

| PtoCat | Dorsal | Nombre | T_Final | Ritmo100m | Club | Localidad | Pais |
|--------|--------|--------|------------------------|-------------|----------|-------------------------|------------------|
| MENF | 1 | 83 | ANA TIMIRAOS FERNANDEZ | 00:21:07.45 | 00:01:25 | C.N. PORTAMIÑA | |
| MENF | 2 | 110 | NEREA MON GARCIA | 00:26:01.40 | 00:01:45 | | LUGO |
| MENF | 3 | 117 | ALICIA VILA FERNÁNDEZ | 00:26:01.95 | 00:01:45 | | LUGO |
| MENF | 4 | 98 | MARIA GARCIA FERNANDEZ | 00:27:37.20 | 00:01:51 | CLUB NATACION PORTAMIÑA | LUGO |
| MENF | 5 | 105 | LUCÍA BARCIA RAMA | 00:27:49.15 | 00:01:52 | | EL TEMPLE-CAMBRE |

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| MENM | 1 | 120 | MARTIN PARDO PERNAS | 00:24:14.60 | 00:01:37 | | |
| MENM | 2 | 97 | ADRIAN DEVESA BLANCO | 00:25:58.65 | 00:01:44 | CLUB NATACION PORTAMIÑA | |
| MENM | 3 | 104 | DANIEL BARCIA RAMA | 00:27:24.75 | 00:01:50 | | TEMPLE-CAMBRE |
| MENM | 4 | 116 | JAVIER VÁZQUEZ SANCHEZ | 00:27:35.90 | 00:01:51 | | O BURGO (CULLEREDO) |

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|--------|--------|--------|-----------------------|-------------|----------|--------------------------|------------|
| JOVF | 1 | 96 | LUCIA DEVESA BLANCO | 00:21:19.15 | 00:01:26 | CLUB NATACION PORTAMIÑA | |
| JOVF | 2 | 94 | MENCIA JIMENEZ MARIÑO | 00:22:27.45 | 00:01:30 | CLUB NATACION PONTEAREAS | PONTEAREAS |
| JOVF | 3 | 78 | PAULA TABOADA ASOREY | 00:23:28.25 | 00:01:34 | A.D.LICEO | A CORUÑA |
| JOVF | 4 | 95 | LUCIA RODRIGUEZ PAZ | 00:25:07.25 | 00:01:41 | CLUB NATACION PONTEAREAS | PONTEAREAS |
| JOVF | 5 | 115 | ANGELA VARELA | 00:26:24.45 | 00:01:46 | | LUGO |
| JOVF | 6 | 80 | UXÍA DÍAZ SAAVEDRA | 00:27:36.80 | 00:01:51 | PORTAMIÑÁ | LUGO |

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| JOVM | 1 | 76 | XABIER CARNEIRO VIQUEIRA | 00:19:46.65 | 00:01:20 | A.D. LICEO | A CORUÑA |
| JOVM | 2 | 75 | CRISTIAN BRAVO CONDE | 00:20:25.30 | 00:01:22 | A.D.LICEO | A CORUÑA |
| JOVM | 3 | 74 | ANTÓN ARES BARRAL | 00:20:33.85 | 00:01:23 | A.D. LICEO | A CORUÑA |
| JOVM | 4 | 77 | MANUEL SIMÓN COTELO | 00:20:37.85 | 00:01:23 | A.D.LICEO | A CORUÑA |
| JOVM | 5 | 107 | JAVIER GARABOA MACEIRAS | 00:22:11.80 | 00:01:29 | | CULLEREDO |
| JOVM | 6 | 109 | DIEGO MARTÍNEZ BELLO | 00:22:13.35 | 00:01:29 | | CAMBRE |
| JOVM | 7 | 91 | JAVIER ALONSO RODRÍGUEZ | 00:23:26.25 | 00:01:34 | CLUB NATACION PONTEAREAS | PONTEAREAS |
| JOVM | 8 | 106 | JOSE LUIS CRUZ BARRO | 00:23:26.25 | 00:01:34 | | A CORUÑA |
| JOVM | 9 | 89 | DAVID MARTINEZ ARGIZ | 00:23:53.55 | 00:01:36 | CLUB NATACION MONFORTE | MONFORTE |
| JOVM | 10 | 93 | DENIS INCUTTI TELLADO | 00:25:08.85 | 00:01:41 | CLUB NATACION PONTEAREAS | PONTEAREAS |

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| MAYF | 1 | 99 | NADIA HIDALGO ARIAS | 00:21:07.30 | 00:01:25 | CLUB NATACION SAN ANDRES | SAN ANDRES DEL RABANEDO |

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| MAYM | 1 | 102 | BORJA ALVAREZ FERNANDEZ | 00:19:32.05 | 00:01:19 | TU MAAADRE | LUGO |

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| MAYM | 2 | 92 | ADRIAN BOUZA PADRON | 00:21:36.50 | 00:01:27 | CLUB NATACION PONTEAREAS | PONTEAREAS |
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|--------|--------|--------|---------------------------|-------------|----------|-----------------------------|--------------------|
| VETAF | 1 | 63 | CRISTINA AZANZA MORENO | 00:25:39.65 | 00:01:43 | CIDADE DE LUGO FLUVIAL | LUGO |
| VETAF | 2 | 86 | Mª ISaura CASTRO MAESTRE | 00:27:34.55 | 00:01:51 | CLUB FLUVIAL LUGO | LUGO |
| VETAF | 3 | 65 | IRIA FERNANDEZ GONZALEZ | 00:29:08.00 | 00:01:57 | CLUB MONTEPENARUBIA RUNNING | LUGO |
| VETAF | 4 | 64 | SILVIA FERNÁNDEZ AGUADO | 00:30:41.30 | 00:02:03 | CLUB MONTEPENARUBIA | LUGO |
| VETAF | 5 | 79 | ESTHER FERNANDEZ GONZALEZ | 00:31:23.65 | 00:02:06 | ATLETISMO ENCHENTAS GALICIA | OURENSE |
| VETAF | 6 | 103 | MARTA ABREU FERNÁNDEZ | 00:32:28.75 | 00:02:10 | | PONTEAREAS |
| VETAF | 7 | 87 | ELENA LOPEZ PEREZ | 00:41:09.25 | 00:02:45 | CLUB NATACION MONFORTE | MONFORTE DE LEMOS |
| VETAF | 8 | 90 | SILVIA VAZQUEZ AUGUSTO | 00:44:46.80 | 00:03:00 | CLUB NATACION MONFORTE | FERREIRA DE PANTON |

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| VETAM | 1 | 122 | PABLO SERÉN LÓPEZ MOSQUERA | 00:25:14.95 | 00:01:41 | | |
| VETAM | 2 | 73 | FERNANDO VALENCIA RODRIGUEZ | 00:26:01.35 | 00:01:45 | TRIOURENSE | OURENSE |
| VETAM | 3 | 70 | JESUS MARIA GURIDI HUERTA | 00:27:42.15 | 00:01:51 | FLUVIAL DE LUGO | |
| VETAM | 4 | 82 | FRANCISCO MOURIZ LOMBAO | 00:28:26.15 | 00:01:54 | CNPORTAMIÑA | OUTEIRO DE REI |
| VETAM | 5 | 121 | FLAVIO LOMBARDÍA TOIRÁN | 00:30:24.35 | 00:02:02 | | |
| VETAM | 6 | 118 | FRANCISCO JOSÉ CORREDOIRA VÁZQUEZ | 00:30:26.45 | 00:02:02 | CN PORTAMIÑA | LUGO |
| VETAM | 7 | 69 | PABLO FERNANDEZ VAZQUEZ | 00:30:33.75 | 00:02:03 | E.A DE PEREIRO DE AGUIAR BEN CHO SHEY | O BOLO |
| VETAM | 8 | 67 | ALEJANDRO GONZALEZ MONTERO | 00:32:51.35 | 00:02:12 | CLUB MONTEPENARUBIA RUNNING | LUGO |
| VETAM | 9 | 66 | MANUEL FERNÁNDEZ VARELA | 00:33:09.40 | 00:02:13 | CLUB MONTEPENARUBIA RUNNING | LUGO |
| VETAM | 10 | 68 | JOSÉ CARLOS GONZÁLEZ MONTERO | 00:33:13.85 | 00:02:13 | CLUB MONTEPENARUBIA RUNNING | LUGO |
| VETAM | 11 | 71 | RAUL BARBEITO GESTAL | 00:34:02.75 | 00:02:17 | LICENCIA DE 1 DIA | MEICENDE |
| VETAM | 12 | 72 | JOSE JAVIER GOMEZ IGLESIAS | 00:40:11.25 | 00:02:41 | TRI OURENSE | OURENSE |
| VETAM | 13 | 61 | JESÚS ÁNGEL GÓMEZ VÁZQUEZ | 00:41:27.70 | 00:02:46 | ATLETISMO MONTE SEGADE | LUGO |
| VETAM | 14 | 11 | JOSÉ ANTONIO SAAVEDRA PAZOS | 00:44:53.15 | 00:03:00 | RUNAWAYS | A CORUÑA |

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| VETBF | 1 | 114 | DOLORES SAR MORANO | 00:30:20.70 | 00:02:02 | | O BURGO (CULLEREDO) |
| VETBF | 2 | 85 | MARIA ANGELA GOMEZ DOVAL | 00:34:24.75 | 00:02:18 | CLUB FLUVIAL DE LUGO | LUGO |
| VETBF | 3 | 111 | SARA PEREZ MEIXEIRA | 00:38:52.50 | 00:02:36 | | VIGO |

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| VETBM | 1 | 101 | MANUEL MEIXEIRA PÉREZ | 00:26:49.60 | 00:01:48 | TRIATLÓN SALAMANCA | SALAMANCA |
| VETBM | 2 | 62 | FRANCISCO JAVIER LÓPEZ MOSQUERA | 00:27:34.05 | 00:01:51 | C. N. PORTAMINA | LUGO |
| VETBM | 3 | 119 | JESUS SÁNCHEZ VÁZQUEZ | 00:32:40.60 | 00:02:11 | CLUB NATACIÓN PORTAMIÑÁ LUGO | LUGO |