



os	rsal	Nombre	Tiempo													
<b>M-21 (12)</b>				<b>5,1 km 120 m</b>		<b>14 C</b>		<i>(cont.)</i>								
			1(61) F	2(62)	3(63)	4(64)	5(58)	6(51)	7(50)	8(48)	9(44)	10(42)	11(40)	12(38)	13(37)	14(200)
2	150	Arcos Trillo, María E A Coruña GALLAECI	1:35:15 <b>6:44</b> 6:44 1:35:15 4:31	9:50 3:06	17:55 8:05	21:31 3:36	<b>29:20</b> 7:49	<b>32:56</b> 3:36	44:00 11:04	<b>51:15</b> 7:15	<b>1:03:52</b> 12:37	1:11:02 7:10	1:20:53 9:51	1:25:12 4:19	1:29:16 4:04	1:30:44 1:28
3	170	González Corral, Bi A Coruña GALLAECI	1:47:17 7:05 1:47:17 5:02	9:51 2:46	23:49 13:58	27:10 3:21	36:05 8:55	43:53 7:48	49:07 5:14	1:03:36 14:29	1:10:37 <b>7:01</b>	1:15:10 4:33	1:28:18 13:08	1:31:43 3:25	1:41:06 9:23	1:42:15 1:09
4	307	Santos Cambón, Ma Porto do Son ADC A	1:49:57 10:55 10:55 1:49:57 3:29	13:27 2:32	18:34 <b>5:07</b>	21:37 <b>3:03</b>	40:03 18:26	43:30 3:27	48:53 5:23	1:10:50 21:57	1:24:11 13:21	1:28:34 <b>4:23</b>	1:39:44 11:10	1:42:00 <b>2:16</b>	1:45:24 3:24	1:46:28 1:04
5	65	Pérez González, M. Lugo FLUVIAL LUG	1:53:28 9:59 9:59 1:53:28 4:28	13:21 3:22	22:49 9:28	26:47 3:58	51:25 24:38	53:53 2:28	1:03:17 9:24	1:11:04 7:47	1:29:26 18:22	1:33:49 <b>4:23</b>	1:42:01 8:12	1:44:53 2:52	1:47:50 <b>2:57</b>	1:49:00 1:10
6	435	Del Puerto Lopez, Ordes SEO	1:57:12 6:49 6:49 1:57:12 4:09	<b>9:13</b> <b>2:24</b>	<b>14:55</b> 5:42	<b>18:36</b> 3:41	39:41 21:05	41:18 <b>1:37</b>	45:28 <b>4:10</b>	51:29 6:01	1:05:05 13:36	1:38:10 33:05	1:45:24 <b>7:14</b>	1:48:14 2:50	1:52:02 3:48	1:53:03 <b>1:01</b>
7	72	Remesal Guzmán, E Lugo FLUVIAL LUG	2:04:39 12:23 12:23 2:04:39 7:13	15:40 3:17	23:33 7:53	27:40 4:07	50:31 22:51	55:45 5:14	1:00:45 5:00	1:10:50 10:05	1:20:43 9:53	1:36:34 15:51	1:47:37 11:03	1:51:48 4:11	1:56:05 4:17	1:57:26 1:21
8	584	García García, Eva Pontevedra AROMO	2:24:19 7:50 7:50 2:24:19 3:25	12:01 4:11	25:12 13:11	32:24 7:12	42:57 10:33	48:56 5:59	1:02:22 13:26	1:21:59 19:37	1:36:29 14:30	1:43:08 6:39	1:54:53 11:45	1:59:34 4:41	2:19:12 19:38	2:20:54 1:42
9	212	González, Laura Vit Vigo UNIVERSIDAD	2:39:37 7:41 7:41 2:39:37 4:55	11:42 4:01	21:00 9:18	24:29 3:29	1:11:30 47:01	1:14:16 2:46	1:19:28 5:12	1:25:22 <b>5:54</b>	2:00:40 35:18	2:09:47 9:07	2:25:24 15:37	2:28:46 3:22	2:33:34 4:48	2:34:42 1:08
	375	Ferrero Del Pozo, C A Coruña BRIGANTI	andona 8:45 8:45 3:21:10 1:09:37	13:11 4:26	56:03 42:52	1:00:35 4:32	1:34:12 33:37	1:37:48 3:36	1:48:45 10:57	2:11:33 22:48	-----	-----	-----	-----	-----	-----
	172	González Miramont A Coruña GALLAECI	andona 7:41 7:41	10:39 2:58	22:41 12:02	28:48 6:07	35:34 <b>6:46</b>	38:30 2:56	<b>43:35</b> 5:05	54:46 11:11	-----	-----	-----	-----	-----	-----
	88	Zolle Fernández, R Lugo FLUVIAL LUG	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>M-21C (19)</b>				<b>4,9 km 120 m</b>		<b>14 C</b>										
			1(61) F	2(62)	3(63)	4(64)	5(65)	6(58)	7(61)	8(50)	9(48)	10(42)	11(40)	12(38)	13(37)	14(200)
1	459	Ortegano Pérez, Ara Culleredo (A Cor A	1:42:24 10:51 10:51 1:42:24 4:19	14:22 3:31	26:21 11:59	31:09 4:48	46:09 15:00	48:12 <b>2:03</b>	51:44 3:32	<b>54:34</b> <b>2:50</b>	<b>1:00:57</b> 6:23	<b>1:10:19</b> <b>9:22</b>	<b>1:29:35</b> 19:16	<b>1:32:40</b> 3:05	<b>1:36:56</b> <b>4:16</b>	<b>1:38:05</b> 1:09
2	378	Gil Fernández, Ana A Coruña BRIGANTI	1:51:36 11:07 11:07 1:51:36 5:15	15:14 4:07	25:05 9:51	31:16 6:11	<b>41:39</b> 10:23	47:49 6:10	<b>51:18</b> <b>3:29</b>	56:26 5:08	1:15:54 19:28	1:25:57 10:03	1:36:38 10:41	1:40:55 4:17	1:45:17 4:22	1:46:21 1:04
3	39	Grandío Montes, Ra Lugo FLUVIAL LUG	1:57:19 <b>7:00</b> <b>7:00</b> 1:57:19 6:24	<b>9:50</b> 2:50	40:30 30:40	44:09 3:39	52:52 8:43	56:21 3:29	59:54 3:33	1:03:10 3:16	1:09:09 5:59	1:22:16 13:07	1:31:33 <b>9:17</b>	1:44:25 12:52	1:49:30 5:05	1:50:55 1:25
4	602	Fraga Lamas, Maite Lugo FLUVIAL LUG	1:58:06 7:49 7:49 1:58:06 5:30	12:12 4:23	<b>19:28</b> 7:16	<b>24:01</b> 4:33	42:47 18:46	<b>45:29</b> 2:42	53:35 8:06	59:43 6:08	1:10:13 10:30	1:23:40 13:27	1:42:22 18:42	1:45:44 3:22	1:50:58 5:14	1:52:36 1:38
5	304	Pérez Torres, María Porto do Son ADC A	2:01:52 10:17 10:17 2:01:52 5:25	16:05 5:48	23:04 <b>6:59</b>	26:33 <b>3:29</b>	47:23 20:50	49:26 <b>2:03</b>	57:20 7:54	1:03:36 6:16	1:14:02 10:26	1:27:56 13:54	1:45:57 18:01	1:49:41 3:44	1:55:01 5:20	1:56:27 1:26
6	276	Rodríguez Castrelo Ferrol. A Coruña M	2:08:54 15:07 15:07 2:08:54 5:35	18:53 3:46	31:11 12:18	39:03 7:52	53:04 14:01	57:04 4:00	1:03:47 6:43	1:08:12 4:25	1:27:45 19:33	1:39:30 11:45	1:51:43 12:13	1:56:17 4:34	2:01:52 5:35	2:03:19 1:27
7	357	Pfirter Benegas, Na O Barco de Valde T	2:13:50 9:09 9:09 2:13:50 6:43	15:55 6:46	28:59 13:04	35:28 6:29	49:42 14:14	58:03 8:21	1:07:01 8:58	1:12:02 5:01	1:32:00 19:58	1:42:23 10:23	1:55:41 13:18	1:59:43 4:02	2:05:28 5:45	2:07:07 1:39



os	rsal	Nombre	Tiempo																		
<b>M-21L (7)</b>				<b>5,6 km 145 m</b>		<b>15 C</b>		<i>(cont.)</i>													
				1(31) 15(200)	2(32) F	3(39)	4(36)	5(35)	6(43)	7(45)	8(44)	9(46)	10(49)	11(58)	12(65)	13(31)	14(33)				
6	17	Corral Prado, Eva Lugo FLUVIAL LUG	2:53:40	19:13 19:13 2:48:13 2:33	42:40 23:27 2:53:40 5:27	1:15:28 32:48	1:18:32 3:04	1:22:35 4:03	1:30:48 8:13	1:34:47 3:59	1:40:06 5:19	1:46:57 6:51	2:17:47 30:50	2:31:00 13:13	2:34:09 3:09	2:41:41 7:32	2:45:40 3:59				
	15	Ceide Vilela, Mª Van Lugo FLUVIAL LUG	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
<b>M-35 (12)</b>				<b>5,1 km 145 m</b>		<b>14 C</b>															
				1(59) F	2(52)	3(53)	4(54)	5(55)	6(56)	7(58)	8(49)	9(47)	10(42)	11(41)	12(36)	13(37)	14(200)				
1	400	Suárez Pazos, Almu A Coruña BRIGANTI	1:07:32	8:46 8:46 1:07:32 3:10	16:25 7:39	22:10 5:45	25:00 2:50	26:19 1:19	28:35 2:16	33:47 5:12	43:38 9:51	46:39 3:01	51:12 4:33	56:38 5:26	1:01:18 4:40	1:03:18 2:00	1:04:22 1:04				
2	208	Fernández López, C Vigo UNIVERSIDAD	1:13:58	15:59 15:59 1:13:58 3:30	20:14 4:15	24:46 4:32	27:41 2:55	28:51 1:10	31:34 2:43	36:16 4:42	41:03 4:47	49:45 8:42	59:19 9:34	1:03:49 4:30	1:07:35 3:46	1:09:28 1:53	1:10:28 1:00				
3	258	Bujía Rodríguez, El Ferrol. A Coruña M	1:20:53	7:46 7:46 1:20:53 3:30	11:10 3:24	17:10 6:00	21:02 3:52	22:09 1:07	25:19 3:10	30:23 5:04	38:19 7:56	44:59 6:40	51:24 6:25	55:47 4:23	1:13:02 17:15	1:16:24 3:22	1:17:23 0:59				
4	104	Crespo Iribarne, An Pontevedra AROMO	1:35:16	11:43 11:43 1:35:16 4:39	15:32 3:49	22:09 6:37	26:42 4:33	28:19 1:37	32:59 4:40	38:26 5:27	45:41 7:15	59:33 13:52	1:11:17 11:44	1:19:57 8:40	1:26:39 6:42	1:29:26 2:47	1:30:37 1:11				
5	35	González Bello, Co Lugo FLUVIAL LUG	1:37:52	7:12 7:12 1:37:52 4:16	14:22 7:10	24:32 10:10	41:00 16:28	42:25 1:25	47:59 5:34	52:51 4:52	1:01:05 8:14	1:10:09 9:04	1:16:05 5:56	1:21:07 5:02	1:28:00 6:53	1:32:23 4:23	1:33:36 1:13				
6	215	Iglesias Junzalvos, Vigo UNIVERSIDAD	1:53:17	9:26 9:26 1:53:17 4:38	18:26 9:00	40:58 22:32	44:56 3:58	46:23 1:27	51:54 5:31	56:28 4:34	1:03:45 7:17	1:17:28 13:43	1:29:22 11:54	1:37:59 8:37	1:44:37 6:38	1:47:27 2:50	1:48:39 1:12				
7	8	Blanco Pérez, Ana Lugo FLUVIAL LUG	2:06:13	12:57 12:57 2:06:13 5:58	17:50 4:53	26:47 8:57	33:29 6:42	35:43 2:14	41:23 5:40	48:59 7:36	1:00:03 11:04	1:18:18 18:15	1:27:10 8:52	1:42:17 15:07	1:52:18 10:01	1:58:24 6:06	2:00:15 1:51				
8	515	Regueiro Varela, El Cambre ROBALIZA	3:23:02	12:32 12:32 3:23:02 8:11	26:42 14:10	35:38 8:56	40:54 5:16	43:07 2:13	51:16 8:09	1:00:20 9:04	1:20:50 20:30	1:46:59 26:09	1:57:51 10:52	2:05:31 7:40	3:08:49 1:03:18	3:12:59 4:10	3:14:51 1:52				
	182	Mosquera Azar, Pau A Coruña GALLAECI	en tarj.	10:01 10:01 2:11:14 4:08	15:30 5:29	23:35 8:05	29:13 5:38	31:30 2:17	36:29 4:59	45:50 9:21	56:11 10:21	1:02:07 5:56	1:21:02 18:55	1:29:20 8:18	----- -----	----- -----	2:07:06 37:46				
	246	Pedre Fernández, N A Coruña APA LICE	andona	----- ----- 1:52:01 26:45	32:38 32:38	39:23 6:45	48:42 9:19	49:35 0:53	54:20 4:45	1:00:50 6:30	1:08:36 7:46	1:25:16 16:40	----- -----	----- -----	----- -----	----- -----	----- -----				
	512	Martínez Rodríguez Cambre ROBALIZA	andona	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
	292	Garcia Gonzalez, Yo Porto do Son ADC A	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
<b>M-45 (10)</b>				<b>3,9 km 95 m</b>		<b>13 C</b>															
				1(61)	2(62)	3(58)	4(51)	5(50)	6(47)	7(44)	8(43)	9(41)	10(39)	11(36)	12(35)	13(200)	F				
1	330	Pernas Martínez, Ro Santiago de Comp	1:18:55	9:31 9:31	12:23 2:52	15:31 3:08	18:30 2:59	28:31 10:01	36:19 7:48	42:36 6:17	55:12 12:36	58:53 3:41	1:02:45 3:52	1:06:58 4:13	1:11:10 4:12	1:13:34 2:24	1:18:55 5:21				
2	29	Fraga Pita, Mónica Lugo FLUVIAL LUG	1:33:02	11:57 11:57	14:40 2:43	22:48 8:08	25:30 2:42	31:09 5:39	45:38 14:29	48:48 3:10	55:36 6:48	1:09:14 13:38	1:13:12 3:58	1:18:03 4:51	1:25:42 7:39	1:28:08 2:26	1:33:02 4:54				
3	564	Balboa Barros, Mar Santiago de Comp	1:36:49	10:36 10:36	13:31 2:55	28:40 15:09	31:01 2:21	36:10 5:09	43:49 7:39	47:29 3:40	1:12:51 25:22	1:18:25 5:34	1:21:57 3:32	1:25:52 3:55	1:29:17 3:25	1:31:52 2:35	1:36:49 4:57				
4	206	Crespo Quindós, B Vigo UNIVERSIDAD	1:45:26	8:48 8:48	12:59 4:11	19:04 6:05	22:20 3:16	28:07 5:47	58:00 29:53	1:04:38 6:38	1:14:20 9:42	1:25:43 11:23	1:29:09 3:26	1:33:07 3:58	1:37:49 4:42	1:41:02 3:13	1:45:26 4:24				
5	442	Díaz Rodríguez, Yol Vigo HABELAS HAIN	2:08:43	11:42 11:42	16:09 4:27	30:33 14:24	33:56 3:23	42:47 8:51	1:02:45 19:58	1:07:15 4:30	1:14:27 7:12	1:21:03 6:36	1:25:51 4:48	1:31:53 6:02	1:59:51 27:58	2:02:58 3:07	2:08:43 5:45				
6	211	García Pacios, Marí Vigo UNIVERSIDAD	2:17:30	8:35 8:35	12:25 3:50	17:01 4:36	19:40 2:39	40:56 21:16	1:16:15 35:19	1:17:48 1:33	1:22:54 5:06	1:40:16 17:22	1:45:50 5:34	1:54:54 9:04	2:08:09 13:15	2:10:17 2:08	2:17:30 7:13				





os	rsal	Nombre	Tiempo													
<b>H-18 (4)</b>			<b>5,1 km 120 m</b>		<b>14 C</b>				<i>(cont.)</i>							
			1(61) F	2(62)	3(63)	4(64)	5(58)	6(51)	7(50)	8(48)	9(44)	10(42)	11(40)	12(38)	13(37)	14(200)
3	28	Fraga Díaz, Alex Lugo FLUVIAL LUG	1:37:14 6:01 6:01 1:37:14 4:25	8:32 2:31	15:49 7:17	18:52 3:03	28:10 9:18	<b>30:30</b> 2:20	<b>36:47</b> 6:17	46:56 10:09	56:08 9:12	1:10:26 14:18	1:26:03 15:37	1:28:40 <b>2:37</b>	1:31:48 <b>3:08</b>	1:32:49 <b>1:01</b>
4	70	Piñeiro Fraga, Iago Lugo FLUVIAL LUG	2:15:33 5:42 5:42 2:15:33 4:55	9:05 3:23	22:32 13:27	27:23 4:51	47:09 19:46	50:13 3:04	55:30 5:17	1:01:16 5:46	1:36:01 34:45	1:45:42 9:41	2:01:22 15:40	2:04:40 3:18	2:09:31 4:51	2:10:38 1:07
<b>H-21 (24)</b>			<b>5,6 km 145 m</b>		<b>15 C</b>											
			1(31) 15(200)	2(32) F	3(39)	4(36)	5(35)	6(43)	7(45)	8(44)	9(46)	10(49)	11(58)	12(65)	13(31)	14(33)
1	456	Carballo Alviárez, X Culleredo (A Cor A)	59:15 3:55 3:55 55:07 1:46	5:10 1:15 4:58 59:15 4:08	10:08 4:58	12:12 2:04	15:01 2:49	21:41 6:40	24:49 3:08	27:24 2:35	31:03 3:39	37:17 6:14	42:14 4:57	43:47 1:33	49:39 5:52	53:21 3:42
2	119	Lois Serto, Iván Pontevedra AROMO	1:19:19 4:03 4:03 1:16:14 1:19:19 2:09 3:05	5:33 1:30	12:08 6:35	14:53 2:45	18:42 3:49	23:55 5:13	26:25 2:30	31:15 4:50	34:27 3:12	48:18 13:51	55:48 7:30	58:27 2:39	1:04:08 5:41	1:14:05 9:57
3	12	Caloto Sandamil, J Lugo FLUVIAL LUG	1:20:08 4:33 4:33 1:16:57 1:20:08 1:56 3:11	6:24 1:51	19:07 12:43	21:43 2:36	26:53 5:10	35:15 8:22	37:51 2:36	41:18 3:27	44:12 2:54	52:52 8:40	1:05:53 13:01	1:07:50 1:57	1:12:18 4:28	1:15:01 2:43
4	11	Caamaño Lago, Jos Lugo FLUVIAL LUG	1:39:36 5:26 5:26 1:34:56 1:39:36 1:55 4:40	6:44 1:18	28:52 22:08	30:58 2:06	33:25 2:27	38:36 5:11	42:00 3:24	45:04 3:04	50:30 5:26	1:09:58 19:28	1:16:09 6:11	1:20:18 4:09	1:30:27 10:09	1:33:01 2:34
5	458	Doce Serrano, Juan Culleredo (A Cor A)	1:40:21 25:34 25:34 1:37:01 1:40:21 1:53 3:20	32:31 6:57	40:23 7:52	44:20 3:57	47:42 3:22	53:34 5:52	56:25 2:51	1:00:58 4:33	1:04:49 3:51	1:15:27 10:38	1:24:03 8:36	1:25:49 1:46	1:32:08 6:19	1:35:08 3:00
6	262	Feal Díaz, Néstor Ferrol. A Coruña M	1:45:41 14:04 14:04 1:42:35 1:45:41 2:26 3:06	22:20 8:16	32:41 10:21	41:07 8:26	43:04 1:57	50:43 7:39	53:37 2:54	57:25 3:48	59:55 2:30	1:17:21 17:26	1:30:43 13:22	1:32:18 1:35	1:37:32 5:14	1:40:09 2:37
7	497	Fernandez Sanchez As Neves CORNELI	1:47:56 21:49 21:49 1:44:29 1:47:56 2:29 3:27	23:50 2:01	31:11 7:21	35:15 4:04	39:03 3:48	49:29 10:26	52:22 2:53	56:01 3:39	58:48 2:47	1:12:38 13:50	1:20:17 7:39	1:22:37 2:20	1:29:36 6:59	1:42:00 12:24
8	612	Freire González, Ja Santiago de Comp	1:49:14 7:20 7:20 1:46:12 1:49:14 2:03 3:02	10:59 3:39	24:05 13:06	32:27 8:22	39:20 6:53	51:06 11:46	54:52 3:46	59:22 4:30	1:03:31 4:09	1:18:27 14:56	1:25:51 7:24	1:28:39 2:48	1:34:58 6:19	1:44:09 9:11
9	460	Valiño Martínez, Da Culleredo (A Cor A)	1:54:48 7:29 7:29 1:49:55 1:54:48 2:07 4:53	14:27 6:58	22:19 7:52	26:00 3:41	29:41 3:41	38:09 8:28	41:31 3:22	45:26 3:55	50:16 4:50	1:23:40 33:24	1:33:30 9:50	1:35:09 1:39	1:42:51 7:42	1:47:48 4:57
10	82	Seijas Varela, Diego Lugo FLUVIAL LUG	1:55:33 13:59 13:59 1:52:18 1:55:33 1:48 3:15	15:38 1:39	25:30 9:52	28:35 3:05	41:32 12:57	49:43 8:11	56:27 6:44	1:04:17 7:50	1:11:14 6:57	1:31:23 20:09	1:39:52 8:29	1:43:37 3:45	1:47:59 4:22	1:50:30 2:31
11	560	Soto Boullosa, Ang Pontevedra AROMO	2:10:51 31:27 31:27 2:06:59 2:10:51 1:36 3:52	34:43 3:16	40:29 5:46	43:33 3:04	45:32 1:59	1:00:01 14:29	1:02:27 2:26	1:05:59 3:32	1:37:10 31:11	1:44:15 7:05	1:52:56 8:41	1:57:07 4:11	2:03:07 6:00	2:05:23 2:16
12	163	Dopico Pena, Andre A Coruña GALLAECI	2:10:54 15:16 15:16 2:07:24 2:10:54 2:34 3:30	17:21 2:05	23:17 5:56	27:35 4:18	31:37 4:02	42:53 11:16	46:06 3:13	50:07 4:01	1:10:25 20:18	1:36:47 26:22	1:48:09 11:22	1:52:24 4:15	2:02:12 9:48	2:04:50 2:38
13	537	Romero Roquette, J Vigo UNIVERSIDAD	2:23:29 54:00 54:00 2:20:15 2:23:29 1:53 3:14	56:51 2:51	1:07:41 10:50	1:09:44 2:03	1:17:19 7:35	1:23:17 5:58	1:27:26 4:09	1:46:35 19:09	1:51:04 4:29	1:58:37 7:33	2:06:31 7:54	2:09:45 3:14	2:15:44 5:59	2:18:22 2:38
14	140	Varela Varela, Franc Pontevedra AROMO	2:33:17 6:13 6:13 2:29:00 2:33:17 3:17 4:17	7:56 1:43	14:45 6:49	17:07 2:22	19:56 2:49	57:39 37:43	1:00:24 2:45	1:03:46 3:22	1:08:23 4:37	1:47:39 39:16	1:54:55 7:16	1:57:01 2:06	2:04:26 7:25	2:25:43 21:17
15	22	Fernández Paradela Lugo FLUVIAL LUG	3:02:38 25:40 25:40 2:58:42 3:02:38 2:46 3:56	27:08 1:28	37:42 10:34	41:50 4:08	45:32 3:42	1:09:40 24:08	1:14:19 4:39	1:20:15 5:56	1:32:34 12:19	2:13:58 41:24	2:36:50 22:52	2:38:19 1:29	2:51:54 13:35	2:55:56 4:02
16	27	Fouz Rodriguez, M Lugo FLUVIAL LUG	3:15:49 22:01 22:01 3:10:48 3:15:49 15:19 5:01	23:46 1:45	35:43 11:57	52:41 16:58	1:06:26 13:45	1:13:25 6:59	1:17:40 4:15	1:22:03 4:23	1:27:45 5:42	2:04:13 36:28	2:37:11 32:58	2:39:43 2:32	2:48:09 8:26	2:55:29 7:20

os	rsal	Nombre	Tiempo														
<b>H-21 (24)</b>				<b>5,6 km 145 m</b>			<b>15 C</b>			<i>(cont.)</i>							
				1(31) 15(200)	2(32) F	3(39)	4(36)	5(35)	6(43)	7(45)	8(44)	9(46)	10(49)	11(58)	12(65)	13(31)	14(33)
598		Vázquez Vázquez, Pontevedra AROMO	en tarj. 40:02 40:02 2:55:45 1:57	46:50 6:48 2:59:53 4:08	1:29:48 42:58	1:32:35 2:47	1:41:52 9:17	1:49:50 7:58	1:53:38 3:48	1:57:35 3:57	2:13:03 15:28	2:27:46 14:43	----	----	2:49:44 21:58	2:53:48 4:04	
539		Prado Costoya, Jai A Coruña (Oleiro FA	andona 27:27 27:27 ----	33:08 5:41 53:02 19:54	----	----	----	----	----	----	----	----	----	----	----	----	
585		Vidal Juncal, Joaquin Pontevedra AROMO	andona 18:05 18:05 ----	35:50 17:45 1:18:40 31:33	47:07 11:17	----	----	----	----	----	----	----	----	----	----	----	
103		César Aldariz, Javier Pontevedra AROMO	andona 37:43 37:43 1:16:41 6:36	39:41 1:58 1:26:02 9:21	57:13 17:32	1:01:34 4:21	1:10:05 8:31	----	----	----	----	----	----	----	----	----	
73		Rifón Anón, Francis Lugo FLUVIAL LUG	andona ---- 2:06:14 34:18	40:53 40:53 2:15:23 9:09	1:16:53 36:00	1:22:50 5:57	1:31:56 9:06	----	----	----	----	----	----	----	----	----	
275		Rodríguez Bergara, Ferrol. A Coruña M	andona ---- ----	----	----	----	----	----	----	----	----	----	----	----	----	----	
476		Penas, Alfonso A Coruña C.O.CO	No sale ---- ----	----	----	----	----	----	----	----	----	----	----	----	----	----	
10		Buide Mouriz, Jesu Lugo FLUVIAL LUG	No sale ---- ----	----	----	----	----	----	----	----	----	----	----	----	----	----	
<b>H-21C (25)</b>				<b>4,9 km 120 m</b>			<b>14 C</b>										
				1(61) F	2(62)	3(63)	4(64)	5(65)	6(58)	7(61)	8(50)	9(48)	10(42)	11(40)	12(38)	13(37)	14(200)
1	44	Liz Díaz, Javier Lugo FLUVIAL LUG	1:11:23 5:47 5:47 1:11:23 4:14	9:37 3:50 5:24 11:13:55 3:39	15:01 5:24	18:33 3:32	22:43 4:10	27:10 4:27	34:17 7:07	41:05 6:48	46:38 5:33	52:44 6:06	1:01:03 8:19	1:03:24 2:21	1:06:00 2:36	1:07:09 1:09	
2	235	Castedo López, Juli A Coruña APA LICE	1:13:55 8:50 8:50 1:13:55 3:39	11:42 2:52 5:24 11:13:55 3:39	17:06 5:24	20:29 3:23	24:51 4:22	28:10 3:19	30:46 2:36	32:43 1:57	36:29 3:46	56:41 20:12	1:02:32 5:51	1:06:47 4:15	1:09:13 2:26	1:10:16 1:03	
3	285	Arufe Santamaría, J Porto do Son ADC A	1:14:24 4:47 4:47 1:14:24 3:08	6:41 1:54 16:29 1:14:24 3:08	23:10 16:29	25:36 2:26	29:13 3:37	32:09 2:56	34:13 2:04	35:52 1:39	44:47 8:55	52:30 7:43	1:04:23 11:53	1:06:27 2:04	1:10:17 3:50	1:11:16 0:59	
4	300	Oujo Pouso, Gelasi Porto do Son ADC A	1:15:21 7:11 7:11 1:15:21 2:48	12:17 5:06 4:41 1:15:21 2:48	16:58 4:41	19:46 2:48	22:05 2:19	24:24 2:19	32:24 8:00	34:20 1:56	40:16 5:56	47:55 7:39	1:06:30 18:35	1:08:21 1:51	1:11:52 3:31	1:12:33 0:41	
5	397	Senin Canosa, Igna A Coruña BRIGANTI	1:17:39 5:50 5:50 1:17:39 3:45	8:24 2:34 6:38 1:17:39 3:45	15:02 6:38	17:40 2:38	22:14 4:34	24:10 1:56	27:40 3:30	30:26 2:46	36:47 6:21	46:09 9:22	1:05:29 19:20	1:08:35 3:06	1:12:55 4:20	1:13:54 0:59	
6	567	García García, Carl A Coruña ARTABRO	1:21:52 6:14 6:14 1:21:52 4:27	8:23 2:09 13:15 1:21:52 4:27	21:38 13:15	24:43 3:05	31:08 6:25	35:59 4:51	38:50 2:51	43:14 4:24	52:00 8:46	59:38 7:38	1:09:52 10:14	1:13:05 3:13	1:16:17 3:12	1:17:25 1:08	
7	531	Albaladejo Carreño, Vigo UNIVERSIDAD	1:23:08 5:51 5:51 1:23:08 3:46	7:56 2:05 5:21 1:23:08 3:46	13:17 5:21	18:34 5:17	24:16 5:42	27:09 2:53	31:02 3:53	34:04 3:02	41:39 7:35	56:09 14:30	1:08:21 12:12	1:10:52 2:31	1:18:23 7:31	1:19:22 0:59	
8	123	Omil Beloso, Antoni Pontevedra AROMO	1:33:40 4:24 4:24 1:33:40 3:31	6:39 2:15 5:38 1:33:40 3:31	12:17 5:38	15:02 2:45	44:15 29:13	45:59 1:44	48:25 2:26	50:08 1:43	1:00:00 9:52	1:06:35 6:35	1:24:37 18:02	1:26:24 1:47	1:28:52 2:28	1:30:09 1:17	
9	296	Oujo Castelo, Santi Porto do Son ADC A	1:36:47 23:50 23:50 1:36:47 3:13	26:27 2:37 4:58 1:36:47 3:13	31:25 4:58	34:35 3:10	42:22 7:47	49:46 7:24	51:30 1:44	55:58 4:28	59:54 3:56	1:12:29 12:35	1:24:31 12:02	1:26:34 2:03	1:32:14 5:40	1:33:34 1:20	
10	191	Rioboo Iglesias, Da A Coruña GALLAECI	1:38:45 19:19 19:19 1:38:45 4:22	22:03 2:44 12:20 1:38:45 4:22	34:23 12:20	39:58 5:35	46:01 6:03	49:20 3:19	51:14 1:54	53:52 2:38	59:23 5:31	1:12:18 12:55	1:20:27 8:09	1:29:21 8:54	1:33:04 3:43	1:34:23 1:19	



os	rsal	Nombre	Tiempo														
<b>H-21C (25)</b>				<b>4,9 km 120 m</b>			<b>14 C</b>			<i>(cont.)</i>							
				1(61) F	2(62)	3(63)	4(64)	5(65)	6(58)	7(61)	8(50)	9(48)	10(42)	11(40)	12(38)	13(37)	14(200)
11	2	Algora Aizpurua, An Lugo FLUVIAL LUG	1:39:25	9:13 9:13 1:39:25 3:00	15:02 5:49	29:38 14:36	31:51 <b>2:13</b>	36:06 4:15	38:24 2:18	40:33 2:09	42:35 2:02	51:14 8:39	1:24:40 33:26	1:29:39 <b>4:59</b>	1:31:41 2:02	1:35:29 3:48	1:36:25 0:56
12	350	Camba Rodríguez, O Barco de Valde T	1:41:53	6:01 6:01 1:41:53 3:54	9:08 3:07	23:32 14:24	26:27 2:55	33:35 7:08	35:58 2:23	42:56 6:58	47:59 5:03	1:07:04 19:05	1:18:10 11:06	1:31:19 13:09	1:34:12 2:53	1:37:05 2:53	1:37:59 0:54
13	535	Ortega Muñiz, Juan Vigo UNIVERSIDAD	1:42:05	9:45 9:45 1:42:05 3:14	15:25 5:40	23:04 7:39	26:03 2:59	32:18 6:15	36:21 4:03	39:35 3:14	49:35 10:00	1:00:57 11:22	1:14:51 13:54	1:32:03 17:12	1:34:23 2:20	1:37:51 3:28	1:38:51 1:00
14	309	Serantes Maneiro, C Porto do Son ADC A	1:44:26	7:44 7:44 1:44:26 3:49	12:26 4:42	19:32 7:06	22:46 3:14	30:05 7:19	38:07 8:02	47:57 9:50	54:16 6:19	58:26 4:10	1:12:21 13:55	1:31:18 18:57	1:34:45 3:27	1:39:35 4:50	1:40:37 1:02
15	178	López Rodríguez, F A Coruña GALLAECI	1:52:11	19:16 19:16 1:52:11 3:33 10:50 *62	33:32 14:16	40:22 6:50	29:33 <i>0.00</i>	41:53 <i>0.00</i>	44:12 2:19	59:47 15:35	1:02:08 2:21	1:09:19 7:11	1:28:34 19:15	1:38:50 10:16	1:43:17 4:27	1:47:30 4:13	1:48:38 1:08
16	117	Gutiérrez Costas, J Pontevedra AROMO	1:52:51	9:27 9:27 1:52:51 3:26	15:09 5:42	23:12 8:03	26:06 2:54	51:24 25:18	53:44 2:20	56:22 2:38	1:00:35 4:13	1:12:12 11:37	1:28:10 15:58	1:41:26 13:16	1:44:36 3:10	1:47:58 3:22	1:49:25 1:27
17	626	Fernández Souto, J Lugo FLUVIAL LUG	1:58:43	6:41 6:41 1:58:43 3:50	9:19 2:38	18:57 9:38	22:46 3:49	35:10 12:24	38:48 3:38	44:58 6:10	47:46 2:48	55:26 7:40	1:18:35 23:09	1:33:56 15:21	1:51:15 17:19	1:53:38 <b>2:23</b>	1:54:53 1:15
18	265	Gallego Miguez, Ro Ferrol. A Coruña M	2:02:49	9:05 9:05 2:02:49 5:31	12:55 3:50	25:13 12:18	32:59 7:46	47:06 14:07	51:00 3:54	57:44 6:44	1:02:05 4:21	1:21:44 19:39	1:33:30 11:46	1:45:27 11:57	1:50:14 4:47	1:55:53 5:39	1:57:18 1:25
19	97	Barreiro Fernández Pontevedra AROMO	2:06:06	5:14 5:14 2:06:06 3:30	7:42 2:28	13:10 5:28	17:33 4:23	32:11 14:38	1:07:27 35:16	1:14:29 7:02	1:16:01 <b>1:32</b>	1:27:37 11:36	1:39:09 11:32	1:55:08 15:59	1:56:46 <b>1:38</b>	2:01:21 4:35	2:02:36 1:15
20	30	Freire Fernández, J Lugo FLUVIAL LUG	2:15:28	7:15 7:15 2:15:28 3:50	12:54 5:39	17:45 4:51	23:28 5:43	52:40 29:12	1:03:19 10:39	1:06:15 2:56	1:14:14 7:59	1:29:44 15:30	1:44:07 14:23	1:53:39 9:32	2:06:11 12:32	2:10:52 4:41	2:11:38 0:46
21	180	López Vázquez, Jes A Coruña GALLAECI	2:20:48	36:50 36:50 2:20:48 4:13	38:52 2:02	56:31 17:39	1:00:03 3:32	1:07:46 7:43	1:10:17 2:31	1:18:18 8:01	1:20:39 2:21	1:41:26 20:47	1:54:19 12:53	2:02:32 8:13	2:11:38 9:06	2:15:26 3:48	2:16:35 1:09
22	57	Ordóñez Zuleta, Osc Lugo FLUVIAL LUG	2:40:10	27:46 27:46 2:40:10 6:41	30:11 2:25	38:46 8:35	49:07 10:21	55:15 6:08	58:34 3:19	1:03:48 5:14	1:24:03 20:15	1:32:49 8:46	1:42:18 9:29	2:19:13 36:55	2:23:57 4:44	2:32:02 8:05	2:33:29 1:27
	351	Limeres Antonio, Mi O Barco de Valde T	en tarj.	10:19 10:19 2:38:52 7:28	13:34 3:15	27:42 14:08	31:37 3:55	54:37 23:00	1:05:26 10:49	1:13:53 8:27	1:23:30 9:37	1:52:22 28:52	2:06:13 13:51	-----	-----	-----	2:31:24 25:11
	76	Rodríguez López, C Lugo FLUVIAL LUG	en tarj.	22:46 22:46 2:50:52 7:30	25:52 3:06	38:18 12:26	43:58 5:40	1:06:42 22:44	1:17:23 10:41	1:25:50 8:27	1:35:28 9:38	2:04:31 29:03	2:18:09 13:38	-----	-----	-----	2:43:22 25:13
	43	Legaspi Abelaira, R Lugo FLUVIAL LUG	andona	5:36 5:36	8:11 2:35	13:39 5:28	17:24 3:45	31:36 14:12	33:52 2:16	37:26 3:34	40:59 3:33	55:06 14:07	-----	-----	-----	-----	-----
<b>H-21L (19)</b>				<b>6,5 km 195 m</b>			<b>17 C</b>										
				1(32) 15(31)	2(41) 16(34)	3(39) 17(200)	4(35) F	5(43)	6(45)	7(44)	8(46)	9(49)	10(53)	11(54)	12(55)	13(56)	14(57)
1	120	Marín, Alex Pontevedra AROMO	1:18:44	5:46 5:46 1:07:12 6:46	10:54 <b>5:08</b>	13:16 2:22	15:36 <b>2:20</b>	24:12 8:36	27:00 2:48	33:01 6:01	35:45 2:44	42:29 <b>6:44</b>	50:18 7:49	53:10 2:52	54:22 1:12	57:41 3:19	1:00:26 2:45
2	137	Ruda Orozco, Omar Pontevedra AROMO	1:22:51	8:36 8:36 1:14:51 7:03	21:47 13:11	23:52 2:05	30:35 6:43	35:05 4:30	37:04 <b>1:59</b>	39:23 <b>2:19</b>	41:49 <b>2:26</b>	52:40 10:51	59:45 <b>7:05</b>	1:01:58 <b>2:13</b>	1:03:01 1:03	1:05:00 <b>1:59</b>	1:07:48 2:48

os	rsal	Nombre	Tiempo														
<b>H-21L (19)</b>				<b>6,5 km 195 m</b>				<b>17 C</b>				<i>(cont.)</i>					
				1(32)	2(41)	3(39)	4(35)	5(43)	6(45)	7(44)	8(46)	9(49)	10(53)	11(54)	12(55)	13(56)	14(57)
				15(31)	16(34)	17(200)	F										
3	622	Penas, Jose A Coruña C.O.CO	1:39:03	15:42	35:43	37:04	39:41	44:24	47:18	50:02	52:45	1:01:54	1:13:02	1:16:15	1:17:21	1:19:29	1:22:26
				15:42	20:01	1:21	2:37	4:43	2:54	2:44	2:43	9:09	11:08	3:13	1:06	2:08	2:57
				1:29:05	1:34:58	1:36:11	1:39:03										
				6:39	5:53	1:13	2:52										
4	225	Pérez Juste, Jorge Vigo UNIVERSIDAD	1:41:42	12:16	19:55	23:48	28:59	35:08	38:32	41:51	45:44	55:53	1:06:50	1:10:41	1:11:51	1:15:55	1:19:52
				12:16	7:39	3:53	5:11	6:09	3:24	3:19	3:53	10:09	10:57	3:51	1:10	4:04	3:57
				1:28:29	1:37:14	1:38:03	1:41:42										
				8:37	8:45	0:49	3:39										
5	366	Blanco Villar, Anton A Coruña BRIGANTI	1:46:48	6:30	22:31	24:38	28:41	33:37	35:41	38:30	42:15	59:59	1:12:03	1:16:56	1:19:37	1:22:07	1:25:20
				6:30	16:01	2:07	4:03	4:56	2:04	2:49	3:45	17:44	12:04	4:53	2:41	2:30	3:13
				1:31:09	1:41:51	1:43:35	1:46:48										
				5:49	10:42	1:44	3:13										
6	36	González Castro, L Lugo FLUVIAL LUG	1:48:48	5:12	10:40	13:26	16:51	44:39	47:20	51:01	57:00	1:08:58	1:17:17	1:20:10	1:21:26	1:23:49	1:26:27
				5:12	5:28	2:46	3:25	27:48	2:41	3:41	5:59	11:58	8:19	2:53	1:16	2:23	2:38
				1:34:05	1:44:54	1:45:30	1:48:48										
				7:38	10:49	0:36	3:18										
7	151	Breijo Martinez, Yag A Coruña GALLAECI	1:50:28	21:22	32:48	34:32	38:59	42:58	45:37	48:36	1:00:48	1:19:46	1:27:45	1:30:16	1:31:19	1:34:09	1:36:17
				21:22	11:26	1:44	4:27	3:59	2:39	2:59	12:12	18:58	7:59	2:31	1:03	2:50	2:08
				1:42:32	1:47:02	1:47:40	1:50:28										
				6:15	4:30	0:38	2:48										
8	86	Viana Gonzalez, Iag Lugo FLUVIAL LUG	1:56:23	12:52	31:46	35:21	38:56	44:21	47:59	51:26	55:27	1:10:22	1:20:18	1:24:06	1:25:43	1:31:14	1:35:25
				12:52	18:54	3:35	3:35	5:25	3:38	3:27	4:01	14:55	9:56	3:48	1:37	5:31	4:11
				1:43:59	1:51:41	1:52:41	1:56:23										
				8:34	7:42	1:00	3:42										
9	51	Nogueras Marentes, Lugo FLUVIAL LUG	1:57:46	13:25	33:50	37:19	41:01	46:13	49:56	53:28	57:15	1:12:26	1:22:11	1:27:02	1:27:55	1:33:55	1:37:15
				13:25	20:25	3:29	3:42	5:12	3:43	3:32	3:47	15:11	9:45	4:51	0:53	6:00	3:20
				1:46:04	1:53:30	1:54:15	1:57:46										
				8:49	7:26	0:45	3:31										
10	143	Vera Murillo, José J Pontevedra AROMO	2:01:59	6:32	28:54	32:53	39:31	44:59	47:43	51:03	55:31	1:16:32	1:30:30	1:34:26	1:35:47	1:38:22	1:42:59
				6:32	22:22	3:59	6:38	5:28	2:44	3:20	4:28	21:01	13:58	3:56	1:21	2:35	4:37
				1:51:49	1:57:23	1:58:13	2:01:59										
				8:50	5:34	0:50	3:46										
11	3	Amarelle Garabán, Lugo FLUVIAL LUG	2:06:43	8:07	38:39	39:58	43:27	1:02:41	1:05:27	1:09:06	1:14:32	1:26:36	1:35:24	1:38:19	1:39:34	1:42:17	1:44:38
				8:07	30:32	1:19	3:29	19:14	2:46	3:39	5:26	12:04	8:48	2:55	1:15	2:43	2:21
				1:52:23	2:02:57	2:03:32	2:06:43										
				7:45	10:34	0:35	3:11										
12	550	Rodríguez Martínez O Porriño BUDIÑOR	2:12:13	11:01	27:00	32:05	38:08	47:28	50:44	55:33	1:01:13	1:26:58	1:37:38	1:42:18	1:43:26	1:46:14	1:51:16
				11:01	15:59	5:05	6:03	9:20	3:16	4:49	5:40	25:45	10:40	4:40	1:08	2:48	5:02
				1:58:54	2:07:52	2:09:10	2:12:13										
				7:38	8:58	1:18	3:03										
13	166	Freire Lage, Lucas A Coruña GALLAECI	2:34:33	1:00:24	1:09:47	1:12:47	1:35:45	1:44:27	1:55:17	2:03:33	2:07:49	2:15:44	2:27:02	2:30:51	2:32:14	2:34:56	2:38:39
				1:00:24	9:23	3:00	22:58	8:42	10:50	8:16	4:16	7:55	11:18	3:49	1:23	2:42	3:43
				2:48:23	2:56:52	2:59:01	3:02:49	15:17	50:49	1:08:03	1:21:36	1:34:29	1:40:00	1:42:53	1:58:31	2:11:45	*76
				9:44	8:29	2:09	3:48	*64	*65	*66	*67	*73	*74	*120	*75		
				2:35:02	3:07:24	3:30:16	3:45:16	3:58:15	4:00:27	4:17:47	4:33:09	5:08:51	5:25:03	5:30:37	5:40:48	5:48:17	
				*54	*77	*78	*79	*130	*140	*87	*86	*80	*81	*82	*83	*84	
14	68	Pérez Veiga, Adrián Lugo FLUVIAL LUG	3:00:05	11:30	21:57	25:56	29:06	37:00	40:07	44:00	49:42	1:26:10	1:50:14	1:54:24	1:55:51	1:58:59	2:02:10
				11:30	10:27	3:59	3:10	7:54	3:07	3:53	5:42	36:28	24:04	4:10	1:27	3:08	3:11
				2:48:10	2:55:35	2:56:27	3:00:05										
				46:00	7:25	0:52	3:38										
236		Castedo López, Pab A Coruña APA LICE	en tarj.	1:01:09	1:14:44	1:17:40	1:23:45	1:35:16	1:38:28	1:49:38	2:01:02	2:14:59	2:27:24	2:30:32	2:31:42	2:35:15	2:37:56
				1:01:09	13:35	2:56	6:05	11:31	3:12	11:10	11:24	13:57	12:25	3:08	1:10	3:33	2:41
				----	----	----	----	----	----	----	----	----	----	----	----	----	----
313		Ciorraga Osorio, An A Coruña (Oleiro FA	andona	----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----	----	47:04										
				----	----	----	47:04										
451		Rodríguez Lopez, J Vigo HABELAS HAIN	andona	16:17	37:40	42:11	51:42	1:02:42	1:09:22	1:18:01	1:25:58	----	----	----	----	----	----
				16:17	21:23	4:31	9:31	11:00	6:40	8:39	7:57	----	----	----	----	----	----
				----	----	2:21:10	2:29:35										
				----	----	55:12	8:25										
376		Fojo Outeiro, Alejan Arteixo JARNACHAS	andona	18:38	51:48	55:44	1:01:16	----	----	----	----	----	----	----	----	----	----
				18:38	33:10	3:56	5:32										
				----	----	----	----										
623		Alfonso Álvarez, Da Pontevedra AROMO	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----	----	----										

os	rsal	Nombre	Tiempo																			
H-35 (33)				7,0 km			200 m		19 C													
				1(49)	2(39)	3(36)	4(35)	5(43)	6(45)	7(44)	8(46)	9(49)	10(52)	11(53)	12(54)	13(55)	14(56)					
				15(57)	16(31)	17(32)	18(33)	19(200)	F													
1	200	Álvarez Cabero, Jos Vigo UNIVERSIDAD	1:08:29	5:58 5:58	12:15 6:17	14:21 2:06	16:12 1:51	20:14 4:02	22:34 2:20	25:56 3:22	28:56 3:00	34:30 5:34	37:38 3:08	41:47 4:09	44:09 2:22	45:04 0:55	47:35 2:31					
2	135	Rosado Frade, Alfo Pontevedra AROMO	1:17:21	7:22 7:22	12:50 5:28	14:39 1:49	17:23 2:44	21:25 4:02	24:31 3:06	27:32 3:01	30:21 2:49	36:57 6:36	41:16 4:19	46:29 5:13	48:48 2:19	49:54 1:06	52:23 2:29					
3	91	Alvelo Fraguela, Jav Pontevedra AROMO	1:24:28	19:58 19:58	26:38 6:40	29:25 2:47	31:26 2:01	36:01 4:35	38:33 2:32	41:37 3:04	45:18 3:41	50:37 5:19	58:24 7:47	1:01:39 3:15	1:04:27 2:48	1:05:24 0:57	1:07:38 2:14					
4	624	Martín Rodríguez, F Pontevedra AROMO	1:25:58	11:28 11:28	25:23 13:55	27:50 2:27	30:28 2:38	36:17 5:49	38:49 2:32	42:18 3:29	44:56 2:38	50:28 5:32	54:32 4:04	59:10 4:38	1:02:11 3:01	1:03:13 1:02	1:07:46 4:33					
5	444	Ferrer Vidal, Franci Vigo HABELAS HAIN	1:31:33	9:55 9:55	17:23 7:28	19:33 2:10	23:28 3:55	33:25 9:57	36:43 3:18	39:28 2:45	42:43 3:15	53:00 10:17	56:50 3:50	1:06:31 9:41	1:09:16 2:45	1:10:16 1:00	1:13:32 3:16					
6	219	Pastoriza Santos, Vi Vigo UNIVERSIDAD	1:35:48	7:19 7:19	24:29 17:10	26:52 2:23	28:45 1:53	32:53 4:08	38:10 5:17	41:35 3:25	44:14 2:39	49:56 5:42	55:20 5:24	58:43 3:23	1:07:25 8:42	1:08:40 1:15	1:14:50 6:10					
7	98	Beloso García, Man Pontevedra AROMO	1:42:02	7:10 7:10	14:36 7:26	17:29 2:53	20:08 2:39	25:44 5:36	28:24 2:40	31:28 3:04	34:11 2:43	55:30 21:19	1:01:34 6:04	1:05:27 3:53	1:14:09 8:42	1:15:20 1:11	1:18:10 2:50					
8	202	Armada Luaces, Jos Vigo UNIVERSIDAD	1:43:35	7:47 7:47	25:16 17:29	27:23 2:07	30:32 3:09	35:35 5:03	38:45 3:10	43:28 4:43	47:06 3:38	55:49 8:43	1:00:57 5:08	1:08:22 7:25	1:11:03 2:41	1:11:58 0:55	1:17:07 5:09					
9	306	Santos Blanco, Albe Porto do Son ADC A	1:45:26	6:20 6:20	17:15 10:55	20:54 3:39	25:29 4:35	31:53 6:24	34:05 2:12	40:01 5:56	49:20 9:19	1:05:52 16:32	1:10:43 4:51	1:14:38 3:55	1:24:51 10:13	1:25:48 0:57	1:28:12 2:24					
10	237	Castrillón Manso, J A Coruña APA LICE	1:52:19	7:14 7:14	20:49 13:35	23:42 2:53	26:58 3:16	40:10 13:12	48:21 8:11	55:28 7:07	59:29 4:01	1:06:30 7:01	1:11:51 5:21	1:17:04 5:13	1:21:42 4:38	1:22:48 1:06	1:28:46 5:58					
11	327	Fraga Castro, Santi Santiago de Comp	1:58:06	11:18 11:18	23:20 12:02	27:41 4:21	33:41 6:00	41:08 7:27	44:06 2:58	48:23 4:17	1:03:22 14:59	1:16:04 12:42	1:21:45 5:41	1:26:02 4:17	1:28:53 2:51	1:30:07 1:14	1:33:01 2:54					
12	41	Lafuente, Juan José Lugo FLUVIAL LUG	1:59:49	9:30 9:30	25:04 15:34	28:37 3:33	31:36 2:59	41:05 9:29	43:32 2:27	47:32 4:00	52:18 4:46	59:37 7:19	1:10:15 10:38	1:20:08 9:53	1:24:26 4:18	1:25:38 1:12	1:28:33 2:55					
13	317	Paz Guzmán, Julio A Coruña (Oleiro FA	2:02:38	7:24 7:24	18:08 10:44	21:01 2:53	23:08 2:07	27:39 4:31	30:43 3:04	33:38 2:55	36:08 2:30	1:09:01 32:53	1:19:02 10:01	1:30:04 11:02	1:39:21 9:17	1:40:27 1:06	1:43:07 2:40					
14	266	García García, Jose Ferrol. A Coruña M	2:05:56	18:36 18:36	29:11 10:35	32:19 3:08	36:04 3:45	42:05 6:01	45:46 3:41	48:48 3:02	55:19 6:31	1:02:39 7:20	1:08:17 5:38	1:15:15 6:58	1:19:37 4:22	1:21:01 1:24	1:23:53 2:52					
15	617	Peinó Villares, Henr Viveiro SANROQUE	2:10:03	13:42 13:42	29:01 15:19	32:08 3:07	38:41 6:33	44:48 6:07	47:53 3:05	51:13 3:20	54:43 3:30	1:06:31 11:48	1:20:08 13:37	1:36:10 16:02	1:39:48 3:38	1:41:16 1:28	1:45:56 4:40					
16	108	Dominguez Portas, Pontevedra AROMO	2:10:59	7:12 7:12	14:55 7:43	19:00 4:05	23:48 4:48	29:59 6:11	32:35 2:36	35:20 2:45	38:10 2:50	1:18:24 40:14	1:24:41 6:17	1:35:08 10:27	1:39:14 4:06	1:40:30 1:16	1:49:34 9:04					
17	112	Figueroa Fernánde Pontevedra AROMO	2:12:11	13:31 13:31	19:05 5:34	20:44 1:39	24:33 3:49	33:42 9:09	35:40 1:58	37:45 2:05	41:08 3:23	1:04:27 23:19	1:08:16 3:49	1:15:16 7:00	1:25:20 10:04	1:26:32 1:12	1:28:40 2:08					
18	21	Fernández Martínez Lugo FLUVIAL LUG	2:12:22	10:33 10:33	22:43 12:10	25:23 2:40	28:40 3:17	34:29 5:49	37:26 2:57	1:01:22 23:56	1:04:31 3:09	1:16:32 12:01	1:23:18 6:46	1:28:07 4:49	1:33:03 4:56	1:34:12 1:09	1:39:52 5:40					
19	63	Parga Ures, Eladio Lugo FLUVIAL LUG	2:15:49	14:17 14:17	32:35 18:18	44:41 12:06	50:02 5:21	55:42 5:40	58:35 2:53	1:06:20 7:45	1:10:47 4:27	1:32:01 21:14	1:40:09 8:08	1:46:47 6:38	1:51:37 4:50	1:52:45 1:08	1:55:35 2:50					
20	171	González Miramont A Coruña GALLAECI	2:18:21	8:48 8:48	17:45 8:57	20:47 3:02	25:49 5:02	30:41 4:52	33:13 2:32	37:37 4:24	43:58 6:21	1:04:20 20:22	1:34:56 30:36	1:48:38 13:42	1:52:27 3:49	1:53:40 1:13	1:57:06 3:26					

Pos	Nombre	Tempo														
<b>H-35 (33)</b>			<b>7,0 km 200 m</b>				<b>19 C</b>				<i>(cont.)</i>					
			1(49) 15(57)	2(39) 16(31)	3(36) 17(32)	4(35) 18(33)	5(43) 19(200)	6(45) F	7(44)	8(46)	9(49)	10(52)	11(53)	12(54)	13(55)	14(56)
<b>21</b>	<b>254 Abeal Navarro, Fran Ferrol. A Coruña M</b>	<b>2:28:36</b>	15:54 15:54 2:04:14	31:32 15:38 2:11:39	33:51 2:19 2:18:15	52:10 18:19 2:21:18	1:00:11 8:01 2:23:57	1:03:15 3:04 2:28:36	1:06:13 2:58	1:17:38 11:25	1:41:54 24:16	1:47:10 5:16	1:53:18 6:08	1:56:49 3:31	1:58:05 1:16	2:00:53 2:48
<b>22</b>	<b>388 Iglesias Candal, Iva A Coruña BRIGANTI</b>	<b>2:30:58</b>	9:25 9:25 2:08:18	29:25 20:00 2:19:21	32:59 3:34 2:23:47	39:56 6:57 2:25:24	47:54 7:58 2:27:20	51:54 4:00 2:30:58	1:00:25 8:31	1:05:11 4:46 1:54:40	1:23:20 18:09	1:37:45 14:25	1:44:00 6:15	1:48:09 4:09	1:58:42 10:33	2:02:27 3:45
<b>23</b>	<b>871 Rezzonico, Sergio ASTURIAS NORDES</b>	<b>2:32:35</b>	5:51 33:29 2:15:59	11:03 41:08 2:23:12	4:26 43:20 2:24:43	1:37 52:08 2:26:36	1:56 1:00:08 2:28:53	3:38 1:09:13 2:32:35	1:12:24 3:11	1:19:05 6:41	1:39:02 19:57	1:45:01 5:59	2:04:37 19:36	2:09:10 4:33	2:10:59 1:49	2:13:28 2:29
<b>24</b>	<b>527 Picos Romero, Vict A Coruña GALLAECI</b>	<b>2:32:40</b>	23:04 23:04 2:03:47	39:53 16:49 2:15:00	42:28 2:35 2:16:37	46:17 3:49 2:25:56	53:52 7:35 2:28:18	1:02:58 9:06 2:32:40	1:06:03 3:05	1:10:33 4:30	1:25:35 15:02	1:43:50 18:15	1:49:21 5:31	1:53:24 4:03	1:55:21 1:57	2:00:29 5:08
<b>25</b>	<b>13 Carreira López, Lui Lugo FLUVIAL LUG</b>	<b>2:58:39</b>	15:28 15:28 2:05:17	37:15 21:47 2:29:08	39:48 2:33 2:31:04	48:24 8:36 2:50:12	55:07 6:43 2:53:14	58:03 2:56 2:58:39	1:01:27 3:24	1:05:31 4:04	1:19:47 14:16	1:26:59 7:12	1:37:40 10:41	1:55:52 18:12	1:57:22 1:30	2:00:32 3:10
<b>273</b>	<b>Pozo Valenciano, J Ferrol. A Coruña M</b>	<b>en tarj.</b>	39:00 39:00 -----	----- 34:02 -----	1:13:02 ----- -----	----- ----- -----	----- 1:16:57 3:55	----- 1:21:08 4:11	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----
			59:28 *47	1:04:16 *42	1:08:32 *41	1:15:40 *37	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>452</b>	<b>Rodríguez Pérez, El Vigo HABELAS HAIN</b>	<b>en tarj.</b>	8:48 8:48 1:48:24	23:33 14:45 1:58:05	26:14 2:41 -----	45:45 19:31 -----	51:13 5:28 2:04:09	53:48 2:35 2:08:15	57:11 3:23	1:07:02 9:51	1:18:04 11:02	-----	1:30:07 12:03	1:40:46 10:39	1:42:02 1:16	1:45:15 3:13
<b>232</b>	<b>Cañas Lara, Julio A Coruña APA LICE</b>	<b>en tarj.</b>	17:36 17:36 1:51:09	25:30 7:54 -----	36:05 10:35 -----	39:14 3:09 -----	43:59 4:45 -----	46:43 2:44 -----	50:12 3:29	1:00:00 9:48	1:16:21 16:21	-----	1:39:31 23:10	1:43:07 3:36	1:44:17 1:10	1:47:05 2:48
<b>410</b>	<b>Chase, Neil A Coruña ARTABRO</b>	<b>andona</b>	13:18 13:18 -----	44:46 31:28 -----	52:54 8:08 -----	56:27 3:33 -----	1:02:59 6:32 -----	1:05:59 3:00 2:02:21	1:09:39 3:40	1:17:28 7:49	-----	-----	-----	-----	-----	-----
<b>342</b>	<b>Agudo, Jose Antoni O Barco de Valde T</b>	<b>andona</b>	15:18 15:18 -----	27:40 12:22 -----	30:51 3:11 -----	35:38 4:47 -----	1:31:26 55:48 2:16:27	1:34:51 3:25 2:22:55	1:44:13 9:22	-----	-----	-----	-----	-----	-----	-----
<b>615</b>	<b>Lopez Martinez, Jos Viveiro SANROQUE</b>	<b>andona</b>	15:32 15:32 -----	1:38:19 1:22:47 -----	1:41:44 3:25 -----	2:09:40 27:56 -----	----- ----- -----	----- 2:44:54 35:14	-----	-----	-----	-----	-----	-----	-----	-----
<b>271</b>	<b>Perez Diaz, Fernan Ferrol. A Coruña M</b>	<b>andona</b>	19:48 19:48 -----	30:46 10:58 -----	37:05 6:19 -----	59:50 22:45 -----	1:06:16 6:26 -----	1:09:42 3:26 -----	1:13:55 4:13	-----	-----	-----	-----	-----	-----	-----
<b>42</b>	<b>Lamas Antón, Franc Lugo FLUVIAL LUG</b>	<b>andona</b>	9:27 9:27 -----	23:41 14:14 -----	26:38 2:57 -----	29:46 3:08 -----	34:24 4:38 -----	36:57 2:33 -----	41:17 4:20	1:51:02 1:09:45	-----	-----	-----	-----	-----	-----
<b>H-45 (27)</b>			<b>5,1 km 145 m</b>				<b>14 C</b>									
			1(59) F	2(52)	3(53)	4(54)	5(55)	6(56)	7(58)	8(49)	9(47)	10(42)	11(41)	12(36)	13(37)	14(200)
<b>1</b>	<b>79 Rodríguez Núñez, E Lugo FLUVIAL LUG</b>	<b>57:20</b>	6:49 6:49 57:20	10:54 4:05 -----	18:20 7:26 -----	21:09 2:49 -----	22:05 0:56 -----	24:47 2:42 -----	28:40 3:53	33:40 5:00	37:33 3:53	41:53 4:20	46:50 4:57	<b>50:16</b> <b>3:26</b>	<b>52:23</b> 2:07	<b>53:25</b> 1:02
<b>2</b>	<b>71 Puente Salvado, Xo Lugo FLUVIAL LUG</b>	<b>57:52</b>	5:51 5:51 57:52	10:09 4:18 -----	13:56 3:47 -----	<b>16:48</b> 2:52 -----	<b>18:01</b> 1:13 -----	<b>20:45</b> 2:44 -----	<b>24:16</b> <b>3:31</b>	<b>32:22</b> 8:06	<b>35:57</b> 3:35	<b>41:01</b> 5:04	<b>46:28</b> 5:27	50:44 4:16	52:52 2:08	54:12 1:20
<b>3</b>	<b>94 Antoñón Clemente, Pontevedra AROMO</b>	<b>1:03:22</b>	6:56 6:56 1:03:22	9:47 2:51 -----	14:13 4:26 -----	17:58 3:45 -----	19:17 1:19 -----	23:07 3:50	28:21 5:14	33:53 5:32	37:51 3:58	43:24 5:33	50:31 7:07	55:08 4:37	58:09 3:01	59:05 0:56
<b>4</b>	<b>526 Patiño Varela, Juan A Coruña GALLAECI</b>	<b>1:03:35</b>	6:48 6:48 1:03:35	14:12 7:24 -----	18:18 4:06 -----	21:02 <b>2:44</b>	22:16 1:14	24:38 2:22	29:49 5:11	39:41 9:52	42:50 <b>3:09</b>	47:21 4:31	52:41 5:20	57:20 4:39	59:20 2:00	1:00:24 1:04

os	rsal	Nombre	Tiempo														
<b>H-45 (27)</b>				<b>5,1 km</b>		<b>145 m</b>		<b>14 C</b>		<i>(cont.)</i>							
				1(59)	2(52)	3(53)	4(54)	5(55)	6(56)	7(58)	8(49)	9(47)	10(42)	11(41)	12(36)	13(37)	14(200)
				F													
5	221	Peález Méndez, Patr Vigo UNIVERSIDAD	1:05:52	8:54 8:54 1:05:52	12:08 3:14	16:15 4:07	19:36 3:21	20:49 1:13	23:30 2:41	28:25 4:55	32:54 <b>4:29</b>	41:42 8:48	51:15 9:33	55:46 4:31	59:33 3:47	1:01:26 <b>1:53</b>	1:02:25 0:59
6	268	Lopez Suarez, Andr Ferrol. A Coruña M	1:08:04	6:06 6:06 1:08:04	<b>8:31</b> 2:25	<b>12:35</b> 4:04	20:57 8:22	22:32 1:35	29:09 6:37	34:23 5:14	38:57 4:34	44:21 5:24	48:45 4:24	53:59 5:14	59:19 5:20	1:03:22 4:03	1:04:20 0:58
7	106	Diaz Falcon, Gilbert Pontevedra AROMO	1:13:07	8:02 8:02 1:13:07	11:16 3:14	16:07 4:51	19:53 3:46	20:57 1:04	29:37 8:40	36:07 6:30	47:03 10:56	51:03 4:00	56:39 5:36	1:00:26 <b>3:47</b>	1:04:59 4:33	1:07:52 2:53	1:08:50 0:58
8	381	Gonzalez Fernande A Coruña BRIGANTI	1:14:37	8:50 8:50 1:14:37	12:07 3:17	17:08 5:01	21:19 4:11	22:51 1:32	27:00 4:09	32:48 5:48	38:07 5:19	44:35 6:28	56:44 12:09	1:01:05 4:21	1:07:04 5:59	1:10:19 3:15	1:11:28 1:09
9	197	Abad Vives, Carles Vigo UNIVERSIDAD	1:16:01	7:34 7:34 1:16:01	10:54 3:20	15:54 5:00	19:33 3:39	21:09 1:36	24:48 3:39	32:01 7:13	42:25 10:24	46:34 4:09	51:13 4:39	58:40 7:27	1:05:09 6:29	1:08:23 3:14	1:10:59 2:36
10	332	Ramos Lozano, Ed Santiago de Comp	1:18:35	7:41 7:41 1:18:35	12:13 4:32	17:25 5:12	22:07 4:42	23:23 1:16	26:50 3:27	33:44 6:54	44:05 10:21	50:26 6:21	56:25 5:59	1:04:33 8:08	1:10:13 5:40	1:13:06 2:53	1:14:26 1:20
11	149	Álvarez Estévez, En A Coruña GALLAECI	1:19:50	6:25 6:25 1:19:50	14:17 7:52	18:01 3:44	21:10 3:09	22:12 1:02	24:27 <b>2:15</b>	28:09 3:42	41:59 13:50	52:50 10:51	58:12 5:22	1:07:24 9:12	1:11:01 3:37	1:15:33 4:32	1:16:36 1:03
12	384	González Romano, A Coruña BRIGANTI	1:22:55	11:36 11:36 1:22:55	13:56 <b>2:20</b>	19:06 5:10	23:05 3:59	24:10 1:05	27:13 3:03	32:22 5:09	40:12 7:50	47:16 7:04	53:25 6:09	57:45 4:20	1:15:05 17:20	1:18:25 3:20	1:19:28 1:03
13	209	Fuertes González, E Vigo UNIVERSIDAD	1:24:26	7:05 7:05 1:24:26	9:38 2:33	14:09 4:31	24:40 10:31	25:28 <b>0:48</b>	31:03 5:35	35:25 4:22	46:41 11:16	56:20 9:39	1:01:07 4:47	1:08:35 7:28	1:15:06 6:31	1:18:19 3:13	1:20:38 2:19
14	353	Mata Núñez, José L O Barco de Valde T	1:29:48	6:46 6:46 1:29:48	14:28 7:42	17:45 <b>3:17</b>	20:30 2:45	21:26 0:56	23:46 2:20	30:18 6:32	42:50 12:32	51:05 8:15	57:52 6:47	1:16:15 18:23	1:23:34 7:19	1:25:29 1:55	1:26:21 <b>0:52</b>
15	457	Carballo Fernández Culleredo (A Cor A	1:33:07	8:06 8:06 1:33:07	13:17 5:11	18:37 5:20	22:47 4:10	24:15 1:28	27:56 3:41	32:20 4:24	43:34 11:14	52:23 8:49	1:07:15 14:52	1:13:10 5:55	1:22:22 9:12	1:25:41 3:19	1:27:26 1:45
16	448	Rodilla Guerricagoi Vigo HABELAS HAIN	1:33:32	7:14 7:14 1:33:32	10:50 3:36	15:40 4:50	20:05 4:25	21:28 1:23	42:58 21:30	48:43 5:45	56:45 8:02	1:02:07 5:22	1:11:32 9:25	1:16:11 4:39	1:25:54 9:43	1:28:08 2:14	1:29:16 1:08
17	336	Sampedro Muñiz, R Santiago de Comp	1:33:49	10:08 10:08 1:33:49	22:18 12:10	26:52 4:34	31:19 4:27	32:42 1:23	37:24 4:42	41:51 4:27	59:40 17:49	1:11:16 11:36	1:15:18 <b>4:02</b>	1:20:38 5:20	1:25:24 4:46	1:27:45 2:21	1:28:46 1:01
18	343	Aller Estévez, Pablo O Barco de Valde T	1:39:46	7:36 7:36 1:39:46	11:45 4:09	29:49 18:04	34:03 4:14	35:34 1:31	39:20 3:46	52:25 13:05	59:22 6:57	1:05:08 5:46	1:13:16 8:08	1:22:22 9:06	1:30:17 7:55	1:33:22 3:05	1:34:47 1:25
19	335	Sampedro Muñiz, J Santiago de Comp	1:56:14	7:36 7:36 1:56:14	11:13 3:37	21:23 10:10	25:18 3:55	27:19 2:01	31:28 4:09	36:41 5:13	49:08 12:27	1:05:19 16:11	1:19:13 13:54	1:36:11 16:58	1:44:41 8:30	1:50:35 5:54	1:51:44 1:09
20	186	Pazos Miser, Rafael A Coruña GALLAECI	2:00:43	9:20 9:20 2:00:43	32:19 22:59	37:09 4:50	40:57 3:48	47:08 6:11	50:33 3:25	55:22 4:49	1:04:28 9:06	1:09:36 5:08	1:15:56 6:20	1:36:46 20:50	1:49:58 13:12	1:55:22 5:24	1:56:37 1:15
21	872	Tarno Cue, Nayo ASTURIAS NORDES	2:07:38	7:23 7:23 2:07:38	10:19 2:56	15:52 5:33	56:32 40:40	58:20 1:48	1:02:01 3:41	1:07:40 5:39	1:15:34 7:54	1:35:36 20:02	1:43:36 8:00	1:48:44 5:08	1:57:08 8:24	2:01:19 4:11	2:02:42 1:23
22	562	Armada Luaces, Alv A Coruña APA LICE	2:36:39	12:37 12:37 2:36:39	42:50 30:13	50:24 7:34	57:44 7:20	59:42 1:58	1:09:43 10:01	1:14:45 5:02	1:28:28 13:43	1:40:41 12:13	1:53:24 12:43	2:07:08 13:44	2:25:14 18:06	2:29:16 4:02	2:30:26 1:10
23	405	Velázquez González A Coruña BRIGANTI	2:38:21	12:58 12:58 2:38:21	17:23 4:25	28:21 10:58	32:45 4:24	34:10 1:25	39:08 4:58	45:01 5:53	52:15 7:14	1:44:02 51:47	2:01:35 17:33	2:08:33 6:58	2:28:15 19:42	2:31:49 3:34	2:33:14 1:25



os	rsal	Nombre	Tempo															
<b>E (28)</b>				<b>7,6 km 225 m</b>			<b>20 C</b>			<i>(cont.)</i>								
				1(51) 15(43)	2(52) 16(45)	3(53) 17(31)	4(54) 18(32)	5(60) 19(34)	6(56) 20(200)	7(57) F	8(45)	9(44)	10(46)	11(49)	12(41)	13(36)	14(35)	
12	543	<b>Amil Fernández, Ca O Porriño BUDIÑOR</b>	<b>1:18:39</b>	9:52 9:52 1:02:36	11:09 1:17 1:04:48	18:20 7:11 1:09:54	20:16 1:56 1:11:57	25:58 5:42 1:15:03	28:09 2:11 1:15:41	30:33 2:24 1:18:39	37:45 7:12	41:03 3:18	43:15 2:12	47:25 4:10	53:07 5:42	56:02 2:55	58:03 2:01	
13	436	<b>Morlán Rodriguez, Ordes SEO</b>	<b>1:18:57</b>	4:33 5:52 1:06:43	2:12 7:13 1:08:44	5:06 14:09 1:12:05	2:03 17:06 1:13:07	3:06 19:41 1:14:59	0:38 23:48 1:15:42	2:58 26:05 1:18:57	36:33 10:28	38:35 2:02	40:44 2:09	46:01 5:17	53:52 7:51	56:52 3:00	1:01:11 4:19	
14	16	<b>Corral Alonso, Albe Lugo FLUVIAL LUG</b>	<b>1:22:36</b>	5:23 5:23 1:02:46	6:32 1:09 1:05:35	10:19 3:47 1:08:57	12:49 2:30 1:10:02	14:45 <b>1:56</b> 1:19:08	16:57 2:12 1:19:46	19:12 2:15 1:22:36	27:45 8:33	30:10 2:25	32:22 2:12	38:06 5:44	44:43 6:37	51:55 7:12	59:20 7:25	
15	322	<b>Vinagre Rey, Marco A Coruña (Oleiro FA</b>	<b>1:26:42</b>	13:33 13:33 1:06:22	14:45 1:12 1:09:04	18:36 3:51 1:19:09	21:19 2:43 1:20:25	23:37 2:18 1:22:58	27:19 3:42 1:23:43	29:51 2:32 1:26:42	38:50 8:59	40:39 <b>1:49</b>	42:59 2:20	48:15 5:16	56:03 7:48	59:39 3:36	1:01:35 1:56	
16	109	<b>Fernández Casalder Pontevedra AROMO</b>	<b>1:29:03</b>	10:33 10:33 1:14:38	12:21 1:48 1:16:56	17:13 4:52 1:19:48	18:59 <b>1:46</b> 1:20:51	21:00 2:01 1:25:23	22:50 1:50 1:26:22	24:26 <b>1:36</b> 1:29:03	45:41 21:15	47:52 2:11	50:14 2:22	57:21 7:07	1:04:42 7:21	1:07:51 3:09	1:09:50 1:59	
17	280	<b>Torviso Berdeal, Jo Ferrol. A Coruña M</b>	<b>1:31:03</b>	5:04 5:04 1:03:35	6:43 1:39 1:05:57	10:27 3:44 1:15:57	13:05 2:38 1:21:50	15:37 2:32 1:26:52	18:31 2:54 1:27:43	20:33 2:02 1:31:03	34:59 14:26	37:26 2:27	39:45 2:19	48:40 8:55	54:10 5:30	57:34 3:24	59:35 2:01	
18	78	<b>Rodríguez Lopez, Lugo FLUVIAL LUG</b>	<b>1:33:16</b>	6:37 6:37 1:18:14	7:55 1:18 1:20:18	14:22 6:27 1:24:12	16:52 2:30 1:26:27	19:22 2:30 1:29:08	22:39 3:17 1:30:03	25:41 3:02 1:33:16	36:34 10:53	39:30 2:56	47:41 8:11	58:06 10:25	1:03:27 5:21	1:07:03 3:36	1:11:22 4:19	
19	293	<b>Lareo Martínez, Dav Porto do Son ADC A</b>	<b>1:37:45</b>	15:08 15:08 1:21:28	16:44 1:36 1:25:41	19:32 2:48 1:29:48	23:00 3:28 1:31:54	25:42 2:42 1:33:46	28:16 2:34 1:34:26	31:00 2:44 1:37:45	43:56 12:56	47:10 3:14	55:28 8:18	1:04:29 9:01	1:09:53 5:24	1:13:06 3:13	1:17:02 3:56	
20	581	<b>Taboada Pintor, Alb Paderne AABT</b>	<b>1:38:14</b>	4:58 5:31 1:14:26	1:58 1:22 1:16:24	12:43 3:47 1:29:07	1:08 2:06 1:30:15	3:50 2:33 1:34:05	0:43 3:15 1:34:48	3:26 3:21 1:38:14	37:04 15:09	39:43 2:39	42:14 2:31	48:43 6:29	56:41 7:58	1:00:18 3:37	1:09:28 9:10	
21	362	<b>Trigo Recarey, Xan O Barco de Valde T</b>	<b>1:38:56</b>	6:06 6:06 1:19:29	10:40 4:34 1:22:56	14:27 3:47 1:28:54	17:41 3:14 1:30:25	21:13 3:32 1:35:05	24:35 3:22 1:35:57	27:58 3:23 1:38:56	40:49 12:51	44:37 3:48	50:09 5:32	57:20 7:11	1:03:59 6:39	1:08:17 4:18	1:12:42 4:25	
22	224	<b>Pérez Juste, Germa Vigo UNIVERSIDAD</b>	<b>1:45:28</b>	17:44 17:44 1:21:14	19:07 1:23 1:24:04	22:49 3:42 1:33:37	25:13 2:24 1:38:27	27:49 2:36 1:40:41	31:34 3:45 1:41:37	34:33 2:59 1:45:28	46:31 11:58	49:47 3:16	53:06 3:19	1:00:20 7:14	1:05:52 5:32	1:11:52 6:00	1:15:03 3:11	
23	184	<b>Muñoz García, Marc A Coruña GALLAECI</b>	<b>1:47:31</b>	6:01 6:01 1:25:22	11:45 5:44 1:27:40	15:06 3:21 1:38:52	20:23 5:17 1:42:04	22:46 2:23 1:43:55	25:25 2:39 1:44:37	28:42 3:17 1:47:31	35:55 7:13	38:23 2:28	44:27 6:04	59:24 14:57	1:11:58 12:34	1:18:20 6:22	1:20:29 2:09	
24	144	<b>Verde Lareu, Rober Pontevedra AROMO</b>	<b>1:48:20</b>	5:18 5:18 1:25:12	8:41 3:23 1:30:35	12:32 3:51 1:37:08	15:11 2:39 1:38:44	19:05 3:54 1:43:38	23:18 4:13 1:44:33	26:19 3:01 1:48:20	38:32 12:13	43:08 4:36	47:27 4:19	58:08 10:41	1:07:22 9:14	1:12:15 4:53	1:18:38 6:23	
25	40	<b>Iglesias Castro, Ru Lugo FLUVIAL LUG</b>	<b>2:11:15</b>	6:41 6:41 1:49:45	8:20 1:39 1:52:13	15:38 7:18 2:02:52	37:55 22:17 2:04:38	40:30 2:35 2:07:21	42:50 2:20 2:08:10	46:18 3:28 2:11:15	56:31 10:13	1:06:15 9:44	1:10:19 4:04	1:22:46 12:27	1:37:08 14:22	1:40:40 3:32	1:43:24 2:44	
26	69	<b>Piñeiro Fraga, Brais Lugo FLUVIAL LUG</b>	<b>2:11:35</b>	20:50 20:50 1:47:39	40:28 19:38 1:50:59	44:47 4:19 2:02:55	52:02 7:15 2:03:57	55:38 3:36 2:06:42	58:25 2:47 2:08:12	1:00:44 2:19 2:11:35	1:12:42 11:58	1:15:51 3:09	1:21:13 5:22	1:27:20 6:07	1:33:41 6:21	1:37:42 4:01	1:41:04 3:22	
	510	<b>Cambolor Quirós, Mi Cambre ROBALIZA</b>	<b>andona</b>	18:18 18:18 ----	22:12 3:54 ----	30:50 8:38 ----	36:58 6:08 ----	43:23 6:25 ----	49:34 6:11 ----	59:34 10:00 1:26:38	----	----	----	----	----	----	----	
	264	<b>Fernández Otero, O Ferrol. A Coruña M</b>	<b>andona</b>	22:01 22:01 ----	23:36 1:35 ----	26:28 2:52 ----	28:51 2:23 ----	32:43 3:52 ----	35:12 2:29 ----	37:42 2:30 ----	1:14:54 37:12	1:18:36 3:42	----	----	----	----	----	
<b>INI Corta (20)</b>				<b>2,5 km 60 m</b>			<b>9 C</b>											
				1(69)	2(70)	3(71)	4(72)	5(77)	6(79)	7(80)	8(82)	9(100)	F					
1	869	<b>Lopez Rodríguez, A Ferrol. A Coruña M</b>	<b>41:09</b>	7:23 <b>7:23</b>	13:15 5:52	15:19 <b>2:04</b>	20:31 <b>5:12</b>	25:53 <b>5:22</b>	30:53 5:00	32:23 <b>1:30</b>	37:30 5:07	39:48 2:18	41:09 <b>1:21</b>					
2	341	<b>Agudo Calvelo, Marí O Barco de Valde T</b>	<b>1:00:10</b>	11:45 11:45	22:29 10:44	26:04 3:35	33:43 7:39	42:23 8:40	46:16 3:53	48:42 2:26	54:02 5:20	57:53 3:51	1:00:10 2:17					
3	835	<b>Funcasta Bogo, Da INDEPENDIENTE</b>	<b>1:04:12</b>	10:50 10:50	22:36 11:46	26:04 3:28	31:19 5:15	39:08 7:49	41:34 <b>2:26</b>	43:09 1:35	59:22 16:13	1:01:47 2:25	1:04:12 2:25					





os	rsal	Nombre	Tiempo													F
<b>INI Larga (72)</b>				<b>4,4 km 155 m</b>			<b>12 C</b>			<b>(cont.)</b>						
				1(67)	2(70)	3(72)	4(73)	5(74)	6(60)	7(75)	8(72)	9(79)	10(80)	11(82)	12(100)	
16	625	Fernández Sánchez Lugo FLUVIAL LUG	1:14:50	10:51	21:45	27:49	42:49	48:49	51:35	53:41	58:41	1:05:48	1:07:24	1:11:57	1:13:52	1:14:50
17	858	Rodríguez Cobo, L INDEPENDIENTE	1:15:07	6:12	23:18	29:34	40:44	45:28	50:35	52:34	58:22	1:05:12	1:06:45	1:11:36	1:14:00	1:15:07
18	856	Perez Seijas, Albert INDEPENDIENTE	1:19:43	6:08	22:22	26:11	34:26	38:54	41:58	44:15	50:39	1:10:48	1:11:53	1:16:32	1:18:39	1:19:43
19	861	Solé Muñoz, Joan INDEPENDIENTE	1:20:41	6:08	16:14	3:49	8:15	4:28	3:04	2:17	6:24	20:09	1:05	4:39	2:07	1:04
20	846	Lopez Adrio, Borja INDEPENDIENTE	1:20:52	15:34	12:42	4:31	9:07	5:39	5:10	2:25	8:05	6:01	1:15	7:37	1:33	1:02
21	838	Garcia Lage, María INDEPENDIENTE	1:20:56	19:41	6:34	6:56	10:50	5:39	4:37	3:10	6:55	8:13	1:34	3:09	2:19	1:19
22	850	Mendez Pérez, Soni INDEPENDIENTE	1:21:16	18:19	26:42	33:01	42:05	47:41	52:28	54:56	1:03:13	1:10:53	1:13:06	1:17:57	1:20:02	1:21:16
23	848	Malpelo García, Alej INDEPENDIENTE	1:21:51	18:20	9:48	5:09	9:36	5:40	4:21	2:21	8:18	8:10	1:32	5:05	2:03	1:28
24	125	Pazos Fernández, S Pontevedra AROMO	1:24:02	10:55	17:08	22:29	45:48	50:01	54:02	59:27	1:04:34	1:09:30	1:12:29	1:18:52	1:23:07	1:24:02
25	802	Campos Gestal, Nes A Coruña APA LICE	1:24:51	7:55	15:38	22:35	38:58	43:27	48:05	53:55	1:03:10	1:15:42	1:17:25	1:21:30	1:24:09	1:24:51
26	803	Carro Blanes, Moni A Coruña APA LICE	1:25:10	7:55	7:43	6:57	16:23	4:29	4:38	5:50	9:15	12:32	1:43	4:05	2:39	0:42
27	837	Gallego Portabales, INDEPENDIENTE	1:26:07	7:45	16:49	25:51	43:06	48:55	54:45	58:36	1:07:15	1:17:00	1:19:06	1:22:22	1:24:49	1:26:07
28	857	Portabales Dobaño, INDEPENDIENTE	1:28:38	7:43	9:20	8:49	17:10	6:03	5:46	4:37	7:45	9:41	2:35	4:12	2:59	1:58
29	540	Travieso Martínez, E A Coruña (Oleiro FA	1:29:23	7:41	18:12	26:01	41:14	47:34	51:55	55:03	1:02:59	1:18:02	1:19:48	1:24:22	1:27:16	1:29:23
30	825	Ares Suárez, Jose J A Coruña GALLAECI	1:32:11	4:12	10:25	15:08	1:00:19	1:04:35	1:08:57	1:11:06	1:17:18	1:23:54	1:24:50	1:28:58	1:30:57	1:32:11
31	842	Gonzalez Soto, Pab INDEPENDIENTE	1:39:33	25:53	32:56	40:45	57:02	1:01:32	1:05:47	1:13:31	1:21:51	1:30:28	1:31:56	1:36:05	1:37:59	1:39:33
32	853	Orizales Iglesias, N INDEPENDIENTE	1:39:56	26:03	33:05	41:03	57:23	1:02:13	1:06:16	1:13:51	1:21:53	1:31:14	1:32:28	1:36:39	1:38:30	1:39:56
33	845	Leal Iglesias, Raqu INDEPENDIENTE	1:39:57	26:25	33:26	41:21	57:36	1:02:19	1:06:22	1:13:55	1:22:08	1:31:06	1:32:27	1:36:36	1:38:44	1:39:57
34	860	Santamarta Rodrigo INDEPENDIENTE	1:40:05	11:09	18:12	27:35	43:09	48:44	53:08	56:08	1:03:54	1:14:08	1:32:15	1:35:30	1:38:29	1:40:05
35	864	Ucha Rodriguez, Ai INDEPENDIENTE	1:40:09	11:17	7:01	9:19	15:33	5:35	4:24	3:00	7:51	9:07	19:06	3:25	2:56	1:35
36	823	López López, Laura Lugo FLUVIAL LUG	1:43:33	8:14	18:40	29:16	47:44	54:42	59:03	1:03:34	1:19:22	1:32:05	1:34:12	1:38:58	1:41:47	1:43:33
37	800	Abal Abeijon, Maria Porto do Son ADC A	1:43:52	8:31	10:28	10:48	18:14	5:42	5:41	5:02	14:59	12:46	2:20	4:39	2:55	1:47
38	834	Cógelo López, Edua INDEPENDIENTE	1:45:27	8:30	14:11	18:15	1:04:57	1:09:01	1:11:58	1:14:59	1:20:07	1:29:07	1:31:57	1:37:21	1:43:12	1:45:27
39	811	Fernández Santiago A Coruña BRIGANTI	1:45:54	8:31	18:48	29:05	47:34	53:25	59:11	1:04:13	1:19:30	1:32:51	1:34:53	1:40:24	1:43:35	1:45:54
40	824	Lopez Rodriguez, L Lugo FLUVIAL LUG	1:46:01	8:27	18:53	28:56	47:13	53:46	59:13	1:03:43	1:18:35	1:32:55	1:35:04	1:40:16	1:43:44	1:46:01
41	855	Osorio Miguez, Adri INDEPENDIENTE	1:46:51	20:52	11:42	22:16	13:54	4:13	4:47	2:52	9:18	9:46	1:07	3:16	1:36	1:12
42	868	Lopez Dacosta, Cri Ferrol. A Coruña M	1:47:20	11:07	20:07	32:09	50:57	58:52	1:04:30	1:09:15	1:20:13	1:33:05	1:35:26	1:42:45	1:45:47	1:47:20
42	854	Osorio Fernandez, INDEPENDIENTE	1:47:20	20:37	32:26	53:51	1:08:38	1:12:51	1:17:44	1:20:46	1:29:33	1:39:38	1:41:21	1:44:07	1:46:06	1:47:20
44	851	Miguez Mera, Maria INDEPENDIENTE	1:48:51	20:44	12:17	22:26	13:35	5:15	3:34	3:09	8:53	9:10	1:28	4:18	2:15	1:47
45	821	Gómez Sandomingo A Coruña (Oleiro FA	1:49:42	5:16	10:50	16:02	1:05:18	1:09:14	1:11:59	1:17:12	1:35:52	1:41:18	1:42:35	1:46:18	1:48:29	1:49:42
46	852	Montes Cabiellas, J INDEPENDIENTE	1:51:53	28:58	9:30	8:40	12:32	5:25	4:01	5:49	10:19	13:06	3:32	5:09	3:07	1:45
47	59	Pallares Cuiña, Alej Lugo FLUVIAL LUG	1:52:58	10:55	20:58	28:52	54:29	1:01:28	1:10:17	1:15:04	1:26:19	1:39:02	1:41:24	1:47:31	1:51:54	1:52:58
48	14	Castro Expósito, Ale Lugo FLUVIAL LUG	1:54:23	11:59	22:36	30:05	55:56	1:02:26	1:11:45	1:16:30	1:27:15	1:40:08	1:42:44	1:48:09	1:53:14	1:54:23
49	55	Núñez Rodríguez, L Lugo FLUVIAL LUG	1:54:27	10:31	21:16	30:11	53:48	1:00:51	1:10:05	1:14:42	1:26:13	1:38:36	1:41:08	1:46:57	1:51:55	1:54:27
50	9	Blanco Rodríguez, Lugo FLUVIAL LUG	1:54:32	11:22	22:55	29:23	55:19	1:02:11	1:11:07	1:15:57	1:27:06	1:39:36	1:42:27	1:47:22	1:52:33	1:54:32
51	52	Núñez Fariñas, José Lugo FLUVIAL LUG	1:54:37	10:34	21:33	30:22	54:11	1:01:04	1:10:16	1:15:20	1:26:12	1:38:53	1:41:22	1:47:10	1:52:07	1:54:37
52	809	Ares González Moro A Coruña BRIGANTI	1:56:25	17:46	23:32	28:11	55:49	1:01:12	1:05:27	1:08:11	1:29:37	1:43:48	1:45:23	1:50:06	1:53:30	1:56:25
53	863	Tejo García, Diego INDEPENDIENTE	2:12:38	15:46	13:39	11:52	20:21	7:59	5:54	6:11	15:47	17:20	3:05	6:58	4:52	2:54
54	840	Gonzalez Pereira, X INDEPENDIENTE	2:12:50	15:51	29:35	41:23	1:01:43	1:09:43	1:15:37	1:21:49	1:37:36	1:55:01	1:58:06	2:04:59	2:09:51	2:12:50
55	807	Carames Rios, Jose A Coruña ARTABRO	2:16:45	15:41	29:36	46:36	1:15:41	1:21:44	1:27:24	1:31:55	1:41:57	2:01:40	2:03:55	2:10:33	2:13:44	2:16:45

