

os		rsal	Nombre	Tiempo														
<b>Mulleres Cadete (2)</b>					<b>6,0 km 108 m</b>			<b>10 C</b>										
				1(31)	2(34)	3(35)	4(59)	5(61)	6(62)	7(53)	8(56)	9(58)	10(100)	Meta				
1	161	Alba Dopico Golpe	32:43	3:03	8:31	11:17	16:36	20:49	25:39	26:34	30:12	31:42	32:16	32:43				
		GALLAECIA RAID A		3:03	5:28	2:46	5:19	4:13	4:50	0:55	3:38	1:30	0:34	0:27				
2	131	Sara Ricoy Rajoy	42:48	3:29	11:12	14:28	21:46	26:53	32:53	34:13	39:12	41:27	42:11	42:48				
		AROMON Pontevedr		3:29	7:43	3:16	7:18	5:07	6:00	1:20	4:59	2:15	0:44	0:37				
<b>Mulleres Junior (1)</b>					<b>10,0 km 172 m</b>			<b>10 C</b>										
				1(32)	2(36)	3(39)	4(47)	5(61)	6(62)	7(55)	8(57)	9(58)	10(100)	Meta				
1	7	Teresa Bellón Santo	52:41	4:07	9:57	20:25	25:09	29:48	35:16	42:48	50:37	51:28	52:07	52:41				
		FLUVIAL LUGO Lug		4:07	5:50	10:28	4:44	4:39	5:28	7:32	7:49	0:51	0:39	0:34				
<b>Mulleres Senior (13)</b>					<b>16,0 km 360 m</b>			<b>14 C</b>										
				1(32)	2(38)	3(39)	4(40)	5(42)	6(44)	7(45)	8(46)	9(48)	10(51)	11(54)	12(55)	13(58)	14(100)	
				Meta														
1	314	María Del Mar Delga	1:16:36	4:03	9:08	17:54	22:46	33:10	36:58	39:44	44:40	52:40	57:02	1:04:22	1:06:33	1:15:38	1:16:06	
		FAICAMIÑO A Coruñ		4:03	5:05	8:46	4:52	10:24	3:48	2:46	4:56	8:00	4:22	7:20	2:11	9:05	0:28	
				1:16:36														
				0:30														
2	402	Ana Varela Yáñez	1:19:26	4:20	9:26	16:51	21:01	34:29	37:55	43:13	53:33	1:00:24	1:04:09	1:10:42	1:12:33	1:18:32	1:19:00	
		BRIGANTIA A Coruñ		4:20	5:06	7:25	4:10	13:28	3:26	5:18	10:20	6:51	3:45	6:33	1:51	5:59	0:28	
				1:19:26														
				0:26														
3	19	Luisa Felpeto Gonz	1:21:51	4:13	9:41	19:25	24:13	36:19	40:17	43:34	48:59	57:18	1:02:36	1:10:33	1:13:18	1:20:46	1:21:18	
		FLUVIAL LUGO Lug		4:13	5:28	9:44	4:48	12:06	3:58	3:17	5:25	8:19	5:18	7:57	2:45	7:28	0:32	
				1:21:51														
				0:33														
4	26	Fernanda Follana N	1:28:17	5:14	11:15	22:37	27:05	40:01	46:52	50:12	55:41	1:03:36	1:09:22	1:16:52	1:19:40	1:27:18	1:27:51	
		FLUVIAL LUGO Lug		5:14	6:01	11:22	4:28	12:56	6:51	3:20	5:29	7:55	5:46	7:30	2:48	7:38	0:33	
				1:28:17														
				0:26														
5	496	Isabel Diz Cao	1:28:36	4:07	10:00	20:30	26:54	40:13	44:39	48:01	53:13	1:01:49	1:08:37	1:16:44	1:19:36	1:27:30	1:28:04	
		CORNELIOS RAID A		4:07	5:53	10:30	6:24	13:19	4:26	3:22	5:12	8:36	6:48	8:07	2:52	7:54	0:34	
				1:28:36														
				0:32														
6	435	Barbara Del Puerto	1:40:01	4:42	12:03	24:42	31:01	46:37	51:07	54:26	1:00:45	1:10:06	1:16:13	1:26:12	1:28:48	1:38:52	1:39:28	
		SEO Ordes		4:42	7:21	12:39	6:19	15:36	4:30	3:19	6:19	9:21	6:07	9:59	2:36	10:04	0:36	
				1:40:01														
				0:33														
7	175	Tania López Eyo	1:43:29	4:18	9:29	22:11	26:20	36:47	40:24	43:02	56:37	1:06:43	1:13:57	1:25:46	1:29:17	1:41:45	1:42:38	
		GALLAECIA RAID A		4:18	5:11	12:42	4:09	10:27	3:37	2:38	13:35	10:06	7:14	11:49	3:31	12:28	0:53	
				1:43:29														
				0:51														
8	142	Carla Veiga García	1:44:14	5:17	11:55	23:41	30:02	44:31	49:09	52:41	58:31	1:15:28	1:21:28	1:30:49	1:33:37	1:43:10	1:43:42	
		AROMON Pontevedr		5:17	6:38	11:46	6:21	14:29	4:38	3:32	5:50	16:57	6:00	9:21	2:48	9:33	0:32	
				1:44:14														
				0:32														
9	170	Bibiana González C	2:09:46	4:44	11:36	43:24	50:20	1:06:11	1:16:43	1:20:16	1:26:09	1:38:34	1:45:22	1:55:50	1:58:59	2:08:41	2:09:12	
		GALLAECIA RAID A		4:44	6:52	31:48	6:56	15:51	10:32	3:33	5:53	12:25	6:48	10:28	3:09	9:42	0:31	
				2:09:46														
				0:34														
10	133	María Jesús Rodríg	2:10:30	5:46	14:17	30:16	38:53	55:41	1:01:14	1:05:22	1:12:54	1:28:25	1:37:37	1:49:47	1:57:55	2:09:03	2:09:40	
		AROMON Pontevedr		5:46	8:31	15:59	8:37	16:48	5:33	4:08	7:32	15:31	9:12	12:10	8:08	11:08	0:37	
				2:10:30														
				0:50														
11	602	Maite Fraga Lamas	3:02:27	4:26	27:52	50:06	1:00:08	1:27:56	1:36:30	1:40:16	1:47:41	2:18:39	2:30:52	2:43:10	2:50:27	3:01:06	3:01:47	
		FLUVIAL LUGO Lug		4:26	23:26	22:14	10:02	27:48	8:34	3:46	7:25	30:58	12:13	12:18	7:17	10:39	0:41	
				3:02:27														
				0:40														
	256	Teresa Barreira Sal	en tarj.	4:19	9:43	17:41	21:55	32:01	35:20	38:01	42:36	50:43	55:09	1:01:33	1:03:29	-----	-----	
		MONTAÑA FERROL		4:19	5:24	7:58	4:14	10:06	3:19	2:41	4:35	8:07	4:26	6:24	1:56			
				1:11:44		45:10	1:10:51	1:12:09	1:17:28	1:27:55	1:32:53	1:39:24	1:43:06	1:45:21	2:01:22	2:05:29	2:12:48	
				8:15		*34	*63	*65	*49	*57	*50	*56	*55	*54	*53	*52	*51	
				2:27:07	2:37:43	2:40:18	2:46:50	2:48:05	2:48:33	*100								
				*47	*39	*38	*36	*37										
	190	Nadia Rajcok Villag	No sale															
		GALLAECIA RAID A																
<b>Mulleres Veteranas A (5)</b>					<b>13,0 km 271 m</b>			<b>12 C</b>										
				1(31)	2(34)	3(38)	4(39)	5(47)	6(49)	7(61)	8(53)	9(54)	10(56)	11(58)	12(100)	Meta		
1	379	Sonia Gómez Naya	47:36	2:40	6:46	10:11	20:34	24:26	27:04	33:51	37:38	39:42	45:07	46:33	47:06	47:36		
		BRIGANTIA A Coruñ		2:40	4:06	3:25	10:23	3:52	2:38	6:47	3:47	2:04	5:25	1:26	0:33	0:30		
2	182	Paulina Andrea Mos	1:00:19	2:35	7:17	11:57	24:37	29:31	32:41	40:10	44:06	47:17	57:45	59:19	59:52	1:00:19		
		GALLAECIA RAID A		2:35	4:42	4:40	12:40	4:54	3:10	7:29	3:56	3:11	10:28	1:34	0:33	0:27		
3	138	María Luisa Sanche	1:10:06	2:37	8:35	17:17	31:41	36:40	41:01	51:10	56:38	59:24	1:07:01	1:08:52	1:09:30	1:10:06		
		AROMON Pontevedr		2:37	5:58	8:42	14:24	4:59	4:21	10:09	5:28	2:46	7:37	1:51	0:38	0:36		
4	292	Yolanda García Gon	1:10:49	2:52	9:17	13:28	25:22	29:52	35:02	45:32	49:39	52:23	1:08:08	1:09:42	1:10:19	1:10:49		
		ADC ARNELA Porto		2:52	6:25	4:11	11:54	4:30	5:10	10:30	4:07	2:44	15:45	1:34	0:37	0:30		
5	258	Elena Bujía Rodríg	1:11:01	2:21	6:29	11:05	23:13	28:44	32:00	39:28	43:33	46:20	1:03:32	1:08:06	1:09:33	1:11:01		



os	rsal	Nombre	Tiempo														
<b>Homes Senior (41)</b>				<b>18,5 km 420 m</b>		<b>15 C</b>		<i>(cont.)</i>									
				1(33) 15(100)	2(38) Meta	3(39)	4(41)	5(42)	6(43)	7(45)	8(46)	9(48)	10(49)	11(50)	12(52)	13(54)	14(57)
14	291	Ramón Fernández T ADC ARNELA Porto	1:18:27	4:29 4:29 1:18:03 0:56	7:42 3:13 1:18:27 0:24	14:41 6:59	20:10 5:29	30:21 10:11	34:11 3:50	44:49 10:38	48:57 4:08	54:40 5:43	57:34 2:54	1:01:43 4:09	1:06:47 5:04	1:09:21 2:34	1:17:07 7:46
15	322	Marcos Vinagre Rey FAICAMIÑO A Coruña	1:18:40	6:21 6:21 1:18:14 1:05	10:23 4:02 1:18:40 0:26	17:32 7:09	22:48 5:16	35:20 12:32	39:14 3:54	45:51 6:37	50:03 4:12	55:48 5:45	59:31 3:43	1:04:12 4:41	1:09:43 5:31	1:12:10 2:27	1:17:09 4:59
16	436	Jose Angel Morlán SEO Ordes	1:19:34	5:18 5:18 1:19:08 0:58	8:26 3:08 1:19:34 0:26	15:55 7:29	20:53 4:58	33:01 12:08	39:31 6:30	44:32 5:01	48:31 3:59	56:46 8:15	59:57 3:11	1:04:53 4:56	1:11:05 6:12	1:13:27 2:22	1:18:10 4:43
17	112	Ricardo Figueroa F AROMON Pontevedr	1:21:01	4:20 4:20 1:20:38 0:58	7:41 3:21 1:21:01 0:23	15:22 7:41	21:57 6:35	34:43 12:46	39:37 4:54	44:57 5:20	49:13 4:16	56:53 7:40	1:00:18 3:25	1:05:37 5:19	1:12:01 6:24	1:14:35 2:34	1:19:40 5:05
18	277	Jose Maria Rodrigu MONTAÑA FERROL	1:22:42	4:54 4:54 1:22:00 0:58	8:09 3:15 1:22:42 0:42	16:30 8:21	21:32 5:02	40:43 19:11	44:27 3:44	49:30 5:03	53:35 4:05	1:00:09 6:34	1:03:57 3:48	1:08:35 4:38	1:14:17 5:42	1:16:28 2:11	1:21:02 4:34
19	282	Moises Vergara Vill MONTAÑA FERROL	1:24:12	4:39 4:39 1:23:45 0:58	7:58 3:19 1:24:12 0:27	15:28 7:30	21:00 5:32	36:07 15:07	40:37 4:30	46:39 6:02	51:49 5:10	58:23 6:34	1:02:02 3:39	1:07:52 5:50	1:14:58 7:06	1:17:36 2:38	1:22:47 5:11
20	317	Julio Paz Guzmán FAICAMIÑO A Coruña	1:25:37	4:32 4:32 1:25:10 1:00	13:22 8:50 1:25:37 0:27	20:19 6:57	27:38 7:19	40:38 13:00	45:21 4:43	51:38 6:17	55:57 4:19	1:02:34 6:37	1:05:53 3:19	1:10:17 4:24	1:16:42 6:25	1:19:14 2:32	1:24:10 4:56
21	598	Mario Vázquez Vázq AROMON Pontevedr	1:26:44	4:52 4:52 1:26:11 1:03	8:33 3:41 1:26:44 0:33	16:45 8:12	22:29 5:44	38:34 16:05	43:23 4:49	49:18 5:55	53:45 4:27	1:00:49 7:04	1:05:38 4:49	1:11:08 5:30	1:18:09 7:01	1:20:53 2:44	1:25:08 4:15
22	86	Iago Viana Gonzale FLUVIAL LUGO Lug	1:28:53	4:55 4:55 1:28:20 1:08	8:28 3:33 1:28:53 0:33	16:39 8:11	22:32 5:53	41:08 18:36	45:33 4:25	51:24 5:51	56:29 5:05	1:02:16 5:47	1:06:02 3:46	1:10:55 4:53	1:17:34 6:39	1:21:35 4:01	1:27:12 5:37
23	560	Angel Soto Boullos AROMON Pontevedr	1:30:54	7:03 7:03 1:30:31 1:02	10:24 3:21 1:30:54 0:23	19:16 8:52	25:56 6:40	40:25 14:29	45:43 5:18	52:00 6:17	57:02 5:02	1:03:59 6:57	1:07:48 3:49	1:14:30 6:42	1:21:04 6:34	1:23:56 2:52	1:29:29 5:33
24	542	Alexandre Camean JARNACHAS Arteixo	1:31:38	5:22 5:22 1:31:05 1:19	9:11 3:49 1:31:38 0:33	18:32 9:21	24:33 6:01	38:12 13:39	42:43 4:31	48:48 6:05	54:28 5:40	1:02:03 7:35	1:06:19 4:16	1:12:51 6:32	1:20:23 7:32	1:23:18 2:55	1:29:46 6:28
25	460	David Valiño Martín A PEDROSA ORRO	1:31:41	5:04 5:04 1:31:08 1:06	9:47 4:43 1:31:41 0:33	19:40 9:53	26:12 6:32	39:40 13:28	44:44 5:04	50:57 6:13	56:02 5:05	1:04:35 8:33	1:08:24 3:49	1:14:01 5:37	1:21:42 7:41	1:24:22 2:40	1:30:02 5:40
26	154	Roberto Carro Garc GALLAECIA RAID A	1:33:03	5:01 5:01 1:32:37 1:00	8:11 3:10 1:33:03 0:26	19:40 11:29	25:55 6:15	45:10 19:15	50:38 5:28	55:49 5:11	1:00:12 4:23	1:07:09 6:57	1:11:22 4:13	1:16:09 4:47	1:21:54 5:45	1:24:22 2:28	1:31:37 7:15
27	178	Francisco López Ro GALLAECIA RAID A	1:34:35	6:32 6:32 1:34:02 1:12	10:09 3:37 1:34:35 0:33	18:48 8:39	24:53 6:05	38:22 13:29	43:12 4:50	49:06 5:54	53:56 4:50	1:01:01 7:05	1:06:12 5:11	1:11:11 4:59	1:20:07 8:56	1:22:46 2:39	1:32:50 10:04
28	41	Juan José Lafuente FLUVIAL LUGO Lug	1:35:37	5:00 5:00 1:35:08 1:09	8:43 3:43 1:35:37 0:29	17:46 9:03	25:00 7:14	38:38 13:38	43:36 4:58	49:17 5:41	53:54 4:37	1:06:50 12:56	1:10:42 3:52	1:16:20 5:38	1:25:21 9:01	1:28:05 2:44	1:33:59 5:54
29	144	Roberto Verde Lare AROMON Pontevedr	1:36:58	4:54 4:54 1:36:25 1:23	8:46 3:52 1:36:58 0:33	18:07 9:21	26:01 7:54	41:02 15:01	46:10 5:08	52:45 6:35	57:31 4:46	1:05:55 8:24	1:11:19 5:24	1:17:41 6:22	1:25:41 8:00	1:28:38 2:57	1:35:02 6:24
30	21	Carlos Fernández M FLUVIAL LUGO Lug	1:37:42	6:06 6:06 1:37:12 1:09	9:43 3:37 1:37:42 0:30	19:55 10:12	26:24 6:29	39:31 13:07	44:47 5:16	56:15 11:28	1:01:58 5:43	1:09:22 7:24	1:13:02 3:40	1:19:46 6:44	1:27:01 7:15	1:29:53 2:52	1:36:03 6:10
31	458	Juan Antonio Doce A PEDROSA ORRO	1:38:17	6:16 6:16 1:37:49 1:09	10:16 4:00 1:38:17 0:28	19:49 9:33	26:56 7:07	42:22 15:26	47:05 4:43	53:44 6:39	58:55 5:11	1:07:36 8:41	1:12:07 4:31	1:18:51 6:44	1:26:51 8:00	1:30:44 3:53	1:36:40 5:56
32	557	Aique González Co AROMON Pontevedr	1:38:57	7:00 7:00 1:38:25 1:27	12:33 5:33 1:38:57 0:32	22:10 9:37	28:08 5:58	42:57 14:49	47:53 4:56	54:42 6:49	59:28 4:46	1:07:54 8:26	1:13:13 5:19	1:19:46 6:33	1:27:43 7:57	1:30:42 2:59	1:36:58 6:16

os	rsal	Nombre	Tiempo																		
<b>Homes Senior (41)</b>				<b>18,5 km 420 m</b>		<b>15 C</b>		<i>(cont.)</i>													
				1(33) 15(100)	2(38) Meta	3(39)	4(41)	5(42)	6(43)	7(45)	8(46)	9(48)	10(49)	11(50)	12(52)	13(54)	14(57)				
33	633	Juan Canedo Garcí JARNACHAS Arteixo	1:41:08	8:12 8:12 1:40:30 1:24	11:42 3:30 1:41:08 0:38	21:38 9:56	27:54 6:16	42:28 14:34	48:11 5:43	56:25 8:14	1:01:10 4:45	1:08:46 7:36	1:12:52 4:06	1:22:01 9:09	1:29:20 7:19	1:32:54 3:34	1:39:06 6:12				
34	3	Roberto Amarelle G FLUVIAL LUGO Lug	1:43:43	4:50 1:43:12 1:04	17:10 1:43:43 0:31	25:35 8:25	32:06 6:31	45:09 13:03	50:45 5:36	1:02:10 11:25	1:08:02 5:52	1:15:46 7:44	1:19:13 3:27	1:25:49 6:36	1:32:49 7:00	1:35:57 3:08	1:42:08 6:11				
35	456	Xan Carballo Alviár A PEDROSA ORRO	1:45:39	10:09 10:09 1:45:09 1:03	14:20 4:11 1:45:39 0:30	24:49 10:29	31:47 6:58	49:10 17:23	54:08 4:58	1:01:38 7:30	1:07:33 5:55	1:15:55 8:22	1:20:21 4:26	1:26:58 6:37	1:35:15 8:17	1:38:14 2:59	1:44:06 5:52				
36	569	Manuel Alejandro G SEO Ordes	1:56:57	7:19 7:19 1:56:18 1:29	12:01 4:42 1:56:57 0:39	22:22 10:21	34:07 11:45	50:48 16:41	56:36 5:48	1:06:30 9:54	1:12:29 5:59	1:21:51 9:22	1:26:36 4:45	1:34:08 7:32	1:43:35 9:27	1:47:19 3:44	1:54:49 7:30				
37	374	Sergio Del Arco Mar BRIGANTIA A Coruñ	2:09:23	15:20 15:20 2:08:47 1:28	21:16 5:56 2:09:23 0:36	34:31 13:15	43:57 9:26	1:04:24 20:27	1:10:22 5:58	1:22:11 11:49	1:28:19 6:08	1:38:06 9:47	1:41:56 3:50	1:49:44 7:48	1:58:57 9:13	2:01:55 2:58	2:07:19 5:24				
484		Arturo Antón Casad IES SABÓN Arteixo.	en tarj.	20:28 20:28 ----- 2:02 45:28 *63	24:05 3:37 1:51:07 2:02 46:24 *79	32:18 8:13	38:46 6:28 20:04 *73 53:35 *80	52:15 13:29 23:51 *50 56:02 *56	57:59 5:44 25:28 *48	1:04:38 6:39 27:44 *46	1:10:02 5:24 28:22 *62	1:18:57 8:55 28:56 *39	1:23:52 4:55 33:00 *44	1:32:02 8:10 34:04 *64	1:39:14 7:12 36:03 *34	1:42:51 3:37 38:59 *78	1:49:05 6:14 41:25 *83				
280		Jose Antonio Torvis MONTAÑA FERROL	andona	4:47 4:47 59:08 20:37	8:47 4:00 59:37 0:29	17:15 8:28	22:25 5:10	38:31 16:06	-----	-----	-----	-----	-----	-----	-----	-----	-----				
187		Manuel Pedre Vazq GALLAECIA RAID A	No sale																		
176		Pablo López Franco GALLAECIA RAID A	No sale																		
<b>Homes Veteráns A (22)</b>				<b>16,0 km 360 m</b>		<b>14 C</b>															
				1(32) Meta	2(38)	3(39)	4(40)	5(42)	6(44)	7(45)	8(46)	9(48)	10(51)	11(54)	12(55)	13(58)	14(100)				
1	200	José Maria Álvarez UNIVERSIDAD DE V	1:03:10	3:48 3:48 1:03:10 0:24	8:26 4:38	15:57 7:31	20:11 4:14	29:15 9:04	32:32 3:17	34:41 2:09	39:00 4:19	46:03 7:03	49:30 3:27	55:04 5:34	56:44 1:40	1:02:20 5:36	1:02:46 0:26				
2	98	Manuel Beloso Garc AROMON Pontevedr	1:04:50	3:29 3:29 1:04:50 0:24	7:48 4:19	15:11 7:23	19:28 4:17	29:10 9:42	32:29 3:19	34:57 2:28	39:28 4:31	45:36 6:08	48:58 3:22	55:26 6:28	57:18 1:52	1:03:59 6:41	1:04:26 0:27				
3	271	Fernando Perez Dia MONTAÑA FERROL	1:07:17	3:38 3:38 1:07:17 0:26	8:07 4:29	15:38 7:31	19:46 4:08	29:21 9:35	33:59 4:38	36:16 2:17	40:47 4:31	47:25 6:38	51:29 4:04	57:43 6:14	1:00:03 2:20	1:06:22 6:19	1:06:51 0:29				
4	439	Carlos Viqueira No SEO Ordes	1:08:20	3:27 3:27 1:08:20 0:26	8:06 4:39	15:35 7:29	19:45 4:10	29:37 9:52	33:32 3:55	36:26 2:54	40:59 4:33	47:29 6:30	51:35 4:06	58:46 7:11	1:00:42 1:56	1:07:23 6:41	1:07:54 0:31				
5	648	José Antonio Balsei GALLAECIA RAID A	1:09:05	3:10 3:10 1:09:05 0:29	8:08 4:58	16:02 7:54	20:17 4:15	32:06 11:49	36:37 4:31	39:14 2:37	43:15 4:01	49:12 5:57	52:56 3:44	59:19 6:23	1:01:41 2:22	1:08:09 6:28	1:08:36 0:27				
6	42	Francisco J Lamas FLUVIAL LUGO Lug	1:09:06	3:29 3:29 1:09:06 0:22	9:05 5:36	16:33 7:28 51:43 *50	20:37 4:04	31:03 10:26	34:31 3:28	37:04 2:33	41:35 4:31	48:10 6:35	52:58 4:48	59:36 6:38	1:01:56 2:20	1:08:14 6:18	1:08:44 0:30				
7	149	Enrique Luis Álvare GALLAECIA RAID A	1:10:29	4:17 4:17 1:10:29 0:23	9:23 5:06	16:58 7:35	20:45 3:47	33:45 13:00	37:38 3:53	40:25 2:47	44:52 4:27	51:26 6:34	55:22 3:56	1:01:41 6:19	1:03:41 2:00	1:09:36 5:55	1:10:06 0:30				
8	272	David Perez Marcot MONTAÑA FERROL	1:12:16	4:47 4:47 1:12:16 0:30	11:07 6:20	19:38 8:31	24:25 4:47	34:29 10:04	38:58 4:29	41:14 2:16	45:46 4:32	52:22 6:36	56:48 4:26	1:02:46 5:58	1:05:00 2:14	1:11:19 6:19	1:11:46 0:27				
9	155	Roberto Chas Góme GALLAECIA RAID A	1:13:44	3:05 3:05 1:13:44 0:25	7:37 4:32	15:00 7:23	19:11 4:11	34:33 15:22	37:55 3:22	40:16 2:21	44:39 4:23	54:16 9:37	59:05 4:49	1:05:10 6:05	1:07:01 1:51	1:12:49 5:48	1:13:19 0:30				



os	rsal	Nombre	Tiempo	6,0 km 108 m 10 C											Meta	6:14	1:07:42
				1(31)	2(34)	3(35)	4(59)	5(61)	6(62)	7(53)	8(56)	9(58)	10(100)				
<b>Iniciación Corta (7)</b>																	
1	370	Roberto Casal Mont BRIGANTIA A Coruñ	58:01	4:54	15:00	19:28	27:44	36:47	44:39	46:42	53:28	56:20	57:04	58:01			
				4:54	10:06	4:28	8:16	9:03	7:52	2:03	6:46	2:52	<b>0:44</b>	0:57			
2	369	Antonio Casal Mont BRIGANTIA A Coruñ	58:05	4:56	15:03	19:19	26:09	36:27	44:56	46:17	53:29	56:03	57:12	58:05			
				4:56	10:07	4:16	6:50	10:18	8:29	<b>1:21</b>	7:12	<b>2:34</b>	1:09	0:53			
3	371	Silvia Casanova Ca BRIGANTIA A Coruñ	58:14	4:38	15:16	19:22	27:54	36:40	44:48	47:10	53:19	56:31	57:23	58:14			
				4:38	10:38	<b>4:06</b>	8:32	8:46	8:08	2:22	6:09	3:12	0:52	<b>0:51</b>			
4	802	Carmela Alvarez Ro JARNACHAS Arteixo	1:20:51	3:22	<b>10:14</b>	<b>14:40</b>	<b>22:17</b>	<b>27:44</b>	<b>33:17</b>	<b>34:52</b>	<b>40:54</b>	<b>44:15</b>	<b>45:28</b>	1:20:51		6:14	1:07:42
				<b>3:22</b>	<b>6:52</b>	4:26	7:37	<b>5:27</b>	<b>5:33</b>	1:35	<b>6:02</b>	3:21	1:13	35:23		*32	*56
				1:12:27	1:16:23	1:18:39	1:18:50										
				*57	*58	*100	*100										
808		Hector Casanova B BRIGANTIA A Coruñ	en tarj.	4:34	14:45	19:20	26:06	36:50	44:27	----	53:07	55:51	56:57	57:51			
				4:34	10:11	4:35	<b>6:46</b>	10:44	7:37		8:40	2:44	1:06	0:54			
812		Noa Rodriguez Sob FLUVIAL LUGO Lug	No sale														
391		Sofía Martínez Góm BRIGANTIA A Coruñ	No sale														

os	rsal	Nombre	Tiempo	10,0 km 172 m 10 C											Meta	37:04	*100
				1(32)	2(36)	3(39)	4(47)	5(61)	6(62)	7(55)	8(57)	9(58)	10(100)				
<b>Iniciación Longa (28)</b>																	
1	813	M. Antonio Piñeiro ADC ARNELA Porto	37:32	2:45	<b>6:10</b>	<b>12:52</b>	<b>15:45</b>	<b>19:09</b>	<b>22:00</b>	<b>31:09</b>	<b>35:48</b>	<b>36:31</b>	<b>37:00</b>	<b>37:32</b>		37:04	*100
				2:45	3:25	6:42	2:53	3:24	2:51	9:09	<b>4:39</b>	<b>0:43</b>	<b>0:29</b>	0:32			
2	823	Enrique Blanco Ra	45:16	3:13	6:20	<b>12:52</b>	16:02	21:21	24:05	37:01	43:31	44:14	44:44	45:16			
				3:13	<b>3:07</b>	<b>6:32</b>	3:10	5:19	<b>2:44</b>	12:56	6:30	<b>0:43</b>	0:30	0:32			
3	801	Jorge Abeal Orgeira JARNACHAS Arteixo	53:03	2:34	6:21	15:57	19:03	23:55	27:07	42:00	51:06	51:57	52:30	53:03			
				2:34	3:47	9:36	3:06	4:52	3:12	14:53	9:06	0:51	0:33	0:33			
4	815	Jose Luis Iglesias	54:39	5:08	8:47	27:17	30:08	33:29	36:18	45:28	51:57	52:59	53:53	54:39		54:01	*100
				5:08	3:39	18:30	<b>2:51</b>	3:21	2:49	9:10	6:29	1:02	0:54	0:46			
5	467	Paula Naya Manceb JARNACHAS Arteixo	55:14	5:09	10:22	24:19	28:12	31:31	36:39	43:01	52:55	54:03	54:37	55:14			
				5:09	5:13	13:57	3:53	<b>3:19</b>	5:08	<b>6:22</b>	9:54	1:08	0:34	0:37			
6	809	Fernando Pedreira ARTABROS A Coruñ	58:23	3:07	9:55	21:59	28:43	33:09	38:01	44:35	55:45	57:20	57:54	58:23			
				3:07	6:48	12:04	6:44	4:26	4:52	6:34	11:10	1:35	0:34	0:29			
7	814	Maria Lamas Perez ARTABROS A Coruñ	58:32	3:23	10:07	22:31	28:46	33:12	38:03	44:28	56:00	57:25	57:59	58:32			
				3:23	6:44	12:24	6:15	4:26	4:51	6:25	11:32	1:25	0:34	0:33			
8	820	Mauricio Villadonig ARTABROS A Coruñ	58:42	3:24	10:15	22:25	28:51	33:28	38:20	44:51	55:59	57:33	58:15	58:42			
				3:24	6:51	12:10	6:26	4:37	4:52	6:31	11:08	1:34	0:42	<b>0:27</b>			
9	185	Iván Noguerol GALLAECIA RAID A	58:55	4:32	9:05	21:46	25:53	29:47	40:41	49:10	56:52	57:50	58:24	58:55			
				4:32	4:33	12:41	4:07	3:54	10:54	8:29	7:42	0:58	0:34	0:31			
10	811	Roberto Cobas Gar	1:04:11	3:20	8:08	21:10	26:07	29:35	34:07	49:23	1:02:13	1:03:00	1:03:35	1:04:11			
				3:20	4:48	13:02	4:57	3:28	4:32	15:16	12:50	0:47	0:35	0:36			
11	570	Marta Rodriguez Do SEO Ordes	1:05:31	5:45	12:26	25:30	30:37	36:36	41:40	51:45	1:02:25	1:03:53	1:04:52	1:05:31			
				5:45	6:41	13:04	5:07	5:59	5:04	10:05	10:40	1:28	0:59	0:39			
12	803	Rodrigo Mosquera	1:06:53	3:53	8:30	23:13	27:33	33:10	38:05	57:35	1:04:28	1:05:20	1:05:57	1:06:53			
				3:53	4:37	14:43	4:20	5:37	4:55	19:30	6:53	0:52	0:37	0:56			
13	468	Vanessa Pardo Pen JARNACHAS Arteixo	1:07:41	5:48	11:51	28:19	34:40	39:55	44:43	52:41	1:04:08	1:05:49	1:06:50	1:07:41			
				5:48	6:03	16:28	6:21	5:15	4:48	7:58	11:27	1:41	1:01	0:51			
14	806	Inés Valiño	1:07:45	5:52	11:50	28:23	34:40	40:03	44:46	53:41	1:04:05	1:05:51	1:06:51	1:07:45			
				5:52	5:58	16:33	6:17	5:23	4:43	8:55	10:24	1:46	1:00	0:54			
15	819	Felipe Salgado Pen	1:10:19	<b>2:32</b>	11:53	34:13	38:21	41:53	46:07	1:00:42	1:07:44	1:08:55	1:09:42	1:10:19			
				<b>2:32</b>	9:21	22:20	4:08	3:32	4:14	14:35	7:02	1:11	0:47	0:37			
16	375	Carmen Ferrero Del BRIGANTIA A Coruñ	1:14:59	4:03	13:15	27:03	34:19	41:25	47:30	1:01:32	1:11:58	1:13:20	1:14:09	1:14:59			
				4:03	9:12	13:48	7:16	7:06	6:05	14:02	10:26	1:22	0:49	0:50			
17	804	Inma Borrás Abel JARNACHAS Arteixo	1:17:36	4:50	11:46	26:34	31:48	45:01	50:05	59:04	1:13:50	1:15:32	1:16:30	1:17:36			
				4:50	6:56	14:48	5:14	13:13	5:04	8:59	14:46	1:42	0:58	1:06			
18	821	Damian Loureiro B JARNACHAS Arteixo	1:18:05	5:01	11:56	26:58	32:13	45:23	50:32	58:39	1:14:09	1:15:46	1:16:57	1:18:05			
				5:01	6:55	15:02	5:15	13:10	5:09	8:07	15:30	1:37	1:11	1:08			
19	818	Lidia Loureiro Borr JARNACHAS Arteixo	1:18:08	5:24	12:54	27:07	32:22	45:07	50:38	58:48	1:14:07	1:15:55	1:17:02	1:18:08			
				5:24	7:30	14:13	5:15	12:45	5:31	8:10	15:19	1:48	1:07	1:06			
20	150	Maria Elena Arcos T GALLAECIA RAID A	1:22:01	4:23	11:04	24:44	32:12	38:56	48:27	58:48	1:19:26	1:20:38	1:21:17	1:22:01			
				4:23	6:41	13:40	7:28	6:44	9:31	10:21	20:38	1:12	0:39	0:44			
21	810	Pablo Olarza Costa	1:28:13	3:08	10:04	25:01	29:00	33:19	37:00	1:18:31	1:25:22	1:26:44	1:27:31	1:28:13		4:45	*33
				3:08	6:56	14:57	3:59	4:19	3:41	41:31	6:51	1:22	0:47	0:42			
22	822	Alex Sánchez Saave	1:45:45	4:30	12:47	1:07:13	1:12:08	1:18:56	1:24:21	1:35:34	1:43:53	1:44:42	1:45:11	1:45:45		1:14:34	*48
				4:30	8:17	54:26	4:55	6:48	5:25	11:13	8:19	0:49	<b>0:29</b>	0:34			
23	816	Borja Boado López A PEDROSA ORRO	1:46:27	4:34	12:50	1:07:01	1:12:13	1:18:50	1:24:27	1:35:36	1:44:13	1:45:12	1:45:51	1:46:27		1:15:28	*48
				4:34	8:16	54:11	5:12	6:37	5:37	11:09	8:37	0:59	0:39	0:36			
24	817	David Álvarez Gay A PEDROSA ORRO	1:46:32	4:43	12:54	1:07:05	1:12:14	1:18:59	1:24:25	1:35:40	1:44:18	1:45:17	1:45:53	1:46:32		1:15:22	*48
				4:43	8:11	54:11	5:09	6:45	5:26	11:15	8:38	0:59	0:36	0:39			
25	165	Sandra Fariña Balsa GALLAECIA RAID A	2:10:58	4:31	11:36	25:50	32:15	42:15	48:37	1:54:41	2:07:02	2:08:55	2:10:03	2:10:58			
				4:31	7:05	14:14	6:25	10:00	6:22	1:06:04	12:21	1:53	1:08	0:55			
26	195	Maria Teresa Silvar GALLAECIA RAID A	2:11:01	4:40	11:42	26:18	32:29	42:08	48:19	1:54:49	2:07:01	2:09:03	2:10:06	2:11:01			
				4:40	7:02	14:36	6:11	9:39	6:11	1:06:30	12:12	2:02	1:03	0:55			
805		Pedro Antonio Esm	No sale														
807		Esteban Garrido Ba SEO Ordes	No sale														