

os	rsal	Nombre	Tiempo															
Feminino 21 B (16)					4,2 km 75 m			15 C			<i>(cont.)</i>							
			1(52) 15(100)	2(32) Meta	3(42)	4(91)	5(57)	6(58)	7(59)	8(60)	9(71)	10(73)	11(75)	12(79)	13(81)	14(82)		
	684	Rodríguez Blanco, A Coruña APA LICE	andona	24:44 24:44 -----	38:48 14:04	48:22 9:34	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
	150	Queiruga Chouza, Porto do Son ADC A	No sale															
Feminino 35 (5)					5,6 km 105 m			16 C										
			1(87) 15(83)	2(91) 16(100)	3(61) Meta	4(63)	5(64)	6(60)	7(73)	8(67)	9(69)	10(71)	11(75)	12(77)	13(78)	14(84)		
1	191	González Corral, B a coruña GALLAECI	1:53:46	8:06 8:06 1:50:56	10:06 2:00 1:53:09	19:19 9:13 1:53:46	24:02 4:43	42:37 18:35	1:03:04 20:27	1:10:07 7:03	1:14:11 4:04	1:17:25 3:14	1:22:20 4:55	1:32:08 9:48	1:36:36 4:28	1:37:54 1:18	1:46:12 8:18	
2	35	Pérez González, M. Lugo FLUVIAL LUG	2:14:49	33:46 33:46 2:12:26	37:16 3:30 2:14:12	48:49 11:33 2:14:49	54:51 6:02	57:02 2:11	1:07:43 10:41	1:22:35 14:52	1:27:22 4:47	1:31:01 3:39	1:36:29 5:28	1:50:21 13:52	1:53:12 2:51	1:54:36 1:24	2:04:05 9:29	
3	16	Follana Neira, Fern Lugo FLUVIAL LUG	2:16:13	8:21 9:40 2:14:03	1:46 9:13 2:15:44	0:37 7:25 2:16:13	41:27 15:09	48:41 7:14	1:04:56 16:15	1:18:51 13:55	1:24:07 5:16	1:38:34 14:27	1:42:49 4:15	1:52:52 10:03	1:55:06 2:14	1:56:56 1:50	2:11:46 14:50	
4	410	Varela Yáñez, Ana A Coruña BRIGANTI	2:21:33	16:01 16:01 2:17:25	19:25 3:24 2:20:21	35:52 16:27 2:21:33	52:22 16:30	55:18 2:56	1:05:24 10:06	1:16:55 11:31	1:24:00 7:05	1:29:16 5:16	1:37:33 8:17	1:51:07 13:34	1:57:16 6:09	1:59:25 2:09	2:14:03 14:38	
5	7	Corral Prado, Eva Lugo FLUVIAL LUG	2:25:07	3:22 8:54 8:54 2:22:32	2:56 11:06 2:12 2:24:38	1:12 36:16 25:10 2:25:07	48:10 11:54	50:35 2:25	1:00:24 9:49	1:12:35 12:11	1:19:21 6:46	1:24:00 4:39	1:29:51 5:51	1:43:01 13:10	2:03:36 20:35	2:04:57 1:21	2:17:13 12:16	
Feminino 40 (5)					4,6 km 85 m			15 C										
			1(52) 15(100)	2(42) Meta	3(91)	4(57)	5(59)	6(65)	7(70)	8(73)	9(75)	10(76)	11(78)	12(79)	13(81)	14(82)		
1	5	Ceide Vilela, Mª Van Lugo FLUVIAL LUG	1:18:30	4:04 4:04 1:17:53	9:36 5:32 1:18:30	12:17 2:41 6:14	18:31 6:14 7:59	26:30 5:52	32:22 7:35	39:57 7:56	47:53 8:16	56:09 2:12	58:21 1:36	59:57 9:58	1:09:55 2:43	1:12:38 2:15	1:14:53	
2	190	Gómez Naya, Sonia a coruña GALLAECI	1:19:25	3:00 4:16 4:16 1:18:55	0:37 10:22 6:06 1:19:25	12:53 2:31 0:30	21:26 8:33	41:41 20:15	46:26 4:45	50:08 3:42	55:13 5:05	1:02:00 6:47	1:03:39 1:39	1:04:54 1:15	1:10:09 5:15	1:14:35 4:26	1:16:22 1:47	
3	671	Arenas Rincón, Marí As Neves VIZHOJA-	1:48:40	1:48:04 3:27	1:48:40 0:36	28:16 5:03	38:43 10:27	55:03 16:20	1:03:47 8:44	1:11:30 7:43	1:19:17 7:47	1:30:07 10:50	1:32:14 2:07	1:33:20 1:06	1:38:30 5:10	1:42:44 4:14	1:44:37 1:53	
4	472	Pérez Otero, Amalia Vigo HABELAS HAIN	2:06:21	2:05:42 3:10	2:06:21 0:39	22:15 9:32	43:47 21:32	55:56 12:09	1:03:39 7:43	1:22:12 18:33	1:29:15 7:03	1:38:30 9:15	1:40:45 2:15	1:43:07 2:22	1:50:03 6:56	1:56:07 6:04	2:02:32 6:25	
	253	Iglesias Junzalsvos, Vigo UNIVERSIDAD	No sale															
Feminino 45 (12)					4,3 km 75 m			13 C										
			1(31)	2(32)	3(42)	4(91)	5(90)	6(57)	7(59)	8(65)	9(72)	10(78)	11(79)	12(81)	13(100)	Meta		
1	50	Valcarcel López, Ma Lugo FLUVIAL LUG	1:21:58	4:53 4:53 1:07:44 *77	8:50 3:57 1:50	10:40 7:36 1:47	18:16 11:03	20:03 1:47	26:34 6:31	48:55 22:21	54:23 5:28	1:02:10 7:47	1:09:10 7:00	5:47	1:14:57 2:16	1:17:13 4:11	1:21:24 0:34	1:21:58
2	205	Mosquera Azar, Pau a coruña GALLAECI	1:32:02	1:12:28 *77	8:06 3:43	11:03 2:57 3:11	14:14 3:49	18:03 10:14	28:17 14:02	42:19 8:10	50:29 17:08	1:07:37 10:01	1:17:38 4:36	1:22:14 4:25	1:26:39 4:54	1:31:33 4:54	1:32:02 0:29	
3	419	Balboa Barros, Mar Santiago de Comp	1:46:53	5:21 5:21 1:27:44 *77	9:13 3:52 1:27:44 *77	11:05 1:52	25:10 14:05	28:32 3:22	34:36 6:04	56:00 21:24	1:04:18 8:18	1:22:28 18:10	1:30:19 7:51	1:40:16 9:57	1:42:32 2:16	1:46:18 3:46	1:46:53 0:35	
4	243	Alvarez Castro, Oli Vigo UNIVERSIDAD	1:58:11	5:51 5:51 1:37:34 *77	11:20 5:29 1:37:34 *77	14:02 2:42	19:09 5:07	21:11 2:02	35:54 14:43	46:45 10:51	54:27 7:42	1:24:05 29:38	1:39:40 15:35	1:48:23 8:43	1:52:10 3:47	1:57:32 5:22	1:58:11 0:39	
5	694	Fraga Pita, Mónica Lugo FLUVIAL LUG	2:10:48	6:48 6:48 1:44:39 *77	11:51 5:03 1:44:39 *77	15:39 3:48	20:34 4:55	33:16 12:42	46:42 13:26	59:03 12:21	1:07:26 8:23	1:33:36 26:10	1:47:56 14:20	2:01:18 13:22	2:04:20 3:02	2:09:46 5:26	2:10:48 1:02	

os	rsal	Nombre	Tiempo														
Feminino 45 (12)				4,3 km 75 m			13 C			<i>(cont.)</i>							
				1(31)	2(32)	3(42)	4(91)	5(90)	6(57)	7(59)	8(65)	9(72)	10(78)	11(79)	12(81)	13(100)	Meta
6	199	López Suárez, María a coruña GALLAECI	2:26:09	6:45	13:28	16:20	21:25	23:36	36:05	55:12	1:13:07	1:54:31	2:06:44	2:17:36	2:20:18	2:25:34	2:26:09
				6:45	6:43	2:52	5:05	2:11	12:29	19:07	17:55	41:24	12:13	10:52	2:42	5:16	0:35
				2:04:06													
				*77													
	232	Silvarrey Redondo, a coruña GALLAECI	andona	5:30	10:08	12:53	21:04	30:13	40:42	1:00:52	1:21:27	----	----	----	----	2:28:28	2:29:32
				5:30	4:38	2:45	8:11	9:09	10:29	20:10	20:35					1:07:01	1:04
	354	Pedrares Fernández A Coruña ARTABRO	andona	6:19	12:36	23:47	30:19	37:31	1:06:30	----	----	----	----	----	----	----	----
				6:19	6:17	11:11	6:32	7:12	28:59								
	329	Núñez Otero, Elia A Coruña APA LICE	andona	5:18	12:11	15:10	21:24	29:27	58:44	----	----	----	----	----	----	----	----
				5:18	6:53	2:59	6:14	8:03	29:17								
	274	Saco Fernández, Mª Vigo UNIVERSIDAD	No sale														
	107	Sanchez Vázquez, Pontevedra AROMO	No sale														
	87	Iglesias Nieto, Car Pontevedra AROMO	No sale														
Feminino 55 (3)				3,5 km 65 m			10 C										
				1(31)	2(32)	3(91)	4(90)	5(57)	6(72)	7(77)	8(79)	9(81)	10(100)	Meta			
1	327	Naya López, Mª Jos A Coruña APA LICE	1:46:24	6:18	10:44	23:35	25:22	46:25	1:02:58	1:22:18	1:37:37	1:40:06	1:45:44	1:46:24		1:32:27	
				6:18	4:26	12:51	1:47	21:03	16:33	19:20	15:19	2:29	5:38	0:40		*81	
2	12	Fernández Riveiro, Lugo FLUVIAL LUG	1:54:33	17:07	20:34	30:47	32:44	53:14	1:24:31	1:29:48	1:45:40	1:48:04	1:53:49	1:54:33			
				17:07	3:27	10:13	1:57	20:30	31:17	5:17	15:52	2:24	5:45	0:44			
3	461	Díaz Rodríguez, Yol Vigo HABELAS HAIN	2:22:04	6:03	12:06	19:38	35:42	1:01:49	1:40:47	1:57:21	2:08:05	2:14:20	2:21:27	2:22:04			
				6:03	6:03	7:32	16:04	26:07	38:58	16:34	10:44	6:15	7:07	0:37			
Feminino Élite (9)				6,7 km 140 m			18 C										
				1(87)	2(91)	3(93)	4(61)	5(63)	6(64)	7(60)	8(58)	9(56)	10(73)	11(67)	12(69)	13(71)	14(75)
				15(78)	16(82)	17(83)	18(100)	Meta									
1	578	Diz Cao, Isabel As Neves VIZHOJA-	1:24:45	5:29	7:09	10:19	15:13	22:12	24:02	31:41	35:09	43:43	53:21	56:27	58:56	1:01:53	1:09:18
				5:29	1:40	3:10	4:54	6:59	1:50	7:39	3:28	8:34	9:38	3:06	2:29	2:57	7:25
				1:12:53	1:22:07	1:22:59	1:24:23	1:24:45									
				3:35	9:14	0:52	1:24	0:22									
2	123	Carro Mahía, Alejan Porto do Son ADC A	1:47:54	6:57	8:37	19:49	24:51	29:53	32:56	37:55	41:40	46:42	58:16	1:02:00	1:05:07	1:08:16	1:16:06
				6:57	1:40	11:12	5:02	5:02	3:03	4:59	3:45	5:02	11:34	3:44	3:07	3:09	7:50
				1:19:21	1:44:10	1:45:24	1:47:19	1:47:54									
				3:15	24:49	1:14	1:55	0:35									
3	195	López Eyo, Tania a coruña GALLAECI	1:49:02	7:11	9:18	12:58	18:21	26:24	29:56	38:55	44:43	49:35	1:04:33	1:08:32	1:13:18	1:17:06	1:28:12
				7:11	2:07	3:40	5:23	8:03	3:32	8:59	5:48	4:52	14:58	3:59	4:46	3:48	11:06
				1:36:10	1:45:46	1:46:46	1:48:26	1:49:02									
				7:58	9:36	1:00	1:40	0:36									
4	260	Pastoriza Santos, Is Vigo UNIVERSIDAD	1:50:49	8:11	10:31	15:20	22:15	26:24	28:21	36:58	42:31	49:42	1:12:42	1:16:31	1:19:42	1:23:33	1:34:28
				8:11	2:20	4:49	6:55	4:09	1:57	8:37	5:33	7:11	23:00	3:49	3:11	3:51	10:55
				1:37:29	1:47:33	1:48:43	1:50:13	1:50:49									
				3:01	10:04	1:10	1:30	0:36									
5	8	Felpeto González, L Lugo FLUVIAL LUG	2:07:14	6:03	13:10	20:23	28:15	42:47	58:09	1:06:39	1:09:50	1:25:37	1:36:00	1:39:19	1:42:17	1:45:34	1:53:34
				6:03	7:07	7:13	7:52	14:32	15:22	8:30	3:11	15:47	10:23	3:19	2:58	3:17	8:00
				1:56:16	2:04:28	2:05:22	2:06:47	2:07:14									
				2:42	8:12	0:54	1:25	0:27									
6	116	Veiga García, Carla Pontevedra AROMO	2:23:26	12:08	13:32	18:24	24:56	38:19	40:36	49:04	54:14	1:13:28	1:30:55	1:35:58	1:39:15	1:44:51	1:58:51
				12:08	1:24	4:52	6:32	13:23	2:17	8:28	5:10	19:14	17:27	5:03	3:17	5:36	14:00
				2:08:04	2:17:53	2:21:00	2:22:56	2:23:26									
				9:13	9:49	3:07	1:56	0:30									
7	560	Del Puerto Lopez, Ordes SEO	2:24:05	7:10	13:21	18:44	30:30	47:30	51:03	1:02:03	1:09:08	1:25:31	1:40:36	1:46:09	1:49:29	1:53:49	2:06:36
				7:10	6:11	5:23	11:46	17:00	3:33	11:00	7:05	16:23	15:05	5:33	3:20	4:20	12:47
				2:11:02	2:19:58	2:21:16	2:23:32	2:24:05									
				4:26	8:56	1:18	2:16	0:33									
8	433	Veiga Barbazán, Pil Santiago de Comp	2:33:18	5:28	7:28	14:23	32:37	36:27	38:03	53:18	57:23	1:30:45	1:42:34	1:46:32	2:02:16	2:07:19	2:17:11
				5:28	2:00	6:55	18:14	3:50	1:36	15:15	4:05	33:22	11:49	3:58	15:44	5:03	9:52
				2:20:54	2:29:40	2:31:06	2:32:41	2:33:18									
				3:43	8:46	1:26	1:35	0:37									
	409	Suárez Pazos, Almu A Coruña BRIGANTI	andona	33:43	35:46	----	----	----	----	----	----	----	----	----	----	----	----
				33:43	2:03												
				----	----												
Masculino 12 (11)				3,1 km 50 m			11 C										
				1(31)	2(32)	3(42)	4(33)	5(34)	6(35)	7(36)	8(37)	9(39)	10(40)	11(100)	Meta		
1	265	Pérez Álvarez, Dieg Vigo UNIVERSIDAD	34:40	4:17	7:37	9:19	12:39	15:10	17:48	22:57	25:40	29:14	33:18	34:06	34:40		
				4:17	3:20	1:42	3:20	2:31	2:38	5:09	2:43	3:34	4:04	0:48	0:34		
2	394	González Souto, Ru A Coruña BRIGANTI	38:23	3:28	5:48	7:19	14:53	16:49	21:33	24:23	26:21	32:35	37:15	37:59	38:23		
				3:28	2:20	1:31	7:34	1:56	4:44	2:50	1:58	6:14	4:40	0:44	0:24		
3	417	Vinagre Barros, Mar A Coruña BRIGANTI	48:50	5:32	10:47	14:12	22:29	26:09	31:37	34:21	36:27	42:44	47:27	48:21	48:50		
				5:32	5:15	3:25	8:17	3:40	5:28	2:44	2:06	6:17	4:43	0:54	0:29		
4	277	Agudo Calvelo, Isra O Barco de Valde T	50:03	4:04	7:15	9:03	12:54	15:57	27:35	36:08	41:15	44:44	48:35	49:32	50:03		
				4:04	3:11	1:48	3:51	3:03	11:38	8:33	5:07	3:29	3:51	0:57	0:31		

os	rsal	Nombre	Tempo														
Masculino 21 B (20)				4,2 km 75 m		15 C			<i>(cont.)</i>								
				1(52) 15(100)	2(32) Meta	3(42)	4(91)	5(57)	6(58)	7(59)	8(60)	9(71)	10(73)	11(75)	12(79)	13(81)	14(82)
634		Legaspi Abelaira, R a coruña GALLAECI	andona	5:26 5:26 1:27:30 1:11:39	11:19 5:53 1:28:02 0:32	12:57 1:38	15:51 2:54	----	----	----	----	----	----	----	----	----	----
36		Portela López, Brun Lugo FLUVIAL LUG	No sale														
492		Iglesias Muñiz, Carl Cambre ROBALIZA	No sale														
Masculino 35 (17)				6,7 km 140 m		18 C											
				1(87) 15(78)	2(91) 16(82)	3(93) 17(83)	4(61) 18(100)	5(63) Meta	6(64)	7(60)	8(58)	9(56)	10(73)	11(67)	12(69)	13(71)	14(75)
1	105	Rosado Frade, Alfo Pontevedra AROMO	1:05:04	4:43 4:43 57:12 2:12	5:57 1:14 1:02:49 5:37	10:20 4:23 1:03:30 0:41	13:36 3:16 1:04:39 1:09	17:06 3:30 1:05:04 0:25	18:12 1:06	22:15 4:03	24:50 2:35	28:19 3:29	37:35 9:16	40:17 2:42	43:06 2:49	46:15 3:09	55:00 8:45
2	91	Marín, Alex Pontevedra AROMO	1:13:26	4:35 4:35 1:05:49 3:10	8:22 3:47 1:10:57 5:08	12:01 3:39 1:11:43 0:46	17:07 5:06 1:13:01 1:18	21:54 4:47 1:13:26 0:25	23:21 1:27	31:03 7:42	34:04 3:01	37:51 3:47	47:12 9:21	50:15 3:03	52:50 2:35	55:49 2:59	1:02:39 6:50
3	192	González Miramont a coruña GALLAECI	1:18:23	4:47 4:47 1:08:19 2:09	6:39 1:52 1:15:33 7:14	9:22 2:43 1:16:55 1:22	14:32 5:10 1:18:00 1:05	18:09 3:37 1:18:23 0:23	19:50 1:41	25:35 5:45	28:21 2:46	41:08 12:47	49:54 8:46	53:07 3:13	55:36 2:29	58:47 3:11	1:06:10 7:23
4	214	Patiño Varela, Juan a coruña GALLAECI	1:23:50	5:30 4:05 1:11:23 4:05	7:28 9:44 1:21:07 2:16	10:16 0:55 1:22:02 0:55	15:47 1:21 1:23:23 1:21	19:11 0:27 1:23:50 0:27	21:16 2:05	26:39 5:23	31:21 4:42	36:59 5:38	51:53 14:54	55:17 3:24	57:45 2:28	1:01:05 3:20	1:07:18 6:13
5	418	Vinagre Rey, Marco A Coruña BRIGANTI	1:25:38	5:56 5:56 1:10:26 2:21	7:21 1:25 1:22:48 12:22	9:35 2:14 1:24:07 1:19	20:14 10:39 1:25:18 1:11	22:54 2:40 1:25:38 0:20	24:13 1:19	33:48 9:35	36:46 2:58	42:59 6:13	53:22 10:23	55:37 2:15	58:19 2:42	1:01:30 3:11	1:08:05 6:35
6	369	Barrós Diz, Rubén A Coruña BRIGANTI	1:36:06	6:10 6:10 1:25:19 2:50	7:46 1:36 1:32:50 7:31	10:53 3:07 1:34:09 1:19	18:47 7:54 1:35:39 1:30	22:31 3:44 1:36:06 0:27	24:40 2:09	44:52 20:12	49:01 4:09	56:15 7:14	1:07:12 10:57	1:10:28 3:16	1:13:04 2:36	1:15:55 2:51	1:22:29 6:34
7	261	Pastoriza Santos, Vi Vigo UNIVERSIDAD	1:41:14	20:29 20:29 1:31:26 3:26	22:00 1:31 1:38:11 6:45	29:52 7:52 1:39:17 1:06	36:31 6:39 1:40:45 1:28	40:15 3:44 1:41:14 0:29	42:13 1:58	48:42 6:29	51:54 3:12	59:36 7:42	1:10:34 10:58	1:13:55 3:21	1:17:11 3:16	1:20:36 3:25	1:28:00 7:24
8	160	Albarran Rodriguez a coruña GALLAECI	1:41:24	17:34 17:34 1:32:38 2:14	19:38 2:04 1:39:00 6:22	29:57 10:19 1:39:37 0:37	34:12 4:15 1:40:59 1:22	42:05 7:53 1:41:24 0:25	43:41 1:36	54:23 10:42	1:00:10 5:47	1:04:18 4:08	1:13:28 9:10	1:16:15 2:47	1:18:32 2:17	1:21:59 3:27	1:30:24 8:25
9	233	Somoza Argibay, Iv a coruña GALLAECI	1:42:35	5:56 5:56 1:34:12 3:24	8:17 2:21 1:40:15 6:03	16:44 8:27 1:41:01 0:46	32:49 16:05 1:42:11 1:10	36:48 3:59 1:42:35 0:24	43:28 6:40	48:09 4:41	53:30 5:21	1:05:02 11:32	1:15:48 10:46	1:18:42 2:54	1:21:33 2:51	1:24:37 3:04	1:30:48 6:11
10	174	Chas Gómez, Rober a coruña GALLAECI	1:53:11	13:17 13:17 1:34:11 3:21	15:03 1:46 1:47:18 13:07	18:06 3:03 1:51:23 4:05	24:32 6:26 1:52:40 1:17	28:19 3:47 1:53:11 0:31	30:12 1:53	40:02 9:50	42:36 2:34	53:06 10:30	1:13:07 20:01	1:16:18 3:11	1:18:51 2:33	1:22:29 3:38	1:30:50 8:21
11	636	Morlán Otero, Albert a coruña GALLAECI	1:54:15	8:15 8:15 1:32:28 2:53	11:32 3:17 1:50:49 18:21	13:51 2:19 1:52:06 1:17	20:21 6:30 1:53:53 1:47	27:30 7:09 1:54:15 0:22	28:53 1:23	39:43 10:50	43:29 3:46	49:13 5:44	1:13:00 23:47	1:15:51 2:51	1:18:14 2:23	1:22:42 4:28	1:29:35 6:53
12	151	Santos Blanco, Albe Porto do Son ADC A	1:58:12	6:29 6:29 1:27:10 3:26	11:33 5:04 1:54:53 27:43	14:34 3:01 1:56:33 1:40	22:14 7:40 1:57:48 1:15	29:09 6:55 1:58:12 0:24	30:41 1:32	41:42 11:01	45:05 3:23	51:44 6:39	1:08:17 16:33	1:10:58 2:41	1:13:59 3:01	1:17:14 3:15	1:23:44 6:30
13	607	Lopez Martinez, Jos Viveiro SAN ROQUE	2:39:50	7:51 7:51 2:26:25 5:55	10:52 3:01 2:35:39 9:14	16:40 5:48 2:36:23 0:44	26:39 9:59 2:38:00 1:37	1:01:59 35:20 2:39:50 1:50	1:04:09 2:10	1:14:24 10:15	1:26:10 11:46	1:37:41 11:31	1:57:31 19:50	2:02:29 4:58	2:05:31 3:02	2:09:48 4:17	2:20:30 10:42
663		Navia Álvarez, Alfon A Coruña APA LICE	en tarj.	5:42 5:42 2:50:19 3:30	11:20 5:38 ----- 13:49	43:09 31:49 ----- 13:49	1:08:34 25:25 3:04:08 3:05:07	1:26:10 17:36 3:05:07 0:59	1:34:05 7:55	1:45:27 11:22	1:54:14 8:47	2:20:31 26:17	2:36:59 16:28	-----	-----	-----	2:46:49 9:50
127		Dosil Bouzas, Fern Porto do Son ADC A	andona	8:03 8:03 ----- -----	9:33 1:30 ----- -----	12:21 2:48 ----- -----	22:23 10:02 2:20:41 2:21:29	25:05 2:42 2:21:29 0:48	26:34 1:29	1:20:51 54:17	1:29:47 8:56	1:39:03 9:16	1:59:38 20:35	-----	-----	-----	-----
859		García González, Fr Asturias Castropol	andona	6:46 6:46 ----- -----	25:11 18:25 ----- -----	37:52 12:41 ----- -----	45:07 7:15 3:04:11 1:14:17	50:46 5:39 3:05:13 1:02	59:01 8:15	1:09:41 10:40	1:16:11 6:30	1:49:54 33:43	-----	-----	-----	-----	-----

os	rsal	Nombre			Tiempo														
Masculino 35 (17)					6,7 km 140 m					18 C					<i>(cont.)</i>				
			1(87)	2(91)	3(93)	4(61)	5(63)	6(64)	7(60)	8(58)	9(56)	10(73)	11(67)	12(69)	13(71)	14(75)			
			15(78)	16(82)	17(83)	18(100)	Meta												
614 Guarin Perez, Rube			No sale																
Arteixo JARNACHAS																			
Masculino 40 (27)					6,3 km 115 m					17 C									
			1(87)	2(61)	3(62)	4(64)	5(60)	6(57)	7(55)	8(72)	9(67)	10(69)	11(70)	12(74)	13(75)	14(76)			
			15(81)	16(83)	17(100)	Meta													
1	62	Beloso García, Man	1:17:23	5:34	11:31	13:36	16:45	22:54	29:00	32:11	40:43	47:33	50:30	52:41	59:53	1:03:52	1:05:31		
				5:34	5:57	2:05	3:09	6:09	6:06	3:11	8:32	6:50	2:57	2:11	7:12	3:59	1:39		
			1:12:09	1:15:23	1:16:59	1:17:23													
			6:38	3:14	1:36	0:24													
2	535	Ramos Asensio, Lui	1:24:57	5:43	12:54	15:56	27:09	32:32	40:02	44:00	52:00	57:41	1:00:31	1:02:46	1:08:29	1:12:33	1:14:11		
				5:43	7:11	3:02	11:13	5:23	7:30	3:58	8:00	5:41	2:50	2:15	5:43	4:04	1:38		
			1:20:42	1:23:22	1:24:36	1:24:57													
			6:31	2:40	1:14	0:21													
3	319	Castrillón Manso, J	1:25:23	6:00	14:52	17:43	21:18	26:38	33:07	37:24	48:46	55:00	57:52	1:00:51	1:06:17	1:10:17	1:12:20		
				6:00	8:52	2:51	3:35	5:20	6:29	4:17	11:22	6:14	2:52	2:59	5:26	4:00	2:03		
			1:20:04	1:23:22	1:24:51	1:25:23													
			7:44	3:18	1:29	0:32													
4	180	Dopico Pena, Andre	1:33:10	11:54	24:31	28:33	31:44	40:07	48:16	51:53	59:51	1:05:48	1:08:36	1:10:44	1:16:16	1:20:50	1:22:20		
				11:54	12:37	4:02	3:11	8:23	8:09	3:37	7:58	5:57	2:48	2:08	5:32	4:34	1:30		
			1:28:53	1:31:18	1:32:40	1:33:10													
			6:33	2:25	1:22	0:30													
5	454	Rodríguez Bergara, Ferrol	1:38:24	4:57	15:26	28:11	32:12	38:04	47:23	56:59	1:04:05	1:09:27	1:11:58	1:13:46	1:21:28	1:26:52	1:28:10		
				4:57	10:29	12:45	4:01	5:52	9:19	9:36	7:06	5:22	2:31	1:48	7:42	5:24	1:18		
			1:33:53	1:36:43	1:37:56	1:38:24													
			5:43	2:50	1:13	0:28													
6	437	Bouza Padín, Diego	1:42:24	7:12	19:01	20:58	24:16	35:38	43:48	1:01:29	1:10:33	1:16:25	1:18:56	1:20:19	1:25:22	1:31:12	1:32:05		
				7:12	11:49	1:57	3:18	11:22	8:10	17:41	9:04	5:52	2:31	1:23	5:03	5:50	0:53		
			1:38:01	1:40:41	1:41:58	1:42:24													
			5:56	2:40	1:17	0:26													
7	631	Casal Fernández, F	1:43:44	7:21	14:18	19:47	24:15	32:22	39:59	55:34	1:04:16	1:12:11	1:14:35	1:16:06	1:22:09	1:26:57	1:29:02		
				7:21	6:57	5:29	4:28	8:07	7:37	15:35	8:42	7:55	2:24	1:31	6:03	4:48	2:05		
			1:39:36	1:42:01	1:43:16	1:43:44													
			10:34	2:25	1:15	0:28													
8	315	Cañas Lara, Julio	1:46:51	6:43	13:53	17:06	22:06	29:41	49:39	52:28	1:15:25	1:21:33	1:24:39	1:26:23	1:30:55	1:34:43	1:36:09		
				6:43	7:10	3:13	5:00	7:35	19:58	2:49	22:57	6:08	3:06	1:44	4:32	3:48	1:26		
			1:42:32	1:44:59	1:46:26	1:46:51													
			6:23	2:27	1:27	0:25													
9	246	Armada Luaces, Jos	1:48:04	7:20	18:34	22:06	25:50	32:26	44:01	59:52	1:08:09	1:15:27	1:18:30	1:20:17	1:26:27	1:31:00	1:33:41		
				7:20	11:14	3:32	3:44	6:36	11:35	15:51	8:17	7:18	3:03	1:47	6:10	4:33	2:41		
			1:43:42	1:46:06	1:47:34	1:48:04													
			10:01	2:24	1:28	0:30													
10	221	Rioboo Iglesias, Da	1:49:10	19:57	25:45	29:26	38:36	46:21	58:02	1:05:21	1:13:01	1:19:10	1:22:13	1:23:50	1:29:32	1:34:13	1:35:36		
				19:57	5:48	3:41	9:10	7:45	11:41	7:19	7:40	6:09	3:03	1:37	5:42	4:41	1:23		
			1:42:45	1:46:37	1:48:41	1:49:10													
			7:09	3:52	2:04	0:29													
11	263	Pazó Pazó, Martín	1:54:11	4:44	10:41	16:01	18:41	35:18	46:25	52:11	1:01:06	1:08:46	1:19:09	1:20:49	1:26:51	1:30:50	1:32:17		
				4:44	5:57	5:20	2:40	16:37	11:07	5:46	8:55	7:40	10:23	1:40	6:02	3:59	1:27		
			1:48:22	1:52:09	1:53:41	1:54:11													
			16:05	3:47	1:32	0:30													
12	422	Fraga Castro, Santi	1:56:15	7:11	18:01	22:42	28:49	38:26	50:32	56:00	1:08:14	1:15:08	1:17:47	1:20:46	1:26:14	1:32:05	1:34:23		
				7:11	10:50	4:41	6:07	9:37	12:06	5:28	12:14	6:54	2:39	2:59	5:28	5:51	2:18		
			1:48:45	1:53:46	1:55:39	1:56:15													
			14:22	5:01	1:53	0:36													
13	198	López Rodríguez, F	1:57:11	4:37	10:16	21:08	31:46	42:34	52:07	1:00:54	1:09:19	1:18:26	1:22:50	1:27:52	1:38:57	1:42:51	1:44:04		
				4:37	5:39	10:52	10:38	10:48	9:33	8:47	8:25	9:07	4:24	5:02	11:05	3:54	1:13		
			1:51:04	1:55:06	1:56:44	1:57:11													
			7:00	4:02	1:38	0:27													
14	625	Villar Vazquez, Emil	2:12:39	8:27	16:47	20:03	25:02	38:13	48:22	1:04:16	1:16:25	1:26:29	1:32:13	1:34:50	1:41:44	1:50:47	1:53:11		
				8:27	8:20	3:16	4:59	13:11	10:09	15:54	12:09	10:04	5:44	2:37	6:54	9:03	2:24		
			2:02:07	2:09:27	2:12:01	2:12:39													
			8:56	7:20	2:34	0:38													
15	4	Caamaño Lago, Jos	2:18:02	6:39	26:59	28:51	31:46	50:39	56:59	1:00:26	1:10:10	1:18:21	1:35:54	1:37:25	1:44:03	1:51:22	1:52:42		
				6:39	20:20	1:52	2:55	18:53	6:20	3:27	9:44	8:11	17:33	1:31	6:38	7:19	1:20		
			2:11:44	2:15:12	2:17:32	2:18:02													
			19:02	3:28	2:20	0:30													
16	434	Abeal Navarro, Fran	2:20:25	19:29	31:53	34:23	39:45	50:30	58:05	1:04:55	1:29:10	1:38:45	1:42:06	1:44:26	1:51:09	1:56:17	1:58:06		
				19:29	12:24	2:30	5:22	10:45	7:35	6:50	24:15	9:35	3:21	2:20	6:43	5:08	1:49		
			2:04:38	2:18:41	2:19:56	2:20:25													
			6:32	14:03	1:15	0:29													
17	268	Pérez Juste, Jorge	2:31:42	7:20	59:14	1:07:30	1:12:08	1:32:08	1:41:50	1:45:28	1:58:49	2:05:52	2:08:49	2:10:40	2:15:11	2:18:57	2:20:19		
				7:20	51:54	8:16	4:38	20:00	9:42	3:38	13:21	7:03	2:57	1:51	4:31	3:46	1:22		
			2:26:47	2:29:34	2:31:09	2:31:42													
			6:28	2:47	1:35	0:33													
18	34	Parga Ures, Eladio	2:32:14	29:01	36:36	39:26	51:57	1:02:55	1:11:25	1:20:05	1:32:10	1:39:30	1:44:56	1:46:59	1:54:38	2:14:25	2:17:32		
				29:01	7:35	2:50	12:31	10:58	8:30	8:40	12:05	7:20	5:26	2:03	7:39	19:47	3:07		
			2:26:34	2:30:02	2:31:46	2:32:14													

os	rsal	Nombre	Tempo														
Masculino 40 (27)				6,3 km 115 m			17 C			<i>(cont.)</i>							
				1(87) 15(81)	2(61) 16(83)	3(62) 17(100)	4(64) Meta	5(60)	6(57)	7(55)	8(72)	9(67)	10(69)	11(70)	12(74)	13(75)	14(76)
				9:02	3:28	1:44	0:28										
532		Antón Casado, Artur Arteixo. A Coruña IES	en tarj.	7:22 7:22 1:24:39 6:31 5:43 5:43 -----	14:50 7:28 1:27:30 2:51 -----	20:06 5:16 1:28:54 1:24 -----	23:38 3:32 1:29:20 0:26 -----	32:39 9:01 -----	40:09 7:30 -----	44:59 4:50 -----	55:56 10:57 -----	1:02:44 6:48 -----	----- ----- -----	1:08:03 5:19 -----	1:12:26 4:23 -----	1:16:35 4:09 -----	1:18:08 1:33 -----
609		Peinó Villares, Henr Viveiro SAN ROQUE	en tarj.	5:43 5:43 -----	----- ----- -----	----- ----- 1:51:25 1:52:25 1:45:42 1:00	----- ----- 1:11:25 1:11:25 1:05:37 1:05:37	----- ----- 1:37:24 1:51:06 2:02:33 2:02:33	----- ----- 2:24:47 2:36:31 2:36:31	----- ----- ----- ----- -----	----- ----- ----- ----- -----	----- ----- ----- ----- -----	----- ----- ----- ----- -----	----- ----- ----- ----- -----	----- ----- ----- ----- -----	----- ----- ----- ----- -----	----- ----- ----- ----- -----
85		Gutiérrez Costas, J Pontevedra AROMO	andona	43:32 43:32 2:33:55 31:22	1:01:39 18:07 2:38:27 4:32	1:05:37 3:58 2:40:16 1:49	1:11:25 5:48 2:41:26 1:10	1:37:24 25:59 -----	1:51:06 13:42 -----	2:02:33 11:27 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----
475		Rodríguez Pérez, El Vigo HABELAS HAIN	andona	1:17:23 1:17:23 -----	1:35:35 18:12 -----	1:39:37 4:02 2:48:39 12:08	1:45:29 5:52 2:49:16 0:37	2:11:18 25:49 -----	2:24:47 13:29 -----	2:36:31 11:44 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----
624		Martínez Rivera, Jes Vilalba BG	andona	11:50 11:50 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----
488		Bandin Marentes, J Cambre ROBALIZA	andona	6:44 6:44 -----	48:46 42:02 -----	50:54 2:08 -----	54:34 3:40 -----	1:32:53 38:19 -----	1:39:09 6:16 -----	1:44:02 4:53 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----
282		Agudo, Jose Antoni O Barco de Valde T	andona	17:52 17:52 -----	1:08:21 50:29 -----	1:13:06 4:45 -----	1:18:38 5:32 -----	1:31:54 13:16 -----	1:41:59 10:05 -----	1:50:12 8:13 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----
40		Rodríguez López, R Lugo FLUVIAL LUG	No sale														
623		Díaz Fernández, Ma Vilalba BG	No sale														
Masculino 45 (33)				5,6 km 105 m			16 C										
				1(87) 15(83)	2(91) 16(100)	3(61) Meta	4(63)	5(64)	6(60)	7(73)	8(67)	9(69)	10(71)	11(75)	12(77)	13(78)	14(84)
1	167	Balseiro Pérez, Jos a coruña GALLAECI	54:43	4:47 4:47 53:08 2:28	6:30 1:43 54:21 1:13	12:45 6:15 54:43 0:22	16:19 3:34 -----	17:53 1:34 -----	22:18 4:25 -----	26:45 4:27 -----	29:39 2:54 -----	32:14 2:35 -----	35:22 3:08 -----	42:35 7:13 -----	44:36 2:01 -----	45:40 1:04 -----	50:40 5:00 -----
2	53	Varela Lorenzo, Fra Lugo FLUVIAL LUG	1:00:36	5:10 5:10 58:40 2:04	6:30 1:20 1:00:03 1:23	11:25 4:55 1:00:36 0:33	14:15 2:50 -----	15:47 1:32 -----	21:38 5:51 -----	26:21 4:43 -----	29:09 2:48 -----	31:23 2:14 -----	34:36 3:13 -----	48:23 13:47 -----	49:47 1:24 -----	50:48 1:01 -----	56:36 5:48 -----
3	42	Rodríguez Núñez, E Lugo FLUVIAL LUG	1:01:01	5:54 5:54 59:18 1:53	7:24 1:30 1:00:35 1:17	13:19 5:55 1:01:01 0:26	16:44 3:25 -----	18:35 1:51 -----	23:46 5:11 -----	28:49 5:03 -----	31:39 2:50 -----	34:49 3:10 -----	39:02 4:13 -----	48:46 9:44 -----	50:29 1:43 -----	51:27 0:58 -----	57:25 5:58 -----
4	310	Arufe Varela, Javier A Coruña APA LICE	1:04:37	5:48 1:02:39 3:09	7:17 1:04:08 1:29	12:48 1:04:37 0:29	16:11 3:23 -----	17:39 1:28 -----	25:41 8:02 -----	32:12 6:31 -----	35:57 3:45 -----	38:37 2:40 -----	42:14 3:37 -----	49:11 6:57 -----	50:58 1:47 -----	52:03 1:05 -----	59:30 7:27 -----
5	267	Pérez Juste, Germa Vigo UNIVERSIDAD	1:10:42	11:51 1:09:03 2:28	13:48 1:10:16 1:13	19:57 1:10:42 0:26	28:39 8:42 -----	31:02 2:23 -----	35:02 4:00 -----	44:38 9:36 -----	47:30 2:52 -----	50:02 2:32 -----	52:55 2:53 -----	58:04 5:09 -----	1:00:42 2:38 -----	1:01:33 0:51 -----	1:06:35 5:02 -----
6	59	Antoñón Clemente, Pontevedra AROMO	1:11:46	5:59 5:59 1:10:04 3:46	7:48 1:49 1:11:22 1:18	15:37 7:49 1:11:46 0:24	19:33 3:56 -----	21:40 2:07 -----	31:17 9:37 -----	37:48 6:31 -----	41:21 3:33 -----	43:53 2:32 -----	48:25 4:32 -----	55:49 7:24 -----	57:52 2:03 -----	58:53 1:01 -----	1:06:18 7:25 -----
7	149	Piñeiro Pouso, M. A Porto do Son ADC A	1:14:05	4:25 1:12:09 2:06	5:48 1:13:38 1:29	12:44 1:14:05 0:27	15:40 2:56 -----	16:58 1:18 -----	30:36 13:38 -----	35:30 4:54 -----	39:03 3:33 -----	49:30 10:27 -----	53:12 3:42 -----	59:53 6:41 -----	1:01:43 1:50 -----	1:02:42 0:59 -----	1:10:03 7:21 -----
8	49	Sanmartín Matalobo Lugo FLUVIAL LUG	1:14:12	7:52 1:12:29 4:52	9:48 1:13:51 1:22	16:37 1:14:12 0:21	22:03 5:26 -----	24:18 2:15 -----	31:08 6:50 -----	37:35 6:27 -----	40:51 3:16 -----	43:54 3:03 -----	47:24 3:30 -----	57:03 9:39 -----	59:08 2:05 -----	1:01:00 1:52 -----	1:07:37 6:37 -----
9	14	Fernández Souto, J Lugo FLUVIAL LUG	1:14:15	5:32 1:12:21 2:14	7:15 1:13:47 1:26	14:18 1:14:15 0:28	19:29 5:11 -----	21:04 1:35 -----	26:15 5:11 -----	31:37 5:22 -----	35:20 3:43 -----	43:49 8:29 -----	49:22 5:33 -----	1:00:16 10:54 -----	1:01:56 1:40 -----	1:03:32 1:36 -----	1:10:07 6:35 -----
10	96	Omil Beloso, Antoni Pontevedra AROMO	1:17:10	6:50 1:14:44 3:30	8:23 1:16:45 2:01	18:33 1:17:10 0:25	22:18 3:45 -----	25:43 3:25 -----	33:43 8:00 -----	40:15 6:32 -----	43:37 3:22 -----	46:03 2:26 -----	49:56 3:53 -----	58:34 8:38 -----	1:00:26 1:52 -----	1:01:33 1:07 -----	1:11:14 9:41 -----

os	rsal	Nombre	Tiempo														
Masculino 45 (33)				5,6 km 105 m			16 C			<i>(cont.)</i>							
				1(87) 15(83)	2(91) 16(100)	3(61) Meta	4(63)	5(64)	6(60)	7(73)	8(67)	9(69)	10(71)	11(75)	12(77)	13(78)	14(84)
11	457	Sande Rodríguez, F Ferrol MONTAÑA FE	1:17:16	7:41 7:41 1:14:57 5:24	9:54 2:13 1:16:37 1:40	16:08 6:14 1:17:16 0:39	21:32 5:24	23:35 2:03	29:24 5:49	35:26 6:02	39:09 3:43	42:07 2:58	47:15 5:08	55:25 8:10	58:10 2:45	59:57 1:47	1:09:33 9:36
12	164	Álvarez Estévez, En a coruña GALLAECI	1:18:37	5:31 5:31 1:16:52 3:21	6:52 1:21 1:18:37 1:19	24:52 18:00 1:18:37 0:26	31:16 6:24	32:49 1:33	37:28 4:39	42:29 5:01	45:42 3:13	50:15 4:33	55:43 5:28	1:03:02 7:19	1:05:11 2:09	1:06:13 1:02	1:13:31 7:18
13	154	Serantes Maneiro, C Porto do Son ADC A	1:24:46	6:36 6:36 1:22:42 3:30	8:55 2:19 1:24:46 0:27	15:46 6:51 1:24:46 0:27	21:38 5:52	23:35 1:57	39:56 16:21	46:56 7:00	50:57 4:01	54:28 3:31	59:19 4:51	1:07:41 8:22	1:09:53 2:12	1:12:38 2:45	1:19:12 6:34
14	250	Fuertes González, E Vigo UNIVERSIDAD	1:25:27	7:06 7:06 1:23:48 3:08	8:46 1:40 1:25:27 1:17	20:37 11:51 1:25:27 0:22	34:46 14:09	36:24 1:38	43:43 7:19	52:43 9:00	56:18 3:35	58:50 2:32	1:02:07 3:17	1:09:05 6:58	1:14:54 5:49	1:15:45 0:51	1:20:40 4:55
15	446	López Peiteado, Ant Ferrol MONTAÑA FE	1:28:15	6:10 6:10 1:26:16 1:55	7:50 1:40 1:27:51 1:35	25:35 17:45 1:28:15 0:24	28:58 3:23	30:57 1:59	36:53 5:56	48:35 11:42	52:27 3:52	55:29 3:02	58:31 3:02	1:05:56 7:25	1:07:31 1:35	1:09:27 1:56	1:24:21 14:54
16	32	Parga Andón, Pedro Lugo FLUVIAL LUG	1:30:27	5:40 5:40 1:28:32 2:15	17:16 11:36 1:29:55 1:23	36:46 19:30 1:30:27 0:32	41:47 5:01	43:13 1:26	48:15 5:02	55:13 6:58	58:42 3:29	1:01:13 2:31	1:05:31 4:18	1:15:50 10:19	1:17:52 2:02	1:19:44 1:52	1:26:17 6:33
17	283	Aller Estévez, Pablo O Barco de Valde T	1:31:19	7:18 7:18 1:29:01 2:51	9:19 2:01 1:30:47 1:46	19:08 9:49 1:31:19 0:32	23:51 4:43	28:55 5:04	38:43 9:48	48:12 9:29	52:47 4:35	58:09 5:22	1:02:36 4:27	1:14:21 11:45	1:16:20 1:59	1:17:38 1:18	1:26:10 8:32
18	431	Sampedro Muñiz, R Santiago de Comp	1:33:48	7:23 7:23 1:31:33 2:35	9:20 1:57 1:33:48 1:44	16:37 7:17 1:33:48 0:31	21:58 5:21	24:42 2:44	40:57 16:15	48:10 7:13	53:02 4:52	56:18 3:16	1:00:59 4:41	1:17:54 16:55	1:19:47 1:53	1:21:05 1:18	1:28:58 7:53
19	138	Lopez Sanchez, Jai Porto do Son ADC A	1:44:29	7:28 7:28 1:42:17 3:30	9:20 1:52 1:44:29 1:38	33:43 24:23 1:44:29 0:34	38:59 5:16	44:04 5:05	50:04 6:00	1:02:57 12:53	1:08:04 5:07	1:11:27 3:23	1:15:35 4:08	1:24:46 9:11	1:27:11 2:25	1:30:45 3:34	1:38:47 8:02
20	424	Gallego Priego, Ma Santiago de Comp	1:46:28	11:05 11:05 1:43:46 5:57	13:56 2:51 1:45:56 2:10	24:46 10:50 1:46:28 0:32	35:14 10:28	38:13 2:59	46:07 7:54	55:35 9:28	59:34 3:59	1:03:39 4:05	1:08:09 4:30	1:20:49 12:40	1:23:12 2:23	1:24:46 1:34	1:37:49 13:03
21	430	Sampedro Muñiz, J Santiago de Comp	1:48:10	6:53 6:53 1:45:36 2:58	15:34 8:41 1:47:25 1:49	30:22 14:48 1:48:10 0:45	42:41 12:19	55:28 12:47	1:02:48 7:20	1:09:38 6:50	1:13:25 3:47	1:16:46 3:21	1:21:28 4:42	1:31:58 10:30	1:34:16 2:18	1:35:23 1:07	1:42:38 7:15
22	392	González Romano, A A Coruña BRIGANTI	1:49:08	6:24 6:24 1:46:56 8:02	9:15 2:51 1:48:34 1:38	16:14 6:59 1:49:08 0:34	25:12 8:58	27:19 2:07	48:43 21:24	55:14 6:31	59:01 3:47	1:01:50 2:49	1:05:58 4:08	1:14:46 8:48	1:18:19 3:33	1:19:44 1:25	1:38:54 19:10
23	302	Rodríguez Sarmient O Barco de Valde T	1:54:19	6:22 6:22 1:52:24 3:14	8:29 2:07 1:53:56 1:32	16:48 8:19 1:54:19 0:23	52:04 35:16	54:20 2:16	1:04:07 9:47	1:11:07 7:00	1:14:08 3:01	1:16:31 2:23	1:19:42 3:11	1:33:52 14:10	1:35:49 1:57	1:37:58 2:09	1:49:10 11:12
23	215	Pazos Miser, Rafael a coruña GALLAECI	1:54:19	7:28 7:28 1:52:11 8:41	22:08 14:40 1:53:45 1:34	38:05 15:57 1:54:19 0:34	44:16 6:11	46:23 2:07	58:00 11:37	1:07:57 9:57	1:12:50 4:53	1:15:58 3:08	1:19:37 3:39	1:29:27 9:50	1:32:33 3:06	1:33:53 1:20	1:43:30 9:37
25	397	Lopez Vazquez, Cel A Coruña BRIGANTI	1:56:20	5:55 5:55 1:54:29 8:22	10:02 4:07 1:55:56 1:27	37:46 27:44 1:56:20 0:24	43:02 5:16	46:15 3:13	55:47 9:32	1:08:38 12:51	1:12:03 3:25	1:15:25 3:22	1:19:40 4:15	1:32:49 13:09	1:35:13 2:24	1:37:07 1:54	1:46:07 9:00
26	78	Fernández Casalder Pontevedra AROMO	2:18:55	8:11 8:11 2:15:58 2:14	10:24 2:13 2:17:56 1:58	18:18 7:54 2:18:55 0:59	36:31 18:13	38:00 1:29	47:04 9:04	1:06:42 19:38	1:11:05 4:23	1:18:34 7:29	1:30:59 12:25	1:45:31 14:32	1:48:29 2:58	1:50:58 2:29	2:13:44 22:46
27	28	Montouto Gonzalez, Lugo FLUVIAL LUG	2:24:32	13:05 13:05 2:21:53 5:58	15:15 2:10 2:23:59 2:06	51:54 36:39 2:24:32 0:33	56:53 4:59	1:02:20 5:27	1:12:14 9:54	1:34:29 22:15	1:39:03 4:34	1:41:32 2:29	1:48:12 6:40	1:58:54 10:42	2:01:15 2:21	2:02:47 1:32	2:15:55 13:08
28	17	Fouz Rodriguez, M Lugo FLUVIAL LUG	3:10:56	49:26 49:26 3:08:18 6:30	52:19 2:53 3:10:56 2:01	1:08:24 16:05 3:10:56 0:37	1:57:36 49:12	1:58:48 1:12	2:05:28 6:40	2:14:21 8:53	2:27:12 12:51	2:30:02 2:50	2:35:50 5:48	2:45:06 9:16	2:48:20 3:14	2:50:36 2:16	3:01:48 11:12
	100	Ricoy Bugarín, Jos Pontevedra AROMO	en tarj.	5:25 5:25 1:25:20 2:46	9:25 4:00 1:26:45 1:25	15:39 6:14 1:27:16 0:31	24:09 8:30	25:34 1:25	33:08 7:34	51:43 18:35	55:25 3:42	59:21 3:56	1:03:33 4:12	1:10:40 7:07	-----	1:13:08 2:28	1:22:34 9:26

os	rsal	Nombre	Tempo																		
Masculino 45 (33)				5,6 km 105 m		16 C		<i>(cont.)</i>													
				1(87) 15(83)	2(91) 16(100)	3(61) Meta	4(63)	5(64)	6(60)	7(73)	8(67)	9(69)	10(71)	11(75)	12(77)	13(78)	14(84)				
385		Gil Díaz, José Anto A Coruña BRIGANTI	en tarj.	11:44 11:44 1:50:36 7:33	13:41 1:57 1:52:31 1:55	20:37 6:56 1:53:07 0:36	28:36 7:59	30:57 2:21	45:17 14:20	55:33 10:16	59:56 4:23	----	1:11:34 11:38	1:20:41 9:07	1:23:19 2:38	1:25:34 2:15	1:43:03 17:29				
445		Lopez Suarez, Andr Ferrol MONTAÑA FE	andona	6:42 6:42 -----	8:20 1:38 -----	14:51 6:31	25:15 10:24	26:55 1:40	-----	-----	-----	-----	-----	-----	-----	-----	-----				
241		Abad Vives, Carles Vigo UNIVERSIDAD	No sale																		
186		García Dominguez, a coruña GALLAECI	No sale																		
Masculino 55 (7)				4,6 km 85 m		15 C															
				1(52) 15(100)	2(42) Meta	3(91)	4(57)	5(59)	6(65)	7(70)	8(73)	9(75)	10(76)	11(78)	12(79)	13(81)	14(82)				
1	868	Santiago Beloso, S Sevilla ADOL	1:05:59	3:17 3:17 1:05:25 2:01	7:51 4:34 1:05:59 0:34	10:22 2:31	21:39 11:17	27:56 6:17	33:16 5:20	38:50 5:34	43:16 4:26	48:45 5:29	50:13 1:28	52:27 2:14	59:12 6:45	1:01:28 2:16	1:03:24 1:56				
2	527	Sancosmed Torres, A Coruña C.O.CO	1:07:38	2:57 2:57 1:07:08 2:10	10:06 7:09 1:07:38 0:30	12:25 2:19	18:23 5:58	28:50 10:27	32:38 3:48	36:07 3:29	40:41 4:34	48:08 7:27	49:52 1:44	50:48 0:56	1:01:05 10:17	1:02:53 1:48	1:04:58 2:05				
3	312	Bugallo García, Jos A Coruña APA LICE	1:17:31	4:43 4:43 1:17:05 3:08	10:39 5:56 1:17:31 0:26	13:47 3:08	24:02 10:15	37:50 13:48	42:35 4:45	47:14 4:39	52:24 5:10	58:28 6:04	1:02:39 4:11	1:04:56 2:17	1:09:30 4:34	1:11:58 2:28	1:13:57 1:59				
4	72	Diaz Falcon, Gilbert Pontevedra AROMO	1:27:29	8:58 8:58 1:26:57 2:22	13:00 4:02 1:27:29 0:32	15:27 2:27	22:35 7:08	44:11 21:36	48:19 4:08	55:17 6:58	1:01:37 6:20	1:07:02 5:25	1:08:56 1:54	1:10:36 1:40	1:19:46 9:10	1:22:30 2:44	1:24:35 2:05				
5	110	Varela Maceira, Man Pontevedra AROMO	1:57:55	3:37 3:37 1:57:16 2:33	11:17 7:40 1:57:55 0:39	13:23 2:06	52:15 38:52	1:02:09 9:54	1:06:02 3:53	1:09:57 3:55	1:16:54 6:57	1:22:14 5:20	1:24:08 1:54	1:25:30 1:22	1:50:18 24:48	1:52:39 2:21	1:54:43 2:04				
6	537	Rayón Granda, Artu Arteixo. A Coruña IES	2:14:18	10:34 10:34 2:13:39 3:06	23:24 12:50 2:14:18 0:39	27:52 4:28	40:19 12:27	54:32 14:13	1:05:05 10:33	1:20:56 15:51	1:27:49 6:53	1:46:47 18:58	1:48:58 2:11	1:51:19 2:21	1:57:53 6:34	2:04:49 6:56	2:10:33 5:44				
452		Pozo Valenciano, J Ferrol MONTAÑA FE	No sale																		
Élite (27)				8,3 km 170 m		20 C															
				1(51) 15(74)	2(49) 16(75)	3(48) 17(80)	4(87) 18(84)	5(93) 19(82)	6(61) 20(100)	7(62) Meta	8(64)	9(58)	10(41)	11(76)	12(67)	13(69)	14(71)				
1	555	Rodriguez Doming O Porriño BUDIÑOR	1:08:27	4:13 4:13 54:18 2:28	13:46 9:33 56:51 2:33	16:10 2:24 1:01:16 1:05:03	18:54 2:44 1:05:03 1:06:56	22:07 3:13 1:06:56 1:08:08	25:18 3:11 1:08:08 1:08:27	29:09 3:51 1:08:27 0:19	31:02 1:53 58:15 *78	34:44 3:42 58:15 *78	37:57 3:13 4:35 5:03	42:32 4:35 5:03 1:40	47:35 5:03 1:40 2:35	49:15 1:40 2:35	51:50 2:35				
2	512	López Costoya, Fra Paderne ADVENTUR	1:11:51	4:54 4:54 58:09 3:46	7:57 3:03 1:01:06 2:57	11:15 3:18 1:03:25 2:19	13:35 2:20 1:07:58 4:33	18:21 4:46 1:09:52 1:54	21:53 3:32 1:11:26 1:34	24:12 2:19 1:11:51 0:25	26:51 2:39 1:19:24 1:49	32:17 5:26 1:19:24 0:25	35:42 3:25 1:20:18 1:34	42:24 6:42 1:20:18 0:26	49:26 7:02 1:20:18 0:26	51:26 2:00 1:20:18 0:26	54:23 2:57				
3	503	Carballo Alviárez, X Culleredo A Coru A	1:19:49	4:56 4:56 1:04:31 3:10	8:30 3:34 1:08:20 3:49	11:44 3:14 1:10:45 2:25	14:32 2:48 1:15:50 5:05	18:46 4:14 1:17:35 1:45	22:37 3:51 1:19:24 1:49	24:37 2:00 1:19:24 0:25	27:21 2:44 1:19:24 0:25	32:06 4:45 1:19:24 0:25	41:33 9:27 1:19:24 0:25	48:52 7:19 1:19:24 0:25	55:54 7:02 1:19:24 0:25	58:16 2:22 1:19:24 0:25	1:01:21 3:05				
4	429	Ramos Pernas, Mig Santiago de Comp	1:20:18	5:07 5:07 1:04:47 3:46	8:36 3:29 1:08:01 3:14	11:39 3:03 1:11:49 3:48	16:15 4:36 1:16:31 4:42	21:07 4:52 1:18:04 1:33	25:42 4:35 1:19:52 1:48	27:59 2:17 1:19:52 0:26	30:10 2:11 1:19:52 0:26	34:49 4:39 1:19:52 0:26	40:34 5:45 1:19:52 0:26	48:31 7:57 1:19:52 0:26	55:58 7:27 1:19:52 0:26	58:02 2:04 1:19:52 0:26	1:01:01 2:59				
5	196	López Franco, Pabl a coruña GALLAECI	1:24:21	5:34 5:34 1:09:48 3:05	14:10 8:36 1:12:52 3:04	17:30 3:20 1:15:59 3:07	21:35 4:05 1:20:57 4:58	28:20 6:45 1:22:23 1:26	32:36 4:16 1:23:56 1:33	34:24 1:48 1:24:21 0:25	36:54 2:30 1:24:21 0:25	41:51 4:57 1:24:21 0:25	47:14 5:23 1:24:21 0:25	53:45 6:31 1:24:21 0:25	1:01:08 7:23 1:24:21 0:25	1:03:54 2:46 1:24:21 0:25	1:06:43 2:49				
6	383	García García, Ánge A Coruña BRIGANTI	1:28:29	4:06 4:06 1:10:31 4:22	10:11 6:05 1:15:37 5:06	16:40 6:29 1:20:01 4:24	20:53 4:13 1:24:22 4:21	27:36 6:43 1:26:46 2:24	31:33 3:57 1:28:06 1:20	35:11 3:38 1:28:29 0:23	38:45 3:34 1:28:29 0:23	43:35 4:50 1:28:29 0:23	47:40 4:05 1:28:29 0:23	54:44 7:04 1:28:29 0:23	1:00:39 5:55 1:28:29 0:23	1:03:27 2:48 1:28:29 0:23	1:06:09 2:42				
7	80	Figueroa Fernández Pontevedra AROMO	1:31:31	6:53 6:53 1:13:50 3:29	10:20 3:27 1:20:18 6:28	28:01 17:41 1:23:01 2:43	30:57 2:56 1:26:45 3:44	35:12 4:15 1:29:41 2:56	37:59 2:47 1:31:09 1:28	40:56 2:57 1:31:31 0:22	43:29 2:33 1:31:31 0:22	47:44 4:15 1:31:31 0:22	52:01 4:17 1:31:31 0:22	58:40 6:39 1:31:31 0:22	1:04:54 6:14 1:31:31 0:22	1:07:54 3:00 1:31:31 0:22	1:10:21 2:27				

os	rsal	Nombre	Tiempo														
Élite (27)				8,3 km 170 m			20 C			<i>(cont.)</i>							
				1(51)	2(49)	3(48)	4(87)	5(93)	6(61)	7(62)	8(64)	9(58)	10(41)	11(76)	12(67)	13(69)	14(71)
				15(74)	16(75)	17(80)	18(84)	19(82)	20(100)	Meta							
8	208	Muño García, Marc a coruña GALLAECI	1:35:21	4:59	9:55	13:08	15:38	22:13	32:40	34:47	36:57	48:15	52:59	59:01	1:06:10	1:08:07	1:11:00
				4:59	4:56	3:13	2:30	6:35	10:27	2:07	2:10	11:18	4:44	6:02	7:09	1:57	2:53
				1:14:25	1:18:27	1:21:18	1:24:57	1:27:32	1:34:58	1:35:21							
				3:25	4:02	2:51	3:39	2:35	7:26	0:23							
9	442	Fernández Otero, O Ferrol MONTAÑA FE	1:35:49	5:33	9:50	13:00	17:38	29:27	39:12	41:09	48:15	53:23	58:41	1:05:25	1:12:22	1:14:27	1:17:30
				5:33	4:17	3:10	4:38	11:49	9:45	1:57	7:06	5:08	5:18	6:44	6:57	2:05	3:03
				1:20:38	1:25:49	1:28:25	1:32:41	1:34:03	1:35:33	1:35:49							
				3:08	5:11	2:36	4:16	1:22	1:30	0:16							
10	632	Diz López, Francisc a coruña GALLAECI	1:39:35	6:12	13:07	16:58	21:26	33:16	40:00	43:30	46:28	52:51	57:51	1:04:49	1:12:52	1:15:20	1:18:09
				6:12	6:55	3:51	4:28	11:50	6:44	3:30	2:58	6:23	5:00	6:58	8:03	2:28	2:49
				1:21:15	1:26:43	1:29:51	1:35:18	1:37:27	1:39:07	1:39:35							
				3:06	5:28	3:08	5:27	2:09	1:40	0:28							
11	432	Sordo Touza, Ignac Santiago de Comp	1:39:51	4:52	23:19	26:16	29:59	35:23	40:26	42:38	45:05	49:56	55:00	1:01:22	1:11:04	1:12:59	1:15:36
				4:52	18:27	2:57	3:43	5:24	5:03	2:12	2:27	4:51	5:04	6:22	9:42	1:55	2:37
				1:18:41	1:22:10	1:24:45	1:36:27	1:37:55	1:39:26	1:39:51							
				3:05	3:29	2:35	11:42	1:28	1:31	0:25							
12	170	Breijo Martinez, Yag a coruña GALLAECI	1:41:45	5:44	12:27	15:39	18:14	25:21	30:54	36:07	39:48	58:44	1:03:04	1:10:46	1:18:03	1:20:35	1:23:48
				5:44	6:43	3:12	2:35	7:07	5:33	5:13	3:41	18:56	4:20	7:42	7:17	2:32	3:13
				1:26:30	1:30:21	1:32:50	1:38:30	1:39:48	1:41:24	1:41:45							
				2:42	3:51	2:29	5:40	1:18	1:36	0:21							
13	411	Varela Yáñez, Marco A Coruña BRIGANTI	1:42:19	4:26	10:21	14:03	17:04	30:55	35:19	37:19	40:18	47:21	51:41	1:00:02	1:12:19	1:14:34	1:17:31
				4:26	5:55	3:42	3:01	13:51	4:24	2:00	2:59	7:03	4:20	8:21	12:17	2:15	2:57
				1:20:24	1:26:23	1:34:40	1:39:04	1:40:26	1:41:52	1:42:19							
				2:53	5:59	8:17	4:24	1:22	1:26	0:27							
14	458	Torviso Berdeal, Jo Ferrol MONTAÑA FE	1:51:37	13:32	22:55	27:27	29:58	38:57	43:27	52:06	54:22	1:01:00	1:07:07	1:22:34	1:29:45	1:31:52	1:34:50
				13:32	9:23	4:32	2:31	8:59	4:30	8:39	2:16	6:38	6:07	15:27	7:11	2:07	2:58
				1:38:00	1:40:58	1:44:14	1:48:30	1:49:38	1:51:13	1:51:37							
				3:10	2:58	3:16	4:16	1:08	1:35	0:24							
15	564	Morlán Rodriguez, Ordes SEO	1:55:27	5:16	8:51	12:08	16:07	33:09	44:13	47:11	50:06	55:35	1:02:17	1:16:12	1:24:23	1:29:39	1:33:08
				5:16	3:35	3:17	3:59	17:02	11:04	2:58	2:55	5:29	6:42	13:55	8:11	5:16	3:29
				1:37:04	1:40:13	1:43:07	1:50:51	1:53:09	1:55:03	1:55:27							
				3:56	3:09	2:54	7:44	2:18	1:54	0:24							
16	183	Freire Lage, Lucas a coruña GALLAECI	1:59:55	15:07	19:32	27:19	31:06	36:00	42:27	44:10	47:32	59:30	1:08:11	1:16:39	1:26:08	1:29:17	1:32:07
				15:07	4:25	7:47	3:47	4:54	6:27	1:43	3:22	11:58	8:41	8:28	9:29	3:09	2:50
				1:35:13	1:41:56	1:45:04	1:52:28	1:57:35	1:59:29	1:59:55							
				3:06	6:43	3:08	7:24	5:07	1:54	0:26							
17	217	Peña Pita, Felipe a coruña GALLAECI	2:00:52	7:20	15:51	21:57	26:14	32:03	37:36	40:21	44:03	52:26	58:57	1:10:26	1:24:55	1:28:10	1:32:33
				7:20	8:31	6:06	4:17	5:49	5:33	2:45	3:42	8:23	6:31	11:29	14:29	3:15	4:23
				1:37:24	1:42:57	1:47:31	1:54:06	1:56:30	1:59:54	2:00:52							
				4:51	5:33	4:34	6:35	2:24	3:24	0:58							
18	98	Pérez Alonso, Adriá Pontevedra AROMO	2:02:43	6:48	12:25	16:04	28:12	33:07	38:10	41:04	43:52	49:53	1:10:41	1:18:02	1:28:11	1:30:52	1:34:21
				6:48	5:37	3:39	12:08	4:55	5:03	2:54	2:48	6:01	20:48	7:21	10:09	2:41	3:29
				1:38:16	1:42:44	1:49:57	1:56:17	1:58:40	2:01:46	2:02:43							
				3:55	4:28	7:13	6:20	2:23	3:06	0:57							
19	599	Rodriguez Silva, Is As Neves VIZHOJA-	2:10:43	8:21	12:34	23:37	26:31	31:15	42:19	45:38	52:48	59:46	1:04:30	1:13:06	1:20:59	1:23:29	1:26:21
				8:21	4:13	11:03	2:54	4:44	11:04	3:19	7:10	6:58	4:44	8:36	7:53	2:30	2:52
				1:50:48	1:55:27	1:58:45	2:05:07	2:08:05	2:10:14	2:10:43							
				24:27	4:39	3:18	6:22	2:58	2:09	0:29							
20	617	Rabuñal Ríos, Gonz Arteixo JARNACHAS	2:27:48	6:16	11:12	31:41	38:54	45:15	51:25	57:07	1:03:01	1:12:18	1:19:08	1:28:31	1:39:51	1:42:08	1:45:40
				6:16	4:56	20:29	7:13	6:21	6:10	5:42	5:54	9:17	6:50	9:23	11:20	2:17	3:32
				1:49:43	1:53:39	2:00:48	2:22:52	2:25:21	2:27:11	2:27:48							
				4:03	3:56	7:09	22:04	2:29	1:50	0:37							
111		Varela Rivera, Manu Pontevedra AROMO	en tarj.	5:17	8:30	12:14	15:08	19:36	24:37	26:29	28:49	33:42	39:30	45:56	53:39	56:27	59:38
				5:17	3:13	3:44	2:54	4:28	5:01	1:52	2:20	4:53	5:48	6:26	7:43	2:48	3:11
				1:03:14	1:06:43	----	1:13:05	1:15:56	1:17:35	1:18:03							
				3:36	3:29	----	6:22	2:51	1:39	0:28							
326		Mera García, Iván A Coruña APA LICE	en tarj.	4:35	11:54	15:22	18:29	22:20	29:03	31:02	34:08	41:15	45:01	58:54	1:05:53	1:09:09	1:12:34
				4:35	7:19	3:28	3:07	3:51	6:43	1:59	3:06	7:07	3:46	13:53	6:59	3:16	3:25
				1:21:43	1:26:40	1:29:37	1:36:54	1:39:43	----	1:42:50							
				9:09	4:57	2:57	7:17	2:49	3:07								
309		Arufe Varela, Albert A Coruña APA LICE	andona	8:03	12:06	30:27	35:07	41:48	50:15	----	----	58:53	----	1:25:50	----	----	----
				8:03	4:03	18:21	4:40	6:41	8:27	----	----	8:38	----	26:57	----	----	----
				----	----	1:38:20	----	----	1:48:16	1:48:44							
				----	----	12:30	----	----	9:56	0:28							
305		Trigo Recarey, Xan O Barco de Valde T	andona	57:05	----	----	----	----	----	----	----	----	----	----	----	----	----
				57:05	----	----	----	----	----	----							
				----	----	----	----	----	----	----							
334		Rodríguez Díaz, Ca A Coruña APA LICE	andona	8:29	12:59	59:30	1:05:01	1:12:09	----	----	----	----	----	----	----	----	----
				8:29	4:30	46:31	5:31	7:08	----	----							
				----	----	----	----	----	----	----							
23		Iglesias Castro, Ru Lugo FLUVIAL LUG	No sale														
137		Lareo Martinez, Dav Porto do Son ADC A	No sale														

os	rsal	Nombre	Tiempo														
<i>Iniciación Longa (66)</i>				4,1 km 70 m			15 C			<i>(cont.)</i>							
				1(31) 15(100)	2(32) Meta	3(42)	4(85)	5(43)	6(44)	7(45)	8(46)	9(88)	10(50)	11(35)	12(36)	13(39)	14(40)
8	851	Gómez Varela, Joaquín A Coruña APA LICE	49:01	4:27 4:27 48:22	7:23 2:56 49:01	8:34 1:11	10:41 2:07	12:29 1:48	13:41 1:12	14:59 1:18	22:53 7:54	25:50 2:57	30:41 4:51	32:54 2:13	41:47 8:53	45:15 3:28	47:28 2:13
9	829	Núñez Fariñas, José INDEP	51:05	0:54 4:35 4:35 50:30	0:39 8:03 4:28 51:05	14:19	17:05 2:46	19:08 2:03	20:32 1:24	22:21 1:49	25:22 3:01	31:13 5:51	36:34 5:21	39:16 2:42	42:36 3:20	45:31 2:55	48:47 3:16
10	820	González Soto, Pablo INDEP	52:14	1:43 5:26 5:26 51:36	0:35 8:43 3:17 52:14	11:19	15:42 4:23	18:08 2:26	19:21 1:13	20:40 1:19	25:43 5:03	30:46 5:03	38:22 7:36	40:44 2:22	44:04 3:20	46:49 2:45	50:14 3:25
10	848	Seijas Franco, Basilio INDEP	52:14	1:22 5:30 5:30 51:30	0:38 8:47 3:17 52:14	11:17	15:51 4:34	18:14 2:23	19:18 1:04	20:44 1:26	25:34 4:50	30:50 5:16	38:40 7:50	40:48 2:08	44:23 3:35	46:54 2:31	50:20 3:26
12	850	Orizales Iglesias, N INDEP	52:15	1:10 5:29 5:29 51:33	0:44 8:50 3:21 52:15	11:15	15:46 4:31	18:08 2:22	19:24 1:16	20:47 1:23	25:38 4:51	30:52 5:14	38:27 7:35	40:49 2:22	44:27 3:38	46:59 2:32	50:25 3:26
13	822	Gómez Sandomingo INDEP	53:00	1:08 2:43 2:43 52:34	0:42 5:03 2:20 53:00	9:45	24:56 15:11	26:08 1:12	26:58 0:50	28:08 1:10	30:28 2:20	33:52 3:24	39:04 5:12	43:58 4:54	46:20 2:22	48:13 1:53	50:56 2:43
14	818	Gomez Varela, Roberto INDEP	56:29	1:38 4:57 4:57 55:52	0:26 8:53 3:56 56:29	10:32	13:05 2:33	15:03 1:58	16:30 1:27	18:07 1:37	22:07 4:00	26:04 3:57	32:29 6:25	35:10 2:41	39:00 3:50	51:36 12:36	54:57 3:21
15	830	Alvarez Fernandez, INDEP	1:03:18	0:55 5:20 5:20 1:02:32	0:37 10:49 5:29 1:03:18	14:21	17:09 2:48	20:32 3:23	21:40 1:08	24:03 2:23	27:21 3:18	34:04 6:43	39:18 5:14	41:49 2:31	52:43 10:54	56:19 3:36	1:00:58 4:39
16	805	García Múrias, Ana INDEP	1:04:22	1:34 7:07 7:07 1:03:44	0:46 12:51 5:44 1:04:22	15:22	18:04 2:42	20:03 1:59	21:27 1:24	23:35 2:08	28:34 4:59	33:21 4:47	38:43 5:22	41:49 3:06	48:34 6:45	52:48 4:14	1:02:46 9:58
17	833	Galego Montero, Rubén INDEP	1:06:46	0:58 6:46 6:46 1:06:01	0:38 10:55 4:09 1:06:46	13:22	22:13 8:51	23:42 1:29	25:01 1:19	29:11 4:10	32:53 3:42	37:09 4:16	47:13 10:04	50:28 3:15	54:55 4:27	59:38 4:43	1:04:09 4:31
18	838	Piñeiro Rouco, Lau INDEP	1:10:45	1:52 8:43 8:43 1:08:11	0:45 14:43 6:00 1:10:45	19:22	24:46 5:24	27:31 2:45	28:54 1:23	33:14 4:20	38:22 5:08	43:46 5:24	51:33 7:47	56:30 4:57	1:00:34 4:04	1:03:43 3:09	1:06:57 3:14
19	861	Valiño Eiro, Jacobo As Neves VIZHOJA-	1:12:34	1:14 6:00 6:00 1:11:04	2:34 10:15 4:15 1:12:34	12:30	15:11 2:41	17:21 2:10	18:23 1:02	20:49 2:26	27:43 6:54	32:04 4:21	40:06 8:02	43:58 3:52	1:01:13 17:15	1:06:25 5:12	1:09:27 3:02
20	598	Rodríguez Arenas, As Neves VIZHOJA-	1:12:35	1:37 6:13 6:13 1:11:19	1:30 10:33 4:20 1:12:35	12:34	15:29 2:55	17:27 1:58	19:14 1:47	21:01 1:47	28:09 7:08	32:37 4:28	40:24 7:47	45:42 5:18	1:01:38 15:56	1:06:36 4:58	1:09:59 3:23
21	575	Carnero Cardoso, E As Neves VIZHOJA-	1:12:37	1:20 6:17 6:17 1:11:12	1:16 10:24 4:07 1:12:37	12:33	15:23 2:50	17:23 2:00	18:27 1:04	20:58 2:31	27:54 6:56	32:27 4:33	40:07 7:40	46:00 5:53	1:01:34 15:34	1:06:28 4:54	1:09:38 3:10
22	661	Lomba González, J As Neves VIZHOJA-	1:12:42	1:54 6:23 6:23 1:11:54	0:48 10:34 4:11 1:12:42	12:45	15:38 2:53	17:37 1:59	19:20 1:43	24:48 5:28	28:06 3:18	32:50 4:44	39:34 6:44	45:49 6:15	1:01:57 16:08	1:06:32 4:35	1:10:00 3:28
23	815	Ríos Alcaide, Juan Cambre ROBALIZA	1:15:16	1:18 7:51 7:51 1:14:23	0:53 12:53 5:02 1:15:16	15:18	17:36 2:18	20:43 3:07	23:30 2:47	28:32 5:02	32:58 4:26	39:58 7:00	49:27 9:29	58:54 9:27	1:05:42 6:48	1:10:05 4:23	1:13:05 3:00
24	811	Naya Vilariño, Pablo Cambre ROBALIZA	1:15:18	1:13 7:57 7:57 1:14:34	0:44 12:56 4:59 1:15:18	15:18	17:46 2:28	20:43 2:57	23:29 2:46	28:28 4:59	32:54 4:26	39:59 7:05	49:34 9:35	59:05 9:31	1:05:48 6:43	1:10:31 4:43	1:13:21 2:50
25	808	Pérez Regueras, María Cambre ROBALIZA	1:20:02	1:07 8:53 8:53 1:19:12	0:50 16:19 7:26 1:20:02	18:29	22:39 4:10	25:13 2:34	28:02 2:49	33:08 5:06	37:24 4:16	44:27 7:03	53:53 9:26	1:03:36 9:43	1:10:18 6:42	1:15:10 4:52	1:18:05 2:55
26	807	Quetglas Martorell, Cambre ROBALIZA	1:20:04	1:19:18 8:55 8:55 1:19:18	0:50 16:13 7:18 1:20:04	18:29	22:38 4:09	25:16 2:38	28:03 2:47	33:03 5:00	37:31 4:28	44:29 6:58	53:43 9:14	1:03:29 9:46	1:10:25 6:56	1:15:00 4:35	1:18:07 3:07

os	rsal	Nombre	Tiempo														
Iniciación Longa (66)				4,1 km 70 m		15 C		<i>(cont.)</i>									
				1(31) 15(100)	2(32) Meta	3(42)	4(85)	5(43)	6(44)	7(45)	8(46)	9(88)	10(50)	11(35)	12(36)	13(39)	14(40)
27	204	Miguez Lopez, Nata a coruña GALLAECI	1:20:20	7:28 7:28 1:19:43 1:20:20	11:56 4:28 1:20:20	17:48 5:52	23:10 5:22 1:19:43 *100	25:47 2:37	27:14 1:27	30:39 3:25	42:54 12:15	48:22 5:28	56:50 8:28	59:23 2:33	1:07:22 7:59	1:13:37 6:15	1:18:23 4:46
28	856	Fernández Santiago A Coruña BRIGANTI	1:20:31	7:50 7:50 1:19:43 1:20:31	15:28 7:38 1:20:31	23:51 8:23	29:34 5:43	32:57 3:23	34:52 1:55	37:11 2:19	42:18 5:07	47:22 5:04	56:10 8:48	59:33 3:23	1:05:44 6:11	1:11:45 6:01	1:18:23 6:38
29	839	López Senin, Paula INDEP	1:22:45	10:51 10:51 1:22:04 1:22:45	18:23 7:32 1:22:45	23:44 5:21	28:48 5:04	37:06 8:18	38:15 1:09	41:11 2:56	45:33 4:22	51:08 5:35	58:46 7:38	1:03:28 4:42	1:07:50 4:22	1:11:48 3:58	1:20:14 8:26
30	858	Alvarez Martinez, Su INDEP	1:22:46	10:46 10:46 1:22:07 1:22:46	18:35 7:49 1:22:46	23:36 5:01	29:32 5:56	37:06 7:34	38:18 1:12	41:08 2:50	46:01 4:53	51:09 5:08	58:48 7:39	1:03:17 4:29	1:07:51 4:34	1:12:00 4:09	1:20:11 8:11
31	313	Bugallo Iglesias, An A Coruña APA LICE	1:22:51	8:43 8:43 1:21:51 1:22:51	15:02 6:19 1:22:51	18:34 3:32	26:18 7:44	29:53 3:35	32:19 2:26	35:18 2:59	40:29 5:11	46:39 6:10	56:59 10:20	1:01:17 4:18	1:06:31 5:14	1:11:56 5:25	1:19:08 7:12
32	845	García Álvarez, Bla INDEP	1:23:51	6:18 6:18 1:23:16 1:23:51	10:29 4:11 1:23:51	13:04 2:35	43:50 30:46	45:34 1:44	46:54 1:20	48:30 1:36	52:36 4:06	58:43 6:07	1:06:02 7:19	1:09:24 3:22	1:13:26 4:02	1:17:11 3:45	1:21:24 4:13
33	817	Durán Sotuela, Alej Cambre ROBALIZA	1:25:04	8:07 8:07 1:24:14 1:25:04	17:24 9:17 1:25:04	20:41 3:17	24:16 3:35	26:24 2:08	29:03 2:39	31:18 2:15	35:49 4:31	41:33 5:44	51:00 9:27	58:31 7:31	1:10:05 11:34	1:15:18 5:13	1:21:31 6:13
34	816	Sánchez Pedreira, P Cambre ROBALIZA	1:25:06	8:09 8:09 1:24:08 1:25:06	17:15 9:06 1:25:06	20:42 3:27	24:26 3:44	27:28 3:02	29:12 1:44	31:34 2:22	35:53 4:19	41:12 5:19	51:08 9:56	58:28 7:20	1:09:53 11:25	1:15:27 5:34	1:21:46 6:19
35	809	Sánchez Pedreira, Cambre ROBALIZA	1:25:09	8:15 8:15 1:24:11 1:25:09	17:21 9:06 1:25:09	20:48 3:27	24:49 4:01	27:09 2:20	29:17 2:08	31:37 2:20	36:06 4:29	41:25 5:19	51:05 9:40	58:47 7:42	1:10:13 11:26	1:15:18 5:05	1:21:49 6:31
36	860	De Nicolás Rodrígu Cambre ROBALIZA	1:25:50	8:35 8:35 1:24:26 1:25:50	15:51 7:16 1:25:50	20:42 4:51	24:33 3:51	28:08 3:35	30:15 2:07	34:01 3:46	43:20 9:19	50:24 7:04	1:00:03 9:39	1:04:35 4:32	1:10:54 6:19	1:16:37 5:43	1:22:22 5:45
37	859	Martin SÁnchez, Alb Cambre ROBALIZA	1:25:51	9:15 9:15 1:24:33 1:25:51	15:48 6:33 1:25:51	20:43 4:55	24:32 3:49	28:12 3:40	30:15 2:03	34:11 3:56	44:00 9:49	50:25 6:25	1:00:01 9:36	1:04:36 4:35	1:10:32 5:56	1:16:34 6:02	1:22:35 6:01
38	375	Casal Montero, Rob A Coruña BRIGANTI	1:27:45	10:04 10:04 1:27:06 1:27:45	16:18 6:14 1:27:45	24:10 7:52	29:33 5:23	32:56 3:23	34:49 1:53	36:47 1:58	42:46 5:59	50:00 7:14	1:03:51 13:51	1:09:28 5:37	1:15:19 5:51	1:19:25 4:06	1:25:11 5:46
39	374	Casal Montero, Anto A Coruña BRIGANTI	1:27:46	10:09 10:09 1:27:07 1:27:46	16:17 6:08 1:27:46	24:09 7:52	30:03 5:54	33:00 2:57	35:14 2:14	36:46 1:32	42:49 6:03	50:11 7:22	1:03:37 13:26	1:09:26 5:49	1:15:14 5:48	1:19:21 4:07	1:25:11 5:50
40	814	Hevia Prieto, Jose Cambre ROBALIZA	1:28:36	6:33 6:33 1:27:37 1:28:36	17:33 11:00 1:28:36	21:38 4:05	27:17 5:39	31:10 3:53	33:47 2:37	37:26 3:39	48:45 11:19	54:46 6:01	1:04:05 9:19	1:08:54 4:49	1:15:16 6:22	1:19:36 4:20	1:25:44 6:08
41	810	Añón Cedeira, María Cambre ROBALIZA	1:28:41	6:38 6:38 1:27:34 1:28:41	17:39 11:01 1:28:41	21:42 4:03	27:16 5:34	30:28 3:12	33:47 3:19	37:30 3:43	48:52 11:22	54:46 5:54	1:04:13 9:27	1:08:54 4:41	1:15:10 6:16	1:19:28 4:18	1:25:48 6:20
42	853	Quintáns Barca, Ire Porto do Son ADC A	1:29:10	12:31 12:31 1:28:16 1:29:10	20:14 7:43 1:29:10	25:25 5:11	30:01 4:36 1:28:21 *100	33:41 3:40	37:47 4:06	41:11 3:24	48:01 6:50	55:21 7:20	1:05:24 10:03	1:09:30 4:06	1:15:13 5:43	1:20:40 5:27	1:26:43 6:03
43	825	Iglesias, Bea INDEP	1:31:27	9:42 9:42 1:30:36 1:31:27	17:25 7:43 1:31:27	20:26 3:01	24:34 4:08 1:30:42 *100	28:38 4:04	32:27 3:49	35:23 2:56	41:24 6:01	50:04 8:40	1:03:45 13:41	1:10:52 7:07	1:18:54 8:02	1:23:53 4:59	1:29:26 5:33
44	804	Graña López, Noelia INDEP	1:31:36	11:33 11:33 1:30:29 1:31:36	17:13 5:40 1:31:36	20:25 3:12	24:31 4:06	28:33 4:02	31:12 2:39	35:27 4:15	41:32 6:05	49:56 8:24	1:03:45 13:49	1:11:17 7:32	1:18:43 7:26	1:23:59 5:16	1:29:39 5:40
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