

ps	Jorsal	Nombre	Tempo														
				3,9 km 90 m				19 C		<i>(cont.)</i>							
				1(70) 15(80)	2(59) 16(51)	3(63) 17(81)	4(54) 18(79)	5(36) 19(100)	6(55) Meta	7(45)	8(44)	9(47)	10(42)	11(49)	12(99)	13(87)	14(35)
2	4416	Silvia López Lóp Culleredo GALLA	55:51	4:57 4:57 43:45	8:12 3:15 46:16	10:56 2:44 48:25	14:41 3:45 52:18	18:23 3:42 55:17	21:15 2:52 55:51	22:51 1:36	24:25 1:34	26:54 2:29	28:42 1:48	30:40 1:58	33:18 2:38	34:50 1:32	41:10 6:20
3	4514	María Agudo Cal Barco de Valde	1:00:44	3:32 3:32 48:08	6:26 2:54 50:33	9:56 3:30 53:55	13:45 3:49 58:04	17:43 3:58 1:00:08	22:30 4:47 1:00:44	24:13 1:43	25:46 1:33	27:54 2:08	29:43 1:49	31:42 1:59	36:40 4:58	38:10 1:30	45:30 7:20
4	4826	Aixa Domínguez Nigrán RAZA PAL	1:19:18	2:38 3:48 1:00:02	2:25 4:39 1:03:55	3:22 5:21 1:08:19	4:09 4:57 1:15:50	2:04 4:32 1:18:50	29:01 5:44 1:19:18	30:42 1:41	32:39 1:57	36:25 3:46	39:31 3:06	41:28 1:57	45:32 4:04	48:02 2:30	56:04 8:02
				5,0 km 110 m				22 C									
				1(70) 15(50)	2(54) 16(51)	3(55) 17(60)	4(44) 18(63)	5(45) 19(59)	6(42) 20(74)	7(87) 21(79)	8(99) 22(100)	9(90) Meta	10(91)	11(95)	12(94)	13(86)	14(40)
1	1116	Isabel Ramos Se Sevilla Adol Sevi	1:07:37	2:40 2:40 47:11	5:46 3:06 49:47	10:44 4:58 55:54	12:35 1:51 57:14	13:41 1:06 59:40	16:43 3:02 1:01:55	20:22 3:39 1:04:38	23:02 2:40 1:07:03	27:47 4:45 1:07:37	31:00 3:13	36:26 5:26	38:12 1:46	41:58 3:46	44:26 2:28
2	4591	Nerea Oujo Pére Porto do Son AD	1:14:59	2:45 3:44 3:44	2:36 6:42 2:58	6:07 13:56 7:14	1:20 15:51 1:55	2:26 16:56 1:05	1:01:55 19:41 2:45	2:15 33:03 13:22	2:43 35:15 2:12	2:25 39:13 3:58	0:34 42:02 2:49	0:34 45:47 3:45	0:34 48:15 2:28	3:03 52:34 4:19	3:03 55:37 3:03
3	4575	Indira Fernández Porto do Son AD	1:15:25	2:02 7:34 7:34	1:40 11:06 3:32	2:39 17:35 6:29	1:22 20:14 2:39	2:58 21:09 0:55	2:23 24:27 3:18	3:59 28:17 3:50	1:56 31:28 3:11	0:23 35:41 4:13	39:59 4:18	45:43 5:44	*89 49:42 3:59	*99 52:41 2:59	54:42 2:01
4	7427	Marta Mª Gil Pato A Coruña LICEO	1:28:17	2:59 2:59 59:54	6:15 3:16 1:01:44	11:36 5:21 1:06:22	13:26 1:50 1:10:56	14:45 1:19 1:15:35	19:24 4:39 1:18:44	25:37 3:09 1:24:26	2:37 5:42 1:27:46	1:29 3:20 1:28:17	0:30 4:04 1:28:17	0:30 4:04 7:30	*52 47:41 2:09	*78 49:50 3:49	57:05 3:26
5	4590	Antía Oujo Pérez Porto do Son AD	1:28:38	3:16 3:16 1:08:27	6:58 3:42 1:10:14	23:10 16:12 1:13:50	27:51 4:41 1:15:41	31:25 3:34 1:19:54	34:26 3:01 1:22:23	39:18 4:52 1:26:11	41:29 2:11 1:27:58	46:50 5:21 1:28:38	50:52 4:02	56:54 6:02	58:56 2:02	1:03:20 4:24	1:06:07 2:47
6	4504	Lorena Calviño S Santiago de Com	1:34:57	2:20 7:09 7:09	1:47 11:25 4:16	3:36 16:54 5:29	1:51 23:25 6:31	4:13 24:40 1:15	2:29 30:20 5:40	3:48 36:57 6:37	1:47 39:26 2:29	0:40 46:25 6:59	49:57 3:32	55:46 5:49	1:00:31 4:45	1:05:13 4:42	1:08:34 3:21
7	4268	Carlota García L A Coruña ARTABÍ	1:37:08	2:45 7:40 1:12:28	1:35 4:23 1:14:30	6:19 8:27 1:19:34	2:07 2:16 1:21:53	4:16 1:13 1:26:37	3:02 3:28 1:29:51	3:32 5:49 1:34:13	2:01 2:53 1:36:31	0:46 5:04 1:37:08	51:08 9:55	59:20 8:12	1:01:32 2:12	1:06:46 5:14	1:10:07 3:21
8	4593	Uxía Pérez Garcí Porto do Son AD	1:47:24	2:21 3:30 3:30	7:02 3:54 10:32	5:04 17:56 2:08	2:19 20:04 2:08	4:44 21:30 1:26	3:14 25:25 3:55	4:22 34:31 9:06	2:18 39:48 5:17	0:37 50:38 10:50	58:06 7:28	1:02:16 4:10	1:05:04 2:48	1:10:46 5:42	1:14:16 3:30
9	2057	Irene Traveso Pe A Coruña ARTABÍ	1:51:19	2:12 3:50 1:16:32	2:55 7:08 1:18:21	9:52 6:06 1:29:09	4:13 2:43 1:34:22	4:12 1:32 1:38:48	2:49 3:34 1:41:29	3:50 6:59 1:47:44	2:88 4:09 1:50:39	0:37 11:07 1:51:19	52:29 5:21	1:04:07 11:38	1:06:17 2:10	1:10:39 4:22	1:14:00 3:21
10	2060	Sara Traveso Pec A Coruña ARTABÍ	1:53:08	2:32 5:35 5:35	1:49 11:20 5:45	10:48 18:45 7:25	5:13 22:22 3:37	4:26 24:12 1:50	2:41 31:22 7:10	6:15 38:05 6:43	2:55 42:36 4:31	0:40 50:20 7:44	56:44 6:24	1:06:53 10:09	1:10:18 3:25	1:14:53 4:35	1:20:08 5:15
6344	Laura Sande Cas Ferrol MONTAÑA	ft	5:29 5:29 1:36:25	11:34 6:05 1:39:31	18:58 7:24 1:46:38	23:13 4:15 1:51:35	25:07 1:54 1:57:01	29:39 4:32 2:03:16	36:44 7:05 2:08:38	40:42 3:58 2:11:46	47:27 6:45 2:12:53	1:08:59 21:32	1:17:36 8:37	1:21:30 3:54	1:28:26 6:56	1:32:29 4:03	
4425	Alexia Loureiro C Culleredo GALLA	an tarj.	16:09 16:09 1:19:53	20:47 4:38 1:21:38	25:41 4:54 ----	28:31 2:50 ----	30:07 1:36 ----	33:40 3:33 1:24:19	38:34 4:54 ----	45:36 7:02 1:27:36	52:32 6:56 1:28:07	57:06 4:34	1:07:41 10:35	1:09:33 1:52	1:14:04 4:31	1:17:23 3:19	
4715	Silvia Insua Alon As Neves VIZHOJ	indona	5:09 5:09 ----	9:39 4:30 ----	1:35:10 1:25:31 ----	----	----	----	----	----	----	----	----	----	----	----	----
				5,2 km 130 m				23 C									
				1(67) 15(44)	2(69) 16(43)	3(52) 17(64)	4(50) 18(63)	5(36) 19(56)	6(47) 20(73)	7(42) 21(77)	8(99) 22(78)	9(90) 23(100)	10(91) Meta	11(95)	12(92)	13(87)	14(34)
1	4236	Alicia Pérez Alon Nigrán RAZA PAL	1:05:02	3:25 3:25 43:16	5:14 1:49 45:27	7:48 2:34 47:49	10:41 2:53 50:07	11:44 1:03 52:23	15:27 3:43 59:00	16:41 1:14 1:00:37	21:01 4:20 1:03:08	24:19 3:18 1:04:31	27:01 2:42 1:05:02	30:50 3:49	33:04 2:14	35:36 2:32	40:18 4:42
2	5150	Raquel Ana Camj LUGO COMPÁS	1:08:40	2:58 3:27 3:27	2:11 5:49 2:22	2:22 10:27 4:38	2:18 13:20 2:53	2:16 14:39 1:19	6:37 17:20 2:41	1:37 18:55 1:35	2:31 22:52 3:57	1:23 30:43 7:51	0:31 34:20 3:37	0:31 37:52 3:32	0:31 39:55 2:03	0:31 43:16 3:21	4:48 47:48 4:32
3	4257	Carla Veiga Garc Pontevedra AROI	1:12:41	3:34 3:34 51:28	6:09 2:35 53:09	9:00 2:51 56:20	14:50 5:50 59:30	17:42 2:52 1:02:59	20:17 2:35 1:05:21	21:58 1:41 1:07:19	26:46 4:48 1:10:20	30:50 4:04 1:12:20	33:10 2:20 1:12:41	36:57 3:47	39:29 2:32	43:40 4:11	48:28 4:48

js	Jorsal	Nombre	Tempo														
Feminino 35 (16)				5,2 km	130 m	23 C	<i>(cont.)</i>										
				1(67) 15(44)	2(69) 16(43)	3(52) 17(64)	4(50) 18(63)	5(36) 19(56)	6(47) 20(73)	7(42) 21(77)	8(99) 22(78)	9(90) 23(100)	10(91) Meta	11(95)	12(92)	13(87)	14(34)
4	4767	Tania López Eyo Cuntis XESTEIR/	1:14:25	4:06 4:06 51:17	5:53 1:47 53:22	10:10 4:17 56:00	13:07 2:57 58:49	14:32 1:25 1:02:52	16:41 2:09 1:07:05	18:18 1:37 1:09:00	21:59 3:41 1:11:33	28:07 6:08 1:13:54	31:47 3:40 1:14:25	38:14 6:27	40:51 2:37	44:04 3:13	48:25 4:21
5	4322	M. José Pérez Gc LUGO FLUVIAL_I	1:16:53	4:28 4:28 55:21	6:51 2:23 57:19	10:43 3:52 1:00:15	13:57 3:14 1:03:56	15:35 1:38 1:06:35	18:47 3:12 1:08:51	20:35 1:48 1:11:10	24:26 3:51 1:14:19	28:56 4:30 1:16:17	33:15 4:19 1:16:53	38:54 5:39	41:44 2:50	46:09 4:25	51:45 5:36
6	4342	Isabel Pastoriza Vigo U-VIGO	1:24:17	4:17 4:17 1:00:26	6:35 2:18 1:02:14	8:57 2:22 1:05:08	12:24 3:27 1:08:57	14:13 1:49 1:14:01	17:21 3:08 1:17:27	21:03 3:42 1:19:36	31:12 10:09 1:22:03	38:33 7:21 1:23:43	41:55 3:22 1:24:17	46:08 4:13	49:06 2:58	52:40 3:34	57:23 4:43
7	4776	Iria Garea García A Coruña LICEO	1:29:38	3:52 3:52 1:09:06	6:07 2:15 1:11:16	10:01 3:54 1:15:13	14:58 4:57 1:18:44	16:56 1:58 1:20:42	20:29 3:33 1:22:50	22:03 1:34 1:24:45	30:12 8:09 1:27:24	37:22 7:10 1:29:05	41:56 4:34 1:29:38	55:18 13:22	58:04 2:46	1:01:07 3:03	1:06:11 5:04
8	6120	Ana Fernández V O Porriño BUDIÑ	1:29:56	9:19 9:19 1:11:28	11:14 1:55 1:13:38	14:05 2:51 1:16:35	17:14 3:09 1:19:08	24:10 6:56 1:22:05	26:30 2:20 1:23:43	27:59 1:29 1:25:50	31:53 3:54 1:28:06	46:10 14:17 1:29:25	49:47 3:37 1:29:56	55:20 5:33	58:11 2:51	1:02:02 3:51	1:08:27 6:25
				0:00 *58 9:10 *42	0:00 *69 11:26 *35	0:00 *61 12:39 *44	0:00 *56 13:28 *40	0:00 *54 14:23 *34	0:00 *59 16:01 *32	0:00 *65 17:39 *38	0:00 *73 19:57 *200	0:00 *72 17:57 *38	1:56 *62 17:57 *200	5:10 *53 17:57 *38	5:51 *48 17:57 *38	6:59 *50 17:57 *38	8:13 *43 17:57 *38
9	4584	Elena Lourido G Porto do Son AD	1:33:41	4:38 4:38 1:03:59	7:35 2:57 1:05:56	10:29 2:54 1:09:10	13:59 3:30 1:18:58	16:35 2:36 1:22:11	20:05 3:30 1:25:04	22:14 2:09 1:27:41	29:06 6:52 1:31:27	34:01 4:55 1:33:06	37:55 3:54 1:33:41	42:30 4:35	46:08 3:38	52:17 6:09	58:17 6:00
10	4453	Iria Pico Martínez Culleredo GALL/	1:34:16	7:28 7:28 1:14:43	9:57 2:29 1:16:55	12:47 2:50 1:19:38	16:30 3:43 1:23:02	18:29 1:59 1:24:54	26:09 7:40 1:27:06	28:16 2:07 1:29:09	33:08 4:52 1:32:00	50:07 16:59 1:33:37	53:23 3:16 1:34:16	58:42 5:19	1:01:43 3:01	1:06:25 4:42	1:11:31 5:06
11	4585	Susana Míguez S Porto do Son AD	1:35:07	4:10 4:10 1:11:57	6:14 2:04 1:14:30	8:54 2:40 1:18:46	16:01 7:07 1:22:10	17:19 1:18 1:24:35	21:31 4:12 1:27:19	23:23 1:52 1:29:33	28:16 4:53 1:32:55	33:29 5:13 1:34:36	39:22 5:53 1:35:07	52:16 12:54	54:55 2:39	58:19 3:24	1:03:19 5:00
12	4601	Diana Sánchez C Porto do Son AD	1:35:33	4:07 4:07 1:09:21	6:50 2:43 1:11:50	9:43 2:53 1:15:14	15:42 5:59 1:21:13	17:38 1:56 1:24:04	23:13 5:35 1:26:21	25:29 2:16 1:28:52	32:17 6:48 1:32:12	38:29 6:12 1:34:59	43:38 5:09 1:35:33	53:02 9:24	55:50 2:48	1:00:13 4:23	1:05:39 5:26
13	4452	Lucía Peteiro Co Culleredo GALL/	1:39:34	5:01 5:01 1:15:36	7:46 2:45 1:17:09	11:41 3:55 1:20:32	18:14 6:33 1:24:08	20:49 2:35 1:26:51	23:34 2:45 1:30:45	25:24 1:50 1:34:40	37:28 12:04 1:37:27	42:34 5:06 1:38:59	51:59 9:25 1:39:34	58:55 6:56	1:01:42 2:47	1:05:25 3:43	1:11:01 5:36
14	4330	Cristina Zolle Fe LUGO FLUVIAL_I	1:45:05	6:32 6:32 1:15:06	9:28 2:56 1:17:13	14:54 5:26 1:26:37	18:43 3:49 1:30:31	20:24 1:41 1:33:12	24:00 3:36 1:35:44	26:05 2:05 1:38:34	31:52 5:47 1:42:06	39:02 7:10 1:44:29	46:26 7:24 1:45:05	56:46 10:20	1:01:01 4:15	1:05:17 4:16	1:11:08 5:51
15	4456	Goretti Ramos M Culleredo GALL/	2:00:00	7:14 7:14 1:30:53	10:09 2:55 1:33:46	14:30 4:21 1:38:18	18:47 4:17 1:43:10	20:39 1:52 1:46:38	24:54 4:15 1:51:37	27:08 2:14 1:54:11	34:28 7:20 1:58:18	50:28 9:43 2:00:17	1:00:11 9:43 2:00:00	1:12:58 12:47	1:16:16 3:18	1:20:11 3:55	1:27:03 6:52
	4421	Victoria López Pi Culleredo GALL/	ft	9:15 9:15 2:04:09	11:55 2:40 2:06:25	35:10 23:15 2:13:05	39:14 4:04 2:16:55	41:08 1:54 2:20:34	47:19 6:11 2:28:06	52:01 4:42 2:31:21	57:52 5:51 2:42:59	1:16:09 18:17 2:45:09	1:33:47 17:38 2:45:57	1:39:29 5:42	1:44:02 4:33	1:51:54 7:52	2:00:06 8:12
				4:03 2:16	6:40 4:32	3:50 4:52	3:39 3:28	7:32 4:59	3:15 2:34	11:38 4:07	2:10 1:59	0:48 1:59	0:48 1:59	*79			
Feminino 45 (26)				4,5 km	110 m	21 C											
				1(67) 15(64)	2(54) 16(60)	3(38) 17(57)	4(44) 18(73)	5(47) 19(77)	6(46) 20(79)	7(89) 21(100)	8(87) Meta	9(86)	10(40)	11(50)	12(45)	13(55)	14(36)
1	4802	Sonia Gómez Na LUGO COMPÁS	52:01	3:42 3:42 3:08	6:58 3:16 1:42	8:03 1:05 1:44	10:54 2:51 2:49	13:40 2:46 1:53	16:25 2:45 2:04	20:00 3:35 1:38	23:05 3:05 0:31	26:08 3:03	28:34 2:26	30:52 2:18	33:20 2:28	34:39 1:19	36:32 1:53
2	4803	Concepción Gon LUGO COMPÁS	1:02:58	4:13 4:13 47:32	11:47 7:34 50:50	13:01 1:14 52:38	15:42 2:41 56:43	17:55 2:13 58:42	19:43 1:48 1:00:52	23:18 3:35 1:02:35	25:49 2:31 1:02:58	28:52 3:03	31:12 2:20 39:07	35:25 4:13	37:36 2:11	42:36 5:00	44:17 1:41
3	4267	Rocío Fuertes Fe A Coruña ARTABI	1:03:46	5:03 5:03 47:52	10:13 5:10 50:05	12:18 2:05 52:06	15:58 3:40 55:57	18:54 2:56 58:32	21:50 2:56 1:01:22	26:05 4:15 1:03:06	27:25 1:20 1:03:46	31:02 3:37	33:52 2:50 1:03:22	36:36 2:44	39:25 2:49	41:23 1:58	43:43 2:20
4	7255	Pilar Veiga Barbi Santiago de Cor	1:06:13	6:15 6:15 50:18	9:46 3:31 51:56	12:10 2:24 54:22	17:02 4:52 57:36	18:52 1:50 1:00:11	21:13 2:21 1:03:37	24:45 3:32 1:05:53	29:02 4:17 1:06:13	32:31 3:29	35:26 2:55	37:27 2:01	40:02 2:35	44:40 4:38	46:57 2:17
5	4332	Olimpia Álvarez C Vigo U-VIGO	1:06:15	4:48 4:48 46:47	9:22 4:34 49:48	11:09 1:47 52:42	14:33 3:24 57:09	16:57 2:24 1:00:06	20:16 3:19 1:03:17	24:09 3:53 1:05:39	26:21 2:12 1:06:15	30:13 3:52	33:05 2:52	35:56 2:51	38:33 2:37	40:20 1:47	42:59 2:39
6	4818	María Josefa Sán LUGO COMPÁS	1:07:06	4:01 4:01 51:56	8:34 4:33 53:39	10:06 1:32 55:42	13:21 3:15 59:30	16:14 2:53 1:01:54	18:22 2:08 1:04:28	22:03 3:41 1:06:43	24:03 2:00 1:07:06	27:38 3:35	30:21 2:43	35:08 4:47	39:39 4:31	41:12 1:33	43:04 1:52

Pos	Rank	Name	Time	Time													
Feminino Senior (8)				5,9 km 165 m 26 C													
			1(66) 15(87)	2(73) 16(34)	3(52) 17(35)	4(83) 18(50)	5(84) 19(38)	6(44) 20(63)	7(48) 21(61)	8(46) 22(58)	9(89) 23(59)	10(88) 24(82)	11(93) 25(79)	12(91) 26(100)	13(95) Meta	14(92)	
1	4364	Olalla Bello Rod Betanzos OP BE	1:01:02	3:10 3:10 38:57 2:25 33:21 *96	5:30 2:20 42:39 3:42	6:49 1:19 43:30 0:51	10:45 3:56 45:44 2:14	12:09 1:24 45:37	15:27 3:18 49:11 3:34	17:01 1:34 51:21 2:10	18:54 1:53 52:43 1:22	21:51 2:57 55:11 2:28	24:01 2:10 58:20 3:09	26:40 2:39 59:23 1:03	31:13 4:33 1:00:33 1:10	34:23 3:10 1:01:02 0:29	36:32 2:09
2	4616	Eva Casado Nuñez Betanzos OP BE	1:04:56	3:08 3:08 41:40 2:55	5:34 2:26 45:58 4:18	7:02 1:28 46:50 0:52	10:54 3:52 48:36 1:46	12:12 1:18 48:32 3:39	15:47 3:35 52:11 2:18	17:41 1:54 54:29 2:18	19:59 2:18 56:03 1:34	23:29 3:30 58:20 2:17	25:21 1:52 1:01:55 3:35	29:49 4:28 1:03:12 1:17	33:07 3:18 1:04:26 1:14	36:34 3:27 1:04:56 0:30	38:45 2:11
3	4281	María Piñeiro Var A Coruña ARTAB	1:07:42	2:57 2:57 41:28	5:28 2:31 46:09	6:54 1:26 46:58	11:02 4:08 48:15	12:52 1:50 48:25	16:15 3:23 52:21	18:13 1:58 54:30	20:25 2:12 55:54	23:24 2:59 58:07	25:40 2:16 1:02:03	29:49 4:09 1:05:15	32:56 3:07 1:07:22	37:12 4:16 1:07:42	39:07 1:55
4	4205	Teresa Bellón Sa Pontevedra AROI	1:08:20	5:27 5:27 44:46 2:39	10:18 4:51 48:46 4:00	11:25 1:07 49:39 0:53	15:46 4:21 50:54 1:15	16:59 1:13 50:47	20:47 3:48 54:20 3:33	22:39 2:18 57:06 2:46	24:49 1:52 58:45 1:39	28:30 2:10 1:01:22 2:49	30:43 2:13 1:05:01 2:40	33:22 2:39 1:06:32 3:39	36:35 3:13 1:07:49 1:31	39:59 3:24 1:08:20 1:17	42:07 2:08
5	4317	Sara Nogueiras P Betanzos OP BE	1:11:31	5:14 5:14 46:20 3:11	7:45 2:31 50:24 4:04	9:12 1:27 51:14 0:50	14:01 4:49 52:30 1:16	15:29 1:28 52:37 0:07	19:40 4:11 57:18 4:41	22:00 2:20 1:01:24 4:06	24:49 2:49 1:02:49 1:25	27:46 2:57 1:05:13 2:24	30:26 2:40 1:08:31 3:18	33:12 2:46 1:09:48 1:17	36:28 3:16 1:10:59 1:11	41:05 4:37 1:11:31 0:32	43:09 2:04
6	4809	Sofía Martínez G LUGO COMPÁS	1:12:11	3:19 3:19 45:51 2:59 39:27 *96	5:52 2:33 50:38 4:47	7:26 1:34 51:51 1:13	13:06 5:40 53:12 1:21	14:34 1:28 53:30 0:18	19:43 5:09 57:09 3:39	22:01 2:18 1:00:24 3:15	24:40 2:39 1:02:19 1:55	27:53 3:13 1:04:35 2:16	30:02 2:09 1:08:58 4:23	33:06 3:04 1:10:25 1:27	36:56 3:50 1:11:41 1:16	40:40 3:44 1:12:11 0:30	42:52 2:12
7	4589	Nuria Oujo Míguez Porto do Son AD	1:27:34	4:34 4:34 55:57 3:23 1:26:27 *76	7:57 3:23 1:01:31 5:34	9:35 1:38 1:02:56 1:25	15:23 5:48 1:04:53 1:57	17:28 2:05 1:05:01 0:08	22:36 5:08 1:09:33 4:32	24:44 2:08 1:13:45 4:12	27:18 2:34 1:15:59 2:14	33:04 5:46 1:18:32 2:33	35:58 2:54 1:23:20 4:48	39:32 3:34 1:25:15 1:55	44:09 4:37 1:26:58 1:43	48:10 4:01 1:27:34 0:36	52:34 4:24
8	4678	Ana Varela Yáñez A Coruña BRIGA	1:31:54	5:47 5:47 59:49 5:31 49:29 *96	11:20 5:33 1:04:10 4:21	13:05 1:45 1:05:28 1:18	18:00 4:55 1:06:57 1:29	19:26 1:26 1:07:04 0:07	25:03 5:37 1:11:55 4:51	28:08 3:05 1:15:01 3:06	30:06 1:58 1:16:40 1:39	33:16 3:10 1:22:14 5:34	37:40 4:24 1:27:24 5:10	42:40 5:00 1:29:46 2:22	46:55 4:15 1:31:19 1:33	51:39 4:44 1:31:54 0:35	54:18 2:39
Masculino 12 (2)				2,3 km 65 m 12 C													
				1(68) 2(53)	3(37) 4(32)	5(39) 6(41)	7(75) 8(74)	9(81) 10(72)	11(71) 12(100)	Meta							
1	4726	Saul Rodríguez As Neves VIZHO	56:07	4:32 4:32 21:33 *38	6:45 2:13 10:20	17:05 13:17 1:30	31:52 34:58 3:06	45:36 46:45 10:38	49:40 46:45 1:09	54:23 55:14 2:55	55:47 0:33	56:07 0:20					
	6126	Noel Rodríguez Castropol Club C	Indonada	4:11 4:11	20:54 16:43	----	----	----	----	----	----	----	----	----	----	----	
Masculino 14 (9)				2,9 km 75 m 17 C													
				1(65) 15(77)	2(53) 16(72)	3(58) 17(100)	4(33) Meta	5(43) 6(47)	7(49) 8(44)	9(31) 10(37)	11(38) 12(75)	13(74) 14(81)					
1	4729	Antón Rodríguez Nigrán RAZA PAL	38:01	6:26 6:26 34:37 1:45	7:26 1:00 35:48 1:11	10:12 2:46 37:30 1:42	12:49 2:37 38:01 0:31	14:48 1:59 4:07	16:30 1:42	18:32 2:02	23:39 5:07	24:51 1:12	26:53 2:02	28:53 2:00	31:10 2:17	31:35 0:25	32:52 1:17
2	4312	Rodrigo Fouz Sa LUGO FLUVIAL_I	43:07	4:13 4:13 38:57 1:17	5:30 1:17 41:08 2:11	8:00 2:30 42:47 1:39	12:07 4:07 43:07 0:20	14:28 2:21	16:22 1:54	17:32 1:10	24:23 6:51	30:17 5:54	31:57 1:40	32:18 0:21	35:33 3:15	36:13 0:40	37:40 1:27
3	6605	Marcos Agudo Ca Barco de Valdeo	46:51	5:32 5:32 44:04 2:04	6:30 0:58 45:04 1:00	9:32 3:02 46:16 1:12	11:38 2:06 46:51 0:35	19:05 7:27	20:33 1:28	21:56 1:23	32:48 10:52	33:55 1:07	36:00 2:05	36:51 0:51	39:28 2:37	40:39 1:11	42:00 1:21
4	4454	Eume Piñeiro Ca Culleredo GALL	52:29	4:26 4:26 46:36 2:03	5:47 1:21 49:01 2:25	8:25 2:38 51:44 2:43	12:00 3:35 52:29 0:45	14:47 2:47	17:05 2:18	19:20 2:15	24:26 5:06	25:54 1:28	29:58 4:04	32:36 2:38	40:12 7:36	41:39 1:27	44:33 2:54
5	4530	Brais Rodríguez Barco de Valdeo	53:19	4:55 4:55 49:51 2:09	5:56 1:01 51:41 1:50	9:55 3:59 52:56 1:15	17:22 7:27 53:19 0:23	18:27 1:05	21:23 2:56	22:54 1:31	28:07 5:13	35:08 7:01	37:17 2:09	42:16 4:59	44:24 2:08	46:02 1:38	47:42 1:40
6	4264	David Couceiro l A Coruña ARTAB	56:33	5:46 5:46 53:37 0:43	7:11 1:25 55:06 1:29	9:48 2:37 56:11 1:05	13:06 3:18 56:33 0:22	29:11 16:05	30:31 1:20	32:18 1:47	39:53 7:35	40:52 0:59	42:47 1:55	46:26 3:39	50:19 3:53	51:04 0:45	52:54 1:50
7	6125	Eliás Rodríguez Castropol Club C	57:46	11:43 11:43 54:25 0:53	14:49 3:06 56:18 1:53	21:26 6:37 57:25 1:07	24:40 3:14 57:46 0:21	28:02 3:22	31:52 3:50	33:44 1:52	42:16 8:32	43:12 0:56	45:34 2:22	47:04 1:30	51:04 4:00	51:50 0:46	53:32 1:42
8	4730	Iago Rodríguez l Nigrán RAZA PAL	1:02:14	4:05 4:05 57:36	5:46 1:41 59:52	10:44 4:58 1:02:01	18:06 7:22 1:02:14	20:29 2:23	22:53 2:24	25:44 2:51	35:47 10:03	38:59 3:12	44:57 5:58	48:01 3:04	52:43 4:42	53:33 0:50	56:15 2:42

Pos	Jorsal	Nombre	Tempo														
Masculino 14 (9)				2,9 km 75 m			17 C			<i>(cont.)</i>							
				1(65) 15(77)	2(53) 16(72)	3(58) 17(100)	4(33) Meta	5(43)	6(47)	7(49)	8(44)	9(31)	10(37)	11(38)	12(75)	13(74)	14(81)
				1:21	2:16	2:09	0:13			*32							
6128	Martin Fernandez	Castropol Club (Indona)	46:12	6:01 6:01 -----	19:57 13:56 54:26 27:49	26:37 6:40 56:55 2:29	----- 57:24 0:29	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
Masculino 16 (4)				3,9 km 90 m			19 C										
				1(70) 15(80)	2(59) 16(51)	3(63) 17(81)	4(54) 18(79)	5(36) 19(100)	6(55) Meta	7(45)	8(44)	9(47)	10(42)	11(49)	12(99)	13(87)	14(35)
1	4571	Esteban Cruces I Porto do Son AD	46:12	2:36 2:36 2:32	4:38 2:02 3:45	7:27 2:49 2:42	10:07 2:40 3:52	12:53 2:46 2:20	14:27 1:34 0:18	15:59 1:32	17:01 1:02	18:49 1:48	20:17 1:28	21:38 1:21	24:21 2:43	26:04 1:43	30:43 4:39
2	4395	Marcos Garcia Ca Culleredo GALLA	1:04:30	3:19 3:19 51:48	8:43 5:24 55:20	15:36 6:53 58:19	18:18 2:42 1:02:19	21:35 3:17 1:03:59	26:15 4:40 1:04:30	27:27 1:12	29:59 2:32	31:48 1:49	33:48 2:00	35:21 1:33	38:50 3:29	40:28 1:38	49:31 9:03
3	4684	Lucas Barja Pére Xinzo de Limia L	1:04:50	5:55 5:55 53:03	9:22 3:27 55:21	13:50 4:28 58:26	17:17 3:27 1:02:06	21:51 4:34 1:04:18	24:19 2:28 1:04:50	26:13 1:54	27:40 1:27	34:39 6:59	36:51 2:12	38:18 1:27	42:06 3:48	44:15 2:09	50:07 5:52
4	4265	Manuel Couceiro A Coruña ARTABI	1:21:37	3:20 3:20 1:02:10 4:42	8:07 4:47 1:04:01 1:51	16:20 8:13 1:15:18 11:17	20:52 4:32 1:19:40 4:22	24:49 3:57 1:21:09 1:29	33:29 8:40 1:21:37 0:28	34:44 1:15	37:13 2:29	39:09 1:56	41:46 2:37	44:05 2:19	48:26 4:21	49:55 1:29	57:28 7:33
Masculino 18 (2)				5,0 km 110 m			22 C										
				1(70) 15(50)	2(54) 16(51)	3(55) 17(60)	4(44) 18(63)	5(45) 19(59)	6(42) 20(74)	7(87) 21(79)	8(99) 22(100)	9(90) Meta	10(91)	11(95)	12(94)	13(86)	14(40)
1	4628	Aaron Rodriguez Betanzos OP BE	54:36	2:35 2:35 41:33 2:07	6:24 3:49 42:50 1:17	11:09 4:45 45:26 2:36	14:48 3:39 47:09 1:43	15:59 1:11 49:14 2:05	18:40 2:41 50:59 1:45	22:04 3:24 52:54 1:55	24:13 2:09 54:04 1:10	27:27 3:14 54:36 0:32 *34	29:37 2:10 38:32 *34	33:04 3:27 42:50 0:32 *34	34:04 1:00 46:32 1:09	36:43 2:39 49:04 2:49	39:26 2:43 52:00 1:46
2	4473	Diego Silvarrey C Culleredo GALLA	1:05:32	2:32 2:32 50:23	5:52 3:20 51:13	9:25 3:33 54:12	12:12 2:47 56:42	13:06 0:54 58:46	15:36 2:30 1:00:30	20:37 5:01 1:03:46	22:49 2:12 1:05:01	30:20 7:31 1:05:32	32:48 2:28	42:38 9:50	43:47 1:09	46:36 2:49	48:22 1:46
Masculino 21 (13)				5,5 km 145 m			22 C										
				1(69) 15(35)	2(52) 16(31)	3(84) 17(61)	4(38) 18(60)	5(43) 19(57)	6(48) 20(74)	7(42) 21(78)	8(88) 22(100)	9(97) Meta	10(91)	11(96)	12(94)	13(87)	14(86)
1	4608	Alejandro Victor Porto do Son AD	56:19	3:50 3:50 40:02 2:00	6:12 2:22 41:27 1:25	9:46 3:34 46:48 5:21	11:47 2:01 48:27 1:39	15:22 3:35 49:59 1:32	16:17 0:55 52:46 2:47	17:47 1:30 54:32 1:46	21:40 3:53 55:49 1:17	25:11 3:31 56:19 0:30	27:34 2:23	29:58 2:24	32:53 2:55	35:23 2:30	38:02 2:39
2	7439	Carlos Martinez- Ferrol MONTAÑA	1:02:13	3:40 3:40 41:36	5:23 1:43 44:38	9:20 3:57 49:44	11:21 2:01 51:08	14:45 3:24 52:54	15:44 0:59 58:18	17:20 1:36 1:00:13	22:32 5:12 1:01:37	26:21 3:49 1:02:13	29:03 2:42	31:26 2:23	33:44 2:18	36:42 2:58	39:25 2:43
3	4686	Juan Garrido Bla Xinzo de Limia L	1:08:44	4:03 4:03 48:22	6:07 2:04 51:04	9:38 3:31 57:40	12:12 2:34 59:49	16:06 3:54 1:01:24	17:37 1:31 1:04:16	19:19 1:42 1:06:41	24:04 4:45 1:08:26	30:25 6:21 1:08:44	33:29 3:04	36:04 2:35	39:09 3:05	42:37 3:28	45:47 3:10
4	4570	Miguel Cibreiro I Porto do Son AD	1:15:13	4:36 4:36 53:36	8:46 4:10 55:35	12:49 4:03 1:00:20	15:26 2:37 1:01:57	19:34 4:08 1:03:59	20:52 1:18 1:06:20	24:19 3:27 1:13:17	27:59 3:40 1:14:43	31:57 3:58 1:15:13	36:12 4:15	39:52 3:40	43:15 3:23	46:40 3:25	50:48 4:08
5	6930	Ruben Leira Rey Pontedeume MOI	1:17:53	4:38 4:38 58:45	16:20 11:42 1:01:21	21:04 4:44 1:07:41	23:38 2:34 1:09:10	27:30 3:52 1:11:11	28:36 1:06 1:13:39	30:32 1:56 1:15:44	34:33 4:01 1:17:18	39:47 5:14 1:17:53	44:25 4:38	47:40 3:15	50:24 2:44	53:14 2:50	56:25 3:11
6	4495	José Antonio Ro Ordes SEO	1:22:06	4:31 4:31 1:00:16	7:26 2:55 1:02:39	13:13 5:47 1:09:23	18:31 5:18 1:11:06	22:39 4:08 1:13:21	24:24 1:45 1:16:31	26:26 2:02 1:19:04	32:21 5:55 1:21:22	38:01 5:40 1:22:06	42:32 4:31	45:39 3:07	49:15 3:36	54:01 4:46	57:38 3:37
7	6355	Abel Chamorro C Nigrán RAZA PAL	1:22:30	5:30 5:30 55:22	8:09 2:39 57:08	11:53 3:44 1:07:27	15:54 4:01 1:09:15	24:09 8:15 1:11:10	25:26 1:17 1:14:25	27:35 2:09 1:20:15	32:48 5:13 1:21:57	37:51 5:03 1:22:30	40:55 3:04	44:02 3:07	46:52 2:50	49:47 2:55	53:03 3:16
8	4741	Alejandro Barros Pontedeume MOI	1:24:26	4:30 4:30 55:00	6:51 2:21 57:08	12:27 5:36 1:03:49	15:19 2:52 1:05:23	20:04 4:45 1:07:10	21:10 1:06 1:09:23	22:50 1:40 1:22:43	29:55 7:05 1:23:51	33:53 3:58 1:24:26	41:10 7:17	44:23 3:13	46:49 2:26	49:39 2:50	52:29 2:50
9	4325	Manuel Rodríguez LUGO FLUVIAL_I	1:31:09	7:58 7:58 1:02:50	11:22 3:24 1:04:57	16:43 5:21 1:19:24	21:54 5:11 1:21:25	26:32 4:38 1:23:25	28:11 1:39 1:26:14	30:34 2:23 1:29:04	36:12 5:38 1:30:36	41:22 5:10 1:31:09	44:39 3:17	48:46 4:07	52:15 3:29	57:12 4:57	1:00:31 3:19
6508	Nicolás Daniel L Santiago de Cor	ft	6:47 6:47 1:35:06 3:40	11:33 4:46 1:38:38 3:32	18:48 7:15 1:49:22 10:44	23:44 4:56 1:53:31 4:09	30:27 6:43 2:00:27 6:56	34:06 3:39 2:04:56 4:29	39:38 5:32 2:08:46 3:50	47:35 7:57 2:11:40 2:54	57:33 9:58 2:12:38 0:58	1:06:37 9:04	1:14:05 7:28	1:19:59 5:54	1:26:00 6:01	1:31:26 5:26	

ps	Jorsal	Nombre	Tempo														
Masculino 21 (13)				5,5 km	145 m	22 C	<i>(cont.)</i>										
				1(69) 15(35)	2(52) 16(31)	3(84) 17(61)	4(38) 18(60)	5(43) 19(57)	6(48) 20(74)	7(42) 21(78)	8(88) 22(100)	9(97) Meta	10(91)	11(96)	12(94)	13(87)	14(86)
4415		Adrián López Ló Culleredo GALLA	ft	5:55 5:55 1:40:41	10:55 5:00 1:44:21	22:07 11:12 1:53:54	28:18 6:11 1:57:41	36:17 7:59 2:01:47	39:55 3:38 2:05:29	45:32 5:37 2:12:26	54:35 9:03 2:16:21	1:11:14 16:39 2:16:49	1:15:44 4:30 2:16:49	1:20:53 5:09 2:16:49	1:26:44 5:51 2:16:49	1:32:04 5:20 2:16:49	1:36:47 4:43 2:16:49
6056		Miguel Angel Piñ Nigrán RAZA PAL	an tarj.	3:54 6:23 6:23 1:29:03	3:40 34:53 28:30 1:45:05	9:33 41:30 6:37 -----	3:47 45:06 3:36 2:04:25	4:06 50:04 4:58 2:06:55	3:42 57:30 7:26 2:13:19	6:57 59:08 1:38 2:17:39	3:55 1:03:41 4:33 2:18:55	0:28 1:08:07 4:26 2:20:14	0:28 1:12:21 4:14 2:02:06	0:28 1:15:02 2:41 2:02:06	0:28 1:19:30 4:28 2:02:06	0:28 1:22:53 3:23 2:02:06	0:28 1:26:48 3:55 2:02:06
6343		Francisco Javier Ferrol MONTAÑA	indona	2:15 5:26 5:26 1:56:37	16:02 19:10 13:44 1:58:43	----- 24:25 5:15 -----	19:20 31:18 6:53 -----	2:30 50:55 19:37 -----	6:24 53:13 2:18 -----	4:20 58:11 4:58 -----	1:16 1:04:17 6:06 -----	1:19 1:17:55 13:38 2:22:08	1:19 1:26:49 8:54 2:22:08	1:19 1:38:57 12:08 2:22:08	1:19 1:42:51 3:54 2:22:08	1:19 1:49:53 7:02 2:22:08	1:19 1:53:13 3:20 2:22:08
Masculino 35 (23)				5,9 km	165 m	26 C											
				1(66) 15(87)	2(73) 16(34)	3(52) 17(35)	4(83) 18(50)	5(84) 19(38)	6(44) 20(63)	7(48) 21(61)	8(46) 22(58)	9(89) 23(59)	10(88) 24(82)	11(93) 25(79)	12(91) 26(100)	13(95) Meta	14(92)
1	4201	Ángel Álvarez Se Pontevedra AROI	52:27	3:38 3:38 33:36	5:40 2:02 37:09	6:57 1:17 38:05	10:06 3:09 39:11	11:21 1:15 39:02	14:38 3:17 42:19	16:11 1:33 44:14	17:47 1:36 45:18	19:55 2:08 47:04	21:27 1:32 49:45	23:41 2:14 50:49	26:22 2:41 52:08	29:46 3:24 52:27	31:45 1:59 52:27
2	4313	Javier Liz Díaz LUGO FLUVIAL_I	1:04:58	1:51 3:29 3:29	3:33 5:38 2:09	0:56 6:49 1:11	1:06 10:17 3:28	1:06 12:28 2:11	3:17 19:13 6:45	1:55 21:19 2:06	1:04 23:07 1:48	1:46 25:18 2:11	2:41 27:12 1:54	1:04 29:43 2:31	1:19 33:00 3:17	1:19 38:14 5:14	0:19 39:46 1:32
3	4204	Pablo Barreiro F Nigrán RAZA PAL	1:05:16	4:12 4:12 40:20	6:04 1:52 43:55	7:57 1:53 44:56	11:45 3:48 46:17	12:48 1:03 46:32	18:30 5:42 50:02	20:02 1:32 52:44	21:53 1:51 54:51	24:31 2:38 57:21	26:14 1:43 1:01:31	29:04 2:50 1:03:40	32:45 3:41 1:04:47	35:22 2:37 1:05:16	37:29 2:07 1:05:16
4	4587	Joaquín Oujo Ag Porto do Son AD	1:06:12	2:51 3:43 3:43 41:21	3:35 6:02 2:19 45:50	1:01 7:21 1:19 46:34	1:21 11:01 3:40 48:06	0:15 11:59 0:58 48:05	3:30 16:54 4:55 51:43	2:42 18:45 1:51 55:33	2:07 20:30 1:45 57:00	2:30 23:14 2:44 59:42	4:10 26:30 3:16 1:03:16	2:09 30:52 4:22 1:04:26	1:07 34:20 3:28 1:05:43	0:29 37:20 3:00 1:06:12	1:45 39:05 1:45 1:06:12
5	4215	Ricardo Figuero Pontevedra AROI	1:07:53	3:35 3:35 41:53	5:52 2:17 47:16	7:12 1:20 48:07	11:15 4:03 49:42	12:48 1:33 49:41	17:05 4:17 53:30	19:13 2:08 57:21	20:56 1:43 59:04	24:49 3:53 1:01:12	27:07 2:18 1:04:56	29:58 2:51 1:06:03	33:52 3:54 1:07:24	37:10 3:18 1:07:53	39:03 1:53 1:07:53
6	4347	German Pérez Ju Vigo U-VIGO	1:08:55	3:30 3:30 3:28	5:42 2:12 5:53	6:56 1:14 0:55	10:59 4:03 1:17	12:59 2:00 0:28	16:16 3:17 7:13	17:57 1:41 2:31	19:49 1:52 1:07	22:28 2:39 2:38	24:46 2:18 3:38	28:36 3:50 1:13	33:17 4:41 1:25	36:46 3:29 0:35	38:34 1:48 0:35
7	4261	Jacob Canedo M A Coruña ARTABÍ	1:10:34	3:37 46:29	5:41 50:22	7:16 51:08	12:05 52:19	13:57 52:31	18:13 56:26	20:33 59:13	22:37 1:01:21	25:54 1:03:52	28:43 1:07:47	32:28 1:08:56	37:55 1:10:01	41:14 1:10:34	43:41 2:27 1:10:34
8	4548	Lucas Garcia Vaz O Porriño BUDIÑ	1:12:45	5:21 5:21 48:11	8:22 3:01 52:13	10:20 1:58 53:00	17:41 7:21 54:25	18:29 0:48 54:45	22:25 3:56 58:31	24:04 1:39 1:01:28	26:08 2:04 1:03:11	29:06 2:58 1:05:57	31:10 2:04 1:09:57	34:09 2:59 1:11:03	38:48 4:39 1:12:14	43:02 4:14 1:12:45	45:13 2:11 1:12:45
9	4394	Arturo Norberto Culleredo GALLA	1:14:13	5:13 5:13 47:05	7:37 2:24 51:58	9:17 1:40 54:01	14:33 5:16 55:31	17:06 2:33 55:41	21:50 4:44 59:39	23:51 2:01 1:02:09	26:16 2:25 1:03:40	29:03 2:47 1:05:57	31:56 2:53 1:10:43	34:59 3:03 1:12:39	39:04 4:05 1:13:43	42:43 3:39 1:14:13	44:42 1:59 1:14:13
10	4366	Juan Carlos Cag Culleredo GALLA	1:15:54	3:09 3:09 48:04	5:14 2:05 52:16	6:27 1:13 53:02	10:20 3:53 55:03	11:57 1:37 55:29	20:24 8:27 59:21	22:55 2:31 1:02:43	24:58 2:03 1:04:48	28:09 3:11 1:07:25	30:47 2:38 1:11:52	35:00 4:13 1:13:15	38:58 3:58 1:15:35	43:04 4:06 1:15:54	45:05 2:01 1:15:54
11	4736	Martin Veiga Jalc As Neves VIZHOJ	1:16:02	3:55 3:55 44:16	8:25 4:30 48:31	9:38 1:13 50:03	13:56 4:18 57:08	15:07 1:11 56:53	20:39 5:32 1:00:55	22:20 1:41 1:04:11	24:20 2:00 1:05:50	27:01 2:41 1:08:12	29:19 2:18 1:12:39	33:02 3:43 1:13:59	36:31 3:29 1:15:28	39:36 3:05 1:16:02	41:45 2:09 1:16:02
12	4592	Gelasio Oujo Poi Porto do Son AD	1:18:23	3:36 3:36 44:57	5:42 2:06 48:31	6:55 1:13 49:14	12:20 5:25 50:41	13:12 0:52 51:46	18:17 5:05 55:41	22:58 4:41 58:38	24:55 1:57 1:00:43	28:17 3:22 1:08:28	30:16 1:59 1:15:53	32:50 2:34 1:16:47	37:21 4:31 1:17:53	40:52 3:31 1:18:23	42:30 1:38 1:18:23
13	4259	Carlos David Alo A Coruña ARTABÍ	1:20:54	3:41 3:41 46:51	9:37 5:56 50:59	10:37 1:00 52:13	15:40 5:03 53:51	17:01 1:21 56:15	22:02 5:01 1:02:51	24:15 2:13 1:09:19	26:17 2:02 1:10:54	29:49 3:32 1:13:24	31:37 1:48 1:18:11	34:46 3:09 1:19:20	38:27 3:41 1:20:24	41:49 3:22 1:20:54	43:58 2:09 1:20:54
14	6374	Javier González Culleredo GALLA	1:21:44	4:40 4:40 50:49	7:22 2:42 55:02	9:14 1:52 55:57	14:28 5:14 57:34	15:50 1:22 57:48	20:53 5:03 1:02:13	23:44 2:51 1:06:03	26:38 2:54 1:08:44	29:57 3:19 1:11:19	32:38 2:41 1:17:56	35:35 2:57 1:19:35	38:59 3:24 1:21:12	45:18 6:19 1:21:44	47:32 2:14 1:21:44
15	4756	Oliver Fernández Nigrán RAZA PAL	1:23:13	4:12 4:12 57:08	12:22 8:10 1:00:53	13:24 1:02 1:01:52	17:38 4:14 1:03:29	19:37 1:59 1:03:34	26:15 6:38 1:08:23	28:27 2:12 1:12:37	30:25 1:58 1:13:58	33:40 3:15 1:16:18	35:52 2:12 1:20:35	41:40 5:48 1:21:42	48:52 7:12 1:22:45	52:24 3:32 1:23:13	54:25 2:01 1:23:13

Table with columns: Rank, Bib Number, Name, Gender, Age Group, Time, and 14 split times (1(68) to 14(81)). It lists race results for 'Iniciación Corta (35)' and 'Iniciación Longa (90)'.

ps	Jorsal	Nombre	Tiempo														
<i>Iniciación Longa (90)</i>				<i>3,7 km 80 m</i>		<i>19 C</i>		<i>(cont.)</i>									
				1(65)	2(53)	3(58)	4(33)	5(47)	6(49)	7(41)	8(87)	9(86)	10(32)	11(31)	12(38)	13(37)	14(81)
				15(75)	16(74)	17(77)	18(72)	19(100)	Meta								
3	2020	Bruno Lorenzo f Culleredo GALLA	39:27	3:45 3:45 33:41 1:00	4:38 0:53 34:33 0:52	6:29 1:51 36:23 1:50	8:27 1:58 37:42 1:19	15:04 6:37 39:02 1:20	17:20 2:16 39:27 0:25	20:10 2:50	22:28 2:18	25:25 2:57	26:54 1:29	28:03 1:09	28:08 0:05	30:15 2:07	32:41 2:26
4	5151	Mario Corredoira LUGO COMPÁS	43:28	3:50 3:50 37:37 1:10	5:03 1:13 38:16 0:39	8:04 3:01 40:03 1:47	11:06 3:02 41:42 1:39	14:20 3:14 43:10 1:28	16:41 2:21 43:28 0:18	19:12 2:31	22:11 2:59	25:28 3:17	27:08 1:40	29:56 2:48	30:45 0:49	33:45 3:00	36:27 2:42
5	6229	Enma González C Castropol Club C	46:37	3:20 3:20 41:00 1:43	4:18 0:58 41:49 0:49	6:48 2:30 43:18 1:29	10:08 3:20 45:05 1:47	13:27 3:19 46:18 1:13	15:31 2:04 46:37 0:19	18:23 2:52	23:43 5:20	27:36 3:53	29:29 1:53	32:05 2:36	32:51 0:46	36:06 3:15	39:17 3:11
6	2186	Carlos Fernando Castropol Club C	50:03	4:39 4:39 44:41 1:44	5:55 1:16 45:25 0:44	9:38 3:43 46:58 1:33	13:20 3:42 48:40 1:42	16:54 3:34 49:47 1:07	19:15 2:21 50:03 0:16	21:52 2:37	27:17 5:25	31:38 4:21	34:15 2:37	36:00 1:45	36:24 0:24	39:23 2:59	42:57 3:34
7	2025	Pedro De Castro Culleredo GALLA	55:58	6:37 6:37 49:14 1:24	8:40 2:03 50:01 0:47	12:17 3:37 51:43 1:42	16:05 3:48 53:31 1:48	21:50 5:45 55:38 2:07	23:11 1:21 55:58 0:20	26:37 3:26	31:42 5:05	35:20 3:38	37:30 2:10	38:58 1:28	40:04 1:06	44:10 4:06	47:50 3:40
8	10021	Adrián Del Amo C	56:52	5:27 5:27 48:43 1:47	6:53 1:26 49:38 0:55	9:42 2:49 52:59 3:21	12:03 2:21 54:57 1:58	21:19 9:16 56:26 1:29	23:09 1:50 56:52 0:26	26:07 2:58	29:14 3:07	32:45 3:31	35:02 2:17	37:04 2:02	37:24 0:20	43:00 5:36	46:56 3:56
8	2006	Sara Alegue Rey	56:52	5:28 5:28 48:44 1:22	6:48 1:20 49:42 0:58	9:36 2:48 52:41 2:59	11:32 1:56 54:58 2:17	20:22 8:50 56:12 1:14	22:55 2:33 56:52 0:40	25:32 2:37	28:33 3:01	32:32 3:59	35:03 2:31	36:56 1:53	37:20 0:24	43:22 6:02	47:22 4:00
10	6836	Sainza Barroso I Pontevedra AROI	56:54	4:29 4:29 48:29 1:46	5:45 1:16 49:15 0:46	8:37 2:52 52:50 3:35	11:21 2:44 54:44 1:54	15:42 4:21 56:27 1:43	18:08 2:26 56:54 0:27	26:01 7:53	29:10 3:09	32:38 3:28	34:48 2:10	39:50 5:02	41:27 1:37	44:07 2:40	46:43 2:36
11	2015	Nicolás Martínez	59:53	6:18 6:18 51:36 4:53	9:18 3:00 52:37 1:01	12:14 2:56 55:29 2:52	14:42 2:28 57:23 1:54	19:18 4:36 58:51 1:28	22:03 2:45 59:53 1:02	25:21 3:18	28:31 3:10	33:03 4:32	35:31 2:28	39:52 4:21	40:45 0:53	43:49 3:04	46:43 2:54
11	10044	Ivan Miguez fach	59:53	6:08 6:08 51:50 5:04	9:33 3:25 52:42 0:52	11:52 2:19 55:15 2:33	14:32 2:40 57:26 2:11	20:08 5:36 58:54 1:28	22:00 1:52 59:53 0:59	25:23 3:23	28:48 3:25	33:05 4:17	35:29 2:24	40:11 4:42	40:32 0:21	43:37 3:05	46:46 3:09
13	4769	Javier Arufe Vare A Coruña LICEO	1:01:41	5:45 5:45 51:14 1:54	7:34 1:49 52:12 0:58	11:13 3:39 54:04 1:52	15:28 4:15 57:19 3:15	19:34 4:06 1:00:34 3:15	21:59 2:25 1:01:41 1:07	25:57 3:58	30:33 4:36	35:27 4:54	38:37 3:10	41:31 2:54	43:03 1:32	46:32 3:29	49:20 2:48
14	2024	Alba María Barro	1:03:12	8:16 8:16 50:39 3:23	9:55 1:39 57:15 6:36	13:14 3:19 58:56 1:41	16:56 3:42 1:00:49 1:53	21:21 4:25 1:02:43 1:54	24:13 2:52 1:03:12 0:29	27:35 3:22	31:06 3:31	34:37 3:31	36:37 2:00	39:05 2:28	40:38 1:33	43:52 3:14	47:16 3:24
15	10071	Victor Comesaña	1:03:38	8:21 8:21 50:27 2:40	10:23 2:02 57:30 7:03	13:43 3:20 59:27 1:57	17:15 3:32 1:01:05 1:38	21:49 4:34 1:02:59 1:54	24:31 2:42 1:03:38 0:39	28:05 3:34	31:36 3:31	34:56 3:20	36:59 2:03	38:59 2:00	40:54 1:55	44:20 3:26	47:47 3:27
16	10023	Alba Tajuelo Ferr	1:03:45	5:12 5:12 57:02 2:17	6:31 1:19 58:00 0:58	9:20 2:49 59:26 1:26	11:43 2:23 1:01:14 1:48	17:14 5:31 1:03:06 1:52	19:07 1:53 1:03:45 0:39	22:08 3:01	26:35 4:27	31:09 4:34	33:23 2:14	40:02 6:39	40:35 0:33	47:05 6:30	54:45 7:40
17	4569	Alejandra Carro I Porto do Son AD	1:05:31	8:44 8:44 56:03 2:08	10:24 1:40 57:04 1:01	14:04 3:40 58:59 1:55	18:06 4:02 1:01:03 2:04	22:12 4:06 1:04:26 3:23	25:19 3:07 1:05:31 1:05	29:41 4:22	36:05 6:24	40:36 4:31	43:57 3:21	46:09 2:12	47:02 0:53	50:17 3:15	53:55 3:38
18	10064	Paula Sánchez B	1:11:45	7:21 7:21 1:01:15 1:49	8:58 1:37 1:02:21 1:06	13:07 4:09 1:05:16 2:55	16:51 3:44 1:09:23 4:07	23:58 7:07 1:11:06 1:43	26:22 2:24 1:11:45 0:39	30:22 4:00	35:33 5:11	41:39 6:06	44:47 3:08	48:08 3:21	50:58 2:50	54:25 3:27	59:26 5:01
19	10066	Sara Gacio Cend	1:11:46	7:35 7:35 1:01:15 2:44	9:10 1:35 1:02:20 1:05	13:03 3:53 1:05:18 2:58	17:04 4:01 1:09:33 4:15	23:36 6:32 1:11:06 1:33	26:21 2:45 1:11:46 0:40	30:23 4:02	35:32 5:09	41:32 6:00	44:54 3:22	48:16 3:22	50:49 2:33	54:15 3:26	58:31 4:16
20	10031	Carla Castro Viei	1:12:02	7:38 7:38 1:01:39 2:16	9:14 1:36 1:03:16 1:37	13:12 3:58 1:06:35 3:19	17:04 3:52 1:09:45 3:10	24:05 7:01 1:11:14 1:29	26:29 2:24 1:12:02 0:48	30:33 4:04	36:03 5:30	41:33 5:30	44:59 3:26	48:30 3:31	51:21 2:51	54:47 3:26	59:23 4:36
21	10053	Lucía Sestayo Ct	1:12:22	5:27 5:27 1:03:13 2:32	7:13 1:46 1:04:18 1:05	13:57 6:44 1:07:07 2:49	20:54 6:57 1:09:35 2:28	29:50 8:56 1:11:46 2:11	32:38 2:48 1:12:22 0:36	36:21 3:43	39:53 3:32	43:35 3:42	45:21 1:46	48:07 2:46	48:26 0:19	52:43 4:17	1:00:41 7:58
22	10050	José Antonio Gau	1:13:25	7:09 7:09 1:01:23 2:38	9:01 1:52 1:02:29 1:06	13:15 4:14 1:06:38 4:09	17:10 3:55 1:09:46 3:08	23:49 6:39 1:12:25 2:39	26:23 2:34 1:13:25 1:00	30:26 4:03	35:47 5:21	41:48 6:01	45:00 3:12	48:31 3:31	51:00 2:29	54:40 3:40	58:45 4:05
23	10033	Cruz Cendal Vill.	1:13:31	7:09 7:09 1:01:50 2:29	9:00 1:51 1:03:15 1:25	13:22 4:22 1:06:37 3:22	17:18 3:56 1:10:02 3:25	23:56 6:38 1:12:22 2:20	26:22 2:26 1:13:31 1:09	30:34 4:12	36:02 5:28	41:52 5:50	45:08 3:16	48:58 3:50	51:15 2:17	54:57 3:42	59:21 4:24

ps	Jorsal	Nombre	Tempo														
<i>Iniciación Longa (90)</i>				<i>3,7 km 80 m</i>			<i>19 C</i>			<i>(cont.)</i>							
				1(65) 15(75)	2(53) 16(74)	3(58) 17(77)	4(33) 18(72)	5(47) 19(100)	6(49) Meta	7(41)	8(87)	9(86)	10(32)	11(31)	12(38)	13(37)	14(81)
36	4505	Manuel Calviño F Santiago de Cor	1:51:11	11:22 11:22	13:12 1:50	19:09 5:57	25:19 6:10	41:21 16:02	45:01 3:40	50:07 5:06	1:00:25 10:18	1:06:54 6:29	1:10:06 3:12	1:15:47 5:41	1:20:34 4:47	1:25:15 4:41	1:34:44 9:29
37	4512	Maria Ventura Sa Santiago de Cor	1:51:16	11:24 11:24	13:08 1:44	19:06 5:58	26:53 7:47	41:18 14:25	45:02 3:44	50:08 5:06	1:00:25 10:17	1:06:55 6:30	1:10:03 3:08	1:15:47 5:44	1:20:34 4:47	1:25:12 4:38	1:34:41 9:29
	10018	Acacia Anta Nave		1:08:49 1:08:49	1:12:27 3:38	1:18:25 5:58	1:24:45 6:20	1:33:24 8:39	1:42:42 9:18	1:48:10 5:28	1:57:19 9:09	2:04:56 7:37	2:11:02 6:06	2:15:44 4:42	2:19:24 3:40	2:23:55 4:31	2:29:27 5:32
	2011	Mauro Sanchez /	ft	9:12 9:12	12:17 3:05	20:27 8:10	25:23 4:56	41:21 15:58	45:21 4:00	52:01 6:40	1:05:15 13:14	1:12:44 7:29	1:16:43 3:59	1:26:43 10:00	1:27:51 1:08	1:37:53 10:02	1:49:16 11:23
	2010	Marco Antonio Ar	ft	8:59 8:59	12:33 3:34	20:35 8:02	25:35 5:00	41:38 16:03	45:18 3:40	52:26 7:08	1:05:10 12:44	1:12:53 7:43	1:17:03 4:10	1:26:20 9:17	1:27:54 1:34	1:37:56 10:02	1:49:19 11:23
	10038	Fernando Gude	ft	24:43 24:43	36:24 11:41	39:19 2:55	45:01 5:42	1:08:02 23:01	1:09:39 1:37	1:13:38 3:59	1:20:36 6:58	1:25:35 4:59	1:28:34 2:59	1:53:18 24:44	1:53:56 0:38	1:56:50 2:54	2:04:47 7:57
	10047	Jessica Dopico T	ft	24:57 24:57	36:30 11:33	39:23 2:53	44:17 4:54	1:03:55 19:38	1:07:36 3:41	1:13:39 6:03	1:20:41 7:02	1:25:42 5:01	1:28:43 3:01	1:51:57 23:14	1:54:00 2:03	1:56:56 2:56	2:04:32 7:36
	10029	Basilio Seijas Fr	en tarj.	----- -----	16:01 16:01	----- -----	----- 51:29	----- 55:14	----- 56:07	----- -----	----- 10:22	----- 24:03	29:13 13:12	----- 31:44	----- 38:34	----- 41:14	46:38 17:25
	10062	Pablo Cancelo	en tarj.	6:05 6:05	9:24 3:19	12:02 2:38	14:28 2:26	----- 21:56	----- 7:28	25:18 3:22	28:43 3:25	32:56 4:13	35:28 2:32	39:49 4:21	40:41 0:52	43:46 3:05	46:48 3:02
	2013	María Victoria Vi Culleredo GALL	en tarj.	10:36 10:36	12:25 1:49	16:55 4:30	22:51 5:56	30:16 7:25	33:56 3:40	38:08 4:12	44:51 6:43	51:02 6:11	54:41 3:39	1:03:00 8:19	1:05:24 2:24	1:09:02 3:38	1:13:24 4:22
	2017	Manuel Diaz-mer A Coruña ARTAB	en tarj.	----- -----	13:49 13:49	----- -----	----- 1:24:32	----- 1:31:27	----- 1:33:08	----- -----	----- 6:36	----- 24:33	----- 40:40	----- 55:06	----- 58:02	----- 1:27:54	1:07:48 33:06
	10035	Enma Freire Gon	en tarj.	11:16 11:16	15:36 4:20	23:51 8:15	30:54 7:03	39:46 8:52	----- -----	55:05 15:19	----- -----	----- -----	----- 59:37	----- 4:32	1:02:21 2:44	----- -----	1:15:47 13:26
	10073	Xabi Freire Gonz	en tarj.	11:38 11:38	15:18 3:40	23:56 8:38	30:45 6:49	39:30 8:45	----- -----	55:10 15:40	----- -----	----- -----	----- 59:31	----- 4:21	1:02:34 3:03	----- -----	1:15:55 13:21
	2012	Xenma Ara Gonz	en tarj.	10:15 10:15	13:42 3:27	21:00 7:18	25:45 4:45	37:56 12:11	44:54 6:58	53:30 8:36	1:01:08 7:38	1:06:56 5:48	----- -----	1:15:04 8:08	1:17:08 2:04	1:24:39 7:31	1:31:18 6:39
	2016	David Castedo G	en tarj.	10:18 10:18	13:44 3:26	21:16 7:32	27:37 6:21	37:35 9:58	45:04 7:29	53:41 8:37	1:01:21 7:40	1:07:00 5:39	----- -----	1:15:14 8:14	1:17:13 1:59	1:24:48 7:35	1:31:27 6:39
	2009	Elsa Andrade Ga	en tarj.	8:55 8:55	12:28 3:33	20:25 7:57	25:24 4:59	41:35 16:11	45:18 3:43	52:21 7:03	1:05:00 12:39	1:12:51 7:51	1:17:00 4:09	1:26:30 9:30	1:27:50 1:20	1:37:53 10:03	1:49:23 11:30
	2022	María Raquel Bai Betanzos OP BE	en tarj.	----- -----	25:40 25:40	52:15 26:35	----- 2:29:43	----- 2:33:57	----- 2:35:22	1:42:04 49:49	1:51:56 9:52	1:59:17 7:21	2:03:08 3:51	----- 3:51	----- -----	----- -----	2:20:08 17:00
	10059	Mario Castro Por	en tarj.	1:04:15 1:04:15	1:05:25 1:10	1:08:12 2:47	1:10:29 2:17	1:16:09 5:40	1:18:06 1:57	1:21:00 2:54	1:25:38 4:38	1:30:00 4:22	1:32:18 2:18	1:38:56 6:38	1:39:27 0:31	1:46:07 6:40	1:53:25 7:18
	10045	Ivan Caldevilla F	en tarj.	5:34 5:34	6:44 1:10	9:42 2:58	----- 55:04	21:10 56:26	23:20 2:10	25:57 2:37	28:56 2:59	32:25 3:29	35:03 2:38	----- -----	37:15 2:12	43:26 6:11	47:41 4:15
	10036	Fátima Vacas Re	Desc.	24:34 24:34	36:23 11:49	39:13 2:50	44:56 5:43	1:07:57 23:01	1:09:12 1:15	1:13:30 4:18	1:20:28 6:58	1:25:35 5:07	1:28:35 3:00	1:51:43 23:08	1:53:54 2:11	1:56:50 2:56	2:04:11 7:21
	4787	Natalia Pedre Fei A Coruña LICEO	Desc.	5:48 5:48	7:34 1:46	11:13 3:39	15:27 4:14	19:34 4:07	21:55 2:21	25:54 3:59	30:37 4:43	35:22 4:45	38:35 3:13	42:11 3:36	43:07 0:56	46:33 3:26	49:21 2:48

ds	Jorsal	Nombre	Tempo														
Iniciación Longa (90)				3,7 km 80 m			19 C		<i>(cont.)</i>								
				1(65)	2(53)	3(58)	4(33)	5(47)	6(49)	7(41)	8(87)	9(86)	10(32)	11(31)	12(38)	13(37)	14(81)
				15(75)	16(74)	17(77)	18(72)	19(100)	Meta								
10052	Loli Señor Gonzi	indona	1:29:34 1:29:34 ----- 37:55 *32	1:31:17 1:43 ----- 41:06 *86	----- ----- ----- 44:15 *87	----- ----- ----- 51:43 *49	----- ----- ----- 54:56 *47	----- ----- ----- 58:56 *41	----- ----- ----- 1:02:53 *31	----- ----- ----- 1:04:36 *38	----- ----- ----- 1:09:58 *33	----- ----- ----- 1:15:59 *58	----- ----- ----- ----- -----	----- ----- ----- 23:12 *74	----- ----- ----- 24:29 *75	----- ----- ----- 28:38 *81	----- ----- ----- 33:08 *37
10046	Javi Bouza Pita	indona	1:29:23 1:29:23 ----- 37:58 *32	1:31:36 2:13 ----- 41:04 *86	----- ----- ----- 44:26 *87	----- ----- ----- 51:44 *49	----- ----- ----- 55:08 *47	----- ----- ----- 58:55 *41	----- ----- ----- 1:03:17 *31	----- ----- ----- 1:04:30 *38	----- ----- ----- 1:11:53 *33	----- ----- ----- 1:16:10 *58	----- ----- ----- ----- -----	----- ----- ----- 23:22 *74	----- ----- ----- 24:37 *75	----- ----- ----- 28:32 *81	----- ----- ----- 33:10 *37
10072	Victor Casteleiro	indona	1:30:02 1:30:02 ----- 38:31 *32	1:32:00 1:58 ----- 41:23 *86	----- ----- ----- 44:27 *87	----- ----- ----- 52:05 *49	----- ----- ----- 55:41 *47	----- ----- ----- 59:22 *41	----- ----- ----- 1:03:16 *31	----- ----- ----- 1:04:53 *38	----- ----- ----- 1:12:35 *33	----- ----- ----- 1:16:46 *58	----- ----- ----- ----- -----	----- ----- ----- 23:02 *74	----- ----- ----- 25:02 *75	----- ----- ----- 28:38 *81	----- ----- ----- 33:28 *37
10063	Patricia Casteleir	indona	1:29:56 1:29:56 ----- 33:25 *37	1:32:03 2:07 ----- 38:26 *32	----- ----- ----- 41:21 *86	----- ----- ----- 44:31 *87	----- ----- ----- 52:02 *49	----- ----- ----- 55:38 *47	----- ----- ----- 59:21 *41	----- ----- ----- 1:03:50 *31	----- ----- ----- 1:04:55 *38	----- ----- ----- 1:12:17 *33	----- ----- ----- 1:16:32 *58	----- ----- ----- ----- -----	----- ----- ----- 23:32 *74	----- ----- ----- 24:47 *75	----- ----- ----- 28:49 *81
Feminino 12 NC (1)				2,3 km 65 m			12 C										
				1(68)	2(53)	3(37)	4(32)	5(39)	6(41)	7(75)	8(74)	9(81)	10(72)	11(71)	12(100)	Meta	
1	6742	Leire Rocha Cui LUGO COMPÁS	1:07:03 5:40 5:40 12:08 *74	20:28 14:48	28:35 8:07	34:22 5:47	37:14 2:52	39:32 2:18	49:46 10:14	51:28 1:42	55:44 4:16	1:03:09 7:25	1:05:15 2:06	1:06:09 0:54	1:07:03 0:54		
Masculino 12 NC (1)				2,3 km 65 m			12 C										
				1(68)	2(53)	3(37)	4(32)	5(39)	6(41)	7(75)	8(74)	9(81)	10(72)	11(71)	12(100)	Meta	
1	4813	Lucas Rocha Cu LUGO COMPÁS	43:27 5:20 5:20	8:54 3:34	14:31 5:37	17:08 2:37	19:02 1:54	20:40 1:38	28:47 8:07	30:36 1:49	34:51 4:15	40:31 5:40	42:01 1:30	42:55 0:54	43:27 0:32		
Masculino 55 (20)				4,1 km 105 m			22 C										
				1(67)	2(69)	3(52)	4(38)	5(36)	6(44)	7(31)	8(80)	9(40)	10(86)	11(87)	12(89)	13(42)	14(48)
				15(33)	16(58)	17(63)	18(57)	19(59)	20(77)	21(79)	22(100)	Meta					
1	4357	Enrique Luis Álv Culleredo GALLA	40:46 3:08 3:08 28:57 1:58	4:50 1:42 30:31 1:34	7:13 2:23 31:56 1:25	8:00 0:47 33:01 1:05	10:02 2:02 34:22 1:21	10:48 0:46 36:49 2:27	11:32 0:44 38:50 2:01	12:47 1:15 40:26 1:36	14:26 1:39 40:46 0:20	17:24 2:58 40:46 *53	18:32 1:08 33:48 *53	20:59 2:27	25:09 4:10	26:59 1:50	
2	4605	Camilo Serantes Porto do Son AD	44:12 4:38 31:24 1:54	6:37 1:59 33:09 1:45	9:26 2:49 34:33 1:24	10:07 0:41 35:46 1:13	12:35 2:28 37:05 1:19	13:29 0:54 39:47 2:42	15:04 1:35 41:54 2:07	16:40 1:36 43:52 1:58	18:42 2:02 44:12 0:20	20:12 1:30	21:17 1:05	23:41 2:24	27:24 3:43	29:30 2:06	
3	4239	José Antonio Ric Pontevedra AROI	50:28 4:07 4:07 35:02 2:02	6:17 2:10 36:49 1:47	8:42 2:25 38:44 1:55	9:46 1:04 40:04 1:20	12:20 2:34 41:53 1:49	16:26 4:06 45:21 3:28	18:06 1:40 48:13 2:52	19:36 1:30 50:01 1:48	21:25 1:49 50:28 0:27	23:16 1:51	24:53 1:37	27:15 2:22	30:52 3:37	33:00 2:08	
4	4378	Santiago Criado Culleredo GALLA	52:53 4:26 4:26 34:13 1:43	6:44 2:18 36:26 2:13	9:28 2:44 39:12 2:46	10:47 1:19 40:57 1:45	13:01 2:14 42:39 1:42	14:04 1:03 47:51 5:12	15:08 1:04 50:24 2:33	16:49 1:41 52:16 1:52	20:33 3:44 52:53 0:37	22:33 2:00	24:09 1:36	26:43 2:34	30:27 3:44	32:30 2:03	
5	4567	Javier Antoñón C Porto do Son AD	56:12 5:05 5:05 40:20 2:07	7:35 2:30 42:21 2:01	10:28 2:53 44:25 2:04	11:37 1:09 45:47 1:22	14:22 2:45 47:00 1:13	15:45 1:23 50:39 3:39	16:54 1:09 53:31 2:52	19:02 2:08 55:33 2:02	22:21 3:19 56:12 0:39	24:52 2:31	26:51 1:59	30:40 3:49	35:29 4:49	38:13 2:44	
6	4210	Gilberto Diaz Fal Pontevedra AROI	56:18 4:20 38:32 2:20	6:20 2:00 41:40 3:08	9:07 2:47 43:43 2:03	10:01 0:54 45:16 1:33	12:29 2:28 47:54 2:38	13:29 1:00 51:48 3:54	15:00 1:31 54:02 2:14	20:43 5:43 55:44 1:42	23:13 2:30 56:18 0:34	24:42 1:29	26:25 1:43	28:56 2:31	32:54 3:58	36:12 3:18	
6	4588	Santiago Amador Porto do Son AD	56:18 4:08 4:08 39:36 2:29	5:54 1:46 41:21 1:45	9:06 3:12 42:53 1:06	9:48 0:42 43:59 1:12	21:33 11:45 45:11 5:40	22:03 0:30 50:51 3:35	23:09 1:06 54:26 1:23	24:21 1:12 55:49 0:29	26:28 2:07 56:18 *80	28:03 1:35	29:10 1:07	31:37 2:27	34:35 2:58	37:07 2:32	
8	4410	Andres Lopez Su Culleredo GALLA	59:35 4:00 4:00 39:30 1:50	6:22 2:22 41:35 2:05	9:34 3:12 43:34 1:59	10:22 0:48 45:27 1:53	12:39 2:17 46:53 1:26	13:55 1:16 53:59 7:06	15:08 1:13 57:20 3:21	19:57 4:49 59:11 1:51	21:53 1:56 59:35 0:24	23:41 1:48	25:01 1:20	30:43 5:42	35:11 4:28	37:40 2:29	
9	4289	Jesus Santos Igl A Coruña ARTAB	1:02:17 4:27 4:27 47:24 2:44	6:53 2:26 49:14 1:50	9:51 2:58 51:23 2:09	10:49 0:58 52:51 1:28	18:21 7:32 54:25 1:34	25:04 6:43 57:39 3:14	26:15 1:11 1:00:08 2:29	28:19 2:04 1:01:56 1:48	29:59 1:40 1:02:17 0:21	32:10 2:11	33:46 1:36	37:38 3:52	42:13 4:35	44:40 2:27	
10	4399	José Antonio Gil Culleredo GALLA	1:02:58 4:16 4:16 37:39 2:12	6:46 2:30 39:55 2:16	10:05 3:19 48:47 8:52	11:25 1:20 50:19 1:32	13:59 2:34 52:49 2:30	15:06 1:07 57:01 4:12	16:38 1:32 1:00:02 3:01	18:28 1:50 1:02:22 2:20	20:40 2:12 1:02:58 0:36	22:50 2:10	25:00 2:10	28:00 3:00	32:35 4:35	35:27 2:52	

ps	Jorsal	Nombre	Tiempo																	
Masculino 55 (20)				4,1 km	105 m	22 C		<i>(cont.)</i>												
				1(67) 15(33)	2(69) 16(58)	3(52) 17(63)	4(38) 18(57)	5(36) 19(59)	6(44) 20(77)	7(31) 21(79)	8(80) 22(100)	9(40) Meta	10(86)	11(87)	12(89)	13(42)	14(48)			
11	4609	Jorge Victorero I Porto do Son AD	1:04:30	4:18 4:18 46:11 2:13	7:05 2:47 48:19 2:08	11:23 4:18 50:18 1:59	15:50 4:27 52:57 2:39	18:54 3:04 54:34 1:37	20:07 1:13 58:18 3:44	21:02 0:55 1:00:59 2:41	23:03 2:01 1:04:07 3:08	27:20 4:17 1:04:30 0:23	29:56 2:36	31:29 1:33	34:19 2:50	41:23 7:04	43:58 2:35			
12	4771	José Ramón Bug A Coruña LICEO	1:08:01	6:39 6:39 46:06 2:53	9:36 2:57 50:20 4:14	13:03 3:27 52:49 2:29	14:28 1:25 54:36 1:47	17:20 2:52 56:44 2:08	18:38 1:18 1:01:01 4:17	19:40 1:02 1:04:09 3:08	22:21 2:41 1:07:17 3:08	24:42 2:21 1:08:01 0:44	27:14 2:32	29:32 2:18	32:42 3:10	39:38 6:56	43:13 3:35			
13	4247	Carlos Mario Roi Pontevedra AROI	1:08:32	11:56 11:56 52:03 2:27	14:32 2:36 54:14 2:11	18:46 4:14 56:32 2:18	23:31 4:45 58:00 1:28	25:58 2:27 59:20 1:20	27:25 1:27 1:03:00 3:40	28:59 1:34 1:05:42 2:42	30:57 1:58 1:07:50 2:08	33:08 2:11 1:08:32 0:42	35:41 2:33	37:43 2:02	40:31 2:48	46:58 6:27	49:36 2:38			
14	4311	Marcos Fouz Roi LUGO FLUVIAL_I	1:11:38	4:14 4:14 47:24 3:37	7:13 2:59 52:28 5:04	10:18 3:05 55:01 2:33	11:44 1:26 56:57 1:56	14:48 3:04 58:39 1:42	16:19 1:31 1:03:49 5:10	17:29 1:10 1:08:09 4:20	19:58 2:29 1:11:01 2:52	22:32 2:34 1:11:38 0:37	25:47 3:15	28:25 2:38	31:36 3:11	40:15 8:39	43:47 3:32			
15	4533	Antonio García C Ferrol MONTAÑA	1:13:25	5:25 5:25 50:05 2:59	8:39 3:14 54:54 2:15	12:27 3:48 56:35 1:41	14:14 1:47 56:35 2:27	17:14 3:00 59:02 7:14	18:57 1:43 1:06:16 3:34	20:46 1:49 1:09:50 2:44	24:23 3:37 1:12:34 2:52	27:07 2:44 1:13:25 0:51	29:49 2:42	33:55 4:06	37:48 3:53	43:41 5:53	47:06 3:25			
16	4418	Isidro López Mui Culleredo GALLI	1:21:05	4:15 4:15 1:00:40 2:09	8:00 3:45 1:04:02 3:22	12:23 4:23 1:06:25 2:23	14:53 2:30 1:08:25 2:00	20:21 5:28 1:09:41 1:16	26:27 6:06 1:12:49 3:08	31:37 5:10 1:18:48 5:59	37:59 6:22 1:20:39 1:51	39:47 1:48 1:21:05 0:26	41:25 1:38	42:41 1:16	45:10 2:29	55:56 10:46	58:31 2:35			
17	4535	Francisco Sande Ferrol MONTAÑA	1:33:38	5:28 5:28 54:59 2:34	8:14 2:46 1:06:13 1:14	12:52 4:38 1:10:06 3:53	14:25 1:33 1:11:26 1:20	17:30 3:05 1:15:19 3:53	28:30 11:00 1:23:42 8:23	32:12 3:42 1:30:02 6:20	34:12 2:00 1:32:39 2:37	36:37 2:25 1:33:38 0:59	39:15 2:38	42:02 2:47	45:46 3:44	49:35 3:49	52:25 2:50			
18	4271	Jose Miguel López A Coruña ARTABE	1:39:23	7:47 7:47 1:06:46 4:57	12:45 4:58 1:10:54 4:08	17:34 4:49 1:14:19 3:25	20:41 3:07 1:17:05 2:46	24:46 4:05 1:21:18 4:13	27:01 2:15 1:28:22 7:04	28:55 1:54 1:33:53 5:31	32:40 3:45 1:38:05 4:12	36:21 3:41 1:39:23 1:18	39:58 3:37	45:08 5:10	49:21 4:13	57:01 7:40	1:01:49 4:48			
	4671	Gabriel Rodríguez A Coruña BRIGAL	en tarj.	8:40 8:40 50:24 2:26	10:41 2:01 52:17 1:53	13:07 2:26 54:48 2:31	14:23 1:16 56:16 1:28	17:43 3:20 58:15 1:59	18:55 1:12 1:01:46 3:31	21:01 2:06 1:04:51 3:05	24:10 3:09 1:06:17 1:26	27:33 3:23 1:06:53 0:36	29:10 1:37	-----	34:56 5:46	40:02 5:06	47:58 7:56			
	4288	Juan Jose Roiba A Coruña ARTABE	en tarj.	4:38 4:38 50:16 2:52	7:06 2:28 53:54 3:38	11:42 4:36 1:04:22 10:28	13:12 1:30 1:06:38 2:16	16:16 3:04 1:10:11 3:33	22:48 6:32 1:14:40 4:29	24:05 1:17 1:18:28 3:48	26:42 2:37 1:21:52 3:24	29:15 2:33 1:22:29 0:37	32:06 2:51	-----	36:48 4:42	43:53 7:05	47:24 3:31			
Feminino 55 (8)				1(65) 15(77)	2(57) 16(72)	3(58) 17(100)	4(33) Meta	5(43)	6(48)	7(49)	8(44)	9(35)	10(50)	11(36)	12(38)	13(81)	14(74)			
1	4508	Rosa Mª Pernas I Santiago de Com	48:12	4:49 4:49 43:47 1:46	6:33 1:44 46:07 2:20	8:19 1:46 47:41 1:34	11:02 2:43 48:12 0:31	14:38 3:36	16:12 1:34	18:41 2:29	27:39 8:58	31:02 3:23	34:40 3:38	36:23 1:43	37:05 0:42	40:31 3:26	42:01 1:30			
2	4250	Maria Luisa Sanc Pontevedra AROI	54:33	5:29 5:29 50:24 1:45	7:39 2:10 54:02 1:51	13:29 5:50 54:02 1:47	17:37 4:08 54:33 0:31	20:52 3:15	22:42 1:50	25:39 2:57	33:58 8:19	37:33 3:35	40:33 3:00	42:41 2:08	43:50 1:09	47:12 3:22	48:39 1:27			
3	4351	Mª Isabel Saco F Vigo U-VIGO	57:34	5:36 5:36 53:29 2:05	9:14 3:38 55:23 1:54	12:51 3:37 57:05 1:42	16:31 3:40 57:34 0:29	20:49 4:18	26:18 5:29	28:53 2:35	36:24 7:31	40:20 3:56	43:11 2:51	45:17 2:06	46:32 1:15	50:07 3:35	51:24 1:17			
4	4503	Margarita Balboa Santiago de Com	1:00:25	4:42 4:42 56:21 1:32	7:00 2:18 58:13 1:52	8:47 1:47 59:57 1:44	11:32 2:45 1:00:25 0:28	20:50 9:18	21:56 1:06	24:33 2:37	32:11 7:38	35:09 2:58	37:24 2:15	40:29 3:05	41:10 0:41	53:40 12:30	54:49 1:09			
5	4388	María Fernández Culleredo GALLI	1:03:59	6:19 6:19 59:09 2:41	8:40 2:21 1:01:12 2:03	10:44 2:04 1:03:20 2:08	14:26 3:42 1:03:59 0:39	17:00 2:34	19:19 2:19	23:41 4:22	32:17 8:36	39:07 6:50	42:47 3:40	46:11 3:24	47:51 1:40	54:23 6:32	56:28 2:05			
6	4303	Fermina Fernanc LUGO FLUVIAL_I	1:04:28	5:04 5:04 56:45 1:40	7:00 1:56 1:02:22 5:37	8:53 1:53 1:04:00 1:38	12:16 3:23 1:04:28 0:28	14:18 2:02	15:40 1:22	18:32 2:52	33:10 14:38	36:42 3:32	40:17 3:35	42:23 2:06	42:58 0:35	53:42 10:44	55:05 1:23			
7	4423	María Dolores Lé Culleredo GALLI	1:11:09	5:57 5:57 1:06:37 2:41	9:26 3:29 1:08:57 2:20	12:53 3:27 1:10:25 1:28	16:30 3:37 1:11:09 0:44	23:44 7:14	26:00 2:16	29:17 3:17	41:09 11:52	47:59 6:50	52:42 4:43	54:15 1:33	55:20 1:05	1:01:47 6:27	1:03:56 2:09			
8	4211	Yolanda Díaz Ro Pontevedra AROI	1:12:05	14:05 14:05 1:07:30 2:18	16:45 2:40 1:09:30 2:00	19:29 2:44 1:11:31 2:01	24:26 4:57 1:12:05 0:34	32:01 7:35	34:41 2:40	38:54 4:13	44:04 5:10	49:42 5:38	52:57 3:15	55:56 2:59	57:52 1:56	1:02:27 4:35	1:05:12 2:45			