M-15 (17) — 3,8 km 180 m 10 C

os	rsal	Nombre	Tiempo	1(61)	2(50)	3(58)	4(59)	5(60)	6(54)	7(56)	8(57)	9(52)	10(200)	Meta	
1	153	Nicolás López González	25:17	2:19	3:51	8:15	9:04	10:43	12:29	16:17	19:34	21:49	24:11	25:17	
		La Coruña OPBZ		2:19	1:32	4:24	0:49	1:39	1:46	3:48	3:17	2:15	2:22	1:06	
2	238	Antur Mendonca	26:53	2:14	3:29	8:00	8:51	11:14	13:16	17:19	20:48	23:10	25:41	26:53	
		Loulé BTTLoulé/ELEVIS		2:14	1:15	4:31	0:51	2:23	2:02	4:03	3:29	2:22	2:31	1:12	
3	142	Eloi Serantes Abal	27:53	2:35	4:03	8:23	9:23	11:14	13:21	18:33	22:09	24:26	26:53	27:53	1:43
		La Coruña ADC_ARNELA		2:35	1:28	4:20	1:00	1:51	2:07	5:12	3:36	2:17	2:27	1:00	*72
4	9	Alexandre Beloso Iglesias	29:54	3:10	4:50	9:42	10:43	12:54	14:48	19:41	23:32	26:05	28:47	29:54	
		Pontevedra AROMON		3:10	1:40	4:52	1:01	2:11	1:54	4:53	3:51	2:33	2:42	1:07	
5	220	Bernardo Rosa	30:59	2:11	3:35	8:53	10:01	12:09	14:28	20:13	23:49	26:58	29:58	30:59	11:27
		Leiría COC		2:11	1:24	5:18	1:08	2:08	2:19	5:45	3:36	3:09	3:00	1:01	*41
6	76	Ivan Alvarez Braña	37:26	3:10	5:09	10:41	11:59	14:19	17:23	23:52	28:25	32:10	36:05	37:26	
		La Coruña GALLAECIA_RAID		3:10	1:59	5:32	1:18	2:20	3:04	6:29	4:33	3:45	3:55	1:21	
7	12	Xián Novoa Gutiérrez	42:39	3:06	4:56	11:06	12:30	15:03	19:54	27:37	33:02	37:05	41:08	42:39	
		Pontevedra AROMON		3:06	1:50	6:10	1:24	2:33	4:51	7:43	5:25	4:03	4:03	1:31	
8	211	Rafael Torres	44:02	3:41	5:22	10:52	12:40	21:31	24:00	31:27	35:59	39:21	42:54	44:02	37:38
		Alvito CN Alvito		3:41	1:41	5:30	1:48	8:51	2:29	7:27	4:32	3:22	3:33	1:08	*62
9	13	Mateo Rodríguez Díaz	44:50	3:09	4:36	9:33	10:35	12:31	14:37	32:46	37:36	40:35	43:30	44:50	
		Pontevedra AROMON		3:09	1:27	4:57	1:02	1:56	2:06	18:09	4:50	2:59	2:55	1:20	
10	152	Mario López González	51:17	4:21	6:33	13:25	15:08	24:55	27:43	35:43	41:05	44:46	49:41	51:17	
		La Coruña OPBZ		4:21	2:12	6:52	1:43	9:47	2:48	8:00	5:22	3:41	4:55	1:36	
11	188	Antonio Martín Varo	54:01	4:23	7:30	14:47	16:22	21:05	30:47	40:49	45:31	48:34	52:36	54:01	
		Granada SRK		4:23	3:07	7:17	1:35	4:43	9:42	10:02	4:42	3:03	4:02	1:25	
12	231	Rudí Cavaco	59:41	2:48	4:30	15:54	17:09	18:48	20:50	47:31	52:21	55:12	58:19	59:41	1:48
		Loulé BTTLoulé/ELEVIS		2:48	1:42	11:24	1:15	1:39	2:02	26:41	4:50	2:51	3:07	1:22	*72
13	94	Marcos Silvarrey Oreiro	1:03:15	3:13	4:43	11:29	12:56	34:55	37:49	49:51	54:32	57:50	1:01:48	1:03:15	
		La Coruña GALLAECIA_RAID		3:13	1:30	6:46	1:27	21:59	2:54	12:02	4:41	3:18	3:58	1:27	
14	36	Ángel Pascual Pereira	1:12:25	4:29	7:18	33:07	34:33	44:26	47:17	56:38	1:02:40	1:06:33	1:10:42	1:12:25	
		Lugo FLUVIAL_LUGO		4:29	2:49	25:49	1:26	9:53	2:51	9:21	6:02	3:53	4:09	1:43	
15	10	Yared Grimaldi Pérez	1:13:04	4:38	6:56	17:48	19:15	40:57	43:52	58:23	1:04:18	1:07:48	1:11:45	1:13:04	
		Pontevedra AROMON		4:38	2:18	10:52	1:27	21:42	2:55	14:31	5:55	3:30	3:57	1:19	
	183	Alfonso Obreo Montero	No sale												
		Badajoz ITACA													
	180	Ariel Alvano Pizarro	No sale												
		Badajoz ITACA													

M-17 (8) — 4,7 km 200 m 12 C

				1(61)	2(50)	3(66)	4(38)	5(63)	6(69)	7(45)	8(64)	9(54)	10(62)	11(67)	12(200)	Meta
1	239	João Mendonça	29:16	1:45	2:48	4:16	8:57	10:23	12:01	13:06	13:49	15:36	23:59	27:23	28:32	29:16
		Loulé BTTLoulé/ELEVIS		1:45	1:03	1:28	4:41	1:26	1:38	1:05	0:43	1:47	8:23	3:24	1:09	0:44
				20:21												
				*56												
2	154	Javier López González	30:19	2:09	3:19	4:38	9:15	11:22	13:08	14:25	14:53	16:57	25:07	28:23	29:31	30:19
		La Coruña OPBZ		2:09	1:10	1:19	4:37	2:07	1:46	1:17	0:28	2:04	8:10	3:16	1:08	0:48
				16:32	24:19											
				*31	*57											
3	26	Pablo Fernández Sánchez	37:03	2:35	4:04	5:42	11:05	12:52	14:58	16:37	17:11	19:38	31:05	34:44	36:03	37:03
		Lugo FLUVIAL_LUGO		2:35	1:29	1:38	5:23	1:47	2:06	1:39	0:34	2:27	11:27	3:39	1:19	1:00
4	32	David López Cordero	44:32	4:24	5:55	7:24	13:37	15:34	17:50	19:30	20:24	25:12	37:33	42:03	43:30	44:32
		Lugo FLUVIAL_LUGO		4:24	1:31	1:29	6:13	1:57	2:16	1:40	0:54	4:48	12:21	4:30	1:27	1:02
5	246	João Francisco	45:18	4:58	6:40	8:20	13:13	14:42	25:19	26:52	27:29	29:37	39:16	43:29	44:34	45:18
		Carregueira UCDA		4:58	1:42	1:40	4:53	1:29	10:37	1:33	0:37	2:08	9:39	4:13	1:05	0:44
				11:19												
				*58												
6	41	Manuel Veiga Couñago	47:22	8:00	10:22	13:48	20:12	21:57	24:01	25:41	26:14	28:37	40:16	44:29	46:05	47:22
		Lugo FLUVIAL_LUGO		8:00	2:22	3:26	6:24	1:45	2:04	1:40	0:33	2:23	11:39	4:13	1:36	1:17
				39:12												
				*57												
7	33	Javier López González	52:19	3:58	6:37	9:16	17:53	23:01	25:41	27:50	28:33	31:52	44:22	49:14	50:54	52:19
		Lugo FLUVIAL_LUGO		3:58	2:39	2:39	8:37	5:08	2:40	2:09	0:43	3:19	12:30	4:52	1:40	1:25
	235	Diogo Horta	en tarj.	2:17	3:29	5:37	12:37	14:26	16:24	22:48	23:25	28:14	40:31	-----	-----	48:38
		Loulé BTTLoulé/ELEVIS		2:17	1:12	2:08	7:00	1:49	1:58	6:24	0:37	4:49	12:17			8:07

M-20 (6) — 6,8 km 380 m 16 C

				1(32)	2(65)	3(50)	4(39)	5(35)	6(70)	7(33)	8(66)	9(60)	10(63)	11(55)	12(45)	13(64)
				15(67)	16(200)	Meta										
1	45	Juan Diego Marín Baraza	40:15	4:18	5:49	6:35	8:29	12:15	15:09	15:59	19:24	23:48	25:49	28:06	30:45	31:16
		Murcia LORCA-O		4:18	1:31	0:46	1:54	3:46	2:54	0:50	3:25	4:24	2:01	2:17	2:39	0:31
				38:30	39:28	40:15		35:07	37:38							
				2:31	0:58	0:47		*57	*46							
2	115	Enrique Chousa Esteban	41:43	4:31	6:12	6:55	8:44	14:25	17:01	17:52	21:00	25:12	27:14	29:45	32:12	32:43
		Madrid T_TRAGAME		4:31	1:41	0:43	1:49	5:41	2:36	0:51	3:08	4:12	2:02	2:31	2:27	0:31
				39:56	41:00	41:43		33:47	36:27							
				2:41	1:04	0:43		*56	*57							
3	44	Adrián Guijarro Llamas	52:25	4:57	7:32	8:23	10:31	15:53	20:00	20:59	25:10	30:50	33:33	36:10	40:37	41:15
		Murcia LORCA-O		4:57	2:35	0:51	2:08	5:22	4:07	0:59	4:11	5:40	2:43	2:37	4:27	0:38
				50:27	51:32	52:25		42:41								
				3:44	1:05	0:53		*56								

os	rsal	Nombre	Tiempo													
M-20 (6)				***6,8 km 380 m***			***16 C***	*(cont.)*								
				1(32)	2(65)	3(50)	4(39)	5(35)	6(70)	7(33)	8(66)	9(60)	10(63)	11(55)	12(45)	13(64)
				15(67)	16(200)	Meta										
4	**194**	**Òscar Montejo Toll**	**53:16**	4:36	6:14	7:01	20:41	25:03	27:49	28:46	32:08	36:13	38:52	41:11	43:44	44:15
		Barcelona CEOBTT		4:36	1:38	0:47	13:40	4:22	2:46	0:57	3:22	***4:05***	2:39	2:19	2:33	***0:31***
				51:31	52:31	53:16										
				2:36	1:00	0:45										
5	**75**	**Martin Enrique Álvarez Bra**	**58:33**	6:59	8:42	9:28	11:43	20:43	24:42	25:35	29:39	35:08	39:53	42:37	46:56	47:28
		La Coruña GALLAECIA_RAID		6:59	1:43	0:46	2:15	9:00	3:59	0:53	4:04	5:29	4:45	2:44	4:19	0:32
				56:26	57:34	58:33		*49:05*								
				3:04	1:08	0:59		**56*								
	244	**João Fonseca**	**andona**	5:22	8:07	9:04	11:03	15:38	24:55	-----	-----	-----	-----	-----	-----	-----
		Carregueira UCDA		5:22	2:45	0:57	1:59	4:35	9:17							
				-----	-----											

M-E (38)				**11,4 km 540 m**			**25 C**									
				1(51)	2(65)	3(31)	4(45)	5(34)	6(40)	7(63)	8(38)	9(66)	10(33)	11(35)	12(36)	13(47)
				15(48)	16(73)	17(42)	18(44)	19(71)	20(39)	21(43)	22(53)	23(46)	24(52)	25(200)	Meta	
1	**164**	**Ángel García García**	**1:09:32**	2:25	6:00	11:58	**13:34**	15:48	**17:38**	**19:06**	**20:20**	**22:30**	**26:18**	**28:21**	**35:14**	**38:32**
		La Coruña BRIGANTIA		2:25	3:35	***5:58***	1:36	2:14	1:50	***1:28***	1:14	***2:10***	3:48	***2:03***	6:53	3:18
				44:52	**49:17**	**49:57**	**52:46**	**55:54**	**57:06**	**59:14**	**1:05:05**	**1:06:01**	**1:07:10**	**1:08:46**	**1:09:32**	
				3:22	***4:25***	***0:40***	2:49	3:08	***1:12***	***2:08***	***5:51***	***0:56***	***1:09***	***1:36***	0:46	
2	**198**	**Riivo Roose**	**1:12:27**	2:57	6:24	12:49	14:21	16:37	18:28	20:04	21:09	23:35	27:29	29:35	36:44	40:33
		Barcelona CAT-O		2:57	3:27	6:25	1:32	2:16	1:51	1:36	1:05	2:26	3:54	2:06	7:09	3:49
				46:59	51:30	53:11	55:44	57:33	59:30	1:01:41	1:07:49	1:08:45	1:09:59	1:11:36	1:12:27	
				3:19	4:31	1:41	2:33	***1:49***	1:57	2:11	6:08	***0:56***	1:14	1:37	0:51	
3	**3**	**Francisco Javier Muñoz Gue**	**1:12:51**	2:35	5:41	**11:52**	13:48	16:11	17:59	19:37	20:39	23:26	27:08	29:13	36:03	39:48
		Cáceres ALTAIR		2:35	3:06	6:11	1:56	2:23	***1:48***	1:38	***1:02***	2:47	***3:42***	2:05	6:50	3:45
				46:21	52:21	53:14	55:22	57:59	59:19	1:01:40	1:08:19	1:09:20	1:10:29	1:12:06	1:12:51	
				3:17	6:00	0:53	2:08	2:37	1:20	2:21	6:39	1:01	***1:09***	1:37	0:45	
4	**212**	**Luis Barreiro**	**1:15:52**	2:38	6:00	12:48	14:50	17:15	19:11	20:59	22:06	24:33	28:30	30:46	38:15	42:01
		Albergaría dos D NADA		2:38	3:22	6:48	2:02	2:25	1:56	1:48	1:07	2:27	3:57	2:16	7:29	3:46
				49:01	54:10	54:59	57:30	59:36	1:01:02	1:03:39	1:10:29	1:11:35	1:13:05	1:14:59	1:15:52	
				3:31	5:09	0:49	2:31	2:06	1:26	2:37	6:50	1:06	1:30	1:54	0:53	
5	**148**	**Jesús Bermejo Cristóbal**	**1:16:04**	2:50	6:01	12:25	14:02	16:30	18:28	20:01	21:14	23:41	27:52	30:19	37:57	42:03
		Madrid RANDOBIKE		2:50	3:11	6:24	1:37	2:28	1:58	1:33	1:13	2:27	4:11	2:27	7:38	4:06
				49:05	53:46	55:23	57:32	1:00:27	1:01:52	1:04:19	1:10:57	1:11:59	1:13:21	1:15:19	1:16:04	
				3:33	4:41	1:37	2:09	2:55	1:25	2:27	6:38	1:02	1:22	1:58	***0:45***	
6	**260**	**João Ferreira**	**1:16:16**	2:31	5:50	12:14	13:45	16:11	18:14	19:50	21:00	23:33	27:40	29:59	37:41	41:19
		Águeda CAB		2:31	3:19	6:24	1:31	2:26	2:03	1:36	1:10	2:33	4:07	2:19	7:42	3:38
				48:11	53:02	55:00	58:15	1:00:12	1:02:00	1:04:34	1:11:08	1:12:18	1:13:39	1:15:27	1:16:16	
				3:34	4:51	1:58	3:15	1:57	1:48	2:34	6:34	1:10	1:21	1:48	0:49	
7	**186**	**Juan Francisco Marín Varga**	**1:16:31**	**2:24**	6:00	12:21	13:48	16:04	18:01	19:39	20:56	23:41	27:42	29:54	36:43	40:09
		Granada SRK		***2:24***	3:36	6:21	***1:27***	2:16	1:57	1:38	1:17	2:45	4:01	2:12	***6:49***	3:26
				46:53	51:25	57:16	59:59	1:02:06	1:03:19	1:05:41	1:11:52	1:12:51	1:14:03	1:15:45	1:16:31	
				3:23	4:32	5:51	2:43	2:07	1:13	2:22	6:11	0:59	1:12	1:42	0:46	
8	**197**	**David Toll Clos**	**1:16:56**	2:59	6:55	13:31	15:21	17:52	19:54	21:26	22:35	25:45	29:49	32:05	40:07	43:38
		Barcelona CEOBTT		2:59	3:56	6:36	1:50	2:31	2:02	1:32	1:09	3:10	4:04	2:16	8:02	3:31
				51:00	55:56	56:46	59:06	1:01:10	1:02:34	1:05:07	1:11:42	1:12:48	1:14:08	1:16:02	1:16:56	
				3:46	4:56	0:50	2:20	2:04	1:24	2:33	6:35	1:06	1:20	1:54	0:54	
9	**151**	**Francisco Javier López Cos**	**1:18:28**	2:37	6:29	13:21	15:02	17:33	19:32	21:11	22:24	25:32	29:53	32:18	40:03	43:43
		La Coruña OPBZ		2:37	3:52	6:52	1:41	2:31	1:59	1:39	1:13	3:08	4:21	2:25	7:45	3:40
				51:23	56:46	57:28	1:00:18	1:02:28	1:03:59	1:06:36	1:13:15	1:14:17	1:15:42	1:17:35	1:18:28	
				4:12	5:23	0:42	2:50	2:10	1:31	2:37	6:39	1:02	1:25	1:53	0:53	
10	**116**	**Juan Combarro Gallego**	**1:19:08**	2:43	6:08	12:33	14:09	**15:40**	18:00	19:39	20:43	23:10	27:10	29:22	36:41	40:49
		Madrid T_TRAGAME		2:43	3:25	6:25	1:36	1:31	2:20	1:39	1:04	2:27	4:00	2:12	7:19	4:08
				48:23	53:58	56:00	1:00:37	1:03:43	1:05:24	1:07:52	1:14:15	1:15:22	1:16:37	1:18:20	1:19:08	
				4:13	5:35	2:02	4:37	3:06	1:41	2:28	6:23	1:07	1:15	1:43	0:48	
11	**215**	**Daniel Marques**	**1:20:06**	2:34	**5:17**	12:19	14:05	16:47	18:49	20:28	21:53	24:16	28:42	31:05	39:36	43:09
		Leiría COC		2:34	***2:43***	7:02	1:46	2:42	2:02	1:39	1:25	2:23	4:26	2:23	8:31	3:33
				51:02	55:57	57:43	1:00:59	1:02:59	1:04:16	1:07:07	1:14:28	1:15:40	1:17:03	1:19:05	1:20:06	
				3:54	4:55	1:46	3:16	2:00	1:17	2:51	7:21	1:12	1:23	2:02	1:01	
12	**62**	**Jorge García Pardos**	**1:20:22**	2:46	5:47	12:48	14:32	17:14	19:27	21:01	22:10	24:31	29:00	31:18	39:40	43:09
		Huesca PEÑA_GUARA		2:46	3:01	7:01	1:44	2:42	2:13	1:34	1:09	2:21	4:29	2:18	8:22	3:29
				50:57	56:07	58:15	1:00:22	1:03:12	1:04:47	1:07:26	1:14:45	1:15:57	1:17:22	1:19:23	1:20:22	
				4:03	5:10	2:08	***2:07***	2:50	1:35	2:39	7:19	1:12	1:25	2:01	0:59	
13	**236**	**Duarte Lourenço**	**1:21:51**	2:35	8:11	14:50	16:19	19:32	21:40	23:18	24:34	27:00	31:20	33:33	41:36	45:20
		Loulé BTTLoulé/ELEVIS		2:35	5:36	6:39	1:29	3:13	2:08	1:38	1:16	2:26	4:20	2:13	8:03	3:44
				52:24	58:04	1:00:59	1:04:05	1:06:07	1:07:26	1:10:08	1:16:55	1:17:55	1:19:07	1:21:03	1:21:51	
				3:18	5:40	2:55	3:06	2:02	1:19	2:42	6:47	1:00	1:12	1:56	0:48	
14	**21**	**Yago Breijo Martinez**	**1:23:12**	2:53	6:09	13:13	14:47	16:21	18:54	21:25	22:49	25:34	30:01	32:25	39:50	43:28
		Lugo FLUVIAL_LUGO		2:53	3:16	7:04	1:34	1:34	2:33	2:31	1:24	2:45	4:27	2:24	7:25	3:38
				51:09	56:13	59:20	1:03:41	1:06:53	1:08:25	1:10:55	1:17:55	1:19:05	1:20:30	1:22:23	1:23:12	
				3:55	5:04	3:07	4:21	3:12	1:32	2:30	7:00	1:10	1:25	1:53	0:49	
15	**42**	**Pablo Samper Sanz**	**1:25:46**	3:06	9:03	15:51	17:31	20:13	22:07	24:00	25:13	27:58	32:13	34:32	41:59	45:50
		Madrid GOCAN		3:06	5:57	6:48	1:40	2:42	1:54	1:53	1:13	2:45	4:15	2:19	7:27	3:51
				53:20	59:02	1:01:09	1:05:46	1:07:58	1:10:40	1:13:20	1:20:25	1:21:34	1:22:55	1:24:48	1:25:46	
				3:55	5:42	2:07	4:37	2:12	2:42	2:40	7:05	1:09	1:21	1:53	0:58	

os	rsal	Nombre	Tiempo													
M-E (38)				***11,4 km 540 m***			***25 C***	*(cont.)*								
				1(51)	2(65)	3(31)	4(45)	5(34)	6(40)	7(63)	8(38)	9(66)	10(33)	11(35)	12(36)	13(47)
				15(48)	16(73)	17(42)	18(44)	19(71)	20(39)	21(43)	22(53)	23(46)	24(52)	25(200)	Meta	
16	**208**	**Paul Roothans**	**1:26:41**	3:08	9:02	16:50	19:32	22:18	24:43	26:34	28:05	30:36	35:08	37:39	45:34	49:59
		Alvito CN Alvito		3:08	5:54	7:48	2:42	2:46	2:25	1:51	1:31	2:31	4:32	2:31	7:55	4:25
				57:25	1:03:15	1:05:02	1:07:32	1:09:52	1:11:21	1:13:53	1:21:18	1:22:34	1:23:56	1:25:44	1:26:41	
				3:37	5:50	1:47	2:30	2:20	1:29	2:32	7:25	1:16	1:22	1:48	0:57	
17	**157**	**Alberto Taboada Pintor**	**1:26:42**	3:06	7:41	14:30	16:07	18:34	20:33	22:15	23:30	25:53	29:59	32:18	41:15	45:10
		La Coruña OPBZ		3:06	4:35	6:49	1:37	2:27	1:59	1:42	1:15	2:23	4:06	2:19	8:57	3:55
				51:54	57:25	59:48	1:08:35	1:11:24	1:12:47	1:15:10	1:21:52	1:22:56	1:24:15	1:25:54	1:26:42	
				3:34	5:31	2:23	8:47	2:49	1:23	2:23	6:42	1:04	1:19	1:39	0:48	
18	**218**	**Joel Morgado**	**1:27:48**	4:17	9:00	16:30	18:19	21:01	23:24	25:14	26:32	29:48	34:23	36:54	46:21	50:20
		Leiría COC		4:17	4:43	7:30	1:49	2:42	2:23	1:50	1:18	3:16	4:35	2:31	9:27	3:59
				58:09	1:03:24	1:04:28	1:07:35	1:10:33	1:12:37	1:15:15	1:22:24	1:23:37	1:25:00	1:26:53	1:27:48	
				4:07	5:15	1:04	3:07	2:58	2:04	2:38	7:09	1:13	1:23	1:53	0:55	
19	**122**	**Victor Gil López**	**1:29:49**	4:02	9:25	16:07	17:43	20:15	22:33	24:41	27:25	30:36	35:11	37:44	45:57	50:43
		Murcia MALVARICHE-O		4:02	5:23	6:42	1:36	2:32	2:18	2:08	2:44	3:11	4:35	2:33	8:13	4:46
				58:04	1:03:03	1:06:07	1:11:12	1:13:37	1:15:02	1:17:38	1:24:18	1:25:31	1:27:08	1:29:04	1:29:49	
				3:59	4:59	3:04	5:05	2:25	1:25	2:36	6:40	1:13	1:37	1:56	0:45	
20	**23**	**Alberto Corral Alonso**	**1:31:52**	2:58	5:51	12:30	20:24	22:46	24:52	26:25	28:18	30:42	35:42	38:09	46:26	49:42
		Lugo FLUVIAL_LUGO		2:58	2:53	6:39	7:54	2:22	2:06	1:33	1:53	2:24	5:00	2:27	8:17	***3:16***
				57:56	1:03:34	1:04:23	1:12:01	1:14:22	1:16:03	1:19:10	1:26:10	1:27:27	1:28:50	1:30:57	1:31:52	
				4:28	5:38	0:49	7:38	2:21	1:41	3:07	7:00	1:17	1:23	2:07	0:55	
21	**118**	**Oscar Fernández Otero**	**1:33:15**	3:29	8:50	16:12	18:00	20:47	23:12	25:02	27:02	29:52	34:57	37:41	46:17	51:38
		La Coruña MONTAÑA_FERR		3:29	5:21	7:22	1:48	2:47	2:25	1:50	2:00	2:50	5:05	2:44	8:36	5:21
				59:51	1:06:13	1:07:35	1:11:34	1:15:10	1:16:58	1:19:50	1:27:30	1:28:49	1:30:22	1:32:21	1:33:15	
				4:13	6:22	1:22	3:59	3:36	1:48	2:52	7:40	1:19	1:33	1:59	0:54	
22	**84**	**Lucas Freire Lage**	**1:36:09**	3:08	8:05	15:35	17:23	20:13	22:39	24:56	26:13	29:31	35:43	38:09	46:31	53:49
		La Coruña GALLAECIA_RAID		3:08	4:57	7:30	1:48	2:50	2:26	2:17	1:17	3:18	6:12	2:26	8:22	7:18
				1:02:23	1:07:10	1:11:27	1:13:50	1:16:53	1:20:14	1:23:10	1:30:21	1:31:35	1:32:58	1:35:05	1:36:09	
				4:16	4:47	4:17	2:23	3:03	3:21	2:56	7:11	1:14	1:23	2:07	1:04	
23	**125**	**Carlos Amil Fernández**	**1:36:30**	4:05	7:40	15:14	22:23	25:05	27:15	28:56	30:10	33:07	38:35	41:00	49:47	54:13
		Pontevedra BUDIÑORAID		4:05	3:35	7:34	7:09	2:42	2:10	1:41	1:14	2:57	5:28	2:25	8:47	4:26
				1:03:20	1:08:46	1:10:32	1:13:47	1:18:25	1:19:54	1:22:44	1:30:41	1:31:58	1:33:22	1:35:34	1:36:30	
				4:44	5:26	1:46	3:15	4:38	1:29	2:50	7:57	1:17	1:24	2:12	0:56	
24	**130**	**Alfonso Agraso Torres**	**1:42:33**	6:30	10:37	19:55	22:00	23:27	25:50	27:48	29:05	32:10	38:14	40:51	49:39	54:28
		La Coruña ADC_ARNELA		6:30	4:07	9:18	2:05	***1:27***	2:23	1:58	1:17	3:05	6:04	2:37	8:48	4:49
				1:05:12	1:14:13	1:15:31	1:19:03	1:23:14	1:25:46	1:28:56	1:37:01	1:38:06	1:39:38	1:41:37	1:42:33	
				4:55	9:01	1:18	3:32	4:11	2:32	3:10	8:05	1:05	1:32	1:59	0:56	
25	**63**	**Antonio Laguarta García**	**1:43:10**	4:11	12:24	21:04	22:42	25:47	27:54	29:37	31:19	34:02	41:01	43:41	52:34	56:47
		Huesca PEÑA_GUARA		4:11	8:13	8:40	1:38	3:05	2:07	1:43	1:42	2:43	6:59	2:40	8:53	4:13
				1:05:40	1:12:16	1:14:17	1:21:37	1:24:36	1:26:19	1:29:20	1:36:57	1:38:16	1:39:53	1:42:07	1:43:10	
				4:50	6:36	2:01	7:20	2:59	1:43	3:01	7:37	1:19	1:37	2:14	1:03	
26	**88**	**Francisco López Rodríguez**	**1:44:47**	2:57	7:08	15:26	17:17	20:39	22:55	26:00	29:30	32:54	38:01	40:53	55:19	1:02:01
		La Coruña GALLAECIA_RAID		2:57	4:11	8:18	1:51	3:22	2:16	3:05	3:30	3:24	5:07	2:52	14:26	6:42
				1:10:19	1:16:18	1:17:59	1:21:23	1:24:05	1:27:23	1:30:27	1:38:48	1:40:04	1:41:30	1:43:42	1:44:47	
				4:17	5:59	1:41	3:24	2:42	3:18	3:04	8:21	1:16	1:26	2:12	1:05	
27	**166**	**Rodrigo Rodríguez Rodríg**	**1:46:51**	4:06	9:41	17:45	19:42	22:47	26:54	28:54	30:32	33:51	39:28	42:30	51:29	56:44
		La Coruña BRIGANTIA		4:06	5:35	8:04	1:57	3:05	4:07	2:00	1:38	3:19	5:37	3:02	8:59	5:15
				1:06:41	1:13:51	1:16:03	1:22:28	1:25:56	1:28:01	1:31:23	1:40:12	1:41:37	1:43:16	1:45:44	1:46:51	
				5:30	7:10	2:12	6:25	3:28	2:05	3:22	8:49	1:25	1:39	2:28	1:07	
28	**256**	**Marco Palhinha**	**1:52:36**	4:58	12:53	21:25	24:01	27:26	30:05	32:03	35:39	38:20	43:55	47:08	57:43	1:03:08
		Abrunheira CP Abrunheira		4:58	7:55	8:32	2:36	3:25	2:39	1:58	3:36	2:41	5:35	3:13	10:35	5:25
				1:13:14	1:19:12	1:21:10	1:28:51	1:32:02	1:33:41	1:37:10	1:45:29	1:47:03	1:48:43	1:51:19	1:52:36	
				5:02	5:58	1:58	7:41	3:11	1:39	3:29	8:19	1:34	1:40	2:36	1:17	
29	**109**	**Jose Angel Morlan Rodrígu**	**1:55:34**	3:27	10:12	20:52	24:11	25:51	28:45	30:38	32:00	34:51	41:06	44:10	57:22	1:02:24
		La Coruña SEO		3:27	6:45	10:40	3:19	1:40	2:54	1:53	1:22	2:51	6:15	3:04	13:12	5:02
				1:13:34	1:19:55	1:24:28	1:28:32	1:31:30	1:33:18	1:37:15	1:47:07	1:48:47	1:51:12	1:54:22	1:55:34	
				4:59	6:21	4:33	4:04	2:58	1:48	3:57	9:52	1:40	2:25	3:10	1:12	
30	**193**	**Marc López Suades**	**2:04:46**	3:16	7:34	16:34	28:02	31:17	34:03	36:12	38:08	41:35	47:26	50:49	1:02:42	1:08:38
		Barcelona CEOBTT		3:16	4:18	9:00	11:28	3:15	2:46	2:09	1:56	3:27	5:51	3:23	11:53	5:56
				1:21:10	1:30:02	1:34:11	1:37:07	1:40:02	1:41:56	1:46:02	1:56:34	1:58:19	2:00:04	2:03:25	2:04:46	
				6:03	8:52	4:09	2:56	2:55	1:54	4:06	10:32	1:45	1:45	3:21	1:21	
				14:58												
				**54*												
31	**127**	**Daniel Martínez Lorenzo**	**2:08:41**	3:46	10:35	18:43	21:04	22:46	25:48	27:52	32:32	37:27	42:57	46:24	59:22	1:04:52
		Pontevedra BUDIÑORAID		3:46	6:49	8:08	2:21	1:42	3:02	2:04	4:40	4:55	5:30	3:27	12:58	5:30
				1:15:56	1:21:28	1:25:22	1:31:09	1:43:54	1:47:29	1:52:18	2:02:04	2:03:41	2:05:28	2:07:40	2:08:41	
				5:15	5:32	3:54	5:47	12:45	3:35	4:49	9:46	1:37	1:47	2:12	1:01	
32	**214**	**André Esteves**	**2:12:48**	3:51	9:48	20:27	30:47	34:51	38:20	41:02	42:43	46:35	53:20	58:24	1:12:18	1:17:56
		Leiría COC		3:51	5:57	10:39	10:20	4:04	3:29	2:42	1:41	3:52	6:45	5:04	13:54	5:38
				1:29:37	1:36:10	1:37:19	1:40:36	1:44:04	1:46:28	1:52:03	2:03:42	2:05:37	2:07:43	2:11:08	2:12:48	
				5:48	6:33	1:09	3:17	3:28	2:24	5:35	11:39	1:55	2:06	3:25	1:40	
	60	**Iván Trigales Delgado**	**en tarj.**	2:55	6:18	14:08	16:06	18:44	21:07	22:44	24:02	26:38	31:00	33:29	43:24	47:33
		Madrid LOS_ANGELES		2:55	3:23	7:50	1:58	2:38	2:23	1:37	1:18	2:36	4:22	2:29	9:55	4:09
				55:46	1:01:29	-----	1:04:25	1:06:54	1:08:32	1:11:32	1:20:16	1:21:33	1:23:27	1:25:47	1:26:44	
				4:00	5:43		2:56	2:29	1:38	3:00	8:44	1:17	1:54	2:20	0:57	

os	rsal	Nombre	Tiempo													
M-E (38)				***11,4 km 540 m***			***25 C***		*(cont.)*							
				1(51)	2(65)	3(31)	4(45)	5(34)	6(40)	7(63)	8(38)	9(66)	10(33)	11(35)	12(36)	13(47)
				15(48)	16(73)	17(42)	18(44)	19(71)	20(39)	21(43)	22(53)	23(46)	24(52)	25(200)	Meta	
	262	**Pedro Morais**	**andona**	4:26	16:28	27:27	30:53	35:27	40:46	44:04	46:24	50:59	58:12	1:01:41	1:14:55	1:21:55
		Águeda CAB		4:26	12:02	10:59	3:26	4:34	5:19	3:18	2:20	4:35	7:13	3:29	13:14	7:00
				---	---	---	---	---	---	---	---	---	---	---		
				25:21												
				**54*												
	126	**Alejandro Argudin Vázquez**	**No sale**													
		Pontevedra BUDIÑORAID														
	16	**Haitz Larrinaga Gandiaga**	**No sale**													
		Vizcaya COBI														
	129	**Pablo Sio Otero**	**No sale**													
		Pontevedra BUDIÑORAID														
	128	**Francisco David Salgueiro**	**No sale**													
		Pontevedra BUDIÑORAID														
M-21 (21)				**8,4 km 440 m**			**21 C**									
				1(51)	2(65)	3(43)	4(33)	5(35)	6(44)	7(42)	8(36)	9(39)	10(66)	11(58)	12(41)	13(55)
				15(45)	16(31)	17(54)	18(56)	19(46)	20(67)	21(200)	Meta					
1	**240**	**Mac-Mahon Moreira**	**1:05:20**	**2:39**	**6:12**	**8:49**	**11:51**	**14:22**	**16:02**	**24:10**	**25:50**	**31:22**	**36:12**	**39:21**	**41:21**	**46:15**
		Loulé BTTLoulé/ELEVIS		***2:39***	***3:33***	2:37	***3:02***	***2:31***	***1:40***	8:08	***1:40***	***5:32***	***4:50***	3:09	***2:00***	***4:54***
				49:09	**50:22**	**51:01**	**55:35**	**1:01:53**	**1:03:09**	**1:04:23**	**1:05:20**					
				0:57	***1:13***	0:39	4:34	***6:18***	1:16	1:14	0:57					
2	**121**	**Moises Vergara Villarnovo**	**1:15:58**	3:26	8:01	10:53	14:15	17:03	18:49	26:44	28:56	35:49	40:48	44:06	47:00	53:31
		La Coruña MONTAÑA_FERR		3:26	4:35	2:52	3:22	2:48	1:46	***7:55***	2:12	6:53	4:59	3:18	2:54	6:31
				56:32	58:12	59:06	1:06:19	1:12:42	1:13:47	1:14:59	1:15:58		*45:12*			
				0:52	1:40	0:54	7:13	6:23	***1:05***	***1:12***	0:59		**59*			
3	**249**	**Ricardo Jeronimo**	**1:16:29**	3:13	8:20	11:10	14:35	17:14	19:34	29:01	30:52	37:31	43:02	46:22	48:32	54:57
		Carregueira UCDA		3:13	5:07	2:50	3:25	2:39	2:20	9:27	1:51	6:39	5:31	3:20	2:10	6:25
				58:17	59:57	1:00:28	1:05:24	1:12:48	1:14:01	1:15:18	1:16:29					
				1:08	1:40	***0:31***	4:56	7:24	1:13	1:17	1:11					
4	**136**	**David Lareo Martinez**	**1:20:39**	3:52	8:34	11:29	15:02	17:46	19:43	29:36	31:55	38:07	43:51	47:08	49:29	55:31
		La Coruña ADC_ARNELA		3:52	4:42	2:55	3:33	2:44	1:57	9:53	2:19	6:12	5:44	3:17	2:21	6:02
				1:00:24	1:02:00	1:04:13	1:09:38	1:16:43	1:17:59	1:19:21	1:20:39					
				2:23	1:36	2:13	5:25	7:05	1:16	1:22	1:18					
5	**252**	**Luis Oliveira**	**1:22:15**	2:55	7:16	10:15	13:30	16:19	18:13	27:00	28:45	37:09	46:56	50:03	52:09	58:46
		Carregueira UCDA		2:55	4:21	2:59	3:15	2:49	1:54	8:47	1:45	8:24	9:47	***3:07***	2:06	6:37
				1:03:52	1:05:19	1:06:52	1:11:23	1:18:44	1:19:52	1:21:12	1:22:15					
				2:37	1:27	1:33	***4:31***	7:21	1:08	1:20	1:03					
6	**242**	**Duarte Sousa**	**1:25:39**	3:02	8:57	11:10	14:43	17:33	19:25	32:16	38:26	45:04	50:52	54:20	56:53	1:03:43
		Loulé BTTLoulé/ELEVIS		3:02	5:55	***2:13***	3:33	2:50	1:52	12:51	6:10	6:38	5:48	3:28	2:33	6:50
				1:07:05	1:08:29	1:09:35	1:14:55	1:22:05	1:23:27	1:24:40	1:25:39		*59:51*	*1:20:29*		
				0:54	1:24	1:06	5:20	7:10	1:22	1:13	0:59		**63*	**53*		
7	**131**	**Pablo Baamonde Arufe**	**1:26:43**	3:59	9:13	12:20	16:03	19:21	21:30	32:31	35:14	43:39	49:24	52:43	55:03	1:01:13
		La Coruña ADC_ARNELA		3:59	5:14	3:07	3:43	3:18	2:09	11:01	2:43	8:25	5:45	3:19	2:20	6:10
				1:06:36	1:08:21	1:09:06	1:14:47	1:22:41	1:24:07	1:25:31	1:26:43					
				2:50	1:45	0:45	5:41	7:54	1:26	1:24	1:12					
8	**135**	**David Fernández Rego**	**1:27:00**	3:59	12:59	16:09	21:08	23:58	25:52	35:51	37:59	44:13	49:58	53:23	55:36	1:01:43
		La Coruña ADC_ARNELA		3:59	9:00	3:10	4:59	2:50	1:54	9:59	2:08	6:14	5:45	3:25	2:13	6:07
				1:06:26	1:08:02	1:10:16	1:15:46	1:22:47	1:24:06	1:25:41	1:27:00					
				2:20	1:36	2:14	5:30	7:01	1:19	1:35	1:19					
9	**134**	**Manuel Estevez Perez**	**1:28:10**	3:30	9:41	12:45	16:16	19:42	21:39	34:43	36:23	44:55	50:35	54:10	56:39	1:03:00
		La Coruña ADC_ARNELA		3:30	6:11	3:04	3:31	3:26	1:57	13:04	***1:40***	8:32	5:40	3:35	2:29	6:21
				1:07:24	1:09:01	1:09:40	1:15:21	1:24:09	1:25:28	1:26:53	1:28:10					
				1:22	1:37	0:39	5:41	8:48	1:19	1:25	1:17					
10	**31**	**Javier Liz Díaz**	**1:30:25**	6:45	12:38	15:35	19:21	22:07	24:28	35:46	40:46	49:23	55:01	58:29	1:01:00	1:07:27
		Lugo FLUVIAL_LUGO		6:45	5:53	2:57	3:46	2:46	2:21	11:18	5:00	8:37	5:38	3:28	2:31	6:27
				1:11:20	1:12:52	1:13:51	1:19:15	1:26:40	1:27:57	1:29:14	1:30:25					
				1:24	1:32	0:59	5:24	7:25	1:17	1:17	1:11					
11	**263**	**Nuno Loução**	**1:30:56**	5:11	12:11	15:11	19:08	21:54	23:59	34:14	36:29	45:51	51:46	55:01	57:53	1:03:40
		Sâo Luis - Odemi NOA		5:11	7:00	3:00	3:57	2:46	2:05	10:15	2:15	9:22	5:55	3:15	2:52	5:47
				1:08:29	1:10:47	1:13:52	1:20:25	1:27:42	1:28:47	1:29:59	1:30:56		*1:26:16*			
				2:24	2:18	3:05	6:33	7:17	***1:05***	***1:12***	0:57		**53*			
12	**25**	**Carlos Fernández Martínez**	**1:37:14**	4:51	11:44	15:35	19:48	23:01	26:01	40:29	44:05	54:40	1:01:37	1:05:10	1:07:39	1:13:42
		Lugo FLUVIAL_LUGO		4:51	6:53	3:51	4:13	3:13	3:00	14:28	3:36	10:35	6:57	3:33	2:29	6:03
				1:17:34	1:19:08	1:19:57	1:25:31	1:33:04	1:34:39	1:36:08	1:37:14		*1:06:18*			
				1:15	1:34	0:49	5:34	7:33	1:35	1:29	1:06		**59*			
13	**206**	**Carlos Sousa**	**1:44:16**	9:42	17:52	22:00	30:36	33:45	36:11	47:36	50:08	58:44	1:05:05	1:08:45	1:11:27	1:21:48
		Estarreja Ori-Estarreja		9:42	8:10	4:08	8:36	3:09	2:26	11:25	2:32	8:36	6:21	3:40	2:42	10:21
				1:25:51	1:27:16	1:28:00	1:33:23	1:40:42	1:41:58	1:43:20	1:44:16					
				1:27	1:25	0:44	5:23	7:19	1:16	1:22	***0:56***					
14	**158**	**Javier Serrano Molinero**	**1:46:46**	4:52	10:59	14:46	18:45	22:20	24:47	39:55	45:20	56:57	1:04:01	1:08:10	1:11:14	1:19:05
		Madrid ESCONDITE-M		4:52	6:07	3:47	3:59	3:35	2:27	15:08	5:25	11:37	7:04	4:09	3:04	7:51
				1:23:34	1:25:26	1:26:09	1:33:00	1:42:27	1:44:10	1:45:39	1:46:46					
				1:28	1:52	0:43	6:51	9:27	1:43	1:29	1:07					
15	**124**	**Juan Canedo Garcia**	**1:49:51**	5:36	13:33	17:32	25:04	28:56	31:14	51:43	55:48	1:05:26	1:12:02	1:16:03	1:18:55	1:26:11
		La Coruña JARNACHAS		5:36	7:57	3:59	7:32	3:52	2:18	20:29	4:05	9:38	6:36	4:01	2:52	7:16
				1:30:09	1:32:02	1:32:36	1:38:10	1:45:59	1:47:16	1:48:47	1:49:51					
				1:29	1:53	0:34	5:34	7:49	1:17	1:31	1:04					

os	rsal	Nombre	Tiempo													
M-21 (21)				***8,4 km 440 m***			***21 C***	*(cont.)*								
				1(51)	2(65)	3(43)	4(33)	5(35)	6(44)	7(42)	8(36)	9(39)	10(66)	11(58)	12(41)	13(55)
				15(45)	16(31)	17(54)	18(56)	19(46)	20(67)	21(200)	Meta					
16	**100**	**Diego Muñoz Bardera**	**2:06:35**	5:19	15:53	20:16	25:10	29:26	32:22	53:24	56:02	1:05:43	1:14:36	1:19:25	1:22:42	1:30:47
		Toledo NAVALCAN-O		5:19	10:34	4:23	4:54	4:16	2:56	21:02	2:38	9:41	8:53	4:49	3:17	8:05
				1:39:18	1:41:10	1:42:27	1:50:13	2:01:44	2:03:32	2:05:07	2:06:35					
				5:27	1:52	1:17	7:46	11:31	1:48	1:35	1:28					
17	**253**	**António José Lop Santos**	**2:13:01**	4:51	9:48	15:01	22:03	26:08	35:52	52:36	54:57	1:09:56	1:17:40	1:23:09	1:25:25	1:34:01
		Carregueira UCDA		4:51	4:57	5:13	7:02	4:05	9:44	16:44	2:21	14:59	7:44	5:29	2:16	8:36
				1:42:06	1:44:24	1:45:27	1:53:21	2:07:25	2:09:28	2:11:25	2:13:01		*1:21:12*			
				4:01	2:18	1:03	7:54	14:04	2:03	1:57	1:36		**37*			
	250	**Jorge Lavado**	**control**	5:05	11:05	15:34	20:24	25:23	28:37	58:51	1:01:27	1:11:57	1:20:52	1:33:28	1:43:58	1:56:21
		Carregueira UCDA		5:05	6:00	4:29	4:50	4:59	3:14	30:14	2:36	10:30	8:55	12:36	10:30	12:23
				2:01:30	2:05:00	2:07:11	2:15:04	2:45:22	2:46:41	2:51:00	2:52:50		*1:24:13*			
				1:29	3:30	2:11	7:53	30:18	1:19	4:19	1:50		**37*			
	234	**André Gonçalves**	**en tarj.**	3:28	9:17	12:57	16:39	19:45	21:57	33:03	38:53	48:44	54:21	57:56	-----	1:25:44
		Loulé BTTLoulé/ELEVIS		3:28	5:49	3:40	3:42	3:06	2:12	11:06	5:50	9:51	5:37	3:35		27:48
				1:29:46	1:32:04	1:32:41	1:40:49	1:51:33	1:53:28	1:54:54	1:56:34		*1:02:04*			
				1:04	2:18	0:37	8:08	10:44	1:55	1:26	1:40		**63*			
	160	**David Valiño Martínez**	**No sale**													
		La Coruña A_PEDROSA_OR														
	181	**Juan Carlos Castillo García**	**No sale**													
		Badajoz ITACA														
M-40 (38)				**8,6 km 480 m**			**20 C**									
				1(65)	2(54)	3(31)	4(45)	5(55)	6(63)	7(58)	8(50)	9(39)	10(71)	11(44)	12(42)	13(36)
				15(33)	16(32)	17(53)	18(46)	19(52)	20(200)	Meta						
1	**237**	**José Marques**	**1:10:09**	7:50	14:08	15:33	**17:25**	**21:07**	**22:09**	**23:50**	**26:32**	**28:34**	**30:49**	**34:26**	**43:26**	**45:19**
		Loulé BTTLoulé/ELEVIS		7:50	6:18	1:25	***1:52***	3:42	1:02	1:41	2:42	2:02	2:15	3:37	9:00	1:53
				54:44	**57:57**	**1:03:48**	**1:05:00**	**1:06:41**	**1:09:07**	**1:10:09**						
				3:14	3:13	5:51	1:12	1:41	2:26	1:02						
2	**43**	**Juan Francisco Abellán Orti**	**1:10:18**	**6:12**	**12:33**	**14:06**	21:23	24:52	25:51	27:19	29:24	31:13	33:30	36:41	44:46	46:24
		Murcia LORCA-O		***6:12***	6:21	1:33	7:17	3:29	0:59	***1:28***	***2:05***	***1:49***	2:17	***3:11***	8:05	***1:38***
				54:40	58:05	1:03:58	1:05:16	1:06:49	1:09:12	1:10:18						
				3:26	3:25	5:53	1:18	1:33	2:23	1:06						
3	**70**	**Juan Carlos Pérez González**	**1:12:22**	9:34	15:57	17:24	20:09	24:00	25:09	27:02	29:48	31:54	34:09	37:37	45:14	48:13
		Asturias PILOÑA_DEPORTE		9:34	6:23	1:27	2:45	3:51	1:09	1:53	2:46	2:06	2:15	3:28	7:37	2:59
				57:06	1:00:18	1:06:14	1:07:43	1:09:15	1:11:26	1:12:22						
				3:29	3:12	5:56	1:29	1:32	2:11	0:56						
4	**177**	**Isaac Rodriguez Silva**	**1:13:44**	8:07	14:21	15:42	17:39	21:39	22:57	25:32	28:53	31:17	33:40	38:29	47:08	49:20
		Pontevedra VIZHOJA-CORN		8:07	6:14	1:21	1:57	4:00	1:18	2:35	3:21	2:24	2:23	4:49	8:39	2:12
				58:11	1:01:28	1:07:30	1:08:55	1:10:34	1:12:47	1:13:44		*36:03*				
				3:21	3:17	6:02	1:25	1:39	2:13	0:57		**35*				
5	**113**	**Luis Benavente Martínez**	**1:14:31**	10:26	16:30	17:53	21:19	24:34	25:31	27:43	30:28	33:06	35:15	38:28	46:46	49:39
		Madrid T_TRAGAME		10:26	6:04	1:23	3:26	***3:15***	0:57	2:12	2:45	2:38	2:09	3:13	8:18	2:53
				1:00:32	1:03:21	1:08:56	1:10:15	1:11:41	1:13:37	1:14:31						
				2:59	***2:49***	5:35	1:19	1:26	1:56	0:54						
6	**79**	**José Antonio Balseiro Pérez**	**1:15:30**	9:08	15:14	16:30	18:52	22:24	23:26	25:26	27:41	29:41	32:06	35:30	44:51	52:36
		La Coruña GALLAECIA_RAID		9:08	6:06	***1:16***	2:22	3:32	1:02	2:00	2:15	2:00	2:25	3:24	9:21	7:45
				1:00:37	1:03:41	1:09:38	1:10:51	1:12:21	1:14:33	1:15:30						
				3:13	3:04	5:57	1:13	1:30	2:12	0:57						
7	**221**	**Inácio Serralheiro**	**1:17:23**	7:45	15:02	17:47	19:53	23:51	24:53	27:07	30:30	33:03	36:03	39:36	48:23	50:35
		Leiría COC		7:45	7:17	2:45	2:06	3:58	1:02	2:14	3:23	2:33	3:00	3:33	8:47	2:12
				1:00:50	1:04:24	1:10:43	1:12:02	1:13:42	1:16:08	1:17:23						
				3:34	3:34	6:19	1:19	1:40	2:26	1:15						
8	**73**	**Arsenio Villa Solares**	**1:17:24**	13:56	20:34	23:17	25:59	29:45	30:54	32:57	35:18	38:00	40:16	43:43	50:59	52:58
		Asturias PILOÑA_DEPORTE		13:56	6:38	2:43	2:42	3:46	1:09	2:03	2:21	2:42	2:16	3:27	***7:16***	1:59
				1:03:08	1:05:57	1:11:35	1:12:59	1:14:41	1:16:31	1:17:24						
				3:18	***2:49***	5:38	1:24	1:42	***1:50***	0:53						
9	**141**	**Manuel Antonio Piñeiro Pou**	**1:17:51**	8:54	14:53	16:09	18:32	22:52	24:05	25:38	27:44	29:34	31:36	36:19	44:44	54:16
		La Coruña ADC_ARNELA		8:54	***5:59***	***1:16***	2:23	4:20	1:13	1:33	2:06	1:50	***2:02***	4:43	8:25	9:32
				1:04:14	1:07:08	1:12:20	1:13:29	1:14:53	1:16:58	1:17:51						
				2:59	2:54	***5:12***	***1:09***	***1:24***	2:05	***0:53***						
10	**213**	**Rui Botão**	**1:18:19**	8:48	15:30	18:01	19:59	25:02	26:23	28:39	31:19	33:32	35:58	39:20	48:25	51:19
		Leiría COC		8:48	6:42	2:31	1:58	5:03	1:21	2:16	2:40	2:13	2:26	3:22	9:05	2:54
				1:01:50	1:05:11	1:11:42	1:13:07	1:14:51	1:17:14	1:18:19						
				3:35	3:21	6:31	1:25	1:44	2:23	1:05						
11	**59**	**David Pérez Jaramillo**	**1:18:43**	7:34	14:16	15:47	18:37	22:51	23:46	25:19	27:48	29:52	31:59	36:31	48:25	51:12
		Madrid LOS_ANGELES		7:34	6:42	1:31	2:50	4:14	***0:55***	1:33	2:29	2:04	2:07	4:32	11:54	2:47
				1:03:32	1:06:33	1:12:34	1:14:04	1:15:30	1:17:42	1:18:43						
				3:12	3:01	6:01	1:30	1:26	2:12	1:01						
12	**255**	**Mario Marinheiro**	**1:19:21**	13:36	20:16	21:44	24:41	28:22	29:22	31:08	33:33	35:44	38:05	41:21	50:39	54:57
		Abrunheira CP Abrunheira		13:36	6:40	1:28	2:57	3:41	1:00	1:46	2:25	2:11	2:21	3:16	9:18	4:18
				1:03:43	1:07:05	1:13:02	1:14:22	1:16:02	1:18:17	1:19:21		*30:18*				
				3:14	3:22	5:57	1:20	1:40	2:15	1:04		**59*				
13	**27**	**José Manuel Fernández Sou**	**1:19:39**	8:57	16:23	19:16	21:30	26:32	27:52	29:33	31:58	34:24	36:56	40:29	49:40	52:12
		Lugo FLUVIAL_LUGO		8:57	7:26	2:53	2:14	5:02	1:20	1:41	2:25	2:26	2:32	3:33	9:11	2:32
				1:02:08	1:05:59	1:12:42	1:14:10	1:15:46	1:18:30	1:19:39						
				4:04	3:51	6:43	1:28	1:36	2:44	1:09						

os	rsal	Nombre	Tiempo													
M-40	***(38)***			***8,6 km***	***480 m***		***20 C***	*(cont.)*								
				1(65)	2(54)	3(31)	4(45)	5(55)	6(63)	7(58)	8(50)	9(39)	10(71)	11(44)	12(42)	13(36)
				15(33)	16(32)	17(53)	18(46)	19(52)	20(200)	Meta						
14	**92**	**Manuel Pedre Vazquez**	**1:22:20**	12:10	18:36	20:24	23:46	28:35	29:39	31:17	34:47	37:02	39:40	45:22	53:45	56:41
		La Coruña GALLAECIA_RAID		12:10	6:26	1:48	3:22	4:49	1:04	1:38	3:30	2:15	2:38	5:42	8:23	2:56
				1:07:27	1:10:33	1:16:37	1:18:03	1:19:28	1:21:27	1:22:20						
				3:32	3:06	6:04	1:26	1:25	1:59	0:53						
15	**138**	**Joaquín Oujo Ageitos**	**1:25:46**	14:46	21:48	24:31	26:29	30:44	32:10	34:24	37:41	39:57	42:42	46:06	55:04	59:51
		La Coruña ADC_ARNELA		14:46	7:02	2:43	1:58	4:15	1:26	2:14	3:17	2:16	2:45	3:24	8:58	4:47
				1:09:45	1:12:46	1:19:24	1:20:54	1:22:31	1:24:46	1:25:46						
				3:29	3:01	6:38	1:30	1:37	2:15	1:00						
16	**247**	**Bruno Gonçalves**	**1:26:05**	10:53	18:39	20:23	22:38	26:36	27:37	31:21	34:02	36:21	38:47	42:27	52:59	54:53
		Carregueira UCDA		10:53	7:46	1:44	2:15	3:58	1:01	3:44	2:41	2:19	2:26	3:40	10:32	1:54
				1:05:35	1:09:27	1:18:21	1:19:57	1:21:55	1:24:51	1:26:05						
				4:06	3:52	8:54	1:36	1:58	2:56	1:14						
17	**163**	**Manuel Márquez Padial**	**1:26:36**	10:06	18:03	19:59	22:43	26:59	28:12	29:58	33:07	35:24	38:12	42:01	53:38	55:57
		Granada ALTERA		10:06	7:57	1:56	2:44	4:16	1:13	1:46	3:09	2:17	2:48	3:49	11:37	2:19
				1:07:52	1:12:00	1:18:57	1:20:36	1:22:26	1:25:21	1:26:36						
				3:48	4:08	6:57	1:39	1:50	2:55	1:15						
18	**30**	**Leandro González Castro**	**1:27:16**	12:21	19:41	21:42	24:05	29:38	31:06	33:08	36:19	39:19	41:55	45:52	55:01	58:40
		Lugo FLUVIAL_LUGO		12:21	7:20	2:01	2:23	5:33	1:28	2:02	3:11	3:00	2:36	3:57	9:09	3:39
				1:09:04	1:12:30	1:19:33	1:21:23	1:23:13	1:26:03	1:27:16						
				3:35	3:26	7:03	1:50	1:50	2:50	1:13						
19	**80**	**Roberto Chas Gómez**	**1:27:58**	21:18	28:30	30:20	32:43	37:34	38:35	40:27	43:13	45:15	47:31	51:53	1:00:42	1:02:22
		La Coruña GALLAECIA_RAID		21:18	7:12	1:50	2:23	4:51	1:01	1:52	2:46	2:02	2:16	4:22	8:49	1:40
				1:12:30	1:15:37	1:21:41	1:23:03	1:24:38	1:26:52	1:27:58		*39:23*				
				4:56	3:07	6:04	1:22	1:35	2:14	1:06		**59*				
20	**201**	**Francisco Javier Casal Fern**	**1:29:04**	9:42	17:08	18:49	21:32	26:46	27:53	29:54	32:44	35:02	38:18	44:02	54:27	56:22
		Independiente		9:42	7:26	1:41	2:43	5:14	1:07	2:01	2:50	2:18	3:16	5:44	10:25	1:55
				1:07:56	1:11:59	1:21:26	1:23:07	1:24:55	1:27:52	1:29:04						
				4:20	4:03	9:27	1:41	1:48	2:57	1:12						
21	**34**	**José Manuel Nogueras Mare**	**1:32:26**	15:46	22:51	24:14	26:59	31:52	33:07	35:48	39:14	46:58	50:34	56:03	1:04:05	1:07:37
		Lugo FLUVIAL_LUGO		15:46	7:05	1:23	2:45	4:53	1:15	2:41	3:26	7:44	3:36	5:29	8:02	3:32
				1:17:53	1:20:46	1:26:23	1:27:42	1:29:15	1:31:22	1:32:26						
				3:22	2:53	5:37	1:19	1:33	2:07	1:04						
22	**107**	**Jose Luis Iglesias Duran**	**1:32:52**	14:48	22:05	23:47	26:27	31:29	32:57	35:53	38:11	40:33	42:51	46:47	56:43	58:21
		Pontevedra HABELAS_HAINA		14:48	7:17	1:42	2:40	5:02	1:28	2:56	2:18	2:22	2:18	3:56	9:56	***1:38***
				1:08:09	1:11:57	1:25:38	1:27:11	1:29:11	1:31:38	1:32:52						
				3:39	3:48	13:41	1:33	2:00	2:27	1:14						
23	**167**	**Ricardo Sánchez Díaz**	**1:34:23**	22:01	29:27	31:10	33:15	37:32	38:48	40:44	44:13	47:01	50:22	54:13	1:02:38	1:04:58
		La Coruña BRIGANTIA		22:01	7:26	1:43	2:05	4:17	1:16	1:56	3:29	2:48	3:21	3:51	8:25	2:20
				1:16:41	1:20:08	1:26:54	1:28:35	1:30:25	1:33:06	1:34:23						
				3:40	3:27	6:46	1:41	1:50	2:41	1:17						
24	**133**	**Fernando Dosil Bouzas**	**1:36:39**	15:20	23:41	25:42	29:57	34:22	35:56	38:31	42:31	45:22	48:39	52:42	1:02:52	1:04:58
		La Coruña ADC_ARNELA		15:20	8:21	2:01	4:15	4:25	1:34	2:35	4:00	2:51	3:17	4:03	10:10	2:06
				1:16:30	1:20:32	1:27:59	1:29:45	1:31:50	1:35:03	1:36:39						
				4:02	4:02	7:27	1:46	2:05	3:13	1:36						
25	**69**	**German Pérez Juste**	**1:45:04**	17:52	26:35	28:10	31:57	36:48	38:36	41:33	45:43	48:54	52:00	56:03	1:07:13	1:11:23
		Pontevedra U-VIGO		17:52	8:43	1:35	3:47	4:51	1:48	2:57	4:10	3:11	3:06	4:03	11:10	4:10
				1:24:48	1:28:56	1:36:56	1:38:38	1:40:42	1:43:41	1:45:04						
				4:23	4:08	8:00	1:42	2:04	2:59	1:23						
26	**40**	**Bartolomé Varela Rodrígue**	**1:46:05**	13:43	20:46	24:26	26:49	31:31	33:02	36:26	46:28	49:16	52:21	58:32	1:12:26	1:14:51
		Lugo FLUVIAL_LUGO		13:43	7:03	3:40	2:23	4:42	1:31	3:24	10:02	2:48	3:05	6:11	13:54	2:25
				1:25:50	1:29:20	1:38:26	1:39:54	1:42:00	1:44:17	1:46:05						
				3:49	3:30	9:06	1:28	2:06	2:17	1:48						
27	**144**	**Jorge Manrique Varela Ferr**	**1:53:49**	10:38	19:25	22:40	25:36	32:22	33:34	35:53	38:57	41:30	45:13	49:37	1:04:30	1:16:13
		La Coruña ADC_ARNELA		10:38	8:47	3:15	2:56	6:46	1:12	2:19	3:04	2:33	3:43	4:24	14:53	11:43
				1:27:05	1:31:17	1:44:51	1:46:41	1:48:40	1:52:23	1:53:49						
				4:36	4:12	13:34	1:50	1:59	3:43	1:26						
28	**83**	**Andres Dopico Pena**	**1:58:10**	19:23	28:11	30:30	33:53	40:29	49:08	51:32	55:42	58:50	1:02:07	1:07:01	1:21:23	1:24:39
		La Coruña GALLAECIA_RAID		19:23	8:48	2:19	3:23	6:36	8:39	2:24	4:10	3:08	3:17	4:54	14:22	3:16
				1:37:30	1:41:58	1:50:00	1:51:43	1:53:52	1:56:44	1:58:10						
				4:28	4:28	8:02	1:43	2:09	2:52	1:26						
29	**18**	**Hugo Villaverde López**	**2:01:42**	13:51	24:10	27:59	32:07	42:26	43:47	46:36	51:09	54:09	1:00:15	1:05:42	1:21:21	1:23:45
		Vizcaya COBI		13:51	10:19	3:49	4:08	10:19	1:21	2:49	4:33	3:00	6:06	5:27	15:39	2:24
				1:37:54	1:43:00	1:52:07	1:54:12	1:56:17	1:59:57	2:01:42						
				6:14	5:06	9:07	2:05	2:05	3:40	1:45						
30	**22**	**José Manuel Caamaño Lago**	**2:16:43**	14:00	23:26	27:57	31:01	37:27	39:06	42:45	46:48	49:41	53:33	1:02:18	1:15:40	1:18:38
		Lugo FLUVIAL_LUGO		14:00	9:26	4:31	3:04	6:26	1:39	3:39	4:03	2:53	3:52	8:45	13:22	2:58
				1:45:01	1:49:48	2:06:47	2:08:48	2:11:44	2:15:10	2:16:43						
				5:48	4:47	16:59	2:01	2:56	3:26	1:33						
	89	**Antonio Manuel López Sal**	**Desc.**	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		La Coruña GALLAECIA_RAID														
				-----	-----	-----	-----	-----	-----							
	99	**Gregorio Gómez Casillas**	**andona**	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		Toledo NAVALCAN-O														
				-----	-----	-----	-----	-----	-----							

os	rsal	Nombre	Tiempo													
M-40 (38)				***8,6 km 480 m***			***20 C***		*(cont.)*							
				1(65)	2(54)	3(31)	4(45)	5(55)	6(63)	7(58)	8(50)	9(39)	10(71)	11(44)	12(42)	13(36)
				15(33)	16(32)	17(53)	18(46)	19(52)	20(200)	Meta						
	178	**Jose Antonio Torviso Berde**	**andona**	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		Pontevedra VIZHOJA-CORN														
				-----	-----	-----	-----	-----	-----							
	55	**Francisco Ginés Vera Barce**	**No sale**													
		Alicante VILLENA-O														
	95	**Fernando Silvarrey Redond**	**No sale**													
		La Coruña GALLAECIA_RAID														
	179	**Darío Alvano Casademunt**	**No sale**													
		Badajoz ITACA														
	169	**Luis Javier Ramos Asensio**	**No sale**													
		La Coruña IES_SABON														
	112	**Ramón Mora Albarracin**	**No sale**													
		Huelva COHU														
M-50 (36)				**5,3 km 290 m**			**14 C**									
				1(32)	2(33)	3(35)	4(71)	5(39)	6(50)	7(38)	8(63)	9(41)	10(54)	11(64)	12(46)	13(67)
				Meta												
1	**57**	**Joan Ramón Fornaguera Ma**	**42:58**	6:48	8:43	11:22	12:30	14:10	17:04	23:35	**25:09**	**26:32**	**29:05**	**32:06**	**40:06**	**41:01**
		Girona GO-XTREM		6:48	1:55	2:39	1:08	1:40	2:54	***6:31***	***1:34***	1:23	***2:33***	***3:01***	8:00	***0:55***
				42:58		*33:43*										
				0:52		**56*										
2	**227**	**Luís Sousa**	**45:48**	6:01	8:10	10:53	12:18	14:52	17:37	24:47	26:27	28:00	31:28	34:33	42:28	43:37
		Évora ADFA		6:01	2:09	2:43	1:25	2:34	***2:45***	7:10	1:40	1:33	3:28	3:05	7:55	1:09
				45:48		*36:03*										
				0:57		**56*										
3	**77**	**Enrique Luis Álvarez Estéve**	**45:57**	**5:27**	7:35	**10:21**	**11:19**	**13:41**	18:33	25:27	27:01	28:18	32:08	35:11	42:36	43:43
		La Coruña GALLAECIA_RAID		***5:27***	2:08	2:46	***0:58***	2:22	4:52	6:54	***1:34***	1:17	3:50	3:03	7:25	1:07
				45:57		*36:27*										
				1:01		**56*										
4	**19**	**Carlos Sanz Balaguer**	**46:21**	6:24	8:15	10:52	12:06	15:35	18:29	25:27	27:13	28:45	32:15	35:41	43:14	44:17
		Málaga COMA		6:24	1:51	2:37	1:14	3:29	2:54	6:58	1:46	1:32	3:30	3:26	7:33	1:03
				46:21												
				0:57												
5	**114**	**Urbano Chousa Álvarez**	**47:00**	5:40	**7:28**	10:27	11:42	14:00	17:20	25:10	27:02	28:15	31:34	35:15	43:18	44:29
		Madrid T_TRAGAME		5:40	1:48	2:59	1:15	2:18	3:20	7:50	1:52	1:13	3:19	3:41	8:03	1:11
				47:00		*22:30*										
				1:08		**58*										
6	**225**	**Eduardo Sebastião**	**47:02**	6:04	7:58	10:54	12:04	14:34	17:57	25:46	27:32	28:42	31:40	35:28	43:20	44:34
		Évora ADFA		6:04	1:54	2:56	1:10	2:30	3:23	7:49	1:46	1:10	2:58	3:48	7:52	1:14
				47:02												
				1:04												
7	**39**	**Francisco Varela Lorenzo**	**48:13**	6:58	9:12	11:54	13:07	16:21	19:23	26:31	28:21	29:43	32:58	36:22	44:28	45:42
		Lugo FLUVIAL_LUGO		6:58	2:14	2:42	1:13	3:14	3:02	7:08	1:50	1:22	3:15	3:24	8:06	1:14
				48:13												
				1:06												
8	**190**	**Ramiro Naveros Rejón**	**49:37**	5:37	7:30	10:27	11:52	**13:41**	**16:30**	**23:34**	25:55	27:27	30:56	36:25	46:07	47:29
		Granada SRK		5:37	1:53	2:57	1:25	1:49	2:49	7:04	2:21	1:32	3:29	5:29	9:42	1:22
				49:37		*38:12*										
				1:00		**56*										
9	**50**	**Jose Luis Morcillo Laiz**	**49:55**	11:59	13:41	16:07	17:14	18:47	21:47	28:35	30:11	31:02	36:42	39:51	46:40	47:44
		Madrid SOTOBOSQUE		11:59	***1:42***	***2:26***	1:07	***1:33***	3:00	6:48	1:36	***0:51***	5:40	3:09	***6:49***	1:04
				49:55		*40:56*										
				0:58		**56*										
10	**111**	**Carlos Viqueira Nouche**	**51:30**	7:02	9:11	12:15	13:34	15:26	18:43	27:26	29:30	30:48	34:39	38:37	47:32	49:02
		La Coruña SEO		7:02	2:09	3:04	1:19	1:52	3:17	8:43	2:04	1:18	3:51	3:58	8:55	1:30
				51:30												
				1:10												
11	**120**	**Antonio López Peiteado**	**52:12**	6:08	8:49	12:07	13:35	16:12	20:02	28:52	30:55	32:50	36:03	39:42	48:27	49:42
		La Coruña MONTAÑA_FERR		6:08	2:41	3:18	1:28	2:37	3:50	8:50	2:03	1:55	3:13	3:39	8:45	1:15
				52:12												
				1:05												
12	**185**	**Sebastian Calderón Barreir**	**54:40**	8:41	11:08	14:05	15:15	18:01	21:27	29:47	31:43	32:59	36:23	40:55	50:24	51:57
		Madrid MALARRUTA		8:41	2:27	2:57	1:10	2:46	3:26	8:20	1:56	1:16	3:24	4:32	9:29	1:33
				54:40		*42:37*										
				1:15		**56*										
13	**248**	**Paulo Gonçalves**	**54:49**	6:45	9:09	12:33	14:03	16:03	19:56	28:33	30:57	32:11	35:37	39:52	50:32	52:01
		Carregueira UCDA		6:45	2:24	3:24	1:30	2:00	3:53	8:37	2:24	1:14	3:26	4:15	10:40	1:29
				54:49												
				1:14												
14	**14**	**Miguel Ángel Rica Cámara**	**55:09**	7:56	10:14	13:23	14:40	16:43	20:11	29:30	31:33	32:45	37:02	41:36	50:49	52:12
		Madrid BOM		7:56	2:18	3:09	1:17	2:03	3:28	9:19	2:03	1:12	4:17	4:34	9:13	1:23
				55:09												
				1:23												
15	**223**	**Tozé Silva**	**55:18**	6:34	10:20	13:20	14:44	16:40	20:00	28:45	32:01	33:17	37:05	41:20	50:47	52:18
		Leiría COC		6:34	3:46	3:00	1:24	1:56	3:20	8:45	3:16	1:16	3:48	4:15	9:27	1:31
				55:18												
				1:26												

os	rsal	Nombre	Tiempo	1(32) Meta	2(33)	3(35)	4(71)	5(39)	6(50)	7(38)	8(63)	9(41)	10(54)	11(64)	12(46)	13(67)
M-50 (36)				***5,3 km 290 m***			***14 C***	*(cont.)*								
16	**110**	**Horacio Souto Pol**	**57:24**	5:43	7:46	11:03	12:44	14:59	18:24	33:16	34:55	36:09	40:09	43:28	53:47	55:02
		La Coruña SEO		5:43	2:03	3:17	1:41	2:15	3:25	14:52	1:39	1:14	4:00	3:19	10:19	1:15
				57:24												
				1:03												
17	**61**	**Javier Ara Tesa**	**57:30**	5:43	9:01	11:49	12:55	16:15	19:12	27:03	28:51	33:52	36:42	45:17	54:05	55:14
		Huesca PEÑA_GUARA		5:43	3:18	2:48	1:06	3:20	2:57	7:51	1:48	5:01	2:50	8:35	8:48	1:09
				57:30		*30:32*	*47:11*									
				1:06		**59*	**56*									
18	**35**	**Pedro Parga Andón**	**58:02**	8:02	11:23	15:00	16:52	19:09	22:44	31:59	34:10	35:49	39:45	44:13	53:58	55:21
		Lugo FLUVIAL_LUGO		8:02	3:21	3:37	1:52	2:17	3:35	9:15	2:11	1:39	3:56	4:28	9:45	1:23
				58:02		*4:23*	*46:40*	*52:19*								
				1:14		**51*	**56*	**53*								
19	**1**	**Oscar Casero Vidal**	**58:48**	17:23	19:20	22:10	23:25	25:10	28:16	36:32	38:22	39:49	42:33	46:53	55:10	56:30
		Cáceres ALTAIR		17:23	1:57	2:50	1:15	1:45	3:06	8:16	1:50	1:27	2:44	4:20	8:17	1:20
				58:48		*48:01*	*53:41*									
				1:00		**56*	**53*									
20	**161**	**José Manuel Sancosmed To**	**1:00:00**	7:08	10:04	13:39	15:33	18:23	22:02	30:38	33:11	35:33	41:23	45:28	55:56	57:21
		La Coruña COCO		7:08	2:56	3:35	1:54	2:50	3:39	8:36	2:33	2:22	5:50	4:05	10:28	1:25
				1:00:00												
				1:16												
21	**48**	**Julian Amores Fuste**	**1:00:29**	6:08	8:04	10:48	12:12	13:54	16:57	25:12	28:00	39:04	42:55	48:42	56:50	58:02
		Madrid SOTOBOSQUE		6:08	1:56	2:44	1:24	1:42	3:03	8:15	2:48	11:04	3:51	5:47	8:08	1:12
				1:00:29												
				1:03												
22	**251**	**João Lavado**	**1:00:46**	8:19	11:00	14:46	16:32	18:30	22:01	31:03	33:08	37:20	41:01	45:19	56:24	57:50
		Carregueira UCDA		8:19	2:41	3:46	1:46	1:58	3:31	9:02	2:05	4:12	3:41	4:18	11:05	1:26
				1:00:46												
				1:18												
23	**226**	**José Silva**	**1:01:07**	6:38	8:58	12:51	14:22	19:28	23:02	34:26	36:39	38:49	42:17	46:33	56:54	58:19
		Évora ADFA		6:38	2:20	3:53	1:31	5:06	3:34	11:24	2:13	2:10	3:28	4:16	10:21	1:25
				1:01:07		*48:24*										
				1:16		**56*										
24	**74**	**Alejandro Camblor Fernánd**	**1:04:19**	7:01	9:28	13:10	14:32	16:57	21:32	32:51	35:24	36:59	40:49	46:49	58:49	1:00:40
		Asturias LA_BRUJULA_-_JAI		7:01	2:27	3:42	1:22	2:25	4:35	11:19	2:33	1:35	3:50	6:00	12:00	1:51
				1:04:19												
				1:48												
25	**143**	**Camilo Serantes Maneiro**	**1:05:09**	8:16	10:58	14:28	16:12	19:54	23:25	33:55	36:01	38:20	43:26	47:26	1:01:10	1:02:35
		La Coruña ADC_ARNELA		8:16	2:42	3:30	1:44	3:42	3:31	10:30	2:06	2:19	5:06	4:00	13:44	1:25
				1:05:09												
				1:05												
26	**52**	**Lucas Moriana Muñoz**	**1:08:37**	8:57	11:27	14:33	16:04	18:24	27:45	36:46	38:52	39:58	46:59	54:37	1:04:37	1:06:00
		Granada VELETA		8:57	2:30	3:06	1:31	2:20	9:21	9:01	2:06	1:06	7:01	7:38	10:00	1:23
				1:08:37												
				1:10												
27	**233**	**Helder Faísca**	**1:10:40**	12:42	15:37	19:40	21:15	24:04	28:08	39:46	41:51	43:14	47:08	52:49	1:05:14	1:07:13
		Loulé BTTLoulé/ELEVIS		12:42	2:55	4:03	1:35	2:49	4:04	11:38	2:05	1:23	3:54	5:41	12:25	1:59
				1:10:40												
				1:24												
28	**216**	**Norberto Marques**	**1:15:30**	21:07	23:32	27:32	29:40	31:56	35:53	46:31	49:06	50:58	54:49	59:15	1:10:15	1:12:18
		Leiría COC		21:07	2:25	4:00	2:08	2:16	3:57	10:38	2:35	1:52	3:51	4:26	11:00	2:03
				1:15:30												
				1:33												
29	**68**	**Patricio Peláez Méndez**	**1:18:29**	17:17	20:28	24:43	26:25	31:02	34:58	47:50	50:35	53:01	57:16	1:01:58	1:13:36	1:15:11
		Pontevedra U-VIGO		17:17	3:11	4:15	1:42	4:37	3:56	12:52	2:45	2:26	4:15	4:42	11:38	1:35
				1:18:29												
				1:35												
30	**66**	**José Luís Armada Luaces**	**1:18:36**	11:39	14:40	19:25	21:40	24:51	29:31	42:32	45:42	48:40	53:59	1:00:15	1:12:59	1:14:51
		Pontevedra U-VIGO		11:39	3:01	4:45	2:15	3:11	4:40	13:01	3:10	2:58	5:19	6:16	12:44	1:52
				1:18:36												
				1:47												
31	**159**	**Juan Carlos Carballo Fernán**	**1:20:56**	12:08	15:20	19:59	22:12	24:57	29:52	42:38	45:39	47:37	52:03	57:40	1:15:34	1:17:23
		La Coruña A_PEDROSA_OR		12:08	3:12	4:39	2:13	2:45	4:55	12:46	3:01	1:58	4:26	5:37	17:54	1:49
				1:20:56												
				1:40												
32	**147**	**Jorge Victorero Rey**	**1:59:07**	14:50	18:43	22:55	27:14	32:58	39:13	57:39	1:24:14	1:26:18	1:31:08	1:37:34	1:53:24	1:55:28
		La Coruña ADC_ARNELA		14:50	3:53	4:12	4:19	5:44	6:15	18:26	26:35	2:04	4:50	6:26	15:50	2:04
				1:59:07												
				1:43												
	56	**Eugenio Izquierdo Macón**	**en tarj.**	8:47	11:44	14:27	15:43	20:58	24:01	32:03	33:40	-----	38:03	43:40	53:30	54:41
		León ALCON		8:47	2:57	2:43	1:16	5:15	3:03	8:02	1:37		4:23	5:37	9:50	1:11
				57:02		*6:24*										
				1:02		**51*										
	222	**Pedro Serralheiro**	**andona**	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		Leiría COC														

os	rsal	Nombre	Tiempo													
M-50 (36)				***5,3 km 290 m***			***14 C***		*(cont.)*							
				1(32)	2(33)	3(35)	4(71)	5(39)	6(50)	7(38)	8(63)	9(41)	10(54)	11(64)	12(46)	13(67)
				Meta												
	229	**Filipe Silva**	**No sale**													
		Lisboa Clube Millennium B														
	196	**Josep Selga San Jose**	**No sale**													
		Barcelona CEOBTT														
M-60 (9)				**4,0 km 260 m**			**13 C**									
				1(51)	2(32)	3(43)	4(50)	5(58)	6(63)	7(60)	8(31)	9(45)	10(56)	11(46)	12(52)	13(200)
1	**257**	**Escada da Costa**	**49:20**	5:34	7:47	10:33	12:03	17:51	22:19	**24:12**	28:16	30:28	33:27	**42:22**	44:37	47:57
		Vila Nova de San COALA		5:34	***2:13***	2:46	1:30	5:48	4:28	***1:53***	4:04	***2:12***	2:59	8:55	2:15	3:20
					39:54											
					**53*											
2	**259**	**Luciano Lucas**	**49:30**	**4:06**	**6:40**	**8:34**	**10:06**	18:01	22:23	25:13	29:12	31:41	33:50	42:23	**44:33**	**47:56**
		Vila Nova de San COALA		***4:06***	2:34	***1:54***	1:32	7:55	***4:22***	2:50	3:59	2:29	***2:09***	8:33	***2:10***	3:23
					24:15											
					**41*											
3	**38**	**Eugenio A. Rodríguez Núñe**	**49:40**	4:24	8:59	12:47	14:37	19:37	24:07	26:32	30:09	32:32	35:07	43:22	45:32	48:21
		Lugo FLUVIAL_LUGO		4:24	4:35	3:48	1:50	***5:00***	4:30	2:25	3:37	2:23	2:35	***8:15***	***2:10***	***2:49***
4	**261**	**Carlos Ferreira**	**51:15**	5:00	7:48	10:12	11:41	**17:03**	**22:15**	**24:12**	**27:36**	**29:48**	**32:03**	44:26	46:45	49:46
		Águeda CAB		5:00	2:48	2:24	***1:29***	5:22	5:12	1:57	***3:24***	***2:12***	2:15	12:23	2:19	3:01
5	**207**	**Joaquim Patrício**	**56:53**	5:14	9:16	13:47	15:49	21:37	27:01	29:44	33:53	36:43	39:37	49:24	51:48	55:23
		Alvito CN Alvito		5:14	4:02	4:31	2:02	5:48	5:24	2:43	4:09	2:50	2:54	9:47	2:24	3:35
					28:44											
					**41*											
6	**54**	**José Samper García**	**1:01:19**	4:26	8:42	11:47	13:46	19:36	24:09	34:44	38:57	41:28	44:41	54:26	56:53	59:57
		Alicante VILLENA-O		4:26	4:16	3:05	1:59	5:50	4:33	10:35	4:13	2:31	3:13	9:45	2:27	3:04
7	**20**	**Fernando Almonacid Carbo**	**1:14:54**	5:24	8:02	17:56	19:47	25:49	30:15	33:02	37:06	39:39	58:49	1:07:54	1:10:05	1:13:19
		Valencia CORRECAMINOS		5:24	2:38	9:54	1:51	6:02	4:26	2:47	4:04	2:33	19:10	9:05	2:11	3:14
					13:07											
					**50*											
	199	**Roberto Mourente Prieto**	**No sale**	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	7:34:39
		Club ciclista Cariño														7:34:39
					6:59:31	*7:06:15*	*7:08:21*	*7:08:24*	*7:08:30*	*7:11:25*	*7:13:27*	*7:25:10*	*7:27:08*	*7:31:40*		
					**102*	**106*	**109*	**109*	**109*	**101*	**114*	**118*	**119*	**110*		
	258	**Norman Jones**	**No sale**													
		Vila Nova de San COALA														
F-15 (6)				**3,6 km 170 m**			**9 C**									
				1(61)	2(50)	3(58)	4(60)	5(54)	6(56)	7(62)	8(52)	9(200)	Meta			
1	**189**	**Paula Martín Varo**	**31:43**	**2:40**	4:24	9:35	**12:25**	**14:31**	**20:12**	**25:56**	**27:45**	**30:38**	**31:43**			
		Granada SRK		***2:40***	1:44	5:11	***2:50***	***2:06***	***5:41***	5:44	1:49	2:53	1:05			
2	**241**	**Laura Simão**	**33:43**	2:52	**4:22**	**9:22**	12:59	17:25	23:30	28:28	29:59	32:39	33:43		*1:58*	
		Loulé BTTLoulé/ELEVIS		2:52	***1:30***	***5:00***	3:37	4:26	6:05	***4:58***	***1:31***	***2:40***	***1:04***		**72*	
3	**82**	**Alba Dopico Golpe**	**47:56**	3:20	5:24	11:40	14:45	17:32	31:53	39:32	42:04	46:21	47:56			
		La Coruña GALLAECIA_RAID		3:20	2:04	6:16	3:05	2:47	14:21	7:39	2:32	4:17	1:35			
4	**139**	**Nerea Oujo Perez**	**48:58**	3:53	6:01	13:32	22:02	25:07	33:10	40:18	42:52	47:04	48:58			
		La Coruña ADC_ARNELA		3:53	2:08	7:31	8:30	3:05	8:03	7:08	2:34	4:12	1:54			
5	**71**	**Marta Villa Rodríguez**	**55:15**	5:57	9:29	18:26	23:48	28:06	38:04	46:34	49:15	53:31	55:15			
		Asturias PILOÑA_DEPORTE		5:57	3:32	8:57	5:22	4:18	9:58	8:30	2:41	4:16	1:44			
6	**245**	**Iris Fonseca**	**1:05:26**	3:59	6:22	16:17	30:13	35:02	45:22	54:32	57:11	1:03:45	1:05:26			
		Carregueira UCDA		3:59	2:23	9:55	13:56	4:49	10:20	9:10	2:39	6:34	1:41			
F-17 (5)				**4,2 km 180 m**			**11 C**									
				1(61)	2(50)	3(66)	4(38)	5(63)	6(69)	7(31)	8(56)	9(62)	10(67)	11(200)	Meta	
1	**72**	**Paola Villa Rodríguez**	**30:17**	**2:04**	**3:25**	**5:07**	**11:09**	**13:00**	**15:00**	**15:42**	**18:21**	**24:05**	**27:54**	**29:12**	**30:17**	
		Asturias PILOÑA_DEPORTE		***2:04***	1:21	1:42	6:02	***1:51***	***2:00***	0:42	***2:39***	5:44	3:49	***1:18***	***1:05***	
2	**182**	**Nerea García Rodríguez**	**34:07**	2:32	3:47	5:20	11:17	13:13	16:04	16:39	23:19	27:53	31:28	33:00	34:07	
		Badajoz ITACA		2:32	***1:15***	***1:33***	***5:57***	1:56	2:51	***0:35***	6:40	***4:34***	***3:35***	1:32	1:07	
3	**105**	**Elena YIlan Ortiz**	**41:47**	3:56	6:06	8:20	16:48	18:49	21:21	22:08	26:08	32:16	38:42	40:24	41:47	
		Madrid ALABARDA-O		3:56	2:10	2:14	8:28	2:01	2:32	0:47	4:00	6:08	6:26	1:42	1:23	
4	**103**	**Lucía Iruzubieta Pinillos**	**1:11:05**	5:25	7:44	9:56	18:13	20:49	23:36	24:26	50:33	59:33	1:07:10	1:09:16	1:11:05	
		La Rioja RIOJA-O		5:25	2:19	2:12	8:17	2:36	2:47	0:50	26:07	9:00	7:37	2:06	1:49	
				57:29												
				**57*												
	11	**Alba Grimaldi Pérez**	**en tarj.**	-----	-----	-----	-----	-----	-----	-----	-----	-----	5:03	7:41	9:41	
		Pontevedra AROMON											5:03	2:38	2:00	
F-20 (5)				**5,4 km 280 m**			**16 C**									
				1(51)	2(32)	3(33)	4(35)	5(39)	6(43)	7(66)	8(58)	9(38)	10(63)	11(60)	12(31)	13(56)
				15(52)	16(200)	Meta										
1	**210**	**Leonor Silva**	**1:26:23**	6:26	**9:38**	**12:35**	**16:45**	**23:51**	**28:48**	**33:12**	50:52	55:42	58:19	1:01:37	1:06:31	1:11:26
		Alvito CN Alvito		6:26	***3:12***	2:57	4:10	7:06	***4:57***	***4:24***	17:40	4:50	2:37	***3:18***	4:54	***4:55***
				1:20:36	**1:24:46**	**1:26:23**										
				2:24	4:10	1:37										

os	rsal	Nombre	Tiempo													
F-20 (5)				***5,4 km 280 m***			***16 C***	*(cont.)*								
				1(51)	2(32)	3(33)	4(35)	5(39)	6(43)	7(66)	8(58)	9(38)	10(63)	11(60)	12(31)	13(56)
				15(52)	16(200)	Meta										
2	**51**	**Alicia Lorenzo Calvo**	**1:28:11**	8:19	11:53	14:54	19:01	24:11	34:28	39:06	**42:55**	**46:32**	**49:02**	**52:32**	**56:38**	**1:10:50**
		Valladolid COV		8:19	3:34	3:01	***4:07***	5:10	10:17	4:38	***3:49***	***3:37***	***2:30***	3:30	***4:06***	14:12
				1:22:55	1:26:48	1:28:11		*51:35*								
				2:16	***3:53***	***1:23***		**41*								
3	**140**	**Antia Oujo Perez**	**1:37:34**	14:14	17:59	20:45	25:40	30:16	37:19	45:16	51:46	57:06	1:00:37	1:05:14	1:12:00	1:16:58
		La Coruña ADC_ARNELA		14:14	3:45	***2:46***	4:55	***4:36***	7:03	7:57	6:30	5:20	3:31	4:37	6:46	4:58
				1:29:51	1:35:20	1:37:34										
				2:46	5:29	2:14										
4	**209**	**Sandra Rosa**	**1:46:39**	**5:48**	14:03	18:05	23:32	32:59	39:18	44:43	1:00:43	1:08:15	1:11:14	1:14:47	1:21:51	1:27:28
		Alvito CN Alvito		***5:48***	8:15	4:02	5:27	9:27	6:19	5:25	16:00	7:32	2:59	3:33	7:04	5:37
				1:39:02	1:44:45	1:46:39										
				2:36	5:43	1:54										
	224	**Bebiana Alves**	**No sale**													
		Capela ADC														
F-E (13)				**7,6 km 410 m**			**20 C**									
				1(65)	2(58)	3(38)	4(63)	5(41)	6(31)	7(69)	8(68)	9(37)	10(43)	11(39)	12(71)	13(70)
				15(32)	16(61)	17(53)	18(46)	19(52)	20(200)	Meta						
1	**150**	**Maria Del Mar Delgado Gon**	**56:01**	7:24	12:36	14:47	**16:17**	**17:34**	**20:48**	**21:27**	**23:33**	**26:51**	**30:30**	**31:59**	**34:08**	**39:24**
		La Coruña OPBZ		7:24	***5:12***	***2:11***	***1:30***	1:17	***3:14***	0:39	***2:06***	3:18	3:39	1:29	***2:09***	5:16
				43:34	**46:18**	**49:46**	**51:05**	**52:45**	**55:02**	**56:01**						
				3:09	2:44	***3:28***	***1:19***	1:40	2:17	0:59						
2	**232**	**Marisa Costa**	**59:17**	**6:58**	**12:13**	**14:38**	17:28	18:35	22:34	23:11	25:19	28:35	32:06	33:30	35:42	41:33
		Loulé BTTLoulé/ELEVIS		***6:58***	5:15	2:25	2:50	***1:07***	3:59	***0:37***	2:08	***3:16***	***3:31***	***1:24***	2:12	5:51
				46:00	48:41	52:11	54:04	55:39	58:14	59:17						
				3:11	2:41	3:30	1:53	***1:35***	2:35	1:03						
3	**219**	**Susana Pontes**	**1:05:44**	7:44	13:39	16:09	18:14	19:45	25:05	25:45	28:06	31:49	35:43	37:20	39:57	45:32
		Leiría COC		7:44	5:55	2:30	2:05	1:31	5:20	0:40	2:21	3:43	3:54	1:37	2:37	5:35
				50:11	54:44	58:42	1:00:08	1:02:01	1:04:33	1:05:44						
				3:33	4:33	3:58	1:26	1:53	2:32	1:11						
4	**172**	**Teresa Barreira Salgado**	**1:07:18**	15:30	21:19	23:35	25:17	26:41	31:01	32:10	34:18	37:44	41:37	43:18	45:50	50:26
		Pontevedra VIZHOJA-CORN		15:30	5:49	2:16	1:42	1:24	4:20	1:09	2:08	3:26	3:53	1:41	2:32	***4:36***
				54:56	57:22	1:00:56	1:02:24	1:04:30	1:06:23	1:07:18						
				3:01	***2:26***	3:34	1:28	2:06	***1:53***	***0:55***						
5	**156**	**Veronica Montes Villar**	**1:11:09**	10:02	15:40	18:25	21:58	23:28	29:05	29:45	31:56	35:41	39:54	41:30	43:58	52:38
		La Coruña OPBZ		10:02	5:38	2:45	3:33	1:30	5:37	0:40	2:11	3:45	4:13	1:36	2:28	8:40
				57:34	1:00:30	1:04:13	1:05:41	1:07:33	1:10:06	1:11:09						
				3:56	2:56	3:43	1:28	1:52	2:33	1:03						
6	**87**	**Tania López Eyo**	**1:13:59**	10:36	16:59	19:45	22:54	24:11	28:44	29:41	32:04	35:56	40:12	41:47	44:44	52:38
		La Coruña GALLAECIA_RAID		10:36	6:23	2:46	3:09	1:17	4:33	0:57	2:23	3:52	4:16	1:35	2:57	7:54
				58:06	1:01:27	1:05:45	1:07:23	1:09:24	1:12:38	1:13:59						
				4:14	3:21	4:18	1:38	2:01	3:14	1:21						
7	**15**	**Silvia Irastorza Asensio**	**1:14:20**	9:51	16:13	19:03	21:02	22:26	27:10	28:32	30:53	35:00	39:43	41:39	44:27	52:45
		Vizcaya COBI		9:51	6:22	2:50	1:59	1:24	4:44	1:22	2:21	4:07	4:43	1:56	2:48	8:18
				57:47	1:02:13	1:06:17	1:08:07	1:10:07	1:13:08	1:14:20						
				3:50	4:26	4:04	1:50	2:00	3:01	1:12						
8	**168**	**Ana Varela Yañez**	**1:15:08**	16:28	23:21	26:08	27:53	29:05	32:30	33:14	35:23	41:47	45:42	47:09	49:56	56:28
		La Coruña BRIGANTIA		16:28	6:53	2:47	1:45	1:12	3:25	0:44	2:09	6:24	3:55	1:27	2:47	6:32
				1:01:06	1:03:54	1:07:49	1:09:18	1:10:59	1:13:57	1:15:08						
				3:42	2:48	3:55	1:29	1:41	2:58	1:11						
9	**49**	**Susana Arroyo Schnell**	**1:15:09**	12:31	18:35	22:06	24:02	25:38	29:06	30:01	32:26	36:20	40:18	42:04	44:40	51:47
		Madrid SOTOBOSQUE		12:31	6:04	3:31	1:56	1:36	3:28	0:55	2:25	3:54	3:58	1:46	2:36	7:07
				57:07	1:03:23	1:07:42	1:09:11	1:11:08	1:13:58	1:15:09						
				4:09	6:16	4:19	1:29	1:57	2:50	1:11						
10	**24**	**Luisa Felpeto González**	**1:20:54**	16:17	25:36	28:39	31:49	33:14	37:20	38:22	40:49	45:02	49:51	51:43	54:29	1:01:49
		Lugo FLUVIAL_LUGO		16:17	9:19	3:03	3:10	1:25	4:06	1:02	2:27	4:13	4:49	1:52	2:46	7:20
				1:06:36	1:09:49	1:13:42	1:15:14	1:17:02	1:19:42	1:20:54						
				3:35	3:13	3:53	1:32	1:48	2:40	1:12						
11	**91**	**Paula Naya Mancebo**	**1:26:48**	12:51	21:48	25:02	27:24	29:33	35:25	36:29	39:20	43:51	49:30	51:26	54:45	1:03:57
		La Coruña GALLAECIA_RAID		12:51	8:57	3:14	2:22	2:09	5:52	1:04	2:51	4:31	5:39	1:56	3:19	9:12
				1:09:51	1:13:24	1:18:38	1:20:39	1:22:38	1:25:28	1:26:48						
				4:26	3:33	5:14	2:01	1:59	2:50	1:20						
12	**2**	**Miriam Miranda Guerrero**	**1:29:37**	12:59	20:51	24:51	28:29	30:12	35:44	36:55	39:51	44:40	49:49	51:55	55:27	1:03:45
		Cáceres ALTAIR		12:59	7:52	4:00	3:38	1:43	5:32	1:11	2:56	4:49	5:09	2:06	3:32	8:18
				1:11:56	1:15:45	1:20:26	1:22:11	1:24:16	1:28:07	1:29:37						
				4:39	3:49	4:41	1:45	2:05	3:51	1:30						
13	**17**	**Inma Ovejero Dueñas**	**1:48:19**	28:55	36:41	40:43	44:29	46:52	52:55	53:56	56:40	1:01:23	1:07:06	1:09:12	1:12:57	1:21:17
		Vizcaya COBI		28:55	7:46	4:02	3:46	2:23	6:03	1:01	2:44	4:43	5:43	2:06	3:45	8:20
				1:27:57	1:31:59	1:37:45	1:39:58	1:42:43	1:46:34	1:48:19						
				5:15	4:02	5:46	2:13	2:45	3:51	1:45						

os	rsal	Nombre	Tiempo													
F-21 (7)				**7,1 km 370 m**		**18 C**										
				1(32)	2(70)	3(36)	4(73)	5(44)	6(35)	7(39)	8(50)	9(58)	10(54)	11(31)	12(45)	13(64)
				15(62)	16(46)	17(52)	18(200)	Meta								
1	**108**	**Barbara Del Puerto López**	**1:31:21**	11:08	18:00	26:27	30:46	36:52	40:27	45:16	50:12	57:38	1:03:22	**1:05:40**	**1:09:04**	**1:09:58**
		La Coruña SEO		11:08	6:52	8:27	4:19	***6:06***	3:35	***4:49***	4:56	7:26	5:44	***2:18***	3:24	0:54
				1:19:07	**1:22:49**	**1:25:25**	**1:29:34**	**1:31:21**								
				7:10	3:42	2:36	4:09	1:47								
2	**78**	**Laura Álvarez Oreiro**	**1:34:23**	**7:56**	**14:40**	**21:54**	**27:01**	**33:24**	**36:49**	**42:28**	**46:20**	**53:18**	**57:58**	1:09:30	1:12:53	1:13:57
		La Coruña GALLAECIA_RAID		***7:56***	***6:44***	***7:14***	5:07	6:23	***3:25***	5:39	***3:52***	***6:58***	***4:40***	11:32	3:23	1:04
				1:24:10	1:27:20	1:29:47	1:33:00	1:34:23								
				7:00	***3:10***	***2:27***	***3:13***	***1:23***								
3	**137**	**Susana Míguez Sampedro**	**1:58:22**	16:13	24:49	34:16	38:27	50:35	55:25	1:03:26	1:08:24	1:16:26	1:21:26	1:23:50	1:27:25	1:28:41
		La Coruña ADC_ARNELA		16:13	8:36	9:27	4:11	12:08	4:50	8:01	4:58	8:02	5:00	2:24	3:35	1:16
				1:41:47	1:49:42	1:52:35	1:56:26	1:58:22								
				9:22	7:55	2:53	3:51	1:56								
4	**254**	**Carina Centeno**	**2:03:14**	13:52	21:50	36:06	40:27	48:09	55:07	1:03:56	1:08:37	1:19:53	1:26:53	1:30:02	1:37:32	1:38:25
		Abrunheira CP Abrunheira		13:52	7:58	14:16	4:21	7:42	6:58	8:49	4:41	11:16	7:00	3:09	7:30	***0:53***
				1:47:44	1:53:25	1:56:28	2:01:07	2:03:14								
				6:59	5:41	3:03	4:39	2:07								
5	**243**	**Silvia Antunes**	**2:04:23**	10:45	20:10	32:39	36:22	55:21	1:00:58	1:09:33	1:13:54	1:22:25	1:27:35	1:30:07	1:33:14	1:34:25
		Carregueira UCDA		10:45	9:25	12:29	***3:43***	18:59	5:37	8:35	4:21	8:31	5:10	2:32	3:07	1:11
				1:47:55	1:55:37	1:58:32	2:02:44	2:04:23								
				9:38	7:42	2:55	4:12	1:39								
	37	**Rosa Porto Vázquez**	**en tarj.**	8:58	16:19	28:26	36:17	48:04	52:29	59:37	1:05:06	1:12:55	1:19:11	1:21:50	1:24:49	-----
		Lugo FLUVIAL_LUGO		8:58	7:21	12:07	7:51	11:47	4:25	7:08	5:29	7:49	6:16	2:39	***2:59***	
				1:42:21	1:46:11	1:49:51	1:53:45	1:55:27								
				11:45	3:50	3:40	3:54	1:42								
	149	**Carolina López Chaves**	**No sale**													
		Madrid RANDOBIKE														
F-40 (9)				**5,2 km 290 m**		**15 C**										
				1(32)	2(43)	3(60)	4(31)	5(69)	6(63)	7(59)	8(58)	9(50)	10(65)	11(72)	12(53)	13(46)
				15(200)	Meta											
1	**132**	**Alejandra Carro Mahía**	**54:04**	8:44	12:11	23:11	**27:17**	**28:22**	**29:49**	**30:49**	**31:36**	**34:33**	**38:21**	**43:35**	**47:40**	**49:30**
		La Coruña ADC_ARNELA		8:44	3:27	11:00	***4:06***	1:05	1:27	***1:00***	***0:47***	***2:57***	3:48	5:14	4:05	***1:50***
				52:45	**54:04**											
				1:40	1:19											
2	**86**	**Sonia Gómez Naya**	**56:26**	**8:41**	**12:04**	**23:03**	27:38	28:34	30:08	31:31	32:29	36:14	40:57	46:13	50:01	51:52
		La Coruña GALLAECIA_RAID		***8:41***	3:23	10:59	4:35	***0:56***	1:34	1:23	0:58	3:45	4:43	5:16	3:48	1:51
				55:09	56:26											
				1:34	1:17											
3	**119**	**Cristina López Dacosta**	**1:00:57**	13:54	16:04	24:28	30:53	32:01	33:34	34:35	35:58	39:10	42:45	49:57	54:17	56:35
		La Coruña MONTAÑA_FERR		13:54	***2:10***	8:24	6:25	1:08	1:33	1:01	1:23	3:12	***3:35***	7:12	4:20	2:18
				59:36	1:00:57											
				1:35	1:21											
4	**29**	**Fernanda Follana Neira**	**1:01:49**	14:30	18:01	26:14	30:38	32:16	33:43	34:59	36:14	41:46	46:26	51:09	54:55	57:07
		Lugo FLUVIAL_LUGO		14:30	3:31	***8:13***	4:24	1:38	1:27	1:16	1:15	5:32	4:40	***4:43***	***3:46***	2:12
				1:00:12	1:01:49		*5:36*									
				1:23	1:37		**51*									
5	**90**	**Paulina Andrea Mosquera Az**	**1:06:52**	11:15	14:50	25:06	29:30	30:45	34:14	36:21	37:55	46:24	50:17	55:38	1:00:11	1:02:16
		La Coruña GALLAECIA_RAID		11:15	3:35	10:16	4:24	1:15	3:29	2:07	1:34	8:29	3:53	5:21	4:33	2:05
				1:05:32	1:06:52											
				1:32	1:20											
6	**85**	**Yolanda García González**	**1:09:57**	9:49	14:35	25:50	30:13	31:17	32:43	47:09	48:07	51:22	55:10	1:00:02	1:04:08	1:06:03
		La Coruña GALLAECIA_RAID		9:49	4:46	11:15	4:23	1:04	***1:26***	14:26	0:58	3:15	3:48	4:52	4:06	1:55
				1:08:52	1:09:57		*36:37*									
				1:27	***1:05***		**41*									
7	**58**	**Angela Garcia-Hawkins Fern**	**1:21:54**	12:09	18:10	29:28	36:00	37:18	39:13	41:08	42:25	50:38	56:03	1:02:36	1:14:04	1:16:38
		Madrid LOS_ANGELES		12:09	6:01	11:18	6:32	1:18	1:55	1:55	1:17	8:13	5:25	6:33	11:28	2:34
				1:20:07	1:21:54											
				1:42	1:47											
	184	**Esther Pizarro Corral**	**No sale**													
		Badajoz ITACA														
	47	**María Paloma Fontana Pérez**	**No sale**													
		Córdoba LOS_CALIFAS														
F-50 (8)				**4,0 km 230 m**		**13 C**										
				1(61)	2(60)	3(58)	4(38)	5(31)	6(69)	7(45)	8(64)	9(56)	10(62)	11(46)	12(52)	13(200)
1	**217**	**Luísa Mateus**	**50:44**	**3:19**	**13:29**	**15:35**	**19:32**	**25:44**	**26:37**	**28:45**	**29:32**	**31:19**	**38:23**	**42:04**	**44:57**	**48:58**
		Leiría COC		***3:19***	10:10	2:06	3:57	6:12	0:53	2:08	***0:47***	***1:47***	***7:04***	3:41	2:53	4:01
2	**96**	**Maria Teresa Silvarrey Redo**	**56:45**	4:16	15:24	19:04	23:39	29:31	30:32	32:35	33:32	36:21	43:49	48:19	51:10	55:11
		La Coruña GALLAECIA_RAID		4:16	11:08	3:40	4:35	***5:52***	1:01	2:03	0:57	2:49	7:28	4:30	2:51	4:01
3	**46**	**Eva María Para Martin**	**59:03**	4:00	15:38	19:28	24:01	30:08	31:15	33:37	34:32	36:56	45:29	49:48	52:39	56:52
		Madrid MONTE_EL_PARDO		4:00	11:38	3:50	4:33	6:07	1:07	2:22	0:55	2:24	8:33	4:19	2:51	4:13
4	**64**	**Dolores Piedrafita García**	**1:01:29**	4:58	17:34	19:41	24:32	31:22	32:23	34:44	36:38	39:28	48:13	52:28	55:31	59:37
		Huesca PEÑA_GUARA		4:58	12:36	2:07	4:51	6:50	1:01	2:21	1:54	2:50	8:45	4:15	3:03	4:06
					3:05											
					**72*											
5	**53**	**Paloma Rodríguez Rodrígu**	**1:03:15**	4:13	13:48	16:35	20:08	34:49	35:37	37:26	38:51	42:00	53:00	55:53	58:15	1:01:50
		Granada VELETA		4:13	***9:35***	2:47	***3:33***	14:41	***0:48***	***1:49***	1:25	3:09	11:00	***2:53***	***2:22***	***3:35***

os	rsal	Nombre	Tiempo													
F-50 (8)				***4,0 km 230 m***			***13 C***	*(cont.)*								
				1(61)	2(60)	3(58)	4(38)	5(31)	6(69)	7(45)	8(64)	9(56)	10(62)	11(46)	12(52)	13(200)
6	**65**	**Mar Puyuelo Sanclemente**	**1:03:49**	4:11	16:02	18:06	26:59	33:06	34:05	36:24	37:26	40:26	48:16	55:33	58:00	1:02:00
		Huesca PEÑA_GUARA		4:11	11:51	***2:04***	8:53	6:07	0:59	2:19	1:02	3:00	7:50	7:17	2:27	4:00
7	**67**	**Begoña Crespo Quindos**	**1:05:46**	4:17	14:44	18:24	23:37	33:13	34:12	36:49	40:13	43:11	52:22	56:24	59:40	1:04:01
		Pontevedra U-VIGO		4:17	10:27	3:40	5:13	9:36	0:59	2:37	3:24	2:58	9:11	4:02	3:16	4:21
	101	**Pilar Nieto Calvo**	**en tarj.**	4:25	39:32	42:06	54:33	1:04:26	1:05:37	1:08:48	1:10:27	1:13:10	-----	1:27:36	1:31:30	1:37:53
		Toledo NAVALCAN-O		4:25	35:07	2:34	12:27	9:53	1:11	3:11	1:39	2:43		14:26	3:54	6:23
					29:39	*1:24:07*										
					**54*	**53*										
ABS.PAREJAS (6)				**6,4 km 320 m**			**15 C**									
				1(43)	2(71)	3(35)	4(33)	5(50)	6(54)	7(31)	8(41)	9(63)	10(55)	11(45)	12(56)	13(62)
				15(200)	Meta											
1	**170**	**Agustin Gabarron Jimenez /**	**1:00:17**	13:19	**16:34**	**19:44**	**23:28**	**26:01**	**32:41**	**34:37**	**36:35**	**39:27**	**42:58**	**46:18**	**48:49**	**53:55**
		Club Mixto		13:19	***3:15***	***3:10***	***3:44***	2:33	***6:40***	1:56	1:58	2:52	***3:31***	***3:20***	***2:31***	5:06
				59:04	**1:00:17**											
				1:17	1:13											
2	**7**	**Juan Carlos Muñiz Nieto / Al**	**1:07:12**	16:34	20:07	24:07	28:20	31:15	38:12	39:51	41:36	44:12	48:04	52:58	56:03	1:00:52
		La Coruña APA_LICEO		16:34	3:33	4:00	4:13	2:55	6:57	***1:39***	***1:45***	***2:36***	3:52	4:54	3:05	***4:49***
				1:06:19	1:07:12		*9:48*									
				1:30	***0:53***		**51*									
3	**6**	**Natalia Teresa Pedre Fernán**	**1:22:22**	**13:06**	19:08	23:40	29:10	32:24	42:42	45:41	47:59	52:26	57:25	1:02:06	1:05:01	1:12:42
		La Coruña APA_LICEO		***13:06***	6:02	4:32	5:30	3:14	10:18	2:59	2:18	4:27	4:59	4:41	2:55	7:41
				1:20:35	1:22:22											
				1:54	1:47											
4	**173**	**Estefania Emilia Carnero Ca**	**1:39:46**	22:59	29:53	33:53	40:08	42:31	51:42	54:21	59:44	1:07:21	1:13:00	1:18:19	1:22:46	1:29:54
		Pontevedra VIZHOJA-CORN		22:59	6:54	4:00	6:15	***2:23***	9:11	2:39	5:23	7:37	5:39	5:19	4:27	7:08
				1:38:26	1:39:46											
				1:42	1:20											
	146	**Nuria Maria Varela Rivas / J**	**en tarj.**	27:30	36:22	43:47	53:07	1:00:00	1:12:58	1:16:21	1:22:25	1:29:35	1:37:17	1:47:06	1:54:05	2:05:01
		Club Mixto		27:30	8:52	7:25	9:20	6:53	12:58	3:23	6:04	7:10	7:42	9:49	6:59	10:56
				-----	2:18:37											
					5:28											
	191	**Miguel Alonso Carrasco / Ja**	**No sale**													
		Lugo BG														
INIC.EQUIPOS (4)				**4,4 km 190 m**			**12 C**									
				1(72)	2(61)	3(50)	4(66)	5(37)	6(58)	7(54)	8(56)	9(57)	10(62)	11(52)	12(200)	Meta
1	**195**	**Núria Prat Coromines / Man**	**45:49**	**3:16**	**4:23**	**6:04**	**8:43**	**12:37**	**14:26**	**20:44**	**29:53**	**36:36**	**38:10**	**40:16**	**44:28**	**45:49**
		Club Mixto		***3:16***	***1:07***	***1:41***	***2:39***	3:54	***1:49***	6:18	9:09	6:43	1:34	***2:06***	***4:12***	***1:21***
2	**97**	**Ivan Somoza Argibay / Anxo**	**49:58**	4:27	6:13	9:43	12:43	16:03	18:11	23:58	33:10	39:52	41:24	43:52	48:19	49:58
		La Coruña GALLAECIA_RAID		4:27	1:46	3:30	3:00	***3:20***	2:08	***5:47***	9:12	6:42	1:32	2:28	4:27	1:39
3	**176**	**Aaron Rodriguez Arenas / M**	**52:40**	4:07	5:36	8:06	12:23	16:05	18:57	24:55	36:07	42:47	44:18	46:26	50:41	52:40
		Pontevedra VIZHOJA-CORN		4:07	1:29	2:30	4:17	3:42	2:52	5:58	11:12	***6:40***	***1:31***	2:08	4:15	1:59
4	**106**	**Ana Yllan Ortiz / Pedro Igna**	**52:41**	5:07	6:42	10:01	13:15	16:50	19:19	25:27	34:16	42:13	43:46	46:48	51:06	52:41
		Madrid ALABARDA-O		5:07	1:35	3:19	3:14	3:35	2:29	6:08	***8:49***	7:57	1:33	3:02	4:18	1:35
M-PROM (6)				**6,7 km 280 m**			**16 C**									
				1(61)	2(50)	3(71)	4(70)	5(33)	6(50)	7(66)	8(37)	9(58)	10(41)	11(69)	12(64)	13(56)
				15(52)	16(200)	Meta										
1	**203**	**Nicolás Morales**	**48:39**	2:38	4:10	8:45	15:08	16:25	19:25	21:36	23:45	25:11	28:12	34:49	36:12	38:37
		Independiente		2:38	1:32	4:35	6:23	1:17	3:00	2:11	2:09	1:26	3:01	6:37	1:23	2:25
				44:53	**47:35**	**48:39**										
				2:36	***2:42***	***1:04***										
2	**102**	**Fermin Enrique Iruzubieta**	**1:26:19**	3:53	6:15	14:54	41:23	42:44	47:09	50:04	54:28	56:14	1:00:44	1:07:35	1:09:11	1:11:15
		La Rioja RIOJA-O		3:53	2:22	8:39	26:29	1:21	4:25	2:55	4:24	1:46	4:30	6:51	1:36	2:04
				1:21:27	1:24:46	1:26:19		*1:05:56*								
				3:48	3:19	1:33		**31*								
	4	**Manuel Perez Gonzalez**	**en tarj.**	**2:36**	**4:03**	**8:25**	**14:30**	**15:37**	**18:20**	**20:21**	**22:17**	**23:41**	**26:08**	**32:40**	**33:47**	**35:28**
		Cáceres ALTAIR		***2:36***	***1:27***	***4:22***	***6:05***	***1:07***	***2:43***	***2:01***	***1:56***	***1:24***	***2:27***	***6:32***	***1:07***	***1:41***
				-----	43:52	45:02		*1:38*								
					5:09	1:10		**72*								
	230	**Mário Torneiro**	**No sale**													
		Lisboa Clube Millennium B														
	228	**Alberto Sabino**	**No sale**													
		Lisboa Clube Millennium B														
	155	**Jose Miguel Montes Cabiell**	**No sale**													
		La Coruña OPBZ														