

| Pos | Dorsal | Nombre | Club | Tiempo |
|--------------------------|--------|---------------------------|---------------------------|----------------|
| Feminino 12 (6) | | | | |
| | | | 2.5 km 95 m 12 C | |
| 1 | 4291 | Elba Sevilla Poncela | A Coruña ARTABROS | 32:43 |
| 2 | 4354 | Noa Albarran Oroza | Culleredo GALLAECIA_RAID | 33:07 |
| 3 | 4246 | Inés Romero Armada | Pontevedra AROMON | 41:26 |
| 4 | 4253 | Noa Varela Pérez | Nigrán RAZA PALLEIRA | 43:29 |
| | 4350 | Blanca Rodríguez Loira | Vigo U-VIGO | No sale |
| | 4576 | Altea Fernández Santos | Porto do Son ADC_ARNELA | No sale |
| Feminino 14 (6) | | | | |
| | | | 2.9 km 150 m 12 C | |
| 1 | 4353 | Jana Albarran Oroza | Culleredo GALLAECIA_RAID | 31:16 |
| 2 | 4241 | Sira Rodríguez Díaz | Pontevedra AROMON | 36:00 |
| 3 | 4341 | Maria Pastoriza Cordero | Vigo U-VIGO | 57:10 |
| 4 | 4349 | Sabela Perez Pastoriza | Vigo U-VIGO | 1:01:11 |
| 5 | 4380 | Sira Cubeiro Suárez | Culleredo GALLAECIA_RAID | 1:11:22 |
| 6 | 4518 | Martina Aller Pfirter | O Barco de Valde TREVINCA | 1:17:42 |
| Feminino 16 (5) | | | | |
| | | | 3.1 km 160 m 15 C | |
| 1 | 4799 | Andrea García Díaz | LUGO COMPÁS | 42:45 |
| 2 | 4479 | Carla Somoza Seoane | Culleredo GALLAECIA_RAID | 43:20 |
| 3 | 4794 | Marta Diaz Pardo | LUGO COMPÁS | 45:23 |
| 4 | 4356 | Daniela Albarran Oroza | Culleredo GALLAECIA_RAID | 48:22 |
| 5 | 4805 | Estrella Lamela Belver | LUGO COMPÁS | 1:06:40 |
| Feminino 18 (3) | | | | |
| | | | 3.5 km 170 m 18 C | |
| 1 | 4517 | Mailén Aller Pfirter | O Barco de Valde TREVINCA | 54:11 |
| 2 | 4416 | Silvia López López | Culleredo GALLAECIA_RAID | 58:17 |
| 3 | 4346 | Julia Pérez Álvarez | Vigo U-VIGO | 1:01:44 |
| Feminino 21 A (9) | | | | |
| | | | 3.5 km 170 m 18 C | |
| 1 | 4575 | Indira Fernández Rodal | Porto do Son ADC_ARNELA | 37:02 |
| 2 | 4338 | Julia Fuertes Saco | Vigo U-VIGO | 46:49 |
| 3 | 4590 | Antía Oujo Pérez | Porto do Son ADC_ARNELA | 49:23 |
| 4 | 4591 | Nerea Oujo Pérez | Porto do Son ADC_ARNELA | 51:21 |
| 5 | 4268 | Carlota Garcia Lopez | A Coruña ARTABROS | 55:43 |
| 6 | 4321 | Jessica Penela Fernández | LUGO FLUVIAL_LUGO | 1:00:59 |
| 7 | 4589 | Nuria Oujo Míguez | Porto do Son ADC_ARNELA | 1:10:49 |
| 8 | 4400 | Alicia Gómez Suárez | Culleredo GALLAECIA_RAID | 1:11:47 |
| 9 | 4485 | Raquel Abal Camaño | Ordes SEO | 1:24:34 |
| Feminino 21 B (5) | | | | |
| | | | 3.1 km 160 m 15 C | |
| 1 | 6308 | Myryan Busto Domínguez | A Coruña LICEO | 43:07 |
| 2 | 4425 | Alexia Loureiro Garrido | Culleredo GALLAECIA_RAID | 1:12:50 |
| | 6366 | Lidia Sieira Rodríguez | Culleredo GALLAECIA_RAID | Error en tarj. |
| | 4305 | Laura Fernández Fernández | LUGO FLUVIAL_LUGO | Abandona |
| | 4489 | Barbara Del Puerto Lopez | Ordes SEO | No sale |

| Pos | Dorsal | Nombre | Club | Tiempo |
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| Feminino 35 (10) 4.1 km 185 m 17 C | | | | |
| 1 | 5150 | Raquel Ana Campos Sampedro | LUGO COMPÁS | 47:52 |
| 2 | 4776 | Iria Garea García | A Coruña LICEO | 50:17 |
| 3 | 4441 | Belen Otero | Culleredo GALLAECIA_RAID | 50:27 |
| 4 | 4322 | M. José Pérez González | LUGO FLUVIAL_LUGO | 52:58 |
| 5 | 4257 | Carla Veiga García | Pontevedra AROMON | 56:35 |
| 6 | 6120 | Ana Fernández Vázquez | O Porriño BUDIÑORAID | 57:03 |
| 7 | 4342 | Isabel Pastoriza Santos | Vigo U-VIGO | 1:00:58 |
| 8 | 4585 | Susana Míguez Sampedro | Porto do Son ADC_ARNELA | 1:07:07 |
| 9 | 4453 | Iria Pico Martínez | Culleredo GALLAECIA_RAID | 1:28:07 |
| 10 | 4584 | Elena Lourido Gaciño | Porto do Son ADC_ARNELA | 1:33:23 |
| Feminino 40 (11) 3.9 km 155 m 17 C | | | | |
| 1 | 4767 | Tania López Eyo | Cuntis XESTEIRAS | 43:46 |
| 2 | 4203 | Sonia Mª Arias Lima | Pontevedra AROMON | 44:18 |
| 3 | 4472 | Silvia Seoane Rodríguez | Culleredo GALLAECIA_RAID | 46:35 |
| 4 | 4698 | Marina Denis Sanroman | As Neves VIZHOJA-CORNELI | 55:17 |
| 5 | 4452 | Lucia Peteiro Couceiro | Culleredo GALLAECIA_RAID | 1:02:00 |
| 6 | 4300 | Eva Corral Prado | LUGO FLUVIAL_LUGO | 1:08:12 |
| 7 | 4330 | Cristina Zolle Fernández | LUGO FLUVIAL_LUGO | 1:08:29 |
| 8 | 4436 | Paula Naya Mancebo | Culleredo GALLAECIA_RAID | 1:12:07 |
| 9 | 6483 | Mar De Aymerich Vadillo | A Coruña ARTABROS | 1:16:13 |
| 10 | 4362 | Irene Baspino Fernández | Culleredo GALLAECIA_RAID | 1:26:49 |
| | 4393 | Carmen Ferrero Del Pozo | Culleredo GALLAECIA_RAID | No sale |
| Feminino 45 (12) 3.9 km 155 m 17 C | | | | |
| 1 | 4335 | Begoña Crespo Quindós | Vigo U-VIGO | 48:00 |
| 2 | 4803 | Concepción González Bello | LUGO COMPÁS | 50:51 |
| 3 | 4365 | Elena Bujía Rodríguez | Culleredo GALLAECIA_RAID | 59:02 |
| 4 | 4234 | Susana Consuelo Pazos Fernández | Pontevedra AROMON | 1:02:28 |
| 5 | 4732 | Dori Seijo Souto | As Neves VIZHOJA-CORNELI | 1:07:39 |
| 6 | 4230 | Yolanda Navia Vega | Pontevedra AROMON | 1:09:47 |
| 7 | 4437 | Claudia Oreiro Chapela | Culleredo GALLAECIA_RAID | 1:15:58 |
| 8 | 4250 | Maria Luisa Sanchez Vázquez | Pontevedra AROMON | 1:16:50 |
| 9 | 4295 | Carmen Trueba Gayol | A Coruña ARTABROS | 1:34:54 |
| | 4304 | Gloria Fernández Fernández | LUGO FLUVIAL_LUGO | Fuera de control |
| | 4340 | Ana Iglesias Junzavos | Vigo U-VIGO | Desc. |
| | 4267 | Rocío Fuertes Fernández | A Coruña ARTABROS | No sale |
| Feminino 50 (12) 3.5 km 160 m 16 C | | | | |
| 1 | 4612 | Maria Esther Barreira Vazquez | Betanzos OP BETANZOS | 49:37 |
| 2 | 4818 | María Josefa Sánchez Marín | LUGO COMPÁS | 51:57 |
| 3 | 4798 | Diana Ferrer Vidal | LUGO COMPÁS | 53:14 |
| 4 | 4332 | Olimpia Alvarez Castro | Vigo U-VIGO | 55:30 |
| 5 | 4693 | María Inmaculada Arenas Rincón | As Neves VIZHOJA-CORNELI | 59:13 |
| 6 | 4508 | Rosa Mª Pernas Martínez | Santiago de Comp USC | 1:00:28 |
| 7 | 4594 | María Del Pilar Pérez Torres | Porto do Son ADC_ARNELA | 1:03:33 |
| 8 | 4433 | Paulina Andrea Mosquera Azar | Culleredo GALLAECIA_RAID | 1:05:56 |
| 9 | 4627 | Elia Núñez Otero | Betanzos OP BETANZOS | 1:08:55 |
| 10 | 4461 | Angela De La Paz Reboredo Mosquera | Culleredo GALLAECIA_RAID | 1:13:57 |
| 11 | 4279 | Beatriz Pedrares Fernández | A Coruña ARTABROS | 1:16:56 |
| 12 | 4351 | Mª Isabel Saco Fernández | Vigo U-VIGO | 1:19:25 |

| Pos | Dorsal | Nombre | Club | Tiempo |
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| Feminino Élite (5) | | | | |
| | | | 4.6 km 195 m 22 C | |
| 1 | 4281 | María Piñeiro Varela | A Coruña ARTABROS | 41:30 |
| 2 | 4364 | Olalla Bello Rodríguez | Culleredo GALLAECIA_RAID | 44:13 |
| 3 | 4689 | Irene Morales Jiménez | Xinzo de Limia LIMIACTIVA | 46:51 |
| 4 | 4205 | Teresa Bellón Santos | Pontevedra AROMON | 52:19 |
| 5 | 4384 | Alba Dopico Golpe | Culleredo GALLAECIA_RAID | 1:15:19 |
| Masculino 12 (3) | | | | |
| | | | 2.5 km 95 m 12 C | |
| 1 | 4530 | Brais Rodriguez Cruz | O Barco de Valde TREVINCA | 30:12 |
| 2 | 6137 | Antón Pazó Pérez | Vigo U-VIGO | 30:26 |
| | 4264 | David Couceiro Fuertes | A Coruña ARTABROS | No sale |
| Masculino 14 (4) | | | | |
| | | | 2.9 km 150 m 12 C | |
| 1 | 4729 | Antón Rodríguez Seijo | As Neves VIZHOJA-CORNELI | 40:12 |
| 2 | 4684 | Lucas Barja Pérez | Xinzo de Limia LIMIACTIVA | 41:34 |
| 3 | 4312 | Rodrigo Fouz Sanchez | LUGO FLUVIAL_LUGO | 1:21:09 |
| | 4730 | Iago Rodríguez Seijo | As Neves VIZHOJA-CORNELI | Abandona |
| Masculino 16 (2) | | | | |
| | | | 3.5 km 170 m 16 C | |
| 1 | 4571 | Esteban Cruces Fernández | Porto do Son ADC_ARNELA | 49:36 |
| | 4265 | Manuel Couceiro Fuertes | A Coruña ARTABROS | No sale |
| Masculino 18 (4) | | | | |
| | | | 4.1 km 185 m 19 C | |
| 1 | 4473 | Diego Silvarrey Oreiro | Culleredo GALLAECIA_RAID | 37:34 |
| 2 | 4625 | Mario López González | Betanzos OP BETANZOS | 47:18 |
| 3 | 4631 | Marcos Suarez Rivas | Betanzos OP BETANZOS | 53:21 |
| | 4617 | Martín Casado Núñez | Betanzos OP BETANZOS | Error en tarj. |
| Masculino 21 A (9) | | | | |
| | | | 4.1 km 185 m 19 C | |
| 1 | 4345 | Diego Pérez Álvarez | Vigo U-VIGO | 33:23 |
| 2 | 6540 | Santiago González Rodríguez | Culleredo GALLAECIA_RAID | 40:43 |
| 3 | 4217 | Daniel Garcia Carod | Pontevedra AROMON | 45:39 |
| 4 | 4608 | Alejandro Víctorero Domínguez | Porto do Son ADC_ARNELA | 46:07 |
| 5 | 4582 | Julio Lagos Carrera | Porto do Son ADC_ARNELA | 47:07 |
| 6 | 4427 | Jose Mansilla Barreiro | Culleredo GALLAECIA_RAID | 49:13 |
| 7 | 4408 | Carlos Iglesias Muñiz | Culleredo GALLAECIA_RAID | 49:21 |
| 8 | 4686 | Juan Garrido Blanco | Xinzo de Limia LIMIACTIVA | 49:43 |
| | 4245 | Carlos Romero Armada | Pontevedra AROMON | No sale |
| Masculino 21 B (7) | | | | |
| | | | 3.5 km 170 m 16 C | |
| 1 | 6307 | Antonio Pazos Porta | A Coruña LICEO | 52:32 |
| 2 | 4325 | Manuel Rodríguez Acevedo | LUGO FLUVIAL_LUGO | 52:50 |
| 3 | 4495 | José Antonio Rodríguez Juncal | Ordes SEO | 54:35 |
| 4 | 4439 | Oscar Orizales Lopez | Culleredo GALLAECIA_RAID | 1:06:50 |
| 5 | 6365 | Carlos Alberto Alonso Moreira | Culleredo GALLAECIA_RAID | 1:09:27 |
| 6 | 6688 | David Ferro Costas | Nigrán RAZA PALLEIRA | 1:11:55 |
| 7 | 4415 | Adrián López López | Culleredo GALLAECIA_RAID | 1:19:21 |

| Pos | Dorsal | Nombre | Club | Tiempo |
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| Masculino 35 (18) | | | | |
| | | | 4.3 km 195 m 19 C | |
| 1 | 4290 | Francisco Javier Sevilla Gómez | A Coruña ARTABROS | 39:39 |
| 2 | 4513 | Ignacio Sordo Touza | Santiago de Comp USC | 40:28 |
| 3 | 4592 | Gelasio Oujo Pouso | Porto do Son ADC_ARNELA | 43:03 |
| 4 | 4347 | German Pérez Juste | Vigo U-VIGO | 44:00 |
| 5 | 4493 | Jose Angel Morlán Rodriguez | Ordes SEO | 44:30 |
| 6 | 4820 | Francisco Varela Lorenzo | LUGO COMPÁS | 45:40 |
| 7 | 4313 | Javier Liz Díaz | LUGO FLUVIAL_LUGO | 49:00 |
| 8 | 4366 | Juan Carlos Cagide Taboada | Culleredo GALLAECIA_RAID | 50:03 |
| 9 | 4736 | Martin Veiga Jalda | As Neves VIZHOJA-CORNELI | 50:17 |
| 10 | 4280 | Jorge Piñeiro Portela | A Coruña ARTABROS | 51:12 |
| 11 | 4394 | Arturo Norberto Fontán Pérez | Culleredo GALLAECIA_RAID | 51:34 |
| 12 | 4259 | Carlos David Alonso Velasco | A Coruña ARTABROS | 52:24 |
| 13 | 4225 | Gerardo Jose Lopez Furtuoso | Pontevedra AROMON | 58:15 |
| 14 | 6374 | Javier González Rodríguez | Culleredo GALLAECIA_RAID | 1:07:24 |
| 15 | 4548 | Lucas Garcia Vazquez | O Porriño BUDIÑORAID | 1:16:19 |
| 16 | 6482 | Javier Martínez-raposo Villar | A Coruña ARTABROS | 1:31:58 |
| | 4756 | Oliver Fernández Núñez | Nigrán RAZA PALLEIRA | No sale |
| | 4201 | Ángel Álvarez Serto | Pontevedra AROMON | No sale |
| Masculino 40 (15) | | | | |
| | | | 4.1 km 185 m 17 C | |
| 1 | 4204 | Pablo Barreiro Fernández | Pontevedra AROMON | 37:25 |
| 2 | 4573 | Esteban Cruces Molinos | Porto do Son ADC_ARNELA | 40:03 |
| 3 | 4488 | Ruben Carballo Morán | Ordes SEO | 41:46 |
| 4 | 4587 | Joaquín Oujo Ageitos | Porto do Son ADC_ARNELA | 42:40 |
| 5 | 4343 | Vicente Pastoriza Santos | Vigo U-VIGO | 44:18 |
| 6 | 4568 | Pablo Baamonde Arufe | Porto do Son ADC_ARNELA | 45:07 |
| 7 | 4214 | Francisco José Ferrer Vidal | Pontevedra AROMON | 45:16 |
| 8 | 4355 | Angel Albarran Rodriguez | Culleredo GALLAECIA_RAID | 46:39 |
| 9 | 5152 | Jose Corredoira Rifon | LUGO COMPÁS | 47:06 |
| 10 | 4561 | Javier Rodriguez Martínez | O Porriño BUDIÑORAID | 48:33 |
| 11 | 4283 | Santiago Riestra González | A Coruña ARTABROS | 50:34 |
| 12 | 4329 | Iago Viana Gonzalez | LUGO FLUVIAL_LUGO | 52:06 |
| 13 | 4255 | Francisco Varela Varela | Pontevedra AROMON | 57:10 |
| 14 | 4720 | Alberto Otero Ríos | As Neves VIZHOJA-CORNELI | 1:01:08 |
| | 4249 | Emilio Ruiz Lago | Pontevedra AROMON | Error en tarj. |
| Masculino 45 (15) | | | | |
| | | | 4.1 km 190 m 18 C | |
| 1 | 4600 | Alfonso Rosado Frade | Porto do Son ADC_ARNELA | 41:22 |
| 2 | 4728 | Alberto Rodríguez Salas | As Neves VIZHOJA-CORNELI | 42:29 |
| 3 | 4804 | Alberto Lamela Arias | LUGO COMPÁS | 45:48 |
| 4 | 4402 | Eduardo Santiago González Miramontes | Culleredo GALLAECIA_RAID | 50:44 |
| 5 | 4270 | Antonio Gómez Ramos | A Coruña ARTABROS | 52:34 |
| 6 | 4334 | José Luis Armada Luaces | Vigo U-VIGO | 55:25 |
| 7 | 4231 | Antonio Omil Beloso | Pontevedra AROMON | 57:22 |
| 8 | 4360 | Arturo Antón Casado | Culleredo GALLAECIA_RAID | 1:01:43 |
| 9 | 4595 | M. Antonio Piñeiro Pouso | Porto do Son ADC_ARNELA | 1:03:45 |
| 10 | 4525 | Diego De La Torre Herrera | O Barco de Valde TREVINCA | 1:08:32 |
| 11 | 4435 | Ivan Naveira Gonzalo | Culleredo GALLAECIA_RAID | 1:11:46 |
| 12 | 4337 | Enrique Fuertes González | Vigo U-VIGO | 1:14:32 |
| 13 | 4331 | Carles Abad Vives | Vigo U-VIGO | 1:18:06 |
| 14 | 4783 | Alfonso Navia Álvarez | A Coruña LICEO | 1:50:11 |

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| Masculino 45 (15) | | 4.1 km 190 m 18 C (cont.) | | |
| | 4294 | Santiago Traveso Rodríguez | A Coruña ARTABROS | Error en tarj. |
| Masculino 50 (21) | | 3.7 km 190 m 18 C | | |
| 1 | 4618 | Roberto Chas Gómez | Betanzos OP BETANZOS | 35:06 |
| 2 | 4796 | José Manuel Fernández Souto | LUGO COMPÁS | 38:06 |
| 3 | 4404 | Rodrigo González Romano | Culleredo GALLAECIA_RAID | 38:15 |
| 4 | 4266 | Luis Adolfo Couceiro Herrero | A Coruña ARTABROS | 43:15 |
| 5 | 4420 | Antonio Javier López Peiteado | Culleredo GALLAECIA_RAID | 44:44 |
| 6 | 4401 | Evaristo Gonzalez Fernandez | Culleredo GALLAECIA_RAID | 45:35 |
| 7 | 4319 | Pedro Parga Andón | LUGO FLUVIAL_LUGO | 46:45 |
| 8 | 4239 | José Antonio Ricoy Bugarín | Pontevedra AROMON | 53:09 |
| 9 | 4588 | Santiago Amador Oujo Castelo | Porto do Son ADC_ARNELA | 56:38 |
| 10 | 4315 | Jose Carlos Montouto Gonzalez | LUGO FLUVIAL_LUGO | 57:22 |
| 11 | 4244 | Eladio Rodríguez Pérez | Pontevedra AROMON | 58:26 |
| 12 | 4671 | Gabriel Rodríguez Gutiérrez | A Coruña BRIGANTIA | 59:00 |
| 13 | 4516 | Pablo Adrián Aller Estévez | O Barco de Valde TREVINCA | 59:59 |
| 14 | 4385 | Andres Dopico Pena | Culleredo GALLAECIA_RAID | 1:00:16 |
| 15 | 4311 | Marcos Fouz Rodriguez | LUGO FLUVIAL_LUGO | 1:08:05 |
| 16 | 4348 | Jorge Pérez Juste | Vigo U-VIGO | 1:11:48 |
| 17 | 4475 | Fernando Silvarrey Redondo | Culleredo GALLAECIA_RAID | 1:18:59 |
| 18 | 4510 | José Manuel Sampedro Muñiz | Santiago de Comp USC | 1:23:17 |
| | 4397 | Jose Luis Garcia Dominguez | Culleredo GALLAECIA_RAID | Error en tarj. |
| | 6367 | Manuel Rodriguez Vázquez | Culleredo GALLAECIA_RAID | Error en tarj. |
| | 4378 | Santiago Criado Canales | Culleredo GALLAECIA_RAID | No sale |
| Élite (15) | | 5.4 km 225 m 22 C | | |
| 1 | 4450 | Felipe Peña Pita | Culleredo GALLAECIA_RAID | 38:05 |
| 2 | 4228 | Adrián Moreira Alonso | Pontevedra AROMON | 40:06 |
| 3 | 4474 | Marcos Silvarrey Oreiro | Culleredo GALLAECIA_RAID | 41:22 |
| 4 | 4652 | Juan J. Sancosmed Vázquez | A Coruña COCO | 41:42 |
| 5 | 4254 | Manuel Varela Rivera | Pontevedra AROMON | 44:55 |
| 6 | 4615 | David Casado Bravo | Betanzos OP BETANZOS | 45:13 |
| 7 | 4478 | Anxo Somoza Seoane | Culleredo GALLAECIA_RAID | 46:25 |
| 8 | 4623 | Francisco Javier López Costoya | Betanzos OP BETANZOS | 48:05 |
| 9 | 4477 | Iván Somoza Argibay | Culleredo GALLAECIA_RAID | 48:31 |
| 10 | 4383 | Juan Antonio Doce Serrano | Culleredo GALLAECIA_RAID | 52:36 |
| 11 | 4688 | Martín Morales Ferreiro | Xinzo de Limia LIMIACTIVA | 53:59 |
| 12 | 4580 | Ramón Fernández Torres | Porto do Son ADC_ARNELA | 54:55 |
| 13 | 6324 | Angel Soto Boullosa | Xinzo de Limia LIMIACTIVA | 55:03 |
| 14 | 4768 | Alberto Arufe Varela | A Coruña LICEO | 58:36 |
| | 4507 | Pelayo Garcia Acevedo | Pontevedra AROMON | No sale |
| Iniciación Curta (22) | | 2.5 km 90 m 10 C | | |
| 1 | 5151 | Mario Corredoira Campos | LUGO COMPÁS | 26:04 |
| 2 | 4731 | Noa Rodríguez Seijo | As Neves VIZHOJA-CORNELI | 38:07 |
| 3 | 10015 | Sabela Pazó Pérez | Galicia Sin club | 41:02 |
| 4 | 10013 | Iñigo Martínez-raposo de Aymer | A Coruña ARTABROS | 41:26 |
| 5 | 6057 | Adrián Baamonde Abelleira | Porto do Son ADC_ARNELA | 45:28 |
| 6 | 6019 | Adrian Corredoira Campos | LUGO COMPÁS | 47:23 |
| 7 | 6603 | Clara Rodríguez Alejandre | O Barco de Valde TREVINCA | 47:26 |

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| Iniciación Curta (22) | | | | |
| | | | 2.5 km 90 m | 10 C |
| | | | | (cont.) |
| 8 | 4726 | Saul Rodriguez Arenas | As Neves VIZHOJA-CORNELI | 49:34 |
| 9 | 4821 | Emma Viana Gonzalez | LUGO COMPÁS | 1:01:13 |
| 10 | 4491 | Manuel Alejandro Garcia Ramirez | Ordes SEO | 1:13:39 |
| 11 | 10014 | Neus Alexandra Rodríguez García | Ordes SEO | 1:13:40 |
| 12 | 4496 | Marta Rodriguez Docampo | Ordes SEO | 1:13:43 |
| 13 | 4449 | Simón Peña Álvarez | Culleredo GALLAECIA_RAID | 1:13:44 |
| 14 | 10010 | Irea Rodríguez Arias | Galicia Sin club | 1:13:50 |
| 15 | 10016 | Uxía Rodríguez Arias | Galicia Sin club | 1:14:41 |
| 16 | 4448 | Inés Peña Álvarez | Culleredo GALLAECIA_RAID | 1:15:38 |
| | 4704 | Xoel Fernandez Miguez | As Neves VIZHOJA-CORNELI | Error en tarj. |
| | 10012 | Jose Manuel Enriquez Arias | Galicia Sin club | No sale |
| | 4577 | Vera Fernández Santos | Porto do Son ADC_ARNELA | No sale |
| | 10009 | Graciela Grande Veloso | Galicia Sin club | No sale |
| | 10008 | Daniela Rocha Pato | Galicia Sin club | No sale |
| | 10011 | Jorge Fernandez Castiñeira | As Neves VIZHOJA-CORNELI | No sale |
| Iniciación Longa (42) | | | | |
| | | | 3.2 km 110 m | 13 C |
| 1 | 10031 | Jesús Rodríguez León | O Barco de Valde TREVINCA | 21:24 |
| 2 | 10022 | Daniel Dominguez Gonzalez | Galicia Sin club | 24:55 |
| 3 | 10044 | Noel Rodríguez Pérez | Galicia Sin club | 28:02 |
| 4 | 10028 | Javier Garcia Piñeiro | Galicia Sin club | 29:41 |
| 5 | 10017 | Ana Arias Méndez | Galicia Sin club | 31:04 |
| 6 | 10029 | Javier Paz Lema | Galicia Sin club | 36:02 |
| 7 | 10024 | Gustavo Rodríguez Rodríguez | O Barco de Valde TREVINCA | 37:50 |
| 8 | 6635 | Jose Luis Pardo Balado | Pontevedra AROMON | 41:11 |
| 9 | 10020 | Araceli Díaz Algarra | Galicia Sin club | 41:50 |
| 10 | 10007 | Carolina Porto Paderne | Galicia Sin club | 45:52 |
| 11 | 10051 | Simón Muñiz | Galicia Sin club | 46:24 |
| 12 | 10025 | Ignacio Miguel Agullo Sousa | Galicia Sin club | 46:33 |
| 13 | 10026 | Irene Carla Martín Robles | Pontevedra AROMON | 47:48 |
| 14 | 10049 | Rocio Lores Romay | Pontevedra AROMON | 47:50 |
| 15 | 10038 | Maria Garcia hermandez | Galicia Sin club | 50:51 |
| 16 | 10036 | Katie Hensler | Galicia Sin club | 50:55 |
| 17 | 10047 | Raquel Expósito Iglesias | Galicia Sin club | 51:05 |
| 18 | 10052 | Verónica Baltazar González | O Barco de Valde TREVINCA | 53:06 |
| 19 | 10048 | Raúl Souto Fernández | Galicia Sin club | 54:07 |
| 20 | 10045 | Pablo Souto Míguez | Galicia Sin club | 54:12 |
| 21 | 10033 | Jorge Vazquez Seijas | Galicia Sin club | 56:47 |
| 22 | 10046 | Patricia Candal López | Galicia Sin club | 57:27 |
| 23 | 10039 | Maria Miguez Rey | Culleredo GALLAECIA_RAID | 1:00:53 |
| 24 | 10042 | Matías Velázquez González | A Coruña BRIGANTIA | 1:00:56 |
| 25 | 10019 | Annia Abreu Cívico | Galicia Sin club | 1:04:12 |
| 26 | 10030 | Javier Varela Conde | Galicia Sin club | 1:05:51 |
| 27 | 10027 | Iria Fernández Núñez | Galicia Sin club | 1:05:52 |
| 28 | 4512 | Maria Ventura Sampedro Rego | Santiago de Comp USC | 1:09:42 |
| 29 | 4505 | Manuel Calviño Ramallo | Santiago de Comp USC | 1:09:46 |
| 30 | 10018 | ANA CRISTINA AGRASAR MUIÑOS | Galicia Sin club | 1:20:29 |
| 31 | 10037 | LUISA FEIJOO ZARRAQUÍÑOS | Galicia Sin club | 1:20:32 |
| 32 | 10035 | José Alonso Vejiga | Galicia Sin club | 1:22:33 |
| 33 | 10021 | Carolina Gil Lozano | Galicia Sin club | 1:25:16 |
| 34 | 10050 | Ruth Otero Lorenzo | Galicia Sin club | 1:25:18 |
| 35 | 10023 | Esther Gutiérrez Arnillas | Galicia Sin club | 1:25:19 |

| Pos | Dorsal | Nombre | Club | Tiempo |
|------------------------------|--------|----------------------------------|---------------------------|------------------|
| Iniciación Longa (42) | | 3.2 km 110 m 13 C (cont.) | | |
| 36 | 10041 | Marta Cascallar Abalo | Galicia Sin club | 1:25:22 |
| 37 | 6373 | Eva Seoane Seijas | Culleredo GALLAECIA_RAID | 1:45:07 |
| | 10043 | Mayra Martinez Garcia | O Barco de Valde TREVINCA | Error en tarj. |
| | 4598 | Félix Rodal Fraga | Porto do Son ADC_ARNELA | Error en tarj. |
| | 10032 | Jorge Fernandez Costas | Galicia Sin club | Abandona |
| | 10034 | jose iglesias blanco | Galicia Sin club | No sale |
| | 10040 | Marina Miras Posada | Galicia Sin club | No sale |
| Feminino 12 NC (1) | | 2.5 km 95 m 12 C | | |
| 1 | 4379 | Délia Cubeiro Suárez | Culleredo GALLAECIA_RAID | 54:33 |
| Masculino 55 (13) | | 3.7 km 190 m 18 C | | |
| 1 | 4357 | Enrique Luis Álvarez Estévez | Culleredo GALLAECIA_RAID | 37:31 |
| 2 | 4206 | Manuel Beloso García | Pontevedra AROMON | 39:48 |
| 3 | 4210 | Gilberto Diaz Falcon | Pontevedra AROMON | 45:05 |
| 4 | 4605 | Camilo Serantes Maneiro | Porto do Son ADC_ARNELA | 46:35 |
| 5 | 4273 | Alfonso Mancera Bello | A Coruña ARTABROS | 50:35 |
| 6 | 4529 | Javier Rodriguez Sarmiento | O Barco de Valde TREVINCA | 52:26 |
| 7 | 4609 | Jorge Victorero Rey | Porto do Son ADC_ARNELA | 58:12 |
| 8 | 4443 | Rafael Pazos Miser | Culleredo GALLAECIA_RAID | 1:02:07 |
| 9 | 4399 | José Antonio Gil Díaz | Culleredo GALLAECIA_RAID | 1:02:12 |
| 10 | 4288 | Juan Jose Roibas Yañez | A Coruña ARTABROS | 1:06:26 |
| 11 | 4535 | Francisco Sande Rodríguez | Ferrol MONTAÑA_FERROL | 1:07:23 |
| | 4271 | Jose Miguel López Pérez | A Coruña ARTABROS | Fuera de control |
| | 4511 | Ramón Sampedro Muñiz | Santiago de Comp USC | No sale |
| Feminino 55 (5) | | 3.5 km 160 m 16 C | | |
| 1 | 4303 | Fermina Fernandez Riveiro | LUGO FLUVIAL_LUGO | 53:25 |
| 2 | 4503 | Margarita Balboa Barros | Santiago de Comp USC | 1:07:46 |
| 3 | 4222 | Carmen Iglesias Nieto | Pontevedra AROMON | 1:17:23 |
| 4 | 4211 | Yolanda Díaz Rodríguez | Pontevedra AROMON | 1:25:59 |
| 5 | 4388 | María Fernández Santiago | Culleredo GALLAECIA_RAID | 1:39:30 |
| Femenino 60 (2) | | 2.9 km 150 m 15 C | | |
| 1 | 4405 | Adriana Luisa González Sención | Culleredo GALLAECIA_RAID | 1:37:56 |
| 2 | 4282 | Mª Elena Ponte Pena | A Coruña ARTABROS | 1:50:20 |
| Masculino 60 (4) | | 3.3 km 160 m 17 C | | |
| 1 | 4247 | Carlos Mario Romero Capa | Pontevedra AROMON | 45:54 |
| 2 | 4650 | José Manuel Sancosmed Torres | A Coruña COCO | 50:39 |
| 3 | 4509 | Eduardo V. Ramos Lozano | Santiago de Comp USC | 1:08:27 |
| 4 | 4533 | Antonio Garcia Couce | Ferrol MONTAÑA_FERROL | 1:44:07 |
| Feminino 45 NC (1) | | 3.9 km 155 m 17 C | | |
| 1 | 5138 | Ana Maria Prada Cazorla | Madrid O-Getafe | 1:06:07 |

| Pos | Dorsal | Nombre | Club | Tiempo |
|------------------------------|--------|---------------------------|--------------------------|--------|
| Feminino Élite NC (1) | | | 4.6 km 195 m 22 C | |
| 1 | 5137 | Inés Pozo Prada | Madrid O-Getafe | 36:07 |
| Masculino 21 A NC (1) | | | 4.1 km 185 m 19 C | |
| 1 | 1830 | Iago Feal Garcia | Zaragoza Ibon | 59:43 |
| Élite NC (3) | | | 5.4 km 225 m 22 C | |
| 1 | 1249 | Luis Nogueira de la Muela | Malaga COMA | 28:10 |
| 2 | 5136 | Juan Pozo Ortiz | Madrid O-Getafe | 51:46 |
| 3 | 5964 | Carlos Ramiro Martín | Toledo Toledo-O | 56:04 |