

os	rsal	Nombre	Tiempo														
Mulleres Cadete (2)				5,2 km 80 m					9 C								
				1(42)	2(45)	3(39)	4(49)	5(44)	6(41)	7(31)	8(43)	9(200)	Meta				
1	161	Alba Dopico Golpe GALLAECIA RAID A	50:58	5:16	13:06	17:58	26:41	29:19	33:34	38:44	42:35	50:03	50:58				
2	299	Nerea Oujo Perez ADC ARNELA Porto	1:18:39	7:12	20:12	23:31	43:02	46:48	52:46	59:57	1:10:05	1:17:41	1:18:39				
				7:12	13:00	3:19	19:31	3:46	5:58	7:11	10:08	7:36	0:58				
Mulleres Senior (13)				17,2 km 650 m					13 C								
				1(34)	2(40)	3(36)	4(37)	5(57)	6(60)	7(64)	8(63)	9(61)	10(59)	11(67)	12(69)	13(100)	Meta
1	580	Veronica Montes Vil AABT Paderne	1:46:34	6:50	9:30	14:30	31:45	48:43	59:27	1:09:42	1:14:31	1:18:07	1:25:10	1:31:18	1:39:59	1:46:05	1:46:34
2	256	Teresa Barreira Sal MONTAÑA FERROL	1:49:54	9:23	11:35	19:36	34:15	50:28	1:01:18	1:12:00	1:16:29	1:19:46	1:24:55	1:35:13	1:44:11	1:49:22	1:49:54
3	175	Tania López Eyo GALLAECIA RAID A	2:00:24	9:23	2:12	8:01	14:39	16:13	10:50	10:42	4:29	3:17	5:09	10:18	8:58	5:11	0:32
4	26	Fernanda Follana N FLUVIAL LUGO Lug	2:05:38	8:02	10:06	17:30	30:38	56:24	1:09:29	1:22:27	1:25:44	1:29:02	1:36:05	1:42:23	1:51:59	1:59:47	2:00:24
5	314	María Del Mar Delga FAICAMIÑO A Coruñ	2:15:56	8:02	2:04	7:24	13:08	25:46	13:05	12:58	3:17	3:18	7:03	6:18	9:36	7:48	0:37
				7:07	9:51	17:51	35:48	56:44	1:13:45	1:27:53	1:31:58	1:36:13	1:43:17	1:49:22	1:59:06	2:05:03	2:05:38
				7:07	2:44	8:00	17:57	20:56	17:01	14:08	4:05	4:15	7:04	6:05	9:44	5:57	0:35
				10:59	13:22	21:04	36:05	58:59	1:14:53	1:31:02	1:35:18	1:39:43	1:47:49	1:54:59	2:06:11	2:15:09	2:15:56
				10:59	2:23	7:42	15:01	22:54	15:54	16:09	4:16	4:25	8:06	7:10	11:12	8:58	0:47
					6:57	*35											
6	496	Isabel Diz Cao CORNELIOS RAID A	2:20:53	7:27	9:50	16:46	32:06	59:21	1:13:49	1:29:16	1:34:15	1:38:36	1:47:38	1:57:31	2:13:17	2:20:06	2:20:53
7	142	Carla Veiga García AROMON Pontevedr	3:06:44	7:27	2:23	6:56	15:20	27:15	14:28	15:27	4:59	4:21	9:02	9:53	15:46	6:49	0:47
				9:01	12:10	23:53	49:27	1:20:36	1:50:14	2:07:26	2:13:53	2:21:28	2:31:36	2:41:05	2:56:54	3:05:50	3:06:44
				9:01	3:09	11:43	25:34	31:09	29:38	17:12	6:27	7:35	10:08	9:29	15:49	8:56	0:54
402	Ana Varela Yáñez	Desc.		7:11	9:38	14:32	26:32	43:28	55:38	1:06:27	1:09:51	1:13:38	1:21:34	1:27:43	1:38:15	1:43:48	1:44:20
	BRIGANTIA A Coruñ			7:11	2:27	4:54	12:00	16:56	12:10	10:49	3:24	3:47	7:56	6:09	10:32	5:33	0:32
19	Luisa Felpeto Gonz	Desc.		5:55	9:21	14:39	34:20	54:21	1:10:56	1:23:28	1:27:47	1:32:44	1:39:18	1:48:17	1:59:01	2:07:32	2:08:13
	FLUVIAL LUGO Lug			5:55	3:26	5:18	19:41	20:01	16:35	12:32	4:19	4:57	6:34	8:59	10:44	8:31	0:41
127	Alicia Pérez Alonso	Desc.		9:50	12:45	21:20	37:09	58:14	1:16:22	1:29:11	1:34:40	1:38:59	1:47:38	2:04:56	2:18:53	2:26:57	2:27:40
	AROMON Pontevedr			9:50	2:55	8:35	15:49	21:05	18:08	12:49	5:29	4:19	8:39	17:18	13:57	8:04	0:43
602	Maite Fraga Lamas	Desc.		13:30	17:59	31:21	1:01:45	1:42:59	2:20:22	2:41:08	2:46:24	2:54:09	3:04:33	3:22:49	3:40:55	3:52:52	3:53:54
	FLUVIAL LUGO Lug			13:30	4:29	13:22	30:24	41:14	37:23	20:46	5:16	7:45	10:24	18:16	18:06	11:57	1:02
307	María Santos Camb	andona		7:40	13:03	26:34	----	----	----	----	----	----	----	----	----	----	1:33:12
	ADC ARNELA Porto			7:40	5:23	13:31											1:06:38
508	Olalla Bello Rodríg	No sale															
	ROBALIZA Cambre																
Mulleres Veteranas A (3)				12,3 km 450 m					11 C								
				1(45)	2(32)	3(54)	4(56)	5(61)	6(58)	7(55)	8(46)	9(47)	10(69)	11(100)	Meta		
1	258	Elena Bujía Rodríg MONTAÑA FERROL	2:05:37	13:47	20:09	28:59	46:19	1:18:01	1:32:07	1:42:33	1:49:58	1:52:54	1:57:04	2:04:35	2:05:37		
				13:47	6:22	8:50	17:20	31:42	14:06	10:26	7:25	2:56	4:10	7:31	1:02		
379	Sonia Gómez Naya	en tarj.		----	----	----	----	2:19:02	----	----	----	----	2:47:18	2:56:00	2:56:46	11:04	
	BRIGANTIA A Coruñ							2:19:02					28:16	8:42	0:46	*34	
				14:05	22:10	43:02	1:38:19	1:53:09	2:09:49	2:14:39	2:26:23	2:34:14					
				*40	*36	*37	*57	*60	*64	*63	*59	*67					
292	Yolanda García Gon	en tarj.		----	----	----	----	2:23:05	----	----	----	----	2:51:28	3:00:00	3:00:48	6:39	
	ADC ARNELA Porto							2:23:05					28:23	8:32	0:48	*34	
				9:32	18:41	45:41	1:42:22	1:57:04	2:13:55	2:18:44	2:30:24	2:38:19					
				*40	*36	*37	*57	*60	*64	*63	*59	*67					
Mulleres Veteranas B (1)				6,3 km 120 m					9 C								
				1(42)	2(45)	3(51)	4(49)	5(44)	6(41)	7(31)	8(43)	9(200)	Meta				
1	454	Soraya Alviarez Mila A PEDROSA ORRO	1:11:42	16:17	23:11	32:47	40:09	44:26	53:03	56:47	1:02:01	1:10:21	1:11:42				
				16:17	6:54	9:36	7:22	4:17	8:37	3:44	5:14	8:20	1:21				
Homes Cadete (5)				5,2 km 80 m					9 C								
				1(42)	2(45)	3(39)	4(49)	5(44)	6(41)	7(31)	8(43)	9(200)	Meta				
1	147	Martin Enrique Alva GALLAECIA RAID A	26:28	3:49	7:59	10:24	13:01	14:49	17:24	19:08	20:58	25:51	26:28				
				3:49	4:10	2:25	2:37	1:48	2:35	1:44	1:50	4:53	0:37				
2	284	Denis Arufe Calo ADC ARNELA Porto	37:07	4:47	9:27	12:56	19:48	22:06	25:58	27:52	30:52	36:21	37:07				
				4:47	4:40	3:29	6:52	2:18	3:52	1:54	3:00	5:29	0:46				
3	99	Xandre Beloso Igle AROMON Pontevedr	39:55	5:35	12:38	15:14	19:05	21:45	26:23	29:00	32:52	39:05	39:55				
				5:35	7:03	2:36	3:51	2:40	4:38	2:37	3:52	6:13	0:50				
4	308	Eloi Serantes Abal ADC ARNELA Porto	1:07:34	7:59	15:46	21:01	29:56	33:35	49:21	52:42	57:43	1:06:24	1:07:34				
				7:59	7:47	5:15	8:55	3:39	15:46	3:21	5:01	8:41	1:10				
625	Pablo Fernández Sá	en tarj.		11:29:38	11:37:20	11:40:50	11:43:42	11:46:22	11:51:49	11:54:01	11:56:34	1:49	2:36	20:08	28:41	45:08	
	FLUVIAL LUGO Lug			11:29:38	7:42	3:30	2:52	2:40	5:27	2:12	2:33	0:47		*73	*64	*49	
				1:04:22	1:14:43	1:31:21	1:45:30	2:16:56	2:25:14	2:37:28							
				*50	*51	*74	*62	*53	*54	*54							
Homes Junior (1)				12,3 km 450 m					11 C								
				1(45)	2(32)	3(54)	4(56)	5(61)	6(58)	7(55)	8(46)	9(47)	10(69)	11(100)	Meta		
1	383	Santiago González BRIGANTIA A Coruñ	1:46:31	7:38	12:34	18:21	37:07	1:08:45	1:21:44	1:26:26	1:34:16	1:36:40	1:40:11	1:45:57	1:46:31		
				7:38	4:56	5:47	18:46	31:38	12:59	4:42	7:50	2:24	3:31	5:46	0:34		

os	rsal	Nombre	Tempo														
Homes Senior (32)				22,5 km 900 m				17 C				<i>(cont.)</i>					
				1(35) 15(68)	2(38) 16(69)	3(33) 17(100)	4(37) Meta	5(52)	6(53)	7(57)	8(60)	9(64)	10(65)	11(63)	12(62)	13(66)	14(67)
280		Jose Antonio Torvis MONTAÑA FERROL	Desc.	6:57 6:57 1:46:01 3:21	9:44 2:47 1:50:39 4:38	17:24 7:40 1:55:19 4:40	29:46 12:22 1:55:55 0:36	37:17 7:31	43:07 5:50 1:25:31 *61	53:37 10:30	1:02:49 9:12	1:13:45 10:56	1:17:11 3:26	1:21:19 4:08	1:28:02 6:43	1:33:01 4:59	1:42:40 9:39
41		Juan José Lafuente FLUVIAL LUGO Lug	Desc.	6:30 6:30 2:10:25 4:47	9:28 2:58 2:17:01 6:36	18:35 9:07 2:22:16 5:15	34:33 15:58 2:22:49 0:33	45:43 11:10	53:42 7:59	1:08:10 14:28	1:20:29 12:19	1:33:00 12:31	1:39:26 6:26	1:43:42 4:16	1:48:20 4:38	1:53:50 5:30	2:05:38 11:48
86		Iago Viana Gonzale FLUVIAL LUGO Lug	Desc.	6:06 6:06 2:11:37 5:47	12:02 5:56 2:18:26 6:49	20:08 8:06 2:24:36 6:10	35:30 15:22 2:25:17 0:41	45:51 10:21	54:48 8:57	1:10:26 15:38	1:25:07 14:41	1:37:49 12:42	1:42:01 4:12	1:46:03 4:02	1:50:09 4:06	1:54:38 4:29	2:05:50 11:12
458		Juan Antonio Doce A PEDROSA ORRO	Desc.	6:17 6:17 2:21:11 4:56	10:15 3:58 2:28:03 6:52	18:39 8:24 2:36:30 8:27	35:18 16:39 2:37:14 0:44	45:55 10:37	56:09 10:14	1:13:00 16:51	1:28:38 15:38	1:42:46 14:08	1:48:13 5:27	1:53:07 4:54	1:57:57 4:50	2:03:50 5:53	2:16:15 12:25
475		Manuel Arias Rodil C.O.CO A Coruña	andona	4:05 4:05 -----	6:56 2:51 -----	15:14 8:18 -----	27:55 12:41 -----	37:07 9:12	44:12 7:05	58:00 13:48	-----	-----	-----	-----	-----	-----	-----
523		Ramón Ángel Garcí GALLAECIA RAID A	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
143		José Javier Vera Mu AROMON Pontevedr	andona	8:32 8:32 -----	11:16 2:44 -----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
542		Alexandre Camean JARNACHAS Arteixo	andona	25:38 25:38 -----	35:44 10:06 -----	46:32 10:48 -----	1:03:20 16:48	1:14:31 11:11	1:22:20 7:49	-----	-----	-----	-----	-----	-----	-----	-----
322		Marcos Vinagre Rey FAICAMIÑO A Coruñ	No sale														
560		Angel Soto Boullos AROMON Pontevedr	No sale														
112		Ricardo Figueroa F AROMON Pontevedr	No sale														
374		Sergio Del Arco Mar BRIGANTIA A Coruñ	No sale														
254		Francisco Abeal Na MONTAÑA FERROL	No sale														
Homes Veteráns A (26)				17,2 km 650 m				13 C									
				1(34)	2(40)	3(36)	4(37)	5(57)	6(60)	7(64)	8(63)	9(61)	10(59)	11(67)	12(69)	13(100)	Meta
1	437	Francisco Varela Lo SEO Ordes	1:35:39	4:49 4:49	7:03 2:14	12:31 5:28	24:22 11:51	41:04 16:42	52:23 11:19	1:03:05 10:42	1:06:04 2:59	1:09:13 3:09	1:14:13 5:00	1:21:49 7:36	1:30:17 8:28	1:35:03 4:46	1:35:39 0:36
2	98	Manuel Beloso Garc AROMON Pontevedr	1:39:12	4:58 4:58	7:16 2:18	13:38 6:22	24:53 11:15	41:40 16:47	54:06 12:26	1:05:28 11:22	1:08:44 3:16	1:11:54 3:10	1:18:07 6:13	1:23:21 5:14	1:32:14 8:53	1:38:31 6:17	1:39:12 0:41
3	108	Antonio Dominguez AROMON Pontevedr	1:40:08	6:29 6:29	8:24 1:55	14:03 5:39	25:06 11:03	43:15 18:09	54:48 11:33	1:05:12 10:24	1:08:23 3:11	1:11:49 3:26	1:18:18 6:29	1:23:37 5:19	1:32:10 8:33	1:38:59 6:49	1:40:08 1:09
4	439	Carlos Viqueira No SEO Ordes	1:44:12	5:42 5:42	7:53 2:11	15:22 7:29	26:23 11:01	44:59 18:36	58:21 13:22	1:11:21 13:00	1:14:25 3:04	1:17:50 3:25	1:23:54 6:04	1:29:41 5:47	1:38:15 8:34	1:43:43 5:28	1:44:12 0:29
5	200	José Maria Álvarez UNIVERSIDAD DE V	1:46:47	18:49 18:49	20:52 2:03	26:52 6:00	38:31 11:39	53:38 15:07	1:03:38 10:00	1:13:21 9:43	1:17:03 3:42	1:21:49 4:46	1:27:30 5:41	1:33:06 5:36	1:41:14 8:08	1:46:16 5:02	1:46:47 0:31
6	626	José Manuel Fernán FLUVIAL LUGO Lug	1:48:44	5:31 5:31	7:32 2:01	13:14 5:42	32:59 19:45	51:06 18:07	1:02:53 11:47	1:16:06 13:13	1:19:03 2:57	1:22:35 3:32	1:28:41 6:06	1:34:24 5:43	1:43:23 8:59	1:48:11 4:48	1:48:44 0:33
7	272	David Perez Marcot MONTAÑA FERROL	1:54:31	5:34 5:34	8:02 2:28	13:39 5:37	30:22 16:43	49:03 18:41	1:01:08 12:05	1:12:22 11:14	1:16:56 4:34	1:20:36 3:40	1:27:18 6:42	1:39:57 12:39	1:49:13 9:16	1:53:56 4:43	1:54:31 0:35
8	368	Miguel Casal Casal BRIGANTIA A Coruñ	1:58:38	5:55 5:55	8:11 2:16	15:44 7:33	32:42 16:58	50:18 17:36	1:03:04 12:46	1:16:35 13:31	1:20:49 4:14	1:24:47 3:58	1:35:01 10:14	1:41:07 6:06	1:53:04 11:57	1:58:03 4:59	1:58:38 0:35
9	115	Jovino Gonzalez C AROMON Pontevedr	2:00:36	5:09 5:09	7:53 2:44	19:06 11:13	34:03 14:57	54:48 20:45	1:08:01 13:13	1:20:24 12:23	1:24:26 4:02	1:28:07 3:41	1:33:47 5:40	1:43:55 10:08	1:53:46 9:51	1:59:56 6:10	2:00:36 0:40
10	229	Javier Arufe Varela APA LICEO A Coruñ	2:04:58	5:19 5:19	7:28 2:09	15:12 7:44	28:08 12:56	50:29 22:21	1:05:46 15:17	1:22:39 16:53	1:26:28 3:49	1:30:28 4:00	1:37:00 6:32	1:45:32 8:32	1:58:00 12:28	2:04:15 6:15	2:04:58 0:43
11	224	German Pérez Juste UNIVERSIDAD DE V	2:08:32	5:58 5:58	8:37 2:39	18:20 9:43	35:10 16:50	54:00 18:50	1:08:24 14:24	1:19:51 11:27	1:24:12 4:21	1:27:59 3:47	1:35:31 7:32	1:44:32 9:01	1:58:43 14:11	2:07:45 9:02	2:08:32 0:47
12	171	Eduardo Santiago GALLAECIA RAID A	2:09:41	16:22 16:22	18:40 2:18	24:46 6:06	45:45 20:59	1:03:35 17:50	1:17:46 14:11	1:30:44 12:58	1:34:25 3:41	1:38:11 3:46	1:44:45 6:34	1:53:06 8:21	2:03:59 10:53	2:09:10 5:11	2:09:41 0:31
13	36	Leandro González FLUVIAL LUGO Lug	2:15:42	5:41 5:41	8:30 2:49	15:31 7:01	30:40 15:09	58:47 28:07	1:13:44 14:57	1:29:30 15:46	1:34:11 4:41	1:40:49 6:38	1:47:02 6:13	1:55:08 8:06	2:08:04 12:56	2:14:57 6:53	2:15:42 0:45
14	296	Santiago Amador O ADC ARNELA Porto	2:28:01	7:17 7:17	10:44 3:27	18:50 8:06	41:09 22:19	1:02:08 20:59	1:14:40 12:32	1:28:03 13:23	1:32:26 4:23	1:36:56 4:30	1:46:13 9:17	1:56:52 10:39	2:20:13 23:21	2:27:07 6:54	2:28:01 0:54
15	556	Lino Fontan Guiao AROMON Pontevedr	2:37:15	26:46 26:46	30:08 3:22	38:55 8:47	53:08 14:13	1:16:39 23:31	1:33:26 16:47	1:51:56 18:30	1:56:33 4:37	2:00:09 3:36	2:05:55 5:46	2:15:49 9:54	2:29:39 13:50	2:36:18 6:39	2:37:15 0:57

os	rsal	Nombre	Tempo														Meta	
Homes Veteráns A (26)				17,2 km 650 m			13 C			<i>(cont.)</i>								
				1(34)	2(40)	3(36)	4(37)	5(57)	6(60)	7(64)	8(63)	9(61)	10(59)	11(67)	12(69)	13(100)		
306		Alberto Santos Blan ADC ARNELA Porto	en tarj.	22:35 22:35	42:50 20:15	0:00	14:26	33:11	45:16	57:05	1:01:00	1:04:12	1:12:14	1:18:42	1:26:59	1:32:28	1:33:02	
					9:50 *58	11:52 *57	25:37 *35	33:39 *60	35:08 *61	35:53 *38	55:47 *55	58:33 *41	1:02:29 *47	1:05:08 *43	1:06:58 *44	1:15:58 *45	1:22:48 *46	
				1:24:36 *100	0:00 *34													
271		Fernando Perez Dia MONTAÑA FERROL	Desc.	4:47 4:47	6:38	11:19	24:03	41:25	52:32	1:03:52	1:07:55	1:11:04	1:17:16	1:21:41	1:32:43	1:37:08	1:37:41	
233		David Casado Brav APA LICEO A Coruña	Desc.	5:03	7:35	12:59	25:50	43:30	1:00:20	1:11:17	1:14:40	1:18:31	1:24:07	1:29:14	1:43:26	1:48:49	1:49:31	
				5:03	2:32	5:24	12:51	17:40	16:50	10:57	3:23	3:51	5:36	5:07	14:12	5:23	0:42	
434		Jose Manuel Amor SEO Ordes	Desc.	8:24	11:40	19:57	41:27	1:01:33	1:13:36	1:26:48	1:32:50	1:37:22	1:44:20	1:50:43	2:00:16	2:07:59	2:08:38	
				8:24	3:16	8:17	21:30	20:06	12:03	13:12	6:02	4:32	6:58	6:23	9:33	7:43	0:39	
480		Manuel Sancosmed C.O.CO A Coruña	Desc.	7:49	10:27	15:06	33:43	55:11	1:10:50	1:24:50	1:29:50	1:36:27	1:44:58	1:51:21	2:03:58	2:10:21	2:10:56	
				7:49	2:38	4:39	18:37	21:28	15:39	14:00	5:00	6:37	8:31	6:23	12:37	6:23	0:35	
406		Luis Villar Esmoris BRIGANTIA A Coruña	Desc.	5:53	8:26	23:25	37:13	59:53	1:13:49	1:27:33	1:33:22	1:42:36	1:49:15	1:56:17	2:06:38	2:12:47	2:13:24	
				5:53	2:33	14:59	13:48	22:40	13:56	13:44	5:49	9:14	6:39	7:02	10:21	6:09	0:37	
11		José Manuel Caama FLUVIAL LUGO Lug	Desc.	7:33	10:28	19:23	46:51	1:43:32	2:01:03	2:22:10	2:28:22	2:33:07	2:44:21	2:54:17	3:08:11	3:17:28	3:18:25	
				7:33	2:55	8:55	27:28	56:41	17:31	21:07	6:12	4:45	11:14	9:56	13:54	9:17	0:57	
51		José Manuel Nogue FLUVIAL LUGO Lug	andona	7:34	9:39	15:46	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				7:34	2:05	6:07												
420		Jose Miguel López ARTABROS A Coruña	No sale															
353		Jose Luis Mata Núñ TREVINCA O Barco	No sale															
316		Celso Lopez Vazqu FAICAMIÑO A Coruña	No sale															
Homes Veteráns B (9)				12,1 km 340 m			13 C											
				1(34)	2(38)	3(36)	4(45)	5(39)	6(59)	7(54)	8(50)	9(49)	10(48)	11(41)	12(43)	13(200)	Meta	
1	91	Javier Alvelo Fragu AROMON Pontevedr	1:19:20	5:44	10:57	16:55	26:20	28:43	47:45	55:53	59:16	1:03:42	1:06:53	1:09:06	1:13:44	1:18:38	1:19:20	
				5:44	5:13	5:58	9:25	2:23	19:02	8:08	3:23	4:26	3:11	2:13	4:38	4:54	0:42	
2	381	Evaristo Gonzalez F BRIGANTIA A Coruña	1:23:01	9:17	13:00	21:47	30:50	33:23	51:58	58:01	1:02:14	1:06:30	1:10:33	1:12:53	1:17:04	1:22:20	1:23:01	
				9:17	3:43	8:47	9:03	2:33	18:35	6:03	4:13	4:16	4:03	2:20	4:11	5:16	0:41	
3	79	Eugenio A. Rodríguez FLUVIAL LUGO Lug	1:27:11	6:33	9:42	18:23	32:18	34:40	50:47	59:50	1:03:51	1:09:04	1:12:51	1:17:17	1:21:21	1:26:16	1:27:11	
				6:33	3:09	8:41	13:55	2:22	16:07	9:03	4:01	5:13	3:47	4:26	4:04	4:55	0:55	
4	61	Pedro Parga Andón FLUVIAL LUGO Lug	1:31:24	6:43	13:32	21:25	36:11	37:50	57:40	1:05:07	1:08:57	1:11:06	1:14:43	1:16:57	1:25:17	1:30:40	1:31:24	
				6:43	6:49	7:53	14:46	1:39	19:50	7:27	3:50	2:09	3:37	2:14	8:20	5:23	0:44	
5	106	Gilberto Diaz Falco AROMON Pontevedr	1:57:32	7:56	12:49	26:27	41:36	44:53	1:09:32	1:22:18	1:27:10	1:33:15	1:39:01	1:42:35	1:48:12	1:56:33	1:57:32	
				7:56	4:53	13:38	15:09	3:17	24:39	12:46	4:52	6:05	5:46	3:34	5:37	8:21	0:59	
6	457	Juan Carlos Carball A PEDROSA ORRO	1:57:36	10:05	18:28	29:39	45:50	48:50	1:17:46	1:28:10	1:33:22	1:35:54	1:40:42	1:43:53	1:49:01	1:56:45	1:57:36	
				10:05	8:23	11:11	16:11	3:00	28:56	10:24	5:12	2:32	4:48	3:11	5:08	7:44	0:51	
7	309	Camilo Serantes Ma ADC ARNELA Porto	2:02:57	6:29	11:57	20:50	30:47	33:27	1:23:20	1:30:18	1:36:58	1:39:48	1:43:19	1:45:44	1:56:58	2:02:12	2:02:57	
				6:29	5:28	8:53	9:57	2:40	49:53	6:58	6:40	2:50	3:31	2:25	11:14	5:14	0:45	
110		Javier Fernández C AROMON Pontevedr	en tarj.	10:49	15:35	38:24	59:13	1:02:40	1:33:22	1:43:26	1:49:18	1:51:44	1:56:47	2:00:02	2:18:14	2:26:57		
				10:49	4:46	22:49	20:49	3:27	30:42	10:04	5:52	2:26	5:03	3:15	18:12	8:43		
479		José Manuel Sanco C.O.CO A Coruña	Desc.	5:15	12:59	17:53	29:44	32:08	51:32	59:23	1:03:21	1:05:20	1:08:45	1:11:24	1:15:28	1:20:32	1:21:19	
				5:15	7:44	4:54	11:51	2:24	19:24	7:51	3:58	1:59	3:25	2:39	4:04	5:04	0:47	
				19:47 *41														
Iniciación Corta (5)				5,0 km 50 m			7 C											
				1(42)	2(39)	3(44)	4(41)	5(31)	6(43)	7(200)							Meta	
1	369	Antonio Casal Mont BRIGANTIA A Coruña	1:01:11	14:39	23:57	27:11	35:21	42:54	49:10	59:07	1:01:11							
				14:39	9:18	3:14	8:10	7:33	6:16	9:57	2:04							
2	370	Roberto Casal Mont BRIGANTIA A Coruña	1:01:14	14:45	24:00	27:42	35:51	42:54	50:10	59:43	1:01:14							
				14:45	9:15	3:42	8:09	7:03	7:16	9:33	1:31							
3	810	Silvia Casanova Ca BRIGANTIA A Coruña	1:01:25	15:14	24:17	27:29	36:07	42:50	50:01	59:48	1:01:25							
				15:14	9:03	3:12	8:38	6:43	7:11	9:47	1:37							
510		Miguel Camblor Qui ROBALIZA Cambre	No sale															
391		Sofía Martínez Góm BRIGANTIA A Coruña	No sale															
Iniciación Longa (19)				12,3 km 450 m			11 C											
				1(45)	2(32)	3(54)	4(56)	5(61)	6(58)	7(55)	8(46)	9(47)	10(69)	11(100)			Meta	
1	808	Bruno Portela Lope FLUVIAL LUGO Lug	1:35:51	8:07	13:10	20:02	30:12	1:02:32	1:10:58	1:17:32	1:23:03	1:25:28	1:28:05	1:35:10	1:35:51			
				8:07	5:03	6:52	10:10	32:20	8:26	6:34	5:31	2:25	2:37	7:05	0:41			
2	805	M. Antonio Piñeiro ADC ARNELA Porto	1:38:02	6:17	9:59	17:00	24:00	1:08:05	1:15:30	1:22:29	1:28:18	1:30:31	1:33:13	1:37:26	1:38:02			
				6:17	3:42	7:01	7:00	44:05	7:25	6:59	5:49	2:13	2:42	4:13	0:36			
3	807	Pablo Baamonde Ar INDEPEN Galicia	1:48:23	6:34	10:34	17:59	32:44	1:07:30	1:15:35	1:28:56	1:37:45	1:39:59	1:42:05	1:47:45	1:48:23			
				6:34	4:00	7:25	14:45	34:46	8:05	13:21	8:49	2:14	2:06	5:40	0:38			
4	435	Barbara Del Puerto SEO Ordes	1:51:10	10:21	15:50	22:56	34:58	1:11:33	1:22:59	1:32:02	1:36:58	1:40:11	1:43:17	1:50:13	1:51:10			
				10:21	5:29	7:06	12:02	36:35	11:26	9:03	4:56	3:13	3:06	6:56	0:57			
5	557	Aique González Co AROMON Pontevedr	1:53:46	10:33	16:19	26:25	42:59	1:13:44	1:25:14	1:32:19	1:42:06	1:44:12	1:46:15	1:53:04	1:53:46			
				10:33	5:46	10:06	16:34	30:45	11:30	7:05	9:47	2:06	2:03	6:49	0:42			

Pos	Clas	Nombre	Tiempo	1(45)	2(32)	3(54)	4(56)	5(61)	6(58)	7(55)	8(46)	9(47)	10(69)	11(100)	Meta
Iniciación Longa (19)															
				12,3 km 450 m 11 C (cont.)											
6	802	Rodrigo Mosquera INDEPEN Galicia	2:12:31	10:47	18:25	26:01	48:05	1:25:07	1:39:20	1:45:46	1:52:11	1:57:25	2:01:13	2:11:33	2:12:31
7	187	Manuel Pedre Vazq GALLAECIA RAID A	2:22:20	10:47	7:38	7:36	22:04	37:02	14:13	6:26	6:25	5:14	3:48	10:20	0:58
8	806	Brais Meizoso Rodr INDEPEN Galicia	2:32:54	12:19	21:35	34:41	45:59	1:25:50	1:35:58	1:42:32	2:09:21	2:13:58	2:16:26	2:21:27	2:22:20
9	803	Jorge Abeal Orgeira JARNACHAS Arteixo	2:34:40	12:19	9:16	13:06	11:18	39:51	10:08	6:34	26:49	4:37	2:28	5:01	0:53
10	800	Carlos Iglesias Muñ ROBALIZA Cambre	2:39:07	19:15	25:05	1:03:07	1:11:33	1:47:12	2:06:23	2:11:33	2:20:15	2:25:00	2:26:58	2:32:16	2:32:54
11	646	Alexia Loureiro Gar ROBALIZA Cambre	2:39:12	19:15	5:50	38:02	8:26	35:39	19:11	5:10	8:42	4:45	1:58	5:18	0:38
12	809	Hector Casanova B BRIGANTIA A Coruñ	3:02:38	7:44	11:29	20:04	29:40	2:00:10	2:06:08	2:16:21	2:23:13	2:25:10	2:27:54	2:33:57	2:34:40
13	76	César Rodríguez Ló FLUVIAL LUGO Lug	3:14:05	7:44	3:45	8:35	9:36	1:30:30	5:58	10:13	6:52	1:57	2:44	6:03	0:43
14	165	Sandra Fariña Balsa GALLAECIA RAID A	3:19:19	11:25	19:08	30:24	45:57	1:31:42	1:50:34	2:02:25	2:13:34	2:18:37	2:24:04	2:38:07	2:39:07
386		Rui González Souto BRIGANTIA A Coruñ	Desc.	11:27	7:34	11:35	15:17	45:49	18:21	12:52	10:52	4:53	5:36	13:43	1:13
385		Germán González S BRIGANTIA A Coruñ	Desc.	11:27	7:34	11:35	15:17	45:49	18:21	12:52	10:52	4:53	5:36	13:43	1:13
384		Rodrigo González BRIGANTIA A Coruñ	Desc.	15:53	21:50	38:07	1:10:51	1:55:30	2:13:11	2:25:25	2:37:41	2:42:00	2:48:09	3:01:34	3:02:38
801		Felipe Salgado Pen INDEPEN Galicia	No sale	15:53	5:57	16:17	32:44	44:39	17:41	12:14	12:16	4:19	6:09	13:25	1:04
804		Esteban Garrido Ba SEO Ordes	No sale	14:43	27:08	39:01	52:47	2:05:24	2:25:54	2:37:36	2:56:18	2:59:11	3:01:46	3:12:57	3:14:05
				14:43	12:25	11:53	13:46	1:12:37	20:30	11:42	18:42	2:53	2:35	11:11	1:08
				13:11	22:23	31:24	1:27:24	2:12:11	2:30:03	2:42:48	2:53:23	2:58:35	3:04:31	3:18:09	3:19:19
				12:33	24:50	42:07	1:05:59	2:31:32	2:43:39	2:52:13	3:00:12	3:10:05	3:13:20	3:22:10	3:23:11
				12:33	12:17	17:17	23:52	1:25:33	12:07	8:34	7:59	9:53	3:15	8:50	1:01
				16:05	28:38	45:26	1:08:58	2:34:28	----	2:55:33	3:03:22	3:13:16	3:16:31	3:25:20	3:26:15
				16:05	12:33	16:48	23:32	1:25:30		21:05	7:49	9:54	3:15	8:49	0:55
				51:35	1:03:16	1:20:26	1:44:02	3:09:58	3:22:05	3:30:47	3:38:36	3:48:31	3:51:45	4:00:25	4:01:30
				51:35	11:41	17:10	23:36	1:25:56	12:07	8:42	7:49	9:55	3:14	8:40	1:05

2:43:32
*471:53:42
*60