

os		rsal	Nombre	Tempo																				
Cadete M-15 (4)					8,4 km 270 m		13 C																	
					1(132)	2(131)	3(136)	4(115)	5(116)	6(118)	7(109)	8(108)	9(106)	10(105)	11(104)	12(101)	13(200)	Meta						
1	278		Ivan Alvarez Braña GALLAECIA_RAID a coruña	1:40:24	7:43	9:40	24:27	29:49	57:18	1:05:06	1:15:50	1:21:51	1:27:05	1:31:56	1:33:38	1:36:27	1:39:35	1:40:24						
					7:43	1:57	14:47	5:22	27:29	7:48	10:44	6:01	5:14	4:51	1:42	2:49	3:08	0:49						
396			Mario López González OPBZ Betanzos	andona	14:24	16:32	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	32:30	15:58					
					14:24	2:08																		
373			Adrián López López MONTAÑA_FERROL Ferrol	andona	12:20	24:06	1:06:46	1:14:00	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:41:50						
					12:20	11:46	42:40	7:14																
338			Marcos Silvarrey Oreiro GALLAECIA_RAID a coruña	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----							
Xuvenil M-17 (1)					14,6 km 400 m		15 C																	
					1(135)	2(137)	3(115)	4(116)	5(108)	6(106)	7(111)	8(113)	9(118)	10(130)	11(126)	12(123)	13(104)	14(101)	15(200)	Meta				
1	27		Xandre Beloso Iglesias AROMON Pontevedra	2:21:01	9:10	13:42	18:16	44:22	56:19	1:01:02	1:08:46	1:12:54	1:19:42	1:26:30	1:57:19	2:04:13	2:13:19	2:17:40	2:20:22	2:21:01				
					9:10	4:32	4:34	26:06	11:57	4:43	7:44	4:08	6:48	6:48	30:49	6:54	9:06	4:21	2:42	0:39				
Junior M-20 (5)					15,3 km 450 m		17 C																	
					1(115)	2(137)	3(135)	4(133)	5(132)	6(131)	7(128)	8(117)	9(112)	10(111)	11(124)	12(122)	13(110)	14(105)	15(104)	16(101)	17(200)	Meta		
1	397		Nicolas Lopez Gonzalez OPBZ Betanzos	1:20:27	8:53	12:23	16:44	21:17	27:38	28:40	36:33	43:44	51:06	53:53	58:00	1:03:42	1:09:17	1:15:43	1:16:28	1:18:18	1:20:02	1:20:27		
					8:53	3:30	4:21	4:33	6:21	1:02	7:53	7:11	7:22	2:47	4:07	5:42	5:35	6:26	0:45	1:50	1:44	0:25		
2	240		Javier Lopez Gonzalez FLUVIAL_LUGO Lugo	1:21:40	8:43	12:13	16:28	23:54	30:16	31:39	36:59	43:24	49:56	53:16	57:43	1:03:32	1:09:20	1:16:39	1:17:31	1:19:24	1:21:12	1:21:40		
					8:43	3:30	4:15	7:26	6:22	1:23	5:20	6:25	6:32	3:20	4:27	5:49	5:48	7:19	0:52	1:53	1:48	0:28		
3	218		Pablo Fernández Sánchez FLUVIAL_LUGO Lugo	1:34:22	9:24	13:40	17:51	22:30	28:05	29:26	41:46	53:18	1:01:05	1:04:17	1:08:44	1:15:15	1:20:43	1:29:11	1:30:05	1:32:05	1:33:57	1:34:22		
					9:24	4:16	4:11	4:39	5:35	1:21	12:20	11:32	7:47	3:12	4:27	6:31	5:28	8:28	0:54	2:00	1:52	0:25		
4	143		Eloi Serantes Abal ADC_ARNELA Porto do Son	1:35:50	11:25	16:05	23:37	29:29	33:26	34:47	48:22	55:28	1:02:02	1:05:10	1:09:54	1:15:39	1:21:24	1:28:45	1:29:43	1:33:13	1:35:13	1:35:50		
					11:25	4:40	7:32	5:52	3:57	1:21	13:35	7:06	6:34	3:08	4:44	5:45	5:45	7:21	0:58	3:30	2:00	0:37		
5	279		Martin Enrique Álvarez Braña GALLAECIA_RAID a coruña	1:46:53	9:55	13:57	18:41	24:00	30:42	31:49	42:42	53:36	1:00:51	1:05:11	1:10:04	1:21:51	1:30:28	1:40:24	1:41:37	1:43:56	1:46:18	1:46:53		
					9:55	4:02	4:44	5:19	6:42	1:07	10:53	10:54	7:15	4:20	4:53	11:47	8:37	9:56	1:13	2:19	2:22	0:35		
Elite M-E (10)					18,3 km 640 m		18 C																	
					1(115)	2(137)	3(136)	4(132)	5(133)	6(114)	7(118)	8(117)	9(104)	10(112)	11(110)	12(121)	13(130)	14(128)	15(126)	16(123)	17(109)	18(200)	Meta	
1	167		Ángel García García BRIGANTIA A Coruña	1:23:43	7:32	11:40	13:11	19:28	22:21	26:34	31:32	32:33	39:24	46:27	51:30	58:34	1:04:28	1:08:36	1:12:45	1:16:46	1:19:55	1:23:20	1:23:43	
					7:32	4:08	1:31	6:17	2:53	4:13	4:58	1:01	6:51	7:03	5:03	7:04	5:54	4:08	4:09	4:01	3:09	3:25	0:23	
2	395		Francisco Javier López Cost OPBZ Betanzos	1:38:12	8:29	11:54	13:58	22:10	26:59	32:31	38:01	39:11	47:28	55:09	1:00:52	1:10:23	1:19:08	1:23:35	1:27:39	1:31:53	1:35:11	1:37:41	1:38:12	
					8:29	3:25	2:04	8:12	4:49	5:32	5:30	1:10	8:17	7:41	5:43	9:31	8:45	4:27	4:04	4:14	3:18	2:30	0:31	
3	671		Rodrigo Ivan Rodriguez Lop FLUVIAL_LUGO Lugo	1:52:14	10:14	13:59	15:54	23:50	30:02	36:56	43:31	44:44	53:42	1:03:39	1:09:58	1:20:01	1:28:48	1:35:08	1:40:48	1:45:18	1:49:03	1:51:41	1:52:14	
					10:14	3:45	1:55	7:56	6:12	6:54	6:35	1:13	8:58	9:57	6:19	10:03	8:47	6:20	5:40	4:30	3:45	2:38	0:33	
4	548		Isaac Rodríguez Silva VIZHOJA-CORNELIO As Neve	2:11:11	16:42	21:06	23:42	32:07	39:21	48:18	55:22	57:25	1:08:26	1:23:41	1:29:18	1:37:45	1:45:14	1:51:16	1:56:26	2:02:08	2:06:19	2:10:37	2:11:11	
					16:42	4:24	2:36	8:25	7:14	8:57	7:04	2:03	11:01	15:15	5:37	8:27	7:29	6:02	5:10	5:42	4:11	4:18	0:34	
5	187		Marcos Varela Yáñez BRIGANTIA A Coruña	2:13:00	11:01	15:06	20:18	28:30	32:35	39:14	46:40	49:01	58:22	1:07:44	1:18:25	1:29:35	1:38:23	1:52:27	2:03:57	2:08:41	2:12:23	2:13:00		
					11:01	4:05	5:12	8:12	4:05	6:39	7:26	2:21	9:21	9:22	10:41	11:10	8:48	14:04	4:43	6:47	4:44	3:42	0:37	
328			Felipe Peña Pita GALLAECIA_RAID a coruña	Desc.	9:12	12:43	15:12	22:00	27:12	32:54	38:47	40:09	48:47	1:00:41	1:06:38	1:14:46	1:22:03	1:27:36	1:34:19	1:39:08	1:42:47	1:45:30	1:46:08	
					9:12	3:31	2:29	6:48	5:12	5:42	5:53	1:22	8:38	11:54	5:57	8:08	7:17	5:33	6:43	4:49	3:39	2:43	0:38	
205			Yago Breijo Martinez FLUVIAL_LUGO Lugo	Desc.	8:09	11:24	12:59	19:57	23:24	29:38	35:22	36:57	45:16	53:29	59:54	1:07:41	1:19:52	1:30:53	1:40:35	1:45:53	1:50:39	1:53:42	1:54:22	
					8:09	3:15	1:35	6:58	3:27	6:14	5:44	1:35	8:19	8:13	6:25	7:47	12:11	11:01	9:42	5:18	4:46	3:03	0:40	
319			Marcos Muíño García GALLAECIA_RAID a coruña	Desc.	9:22	13:26	15:09	23:54	29:12	36:01	42:19	44:43	52:54	1:07:52	1:13:23	1:22:37	1:30:07	1:36:48	1:43:51	1:48:40	1:52:24	1:58:19	1:58:53	
					9:22	4:04	1:43	8:45	5:18	6:49	6:18	2:24	8:11	14:58	5:31	9:14	7:30	6:41	7:03	4:49	3:44	5:55	0:34	
418			Alberto Candal Viqueira SEO Ordes	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
36			Gonzalo Fernández Casalder AROMON Pontevedra	No sale																				

os	rsal	Nombre	Tempo																					
Veteráns A M-40 (23)				15,0 km 480 m			18 C			<i>(cont.)</i>														
				1(134)	2(113)	3(112)	4(111)	5(121)	6(117)	7(133)	8(132)	9(137)	10(115)	11(131)	12(130)	13(128)	14(122)	15(106)	16(104)	17(109)	18(200)	Meta		
19	566	Francisco Javier Casal Ferná AROMON Pontevedra	2:13:55	10:58	17:57	21:46	25:18	47:21	52:09	58:24	1:05:45	1:19:10	1:23:45	1:32:37	1:37:09	1:49:40	1:55:19	2:01:50	2:05:03	2:08:36	2:13:06	2:13:55		
				10:58	6:59	3:49	3:32	22:03	4:48	6:15	7:21	13:25	4:35	8:52	4:32	12:31	5:39	6:31	3:13	3:33	4:30	0:49		
20	339	Fernando Silvarrey Redondo GALLAECIA_RAID a coruña	2:34:10	7:31	14:31	20:31	26:56	37:53	1:11:50	1:17:23	1:23:59	1:38:49	1:42:20	1:49:38	1:55:45	2:07:39	2:13:24	2:19:59	2:23:12	2:26:40	2:33:29	2:34:10		
				7:31	7:00	6:00	6:25	10:57	33:57	5:33	6:36	14:50	3:31	7:18	6:07	11:54	5:45	6:35	3:13	3:28	6:49	0:41		
				1:31:05		*115																		
331		Daniel Rioboo Iglesias GALLAECIA_RAID a coruña	en tarj.	-----	-----	-----	18:18	-----	-----	-----	-----	1:41:16	-----	1:49:45	-----	-----	-----	-----	-----	2:03:54	2:16:27	2:17:07		
							18:18					1:22:58		8:29						14:09	12:33	0:40		
				8:05	11:43	22:27	28:13	53:16	1:05:23	1:16:54	1:25:55	1:55:22	2:08:43	2:13:46										
				*119	*116	*110	*106	*124	*122	*126	*118	*129	*105	*101										
18		Antonio Abreu González AROMON Pontevedra	en tarj.	21:58	30:31	35:11	39:57	59:33	1:05:10	1:14:28	1:27:49	1:39:42	1:44:56	2:16:52	2:21:42	2:34:05	2:44:20	-----	-----	2:53:54	3:01:02	3:02:18		
				21:58	8:33	4:40	4:46	19:36	5:37	9:18	13:21	11:53	5:14	31:56	4:50	12:23	10:15			9:34	7:08	1:16		
479		José María Álvarez Cabero U-VIGO Vigo	No sale																					
Veteráns B M-50 (8)				16,3 km 430 m			16 C																	
				1(119)	2(116)	3(111)	4(110)	5(106)	6(124)	7(122)	8(126)	9(118)	10(137)	11(131)	12(129)	13(109)	14(105)	15(101)	16(200)	Meta				
1	268	Francisco Varela Lorenzo FLUVIAL_LUGO Lugo	1:23:43	5:43	8:12	14:03	17:59	22:43	26:47	33:04	38:06	44:07	54:07	1:01:32	1:06:35	1:12:38	1:17:32	1:20:51	1:23:04	1:23:43				
				5:43	2:29	5:51	3:56	4:44	4:04	6:17	5:02	6:01	10:00	7:25	5:03	6:03	4:54	3:19	2:13	0:39				
2	375	Antonio Javier López Peitead MONTAÑA_FERROL Ferrol	1:37:51	6:42	12:08	18:05	22:17	26:59	32:49	40:54	45:53	52:10	1:07:37	1:15:04	1:20:18	1:26:33	1:31:39	1:35:08	1:37:17	1:37:51				
				6:42	5:26	5:57	4:12	4:42	5:50	8:05	4:59	6:17	15:27	7:27	5:14	6:15	5:06	3:29	2:09	0:34				
3	425	Carlos Viqueira Nouche SEO Ordes	1:50:07	6:12	8:19	14:14	23:32	30:16	34:27	41:48	49:37	56:35	1:07:57	1:24:54	1:31:11	1:38:04	1:43:46	1:46:39	1:49:10	1:50:07				
				6:12	2:07	5:55	9:18	6:44	4:11	7:21	7:49	6:58	11:22	16:57	6:17	6:53	5:42	2:53	2:31	0:57				
4	504	Patricio Peláez Méndez U-VIGO Vigo	2:12:44	8:07	14:31	22:20	27:23	33:43	38:59	47:49	59:02	1:09:17	1:27:15	1:38:13	1:44:58	1:54:34	2:02:37	2:07:42	2:12:04	2:12:44				
				8:07	6:24	7:49	5:03	6:20	5:16	8:50	11:13	10:15	17:58	10:58	6:45	9:36	8:03	5:05	4:22	0:40				
280		Enrique Luis Álvarez Estévez GALLAECIA_RAID a coruña	en tarj.	9:55	12:48	18:19	21:55	26:24	30:02	37:00	42:00	47:13	56:08	1:02:53	1:07:05	-----	-----	-----	1:09:45	1:10:17				
				9:55	2:53	5:31	3:36	4:29	3:38	6:58	5:00	5:13	8:55	6:45	4:12									
20		Javier Alvelo Fraguela AROMON Pontevedra	en tarj.	8:07	11:48	19:25	24:28	30:44	35:48	44:42	52:31	1:03:23	1:31:58	1:42:36	1:53:10	-----	-----	-----	-----					
				8:07	3:41	7:37	5:03	6:16	5:04	8:54	7:49	10:52	28:35	10:38	10:34									
653		José Antonio Ricoy Bugarín AROMON Pontevedra	No sale																					
424		Horacio Souto Pol SEO Ordes	No sale																					
Veteráns C M-60 (3)				10,4 km 340 m			15 C																	
				1(127)	2(131)	3(135)	4(136)	5(116)	6(120)	7(111)	8(108)	9(106)	10(105)	11(104)	12(101)	13(123)	14(122)	15(200)	Meta					
1	249	Pedro Parga Andón FLUVIAL_LUGO Lugo	1:12:13	3:55	9:36	14:27	19:07	29:23	36:27	42:01	50:38	54:45	58:49	59:59	1:03:06	1:06:58	1:08:34	1:11:30	1:12:13					
				3:55	5:41	4:51	4:40	10:16	7:04	5:34	8:37	4:07	4:04	1:10	3:07	3:52	1:36	2:56	0:43					
2	114	Juan Carlos Carballo Fernán A_PEDROSA_ORRO Cullered	1:46:54	5:20	13:42	19:54	31:47	45:07	54:29	1:01:53	1:13:12	1:19:22	1:25:47	1:27:52	1:31:25	1:36:59	1:39:50	1:45:53	1:46:54					
				5:20	8:22	6:12	11:53	13:20	9:22	7:24	11:19	6:10	6:25	2:05	3:33	5:34	2:51	6:03	1:01					
318		Roberto Mourente Prieto GALLAECIA_RAID a coruña	en tarj.	8:57	-----	-----	-----	-----	-----	-----	49:30	-----	1:04:36	1:06:47	1:16:20	-----	-----	1:53:50	1:55:02	18:30	29:07	35:53		
				8:57							40:33			15:06	2:11	9:33			37:30	1:12	*118	*119	*113	
				54:57		1:12:23																		
				*107		*103																		

os	rsal	Nombre	Tiempo																				
Cadete F-15 (6)				5,9 km 190 m	10 C																		
				1(127)	2(118)	3(119)	4(113)	5(107)	6(105)	7(104)	8(103)	9(101)	10(200)	Meta									
1	241	Sofía Martínez Gómez FLUVIAL_LUGO Lugo	43:10	4:31	10:17	14:11	18:08	29:45	34:21	35:36	37:58	40:08	42:27	43:10									
2	390	Eva Casado Nuñez OPBZ Betanzos	51:05	5:25	12:51	17:52	22:01	34:26	39:24	41:14	44:31	47:12	50:25	51:05									
3	374	Silvia López López MONTAÑA_FERROL Ferrol	1:04:13	11:58	20:42	24:24	29:31	40:52	47:56	50:45	56:35	59:52	1:03:24	1:04:13									
4	247	Sara Nogueiras Porto FLUVIAL_LUGO Lugo	1:11:11	6:02	14:27	25:33	33:35	49:57	57:23	59:10	1:03:06	1:07:06	1:10:19	1:11:11									
260		Lia Rodríguez Sobrado FLUVIAL_LUGO Lugo	Desc.	12:23	42:48	56:37	1:19:43	1:56:27	2:24:45	2:28:06	2:34:23	2:40:37	2:49:56	2:51:46									
261		Noa Rodríguez Sobrado FLUVIAL_LUGO Lugo	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----									
Xuvenil F-17 (1)				6,1 km 160 m	11 C																		
				1(125)	2(126)	3(129)	4(132)	5(118)	6(122)	7(109)	8(102)	9(105)	10(101)	11(200)	Meta								
290		Alba Dopico Golpe GALLAECIA_RAID a coruña	No sale																				
Junior F-20 (1)				11,9 km 360 m	15 C																		
				1(118)	2(129)	3(125)	4(126)	5(115)	6(136)	7(131)	8(122)	9(113)	10(111)	11(108)	12(104)	13(103)	14(101)	15(200)	Meta				
1	133	Antia Oujo Perez ADC_ARNELA Porto do Son	2:54:13	9:25	22:59	30:44	33:58	1:02:25	1:10:44	1:31:25	1:45:45	2:04:33	2:11:57	2:30:42	2:38:39	2:42:09	2:46:57	2:52:31	2:54:13				
				9:25	13:34	7:45	3:14	28:27	8:19	20:41	14:20	18:48	7:24	18:45	7:57	3:30	4:48	5:34	1:42				
Elite F-E (6)				15,0 km 480 m	18 C																		
				1(134)	2(113)	3(112)	4(111)	5(121)	6(117)	7(133)	8(132)	9(137)	10(115)	11(131)	12(130)	13(128)	14(122)	15(106)	16(104)	17(109)	18(200)	Meta	
1	305	Tania López Eyo GALLAECIA_RAID a coruña	1:44:48	6:28	13:26	16:36	19:55	29:28	33:48	39:46	45:38	52:10	55:41	1:04:15	1:13:16	1:20:23	1:26:05	1:33:58	1:36:39	1:39:54	1:44:09	1:44:48	0:39
2	63	Alicia Pérez Alonso AROMON Pontevedra	2:03:41	6:28	6:58	3:10	3:19	9:33	4:20	5:58	5:52	6:32	3:31	8:34	9:01	7:07	5:42	7:53	2:41	3:15	4:15	0:39	
3	226	Sonia Gómez Naya FLUVIAL_LUGO Lugo	2:05:35	8:52	10:20	4:17	4:22	12:54	4:16	6:52	5:43	8:10	4:38	8:43	5:38	13:55	6:27	7:45	2:49	3:26	3:52	0:42	
				7:01	6:40	3:51	3:51	11:10	4:24	5:56	8:13	8:36	4:24	8:25	8:46	13:09	5:20	13:09	3:03	4:26	4:23	0:48	
				1:43:57																			
				*121																			
4	320	Paula Naya Mancebo GALLAECIA_RAID a coruña	2:18:06	9:50	21:03	25:54	30:30	47:52	53:05	1:01:01	1:10:39	1:19:48	1:24:04	1:34:01	1:39:42	1:48:48	1:57:10	2:05:45	2:09:05	2:12:51	2:17:17	2:18:06	
				9:50	11:13	4:51	4:36	17:22	5:13	7:56	9:38	9:09	4:16	9:57	5:41	9:06	8:22	8:35	3:20	3:46	4:26	0:49	
393		María Del Mar Delgado Gonz OPBZ Betanzos	No sale																				
186		Ana Varela Yáñez BRIGANTIA A Coruña	No sale																				
Senior F-21 (4)				9,4 km 280 m	15 C																		
				1(122)	2(118)	3(127)	4(126)	5(123)	6(108)	7(107)	8(111)	9(113)	10(109)	11(102)	12(105)	13(104)	14(101)	15(200)	Meta				
1	419	Barbara Del Puerto Lopez SEO Ordes	1:24:37	3:13	11:32	23:14	27:01	34:53	45:16	49:25	56:19	1:02:22	1:09:34	1:12:06	1:16:34	1:18:05	1:20:52	1:23:42	1:24:37				
2	253	M. José Pérez González FLUVIAL_LUGO Lugo	1:37:37	3:13	8:19	11:42	3:47	7:52	10:23	4:09	6:54	6:03	7:12	2:32	4:28	1:31	2:47	2:50	0:55				
3	254	Rosa Porto Vázquez FLUVIAL_LUGO Lugo	2:40:31	4:58	12:29	18:45	26:51	37:01	50:20	55:03	1:03:52	1:10:47	1:18:20	1:21:44	1:27:45	1:29:38	1:33:37	1:36:41	1:37:37				
				4:58	7:31	6:16	8:06	10:10	13:19	4:43	8:49	6:55	7:33	3:24	6:01	1:53	3:59	3:04	0:56				
				6:55	39:59	56:25	1:03:45	1:16:43	1:30:53	1:35:41	1:47:16	2:07:07	2:16:22	2:19:45	2:26:47	2:28:50	2:33:36	2:39:19	2:40:31				
				6:55	33:04	16:26	7:20	12:58	14:10	4:48	11:35	19:51	9:15	3:23	7:02	2:03	4:46	5:43	1:12				

os		rsal	Nombre	Tempo														Meta			
Senior F-21 (4)					9,4 km 280 m			15 C			<i>(cont.)</i>										
					1(122)	2(118)	3(127)	4(126)	5(123)	6(108)	7(107)	8(111)	9(113)	10(109)	11(102)	12(105)	13(104)	14(101)	15(200)	Meta	
324	Claudia Oreiro Chapela	en tarj.	GALLAECIA_RAID a coruña	12:29	25:42	35:26	40:13	53:18	1:06:37	1:11:42	1:20:28	1:26:45	1:40:14	1:45:26	1:52:45	1:54:53	-----	2:30:56	2:33:23		
				12:29	13:13	9:44	4:47	13:05	13:19	5:05	8:46	6:17	13:29	5:12	7:19	2:08		36:03	2:27		
Veteranas A F-40 (4)					16,3 km 430 m			16 C													
					1(119)	2(116)	3(111)	4(110)	5(106)	6(124)	7(122)	8(126)	9(118)	10(137)	11(131)	12(129)	13(109)	14(105)	15(101)	16(200)	Meta
1	372 Cristina Lopez Dacosta	2:31:47	GALLAECIA_RAID a coruña	20:53	23:22	30:10	37:39	42:48	48:23	1:00:58	1:26:21	1:33:51	1:48:57	1:59:42	2:05:35	2:16:30	2:23:55	2:27:53	2:30:49	2:31:47	
				20:53	2:29	6:48	7:29	5:09	5:35	12:35	25:23	7:30	15:06	10:45	5:53	10:55	7:25	3:58	2:56	0:58	
2	317 Paulina Andrea Mosquera Az	2:45:17	GALLAECIA_RAID a coruña	8:51	14:22	24:41	32:48	40:23	47:10	1:06:06	1:19:34	1:32:12	1:55:16	2:06:31	2:16:42	2:26:33	2:34:19	2:39:17	2:44:21	2:45:17	
				8:51	5:31	10:19	8:07	7:35	6:47	18:56	13:28	12:38	23:04	11:15	10:11	9:51	7:46	4:58	5:04	0:56	
222	Fernanda Follana Neira	en tarj.	FLUVIAL_LUGO Lugo	33:41	37:24	1:29:51	1:35:13	-----	1:48:58	2:03:58	2:20:46	2:30:56	2:46:10	3:15:26	3:22:37	-----	-----	-----	-----	1:42:26	
				33:41	3:43	52:27	5:22		13:45	15:00	16:48	10:10	15:14	29:16	7:11					*107	
262	María Josefa Sánchez Marín	en tarj.	FLUVIAL_LUGO Lugo	18:49	24:29	37:41	47:10	56:16	1:34:51	1:48:15	1:58:47	2:10:41	2:30:09	2:48:28	2:57:34	-----	-----	-----	-----		
				18:49	5:40	13:12	9:29	9:06	38:35	13:24	10:32	11:54	19:28	18:19	9:06						
Veteranas B F-50 (3)					9,4 km 280 m			15 C													
					1(122)	2(118)	3(127)	4(126)	5(123)	6(108)	7(107)	8(111)	9(113)	10(109)	11(102)	12(105)	13(104)	14(101)	15(200)	Meta	
1	340 Teresa Silvarrey Redondo	1:41:57	GALLAECIA_RAID a coruña	4:05	13:06	20:20	24:06	33:54	46:15	50:39	59:07	1:04:57	1:13:55	1:19:27	1:28:40	1:30:23	1:32:52	1:41:02	1:41:57		
				4:05	9:01	7:14	3:46	9:48	12:21	4:24	8:28	5:50	8:58	5:32	9:13	1:43	2:29	8:10	0:55		
2	487 Begoña Crespo Quindós	1:46:02	U-VIGO Vigo	7:20	14:57	25:12	28:01	37:57	47:50	52:37	1:02:31	1:09:03	1:16:05	1:18:55	1:32:44	1:34:11	1:37:23	1:45:06	1:46:02		
				7:20	7:37	10:15	2:49	9:56	9:53	4:47	9:54	6:32	7:02	2:50	13:49	1:27	3:12	7:43	0:56		
3	71 María Luisa Sanchez Vázquez	1:57:48	AROMON Pontevedra	4:29	11:41	18:49	25:22	39:50	1:00:29	1:06:23	1:22:10	1:27:24	1:37:20	1:41:16	1:46:43	1:48:41	1:53:09	1:56:47	1:57:48		
				4:29	7:12	7:08	6:33	14:28	20:39	5:54	15:47	5:14	9:56	3:56	5:27	1:58	4:28	3:38	1:01		
Absoluta Parejas (1)					11,4 km 400 m			16 C													
					1(127)	2(131)	3(137)	4(116)	5(118)	6(119)	7(117)	8(111)	9(110)	10(108)	11(106)	12(105)	13(104)	14(102)	15(101)	16(200)	Meta
1	2 Javier Arufe Varela / Natalia	1:22:15	APA_LICEO A Coruña	4:14	10:25	21:14	30:21	36:05	39:26	43:17	53:35	58:23	1:05:19	1:09:37	1:13:42	1:15:19	1:17:16	1:19:16	1:21:31	1:22:15	
				4:14	6:11	10:49	9:07	5:44	3:21	3:51	10:18	4:48	6:56	4:18	4:05	1:37	1:57	2:00	2:15	0:44	
Iniciación Parellas (8)					5,3 km 160 m			8 C													
					1(125)	2(129)	3(118)	4(120)	5(106)	6(104)	7(102)	8(200)	Meta								
1	391 Martín Casado Núñez	50:48	OPBZ Betanzos	11:07	16:17	23:40	26:59	37:22	42:05	44:45	49:52	50:48									
				11:07	5:10	7:23	3:19	10:23	4:43	2:40	5:07	0:56									
2	1 Alberto Arufe Varela	50:49	APA_LICEO A Coruña	11:09	16:11	23:44	27:01	37:15	42:05	44:35	49:52	50:49									
				11:09	5:02	7:33	3:17	10:14	4:50	2:30	5:17	0:57									
3	546 Aaron Rodriguez Arenas	59:36	VIZHOJA-CORNELIO As Neve	10:56	16:47	26:51	30:46	43:42	47:28	54:21	58:59	59:36									
				10:56	5:51	10:04	3:55	12:56	3:46	6:53	4:38	0:37									
4	161 Antonio Casal Montero	1:08:37	BRIGANTIA A Coruña	7:33	12:49	31:17	36:20	51:05	57:01	1:01:16	1:07:47	1:08:37									
				7:33	5:16	18:28	5:03	14:45	5:56	4:15	6:31	0:50									
5	162 Roberto Casal Montero	1:08:39	BRIGANTIA A Coruña	7:40	12:54	31:21	36:19	51:08	56:56	1:01:13	1:07:45	1:08:39									
				7:40	5:14	18:27	4:58	14:49	5:48	4:17	6:32	0:54									
6	368 Lara Fernandez Lopez	1:41:29	GALLAECIA_RAID a coruña	16:28	22:26	41:48	54:13	1:11:13	1:19:09	1:29:48	1:40:46	1:41:29									
				16:28	5:58	19:22	12:25	17:00	7:56	10:39	10:58	0:43									
160	Miguel Casal Casal	en tarj.	BRIGANTIA A Coruña	7:34	-----	31:15	36:21	51:11	57:09	1:01:12	1:07:46	1:08:41									
				7:34		23:41	5:06	14:50	5:58	4:03	6:34	0:55									
369	Oscar Fernández Otero	en tarj.	GALLAECIA_RAID a coruña	17:03	23:14	41:58	-----	1:11:16	1:19:38	1:30:17	1:40:45	1:41:33									
				17:03	6:11	18:44		29:18	8:22	10:39	10:28	0:48									