

Pos	Dorsal	Nombre	Tiempo												
Feminino 12 (3)			2,9 km	11 C											
			1(31)	2(32)	3(33)	4(34)	5(35)	6(47)	7(48)	8(49)	9(50)	10(39)	11(100)	Meta	
1	4253	Noa Varela Pérez	1:12:48	1:38	14:46	16:16	17:39	21:40	27:54	35:09	48:46	1:07:28	1:09:06	1:12:34	1:12:48
		Nigrán RAZAPALLEIRA		1:38	13:08	1:30	1:23	4:01	6:14	7:15	13:37	18:42	1:38	3:28	0:14
2	4458	Zoe Ramos Rayón	1:54:17	2:21	30:15	33:01	37:30	45:28	58:52	1:09:37	1:15:23	1:43:09	1:49:30	1:53:50	1:54:17
		Culleredo GALLAECIA_RAID		2:21	27:54	2:46	4:29	7:58	13:24	10:45	5:46	27:46	6:21	4:20	0:27
	4246	Inés Romero Armada	No sale												
		Pontevedra AROMON													
Feminino 14 (5)			4,2 km	10 C											
			1(41)	2(51)	3(70)	4(44)	5(41)	6(33)	7(34)	8(35)	9(47)	10(100)	Meta		
1	4241	Sira Rodríguez Díaz	50:05	2:40	25:17	27:38	30:06	35:30	40:34	41:43	44:44	48:01	49:51	50:05	37:08
		Pontevedra AROMON		2:40	22:37	2:21	2:28	5:24	5:04	1:09	3:01	3:17	1:50	0:14	*31
2	4354	Noa Albarran Oroza	55:28	3:24	19:28	21:50	25:18	34:42	44:55	45:50	49:20	53:29	55:10	55:28	36:34
		Culleredo GALLAECIA_RAID		3:24	16:04	2:22	3:28	9:24	10:13	0:55	3:30	4:09	1:41	0:18	*31
3	4350	Blanca Rodríguez Loira	57:29	4:41	21:28	23:45	27:08	36:50	46:44	47:51	51:24	55:25	57:09	57:29	
		Vigo U-VIGO		4:41	16:47	2:17	3:23	9:42	9:54	1:07	3:33	4:01	1:44	0:20	
	4396	Sara Garcia Castro	r en tarj.	8:54	-----	30:59	38:25	47:54	57:59	58:45	1:02:28	1:06:37	1:08:16	1:08:35	49:41
		Culleredo GALLAECIA_RAID		8:54		22:05	7:26	9:29	10:05	0:46	3:43	4:09	1:39	0:19	*31
	4576	Altea Fernández Santos	r en tarj.	-----	-----	-----	-----	-----	23:06	27:58	35:30	48:49	1:44:27	1:44:47	3:10
		Porto do Son ADC_ARNELA							23:06	4:52	7:32	13:19	55:38	0:20	*31
				20:16	59:40	1:05:27	1:33:10	1:39:32							
				*32	*48	*49	*50	*39							
Feminino 16 (7)			4,4 km	10 C											
			1(41)	2(42)	3(54)	4(55)	5(35)	6(47)	7(49)	8(50)	9(39)	10(100)	Meta		
1	4353	Jana Albarran Oroza	53:13	3:03	5:55	14:20	24:11	30:12	33:19	42:04	49:04	50:14	52:58	53:13	
		Culleredo GALLAECIA_RAID		3:03	2:52	8:25	9:51	6:01	3:07	8:45	7:00	1:10	2:44	0:15	
2	4799	Andrea García Díaz	59:36	3:07	6:08	14:17	26:37	33:30	37:06	44:58	55:17	56:38	59:13	59:36	
		LUGO COMPÁS		3:07	3:01	8:09	12:20	6:53	3:36	7:52	10:19	1:21	2:35	0:23	
3	4341	Maria Pastoriza Cordero	1:05:37	4:27	10:57	20:14	32:50	39:38	43:52	50:48	1:01:25	1:02:44	1:05:14	1:05:37	
		Vigo U-VIGO		4:27	6:30	9:17	12:36	6:48	4:14	6:56	10:37	1:19	2:30	0:23	
4	4349	Sabela Perez Pastoriza	1:11:32	4:04	6:44	17:29	38:43	45:36	49:54	56:41	1:07:27	1:08:41	1:11:09	1:11:32	
		Vigo U-VIGO		4:04	2:40	10:45	21:14	6:53	4:18	6:47	10:46	1:14	2:28	0:23	
5	4356	Daniela Albarran Oroza	1:24:11	2:52	6:35	21:04	35:50	43:53	46:48	1:03:24	1:19:36	1:20:54	1:23:52	1:24:11	
		Culleredo GALLAECIA_RAID		2:52	3:43	14:29	14:46	8:03	2:55	16:36	16:12	1:18	2:58	0:19	
	4518	Martina Aller Pflirter	r en tarj.	7:43	44:00	1:14:19	1:30:53	1:51:26	1:59:17	-----	-----	-----	2:03:27	2:03:44	
		Barco de Valdeor OURO		7:43	36:17	30:19	16:34	20:33	7:51				4:10	0:17	
	4380	Sira Cubeiro Suárez	r en tarj.	-----	7:44	-----	-----	2:08:21	2:14:39	-----	-----	-----	2:18:45	2:19:07	10:34
		Culleredo GALLAECIA_RAID			7:44			2:00:37	6:18				4:06	0:22	*64
				1:19:43	1:30:47	1:46:51	2:00:10	2:16:15							*53
				*65	*48	*59	*67	*69							

Pos	Dorsal	Nombre	Tiempo												
Feminino 18 (4)			5,1 km		11 C										
			1(42)	2(64)	3(53)	4(65)	5(48)	6(59)	7(67)	8(35)	9(47)	10(69)	11(100)	Meta	
1	4479	Carla Somoza Seoane	1:07:42	5:44	7:56	12:14	32:25	38:16	42:14	53:19	1:01:44	1:04:50	1:06:08	1:07:25	1:07:42
		Culleredo GALLAECIA_RAID		5:44	2:12	4:18	20:11	5:51	3:58	11:05	8:25	3:06	1:18	1:17	0:17
	4826	Aixa Domínguez Rodas	bandona	10:32	17:49	22:56	-----	-----	-----	-----	1:08:33	1:16:07	-----	1:20:26	1:20:40
		Nigrán RAZA_PALLEIRA		10:32	7:17	5:07					45:37	7:34		4:19	0:14
	4805	Estrella Lamela Belver	bandona	8:31	10:47	39:52	-----	-----	-----	-----	-----	-----	-----	-----	2:19:01
	LUGO COMPÁS		8:31	2:16	29:05									1:39:09	
4346	Julia Pérez Álvarez	No sale													
	Vigo U-VIGO														
Feminino 21 (3)			5,1 km		11 C										
			1(42)	2(64)	3(53)	4(65)	5(48)	6(59)	7(67)	8(35)	9(47)	10(69)	11(100)	Meta	
1	4321	Jessica Penela Fernández	2:15:27	11:34	18:52	29:23	1:15:11	1:24:27	1:30:44	1:53:15	2:05:55	2:10:42	2:12:16	2:14:58	2:15:27
		LUGO FLUVIAL_LUGO		11:34	7:18	10:31	45:48	9:16	6:17	22:31	12:40	4:47	1:34	2:42	0:29
	4485	Raquel Abal Camaño	Desc.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	Ordes SEO														
4831	Susana García García	No sale													
	Nigrán RAZA_PALLEIRA														
Feminino 35 (14)			5,7 km		11 C										
			1(42)	2(70)	3(58)	4(65)	5(72)	6(73)	7(74)	8(55)	9(35)	10(69)	11(100)	Meta	
1	4257	Carla Veiga García	1:37:01	7:34	17:19	31:00	45:00	51:49	54:18	1:12:07	1:24:08	1:31:29	1:35:09	1:36:41	1:37:01
		Pontevedra AROMON		7:34	9:45	13:41	14:00	6:49	2:29	17:49	12:01	7:21	3:40	1:32	0:20
2	6120	Ana Fernández Vázquez	1:42:14	8:35	22:29	37:21	53:09	58:13	1:00:39	1:18:05	1:31:27	1:36:31	1:39:41	1:41:56	1:42:14
		O Porriño BUDIÑORAI		8:35	13:54	14:52	15:48	5:04	2:26	17:26	13:22	5:04	3:10	2:15	0:18
3	4236	Alicia Pérez Alonso	1:43:10	7:48	12:51	44:54	57:04	1:01:05	1:03:10	1:13:30	1:31:25	1:38:08	1:41:16	1:42:48	1:43:10
		Nigrán RAZA_PALLEIRA		7:48	5:03	32:03	12:10	4:01	2:05	10:20	17:55	6:43	3:08	1:32	0:22
4	4585	Susana Míguez Sampedro	1:46:19	7:07	15:33	34:08	55:40	1:01:39	1:04:15	1:17:28	1:32:51	1:40:39	1:44:17	1:45:58	1:46:19
		Porto do Son ADC_ARNELA		7:07	8:26	18:35	21:32	5:59	2:36	13:13	15:23	7:48	3:38	1:41	0:21
5	4678	Ana Varela Yáñez	1:49:57	6:50	10:53	26:21	50:03	1:01:57	1:04:00	1:13:29	1:37:47	1:44:17	1:47:29	1:49:29	1:49:57
		A Coruña BRIGANTIA		6:50	4:03	15:28	23:42	11:54	2:03	9:29	24:18	6:30	3:12	2:00	0:28
6	4322	M. José Pérez González	2:05:35	11:01	15:48	41:36	1:01:33	1:07:56	1:11:00	1:25:15	1:47:59	1:55:44	2:02:08	2:04:45	2:05:35
		LUGO FLUVIAL_LUGO		11:01	4:47	25:48	19:57	6:23	3:04	14:15	22:44	7:45	6:24	2:37	0:50
7	4776	Iria Garea García	2:21:51	7:27	12:46	1:10:11	1:26:13	1:32:18	1:35:25	1:49:22	2:03:36	2:10:38	2:19:27	2:21:22	2:21:51
		A Coruña LICEO		7:27	5:19	57:25	16:02	6:05	3:07	13:57	14:14	7:02	8:49	1:55	0:29
8	4330	Cristina Zolle Fernández	2:22:42	8:47	17:51	37:16	1:21:36	1:29:23	1:33:28	1:49:39	2:06:25	2:14:57	2:19:38	2:22:18	2:22:42
		LUGO FLUVIAL_LUGO		8:47	9:04	19:25	44:20	7:47	4:05	16:11	16:46	8:32	4:41	2:40	0:24
4456	Goretti Ramos Morado	ft	20:56	31:54	55:47	1:37:24	1:45:22	1:49:21	2:08:00	2:46:09	2:56:58	3:03:40	3:06:34	3:07:03	
		Culleredo GALLAECIA_RAID		20:56	10:58	23:53	41:37	7:58	3:59	18:39	38:09	10:49	6:42	2:54	0:29
4472	Silvia Seoane Rodríguez	r en tarj.	12:33	16:29	53:42	1:08:44	1:13:32	1:15:39	1:47:29	-----	2:20:35	2:24:01	2:26:13	2:27:02	
		Culleredo GALLAECIA_RAID		12:33	3:56	37:13	15:02	4:48	2:07	31:50		33:06	3:26	2:12	0:49

Pos	Dorsal	Nombre	Tiempo													
Feminino 35 (14)			5,7 km	11 C		(cont.)										
			1(42)	2(70)	3(58)	4(65)	5(72)	6(73)	7(74)	8(55)	9(35)	10(69)	11(100)	Meta		
4300	Eva Corral Prado	bandona	9:04	55:42	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:59:16		
	LUGO FLUVIAL_LUGO		9:04	46:38										1:03:34		
4452	Lucia Peteiro Couceiro	bandona	11:25	55:36	-----	-----	-----	-----	-----	1:57:06	2:04:53	2:11:16	2:13:49	2:14:44		
	Culleredo GALLAECIA_RAID		11:25	44:11						1:01:30	7:47	6:23	2:33	0:55		
4453	Iria Pico Martínez	bandona	8:09	36:24	1:08:29	1:30:15	1:39:49	1:43:06	-----	-----	-----	-----	2:41:32	2:42:19		
	Culleredo GALLAECIA_RAID		8:09	28:15	32:05	21:46	9:34	3:17					58:26	0:47		
4342	Isabel Pastoriza Santos	No sale														
	Vigo U-VIGO															

<i>Feminino 45 (24)</i>				4,9 km	10 C										
					1(41)	2(42)	3(58)	4(49)	5(59)	6(60)	7(62)	8(63)	9(35)	10(100)	Meta
1	4802	Sonia Gómez Naya	1:06:38	3:10	5:53	14:59	34:46	37:32	40:21	43:41	45:30	1:02:05	1:06:18	1:06:38	
		LUGO COMPÁS		3:10	2:43	9:06	19:47	2:46	2:49	3:20	1:49	16:35	4:13	0:20	
2	4803	Concepción González Bello	1:13:49	3:06	5:45	18:18	33:26	35:27	38:00	43:53	44:51	1:09:40	1:13:28	1:13:49	
		LUGO COMPÁS		3:06	2:39	12:33	15:08	2:01	2:33	5:53	0:58	24:49	3:48	0:21	
3	4365	Elena Bujía Rodríguez	1:19:12	3:27	10:31	36:00	51:43	53:30	56:41	1:00:27	1:01:38	1:11:14	1:18:52	1:19:12	
		Culleredo GALLAECIA_RAID		3:27	7:04	25:29	15:43	1:47	3:11	3:46	1:11	9:36	7:38	0:20	
4	4612	Maria Esther Barreira Vazquez	1:19:22	3:05	5:57	16:42	31:31	44:11	1:01:58	1:05:37	1:06:41	1:15:02	1:19:06	1:19:22	
		Betanzos OP BETANZOS		3:05	2:52	10:45	14:49	12:40	17:47	3:39	1:04	8:21	4:04	0:16	
5	4798	Diana Ferrer Vidal	1:23:12	3:56	7:16	23:18	53:36	56:04	59:13	1:03:55	1:05:21	1:16:30	1:22:28	1:23:12	
		LUGO COMPÁS		3:56	3:20	16:02	30:18	2:28	3:09	4:42	1:26	11:09	5:58	0:44	
6	4335	Begoña Crespo Quindós	1:30:02	4:27	7:45	41:33	59:37	1:05:24	1:08:08	1:14:54	1:16:18	1:25:39	1:29:39	1:30:02	
		Vigo U-VIGO		4:27	3:18	33:48	18:04	5:47	2:44	6:46	1:24	9:21	4:00	0:23	
7	4332	Olimpia Alvarez Castro	1:32:59	4:28	8:34	26:23	55:24	59:40	1:03:42	1:09:39	1:11:22	1:26:58	1:32:30	1:32:59	
		Vigo U-VIGO		4:28	4:06	17:49	29:01	4:16	4:02	5:57	1:43	15:36	5:32	0:29	
8	4594	María Del Pilar Pérez Torres	1:35:02	5:06	14:15	51:19	1:08:30	1:10:16	1:13:34	1:19:07	1:20:19	1:29:49	1:34:34	1:35:02	
		Porto do Son ADC_ARNELA		5:06	9:09	37:04	17:11	1:46	3:18	5:33	1:12	9:30	4:45	0:28	
9	4732	Dori Seijo Souto	1:36:17	4:56	9:39	36:54	1:01:23	1:04:12	1:07:55	1:14:19	1:15:53	1:30:12	1:35:49	1:36:17	
		Nigrán RAZA PALLEIRA		4:56	4:43	27:15	24:29	2:49	3:43	6:24	1:34	14:19	5:37	0:28	
10	4324	Rosa Porto Vázquez	1:50:39	4:45	8:56	30:06	1:08:44	1:11:49	1:15:24	1:27:24	1:30:15	1:45:20	1:50:16	1:50:39	
		Betanzos OP BETANZOS		4:45	4:11	21:10	38:38	3:05	3:35	12:00	2:51	15:05	4:56	0:23	
11	6888	Veronica Falcón Rielo	2:08:23	18:47	22:01	47:39	1:25:41	1:28:58	1:33:06	1:44:32	1:46:25	2:03:28	2:07:55	2:08:23	
		Castellón SIMEPIERDO		18:47	3:14	25:38	38:02	3:17	4:08	11:26	1:53	17:03	4:27	0:28	
12	4433	Paulina Andrea Mosquera Azar	2:17:38	5:45	9:40	48:28	1:32:24	1:34:49	1:39:46	1:50:21	1:52:16	2:10:53	2:17:11	2:17:38	
		Culleredo GALLAECIA_RAID		5:45	3:55	38:48	43:56	2:25	4:57	10:35	1:55	18:37	6:18	0:27	
13	6889	Noemi Diaz Vazquez	2:24:39	5:12	9:58	35:45	1:29:54	1:36:40	1:41:02	1:58:20	2:00:36	2:16:43	2:24:06	2:24:39	
		LUGO COMPÁS		5:12	4:46	25:47	54:09	6:46	4:22	17:18	2:16	16:07	7:23	0:33	
14	4460	Paloma Rayón Fernández	2:38:24	6:18	34:02	1:07:26	1:44:41	1:59:38	2:03:27	2:15:26	2:18:13	2:33:33	2:38:07	2:38:24	
		Culleredo GALLAECIA_RAID		6:18	27:44	33:24	37:15	14:57	3:49	11:59	2:47	15:20	4:34	0:17	
15	4230	Yolanda Navia Vega	2:38:34	4:52	10:33	41:11	1:43:54	1:49:47	1:54:39	2:12:10	2:14:34	2:30:47	2:38:02	2:38:34	
		Pontevedra AROMON		4:52	5:41	30:38	1:02:43	5:53	4:52	17:31	2:24	16:13	7:15	0:32	

Pos	Dorsal	Nombre	Tiempo											
Feminino 45 (24)				4,9 km	10 C			(cont.)						
					1(41)	2(42)	3(58)	4(49)	5(59)	6(60)	7(62)	8(63)	9(35)	10(100) Meta
	4480	Mamen Souto González	ft	5:41	15:20	41:51	1:24:08	1:44:22	1:56:36	2:06:24	2:08:25	2:36:11	2:59:45	3:00:13
		Culleredo GALLAECIA_RAID		5:41	9:39	26:31	42:17	20:14	12:14	9:48	2:01	27:46	23:34	0:28
	6871	Goretti López Casal	ft	5:24	28:00	50:55	1:33:14	1:53:26	2:05:36	2:15:28	2:17:26	2:45:17	3:09:05	3:09:54
		Culleredo GALLAECIA_RAID		5:24	22:36	22:55	42:19	20:12	12:10	9:52	1:58	27:51	23:48	0:49
	6837	Rocio Lores Romay	bandona	4:36	30:28	-----	-----	-----	-----	-----	-----	-----	-----	1:46:58
		Pontevedra AROMON		4:36	25:52									1:16:30
	4310	Fernanda Follana Follana	bandona	1:32:06	1:38:07	-----	-----	-----	-----	2:50:23	2:53:56	3:13:31	3:23:20	3:23:56
		LUGO COMPÁS		1:32:06	6:01					1:12:16	3:33	19:35	9:49	0:36
	4203	Sonia Mª Arias Lima	No sale											
		Pontevedra AROMON												
	1138	Isabel Serrano Rico	No sale											
		Sevilla ADOL												
	4788	Gracia Rodríguez Blanco	No sale											
		A Coruña LICEO												
	4421	Victoria López Permuy	No sale											
		Culleredo GALLAECIA_RAID												
	4304	Gloria Fernández Fernández	No sale											
		LUGO FLUVIAL_LUGO												
Feminino Senior (7)				7,2 km	11 C									
					1(51)	2(64)	3(79)	4(72)	5(80)	6(70)	7(82)	8(83)	9(77)	10(78) 11(100) Meta
1	4205	Teresa Bellón Santos	1:27:52	6:36	9:43	21:50	25:10	26:50	45:57	52:32	1:08:42	1:21:12	1:25:08	1:27:34 1:27:52
		Pontevedra AROMON		6:36	3:07	12:07	3:20	1:40	19:07	6:35	16:10	12:30	3:56	2:26 0:18
2	4364	Olalla Bello Rodríguez	1:36:08	6:41	9:30	36:50	40:46	43:02	58:35	1:10:19	1:23:34	1:29:16	1:33:27	1:35:51 1:36:08
		Betanzos OP BETANZOS		6:41	2:49	27:20	3:56	2:16	15:33	11:44	13:15	5:42	4:11	2:24 0:17
3	4233	Lucia Parga Basanta	1:44:42	6:59	10:06	33:33	37:25	39:34	1:01:29	1:10:16	1:26:11	1:33:43	1:40:34	1:44:18 1:44:42
		Pontevedra AROMON		6:59	3:07	23:27	3:52	2:09	21:55	8:47	15:55	7:32	6:51	3:44 0:24
4	4689	Irene Morales Jiménez	1:53:18	6:33	11:26	30:13	34:09	37:14	58:34	1:06:51	1:40:03	1:45:08	1:50:13	1:53:01 1:53:18
		Xinzo de Limia LIMIACTIVA		6:33	4:53	18:47	3:56	3:05	21:20	8:17	33:12	5:05	5:05	2:48 0:17
5	4589	Nuria Oujo Míguez	2:00:57	8:28	11:46	29:50	36:48	38:50	1:11:58	1:21:06	1:38:44	1:44:53	1:57:26	2:00:33 2:00:57
		Porto do Son ADC_ARNELA		8:28	3:18	18:04	6:58	2:02	33:08	9:08	17:38	6:09	12:33	3:07 0:24
	4317	Sara Nogueiras Porto	ren tarj.	6:48	11:19	28:43	34:40	36:50	1:01:12	-----	-----	-----	-----	1:29:18 1:29:41
		Betanzos OP BETANZOS		6:48	4:31	17:24	5:57	2:10	24:22					28:06 0:23
	4626	Veronica Montes Villar	No sale											
		Betanzos OP BETANZOS												
Masculino 12 (2)				2,9 km	11 C									
					1(31)	2(32)	3(33)	4(34)	5(35)	6(47)	7(48)	8(49)	9(50)	10(39) 11(100) Meta
1	4449	Simón Peña Álvarez	1:16:41	2:21	18:50	20:13	21:38	25:07	31:55	38:44	52:21	1:11:21	1:12:48	1:16:21 1:16:41
		Culleredo GALLAECIA_RAID		2:21	16:29	1:23	1:25	3:29	6:48	6:49	13:37	19:00	1:27	3:33 0:20

Pos	Dorsal	Nombre	Tiempo												
Masculino 12 (2)			2,9 km		11 C		(cont.)								
			1(31)	2(32)	3(33)	4(34)	5(35)	6(47)	7(48)	8(49)	9(50)	10(39)	11(100)	Meta	
2	4368	Enol Camblor Bello Betanzos OP BETANZOS	2:28:05 38:42	38:42	57:06 18:24	59:37 2:31	1:01:54 2:17	1:30:15 28:21	1:40:44 10:29	1:48:59 8:15	1:53:34 4:35	2:20:22 26:48	2:22:36 2:14	2:27:41 5:05	2:28:05 0:24
Masculino 14 (6)			4,2 km		10 C										
			1(41)	2(51)	3(70)	4(44)	5(41)	6(33)	7(34)	8(35)	9(47)	10(100)	Meta		
1	4454	Eume Piñeiro Caverio Culleredo GALLAECIA_RAID	47:56 3:51	3:51	8:32 4:41	10:56 2:24	21:06 10:10	28:42 7:36	38:35 9:53	39:29 0:54	43:25 3:56	46:22 2:57	47:39 1:17	47:56 0:17	37:32 *31
2	4729	Antón Rodríguez Seijo Nigrán RAZA_PALLEIRA	54:51 3:08	3:08	14:56 11:48	18:18 3:22	24:59 6:41	35:31 10:32	44:08 8:37	44:59 0:51	50:16 5:17	53:05 2:49	54:34 1:29	54:51 0:17	
3	4312	Rodrigo Fouz Sanchez LUGO FLUVIAL_LUGO	57:31 3:39	3:39	9:52 6:13	12:04 2:12	21:17 9:13	29:18 8:01	44:55 15:37	46:20 1:25	49:39 3:19	55:02 5:23	57:10 2:08	57:31 0:21	
4	4530	Brais Rodríguez Cruz Barco de Valdeor OURO	1:11:41 3:41	3:41	12:15 8:34	13:55 1:40	24:26 10:31	40:56 16:30	49:19 8:23	50:23 1:04	53:04 2:41	1:04:36 11:32	1:11:21 6:45	1:11:41 0:20	
5	4730	Iago Rodríguez Seijo Nigrán RAZA_PALLEIRA	1:35:55 7:41	7:41	20:13 12:32	25:06 4:53	36:06 11:00	54:55 18:49	1:06:19 11:24	1:08:21 2:02	1:15:50 7:29	1:30:47 14:57	1:34:46 3:59	1:35:55 1:09	
6	4264	David Couceiro Fuertes A Coruña ARTABROS	2:40:16 6:35	6:35	1:02:46 56:11	1:04:41 1:55	1:12:16 7:35	1:28:18 16:02	1:39:37 11:19	1:42:21 2:44	1:47:50 5:29	2:35:17 47:27	2:39:12 3:55	2:40:16 1:04	
Masculino 16 (4)			4,9 km		10 C										
			1(41)	2(42)	3(58)	4(49)	5(59)	6(60)	7(62)	8(63)	9(35)	10(100)	Meta		
1	4571	Esteban Cruces Fernández Porto do Son ADC_ARNELA	1:02:46 2:28	2:28	5:14 2:46	21:29 16:15	36:53 15:24	40:14 3:21	42:49 2:35	48:58 6:09	50:30 1:32	58:47 8:17	1:02:33 3:46	1:02:46 0:13	2:00:42 *69
2	4395	Marcos Garcia Castro Culleredo GALLAECIA_RAID	1:03:04 3:19	3:19	5:51 2:32	21:43 15:52	34:58 13:15	37:49 2:51	39:46 1:57	43:52 4:06	45:16 1:24	53:52 8:36	1:02:50 8:58	1:03:04 0:14	
	4684	Lucas Barja Pérez Xinzo de Limia LIMIACTIVA	r en tarj. 2:30	2:30	6:42 4:12	54:55 48:13	1:27:19 32:24	1:30:55 3:36	-----	-----	-----	-----	2:03:16 32:21	2:03:39 0:23	
	4265	Manuel Couceiro Fuertes A Coruña ARTABROS	bandona 7:44	7:44	23:45 16:01	-----	-----	-----	-----	-----	-----	-----	-----		
Masculino 18 (1)			5,1 km		11 C										
			1(42)	2(64)	3(53)	4(65)	5(48)	6(59)	7(67)	8(35)	9(47)	10(69)	11(100)	Meta	
1	4810	Antón Martinez Ferrer LUGO COMPÁS	2:04:04 8:03	8:03	11:09 3:06	20:50 9:41	52:31 31:41	1:00:02 7:31	1:20:08 20:06	1:44:39 24:31	1:55:28 10:49	1:58:38 3:10	2:02:00 3:22	2:03:49 1:49	2:04:04 0:15
Masculino 21 (13)			5,7 km		11 C										
			1(42)	2(70)	3(58)	4(65)	5(72)	6(73)	7(74)	8(55)	9(35)	10(69)	11(100)	Meta	
1	4608	Alejandro Victorero Domínguez Porto do Son ADC_ARNELA	1:20:31 4:55	4:55	8:38 3:43	23:37 14:59	38:39 15:02	42:53 4:14	45:17 2:24	53:51 8:34	1:07:06 13:15	1:13:46 6:40	1:18:40 4:54	1:20:15 1:35	1:20:31 0:16

Pos	Dorsal	Nombre	Tiempo												
Masculino 21 (13)			5,7 km		11 C			(cont.)							
				1(42)	2(70)	3(58)	4(65)	5(72)	6(73)	7(74)	8(55)	9(35)	10(69)	11(100)	Meta
2	7439	Carlos Martinez-vara De Rey De Ferrol MONTAÑA FERROL	1:36:29	5:01	7:53	31:22	42:13	46:37	48:23	59:43	1:25:45	1:31:28	1:34:33	1:36:08	1:36:29
				5:01	2:52	23:29	10:51	4:24	1:46	11:20	26:02	5:43	3:05	1:35	0:21
3	6930	Ruben Leira Rey Pontedeume MONTBREAMO	1:37:32	6:35	11:31	27:32	39:18	43:24	45:25	55:40	1:27:16	1:31:20	1:35:31	1:37:09	1:37:32
				6:35	4:56	16:01	11:46	4:06	2:01	10:15	31:36	4:04	4:11	1:38	0:23
4	4741	Alejandro Barros Fonte Pontedeume MONTBREAMO	1:43:24	5:57	13:06	23:51	52:39	56:15	58:47	1:09:18	1:33:12	1:37:13	1:41:26	1:43:03	1:43:24
				5:57	7:09	10:45	28:48	3:36	2:32	10:31	23:54	4:01	4:13	1:37	0:21
5	4686	Juan Garrido Blanco Xinzo de Limia LIMIACTIVA	1:44:13	7:25	12:53	27:38	52:28	57:08	1:02:23	1:16:00	1:34:47	1:39:31	1:42:21	1:43:56	1:44:13
				7:25	5:28	14:45	24:50	4:40	5:15	13:37	18:47	4:44	2:50	1:35	0:17
6	4755	Ruben Tenreiro Diaz Pontedeume MONTBREAMO	1:54:41	8:59	12:40	37:41	48:28	53:27	55:25	1:21:51	1:38:56	1:45:24	1:52:58	1:54:19	1:54:41
				8:59	3:41	25:01	10:47	4:59	1:58	26:26	17:05	6:28	7:34	1:21	0:22
7	6159	Jesus Costas Conde Pontevedra AROMON	2:00:27	28:00	33:30	50:36	1:08:27	1:13:36	1:16:09	1:32:07	1:46:53	1:53:26	1:57:55	2:00:03	2:00:27
				28:00	5:30	17:06	17:51	5:09	2:33	15:58	14:46	6:33	4:29	2:08	0:24
8	4325	Manuel Rodríguez Acevedo LUGO FLUVIAL_LUGO	2:23:00	16:37	22:03	39:31	1:12:16	1:19:13	1:24:53	1:41:30	2:07:19	2:14:00	2:20:46	2:22:32	2:23:00
				16:37	5:26	17:28	32:45	6:57	5:40	16:37	25:49	6:41	6:46	1:46	0:28
9	4793	Roberto Amarelle Garabón LUGO COMPÁS	2:29:40	7:08	13:58	49:04	1:21:22	1:28:40	1:33:58	1:44:33	2:14:32	2:22:52	2:27:30	2:29:17	2:29:40
				7:08	6:50	35:06	32:18	7:18	5:18	10:35	29:59	8:20	4:38	1:47	0:23
	4225	Gerardo Jose Lopez Furtuoso Pontevedra AROMON	r en tarj.	6:19	11:43	24:39	-----	-----	-----	-----	-----	-----	-----	1:19:11	1:20:07
				6:19	5:24	12:56								54:32	0:56
				1:12:40											
				*50											
	4568	Pablo Baamonde Arufe Porto do Son ADC_ARNELA	andona	5:50	9:34	23:55	43:15	-----	-----	-----	-----	52:54	57:28	59:16	59:39
				5:50	3:44	14:21	19:20					9:39	4:34	1:48	0:23
	4740	José Eladio Arias Alvarez Pontedeume MONTBREAMO	andona	7:09	11:34	27:24	-----	-----	-----	-----	-----	-----	-----	-----	1:21:03
				7:09	4:25	15:50									53:39
	6056	Miguel Angel Piñeiro Malvido Nigrán RAZA PALLEIRA	No sale												
Masculino 35 (22)			7,2 km		11 C										
				1(51)	2(64)	3(79)	4(72)	5(80)	6(70)	7(82)	8(83)	9(77)	10(78)	11(100)	Meta
1	4201	Ángel Álvarez Serto Pontevedra AROMON	1:06:47	5:13	7:45	18:33	21:28	27:15	42:02	47:24	56:12	1:00:37	1:04:06	1:06:28	1:06:47
				5:13	2:32	10:48	2:55	5:47	14:47	5:22	8:48	4:25	3:29	2:22	0:19
2	1115	José Ángel Ramos Roman Sevilla ADOL	1:31:58	5:51	9:01	25:22	29:14	30:53	45:18	1:08:57	1:19:28	1:24:11	1:28:44	1:31:35	1:31:58
				5:51	3:10	16:21	3:52	1:39	14:25	23:39	10:31	4:43	4:33	2:51	0:23
3	4366	Juan Carlos Cagide Taboada Culleredo GALLAECIA_RAID	1:36:26	5:59	9:00	34:24	38:30	40:38	57:39	1:06:14	1:22:40	1:28:34	1:33:50	1:36:12	1:36:26
				5:59	3:01	25:24	4:06	2:08	17:01	8:35	16:26	5:54	5:16	2:22	0:14
4	4204	Pablo Barreiro Fernández Nigrán RAZA PALLEIRA	1:36:35	22:15	25:48	39:39	42:48	45:58	1:01:05	1:10:42	1:24:52	1:30:00	1:33:59	1:36:20	1:36:35
				22:15	3:33	13:51	3:09	3:10	15:07	9:37	14:10	5:08	3:59	2:21	0:15
5	4513	Ignacio Sordo Touza Santiago de Comp USC	1:39:23	21:46	26:32	39:39	43:48	49:11	1:08:41	1:16:42	1:27:34	1:31:51	1:36:45	1:39:06	1:39:23
				21:46	4:46	13:07	4:09	5:23	19:30	8:01	10:52	4:17	4:54	2:21	0:17
6	4442	Juan Patiño Varela Culleredo GALLAECIA_RAID	1:49:00	5:35	8:48	31:29	35:20	37:55	57:59	1:05:53	1:35:28	1:40:45	1:46:06	1:48:38	1:49:00
				5:35	3:13	22:41	3:51	2:35	20:04	7:54	29:35	5:17	5:21	2:32	0:22

Pos	Dorsal	Nombre	Tiempo												
Masculino 35 (22)				7,2 km	11 C			(cont.)							
					1(51)	2(64)	3(79)	4(72)	5(80)	6(70)	7(82)	8(83)	9(77)	10(78)	11(100) Meta
7	4347	German Pérez Juste	1:53:14	7:47	10:57	43:51	48:02	50:14	1:13:56	1:21:51	1:32:36	1:38:20	1:49:52	1:52:44	1:53:14
		Vigo U-VIGO		7:47	3:10	32:54	4:11	2:12	23:42	7:55	10:45	5:44	11:32	2:52	0:30
8	4355	Angel Albarran Rodriguez	1:57:44	6:14	8:42	46:23	49:59	55:55	1:14:39	1:20:42	1:37:36	1:49:27	1:54:19	1:57:19	1:57:44
		Culleredo GALLAECIA_RAID		6:14	2:28	37:41	3:36	5:56	18:44	6:03	16:54	11:51	4:52	3:00	0:25
9	5281	Abel Rosa Rosa	2:02:06	17:15	20:33	36:49	42:46	46:07	1:12:46	1:22:11	1:38:37	1:44:58	1:58:29	2:01:43	2:02:06
		Tenerife COCAN		17:15	3:18	16:16	5:57	3:21	26:39	9:25	16:26	6:21	13:31	3:14	0:23
10	4548	Lucas Garcia Vazquez	2:06:18	11:33	15:02	32:51	39:39	41:23	1:13:37	1:23:31	1:35:52	1:48:50	2:03:45	2:05:59	2:06:18
		O Porriño BUDIÑORAI		11:33	3:29	17:49	6:48	1:44	32:14	9:54	12:21	12:58	14:55	2:14	0:19
11	4394	Arturo Norberto Fontán Pérez	2:09:39	15:14	20:40	39:38	48:18	52:28	1:14:13	1:22:31	1:36:33	1:58:14	2:06:21	2:09:18	2:09:39
		Culleredo GALLAECIA_RAID		15:14	5:26	18:58	8:40	4:10	21:45	8:18	14:02	21:41	8:07	2:57	0:21
12	6374	Javier González Rodríguez	2:10:54	9:23	14:40	37:53	45:13	47:58	1:10:37	1:32:34	1:47:54	1:54:07	2:06:47	2:10:33	2:10:54
		Culleredo GALLAECIA_RAID		9:23	5:17	23:13	7:20	2:45	22:39	21:57	15:20	6:13	12:40	3:46	0:21
13	6870	Lucas Freire Lage	2:13:38	6:49	10:29	27:30	34:48	41:06	1:30:06	1:40:49	1:57:45	2:03:48	2:10:06	2:13:11	2:13:38
		Culleredo GALLAECIA_RAID		6:49	3:40	17:01	7:18	6:18	49:00	10:43	16:56	6:03	6:18	3:05	0:27
14	4259	Carlos David Alonso Velasco	2:13:51	9:03	12:11	30:13	34:37	37:54	1:02:44	1:34:35	1:48:49	1:54:48	2:10:32	2:13:30	2:13:51
		A Coruña ARTABROS		9:03	3:08	18:02	4:24	3:17	24:50	31:51	14:14	5:59	15:44	2:58	0:21
15	4592	Gelasio Oujo Pouso	2:31:45	7:40	10:58	31:24	35:06	38:46	1:05:54	1:22:24	1:42:39	2:19:02	2:28:39	2:31:24	2:31:45
		Porto do Son ADC_ARNELA		7:40	3:18	20:26	3:42	3:40	27:08	16:30	20:15	36:23	9:37	2:45	0:21
16	4756	Oliver Fernández Núñez	2:43:22	19:07	22:08	53:54	58:07	1:04:30	1:23:30	1:44:11	2:22:12	2:30:10	2:37:32	2:42:34	2:43:22
		Nigrán RAZA PALLEIRA		19:07	3:01	31:46	4:13	6:23	19:00	20:41	38:01	7:58	7:22	5:02	0:48
	4255	Francisco Varela Varela	ft	20:18	25:23	47:46	57:06	1:01:36	1:45:26	2:02:00	2:22:19	2:35:02	2:44:44	2:49:27	2:50:01
		Pontevedra AROMON		20:18	5:05	22:23	9:20	4:30	43:50	16:34	20:19	12:43	9:42	4:43	0:34
	4832	Javier Gonzalez Folgueiras	bandona	18:38	23:43	1:14:00	1:21:40	1:24:05	-----	-----	-----	-----	-----	1:40:31	1:40:55
		Nigrán RAZA PALLEIRA		18:38	5:05	50:17	7:40	2:25						16:26	0:24
	4313	Javier Liz Díaz	bandona	9:06	11:53	24:01	27:49	29:34	45:28	-----	-----	-----	-----	1:48:28	1:49:15
		LUGO FLUVIAL_LUGO		9:06	2:47	12:08	3:48	1:45	15:54					1:03:00	0:47
	4359	Julen Andollo De Costa	bandona	18:29	21:34	1:01:50	1:11:38	-----	-----	-----	-----	-----	-----	-----	1:49:37
		Culleredo GALLAECIA_RAID		18:29	3:05	40:16	9:48								37:59
	4447	Daniel Pena Barro	bandona	16:29	22:39	-----	-----	-----	-----	-----	1:13:40	1:32:56	1:48:27	1:55:07	1:56:06
		Culleredo GALLAECIA_RAID		16:29	6:10						51:01	19:16	15:31	6:40	0:59
	4587	Joaquín Oujo Ageitos	No sale												
		Porto do Son ADC_ARNELA													
Masculino 45 (32)				6,4 km	11 C										
					1(57)	2(75)	3(70)	4(53)	5(72)	6(59)	7(60)	8(67)	9(74)	10(55)	11(100) Meta
1	4618	Roberto Chas Gómez	1:14:37	8:10	9:23	10:11	18:19	34:31	37:54	40:25	46:58	54:19	1:07:19	1:14:17	1:14:37
		Betanzos OP BETANZOS		8:10	1:13	0:48	8:08	16:12	3:23	2:31	6:33	7:21	13:00	6:58	0:20
				43:58											
				*72											
2	4825	Antonio Dominguez Portas	1:16:17	5:42	6:56	8:04	14:29	29:44	33:12	35:11	41:33	56:18	1:07:39	1:15:55	1:16:17
		Nigrán RAZA PALLEIRA		5:42	1:14	1:08	6:25	15:15	3:28	1:59	6:22	14:45	11:21	8:16	0:22

Pos	Dorsal	Nombre	Tiempo												
Masculino 45 (32)				6,4 km	11 C			(cont.)							
					1(57)	2(75)	3(70)	4(53)	5(72)	6(59)	7(60)	8(67)	9(74)	10(55)	11(100) Meta
3	4772	Julio Cañas Lara	1:30:01	7:58	10:09	11:05	18:19	37:48	43:09	48:43	56:58	1:06:39	1:21:40	1:29:38	1:30:01
		A Coruña LICEO		7:58	2:11	0:56	7:14	19:29	5:21	5:34	8:15	9:41	15:01	7:58	0:23
4	4214	Francisco José Ferrer Vidal	1:31:10	6:00	7:28	8:28	15:30	39:50	54:05	57:17	1:03:21	1:13:08	1:22:23	1:30:50	1:31:10
		Pontevedra AROMON		6:00	1:28	1:00	7:02	24:20	14:15	3:12	6:04	9:47	9:15	8:27	0:20
5	4420	Antonio Javier López Peiteado	1:31:32	5:45	7:02	7:47	15:22	31:55	49:45	53:20	1:00:31	1:10:04	1:24:02	1:31:16	1:31:32
		Culleredo GALLAECIA_RAID		5:45	1:17	0:45	7:35	16:33	17:50	3:35	7:11	9:33	13:58	7:14	0:16
6	4334	José Luis Armada Luaces	1:33:59	8:41	10:27	11:32	21:23	38:54	45:29	48:03	56:21	1:05:43	1:23:49	1:33:33	1:33:59
		Vigo U-VIGO		8:41	1:46	1:05	9:51	17:31	6:35	2:34	8:18	9:22	18:06	9:44	0:26
7	4343	Vicente Pastoriza Santos	1:34:14	6:04	7:21	8:09	19:17	37:56	44:58	47:33	55:59	1:01:55	1:25:19	1:33:51	1:34:14
		Vigo U-VIGO		6:04	1:17	0:48	11:08	18:39	7:02	2:35	8:26	5:56	23:24	8:32	0:23
8	4202	Javier Alvelo Fraguela	1:35:31	8:48	10:22	11:10	17:12	34:31	39:09	41:35	59:21	1:06:10	1:28:06	1:35:11	1:35:31
		Pontevedra AROMON		8:48	1:34	0:48	6:02	17:19	4:38	2:26	17:46	6:49	21:56	7:05	0:20
9	4397	Jose Luis Garcia Dominguez	1:42:13	7:04	8:51	10:11	17:50	40:50	51:06	53:27	1:00:07	1:09:42	1:33:21	1:41:50	1:42:13
		Culleredo GALLAECIA_RAID		7:04	1:47	1:20	7:39	23:00	10:16	2:21	6:40	9:35	23:39	8:29	0:23
10	4774	José Antonio Castrillón Manso	1:42:44	6:45	8:13	9:45	18:16	40:34	44:44	47:17	56:02	1:17:46	1:31:25	1:42:14	1:42:44
		A Coruña LICEO		6:45	1:28	1:32	8:31	22:18	4:10	2:33	8:45	21:44	13:39	10:49	0:30
11	4796	José Manuel Fernández Souto	1:49:04	13:27	15:09	16:19	26:15	48:32	56:44	59:27	1:08:49	1:17:47	1:40:27	1:48:41	1:49:04
		LUGO COMPÁS		13:27	1:42	1:10	9:56	22:17	8:12	2:43	9:22	8:58	22:40	8:14	0:23
12	4360	Arturo Antón Casado	1:51:33	7:11	9:25	10:37	19:14	40:24	57:28	1:00:17	1:07:19	1:17:28	1:41:00	1:51:13	1:51:33
		Culleredo GALLAECIA_RAID		7:11	2:14	1:12	8:37	21:10	17:04	2:49	7:02	10:09	23:32	10:13	0:20
13	4326	Eugenio A. Rodríguez Núñez	1:53:06	7:58	9:49	11:00	19:36	41:33	47:09	50:45	1:06:38	1:16:03	1:38:33	1:52:33	1:53:06
		LUGO FLUVIAL_LUGO		7:58	1:51	1:11	8:36	21:57	5:36	3:36	15:53	9:25	22:30	14:00	0:33
14	4728	Alberto Rodríguez Salas	1:53:10	8:05	9:50	10:36	20:58	45:14	49:42	54:20	1:01:48	1:17:26	1:43:48	1:52:52	1:53:10
		Nigrán RAZA_PALLEIRA		8:05	1:45	0:46	10:22	24:16	4:28	4:38	7:28	15:38	26:22	9:04	0:18
15	4272	Afonso Louro Fuentes	1:55:31	7:47	9:34	10:31	16:25	33:00	1:02:07	1:04:18	1:18:58	1:26:54	1:42:12	1:55:09	1:55:31
		A Coruña ARTABROS		7:47	1:47	0:57	5:54	16:35	29:07	2:11	14:40	7:56	15:18	12:57	0:22
16	4455	Luis Javier Ramos Asensio	1:56:35	7:24	12:19	13:18	22:38	44:05	55:16	58:23	1:07:06	1:19:36	1:44:53	1:56:21	1:56:35
		Culleredo GALLAECIA_RAID		7:24	4:55	0:59	9:20	21:27	11:11	3:07	8:43	12:30	25:17	11:28	0:14
17	4573	Esteban Cruces Molinos	2:07:51	6:38	8:13	9:17	24:08	1:20:47	1:27:58	1:31:25	1:38:05	1:45:24	1:58:11	2:07:18	2:07:51
		Porto do Son ADC_ARNELA		6:38	1:35	1:04	14:51	56:39	7:11	3:27	6:40	7:19	12:47	9:07	0:33
18	4828	Gonzalo Fernández Casalderrey	2:11:26	49:19	50:39	51:26	1:01:55	1:13:55	1:17:03	1:19:23	1:26:07	1:32:53	2:04:39	2:11:03	2:11:26
		Nigrán RAZA_PALLEIRA		49:19	1:20	0:47	10:29	12:00	3:08	2:20	6:44	6:46	31:46	6:24	0:23
19	4224	Francisco Manuel Liste Rodriguez	2:14:06	8:31	10:08	10:59	21:56	1:01:32	1:10:13	1:15:01	1:24:50	1:34:48	2:04:13	2:13:44	2:14:06
		Pontevedra AROMON		8:31	1:37	0:51	10:57	39:36	8:41	4:48	9:49	9:58	29:25	9:31	0:22
20	4506	Santiago Fraga Castro	2:15:28	12:08	14:57	16:05	26:21	58:00	1:09:48	1:12:42	1:33:57	1:44:44	2:04:44	2:14:57	2:15:28
		Santiago de Comp USC		12:08	2:49	1:08	10:16	31:39	11:48	2:54	21:15	10:47	20:00	10:13	0:31
21	4804	Alberto Lamela Arias	2:20:02	10:47	15:05	16:42	27:39	1:09:44	1:17:49	1:21:32	1:34:50	1:49:17	2:04:13	2:19:11	2:20:02
		LUGO COMPÁS		10:47	4:18	1:37	10:57	42:05	8:05	3:43	13:18	14:27	14:56	14:58	0:51
22	4319	Pedro Parga Andón	2:34:31	12:52	14:09	15:06	25:57	55:07	59:01	1:01:25	1:45:39	1:55:44	2:23:29	2:34:03	2:34:31
		LUGO FLUVIAL_LUGO		12:52	1:17	0:57	10:51	29:10	3:54	2:24	44:14	10:05	27:45	10:34	0:28
	4435	Ivan Naveira Gonzalo	ft	11:33	13:19	14:31	30:44	1:10:39	1:19:21	1:23:35	1:35:12	1:47:21	2:24:41	2:51:51	2:52:14
		Culleredo GALLAECIA_RAID		11:33	1:46	1:12	16:13	39:55	8:42	4:14	11:37	12:09	37:20	27:10	0:23

Pos	Dorsal	Nombre	Tiempo														
Masculino 45 (32)				6,4 km	11 C			(cont.)									
				1(57)	2(75)	3(70)	4(53)	5(72)	6(59)	7(60)	8(67)	9(74)	10(55)	11(100)	Meta		
	4392	Juan Carlos Ferreiro Viña	r en tarj.	14:49	17:47	19:22	-----	-----	-----	-----	-----	-----	-----	1:18:40	1:19:14	59:21	
		Betanzos OP BETANZOS		14:49	2:58	1:35								59:18	0:34	*31	
	4385	Andres Dopico Pena	r en tarj.	9:22	11:04	12:09	21:06	52:20	1:09:48	1:12:56	1:34:22	1:46:05	-----	2:40:37	2:41:18	1:05:28	
		Culleredo GALLAECIA_RAID		9:22	1:42	1:05	8:57	31:14	17:28	3:08	21:26	11:43		54:32	0:41	*49	
				2:35:23													
				*78													
	4516	Pablo Adrián Aller Estévez	r en tarj.	11:03	13:42	15:57	37:07	1:17:29	1:22:02	1:25:46	1:33:45	1:46:53	-----	2:42:30	2:43:00		
		Barco de Valdeor OURO		11:03	2:39	2:15	21:10	40:22	4:33	3:44	7:59	13:08		55:37	0:30		
	6913	Noel Rodríguez Pérez	r en tarj.	19:07	21:19	22:35	58:47	1:50:47	2:05:37	2:22:55	-----	-----	-----	-----	3:06:52		
		Culleredo GALLAECIA_RAID		19:07	2:12	1:16	36:12	52:00	14:50	17:18					43:57		
	4580	Ramón Fernández Torres	andona	10:11	11:16	12:53	19:55	-----	-----	-----	-----	-----	-----	-----	59:29		
		Porto do Son ADC_ARNELA		10:11	1:05	1:37	7:02								39:34		
	4525	Diego De La Torre Herrera	andona	11:21	14:04	14:54	43:13	1:07:54	-----	-----	-----	-----	-----	-----	1:44:30		
		Barco de Valdeor OURO		11:21	2:43	0:50	28:19	24:41							36:36		
	7680	Nicolas Patiño Alonso	andona	22:10	24:21	25:13	54:58	1:19:46	-----	-----	-----	-----	-----	1:55:36	1:56:07		
		Nigrán RAZA PALLEIRA		22:10	2:11	0:52	29:45	24:48						35:50	0:31		
	4348	Jorge Pérez Juste	No sale														
		Vigo U-VIGO															
	4244	Eladio Rodríguez Pérez	No sale														
		Pontevedra AROMON															
Senior (18)				7,8 km	13 C												
				1(75)	2(82)	3(72)	4(80)	5(62)	6(73)	7(57)	8(51)	9(64)	10(83)	11(77)	12(69)	13(100)	Meta
1	4243	Mateo Rodríguez Díaz	58:11	4:22	9:29	22:37	24:08	26:00	30:10	40:05	40:41	42:29	49:05	52:46	56:37	57:55	58:11
		Pontevedra AROMON		4:22	5:07	13:08	1:31	1:52	4:10	9:55	0:36	1:48	6:36	3:41	3:51	1:18	0:16
2	4477	Iván Somoza Argibay	1:07:20	4:54	10:56	26:06	31:02	33:21	35:52	47:16	47:54	50:19	58:13	1:01:43	1:05:52	1:07:04	1:07:20
		Culleredo GALLAECIA_RAID		4:54	6:02	15:10	4:56	2:19	2:31	11:24	0:38	2:25	7:54	3:30	4:09	1:12	0:16
3	4688	Martín Morales Ferreiro	1:12:59	4:48	11:16	26:40	28:03	30:29	34:07	52:09	52:50	55:10	1:02:43	1:06:48	1:11:28	1:12:45	1:12:59
		Xinzo de Limia LIMIACTIVA		4:48	6:28	15:24	1:23	2:26	3:38	18:02	0:41	2:20	7:33	4:05	4:40	1:17	0:14
4	4662	Ángel García García	1:14:43	6:00	13:35	27:33	33:07	35:39	39:11	51:39	52:21	56:15	1:04:10	1:09:01	1:13:11	1:14:25	1:14:43
		A Coruña BRIGANTIA		6:00	7:35	13:58	5:34	2:32	3:32	12:28	0:42	3:54	7:55	4:51	4:10	1:14	0:18
5	4478	Anxo Somoza Seoane	1:18:16	5:22	15:05	32:14	34:15	37:27	40:21	53:58	54:37	57:37	1:07:45	1:11:58	1:16:40	1:18:00	1:18:16
		Culleredo GALLAECIA_RAID		5:22	9:43	17:09	2:01	3:12	2:54	13:37	0:39	3:00	10:08	4:13	4:42	1:20	0:16
6	4633	Alberto Taboada Pintor	1:23:47	7:11	12:51	30:45	32:39	35:12	38:35	54:18	55:11	57:57	1:09:38	1:14:14	1:22:17	1:23:32	1:23:47
		Betanzos OP BETANZOS		7:11	5:40	17:54	1:54	2:33	3:23	15:43	0:53	2:46	11:41	4:36	8:03	1:15	0:15
				1:20:52													
				*78													
7	4617	Martín Casado Núñez	1:28:10	5:21	12:46	36:10	38:31	40:56	46:15	59:14	59:50	1:08:24	1:16:50	1:22:12	1:26:29	1:27:54	1:28:10
		Betanzos OP BETANZOS		5:21	7:25	23:24	2:21	2:25	5:19	12:59	0:36	8:34	8:26	5:22	4:17	1:25	0:16
8	4345	Diego Pérez Álvarez	1:31:19	7:05	19:12	38:18	45:49	48:04	52:21	1:05:36	1:06:19	1:08:43	1:17:29	1:21:46	1:29:45	1:31:04	1:31:19
		Vigo U-VIGO		7:05	12:07	19:06	7:31	2:15	4:17	13:15	0:43	2:24	8:46	4:17	7:59	1:19	0:15

Pos	Dorsal	Nombre	Tiempo														
Senior (18)				7,8 km	13 C			(cont.)									
					1(75)	2(82)	3(72)	4(80)	5(62)	6(73)	7(57)	8(51)	9(64)	10(83)	11(77)	12(69)	13(100) Meta
9	4582	Julio Lagos Carrera Porto do Son ADC_ARNELA	1:40:33	5:59	12:49	40:19	43:00	45:53	54:11	1:09:09	1:09:54	1:13:00	1:22:41	1:33:07	1:38:43	1:40:14	1:40:33
				5:59	6:50	27:30	2:41	2:53	8:18	14:58	0:45	3:06	9:41	10:26	5:36	1:31	0:19
					26:55												
10	4835	Adrián Pérez Alonso Nigrán RAZA PALLEIRA	1:41:01	7:08	16:37	37:41	40:23	43:30	48:34	1:07:42	1:08:26	1:11:47	1:23:49	1:30:00	1:39:06	1:40:46	1:41:01
				7:08	9:29	21:04	2:42	3:07	5:04	19:08	0:44	3:21	12:02	6:11	9:06	1:40	0:15
11	4493	Jose Angel Morlán Rodriguez Ordes SEO	1:46:13	15:29	23:29	49:09	50:37	52:54	1:00:58	1:14:44	1:15:37	1:20:49	1:30:59	1:36:32	1:44:19	1:45:56	1:46:13
				15:29	8:00	25:40	1:28	2:17	8:04	13:46	0:53	5:12	10:10	5:33	7:47	1:37	0:17
12	4507	Pelayo Garcia Acevedo Pontevedra AROMON	1:47:26	7:08	15:52	40:43	44:24	47:38	57:06	1:16:52	1:17:39	1:20:12	1:33:34	1:39:00	1:45:33	1:47:08	1:47:26
				7:08	8:44	24:51	3:41	3:14	9:28	19:46	0:47	2:33	13:22	5:26	6:33	1:35	0:18
13	4302	Diego Fernández Arias LUGO FLUVIAL_LUGO	1:50:29	9:08	21:33	44:15	47:22	50:05	56:04	1:17:36	1:18:31	1:21:52	1:33:23	1:40:25	1:48:26	1:50:11	1:50:29
				9:08	12:25	22:42	3:07	2:43	5:59	21:32	0:55	3:21	11:31	7:02	8:01	1:45	0:18
14	4488	Ruben Carballo Morán Ordes SEO	1:51:31	5:34	17:30	36:18	39:15	41:40	45:11	1:01:03	1:01:37	1:05:06	1:29:04	1:42:37	1:48:46	1:51:10	1:51:31
				5:34	11:56	18:48	2:57	2:25	3:31	15:52	0:34	3:29	23:58	13:33	6:09	2:24	0:21
15	4352	Alan Sardinero González Porto do Son ADC_ARNELA	2:00:18	5:38	18:18	33:36	39:07	41:13	45:36	1:07:54	1:08:43	1:11:29	1:36:22	1:47:16	1:58:26	1:59:55	2:00:18
				5:38	12:40	15:18	5:31	2:06	4:23	22:18	0:49	2:46	24:53	10:54	11:10	1:29	0:23
	4474	Marcos Silvarrey Oreiro Culleredo GALLAECIA RAID	No sale														
	4316	Jose Manuel Nogueiras Marentes Betanzos OP BETANZOS	No sale														
	4623	Francisco Javier López Costoya Betanzos OP BETANZOS	No sale														
Iniciación Curta (33)				2,5 km	10 C												
					1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(100)	Meta		
1	6057	Adrián Baamonde Abelleira Porto do Son ADC_ARNELA	54:19	3:20	16:55	18:52	20:30	24:02	28:02	40:02	49:10	49:55	53:56	54:19			
				3:20	13:35	1:57	1:38	3:32	4:00	12:00	9:08	0:45	4:01	0:23			
2	7484	Sabela Romay Oujo Porto do Son ADC_ARNELA	58:56	4:16	11:22	14:01	16:41	20:47	29:17	46:10	54:25	55:23	58:35	58:56			
				4:16	7:06	2:39	2:40	4:06	8:30	16:53	8:15	0:58	3:12	0:21			
3	4731	Noa Rodríguez Seijo Nigrán RAZA PALLEIRA	59:04	4:01	11:15	13:54	16:48	20:53	29:24	46:19	54:30	55:28	58:42	59:04			
				4:01	7:14	2:39	2:54	4:05	8:31	16:55	8:11	0:58	3:14	0:22			
4	4577	Vera Fernández Santos Porto do Son ADC_ARNELA	59:20	4:24	11:25	14:32	16:56	23:02	29:42	46:16	54:31	55:32	58:59	59:20			
				4:24	7:01	3:07	2:24	6:06	6:40	16:34	8:15	1:01	3:27	0:21			
5	7475	Marta Agraso Pouso Porto do Son ADC_ARNELA	1:02:14	4:29	11:35	14:37	17:13	23:10	29:44	46:16	54:57	55:51	1:01:31	1:02:14			
				4:29	7:06	3:02	2:36	5:57	6:34	16:32	8:41	0:54	5:40	0:43			
6	8030	Ana De La Peña Gómez Independiente INDEPENDIENTE	1:11:30	2:20	10:20	12:21	14:25	23:13	29:20	42:09	59:30	1:00:10	1:10:56	1:11:30			
				2:20	8:00	2:01	2:04	8:48	6:07	12:49	17:21	0:40	10:46	0:34			
7	6309	Juan Gonzalez Pardo A Coruña LICEO	1:11:54	3:15	11:00	13:11	15:25	23:50	29:35	44:44	1:00:02	1:01:29	1:11:23	1:11:54			
				3:15	7:45	2:11	2:14	8:25	5:45	15:09	15:18	1:27	9:54	0:31			
8	7550	Dario Díaz-merry Alonso A Coruña ARTABROS	1:12:06	3:03	10:46	12:28	14:22	22:36	29:23	42:40	1:00:15	1:01:39	1:11:00	1:12:06			
				3:03	7:43	1:42	1:54	8:14	6:47	13:17	17:35	1:24	9:21	1:06			

Pos	Dorsal	Nombre	Tiempo											
Iniciación Curta (33)				2,5 km	10 C			(cont.)						
					1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(100) Meta
9	6228	Fiz Louro Seoane	1:12:20	3:13	10:56	12:33	14:26	23:13	29:31	43:02	1:00:30	1:01:28	1:11:25	1:12:20
		A Coruña ARTABROS		3:13	7:43	1:37	1:53	8:47	6:18	13:31	17:28	0:58	9:57	0:55
10	8021	Carlos Fernández-Gayoso Varela	1:12:38	2:55	10:38	12:08	14:21	22:38	29:16	42:26	1:00:01	1:00:41	1:12:12	1:12:38
		Independiente INDEPENDIENTE		2:55	7:43	1:30	2:13	8:17	6:38	13:10	17:35	0:40	11:31	0:26
11	4786	Maria Pardo Villaverde	1:15:19	3:06	11:12	12:58	14:52	23:57	29:24	43:36	1:00:01	1:01:23	1:11:21	1:15:19
		A Coruña LICEO		3:06	8:06	1:46	1:54	9:05	5:27	14:12	16:25	1:22	9:58	3:58
12	8029	Emilio Astray Yepes	1:21:52	5:35	26:59	28:27	29:48	38:48	42:09	1:07:54	1:14:00	1:14:40	1:21:18	1:21:52
		Independiente INDEPENDIENTE		5:35	21:24	1:28	1:21	9:00	3:21	25:45	6:06	0:40	6:38	0:34
13	4212	Ana Mª Dios González	1:35:23	4:11	9:37	12:28	14:45	33:08	41:02	1:01:08	1:27:27	1:28:31	1:34:54	1:35:23
		Pontevedra AROMON		4:11	5:26	2:51	2:17	18:23	7:54	20:06	26:19	1:04	6:23	0:29
14	4379	Délia Cubeiro Suárez	1:37:51	4:12	29:55	33:53	43:41	48:43	55:48	1:21:01	1:31:42	1:32:27	1:37:24	1:37:51
		Culleredo GALLAECIA_RAID		4:12	25:43	3:58	9:48	5:02	7:05	25:13	10:41	0:45	4:57	0:27
15	8019	Enma Freire González	1:40:02	6:08	17:14	24:29	30:04	40:44	47:25	1:07:07	1:26:54	1:29:39	1:39:02	1:40:02
		Culleredo GALLAECIA_RAID		6:08	11:06	7:15	5:35	10:40	6:41	19:42	19:47	2:45	9:23	1:00
16	8018	Xabi Freir Gonzalez	1:40:13	6:15	17:21	24:48	30:07	40:45	47:28	1:07:22	1:26:52	1:29:41	1:39:06	1:40:13
		Culleredo GALLAECIA_RAID		6:15	11:06	7:27	5:19	10:38	6:43	19:54	19:30	2:49	9:25	1:07
17	4660	Alberto M. Caldas Mosquera	1:48:32	6:20	17:58	23:19	28:02	38:29	51:12	1:11:47	1:32:04	1:35:27	1:46:58	1:48:32
		A Coruña BRIGANTIA		6:20	11:38	5:21	4:43	10:27	12:43	20:35	20:17	3:23	11:31	1:34
18	7374	Ézaro Caldas Torres	1:48:35	6:21	17:58	23:19	28:02	38:30	51:13	1:11:48	1:31:45	1:35:34	1:46:59	1:48:35
		A Coruña BRIGANTIA		6:21	11:37	5:21	4:43	10:28	12:43	20:35	19:57	3:49	11:25	1:36
19	8028	Monica Rodriguez Luna	1:57:26	11:14	31:56	39:32	47:05	57:10	1:11:25	1:29:21	1:45:51	1:47:38	1:56:47	1:57:26
		Independiente INDEPENDIENTE		11:14	20:42	7:36	7:33	10:05	14:15	17:56	16:30	1:47	9:09	0:39
20	8027	Enzo Seijas Rodriguez	1:57:29	11:13	31:55	39:00	46:23	56:52	1:11:05	1:29:21	1:46:01	1:47:07	1:56:25	1:57:29
		Independiente INDEPENDIENTE		11:13	20:42	7:05	7:23	10:29	14:13	18:16	16:40	1:06	9:18	1:04
21	8026	Yago Seijas López	1:58:00	11:25	32:10	39:36	47:05	56:50	1:11:23	1:29:24	1:46:08	1:47:45	1:56:48	1:58:00
		Independiente INDEPENDIENTE		11:25	20:45	7:26	7:29	9:45	14:33	18:01	16:44	1:37	9:03	1:12
22	6437	Emma Garcia Varela	2:03:42	11:25	32:01	39:57	47:57	59:54	1:12:44	1:39:58	1:54:25	1:55:58	2:02:58	2:03:42
		A Coruña BRIGANTIA		11:25	20:36	7:56	8:00	11:57	12:50	27:14	14:27	1:33	7:00	0:44
23	6915	Irea Rodríguez Arias	2:05:32	7:34	19:49	22:49	27:42	35:37	53:08	1:35:55	1:56:16	1:57:32	2:04:49	2:05:32
		Culleredo GALLAECIA_RAID		7:34	12:15	3:00	4:53	7:55	17:31	42:47	20:21	1:16	7:17	0:43
24	4448	Inés Peña Álvarez	2:05:33	7:29	19:44	22:56	27:43	35:31	53:35	1:36:00	1:56:20	1:57:36	2:04:51	2:05:33
		Culleredo GALLAECIA_RAID		7:29	12:15	3:12	4:47	7:48	18:04	42:25	20:20	1:16	7:15	0:42
25	6914	Uxía Rodríguez Arias	2:07:49	7:11	19:30	23:02	27:40	35:36	53:42	1:36:21	1:56:42	1:57:42	2:07:23	2:07:49
		Culleredo GALLAECIA_RAID		7:11	12:19	3:32	4:38	7:56	18:06	42:39	20:21	1:00	9:41	0:26
	8025	Marta Varela	r en tarj.	9:00	30:19	38:43	44:30	56:14	1:07:24	-----	-----	-----	-----	
		Independiente INDEPENDIENTE		9:00	21:19	8:24	5:47	11:44	11:10					
	4358	Diana Ameal Rodríguez	No sale											
		Betanzos OP BETANZOS												
	7613	Mauro Rodríguez Cruz	No sale											
		Barco de Valdeor OURO												
	8000	Xan Vázquez Bejerano	No sale											
		A Coruña ARTABROS												

1:47:26
*100

Pos	Dorsal	Nombre	Tiempo													
Iniciación Curta (33)			2,5 km	10 C			(cont.)									
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(100)	Meta			
	8001	Mariña Vazquez Bejerano A Coruña ARTABROS	No sale													
	8004	Laura Bejarano Domínguez A Coruña ARTABROS	No sale													
	8003	Cibrán Vázquez Varela A Coruña ARTABROS	No sale													
	8002	Catuxa Vázquez Bejerano A Coruña ARTABROS	No sale													
Iniciación Longa (35)			4,8 km	14 C												
			1(41) Meta	2(42)	3(43)	4(44)	5(45)	6(46)	7(41)	8(33)	9(34)	10(35)	11(36)	12(37)	13(38)	14(100)
1	8020	Alba Dopico Golpe Culleredo GALLAECIA_RAID	1:07:12 4:59 1:07:12 0:32	4:59 2:47	14:07 6:21 31:18 *31	19:47 5:40	24:09 4:22	25:37 1:28	28:23 2:46	36:51 8:28	38:39 1:48	42:31 3:52	45:50 3:19	56:37 10:47	1:02:22 5:45	1:06:40 4:18
2	8031	Alvaro Gonzalo Calzas Independiente INDEPENDIENTE	1:25:43 6:51 1:25:43 0:22	6:51 4:00	10:51 6:40	17:31 5:05	22:36 7:19	34:51 4:56	45:46 10:55	54:57 9:11	56:55 1:58	59:18 2:23	1:09:27 10:09	1:17:00 7:33	1:22:07 5:07	1:25:21 3:14
3	8013	Oscar Carballo Puebla Independiente INDEPENDIENTE	1:41:55 4:03 1:41:55 0:20	4:03 6:02	10:05 7:30	17:35 6:44	32:27 8:08	34:28 2:01	39:20 4:52	48:18 8:58	49:28 1:10	52:47 3:19	57:56 5:09	1:27:50 29:54	1:37:09 9:19	1:41:35 4:26
4	8014	David Rodriguez Ramos Independiente INDEPENDIENTE	1:42:07 4:01 4:01 1:42:07 0:53	4:01 5:56	9:57 7:22	23:54 6:35	32:57 9:03	34:26 1:29	39:17 4:51	48:08 8:51	49:10 1:02	52:48 3:38	57:55 5:07	1:27:49 29:54	1:37:09 9:20	1:41:14 4:05
4	8040	Marcos Rodriguez Ramos Independiente INDEPENDIENTE	1:42:07 4:16 1:42:07 0:37	4:16 5:59	10:15 7:21	17:36 6:41	32:43 8:26	34:31 1:48	39:30 4:59	48:28 8:58	49:31 1:03	52:55 3:24	58:13 5:18	1:28:00 29:47	1:37:25 9:25	1:41:30 4:05
6	8016	Manuel Díaz-merry López-aceved A Coruña ARTABROS	1:44:43 4:06 1:44:43 0:34	4:06 35:56	40:02 8:05	53:06 4:59	57:06 4:00	58:47 1:41	1:01:55 3:08	1:12:30 10:35	1:13:32 1:02	1:16:21 2:49	1:22:50 6:29	1:31:42 8:52	1:39:16 7:34	1:44:09 4:53
7	6836	Sainza Barroso Dominguez Pontevedra AROMON	2:10:16 5:53 2:10:16 0:28	5:53 3:47	9:40 15:29	36:21 11:12	59:10 22:49	1:01:17 2:07	1:08:18 7:01	1:20:25 12:07	1:21:40 1:15	1:27:28 5:48	1:31:48 4:20	1:50:50 19:02	2:03:56 13:06	2:09:48 5:52

Pos	Dorsal	Nombre	Tiempo														
Iniciación Longa (35)				4,8 km	14 C			(cont.)									
				1(41) Meta	2(42)	3(43)	4(44)	5(45)	6(46)	7(41)	8(33)	9(34)	10(35)	11(36)	12(37)	13(38)	14(100)
8	4569	Alejandra Carro Mahía Porto do Son ADC_ARNELA	2:12:08	18:56 18:56 2:12:08 2:46	31:04 12:08 1:11:27 *31	44:02 12:58	52:47 8:45	1:00:48 8:01	1:02:36 1:48	1:08:12 5:36	1:20:14 12:02	1:22:27 2:13	1:34:41 12:14	1:40:28 5:47	1:53:25 12:57	2:02:18 8:53	2:09:22 7:04
9	8032	Irene López De Uña Independiente INDEPENDIENTE	2:15:00	5:35 5:35 2:15:00 0:28	12:47 7:12	20:53 8:06	56:47 35:54	1:01:24 4:37	1:03:35 2:11	1:11:37 8:02	1:26:47 15:10	1:39:35 12:48	1:43:53 4:18	1:48:11 4:18	2:03:37 15:26	2:10:11 6:34	2:14:32 4:21
10	8022	Óscar Portas Bugallo Independiente INDEPENDIENTE	2:15:07	5:04 5:04 2:15:07 0:30	12:47 7:43	20:59 8:12	56:53 35:54	1:03:41 6:48	1:04:48 1:07	1:11:35 6:47	1:26:58 15:23	1:39:05 12:07	1:43:47 4:42	1:48:01 4:14	2:04:15 16:14	2:10:06 5:51	2:14:37 4:31
11	8035	María Torres Barreiro Independiente INDEPENDIENTE	2:15:11	5:07 5:07 2:15:11 0:34	12:47 7:40	21:04 8:17	57:07 36:03	1:03:44 6:37	1:04:56 1:12	1:11:41 6:45	1:26:51 15:10	1:39:32 12:41	1:43:54 4:22	1:48:16 4:22	2:03:04 14:48	2:10:10 7:06	2:14:37 4:27
12	8012	Alicia Bayo Paz Independiente INDEPENDIENTE	2:15:23	5:34 5:34 2:15:23 0:29	12:50 7:16	21:11 8:21	57:17 36:06	1:03:41 6:24	1:04:50 1:09	1:11:48 6:58	1:26:54 15:06	1:39:39 12:45	1:43:59 4:20	1:48:13 4:14	2:03:49 15:36	2:10:12 6:23	2:14:54 4:42
13	8023	Martín Portas Bugallo Independiente INDEPENDIENTE	2:15:25	5:33 5:33 2:15:25 0:29	12:51 7:18	21:12 8:21	56:55 35:43	1:03:46 6:51	1:04:43 0:57	1:11:49 7:06	1:27:02 15:13	1:39:40 12:38	1:43:53 4:13	1:48:18 4:25	2:03:48 15:30	2:10:01 6:13	2:14:56 4:55
14	8024	Diego García López Independiente INDEPENDIENTE	2:17:32	5:28 5:28 2:17:32 0:58	12:40 7:12	20:46 8:06	55:23 34:37	1:01:27 6:04	1:03:19 1:52	1:10:48 7:29	1:26:10 15:22	1:38:44 12:34	1:43:53 5:09	1:47:39 3:46	2:04:03 16:24	2:10:30 6:27	2:16:34 6:04
4441	Belen Otero Culleredo GALLAECIA_RAID	r en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	13:54 13:54	15:46 1:52	23:36 7:50	29:49 6:13	43:53 14:04	58:47 14:54	1:11:25 12:38
				1:12:36 1:11		4:20 *31	4:45 *31	12:12 *32	1:00:46 *39								
8039	Irene Carla Martin Robles Independiente INDEPENDIENTE	r en tarj.	10:23 10:23 1:29:01 0:32	-----	-----	-----	-----	-----	-----	-----	58:45 48:22	1:00:29 1:44	1:04:21 3:52	1:07:39 3:18	1:18:26 10:47	1:24:12 5:46	1:28:29 4:17
						53:09 *31	56:53 *32										
7557	Ian Veira Pereira Betanzos OP BETANZOS	r en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	25:21 25:21	27:40 2:19	55:51 28:11	-----	-----	-----	1:53:13 57:22
				1:53:41 0:28		4:49 *31	22:38 *32	1:06:16 *47	1:14:37 *48	1:19:14 *49	1:45:36 *50	1:48:20 *39					

Pos	Dorsal	Nombre	Tiempo													
Iniciación Longa (35)				4,8 km	14 C		(cont.)									
				1(41) Meta	2(42)	3(43)	4(44)	5(45)	6(46)	7(41)	8(33)	9(34)	10(35)	11(36)	12(37)	13(38) 14(100)
8005	Miguel Angel Tola Álvarez A Coruña ARTABROS	r en tarj.	11:51 11:51 2:47:16 1:07	----- 54:32 2:46:10 *100	1:06:23 11:58	1:18:21 12:41	1:31:02 12:41	1:33:14 2:12	1:43:04 9:50	1:52:09 9:05	1:59:44 7:35	2:03:48 4:04	2:12:07 8:19	2:29:35 17:28	2:39:23 9:48	2:46:09 6:46
4367	Elia Camblor Bello Betanzos OP BETANZOS	andona	13:50 13:50 1:53:59 0:49	----- 16:46	-----	-----	50:11 19:35	53:04 2:53	1:36:29 43:25	-----	-----	-----	-----	-----	-----	1:53:10 16:41
7558	Aine Veira Pereira Betanzos OP BETANZOS	andona	13:54 13:54 1:54:01 1:00:37	----- 16:41	-----	-----	50:23 19:48	53:24 3:01	-----	-----	-----	-----	-----	-----	-----	-----
8038	Elsa Andrade Gayoso Independiente INDEPENDIENTE	andona	6:00 6:00 1:58:56 26:36	----- 56:18 1:39:59 *41	1:02:18 15:34	1:17:52 12:40	1:30:32 1:48	1:32:20	-----	-----	-----	-----	-----	-----	-----	-----
8037	Marco Antonio Andrade Independiente INDEPENDIENTE	andona	6:00 6:00 1:59:03 26:35	----- 56:19 1:40:02 *41	1:02:19 15:43	1:18:02 12:57	1:30:59 1:29	1:32:28	-----	-----	-----	-----	-----	-----	-----	-----
8017	Antonio Jesús Roibás Yáñez A Coruña ARTABROS	andona	6:33 6:33 2:08:21 25:39	18:20 11:47 27:23 9:03	1:10:28 43:05	1:32:55 22:27	1:35:03 2:08	1:42:42 7:39	-----	-----	-----	-----	-----	-----	-----	-----
7354	Gabriel Seoane González Culleredo GALLAECIA_RAID	andona	9:19 9:19 2:12:42 18:55	43:07 33:48 23:07 12:54	1:06:14 15:34	1:19:08 10:30	1:34:42 8:35	1:45:12	1:53:47	-----	-----	-----	-----	-----	-----	-----
7661	Maryan Pérez Osorno Barco de Valdeor OURO	andona	9:28 9:28 2:32:22 0:57	27:55 18:27 13:41 10:08	41:36 14:55	51:44 11:28	1:06:39 5:53	1:18:07 17:06	1:24:00	1:41:06	-----	-----	-----	-----	-----	2:31:25 50:19
8008	Alejandro Cortizas Mosquera Independiente INDEPENDIENTE	andona	8:21 8:21 2:41:01 1:11	1:33:58 1:25:37	----- 58:50 1:02:03 *53	----- 1:02:03 1:11:58 *43	----- 1:26:04 1:28:12 *44	----- 2:39:52 *45	1:38:22 4:24 8:30 *46	1:46:52 8:30 4:58 *100	1:51:50 3:53	1:55:43 13:01	2:08:44 15:45	2:24:29 8:00	2:32:29 7:21	2:39:50
8009	Eva Koen Méndez Independiente INDEPENDIENTE	andona	8:37 8:37 2:41:14 1:05	1:34:04 1:25:27	----- 1:02:03 *43	----- 1:12:30 *44	----- 1:25:58 *45	----- 1:28:47 *46	1:38:22 4:18 8:40 *100	1:47:02 8:40 3:30	1:50:32 5:36	1:56:08 12:26	2:08:34 16:15	2:24:49 8:00	2:32:49 7:20	2:40:09

Pos	Dorsal	Nombre	Tiempo															
Iniciación Longa (35)			4,8 km	14 C			(cont.)											
				1(41) Meta	2(42)	3(43)	4(44)	5(45)	6(46)	7(41)	8(33)	9(34)	10(35)	11(36)	12(37)	13(38)	14(100)	
8011	Jacob	Cortizas Koen Independiente INDEPENDIENTE	Jandona	8:27	1:33:39	-----	-----	-----	-----	1:38:19	1:46:42	1:51:16	1:56:06	2:08:29	2:25:00	2:32:39	2:40:20	
				8:27	1:25:12					4:40	8:23	4:34	4:50	12:23	16:31	7:39	7:41	
				2:41:17		58:55	1:01:43	1:12:18	1:25:48	1:28:43	2:40:22							
				0:57		*53	*43	*44	*45	*46	*100							
8010	Alejandro	Cortizas Koen Independiente INDEPENDIENTE	Jandona	8:36	1:33:56	-----	-----	-----	-----	1:38:20	1:46:51	1:51:20	1:55:54	2:08:40	2:24:49	2:32:11	2:40:21	
				8:36	1:25:20					4:24	8:31	4:29	4:34	12:46	16:09	7:22	8:10	
				2:41:18		58:49	1:01:49	1:12:09	1:25:55	1:28:53	2:40:24							
				0:57		*53	*43	*44	*45	*46	*100							
8007	Iván Tola Gómez A Coruña ARTABROS	Jandona	11:50	1:38:38	-----	-----	-----	-----	1:43:01	1:51:59	1:59:24	2:03:47	2:11:56	2:29:33	2:39:09	2:45:24		
			11:50	1:26:48					4:23	8:58	7:25	4:23	8:09	17:37	9:36	6:15		
			2:47:00		1:05:52	1:17:14	1:30:40	1:30:46	1:33:15									
			1:36		*43	*44	*45	*45	*46									
8006	Marta Gómez Pérez A Coruña ARTABROS	Jandona	12:00	1:38:40	-----	-----	-----	-----	1:43:03	1:52:31	1:59:44	2:04:22	2:11:59	2:29:41	2:39:37	2:46:18		
			12:00	1:26:40					4:23	9:28	7:13	4:38	7:37	17:42	9:56	6:41		
			2:47:19		1:06:29	1:17:22	1:30:42	1:33:00										
			1:01		*43	*44	*45	*46										
4632	Izan Taboada Montes Betanzos OP BETANZOS	No sale																
8015	Sofía Ferrer Gil Pontevedra AROMON	No sale																
8033	María Del Pilar Carballeira LÓpez Independiente INDEPENDIENTE	No sale																
8034	Álvaro Ventura Rozas Independiente INDEPENDIENTE	No sale																

Masculino 55 (20)			4,9 km	10 C										
				1(41)	2(42)	3(58)	4(49)	5(59)	6(60)	7(62)	8(63)	9(35)	10(100)	Meta
1	4239	José Antonio Ricoy Bugarín	1:01:13	2:57	6:33	16:59	29:48	31:54	34:35	42:20	43:30	54:27	1:00:49	1:01:13
		Pontevedra AROMON		2:57	3:36	10:26	12:49	2:06	2:41	7:45	1:10	10:57	6:22	0:24
2	4357	Enrique Luis Álvarez Estévez	1:08:53	2:22	4:59	16:11	43:04	49:00	51:13	54:57	56:00	1:04:14	1:08:35	1:08:53
		Culleredo GALLAECIA_RAID		2:22	2:37	11:12	26:53	5:56	2:13	3:44	1:03	8:14	4:21	0:18
3	4210	Gilberto Díaz Falcon	1:11:40	3:08	7:52	19:51	43:06	44:59	49:26	54:54	56:10	1:06:31	1:11:21	1:11:40
		Pontevedra AROMON		3:08	4:44	11:59	23:15	1:53	4:27	5:28	1:16	10:21	4:50	0:19
4	4337	Enrique Fuertes González	1:13:19	4:03	7:30	19:21	39:31	41:11	46:21	54:07	55:46	1:07:16	1:12:35	1:13:19
		Vigo U-VIGO		4:03	3:27	11:51	20:10	1:40	5:10	7:46	1:39	11:30	5:19	0:44
5	1481	Santiago Guillen Pérez Martin	1:14:20	4:16	10:05	21:44	39:51	47:35	51:37	56:15	57:55	1:08:26	1:13:52	1:14:20
		Granada VELETA		4:16	5:49	11:39	18:07	7:44	4:02	4:38	1:40	10:31	5:26	0:28
6	4401	Evaristo Gonzalez Fernandez	1:16:18	3:23	7:34	20:36	47:19	50:27	54:03	58:56	1:00:42	1:11:39	1:15:56	1:16:18
		Culleredo GALLAECIA_RAID		3:23	4:11	13:02	26:43	3:08	3:36	4:53	1:46	10:57	4:17	0:22
7	4605	Camilo Serantes Maneiro	1:17:08	3:28	6:35	34:21	49:12	52:17	54:43	58:02	59:24	1:07:48	1:16:47	1:17:08
		Porto do Son ADC_ARNELA		3:28	3:07	27:46	14:51	3:05	2:26	3:19	1:22	8:24	8:59	0:21

Pos	Dorsal	Nombre	Tiempo												
Masculino 55 (20)				4,9 km	10 C			(cont.)							
				1(41)	2(42)	3(58)	4(49)	5(59)	6(60)	7(62)	8(63)	9(35)	10(100)	Meta	
8	4410	Andrés López Suárez	1:17:19	3:18	7:24	24:33	46:54	49:38	52:24	59:02	1:00:41	1:11:42	1:16:56	1:17:19	
		Culleredo GALLAECIA_RAID		3:18	4:06	17:09	22:21	2:44	2:46	6:38	1:39	11:01	5:14	0:23	
9	4609	Jorge Victorero Rey	1:22:13	3:33	7:19	38:58	56:14	58:26	1:01:42	1:07:11	1:08:21	1:17:37	1:21:48	1:22:13	
		Porto do Son ADC_ARNELA		3:33	3:46	31:39	17:16	2:12	3:16	5:29	1:10	9:16	4:11	0:25	
10	4378	Santiago Criado Canales	1:27:26	3:49	7:10	44:34	59:01	1:01:32	1:04:39	1:08:11	1:09:22	1:18:25	1:26:57	1:27:26	
		Culleredo GALLAECIA_RAID		3:49	3:21	37:24	14:27	2:31	3:07	3:32	1:11	9:03	8:32	0:29	
11	4399	José Antonio Gil Díaz	1:30:25	4:12	9:49	25:43	54:06	1:00:05	1:04:20	1:08:42	1:10:04	1:24:13	1:29:56	1:30:25	
		Culleredo GALLAECIA_RAID		4:12	5:37	15:54	28:23	5:59	4:15	4:22	1:22	14:09	5:43	0:29	
12	4404	Rodrigo González Romano	1:31:18	2:50	12:38	45:44	1:06:23	1:08:23	1:10:46	1:16:24	1:17:44	1:26:57	1:30:51	1:31:18	
		Culleredo GALLAECIA_RAID		2:50	9:48	33:06	20:39	2:00	2:23	5:38	1:20	9:13	3:54	0:27	
13	6826	Manuel Parga Riio	1:47:41	4:28	9:00	50:10	1:10:29	1:12:27	1:15:25	1:20:28	1:22:00	1:41:47	1:47:13	1:47:41	
		Culleredo GALLAECIA_RAID		4:28	4:32	41:10	20:19	1:58	2:58	5:03	1:32	19:47	5:26	0:28	
14	4533	Antonio García Couce	2:01:46	4:59	9:33	43:48	1:15:54	1:18:49	1:23:15	1:33:30	1:35:55	1:53:32	2:00:57	2:01:46	
		Ferrol MONTAÑA_FERROL		4:59	4:34	34:15	32:06	2:55	4:26	10:15	2:25	17:37	7:25	0:49	
15	4509	Eduardo V. Ramos Lozano	2:09:26	6:54	12:01	36:30	1:03:16	1:08:06	1:15:14	1:22:35	1:24:55	1:54:33	2:08:15	2:09:26	
		Santiago de Comp USC		6:54	5:07	24:29	26:46	4:50	7:08	7:21	2:20	29:38	13:42	1:11	
16	4535	Francisco Sande Rodríguez	2:18:53	3:55	7:49	46:11	1:15:17	1:30:38	1:34:16	1:40:34	1:43:00	1:54:32	2:18:04	2:18:53	
		Ferrol MONTAÑA_FERROL		3:55	3:54	38:22	29:06	15:21	3:38	6:18	2:26	11:32	23:32	0:49	
	4588	Santiago Amador Oujo Castelo	r en tarj.	3:30	6:44	1:17:59	1:47:38	-----	-----	-----	-----	-----	2:07:14	2:08:06	1:39:02 1:53:06
		Porto do Son ADC_ARNELA		3:30	3:14	1:11:15	29:39						19:36	0:52	*36 *37
	4223	Eduardo Iglesias Pesqueira	andona	3:46	6:52	1:13:56	1:43:25	-----	-----	-----	-----	-----	2:03:10	2:04:02	
		Pontevedra AROMON		3:46	3:06	1:07:04	29:29						19:45	0:52	
	4247	Carlos Mario Romero Capa	No sale												
		Pontevedra AROMON													
	4373	Juan Carlos Carballo Fernández	No sale												
		Culleredo GALLAECIA_RAID													
Feminino 55 (7)				4,2 km	10 C										
				1(41)	2(53)	3(54)	4(56)	5(35)	6(47)	7(48)	8(49)	9(39)	10(100)	Meta	
1	4508	Rosa Mª Pernas Martínez	1:38:59	4:40	19:50	25:50	39:34	50:38	56:34	1:02:04	1:04:57	1:34:05	1:38:27	1:38:59	
		Santiago de Comp USC		4:40	15:10	6:00	13:44	11:04	5:56	5:30	2:53	29:08	4:22	0:32	
2	4303	Fermina Fernandez Riveiro	1:39:04	4:11	19:26	24:54	39:41	49:49	55:13	59:46	1:04:49	1:18:17	1:38:36	1:39:04	
		LUGO FLUVIAL_LUGO		4:11	15:15	5:28	14:47	10:08	5:24	4:33	5:03	13:28	20:19	0:28	
3	4351	Mª Isabel Saco Fernández	1:45:13	4:48	36:27	40:14	59:17	1:10:19	1:15:59	1:22:04	1:25:24	1:40:30	1:44:44	1:45:13	
		Vigo U-VIGO		4:48	31:39	3:47	19:03	11:02	5:40	6:05	3:20	15:06	4:14	0:29	
4	4503	Margarita Balboa Barros	1:46:56	4:02	15:42	48:12	1:08:05	1:18:51	1:23:18	1:28:16	1:31:16	1:42:20	1:46:23	1:46:56	
		Santiago de Comp USC		4:02	11:40	32:30	19:53	10:46	4:27	4:58	3:00	11:04	4:03	0:33	
5	4785	Mª José Naya López	1:49:00	7:09	39:32	43:14	1:02:23	1:13:03	1:18:54	1:25:10	1:28:58	1:43:28	1:48:14	1:49:00	
		A Coruña LICEO		7:09	32:23	3:42	19:09	10:40	5:51	6:16	3:48	14:30	4:46	0:46	
															1:00:40
															*55
	4388	María Fernández Santiago	r en tarj.	6:01	47:31	55:36	1:53:13	2:12:00	2:18:24	-----	-----	-----	2:21:57	2:22:42	
		Culleredo GALLAECIA_RAID		6:01	41:30	8:05	57:37	18:47	6:24				3:33	0:45	

