

Pos	I	Nombre	mpo														
Masculino 15 (7)				16,3 km 13 C													
				1(42)	2(31)	3(43)	4(44)	5(69)	6(47)	7(36)	8(48)	9(49)	10(50)	11(51)	12(40)	13(41)	Meta
1	549	Aaron Rodriguez A As Neves VIZHOJA-	1:09:24	4:38	7:58	11:29	17:16	23:24	34:13	38:21	42:45	49:06	54:54	1:03:00	1:06:36	1:07:54	1:09:24
				4:38	3:20	3:31	5:47	6:08	10:49	4:08	4:24	6:21	5:48	8:06	3:36	1:18	1:30
2	406	Anxo Somoza Seoa Culleredo GALLAE	1:09:53	4:20	6:56	11:35	17:03	23:14	33:23	36:57	41:46	48:37	54:33	1:03:09	1:07:15	1:08:21	1:09:53
				4:20	2:36	4:39	5:28	6:11	10:09	3:34	4:49	6:51	5:56	8:36	4:06	1:06	1:32
3	460	Mario López Gonz Betanzos OP BETA	1:15:54	4:25	7:05	11:02	16:25	23:14	34:07	43:22	48:21	55:36	1:00:53	1:08:59	1:13:03	1:14:19	1:15:54
				4:25	2:40	3:57	5:23	6:49	10:53	9:15	4:59	7:15	5:17	8:06	4:04	1:16	1:35
4	401	Diego Silvarrey Or Culleredo GALLAE	1:21:17	6:41	9:22	13:00	18:05	25:28	36:58	48:28	53:59	1:01:14	1:06:54	1:14:32	1:18:19	1:19:41	1:21:17
				6:41	2:41	3:38	5:05	7:23	11:30	11:30	5:31	7:15	5:40	7:38	3:47	1:22	1:36
5	454	Martín Casado Núñ Betanzos OP BETA	1:25:44	6:10	9:13	13:12	21:50	29:15	42:51	50:40	55:38	1:03:17	1:10:00	1:19:03	1:22:51	1:24:08	1:25:44
				6:10	3:03	3:59	8:38	7:25	13:36	7:49	4:58	7:39	6:43	9:03	3:48	1:17	1:36
280		Sergio Varela Mont LUGO FLUVIAL_L	o sale														
279		Manuel Varela Mon LUGO FLUVIAL_L	o sale														
Masculino 17 (3)				19,0 km 13 C													
				1(73)	2(32)	3(50)	4(49)	5(47)	6(37)	7(48)	8(56)	9(46)	10(60)	11(59)	12(40)	13(41)	Meta
1	402	Marcos Silvarrey O Culleredo GALLAE	1:14:34	6:14	8:36	17:08	20:54	28:55	30:14	34:52	45:54	50:35	55:50	1:04:30	1:12:17	1:13:13	1:14:34
				6:14	2:22	8:32	3:46	8:01	1:19	4:38	11:02	4:41	5:15	8:40	7:47	0:56	1:21
2	100	Carlos Romero Ar Pontevedra AROM	1:36:54	8:02	10:31	15:24	20:02	38:32	40:25	46:04	57:33	1:03:15	1:15:11	1:26:38	1:34:08	1:35:14	1:36:54
				8:02	2:29	4:53	4:38	18:30	1:53	5:39	11:29	5:42	11:56	11:27	7:30	1:06	1:40
3	289	Ivan Alvarez Braña Culleredo GALLAE	1:40:25	7:22	10:37	16:37	22:11	33:42	35:38	44:04	57:45	1:04:30	1:12:02	1:25:37	1:37:11	1:38:36	1:40:25
				7:22	3:15	6:00	5:34	11:31	1:56	8:26	13:41	6:45	7:32	13:35	11:34	1:25	1:49
Masculino 20 (1)				22,6 km 17 C													
				1(71)	2(34)	3(45)	4(70)	5(43)	6(49)	7(48)	8(63)	9(47)	10(53)	11(56)	12(61)	13(52)	14(58)
				15(55)	16(40)	17(41)	Meta										
1	237	Pablo Fernández S LUGO COMPAS	1:48:39	5:26	11:14	18:39	22:57	26:31	39:20	47:19	52:21	56:44	1:02:38	1:12:54	1:16:47	1:20:23	1:27:41
				5:26	5:48	7:25	4:18	3:34	12:49	7:59	5:02	4:23	5:54	10:16	3:53	3:36	7:18
				1:41:52	1:46:21	1:47:20	1:48:39										
				14:11	4:29	0:59	1:19										
Élite (6)				30,7 km 18 C													
				1(67)	2(72)	3(50)	4(35)	5(53)	6(65)	7(37)	8(38)	9(68)	10(32)	11(52)	12(56)	13(57)	14(46)
				15(58)	16(44)	17(40)	18(41)	Meta									
1	219	Juan J. Sancosme A Coruña COCO	1:39:14	5:11	11:44	17:12	21:53	28:16	30:56	34:29	37:35	44:37	48:41	1:03:46	1:08:30	1:10:23	1:14:21
				5:11	6:33	5:28	4:41	6:23	2:40	3:33	3:06	7:02	4:04	15:05	4:44	1:53	3:58
				1:20:30	1:30:16	1:37:02	1:37:57	1:39:14									
				6:09	9:46	6:46	0:55	1:17									
2	157	Ángel García Garcí A Coruña BRIGANT	1:41:48	5:14	12:07	17:47	22:21	28:50	31:42	34:17	38:09	45:21	49:31	1:04:36	1:09:03	1:10:56	1:15:21
				5:14	6:53	5:40	4:34	6:29	2:52	2:35	3:52	7:12	4:10	15:05	4:27	1:53	4:25
				1:21:36	1:32:04	1:39:37	1:40:36	1:41:48									
				6:15	10:28	7:33	0:59	1:12									
3	323	Oscar Fernández Culleredo GALLAE	1:52:35	5:44	13:21	19:26	24:30	31:43	35:17	38:03	41:29	49:10	54:05	1:10:51	1:15:45	1:18:04	1:25:27
				5:44	7:37	6:05	5:04	7:13	3:34	2:46	3:26	7:41	4:55	16:46	4:54	2:19	7:23
				1:32:01	1:42:46	1:50:25	1:51:19	1:52:35									
				6:34	10:45	7:39	0:54	1:16									
4	649	Rodrigo Ivan Rodr LUGO COMPAS	2:02:20	5:11	11:58	17:37	26:27	39:29	42:27	45:19	50:40	57:58	1:02:15	1:22:48	1:28:54	1:30:54	1:35:09
				5:11	6:47	5:39	8:50	13:02	2:58	2:52	5:21	7:18	4:17	20:33	6:06	2:00	4:15
				1:41:34	1:52:50	2:00:09	2:01:04	2:02:20									
				6:25	11:16	7:19	0:55	1:16		*38	*37	*65					
5	550	Isaac Rodriguez Si As Neves VIZHOJA-	2:04:35	5:31	14:10	20:20	25:57	33:12	36:38	39:41	44:20	52:46	57:27	1:13:53	1:19:23	1:21:49	1:29:46
				5:31	8:39	6:10	5:37	7:15	3:26	3:03	4:39	8:26	4:41	16:26	5:30	2:26	7:57
				1:38:59	1:51:20	2:00:02	2:01:46	2:04:35									
				9:13	12:21	8:42	1:44	2:49									
6	521	Alejandro Argudín As Neves VIZHOJA-	2:05:41	5:52	13:34	24:46	29:54	37:33	41:38	46:28	50:49	59:46	1:04:39	1:22:16	1:27:28	1:29:46	1:34:16
				5:52	7:42	11:12	5:08	7:39	4:05	4:50	4:21	8:57	4:53	17:37	5:12	2:18	4:30
				1:41:22	1:53:59	2:02:06	2:03:10	2:05:41									
				7:06	12:37	8:07	1:04	2:31									
Masculino 21 (3)				25,4 km 16 C													
				1(55)	2(73)	3(34)	4(52)	5(61)	6(63)	7(64)	8(65)	9(59)	10(68)	11(69)	12(39)	13(66)	14(67)
				15(40)	16(41)	Meta											
1	624	Alan Sardinero Go Vigo U-VIGO	2:14:38	5:50	8:05	17:44	40:14	44:05	1:07:46	1:11:56	1:16:15	1:29:26	1:39:39	1:45:38	1:57:25	2:01:03	2:07:13
				5:50	2:15	9:39	22:30	3:51	23:41	4:10	4:19	13:11	10:13	5:59	11:47	3:38	6:10
				2:12:32	2:13:27	2:14:38											
				5:19	0:55	1:11	12:18	2:08:12									
							*39	*62									
2	672	David Tapia Soto Pontevedra AROM	2:42:21	6:29	8:23	17:28	49:05	53:21	1:11:40	1:17:39	1:21:22	1:43:33	1:58:01	2:04:43	2:20:49	2:25:32	2:31:46
				6:29	1:54	9:05	31:37	4:16	18:19	5:59	3:43	22:11	14:28	6:42	16:06	4:43	6:14
				2:39:05	2:40:22	2:42:21											
				7:19	1:17	1:59											
477		Manuel Figueira Pr Ordes SEO	o sale														

Pos	I	Nombre	mpo															
Masculino 40 (16)				27,8 km 20 C														
				1(59)	2(34)	3(68)	4(71)	5(58)	6(46)	7(61)	8(56)	9(63)	10(64)	11(65)	12(48)	13(69)	14(49)	
				15(31)	16(32)	17(45)	18(42)	19(40)	20(41)	Meta								
1	259	Jose Manuel Nogu LUGO FLUVIAL_L	1:41:35	7:45	15:51	18:14	23:37	34:43	42:07	44:31	47:55	58:01	1:01:08	1:03:35	1:11:05	1:13:49	1:18:53	
				7:45	8:06	2:23	5:23	11:06	7:24	2:24	3:24	10:06	3:07	2:27	7:30	2:44	5:04	
				1:24:50	1:27:30	1:31:41	1:36:46	1:39:21	1:40:15	1:41:35								
				5:57	2:40	4:11	5:05	2:35	0:54	1:20								
2	251	Alberto Lamela Ari LUGO COMPAS	1:49:02	8:57	17:08	19:38	25:11	36:45	44:37	47:10	50:46	1:02:08	1:06:15	1:09:00	1:15:13	1:18:26	1:23:22	
				8:57	8:11	2:30	5:33	11:34	7:52	2:33	3:36	11:22	4:07	2:45	6:13	3:13	4:56	
				1:30:20	1:33:17	1:37:26	1:43:11	1:46:16	1:47:34	1:49:02								
				6:58	2:57	4:09	5:45	3:05	1:18	1:28								
3	238	José Manuel Ferná LUGO COMPAS	1:50:12	8:51	17:04	19:40	25:49	38:29	46:13	49:00	52:54	1:05:12	1:09:22	1:12:02	1:17:17	1:20:20	1:25:18	
				8:51	8:13	2:36	6:09	12:40	7:44	2:47	3:54	12:18	4:10	2:40	5:15	3:03	4:58	
				1:31:42	1:35:20	1:39:50	1:44:50	1:47:40	1:48:46	1:50:12								
				6:24	3:38	4:30	5:00	2:50	1:06	1:26								
4	49	Pablo Barreiro Fer Pontevedra AROM	1:52:25	8:03	16:58	19:41	25:48	39:11	46:42	52:31	56:16	1:07:08	1:11:18	1:14:07	1:19:33	1:22:35	1:27:50	
				8:03	8:55	2:43	6:07	13:23	7:31	5:49	3:45	10:52	4:10	2:49	5:26	3:02	5:15	
				1:34:17	1:37:16	1:41:22	1:46:44	1:49:51	1:50:59	1:52:25								
				6:27	2:59	4:06	5:22	3:07	1:08	1:26								
5	452	David Casado Bra Betanzos OP BETA	1:53:14	9:15	19:38	22:16	28:07	40:34	51:38	54:56	58:25	1:08:51	1:12:23	1:15:14	1:20:26	1:23:42	1:28:32	
				9:15	10:23	2:38	5:51	12:27	11:04	3:18	3:29	10:26	3:32	2:51	5:12	3:16	4:50	
				1:35:04	1:38:07	1:42:27	1:47:52	1:50:48	1:51:52	1:53:14								
				6:32	3:03	4:20	5:25	2:56	1:04	1:22								
6	253	Javier Liz Díaz LUGO FLUVIAL_L	1:54:41	7:22	20:43	23:09	28:29	39:47	46:58	49:57	53:32	1:10:36	1:14:01	1:16:42	1:22:02	1:25:04	1:29:51	
				7:22	13:21	2:26	5:20	11:18	7:11	2:59	3:35	17:04	3:25	2:41	5:20	3:02	4:47	
				1:36:14	1:39:10	1:43:41	1:49:18	1:52:18	1:53:17	1:54:41								
				6:23	2:56	4:31	5:37	3:00	0:59	1:24								
7	405	Iván Somoza Argib Culleredo GALLAE	1:55:03	9:24	17:26	19:58	25:26	37:04	49:16	52:27	56:25	1:09:07	1:12:38	1:15:25	1:20:29	1:23:37	1:29:06	
				9:24	8:02	2:32	5:28	11:38	12:12	3:11	3:58	12:42	3:31	2:47	5:04	3:08	5:29	
				1:35:59	1:39:10	1:43:53	1:49:34	1:52:37	1:53:38	1:55:03								
				6:53	3:11	4:43	5:41	3:03	1:01	1:25								
8	306	Miguel Cambor Q Culleredo GALLAE	1:57:36	8:48	17:40	20:27	26:13	38:27	47:17	51:12	55:50	1:10:16	1:14:02	1:16:47	1:22:06	1:25:11	1:30:08	
				8:48	8:52	2:47	5:46	12:14	8:50	3:55	4:38	14:26	3:46	2:45	5:19	3:05	4:57	
				1:36:59	1:40:01	1:45:34	1:51:32	1:54:35	1:55:41	1:57:36								
				6:51	3:02	5:33	5:58	3:03	1:06	1:55								
9	311	Roberto Chas Góm Culleredo GALLAE	2:00:13	8:31	16:55	19:26	25:11	36:48	44:06	46:54	52:40	1:06:00	1:11:02	1:13:50	1:21:51	1:25:58	1:31:32	
				8:31	8:24	2:31	5:45	11:37	7:18	2:48	5:46	13:20	5:02	2:48	8:01	4:07	5:34	
				1:39:52	1:43:07	1:48:26	1:54:34	1:57:44	1:58:51	2:00:13								
				8:20	3:15	5:19	6:08	3:10	1:07	1:22								
10	377	Manuel Pedre Vazq Culleredo GALLAE	2:06:55	7:29	21:47	24:35	30:09	41:42	50:58	53:30	57:07	1:07:17	1:18:36	1:21:05	1:26:39	1:29:34	1:37:53	
				7:29	14:18	2:48	5:34	11:33	9:16	2:32	3:37	10:10	11:19	2:29	5:34	2:55	8:19	
				1:48:07	1:51:12	1:55:52	2:01:44	2:04:39	2:05:34	2:06:55								
				10:14	3:05	4:40	5:52	2:55	0:55	1:21								
11	685	Pablo Valduex Ber Culleredo GALLAE	2:59:47	16:14	26:13	31:30	38:23	53:55	1:04:21	1:07:43	1:11:57	1:29:48	1:34:26	1:38:00	1:45:44	1:49:33	1:55:21	
				16:14	9:59	5:17	6:53	15:32	10:26	3:22	4:14	17:51	4:38	3:34	7:44	3:49	5:48	
				2:06:25	2:10:33	2:43:49	2:51:04	2:56:22	2:57:40	2:59:47								
				11:04	4:08	33:16	7:15	5:18	1:18	2:07								
16	Joaquín Oujo Agei Porto do Son ADC	en tarj.	1:14:12	1:14:12	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				-----	-----	-----	-----	1:20:58	1:22:08	1:23:28	-----	-----	-----	-----	-----	-----	-----	
				45:03	55:04	59:33	1:05:57	1:16:41	6:46	1:10	1:20	5:44	8:08	26:22	30:56	39:33	40:40	
				*48	*56	*46	*60	*62										
659	Alberto Rodríguez Pontevedra AROM	ndona	9:50	18:59	21:57	27:59	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				9:50	9:09	2:58	6:02	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
281	Bartolome Varela LUGO FLUVIAL_L	o sale																
13	David Lareo Martin Porto do Son ADC	o sale																
479	Jose Angel Morlán Ordes SEO	o sale																
Masculino 50 (8)				21,3 km 14 C														
				1(51)	2(50)	3(35)	4(65)	5(64)	6(63)	7(56)	8(52)	9(54)	10(45)	11(43)	12(31)	13(40)	14(41)	
				Meta														
1	291	Enrique Luis Álvar Culleredo GALLAE	1:14:05	4:00	9:47	15:35	22:25	24:57	28:26	38:45	43:28	54:10	1:00:09	1:03:53	1:06:50	1:11:45	1:12:44	
				4:00	5:47	5:48	6:50	2:32	3:29	10:19	4:43	10:42	5:59	3:44	2:57	4:55	0:59	
				1:14:05														
				1:21														
2	278	Francisco Varela L LUGO COMPAS	1:19:02	4:30	10:29	15:49	23:11	25:43	29:09	40:45	45:48	57:03	1:03:41	1:07:43	1:11:12	1:16:35	1:17:38	
				4:30	5:59	5:20	7:22	2:32	3:26	11:36	5:03	11:15	6:38	4:02	3:29	5:23	1:03	
				1:19:02														
				1:24														
3	2	Javier Arufe Varela A Coruña LICEO	1:24:48	4:40	11:17	17:20	25:27	28:19	31:34	43:01	48:50	1:01:36	1:08:47	1:13:08	1:16:30	1:22:16	1:23:21	
				4:40	6:37	6:03	8:07	2:52	3:15	11:27	5:49	12:46	7:11	4:21	3:22	5:46	1:05	
				1:24:48														
				1:27														

Pos	I	Nombre	mpo														
Masculino 50 (8)				21,3 km		14 C		<i>(cont.)</i>									
				1(51) Meta	2(50)	3(35)	4(65)	5(64)	6(63)	7(56)	8(52)	9(54)	10(45)	11(43)	12(31)	13(40)	14(41)
4	1	Alberto Arufe Varel A Coruña LICEO	1:29:06	5:09 5:09 1:29:06 1:40	12:17 7:08	18:20 6:03	26:28 8:08	29:18 2:50	33:22 4:04	46:00 12:38	51:37 5:37	1:05:09 13:32	1:12:59 7:50	1:17:17 4:18	1:20:40 3:23	1:26:19 5:39	1:27:26 1:07
5	34	Camilo Serantes M Porto do Son ADC	1:41:18	5:01 5:01 1:41:18 1:32	18:06 13:05	24:17 6:11	33:00 8:43	36:25 3:25	43:52 7:27	55:57 12:05	1:01:15 5:18	1:14:00 12:45	1:23:33 9:33	1:28:58 5:25	1:32:54 3:56	1:38:32 5:38	1:39:46 1:14
6	562	Antonio Vazquez D O Porriño BUDIÑO	1:46:41	7:29 7:29 1:46:41 2:10	15:37 8:08	24:24 8:47	37:33 13:09	41:08 3:35	46:27 5:19	59:38 13:11	1:06:18 6:40	1:21:24 15:06	1:28:37 7:13	1:33:11 4:34	1:37:26 4:15	1:43:16 5:50	1:44:31 1:15
7	641	Pablo Teijeiro Lóp Betanzos OP BETA	1:51:37	6:57 6:57 1:51:37 1:34	19:14 12:17	26:22 7:08	38:05 11:43	42:44 4:39	48:46 6:02	1:02:23 13:37	1:10:17 7:54	1:24:33 14:16	1:32:46 8:13	1:38:57 6:11	1:43:03 4:06	1:48:54 5:51	1:50:03 1:09
8	485	Pablo Adrián Aller O Barco de Valde	2:10:46	7:20 7:20 2:10:46 1:45	15:21 8:01	23:09 7:48	38:29 15:20	41:55 3:26	55:39 13:44	1:10:18 14:39	1:17:34 7:16	1:40:12 22:38	1:49:18 9:06	1:55:42 6:24	2:00:32 4:50	2:07:39 7:07	2:09:01 1:22
Masculino 60 (2)				18,3 km		14 C											
				1(74) Meta	2(43)	3(59)	4(38)	5(36)	6(65)	7(64)	8(35)	9(50)	10(33)	11(31)	12(42)	13(40)	14(41)
1	217	José Manuel Sanc A Coruña COCO	1:14:39	5:52 5:52 1:14:39 1:49	9:09 3:17	16:12 7:03	26:06 9:54	32:51 6:45	36:01 3:10	39:20 3:19	49:21 10:01	56:23 7:02	1:00:46 4:23	1:05:58 5:12	1:08:37 2:39	1:11:41 3:04	1:12:50 1:09
2	309	Juan Carlos Carba Culleredo GALLAE	1:49:28	6:43 6:43 1:49:28 1:51	10:38 3:55	19:30 8:52	33:52 14:22	42:50 8:58	46:18 3:28	50:01 3:43	1:06:37 16:36	1:15:29 8:52	1:21:34 6:05	1:38:56 17:22	1:42:04 3:08	1:46:09 4:05	1:47:37 1:28
Feminino 15 (5)				15,4 km		12 C											
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(44)	10(51)	11(40)	12(41)	Meta	
1	453	Eva Casado Nuñez Betanzos OP BETA	1:10:59	7:27 7:27 1:10:59 1:49	11:02 3:35	13:06 2:04	20:36 7:30	28:02 7:26	34:27 6:25	39:49 5:22	45:00 5:11	56:56 11:56	1:03:47 6:51	1:08:04 4:17	1:09:20 1:16	1:10:59 1:39	
2	322	Lara Fernandez Lo Culleredo GALLAE	1:36:42	10:00 10:00 1:36:42 1:46	14:14 4:14	17:23 3:09	24:01 6:38	32:08 8:07	45:42 13:34	57:53 12:11	1:11:24 13:31	1:22:05 10:41	1:29:22 7:17	1:33:40 4:18	1:34:56 1:16	1:36:42 1:46	
3	271	Noa Rodríguez So LUGO COMPAS	1:53:47	8:11 8:11 1:53:47 46:57 *37	12:22 4:11	14:53 2:31	21:16 6:23	31:08 9:52	56:34 25:26	1:03:21 6:47	1:08:59 5:38	1:21:33 12:34	1:44:35 23:02	1:50:07 5:32	1:51:46 1:39	1:53:47 2:01	
	650	Lia Rodríguez Sob LUGO COMPAS	en tarj.	11:57 11:57	28:09 16:12	31:15 3:06	41:59 10:44	1:12:23 30:24	----- -----	----- -----	1:19:47 7:24	1:40:03 20:16	1:55:27 15:24	2:01:44 6:17	2:03:02 1:18	2:04:54 1:52	
	252	Estrella Lamela Be LUGO COMPAS	o sale														
Feminino 17 (1)				16,3 km		13 C											
				1(42)	2(31)	3(43)	4(44)	5(69)	6(47)	7(36)	8(48)	9(49)	10(50)	11(51)	12(40)	13(41)	Meta
1	256	Sofía Martínez Gó LUGO COMPAS	1:03:43	4:13 4:13	6:30 2:17	9:54 3:24	14:50 4:56	19:44 4:54	28:57 9:13	35:57 7:00	40:02 4:05	45:43 5:41	50:19 4:36	57:41 7:22	1:01:13 3:32	1:02:19 1:06	1:03:43 1:24
Feminino Élite (4)				25,4 km		16 C											
				1(55) 15(40)	2(73) 16(41)	3(34) Meta	4(52)	5(61)	6(63)	7(64)	8(65)	9(59)	10(68)	11(69)	12(39)	13(66)	14(67)
1	174	Ana Varela Yáñez A Coruña BRIGANT	2:03:27	6:43 6:43 2:00:48 6:16	8:46 2:03 2:01:59 1:11	16:18 7:32 2:03:27 1:28	41:50 25:32	46:31 4:41	1:05:00 18:29	1:09:26 4:26	1:12:17 2:51	1:25:10 12:53	1:36:13 11:03	1:40:59 4:46	1:46:10 5:11	1:49:48 3:38	1:54:32 4:44
2	92	Alicia Pérez Alonso Pontevedra AROM	2:10:52	6:10 6:10 2:08:10 6:18	8:03 1:53 2:09:20 1:10	19:33 11:30 2:10:52 1:32	40:43 21:10	44:54 4:11	1:01:40 16:46	1:06:32 4:52	1:10:07 3:35	1:29:35 19:28	1:41:09 11:34	1:46:28 5:19	1:52:19 5:51	1:56:38 4:19	2:01:52 5:14
3	246	Sonia Gómez Naya LUGO COMPAS	2:23:33	6:08 6:08 2:20:39 7:21	7:48 1:40 2:21:55 1:16	19:29 11:41 2:23:33 1:38	47:30 28:01	52:01 4:31	1:07:51 15:50	1:19:05 11:14	1:22:20 3:15	1:37:11 14:51	1:49:49 12:38	1:55:31 5:42	2:03:10 7:39	2:07:34 4:24	2:13:18 5:44
4	370	Paula Naya Mance Culleredo GALLAE	2:33:02	6:16 6:16 2:29:59 6:58	8:24 2:08 2:31:06 1:07	16:47 8:23 2:33:02 1:56	44:45 27:58	49:32 4:47	1:13:27 23:55	1:21:59 8:32	1:25:39 3:40	1:45:21 19:42	1:58:47 13:26	2:05:39 6:52	2:12:40 7:01	2:17:15 4:35	2:23:01 5:46

Pos	I	Nombre	mpo															
Feminino 21 (2)						18,3 km	14 C											
				1(74) Meta	2(43)	3(59)	4(38)	5(36)	6(65)	7(64)	8(35)	9(50)	10(33)	11(31)	12(42)	13(40)	14(41)	
1	58	Marina Denis Sanr Pontevedra AROM	1:23:12	5:52 5:52 1:23:12 1:33	9:30 3:38	16:49 7:19	30:19 13:30	34:43 4:24	37:41 2:58	41:19 3:38	52:04 10:45	59:47 7:43	1:04:01 4:14	1:14:43 10:42	1:17:22 2:39	1:20:28 3:06	1:21:39 1:11	
	476	Barbara Del Puert Ordes SEO	o sale															
Feminino 40 (14)						21,3 km	14 C											
				1(51) Meta	2(50)	3(35)	4(65)	5(64)	6(63)	7(56)	8(52)	9(54)	10(45)	11(43)	12(31)	13(40)	14(41)	
1	15	Susana Míguez Sa Porto do Son ADC	1:38:25	5:05 5:05 1:38:25 1:40	11:39 6:34	18:09 6:30	27:23 9:14	30:32 3:09	35:11 4:39	54:27 19:16	1:00:13 5:46	1:13:17 13:04	1:21:48 8:31	1:26:24 4:36	1:29:56 3:32	1:35:27 5:31	1:36:45 1:18	
2	347	Cristina Lopez Da Culleredo GALLAE	1:42:35	4:59 1:42:35 1:37	11:52 6:53	18:11 6:19	28:17 10:06	31:10 2:53	42:07 10:57	55:27 13:20	1:01:01 5:34	1:15:53 14:52	1:25:09 9:16	1:29:43 4:34	1:33:39 3:56	1:39:50 6:11	1:40:58 1:08	
3	109	Carla Veiga García Pontevedra AROM	1:50:47	5:49 5:49 1:50:47 1:41	13:40 7:51	21:52 8:12	32:15 10:23	35:46 3:31	42:49 7:03	57:18 14:29	1:04:54 7:36	1:22:16 17:22	1:31:12 8:56	1:36:35 5:23	1:41:04 4:29	1:47:49 6:45	1:49:06 1:17	
4	333	Yolanda Garcia Go Culleredo GALLAE	1:54:16	7:11 7:11 1:54:16 1:28	22:55 15:44	29:47 6:52	40:49 11:02	44:32 3:43	54:32 10:00	1:06:40 12:08	1:12:35 5:55	1:25:57 13:22	1:35:04 9:07	1:40:03 4:59	1:43:47 3:44	1:51:37 7:50	1:52:48 1:11	
5	400	Silvia Seoane Rod Culleredo GALLAE	1:58:56	6:35 6:35 1:58:56 1:45	15:27 8:52	23:41 8:14	37:10 13:29	41:38 4:28	47:39 6:01	1:03:00 15:21	1:10:11 7:11	1:28:02 17:51	1:37:13 9:11	1:42:55 5:42	1:47:58 5:03	1:55:27 7:29	1:57:11 1:44	
6	266	M. José Pérez Gon LUGO FLUVIAL_L	2:04:53	8:11 8:11 2:04:53 1:55	19:40 11:29	28:48 9:08	42:23 13:35	46:54 4:31	52:36 5:42	1:08:33 15:57	1:15:40 7:07	1:34:25 18:45	1:44:13 9:48	1:49:44 5:31	1:54:43 4:59	2:01:39 6:56	2:02:58 1:19	
7	662	Dori Seijo Souto Pontevedra AROM	2:07:14	6:37 6:37 2:07:14 2:13	16:29 9:52	24:12 7:43	36:54 12:42	41:14 4:20	54:33 13:19	1:12:19 17:46	1:19:43 7:24	1:37:00 17:17	1:46:54 9:54	1:52:16 5:22	1:56:36 4:20	2:03:41 7:05	2:05:01 1:20	
8	267	Rosa Porto Vázqu LUGO FLUVIAL_L	2:20:05	5:21 5:21 2:20:05 1:56	13:48 8:27	21:00 7:12	38:31 17:31	42:23 3:52	51:19 8:56	1:04:50 13:31	1:11:21 6:31	1:48:29 37:08	1:59:30 11:01	2:06:13 6:43	2:10:23 4:10	2:16:59 6:36	2:18:09 1:10	
9	272	María Josefa Sánc LUGO COMPAS	2:37:20	8:38 8:38 2:37:20 2:32	22:46 14:08	37:28 14:42	57:50 20:22	1:03:03 5:13	1:12:15 9:12	1:29:26 17:11	1:37:41 8:15	1:58:53 21:12	2:12:00 13:07	2:19:10 7:10	2:24:51 5:41	2:33:14 8:23	2:34:48 1:34	
10	651	Ana María Sobrado LUGO COMPAS	3:31:15	7:13 7:13 3:31:15 4:26	19:40 12:27	33:24 13:44	53:13 19:49	1:01:13 8:00	1:11:37 10:24	1:35:52 24:15	1:53:48 17:56	2:22:11 28:23	2:47:03 24:52	2:59:03 12:00	3:09:36 10:33	3:23:41 14:05	3:26:49 3:08	
	373	Claudia Oreiro Ch Culleredo GALLAE	ndona	6:15 6:15	16:54 10:39	24:01 7:07	1:11:12 47:11	1:15:01 3:49	1:28:33 13:32	1:44:01 15:28	1:50:22 6:21	-----	-----	-----	-----	-----	-----	
	430	Natalía Pedre Fern A Coruña LICEO	o sale															
	302	Olalla Bello Rodrí Culleredo GALLAE	o sale															
	4	Alejandra Carro Ma Porto do Son ADC	o sale															
Feminino 50 (4)						15,4 km	12 C											
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(44)	10(51)	11(40)	12(41)	Meta		
1	365	Paulina Andrea Mo Culleredo GALLAE	1:06:32	7:02 7:02	10:36 3:34	15:19 4:43	20:10 4:51	26:42 6:32	33:06 6:24	37:52 4:46	44:28 6:36	54:13 9:45	59:54 5:41	1:03:49 3:55	1:05:00 1:11	1:06:32 1:32		
2	584	Begoña Crespo Qu Vigo U-VIGO	1:20:26	8:30 8:30	12:13 3:43	15:05 2:52	21:07 6:02	28:59 7:52	39:41 10:42	47:47 8:06	53:57 6:10	1:06:17 12:20	1:13:11 6:54	1:17:23 4:12	1:18:38 1:15	1:20:26 1:48		
3	101	María Luisa Sanch Pontevedra AROM	1:44:12	8:58 8:58	13:20 4:22	16:18 2:58	23:35 7:17	34:02 10:27	43:03 9:01	1:01:15 18:12	1:13:51 12:36	1:27:10 13:19	1:35:18 8:08	1:40:29 5:11	1:42:10 1:41	1:44:12 2:02		
4	88	Rosa María Parede Pontevedra AROM	2:22:07	9:58 9:58	14:15 4:17	17:56 3:41	23:30 5:34	32:20 8:50	39:36 7:16	1:42:43 1:03:07	1:51:28 8:45	2:06:32 15:04	2:14:03 7:31	2:18:50 4:47	2:20:09 1:19	2:22:07 1:58		

