

os	rsal	Nombre	Tiempo																
Iniciación Curta (40)				4,5 km 65 m			11 C												
				1(77)	2(70)	3(63)	4(71)	5(65)	6(66)	7(73)	8(74)	9(72)	10(69)	11(100)	Meta				
1	318	Martín Casado Núñez	46:59	2:19	3:39	7:23	10:58	15:07	19:50	24:25	29:45	34:40	<b>40:59</b>	<b>44:47</b>	<b>46:59</b>				
		APA LICEO A Coruñ		2:19	1:20	3:44	3:35	4:09	4:43	4:35	5:20	4:55	<b>6:19</b>	3:48	2:12				
1	514	Mario López Gonzál	46:59	2:14	<b>3:31</b>	<b>7:22</b>	<b>10:52</b>	<b>15:06</b>	<b>19:41</b>	<b>24:09</b>	<b>29:40</b>	<b>34:34</b>	41:18	44:52	<b>46:59</b>				
		ADVENTURE ADDIC		<b>2:14</b>	1:17	3:51	<b>3:30</b>	4:14	4:35	4:28	5:31	<b>4:54</b>	6:44	<b>3:34</b>	<b>2:07</b>				
3	1015	Adrián Fernández R	1:08:25	4:55	6:48	11:50	16:46	23:11	28:26	34:24	40:09	47:22	58:51	1:05:54	1:08:25				
		IMP99 INDEPENDIE		4:55	1:53	5:02	4:56	6:25	5:15	5:58	5:45	7:13	11:29	7:03	2:31				
4	311	Maria Del Carmen B	1:08:31	4:58	6:46	11:29	16:51	23:09	28:19	34:19	40:12	47:25	58:48	1:05:49	1:08:31				
		APA LICEO A Coruñ		4:58	1:48	4:43	5:22	6:18	5:10	6:00	5:53	7:13	11:23	7:01	2:42				
5	1029	Mara Seijas Lovell	1:08:34	5:14	6:53	12:13	18:19	23:00	27:14	31:51	36:38	50:30	59:01	1:04:04	1:08:34			1:04:08	
		FLUVIAL LUGO Lug		5:14	1:39	5:20	6:06	4:41	4:14	4:37	<b>4:47</b>	13:52	8:31	5:03	4:30			*100	
6	1012	Alex Fernandez Fer	1:08:39	5:10	6:57	12:31	18:15	23:11	27:09	31:30	36:40	49:57	59:06	1:04:08	1:08:39			1:04:10	
		FLUVIAL LUGO Lug		5:10	1:47	5:34	5:44	4:56	3:58	4:21	5:10	13:17	9:09	5:02	4:31			*100	
7	1021	Mateo Lopez Meilan	1:12:57	3:37	4:49	11:50	17:17	25:20	30:40	35:46	41:24	54:10	1:03:59	1:09:55	1:12:57			1:09:58	
		FLUVIAL LUGO Lug		3:37	<b>1:12</b>	7:01	5:27	8:03	5:20	5:06	5:38	12:46	9:49	5:56	3:02			*100	
8	1017	Lucas Gomez Garcí	1:13:08	3:37	4:54	11:56	17:25	24:34	30:35	36:08	41:35	52:32	1:04:32	1:10:18	1:13:08			1:10:21	
		FLUVIAL LUGO Lug		3:37	1:17	7:02	5:29	7:09	6:01	5:33	5:27	10:57	12:00	5:46	2:50			*100	
9	1014	Anton Fernandez G	1:17:11	3:34	4:53	11:42	17:18	25:25	31:49	39:07	45:20	53:07	1:06:06	1:12:55	1:17:11			1:13:00	
		FLUVIAL LUGO Lug		3:34	1:19	6:49	5:36	8:07	6:24	7:18	6:13	7:47	12:59	6:49	4:16			*100	
10	1016	Alejandro Flores So	1:18:00	4:01	5:24	10:10	18:01	22:37	27:17	33:35	40:03	55:32	1:07:16	1:13:49	1:18:00				
		IMP99 INDEPENDIE		4:01	1:23	4:46	7:51	4:36	4:40	6:18	6:28	15:29	11:44	6:33	4:11				
11	1099	Marcó Gómez Garcí	1:18:57	3:37	5:15	12:14	17:54	26:13	32:04	39:23	45:15	53:19	1:04:18	1:11:55	1:18:57			1:11:58	
		FLUVIAL LUGO Lug		3:37	1:38	6:59	5:40	8:19	5:51	7:19	5:52	8:04	10:59	7:37	7:02			*100	
12	1027	Teresa Piñeiro Vare	1:19:53	6:15	8:11	15:43	21:26	27:49	33:20	40:13	45:44	56:16	1:07:59	1:14:56	1:19:53				
		ARTABROS A Coruñ		6:15	1:56	7:32	5:43	6:23	5:31	6:53	5:31	10:32	11:43	6:57	4:57				
13	1023	Alba Yu Mayor Barre	1:20:00	6:21	8:13	15:50	21:32	27:56	33:23	40:19	45:51	55:48	1:08:06	1:15:13	1:20:00				
		FLUVIAL LUGO Lug		6:21	1:52	7:37	5:42	6:24	5:27	6:56	5:32	9:57	12:18	7:07	4:47				
14	1031	Lucía Villada Penel	1:20:23	6:21	8:11	15:42	21:37	27:56	33:18	40:13	45:49	55:42	1:08:06	1:15:02	1:20:23				
		FLUVIAL LUGO Lug		6:21	1:50	7:31	5:55	6:19	5:22	6:55	5:36	9:53	12:24	6:56	5:21				
15	1009	Laura Cerqueiro Go	1:20:25	6:32	8:21	15:46	21:46	27:55	33:17	40:17	45:52	56:16	1:08:12	1:15:28	1:20:25				
		IMP99 INDEPENDIE		6:32	1:49	7:25	6:00	6:09	5:22	7:00	5:35	10:24	11:56	7:16	4:57				
16	389	Marcos Gonzalez R	1:21:11	5:23	8:43	15:07	20:18	26:44	31:46	38:46	50:11	57:42	1:07:37	1:16:06	1:21:11				
		BRIGANTIA A Coruñ		5:23	3:20	6:24	5:11	6:26	5:02	7:00	11:25	7:31	9:55	8:29	5:05				
17	1022	Vera Lopez Meilan	1:21:19	3:49	5:14	12:30	17:47	26:12	30:52	36:09	41:54	54:59	1:04:26	1:14:51	1:21:19			1:14:54	
		FLUVIAL LUGO Lug		3:49	1:25	7:16	5:17	8:25	4:40	5:17	5:45	13:05	9:27	10:25	6:28			*100	
18	1030	María Varela Varela	1:22:18	7:00	9:13	16:19	22:01	27:56	33:38	40:23	46:45	56:25	1:09:26	1:16:54	1:22:18				
		ARTABROS A Coruñ		7:00	2:13	7:06	5:42	5:55	5:42	6:45	6:22	9:40	13:01	7:28	5:24				
19	1026	Miguel Peña Villalba	1:23:30	5:20	7:18	15:27	20:34	25:25	30:25	35:40	1:02:44	1:08:44	1:16:55	1:21:10	1:23:30				
		IMP99 INDEPENDIE		5:20	1:58	8:09	5:07	4:51	5:00	5:15	27:04	6:00	8:11	4:15	2:20				
20	1025	Quique Peña Gonzá	1:23:48	5:24	7:24	15:32	20:42	25:21	30:29	35:55	1:03:20	1:09:20	1:17:19	1:21:17	1:23:48				
		IMP99 INDEPENDIE		5:24	2:00	8:08	5:10	4:39	5:08	5:26	27:25	6:00	7:59	3:58	2:31				
21	1024	Abel Pena Bodenlle	1:28:49	3:37	5:20	8:32	13:27	17:20	20:48	25:06	54:34	1:09:33	1:18:28	1:24:38	1:28:49				
		FLUVIAL LUGO Lug		3:37	1:43	<b>3:12</b>	4:55	<b>3:53</b>	<b>3:28</b>	<b>4:18</b>	29:28	14:59	8:55	6:10	4:11				
22	1019	Estrella Lamela Bel	1:32:37	5:46	8:30	15:45	23:40	31:30	37:23	44:10	53:18	1:03:41	1:15:42	1:25:41	1:32:37				
		FLUVIAL LUGO Lug		5:46	2:44	7:15	7:55	7:50	5:53	6:47	9:08	10:23	12:01	9:59	6:56				
23	285	Martina Aller Pfler	1:42:40	6:43	8:49	18:45	26:01	37:42	46:45	55:28	1:09:08	1:18:41	1:31:20	1:38:53	1:42:40			1:38:55	
		TREVINCA O Barco		6:43	2:06	9:56	7:16	11:41	9:03	8:43	13:40	9:33	12:39	7:33	3:47			*100	
24	343	Manuel Couceiro F	1:45:10	6:03	8:10	15:46	21:12	30:51	37:37	47:40	1:03:06	1:15:53	1:33:55	1:41:05	1:45:10				
		ARTABROS A Coruñ		6:03	2:07	7:36	5:26	9:39	6:46	10:03	15:26	12:47	18:02	7:10	4:05				
25	1007	Irene Balseiro Couc	1:46:54	6:07	9:42	19:05	27:19	38:43	45:28	52:24	1:03:11	1:15:58	1:33:45	1:41:09	1:46:54				
		FLUVIAL LUGO Lug		6:07	3:35	9:23	8:14	11:24	6:45	6:56	10:47	12:47	17:47	7:24	5:45				
26	416	Claudia Vinagre Ba	1:48:05	11:21	14:42	22:42	33:32	43:50	52:32	1:01:01	1:08:51	1:22:19	1:36:24	1:44:43	1:48:05				
		BRIGANTIA A Coruñ		11:21	3:21	8:00	10:50	10:18	8:42	8:29	7:50	13:28	14:05	8:19	3:22				
27	367	Adriana Barrós Argu	1:48:10	11:20	14:49	22:55	33:45	43:50	52:32	1:00:55	1:09:06	1:22:31	1:36:50	1:44:50	1:48:10				
		BRIGANTIA A Coruñ		11:20	3:29	8:06	10:50	10:05	8:42	8:23	8:11	13:25	14:19	8:00	3:20				
28	1010	Alex Dorado Fernan	1:49:16	7:36	10:40	17:41	27:46	35:49	44:55	52:59	1:06:05	1:18:00	1:34:18	1:44:41	1:49:16			1:15:25	
		FLUVIAL LUGO Lug		7:36	3:04	7:01	10:05	8:03	9:06	8:04	13:06	11:55	16:18	10:23	4:35			*68	
				1:44:43															
				*100															
29	1011	Kevin Dorado Fern	1:49:40	7:36	10:37	17:46	27:48	35:44	44:36	53:03	1:06:11	1:17:50	1:34:11	1:45:17	1:49:40			1:15:12	
		FLUVIAL LUGO Lug		7:36	3:01	7:09	10:02	7:56	8:52	8:27	13:08	11:39	16:21	11:06	4:23			*68	
				1:45:19															
				*100															
30	1013	Rocio Fernandez F	1:50:41	5:20	7:44	16:12	26:15	36:57	47:05	55:16	1:12:32	1:22:39	1:35:45	1:45:09	1:50:41				
		GALLAECIA RAID a c		5:20	2:24	8:28	10:03	10:42	10:08	8:11	17:16	10:07	13:06	9:24	5:32				
31	342	David Couceiro Fue	1:54:57	6:03															

os		rsal	Nombre	Tempo														
<b>Iniciación Curta (40)</b>					<b>4,5 km 65 m</b>		<b>11 C</b>			<i>(cont.)</i>								
					1(77)	2(70)	3(63)	4(71)	5(65)	6(66)	7(73)	8(74)	9(72)	10(69)	11(100)	Meta		
1008	Leo Carballes Lama	Desc.	FLUVIAL LUGO Lug	3:06	4:45	15:57	26:24	34:18	40:23	48:06	53:38	1:02:53	1:12:52	1:20:30			1:20:32	
1006	Rafael Balseiro Cou	No sale	FLUVIAL LUGO Lug	3:06	1:39	11:12	10:27	7:54	6:05	7:43	5:32	9:15	9:59	7:38			*100	
490	Enol Camblor Bello	No sale	ROBALIZA Cambre															
<b>Iniciación Longa (81)</b>					<b>5,0 km 85 m</b>		<b>15 C</b>											
					1(77)	2(70)	3(50)	4(56)	5(63)	6(64)	7(65)	8(66)	9(73)	10(74)	11(67)	12(68)	13(72)	14(69)
					15(100)	Meta												
1	1059	Jorge Gómez Sando	IMP99 INDEPENDIE	42:25	1:09	2:00	3:14	4:11	5:43	7:58	11:04	14:11	17:31	21:13	24:09	29:17	33:04	37:28
					1:09	0:51	1:14	0:57	1:32	2:15	3:06	3:07	3:20	3:42	2:56	5:08	3:47	4:24
					40:30	42:25												
					3:02	1:55												
2	1070	Ringo Pérez Gamot	IMP99 INDEPENDIE	42:41	1:55	2:49	4:36	5:57	7:36	10:40	13:50	16:51	19:48	23:38	25:48	31:26	32:51	37:57
					1:55	0:54	1:47	1:21	1:39	3:04	3:10	3:01	2:57	3:50	2:10	5:38	1:25	5:06
					40:29	42:41												
					2:32	2:12												
3	1089	Benoit Vanneste	IMP99 INDEPENDIE	42:44	2:02	2:51	4:39	5:56	7:36	10:46	13:57	16:50	19:59	23:37	25:54	31:20	33:04	37:52
					2:02	0:49	1:48	1:17	1:40	3:10	3:11	2:53	3:09	3:38	2:17	5:26	1:44	4:48
					40:33	42:44												
					2:41	2:11												
4	1041	Juan Castanedo Ga	ROBALIZA Cambre	46:34	1:23	2:38	4:27	5:36	7:30	9:39	13:51	16:54	21:08	24:42	27:44	32:44	34:11	40:36
					1:23	1:15	1:49	1:09	1:54	2:09	4:12	3:03	4:14	3:34	3:02	5:00	1:27	6:25
					44:21	46:34												
					3:45	2:13												
5	1042	Diego Cedeira Mén	ROBALIZA Cambre	46:35	1:25	2:37	4:27	5:34	7:28	9:41	13:52	17:03	20:45	24:33	27:39	32:44	34:04	40:33
					1:25	1:12	1:50	1:07	1:54	2:13	4:11	3:11	3:42	3:48	3:06	5:05	1:20	6:29
					44:20	46:35												
					3:47	2:15												
6	1039	Jorge Cabana	ROBALIZA Cambre	46:36	1:20	2:38	4:23	5:35	7:30	9:39	13:48	16:55	21:00	24:34	27:41	32:40	34:10	40:35
					1:20	1:18	1:45	1:12	1:55	2:09	4:09	3:07	4:05	3:34	3:07	4:59	1:30	6:25
					44:22	46:36												
					3:47	2:14												
7	1060	Joaquín Fernando	APA LICEO A Coruña	50:29	1:53	2:47	4:39	5:51	8:49	11:51	16:42	20:20	24:28	29:09	31:45	37:39	38:50	43:54
					1:53	0:54	1:52	1:12	2:58	3:02	4:51	3:38	4:08	4:41	2:36	5:54	1:11	5:04
					48:00	50:29												
					4:06	2:29												
8	1091	Iván Varela Rozado	APA LICEO A Coruña	50:37	2:00	3:15	4:49	6:31	9:10	11:05	14:46	17:17	19:56	23:07	26:03	36:05	36:57	45:23
					2:00	1:15	1:34	1:42	2:39	1:55	3:41	2:31	2:39	3:11	2:56	10:02	0:52	8:26
					48:28	50:37												
					3:05	2:09												
9	1067	Jose Ramon Pachec	FLUVIAL LUGO Lug	51:25	2:27	4:01	6:53	8:25	10:21	12:46	16:11	19:18	24:08	30:26	32:51	37:16	38:04	42:41
					2:27	1:34	2:52	1:32	1:56	2:25	3:25	3:07	4:50	6:18	2:25	4:25	0:48	4:37
					46:03	51:25												
					3:22	5:22												
10	1068	Daniel Pena	ROBALIZA Cambre	51:26	2:19	3:30	5:26	7:01	9:18	11:57	16:22	20:40	25:22	29:55	33:05	39:05	40:23	46:11
					2:19	1:11	1:56	1:35	2:17	2:39	4:25	4:18	4:42	4:33	3:10	6:00	1:18	5:48
					49:43	51:26												
					3:32	1:43												
11	1092	Jose Varela Verdes	IMP99 INDEPENDIE	51:42	3:03	4:04	5:45	7:09	9:21	14:13	17:37	21:18	24:14	28:45	30:56	35:59	38:25	47:09
					3:03	1:01	1:41	1:24	2:12	4:52	3:24	3:41	2:56	4:31	2:11	5:03	2:26	8:44
					49:59	51:42												
					2:50	1:43												
12	1048	Miguel Angel Ferná	IMP99 INDEPENDIE	52:10	1:36	2:27	4:14	5:30	14:19	15:51	19:17	22:03	25:32	29:00	30:59	34:52	35:47	47:20
					1:36	0:51	1:47	1:16	8:49	1:32	3:26	2:46	3:29	3:28	1:59	3:53	0:55	11:33
					50:10	52:10												
					2:50	2:00												
13	1050	Arturo Norberto Fo	IMP99 INDEPENDIE	52:24	4:08	5:01	6:36	7:33	9:17	11:38	14:36	17:19	20:19	36:07	38:05	42:34	43:15	47:58
					4:08	0:53	1:35	0:57	1:44	2:21	2:58	2:43	3:00	15:48	1:58	4:29	0:41	4:43
					50:40	52:24												
					2:42	1:44												
14	1073	Iria Pico Martínez	ROBALIZA Cambre	52:41	2:18	3:30	5:25	6:59	9:28	11:57	16:28	20:38	25:30	29:54	33:05	39:11	40:26	46:08
					2:18	1:12	1:55	1:34	2:29	2:29	4:31	4:10	4:52	4:24	3:11	6:06	1:15	5:42
					50:08	52:41												
					4:00	2:33												
15	1062	Adrian Iglesias Ferr	FLUVIAL LUGO Lug	54:34	2:15	3:32	6:04	7:41	9:44	12:06	17:02	21:00	25:39	29:42	32:45	39:21	40:23	47:05
					2:15	1:17	2:32	1:37	2:03	2:22	4:56	3:58	4:39	4:03	3:03	6:36	1:02	6:42
					51:43	54:34												
					4:38	2:51												
16	470	Jose Luis Iglesias	HABELAS HAINAS Vi	54:39	2:19	3:36	6:10	7:39	9:41	12:11	17:00	21:00	25:42	29:46	32:44	39:09	40:22	47:13
					2:19	1:17	2:34	1:29	2:02	2:30	4:49	4:00	4:42	4:04	2:58	6:25	1:13	6:51
					51:40	54:39												
					4:27	2:59												
17	1045	Diego Díaz López	ROBALIZA Cambre	55:45	1:30	2:26	8:24	10:28	14:31	17:05	20:54	24:12	28:35	33:14	37:16	42:48	44:42	50:23
					1:30	0:56	5:58	2:04	4:03	2:34	3:49	3:18	4:23	4:39	4:02	5:32	1:54	5:41
					53:42	55:45												
					3:19	2:03												

os	rsal	Nombre	Tiempo														
<b>Iniciación Longa (81)</b>				<b>5,0 km 85 m</b>		<b>15 C</b>		<i>(cont.)</i>									
				1(77) 15(100)	2(70) Meta	3(50)	4(56)	5(63)	6(64)	7(65)	8(66)	9(73)	10(74)	11(67)	12(68)	13(72)	14(69)
18	1038	Pablo Braña García ROBALIZA Cambre	56:04	1:27 1:27 51:53 5:28	2:40 1:13 56:04 4:11	4:29 1:49	5:42 1:13	7:31 1:49	9:42 2:11	15:50 6:08	19:20 3:30	23:07 3:47	27:52 4:45	31:43 3:51	37:11 5:28	38:25 1:14	46:25 8:00
19	1053	Isaac García De La IMP99 INDEPENDIE	57:18	2:00 2:00 54:45 4:05	3:07 1:07 57:18 2:33	5:06 1:59	6:40 1:34	9:01 2:21	12:57 3:56	17:24 4:27	21:09 3:45	25:47 4:38	30:13 4:26	33:55 3:42	42:28 8:33	43:49 1:21	50:40 6:51
20	1095	Marcos Villar Cheda IMP99 INDEPENDIE	57:39	1:51 1:51 55:03 4:25	2:57 1:06 57:39 2:36	5:12 2:15	6:29 1:17	8:28 1:59	11:53 3:25	16:52 4:59	21:07 4:15	25:59 4:52	29:55 3:56	33:39 3:44	42:19 8:40	43:41 1:22	50:38 6:57
21	1071	Jose Antonio Perna IMP99 INDEPENDIE	57:53	2:01 2:01 55:16 4:05	3:07 1:06 57:53 2:37	5:17 2:10	6:33 1:16	8:49 2:16	11:59 3:10	16:54 4:55	21:23 4:29	26:02 4:39	30:08 4:06	33:45 3:37	42:41 8:56	44:07 1:26	51:11 7:04
22	1072	Marina Pernas Marí IMP99 INDEPENDIE	58:02	1:55 1:55 55:32 4:24	2:57 1:02 58:02 2:30	5:10 2:13	6:30 1:20	8:42 2:12	11:53 3:11	16:51 4:58	21:14 4:23	26:04 4:50	30:01 3:57	33:42 3:41	42:33 8:51	43:59 1:26	51:08 7:09
23	1079	Adrián Robles Baño IMP99 INDEPENDIE	58:04	2:01 2:01 54:43 3:53	3:05 1:04 58:04 3:21	5:06 2:01	6:41 1:35	8:59 2:18	13:03 4:04	17:23 4:20	21:19 3:56	25:52 4:33	30:17 4:25	33:56 3:39	42:23 8:27	43:33 1:10	50:50 7:17
24	1076	Sergio Ramón Vice ROBALIZA Cambre	59:50	9:43 58:17 3:20	10:38 59:50 1:33	13:24 2:46	15:50 2:26	19:32 3:42	21:52 2:20	25:41 3:49	28:58 3:17	33:13 4:15	37:58 4:45	41:52 3:54	47:34 5:42	49:22 1:48	54:57 5:35
25	1081	Pablo Rodríguez R ROBALIZA Cambre	1:00:13	8:17 8:17 57:29 3:35	9:09 0:52 1:00:13 2:44	11:44 2:35	14:09 2:25	17:50 3:41	20:17 2:27	24:17 4:00	27:37 3:20	31:47 4:10	36:29 4:42	40:30 4:01	47:30 7:00	48:31 1:01	53:54 5:23
26	1035	Jorge Ares Patiño ROBALIZA Cambre	1:01:24	1:47 59:48 3:17	3:06 1:01:24 1:36	6:02 2:56	7:33 1:31	9:25 1:52	13:32 4:07	16:14 2:42	18:56 2:42	23:28 4:32	42:15 18:47	44:38 2:23	50:14 5:36	50:57 0:43	56:31 5:34
27	1040	Telmo Carballes La FLUVIAL LUGO Lug	1:01:25	2:53 2:53 59:09 3:40	3:57 1:04 1:01:25 2:16	6:20 2:23	7:46 1:26	15:48 8:02	17:56 2:08	23:35 5:39	27:40 4:05	32:07 4:27	36:27 4:20	40:12 3:45	46:16 6:04	48:08 1:52	55:29 7:21
28	1037	Miguel Barrio Ibarr ROBALIZA Cambre	1:01:40	2:43 2:43 57:27 5:26	4:26 1:43 1:01:40 4:13	7:01 2:35	8:31 1:30	11:14 2:43	14:51 3:37	21:22 6:31	24:56 3:34	28:41 3:45	33:15 4:34	37:00 3:45	42:47 5:47	44:02 1:15	52:01 7:59
29	1051	Daniel Gago Entren IMP99 INDEPENDIE	1:01:44	9:45 9:45 59:00 3:53	10:39 0:54 1:01:44 2:44	13:22 2:43	15:44 2:22	19:16 3:32	21:48 2:32	25:44 3:56	29:06 3:22	33:21 4:15	38:07 4:46	42:00 3:53	48:40 6:40	49:33 0:53	55:07 5:34
30	1069	Daniel Peral López ROBALIZA Cambre	1:01:59	3:05 3:05 57:48 5:30	4:49 1:44 1:01:59 4:11	7:27 2:38	8:56 1:29	11:39 2:43	15:13 3:34	21:41 6:28	25:16 3:35	29:01 3:45	33:35 4:34	36:59 3:24	43:08 6:09	44:22 1:14	52:18 7:56
31	1074	Alberto Prado Cost IMP99 INDEPENDIE	1:05:22	6:24 6:24 1:02:29 4:11	7:43 1:19 1:05:22 2:53	9:20 1:37	10:37 1:17	12:58 2:21	16:23 3:25	21:06 4:43	24:19 3:13	28:20 4:01	34:51 6:31	37:35 2:44	46:22 8:47	48:08 1:46	58:18 10:10
32	1044	Jose Angel Diaz Ba FLUVIAL LUGO Lug	1:06:24	6:29 6:29 1:04:09 4:20	8:21 1:52 1:06:24 2:15	15:07 6:46	17:26 2:19	20:29 3:03	27:16 6:47	31:33 4:17	35:50 4:17	39:13 3:23	42:55 3:42	47:18 4:23	52:57 5:39	54:24 1:27	59:49 5:25
33	636	Alberto Morlán Oter GALLAECIA RAID a c	1:06:27	6:26 6:26 1:04:10 4:22	8:22 1:56 1:06:27 2:17	15:08 6:46	17:32 2:24	20:29 2:57	27:21 6:52	31:32 4:11	35:51 4:19	39:08 3:17	42:57 3:49	47:17 4:20	52:54 5:37	54:24 1:30	59:48 5:24
34	1066	Jose Manuel Nuñez FLUVIAL LUGO Lug	1:07:49	4:31 4:31 1:05:40 3:42	5:29 0:58 1:07:49 2:09	8:11 2:42	10:02 1:51	13:05 3:03	15:31 2:26	18:55 3:24	22:13 3:18	25:11 2:58	31:16 6:05	34:06 2:50	46:46 12:40	47:39 0:53	1:01:58 14:19
35	1054	Oscar Garcia Domin FLUVIAL LUGO Lug	1:08:26	4:36 4:36 1:06:07 3:42	6:34 1:58 1:08:26 2:19	8:52 2:18	11:42 2:50	15:48 4:06	18:36 2:48	25:25 6:49	29:12 3:47	34:43 5:31	40:12 5:29	43:02 2:50	53:47 10:45	54:47 1:00	1:02:25 7:38
36	1082	Angela Rodriguez T FLUVIAL LUGO Lug	1:09:04	2:44 2:44 1:06:17 4:26	3:55 1:11 1:09:04 2:47	16:47 12:52	19:12 2:25	21:53 2:41	24:38 2:45	29:45 5:07	33:26 3:41	38:41 5:15	43:24 4:43	46:42 3:18	51:56 5:14	53:07 1:11	1:01:51 8:44

os	rsal	Nombre	Tiempo														
<b>Iniciación Longa (81)</b>				<b>5,0 km 85 m</b>		<b>15 C</b>		<i>(cont.)</i>									
				1(77) 15(100)	2(70) Meta	3(50)	4(56)	5(63)	6(64)	7(65)	8(66)	9(73)	10(74)	11(67)	12(68)	13(72)	14(69)
37	1063	Luz Divina Lopez R FLUVIAL LUGO Lug	1:10:27	4:33 4:33 1:07:20	6:14 1:41 1:10:27	9:06 2:52	11:46 2:40 1:07:23	15:37 3:51	18:48 3:11	25:08 6:20	28:55 3:47	34:36 5:41	40:39 6:03	43:58 3:19	54:05 10:07	55:15 1:10	1:02:47 7:32
38	598	Aaron Rodriguez Ar VIZHOJA-CORNELI	1:11:09	4:33 2:22 1:09:06	3:07 3:32 1:11:09	6:21 2:49	8:23 2:02	11:22 2:59	14:40 3:18	20:34 5:54	24:30 3:56	29:33 5:03	40:25 10:52	44:48 4:23	53:48 9:00	55:30 1:42	1:05:36 10:06
39	1098	M <sup>a</sup> Isabel Iglesias Fo FLUVIAL LUGO Lug	1:11:13	4:35 4:35 1:07:24	6:29 1:54 1:11:13	9:02 2:33	11:48 2:46 1:07:28	15:37 3:49	18:58 3:21	25:11 6:13	29:41 4:30	35:00 5:19	40:54 5:54	44:18 3:24	53:55 9:37	55:07 1:12	1:03:00 7:53
40	1032	Maria Teresa Alvarez IMP99 INDEPENDIE	1:11:45	4:24 3:35 1:07:47	3:49 4:51 1:11:45	9:04 4:13	11:07 2:03 1:07:51	14:20 3:13	21:44 7:24	28:23 6:39	32:27 4:04	36:29 4:02	41:24 4:55	44:44 3:20	54:25 9:41	56:08 1:43	1:03:30 7:22
41	623	Manuel Díaz Fernán BG Vilalba	1:11:51	4:17 3:45 1:09:10	3:58 5:27 1:11:51	12:48 7:21	14:14 1:26	18:42 4:28	22:48 4:06	28:55 6:07	33:31 4:36	38:38 5:07	43:00 4:22	47:05 4:05	54:35 7:30	55:53 1:18	1:04:50 8:57
42	1043	Manuel Antón Díaz BG Vilalba	1:11:54	4:20 3:34 1:09:06	2:41 5:15 1:11:54	12:49 7:34	14:14 1:25	18:41 4:27	22:42 4:01	28:49 6:07	33:24 4:35	38:30 5:06	42:54 4:24	46:54 4:00	54:34 7:40	55:47 1:13	1:04:43 8:56
43	671	María Inmaculada Ar VIZHOJA-CORNELI	1:12:18	4:23 2:21 1:09:16	2:48 3:33 1:12:18	6:26 2:53	8:21 1:55	11:22 3:01	14:43 3:21	20:40 5:57	24:29 3:49	29:28 4:59	40:21 10:53	44:41 4:20	52:48 8:07	55:01 2:13	1:05:29 10:28
44	1087	Carlos Timiraos Tim BRIGANTIA A Coruñ	1:19:13	6:03 3:40 1:16:32	2:41 5:45 1:19:13	7:20 1:35	10:51 3:31	14:30 3:39	18:28 3:58	25:09 6:41	30:19 5:10	37:30 7:11	43:03 5:33	47:37 4:34	55:55 8:18	58:10 2:15	1:10:29 12:19
45	1075	David Prieto López BRIGANTIA A Coruñ	1:19:33	6:03 4:05 1:16:45	6:15 2:10 1:19:33	7:44 1:29	10:50 3:06	15:00 4:10	18:48 3:48	25:48 7:00	30:30 4:42	38:01 7:31	43:22 5:21	47:11 3:49	56:22 9:11	58:29 2:07	1:11:08 12:39
46	335	Ana Rodríguez Sout APA LICEO A Coruñ	1:20:11	5:37 6:44 1:16:49	2:48 8:30 1:20:11	12:09 3:39	13:50 1:41	16:55 3:05	20:24 3:29	26:27 6:03	30:26 3:59	35:22 4:56	48:28 13:06	51:53 3:25	1:00:33 8:40	1:01:52 1:19	1:11:56 10:04
47	1047	María Fernández Lo ROBALIZA Cambre	1:24:22	4:53 4:13 1:19:58	3:22 6:22 1:24:22	9:47 3:25	11:44 1:57 1:20:01	16:09 4:25	20:23 4:14	27:39 7:16	32:07 4:28	38:16 6:09	44:04 5:48	48:55 4:51	1:00:13 11:18	1:01:42 1:29	1:13:56 12:14
47	1046	Nuria Edreira López ROBALIZA Cambre	1:24:22	6:02 4:18 1:19:58	4:24 6:21 1:24:22	9:54 3:33	11:54 2:00 1:20:02	16:05 4:11	20:33 4:28	27:48 7:15	32:29 4:41	38:21 5:52	44:02 5:41	48:56 4:54	59:51 10:55	1:01:31 1:40	1:14:01 12:30
49	1078	Juan Manuel Rios A ROBALIZA Cambre	1:24:29	5:57 4:12 1:20:14	4:24 6:18 1:24:29	9:31 3:13	11:46 2:15	16:08 4:22	20:26 4:18	27:40 7:14	32:29 4:49	38:13 5:44	44:11 5:58	48:55 4:44	1:00:16 11:21	1:01:38 1:22	1:14:05 12:27
50	1094	Sergio Veiga Piñeir ROBALIZA Cambre	1:26:19	8:17 8:17 1:22:04	9:11 0:54 1:26:19	11:46 2:35	14:12 2:26 23:09	17:52 3:40 1:22:06	20:54 3:02	27:59 7:05	34:00 6:01	39:56 5:56	45:54 5:58	50:45 4:51	1:01:28 10:43	1:03:13 1:45	1:15:51 12:38
51	1065	María Maseda Calvo BRIGANTIA A Coruñ	1:26:59	6:13 4:09 1:17:48	4:15 6:07 1:26:59	9:37 3:30	11:26 1:49	15:17 3:51	19:10 3:53	27:02 7:52	31:50 4:48	38:06 6:16	43:38 5:32	48:07 4:29	56:44 8:37	59:09 2:25	1:11:14 12:05
52	1096	Luisa Zolle Fernan FLUVIAL LUGO Lug	1:27:56	6:34 3:17 1:23:13	9:11 5:28 1:27:56	8:21 2:53	10:32 2:11	15:41 5:09	20:34 4:53	28:13 7:39	33:10 4:57	39:26 6:16	46:51 7:25	51:49 4:58	1:04:37 12:48	1:06:12 1:35	1:16:31 10:19
53	1093	María Fe Vázquez R FLUVIAL LUGO Lug	1:27:57	6:42 3:14 1:23:13	4:43 5:28 1:27:57	8:16 2:48	10:27 2:11 1:23:16	15:31 5:04	20:34 5:03	28:09 7:35	33:09 5:00	39:21 6:12	46:47 7:26	51:45 4:58	1:04:30 12:45	1:06:14 1:44	1:16:24 10:10
54	1090	Bartolome Varela IMP99 INDEPENDIE	1:29:56	6:49 2:50 1:25:53	4:44 4:17 1:29:56	7:27 3:10	9:04 1:37 1:25:56	16:58 7:54	20:53 3:55	29:22 8:29	33:42 4:20	39:48 6:06	46:31 6:43	50:39 4:08	1:04:29 13:50	1:06:36 2:07	1:19:19 12:43
55	1049	María Fernández Sa BRIGANTIA A Coruñ	1:30:32	6:34 8:30 1:27:02	4:03 9:52 1:30:32	15:10 5:18	20:36 5:26	26:23 5:47	30:18 3:55	35:34 5:16	40:28 4:54	46:27 5:59	53:28 7:01	57:23 3:55	1:07:11 9:48	1:10:10 2:59	1:21:35 11:25

os	rsal	Nombre	Tiempo																		
<b>Iniciación Longa (81)</b>				<b>5,0 km 85 m</b>		<b>15 C</b>		<i>(cont.)</i>													
				1(77) 15(100)	2(70) Meta	3(50)	4(56)	5(63)	6(64)	7(65)	8(66)	9(73)	10(74)	11(67)	12(68)	13(72)	14(69)				
56	1077	Jorge Ríos ROBALIZA Cambre	1:30:53	2:18 2:18 1:26:12	3:59 1:41 1:30:53	7:06 3:07	9:40 2:34 1:26:17	13:51 4:11	20:05 6:14	29:01 8:56	38:32 9:31	43:47 5:15	52:53 9:06	57:26 4:33	1:04:55 7:29	1:08:51 3:56	1:19:20 10:29				
57	1085	Paula Catarina Sánc ROBALIZA Cambre	1:31:01	2:50 2:50 1:26:43	4:46 1:56 1:31:01	7:53 3:07	10:31 2:38 1:26:46	15:45 5:14	21:15 5:30	34:19 13:04	40:01 5:42	46:18 6:17	53:20 7:02	57:53 4:33	1:07:33 9:40	1:09:56 2:23	1:20:06 10:10				
58	1084	Mª Inés Sánchez Pe ROBALIZA Cambre	1:31:03	2:55 2:55 1:26:42	4:44 1:49 1:31:03	7:55 3:11	10:34 2:39 1:26:45	15:51 5:17	21:17 5:26	34:18 13:01	40:00 5:42	46:20 6:20	53:18 6:58	57:50 4:32	1:07:32 9:42	1:09:53 2:21	1:20:05 10:12				
59	213	Claudia Oreiro Cha GALLAECIA RAID a c	1:49:13	5:10 5:10 1:45:17	6:32 1:22 1:49:13	20:56 14:24	23:57 3:01	27:24 3:27	32:21 4:57	44:58 12:37	50:22 5:24	56:21 5:59	1:06:36 10:15	1:10:36 4:00	1:21:02 10:26	1:23:08 2:06	1:37:10 14:02				
60	229	Diego Silvarrey Ore GALLAECIA RAID a c	1:49:19	5:12 5:12 1:45:16	6:32 1:20 1:49:19	20:56 14:24	24:00 3:04	27:33 3:33	32:20 4:47	45:26 13:06	50:27 5:01	56:20 5:53	1:06:13 9:53	1:10:41 4:28	1:21:33 10:52	1:23:40 2:07	1:37:29 13:49				
61	1056	Ana Maria Garcia Mu FLUVIAL LUGO Lug	1:53:32	4:09 4:09 1:48:57	5:56 1:47 1:53:32	9:30 3:34	11:57 2:27 1:48:59	16:08 4:11	21:56 5:48	29:07 7:11	34:36 5:29	40:49 6:13	1:10:00 29:11	1:15:07 5:07	1:29:54 14:47	1:31:54 2:00	1:41:45 9:51				
62	1034	Antonia Ares Garcia FLUVIAL LUGO Lug	1:53:33	4:04 4:04 1:48:59	5:52 1:48 1:53:33	9:32 3:40	11:57 2:25 1:49:02	16:09 4:12	21:59 5:50	29:09 7:10	34:38 5:29	40:49 6:11	1:10:03 29:14	1:15:32 5:29	1:29:57 14:25	1:32:04 2:07	1:41:46 9:42				
63	1058	David Gomez Fraga FLUVIAL LUGO Lug	1:56:37	2:33 2:33 1:54:11	3:31 0:58 1:56:37	5:12 1:41	6:29 1:17	8:55 2:26	11:23 2:28	14:33 3:10	16:56 2:23	19:55 2:59	1:36:03 1:16:08	1:38:06 2:03	1:44:58 6:52	1:45:52 0:54	1:50:51 4:59				
64	1061	Noelia Graña Lopez FLUVIAL LUGO Lug	2:02:46	8:12 8:12 1:56:50	10:35 2:23 2:02:46	13:48 3:13	18:50 5:02	27:35 8:45	33:09 5:34	42:28 9:19	48:43 6:15	55:28 6:45	1:04:17 8:49	1:10:57 6:40	1:26:34 15:37	1:31:28 4:54	1:47:09 15:41				
65	1086	Judith Santos Sous FLUVIAL LUGO Lug	2:02:51	8:25 8:25 1:56:59	10:40 2:15 2:02:51	14:14 3:34	18:41 4:27	27:38 8:57	33:04 5:26	42:28 9:24	48:35 6:07	55:22 6:47	1:04:10 8:48	1:11:03 6:53	1:26:30 15:27	1:31:23 4:53	1:47:21 15:58				
66	1057	Julia Garcia Vizcain FLUVIAL LUGO Lug	2:02:52	8:15 8:15 1:56:57	10:41 2:26 2:02:52	14:15 3:34	18:45 4:30	27:26 8:41	33:01 5:35	42:32 9:31	48:31 5:59	55:28 6:57	1:04:18 8:50	1:10:57 6:39	1:26:27 15:30	1:31:19 4:52	1:47:25 16:06				
67	1033	Aurora Antuñez Ria FLUVIAL LUGO Lug	2:02:59	8:26 8:26 1:56:50	10:35 2:09 2:02:59	13:47 3:12	18:35 4:48	27:21 8:46	32:56 5:35	42:29 9:33	48:26 5:57	55:25 6:59	1:04:14 8:49	1:10:48 6:34	1:26:10 15:22	1:31:22 5:12	1:47:15 15:53				
68	565	Marta Rodriguez Do SEO Ordes	2:03:57	5:26 5:26 1:58:33	8:16 2:50 2:03:57	15:12 6:56	18:01 2:49	25:38 7:37	33:07 7:29	46:46 13:39	54:38 7:52	1:02:00 7:22	1:11:12 9:12	1:16:24 5:12	1:31:11 14:47	1:32:23 1:12	1:49:46 17:23				
69	1052	Antonio Garcia Cre FLUVIAL LUGO Lug	2:17:09	5:59 5:59 2:10:21	10:13 4:14 2:17:09	15:11 4:58	18:55 3:44 2:10:24	25:38 6:43	33:31 7:53	46:14 12:43	57:15 11:01	1:06:11 8:56	1:17:07 10:56	1:21:59 4:52	1:40:38 18:39	1:46:02 5:24	2:00:59 14:57				
70	1055	Candela Garcia Fer FLUVIAL LUGO Lug	2:17:15	6:03 6:03 2:10:29	10:22 4:19 2:17:15	15:13 4:51	19:02 3:49 2:10:33	25:52 6:50	33:38 7:46	46:22 12:44	57:18 10:56	1:06:52 9:34	1:17:16 10:24	1:21:28 4:12	1:40:41 19:13	1:46:09 5:28	2:00:49 14:40				
71	204	Natalia Miguez Lop GALLAECIA RAID a c	2:17:38	5:52 5:52 2:10:37	10:19 4:27 2:17:38	15:15 4:56	19:03 3:48 2:10:39	25:53 6:50 2:10:56	33:39 7:46 2:10:58	46:25 12:46	57:23 10:58	1:06:59 9:36	1:17:22 10:23	1:21:34 4:12	1:40:49 19:15	1:46:13 5:24	2:01:14 15:01				
691		Dolores Hermida Vi GALLAECIA RAID a c		10:44:49 10:44:49 12:16:39	10:46:40 1:51 12:21:04	10:51:39 4:59	10:54:40 3:01	10:58:14 3:34	11:03:25 5:11	11:09:29 6:04	11:14:31 5:02	11:20:02 5:31	11:37:47 17:45	11:41:42 3:55	11:54:16 12:34	11:56:00 1:44	12:10:09 14:09				
1083		Jose Raul Rodrigue FLUVIAL LUGO Lug		11:01:24 11:01:24 11:46:26	11:02:21 0:57 11:48:36	11:04:29 2:08	11:05:54 1:25 11:35:02	11:09:25 3:31	11:11:33 2:08	11:14:53 3:20	11:18:28 3:35	11:23:10 4:42	11:26:48 3:38	11:29:35 2:47	11:36:18 6:43	11:37:23 1:05	11:43:11 5:48				
1097		Cristina Zolle Ferná FLUVIAL LUGO Lug		11:02:19 11:02:19 12:25:35	11:04:20 2:01 12:30:55	11:07:48 3:28	11:10:59 3:11	11:15:00 4:01	11:19:37 4:37	11:27:41 8:04	11:32:40 4:59	11:40:02 7:22	11:46:20 6:18	11:51:51 5:31	12:05:12 13:21	12:06:34 1:22	12:18:47 12:13				

