

os		rsal	Nombre	Tempo															
<b>Mulleres Cadete (2)</b>					<b>3,2 km 51 m</b>			<b>7 C</b>											
				1(33)	2(38)	3(43)	4(41)	5(34)	6(61)	7(100)	Meta								
	<b>298</b>	<b>Rocio Dopico Golp</b>	<b>GALLAECIA RAID A</b>	<b>No sale</b>															
	<b>299</b>	<b>Alba Dopico Golpe</b>	<b>GALLAECIA RAID A</b>	<b>No sale</b>															
<b>Mulleres Senior (14)</b>					<b>14,0 km 221 m</b>			<b>14 C</b>											
				1(32)	2(44)	3(45)	4(51)	5(55)	6(59)	7(64)	8(65)	9(68)	10(36)	11(43)	12(34)	13(62)	14(100)		
				Meta															
<b>1</b>	<b>376</b>	<b>Ana Varela Yáñez</b>	<b>BRIGANTIA A Coruñ</b>	<b>1:37:19</b>	<b>3:24</b>	11:20	15:54	29:45	<b>41:47</b>	<b>49:24</b>	<b>56:33</b>	<b>1:04:58</b>	<b>1:16:45</b>	<b>1:21:10</b>	<b>1:26:12</b>	<b>1:31:29</b>	<b>1:35:16</b>	<b>1:36:38</b>	
					<b>3:24</b>	7:56	4:34	<b>13:51</b>	<b>12:02</b>	7:37	<b>7:09</b>	8:25	11:47	<b>4:25</b>	<b>5:02</b>	<b>5:17</b>	<b>3:47</b>	1:22	
				<b>1:37:19</b>	<b>0:41</b>														
<b>2</b>	<b>364</b>	<b>Veronica Montes Vil</b>	<b>AABT Paderne</b>	<b>1:42:32</b>	3:44	<b>10:00</b>	14:29	<b>29:12</b>	42:01	50:06	58:50	1:07:14	1:19:00	1:23:38	1:29:50	1:36:55	1:40:43	1:41:44	
					3:44	6:16	4:29	14:43	12:49	8:05	8:44	8:24	11:46	4:38	6:12	7:05	3:48	1:01	
				<b>1:42:32</b>	0:48														
<b>3</b>	<b>372</b>	<b>Priscila Suárez Mén</b>	<b>BRIGANTIA A Coruñ</b>	<b>1:44:06</b>	4:23	10:05	<b>14:21</b>	29:44	43:07	50:09	1:01:22	1:08:10	1:18:21	1:23:09	1:28:55	1:36:11	1:40:31	1:43:22	
					4:23	<b>5:42</b>	<b>4:16</b>	15:23	13:23	<b>7:02</b>	11:13	<b>6:48</b>	<b>10:11</b>	4:48	5:46	7:16	4:20	2:51	
				<b>1:44:06</b>	0:44														
<b>4</b>	<b>504</b>	<b>María Del Mar Delga</b>	<b>FAICAMIÑO A Coruñ</b>	<b>2:03:18</b>	6:28	13:03	17:52	34:44	48:54	58:56	1:09:19	1:19:12	1:33:05	1:39:27	1:45:59	1:55:28	2:01:19	2:02:29	
					6:28	6:35	4:49	16:52	14:10	10:02	10:23	9:53	13:53	6:22	6:32	9:29	5:51	1:10	
				<b>2:03:18</b>	0:49														
<b>5</b>	<b>427</b>	<b>Alejandra Carro Mah</b>	<b>ADC ARNELA Porto</b>	<b>2:03:46</b>	5:07	12:57	17:54	41:19	57:09	1:05:38	1:17:08	1:26:07	1:38:25	1:44:48	1:50:55	1:57:45	2:01:49	2:02:48	
					5:07	7:50	4:57	23:25	15:50	8:29	11:30	8:59	12:18	6:23	6:07	6:50	4:04	<b>0:59</b>	
				<b>2:03:46</b>	0:58														
<b>6</b>	<b>129</b>	<b>Alicia Pérez Alonso</b>	<b>AROMON Pontevedr</b>	<b>2:09:54</b>	6:34	12:48	17:52	34:53	1:03:41	1:13:02	1:24:34	1:33:48	1:45:17	1:50:55	1:56:58	2:03:17	2:07:45	2:09:00	
					6:34	6:14	5:04	17:01	28:48	9:21	11:32	9:14	11:29	5:38	6:03	6:19	4:28	1:15	
				<b>2:09:54</b>	0:54														
<b>7</b>	<b>494</b>	<b>Vanessa Pardo Pena</b>	<b>JARNACHAS Arteixo</b>	<b>2:11:51</b>	8:36	15:24	20:36	39:35	57:01	1:07:44	1:21:14	1:28:56	1:42:47	1:49:09	1:55:54	2:02:46	2:07:42	2:10:45	
					8:36	6:48	5:12	18:59	17:26	10:43	13:30	7:42	13:51	6:22	6:45	6:52	4:56	3:03	
				<b>2:11:51</b>	1:06														
<b>8</b>	<b>653</b>	<b>Nadia Rajcok Villag</b>	<b>GALLAECIA RAID A</b>	<b>2:17:06</b>	7:02	14:54	19:15	46:50	1:03:28	1:17:10	1:26:59	1:38:04	1:49:12	1:55:16	2:02:35	2:08:49	2:13:06	2:16:16	
					7:02	7:52	4:21	27:35	16:38	13:42	9:49	11:05	11:08	6:04	7:19	6:14	4:17	3:10	
				<b>2:17:06</b>	0:50														
<b>9</b>	<b>823</b>	<b>Andrea Alfonso Alon</b>	<b>FLUVIAL LUGO Lug</b>	<b>2:31:44</b>	10:51	18:11	23:22	43:52	1:04:14	1:16:01	1:26:53	1:38:15	1:55:20	2:05:44	2:13:43	2:21:34	2:28:02	2:29:22	
					10:51	7:20	5:11	20:30	20:22	11:47	10:52	11:22	17:05	10:24	7:59	7:51	6:28	1:20	
				<b>2:31:44</b>	2:22														
<b>10</b>	<b>146</b>	<b>Carla Veiga García</b>	<b>AROMON Pontevedr</b>	<b>2:32:44</b>	4:30	13:08	19:04	38:49	1:03:04	1:17:09	1:27:26	1:35:02	1:50:05	1:57:09	2:03:55	2:23:10	2:28:25	2:31:38	
					4:30	8:38	5:56	19:45	24:15	14:05	10:17	7:36	15:03	7:04	6:46	19:15	5:15	3:13	
				<b>2:32:44</b>	1:06														
<b>11</b>	<b>685</b>	<b>Estibaliz García</b>	<b>GALLAECIA RAID A</b>	<b>3:00:09</b>	11:42	22:14	29:46	54:11	1:19:30	1:32:01	1:43:12	1:54:11	2:09:24	2:18:39	2:32:13	2:49:55	2:56:50	2:58:48	
					11:42	10:32	7:32	24:25	25:19	12:31	11:11	10:59	15:13	9:15	13:34	17:42	6:55	1:58	
				<b>3:00:09</b>	1:21														
	<b>674</b>	<b>María Dolores Garcí</b>	<b>FLUVIAL LUGO Lug</b>	<b>andona</b>	38:36	----	----	----	----	----	----	----	----	----	----	----	----	----	
					38:36														
	<b>240</b>	<b>Teresa Barreira Salg</b>	<b>MONTAÑA FERROL</b>	<b>No sale</b>															
	<b>114</b>	<b>Saba González Lore</b>	<b>AROMON Pontevedr</b>	<b>No sale</b>															
<b>Mulleres Veteranas A (8)</b>					<b>7,0 km 110 m</b>			<b>10 C</b>											
				1(35)	2(46)	3(47)	4(50)	5(49)	6(54)	7(57)	8(37)	9(60)	10(100)	Meta					
<b>1</b>	<b>19</b>	<b>Luisa Felpeto Gonz</b>	<b>FLUVIAL LUGO Lug</b>	<b>1:00:02</b>	<b>7:14</b>	<b>15:25</b>	<b>22:20</b>	<b>30:55</b>	<b>35:27</b>	<b>44:22</b>	<b>47:24</b>	<b>50:32</b>	<b>55:56</b>	<b>59:15</b>	<b>1:00:02</b>				
					<b>7:14</b>	<b>8:11</b>	6:55	8:35	4:32	8:55	<b>3:02</b>	3:08	5:24	<b>3:19</b>	0:47				
<b>2</b>	<b>432</b>	<b>Yolanda García Gon</b>	<b>ADC ARNELA Porto</b>	<b>1:04:59</b>	10:52	20:10	26:16	35:23	40:25	48:11	51:29	54:37	59:38	1:04:09	1:04:59				
					10:52	9:18	<b>6:06</b>	9:07	5:02	<b>7:46</b>	3:18	3:08	<b>5:01</b>	4:31	0:50				
<b>3</b>	<b>357</b>	<b>Sonia Gómez Naya</b>	<b>BRIGANTIA A Coruñ</b>	<b>1:18:39</b>	7:34	25:00	34:28	42:27	48:23	58:49	1:03:08	1:06:44	1:13:33	1:17:29	1:18:39				
					7:34	17:26	9:28	<b>7:59</b>	5:56	10:26	4:19	3:36	6:49	3:56	1:10				
<b>4</b>	<b>319</b>	<b>Paulina Andrea Mos</b>	<b>GALLAECIA RAID A</b>	<b>1:21:14</b>	7:42	16:46	25:43	46:55	51:53	1:01:37	1:04:57	1:07:57	1:14:57	1:20:32	1:21:14				
					7:42	9:04	8:57	21:12	4:58	9:44	3:20	<b>3:00</b>	7:00	5:35	<b>0:42</b>				
<b>5</b>	<b>242</b>	<b>Elena Bujía Rodríg</b>	<b>MONTAÑA FERROL</b>	<b>1:22:53</b>	11:46	29:12	38:31	46:42	52:50	1:02:53	1:07:02	1:11:24	1:17:40	1:21:29	1:22:53				
					11:46	17:26	9:19	8:11	6:08	10:03	4:22	6:16	3:49	1:24					
<b>6</b>	<b>260</b>	<b>Begoña Pernas Gom</b>	<b>MONTAÑA FERROL</b>	<b>1:32:46</b>	20:07	38:38	47:01	57:23	1:02:10	1:11:43	1:15:27	1:19:27	1:27:02	1:31:45	1:32:46				
					20:07	18:31	8:23	10:22	4:47	9:33	3:44	4:00	7:35	4:43	1:01				
<b>7</b>	<b>140</b>	<b>María Luisa Sanche</b>	<b>AROMON Pontevedr</b>	<b>2:10:13</b>	52:38	1:03:59	1:14:44	1:28:37	1:35:43	1:45:42	1:50:00	1:54:04	2:01:28	2:09:08	2:10:13				
					52:38	11:21	10:45	13:53	7:06	9:59	4:18	4:04	7:24	7:40	1:05				

os		rsal	Nombre	Tiempo																					
<b>Mulleres Veteranas A (8)</b>						<b>7,0 km 110 m</b>			<b>10 C</b>			<i>(cont.)</i>													
				1(35)	2(46)	3(47)	4(50)	5(49)	6(54)	7(57)	8(37)	9(60)	10(100)	Meta											
8	623	Maria Teresa Silvarr GALLAECIA RAID A	2:40:07	11:37 11:37	49:40 38:03	58:34 8:54	1:43:55 45:21	1:48:18 <b>4:23</b>	2:08:32 20:14	2:12:26 3:54	2:17:19 4:53	2:30:32 13:13	2:38:54 8:22	2:40:07 1:13											
<b>Mulleres Veteranas B (1)</b>						<b>6,2 km 105 m</b>			<b>9 C</b>																
				1(33)	2(35)	3(42)	4(48)	5(54)	6(56)	7(40)	8(62)	9(100)	Meta												
1	517	Soraya Alviarez Mila A PEDROSA ORRO	2:11:57	4:01 4:01	11:25 7:24	21:35 10:10	31:32 9:57	41:24 9:52	1:07:17 25:53	1:44:56 37:39	2:05:36 20:40	2:10:24 4:48	2:11:57 1:33												
<b>Homes Cadete (1)</b>						<b>3,2 km 51 m</b>			<b>7 C</b>																
				1(33)	2(38)	3(43)	4(41)	5(34)	6(61)	7(100)	Meta														
1	276	Martin Enrique Alvar GALLAECIA RAID A	16:38	1:57 1:57	3:29 1:32	6:55 3:26	9:21 2:26	11:57 2:36	14:07 2:10	15:55 1:48	16:38 0:43														
<b>Homes Junior (1)</b>						<b>6,2 km 105 m</b>			<b>9 C</b>																
				1(33)	2(35)	3(42)	4(48)	5(54)	6(56)	7(40)	8(62)	9(100)	Meta												
1	46	Oscar A Ordóñez Zul FLUVIAL LUGO Lug	1:27:07	3:14 3:14	11:33 8:19	18:37 7:04	28:12 9:35	37:02 8:50	1:02:48 25:46	1:13:39 10:51	1:24:48 11:09	1:26:01 1:13	1:27:07 1:06												
<b>Homes Senior (50)</b>						<b>15,8 km 293 m</b>			<b>18 C</b>																
				1(31) 15(36)	2(45) 16(42)	3(48) 17(60)	4(52) 18(100)	5(53) Meta	6(56)	7(58)	8(59)	9(63)	10(64)	11(65)	12(66)	13(67)	14(68)								
1	297	Francisco Diz Lópe GALLAECIA RAID A	1:22:23	5:07 5:07 1:11:28	11:44 6:37 1:15:11	18:11 6:27 1:20:14	22:51 4:40 1:21:49	31:48 8:57 1:22:23	37:16 5:28	41:27 4:11	44:53 3:26	48:33 3:40	51:44 3:11	56:15 4:31	1:01:32 5:17	1:04:32 3:00	1:07:43 3:11								
2	326	Felipe Peña Pita GALLAECIA RAID A	1:28:39	3:45 2:24 1:16:09	9:23 6:59 1:19:54	16:05 6:42 1:26:14	22:48 6:43 1:27:56	30:22 7:34 1:28:39	36:22 6:00	40:48 4:26	44:51 4:03	49:29 4:38	51:51 2:22	58:52 7:01	1:06:03 7:11	1:09:08 3:05	1:11:51 2:43								
3	637	Francisco Javier Ló AABT Paderne	1:29:47	4:18 5:17 1:19:09	9:23 12:26 1:22:35	16:05 23:21 1:27:44	22:48 28:16 1:29:12	34:55 6:39 1:29:47	40:25 5:30	46:44 6:19	50:19 3:35	53:58 3:39	56:00 2:02	1:03:10 7:10	1:08:59 5:49	1:13:12 4:13	1:15:46 2:34								
4	429	Ramón Fernández T ADC ARNELA Porto	1:38:14	3:52 2:37 1:25:19	9:23 10:14 1:30:09	16:05 8:04 1:35:50	22:48 8:13 1:37:34	30:22 7:34 1:38:14	36:22 6:06	40:48 5:50	44:51 3:39	49:29 4:05	51:51 2:00	58:52 6:17	1:06:03 6:49	1:09:08 7:40	1:11:51 3:58								
5	374	Alberto Taboada Pin AABT Paderne	1:39:50	3:57 10:06 1:29:13	9:23 16:43 1:32:39	16:05 23:58 1:37:46	22:48 28:35 1:39:16	30:22 37:41 1:39:50	36:22 7:52	40:48 4:57	44:51 4:04	49:29 3:47	51:51 2:09	58:52 6:27	1:06:03 7:10	1:09:08 6:13	1:11:51 4:56								
6	490	Alberto Garcia Ram JARNACHAS Arteixo	1:39:53	3:57 2:35 1:26:17	9:23 8:25 1:30:31	16:05 7:59 1:37:11	22:48 6:11 1:39:12	30:22 8:46 1:39:53	36:22 5:53	40:48 7:58	44:51 5:33	49:29 3:46	51:51 2:46	58:52 4:44	1:06:03 10:40	1:09:08 4:07	1:11:51 2:36								
7	320	Marcos Muño Garcí GALLAECIA RAID A	1:41:07	4:18 2:29 1:24:56	9:23 8:09 1:29:01	16:05 6:56 1:37:32	22:48 5:59 1:40:28	30:22 7:42 1:41:07	36:22 6:41	40:48 6:24	44:51 3:37	49:29 4:54	51:51 2:47	58:52 6:26	1:06:03 11:39	1:09:08 4:22	1:11:51 2:32								
8	286	Yago Breijo Martine GALLAECIA RAID A	1:41:40	4:19 4:44 1:24:07	9:23 8:38 1:28:06	16:05 7:07 1:37:59	22:48 4:47 1:41:04	30:22 12:24 1:41:40	36:22 6:03	40:48 6:22	44:51 3:17	49:29 3:54	51:51 2:46	58:52 7:23	1:06:03 6:12	1:09:08 3:38	1:11:51 2:49								
9	15	Alberto Corral Alons FLUVIAL LUGO Lug	1:42:53	3:38 2:49 1:28:48	9:23 6:58 1:33:21	16:05 7:00 1:40:23	22:48 14:46 1:42:16	30:22 12:32 1:42:53	36:22 5:46	40:48 6:05	44:51 3:35	49:29 3:55	51:51 4:02	58:52 5:43	1:06:03 6:17	1:09:08 3:27	1:11:51 2:15								
10	543	Carlos Amil Fernán BUDIÑORAID O Porr	1:46:18	8:19 2:30 1:31:05	9:23 9:55 1:35:31	16:05 10:23 1:42:49	22:48 6:24 1:45:37	30:22 11:34 1:46:18	36:22 6:44	40:48 4:41	44:51 4:02	49:29 4:02	51:51 4:50	58:52 7:11	1:06:03 4:57	1:09:08 4:57	1:11:51 2:33								
11	519	Xan Carballo Alviare A PEDROSA ORRO	1:46:32	4:40 3:07 1:31:44	9:23 11:59 1:35:54	16:05 21:40 1:43:53	22:48 29:29 1:45:48	30:22 39:27 1:46:32	36:22 47:06	40:48 53:09	44:51 57:00	49:29 1:01:10	51:51 1:04:06	58:52 1:11:01	1:06:03 1:19:55	1:09:08 1:24:24	1:11:51 2:27:04								
12	274	Carlos Viguera Sas MONTAÑA FERROL	1:46:36	4:40 2:48 1:31:48	9:23 11:33 1:36:20	16:05 20:39 1:43:33	22:48 28:36 1:45:51	30:22 40:04 1:46:36	36:22 47:11	40:48 52:36	44:51 57:25	49:29 1:02:00	51:51 1:05:25	58:52 1:13:39	1:06:03 1:21:05	1:09:08 1:25:20	1:11:51 2:27:47								
13	61	Rodrigo Ivan Rodri FLUVIAL LUGO Lug	1:46:39	4:01 2:43 1:34:04	9:23 9:51 1:38:14	16:05 17:34 1:44:09	22:48 26:37 1:45:58	30:22 38:48 1:46:39	36:22 45:36	40:48 52:30	44:51 58:06	49:29 1:02:12	51:51 1:04:27	58:52 1:11:05	1:06:03 1:21:29	1:09:08 1:27:16	1:11:51 3:03								

os	rsal	Nombre	Tiempo														
<b>Homes Senior (50)</b>				<b>15,8 km 293 m</b>			<b>18 C</b>			<i>(cont.)</i>							
				1(31) 15(36)	2(45) 16(42)	3(48) 17(60)	4(52) 18(100)	5(53) Meta	6(56)	7(58)	8(59)	9(63)	10(64)	11(65)	12(66)	13(67)	14(68)
14	238	Francisco Abeal Nav MONTAÑA FERROL	1:49:04	3:55 3:55 1:32:45	15:39 11:44 1:38:23	24:00 8:21 1:45:42	29:17 5:17 1:48:29	40:29 11:12 1:49:04	48:33 8:04	53:57 5:24	59:25 5:28	1:03:24 3:59	1:07:56 4:32	1:14:03 6:07	1:21:08 7:05	1:25:14 4:06	1:28:19 3:05
15	344	Antonio Blanco Vill BRIGANTIA A Coruña	1:53:41	4:26 2:52 1:36:01	5:38 12:42 1:40:36	7:19 20:38 1:49:32	2:47 25:58 1:52:54	0:35 37:57 1:53:41	44:29 6:32	50:06 5:37	54:47 4:41	59:33 4:46	1:02:26 2:53	1:09:58 7:32	1:17:37 7:39	1:26:39 9:02	1:31:11 4:32
16	498	Jesus Valle Rodrigu JARNACHAS Arteixo	1:54:02	4:50 4:09 1:35:55	4:35 13:40 1:41:09	8:56 22:31 1:51:05	3:22 29:19 1:53:11	0:47 41:25 1:54:02	49:27 8:02	55:12 5:45	59:28 4:16	1:03:22 3:54	1:07:32 4:10	1:14:29 6:57	1:22:57 8:28	1:28:13 5:16	1:31:09 2:56
17	106	Gonzalo Fernández AROMON Pontevedr	1:54:30	2:40 2:40 1:14:53	9:15 6:35 1:19:22	15:55 6:40 1:51:01	21:22 5:27 1:53:51	30:03 8:41 1:54:30	36:56 6:53	42:19 5:23	45:38 3:19	49:14 3:36	51:57 2:43	57:57 6:00	1:03:40 5:43	1:08:02 4:22	1:10:33 2:31
18	33	Rubén Iglesias Cast FLUVIAL LUGO Lug	1:57:10	4:20 9:20 1:36:41	4:29 16:11 1:47:30	31:39 23:16 1:54:18	2:50 30:39 1:56:29	0:39 41:20 1:57:10	47:11 5:51	52:00 4:49	55:35 3:35	59:55 4:20	1:02:56 3:01	1:09:13 6:17	1:25:26 16:13	1:29:57 4:31	1:32:50 2:53
19	669	Fernando Perez Dia MONTAÑA FERROL	1:59:55	3:51 9:05 1:43:42	10:49 18:53 1:47:56	6:48 28:25 1:55:55	2:11 34:17 1:59:10	0:41 44:30 1:59:55	52:02 7:32	57:25 5:23	1:03:12 5:47	1:07:24 4:12	1:10:58 3:34	1:22:08 11:10	1:30:19 8:11	1:35:20 5:01	1:38:51 3:31
20	370	Ricardo Sánchez Dí BRIGANTIA A Coruña	2:02:05	4:51 3:25 1:43:43	4:14 15:44 1:48:14	7:59 24:08 1:57:44	3:15 29:37 2:01:12	0:45 42:42 2:02:05	49:39 6:57	58:16 8:37	1:02:52 4:36	1:07:14 4:22	1:15:36 8:22	1:22:09 6:33	1:29:50 7:41	1:35:23 5:33	1:38:58 3:35
21	302	Lucas Freire Lage GALLAECIA RAID A	2:05:20	4:45 3:39 1:48:46	4:31 10:44 1:53:58	9:30 17:47 2:01:44	3:28 24:05 2:04:37	0:53 35:43 2:05:20	53:29 17:46	1:01:35 8:06	1:05:59 4:24	1:09:55 3:56	1:14:26 4:31	1:22:42 8:16	1:34:33 11:51	1:40:38 6:05	1:43:31 2:53
22	565	Luis Javier Ramos A SABON Arteixo. A C	2:05:55	5:15 7:49 1:47:59	5:12 19:05 1:52:41	7:46 29:35 2:02:49	2:53 37:41 2:05:08	0:43 50:41 2:05:55	58:24 7:43	1:05:45 7:21	1:10:55 5:10	1:16:56 6:01	1:19:58 3:02	1:25:11 5:13	1:34:37 9:26	1:39:22 4:45	1:42:14 2:52
23	506	Julio Paz Guzmán FAICAMIÑO A Coruña	2:06:15	5:45 2:51 1:52:03	4:42 13:52 1:56:53	10:08 21:48 2:03:50	2:19 38:48 2:05:31	0:47 38:48 2:06:15	48:38 9:50	54:03 5:25	58:49 4:46	1:04:15 5:26	1:07:19 3:04	1:18:29 11:10	1:25:41 7:12	1:44:23 18:42	1:47:54 3:31
24	545	Arturo Antón Casad SABON Arteixo. A C	2:08:27	4:09 4:48 1:52:50	4:50 17:36 1:57:33	6:57 26:47 2:04:06	1:41 35:16 2:07:42	0:44 45:18 2:08:27	53:06 7:48	1:00:03 6:57	1:05:29 5:26	1:13:47 8:18	1:16:53 3:06	1:26:32 9:39	1:39:54 13:22	1:45:05 5:11	1:47:47 2:42
25	109	Ricardo Figueroa F AROMON Pontevedr	2:11:53	5:03 3:13 1:55:01	4:43 12:04 1:59:36	6:33 21:19 2:08:43	3:36 28:42 2:11:07	0:45 40:40 2:11:53	47:34 6:54	55:50 8:16	1:01:42 5:52	1:06:12 4:30	1:22:05 15:53	1:30:51 8:46	1:43:25 12:34	1:47:34 4:09	1:50:23 2:49
26	37	Francisco J Lamas FLUVIAL LUGO Lug	2:20:27	4:38 5:46 2:01:46	4:35 15:56 2:07:05	9:07 25:57 2:14:58	2:24 33:21 2:19:34	0:46 45:40 2:20:27	59:09 13:29	1:05:04 5:55	1:10:49 5:45	1:17:17 6:28	1:20:22 3:05	1:30:05 9:43	1:39:22 9:17	1:46:35 7:13	1:54:11 7:36
27	73	Iago Viana Gonzale FLUVIAL LUGO Lug	2:22:30	7:35 3:23 2:06:11	5:19 11:43 2:10:48	7:53 21:09 2:18:38	4:36 42:16 2:21:43	0:53 54:19 2:22:30	1:02:22 8:03	1:07:55 5:33	1:15:26 7:31	1:24:12 8:46	1:28:49 4:37	1:38:09 9:20	1:49:40 11:31	1:56:07 6:27	1:59:45 3:38
28	318	José Ramón Mosqu GALLAECIA RAID A	2:22:51	6:26 3:34 2:04:14	4:37 13:19 2:09:17	7:50 22:36 2:19:31	3:05 28:58 2:21:59	0:47 42:19 2:22:51	50:40 8:21	57:08 6:28	1:09:51 12:43	1:15:58 6:07	1:20:07 4:09	1:39:26 19:19	1:48:51 9:25	1:54:17 5:26	1:59:14 4:57
29	443	Alberto Santos Blan ADC ARNELA Porto	2:23:19	5:00 7:25 2:01:32	5:03 16:52 2:07:40	10:14 26:52 2:19:28	2:28 34:51 2:22:35	0:52 48:25 2:23:19	56:43 8:18	1:04:26 7:43	1:10:55 6:29	1:15:45 4:50	1:19:34 3:49	1:27:59 8:25	1:36:01 8:02	1:43:32 7:31	1:47:41 4:09
30	273	Moises Vergara Villa MONTAÑA FERROL	2:30:25	13:51 6:32 2:09:27	6:08 17:53 2:15:22	11:48 37:33 2:26:24	3:07 44:12 2:29:38	0:44 56:31 2:30:25	1:06:14 9:43	1:12:40 6:26	1:17:48 5:08	1:24:20 6:32	1:27:39 3:19	1:36:52 9:13	1:46:26 9:34	1:59:33 13:07	2:02:55 3:22
31	346	Miguel Casal Casal BRIGANTIA A Coruña	2:34:25	6:32 4:22 2:10:21	5:55 19:23 2:20:44	11:02 29:56 2:28:52	3:14 38:19 2:33:13	0:47 53:46 2:34:25	1:07:47 14:01	1:15:02 7:15	1:20:39 5:37	1:25:51 5:12	1:29:27 3:36	1:41:52 12:25	1:53:08 11:16	2:00:43 7:35	2:04:45 4:02
32	36	Juan José Lafuente FLUVIAL LUGO Lug	2:38:26	5:36 10:20 2:22:17	10:23 21:03 2:26:52	8:08 34:06 2:34:40	4:21 42:33 2:37:35	1:12 1:00:07 2:38:26	1:09:46 9:39	1:18:34 8:48	1:29:40 11:06	1:40:15 10:35	1:45:01 4:46	1:54:15 9:14	2:05:49 11:34	2:12:20 6:31	2:15:35 3:15



os	rsal	Nombre	Tiempo														
<b>Homes Veteráns A (20)</b>																	
				1(32) Meta	2(44)	3(45)	4(51)	5(55)	6(59)	7(64)	8(65)	9(68)	10(36)	11(43)	12(34)	13(62)	14(100)
3	668	Juan Patiño Varela GALLAECIA RAID A	1:33:56	3:35 3:35 1:33:56 0:52	10:20 6:45	14:06 3:46	26:35 12:29	38:07 11:32	44:26 6:19	52:49 8:23	59:53 <b>7:04</b>	1:09:48 9:55	1:14:49 5:01	1:21:05 6:16	1:26:08 5:03	1:31:56 5:48	1:33:04 1:08
3	101	Antonio Dominguez AROMON Pontevedr	1:33:56	4:14 4:14 1:33:56 0:49	9:46 5:32	13:28 3:42	25:31 12:03	36:38 11:07	43:09 6:31	49:47 6:38	58:54 9:07	<b>1:08:16</b> 9:22	1:12:43 4:27	1:17:37 4:54	1:24:29 6:52	1:32:07 7:38	1:33:07 1:00
5	86	Manuel Beloso Garc AROMON Pontevedr	1:39:59	4:25 4:25 1:39:59 0:49	16:11 11:46	20:23 4:12	33:46 13:23	46:53 13:07	53:53 7:00	1:00:20 <b>6:27</b>	1:08:53 8:33	1:19:42 10:49	1:24:38 4:56	1:29:32 4:54	1:34:46 5:14	1:38:04 3:18	1:39:10 1:06
6	198	David Casado Brav APA LICEO A Coruña	1:40:19	9:58 9:58 1:40:19 0:47	15:44 5:46	19:50 4:06	33:00 13:10	46:14 13:14	53:50 7:36	1:01:19 7:29	1:08:26 7:07	1:20:02 11:36	1:25:06 5:04	1:29:56 4:50	1:34:57 5:01	1:38:32 3:35	1:39:32 1:00
7	300	Andres Dopico Pena GALLAECIA RAID A	1:43:56	3:47 3:47 1:43:56 0:44	10:42 6:55	15:46 5:04	31:29 15:43	45:40 14:11	54:44 9:04	1:02:08 7:24	1:11:08 9:00	1:21:53 10:45	1:26:51 4:58	1:32:47 5:56	1:38:29 5:42	1:42:20 3:51	1:43:12 0:52
8	192	Javier Arufe Varela APA LICEO A Coruña	1:45:52	3:21 3:21 1:45:52 0:48	9:29 6:08	13:55 4:26	29:39 15:44	45:12 15:33	53:03 7:51	1:02:11 9:08	1:11:27 9:16	1:23:00 11:33	1:28:49 5:49	1:34:33 5:44	1:40:14 5:41	1:43:59 3:45	1:45:04 1:05
9	505	Celso Lopez Vazqu FAICAMIÑO A Coruñ	1:45:57	4:10 4:10 1:45:57 1:01	9:27 5:17	13:05 3:38	25:12 12:07	39:40 14:28	45:50 <b>6:10</b>	52:24 6:34	59:45 7:21	1:08:27 <b>8:42</b>	1:12:57 4:30	1:17:57 5:00	1:40:27 22:30	1:44:02 3:35	1:44:56 0:54
10	307	Eduardo Santiago G GALLAECIA RAID A	1:57:57	12:39 12:39 1:57:57 0:52	18:29 5:50	22:36 4:07	34:53 12:17	54:51 19:58	1:02:33 7:42	1:11:44 9:11	1:23:21 11:37	1:33:32 10:11	1:38:39 5:07	1:44:53 6:14	1:51:39 6:46	1:55:53 4:14	1:57:05 1:12
11	259	David Perez Marcote MONTAÑA FERROL	1:59:49	12:28 12:28 1:59:49 0:52	19:01 6:33	23:17 4:16	41:55 18:38	54:17 12:22	1:03:37 9:20	1:12:56 9:19	1:27:43 14:47	1:38:33 10:50	1:43:22 4:49	1:49:09 5:47	1:54:32 5:23	1:57:50 3:18	1:58:57 1:07
12	657	Leandro González FLUVIAL LUGO Lug	2:06:41	4:12 4:12 2:06:41 0:52	12:49 8:37	17:58 5:09	33:24 15:26	59:35 26:11	1:07:50 8:15	1:16:16 8:26	1:25:23 9:07	1:36:22 10:59	1:44:00 7:38	1:52:38 8:38	1:59:31 6:53	2:04:32 5:01	2:05:49 1:17
13	574	Antonio Manuel Lóp FLUVIAL LUGO Lug	2:24:25	4:53 4:53 2:24:25 0:57	10:47 5:54	16:14 5:27	33:23 17:09	59:54 26:31	1:16:49 16:55	1:31:25 14:36	1:41:59 10:34	1:52:58 10:59	1:59:22 6:24	2:06:03 6:41	2:15:20 9:17	2:22:34 7:14	2:23:28 0:54
14	185	German Pérez Juste UNIVERSIDAD DE V	2:27:47	16:41 16:41 2:27:47 1:08	25:21 8:40	31:01 5:40	51:13 20:12	1:06:31 15:18	1:16:30 9:59	1:26:12 9:42	1:38:50 12:38	1:58:27 19:37	2:05:13 6:46	2:11:42 6:29	2:19:01 7:19	2:25:09 6:08	2:26:39 1:30
15	414	Jose Miguel López ARTABROS A Coruñ	3:25:09	1:03:03 1:03:03 3:25:09 1:15	1:12:08 9:05	1:18:39 6:31	1:42:21 23:42	2:04:06 21:45	2:15:15 11:09	2:27:22 12:07	2:38:27 11:05	2:53:50 15:23	3:01:00 7:10	3:08:41 7:41	3:17:22 8:41	3:22:22 5:00	3:23:54 1:32
	350	Javier Casanova Co BRIGANTIA A Coruñ	en tarj.	----- 48:43 1:47	----- 5:28 *35	----- 11:50 *46	----- 17:03 *47	----- 26:02 *50	----- 29:45 *49	----- 35:00 *54	----- 37:58 *57	----- 40:30 *37	----- 44:43 *60	-----	-----	-----	46:56 46:56
	311	Miguel Angel Longu GALLAECIA RAID A	andona	4:18 4:18 1:26:16 1:12	12:56 8:38	17:17 4:21	33:45 16:28	1:06:18 32:33	1:16:25 10:07	-----	-----	-----	-----	-----	-----	-----	1:25:04 8:39
	254	Andres Lopez Suare MONTAÑA FERROL	andona	4:26 4:26	12:05 7:39	16:36 4:31	35:49 19:13	52:06 16:17	1:02:41 10:35	1:13:44 11:03	-----	-----	-----	-----	-----	-----	-----
	133	José Antonio Ricoy AROMON Pontevedr	No sale														
	154	José Maria Álvarez UNIVERSIDAD DE V	No sale														
<b>Homes Veteráns B (6)</b>																	
				1(35)	2(46)	3(47)	4(50)	5(49)	6(54)	7(57)	8(37)	9(60)	10(100)	Meta			
1	50	Pedro Parga Andón FLUVIAL LUGO Lug	1:00:45	8:14 8:14 1:00:45	<b>16:22</b> <b>8:08</b>	<b>21:58</b> 5:36	<b>29:25</b> 7:27	<b>36:28</b> 7:03	<b>43:51</b> 7:23	<b>47:37</b> 3:46	<b>51:07</b> 3:30	<b>55:55</b> <b>4:48</b>	<b>59:57</b> 4:02	<b>1:00:45</b> <b>0:48</b>			
2	521	Juan Carlos Carball A PEDROSA ORRO	1:01:12	<b>7:31</b> <b>7:31</b>	17:04 9:33	24:36 7:32	32:34 7:58	37:32 <b>4:58</b>	44:28 <b>6:56</b>	48:07 3:39	51:35 3:28	56:47 5:12	1:00:14 3:27	1:01:12 0:58			
3	358	Evaristo Gonzalez F BRIGANTIA A Coruñ	1:07:11	17:36 17:36	26:58 9:22	32:09 <b>5:11</b>	38:31 <b>6:22</b>	44:05 5:34	51:12 7:07	54:22 <b>3:10</b>	57:41 <b>3:19</b>	1:02:57 5:16	1:06:20 <b>3:23</b>	1:07:11 0:51			



