



Pos	Jorsal	Nombre	Tiempo	4,7 km 250 m 17 C													
				1(54) 15(63)	2(33) 16(31)	3(32) 17(100)	4(35) F	5(36)	6(72)	7(40)	8(37)	9(71)	10(43)	11(45)	12(66)	13(74)	14(36)
1	584	Eva García García AROMON Pontevedr	1:19:50	6:23 6:23 1:12:33	11:05 4:42 1:16:00	15:32 4:27 1:19:09	30:56 15:24 1:19:50	35:03 4:07	37:15 2:12	40:29 3:14	44:08 3:39	54:43 10:35	59:02 4:19	59:50 0:48	1:01:50 2:00	1:04:45 2:55	1:07:45 3:00
2	307	Maria Santos Camb ADC ARNELA Porto	1:20:39	4:48 9:29 9:29 1:09:34	3:27 14:49 5:20 1:14:40	3:09 21:27 6:38 1:19:50	0:41 34:43 13:16 1:20:39	38:50 4:07	41:09 2:19	45:11 4:02	47:02 1:51	51:51 4:49	54:38 2:47	55:42 1:04	58:17 2:35	1:03:16 4:59	1:05:02 1:46
3	583	Tania Fernández Dí AROMON Pontevedr	1:24:10	6:50 6:50 1:13:40	11:14 4:24 1:17:59	14:51 3:37 1:23:21	29:28 14:37 1:24:10	34:45 5:17	37:42 2:57	42:49 5:07	44:34 1:45	47:13 2:39	55:59 8:46	57:49 1:50	1:01:38 3:49	1:05:40 4:02	1:07:42 2:02
4	288	Xema Fernandez To ADC ARNELA Porto	1:27:48	5:58 6:04 6:04 1:18:41	4:19 10:07 4:03 1:23:17	5:22 14:07 4:00 1:26:50	0:49 31:36 17:29 1:27:48	36:17 4:41	38:38 2:21	44:03 5:25	50:06 6:03	1:00:57 10:51	1:05:00 4:03	1:05:51 0:51	1:08:03 2:12	1:11:50 3:47	1:13:58 2:08
5	65	M. José Pérez Gonz FLUVIAL LU Lugo	1:32:03	4:43 6:10 6:10 1:22:37	4:36 10:47 4:37 1:26:57	3:33 13:03 2:16 1:30:50	0:58 29:13 16:10 1:32:03	34:50 5:37	37:35 2:45	44:11 6:36	46:21 2:10	1:01:35 15:14	1:05:42 4:07	1:06:56 1:14	1:09:38 2:42	1:14:23 4:45	1:16:32 2:09
6	170	Bibiana González C GALLAECIA A Coru	1:35:54	6:05 15:53 1:22:11	4:20 20:27 1:30:12	3:53 23:47 1:34:45	1:13 39:14 1:35:54	43:30 4:16	46:33 3:03	51:47 5:14	53:45 1:58	55:57 2:12	1:07:04 11:07	1:08:03 0:59	1:10:55 2:52	1:14:13 3:18	1:16:17 2:04
7	72	Estefanía Remesal C FLUVIAL LU Lugo	2:23:35	5:54 24:00 24:00 2:12:06	8:01 35:49 11:49 2:17:42	4:33 38:33 2:44 2:21:46	1:09 1:08:45 30:12 2:23:35	1:16:07 7:22	1:18:59 2:52	1:25:18 6:19	1:30:35 5:17	1:38:42 8:07	1:43:46 5:04	1:49:25 5:39	1:55:46 6:21	2:01:09 5:23	2:04:15 3:06
8	495	Julia Diaz Mera CORNELIOS As Nev	2:57:43	7:51 16:54 16:54 1:54:25	5:36 22:31 5:37 2:48:21	4:04 25:02 2:31 2:55:49	1:49 45:23 20:21 2:57:43	55:01 9:38	57:22 2:21	1:04:26 7:04	1:08:19 3:53	1:11:34 3:15	1:16:37 5:03	1:33:48 17:11	1:37:27 3:39	1:44:06 6:39	1:47:01 2:55
9	505	Sheila Rodríguez Va CORNELIOS As Nev	3:09:43	7:24 28:56 28:56 2:06:19	53:56 34:30 5:34 3:00:20	7:28 37:04 2:34 3:07:25	1:54 57:25 20:21 3:09:43	1:07:02 9:37	1:09:19 2:17	1:16:24 7:05	1:20:17 3:53	1:23:16 2:59	1:28:29 5:13	1:45:33 17:04	1:49:29 3:56	1:55:55 6:26	1:58:56 3:01
7:23	54:01	7:05	2:18														
				4,3 km 210 m 16 C													
				1(60) 15(31)	2(73) 16(100)	3(76) F	4(36)	5(74)	6(70)	7(40)	8(72)	9(36)	10(65)	11(69)	12(75)	13(32)	14(78)
1	295	Elena Lourido Gaciñ ADC ARNELA Porto	1:27:12	3:36 3:36 1:18:57	11:02 7:26 1:26:04	13:10 2:08 1:27:12	17:19 4:09	25:48 8:29	28:16 2:28	35:45 7:29	39:49 4:04	42:26 2:37	46:07 3:41	53:31 7:24	57:43 4:12	1:05:32 7:49	1:11:59 6:27
2	304	María Del Pilar Pére ADC ARNELA Porto	1:27:19	6:58 4:01 4:01 1:22:13	7:07 21:18 17:17 1:26:02	1:08 24:32 3:14 1:27:19	1:17	30:55 3:20	39:08 8:13	43:09 4:01	49:41 6:32	51:17 1:36	56:51 5:34	1:02:25 5:34	1:06:20 3:55	1:13:22 7:02	1:18:25 5:03
3	597	Silvia Rey Acuña AROMON Pontevedr	1:39:09	7:23 7:23 1:32:08	21:47 14:24 1:37:36	23:26 1:39 1:39:09	29:12 5:46	35:18 6:06	38:06 2:48	43:07 5:01	48:11 5:04	52:28 4:17	56:24 3:56	1:04:00 7:36	1:08:52 4:52	1:17:59 9:07	1:27:22 9:23
4	260	Patricia Castro Pico MONTAÑA FE Ferro	1:40:25	4:46 3:02 3:02 1:33:08	5:28 11:52 8:50 1:38:48	1:33 14:16 2:24 1:40:25	20:40 6:24	34:15 13:35	37:16 3:01	44:27 7:11	47:34 3:07	49:13 1:39	58:26 9:13	1:03:10 4:44	1:09:30 6:20	1:16:46 7:16	1:24:24 7:38
5	459	Aracelis Ortegado P A PEDROSA Cullere	1:44:35	8:44 6:38 6:38 1:38:00	5:40 27:43 21:05 1:43:15	1:37 29:23 1:40 1:44:35	35:10 5:47	41:15 6:05	44:03 2:48	49:03 5:00	54:09 5:06	58:23 4:14	1:02:22 3:59	1:09:57 7:35	1:14:47 4:50	1:24:04 9:17	1:33:18 9:14
6	573	Elena Fernandez De A PEDROSA Cullere	1:49:39	4:42 4:33 4:33 1:42:46	5:15 14:32 9:59 1:48:04	1:20 17:34 3:02 1:49:39	22:02 4:28	27:14 5:12	39:27 12:13	48:18 8:51	55:43 7:25	58:37 2:54	1:03:39 5:02	1:14:50 11:11	1:22:36 7:46	1:28:57 6:21	1:37:05 8:08
7	520	Leticia Aller Silván GALLAECIA A Coru	1:54:30	5:41 4:59 4:59 1:39:53	5:18 16:23 11:24 1:53:13	1:35 19:06 2:43 1:54:30	23:39 4:33	29:19 5:40	37:44 8:25	45:28 7:44	51:12 5:44	53:59 2:47	58:34 4:35	1:09:54 11:20	1:17:02 7:08	1:24:39 7:37	1:31:55 7:16
8	60	Montserrat Paredes FLUVIAL LU Lugo	1:54:53	7:58 6:15 6:15 1:49:26	13:20 15:14 8:59 1:53:42	1:17 18:04 2:50 1:54:53	22:13 4:09	41:40 19:27	44:47 3:07	1:00:41 15:54	1:06:02 5:21	1:08:34 2:32	1:12:28 3:54	1:18:21 5:53	1:23:47 5:26	1:28:57 5:10	1:44:28 15:31
9	398	Mamen Souto Gonz BRIGANTIA A Coruñ	1:59:01	4:58 8:00 8:00 1:52:40	4:16 23:13 15:13 1:58:01	1:11 25:01 1:48 1:59:01	28:44 3:43	37:10 8:26	49:11 12:01	58:20 9:09	1:05:41 7:21	1:08:30 2:49	1:13:43 5:13	1:24:44 11:01	1:32:40 7:56	1:38:51 6:11	1:47:02 8:11
5:38	5:21	1:00															
10	357	Nadia Soledad Pfiñe TREVINCA O Barco	2:00:48	5:51 5:51 1:53:39	15:27 9:36 1:59:06	18:26 2:59 2:00:48	22:11 3:45	45:44 23:33	48:59 3:15	1:04:38 15:39	1:10:06 5:28	1:12:38 2:32	1:16:20 3:42	1:22:16 5:56	1:27:51 5:35	1:32:56 5:05	1:48:07 15:11

Pos	Jorsal	Nombre	Tiempo														
<b>Mulleres 21 C (19)</b>				<b>4,3 km 210 m</b>				<b>16 C</b>				<i>(cont.)</i>					
				1(60) 15(31)	2(73) 16(100)	3(76) F	4(36)	5(74)	6(70)	7(40)	8(72)	9(36)	10(65)	11(69)	12(75)	13(32)	14(78)
11	64	Carmen Pérez Gonz FLUVIAL LU Lugo	2:19:46	7:59 7:59	19:45 11:46	23:57 4:12	32:08 8:11	39:30 7:22	49:12 9:42	55:24 6:12	1:00:54 5:30	1:04:07 3:13	1:11:25 7:18	1:20:06 8:41	1:28:58 8:52	1:46:08 17:10	1:54:33 8:25
12	604	María Fe Vázquez R FLUVIAL LU Lugo	2:25:41	2:06:57 12:24	2:17:29 10:32	2:19:46 2:17	38:03	45:24	54:59	1:01:16	1:06:42	1:10:00	1:17:13	1:25:52	1:34:45	1:51:47	2:00:20
13	96	Marisé Astorga Som AROMON Pontevedr	2:27:58	2:11:59 11:39	2:23:20 11:21	2:25:41 2:21	37:19	52:39	55:32	59:31	1:03:01	1:04:32	1:07:01	1:21:38	1:29:42	1:33:27	1:38:30
				3:22 2:22:43	14:04 2:26:34	27:30 2:27:58	37:19 9:49	52:39 15:20	55:32 2:53	59:31 3:59	1:03:01 3:30	1:04:32 1:31	1:07:01 2:29	1:21:38 14:37	1:29:42 8:04	1:33:27 3:45	1:38:30 5:03
	969	Iria Ruiz Vazquez HABELAS HA Vigo	r en tarj.	8:47 8:47	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	50:52	54:41		16:02	22:48	28:28	33:39	34:10	39:37	46:13	46:19		
					42:05	3:49		*59	*54	*55	*56	*56	*57	*58	*58		
	389	Victoria López Perm BRIGANTIA A Coruñ	r en tarj.	4:10 4:10	9:01 4:51	10:51 1:50	13:38 2:47	16:45 3:07	18:52 2:07	27:17 8:25	1:04:28 37:11	1:06:34 2:06	1:09:37 3:03	----	----	----	----
				----	1:31:23	1:32:47		30:45	*41								
					21:46	1:24											
	20	Monica Fernandez L FLUVIAL LU Lugo	r en tarj.	17:06 17:06	42:44 25:38	49:51 7:07	1:03:03 13:12	1:12:49 9:46	1:18:00 5:11	1:26:19 8:19	1:32:20 6:01	1:34:54 2:34	2:05:51 30:57	----	----	----	----
				----	----												
	179	María Dolores López GALLAECIA A Coruñ	bandona	----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----												
	33	María Dolores Garcí FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----												
	603	Paula Pérez Freire FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----												
<b>Mulleres 21 L (6)</b>				<b>5,9 km 300 m</b>				<b>20 C</b>									
				1(82) 15(70)	2(54) 16(36)	3(78) 17(62)	4(73) 18(75)	5(76) 19(58)	6(36) 20(100)	7(72) F	8(52)	9(74)	10(43)	11(41)	12(42)	13(68)	14(71)
1	7	Teresa Bellón Santo FLUVIAL LU Lugo	1:13:08	5:20 5:20	10:38 5:18	12:41 2:03	20:08 7:27	21:50 1:42	23:52 2:02	25:50 1:58	29:03 3:13	33:31 4:28	36:49 3:18	40:29 3:40	42:17 1:48	46:43 4:26	49:31 2:48
				51:10	54:15	1:01:51	1:04:42	1:10:02	1:12:15	1:13:08							
				1:39	3:05	7:36	2:51	5:20	2:13	0:53							
2	116	Saba González Lore AROMON Pontevedr	1:26:24	9:30 9:30	14:30 5:00	17:14 2:44	25:11 7:57	27:32 2:21	29:49 2:17	31:58 2:09	35:36 3:38	43:31 7:55	47:39 4:08	53:04 5:25	56:03 2:59	58:48 2:45	1:01:57 3:09
				1:03:53	1:06:20	1:13:59	1:17:03	1:22:35	1:25:14	1:26:24							
				1:56	2:27	7:39	3:04	5:32	2:39	1:10							
3	554	Fabiola Estevez Mér AROMON Pontevedr	1:32:27	7:01 7:01	11:10 4:09	13:23 2:13	24:12 10:49	26:28 2:16	29:05 2:37	33:12 4:07	38:14 5:02	42:13 3:59	47:27 5:14	51:40 4:13	56:07 4:27	59:41 3:34	1:02:35 2:54
				1:05:21	1:08:45	1:18:58	1:22:07	1:28:09	1:31:20	1:32:27							
				2:46	3:24	10:13	3:09	6:02	3:11	1:07							
4	17	Eva Corral Prado FLUVIAL LU Lugo	1:39:31	6:46 6:46	16:21 9:35	18:34 2:13	30:17 11:43	32:09 1:52	36:38 4:29	39:10 2:32	43:20 4:10	48:29 5:09	53:17 4:48	1:00:48 7:31	1:03:19 2:31	1:06:07 2:48	1:10:30 4:23
				1:13:25	1:15:57	1:26:09	1:29:16	1:35:38	1:38:18	1:39:31							
				2:55	2:32	10:12	3:07	6:22	2:40	1:13							
5	558	Noelia Gonzalez Fer AROMON Pontevedr	1:44:03	6:13 6:13	11:07 4:54	13:21 2:14	24:23 11:02	26:58 2:35	29:26 2:28	32:18 2:52	38:52 6:34	54:22 15:30	58:31 4:09	1:02:46 4:15	1:05:05 2:19	1:09:39 4:34	1:12:08 2:29
				1:14:31	1:17:59	1:27:42	1:31:49	1:39:23	1:42:40	1:44:03							
				2:23	3:28	9:43	4:07	7:34	3:17	1:23							
	314	María Del Mar Delga FAICAMIÑO A Coruñ	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----												
<b>Mulleres 35 (8)</b>				<b>5,5 km 240 m</b>				<b>23 C</b>									
				1(64) 15(43)	2(82) 16(41)	3(80) 17(38)	4(78) 18(40)	5(33) 19(52)	6(32) 20(72)	7(56) 21(36)	8(58) 22(65)	9(67) 23(100)	10(36) F	11(74)	12(66)	13(46)	14(50)
1	208	Cristina Fernández I UNIVERSIDA Vigo	1:18:21	7:45 7:45	10:12 2:27	10:46 0:34	14:19 3:33	18:06 3:47	22:05 3:59	24:50 2:45	30:07 5:17	31:46 1:39	35:02 3:16	38:43 3:41	41:50 3:07	43:50 2:00	52:02 8:12
				54:35	58:44	1:03:33	1:08:10	1:09:49	1:12:30	1:13:59	1:16:20	1:17:32	1:18:21				
				2:33	4:09	4:49	4:37	1:39	2:41	1:29	2:21	1:12	0:49				
2	35	Concepción Gonzál FLUVIAL LU Lugo	1:21:17	11:53 11:53	16:03 4:10	16:57 0:54	21:43 4:46	25:57 4:14	29:26 3:29	32:06 2:40	37:47 5:41	39:33 1:46	43:40 4:07	47:31 3:51	50:52 3:21	52:48 1:56	55:53 3:05
				58:15	1:03:10	1:05:30	1:08:12	1:10:07	1:13:38	1:15:22	1:18:26	1:20:23	1:21:17				
				2:22	4:55	2:20	2:42	1:55	3:31	1:44	3:04	1:57	0:54				
3	258	Elena Bujía Rodrígu MONTAÑA FE Ferro	1:27:34	7:09 7:09	9:34 2:25	15:28 5:54	23:30 8:02	26:32 3:02	29:31 2:59	31:45 2:14	38:14 6:29	42:07 3:53	45:07 3:00	48:27 3:20	52:50 4:23	55:00 2:10	58:05 3:05
				1:04:11	1:12:02	1:14:53	1:16:47	1:18:24	1:21:13	1:22:50	1:25:28	1:26:41	1:27:34				
				6:06	7:51	2:51	1:54	1:37	2:49	1:37	2:38	1:13	0:53				





Pos	Jorsal	Nombre	Tiempo														
<b>Homes 12 (13)</b>				<b>2,2 km 105 m</b>			<b>9 C</b>			<i>(cont.)</i>							
				1(53)	2(59)	3(54)	4(61)	5(56)	6(62)	7(63)	8(58)	9(100)	F				
	<b>156</b>	<b>Gaspar Corral Garcí</b>	<b>No sale</b>	----	----	----	----	----	----	----	----	----					
				<b>2,6 km 125 m</b>			<b>12 C</b>										
				1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>1</b>	<b>93</b>	<b>Mateo Antoñón Cas-</b>	<b>22:47</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>AROMON Pontevedr</b>		2:11	3:32	5:53	8:16	9:36	11:15	12:39	13:21	14:45	17:05	20:56	22:07	22:47	
				2:11	1:21	2:21	2:23	1:20	1:39	1:24	0:42	1:24	2:20	3:51	1:11	0:40	
<b>2</b>	<b>408</b>	<b>Natnael Candela Igl</b>	<b>24:33</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>ARTABROS A Coruá</b>		2:11	3:56	6:41	9:32	11:04	12:43	14:24	15:34	17:01	19:04	23:05	23:55	24:33	
				2:11	1:45	2:45	2:51	1:32	1:39	1:41	1:10	1:27	2:03	4:01	0:50	0:38	
<b>3</b>	<b>449</b>	<b>Santiago Rodilla Iris</b>	<b>25:11</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>HABELAS HA Vigo</b>		2:15	3:53	6:41	8:49	10:11	11:31	13:05	13:55	15:35	17:51	22:57	24:28	25:11	
				2:15	1:38	2:48	2:08	1:22	1:20	1:34	0:50	1:40	2:16	5:06	1:31	0:43	
<b>4</b>	<b>450</b>	<b>Mateo Rodríguez Dí</b>	<b>25:32</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>HABELAS HA Vigo</b>		2:13	3:35	5:48	8:36	11:07	12:47	14:20	15:05	16:41	18:59	23:54	24:45	25:32	
				2:13	1:22	2:13	2:48	2:31	1:40	1:33	0:45	1:36	2:18	4:55	0:51	0:47	
<b>5</b>	<b>625</b>	<b>Pablo Fernández Sá</b>	<b>28:20</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>FLUVIAL LU Lugo</b>		2:20	3:54	6:02	8:43	10:16	11:53	14:13	15:23	17:59	20:02	25:28	27:32	28:20	
				2:20	1:34	2:08	2:41	1:33	1:37	2:20	1:10	2:36	2:03	5:26	2:04	0:48	
<b>6</b>	<b>53</b>	<b>Alfonso Núñez Ferr</b>	<b>29:45</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>FLUVIAL LU Lugo</b>		2:46	4:38	8:01	10:38	12:50	14:11	16:09	17:13	19:32	22:08	27:18	28:43	29:45	
				2:46	1:52	3:23	2:37	2:12	1:21	1:58	1:04	2:19	2:36	5:10	1:25	1:02	
<b>7</b>	<b>124</b>	<b>Lois Omil Pazos</b>	<b>40:57</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>AROMON Pontevedr</b>		3:21	5:01	17:47	21:19	22:35	24:07	26:27	27:47	31:08	33:50	38:36	40:16	40:57	
				3:21	1:40	12:46	3:32	1:16	1:32	2:20	1:20	3:21	2:42	4:46	1:40	0:41	
<b>8</b>	<b>352</b>	<b>Carlos Limeres Váz</b>	<b>49:08</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>TREVINCA O Barco</b>		2:45	11:26	14:08	16:47	21:05	22:34	25:42	27:05	29:12	36:21	46:46	48:01	49:08	
				2:45	8:41	2:42	2:39	4:18	1:29	3:08	1:23	2:07	7:09	10:25	1:15	1:07	
<b>9</b>	<b>284</b>	<b>Denis Arufe Calo</b>	<b>51:28</b>	1(60)	2(59)	3(64)	4(54)	5(61)	6(55)	7(56)	8(62)	9(57)	10(69)	11(65)	12(100)	F	
		<b>ADC ARNELA Porto</b>		2:51	6:43	10:37	12:34	13:43	29:00	32:06	37:00	39:58	42:17	48:46	50:39	51:28	
				2:51	3:52	3:54	1:57	1:09	15:17	3:06	4:54	2:58	2:19	6:29	1:53	0:49	
<b>Homes 16 (3)</b>				<b>4,3 km 160 m</b>			<b>15 C</b>										
				1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>1</b>	<b>147</b>	<b>Martin Enrique Alva</b>	<b>44:19</b>	1(53)	2(82)	3(64)	4(78)	5(32)	6(75)	7(31)	8(56)	9(62)	10(69)	11(67)	12(65)	13(76)	14(35)
		<b>GALLAECIA A Coruá</b>		2:27	4:39	6:51	9:53	18:41	22:14	25:21	27:32	28:30	31:54	33:57	36:09	38:41	40:14
				2:27	2:12	2:12	3:02	8:48	3:33	3:07	2:11	0:58	3:24	2:03	2:12	2:32	1:33
				15(100)	F												
				43:35	44:19												
				3:21	0:44												
<b>2</b>	<b>45</b>	<b>Martín López Guerre</b>	<b>53:07</b>	1(53)	2(82)	3(64)	4(78)	5(32)	6(75)	7(31)	8(56)	9(62)	10(69)	11(67)	12(65)	13(76)	14(35)
		<b>FLUVIAL LU Lugo</b>		3:08	5:15	7:37	10:44	16:01	20:34	23:22	25:28	27:02	32:21	35:26	38:25	40:50	48:10
				3:08	2:07	2:22	3:07	5:17	4:33	2:48	2:06	1:34	5:19	3:05	2:59	2:25	7:20
				15(100)	F												
				52:22	53:07												
				4:12	0:45												
<b>38</b>	<b>Nicolás González R</b>	<b>No sale</b>		1(53)	2(82)	3(64)	4(78)	5(32)	6(75)	7(31)	8(56)	9(62)	10(69)	11(67)	12(65)	13(76)	14(35)
		<b>FLUVIAL LU Lugo</b>		----	----	----	----	----	----	----	----	----	----	----	----	----	----
				15(100)	F												
				----	----												
<b>Homes 18 (3)</b>				<b>4,3 km 160 m</b>			<b>15 C</b>										
				1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>1</b>	<b>354</b>	<b>Eros Mata Rodrigue</b>	<b>38:31</b>	1(53)	2(82)	3(64)	4(78)	5(32)	6(75)	7(31)	8(56)	9(62)	10(69)	11(67)	12(65)	13(76)	14(35)
		<b>TREVINCA O Barco</b>		2:37	4:34	6:35	8:53	12:19	16:07	18:46	20:49	21:53	25:55	28:00	30:49	33:31	35:14
				2:37	1:57	2:01	2:18	3:26	3:48	2:39	2:03	1:04	4:02	2:05	2:49	2:42	1:43
				15(100)	F												
				37:52	38:31												
				2:38	0:39												
<b>2</b>	<b>70</b>	<b>Iago Piñeiro Fraga</b>	<b>1:01:08</b>	1(53)	2(82)	3(64)	4(78)	5(32)	6(75)	7(31)	8(56)	9(62)	10(69)	11(67)	12(65)	13(76)	14(35)
		<b>FLUVIAL LU Lugo</b>		3:20	5:56	10:26	14:49	19:30	24:58	29:48	31:53	33:04	38:41	41:28	51:59	54:33	56:41
				3:20	2:36	4:30	4:23	4:41	5:28	4:50	2:05	1:11	5:37	2:47	10:31	2:34	2:08
				15(100)	F												
				1:00:06	1:01:08												
				3:25	1:02												
<b>6</b>	<b>Miguel Balboa Rodr</b>	<b>No sale</b>		1(53)	2(82)	3(64)	4(78)	5(32)	6(75)	7(31)	8(56)	9(62)	10(69)	11(67)	12(65)	13(76)	14(35)
		<b>FLUVIAL LU Lugo</b>		----	----	----	----	----	----	----	----	----	----	----	----	----	----
				15(100)	F												
				----	----												

Pos	Jorsal	Nombre	Tiempo	5,9 km 300 m 20 C													
				1(82) 15(70)	2(54) 16(36)	3(78) 17(62)	4(73) 18(75)	5(76) 19(58)	6(36) 20(100)	7(72) F	8(52)	9(74)	10(43)	11(41)	12(42)	13(68)	14(71)
1	560	Angel Soto Boullosa AROMON Pontevedr	57:40	4:30 4:30 39:33	7:48 3:18 42:09	9:25 1:37 48:28	15:29 6:04 50:39	17:13 1:44 54:42	19:18 2:05 56:38	20:38 1:20 57:40	23:22 2:44	25:16 1:54	27:43 2:27	31:17 3:34	33:34 2:17	35:30 1:56	37:54 2:24
2	456	Xan Carballo Alviáre A PEDROSA Cullere	1:02:42	5:16 5:16 43:41	8:13 2:57 45:56	10:16 2:03 51:45	18:21 8:05 55:01	20:00 1:39 59:32	21:45 1:45 1:01:50	23:13 1:28 1:02:42	26:33 3:20	29:53 3:20	32:25 2:32	35:25 3:00	37:17 1:52	39:32 2:15	41:35 2:03
3	476	Alfonso Penas C.O.CO A Coruña	1:03:02	4:46 4:46 43:52	8:05 3:19 45:33	9:45 1:40 51:27	17:15 7:30 53:32	18:47 1:32 57:03	21:39 2:52 1:02:12	24:13 2:34 1:03:02	26:49 2:36	28:57 2:08	32:31 3:34	35:34 3:03	36:59 1:25	39:17 2:18	42:15 2:58
4	500	Cesar Gonzalez Ferri CORNELIOS As Nev	1:04:11	5:21 5:21 45:42	9:15 3:54 47:47	11:26 2:11 54:55	19:01 7:35 56:59	20:45 1:44 1:00:56	22:53 2:08 1:03:11	24:27 1:34 1:04:11	27:02 2:35	29:39 2:37	32:44 3:05	36:11 3:27	39:20 3:09	41:45 2:25	44:11 2:26
5	275	Andres Rodríguez B MONTAÑA FE Ferro	1:05:07	4:29 4:29 45:31	9:40 5:11 48:03	11:32 1:52 56:23	19:16 7:44 58:26	20:36 1:20 1:02:04	23:23 2:47 1:04:08	25:15 1:52 1:05:07	27:55 2:40	30:33 2:38	33:48 3:15	37:01 3:13	39:30 2:29	41:10 1:40	43:10 2:00
6	12	José Manuel Caloto FLUVIAL LU Lugo	1:07:12	9:29 9:29 50:17	12:35 3:06 52:19	14:25 1:50 59:14	20:51 6:26 1:01:14	22:53 2:02 1:04:45	25:20 2:27 1:06:18	26:47 1:27 1:07:12	29:58 3:11	34:07 4:09	37:01 2:54	40:07 3:06	42:08 2:01	44:53 2:45	46:52 1:59
7	458	Juan Antonio Doce A PEDROSA Cullere	1:07:43	6:45 6:45 50:00	10:15 3:30 52:13	11:59 1:44 59:02	18:58 6:59 1:01:06	20:55 1:57 1:04:51	22:59 2:04 1:06:48	24:47 1:48 1:07:43	28:15 3:28	33:08 4:53	36:15 3:07	39:29 3:14	41:43 2:14	45:24 3:41	48:36 3:12
8	494	Candido Carrera Es CORNELIOS As Nev	1:08:52	8:05 8:05 51:38	12:03 3:58 53:48	14:10 2:07 1:00:51	24:07 9:57 1:02:49	26:12 2:05 1:06:05	28:49 2:37 1:08:04	30:23 1:34 1:08:52	32:59 2:36	35:41 2:42	38:47 3:06	42:10 3:23	44:38 2:28	47:39 3:01	49:56 2:17
9	163	Andres Dopico Pena GALLAECIA A Coru	1:08:57	5:08 5:08 50:47	8:37 3:29 53:06	10:22 1:45 1:00:22	16:48 6:26 1:02:25	18:27 1:39 1:06:13	20:26 1:59 1:08:08	22:12 1:46 1:08:57	25:18 3:06	30:42 5:24	33:24 2:42	41:51 8:27	44:27 2:36	46:34 2:07	49:05 2:31
10	140	Francisco Varela Va AROMON Pontevedr	1:10:59	5:39 5:39 50:46	9:21 3:42 53:26	11:53 2:32 1:01:53	23:10 1:17 1:03:57	25:11 2:01 1:07:56	27:39 2:28 1:09:59	29:25 1:46 1:10:59	32:41 3:16	35:26 2:45	39:08 3:42	42:05 2:57	44:08 2:03	46:04 1:56	48:50 2:46
11	119	Iván Lois Serto AROMON Pontevedr	1:12:41	5:20 5:20 53:55	9:20 4:00 56:01	11:10 1:50 1:03:41	20:52 9:42 1:06:07	24:10 3:18 1:10:12	28:14 4:04 1:12:00	29:52 1:38 1:12:41	34:01 4:09	36:48 2:47	40:52 4:04	44:30 3:38	46:21 1:51	48:49 2:28	52:00 3:11
12	103	Javier César Aldariz AROMON Pontevedr	1:15:36	5:59 5:59 54:53	11:11 5:12 58:14	13:27 2:16 1:05:54	21:35 8:08 1:08:20	22:58 1:23 1:12:35	25:04 2:06 1:14:51	26:49 1:45 1:15:36	29:39 2:50	39:16 9:37	42:29 3:13	45:50 3:21	47:47 1:57	50:46 2:59	53:11 2:25
13	460	David Valiño Martín A PEDROSA Cullere	1:16:48	5:49 5:49 54:42	10:15 4:26 57:24	12:13 1:58 1:06:23	19:54 7:41 1:09:34	22:08 2:14 1:13:41	24:39 2:31 1:15:52	26:30 1:51 1:16:48	29:41 3:11	36:24 6:43	40:52 4:28	44:19 3:27	46:22 2:03	49:08 2:46	52:21 3:13
14	11	José Manuel Gaama FLUVIAL LU Lugo	1:20:53	6:44 6:44 56:14	13:38 6:54 59:28	15:24 1:46 1:08:06	25:09 9:45 1:10:47	26:56 1:47 1:16:17	29:02 2:06 1:20:00	30:24 1:22 1:20:53	33:48 3:24	39:54 6:06	44:30 4:36	48:55 4:25	50:27 1:32	52:21 1:54	54:12 1:51
15	497	Diego Fernandez Sa CORNELIOS As Nev	1:26:55	8:59 8:59 53:20	12:25 3:26 55:43	14:05 1:40 1:10:18	22:47 8:42 1:12:42	24:16 1:29 1:24:20	26:58 2:42 1:26:03	28:55 1:57 1:26:55	34:30 5:35	38:18 3:48	41:44 3:26	44:51 3:07	46:30 1:39	49:08 2:38	51:43 2:35
16	585	Joaquín Vidal Junca AROMON Pontevedr	1:27:47	7:07 7:07 57:56	11:03 3:56 1:00:26	13:02 1:59 1:18:42	21:29 8:27 1:21:20	22:59 1:30 1:24:38	26:00 3:01 1:26:55	29:23 3:23 1:27:47	32:26 3:03	38:01 5:35	41:55 3:54	46:43 4:48	48:56 2:13	53:14 4:18	56:17 3:03
17	507	Hugo Ubeira Simon CORNELIOS As Nev	1:29:27	11:00 11:00 55:22	14:28 3:28 57:45	16:06 1:38 1:13:01	24:50 8:44 1:14:46	26:18 1:28 1:26:24	28:57 2:39 1:28:26	30:58 2:01 1:29:27	36:34 5:36	40:19 3:45	43:46 3:27	46:56 3:10	48:36 1:40	51:11 2:35	53:39 2:28
18	22	Pedro Fernández Pa FLUVIAL LU Lugo	1:30:13	6:49 6:49 1:08:19	12:49 6:00 1:11:14	14:59 2:10 1:20:16	24:50 9:51 1:22:45	27:02 2:12 1:27:13	29:58 2:56 1:29:21	34:11 4:13 1:30:13	43:09 8:58	46:52 3:43	50:46 3:54	54:58 4:12	57:08 2:10	1:01:09 4:01	1:06:01 4:52
19	521	Julio Vicente Bermú GALLAECIA A Coru	1:30:16	8:21 8:21 1:08:21	13:32 5:11 1:11:09	15:43 2:11 1:19:52	25:47 10:04 1:22:26	29:41 3:54 1:26:49	33:02 3:21 1:29:12	35:57 2:55 1:30:16	40:13 4:16	46:55 6:42	50:54 3:59	55:26 4:32	58:20 2:54	1:01:17 2:57	1:04:15 2:58
20	553	Javier Costas Gonz AROMON Pontevedr	1:31:17	7:05 7:05 1:01:40	11:24 4:19 1:07:30	13:39 2:15 1:15:38	24:45 11:06 1:19:38	26:50 2:05 1:27:17	30:23 3:33 1:30:03	31:55 1:32 1:31:17	36:06 4:11	39:43 3:37	46:24 6:41	50:17 3:53	52:57 2:40	57:22 4:25	59:29 2:07

Pos	Borsal	Nombre	Tiempo																	
<b>Homes 21 (26)</b>				<b>5,9 km 300 m</b>			<b>20 C</b>			<i>(cont.)</i>										
				1(82) 15(70)	2(54) 16(36)	3(78) 17(62)	4(73) 18(75)	5(76) 19(58)	6(36) 20(100)	7(72) F	8(52)	9(74)	10(43)	11(41)	12(42)	13(68)	14(71)			
21	612	Javier Freire Gonzál USC Santiago de Cc	1:31:36	5:51 5:51 1:07:13 1:59	16:01 10:10 1:09:39 2:26	17:40 1:39 1:22:09 12:30	26:20 8:40 1:24:58 2:49	27:59 1:39 1:29:01 4:03	30:35 2:36 1:30:55 1:54	39:09 8:34 1:31:36 <b>0:41</b>	44:57 5:48	47:16 2:19	50:53 3:37	57:11 6:18	59:45 2:34	1:01:33 1:48	1:05:14 3:41			
22	549	João Pedro Rodrigu BUDIÑORAID O Por	1:36:09	5:19 5:19 1:04:01 1:59	9:40 4:21 1:07:54 3:53	11:49 2:09 1:20:43 12:49	23:51 12:02 1:28:05 7:22	29:55 6:04 1:32:48 4:43	36:07 6:12 1:35:28 2:40	37:33 1:26 1:36:09 <b>0:41</b>	40:42 3:09	47:25 6:43	50:30 3:05	55:10 4:40	56:58 1:48	59:06 2:08	1:02:02 2:56			
23	506	Bruno Ruiz Carrera CORNELIOS As Nev	2:50:24	51:11 51:11 2:18:10 1:35	55:06 3:55 2:20:29 2:19	59:23 4:17 2:38:19 17:50	1:09:09 9:46 2:42:17 3:58	1:10:49 1:40 2:46:13 3:56	1:12:53 2:04 2:48:36 2:23	1:15:51 2:58 2:50:24 1:48	1:51:53 36:02	1:54:20 2:27	2:00:27 6:07	2:05:03 4:36	2:11:20 6:17	2:12:34 <b>1:14</b>	2:16:35 4:01			
	501	Pablo Pacheco r en tarj. CORNELIOS As Nev		11:21 11:21 ----	15:18 3:57 ----	17:05 1:47 ----	1:12:35 55:30 ----	----	----	----	----	----	----	----	----	----	----	----		
	445	Diego Gonzalez Alo HABELAS HA Vigo	No sale	36:45 *52 ----	38:05 *70 ----	42:36 *71 ----	51:18 *41 ----	53:07 *42 ----	54:52 *68 ----	59:54 *43 ----	1:03:48 *74 ----	1:05:34 *36 ----	1:09:17 *76 ----	----	----	----	----	----		
	82	Diego Seijas Varela FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----		
<b>Homes 21 C (20)</b>				<b>4,3 km 210 m</b>			<b>16 C</b>													
				1(60) 15(31)	2(73) 16(100)	3(76) F	4(36)	5(74)	6(70)	7(40)	8(72)	9(36)	10(65)	11(69)	12(75)	13(32)	14(78)			
1	44	Javier Liz Díaz FLUVIAL LU Lugo	48:07	2:24 2:24 43:27 2:55	7:24 5:00 47:07 3:40	9:00 1:36 48:07 1:00	11:54 2:54	14:51 2:57	17:18 2:27	20:15 2:57	22:30 2:15	24:04 1:34	26:48 2:44	30:53 4:05	34:02 3:09	36:31 2:29	40:32 4:01			
2	285	Juan Arufe Santama ADC ARNELA Porto	53:17	5:54 5:54 49:00 4:44	11:04 5:10 52:37 3:37	13:22 2:18 53:17 0:40	15:49 2:27	19:36 3:47	20:47 <b>1:11</b>	24:49 4:02	27:29 2:40	28:45 1:16	30:47 2:02	34:40 3:53	38:29 3:49	40:52 <b>2:23</b>	44:16 <b>3:24</b>			
3	235	Julio Miguel Casted APA LICEO A Coruñ	54:12	2:37 2:37 49:05 3:13	7:23 4:46 53:10 4:05	8:55 1:32 54:12 1:02	11:04 2:09	15:20 4:16	17:03 1:43	22:23 5:20	26:11 3:48	27:47 1:36	30:48 3:01	33:31 <b>2:43</b>	37:02 3:31	41:48 4:46	45:52 4:04			
4	582	Alberto Dos Reis Gc AROMON Pontevedr	54:28	2:20 2:20 50:45 3:11	3:25 3:25 53:54 3:09	6:22 6:22 54:28 <b>0:34</b>	15:07 3:00	19:33 4:26	21:15 1:42	23:38 2:23	26:26 2:48	27:42 1:16	29:39 1:57	34:59 5:20	38:36 3:37	43:57 5:21	47:34 3:37			
5	300	Gelasio Oujo Pouso ADC ARNELA Porto	54:30	1:57 1:57 50:41 3:48	6:58 5:01 53:48 3:07	8:11 <b>1:13</b> 54:30 0:42	10:53 2:42	19:27 8:34	21:15 1:48	24:07 2:52	27:22 3:15	28:33 <b>1:11</b>	30:26 <b>1:53</b>	34:19 3:53	36:59 <b>2:40</b>	41:51 4:52	46:53 5:02			
6	97	Pablo Barreiro Fern AROMON Pontevedr	1:02:02	2:44 2:44 58:52 3:34	9:17 6:33 1:01:12 <b>2:20</b>	10:54 1:37 1:02:02 0:50	13:17 2:23	17:39 4:22	19:28 1:49	25:26 5:58	29:34 4:08	31:11 1:37	33:29 2:18	39:02 5:33	42:30 3:28	51:29 8:59	55:18 3:49			
7	141	Francisco Javier Ve AROMON Pontevedr	1:06:36	2:33 2:33 1:00:42 4:04	8:02 5:29 1:05:40 4:58	10:00 1:58 1:06:36 0:56	12:18 2:18	15:53 3:35	17:38 1:45	22:21 4:43	25:34 3:13	27:17 1:43	30:28 3:11	37:16 6:48	43:18 6:02	51:13 7:55	56:38 5:25			
8	626	José Manuel Fernán FLUVIAL LU Lugo	1:07:49	2:21 2:21 1:02:35 3:14	7:28 5:07 1:06:47 4:12	11:14 3:46 1:07:49 1:02	13:43 2:29	22:30 8:47	24:22 1:52	26:43 <b>2:21</b>	28:45 <b>2:02</b>	30:08 1:23	34:24 4:16	39:35 5:11	47:55 8:20	55:00 7:05	59:21 4:21			
9	123	Antonio Omil Belos AROMON Pontevedr	1:08:59	8:10 8:10 1:05:08 4:10	13:06 4:56 1:08:14 3:06	14:43 1:37 1:08:59 0:45	17:32 2:49	21:46 4:14	25:21 3:35	32:40 7:19	36:55 4:15	39:52 2:57	42:21 2:29	48:04 5:43	51:30 3:26	55:57 4:27	1:00:58 5:01			
10	2	Angel Algora Aizpur FLUVIAL LU Lugo	1:10:04	2:42 2:42 1:06:04 4:46	9:42 7:00 1:09:21 3:17	11:25 1:43 1:10:04 0:43	17:18 5:53	20:15 2:57	24:47 4:32	31:47 7:00	33:49 <b>2:02</b>	36:29 2:40	38:42 2:13	46:06 7:24	49:08 3:02	57:38 8:30	1:01:18 3:40			
11	309	Camilo Serantes Ma ADC ARNELA Porto	1:12:22	7:29 7:29 1:08:12 3:19	15:05 7:36 1:11:29 3:17	17:25 2:20 1:12:22 0:53	21:07 3:42	25:58 4:51	27:42 1:44	32:06 4:24	35:43 3:37	37:12 1:29	41:40 4:28	45:44 4:04	49:47 4:03	1:00:10 10:23	1:04:53 4:43			
12	350	Francisco José Car TREVINCA O Barco	1:16:04	2:28 2:28 1:10:21 5:02	10:06 7:38 1:15:09 4:48	12:41 2:35 1:16:04 0:55	16:15 3:34	19:26 3:11	33:55 14:29	38:29 4:34	41:22 2:53	42:46 1:24	45:04 2:18	53:10 8:06	57:17 4:07	1:00:14 2:57	1:05:19 5:05			



Pos	Jorsal	Nombre	Tiempo														
<b>Homes 21 C (20)</b>				<b>4,3 km 210 m</b>			<b>16 C</b>		<i>(cont.)</i>								
				1(60) 15(31)	2(73) 16(100)	3(76) F	4(36)	5(74)	6(70)	7(40)	8(72)	9(36)	10(65)	11(69)	12(75)	13(32)	14(78)
13	596	Sergio López Mouró AROMON Pontevedra	1:17:04	5:30 5:30 1:12:43 4:48	8:51 <b>3:21</b> 1:16:10 3:27	10:15 1:24 1:17:04 0:54	12:07 <b>1:52</b>	16:47 4:40	22:20 5:33	36:00 13:40	39:18 3:18	40:37 1:19	43:37 3:00	53:15 9:38	56:27 3:12	1:03:50 7:23	1:07:55 4:05
14	296	Santiago Amador O ADC ARNELA Porto	1:18:16	2:52 2:52 1:13:56 3:54	16:08 13:16 1:17:31 3:35	18:08 2:00 1:18:16 0:45	21:29 3:21	24:19 <b>2:50</b>	27:41 3:22	38:26 10:45	41:27 3:01	43:10 1:43	48:19 5:09	54:19 6:00	58:11 3:52	1:05:14 7:03	1:10:02 4:48
15	57	Oscar A Ordóñez Zu FLUVIAL LU Lugo	1:29:18	3:25 3:25 1:24:08 4:19	10:33 7:08 1:28:13 4:05	13:16 2:43 1:29:18 1:05	26:15 12:59	31:51 5:36	34:35 2:44	43:38 9:03	48:53 5:15	51:39 2:46	55:10 3:31	1:03:03 7:53	1:08:00 4:57	1:14:06 6:06	1:19:49 5:43
16	397	Ignacio Senin Cano BRIGANTIA A Coruña	1:36:20	2:07 2:07 1:31:54 3:59	6:58 4:51 1:35:29 3:35	8:50 1:52 1:36:20 0:51	11:30 2:40	<b>14:30</b> 3:00	<b>16:29</b> 1:59	24:59 8:30	1:01:49 36:50	1:04:22 2:33	1:06:48 2:26	1:11:17 4:29	1:14:51 3:34	1:23:05 8:14	1:27:55 4:50
	453	Emilio Ruiz Lago HABELAS HA Vigo	r en tarj.	2:58 2:58 ----- -----	10:55 7:57 51:35 13:17	12:20 1:25 53:39 2:04	14:14 1:54	19:58 5:44	21:50 1:52	29:17 7:27	33:03 3:46	35:16 2:13	38:18 3:02	-----	-----	-----	-----
	43	Raúl Legaspi Abela FLUVIAL LU Lugo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	30	Jorge Freire Fernán FLUVIAL LU Lugo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	351	Miguel Angel Limer TREVINCA O Barco	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>Homes 21 L (16)</b>				<b>6,3 km 320 m</b>			<b>24 C</b>										
				1(55) 15(66)	2(82) 16(68)	3(80) 17(41)	4(53) 18(38)	5(64) 19(77)	6(33) 20(79)	7(32) 21(72)	8(56) 22(36)	9(69) 23(67)	10(65) 24(100)	11(36) F	12(37)	13(43)	14(45)
1	137	Omar Eduardo Rud AROMON Pontevedra	59:46	4:34 4:34 <b>38:10</b> 1:59	8:07 3:33 <b>42:56</b> 4:46	8:38 0:31 <b>44:44</b> <b>1:48</b>	10:40 2:02 <b>46:03</b> <b>1:19</b>	13:08 2:28 <b>50:48</b> <b>4:45</b>	17:03 3:55 <b>53:18</b> 2:30	18:27 <b>1:24</b> <b>54:46</b> <b>1:28</b>	20:16 <b>1:49</b> <b>55:44</b> <b>0:58</b>	24:32 4:16 <b>57:38</b> <b>1:54</b>	28:32 4:00 <b>59:10</b> <b>1:32</b>	30:11 1:39 <b>59:46</b> <b>0:36</b>	32:57 2:46 <b>35:32</b>	<b>36:11</b> <b>2:35</b> <b>0:39</b>	
2	366	Antonio Blanco Villa BRIGANTIA A Coruña	1:06:02	3:25 3:25 39:18 2:11	6:54 3:29 43:32 4:14	7:27 0:33 46:41 3:09	9:37 2:10 48:35 1:54	11:43 <b>2:06</b> 54:20 5:45	14:42 <b>2:59</b> 56:40 <b>2:20</b>	17:15 2:33 58:31 1:51	19:34 2:19 59:53 1:02:02	22:55 <b>3:21</b> 1:03:02 3:09	26:45 3:50 1:05:12 2:10	28:31 1:46 1:06:02 0:50	32:03 3:32	36:23 4:20	37:07 0:44
3	236	Pablo Castedo Lópe APA LICEO A Coruña	1:07:59	2:59 2:59 42:57 <b>1:54</b>	<b>6:17</b> <b>3:18</b> 45:54 2:57	<b>6:50</b> 0:33 48:02 2:08	12:27 5:37 49:40 1:38	15:09 2:42 55:31 5:51	19:15 4:06 59:08 3:37	21:30 2:15 1:01:10 2:02	23:34 2:04 1:02:54 1:44	27:27 3:53 1:05:19 2:25	31:17 3:50 1:07:14 1:55	32:51 1:34 1:07:59 0:45	35:29 <b>2:38</b>	38:53 3:24	41:03 2:10
4	36	Leandro González C FLUVIAL LU Lugo	1:08:17	<b>2:47</b> 43:53 2:13	7:57 46:35 <b>2:42</b>	8:35 48:50 2:15	11:22 50:35 1:45	13:46 55:31 4:56	18:22 58:30 2:59	20:07 1:00:47 2:17	22:20 1:02:17 1:30	26:16 1:05:19 3:02	30:08 1:07:28 2:09	32:29 1:08:17 0:49	36:26 3:57	40:56 4:30	41:40 0:44
5	120	Alex Marín AROMON Pontevedra	1:10:38	3:00 3:00 44:02 3:34	6:38 3:38 47:23 3:21	7:14 0:36 49:12 1:49	<b>9:10</b> 1:56 51:09 1:57	11:46 2:36 57:35 6:26	16:28 4:42 1:00:50 3:15	17:52 <b>1:24</b> 1:03:11 2:21	19:50 1:58 1:04:43 1:32	23:50 4:00 1:07:46 3:03	28:18 4:28 1:09:49 2:03	30:29 2:11 1:10:38 0:49	34:27 3:58	39:30 5:03	40:28 0:58
6	550	Javier Rodríguez Me BUDIÑORAID O Por	1:11:47	3:06 3:06 41:28 2:51	7:18 4:12 45:24 3:56	8:42 1:24 48:44 3:20	10:26 <b>1:44</b> 50:53 2:09	13:02 2:36 57:27 6:34	16:55 3:53 1:00:57 3:30	18:33 1:38 1:04:51 3:54	20:44 2:11 1:06:34 1:43	24:52 4:08 1:09:13 3:03	28:41 <b>3:49</b> 1:10:56 1:43	30:32 1:51 1:11:47 0:51	34:22 3:50	37:50 3:28	38:37 0:47
7	74	Pablo Rocha Pena FLUVIAL LU Lugo	1:14:10	2:56 2:56 41:37 2:05	7:05 4:09 45:19 3:42	7:38 0:33 53:25 8:06	9:40 2:02 55:26 2:01	12:31 2:51 1:01:07 5:41	16:56 4:25 1:04:21 3:14	18:35 1:39 1:06:44 2:23	20:51 2:16 1:08:10 1:26	25:11 4:20 1:11:02 2:52	29:18 4:07 1:13:16 2:14	31:06 1:48 1:14:10 0:54	34:55 3:49	38:31 3:36	39:32 1:01
8	101	Alberto Braña Veiga AROMON Pontevedra	1:15:22	4:38 4:38 48:22 2:54	8:17 3:39 51:56 3:34	9:23 1:06 54:24 2:28	11:35 2:12 56:23 1:59	15:46 4:11 1:01:49 5:26	20:33 4:47 1:05:21 3:32	25:18 4:45 1:08:05 2:44	27:22 2:04 1:09:26 1:21	31:26 4:04 1:12:34 3:08	35:40 4:14 1:14:31 1:57	37:23 1:43 1:15:22 0:51	40:24 3:01	44:40 4:16	45:28 0:48
9	622	Jose Penas C.O.CO A Coruña	1:15:31	3:14 3:14 44:49 2:21	7:31 4:17 49:38 4:49	7:59 <b>0:28</b> 52:20 2:42	12:38 4:39 55:07 2:47	14:51 2:13 1:04:33 9:26	18:25 3:34 1:07:16 2:43	20:25 2:00 1:09:14 1:58	22:29 2:04 1:10:14 1:00	26:18 3:49 1:12:41 2:27	31:29 5:11 1:14:45 2:04	32:58 <b>1:29</b> 1:15:31 0:46	37:47 4:49	41:46 3:59	42:28 0:42
10	86	Iago Viana Gonzalez FLUVIAL LU Lugo	1:28:13	4:17 4:17 55:25 2:24	8:15 3:58 1:00:26 5:01	8:54 0:39 1:04:17 3:51	11:59 3:05 1:06:38 2:21	14:57 2:58 1:13:01 6:23	18:56 3:59 1:17:22 4:21	22:13 2:23 1:20:25 3:03	24:36 3:17 1:21:49 1:24	32:36 8:00 1:24:21 2:32	37:51 5:15 1:27:16 2:55	39:39 1:48 1:28:13 0:57	46:43 7:04	52:01 4:10	53:01 1:00
11	455	Jacob Canedo Mon A PEDROSA Cullere	1:30:03	4:07 4:07 55:09 3:13	8:00 3:53 58:21 3:12	10:51 2:51 1:00:45 2:24	13:54 3:03 1:02:29 1:44	16:28 2:34 1:16:00 13:31	21:03 4:35 1:19:26 3:26	23:40 2:37 1:22:24 2:58	25:52 2:12 1:24:02 1:38	30:51 4:59 1:27:06 3:04	37:31 6:40 1:29:10 2:04	39:34 2:03 1:30:03 0:53	47:01 7:27	51:11 4:10	51:56 0:45













