

os	rsal	Nombre	Tiempo													
Cadete Femenino (2)				7,0 km 112 m		8 C										
				1(31)	2(51)	3(33)	4(52)	5(54)	6(55)	7(56)	8(100)	Meta				
1	151	Nerea Ojuo Perez ADC ARNELA Porto	28:35	3:02	5:33	6:48	9:52	16:12	20:23	25:29	27:33	28:35				
				3:02	2:31	1:15	3:04	6:20	4:11	5:06	2:04	1:02				
	91	Alba Dopico Golpe GALLAECIA RAID A	No sale													
Junior Femenino (1)				13,6 km 185 m		8 C										
				1(31)	2(32)	3(33)	4(52)	5(47)	6(48)	7(56)	8(100)	Meta				
1	150	Antia Ojuo Perez ADC ARNELA Porto	1:12:02	2:00	3:51	6:33	11:18	26:58	42:11	1:08:07	1:10:49	1:12:02				
				2:00	1:51	2:42	4:45	15:40	15:13	25:56	2:42	1:13				
Senior Femenino (8)				18,0 km 340 m		12 C										
				1(31)	2(51)	3(34)	4(39)	5(41)	6(43)	7(46)	8(47)	9(48)	10(55)	11(56)	12(100)	Meta
1	287	Ana Varela Yáñez BRIGANTIA A Coruñ	41:49	1:18	2:51	4:14	9:23	15:39	19:32	24:00	28:18	34:43	37:04	39:38	41:09	41:49
				1:18	1:33	1:23	5:09	6:16	3:53	4:28	4:18	6:25	2:21	2:34	1:31	0:40
2	105	Tania López Eyo GALLAECIA RAID A	50:10	2:17	3:56	5:36	11:20	18:36	23:05	28:13	33:19	41:29	44:17	47:48	49:31	50:10
				2:17	1:39	1:40	5:44	7:16	4:29	5:08	5:06	8:10	2:48	3:31	1:43	0:39
3	448	Maria Del Mar Delga IES SABÓN Arteixo.	51:00	1:10	2:53	4:22	10:37	18:06	22:41	28:02	33:21	41:25	44:21	48:03	50:05	51:00
				1:10	1:43	1:29	6:15	7:29	4:35	5:21	5:19	8:04	2:56	3:42	2:02	0:55
4	13	Fernanda Follana N FLUVIAL LUGO Lug	58:23	1:57	3:48	5:30	12:23	20:10	25:31	31:21	37:24	49:32	52:26	55:47	57:34	58:23
				1:57	1:51	1:42	6:53	7:47	5:21	5:50	6:03	12:08	2:54	3:21	1:47	0:49
				7:04												
				*33												
5	362	Natalia Barros Diz FAICAMIÑO A Coruñ	1:21:46	23:28	25:23	27:13	34:42	44:26	49:53	56:42	1:03:15	1:11:19	1:14:41	1:18:45	1:20:44	1:21:46
				23:28	1:55	1:50	7:29	9:44	5:27	6:49	6:33	8:04	3:22	4:04	1:59	1:02
6	495	Veronica Montes Vil ADVENTURE ADDIC	1:22:04	1:21	3:10	4:47	46:51	52:52	56:53	1:02:26	1:07:08	1:13:48	1:17:11	1:20:06	1:21:30	1:22:04
				1:21	1:49	1:37	42:04	6:01	4:01	5:33	4:42	6:40	3:23	2:55	1:24	0:34
	286	Almudena Suárez P BRIGANTIA A Coruñ	No sale													
	122	Nadia Rajcok Villag GALLAECIA RAID A	No sale													
Senior B Femenino (7)				13,6 km 185 m		8 C										
				1(31)	2(32)	3(33)	4(52)	5(47)	6(48)	7(56)	8(100)	Meta				
1	62	Alicia Pérez Alonso AROMON Pontevedr	35:44	1:44	3:32	5:47	8:06	15:52	26:37	33:29	34:56	35:44				
				1:44	1:48	2:15	2:19	7:46	10:45	6:52	1:27	0:48				
2	69	Maria Luisa Sanche AROMON Pontevedr	41:21	1:42	3:04	5:25	9:01	18:32	28:16	37:58	40:28	41:21				
				1:42	1:22	2:21	3:36	9:31	9:44	9:42	2:30	0:53				
3	102	Bibiana González C GALLAECIA RAID A	41:52	1:41	9:27	11:20	14:18	22:22	32:21	39:06	41:04	41:52				
				1:41	7:46	1:53	2:58	8:04	9:59	6:45	1:58	0:48				
4	23	M. José Pérez Gonz FLUVIAL LUGO Lug	42:41	2:07	3:31	6:23	9:48	19:27	31:39	39:23	41:32	42:41				
				2:07	1:24	2:52	3:25	9:39	12:12	7:44	2:09	1:09				
5	441	Marta Rodriguez Do SEO Ordes	43:03	2:21	4:35	6:58	10:16	18:30	30:56	39:51	41:54	43:03				
				2:21	2:14	2:23	3:18	8:14	12:26	8:55	2:03	1:09				
6	95	Sandra Fariña Balsa GALLAECIA RAID A	54:53	2:15	3:55	6:42	9:51	26:45	41:37	51:32	53:49	54:53				
				2:15	1:40	2:47	3:09	16:54	14:52	9:55	2:17	1:04				
7	435	Barbara Del Puerto SEO Ordes	56:51	11:18	12:50	14:57	18:45	33:36	44:42	53:09	55:40	56:51	0:00	0:00	0:00	4:01
				11:18	1:32	2:07	3:48	14:51	11:06	8:27	2:31	1:11	*32	*38	*39	*40
				19:37	24:07	27:26	33:45	43:06	49:13	59:12	1:01:48	1:11:52	1:12:28			
				*42	*44	*45	*46	*48	*51	*54	*55	*58	*100			
Veteranas A Femenino (4)				14,0 km 250 m		12 C										
				1(32)	2(34)	3(39)	4(40)	5(42)	6(43)	7(46)	8(47)	9(48)	10(55)	11(56)	12(100)	Meta
1	101	Yolanda Garcia Gon GALLAECIA RAID A	1:03:27	2:58	6:07	13:15	17:26	23:56	27:13	39:14	46:15	53:46	56:44	1:00:21	1:02:30	1:03:27
				2:58	3:09	7:08	4:11	6:30	3:17	12:01	7:01	7:31	2:58	3:37	2:09	0:57
2	111	Paulina Andrea Mos GALLAECIA RAID A	1:05:57	3:27	6:34	14:37	18:46	25:18	28:23	39:48	46:03	55:50	59:07	1:03:17	1:05:09	1:05:57
				3:27	3:07	8:03	4:09	6:32	3:05	11:25	6:15	9:47	3:17	4:10	1:52	0:48
	74	Carla Veiga García AROMON Pontevedr	en tarj.	-----	5:51	13:19	-----	-----	26:58	34:37	41:04	50:39	54:06	58:14	1:00:09	1:01:08
					5:51	7:28			13:39	7:39	6:27	9:35	3:27	4:08	1:55	0:59
				1:52	3:54	21:37										
				*31	*51	*41										
	503	Maria Elena Arcos T GALLAECIA RAID A	No sale													
Veteranas B Femenino (1)				13,6 km 185 m		8 C										
				1(31)	2(32)	3(33)	4(52)	5(47)	6(48)	7(56)	8(100)	Meta				
1	390	Soraya Alvarez Mila A PEDROSA ORRO	59:36	3:20	5:26	8:25	13:46	25:30	41:37	55:11	58:08	59:36				
				3:20	2:06	2:59	5:21	11:44	16:07	13:34	2:57	1:28				
Cadete Masculino (10)				7,0 km 112 m		8 C										
				1(31)	2(51)	3(33)	4(52)	5(54)	6(55)	7(56)	8(100)	Meta				
1	494	Nicolas Lopez Gon ADVENTURE ADDIC	19:22	1:18	3:03	3:57	6:17	10:29	13:28	16:59	18:42	19:22				
				1:18	1:45	0:54	2:20	4:12	2:59	3:31	1:43	0:40				
2	493	Javier Lopez Gonza ADVENTURE ADDIC	20:09	1:24	3:07	3:59	6:18	10:45	13:56	17:50	19:32	20:09				
				1:24	1:43	0:52	2:19	4:27	3:11	3:54	1:42	0:37				

os	rsal	Nombre	Tiempo														
Cadete Masculino (10)				7,0 km 112 m		8 C		<i>(cont.)</i>									
				1(31)	2(51)	3(33)	4(52)	5(54)	6(55)	7(56)	8(100)	Meta					
3	10	Pablo Fernández Sá FLUVIAL LUGO Lug	20:16	1:32	3:18	4:13	6:25	10:57	14:01	17:51	19:34	20:16					
				1:32	1:46	0:55	2:12	4:32	3:04	3:50	1:43	0:42					
4	42	Xandre Beloso Igle AROMON Pontevedr	27:41	1:59	4:09	5:13	7:48	12:37	16:30	25:03	26:54	27:41					
				1:59	2:10	1:04	2:35	4:49	3:53	8:33	1:51	0:47					
5	307	Natnael Candela Igl ARTABROS A Coruñ	30:25	2:22	5:16	6:38	10:52	17:29	21:57	27:21	29:34	30:25					
				2:22	2:54	1:22	4:14	6:37	4:28	5:24	2:13	0:51					
6	271	Germán González S BRIGANTIA A Coruñ	32:10	2:34	5:18	6:47	10:39	17:11	23:04	29:09	31:25	32:10					
				2:34	2:44	1:29	3:52	6:32	5:53	6:05	2:16	0:45					
7	272	Rui González Souto BRIGANTIA A Coruñ	37:01	3:28	7:25	9:32	12:57	20:50	26:54	32:55	36:01	37:01	6:26:03	6:27:00	6:29:05	6:29:50	
				3:28	3:57	2:07	3:25	7:53	6:04	6:01	3:06	1:00	*71	*72	*73	*74	
				6:38:36	6:40:10	6:41:35	6:43:13	6:44:11	6:45:12								
				*52	*65	*75	*76	*77	*100								
8	79	Ivan Alvarez Braña GALLAECIA RAID A	38:19	2:04	5:12	6:39	10:52	20:30	26:02	33:52	37:19	38:19					
				2:04	3:08	1:27	4:13	9:38	5:32	7:50	3:27	1:00					
160		Eloi Serantes Abal ADC ARNELA Porto	en tarj.	1:43	-----	5:35	8:56	-----	-----	45:52	48:14	49:19	3:11	20:08	35:34		
				1:43		3:52	3:21			36:56	2:22	1:05	*32	*47	*48		
258		Hector Casanova B BRIGANTIA A Coruñ	No sale														
Junior Masculino (3)				13,6 km 185 m		8 C											
				1(31)	2(32)	3(33)	4(52)	5(47)	6(48)	7(56)	8(100)	Meta					
1	530	Bruno Portela Lope FLUVIAL LUGO Lug	34:10	1:26	2:33	4:17	6:49	15:49	24:07	31:34	33:35	34:10					
				1:26	1:07	1:44	2:32	9:00	8:18	7:27	2:01	0:35					
2	80	Martin Enrique Alva GALLAECIA RAID A	1:04:55	1:19	2:48	4:33	6:58	20:38	47:41	1:00:01	1:04:07	1:04:55					
				1:19	1:29	1:45	2:25	13:40	27:03	12:20	4:06	0:48					
269		Santiago González BRIGANTIA A Coruñ	en tarj.	1:48	3:03	4:37	-----	14:22	22:35	28:08	29:48	30:18					
				1:48	1:15	1:34		9:45	8:13	5:33	1:40	0:30					
Senior Masculino (28)				20,0 km 405 m		11 C											
				1(32)	2(34)	3(39)	4(42)	5(44)	6(45)	7(47)	8(48)	9(49)	10(50)	11(100)	Meta		
1	263	Ángel García García BRIGANTIA A Coruñ	49:01	1:25	3:28	7:16	13:51	18:24	23:24	31:06	35:59	41:19	45:36	48:33	49:01	6:39	
				1:25	2:03	3:48	6:35	4:33	5:00	7:42	4:53	5:20	4:17	2:57	0:28	*46	
				11:54	18:56	36:37	40:30	47:04	48:12	50:27	53:31	1:04:44	1:17:44	1:28:04	1:30:27	1:36:28	1:42:07
				*56	*50	*57	*58	*52	*62	*45	*47	*41	*59	*63	*61	*44	*100
2	492	Francisco Javier Ló ADVENTURE ADDIC	49:56	1:40	3:38	7:27	14:30	19:29	24:48	32:47	38:05	42:21	46:07	49:26	49:56		
				1:40	1:58	3:49	7:03	4:59	5:19	7:59	5:18	4:16	3:46	3:19	0:30		
3	496	Alberto Taboada Pin ADVENTURE ADDIC	50:22	0:00	3:40	7:39	14:46	19:48	25:31	33:30	38:57	42:54	46:33	49:50	50:22	0:00	
				0:00	0:57	21:09	25:30	32:56	34:35	37:24	40:29	55:43	1:09:32	1:20:37	1:23:18	1:28:59	1:34:48
				*56	*50	*57	*58	*52	*62	*45	*47	*41	*59	*63	*61	*44	*100
4	119	Felipe Peña Pita GALLAECIA RAID A	53:32	1:53	4:00	8:18	15:21	20:40	26:25	35:33	41:08	45:36	49:55	53:01	53:32		
				1:53	2:07	4:18	7:03	5:19	5:45	9:08	5:35	4:28	4:19	3:06	0:31		
5	113	Marcos Muño Garcí GALLAECIA RAID A	55:21	1:49	4:07	8:53	15:46	21:33	27:32	36:10	41:46	46:04	51:28	54:48	55:21		
				1:49	2:18	4:46	6:53	5:47	5:59	8:38	5:36	4:18	5:24	3:20	0:33		
6	252	Antonio Blanco Vill BRIGANTIA A Coruñ	57:23	1:42	3:42	8:17	16:03	21:52	27:15	36:45	42:27	47:21	53:05	56:39	57:23		
				1:42	2:00	4:35	7:46	5:49	5:23	9:30	5:42	4:54	5:44	3:34	0:44		
7	96	Lucas Freire Lage GALLAECIA RAID A	57:27	1:47	3:40	8:13	15:28	21:25	27:59	36:50	42:24	48:03	53:24	56:49	57:27		
				1:47	1:53	4:33	7:15	5:57	6:34	8:51	5:34	5:39	5:21	3:25	0:38		
8	85	Yago Breijo Martine GALLAECIA RAID A	59:18	2:13	6:26	10:40	17:40	22:45	32:16	40:44	45:49	50:01	55:36	58:45	59:18	3:44	
				2:13	4:13	4:14	7:00	5:05	9:31	8:28	5:05	4:12	5:35	3:09	0:33	*33	
9	569	Alberto García Ram JARNACHAS Arteixo	1:02:57	2:52	5:06	9:39	17:09	23:31	30:08	40:44	47:37	52:55	58:10	1:02:19	1:02:57		
				2:52	2:14	4:33	7:30	6:22	6:37	10:36	6:53	5:18	5:15	4:09	0:38		
10	288	Marcos Varela Jáñez BRIGANTIA A Coruñ	1:04:23	2:00	4:03	9:33	16:33	22:07	32:44	42:49	48:27	53:01	1:00:10	1:03:45	1:04:23		
				2:00	2:03	5:30	7:00	5:34	10:37	10:05	5:38	4:34	7:09	3:35	0:38		
10	345	Oscar Fernández Ot MONTAÑA FERROL	1:04:23	3:02	5:10	9:37	16:49	22:41	30:29	39:49	46:09	50:38	59:23	1:03:34	1:04:23		
				3:02	2:08	4:27	7:12	5:52	7:48	9:20	6:20	4:29	8:45	4:11	0:49		
12	33	Iago Viana Gonzale FLUVIAL LUGO Lug	1:05:45	2:12	4:35	9:46	17:40	23:59	31:56	42:24	48:45	55:22	1:01:06	1:05:04	1:05:45		
				2:12	2:23	5:11	7:54	6:19	7:57	10:28	6:21	6:37	5:44	3:58	0:41		
13	392	Xan Carballo Alviár A PEDROSA ORRO	1:07:41	1:57	4:17	11:01	19:55	26:58	33:34	45:01	51:42	57:12	1:02:02	1:07:08	1:07:41		
				1:57	2:20	6:44	8:54	7:03	6:36	11:27	6:41	5:30	4:50	5:06	0:33		
14	70	Angel Soto Boullos AROMON Pontevedr	1:10:22	2:01	4:02	9:48	18:08	24:40	34:37	45:40	52:52	58:15	1:05:40	1:09:37	1:10:22		
				2:01	2:01	5:46	8:20	6:32	9:57	11:03	7:12	5:23	7:25	3:57	0:45		
15	108	Francisco López Ro GALLAECIA RAID A	1:10:51	2:31	4:40	10:25	18:23	24:57	33:57	44:14	51:10	1:00:07	1:05:54	1:10:06	1:10:51		
				2:31	2:09	5:45	7:58	6:34	9:00	10:17	6:56	8:57	5:47	4:12	0:45		
16	361	Moises Vergara Vill MONTAÑA FERROL	1:11:29	1:49	4:23	9:23	18:07	25:07	32:00	41:43	47:53	53:16	1:06:59	1:10:52	1:11:29		
				1:49	2:34	5:00	8:44	7:00	6:53	9:43	6:10	5:23	13:43	3:53	0:37		
17	137	Ventura Ces Arment ADC ARNELA Porto	1:16:10	2:02	4:57	9:22	17:20	22:38	40:53	50:53	57:51	1:04:26	1:11:48	1:15:35	1:16:10		
				2:02	2:55	4:25	7:58	5:18	18:15	10:00	6:58	6:35	7:22	3:47	0:35		
18	554	Carlos Viguera Sas MONTAÑA FERROL	1:16:17	1:55	4:15	10:35	19:57	27:26	35:38	48:05	55:55	1:02:38	1:10:05	1:15:30	1:16:17		
				1:55	2:20	6:20	9:22	7:29	8:12	12:27	7:50	6:43	7:27	5:25	0:47		
19	504	Enrique Blanco Ra GALLAECIA RAID A	1:18:40	2:50	5:09	10:01	23:51	29:18	42:48	53:14	1:00:02	1:08:01	1:14:16	1:18:00	1:18:40		
				2:50	2:19	4:52	13:50	5:27	13:30	10:26	6:48	7:59	6:15	3:44	0:40		
20	439	Jose Angel Morlán SEO Ordes	1:23:17	7:05	9:19	16:16	24:22	30:54	46:46	57:42	1:06:10	1:11:35	1:17:59	1:22:32	1:23:17		
				7:05	2:14	6:57	8:06	6:32	15:52	10:56	8:28	5:25	6:24	4:33	0:45		
21	2	Roberto Amarelle G FLUVIAL LUGO Lug	1:23:55	3:10	5:53	11:35	30:36	37:49	47:27	59:10	1:06:16	1:11:41	1:18:36	1:23:03	1:23:55		
				3:10	2:43	5:42	19:01	7:13	9:38	11:43	7:06	5:25	6:55	4:27	0:52		

os		rsal	Nombre	Tiempo																
Senior Masculino (28)					20,0 km 405 m			11 C			<i>(cont.)</i>									
					1(32)	2(34)	3(39)	4(42)	5(44)	6(45)	7(47)	8(48)	9(49)	10(50)	11(100)	Meta				
22	575		Carlos Salvador Ro GALLAECIA RAID A	1:25:34	4:19	6:59	13:40	23:06	30:47	39:25	52:00	1:00:29	1:09:39	1:19:03	1:24:30	1:25:34				
23	329		Benjamin Roca San ARTABROS A Coruñ	1:31:41	4:19	2:40	6:41	9:26	7:41	8:38	12:35	8:29	9:10	9:24	5:27	1:04				
	357		Jose Maria Rodrigu MONTAÑA FERROL	No sale	2:48	5:31	12:29	24:02	33:05	43:40	57:33	1:06:30	1:15:34	1:23:51	1:30:32	1:31:41				
	4		Jesus Buide Mouriz FLUVIAL LUGO Lug	No sale	2:48	2:43	6:58	11:33	9:03	10:35	13:53	8:57	9:04	8:17	6:41	1:09				
	49		Gonzalo Fernández AROMON Pontevedr	No sale																
	162		Jorge Manrique Var ADC ARNELA Porto	No sale																
	106		Pablo López Franco GALLAECIA RAID A	No sale																
Senior B Masculino (11)					14,0 km 250 m			12 C												
					1(32)	2(34)	3(39)	4(40)	5(42)	6(43)	7(46)	8(47)	9(48)	10(55)	11(56)	12(100)	Meta			
1	50		Ricardo Figueroa F AROMON Pontevedr	46:23	3:24	5:40	10:55	14:58	19:57	22:25	27:32	32:09	39:14	41:44	44:21	45:50	46:23			
2	524		Juan José Lafuente FLUVIAL LUGO Lug	53:02	3:24	2:16	5:15	4:03	4:59	2:28	5:07	4:37	7:05	2:30	2:37	1:29	0:33			
3	26		Pablo Rocha Pena FLUVIAL LUGO Lug	1:00:29	2:40	4:59	11:06	14:26	25:28	27:57	33:28	38:05	45:09	47:55	50:38	52:17	53:02			
4	401		David Valiño Martín A PEDROSA ORRO	1:02:05	2:40	2:19	6:07	3:20	11:02	2:29	5:31	4:37	7:04	2:46	2:43	1:39	0:45			
5	148		Santiago Amador O ADC ARNELA Porto	1:02:09	2:21	4:50	10:36	14:14	20:01	22:48	36:48	43:04	51:37	54:31	58:03	59:44	1:00:29			
6	514		José Manuel Caama FLUVIAL LUGO Lug	1:03:56	2:29	2:29	5:46	3:38	5:47	2:47	14:00	6:16	8:33	2:54	3:32	1:41	0:45			
7	436		Manuel Alejandro G SEO Ordes	1:08:56	3:36	6:32	12:58	16:58	24:46	27:26	37:57	44:48	53:57	56:25	59:50	1:01:14	1:02:05			
8	72		Francisco Varela Va AROMON Pontevedr	1:14:47	3:36	2:56	6:26	4:00	7:48	2:40	10:31	6:51	9:09	2:28	3:25	1:24	0:51			
	93		Andres Dopico Pen GALLAECIA RAID A	en tarj.	4:09	7:30	13:59	18:00	24:35	27:33	35:46	42:55	52:17	55:46	59:26	1:01:25	1:02:09			
	539		Gilberto Diaz Falco AROMON Pontevedr	No sale	4:09	3:21	6:29	4:01	6:35	2:58	8:13	7:09	9:22	3:29	3:40	1:59	0:44			
	372		Mario Vinagre Rey FAICAMIÑO A Coruñ	No sale	3:29	6:41	14:45	19:13	26:04	30:08	36:15	42:22	52:53	56:42	1:01:02	1:03:03	1:03:56			
					3:29	3:12	8:04	4:28	6:51	4:04	6:07	6:07	10:31	3:49	4:20	2:01	0:53			
					3:45	3:45	6:22	5:53	8:22	3:21	7:51	7:13	10:52	3:26	4:26	2:32	1:08			
					2:56	8:26	16:11	20:56	28:42	32:18	41:21	49:50	1:03:24	1:07:00	1:11:43	1:13:41	1:14:47			
					2:56	5:30	7:45	4:45	7:46	3:36	9:03	8:29	13:34	3:36	4:43	1:58	1:06			
					13:12															
					*52															
					3:24	5:09	22:08													
					*31	*51	*41													
Veteráns A Masculino (33)					18,0 km 340 m			12 C												
					1(31)	2(51)	3(34)	4(39)	5(41)	6(43)	7(46)	8(47)	9(48)	10(55)	11(56)	12(100)	Meta			
1	353		David Perez Marcot MONTAÑA FERROL	40:42	1:24	3:03	4:40	9:20	15:37	19:34	23:30	27:46	33:25	35:50	38:30	39:55	40:42			
2	87		Roberto Chas Góme GALLAECIA RAID A	40:59	1:24	1:39	1:37	4:40	6:17	3:57	3:56	4:16	5:39	2:25	2:40	1:25	0:47			
3	142		Ramón Fernández T ADC ARNELA Porto	43:56	1:17	2:46	4:06	9:06	15:24	19:22	23:46	27:56	33:29	35:53	38:47	40:16	40:59			
4	445		Carlos Viqueira No SEO Ordes	44:31	1:17	1:29	1:20	5:00	6:18	3:58	4:24	4:10	5:33	2:24	2:54	1:29	0:43			
5	156		M. Antonio Piñeiro ADC ARNELA Porto	44:38	1:09	2:36	4:02	9:12	16:05	20:10	26:24	30:47	36:34	38:56	41:52	43:22	43:56			
6	81		Enrique Luis Álvare GALLAECIA RAID A	44:53	1:09	1:27	1:26	5:10	6:53	4:05	6:14	4:23	5:47	2:22	2:56	1:30	0:34			
7	103		Eduardo Santiago GALLAECIA RAID A	46:00	1:27	2:58	4:17	10:18	16:46	20:57	25:26	30:15	36:34	39:19	42:08	43:48	44:31			
8	525		Francisco J Lamas FLUVIAL LUGO Lug	46:51	1:27	1:31	1:19	6:01	6:28	4:11	4:29	4:49	6:19	2:45	2:49	1:40	0:43			
					2:03	3:22	4:37	11:30	17:32	21:04	26:11	32:59	38:28	40:26	42:47	44:02	44:38			
					2:03	1:19	1:15	6:53	6:02	3:32	5:07	6:48	5:29	1:58	2:21	1:15	0:36			
					1:20	3:27	4:51	9:49	15:58	20:07	26:16	30:54	37:19	39:51	42:44	44:13	44:53			
					1:20	2:07	1:24	4:58	6:09	4:09	6:09	4:38	6:25	2:32	2:53	1:29	0:40			
					2:07	3:41	5:23	10:27	16:40	20:57	26:11	31:19	38:27	41:08	43:57	45:22	46:00			
					2:07	1:34	1:42	5:04	6:13	4:17	5:14	5:08	7:08	2:41	2:49	1:25	0:38			
					1:34	3:03	4:25	9:54	16:58	20:59	28:06	33:01	39:11	41:31	44:43	46:11	46:51			
					1:34	1:29	1:22	5:29	7:04	4:01	7:07	4:55	6:10	2:20	3:12	1:28	0:40			
					0:00	0:00	0:00	0:00	0:00	6:59	14:51	36:41	42:41	59:07	1:11:17	1:16:59	1:25:31	1:28:01		
					*60	*46	*45	*56	*50	*54	*47	*41	*59	*58	*62	*44	*39	*100		
9	220		Javier Arufe Varela APA LICEO A Coruñ	47:26	1:10	2:47	4:17	9:52	16:35	21:09	26:45	32:40	39:12	41:57	45:02	46:41	47:26			
10	41		Manuel Beloso Garc AROMON Pontevedr	47:37	1:10	1:37	1:30	5:35	6:43	4:34	5:56	6:32	2:45	3:05	1:39	0:45				
11	255		Miguel Casal Casal BRIGANTIA A Coruñ	48:10	2:01	3:54	6:01	12:04	19:12	23:41	28:07	32:49	39:28	42:13	45:14	46:51	47:37			
12	352		Fernando Perez Dia MONTAÑA FERROL	48:13	2:01	1:53	2:07	6:03	7:08	4:29	4:26	4:42	6:39	2:45	3:01	1:37	0:46			
13	116		Juan Patiño Varela GALLAECIA RAID A	49:08	1:39	3:16	4:56	10:38	17:50	22:25	27:00	31:48	39:36	42:25	45:27	47:27	48:10			
14	121		Victor Manuel Picos GALLAECIA RAID A	49:10	1:39	1:37	1:40	5:42	7:12	4:35	4:35	4:48	7:48	2:49	3:02	2:00	0:43			
					1:12	2:36	3:59	9:03	17:53	26:15	31:16	35:24	41:16	43:44	46:10	47:32	48:13			
					1:12	1:24	1:23	5:04	8:50	8:22	5:01	4:08	5:52	2:28	2:26	1:22	0:41			
					1:36	3:18	4:52	10:54	17:42	22:04	27:29	33:07	40:51	43:37	46:46	48:21	49:08			
					1:43	1:42	1:34	6:02	6:48	4:22	5:25	5:38	7:44	2:46	3:09	1:35	0:47			
					1:43	3:14	4:46	10:08	18:13	22:30	28:09	33:03	40:45	43:26	46:52	48:25	49:10			
					1:43	1:31	1:32	5:22	8:05	4:17	5:39	4:54	7:42	2:41	3:26	1:33	0:45			

os	rsal	Nombre	Tiempo													
Veteráns A Masculino (33)				18,0 km 340 m			12 C			<i>(cont.)</i>						
				1(31)	2(51)	3(34)	4(39)	5(41)	6(43)	7(46)	8(47)	9(48)	10(55)	11(56)	12(100)	Meta
15	348	Antonio Javier López MONTAÑA FERROL	50:10	1:44	4:40	6:39	12:06	18:51	23:16	29:38	34:34	41:25	44:23	47:45	49:25	50:10
				1:44	2:56	1:59	5:27	6:45	4:25	6:22	4:56	6:51	2:58	3:22	1:40	0:45
16	434	Jose Manuel Amor SEO Ordes	50:45	2:48	4:26	6:24	14:25	21:04	25:45	31:27	36:51	43:30	46:03	48:48	50:11	50:45
				2:48	1:38	1:58	8:01	6:39	4:41	5:42	5:24	6:39	2:33	2:45	1:23	0:34
17	450	Luis Javier Ramos IES SABÓN Arteixo.	51:38	2:11	3:52	5:38	11:47	18:41	23:10	29:03	34:58	42:58	45:54	49:11	50:50	51:38
				2:11	1:41	1:46	6:09	6:54	4:29	5:53	5:55	8:00	2:56	3:17	1:39	0:48
18	47	Antonio Dominguez AROMON Pontevedr	52:34	1:16	2:57	4:41	10:50	18:26	23:03	30:02	35:40	43:48	46:48	50:06	51:45	52:34
				1:16	1:41	1:44	6:09	7:36	4:37	6:59	5:38	8:08	3:00	3:18	1:39	0:49
19	291	Luis Villar Esmoris BRIGANTIA A Coruñ	56:52	1:36	3:29	5:31	14:10	20:41	24:50	37:42	42:45	49:17	51:44	54:38	56:09	56:52
				1:36	1:53	2:02	8:39	6:31	4:09	12:52	5:03	6:32	2:27	2:54	1:31	0:43
20	430	Manuel Sancosmed C.O.CO A Coruña	57:09	2:16	4:01	5:40	12:15	19:43	24:43	31:06	37:33	47:14	50:38	54:17	56:06	57:09
				2:16	1:45	1:39	6:35	7:28	5:00	6:23	6:27	9:41	3:24	3:39	1:49	1:03
21	270	Rodrigo González BRIGANTIA A Coruñ	1:00:14	2:45	6:42	8:27	15:08	22:21	27:36	36:51	42:51	51:44	54:29	57:40	59:22	1:00:14
				2:45	3:57	1:45	6:41	7:13	5:15	9:15	6:00	8:53	2:45	3:11	1:42	0:52
22	17	Javier Liz Díaz FLUVIAL LUGO Lug	1:00:20	1:15	3:03	4:54	10:52	21:46	27:08	35:13	41:11	49:56	53:37	57:35	59:21	1:00:20
				1:15	1:48	1:51	5:58	10:54	5:22	8:05	5:58	8:45	3:41	3:58	1:46	0:59
23	189	German Pérez Juste UNIVERSIDAD DE V	1:01:02	2:04	4:07	6:15	12:33	20:18	25:19	32:46	40:18	50:51	54:26	58:23	1:00:13	1:01:02
				2:04	2:03	2:08	6:18	7:45	5:01	7:27	7:32	10:33	3:35	3:57	1:50	0:49
24	84	Julio Vicente Bermú GALLAECIA RAID A	1:01:26	2:03	4:04	5:40	13:48	22:19	27:37	33:52	41:12	50:47	55:14	58:44	1:00:21	1:01:26
				2:03	2:01	1:36	8:08	8:31	5:18	6:15	7:20	9:35	4:27	3:30	1:37	1:05
25	573	Jose Luis Garcia D GALLAECIA RAID A	1:03:29	1:58	3:45	5:35	11:42	20:48	26:11	34:00	40:12	48:59	55:02	1:00:19	1:02:42	1:03:29
				1:58	1:47	1:50	6:07	9:06	5:23	7:49	6:12	8:47	6:03	5:17	2:23	0:47
26	63	José Antonio Ricoy AROMON Pontevedr	1:09:25	1:26	3:30	5:58	13:02	21:43	27:11	35:26	43:19	57:33	1:02:45	1:06:27	1:08:32	1:09:25
				1:26	2:04	2:28	7:04	8:41	5:28	8:15	7:53	14:14	5:12	3:42	2:05	0:53
27	338	Jose Luis Barca He MONTAÑA FERROL	1:28:25	1:51	4:41	7:02	12:42	20:00	24:54	1:04:56	1:10:05	1:18:44	1:22:14	1:25:41	1:27:34	1:28:25
				1:51	2:50	2:21	5:40	7:18	4:54	40:02	5:09	8:39	3:30	3:27	1:53	0:51
28	320	Jose Miguel López ARTABROS A Coruñ	2:08:56	39:35	42:08	44:36	55:38	1:10:18	1:18:06	1:29:00	1:40:29	1:55:12	1:59:38	2:04:26	2:07:33	2:08:56
				39:35	2:33	2:28	11:02	14:40	7:48	10:54	11:29	14:43	4:26	4:48	3:07	1:23
	83	José Antonio Balsei GALLAECIA RAID A	en tarj.	1:17	2:53	4:26	-----	16:08	20:07	24:23	28:49	34:40	37:06	39:44	41:17	41:58
				1:17	1:36	1:33	-----	11:42	3:59	4:16	4:26	5:51	2:26	2:38	1:33	0:41
	118	Manuel Pedre Vazq GALLAECIA RAID A	en tarj.	2:37	4:10	5:38	-----	18:34	23:49	29:03	33:22	39:58	42:43	45:37	46:57	47:36
				2:37	1:33	1:28	-----	12:56	5:15	5:14	4:19	6:36	2:45	2:54	1:20	0:39
	382	Jose Luis Iglesias HABELAS HAINAS Vi	en tarj.	-----	-----	5:38	11:13	-----	-----	-----	58:51	1:05:32	-----	-----	1:23:00	1:23:52
				-----	-----	5:38	5:35	-----	-----	-----	47:38	6:41	-----	-----	17:28	0:52
				2:55	24:13	32:08	47:54	1:11:14	1:18:14	-----	-----	-----	-----	-----	-----	-----
				*32	*42	*44	*45	*49	*50	-----	-----	-----	-----	-----	-----	-----
	511	José Luís Míguez C SEO Ordes	en tarj.	-----	-----	6:42	14:34	-----	-----	-----	1:15:27	1:26:40	-----	-----	1:46:51	1:47:51
				-----	-----	6:42	7:52	-----	-----	-----	1:00:53	11:13	-----	-----	20:11	1:00
				4:15	32:18	40:11	59:57	1:33:32	1:40:41	-----	-----	-----	-----	-----	-----	-----
				*32	*42	*44	*45	*49	*50	-----	-----	-----	-----	-----	-----	-----
	167	José María Álvarez UNIVERSIDAD DE V	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
Veteráns B Masculino (6)				14,0 km 250 m			12 C									
				1(32)	2(34)	3(39)	4(40)	5(42)	6(43)	7(46)	8(47)	9(48)	10(55)	11(56)	12(100)	Meta
1	429	José Manuel Sanco C.O.CO A Coruña	55:44	2:33	5:00	11:01	14:38	21:09	24:07	30:14	36:36	45:36	49:09	53:03	54:54	55:44
				2:33	2:27	6:01	3:37	6:31	2:58	6:07	6:22	9:00	3:33	3:54	1:51	0:50
2	35	Javier Alvelo Fragu AROMON Pontevedr	56:24	3:04	5:28	12:59	16:59	22:46	25:47	32:10	38:05	46:57	50:12	53:43	55:36	56:24
				3:04	2:24	7:31	4:00	5:47	3:01	6:23	5:55	8:52	3:15	3:31	1:53	0:48
3	161	Camilo Serantes Ma ADC ARNELA Porto	57:53	3:44	6:44	12:40	16:15	24:56	27:27	34:19	39:46	48:01	51:09	55:18	57:06	57:53
				3:44	3:00	5:56	3:35	8:41	2:31	6:52	5:27	8:15	3:08	4:09	1:48	0:47
4	20	Pedro Parga Andón FLUVIAL LUGO Lug	58:14	2:48	5:39	11:44	15:33	26:58	29:38	35:05	40:47	48:21	51:41	55:35	57:21	58:14
				2:48	2:51	6:05	3:49	11:25	2:40	5:27	5:42	7:34	3:20	3:54	1:46	0:53
5	393	Juan Carlos Carball A PEDROSA ORRO	1:13:55	3:59	7:12	16:45	22:09	29:55	33:30	43:52	52:32	1:02:04	1:05:39	1:10:18	1:12:36	1:13:55
				3:59	3:13	9:33	5:24	7:46	3:35	10:22	8:40	9:32	3:35	4:39	2:18	1:19
6	322	Alfonso Mancera Be ARTABROS A Coruñ	1:20:39	3:31	6:57	15:14	19:17	27:48	31:32	40:33	52:33	1:07:57	1:12:29	1:17:33	1:19:39	1:20:39
				3:31	3:26	8:17	4:03	8:31	3:44	9:01	12:00	15:24	4:32	5:04	2:06	1:00
Iniciación Curta (6)				7,0 km 112 m			8 C									
				1(31)	2(51)	3(33)	4(52)	5(54)	6(55)	7(56)	8(100)	Meta				
	814	Alberto Soto Campo INDEP INDEP	en tarj.	5:46	9:33	12:06	20:59	33:34	-----	56:09	1:00:54	1:03:01				
				5:46	3:47	2:33	8:53	12:35	-----	22:35	4:45	2:07				
	813	Claudia Soto García INDEP INDEP	en tarj.	5:56	9:44	12:04	20:40	33:29	-----	56:14	1:00:43	1:03:05				
				5:56	3:48	2:20	8:36	12:49	-----	22:45	4:29	2:22				
	812	Alejandro Soto Cam INDEP INDEP	en tarj.	6:05	10:02	12:09	21:28	33:46	-----	56:35	1:01:00	1:03:23				
				6:05	3:57	2:07	9:19	12:18	-----	22:49	4:25	2:23				
	256	Antonio Casal Mont BRIGANTIA A Coruñ	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----				
	257	Roberto Casal Mont BRIGANTIA A Coruñ	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----				
	259	Silvia Casanova Ca BRIGANTIA A Coruñ	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----				
Iniciación Longa (18)				13,6 km 185 m			8 C									
				1(31)	2(32)	3(33)	4(52)	5(47)	6(48)	7(56)	8(100)	Meta				
1	802	Jorge Abeal Orgeira JARNACHAS Arteixo	24:52	1:23	2:21	3:58	5:47	11:18	17:10	22:48	24:14	24:52				
				1:23	0:58	1:37	1:49	5:31	5:52	5:38	1:26	0:38				

