













Pos	Nombre	Tiempo															
<b>D-40 (29)</b>		<b>4,5 km 145 m</b>			<b>16 C (cont.)</b>												
		1(62)	2(92)	3(34)	4(94)	5(85)	6(86)	7(90)	8(49)	9(50)	10(76)	11(54)	12(60)	13(78)	14(56)		
		15(89)	16(100)	Meta													
19	Maria Purificaci Cortijos Sequera Murcia TOTANA-O	1:46:37	16:56	17:54	22:33	32:10	38:42	42:46	58:18	1:05:48	1:23:07	1:26:11	1:30:28	1:34:37	1:38:23	1:42:00	
		16:56	0:58	4:39	9:37	6:32	4:04	15:32	7:30	17:19	<b>3:04</b>	4:17	4:09	3:46	3:37		
		1:45:11	1:46:03	1:46:37													
		3:11	0:52	0:34													
20	Nuria Calvo Segovia Cuenca ELERUT	1:48:01	23:02	25:09	29:59	37:11	43:56	47:46	59:34	1:08:52	1:24:03	1:27:37	1:30:55	1:35:49	1:38:58	1:42:09	
		23:02	2:07	4:50	7:12	6:45	3:50	11:48	9:18	15:11	3:34	3:18	4:54	3:09	3:11		
		1:46:17	1:47:27	1:48:01													
		4:08	1:10	0:34													
21	Elena Valverde Carrillo Ciudad Real MANZANARES-O	1:50:08	8:23	9:10	14:40	34:22	46:22	49:48	58:33	1:12:42	1:21:18	1:29:23	1:32:45	1:36:47	1:40:07	1:44:03	
		8:23	0:47	5:30	19:42	12:00	3:26	8:45	14:09	8:36	8:05	3:22	4:02	3:20	3:56		
		1:48:11	1:49:26	1:50:08													
		4:08	1:15	0:42													
22	Ana Moraga Giménez Valencia UVALENCIA	1:51:13	7:33	8:48	14:24	22:06	29:46	36:35	1:05:18	1:11:44	1:22:15	1:30:55	1:33:36	1:39:04	1:42:14	1:45:17	
		7:33	1:15	5:36	7:42	7:40	6:49	28:43	6:26	10:31	8:40	<b>2:41</b>	5:28	3:10	3:03		
		1:49:42	1:50:41	1:51:13													
		4:25	0:59	0:32													
23	María Paloma Fontana Pérez Córdoba LOS CALIFAS	1:57:23	9:43	10:53	28:20	35:28	41:49	47:53	59:37	1:06:33	1:14:45	1:22:28	1:25:39	1:34:01	1:37:03	1:52:01	
		9:43	1:10	17:27	7:08	6:21	6:04	11:44	6:56	8:12	7:43	3:11	8:22	3:02	14:58		
		1:55:37	1:56:41	1:57:23													
		3:36	1:04	0:42													
24	Beatriz Delgado Cecilia Alicante UNIVERSIDAD ALICANTI	2:00:38	17:24	23:38	28:34	37:41	43:17	49:25	1:03:34	1:11:35	1:21:36	1:26:39	1:30:58	1:46:21	1:50:50	1:54:15	
		17:24	6:14	4:56	9:07	5:36	6:08	14:09	8:01	10:01	5:03	4:19	15:23	4:29	3:25		
		1:58:27	1:59:50	2:00:38													
		4:12	1:23	0:48													
25	Lola Rodriguez Díaz Toledo TOLEDO-O	2:16:25	33:13	34:02	41:20	51:21	57:58	1:05:50	1:19:56	1:30:58	1:41:52	1:48:34	1:54:03	2:02:42	2:06:04	2:09:42	
		33:13	0:49	7:18	10:01	6:37	7:52	14:06	11:02	10:54	6:42	5:29	8:39	3:22	3:38		
		2:13:41	2:15:46	2:16:25													
		3:59	2:05	0:39													
26	Rosario Peñalba Martínez Burgos CORZO	2:27:49	16:39	18:16	26:11	36:38	49:47	59:03	1:16:29	1:31:51	1:48:12	1:53:36	1:57:54	2:08:15	2:13:30	2:19:04	
		16:39	1:37	7:55	10:27	13:09	9:16	17:26	15:22	16:21	5:24	4:18	10:21	5:15	5:34		
		2:24:32	2:26:36	2:27:49													
		5:28	2:04	1:13													
	Mª Teresa Bellido Díaz Valencia UVALENCIA	bandona	12:43	14:28	40:21	56:50	1:09:25	1:15:15	1:46:06	2:01:14	2:12:32	2:18:25	2:23:58	----	----	----	
			12:43	1:45	25:53	16:29	12:35	5:50	30:51	15:08	11:18	5:53	5:33				
			-----	-----	2:29:52												
				5:54													
	Gemma Avila Jimenez Madrid COTA	bandona	8:08	17:15	22:18	45:06	55:35	1:04:51	1:16:17	1:26:58	-----	-----	-----	-----	-----	-----	
			8:08	9:07	5:03	22:48	10:29	9:16	11:26	10:41							
			-----	-----													
	Susana Torres Costas Madrid IBERIA	bandona	9:32	10:43	16:29	28:30	35:06	56:57	1:17:09	1:37:21	-----	-----	-----	-----	-----	-----	
			9:32	1:11	5:46	12:01	6:36	21:51	20:12	20:12							
			-----	-----													

<b>D-45 (22)</b>		<b>3,6 km 105 m</b>			<b>14 C</b>											
		1(79)	2(92)	3(93)	4(63)	5(85)	6(48)	7(59)	8(76)	9(51)	10(54)	11(57)	12(50)	13(75)	14(100)	
1	Antonia Sánchez Martínez Alicante COLIVENC	54:39	3:11	6:27	11:51	16:57	18:50	25:29	30:23	37:34	39:58	40:51	46:11	50:41	51:24	54:08
		3:11	3:16	5:24	5:06	1:53	6:39	4:54	7:11	<b>2:24</b>	<b>0:53</b>	5:20	4:30	<b>0:43</b>	<b>2:44</b>	
		54:39														
		0:31														
2	Cati Viudez De Haro Murcia MURCIA-O	57:59	4:17	8:17	14:00	20:24	22:53	29:38	35:51	41:31	43:55	45:32	48:52	51:59	53:21	57:14
		4:17	4:00	5:43	6:24	2:29	6:45	6:13	5:40	<b>2:24</b>	1:37	3:20	3:07	1:22	3:53	
		57:59														
		0:45														
3	Amor Murcia Martínez Murcia LORCA-O	58:59	6:33	9:25	13:51	18:25	25:15	31:27	36:06	40:59	46:42	48:00	51:27	53:50	54:57	58:22
		6:33	<b>2:52</b>	4:26	4:34	6:50	<b>6:12</b>	<b>4:39</b>	4:53	5:43	1:18	3:27	<b>2:23</b>	1:07	3:25	
		58:59														
		0:37														
4	Teresa Angeles Pérez Redondo Málaga COMA	1:04:46	3:05	<b>6:26</b>	18:15	22:39	24:40	36:36	41:18	47:36	50:54	52:04	56:09	59:13	1:00:20	1:04:05
		3:05	3:21	11:49	4:24	2:01	11:56	4:42	6:18	3:18	1:10	4:05	3:04	1:07	3:45	
		1:04:46														
		0:41														
5	Amparo Ferrer Rodrigo Valencia CORRECAMINOS	1:05:51	<b>2:49</b>	7:43	21:47	26:41	28:09	38:35	43:48	48:20	51:16	52:36	56:29	59:56	1:01:10	1:05:16
		<b>2:49</b>	4:54	14:04	4:54	1:28	10:26	5:13	<b>4:32</b>	2:56	1:20	3:53	3:27	1:14	4:06	
		1:05:51														
		0:35														
6	Silvia Saoner Arévalo Madrid IMPERDIBLE BUFF	1:09:03	4:19	10:40	15:02	17:39	20:47	27:16	37:21	47:34	49:58	51:19	56:25	1:03:26	1:04:37	1:08:22
		4:19	6:21	<b>4:22</b>	<b>2:37</b>	3:08	6:29	10:05	10:13	<b>2:24</b>	1:21	5:06	7:01	1:11	3:45	
		1:09:03														
		0:41														
7	Lucía Cánovas Andreo Madrid MONTE EL PARDO	1:13:13	6:25	9:22	28:07	34:13	36:44	43:53	50:07	55:43	58:30	1:00:16	1:03:20	1:06:31	1:07:47	1:12:31
		6:25	2:57	18:45	6:06	2:31	7:09	6:14	5:36	2:47	1:46	3:04	3:11	1:16	4:44	
		1:13:13														
		0:42														
8	Catherine Dawson GAFA GAFA	1:17:33	5:08	8:42	17:00	20:50	22:58	30:08	40:00	55:09	57:59	59:33	1:06:17	1:11:02	1:12:20	1:16:48
		5:08	3:34	8:18	3:50	2:08	7:10	9:52	15:09	2:50	1:34	6:44	4:45	1:18	4:28	
		1:17:33														
		0:45														
9	Pilar Blanco Bailo Asturias NORDESTE-O	1:18:56	4:42	9:52	17:14	21:28	23:54	33:30	49:40	57:45	1:00:54	1:02:07	1:06:14	1:12:07	1:14:20	1:18:12
		4:42	5:10	7:22	4:14	2:26	9:36	16:10	8:05	3:09	1:13	4:07	5:53	2:13	3:52	
		1:18:56														
		0:44														
10	Eva María Para Martin Madrid MONTE EL PARDO	1:19:03	3:32	6:55	13:33	17:07	19:33	34:21	47:02	53:34	57:24	58:55	1:04:08	1:13:07	1:14:37	1:18:26
		3:32	3:23	6:38	3:34	2:26	14:48	12:41	6:32	3:50	1:31	5:13	8:59	1:30	3:49	
		1:19:03														
		0:37														

Pos	Nombre	Tiempo														
<b>D-45 (22)</b>			<b>3,6 km 105 m</b>		<b>14 C (cont.)</b>											
			1(79) Meta	2(92)	3(93)	4(63)	5(85)	6(48)	7(59)	8(76)	9(51)	10(54)	11(57)	12(50)	13(75)	14(100)
11	Ana Herreros Valiente Albacete GODIH	1:21:22	4:57 4:57 1:21:22 0:44	8:55 3:58	15:38 6:43	21:31 5:53	24:20 2:49	33:17 8:57	42:48 9:31	57:12 14:24	1:00:50 3:38	1:02:04 1:14	1:06:53 4:49	1:15:22 8:29	1:16:38 1:16	1:20:38 4:00
12	Maribel Barriguete Andreu Sevilla ADOL	1:27:10	5:05 5:05 1:27:10 0:41	8:54 3:49	16:15 7:21	21:31 5:16	24:00 2:29	33:02 9:02	56:12 23:10	1:03:33 7:21	1:06:48 3:15	1:09:17 2:29	1:13:17 4:00	1:18:04 4:47	1:22:17 4:13	1:26:29 4:12
13	Pilar Nieto Calvo Toledo NAVALCAN-O	1:28:09	13:44 13:44 1:28:09 0:41	16:55 3:11	33:44 16:49	39:55 6:11	42:17 2:22	50:22 8:05	57:56 7:34	1:04:01 6:05	1:07:12 3:11	1:08:57 1:45	1:13:54 4:57	1:21:19 7:25	1:22:26 1:07	1:27:28 5:02
14	Marta Armisén Sáenz de Cenzano Madrid O-GETAFE	1:36:24	14:51 14:51 1:36:24 0:39	27:20 12:29	34:29 7:09	40:11 5:42	51:41 11:30	1:02:05 10:24	1:08:06 6:01	1:14:28 6:22	1:17:56 3:28	1:19:42 1:46	1:24:55 5:13	1:28:47 3:52	1:30:22 1:35	1:35:45 5:23
15	Silvia Sánchez Sanchez Toledo NAVALCAN-O	1:37:55	4:37 4:37 1:37:55 0:35	14:32 9:55	20:09 5:37	24:51 4:42	26:59 2:08	38:26 11:27	56:05 17:39	1:18:43 22:38	1:24:47 6:04	1:26:18 1:31	1:29:39 3:21	1:32:08 2:29	1:33:14 1:06	1:37:20 4:06
16	Rosa Casado Tarin Valencia CORRECAMINOS	1:38:36	8:07 8:07 1:38:36 0:36	15:15 7:08	25:47 10:32	30:47 5:00	36:29 5:42	51:27 14:58	1:07:24 15:57	1:13:14 5:50	1:20:08 6:54	1:21:50 1:42	1:25:43 3:53	1:32:14 6:31	1:34:10 1:56	1:38:00 3:50
17	Ana María Prada Cazoria Madrid O-GETAFE	1:40:38	3:35 3:35 1:40:38 0:39	22:13 18:38	36:55 14:42	42:19 5:24	44:54 2:35	56:00 11:06	1:10:10 14:10	1:17:21 7:11	1:22:56 5:35	1:24:26 1:30	1:29:07 4:41	1:33:27 4:20	1:35:10 1:43	1:39:59 4:49
18	María Pilar Roba Portet Zaragoza IBÓN	1:56:38	6:00 6:00 1:56:38 0:39	12:52 6:52	52:30 39:38	58:09 5:39	1:01:01 2:52	1:11:05 10:04	1:26:13 15:08	1:33:26 7:13	1:39:07 5:41	1:40:21 1:14	1:45:11 4:50	1:49:30 4:19	1:51:19 1:49	1:55:59 4:40
19	Teresa Díaz-Toledo Fernández Madrid RUMBO-MADRID SANSE	1:58:41	8:30 8:30 1:58:41 0:36	13:05 4:35	30:31 17:26	40:51 10:20	45:11 4:20	1:01:28 16:17	1:11:56 10:28	1:25:02 13:06	1:33:10 8:08	1:35:22 2:12	1:40:57 5:35	1:51:11 10:14	1:52:42 1:31	1:58:05 5:23
20	Dolores Fernáñdez Galdo Madrid RUMBO-MADRID SANSE	2:07:28	4:28 4:28 2:07:28 0:40	7:44 3:16	21:46 14:02	33:36 11:50	34:30 <b>0:54</b>	55:15 20:45	1:27:09 31:54	1:38:28 11:19	1:41:41 3:13	1:44:27 2:46	1:47:22 <b>2:55</b>	2:02:24 15:02	2:03:45 1:21	2:06:48 3:03
	Nuria Mateo Franquesa Valencia CORRECAMINOS	bandona	6:06 6:06 1:49:47 7:44	13:10 7:04	27:35 14:25	40:13 12:38	42:01 1:48	1:12:23 30:22	1:32:48 20:25	----- -----	----- -----	----- -----	----- -----	1:39:20 6:32	1:42:03 2:43	----- -----
	Isabel De Luelmo Orduña Madrid MONTE EL PARDO	bandona	18:41 18:41	28:14 9:33	37:58 9:44	45:43 7:45	54:46 9:03	1:10:01 15:15	1:31:04 21:03	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
<b>D-50 (16)</b>			<b>3,0 km 95 m</b>		<b>13 C</b>										Meta	
			1(83)	2(84)	3(93)	4(85)	5(48)	6(90)	7(78)	8(87)	9(88)	10(54)	11(77)	12(89)	13(100)	Meta
1	Kay Seward Madrid RUMBO-MADRID SANSE	47:03	4:27 4:27	9:51 5:24	17:27 7:36	22:45 5:18	29:50 7:05	31:34 1:44	33:19 1:45	38:38 5:19	40:28 1:50	41:44 1:16	43:39 1:55	45:22 1:43	46:25 1:03	47:03 0:38
2	Rosa Bella Rubia López Córdoba LOS CALIFAS	51:30	4:15 4:15	9:54 5:39	14:41 4:47	21:06 6:25	28:56 7:50	30:58 2:02	32:47 1:49	39:39 6:52	43:33 3:54	45:23 1:50	47:57 2:34	49:38 1:41	50:49 1:11	51:30 0:41
3	Judith Barclay Cádiz FUNDI-O	55:07	4:58 4:58	10:26 5:28	14:16 3:50	19:45 5:29	27:47 8:02	29:36 1:49	31:14 1:38	39:59 8:45	42:24 2:25	47:03 4:39	51:03 4:00	53:03 2:00	54:24 1:21	55:07 0:43
4	Rosa Mª Pernas Martínez La Coruña USC	55:22	8:04 8:04	14:19 6:15	18:58 4:39	22:48 3:50	31:15 8:27	33:34 2:19	35:34 2:00	44:44 9:10	47:04 2:20	48:55 1:51	51:15 2:20	53:08 1:53	54:39 1:31	55:22 0:43
5	Consuelo Lopera Moreno Soria NAVALENO-O	55:35	4:42 4:42	13:39 8:57	18:46 5:07	25:03 6:17	32:58 7:55	35:03 2:05	37:04 2:01	43:33 6:29	47:36 4:03	49:29 1:53	52:01 2:32	53:36 1:35	54:53 1:17	55:35 0:42
6	Elena Saavedra Martínez Sevilla MONTELLANO	56:34	5:01 5:01	11:00 5:59	14:35 3:35	21:40 7:05	32:46 11:06	34:53 2:07	36:13 1:20	47:11 10:58	49:31 2:20	51:03 1:32	53:15 2:12	54:42 1:27	55:51 1:09	56:34 0:43
7	Covadonga Carrascosa Baeza Cuenca COMCU	1:00:39	5:52 5:52	12:37 6:45	16:55 4:18	28:31 11:36	36:12 7:41	41:09 4:57	44:42 3:33	50:21 5:39	52:17 1:56	54:28 2:11	57:09 2:41	58:52 1:43	59:57 1:05	1:00:39 0:42
8	Azucena Carruesco Marquina Zaragoza IBÓN	1:00:41	4:42 4:42	9:59 5:17	14:29 4:30	22:14 7:45	35:58 13:44	37:51 1:53	39:44 1:53	46:48 7:04	49:05 2:17	50:02 0:57	52:46 2:44	58:46 6:00	59:58 1:12	1:00:41 0:43
9	Rosa María Casellas Dalmau Girona GO-XTREM	1:02:11	5:36 5:36	10:24 4:48	17:29 7:05	22:27 4:58	35:56 13:29	37:36 1:40	40:05 2:29	47:28 7:23	54:16 6:48	55:31 1:15	57:30 1:59	1:00:21 2:51	1:01:30 1:09	1:02:11 0:41
10	Mª Pilar Miguel Pagazaurtundúa Madrid COTA	1:05:12	5:10 5:10	11:32 6:22	17:40 6:08	24:33 6:53	38:17 13:44	39:52 1:35	41:43 1:51	52:13 10:30	56:29 4:16	58:35 2:06	1:01:32 2:57	1:03:16 1:44	1:04:32 1:16	1:05:12 0:40
11	Ángeles Ruiz Menacho Cádiz O-SAN ROQUE	1:10:28	7:37 7:37	16:58 9:21	22:41 5:43	30:35 7:54	39:47 9:12	45:55 6:08	47:37 1:42	56:25 8:48	59:12 2:47	1:01:01 1:49	1:04:10 3:09	1:06:56 2:46	1:09:32 2:36	1:10:28 0:56
12	Mª Jesus Cascales Nicolás Madrid IMPERDIBLE BUFF	1:17:53	9:38 9:38	19:42 10:04	39:24 19:42	45:08 5:44	54:48 9:40	57:21 2:33	59:46 2:25	1:06:43 6:57	1:09:50 3:07	1:11:55 2:05	1:14:25 2:30	1:16:04 1:39	1:17:16 1:12	1:17:53 0:37
13	Olivia Plaza Plaza Valladolid CDP-O	1:21:00	10:06 10:06	21:51 11:45	29:30 7:39	38:15 8:45	47:43 9:28	50:21 2:38	53:40 3:19	1:03:11 9:31	1:09:31 6:20	1:12:24 2:53	1:15:35 3:11	1:18:23 2:48	1:19:49 1:26	1:21:00 1:11
14	Nieves Serrano Alcol Madrid COLMENAR	1:37:26	8:20 8:20	30:08 21:48	38:29 8:21	46:26 7:57	1:07:27 21:01	1:10:47 3:20	1:14:27 3:40	1:24:35 10:08	1:28:44 4:09	1:30:45 2:01	1:33:17 2:32	1:35:31 2:14	1:36:42 1:11	1:37:26 0:44
15	Mª Concepción Cascante Lecuona Madrid O-GETAFE	1:38:26	9:11 9:11	17:43 8:32	22:01 4:18	30:16 8:15	40:21 10:05	44:55 4:34	46:54 1:59	1:18:48 31:54	1:24:21 5:33	1:26:09 1:48	1:32:48 6:39	1:36:30 3:42	1:37:44 1:14	1:38:26 0:42
16	MARÍA JOSÉ Serrano Alcol Madrid COLMENAR	1:44:36	6:55 6:55	17:55 11:00	25:55 8:00	32:48 6:53	45:31 12:43	47:43 2:12	50:40 2:57	1:01:49 11:09	1:10:39 8:50	1:12:29 1:50	1:30:38 18:09	1:41:33 10:55	1:43:20 1:47	1:44:36 1:16







Pos	Nombre	Tiempo													
<b>H-14 (22)</b>		<b>3,9 km 90 m</b>		<b>14 C (cont.)</b>											
		1(97) Meta	2(84)	3(74)	4(65)	5(98)	6(53)	7(81)	8(99)	9(54)	10(77)	11(87)	12(51)	13(88)	14(100)
14	Ivan Pons Martínez Alicante COLIVENC	47:10 8:00 8:00 47:10 0:26	10:52 2:52	16:17 5:25	17:24 1:07	18:52 1:28	26:41 7:49	29:25 2:44	33:16 3:51	36:16 3:00	39:52 3:36	41:43 1:51	44:07 2:24	44:51 0:44	46:44 1:53
15	Eduardo Paricio Francés Zaragoza IBÓN	48:25 11:31 11:31 48:25 0:30	14:14 2:43	18:35 4:21	20:43 2:08	22:25 1:42	28:19 5:54	32:33 4:14	35:17 2:44	38:53 3:36	41:09 2:16	42:38 1:29	45:36 2:58	46:42 1:06	47:55 1:13
16	Oscar Valera Garro Murcia TOTANA-O	56:08 11:33 11:33 56:08 0:32	15:43 4:10	23:54 8:11	26:37 2:43	29:01 2:24	35:15 6:14	39:22 4:07	45:48 6:26	48:24 2:36	49:39 1:15	51:25 1:46	53:18 1:53	53:51 0:33	55:36 1:45
17	Makar Borisov Alicante VILLENA-O	1:07:15 11:47 11:47 1:07:15 0:36	14:47 3:00	21:22 6:35	26:41 5:19	29:17 2:36	36:58 7:41	41:23 4:25	44:53 3:30	52:56 8:03	56:23 3:27	58:35 2:12	1:01:16 2:41	1:04:32 3:16	1:06:39 2:07
18	Mario Garnacho Fernández Valladolid CDP-O	1:07:25 13:31 13:31 1:07:25 0:29	19:25 5:54	23:44 4:19	25:40 1:56	27:36 1:56	33:52 6:16	36:46 2:54	45:59 9:13	52:21 6:22	56:37 4:16	1:00:00 3:23	1:04:37 4:37	1:05:27 0:50	1:06:56 1:29
19	Jose Antonio Casado Pérez Valladolid CDP-O	1:08:04 11:02 11:02 1:08:04 0:33	15:54 4:52	22:05 6:11	23:14 1:09	25:41 2:27	31:53 6:12	34:44 2:51	40:13 5:29	44:05 3:52	52:16 8:11	1:03:40 11:24	1:05:37 1:57	1:06:10 0:33	1:07:31 1:21
20	Marcos Amores Herrero Madrid COLMENAR	1:13:55 19:14 19:14 1:13:55 0:33	31:26 12:12	37:08 5:42	38:43 1:35	40:53 2:10	48:16 7:23	51:55 3:39	56:23 4:28	1:00:21 3:58	1:03:20 2:59	1:06:15 2:55	1:10:35 4:20	1:11:28 0:53	1:13:22 1:54
21	Carlos Alba Isasi Madrid MONTE EL PARDO	1:44:22 30:19 30:19 1:44:22 0:27	43:10 12:51	57:12 14:02	59:15 2:03	1:01:11 1:56	1:08:03 6:52	1:11:29 3:26	1:23:41 12:12	1:27:35 3:54	1:32:31 4:56	1:37:07 4:36	1:40:02 2:55	1:42:32 2:30	1:43:55 1:23
	Tomas Cuartero Navarro Cuenca ORIENTIJOYE	r en tarj. 6:25 6:25 53:28 0:31	11:56 5:31	16:14 4:18	19:39 3:25	21:25 1:46	26:49 5:24	31:21 4:32	40:04 8:43	----- -----	42:21 2:17	45:50 3:29	51:10 5:20	51:34 0:24	52:57 1:23
<b>H-16 (44)</b>		<b>5,3 km 145 m</b>		<b>20 C</b>											
		1(79) 15(54)	2(83) 16(77)	3(42) 17(78)	4(64) 18(58)	5(94) 19(89)	6(85) 20(100)	7(86) Meta	8(56)	9(81)	10(72)	11(90)	12(59)	13(75)	14(51)
1	Raul Sanjuan Juan Alicante COLIVENC	52:32 3:20 3:20 45:39 0:43	4:39 1:19	6:44 2:05	12:12 5:28	15:45 3:33	19:52 4:07	21:42 1:50	28:17 6:35	29:18 1:01	32:25 3:07	37:14 4:49	39:28 2:14	41:21 1:53	44:56 3:35
2	Miguel Angel Tortosa Bordera Alicante COLIVENC	53:22 2:09 2:09 42:29 0:43	2:50 0:41	5:23 2:33	11:37 6:14	16:07 4:30	19:41 3:34	21:59 2:18	29:00 7:01	30:21 1:21	31:43 1:22	34:22 2:39	37:01 2:39	38:48 1:47	41:46 2:58
3	Arnau Loro Sansa Barcelona BADALONA-O	57:49 2:06 2:06 48:28 0:49	3:10 1:04	8:09 4:59	14:55 6:46	19:17 4:22	22:19 3:02	24:47 2:28	32:50 8:03	34:30 1:40	36:29 1:59	39:36 3:07	42:53 3:17	45:21 2:28	47:39 2:18
4	Carlos Sanz Alejandro Córdoba LOS CALIFAS	58:01 3:44 3:44 50:04 0:43	4:29 0:45	8:06 3:37	13:01 4:55	18:29 5:28	22:19 3:50	25:09 2:50	31:45 6:36	34:25 2:40	36:03 1:38	42:03 6:00	44:55 2:52	47:22 2:27	49:21 1:59
5	Alejandro Sanchez Juan Alicante COLIVENC	58:12 4:34 4:34 49:47 0:44	6:02 1:28	8:40 2:38	14:18 5:38	18:33 4:15	22:34 4:01	25:06 2:32	32:56 7:50	34:16 1:20	36:01 1:45	40:01 4:00	44:04 4:03	47:03 2:59	49:03 2:00
6	Miguel Mesas De Castro Toledo TOLEDO-O	58:27 3:19 3:19 48:29 0:42	4:54 1:35	7:46 2:52	14:42 6:56	19:40 4:58	23:59 4:19	27:04 3:05	33:56 6:52	35:42 1:46	37:13 1:31	41:44 4:31	43:48 2:04	45:36 1:48	47:47 2:11
7	Pedro Stangegaard Pérez Málaga COMA	58:31 1:49 1:49 49:15 0:55	2:37 0:48	5:29 2:52	11:52 6:23	19:20 7:28	22:18 2:58	24:44 2:26	30:56 6:12	32:31 1:35	34:37 2:06	40:59 6:22	44:21 3:22	46:11 1:50	48:20 2:09
8	Oscar Lobato Martínez León E D ALCON	58:35 2:21 2:21 49:42 0:51	3:11 0:50	10:06 6:55	16:14 6:08	21:59 5:45	26:02 4:03	28:33 2:31	35:29 6:56	37:08 1:39	38:27 1:19	41:29 3:02	43:43 2:14	45:57 2:14	48:51 2:54
9	Francisco Borja Ruíz Albacete GODIH	59:55 3:02 3:02 51:22 0:51	3:48 0:46	6:48 3:00	16:22 9:34	21:07 4:45	26:23 5:16	28:57 2:34	34:40 5:43	36:21 1:41	39:31 3:10	42:29 2:58	45:49 3:20	47:36 1:47	50:31 2:55
10	Juan Cornejo García León E D ALCON	1:00:03 3:32 3:32 51:52 0:52	4:32 1:00	7:59 3:27	14:15 6:16	19:08 4:53	24:17 5:09	27:13 2:56	34:02 6:49	35:17 1:15	38:08 2:51	42:35 4:27	45:18 2:43	47:19 2:01	51:00 3:41
11	Pablo Fernández Cascales Madrid IMPERDIBLE BUFF	1:00:08 1:54 1:54 51:43 0:46	2:34 0:40	4:56 2:22	12:10 7:14	16:45 4:35	25:24 8:39	27:38 2:14	34:26 6:48	36:20 1:54	37:43 1:23	44:19 6:36	46:18 1:59	49:02 2:44	50:57 1:55
12	Jorge Caraça-Valente Barrera Madrid IMPERDIBLE BUFF	1:00:37 2:55 2:55 52:16 0:53	4:04 1:09	6:16 2:12	12:19 6:03	17:54 5:35	26:09 8:15	28:23 2:14	35:00 6:37	36:32 1:32	38:32 2:00	43:31 4:59	46:52 3:21	48:53 2:01	51:23 2:30

Pos	Nombre	Tiempo														
<i>H-16 (44)</i>			<i>5,3 km</i>		<i>145 m</i>		<i>20 C</i>		<i>(cont.)</i>							
			1(79)	2(83)	3(42)	4(64)	5(94)	6(85)	7(86)	8(56)	9(81)	10(72)	11(90)	12(59)	13(75)	14(51)
			15(54)	16(77)	17(78)	18(58)	19(89)	20(100)	Meta							
<b>13</b>	<b>Antonio Jesús López Cortijos</b> <b>Murcia TOTANA-O</b>	<b>1:00:50</b>	2:29 2:29 51:41 0:50	3:23 0:54 53:58 2:17	5:55 2:32 56:44 2:46	16:14 10:19 57:37 0:53	20:46 4:32 59:45 2:08	26:10 5:24 1:00:24 0:39	28:43 2:33 1:00:50 0:26	36:53 8:10	38:18 1:25	41:56 3:38	45:09 3:13	47:01 <b>1:52</b>	48:54 1:53	50:51 1:57
<b>14</b>	<b>Carlos Blasco Cebrían</b> <b>Albacete GODIH</b>	<b>1:01:21</b>	6:06 6:06 51:23 0:48	7:13 1:07 54:51 3:28	10:12 2:59 57:31 2:40	14:24 <b>4:12</b> 58:15 0:44	18:50 4:26 1:00:18 2:03	24:08 5:18 1:00:57 0:39	26:28 2:20 1:01:21 0:24	33:00 6:32	34:46 1:46	36:24 1:38	42:34 6:10	45:05 2:31	48:19 3:14	50:35 2:16
<b>15</b>	<b>Manuel Franco Pire</b> <b>Asturias LA BRUJULA - JAIRE</b>	<b>1:04:32</b>	3:01 3:01 54:27 0:53	4:01 1:00 57:50 3:23	1:00:23 3:25 1:01:12 2:33	1:01:12 7:07 1:03:20 0:49	19:02 4:29 1:04:02 2:08	24:06 5:04 1:04:02 0:42	26:30 2:24 1:04:32 0:30	35:22 8:52	38:05 2:43	39:33 1:28	45:01 5:28	48:13 3:12	51:10 2:57	53:34 2:24
<b>16</b>	<b>Sergio Lillo Cañizares</b> <b>Alicante SANT JOAN</b>	<b>1:05:26</b>	5:04 5:04 56:19 0:46	6:01 0:57 58:39 2:20	9:38 3:37 1:01:28 2:49	16:32 6:54 1:02:17 0:49	21:39 5:07 1:04:15 1:58	26:32 4:53 1:05:00 0:45	29:04 2:32 1:05:26 0:26	37:44 8:40	39:08 1:24	41:01 1:53	46:02 5:01	49:51 3:49	52:08 2:17	55:33 3:25
<b>17</b>	<b>Antonio Serrano Zamarreño</b> <b>Murcia TOTANA-O</b>	<b>1:06:31</b>	2:09 2:09 55:27 0:53	3:09 1:00 57:49 2:22	6:37 3:28 1:01:07 3:18	12:12 5:35 1:02:15 1:08	18:05 5:53 1:05:03 2:48	22:58 4:53 1:06:02 0:59	25:54 2:56 1:06:31 0:29	36:30 10:36	37:59 1:29	40:09 2:10	45:42 5:33	48:59 3:17	51:13 2:14	54:34 3:21
<b>18</b>	<b>Pablo Teruel Miñarro</b> <b>Murcia LORCA-O</b>	<b>1:06:46</b>	2:29 2:29 57:36 0:58	3:33 1:04 59:49 2:13	7:22 3:49 1:02:24 2:35	12:03 4:41 1:03:19 0:55	16:35 4:32 1:05:35 2:16	22:54 6:19 1:06:19 0:44	25:25 2:31 1:06:46 0:27	33:58 8:33	35:32 1:34	37:10 1:38	41:52 4:42	51:43 9:51	53:57 2:14	56:38 2:41
<b>19</b>	<b>Iván Carrera Cuenca</b> <b>Málaga COMA</b>	<b>1:07:23</b>	2:43 2:43 54:56 0:56	3:40 0:57 57:32 2:36	6:45 3:05 1:01:23 3:51	13:30 6:45 1:03:09 1:46	17:35 4:05 1:06:18 3:09	23:33 5:58 1:06:59 0:41	26:09 2:36 1:07:23 0:24	34:40 8:31	38:41 4:01	40:55 2:14	45:59 5:04	49:10 3:11	51:29 2:19	54:00 2:31
<b>20</b>	<b>Juan Rodríguez Díaz</b> <b>Toledo TOLEDO-O</b>	<b>1:07:34</b>	3:24 3:24 56:29 0:51	4:17 0:53 59:38 3:09	7:18 3:01 1:02:59 3:21	11:52 4:34 1:04:02 1:03	15:50 3:58 1:06:24 2:22	21:01 5:11 1:07:10 0:46	24:27 3:26 1:07:34 0:24	34:29 10:02	36:47 2:18	38:45 1:58	43:21 4:36	46:02 2:41	49:28 3:26	55:38 6:10
<b>21</b>	<b>Samuel López Corbalán</b> <b>Murcia LORCA-O</b>	<b>1:08:26</b>	2:19 2:19 54:55 0:51	3:23 1:04 56:21 1:26	7:08 3:45 1:02:29 6:08	12:12 5:04 1:03:16 0:47	18:05 5:53 1:07:07 3:51	21:39 3:34 1:07:55 0:48	25:06 3:27 1:08:26 0:31	35:03 9:57	37:10 2:07	39:43 2:33	45:35 5:52	48:18 2:43	51:31 3:13	54:04 2:33
<b>22</b>	<b>Álvaro Casado Gómez</b> <b>Madrid GOCAN</b>	<b>1:08:28</b>	2:47 2:47 59:30 0:42	3:46 0:59 1:00:43 1:13	7:52 4:06 1:03:42 2:59	15:04 7:12 1:04:23 0:41	22:35 7:31 1:07:21 2:58	32:35 10:00 1:08:02 0:41	34:56 2:21 1:08:28 0:26	41:51 6:55	43:02 1:11	45:31 2:29	50:58 5:27	53:37 2:39	56:53 3:16	58:48 <b>1:55</b>
<b>23</b>	<b>Jaime Tordera Moreno-Tomé</b> <b>Toledo TOLEDO-O</b>	<b>1:08:43</b>	2:24 2:24 55:05 0:41	3:22 0:58 56:19 1:14	6:11 2:49 1:04:30 8:11	12:04 5:53 1:05:19 0:49	21:08 9:04 1:07:26 2:07	24:26 3:18 1:08:13 0:47	26:54 2:28 1:08:43 0:30	35:52 8:58	37:26 1:34	42:12 4:46	46:12 4:00	48:37 2:25	51:46 3:09	54:24 2:38
<b>24</b>	<b>Andreu Espinosa Bajo</b> <b>Alicante SANT JOAN</b>	<b>1:09:00</b>	3:54 3:54 58:10 0:59	5:05 1:11 1:00:37 2:27	7:50 2:45 1:03:50 3:13	15:21 7:31 1:05:00 1:10	26:22 11:01 1:07:42 2:42	30:21 3:59 1:08:26 0:44	33:08 2:47 1:09:00 0:34	41:40 8:32	43:33 1:53	45:12 1:39	48:42 3:30	51:48 3:06	54:42 2:54	57:11 2:29
<b>25</b>	<b>Pablo Noguera Cantos</b> <b>Sevilla ADOL</b>	<b>1:09:37</b>	5:11 5:11 58:33 0:56	6:13 1:02 1:00:51 2:18	9:39 3:26 1:04:10 3:19	15:17 5:38 1:05:19 1:09	21:08 5:51 1:08:06 2:47	26:05 4:57 1:09:04 0:58	28:56 2:51 1:09:37 0:33	39:33 10:37	41:05 1:32	43:17 2:12	48:46 5:29	52:02 3:16	54:16 2:14	57:37 3:21
<b>26</b>	<b>Alejandro Garnacho Fernández</b> <b>Valladolid CDP-O</b>	<b>1:09:50</b>	4:15 4:15 58:44 0:58	5:07 0:52 1:01:18 2:34	9:24 4:17 1:04:55 3:37	16:41 7:17 1:05:36 0:41	21:32 4:51 1:08:17 2:41	27:44 6:12 1:09:22 1:05	30:16 2:32 1:09:50 0:28	38:41 8:25	41:51 3:10	43:19 1:28	50:06 6:47	52:55 2:49	55:16 2:21	57:46 2:30
<b>27</b>	<b>Joel Carrión Gandía</b> <b>Albacete GODIH</b>	<b>1:11:20</b>	3:09 3:09 1:01:03 0:56	4:05 0:56 1:02:49 1:46	6:33 2:28 1:06:30 3:41	15:58 9:25 1:07:22 0:52	20:54 4:56 1:09:55 2:33	25:00 4:06 1:10:48 0:53	27:18 2:18 1:11:20 0:32	35:16 7:58	36:45 1:29	38:23 1:38	43:19 4:56	55:06 11:47	57:01 1:55	1:00:07 3:06
<b>28</b>	<b>Pablo Cabrera Molina</b> <b>Málaga COMA</b>	<b>1:11:56</b>	3:46 3:46 58:10 0:44	4:39 0:53 59:16 <b>1:06</b>	8:35 3:56 1:07:40 8:24	21:58 13:23 1:08:30 0:50	26:26 4:28 1:10:42 2:12	32:33 6:07 1:11:27 0:45	34:57 2:24 1:11:56 0:29	42:47 7:50	44:24 1:37	45:41 <b>1:17</b>	49:10 3:29	52:11 3:01	54:43 2:32	57:26 2:43
<b>29</b>	<b>Ismael Delgado Muñoz</b> <b>Toledo TOLEDO-O</b>	<b>1:11:57</b>	2:43 2:43 1:01:32 0:52	3:43 1:00 1:03:43 2:11	7:34 3:51 1:07:12 3:29	13:52 6:18 1:08:03 0:51	20:20 6:28 1:10:48 2:45	26:32 6:12 1:11:33 0:45	29:47 3:15 1:11:57 0:24	40:28 10:41	42:29 2:01	45:21 2:52	51:02 5:41	55:14 4:12	57:36 2:22	1:00:40 3:04
<b>30</b>	<b>Manuel Parrilla Lahoz</b> <b>Sevilla ADOL</b>	<b>1:14:37</b>	4:44 4:44 1:04:33 0:45	5:21 0:37 1:06:38 2:05	18:32 13:11 1:09:28 2:50	25:50 7:18 1:10:24 0:56	31:25 5:35 1:13:05 2:41	38:04 6:39 1:14:06 1:01	40:29 2:25 1:14:37 0:31	47:40 7:11	49:20 1:40	51:31 2:11	56:26 4:55	59:43 3:17	1:01:33 1:50	1:03:48 2:15
<b>31</b>	<b>Manuel Ponce Cuenca</b> <b>Albacete GODIH</b>	<b>1:14:56</b>	3:18 3:18 1:04:38 0:47	4:20 1:02 1:06:35 1:57	9:21 5:01 1:09:51 3:16	16:20 6:59 1:10:57 1:06	21:38 5:18 1:13:41 2:44	29:43 8:05 1:14:31 0:50	32:44 3:01 1:14:56 0:25	44:12 11:28	45:51 1:39	48:25 2:34	53:27 5:02	55:54 2:27	1:01:17 5:23	1:03:51 2:34
<b>32</b>	<b>Francisco Cuartero Navarro</b> <b>Cuenca ORIENTIJOTE</b>	<b>1:15:37</b>	3:10 3:10 1:04:35 1:05	4:21 1:11 1:06:35 2:00	7:46 3:25 1:10:42 4:07	14:49 7:03 1:11:36 0:54	29:45 14:56 1:14:25 2:49	33:44 3:59 1:15:14 0:49	36:50 3:06 1:15:37 0:23	47:15 10:25	48:16 1:01	50:10 1:54	56:16 6:06	58:46 2:30	1:00:40 1:54	1:03:30 2:50
<b>33</b>	<b>Enrique Chousa Esteban</b> <b>Madrid IMPERDIBLE BUFF</b>	<b>1:17:27</b>	3:57 3:57 1:04:12 0:53	4:49 0:52 1:08:20 4:08	11:51 7:02 1:11:10 2:50	24:15 12:24 1:13:42 2:32	28:53 4:38 1:16:24 2:42	33:51 4:58 1:17:05 0:41	39:10 5:19 1:17:27 <b>0:22</b>	46:29 7:19	48:17 1:48	49:41 1:24	56:12 6:31	58:38 2:26	1:01:04 2:26	1:03:19 2:15
<b>34</b>	<b>Santiago López Lázaro</b> <b>Madrid MONTE EL PARDO</b>	<b>1:23:40</b>	3:31 3:31 1:06:49 0:43	4:29 0:58 1:10:29 3:40	9:00 4:31 1:18:37 8:08	17:29 8:29 1:19:54 1:17	22:50 5:21 1:22:39 2:45	30:02 7:12 1:23:17 0:38	32:56 2:54 1:23:40 0:23	42:45 9:49	44:33 1:48	47:15 2:42	55:58 8:43	59:33 3:35	1:02:18 2:45	1:06:06 3:48







Pos	Nombre	Tiempo	8,7 km 260 m 25 C (cont.)													
			1(79) 15(73)	2(62) 16(49)	3(42) 17(59)	4(44) 18(76)	5(66) 19(54)	6(68) 20(89)	7(36) 21(60)	8(70) 22(56)	9(34) 23(58)	10(94) 24(75)	11(63) 25(100)	12(86) Meta	13(96)	14(78)
<b>20</b>	<b>Borja Álvarez Muñoz Toledo TOLEDO-O</b>	<b>1:49:37</b>	2:14 2:14	5:20 3:06	15:31 10:11	28:34 13:03	34:19 5:45	35:10 0:51	50:49 15:39	53:27 2:38	1:00:22 6:55	1:02:58 2:36	1:06:23 3:25	1:09:27 3:04	1:14:56 5:29	1:21:47 6:51
<b>21</b>	<b>Daniel Isla Zorita Valladolid COV</b>	<b>1:50:04</b>	2:00 3:56	4:57 1:15	7:17 3:14	32:39 <b>3:13</b>	35:07 2:11	36:01 <b>1:14</b>	47:39 1:20	50:08 2:11	1:00:58 1:04	1:03:59 5:27	1:06:08 2:18	1:08:46 0:27	1:13:57 5:11	1:16:07 2:10
<b>22</b>	<b>David Cavero Montaner Valencia VERD3</b>	<b>1:50:30</b>	1:58 1:58	9:10 7:12	11:20 2:10	34:07 22:47	37:14 3:07	38:06 0:52	50:50 12:44	53:21 2:31	1:00:37 7:16	1:05:24 4:47	1:07:34 2:10	1:10:49 3:15	1:15:31 4:42	1:18:35 3:04
<b>23</b>	<b>Julio Cesar Garrido Yustos Valladolid CDP-O</b>	<b>1:52:04</b>	2:27 2:27	4:59 2:32	7:32 2:33	28:20 20:48	31:26 3:06	32:28 1:02	48:51 16:23	51:15 2:24	57:28 6:13	1:01:53 4:25	1:04:52 2:59	1:07:50 2:58	1:13:36 5:46	1:18:43 5:07
<b>24</b>	<b>Emilio Miguel Rubias Rodríguez Badajoz CODAN EXTREMADURA</b>	<b>1:52:49</b>	9:55 9:55	12:40 2:45	14:45 2:05	29:23 14:38	32:55 3:32	33:37 0:42	56:34 22:57	59:07 2:33	1:05:43 6:36	1:07:48 2:05	1:09:37 1:49	1:12:16 2:39	1:16:27 4:11	1:18:54 2:27
<b>25</b>	<b>José Amador Real López-Navarro Murcia LORCA-O</b>	<b>1:53:16</b>	2:22 2:22	4:44 2:22	7:39 2:55	22:53 15:14	28:09 5:16	29:26 1:17	45:09 15:43	48:01 2:52	57:49 9:48	1:00:02 2:13	1:03:00 2:58	1:06:05 3:05	1:14:14 8:09	1:16:51 2:37
<b>26</b>	<b>Rodrigo Jiménez Jiménez León E D ALCON</b>	<b>1:53:42</b>	3:29 3:29	5:14 1:45	7:38 2:24	21:26 13:48	30:45 9:19	31:32 0:47	49:56 18:24	52:05 2:09	59:44 7:39	1:06:41 6:57	1:09:23 2:42	1:13:08 3:45	1:17:53 4:45	1:20:33 2:40
<b>27</b>	<b>Diego Polo Garcia Madrid RUMBO-MADRID SANSE</b>	<b>1:54:11</b>	2:07 2:07	7:30 7:23	12:04 2:34	26:24 14:20	29:51 3:27	30:56 1:05	43:47 12:51	46:29 2:42	53:19 6:50	56:35 3:16	1:00:57 4:22	1:05:52 4:55	1:10:26 4:34	1:12:59 2:33
<b>28</b>	<b>Alfonso Rosado Frade Pontevedra AROMON</b>	<b>1:56:06</b>	5:20 2:35	3:27 12:37	3:24 3:25	13:38 12:10	2:11 3:19	1:22 0:56	1:16 24:53	2:52 2:33	2:29 8:42	<b>2:26</b> 2:24	1:15:46 2:12	1:19:42 3:56	1:24:28 4:46	1:27:21 2:53
<b>29</b>	<b>Diego Tejero Rioseiras Valladolid COV</b>	<b>1:58:22</b>	3:21 5:24	1:18 7:21	3:08 13:31	4:18 24:28	4:18 28:44	2:40 30:47	1:46 47:15	1:20 50:32	3:01 1:09:31	1:31 1:17:01	3:21 1:19:31	2:31 1:22:26	2:03 1:26:43	0:30 1:29:35
<b>30</b>	<b>Iker Etxebarria Cubillo Vizcaya COBI</b>	<b>2:05:37</b>	2:17 3:08	1:23 4:49	2:42 7:12	5:17 21:41	2:13 26:50	1:56 28:47	1:08 49:23	3:53 52:16	1:13 1:03:32	3:53 1:07:44	2:19 1:10:10	0:33 1:14:21	6:23 1:20:44	3:48 1:24:32
<b>31</b>	<b>Victor Calatayud Nuñez Ciudad Real MANZANARES-O</b>	<b>2:09:29</b>	4:54 3:26	2:07 5:36	5:20 8:00	4:40 29:06	3:19 33:10	2:14 36:13	1:34 54:24	5:17 57:08	1:37 1:11:05	4:58 1:15:01	4:19 1:19:23	0:46 1:23:31	1:31:08 7:37	1:34:08 3:00
<b>32</b>	<b>Saúl Urién Pérez Cádiz FUNDI-O</b>	<b>2:20:18</b>	2:17 8:51	1:23 14:47	2:42 17:41	5:17 34:33	2:13 41:08	1:56 42:16	1:08 1:01:48	3:33 1:05:21	6:52 1:12:13	5:27 1:17:40	6:16 1:23:56	4:13 1:28:09	6:08 1:34:17	4:43 1:39:00
<b>33</b>	<b>Raimundo Jesús Sánchez García Valladolid COV</b>	<b>2:26:43</b>	3:10 3:10	6:53 3:43	9:26 2:33	23:59 14:33	34:58 10:59	35:35 <b>0:37</b>	1:03:27 27:52	1:06:37 3:10	1:24:04 17:27	1:29:32 5:28	1:33:29 3:57	1:38:38 5:09	1:47:31 8:53	1:51:29 3:58
<b>34</b>	<b>Jesús Sánchez Rubal Madrid COLMENAR</b>	<b>2:33:14</b>	2:38 2:38	5:21 2:43	8:20 2:59	34:06 25:46	42:03 7:57	43:16 1:13	1:15:08 31:52	1:22:02 6:54	1:30:00 7:58	1:33:30 3:30	1:35:59 2:29	1:40:40 4:41	1:46:21 5:41	1:53:44 7:23
<b>35</b>	<b>Ignacio Tejero Rioseiras Valladolid COV</b>	<b>2:33:34</b>	3:33 2:24	3:02 11:18	11:06 14:15	4:30 38:46	2:44 52:27	1:45 53:46	1:36 1:12:51	3:03 1:15:37	1:27 1:23:15	3:08 1:28:39	2:59 1:34:16	0:37 1:38:01	5:59 1:44:00	2:42 1:46:42
<b>36</b>	<b>Guillermo Castro Manzanares Valladolid CDP-O</b>	<b>2:43:52</b>	12:49 3:21	3:08 15:44	4:00 20:10	8:51 36:09	2:23 39:47	1:56 42:04	1:58 1:02:50	2:55 1:05:46	1:37 1:12:49	4:09 1:15:56	2:34 1:20:43	0:32 1:24:42	14:31 1:39:13	7:04 1:46:17
	<b>Manuel Vicente Sanchez-Migallon Madrid COLMENAR</b>		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	<b>Oscar Hernaiz Sánchez La Rioja RIOJA-O</b>	<b>en tarj.</b>	2:58 2:58	5:05 2:07	7:04 1:59	17:46 10:42	24:23 6:37	25:16 0:53	39:01 13:45	42:46 3:45	52:17 9:31	55:32 3:15	----- 4:48	1:00:20 4:33	1:04:53 4:33	1:08:02 3:09
	<b>PEDRO ROLAN FERNANDEZ Madrid GOCAN</b>	<b>bandona</b>	2:40 3:00	1:07 17:12	3:56 19:45	4:27 -----	2:55 -----	2:22 -----	1:26 -----	3:42 -----	1:22 -----	5:50 -----	3:27 -----	0:34 -----	----- -----	----- -----
	<b>Sergio Alberto Peña Pérez León E D ALCON</b>	<b>bandona</b>	2:41 2:41	6:25 3:44	8:51 2:26	26:04 17:13	29:34 3:30	30:47 1:13	45:20 14:33	50:43 5:23	58:35 7:52	1:01:30 2:55	1:04:03 2:33	1:07:17 3:14	1:13:03 5:46	1:15:34 2:31
	<b>Ramón Blanco Gonzalo Asturias NORDESTE-O</b>	<b>bandona</b>	2:49 2:49	26:55 24:06	30:01 3:06	50:03 20:02	58:13 8:10	1:00:57 2:44	1:24:58 24:01	----- -----	----- -----	----- -----	----- -----	1:59:35 34:37	2:00:14 0:39	----- -----



Pos	Nombre	Tiempo	4,9 km		145 m		19 C		7(63)	8(85)	9(74)	10(86)	11(96)	12(59)	13(75)	14(88)
			1(79)	2(83)	3(42)	4(70)	5(69)	6(93)								
			15(54)	16(57)	17(60)	18(77)	19(100)	Meta								
1	Manuel Díaz González Cuenca ORIENTIJOTE	42:48	1:49 1:49	2:26 0:37	5:00 2:34	9:10 4:10	10:59 1:49	15:29 4:30	16:58 1:29	18:23 1:25	21:24 3:01	22:40 1:16	26:34 3:54	29:32 2:58	31:19 1:47	33:11 1:52
2	Joel Perarnau Marigil Barcelona COB	48:20	3:18 3:18	4:07 0:49	7:47 3:40	11:52 4:05	13:32 1:40	19:50 6:18	22:23 2:33	23:27 1:04	26:13 2:46	27:27 1:14	31:20 3:53	35:25 4:05	37:55 2:30	40:18 2:23
3	Alejandro Hernández Rodríguez Valladolid COV	51:04	3:23 3:23	4:21 0:58	7:32 3:11	12:08 4:36	13:39 1:31	23:01 9:22	26:06 3:05	27:32 1:26	30:10 2:38	31:25 1:15	35:34 4:09	39:25 3:51	41:19 1:54	43:28 2:09
4	Adrián Prieto Jiménez Madrid O-CHARLIES ORIENTA-T	51:58	2:17 2:17	3:04 0:47	5:40 2:36	9:21 3:41	10:51 1:30	21:49 10:58	25:43 3:54	26:33 0:50	28:28 1:55	29:26 0:58	33:22 3:56	41:00 7:38	43:04 2:04	45:10 2:06
5	Antonio Jesús Cano López Murcia MURCIA-O	53:32	2:02 2:02	2:53 0:51	7:34 4:41	11:36 4:02	13:08 1:32	26:36 13:28	28:51 2:15	30:03 1:12	32:02 1:59	33:00 0:58	37:24 4:24	40:53 3:29	42:38 1:45	45:06 2:28
6	Jorge Juan Fernández Zorita Madrid GOCAN	53:51	2:38 2:38	3:36 0:58	6:56 3:20	10:50 3:54	12:24 1:34	18:43 6:19	21:09 2:26	22:35 1:26	26:33 3:58	27:48 1:15	32:19 4:31	35:43 3:24	37:59 2:16	40:14 2:15
7	Pablo García Saavedra Sevilla ADOL	56:32	2:52 2:52	3:54 1:02	7:10 3:16	11:28 4:18	13:59 2:31	20:54 6:55	24:12 3:18	25:20 1:08	27:28 2:08	29:13 1:45	34:29 5:16	42:43 8:14	44:49 2:06	46:57 2:08
8	Alex Tordera Moreno-Tomé Toledo TOLEDO-O	57:02	3:39 3:39	5:01 1:22	8:10 3:09	14:35 6:25	17:24 2:49	24:22 6:58	26:53 2:31	28:38 1:45	30:48 2:10	32:13 1:25	37:38 5:25	43:19 5:41	45:22 2:03	48:00 2:38
9	Carlos Salamanca Farto Valladolid CDP-O	58:06	4:18 4:18	5:18 1:00	8:01 2:43	12:21 4:20	16:05 3:44	27:27 11:22	32:14 4:47	33:24 1:10	35:58 2:34	37:23 1:25	41:37 4:14	45:31 3:54	48:15 2:44	50:17 2:02
10	Jose Sanchez Galvañ Alicante SANT JOAN	59:14	2:33 2:33	3:28 0:55	9:03 5:35	14:10 5:07	16:14 2:04	24:58 8:44	27:25 2:27	28:55 1:30	32:11 3:16	33:30 1:19	38:28 4:58	42:35 4:07	44:23 1:48	50:16 5:53
11	Hugo Capellin Brule Asturias NORDESTE-O	59:53	3:17 3:17	4:10 0:53	7:54 3:44	12:28 4:34	14:50 2:22	20:33 5:43	22:33 2:00	26:43 4:10	28:53 2:10	30:15 1:22	34:50 4:35	46:24 11:34	48:42 2:18	51:46 3:04
12	Carlos Martínez Cárcel Murcia ASON	1:00:19	3:41 3:41	4:32 0:51	12:48 8:16	17:12 4:24	19:08 1:56	28:16 9:08	31:04 2:48	32:32 1:28	35:10 2:38	36:45 1:35	41:28 4:43	47:27 5:59	49:47 2:20	52:09 2:22
13	Mario Salamanca Farto Valladolid CDP-O	1:00:23	3:14 3:14	4:18 1:04	7:30 3:12	13:11 5:41	17:25 4:14	24:30 7:05	28:20 3:50	29:43 1:23	31:54 2:11	33:31 1:37	39:49 6:18	45:23 5:34	48:08 2:45	50:36 2:28
14	Tegaday Cordobes Suárez León E D ALCON	1:00:36	5:55 5:55	6:58 1:03	10:43 3:45	15:25 4:42	17:09 1:44	23:22 6:13	26:05 2:43	27:47 1:42	30:06 2:19	31:40 1:34	37:00 5:20	41:05 4:05	49:10 8:05	51:01 1:51
15	Borja Recio Pisón Madrid GOCAN	1:02:11	3:09 3:09	4:09 1:00	8:48 4:39	13:38 4:50	17:38 4:00	29:52 12:14	32:41 2:49	33:50 1:09	36:26 2:36	37:43 1:17	42:51 5:08	49:37 6:46	51:38 2:01	53:49 2:11
16	Juan Pablo García Teba Alicante UNIVERSIDAD ALICANTI	1:04:48	3:46 3:46	4:38 0:52	8:22 3:44	13:21 4:59	16:23 3:02	23:01 6:38	26:14 3:13	31:17 5:03	36:42 5:25	38:16 1:34	44:24 6:08	49:18 4:54	51:53 2:35	54:07 2:14
17	Álvaro Mahou Miguel Madrid COTA	1:05:07	2:55 2:55	4:33 1:38	9:15 4:42	13:37 4:22	16:38 3:01	25:31 8:53	32:11 6:40	35:59 3:48	38:01 2:02	40:34 2:33	45:41 5:07	49:55 4:14	53:55 4:00	56:18 2:23
18	Rodrigo Estraviz Triana Madrid COLMENAR	1:06:20	2:08 2:08	2:50 0:42	5:27 2:37	12:48 7:21	14:13 1:25	22:18 8:05	27:01 4:43	32:45 5:44	35:07 2:22	36:25 1:18	46:13 9:48	52:20 6:07	55:05 2:45	57:13 2:08
19	Bernardo Fernandez Martinez Alicante SANT JOAN	1:08:06	3:30 3:30	4:27 0:57	7:33 3:06	13:35 6:02	22:57 9:22	34:27 11:30	36:28 2:01	38:29 2:01	40:49 2:20	42:36 1:47	48:14 5:38	52:41 4:27	55:11 2:30	57:46 2:35
20	Pablo Saz Segovia Madrid SOTOBOSQUE	1:08:31	1:59 56:46	2:53 59:26	5:47 1:01:02	9:47 1:06:30	11:25 1:07:58	18:10 1:08:31	20:00 1:50	21:19 1:19	23:49 2:30	25:15 1:26	41:47 16:32	51:06 9:19	53:15 2:09	56:06 2:51
21	Ignasi Casamayor Otero Barcelona COC	1:08:33	3:03 3:03	4:11 1:08	7:23 3:12	12:15 4:52	14:32 2:17	29:36 15:04	35:28 5:52	36:24 0:56	38:52 2:28	40:13 1:21	44:42 4:29	49:19 4:37	54:27 5:08	56:46 2:19
22	Xavi Colom Madrid FEDO	1:08:35	8:45 8:45	9:34 0:49	13:16 3:42	19:26 6:10	22:24 2:58	29:37 7:13	31:39 2:02	33:50 2:11	37:38 3:48	39:09 1:31	45:27 6:18	49:41 4:14	52:14 2:33	54:41 2:27







Pos	Nombre	Tiempo													
<b>H-35A (48)</b>		<b>9,0 km 310 m</b>					<b>27 C (cont.)</b>								
		1(79) 15(82)	2(62) 16(58)	3(42) 17(73)	4(31) 18(49)	5(83) 19(50)	6(61) 20(76)	7(33) 21(51)	8(66) 22(54)	9(68) 23(57)	10(67) 24(60)	11(69) 25(75)	12(71) 26(77)	13(37) 27(100)	14(38) Meta
	<b>Juan Carlos Rol Rúa</b> Madrid MONTE EL PARDO	2:15 2:15 -----	9:36 7:21 -----	12:19 2:43 -----	13:54 1:35 -----	15:23 1:29 -----	17:19 1:56 -----	57:11 39:52 -----	1:01:54 4:43 -----	1:02:53 0:59 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- 1:26:57 24:04
	<b>Pablo Puertas Ocio</b> Valladolid COV	3:06 3:06 -----	6:03 2:57 1:34:16 30:57	9:35 3:32 -----	10:59 1:24 -----	12:14 1:15 -----	15:12 2:58 -----	56:47 41:35 -----	1:00:50 4:03 -----	1:03:19 2:29 -----	----- ----- -----	----- ----- -----	----- ----- 1:39:27 5:11	----- ----- 1:40:39 1:12	-----
	<b>Javier Del Canto Tino</b> Madrid IBERIA	6:20 6:20 -----	9:39 3:19 -----	14:08 4:29 -----	16:15 2:07 -----	18:52 2:37 -----	----- ----- -----	36:17 17:25 -----	41:54 5:37 -----	43:29 1:35 -----	----- ----- -----	----- ----- -----	----- ----- 1:48:40 1:05:11	----- ----- 1:49:31 0:51	-----
	<b>Juan Antonio Ruiz GinÀs</b> Madrid RUMBO-MADRID SANSE	8:53 8:53 -----	13:35 4:42 1:03:33 22:11	25:57 12:22 1:11:53 8:20	29:02 3:05 1:14:20 2:27	34:17 5:15 1:26:00 11:40	41:22 7:05 1:29:58 3:58	----- ----- 1:34:29 4:31	----- ----- 1:35:50 1:21	----- ----- 1:40:06 4:16	----- ----- 1:43:14 3:08	----- ----- 1:45:23 2:09	----- ----- 1:47:22 1:59	----- ----- 1:49:21 1:59	----- ----- 1:50:03 0:42
	<b>Abraham Muñiz Gracia</b> Madrid IMPERDIBLE BUFF	2:24 2:24 -----	9:20 6:56 1:32:55 16:45	12:47 3:27 1:36:40 3:45	14:18 1:31 1:38:11 1:31	15:43 1:25 -----	17:41 1:58 -----	1:05:16 47:35 -----	1:11:08 5:52 -----	1:16:10 5:02 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- 1:52:22 14:11	-----
	<b>Pablo Alonso Regidor</b> Madrid ENTREBALIZAS	3:02 3:02 1:11:20 1:35	12:35 9:33 1:27:04 15:44	14:50 2:15 1:35:38 8:34	16:34 1:44 1:36:57 1:19	17:55 1:21 1:44:18 7:21	22:06 4:11 1:48:46 4:28	39:25 17:19 -----	44:28 5:03 -----	49:12 4:44 -----	1:00:39 11:27 -----	1:03:56 3:17 -----	1:07:22 3:26 -----	1:08:10 0:48 -----	1:09:45 1:35 1:53:28 4:42
	<b>RubÀn Carpintero Perancho</b> Madrid IBERIA	5:07 5:07 1:26:30 1:02	7:42 2:35 1:48:12 21:42 23:56 *62	10:06 2:24 -----	11:38 1:32 -----	13:11 1:33 -----	----- ----- -----	37:32 24:21 -----	43:10 5:38 -----	44:14 1:04 -----	1:11:56 27:42 -----	1:19:04 7:08 -----	1:23:02 3:58 -----	1:23:48 0:46 1:53:16 5:04	1:25:28 1:40 1:54:21 1:05
	<b>FRANCISCO FERNÁNDEZ SIMÓN</b> Murcia CALASPARRA-O	24:59 24:59 -----	30:35 5:36 -----	34:21 3:46 -----	38:27 4:06 -----	41:11 2:44 -----	45:46 4:35 -----	1:06:11 20:25 -----	1:14:26 8:15 -----	1:17:10 2:44 34:22 -----	----- ----- -----	----- ----- -----	----- ----- 2:05:50 14:18	----- ----- 2:06:26 0:36	-----
	<b>José Antonio González Cascales</b> Alicante SANT JOAN	3:36 3:36 2:26:51 1:03	12:16 8:40 -----	17:57 5:41 -----	20:30 2:33 -----	23:26 2:56 -----	27:18 3:52 -----	47:08 19:50 -----	1:09:32 22:24 -----	1:19:34 10:02 -----	1:48:02 28:28 -----	2:00:11 12:09 -----	2:06:30 6:19 -----	2:09:54 3:24 -----	2:25:48 15:54 3:00:52 34:01
	<b>Julian Arbizu Crespo</b> Madrid COLMENAR	4:25 4:25 1:54:02 1:13	8:12 3:47 2:51:26 57:24	11:21 3:09 2:57:40 6:14	13:01 1:40 3:00:45 3:05	15:38 2:37 3:09:28 8:43	21:05 5:27 3:14:12 4:44	51:53 30:48 -----	1:01:01 9:08 -----	1:06:14 5:13 -----	1:33:17 27:03 -----	1:41:02 7:45 -----	1:46:33 5:31 -----	1:48:00 1:27 3:23:34 9:22	1:52:49 4:49 3:25:00 1:26
<b>H-35B (23)</b>		<b>5,6 km 140 m</b>					<b>16 C</b>								
		1(79) 15(58)	2(92) 16(100)	3(61) Meta	4(95)	5(35)	6(70)	7(90)	8(73)	9(49)	10(59)	11(51)	12(54)	13(60)	14(78)
<b>1</b>	<b>José Puche Madrid</b> Albacete GODIH	<b>1:02:26</b> 2:22 2:22 58:58	4:17 1:55 1:01:55	6:01 1:44 1:02:26	13:19 7:18	17:42 4:23	18:32 0:50	31:39 13:07	40:31 8:52	41:40 1:09	45:39 3:59	50:24 4:45	51:16 0:52	54:04 2:48	57:23 3:19
<b>2</b>	<b>José Manuel Robles Pagán</b> Madrid SOTOBOSQUE	1:06:37 7:40 7:40 1:03:13	9:53 2:13 1:06:05	14:48 4:55 1:06:37	23:53 9:05	27:32 3:39	28:23 0:51	43:32 15:09	46:39 3:07	47:48 1:09	52:06 4:18	56:35 4:29	57:35 1:00	59:55 2:20	1:02:33 2:38
<b>3</b>	<b>José Manuel Prieto García</b> Madrid COLMENAR	1:09:15 4:06 4:06 1:04:55	6:44 2:38 1:08:35	8:35 1:51 1:09:15	18:36 10:01	23:06 4:30	24:17 1:11	39:52 15:35	44:42 4:50	46:28 1:46	51:00 4:32	56:04 5:04	57:23 1:19	1:00:44 3:21	1:03:53 3:09
<b>4</b>	<b>Nicolás Arranz Rodríguez</b> Burgos CORZO	1:09:22 2:49 2:49 1:04:21	5:13 2:24 1:08:47	7:21 2:08 1:09:22	17:13 9:52	22:11 4:58	23:31 1:20	37:19 13:48	42:07 4:48	43:38 1:31	48:33 4:55	54:47 6:14	56:19 1:32	1:00:13 3:54	1:03:14 3:01
<b>5</b>	<b>Javier López Letón</b> Zaragoza IBÓN	1:11:42 3:47 3:47 1:07:26	6:15 2:28 1:11:16	13:09 6:54 1:11:42	23:40 10:31	27:51 4:11	29:21 1:30	43:38 14:17	47:48 4:10	49:18 1:30	53:45 4:27	58:40 4:55	59:48 1:08	1:02:57 3:09	1:06:19 3:22
<b>6</b>	<b>Javier Montiel Bonmatí</b> Alicante UNIVERSIDAD ALICANTI	1:12:21 4:43 4:43 1:09:10	6:51 2:08 1:11:56	8:36 1:45 1:12:21	16:00 7:24	19:41 3:41	21:46 2:05	40:10 18:24	45:32 5:22	49:37 4:05	56:35 6:58	1:01:22 4:47	1:02:15 0:53	1:06:23 4:08	1:08:35 2:12
<b>7</b>	<b>Ricardo Sanchez Sales</b> Toledo NAVALCAN-O	1:12:43 3:12 3:12 1:09:42	5:45 2:33 1:12:19	7:50 2:05 1:12:43	16:05 8:15	19:40 3:35	20:37 0:57	33:08 12:31	36:59 3:51	39:18 2:19	42:21 3:03	45:41 3:20	46:50 1:09	50:55 4:05	1:08:56 18:01
<b>8</b>	<b>Ismael Herrero Tejerina</b> Palencia ORCA	1:20:56 2:37 2:37 1:16:31	7:44 5:07 1:20:16	9:33 1:49 1:20:56	19:17 9:44	23:10 3:53	24:37 1:27	38:22 13:45	55:07 16:45	56:00 0:53	1:00:25 4:25	1:05:11 4:46	1:06:17 1:06	1:12:05 5:48	1:15:15 3:10
<b>9</b>	<b>Rafael Pérez Martín</b> Madrid COLMENAR	1:27:10 8:39 8:39 1:23:16	12:51 4:12 1:26:40	15:35 2:44 1:27:10	26:23 10:48	30:26 4:03	31:24 0:58	48:22 16:58	1:01:34 13:12	1:02:38 1:04	1:07:02 4:24	1:14:10 7:08	1:15:23 1:13	1:18:58 3:35	1:21:56 2:58

Pos	Nombre	Tiempo	5,6 km		140 m	16 C	(cont.)									
			1(79)	2(92)	3(61)	4(95)	5(35)	6(70)	7(90)	8(73)	9(49)	10(59)	11(51)	12(54)	13(60)	14(78)
			15(58)	16(100)	Meta											
10	Alvaro Esteban Frecentese Lozano Madrid COLMENAR	1:27:41	2:52 2:52 1:24:19 1:29	19:21 16:29 1:27:10 2:51	26:23 7:02 1:27:41 0:31	34:01 7:38	37:37 3:36	38:32 0:55	57:49 19:17	1:03:12 5:23	1:05:01 1:49	1:09:21 4:20	1:16:17 6:56	1:17:57 1:40	1:20:41 2:44	1:22:50 2:09
11	Antonio Gázquez Millán Murcia LORCA-O	1:28:24	3:53 3:53 1:24:52 1:29	7:35 3:42 1:27:54 3:02	16:00 8:25 1:28:24 0:30	25:55 9:55	29:49 3:54	32:44 2:55	48:40 15:56	58:02 9:22	1:00:33 2:31	1:10:43 10:10	1:16:11 5:28	1:17:22 1:11	1:20:54 3:32	1:23:23 2:29
12	Cesar Corada García Vizcaya COBI	1:33:25	3:20 3:20 1:29:31 1:09	6:39 3:19 1:32:56 3:25	13:36 6:57 1:33:25 0:29	23:55 10:19	28:32 4:37	31:12 2:40	56:04 24:52	1:00:58 4:54	1:03:06 2:08	1:15:43 12:37	1:21:22 5:39	1:22:21 0:59	1:25:39 3:18	1:28:22 2:43
13	JosÁ© MarÁ-a Crespo RodrÁ-gue Madrid FEDO	1:38:36	16:59 16:59 1:35:44 1:50	29:29 12:30 1:38:08 2:24	33:11 3:42 1:38:36 0:28	40:53 7:42	50:09 9:16	52:17 2:08	1:08:37 16:20	1:14:13 5:36	1:16:47 2:34	1:22:02 5:15	1:26:56 4:54	1:27:45 0:49	1:31:44 3:59	1:33:54 2:10
14	Sergio López Sierra Cuenca ELERUT	1:40:49	10:24 10:24 1:36:59 0:57	15:44 5:20 1:40:21 3:22	17:45 2:01 1:40:49 0:28	34:15 16:30	38:35 4:20	39:49 1:14	1:00:43 20:54	1:09:36 8:53	1:12:53 3:17	1:25:24 12:31	1:29:31 4:07	1:30:28 0:57	1:33:38 3:10	1:36:02 2:24
15	Fernando David Vidal López Alicante SANT JOAN	1:43:49	7:59 7:59 1:38:50 1:52	11:39 3:40 1:43:00 4:10	13:32 1:53 1:43:49 0:49	23:57 10:25	32:21 8:24	35:26 3:05	55:48 20:22	1:07:44 11:56	1:08:40 0:56	1:13:39 4:59	1:19:54 6:15	1:21:11 1:17	1:33:39 12:28	1:36:58 3:19
16	Ruben Recio Cárdaba Valencia SIMEPIERDO	1:45:40	2:56 2:56 1:41:54 1:15	6:45 3:49 1:45:12 3:18	9:29 2:44 1:45:40 0:28	20:25 10:56	29:57 9:32	31:18 1:21	1:02:22 31:04	1:09:48 7:26	1:12:23 2:35	1:17:22 4:59	1:23:56 6:34	1:25:07 1:11	1:37:41 12:34	1:40:39 2:58
17	Jose Miguel Martín Lima Toledo NAVALCAN-O	1:47:05	3:27 3:27 1:42:46 1:20	26:56 23:29 1:46:25 3:39	28:52 1:56 1:47:05 0:40	37:23 8:31	41:37 4:14	42:54 1:17	1:06:28 23:34	1:19:00 12:32	1:20:47 1:47	1:26:13 5:26	1:32:24 6:11	1:34:41 2:17	1:38:42 4:01	1:41:26 2:44
18	Florencio Tabuena Cáceres Zaragoza IBÓN	1:49:04	14:21 14:21 1:43:59 0:47	20:44 6:23 1:48:26 4:27	22:52 2:08 1:49:04 0:38	42:39 19:47	47:28 4:49	48:43 1:15	1:05:38 16:55	1:20:20 14:42	1:21:24 1:04	1:26:27 5:03	1:32:10 5:43	1:33:19 1:09	1:38:56 5:37	1:43:12 4:16
19	Luis Miguel Claramunt Pedrón Valencia UVALENCIA	1:53:50	7:14 7:14 1:45:55 1:39	16:14 9:00 1:52:35 6:40	18:53 2:39 1:53:50 1:15	35:00 16:07	41:34 6:34	45:04 3:30	1:12:42 27:38	1:19:14 6:32	1:21:25 2:11	1:26:41 5:16	1:33:50 7:09	1:35:45 1:55	1:40:21 4:36	1:44:16 3:55
20	Manuel López Listán Cádiz O-SAN ROQUE	1:59:11	4:19 4:19 1:52:47 1:22	10:45 6:26 1:58:30 5:43	19:47 9:02 1:59:11 0:41	32:44 12:57	41:26 8:42	43:56 2:30	1:09:19 25:23	1:17:11 7:52	1:19:48 2:37	1:32:35 12:47	1:39:50 7:15	1:41:33 1:43	1:47:33 6:00	1:51:25 3:52
21	José García Gomariz Alicante COLIVENC	2:17:12	12:01 12:01 2:12:04 7:19	25:13 13:12 2:16:32 4:28	28:10 2:57 2:17:12 0:40	39:53 11:43	58:42 18:49	1:00:02 1:20	1:24:45 24:43	1:31:41 6:56	1:33:44 2:03	1:42:44 9:00	1:54:27 11:43	1:55:39 1:12	1:59:46 4:07	2:04:45 4:59
22	David Alonso Santín La Rioja CRON	2:17:49	5:30 5:30 2:11:27 4:31	11:22 5:52 2:17:12 5:45	21:39 10:17 2:17:49 0:37	36:11 14:32	41:40 5:29	48:57 7:17	1:14:13 25:16	1:22:03 7:50	1:24:25 2:22	1:36:32 12:07	1:47:45 11:13	1:49:08 1:23	1:53:55 4:47	2:06:56 13:01
	Javier Raimundo Valdecantos Madrid ESCONDITE-M	r en tarj.	----- ----- 2:11:47 *54	----- ----- 2:45:00 *57	----- ----- 2:46:24 1:24 2:23:37 *99	----- ----- 2:31:48 *50	----- ----- 2:39 *83 2:40:57 *77	----- ----- 35:53 *97	----- ----- 45:31 *93	----- ----- 56:37 *63	----- ----- 1:00:38 *85	----- ----- 1:32:15 *72	----- ----- 1:37:03 *56	----- ----- 1:46:59 *58	----- ----- 1:56:56 *75	----- ----- 2:09:37 *51
H-40 (47)			7,5 km		205 m	24 C										
			1(61)	2(42)	3(31)	4(79)	5(97)	6(92)	7(69)	8(95)	9(36)	10(71)	11(38)	12(91)	13(72)	14(73)
			15(49)	16(75)	17(76)	18(54)	19(77)	20(59)	21(78)	22(58)	23(57)	24(100)	Meta			
1	Miguel Ángel Durán García Madrid COLMENAR	1:20:10	7:19 7:19 1:00:34 1:24	9:14 1:55 1:05:15 4:41	10:56 1:42 1:07:54 2:39	16:03 5:07 1:10:01 2:07	19:31 3:28 1:11:27 1:26	21:08 1:37 1:14:17 2:50	27:17 6:09 1:15:55 1:38	29:14 1:57 1:16:48 0:53	31:16 2:02 1:18:36 1:48	32:41 1:25 1:19:43 1:07	34:57 2:16 1:20:46 0:27	36:18 1:21	53:30 17:12	59:10 5:40
2	Bias López Descalzo Albacete GODIH	1:21:16	4:42 4:42 54:50	6:04 1:22 1:00:22	7:51 1:47 1:02:02	10:50 2:59 1:04:07	13:41 2:51 1:06:35	15:12 1:31 1:15:08	20:40 5:28 1:17:12	22:58 2:18 1:18:05	25:38 2:40 1:19:42	27:40 2:02 1:20:46	30:24 2:44 1:21:16	31:39 1:15	46:12 14:33	52:01 5:49
3	Joan Borràs Ripollès Tarragona MONTSANT	1:22:23	2:49 15:37 1:01:56	5:32 17:15 1:07:13	1:40 18:39 1:09:25	2:05 21:11 1:11:49	2:28 22:22 1:13:21	2:28 24:00 1:16:04	8:33 30:04 1:18:09	10:53 32:06 1:19:07	0:53 33:49 1:21:04	1:37 35:36 1:21:56	1:04 39:03 1:22:23	1:04 40:25 1:22	15:47 54:40 14:15	0:30 1:00:48 6:08
4	Salvador Martínez Cánovas Murcia TOTANA-O	1:24:13	1:08 6:48 1:02:24	5:17 8:20 1:10:26	2:12 10:21 1:12:34	2:24 13:23 1:14:25	1:32 15:06 1:15:42	2:43 16:54 1:17:58	2:05 23:09 1:19:59	0:58 26:40 1:20:40	1:57 31:35 1:22:56	1:04 33:58 1:23:37	1:04 37:10 1:24:13	1:04 38:29 1:19	0:27 56:11 17:42	0:27 1:01:17 5:06
5	Miguel Sáez Plaza Granada VELETA	1:24:17	1:07 7:40 1:02:19	8:02 9:14 1:07:54	2:08 10:53 1:10:15	1:51 14:09 1:12:28	1:17 17:43 1:13:57	2:16 19:44 1:17:15	2:01 26:28 1:19:57	0:41 29:03 1:20:48	1:46 31:02 1:22:38	1:11 34:09 1:23:50	1:11 36:31 1:24:17	1:11 38:44 2:13	0:36 54:19 15:35	0:36 1:00:59 6:40
6	Joaquín González Pérez Toledo TOLEDO-O	1:25:32	1:20 4:51 1:01:37	5:35 6:02 1:10:32	2:21 7:34 1:12:53	2:13 11:02 1:15:04	1:29 12:31 1:16:37	3:18 13:52 1:18:54	2:42 20:25 1:21:20	0:51 22:15 1:22:05	1:50 28:15 1:23:43	1:12 31:00 1:24:57	1:12 31:00 1:25:32	1:12 32:33 1:33	0:27 47:48 15:15	0:27 1:00:31 12:43

Pos	Nombre	Tiempo														
<i>H-40 (47)</i>			<i>7,5 km 205 m</i>				<i>24 C (cont.)</i>									
			1(61) 15(49)	2(42) 16(75)	3(31) 17(76)	4(79) 18(54)	5(97) 19(77)	6(92) 20(59)	7(69) 21(78)	8(95) 22(58)	9(36) 23(57)	10(71) 24(100)	11(38) Meta	12(91)	13(72)	14(73)
7	Jesús Nieto Calvo Toledo NAVALCAN-O	1:26:09	5:51 5:51 57:18 1:16	7:14 1:23 1:06:57 9:39	8:38 1:24 1:09:15 2:18	10:40 2:02 1:12:16 3:01	12:17 1:37 1:14:19 2:03	13:55 1:38 1:18:40 4:21	20:46 6:51 1:20:56 2:16	22:14 1:28 1:21:54 0:58	23:45 1:31 1:23:58 2:04	24:55 1:10 1:25:25 1:27 0:44	28:01 3:06 1:26:09 0:44	31:43 3:42 1:25:26 *100	49:33 17:50 1:04:15 7:55	56:02 6:29
8	César Valle Tórtola Cuenca ORIENTIJOTE	1:27:16	9:12 9:12 1:05:34 1:19	10:52 1:40 1:11:13 5:39	12:35 1:43 1:13:41 2:28	15:06 2:31 1:16:44 3:03	17:08 2:02 1:18:13 1:29	20:38 3:30 1:20:44 2:31	26:38 6:00 1:22:41 1:57	28:58 2:20 1:23:37 0:56	31:41 2:43 1:25:38 2:01	33:21 1:40 1:26:43 1:05	36:29 3:08 1:27:16 0:33	38:40 2:11 1:28:48 1:29:15	56:20 17:40 1:29:15	1:04:15 7:55
9	Pedro Luis Lobera Solís Sevilla ADOL	1:29:15	10:45 10:45 1:07:11 1:15	11:58 1:13 1:12:47 5:36	13:35 1:37 1:15:38 2:51	17:03 3:30 1:17:50 2:12	18:56 1:51 1:19:13 1:23	21:33 2:37 1:22:08 2:55	28:35 7:02 1:24:50 2:42	30:53 2:18 1:25:41 0:51	33:09 2:16 1:27:38 1:57	34:31 1:22 1:28:48 1:10	37:29 2:58 1:29:15	39:24 1:55 1:30:56 0:27	59:15 19:51 1:31:16 0:33	1:05:56 6:41
10	Eduardo Angulo de Pablo Burgos CORZO	1:29:19	5:24 5:24 1:09:57 1:12	11:09 5:45 1:15:10 5:13	12:52 1:43 1:16:57 1:47	15:17 2:25 1:19:26 2:29	18:26 3:09 1:20:45 1:19	19:49 1:23 1:23:18 2:33	26:20 6:31 1:24:56 1:38	28:40 2:20 1:25:44 0:48	30:55 2:15 1:27:32 1:48	35:40 4:45 1:28:48 1:10	39:42 4:02 1:29:19	43:19 3:37 1:30:58 0:27	1:01:59 18:40 1:32:22 1:16	1:08:45 6:46
11	Alejandro Palacio González Valencia UVALENCIA	1:30:07	7:55 7:55 1:07:17 1:37	9:48 1:53 1:12:46 5:29	11:24 1:36 1:15:18 2:32	16:58 5:34 1:17:48 2:30	19:17 2:19 1:19:35 1:47	22:06 2:49 1:22:35 3:00	28:30 6:24 1:25:30 2:55	31:15 2:45 1:26:29 0:59	34:59 3:44 1:28:22 1:53	36:20 1:21 1:29:39 1:17	40:43 4:23 1:30:07 0:28	41:58 1:15 1:31:07	59:19 17:21 1:32:22	1:05:40 6:21
12	Aurelio Olivar Roldán Madrid T TRAGAME	1:30:58	4:18 4:18 1:08:44 2:33	6:04 1:46 1:13:37 4:53	7:25 1:21 1:15:45 2:08	10:00 2:35 1:19:01 3:16	14:17 4:17 1:19:57 0:56	16:23 2:06 1:24:13 4:16	22:15 5:52 1:26:27 2:14	24:34 2:19 1:27:27 1:00	26:07 1:33 1:29:25 1:58	29:08 3:01 1:30:27 1:02	41:52 1:24 1:30:58 0:31	44:13 2:21 1:32:44 0:31	57:21 13:08 1:34:08 *37	1:06:11 8:50
13	Ismael Delgado González Toledo TOLEDO-O	1:33:49	8:52 8:52 1:12:36 1:06	10:09 1:17 1:20:23 7:47	11:49 1:40 1:22:43 2:20	14:18 2:29 1:24:32 1:49	18:21 4:03 1:25:44 1:12	21:06 2:45 1:28:00 2:16	29:41 8:35 1:29:58 1:58	31:48 2:07 1:30:37 0:39	36:49 5:01 1:32:18 1:41	38:35 1:46 1:33:23 1:05	47:37 9:02 1:33:49	48:34 0:57 1:34:56	1:06:19 17:45 1:36:16	1:11:30 5:11
14	Alberto Pérez Miranda Madrid COLMENAR	1:34:00	7:25 7:25 1:07:12 2:17	9:50 2:25 1:12:37 5:25	11:49 1:59 1:14:18 1:41	18:35 3:01 1:16:17 1:59	20:30 3:45 1:17:55 1:38	27:36 1:55 1:21:43 3:48	29:56 7:06 1:29:54 8:11	31:49 1:53 1:30:41 0:47	33:25 1:36 1:32:38 1:57	37:23 3:58 1:33:34 0:56	39:03 1:40 1:34:00	58:26 19:23 1:36:00	1:04:55 6:29	
15	Jesús Hervás Lucas Madrid RUMBO-MADRID SANSE	1:34:16	8:23 8:23 1:11:59 2:22	10:12 1:49 1:18:50 6:51	12:13 2:01 1:21:03 2:13	15:40 3:27 1:23:41 2:38	18:09 2:29 1:25:20 1:39	20:25 2:16 1:28:15 2:55	28:06 7:41 1:30:00 1:45	31:03 2:57 1:30:53 0:53	36:54 5:51 1:32:36 1:43	38:25 1:31 1:33:46 1:10	41:07 2:42 1:34:16	42:45 1:38 1:36:16	1:02:05 19:20 1:38:16	1:09:37 7:32
16	David Sanz Gatón Valladolid COV	1:34:56	6:55 6:55 1:07:51 1:49	8:15 1:20 1:17:58 10:07	10:07 1:52 1:19:54 1:56	14:57 4:50 1:22:58 3:04	16:52 1:55 1:24:30 1:32	18:39 1:47 1:27:48 3:18	26:14 7:35 1:29:58 2:10	28:48 2:34 1:30:54 0:56	31:05 2:17 1:32:51 1:57	32:37 1:32 1:34:28 1:37	35:39 3:02 1:34:56	38:13 2:34 1:36:52	54:19 16:06 1:38:28	1:06:02 11:43
17	José Domínguez Berjón León E D ALCON	1:35:02	6:42 6:42 1:01:21 1:14	8:11 1:29 1:18:05 16:44	9:47 1:36 1:21:28 3:23	12:09 2:22 1:23:48 2:20	13:58 1:49 1:26:07 2:19	15:55 1:57 1:28:51 2:44	22:35 6:40 1:30:24 1:33	25:05 2:30 1:31:15 0:51	26:54 1:49 1:33:07 1:52	28:25 1:31 1:34:31 1:24	30:59 2:34 1:35:02	32:33 1:34 1:36:02	54:07 21:34 1:38:02	1:00:07 6:00
18	Mariano Flores García Toledo TOLEDO-O	1:35:10	7:26 7:26 1:08:40 1:08	9:16 1:50 1:14:00 5:20	11:02 1:46 1:15:59 1:59	14:00 2:58 1:19:26 3:27	18:01 4:01 1:22:52 3:26	19:55 1:54 1:26:16 3:24	29:13 9:18 1:28:48 2:32	31:36 2:23 1:31:12 2:24	33:31 1:55 1:33:21 2:09	35:43 2:12 1:34:34 1:13	39:34 3:51 1:35:10	42:31 2:57 1:36:52	1:00:49 18:18 1:38:16	1:07:32 6:43
19	Angel Elhombre López Zaragoza IBÓN	1:35:59	12:11 12:11 1:13:17 1:41	13:46 1:35 1:21:43 8:26	15:24 1:38 1:23:04 1:21	18:06 2:42 1:25:24 2:20	21:13 3:07 1:26:57 1:33	23:05 1:52 1:30:10 3:13	30:32 7:27 1:31:46 1:36	32:42 2:10 1:32:33 0:47	37:02 4:20 1:34:10 1:37	42:47 5:45 1:35:31 1:21	46:02 3:15 1:35:59	48:00 1:58 1:36:56	1:03:41 15:41 1:38:21	1:11:36 7:55
20	Jose Javier Chocano Migallon Madrid T TRAGAME	1:36:05	9:41 9:41 1:09:52 1:48	12:17 2:36 1:15:46 5:54	13:57 1:40 1:19:19 3:33	18:40 4:43 1:22:07 2:48	20:45 2:05 1:23:58 1:51	24:08 3:23 1:29:08 5:10	31:30 7:22 1:31:35 2:27	34:29 2:59 1:32:28 0:53	37:10 2:41 1:34:21 1:53	39:03 1:53 1:35:37	43:08 4:05 1:36:05	44:49 1:41 1:37:52	1:01:41 16:52	1:08:04 6:23
21	Pau Comerma Gómez Barcelona Oros	1:36:57	5:16 5:16 1:09:41 2:47	7:01 1:45 1:16:27 6:46	8:49 1:48 1:21:34 1:21	12:41 3:52 1:24:08 2:34	14:29 1:48 1:25:45 1:37	19:35 5:06 1:29:08 3:26	27:22 7:47 1:31:28 2:17	29:18 1:56 1:32:35	31:54 2:36 1:34:48	33:12 1:18 1:36:21	36:46 3:34 1:38:19	38:25 1:39 1:39:36	1:00:42 22:17	1:06:54 6:12
22	Miguel Girona Belmonte Murcia LORCA-O	1:38:52	6:47 6:47 1:10:37 1:44	8:50 2:03 1:20:20 9:43	10:49 1:59 1:24:20 4:00	16:21 5:32 1:26:37 2:17	18:08 1:47 1:28:11 1:34	21:21 3:13 1:31:04 2:53	31:23 10:02 1:32:47 1:43	33:25 2:02 1:35:24 2:37	36:01 2:36 1:37:11 1:47	37:33 1:32 1:38:19	40:53 3:20 1:38:52	42:37 1:44 1:39:59	1:02:36 19:59	1:08:53 6:17
23	Luis Vicente Benavente Martínez Madrid MONTE EL PARDO	1:38:56	7:32 7:32 1:13:03 1:36	9:37 2:05 1:18:59 5:56	11:06 1:29 1:20:54 1:55	14:01 2:55 1:23:47 2:53	19:35 5:34 1:25:34 1:47	21:19 1:44 1:30:08 4:34	27:12 5:53 1:31:45 1:37	28:58 1:46 1:35:26 3:41	37:43 8:45 1:37:12 1:46	39:48 2:05 1:38:27	45:28 5:40 1:38:56	49:13 3:45 1:40:08	1:05:49 16:36	1:11:27 5:38
24	Jordi Arumí Casadevall Barcelona UEVIC	1:39:08	9:51 9:51 1:14:49 2:44	12:12 2:21 1:22:02 7:13	14:04 1:52 1:24:17 2:15	16:51 2:47 1:26:40 2:23	18:47 1:56 1:28:23 1:43	21:20 2:33 1:31:50 3:27	29:54 8:34 1:33:59 2:09	32:16 2:22 1:35:08 1:09	35:07 2:51 1:37:28	36:51 1:44 1:38:40	40:58 4:07 1:39:08	43:36 2:38 1:39:08	1:04:52 21:16	1:12:05 7:13
25	Alberto Márquez Iniesta Toledo NAVALCAN-O	1:39:42	5:36 5:36 1:07:23 1:52	6:53 1:17 1:19:25 12:02	8:23 1:30 1:21:31 2:06	11:48 3:25 1:23:32 2:01	13:19 1:31 1:24:57 1:25	14:56 1:37 1:33:34 8:37	20:08 5:12 1:35:52 2:18	21:54 1:46 1:36:44 0:52	27:13 1:46 1:38:30	38:59 1:46 1:39:17	41:13 2:14 1:39:42	43:47 2:34 1:41:28	57:18 13:31	1:05:31 8:13
26	Juli Serrat Grané Barcelona UEVIC	1:40:08	9:31 9:31 1:14:46 1:32	11:32 2:01 1:22:09 7:23	13:14 1:42 1:24:20 2:11	15:26 2:12 1:27:06 2:46	17:36 2:10 1:28:54 1:48	21:41 4:05 1:33:30 4:36	29:07 7:26 1:35:30 2:00	31:44 2:37 1:36:22 0:52	35:53 4:09 1:38:28	38:44 2:51 1:39:36	41:37 2:53 1:40:08	47:35 5:58 1:41:08	1:06:36 19:01	1:13:14 6:38
27	José Ramón Molina Valverde Ciudad Real MANZANARES-O	1:41:28	7:53 7:53 1:13:26 2:42	9:48 1:55 1:20:11 6:45	11:43 1:55 1:22:29 2:18	15:08 3:25 1:24:58 2:58	19:37 4:29 1:29:52 4:54	22:40 3:03 1:34:22 4:30	31:31 8:51 1:36:20 1:58	34:21 2:50 1:37:12 0:52	36:23 2:02 1:39:39	38:25 2:02 1:40:53	42:35 4:10 1:41:28	44:08 1:33 1:42:35	1:03:52 19:44	1:10:44 6:52
28	Xavier Amaya García Madrid COLMENAR	1:41:49	7:34 7:34 1:16:10 1:37	9:23 1:49 1:23:02 6:52	11:12 1:49 1:26:36 3:34	14:52 3:40 1:29:46 3:10	17:25 2:33 1:31:39 1:53	19:31 2:06 1:34:46 3:07	30:07 10:36 1:36:39 1:53	32:12 2:05 1:37:39	34:23 2:11 1:39:53	38:14 3:51 1:41:19	41:51 3:37 1:41:49	43:23 1:32 1:42:52	1:05:00 21:37	1:14:33 9:33









Pos	Nombre	Tiempo													
<b>H-45 (47)</b>		<b>6,8 km 200 m</b>					<b>22 C (cont.)</b>								
		1(79) 15(76)	2(83) 16(51)	3(62) 17(54)	4(95) 18(50)	5(36) 19(78)	6(37) 20(58)	7(39) 21(57)	8(46) 22(100)	9(40) Meta	10(33)	11(52)	12(34)	13(96)	14(49)
	<b>Juan Carlos San Sotero Sanz</b> <b>Madrid ESCONDITE-M</b>	15:08 15:08 3:42:21 24:08	16:58 1:50 3:45:48 3:27	36:06 19:08 3:48:05 2:17	1:00:23 24:17 ----- -----	1:15:29 15:06 ----- -----	1:20:00 4:31 ----- -----	1:46:09 26:09 ----- -----	1:50:21 4:12 ----- -----	1:56:06 5:45 ----- -----	2:26:44 30:38 ----- -----	2:35:26 8:42 ----- -----	2:46:32 11:06 ----- -----	2:56:05 9:33 ----- -----	3:18:13 22:08 ----- -----
<b>H-50 (41)</b>		<b>5,0 km 145 m</b>					<b>18 C</b>								
		1(62) 15(58)	2(61) 16(59)	3(42) 17(60)	4(31) 18(100)	5(83) Meta	6(34)	7(85)	8(48)	9(49)	10(75)	11(51)	12(54)	13(57)	14(56)
1	<b>Francisco Javier Montero Fernández</b> <b>Albacete GODIH</b>	50:15 5:53 44:45 1:26	8:24 2:31 46:23 1:38	9:35 1:11 47:59 1:36	10:56 1:21 49:44 1:45	12:22 1:26 50:15 0:31	22:23 10:01 ----- -----	24:44 2:21 ----- -----	28:29 3:45 ----- -----	32:56 4:27 ----- -----	36:51 3:55 ----- -----	39:02 2:11 ----- -----	39:45 0:43 ----- -----	41:37 1:52 ----- -----	43:19 1:42 ----- -----
2	<b>Vicente Tordera Ovejero</b> <b>Toledo TOLEDO-O</b>	54:48 5:01 47:47 2:42	5:54 0:53 50:01 2:14	7:28 1:34 52:12 2:11	8:58 1:30 54:17 2:05	10:19 1:21 54:48 0:31	16:24 6:05 ----- -----	20:30 4:06 ----- -----	25:04 4:34 ----- -----	30:27 5:23 ----- -----	36:43 6:16 ----- -----	38:55 2:12 ----- -----	39:57 1:02 ----- -----	42:51 2:54 ----- -----	45:05 2:14 ----- -----
3	<b>Mikael Wiren</b> <b>Madrid RUMBO-MADRID SANSE</b>	56:00 4:43 45:40 1:12	5:43 1:00 49:09 3:29	7:10 1:27 53:20 4:11	8:51 1:41 55:26 2:06	10:19 1:28 56:00 0:34	15:29 5:10 ----- -----	20:12 4:43 ----- -----	24:46 4:34 ----- -----	30:36 5:50 ----- -----	36:04 5:28 ----- -----	38:20 2:16 ----- -----	39:25 1:05 ----- -----	42:03 2:38 ----- -----	44:28 2:25 ----- -----
4	<b>Vladimir Shangin</b> <b>Alicante VILLENA-O</b>	56:39 4:25 49:42 1:21	5:11 0:46 51:45 2:03	6:54 1:43 54:02 2:17	8:39 1:45 56:09 2:07	10:11 1:32 56:39 0:30	16:44 6:33 ----- -----	21:24 4:40 ----- -----	26:17 4:53 ----- -----	31:18 5:01 ----- -----	37:08 5:50 ----- -----	39:39 2:31 ----- -----	40:39 1:00 ----- -----	46:26 5:47 ----- -----	48:21 1:55 ----- -----
5	<b>Julian Amores Fuste</b> <b>Madrid SOTOBOSQUE</b>	57:32 8:29 49:50 1:11	9:11 0:42 52:13 2:23	10:55 1:44 54:38 2:25	12:41 1:46 57:04 2:26	14:16 1:35 57:32 0:28	20:53 6:37 ----- -----	25:55 5:02 ----- -----	30:13 4:18 ----- -----	36:21 6:08 ----- -----	40:55 4:34 ----- -----	43:25 2:30 ----- -----	44:24 0:59 ----- -----	46:49 2:25 ----- -----	48:39 1:50 ----- -----
6	<b>Martinez Francois</b> <b>bros bros</b>	58:14 11:31 50:08 1:07	12:25 0:54 52:09 2:01	15:02 2:37 55:59 3:50	16:25 1:23 57:43 1:44	18:07 1:42 58:14 0:31	23:29 5:22 ----- -----	26:14 2:45 ----- -----	30:34 4:20 ----- -----	37:16 6:42 ----- -----	42:04 4:48 ----- -----	44:12 2:08 ----- -----	45:07 0:55 ----- -----	47:19 2:12 ----- -----	49:01 1:42 ----- -----
7	<b>José Luis Morcillo Laíz</b> <b>Madrid SOTOBOSQUE</b>	58:29 12:52 50:53 1:15	14:52 2:00 53:00 2:07	16:44 1:52 56:17 3:17	18:07 1:23 57:57 1:40	19:55 1:48 58:29 0:32	25:33 5:38 ----- -----	28:55 3:22 ----- -----	32:53 3:58 ----- -----	37:24 4:31 ----- -----	42:17 4:53 ----- -----	44:11 1:54 ----- -----	45:09 0:58 ----- -----	47:49 2:40 ----- -----	49:38 1:49 ----- -----
8	<b>Luis Mahou García</b> <b>Madrid COTA</b>	58:56 7:46 52:23 3:45	9:05 1:19 54:00 1:37	11:03 1:58 56:31 2:31	12:48 1:45 58:24 1:53	14:27 1:39 58:56 0:32	20:25 5:58 ----- -----	24:17 3:52 ----- -----	28:21 4:04 ----- -----	35:59 7:38 ----- -----	40:45 4:46 ----- -----	42:54 2:09 ----- -----	43:48 0:54 ----- -----	46:52 3:04 ----- -----	48:38 1:46 ----- -----
9	<b>Juan Jose Alonso Checa</b> <b>Madrid COLMENAR</b>	59:40 7:30 52:48 2:16	8:36 1:06 54:36 1:48	11:03 2:27 57:08 2:32	12:38 1:35 59:06 1:58	14:30 1:52 59:40 0:34	23:12 8:42 ----- -----	26:24 3:12 ----- -----	30:53 4:29 ----- -----	37:51 6:58 ----- -----	42:28 4:37 ----- -----	44:32 2:04 ----- -----	45:37 1:05 ----- -----	47:57 2:20 ----- -----	50:32 2:35 ----- -----
10	<b>Carles Loré Barraguer</b> <b>Barcelona COC</b>	1:01:10 8:42 53:57 1:20	9:47 1:05 55:59 2:02	11:45 1:58 58:19 2:20	13:19 1:34 1:00:33 1:03:28	14:36 1:17 1:01:10 1:04:10	22:26 7:50 ----- -----	25:15 2:49 ----- -----	29:58 4:43 ----- -----	36:28 6:30 ----- -----	44:31 8:03 ----- -----	46:57 2:26 ----- -----	47:59 1:02 ----- -----	50:45 2:46 ----- -----	52:37 1:52 ----- -----
11	<b>Roy Dawson</b> <b>GAFA GAFA</b>	1:04:10 4:41 53:00 1:23	6:28 1:47 55:14 2:14	8:10 1:42 1:00:53 5:39	9:57 1:47 1:03:28 2:35	15:08 5:11 1:04:10 0:42	24:28 9:20 ----- -----	27:31 3:03 ----- -----	32:15 4:44 ----- -----	37:08 4:53 ----- -----	42:34 5:26 ----- -----	45:19 2:45 ----- -----	46:25 1:06 ----- -----	49:28 3:03 ----- -----	51:37 2:09 ----- -----
12	<b>Mario Vidal Triquell</b> <b>Soria NAVALENO-O</b>	1:04:19 14:39 14:39 57:14	15:34 0:55 59:25 2:11	17:46 2:12 1:01:51 2:26	19:52 2:06 1:03:48 1:57	21:26 1:34 1:04:19 0:31	27:15 5:49 ----- -----	33:01 5:46 ----- -----	37:26 4:25 ----- -----	41:51 4:25 ----- -----	47:26 5:35 ----- -----	49:55 2:29 ----- -----	51:10 1:15 ----- -----	53:55 2:45 ----- -----	56:08 2:13 ----- -----
13	<b>José Ángel Estraviz Castro</b> <b>Madrid COLMENAR</b>	1:04:37 4:47 57:22 7:39	5:43 0:56 59:27 2:05	7:23 1:40 1:01:49 2:22	8:55 1:32 1:04:05 2:16	12:40 3:45 1:04:37 0:32	18:06 5:26 ----- -----	21:41 3:35 ----- -----	30:51 9:10 ----- -----	35:04 4:13 ----- -----	40:46 5:42 ----- -----	43:44 2:58 ----- -----	44:39 0:55 ----- -----	47:55 3:16 ----- -----	49:43 1:48 ----- -----
14	<b>Manuel Parrilla Gil</b> <b>Sevilla ADOL</b>	1:05:02 7:20 57:45 1:36	8:35 1:15 1:00:03 2:18	10:32 1:57 1:02:09 2:06	12:51 2:19 1:04:31 2:22	15:26 2:35 1:05:02 0:31	23:52 8:26 ----- -----	27:11 3:19 ----- -----	33:22 6:11 ----- -----	40:32 7:10 ----- -----	47:20 6:48 ----- -----	49:54 2:34 ----- -----	51:30 1:36 ----- -----	54:03 2:33 ----- -----	56:09 2:06 ----- -----
15	<b>Jordi Izquierdo Figarola</b> <b>Barcelona Oros</b>	1:05:35 13:50 58:07 1:30	14:51 1:01 1:00:10 2:03	17:09 2:18 1:03:13 3:03	18:51 1:42 1:05:00 1:47	20:27 1:36 1:05:35 0:35	25:46 5:19 ----- -----	30:02 4:16 1:05:02 *100	35:00 4:58 ----- -----	40:13 5:13 ----- -----	48:56 8:43 ----- -----	50:49 1:53 ----- -----	51:43 0:54 ----- -----	54:31 2:48 ----- -----	56:37 2:06 ----- -----
16	<b>Juan Manuel Núñez Martín</b> <b>Madrid MONTE EL PARDO</b>	1:06:19 10:17 10:17 57:00	11:15 0:58 59:13 2:13	16:57 5:42 1:03:30 4:17	18:57 2:00 1:05:43 2:13	20:29 1:32 1:06:19 0:36	26:35 6:06 ----- -----	30:22 3:47 ----- -----	36:16 5:54 ----- -----	41:13 4:57 ----- -----	46:17 5:04 ----- -----	48:47 2:30 ----- -----	50:06 1:19 ----- -----	53:41 3:35 ----- -----	55:41 2:00 ----- -----
17	<b>José Luis Velez Unquera</b> <b>Palencia ORCA</b>	1:07:31 6:35 6:35 58:31	9:31 2:56 1:01:54 3:23	12:31 3:00 1:04:18 2:24	14:50 2:19 1:06:51 2:33	17:13 2:23 1:07:31 0:40	24:36 7:23 ----- -----	28:48 4:12 ----- -----	33:59 5:11 ----- -----	39:40 5:41 ----- -----	45:33 5:53 ----- -----	51:28 5:55 ----- -----	52:44 1:16 ----- -----	55:10 2:26 ----- -----	57:07 1:57 ----- -----
18	<b>Francisco Iglesias Huertos</b> <b>Valladolid CDP-O</b>	1:07:35 4:33 4:33 54:19	5:45 1:12 56:30 2:11	7:18 1:33 1:05:13 8:43	9:01 1:43 1:07:06 1:53	10:35 1:34 1:07:35 0:29	19:27 8:52 ----- -----	23:11 3:44 ----- -----	30:27 7:16 ----- -----	37:17 6:50 ----- -----	43:08 5:51 ----- -----	46:02 2:54 ----- -----	47:03 1:01 ----- -----	50:12 3:09 ----- -----	52:21 2:09 ----- -----
19	<b>Juan Ferra Casado</b> <b>Murcia LORCA-O</b>	1:09:20 6:30 6:30 1:01:32	7:18 0:48 1:03:48 2:16	8:57 1:39 1:06:23 2:35	10:26 1:29 1:08:42 2:19	12:13 1:47 1:09:20 0:38	19:58 7:45 ----- -----	23:05 3:07 ----- -----	38:10 15:05 ----- -----	43:18 5:08 ----- -----	52:14 8:56 ----- -----	54:25 2:11 ----- -----	55:20 0:55 ----- -----	58:12 2:52 ----- -----	1:00:19 2:07 ----- -----
20	<b>Antonio Gil Poveda</b> <b>Alicante COLIVENC</b>	1:10:06 11:29 1:03:11 1:16	12:49 1:20 1:05:13 2:02	16:56 4:07 1:07:22 2:09	18:36 1:40 1:09:31 2:09	21:16 2:40 1:10:06 0:35	27:28 6:12 ----- -----	32:33 5:05 ----- -----	38:03 5:30 ----- -----	47:16 9:13 ----- -----	52:49 5:33 ----- -----	55:44 2:55 ----- -----	56:51 1:07 ----- -----	59:36 2:45 ----- -----	1:01:55 2:19 ----- -----

Pos	Nombre	Tiempo	5,0 km		145 m		18 C			(cont.)						
			1(62)	2(61)	3(42)	4(31)	5(83)	6(34)	7(85)	8(48)	9(49)	10(75)	11(51)	12(54)	13(57)	14(56)
			15(58)	16(59)	17(60)	18(100)	Meta									
21	Santi Guillen Santamaría Girona GO-XTREM	1:10:31	6:37 6:37 56:02 1:27	7:40 1:03 58:02 2:00	9:19 1:39 1:07:48 9:46	11:11 1:52 1:09:59 2:11	13:18 2:07 1:10:31 0:32	20:41 7:23	23:53 3:12	29:05 5:12	34:37 5:32	44:15 9:38	46:39 2:24	47:36 0:57	50:39 3:03	54:35 3:56
22	Carlos Gómez Fuentes Valladolid CDP-O	1:10:36	11:03 11:03 53:31 2:01	12:02 0:59 1:05:14 11:43	13:37 1:35 1:08:00 2:46	15:37 2:00 1:10:06 2:06	18:03 2:26 1:10:36 0:30	23:44 5:41	27:26 3:42	32:28 5:02	37:22 4:54	42:42 5:20	45:13 2:31	46:07 0:54	49:12 3:05	51:30 2:18
23	Andrés Munuera González Sevilla ADOL	1:11:26	11:10 11:10 1:04:08 1:05	12:16 1:06 1:06:30 2:22	14:00 1:44 1:08:59 2:29	15:53 1:53 1:10:53 1:54	23:51 7:58 1:11:26 0:33	29:27 5:36	34:00 4:33	42:07 8:07	48:42 6:35	54:05 5:23	57:16 3:11	58:19 1:03	1:01:04 2:45	1:03:03 1:59
24	Ramón De Lucas Moreno Murcia LORCA-O	1:13:46	10:23 10:23 1:03:13 1:54	12:56 2:33 1:06:24 3:11	15:21 2:25 1:09:54 3:30	17:52 2:31 1:13:09 3:15	19:39 1:47 1:13:46 0:37	26:30 6:51	31:03 4:33	37:10 6:07	42:54 5:44	50:08 7:14	53:25 3:17	54:55 1:30	58:16 3:21	1:01:19 3:03
25	Jose Vicente Alba Paredes Madrid MONTE EL PARDO	1:13:47	12:26 12:26 1:01:41 1:21	13:37 1:11 1:04:03 2:22	15:29 1:52 1:11:20 7:17	17:21 1:52 1:13:20 2:00	19:04 1:43 1:13:47 0:27	27:28 8:24	30:56 3:28	35:54 4:58	42:27 6:33	49:58 7:31	53:41 3:43	54:45 1:04	58:24 3:39	1:00:20 1:56
26	Juan Manuel Lasso Frías Valladolid CDP-O	1:20:20	13:37 13:37 1:11:15 1:29	16:59 3:22 1:14:20 3:05	19:31 2:32 1:17:05 2:45	23:06 3:35 1:19:38 2:33	24:43 1:37 1:20:20 0:42	32:14 7:31	36:46 4:32	45:15 8:29	52:23 7:08	59:46 7:23	1:02:41 2:55	1:03:54 1:13	1:07:22 3:28	1:09:46 2:24
27	Carlos Pérez Lorente Toledo TOLEDO-O	1:22:04	4:57 4:57 1:11:49 1:22	6:00 1:03 1:14:35 2:46	10:42 4:42 1:18:42 4:07	12:16 1:34 1:21:28 2:46	14:09 1:53 1:22:04 0:36	21:43 7:34	25:47 4:04	38:12 12:25	47:57 9:45	59:51 11:54	1:02:29 2:38	1:04:40 2:11	1:08:01 3:21	1:10:27 2:26
28	Juan A. Gómez Rodríguez Madrid GOCAN	1:22:11	7:10 7:10 1:05:20 2:01	8:34 1:24 1:09:42 4:22	10:47 2:13 1:18:19 8:37	13:11 2:24 1:21:29 3:10	15:49 2:38 1:22:11 0:42	22:53 7:04	27:51 4:58	35:17 7:26	42:41 7:24	50:00 7:19	54:23 4:23	55:48 1:25	1:00:07 4:19	1:03:19 3:12
29	Luis Fernando Saz Alcubierre Madrid SOTOBOSQUE	1:28:10	12:48 12:48 1:12:01 1:42	13:44 0:56 1:14:15 2:14	20:26 6:42 1:25:45 11:30	22:41 2:15 1:27:40 1:55	25:36 2:55 1:28:10 0:30	33:28 7:52	37:43 4:15	46:01 8:18	53:38 7:37	1:00:14 6:36	1:04:14 4:00	1:05:10 0:56	1:08:13 3:03	1:10:19 2:06
30	José Manuel Cermeño Hernández Madrid COLMENAR	1:29:53	18:38 18:38 1:17:16 1:25	24:26 5:48 1:19:54 2:38	27:20 2:54 1:26:26 6:32	29:27 2:07 1:29:20 2:54	31:47 2:20 1:29:53 0:33	37:46 5:59	42:15 4:29	52:23 10:08	57:56 5:33	1:05:09 7:13	1:08:52 3:43	1:10:13 1:21	1:13:31 3:18	1:15:51 2:20
31	Pedro Villar Martínez Zaragoza IBÓN	1:30:35	14:37 14:37 1:23:14 1:14	15:27 0:50 1:25:47 2:33	17:26 1:59 1:27:56 2:09	24:11 6:45 1:30:03 2:07	26:07 1:56 1:30:35 0:32	37:11 11:04	41:47 4:36	46:59 5:12	1:07:08 20:09	1:13:35 6:27	1:16:41 3:06	1:17:41 1:00	1:20:15 2:34	1:22:00 1:45
32	Jesús María Gracia Castillo Soria NAVALENO-O	1:31:24	9:35 9:35 1:21:29 1:27	11:21 1:46 1:24:18 2:49	19:12 7:51 1:28:29 4:11	21:42 2:30 1:30:48 2:19	24:31 2:49 1:31:24 0:36	32:18 7:47	38:08 5:50	51:37 13:29	1:01:00 9:23	1:08:51 7:51	1:13:35 4:44	1:14:31 0:56	1:17:50 3:19	1:20:02 2:12
33	Jose Antonio Milvaques Antolí Valencia CORRECAMINOS	1:33:40	18:57 18:57 1:26:27 1:45	22:31 3:34 1:28:35 2:08	24:33 2:02 1:30:54 2:19	26:35 2:02 1:33:04 2:10	28:46 2:11 1:33:40 0:36	38:35 9:49	44:56 6:21	52:51 7:55	1:04:37 11:46	1:14:25 9:48	1:17:05 2:40	1:18:13 1:08	1:22:01 3:48	1:24:42 2:41
34	José Ramón Sánchez Pérez Alicante VILLENA-O	1:36:02	23:03 23:03 1:28:18 1:20	24:40 1:37 1:30:22 2:04	26:47 2:07 1:33:18 2:56	28:53 2:06 1:35:27 2:09	31:22 2:29 1:36:02 0:35	48:31 17:09	53:18 4:47	58:28 5:10	1:05:35 7:07	1:13:13 7:38	1:15:58 2:45	1:16:55 0:57	1:24:48 7:53	1:26:58 2:10
35	Gilberto Díaz Falcón Pontevedra AROMON	1:38:51	14:01 14:01 1:26:21 1:37	15:39 1:38 1:31:33 5:12	20:42 5:03 1:35:40 4:07	22:54 2:12 1:38:20 2:40	26:20 3:26 1:38:51 0:31	33:30 7:10	39:40 6:10	47:23 7:43	1:02:38 15:15	1:09:16 6:38	1:12:35 3:19	1:13:35 1:00	1:19:17 5:42	1:24:44 5:27
36	Juan Carlos Álvarez Millán Madrid MONTE EL PARDO	1:39:07	23:14 23:14 1:29:40 2:12	24:55 1:41 1:32:40 3:00	27:08 2:13 1:35:20 2:40	29:36 2:28 1:38:33 3:13	31:39 2:03 1:39:07 0:34	40:38 8:59	46:19 5:41	52:44 6:25	1:06:57 14:13	1:15:40 8:43	1:20:04 4:24	1:21:24 1:20	1:24:40 3:16	1:27:28 2:48
37	Antonio Rodríguez Amat Córdoba LOS CALIFAS	1:41:40	19:33 19:33 1:27:04 1:26	21:18 1:45 1:30:27 3:23	24:22 3:04 1:38:10 7:43	26:43 2:21 1:40:58 2:48	30:27 3:44 1:41:40 0:42	40:58 10:31	45:45 4:47	53:25 7:40	1:04:25 11:00	1:15:28 11:03	1:18:49 3:21	1:19:48 0:59	1:23:28 3:40	1:25:38 2:10
38	José Ramal Gea Alicante COLIVENC	1:41:50	6:39 6:39 1:26:14 2:02	8:05 1:26 1:29:46 3:32	12:09 4:09 1:37:15 7:29	14:52 2:43 1:41:10 3:55	17:25 2:33 1:41:50 0:40	32:04 14:39	38:06 6:02	48:34 10:28	1:00:22 11:48	1:11:15 10:53	1:14:42 3:27	1:16:03 1:21	1:19:56 3:53	1:24:12 4:16
39	Juan José Mardomingo Mardomi Madrid COLMENAR	1:42:46	19:40 19:40 1:26:22 2:14	25:15 5:35 1:34:43 8:21	27:26 2:11 1:39:00 4:17	30:50 3:24 1:42:02 3:02	33:25 2:35 1:42:46 0:44	42:17 8:52	46:34 4:17	54:14 7:40	1:02:30 8:16	1:10:45 8:15	1:14:48 4:03	1:17:04 2:16	1:20:10 3:06	1:24:08 3:58
40	Jesús GÁmez GÁmez BOADILLAVENTURA BOADILLA	1:52:57	16:20 16:20 1:41:52 2:51	18:04 1:44 1:45:58 4:06	23:52 5:48 1:49:11 3:13	26:24 2:32 1:52:19 3:08	29:00 2:36 1:52:57 0:38	46:24 17:24	50:54 4:30	59:16 8:22	1:08:02 8:46	1:18:36 10:34	1:25:17 6:41	1:26:44 1:27	1:35:03 8:19	1:39:01 3:58
	Francisco Javier Prada González Valladolid CDP-O		38:11 38:11 -----	40:52 2:41 -----	47:36 6:44 -----	52:41 5:05 1:26:52	56:20 3:39 1:28:26	-----	-----	-----	-----	-----	-----	-----	1:20:28 24:08	----- -----
						6:24	1:34		1:15:49 *56							

Pos	Nombre	Tiempo	4,5 km		145 m	16 C										
			1(62) 15(89)	2(92) 16(100)	3(34) Meta	4(94)	5(85)	6(86)	7(90)	8(49)	9(50)	10(76)	11(54)	12(60)	13(78)	14(56)
1	Jesús Gil Poveda Alicante COLIVENC	54:15	5:40 5:40	6:42 1:02	9:54 3:12	13:19 3:25	17:51 4:32	20:27 2:36	25:51 5:24	31:27 5:36	36:48 5:21	40:11 3:23	42:37 2:26	45:19 2:42	47:28 2:09	50:28 3:00
2	Eladio García Rodríguez Asturias CASTROPOL	1:03:42	7:48 7:48	8:46 0:58	13:51 5:05	17:40 3:49	23:32 5:52	25:59 2:27	31:24 5:25	37:20 5:56	42:55 5:35	46:58 4:03	51:47 4:49	54:22 2:35	56:59 2:37	59:23 2:24
3	Jesús de Miguel Rey Soria NAVALENO-O	1:04:46	5:40 5:40	6:36 0:56	10:37 4:01	14:33 3:56	20:05 5:32	22:48 2:43	28:54 6:06	33:45 4:51	40:41 6:56	46:16 5:35	49:09 2:53	52:03 2:54	55:25 3:22	1:00:24 4:59
4	Santiago Del Moral Durà Alicante UNIVERSIDAD ALICANTI	1:05:53	7:05 7:05	8:00 0:55	12:38 4:38	16:07 3:29	21:17 5:10	23:59 2:42	34:48 10:49	41:08 6:20	46:15 5:07	50:19 4:04	53:20 3:01	56:19 2:59	59:04 2:45	1:01:55 2:51
5	Jose Antonio Ferrando Roqueta Zaragoza IBÓN	1:12:20	9:31 9:31	10:45 1:14	14:00 3:15	17:23 3:23	22:41 5:18	25:40 2:59	32:22 6:42	42:42 10:20	48:09 5:27	54:19 6:10	57:03 2:44	1:00:03 3:00	1:05:32 5:29	1:07:47 2:15
6	José Luis Cobas López Madrid RUMBO-MADRID SANSE	1:16:02	6:36 6:36	7:44 1:08	12:14 4:30	15:56 3:42	22:48 6:52	27:38 4:50	35:17 7:39	42:28 7:11	49:21 6:53	53:06 3:45	57:01 3:55	1:01:30 4:29	1:04:33 3:03	1:10:01 5:28
7	Miguel Ángel Rica Camara BOM BOM	1:16:09	8:25 8:25	15:37 7:12	20:43 5:06	25:03 4:20	30:37 5:34	34:12 3:35	41:44 7:32	47:30 5:46	54:32 7:02	57:52 3:20	1:01:17 3:25	1:04:49 3:32	1:08:09 3:20	1:11:12 3:03
8	Miguel Ángel García Grinda Sevilla ADOL	1:27:12	12:37 12:37	15:54 3:17	22:11 6:17	28:18 6:07	35:15 6:57	39:17 4:02	48:07 8:50	54:41 6:34	1:01:02 6:21	1:05:44 4:42	1:08:53 3:09	1:13:00 4:07	1:15:58 2:58	1:22:23 6:25
9	Gonzalo Villamarín Barredo Madrid O-GETAFE	1:27:20	11:32 11:32	12:54 1:22	22:22 9:28	26:57 4:35	34:28 7:31	39:16 4:48	48:03 8:47	53:44 5:41	1:01:26 7:42	1:08:10 6:44	1:11:11 3:01	1:15:05 3:54	1:18:25 3:20	1:22:47 4:22
10	Rafael Sevillano Muñoz Málaga COMA	1:28:33	19:26 19:26	21:44 2:18	26:24 4:40	29:41 3:17	36:09 6:28	40:10 4:01	48:42 8:32	55:39 6:57	1:01:51 6:12	1:05:37 3:46	1:08:56 3:19	1:13:19 4:23	1:17:40 4:21	1:22:36 4:56
11	Fernando Paris Roche Zaragoza IBÓN	1:31:47	11:26 11:26	12:22 0:56	16:31 4:09	27:13 10:42	31:32 4:19	35:08 3:36	42:38 7:30	48:17 5:39	1:10:22 22:05	1:13:16 2:54	1:16:22 3:06	1:20:08 3:46	1:23:44 3:36	1:26:37 2:53
12	José María Galván Mangas Valladolid COV	1:34:48	6:56 6:56	8:09 1:13	14:22 6:13	20:26 6:04	26:28 6:02	32:56 6:28	43:44 10:48	55:07 11:23	1:05:10 10:03	1:09:01 3:51	1:14:08 5:07	1:18:14 4:06	1:22:00 3:46	1:27:02 5:02
13	Claude Fosseze Valencia SIMEPIERDO	1:37:51	18:18 18:18	19:26 1:08	36:23 16:57	40:48 4:25	46:09 5:21	50:25 4:16	58:24 7:59	1:06:34 8:10	1:12:01 5:27	1:17:36 5:35	1:20:39 3:03	1:26:11 5:32	1:29:12 3:01	1:32:33 3:21
14	Salvador Sánchez Martínez Murcia TOTANA-O	1:46:38	8:26 8:26	9:43 1:17	18:08 8:25	24:06 5:58	30:27 6:21	35:07 4:40	48:58 13:51	57:32 8:34	1:07:33 10:01	1:12:37 5:04	1:17:10 4:33	1:32:18 15:08	1:36:48 4:30	1:40:11 3:23
15	Jose Eugenio Gutierrez Justo Madrid COLMENAR	1:50:26	12:30 12:30	13:33 1:03	22:03 8:30	27:51 5:48	32:47 4:56	43:45 10:58	54:28 10:43	1:02:37 8:09	1:13:12 10:35	1:20:31 7:19	1:30:49 10:18	1:35:03 4:14	1:38:48 3:45	1:45:22 6:34
16	Eduardo V. Ramos Lozano La Coruña USC	1:53:37	13:00 13:00	14:06 1:06	21:42 7:36	38:47 17:05	46:49 8:02	54:23 7:34	1:05:38 11:15	1:14:29 8:51	1:27:13 12:44	1:31:00 3:47	1:34:17 3:17	1:37:46 3:29	1:41:42 3:56	1:47:32 5:50
17	Antonio López Lara Madrid MONTE EL PARDO	2:00:03	19:17 19:17	20:02 0:45	24:09 4:07	30:55 6:46	36:09 5:14	39:43 3:34	47:29 7:46	1:11:11 23:42	1:29:25 18:14	1:33:10 3:45	1:36:19 3:09	1:44:31 8:12	1:48:30 3:59	1:54:04 5:34
18	Antonio Peris Giner Alicante COLIVENC	2:07:35	29:57 29:57	31:00 1:03	41:21 10:21	45:32 4:11	52:01 6:29	58:30 6:29	1:07:26 8:56	1:15:36 8:10	1:34:27 18:51	1:38:23 3:56	1:41:59 3:36	1:49:56 7:57	1:53:11 3:15	1:59:53 6:42
19	Moises Zafra Madrid MONTE EL PARDO	2:09:27	13:21 13:21	14:30 1:09	22:34 8:04	33:38 11:04	40:20 6:42	45:08 4:48	56:41 11:33	1:22:53 26:12	1:31:23 8:30	1:37:35 6:12	1:42:30 4:55	1:53:39 11:09	1:58:09 4:30	2:02:28 4:19
20	Santos Peral Campos Valladolid CDP-O	2:30:36	10:52 10:52	13:03 2:11	22:18 9:15	28:58 6:40	35:37 6:39	45:44 10:07	1:09:01 23:17	1:22:12 13:11	1:43:19 21:07	1:53:06 9:47	1:59:50 6:44	2:11:31 11:41	2:15:22 3:51	2:19:54 4:32

H-E (21)	10,1 km		330 m	28 C											
	1(62) 15(91)	2(42) 16(47)	3(31) 17(38)	4(83) 18(48)	5(92) 19(49)	6(61) 20(50)	7(55) 21(51)	8(44) 22(54)	9(66) 23(57)	10(68) 24(56)	11(67) 25(58)	12(35) 26(59)	13(36) 27(60)	14(37) 28(100)	

Pos	Nombre	Tiempo	10,1 km 330 m 28 C (cont.)													
			1(62) 15(91) Meta	2(42) 16(47)	3(31) 17(38)	4(83) 18(48)	5(92) 19(49)	6(61) 20(50)	7(55) 21(51)	8(44) 22(54)	9(66) 23(57)	10(68) 24(56)	11(67) 25(58)	12(35) 26(59)	13(36) 27(60)	14(37) 28(100)
<b>1</b>	<b>Andreu Blanes Reig</b> <b>Alicante COLIVENC</b>	<b>1:13:02</b>	<b>2:39</b>	<b>4:10</b>	<b>5:10</b>	<b>6:09</b>	<b>7:32</b>	<b>8:38</b>	<b>17:37</b>	<b>21:31</b>	<b>23:43</b>	<b>24:20</b>	<b>32:25</b>	<b>36:19</b>	<b>38:20</b>	<b>39:20</b>
		<b>2:39</b>	1:31	<b>1:00</b>	<b>0:59</b>	1:23	<b>1:06</b>	8:59	3:54	2:12	0:37	<b>8:05</b>	<b>3:54</b>	2:01	<b>1:00</b>	
		<b>41:34</b>	<b>42:10</b>	<b>43:06</b>	<b>54:45</b>	<b>57:24</b>	<b>1:01:29</b>	<b>1:03:27</b>	<b>1:04:05</b>	<b>1:05:53</b>	<b>1:07:08</b>	<b>1:07:56</b>	<b>1:09:38</b>	<b>1:11:03</b>	<b>1:12:38</b>	
		2:14	<b>0:36</b>	0:56	11:39	<b>2:39</b>	4:05	<b>1:58</b>	<b>0:38</b>	1:48	1:15	<b>0:48</b>	1:42	1:25	1:35	
<b>2</b>	<b>Javier Ruiz de la Herrán Pidal</b> <b>Málaga COMA</b>	<b>1:17:04</b>	3:22	5:17	6:36	7:48	9:39	10:48	20:38	23:46	25:57	26:48	36:01	40:07	41:52	43:03
		3:22	1:55	1:19	1:12	1:51	1:09	9:50	<b>3:08</b>	2:11	0:51	9:13	4:06	1:45	1:11	
		44:57	45:38	46:22	58:01	1:01:05	1:04:34	1:06:44	1:07:32	1:09:19	1:11:10	1:12:05	1:13:36	1:14:55	1:16:36	
		1:54	0:41	0:44	11:39	3:04	3:29	2:10	0:48	1:47	1:51	0:55	1:31	1:19	1:41	
<b>3</b>	<b>Luis Sánchez Serrano</b> <b>Alicante VILLENA-O</b>	<b>1:19:05</b>	4:13	6:38	7:41	8:45	10:42	11:59	21:42	26:19	27:58	28:40	37:47	42:27	44:03	45:36
		4:13	2:25	1:03	1:04	1:57	1:17	9:43	4:37	<b>1:39</b>	0:42	9:07	4:40	1:36	1:33	
		48:26	49:12	50:00	1:00:34	1:04:21	1:07:24	1:09:45	1:10:24	1:12:12	1:13:37	1:14:25	1:15:41	1:17:14	1:18:41	
		2:50	0:46	0:48	<b>10:34</b>	3:47	<b>3:03</b>	2:21	0:39	1:48	1:25	<b>0:48</b>	<b>1:16</b>	1:33	<b>1:27</b>	
<b>4</b>	<b>Pau Llorens Caellas</b> <b>Barcelona COB</b>	<b>1:19:35</b>	5:10	7:00	8:06	9:09	10:25	11:45	20:47	25:20	28:59	29:53	39:45	43:51	45:22	46:32
		5:10	1:50	1:06	1:03	1:16	1:20	9:02	4:33	3:39	0:54	9:52	4:06	<b>1:31</b>	1:10	
		48:54	49:34	50:12	1:01:41	1:04:55	1:08:00	1:10:02	1:10:51	1:12:21	1:13:32	1:14:55	1:16:13	1:17:35	1:19:08	
		2:22	0:40	<b>0:38</b>	11:29	3:14	3:05	2:02	0:49	<b>1:30</b>	<b>1:11</b>	1:23	1:18	1:22	1:33	
<b>5</b>	<b>Antonio Martínez Pérez</b> <b>Alicante COLIVENC</b>	<b>1:23:20</b>	4:07	5:36	6:39	8:02	9:24	11:32	19:51	26:58	30:33	31:07	40:13	44:30	46:07	47:14
		4:07	1:29	1:03	1:23	1:22	2:08	<b>8:19</b>	7:07	3:35	<b>0:34</b>	9:06	4:17	1:37	1:07	
		50:38	51:32	52:36	1:04:47	1:07:55	1:11:39	1:13:47	1:14:29	1:16:14	1:17:31	1:18:23	1:19:58	1:21:15	1:22:51	
		3:24	0:54	1:04	12:11	3:08	3:44	2:08	0:42	1:45	1:17	0:52	1:35	<b>1:17</b>	1:36	
<b>6</b>	<b>Andrés Del Bustio Díaz</b> <b>Asturias ASTUR EXTREM</b>	<b>1:36:17</b>	5:24	7:12	8:31	10:07	11:22	12:39	24:45	29:19	31:49	32:40	42:04	47:39	49:59	51:13
		5:24	1:48	1:19	1:36	<b>1:15</b>	1:17	12:06	4:34	2:30	0:51	9:24	5:35	2:20	1:14	
		54:22	55:14	56:06	1:09:40	1:14:06	1:18:33	1:21:04	1:21:53	1:23:54	1:25:35	1:29:51	1:31:46	1:33:54	1:35:44	
		3:09	0:52	0:52	13:34	4:26	4:27	2:31	0:49	2:01	1:41	4:16	1:55	2:08	1:50	
<b>7</b>	<b>Jaime Montero Gómez</b> <b>Cuenca COMCU</b>	<b>1:38:08</b>	5:34	8:09	9:29	10:43	12:26	13:59	27:55	33:00	36:00	36:42	47:21	51:39	53:31	55:26
		5:34	2:35	1:20	1:14	1:43	1:33	13:56	5:05	3:00	0:42	10:39	4:18	1:52	1:55	
		58:42	59:22	1:00:15	1:15:04	1:18:46	1:22:49	1:25:09	1:25:57	1:29:56	1:31:21	1:32:27	1:34:03	1:36:01	1:37:43	
		3:16	0:40	0:53	14:49	3:42	4:03	2:20	0:48	3:59	1:25	1:06	1:36	1:58	1:42	
<b>8</b>	<b>Raúl Ferra Murcia</b> <b>Murcia LORCA-O</b>	<b>1:38:47</b>	3:26	4:47	6:02	7:02	10:25	11:50	23:27	31:22	33:35	34:16	52:36	57:54	59:32	1:00:50
		3:26	<b>1:21</b>	1:15	1:00	3:23	1:25	11:37	7:55	2:13	0:41	18:20	5:18	1:38	1:18	
		1:04:12	1:05:01	1:05:48	1:18:17	1:22:28	1:25:56	1:28:09	1:29:01	1:30:50	1:32:21	1:33:12	1:34:39	1:36:28	1:38:14	
		3:22	0:49	0:47	12:29	4:11	3:28	2:13	0:52	1:49	1:31	0:51	1:27	1:49	1:46	
<b>9</b>	<b>Cesar Torrejón Rubio</b> <b>Burgos TJALVE</b>	<b>1:39:43</b>	4:41	6:35	7:58	9:21	10:55	12:20	24:04	28:51	31:17	32:15	45:27	52:05	53:51	55:37
		4:41	1:54	1:23	1:23	1:34	1:25	11:44	4:47	2:26	0:58	13:12	6:38	1:46	1:46	
		59:11	1:00:02	1:01:29	1:15:25	1:19:20	1:23:20	1:26:37	1:27:53	1:29:57	1:31:41	1:32:44	1:34:41	1:37:05	1:39:08	
		3:34	0:51	1:27	13:56	3:55	4:00	3:17	1:16	2:04	1:44	1:03	1:57	2:24	2:03	
<b>10</b>	<b>Lluís Bedós Bonaterra</b> <b>Barcelona XINOXANO</b>	<b>1:49:10</b>	14:40	17:20	18:39	20:25	22:24	23:45	33:48	38:15	40:53	41:29	52:29	58:08	1:00:28	1:01:41
		14:40	2:40	1:19	1:46	1:59	1:21	10:03	4:27	2:38	0:36	11:00	5:39	2:20	1:13	
		1:08:12	1:08:53	1:09:42	1:23:34	1:27:46	1:31:54	1:34:38	1:35:34	1:38:01	1:39:52	1:41:08	1:43:01	1:46:28	1:48:34	
		6:31	0:41	0:49	13:52	4:12	4:08	2:44	0:56	2:27	1:51	1:16	1:53	3:27	2:06	
<b>11</b>	<b>Miguel Ángel Martín García</b> <b>Alicante UNIVERSIDAD ALICANTI</b>	<b>1:49:24</b>	13:18	15:23	16:54	18:25	22:45	24:27	35:39	39:38	42:17	43:12	56:10	1:01:53	1:05:30	1:07:10
		13:18	2:05	1:31	1:31	4:20	1:42	11:12	3:59	2:39	0:55	12:58	5:43	3:37	1:40	
		1:09:02	1:09:47	1:10:26	1:22:12	1:25:13	1:29:38	1:33:39	1:34:35	1:37:06	1:38:57	1:40:23	1:45:12	1:47:19	1:49:00	
		<b>1:52</b>	0:45	0:39	11:46	3:01	4:25	4:01	0:56	2:31	1:51	1:26	4:49	2:07	1:41	
<b>12</b>	<b>Lleí Viles Bonet</b> <b>Barcelona COB</b>	<b>1:52:14</b>	6:39	9:00	10:17	12:31	18:06	19:41	30:38	35:35	37:45	38:41	53:00	58:16	1:01:40	1:02:57
		6:39	2:21	1:17	2:14	5:35	1:35	10:57	4:57	2:10	0:56	14:19	5:16	3:24	1:17	
		1:05:54	1:06:38	1:07:22	1:21:33	1:26:41	1:31:25	1:33:46	1:34:30	1:42:51	1:44:31	1:45:33	1:47:28	1:49:52	1:51:43	
		2:57	0:44	0:44	14:11	5:08	4:44	2:21	0:44	8:21	1:40	1:02	1:55	2:24	1:51	
<b>13</b>	<b>Raúl Expósito Pelado</b> <b>Sevilla ADOL</b>	<b>1:52:30</b>	5:54	7:35	9:04	10:26	12:01	13:43	26:23	32:19	35:35	36:18	49:18	54:30	58:48	1:01:39
		5:54	1:41	1:29	1:22	1:35	1:42	12:40	5:56	3:16	0:43	13:00	5:12	4:18	2:51	
		1:05:52	1:06:35	1:07:20	1:22:11	1:27:20	1:35:44	1:38:21	1:39:15	1:42:54	1:45:16	1:46:20	1:47:49	1:49:51	1:51:57	
		4:13	0:43	0:45	14:51	5:09	8:24	2:37	0:54	3:39	2:22	1:04	1:29	2:02	2:06	
<b>14</b>	<b>Ángel Álvarez Serto</b> <b>Pontevedra AROMON</b>	<b>1:55:15</b>	7:29	10:09	11:34	13:58	15:59	17:33	31:07	36:50	40:43	41:41	1:02:47	1:07:29	1:10:49	1:12:24
		7:29	2:40	1:25	2:24	2:01	1:34	13:34	5:43	3:53	0:58	21:06	4:42	3:20	1:35	
		1:15:13	1:16:23	1:17:15	1:31:09	1:36:04	1:39:32	1:41:58	1:42:52	1:45:08	1:47:50	1:48:54	1:50:36	1:53:04	1:54:49	
		2:49	1:10	0:52	13:54	4:55	3:28	2:26	0:54	2:16	2:42	1:04	1:42	2:28	1:45	



Pos	Nombre	Tiempo														
<b>D-14 (19)</b>			<b>3,1 km 50 m</b>		<b>14 C (cont.)</b>											
			1(83) Meta	2(97)	3(53)	4(81)	5(58)	6(99)	7(77)	8(87)	9(51)	10(54)	11(89)	12(75)	13(88)	14(100)
<b>1</b>	<b>Nerea González Peña</b> Toledo TOLEDO-O	<b>33:48</b>	<b>2:59</b> <b>2:59</b> <b>33:48</b> 0:31	<b>5:42</b> <b>2:43</b>	11:53 6:11	13:43 <b>1:50</b>	17:18 3:35	17:50 <b>0:32</b>	19:57 2:07	21:45 1:48	23:47 2:02	24:35 <b>0:48</b>	27:34 2:59	29:37 <b>2:03</b>	31:59 2:22	33:17 <b>1:18</b>
<b>2</b>	<b>Raquel Marquez Martín-Tesorero</b> Toledo TOLEDO-O	<b>40:17</b>	3:55 3:55 40:17 0:36	11:47 7:52	14:46 <b>2:59</b>	17:11 2:25	22:11 5:00	22:47 0:36	24:45 1:58	26:40 1:55	30:20 3:40	31:28 1:08	33:27 1:59	35:46 2:19	38:03 <b>2:17</b>	39:41 1:38
<b>3</b>	<b>Ana Rodríguez Díaz</b> Toledo TOLEDO-O	<b>41:03</b>	3:05 3:05 41:03 <b>0:28</b>	6:20 3:15	11:00 4:40	13:34 2:34	21:40 8:06	22:31 0:51	24:25 <b>1:54</b>	25:58 1:33	27:54 1:56	28:56 1:02	33:51 4:55	36:02 2:11	39:05 3:03	40:35 1:30
<b>4</b>	<b>Tamara Pérez Rubio</b> Albacete GODIH	<b>43:09</b>	4:26 4:26 43:09 0:33	13:23 8:57	16:51 3:28	19:16 2:25	25:16 6:00	26:16 1:00	28:22 2:06	29:59 1:37	32:54 2:55	33:53 0:59	36:28 2:35	38:43 2:15	41:06 2:23	42:36 1:30
<b>5</b>	<b>Ana Lía Martínez Tarancón</b> Albacete GODIH	<b>45:16</b>	6:01 6:01 45:16 0:31	10:30 4:29	14:58 4:28	17:42 2:44	25:31 7:49	26:17 0:46	28:22 2:05	29:43 <b>1:21</b>	31:53 2:10	32:48 0:55	38:13 5:25	40:19 2:06	43:17 2:58	44:45 1:28
<b>6</b>	<b>Diana Herreros Jiménez</b> Albacete GODIH	<b>45:23</b>	6:03 6:03 45:23 0:32	11:03 5:00	14:13 3:10	18:03 3:50	22:00 3:57	23:23 1:23	25:42 2:19	27:44 2:02	32:33 4:49	33:42 1:09	36:20 2:38	38:54 2:34	42:54 4:00	44:51 1:57
<b>7</b>	<b>Marta Molina García-Pozuelo</b> Ciudad Real MANZANARES-O	<b>46:18</b>	5:59 5:59 46:18 0:31	12:43 6:44	18:22 5:39	24:22 6:00	28:35 4:13	29:27 0:52	31:44 2:17	33:29 1:45	35:50 2:21	36:52 1:02	39:12 2:20	41:25 2:13	44:17 2:52	45:47 1:30
<b>8</b>	<b>Andrea Gracia Játiva</b> Albacete GODIH	<b>51:23</b>	5:06 5:06 51:23 <b>0:28</b>	10:25 5:19	14:05 3:40	18:36 4:31	29:27 10:51	30:17 0:50	32:58 2:41	35:08 2:10	39:09 4:01	40:15 1:06	43:04 2:49	45:35 2:31	48:52 3:17	50:55 2:03
<b>9</b>	<b>Lucía Misas Bernardino</b> Sevilla MONTELLANO	<b>54:08</b>	13:48 13:48 54:08 0:30	19:41 5:53	23:56 4:15	26:37 2:41	34:42 8:05	35:27 0:45	37:26 1:59	39:03 1:37	40:51 1:48	41:43 0:52	46:56 5:13	49:05 2:09	52:07 3:02	53:38 1:31
<b>10</b>	<b>Ana Isabel Toledo Navarro</b> Cuenca ORIENTIJOTE	<b>56:32</b>	4:56 4:56 56:32 0:30	9:58 5:02	17:23 7:25	22:08 4:45	25:21 <b>3:13</b>	26:03 0:42	28:11 2:08	37:56 9:45	45:01 7:05	46:22 1:21	49:16 2:54	51:42 2:26	54:17 2:35	56:02 1:45
<b>11</b>	<b>Kika Basarán Van Ham</b> Toledo TOLEDO-O	<b>58:05</b>	5:03 5:03 58:05 <b>0:28</b>	17:02 11:59	20:27 3:25	23:33 3:06	38:34 15:01	39:33 0:59	41:52 2:19	45:12 3:20	46:58 <b>1:46</b>	47:56 0:58	49:50 <b>1:54</b>	53:07 3:17	56:09 3:02	57:37 1:28
<b>12</b>	<b>Guadalupe Losada Moreno</b> Madrid MONTE EL PARDO	<b>59:19</b>	6:01 6:01 59:19 0:34	10:24 4:23	18:57 8:33	21:44 2:47	26:58 5:14	28:05 1:07	31:15 3:10	38:43 7:28	41:03 2:20	45:04 4:01	47:36 2:32	52:06 4:30	57:19 5:13	58:45 1:26
<b>13</b>	<b>Sara Vidal Palacios</b> Alicante SANT JOAN	<b>59:33</b>	7:11 7:11 59:33 0:31	11:28 4:17	15:46 4:18	19:12 3:26	35:31 16:19	36:47 1:16	39:21 2:34	40:59 1:38	45:18 4:19	46:17 0:59	48:58 2:41	52:02 3:04	56:58 4:56	59:02 2:04
<b>14</b>	<b>Isabel Tarancón Carrasco</b> Albacete GODIH	<b>1:00:46</b>	4:49 4:49 1:00:46 0:42	18:11 13:22	28:19 10:08	32:26 4:07	36:37 4:11	37:32 0:55	41:02 3:30	42:44 1:42	48:16 5:32	49:36 1:20	52:00 2:24	54:39 2:39	57:54 3:15	1:00:04 2:10
<b>15</b>	<b>Alba Serra Reyes</b> Valencia SIMEPIERDO	<b>1:01:18</b>	5:00 5:00 1:01:18 0:32	10:36 5:36	14:40 4:04	18:03 3:23	25:49 7:46	27:05 1:16	29:57 2:52	32:57 3:00	35:22 2:25	37:09 1:47	39:55 2:46	53:23 13:28	58:37 5:14	1:00:46 2:09
<b>16</b>	<b>Lorena Soriano García</b> Toledo TOLEDO-O	<b>1:02:48</b>	3:51 3:51 1:02:48 0:36	7:04 3:13	17:19 10:15	21:05 3:46	30:39 9:34	34:14 3:35	37:03 2:49	39:47 2:44	44:07 4:20	45:27 1:20	49:38 4:11	53:54 4:16	1:00:04 6:10	1:02:12 2:08
<b>17</b>	<b>Aruca Siqueira Batanero</b> Guadalajara C.O.GUADALAJARA	<b>1:25:19</b>	23:46 23:46 1:25:19 0:29	29:59 6:13	37:18 7:19	41:25 4:07	45:33 4:08	47:33 2:00	54:04 6:31	57:17 3:13	1:01:27 4:10	1:04:14 2:47	1:07:00 2:46	1:19:28 12:28	1:23:08 3:40	1:24:50 1:42
<b>18</b>	<b>Milagros Morena Aller Pfirter</b> Orense TREVINCA	<b>1:32:04</b>	6:30 6:30 1:32:04 0:29	19:57 13:27	29:22 9:25	34:15 4:53	40:44 6:29	42:02 1:18	45:18 3:16	47:28 2:10	1:05:22 17:54	1:10:05 4:43	1:20:30 10:25	1:25:37 5:07	1:29:21 3:44	1:31:35 2:14
	<b>Natalia Navarro Moyano</b> Albacete GODIH	r en tarj.	5:28 5:28 52:04 0:52	9:05 3:37	12:05 3:00	15:02 2:57	21:41 6:39	22:52 1:11	31:29 8:37	33:47 2:18	35:53 2:06	37:22 1:29	39:50 2:28	47:19 7:29	-----	51:12 3:53

<b>D-16 (22)</b>			<b>3,9 km 130 m</b>		<b>17 C</b>											
			1(83) 15(50)	2(97) 16(77)	3(93) 17(100)	4(63) Meta	5(85)	6(72)	7(56)	8(58)	9(75)	10(51)	11(54)	12(57)	13(99)	14(59)
<b>1</b>	<b>Elena Martí Barclay</b> Cádiz FUNDI-O	<b>51:40</b>	3:49 3:49 <b>45:21</b> 1:23	10:17 6:28 <b>49:17</b> 3:56	14:22 4:05 <b>51:06</b> 1:49	16:42 2:20 <b>51:40</b> 0:34	18:28 1:46	25:20 6:52	28:04 2:44	29:45 1:41	33:30 <b>3:45</b>	36:58 3:28	38:00 1:02	41:02 3:02	42:19 1:17	43:58 1:39
<b>2</b>	<b>Carmen Amores Delgado</b> Madrid COLMENAR	<b>58:25</b>	3:55 3:55 53:31 1:09	8:07 4:12 56:15 2:44	15:08 7:01 57:53 1:38	20:19 5:11 58:25 0:32	22:15 1:56	30:56 8:41	34:30 3:34	36:01 1:31	40:47 4:46	43:32 <b>2:45</b>	44:31 0:59	49:08 4:37	50:42 1:34	52:22 1:40



Pos	Nombre	Tiempo														
<b>D-16 (22)</b>			<b>3,9 km 130 m 17 C (cont.)</b>													
			1(83) 15(50)	2(97) 16(77)	3(93) 17(100)	4(63) Meta	5(85)	6(72)	7(56)	8(58)	9(75)	10(51)	11(54)	12(57)	13(99)	14(59)
3	María Descalzo Escribano Albacete GODIH	59:57	3:40 3:40 54:51 1:46	14:26 10:46 57:57 3:06	18:27 4:01 59:25 1:28	21:43 3:16 59:57 0:32	24:59 3:16	31:36 6:37	34:05 2:29	35:55 1:50	41:55 6:00	44:56 3:01	45:58 1:02	49:14 3:16	50:54 1:40	53:05 2:11
4	Ángeles López Ruiz Cádiz O-SAN ROQUE	1:00:56	3:54 3:54 54:39 6:04	7:00 3:06 58:14 3:35	12:15 5:15 1:00:18 2:04	16:11 3:56 1:00:56 0:38	17:47 1:36	26:30 8:43	29:18 2:48	32:28 3:10	36:39 4:11	40:18 3:39	41:39 1:21	45:28 3:49	46:39 1:11	48:35 1:56
5	Raquel Picazo Huerta Albacete GODIH	1:01:37	5:03 5:03 57:11 1:19	12:57 7:54 59:42 2:31	19:05 6:08 1:01:08 1:26	22:53 3:48 1:01:37 0:29	26:10 3:17	34:22 8:12	37:09 2:47	38:38 1:29	45:39 7:01	48:25 2:46	49:30 1:05	52:43 3:13	54:16 1:33	55:52 1:36
6	María Dolores Aguera Riquelme Murcia ASON	1:02:45	5:07 5:07 57:41 1:46	9:34 4:27 1:00:27 2:46	18:41 9:07 1:02:09 1:42	26:37 7:56 1:02:45 0:36	28:05 1:28	36:06 8:01	38:55 2:49	40:43 1:48	45:13 4:30	48:20 3:07	49:28 1:08	52:36 3:08	53:42 1:06	55:55 2:13
7	Isabel Gómez Nogueroles Albacete GODIH	1:03:05	5:08 5:08 56:17 1:28	10:28 5:20 1:00:35 4:18	15:24 4:56 1:02:27 1:52	19:04 3:40 1:03:05 0:38	21:03 1:59	27:35 6:32	33:35 6:00	37:14 3:39	43:10 5:56	46:02 2:52	47:40 1:38	51:42 4:02	52:44 1:02	54:49 2:05
8	Carmen Sevillano Diez Del Corra Málaga COMA	1:03:24	2:58 2:58 57:55 1:19	6:26 3:28 1:00:59 3:04	12:28 6:02 1:02:48 1:49	20:07 7:39 1:03:24 0:36	22:37 2:30	30:06 7:29	40:08 10:02	41:17 1:09	45:52 4:35	49:31 3:39	50:35 1:04	53:54 3:19	54:58 1:04	56:36 1:38
9	Laura Andr�s Arnaiz Galitius Galitius	1:06:42	4:33 4:33 1:01:27 1:35	10:10 5:37 1:04:17 2:50	20:19 10:09 1:06:04 1:47	30:40 10:21 1:06:42 0:38	32:49 2:09	40:22 7:33	42:53 2:31	44:36 1:43	49:09 4:33	51:57 2:48	53:14 1:17	56:30 3:16	57:47 1:17	59:52 2:05
10	Anna Illa Camps Barcelona COC	1:07:53	6:01 6:01 1:02:16 1:08	12:09 6:08 1:05:33 3:17	17:05 4:56 1:07:18 1:45	19:45 2:40 1:07:53 0:35	21:16 1:31	28:15 6:59	30:18 2:03	32:33 2:15	47:06 14:33	49:57 2:51	51:07 1:10	54:07 3:00	55:05 0:58	1:01:08 6:03
11	Paula Mardomingo Serrano Madrid COLMENAR	1:09:18	4:39 4:39 1:03:16 2:24	7:48 3:09 1:06:28 3:12	15:08 7:20 1:08:44 2:16	20:51 5:43 1:09:18 0:34	22:50 1:59	32:58 10:08	36:02 3:04	37:53 1:51	42:59 5:06	51:48 8:49	53:03 1:15	56:47 3:44	58:03 1:16	1:00:52 2:49
12	Marta Lopez Guill Alicante COLIVENC	1:11:17	3:33 3:33 1:06:35 2:24	7:14 3:41 1:09:20 2:45	27:18 20:04 1:10:46 1:26	30:21 3:03 1:11:17 0:31	32:18 1:57	38:29 6:11	45:13 6:44	46:20 1:07	51:31 5:11	55:13 3:42	56:16 1:03	1:00:49 4:33	1:02:27 1:38	1:04:11 1:44
13	Paula Amalia Santab�rbara G�r Zaragoza IB�N	1:12:21	5:57 5:57 1:05:03 3:32	14:36 8:39 1:10:00 4:57	21:49 7:13 1:11:51 1:51	27:35 5:46 1:12:21 0:30	30:35 3:00	38:14 7:39	42:18 4:04	44:18 2:00	48:58 4:40	52:42 3:44	54:03 1:21	58:01 3:58	59:45 1:44	1:01:31 1:46
14	Sara Alonso Ruiz Madrid COLMENAR	1:14:04	5:23 5:23 1:08:26 1:43	10:13 4:50 1:11:31 3:05	15:16 5:03 1:13:33 2:02	34:54 19:38 1:14:04 0:31	36:32 1:38	45:48 9:16	48:18 2:30	50:07 1:49	55:01 4:54	59:12 4:11	1:00:10 0:58	1:03:33 3:23	1:04:55 1:22	1:06:43 1:48
15	Claudia G�mez Rodr�guez Valladolid CDP-O	1:16:09	9:19 9:19 1:08:17 2:25	16:47 7:28 1:13:49 5:32	23:02 6:15 1:15:39 1:50	26:57 3:55 1:16:09 0:30	30:20 3:23	38:31 8:11	41:22 2:51	42:51 1:29	50:08 7:17	53:57 3:49	55:37 1:40	1:01:04 5:27	1:03:32 2:28	1:05:52 2:20
16	Ana Mardomingo Serrano Madrid COLMENAR	1:17:10	4:50 4:50 1:11:17 2:26	9:53 5:03 1:14:38 3:21	23:24 13:31 1:16:40 2:02	28:54 5:30 1:17:10 0:30	30:33 1:39	40:47 10:14	44:00 3:13	45:59 1:59	50:55 4:56	59:46 8:51	1:00:58 1:12	1:04:44 3:46	1:06:02 1:18	1:08:51 2:49
17	Raquel Ort�z L�pez Albacete GODIH	1:21:52	4:52 4:52 1:16:25 1:44	14:12 9:20 1:19:32 3:07	19:52 5:40 1:21:19 1:47	42:52 23:00 1:21:52 0:33	44:35 1:43	53:46 9:11	56:16 2:30	58:05 1:49	1:02:58 4:53	1:07:10 4:12	1:08:04 0:54	1:11:34 3:30	1:12:53 1:19	1:14:41 1:48
18	Sara Ricoy Rajoy Pontevedra AROMON	1:27:45	19:53 19:53 1:21:12 2:13	23:06 3:13 1:25:20 4:08	43:32 20:26 1:27:05 1:45	46:15 2:43 1:27:45 0:40	48:13 1:58	56:05 7:52	59:15 3:10	1:02:19 3:04	1:06:27 4:08	1:10:02 3:35	1:11:23 1:21	1:15:01 3:38	1:16:37 1:36	1:18:59 2:22
19	Irene Vargas Fern�ndez Alicante SANT JOAN	1:32:21	7:10 7:10 1:25:56 3:16	14:14 7:04 1:30:02 4:06	21:58 7:44 1:31:49 1:47	27:32 5:34 1:32:21 0:32	31:22 3:50	45:01 13:39	58:45 13:44	1:00:17 1:32	1:10:14 9:57	1:13:37 3:23	1:14:46 1:09	1:19:08 4:22	1:20:43 1:35	1:22:40 1:57
	Paula Siqueira Batanero Guadalajara C.O.GUADALAJARA	r en tarj.	3:02 3:02 59:54 2:41	5:37 2:35 1:07:21 7:27	16:39 11:02 1:07:49 0:28	19:31 2:52 1:07:59 0:28	20:52 1:21	26:26 5:34 1:03:59 99	31:41 5:15	33:05 1:24	45:10 12:05	48:29 3:19	49:41 1:12	53:54 4:13	55:18 1:24	57:13 1:55
	Sara Saz Segovia Madrid SOTOBOSQUE	bandona	3:24 3:24 -----	10:50 7:26 -----	21:23 10:33 -----	23:37 2:14 1:01:44 12:19	25:26 1:49	32:12 6:46	35:51 3:39	37:37 1:46	43:05 5:28	47:50 4:45	49:25 1:35	-----	-----	-----
	Marta Garnacho Velasco Valladolid CDP-O	bandona	4:51 4:51 -----	9:16 4:25 -----	29:21 20:05 -----	36:36 7:15 1:19:37 15:16	49:00 12:24	56:46 7:46	1:01:37 4:51	1:04:21 2:44	-----	-----	-----	-----	-----	-----

<b>H-18/20B (2)</b>			<b>5,5 km 115 m 20 C</b>													
			1(83) 15(89)	2(97) 16(57)	3(84) 17(56)	4(69) 18(58)	5(95) 19(77)	6(94) 20(100)	7(93) Meta	8(72)	9(78)	10(75)	11(87)	12(51)	13(88)	14(54)
1	Antonio Joaqu�n P�rez Gri�an Cuenca ORIENTJOTE	1:25:21	3:56 3:56 1:13:29 2:47	13:12 9:16 1:14:08 0:39	16:20 3:08 1:16:28 2:20	24:00 7:40 1:19:46 3:18	26:29 2:29	42:57 16:28	46:33 3:36	56:49 10:16	1:02:49 6:00	1:05:48 2:59	1:06:33 0:45	1:08:22 1:49	1:09:05 0:43	1:10:42 1:37

Pos	Nombre	Tiempo														
<b>H-18/20B (2)</b>		<b>5,5 km 115 m 20 C (cont.)</b>														
		1(83) 15(89)	2(97) 16(57)	3(84) 17(56)	4(69) 18(58)	5(95) 19(77)	6(94) 20(100)	7(93) Meta	8(72)	9(78)	10(75)	11(87)	12(51)	13(88)	14(54)	
<b>2</b>	<b>Jesús Pinto Hermosell Sevilla ADOL</b>	<b>1:33:36</b>	4:33 4:33 1:20:27 4:03	<b>9:13</b> 4:40 1:22:32 2:05	<b>13:44</b> 4:31 1:25:55 3:23	<b>21:18</b> 7:34 1:27:55 2:00	<b>25:08</b> 3:50 1:31:12 3:17	<b>37:53</b> 12:45 1:32:59 1:47	<b>40:41</b> 2:48 1:33:36 0:37	57:44 17:03	1:05:22 7:38	1:11:33 6:11	1:12:57 1:24	1:14:49 1:52	1:15:26 0:37	1:16:24 0:58
<b>D-18/20B (2)</b>		<b>3,9 km 130 m 17 C</b>														
		1(83) 15(50)	2(97) 16(77)	3(93) 17(100)	4(63) Meta	5(85)	6(72)	7(56)	8(58)	9(75)	10(51)	11(54)	12(57)	13(99)	14(59)	
<b>1</b>	<b>María Suarez Madrid FEDO</b>	<b>1:06:57</b>	<b>3:53</b> 3:53 1:00:19 2:02	9:53 6:00 1:03:48 3:29	<b>20:56</b> 11:03 1:06:24 2:36	<b>25:48</b> 4:52 1:06:57 0:33	<b>27:29</b> 1:41	<b>34:17</b> 6:48	<b>37:58</b> 3:41	<b>40:02</b> 2:04	<b>45:06</b> 5:04	<b>49:06</b> 4:00	<b>50:34</b> 1:28	<b>54:32</b> 3:58	<b>56:13</b> 1:41	<b>58:17</b> 2:04
<b>2</b>	<b>María Teresa Presencio De Olmec Sevilla ADOL</b>	<b>1:43:30</b>	5:03 5:03 1:37:24 3:38	<b>9:40</b> 4:37 1:40:42 3:18	28:33 18:53 1:42:51 2:09	43:52 15:19 1:43:30 0:39	45:48 1:56	56:34 10:46	1:06:13 9:39	1:08:09 1:56	1:14:56 6:47	1:20:27 5:31	1:22:16 1:49	1:27:41 5:25	1:30:22 2:41	1:33:46 3:24
<b>H-60 (9)</b>		<b>3,6 km 105 m 14 C</b>														
		1(79) Meta	2(92)	3(93)	4(63)	5(85)	6(48)	7(59)	8(76)	9(51)	10(54)	11(57)	12(50)	13(75)	14(100)	
<b>1</b>	<b>José Samper García Alicante VILLENA-O</b>	<b>39:36</b>	3:03 3:03 39:36 0:30	<b>5:06</b> 2:03	<b>9:00</b> 3:54	<b>11:57</b> 2:57	<b>13:43</b> 1:46	<b>17:51</b> 4:08	<b>20:45</b> 2:54	<b>25:27</b> 4:42	<b>27:26</b> 1:59	<b>28:18</b> 0:52	<b>32:46</b> 4:28	<b>35:31</b> 2:45	<b>36:28</b> 0:57	<b>39:06</b> 2:38
<b>2</b>	<b>Rafael Martínez García Murcia LORCA-O</b>	<b>53:55</b>	6:43 6:43 53:55 0:46	10:15 3:32	14:53 4:38	17:53 3:00	21:20 3:27	28:06 6:46	31:59 3:53	37:24 5:25	39:57 2:33	41:28 1:31	44:54 3:26	47:47 2:53	49:17 1:30	53:09 3:52
<b>3</b>	<b>José Font García Valencia VALENCIA-O</b>	<b>1:00:55</b>	<b>2:56</b> 2:56 1:00:55 0:30	6:18 3:22	11:03 4:45	17:23 6:20	18:32 1:09	24:53 6:21	28:53 4:00	37:50 8:57	40:21 2:31	43:39 3:18	48:33 4:54	55:56 7:23	57:17 1:21	1:00:25 3:08
<b>3</b>	<b>Antonio Rodríguez Montoro Granada VELETA</b>	<b>1:00:55</b>	5:07 5:07 1:00:55 0:30	7:17 2:10	11:53 4:36	26:26 14:33	27:34 1:08	33:16 5:42	37:53 4:37	42:53 5:00	48:40 5:47	50:01 1:21	53:21 3:20	55:45 2:24	56:52 1:07	1:00:25 3:33
<b>5</b>	<b>Francisco Bellisario Madrid MONTE EL PARDO</b>	<b>1:10:51</b>	4:48 4:48 1:10:51 0:49	7:51 3:03	15:12 7:21	19:06 3:54	21:27 2:21	29:30 8:03	34:39 5:09	49:51 15:12	54:33 4:42	56:11 1:38	1:00:35 4:24	1:04:08 3:33	1:05:39 1:31	1:10:02 4:23
<b>6</b>	<b>Ricardo Iñiguez Crespo Valencia CORRECAMINOS</b>	<b>1:19:20</b>	3:44 3:44 1:19:20 0:48	9:47 6:03	24:55 15:08	29:41 4:46	36:23 6:42	44:06 7:43	51:48 7:42	57:11 5:23	1:00:02 2:51	1:01:37 1:35	1:05:59 4:22	1:12:38 6:39	1:14:03 1:25	1:18:32 4:29
<b>7</b>	<b>Carlos Castro Bobillo Valladolid CDP-O</b>	<b>1:19:39</b>	6:58 6:58 1:19:39 0:30	9:27 2:29	20:56 11:29	26:26 5:30	27:35 1:09	33:49 6:14	55:28 21:39	1:00:01 4:33	1:04:29 4:28	1:05:40 1:11	1:08:45 3:05	1:12:33 3:48	1:15:48 3:15	1:19:09 3:21
<b>8</b>	<b>José Salas Jodar Murcia LORCA-O</b>	<b>1:25:57</b>	4:33 4:33 1:25:57 0:31	9:05 4:32	16:39 7:34	21:23 4:44	30:11 8:48	36:25 6:14	48:30 12:05	54:18 5:48	1:01:03 6:45	1:02:56 1:53	1:13:03 10:07	1:18:26 5:23	1:20:43 2:17	1:25:26 4:43
<b>9</b>	<b>Francisco Martínez Porteros Madrid O-CHARLIES ORIENTA-T</b>	<b>2:10:30</b>	10:24 10:24 2:10:30 0:33	19:07 8:43	37:21 18:14	43:47 6:26	49:29 5:42	1:01:36 12:07	1:07:06 5:30	1:23:23 16:17	1:30:48 7:25	1:32:08 1:20	1:35:22 3:14	2:05:08 29:46	2:06:18 1:10	2:09:57 3:39
<b>D-60 (3)</b>		<b>2,4 km 50 m 12 C</b>														
		1(83)	2(97)	3(53)	4(56)	5(99)	6(60)	7(76)	8(51)	9(88)	10(77)	11(89)	12(100)	Meta		
<b>1</b>	<b>Carmen Perona Morales Valencia VALENCIA-O</b>	<b>1:04:42</b>	9:48 9:48	16:26 6:38	<b>21:18</b> 4:52	<b>26:53</b> 5:35	<b>29:34</b> 2:41	<b>38:33</b> 8:59	<b>49:40</b> 11:07	<b>54:26</b> 4:46	<b>55:59</b> 1:33	<b>59:20</b> 3:21	<b>1:02:14</b> 2:54	<b>1:04:00</b> 1:46	<b>1:04:42</b> 0:42	
<b>2</b>	<b>Amalia Sanz Barceló Alicante VILLENA-O</b>	<b>1:25:28</b>	10:48 10:48	33:57 23:09	40:57 7:00	48:51 7:54	59:01 10:10	1:04:05 5:04	1:10:12 6:07	1:14:27 4:15	1:15:43 1:16	1:19:01 3:18	1:22:30 3:29	1:24:31 2:01	1:25:28 0:57	
<b>3</b>	<b>Amalia Galdón Delgado Valencia SIMEPIERDO</b>	<b>1:55:22</b>	<b>9:05</b> 9:05	<b>14:36</b> 5:31	22:34 7:58	42:18 19:44	48:06 5:48	55:40 7:34	1:22:04 26:24	1:28:03 5:59	1:32:57 4:54	1:45:23 12:26	1:53:27 8:04	1:54:48 1:21	1:55:22 0:34	
<b>OPEN AMARILLO (22)</b>		<b>1,8 km 40 m 8 C</b>														
		1(97)	2(41)	3(53)	4(81)	5(80)	6(99)	7(89)	8(100)	Meta						
<b>1</b>	<b>Marcos Delgado Muñoz Toledo TOLEDO-O</b>	<b>50:34</b>	19:43 19:43	23:37 3:54	32:05 8:28	37:07 5:02	42:14 5:07	46:11 3:57	48:47 2:36	50:00 1:13	<b>50:34</b> 0:34					
<b>2</b>	<b>Paula Puche Herrero Albacete GODIH</b>	<b>51:22</b>	16:59 16:59	22:13 5:14	29:57 7:44	35:03 5:06	38:24 3:21	43:40 5:16	49:55 6:15	50:49 0:54	51:22 0:33					
<b>3</b>	<b>Jorge Ruiz Jiménez Guadajara C.O.GUADALAJARA</b>	<b>51:34</b>	11:25 11:25	15:41 4:16	<b>24:06</b> 8:25	<b>30:43</b> 6:37	<b>32:51</b> 2:08	43:38 10:47	49:53 6:15	50:55 1:02	51:34 0:39					
<b>4</b>	<b>Laura Horn Madrid FEDO</b>	<b>56:01</b>	<b>9:28</b> 9:28	16:38 7:10	29:50 13:12	38:24 8:34	42:39 4:15	47:47 5:08	52:31 4:44	55:20 2:49	56:01 0:41					
<b>5</b>	<b>Miguel Fernandez Rodriguez Asturias LA BRUJULA - JAIRE</b>	<b>1:06:33</b>	11:12 11:12	20:05 8:53	26:38 6:33	33:10 6:32	57:20 24:10	1:00:18 2:58	1:04:40 4:22	1:06:02 1:22	1:06:33 0:31					
<b>6</b>	<b>Alejandra Tabuena Orrego Zaragoza IBÓN</b>	<b>1:08:55</b>	24:19 24:19	34:00 9:41	43:57 9:57	50:45 6:48	55:14 4:29	1:01:22 6:08	1:06:10 4:48	1:08:23 2:13	1:08:55 0:32					
<b>7</b>	<b>Marta Jaen Mesonero Guadajara C.O.GUADALAJARA</b>	<b>1:09:32</b>	25:41 25:41	33:54 8:13	48:49 14:55	53:40 4:51	59:50 6:10	1:03:20 3:30	1:07:25 4:05	1:08:50 1:25	1:09:32 0:42					
<b>8</b>	<b>LAURA MARTINEZ LASSO Valladolid CDP-O</b>	<b>1:14:51</b>	29:44 29:44	35:56 6:12	44:21 8:25	50:45 6:24	54:41 3:56	1:05:55 11:14	1:10:24 4:29	1:13:25 3:01	1:14:51 1:26					

Table with columns: Pos, Nombre, Tiempo, and 10 time segments (1(97) to Meta). Includes results for OPEN AMARILLO (22) with names like Alex Rezzonico Blanco and Irene Morillas Flores.

Table with columns: Pos, Nombre, Tiempo, and 14 time segments (1(97) to 14(100)). Includes results for OPEN NARANJA (23) with names like Alberto Lorenzo Arroyo and Carlos Martinez Cortizas.

Pos Nombre Tiempo

<b>OPEN NARANJA (23)</b>		<b>3,9 km 90 m</b>		<b>14 C</b>		<i>(cont.)</i>										
		1(97) Meta	2(84)	3(74)	4(65)	5(98)	6(53)	7(81)	8(99)	9(54)	10(77)	11(87)	12(51)	13(88)	14(100)	
<b>15</b>	<b>Maria Asuncion Molina Socorro</b> Madrid FEDO	<b>2:17:37</b>	36:16 36:16 2:17:37 1:06	45:03 8:47	1:04:38 19:35	1:07:48 3:10	1:14:59 7:11	1:31:38 16:39	1:43:38 12:00	1:48:43 5:05	1:59:29 10:46	2:02:07 2:38	2:05:36 3:29	2:11:31 5:55	2:13:25 1:54	2:16:31 3:06
<b>16</b>	<b>Cristina Varela Marco</b> Alicante VILLENA-O	<b>2:23:30</b>	12:20 12:20 2:23:30 0:42	36:47 24:27	54:03 17:16	59:45 5:42	1:04:51 5:06	1:31:21 26:30	1:39:21 8:00	1:55:48 16:27	2:03:07 7:19	2:10:16 7:09	2:15:10 4:54	2:19:49 4:39	2:20:43 0:54	2:22:48 2:05
	<b>Javier Alvarez Gonzalez</b> Madrid COLMENAR	<b>control</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	<b>Angel Berrocal Garcia</b> Madrid FEDO	<b>en tarj.</b>	----- 1:12:00 0:37	13:07 13:07	24:11 11:04	26:05 1:54	28:35 2:30	34:55 6:20	38:12 3:17	56:26 18:14	1:00:26 4:00	1:03:40 3:14	1:05:27 1:47	1:07:25 1:58	1:09:04 1:39	1:11:23 2:19
	<b>Carlos DÃ-az MarÃ-n</b> Guadalajara C.O.GUADALAJARA	<b>en tarj.</b>	10:11 10:11 1:31:59 1:28	30:23 20:12	46:42 16:19	50:38 3:56	53:10 2:32	58:38 5:28	1:04:36 5:58	1:13:17 8:41	1:16:22 3:05	1:17:20 <b>0:58</b>	1:23:04 5:44	1:28:49 5:45	1:30:31 1:42	-----
	<b>Ricardo GarcÃ-a Rios</b> Madrid COLMENAR	<b>bandona</b>	----- 2:07:06 1:00	56:17 56:17	1:08:42 1:32:55 *80	1:10:56 2:14	----- 1:23:11	1:27:58 12:15	----- 4:47	----- 2:02:53	----- 34:55	-----	-----	-----	-----	2:06:06 3:13
	<b>Marina Tamarit Villarroya</b> Valencia VALENCIA-O	<b>bandona</b>	19:13 19:13 3:45:31 7:48	32:12 12:59	47:19 15:07	51:26 4:07	56:03 4:37	1:11:20 15:17	1:21:10 9:50	3:37:43 2:16:33	-----	-----	-----	-----	-----	-----
	<b>MarÃ-a JesÃ-s Rivera</b> Madrid FEDO	<b>bandona</b>	2:02:07 2:02:07 3:55:22 1:35	2:16:42 14:35	2:28:20 11:38 3:25:13 *58	2:31:16 2:56	2:38:16 7:00	3:03:32 25:16	3:11:25 7:53	3:46:17 34:52	-----	-----	-----	-----	-----	3:53:47 7:30
	<b>Laura Contreras GarcÃa</b> Madrid ALABARDA-O	<b>bandona</b>	33:06 33:06	40:22 7:16	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

<b>OPEN ROJO (31)</b>		<b>3,9 km 130 m</b>		<b>17 C</b>												
		1(83) 15(50)	2(97) 16(77)	3(93) 17(100)	4(63) Meta	5(85)	6(72)	7(56)	8(58)	9(75)	10(51)	11(54)	12(57)	13(99)	14(59)	
<b>1</b>	<b>JUAN ANTONIO MORALES PÈRE</b> Madrid FEDO	<b>47:26</b>	3:45 3:45 43:55 2:57	7:46 4:01 45:57 2:02	12:30 4:44 47:03 1:06	15:03 2:33 47:26 0:23	16:12 1:09	21:19 5:07	26:22 5:03	29:08 2:46	32:32 3:24	35:08 2:36	35:53 0:45	38:43 2:50	39:38 0:55	40:58 1:20
<b>2</b>	<b>Francisco MuÃoz GenovÃs</b> Guadalajara C.O.GUADALAJARA	<b>1:09:18</b>	3:46 3:46 1:01:45 2:27	6:33 2:47	17:21 10:48	20:42 3:21	22:40 1:58	28:30 5:50	33:26 4:56	34:52 1:26	44:55 10:03	47:41 2:46	48:54 1:13	56:04 7:10	57:12 1:08	59:18 2:06
<b>3</b>	<b>Manuel Caro Huertas</b> Toledo TOLEDO-O	<b>1:14:24</b>	3:25 3:25 1:00:46 2:22	8:17 4:52	16:33 8:16	19:02 2:29	20:46 1:44	30:25 9:39	38:03 7:38	41:30 3:27	45:43 4:13	48:08 2:25	49:03 0:55	53:39 4:36	56:35 2:56	58:24 1:49
<b>4</b>	<b>Eduardo Serra Bartual</b> Valencia SIMEPIERDO	<b>1:21:18</b>	7:24 7:24 1:14:51 2:55	14:18 6:54	22:57 8:39	28:18 5:21	30:16 1:58	38:19 8:03	42:37 4:18	47:19 4:42	54:46 7:27	1:00:18 5:32	1:01:28 1:10	1:06:36 5:08	1:09:18 2:42	1:11:56 2:38
<b>5</b>	<b>Francisco MartÃnez GarcÃa</b> Albacete GODIH	<b>1:22:01</b>	4:31 4:31 1:17:16 2:12	11:44 7:13	18:52 7:08	34:17 15:25	35:30 1:13	42:30 7:00	45:29 2:59	47:17 1:48	51:29 4:12	1:02:27 10:58	1:03:45 1:18	1:08:18 4:33	1:12:05 3:47	1:15:04 2:59
<b>6</b>	<b>Sara Perez Sanchez</b> Madrid FEDO	<b>1:22:36</b>	3:46 3:46 1:15:45 4:59	19:47 16:01	26:27 6:40	36:02 9:35	37:31 1:29	44:02 6:31	50:28 6:26	53:05 2:37	57:24 4:19	1:00:01 2:37	1:00:59 0:58	1:07:24 6:25	1:08:57 1:33	1:10:46 1:49
<b>7</b>	<b>Alvaro Rojo Perez</b> Madrid FEDO	<b>1:23:18</b>	6:37 6:37 1:18:46 2:23	24:39 18:02	35:03 10:24	41:25 6:22	43:27 2:02	48:21 4:54	51:26 3:05	1:01:37 10:11	1:05:54 4:17	1:08:25 2:31	1:09:43 1:18	1:13:17 3:34	1:14:40 1:23	1:16:23 1:43
<b>8</b>	<b>Eduardo Calzada Sanchez</b> Madrid FEDO	<b>1:26:01</b>	9:23 9:23 1:20:13 2:17	24:08 14:45	35:13 11:05	41:05 5:52	45:10 4:05	54:02 8:52	57:28 3:26	59:38 2:10	1:04:43 5:05	1:08:07 3:24	1:09:15 1:08	1:13:58 4:43	1:15:15 1:17	1:17:56 2:41
<b>9</b>	<b>Andres Alvarez</b> Madrid FEDO	<b>1:26:35</b>	7:34 7:34 1:17:33 1:51	15:43 8:09	24:13 8:30	30:56 6:43	37:58 7:02	46:18 8:20	49:14 2:56	51:48 2:34	58:18 6:30	1:02:52 4:34	1:04:10 1:18	1:10:48 6:38	1:13:00 2:12	1:15:42 2:42
<b>10</b>	<b>Fernando AntÃn GarcÃa</b> Madrid FEDO	<b>1:36:23</b>	5:00 5:00 1:31:22 5:11	25:50 20:50	43:16 17:26	46:36 3:20	49:26 2:50	56:00 6:34	1:03:49 7:49	1:05:32 1:43	1:10:13 4:41	1:12:54 2:41	1:13:48 0:54	1:22:20 8:32	1:23:27 1:07	1:26:11 2:44
<b>11</b>	<b>Pedro HuÃelamo Valero</b> Cuenca ELERUT	<b>1:38:27</b>	7:22 7:22 1:32:58 1:59	32:40 25:18	40:44 8:04	44:59 4:15	47:00 2:01	57:50 10:50	1:02:25 4:35	1:04:31 2:06	1:11:47 7:16	1:17:33 5:46	1:19:05 1:32	1:26:14 7:09	1:28:30 2:16	1:30:59 2:29
<b>12</b>	<b>Raul Quintana Escalera</b> Madrid FEDO	<b>1:38:34</b>	6:35 6:35 1:30:38 12:15	26:45 20:10	34:10 7:25	38:55 4:45	42:37 3:42	50:27 7:50	56:21 5:54	58:48 2:27	1:03:42 4:54	1:07:16 3:34	1:09:11 1:55	1:14:00 4:49	1:16:18 2:18	1:18:23 2:05

Pos	Nombre	Tiempo														
<b>OPEN ROJO (31)</b>			<b>3,9 km 130 m 17 C (cont.)</b>													
			1(83) 15(50)	2(97) 16(77)	3(93) 17(100)	4(63) Meta	5(85)	6(72)	7(56)	8(58)	9(75)	10(51)	11(54)	12(57)	13(99)	14(59)
<b>13</b>	<b>José Herreros Cebrián</b> <b>Albacete GODIH</b>	<b>1:41:07</b>	5:31 5:31 1:32:35 2:11	14:36 9:05 1:38:35 6:00	18:32 <b>3:56</b> 1:40:31 1:56	21:28 2:56 1:41:07 0:36	23:49 2:21	30:57 7:08	34:42 3:45	36:11 1:29	1:10:31 34:20	1:14:11 3:40	1:15:35 1:24	1:18:48 3:13	1:28:33 9:45	1:30:24 1:51
<b>14</b>	<b>Jaime Carrazedo Blasco</b> <b>Madrid FEDO</b>	<b>1:42:41</b>	10:09 10:09 1:37:40 <b>1:20</b>	17:36 7:27 1:40:06 2:26	32:38 15:02 1:42:09 2:03	35:13 2:35 1:42:41 0:32	37:38 2:25	45:52 8:14	48:59 3:07	51:55 2:56	1:18:42 26:47	1:20:58 <b>2:16</b>	1:22:57 1:59	1:26:36 3:39	1:28:00 1:24	1:36:20 8:20
<b>15</b>	<b>Ana Rodriguez-Miñázon</b> <b>Madrid IBERIA</b>	<b>1:44:16</b>	5:56 5:56 1:29:57 2:10	11:52 5:56 1:42:01 12:04	21:13 9:21 1:43:44 1:43	27:26 6:13 1:44:16 0:32	32:34 5:08	38:49 6:15	58:23 19:34	59:28 <b>1:05</b>	1:04:03 4:35	1:07:30 3:27	1:08:30 1:00	1:17:00 8:30	1:19:24 2:24	1:27:47 8:23
<b>16</b>	<b>Eduardo Escudero Balsalobre</b> <b>Madrid ALABARDA-O</b>	<b>1:44:47</b>	7:25 7:25 1:38:38 3:03	13:26 6:01 1:42:35 3:57	19:16 5:50 1:44:21 1:46	24:49 5:33 1:44:47 0:26	32:28 7:39	44:10 11:42	52:46 8:36	59:57 7:11	1:06:55 6:58	1:11:54 4:59	1:16:27 4:33	1:29:08 12:41	1:30:32 1:24	1:35:35 5:03
<b>17</b>	<b>SILVIA FERNANDEZ IZQUIERDO</b> <b>Madrid FEDO</b>	<b>1:55:14</b>	16:21 16:21 1:49:32 3:51	30:32 14:11 1:52:40 3:08	35:31 4:59 1:54:37 1:57	39:40 4:09 1:55:14 0:37	41:41 2:01	52:12 10:31	55:44 3:32	57:16 1:32	1:31:36 34:20	1:35:07 3:31	1:36:16 1:09	1:40:25 4:09	1:42:55 2:30	1:45:41 2:46
<b>18</b>	<b>estefania gil vaquero</b> <b>Madrid FEDO</b>	<b>1:56:29</b>	11:48 11:48 1:49:13 4:02	30:36 18:48 1:53:44 4:31	40:33 9:57 1:55:52 2:08	45:51 5:18 1:56:29 0:37	55:23 9:32	1:06:39 11:16	1:10:21 3:42	1:13:42 3:21	1:21:41 7:59	1:25:04 3:23	1:26:23 1:19	1:40:54 14:31	1:42:44 1:50	1:45:11 2:27
<b>19</b>	<b>Demetrio Gómez Blesa</b> <b>Valencia VALENCIA-O</b>	<b>2:02:49</b>	11:01 11:01 1:48:11 3:27	14:57 3:56 1:58:51 10:40	19:57 5:00 2:02:09 3:18	23:52 3:55 2:02:49 0:40	29:06 5:14	36:09 7:03	58:10 22:01	1:01:44 3:34	1:19:12 17:28	1:22:50 3:38	1:24:06 1:16	1:29:05 4:59	1:30:30 1:25	1:44:44 14:14
<b>20</b>	<b>Miguel Ortego Agustin</b> <b>Madrid FEDO</b>	<b>2:16:03</b>	10:07 10:07 2:01:28 1:58	22:48 12:41 2:12:30 11:02	51:04 28:16 2:15:14 2:44	56:00 4:56 2:16:03 0:49	58:12 2:12	1:06:05 7:53	1:17:33 11:28	1:19:49 2:16	1:25:12 5:23	1:35:12 10:00	1:37:03 1:51	1:44:24 7:21	1:46:51 2:27	1:59:30 12:39
<b>21</b>	<b>Mª de la Luz Casero Page</b> <b>Cuenca ELERUT</b>	<b>2:27:04</b>	18:46 18:46 2:19:55 2:50	31:53 13:07 2:24:02 4:07	1:17:22 45:29 2:26:12 2:10	1:22:48 5:26 2:27:04 0:52	1:25:38 2:50	1:37:07 11:29	1:44:47 7:40	1:47:58 3:11	1:55:43 7:45	2:01:12 5:29	2:03:52 2:40	2:09:41 5:49	2:12:39 2:58	2:17:05 4:26
<b>22</b>	<b>Ruth García Berzal</b> <b>Madrid FEDO</b>	<b>2:47:27</b>	1:06:09 1:06:09 2:40:50 2:52	1:23:01 16:52 2:45:01 4:11	1:38:13 15:12 2:46:47 1:46	1:43:50 5:37 2:47:27 0:40	1:47:05 3:15	1:58:10 11:05	2:05:29 7:19	2:09:38 4:09	2:16:49 7:11	2:22:08 5:19	2:24:55 2:47	2:30:42 5:47	2:33:35 2:53	2:37:58 4:23
<b>23</b>	<b>Jose Luis Castilla Peñate</b> <b>Madrid FEDO</b>	<b>3:20:18</b>	39:51 39:51 3:10:35 4:30	47:02 7:11 3:16:03 5:28	57:55 10:53 3:19:36 3:33	1:04:07 6:12 3:20:18 0:42	1:20:36 16:29	1:29:52 9:16	1:45:23 15:31	1:47:42 2:19	2:08:01 20:19	2:18:47 10:46	2:20:58 2:11	2:28:35 7:37	2:30:22 1:47	3:06:05 35:43
	<b>Jorge Jimenez Navarro</b> <b>Madrid FEDO</b>	<b>Control</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	<b>Alejandro Alvarez Gonzalez</b> <b>Madrid COLMENAR</b>	<b>Control en tarj.</b>	10:11 10:11 -----	16:52 6:41 -----	30:53 14:01 1:34:59 9:05	37:23 6:30 1:35:43 0:44	39:19 1:56	-----	59:58 20:39	1:01:08 1:10	-----	1:17:21 16:13	1:18:33 1:12	1:22:00 3:27	1:23:43 1:43	1:25:54 2:11
	<b>Antonio Díaz Marco</b> <b>Albacete GODIH</b>	<b>Control en tarj.</b>	8:12 8:12 -----	17:34 9:22 1:35:37 5:36	25:29 7:55 1:38:34 2:57	30:12 4:43 1:39:25 0:51	35:24 5:12	48:45 13:21	54:58 6:13	57:31 2:33	1:09:33 12:02	1:15:42 6:09	1:17:59 2:17	1:23:42 5:43	1:26:12 2:30	1:30:01 3:49
	<b>Alejandro Ellena</b> <b>Madrid FEDO</b>	<b>Control en tarj.</b>	19:25 19:25 1:40:22 2:23	22:50 3:25 1:44:34 4:12	29:06 6:16 1:46:09 1:35	44:44 15:38 1:46:48 0:39	47:04 2:20	53:51 6:47	57:46 3:55	1:00:10 2:24	-----	-----	1:30:18 30:08	1:34:08 3:50	1:36:03 1:55	1:37:59 1:56
	<b>Carlos Jose Garcia Alvarado</b> <b>Madrid FEDO</b>	<b>Control en tarj.</b>	11:25 11:25 1:44:03 5:35	29:12 17:47 1:53:53 9:50	34:36 5:24 ----- 5:00	37:28 2:52 1:58:53 5:00	42:15 4:47	50:13 7:58	59:03 8:50	1:07:40 8:37	1:14:20 6:40	1:24:13 9:53	1:25:56 1:43	1:32:34 6:38	1:35:37 3:03	1:38:28 2:51
	<b>vistor martinez martinez</b> <b>Madrid FEDO</b>	<b>Control en tarj.</b>	30:11 30:11 -----	37:26 7:15 -----	52:46 15:20 3:00:21 27:47	1:23:14 30:28 3:01:33 1:12	1:24:32 1:18	1:34:53 10:21	1:38:23 3:30	1:40:13 1:50	1:57:57 17:44	2:10:53 12:56	2:11:55 1:02	2:15:57 4:02	2:21:12 5:15	2:32:34 11:22
	<b>Alberto Puig</b> <b>BOADILLAVENTURA BOADILLA</b>	<b>Control andona</b>	16:40 16:40 -----	40:35 23:55 -----	48:27 7:52 1:38:34 11:13	52:29 4:02 1:39:11 0:37	53:59 1:30	1:00:35 6:36	1:22:12 21:37	1:27:21 5:09	-----	-----	-----	-----	-----	-----
	<b>Israel Cogolludo Poves</b> <b>Madrid FEDO</b>	<b>Control andona</b>	15:28 15:28 -----	40:23 24:55 -----	----- ----- 1:41:01 1:00:38	----- ----- 1:42:44 1:43	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>H-65 (4)</b>			<b>2,5 km 80 m 11 C</b>													
			1(79)	2(84)	3(85)	4(53)	5(56)	6(58)	7(78)	8(60)	9(77)	10(89)	11(100)	Meta		
<b>1</b>	<b>Bartolomé Molino Canovas</b> <b>Murcia TOTANA-O</b>	<b>41:31</b>	<b>2:46</b> <b>2:46</b>	<b>8:24</b> 5:38	<b>12:30</b> 4:06	<b>17:17</b> <b>4:47</b>	<b>21:24</b> <b>4:07</b>	<b>31:08</b> 9:44	<b>32:35</b> <b>1:27</b>	<b>35:57</b> <b>3:22</b>	<b>37:54</b> 1:57	<b>39:52</b> 1:58	<b>40:59</b> <b>1:07</b>	41:31 0:32		
<b>2</b>	<b>Rolf Karset</b> <b>Steinkjer Orient Steinkjer Oriente</b>	<b>48:32</b>	4:39 4:39	9:08 <b>4:29</b>	17:34 8:26	22:27 4:53	30:53 8:26	32:43 <b>1:50</b>	34:54 2:11	43:11 8:17	45:03 <b>1:52</b>	46:38 <b>1:35</b>	48:01 1:23	48:32 <b>0:31</b>		
<b>3</b>	<b>Jesús Gago Calvo</b> <b>Baleares COM</b>	<b>56:15</b>	12:30 12:30	17:48 5:18	21:47 <b>3:59</b>	28:20 6:33	34:08 5:48	40:50 6:42	42:58 2:08	47:13 4:15	49:19 2:06	53:45 4:26	55:38 1:53	56:15 0:37		
<b>4</b>	<b>José Manuel Sánchez López</b> <b>Valladolid COV</b>	<b>56:55</b>	8:04 8:04	17:06 9:02	21:31 4:25	29:43 8:12	37:25 7:42	39:50 2:25	41:18 1:28	47:03 5:45	52:42 5:39	55:01 2:19	56:14 1:13	56:55 0:41		

Pos	Nombre	Tiempo													
D-65 (1)		2,4 km 50 m			12 C										
		1(83)	2(97)	3(53)	4(56)	5(99)	6(60)	7(76)	8(51)	9(88)	10(77)	11(89)	12(100)	Meta	
1	Anne-Berit Kyhri Karsset Steinkjer Orient Steinkjer Oriente	1:45:25	12:53	30:46	38:03	55:42	1:01:12	1:08:11	1:26:03	1:32:15	1:33:43	1:37:24	1:41:04	1:44:35	1:45:25
		12:53	17:53	7:17	17:39	5:30	6:59	17:52	6:12	1:28	3:41	3:40	3:31	0:50	