os	Dorsal	Nombre	Tiempo													
MASCULINO 17 (1)						**12,7 km**	**240 m**	**13 C**								
				1(40)	2(47)	3(43)	4(42)	5(52)	6(45)	7(49)	8(31)	9(39)	10(41)	11(44)	12(46)	13(100)	Meta
1	**4473**	**Diego Silvarrey (**	**56:59**	**6:00**	**9:49**	**15:42**	**23:05**	**27:14**	**30:32**	**33:56**	**38:12**	**41:13**	**45:22**	**48:28**	**52:03**	**56:21**	**56:59**
		Culleredo GALL/		***6:00***	***3:49***	***5:53***	***7:23***	***4:09***	***3:18***	***3:24***	***4:16***	***3:01***	***4:09***	***3:06***	***3:35***	***4:18***	***0:38***
					3:27	*44:10*	*53:21*										
					**53*	**55*	**38*										

ELITE (11)						**19,8 km**	**420 m**	**17 C**								
				1(31)	2(32)	3(37)	4(33)	5(34)	6(35)	7(36)	8(51)	9(42)	10(49)	11(39)	12(40)	13(47)	14(41)
				15(44)	16(46)	17(100)	Meta										
1	**4662**	**Ángel García Gar**	**54:54**	**2:18**	**4:58**	**8:08**	**11:31**	**17:03**	**22:27**	**26:09**	**31:19**	**33:31**	**38:00**	**39:37**	**43:08**	**45:26**	**46:57**
		A Coruña BRIGAI		***2:18***	***2:40***	***3:10***	***3:23***	***5:32***	5:24	***3:42***	***5:10***	***2:12***	***4:29***	***1:37***	***3:31***	***2:18***	***1:31***
				49:05	**51:32**	**54:20**	**54:54**		*10:07*	*46:09*							
				2:08	***2:27***	2:48	0:34		**52*	**55*							
2	**4623**	**Francisco Javier**	**1:05:42**	2:58	6:09	10:31	14:52	21:44	25:21	30:39	36:39	39:13	45:18	47:03	51:02	53:52	55:59
		Betanzos OP BE		2:58	3:11	4:22	4:21	6:52	***3:37***	5:18	6:00	2:34	6:05	1:45	3:59	2:50	2:07
				58:32	1:01:28	1:04:59	1:05:42		*54:57*	*1:02:22*							
				2:33	2:56	3:31	0:43		**55*	**38*							
3	**4633**	**Alberto Taboada**	**1:05:44**	2:57	5:54	9:35	14:50	20:26	27:24	33:21	39:15	41:52	47:43	49:29	53:14	55:39	57:38
		Betanzos OP BE		2:57	2:57	3:41	5:15	5:36	6:58	5:57	5:54	2:37	5:51	1:46	3:45	2:25	1:59
				59:43	1:02:17	1:05:09	1:05:44										
				2:05	2:34	2:52	0:35										
4	**4625**	**Mario López Gon**	**1:08:39**	3:48	6:52	10:48	15:13	22:17	26:03	30:55	37:41	40:41	46:37	48:30	53:05	56:15	58:55
		Betanzos OP BE		3:48	3:04	3:56	4:25	7:04	3:46	4:52	6:46	3:00	5:56	1:53	4:35	3:10	2:40
				1:01:43	1:04:41	1:08:04	1:08:39		*43:44*	*1:05:26*							
				2:48	2:58	3:23	0:35		**52*	**38*							
5	**4580**	**Ramón Fernánde**	**1:10:31**	3:22	6:44	12:15	16:25	22:53	26:38	34:10	40:00	42:58	49:05	50:53	54:59	57:30	1:01:52
		Porto do Son AD		3:22	3:22	5:31	4:10	6:28	3:45	7:32	5:50	2:58	6:07	1:48	4:06	2:31	4:22
				1:04:25	1:07:10	1:09:58	1:10:31		*58:49*								
				2:33	2:45	2:48	***0:33***		**55*								
6	**4815**	**Rodrigo Ivan Ro**	**1:10:35**	3:27	6:59	11:22	16:46	23:25	27:43	32:58	39:38	42:11	48:54	50:46	55:30	58:30	1:00:35
		LUGO COMPÁS		3:27	3:32	4:23	5:24	6:39	4:18	5:15	6:40	2:33	6:43	1:52	4:44	3:00	2:05
				1:03:19	1:06:28	1:09:51	1:10:35		*13:53*	*1:07:18*							
				2:44	3:09	3:23	0:44		**52*	**38*							
7	**7699**	**Yago Fernández**	**1:12:50**	2:32	5:15	9:01	14:55	21:19	26:54	38:16	43:40	46:22	54:13	56:11	59:49	1:02:49	1:04:44
		Betanzos OP BE		2:32	2:43	3:46	5:54	6:24	5:35	11:22	5:24	2:42	7:51	1:58	3:38	3:00	1:55
				1:07:02	1:09:38	1:12:12	1:12:50										
				2:18	2:36	***2:34***	0:38										
8	**6870**	**Lucas Freire Lag**	**1:15:07**	3:25	6:37	11:36	15:37	23:06	27:14	33:30	40:46	43:42	51:44	53:49	59:19	1:02:48	1:04:56
		Culleredo GALL/		3:25	3:12	4:59	4:01	7:29	4:08	6:16	7:16	2:56	8:02	2:05	5:30	3:29	2:08
				1:07:36	1:10:52	1:14:27	1:15:07		*1:11:47*								
				2:40	3:16	3:35	0:40		**38*								
9	**4604**	**Eloi Serantes Ab**	**1:18:04**	3:06	6:13	10:35	16:16	24:42	29:07	35:14	42:41	45:48	52:19	55:09	1:00:57	1:04:47	1:06:52
		Porto do Son AD		3:06	3:07	4:22	5:41	8:26	4:25	6:07	7:27	3:07	6:31	2:50	5:48	3:50	2:05
				1:10:09	1:13:07	1:17:17	1:18:04		*13:52*	*49:03*	*1:14:01*						
				3:17	2:58	4:10	0:47		**52*	**52*	**38*						
10	**4828**	**Gonzalo Fernánd**	**1:22:53**	7:49	11:47	16:11	23:05	31:23	35:06	40:48	47:32	50:04	58:45	1:01:30	1:05:48	1:09:00	1:12:48
		Nigrán RAZA PAL		7:49	3:58	4:24	6:54	8:18	3:43	5:42	6:44	2:32	8:41	2:45	4:18	3:12	3:48
				1:15:23	1:18:28	1:22:13	1:22:53		*2:13*	*5:24*	*19:46*						
				2:35	3:05	3:45	0:40		**53*	**53*	**42*						
11	**4582**	**Julio Lagos Carr**	**1:25:12**	3:53	7:43	12:27	17:09	25:04	29:56	37:04	45:44	49:27	56:56	59:39	1:05:01	1:08:28	1:10:43
		Porto do Son AD		3:53	3:50	4:44	4:42	7:55	4:52	7:08	8:40	3:43	7:29	2:43	5:22	3:27	2:15
				1:16:04	1:20:05	1:24:25	1:25:12		*53:19*	*1:09:32*	*1:21:10*						
				5:21	4:01	4:20	0:47		**52*	**55*	**38*						

ps	Dorsal	Nombre	Tiempo													
MASCULINO 21 (5)						**18,3 km**	**410 m**	**15 C**								
				1(54)	2(55)	3(43)	4(34)	5(35)	6(36)	7(51)	8(42)	9(45)	10(39)	11(40)	12(47)	13(41)	14(48)
				15(100)	Meta												
1	**4740**	**José Eladio Arias**	**1:12:20**	5:05	**7:55**	13:13	**21:04**	**24:58**	**31:47**	**38:54**	**43:01**	**49:20**	**54:44**	**59:03**	**1:01:59**	**1:04:31**	**1:07:28**
		Pontedeume MOI		5:05	***2:50***	5:18	***7:51***	***3:54***	6:49	***7:07***	4:07	***6:19***	5:24	***4:19***	***2:56***	2:32	***2:57***
				1:11:36	**1:12:20**		*46:40*										
				4:08	0:44		**52*										
2	**4795**	**Pablo Fernández**	**1:18:42**	6:44	9:38	14:22	23:10	27:40	33:15	41:27	45:32	53:06	58:02	1:03:17	1:06:41	1:08:44	1:12:18
		LUGO COMPÁS		6:44	2:54	4:44	8:48	4:30	***5:35***	8:12	4:05	7:34	***4:56***	5:15	3:24	***2:03***	3:34
				1:17:58	1:18:42		*49:05*	*1:07:40*									
				5:40	0:44		**52*	**55*									
3	**4741**	**Alejandro Barros**	**1:20:56**	7:45	11:57	15:38	24:42	32:53	39:43	46:59	50:00	57:22	1:02:19	1:07:05	1:10:04	1:12:12	1:15:34
		Pontedeume MOI		7:45	4:12	***3:41***	9:04	8:11	6:50	7:16	***3:01***	7:22	4:57	4:46	2:59	2:08	3:22
				1:20:13	1:20:56		*1:11:11*										
				4:39	0:43		**55*										
4	**6930**	**Ruben Leira Rey**	**1:35:19**	**4:19**	7:56	**11:45**	24:13	36:33	43:54	53:27	56:45	1:04:37	1:09:57	1:16:59	1:21:30	1:24:00	1:28:20
		Pontedeume MOI		***4:19***	3:37	3:49	12:28	12:20	7:21	9:33	3:18	7:52	5:20	7:02	4:31	2:30	4:20
				1:34:38	1:35:19		*15:31*										
				6:18	***0:41***		**33*										
	4793	**Roberto Amarelle**	**lo sale**														
		LUGO COMPÁS															
MASCULINO 40 (8)						**18,3 km**	**410 m**	**15 C**								
				1(54)	2(55)	3(43)	4(34)	5(35)	6(36)	7(51)	8(42)	9(45)	10(39)	11(40)	12(47)	13(41)	14(48)
				15(100)	Meta												
1	**4679**	**Marcos Varela Yá**	**1:05:28**	**4:28**	**7:10**	**10:29**	**18:29**	**22:07**	**27:33**	**33:43**	**36:17**	**43:14**	**47:47**	**51:49**	**54:23**	**56:11**	**1:00:30**
		A Coruña BRIGAI		***4:28***	2:42	3:19	8:00	***3:38***	5:26	***6:10***	***2:34***	6:57	4:33	***4:02***	***2:34***	***1:48***	4:19
				1:04:44	**1:05:28**		*2:42*										
				4:14	0:44		**53*										
2	**4477**	**Iván Somoza Arg**	**1:10:19**	4:57	7:44	10:43	18:42	22:42	28:32	35:49	38:35	44:37	48:48	54:24	59:22	1:01:23	1:04:44
		Culleredo GALLA		4:57	2:47	***2:59***	7:59	4:00	5:50	7:17	2:46	***6:02***	***4:11***	5:36	4:58	2:01	***3:21***
				1:09:36	1:10:19												
				4:52	***0:43***												
3	**4587**	**Joaquín Oujo Ag**	**1:14:23**	5:33	8:06	16:58	24:05	27:54	33:36	39:47	42:21	48:37	54:03	59:22	1:02:12	1:04:09	1:07:38
		Porto do Son AD		5:33	***2:33***	8:52	***7:07***	3:49	5:42	6:11	***2:34***	6:16	5:26	5:19	2:50	1:57	3:29
				1:12:53	1:14:23		*45:27*										
				5:15	1:30		**52*										
4	**4451**	**Alberto Perez Sei**	**1:16:40**	6:35	9:27	13:39	23:37	27:55	34:32	42:14	45:21	52:17	57:28	1:02:32	1:05:39	1:07:46	1:11:24
		Culleredo GALLA		6:35	2:52	4:12	9:58	4:18	6:37	7:42	3:07	6:56	5:11	5:04	3:07	2:07	3:38
				1:15:55	1:16:40		*48:59*										
				4:31	0:45		**52*										
5	**4536**	**Moises Vergara V**	**1:21:47**	4:36	8:09	12:08	21:52	26:33	31:44	40:40	44:38	53:23	57:58	1:04:02	1:07:49	1:10:32	1:14:47
		Ferrol MONTAÑA_		4:36	3:33	3:59	9:44	4:41	***5:11***	8:56	3:58	8:45	4:35	6:04	3:47	2:43	4:15
				1:20:53	1:21:47		*1:09:20*										
				6:06	0:54		**55*										
6	**6854**	**Jorge Manrique V**	**1:27:21**	5:52	9:07	14:47	24:29	29:49	37:08	45:16	48:27	56:24	1:03:12	1:09:29	1:13:18	1:15:24	1:20:48
		Porto do Son AD		5:52	3:15	5:40	9:42	5:20	7:19	8:08	3:11	7:57	6:48	6:17	3:49	2:06	5:24
				1:26:34	1:27:21												
				5:46	0:47												
7	**4261**	**Jacob Canedo M**	**1:40:23**	9:32	13:10	17:25	27:31	34:29	42:28	51:48	56:16	1:06:27	1:11:48	1:18:11	1:22:36	1:25:33	1:30:28
		A Coruña ARTABI		9:32	3:38	4:15	10:06	6:58	7:59	9:20	4:28	10:11	5:21	6:23	4:25	2:57	4:55
				1:39:15	1:40:23												
				8:47	1:08												
8	**4493**	**Jose Angel Morlá**	**1:59:49**	5:31	8:31	12:22	21:50	26:13	32:21	39:52	42:46	1:32:56	1:37:44	1:43:18	1:46:57	1:49:12	1:53:23
		Ordes SEO		5:31	3:00	3:51	9:28	4:23	6:08	7:31	2:54	50:10	4:48	5:34	3:39	2:15	4:11
				1:59:04	1:59:49												
				5:41	0:45												

MASCULINO 50 (10)

14,9 km 285 m 15 C

os	Dorsal	Nombre	Tiempo	1(31)	2(40)	3(39)	4(49)	5(33)	6(42)	7(36)	8(51)	9(45)	10(32)	11(43)	12(41)	13(44)	14(46)
				15(100)	Meta												
1	4618	Roberto Chas Gc	55:48	3:05	5:29	9:26	12:48	16:16	20:59	24:58	32:13	35:37	37:43	41:13	45:13	47:58	51:10
		Betanzos OP BE		*3:05*	*2:24*	3:57	3:22	*3:28*	4:43	*3:59*	7:15	3:24	2:06	3:30	4:00	2:45	3:12
				55:06	55:48												
				3:56	0:42												
2	7700	Casado Bravo Da	57:41	3:13	5:46	9:40	13:13	20:25	24:35	28:35	35:21	38:38	40:30	43:30	47:34	50:13	53:26
		Betanzos OP BE		3:13	2:33	3:54	3:33	7:12	*4:10*	4:00	*6:46*	*3:17*	*1:52*	*3:00*	4:04	2:39	3:13
				57:01	57:41		*16:33*										
				3:35	0:40		**43*										
3	4316	Jose Manuel Noc	1:00:23	3:05	5:39	10:03	13:18	17:38	22:24	27:32	34:31	39:34	41:40	45:18	49:11	51:57	55:00
		Betanzos OP BE		*3:05*	2:34	4:24	*3:15*	4:20	4:46	5:08	6:59	5:03	2:06	3:38	*3:53*	2:46	*3:03*
				59:23	1:00:23		*56:51*										
				4:23	1:00		**38*										
4	4357	Enrique Luis Álv	1:03:21	3:08	5:38	9:31	13:01	24:21	28:38	33:04	40:09	43:35	45:40	49:00	53:09	55:53	59:02
		Culleredo GALLA		3:08	2:30	3:53	3:30	11:20	4:17	4:26	7:05	3:26	2:05	3:20	4:09	2:44	3:09
				1:02:42	1:03:21												
				3:40	*0:39*												
5	4796	José Manuel Ferı	1:06:52	3:23	6:07	9:52	13:54	20:34	25:36	30:20	38:30	43:13	45:27	48:38	54:51	58:03	1:01:41
		LUGO COMPÁS		3:23	2:44	3:45	4:02	6:40	5:02	4:44	8:10	4:43	2:14	3:11	6:13	3:12	3:38
				1:06:08	1:06:52												
				4:27	0:44												
6	4673	Ricardo Sánchez	1:08:42	6:51	9:59	13:53	17:28	25:07	31:32	36:01	43:28	48:04	50:04	54:01	58:02	1:00:38	1:03:43
		A Coruña BRIGAI		6:51	3:08	3:54	3:35	7:39	6:25	4:29	7:27	4:36	2:00	3:57	4:01	*2:36*	3:05
				1:07:53	1:08:42												
				4:10	0:49												
7	4444	Manuel Pedre Va	1:09:59	3:45	6:39	10:21	13:57	25:39	29:56	34:06	41:25	44:55	47:00	50:22	56:38	59:46	1:03:05
		Culleredo GALLA		3:45	2:54	*3:42*	3:36	11:42	4:17	4:10	7:19	3:30	2:05	3:22	6:16	3:08	3:19
				1:09:17	1:09:59												
				6:12	0:42												
8	4651	Manuel Sancosm	1:41:09	12:49	16:05	23:20	30:07	37:45	44:54	50:19	1:01:12	1:06:26	1:08:32	1:14:47	1:23:45	1:28:13	1:32:52
		A Coruña COCO		12:49	3:16	7:15	6:47	7:38	7:09	5:25	10:53	5:14	2:06	6:15	8:58	4:28	4:39
				1:37:57	1:41:09		*4:27*	*20:44*	*1:34:11*								
				5:05	3:12		**53*	**55*	**38*								
9	4609	Jorge Victorero I	2:04:51	8:05	12:02	27:26	38:05	47:23	54:36	1:02:15	1:12:28	1:17:28	1:21:35	1:30:47	1:41:19	1:46:56	1:52:30
		Porto do Son AD		8:05	3:57	15:24	10:39	9:18	7:13	7:39	10:13	5:00	4:07	9:12	10:32	5:37	5:34
				2:03:51	2:04:51		*19:44*	*22:17*	*31:46*								
				11:21	1:00		**55*	**55*	**55*								
	4283	Santiago Riestra	ndona	3:47	6:55	10:39	14:14	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		A Coruña ARTABI		3:47	3:08	3:44	3:35										
				-----	47:18												
					33:04												

MASCULINO 60 (3)

12,7 km 240 m 13 C

	Dorsal	Nombre	Tiempo	1(40)	2(47)	3(43)	4(42)	5(52)	6(45)	7(49)	8(31)	9(39)	10(41)	11(44)	12(46)	13(100)	Meta
1	4820	Francisco Varela	52:42	4:47	8:23	13:30	21:29	24:45	28:12	32:54	36:45	39:17	41:51	44:30	47:42	51:45	52:42
		LUGO COMPÁS		*4:47*	*3:36*	*5:07*	7:59	*3:16*	*3:27*	4:42	3:51	*2:32*	*2:34*	*2:39*	*3:12*	*4:03*	0:57
					9:51	48:44											
					**55*	**38*											
2	4605	Camilo Serantes	1:00:47	6:49	11:11	20:06	27:37	31:32	35:00	38:35	42:20	45:34	48:17	52:08	55:53	1:00:06	1:00:47
		Porto do Son AD		6:49	4:22	8:55	*7:31*	3:55	3:28	*3:35*	*3:45*	3:14	2:43	3:51	3:45	4:13	*0:41*
					15:38												
					**39*												
3	4650	José Manuel San	1:14:27	6:52	10:53	17:12	26:50	31:42	37:53	41:46	47:15	50:55	55:03	59:05	1:03:56	1:13:22	1:14:27
		A Coruña COCO		6:52	4:01	6:19	9:38	4:52	6:11	3:53	5:29	3:40	4:08	4:02	4:51	9:26	1:05
					1:08:56												
					**38*												

ɔs	Dorsal	Nombre	Tiempo													
FEMENINO 17 (1)						**11,5 km**	**225 m**	**13 C**								
				1(31)	2(32)	3(45)	4(37)	5(42)	6(52)	7(49)	8(39)	9(47)	10(41)	11(44)	12(38)	13(100)	Meta
	4479	**Carla Somoza Se**	**lo sale**														
		Culleredo GALL/															
ELITE FEMENINO (5)						**18,3 km**	**410 m**	**15 C**								
				1(54)	2(55)	3(43)	4(34)	5(35)	6(36)	7(51)	8(42)	9(45)	10(39)	11(40)	12(47)	13(41)	14(48)
				15(100)	Meta												
1	**4620**	**María Del Mar De**	**1:02:09**	4:29	7:11	10:30	**17:20**	**20:53**	**26:01**	**31:49**	**34:20**	**40:29**	**44:04**	**49:05**	**51:51**	**53:36**	**57:19**
		Betanzos OP BE		4:29	2:42	***3:19***	***6:50***	***3:33***	***5:08***	***5:48***	***2:31***	6:09	***3:35***	5:01	***2:46***	***1:45***	3:43
				1:01:31	**1:02:09**		*52:44*										
				4:12	***0:38***		**55*										
2	**4809**	**Sofía Martínez G**	**1:08:07**	**3:50**	**6:28**	**10:06**	19:04	22:53	29:30	36:09	39:44	45:50	50:12	54:45	57:44	59:33	1:02:51
		LUGO COMPÁS		***3:50***	***2:38***	3:38	8:58	3:49	6:37	6:39	3:35	***6:06***	4:22	***4:33***	2:59	1:49	***3:18***
				1:07:27	1:08:07		*42:51*										
				4:36	0:40		**52*										
3	**4236**	**Alicia Pérez Alon**	**1:19:49**	5:15	8:55	13:10	21:29	25:20	32:52	40:17	46:25	53:51	59:38	1:04:37	1:07:55	1:10:24	1:13:49
		Nigrán RAZA PAL		5:15	3:40	4:15	8:19	3:51	7:32	7:25	6:08	7:26	5:47	4:59	3:18	2:29	3:25
				1:19:05	1:19:49												
				5:16	0:44												
4	**4678**	**Ana Varela Yáñez**	**1:21:03**	7:03	10:31	14:22	27:24	31:25	38:21	45:43	48:43	55:29	59:34	1:05:37	1:08:48	1:10:48	1:14:26
		A Coruña BRIGAI		7:03	3:28	3:51	13:02	4:01	6:56	7:22	3:00	6:46	4:05	6:03	3:11	2:00	3:38
				1:19:33	1:21:03		*5:25*	*1:09:48*									
				5:07	1:30		**53*	**55*									
5	**4364**	**Olalla Bello Rod**	**1:35:48**	6:32	10:13	14:37	24:44	29:40	38:22	47:49	51:59	1:00:08	1:05:26	1:10:39	1:14:34	1:17:22	1:28:24
		Betanzos OP BE		6:32	3:41	4:24	10:07	4:56	8:42	9:27	4:10	8:09	5:18	5:13	3:55	2:48	11:02
				1:34:51	1:35:48		*56:24*	*1:16:00*									
				6:27	0:57		**52*	**55*									
FEMENINO 21 (2)						**16,4 km**	**335 m**	**15 C**								
				1(50)	2(32)	3(49)	4(45)	5(51)	6(42)	7(35)	8(34)	9(33)	10(39)	11(47)	12(41)	13(48)	14(46)
				15(100)	Meta												
1	**4456**	**Goretti Ramos M**	**1:50:06**	**9:18**	**12:59**	**15:09**	**20:24**	**28:20**	**37:56**	**53:33**	**57:59**	**1:05:33**	**1:20:12**	**1:26:13**	**1:30:23**	**1:35:38**	**1:42:39**
		Culleredo GALL/		***9:18***	***3:41***	***2:10***	***5:15***	7:56	9:36	***15:37***	***4:26***	***7:34***	14:39	***6:01***	4:10	***5:15***	7:01
				1:49:06	**1:50:06**												
				6:27	***1:00***												
2	**4453**	**Iria Pico Martíne**	**1:56:03**	18:12	23:52	26:26	32:32	39:40	45:40	1:01:49	1:06:38	1:15:04	1:27:25	1:33:48	1:37:50	1:43:54	1:48:42
		Culleredo GALL/		18:12	5:40	2:34	6:06	***7:08***	***6:00***	16:09	4:49	8:26	***12:21***	6:23	***4:02***	6:04	***4:48***
				1:54:59	1:56:03		*11:08*	*1:22:41*	*1:35:53*	*1:42:49*							
				6:17	1:04		**53*	**43*	**55*	**44*							
FEMENINO 40 (3)						**14,9 km**	**285 m**	**15 C**								
				1(31)	2(40)	3(39)	4(49)	5(33)	6(42)	7(36)	8(51)	9(45)	10(32)	11(43)	12(41)	13(44)	14(46)
				15(100)	Meta												
1	**4436**	**Paula Naya Manc**	**1:24:15**	**4:36**	**8:28**	**12:53**	**17:52**	**24:35**	**31:23**	**37:30**	**47:28**	**53:30**	**56:13**	**1:00:59**	**1:06:55**	**1:10:49**	**1:16:45**
		Culleredo GALL/		***4:36***	***3:52***	***4:25***	4:59	***6:43***	***6:48***	***6:07***	9:58	6:02	***2:43***	4:46	***5:56***	3:54	5:56
				1:23:12	**1:24:15**												
				6:27	***1:03***												
2	**4585**	**Susana Míguez S**	**1:32:11**	**4:36**	11:47	16:49	21:08	29:37	36:30	45:37	54:37	58:57	1:01:40	1:06:10	1:15:38	1:18:58	1:23:24
		Porto do Son AD		***4:36***	7:11	5:02	***4:19***	8:29	6:53	9:07	***9:00***	***4:20***	***2:43***	***4:30***	9:28	***3:20***	***4:26***
				1:27:39	1:32:11												
				4:15	4:32												
	4257	**Carla Veiga Garc**	**lo sale**														
		Pontevedra AROI															

os	Dorsal	Nombre	Tiempo													
FEMENINO 50 (3)						**12,7 km**	**240 m**	**13 C**								
				1(40)	2(47)	3(43)	4(42)	5(52)	6(45)	7(49)	8(31)	9(39)	10(41)	11(44)	12(46)	13(100)	Meta
1	**4802**	**Sonia Gómez Nay**	**56:30**	**5:45**	**10:28**	17:21	25:05	**28:37**	**32:23**	**35:11**	**39:03**	**41:55**	**44:38**	**47:38**	**51:19**	**55:47**	**56:30**
		LUGO COMPÁS		***5:45***	4:43	6:53	***7:44***	***3:32***	3:46	2:48	3:52	2:52	***2:43***	***3:00***	***3:41***	4:28	0:43
					11:39												
					**55*												
2	**4612**	**Maria Esther Bar**	**57:42**	6:51	11:00	**17:02**	**24:46**	30:05	33:35	36:14	39:52	42:41	45:24	49:05	52:48	57:02	57:42
		Betanzos OP BE		6:51	***4:09***	***6:02***	***7:44***	5:19	***3:30***	***2:39***	***3:38***	***2:49***	***2:43***	3:41	3:43	***4:14***	***0:40***
					53:55												
					**38*												
3	**4433**	**Paulina Andrea M**	**1:11:09**	7:26	14:27	21:25	29:59	35:49	39:49	43:26	47:51	52:01	55:12	1:00:04	1:04:14	1:09:50	1:11:09
		Culleredo GALL		7:26	7:01	6:58	8:34	5:50	4:00	3:37	4:25	4:10	3:11	4:52	4:10	5:36	1:19
					15:35	*1:06:26*											
					**55*	**38*											

FEMENINO 60 (1)						**11,5 km**	**225 m**	**13 C**								
				1(31)	2(32)	3(45)	4(37)	5(42)	6(52)	7(49)	8(39)	9(47)	10(41)	11(44)	12(38)	13(100)	Meta
	4405	**Adriana Luisa Go**	**en tarj.**	-----	-----	-----	-----	-----	-----	-----	-----	27:18	-----	43:33	56:30	1:05:58	1:07:50
		Culleredo GALL										27:18		16:15	12:57	9:28	1:52

INI EQUIPOS (16)						**10,8 km**	**210 m**	**11 C**								
				1(53)	2(39)	3(32)	4(45)	5(37)	6(52)	7(49)	8(41)	9(48)	10(38)	11(100)	Meta	
1	**4589**	**Nuria Oujo Mígu**	**1:02:52**	6:03	**10:24**	**19:32**	**24:02**	**28:43**	**34:55**	**40:18**	**47:00**	**52:48**	**57:04**	**1:01:51**	**1:02:52**	
		Porto do Son AD		6:03	***4:21***	***9:08***	4:30	4:41	6:12	5:23	6:42	5:48	***4:16***	4:47	***1:01***	
2	**105**	**Felipe Javier For**	**1:22:12**	**5:19**	28:42	38:43	42:16	46:51	52:40	57:23	1:03:06	1:08:14	1:16:16	1:21:00	1:22:12	*10:48*
		Culleredo GALL		***5:19***	23:23	10:01	3:33	4:35	5:49	***4:43***	5:43	5:08	8:02	4:44	1:12	**50*
				12:36												
				**50*												
2	**108**	**Marcos Garcia C**	**1:22:12**	5:41	28:46	38:47	42:19	46:58	52:43	57:27	1:03:05	1:08:16	1:16:14	1:20:59	1:22:12	*10:20*
		Culleredo GALL		5:41	23:05	10:01	***3:32***	4:39	5:45	4:44	***5:38***	5:11	7:58	4:45	1:13	**50*
4	**104**	**Diego Doldan Ro**	**1:22:20**	**5:19**	28:40	38:29	42:14	46:46	52:23	57:20	1:03:02	1:08:08	1:16:17	1:20:57	1:22:20	
		Culleredo GALL		***5:19***	23:21	9:49	3:45	***4:32***	5:37	4:57	5:42	***5:06***	8:09	***4:40***	1:23	
5	**4368**	**Enol Camblor Be**	**1:34:19**	20:34	29:14	42:01	46:25	52:19	57:37	1:05:32	1:13:43	1:20:35	1:26:26	1:33:02	1:34:19	
		Betanzos OP BE		20:34	8:40	12:47	4:24	5:54	***5:18***	7:55	8:11	6:52	5:51	6:36	1:17	
6	**4367**	**Elia Camblor Bel**	**1:34:24**	20:37	28:59	41:46	46:26	51:51	57:30	1:05:36	1:13:47	1:20:31	1:26:33	1:33:05	1:34:24	
		Betanzos OP BE		20:37	8:22	12:47	4:40	5:25	5:39	8:06	8:11	6:44	6:02	6:32	1:19	
7	**106**	**Jesus Fernandez**	**1:48:56**	20:52	27:11	44:43	49:01	56:48	1:06:45	1:15:46	1:24:00	1:33:42	1:39:25	1:47:13	1:48:56	
		Culleredo GALL		20:52	6:19	17:32	4:18	7:47	9:57	9:01	8:14	9:42	5:43	7:48	1:43	
8	**103**	**Carla Fernandez**	**1:49:02**	20:52	27:06	44:39	49:01	57:08	1:06:43	1:16:25	1:24:07	1:33:46	1:39:24	1:47:16	1:49:02	
		Culleredo GALL		20:52	6:14	17:33	4:22	8:07	9:35	9:42	7:42	9:39	5:38	7:52	1:46	
9	**4632**	**Izan Taboada Mo**	**2:10:22**	9:18	23:03	47:30	51:33	1:01:34	1:12:02	1:23:33	1:32:34	1:53:25	2:00:51	2:08:58	2:10:22	*1:49:03*
		Betanzos OP BE		9:18	13:45	24:27	4:03	10:01	10:28	11:31	9:01	20:51	7:26	8:07	1:24	**44*
	4449	**Simón Peña Álva**	**en tarj.**	28:51	44:48	-----	-----	-----	-----	-----	56:23	1:08:03	1:16:27	1:24:28	1:25:52	
		Culleredo GALL		28:51	15:57						11:35	11:40	8:24	8:01	1:24	
	4391	**Xairo Ferreiro Fa**	**en tarj.**	12:44	30:29	-----	-----	-----	-----	-----	-----	-----	-----	57:46	1:30:01	*9:56*
		Betanzos OP BE		12:44	17:45									27:17	32:15	**68*
				15:26	*23:20*	*28:02*	*42:58*	*44:23*	*49:06*	*55:50*	*57:15*					
				**54*	**37*	**32*	**75*	**74*	**81*	**72*	**71*					
	4392	**Juan Carlos Ferr**	**en tarj.**	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	2:01:43	2:02:17	*57:52*
		Betanzos OP BE												2:01:43	0:34	**57*
				1:00:50	*1:02:25*	*1:42:24*										
				**75*	**70*	**31*										
	4448	**Inés Peña Álvarez**	**en tarj.**	28:56	45:05	-----	-----	-----	-----	-----	-----	1:08:28	1:17:03	1:24:31		
		Culleredo GALL		28:56	16:09							23:23	8:35	7:28		
	4450	**Felipe Peña Pita**	**undona**	29:02	45:06	-----	-----	-----	-----	-----	56:28	1:08:11	1:17:04	1:24:32	1:26:11	
		Culleredo GALL		29:02	16:04						11:22	11:43	8:53	7:28	1:39	
	6806	**Xaime Viana Gon**	**lo sale**													
		LUGO COMPÁS														

os	Dorsal	Nombre	Tiempo													
INI EQUIPOS (16)						***10,8 km***	***210 m***	***11 C***		*(cont.)*						
				1(53)	2(39)	3(32)	4(45)	5(37)	6(52)	7(49)	8(41)	9(48)	10(38)	11(100)	Meta	
	4329	**Iago Viana Gonz**	**lo sale**													
		LUGO FLUVIAL_I														
BICI ELECTRICA (2)						**18,3 km**	**410 m**	**15 C**								
				1(54)	2(55)	3(43)	4(34)	5(35)	6(36)	7(51)	8(42)	9(45)	10(39)	11(40)	12(47)	13(41)	14(48)
				15(100)	Meta											
	4502	**Carlos Viqueira I**	**lo sale**													
		Ordes SEO														
	4819	**Ana María Sobrac**	**lo sale**													
		LUGO COMPÁS														
PROMOCION (6)						**16,4 km**	**335 m**	**15 C**								
				1(50)	2(32)	3(49)	4(45)	5(51)	6(42)	7(35)	8(34)	9(33)	10(39)	11(47)	12(41)	13(48)	14(46)
				15(100)	Meta											
1	**100**	**Alberto Morlán O**	**1:06:05**	**3:57**	**7:04**	**8:37**	**11:52**	**16:56**	**22:45**	**33:54**	**36:57**	**41:41**	**48:19**	**52:50**	**55:04**	**58:35**	**1:02:05**
		Culleredo GALLA		***3:57***	***3:07***	***1:33***	***3:15***	***5:04***	5:49	***11:09***	***3:03***	***4:44***	***6:38***	***4:31***	***2:14***	***3:31***	***3:30***
				1:05:23	**1:06:05**		*45:38*	*1:02:49*									
				3:18	***0:42***		**43*	**38*									
2	**4447**	**Daniel Pena Barr**	**1:29:50**	5:46	9:22	11:13	16:38	23:14	27:51	42:31	46:17	51:44	1:03:14	1:08:33	1:11:19	1:19:25	1:23:59
		Culleredo GALLA		5:46	3:36	1:51	5:25	6:36	***4:37***	14:40	3:46	5:27	11:30	5:19	2:46	8:06	4:34
				1:29:03	1:29:50		*58:33*	*1:09:55*	*1:25:05*								
				5:04	0:47		**43*	**55*	**38*								
	102	**Aroa Ferreño Vie**	**ft**	-----	45:45	49:56	55:02	1:03:30	1:16:18	1:32:10	1:37:21	1:46:16	1:59:31	2:09:11	2:12:53	2:19:18	2:24:23
		Culleredo GALLA			45:45	4:11	5:06	8:28	12:48	15:52	5:11	8:55	13:15	9:40	3:42	6:25	5:05
				2:30:08	2:31:46		*15:56*	*31:35*	*32:31*	*32:51*	*36:57*	*1:55:23*	*2:10:49*	*2:18:07*			
				5:45	1:38		**31*	**40*	**40*	**40*	**39*	**43*	**55*	**44*			
	101	**Andrea Paz Coto**	**en tarj.**	-----	36:22	40:56	45:58	54:29	1:06:50	1:22:56	1:28:18	1:37:20	1:50:05	2:00:13	2:03:51	2:10:17	2:15:21
		Culleredo GALLA			36:22	4:34	5:02	8:31	12:21	16:06	5:22	9:02	12:45	10:08	3:38	6:26	5:04
				2:20:59	2:22:47		*6:45*	*22:40*	*23:29*	*23:52*	*28:06*	*1:46:04*	*2:01:47*	*2:08:55*			
				5:38	1:48		**31*	**40*	**40*	**40*	**39*	**43*	**55*	**44*			
	107	**Jorge Soto Vazq**	**en tarj.**	-----	39:20	43:57	48:57	57:27	1:10:27	1:26:00	1:31:17	1:39:50	1:53:03	2:03:09	2:06:49	2:13:14	2:18:27
		Culleredo GALLA			39:20	4:37	5:00	8:30	13:00	15:33	5:17	8:33	13:13	10:06	3:40	6:25	5:13
				2:24:17	2:25:49		*10:05*	*31:03*	*1:48:49*	*2:12:04*							
				5:50	1:32		**31*	**39*	**43*	**44*							
	109	**Nebiyu Mendez S**	**en tarj.**	-----	42:43	46:59	52:03	1:00:35	1:13:49	1:29:12	1:34:22	1:43:37	1:57:13	2:06:19	2:09:55	2:16:21	2:21:27
		Culleredo GALLA			42:43	4:16	5:04	8:32	13:14	15:23	5:10	9:15	13:36	9:06	3:36	6:26	5:06
				2:27:22	2:28:53		*13:00*	*30:11*	*34:17*	*1:52:26*	*2:07:51*	*2:15:08*					
				5:55	1:31		**31*	**40*	**39*	**43*	**55*	**44*					
FEMENINO 20 NC (1)																	
				1	2	3	4	5	6	7	8	9	10	11	12	13	14
1	**2039**	**Ana Entrerrios Ig**	**1:35:02**	31	40	39	49	33	42	36	51	45	32	43	41	44	46
		Asturias PILOÑA		5:38	9:23	16:04	20:27	27:09	34:48	41:57	55:12	1:00:30	1:03:07	1:13:54	1:19:49	1:23:31	1:28:07
				5:38	3:45	6:41	4:23	6:42	7:39	7:09	13:15	5:18	2:37	10:47	5:55	3:42	4:36
				100	Meta												
				1:34:13	1:35:02												
				6:06	0:49												
FEMENINO 50 NC (1)																	
				1	2	3	4	5	6	7	8	9	10	11	12	13	14

os	Dorsal	Nombre	Tiempo

FEMENINO 50 NC (1) *(cont.)*

				1	2	3	4	5	6	7	8	9	10	11	12	13	14
1	**2057**	**Patricia Iglesias Asturias PILOÑA**	**1:35:43**	40 9:08 9:08 Meta 1:35:43 0:58	47 13:59 4:51	43 24:09 10:10	42 38:09 14:00	52 44:36 6:27	45 50:18 5:42	49 57:09 6:51	31 1:05:07 7:58	39 1:12:10 7:03	41 1:17:30 5:20	44 1:22:26 4:56	46 1:28:08 5:42	38 1:30:07 1:59	100 1:34:45 4:38