

s	orsal	Nombre	tiempo	16.5 km 430 m		15 C											
				1(58)	2(53)	3(51)	4(52)	5(67)	6(43)	7(63)	8(69)	9(74)	10(39)	11(37)	12(35)	13(59)	14(32)
				15(100)	Meta												
<b>1</b>	<b>4478</b>	<b>Anxo Somoza Seoane</b> <b>Culleredo GALLAECIA_RA</b>	<b>1:19:36</b>	<b>3:52</b>	<b>8:04</b>	<b>18:52</b>	23:32	<b>26:42</b>	<b>40:57</b>	<b>49:41</b>	52:48	58:35	1:00:30	1:04:56	1:07:46	1:10:33	1:16:04
				<b>3:52</b>	<b>4:12</b>	10:48	4:40	3:10	14:15	8:44	3:07	5:47	<b>1:55</b>	4:26	2:50	2:47	<b>5:31</b>
				<b>1:19:26</b>	<b>1:19:36</b>												
				<b>3:22</b>	<b>0:10</b>												
<b>2</b>	<b>4625</b>	<b>Mario López González</b> <b>Betanzos OP BETANZOS</b>	<b>1:20:09</b>	4:07	8:27	<b>18:52</b>	<b>23:19</b>	28:05	41:39	49:52	<b>52:38</b>	<b>57:53</b>	<b>1:00:04</b>	<b>1:03:54</b>	<b>1:06:12</b>	<b>1:09:10</b>	<b>1:15:22</b>
				4:07	4:20	<b>10:25</b>	<b>4:27</b>	4:46	<b>13:34</b>	8:13	<b>2:46</b>	<b>5:15</b>	2:11	<b>3:50</b>	<b>2:18</b>	2:58	6:12
				1:19:58	1:20:09		27:32										
				4:36	0:11		*71										
<b>3</b>	<b>4473</b>	<b>Diego Silvarrey Oreiro</b> <b>Culleredo GALLAECIA_RA</b>	<b>1:30:09</b>	4:02	8:17	23:28	28:22	31:14	48:01	57:51	1:01:36	1:07:31	1:09:42	1:13:36	1:16:50	1:19:53	1:26:24
				4:02	4:15	15:11	4:54	<b>2:52</b>	16:47	9:50	3:45	5:55	2:11	3:54	3:14	3:03	6:31
				1:29:57	1:30:09		32:49	37:03	42:00	1:10:58	1:28:43						
				3:33	0:12		*71	*50	*42	*69	*42						
<b>4</b>	<b>4617</b>	<b>Martín Casado Núñez</b> <b>Betanzos OP BETANZOS</b>	<b>1:34:56</b>	3:54	8:20	21:50	26:34	31:29	53:07	1:01:02	1:04:12	1:10:12	1:12:30	1:16:40	1:19:00	1:21:39	1:28:13
				3:54	4:26	13:30	4:44	4:55	21:38	<b>7:55</b>	3:10	6:00	2:18	4:10	2:20	<b>2:39</b>	6:34
				1:34:44	1:34:56		30:51	47:31	1:14:09	1:30:25	1:33:23						
				6:31	0:12		*71	*69	*69	*48	*42						
<b>Masculino 20 (1)</b>				<b>21.4 km 710 m</b>		<b>18 C</b>											
				1(43)	2(44)	3(45)	4(69)	5(74)	6(37)	7(41)	8(46)	9(34)	10(58)	11(53)	12(31)	13(51)	14(65)
				15(71)	16(47)	17(32)	18(100)	Meta									
<b>1</b>	<b>4631</b>	<b>Marcos Suarez Rivas</b> <b>Betanzos OP BETANZOS</b>	<b>2:44:13</b>	<b>5:42</b>	<b>23:33</b>	<b>36:08</b>	<b>46:12</b>	<b>53:24</b>	<b>58:33</b>	<b>1:05:17</b>	<b>1:12:09</b>	<b>1:22:46</b>	<b>1:31:15</b>	<b>1:37:05</b>	<b>1:48:43</b>	<b>1:55:20</b>	<b>2:05:05</b>
				<b>5:42</b>	<b>17:51</b>	<b>12:35</b>	<b>10:04</b>	<b>7:12</b>	<b>5:09</b>	<b>6:44</b>	<b>6:52</b>	<b>10:37</b>	<b>8:29</b>	<b>5:50</b>	<b>11:38</b>	<b>6:37</b>	<b>9:45</b>
				<b>2:16:37</b>	<b>2:24:27</b>	<b>2:36:42</b>	<b>2:43:48</b>	<b>2:44:13</b>		1:35:55							
				<b>11:32</b>	<b>7:50</b>	<b>12:15</b>	<b>7:06</b>	<b>0:25</b>		*57							
<b>Élite (14)</b>				<b>25.3 km 760 m</b>		<b>21 C</b>											
				1(43)	2(44)	3(45)	4(48)	5(76)	6(41)	7(69)	8(74)	9(37)	10(36)	11(46)	12(34)	13(38)	14(72)
				15(51)	16(55)	17(67)	18(49)	19(53)	20(58)	21(100)	Meta						
<b>1</b>	<b>4807</b>	<b>Nicolas Lopez Gonzalez</b> <b>LUGO COMPÁS</b>	<b>1:34:04</b>	<b>3:00</b>	<b>12:12</b>	<b>17:03</b>	<b>23:27</b>	<b>25:40</b>	<b>30:38</b>	<b>33:11</b>	<b>37:18</b>	<b>39:58</b>	<b>41:32</b>	<b>46:19</b>	<b>51:21</b>	<b>55:09</b>	<b>1:01:46</b>
				<b>3:00</b>	9:12	<b>4:51</b>	6:24	2:13	<b>4:58</b>	<b>2:33</b>	4:07	2:40	1:34	<b>4:47</b>	5:02	3:48	6:37
				<b>1:09:17</b>	<b>1:14:31</b>	<b>1:17:46</b>	<b>1:21:58</b>	<b>1:27:37</b>	<b>1:31:26</b>	<b>1:33:54</b>	<b>1:34:04</b>		1:18:40				
				7:31	5:14	<b>3:15</b>	4:12	<b>5:39</b>	<b>3:49</b>	2:28	0:10		*71				

s	orsal	Nombre	tiempo	25.3 km 760 m		21 C		(cont.)											
				1(43) 15(51)	2(44) 16(55)	3(45) 17(67)	4(48) 18(49)	5(76) 19(53)	6(41) 20(58)	7(69) 21(100)	8(74) Meta	9(37)	10(36)	11(46)	12(34)	13(38)	14(72)		
<b>Élite (14)</b>																			
2	4652	Juan J. Sancosmed Vázq A Coruña COCO	1:40:01	3:48 3:48	13:47 9:59	19:41 5:54	25:58 <b>6:17</b>	28:18 2:20	34:57 6:39	37:59 3:02	42:20 4:21	44:09 <b>1:49</b>	45:29 1:20	50:46 5:17	56:18 5:32	59:07 2:49	1:05:46 6:39		
				1:12:21	1:16:43	1:20:06	1:24:07	1:32:44	1:36:53	1:39:42	1:40:01		39:35	1:29:29					
				<b>6:35</b>	<b>4:22</b>	3:23	<b>4:01</b>	8:37	4:09	2:49	0:19		*39	*57					
3	4765	Yago Breijo Martinez Cuntis XESTEIRAS	1:40:37	3:30	13:20	18:39	25:22	27:41	33:33	36:32	40:34	42:29	43:43	49:22	55:00	58:33	1:06:44		
				3:30	9:50	5:19	6:43	2:19	5:52	2:59	<b>4:02</b>	1:55	<b>1:14</b>	5:39	5:38	3:33	8:11		
				1:14:10	1:19:16	1:23:03	1:27:36	1:33:18	1:37:37	1:40:27	1:40:37		7:02	32:27	34:05	1:23:51	1:32:42		
				7:26	5:06	3:47	4:33	5:42	4:19	2:50	0:10		*76	*63	*73	*71	*57		
4	4228	Adrián Moreira Alonso Pontevedra AROMON	1:41:52	3:51	12:42	18:55	25:25	27:50	33:51	37:03	41:43	43:50	45:05	50:31	56:23	59:15	1:05:46		
				3:51	<b>8:51</b>	6:13	6:30	2:25	6:01	3:12	4:40	2:07	1:15	5:26	5:52	2:52	<b>6:31</b>		
				1:13:07	1:17:56	1:22:02	1:26:46	1:33:29	1:38:46	1:41:41	1:41:52		19:44	1:19:57	1:22:53	1:32:57			
				7:21	4:49	4:06	4:44	6:43	5:17	2:55	0:11		*59	*65	*71	*57			
5	4633	Alberto Taboada Pintor Betanzos OP BETANZOS	1:42:01	3:33	13:58	19:42	27:56	29:59	35:52	38:42	42:54	45:15	46:53	51:43	56:36	59:11	1:06:23		
				3:33	10:25	5:44	8:14	<b>2:03</b>	5:53	2:50	4:12	2:21	1:38	4:50	<b>4:53</b>	<b>2:35</b>	7:12		
				1:13:21	1:18:36	1:21:51	1:25:56	1:31:40	1:39:27	1:41:52	1:42:01		20:29	1:31:03					
				6:58	5:15	<b>3:15</b>	4:05	5:44	7:47	<b>2:25</b>	<b>0:09</b>		*59	*57					
6	4450	Felipe Peña Pita Culleredo GALLAECIA_RA	1:43:52	4:22	15:08	21:05	29:44	32:12	38:28	41:42	46:04	48:17	49:47	55:16	1:00:46	1:03:44	1:10:47		
				4:22	10:46	5:57	8:39	2:28	6:16	3:14	4:22	2:13	1:30	5:29	5:30	2:58	7:03		
				1:18:09	1:22:52	1:26:07	1:30:42	1:36:29	1:41:06	1:43:41	1:43:52		51:20	1:35:54					
				7:22	4:43	<b>3:15</b>	4:35	5:47	4:37	2:35	0:11		*69	*57					
7	4815	Rodrigo Ivan Rodriguez L LUGO COMPÁS	1:59:50	4:07	14:48	20:53	32:17	34:41	40:49	44:19	48:50	50:47	52:21	57:57	1:03:35	1:06:29	1:15:10		
				4:07	10:41	6:05	11:24	2:24	6:08	3:30	4:31	1:57	1:34	5:36	5:38	2:54	8:41		
				1:23:49	1:29:23	1:33:05	1:39:15	1:47:35	1:52:45	1:59:38	1:59:50		1:47:02	1:55:35					
				8:39	5:34	3:42	6:10	8:20	5:10	6:53	0:12		*57	*64					
8	4474	Marcos Silvarrey Oreiro Culleredo GALLAECIA_RA	2:09:04	3:58	17:10	23:25	32:45	35:17	43:15	46:36	51:22	53:29	54:55	1:00:13	1:05:20	1:09:09	1:19:44		
				3:58	13:12	6:15	9:20	2:32	7:58	3:21	4:46	2:07	1:26	5:18	5:07	3:49	10:35		
				1:27:53	1:33:25	1:37:38	1:43:08	1:55:56	2:04:54	2:08:44	2:09:04		12:25	31:33	1:39:11	1:55:08	2:03:40		
				8:09	5:32	4:13	5:30	12:48	8:58	3:50	0:20		*69	*76	*71	*57	*64		
9	4500	Mario Vázquez Vázquez Ordes SEO	2:10:01	4:41	17:46	23:53	31:16	34:16	41:39	45:05	49:56	52:05	54:35	1:00:54	1:08:20	1:12:04	1:19:45		
				4:41	13:05	6:07	7:23	3:00	7:23	3:26	4:51	2:09	2:30	6:19	7:26	3:44	7:41		
				1:28:28	1:34:59	1:39:13	1:48:48	1:55:40	2:04:28	2:09:19	2:10:01		9:12	1:40:14	1:54:50	2:01:07			
				8:43	6:31	4:14	9:35	6:52	8:48	4:51	0:42		*76	*71	*57	*64			

s	orsal	Nombre	tiempo	25.3 km 760 m		21 C		(cont.)									
				1(43)	2(44)	3(45)	4(48)	5(76)	6(41)	7(69)	8(74)	9(37)	10(36)	11(46)	12(34)	13(38)	14(72)
				15(51)	16(55)	17(67)	18(49)	19(53)	20(58)	21(100)	Meta						
<b>10</b>	<b>4556</b>	<b>Daniel Adam Mckay Castr</b> <b>O Porriño BUDIÑORAI</b>	<b>2:14:02</b>	4:09	20:27	26:20	36:12	39:11	46:03	49:52	55:52	58:16	1:00:00	1:07:14	1:14:55	1:18:35	1:27:56
				4:09	16:18	5:53	9:52	2:59	6:52	3:49	6:00	2:24	1:44	7:14	7:41	3:40	9:21
				1:37:19	1:42:53	1:47:55	1:53:10	2:00:39	2:08:44	2:13:42	2:14:02		1:59:56				
				9:23	5:34	5:02	5:15	7:29	8:05	4:58	0:20		*57				
<b>11</b>	<b>4604</b>	<b>Eloi Serantes Abal</b> <b>Porto do Son ADC_ARNEL</b>	<b>2:41:00</b>	4:23	18:35	27:12	37:56	41:37	50:31	54:57	1:01:37	1:04:56	1:07:00	1:14:41	1:22:54	1:27:12	1:39:20
				4:23	14:12	8:37	10:44	3:41	8:54	4:26	6:40	3:19	2:04	7:41	8:13	4:18	12:08
				1:50:56	1:59:29	2:06:18	2:17:19	2:28:17	2:35:19	2:40:45	2:41:00		2:10:28				
				11:36	8:33	6:49	11:01	10:58	7:02	5:26	0:15		*71				
	<b>4768</b>	<b>Alberto Arufe Varela</b> <b>A Coruña LICEO</b>	<b>No sale</b>														
	<b>4488</b>	<b>Ruben Carballo Morán</b> <b>Ordes SEO</b>	<b>No sale</b>														
	<b>4623</b>	<b>Francisco Javier López C</b> <b>Betanzos OP BETANZOS</b>	<b>No sale</b>														
<b>Masculino 21 (3)</b>				<b>20.0 km 520 m</b>		<b>18 C</b>											
				1(58)	2(53)	3(49)	4(51)	5(52)	6(71)	7(59)	8(35)	9(37)	10(39)	11(74)	12(69)	13(41)	14(47)
				15(44)	16(43)	17(76)	18(100)	Meta									
<b>1</b>	<b>4536</b>	<b>Moises Vergara Villarnovo</b> <b>Ferrol MONTAÑA_FERROL</b>	<b>1:31:38</b>	<b>4:18</b>	<b>8:19</b>	20:25	22:46	27:52	32:41	41:04	47:11	51:52	56:14	1:00:13	1:03:24	1:06:25	1:08:24
				<b>4:18</b>	<b>4:01</b>	12:06	<b>2:21</b>	5:06	4:49	8:23	6:07	4:41	4:22	3:59	<b>3:11</b>	3:01	<b>1:59</b>
				1:10:57	1:23:32	1:28:25	<b>1:31:25</b>	<b>1:31:38</b>									
				2:33	<b>12:35</b>	4:53	<b>3:00</b>	<b>0:13</b>									
<b>2</b>	<b>4793</b>	<b>Roberto Amarelle Garabá</b> <b>LUGO COMPÁS</b>	<b>1:32:54</b>	4:28	8:37	<b>15:51</b>	<b>19:00</b>	<b>23:24</b>	<b>27:24</b>	<b>34:50</b>	<b>40:44</b>	<b>44:08</b>	<b>48:21</b>	<b>51:58</b>	<b>55:29</b>	<b>58:16</b>	<b>1:00:55</b>
				4:28	4:09	<b>7:14</b>	3:09	<b>4:24</b>	<b>4:00</b>	<b>7:26</b>	<b>5:54</b>	<b>3:24</b>	<b>4:13</b>	<b>3:37</b>	3:31	<b>2:47</b>	2:39
				<b>1:03:47</b>	<b>1:20:17</b>	<b>1:24:43</b>	1:32:35	1:32:54									
				2:52	16:30	<b>4:26</b>	7:52	0:19									
<b>3</b>	<b>4582</b>	<b>Julio Lagos Carrera</b> <b>Porto do Son ADC_ARNEL</b>	<b>1:44:39</b>	5:20	11:16	19:49	23:14	28:56	35:41	44:56	52:10	56:02	1:00:56	1:05:43	1:09:08	1:12:25	1:14:36
				5:20	5:56	8:33	3:25	5:42	6:45	9:15	7:14	3:52	4:54	4:47	3:25	3:17	2:11
				1:17:00	1:32:35	1:38:45	1:44:25	1:44:39		1:40:05	1:43:06						
				<b>2:24</b>	15:35	6:10	5:40	0:14		*48	*42						

s	orsal	Nombre	tiempo	21.4 km 710 m					18 C									
				1(43)	2(44)	3(45)	4(69)	5(74)	6(37)	7(41)	8(46)	9(34)	10(58)	11(53)	12(31)	13(51)	14(65)	
				15(71)	16(47)	17(32)	18(100)	Meta										
1	4542	Carlos Amil Fernández O Porriño BUDIÑORAID	1:25:25	3:50	15:23	21:35	27:11	31:50	34:07	37:20	41:04	47:22	51:44	55:04	1:01:17	1:05:26	1:11:09	
				3:50	11:33	6:12	5:36	4:39	2:17	3:13	3:44	6:18	4:22	3:20	6:13	4:09	5:43	
				1:14:32	1:17:39	1:22:51	1:25:14	1:25:25										
				3:23	3:07	5:12	2:23	0:11										
2	4369	Miguel Camblor Quirós Culleredo GALLAECIA_RA	1:31:08	4:20	15:54	22:10	28:02	32:32	34:54	38:05	41:46	48:17	52:57	57:09	1:02:47	1:06:59	1:12:37	
				4:20	11:34	6:16	5:52	4:30	2:22	3:11	3:41	6:31	4:40	4:12	5:38	4:12	5:38	
				1:15:53	1:19:34	1:28:00	1:30:57	1:31:08	1:10:44		1:14:47							
				3:16	3:41	8:26	2:57	0:11	*52		*67							
3	4493	Jose Angel Morlán Rodrig Ordes SEO	1:34:55	4:21	14:19	21:14	27:42	32:35	35:31	39:08	43:13	50:08	56:00	1:00:21	1:07:10	1:12:06	1:19:08	
				4:21	9:58	6:55	6:28	4:53	2:56	3:37	4:05	6:55	5:52	4:21	6:49	4:56	7:02	
				1:22:17	1:25:26	1:31:43	1:34:43	1:34:55										
				3:09	3:09	6:17	3:00	0:12										
4	4587	Joaquín Oujo Ageitos Porto do Son ADC_ARNEL	1:35:30	3:57	20:13	26:58	32:58	37:39	41:01	44:50	48:41	55:21	1:01:27	1:04:55	1:11:14	1:15:10	1:21:20	
				3:57	16:16	6:45	6:00	4:41	3:22	3:49	3:51	6:40	6:06	3:28	6:19	3:56	6:10	
				1:24:29	1:27:30	1:32:46	1:35:19	1:35:30	1:23:24									
				3:09	3:01	5:16	2:33	0:11	*67									
5	4564	Pablo Sio Otero O Porriño BUDIÑORAID	1:35:57	5:01	14:49	22:34	28:51	34:20	36:32	40:13	44:45	51:26	56:11	1:00:16	1:07:03	1:11:39	1:18:42	
				5:01	9:48	7:45	6:17	5:29	2:12	3:41	4:32	6:41	4:45	4:05	6:47	4:36	7:03	
				1:22:43	1:26:42	1:32:49	1:35:43	1:35:57	38:40									
				4:01	3:59	6:07	2:54	0:14	*73									
6	4414	Pablo López Franco Culleredo GALLAECIA_RA	1:45:33	4:13	15:13	21:33	27:00	31:27	33:51	36:56	40:56	47:03	1:06:29	1:10:37	1:16:33	1:21:38	1:28:11	
				4:13	11:00	6:20	5:27	4:27	2:24	3:05	4:00	6:07	19:26	4:08	5:56	5:05	6:33	
				1:32:13	1:36:02	1:42:16	1:45:21	1:45:33										
				4:02	3:49	6:14	3:05	0:12										
7	4444	Manuel Pedre Vazquez Culleredo GALLAECIA_RA	1:53:18	4:12	21:28	29:50	35:57	41:08	43:47	47:44	51:49	59:31	1:10:41	1:16:25	1:24:35	1:29:09	1:35:18	
				4:12	17:16	8:22	6:07	5:11	2:39	3:57	4:05	7:42	11:10	5:44	8:10	4:34	6:09	
				1:38:54	1:42:22	1:47:30	1:53:06	1:53:18	1:04:13		1:49:54							
				3:36	3:28	5:08	5:36	0:12	*38		*58							
8	4728	Alberto Rodríguez Salas As Neves VIZHOJA-CORNE	1:58:39	5:06	23:34	31:52	38:57	44:42	47:02	51:00	55:31	1:03:47	1:09:35	1:16:16	1:23:49	1:29:41	1:39:36	
				5:06	18:28	8:18	7:05	5:45	2:20	3:58	4:31	8:16	5:48	6:41	7:33	5:52	9:55	
				1:43:44	1:48:10	1:55:16	1:58:24	1:58:39										
				4:08	4:26	7:06	3:08	0:15										
9	4258	Roberto Verde Lareu Pontevedra AROMON	2:07:03	5:02	16:59	26:45	34:34	40:33	44:06	48:18	53:21	1:02:01	1:12:07	1:18:15	1:28:11	1:34:33	1:44:40	
				5:02	11:57	9:46	7:49	5:59	3:33	4:12	5:03	8:40	10:06	6:08	9:56	6:22	10:07	
				1:49:40	1:54:09	2:01:39	2:06:40	2:07:03										
				5:00	4:29	7:30	5:01	0:23										

s	orsal	Nombre	tiempo	21.4 km 710 m		18 C	(cont.)											
				1(43) 15(71)	2(44) 16(47)	3(45) 17(32)	4(69) 18(100)	5(74) Meta	6(37)	7(41)	8(46)	9(34)	10(58)	11(53)	12(31)	13(51)	14(65)	
<b>Masculino 40 (15)</b>																		
10	4329	Iago Viana Gonzalez LUGO FLUVIAL_LUGO	2:15:28	5:41 5:41	27:32 21:51	38:11 10:39	46:01 7:50	53:18 7:17	56:44 3:26	1:01:12 4:28	1:06:29 5:17	1:13:56 7:27	1:19:52 5:56	1:25:03 5:11	1:34:43 9:40	1:40:47 6:04	1:50:00 9:13	
				1:58:02	2:03:19	2:11:19	2:15:08	2:15:28										
				8:02	5:17	8:00	3:49	0:20										
11	4525	Diego De La Torre Herrero O Barco de Valde TREVIN	2:18:13	4:46	17:06	25:01	35:41	41:49	44:42	49:21	54:14	1:04:18	1:13:36	1:18:31	1:27:43	1:33:29	1:53:34	
				4:46	12:20	7:55	10:40	6:08	2:53	4:39	4:53	10:04	9:18	4:55	9:12	5:46	20:05	
				1:58:06	2:03:26	2:13:51	2:17:57	2:18:13		1:51:09								
				4:32	5:20	10:25	4:06	0:16		*55								
12	4204	Pablo Barreiro Fernández Pontevedra AROMON	2:20:33	10:52	31:21	40:50	48:03	54:40	57:48	1:02:52	1:08:23	1:16:54	1:26:46	1:31:50	1:40:56	1:47:51	1:56:49	
				10:52	20:29	9:29	7:13	6:37	3:08	5:04	5:31	8:31	9:52	5:04	9:06	6:55	8:58	
				2:01:31	2:07:15	2:16:21	2:20:12	2:20:33		1:34:58	1:59:48							
				4:42	5:44	9:06	3:51	0:21		*72	*67							
13	6461	Jorge López Gómez Pontevedra AROMON	2:45:08	6:12	22:23	31:41	38:53	45:18	54:06	1:17:45	1:23:25	1:33:37	1:42:09	1:48:20	2:00:40	2:07:05	2:16:33	
				6:12	16:11	9:18	7:12	6:25	8:48	23:39	5:40	10:12	8:32	6:11	12:20	6:25	9:28	
				2:24:51	2:29:09	2:39:19	2:44:40	2:45:08		1:10:49								
				8:18	4:18	10:10	5:21	0:28		*45								
14	4261	Jacob Canedo Monasterio A Coruña ARTABROS	2:49:34	6:11	44:51	56:52	1:05:04	1:10:36	1:14:06	1:19:54	1:24:54	1:35:40	1:43:13	1:50:55	2:01:13	2:08:55	2:19:25	
				6:11	38:40	12:01	8:12	5:32	3:30	5:48	5:00	10:46	7:33	7:42	10:18	7:42	10:30	
				2:28:03	2:33:21	2:41:43	2:49:03	2:49:34		54:55								
				8:38	5:18	8:22	7:20	0:31		*59								
	4370	Juan Carlos Candal De La Culleredo GALLAECIA_RA	en tarj.	7:04	26:44	37:34	44:13	49:15	52:04	56:23	1:00:24	1:09:56	1:15:43	1:20:34	1:28:54	1:33:19	1:39:59	
				7:04	19:40	10:50	6:39	5:02	2:49	4:19	4:01	9:32	5:47	4:51	8:20	4:25	6:40	
				1:43:36	1:47:29	1:53:30	1:56:59			1:37:45	1:42:24							
				3:37	3:53	6:01	3:29			*52	*67							
<b>Masculino 50 (12)</b>																		
				1(58) 15(44)	2(53) 16(43)	3(49) 17(76)	4(51) 18(100)	5(52) Meta	6(71)	7(59)	8(35)	9(37)	10(39)	11(74)	12(69)	13(41)	14(47)	
1	4615	David Casado Bravo Betanzos OP BETANZOS	1:20:18	4:09	8:05	14:36	17:08	21:22	25:15	31:56	37:11	39:59	43:58	47:39	51:05	54:00	56:47	
				4:09	3:56	6:31	2:32	4:14	3:53	6:41	5:15	2:48	3:59	3:41	3:26	2:55	2:47	
				59:22	1:10:56	1:15:06	1:20:05	1:20:18		9:38	49:48	1:16:33	1:18:38					
				2:35	11:34	4:10	4:59	0:13		*57	*39	*48	*42					





s	orsal	Nombre	tiempo														
<b>Masculino 60 (7)</b>				<b>16.5 km 430 m</b>			<b>15 C</b>			<i>(cont.)</i>							
			1(58) 15(100)	2(53) Meta	3(51)	4(52)	5(67)	6(43)	7(63)	8(69)	9(74)	10(39)	11(37)	12(35)	13(59)	14(32)	
5	4331	<b>Carles Abad Vives</b> <b>Vigo U-VIGO</b>	<b>2:35:24</b>	8:32 8:32 2:35:04 5:32	16:09 7:37 2:35:24 0:20	35:23 19:14	43:52 8:29 51:11 *71	53:26 9:34	1:20:53 27:27	1:36:30 15:37	1:42:57 6:27	1:53:27 10:30	1:57:31 4:04	2:05:19 7:48	2:09:50 4:31	2:15:10 5:20	2:29:32 14:22
	4337	<b>Enrique Fuertes González</b> <b>Vigo U-VIGO</b>	<b>control</b>	11:03 11:03 3:15:15 7:22	21:22 10:19 3:15:42 0:27	46:21 24:59	55:01 8:40 24:49 *57	1:05:15 10:14 1:03:45 *71	1:41:30 36:15	1:55:36 14:06	2:02:28 6:52	2:20:10 17:42	2:26:02 5:52	2:36:50 10:48	2:44:52 8:02	2:52:12 7:20	3:07:53 15:41
	4334	<b>José Luis Armada Luaces</b> <b>Vigo U-VIGO</b>	<b>andona</b>	6:31 6:31 1:03:41 51:17	12:24 5:53 1:04:37 0:56	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>Feminino 15 (1)</b>				<b>12.1 km 320 m</b>			<b>10 C</b>										
			1(43)	2(74)	3(69)	4(41)	5(32)	6(71)	7(33)	8(57)	9(64)	10(100)	Meta				
1	4479	<b>Carla Somoza Seoane</b> <b>Culleredo GALLAECIA_RA</b>	<b>1:37:48</b>	7:18 7:18	37:51 30:33	45:08 7:17	52:22 7:14	1:02:15 9:53	1:14:45 12:30	1:19:29 4:44	1:28:13 8:44	1:33:34 5:21	1:37:32 3:58	1:37:48 0:16			
<b>Feminino 17 (1)</b>				<b>12.6 km 350 m</b>			<b>11 C</b>										
			1(43)	2(74)	3(69)	4(41)	5(32)	6(44)	7(67)	8(33)	9(57)	10(64)	11(100)	Meta			
1	4817	<b>Noa Rodríguez Sobrado</b> <b>LUGO COMPÁS</b>	<b>1:21:55</b>	6:19 6:19 1:03:17 *71	26:48 20:29 1:05:18 *71	31:29 4:41	36:38 5:09	46:49 10:11	1:01:25 14:36	1:03:44 2:19	1:08:59 5:15	1:14:31 5:32	1:18:25 3:54	1:21:40 3:15	1:21:55 0:15	49:53 *57	
<b>Feminino Élite (6)</b>				<b>21.4 km 710 m</b>			<b>18 C</b>										
			1(43) 15(71)	2(44) 16(47)	3(45) 17(32)	4(69) 18(100)	5(74) Meta	6(37)	7(41)	8(46)	9(34)	10(58)	11(53)	12(31)	13(51)	14(65)	
1	4620	<b>María Del Mar Delgado G</b> <b>Betanzos OP BETANZOS</b>	<b>1:34:41</b>	3:44 3:44 1:20:54 3:06	13:13 9:29 1:24:23 3:29	19:22 6:09 1:30:12 5:49	24:52 5:30 1:34:29 4:17	29:32 4:40 1:34:41 0:12	31:48 2:16	35:05 3:17	39:19 4:14	46:00 6:41	53:13 7:13	57:19 4:06	1:07:16 9:57	1:11:20 4:04	1:17:48 6:28







s	orsal	Nombre	tiempo														
<b>Feminino 50 (6)</b>				<b>16.5 km 430 m</b>			<b>15 C</b>			<i>(cont.)</i>							
			1(58) 15(100)	2(53) Meta	3(51)	4(52)	5(67)	6(43)	7(63)	8(69)	9(74)	10(39)	11(37)	12(35)	13(59)	14(32)	
	<b>4612</b>	<b>Maria Esther Barreira Vaz Betanzos OP BETANZOS</b>	<b>control</b>	8:05 8:05	14:10 <b>6:05</b>	42:39 28:29	55:56 13:17	1:04:44 8:48	2:04:32 59:48	2:13:53 <b>9:21</b>	2:19:43 5:50	2:27:14 7:31	2:29:55 2:41	2:36:05 <b>6:10</b>	2:40:06 <b>4:01</b>	2:50:38 10:32	3:07:45 17:07
			3:22:40	3:23:00		1:02:19	1:03:20	1:07:14	1:55:50	3:14:05							
			14:55	0:20		*71	*71	*71	*74	*76							
	<b>4340</b>	<b>Ana Iglesias Junzalvos Vigo U-VIGO</b>	<b>andona</b>	12:53 12:53	23:30 10:37	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
			44:02	44:38		11:14	31:26	39:37									
			20:32	0:36		*64	*57	*42									
	<b>4250</b>	<b>Maria Luisa Sanchez Váz Pontevedra AROMON</b>	<b>andona</b>	16:59 16:59	29:09 12:10	1:10:41 41:32	1:35:35 24:54	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
			2:04:36 29:01	2:05:28 0:52													
<b>Feminino 60 (1)</b>				<b>12.6 km 350 m</b>			<b>11 C</b>										
			1(43)	2(74)	3(69)	4(41)	5(32)	6(44)	7(67)	8(33)	9(57)	10(64)	11(100)	Meta			
	<b>4405</b>	<b>Adriana Luisa González S Culleredo GALLAECIA_RA</b>	<b>control</b>	<b>18:55</b> <b>18:55</b>	<b>46:52</b> <b>27:57</b>	<b>1:24:39</b> <b>37:47</b>	<b>1:34:22</b> <b>9:43</b>	<b>2:01:40</b> <b>27:18</b>	<b>2:29:31</b> <b>27:51</b>	<b>2:37:31</b> <b>8:00</b>	<b>2:45:51</b> <b>8:20</b>	<b>2:58:20</b> <b>12:29</b>	<b>3:04:54</b> <b>6:34</b>	<b>3:23:48</b> <b>18:54</b>	<b>3:24:45</b> <b>0:57</b>	<b>2:20:03</b> *33	
			2:31:44 *71	2:32:11 *71													
<b>Absoluta Parellas (1)</b>				<b>20.0 km 520 m</b>			<b>18 C</b>										
			1(58) 15(44)	2(53) 16(43)	3(49) 17(76)	4(51) 18(100)	5(52) Meta	6(71)	7(59)	8(35)	9(37)	10(39)	11(74)	12(69)	13(41)	14(47)	
<b>1</b>	<b>4732</b>	<b>Dori Seijo Souto / Marina As Neves VIZHOJA-CORNE</b>	<b>2:22:39</b>	<b>8:55</b> <b>8:55</b>	<b>15:31</b> <b>6:36</b>	<b>28:25</b> <b>12:54</b>	<b>33:33</b> <b>5:08</b>	<b>42:14</b> <b>8:41</b>	<b>49:46</b> <b>7:32</b>	<b>1:03:12</b> <b>13:26</b>	<b>1:13:56</b> <b>10:44</b>	<b>1:20:00</b> <b>6:04</b>	<b>1:27:06</b> <b>7:06</b>	<b>1:33:04</b> <b>5:58</b>	<b>1:37:33</b> <b>4:29</b>	<b>1:41:46</b> <b>4:13</b>	<b>1:45:32</b> <b>3:46</b>
			1:49:56 4:24	2:07:17 17:21	2:14:06 6:49	2:22:14 8:08	2:22:39 0:25			19:17 *57	1:07:01 *45	1:39:22 *73					

s	orsal	Nombre	tiempo														
<b>Bici Eléctrica (4)</b>				<b>21.4 km 710 m 18 C</b>													
				1(43)	2(44)	3(45)	4(69)	5(74)	6(37)	7(41)	8(46)	9(34)	10(58)	11(53)	12(31)	13(51)	14(65)
				15(71)	16(47)	17(32)	18(100)	Meta									
<b>1</b>	<b>4557</b>	<b>Ricardo Monje Garcia</b>	<b>1:24:19</b>	3:56	15:13	19:36	24:15	28:05	<b>30:21</b>	<b>33:28</b>	<b>36:41</b>	<b>43:43</b>	<b>48:47</b>	<b>52:28</b>	<b>59:34</b>	<b>1:04:03</b>	<b>1:10:56</b>
		<b>O Porriño BUDIÑORAID</b>		3:56	11:17	4:23	<b>4:39</b>	3:50	<b>2:16</b>	<b>3:07</b>	<b>3:13</b>	<b>7:02</b>	<b>5:04</b>	<b>3:41</b>	7:06	4:29	6:53
				<b>1:13:39</b>	<b>1:16:19</b>	<b>1:21:05</b>	<b>1:24:00</b>	<b>1:24:19</b>		7:11							
				2:43	2:40	4:46	<b>2:55</b>	0:19		*76							
<b>2</b>	<b>4592</b>	<b>Gelasio Oujo Pouso</b>	<b>1:24:53</b>	<b>2:58</b>	<b>12:40</b>	<b>16:31</b>	<b>22:26</b>	<b>26:09</b>	30:46	34:07	37:22	44:42	52:21	56:04	1:02:07	1:05:57	1:11:09
		<b>Porto do Son ADC_ARNEL</b>		<b>2:58</b>	<b>9:42</b>	<b>3:51</b>	5:55	<b>3:43</b>	4:37	3:21	3:15	7:20	7:39	3:43	<b>6:03</b>	<b>3:50</b>	<b>5:12</b>
				1:13:46	1:16:23	<b>1:21:05</b>	1:24:40	1:24:53		1:12:52							
				<b>2:37</b>	<b>2:37</b>	<b>4:42</b>	3:35	<b>0:13</b>		*67							
<b>3</b>	<b>4280</b>	<b>Jorge Piñeiro Portela</b>	<b>1:57:00</b>	3:50	20:52	26:39	32:06	36:29	40:01	44:12	48:14	57:01	1:04:13	1:09:05	1:18:04	1:22:55	1:31:15
		<b>A Coruña ARTABROS</b>		3:50	17:02	5:47	5:27	4:23	3:32	4:11	4:02	8:47	7:12	4:52	8:59	4:51	8:20
				1:34:29	1:38:21	1:45:07	1:56:47	1:57:00									
				3:14	3:52	6:46	11:40	0:13									
	<b>4819</b>	<b>Ana María Sobrado Garcí</b>	<b>andona</b>	4:47	20:19	31:32	42:02	47:42	53:34	1:12:06	1:19:33	1:42:32	-----	-----	-----	-----	-----
		<b>LUGO COMPÁS</b>		4:47	15:32	11:13	10:30	5:40	5:52	18:32	7:27	22:59					
				-----	-----	-----	-----			1:04:55	1:31:02						
										*47	*43						
<b>Promoción (4)</b>																	
				1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>10001</b>	<b>Iago Rodríguez Correia</b>	<b>en tarj.</b>		1(42)	2(64)	3(57)	4(50)	5(33)	6(47)	7(73)	8(69)	9(74)	10(63)	11(43)	12(58)	13(53)	14(49)
	<b>Galicia Sin club</b>			8:31	10:48	14:16	20:04	30:51	37:11	43:32	48:20	57:42	1:01:08	1:05:17	1:10:53	1:16:51	1:27:52
				8:31	2:17	3:28	5:48	10:47	6:20	6:21	4:48	9:22	3:26	4:09	5:36	5:58	11:01
				15(51)	16(71)	17(59)	18(41)	19(32)	20(100)	Meta		*71					
				1:30:54	1:39:47	1:53:05	2:02:40	2:10:36	-----			26:18					
				3:02	8:53	13:18	9:35	7:56									
<b>10003</b>	<b>Nayra Hernandez Santana</b>	<b>andona</b>		1(42)	2(64)	3(57)	4(50)	5(33)	6(47)	7(73)	8(69)	9(74)	10(63)	11(43)	12(58)	13(53)	14(49)
	<b>Galicia Sin club</b>			15:35	17:53	21:41	29:02	32:23	42:09	52:22	1:00:16	1:11:29	1:18:36	1:25:12	1:35:57	-----	-----
				15:35	2:18	3:48	7:21	3:21	9:46	10:13	7:54	11:13	7:07	6:36	10:45		
				15(51)	16(71)	17(59)	18(41)	19(32)	20(100)	Meta							
				-----	-----	-----	-----	-----	1:46:52	1:47:23							
									10:55	0:31							

