

| Pos | Nombre | N | Club | Tiempo |
|----------------------------|-----------------------------------|---------------------------|---------------------------|----------------|
| Feminino 12 (3/3) | | Actualizado: 13:57 | | |
| 1 | 129 Fernandez Lopez, Lara | 11 | Culleredo GALLAECIA_RAID | 16:24 |
| 2 | 13 Aller Pfirter, Martina | 10 | O Barco de Valde TREVINCA | 35:41 |
| 3 | 137 Fernandez Santos, Altea | 12 | Porto do Son ADC_ARNELA | 39:44 |
| Feminino 14 (4/4) | | Actualizado: 13:57 | | |
| 1 | 385 Somoza Seoane, Carla | 09 | Culleredo GALLAECIA_RAID | 23:48 |
| 2 | 204 Lamela Belver, Estrella | 08 | LUGO COMPÁS | 25:29 |
| 3 | 7 Albarran Oroza, Daniela | 09 | Culleredo GALLAECIA_RAID | 26:59 |
| 4 | 109 Diaz Pardo, Marta | 09 | LUGO COMPÁS | 32:07 |
| Feminino 16 (3/3) | | Actualizado: 13:57 | | |
| 1 | 525 Pérez Álvarez, Julia | 07 | Vigo U-VIGO | 47:56 |
| 2 | 220 López López, Silvia | 07 | Culleredo GALLAECIA_RAID | 1:07:07 |
| | 289 Pardo Vazquez, Noa | 06 | LUGO COMPÁS | No sale |
| Feminino 18 (4/4) | | Actualizado: 13:57 | | |
| 1 | 82 Casado Nuñez, Eva | 06 | Betanzos OP BETANZOS | 32:39 |
| 2 | 647 Traveso Pedrares, Irene | 05 | A Coruña ARTABROS | 56:11 |
| 3 | 579 Garcia Lopez, Carlota | 05 | A Coruña ARTABROS | 1:12:36 |
| 4 | 513 Iglesias López, Saray | 04 | Cuntis XESTEIRAS | 1:15:42 |
| Feminino 21 A (6/6) | | Actualizado: 13:57 | | |
| 1 | 46 Barreira Vazquez, Maria Esther | 71 | Culleredo GALLAECIA_RAID | 1:11:08 |
| 2 | 458 Penela Fernández, Jessica | 96 | LUGO FLUVIAL_LUGO | 1:22:25 |
| 3 | 603 Loureiro Garrido, Alexia | 91 | Culleredo GALLAECIA_RAID | 1:42:46 |
| | 285 Ojuo Perez, Nerea | 03 | Porto do Son ADC_ARNELA | Error en tarj. |
| | 651 Calviño Sampedro, Lorena | 94 | Santiago de Comp USC | No sale |
| | 363 Sánchez Ocaña, Diana | 85 | Pontevedra AROMON | No sale |
| Feminino 21 B (8/8) | | Actualizado: 13:57 | | |
| 1 | 212 Lopez Dacosta, Cristina | 78 | Culleredo GALLAECIA_RAID | 27:09 |
| 2 | 324 Ramos Morado, Goretti | 89 | Culleredo GALLAECIA_RAID | 39:02 |
| 3 | 328 Rayón Fernández, Paloma | 79 | Culleredo GALLAECIA_RAID | 40:14 |
| 4 | 472 Sande Castro, Laura | 93 | Ferrol MONTAÑA_FERROL | 40:18 |
| 5 | 280 Otero Fernandez, Belen | 86 | Culleredo GALLAECIA_RAID | 48:33 |
| 6 | 405 Valiño Calviño, Inés | 81 | Culleredo GALLAECIA_RAID | 52:07 |
| 7 | 315 Pico Martínez, Iria | 86 | Culleredo GALLAECIA_RAID | 55:43 |
| | 540 Toimil, Begoña | 86 | A Coruña COCO | No sale |
| Feminino 35 (9/9) | | Actualizado: 13:57 | | |
| 1 | 80 Carro Mahía, Alejandra | 76 | Porto do Son ADC_ARNELA | 1:05:22 |
| 2 | 305 Pérez Alonso, Alicia | 81 | Pontevedra AROMON | 1:05:54 |
| 3 | 459 Pérez González, M. José | 79 | LUGO FLUVIAL_LUGO | 1:14:19 |
| 4 | 481 Del Puerto Lopez, Barbara | 85 | Ordes SEO | 1:14:26 |
| 5 | 268 Naya Mancebo, Paula | 82 | Culleredo GALLAECIA_RAID | 1:19:34 |
| 6 | 433 Corral Prado, Eva | 78 | LUGO FLUVIAL_LUGO | 1:25:27 |
| 7 | 518 Pastoriza Santos, Isabel | 74 | Vigo U-VIGO | 1:31:04 |
| 8 | 250 Míguez Sampedro, Susana | 74 | Porto do Son ADC_ARNELA | 1:50:04 |
| 9 | 444 Follana Neira, Fernanda | 73 | LUGO FLUVIAL_LUGO | 2:13:39 |

| Pos | Nombre | N | Club | Tiempo |
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| Feminino 40 (8/8) | | Actualizado: 13:57 | | |
| 1 | 167 Gómez Naya, Sonia | 74 | LUGO COMPÁS | 45:50 |
| 2 | 514 López Eyo, Tania | 81 | Cuntis XESTEIRAS | 56:00 |
| 3 | 512 Iglesias Junzalvos, Ana | 67 | Vigo U-VIGO | 1:06:43 |
| 4 | 550 Arias Lima, Sonia M ^a | 76 | Pontevedra AROMON | 1:09:55 |
| 5 | 374 Seoane Rodríguez, Silvia | 77 | Culleredo GALLAECIA_RAID | 1:09:59 |
| 6 | 172 González Bello, Concepción | 66 | LUGO COMPÁS | 1:12:53 |
| | 569 Seijo Souto, Dori | 76 | Pontevedra AROMON | Error en tarj. |
| | 229 Lores Romay, Rocio | 79 | Pontevedra AROMON | Error en tarj. |
| Feminino 45 (11/11) | | Actualizado: 13:57 | | |
| 1 | 502 Crespo Quindós, Begoña | 63 | Vigo U-VIGO | 58:17 |
| 2 | 60 Bujía Rodríguez, Elena | 74 | Culleredo GALLAECIA_RAID | 1:02:00 |
| 3 | 493 Alvarez Castro, Olimpia | 71 | Vigo U-VIGO | 1:12:08 |
| 4 | 560 Pazos Fernández, Susana Con | 68 | Pontevedra AROMON | 1:12:52 |
| 5 | 225 López Permuy, Victoria | 73 | Culleredo GALLAECIA_RAID | 1:14:07 |
| 6 | 147 Ferrer Vidal, Diana | 74 | LUGO COMPÁS | 1:20:08 |
| 7 | 578 Fuertes Fernández, Rocío | 77 | A Coruña ARTABROS | 1:22:57 |
| 8 | 266 Navia Vega, Yolanda | 76 | Pontevedra AROMON | 1:28:29 |
| 9 | 39 Arenas Rincón, María Inmaculad | 73 | As Neves VIZHOJA-CORNELIOS | 1:30:12 |
| 10 | 636 Garcia Gonzalez, Yolanda | 73 | Culleredo GALLAECIA_RAID | 1:31:30 |
| 11 | 439 Fernández Fernández, Gloria | 77 | LUGO FLUVIAL_LUGO | 1:51:43 |
| Feminino 50 (9/9) | | Actualizado: 13:57 | | |
| 1 | 314 Pérez Torres, María Del Pilar | 71 | Porto do Son ADC_ARNELA | 33:54 |
| 2 | 618 Pernas Martínez, Rosa M ^a | 59 | Santiago de Comp USC | 36:03 |
| 3 | 274 Núñez Otero, Elía | 72 | Betanzos OP BETANZOS | 37:04 |
| 4 | 364 Sanchez Vázquez, Maria Luisa | 65 | Pontevedra AROMON | 39:27 |
| 5 | 616 Balboa Barros, Margarita | 59 | Santiago de Comp USC | 39:32 |
| 6 | 534 Saco Fernández, M ^a Isabel | 63 | Vigo U-VIGO | 47:22 |
| 7 | 259 Mosquera Azar, Paulina Andrea | 71 | Culleredo GALLAECIA_RAID | 49:22 |
| 8 | 643 Pedrares Fernández, Beatriz | 71 | A Coruña ARTABROS | 52:09 |
| | 120 Durán Pernas, Remedios | 68 | O Barco de Valde TREVINCA | Abandona |
| Feminino Élite (6/6) | | Actualizado: 13:57 | | |
| 1 | 49 Bello Rodríguez, Olalla | 80 | Culleredo GALLAECIA_RAID | 12:35 |
| 2 | 292 Parga Basanta, Lucia | 95 | Pontevedra AROMON | 12:41 |
| 3 | 115 Dopico Golpe, Alba | 03 | Culleredo GALLAECIA_RAID | 15:45 |
| 4 | 587 Piñeiro Varela, María | 01 | A Coruña ARTABROS | 17:09 |
| 5 | 111 Diz Cao, Isabel | 84 | Betanzos OP BETANZOS | 18:39 |
| 6 | 599 Ctvrtnickova, Tereza | 79 | Culleredo GALLAECIA_RAID | 32:50 |
| Masculino 12 (6/6) | | Actualizado: 13:57 | | |
| 1 | 565 Rodríguez Seijo, Antón | 11 | Pontevedra AROMON | 17:08 |
| 2 | 566 Rodríguez Seijo, Iago | | Pontevedra AROMON | 20:01 |
| 3 | 552 Cruces Fernández, Esteban | 09 | Pontevedra AROMON | 21:01 |
| 4 | 575 Couceiro Fuertes, David | 12 | A Coruña ARTABROS | 21:51 |
| 5 | 45 Barja Pérez, Lucas | 10 | Xinzo de Limia LIMIACTIVA | 25:34 |
| 6 | 446 Fouz Sanchez, Rodrigo | 11 | LUGO FLUVIAL_LUGO | 26:10 |

| Pos | Nombre | N | Club | Tiempo |
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| Masculino 14 (4/4) Actualizado: 13:57 | | | | |
| 1 | 339 Rodriguez Arenas, Aaron | 10 | As Neves VIZHOJA-CORNELIOS | 16:07 |
| 2 | 83 Casado Núñez, Martín | 09 | Betanzos OP BETANZOS | 16:18 |
| 3 | 377 Silvarrey Oreiro, Diego | 08 | Culleredo GALLAECIA_RAID | 22:39 |
| 4 | 576 Couceiro Fuertes, Manuel | 09 | A Coruña ARTABROS | 54:52 |
| Masculino 16 (1/1) Actualizado: 13:57 | | | | |
| 1 | 384 Somoza Seoane, Anxo | 07 | Culleredo GALLAECIA_RAID | 26:07 |
| Masculino 18 (4/4) Actualizado: 13:57 | | | | |
| 1 | 354 Romero Armada, Carlos | 05 | Pontevedra AROMON | 25:35 |
| 2 | 163 Garrido Blanco, Juan | 04 | Xinzo de Limia LIMIACTIVA | 34:18 |
| 3 | 524 Pérez Álvarez, Diego | 05 | Vigo U-VIGO | 36:28 |
| 4 | 219 López López, Adrián | 05 | Culleredo GALLAECIA_RAID | 59:32 |
| Masculino 21 A (10/10) Actualizado: 13:57 | | | | |
| 1 | 537 Sardinero Gonzalez, Alan | 96 | Vigo U-VIGO | 37:05 |
| 2 | 113 Doce Serrano, Juan Antonio | 90 | Culleredo GALLAECIA_RAID | 43:52 |
| 3 | 106 Díaz Hernández, Dailo | 89 | Pontevedra AROMON | 45:16 |
| 4 | 571 Candela Iglesias, Natnael | 02 | A Coruña ARTABROS | 58:08 |
| 5 | 117 Dopico Pena, Andres | 73 | Culleredo GALLAECIA_RAID | 1:05:15 |
| 6 | 684 Garcia Acevedo, Pelayo | 96 | Santiago de Comp USC | 1:13:40 |
| 7 | 33 Amarelle Garabán, Roberto | 84 | LUGO COMPÁS | 1:15:08 |
| 8 | 192 Hermida Carrasco, Alberto Jos | 84 | Pontedeume MONTBREAMO | 1:18:23 |
| 9 | 601 Iglesias Muñiz, Carlos | 90 | Culleredo GALLAECIA_RAID | 1:31:08 |
| | 245 Martínez Seco, Marcos | 82 | Pontedeume MONTBREAMO | Error en tarj. |
| Masculino 21 B (11/11) Actualizado: 13:57 | | | | |
| 1 | 338 Rocha Pena, Pablo | 86 | LUGO COMPÁS | 29:17 |
| 2 | 425 Victorero Domínguez, Alejandro | 99 | Porto do Son ADC_ARNELA | 36:10 |
| 3 | 64 Camba Rodríguez, Francisco Jo | 75 | O Barco de Valde TREVINCA | 39:03 |
| 4 | 485 Rodríguez Juncal, José Antonio | 90 | Ordes SEO | 56:37 |
| 5 | 449 Legaspi Abelaira, Raúl | 81 | LUGO FLUVIAL_LUGO | 1:03:08 |
| 6 | 447 Freire Fernández, Jorge | 81 | LUGO FLUVIAL_LUGO | 1:04:15 |
| 7 | 301 Pena, Daniel | 86 | Culleredo GALLAECIA_RAID | 1:05:27 |
| 8 | 672 Reboredo Patiño, Félix | 76 | Culleredo GALLAECIA_RAID | 1:06:50 |
| 9 | 210 Lopez Caamaño, Antonio | 80 | Culleredo GALLAECIA_RAID | 1:09:44 |
| | 431 Algora Aizpurua, Angel | 76 | LUGO FLUVIAL_LUGO | Error en tarj. |
| | 146 Ferreiro Viña, Juan Carlos | 77 | Culleredo GALLAECIA_RAID | Abandona |
| Masculino 35 (16/16) Actualizado: 13:57 | | | | |
| 1 | 586 Piñeiro Portela, Jorge | 71 | A Coruña ARTABROS | 47:10 |
| 2 | 621 Sordo Touza, Ignacio | 71 | Santiago de Comp USC | 55:17 |
| 3 | 545 Varela Yáñez, Marcos | 77 | A Coruña BRIGANTIA | 57:40 |
| 4 | 594 Sevilla Gómez, Francisco Javier | 71 | A Coruña ARTABROS | 59:13 |
| 5 | 153 Freire Lage, Lucas | 85 | Culleredo GALLAECIA_RAID | 1:00:15 |
| 6 | 67 Camblor Quirós, Miguel | 76 | Culleredo GALLAECIA_RAID | 1:02:32 |
| 7 | 356 Rosado Frade, Alfonso | 78 | Porto do Son ADC_ARNELA | 1:06:08 |
| 8 | 57 Braña Veiga, Alberto | 81 | Vigo VIGORIENTA | 1:08:21 |
| 9 | 553 Cruces Molinos, Esteban | 79 | Pontevedra AROMON | 1:16:21 |
| 10 | 152 Fraga Ares, Hector | 82 | Pontedeume MONTBREAMO | 1:22:54 |

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| Masculino 35 (16/16) | | Actualizado: 13:57 | | | (cont.) |
| 11 | 397 | Tenreiro Diaz, Ruben | 83 | Pontedeume MONTBREAMO | 1:25:59 |
| 12 | 35 | Antón Casado, Arturo | 76 | Culleredo GALLAECIA_RAID | 1:26:40 |
| 13 | 151 | Fontán Pérez, Arturo Norberto | 75 | Culleredo GALLAECIA_RAID | 1:40:59 |
| 14 | 480 | Candal Viqueira, Alberto | 80 | Ordes SEO | 1:42:46 |
| 15 | 415 | Varela Varela, Francisco | 81 | Pontevedra AROMON | 1:46:37 |
| | 359 | Salvador Rodríguez, Carlos | 83 | Culleredo GALLAECIA_RAID | No sale |
| Masculino 40 (16/16) | | Actualizado: 13:57 | | | |
| 1 | 10 | Albarran Rodriguez, Angel | 77 | Culleredo GALLAECIA_RAID | 39:56 |
| 2 | 293 | Patiño Varela, Juan | 70 | Culleredo GALLAECIA_RAID | 42:33 |
| 3 | 47 | Barreiro Fernández, Pablo | 76 | Pontevedra AROMON | 45:48 |
| 4 | 450 | Liz Díaz, Javier | 72 | LUGO FLUVIAL_LUGO | 46:27 |
| 5 | 589 | Riestra González, Santiago | 68 | A Coruña ARTABROS | 47:44 |
| 6 | 519 | Pastoriza Santos, Vicente | 72 | Vigo U-VIGO | 52:10 |
| 7 | 286 | Oujo Pouso, Gelasio | 73 | Porto do Son ADC_ARNELA | 52:20 |
| 8 | 16 | Alonso Carrasco, Miguel | 81 | Guitiriz VÍCHELAS | 59:12 |
| 9 | 282 | Oujo Ageitos, Joaquín | 77 | Porto do Son ADC_ARNELA | 1:14:29 |
| 10 | 463 | Viana Gonzalez, Iago | 82 | LUGO FLUVIAL_LUGO | 1:17:49 |
| 11 | 73 | Carballeiro Mugico, Javier | 82 | Guitiriz VÍCHELAS | 1:23:19 |
| 12 | 820 | Alvarez Suárez, Angel | 80 | Asturias NORDESTE | 1:25:23 |
| | 659 | Mucientes Sandoval, Gonzalo | 78 | Pontevedra AROMON | No sale |
| | 4 | Abeal Navarro, Francisco | 77 | Pontedeume MONTBREAMO | No sale |
| | 634 | Ruiz Lago, Emilio | 80 | Pontevedra AROMON | No sale |
| | 471 | Rodríguez Bergara, Andres | 76 | Ferrol MONTAÑA_FERROL | No sale |
| Masculino 45 (16/16) | | Actualizado: 13:57 | | | |
| 1 | 409 | Varela Lorenzo, Francisco | 64 | LUGO COMPÁS | 40:30 |
| 2 | 526 | Pérez Juste, German | 71 | Vigo U-VIGO | 41:18 |
| 3 | 462 | Rodríguez Núñez, Eugenio A. | 57 | LUGO FLUVIAL_LUGO | 45:06 |
| 4 | 203 | Lamela Arias, Alberto | 74 | LUGO COMPÁS | 47:59 |
| 5 | 617 | Fraga Castro, Santiago | 68 | Santiago de Comp USC | 53:12 |
| 6 | 323 | Ramos Asensio, Luis Javier | 76 | Culleredo GALLAECIA_RAID | 56:14 |
| 7 | 564 | Rodríguez Salas, Alberto | 75 | Pontevedra AROMON | 58:55 |
| 8 | 371 | Santos Blanco, Alberto | 75 | Porto do Son ADC_ARNELA | 59:45 |
| 9 | 559 | Omil Beloso, Antonio | 67 | Pontevedra AROMON | 1:00:13 |
| 10 | 505 | Fuertes González, Enrique | 63 | Vigo U-VIGO | 1:08:55 |
| 11 | 91 | Chas Gómez, Roberto | 73 | Culleredo GALLAECIA_RAID | 1:09:35 |
| 12 | 491 | Abad Vives, Carles | 58 | Vigo U-VIGO | 1:13:48 |
| 13 | 213 | López Fernández, Antonio | 76 | Culleredo GALLAECIA_RAID | 1:15:00 |
| 14 | 494 | Armada Luaces, José Luis | 60 | Vigo U-VIGO | 1:16:31 |
| 15 | 453 | Montouto Gonzalez, Jose Carlos | 70 | LUGO FLUVIAL_LUGO | 1:35:35 |
| | 630 | Ferrer Vidal, Francisco José | 70 | Pontevedra AROMON | No sale |
| Masculino 50 (16/16) | | Actualizado: 13:57 | | | |
| 1 | 224 | López Peiteado, Antonio Javier | 65 | Culleredo GALLAECIA_RAID | 27:46 |
| 2 | 141 | Fernández Souto, José Manuel | 72 | LUGO COMPÁS | 28:53 |
| 3 | 632 | Lopez Suarez, Andres | 68 | Culleredo GALLAECIA_RAID | 32:13 |
| 4 | 283 | Oujo Castelo, Santiago Amador | 70 | Porto do Son ADC_ARNELA | 34:27 |
| 5 | 582 | Gómez Ramos, Antonio | 72 | A Coruña ARTABROS | 36:01 |
| 6 | 649 | Traveso Rodríguez, Santiago | 71 | A Coruña ARTABROS | 36:34 |
| 7 | 457 | Parga Andón, Pedro | 59 | LUGO FLUVIAL_LUGO | 36:47 |

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| Masculino 50 (16/16) Actualizado: 13:57 | | | | (cont.) |
| 8 | 36 Antoñón Clemente, Javier | 69 | Pontevedra AROMON | 38:36 |
| 9 | 577 Couceiro Herrero, Luis Adolfo | 71 | A Coruña ARTABROS | 42:44 |
| 10 | 48 Becerra Carril, Nacho | 72 | Culleredo GALLAECIA_RAID | 51:32 |
| 11 | 11 Aller Estévez, Pablo Adrián | 69 | O Barco de Valde TREVINCA | 53:18 |
| 12 | 592 Santos Iglesias, Jesus | 70 | A Coruña ARTABROS | 53:30 |
| 13 | 295 Pazos Miser, Rafael | 68 | Culleredo GALLAECIA_RAID | 1:02:51 |
| 14 | 583 López Pérez, Jose Miguel | 69 | A Coruña ARTABROS | 1:03:12 |
| | 396 Teijeiro López, Pablo | 70 | Betanzos OP BETANZOS | No sale |
| | 333 Ricoy Bugarín, José Antonio | 68 | Pontevedra AROMON | No sale |
| Élite (15/15) Actualizado: 13:57 | | | | |
| 1 | 343 Rodriguez Dominguez, Maikel | 83 | Vigo VIGORIENTA | 12:26 |
| 2 | 81 Casado Bravo, David | 72 | Betanzos OP BETANZOS | 13:30 |
| 3 | 561 Pérez Alonso, Adrián | 91 | Pontevedra AROMON | 14:09 |
| 4 | 42 Arias Rodil, Manuel | 87 | A Coruña COCO | 14:14 |
| 5 | 608 Peña Pita, Felipe | 83 | Culleredo GALLAECIA_RAID | 14:46 |
| 6 | 205 Lareo Martinez, David | 79 | Porto do Son ADC_ARNELA | 16:22 |
| 7 | 437 Fernandez Arias, Diego | 78 | LUGO FLUVIAL_LUGO | 16:45 |
| 7 | 143 Fernández Torres, Ramón | 75 | Porto do Son ADC_ARNELA | 16:45 |
| 9 | 211 López Costoya, Francisco Javier | 68 | Betanzos OP BETANZOS | 17:16 |
| 10 | 367 Sancosmed Vázquez, Juan J. | 85 | A Coruña COCO | 17:17 |
| 11 | 484 Morlán Rodriguez, Jose Angel | 79 | Ordes SEO | 18:20 |
| 12 | 21 Álvarez Braña, Martin Enrique | 99 | Culleredo GALLAECIA_RAID | 18:49 |
| 13 | 350 Rodriguez Silva, Isaac | 74 | As Neves VIZHOJA-CORNELIOS | 23:25 |
| | 127 Fernández Casalderrey, Gonzal | 78 | Pontevedra AROMON | No sale |
| | 132 Fernández Otero, Oscar | 78 | Culleredo GALLAECIA_RAID | No sale |
| Iniciación Curta (24/27) Actualizado: 13:57 | | | | |
| 1 | 340 Rodriguez Arenas, Saul | 15 | As Neves VIZHOJA-CORNELIOS | 24:38 |
| 2 | 595 Sevilla Poncela, Elba | 12 | A Coruña ARTABROS | 31:41 |
| 3 | 633 Rodríguez Seijo, Noa | 14 | Pontevedra AROMON | 31:55 |
| 4 | 9 Albarran Oroza, Noa | 13 | Culleredo GALLAECIA_RAID | 32:11 |
| 5 | 66 Camblor Bello, Enol | 14 | Culleredo GALLAECIA_RAID | 34:42 |
| 5 | 673 Reboredo Zapata, Bruno | 12 | Culleredo GALLAECIA_RAID | 34:42 |
| 5 | 674 Reboredo Zapata, Gabriel | 14 | Culleredo GALLAECIA_RAID | 34:42 |
| 8 | 326 Ramos Rayón, Zoe | 13 | Culleredo GALLAECIA_RAID | 37:38 |
| 9 | 145 Ferreiro Fandiño, Xairo | 14 | Culleredo GALLAECIA_RAID | 37:43 |
| 10 | 413 Varela Pérez, Noa | 13 | Pontevedra AROMON | 39:16 |
| 11 | 369 Sanjurjo Gómez, Navia | 13 | Culleredo GALLAECIA_RAID | 39:17 |
| 12 | 370 Sanjurjo Martinez, Roi | 17 | Culleredo GALLAECIA_RAID | 40:06 |
| 13 | 668 Romero Armada, Inés | 13 | Pontevedra AROMON | 52:35 |
| 14 | 607 Peña Álvarez, Simón | 16 | Culleredo GALLAECIA_RAID | 55:38 |
| 14 | 598 Álvarez Carballo, Elena | 83 | Culleredo GALLAECIA_RAID | 55:38 |
| 16 | 606 Peña Álvarez, Inés | 18 | Culleredo GALLAECIA_RAID | 55:48 |
| 17 | 802 López Pérez, Maria Dolores | 64 | A Coruña ARTABROS | 1:07:35 |
| 18 | 600 Freire González, Enma | 18 | Culleredo GALLAECIA_RAID | 1:25:18 |
| 19 | 806 Rodríguez Rodríguez, Patricia | 86 | Culleredo GALLAECIA_RAID | 1:25:27 |
| 20 | 807 Rubianes Naya, Eduardo | 77 | Culleredo GALLAECIA_RAID | 1:25:30 |
| | 65 Camblor Bello, Elia | 17 | Culleredo GALLAECIA_RAID | Abandona |
| | 819 Viana Gonzalez, Emma | 15 | LUGO COMPÁS | No sale |
| | 812 Sampedro Rego, Maria Ventura | 68 | Santiago de Comp USC | No sale |
| | 811 Calviño Ramallo, Manuel | 61 | Santiago de Comp USC | No sale |

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| Iniciación Longa (12/12) Actualizado: 13:57 | | | | | |
| 1 | 815 | Fernández Rivera, Miguel Angel | 82 | A Coruña INDEPENDIENTE | 26:03 |
| 2 | 817 | Rodríguez Trillo, Ángela | 87 | A Coruña INDEPENDIENTE | 38:20 |
| 3 | 801 | Valcarcel López, Mar | 68 | LUGO FLUVIAL_LUGO | 1:00:01 |
| 4 | 336 | Rioboo Núñez, Mara | 13 | Culleredo GALLAECIA_RAID | 1:08:23 |
| 5 | 805 | Andrés Gil, Paula | 07 | Culleredo GALLAECIA_RAID | 1:13:59 |
| 6 | 816 | López Salceda, Sandra | 87 | A Coruña INDEPENDIENTE | 1:27:45 |
| 7 | 808 | García Ramírez, Manuel Alejand | 81 | Ordes SEO | 1:53:46 |
| 8 | 810 | Rodríguez García, Neus Alexand | 17 | Ordes SEO | 1:53:53 |
| 9 | 804 | Seoane Domínguez, Eva | 76 | A Coruña ARTABROS | 1:54:50 |
| | 335 | Rioboo Iglesias, Daniel | 73 | Culleredo GALLAECIA_RAID | Error en tarj. |
| | 809 | Rodríguez Docampo, Marta | 80 | Ordes SEO | Error en tarj. |
| | 803 | Louro Fuentes, Alfonso | 77 | A Coruña ARTABROS | Error en tarj. |

Masculino 55 (8/8) Actualizado: 13:57

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|---|-----|--------------------------------|----|--------------------------|-------|
| 1 | 105 | Diaz Falcon, Gilberto | 62 | Pontevedra AROMON | 25:49 |
| 2 | 376 | Serantes Maneiro, Camilo | 64 | Porto do Son ADC_ARNELA | 26:10 |
| 3 | 619 | Ramos Lozano, Eduardo V. | 55 | Santiago de Comp USC | 30:02 |
| 4 | 567 | Romero Capa, Carlos Mario | 61 | Pontevedra AROMON | 31:21 |
| 5 | 473 | Sande Rodríguez, Francisco | 56 | Ferrol MONTAÑA_FERROL | 32:25 |
| 6 | 76 | Carballo Fernández, Juan Carlo | 59 | Culleredo GALLAECIA_RAID | 32:34 |
| 7 | 165 | Gil Díaz, José Antonio | 65 | Culleredo GALLAECIA_RAID | 35:22 |
| 8 | 426 | Victorero Rey, Jorge | 66 | Porto do Son ADC_ARNELA | 43:31 |

Feminino 55 (5/5) Actualizado: 13:57

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|---|-----|----------------------------------|----|--------------------------|---------|
| 1 | 110 | Díaz Rodríguez, Yolanda | 62 | Pontevedra AROMON | 39:14 |
| 2 | 438 | Fernandez Riveiro, Fermina | 54 | LUGO FLUVIAL_LUGO | 43:19 |
| 3 | 136 | Fernández Santiago, María | 67 | Culleredo GALLAECIA_RAID | 56:05 |
| 4 | 588 | Ponte Pena, M ^a Elena | 58 | A Coruña ARTABROS | 1:06:56 |
| 5 | 227 | López Suárez, María Dolores | 66 | Culleredo GALLAECIA_RAID | 1:15:39 |