 2:08
11	437	Diego Bouza Padin MONTAÑA FERROL	1:02:56	5:41 5:41 51:55 1:41	12:44 7:03 54:49 2:54	24:15 11:31 58:26 3:37	27:37 3:22 1:02:09 3:43	30:06 2:29 1:02:56 0:47	30:47 0:41	34:37 3:50	35:54 1:17	37:53 1:59	39:50 1:57	42:19 2:29	43:11 0:52	47:14 4:03	50:14 3:00
12	34	Eladio Parga Ures FLUVIAL LUGO Lug	1:06:31	10:49 10:49 51:46 9:34	14:25 3:36 57:02 5:16	18:50 4:25 1:01:19 4:17	21:41 2:51 1:05:39 4:20	22:38 0:57 1:06:31 0:52	26:40 4:02	29:20 2:40	30:59 1:39	32:31 1:32	34:34 2:03	36:46 2:12	37:39 0:53	40:14 2:35	42:12 1:58
13	488	Javier Bandin Mare ROBALIZA Cambre	1:06:45	6:32 6:32 52:00 1:35	10:49 4:17 55:18 3:18	17:31 6:42 1:00:33 5:15	20:15 2:44 1:05:48 5:15	21:15 1:00 1:06:45 0:57	26:49 5:34	34:50 8:01	36:51 2:01	39:45 2:54	41:56 2:11	44:37 2:41	45:33 0:56	48:21 2:48	50:25 2:04
14	475	Eladio Rodríguez P HABELAS HAINAS Vi	1:07:00	5:53 5:53 53:05 2:44	8:48 2:55 56:22 3:17	14:22 5:34 1:00:57 4:35	17:06 2:44 1:06:16 5:19	18:06 1:00 1:07:00 0:44	24:44 6:38	29:09 4:25	37:36 8:27	40:53 3:17	42:55 2:02	45:13 2:18	45:59 0:46	48:17 2:18	50:21 2:04
15	319	José Antonio Castri APA LICEO A Coruña	1:09:09	6:06 6:06 51:46 2:17	11:46 5:40 55:18 3:32	23:15 11:29 1:01:08 5:50	26:22 3:07 1:07:54 6:46	27:59 1:37 1:09:09 1:15	29:09 1:10	31:20 2:11	34:01 2:41	36:52 2:51	39:38 2:46	43:07 3:29	44:08 1:01	47:20 3:12	49:29 2:09
16	268	Jorge Pérez Juste UNIVERSIDAD DE V	1:10:46	6:27 6:27 56:43 2:45	10:21 3:54 1:00:10 3:27	16:41 6:20 1:04:49 4:39	21:38 4:57 1:09:48 4:59	23:01 1:23 1:10:46 0:58	26:16 3:15	31:16 5:00	37:23 6:07	40:43 3:20	43:52 3:09	46:43 2:51	48:00 1:17	51:15 3:15	53:58 2:43
17	221	Daniel Rioboo Iglés GALLAECIA RAID a c	1:13:59	10:58 10:58 59:33 3:37	14:21 3:23 1:03:14 3:41	25:17 10:56 1:08:06 4:52	29:43 4:26 1:13:05 4:59	31:35 1:52 1:13:59 0:54	33:06 1:31	35:17 2:11	37:51 2:34	41:09 3:18	46:12 5:03	48:57 2:45	49:33 0:36	53:12 3:39	55:56 2:44
18	462	Victor Gabriel Fern HABELAS HAINAS Vi	1:21:37	7:04 7:04 1:04:52 1:51	11:37 4:33 1:10:18 5:26	28:19 16:42 1:15:12 4:54	32:12 3:53 1:20:37 5:25	33:29 1:17 1:21:37 1:00	35:31 2:02	38:48 3:17	43:32 4:44	47:30 3:58	51:36 4:06	54:22 2:46	55:23 1:01	59:53 4:30	1:03:01 3:08
19	631	Francisco Javier Ca GALLAECIA RAID a c	1:24:21	7:07 7:07 1:09:43 2:08	10:30 3:23 1:13:40 3:57	16:02 5:32 1:18:24 4:44	18:58 2:56 1:23:16 4:52	20:37 1:39 1:24:21 1:05	23:25 2:48	27:10 3:45	29:45 2:35	32:58 3:13	55:44 22:46	1:00:58 5:14	1:01:56 0:58	1:04:51 2:55	1:07:35 2:44
20	85	Juan Eugenio Gutiérrez AROMON Pontevedr	1:29:50	8:10 8:10 1:12:39 2:32	12:49 4:39 1:16:36 3:57	22:56 10:07 1:23:53 7:17	26:23 3:27 1:28:47 4:54	27:23 1:00 1:29:50 1:03	29:06 1:43	41:08 12:02	44:02 2:54	47:36 3:34	56:46 9:10	1:01:23 4:37	1:03:27 2:04	1:07:10 3:43	1:10:07 2:57
21	4	José Manuel Caama FLUVIAL LUGO Lug	1:32:16	22:43 22:43 1:13:32 1:35	26:32 3:49 1:17:54 4:22	31:54 5:22 1:25:05 7:11	38:26 6:32 1:31:15 6:10	39:30 1:04 1:32:16 1:01	40:56 1:26	43:11 2:15	45:12 2:01	47:29 2:17	56:31 9:02	1:00:17 3:46	1:01:36 1:19	1:08:20 6:44	1:11:57 3:37
	74	Antonio Dominguez AROMON Pontevedr	en tarj.	4:50 4:50 37:24 1:09	9:07 4:17 40:28 3:04	15:06 5:59 43:53 3:25	17:24 2:18 47:36 3:43	18:25 1:01 48:34 0:58	19:25 1:00	21:14 1:49	-----	26:25 5:11	27:48 1:23	31:32 3:44	32:20 0:48	34:23 2:03	36:15 1:52

os	rsal	Nombre	Tiempo															
Masculino 40 (26)				4,7 km 235 m			18 C		<i>(cont.)</i>									
				1(77) 15(70)	2(72) 16(57)	3(69) 17(63)	4(76) 18(100)	5(47) Meta	6(73)	7(48)	8(49)	9(75)	10(67)	11(47)	12(76)	13(68)	14(34)	
629		Emilio Pérez Varela AROMON Pontevedr	en tarj.	6:22 6:22 44:52 2:15	9:23 3:01 48:12 3:20	17:29 8:06 53:02 4:50	20:45 3:16 57:09 4:07	23:44 2:59 58:00 0:51	----	25:50 2:06	27:44 1:54	29:50 2:06	32:53 3:03	35:23 2:30	36:11 0:48	39:05 2:54	42:37 3:32	
532		Arturo Antón Casad IES SABÓN Arteixo.	en tarj.	6:05 6:05 51:31 2:07	9:16 3:11 55:01 3:30	16:21 7:05 59:26 4:25	19:15 2:54 1:04:46 5:20	21:12 1:57 1:05:41 0:55	22:44 1:32	28:20 5:36	31:32 3:12	----	38:03 6:31	40:54 2:51	41:56 1:02	46:59 5:03	49:24 2:25	
291		Francisco José Ca TREVINCA O Barco	en tarj.	7:53 7:53 53:49 2:26	12:04 4:11 57:51 4:02	18:29 6:25 1:03:10 5:19	21:49 3:20 1:08:34 5:24	22:54 1:05 1:09:48 1:14	25:29 2:35	33:50 8:21	36:35 2:45	39:24 2:49	----	43:49 4:25	45:00 1:11	48:12 3:12	51:23 3:11	
198		Francisco López Ro GALLAECIA RAID a c	No sale															
Masculino 45 (32)				4,8 km 245 m			16 C											
				1(71) 15(63)	2(72) 16(100)	3(52) Meta	4(69)	5(67)	6(75)	7(49)	8(48)	9(47)	10(73)	11(78)	12(34)	13(70)	14(57)	
1	53	Francisco Varela Lo FLUVIAL LUGO Lug	46:43	7:36 7:36 41:49 3:37	8:40 1:04 45:47 3:58	11:02 2:22 46:43 0:56	14:41 3:39	18:58 4:17	21:24 2:26	24:08 2:44	25:37 1:29	28:34 2:57	29:33 0:59	31:25 1:52	33:58 2:33	35:11 1:13	38:12 3:01	
2	149	M. Antonio Piñeiro ADC ARNELA Porto	53:20	7:18 7:18 48:12 3:34	8:31 1:13 52:23 4:11	10:53 2:22 53:20 0:57	14:51 3:58	21:54 7:03	23:21 1:27	25:03 1:42	26:58 1:55	30:26 3:28	31:38 1:12	37:18 5:40	40:09 2:51	41:50 1:41	44:38 2:48	
3	14	José Manuel Fernán FLUVIAL LUGO Lug	54:44	8:05 8:05 49:26 3:54	10:42 2:37 53:47 4:21	13:09 2:27 54:44 0:57	17:10 4:01	21:49 4:39	23:28 1:39	27:01 3:33	29:29 2:28	32:08 2:39	33:32 1:24	36:46 3:14	40:30 3:44	42:13 1:43	45:32 3:19	
4	392	Rodrigo González BRIGANTIA A Coruñ	56:35	8:34 8:34 51:51 3:37	9:52 1:18 55:50 3:59	13:24 3:32 56:35 0:45	19:44 6:20	24:26 4:42	26:03 1:37	30:20 4:17	33:53 3:33	36:47 2:54	38:44 1:57	41:13 2:29	43:56 2:43	45:13 1:17	48:14 3:01	
5	42	Eugenio A. Rodrígu FLUVIAL LUGO Lug	57:47	8:00 8:00 51:40 4:02	9:36 1:36 56:46 5:06	12:07 2:31 57:47 1:01	16:32 4:25	22:25 5:53	26:13 3:48	28:10 1:57	30:02 1:52	32:44 2:42	36:34 3:50	39:50 3:16	43:03 3:13	44:28 1:25	47:38 3:10	
6	100	José Antonio Ricoy AROMON Pontevedr	58:37	8:59 8:59 51:51 5:16	10:12 1:13 57:27 5:36	13:30 3:18 58:37 1:10	17:43 4:13	22:52 5:09	24:24 1:32	26:10 1:46	31:07 4:57	34:58 3:51	36:15 1:17	38:41 2:26	41:32 2:51	43:04 1:32	46:35 3:31	
7	348	Antonio Gómez Ram ARTABROS A Coruñ	58:55	8:00 8:00 52:58 4:48	9:25 1:25 57:55 4:57	13:09 3:44 58:55 1:00	18:28 5:19	23:13 4:45	25:07 1:54	27:23 2:16	29:51 2:28	33:07 3:16	34:46 1:39	37:34 2:48	40:38 3:04	44:09 3:31	48:10 4:01	
8	164	Enrique Luis Álvare GALLAECIA RAID a c	59:43	6:53 6:53 54:07 5:22	8:02 1:09 58:46 4:39	10:43 2:41 59:43 0:57	18:32 7:49	23:34 5:02	25:52 2:18	31:47 5:55	34:25 2:38	37:15 2:50	38:31 1:16	40:41 2:10	43:39 2:58	45:32 1:53	48:45 3:13	
9	264	Patricio Peláez Mén UNIVERSIDAD DE V	1:08:07	9:21 9:21 1:01:51 4:33	11:28 2:07 1:06:53 5:02	15:10 3:42 1:08:07 1:14	20:27 5:17	26:46 6:19	28:56 2:10	37:56 9:00	40:05 2:09	43:40 3:35	45:12 1:32	47:54 2:42	51:12 3:18	53:34 2:22	57:18 3:44	
10	385	José Antonio Gil Dí BRIGANTIA A Coruñ	1:08:51	8:27 8:27 1:02:33 6:31	10:54 2:27 1:07:45 5:12	15:44 4:50 1:08:51 1:06	23:14 7:30	29:08 5:54	31:30 2:22	34:44 3:14	37:42 2:58	41:23 3:41	42:53 1:30	46:05 3:12	49:52 3:47	52:12 2:20	56:02 3:50	
11	59	Francisco Javier An AROMON Pontevedr	1:08:59	10:41 10:41 1:02:26 5:11	12:11 1:30 1:07:56 5:30	17:01 4:50 1:08:59 1:03	21:39 4:38	28:57 7:18	30:43 1:46	35:15 4:32	37:54 2:39	41:57 4:03	43:29 1:32	46:32 3:03	51:09 4:37	53:35 2:26	57:15 3:40	
12	241	Carles Abad Vives UNIVERSIDAD DE V	1:16:02	10:00 10:00 1:08:55 5:17	11:51 1:51 1:14:35 5:40	18:07 6:16 1:16:02 1:27	25:51 7:44	32:25 6:34	35:16 2:51	38:30 3:14	43:26 4:56	47:24 3:58	50:06 2:42	52:56 2:50	56:29 3:33	59:19 2:50	1:03:38 4:19	
13	96	Antonio Omil Belos AROMON Pontevedr	1:16:29	8:57 8:57 1:10:27 4:45	11:34 2:37 1:15:24 4:57	17:43 6:09 1:16:29 1:05	23:10 5:27	29:21 6:11	32:14 2:53	35:03 2:49	37:55 2:52	41:54 3:59	52:02 10:08	56:10 4:08	59:51 3:41	1:02:15 2:24	1:05:42 3:27	
14	504	Juan Carlos Carball A PEDROSA ORRO	1:16:39	11:31 11:31 1:09:06 6:10	14:03 2:32 1:15:27 6:21	18:42 4:39 1:16:39 1:12	25:01 6:19	30:57 5:56	32:52 1:55	35:41 2:49	37:43 2:02	41:45 4:02	48:05 6:20	50:43 2:38	54:40 3:57	56:44 2:04	1:02:56 6:12	
15	351	Alfonso Mancera Be ARTABROS A Coruñ	1:18:42	9:44 9:44 1:12:38 6:37	12:57 3:13 1:17:40 5:02	18:52 5:55 1:18:42 1:02	24:55 6:03	31:18 6:23	39:56 8:38	44:31 4:35	47:31 3:00	51:14 3:43	52:57 1:43	56:00 3:03	59:48 3:48	1:02:07 2:19	1:06:01 3:54	

os	rsal	Nombre	Tempo														
Masculino 45 (32)				4,8 km 245 m			16 C			<i>(cont.)</i>							
				1(71) 15(63)	2(72) 16(100)	3(52) Meta	4(69)	5(67)	6(75)	7(49)	8(48)	9(47)	10(73)	11(78)	12(34)	13(70)	14(57)
16	387	Evaristo Gonzalez F BRIGANTIA A Coruña	1:19:17	10:53 10:53 1:12:58	12:14 1:21 1:18:30	16:54 4:40 1:19:17	26:09 9:15	32:58 6:49	35:37 2:39	37:54 2:17	44:08 6:14	48:43 4:35	51:08 2:25	53:49 2:41	1:00:40 6:51	1:03:03 2:23	1:07:27 4:24
17	283	Pablo Adrián Aller E TREVINCA O Barco	1:23:43	12:33 12:33 1:15:03	15:06 2:33 1:22:02	20:06 5:00 1:23:43	28:27 8:21	36:44 8:17	39:00 2:16	44:16 5:16	47:39 3:23	52:06 4:27	53:34 1:28	56:38 3:04	1:01:38 5:00	1:03:57 2:19	1:08:21 4:24
18	320	Alberto Delgado Iza APA LICEO A Coruña	1:26:32	13:21 13:21 1:20:30	14:15 0:54 1:25:19	38:48 24:33 1:26:32	46:53 8:05	52:53 6:00	55:02 2:09	57:53 2:51	1:00:17 2:24	1:03:19 3:02	1:04:24 1:05	1:07:18 2:54	1:10:41 3:23	1:12:42 2:01	1:15:46 3:04
19	159	Jorge Victorero Rey ADC ARNELA Porto	1:30:25	11:13 11:13 1:24:22	13:13 2:00 1:29:26	29:34 16:21 1:30:25	36:22 6:48	44:07 7:45	46:45 2:38	50:08 3:23	52:37 2:29	55:47 3:10	58:03 2:16	1:07:57 9:54	1:11:15 3:18	1:16:05 4:50	1:19:40 3:35
20	138	Jaime Lopez Sanch ADC ARNELA Porto	1:31:10	10:09 10:09 1:24:40	14:59 4:50 1:30:01	18:33 3:34 1:31:10	25:46 7:13	38:35 12:49	46:51 8:16	49:36 2:45	52:07 2:31	55:38 3:31	1:00:49 5:11	1:08:22 7:33	1:11:41 3:19	1:15:38 3:57	1:19:04 3:26
21	430	José Manuel Sampe USC Santiago de C	1:32:41	10:21 10:21 1:23:11	12:04 1:43 1:30:45	17:17 5:13 1:32:41	26:15 8:58	34:27 8:12	37:30 3:03	42:01 4:31	49:09 7:08	53:45 4:36	57:14 3:29	1:01:53 4:39	1:06:48 4:55	1:10:33 3:45	1:16:13 5:40
22	49	Jesús Sanmartín Ma FLUVIAL LUGO Lug	1:34:33	9:23 9:23 1:27:16	10:55 1:32 1:33:29	21:33 10:38 1:34:33	31:41 10:08	43:17 11:36	45:19 2:02	56:46 11:27	59:01 2:15	1:02:52 3:51	1:04:16 1:24	1:08:03 3:47	1:12:13 4:10	1:15:20 3:07	1:22:42 7:22
23	88	Eduardo Iglesias Pe AROMON Pontevedr	1:37:26	8:47 8:47 1:29:48	10:42 1:55 1:36:06	15:00 4:18 1:37:26	39:01 24:01	45:13 6:12	49:18 4:05	52:55 3:37	1:03:53 10:58	1:08:20 4:27	1:10:22 2:02	1:13:29 3:07	1:17:24 3:55	1:19:34 2:10	1:23:33 3:59
24	431	Ramón Sampedro M USC Santiago de C	1:44:30	9:16 9:16 1:36:25	11:08 1:52 1:43:11	16:36 5:28 1:44:30	31:21 14:45	43:04 11:43	47:21 4:17	50:27 3:06	1:07:53 17:26	1:12:04 4:11	1:15:06 3:02	1:18:07 3:01	1:22:54 4:47	1:27:33 4:39	1:31:19 3:46
25	457	Francisco Sande R MONTAÑA FERROL	1:48:30	13:32 13:32 1:36:16	15:08 1:36 1:46:13	20:18 5:10 1:48:30	25:35 5:17	45:21 19:46	46:39 1:18	48:06 1:27	52:27 4:21	59:44 7:17	1:02:19 2:35	1:09:08 6:49	1:14:22 5:14	1:17:49 3:27	1:26:20 8:31
26	78	Javier Fernández C AROMON Pontevedr	1:53:39	13:23 13:23 1:44:37	15:23 2:00 1:52:10	31:27 16:04 1:53:39	39:51 8:24	50:57 11:06	52:25 1:28	55:38 3:13	58:24 2:46	1:02:07 3:43	1:04:25 2:18	1:18:43 14:18	1:22:20 3:37	1:33:56 11:36	1:38:13 4:17
27	349	Jose Miguel López ARTABROS A Coruña	2:27:14	37:07 37:07 2:14:55	39:14 2:07 2:24:36	45:33 6:19 2:27:14	54:16 8:43	1:05:26 11:10	1:14:28 9:02	1:21:29 7:01	1:25:35 4:06	1:39:07 13:32	1:41:17 2:10	1:45:35 4:18	1:53:54 8:19	1:57:04 3:10	2:05:00 7:56
	215	Rafael Pazos Miser GALLAECIA RAID a c	en tarj.	10:33 10:33 -----	12:07 1:34 1:06:19	15:33 3:26 1:07:25	21:41 6:08	28:20 6:39	31:28 3:08	37:05 5:37	39:28 2:23	43:16 3:48	45:47 2:31	49:19 3:32	53:53 4:34	56:32 2:39	1:00:25 3:53
	17	Marcos Fouz Rodri FLUVIAL LUGO Lug	en tarj.	9:34 9:34 1:08:05	11:08 1:34 1:13:09	18:20 7:12 1:14:29	24:44 6:24	32:03 7:19	34:15 2:12	-----	43:10 8:55	47:08 3:58	48:37 1:29	52:31 3:54	56:20 3:49	58:43 2:23	1:02:43 4:00
	28	Jose Carlos Montou FLUVIAL LUGO Lug	andona	21:38 21:38 -----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	770	Alvaro Armada Luac APA LICEO A Coruña	No sale														
	37	Xoan Manoel Puent FLUVIAL LUGO Lug	No sale														

Masculino 55 (4)				4,2 km 205 m			15 C										
				1(31) 15(100)	2(60) Meta	3(72)	4(68)	5(35)	6(36)	7(76)	8(50)	9(49)	10(69)	11(34)	12(70)	13(59)	14(56)
1	72	Gilberto Diaz Falco AROMON Pontevedr	1:06:03	2:53 2:53 1:04:50	9:37 6:44 1:06:03	15:12 5:35	26:00 10:48	27:44 1:44	31:01 3:17	35:26 4:25	39:21 3:55	43:36 4:15	50:58 7:22	54:02 3:04	56:11 2:09	57:26 1:15	1:02:42 5:16
2	312	José Ramón Bugall APA LICEO A Coruña	1:13:43	3:40 3:40 1:12:31	12:31 8:51 1:13:43	18:15 5:44	25:42 7:27	27:45 2:03	29:36 1:51	33:20 3:44	34:55 1:35	43:00 8:05	54:39 11:39	1:01:22 6:43	1:04:12 2:50	1:05:58 1:46	1:11:03 5:05

Pos	Nombre	Tiempo	1(66)	2(63)	3(57)	4(77)	5(65)	6(71)	7(59)	8(64)	9(58)	10(56)	11(100)	Meta
Iniciación Longa (46)														
			3,0 km 100 m 11 C (cont.)											
30	1014 María Jose Duro Va APA LICEO A Coruña	1:17:02	7:47	14:44	27:44	34:44	37:25	41:44	50:02	55:02	1:01:52	1:10:40	1:14:03	1:17:02
			7:47	6:57	13:00	7:00	2:41	4:19	8:18	5:00	6:50	8:48	3:23	2:59
31	1013 Mary Carmen Rebol APA LICEO A Coruña	1:17:03	7:50	14:54	27:42	34:44	37:38	41:45	49:23	54:22	1:01:54	1:10:40	1:14:07	1:17:03
			7:50	7:04	12:48	7:02	2:54	4:07	7:38	4:59	7:32	8:46	3:27	2:56
32	María Luisa Gonzál	1:19:34	7:56	16:20	26:01	33:48	36:43	41:14	53:48	1:00:25	1:08:37	1:12:58	1:17:48	1:19:34
			7:56	8:24	9:41	7:47	2:55	4:31	12:34	6:37	8:12	4:21	4:50	1:46
33	1017 Valentín Méndez Ro AROMON Pontevedr	1:21:17	27:44	36:35	43:42	49:18	51:14	56:04	1:03:24	1:07:42	1:13:23	1:16:40	1:19:08	1:21:17
			27:44	8:51	7:07	5:36	1:56	4:50	7:20	4:18	5:41	3:17	2:28	2:09
34	1016 Noelia Muñoz Soler AROMON Pontevedr	1:21:20	27:46	36:45	43:54	49:21	51:13	56:24	1:03:26	1:07:51	1:13:18	1:16:40	1:19:19	1:21:20
			27:46	8:59	7:09	5:27	1:52	5:11	7:02	4:25	5:27	3:22	2:39	2:01
35	1002 Alberto Santos Sant HABELAS HAINAS Vi	1:22:46	8:09	19:20	29:59	40:32	43:46	47:40	58:58	1:03:43	1:11:02	1:16:03	1:20:15	1:22:46
			8:09	11:11	10:39	10:33	3:14	3:54	11:18	4:45	7:19	5:01	4:12	2:31
36	1003 Miguel Santos Garcí HABELAS HAINAS Vi	1:22:47	8:08	19:21	29:59	40:25	43:52	48:07	58:55	1:03:34	1:11:04	1:16:02	1:20:13	1:22:47
			8:08	11:13	10:38	10:26	3:27	4:15	10:48	4:39	7:30	4:58	4:11	2:34
37	1001 Mar Garcia Pazo HABELAS HAINAS Vi	1:23:07	8:11	19:26	30:07	40:21	43:59	47:56	59:12	1:03:44	1:11:11	1:16:24	1:20:25	1:23:07
			8:11	11:15	10:41	10:14	3:38	3:57	11:16	4:32	7:27	5:13	4:01	2:42
38	Sandra Sofia Rodri HABELAS HAINAS Vi	1:23:09	8:16	19:36	30:30	40:33	44:05	48:14	59:21	1:03:59	1:11:16	1:16:31	1:20:27	1:23:09
			8:16	11:20	10:54	10:03	3:32	4:09	11:07	4:38	7:17	5:15	3:56	2:42
39	Martina Caballero T UNIVERSIDAD DE V	1:30:51	9:31	16:41	27:06	35:58	40:49	45:30	58:42	1:06:55	1:16:36	1:22:39	1:27:21	1:30:51
			9:31	7:10	10:25	8:52	4:51	4:41	13:12	8:13	9:41	6:03	4:42	3:30
40	Javier Méndez Zunz	1:31:23	12:59	21:57	33:57	43:41	47:53	52:28	1:05:19	1:10:25	1:18:47	1:23:58	1:28:29	1:31:23
			12:59	8:58	12:00	9:44	4:12	4:35	12:51	5:06	8:22	5:11	4:31	2:54
	Marta Castiñeira Rei AROMON Pontevedr	en tarj.	5:46	-----	17:44	22:11	24:20	28:48	34:14	36:54	40:29	42:51	44:33	46:14
	Lilia Iglesias Martín HABELAS HAINAS Vi	No sale	5:46		11:58	4:27	2:09	4:28	5:26	2:40	3:35	2:22	1:42	1:41
	Alejandro Alvarez T UNIVERSIDAD DE V	No sale												
	Sara García UNIVERSIDAD DE V	No sale												
	Beatriz Gomez Gon UNIVERSIDAD DE V	No sale												
	Marina Pernas Marí	No sale												

1:27:29
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