

os rsal Nombre			Tiempo														
<b>Feminino 12 (8)</b>					<b>2,6 km 80 m</b>			<b>10 C</b>									
				1(52)	2(44)	3(46)	4(47)	5(48)	6(49)	7(50)	8(46)	9(41)	10(100)	Meta			
1	59	Rodríguez Díaz Sir	37:45	12:52	14:36	17:11	19:38	26:05	27:31	29:04	30:15	36:14	36:50	37:45			
		Pontevedra AROMO		12:52	1:44	2:35	2:27	6:27	1:26	1:33	1:11	5:59	0:36	0:55			
2	283	Albarran Oroza Jan	37:47	12:50	14:36	17:09	19:30	26:01	27:28	29:05	30:22	36:12	36:54	37:47			
		Culleredo GALLAEC		12:50	1:46	2:33	2:21	6:31	1:27	1:37	1:17	5:50	0:42	0:53			
3	284	Albarran Oroza Noa	52:32	12:59	15:18	28:23	32:51	38:36	40:01	42:15	44:03	50:02	51:05	52:32	21:41		
		Culleredo GALLAEC		12:59	2:19	13:05	4:28	5:45	1:25	2:14	1:48	5:59	1:03	1:27	*32		
4	522	Rodríguez Loira BI	1:08:13	25:18	30:35	36:34	43:47	49:11	51:57	57:21	1:00:32	1:06:00	1:07:03	1:08:13			
		Vigo U-VIGO		25:18	5:17	5:59	7:13	5:24	2:46	5:24	3:11	5:28	1:03	1:10			
5	414	Varela Pérez Noa	1:08:46	25:26	30:33	37:23	43:35	49:24	52:24	55:29	58:13	1:06:04	1:07:20	1:08:46			
		Pontevedra AROMO		25:26	5:07	6:50	6:12	5:49	3:00	3:05	2:44	7:51	1:16	1:26			
	631	García Castro Sara	andona	12:49	17:53	21:17	24:44	28:14	-----	-----	-----	-----	1:06:15	1:07:37			
		Culleredo GALLAEC		12:49	5:04	3:24	3:27	3:30					38:01	1:22			
	411	Romero Armada Iné	andona	33:47	37:46	52:20	-----	-----	-----	-----	-----	-----	-----	1:52:23			
		Pontevedra AROMO		33:47	3:59	14:34							1:00:03				
	7	Fernandez Santos A	No sale														
		Porto do Son ADC_															
<b>Feminino 14 (6)</b>					<b>2,6 km 80 m</b>			<b>10 C</b>									
				1(52)	2(44)	3(46)	4(47)	5(48)	6(49)	7(50)	8(46)	9(41)	10(100)	Meta			
1	282	Albarran Oroza Dan	31:18	5:56	9:15	11:53	14:33	19:53	21:15	22:34	23:49	29:00	30:02	31:18			
		Culleredo GALLAEC		5:56	3:19	2:38	2:40	5:20	1:22	1:19	1:15	5:11	1:02	1:16			
2	196	Somoza Seoane Car	32:49	6:00	9:06	11:59	14:17	21:11	22:43	24:11	25:43	31:01	31:49	32:49			
		Culleredo GALLAEC		6:00	3:06	2:53	2:18	6:54	1:32	1:28	1:32	5:18	0:48	1:00			
3	88	Díaz Pardo Marta	32:52	6:01	9:23	12:06	14:28	21:09	22:35	24:14	25:28	31:10	31:51	32:52			
		LUGO COMPÁS		6:01	3:22	2:43	2:22	6:41	1:26	1:39	1:14	5:42	0:41	1:01			
4	521	Perez Pastoriza Sab	32:55	6:03	9:23	12:26	14:32	20:14	22:03	24:14	25:39	31:12	31:56	32:55			
		Vigo U-VIGO		6:03	3:20	3:03	2:06	5:42	1:49	2:11	1:25	5:33	0:44	0:59			
5	104	Rodríguez Sobrado	34:01	6:05	9:25	12:17	14:34	20:18	22:00	24:16	25:50	31:29	32:33	34:01			
		LUGO COMPÁS		6:05	3:20	2:52	2:17	5:44	1:42	2:16	1:34	5:39	1:04	1:28			
	621	García Díaz Andrea	en tarj.	-----	9:21	12:45	27:23	41:45	43:15	48:48	53:48	1:00:41	1:03:37	1:04:40			
		LUGO COMPÁS		-----	9:21	3:24	14:38	14:22	1:30	5:33	5:00	6:53	2:56	1:03			
<b>Feminino 16 (5)</b>					<b>2,6 km 80 m</b>			<b>10 C</b>									
				1(52)	2(44)	3(46)	4(47)	5(48)	6(49)	7(50)	8(46)	9(41)	10(100)	Meta			
1	123	Nogueras Porto Sar	29:08	6:36	8:29	11:38	14:15	16:18	17:33	19:59	21:33	26:45	27:52	29:08			
		LUGO FLUVIAL_LU		6:36	1:53	3:09	2:37	2:03	1:15	2:26	1:34	5:12	1:07	1:16			
2	518	Pérez Álvarez Julia	38:38	6:40	8:26	11:36	14:34	24:26	25:31	30:41	32:05	36:23	37:19	38:38			
		Vigo U-VIGO		6:40	1:46	3:10	2:58	9:52	1:05	5:10	1:24	4:18	0:56	1:19			
3	96	Lamela Belver Estre	39:20	6:37	8:33	11:51	14:38	24:29	25:31	30:42	32:19	37:18	38:20	39:20			
		LUGO COMPÁS		6:37	1:56	3:18	2:47	9:51	1:02	5:11	1:37	4:59	1:02	1:00			
4	160	López López Silvia	42:09	12:33	15:27	19:25	22:53	28:38	30:09	32:20	34:10	39:57	41:02	42:09			
		Culleredo GALLAEC		12:33	2:54	3:58	3:28	5:45	1:31	2:11	1:50	5:47	1:05	1:07			
5	105	Rodríguez Sobrado	42:10	12:32	15:27	19:24	22:54	28:41	30:13	32:21	34:11	40:00	41:07	42:10			
		LUGO COMPÁS		12:32	2:55	3:57	3:30	5:47	1:32	2:08	1:50	5:49	1:07	1:03			
<b>Feminino 18 (3)</b>					<b>2,9 km 90 m</b>			<b>11 C</b>									
				1(52)	2(44)	3(46)	4(47)	5(48)	6(49)	7(50)	8(51)	9(45)	10(41)	11(100)	Meta		
1	203	Casado Nuñez Eva	25:21	4:40	6:27	9:06	10:53	13:04	14:11	15:38	20:23	22:30	23:38	24:23	25:21		
		Betanzos OP BETAN		4:40	1:47	2:39	1:47	2:11	1:07	1:27	4:45	2:07	1:08	0:45	0:58		
2	6	Fernández Rodal In	38:07	6:11	8:11	11:19	13:37	18:30	19:39	27:35	33:24	34:53	36:16	37:03	38:07		
		Porto do Son ADC_		6:11	2:00	3:08	2:18	4:53	1:09	7:56	5:49	1:29	1:23	0:47	1:04		
3	422	García Lopez Carlot	45:07	8:02	10:42	14:32	19:00	25:21	26:48	31:10	38:40	40:34	42:26	43:49	45:07		
		A Coruña ARTABRO		8:02	2:40	3:50	4:28	6:21	1:27	4:22	7:30	1:54	1:52	1:23	1:18		
<b>Feminino 21 A (3)</b>					<b>3,8 km 145 m</b>			<b>13 C</b>									
				1(53)	2(52)	3(46)	4(49)	5(38)	6(39)	7(47)	8(48)	9(34)	10(41)	11(51)	12(45)	13(100)	Meta
1	20	Oujo Perez Antia	52:57	7:26	9:20	16:45	20:10	23:11	26:50	30:32	33:27	37:57	46:02	47:41	50:04	51:27	52:57
		Porto do Son ADC_		7:26	1:54	7:25	3:25	3:01	3:39	3:42	2:55	4:30	8:05	1:39	2:23	1:23	1:30
2	467	Loureiro Garrido Al	1:14:07	7:30	9:53	23:39	26:39	31:31	34:11	38:03	42:34	47:13	1:05:12	1:09:49	1:11:05	1:12:34	1:14:07
		Culleredo GALLAEC		7:30	2:23	13:46	3:00	4:52	2:40	3:52	4:31	4:39	17:59	4:37	1:16	1:29	1:33
2	125	Penela Fernández J	1:14:07	7:25	10:15	23:26	26:35	31:12	33:28	38:17	42:39	47:01	1:05:09	1:09:49	1:11:12	1:12:38	1:14:07
		LUGO FLUVIAL_LU		7:25	2:50	13:11	3:09	4:37	2:16	4:49	4:22	4:22	18:08	4:40	1:23	1:26	1:29
<b>Feminino 21 B (3)</b>					<b>2,9 km 90 m</b>			<b>11 C</b>									
				1(52)	2(44)	3(46)	4(47)	5(48)	6(49)	7(50)	8(51)	9(45)	10(41)	11(100)	Meta		
1	473	Peteiro Couceiro L	43:35	10:04	17:33	20:31	25:11	28:17	29:26	31:11	38:15	39:41	41:11	42:08	43:35		
		Culleredo GALLAEC		10:04	7:29	2:58	4:40	3:06	1:09	1:45	7:04	1:26	1:30	0:57	1:27		
2	293	Oroza Alonso Lara	54:42	17:26	21:47	26:23	30:24	38:34	39:57	42:25	48:38	50:13	52:20	53:22	54:42		
		Culleredo GALLAEC		17:26	4:21	4:36	4:01	8:10	1:23	2:28	6:13	1:35	2:07	1:02	1:20		
	809	Franco Sáez Victori	en tarj.	24:16	26:45	31:43	1:19:14	1:27:24	1:29:39	1:31:35	1:38:05	1:39:50	1:45:24	-----	1:57:24	1:47:07	200
		Madrid BASE DON		24:16	2:29	4:58	47:31	8:10	2:15	1:56	6:30	1:45	5:34	12:00			

os rsal Nombre		Tiempo		5,0 km		175 m		18 C		6(36)	7(37)	8(38)	9(39)	10(40)	11(38)	12(35)	13(31)	14(52)	
<b>Feminino 35 (9)</b>				1(31) 15(44)	2(32) 16(41)	3(33) 17(45)	4(34) 18(100)	5(35) Meta											
1	408 Pérez Alonso Alicia Pontevedra AROMO	1:03:40		5:36 58:56	15:42 1:00:06	16:27 1:01:18	17:43 1:02:34	21:39 1:03:40	29:16 7:37	33:12 3:56	35:00 1:48	36:58 1:58	39:38 2:40	42:53 3:15	49:09 6:16	54:59 5:50	56:47 1:48		
2	237 Puime López Cande Vigo VIGORIENTA	1:10:38		2:09 5:14	1:10 14:32	1:12 15:46	1:16 17:26	1:06 21:27	33:58 12:31	37:16 3:18	39:08 1:52	40:48 1:40	42:37 1:49	46:24 3:47	54:30 8:06	1:02:20 7:50	1:03:38 1:18		
3	63 Veiga García Carla Pontevedra AROMO	1:11:02		2:18 5:46	1:02 15:30	1:07 16:28	1:10 17:45	1:17 21:43	33:52 12:09	37:14 3:22	39:35 2:21	41:41 2:06	43:13 1:32	46:53 3:40	55:19 8:26	1:02:44 7:25	1:04:08 1:24		
4	514 Pastoriza Santos Is Vigo U-VIGO	1:25:00		3:34 6:53	1:54 17:29	1:40 18:38	1:21 20:18	1:24 32:32	43:00 10:28	47:06 4:06	49:11 2:05	51:40 2:29	54:03 2:23	57:26 3:23	1:05:20 7:54	1:13:28 8:08	1:15:07 1:39		
5	126 Pérez González M. J LUGO FLUVIAL_LU	1:30:52		3:42 7:32	1:01 19:54	1:16 21:12	1:19 22:49	1:32 26:42	38:11 11:29	43:02 4:51	46:12 3:10	49:12 3:00	54:16 5:04	1:03:31 9:15	1:11:54 8:23	1:18:52 6:58	1:22:02 3:10		
6	15 Míguez Sampedro S Porto do Son ADC_	1:31:30		3:42 9:34	1:01 21:36	1:16 23:14	1:19 28:33	1:32 34:02	46:09 12:07	51:23 5:14	54:52 3:29	58:08 3:16	1:01:47 3:39	1:06:29 4:42	1:14:24 7:55	1:22:19 7:55	1:23:37 1:18		
7	169 Naya Mancebo Paul Culleredo GALLAEC	1:38:04		2:22 8:04	1:07 8:00	1:51 1:23	1:12 1:08	1:21 6:13	38:18 13:30	42:17 3:59	43:45 1:28	55:48 12:03	1:02:11 6:23	1:08:10 5:59	1:18:05 9:55	1:24:42 6:37	1:26:32 1:50		
8	447 Corral Prado Eva LUGO FLUVIAL_LU	1:50:48		3:19 7:43	2:02 17:26	3:17 18:54	1:08 20:41	1:46 26:01	59:00 32:59	1:04:56 5:56	1:07:28 2:32	1:12:33 5:05	1:15:53 3:20	1:20:03 4:10	1:28:50 8:47	1:38:11 9:21	1:40:33 2:22		
	49 Figueroa Leiro Mon Pontevedra AROMO	andona		7:25 7:25	20:13 12:48	21:19 1:06	23:05 1:46	28:54 5:49	38:35 9:41	44:49 6:14	47:33 2:44	-----	-----	-----	-----	-----	-----	-----	-----
<b>Feminino 40 (5)</b>				1(31) 15(44)	2(32) 16(41)	3(33) 17(45)	4(34) 18(100)	5(35) Meta											
1	93 Gómez Naya Sonia LUGO COMPÁS	1:03:34		6:11 57:52	11:53 59:47	13:08 1:01:22	14:45 1:02:29	18:46 1:03:34	28:03 9:17	31:27 3:24	33:27 2:00	35:29 2:02	37:40 2:11	40:45 3:05	47:12 6:27	53:53 6:41	55:16 1:23		
2	512 Iglesias Junzalvos Vigo U-VIGO	1:14:10		2:36 6:46	1:55 15:58	1:35 17:27	1:07 21:21	1:05 25:54	35:00 9:06	39:20 4:20	42:28 3:08	44:52 2:24	46:59 2:07	50:54 3:55	59:13 8:19	1:05:03 5:50	1:06:52 1:49		
3	399 López Eyo Tania Cuntis XESTEIRAS	1:20:41		2:24 6:02	1:07 15:20	1:14 16:24	1:10 17:50	1:23 22:23	36:32 14:09	45:19 8:47	47:41 2:22	50:23 2:42	52:29 2:06	57:14 4:45	1:05:09 7:55	1:11:50 6:41	1:13:31 1:41		
4	130 Zolle Fernández Cri LUGO FLUVIAL_LU	1:45:25		1:15:39 13:01	1:16:56 25:33	1:18:12 26:48	1:19:27 28:28	1:20:41 37:28	49:55 12:27	56:43 6:48	59:13 2:30	1:01:52 2:39	1:04:22 2:30	1:10:27 6:05	1:25:28 15:01	1:32:54 7:26	1:34:24 1:30		
	577 Dios González Ana Pontevedra AROMO	andona		2:39 7:09	1:20 17:00	2:06 18:39	3:23 21:13	1:33 27:08	1:19:24 52:16	1:25:08 5:44	1:26:56 1:48	1:30:55 3:59	-----	-----	-----	-----	-----	-----	-----
<b>Feminino 45 (13)</b>				1(53) 31:35 *50	2(52)	3(46)	4(49)	5(38)	6(39)	7(47)	8(48)	9(34)	10(41)	11(51)	12(45)	13(100)	Meta		
1	94 González Bello Con LUGO COMPÁS	45:01		4:53 4:53	6:33 1:40	14:14 7:41	16:12 1:58	20:14 4:02	22:35 2:21	26:15 3:40	28:38 2:23	32:14 3:36	40:07 7:53	41:43 1:36	42:44 1:01	43:53 1:09	45:01 1:08		
2	507 Crespo Quindós Be Vigo U-VIGO	49:53		5:03 31:35 *50	6:27 1:24	11:35 5:08	13:24 1:49	17:44 4:20	20:48 3:04	26:00 5:12	29:16 3:16	32:47 3:31	44:46 11:59	46:10 1:24	47:28 1:18	48:36 1:08	49:53 1:17		
3	136 Bujía Rodríguez El Culleredo GALLAEC	51:33		4:52 4:52	6:35 1:43	20:06 13:31	23:47 3:41	27:26 3:39	29:08 1:42	32:46 3:38	35:58 3:12	39:41 3:43	46:52 7:11	48:18 1:26	49:21 1:03	50:27 1:06	51:33 1:06		
4	189 Seoane Rodríguez Culleredo GALLAEC	52:35		5:08 5:08	6:59 1:51	19:21 12:22	23:36 4:15	27:06 3:30	29:05 1:59	32:54 3:49	36:05 3:11	40:47 4:42	48:02 7:15	49:17 1:15	50:27 1:10	51:35 1:08	52:35 1:00		
5	170 Oreiro Chapela Cla Culleredo GALLAEC	52:55		5:53 5:53	8:02 2:09	20:08 12:06	24:03 3:55	27:36 3:33	29:36 2:00	33:36 4:00	36:40 3:04	40:47 4:07	48:00 7:13	49:20 1:20	50:32 1:12	51:41 1:09	52:55 1:14		
6	91 Ferrer Vidal Diana LUGO COMPÁS	1:00:00		6:10 6:10	7:56 1:46	17:54 9:58	27:56 10:02	31:46 3:50	34:33 2:47	37:53 3:20	40:22 2:29	46:25 6:03	53:59 7:34	55:35 1:36	56:56 1:21	58:27 1:31	1:00:00 1:33		





os	rsal	Nombre	Tiempo															
Masculino 35 (13)				5,0 km 175 m					18 C									
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(38)	12(35)	13(31)	14(52)	
				15(44)	16(41)	17(45)	18(100)	Meta										
1	387	Sordo Touza Ignaci Santiago de Comp	44:18	4:39	9:59	10:39	11:36	14:13	19:17	22:00	23:21	24:44	25:55	28:45	34:17	38:19	39:23	
				4:39	5:20	0:40	0:57	2:37	5:04	2:43	2:43	1:21	1:23	1:11	2:50	5:32	4:02	1:04
				40:55	41:48	42:33	43:27	44:13										
				1:32	0:53	0:45	0:54	0:51										
2	807	Izquierdo García An Madrid IMPERDIBL	44:43	4:20	9:11	9:52	10:46	13:49	19:20	21:51	23:14	24:42	26:07	28:15	34:45	38:22	39:28	
				4:20	4:51	0:41	0:54	3:03	5:31	2:31	1:23	1:28	1:25	2:08	6:30	3:37	1:06	
				41:02	41:55	42:55	43:47	44:43										
				1:34	0:53	1:00	0:52	0:56										
3	438	Sevilla Gómez Fran A Coruña ARTABRO	46:55	4:31	8:10	8:49	10:12	13:15	19:51	23:36	25:11	26:49	28:02	30:24	35:21	39:35	41:14	
				4:31	3:39	0:39	1:23	3:03	6:36	3:45	1:35	1:38	1:13	2:22	4:57	4:14	1:39	
				42:43	43:58	45:06	45:59	46:55										
				1:29	1:15	1:08	0:53	0:56										
4	225	Morlán Rodriguez J Ordes SEO	47:54	4:27	8:40	9:31	10:38	13:40	19:30	22:10	23:18	24:41	28:10	30:22	35:20	41:39	42:51	
				4:27	4:13	0:51	1:07	3:02	5:50	2:40	1:08	1:23	3:29	2:12	4:58	6:19	1:12	
				44:23	45:13	46:06	46:56	47:54										
				1:32	0:50	0:53	0:50	0:58										
5	487	Arias Alvarez José E Pontedeume MONT	50:12	4:29	8:42	9:39	10:44	14:18	20:04	22:51	24:21	26:03	28:32	31:14	37:36	42:51	43:55	
				4:29	4:13	0:57	1:05	3:34	5:46	2:47	1:30	1:42	2:29	2:42	6:22	5:15	1:04	
				45:52	47:03	48:05	49:18	50:12										
				1:57	1:11	1:02	1:13	0:54										
6	498	Tenreiro Diaz Rube Pontedeume MONT	50:13	4:35	8:46	9:34	10:43	14:22	20:06	22:50	24:19	26:05	28:41	31:01	37:40	42:49	43:54	
				4:35	4:11	0:48	1:09	3:39	5:44	2:44	1:29	1:46	2:36	2:20	6:39	5:09	1:05	
				45:53	46:59	48:12	49:20	50:13										
				1:59	1:06	1:13	1:08	0:53										
7	48	Figueroa Fernández Pontevedra AROMO	58:39	4:37	8:52	9:53	10:56	14:16	24:09	27:46	29:30	31:15	32:38	35:08	42:22	50:56	52:16	
				4:37	4:15	1:01	1:03	3:20	9:53	3:37	1:44	1:45	1:23	2:30	7:14	8:34	1:20	
				54:25	55:48	56:39	57:39	58:39										
				2:09	1:23	0:51	1:00	1:00										
8	108	Varela Lorenzo Fra LUGO COMPÁS	59:14	4:49	9:42	10:35	11:42	15:47	22:17	25:04	26:42	34:15	35:47	38:40	44:35	50:42	52:23	
				4:49	4:53	0:53	1:07	4:05	6:30	2:47	1:38	7:33	1:32	2:53	5:55	6:07	1:41	
				54:45	55:46	57:06	58:08	59:14										
				2:22	1:01	1:20	1:02	1:06										
9	536	Louro Fuentes Alfo A Coruña ARTABRO	1:03:37	4:41	11:09	12:20	13:28	16:49	24:53	31:44	33:41	35:48	37:32	40:11	47:28	53:01	54:27	
				4:41	6:28	1:11	1:08	3:21	8:04	6:51	1:57	2:07	1:44	2:39	7:17	5:33	1:26	
				57:21	1:00:10	1:01:11	1:02:42	1:03:37										
				2:54	2:49	1:01	1:31	0:55										
10	352	Cagide Taboada Ju Culleredo GALLAEC	1:11:15	4:44	10:56	12:41	14:03	17:27	25:01	35:22	37:13	40:26	42:34	45:18	52:04	59:24	1:00:52	
				4:44	6:12	1:45	1:22	3:24	7:34	10:21	1:51	3:13	2:08	2:44	6:46	7:20	1:28	
				1:03:29	1:05:09	1:06:35	1:07:32	1:11:15										
				2:37	1:40	1:26	0:57	3:43										
11	102	Rocha Pena Pablo LUGO COMPÁS	1:19:48	5:22	18:44	20:44	22:52	26:58	37:36	42:05	43:59	47:05	49:53	53:19	1:03:42	1:09:52	1:11:25	
				5:22	13:22	2:00	2:08	4:06	10:38	4:29	1:54	3:06	2:48	3:26	10:23	6:10	1:33	
				1:13:24	1:15:49	1:17:12	1:18:23	1:19:48										
				1:59	2:25	1:23	1:11	1:25										
87	Amarelle Garabán R LUGO COMPÁS	en tarj.	5:16	23:08	24:01	25:13	37:45	44:40	48:41	50:10	55:28	57:16	-----	1:06:43	1:13:24	1:14:47		
				5:16	17:52	0:53	1:12	12:32	6:55	4:01	1:29	5:18	1:48	9:27	6:41	1:23		
				1:18:16	1:26:38	1:27:54	1:29:08	1:30:33										
				3:29	8:22	1:16	1:14	1:25										
142	Carro García Rober Culleredo GALLAEC	No sale																
Masculino 40 (12)				5,0 km 175 m					18 C									
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(38)	12(35)	13(31)	14(52)	
				15(44)	16(41)	17(45)	18(100)	Meta										
1	614	Dominguez Portas Nigrán RAZA_PALLE	50:49	5:39	9:57	10:38	11:40	14:17	20:21	24:25	25:47	27:25	29:33	32:11	38:08	43:29	44:42	
				5:39	4:18	0:41	1:02	2:37	6:04	4:04	1:22	1:38	2:08	2:38	5:57	5:21	1:13	
				46:52	47:42	48:37	49:38	50:49										
				2:10	0:50	0:55	1:01	1:11										
2	403	Barreiro Fernández Pontevedra AROMO	54:24	5:32	9:44	10:22	11:42	14:19	20:00	25:33	26:48	28:13	29:30	32:08	38:47	46:09	47:30	
				5:32	4:12	0:38	1:20	2:37	5:41	5:33	1:15	1:25	1:17	2:38	6:39	7:22	1:21	
				49:15	51:47	52:41	53:31	54:24										
				1:45	2:32	0:54	0:50	0:53										
2	173	Patiño Varela Juan Culleredo GALLAEC	54:24	5:47	10:53	11:44	12:55	15:53	23:02	26:08	27:47	29:29	31:57	34:28	41:16	46:24	47:31	
				5:47	5:06	0:51	1:11	2:58	7:09	3:06	1:39	1:42	2:28	2:31	6:48	5:08	1:07	
				49:13	51:28	52:28	53:24	54:24										
				1:42	2:15	1:00	0:56	1:00										
4	433	Riestra González Sa A Coruña ARTABRO	54:57	5:21	9:50	10:39	11:45	14:44	20:26	24:22	25:55	27:41	29:24	32:22	38:44	46:07	47:27	
				5:21	4:29	0:49	1:06	2:59	5:42	3:56	1:33	1:46	1:43	2:58	6:22	7:23	1:20	
				49:24	51:43	52:39	53:47	54:57										
				1:57	2:19	0:56	1:08	1:10										
5	540	Roca Santiuste Ben A Coruña ARTABRO	57:38	9:06	13:52	16:00	17:28	21:35	28:11	31:22	33:29	35:12	37:10	39:57	45:49	49:18	50:49	
				9:06	4:46	2:08	1:28	4:07	6:36	3:11	2:07	1:43	1:58	2:47	5:52	3:29	1:31	
				52:54	54:06	55:15	56:33	57:38										
				2:05	1:12	1:09	1:18	1:05										
6	220	Carballo Morán Ru Ordes SEO	58:08	5:36	9:37	10:41	11:41	14:21	20:07	25:30	26:58	28:17	29:35	36:21	44:08	50:07	51:15	
				5:36	4:01	1:04	1:00	2:40	5:46	5:23	1:28	1:19	1:18	6:46	7:47	5:59	1:08	
				54:24	55:17	56:10	57:09	58:08										
				3:09	0:53	0:53	0:59	0:59										



os	rsal	Nombre	Tiempo															
Masculino 50 (19)				2,9 km 90 m			11 C											
				1(52)	2(44)	3(46)	4(47)	5(48)	6(49)	7(50)	8(51)	9(45)	10(41)	11(100)	Meta			
1	205	Chas Gómez Robert Betanzos OP BETAN	28:06	5:46	7:26	9:37	11:27	<b>13:33</b>	15:08	<b>18:29</b>	<b>23:34</b>	<b>24:39</b>	<b>26:04</b>	<b>26:53</b>	<b>28:06</b>	16:15	*48	
2	450	Parga Andón Pedro LUGO FLUVIAL_LU	28:25	5:18	7:17	9:43	<b>11:23</b>	13:34	<b>15:00</b>	19:34	24:22	25:22	26:24	27:14	28:25			
3	163	López Peiteado Ant Culleredo GALLAEC	29:04	5:35	<b>7:09</b>	<b>9:24</b>	14:04	16:24	18:08	19:39	23:49	26:12	27:22	28:09	29:04			
4	442	Traveso Rodríguez A Coruña ARTABRO	29:17	5:21	7:54	10:41	13:08	16:47	18:35	20:09	24:51	26:00	27:18	28:10	29:17			
5	509	Fuertes González E Vigo U-VIGO	29:19	6:08	8:03	11:09	13:23	16:48	17:55	19:41	24:36	25:52	27:20	28:10	29:19			
6	121	Montouto Gonzalez LUGO FLUVIAL_LU	30:42	5:43	7:59	11:01	13:40	16:55	18:27	19:59	25:24	26:41	28:37	29:43	30:42			
7	90	Fernández Souto J LUGO COMPÁS	30:44	5:28	8:11	11:13	13:45	16:50	18:17	19:55	25:31	27:01	28:32	29:47	30:44			
8	424	Gómez Ramos Anto A Coruña ARTABRO	31:22	6:04	8:07	11:15	13:29	18:03	19:09	20:43	26:02	27:19	29:14	30:08	31:22			
9	156	González Romano Culleredo GALLAEC	35:30	6:21	9:11	11:32	14:04	23:40	24:49	26:05	30:50	32:09	33:32	34:26	35:30			
10	575	Garcia Dominguez Culleredo GALLAEC	37:38	<b>5:15</b>	7:10	9:25	13:59	16:40	19:56	29:52	33:55	34:49	35:54	36:40	37:38	21:58	*46	
				28:14	1:55	2:15	4:34	2:41	3:16	9:56	<b>4:03</b>	<b>0:54</b>	1:05	<b>0:46</b>	0:58			
				*34														
11	57	Ricoy Bugarín José Pontevedra AROMO	38:30	7:41	10:00	12:32	15:58	23:39	25:00	26:27	32:13	34:26	35:48	36:51	38:30			
12	3	Antoñón Clemente J Porto do Son ADC_	42:16	7:09	10:47	14:03	17:29	24:02	26:46	28:34	36:00	37:30	39:08	40:34	42:16			
13	353	Criado Canales San Culleredo GALLAEC	42:38	7:09	3:38	3:16	3:26	6:33	2:44	1:48	7:26	1:30	1:38	1:26	1:42			
14	151	Gil Díaz José Anton Culleredo GALLAEC	44:34	11:42	13:19	16:23	24:44	29:40	31:07	32:58	37:48	39:00	40:29	41:33	42:38			
15	606	Sampedro Muñiz Jo Santiago de Comp	51:18	11:04	14:56	18:15	21:17	28:47	30:46	33:02	39:17	40:45	42:16	43:08	44:34			
16	307	Aller Estévez Pablo O Barco de Valde T	54:51	8:56	5:31	4:17	3:37	9:16	2:15	2:23	8:00	1:49	2:10	1:33	1:31			
17	119	Fouz Rodriguez Ma LUGO FLUVIAL_LU	55:07	8:12	2:46	2:55	3:31	7:00	3:08	2:05	19:16	1:27	1:59	1:16	1:16			
18	425	López Pérez Jose M A Coruña ARTABRO	1:10:44	10:48	2:57	3:43	14:16	3:46	1:45	3:46	7:59	1:41	1:54	1:10	1:22			
146	Dopico Pena Andre Culleredo GALLAEC	en tarj.	----	14:14	19:13	26:04	31:41	38:05	41:32	44:43	58:12	1:01:25	1:04:55	1:07:30	1:10:44			
				8:22	4:59	6:51	5:37	6:24	3:27	3:11	13:29	3:13	3:30	2:35	3:14			
				8:22	3:22	2:44	15:19	1:10	1:39	6:26	1:24	1:30	1:08	1:16				
Élite (17)				2,2 km 60 m			10 C											
				1(71)	2(72)	3(54)	4(55)	5(74)	6(54)	7(51)	8(45)	9(55)	10(200)	Meta				
1	564	Piñeiro Fraga Brais Nigrán RAZA_PALLE	12:28	2:45	3:43	<b>4:47</b>	<b>5:52</b>	<b>6:32</b>	<b>7:14</b>	<b>8:37</b>	<b>9:14</b>	<b>10:33</b>	<b>11:43</b>	<b>12:28</b>				
2	238	Rodríguez Doming Vigo VIGORIENTA	13:30	2:45	0:58	<b>1:04</b>	<b>1:05</b>	0:40	<b>0:42</b>	1:23	<b>0:37</b>	<b>1:19</b>	<b>1:10</b>	<b>0:45</b>				
3	524	Sardinero Gonzalez Vigo U-VIGO	14:41	2:53	3:44	4:56	6:04	6:52	7:39	9:21	10:02	11:27	12:42	13:30				
4	194	Somoza Seoane Anx Culleredo GALLAEC	14:59	2:53	<b>0:51</b>	1:12	1:08	0:48	0:47	1:42	0:41	1:25	1:15	0:48				
5	202	Casado Bravo Davi Betanzos OP BETAN	15:07	<b>2:42</b>	0:54	1:52	1:18	0:45	0:46	1:46	0:40	1:40	1:30	0:48				
6	574	Pérez Alonso Adrián Nigrán RAZA_PALLE	15:14	2:47	3:44	4:55	6:05	6:49	7:36	8:57	9:42	11:07	14:08	14:59				
7	605	García Acevedo Pela Santiago de Comp	16:13	2:47	0:57	1:11	1:10	0:44	0:47	<b>1:21</b>	0:45	1:25	3:01	0:51				
8	561	Fernández Casalder Nigrán RAZA_PALLE	16:18	3:11	4:14	5:49	7:14	7:56	8:44	10:23	11:07	12:51	14:15	15:07				
9	303	Morales Ferreiro Ma Xinzo de Limia LIMI	16:57	3:11	1:03	1:35	1:25	0:42	0:48	1:39	0:44	1:44	1:24	0:52				
10	122	Nogueras Marentes LUGO FLUVIAL_LU	19:31	3:16	4:19	6:13	7:37	8:22	9:11	10:50	11:32	13:07	14:25	15:14				
10	195	Somoza Seoane Anx Culleredo GALLAEC	19:31	3:16	1:03	1:54	1:24	0:45	0:49	1:39	0:42	1:35	1:18	0:49				
12	215	Taboada Pintor Albe Betanzos OP BETAN	22:09	3:12	4:19	5:45	7:15	8:02	8:57	10:26	11:18	13:24	15:13	16:13				
13	272	Rodríguez Silva Isa As Neves VIZHOJA-	24:52	3:12	1:07	1:26	1:30	0:47	0:55	1:29	0:52	2:06	1:49	1:00				
14	33	Serantes Abal Eloi Porto do Son ADC_	27:32	3:11	4:17	5:40	7:00	7:47	8:32	10:10	11:02	14:03	15:21	16:18	13:13			
15	485	Abeal Navarro Fran Pontedeume MONT	28:10	3:11	1:06	1:23	1:20	0:47	0:45	1:38	0:52	3:01	1:18	0:57	*74			
103	Rodríguez Lopez R LUGO COMPÁS	en tarj.	----	3:15	4:23	5:34	8:54	9:40	10:27	12:01	12:45	14:38	16:02	16:57	7:34	*75		
209	López Costoya Fran Betanzos OP BETAN	No sale	----	3:15	1:08	1:11	3:20	0:46	0:47	1:34	0:44	1:53	1:24	0:55				
				4:05	5:36	7:00	9:07	9:56	10:49	12:20	13:11	15:03	18:42	19:31				
				4:05	1:31	1:24	2:07	0:49	0:53	1:31	0:51	1:52	3:39	0:49				
				3:17	4:22	5:45	7:11	8:03	8:54	14:15	15:07	17:15	18:34	19:31				
				3:17	1:05	1:23	1:26	0:52	0:51	5:21	0:52	2:08	1:19	0:57				
				4:21	5:56	7:37	11:16	12:04	12:49	14:42	15:28	19:26	21:07	22:09				
				4:21	1:35	1:41	3:39	0:48	0:45	1:53	0:46	3:58	1:41	1:02				
				10:07	11:19	13:16	15:03	16:09	17:09	19:33	20:24	22:12	23:58	24:52				
				10:07	1:12	1:57	1:47	1:06	1:00	2:24	0:51	1:48	1:46	0:54				
				3:19	4:28	6:35	8:19	9:16	10:18	21:43	22:40	24:32	26:28	27:32				
				3:19	1:09	2:07	1:44	0:57	1:02	11:25	0:57	1:52	1:56	1:04				
				4:01	6:01	11:14	16:51	17:54	19:18	21:46	22:50	25:38	27:10	28:10				
				4:01	2:00	5:13	5:37	1:03	1:24	2:28	1:04	2:48	1:32	1:00				
				3:18	4:29	7:40	11:02	11:40	12:23	16:11	16:52	----	21:00	22:02	15:12	18:45		
				3:18	1:11	3:11	3:22	<b>0:38</b>	0:43	3:48	0:41	4:08	1:02	1:02	*45	*74		





os		rsal	Nombre	Tiempo																
<b>Masculino 35 NC (1)</b>					<b>5,0 km 175 m</b>			<b>18 C</b>												
					1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(38)	12(35)	13(31)	14(52)		
					15(44)	16(41)	17(45)	18(100)	Meta											
1	812	Barja Alvarez Javier	1:08:54	<b>5:08</b>	<b>15:34</b>	<b>16:44</b>	<b>18:05</b>	<b>21:46</b>	<b>33:55</b>	<b>37:14</b>	<b>39:02</b>	<b>40:45</b>	<b>42:31</b>	<b>45:24</b>	<b>52:29</b>	<b>59:07</b>	<b>1:00:42</b>			
					<b>5:08</b>	<b>10:26</b>	<b>1:10</b>	<b>1:21</b>	<b>3:41</b>	<b>12:09</b>	<b>3:19</b>	<b>1:48</b>	<b>1:43</b>	<b>1:46</b>	<b>2:53</b>	<b>7:05</b>	<b>6:38</b>	<b>1:35</b>		
					<b>1:03:32</b>	<b>1:05:03</b>	<b>1:06:53</b>	<b>1:07:49</b>	<b>1:08:54</b>											
					<b>2:50</b>	<b>1:31</b>	<b>1:50</b>	<b>0:56</b>	<b>1:05</b>											
<b>Masculino 55 (11)</b>					<b>2,6 km 80 m</b>			<b>10 C</b>												
					1(52)	2(44)	3(46)	4(47)	5(48)	6(49)	7(50)	8(46)	9(41)	10(100)	Meta					
1	131	Álvarez Estévez Enr	26:59	<b>5:44</b>	<b>7:33</b>	<b>10:28</b>	<b>13:18</b>	<b>17:14</b>	<b>18:19</b>	<b>20:08</b>	<b>21:38</b>	<b>25:15</b>	<b>26:01</b>	<b>26:59</b>						
					<b>5:44</b>	<b>1:49</b>	<b>2:55</b>	2:50	3:56	<b>1:05</b>	1:49	1:30	<b>3:37</b>	0:46	<b>0:58</b>					
2	412	Romero Capa Carlo	31:20	<b>5:44</b>	7:46	10:47	13:42	19:00	21:01	22:44	25:02	29:33	30:13	31:20						
					<b>5:44</b>	2:02	3:01	2:55	5:18	2:01	1:43	2:18	4:31	<b>0:40</b>	1:07					
3	318	Diaz Falcon Gilbert	31:40	<b>6:05</b>	8:17	12:47	15:59	19:43	21:13	22:49	24:45	29:20	30:19	31:40						
					6:05	2:12	4:30	3:12	<b>3:44</b>	1:30	<b>1:36</b>	1:56	4:35	0:59	1:21					
4	34	Serantes Maneiro C	32:29	6:38	8:43	12:30	15:18	19:33	20:44	25:05	26:20	30:23	31:27	32:29						
					6:38	2:05	3:47	2:48	4:15	1:11	4:21	<b>1:15</b>	4:03	1:04	1:02					
5	426	Mancera Bello Alfon	33:19	6:08	8:23	12:39	15:26	19:38	20:55	25:14	26:29	31:18	32:12	33:19						
					6:08	2:15	4:16	<b>2:47</b>	4:12	1:17	4:19	<b>1:15</b>	4:49	0:54	1:07					
6	38	Victorero Rey Jorge	35:55	6:13	8:46	12:15	15:28	19:44	21:29	26:06	27:35	33:06	34:46	35:55						
					6:13	2:33	3:29	3:13	4:16	1:45	4:37	1:29	5:31	1:40	1:09					
7	607	Sampedro Muñiz Ra	36:19	9:27	12:03	15:04	18:03	22:26	24:00	26:10	27:56	33:33	34:43	36:19						
					9:27	2:36	3:01	2:59	4:23	1:34	2:10	1:46	5:37	1:10	1:36					
8	141	Carballo Fernández	37:49	8:08	11:05	14:28	17:44	23:10	24:56	26:53	28:49	34:34	35:53	37:49						
					8:08	2:57	3:23	3:16	5:26	1:46	1:57	1:56	5:45	1:19	1:56					
9	436	Roibas Yañez Juan	39:41	9:11	11:32	15:01	18:19	26:43	28:12	30:09	31:58	37:10	38:15	39:41						
					9:11	2:21	3:29	3:18	8:24	1:29	1:57	1:49	5:12	1:05	1:26					
10	174	Pazos Miser Rafael	42:36	9:06	12:00	16:09	19:34	24:48	26:34	32:31	34:09	40:07	41:14	42:36						
					9:06	2:54	4:09	3:25	5:14	1:46	5:57	1:38	5:58	1:07	1:22					
11	483	Sande Rodríguez F	45:35	8:42	11:43	15:10	17:58	28:40	31:15	33:27	37:08	42:31	43:48	45:35						
					8:42	3:01	3:27	2:48	10:42	2:35	2:12	3:41	5:23	1:17	1:47					
<b>Feminino 55 (6)</b>					<b>2,6 km 80 m</b>			<b>10 C</b>												
					1(52)	2(44)	3(46)	4(47)	5(48)	6(49)	7(50)	8(46)	9(41)	10(100)	Meta					
1	113	Fernandez Riveiro	37:14	<b>7:36</b>	<b>10:38</b>	<b>14:20</b>	<b>17:24</b>	<b>23:08</b>	<b>24:43</b>	<b>26:27</b>	<b>29:04</b>	<b>34:31</b>	<b>35:47</b>	<b>37:14</b>						
					<b>7:36</b>	<b>3:02</b>	3:42	<b>3:04</b>	5:44	<b>1:35</b>	<b>1:44</b>	2:37	<b>5:27</b>	1:16	<b>1:27</b>					
2	164	López Suárez María	47:17	9:57	13:13	16:48	23:39	28:54	31:21	33:54	36:15	43:54	45:09	47:17						
					9:57	3:16	<b>3:35</b>	6:51	<b>5:15</b>	2:27	2:33	<b>2:21</b>	7:39	<b>1:15</b>	2:08					
3	461	González Sención A	54:11	9:04	12:06	16:45	20:48	34:33	38:32	41:25	44:38	50:22	52:33	54:11						
					9:04	<b>3:02</b>	4:39	4:03	13:45	3:59	2:53	3:13	5:44	2:11	1:38					
4	47	Díaz Rodríguez Yol	54:16	13:13	16:53	22:38	28:49	34:14	37:22	40:32	43:10	50:56	52:27	54:16						
					13:13	3:40	5:45	6:11	5:25	3:08	3:10	2:38	7:46	1:31	1:49					
5	148	Fernández Santiago	56:10	12:05	15:34	21:56	27:59	35:15	37:10	40:06	43:07	50:49	53:32	56:10						
					12:05	3:29	6:22	6:03	7:16	1:55	2:56	3:01	7:42	2:43	2:38					
6	432	Ponte Pena Mª Elen	58:54	10:32	15:18	20:36	26:08	37:13	39:27	42:25	45:49	54:57	56:41	58:54						
					10:32	4:46	5:18	5:32	11:05	2:14	2:58	3:24	9:08	1:44	2:13					