

os Nombre		Tiempo													
Feminino 50 (9)															
		4,2 km 150 m				8 C									
		1(116)	2(144)	3(147)	4(110)	5(103)	6(126)	7(152)	8(200)	Meta					
1	Alvarez Castro Olimpia Vigo U-VIGO	1:01:06	10:22	18:30	24:15	35:12	39:56	49:43	57:00	1:00:21	1:01:06				
2	Pernas Martínez Rosa Santiago de Comp US	1:09:08	10:03	19:59	31:19	40:38	45:44	56:02	1:04:19	1:07:42	1:09:08				
3	Barreira Vazquez María Betanzos OP BETANZO	1:10:35	22:23	28:50	36:19	48:14	53:53	1:00:44	1:05:54	1:09:52	1:10:35	59:41 1:06:57			
4	Reboredo Mosquera An Culleredo GALLAECIA_	1:20:29	12:18	22:04	30:46	41:38	52:48	1:05:13	1:15:00	1:19:18	1:20:29	*127 *153			
5	Arenas Rincón María In As Neves VIZHOJA-COR	1:22:23	12:21	24:15	30:29	40:47	48:50	1:07:56	1:17:52	1:21:00	1:22:23				
6	Pedrares Fernández Be A Coruña ARTABROS	1:27:06	18:09	31:09	37:54	48:21	59:19	1:12:22	1:22:06	1:25:58	1:27:06				
7	Balboa Barros Margarit Santiago de Comp US	1:30:23	10:34	18:26	25:00	34:10	48:26	1:14:09	1:24:02	1:28:52	1:30:23				
8	Núñez Otero Elia Betanzos OP BETANZO	1:31:15	13:51	25:11	34:23	46:33	1:01:01	1:14:59	1:25:59	1:29:40	1:31:15	1:12:30 *127			
9	Saco Fernández Mª Isa Vigo U-VIGO	1:46:33	12:55	21:52	28:34	38:54	57:20	1:15:53	1:41:17	1:44:50	1:46:33				
Feminino Élite (6)															
		6,5 km 240 m				10 C									
		1(119)	2(140)	3(142)	4(130)	5(144)	6(101)	7(104)	8(105)	9(152)	10(200)	Meta			
1	Bello Rodríguez Olalla Culleredo GALLAECIA_	1:12:06	10:16	20:02	26:54	37:11	47:27	58:43	1:01:33	1:03:29	1:09:01	1:11:18	1:12:06		
2	Morales Jiménez Irene Xinzo de Limia LIMIAC	1:13:20	9:19	24:19	26:29	36:39	48:22	59:30	1:01:55	1:04:28	1:10:14	1:12:35	1:13:20		
3	Bellón Santos Teresa Pontevedra AROMON	1:15:47	10:15	20:42	23:06	38:47	51:55	1:02:29	1:04:49	1:06:43	1:12:39	1:14:58	1:15:47		
4	Martínez Gómez Sofía LUGO COMPÁS	1:21:57	9:41	25:51	28:28	42:02	53:04	1:06:30	1:09:49	1:12:03	1:19:12	1:21:21	1:21:57		
5	Dopico Golpe Alba Culleredo GALLAECIA_	1:48:55	11:50	27:06	30:33	56:36	1:14:34	1:30:46	1:33:54	1:36:48	1:45:47	1:48:11	1:48:55		
	Piñeiro Varela María A Coruña ARTABROS	andona	9:23	20:55	-----	-----	-----	-----	-----	-----	-----	-----	-----		
Masculino 12 (5)															
		2,8 km 75 m				12 C									
		1(111)	2(107)	3(114)	4(115)	5(121)	6(125)	7(126)	8(127)	9(112)	10(150)	11(153)	12(200)	Meta	
1	Rodríguez Seijo Antón As Neves VIZHOJA-COR	28:57	3:13	7:14	8:50	11:54	14:49	17:33	18:41	20:11	22:35	24:03	26:20	28:11	28:57
2	Rodríguez Cruz Brais O Barco de Valde TREV	36:48	2:42	3:52	6:20	12:41	18:48	22:16	24:11	25:34	30:04	31:36	33:54	36:07	36:48
3	Rodríguez Seijo Iago As Neves VIZHOJA-COR	36:50	4:55	6:19	8:44	13:43	17:05	20:12	21:41	23:18	28:19	31:30	34:44	36:06	36:50
	Fouz Sanchez Rodrigo LUGO FLUVIAL_LUGO	en tarj.	4:58	7:01	9:38	15:53	21:10	25:44	27:34	30:31	37:13	-----	42:50	45:30	46:31
			4:58	2:03	2:37	6:15	5:17	4:34	1:50	2:57	6:42		5:37	2:40	1:01
			40:15												*151
	Couceiro Fuertes Davi A Coruña ARTABROS	No sale													
Masculino 14 (4)															
		3,0 km 80 m				10 C									
		1(110)	2(106)	3(115)	4(121)	5(125)	6(126)	7(114)	8(112)	9(152)	10(200)	Meta			
1	Cruces Fernández Este Porto do Son ADC_AR	27:06	2:57	6:11	10:25	13:22	15:26	16:47	19:47	22:07	24:20	26:27	27:06		
2	García Castro Marcos Culleredo GALLAECIA_	30:21	2:00	6:10	10:12	12:51	15:34	16:55	21:10	23:44	27:26	29:36	30:21		
3	Barja Pérez Lucas Xinzo de Limia LIMIAC	36:39	2:23	5:58	10:50	14:57	18:10	19:48	23:41	29:15	32:18	35:51	36:39		
	Couceiro Fuertes Manu A Coruña ARTABROS	No sale	2:23	3:35	4:52	4:07	3:13	1:38	3:53	5:34	3:03	3:33	0:48	31:31 *151	
Masculino 16 (3)															
		4,8 km 190 m				9 C									
		1(144)	2(148)	3(109)	4(102)	5(118)	6(120)	7(105)	8(152)	9(200)	Meta				
1	Rodríguez Arenas Aaro Betanzos OP BETANZO	41:03	7:13	11:19	17:33	20:26	27:29	28:59	33:46	38:50	40:24	41:03	4:53		
2	Casado Núñez Martín Betanzos OP BETANZO	45:14	6:42	10:39	17:28	20:07	28:02	29:42	35:59	43:00	44:38	45:14	*127		
3	Silvarrey Oreiro Diego Culleredo GALLAECIA_	1:19:24	11:26	15:57	29:02	30:55	52:26	54:48	1:07:17	1:15:40	1:18:40	1:19:24	15:01		
			4:31	13:05	1:53	21:31	2:22	12:29	8:23	3:00	0:44		*146		
Masculino 18 (5)															
		6,7 km 230 m				10 C									
		1(118)	2(131)	3(143)	4(141)	5(122)	6(101)	7(102)	8(146)	9(149)	10(200)	Meta			
1	Pérez Álvarez Diego Vigo U-VIGO	57:33	7:28	12:58	17:51	19:48	32:24	38:44	39:46	50:43	51:27	56:56	57:33		
2	Somoza Seoane Anxo Culleredo GALLAECIA_	58:34	6:57	14:21	19:30	21:52	36:21	42:32	43:38	51:52	52:32	57:58	58:34		
			6:57	7:24	5:09	2:22	14:29	6:11	1:06	8:14	0:40	5:26	0:36		

os	Nombre	Tiempo												
Masculino 18 (5)														
		6,7 km 230 m					10 C			<i>(cont.)</i>				
		1(118)	2(131)	3(143)	4(141)	5(122)	6(101)	7(102)	8(146)	9(149)	10(200)	Meta		
3	Romero Armada Carlos Pontevedra AROMON	1:07:47	7:20	13:39	19:31	24:45	38:34	47:24	48:39	1:00:46	1:01:29	1:07:13	1:07:47	1:06:19 *153
	Silverrey Oreiro Marco Culleredo GALLAECIA_	No sale	7:20	6:19	5:52	5:14	13:49	8:50	1:15	12:07	0:43	5:44	0:34	
	Lopez Gonzalez Nicola LUGO COMPÁS	No sale												
Masculino 21 A (7)														
		6,7 km 230 m					10 C							
		1(118)	2(131)	3(143)	4(141)	5(122)	6(101)	7(102)	8(146)	9(149)	10(200)	Meta		
1	Garcia Acevedo Pelayo Santiago de Comp US	1:07:28	8:18	15:03	21:20	24:42	41:03	49:09	50:31	58:45	59:34	1:06:40	1:07:28	
	Victorero Domínguez A Porto do Son ADC_AR	1:16:21	8:56	16:47	23:46	28:25	45:24	55:37	57:13	1:07:11	1:08:08	1:15:37	1:16:21	
	Martínez Seco Marcos Pontedeume MONTBRE	1:24:16	8:56	7:51	6:59	4:39	16:59	10:13	1:36	9:58	0:57	7:29	0:44	
	Iglesias Muñiz Carlos Culleredo GALLAECIA_	1:25:27	11:34	19:22	26:38	34:06	50:46	1:03:42	1:05:10	1:15:23	1:16:04	1:23:25	1:24:16	
	Garrido Blanco Juan Xinzo de Limia LIMIAC	1:29:25	11:34	7:48	7:16	7:28	16:40	12:56	1:28	10:13	0:41	7:21	0:51	
	García Carod Daniel Pontevedra AROMON	1:40:04	10:45	18:58	27:24	31:26	53:25	1:03:44	1:05:15	1:16:13	1:17:02	1:24:51	1:25:27	
	Mancera Ponte Alejandr A Coruña ARTABROS	No sale	10:45	8:13	8:26	4:02	21:59	10:19	1:31	10:58	0:49	7:49	0:36	
			9:41	19:18	27:15	33:29	54:53	1:04:30	1:05:54	1:17:51	1:18:40	1:28:47	1:29:25	
			9:41	9:37	7:57	6:14	21:24	9:37	1:24	11:57	0:49	10:07	0:38	
			9:34	29:31	36:45	46:51	1:11:22	1:20:42	1:22:12	1:31:27	1:32:17	1:39:25	1:40:04	
			9:34	19:57	7:14	10:06	24:31	9:20	1:30	9:15	0:50	7:08	0:39	
Masculino 21 B (10)														
		4,8 km 190 m					9 C							
		1(144)	2(148)	3(109)	4(102)	5(118)	6(120)	7(105)	8(152)	9(200)	Meta			
1	Rodríguez Juncal José Ordes SEO	1:06:15	10:14	15:17	27:43	32:35	44:26	46:56	54:18	1:01:53	1:05:09	1:06:15		
	Algora Aizpurua Angel LUGO FLUVIAL_LUGO	1:12:08	10:14	5:03	12:26	4:52	11:51	2:30	7:22	7:35	3:16	1:06	1:08:49 *151	
	Naveira Gonzalo Ivan Culleredo GALLAECIA_	1:15:38	10:23	4:00	12:52	8:12	16:58	1:13	8:52	6:58	2:04	0:36		
	Mansilla Barreiro Jose Culleredo GALLAECIA_	1:23:31	12:57	19:50	31:11	36:06	53:09	55:51	1:04:13	1:12:19	1:14:43	1:15:38		
	Meizoso Rodriguez Br Pontedeume MONTBRE	1:25:49	11:36	18:04	36:30	39:36	54:18	55:45	1:13:20	1:19:17	1:23:06	1:23:31		
	Camba Rodríguez Fran O Barco de Valde TREV	1:38:47	11:36	6:28	18:26	3:06	14:42	1:27	17:35	5:57	3:49	0:25	1:03:28 *111	
	Rodríguez Acevedo Ma LUGO FLUVIAL_LUGO	2:01:17	16:48	11:49	16:57	12:03	15:42	2:26	10:14	9:36	2:28	0:44		
	López López Adrián Culleredo GALLAECIA_	2:02:18	37:18	46:39	1:02:36	1:07:46	1:25:28	1:28:55	1:43:00	1:54:52	1:59:18	2:01:17		
	Ferreiro Viña Juan Carl Culleredo GALLAECIA_	2:54:47	37:18	9:21	15:57	5:10	17:42	3:27	14:05	11:52	4:26	1:59		
	Orizales Lopez Oscar Culleredo GALLAECIA_	No sale	16:32	25:07	52:13	59:40	1:20:26	1:24:11	1:41:46	1:59:06	2:01:28	2:02:18		
			16:32	8:35	27:06	7:27	20:46	3:45	17:35	17:20	2:22	0:50		
			1:14:22	1:21:43	2:01:21	2:06:05	2:21:57	2:27:11	2:38:27	2:50:05	2:53:20	2:54:47		
			1:14:22	7:21	39:38	4:44	15:52	5:14	11:16	11:38	3:15	1:27		
Masculino 35 (14)														
		6,8 km 220 m					11 C							
		1(117)	2(132)	3(142)	4(141)	5(120)	6(109)	7(104)	8(146)	9(147)	10(154)	11(200)	Meta	
1	Varela Yáñez Marcos A Coruña BRIGANTIA	1:02:46	8:18	17:09	24:26	27:26	39:15	46:07	48:22	54:55	55:45	1:00:56	1:02:13	1:02:46
	Liz Díaz Javier LUGO FLUVIAL_LUGO	1:03:10	8:18	8:51	7:17	3:00	11:49	6:52	2:15	6:33	0:50	5:11	1:17	0:33
	Sevilla Gómez Francisc A Coruña ARTABROS	1:06:11	6:31	14:51	21:39	23:09	35:58	44:22	47:19	54:55	55:31	1:01:06	1:02:26	1:03:10
	Piñeiro Portela Jorge A Coruña ARTABROS	1:07:58	6:31	8:20	6:48	1:30	12:49	8:24	2:57	7:36	0:36	5:35	1:20	0:44
	Sordo Touza Ignacio Santiago de Comp US	1:13:23	7:16	19:18	25:31	27:51	40:19	49:49	51:53	58:08	58:53	1:04:07	1:05:30	1:06:11
	Cagide Taboada Juan Culleredo GALLAECIA_	1:15:34	7:16	12:02	6:13	2:20	12:28	9:30	2:04	6:15	0:45	5:14	1:23	0:41
	Rodríguez Fernandez A Coruña COCO	1:15:38	6:41	16:13	23:22	24:57	38:19	49:28	52:39	59:28	1:00:08	1:06:10	1:07:24	1:07:58
	Amarelle Garabán Robe LUGO COMPÁS	1:17:47	6:41	9:32	7:09	1:35	13:22	11:09	3:11	6:49	0:40	6:02	1:14	0:34
	Veiga Jalda Martin As Neves VIZHOJA-COR	1:18:40	9:37	21:04	26:38	34:29	45:52	56:27	58:46	1:05:35	1:06:06	1:11:17	1:12:48	1:13:23
	Morlán Rodriguez Jose Ordes SEO	1:18:57	9:37	11:27	5:34	7:51	11:23	10:35	2:19	6:49	0:31	5:11	1:31	0:35
	Lopez Furtuoso Gerar Pontevedra AROMON	1:47:31	11:47	22:10	28:51	30:52	45:50	55:02	57:34	1:05:05	1:06:34	1:13:25	1:15:00	1:15:34
			11:47	10:23	6:41	2:01	14:58	9:12	2:32	7:31	1:29	6:51	1:35	0:34
			7:51	20:19	26:05	28:31	39:43	56:43	1:00:04	1:06:49	1:07:38	1:13:54	1:15:00	1:15:38
			7:51	12:28	5:46	2:26	11:12	17:00	3:21	6:45	0:49	6:16	1:06	0:38
			8:39	22:49	28:51	30:42	44:49	55:28	58:42	1:07:37	1:08:42	1:15:33	1:16:58	1:17:47
			8:39	14:10	6:02	1:51	14:07	10:39	3:14	8:55	1:05	6:51	1:25	0:49
			7:28	18:42	27:50	30:37	45:07	54:56	1:02:16	1:09:37	1:10:21	1:16:32	1:18:00	1:18:40
			7:28	11:14	9:08	2:47	14:30	9:49	7:20	7:21	0:44	6:11	1:28	0:40
			15:51	27:25	35:04	37:54	51:27	1:00:50	1:03:43	1:11:03	1:11:49	1:17:02	1:18:18	1:18:57
			15:51	11:34	7:39	2:50	13:33	9:23	2:53	7:20	0:46	5:13	1:16	0:39
			7:37	19:43	26:18	27:43	41:23	59:48	1:03:45	1:13:47	1:14:28	1:20:18	1:21:59	1:22:50
			7:37	12:06	6:35	1:25	13:40	18:25	3:57	10:02	0:41	5:50	1:41	0:51
			10:11	24:55	35:05	37:09	54:59	1:07:33	1:12:53	1:22:59	1:24:02	1:31:23	1:33:01	1:33:50
			10:11	14:44	10:10	2:04	17:50	12:34	5:20	10:06	1:03	7:21	1:38	0:49
			26:23	41:56	51:39	54:58	1:08:31	1:17:45	1:23:58	1:34:58	1:35:51	1:43:46	1:46:24	1:47:31
			26:23	15:33	9:43	3:19	13:33	9:14	6:13	11:00	0:53	7:55	2:38	1:07

os Nombre		Tiempo												
Masculino 35 (14)		6,8 km 220 m 11 C (cont.)												
		1(117)	2(132)	3(142)	4(141)	5(120)	6(109)	7(104)	8(146)	9(147)	10(154)	11(200)	Meta	
Andollo De Costa Jule Culleredo GALLAECIA_		No sale												
Masculino 40 (10)		6,4 km 220 m 8 C												
		1(129)	2(140)	3(141)	4(130)	5(145)	6(105)	7(154)	8(200)	Meta				
1	Carballo Morán Ruben Ordes SEO	54:45	13:14	24:04	25:54	33:38	42:44	47:47	52:50	54:09	54:45			
			13:14	10:50	1:50	7:44	9:06	5:03	5:03	1:19	0:36			
2	Dominguez Portas Ant Nigrán RAZA_PALLEIRA	1:03:58	20:17	30:52	32:58	41:52	51:09	56:40	1:01:59	1:03:15	1:03:58			
			20:17	10:35	2:06	8:54	9:17	5:31	5:19	1:16	0:43			
3	Riestra González Santi A Coruña ARTABROS	1:09:34	16:01	26:04	28:20	41:00	53:36	59:43	1:06:59	1:08:41	1:09:34			
			16:01	10:03	2:16	12:40	12:36	6:07	7:16	1:42	0:53			
4	Barreiro Fernández Pa Pontevedra AROMON	1:11:24	14:07	23:47	25:04	38:06	56:14	1:02:10	1:09:30	1:10:50	1:11:24			
			14:07	9:40	1:17	13:02	18:08	5:56	7:20	1:20	0:34			
5	Albarran Rodríguez An Culleredo GALLAECIA_	1:18:36	13:16	37:43	39:05	49:46	1:02:41	1:08:54	1:15:54	1:17:41	1:18:36	48:13		
			13:16	24:27	1:22	10:41	12:55	6:13	7:00	1:47	0:55	*132		
6	Alonso Velasco Carlos A Coruña ARTABROS	1:18:50	16:43	30:46	32:35	44:50	1:01:11	1:07:52	1:16:32	1:18:10	1:18:50			
			16:43	14:03	1:49	12:15	16:21	6:41	8:40	1:38	0:40			
7	Canedo Monasterio Jac A Coruña ARTABROS	1:26:04	22:19	37:20	39:00	49:48	1:07:03	1:13:41	1:23:11	1:25:11	1:26:04			
			22:19	15:01	1:40	10:48	17:15	6:38	9:30	2:00	0:53			
8	Varela Varela Francisc Pontevedra AROMON	1:31:31	22:31	40:08	43:22	56:38	1:11:38	1:19:17	1:28:54	1:30:45	1:31:31			
			22:31	17:37	3:14	13:16	15:00	7:39	9:37	1:51	0:46			
9	Liste Rodríguez Franci Pontevedra AROMON	1:55:46	24:11	47:27	50:29	1:10:17	1:31:48	1:40:47	1:52:54	1:55:02	1:55:46			
			24:11	23:16	3:02	19:48	21:31	8:59	12:07	2:08	0:44			
Ruiz Lago Emilio Pontevedra AROMON		No sale												
Masculino 45 (17)		5,7 km 220 m 11 C												
		1(104)	2(128)	3(132)	4(136)	5(139)	6(134)	7(119)	8(144)	9(149)	10(153)	11(200)	Meta	
1	Alvelo Fraguera Javier Pontevedra AROMON	58:30	4:17	16:25	23:39	28:26	30:02	35:09	42:32	47:32	51:45	56:50	57:51	58:30
			4:17	12:08	7:14	4:47	1:36	5:07	7:23	5:00	4:13	5:05	1:01	0:39
2	Pastoriza Santos Vicen Vigo U-VIGO	1:02:16	4:22	18:13	24:27	31:18	32:43	38:26	44:33	49:32	54:48	1:00:20	1:01:34	1:02:16
			4:22	13:51	6:14	6:51	1:25	5:43	6:07	4:59	5:16	5:32	1:14	0:42
3	González Miramontes E Culleredo GALLAECIA_	1:05:00	9:01	22:33	27:53	32:41	34:24	38:58	46:50	53:03	56:59	1:03:15	1:04:25	1:05:00
			9:01	13:32	5:20	4:48	1:43	4:34	7:52	6:13	3:56	6:16	1:10	0:35
		1:04:25	1:04:26	1:04:26	1:04:26	1:04:26	1:04:27							
		*200	*200	*200	*200	*200	*200							
4	Pérez Juste German Vigo U-VIGO	1:05:55	7:47	23:10	29:29	35:32	37:13	42:02	48:56	54:21	58:37	1:03:47	1:05:08	1:05:55
			7:47	15:23	6:19	6:03	1:41	4:49	6:54	5:25	4:16	5:10	1:21	0:47
5	Cañas Lara Julio A Coruña LICEO	1:06:23	5:45	19:45	25:25	32:05	33:32	39:41	47:46	52:58	58:00	1:04:13	1:05:31	1:06:23
			5:45	14:00	5:40	6:40	1:27	6:09	8:05	5:12	5:02	6:13	1:18	0:52
6	Ferrer Vidal Francisco Pontevedra AROMON	1:13:29	5:26	19:58	27:20	33:12	34:34	41:20	50:01	57:15	1:05:15	1:11:45	1:12:47	1:13:29
			5:26	14:32	7:22	5:52	1:22	6:46	8:41	7:14	8:00	6:30	1:02	0:42
7	Lamela Arias Alberto LUGO COMPÁS	1:15:11	5:02	24:11	29:39	38:02	39:13	49:24	56:46	1:02:14	1:07:05	1:13:24	1:14:31	1:15:11
			5:02	19:09	5:28	8:23	1:11	10:11	7:22	5:28	4:51	6:19	1:07	0:40
8	Rodríguez Núñez Euge LUGO FLUVIAL_LUGO	1:19:35	15:56	31:32	37:42	42:54	44:27	50:43	59:58	1:05:39	1:10:44	1:17:17	1:18:40	1:19:35
			15:56	15:36	6:10	5:12	1:33	6:16	9:15	5:41	5:05	6:33	1:23	0:55
9	Antón Casado Arturo Culleredo GALLAECIA_	1:23:49	9:15	26:37	35:30	42:16	44:34	52:54	1:03:10	1:09:03	1:14:53	1:21:48	1:23:18	1:23:49
			9:15	17:22	8:53	6:46	2:18	8:20	10:16	5:53	5:50	6:55	1:30	0:31
10	Omil Beloso Antonio Pontevedra AROMON	1:34:17	7:05	28:38	41:12	47:20	49:11	55:40	1:07:37	1:16:09	1:22:35	1:31:49	1:33:32	1:34:17
			7:05	21:33	12:34	6:08	1:51	6:29	11:57	8:32	6:26	9:14	1:43	0:45
11	Pérez Juste Jorge Vigo U-VIGO	1:35:21	7:16	24:44	32:21	43:23	46:03	55:25	1:07:24	1:18:26	1:24:54	1:32:57	1:34:35	1:35:21
			7:16	17:28	7:37	11:02	2:40	9:22	11:59	11:02	6:28	8:03	1:38	0:46
12	Rodríguez Salas Albert As Neves VIZHOJA-COR	1:36:44	11:03	27:53	34:19	38:59	40:15	44:32	51:45	57:09	1:28:46	1:34:38	1:36:08	1:36:44
			11:03	16:50	6:26	4:40	1:16	4:17	7:13	5:24	31:37	5:52	1:30	0:36
13	Navia Álvarez Alfonso A Coruña LICEO	2:01:51	25:37	57:33	1:05:10	1:19:33	1:21:59	1:31:14	1:38:54	1:45:25	1:51:21	1:58:53	2:01:05	2:01:51
			25:37	31:56	7:37	14:23	2:26	9:15	7:40	6:31	5:56	7:32	2:12	0:46
14	Santos Iglesias Jesus A Coruña ARTABROS	2:22:12	39:05	1:06:02	1:19:43	1:28:40	1:32:14	1:45:11	1:54:49	2:03:29	2:11:24	2:19:37	2:21:39	2:22:12
			39:05	26:57	13:41	8:57	3:34	12:57	9:38	8:40	7:55	8:13	2:02	0:33
Silvarrey Redondo Fer Culleredo GALLAECIA_		No sale												
Ramos Asensio Luis Ja Culleredo GALLAECIA_		No sale												
Couceiro Herrero Luis A Coruña ARTABROS		No sale												
Masculino 50 (22)		5,4 km 175 m 9 C												
		1(144)	2(134)	3(138)	4(133)	5(131)	6(117)	7(109)	8(151)	9(200)	Meta			
1	Chas Gómez Roberto Betanzos OP BETANZO	46:48	8:14	14:06	16:49	19:38	22:56	32:18	39:07	44:05	46:12	46:48	5:34	
			8:14	5:52	2:43	2:49	3:18	9:22	6:49	4:58	2:07	0:36	*127	
2	Traveso Rodríguez San A Coruña ARTABROS	52:50	8:07	14:10	17:18	21:04	25:25	35:53	43:37	48:22	52:08	52:50		
			8:07	6:03	3:08	3:46	4:21	10:28	7:44	4:45	3:46	0:42		
3	López Peiteado Antoni Culleredo GALLAECIA_	57:43	9:44	16:39	19:18	23:21	30:38	41:43	48:50	55:07	57:05	57:43		
			9:44	6:55	2:39	4:03	7:17	11:05	7:07	6:17	1:58	0:38		
4	García Domínguez Jos Culleredo GALLAECIA_	1:00:05	7:42	26:27	28:55	32:26	36:20	45:35	52:13	57:27	59:22	1:00:05		
			7:42	18:45	2:28	3:31	3:54	9:15	6:38	5:14	1:55	0:43		

os	Nombre	Tiempo														
<i>Iniciación Curta (22)</i>		2,3 km 70 m				14 C				<i>(cont.)</i>						
		1(111) Meta	2(107)	3(106)	4(114)	5(113)	6(124)	7(125)	8(126)	9(127)	10(112)	11(150)	12(151)	13(153)	14(200)	
2	Rodríguez Seijo Noa As Neves VIZHOJA-COR	39:30 3:24 5:25 39:30 0:57	5:25 2:01	9:33 4:08	11:17 1:44	14:31 3:14	17:01 2:30	18:12 1:11	21:53 3:41	24:33 2:40	31:07 6:34	33:06 1:59	34:04 0:58	36:55 2:51	38:33 1:38	
3	Camblor Bello EnoI Culleredo GALLAECIA_	49:07 5:52 9:58 49:07 1:39	5:52 4:06	11:00 1:02	12:53 1:53	14:37 1:44	15:51 1:14	17:13 1:22	19:35 2:22	23:47 4:12	32:37 8:50	38:31 5:54	39:07 0:36	43:53 4:46	47:28 3:35	
4	Baamonde Abelleira Ad Porto do Son ADC_AR	49:47 6:06 9:41 49:47 1:17	6:06 3:35	12:00 2:19	14:55 2:55	19:50 4:55	24:37 4:47	26:53 2:16	29:17 2:24	31:53 2:36	38:10 6:17	41:38 3:28	43:22 1:44	46:09 2:47	48:30 2:21	
5	Pérez Fernández De Có INDEPENDIENTE	54:53 12:59 2:17 12:59 54:53 1:04	15:16 2:17	17:43 2:27	22:35 4:52	24:37 2:02	27:39 3:02	28:49 1:10	38:26 9:37	40:29 2:03	46:17 5:48	48:15 1:58	49:25 1:10	51:53 2:28	53:49 1:56	
6	Serantes Maceiras José INDEPENDIENTE	1:06:37 12:41 6:11 1:06:37 1:56	18:52 6:11	20:25 1:33	23:27 3:02	27:59 4:32	32:01 4:02	34:23 2:22	37:55 3:32	41:46 3:51	51:00 9:14	53:28 2:28	55:14 1:46	1:00:19 5:05	1:04:41 4:22	
7	Ortiz Purriños Lara A Coruña LICEO	1:09:04 5:53 9:43 1:09:04 1:10	5:53 3:50	9:43 5:59	15:42 3:45	19:27 4:46	24:13 4:15	28:28 4:15	31:08 2:40	36:45 5:37	44:25 7:40	53:21 8:56	57:29 4:08	59:26 1:57	1:04:13 4:47	1:07:54 3:41
8	Castrillon Morais Ague A Coruña LICEO	1:09:14 5:58 9:46 1:09:14 1:17	5:58 3:48	15:50 6:04	19:27 3:37	24:14 4:47	28:29 4:15	31:08 2:39	36:49 5:41	44:25 7:36	53:35 9:10	57:39 4:04	59:34 1:55	1:04:16 4:42	1:07:57 3:41	
9	Sines García Paula A Coruña LICEO	1:09:16 6:08 9:54 1:09:16 1:09	6:08 3:46	16:01 6:07	19:36 3:35	24:18 4:42	28:42 4:24	31:25 2:43	36:51 5:26	44:33 7:42	53:40 9:07	57:37 3:57	59:41 2:04	1:04:21 4:40	1:08:07 3:46	
10	Pardo Villaverde Maria A Coruña LICEO	1:10:41 14:20 2:49 1:10:41 1:40	17:09 2:49	19:54 2:45	23:25 3:31	29:24 5:59	32:54 3:30	34:29 1:35	37:37 3:08	43:41 6:04	53:03 9:22	57:28 4:25	59:32 2:04	1:05:03 5:31	1:09:01 3:58	
11	Peña Álvarez Simón Culleredo GALLAECIA_	1:12:08 6:18 10:35 1:12:08 0:52	6:18 4:17	13:10 2:35	18:27 5:17	26:31 8:04	32:30 5:59	34:31 2:01	37:11 2:40	40:54 3:43	57:14 16:20	1:03:05 5:51	1:04:29 1:24	1:07:53 3:24	1:11:16 3:23	
12	González Fernández D INDEPENDIENTE	1:12:09 6:14 10:30 1:12:09 0:57	6:14 4:16	13:06 2:36	18:17 5:11	26:31 8:14	32:20 5:49	34:23 2:03	36:53 2:30	40:49 3:56	57:10 16:21	1:03:11 6:01	1:04:37 1:26	1:07:53 3:16	1:11:12 3:19	
13	González Martínez Bru INDEPENDIENTE	1:12:10 6:10 10:30 1:12:10 0:53	6:10 4:20	13:11 2:41	18:19 5:08	26:37 8:18	32:25 5:48	34:28 2:03	37:08 2:40	40:58 3:50	57:13 16:15	1:03:04 5:51	1:04:33 1:29	1:07:54 3:21	1:11:17 3:23	
14	Peña Álvarez Inés Culleredo GALLAECIA_	1:12:25 8:31 12:13 1:12:25 1:01	8:31 3:42	13:56 1:43	19:26 5:30	27:15 7:49	33:06 5:51	35:35 2:29	38:10 2:35	41:24 3:14	57:47 16:23	1:03:21 5:34	1:04:39 1:18	1:08:54 4:15	1:11:24 2:30	
15	González Martínez Mart INDEPENDIENTE	1:12:35 7:09 10:32 1:12:35 1:17	7:09 3:23	13:39 3:07	18:44 5:05	27:33 8:49	32:40 5:07	35:33 2:53	37:55 2:22	41:19 3:24	59:14 17:55	1:03:33 4:19	1:04:50 1:17	1:07:49 2:59	1:11:18 3:29	
16	Álvarez Fandiño Martín INDEPENDIENTE	1:12:46 6:06 10:35 1:12:46 1:06	6:06 4:29	13:44 3:09	19:30 5:46	28:07 8:37	33:16 5:09	35:24 2:08	38:25 3:01	41:25 3:00	57:15 15:50	1:03:45 6:30	1:05:03 1:18	1:08:20 3:17	1:11:40 3:20	
17	Álvarez Fandiño Erea INDEPENDIENTE	1:13:20 6:58 10:23 1:13:20 1:42	6:58 3:25	12:55 2:32	18:17 5:22	27:57 9:40	32:27 4:30	35:52 3:25	38:07 2:15	41:31 3:24	56:51 15:20	1:02:46 5:55	1:04:17 1:31	1:08:35 4:18	1:11:38 3:03	
18	Taibo Cancela Sofia INDEPENDIENTE	1:13:34 6:15 10:36 1:13:34 1:36	6:15 4:21	13:16 2:40	18:28 5:12	27:13 8:45	32:24 5:11	34:32 2:08	37:10 2:38	41:01 3:51	57:19 16:18	1:03:39 6:20	1:05:21 1:42	1:08:38 3:17	1:11:58 3:20	
19	Rodriguez Reboredo J Culleredo GALLAECIA_	1:17:01 6:36 11:18 1:17:01 1:28	6:36 4:42	13:27 2:09	16:47 3:20	24:40 7:53	28:08 3:28	31:06 2:58	39:44 8:38	44:06 4:22	55:03 10:57	1:03:54 8:51	1:05:38 1:44	1:09:25 3:47	1:15:33 6:08	
	González Fernández Ál INDEPENDIENTE	en tarj. 8:28 1:14:58 2:04	11:14 2:46	13:11 1:57	18:30 5:19	27:26 8:56	32:14 4:48	35:25 3:11	38:11 2:46	41:48 3:37	59:03 17:15	1:03:55 4:52	-----	1:09:40 5:45	1:12:54 3:14	

os	Nombre	Tiempo														
Iniciación Curta (22)			2,3 km 70 m			14 C			<i>(cont.)</i>							
		1(111) Meta	2(107)	3(106)	4(114)	5(113)	6(124)	7(125)	8(126)	9(127)	10(112)	11(150)	12(151)	13(153)	14(200)	
	Fernández Santos Vera	No sale														
	Porto do Son ADC_AR	No sale														
	Orizales Grande Icia	No sale														
	Culleredo GALLAECIA_															
Iniciación Longa (23)			3,0 km 120 m			14 C										
		1(111) Meta	2(107)	3(106)	4(114)	5(115)	6(116)	7(123)	8(125)	9(126)	10(146)	11(148)	12(151)	13(153)	14(200)	
1	Rodríguez León Jesús	29:56	2:36	3:54	4:26	5:28	7:55	9:33	12:28	13:51	14:59	20:45	22:32	26:16	27:45	29:09
	O Barco de Valde TREV		2:36	1:18	0:32	1:02	2:27	1:38	2:55	1:23	1:08	5:46	1:47	3:44	1:29	1:24
			29:56													
			0:47													
2	Romero Agra Nestor	30:56	2:37	3:39	5:43	6:59	10:04	11:52	15:05	16:32	17:37	20:08	24:35	28:09	29:11	30:18
	INDEPENDIENTE		2:37	1:02	2:04	1:16	3:05	1:48	3:13	1:27	1:05	2:31	4:27	3:34	1:02	1:07
			30:56													
			0:38													
3	Núñez Otero Pablo	31:15	2:50	3:59	4:58	6:06	9:14	10:45	14:33	16:14	17:21	20:05	21:24	27:10	28:57	30:22
	INDEPENDIENTE		2:50	1:09	0:59	1:08	3:08	1:31	3:48	1:41	1:07	2:44	1:19	5:46	1:47	1:25
			31:15													
			0:53													
4	Pazos Porta Antonio	37:54	3:23	5:03	5:50	7:30	10:47	12:30	15:22	17:16	18:56	21:21	22:25	28:41	30:16	37:10
	A Coruña LICEO		3:23	1:40	0:47	1:40	3:17	1:43	2:52	1:54	1:40	2:25	1:04	6:16	1:35	6:54
			37:54													
			0:44													
5	Bretal Bazarra Ventura	41:07	2:42	4:31	8:41	9:38	13:11	14:52	23:00	24:25	26:35	29:48	31:01	35:46	38:16	40:20
	INDEPENDIENTE		2:42	1:49	4:10	0:57	3:33	1:41	8:08	1:25	2:10	3:13	1:13	4:45	2:30	2:04
			41:07													
			0:47													
6	Busto Domínguez Myry	48:10	3:13	4:42	7:38	8:39	12:23	23:24	27:30	29:18	30:43	33:06	34:05	43:28	45:30	47:22
	A Coruña LICEO		3:13	1:29	2:56	1:01	3:44	11:01	4:06	1:48	1:25	2:23	0:59	9:23	2:02	1:52
			48:10													
			0:48													
7	González Alonso María	51:20	3:19	5:04	6:21	8:28	12:28	14:30	29:14	30:32	32:12	37:46	39:41	46:47	48:39	50:37
	INDEPENDIENTE		3:19	1:45	1:17	2:07	4:00	2:02	14:44	1:18	1:40	5:34	1:55	7:06	1:52	1:58
			51:20													
			0:43													
8	Couto Villar Francisco	52:19	8:22	10:54	18:02	19:25	23:59	26:32	32:21	35:09	37:40	40:33	42:13	48:00	49:54	51:15
	INDEPENDIENTE		8:22	2:32	7:08	1:23	4:34	2:33	5:49	2:48	2:31	2:53	1:40	5:47	1:54	1:21
			52:19													
			1:04													
9	Reboredo Zapata Brun	57:41	6:51	8:46	9:37	11:39	17:58	21:17	29:31	31:58	35:41	40:32	42:51	52:30	55:06	56:55
	Culleredo GALLAECIA_		6:51	1:55	0:51	2:02	6:19	3:19	8:14	2:27	3:43	4:51	2:19	9:39	2:36	1:49
			57:41													
			0:46													
10	De Castro Garcia Pedr	1:02:17	3:02	4:39	14:43	15:37	18:35	35:45	43:24	45:10	46:47	49:36	50:39	55:42	1:00:17	1:01:42
	Culleredo GALLAECIA_		3:02	1:37	10:04	0:54	2:58	17:10	7:39	1:46	1:37	2:49	1:03	5:03	4:35	1:25
			1:02:17													
			0:35													
11	González Muñiz Cristin	1:10:34	4:45	7:35	8:58	10:51	16:05	19:33	33:37	37:47	42:56	51:18	54:13	1:04:02	1:06:42	1:08:40
	INDEPENDIENTE		4:45	2:50	1:23	1:53	5:14	3:28	14:04	4:10	5:09	8:22	2:55	9:49	2:40	1:58
			1:10:34													
			1:54													
			*122													
			*124													
12	Roca Santiuste Benjam	1:16:18	6:21	9:04	11:02	13:53	22:50	28:50	36:13	39:08	42:40	50:45	53:59	1:09:17	1:12:20	1:15:20
	A Coruña ARTABROS		6:21	2:43	1:58	2:51	8:57	6:00	7:23	2:55	3:32	8:05	3:14	15:18	3:03	3:00
			1:16:18													
			0:58													
13	Calviño Ramallo Manue	1:20:18	6:58	11:01	13:08	15:44	27:35	33:12	39:38	45:00	47:23	55:36	58:16	1:10:50	1:13:51	1:17:53
	Santiago de Comp US		6:58	4:03	2:07	2:36	11:51	5:37	6:26	5:22	2:23	8:13	2:40	12:34	3:01	4:02
			1:20:18													
			2:25													
14	Lorenzo Ugartemendia	1:20:28	7:37	11:01	13:13	15:59	27:12	33:11	40:09	45:00	47:51	53:37	57:01	1:10:40	1:14:29	1:17:48
	INDEPENDIENTE		7:37	3:24	2:12	2:46	11:13	5:59	6:58	4:51	2:51	5:46	3:24	13:39	3:49	3:19
			1:20:28													
			2:40													
15	Sampedro Rego Maria	1:20:41	7:52	11:06	13:24	16:13	27:29	33:39	40:31	45:16	48:02	54:46	57:26	1:10:56	1:14:30	1:18:10
	Santiago de Comp US		7:52	3:14	2:18	2:49	11:16	6:10	6:52	4:45	2:46	6:44	2:40	13:30	3:34	3:40
			1:20:41													
			2:31													
16	Reboredo Zapata Gabri	1:20:48	7:31	10:46	13:28	17:37	27:25	33:15	40:41	44:07	48:15	54:20	57:03	1:11:50	1:15:47	1:18:48
	Culleredo GALLAECIA_		7:31	3:15	2:42	4:09	9:48	5:50	7:26	3:26	4:08	6:05	2:43	14:47	3:57	3:01
			1:20:48													
			2:00													
			*122													
17	Ferreiro Fandiño Xairo	1:20:52	7:31	10:56	13:27	17:43	27:56	32:22	40:57	44:20	48:19	54:22	57:05	1:12:02	1:15:50	1:19:10
	Culleredo GALLAECIA_		7:31	3:25	2:31	4:16	10:13	4:26	8:35	3:23	3:59	6:03	2:43	14:57	3:48	3:20
			1:20:52													
			1:42													

os	Nombre	Tiempo														
Iniciación Longa (23)			3,0 km 120 m				14 C				<i>(cont.)</i>					
		1(111) Meta	2(107)	3(106)	4(114)	5(115)	6(116)	7(123)	8(125)	9(126)	10(146)	11(148)	12(151)	13(153)	14(200)	
18	Ameal Rodríguez Diana Culleredo GALLAECIA_	1:20:57	7:05 7:05 1:20:57 1:55	10:35 3:30	13:06 2:31	17:16 4:10	26:56 9:40	32:48 5:52	40:34 7:46	44:08 3:34	48:09 4:01	54:33 6:24	57:47 3:14	1:11:48 14:01	1:16:02 4:14	1:19:02 3:00
19	Andollo López Aroa INDEPENDIENTE	1:26:20	4:59 4:59 1:26:20 1:54	9:15 4:16	11:43 2:28	14:20 2:37	25:38 11:18	31:48 6:10	43:29 11:41	48:58 5:29	52:23 3:25	1:00:09 7:46	1:03:42 3:33	1:17:34 13:52	1:21:08 3:34	1:24:26 3:18
20	Termenón Pintos Jorge INDEPENDIENTE	2:07:05	7:32 7:32 2:07:05 2:22	10:31 2:59	12:00 1:29	15:38 3:38	30:00 14:22	43:45 13:45	1:16:35 32:50	1:23:41 7:06	1:28:43 5:02	1:39:11 10:28	1:42:16 3:05	1:56:55 14:39	2:00:18 3:23	2:04:43 4:25
	Blanco Porto Raul INDEPENDIENTE	en tarj.	3:35 3:35 37:29 0:42	4:53 1:18	5:31 0:38	6:54 1:23	11:25 4:31	13:46 2:21	----- -----	24:46 11:00	26:54 2:08	28:43 1:49	30:05 1:22	34:08 4:03	35:40 1:32	36:47 1:07
	Reboredo Patiño Félix Culleredo GALLAECIA_	en tarj.	6:51 6:51 57:37 0:45	----- -----	9:42 2:51	11:36 1:54	17:54 6:18	21:20 3:26	29:29 8:09	32:11 2:42	----- -----	40:33 8:22	42:49 2:16	52:25 9:36	----- -----	56:52 4:27
	Miguez Rey Maria Culleredo GALLAECIA_	en tarj.	6:56 6:56 1:27:35 1:14	10:35 3:39	20:14 9:39	22:08 1:54	30:25 8:17	34:22 3:57	----- -----	57:59 23:37	1:00:29 2:30	1:06:23 5:54	1:09:25 3:02	1:20:39 11:14	1:23:48 3:09	1:26:21 2:33
Masculino 12 NC (1)			2,8 km 75 m				12 C									
		1(111)	2(107)	3(114)	4(115)	5(121)	6(125)	7(126)	8(127)	9(112)	10(150)	11(153)	12(200)	Meta		
1	Rocha Cuiña Lucas LUGO COMPÁS	1:29:09	6:57 6:57	10:43 3:46	15:46 5:03	36:14 20:28	46:22 10:08	52:44 6:22	56:53 4:09	1:01:56 5:03	1:11:13 9:17	1:16:30 5:17	1:22:44 6:14	1:26:43 3:59	1:29:09 2:26	
Masculino 55 (8)			5,2 km 200 m				8 C									
		1(146)	2(128)	3(131)	4(138)	5(122)	6(108)	7(154)	8(200)	Meta						
1	Diaz Falcon Gilberto Pontevedra AROMON	1:07:23	7:37 7:37	18:47 11:10	23:58 5:11	33:29 9:31	49:08 15:39	56:20 7:12	1:04:17 7:57	1:06:18 2:01	1:07:23 1:05					
2	Mancera Bello Alfonso A Coruña ARTABROS	1:08:20	9:15 9:15	20:18 11:03	24:58 4:40	33:45 8:47	52:44 18:59	58:46 6:02	1:05:44 6:58	1:07:35 1:51	1:08:20 0:45					
3	Romero Capa Carlos M Pontevedra AROMON	1:18:25	8:17 8:17	24:18 16:01	28:53 4:35	35:48 6:55	55:14 19:26	1:08:24 13:10	1:14:34 6:10	1:17:38 3:04	1:18:25 0:47					
4	Roibas Yañez Juan Jos A Coruña ARTABROS	1:24:11	10:11 10:11	21:37 11:26	27:03 5:26	35:18 8:15	1:03:12 27:54	1:11:22 8:10	1:20:28 9:06	1:23:00 2:32	1:24:11 1:11					
5	Sande Rodríguez Fran Ferrol MONTAÑA_FERR	1:26:32	11:39 11:39	27:15 15:36	32:14 4:59	41:45 9:31	1:03:59 22:14	1:12:53 8:54	1:22:14 9:21	1:24:54 2:40	1:26:32 1:38					
6	Carballo Fernández Ju Culleredo GALLAECIA_	1:32:36	11:05 11:05	23:27 12:22	28:50 5:23	41:09 12:19	1:07:20 26:11	1:16:04 8:44	1:28:14 12:10	1:30:59 2:45	1:32:36 1:37					
7	Sampedro Muñiz Ramó Santiago de Comp US	1:35:16	11:21 11:21	26:58 15:37	33:57 6:59	51:44 17:47	1:12:38 20:54	1:22:05 9:27	1:31:20 9:15	1:33:47 2:27	1:35:16 1:29					
8	Pazos Miser Rafael Culleredo GALLAECIA_	1:35:48	10:12 10:12	25:52 15:40	32:01 6:09	52:50 20:49	1:12:37 19:47	1:22:06 9:29	1:32:20 10:14	1:34:27 2:07	1:35:48 1:21					
Feminino 55 (7)			3,4 km 150 m				8 C									
		1(144)	2(117)	3(102)	4(109)	5(106)	6(150)	7(152)	8(200)	Meta						
1	Fernandez Riveiro Fer LUGO FLUVIAL_LUGO	1:15:02	17:10 17:10	24:49 7:39	37:53 13:04	41:49 3:56	1:04:39 22:50	1:09:04 4:25	1:10:48 1:44	1:14:09 3:21	1:15:02 0:53					
2	Díaz Rodríguez Yoland Pontevedra AROMON	1:17:22	17:02 17:02	26:54 9:52	48:01 21:07	54:27 6:26	1:03:59 9:32	1:08:45 4:46	1:11:10 2:25	1:15:48 4:38	1:17:22 1:34					
3	Durán Pernas Remedio O Barco de Valde TREV	1:21:07	17:11 17:11	31:50 14:39	45:35 13:45	48:45 3:10	1:11:37 22:52	1:15:01 3:24	1:16:38 1:37	1:20:13 3:35	1:21:07 0:54					
4	Fernández Santiago Ma Culleredo GALLAECIA_	1:32:24	21:46 21:46	32:25 10:39	56:32 24:07	1:07:18 10:46	1:15:57 8:39	1:22:17 6:20	1:25:23 3:06	1:30:41 5:18	1:32:24 1:43					
5	Naya López Mª José A Coruña LICEO	1:47:42	17:02 17:02	42:38 25:36	1:09:21 26:43	1:14:51 5:30	1:30:07 15:16	1:35:49 5:42	1:38:06 2:17	1:46:34 8:28	1:47:42 1:08					
	Ponte Pena Mª Elena A Coruña ARTABROS	en tarj.	24:48 24:48	51:08 26:20	----- -----	1:40:53 49:45	----- -----	1:57:45 16:52	2:00:44 2:59	2:05:39 4:55	2:07:31 1:52					
	López Suárez María Do Culleredo GALLAECIA_	andona	40:30 40:30	1:09:14 28:44	1:28:31 19:17	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----					
Masculino 55 NC (1)			5,2 km 200 m				8 C									
		1(146)	2(128)	3(131)	4(138)	5(122)	6(108)	7(154)	8(200)	Meta						
1	Selga San José José PEÑA GUARA	1:46:15	23:21 23:21	39:32 16:11	46:40 7:08	58:22 11:42	1:16:38 18:16	1:32:34 15:56	1:42:18 9:44	1:45:06 2:48	1:46:15 1:09					