

os		rsal	Nombre	Tempo											
				24,4 km	14 C	(cont.)									
				1(31) Meta	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	
Elite M-E (12)															
9	547		Rodriguez Pena, Jose Maria VIZHOJA-CORNELIO As Neves	2:36:21	21:16 21:16 2:36:21 0:42	31:03 9:47	44:55 13:52	1:07:03 22:08	1:11:58 4:55	1:24:46 12:48	1:31:47 7:01	1:41:39 9:52	1:56:30 14:51	2:06:45 10:15	2:20:49 14:04
10	192		Castrillo Arias, Pedro COCO A Coruña	2:44:20	16:13 16:13 2:44:20 0:34	27:37 11:24	43:34 15:57	58:23 14:49	1:04:57 6:34	1:19:38 14:41	1:28:47 9:09	1:42:03 13:16	1:52:46 10:43	2:02:31 9:45	2:21:59 19:28
	418		Candal Viqueira, Alberto SEO Ordes	No sale											
	402		Taboada Pintor, Alberto OPBZ Betanzos	No sale											
Senior M-21 (8)															
				21,8 km	11 C										
				1(31)	2(37)	3(38)	4(39)	5(34)	6(35)	7(36)	8(32)	9(33)	10(43)	11(100)	
1	203		Amarelle Garabán, Roberto FLUVIAL_LUGO Lugo	2:10:09	11:32 11:32	20:08 8:36	30:01 9:53	44:04 14:03	59:39 15:35	1:05:44 6:05	1:21:25 15:41	1:34:03 12:38	1:47:46 13:43	2:03:48 16:02	2:09:36 5:48
2	149		Alonso Carrasco, Miguel BG Vilalba	2:11:51	13:16 13:16	21:45 8:28	35:25 13:40	45:26 10:00	58:07 12:41	1:03:47 5:39	1:21:22 17:35	1:33:33 12:10	1:50:29 16:55	2:05:22 14:52	2:11:23 6:01
3	123		Fernandez Rego, David ADC_ARNELA Porto do Son	2:17:15	12:58 12:58	24:53 11:55	36:45 11:52	45:40 8:55	58:21 12:41	1:03:47 5:26	1:18:00 14:13	1:41:46 23:46	1:56:04 14:18	2:10:47 14:43	2:16:46 5:59
4	81		Verde Lareu, Roberto AROMON Pontevedra	2:41:24	16:15 16:15	27:16 11:01	40:55 13:39	52:05 11:10	1:08:40 16:35	1:15:19 6:39	1:35:37 20:18	1:52:47 17:10	2:14:18 21:31	2:32:44 18:26	2:40:42 7:58
5	151		Carballeiro Mugico, Javier BG Vilalba	2:45:23	16:49 16:49	27:36 10:47	41:03 13:26	58:41 17:37	1:15:23 16:41	1:21:49 6:26	1:41:35 19:46	2:01:09 19:34	2:20:26 19:16	2:37:58 17:31	2:44:52 6:54
	292		Dopico Pena, Andres GALLAECIA_RAID a coruña	Abandona	28:14 28:14	37:37 9:22	51:01 13:23	1:02:26 11:25	1:19:24 16:58	1:27:58 8:33	-----	-----	-----	-----	1:39:29 11:31
	323		Olarza Costa, Pablo GALLAECIA_RAID a coruña	No sale											
	120		Baamonde Arufe, Pablo ADC_ARNELA Porto do Son	No sale											
Veteráns A M-40 (28)															
				21,8 km	11 C										
				1(31)	2(37)	3(38)	4(39)	5(34)	6(35)	7(36)	8(32)	9(33)	10(43)	11(100)	
1	128		Lareo Martinez, David ADC_ARNELA Porto do Son	1:41:51	9:38 9:38	16:25 6:47	25:32 9:06	33:45 8:13	44:56 11:10	49:53 4:57	1:02:38 12:44	1:11:24 8:46	1:23:04 11:39	1:36:01 12:57	1:41:28 5:27
2	138		Piñeiro Pouso, M. Antonio ADC_ARNELA Porto do Son	1:44:01	11:31 11:31	18:15 6:44	27:46 9:31	36:09 8:22	47:04 10:55	51:38 4:33	1:05:19 13:40	1:14:40 9:21	1:26:41 12:00	1:38:59 12:17	1:43:43 4:43
3	179		Paz Guzmán, Julio BRIGANTIA A Coruña	1:51:35	10:56 10:56	17:50 6:54	26:29 8:39	34:37 8:08	47:38 13:01	53:26 5:48	1:07:00 13:34	1:18:14 11:14	1:31:28 13:14	1:45:10 13:42	1:51:08 5:58
4	219		Fernández Souto, José Manuel FLUVIAL_LUGO Lugo	1:51:56	12:51 12:51	20:23 7:32	29:33 9:09	38:48 9:15	49:29 10:41	54:41 5:11	1:08:39 13:58	1:19:38 10:58	1:33:51 14:12	1:46:26 12:35	1:51:36 5:10
5	553		Torviso Berdeal, Jose Antonio VIZHOJA-CORNELIO As Neves	1:53:21	12:38 12:38	18:45 6:07	27:51 9:05	38:55 11:03	52:09 13:14	56:55 4:45	1:09:53 12:58	1:21:00 11:07	1:32:49 11:48	1:47:04 14:14	1:52:58 5:54
6	327		Pedre Vazquez, Manuel GALLAECIA_RAID a coruña	1:59:50	9:43 9:43	16:49 7:05	27:03 10:14	36:17 9:13	49:46 13:28	1:00:27 10:40	1:14:11 13:44	1:27:27 13:16	1:39:34 12:06	1:53:54 14:20	1:59:30 5:36
7	26		Beloso García, Manuel AROMON Pontevedra	2:01:41	10:36 10:36	18:13 7:37	33:03 14:50	42:12 9:09	53:05 10:53	58:28 5:23	1:13:56 15:28	1:25:04 11:08	1:41:59 16:55	1:55:04 13:05	2:01:14 6:10
8	181		Sánchez Díaz, Ricardo BRIGANTIA A Coruña	2:08:01	13:31 13:31	21:46 8:14	33:21 11:35	41:59 8:37	57:30 15:31	1:03:37 6:07	1:19:29 15:52	1:32:09 12:39	1:46:51 14:42	2:01:53 15:02	2:07:33 5:40
9	211		Fernandez Arias, Diego FLUVIAL_LUGO Lugo	2:10:30	11:58 11:58	21:10 9:12	36:54 15:44	46:43 9:49	59:34 12:51	1:05:02 5:28	1:20:30 15:28	1:32:10 11:40	1:46:21 14:11	2:03:51 17:30	2:10:00 6:09
10	271		Varela, Bartolome FLUVIAL_LUGO Lugo	2:19:10	18:11 18:11	26:51 8:39	38:37 11:46	48:37 10:00	1:01:25 12:47	1:06:12 4:47	1:26:51 20:39	1:40:14 13:22	1:56:37 16:22	2:12:20 15:43	2:18:48 6:28
11	566		Casal Fernández, Francisco Jav AROMON Pontevedra	2:20:44	13:25 13:25	23:34 10:09	39:17 15:43	49:33 10:16	1:03:26 13:53	1:09:19 5:53	1:28:06 18:47	1:42:41 14:35	1:57:25 14:44	2:13:47 16:22	2:20:10 6:23
12	39		Figueroa Fernández, Ricardo AROMON Pontevedra	2:21:55	12:45 12:45	21:19 8:34	33:46 12:27	43:46 9:59	1:00:16 16:29	1:07:39 7:22	1:25:09 17:30	1:41:09 15:59	1:59:29 18:19	2:15:02 15:33	2:21:33 6:30
13	830		López Fernández, Antonio MONTAÑA_FERROL Ferrol	2:28:02	13:21 13:21	24:08 10:46	36:30 12:22	46:15 9:44	1:02:46 16:31	1:09:35 6:48	1:26:26 16:50	1:39:47 13:20	1:57:48 18:01	2:19:49 22:01	2:27:24 7:34
14	286		Chas Gómez, Roberto GALLAECIA_RAID a coruña	2:28:53	12:11 12:11	28:21 16:10	37:55 9:33	46:16 8:21	59:15 12:58	1:04:49 5:34	1:20:28 15:38	1:32:15 11:47	2:04:14 31:58	2:22:04 17:50	2:28:25 6:21
15	312		López Vázquez, Jesús GALLAECIA_RAID a coruña	2:34:47	13:43 13:43	25:42 11:59	41:31 15:49	54:06 12:35	1:10:38 16:32	1:18:32 7:54	1:37:08 18:36	1:51:13 14:05	2:10:20 19:07	2:27:29 17:09	2:34:11 6:42
16	331		Rioboo Iglesias, Daniel GALLAECIA_RAID a coruña	2:42:08	13:26 13:26	28:22 14:56	40:09 11:46	49:12 9:02	1:09:03 19:51	1:16:18 7:14	1:38:51 22:32	1:53:40 14:49	2:12:14 18:34	2:35:16 23:01	2:41:43 6:26
17	352		Antón Casado, Arturo IES_SABON Arteixo. A Coruña	2:44:13	34:42 34:42	43:42 9:00	57:07 13:25	1:07:04 9:57	1:25:27 18:23	1:32:52 7:25	1:50:58 18:06	2:06:52 15:54	2:22:25 15:33	2:37:28 15:03	2:43:43 6:15
18	507		Pérez Juste, German U-VIGO Vigo	2:51:00	14:18 14:18	24:51 10:33	37:12 12:21	47:02 9:50	1:02:32 15:30	1:09:31 6:59	1:47:53 38:22	2:05:15 17:22	2:23:12 17:57	2:43:44 20:32	2:51:02 7:18
19	288		Cobas García, Roberto GALLAECIA_RAID a coruña	2:54:22	28:33 28:33	40:08 11:34	57:21 17:13	1:08:16 10:55	1:23:54 15:38	1:30:26 6:31	1:50:21 19:55	2:07:55 17:34	2:24:14 16:18	2:46:50 22:36	2:53:45 6:55
20	904		Fernandez Arias, Pedro Jesus ASTUR EXTREM Asturias	3:03:22	14:10 14:10	25:18 11:08	41:05 15:47	53:21 12:16	1:11:07 17:46	1:18:55 7:48	1:39:58 21:03	1:58:13 18:15	2:30:46 32:33	2:54:09 23:23	3:02:43 8:34
21	243		Montouto Gonzalez, Jose Carlo	3:15:08	13:48	36:38	50:20	59:27	1:14:38	1:20:37	1:46:48	2:05:23	2:23:09	3:08:03	3:14:32

os		rsal	Nombre	Tiempo											
Veteráns A M-40 (28)				21,8 km	11 C	<i>(cont.)</i>									
				1(31)	2(37)	3(38)	4(39)	5(34)	6(35)	7(36)	8(32)	9(33)	10(43)	11(100)	
			FLUVIAL_LUGO Lugo	13:48	22:50	13:42	9:07	15:11	5:59	26:11	18:35	17:46	44:54	6:29	
422			Morián Rodríguez, Jose Angel SEO Ordes	Error en tarj.	18:07	25:54	-----	45:46	55:53	1:00:37	1:18:01	1:37:21	-----	1:56:54	2:02:29
145			Varela Ferreiro, Jorge Manrique ADC_ARNELA Porto do Son	Abandona	18:42	29:09	42:30	55:05	1:23:10	1:29:59	-----	-----	-----	-----	1:50:33
135			Oujo Pouso, Gelasio ADC_ARNELA Porto do Son	Abandona	1:13:15	1:22:47	1:39:08	2:11:12	2:27:37	2:34:27	-----	-----	-----	-----	2:39:42
91			Gómez Ramos, Antonio ARTABROS A Coruña	No sale	1:13:15	9:32	16:21	32:04	16:25	6:50					5:15
289			Diz López, Francisco GALLAECIA_RAID a coruña	No sale											
339			Silvarrey Redondo, Fernando GALLAECIA_RAID a coruña	No sale											
356			Ramos Asensio, Luis Javier IES_SABON Arteixo. A Coruña	No sale											
Veteráns B M-50 (11)				14,3 km	10 C										
				1(31)	2(37)	3(33)	4(40)	5(41)	6(42)	7(34)	8(35)	9(47)	10(100)	Meta	
1	280		Álvarez Estévez, Enrique Luis GALLAECIA_RAID a coruña	1:16:57	10:22	17:07	32:51	44:47	56:41	1:00:54	1:07:45	1:12:24	1:14:53	1:16:36	1:16:57
2	268		Varela Lorenzo, Francisco FLUVIAL_LUGO Lugo	1:24:50	10:16	17:22	31:17	44:46	57:55	1:02:20	1:14:28	1:19:56	1:22:30	1:24:27	1:24:50
3	301		González Miramontes, Eduardo GALLAECIA_RAID a coruña	1:27:36	12:44	19:51	39:17	50:34	1:03:42	1:10:00	1:17:28	1:22:51	1:25:24	1:27:17	1:27:36
4	425		Viqueira Nouche, Carlos SEO Ordes	1:28:48	11:42	20:06	38:06	49:01	1:06:15	1:10:43	1:17:55	1:23:13	1:26:29	1:28:27	1:28:48
5	375		López Peiteado, Antonio Javier MONTAÑA_FERROL Ferrol	1:29:21	11:54	19:08	35:42	48:02	1:03:25	1:08:19	1:19:40	1:24:27	1:27:01	1:28:54	1:29:21
6	424		Souto Pol, Horacio SEO Ordes	1:34:57	13:49	22:00	37:23	54:32	1:09:58	1:14:13	1:24:23	1:29:58	1:32:46	1:34:34	1:34:57
7	421		Míguez Cristóbal, José Luís SEO Ordes	1:52:17	20:22	31:13	51:16	1:10:00	1:24:47	1:29:11	1:38:46	1:46:04	1:49:46	1:51:51	1:52:17
8	144		Serantes Maneiro, Camilo ADC_ARNELA Porto do Son	1:56:00	22:26	31:01	50:10	1:08:02	1:21:21	1:26:22	1:44:56	1:50:21	1:53:16	1:55:26	1:56:00
9	223		Fouz Rodríguez, Marcos FLUVIAL_LUGO Lugo	1:58:13	14:58	27:57	51:04	1:07:59	1:25:49	1:32:48	1:44:03	1:50:38	1:55:10	1:57:36	1:58:13
10	504		Peláez Méndez, Patricio U-VIGO Vigo	2:00:03	21:02	32:09	54:32	1:11:15	1:27:49	1:33:56	1:47:15	1:54:05	1:57:41	1:59:39	2:00:03
653			Ricoy Bugarín, José Antonio AROMON Pontevedra	No sale	21:02	11:06	22:22	16:43	16:34	6:06	13:19	6:50	3:36	1:57	0:24
Veteráns C M-60 (4)				12,2 km	10 C										
				1(36)	2(37)	3(46)	4(40)	5(52)	6(41)	7(34)	8(35)	9(47)	10(100)	Meta	
1	249		Parga Andón, Pedro FLUVIAL_LUGO Lugo	1:14:54	10:56	19:29	30:44	34:11	49:00	54:35	1:03:28	1:09:31	1:12:30	1:14:31	1:14:54
2	259		Rodríguez Núñez, Eugenio A. FLUVIAL_LUGO Lugo	1:35:22	15:50	26:08	40:12	44:33	1:04:48	1:11:45	1:22:24	1:28:33	1:32:21	1:34:44	1:35:22
3	114		Carballo Fernández, Juan Carlo A_PEDROSA_ORRO Culleredo A	1:49:19	14:29	25:35	42:41	46:49	1:12:33	1:19:27	1:36:00	1:43:00	1:46:27	1:48:47	1:49:19
318			Mourente Prieto, Roberto GALLAECIA_RAID a coruña	Abandona	27:02	40:40	1:11:17	1:17:26	2:11:34	-----	-----	-----	-----	2:57:03	2:57:49
					27:02	13:37	30:37	6:08	54:08					45:28	0:46
Cadete F-15 (3)				6,1 km	8 C										
				1(48)	2(49)	3(50)	4(51)	5(43)	6(35)	7(47)	8(100)	Meta			
1	390		Casado Nuñez, Eva OPBZ Betanzos	44:48	3:54	8:00	20:46	28:23	34:06	37:44	41:48	44:21	44:48		
2	247		Nogueras Porto, Sara FLUVIAL_LUGO Lugo	1:06:06	3:50	9:52	39:15	44:23	51:13	56:09	1:01:39	1:05:30	1:06:06		
3	374		López López, Silvia MONTAÑA_FERROL Ferrol	1:19:29	3:58	8:41	44:20	55:15	1:06:02	1:10:12	1:14:41	1:18:40	1:19:29		
					3:58	4:43	35:39	10:55	10:47	4:10	4:29	3:59	0:49		
Xuvenil F-17 (1)				8,7 km	8 C										
				1(42)	2(41)	3(52)	4(46)	5(40)	6(43)	7(47)	8(100)	Meta			
1	290		Dopico Golpe, Alba GALLAECIA_RAID a coruña	1:54:46	46:54	58:58	1:07:38	1:21:10	1:31:52	1:37:46	1:50:39	1:54:09	1:54:46		
					46:54	12:04	8:39	13:31	10:42	5:53	12:52	3:29	0:37		
Elite F-E (7)				17,9 km	10 C										
				1(31)	2(37)	3(45)	4(34)	5(42)	6(44)	7(32)	8(40)	9(35)	10(100)	Meta	
1	186		Varela Yáñez, Ana BRIGANTIA A Coruña	1:35:48	13:29	21:05	32:27	43:01	54:14	1:01:36	1:16:19	1:26:17	1:32:16	1:35:23	1:35:48
2	393		Delgado Gonzalez, María Del Ma OPBZ Betanzos	1:36:18	10:10	17:01	27:51	38:46	47:15	54:22	1:08:59	1:26:49	1:32:43	1:35:53	1:36:18
3	226		Gómez Naya, Sonia FLUVIAL_LUGO Lugo	1:51:56	12:42	21:11	34:33	49:48	59:25	1:09:54	1:29:18	1:40:55	1:47:51	1:51:32	1:51:56
					12:42	8:29	13:22	15:15	9:36	10:28	19:24	11:37	6:56	3:40	0:24

os		rsal	Nombre	Tiempo										
Elite F-E (7)				17,9 km	10 C			<i>(cont.)</i>						
				1(31)	2(37)	3(45)	4(34)	5(42)	6(44)	7(32)	8(40)	9(35)	10(100)	Meta
4	520	Barreira Salgado, Teresa	1:54:19	16:22	23:26	33:02	43:40	51:47	1:11:05	1:27:15	1:45:13	1:50:53	1:53:52	1:54:19
		VIZHOJA-CORNELIO As Neves		16:22	7:04	9:36	10:38	8:07	19:18	16:10	17:58	5:40	2:59	0:27
5	398	Montes Villar, Veronica	2:02:01	19:50	28:31	39:48	51:47	1:02:48	1:12:36	1:34:09	1:48:51	1:58:08	2:01:35	2:02:01
		OPBZ Betanzos		19:50	8:41	11:16	11:58	11:00	9:47	21:33	14:42	9:17	3:26	0:25
6	305	López Eyo, Tania	2:02:39	13:40	35:39	48:09	1:02:03	1:11:05	1:19:31	1:39:00	1:51:26	1:58:21	2:02:13	2:02:39
		GALLAECIA_RAID a coruña		13:40	21:59	12:29	13:54	9:02	8:25	19:29	12:26	6:54	3:51	0:25
282		Alvarez Oreiro, Laura	Error en tarj.	23:39	1:47:22	-----	-----	2:47:58	-----	-----	-----	-----	3:02:07	3:02:38
		GALLAECIA_RAID a coruña		23:39	1:23:43			1:00:36					14:09	0:31
				1:13:35	1:19:01	1:37:28	2:03:06	2:14:23	2:26:47	2:41:55	2:56:21			
				*34	*35	*36	*38	*39	*40	*41	*43			
Senior F-21 (2)				12,2 km	10 C									
				1(36)	2(37)	3(46)	4(40)	5(52)	6(41)	7(34)	8(35)	9(47)	10(100)	Meta
1	419	Del Puerto Lopez, Barbara	1:50:15	14:37	26:32	45:42	52:51	1:14:54	1:21:57	1:35:10	1:42:50	1:46:50	1:49:46	1:50:15
		SEO Ordes		14:37	11:54	19:09	7:09	22:03	7:02	13:13	7:39	3:59	2:55	0:29
2	254	Porto Vázquez, Rosa	2:02:15	16:18	42:07	59:11	1:05:08	1:27:02	1:34:04	1:46:59	1:54:56	1:59:04	2:01:39	2:02:15
		FLUVIAL_LUGO Lugo		16:18	25:49	17:03	5:56	21:54	7:01	12:55	7:57	4:07	2:35	0:35
Veteranas A F-40 (5)				12,2 km	10 C									
				1(36)	2(37)	3(46)	4(40)	5(52)	6(41)	7(34)	8(35)	9(47)	10(100)	Meta
1	121	Carro Mahía, Alejandra	1:22:12	11:47	21:50	33:30	37:05	56:15	1:01:21	1:11:16	1:16:48	1:19:48	1:21:47	1:22:12
		ADC_ARNELA Porto do Son		11:47	10:03	11:40	3:35	19:09	5:06	9:54	5:31	3:00	1:58	0:24
2	372	Lopez Dacosta, Cristina	1:24:26	12:07	20:28	31:36	35:10	53:30	58:43	1:13:43	1:18:59	1:21:53	1:24:03	1:24:26
		GALLAECIA_RAID a coruña		12:07	8:21	11:07	3:33	18:20	5:12	14:59	5:15	2:54	2:10	0:23
3	297	García Gonzalez, Yolanda	1:36:52	13:54	23:46	36:58	42:40	1:04:36	1:10:41	1:25:12	1:31:19	1:34:14	1:36:25	1:36:52
		GALLAECIA_RAID a coruña		13:54	9:52	13:11	5:42	21:55	6:04	14:31	6:07	2:54	2:11	0:26
4	222	Follana Neira, Fernanda	1:47:29	13:10	24:02	42:13	46:25	1:10:26	1:16:22	1:34:21	1:40:31	1:44:12	1:46:55	1:47:29
		FLUVIAL_LUGO Lugo		13:10	10:52	18:11	4:12	24:01	5:56	17:59	6:10	3:41	2:43	0:34
5	78	Veiga García, Carla	1:56:52	13:35	38:40	51:43	56:06	1:20:00	1:25:58	1:42:59	1:49:28	1:53:55	1:56:25	1:56:52
		AROMON Pontevedra		13:35	25:05	13:03	4:23	23:53	5:58	17:00	6:29	4:27	2:29	0:27
Veteranas B F-50 (3)				8,5 km	8 C									
				1(36)	2(41)	3(52)	4(46)	5(40)	6(42)	7(47)	8(100)		Meta	
1	340	Silvarrey Redondo, Teresa	1:22:58	27:06	38:56	44:09	57:09	1:02:52	1:14:29	1:19:44	1:22:29	1:22:58		
		GALLAECIA_RAID a coruña		27:06	11:49	5:12	13:00	5:43	11:37	5:14	2:45	0:28		
2	487	Crespo Quindós, Begoña	1:32:46	19:21	30:47	38:27	51:09	1:03:36	1:24:04	1:29:16	1:32:12	1:32:46		
		U-VIGO Vigo		19:21	11:26	7:39	12:42	12:26	20:28	5:11	2:56	0:34		
311		López Suárez, María Dolores	No sale											
		GALLAECIA_RAID a coruña												
Absoluta Parejas (2)				21,8 km	11 C									
				1(31)	2(37)	3(38)	4(39)	5(34)	6(35)	7(36)	8(32)	9(33)	10(43)	11(100)
1	2	Arufe Varela, Javier	2:29:25	16:14	26:16	40:42	52:46	1:06:02	1:13:14	1:32:29	1:45:39	2:04:42	2:20:54	2:28:52
		APA_LICEO A Coruña		16:14	10:02	14:25	12:04	13:15	7:11	19:14	13:10	19:03	16:11	7:58
2	13	Pedre Fernández, Natalia	2:29:26	16:16	26:35	40:51	52:49	1:06:12	1:13:13	1:32:38	1:45:44	2:04:45	2:20:58	2:28:55
		APA_LICEO A Coruña		16:16	10:18	14:15	11:57	13:23	7:00	19:24	13:05	19:01	16:12	7:56
Iniciación Parellas (8)				6,1 km	8 C									
				1(48)	2(49)	3(50)	4(51)	5(43)	6(35)	7(47)	8(100)		Meta	
1	391	Casado Núñez, Martín	48:43	4:52	10:18	22:06	27:43	34:59	40:29	44:54	48:11	48:43		
		OPBZ Betanzos		4:52	5:25	11:48	5:36	7:16	5:30	4:24	3:17	0:31		
2	389	Casado Bravo, David	48:46	4:47	10:18	21:52	27:30	34:45	40:33	45:00	48:11	48:46		
		OPBZ Betanzos		4:47	5:31	11:34	5:37	7:15	5:48	4:26	3:10	0:35		
3	368	Fernandez Lopez, Lara	1:11:57	6:23	13:38	28:26	42:05	53:07	58:19	1:07:00	1:11:10	1:11:57		
		GALLAECIA_RAID a coruña		6:23	7:15	14:48	13:39	11:02	5:12	8:41	4:10	0:47		
4	369	Fernández Otero, Oscar	1:12:00	6:31	13:44	28:21	42:10	53:11	58:30	1:07:04	1:11:12	1:12:00		
		GALLAECIA_RAID a coruña		6:31	7:13	14:37	13:49	11:01	5:19	8:34	4:08	0:48		
5	310	López Rodríguez, Francisco	1:27:52	6:02	12:20	32:39	55:07	1:08:22	1:14:12	1:21:44	1:27:09	1:27:52		
		GALLAECIA_RAID a coruña		6:02	6:18	20:18	22:28	13:15	5:50	7:31	5:24	0:43		
6	313	Lopez Vazquez, Xabi	1:27:55	5:53	12:33	32:57	55:23	1:08:27	1:14:19	1:22:02	1:27:11	1:27:55		
		GALLAECIA_RAID a coruña		5:53	6:40	20:24	22:26	13:04	5:52	7:43	5:09	0:44		
7	900	Lombao Arias, Brais	2:01:24	5:22	10:17	1:32:56	1:42:20	1:48:29	1:52:31	1:57:02	2:00:39	2:01:24		
		IMP99 INDEPENDIENTE		5:22	4:55	1:22:39	9:24	6:09	4:02	4:31	3:37	0:45		
8	901	Flores Gutiérrez, Jose	2:01:27	5:27	10:13	1:32:55	1:42:26	1:48:33	1:52:44	1:57:14	2:00:41	2:01:27		
		IMP99 INDEPENDIENTE		5:27	4:46	1:22:42	9:31	6:07	4:11	4:30	3:27	0:46		
Promoción (4)				8,7 km	11 C									
				1(44)	2(36)	3(41)	4(40)	5(51)	6(43)	7(50)	8(42)	9(35)	10(47)	11(100)
1	903	Chaves, Fabio	1:13:19	8:56	14:14	21:46	44:34	47:27	52:20	1:01:29	1:04:02	1:07:35	1:10:38	1:12:48
		SANROQUE Viveiro		8:56	5:18	7:32	22:48	2:53	4:53	9:09	2:33	3:33	3:03	2:10
2	116	Riveiro Freire, Gonzalo	2:07:05	22:54	30:03	41:49	1:07:32	1:10:09	1:16:41	1:48:51	1:53:28	1:58:31	2:03:18	2:06:20
		A_PEDROSA_ORRO Culleredo A		22:54	7:09	11:46	25:43	2:37	6:32	32:10	4:37	5:03	4:47	3:02

