

os	rsal	Nombre	Tempo															
Senior M-21 (10)				16,6 km 10 m			16 C		<i>(cont.)</i>									
				1(56)	2(32)	3(39)	4(45)	5(34)	6(57)	7(51)	8(58)	9(37)	10(59)	11(63)	12(62)	13(54)	14(77)	
				15(41)	16(100)	Meta												
4	21	Liz Díaz Javier FLUVIAL_LUGO Lu	59:17	5:59	7:49	11:37	13:54	16:44	20:27	25:06	30:12	32:28	35:23	39:19	44:18	49:08	50:56	
				5:59	1:50	3:48	2:17	2:50	3:43	4:39	5:06	2:16	2:55	3:56	4:59	4:50	1:48	
				54:55	57:54	59:17												
				3:59	2:59	1:23												
5	31	Fernández Martínez FLUVIAL_LUGO Lu	1:03:38	6:45	8:26	12:53	15:21	18:35	22:12	27:25	32:17	34:39	37:53	42:19	47:35	52:44	54:38	
				6:45	1:41	4:27	2:28	3:14	3:37	5:13	4:52	2:22	3:14	4:26	5:16	5:09	1:54	
				58:58	1:01:52	1:03:38												
				4:20	2:54	1:46												
6	27	Verde Lareu Robert AROMON Pontevedr	1:04:24	7:16	9:00	12:57	15:31	18:32	22:28	27:11	32:19	34:51	38:32	42:57	48:31	52:58	54:50	
				7:16	1:44	3:57	2:34	3:01	3:56	4:43	5:08	2:32	3:41	4:25	5:34	4:27	1:52	
				59:10	1:02:39	1:04:24												
				4:20	3:29	1:45												
7	32	Villamarin Gonzalez GALLAECIA_RAID a	1:17:05	7:22	9:20	13:23	16:02	19:16	23:24	28:19	34:20	36:43	40:08	44:57	50:54	56:31	58:41	
				7:22	1:58	4:03	2:39	3:14	4:08	4:55	6:01	2:23	3:25	4:49	5:57	5:37	2:10	
				1:03:12	1:06:25	1:17:05												
				4:31	3:13	10:40												
8	28	Dopico Pena Andre GALLAECIA_RAID a	1:20:33	7:57	9:56	19:49	24:37	29:24	33:21	38:44	45:04	48:51	52:41	58:00	1:03:44	1:08:54	1:10:52	
				7:57	1:59	9:53	4:48	4:47	3:57	5:23	6:20	3:47	3:50	5:19	5:44	5:10	1:58	
				1:15:42	1:18:47	1:20:33												
				4:50	3:05	1:46												
9	24	Dobaño González Al LIMIATIVA Xinzo d	1:22:38	18:24	20:34	24:29	27:22	31:08	35:08	40:23	46:17	49:00	52:40	59:46	1:05:39	1:10:52	1:12:59	
				18:24	2:10	3:55	2:53	3:46	4:00	5:15	5:54	2:43	3:40	7:06	5:53	5:13	2:07	
				1:17:54	1:21:02	1:22:38												
				4:55	3:08	1:36												
	22	Amarelle Garabán R FLUVIAL_LUGO Lu	No sale															
Veteráns A M-40 (19)				21,2 km 10 m			17 C											
				1(50)	2(46)	3(33)	4(48)	5(55)	6(77)	7(78)	8(34)	9(38)	10(42)	11(54)	12(65)	13(47)	14(57)	
				15(69)	16(63)	17(100)	Meta											
1	57	Piñeiro Pouso M. An ADC_ARNELA Porto	1:09:16	5:05	7:57	9:57	14:46	17:14	19:42	21:54	26:36	33:37	36:51	39:21	46:59	49:27	54:56	
				5:05	2:52	2:00	4:49	2:28	2:28	2:12	4:42	7:01	3:14	2:30	7:38	2:28	5:29	
				58:50	1:04:43	1:07:53	1:09:16											
				3:54	5:53	3:10	1:23											
2	63	Diz López Francisc GALLAECIA_RAID a	1:11:32	5:10	7:44	9:41	14:47	17:31	19:59	22:06	26:51	33:37	36:32	38:52	47:00	49:34	55:36	
				5:10	2:34	1:57	5:06	2:44	2:28	2:07	4:45	6:46	2:55	2:20	8:08	2:34	6:02	
				1:00:20	1:06:41	1:10:08	1:11:32											
				4:44	6:21	3:27	1:24											
3	54	Chas Gómez Robert GALLAECIA_RAID a	1:14:24	5:50	8:32	10:41	15:38	17:51	20:35	22:51	28:12	35:13	38:18	40:41	48:54	51:34	57:10	
				5:50	2:42	2:09	4:57	2:13	2:44	2:16	5:21	7:01	3:05	2:23	8:13	2:40	5:36	
				1:01:36	1:09:29	1:12:58	1:14:24											
				4:26	7:53	3:29	1:26											
4	56	Beloso García Manu AROMON Pontevedr	1:16:33	5:59	9:05	11:17	17:22	19:45	22:25	24:40	30:01	37:17	40:31	43:02	51:52	54:32	1:00:46	
				5:59	3:06	2:12	6:05	2:23	2:40	2:15	5:21	7:16	3:14	2:31	8:50	2:40	6:14	
				1:05:09	1:11:38	1:15:11	1:16:33											
				4:23	6:29	3:33	1:22											
5	60	Fernández Souto J FLUVIAL_LUGO Lu	1:17:20	5:46	8:27	10:32	15:49	18:21	20:58	23:19	28:43	36:47	39:52	42:20	52:37	55:20	1:01:28	
				5:46	2:41	2:05	5:17	2:32	2:37	2:21	5:24	8:04	3:05	2:28	10:17	2:43	6:08	
				1:05:47	1:12:18	1:15:55	1:17:20											
				4:19	6:31	3:37	1:25											
6	66	Sánchez Díaz Ricar BRIGANTIA A Coruñ	1:18:00	6:05	9:16	11:27	16:42	18:52	21:29	24:02	29:27	37:01	40:21	43:06	52:32	55:12	1:01:16	
				6:05	3:11	2:11	5:15	2:10	2:37	2:33	5:25	7:34	3:20	2:45	9:26	2:40	6:04	
				1:05:40	1:12:49	1:16:28	1:18:00											
				4:24	7:09	3:39	1:32											
7	67	Nogueras Marentes FLUVIAL_LUGO Lu	1:20:15	5:01	7:30	9:39	15:51	19:33	22:03	24:03	29:17	37:03	40:20	42:30	50:07	52:53	1:03:34	
				5:01	2:29	2:09	6:12	3:42	2:30	2:00	5:14	7:46	3:17	2:10	7:37	2:46	10:41	
				1:07:34	1:15:10	1:18:39	1:20:15											
				4:00	7:36	3:29	1:36											
8	51	Oujo Ageitos Joaqui ADC_ARNELA Porto	1:20:56	6:26	9:15	12:37	21:51	24:01	26:34	28:55	36:32	43:08	46:13	48:25	56:24	58:49	1:05:00	
				6:26	2:49	3:22	9:14	2:10	2:33	2:21	7:37	6:36	3:05	2:12	7:59	2:25	6:11	
				1:08:58	1:15:41	1:19:13	1:20:56											
				3:58	6:43	3:32	1:43											
9	58	Dominguez Portas AROMON Pontevedr	1:22:31	5:48	8:56	13:12	22:17	25:18	28:11	30:28	35:57	42:31	45:59	48:22	57:07	59:55	1:05:51	
				5:48	3:08	4:16	9:05	3:01	2:53	2:17	5:29	6:34	3:28	2:23	8:45	2:48	5:56	
				1:10:17	1:17:12	1:20:54	1:22:31											
				4:26	6:55	3:42	1:37											
10	55	Varela Ferreiro Jor ADC_ARNELA Porto	1:22:41	6:12	9:34	12:04	19:55	22:21	25:11	27:38	33:21	40:18	43:45	46:18	55:35	58:37	1:04:49	
				6:12	3:22	2:30	7:51	2:26	2:50	2:27	5:43	6:57	3:27	2:33	9:17	3:02	6:12	
				1:09:36	1:17:05	1:21:18	1:22:41											
				4:47	7:29	4:13	1:23											
11	65	González Castro Le FLUVIAL_LUGO Lu	1:24:14	5:57	9:14	11:52	18:32	20:55	23:46	26:17	32:06	40:48	44:19	47:04	56:09	59:02	1:05:48	
				5:57	3:17	2:38	6:40	2:23	2:51	2:31	5:49	8:42	3:31	2:45	9:05	2:53	6:46	
				1:11:12	1:18:40	1:22:38	1:24:14											
				5:24	7:28	3:58	1:36											

os	rsal	Nombre	Tiempo															
Elite F-E (5)					19,0 km 10 m			16 C			<i>(cont.)</i>							
			1(78)	2(49)	3(62)	4(54)	5(42)	6(55)	7(63)	8(34)	9(79)	10(67)	11(58)	12(82)	13(69)	14(32)		
			15(77)	16(100)	Meta													
2	70	López Eyo Tania GALLAECIA_RAID a	1:09:49	5:31	7:34	10:39	15:20	17:38	20:22	23:14	29:47	36:25	39:23	47:23	48:53	55:05	57:29	
				5:31	2:03	3:05	4:41	2:18	2:44	2:52	6:33	6:38	2:58	8:00	1:30	6:12	2:24	
				1:03:02	1:08:07	1:09:49												
				5:33	5:05	1:42												
3	69	Felpeto González L FLUVIAL_LUGO Lu	1:18:28	5:47	8:03	10:45	16:11	19:28	23:27	26:32	34:39	42:20	45:36	54:32	56:07	1:03:08	1:05:41	
				5:47	2:16	2:42	5:26	3:17	3:59	3:05	8:07	7:41	3:16	8:56	1:35	7:01	2:33	
				1:10:49	1:16:08	1:18:28												
				5:08	5:19	2:20												
4	71	Pérez Alonso Alicia AROMON Pontevedr	1:25:14	5:41	8:08	14:43	30:03	33:13	36:12	39:09	45:59	52:25	55:30	1:02:56	1:04:30	1:11:08	1:13:40	
				5:41	2:27	6:35	15:20	3:10	2:59	2:57	6:50	6:26	3:05	7:26	1:34	6:38	2:32	
				1:18:23	1:23:14	1:25:14												
				4:43	4:51	2:00												
	68	Delgado Gonzalez OPBZ Betanzos	No sale															
Senior F-21 (2)					13,4 km 10 m			12 C										
			1(44)	2(45)	3(36)	4(39)	5(46)	6(51)	7(38)	8(42)	9(48)	10(39)	11(50)	12(100)	Meta			
1	17	Míguez Sampedro S ADC_ARNELA Porto	1:02:46	9:16	15:22	17:42	19:26	24:54	31:01	37:31	42:02	46:07	48:45	53:02	1:00:56	1:02:46		
				9:16	6:06	2:20	1:44	5:28	6:07	6:30	4:31	4:05	2:38	4:17	7:54	1:50		
2	13	Porto Vázquez Ros FLUVIAL_LUGO Lu	1:19:46	9:45	17:05	19:19	20:52	29:52	36:13	43:42	50:22	55:48	1:00:07	1:08:20	1:17:43	1:19:46		
				9:45	7:20	2:14	1:33	9:00	6:21	7:29	6:40	5:26	4:19	8:13	9:23	2:03		
Veteranas A F-40 (7)					18,8 km 10 m			16 C										
			1(49)	2(46)	3(51)	4(67)	5(57)	6(69)	7(33)	8(56)	9(43)	10(48)	11(58)	12(35)	13(69)	14(36)		
			15(44)	16(100)	Meta													
1	33	Gómez Naya Sonia GALLAECIA_RAID a	1:12:33	6:41	9:13	14:11	17:46	23:25	27:59	31:04	34:22	38:08	42:00	49:29	51:26	56:16	59:48	
				6:41	2:32	4:58	3:35	5:39	4:34	3:05	3:18	3:46	3:52	7:29	1:57	4:50	3:32	
				1:03:39	1:10:43	1:12:33												
				3:51	7:04	1:50												
2	40	Carro Mahía Alejand ADC_ARNELA Porto	1:16:18	7:22	10:16	15:46	19:40	26:25	31:32	34:46	38:21	42:28	46:34	53:21	55:21	1:00:54	1:04:30	
				7:22	2:54	5:30	3:54	6:45	5:07	3:14	3:35	4:07	4:06	6:47	2:00	5:33	3:36	
				1:07:35	1:14:46	1:16:18												
				3:05	7:11	1:32												
3	46	Follana Neira Ferna FLUVIAL_LUGO Lu	1:20:06	9:13	12:12	17:43	21:17	28:36	33:22	35:32	39:04	42:59	46:44	53:45	57:00	1:03:00	1:06:28	
				9:13	2:59	5:31	3:34	7:19	4:46	2:10	3:32	3:55	3:45	7:01	3:15	6:00	3:28	
				1:10:09	1:17:31	1:20:06												
				3:41	7:22	2:35												
4	37	Veiga García Carla AROMON Pontevedr	1:30:06	8:39	11:39	17:31	21:58	29:58	36:38	40:35	44:52	49:38	54:19	1:02:48	1:05:11	1:11:21	1:15:26	
				8:39	3:00	5:52	4:27	8:00	6:40	3:57	4:17	4:46	4:41	8:29	2:23	6:10	4:05	
				1:20:22	1:28:21	1:30:06												
				4:56	7:59	1:45												
5	35	Sanchez Vázquez M AROMON Pontevedr	1:34:05	9:42	12:39	18:36	22:53	29:55	35:37	46:55	50:56	55:15	59:44	1:07:37	1:09:50	1:16:21	1:20:30	
				9:42	2:57	5:57	4:17	7:02	5:42	11:18	4:01	4:19	4:29	7:53	2:13	6:31	4:09	
				1:24:26	1:32:25	1:34:05												
				3:56	7:59	1:40												
6	43	Varela Rivas Nuria ADC_ARNELA Porto	1:52:55	15:37	19:34	26:37	31:45	41:07	48:37	51:37	56:07	1:01:34	1:06:50	1:17:19	1:21:42	1:29:16	1:34:03	
				15:37	3:57	7:03	5:08	9:22	7:30	3:00	4:30	5:27	5:16	10:29	4:23	7:34	4:47	
				1:41:00	1:49:59	1:52:55												
				6:57	8:59	2:56												
	47	Pérez Otero Amalia AROMON Pontevedr	andona	0.00	0.00	0.00	----	----	----	----	----	----	----	----	----	----	----	
				----	----	57:16	3:37	6:25	7:10	11:18	14:55	19:41	22:25	23:22	24:32	25:28		
				26:17	27:41	31:39	33:51	35:15	38:34	40:40	41:47	45:56	46:57	48:05	50:14	53:12	54:29	
				*40	*32	*53	*57	*33	*59	*41	*34	*42	*47	*31	*35	*54	*46	
				55:24	56:13	57:01												
				*37	*45	*200												
Veteranas B F-50 (2)					9,2 km 10 m			10 C										
			1(31)	2(49)	3(34)	4(35)	5(38)	6(42)	7(36)	8(39)	9(40)	10(100)	Meta					
1	10	Crespo Quindós Be U-VIGO Vigo	47:36	6:06	9:10	15:07	21:05	24:54	29:42	33:47	35:39	40:43	45:27	47:36				
				6:06	3:04	5:57	5:58	3:49	4:48	4:05	1:52	5:04	4:44	2:09				
2	9	Alvarez Milano Sor A_PEDROSA_ORRO	58:34	8:18	11:53	18:43	24:37	28:56	36:05	41:37	43:49	49:35	55:02	58:34				
				8:18	3:35	6:50	5:54	4:19	7:09	5:32	2:12	5:46	5:27	3:32				
Absoluta Parellas (2)					16,6 km 10 m			16 C										
			1(56)	2(32)	3(39)	4(45)	5(34)	6(57)	7(51)	8(58)	9(37)	10(59)	11(63)	12(62)	13(54)	14(77)		
			15(41)	16(100)	Meta													
1	23	Pedre Fernández N APA_LICEO A Coruñ	1:12:51	7:55	10:10	14:42	17:32	20:54	25:06	30:35	37:11	40:00	43:44	48:35	54:59	1:00:02	1:02:25	
				7:55	2:15	4:32	2:50	3:22	4:12	5:29	6:36	2:49	3:44	4:51	6:24	5:03	2:23	
				1:07:44	1:10:53	1:12:51												
				5:19	3:09	1:58												

