

Resultados –7ª PROBA DA LGO - BARBANZA

2022-05-21

| F-12 | | (5 / 5) | Hora | Detrás | Tiempo perdido |
|-------------|------------------------|----------------|--------------|---------------|-----------------------|
| 1. | Martina Aller Pfirter | TREVINCA | 38:37 | | 05:23 |
| | 6:26 (6:26) | 0:50 (8:27) | 1:11 (9:38) | | 5:21 (14:59) |
| | 3:28 (20:41) | 2:59 (26:09) | 7:12 (33:21) | | 2:15 (35:36) |
| | 1:10 (38:37) | | | | 2:14 (17:13) |
| 2. | Xana Tapia Denis | AROMON | 42:39 | +4:02 | 10:13 |
| | 3:34 (3:34) | 1:16 (13:40) | 1:50 (15:30) | | 3:58 (19:28) |
| | 2:09 (24:52) | 2:34 (30:43) | 6:57 (37:40) | | 2:32 (40:12) |
| | 0:46 (42:39) | | | | 3:15 (22:43) |
| 3. | Sabela Perez Pastoriza | U-VIGO | 45:55 | +7:18 | 06:30 |
| | 8:23 (8:23) | 1:29 (11:12) | 1:37 (12:49) | | 6:07 (18:56) |
| | 3:31 (25:13) | 2:47 (31:54) | 9:06 (41:00) | | 2:23 (43:23) |
| | 0:41 (45:55) | | | | 2:46 (21:42) |
| | Altea Fernandez Santos | ADC_ARNELA | MP | | |
| | 4:56 (4:56) | – (–) | – (9:14) | | 6:09 (15:23) |
| | 2:19 (20:59) | 4:12 (31:00) | 9:34 (40:34) | | 8:26 (49:00) |
| | 0:54 (51:02) | | | | 3:17 (18:40) |
| | Sara Garcia Castro | GALLAECIA_RAID | MP | | |
| | – (–) | – (–) | – (–) | | 7:44 (–) |
| | 3:44 (–) | 2:36 (–) | 6:33 (–) | | 5:22 (–) |
| | 0:59 (–) | | | | 16:46 (–) |
| | | | | | 1:14 (–) |

| M-12 | | (5 / 5) | Hora | Detrás | Tiempo perdido |
|-------------|--------------------------|----------------|---------------|---------------|-----------------------|
| 1. | Antón Rodríguez Seijo | AROMON | 32:08 | | 03:08 |
| | 4:13 (4:13) | 0:39 (7:25) | 1:07 (8:32) | | 3:41 (12:13) |
| | 1:34 (16:42) | 2:12 (21:09) | 5:42 (26:51) | | 2:55 (15:08) |
| | 0:59 (32:08) | | | | 3:10 (30:01) |
| 2. | Iago Rodríguez Seijo | AROMON | 41:39 | +9:31 | 11:47 |
| | 2:35 (2:35) | 1:21 (12:43) | 1:47 (14:30) | | 3:51 (18:21) |
| | 2:14 (23:48) | 2:53 (29:37) | 7:02 (36:39) | | 2:35 (39:14) |
| | 0:46 (41:39) | | | | 3:13 (21:34) |
| 3. | Rodrigo Fouz Sanchez | FLUVIAL_LUGO | 41:54 | +9:46 | 06:08 |
| | 5:50 (5:50) | 1:08 (8:41) | 1:42 (10:23) | | 6:07 (16:30) |
| | 3:00 (21:49) | 3:03 (28:03) | 7:22 (35:25) | | 2:42 (38:07) |
| | 1:28 (41:54) | | | | 2:19 (18:49) |
| 4. | Lucas Barja Pérez | LIMIATIVA | 50:25 | +18:17 | 21:05 |
| | 3:21 (3:21) | 0:38 (5:44) | 1:14 (6:58) | | 3:39 (10:37) |
| | 3:03 (15:41) | 1:48 (19:11) | 26:45 (45:56) | | 2:28 (48:24) |
| | 0:52 (50:25) | | | | 2:01 (12:38) |
| | Esteban Cruces Fernández | AROMON | MP | | |
| | 5:31 (5:31) | – (–) | – (8:19) | | 4:01 (12:20) |
| | – (18:36) | 2:00 (32:29) | 5:25 (37:54) | | 2:35 (40:29) |
| | 0:56 (42:52) | | | | – (–) |
| | | | | | 1:27 (41:56) |

| F-14 | | (3 / 3) | Hora | Detrás | Tiempo perdido |
|-------------|------------------------|----------------|--------------|---------------|-----------------------|
| 1. | Carla Somoza Seoane | GALLAECIA_RAID | 33:22 | | 04:34 |
| | 2:21 (2:21) | 4:03 (8:15) | 2:38 (10:53) | | 2:07 (13:00) |
| | 3:14 (19:01) | 6:01 (28:00) | 1:10 (29:10) | | 3:26 (32:36) |
| | | | | | 2:47 (15:47) |
| 2. | Marta Diaz Pardo | COMPÁS | 35:45 | +2:23 | 07:44 |
| | 2:33 (2:33) | 3:15 (11:33) | 3:09 (14:42) | | 3:58 (18:40) |
| | 4:47 (24:23) | 4:48 (31:08) | 1:11 (32:19) | | 2:41 (35:00) |
| | | | | | 0:56 (19:36) |
| 3. | Estrella Lamela Belver | COMPÁS | 42:26 | +9:04 | 10:04 |
| | 2:55 (2:55) | 10:11 (15:09) | 2:01 (17:10) | | 2:50 (20:00) |
| | 6:53 (29:09) | 5:30 (36:57) | 1:18 (38:15) | | 3:34 (41:49) |
| | | | | | 2:16 (22:16) |
| | | | | | 0:37 (42:26) |

| M-14 | | (6 / 6) | Hora | Detrás | Tiempo perdido |
|-------------|------------------------|-------------------|--------------|---------------|-----------------------|
| 1. | Martín Casado Núñez | OP BETANZOS | 24:50 | | 03:34 |
| | 3:17 (3:17) | 0:53 (5:13) | 1:50 (7:03) | | 2:35 (9:38) |
| | 3:00 (13:45) | 5:25 (20:26) | 0:44 (21:10) | | 1:48 (22:58) |
| | 0:48 (24:50) | | | | 1:07 (10:45) |
| 2. | Mario López González | OP BETANZOS | 26:03 | +1:13 | 04:08 |
| | 2:25 (2:25) | 0:41 (4:10) | 5:14 (9:24) | | 2:38 (12:02) |
| | 2:16 (14:47) | 4:02 (20:26) | 0:59 (21:25) | | 2:24 (23:49) |
| | 0:51 (26:03) | | | | 0:29 (12:31) |
| 3. | Aaron Rodríguez Arenas | VIZHOJA-CORNELIOS | 32:01 | +7:11 | 09:28 |
| | 5:03 (5:03) | 0:47 (9:38) | 1:50 (11:28) | | 2:27 (13:55) |
| | 6:06 (20:46) | 3:16 (25:19) | 0:59 (26:18) | | 3:37 (29:55) |
| | 0:53 (32:01) | | | | 0:45 (14:40) |
| 4. | Mateo Hervada Bouzon | LICEO | 46:41 | +21:51 | 05:07 |
| | 5:43 (5:43) | 1:57 (10:04) | 4:56 (15:00) | | 7:26 (22:26) |
| | 4:25 (27:55) | 5:43 (36:26) | 1:29 (37:55) | | 3:53 (41:48) |
| | 1:53 (46:41) | | | | 1:04 (23:30) |
| | Diego Silvarrey Oreiro | GALLAECIA_RAID | DNS | | |
| | – (–) | – (–) | – (–) | | – (–) |
| | – (–) | – (–) | – (–) | | – (–) |
| | – (–) | | | | – (–) |

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|--------------------------|----------------|------------------|----------------|---------------|-----------------------|
| Marcos Garcia Castro | | GALLAECIA_RAID | DNS | | |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | | | | | |
| F-16 | | (4 / 4) | Hora | Detrás | Tiempo perdido |
| 1. Julia Pérez Álvarez | | U-VIGO | 27:53 | | 00:00 |
| 2:57 (2:57) | 2:48 (5:45) | 2:06 (7:51) | 2:35 (10:26) | | 1:12 (11:38) |
| 2:06 (15:35) | 2:56 (18:31) | 2:14 (20:45) | 2:57 (23:42) | | 1:35 (25:17) |
| 1:00 (27:07) | 0:46 (27:53) | | | | 1:51 (13:29) |
| | | | | | 0:50 (26:07) |
| 2. Sara Nogueiras Porto | | FLUVIAL_LUGO | 42:12 | +14:19 | 09:10 |
| 5:07 (5:07) | 3:12 (8:19) | 3:02 (11:21) | 2:26 (13:47) | | 5:08 (18:55) |
| 2:15 (25:56) | 3:57 (29:53) | 2:47 (32:40) | 3:10 (35:50) | | 3:15 (39:05) |
| 1:12 (41:23) | 0:49 (42:12) | | | | 4:46 (23:41) |
| | | | | | 1:06 (40:11) |
| 3. Noa Pardo Vazquez | | COMPÁS | 58:28 | +30:35 | 24:23 |
| 4:46 (4:46) | 3:06 (7:52) | 23:55 (31:47) | 2:42 (34:29) | | 2:16 (36:45) |
| 3:21 (42:45) | 2:55 (45:40) | 2:57 (48:37) | 3:35 (52:12) | | 3:15 (55:27) |
| 1:02 (57:46) | 0:42 (58:28) | | | | 2:39 (39:24) |
| | | | | | 1:17 (56:44) |
| 4. Silvia López López | | GALLAECIA_RAID | 1:04:44 | +36:51 | 24:26 |
| 4:39 (4:39) | 3:33 (8:12) | 8:11 (16:23) | 2:33 (18:56) | | 3:26 (22:22) |
| 2:32 (31:13) | 4:15 (35:28) | 3:29 (38:57) | 4:18 (43:15) | | 16:43 (59:58) |
| 2:10 (1:03:45) | 0:59 (1:04:44) | | | | 6:19 (28:41) |
| | | | | | 1:37 (1:01:35) |
| M-16 | | (2 / 2) | Hora | Detrás | Tiempo perdido |
| 1. Anxo Somoza Seoane | | GALLAECIA_RAID | 30:08 | | 02:43 |
| 3:54 (3:54) | 2:36 (6:30) | 3:16 (9:46) | 1:19 (11:05) | | 2:42 (13:47) |
| 1:38 (16:55) | 1:58 (18:53) | 2:11 (21:04) | 4:54 (25:58) | | 2:36 (28:34) |
| 0:48 (30:08) | | | | | 1:30 (15:17) |
| | | | | | 0:46 (29:20) |
| Rui González Souto | | GALLAECIA_RAID | MP | | |
| 2:48 (2:48) | 13:58 (16:46) | 2:06 (18:52) | 1:17 (20:09) | | 2:05 (22:14) |
| - (-) | - (-) | - (24:27) | 4:55 (29:22) | | 5:39 (35:01) |
| 0:38 (36:15) | | | | | - (-) |
| | | | | | 0:36 (35:37) |
| F-18 | | (6 / 6) | Hora | Detrás | Tiempo perdido |
| 1. Eva Casado Nuñez | | OP BETANZOS | 42:35 | | 05:54 |
| 11:24 (11:24) | 2:54 (14:18) | 0:54 (15:12) | 3:33 (18:45) | | 2:25 (21:10) |
| 2:04 (25:34) | 1:42 (27:16) | 2:00 (29:16) | 4:57 (34:13) | | 3:22 (37:35) |
| 1:00 (41:51) | 0:44 (42:35) | | | | 2:20 (23:30) |
| | | | | | 3:16 (40:51) |
| 2. María Queiruga Romay | | ADC_ARNELA | 50:33 | +7:58 | 38:32 |
| 47:17 (47:17) | - (10:15) | 0:45 (11:00) | 10:01 (21:01) | | 4:06 (25:07) |
| 2:18 (29:17) | 3:52 (33:09) | 1:44 (34:53) | 4:10 (39:03) | | 4:02 (43:05) |
| 0:56 (49:33) | 1:00 (50:33) | | | | 1:52 (26:59) |
| | | | | | 5:32 (48:37) |
| 3. Raquel Queiruga Romay | | ADC_ARNELA | 56:56 | +14:21 | 13:07 |
| 10:45 (10:45) | 10:04 (20:49) | 0:42 (21:31) | 4:10 (25:41) | | 2:20 (28:01) |
| 4:14 (34:32) | 2:58 (37:30) | 3:21 (40:51) | 5:33 (46:24) | | 5:13 (51:37) |
| 1:08 (56:02) | 0:54 (56:56) | | | | 2:17 (30:18) |
| | | | | | 3:17 (54:54) |
| 4. Carlota Garcia Lopez | | ARTABROS | 1:14:18 | +31:43 | 25:41 |
| 4:42 (4:42) | 6:17 (10:59) | 1:46 (12:45) | 14:40 (27:25) | | 2:27 (29:52) |
| 12:42 (45:55) | 3:32 (49:27) | 2:43 (52:10) | 8:29 (1:00:39) | | 5:28 (1:06:07) |
| 1:29 (1:13:28) | 0:50 (1:14:18) | | | | 3:21 (33:13) |
| | | | | | 5:52 (1:11:59) |
| Saray Iglesias López | | XESTEIRAS | MP | | |
| 7:51 (7:51) | 43:36 (51:27) | 1:45 (53:12) | 6:38 (59:50) | | - (-) |
| - (-) | - (-) | - (-) | - (-) | | - (-) |
| - (1:28:27) | 2:41 (1:31:08) | | | | - (-) |
| Indira Fernández Rodal | | ADC_ARNELA | DNS | | |
| - (-) | - (-) | - (-) | - (-) | | - (-) |
| - (-) | - (-) | - (-) | - (-) | | - (-) |
| - (-) | - (-) | | | | - (-) |
| M-18 | | (4 / 4) | Hora | Detrás | Tiempo perdido |
| 1. Carlos Romero Armada | | AROMON | 31:46 | | 03:43 |
| 2:37 (2:37) | 3:44 (6:21) | 2:30 (8:51) | 3:35 (12:26) | | 1:53 (14:19) |
| 1:07 (17:53) | 1:28 (19:21) | 2:39 (22:00) | 3:06 (25:06) | | 1:54 (27:00) |
| 0:19 (30:39) | 0:29 (31:08) | 0:38 (31:46) | | | 2:27 (16:46) |
| | | | | | 3:20 (30:20) |
| 2. Juan Garrido Blanco | | LIMIATIVA | 35:41 | +3:55 | 04:25 |
| 3:47 (3:47) | 3:31 (7:18) | 1:35 (8:53) | 4:05 (12:58) | | 3:01 (15:59) |
| 2:22 (20:37) | 2:06 (22:43) | 3:26 (26:09) | 1:58 (28:07) | | 2:47 (30:54) |
| 0:40 (34:14) | 0:44 (34:58) | 0:43 (35:41) | | | 2:16 (18:15) |
| | | | | | 2:40 (33:34) |
| 3. Diego Pérez Álvarez | | U-VIGO | 39:26 | +7:40 | 10:37 |
| 6:22 (6:22) | 2:32 (8:54) | 1:36 (10:30) | 2:47 (13:17) | | 2:35 (15:52) |
| 1:50 (19:42) | 1:27 (21:09) | 3:15 (24:24) | 2:05 (26:29) | | 1:43 (28:12) |
| 0:25 (38:07) | 0:46 (38:53) | 0:33 (39:26) | | | 2:00 (17:52) |
| | | | | | 9:30 (37:42) |
| Adrián López López | | GALLAECIA_RAID | MP | | |
| 9:50 (9:50) | 12:35 (22:25) | 11:14 (33:39) | 12:11 (45:50) | | 19:42 (1:05:32) |
| 3:25 (1:12:46) | 2:48 (1:15:34) | - (-) | - (-) | | 3:49 (1:09:21) |
| - (-) | - (1:58:44) | 1:48 (2:00:32) | | | - (-) |
| F-21A | | (10 / 10) | Hora | Detrás | Tiempo perdido |
| 1. Diana Sánchez Ocaña | | AROMON | 42:57 | | 08:13 |
| 3:41 (3:41) | 5:19 (9:00) | 3:11 (12:11) | 2:16 (14:27) | | 3:01 (17:28) |
| 1:45 (22:11) | 6:37 (28:48) | 6:01 (34:49) | 3:19 (38:08) | | 2:58 (20:26) |
| 1:03 (42:07) | 0:50 (42:57) | | | | 2:11 (40:19) |
| | | | | | 0:45 (41:04) |

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|--------------|-------------------------------|------------------|-----------------|----------------|-----------------------|----------------|--|
| 2. | Raquel Grandío Montes | FLUVIAL_LUGO | 48:55 | +5:58 | 05:18 | | |
| | 4:08 (4:08) | 12:33 (16:41) | 1:51 (18:32) | 2:30 (21:02) | 1:51 (22:53) | 3:13 (26:06) | |
| | 2:20 (28:26) | 6:12 (34:38) | 5:20 (39:58) | 2:25 (42:23) | 3:25 (45:48) | 1:04 (46:52) | |
| | 1:12 (48:04) | 0:51 (48:55) | | | | | |
| 3. | Alba Grimaldi Pérez | AROMON | 52:20 | +9:23 | 06:29 | | |
| | 3:55 (3:55) | 9:06 (13:01) | 2:48 (15:49) | 3:20 (19:09) | 3:13 (22:22) | 2:31 (24:53) | |
| | 2:47 (27:40) | 5:09 (32:49) | 5:59 (38:48) | 5:15 (44:03) | 3:06 (47:09) | 1:19 (48:28) | |
| | 2:04 (50:32) | 1:48 (52:20) | | | | | |
| 4. | Sescún Sevil Martín | USC | 56:27 | +13:30 | 13:13 | | |
| | 3:14 (3:14) | 10:38 (13:52) | 2:01 (15:53) | 2:19 (18:12) | 1:48 (20:00) | 2:11 (22:11) | |
| | 2:38 (24:49) | 5:13 (30:02) | 16:46 (46:48) | 2:35 (49:23) | 2:33 (51:56) | 1:50 (53:46) | |
| | 1:38 (55:24) | 1:03 (56:27) | | | | | |
| 5. | Nerea Oujo Perez | ADC_ARNELA | 1:02:18 | +19:21 | 20:00 | | |
| | 3:23 (3:23) | 25:17 (28:40) | 4:06 (32:46) | 2:25 (35:11) | 1:24 (36:35) | 2:13 (38:48) | |
| | 2:46 (41:34) | 6:39 (48:13) | 4:52 (53:05) | 2:13 (55:18) | 3:36 (58:54) | 1:01 (59:55) | |
| | 1:27 (1:01:22) | 0:56 (1:02:18) | | | | | |
| 6. | Alexia Loureiro Garrido | GALLAECIA_RAID | 1:16:33 | +33:36 | 17:37 | | |
| | 4:14 (4:14) | 17:32 (21:46) | 2:42 (24:28) | 3:44 (28:12) | 4:14 (32:26) | 3:57 (36:23) | |
| | 2:05 (38:28) | 14:43 (53:11) | 7:54 (1:01:05) | 3:39 (1:04:44) | 8:45 (1:13:29) | 0:44 (1:14:13) | |
| | 1:19 (1:15:32) | 1:01 (1:16:33) | | | | | |
| 7. | Jessica Penela Fernández | FLUVIAL_LUGO | 1:34:27 | +51:30 | 31:49 | | |
| | 9:09 (9:09) | 25:40 (34:49) | 3:48 (38:37) | 3:02 (41:39) | 2:03 (43:42) | 2:33 (46:15) | |
| | 2:57 (49:12) | 16:24 (1:05:36) | 17:55 (1:23:31) | 2:31 (1:26:02) | 2:53 (1:28:55) | 2:54 (1:31:49) | |
| | 1:37 (1:33:26) | 1:01 (1:34:27) | | | | | |
| | Antía Oujo Perez | ADC_ARNELA | MP | | | | |
| | 4:00 (4:00) | 12:44 (16:44) | 2:26 (19:10) | 2:55 (22:05) | 4:08 (26:13) | 2:23 (28:36) | |
| | - (-) | - (39:21) | 5:41 (45:02) | 2:33 (47:35) | 8:05 (55:40) | 1:37 (57:17) | |
| | 1:50 (59:07) | 1:17 (1:00:24) | | | | | |
| | Maria Esther Barreira Vazquez | GALLAECIA_RAID | MP | | | | |
| | 3:05 (3:05) | 44:42 (47:47) | 1:18 (49:05) | 3:03 (52:08) | 1:49 (53:57) | 2:12 (56:09) | |
| | - (-) | - (1:03:39) | - (-) | - (-) | - (-) | - (-) | |
| | - (1:20:28) | 1:03 (1:21:31) | | | | | |
| | Elena Lourido Gaciño | ADC_ARNELA | DNS | | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | |
| M-21A | | (12 / 12) | Hora | Detrás | Tiempo perdido | | |
| 1. | Eloi Serantes Abal | ADC_ARNELA | 27:33 | | 03:06 | | |
| | 2:22 (2:22) | 2:42 (5:04) | 1:29 (6:33) | 2:10 (8:43) | 1:15 (9:58) | 1:50 (11:48) | |
| | 1:18 (13:06) | 4:42 (17:48) | 1:56 (19:44) | 1:40 (21:24) | 2:07 (23:31) | 2:00 (25:31) | |
| | 0:27 (25:58) | 0:44 (26:42) | 0:51 (27:33) | | | | |
| 2. | Dailo Díaz Hernández | AROMON | 29:59 | +2:26 | 04:37 | | |
| | 2:38 (2:38) | 5:05 (7:43) | 1:55 (9:38) | 2:03 (11:41) | 1:03 (12:44) | 1:52 (14:36) | |
| | 1:27 (16:03) | 2:32 (18:35) | 1:40 (20:15) | 1:44 (21:59) | 1:51 (23:50) | 4:27 (28:17) | |
| | 0:32 (28:49) | 0:38 (29:27) | 0:32 (29:59) | | | | |
| 3. | Alejandro Mancera Ponte | ARTABROS | 32:16 | +4:43 | 03:55 | | |
| | 2:44 (2:44) | 3:01 (5:45) | 3:17 (9:02) | 3:09 (12:11) | 1:02 (13:13) | 3:12 (16:25) | |
| | 1:40 (18:05) | 2:44 (20:49) | 2:13 (23:02) | 2:33 (25:35) | 1:42 (27:17) | 2:30 (29:47) | |
| | 0:40 (30:27) | 0:56 (31:23) | 0:53 (32:16) | | | | |
| 4. | Juan Antonio Doce Serrano | GALLAECIA_RAID | 34:09 | +6:36 | 07:07 | | |
| | 6:33 (6:33) | 2:17 (8:50) | 1:49 (10:39) | 2:13 (12:52) | 3:20 (16:12) | 1:57 (18:09) | |
| | 2:29 (20:38) | 2:41 (23:19) | 2:39 (25:58) | 2:01 (27:59) | 2:00 (29:59) | 2:31 (32:30) | |
| | 0:29 (32:59) | 0:37 (33:36) | 0:33 (34:09) | | | | |
| 5. | Roberto Amarelle Garabán | COMPÁS | 37:15 | +9:42 | 11:22 | | |
| | 11:16 (11:16) | 2:03 (13:19) | 1:43 (15:02) | 1:50 (16:52) | 1:45 (18:37) | 3:37 (22:14) | |
| | 1:30 (23:44) | 2:28 (26:12) | 2:53 (29:05) | 1:55 (31:00) | 2:03 (33:03) | 2:33 (35:36) | |
| | 0:24 (36:00) | 0:33 (36:33) | 0:42 (37:15) | | | | |
| 6. | Andres Dopico Pena | GALLAECIA_RAID | 39:34 | +12:01 | 06:55 | | |
| | 3:20 (3:20) | 2:56 (6:16) | 1:56 (8:12) | 3:11 (11:23) | 1:31 (12:54) | 3:24 (16:18) | |
| | 1:44 (18:02) | 2:54 (20:56) | 4:08 (25:04) | 4:51 (29:55) | 3:55 (33:50) | 3:26 (37:16) | |
| | 0:41 (37:57) | 0:46 (38:43) | 0:51 (39:34) | | | | |
| 7. | Pelayo García Acevedo | USC | 40:33 | +13:00 | 08:47 | | |
| | 4:15 (4:15) | 4:50 (9:05) | 2:09 (11:14) | 2:15 (13:29) | 1:34 (15:03) | 3:20 (18:23) | |
| | 1:29 (19:52) | 3:37 (23:29) | 2:00 (25:29) | 2:35 (28:04) | 1:41 (29:45) | 8:55 (38:40) | |
| | 0:26 (39:06) | 0:43 (39:49) | 0:44 (40:33) | | | | |
| 8. | Marcos Martínez Seco | MONTBREAMO | 40:47 | +13:14 | 11:06 | | |
| | 3:27 (3:27) | 12:27 (15:54) | 2:04 (17:58) | 1:58 (19:56) | 1:19 (21:15) | 2:20 (23:35) | |
| | 1:29 (25:04) | 2:58 (28:02) | 2:09 (30:11) | 2:11 (32:22) | 3:45 (36:07) | 2:26 (38:33) | |
| | 0:34 (39:07) | 0:57 (40:04) | 0:43 (40:47) | | | | |
| 9. | Natnael Candela Iglesias | ARTABROS | 45:59 | +18:26 | 14:02 | | |
| | 4:56 (4:56) | 2:51 (7:47) | 1:41 (9:28) | 9:30 (18:58) | 1:35 (20:33) | 2:05 (22:38) | |
| | 2:24 (25:02) | 2:40 (27:42) | 4:46 (32:28) | 2:23 (34:51) | 5:31 (40:22) | 3:36 (43:58) | |
| | 0:29 (44:27) | 0:43 (45:10) | 0:49 (45:59) | | | | |
| 10. | Alberto José Hermida Carrasco | MONTBREAMO | 46:51 | +19:18 | 15:05 | | |
| | 6:05 (6:05) | 3:42 (9:47) | 5:47 (15:34) | 2:01 (17:35) | 3:25 (21:00) | 8:35 (29:35) | |
| | 1:27 (31:02) | 2:56 (33:58) | 2:08 (36:06) | 2:47 (38:53) | 3:25 (42:18) | 2:19 (44:37) | |
| | 0:36 (45:13) | 0:55 (46:08) | 0:43 (46:51) | | | | |
| 11. | Carlos Iglesias Muñiz | GALLAECIA_RAID | 48:11 | +20:38 | 14:05 | | |
| | 3:25 (3:25) | 14:46 (18:11) | 2:22 (20:33) | 2:52 (23:25) | 1:35 (25:00) | 2:19 (27:19) | |
| | 2:34 (29:53) | 2:38 (32:31) | 3:48 (36:19) | 2:42 (39:01) | 3:12 (42:13) | 3:45 (45:58) | |
| | 0:52 (46:50) | 0:44 (47:34) | 0:37 (48:11) | | | | |

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|---------------------------|--------------|----------------|--------------|--------|--------------|--------------|
| 12. David Valiño Martínez | | GALLAECIA_RAID | 48:29 | +20:56 | 12:49 | |
| 2:41 (2:41) | 7:19 (10:00) | 1:44 (11:44) | 3:25 (15:09) | | 1:59 (17:08) | 6:36 (23:44) |
| 1:40 (25:24) | 5:09 (30:33) | 3:41 (34:14) | 4:36 (38:50) | | 2:20 (41:10) | 4:00 (45:10) |
| 0:29 (45:39) | 1:01 (46:40) | 1:49 (48:29) | | | | |

F-21B

| | | (5 / 5) | Hora | Detrás | Tiempo perdido | |
|----------------------------|----------------|----------------|----------------|--------|----------------|----------------|
| 1. Iria Garea García | | LICEO | 46:35 | | 06:45 | |
| 6:02 (6:02) | 1:28 (7:30) | 3:52 (11:22) | 3:40 (15:02) | | 5:11 (20:13) | 2:34 (22:47) |
| 3:21 (26:08) | 2:25 (28:33) | 3:06 (31:39) | 4:36 (36:15) | | 6:28 (42:43) | 1:08 (43:51) |
| 1:25 (45:16) | 1:19 (46:35) | | | | | |
| 2. Laura Sande Castro | | MONTAÑA_FERROL | 55:39 | +9:04 | 11:38 | |
| 4:50 (4:50) | 2:20 (7:10) | 4:19 (11:29) | 4:03 (15:32) | | 2:02 (17:34) | 3:58 (21:32) |
| 4:42 (26:14) | 3:25 (29:39) | 3:47 (33:26) | 4:38 (38:04) | | 12:46 (50:50) | 1:42 (52:32) |
| 1:47 (54:19) | 1:20 (55:39) | | | | | |
| 3. Patricia Cinza Sanjurjo | | LICEO | 1:20:05 | +33:30 | 35:07 | |
| 28:15 (28:15) | 1:10 (29:25) | 4:13 (33:38) | 4:56 (38:34) | | 2:47 (41:21) | 4:48 (46:09) |
| 15:55 (1:02:04) | 2:41 (1:04:45) | 3:46 (1:08:31) | 4:42 (1:13:13) | | 3:22 (1:16:35) | 1:10 (1:17:45) |
| 1:19 (1:19:04) | 1:01 (1:20:05) | | | | | |
| 4. Alicia Gomez | | GALLAECIA_RAID | 1:29:33 | +42:58 | 38:44 | |
| 25:39 (25:39) | 3:02 (28:41) | 7:48 (36:29) | 11:37 (48:06) | | 3:58 (52:04) | 4:04 (56:08) |
| 15:54 (1:12:02) | 2:35 (1:14:37) | 3:57 (1:18:34) | 4:27 (1:23:01) | | 3:24 (1:26:25) | 1:12 (1:27:37) |
| 1:12 (1:28:49) | 0:44 (1:29:33) | | | | | |
| Paloma Rayón Fernández | | GALLAECIA_RAID | MP | | | |
| - (-) | - (-) | - (-) | - (-) | | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | | - (-) | - (-) |
| - (1:13:23) | 2:17 (1:15:40) | | | | | |

M-21B

| | | (7 / 7) | Hora | Detrás | Tiempo perdido | |
|-----------------------------------|--------------|----------------|---------------|--------|----------------|---------------|
| 1. Antonio Lopez Caamaño | | GALLAECIA_RAID | 35:27 | | 04:02 | |
| 3:00 (3:00) | 6:13 (9:13) | 3:42 (12:55) | 1:50 (14:45) | | 2:28 (17:13) | 1:49 (19:02) |
| 2:03 (21:05) | 1:49 (22:54) | 2:21 (25:15) | 5:32 (30:47) | | 2:54 (33:41) | 0:53 (34:34) |
| 0:53 (35:27) | | | | | | |
| 2. Pablo Rocha Pena | | COMPÁS | 38:24 | +2:57 | 06:41 | |
| 3:47 (3:47) | 2:39 (6:26) | 3:19 (9:45) | 1:44 (11:29) | | 2:44 (14:13) | 2:02 (16:15) |
| 2:14 (18:29) | 1:57 (20:26) | 1:58 (22:24) | 11:59 (34:23) | | 2:24 (36:47) | 0:48 (37:35) |
| 0:49 (38:24) | | | | | | |
| 3. Francisco José Camba Rodríguez | | TREVINCA | 48:55 | +13:28 | 12:26 | |
| 3:36 (3:36) | 2:43 (6:19) | 14:33 (20:52) | 2:19 (23:11) | | 3:03 (26:14) | 2:59 (29:13) |
| 2:35 (31:48) | 2:58 (34:46) | 2:43 (37:29) | 6:22 (43:51) | | 3:25 (47:16) | 0:48 (48:04) |
| 0:51 (48:55) | | | | | | |
| 4. Angel Algora Aizpurua | | FLUVIAL_LUGO | 54:44 | +19:17 | 15:36 | |
| 10:40 (10:40) | 9:17 (19:57) | 5:52 (25:49) | 3:01 (28:50) | | 3:16 (32:06) | 3:04 (35:10) |
| 2:33 (37:43) | 3:03 (40:46) | 2:45 (43:31) | 6:17 (49:48) | | 3:30 (53:18) | 0:45 (54:03) |
| 0:41 (54:44) | | | | | | |
| 5. Raúl Legaspi Abelaira | | FLUVIAL_LUGO | 55:54 | +20:27 | 15:00 | |
| 3:14 (3:14) | 5:24 (8:38) | 9:24 (18:02) | 1:40 (19:42) | | 9:10 (28:52) | 3:49 (32:41) |
| 1:55 (34:36) | 2:47 (37:23) | 2:55 (40:18) | 10:54 (51:12) | | 3:08 (54:20) | 0:42 (55:02) |
| 0:52 (55:54) | | | | | | |
| Félix Reboredo Patiño | | GALLAECIA_RAID | MP | | | |
| 8:06 (8:06) | 3:58 (12:04) | 10:40 (22:44) | 2:25 (25:09) | | 3:18 (28:27) | 2:00 (30:27) |
| - (-) | - (41:46) | 3:17 (45:03) | - (-) | | - (52:44) | 0:58 (53:42) |
| 1:04 (54:46) | | | | | | |
| Jorge Freire Fernández | | FLUVIAL_LUGO | MP | | | |
| 4:47 (4:47) | 6:05 (10:52) | 14:45 (25:37) | 2:00 (27:37) | | 11:29 (39:06) | 14:16 (53:22) |
| 1:12 (54:34) | 1:56 (56:30) | 2:47 (59:17) | - (-) | | - (-) | - (1:26:36) |
| 2:17 (1:28:53) | | | | | | |

F-35

| | | (12 / 12) | Hora | Detrás | Tiempo perdido | |
|-----------------------------|--------------|----------------|--------------|--------|----------------|--------------|
| 1. Isabel Pastoriza Santos | | U-VIGO | 32:12 | | 01:33 | |
| 3:44 (3:44) | 2:59 (6:43) | 2:08 (8:51) | 2:51 (11:42) | | 2:01 (13:43) | 0:32 (14:15) |
| 1:33 (15:48) | 2:19 (18:07) | 3:20 (21:27) | 4:13 (25:40) | | 1:56 (27:36) | 2:27 (30:03) |
| 0:35 (30:38) | 0:49 (31:27) | 0:45 (32:12) | | | | |
| 2. Alicia Pérez Alonso | | AROMON | 35:24 | +3:12 | 06:16 | |
| 3:22 (3:22) | 3:56 (7:18) | 4:01 (11:19) | 4:04 (15:23) | | 1:36 (16:59) | 0:28 (17:27) |
| 1:26 (18:53) | 2:11 (21:04) | 3:19 (24:23) | 4:57 (29:20) | | 2:06 (31:26) | 2:01 (33:27) |
| 0:29 (33:56) | 0:40 (34:36) | 0:48 (35:24) | | | | |
| 3. Alejandra Carro Mahía | | ADC_ARNELA | 38:57 | +6:45 | 06:58 | |
| 3:19 (3:19) | 2:50 (6:09) | 4:40 (10:49) | 2:38 (13:27) | | 2:14 (15:41) | 0:35 (16:16) |
| 3:40 (19:56) | 2:31 (22:27) | 5:09 (27:36) | 3:59 (31:35) | | 2:09 (33:44) | 2:42 (36:26) |
| 0:45 (37:11) | 0:54 (38:05) | 0:52 (38:57) | | | | |
| 4. Paula Naya Mancebo | | GALLAECIA_RAID | 40:31 | +8:19 | 03:52 | |
| 3:51 (3:51) | 5:00 (8:51) | 2:16 (11:07) | 1:47 (12:54) | | 2:52 (15:46) | 0:53 (16:39) |
| 2:11 (18:50) | 3:26 (22:16) | 4:20 (26:36) | 5:05 (31:41) | | 2:39 (34:20) | 3:37 (37:57) |
| 1:14 (39:11) | 0:38 (39:49) | 0:42 (40:31) | | | | |
| 5. Barbara Del Puerto Lopez | | SEO | 42:34 | +10:22 | 06:53 | |
| 6:14 (6:14) | 3:39 (9:53) | 2:31 (12:24) | 1:23 (13:47) | | 2:18 (16:05) | 0:37 (16:42) |
| 2:25 (19:07) | 3:15 (22:22) | 4:22 (26:44) | 4:11 (30:55) | | 6:06 (37:01) | 3:20 (40:21) |
| 0:37 (40:58) | 0:51 (41:49) | 0:45 (42:34) | | | | |
| 6. Monica Figueroa Leiro | | AROMON | 45:45 | +13:33 | 12:42 | |
| 10:54 (10:54) | 3:05 (13:59) | 7:03 (21:02) | 1:07 (22:09) | | 2:46 (24:55) | 0:36 (25:31) |
| 1:52 (27:23) | 2:30 (29:53) | 3:58 (33:51) | 4:05 (37:56) | | 2:09 (40:05) | 3:22 (43:27) |
| 0:33 (44:00) | 0:52 (44:52) | 0:53 (45:45) | | | | |

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|-----|------------------------|---------------|--------------|--------------|--------|--------------|--------------|
| 7. | Carla Veiga García | | AROMON | 46:52 | +14:40 | 10:08 | |
| | 7:44 (7:44) | 7:04 (14:48) | 2:13 (17:01) | 1:59 (19:00) | | 2:46 (21:46) | 1:26 (23:12) |
| | 1:34 (24:46) | 2:29 (27:15) | 6:47 (34:02) | 5:06 (39:08) | | 2:36 (41:44) | 2:34 (44:18) |
| | 0:54 (45:12) | 0:47 (45:59) | 0:53 (46:52) | | | | |
| 8. | Marina Denis Sanroman | | AROMON | 48:43 | +16:31 | 15:38 | |
| | 3:30 (3:30) | 4:27 (7:57) | 2:25 (10:22) | 3:58 (14:20) | | 2:09 (16:29) | 0:35 (17:04) |
| | 2:17 (19:21) | 12:50 (32:11) | 3:16 (35:27) | 3:57 (39:24) | | 3:21 (42:45) | 3:46 (46:31) |
| | 0:30 (47:01) | 0:54 (47:55) | 0:48 (48:43) | | | | |
| 9. | Susana Míguez Sampedro | | ADC_ARNELA | 55:50 | +23:38 | 13:31 | |
| | 4:48 (4:48) | 3:35 (8:23) | 3:24 (11:47) | 2:14 (14:01) | | 3:24 (17:25) | 3:30 (20:55) |
| | 3:47 (24:42) | 4:31 (29:13) | 6:57 (36:10) | 4:40 (40:50) | | 3:12 (44:02) | 9:19 (53:21) |
| | 0:53 (54:14) | 0:50 (55:04) | 0:46 (55:50) | | | | |
| 10. | Eva Corral Prado | | FLUVIAL_LUGO | 57:06 | +24:54 | 13:40 | |
| | 4:41 (4:41) | 3:49 (8:30) | 3:59 (12:29) | 7:42 (20:11) | | 2:28 (22:39) | 0:43 (23:22) |
| | 5:57 (29:19) | 3:47 (33:06) | 6:09 (39:15) | 5:57 (45:12) | | 4:34 (49:46) | 4:45 (54:31) |
| | 0:36 (55:07) | 1:06 (56:13) | 0:53 (57:06) | | | | |
| | Fernanda Follana Neira | | FLUVIAL_LUGO | DNS | | | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | M. José Pérez González | | FLUVIAL_LUGO | DNS | | | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |

M-35

| | | | (13 / 13) | Hora | Detrás | Tiempo perdido | |
|-----|--------------------------------|----------------|----------------|----------------|--------|----------------|--------------|
| 1. | Ignacio Sordo Touza | | USC | 44:37 | | 09:04 | |
| | 1:58 (1:58) | 1:57 (3:55) | 3:43 (7:38) | 3:25 (11:03) | | 1:15 (12:18) | 2:33 (14:51) |
| | 1:09 (16:00) | 1:48 (17:48) | 2:32 (20:20) | 4:18 (24:38) | | 2:39 (27:17) | 3:18 (30:35) |
| | 8:09 (38:44) | 3:52 (42:36) | 0:54 (43:30) | 0:32 (44:02) | | 0:35 (44:37) | |
| 2. | Jorge Piñeiro Portela | | ARTABROS | 44:58 | +0:21 | 05:39 | |
| | 2:13 (2:13) | 5:26 (7:39) | 1:14 (8:53) | 1:18 (10:11) | | 1:15 (11:26) | 1:55 (13:21) |
| | 1:39 (15:00) | 2:25 (17:25) | 2:48 (20:13) | 4:41 (24:54) | | 2:13 (27:07) | 2:07 (29:14) |
| | 11:47 (41:01) | 1:14 (42:15) | 1:21 (43:36) | 0:41 (44:17) | | 0:41 (44:58) | |
| 3. | Miguel Camblor Quirós | | GALLAECIA_RAID | 45:06 | +0:29 | 09:10 | |
| | 2:07 (2:07) | 5:46 (7:53) | 1:40 (9:33) | 1:23 (10:56) | | 1:06 (12:02) | 1:35 (13:37) |
| | 1:30 (15:07) | 2:24 (17:31) | 3:34 (21:05) | 4:17 (25:22) | | 2:06 (27:28) | 2:32 (30:00) |
| | 7:32 (37:32) | 5:45 (43:17) | 0:45 (44:02) | 0:31 (44:33) | | 0:33 (45:06) | |
| 4. | Alberto Braña Veiga | | VIGORIENTA | 46:58 | +2:21 | 06:20 | |
| | 2:42 (2:42) | 4:33 (7:15) | 1:29 (8:44) | 2:31 (11:15) | | 1:50 (13:05) | 2:10 (15:15) |
| | 1:42 (16:57) | 1:58 (18:55) | 2:54 (21:49) | 5:38 (27:27) | | 2:21 (29:48) | 2:31 (32:19) |
| | 8:12 (40:31) | 3:47 (44:18) | 1:20 (45:38) | 0:41 (46:19) | | 0:39 (46:58) | |
| 5. | Esteban Cruces Molinos | | AROMON | 49:13 | +4:36 | 03:59 | |
| | 4:29 (4:29) | 3:15 (7:44) | 1:37 (9:21) | 1:47 (11:08) | | 1:07 (12:15) | 2:32 (14:47) |
| | 1:50 (16:37) | 2:42 (19:19) | 4:05 (23:24) | 5:54 (29:18) | | 2:49 (32:07) | 2:36 (34:43) |
| | 9:27 (44:10) | 1:22 (45:32) | 1:34 (47:06) | 0:54 (48:00) | | 1:13 (49:13) | |
| 6. | Francisco Javier Sevilla Gómez | | ARTABROS | 49:31 | +4:54 | 11:25 | |
| | 4:10 (4:10) | 7:32 (11:42) | 2:53 (14:35) | 1:22 (15:57) | | 1:08 (17:05) | 1:39 (18:44) |
| | 1:21 (20:05) | 2:03 (22:08) | 4:08 (26:16) | 4:22 (30:38) | | 1:48 (32:26) | 3:23 (35:49) |
| | 10:10 (45:59) | 1:18 (47:17) | 0:59 (48:16) | 0:36 (48:52) | | 0:39 (49:31) | |
| 7. | Alfonso Rosado Frade | | ADC_ARNELA | 50:39 | +6:02 | 07:42 | |
| | 2:06 (2:06) | 5:27 (7:33) | 5:31 (13:04) | 1:34 (14:38) | | 1:17 (15:55) | 1:49 (17:44) |
| | 1:23 (19:07) | 2:39 (21:46) | 3:52 (25:38) | 5:35 (31:13) | | 2:24 (33:37) | 2:46 (36:23) |
| | 9:43 (46:06) | 1:40 (47:46) | 1:12 (48:58) | 0:49 (49:47) | | 0:52 (50:39) | |
| 8. | Arturo Norberto Fontán Pérez | | GALLAECIA_RAID | 58:20 | +13:43 | 12:38 | |
| | 2:29 (2:29) | 3:14 (5:43) | 1:25 (7:08) | 2:05 (9:13) | | 2:06 (11:19) | 2:03 (13:22) |
| | 3:03 (16:25) | 2:34 (18:59) | 3:13 (22:12) | 5:45 (27:57) | | 2:30 (30:27) | 4:30 (34:57) |
| | 10:18 (45:15) | 1:17 (46:32) | 10:27 (56:59) | 0:43 (57:42) | | 0:38 (58:20) | |
| 9. | Ruben Tenreiro Díaz | | MONTBREAMO | 1:01:14 | +16:37 | 17:30 | |
| | 2:19 (2:19) | 2:39 (4:58) | 2:31 (7:29) | 1:57 (9:26) | | 1:15 (10:41) | 1:59 (12:40) |
| | 1:37 (14:17) | 2:17 (16:34) | 2:29 (19:03) | 7:15 (26:18) | | 2:20 (28:38) | 2:08 (30:46) |
| | 19:03 (49:49) | 9:08 (58:57) | 1:00 (59:57) | 0:37 (1:00:34) | | 0:40 (1:01:14) | |
| 10. | Francisco Varela Varela | | AROMON | 1:06:48 | +22:11 | 11:03 | |
| | 3:14 (3:14) | 5:57 (9:11) | 4:19 (13:30) | 3:05 (16:35) | | 1:53 (18:28) | 2:48 (21:16) |
| | 3:17 (24:33) | 4:07 (28:40) | 3:33 (32:13) | 10:38 (42:51) | | 3:39 (46:30) | 3:08 (49:38) |
| | 12:08 (1:01:46) | 1:54 (1:03:40) | 1:21 (1:05:01) | 0:57 (1:05:58) | | 0:50 (1:06:48) | |
| 11. | Javier Carballeiro Mugico | | VÍCHELAS | 1:11:44 | +27:07 | 15:32 | |
| | 3:27 (3:27) | 3:55 (7:22) | 3:29 (10:51) | 4:02 (14:53) | | 2:04 (16:57) | 6:27 (23:24) |
| | 8:02 (31:26) | 4:05 (35:31) | 4:57 (40:28) | 7:16 (47:44) | | 3:12 (50:56) | 4:46 (55:42) |
| | 11:16 (1:06:58) | 1:45 (1:08:43) | 1:31 (1:10:14) | 0:45 (1:10:59) | | 0:45 (1:11:44) | |
| | José Eladio Arias Alvarez | | MONTBREAMO | MP | | | |
| | 3:03 (3:03) | 2:14 (5:17) | 11:05 (16:22) | 2:25 (18:47) | | 1:30 (20:17) | 7:23 (27:40) |
| | 2:02 (29:42) | – (–) | – (35:48) | 16:21 (52:09) | | 3:07 (55:16) | 2:34 (57:50) |
| | 11:21 (1:09:11) | 3:53 (1:13:04) | 1:50 (1:14:54) | 0:46 (1:15:40) | | 0:42 (1:16:22) | |
| | Néstor Feal Díaz | | MONTBREAMO | DNS | | | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
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| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |

F-40

| | | | (8 / 8) | Hora | Detrás | Tiempo perdido |
|----|-----------------|--|-----------|-------|--------|----------------|
| 1. | Tania López Eyo | | XESTEIRAS | 33:02 | | 02:04 |

| | | | | | |
|--|----------------|-----------------------|----------------|-----------------|-----------------------|
| 2:28 (2:28) | 3:27 (5:55) | 4:58 (10:53) | 2:48 (13:41) | 1:30 (15:11) | 2:04 (17:15) |
| 1:44 (18:59) | 1:44 (20:43) | 4:40 (25:23) | 2:59 (28:22) | 1:18 (29:40) | 1:08 (30:48) |
| 1:21 (32:09) | 0:53 (33:02) | | | | |
| 2. Sonia Gómez Naya | | COMPÁS | 37:32 | +4:30 | 06:08 |
| 3:03 (3:03) | 2:45 (5:48) | 7:29 (13:17) | 4:46 (18:03) | 1:17 (19:20) | 2:21 (21:41) |
| 0:54 (22:35) | 2:00 (24:35) | 3:26 (28:01) | 4:07 (32:08) | 2:47 (34:55) | 0:44 (35:39) |
| 1:09 (36:48) | 0:44 (37:32) | | | | |
| 3. Silvia Seoane Rodríguez | | GALLAECIA_RAID | 42:17 | +9:15 | 09:44 |
| 2:32 (2:32) | 7:09 (9:41) | 4:23 (14:04) | 3:49 (17:53) | 1:31 (19:24) | 1:53 (21:17) |
| 1:12 (22:29) | 2:13 (24:42) | 5:47 (30:29) | 5:26 (35:55) | 3:44 (39:39) | 1:02 (40:41) |
| 0:57 (41:38) | 0:39 (42:17) | | | | |
| 4. Ana Iglesias Junzalvos | | U-VIGO | 49:35 | +16:33 | 11:39 |
| 3:20 (3:20) | 7:46 (11:06) | 10:06 (21:12) | 2:15 (23:27) | 1:47 (25:14) | 5:11 (30:25) |
| 1:09 (31:34) | 1:55 (33:29) | 4:27 (37:56) | 4:29 (42:25) | 3:48 (46:13) | 0:48 (47:01) |
| 1:33 (48:34) | 1:01 (49:35) | | | | |
| 5. Concepción González Bello | | COMPÁS | 52:44 | +19:42 | 17:14 |
| 2:36 (2:36) | 3:31 (6:07) | 9:10 (15:17) | 2:58 (18:15) | 1:40 (19:55) | 4:39 (24:34) |
| 1:09 (25:43) | 1:55 (27:38) | 3:47 (31:25) | 16:41 (48:06) | 1:32 (49:38) | 1:09 (50:47) |
| 1:10 (51:57) | 0:47 (52:44) | | | | |
| 6. Dori Seijo Souto | | AROMON | 59:49 | +26:47 | 22:46 |
| 4:54 (4:54) | 19:13 (24:07) | 5:04 (29:11) | 5:15 (34:26) | 3:17 (37:43) | 5:46 (43:29) |
| 0:43 (44:12) | 1:40 (45:52) | 5:16 (51:08) | 3:20 (54:28) | 1:16 (55:44) | 1:23 (57:07) |
| 1:49 (58:56) | 0:53 (59:49) | | | | |
| 7. Rocio Lores Romay | | AROMON | 1:18:02 | +45:00 | 26:58 |
| 13:27 (13:27) | 8:24 (21:51) | 23:37 (45:28) | 6:12 (51:40) | 2:05 (53:45) | 4:18 (58:03) |
| 1:37 (59:40) | 2:43 (1:02:23) | 6:33 (1:08:56) | 3:45 (1:12:41) | 1:45 (1:14:26) | 1:05 (1:15:31) |
| 1:33 (1:17:04) | 0:58 (1:18:02) | | | | |
| 8. Gracia Rodríguez Blanco | | LICEO | 1:20:11 | +47:09 | 27:33 |
| 4:12 (4:12) | 11:28 (15:40) | 12:10 (27:50) | 3:45 (31:35) | 2:51 (34:26) | 23:26 (57:52) |
| 2:08 (1:00:00) | 2:43 (1:02:43) | 6:03 (1:08:46) | 5:52 (1:14:38) | 1:30 (1:16:08) | 1:30 (1:17:38) |
| 1:37 (1:19:15) | 0:56 (1:20:11) | | | | |
| M-40 | | (15 / 15) | Hora | Detrás | Tiempo perdido |
| 1. Javier Liz Díaz | | FLUVIAL_LUGO | 40:21 | | 06:39 |
| 3:09 (3:09) | 6:51 (10:00) | 1:18 (11:18) | 0:43 (12:01) | 2:29 (14:30) | 1:02 (15:32) |
| 1:02 (16:34) | 2:31 (19:05) | 6:13 (25:18) | 2:46 (28:04) | 7:14 (35:18) | 3:00 (38:18) |
| 0:47 (39:05) | 0:36 (39:41) | 0:40 (40:21) | | | |
| 2. Juan Patiño Varela | | GALLAECIA_RAID | 41:27 | +1:06 | 02:44 |
| 3:26 (3:26) | 2:06 (5:32) | 1:13 (6:45) | 1:04 (7:49) | 2:33 (10:22) | 1:14 (11:36) |
| 0:57 (12:33) | 2:19 (14:52) | 8:14 (23:06) | 2:31 (25:37) | 9:00 (34:37) | 4:09 (38:46) |
| 1:09 (39:55) | 0:44 (40:39) | 0:48 (41:27) | | | |
| 3. Pablo Barreiro Fernández | | AROMON | 44:05 | +3:44 | 06:28 |
| 3:49 (3:49) | 2:37 (6:26) | 1:00 (7:26) | 1:03 (8:29) | 2:27 (10:56) | 1:31 (12:27) |
| 1:14 (13:41) | 1:52 (15:33) | 13:24 (28:57) | 2:36 (31:33) | 8:21 (39:54) | 2:12 (42:06) |
| 0:50 (42:56) | 0:34 (43:30) | 0:35 (44:05) | | | |
| 4. Santiago Riestra González | | ARTABROS | 45:20 | +4:59 | 05:45 |
| 7:07 (7:07) | 2:24 (9:31) | 0:58 (10:29) | 1:11 (11:40) | 2:36 (14:16) | 1:16 (15:32) |
| 1:09 (16:41) | 2:06 (18:47) | 8:24 (27:11) | 2:15 (29:26) | 9:24 (38:50) | 4:02 (42:52) |
| 0:58 (43:50) | 0:42 (44:32) | 0:48 (45:20) | | | |
| 5. Daniel Martínez Lorenzo | | BUDIÑORAI | 47:00 | +6:39 | 09:39 |
| 3:16 (3:16) | 2:09 (5:25) | 0:55 (6:20) | 0:49 (7:09) | 2:49 (9:58) | 3:07 (13:05) |
| 1:07 (14:12) | 4:03 (18:15) | 8:44 (26:59) | 6:08 (33:07) | 7:56 (41:03) | 3:51 (44:54) |
| 1:00 (45:54) | 0:31 (46:25) | 0:35 (47:00) | | | |
| 6. Vicente Pastoriza Santos | | U-VIGO | 48:40 | +8:19 | 08:25 |
| 6:21 (6:21) | 3:13 (9:34) | 1:26 (11:00) | 0:54 (11:54) | 2:26 (14:20) | 1:16 (15:36) |
| 1:18 (16:54) | 3:23 (20:17) | 11:40 (31:57) | 2:15 (34:12) | 9:33 (43:45) | 2:14 (45:59) |
| 1:02 (47:01) | 0:50 (47:51) | 0:49 (48:40) | | | |
| 7. Joaquín Oujo Ageitos | | ADC_ARNELA | 49:49 | +9:28 | 09:40 |
| 6:17 (6:17) | 2:29 (8:46) | 2:15 (11:01) | 4:15 (15:16) | 3:07 (18:23) | 1:34 (19:57) |
| 1:15 (21:12) | 2:20 (23:32) | 6:12 (29:44) | 3:40 (33:24) | 8:59 (42:23) | 4:45 (47:08) |
| 1:06 (48:14) | 0:46 (49:00) | 0:49 (49:49) | | | |
| 8. Gelasio Oujo Pouso | | ADC_ARNELA | 53:00 | +12:39 | 12:48 |
| 4:01 (4:01) | 7:05 (11:06) | 1:27 (12:33) | 2:33 (15:06) | 4:03 (19:09) | 1:26 (20:35) |
| 1:16 (21:51) | 6:13 (28:04) | 6:37 (34:41) | 3:48 (38:29) | 8:38 (47:07) | 2:59 (50:06) |
| 1:45 (51:51) | 0:34 (52:25) | 0:35 (53:00) | | | |
| 9. Santiago Fraga Castro | | USC | 58:00 | +17:39 | 07:27 |
| 5:40 (5:40) | 4:31 (10:11) | 1:27 (11:38) | 1:05 (12:43) | 3:19 (16:02) | 1:32 (17:34) |
| 1:55 (19:29) | 2:24 (21:53) | 8:05 (29:58) | 4:13 (34:11) | 16:12 (50:23) | 4:01 (54:24) |
| 1:38 (56:02) | 0:51 (56:53) | 1:07 (58:00) | | | |
| 10. Iago Viana Gonzalez | | FLUVIAL_LUGO | 1:01:22 | +21:01 | 14:28 |
| 9:59 (9:59) | 2:52 (12:51) | 1:21 (14:12) | 7:17 (21:29) | 4:03 (25:32) | 2:06 (27:38) |
| 1:08 (28:46) | 2:52 (31:38) | 8:39 (40:17) | 3:59 (44:16) | 9:54 (54:10) | 4:15 (58:25) |
| 1:39 (1:00:04) | 0:42 (1:00:46) | 0:36 (1:01:22) | | | |
| 11. Juan Sebastián Grimaldi Delgado | | AROMON | 1:13:10 | +32:49 | 15:53 |
| 9:15 (9:15) | 8:46 (18:01) | 1:30 (19:31) | 1:04 (20:35) | 8:20 (28:55) | 2:18 (31:13) |
| 1:50 (33:03) | 4:33 (37:36) | 9:10 (46:46) | 3:35 (50:21) | 13:28 (1:03:49) | 6:11 (1:10:00) |
| 1:26 (1:11:26) | 0:55 (1:12:21) | 0:49 (1:13:10) | | | |
| 12. Daniel Rioboo Iglesias | | GALLAECIA_RAID | 1:50:04 | +69:43 | 38:02 |
| 39:51 (39:51) | 4:51 (44:42) | 2:06 (46:48) | 2:54 (49:42) | 5:15 (54:57) | 2:30 (57:27) |
| 2:00 (59:27) | 6:38 (1:06:05) | 15:47 (1:21:52) | 5:04 (1:26:56) | 15:40 (1:42:36) | 4:05 (1:46:41) |
| 1:34 (1:48:15) | 0:55 (1:49:10) | 0:54 (1:50:04) | | | |

Jesús Eduardo Pérez Rodríguez
11:58 (11:58) 1:54 (13:52)
– (25:09) 3:37 (28:46)
0:51 (56:08) 0:37 (56:45)

Jorge Pérez Juste

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Ruben Carballo Morán

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BUDIÑORAI

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F-45

1. Elena Bujía Rodríguez

9:17 (9:17) 6:36 (15:53)
1:15 (27:41) 2:19 (30:00)
1:01 (42:30) 0:44 (43:14)

2. Begoña Crespo Quindós

6:00 (6:00) 4:07 (10:07)
1:23 (27:51) 12:41 (40:32)
0:56 (50:34) 1:00 (51:34)

3. Angela De La Paz Reboredo Mosquera

12:58 (12:58) 6:53 (19:51)
1:29 (36:37) 4:31 (41:08)
0:56 (51:49) 1:13 (53:02)

4. Rosa Porto Vázquez

5:39 (5:39) 4:34 (10:13)
0:49 (27:23) 5:28 (32:51)
0:58 (53:39) 0:49 (54:28)

5. Yolanda Navia Vega

10:34 (10:34) 10:24 (20:58)
2:58 (37:26) 4:26 (41:52)
1:22 (53:30) 1:17 (54:47)

6. Olimpia Alvarez Castro

8:02 (8:02) 11:24 (19:26)
1:27 (33:54) 8:21 (42:15)
1:09 (1:00:21) 0:57 (1:01:18)

7. Diana Ferrer Vidal

10:27 (10:27) 16:27 (26:54)
1:50 (46:06) 4:54 (51:00)
0:45 (1:00:45) 1:15 (1:02:00)

8. María Josefa Sánchez Marín

14:59 (14:59) 7:44 (22:43)
1:21 (39:39) 5:35 (45:14)
0:57 (1:01:08) 0:57 (1:02:05)

9. Susana Consuelo Pazos Fernández

7:44 (7:44) 18:11 (25:55)
2:45 (48:34) 5:49 (54:23)
0:44 (1:04:46) 0:37 (1:05:23)

10. María Ángeles García Pacios

12:30 (12:30) 9:16 (21:46)
2:16 (44:43) 5:36 (50:19)
1:08 (1:05:21) 1:20 (1:06:41)

11. Victoria López Permuy

20:57 (20:57) 5:33 (26:30)
1:57 (50:16) 2:59 (53:15)
0:51 (1:09:15) 1:05 (1:10:20)

12. María Inmaculada Arenas Rincón

25:55 (25:55) 14:44 (40:39)
1:53 (56:16) 5:03 (1:01:19)
0:53 (1:12:00) 1:02 (1:13:02)

13. Gloria Fernández Fernández

30:23 (30:23) 15:07 (45:30)
3:00 (1:07:09) 6:46 (1:13:55)
1:51 (1:40:38) 1:50 (1:42:28)

Ana M^a Dios González

17:15 (17:15) – (–)
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Claudia Oreiro Chapela

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– (–) – (–)

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GALLAECIA_RAID

3:25 (19:18)
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U-VIGO

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1:36 (42:08)

GALLAECIA_RAID

4:56 (24:47)
2:42 (43:50)

FLUVIAL_LUGO

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7:53 (40:44)

AROMON

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2:20 (44:12)

U-VIGO

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6:17 (48:32)

COMPÁS

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COMPÁS

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8:12 (53:26)

AROMON

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U-VIGO

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2:38 (52:57)

GALLAECIA_RAID

3:04 (29:34)
1:57 (55:12)

VIZHOJA-CORNELIOS

6:52 (47:31)
2:29 (1:03:48)

FLUVIAL_LUGO

6:29 (51:59)
13:19 (1:27:14)

AROMON

– (35:26)
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GALLAECIA_RAID

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Hora

43:14

1:32 (20:50)
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1:55 (44:03)

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6:38 (47:22)

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2:07 (46:19)

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1:54 (28:40)
1:43 (55:09)

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6:23 (36:17)
1:23 (57:21)

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3:12 (33:07)
3:18 (56:15)

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7:13 (1:02:25)

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1:32 (1:05:20)

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2:14 (54:13)
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MP

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Detrás

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+18:51

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+23:27

+27:06

+29:48

+59:14

Tiempo perdido

05:13

2:38 (23:28)
4:59 (38:57)

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3:45 (47:48)

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2:30 (28:58)
3:23 (48:59)

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7:57 (22:49)
3:30 (50:52)

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5:44 (56:16)

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3:12 (58:07)

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6:49 (35:29)
3:19 (58:28)

24:04

6:21 (42:38)
5:01 (1:02:22)

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4:55 (38:02)
4:45 (1:01:00)

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3:55 (35:19)
3:12 (1:05:37)

25:24

2:06 (51:01)
4:02 (1:09:22)

28:51

4:07 (58:20)
4:38 (1:35:02)

5:12 (42:37)

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M-45

1. Francisco Varela Lorenzo

2:11 (2:11) 3:11 (5:22)
1:25 (17:10) 1:19 (18:29)
0:48 (37:35) 0:44 (38:19)

(14 / 14)

COMPÁS

2:53 (8:15)
5:35 (24:04)

Hora

38:19

4:06 (12:21)
2:47 (26:51)

Detrás

Tiempo perdido

04:13

1:51 (14:12)
8:32 (35:23)

1:33 (15:45)
1:24 (36:47)

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|-----|-------------------------------|----------------|-----------------|----------------|-----------------|-----------------|--|
| 2. | M. Antonio Piñeiro Pouso | ADC_ARNELA | 40:15 | +1:56 | 04:03 | | |
| | 1:51 (1:51) | 3:44 (5:35) | 1:54 (7:29) | 1:33 (9:02) | 1:38 (10:40) | 1:40 (12:20) | |
| | 1:32 (13:52) | 1:18 (15:10) | 6:38 (21:48) | 2:06 (23:54) | 12:04 (35:58) | 2:37 (38:35) | |
| | 0:50 (39:25) | 0:50 (40:15) | | | | | |
| 3. | Eugenio A. Rodríguez Núñez | FLUVIAL_LUGO | 41:56 | +3:37 | 02:34 | | |
| | 2:49 (2:49) | 5:21 (8:10) | 2:24 (10:34) | 1:35 (12:09) | 1:56 (14:05) | 2:18 (16:23) | |
| | 1:49 (18:12) | 1:46 (19:58) | 6:45 (26:43) | 2:29 (29:12) | 9:03 (38:15) | 1:53 (40:08) | |
| | 0:55 (41:03) | 0:53 (41:56) | | | | | |
| 4. | Javier Alvelo Fraguela | AROMON | 44:59 | +6:40 | 06:12 | | |
| | 2:09 (2:09) | 4:24 (6:33) | 2:31 (9:04) | 2:28 (11:32) | 2:02 (13:34) | 4:58 (18:32) | |
| | 1:28 (20:00) | 2:45 (22:45) | 6:22 (29:07) | 2:04 (31:11) | 9:42 (40:53) | 2:26 (43:19) | |
| | 0:47 (44:06) | 0:53 (44:59) | | | | | |
| 5. | German Pérez Juste | U-VIGO | 45:00 | +6:41 | 07:55 | | |
| | 2:16 (2:16) | 3:56 (6:12) | 4:36 (10:48) | 3:24 (14:12) | 1:48 (16:00) | 1:21 (17:21) | |
| | 1:34 (18:55) | 1:16 (20:11) | 6:23 (26:34) | 2:06 (28:40) | 13:01 (41:41) | 1:43 (43:24) | |
| | 0:48 (44:12) | 0:48 (45:00) | | | | | |
| 6. | Pablo López Franco | GALLAECIA_RAID | 47:11 | +8:52 | 11:00 | | |
| | 2:17 (2:17) | 3:27 (5:44) | 1:59 (7:43) | 1:39 (9:22) | 2:11 (11:33) | 4:58 (16:31) | |
| | 1:19 (17:50) | 1:23 (19:13) | 7:29 (26:42) | 7:59 (34:41) | 8:05 (42:46) | 3:01 (45:47) | |
| | 0:42 (46:29) | 0:42 (47:11) | | | | | |
| 7. | Luis Javier Ramos Asensio | GALLAECIA_RAID | 47:19 | +9:00 | 11:02 | | |
| | 5:37 (5:37) | 4:25 (10:02) | 2:04 (12:06) | 3:48 (15:54) | 3:19 (19:13) | 1:54 (21:07) | |
| | 2:20 (23:27) | 2:58 (26:25) | 6:28 (32:53) | 3:21 (36:14) | 8:08 (44:22) | 1:43 (46:05) | |
| | 0:36 (46:41) | 0:38 (47:19) | | | | | |
| 8. | Roberto Chas Gómez | GALLAECIA_RAID | 52:55 | +14:36 | 07:21 | | |
| | 2:31 (2:31) | 5:50 (8:21) | 3:24 (11:45) | 1:47 (13:32) | 2:20 (15:52) | 2:06 (17:58) | |
| | 2:01 (19:59) | 1:56 (21:55) | 7:14 (29:09) | 2:54 (32:03) | 13:58 (46:01) | 5:07 (51:08) | |
| | 0:50 (51:58) | 0:57 (52:55) | | | | | |
| 9. | Alberto Lamela Arias | COMPÁS | 54:29 | +16:10 | 17:09 | | |
| | 2:15 (2:15) | 14:25 (16:40) | 2:29 (19:09) | 1:42 (20:51) | 1:34 (22:25) | 6:42 (29:07) | |
| | 1:03 (30:10) | 1:33 (31:43) | 6:40 (38:23) | 3:12 (41:35) | 8:47 (50:22) | 2:40 (53:02) | |
| | 0:46 (53:48) | 0:41 (54:29) | | | | | |
| 10. | Julio Cañas Lara | LICEO | 57:16 | +18:57 | 11:00 | | |
| | 2:18 (2:18) | 4:45 (7:03) | 2:13 (9:16) | 1:40 (10:56) | 3:04 (14:00) | 1:57 (15:57) | |
| | 1:52 (17:49) | 1:34 (19:23) | 11:39 (31:02) | 6:39 (37:41) | 13:32 (51:13) | 4:36 (55:49) | |
| | 0:43 (56:32) | 0:44 (57:16) | | | | | |
| 11. | Enrique Fuertes González | U-VIGO | 57:25 | +19:06 | 07:51 | | |
| | 2:44 (2:44) | 7:12 (9:56) | 2:53 (12:49) | 3:18 (16:07) | 3:19 (19:26) | 2:32 (21:58) | |
| | 2:19 (24:17) | 2:00 (26:17) | 8:44 (35:01) | 2:53 (37:54) | 15:46 (53:40) | 2:03 (55:43) | |
| | 0:52 (56:35) | 0:50 (57:25) | | | | | |
| 12. | Emilio Ruiz Lago | AROMON | 1:04:30 | +26:11 | 21:47 | | |
| | 7:51 (7:51) | 3:12 (11:03) | 2:08 (13:11) | 1:15 (14:26) | 1:45 (16:11) | 1:41 (17:52) | |
| | 1:33 (19:25) | 2:32 (21:57) | 12:15 (34:12) | 2:49 (37:01) | 12:05 (49:06) | 13:58 (1:03:04) | |
| | 0:40 (1:03:44) | 0:46 (1:04:30) | | | | | |
| 13. | Xaime Rozas Abella | AROMON | 1:59:24 | +81:05 | 53:54 | | |
| | 2:59 (2:59) | 5:47 (8:46) | 3:25 (12:11) | 30:18 (42:29) | 1:38 (44:07) | 5:03 (49:10) | |
| | 4:51 (54:01) | 2:10 (56:11) | 17:18 (1:13:29) | 4:13 (1:17:42) | 18:38 (1:36:20) | 21:38 (1:57:58) | |
| | 0:41 (1:58:39) | 0:45 (1:59:24) | | | | | |
| 14. | Jose Carlos Montouto Gonzalez | FLUVIAL_LUGO | 2:07:43 | +89:24 | 01:02:11 | | |
| | 18:25 (18:25) | 5:42 (24:07) | 12:08 (36:15) | 19:37 (55:52) | 2:43 (58:35) | 9:55 (1:08:30) | |
| | 11:50 (1:20:20) | 2:18 (1:22:38) | 7:07 (1:29:45) | 5:30 (1:35:15) | 25:29 (2:00:44) | 5:02 (2:05:46) | |
| | 0:51 (2:06:37) | 1:06 (2:07:43) | | | | | |

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| | | (10 / 10) | Hora | Detrás | Tiempo perdido | | |
|----|------------------------------|----------------|---------------|----------------|----------------|---------------|--|
| 1. | Rosa Mª Pernas Martínez | USC | 34:30 | | 03:51 | | |
| | 4:05 (4:05) | 2:48 (6:53) | 9:45 (16:38) | 1:42 (18:20) | 3:10 (21:30) | 3:56 (25:26) | |
| | 2:35 (28:01) | 1:55 (29:56) | 2:19 (32:15) | 1:16 (33:31) | 0:59 (34:30) | | |
| 2. | María Luisa Sanchez Vázquez | AROMON | 35:44 | +1:14 | 03:33 | | |
| | 4:59 (4:59) | 6:08 (11:07) | 6:11 (17:18) | 1:45 (19:03) | 3:22 (22:25) | 3:13 (25:38) | |
| | 2:52 (28:30) | 2:17 (30:47) | 2:26 (33:13) | 1:20 (34:33) | 1:11 (35:44) | | |
| 3. | María Del Pilar Pérez Torres | ADC_ARNELA | 35:50 | +1:20 | 07:39 | | |
| | 4:00 (4:00) | 2:43 (6:43) | 4:57 (11:40) | 1:23 (13:03) | 2:36 (15:39) | 8:08 (23:47) | |
| | 3:37 (27:24) | 4:21 (31:45) | 2:15 (34:00) | 0:57 (34:57) | 0:53 (35:50) | | |
| 4. | Margarita Balboa Barros | USC | 41:36 | +7:06 | 07:27 | | |
| | 4:27 (4:27) | 3:32 (7:59) | 7:56 (15:55) | 1:43 (17:38) | 3:07 (20:45) | 8:16 (29:01) | |
| | 3:20 (32:21) | 5:13 (37:34) | 2:02 (39:36) | 1:03 (40:39) | 0:57 (41:36) | | |
| 5. | Dolores Hermida Villanustre | GALLAECIA_RAID | 50:02 | +15:32 | 08:54 | | |
| | 5:11 (5:11) | 7:14 (12:25) | 11:06 (23:31) | 3:29 (27:00) | 4:49 (31:49) | 5:33 (37:22) | |
| | 5:03 (42:25) | 2:33 (44:58) | 2:33 (47:31) | 1:13 (48:44) | 1:18 (50:02) | | |
| 6. | Elia Núñez Otero | OP BETANZOS | 52:30 | +18:00 | 10:43 | | |
| | 4:27 (4:27) | 8:32 (12:59) | 10:09 (23:08) | 2:32 (25:40) | 3:57 (29:37) | 8:38 (38:15) | |
| | 5:37 (43:52) | 3:15 (47:07) | 2:54 (50:01) | 1:26 (51:27) | 1:03 (52:30) | | |
| 7. | Mª Isabel Saco Fernández | U-VIGO | 1:00:07 | +25:37 | 21:10 | | |
| | 15:51 (15:51) | 6:36 (22:27) | 7:26 (29:53) | 3:25 (33:18) | 3:01 (36:19) | 13:07 (49:26) | |
| | 3:59 (53:25) | 2:25 (55:50) | 2:08 (57:58) | 1:03 (59:01) | 1:06 (1:00:07) | | |
| 8. | Remedios Durán Pernas | TREVINCA | 1:00:50 | +26:20 | 15:17 | | |
| | 5:52 (5:52) | 6:05 (11:57) | 14:50 (26:47) | 2:07 (28:54) | 6:17 (35:11) | 11:48 (46:59) | |
| | 6:26 (53:25) | 2:34 (55:59) | 1:57 (57:56) | 1:24 (59:20) | 1:30 (1:00:50) | | |
| | Juan Carlos Ferreiro Viña | GALLAECIA_RAID | MP | | | | |
| | 4:30 (4:30) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (1:19:39) | — (—) | — (1:24:31) | 2:08 (1:26:39) | 2:35 (1:29:14) | | |

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|--------------------------------------|--------------|------------------|----------------|---------------|-----------------------|----------------|
| Teresa Silvarrey Redondo | | GALLAECIA_RAID | DNS | | | |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| M-50 | | (23 / 23) | Hora | Detrás | Tiempo perdido | |
| 1. José Manuel Fernández Souto | | COMPÁS | 23:55 | | 01:22 | |
| 3:09 (3:09) | 1:27 (4:36) | 4:05 (8:41) | 1:23 (10:04) | | 1:55 (11:59) | 1:24 (13:23) |
| 1:35 (14:58) | 1:24 (16:22) | 3:43 (20:05) | 0:49 (20:54) | | 1:38 (22:32) | 0:42 (23:14) |
| 0:41 (23:55) | | | | | | |
| 2. Santiago Amador Oujo Castelo | | ADC_ARNELA | 27:33 | +3:38 | 04:11 | |
| 3:05 (3:05) | 1:51 (4:56) | 3:52 (8:48) | 1:22 (10:10) | | 2:17 (12:27) | 2:52 (15:19) |
| 2:59 (18:18) | 2:07 (20:25) | 3:27 (23:52) | 0:56 (24:48) | | 1:32 (26:20) | 0:34 (26:54) |
| 0:39 (27:33) | | | | | | |
| 3. Antonio Javier López Peiteado | | GALLAECIA_RAID | 27:47 | +3:52 | 05:51 | |
| 2:32 (2:32) | 1:16 (3:48) | 2:26 (6:14) | 3:25 (9:39) | | 1:54 (11:33) | 1:56 (13:29) |
| 1:19 (14:48) | 1:38 (16:26) | 6:27 (22:53) | 0:46 (23:39) | | 2:46 (26:25) | 0:41 (27:06) |
| 0:41 (27:47) | | | | | | |
| 4. Pedro Parga Andón | | FLUVIAL_LUGO | 29:41 | +5:46 | 05:29 | |
| 5:21 (5:21) | 1:07 (6:28) | 5:14 (11:42) | 1:18 (13:00) | | 2:11 (15:11) | 1:32 (16:43) |
| 2:22 (19:05) | 1:32 (20:37) | 3:59 (24:36) | 0:56 (25:32) | | 2:41 (28:13) | 0:44 (28:57) |
| 0:44 (29:41) | | | | | | |
| 5. Xan Mariano Trigo Recarey | | TREVINCA | 31:31 | +7:36 | 06:02 | |
| 3:06 (3:06) | 1:17 (4:23) | 3:17 (7:40) | 1:35 (9:15) | | 4:53 (14:08) | 1:56 (16:04) |
| 1:24 (17:28) | 1:55 (19:23) | 6:26 (25:49) | 0:42 (26:31) | | 3:13 (29:44) | 0:52 (30:36) |
| 0:55 (31:31) | | | | | | |
| 6. Andrés López Suárez | | GALLAECIA_RAID | 31:42 | +7:47 | 04:57 | |
| 3:15 (3:15) | 2:59 (6:14) | 5:18 (11:32) | 1:46 (13:18) | | 1:54 (15:12) | 2:45 (17:57) |
| 2:20 (20:17) | 2:06 (22:23) | 4:57 (27:20) | 1:05 (28:25) | | 1:50 (30:15) | 0:47 (31:02) |
| 0:40 (31:42) | | | | | | |
| 7. Javier Antoñón Clemente | | AROMON | 32:23 | +8:28 | 04:45 | |
| 3:34 (3:34) | 1:50 (5:24) | 3:26 (8:50) | 1:38 (10:28) | | 2:05 (12:33) | 2:53 (15:26) |
| 1:36 (17:02) | 1:52 (18:54) | 7:19 (26:13) | 0:57 (27:10) | | 3:07 (30:17) | 1:03 (31:20) |
| 1:03 (32:23) | | | | | | |
| 8. Pablo Adrián Aller Estévez | | TREVINCA | 33:26 | +9:31 | 01:09 | |
| 4:25 (4:25) | 1:42 (6:07) | 3:52 (9:59) | 1:56 (11:55) | | 2:50 (14:45) | 2:14 (16:59) |
| 2:11 (19:10) | 2:46 (21:56) | 5:48 (27:44) | 1:15 (28:59) | | 2:32 (31:31) | 1:01 (32:32) |
| 0:54 (33:26) | | | | | | |
| 9. Antonio Gómez Ramos | | ARTABROS | 33:31 | +9:36 | 08:12 | |
| 5:50 (5:50) | 0:54 (6:44) | 3:18 (10:02) | 1:26 (11:28) | | 2:00 (13:28) | 5:57 (19:25) |
| 1:19 (20:44) | 1:59 (22:43) | 6:22 (29:05) | 1:04 (30:09) | | 1:52 (32:01) | 0:46 (32:47) |
| 0:44 (33:31) | | | | | | |
| 10. Fernando Silvarrey Redondo | | GALLAECIA_RAID | 38:19 | +14:24 | 12:39 | |
| 3:18 (3:18) | 4:02 (7:20) | 5:49 (13:09) | 1:33 (14:42) | | 6:11 (20:53) | 1:47 (22:40) |
| 2:23 (25:03) | 3:32 (28:35) | 3:17 (31:52) | 3:04 (34:56) | | 1:54 (36:50) | 0:47 (37:37) |
| 0:42 (38:19) | | | | | | |
| 11. José Antonio Balseiro Pérez | | GALLAECIA_RAID | 40:30 | +16:35 | 04:37 | |
| 4:24 (4:24) | 1:54 (6:18) | 5:09 (11:27) | 2:09 (13:36) | | 2:43 (16:19) | 2:41 (19:00) |
| 2:32 (21:32) | 3:25 (24:57) | 5:40 (30:37) | 1:26 (32:03) | | 5:27 (37:30) | 1:27 (38:57) |
| 1:33 (40:30) | | | | | | |
| 12. Alberto Arufe Varela | | LICEO | 41:28 | +17:33 | 17:44 | |
| 2:44 (2:44) | 1:09 (3:53) | 2:27 (6:20) | 2:25 (8:45) | | 16:06 (24:51) | 2:26 (27:17) |
| 4:05 (31:22) | 1:51 (33:13) | 4:12 (37:25) | 0:48 (38:13) | | 1:48 (40:01) | 0:41 (40:42) |
| 0:46 (41:28) | | | | | | |
| 13. Eduardo Iglesias Pesqueira | | AROMON | 44:27 | +20:32 | 14:26 | |
| 3:32 (3:32) | 1:46 (5:18) | 15:51 (21:09) | 1:46 (22:55) | | 2:16 (25:11) | 2:09 (27:20) |
| 1:59 (29:19) | 1:52 (31:11) | 7:34 (38:45) | 0:58 (39:43) | | 2:54 (42:37) | 0:57 (43:34) |
| 0:53 (44:27) | | | | | | |
| 14. Jose Miguel López Pérez | | ARTABROS | 46:28 | +22:33 | 01:50 | |
| 6:32 (6:32) | 2:37 (9:09) | 6:23 (15:32) | 3:10 (18:42) | | 3:26 (22:08) | 2:47 (24:55) |
| 3:06 (28:01) | 2:51 (30:52) | 7:31 (38:23) | 1:41 (40:04) | | 3:07 (43:11) | 1:36 (44:47) |
| 1:41 (46:28) | | | | | | |
| 15. Jesus Santos Iglesias | | ARTABROS | 47:19 | +23:24 | 08:52 | |
| 6:11 (6:11) | 1:36 (7:47) | 8:19 (16:06) | 2:50 (18:56) | | 2:38 (21:34) | 3:22 (24:56) |
| 2:39 (27:35) | 1:48 (29:23) | 7:20 (36:43) | 1:24 (38:07) | | 7:35 (45:42) | 0:47 (46:29) |
| 0:50 (47:19) | | | | | | |
| 16. Santiago Traveso Rodríguez | | ARTABROS | 47:54 | +23:59 | 16:53 | |
| 3:42 (3:42) | 1:31 (5:13) | 13:59 (19:12) | 1:42 (20:54) | | 8:45 (29:39) | 2:06 (31:45) |
| 3:17 (35:02) | 2:37 (37:39) | 5:01 (42:40) | 1:10 (43:50) | | 2:10 (46:00) | 0:57 (46:57) |
| 0:57 (47:54) | | | | | | |
| 17. Antonio Vazquez De Parga Benitez | | BUDIÑO RAID | 51:42 | +27:47 | 12:23 | |
| 4:20 (4:20) | 4:06 (8:26) | 7:12 (15:38) | 2:24 (18:02) | | 8:25 (26:27) | 3:17 (29:44) |
| 2:41 (32:25) | 2:54 (35:19) | 6:18 (41:37) | 4:58 (46:35) | | 3:30 (50:05) | 0:49 (50:54) |
| 0:48 (51:42) | | | | | | |
| 18. Rafael Pazos Miser | | GALLAECIA_RAID | 52:36 | +28:41 | 12:51 | |
| 5:13 (5:13) | 1:46 (6:59) | 7:26 (14:25) | 2:03 (16:28) | | 2:59 (19:27) | 10:59 (30:26) |
| 4:54 (35:20) | 2:35 (37:55) | 7:35 (45:30) | 1:53 (47:23) | | 3:06 (50:29) | 1:01 (51:30) |
| 1:06 (52:36) | | | | | | |
| 19. Jose Luis Garcia Dominguez | | GALLAECIA_RAID | 1:12:02 | +48:07 | 40:33 | |
| 30:17 (30:17) | 5:12 (35:29) | 7:45 (43:14) | 1:06 (44:20) | | 8:27 (52:47) | 1:54 (54:41) |
| 1:37 (56:18) | 1:21 (57:39) | 11:00 (1:08:39) | 0:44 (1:09:23) | | 1:20 (1:10:43) | 0:37 (1:11:20) |
| 0:42 (1:12:02) | | | | | | |

José Antonio Ricoy Bugarín
3:08 (3:08) – (-)
3:03 (21:14) 1:56 (23:10)
– (31:43)
Marcos Fouz Rodriguez
17:23 (17:23) 3:01 (20:24)
– (54:41) 2:47 (57:28)
0:57 (1:15:08)
Isidro López Muinelo
– (-) – (-)
– (-) – (-)
– (-)
José Manuel Sampedro Muñiz
– (-) – (-)
– (-) – (-)
– (-)

AROMON
– (11:42)
3:56 (27:06)

MP
1:33 (13:15) 2:23 (15:38) 2:33 (18:11)
0:50 (27:56) 1:59 (29:55) – (-)

FLUVIAL_LUGO
4:20 (24:44)
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MP
3:12 (27:56) 3:18 (31:14) – (-)
1:45 (1:09:03) 4:04 (1:13:07) 1:04 (1:14:11)

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1. Fermina Fernandez Riveiro
7:36 (7:36) 11:43 (19:19)
1:22 (34:43) 1:07 (35:50)
2. M^a José Naya López
6:36 (6:36) 2:23 (8:59)
2:07 (34:34) 1:10 (35:44)
3. Yolanda Díaz Rodríguez
9:56 (9:56) 5:35 (15:31)
2:03 (40:16) 0:58 (41:14)
4. M^a Elena Ponte Pena
9:35 (9:35) 7:25 (17:00)
4:11 (44:25) 2:00 (46:25)
5. María Fernández Santiago
12:54 (12:54) 3:36 (16:30)
2:38 (47:32) 1:06 (48:38)
6. María Dolores López Suárez
9:24 (9:24) 10:36 (20:00)
1:49 (1:02:35) 1:17 (1:03:52)
7. Adriana Luisa González Sención
32:18 (32:18) 22:16 (54:34)
3:03 (1:35:38) 1:17 (1:36:55)

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FLUVIAL_LUGO
6:51 (26:10) 1:56 (28:06)
1:04 (36:54) 1:00 (37:54)
LICEO
12:23 (21:22) 1:54 (23:16)
1:25 (37:09) 1:18 (38:27)
AROMON
6:42 (22:13) 2:06 (24:19)
1:18 (42:32) 1:10 (43:42)
ARTABROS
10:01 (27:01) 3:26 (30:27)
1:57 (48:22) 1:42 (50:04)
GALLAECIA_RAID
6:08 (22:38) 7:18 (29:56)
1:43 (50:21) 1:37 (51:58)
GALLAECIA_RAID
8:19 (28:19) 2:59 (31:18)
1:19 (1:05:11) 1:24 (1:06:35)
GALLAECIA_RAID
9:45 (1:04:19) 1:52 (1:06:11)
1:30 (1:38:25) 1:45 (1:40:10)

Hora**Detrás****Tiempo perdido**

37:54 09:45
1:31 (29:37) 3:44 (33:21)
38:27 +0:33 08:18
1:54 (23:16) 1:43 (24:59) 7:28 (32:27)
1:18 (38:27) 1:18 (38:27)
43:42 +5:48 08:39
2:06 (24:19) 4:07 (28:26) 9:47 (38:13)
1:10 (43:42) 1:10 (43:42)
50:04 +12:10 08:21
3:26 (30:27) 4:00 (34:27) 5:47 (40:14)
1:42 (50:04) 1:42 (50:04)
51:58 +14:04 14:05
7:18 (29:56) 6:48 (36:44) 8:10 (44:54)
1:37 (51:58) 1:37 (51:58)
1:06:35 +28:41 26:13
2:59 (31:18) 20:37 (51:55) 8:51 (1:00:46)
1:24 (1:06:35) 1:24 (1:06:35)
1:40:10 +62:16 44:44
1:52 (1:06:11) 15:08 (1:21:19) 11:16 (1:32:35)
1:45 (1:40:10) 1:45 (1:40:10)

M-55

1. Gilberto Diaz Falcon
3:39 (3:39) 1:36 (5:15)
3:16 (19:47) 2:53 (22:40)
2. Francisco Sande Rodríguez
3:55 (3:55) 2:10 (6:05)
2:46 (20:28) 1:51 (22:19)
3. Camilo Serantes Maneiro
3:54 (3:54) 3:48 (7:42)
2:16 (25:56) 1:26 (27:22)
4. Evaristo Gonzalez Fernandez
3:58 (3:58) 1:24 (5:22)
3:00 (18:29) 1:51 (20:20)
5. José Antonio Gil Díaz
3:36 (3:36) 2:30 (6:06)
6:37 (26:10) 2:50 (29:00)
6. Manuel Varela Maceira
11:32 (11:32) 0:57 (12:29)
9:05 (34:43) 1:41 (36:24)
7. Ramón Sampedro Muñiz
11:03 (11:03) 2:19 (13:22)
3:26 (31:00) 1:53 (32:53)
8. Eduardo V. Ramos Lozano
4:00 (4:00) 2:49 (6:49)
4:03 (36:01) 1:41 (37:42)
9. Juan Carlos Carballo Fernández
4:08 (4:08) 1:43 (5:51)
2:59 (31:03) 2:54 (33:57)
10. Carlos Mario Romero Capa
3:12 (3:12) 1:08 (4:20)
2:51 (26:14) 2:29 (28:43)
11. Jorge Victorero Rey
3:43 (3:43) 1:56 (5:39)
18:07 (57:00) 2:43 (59:43)
José Manuel González Núñez
– (-) – (-)
– (-) – (-)

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AROMON
4:02 (9:17) 1:38 (10:55)
1:40 (24:20) 2:14 (26:34)
MONTAÑA_FERROL
4:52 (10:57) 2:01 (12:58)
6:04 (28:23) 1:17 (29:40)
ADC_ARNELA
5:23 (13:05) 2:14 (15:19)
1:54 (29:16) 1:13 (30:29)
GALLAECIA_RAID
4:36 (9:58) 1:54 (11:52)
11:02 (31:22) 1:09 (32:31)
GALLAECIA_RAID
6:28 (12:34) 2:50 (15:24)
2:14 (31:14) 1:36 (32:50)
AROMON
6:55 (19:24) 1:15 (20:39)
2:23 (38:47) 1:30 (40:17)
USC
7:22 (20:44) 2:29 (23:13)
2:23 (35:16) 4:06 (39:22)
USC
16:01 (22:50) 1:35 (24:25)
1:38 (39:20) 1:40 (41:00)
GALLAECIA_RAID
13:38 (19:29) 1:31 (21:00)
5:05 (39:02) 2:36 (41:38)
AROMON
10:24 (14:44) 1:42 (16:26)
19:21 (48:04) 2:17 (50:21)
ADC_ARNELA
15:08 (20:47) 14:52 (35:39)
2:05 (1:01:48) 3:15 (1:05:03)
GALLAECIA_RAID
– (-) – (-)
– (-) – (-)

Hora**Detrás****Tiempo perdido**

28:22 04:57
1:06 (27:40) 0:42 (28:22)
31:58 +3:36 07:13
2:01 (12:58) 1:21 (14:19) 3:23 (17:42)
1:17 (29:40) 1:08 (30:48) 1:10 (31:58)
32:07 +3:45 08:31
2:14 (15:19) 6:31 (21:50) 1:50 (23:40)
1:13 (30:29) 0:58 (31:27) 0:40 (32:07)
34:36 +6:14 09:04
1:54 (11:52) 1:52 (13:44) 1:45 (15:29)
1:09 (32:31) 1:20 (33:51) 0:45 (34:36)
35:06 +6:44 06:18
2:50 (15:24) 1:56 (17:20) 2:13 (19:33)
1:36 (32:50) 1:20 (34:10) 0:56 (35:06)
42:16 +13:54 13:54
1:15 (20:39) 3:21 (24:00) 1:38 (25:38)
1:30 (40:17) 1:11 (41:28) 0:48 (42:16)
42:48 +14:26 08:51
2:29 (23:13) 1:44 (24:57) 2:37 (27:34)
4:06 (39:22) 2:00 (41:22) 1:26 (42:48)
43:26 +15:04 14:18
1:35 (24:25) 5:08 (29:33) 2:25 (31:58)
1:40 (41:00) 1:29 (42:29) 0:57 (43:26)
44:04 +15:42 14:11
1:31 (21:00) 5:21 (26:21) 1:43 (28:04)
2:36 (41:38) 1:21 (42:59) 1:05 (44:04)
52:40 +24:18 23:20
1:42 (16:26) 4:58 (21:24) 1:59 (23:23)
2:17 (50:21) 1:18 (51:39) 1:01 (52:40)
1:07:15 +38:53 33:20
14:52 (35:39) 1:40 (37:19) 1:34 (38:53)
3:15 (1:05:03) 1:20 (1:06:23) 0:52 (1:07:15)
DNS
– (-) – (-) – (-)
– (-) – (-) – (-)

F-E

1. María Piñeiro Varela

(5 / 5)

ARTABROS

Hora**Detrás****Tiempo perdido**

33:19 04:10

| | | | | | |
|------------------------------|---------------|-------------------|----------------|----------------|-----------------------|
| Alberto Candal Viqueira | | SEO | MP | | |
| 11:38 (11:38) | 1:25 (13:03) | 2:52 (15:55) | 1:24 (17:19) | 7:02 (24:21) | 2:24 (26:45) |
| 2:12 (28:57) | 17:45 (46:42) | 10:53 (57:35) | 2:42 (1:00:17) | 4:47 (1:05:04) | 6:31 (1:11:35) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (1:42:48) | | | | | |
| Oscar Fernández Otero | | GALLAECIA_RAID | DNS | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | | | | | |
| F-12 NC | | (2 / 2) | Hora | Detrás | Tiempo perdido |
| 1. Maria Pastoriza Cordero | | U-VIGO | 40:51 | | 00:00 |
| 3:15 (3:15) | 1:27 (4:42) | 1:31 (6:13) | 1:40 (7:53) | | 6:00 (13:53) |
| 3:31 (20:12) | 3:53 (24:05) | 2:49 (26:54) | 9:03 (35:57) | | 2:34 (38:31) |
| 0:43 (40:51) | | | | | 1:37 (40:08) |
| Martina Caballero Táboas | | U-VIGO | DNS | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | | | | | |
| INI-C | | (26 / 26) | Hora | Detrás | Tiempo perdido |
| 1. Saul Rodríguez Arenas | | VIZHOJA-CORNELIOS | 32:12 | | 02:49 |
| 4:32 (4:32) | 1:54 (6:26) | 1:28 (7:54) | 4:26 (12:20) | | 1:38 (13:58) |
| 2:53 (20:08) | 2:42 (22:50) | 2:50 (25:40) | 2:33 (28:13) | | 1:46 (29:59) |
| 1:02 (32:12) | | | | | 3:17 (17:15) |
| 2. Antia Dapena Bugallo | | XESTA NATUREZA | 48:15 | +16:03 | 09:03 |
| 3:36 (3:36) | 7:03 (10:39) | 1:45 (12:24) | 5:22 (17:46) | | 1:53 (19:39) |
| 5:01 (29:48) | 2:49 (32:37) | 4:35 (37:12) | 4:33 (41:45) | | 2:54 (44:39) |
| 1:52 (48:15) | | | | | 5:08 (24:47) |
| 3. David Dapena Mariño | | XESTA NATUREZA | 48:16 | +16:04 | 08:12 |
| 3:38 (3:38) | 7:11 (10:49) | 1:37 (12:26) | 5:37 (18:03) | | 1:48 (19:51) |
| 4:54 (29:47) | 3:03 (32:50) | 4:23 (37:13) | 4:48 (42:01) | | 2:44 (44:45) |
| 1:17 (48:16) | | | | | 5:02 (24:53) |
| 4. Enol Camblor Bello | | GALLAECIA_RAID | 50:14 | +18:02 | 04:52 |
| 6:52 (6:52) | 1:45 (8:37) | 1:58 (10:35) | 6:51 (17:26) | | 3:03 (20:29) |
| 2:58 (29:27) | 4:08 (33:35) | 5:49 (39:24) | 4:35 (43:59) | | 3:18 (47:17) |
| 1:18 (50:14) | | | | | 6:00 (26:29) |
| 5. Bruno Reboredo Zapata | | GALLAECIA_RAID | 50:15 | +18:03 | 06:25 |
| 6:38 (6:38) | 1:56 (8:34) | 1:21 (9:55) | 7:24 (17:19) | | 2:58 (20:17) |
| 2:41 (28:42) | 4:55 (33:37) | 5:05 (38:42) | 5:08 (43:50) | | 3:25 (47:15) |
| 1:23 (50:15) | | | | | 5:44 (26:01) |
| 6. Xairo Ferreiro Fandiño | | GALLAECIA_RAID | 51:04 | +18:52 | 04:00 |
| 6:45 (6:45) | 2:00 (8:45) | 2:11 (10:56) | 6:30 (17:26) | | 3:06 (20:32) |
| 3:01 (29:33) | 4:14 (33:47) | 5:42 (39:29) | 4:39 (44:08) | | 3:15 (47:23) |
| 1:38 (51:04) | | | | | 6:00 (26:32) |
| 7. Noa Varela Pérez | | AROMON | 51:48 | +19:36 | 05:55 |
| 6:50 (6:50) | 3:18 (10:08) | 2:23 (12:31) | 6:47 (19:18) | | 2:27 (21:45) |
| 4:41 (32:14) | 4:55 (37:09) | 4:50 (41:59) | 3:52 (45:51) | | 3:07 (48:58) |
| 1:06 (51:48) | | | | | 5:48 (27:33) |
| 8. Gabriel Reboredo Zapata | | GALLAECIA_RAID | 52:54 | +20:42 | 06:33 |
| 6:51 (6:51) | 1:46 (8:37) | 2:24 (11:01) | 7:00 (18:01) | | 2:54 (20:55) |
| 3:22 (29:57) | 4:00 (33:57) | 5:52 (39:49) | 4:27 (44:16) | | 3:38 (47:54) |
| 2:37 (52:54) | | | | | 5:40 (26:35) |
| 9. Elba Sevilla Poncela | | ARTABROS | 53:22 | +21:10 | 06:05 |
| 5:24 (5:24) | 2:30 (7:54) | 2:59 (10:53) | 8:02 (18:55) | | 2:16 (21:11) |
| 7:01 (34:18) | 3:59 (38:17) | 4:31 (42:48) | 4:02 (46:50) | | 3:21 (50:11) |
| 0:54 (53:22) | | | | | 6:06 (27:17) |
| 10. Martina López Arcos | | GALLAECIA_RAID | 56:28 | +24:16 | 10:59 |
| 7:35 (7:35) | 4:13 (11:48) | 4:42 (16:30) | 6:10 (22:40) | | 2:19 (24:59) |
| 3:59 (34:24) | 5:09 (39:33) | 3:36 (43:09) | 6:49 (49:58) | | 3:10 (53:08) |
| 1:24 (56:28) | | | | | 5:26 (30:25) |
| 11. Maria Elena Arcos Trillo | | GALLAECIA_RAID | 56:46 | +24:34 | 08:16 |
| 7:30 (7:30) | 4:21 (11:51) | 3:04 (14:55) | 7:43 (22:38) | | 2:34 (25:12) |
| 3:47 (34:22) | 5:09 (39:31) | 4:05 (43:36) | 6:41 (50:17) | | 2:55 (53:12) |
| 1:29 (56:46) | | | | | 5:23 (30:35) |
| 12. Noa Rodríguez Seijo | | AROMON | 58:11 | +25:59 | 14:26 |
| 6:42 (6:42) | 5:52 (12:34) | 1:25 (13:59) | 6:07 (20:06) | | 2:17 (22:23) |
| 3:32 (33:21) | 3:44 (37:05) | 4:01 (41:06) | 11:44 (52:50) | | 2:21 (55:11) |
| 0:54 (58:11) | | | | | 7:26 (29:49) |
| 13. Daniel Tapia Denis | | AROMON | 58:15 | +26:03 | 14:20 |
| 6:45 (6:45) | 5:56 (12:41) | 1:54 (14:35) | 5:46 (20:21) | | 2:10 (22:31) |
| 3:29 (33:28) | 3:49 (37:17) | 4:06 (41:23) | 11:35 (52:58) | | 2:28 (55:26) |
| 0:56 (58:15) | | | | | 7:28 (29:59) |
| 14. Mara Rioboo Núñez | | GALLAECIA_RAID | 1:00:59 | +28:47 | 13:16 |
| 6:16 (6:16) | 2:33 (8:49) | 2:41 (11:30) | 6:25 (17:55) | | 9:29 (27:24) |
| 5:39 (38:46) | 5:56 (44:42) | 5:50 (50:32) | 4:21 (54:53) | | 2:36 (57:29) |
| 1:21 (1:00:59) | | | | | 5:43 (33:07) |
| 15. Emma Viana Gonzalez | | COMPÁS | 1:03:04 | +30:52 | 07:01 |
| 5:50 (5:50) | 3:07 (8:57) | 3:32 (12:29) | 8:34 (21:03) | | 2:38 (23:41) |
| 5:50 (35:18) | 5:15 (40:33) | 7:18 (47:51) | 5:03 (52:54) | | 4:07 (57:01) |
| 2:43 (1:03:04) | | | | | 3:20 (1:00:21) |

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|-----|---------------------------|----------------|----------------|----------------|--------|----------------|--|----------------|
| 16. | M. Carmen Nuñez Lodeiro | | GALLAECIA_RAID | 1:03:54 | +31:42 | 10:56 | | |
| | 6:19 (6:19) | 2:34 (8:53) | 2:38 (11:31) | 7:20 (18:51) | | 8:34 (27:25) | | 5:58 (33:23) |
| | 6:08 (39:31) | 6:01 (45:32) | 5:42 (51:14) | 4:26 (55:40) | | 3:41 (59:21) | | 2:32 (1:01:53) |
| | 2:01 (1:03:54) | | | | | | | |
| 17. | Zoe Ramos Rayón | | GALLAECIA_RAID | 1:07:21 | +35:09 | 13:00 | | |
| | 8:08 (8:08) | 4:06 (12:14) | 3:16 (15:30) | 9:33 (25:03) | | 7:16 (32:19) | | 7:54 (40:13) |
| | 5:05 (45:18) | 5:38 (50:56) | 6:07 (57:03) | 3:44 (1:00:47) | | 3:22 (1:04:09) | | 1:00 (1:05:09) |
| | 2:12 (1:07:21) | | | | | | | |
| 18. | Iria Cordeiro Méndez | | XESTA NATUREZA | 1:07:22 | +35:10 | 27:23 | | |
| | 3:25 (3:25) | 7:52 (11:17) | 1:46 (13:03) | 5:31 (18:34) | | 6:18 (24:52) | | 4:19 (29:11) |
| | 14:49 (44:00) | 3:30 (47:30) | 4:05 (51:35) | 9:55 (1:01:30) | | 2:07 (1:03:37) | | 1:37 (1:05:14) |
| | 2:08 (1:07:22) | | | | | | | |
| 19. | Candela Touriño Fernández | | XESTA NATUREZA | 1:07:30 | +35:18 | 26:50 | | |
| | 3:23 (3:23) | 8:07 (11:30) | 1:36 (13:06) | 5:33 (18:39) | | 6:14 (24:53) | | 4:23 (29:16) |
| | 14:42 (43:58) | 3:39 (47:37) | 4:31 (52:08) | 9:26 (1:01:34) | | 2:13 (1:03:47) | | 1:33 (1:05:20) |
| | 2:10 (1:07:30) | | | | | | | |
| 20. | Vega Ramos Rayón | | GALLAECIA_RAID | 1:07:57 | +35:45 | 17:07 | | |
| | 8:15 (8:15) | 4:09 (12:24) | 3:13 (15:37) | 10:16 (25:53) | | 6:31 (32:24) | | 7:49 (40:13) |
| | 9:29 (49:42) | 3:45 (53:27) | 3:51 (57:18) | 3:46 (1:01:04) | | 3:18 (1:04:22) | | 2:15 (1:06:37) |
| | 1:20 (1:07:57) | | | | | | | |
| 21. | Navia Sanjurjo Gómez | | GALLAECIA_RAID | 1:08:33 | +36:21 | 13:19 | | |
| | 9:49 (9:49) | 5:01 (14:50) | 3:52 (18:42) | 10:53 (29:35) | | 3:24 (32:59) | | 7:16 (40:15) |
| | 5:18 (45:33) | 3:45 (49:18) | 4:49 (54:07) | 5:36 (59:43) | | 3:48 (1:03:31) | | 1:25 (1:04:56) |
| | 3:37 (1:08:33) | | | | | | | |
| 22. | Roi Sanjurjo Martínez | | GALLAECIA_RAID | 1:13:08 | +40:56 | 11:26 | | |
| | 9:49 (9:49) | 4:57 (14:46) | 3:52 (18:38) | 11:13 (29:51) | | 3:27 (33:18) | | 7:18 (40:36) |
| | 5:03 (45:39) | 4:50 (50:29) | 6:04 (56:33) | 5:18 (1:01:51) | | 5:16 (1:07:07) | | 2:57 (1:10:04) |
| | 3:04 (1:13:08) | | | | | | | |
| 23. | Maria Pardo Villaverde | | LICEO | 1:15:24 | +43:12 | 11:52 | | |
| | 9:27 (9:27) | 5:01 (14:28) | 4:06 (18:34) | 11:58 (30:32) | | 2:11 (32:43) | | 8:18 (41:01) |
| | 5:20 (46:21) | 5:15 (51:36) | 6:34 (58:10) | 5:35 (1:03:45) | | 4:04 (1:07:49) | | 4:03 (1:11:52) |
| | 3:32 (1:15:24) | | | | | | | |
| | Elia Camblor Bello | | GALLAECIA_RAID | MP | | | | |
| | - (2:15:30) | 2:20 (2:17:50) | 1:57 (2:19:47) | 7:05 (2:26:52) | | - (-) | | - (2:33:40) |
| | 2:48 (2:36:28) | - (-) | - (2:47:06) | 4:51 (2:51:57) | | 3:39 (2:55:36) | | 2:01 (2:57:37) |
| | 3:02 (3:00:39) | | | | | | | |
| | Ione Agras Pérez | | XESTA NATUREZA | DNS | | | | |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | - (-) | | | | | | | |
| | Jenny Pérez Moreira | | XESTA NATUREZA | DNS | | | | |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | | - (-) |
| | - (-) | | | | | | | |

| INI-L | | | (27 / 27) | Hora | Detrás | Tiempo perdido | | |
|-------|-------------------------|--------------|----------------|--------------|--------|----------------|--|--------------|
| 1. | Guillermo Míguez Losada | | XESTA NATUREZA | 26:44 | | 04:18 | | |
| | 4:38 (4:38) | 0:51 (5:29) | 2:41 (8:10) | 5:15 (13:25) | | 1:49 (15:14) | | 1:20 (16:34) |
| | 1:46 (18:20) | 2:36 (20:56) | 1:02 (21:58) | 1:02 (23:00) | | 1:05 (24:05) | | 1:57 (26:02) |
| | 0:42 (26:44) | | | | | | | |
| 2. | Pablo Fernández Lojo | | XESTA NATUREZA | 31:48 | +5:04 | 01:51 | | |
| | 5:54 (5:54) | 1:29 (7:23) | 3:53 (11:16) | 2:12 (13:28) | | 1:53 (15:21) | | 1:38 (16:59) |
| | 1:47 (18:46) | 4:12 (22:58) | 1:24 (24:22) | 2:01 (26:23) | | 1:24 (27:47) | | 3:12 (30:59) |
| | 0:49 (31:48) | | | | | | | |
| 3. | Oliver Durán Mosquera | | XESTA NATUREZA | 32:46 | +6:02 | 02:53 | | |
| | 6:53 (6:53) | 1:28 (8:21) | 3:50 (12:11) | 2:16 (14:27) | | 1:53 (16:20) | | 1:34 (17:54) |
| | 1:51 (19:45) | 4:11 (23:56) | 1:20 (25:16) | 2:07 (27:23) | | 1:19 (28:42) | | 3:13 (31:55) |
| | 0:51 (32:46) | | | | | | | |
| 4. | Jose Baiña Moledo | | XESTA NATUREZA | 37:23 | +10:39 | 03:55 | | |
| | 5:46 (5:46) | 1:25 (7:11) | 4:08 (11:19) | 2:05 (13:24) | | 2:36 (16:00) | | 3:30 (19:30) |
| | 2:27 (21:57) | 5:10 (27:07) | 2:10 (29:17) | 1:58 (31:15) | | 1:25 (32:40) | | 3:37 (36:17) |
| | 1:06 (37:23) | | | | | | | |
| 5. | María García Castelo | | XESTA NATUREZA | 37:25 | +10:41 | 04:03 | | |
| | 5:41 (5:41) | 1:24 (7:05) | 4:12 (11:17) | 2:10 (13:27) | | 2:45 (16:12) | | 3:25 (19:37) |
| | 2:17 (21:54) | 5:06 (27:00) | 2:09 (29:09) | 1:52 (31:01) | | 1:33 (32:34) | | 3:49 (36:23) |
| | 1:02 (37:25) | | | | | | | |
| 6. | Jesús Bua Alende | | XESTA NATUREZA | 41:22 | +14:38 | 05:45 | | |
| | 10:04 (10:04) | 1:09 (11:13) | 4:09 (15:22) | 3:11 (18:33) | | 2:33 (21:06) | | 3:39 (24:45) |
| | 2:01 (26:46) | 5:31 (32:17) | 1:27 (33:44) | 1:50 (35:34) | | 1:19 (36:53) | | 3:22 (40:15) |
| | 1:07 (41:22) | | | | | | | |
| 7. | Roberto Fraguas Rodrigo | | XESTA NATUREZA | 41:23 | +14:39 | 04:58 | | |
| | 7:42 (7:42) | 2:44 (10:26) | 4:31 (14:57) | 1:54 (16:51) | | 3:13 (20:04) | | 2:18 (22:22) |
| | 2:38 (25:00) | 5:18 (30:18) | 2:43 (33:01) | 1:48 (34:49) | | 1:18 (36:07) | | 4:03 (40:10) |
| | 1:13 (41:23) | | | | | | | |
| 8. | Marcos Fraguas Cochón | | XESTA NATUREZA | 41:27 | +14:43 | 04:06 | | |
| | 9:46 (9:46) | 1:31 (11:17) | 4:03 (15:20) | 2:57 (18:17) | | 2:30 (20:47) | | 3:27 (24:14) |
| | 2:39 (26:53) | 5:02 (31:55) | 1:56 (33:51) | 1:38 (35:29) | | 1:24 (36:53) | | 3:29 (40:22) |
| | 1:05 (41:27) | | | | | | | |
| 9. | Rosa Ana Cochon Muñiz | | XESTA NATUREZA | 41:55 | +15:11 | 05:27 | | |
| | 9:17 (9:17) | 1:19 (10:36) | 4:27 (15:03) | 2:33 (17:36) | | 3:00 (20:36) | | 3:26 (24:02) |
| | 2:29 (26:31) | 4:50 (31:21) | 1:51 (33:12) | 1:27 (34:39) | | 1:44 (36:23) | | 4:06 (40:29) |
| | 1:26 (41:55) | | | | | | | |

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|-----|--------------------------------------|----------------|--------------|--------------|----------------|-----------------|--|
| 10. | Raquel Abal Camaño | XESTA NATUREZA | 42:24 | +15:40 | 09:50 | | |
| | 5:26 (5:26) | 1:35 (7:01) | 3:43 (10:44) | 3:36 (14:20) | 6:31 (20:51) | 2:16 (23:07) | |
| | 6:10 (29:17) | 4:52 (34:09) | 1:31 (35:40) | 1:19 (36:59) | 1:20 (38:19) | 2:46 (41:05) | |
| | 1:19 (42:24) | | | | | | |
| 11. | José Ramón Bugallo García | LICEO | 52:00 | +25:16 | 11:12 | | |
| | 6:59 (6:59) | 2:12 (9:11) | 6:01 (15:12) | 2:40 (17:52) | 5:52 (23:44) | 3:51 (27:35) | |
| | 3:56 (31:31) | 5:17 (36:48) | 3:38 (40:26) | 2:18 (42:44) | 2:03 (44:47) | 5:01 (49:48) | |
| | 2:12 (52:00) | | | | | | |
| 12. | Otto Vargas López | XESTA NATUREZA | 54:15 | +27:31 | 10:09 | | |
| | 10:12 (10:12) | 3:31 (13:43) | 6:10 (19:53) | 4:25 (24:18) | 7:46 (32:04) | 3:16 (35:20) | |
| | 2:39 (37:59) | 4:59 (42:58) | 2:56 (45:54) | 1:43 (47:37) | 1:32 (49:09) | 4:04 (53:13) | |
| | 1:02 (54:15) | | | | | | |
| 13. | Ernesto Villanueva Lázaro | XESTA NATUREZA | 55:14 | +28:30 | 16:39 | | |
| | 17:32 (17:32) | 2:05 (19:37) | 4:26 (24:03) | 2:23 (26:26) | 4:01 (30:27) | 3:44 (34:11) | |
| | 3:30 (37:41) | 7:30 (45:11) | 4:31 (49:42) | 1:05 (50:47) | 1:09 (51:56) | 2:26 (54:22) | |
| | 0:52 (55:14) | | | | | | |
| 14. | Francisco Javier Crujeiras Fernández | XESTA NATUREZA | 55:15 | +28:31 | 17:02 | | |
| | 18:02 (18:02) | 1:34 (19:36) | 4:24 (24:00) | 2:37 (26:37) | 3:35 (30:12) | 3:59 (34:11) | |
| | 3:27 (37:38) | 7:02 (44:40) | 5:00 (49:40) | 1:07 (50:47) | 1:10 (51:57) | 2:25 (54:22) | |
| | 0:53 (55:15) | | | | | | |
| 15. | René Balay Lorenzo | XESTA NATUREZA | 55:23 | +28:39 | 17:31 | | |
| | 18:29 (18:29) | 1:20 (19:49) | 4:17 (24:06) | 2:46 (26:52) | 3:44 (30:36) | 3:43 (34:19) | |
| | 3:26 (37:45) | 7:45 (45:30) | 4:17 (49:47) | 1:10 (50:57) | 1:07 (52:04) | 2:25 (54:29) | |
| | 0:54 (55:23) | | | | | | |
| 16. | Hanan Alonso Oreiro | GALLAECIA_RAID | 1:05:39 | +38:55 | 09:55 | | |
| | 9:58 (9:58) | 2:14 (12:12) | 7:22 (19:34) | 5:53 (25:27) | 6:14 (31:41) | 4:22 (36:03) | |
| | 4:46 (40:49) | 9:32 (50:21) | 4:05 (54:26) | 3:48 (58:14) | 2:31 (1:00:45) | 3:46 (1:04:31) | |
| | 1:08 (1:05:39) | | | | | | |
| 17. | Claudia Fernandez Oreiro | GALLAECIA_RAID | 1:05:51 | +39:07 | 09:44 | | |
| | 9:57 (9:57) | 2:14 (12:11) | 7:31 (19:42) | 6:02 (25:44) | 5:56 (31:40) | 4:07 (35:47) | |
| | 5:00 (40:47) | 9:29 (50:16) | 4:10 (54:26) | 4:01 (58:27) | 2:22 (1:00:49) | 3:58 (1:04:47) | |
| | 1:04 (1:05:51) | | | | | | |
| 18. | Catalina Bouzón Toja | LICEO | 1:08:58 | +42:14 | 15:20 | | |
| | 9:19 (9:19) | 3:13 (12:32) | 8:45 (21:17) | 7:15 (28:32) | 7:35 (36:07) | 4:46 (40:53) | |
| | 5:38 (46:31) | 6:18 (52:49) | 3:09 (55:58) | 2:54 (58:52) | 4:01 (1:02:53) | 4:51 (1:07:44) | |
| | 1:14 (1:08:58) | | | | | | |
| 19. | Daniela Hervada Bouzon | LICEO | 1:09:11 | +42:27 | 14:32 | | |
| | 9:32 (9:32) | 3:16 (12:48) | 8:01 (20:49) | 7:10 (27:59) | 7:51 (35:50) | 4:47 (40:37) | |
| | 5:44 (46:21) | 6:28 (52:49) | 3:15 (56:04) | 2:52 (58:56) | 3:46 (1:02:42) | 5:02 (1:07:44) | |
| | 1:27 (1:09:11) | | | | | | |
| 20. | Hector Hervada Garcia | LICEO | 1:09:24 | +42:40 | 14:23 | | |
| | 9:24 (9:24) | 3:26 (12:50) | 7:59 (20:49) | 6:10 (26:59) | 8:50 (35:49) | 4:49 (40:38) | |
| | 5:34 (46:12) | 6:37 (52:49) | 3:14 (56:03) | 3:00 (59:03) | 3:39 (1:02:42) | 5:00 (1:07:42) | |
| | 1:42 (1:09:24) | | | | | | |
| 21. | Elena Torea Torea | XESTA NATUREZA | 1:16:24 | +49:40 | 20:32 | | |
| | 9:42 (9:42) | 2:25 (12:07) | 6:56 (19:03) | 2:56 (21:59) | 4:23 (26:22) | 3:44 (30:06) | |
| | 4:07 (34:13) | 8:17 (42:30) | 3:52 (46:22) | 4:01 (50:23) | 2:10 (52:33) | 21:32 (1:14:05) | |
| | 2:19 (1:16:24) | | | | | | |
| | José Del Río López | XESTA NATUREZA | MP | | | | |
| | 3:23 (3:23) | 0:52 (4:15) | 2:58 (7:13) | 6:33 (13:46) | 1:37 (15:23) | 1:23 (16:46) | |
| | 1:21 (18:07) | — (—) | — (21:16) | 0:53 (22:09) | 0:53 (23:02) | 3:20 (26:22) | |
| | 0:39 (27:01) | | | | | | |
| | Alicia Graciano Torea | XESTA NATUREZA | DNF | | | | |
| | 10:12 (10:12) | 2:08 (12:20) | 6:45 (19:05) | 3:23 (22:28) | 3:54 (26:22) | 3:34 (29:56) | |
| | 4:22 (34:18) | 8:57 (43:15) | 3:05 (46:20) | 4:07 (50:27) | 2:06 (52:33) | 21:55 (1:14:28) | |
| | — (—) | | | | | | |
| | Oscar Graciano Torea | XESTA NATUREZA | DNF | | | | |
| | 9:52 (9:52) | 2:41 (12:33) | 6:36 (19:09) | — (—) | — (26:26) | 3:41 (30:07) | |
| | 4:16 (34:23) | 8:53 (43:16) | 2:59 (46:15) | 4:14 (50:29) | 2:06 (52:35) | 21:47 (1:14:22) | |
| | — (—) | | | | | | |
| | Jose Manuel Busto Gallardo | XESTA NATUREZA | DNS | | | | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | | | | | | |
| | Manuel Calviño Ramallo | USC | DNS | | | | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | | | | | | |
| | Maria Ventura Sampedro Rego | USC | DNS | | | | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | | | | | | |

M-40 NC

| | | (1 / 1) | Hora | Detrás | Tiempo perdido | |
|----|----------------------|----------------|--------------|--------|----------------|--------------|
| 1. | Javier Barja Alvarez | No club | 1:02:32 | | 00:00 | |
| | 10:19 (10:19) | 1:32 (16:46) | 0:44 (17:30) | | 3:49 (21:19) | 1:23 (22:42) |
| | 1:15 (23:57) | 10:49 (37:23) | 4:20 (41:43) | | 14:00 (55:43) | 3:33 (59:16) |
| | 1:46 (1:01:02) | 0:49 (1:02:32) | | | | |

M-45 NC

| | | (1 / 1) | Hora | Detrás | Tiempo perdido | |
|----|-------------|------------------------|-------|--------|----------------|--|
| 1. | Rafael Lima | Z - AMIGOS DA MONTANHA | 37:21 | | 00:00 | |

2:08 (2:08)
1:30 (14:02)
0:39 (36:43)

3:40 (5:48)
1:58 (16:00)
0:38 (37:21)

2:08 (7:56)
7:10 (23:10)

1:15 (9:11)
3:02 (26:12)

1:34 (10:45)
8:01 (34:13)

1:47 (12:32)
1:51 (36:04)