

os	Dors	Nome	Tempo													
Feminino 12 (7)				2,9 km	75 m	15 C										
				1(107)	2(105)	3(103)	4(104)	5(115)	6(109)	7(122)	8(127)	9(135)	10(138)	11(141)		
				12(146)	13(147)	14(171)	15(200)	Meta								
1	4354	Albarran Oroza, Noa Culleredo GALLAECIA_RAID	34:55,0	3:34,0	4:53,0	5:42,0	7:07,0	8:20,0	11:06,0	14:07,0	15:25,0	20:19,0	22:09,0	24:51,0		
				3:34,0	1:19,0	0:49,0	1:25,0	1:13,0	2:46,0	3:01,0	1:18,0	4:54,0	1:50,0	2:42,0		
				28:02,0	29:57,0	32:32,0	34:23,0	34:55,9								
				3:11,0	1:55,0	2:35,0	1:51,0	0:32,9								
2	4291	Sevilla Poncela, Elba A Coruña ARTABROS	43:06,0	3:54,0	5:37,0	6:45,0	8:23,0	10:29,0	16:50,0	19:40,0	21:16,0	24:52,0	26:53,0	27:42,0		
				3:54,0	1:43,0	1:08,0	1:38,0	2:06,0	6:21,0	2:50,0	1:36,0	3:36,0	2:01,0	0:49,0		
				36:13,0	38:21,0	40:38,0	42:33,0	43:06,0								
				8:31,0	2:08,0	2:17,0	1:55,0	0:33,0								
3	4350	Rodríguez Loira, Blanca Vigo U-VIGO	46:47,0	3:54,0	13:52,0	14:40,0	16:03,0	17:25,0	20:08,0	23:17,0	24:36,0	29:16,0	31:24,0	33:45,0		
				3:54,0	9:58,0	0:48,0	1:23,0	1:22,0	2:43,0	3:09,0	1:19,0	4:40,0	2:08,0	2:21,0		
				37:56,0	39:33,0	42:56,0	45:56,0	46:47,0								
				4:11,0	1:37,0	3:23,0	3:00,0	0:51,0								
	6369	Rodríguez Reboredo, Julia Culleredo GALLAECIA_RAID	Error en	6:38,0	7:57,0	9:32,0	13:56,0	15:20,0	20:58,0	24:14,0	28:08,0	35:44,0	39:10,0	40:01,0		
				6:38,0	1:19,0	1:35,0	4:24,0	1:24,0	5:38,0	3:16,0	3:54,0	7:36,0	3:26,0	0:51,0		
				-----	-----	-----	-----	-----	27:24,0							
								47:23,0								
nc	6373	Seoane Seijas, Eva Culleredo GALLAECIA_RAID	1:16:07,	11:24,0	13:47,0	16:28,0	20:08,0	22:25,0	28:42,0	34:59,0	39:17,0	46:45,0	51:33,0	54:07,0		
				11:24,0	2:23,0	2:41,0	3:40,0	2:17,0	6:17,0	6:17,0	4:18,0	7:28,0	4:48,0	2:34,0		
				1:00:23,0	1:05:21,0	1:10:44,0	1:15:20,0	1:16:07,0								
				6:16,0	4:58,0	5:23,0	4:36,0	0:47,0								
nc	6742	Rocha Cuiña, Leire LUGO COMPÁS	1:19:50,	9:01,0	11:31,0	14:09,0	18:28,0	21:39,0	28:09,0	33:35,0	38:22,0	45:55,0	51:09,0	57:17,0		
				9:01,0	2:30,0	2:38,0	4:19,0	3:11,0	6:30,0	5:26,0	4:47,0	7:33,0	5:14,0	6:08,0		
				1:04:35,0	1:07:45,0	1:14:00,0	1:17:58,0	1:19:50,0								
				7:18,0	3:10,0	6:15,0	3:58,0	1:52,0								
nc	4379	Cubeiro Suárez, Délia Culleredo GALLAECIA_RAID	Error en	6:25,0	9:48,0	11:48,0	15:06,0	17:35,0	22:59,0	29:40,0	31:53,0	41:55,0	47:20,0	50:35,0		
				6:25,0	3:23,0	2:00,0	3:18,0	2:29,0	5:24,0	6:41,0	2:13,0	10:02,0	5:25,0	3:15,0		
				-----	1:35:33,0	1:39:23,0	1:42:53,0	1:43:29,5								
					44:58,0	3:50,0	3:30,0	0:36,5								
Feminino 14 (6)				3,0 km	95 m	17 C										
				1(109)	2(105)	3(103)	4(104)	5(115)	6(114)	7(125)	8(127)	9(135)	10(141)	11(143)		
				12(149)	13(148)	14(146)	15(159)	16(171)	17(200)	Meta						
1	4353	Albarran Oroza, Jana Culleredo GALLAECIA_RAID	28:49,0	2:07,0	3:54,0	4:44,0	5:54,0	7:17,0	8:00,0	11:49,0	12:35,0	15:18,0	16:49,0	17:36,0		
				2:07,0	1:47,0	0:50,0	1:10,0	1:23,0	0:43,0	3:49,0	0:46,0	2:43,0	1:31,0	0:47,0		
				19:08,0	21:05,0	22:37,0	25:03,0	26:54,0	28:24,0	28:49,2						
				1:32,0	1:57,0	1:32,0	2:26,0	1:51,0	1:30,0	0:25,2						
2	4241	Rodríguez Díaz, Sira Pontevedra AROMON	31:23,0	2:05,0	3:35,0	4:31,0	5:57,0	6:50,0	7:46,0	11:19,0	12:06,0	15:16,0	17:42,0	18:36,0		
				2:05,0	1:30,0	0:56,0	1:26,0	0:53,0	0:56,0	3:33,0	0:47,0	3:10,0	2:26,0	0:54,0		
				20:08,0	21:30,0	23:16,0	26:15,0	29:25,0	30:57,0	31:23,2						
				1:32,0	1:22,0	1:46,0	2:59,0	3:10,0	1:32,0	0:26,2						
3	4341	Pastoriza Cordero, Maria Vigo U-VIGO	39:20,0	2:31,0	5:36,0	6:48,0	8:02,0	10:27,0	11:59,0	15:44,0	17:37,0	21:55,0	25:35,0	26:52,0		
				2:31,0	3:05,0	1:12,0	1:14,0	2:25,0	1:32,0	3:45,0	1:53,0	4:18,0	3:40,0	1:17,0		
				28:30,0	29:52,0	31:54,0	34:56,0	37:25,0	38:45,0	39:20,0						
				1:38,0	1:22,0	2:02,0	3:02,0	2:29,0	1:20,0	0:35,0						
4	4380	Cubeiro Suárez, Sira Culleredo GALLAECIA_RAID	46:16,0	3:31,0	7:03,0	7:52,0	9:23,0	10:55,0	11:40,0	17:47,0	19:06,0	22:53,0	27:10,0	29:33,0		
				3:31,0	3:32,0	0:49,0	1:31,0	1:32,0	0:45,0	6:07,0	1:19,0	3:47,0	4:17,0	2:23,0		
				30:52,0	33:21,0	35:12,0	39:08,0	41:39,0	45:47,0	46:16,0						
				1:19,0	2:29,0	1:51,0	3:56,0	2:31,0	4:08,0	0:29,0						
5	4396	Garcia Castro, Sara Culleredo GALLAECIA_RAID	57:39,0	3:17,0	6:05,0	7:10,0	8:38,0	18:36,0	19:49,0	30:04,0	31:09,0	35:40,0	37:29,0	38:42,0		
				3:17,0	2:48,0	1:05,0	1:28,0	9:58,0	1:13,0	10:15,0	1:05,0	4:31,0	1:49,0	1:13,0		
				40:14,0	46:40,0	48:54,0	52:43,0	55:20,0	57:01,0	57:39,0						
				1:32,0	6:26,0	2:14,0	3:49,0	2:37,0	1:41,0	0:38,0						
6	6511	Agudo Calvelo, Marta O Barco de Valde TREVINCA	1:14:59,	4:46,0	10:37,0	19:42,0	20:59,0	22:31,0	23:54,0	37:42,0	39:34,0	43:58,0	51:53,0	52:33,0		
				4:46,0	5:51,0	9:05,0	1:17,0	1:32,0	1:23,0	13:48,0	1:52,0	4:24,0	7:55,0	0:40,0		
				58:13,0	1:03:17,0	1:06:06,0	1:08:45,0	1:12:24,0	1:14:08,0	1:14:59,0						
				5:40,0	5:04,0	2:49,0	2:39,0	3:39,0	1:44,0	0:51,0						
Feminino 16 (5)				3,2 km	110 m	17 C										
				1(105)	2(103)	3(104)	4(114)	5(122)	6(128)	7(125)	8(133)	9(135)	10(137)	11(141)		
				12(149)	13(146)	14(159)	15(170)	16(173)	17(200)	Meta						
1	4356	Albarran Oroza, Daniela Culleredo GALLAECIA_RAID	35:26,0	3:22,0	4:08,0	4:56,0	6:24,0	8:37,0	9:50,0	11:36,0	15:44,0	16:58,0	18:02,0	19:27,0		
				3:22,0	0:46,0	0:48,0	1:28,0	2:13,0	1:13,0	1:46,0	4:08,0	1:14,0	1:04,0	1:25,0		
				23:21,0	26:32,0	29:29,0	31:22,0	34:12,0	35:01,0	35:26,9						
				3:54,0	3:11,0	2:57,0	1:53,0	2:50,0	0:49,0	0:25,9						
2	4479	Somoza Seoane, Carla Culleredo GALLAECIA_RAID	40:46,0	5:58,0	6:38,0	7:36,0	9:27,0	11:55,0	13:48,0	15:13,0	18:26,0	20:15,0	21:14,0	22:21,0		
				5:58,0	0:40,0	0:58,0	1:51,0	2:28,0	1:53,0	1:25,0	3:13,0	1:49,0	0:59,0	1:07,0		
				25:24,0	29:09,0	31:11,0	36:26,0	39:39,0	40:20,0	40:46,0						
				3:03,0	3:45,0	2:02,0	5:15,0	3:13,0	0:41,0	0:26,0						

os	Dors	Nome	Tempo												
Feminino 16 (5)				3,2 km 110 m			17 C					<i>(cont.)</i>			
				1(105)	2(103)	3(104)	4(114)	5(122)	6(128)	7(125)	8(133)	9(135)	10(137)	11(141)	
				12(149)	13(146)	14(159)	15(170)	16(173)	17(200)	Meta					
3	4805	Lamela Belver, Estrella LUGO COMPÁS	50:26,0	4:02,0	5:00,0	6:25,0	8:28,0	11:18,0	16:01,0	19:29,0	23:47,0	24:55,0	26:06,0	27:32,0	
				4:02,0	0:58,0	1:25,0	2:03,0	2:50,0	4:43,0	3:28,0	4:18,0	1:08,0	1:11,0	1:26,0	
				30:04,0	33:35,0	36:14,0	45:17,0	49:19,0	49:57,0	50:26,9					
				2:32,0	3:31,0	2:39,0	9:03,0	4:02,0	0:38,0	0:29,9					
4	4816	Rodríguez Sobrado, Lia LUGO COMPÁS	50:59,0	4:39,0	6:38,0	7:50,0	12:08,0	15:11,0	16:22,0	18:08,0	22:29,0	25:23,0	27:52,0	29:43,0	
				4:39,0	1:59,0	1:12,0	4:18,0	3:03,0	1:11,0	1:46,0	4:21,0	2:54,0	2:29,0	1:51,0	
				32:02,0	37:34,0	39:49,0	45:50,0	49:23,0	50:28,0	50:59,6					
				2:19,0	5:32,0	2:15,0	6:01,0	3:33,0	1:05,0	0:31,6					
4799	García Díaz, Andrea LUGO COMPÁS	Abando	6:21,0	7:00,0	7:48,0	9:34,0	11:55,0	13:15,0	14:34,0	18:29,0	19:24,0	20:29,0	22:47,0		
				6:21,0	0:39,0	0:48,0	1:46,0	2:21,0	1:20,0	1:19,0	3:55,0	0:55,0	1:05,0	2:18,0	
				-----	-----	-----	-----	-----	-----	1:01:07,9					
				38:20,9											
Feminino 18 (2)				3,9 km 160 m			20 C								
				1(111)	2(106)	3(101)	4(104)	5(105)	6(118)	7(168)	8(169)	9(160)	10(145)	11(143)	
				12(151)	13(153)	14(154)	15(139)	16(132)	17(129)	18(126)	19(121)	20(200)	Meta		
1	4346	Pérez Álvarez, Julia Vigo U-VIGO	1:02:02,	3:26,0	5:14,0	8:33,0	9:42,0	11:34,0	16:42,0	21:28,0	25:29,0	28:26,0	33:12,0	36:19,0	
				3:26,0	1:48,0	3:19,0	1:09,0	1:52,0	5:08,0	4:46,0	4:01,0	2:57,0	4:46,0	3:07,0	
				39:20,0	40:45,0	42:16,0	49:51,0	53:29,0	54:46,0	56:26,0	58:32,0	1:01:26,0	1:02:02,0		
				3:01,0	1:25,0	1:31,0	7:35,0	3:38,0	1:17,0	1:40,0	2:06,0	2:54,0	0:36,0		
2	4416	López López, Silvia Culleredo GALLAECIA_RAID	1:31:35,	3:39,0	9:18,0	12:54,0	14:15,0	15:39,0	29:09,0	35:51,0	39:53,0	42:22,0	48:13,0	51:12,0	
				3:39,0	5:39,0	3:36,0	1:21,0	1:24,0	13:30,0	6:42,0	4:02,0	2:29,0	5:51,0	2:59,0	
				57:03,0	1:01:15,0	1:02:18,0	1:09:46,0	1:17:21,0	1:20:57,0	1:24:26,0	1:30:55,0	1:31:35,2	0:40,2		
				5:51,0	4:12,0	1:03,0	7:28,0	4:36,0	2:59,0	3:36,0	3:29,0	6:29,0	0:40,2		
Feminino 21 A (2)				3,9 km 160 m			20 C								
				1(111)	2(106)	3(101)	4(104)	5(105)	6(118)	7(168)	8(169)	9(160)	10(145)	11(143)	
				12(151)	13(153)	14(154)	15(139)	16(132)	17(129)	18(126)	19(121)	20(200)	Meta		
1	4596	Queiruga Romay, María Porto do Son ADC_ARNELA	1:08:31,	3:27,0	6:17,0	9:21,0	10:24,0	11:30,0	18:08,0	23:41,0	28:30,0	31:22,0	37:04,0	39:09,0	
				3:27,0	2:50,0	3:04,0	1:03,0	1:06,0	6:38,0	5:33,0	4:49,0	2:52,0	5:42,0	2:05,0	
				41:39,0	42:57,0	45:29,0	52:27,0	56:08,0	58:15,0	1:02:33,0	1:05:29,0	1:07:54,0	1:08:31,1		
				2:30,0	1:18,0	2:32,0	6:58,0	3:41,0	2:07,0	4:18,0	2:56,0	2:25,0	0:37,1		
4597	Queiruga Romay, Raquel Porto do Son ADC_ARNELA	Error en	3:21,0	5:08,0	7:41,0	8:46,0	9:58,0	15:03,0	19:27,0	25:32,0	28:56,0	34:13,0	43:27,0		
				3:21,0	1:47,0	2:33,0	1:05,0	1:12,0	5:05,0	4:24,0	6:05,0	3:24,0	5:17,0	9:14,0	
				48:06,0	49:30,0	55:09,0	1:01:03,0	1:04:39,0	1:06:22,0	1:08:29,0	-----	1:14:21,0	1:14:56,0		
				4:39,0	1:24,0	5:39,0	5:54,0	3:36,0	1:43,0	2:07,0	-----	5:52,0	0:35,0		
				1:11:08,0	*124										
Feminino 21 B (4)				3,2 km 110 m			17 C								
				1(105)	2(103)	3(104)	4(114)	5(122)	6(128)	7(125)	8(133)	9(135)	10(137)	11(141)	
				12(149)	13(146)	14(159)	15(170)	16(173)	17(200)	Meta					
1	4292	Traveso Pedrares, Irene A Coruña ARTABROS	1:03:26,	4:01,0	5:02,0	6:25,0	8:13,0	11:24,0	15:05,0	17:02,0	21:02,0	23:03,0	24:12,0	26:00,0	
				4:01,0	1:01,0	1:23,0	1:48,0	3:11,0	3:41,0	1:57,0	4:00,0	2:01,0	1:09,0	1:48,0	
				33:38,0	38:06,0	41:18,0	57:40,0	:01:53,0	1:02:51,0	1:03:26,0					
				7:38,0	4:28,0	3:12,0	16:22,0	4:13,0	0:58,0	0:35,0					
2	4293	Traveso Pedrares, Sara A Coruña ARTABROS	1:10:53,	4:32,0	5:37,0	7:49,0	10:17,0	13:48,0	16:47,0	19:47,0	26:45,0	32:49,0	35:39,0	41:00,0	
				4:32,0	1:05,0	2:12,0	2:28,0	3:31,0	2:59,0	3:00,0	6:58,0	6:04,0	2:50,0	5:21,0	
				45:57,0	51:45,0	57:02,0	1:01:39,0	:09:18,0	1:10:21,0	1:10:53,0					
				4:57,0	5:48,0	5:17,0	4:37,0	7:39,0	1:03,0	0:32,0					
3	4489	Del Puerto Lopez, Barbara Ordes SEO	1:16:23,	30:04,0	31:18,0	32:44,0	34:59,0	37:57,0	39:15,0	40:57,0	44:33,0	45:55,0	47:21,0	48:49,0	
				30:04,0	1:14,0	1:26,0	2:15,0	2:58,0	1:18,0	1:42,0	3:36,0	1:22,0	1:26,0	1:28,0	
				53:22,0	1:00:49,0	1:03:41,0	1:11:14,0	:14:39,0	1:15:38,0	1:16:23,6					
				4:33,0	7:27,0	2:52,0	7:33,0	3:25,0	0:59,0	0:45,6					
6234	Pérez Gayol, Lara Pontevedra AROMON	Abando	14:48,0	20:35,0	24:21,0	32:56,0	37:37,0	39:10,0	45:45,0	1:13:34,0	1:14:43,0	1:16:27,0	1:20:14,0		
				14:48,0	5:47,0	3:46,0	8:35,0	4:41,0	1:33,0	6:35,0	27:49,0	1:09,0	1:44,0	3:47,0	
				1:31:03,0	-----	-----	-----	-----	-----	2:13:24,0					
				10:49,0	42:21,0										

os Dors Nome

Tempo

Feminino 35 (8)

4,6 km 190 m 21 C

		1(112)	2(114)	3(106)	4(101)	5(104)	6(108)	7(121)	8(119)	9(168)	10(162)	11(161)	
		12(157)	13(144)	14(150)	15(153)	16(155)	17(139)	18(134)	19(131)	20(116)	21(200)	Meta	
1	5150 Campos Sampedro, Raquel An LUGO COMPÁS	1:02:46,	3:17,0	5:49,0	7:59,0	10:33,0	11:37,0	13:56,0	17:29,0	19:02,0	22:21,0	28:14,0	32:13,0
		3:17,0	2:32,0	2:10,0	2:34,0	1:04,0	2:19,0	3:33,0	1:33,0	3:19,0	5:53,0	3:59,0	
		34:29,0	38:52,0	40:58,0	43:35,0	47:48,0	51:25,0	56:49,0	58:21,0	1:01:15,0	1:02:14,0	1:02:46,0	
		2:16,0	4:23,0	2:06,0	2:37,0	4:13,0	3:37,0	5:24,0	1:32,0	2:54,0	0:59,0	0:32,0	
2	4257 Veiga García, Carla Pontevedra AROMON	1:13:14,	4:08,0	6:23,0	9:14,0	11:44,0	12:40,0	15:21,0	21:54,0	24:29,0	28:06,0	33:34,0	37:11,0
		4:08,0	2:15,0	2:51,0	2:30,0	0:56,0	2:41,0	6:33,0	2:35,0	3:37,0	5:28,0	3:37,0	
		39:26,0	43:43,0	46:30,0	49:36,0	51:54,0	55:36,0	1:06:08,0	1:08:23,0	1:11:40,0	1:12:45,0	1:13:14,5	
		2:15,0	4:17,0	2:47,0	3:06,0	2:18,0	3:42,0	10:32,0	2:15,0	3:17,0	1:05,0	0:29,5	
3	4342 Pastoriza Santos, Isabel Vigo U-VIGO	1:18:39,	3:54,0	6:10,0	8:57,0	12:33,0	13:32,0	16:21,0	19:59,0	21:32,0	30:52,0	36:04,0	40:17,0
		3:54,0	2:16,0	2:47,0	3:36,0	0:59,0	2:49,0	3:38,0	1:33,0	9:20,0	5:12,0	4:13,0	
		42:30,0	47:16,0	53:34,0	57:05,0	:00:51,0	1:04:19,0	1:11:17,0	1:13:03,0	1:16:30,0	1:18:03,0	1:18:39,0	
		2:13,0	4:46,0	6:18,0	3:31,0	3:46,0	3:28,0	6:58,0	1:46,0	3:27,0	1:33,0	0:36,0	
4	4322 Pérez González, M. José LUGO FLUVIAL_LUGO	1:19:41,	3:44,0	6:06,0	8:39,0	12:13,0	13:12,0	16:01,0	26:04,0	27:32,0	31:36,0	36:10,0	39:45,0
		3:44,0	2:22,0	2:33,0	3:34,0	0:59,0	2:49,0	10:03,0	1:28,0	4:04,0	4:34,0	3:35,0	
		42:18,0	47:02,0	57:29,0	1:00:15,0	:03:01,0	1:06:29,0	1:11:12,0	1:13:57,0	1:17:51,0	1:19:02,0	1:19:41,0	
		2:33,0	4:44,0	10:27,0	2:46,0	2:46,0	3:28,0	4:43,0	2:45,0	3:54,0	1:11,0	0:39,0	
5	4441 Otero, Belen Culleredo GALLAECIA_RAID	1:22:11,	10:32,0	12:33,0	15:07,0	17:30,0	18:39,0	21:15,0	26:56,0	28:50,0	35:07,0	45:41,0	49:47,0
		10:32,0	2:01,0	2:34,0	2:23,0	1:09,0	2:36,0	5:41,0	1:54,0	6:17,0	10:34,0	4:06,0	
		52:05,0	56:28,0	59:53,0	1:02:31,0	:07:02,0	1:09:57,0	1:15:28,0	1:17:25,0	1:20:48,0	1:21:47,0	1:22:11,0	
		2:18,0	4:23,0	3:25,0	2:38,0	4:31,0	2:55,0	5:31,0	1:57,0	3:23,0	0:59,0	0:24,0	
6	4776 Garea García, Iria A Coruña LICEO	1:23:21,	3:32,0	5:39,0	9:30,0	14:35,0	15:35,0	19:18,0	24:15,0	25:39,0	29:48,0	35:47,0	40:04,0
		3:32,0	2:07,0	3:51,0	5:05,0	1:00,0	3:43,0	4:57,0	1:24,0	4:09,0	5:59,0	4:17,0	
		43:20,0	48:07,0	55:40,0	59:44,0	:01:59,0	1:05:59,0	1:14:13,0	1:17:46,0	1:21:53,0	1:22:49,0	1:23:21,0	
		3:16,0	4:47,0	7:33,0	4:04,0	2:15,0	4:00,0	8:14,0	3:33,0	4:07,0	0:56,0	0:32,0	
6120	Fernández Vázquez, Ana O Porriño BUDIÑORAID	Fuera d	4:18,0	16:28,0	19:14,0	21:18,0	23:18,0	25:21,0	31:01,0	39:08,0	44:35,0	51:26,0	56:25,0
		4:18,0	12:10,0	2:46,0	2:04,0	2:00,0	2:03,0	5:40,0	8:07,0	5:27,0	6:51,0	4:59,0	
		58:12,0	1:02:47,0	1:06:35,0	1:13:42,0	:16:01,0	1:18:53,0	2:04:31,0	2:06:13,0	2:12:26,0	2:13:18,0	2:14:31,0	
		1:47,0	4:35,0	3:48,0	7:07,0	2:19,0	2:52,0	45:38,0	1:42,0	6:13,0	0:52,0	1:13,0	
4453	Pico Martínez, Iria Culleredo GALLAECIA_RAID	Fuera d	7:43,0	15:02,0	21:51,0	24:54,0	26:20,0	29:53,0	38:01,0	39:55,0	44:30,0	51:23,0	1:03:57,0
		7:43,0	7:19,0	6:49,0	3:03,0	1:26,0	3:33,0	8:08,0	1:54,0	4:35,0	6:53,0	12:34,0	
		1:06:37,0	1:13:29,0	1:43:15,0	1:45:30,0	:49:48,0	1:55:57,0	2:10:33,0	2:12:18,0	2:15:52,0	2:17:03,0	2:17:38,0	
		2:40,0	6:52,0	29:46,0	2:15,0	4:18,0	6:09,0	14:36,0	1:45,0	3:34,0	1:11,0	0:35,0	

Feminino 40 (10)

4,2 km 175 m 21 C

		1(113)	2(120)	3(106)	4(101)	5(104)	6(116)	7(172)	8(167)	9(165)	10(162)	11(160)	
		12(156)	13(144)	14(152)	15(155)	16(139)	17(134)	18(133)	19(129)	20(117)	21(200)	Meta	
1	4203 Arias Lima, Sonia Mª Pontevedra AROMON	53:37,0	4:00,0	5:45,0	8:44,0	10:51,0	11:44,0	13:54,0	15:39,0	17:14,0	19:41,0	22:13,0	24:09,0
		4:00,0	1:45,0	2:59,0	2:07,0	0:53,0	2:10,0	1:45,0	1:35,0	2:27,0	2:32,0	1:56,0	
		26:40,0	29:58,0	32:21,0	35:09,0	38:30,0	42:42,0	46:02,0	48:43,0	51:21,0	52:59,0	53:37,0	
		2:31,0	3:18,0	2:23,0	2:48,0	3:21,0	4:12,0	3:20,0	2:41,0	2:38,0	1:38,0	0:38,0	
2	4472 Seoane Rodríguez, Silvia Culleredo GALLAECIA_RAID	54:27,0	3:43,0	5:21,0	8:49,0	10:52,0	11:43,0	13:58,0	15:40,0	17:42,0	23:28,0	25:30,0	27:43,0
		3:43,0	1:38,0	3:28,0	2:03,0	0:51,0	2:15,0	1:42,0	2:02,0	5:46,0	2:02,0	2:13,0	
		30:08,0	34:37,0	36:59,0	39:30,0	42:53,0	46:43,0	48:34,0	50:06,0	52:35,0	54:03,0	54:27,5	
		2:25,0	4:29,0	2:22,0	2:31,0	3:23,0	3:50,0	1:51,0	1:32,0	2:29,0	1:28,0	0:24,5	
3	4802 Gómez Naya, Sonia LUGO COMPÁS	57:48,0	6:53,0	9:14,0	11:58,0	14:26,0	15:13,0	17:23,0	19:14,0	20:45,0	24:39,0	26:40,0	28:35,0
		6:53,0	2:21,0	2:44,0	2:28,0	0:47,0	2:10,0	1:51,0	1:31,0	3:54,0	2:01,0	1:55,0	
		31:50,0	34:49,0	37:31,0	41:49,0	45:36,0	49:51,0	51:11,0	52:42,0	55:23,0	57:16,0	57:48,0	
		3:15,0	2:59,0	2:42,0	4:18,0	3:47,0	4:15,0	1:20,0	1:31,0	2:41,0	1:53,0	0:32,0	
		3:51,0											
4	4678 Varela Yáñez, Ana A Coruña BRIGANTIA	1:08:57,	4:16,0	10:53,0	13:54,0	16:24,0	17:34,0	19:33,0	21:18,0	24:01,0	27:16,0	32:11,0	33:58,0
		4:16,0	6:37,0	3:01,0	2:30,0	1:10,0	1:59,0	1:45,0	2:43,0	3:15,0	4:55,0	1:47,0	
		41:02,0	44:28,0	49:01,0	51:32,0	54:55,0	58:35,0	1:00:03,0	1:01:48,0	1:06:41,0	1:08:19,0	1:08:57,9	
		7:04,0	3:26,0	4:33,0	2:31,0	3:23,0	3:40,0	1:28,0	1:45,0	4:53,0	1:38,0	0:38,9	
		39:36,0											
5	4436 Naya Mancebo, Paula Culleredo GALLAECIA_RAID	1:14:16,	10:06,0	12:33,0	17:47,0	21:03,0	22:08,0	26:57,0	29:18,0	32:03,0	37:53,0	41:13,0	43:42,0
		10:06,0	2:27,0	5:14,0	3:16,0	1:05,0	4:49,0	2:21,0	2:45,0	5:50,0	3:20,0	2:29,0	
		46:53,0	50:51,0	54:01,0	57:20,0	:01:08,0	1:04:45,0	1:06:12,0	1:08:13,0	1:12:18,0	1:13:42,0	1:14:16,2	
		3:11,0	3:58,0	3:10,0	3:19,0	3:48,0	3:37,0	1:27,0	2:01,0	4:05,0	1:24,0	0:34,2	
6	4330 Zolle Fernández, Cristina LUGO FLUVIAL_LUGO	1:15:37,	6:32,0	9:22,0	13:06,0	17:45,0	18:48,0	21:53,0	24:22,0	27:00,0	32:37,0	34:56,0	37:21,0
		6:32,0	2:50,0	3:44,0	4:39,0	1:03,0	3:05,0	2:29,0	2:38,0	5:37,0	2:19,0	2:25,0	
		40:57,0	45:31,0	50:00,0	54:32,0	59:30,0	1:05:03,0	1:06:57,0	1:08:50,0	1:12:44,0	1:15:01,0	1:15:37,0	
		3:36,0	4:34,0	4:29,0	4:32,0	4:58,0	5:33,0	1:54,0	1:53,0	3:54,0	2:17,0	0:36,0	
7	4362 Baspino Fernández, Irene Culleredo GALLAECIA_RAID	1:26:01,	8:30,0	11:31,0	16:06,0	20:07,0	21:23,0	24:54,0	27:21,0	29:39,0	33:59,0	37:20,0	40:03,0
		8:30,0	3:01,0	4:35,0	4:01,0	1:16,0	3:31,0	2:27,0	2:18,0	4:20,0	3:21,0	2:43,0	
		45:55,0	51:39,0	55:43,0	59:28,0	:03:57,0	1:14:00,0	1:15:44,0	1:18:06,0	1:23:13,0	1:25:38,0	1:26:01,4	
		5:52,0	5:44,0	4:04,0	3:45,0	4:29,0	10:03,0	1:44,0	2:22,0	5:07,0	2:25,0	0:23,4	

os	Dors	Nome	Tempo											
Feminino 40 (10)				4,2 km	175 m	21 C	(cont.)							
				1(113)	2(120)	3(106)	4(101)	5(104)	6(116)	7(172)	8(167)	9(165)	10(162)	11(160)
				12(156)	13(144)	14(152)	15(155)	16(139)	17(134)	18(133)	19(129)	20(117)	21(200)	Meta
8	4300	Corral Prado, Eva LUGO FLUVIAL_LUGO	1:27:40,	6:10,0	8:24,0	14:10,0	16:59,0	18:19,0	20:59,0	23:49,0	28:24,0	32:37,0	35:13,0	37:39,0
				6:10,0	2:14,0	5:46,0	2:49,0	1:20,0	2:40,0	2:50,0	4:35,0	4:13,0	2:36,0	2:26,0
				43:12,0	47:03,0	51:06,0	55:14,0	59:26,0	1:08:40,0	1:18:30,0	1:20:57,0	1:25:01,0	1:27:03,0	1:27:40,6
				5:33,0	3:51,0	4:03,0	4:08,0	4:12,0	9:14,0	9:50,0	2:27,0	4:04,0	2:02,0	0:37,6
4452		Peteiro Couceiro, Lucia Culleredo GALLAECIA_RAID	Fuera d	7:39,0	9:48,0	15:23,0	18:01,0	19:18,0	25:03,0	27:07,0	43:55,0	50:55,0	53:15,0	55:19,0
				7:39,0	2:09,0	5:35,0	2:38,0	1:17,0	5:45,0	2:04,0	16:48,0	7:00,0	2:20,0	2:04,0
				1:06:54,0	1:10:29,0	1:14:49,0	1:23:50,0	:27:45,0	1:32:55,0	1:52:42,0	1:54:02,0	1:58:16,0	2:00:33,0	2:01:17,5
				11:35,0	3:35,0	4:20,0	9:01,0	3:55,0	5:10,0	19:47,0	1:20,0	4:14,0	2:17,0	0:44,5
4310		Follana Follana, Fernanda LUGO FLUVIAL_LUGO	Error en	4:22,0	6:22,0	9:31,0	11:41,0	12:49,0	16:52,0	21:55,0	24:04,0	27:24,0	31:27,0	33:23,0
				4:22,0	2:00,0	3:09,0	2:10,0	1:08,0	4:03,0	5:03,0	2:09,0	3:20,0	4:03,0	1:56,0
				-----	40:25,0	44:33,0	51:25,0	56:07,0	1:02:03,0	1:03:21,0	1:06:19,0	1:10:40,0	1:12:28,0	1:13:05,0
					7:02,0	4:08,0	6:52,0	4:42,0	5:56,0	1:18,0	2:58,0	4:21,0	1:48,0	0:37,0
					35:43,0	54:37,0								
					*157	*140								
Feminino 45 (12)				4,0 km	145 m	19 C								
				1(116)	2(120)	3(112)	4(102)	5(104)	6(117)	7(169)	8(160)	9(149)	10(150)	11(152)
				12(155)	13(140)	14(144)	15(132)	16(130)	17(126)	18(116)	19(200)			Meta
1	4335	Crespo Quindós, Begoña Vigo U-VIGO	1:01:31,	5:53,0	7:49,0	9:58,0	14:16,0	15:42,0	19:15,0	23:00,0	25:09,0	30:34,0	32:32,0	37:21,0
				5:53,0	1:56,0	2:09,0	4:18,0	1:26,0	3:33,0	3:45,0	2:09,0	5:25,0	1:58,0	4:49,0
				41:34,0	44:15,0	47:43,0	52:26,0	53:53,0	55:53,0	59:48,0	1:00:54,0	1:01:31,0		
				4:13,0	2:41,0	3:28,0	4:43,0	1:27,0	2:00,0	3:55,0	1:06,0	0:37,0		
2	4732	Seijo Souto, Dori As Neves VIZHOJA-CORNELIO	1:13:49,	10:30,0	12:13,0	14:46,0	18:54,0	20:49,0	28:04,0	32:08,0	34:12,0	40:03,0	41:28,0	44:47,0
				10:30,0	1:43,0	2:33,0	4:08,0	1:55,0	7:15,0	4:04,0	2:04,0	5:51,0	1:25,0	3:19,0
				48:48,0	51:36,0	54:34,0	59:11,0	:05:22,0	1:07:55,0	1:11:53,0	1:13:10,0	1:13:49,7		
				4:01,0	2:48,0	2:58,0	4:37,0	6:11,0	2:33,0	3:58,0	1:17,0	0:39,7		
3	4340	Iglesias Junzalvos, Ana Vigo U-VIGO	1:16:14,	5:21,0	7:21,0	10:30,0	16:20,0	18:14,0	25:53,0	29:25,0	31:43,0	37:37,0	39:18,0	41:07,0
				5:21,0	2:00,0	3:09,0	5:50,0	1:54,0	7:39,0	3:32,0	2:18,0	5:54,0	1:41,0	1:49,0
				44:44,0	49:08,0	52:45,0	1:04:53,0	:06:50,0	1:08:58,0	1:13:27,0	1:15:35,0	1:16:14,6		
				3:37,0	4:24,0	3:37,0	12:08,0	1:57,0	2:08,0	4:29,0	2:08,0	0:39,6		
4	4267	Fuertes Fernández, Rocío A Coruña ARTABROS	1:18:30,	6:26,0	8:55,0	12:21,0	16:37,0	18:55,0	23:54,0	29:15,0	32:17,0	38:32,0	40:00,0	43:06,0
				6:26,0	2:29,0	3:26,0	4:16,0	2:18,0	4:59,0	5:21,0	3:02,0	6:15,0	1:28,0	3:06,0
				49:43,0	52:36,0	56:03,0	1:03:55,0	:07:23,0	1:10:35,0	1:16:23,0	1:17:56,0	1:18:30,0		
				6:37,0	2:53,0	3:27,0	7:52,0	3:28,0	3:12,0	5:48,0	1:33,0	0:34,0		
5	4437	Oreiro Chapela, Claudia Culleredo GALLAECIA_RAID	1:20:48,	6:34,0	9:45,0	11:47,0	19:10,0	21:50,0	25:02,0	27:55,0	29:57,0	35:15,0	46:16,0	48:06,0
				6:34,0	3:11,0	2:02,0	7:23,0	2:40,0	3:12,0	2:53,0	2:02,0	5:18,0	11:01,0	1:50,0
				51:56,0	55:13,0	1:01:26,0	1:07:22,0	:13:09,0	1:15:36,0	1:19:18,0	1:20:11,0	1:20:48,0		35:54,0
				3:50,0	3:17,0	6:13,0	5:56,0	5:47,0	2:27,0	3:42,0	0:53,0	0:37,0		*151
				42:44,0										
					*152									
6	4440	Oroza Alonso, Lara Culleredo GALLAECIA_RAID	1:24:07,	6:20,0	8:37,0	11:26,0	18:44,0	20:45,0	25:22,0	30:09,0	37:44,0	46:06,0	52:43,0	55:49,0
				6:20,0	2:17,0	2:49,0	7:18,0	2:01,0	4:37,0	4:47,0	7:35,0	8:22,0	6:37,0	3:06,0
				1:00:14,0	1:04:08,0	1:08:41,0	1:13:28,0	:15:38,0	1:18:21,0	1:22:13,0	1:23:29,0	1:24:07,4		
				4:25,0	3:54,0	4:33,0	4:47,0	2:10,0	2:43,0	3:52,0	1:16,0	0:38,4		
7	4230	Navia Vega, Yolanda Pontevedra AROMON	1:41:19,	12:50,0	15:19,0	23:06,0	31:26,0	33:42,0	38:08,0	42:37,0	47:21,0	54:11,0	1:00:55,0	1:03:14,0
				12:50,0	2:29,0	7:47,0	8:20,0	2:16,0	4:26,0	4:29,0	4:44,0	6:50,0	6:44,0	2:19,0
				1:07:47,0	1:16:56,0	1:20:34,0	1:26:18,0	:29:37,0	1:34:30,0	1:38:52,0	1:40:36,0	1:41:19,3		8:00,0
				4:33,0	9:09,0	3:38,0	5:44,0	3:19,0	4:53,0	4:22,0	1:44,0	0:43,3		*115
				59:27,0										
					*151									
8	4250	Sanchez Vázquez, Maria Luisa Pontevedra AROMON	1:56:55,	8:16,0	11:16,0	15:11,0	21:44,0	24:04,0	30:24,0	41:47,0	46:57,0	54:47,0	1:00:05,0	1:04:03,0
				8:16,0	3:00,0	3:55,0	6:33,0	2:20,0	6:20,0	11:23,0	5:10,0	7:50,0	5:18,0	3:58,0
				1:09:24,0	1:14:06,0	1:19:55,0	1:26:35,0	:31:03,0	1:34:53,0	1:53:49,0	1:56:02,0	1:56:55,5		
				5:21,0	4:42,0	5:49,0	6:40,0	4:28,0	3:50,0	18:56,0	2:13,0	0:53,5		
4304		Fernández Fernández, Gloria LUGO FLUVIAL_LUGO	Fuera d	8:45,0	11:54,0	17:00,0	24:29,0	28:20,0	38:40,0	53:43,0	57:48,0	1:07:23,0	1:18:29,0	1:21:21,0
				8:45,0	3:09,0	5:06,0	7:29,0	3:51,0	10:20,0	15:03,0	4:05,0	9:35,0	11:06,0	2:52,0
				1:28:28,0	1:40:38,0	1:49:07,0	1:56:30,0	:59:29,0	2:04:41,0	2:09:51,0	2:12:43,0	2:13:56,9		
				7:07,0	12:10,0	8:29,0	7:23,0	2:59,0	5:12,0	5:10,0	2:52,0	1:13,9		
4803		González Bello, Concepción LUGO COMPÁS	Error en	4:26,0	6:02,0	9:42,0	14:04,0	16:16,0	20:48,0	24:45,0	27:21,0	31:57,0	-----	33:17,0
				4:26,0	1:36,0	3:40,0	4:22,0	2:12,0	4:32,0	3:57,0	2:36,0	4:36,0		1:20,0
				39:21,0	42:03,0	45:00,0	49:16,0	53:13,0	59:40,0	1:02:29,0	1:03:30,0	1:04:01,4		
				6:04,0	2:42,0	2:57,0	4:16,0	3:57,0	6:27,0	2:49,0	1:01,0	0:31,4		
4365		Bujía Rodríguez, Elena Culleredo GALLAECIA_RAID	Error en	4:15,0	5:55,0	9:30,0	17:18,0	18:43,0	22:31,0	26:19,0	28:36,0	34:46,0	36:14,0	-----
				4:15,0	1:40,0	3:35,0	7:48,0	1:25,0	3:48,0	3:48,0	2:17,0	6:10,0	1:28,0	
				46:02,0	49:11,0	53:05,0	56:32,0	58:25,0	1:03:00,0	1:05:22,0	1:06:29,0	1:06:59,0		44:35,0
				9:48,0	3:09,0	3:54,0	3:27,0	1:53,0	4:35,0	2:22,0	1:07,0	0:30,0		*154

os	Dors	Nome	Tempo																
Feminino 45 (12)				4,0 km	145 m	19 C	(cont.)												
				1(116)	2(120)	3(112)	4(102)	5(104)	6(117)	7(169)	8(160)	9(149)	10(150)	11(152)					
				12(155)	13(140)	14(144)	15(132)	16(130)	17(126)	18(116)	19(200)	Meta							
4460		Rayón Fernández, Paloma Culleredo GALLAECIA_RAID	Error en	10:24,0	13:00,0	19:07,0	26:01,0	29:32,0	34:54,0	47:38,0	53:09,0	1:01:54,0	1:03:48,0	1:24:20,0					
				10:24,0	2:36,0	6:07,0	6:54,0	3:31,0	5:22,0	12:44,0	5:31,0	8:45,0	1:54,0	20:32,0					
				1:28:41,0	1:38:14,0	1:44:40,0	1:49:27,0	-----	-----	-----	-----	2:16:32,7							
				4:21,0	9:33,0	6:26,0	4:47,0					27:05,7							

Feminino 50 (9)				3,7 km	125 m	19 C													
				1(108)	2(101)	3(104)	4(113)	5(123)	6(118)	7(126)	8(145)	9(151)	10(153)	11(155)					
				12(139)	13(137)	14(132)	15(158)	16(170)	17(169)	18(172)	19(200)	Meta							
1	4818	Sánchez Marín, María Josefa LUGO COMPÁS	1:08:42,	2:32,0	6:00,0	7:02,0	12:14,0	13:18,0	16:23,0	18:41,0	28:25,0	31:47,0	33:04,0	38:38,0					
				2:32,0	3:28,0	1:02,0	5:12,0	1:04,0	3:05,0	2:18,0	9:44,0	3:22,0	1:17,0	5:34,0					
				42:39,0	44:40,0	49:18,0	52:51,0	57:10,0	1:02:38,0	1:05:56,0	1:08:01,0	1:08:42,0							
				4:01,0	2:01,0	4:38,0	3:33,0	4:19,0	5:28,0	3:18,0	2:05,0	0:41,0							
2	4693	Arenas Rincón, María Inmacula As Neves VIZHOJA-CORNELIO	1:16:23,	2:39,0	8:39,0	10:05,0	16:12,0	17:24,0	20:21,0	24:14,0	31:49,0	39:38,0	42:26,0	45:24,0					
				2:39,0	6:00,0	1:26,0	6:07,0	1:12,0	2:57,0	3:53,0	7:35,0	7:49,0	2:48,0	2:58,0					
				50:33,0	52:54,0	56:55,0	1:01:12,0	1:05:49,0	1:08:21,0	1:13:17,0	1:15:39,0	1:16:23,0							
				5:09,0	2:21,0	4:01,0	4:17,0	4:37,0	2:32,0	4:56,0	2:22,0	0:44,0							
3	4627	Núñez Otero, Elia Betanzos OP BETANZOS	1:23:26,	3:04,0	7:21,0	9:04,0	17:42,0	19:10,0	25:29,0	28:58,0	34:48,0	40:03,0	41:49,0	53:31,0					
				3:04,0	4:17,0	1:43,0	8:38,0	1:28,0	6:19,0	3:29,0	5:50,0	5:15,0	1:46,0	11:42,0					
				57:31,0	1:01:27,0	1:04:27,0	1:09:36,0	1:13:30,0	1:16:24,0	1:20:30,0	1:22:43,0	1:23:26,0							
				4:00,0	3:56,0	3:00,0	5:09,0	3:54,0	2:54,0	4:06,0	2:13,0	0:43,0							
4	4612	Barreira Vazquez, Maria Esther Betanzos OP BETANZOS	1:26:25,	1:57,0	8:33,0	9:19,0	15:06,0	15:54,0	28:27,0	34:23,0	37:18,0	41:13,0	48:04,0	50:09,0					
				1:57,0	6:36,0	0:46,0	5:47,0	0:48,0	12:33,0	5:56,0	2:55,0	3:55,0	6:51,0	2:05,0					
				59:32,0	1:01:05,0	1:02:46,0	1:15:06,0	1:17:37,0	1:18:58,0	1:24:24,0	1:25:53,0	1:26:25,0	31:45,0						
				9:23,0	1:33,0	1:41,0	12:20,0	2:31,0	1:21,0	5:26,0	1:29,0	0:32,0							
5	4433	Mosquera Azar, Paulina Andrea Culleredo GALLAECIA_RAID	1:28:55,	3:00,0	7:10,0	8:21,0	17:37,0	19:02,0	22:50,0	26:56,0	35:34,0	40:08,0	42:44,0	56:35,0					
				3:00,0	4:10,0	1:11,0	9:16,0	1:25,0	3:48,0	4:06,0	8:38,0	4:34,0	2:36,0	13:51,0					
				1:00:27,0	1:02:52,0	1:06:55,0	1:14:13,0	1:18:02,0	1:21:36,0	1:26:02,0	1:28:12,0	1:28:55,2	30:49,0						
				3:52,0	2:25,0	4:03,0	7:18,0	3:49,0	3:34,0	4:26,0	2:10,0	0:43,2							
6	4332	Alvarez Castro, Olimpia Vigo U-VIGO	1:30:38,	2:33,0	6:49,0	8:24,0	14:38,0	15:46,0	22:53,0	29:17,0	34:26,0	54:40,0	59:01,0	1:02:12,0					
				2:33,0	4:16,0	1:35,0	6:14,0	1:08,0	7:07,0	6:24,0	5:09,0	20:14,0	4:21,0	3:11,0					
				1:05:59,0	1:08:27,0	1:11:57,0	1:17:39,0	1:21:45,0	1:23:27,0	1:27:53,0	1:30:01,0	1:30:38,0							
				3:47,0	2:28,0	3:30,0	5:42,0	4:06,0	1:42,0	4:26,0	2:08,0	0:37,0							
7	4461	Reboredo Mosquera, Angela D Culleredo GALLAECIA_RAID	1:32:44,	3:07,0	9:32,0	10:55,0	17:46,0	19:58,0	26:42,0	31:13,0	39:26,0	46:53,0	49:04,0	56:28,0					
				3:07,0	6:25,0	1:23,0	6:51,0	2:12,0	6:44,0	4:31,0	8:13,0	7:27,0	2:11,0	7:24,0					
				1:01:37,0	1:04:52,0	1:13:29,0	1:18:29,0	1:22:50,0	1:24:25,0	1:29:05,0	1:31:48,0	1:32:44,0							
				5:09,0	3:15,0	8:37,0	5:00,0	4:21,0	1:35,0	4:40,0	2:43,0	0:56,0							
8	4279	Pedrares Fernández, Beatriz A Coruña ARTABROS	1:38:49,	2:48,0	7:09,0	8:47,0	14:20,0	16:30,0	21:36,0	25:10,0	35:12,0	40:14,0	42:27,0	50:48,0					
				2:48,0	4:21,0	1:38,0	5:33,0	2:10,0	5:06,0	3:34,0	10:02,0	5:02,0	2:13,0	8:21,0					
				55:27,0	58:25,0	1:10:43,0	1:19:27,0	1:24:28,0	1:30:29,0	1:35:15,0	1:37:48,0	1:38:49,0							
				4:39,0	2:58,0	12:18,0	8:44,0	5:01,0	6:01,0	4:46,0	2:33,0	1:01,0							
4351		Saco Fernández, Mª Isabel Vigo U-VIGO	Fuera d	3:53,0	9:05,0	11:32,0	16:33,0	18:11,0	30:18,0	34:08,0	54:42,0	58:27,0	1:01:16,0	1:12:35,0					
				3:53,0	5:12,0	2:27,0	5:01,0	1:38,0	12:07,0	3:50,0	20:34,0	3:45,0	2:49,0	11:19,0					
				1:17:40,0	1:20:40,0	1:26:35,0	1:35:28,0	1:43:20,0	1:46:43,0	1:57:14,0	2:01:52,0	2:02:53,0							
				5:05,0	3:00,0	5:55,0	8:53,0	7:52,0	3:23,0	10:31,0	4:38,0	1:01,0							

Feminino Élite (6)				4,8 km	195 m	23 C													
				1(114)	2(121)	3(123)	4(108)	5(102)	6(104)	7(116)	8(172)	9(167)	10(164)	11(163)					
				12(162)	13(161)	14(145)	15(150)	16(153)	17(155)	18(140)	19(142)	20(134)	21(130)	22(119)					
				23(200)	Meta														
1	4281	Piñeiro Varela, María A Coruña ARTABROS	56:58,0	3:08,0	5:10,0	6:02,0	7:46,0	9:37,0	10:46,0	12:35,0	14:10,0	15:50,0	18:15,0	20:47,0					
				3:08,0	2:02,0	0:52,0	1:44,0	1:51,0	1:09,0	1:49,0	1:35,0	1:40,0	2:25,0	2:32,0					
				23:15,0	26:03,0	32:57,0	36:33,0	38:53,0	40:30,0	43:12,0	44:59,0	49:34,0	51:57,0	54:35,0					
				2:28,0	2:48,0	6:54,0	3:36,0	2:20,0	1:37,0	2:42,0	1:47,0	4:35,0	2:23,0	2:38,0					
				56:29,0	56:58,4		29:30,0												
				1:54,0	0:29,4		*156												
2	4205	Bellón Santos, Teresa Pontevedra AROMON	1:00:02,	3:16,0	5:06,0	5:56,0	7:26,0	9:29,0	10:44,0	12:28,0	14:51,0	15:54,0	17:54,0	21:21,0					
				3:16,0	1:50,0	0:50,0	1:30,0	2:03,0	1:15,0	1:44,0	2:23,0	1:03,0	2:00,0	3:27,0					
				23:34,0	26:47,0	32:12,0	34:28,0	39:01,0	41:00,0	43:44,0	45:21,0	52:21,0	55:11,0	57:33,0					
				2:13,0	3:13,0	5:25,0	2:16,0	4:33,0	1:59,0	2:44,0	1:37,0	7:00,0	2:50,0	2:22,0					
				59:32,0	1:00:02,4														
				1:59,0	0:30,4														
3	4199	Abalde Vila, Araceli Pontevedra AROMON	1:01:52,	3:11,0	4:37,0	5:28,0	6:57,0	8:39,0	9:45,0	11:12,0	12:39,0	13:57,0	17:06,0	21:13,0					
				3:11,0	1:26,0	0:51,0	1:29,0	1:42,0	1:06,0	1:27,0									

os	Dors	Nome	Tempo												
Feminino Élite (6)				4,8 km	195 m	23 C	<i>(cont.)</i>								
				1(114)	2(121)	3(123)	4(108)	5(102)	6(104)	7(116)	8(172)	9(167)	10(164)	11(163)	
				12(162)	13(161)	14(145)	15(150)	16(153)	17(155)	18(140)	19(142)	20(134)	21(130)	22(119)	
				23(200)	Meta										
4	4689	Morales Jiménez, Irene Xinzo de Limia LIMIACTIVA	1:07:43,	3:52,0	6:23,0	7:28,0	9:12,0	11:39,0	13:22,0	15:30,0	17:17,0	19:02,0	21:39,0	24:57,0	
				3:52,0	2:31,0	1:05,0	1:44,0	2:27,0	1:43,0	2:08,0	1:47,0	1:45,0	2:37,0	3:18,0	
				27:54,0	32:09,0	40:08,0	43:05,0	45:01,0	47:21,0	50:31,0	52:49,0	58:31,0	1:01:56,0	1:04:59,0	
				2:57,0	4:15,0	7:59,0	2:57,0	1:56,0	2:20,0	3:10,0	2:18,0	5:42,0	3:25,0	3:03,0	
				1:07:18,0	1:07:43,8										
				2:19,0	0:25,8										
nc	50	Lima, Helena [070] COC	1:03:04,	3:27,0	5:30,0	6:20,0	8:09,0	10:20,0	11:43,0	13:44,0	15:16,0	16:41,0	19:32,0	23:56,0	
				3:27,0	2:03,0	0:50,0	1:49,0	2:11,0	1:23,0	2:01,0	1:32,0	1:25,0	2:51,0	4:24,0	
				26:30,0	29:25,0	35:07,0	37:47,0	40:27,0	42:43,0	47:53,0	50:39,0	55:16,0	57:28,0	1:00:11,0	
				2:34,0	2:55,0	5:42,0	2:40,0	2:40,0	2:16,0	5:10,0	2:46,0	4:37,0	2:12,0	2:43,0	
				1:02:35,0	1:03:04,1										
				2:24,0	0:29,1										
nc	55	Costa, Tania Covas [102] .COM	1:13:55,	3:56,0	6:33,0	8:30,0	10:54,0	13:34,0	15:13,0	17:13,0	19:18,0	21:12,0	24:19,0	28:56,0	
				3:56,0	2:37,0	1:57,0	2:24,0	2:40,0	1:39,0	2:00,0	2:05,0	1:54,0	3:07,0	4:37,0	
				31:35,0	35:13,0	40:15,0	43:50,0	48:37,0	51:38,0	54:48,0	57:55,0	1:02:01,0	1:05:23,0	1:09:37,0	
				2:39,0	3:38,0	5:02,0	3:35,0	4:47,0	3:01,0	3:10,0	3:07,0	4:06,0	3:22,0	4:14,0	
				1:13:16,0	1:13:55,0										
				3:39,0	0:39,0										
Masculino 12 (4)				2,9 km	75 m	15 C									
				1(107)	2(105)	3(103)	4(104)	5(115)	6(109)	7(122)	8(127)	9(135)	10(138)	11(141)	
				12(146)	13(147)	14(171)	15(200)	Meta							
1	4530	Rodríguez Cruz, Brais O Barco de Valde TREVINCA	48:10,0	2:58,0	5:29,0	7:02,0	8:19,0	18:31,0	20:20,0	22:27,0	23:50,0	27:56,0	29:14,0	30:51,0	
				2:58,0	2:31,0	1:33,0	1:17,0	10:12,0	1:49,0	2:07,0	1:23,0	4:06,0	1:18,0	1:37,0	
				40:43,0	44:22,0	46:14,0	47:36,0	48:10,0							
				9:52,0	3:39,0	1:52,0	1:22,0	0:34,0							
2	6605	Agudo Calvelo, Marcos O Barco de Valde TREVINCA	57:32,0	3:50,0	5:25,0	6:49,0	8:16,0	9:41,0	20:49,0	23:23,0	25:29,0	36:26,0	38:27,0	40:00,0	
				3:50,0	1:35,0	1:24,0	1:27,0	1:25,0	11:08,0	2:34,0	2:06,0	10:57,0	2:01,0	1:33,0	
				50:10,0	53:26,0	55:19,0	56:52,0	57:32,0							
				10:10,0	3:16,0	1:53,0	1:33,0	0:40,0							
3	4264	Couceiro Fuertes, David A Coruña ARTABROS	57:42,0	3:46,0	5:25,0	6:34,0	8:22,0	9:46,0	12:54,0	21:18,0	22:34,0	27:43,0	29:24,0	37:07,0	
				3:46,0	1:39,0	1:09,0	1:48,0	1:24,0	3:08,0	8:24,0	1:16,0	5:09,0	1:41,0	7:43,0	
				51:52,0	53:30,0	55:40,0	57:10,0	57:42,0							
				14:45,0	1:38,0	2:10,0	1:30,0	0:32,0							
4813		Rocha Cuiña, Lucas LUGO COMPÁS	Desc.	8:05,0	10:56,0	13:32,0	18:11,0	21:27,0	30:07,0	35:53,0	39:12,0	46:48,0	51:21,0	54:32,0	
				8:05,0	2:51,0	2:36,0	4:39,0	3:16,0	8:40,0	5:46,0	3:19,0	7:36,0	4:33,0	3:11,0	
				59:05,0	1:04:31,0	1:10:47,0	1:15:36,0	1:16:52,0							
				4:33,0	5:26,0	6:16,0	4:49,0	1:16,0							
Masculino 14 (4)				3,0 km	95 m	17 C									
				1(109)	2(105)	3(103)	4(104)	5(115)	6(114)	7(125)	8(127)	9(135)	10(141)	11(143)	
				12(149)	13(148)	14(146)	15(159)	16(171)	17(200)	Meta					
1	4729	Rodríguez Seijo, Antón As Neves VIZHOJA-CORNELIO	32:04,0	2:26,0	3:58,0	4:53,0	6:26,0	7:47,0	8:41,0	11:56,0	13:10,0	16:00,0	19:46,0	20:49,0	
				2:26,0	1:32,0	0:55,0	1:33,0	1:21,0	0:54,0	3:15,0	1:14,0	2:50,0	3:46,0	1:03,0	
				22:10,0	24:00,0	25:35,0	28:01,0	30:04,0	31:31,0	32:04,4					
				1:21,0	1:50,0	1:35,0	2:26,0	2:03,0	1:27,0	0:33,4					
2	4312	Fouz Sanchez, Rodrigo LUGO FLUVIAL_LUGO	48:21,0	4:05,0	5:56,0	7:16,0	8:53,0	10:23,0	12:22,0	18:02,0	19:54,0	24:47,0	29:05,0	30:37,0	
				4:05,0	1:51,0	1:20,0	1:37,0	1:30,0	1:59,0	5:40,0	1:52,0	4:53,0	4:18,0	1:32,0	
				33:01,0	35:07,0	37:59,0	41:59,0	45:57,0	47:43,0	48:21,0					
				2:24,0	2:06,0	2:52,0	4:00,0	3:58,0	1:46,0	0:38,0					
3	4684	Barja Pérez, Lucas Xinzo de Limia LIMIACTIVA	49:33,0	3:34,0	5:29,0	6:31,0	7:50,0	9:06,0	10:57,0	14:10,0	15:39,0	20:51,0	23:41,0	24:39,0	
				3:34,0	1:55,0	1:02,0	1:19,0	1:16,0	1:51,0	3:13,0	1:29,0	5:12,0	2:50,0	0:58,0	
				26:11,0	27:34,0	30:10,0	32:10,0	36:31,0	48:59,0	49:33,7					
				1:32,0	1:23,0	2:36,0	2:00,0	4:21,0	12:28,0	0:34,7					
4	4730	Rodríguez Seijo, Iago As Neves VIZHOJA-CORNELIO	51:01,0	2:56,0	11:21,0	13:02,0	14:13,0	15:21,0	16:16,0	21:22,0	22:54,0	27:15,0	34:38,0	35:17,0	
				2:56,0	8:25,0	1:41,0	1:11,0	1:08,0	0:55,0	5:06,0	1:32,0	4:21,0	7:23,0	0:39,0	
				40:11,0	41:52,0	43:42,0	46:47,0	49:01,0	50:31,0	51:01,0					
				4:54,0	1:41,0	1:50,0	3:05,0	2:14,0	1:30,0	0:30,0					

os Dors Nome Tempo

Masculino 16 (4)

3,3 km 90 m 17 C

		1(103)	2(104)	3(114)	4(111)	5(128)	6(125)	7(146)	8(133)	9(135)	10(141)	11(143)	
		12(151)	13(148)	14(159)	15(170)	16(173)	17(200)	Meta					
1	4571 Cruces Fernández, Esteban Porto do Son ADC_ARNELA	33:52,0	4:00,0	5:03,0	6:47,0	9:16,0	11:47,0	12:56,0	15:09,0	18:33,0	19:20,0	20:49,0	21:51,0
			4:00,0	1:03,0	1:44,0	2:29,0	2:31,0	1:09,0	2:13,0	3:24,0	0:47,0	1:29,0	1:02,0
			23:54,0	25:49,0	27:36,0	30:18,0	32:42,0	33:27,0	33:52,0				
			2:03,0	1:55,0	1:47,0	2:42,0	2:24,0	0:45,0	0:25,0				
2	4395 Garcia Castro, Marcos Culleredo GALLAECIA_RAID	45:41,0	7:34,0	8:39,0	10:18,0	15:17,0	20:13,0	21:52,0	24:46,0	26:04,0	27:34,0	30:38,0	31:09,0
			7:34,0	1:05,0	1:39,0	4:59,0	4:56,0	1:39,0	2:54,0	1:18,0	1:30,0	3:04,0	0:31,0
			33:36,0	35:35,0	37:54,0	41:00,0	44:16,0	45:07,0	45:41,0				
			2:27,0	1:59,0	2:19,0	3:06,0	3:16,0	0:51,0	0:34,0				
3	4265 Couceiro Fuertes, Manuel A Coruña ARTABROS	51:22,0	5:08,0	6:38,0	8:56,0	12:29,0	16:44,0	18:54,0	21:16,0	25:10,0	26:32,0	29:09,0	30:07,0
			5:08,0	1:30,0	2:18,0	3:33,0	4:15,0	2:10,0	2:22,0	3:54,0	1:22,0	2:37,0	0:58,0
			34:14,0	36:34,0	40:09,0	45:57,0	50:20,0	50:56,0	51:22,0				
			4:07,0	2:20,0	3:35,0	5:48,0	4:23,0	0:36,0	0:26,0				
nc	51 Maia, João [085] A Montanha	27:33,0	2:59,0	3:37,0	4:53,0	5:51,0	7:50,0	8:47,0	10:33,0	13:40,0	14:21,0	15:49,0	16:25,0
			2:59,0	0:38,0	1:16,0	0:58,0	1:59,0	0:57,0	1:46,0	3:07,0	0:41,0	1:28,0	0:36,0
			18:14,0	19:36,0	21:35,0	24:16,0	26:34,0	27:06,0	27:33,0				
			1:49,0	1:22,0	1:59,0	2:41,0	2:18,0	0:32,0	0:27,0				

Masculino 18 (4)

4,5 km 170 m 21 C

		1(110)	2(106)	3(102)	4(104)	5(113)	6(119)	7(167)	8(164)	9(165)	10(163)	11(162)	
		12(156)	13(150)	14(152)	15(154)	16(139)	17(144)	18(132)	19(131)	20(124)	21(200)	Meta	
1	4617 Casado Núñez, Martín Betanzos OP BETANZOS	41:50,0	1:22,0	2:48,0	4:05,0	5:19,0	7:42,0	9:48,0	12:47,0	14:18,0	15:25,0	17:03,0	19:34,0
			1:22,0	1:26,0	1:17,0	1:14,0	2:23,0	2:06,0	2:59,0	1:31,0	1:07,0	1:38,0	2:31,0
			23:09,0	25:27,0	27:35,0	28:22,0	32:26,0	34:10,0	37:16,0	37:52,0	39:31,0	41:25,0	41:50,0
			3:35,0	2:18,0	2:08,0	4:07,0	4:04,0	1:44,0	3:06,0	0:36,0	1:39,0	1:54,0	0:25,0
2	4625 López González, Mario Betanzos OP BETANZOS	51:38,0	1:14,0	3:08,0	4:26,0	5:24,0	10:17,0	12:32,0	15:25,0	18:14,0	19:05,0	23:37,0	26:05,0
			1:14,0	1:54,0	1:18,0	0:58,0	4:53,0	2:15,0	2:53,0	2:49,0	0:51,0	4:32,0	2:28,0
			31:09,0	33:33,0	35:29,0	36:54,0	41:18,0	43:19,0	46:48,0	47:42,0	49:28,0	51:20,0	51:38,0
			5:04,0	2:24,0	1:56,0	1:25,0	4:24,0	2:01,0	3:29,0	0:54,0	1:46,0	1:52,0	0:18,5
3	4473 Silvarrey Oreiro, Diego Culleredo GALLAECIA_RAID	1:04:12,0	7:07,0	8:28,0	9:47,0	10:44,0	15:26,0	17:55,0	21:12,0	23:28,0	24:43,0	26:46,0	29:54,0
			7:07,0	1:21,0	1:19,0	0:57,0	4:42,0	2:29,0	3:17,0	2:16,0	1:15,0	2:03,0	3:08,0
			35:52,0	39:52,0	42:53,0	46:26,0	54:11,0	55:44,0	59:15,0	1:00:01,0	1:01:37,0	1:03:48,0	1:04:12,9
			5:58,0	4:00,0	3:01,0	3:33,0	7:45,0	1:33,0	3:31,0	0:46,0	1:36,0	2:11,0	0:24,9
			42:21,0	50:53,0									
				*151	*144								
4690	Morales Jiménez, Mario Xinzo de Limia LIMIACTIVA	Error en	1:59,0	4:36,0	6:28,0	8:51,0	21:19,0	25:18,0	32:27,0	35:46,0	37:27,0	43:52,0	46:29,0
			1:59,0	2:37,0	1:52,0	2:23,0	12:28,0	3:59,0	7:09,0	3:19,0	1:41,0	6:25,0	2:37,0
			52:35,0	56:26,0	1:02:20,0	1:03:53,0	-----	1:09:22,0	1:15:04,0	1:16:22,0	1:19:56,0	1:23:10,0	1:23:28,0
			6:06,0	3:51,0	5:54,0	1:33,0		5:29,0	5:42,0	1:18,0	3:34,0	3:14,0	0:18,0

Masculino 21 A (6)

4,5 km 170 m 21 C

		1(110)	2(106)	3(102)	4(104)	5(113)	6(119)	7(167)	8(164)	9(165)	10(163)	11(162)	
		12(156)	13(150)	14(152)	15(154)	16(139)	17(144)	18(132)	19(131)	20(124)	21(200)	Meta	
1	4217 Garcia Carod, Daniel Pontevedra AROMON	51:06,0	1:17,0	3:34,0	5:14,0	6:20,0	13:41,0	15:57,0	18:55,0	21:08,0	22:25,0	24:48,0	26:59,0
			1:17,0	2:17,0	1:40,0	1:06,0	7:21,0	2:16,0	2:58,0	2:13,0	1:17,0	2:23,0	2:11,0
			30:50,0	33:45,0	35:13,0	36:22,0	40:17,0	42:33,0	45:54,0	46:49,0	48:26,0	50:42,0	51:06,0
			3:51,0	2:55,0	1:28,0	1:09,0	3:55,0	2:16,0	3:21,0	0:55,0	1:37,0	2:16,0	0:24,0
2	4427 Mansilla Barreiro, Jose Culleredo GALLAECIA_RAID	57:04,0	1:41,0	4:04,0	6:22,0	7:44,0	14:31,0	17:59,0	22:03,0	25:26,0	28:33,0	30:55,0	33:07,0
			1:41,0	2:23,0	2:18,0	1:22,0	6:47,0	3:28,0	4:04,0	3:23,0	3:07,0	2:22,0	2:12,0
			37:00,0	39:52,0	41:17,0	42:30,0	46:38,0	49:00,0	51:56,0	52:41,0	54:23,0	56:42,0	57:04,9
			3:53,0	2:52,0	1:25,0	1:13,0	4:08,0	2:22,0	2:56,0	0:45,0	1:42,0	2:19,0	0:22,9
3	4686 Garrido Blanco, Juan Xinzo de Limia LIMIACTIVA	57:54,0	1:29,0	3:20,0	5:10,0	6:36,0	10:51,0	13:41,0	19:15,0	22:05,0	23:09,0	26:08,0	28:37,0
			1:29,0	1:51,0	1:50,0	1:26,0	4:15,0	2:50,0	5:34,0	2:50,0	1:04,0	2:59,0	2:29,0
			33:37,0	36:55,0	39:14,0	40:15,0	46:49,0	49:27,0	52:55,0	53:49,0	55:29,0	57:29,0	57:54,0
			5:00,0	3:18,0	2:19,0	1:01,0	6:34,0	2:38,0	3:28,0	0:54,0	1:40,0	2:00,0	0:25,0
4	4608 Victorero Domínguez, Alejandr Porto do Son ADC_ARNELA	1:05:35,0	4:09,0	5:58,0	7:51,0	9:20,0	12:51,0	16:07,0	20:21,0	23:06,0	24:31,0	32:17,0	34:19,0
			4:09,0	1:49,0	1:53,0	1:29,0	3:31,0	3:16,0	4:14,0	2:45,0	1:25,0	7:46,0	2:02,0
			39:34,0	45:24,0	47:13,0	48:31,0	53:50,0	56:45,0	1:00:03,0	1:00:51,0	1:02:34,0	1:05:06,0	1:05:35,6
			5:15,0	5:50,0	1:49,0	1:18,0	5:19,0	2:55,0	3:18,0	0:48,0	1:43,0	2:32,0	0:29,6
5	4495 Rodríguez Juncal, José Antoni Ordes SEO	1:21:45,0	2:00,0	5:33,0	7:59,0	10:27,0	16:08,0	21:37,0	26:26,0	30:02,0	31:42,0	37:32,0	40:51,0
			2:00,0	3:33,0	2:26,0	2:28,0	5:41,0	5:29,0	4:49,0	3:36,0	1:40,0	5:50,0	3:19,0
			49:14,0	53:49,0	56:57,0	58:56,0	06:35,0	1:09:35,0	1:14:34,0	1:15:32,0	1:17:57,0	1:21:10,0	1:21:45,0
			8:23,0	4:35,0	3:08,0	1:59,0	7:39,0	3:00,0	4:59,0	0:58,0	2:25,0	3:13,0	0:35,0
4218	Garcia Molera, Manuel Pontevedra AROMON	Fuera d	1:47,0	8:57,0	12:16,0	14:02,0	19:23,0	23:56,0	41:17,0	48:53,0	52:13,0	1:06:04,0	1:09:45,0
			1:47,0	7:10,0	3:19,0	1:46,0	5:21,0	4:33,0	17:21,0	7:36,0	3:20,0	13:51,0	3:41,0
			1:18:10,0	1:23:29,0	1:27:16,0	1:40:23,0	1:45:42,0	1:55:53,0	2:03:55,0	2:05:36,0	2:09:49,0	2:14:53,0	2:16:02,0
			8:25,0	5:19,0	3:47,0	13:07,0	5:19,0	10:11,0	8:02,0	1:41,0	4:13,0	5:04,0	1:09,0

os	Dors	Nome	Tempo												
Masculino 21 B (5)				3,3 km	90 m	17 C									
				1(103)	2(104)	3(114)	4(111)	5(128)	6(125)	7(146)	8(133)	9(135)	10(141)	11(143)	
				12(151)	13(148)	14(159)	15(170)	16(173)	17(200)	Meta					
1	6355	Chamorro García, Abel Nigrán RAZA PALLEIRA	42:48,0	4:39,0	5:30,0	7:41,0	10:11,0	17:19,0	18:57,0	21:47,0	23:37,0	24:52,0	27:28,0	28:22,0	
				4:39,0	0:51,0	2:11,0	2:30,0	7:08,0	1:38,0	2:50,0	1:50,0	1:15,0	2:36,0	0:54,0	
				31:39,0	33:36,0	36:20,0	38:12,0	41:36,0	42:23,0	42:48,0	40:38,0	40:38,0			
				3:17,0	1:57,0	2:44,0	1:52,0	3:24,0	0:47,0	0:25,0		*172			
2	6688	Ferro Costas, David Nigrán RAZA PALLEIRA	48:33,0	6:15,0	7:37,0	9:37,0	10:53,0	17:35,0	18:58,0	21:29,0	23:02,0	24:24,0	25:54,0	27:55,0	
				6:15,0	1:22,0	2:00,0	1:16,0	6:42,0	1:23,0	2:31,0	1:33,0	1:22,0	1:30,0	2:01,0	
				36:00,0	38:31,0	40:43,0	44:06,0	47:12,0	47:56,0	48:33,0					
				8:05,0	2:31,0	2:12,0	3:23,0	3:06,0	0:44,0	0:37,0					
3	4415	López López, Adrián Culleredo GALLAECIA_RAID	57:15,0	6:16,0	8:01,0	10:46,0	13:06,0	20:09,0	22:46,0	25:44,0	28:59,0	31:10,0	33:53,0	34:51,0	
				6:16,0	1:45,0	2:45,0	2:20,0	7:03,0	2:37,0	2:58,0	3:15,0	2:11,0	2:43,0	0:58,0	
				38:29,0	40:41,0	44:08,0	51:35,0	55:50,0	56:47,0	57:15,0					
				3:38,0	2:12,0	3:27,0	7:27,0	4:15,0	0:57,0	0:28,0					
4	4439	Orizales Lopez, Oscar Culleredo GALLAECIA_RAID	58:52,0	5:15,0	7:24,0	9:54,0	14:08,0	22:49,0	28:07,0	30:44,0	35:34,0	37:04,0	39:33,0	40:30,0	
				5:15,0	2:09,0	2:30,0	4:14,0	8:41,0	5:18,0	2:37,0	4:50,0	1:30,0	2:29,0	0:57,0	
				43:22,0	45:24,0	47:57,0	52:56,0	57:26,0	58:15,0	58:52,0					
				2:52,0	2:02,0	2:33,0	4:59,0	4:30,0	0:49,0	0:37,0					
5	4392	Ferreiro Viña, Juan Carlos Culleredo GALLAECIA_RAID	1:21:12,	12:06,0	13:22,0	16:22,0	18:41,0	22:28,0	28:42,0	32:36,0	38:09,0	42:59,0	47:25,0	50:16,0	
				12:06,0	1:16,0	3:00,0	2:19,0	3:47,0	6:14,0	3:54,0	5:33,0	4:50,0	4:26,0	2:51,0	
				54:59,0	58:16,0	1:00:43,0	1:11:09,0	1:19:21,0	1:20:17,0	1:21:12,7					
				4:43,0	3:17,0	2:27,0	10:26,0	8:12,0	0:56,0	0:55,7					
Masculino 35 (14)				4,8 km	195 m	23 C									
				1(114)	2(121)	3(123)	4(108)	5(102)	6(104)	7(116)	8(172)	9(167)	10(164)	11(163)	
				12(162)	13(161)	14(145)	15(150)	16(153)	17(155)	18(140)	19(142)	20(134)	21(130)	22(119)	
				23(200)	Meta										
1	4313	Liz Díaz, Javier LUGO FLUVIAL_LUGO	54:33,0	3:01,0	4:35,0	5:21,0	6:47,0	8:42,0	9:46,0	11:22,0	12:34,0	15:59,0	17:52,0	20:29,0	
				3:01,0	1:34,0	0:46,0	1:26,0	1:55,0	1:04,0	1:36,0	1:12,0	3:25,0	1:53,0	2:37,0	
				22:21,0	25:17,0	30:06,0	34:28,0	40:43,0	41:56,0	44:01,0	45:37,0	48:47,0	50:27,0	52:35,0	
				1:52,0	2:56,0	4:49,0	4:22,0	6:15,0	1:13,0	2:05,0	1:36,0	3:10,0	1:40,0	2:08,0	
				54:10,0	54:33,8		14:35,0								
				1:35,0	0:23,8		*168								
2	4493	Morlán Rodriguez, Jose Angel Ordes SEO	56:37,0	3:31,0	5:03,0	6:12,0	7:48,0	10:00,0	11:14,0	13:03,0	14:35,0	16:27,0	19:05,0	22:31,0	
				3:31,0	1:32,0	1:09,0	1:36,0	2:12,0	1:14,0	1:49,0	1:32,0	1:52,0	2:38,0	3:26,0	
				24:45,0	28:28,0	33:02,0	37:41,0	39:52,0	41:59,0	44:26,0	46:18,0	49:44,0	52:01,0	54:19,0	
				2:14,0	3:43,0	4:34,0	4:39,0	2:11,0	2:07,0	2:27,0	1:52,0	3:26,0	2:17,0	2:18,0	
				56:10,0	56:37,0										
				1:51,0	0:27,0										
3	4736	Veiga Jalda, Martin As Neves VIZHOJA-CORNELIO	56:39,0	3:47,0	5:44,0	6:37,0	8:12,0	10:16,0	11:42,0	13:27,0	15:37,0	17:22,0	19:44,0	24:30,0	
				3:47,0	1:57,0	0:53,0	1:35,0	2:04,0	1:26,0	1:45,0	2:10,0	1:45,0	2:22,0	4:46,0	
				26:50,0	29:44,0	35:20,0	37:25,0	39:19,0	41:31,0	43:55,0	45:40,0	49:57,0	51:57,0	54:15,0	
				2:20,0	2:54,0	5:36,0	2:05,0	1:54,0	2:12,0	2:24,0	1:45,0	4:17,0	2:00,0	2:18,0	
				56:11,0	56:39,0										
				1:56,0	0:28,0										
4	4820	Varela Lorenzo, Francisco LUGO COMPÁS	57:14,0	3:18,0	5:10,0	5:55,0	7:37,0	9:46,0	11:01,0	12:53,0	14:19,0	15:29,0	17:00,0	23:42,0	
				3:18,0	1:52,0	0:45,0	1:42,0	2:09,0	1:15,0	1:52,0	1:26,0	1:10,0	1:31,0	6:42,0	
				26:19,0	29:09,0	34:32,0	38:16,0	40:21,0	42:09,0	44:36,0	46:00,0	50:05,0	52:09,0	54:55,0	
				2:37,0	2:50,0	5:23,0	3:44,0	2:05,0	1:48,0	2:27,0	1:24,0	4:05,0	2:04,0	2:46,0	
				56:44,0	57:14,0										
				1:49,0	0:30,0										
5	4366	Cagide Taboada, Juan Carlos Culleredo GALLAECIA_RAID	1:01:22,	5:32,0	8:06,0	8:52,0	10:50,0	12:42,0	13:52,0	15:34,0	17:14,0	18:25,0	20:10,0	26:45,0	
				5:32,0	2:34,0	0:46,0	1:58,0	1:52,0	1:10,0	1:42,0	1:40,0	1:11,0	1:45,0	6:35,0	
				29:10,0	32:17,0	37:22,0	41:18,0	44:46,0	46:28,0	48:52,0	50:23,0	54:42,0	56:36,0	59:03,0	
				2:25,0	3:07,0	5:05,0	3:56,0	3:28,0	1:42,0	2:24,0	1:31,0	4:19,0	1:54,0	2:27,0	
				1:00:58,0	1:01:22,9										
				1:55,0	0:24,9										
6	4280	Piñeiro Portela, Jorge A Coruña ARTABROS	1:02:01,	3:51,0	5:13,0	6:07,0	7:44,0	9:39,0	10:52,0	12:27,0	13:56,0	14:59,0	16:46,0	20:36,0	
				3:51,0	1:22,0	0:54,0	1:37,0	1:55,0	1:13,0	1:35,0	1:29,0	1:03,0	1:47,0	3:50,0	
				30:43,0	34:05,0	38:59,0	43:43,0	45:55,0	47:36,0	49:54,0	51:42,0	55:18,0	57:29,0	59:47,0	
				10:07,0	3:22,0	4:54,0	4:44,0	2:12,0	1:41,0	2:18,0	1:48,0	3:36,0	2:11,0	2:18,0	
				1:01:33,0	1:02:01,0										
				1:46,0	0:28,0										
7	4347	Pérez Juste, German Vigo U-VIGO	1:05:27,	3:11,0	7:34,0	8:24,0	10:02,0	11:53,0	13:11,0	14:59,0	16:27,0	17:49,0	20:00,0	22:07,0	
				3:11,0	4:23,0	0:50,0	1:38,0	1:51,0	1:18,0	1:48,0	1:28,0	1:22,0	2:11,0	2:07,0	
				23:57,0	29:51,0	36:34,0	40:12,0	45:10,0	46:20,0	48:37,0	50:46,0	55:29,0	1:00:27,0	1:02:54,0	
				1:50,0	5:54,0	6:43,0	3:38,0	4:58,0	1:10,0	2:17,0	2:09,0	4:43,0	4:58,0	2:27,0	
				1:04:53,0	1:05:27,1		4:55,0	6:57,0							
				1:59,0	0:34,1		*122	*124							

os Dors Nome

Tempo

Masculino 35 (14)

4,8 km 195 m 23 C (cont.)

		1(114)	2(121)	3(123)	4(108)	5(102)	6(104)	7(116)	8(172)	9(167)	10(164)	11(163)	
		12(162)	13(161)	14(145)	15(150)	16(153)	17(155)	18(140)	19(142)	20(134)	21(130)	22(119)	
		23(200)	Meta										
8	4548 Garcia Vazquez, Lucas O Porriño BUDIÑORAID	1:10:49,	3:34,0	6:10,0	12:24,0	13:59,0	16:29,0	17:41,0	19:48,0	21:09,0	22:27,0	26:41,0	29:40,0
			3:34,0	2:36,0	6:14,0	1:35,0	2:30,0	1:12,0	2:07,0	1:21,0	1:18,0	4:14,0	2:59,0
			32:35,0	35:49,0	43:01,0	47:43,0	50:14,0	53:22,0	56:09,0	58:09,0	1:02:50,0	1:05:21,0	1:08:14,0
			2:55,0	3:14,0	7:12,0	4:42,0	2:31,0	3:08,0	2:47,0	2:00,0	4:41,0	2:31,0	2:53,0
			1:10:22,0	1:10:49,0		6:49,0							
			2:08,0	0:27,0		*124							
9	4756 Fernández Núñez, Oliver Nigrán RAZA PALLEIRA	1:13:43,	5:41,0	10:33,0	11:18,0	12:59,0	15:19,0	17:09,0	18:43,0	21:41,0	23:18,0	27:18,0	31:03,0
			5:41,0	4:52,0	0:45,0	1:41,0	2:20,0	1:50,0	1:34,0	2:58,0	1:37,0	4:00,0	3:45,0
			33:46,0	36:57,0	42:35,0	46:36,0	52:19,0	53:45,0	56:25,0	58:50,0	1:04:06,0	1:08:44,0	1:11:16,0
			2:43,0	3:11,0	5:38,0	4:01,0	5:43,0	1:26,0	2:40,0	2:25,0	5:16,0	4:38,0	2:32,0
			1:13:16,0	1:13:43,0									
			2:00,0	0:27,0									
10	6374 González Rodríguez, Javier Culleredo GALLAECIA_RAID	1:15:50,	9:56,0	16:44,0	17:49,0	19:56,0	21:49,0	22:58,0	25:02,0	27:27,0	29:19,0	32:16,0	37:40,0
			9:56,0	6:48,0	1:05,0	2:07,0	1:53,0	1:09,0	2:04,0	2:25,0	1:52,0	2:57,0	5:24,0
			40:22,0	43:23,0	50:00,0	53:38,0	55:42,0	57:34,0	1:00:55,0	1:03:22,0	1:08:07,0	1:10:15,0	1:12:58,0
			2:42,0	3:01,0	6:37,0	3:38,0	2:04,0	1:52,0	3:21,0	2:27,0	4:45,0	2:08,0	2:43,0
			1:15:16,0	1:15:50,0									
			2:18,0	0:34,0									
11	6543 Serrano Vidal, Jose Javier Pontevedra AROMON	1:45:52,	6:17,0	10:05,0	11:14,0	13:37,0	16:46,0	23:36,0	25:50,0	27:44,0	40:07,0	42:31,0	48:00,0
			6:17,0	3:48,0	1:09,0	2:23,0	3:09,0	6:50,0	2:14,0	1:54,0	12:23,0	2:24,0	5:29,0
			55:09,0	58:43,0	1:05:03,0	1:07:27,0	:12:13,0	1:14:28,0	1:17:24,0	1:20:55,0	1:30:08,0	1:36:42,0	1:43:03,0
			7:09,0	3:34,0	6:20,0	2:24,0	4:46,0	2:15,0	2:56,0	3:31,0	9:13,0	6:34,0	6:21,0
			1:45:21,0	1:45:52,0									
			2:18,0	0:31,0									
4290	Sevilla Gómez, Francisco Javier A Coruña ARTABROS	Error en	3:01,0	7:09,0	7:56,0	9:16,0	10:54,0	12:00,0	14:27,0	15:49,0	----	26:53,0	29:35,0
			3:01,0	4:08,0	0:47,0	1:20,0	1:38,0	1:06,0	2:27,0	1:22,0		11:04,0	2:42,0
			31:39,0	33:49,0	38:31,0	41:44,0	45:31,0	47:06,0	49:15,0	51:49,0	58:33,0	1:00:02,0	1:02:12,0
			2:04,0	2:10,0	4:42,0	3:13,0	3:47,0	1:35,0	2:09,0	2:34,0	6:44,0	1:29,0	2:10,0
			1:03:55,0	1:04:22,0		5:56,0	16:59,0						
			1:43,0	0:27,0		*122	*168						
4225	Lopez Furtuoso, Gerardo Jose Pontevedra AROMON	Error en	3:39,0	----	9:12,0	11:04,0	13:05,0	14:25,0	16:11,0	17:43,0	19:23,0	22:00,0	27:42,0
			3:39,0		5:33,0	1:52,0	2:01,0	1:20,0	1:46,0	1:32,0	1:40,0	2:37,0	5:42,0
			29:48,0	33:39,0	39:31,0	47:56,0	50:32,0	52:27,0	54:44,0	56:39,0	1:04:19,0	1:07:00,0	1:10:13,0
			2:06,0	3:51,0	5:52,0	8:25,0	2:36,0	1:55,0	2:17,0	1:55,0	7:40,0	2:41,0	3:13,0
			1:12:40,0	1:13:19,0		5:55,0							
			2:27,0	0:39,0		*124							
4679	Varela Yáñez, Marcos A Coruña BRIGANTIA	Error en	3:12,0	----	12:29,0	15:54,0	19:00,0	20:15,0	21:56,0	23:42,0	25:35,0	27:48,0	31:46,0
			3:12,0		9:17,0	3:25,0	3:06,0	1:15,0	1:41,0	1:46,0	1:53,0	2:13,0	3:58,0
			35:43,0	38:43,0	43:03,0	46:09,0	48:23,0	51:11,0	56:23,0	59:28,0	1:04:49,0	1:09:11,0	1:11:39,0
			3:57,0	3:00,0	4:20,0	3:06,0	2:14,0	2:48,0	5:12,0	3:05,0	5:21,0	4:22,0	2:28,0
			1:13:28,0	1:13:57,0		6:14,0							
			1:49,0	0:29,0		*124							

Masculino 40 (9)

4,6 km 190 m 21 C

		1(112)	2(114)	3(106)	4(101)	5(104)	6(108)	7(121)	8(119)	9(168)	10(162)	11(161)	
		12(157)	13(144)	14(150)	15(153)	16(155)	17(139)	18(134)	19(131)	20(116)	21(200)	Meta	
1	4214 Ferrer Vidal, Francisco José Pontevedra AROMON	49:04,0	3:11,0	4:55,0	6:49,0	8:56,0	9:46,0	11:45,0	14:44,0	15:52,0	18:24,0	22:07,0	25:58,0
			3:11,0	1:44,0	1:54,0	2:07,0	0:50,0	1:59,0	2:59,0	1:08,0	2:32,0	3:43,0	3:51,0
			27:59,0	31:24,0	33:14,0	36:00,0	37:56,0	40:26,0	43:54,0	45:08,0	47:49,0	48:41,0	49:04,2
			2:01,0	3:25,0	1:50,0	2:46,0	1:56,0	2:30,0	3:28,0	1:14,0	2:41,0	0:52,0	0:23,2
2	4442 Patiño Varela, Juan Culleredo GALLAECIA_RAID	51:27,0	3:06,0	4:46,0	6:25,0	8:24,0	9:08,0	11:08,0	13:51,0	15:09,0	18:09,0	21:42,0	25:54,0
			3:06,0	1:40,0	1:39,0	1:59,0	0:44,0	2:00,0	2:43,0	1:18,0	3:00,0	3:33,0	4:12,0
			27:53,0	31:25,0	33:19,0	34:54,0	36:44,0	39:28,0	45:32,0	47:18,0	49:55,0	50:59,0	51:27,0
			1:59,0	3:32,0	1:54,0	1:35,0	1:50,0	2:44,0	6:04,0	1:46,0	2:37,0	1:04,0	0:28,0
3	5152 Corredoira Rifon, Jose LUGO COMPÁS	51:42,0	2:23,0	4:12,0	6:19,0	7:57,0	8:42,0	11:01,0	13:58,0	15:26,0	19:33,0	22:28,0	25:07,0
			2:23,0	1:49,0	2:07,0	1:38,0	0:45,0	2:19,0	2:57,0	1:28,0	4:07,0	2:55,0	2:39,0
			27:02,0	30:44,0	36:14,0	37:45,0	39:19,0	42:11,0	46:53,0	48:18,0	50:38,0	51:17,0	51:42,0
			1:55,0	3:42,0	5:30,0	1:31,0	1:34,0	2:52,0	4:42,0	1:25,0	2:20,0	0:39,0	0:25,0
4	4488 Carballo Morán, Ruben Ordes SEO	53:06,0	2:27,0	3:47,0	7:02,0	8:47,0	9:33,0	11:03,0	13:21,0	14:21,0	16:50,0	19:48,0	22:32,0
			2:27,0	1:20,0	3:15,0	1:45,0	0:46,0	1:30,0	2:18,0	1:00,0	2:29,0	2:58,0	2:44,0
			23:53,0	30:20,0	31:50,0	33:16,0	34:35,0	37:28,0	41:49,0	43:11,0	51:53,0	52:42,0	53:06,0
			1:21,0	6:27,0	1:30,0	1:26,0	1:19,0	2:53,0	4:21,0	1:22,0	8:42,0	0:49,0	0:24,0
				10:38,0	26:28,0								
				*107	*156								

os	Dors	Nome	Tempo											
Masculino 40 (9)				4,6 km 190 m 21 C (cont.)										
				1(112)	2(114)	3(106)	4(101)	5(104)	6(108)	7(121)	8(119)	9(168)	10(162)	11(161)
				12(157)	13(144)	14(150)	15(153)	16(155)	17(139)	18(134)	19(131)	20(116)	21(200)	Meta
5	4204	Barreiro Fernández, Pablo Pontevedra AROMON	53:42,0	2:39,0	4:17,0	7:11,0	8:55,0	9:35,0	11:28,0	15:45,0	16:43,0	18:55,0	22:19,0	25:07,0
				2:39,0	1:38,0	2:54,0	1:44,0	0:40,0	1:53,0	4:17,0	0:58,0	2:12,0	3:24,0	2:48,0
				26:47,0	29:50,0	38:02,0	39:35,0	41:07,0	43:41,0	48:07,0	49:43,0	52:32,0	53:18,0	53:42,4
				1:40,0	3:03,0	8:12,0	1:33,0	1:32,0	2:34,0	4:26,0	1:36,0	2:49,0	0:46,0	0:24,4
				15:21,0 *122										
6	4343	Pastoriza Santos, Vicente Vigo U-VIGO	56:04,0	2:44,0	4:22,0	5:58,0	8:05,0	8:55,0	10:50,0	13:31,0	16:26,0	24:28,0	28:15,0	30:58,0
				2:44,0	1:38,0	1:36,0	2:07,0	0:50,0	1:55,0	2:41,0	2:55,0	8:02,0	3:47,0	2:43,0
				32:50,0	36:06,0	40:21,0	42:37,0	44:23,0	47:19,0	50:44,0	51:58,0	54:56,0	55:42,0	56:04,0
				1:52,0	3:16,0	4:15,0	2:16,0	1:46,0	2:56,0	3:25,0	1:14,0	2:58,0	0:46,0	0:22,0
7	4355	Albarran Rodriguez, Angel Culleredo GALLAECIA_RAID	56:27,0	2:07,0	3:42,0	5:29,0	6:55,0	7:43,0	9:32,0	11:57,0	13:32,0	15:54,0	18:54,0	20:47,0
				2:07,0	1:35,0	1:47,0	1:26,0	0:48,0	1:49,0	2:25,0	1:35,0	2:22,0	3:00,0	1:53,0
				22:39,0	26:11,0	36:54,0	40:56,0	42:27,0	46:59,0	51:13,0	52:35,0	55:15,0	55:59,0	56:27,2
				1:52,0	3:32,0	10:43,0	4:02,0	1:31,0	4:32,0	4:14,0	1:22,0	2:40,0	0:44,0	0:28,2
8	4283	Riestra González, Santiago A Coruña ARTABROS	58:13,0	3:09,0	4:56,0	6:51,0	9:34,0	10:16,0	12:32,0	16:39,0	18:00,0	22:35,0	30:41,0	35:29,0
				3:09,0	1:47,0	1:55,0	2:43,0	0:42,0	2:16,0	4:07,0	1:21,0	4:35,0	8:06,0	4:48,0
				36:52,0	40:12,0	44:09,0	45:20,0	47:00,0	49:32,0	52:51,0	54:09,0	56:57,0	57:47,0	58:13,1
				1:23,0	3:20,0	3:57,0	1:11,0	1:40,0	2:32,0	3:19,0	1:18,0	2:48,0	0:50,0	0:26,1
9	4329	Viana Gonzalez, Iago LUGO FLUVIAL_LUGO	1:06:43,	5:41,0	7:57,0	11:11,0	13:03,0	14:14,0	16:30,0	20:30,0	22:38,0	26:00,0	30:25,0	33:04,0
				5:41,0	2:16,0	3:14,0	1:52,0	1:11,0	2:16,0	4:00,0	2:08,0	3:22,0	4:25,0	2:39,0
				34:50,0	38:51,0	45:33,0	48:32,0	50:19,0	54:19,0	59:30,0	1:01:04,0	1:05:31,0	1:06:15,0	1:06:43,0
				1:46,0	4:01,0	6:42,0	2:59,0	1:47,0	4:00,0	5:11,0	1:34,0	4:27,0	0:44,0	0:28,0
Masculino 45 (16)				4,3 km 170 m 21 C										
				1(123)	2(114)	3(106)	4(102)	5(104)	6(116)	7(168)	8(169)	9(162)	10(161)	11(156)
				12(150)	13(153)	14(155)	15(140)	16(142)	17(134)	18(129)	19(124)	20(117)	21(200)	Meta
1	4804	Lamela Arias, Alberto LUGO COMPÁS	56:13,0	3:26,0	5:08,0	11:35,0	13:10,0	14:17,0	15:41,0	17:33,0	24:34,0	26:36,0	30:09,0	32:27,0
				3:26,0	1:42,0	6:27,0	1:35,0	1:07,0	1:24,0	1:52,0	7:01,0	2:02,0	3:33,0	2:18,0
				35:24,0	37:12,0	39:23,0	41:28,0	44:17,0	48:21,0	50:25,0	51:48,0	54:16,0	55:47,0	56:13,6
				2:57,0	1:48,0	2:11,0	2:05,0	2:49,0	4:04,0	2:04,0	1:23,0	2:28,0	1:31,0	0:26,6
2	4202	Alvelo Fragueta, Javier Pontevedra AROMON	56:19,0	3:35,0	5:06,0	7:07,0	8:37,0	9:45,0	11:15,0	13:25,0	15:20,0	17:12,0	20:17,0	22:32,0
				3:35,0	1:31,0	2:01,0	1:30,0	1:08,0	1:30,0	2:10,0	1:55,0	1:52,0	3:05,0	2:15,0
				25:10,0	38:07,0	39:25,0	41:40,0	44:33,0	49:58,0	51:46,0	53:00,0	54:28,0	55:55,0	56:19,1
				2:38,0	12:57,0	1:18,0	2:15,0	2:53,0	5:25,0	1:48,0	1:14,0	1:28,0	1:27,0	0:24,1
3	4554	Martinez Lorenzo, Daniel O Porriño BUDIÑORAID	58:03,0	3:29,0	5:06,0	7:42,0	9:23,0	11:32,0	13:19,0	15:46,0	19:07,0	25:57,0	28:06,0	30:28,0
				3:29,0	1:37,0	2:36,0	1:41,0	2:09,0	1:47,0	2:27,0	3:21,0	6:50,0	2:09,0	2:22,0
				33:11,0	35:26,0	37:07,0	42:00,0	43:47,0	51:25,0	53:00,0	54:42,0	56:33,0	57:40,0	58:03,1
				2:43,0	2:15,0	1:41,0	4:53,0	1:47,0	7:38,0	1:35,0	1:42,0	1:51,0	1:07,0	0:23,1
4	4455	Ramos Asensio, Luis Javier Culleredo GALLAECIA_RAID	1:00:22,	4:02,0	5:52,0	7:53,0	9:03,0	10:15,0	12:05,0	14:16,0	18:40,0	25:39,0	28:47,0	31:22,0
				4:02,0	1:50,0	2:01,0	1:10,0	1:12,0	1:50,0	2:11,0	4:24,0	6:59,0	3:08,0	2:35,0
				34:04,0	36:43,0	39:09,0	42:07,0	43:43,0	53:32,0	55:21,0	56:53,0	58:41,0	59:53,0	1:00:22,6
				2:42,0	2:39,0	2:26,0	2:58,0	1:36,0	9:49,0	1:49,0	1:32,0	1:48,0	1:12,0	0:29,6
5	4294	Traveso Rodríguez, Santiago A Coruña ARTABROS	1:01:24,	3:48,0	5:40,0	8:00,0	9:51,0	11:14,0	12:59,0	15:42,0	18:13,0	27:15,0	29:59,0	33:20,0
				3:48,0	1:52,0	2:20,0	1:51,0	1:23,0	1:45,0	2:43,0	2:31,0	9:02,0	2:44,0	3:21,0
				36:29,0	38:36,0	41:44,0	44:39,0	47:22,0	51:38,0	53:36,0	55:15,0	59:08,0	1:00:51,0	1:01:24,0
				3:09,0	2:07,0	3:08,0	2:55,0	2:43,0	4:16,0	1:58,0	1:39,0	3:53,0	1:43,0	0:33,0
6	4728	Rodríguez Salas, Alberto As Neves VIZHOJA-CORNELIO	1:05:22,	3:39,0	5:04,0	7:03,0	9:12,0	10:31,0	12:07,0	14:41,0	25:09,0	31:50,0	34:09,0	36:48,0
				3:39,0	1:25,0	1:59,0	2:09,0	1:19,0	1:36,0	2:34,0	10:28,0	6:41,0	2:19,0	2:39,0
				40:24,0	44:22,0	46:01,0	48:13,0	49:46,0	59:15,0	1:01:02,0	1:02:08,0	1:03:36,0	1:04:53,0	1:05:22,0
				3:36,0	3:58,0	1:39,0	2:12,0	1:33,0	9:29,0	1:47,0	1:06,0	1:28,0	1:17,0	0:29,0
7	4772	Cañas Lara, Julio A Coruña LICEO	1:09:16,	3:50,0	5:37,0	14:23,0	15:56,0	17:27,0	19:17,0	21:57,0	30:37,0	33:11,0	36:22,0	41:45,0
				3:50,0	1:47,0	8:46,0	1:33,0	1:31,0	1:50,0	2:40,0	8:40,0	2:34,0	3:11,0	5:23,0
				45:48,0	48:44,0	50:41,0	53:29,0	56:08,0	1:01:08,0	1:03:10,0	1:04:48,0	1:06:45,0	1:08:42,0	1:09:16,0
				4:03,0	2:56,0	1:57,0	2:48,0	2:39,0	5:00,0	2:02,0	1:38,0	1:57,0	1:57,0	0:34,0
8	4224	Liste Rodriguez, Francisco Ma Pontevedra AROMON	1:10:27,	5:46,0	8:10,0	10:26,0	12:24,0	14:09,0	16:08,0	19:16,0	22:08,0	25:37,0	28:23,0	31:25,0
				5:46,0	2:24,0	2:16,0	1:58,0	1:45,0	1:59,0	3:08,0	2:52,0	3:29,0	2:46,0	3:02,0
				37:26,0	41:48,0	43:39,0	48:21,0	50:03,0	1:02:47,0	1:05:09,0	1:06:23,0	1:08:34,0	1:09:59,0	1:10:27,0
				6:01,0	4:22,0	1:51,0	4:42,0	1:42,0	12:44,0	2:22,0	1:14,0	2:11,0	1:25,0	0:28,0
9	4360	Antón Casado, Arturo Culleredo GALLAECIA_RAID	1:16:00,	4:08,0	6:12,0	8:34,0	10:31,0	12:01,0	13:58,0	18:58,0	28:10,0	36:21,0	39:41,0	43:09,0
				4:08,0	2:04,0	2:22,0	1:57,0	1:30,0	1:57,0	5:00,0	9:12,0	8:11,0	3:20,0	3:28,0
				48:39,0	51:12,0	55:11,0	58:12,0	:01:54,0	1:07:14,0	1:09:25,0	1:11:06,0	1:13:36,0	1:15:36,0	1:16:00,7
				5:30,0	2:33,0	3:59,0	3:01,0	3:42,0	5:20,0	2:11,0	1:41,0	2:30,0	2:00,0	0:24,7
				1:05:50,0 *132										

os	Dors	Nome	Tempo												
Masculino 45 (16)				4,3 km	170 m	21 C	<i>(cont.)</i>								
				1(123)	2(114)	3(106)	4(102)	5(104)	6(116)	7(168)	8(169)	9(162)	10(161)	11(156)	
				12(150)	13(153)	14(155)	15(140)	16(142)	17(134)	18(129)	19(124)	20(117)	21(200)	Meta	
10	4297	Algora Aizpurua, Angel LUGO FLUVIAL_LUGO	1:20:14,	4:20,0	8:22,0	14:53,0	16:40,0	17:51,0	19:47,0	22:44,0	27:25,0	33:18,0	37:24,0	41:49,0	
				4:20,0	4:02,0	6:31,0	1:47,0	1:11,0	1:56,0	2:57,0	4:41,0	5:53,0	4:06,0	4:25,0	
				52:07,0	54:49,0	1:02:11,0	1:05:17,0	:08:21,0	1:12:48,0	1:15:24,0	1:16:38,0	1:18:25,0	1:19:50,0	1:20:14,8	
				10:18,0	2:42,0	7:22,0	3:06,0	3:04,0	4:27,0	2:36,0	1:14,0	1:47,0	1:25,0	0:24,8	
				10:49,0											
				*108											
11	4337	Fuertes González, Enrique Vigo U-VIGO	1:27:02,	6:21,0	8:15,0	12:19,0	13:50,0	15:47,0	18:09,0	20:32,0	24:29,0	29:47,0	39:05,0	43:50,0	
				6:21,0	1:54,0	4:04,0	1:31,0	1:57,0	2:22,0	2:23,0	3:57,0	5:18,0	9:18,0	4:45,0	
				47:26,0	56:22,0	1:00:00,0	1:02:59,0	:05:16,0	1:17:31,0	1:19:57,0	1:22:01,0	1:24:29,0	1:26:27,0	1:27:02,0	
				3:36,0	8:56,0	3:38,0	2:59,0	2:17,0	12:15,0	2:26,0	2:04,0	2:28,0	1:58,0	0:35,0	
12	4525	De La Torre Herrera, Diego O Barco de Valde TREVINCA	1:27:26,	4:11,0	17:57,0	20:30,0	23:46,0	25:30,0	27:17,0	33:06,0	36:29,0	41:05,0	44:32,0	47:57,0	
				4:11,0	13:46,0	2:33,0	3:16,0	1:44,0	1:47,0	5:49,0	3:23,0	4:36,0	3:27,0	3:25,0	
				56:05,0	1:02:15,0	1:05:10,0	1:07:41,0	:11:14,0	1:15:53,0	1:21:49,0	1:23:21,0	1:24:57,0	1:26:51,0	1:27:26,3	
				8:08,0	6:10,0	2:55,0	2:31,0	3:33,0	4:39,0	5:56,0	1:32,0	1:36,0	1:54,0	0:35,3	
13	4435	Naveira Gonzalo, Ivan Culleredo GALLAECIA_RAID	1:32:19,	4:37,0	7:27,0	12:38,0	15:06,0	17:14,0	19:38,0	22:56,0	26:24,0	31:55,0	37:57,0	41:56,0	
				4:37,0	2:50,0	5:11,0	2:28,0	2:08,0	2:24,0	3:18,0	3:28,0	5:31,0	6:02,0	3:59,0	
				46:04,0	54:47,0	57:34,0	1:00:44,0	:03:36,0	1:14:13,0	1:25:31,0	1:27:31,0	1:30:30,0	1:31:46,0	1:32:19,3	
				4:08,0	8:43,0	2:47,0	3:10,0	2:52,0	10:37,0	11:18,0	2:00,0	2:59,0	1:16,0	0:33,3	
14	4331	Abad Vives, Carles Vigo U-VIGO	1:42:58,	5:39,0	8:10,0	18:51,0	21:41,0	24:16,0	27:15,0	30:42,0	34:15,0	38:06,0	43:44,0	48:17,0	
				5:39,0	2:31,0	10:41,0	2:50,0	2:35,0	2:59,0	3:27,0	3:33,0	3:51,0	5:38,0	4:33,0	
				58:38,0	1:02:09,0	1:07:47,0	1:15:45,0	:18:00,0	1:27:06,0	1:30:55,0	1:35:58,0	1:39:33,0	1:42:11,0	1:42:58,0	
				10:21,0	3:31,0	5:38,0	7:58,0	2:15,0	9:06,0	3:49,0	5:03,0	3:35,0	2:38,0	0:47,0	
4289	Santos Iglesias, Jesus A Coruña ARTABROS	Fuera d	9:03,0	12:20,0	19:06,0	21:17,0	23:19,0	26:09,0	29:40,0	36:39,0	1:01:06,0	1:09:20,0	1:13:27,0		
				9:03,0	3:17,0	6:46,0	2:11,0	2:02,0	2:50,0	3:31,0	6:59,0	24:27,0	8:14,0	4:07,0	
				1:30:33,0	1:35:40,0	1:40:27,0	1:47:58,0	:52:06,0	2:05:00,0	2:12:37,0	2:14:14,0	2:18:28,0	2:22:46,0	2:23:39,0	
				17:06,0	5:07,0	4:47,0	7:31,0	4:08,0	12:54,0	7:37,0	1:37,0	4:14,0	4:18,0	0:53,0	
4334	Armada Luaces, José Luis Vigo U-VIGO	Error en	4:17,0	7:53,0	9:47,0	11:52,0	13:21,0	15:29,0	17:20,0	20:41,0	26:16,0	31:59,0	35:31,0		
				4:17,0	3:36,0	1:54,0	2:05,0	1:29,0	2:08,0	1:51,0	3:21,0	5:35,0	5:43,0	3:32,0	
				39:08,0	41:55,0	44:49,0	47:53,0	49:42,0	-----	-----	1:03:55,0	1:05:45,0	1:07:17,0	1:07:54,4	
				3:37,0	2:47,0	2:54,0	3:04,0	1:49,0	-----	-----	14:13,0	1:50,0	1:32,0	0:37,4	
				59:01,0	1:01:28,0										
				*136	*131										

Masculino 50 (21)				4,1 km	160 m	20 C											
				1(121)	2(116)	3(108)	4(101)	5(104)	6(116)	7(168)	8(169)	9(160)	10(158)	11(156)			
				12(149)	13(150)	14(153)	15(154)	16(139)	17(136)	18(130)	19(117)	20(200)	Meta				
1	4796	Fernández Souto, José Manuel LUGO COMPÁS	48:28,0	5:03,0	6:26,0	9:03,0	11:39,0	12:34,0	14:44,0	17:02,0	19:38,0	21:44,0	23:23,0	24:17,0			
				5:03,0	1:23,0	2:37,0	2:36,0	0:55,0	2:10,0	2:18,0	2:36,0	2:06,0	1:39,0	0:54,0			
				27:18,0	28:09,0	30:07,0	31:06,0	36:15,0	39:04,0	42:34,0	46:24,0	47:57,0	48:28,8				
				3:01,0	0:51,0	1:58,0	0:59,0	5:09,0	2:49,0	3:30,0	3:50,0	1:33,0	0:31,8				
2	4618	Chas Gómez, Roberto Betanzos OP BETANZOS	50:17,0	5:23,0	6:29,0	8:32,0	10:22,0	11:34,0	14:04,0	16:18,0	20:48,0	22:45,0	24:45,0	25:33,0			
				5:23,0	1:06,0	2:03,0	1:50,0	1:12,0	2:30,0	2:14,0	4:30,0	1:57,0	2:00,0	0:48,0			
				28:06,0	28:44,0	30:43,0	31:35,0	36:34,0	39:25,0	45:35,0	48:37,0	49:47,0	50:17,5				
				2:33,0	0:38,0	1:59,0	0:52,0	4:59,0	2:51,0	6:10,0	3:02,0	1:10,0	0:30,5				
				4:44,0	38:18,0												
				*124	*137												
3	4404	González Romano, Rodrigo Culleredo GALLAECIA_RAID	52:12,0	11:37,0	12:53,0	15:04,0	17:31,0	18:21,0	20:04,0	22:11,0	24:22,0	26:13,0	27:45,0	28:53,0			
				11:37,0	1:16,0	2:11,0	2:27,0	0:50,0	1:43,0	2:07,0	2:11,0	1:51,0	1:32,0	1:08,0			
				31:21,0	32:12,0	34:37,0	35:35,0	40:58,0	43:29,0	46:35,0	50:10,0	51:45,0	52:12,4				
				2:28,0	0:51,0	2:25,0	0:58,0	5:23,0	2:31,0	3:06,0	3:35,0	1:35,0	0:27,4				
4	4475	Silvarrey Redondo, Fernando Culleredo GALLAECIA_RAID	52:50,0	4:38,0	6:28,0	9:17,0	15:02,0	15:45,0	17:22,0	19:16,0	21:34,0	23:29,0	25:49,0	27:29,0			
				4:38,0	1:50,0	2:49,0	5:45,0	0:43,0	1:37,0	1:54,0	2:18,0	1:55,0	2:20,0	1:40,0			
				30:52,0	31:42,0	33:16,0	34:37,0	39:25,0	42:13,0	46:21,0	51:11,0	52:25,0	52:50,0				
				3:23,0	0:50,0	1:34,0	1:21,0	4:48,0	2:48,0	4:08,0	4:50,0	1:14,0	0:25,0				
5	57	Andrade, Octavio [102].COM	54:07,0	5:25,0	6:39,0	8:35,0	11:10,0	11:59,0	14:28,0	16:11,0	18:00,0	19:51,0	22:21,0	25:12,0			
				5:25,0	1:14,0	1:56,0	2:35,0	0:49,0	2:29,0	1:46,0	1:49,0	1:51,0	2:30,0	2:51,0			
				30:30,0	33:29,0	35:01,0	36:20,0	41:48,0	44:51,0	49:13,0	52:23,0	53:32,0	54:07,0				
				5:18,0	2:59,0	1:32,0	1:19,0	5:28,0	3:03,0	4:22,0	3:10,0	1:09,0	0:35,0				
6	4420	López Peiteado, Antonio Javier Culleredo GALLAECIA_RAID	54:48,0	7:55,0	9:23,0	11:36,0	13:42,0	14:39,0	16:08,0	17:54,0	21:35,0	23:18,0	25:06,0	27:09,0			
				7:55,0	1:28,0	2:13,0	2:06,0	0:57,0	1:29,0	1:46,0	3:41,0	1:43,0	1:48,0	2:03,0			
				29:35,0	31:21,0	34:56,0	35:43,0	39:33,0	41:59,0	49:44,0	52:49,0	54:23,0	54:48,0				
				2:26,0	1:46,0	3:35,0	0:47,0	3:50,0	2:26,0	7:45,0	3:05,0	1:34,0	0:25,0				
				3:46,0													
				*122													

os	Dors	Nome	Tempo																				
Masculino 50 (21)				4,1 km	160 m	20 C	(cont.)																
				1(121) 12(149)	2(116) 13(150)	3(108) 14(153)	4(101) 15(154)	5(104) 16(139)	6(116) 17(136)	7(168) 18(130)	8(169) 19(117)	9(160) 20(200)	10(158) Meta	11(156)									
7	4319	Parga Andón, Pedro LUGO FLUVIAL_LUGO	56:28,0	4:28,0 29:10,0 2:57,0 41:37,0 *140	5:39,0 1:11,0 5:14,0 42:01,0 *140	8:33,0 2:54,0 1:13,0	10:43,0 2:10,0 1:05,0	11:28,0 0:45,0 5:51,0	13:18,0 1:50,0 2:39,0	15:16,0 1:58,0 6:25,0	21:39,0 6:23,0 3:09,0	23:41,0 2:02,0 1:15,0	25:14,0 1:33,0 0:27,9	26:13,0 0:59,0									
8	4266	Couceiro Herrero, Luis Adolfo A Coruña ARTABROS	59:05,0	4:58,0 4:58,0 33:13,0 6:58,0 9:43,0 9:43,0 34:50,0 2:43,0 37:11,0 *151	6:25,0 1:27,0 35:36,0 2:23,0 10:52,0 1:09,0 35:42,0 0:52,0	9:22,0 2:57,0 38:11,0 2:35,0 17:21,0 6:29,0 39:21,0 3:39,0	11:34,0 2:12,0 39:16,0 1:05,0 19:49,0 2:28,0 40:26,0 1:05,0	12:30,0 0:56,0 44:04,0 4:48,0 20:44,0 0:55,0 45:32,0 5:06,0	14:52,0 2:22,0 47:20,0 3:16,0 22:34,0 1:50,0 49:24,0 3:52,0	17:50,0 2:58,0 52:58,0 5:38,0 24:13,0 1:39,0 54:26,0 5:02,0	21:20,0 3:30,0 57:13,0 4:15,0 26:32,0 2:19,0 57:49,0 3:23,0	23:12,0 1:52,0 58:38,0 1:25,0 29:01,0 2:29,0 58:57,0 1:08,0	24:54,0 1:42,0 59:05,0 0:27,0 31:02,0 2:01,0 59:27,1 0:30,1	26:15,0 1:21,0									
9	4397	García Dominguez, Jose Luis Culleredo GALLAECIA_RAID	59:27,0	6:16,0 6:16,0 31:53,0 2:46,0 5:15,0 5:15,0 31:09,0 2:37,0 6:12,0 6:12,0 31:40,0 2:55,0 8:00,0 8:00,0 36:01,0 3:04,0 7:10,0 7:10,0 39:56,0 3:13,0 5:55,0 5:55,0 45:23,0 4:09,0 39:45,0 *157	7:57,0 1:41,0 33:02,0 1:09,0 6:58,0 1:43,0 32:41,0 1:32,0 8:05,0 1:53,0 32:35,0 0:55,0 9:52,0 1:52,0 37:01,0 1:00,0 9:13,0 2:03,0 41:02,0 1:06,0 7:39,0 1:44,0 48:30,0 3:07,0	11:06,0 3:09,0 41:37,0 8:35,0 9:37,0 2:39,0 38:35,0 5:54,0 10:48,0 2:43,0 36:42,0 4:07,0 13:01,0 3:09,0 38:55,0 1:54,0 15:45,0 6:32,0 49:13,0 8:11,0 10:26,0 2:47,0 53:20,0 4:50,0	13:31,0 2:25,0 43:29,0 1:52,0 12:51,0 3:14,0 39:39,0 1:04,0 13:20,0 2:32,0 37:55,0 1:13,0 17:22,0 4:21,0 39:55,0 1:00,0 19:30,0 3:45,0 50:34,0 1:21,0 13:42,0 3:16,0 59:15,0 5:55,0	14:33,0 1:02,0 48:35,0 5:06,0 14:00,0 2:19,0 45:06,0 3:56,0 14:28,0 1:08,0 42:27,0 4:32,0 18:24,0 2:13,0 49:22,0 6:03,0 20:30,0 2:17,0 55:16,0 4:42,0 15:57,0 2:15,0 :05:42,0 6:27,0	16:26,0 1:53,0 51:32,0 2:57,0 16:19,0 2:19,0 49:02,0 5:44,0 17:53,0 3:25,0 45:41,0 3:14,0 20:37,0 2:56,0 57:41,0 8:19,0 22:47,0 2:47,0 58:24,0 3:08,0 18:38,0 2:41,0 :09:30,0 3:48,0	18:29,0 2:03,0 56:20,0 4:48,0 19:29,0 3:10,0 54:44,0 5:42,0 20:38,0 2:45,0 56:10,0 10:29,0 23:33,0 2:56,0 57:10,0 8:19,0 25:34,0 2:17,0 58:24,0 3:08,0 18:38,0 2:41,0 :14:08,0 4:38,0	21:01,0 3:55,0 59:27,0 3:07,0 23:44,0 4:15,0 59:08,0 4:24,0 23:26,0 2:48,0 1:01:10,0 5:00,0 26:58,0 3:25,0 1:01:48,0 4:07,0 31:36,0 6:02,0 1:06:54,0 8:30,0 28:48,0 5:53,0 :18:55,0 4:47,0	22:24,0 2:05,0 1:01:03,0 1:36,0 25:40,0 1:56,0 1:01:19,0 2:11,0 25:44,0 2:18,0 1:02:48,0 1:38,0 29:27,0 2:29,0 1:03:29,0 1:41,0 33:49,0 2:13,0 1:13:30,0 4:36,0 30:56,0 2:08,0 :18:55,0 1:54,0	24:29,0 1:53,0 1:01:32,4 0:29,4 27:25,0 1:45,0 1:02:00,0 0:41,0 27:27,0 1:43,0 1:03:22,0 0:34,0 31:22,0 1:55,0 1:04:00,5 0:31,5 35:44,0 1:55,0 1:13:21,0 0:35,0 37:57,0 2:08,0 :21:27,0 0:38,0	26:22,0 2:45,0	28:32,0 1:07,0	32:07,0 1:05,0	32:57,0 1:35,0	36:43,0 0:59,0	41:14,0 3:17,0	46:42,0 2:23,0	44:19,0 2:07,0 1:40:18,0 0:49,0	58:21,0 1:30,0	58:21,0 1:30,0
10	4401	Gonzalez Fernandez, Evaristo Culleredo GALLAECIA_RAID	1:01:32,0	8:00,0 8:00,0 36:01,0 3:04,0 7:10,0 7:10,0 39:56,0 3:13,0 5:55,0 5:55,0 45:23,0 4:09,0 39:45,0 *157	9:52,0 1:52,0 37:01,0 1:00,0 9:13,0 2:03,0 41:02,0 1:06,0 7:39,0 1:44,0 48:30,0 3:07,0	13:01,0 3:09,0 41:37,0 8:35,0 9:37,0 2:39,0 38:35,0 5:54,0 10:48,0 2:43,0 36:42,0 4:07,0 13:01,0 3:09,0 38:55,0 1:54,0 15:45,0 6:32,0 49:13,0 8:11,0 10:26,0 2:47,0 53:20,0 4:50,0	17:22,0 4:21,0 39:55,0 1:00,0 19:30,0 3:45,0 50:34,0 1:21,0 13:42,0 3:16,0 59:15,0 5:55,0	18:24,0 2:13,0 49:22,0 6:03,0 20:30,0 2:17,0 55:16,0 4:42,0 15:57,0 2:15,0 :05:42,0 6:27,0	20:37,0 2:56,0 57:41,0 8:19,0 22:47,0 2:47,0 58:24,0 3:08,0 18:38,0 2:41,0 :09:30,0 3:48,0	23:33,0 2:56,0 57:41,0 8:19,0 25:34,0 2:17,0 58:24,0 3:08,0 18:38,0 2:41,0 :09:30,0 3:48,0	26:58,0 3:25,0 1:01:48,0 4:07,0 31:36,0 6:02,0 1:06:54,0 8:30,0 28:48,0 5:53,0 :18:55,0 4:47,0	29:27,0 2:29,0 1:03:29,0 1:41,0 33:49,0 2:13,0 1:13:30,0 4:36,0 30:56,0 2:08,0 :18:55,0 1:54,0	31:22,0 1:55,0 1:04:00,5 0:31,5 35:44,0 1:55,0 1:13:21,0 0:35,0 37:57,0 2:08,0 :21:27,0 0:38,0	32:57,0 1:35,0	36:43,0 0:59,0	41:14,0 3:17,0	46:42,0 2:23,0	44:19,0 2:07,0 1:40:18,0 0:49,0	58:21,0 1:30,0	58:21,0 1:30,0			
11	4244	Rodríguez Pérez, Eladio Pontevedra AROMON	1:02:00,0	10:50,0 10:50,0 50:48,0 4:06,0 7:25,0 *124	13:02,0 2:12,0 52:37,0 1:49,0 1:21:58,0 *132	18:14,0 5:12,0 57:07,0 4:30,0	24:52,0 6:38,0 1:05:06,0 7:59,0	28:44,0 3:52,0 1:19:06,0 8:13,0	31:36,0 2:52,0 1:19:06,0 5:47,0	34:47,0 3:11,0 1:29:55,0 10:49,0	39:21,0 4:34,0 1:35:57,0 6:02,0	42:12,0 2:51,0 1:39:29,0 3:32,0	44:19,0 2:07,0 1:40:18,0 0:49,0	46:42,0 2:23,0									
12	4378	Criado Canales, Santiago Culleredo GALLAECIA_RAID	1:03:22,0	6:50,0 6:50,0 1:02:53,0 4:32,0 18:00,0 *102	8:54,0 2:04,0 1:04:25,0 1:32,0	34:14,0 25:20,0 1:07:26,0 3:01,0	38:14,0 4:00,0 1:09:21,0 1:55,0	39:46,0 1:32,0 :16:38,0 7:17,0	42:42,0 2:56,0 1:23:21,0 6:43,0	46:53,0 4:11,0 1:33:03,0 9:42,0	51:12,0 4:19,0 1:39:48,0 6:45,0	54:28,0 3:16,0 1:42:21,0 2:33,0	56:51,0 2:23,0 1:43:03,3 0:42,3	58:21,0 1:30,0									
13	4410	Lopez Suarez, Andres Culleredo GALLAECIA_RAID	1:04:00,0	4:52,0 4:52,0 28:36,0 2:51,0 9:13,0 *104	7:39,0 2:47,0 29:46,0 1:10,0	----- 33:30,0 3:44,0	11:33,0 3:54,0 37:06,0 3:36,0	12:23,0 0:50,0 42:10,0 5:04,0	14:24,0 2:01,0 45:55,0 3:45,0	17:54,0 3:30,0 51:48,0 5:53,0	20:25,0 2:31,0 55:23,0 3:35,0	22:49,0 2:24,0 58:49,0 3:26,0	24:44,0 1:55,0 59:23,0 0:34,0	25:45,0 1:01,0									
14	4671	Rodríguez Gutiérrez, Gabriel A Coruña BRIGANTIA	1:13:56,0	7:15,0 7:15,0 55:08,0 7:35,0	9:55,0 2:40,0 57:04,0 1:56,0	13:46,0 3:51,0 1:00:03,0 2:59,0	18:50,0 5:04,0 1:04:51,0 4:48,0	----- 8:05,0 :14:14,0 9:23,0	26:55,0 5:50,0 1:32:14,0 18:00,0	32:45,0 6:25,0 1:42:15,0 10:01,0	39:10,0 6:25,0 1:48:44,0 6:29,0	43:00,0 3:50,0 1:50:56,0 2:12,0	45:19,0 2:19,0 1:51:35,0 0:39,0	47:33,0 2:14,0									
15	4385	Dopico Pena, Andres Culleredo GALLAECIA_RAID	1:21:27,0	4:30,0 4:30,0 22:10,0 2:19,0 37:07,0 *137	5:55,0 1:25,0 27:53,0 5:43,0	7:46,0 1:51,0 29:39,0 1:46,0	10:05,0 2:19,0 31:08,0 1:29,0	10:46,0 0:41,0 35:37,0 4:29,0	12:23,0 1:37,0 38:32,0 2:55,0	14:03,0 1:40,0 43:55,0 5:23,0	15:53,0 1:50,0 46:50,0 2:55,0	17:33,0 1:40,0 48:03,0 1:13,0	19:01,0 1:28,0 48:44,0 0:41,0	19:51,0 0:50,0									
nc	56	Fernandes, Jose [102].COM	48:44,0	4:30,0 4:30,0 22:10,0 2:19,0 37:07,0 *137	5:55,0 1:25,0 27:53,0 5:43,0	7:46,0 1:51,0 29:39,0 1:46,0	10:05,0 2:19,0 31:08,0 1:29,0	10:46,0 0:41,0 35:37,0 4:29,0	12:23,0 1:37,0 38:32,0 2:55,0	14:03,0 1:40,0 43:55,0 5:23,0	15:53,0 1:50,0 46:50,0 2:55,0	17:33,0 1:40,0 48:03,0 1:13,0	19:01,0 1:28,0 48:44,0 0:41,0	19:51,0 0:50,0									

os	Dors	Nome	Tempo											
Masculino 50 (21)				4,1 km 160 m 20 C (cont.)										
				1(121)	2(116)	3(108)	4(101)	5(104)	6(116)	7(168)	8(169)	9(160)	10(158)	11(156)
				12(149)	13(150)	14(153)	15(154)	16(139)	17(136)	18(130)	19(117)	20(200)	Meta	
nc	53	Lima, Rafael [085] A Montanha	48:57,0	8:31,0	9:43,0	12:28,0	15:13,0	16:00,0	17:46,0	20:04,0	22:21,0	24:08,0	26:30,0	27:29,0
				8:31,0	1:12,0	2:45,0	2:45,0	0:47,0	1:46,0	2:18,0	2:17,0	1:47,0	2:22,0	0:59,0
				30:01,0	31:02,0	33:33,0	34:31,0	38:56,0	41:33,0	44:05,0	47:04,0	48:28,0	48:57,0	
				2:32,0	1:01,0	2:31,0	0:58,0	4:25,0	2:37,0	2:32,0	2:59,0	1:24,0	0:29,0	
				5:24,0										
				*124										
Élite (15)				5,0 km 225 m 26 C										
				1(120)	2(123)	3(112)	4(106)	5(102)	6(104)	7(116)	8(172)	9(166)	10(164)	11(165)
				12(163)	13(161)	14(157)	15(144)	16(150)	17(152)	18(155)	19(140)	20(142)	21(136)	22(134)
				23(133)	24(124)	25(117)	26(200)	Meta						
1	4243	Rodríguez Díaz, Mateo Pontevedra AROMON	36:10,0	2:27,0	3:23,0	4:08,0	5:34,0	6:36,0	7:25,0	8:30,0	9:21,0	10:25,0	11:42,0	12:25,0
				2:27,0	0:56,0	0:45,0	1:26,0	1:02,0	0:49,0	1:05,0	0:51,0	1:04,0	1:17,0	0:43,0
				13:42,0	16:20,0	17:35,0	20:10,0	21:22,0	23:11,0	24:45,0	26:40,0	28:00,0	30:08,0	31:37,0
				1:17,0	2:38,0	1:15,0	2:35,0	1:12,0	1:49,0	1:34,0	1:55,0	1:20,0	2:08,0	1:29,0
				32:25,0	34:07,0	35:04,0	35:49,0	36:10,1		22:42,0				
				0:48,0	1:42,0	0:57,0	0:45,0	0:21,1		*15f				
2	4824	Chamorro García, Xoei Nigrán RAZA PALLEIRA	40:55,0	3:23,0	4:07,0	4:46,0	6:27,0	7:33,0	8:29,0	9:44,0	10:43,0	12:09,0	13:31,0	14:26,0
				3:23,0	0:44,0	0:39,0	1:41,0	1:06,0	0:56,0	1:15,0	0:59,0	1:26,0	1:22,0	0:55,0
				16:06,0	18:43,0	20:07,0	22:38,0	24:01,0	25:14,0	27:38,0	29:17,0	30:23,0	32:48,0	34:24,0
				1:40,0	2:37,0	1:24,0	2:31,0	1:23,0	1:13,0	2:24,0	1:39,0	1:06,0	2:25,0	1:36,0
				36:55,0	38:38,0	39:37,0	40:33,0	40:55,8						
				2:31,0	1:43,0	0:59,0	0:56,0	0:22,8						
3	4662	García García, Ángel A Coruña BRIGANTIA	41:23,0	3:47,0	4:31,0	5:19,0	6:48,0	7:51,0	8:44,0	9:57,0	10:58,0	12:20,0	13:49,0	14:48,0
				3:47,0	0:44,0	0:48,0	1:29,0	1:03,0	0:53,0	1:13,0	1:01,0	1:22,0	1:29,0	0:59,0
				16:57,0	19:37,0	21:05,0	23:33,0	25:32,0	26:31,0	27:48,0	31:29,0	32:53,0	35:21,0	36:30,0
				2:09,0	2:40,0	1:28,0	2:28,0	1:59,0	0:59,0	1:17,0	3:41,0	1:24,0	2:28,0	1:09,0
				37:21,0	39:03,0	40:05,0	41:00,0	41:23,0						
				0:51,0	1:42,0	1:02,0	0:55,0	0:23,0						
4	4450	Peña Pita, Felipe Culleredo GALLAECIA_RAID	44:26,0	3:07,0	4:29,0	5:23,0	7:03,0	8:22,0	9:25,0	10:45,0	12:02,0	14:08,0	16:01,0	17:09,0
				3:07,0	1:22,0	0:54,0	1:40,0	1:19,0	1:03,0	1:20,0	1:17,0	2:06,0	1:53,0	1:08,0
				19:48,0	22:45,0	24:15,0	26:52,0	28:25,0	29:29,0	31:07,0	33:07,0	34:29,0	36:59,0	38:40,0
				2:39,0	2:57,0	1:30,0	2:37,0	1:33,0	1:04,0	1:38,0	2:00,0	1:22,0	2:30,0	1:41,0
				39:42,0	41:36,0	42:55,0	44:01,0	44:26,3						
				1:02,0	1:54,0	1:19,0	1:06,0	0:25,3						
4	4228	Moreira Alonso, Adrián Pontevedra AROMON	44:26,0	6:36,0	7:27,0	8:22,0	9:59,0	11:12,0	12:15,0	13:35,0	14:41,0	16:02,0	17:31,0	18:45,0
				6:36,0	0:51,0	0:55,0	1:37,0	1:13,0	1:03,0	1:20,0	1:06,0	1:21,0	1:29,0	1:14,0
				20:23,0	23:12,0	24:28,0	26:57,0	28:50,0	29:49,0	31:52,0	33:40,0	34:50,0	37:23,0	38:41,0
				1:38,0	2:49,0	1:16,0	2:29,0	1:53,0	0:59,0	2:03,0	1:48,0	1:10,0	2:33,0	1:18,0
				39:55,0	41:44,0	43:00,0	44:03,0	44:26,7						
				1:14,0	1:49,0	1:16,0	1:03,0	0:23,7						
6	4688	Morales Ferreiro, Martín Xinzo de Limia LIMIACTIVA	48:01,0	3:29,0	4:33,0	6:16,0	8:28,0	9:34,0	10:32,0	12:04,0	13:18,0	15:30,0	17:12,0	18:16,0
				3:29,0	1:04,0	1:43,0	2:12,0	1:06,0	0:58,0	1:32,0	1:14,0	2:12,0	1:42,0	1:04,0
				19:56,0	22:59,0	24:46,0	27:40,0	29:17,0	30:31,0	33:01,0	36:35,0	37:46,0	40:30,0	42:47,0
				1:40,0	3:03,0	1:47,0	2:54,0	1:37,0	1:14,0	2:30,0	3:34,0	1:11,0	2:44,0	2:17,0
				43:40,0	45:25,0	46:32,0	47:38,0	48:01,6						
				0:53,0	1:45,0	1:07,0	1:06,0	0:23,6						
7	4615	Casado Bravo, David Betanzos OP BETANZOS	51:23,0	3:37,0	4:28,0	5:19,0	7:08,0	8:15,0	9:23,0	10:51,0	11:59,0	14:57,0	16:59,0	18:11,0
				3:37,0	0:51,0	0:51,0	1:49,0	1:07,0	1:08,0	1:28,0	1:08,0	2:58,0	2:02,0	1:12,0
				20:34,0	24:12,0	26:05,0	29:07,0	33:28,0	34:41,0	36:46,0	39:00,0	40:16,0	43:44,0	45:32,0
				2:23,0	3:38,0	1:53,0	3:02,0	4:21,0	1:13,0	2:05,0	2:14,0	1:16,0	3:28,0	1:48,0
				46:32,0	48:26,0	49:41,0	50:55,0	51:23,0						
				1:00,0	1:54,0	1:15,0	1:14,0	0:28,0						
8	4825	Dominguez Portas, Antonio Nigrán RAZA PALLEIRA	54:28,0	3:47,0	4:41,0	5:55,0	7:59,0	9:16,0	10:28,0	11:59,0	13:29,0	14:54,0	16:43,0	17:49,0
				3:47,0	0:54,0	1:14,0	2:04,0	1:17,0	1:12,0	1:31,0	1:30,0	1:25,0	1:49,0	1:06,0
				23:37,0	26:52,0	28:26,0	31:19,0	34:58,0	36:28,0	38:39,0	40:39,0	42:11,0	45:47,0	47:35,0
				5:48,0	3:15,0	1:34,0	2:53,0	3:39,0	1:30,0	2:11,0	2:00,0	1:32,0	3:36,0	1:48,0
				49:10,0	51:29,0	52:45,0	53:57,0	54:28,0						
				1:35,0	2:19,0	1:16,0	1:12,0	0:31,0						
9	6324	Soto Boullosa, Angel Xinzo de Limia LIMIACTIVA	57:18,0	3:59,0	5:13,0	6:08,0	8:35,0	10:06,0	11:20,0	13:15,0	14:42,0	16:35,0	18:40,0	20:07,0
				3:59,0	1:14,0	0:55,0	2:27,0	1:31,0	1:14,0	1:55,0	1:27,0	1:53,0	2:05,0	1:27,0
				22:13,0	25:56,0	27:50,0	31:25,0	35:32,0	36:52,0	38:46,0	41:03,0	42:28,0	47:08,0	50:21,0
				2:06,0	3:43,0	1:54,0	3:35,0	4:07,0	1:20,0	1:54,0	2:17,0	1:25,0	4:40,0	3:13,0
				51:44,0	53:55,0	55:31,0	56:42,0	57:18,0						
				1:23,0	2:11,0	1:36,0	1:11,0	0:36,0						

os	Dors	Nome	Tempo																	
Élite (15)				5,0 km	225 m	26 C	<i>(cont.)</i>													
				1(120)	2(123)	3(112)	4(106)	5(102)	6(104)	7(116)	8(172)	9(166)	10(164)	11(165)						
				12(163)	13(161)	14(157)	15(144)	16(150)	17(152)	18(155)	19(140)	20(142)	21(136)	22(134)						
				23(133)	24(124)	25(117)	26(200)	Meta												
10	4383	Doce Serrano, Juan Antonio Culleredo GALLAECIA_RAID	58:53,0	4:09,0	5:17,0	6:28,0	8:08,0	9:38,0	11:05,0	12:49,0	14:13,0	16:06,0	17:56,0	19:08,0						
				4:09,0	1:08,0	1:11,0	1:40,0	1:30,0	1:27,0	1:44,0	1:24,0	1:53,0	1:50,0	1:12,0						
				24:37,0	28:24,0	30:06,0	33:12,0	35:21,0	36:56,0	41:13,0	44:10,0	45:50,0	48:44,0	51:11,0						
				5:29,0	3:47,0	1:42,0	3:06,0	2:09,0	1:35,0	4:17,0	2:57,0	1:40,0	2:54,0	2:27,0						
				52:42,0	55:02,0	57:03,0	58:27,0	58:53,0												
				1:31,0	2:20,0	2:01,0	1:24,0	0:26,0												
11	4507	Garcia Acevedo, Pelayo Pontevedra AROMON	1:00:02,	3:42,0	4:46,0	5:35,0	7:12,0	8:25,0	9:31,0	11:08,0	12:25,0	17:47,0	19:43,0	21:07,0						
				3:42,0	1:04,0	0:49,0	1:37,0	1:13,0	1:06,0	1:37,0	1:17,0	5:22,0	1:56,0	1:24,0						
				24:22,0	27:54,0	29:50,0	33:28,0	35:22,0	36:50,0	39:48,0	42:03,0	45:14,0	48:29,0	50:45,0						
				3:15,0	3:32,0	1:56,0	3:38,0	1:54,0	1:28,0	2:58,0	2:15,0	3:11,0	3:15,0	2:16,0						
				55:01,0	57:01,0	58:23,0	59:34,0	:00:02,1												
				4:16,0	2:00,0	1:22,0	1:11,0	0:28,1												
4477	Somoza Argibay, Iván Culleredo GALLAECIA_RAID	Abando		5:08,0	5:50,0	6:35,0	8:10,0	9:24,0	10:25,0	11:50,0	13:00,0	17:12,0	18:59,0	20:02,0						
				5:08,0	0:42,0	0:45,0	1:35,0	1:14,0	1:01,0	1:25,0	1:10,0	4:12,0	1:47,0	1:03,0						
				21:46,0	----	----	----	----	----	----	----	----	----	----						
				1:44,0																
				----	----	----	----	33:59,4		3:26,0	4:07,0									
								12:13,4		*123	*121									
nc	1249	Nogueira de la Muela, Luis En Málaga COMA	32:02,0	2:31,0	3:07,0	3:39,0	5:01,0	5:49,0	6:27,0	7:52,0	8:37,0	9:33,0	10:37,0	11:19,0						
				2:31,0	0:36,0	0:32,0	1:22,0	0:48,0	0:38,0	1:25,0	0:45,0	0:56,0	1:04,0	0:42,0						
				12:24,0	14:43,0	16:07,0	18:16,0	19:16,0	19:59,0	21:09,0	22:54,0	23:54,0	26:43,0	28:05,0						
				1:05,0	2:19,0	1:24,0	2:09,0	1:00,0	0:43,0	1:10,0	1:45,0	1:00,0	2:49,0	1:22,0						
				28:48,0	30:08,0	30:55,0	31:42,0	32:02,4												
				0:43,0	1:20,0	0:47,0	0:47,0	0:20,4												
nc	54	Fernandes, José Pedro [102] .COM	39:44,0	3:12,0	3:56,0	4:42,0	6:06,0	7:08,0	7:59,0	9:20,0	10:19,0	11:29,0	12:55,0	13:44,0						
				3:12,0	0:44,0	0:46,0	1:24,0	1:02,0	0:51,0	1:21,0	0:59,0	1:10,0	1:26,0	0:49,0						
				15:35,0	18:37,0	20:13,0	22:46,0	24:16,0	25:18,0	27:20,0	29:14,0	30:45,0	33:28,0	34:49,0						
				1:51,0	3:02,0	1:36,0	2:33,0	1:30,0	1:02,0	2:02,0	1:54,0	1:31,0	2:43,0	1:21,0						
				35:39,0	37:09,0	38:26,0	39:22,0	39:44,5												
				0:50,0	1:30,0	1:17,0	0:56,0	0:22,5												
nc	52	Lima, Rodrigo [085] A Montanha	43:56,0	2:51,0	3:36,0	4:25,0	6:01,0	7:14,0	8:13,0	9:55,0	10:59,0	13:12,0	14:45,0	15:29,0						
				2:51,0	0:45,0	0:49,0	1:36,0	1:13,0	0:59,0	1:42,0	1:04,0	2:13,0	1:33,0	0:44,0						
				16:52,0	19:35,0	21:15,0	23:56,0	25:43,0	26:47,0	29:37,0	32:01,0	33:07,0	36:01,0	37:38,0						
				1:23,0	2:43,0	1:40,0	2:41,0	1:47,0	1:04,0	2:50,0	2:24,0	1:06,0	2:54,0	1:37,0						
				39:03,0	40:47,0	42:11,0	43:27,0	43:56,2												
				1:25,0	1:44,0	1:24,0	1:16,0	0:29,2												
Iniciación Curta (19)				2,9 km	80 m	12 C														
				1(107)	2(115)	3(103)	4(122)	5(128)	6(135)	7(138)	8(141)	9(146)	10(147)	11(171)						
				12(200)	Meta															
1	4	Barja Pérez, Martín Independente Sen Club	39:39,0	4:03,0	6:12,0	11:06,0	16:07,0	17:52,0	22:27,0	25:13,0	27:05,0	30:54,0	32:52,0	36:16,0						
				4:03,0	2:09,0	4:54,0	5:01,0	1:45,0	4:35,0	2:46,0	1:52,0	3:49,0	1:58,0	3:24,0						
				39:03,0	39:39,0															
				2:47,0	0:36,0															
2	30	Pérez Rodríguez, Patricia Independente Sen Club	41:24,0	4:02,0	8:21,0	15:17,0	19:50,0	21:19,0	25:52,0	27:47,0	29:37,0	32:27,0	36:23,0	38:38,0						
				4:02,0	4:19,0	6:56,0	4:33,0	1:29,0	4:33,0	1:55,0	1:50,0	2:50,0	3:56,0	2:15,0						
				40:43,0	41:24,0															
				2:05,0	0:41,0															
3	6057	Baamonde Abelleira, Adrián Porto do Son ADC_ARNELA	43:35,0	4:34,0	7:51,0	12:07,0	18:59,0	21:02,0	25:56,0	28:41,0	30:30,0	34:26,0	37:49,0	40:29,0						
				4:34,0	3:17,0	4:16,0	6:52,0	2:03,0	4:54,0	2:45,0	1:49,0	3:56,0	3:23,0	2:40,0						
				42:45,0	43:35,0															
				2:16,0	0:50,0															
4	4726	Rodríguez Arenas, Saúl As Neves VIZHOJA-CORNELIO	47:41,0	7:48,0	12:37,0	17:29,0	23:50,0	25:52,0	31:05,0	32:54,0	35:00,0	39:25,0	41:40,0	45:13,0						
				7:48,0	4:49,0	4:52,0	6:21,0	2:02,0	5:13,0	1:49,0	2:06,0	4:25,0	2:15,0	3:33,0						
				47:07,0	47:41,0															
				1:54,0	0:34,0															
5	4358	Ameal Rodríguez, Diana Culleredo GALLAECIA_RAID	54:26,0	6:31,0	11:17,0	15:52,0	22:39,0	25:06,0	30:33,0	34:17,0	36:29,0	42:52,0	45:49,0	49:57,0						
				6:31,0	4:46,0	4:35,0	6:47,0	2:27,0	5:27,0	3:44,0	2:12,0	6:23,0	2:57,0	4:08,0						
				53:32,0	54:26,0															
				3:35,0	0:54,0															
6	4367	Cambior Bello, Elia Culleredo GALLAECIA_RAID	54:27,0	6:34,0	10:50,0	16:03,0	22:48,0	25:08,0	30:39,0	34:20,0	36:57,0	42:48,0	45:56,0	50:08,0						
				6:34,0	4:16,0	5:13,0	6:45,0	2:20,0	5:31,0	3:41,0	2:37,0	5:51,0	3:08,0	4:12,0						
				53:32,0	54:27,0		53:34,0	53:37,0												
				3:24,0	0:55,0		*200	*200												
7	6019	Corredoira Campos, Adrian LUGO COMPÁS	1:00:14,	6:27,0	11:03,0	18:47,0	26:41,0	30:12,0	36:47,0	40:12,0	42:43,0	48:54,0	51:42,0	56:33,0						
				6:27,0	4:36,0	7:44,0	7:54,0	3:31,0	6:35,0	3:25,0	2:31,0	6:11,0	2:48,0	4:51,0						
				59:35,0	1:00:14,0															

os	Dors	Nome	Tempo														
Iniciación Curta (19)				2,9 km	80 m	12 C	<i>(cont.)</i>										
				1(107) 12(200)	2(115) Meta	3(103)	4(122)	5(128)	6(135)	7(138)	8(141)	9(146)	10(147)	11(171)			
8	41	Rosales Paredes, Álex Independente Sen Club	1:17:23,	6:00,0 6:00,0 1:15:36,0 4:17,0 1:47,0	15:17,0 9:17,0 1:17:23,0 1:47,0	31:47,0 16:30,0	37:49,0 6:02,0	44:25,0 6:36,0	51:10,0 6:45,0	55:59,0 4:49,0	57:47,0 1:48,0	1:02:22,0 4:35,0	1:06:59,0 4:37,0	1:11:19,0 4:20,0			
9	33	Rodríguez García, Neus Alexa Ordes SEO	1:25:20,	8:07,0 8:07,0 1:23:41,0 4:37,0 1:39,0	16:26,0 8:19,0 1:25:20,0 1:39,0	25:20,0 8:54,0	39:46,0 14:26,0	44:38,0 4:52,0	51:39,0 7:01,0	57:52,0 6:13,0	1:00:03,0 2:11,0	1:07:34,0 7:31,0	1:13:40,0 6:06,0	1:19:04,0 5:24,0			
10	25	Paredes González, Paula Independente Sen Club	1:25:24,	8:05,0 8:05,0 1:23:44,0 4:50,0 1:40,0	16:22,0 8:17,0 1:25:24,0 1:40,0	25:17,0 8:55,0	40:03,0 14:46,0	44:25,0 4:22,0	51:41,0 7:16,0	57:36,0 5:55,0	59:54,0 2:18,0	1:07:17,0 7:23,0	1:12:56,0 5:39,0	1:18:54,0 5:58,0			
11	4491	García Ramírez, Manuel Alejan Ordes SEO	1:25:30,	8:34,0 8:34,0 1:23:58,0 4:43,0 1:32,0	15:10,0 6:36,0 1:25:30,0 1:32,0	25:36,0 10:26,0	39:53,0 14:17,0	44:54,0 5:01,0	51:55,0 7:01,0	58:00,0 6:05,0	1:00:13,0 2:13,0	1:07:07,0 6:54,0	1:13:43,0 6:36,0	1:19:15,0 5:32,0			
12	42	Rosales Paredes, Lara Independente Sen Club	1:25:31,	8:11,0 8:11,0 1:23:40,0 4:46,0 1:51,0	16:29,0 8:18,0 1:25:31,0 1:51,0	25:22,0 8:53,0	40:10,0 14:48,0 1:23:44,0 *200	44:32,0 4:22,0	51:32,0 7:00,0	56:20,0 4:48,0	1:00:01,0 3:41,0	1:06:59,0 6:58,0	1:13:01,0 6:02,0	1:18:54,0 5:53,0			
13	9	Cruz García, Silvia O Barco de Valde TREVINCA	1:30:55,	5:37,0 5:37,0 1:29:48,0 3:38,0 1:07,0	28:16,0 22:39,0 1:30:55,0 1:07,0	32:04,0 3:48,0	1:00:34,0 28:30,0	:01:49,0 1:15,0	1:07:34,0 5:45,0	1:10:37,0 3:03,0	1:12:13,0 1:36,0	1:18:18,0 6:05,0	1:20:45,0 2:27,0	1:26:10,0 5:25,0			
	40	Rosales Otero, Julio Independente Sen Club	Error en	----- 4:26,0 4:26,0 39:54,0 7:25,0 0:20,0 28:03,0 30:02,0 33:18,0 35:40,0 37:34,0 39:28,0 *109	4:26,0 4:26,0 40:14,0 0:20,0 30:02,0 33:18,0 35:40,0 37:34,0 39:28,0 *109 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 1:44,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	----- ----- 32:29,0 28:03,0 3:17,0 6:28,0 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *106 *138 *132 20:01,0 21:30,0 22:34,0 24:27,0 25:10,0 *130	
	6437	García Varela, Emma A Coruña BRIGANTIA	Error en	8:24,0 8:24,0 56:10,0 4:32,0 1:36,0	----- ----- 57:46,0 1:36,0	----- ----- 14:39,0 6:15,0	18:00,0 3:21,0	25:56,0 7:56,0	31:43,0 5:47,0	34:24,0 2:41,0	40:30,0 6:06,0	46:36,0 6:06,0	51:38,0 5:02,0				
	6372	Gutiérrez Robles, Yolanda Culleredo GALLAECIA_RAID	Error en	----- ----- 1:00:06,0 1:00:47,0 2:29,0 0:41,0	----- ----- 1:00:47,0 0:41,0	----- ----- 22:43,0 22:43,0 4:06,0 35:21,0 *108 *143	----- ----- 29:27,0 6:44,0	31:35,0 2:08,0	33:57,0 2:22,0	----- ----- 55:57,0 22:00,0	----- ----- 55:57,0 22:00,0	----- ----- 55:57,0 22:00,0	57:37,0 1:40,0				
	4368	Cambior Bello, Enol Culleredo GALLAECIA_RAID	Error en	4:27,0 4:27,0 1:00:11,0 1:00:51,3 2:31,0 0:40,3	10:42,0 6:15,0 1:00:51,3 0:40,3	15:21,0 4:39,0	22:44,0 7:23,0 2:23,0 4:25,0	25:07,0 2:23,0 4:25,0	29:32,0 4:25,0	31:29,0 1:57,0	33:58,0 2:29,0	----- ----- 56:01,0 22:03,0	57:40,0 1:39,0				
	6603	Rodríguez Alejandro, Clara O Barco de Valde TREVINCA	Error en	6:23,0 6:23,0 1:07:00,0 1:08:04,0 3:22,0 1:04,0	10:22,0 3:59,0 1:08:04,0 1:04,0	21:02,0 10:40,0	27:26,0 6:24,0	----- ----- 43:02,0 15:36,0	45:51,0 2:49,0	48:12,0 2:21,0	53:48,0 5:36,0	59:31,0 5:43,0	1:03:38,0 4:07,0				
	4496	Rodríguez Docampo, Marta Ordes SEO	Error en	6:55,0 6:55,0 1:23:50,0 4:46,0 1:33,0	16:15,0 9:20,0 1:25:23,0 1:33,0	25:26,0 9:11,0	39:39,0 14:13,0	44:23,0 4:44,0	----- ----- 57:45,0 13:22,0	1:00:28,0 2:43,0	1:07:14,0 6:46,0	1:13:40,0 6:26,0	1:19:04,0 5:24,0				
Iniciación Longa (38)				3,0 km	120 m	16 C											
				1(109) 12(148)	2(103) 13(146)	3(104) 14(171)	4(105) 15(173)	5(122) 16(200)	6(125) Meta	7(127)	8(135)	9(141)	10(143)	11(151)			
1	10	Faria, Carlos Independente Sen Club	25:21,0	2:03,0 2:03,0 18:33,0 1:43,0 1:26,0 3:03,0 5:12,0 0:51,0 2:22,0 1:56,0 0:46,0	3:37,0 1:34,0 19:59,0 1:26,0 2:21,0 5:48,0 4:21,0 0:44,0 2:22,0 1:56,0 2:19,0	4:21,0 0:44,0 23:02,0 3:03,0 1:26,0 5:48,0 4:21,0 0:44,0 2:22,0 1:56,0 2:19,0	5:12,0 0:51,0 24:14,0 1:12,0 1:44,0 7:32,0 4:21,0 0:44,0 2:22,0 1:56,0 2:19,0	7:34,0 2:22,0 24:53,0 0:39,0 0:28,0 11:06,0 12:40,0 1:34,0 2:21,0 2:11,0	9:30,0 1:56,0 25:21,0 0:28,0 0:25,0 15:01,0 17:12,0 1:34,0 2:21,0 2:11,0	10:16,0 0:46,0	12:35,0 2:19,0	13:49,0 1:14,0	15:09,0 1:20,0	16:50,0 1:41,0			
2	34	Rodríguez León, Jesús O Barco de Valde TREVINCA	29:46,0	2:01,0 2:01,0 18:33,0 1:43,0 1:26,0 3:03,0 5:12,0 0:51,0 2:22,0 1:56,0 0:46,0	4:22,0 2:21,0 19:59,0 1:26,0 2:21,0 5:48,0 4:21,0 0:44,0 2:22,0 1:56,0 2:19,0	5:48,0 1:26,0 23:02,0 3:03,0 1:26,0 5:48,0 4:21,0 0:44,0 2:22,0 1:56,0 2:19,0	7:32,0 1:44,0 24:14,0 1:12,0 1:44,0 7:32,0 4:21,0 0:44,0 2:22,0 1:56,0 2:19,0	11:06,0 3:34,0 24:53,0 0:39,0 0:28,0 15:01,0 17:12,0 1:34,0 2:21,0 2:11,0	12:40,0 1:34,0 25:21,0 0:28,0 0:25,0 15:01,0 17:12,0 1:34,0 2:21,0 2:11,0	15:01,0 2:21,0 2:11,0	17:12,0 2:25,0	19:37,0 2:25,0	20:24,0 0:47,0	22:29,0 2:05,0			
3	11	Fernandez Rego, David Porto do Son ADC_ARNELA	33:51,0	2:38,0 2:38,0 26:53,0 1:56,0 1:50,0	4:23,0 1:45,0 28:43,0 1:50,0	5:59,0 1:36,0 31:17,0 2:34,0	7:56,0 1:57,0 32:30,0 1:13,0	11:08,0 3:12,0 33:18,0 0:48,0	13:33,0 2:25,0 33:51,0 0:33,0	14:21,0 0:48,0	16:58,0 2:37,0	19:22,0 2:24,0	21:00,0 1:38,0	24:57,0 3:57,0			

os	Dors	Nome	Tempo													
Iniciación Longa (38)				3,0 km	120 m	16 C	<i>(cont.)</i>									
				1(109) 12(148)	2(103) 13(146)	3(104) 14(171)	4(105) 15(173)	5(122) 16(200)	6(125) Meta	7(127)	8(135)	9(141)	10(143)	11(151)		
4	45	Valiñas Conde, Isabel Independente Sen Club	40:07,0	6:09,0 6:09,0 31:54,0	8:49,0 2:40,0 33:41,0	11:28,0 2:39,0 37:18,0	13:24,0 1:56,0 38:52,0	16:31,0 3:07,0 39:35,0	18:28,0 1:57,0 40:07,0	19:26,0 0:58,0	22:43,0 3:17,0	24:56,0 2:13,0	25:55,0 0:59,0	28:32,0 2:37,0		
5	18	López Varela, Óscar Independente Sen Club	41:06,0	2:24,0 2:24,0 34:40,0	3:58,0 1:34,0 35:52,0	5:08,0 1:10,0 38:32,0	6:06,0 0:58,0 39:47,0	8:04,0 1:58,0 40:34,0	22:15,0 14:11,0 41:06,0	23:15,0 1:00,0	26:13,0 2:58,0	27:31,0 1:18,0	30:24,0 2:53,0	32:07,0 1:43,0		
6	46	Vidal Pérez, Jorge Independente Sen Club	43:06,0	3:13,0 3:13,0 34:17,0	5:11,0 1:58,0 36:29,0	6:28,0 1:17,0 40:02,0	8:36,0 2:08,0 41:33,0	12:37,0 4:01,0 42:30,0	17:03,0 4:26,0 43:06,0	18:18,0 1:15,0	22:00,0 3:42,0	28:06,0 6:06,0	29:04,0 0:58,0	31:19,0 2:15,0		
7	47	Vidal Villar, Mario Independente Sen Club	43:07,0	3:13,0 3:13,0 34:18,0	5:12,0 1:59,0 36:25,0	6:29,0 1:17,0 40:02,0	8:36,0 2:07,0 41:28,0	12:38,0 4:02,0 42:26,0	16:32,0 3:54,0 43:07,0	18:17,0 1:45,0	22:04,0 3:47,0	28:03,0 5:59,0	29:02,0 0:59,0	31:16,0 2:14,0		
8	36	Rodríguez López, Ian Independente Sen Club	43:48,0	4:17,0 4:17,0 34:13,0	6:54,0 2:37,0 37:11,0	8:27,0 1:33,0 40:15,0	10:43,0 2:16,0 42:09,0	13:48,0 3:05,0 43:15,0	17:33,0 3:45,0 43:48,0	19:07,0 1:34,0	24:50,0 5:43,0	27:08,0 2:18,0	28:25,0 1:17,0	32:16,0 3:51,0		
9	38	Rodríguez Rodríguez, Gustav O Barco de Valde TREVINCA	43:54,0	2:56,0 2:56,0 34:07,0	5:20,0 2:24,0 38:48,0	8:35,0 3:15,0 41:17,0	12:05,0 3:30,0 42:47,0	14:57,0 2:52,0 43:25,0	18:11,0 3:14,0 43:54,0	19:35,0 1:24,0	23:14,0 3:39,0	24:44,0 1:30,0	26:06,0 1:22,0	31:22,0 5:16,0		
10	35	Rodríguez López, Eric Independente Sen Club	44:00,0	4:18,0 4:18,0 34:19,0	7:19,0 3:01,0 37:05,0	8:30,0 1:11,0 40:18,0	10:52,0 2:22,0 42:19,0	13:59,0 3:07,0 43:22,0	17:41,0 3:42,0 44:00,0	19:04,0 1:23,0	25:00,0 5:56,0	27:12,0 2:12,0	28:23,0 1:11,0	32:09,0 3:46,0		
11	37	Rodríguez Núñez, Luis Independente Sen Club	44:07,0	4:25,0 4:25,0 34:18,0	6:56,0 2:31,0 36:59,0	8:33,0 1:37,0 40:26,0	10:52,0 2:19,0 42:27,0	14:01,0 3:09,0 43:29,0	17:42,0 3:41,0 44:07,0	19:20,0 1:38,0	25:00,0 5:40,0	27:15,0 2:15,0	28:31,0 1:16,0	32:15,0 3:44,0		
12	5151	Corredoira Campos, Mario LUGO COMPÁS	48:29,0	3:48,0 3:48,0 38:08,0	6:42,0 2:54,0 40:49,0	8:06,0 1:24,0 44:33,0	10:15,0 2:09,0 47:01,0	15:02,0 4:47,0 47:55,0	18:36,0 3:34,0 48:29,0	20:06,0 1:30,0	25:31,0 5:25,0	28:48,0 3:17,0	30:16,0 1:28,0	35:32,0 5:16,0		
13	23	Mosquera Mato, Mauro Independente Sen Club	49:50,0	2:36,0 4:07,0 37:41,0	2:41,0 7:12,0 40:08,0	3:44,0 9:07,0 44:01,0	2:28,0 10:40,0 48:16,0	0:54,0 14:33,0 49:11,0	0:34,0 18:11,0 49:50,0	19:24,0 1:13,0	23:42,0 4:18,0	28:25,0 4:43,0	29:07,0 0:42,0	34:49,0 5:42,0		
14	6	Cea Aguiar, Clara Independente Sen Club	49:59,0	2:52,0 4:46,0 37:48,0	2:27,0 7:46,0 40:18,0	3:53,0 9:13,0 43:53,0	4:15,0 10:50,0 47:56,0	0:55,0 14:51,0 49:17,0	0:39,0 18:25,0 49:59,0	19:45,0 1:20,0	23:45,0 4:00,0	28:18,0 4:33,0	29:22,0 1:04,0	35:01,0 5:39,0		
15	2	Aguiar Boudin, Marta María Independente Sen Club	50:47,0	4:56,0 4:56,0 38:15,0	7:38,0 2:42,0 40:31,0	9:45,0 2:07,0 44:56,0	11:10,0 1:25,0 48:20,0	15:17,0 4:07,0 49:29,0	18:41,0 3:24,0 50:47,0	20:20,0 1:39,0	24:18,0 3:58,0	28:41,0 4:23,0	29:46,0 1:05,0	35:02,0 5:16,0		
16	7	Cea Duro, Juan Carlos Independente Sen Club	50:48,0	4:46,0 4:46,0 38:15,0	7:39,0 2:53,0 40:29,0	9:32,0 1:53,0 44:53,0	11:12,0 1:40,0 48:15,0	15:13,0 4:01,0 49:30,0	18:38,0 3:25,0 50:48,0	20:21,0 1:43,0	24:19,0 3:58,0	28:37,0 4:18,0	29:43,0 1:06,0	35:02,0 5:19,0		
17	26	Parga Rilo, Manuel Culleredo GALLAECIA_RAID	54:23,0	4:36,0 4:36,0 44:26,0	10:46,0 6:10,0 48:10,0	18:06,0 7:20,0 51:10,0	20:28,0 2:22,0 52:55,0	23:34,0 3:06,0 53:42,0	28:02,0 4:28,0 54:23,0	29:55,0 1:53,0	34:28,0 4:33,0	37:50,0 3:22,0	38:59,0 1:09,0	42:19,0 3:20,0		
18	15	Lois Lema, Manuel Ángel Independente Sen Club	55:39,0	4:18,0 4:18,0 38:50,0	9:02,0 4:44,0 41:32,0	10:45,0 1:43,0 51:48,0	12:55,0 2:10,0 53:53,0	16:30,0 3:35,0 54:54,0	20:36,0 4:06,0 55:39,0	22:12,0 1:36,0	26:15,0 4:03,0	29:35,0 3:20,0	31:14,0 1:39,0	35:10,0 3:56,0		
19	14	Lois Lema, Julián Isaías Independente Sen Club	55:46,0	4:17,0 4:17,0 38:57,0	9:14,0 4:57,0 41:23,0	10:47,0 1:33,0 51:54,0	12:56,0 2:09,0 53:49,0	16:37,0 3:41,0 54:55,0	20:38,0 4:01,0 55:46,0	22:14,0 1:36,0	26:15,0 4:01,0	29:44,0 3:29,0	31:24,0 1:40,0	35:18,0 3:54,0		
20	4464	Reboredo Zapata, Bruno Culleredo GALLAECIA_RAID	57:36,0	4:04,0 4:04,0 43:13,0	7:27,0 3:23,0 47:37,0	10:32,0 3:05,0 54:00,0	12:06,0 1:34,0 55:54,0	17:02,0 4:56,0 56:55,0	21:24,0 4:22,0 57:36,5	22:31,0 1:07,0	28:26,0 5:55,0	32:24,0 3:58,0	35:29,0 3:05,0	40:07,0 4:38,0		

os	Dors	Nome	Tempo													
Iniciación Longa (38)				3,0 km	120 m	16 C	<i>(cont.)</i>									
				1(109) 12(148)	2(103) 13(146)	3(104) 14(171)	4(105) 15(173)	5(122) 16(200)	6(125) Meta	7(127)	8(135)	9(141)	10(143)	11(151)		
21	4463	Reboredo Zapata, Gabriel Culleredo GALLAECIA_RAID	57:38,0	3:57,0 3:57,0 43:14,0 3:10,0	7:47,0 3:50,0 47:43,0 4:29,0	10:26,0 2:39,0 53:58,0 6:15,0	12:07,0 1:41,0 55:47,0 1:49,0	16:55,0 4:48,0 56:54,0 1:07,0	20:47,0 3:52,0 57:38,7 0:44,7	22:53,0 2:06,0	28:22,0 5:29,0	32:23,0 4:01,0	35:28,0 3:05,0	40:04,0 4:36,0		
22	1	Agudo, Jose Antonio O Barco de Valde TREVINCA	57:52,0	4:06,0 4:06,0 43:44,0 4:25,0	7:09,0 3:03,0 46:51,0 3:07,0	9:23,0 2:14,0 52:15,0 5:24,0	10:59,0 1:36,0 55:20,0 3:05,0	15:27,0 4:28,0 56:44,0 1:24,0	18:33,0 3:06,0 57:52,0 1:08,0	20:09,0 1:36,0	26:04,0 5:55,0	30:33,0 4:29,0	33:02,0 2:29,0	39:19,0 6:17,0		
23	39	Roibás Yáñez, Antonio Jesús A Coruña ARTABROS	1:07:19,	5:28,0 5:28,0 52:06,0 4:24,0	8:15,0 2:47,0 55:17,0 3:11,0	10:46,0 2:31,0 1:01:56,0 6:39,0	12:31,0 1:45,0 1:04:43,0 2:47,0	17:03,0 4:32,0 :06:10,0 1:27,0	24:14,0 7:11,0 1:07:19,0 1:09,0	26:36,0 2:22,0	31:32,0 4:56,0	36:24,0 4:52,0	40:37,0 4:13,0	47:42,0 7:05,0		
24	5	Calvelo Vázquez, Eva O Barco de Valde TREVINCA	1:11:53,	4:41,0 4:41,0 57:10,0 3:55,0	8:24,0 3:43,0 1:00:35,0 6:15,0	13:55,0 5:31,0 1:06:50,0 3:10,0	15:58,0 2:03,0 1:10:00,0 3:10,0	22:00,0 6:02,0 :10:54,0 0:54,0	28:19,0 6:19,0 1:11:53,0 0:59,0	30:19,0 2:00,0	37:36,0 7:17,0 1:10:57,0 *200	42:27,0 4:51,0	44:37,0 2:10,0	53:15,0 8:38,0		
25	20	Martinez Garcia, Mayra O Barco de Valde TREVINCA	1:13:12,	3:16,0 3:16,0 58:15,0 3:55,0	13:09,0 9:53,0 1:02:24,0 4:09,0	21:29,0 8:20,0 1:08:10,0 5:46,0	29:09,0 7:40,0 1:11:11,0 3:01,0	34:28,0 5:19,0 :12:38,0 1:27,0	39:11,0 4:43,0 1:13:12,0 0:34,0	40:40,0 1:29,0	44:28,0 3:48,0	48:46,0 4:18,0	49:50,0 1:04,0	54:20,0 4:30,0		
26	43	Teira Oujo, Ana Independente Sen Club	1:18:26,	5:18,0 5:18,0 1:05:21,0 3:32,0	9:56,0 4:38,0 1:08:23,0 3:02,0	11:46,0 1:50,0 1:14:06,0 5:43,0	14:38,0 2:52,0 1:16:32,0 2:26,0	18:46,0 4:08,0 :17:48,0 1:16,0	27:24,0 8:38,0 1:18:26,0 0:38,0	29:02,0 1:38,0	35:36,0 6:34,0	40:08,0 4:32,0	51:21,0 11:13,0	1:01:49,0 10:28,0		
27	17	López Casal, Gorette Independente Sen Club	1:24:49,	4:07,0 4:07,0 1:13:30,0 16:40,0	8:23,0 4:16,0 1:16:13,0 2:43,0	11:25,0 3:02,0 1:20:44,0 4:31,0	17:31,0 6:06,0 1:22:57,0 2:13,0	21:23,0 3:52,0 :23:51,0 0:54,0	26:38,0 5:15,0 1:24:49,0 0:58,0	28:28,0 1:50,0	34:02,0 5:34,0	40:59,0 6:57,0	43:10,0 2:11,0	56:50,0 13:40,0		
28	21	Martínez Paz, Manuel Independente Sen Club	1:28:06,	6:11,0 6:11,0 1:09:41,0 6:19,0	11:25,0 5:14,0 1:14:00,0 4:19,0	14:29,0 3:04,0 1:22:10,0 8:10,0	19:19,0 4:50,0 1:25:08,0 2:58,0	27:16,0 7:57,0 :26:40,0 1:32,0	31:25,0 4:09,0 1:28:06,0 1:26,0	34:52,0 3:27,0	40:32,0 5:40,0	47:51,0 7:19,0	50:18,0 2:27,0	1:03:22,0 13:04,0		
29	28	Pérez González, Jesús Independente Sen Club	1:28:22,	7:44,0 7:44,0 1:09:45,0 4:53,0	11:55,0 4:11,0 1:15:32,0 5:47,0	14:44,0 2:49,0 1:22:20,0 6:48,0	20:06,0 5:22,0 1:25:33,0 3:13,0	27:40,0 7:34,0 :26:49,0 1:16,0	32:16,0 4:36,0 1:28:22,0 1:33,0	34:45,0 2:29,0	40:27,0 5:42,0	48:24,0 7:57,0	50:48,0 2:24,0	1:04:52,0 14:04,0		
30	19	Martínez Eiras, Nina Independente Sen Club	1:33:23,	6:32,0 6:32,0 1:24:36,0 3:09,0	9:09,0 2:37,0 1:27:20,0 2:44,0	10:29,0 1:20,0 1:30:51,0 3:31,0	35:55,0 25:26,0 1:32:17,0 1:26,0	38:17,0 2:22,0 :32:49,0 0:32,0	57:09,0 18:52,0 1:33:23,0 0:34,0	58:06,0 0:57,0	1:05:07,0 7:01,0	1:10:59,0 5:52,0	1:12:09,0 1:10,0	1:21:27,0 9:18,0		
31	13	Gude Paz, Antonio Independente Sen Club	1:46:10,	6:17,0 6:17,0 1:25:51,0 4:55,0	10:41,0 4:24,0 1:31:38,0 5:47,0	13:51,0 3:10,0 1:39:10,0 7:32,0	25:28,0 11:37,0 1:43:03,0 3:53,0	31:44,0 6:16,0 :44:55,0 1:52,0	37:42,0 5:58,0 1:46:10,0 1:15,0	40:51,0 3:09,0	1:01:46,0 20:55,0	1:11:36,0 9:50,0	1:13:16,0 1:40,0	1:20:56,0 7:40,0		
32	32	Riveiro Maneiro, Olga Independente Sen Club	1:46:13,	6:23,0 6:23,0 1:25:57,0 5:04,0	10:40,0 4:17,0 1:31:15,0 5:18,0	13:48,0 3:08,0 1:38:32,0 7:17,0	25:51,0 12:03,0 1:43:03,0 4:31,0	32:03,0 6:12,0 :44:54,0 1:51,0	37:50,0 5:47,0 1:46:13,0 1:19,0	40:56,0 3:06,0	1:01:58,0 21:02,0	1:11:42,0 9:44,0	1:13:20,0 1:38,0	1:20:53,0 7:33,0		
33	22	Miguez Rey, Maria Culleredo GALLAECIA_RAID	1:48:32,	5:05,0 5:05,0 1:29:12,0 6:21,0	9:20,0 4:15,0 1:33:23,0 4:11,0	12:55,0 3:35,0 1:41:45,0 8:22,0	16:31,0 3:36,0 1:45:31,0 3:46,0	55:53,0 39:22,0 :47:08,0 1:52,0	1:00:16,0 4:23,0 1:48:32,0 1:15,0	1:03:26,0 3:10,0	1:11:06,0 7:40,0	1:14:41,0 3:35,0	1:16:47,0 2:06,0	1:22:51,0 6:04,0		
4462		Reboredo Patiño, Félix Culleredo GALLAECIA_RAID	Error en	4:04,0 4:04,0 ----- 8:01,0	----- ----- 48:04,0 -----	----- ----- ----- -----	----- ----- 56:57,0 8:53,0	----- ----- 57:39,0 0:42,0	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	40:03,0 35:59,0		
3		Baltazar González, Verónica O Barco de Valde TREVINCA	Error en	3:37,0 3:37,0 56:08,0 3:59,0	14:21,0 10:44,0 1:00:27,0 4:19,0	----- ----- 1:05:58,0 5:31,0	22:41,0 8:20,0 1:09:07,0 3:09,0	30:37,0 7:56,0 :10:32,0 1:25,0	35:14,0 4:37,0 1:11:12,0 0:40,0	36:32,0 1:18,0	42:22,0 5:50,0	46:38,0 4:16,0	47:36,0 0:58,0	52:09,0 4:33,0		
31		Pérez Vilar, María Independente Sen Club	Error en	7:29,0 7:29,0 1:09:17,0 4:32,0	11:53,0 4:24,0 1:14:21,0 5:04,0	14:33,0 2:40,0 1:22:19,0 7:58,0	18:59,0 4:26,0 1:25:34,0 3:15,0	27:02,0 8:03,0 :26:52,0 1:18,0	32:15,0 5:13,0 1:28:19,0 1:27,0	34:39,0 2:24,0	40:41,0 6:02,0	----- -----	48:11,0 7:30,0	1:04:45,0 16:34,0		
48		Vilar Sampedro, Ramona Independente Sen Club	Error en	7:12,0 7:12,0 1:09:34,0 21:02,0	11:50,0 4:38,0 1:15:26,0 5:52,0	14:43,0 2:53,0 1:22:32,0 7:06,0	20:10,0 5:27,0 1:25:34,0 3:02,0	27:11,0 7:01,0 :26:57,0 1:23,0	32:29,0 5:18,0 1:28:22,0 1:25,0	34:49,0 2:20,0	40:54,0 6:05,0	----- -----	48:32,0 7:38,0	-----		

os Dors Nome

Tempo

Iniciación Longa (38)**3,0 km 120 m 16 C (cont.)**

		1(109) 12(148)	2(103) 13(146)	3(104) 14(171)	4(105) 15(173)	5(122) 16(200)	6(125) Meta	7(127)	8(135)	9(141)	10(143)	11(151)	
16	Lomba Queiruga, María Elena Independente Sen Club	Error en	8:04,0	16:40,0	22:05,0	28:04,0	43:49,0	----	1:23:36,0	1:31:38,0	1:36:55,0	1:44:01,0	1:51:33,0
			8:04,0	8:36,0	5:25,0	5:59,0	15:45,0		39:47,0	8:02,0	5:17,0	7:06,0	7:32,0
			2:03:18,0	2:07:56,0	2:15:39,0	2:19:33,0	:21:21,0	2:22:40,0					
			11:45,0	4:38,0	7:43,0	3:54,0	1:48,0	1:19,0					

Masculino 55 (11)**4,0 km 145 m 19 C**

		1(116) 12(155)	2(120) 13(140)	3(112) 14(144)	4(102) 15(132)	5(104) 16(130)	6(117) 17(126)	7(169) 18(116)	8(160) 19(200)	9(149) Meta	10(150)	11(152)	
1	4357 Álvarez Estévez, Enrique Luis Culleredo GALLAECIA_RAID	53:47,0	4:20,0	5:44,0	7:24,0	14:32,0	15:46,0	18:35,0	21:11,0	22:50,0	27:17,0	29:46,0	30:58,0
			4:20,0	1:24,0	1:40,0	7:08,0	1:14,0	2:49,0	2:36,0	1:39,0	4:27,0	2:29,0	1:12,0
			33:33,0	37:35,0	40:09,0	45:27,0	47:50,0	50:26,0	52:25,0	53:22,0	53:47,5		
			2:35,0	4:02,0	2:34,0	5:18,0	2:23,0	2:36,0	1:59,0	0:57,0	0:25,5		
2	4206 Beloso García, Manuel Pontevedra AROMON	58:37,0	4:40,0	6:02,0	8:08,0	12:53,0	14:37,0	18:37,0	24:18,0	26:29,0	31:24,0	34:03,0	35:49,0
			4:40,0	1:22,0	2:06,0	4:45,0	1:44,0	4:00,0	5:41,0	2:11,0	4:55,0	2:39,0	1:46,0
			38:27,0	42:10,0	45:07,0	48:42,0	51:00,0	53:24,0	56:40,0	58:06,0	58:37,0		
			2:38,0	3:43,0	2:57,0	3:35,0	2:18,0	2:24,0	3:16,0	1:26,0	0:31,0		
3	4210 Díaz Falcon, Gilberto Pontevedra AROMON	1:03:42,	4:54,0	6:33,0	8:54,0	12:36,0	14:02,0	19:15,0	23:23,0	25:59,0	30:47,0	32:11,0	35:06,0
			4:54,0	1:39,0	2:21,0	3:42,0	1:26,0	5:13,0	4:08,0	2:36,0	4:48,0	1:24,0	2:55,0
			37:37,0	40:57,0	43:43,0	50:46,0	54:57,0	58:48,0	1:02:11,0	1:03:15,0	1:03:42,5		
			2:31,0	3:20,0	2:46,0	7:03,0	4:11,0	3:51,0	3:23,0	1:04,0	0:27,5		
4	4529 Rodríguez Sarmiento, Javier O Barco de Valde TREVINCA	1:06:32,	5:21,0	6:43,0	8:26,0	11:27,0	12:57,0	20:51,0	24:25,0	26:47,0	31:54,0	36:12,0	42:48,0
			5:21,0	1:22,0	1:43,0	3:01,0	1:30,0	7:54,0	3:34,0	2:22,0	5:07,0	4:18,0	6:36,0
			47:09,0	50:20,0	53:40,0	57:06,0	:00:07,0	1:02:04,0	1:05:05,0	1:06:00,0	1:06:32,0		
			4:21,0	3:11,0	3:20,0	3:26,0	3:01,0	1:57,0	3:01,0	0:55,0	0:32,0		
5	4399 Gil Díaz, José Antonio Culleredo GALLAECIA_RAID	1:10:02,	5:29,0	7:12,0	9:32,0	13:35,0	15:22,0	19:17,0	24:52,0	32:02,0	38:21,0	39:57,0	42:28,0
			5:29,0	1:43,0	2:20,0	4:03,0	1:47,0	3:55,0	5:35,0	7:10,0	6:19,0	1:36,0	2:31,0
			46:22,0	49:51,0	53:29,0	58:48,0	:02:08,0	1:04:50,0	1:08:08,0	1:09:22,0	1:10:02,2		
			3:54,0	3:29,0	3:38,0	5:19,0	3:20,0	2:42,0	3:18,0	1:14,0	0:40,2		
6	4443 Pazos Miser, Rafael Culleredo GALLAECIA_RAID	1:15:34,	8:11,0	10:11,0	12:39,0	18:53,0	20:48,0	25:12,0	29:12,0	32:27,0	38:31,0	43:51,0	45:48,0
			8:11,0	2:00,0	2:28,0	6:14,0	1:55,0	4:24,0	4:00,0	3:15,0	6:04,0	5:20,0	1:57,0
			49:55,0	53:45,0	59:45,0	1:04:41,0	:06:48,0	1:09:08,0	1:13:31,0	1:14:51,0	1:15:34,0		
			4:07,0	3:50,0	6:00,0	4:56,0	2:07,0	2:20,0	4:23,0	1:20,0	0:43,0		
7	4288 Roibas Yañez, Juan Jose A Coruña ARTABROS	1:17:43,	8:05,0	10:27,0	13:19,0	18:36,0	21:20,0	25:42,0	31:01,0	33:45,0	40:51,0	43:08,0	45:22,0
			8:05,0	2:22,0	2:52,0	5:17,0	2:44,0	4:22,0	5:19,0	2:44,0	7:06,0	2:17,0	2:14,0
			51:09,0	55:26,0	59:27,0	1:04:33,0	:06:55,0	1:10:40,0	1:15:04,0	1:17:03,0	1:17:43,0		
			5:47,0	4:17,0	4:01,0	5:06,0	2:22,0	3:45,0	4:24,0	1:59,0	0:40,0		
8	4516 Aller Estévez, Pablo Adrián O Barco de Valde TREVINCA	1:19:16,	6:02,0	8:24,0	19:02,0	25:04,0	26:50,0	31:11,0	36:27,0	39:36,0	46:00,0	47:49,0	50:12,0
			6:02,0	2:22,0	10:38,0	6:02,0	1:46,0	4:21,0	5:16,0	3:09,0	6:24,0	1:49,0	2:23,0
			53:57,0	58:01,0	1:01:05,0	1:07:07,0	:09:27,0	1:12:33,0	1:17:21,0	1:18:44,0	1:19:16,3		
			3:45,0	4:04,0	3:04,0	6:02,0	2:20,0	3:06,0	4:48,0	1:23,0	0:32,3		
9	4535 Sande Rodríguez, Francisco Ferrol MONTAÑA_FERROL	1:43:18,	6:14,0	8:18,0	12:11,0	18:59,0	28:52,0	32:58,0	36:54,0	39:58,0	48:54,0	59:29,0	1:00:57,0
			6:14,0	2:04,0	3:53,0	6:48,0	9:53,0	4:06,0	3:56,0	3:04,0	8:56,0	10:35,0	1:28,0
			1:05:34,0	1:15:07,0	1:18:21,0	1:29:45,0	:31:31,0	1:36:03,0	1:40:56,0	1:42:04,0	1:43:18,0		
			4:37,0	9:33,0	3:14,0	11:24,0	1:46,0	4:32,0	4:53,0	1:08,0	1:14,0		
	4271 López Pérez, Jose Miguel A Coruña ARTABROS	Abando	50:35,0	56:45,0	1:07:38,0	1:17:58,0	:22:12,0	1:39:21,0	1:53:36,0	2:21:52,0	----	----	----
			50:35,0	6:10,0	10:53,0	10:20,0	4:14,0	17:09,0	14:15,0	28:16,0			
			----	----	----	----	----	----	----	2:44:22,0	2:46:35,0		
										22:30,0	2:13,0		
nc	1481 Pérez Martín, Santiago Guiller Granada VELETA	1:04:53,	5:26,0	7:26,0	9:45,0	13:44,0	15:38,0	19:47,0	25:33,0	28:26,0	33:51,0	35:22,0	37:52,0
			5:26,0	2:00,0	2:19,0	3:59,0	1:54,0	4:09,0	5:46,0	2:53,0	5:25,0	1:31,0	2:30,0
			41:48,0	45:24,0	49:28,0	54:24,0	56:43,0	59:24,0	1:02:52,0	1:04:13,0	1:04:53,7		
			3:56,0	3:36,0	4:04,0	4:56,0	2:19,0	2:41,0	3:28,0	1:21,0	0:40,7		

Feminino 55 (3)**3,6 km 110 m 17 C**

		1(106) 12(137)	2(101) 13(131)	3(104) 14(158)	4(105) 15(169)	5(114) 16(172)	6(111) 17(200)	7(123) Meta	8(118)	9(145)	10(151)	11(154)	
1	4303 Fernandez Riveiro, Fermina LUGO FLUVIAL_LUGO	1:16:02,	3:49,0	7:05,0	8:22,0	10:02,0	11:25,0	13:06,0	15:03,0	18:22,0	27:27,0	31:14,0	40:08,0
			3:49,0	3:16,0	1:17,0	1:40,0	1:23,0	1:41,0	1:57,0	3:19,0	9:05,0	3:47,0	8:54,0
			52:07,0	1:01:34,0	1:05:49,0	1:09:04,0	:13:09,0	1:15:26,0	1:16:02,8				
			11:59,0	9:27,0	4:15,0	3:15,0	4:05,0	2:17,0	0:36,8				
	4388 Fernández Santiago, María Culleredo GALLAECIA_RAID	Fuera d	11:38,0	18:52,0	21:17,0	23:22,0	25:45,0	37:18,0	39:34,0	45:42,0	1:06:19,0	1:18:12,0	1:26:47,0
			11:38,0	7:14,0	2:25,0	2:05,0	2:23,0	11:33,0	2:16,0	6:08,0	20:37,0	11:53,0	8:35,0
			1:39:16,0	1:44:10,0	1:52:03,0	1:58:53,0	:04:32,0	2:07:24,0	2:08:37,0				
			12:29,0	4:54,0	7:53,0	6:50,0	5:39,0	2:52,0	1:13,0				

os	Dors	Nome	Tempo											
Feminino 55 (3)				3,6 km	110 m	17 C	(cont.)							
				1(106)	2(101)	3(104)	4(105)	5(114)	6(111)	7(123)	8(118)	9(145)	10(151)	11(154)
				12(137)	13(131)	14(158)	15(169)	16(172)	17(200)	Meta				
4423		López Suárez, María Dolores Culleredo GALLAECIA_RAID	Error en	12:07,0	17:41,0	19:40,0	21:22,0	23:34,0	25:45,0	28:31,0	33:11,0	51:25,0	56:31,0	1:14:33,0
				12:07,0	5:34,0	1:59,0	1:42,0	2:12,0	2:11,0	2:46,0	4:40,0	18:14,0	5:06,0	18:02,0
				1:29:44,0	1:58:58,0	-----	-----	-----	2:42:53,0	2:44:17,0				
				15:11,0	29:14,0					43:55,0	1:24,0			
Femenino 60 (1)				3,6 km	110 m	17 C								
				1(106)	2(101)	3(104)	4(105)	5(114)	6(111)	7(123)	8(118)	9(145)	10(151)	11(154)
				12(137)	13(131)	14(158)	15(169)	16(172)	17(200)	Meta				
1	4785	Naya López, Mª José A Coruña LICEO	1:48:52,	17:57,0	22:12,0	24:25,0	26:40,0	28:46,0	31:08,0	33:31,0	38:04,0	51:05,0	56:49,0	1:04:40,0
				17:57,0	4:15,0	2:13,0	2:15,0	2:06,0	2:22,0	2:23,0	4:33,0	13:01,0	5:44,0	7:51,0
				1:17:08,0	1:21:40,0	1:29:21,0	1:41:30,0	:45:43,0	1:48:03,0	1:48:52,0				
				12:28,0	4:32,0	7:41,0	12:09,0	4:13,0	2:20,0	0:49,0				
Masculino 60 (4)				3,7 km	125 m	19 C								
				1(108)	2(101)	3(104)	4(113)	5(123)	6(118)	7(126)	8(145)	9(151)	10(153)	11(155)
				12(139)	13(137)	14(132)	15(158)	16(170)	17(169)	18(172)	19(200)	Meta		
1	4771	Bugallo García, José Ramón A Coruña LICEO	1:08:24,	2:37,0	7:14,0	8:39,0	17:14,0	18:24,0	23:01,0	25:45,0	30:06,0	33:34,0	35:51,0	41:08,0
				2:37,0	4:37,0	1:25,0	8:35,0	1:10,0	4:37,0	2:44,0	4:21,0	3:28,0	2:17,0	5:17,0
				45:55,0	48:19,0	51:29,0	56:01,0	59:35,0	1:02:11,0	1:05:40,0	1:07:38,0	1:08:24,0		
				4:47,0	2:24,0	3:10,0	4:32,0	3:34,0	2:36,0	3:29,0	1:58,0	0:46,0		
2	4373	Carballo Fernández, Juan Carl Culleredo GALLAECIA_RAID	1:13:48,	3:10,0	7:40,0	8:56,0	14:51,0	16:06,0	19:40,0	22:06,0	28:46,0	37:38,0	39:23,0	42:18,0
				3:10,0	4:30,0	1:16,0	5:55,0	1:15,0	3:34,0	2:26,0	6:40,0	8:52,0	1:45,0	2:55,0
				47:39,0	50:12,0	53:56,0	57:56,0	:02:42,0	1:05:16,0	1:10:19,0	1:12:55,0	1:13:48,5		
				5:21,0	2:33,0	3:44,0	4:00,0	4:46,0	2:34,0	5:03,0	2:36,0	0:53,5		
3	4533	García Couce, Antonio Ferrol MONTAÑA_FERROL	1:16:17,	5:14,0	9:48,0	11:20,0	16:29,0	18:03,0	23:14,0	27:50,0	33:35,0	37:21,0	39:13,0	43:07,0
				5:14,0	4:34,0	1:32,0	5:09,0	1:34,0	5:11,0	4:36,0	5:45,0	3:46,0	1:52,0	3:54,0
				47:49,0	51:21,0	54:28,0	59:25,0	:03:12,0	1:08:14,0	1:12:30,0	1:14:56,0	1:16:17,0		
				4:42,0	3:32,0	3:07,0	4:57,0	3:47,0	5:02,0	4:16,0	2:26,0	1:21,0		
4247		Romero Capa, Carlos Mario Pontevedra AROMON	Abando	2:15,0	7:18,0	8:45,0	15:36,0	16:31,0	29:06,0	30:47,0	35:52,0	39:19,0	40:46,0	43:15,0
				2:15,0	5:03,0	1:27,0	6:51,0	0:55,0	12:35,0	1:41,0	5:05,0	3:27,0	1:27,0	2:29,0
				46:20,0	-----	53:12,0	-----	-----	-----	-----	-----	1:33:16,0		
				3:05,0									40:04,0	

Arnela