





Pos	Nombre	Tiempo															
<b>D-21A (27)</b>			<b>3,0 km 50 m</b>		<b>5 C (cont.)</b>												
			1(64)	2(76)	3(52)	4(72)	5(100)	Meta									
21	Ana Belén Palomares González Madrid GOCAN	1:04:45	45:30 45:30 39:55 *87	52:00 6:30 41:37 *73	1:00:59 8:59	1:02:50 1:51	1:04:13 1:23	1:04:45 0:32	4:43 *62	15:34 *38	22:55 *80	23:53 *50	26:27 *82	36:32 *45	38:07 *66		
22	Maria Gracia Gibert Barcelona FARRA-O	1:08:22	53:28 53:28 45:26 *87	55:33 2:05 48:26 *73	1:04:09 8:36	1:05:48 1:39	1:07:45 1:57	1:08:22 0:37	17:06 *62	27:53 *38	32:39 *80	33:45 *50	37:31 *82	41:19 *45	43:18 *66		
23	Beatriz Bernardino Nuño Madrid RUMBO-MADRID SANSE	1:11:09	57:52 57:52 50:32 *87	58:59 1:07 52:12 *73	1:06:56 7:57	1:08:50 1:54	1:10:37 1:47	1:11:09 0:32	11:37 *62	24:23 *38	40:01 *80	41:04 *50	44:17 *82	47:33 *45	49:04 *66		
24	Beatriz López López Cuenca COMCU	1:11:10	58:09 58:09	59:51 1:42	1:08:22 8:31	1:09:26 1:04	1:10:45 1:19	1:11:10 0:25	52:36 *73								
25	Henar Silvestre Ferradal Madrid RUMBO-MADRID SANSE	1:27:33	1:06:53 1:06:53 54:33 *87	1:09:52 2:59 57:36 *73	1:23:21 13:29	1:25:07 1:46	1:26:51 1:44	1:27:33 0:42	15:08 *62	31:25 *38	35:59 *80	37:25 *50	44:55 *82	48:18 *45	51:58 *66		
26	Ana García Rivas Valladolid COV	1:38:05	59:35 59:35 51:47 *87	1:08:18 8:43 54:26 *73	1:33:26 25:08	1:34:56 1:30	1:37:13 2:17	1:38:05 0:52	6:37 *62	26:12 *38	37:46 *80	38:55 *50	43:38 *82	47:46 *45	49:58 *66		
27	IRENE CORREA PEDRAZA Cuenca ELERUT	1:49:26	1:11:46 1:11:46 1:04:06 *87	1:14:12 2:26 1:06:50 *73	1:45:42 31:30	1:46:48 1:06	1:48:58 2:10	1:49:26 0:28	18:16 *62	32:53 *38	39:17 *80	40:41 *50	55:31 *82	1:00:03 *45	1:02:18 *66		
<b>D-21B (20) Cancelado</b>			<b>2,5 km 55 m</b>		<b>4 C</b>												
			1(51)	2(60)	3(68)	4(100)	Meta										
	Eva Suarez Zapico Asturias ASTUR EXTREM	r en tarj.	----- 26:07 *73	----- 32:09 *64	----- 34:05 *76	42:02 42:02 39:33 *52	42:32 0:30 40:47 *72	3:39 *62	10:57 *38	14:01 *80	14:59 *50	18:06 *82	21:08 *45	22:34 *66	24:21 *87		
	Mary Ochs Madrid MONTE EL PARDO	r en tarj.	----- 31:53 *87	----- 33:30 *73	----- 36:18 *64	47:18 47:18 37:35 *76	47:42 0:24 44:03 *52	45:44 *72	4:23 *62	15:19 *38	19:24 *50	21:35 *80	22:19 *50	25:09 *82	28:03 *45	29:54 *66	
	Paola Briz Martinez Toledo NAVALCAN-O	r en tarj.	----- 32:37 *73	----- 40:30 *64	----- 41:58 *76	53:16 53:16 50:57 *52	53:48 0:32 52:00 *72	4:05 *62	12:51 *38	16:31 *80	17:54 *50	22:03 *82	27:11 *45	29:12 *66	30:56 *87		
	Miriam Santamaría Villegas ORIENTE ORIENTE	r en tarj.	----- 33:59 *73	----- 37:45 *64	----- 39:42 *76	59:22 59:22 56:52 *52	59:57 0:35 57:48 *72	57:50 *72	4:30 *62	13:00 *38	17:12 *80	18:15 *50	21:15 *82	26:36 *45	29:40 *66	32:05 *87	
	María Sifuentes Carranza Murcia LORCA-O	r en tarj.	----- 39:40 *73	----- 44:58 *64	----- 46:40 *76	59:25 59:25 56:45 *52	59:57 0:32 57:53 *72	3:52 *62	20:17 *38	25:23 *80	26:19 *50	30:47 *82	34:16 *45	35:57 *66	37:47 *87		
	María García Marín ORIENTE ORIENTE	r en tarj.	----- 38:02 *73	----- 44:58 *64	----- 47:21 *76	59:39 59:39 55:40 *52	1:00:00 0:21 58:18 *72	5:28 *62	17:31 *38	22:03 *80	23:26 *50	27:15 *82	31:37 *45	33:37 *66	36:28 *87		
	Piedad Mesonero Guerra Guadalajara C.O.GUADALAJARA	r en tarj.	----- 40:10 *73	----- 45:02 *64	----- 46:57 *76	1:01:27 1:01:27 58:02 *52	1:02:02 0:35 59:58 *72	4:59 *62	16:06 *38	23:52 *80	24:37 *50	28:49 *82	33:00 *45	35:46 *66	37:58 *87		
	Raquel Hernandez Garcia Valladolid CDP-O	r en tarj.	----- 41:55 *73	----- 47:27 *64	----- 49:20 *76	1:04:15 1:04:15 1:00:57 *52	1:04:46 0:31 1:02:49 *72	8:12 *62	18:07 *38	23:46 *80	25:26 *50	30:54 *82	36:11 *45	37:46 *66	40:00 *87		
	Mari Cruz López De Mota Pérez Murcia LORCA-O	r en tarj.	----- 48:08 *73	----- 53:29 *64	----- 55:00 *76	1:08:22 1:08:22 1:05:28 *52	1:08:56 0:34 1:07:03 *72	4:35 *62	29:08 *38	34:11 *80	35:23 *50	40:07 *82	43:26 *45	45:00 *66	46:35 *87		
	Esther Peña Arroyo Toledo NAVALCAN-O	r en tarj.	----- 43:02 *73	----- 1:03:22 *64	----- 1:04:23 *76	1:12:47 1:12:47 1:10:31 *52	1:13:21 0:34 1:11:29 *72	4:01 *62	21:16 *38	27:37 *80	28:32 *50	33:10 *82	35:46 *45	39:48 *66	41:12 *87		
	Mònica Valiñas Picallo Barcelona COB	r en tarj.	----- 48:28 *73	----- 56:28 *64	----- 58:18 *76	1:13:41 1:13:41 1:10:31 *52	1:14:20 0:39 1:12:06 *72	6:12 *62	19:07 *38	26:04 *80	27:11 *50	30:04 *82	35:08 *45	39:59 *66	46:15 *87		
	Mercedes Sánchez Álvaro Cuenca COMCU	r en tarj.	----- 48:53 *73	----- 1:01:41 *64	----- 1:03:09 *76	1:15:07 1:15:07 1:11:42 *52	1:15:49 0:42 1:13:16 *72	7:44 *62	23:01 *38	29:28 *80	33:01 *50	35:49 *82	40:47 *45	44:31 *66	46:51 *87		
	María Pilar Gómez Tena Castellón ADCON	r en tarj.	----- 44:52 *73	----- 50:25 *64	----- 52:26 *76	1:18:13 1:18:13 1:14:50 *52	1:18:49 0:36 1:16:41 *72	8:47 *62	20:39 *38	25:23 *80	26:46 *50	31:12 *82	36:32 *45	40:02 *66	42:45 *87		
	Cristina Fernández Leñador Madrid MONTE EL PARDO	r en tarj.	----- 51:09 *73	----- 57:55 *64	----- 1:01:11 *76	1:19:43 1:19:43 1:13:37 *52	1:20:33 0:50 1:16:49 *72	5:13 *62	16:43 *38	21:55 *80	29:08 *50	33:57 *82	41:26 *45	45:42 *66	48:24 *87		
	Susana Herradas Martin Madrid IMPERDIBLE BUFF	r en tarj.	52:04 52:04	----- -----	1:18:06 26:02	1:22:22 4:16	1:23:14 0:52	49:07 *73	1:14:13 *74								

Pos	Nombre	Tiempo				
<b>D-21B (20) Cancelado</b>						
		<b>2,5 km 55 m</b>		<b>4 C (cont.)</b>		
		1(51)	2(60)	3(68)	4(100)	Meta
	<b>Raquel Pinilla Pérez</b>	-----	-----	-----	1:56:06	1:56:59
	<b>Madrid SOTOBOSQUE</b>				1:56:06	0:53
		1:27:27	1:33:14	1:41:04	1:50:15	1:53:06
		*73	*64	*76	*52	*72
	<b>Manuela Alonso Zorrilla</b>	-----	-----	-----	3:01:45	3:02:23
	<b>Alicante SANT JOAN</b>				3:01:45	0:38
		2:23:43	2:30:05	2:36:03	2:57:34	2:59:39
		*73	*64	*76	*52	*72
	<b>Patricia Carrasco Rodríguez</b>	-----	-----	-----	1:24:10	1:25:11
	<b>Toledo NAVALCAN-O</b>				1:24:10	1:01
	<b>Teresa Aranzazu Arcones Laosa</b>	-----	-----	-----	-----	-----
	<b>Madrid ALABARDA-O</b>					
	<b>Susana Calvo Álvarez</b>	-----	-----	-----	-----	-----
	<b>Yelmo Orientació Yelmo Orientac</b>					
<b>D-35A (24)</b>						
		<b>3,0 km 60 m</b>		<b>4 C</b>		
		1(55)	2(74)	3(72)	4(100)	Meta
<b>1</b>	<b>Mari Angeles Marí y Marín</b>	<b>33:09</b>	<b>26:47</b>	<b>28:49</b>	<b>31:33</b>	<b>32:38</b>
	<b>Ciudad Real MANZANARES-O</b>		<b>26:47</b>	<b>2:02</b>	2:44	1:05
					0:31	0:31
						*73
<b>2</b>	<b>Anna Amigó Bertrán</b>	<b>36:30</b>	29:36	32:45	34:51	36:00
	<b>Barcelona COC</b>		29:36	3:09	<b>2:06</b>	1:09
			25:45	27:41		0:30
			*86	*73		
<b>3</b>	<b>Alba Gavela Ramos</b>	<b>37:20</b>	26:56	32:26	35:34	36:55
	<b>Burgos TJALVE</b>		26:56	5:30	3:08	1:21
			22:02	24:20	30:22	0:25
			*86	*73	*60	
<b>4</b>	<b>Andrea Viqueira</b>	<b>37:34</b>	30:52	33:07	35:46	37:04
	<b>Madrid COLMENAR</b>		30:52	2:15	2:39	1:18
						0:30
<b>5</b>	<b>María Teresa Barceló Otolora</b>	<b>38:43</b>	32:11	34:16	36:59	38:12
	<b>Murcia TOTANA-O</b>		32:11	2:05	2:43	1:13
			26:50	28:43		0:31
			*86	*73		
<b>6</b>	<b>Adela Illamola Colomer</b>	<b>39:02</b>	30:00	34:00	37:02	38:28
	<b>Barcelona UEVIC</b>		30:00	4:00	3:02	1:26
			24:11	26:47		0:34
			*86	*73		
<b>7</b>	<b>Virginia Güell Rovira</b>	<b>40:34</b>	32:59	35:15	38:49	39:59
	<b>Barcelona UEVIC</b>		32:59	2:16	3:34	1:10
			27:36	29:53		0:35
			*86	*73		
<b>8</b>	<b>María José Martín Iglesias</b>	<b>41:39</b>	32:45	35:44	40:21	41:15
	<b>Madrid COLMENAR</b>		32:45	2:59	4:37	<b>0:54</b>
			23:31	25:22		0:24
			*86	*73		
<b>9</b>	<b>Ana Rosa Poveda Navarro</b>	<b>44:50</b>	38:38	41:00	43:27	44:30
	<b>Murcia CALASPARRA-O</b>		38:38	2:22	2:27	1:03
			34:33	36:33		<b>0:20</b>
			*86	*73		
<b>10</b>	<b>María José Romera García</b>	<b>45:54</b>	36:52	39:53	43:49	45:19
	<b>Murcia LORCA-O</b>		36:52	3:01	3:56	1:30
						0:35
						*73
<b>11</b>	<b>Sara Gómez Serra</b>	<b>46:56</b>	38:25	41:31	44:34	46:29
	<b>Madrid GOCAN</b>		38:25	3:06	3:03	1:55
			33:05	35:26		0:27
			*86	*73		
<b>12</b>	<b>Azucena San Juan De Castro</b>	<b>47:39</b>	38:46	41:54	46:02	47:07
	<b>Madrid SOTOBOSQUE</b>		38:46	3:08	4:08	1:05
			30:02	32:28		0:32
			*86	*73		
<b>13</b>	<b>Malen Blanco Cantero</b>	<b>48:12</b>	39:38	42:21	46:05	47:38
	<b>Zamora ZAMORA-O</b>		39:38	2:43	3:44	1:33
			34:30	36:43		0:34
			*86	*73		
<b>14</b>	<b>Ana Belen Pérez Riofrio</b>	<b>48:14</b>	38:14	41:10	46:33	47:43
	<b>Madrid IMPERDIBLE BUFF</b>		38:14	2:56	5:23	1:10
			26:20	28:12		0:31
			*86	*73		
<b>15</b>	<b>Marisol Gutiérrez Sánchez</b>	<b>49:17</b>	39:42	45:23	47:41	48:46
	<b>Granada VELETA</b>		39:42	5:41	2:18	1:05
			35:39	37:27		0:31
			*86	*73		
<b>16</b>	<b>Marian Roldán Pareja</b>	<b>50:05</b>	38:30	43:46	47:59	49:41
	<b>Málaga COMA</b>		38:30	5:16	4:13	1:42
			33:41	35:57		0:24
			*86	*73		
<b>17</b>	<b>Mª Vanessa Ceide Vilela</b>	<b>53:16</b>	44:26	47:25	51:06	52:37
	<b>Lugo FLUVIAL LUGO</b>		44:26	2:59	3:41	1:31
						0:39
<b>18</b>	<b>Silvia Novoa</b>	<b>53:31</b>	41:26	48:23	51:13	53:04
	<b>Barcelona BADALONA-O</b>		41:26	6:57	2:50	1:51
			36:34	38:41		0:27
			*86	*73		
<b>19</b>	<b>Maud Barthelemy</b>	<b>55:32</b>	46:18	50:31	53:34	54:57
	<b>Madrid COLMENAR</b>		46:18	4:13	3:03	1:23
			37:49	40:06		0:35
			*86	*73		
<b>20</b>	<b>Nekane Astigarraga Suarez</b>	<b>56:58</b>	48:25	51:54	54:59	56:25
	<b>Madrid COLMENAR</b>		48:25	3:29	3:05	1:26
			42:05	44:16		0:33
			*86	*73		



Pos	Nombre	Tiempo														
<b>D-40 (30)</b>		<b>3,1 km 80 m</b>			<b>5 C (cont.)</b>					Meta						
		1(64)	2(76)	3(74)	4(68)	5(100)										
9	Iryna Beketova Madrid MAXIMUS	52:23	42:31	44:06	48:30	50:29	51:51	52:23	38:08							
10	Raquel Osuna Zamora Madrid O-GETAFE	52:25	40:43	42:48	48:48	50:33	52:00	52:25	9:03	9:56	11:08	20:52	23:26	27:23	28:30	
11	Ana Moraga Giménez Valencia UVALENCIA	53:45	43:32	45:45	49:26	51:49	53:15	53:45	4:30	6:46	8:35	20:46	23:40	27:46	28:50	
12	Joaquina Herrero Vinader Albacete GODIH	54:05	44:12	47:01	49:24	52:04	53:36	54:05	3:52	4:41	7:34	20:13	22:49	26:44	27:56	
13	Elena Valverde Carrillo Ciudad Real MANZANARES-O	56:37	46:42	48:08	51:54	53:55	56:02	56:37	4:20	5:14	6:16	22:06	30:47	33:54	35:08	
14	María Romero Martínez Murcia TOTANA-O	58:11	48:46	50:42	54:05	56:06	57:48	58:11	3:48	4:48	6:03	21:00	32:38	36:08	39:10	
15	Silvia Camblor Keller Asturias NORDESTE-O	1:00:20	51:15	53:22	56:19	58:19	59:46	1:00:20								
16	María Purificaci Cortijos Sequera Murcia TOTANA-O	1:01:39	50:50	52:46	55:55	59:51	1:01:16	1:01:39	4:58	6:21	8:10	19:37	23:45	36:04	37:11	
17	Isabel Serrano Rico Sevilla ADOL	1:04:54	54:17	57:02	1:00:10	1:02:35	1:04:20	1:04:54	4:25	5:33	7:23	30:34	33:43	38:56	40:06	
18	Lidia Barea Castaño Alicante COLIVENC	1:05:27	51:05	53:34	58:37	1:02:33	1:04:49	1:05:27	5:53	7:22	9:27	9:43	24:09	28:34	33:41	
19	Nuria Calvo Segovia Cuenca ELERUT	1:07:35	55:51	57:24	1:01:09	1:05:33	1:06:59	1:07:35	7:58	8:48	10:17	22:25	28:28	35:14	36:43	
20	Mª Teresa Bellido Díaz Valencia UVALENCIA	1:07:44	55:46	58:03	1:01:37	1:04:47	1:07:06	1:07:44	4:23	7:28	12:36	30:36	33:48	38:02	39:43	
21	Paloma Benito Cases Madrid COTA	1:11:10	58:39	1:03:16	1:06:15	1:08:46	1:10:34	1:11:10	5:41	6:42	9:17	27:21	31:01	36:13	39:34	
22	Covadonga Garcia Arroyo Toledo TOLEDO-O	1:14:03	1:00:55	1:05:33	1:09:08	1:11:40	1:13:23	1:14:03	3:54	5:25	5:39	7:01	29:53	30:24	34:07	
23	Mercedes García García Madrid COLMENAR	1:14:05	57:50	1:01:00	1:05:17	1:10:24	1:13:24	1:14:05	13:57	14:53	16:22	27:52	32:30	36:11	37:30	
24	Beatriz Delgado Cecilia Alicante UNIVERSIDAD ALICANTI	1:16:15	53:15	55:07	1:11:12	1:13:15	1:15:33	1:16:15	7:48	11:33	13:09	25:28	29:44	34:56	37:43	
25	Alicia Mateo Rojo Madrid COTA	1:16:48	1:04:13	1:08:51	1:12:17	1:14:41	1:16:16	1:16:48	6:41	7:20	9:00	32:51	37:10	42:15	45:30	
26	Maite Torres Romano Guadalajara C.O.GUADALAJARA	1:19:05	1:08:37	1:10:49	1:13:55	1:16:47	1:18:37	1:19:05	8:47	12:27	14:35	44:41	47:42	51:00	52:19	
27	María Paloma Fontana Pérez Córdoba LOS CALIFAS	1:22:14	57:05	1:09:16	1:12:21	1:19:47	1:21:33	1:22:14	3:22	4:27	5:52	25:53	35:30	38:28	39:37	
28	Rosario Peñalba Martínez Burgos CORZO	1:34:03	1:19:34	1:22:18	1:26:24	1:30:11	1:33:10	1:34:03	12:23	14:40	16:45	41:33	54:15	58:56	1:00:59	
29	Begoña Fernández Alcalde Madrid IMPERDIBLE BUFF	1:52:13	1:36:36	1:40:21	1:44:29	1:48:15	1:51:08	1:52:13	10:18	12:31	18:34	59:37	1:12:07	1:17:11	1:18:57	
30	Lola Rodríguez Díaz Toledo TOLEDO-O	1:57:30	1:43:12	1:45:31	1:49:07	1:54:59	1:57:00	1:57:30	35:46	37:26	39:59	1:17:04	1:22:27	1:28:31	1:30:10	

<b>D-45 (21)</b>		<b>2,4 km 50 m</b>			<b>4 C</b>		Meta								
		1(51)	2(60)	3(68)	4(100)										
1	Silvia Saoner Arévalo Madrid IMPERDIBLE BUFF	30:28	25:18	26:54	28:21	29:59	30:28	2:45	7:36	11:55	15:03	15:52	19:29	21:11	23:28



Pos	Nombre	Tiempo													
<b>D-55 (8)</b>		<b>1,9 km 35 m</b>			<b>4 C (cont.)</b>										
		1(51)	2(60)	3(68)	4(100)	Meta									
<b>6</b>	<b>Maria Hornell</b> <b>Madrid COLMENAR</b>	<b>1:05:30</b>	50:33 50:33	59:06 8:33	1:01:36 2:30	1:04:42 3:06	1:05:30 0:48	4:56 *58	18:46 *62	23:04 *59	29:49 *52	35:56 *80	37:47 *81	43:12 *87	46:56 *73
<b>7</b>	<b>Conchi Velasco Leal</b> <b>Murcia TOTANA-O</b>	<b>1:12:16</b>	1:02:56 1:02:56	1:05:40 2:44	1:08:07 2:27	1:11:34 3:27	1:12:16 0:42	4:14 *58	23:12 *62	26:01 *59	38:54 *52	45:26 *80	48:00 *81	52:51 *87	56:08 *73
<b>8</b>	<b>Mª Del Rosario Gutierrez Yanez</b> <b>Valladolid CDP-O</b>	<b>1:14:51</b>	59:50 59:50	1:07:04 7:14	1:11:25 4:21	1:14:08 2:43	1:14:51 0:43	3:43 *58	6:33 *62	15:10 *59	42:06 *52	45:48 *80	47:37 *81	53:34 *87	56:10 *73
<b>D-E (12)</b>		<b>3,4 km 80 m</b>			<b>5 C</b>										
		1(76)	2(83)	3(59)	4(60)	5(100)	Meta								
<b>1</b>	<b>Alicia Gil Sánchez</b> <b>Alicante COLIVENC</b>	<b>27:34</b>	<b>22:41</b> <b>22:41</b>	<b>24:40</b> 1:59	<b>24:59</b> 0:19	<b>25:44</b> 0:45	<b>27:05</b> 1:21	<b>27:34</b> 0:29	1:27 *63	2:57 *43	3:46 *65	9:14 *70	12:23 *50	12:59 *81	14:10 *82
<b>2</b>	<b>Natalia Gurchenkova</b> <b>Alicante COLIVENC</b>	<b>33:04</b>	27:33 27:33	29:29 1:56	29:53 0:24	30:56 1:03	32:34 1:38	33:04 0:30	1:37 *63	4:03 *43	5:07 *65	13:04 *70	16:21 *50	17:37 *81	19:28 *82
<b>3</b>	<b>Linnea Claesdotter</b> <b>Madrid FEDO</b>	<b>34:33</b>	26:33 26:33	29:26 2:53	29:53 0:27	32:22 2:29	34:13 1:51	34:33 0:20	1:57 *63	3:51 *43	5:18 *65	11:00 *70	13:38 *50	14:28 *81	16:09 *82
<b>4</b>	<b>Violeta Feliciano Sanjuan</b> <b>Alicante COLIVENC</b>	<b>38:11</b>	32:12 32:12	35:04 2:52	35:26 0:22	36:18 0:52	37:41 1:23	38:11 0:30	2:12 *63	4:27 *43	6:05 *65	13:22 *70	16:27 *50	17:41 *81	23:10 *82
<b>5</b>	<b>Laura López García</b> <b>Murcia LORCA-O</b>	<b>40:55</b>	34:22 34:22	37:13 2:51	37:38 0:25	38:42 1:04	40:26 1:44	40:55 0:29	4:42 *63	6:35 *43	8:34 *65	15:41 *70	19:29 *50	20:21 *81	21:56 *82
<b>6</b>	<b>Marta Sánchez Bruns</b> <b>Girona ALIGOTS</b>	<b>43:54</b>	36:40 36:40	39:45 3:05	40:22 0:37	41:24 1:02	43:32 2:08	43:54 0:22	3:28 *63	5:39 *43	6:51 *65	15:15 *70	20:08 *50	21:18 *81	25:36 *82
<b>7</b>	<b>Eva Maria Garrido Hens</b> <b>Madrid O-GETAFE</b>	<b>44:45</b>	37:21 37:21	39:54 2:33	40:20 0:26	42:40 2:20	44:23 1:43	44:45 0:22	2:21 *63	4:41 *43	6:30 *65	14:10 *70	17:41 *50	18:56 *81	21:40 *82
<b>8</b>	<b>Esther Arias Enero</b> <b>Huesca WAKHAN</b>	<b>47:46</b>	38:22 38:22	42:30 4:08	42:56 0:26	45:52 2:56	47:19 1:27	47:46 0:27	1:54 *63	4:32 *43	8:09 *65	21:26 *70	26:40 *50	28:29 *81	29:55 *82
<b>9</b>	<b>Jara Gracia Zafra</b> <b>Huesca WAKHAN</b>	<b>55:17</b>	48:44 48:44	51:47 3:03	52:09 0:22	53:08 0:59	54:44 1:36	55:17 0:33	9:54 *63	11:35 *43	14:03 *65	28:25 *70	32:17 *50	33:13 *81	39:07 *82
<b>10</b>	<b>Carolina Llop Calvo</b> <b>Madrid ENTREBALIZAS</b>	<b>56:29</b>	47:51 47:51	52:09 4:18	52:35 0:26	53:45 1:10	55:59 2:14	56:29 0:30	5:33 *63	7:49 *43	9:23 *65	30:00 *70	34:39 *50	35:37 *81	37:48 *82
<b>11</b>	<b>Raquel Ana Campos Sampedro</b> <b>Madrid T TRAGAME</b>	<b>1:10:28</b>	53:57 53:57	59:48 5:51	1:00:19 0:31	1:06:23 6:04	1:09:42 3:19	1:10:28 0:46	3:40 *63	5:59 *43	8:06 *65	20:24 *70	26:13 *50	29:10 *81	34:01 *82
	<b>Guadalupe Moreno Zúñiga</b> <b>Madrid MONTE EL PARDO</b>	<b>r en tarj.</b>	37:31 37:31	47:53 10:22	48:15 0:22	----- 0:22	50:48 2:33	51:16 0:28	3:08 *63	9:04 *43	10:55 *65	19:33 *70	23:44 *50	24:44 *81	28:25 *82
<b>H-12 (28)</b>		<b>1,9 km 50 m</b>			<b>3 C</b>										
		1(44)	2(41)	3(100)	Meta										
<b>1</b>	<b>Aaron González Peña</b> <b>Toledo TOLEDO-O</b>	<b>16:08</b>	<b>14:24</b> <b>14:24</b>	<b>15:13</b> 0:49	<b>15:39</b> 0:26	<b>16:08</b> 0:29	1:15 *61	2:07 *46	4:00 *42	5:02 *68	6:31 *79	7:07 *49	8:51 *35	10:49 *87	12:22 *73
<b>2</b>	<b>Mario Mínguez Saoner</b> <b>Madrid IMPERDIBLE BUFF</b>	<b>20:48</b>	18:56 18:56	19:45 0:49	20:18 0:33	20:48 0:30	1:34 *61	2:27 *46	6:44 *42	8:24 *68	11:50 *79	12:37 *49	13:45 *35	15:32 *87	17:11 *73
<b>3</b>	<b>Alvaro Mesas De Castro</b> <b>Toledo TOLEDO-O</b>	<b>21:20</b>	19:24 19:24	20:24 1:00	20:51 0:27	21:20 0:29	1:45 *61	3:08 *46	6:17 *42	8:06 *68	10:33 *79	11:23 *49	12:54 *35	15:11 *87	16:44 *73
<b>4</b>	<b>Javier Saz Basanta</b> <b>Zaragoza IBÓN</b>	<b>21:38</b>	19:34 19:34	20:43 1:09	21:12 0:29	21:38 0:26	1:40 *61	2:57 *46	7:45 *42	8:50 *68	10:53 *79	11:50 *49	12:47 *35	15:12 *87	16:50 *73
<b>5</b>	<b>Alex Picazo Huerta</b> <b>Albacete GODIH</b>	<b>21:56</b>	20:09 20:09	21:01 0:52	21:27 0:26	21:56 0:29	1:02 *61	1:42 *46	10:07 *42	11:20 *68	12:56 *79	13:36 *49	14:21 *35	16:27 *87	17:35 *73
<b>6</b>	<b>Manuel Martínez Barcelo</b> <b>Murcia TOTANA-O</b>	<b>22:58</b>	20:59 20:59	21:41 0:42	22:25 0:44	22:58 0:33	1:52 *61	2:37 *46	4:50 *42	8:29 *68	10:40 *79	11:33 *49	14:06 *35	15:45 *87	18:41 *73
<b>7</b>	<b>Eric Loré Amigó</b> <b>Barcelona COC</b>	<b>23:21</b>	20:38 20:38	22:24 1:46	23:01 0:37	23:21 0:20	2:06 *61	3:01 *46	8:13 *42	9:35 *68	11:41 *79	12:17 *49	13:04 *35	14:19 *87	15:51 *73
<b>8</b>	<b>Rodrigo Losada Moreno</b> <b>Madrid MONTE EL PARDO</b>	<b>23:23</b>	21:33 21:33	22:33 1:00	23:04 0:31	23:23 0:19	1:36 *61	2:33 *46	5:36 *42	7:28 *68	10:56 *79	11:59 *49	15:12 *35	17:23 *87	19:06 *73
<b>9</b>	<b>Manuel Saz Roba</b> <b>Zaragoza IBÓN</b>	<b>23:36</b>	22:05 22:05	22:52 0:47	23:14 0:22	23:36 0:22	1:29 *61	2:17 *46	9:46 *42	11:01 *68	12:57 *79	13:44 *49	15:12 *35	18:10 *87	19:28 *73
<b>10</b>	<b>Jorge De Miguel Armisén</b> <b>Alicante SANT JOAN</b>	<b>23:37</b>	21:44 21:44	22:43 0:59	23:17 0:34	23:37 0:20	2:06 *61	3:28 *46	6:31 *42	8:35 *68	11:02 *79	11:57 *49	12:54 *35	17:47 *87	19:34 *73
<b>11</b>	<b>Sergio Adeva Conde</b> <b>Valladolid CDP-O</b>	<b>23:50</b>	21:49 21:49	22:55 1:06	23:23 0:28	23:50 0:27	2:11 *61	3:01 *46	8:13 *42	9:35 *68	11:41 *79	12:17 *49	13:04 *35	14:19 *87	15:51 *73
<b>12</b>	<b>Carlos Ortíz López</b> <b>Albacete GODIH</b>	<b>27:38</b>	25:34 25:34	26:29 0:55	27:07 0:38	27:38 0:31	2:50 *61	3:55 *46	7:46 *42	8:59 *68	11:47 *79	15:34 *49	18:33 *35	21:28 *87	22:46 *73
<b>13</b>	<b>Julio Mínguez Saoner</b> <b>Madrid IMPERDIBLE BUFF</b>	<b>29:05</b>	27:04 24:45	27:45 0:41	28:34 0:49	29:05 0:31	5:15 *61	6:30 *46	10:18 *42	13:00 *41	14:32 *68	16:37 *79	17:36 *49	20:11 *35	21:48 *87





Pos	Nombre	Tiempo	2,4 km 40 m			4 C (cont.)									
			1(51)	2(44)	3(41)	4(100)	Meta								
<b>15</b>	<b>Alejandro Saz Roba Zaragoza IBÓN</b>	<b>34:38</b>	30:06 30:06 23:09 *35	33:03 2:57 25:47 *84	33:46 0:43 26:59 *86	34:11 0:25 28:40 *73	34:38 0:27	5:38 *63	7:32 *31	9:11 *88	10:52 *71	17:20 *52	18:27 *53	19:13 *79	21:14 *81
<b>16</b>	<b>Pablo Martínez Muñoz Cuenca COMCU</b>	<b>44:12</b>	40:36 40:36	42:11 1:35	43:20 1:09	43:46 0:26	44:12 0:26								
<b>17</b>	<b>Jesús Armas Ibáñez La Rioja RIOJA-O</b>	<b>44:22</b>	40:33 40:33 27:53 *84	42:15 1:42 36:48 *86	43:17 1:02 38:50 *73	43:50 0:33	44:22 0:32	3:34 *63	5:49 *31	9:32 *88	13:54 *52	15:13 *53	16:08 *79	22:17 *81	23:42 *35
<b>18</b>	<b>Jose Antonio Casado Pérez Valladolid CDP-O</b>	<b>46:50</b>	33:37 33:37 27:06 *35	44:16 10:39 28:18 *84	45:59 1:43 30:08 *86	46:30 0:31	46:50 0:20	7:07 *63	9:26 *31	9:31 *31	13:17 *88	21:23 *52	22:40 *53	24:59 *79	26:03 *81
<b>19</b>	<b>Makar Borisov Alicante VILLENA-O</b>	<b>46:53</b>	42:07 42:07 30:44 *84	43:56 1:49 35:33 *86	45:46 1:50 39:23 *73	46:17 0:31	46:53 0:36	5:59 *63	11:43 *31	14:03 *88	17:45 *52	19:16 *53	23:29 *79	24:21 *81	26:23 *35
<b>20</b>	<b>Tomas Cuartero Navarro Cuenca ORIENTIJOE</b>	<b>54:00</b>	50:52 50:52 46:12 *84	52:07 1:15 47:10 *86	53:05 0:58 49:26 *73	53:34 0:29	54:00 0:26	7:14 *63	9:15 *31	11:20 *88	16:57 *52	33:29 *53	34:14 *79	37:55 *81	41:21 *35
<b>21</b>	<b>Mario Garnacho Fernández Valladolid CDP-O</b>	<b>1:05:39</b>	1:01:39 1:01:39 38:57 *84	1:03:32 1:53 55:49 *86	1:04:30 0:58 58:11 *73	1:05:06 0:36	1:05:39 0:33	7:39 *63	9:54 *31	13:09 *88	28:20 *52	29:28 *53	31:29 *79	32:27 *81	35:03 *35
<b>22</b>	<b>José Carlos Herráiz Noguerón Albacete GODIH</b>	<b>1:07:20</b>	1:02:36 1:02:36 56:19 *84	1:04:36 2:00 58:08 *86	1:06:16 1:40 1:01:15 *73	1:06:53 0:37	1:07:20 0:27	4:09 *63	6:08 *31	7:37 *88	47:59 *52	49:59 *53	51:28 *79	53:20 *81	54:43 *35
<b>23</b>	<b>Pablo Moriñigo Álvarez Valladolid COV</b>	<b>1:20:25</b>	1:12:43 1:12:43 1:02:14 *84	1:16:51 4:08 1:05:30 *86	1:19:29 2:38 1:09:49 *73	1:20:03 0:34	1:20:25 0:22	4:30 *63	9:29 *31	43:50 *88	49:23 *52	53:05 *53	54:50 *79	57:05 *81	59:11 *35
<b>24</b>	<b>Oscar Valera Garro Murcia TOTANA-O</b>	<b>1:22:19</b>	1:15:03 1:15:03 1:05:58 *84	1:19:02 3:59 1:08:50 *86	1:21:08 2:06 1:11:25 *73	1:21:46 0:38	1:22:19 0:33	5:46 *63	10:25 *31	18:29 *88	50:54 *52	53:53 *53	55:58 *79	1:00:47 *81	1:04:19 *35
<b>H-16 (44)</b>			3,0 km 70 m			4 C									
			1(55)	2(74)	3(68)	4(100)	Meta								
<b>1</b>	<b>Pedro Stangegaard Pérez Málaga COMA</b>	<b>25:05</b>	19:10 19:10 1:11:35 *77	22:06 2:56 13:48 *45	23:48 1:42 15:26 *86	24:47 0:59 17:13 *73	25:05 0:18 21:20 *60	1:32 *62	3:19 *32	4:15 *88	5:22 *70	6:49 *38	8:31 *72	9:15 *79	9:43 *80
<b>1</b>	<b>Pablo Fernández Cascales Madrid IMPERDIBLE BUFF</b>	<b>25:05</b>	20:30 20:30 1:14:16 *77	22:21 1:51 16:06 *45	23:46 1:25 17:16 *86	24:39 0:53	25:05 0:26 18:41 *73	1:57 *62	4:06 *32	5:30 *88	6:45 *70	7:53 *38	10:19 *72	11:56 *79	12:33 *80
<b>3</b>	<b>Jorge Caraça-Valente Barrera Madrid IMPERDIBLE BUFF</b>	<b>25:11</b>	19:03 19:03 1:11:40 *77	21:20 2:17 13:45 *45	23:08 1:48 15:08 *86	24:43 1:35	25:11 0:28 16:50 *73	1:44 *62	3:38 *32	4:44 *88	5:33 *70	7:05 *38	8:44 *72	9:27 *79	9:56 *80
<b>4</b>	<b>Juan Cornejo García León E D ALCON</b>	<b>26:23</b>	20:16 20:16 1:13:54 *77	22:09 1:53 15:31 *45	25:00 2:51 16:38 *86	26:06 1:06	26:23 0:17 18:22 *73	2:08 *62	4:12 *32	5:13 *88	6:41 *70	8:08 *38	10:17 *72	11:56 *79	12:17 *80
<b>5</b>	<b>Miguel Angel Tortosa Bordera Alicante COLIVENC</b>	<b>26:25</b>	19:53 19:53 1:13:32 *77	21:51 1:58 15:07 *45	25:03 3:12 16:15 *86	26:06 1:03	26:25 0:19 17:53 *73	2:38 *62	4:15 *32	5:14 *88	6:14 *70	7:18 *38	10:19 *72	11:10 *79	11:58 *80
<b>6</b>	<b>Álvaro Casado Gómez Madrid GOCAN</b>	<b>26:48</b>	20:53 20:53 1:13:30 *77	23:04 2:11 15:47 *45	25:21 2:17 17:13 *86	26:22 1:01	26:48 0:26 18:55 *73	2:19 *62	4:22 *32	5:36 *88	6:55 *70	8:10 *38	9:52 *72	11:23 *79	11:49 *80
<b>7</b>	<b>Manuel Franco Pire Asturias LA BRUJULA - JAIRE</b>	<b>27:25</b>	22:09 22:09 1:15:14 *77	24:39 2:30 17:16 *45	25:59 1:20 18:34 *86	26:57 0:58	27:25 0:28 20:13 *73	2:24 *62	4:33 *32	5:44 *88	7:49 *70	9:36 *38	12:12 *72	13:01 *79	13:37 *80
<b>8</b>	<b>Raul Sanjuan Juan Alicante COLIVENC</b>	<b>27:36</b>	22:44 22:44 1:16:40 *77	24:50 2:06 18:33 *45	25:56 1:06 19:42 *86	27:18 1:22	27:36 0:18 21:04 *73	4:06 *62	5:48 *32	8:32 *88	10:15 *70	11:32 *38	13:19 *72	14:25 *79	14:47 *80
<b>9</b>	<b>Andreu Espinosa Bajo Alicante SANT JOAN</b>	<b>27:50</b>	22:20 22:20 1:13:57 *77	24:58 2:38 16:49 *45	26:23 1:25 18:03 *86	27:33 1:10	27:50 0:17 19:52 *73	2:17 *62	4:25 *32	5:27 *88	6:37 *70	8:33 *38	10:46 *72	11:42 *79	12:16 *80
<b>10</b>	<b>Pablo Cabrera Molina Málaga COMA</b>	<b>28:12</b>	23:03 23:03 13:59 *80	25:19 2:16 1:16:01 *77	26:45 1:26 17:15 *84	27:47 1:02	28:12 0:25 19:40 *86	2:18 *62	4:23 *32	6:12 *88	8:11 *70	9:17 *38	11:30 *72	12:48 *80	13:27 *79
<b>11</b>	<b>Jaime Tordera Moreno-Tomé Toledo TOLEDO-O</b>	<b>28:44</b>	22:57 22:57 1:15:38 *77	25:27 2:30 17:45 *45	27:23 1:56 19:16 *86	28:26 1:03	28:44 0:18 20:58 *73	3:35 *62	6:29 *32	7:39 *88	8:51 *70	10:07 *38	11:54 *72	13:22 *79	13:47 *80
<b>12</b>	<b>Joel Carrión Gandía Albacete GODIH</b>	<b>29:24</b>	22:48 22:48 13:37 *80	26:49 4:01 1:15:15 *77	28:14 1:25 18:03 *45	29:05 0:51	29:24 0:19 20:33 *73	3:03 *62	5:11 *32	6:32 *88	7:32 *70	8:45 *38	11:01 *72	11:39 *41	13:15 *79

Pos	Nombre	Tiempo	3,0 km 70 m			4 C (cont.)									
			1(55)	2(74)	3(68)	4(100)	Meta								
13	Sergio Lillo Cañizares Alicante SANT JOAN	30:43	25:44 25:44 15:33 *80	27:51 2:07 1:17:41 *77	29:14 1:23 20:01 *45	30:24 1:10 21:29 *86	30:43 0:19 23:08 *73	2:06 *62	4:23 *32	5:39 *88	8:15 *70	9:31 *38	12:20 *72	13:39 *80	15:09 *79
14	Iván Carrera Cuenca Málaga COMA	30:52	24:17 24:17 1:16:55 *77	26:58 2:41 19:00 *45	29:17 2:19 20:30 *86	30:35 1:18 22:15 *73	30:52 0:17	2:09 *62	4:36 *32	5:52 *88	8:51 *70	10:33 *38	12:33 *72	13:28 *79	15:24 *80
15	Manuel Parrilla Lahoz Sevilla ADOL	32:12	26:34 26:34 1:19:56 *77	29:07 2:33 21:34 *45	31:03 1:56 22:43 *86	31:56 0:53 24:32 *73	32:12 0:16	2:09 *62	4:28 *32	6:15 *88	8:21 *70	10:04 *38	15:42 *72	17:48 *79	18:16 *80
16	Francisco Borja Ruíz Albacete GODIH	32:22	26:49 26:49	29:13 2:24	30:55 1:42	31:54 0:59	32:22 0:28								
17	Pablo Teruel Miñarro Murcia LORCA-O	32:31	27:15 27:15 1:18:54 *77	29:25 2:10 21:35 *45	31:00 1:35 23:20 *86	32:12 1:12 25:17 *73	32:31 0:19	3:56 *62	6:03 *32	8:12 *88	9:00 *70	11:20 *38	15:16 *72	16:12 *79	16:40 *80
18	Alejandro Garnacho Fernández Valladolid CDP-O	32:46	26:43 26:43 1:18:37 *77	28:51 2:08 20:58 *45	31:18 2:27 22:33 *86	32:26 1:08 24:09 *73	32:46 0:20	1:57 *62	8:49 *32	10:13 *88	11:51 *70	13:31 *38	15:24 *72	16:24 *79	16:55 *80
19	Arnau Loro Sansa Barcelona BADALONA-O	32:58	27:04 27:04 1:19:42 *77	29:15 2:11 21:48 *45	31:30 2:15 23:26 *86	32:31 1:01 25:03 *73	32:58 0:27	5:37 *62	10:33 *32	11:45 *88	12:59 *70	14:14 *38	16:01 *72	17:28 *79	17:55 *80
20	Juan Rodríguez Díaz Toledo TOLEDO-O	33:18	24:12 24:12 1:15:45 *77	27:15 3:03 18:23 *45	31:50 4:35 20:00 *86	33:00 1:10 21:43 *73	33:18 0:18	2:31 *62	5:00 *32	6:18 *88	7:58 *70	10:14 *38	12:30 *72	13:28 *79	14:02 *80
21	José Cabrera Molina Málaga COMA	34:25	27:57 27:57 1:20:53 *77	30:47 2:50 23:00 *45	32:54 2:07 24:10 *86	34:01 1:07 25:42 *73	34:25 0:24	3:21 *62	6:13 *32	7:13 *88	12:20 *70	13:39 *38	16:09 *72	18:01 *79	18:23 *80
22	Oscar Lobato Martínez León E D ALCON	34:28	27:38 27:38 1:19:53 *77	30:40 3:02 21:58 *45	32:47 2:07 23:39 *86	34:02 1:15 25:18 *73	34:28 0:26	3:22 *62	5:31 *32	8:06 *88	10:07 *70	11:24 *38	15:36 *72	16:27 *79	17:36 *80
23	Manuel Ponce Cuenca Albacete GODIH	34:41	27:55 27:55 1:17:46 *77	30:23 2:28 22:27 *45	33:06 2:43 23:58 *86	34:16 1:10 25:41 *73	34:41 0:25	3:05 *62	5:34 *32	7:25 *88	8:35 *70	11:16 *38	12:52 *72	15:25 *79	16:04 *80
24	Miguel Mesas De Castro Toledo TOLEDO-O	35:14	29:54 29:54	32:17 2:23	33:51 1:34	34:47 0:56	35:14 0:27	23:58 *73							
25	Samuel López Corbalán Murcia LORCA-O	36:30	29:28 29:28 1:18:53 *77	32:20 2:52 23:22 *45	34:41 2:21 25:15 *86	35:59 1:18 27:05 *73	36:30 0:31	2:32 *62	4:53 *32	6:12 *88	7:21 *70	9:50 *38	14:28 *72	15:53 *79	16:24 *80
26	Alejandro Sanchez Juan Alicante COLIVENC	36:32	30:05 30:05	32:33 2:28	34:53 2:20	36:05 1:12	36:32 0:27								
27	Alejandro Aguilar Lara Málaga COMA	36:34	30:03 30:03 1:20:25 *77	33:00 2:57 23:38 *45	34:45 1:45 25:39 *86	36:16 1:31 27:31 *73	36:34 0:18	2:43 *62	5:46 *32	7:26 *88	8:35 *70	11:29 *38	16:06 *72	17:39 *79	18:15 *80
28	Carlos Sanz Alejandro Córdoba LOS CALIFAS	36:48	30:38 30:38	33:07 2:29	35:02 1:55	36:22 1:20	36:48 0:26								
29	Francisco Cuartero Navarro Cuenca ORIENTIJOTE	37:19	31:12 31:12	33:21 2:09	34:58 1:37	36:54 1:56	37:19 0:25	25:51 *73							
30	Antonio Jesús López Cortijos Murcia TOTANA-O	39:07	33:39 33:39 1:23:40 *77	36:16 2:37 26:03 *45	37:39 1:23 29:42 *86	38:39 1:00 31:22 *73	39:07 0:28	3:54 *62	5:44 *32	7:01 *88	8:12 *70	10:16 *38	15:45 *72	17:18 *79	18:58 *80
31	Ismael Delgado Muñoz Toledo TOLEDO-O	40:46	33:20 33:20 1:23:30 *77	36:42 3:22 26:37 *45	38:56 2:14 28:44 *86	40:17 1:21 30:27 *73	40:46 0:29	4:06 *62	6:44 *32	8:32 *88	11:22 *70	13:41 *38	19:34 *72	20:54 *79	21:42 *80
32	Antonio Serrano Zamarreño Murcia TOTANA-O	40:58	33:55 33:55 1:22:36 *77	36:21 2:26 25:13 *45	39:17 2:56 27:12 *86	40:29 1:12 29:20 *73	40:58 0:29	2:41 *62	4:44 *32	5:59 *88	9:09 *70	11:06 *38	18:20 *72	19:52 *79	20:47 *80
33	Santiago López Lázaro Madrid MONTE EL PARDO	44:02	37:39 37:39 1:28:52 *77	41:02 3:23 31:47 *45	42:29 1:27 33:21 *86	43:36 1:07 35:16 *73	44:02 0:26	5:26 *62	7:50 *32	9:20 *88	10:49 *70	18:13 *38	24:28 *72	25:33 *79	26:23 *80
34	Carlos Blasco Cebrián Albacete GODIH	44:10	38:06 38:06 1:24:56 *77	39:44 1:38 29:52 *45	42:01 2:17 31:33 *86	43:54 1:53 33:32 *73	44:10 0:16	2:35 *62	8:41 *32	10:58 *88	12:42 *70	16:23 *38	20:52 *72	22:08 *79	22:56 *80
35	Enrique Chousa Esteban Madrid IMPERDIBLE BUFF	47:42	37:51 37:51 1:25:26 *77	43:20 5:29 28:51 *45	46:21 3:01 33:03 *86	47:17 0:56 34:59 *73	47:42 0:25	2:29 *62	12:16 *32	13:15 *88	15:55 *70	18:02 *38	21:22 *72	22:17 *79	22:54 *80
36	Felipe Martínez Olmeda Cuenca ORIENTIJOTE	48:44	39:28 39:28 1:26:15 *77	43:20 3:52 32:17 *45	46:05 2:45 34:18 *86	48:11 2:06 36:20 *73	48:44 0:33	3:29 *62	15:15 *32	16:27 *88	17:37 *70	18:59 *38	21:03 *72	23:20 *79	23:46 *80
37	ALEJANDRO RUIZ ÁLVAREZ Madrid Navalcarnero	49:52	39:57 39:57 1:27:24 *77	45:27 5:30 30:57 *45	48:25 2:58 35:20 *86	49:27 1:02 37:10 *73	49:52 0:25	4:40 *62	14:22 *32	15:16 *88	17:53 *70	20:10 *38	23:25 *72	24:19 *79	24:52 *80

Pos	Nombre	Tiempo														
<b>H-16 (44)</b>		<b>3,0 km 70 m</b>				<b>4 C (cont.)</b>										
		1(55)	2(74)	3(68)	4(100)	Meta										
<b>38</b>	<b>Adrián Guijarro Llamas Murcia LORCA-O</b>	<b>49:55</b>	42:59 42:59 1:33:00 *77	46:49 3:50 36:34 *45	48:34 1:45 38:46 *86	49:39 1:05 40:44 *73	49:55 <b>0:16</b>	3:39 *62	11:12 *32	13:35 *88	14:54 *70	18:02 *38	28:20 *72	29:21 *79	30:15 *80	
<b>39</b>	<b>Pablo Noguera Cantos Sevilla ADOL</b>	<b>51:10</b>	41:00 41:00 22:37 *80	44:58 3:58 1:28:08 *77	49:09 4:11 32:19 *45	50:41 1:32 34:21 *86	51:10 0:29 36:45 *73	3:10 *62	8:22 *32	11:55 *88	14:21 *70	16:16 *38	20:54 *72	21:00 *72	22:00 *79	
<b>40</b>	<b>Yerai Ponce Algarra Cuenca ORIENTIJOTE</b>	<b>51:59</b>	41:24 41:24 1:29:01 *77	44:05 2:41 31:19 *45	49:23 5:18 33:31 *86	51:34 2:11 35:59 *73	51:59 0:25	10:25 *62	12:41 *32	16:55 *88	18:27 *70	21:04 *38	23:56 *72	25:39 *79	26:23 *80	
<b>41</b>	<b>Manuel Jesús Domínguez Rubio Sevilla ADOL</b>	<b>57:08</b>	46:55 46:55	51:02 4:07	55:12 4:10	56:40 1:28	57:08 0:28									
<b>42</b>	<b>Mario Navarro Poveda Cuenca ORIENTIJOTE</b>	<b>1:02:07</b>	51:30 51:30 1:39:07 *77	54:16 2:46 41:24 *45	59:28 5:12 43:44 *86	1:01:40 2:12 46:13 *73	1:02:07 0:27	20:36 *62	22:48 *32	27:00 *88	28:39 *70	31:16 *38	34:10 *72	35:49 *79	36:28 *80	
<b>43</b>	<b>Robert Denis Hristea Cuenca ORIENTIJOTE</b>	<b>1:03:03</b>	52:03 52:03 1:38:28 *77	54:36 2:33 46:15 *45	1:00:30 5:54 47:46 *86	1:02:37 2:07 49:52 *73	1:03:03 0:26	4:02 *62	7:14 *32	9:11 *88	11:30 *70	13:34 *38	20:27 *72	21:53 *79	29:07 *80	
<b>44</b>	<b>German Sánchez García Valencia CORRECAMINOS</b>	<b>1:49:46</b>	1:32:50 1:32:50 2:19:15 *77	1:41:53 9:03 1:23:57 *45	1:46:06 4:13 1:27:05 *86	1:49:28 3:22 1:29:41 *73	1:49:46 0:18	4:12 *62	24:15 *32	28:20 *88	44:14 *70	1:04:16 *38	1:12:45 *72	1:14:28 *79	1:15:21 *80	
<b>H-18A (12)</b>		<b>3,4 km 105 m</b>				<b>6 C</b>										
		1(78)	2(54)	3(59)	4(52)	5(72)	6(100)	Meta								
<b>1</b>	<b>Jorge Paricio Francés Zaragoza IBÓN</b>	<b>28:51</b>	<b>20:34</b> 20:34 13:29 *82	<b>23:25</b> 2:51 15:22 *45	<b>24:56</b> 1:31 16:20 *66	<b>26:29</b> 1:33 17:31 *87	<b>27:14</b> 0:45 18:45 *73	<b>28:25</b> 1:11	<b>28:51</b> 0:26	2:34 *43	5:03 *33	8:40 *69	9:35 *38	11:09 *50	11:49 *81	
<b>2</b>	<b>Luis Milvaques Casadó Valencia CORRECAMINOS</b>	<b>29:01</b>	21:42 21:42	<b>23:25</b> 1:43	25:39 2:14	27:26 1:47	27:58 0:32	28:44 0:46	29:01 0:17							
<b>3</b>	<b>Abel Herrero Gómez Palencia ORCA</b>	<b>30:35</b>	22:12 22:12 14:51 *82	23:57 1:45 16:46 *45	25:54 1:57 17:37 *66	28:03 2:09 18:38 *87	28:46 0:43 19:49 *73	30:10 1:24	30:35 0:25	1:40 *43	3:30 *33	10:01 *69	11:31 *38	12:51 *50	13:30 *81	
<b>4</b>	<b>Ignacio Sanchez Muñoz Toledo NAVALCAN-O</b>	<b>34:39</b>	26:18 26:18	28:07 1:49	30:05 1:58	32:10 2:05	32:54 0:44	34:19 1:25	34:39 0:20	29:24 *74						
<b>5</b>	<b>Julio Velez Muñoz Palencia ORCA</b>	<b>39:15</b>	27:11 27:11 17:59 *82	29:12 2:01 20:41 *45	33:19 4:07 22:31 *66	36:05 2:46 23:50 *87	36:55 0:50 25:13 *73	38:25 1:30	39:15 0:50	2:35 *43	5:29 *33	10:02 *69	11:35 *38	14:02 *50	14:55 *81	
<b>6</b>	<b>Marcos Alvarez González Orense TREVINCA</b>	<b>39:56</b>	29:28 29:28 20:34 *82	31:38 2:10 23:05 *45	33:37 1:59 25:07 *66	37:54 4:17 26:06 *87	38:48 0:54 27:17 *73	39:39 0:51	39:56 0:17	4:44 *43	7:14 *33	12:43 *69	13:52 *38	17:28 *50	18:20 *81	
<b>7</b>	<b>Eduardo Fernández Dopico Toledo TOLEDO-O</b>	<b>46:42</b>	34:14 34:14 25:01 *82	36:45 2:31 27:45 *45	38:47 2:02 28:54 *66	44:08 5:21 30:25 *87	45:03 0:55 31:53 *73	46:18 1:15	46:42 0:24	4:56 *43	7:34 *33	15:26 *69	16:17 *38	18:31 *50	22:28 *81	
<b>8</b>	<b>Mario Adeva Conde Valladolid CDP-O</b>	<b>50:23</b>	37:15 37:15 26:11 *82	40:42 3:27 29:44 *45	43:04 2:22 31:11 *66	47:01 3:57 32:39 *87	48:00 0:59 33:58 *73	49:57 1:57	50:23 0:26	2:36 *43	5:09 *33	13:37 *69	14:54 *38	19:30 *50	22:00 *81	
<b>9</b>	<b>Juan Francisco Ferra Reinaldos Murcia LORCA-O</b>	<b>50:28</b>	35:05 35:05 24:44 *82	38:12 3:07 27:51 *45	41:29 3:17 29:31 *66	45:33 4:04 31:06 *87	48:35 3:02 32:27 *73	50:10 1:35	50:28 0:18	3:18 *43	6:23 *33	12:17 *69	14:07 *38	21:13 *50	22:35 *81	
<b>10</b>	<b>Andrés Frances Parra Alicante VILLENA-O</b>	<b>53:33</b>	27:37 27:37 17:51 *82	34:46 7:09 20:20 *45	37:21 2:35 22:03 *66	50:42 13:21 23:38 *87	51:48 1:06 25:18 *73	53:05 1:17	53:33 0:28	2:46 *43	6:13 *33	11:02 *69	12:14 *38	14:52 *50	15:44 *81	
<b>11</b>	<b>Miguel Corral Suárez Madrid GOCAN</b>	<b>57:34</b>	41:39 41:39	48:31 6:52	50:18 1:47	55:02 4:44	55:57 0:55	57:12 1:15	57:34 0:22							
<b>12</b>	<b>Sergio Moran Callado La Rioja RIOJA-O</b>	<b>1:03:03</b>	41:56 41:56 29:11 *82	52:48 10:52 33:44 *45	56:27 3:39 36:02 *66	1:00:52 4:25 37:59 *87	1:01:47 0:55 39:12 *73	1:02:44 0:57	1:03:03 0:19	2:40 *43	6:28 *33	19:12 *69	20:21 *38	23:39 *50	25:09 *81	
<b>H-20A (19)</b>		<b>4,4 km 100 m</b>				<b>5 C</b>										
		1(64)	2(76)	3(60)	4(68)	5(100)	Meta									
<b>1</b>	<b>Cristobal Camarasa Pérez Alicante COLIVENC</b>	<b>32:42</b>	<b>28:11</b> 28:11 14:51 *53	<b>29:03</b> 0:52 15:23 *72	<b>30:43</b> 1:40 16:37 *71	<b>31:34</b> 0:51 17:10 *70	<b>32:25</b> 0:51 19:14 *50	<b>32:42</b> 0:17 1:20:29 *77	<b>32:42</b> 0:17	1:40 *43	4:33 *33	6:21 *34	7:48 *36	9:43 *37	10:17 *65	14:23 *69
<b>2</b>	<b>Álvaro Prieto Del Campo Madrid COLMENAR</b>	<b>36:45</b>	31:31 31:31 15:43 *53	32:17 0:46 16:16 *72	34:09 1:52 17:32 *71	35:20 1:11 18:11 *70	36:18 0:58 20:45 *50	36:45 0:27 1:22:01 *77	37:45 0:22	1:40 *43	3:43 *33	4:34 *34	5:24 *36	7:34 *37	8:12 *65	14:53 *69
<b>2</b>	<b>Albert Acedo Casellas Girona GO-XTREM</b>	<b>36:45</b>	31:29 31:29 15:07 *53	32:30 1:01 15:51 *72	34:30 2:00 17:04 *71	35:30 1:00 17:46 *70	36:21 0:51 20:10 *50	36:45 0:24 1:21:27 *77	37:45 0:24	2:02 *43	4:13 *33	5:22 *34	6:38 *36	8:40 *37	9:20 *65	14:37 *69

Pos	Nombre	Tiempo	4,4 km 100 m					5 C (cont.)										
			1(64)	2(76)	3(60)	4(68)	5(100)	Meta										
<b>H-20A (19)</b>																		
<b>4</b>	<b>Martinez Pierre bros bros</b>	<b>37:31</b>	30:02 30:02 15:08 *53	32:31 2:29 15:40 *72	35:00 2:29 16:51 *71	36:15 1:15 17:31 *70	37:06 0:51 20:07 *50	37:31 0:25 1:21:46 *77	1:26 *43 23:08 *48	3:17 *33 26:29 *67	4:07 *34 27:47 *86	4:52 *36 28:57 *73	7:02 *37 30:26 *69	7:34 *65 30:26 *73	14:43 *69 30:26 *73			
<b>5</b>	<b>Cosme Sánchez Dorado León E D ALCON</b>	<b>37:42</b>	32:45 32:45 15:10 *69	33:40 0:55 15:39 *53	35:33 1:53 16:11 *72	36:33 1:00 17:21 *71	37:25 0:52 18:00 *70	37:42 0:17 21:36 *50	1:37 *43 1:23:58 *77	3:36 *33 25:29 *48	4:40 *34 27:56 *67	5:59 *36 28:57 *86	8:32 *37 30:26 *73	9:04 *65 30:26 *73	13:15 *71 30:26 *73			
<b>6</b>	<b>Jesús Rodríguez Corrochano Ciudad Real MANZANARES-O</b>	<b>38:30</b>	32:47 32:47 15:02 *53	33:45 0:58 15:38 *72	36:00 2:15 17:07 *71	37:00 1:00 17:43 *70	38:01 1:01 20:21 *50	38:30 0:29 1:22:37 *77	1:39 *43 24:40 *48	3:31 *33 27:26 *67	4:20 *34 28:57 *86	5:17 *36 30:24 *73	7:36 *37 30:24 *73	8:18 *65 30:24 *73	14:30 *69 30:24 *73			
<b>7</b>	<b>Elmar Montero Cárceles Albacete GODIH</b>	<b>40:01</b>	33:37 33:37 15:17 *53	35:22 1:45 15:56 *72	37:53 2:31 17:08 *71	38:55 1:02 17:48 *70	39:46 0:51 20:43 *50	40:01 0:15 1:22:04 *77	2:02 *43 23:57 *48	4:33 *33 28:15 *67	5:42 *34 29:28 *86	6:40 *36 30:59 *73	8:34 *37 30:59 *73	9:00 *65 30:59 *73	14:43 *69 30:59 *73			
<b>8</b>	<b>Diego Lázaro De Juan Valladolid COV</b>	<b>40:43</b>	33:51 33:51 15:01 *53	36:42 2:51 15:39 *72	38:28 1:46 17:17 *71	39:20 0:52 18:01 *70	40:18 0:58 20:27 *50	40:43 0:25 1:21:29 *77	1:42 *43 23:59 *48	4:28 *33 26:12 *67	5:26 *34 27:14 *86	6:14 *36 28:42 *73	8:29 *37 28:42 *73	9:08 *65 28:42 *73	14:34 *69 28:42 *73			
<b>9</b>	<b>Quim Solé Llobet Barcelona COC</b>	<b>43:22</b>	37:41 37:41 17:57 *53	38:46 1:05 18:46 *72	41:01 2:15 20:55 *71	41:56 0:55 21:43 *70	43:03 1:07 24:32 *50	43:22 0:19 1:25:52 *77	1:46 *43 28:10 *48	4:17 *33 31:01 *67	5:10 *34 33:14 *86	6:44 *36 34:49 *73	9:23 *37 34:49 *73	10:17 *65 34:49 *73	17:20 *69 34:49 *73			
<b>10</b>	<b>Jorge Gracia Ochotorena Murcia LORCA-O</b>	<b>43:25</b>	38:23 38:23 17:45 *72	39:14 0:51 23:04 *71	41:06 1:52 23:41 *70	42:04 0:58 27:07 *50	42:59 0:55 1:29:22 *77	43:25 0:26 30:47 *48	2:08 *43 33:09 *67	3:43 *33 34:07 *86	4:28 *34 35:35 *73	5:19 *36 35:35 *73	7:33 *37 35:35 *73	16:29 *69 35:35 *73	17:06 *53 35:35 *73			
<b>11</b>	<b>Alejandro Martinez Flor Madrid FEDO</b>	<b>44:07</b>	37:18 37:18 20:31 *53	39:03 1:45 20:59 *72	41:34 2:31 22:06 *71	42:36 1:02 22:41 *70	43:39 1:03 24:53 *50	44:07 0:28 1:26:09 *77	1:55 *43 28:08 *48	3:54 *33 31:54 *67	5:13 *34 33:00 *86	7:12 *36 34:33 *73	9:33 *37 38:14 *55	10:19 *65 38:14 *55	20:04 *69 38:14 *55			
<b>12</b>	<b>Kirill Pivovarov Valladolid COV</b>	<b>45:13</b>	39:10 39:10 21:14 *53	40:24 1:14 21:51 *72	42:34 2:10 23:17 *71	43:33 0:59 24:04 *70	44:46 1:13 27:16 *50	45:13 0:27 1:28:33 *77	1:31 *43 30:33 *48	3:25 *33 33:18 *67	8:07 *34 35:13 *86	9:54 *36 36:46 *73	12:07 *37 36:46 *73	12:39 *65 36:46 *73	20:34 *69 36:46 *73			
<b>13</b>	<b>Miguel Moreno Martín León E D ALCON</b>	<b>46:36</b>	39:38 39:38 17:48 *53	41:22 1:44 18:26 *72	43:48 2:26 20:19 *71	45:02 1:14 21:04 *70	46:09 1:07 25:00 *50	46:36 0:27 1:26:24 *77	2:01 *43 28:46 *48	4:16 *33 32:16 *67	5:07 *34 34:04 *86	6:07 *36 36:01 *73	9:31 *37 36:01 *73	10:17 *65 36:01 *73	17:17 *69 36:01 *73			
<b>14</b>	<b>Pablo González Barahona León E D ALCON</b>	<b>48:04</b>	40:11 40:11 18:15 *53	43:02 2:51 19:40 *72	45:18 2:16 21:23 *71	46:25 1:07 22:12 *70	47:38 1:13 24:51 *50	48:04 0:26 1:27:02 *77	2:11 *43 30:16 *48	4:08 *33 33:29 *67	5:03 *34 35:23 *86	6:53 *36 37:14 *73	9:51 *37 37:14 *73	10:45 *65 37:14 *73	17:30 *69 37:14 *73			
<b>15</b>	<b>Carlos Raico Landa Sánchez Granada VELETA</b>	<b>48:50</b>	41:52 41:52 21:23 *53	43:18 1:26 22:17 *72	45:21 2:03 24:21 *71	46:25 1:04 25:06 *70	48:23 1:58 28:12 *50	48:50 0:27 1:31:09 *77	2:04 *43 33:16 *48	4:17 *33 36:01 *67	5:10 *34 37:06 *86	6:07 *36 38:42 *73	8:20 *37 38:42 *73	9:09 *65 38:42 *73	20:45 *69 38:42 *73			
<b>16</b>	<b>Jorge Gutierrez Serrano Madrid COLMENAR</b>	<b>51:21</b>	45:25 45:25 25:39 *53	46:27 1:02 26:28 *72	48:48 2:21 28:06 *71	49:48 1:00 28:57 *70	50:55 1:07 31:22 *50	51:21 0:26 1:32:44 *77	3:02 *43 36:24 *48	5:23 *33 39:57 *67	8:58 *34 41:10 *86	12:09 *36 42:47 *73	14:34 *37 42:47 *73	15:47 *65 42:47 *73	25:02 *69 42:47 *73			
<b>17</b>	<b>Felipe Hermida Arias Valladolid COV</b>	<b>55:42</b>	46:26 46:26 22:54 *53	48:33 2:07 23:44 *72	52:31 3:58 26:00 *71	53:55 1:24 26:44 *70	55:14 1:19 30:00 *50	55:42 0:28 1:32:08 *77	2:09 *43 34:05 *48	4:28 *33 37:37 *67	5:35 *34 39:15 *86	9:52 *36 41:02 *73	12:54 *37 41:02 *73	14:57 *65 41:02 *73	22:07 *69 41:02 *73			
<b>18</b>	<b>Daniel Navarro Cutillas Alicante VILLENA-O</b>	<b>57:38</b>	49:28 49:28 21:16 *53	51:37 2:09 22:57 *72	54:31 2:54 24:34 *71	56:10 1:39 25:28 *70	57:16 1:06 29:30 *50	57:38 0:22 1:31:03 *77	1:54 *43 33:56 *48	4:22 *33 42:25 *67	5:23 *34 43:50 *86	6:41 *36 45:20 *73	9:17 *37 45:20 *73	10:05 *65 45:20 *73	20:30 *69 45:20 *73			
<b>19</b>	<b>Jaime Troncoso Regueiro Madrid O-GETAFE</b>	<b>1:01:03</b>	52:37 52:37 22:19 *53	54:25 1:48 23:57 *72	57:53 3:28 29:58 *71	59:37 1:44 31:09 *70	1:00:44 1:07 34:36 *50	1:01:03 0:19 1:37:57 *77	2:40 *43 41:25 *48	5:48 *33 45:39 *67	7:22 *34 47:09 *86	9:00 *36 49:33 *73	12:28 *37 49:33 *73	13:31 *65 49:33 *73	21:41 *69 49:33 *73			
<b>H-21A (35)</b>																		
			3,4 km 90 m					6 C										
			1(78)	2(54)	3(83)	4(59)	5(52)	6(100)	Meta									
<b>1</b>	<b>Emilio Miguel Rubias Rodríguez Badajoz CODAN EXTREMADURA</b>	<b>28:06</b>	20:30 20:30 10:53 *38	22:36 2:06 12:23 *50	24:15 1:39 14:01 *82	24:37 0:22 15:46 *84	26:22 1:45 17:09 *87	27:35 1:13 18:20 *73	28:06 0:31 18:20 *73	2:05 *56 18:20 *73	2:43 *43 18:20 *73	4:44 *33 18:20 *73	8:17 *70 18:20 *73	9:10 *71 18:20 *73	10:01 *69 18:20 *73			
<b>2</b>	<b>Samuel Catalán García Alicante VILLENA-O</b>	<b>30:34</b>	21:30 21:30 12:18 *38	23:27 1:57 13:51 *50	25:37 2:10 15:24 *82	25:55 0:18 17:06 *84	29:00 3:05 18:33 *87	30:07 1:07 19:40 *73	30:34 0:27 19:40 *73	2:38 *56 19:40 *73	3:32 *43 19:40 *73	5:29 *33 19:40 *73	9:46 *70 19:40 *73	10:38 *71 19:40 *73	11:26 *69 19:40 *73			
<b>3</b>	<b>Oscar Hernaiz Sánchez La Rioja RIOJA-O</b>	<b>32:03</b>	22:35 22:35 12:03 *38	25:00 2:25 14:00 *50	27:48 2:48 15:45 *82	28:09 0:21 17:46 *84	30:04 1:55 19:06 *87	31:37 1:33 20:28 *73	32:03 0:26 20:28 *73	1:40 *56 20:28 *73	2:49 *43 20:28 *73	4:58 *33 20:28 *73	9:22 *70 20:28 *73	10:07 *71 20:28 *73	11:04 *69 20:28 *73			
<b>4</b>	<b>Sergio Alberto Peña Pérez León E D ALCON</b>	<b>32:05</b>	23:28 23:28 13:47 *38	26:09 2:41 15:34 *50	28:06 1:57 17:19 *82	28:35 0:29 19:39 *84	30:23 1:48 20:58 *87	31:47 1:24 21:59 *73	32:05 0:18 21:59 *73	1:23 *56 21:59 *73	3:36 *43 21:59 *73	5:33 *33 21:59 *73	9:16 *70 21:59 *73	10:13 *71 21:59 *73	12:56 *69 21:59 *73			
<b>5</b>	<b>Jesus Martínez Morales Murcia SENDA</b>	<b>32:23</b>	24:33 24:33 13:46 *38	26:42 2:09 15:46 *50	28:34 1:52 17:40 *82	28:57 0:23 19:31 *84	30:33 1:36 21:36 *87	31:56 1:23 22:41 *73	32:23 0:27 22:41 *73	2:46 *56 22:41 *73	3:45 *43 22:41 *73	5:56 *33 22:41 *73	10:38 *70 22:41 *73	11:22 *71 22:41 *73	12:43 *69 22:41 *73			

Pos	Nombre	Tiempo	3,4 km		90 m		6 C		(cont.)						
			1(78)	2(54)	3(83)	4(59)	5(52)	6(100)	Meta						
6	Juan Pedro Martínez Torro Alicante VILLENA-O	32:46	24:14 24:14 14:23 *38	26:28 2:14 16:12 *50	28:07 1:39 18:05 *82	28:30 0:23 20:00 *84	30:30 2:00 21:23 *87	32:17 1:47 22:34 *73	32:46 0:29	4:14 *56	4:46 *43	6:36 *33	11:25 *70	12:33 *71	13:24 *69
7	Daniel Isla Zorita Valladolid COV	32:52	24:07 24:07 14:03 *38	26:02 1:55 16:01 *50	28:40 2:38 17:45 *82	29:06 0:26 19:43 *84	30:57 1:51 20:58 *87	32:33 1:36 22:16 *73	32:52 0:19	1:28 *56	2:16 *43	4:39 *33	8:56 *70	9:47 *71	11:09 *69
8	Carlos Gil Rodríguez Madrid RUMBO-MADRID SANSE	34:04	24:10 24:10 14:03 *38	26:08 1:58 16:01 *50	28:51 2:43 17:45 *82	29:11 0:20 19:43 *84	32:12 3:01 20:58 *87	33:35 1:23 22:21 *73	34:04 0:29						
9	Felipe Peña Pita La Coruña GALLAECIA RAID	34:18	25:16 25:16 14:22 *38	27:18 2:02 16:46 *50	29:54 2:36 18:56 *82	30:18 0:24 21:03 *84	32:32 2:14 22:21 *87	33:51 1:19 23:37 *73	34:18 0:27	1:24 *56	3:14 *43	5:40 *33	9:36 *70	11:22 *71	12:45 *69
10	Pablo Bustillo Ruiz La Rioja CRON	35:32	24:54 24:54 13:17 *38	28:49 3:55 16:27 *50	30:54 2:05 18:17 *82	31:16 0:22 20:16 *84	33:50 2:34 22:18 *87	35:14 1:24 23:18 *73	35:32 0:18	1:36 *56	2:19 *43	4:20 *33	10:30 *70	11:30 *71	12:17 *69
11	Carlos Albarrán Esteban Madrid GOCAN	36:53	27:06 27:06 17:00 *38	29:37 2:31 19:31 *50	31:40 2:03 21:19 *82	32:01 0:21 23:08 *84	35:05 3:04 24:32 *87	36:26 1:21 25:33 *73	36:53 0:27	1:35 *56	4:17 *43	7:04 *33	13:33 *70	14:47 *71	16:01 *69
12	Manuel Brotons Pastor Alicante SANT JOAN	36:54	28:19 28:19 16:01 *38	30:29 2:10 19:53 *50	32:18 1:49 21:59 *82	32:43 0:25 23:55 *84	34:58 2:15 25:25 *87	36:25 1:27 26:36 *73	36:54 0:29	1:43 *56	2:27 *43	4:43 *33	9:26 *70	10:22 *71	15:05 *69
13	Julio Cesar Garrido Yustos Valladolid CDP-O	37:57	26:06 26:06 16:13 *38	28:32 2:26 18:10 *50	32:07 3:35 19:56 *82	32:29 0:22 21:48 *84	35:35 3:06 23:00 *87	37:27 1:52 24:20 *73	37:57 0:30	4:42 *56	5:30 *43	8:12 *33	12:53 *70	14:04 *71	15:16 *69
14	Iker Etxebarria Cubillo Vizcaya COBI	39:00	26:28 26:28 13:33 *38	29:23 2:55 15:34 *50	32:31 3:08 17:26 *82	32:51 0:20 19:19 *84	36:50 3:59 20:55 *87	38:26 1:36 22:32 *73	39:00 0:34	2:54 *56	3:44 *43	6:04 *33	10:10 *70	11:08 *71	12:17 *69
15	Raúl Martínez Díaz Murcia LORCA-O	39:06	25:53 25:53 15:04 *38	32:41 6:48 17:27 *50	35:00 2:19 19:05 *82	35:22 0:22 21:20 *84	37:16 1:54 22:49 *87	38:48 1:32 23:55 *73	39:06 0:18	3:26 *56	4:06 *43	5:59 *33	9:55 *70	11:13 *71	12:10 *69
16	José Amador Real López-Navarro Murcia LORCA-O	39:25	29:06 29:06 13:42 *38	31:26 2:20 16:14 *50	33:55 2:29 20:17 *82	34:27 0:32 23:57 *84	37:11 2:44 25:30 *87	39:03 1:52 26:54 *73	39:25 0:22	2:25 *56	3:13 *43	5:41 *33	10:09 *70	11:09 *71	12:30 *69
17	Ignacio Tejero Rioseras Valladolid COV	39:41	29:03 29:03 18:06 *38	31:11 2:08 20:22 *50	33:10 1:59 22:04 *82	33:48 0:38 25:04 *84	37:25 3:37 26:21 *87	39:15 1:50 27:35 *73	39:41 0:26	2:26 *56	5:16 *43	8:15 *33	14:02 *70	15:24 *71	16:50 *69
18	Saúl Urién Pérez Cádiz FUNDI-O	39:50	30:07 30:07 16:54 *38	32:45 2:38 21:35 *50	34:45 2:00 23:23 *82	35:09 0:24 25:30 *84	37:31 2:22 27:14 *87	39:24 1:53 28:27 *73	39:50 0:26	1:56 *56	2:44 *43	5:27 *33	12:24 *70	13:35 *71	15:11 *69
19	Arturo Estraviz Triana Madrid COLMENAR	41:36	32:20 32:20 24:42 *38	34:28 2:08 25:52 *50	37:11 2:43 26:55 *82	37:31 0:20 28:28 *84	40:11 2:40 29:37 *87	41:11 1:00 30:30 *73	41:36 0:25	1:19 *56	1:50 *43	3:34 *33	20:21 *70	22:58 *71	23:53 *69
20	Alfonso Rosado Frade Pontevedra AROMON	41:53	28:42 28:42 16:02 *38	31:04 2:22 19:35 *50	33:17 2:13 21:48 *82	34:16 0:59 23:43 *84	39:44 5:28 25:07 *87	41:26 1:42 26:37 *73	41:53 0:27	3:17 *56	4:10 *43	6:29 *33	12:22 *70	13:22 *71	14:45 *69
21	Carlos Torrejón Rubio Valladolid COV	42:12	31:13 31:13 18:00 *38	33:52 2:39 21:14 *50	35:43 1:51 23:29 *82	36:06 0:23 27:00 *84	40:22 4:16 28:22 *87	41:52 1:30 29:35 *73	42:12 0:20	5:22 *56	6:07 *43	8:39 *33	14:39 *70	15:42 *71	16:36 *69
22	Ángel Frontela Mucientes Valladolid COV	42:44	30:13 30:13 19:16 *38	35:17 5:04 22:00 *50	37:41 2:24 23:49 *82	38:06 0:25 25:39 *84	40:23 2:17 26:50 *87	42:14 1:51 28:01 *73	42:44 0:30	5:13 *56	5:53 *43	7:58 *33	15:58 *70	16:50 *71	18:04 *69
23	Diego Tejero Rioseras Valladolid COV	42:52	33:02 33:02 22:00 *38	35:53 2:51 23:52 *50	37:33 1:40 26:20 *82	37:57 0:24 28:06 *84	41:10 3:13 29:23 *87	42:25 1:15 30:51 *73	42:52 0:27	31:28 *73					
24	Carlos Manuel Prado Da Cruz Madrid GOCAN	43:04	32:43 32:43 22:05 *38	36:38 3:55 23:45 *50	38:15 1:37 26:20 *82	38:38 0:23 28:06 *84	41:08 2:30 29:23 *87	42:36 1:28 30:51 *73	43:04 0:28	1:44 *56	2:43 *43	8:29 *33	17:35 *70	18:42 *71	19:41 *69
25	Francisco Montes García Madrid T TRAGAME	44:05	30:05 30:05 20:16 *38	38:06 8:01 22:27 *50	39:45 1:39 23:52 *82	40:04 0:19 25:41 *84	42:10 2:06 26:50 *87	43:46 1:36 28:00 *73	44:05 0:19						
26	David Caverro Montaner Valencia VERD3	44:31	29:59 29:59 20:16 *38	32:44 2:45 22:27 *50	36:10 3:26 23:52 *82	36:31 0:21 25:41 *84	42:25 5:54 26:50 *87	44:05 1:40 28:00 *73	44:31 0:26	1:45 *56	2:31 *43	9:49 *33	17:10 *70	18:00 *71	19:15 *69
27	David Carretero González Madrid MONTE EL PARDO	46:46	36:47 36:47 25:43 *38	40:39 3:52 27:47 *50	42:25 1:46 30:22 *82	42:53 0:28 32:17 *84	44:56 2:03 33:42 *87	46:25 1:29 35:01 *73	46:46 0:21	2:42 *56	3:42 *43	6:23 *33	21:45 *70	22:48 *71	24:05 *69
28	Roger Fonseca Planàs Girona ALIGOTS	48:31	30:41 30:41 18:14 *38	37:00 6:19 20:43 *80	40:30 3:30 22:02 *50	40:46 0:16 24:23 *82	46:07 5:21 26:24 *84	47:58 1:51 27:50 *87	48:31 0:33	4:23 *56	5:01 *43	7:03 *33	11:16 *70	11:51 *71	13:48 *69
29	Diego Polo Garcia Madrid RUMBO-MADRID SANSE	51:44	42:29 42:29 27:15 *38	44:42 2:13 32:05 *50	47:14 2:32 34:24 *82	47:30 0:16 38:25 *84	49:54 2:24 39:45 *87	51:17 1:23 40:47 *73	51:44 0:27	3:35 *56	4:17 *43	15:03 *33	19:48 *70	20:44 *71	26:08 *69

Pos	Nombre	Tiempo	3,4 km 90 m			6 C (cont.)										
			1(78)	2(54)	3(83)	4(59)	5(52)	6(100)	Meta							
<b>H-21A (35)</b>																
<b>30</b>	<b>Borja Álvarez Muñoz</b> <b>Toledo TOLEDO-O</b>	<b>53:42</b>	44:10 44:10 34:20 *38	46:17 2:07 36:13 *50	48:53 2:36 37:49 *82	49:13 0:20 39:40 *84	51:56 2:43 40:57 *87	53:23 1:27 42:08 *73	53:42 0:19	9:55 *56	10:40 *43	16:42 *33	20:25 *70	25:05 *71	29:21 *69	
<b>31</b>	<b>Jesús Alfonso Rubio Villar</b> <b>Madrid MONTE EL PARDO</b>	<b>54:09</b>	37:47 37:47 26:08 *38	40:28 2:41 28:21 *50	43:41 3:13 30:53 *82	44:04 0:23 33:11 *84	51:20 7:16 34:46 *87	53:37 2:17 35:58 *73	54:09 0:32	12:50 *56	14:09 *43	16:54 *33	21:50 *70	22:51 *71	24:51 *69	
<b>32</b>	<b>Ramón Blanco Gonzalo</b> <b>Asturias NORDESTE-O</b>	<b>54:18</b>	39:00 39:00 26:08 *38	42:57 3:57 28:21 *50	45:21 2:24 30:53 *82	45:49 0:28 33:11 *84	49:55 4:06 34:46 *87	54:01 4:06 35:58 *73	54:18 0:17							
<b>33</b>	<b>Raimundo Jesús Sánchez García</b> <b>Valladolid COV</b>	<b>55:17</b>	39:23 39:23 23:35 *38	43:26 4:03 27:10 *50	48:34 5:08 30:40 *82	48:52 0:18 33:35 *84	52:16 3:24 35:17 *87	54:43 2:27 36:58 *73	55:17 0:34 47:47 *59	8:27 *56	9:38 *43	13:32 *33	19:12 *70	20:20 *71	21:29 *69	
<b>34</b>	<b>Javier Alba Isasi</b> <b>Madrid MONTE EL PARDO</b>	<b>57:51</b>	38:17 38:17 26:04 *38	41:52 3:35 28:45 *50	43:51 1:59 30:44 *82	44:20 0:29 32:37 *84	55:10 10:50 33:55 *87	57:20 2:10 35:01 *73	57:51 0:31	1:41 *56	2:26 *43	4:50 *33	21:15 *70	22:27 *71	24:39 *69	
<b>35</b>	<b>Victor Calatayud Nuñez</b> <b>Ciudad Real MANZANARES-O</b>	<b>1:07:44</b>	42:13 42:13 30:45 *38	49:49 7:36 32:42 *50	51:45 1:56 34:36 *82	52:08 0:23 36:56 *84	1:05:07 12:59 38:31 *87	1:07:09 2:02 39:50 *73	1:07:44 0:35	7:22 *56	8:30 *43	10:54 *33	17:51 *70	20:49 *71	21:57 *69	
<b>H-21B (43)</b>																
			1(51)	2(59)	3(39)	4(79)	5(100)	Meta								
<b>1</b>	<b>Adrián Prieto Jiménez</b> <b>Madrid O-CHARLIES ORIENTA-T</b>	<b>28:15</b>	20:57 20:57 15:07 *45	22:44 1:47 17:02 *85	24:30 1:46 17:50 *86	27:01 2:31 19:36 *73	27:49 0:48	28:15 0:26		2:52 *33	3:53 *31	4:50 *32	6:19 *88	10:59 *40	11:35 *80	12:23 *81
<b>2</b>	<b>Joel Perarnau Marigil</b> <b>Barcelona COB</b>	<b>29:02</b>	21:51 21:51	23:56 2:05	25:54 1:58	28:01 2:07	28:35 0:34	29:02 0:27								
<b>3</b>	<b>Pablo García Saavedra</b> <b>Sevilla ADOL</b>	<b>31:16</b>	23:54 23:54 17:58 *45	25:58 2:04 19:39 *85	27:46 1:48 20:32 *86	29:58 2:12 22:22 *73	30:42 0:44	31:16 0:34		3:43 *33	4:56 *31	6:13 *32	7:33 *88	13:53 *40	14:29 *80	15:22 *81
<b>4</b>	<b>Ignasi Casamayor Otero</b> <b>Barcelona COC</b>	<b>32:22</b>	23:10 23:10 16:51 *45	26:10 3:00 18:34 *85	29:25 3:15 19:40 *86	31:26 2:01 21:33 *73	32:05 0:39	32:22 0:17		4:13 *33	5:21 *31	6:36 *32	8:01 *88	12:48 *40	13:32 *80	14:24 *81
<b>5</b>	<b>Manuel Diaz González</b> <b>Cuenca ORIENTIJOTE</b>	<b>33:35</b>	25:05 25:05 19:27 *45	27:45 2:40 20:50 *85	29:10 1:25 22:17 *86	32:28 3:18 23:48 *73	33:09 0:41	33:35 0:26		2:52 *33	3:46 *31	4:40 *32	8:19 *88	14:09 *40	15:51 *80	16:43 *81
<b>5</b>	<b>Jorge Juan Fernández Zorita</b> <b>Madrid GOCAN</b>	<b>33:35</b>	26:09 26:09 20:27 *45	28:33 2:24 22:11 *85	30:09 1:36 23:22 *86	32:34 2:25 24:58 *73	33:15 0:41	33:35 0:20		3:35 *33	5:03 *31	6:21 *32	7:46 *88	14:03 *40	14:37 *80	15:43 *81
<b>7</b>	<b>Bernardo Fernandez Martinez</b> <b>Alicante SANT JOAN</b>	<b>33:55</b>	23:18 23:18 16:15 *45	27:32 4:14 18:13 *85	29:36 2:04 19:32 *86	32:19 2:43 21:38 *73	33:26 1:07	33:55 0:29		3:28 *33	4:55 *31	6:07 *32	7:22 *88	10:59 *40	11:42 *80	12:52 *81
<b>8</b>	<b>Carlos Salamanca Farto</b> <b>Valladolid CDP-O</b>	<b>34:39</b>	24:08 24:08	28:31 4:23	29:58 1:27	33:37 3:39	34:17 0:40	34:39 0:22		20:53 *86	22:46 *73					
<b>9</b>	<b>Hugo Capellin Brule</b> <b>Asturias NORDESTE-O</b>	<b>36:19</b>	22:27 22:27 15:43 *45	28:13 5:46 17:46 *85	32:57 4:44 19:12 *86	35:09 2:12 21:02 *73	35:52 0:43	36:19 0:27		3:18 *33	4:27 *31	5:27 *32	6:59 *88	10:32 *40	11:26 *80	12:51 *81
<b>10</b>	<b>Alex Tordera Moreno-Tomé</b> <b>Toledo TOLEDO-O</b>	<b>36:21</b>	28:34 28:34 21:55 *45	31:29 2:55 23:35 *85	33:09 1:40 24:49 *86	35:21 2:12 26:50 *73	35:56 0:35	36:21 0:25		5:09 *33	7:46 *31	8:42 *32	10:03 *88	16:37 *40	17:11 *80	18:33 *81
<b>11</b>	<b>Pablo Langa Blanco</b> <b>Madrid O-CHARLIES ORIENTA-T</b>	<b>36:54</b>	24:17 24:17 18:23 *45	26:30 2:13 20:07 *85	33:07 6:37 21:14 *86	35:42 2:35 22:51 *73	36:26 0:44	36:54 0:28		4:28 *33	6:00 *31	6:57 *32	8:24 *88	12:11 *40	12:59 *80	13:53 *81
<b>12</b>	<b>Alejandro Hernández Rodríguez</b> <b>Valladolid COV</b>	<b>37:03</b>	30:32 30:32 25:08 *45	32:35 2:03 26:51 *85	33:57 1:22 27:47 *86	35:46 1:49 29:24 *73	36:38 0:52	37:03 0:25		4:51 *33	6:09 *31	7:31 *32	8:50 *88	20:20 *40	21:25 *80	22:13 *81
<b>13</b>	<b>Álvaro Mahou Miguel</b> <b>Madrid COTA</b>	<b>37:26</b>	27:59 27:59 20:43 *45	31:02 3:03 22:36 *85	33:08 2:06 24:06 *86	35:53 2:45 26:05 *73	36:59 1:06	37:26 0:27		4:49 *33	6:36 *31	8:00 *32	9:39 *88	15:04 *40	15:51 *80	17:07 *81
<b>14</b>	<b>Juan Antonio Villena Belenguer</b> <b>Valencia VALENCIA-O</b>	<b>37:54</b>	26:48 26:48 19:23 *45	30:49 4:01 21:10 *85	32:43 1:54 22:23 *86	36:42 3:59 24:51 *73	37:20 0:38	37:54 0:34		4:50 *33	5:59 *31	8:20 *32	9:40 *88	14:30 *40	15:17 *80	16:03 *81
<b>15</b>	<b>José Ángel Picazo Bueno</b> <b>Valencia UVALENCIA</b>	<b>39:33</b>	32:58 32:58 26:10 *45	35:07 2:09 28:22 *85	36:43 1:36 30:04 *86	38:38 1:55 31:37 *73	39:08 0:30	39:33 0:25		3:36 *33	5:46 *31	10:14 *32	11:41 *88	20:17 *40	21:16 *80	22:24 *81
<b>16</b>	<b>Borja Recio Pisón</b> <b>Madrid GOCAN</b>	<b>39:49</b>	29:07 29:07 22:23 *45	33:57 4:50 24:15 *85	35:21 1:24 25:31 *86	38:35 3:14 27:45 *73	39:21 0:46	39:49 0:28		4:19 *33	5:41 *31	6:52 *32	8:14 *88	16:55 *40	17:26 *80	18:39 *81
<b>17</b>	<b>Antonio Jesús Cano López</b> <b>Murcia MURCIA-O</b>	<b>40:19</b>	29:35 29:35 24:05 *45	31:16 1:41 25:45 *85	36:38 5:22 26:38 *86	39:13 2:35 28:14 *73	39:49 0:36	40:19 0:30		13:05 *33	14:08 *31	14:58 *32	16:13 *88	19:57 *40	20:32 *80	21:31 *81

Pos	Nombre	Tiempo	3,0 km		55 m	5 C		(cont.)							
			1(51)	2(59)	3(39)	4(79)	5(100)	Meta							
<b>18</b>	<b>Francisco Barrios Gil</b> <b>Badajoz CODAN EXTREMADURA</b>	<b>43:26</b>	32:54 32:54 25:34 *45	35:45 2:51 28:20 *85	37:40 1:55 29:56 *86	42:06 4:26 31:39 *73	42:59 0:53	43:26 0:27	4:35 *33	6:03 *31	7:45 *32	9:25 *88	17:34 *40	18:32 *80	20:09 *81
<b>19</b>	<b>Rodrigo Estraviz Triana</b> <b>Madrid COLMENAR</b>	<b>44:10</b>	36:18 36:18 30:29 *45	39:47 3:29 32:10 *85	41:08 1:21 33:15 *86	43:08 2:00 34:49 *73	43:42 0:34	44:10 0:28	16:14 *33	17:16 *31	18:13 *32	19:32 *88	25:34 *40	26:14 *80	27:29 *81
<b>20</b>	<b>Leandro Fernández</b> <b>Madrid MONTE EL PARDO</b>	<b>45:53</b>	35:27 35:27 29:21 *45	38:09 2:42 30:43 *85	40:27 2:18 31:50 *86	44:45 4:18 33:48 *73	45:25 0:40	45:53 0:28	12:03 *33	13:31 *31	14:40 *32	18:15 *88	22:55 *40	23:31 *80	25:36 *81
<b>21</b>	<b>Jesús Chicharro Antolin</b> <b>Madrid FEDO</b>	<b>48:37</b>	35:07 35:07 29:27 *45	38:34 3:27 30:56 *85	43:56 5:22 32:09 *86	47:43 3:47 33:43 *73	48:10 0:27	48:37 0:27	3:35 *33	4:55 *31	9:04 *32	11:09 *88	21:08 *40	21:32 *80	22:43 *81
<b>22</b>	<b>José Luis Miguel Pellón</b> <b>ORIENTE ORIENTE</b>	<b>49:43</b>	36:55 36:55 29:03 *45	44:29 7:34 31:24 *85	46:12 1:43 33:05 *86	48:30 2:18 34:52 *73	49:17 0:47	49:43 0:26	3:28 *33	5:06 *31	6:15 *32	11:29 *88	23:32 *40	24:27 *80	25:50 *81
<b>23</b>	<b>Raúl Martín Martín</b> <b>Toledo TOLEDO-O</b>	<b>49:56</b>	32:53 32:53 22:52 *45	35:03 2:10 24:20 *85	46:01 10:58 25:15 *86	48:52 2:51 31:11 *73	49:37 0:45	49:56 0:19	4:15 *33	6:22 *31	7:54 *32	10:44 *88	16:02 *40	16:50 *80	17:44 *81
<b>24</b>	<b>Manuel Carreras Zapata</b> <b>Madrid Oriente</b>	<b>51:45</b>	38:54 38:54 30:59 *45	46:34 7:40 33:33 *85	48:14 1:40 35:07 *86	50:32 2:18 36:58 *73	51:19 0:47	51:45 0:26	5:34 *33	7:03 *31	8:18 *32	13:36 *88	25:13 *40	26:01 *80	27:30 *81
<b>25</b>	<b>Tegaday Cordobes Suárez</b> <b>León E D ALCON</b>	<b>53:00</b>	41:37 41:37 36:24 *45	43:24 1:47 37:49 *85	49:25 6:01 38:50 *86	51:39 2:14 40:24 *73	52:26 0:47	53:00 0:34	20:37 *33	22:19 *31	23:19 *32	24:41 *88	31:39 *40	32:05 *80	32:56 *81
<b>26</b>	<b>Carlos DE Manuel Navio</b> <b>Madrid IMPERDIBLE BUFF</b>	<b>53:32</b>	45:14 45:14 40:14 *45	47:13 1:59 41:21 *85	50:36 3:23 42:21 *86	52:26 1:50 43:57 *73	53:06 0:40	53:32 0:26	2:34 *33	4:19 *31	9:56 *32	11:44 *88	36:09 *40	37:00 *80	37:59 *81
<b>27</b>	<b>Jose Luis Sanchez Fabra</b> <b>Toledo NAVALCAN-O</b>	<b>54:23</b>	44:05 44:05 35:33 *45	46:50 2:45 38:40 *85	49:38 2:48 40:15 *86	53:25 3:47 42:26 *73	54:06 0:41	54:23 0:17	5:58 *33	8:27 *31	10:50 *32	12:27 *88	25:24 *40	26:02 *80	27:23 *81
<b>28</b>	<b>Xavi Colom</b> <b>Madrid FEDO</b>	<b>54:39</b>	42:12 42:12 35:15 *45	44:45 2:33 37:16 *85	49:46 5:01 38:22 *86	52:18 2:32 40:36 *73	54:10 1:52	54:39 0:29	5:16 *33	6:50 *31	8:05 *32	10:30 *88	24:24 *40	25:31 *80	27:18 *81
<b>29</b>	<b>Diego Muñoz Bardera</b> <b>Toledo NAVALCAN-O</b>	<b>56:27</b>	45:07 45:07 36:39 *45	48:14 3:07 39:35 *85	51:23 3:09 40:56 *86	55:07 3:44 43:18 *73	55:54 0:47	56:27 0:33	5:17 *33	19:10 *31	20:38 *32	22:29 *88	30:15 *40	31:57 *80	33:21 *81
<b>30</b>	<b>Daniel Guerra Martínez-Falero</b> <b>Toledo TOLEDO-O</b>	<b>56:58</b>	38:53 38:53 27:07 *45	46:16 7:23 30:53 *85	51:22 5:06 33:10 *86	55:18 3:56 36:12 *73	56:29 1:11	56:58 0:29	5:56 *33	8:03 *31	9:32 *32	11:40 *88	20:08 *40	21:33 *80	22:52 *81
<b>31</b>	<b>Miguel Alejo Del Pozo</b> <b>Murcia LORCA-O</b>	<b>58:39</b>	44:23 44:23	48:17 3:54	51:14 2:57	55:39 4:25	58:06 2:27	58:39 0:33	42:51 *73						
<b>32</b>	<b>Víctor Martín-Albo Sánchez-Cogo</b> <b>Toledo TOLEDO-O</b>	<b>59:05</b>	44:07 44:07 34:26 *45	50:31 6:24 36:46 *85	52:55 2:24 38:38 *86	57:04 4:09 41:41 *73	58:18 1:14	59:05 0:47	9:18 *33	11:23 *31	13:03 *32	17:26 *88	25:14 *40	26:50 *80	28:17 *81
<b>33</b>	<b>Luis Barber Armada</b> <b>Yelmo Orientació Yelmo Orientac</b>	<b>1:02:53</b>	52:50 52:50 39:04 *45	56:22 3:32 42:12 *85	58:28 2:06 43:47 *86	1:01:13 2:45 45:44 *73	1:02:29 1:16	1:02:53 0:24	19:57 *33	21:48 *31	23:43 *32	25:33 *88	34:00 *40	35:06 *80	36:06 *81
<b>34</b>	<b>Mario Manzano Vázquez</b> <b>Madrid COLMENAR</b>	<b>1:07:39</b>	52:54	59:53 6:59	1:02:40 2:47	1:06:10 3:30	1:07:00 0:50	1:07:39 0:39							
<b>35</b>	<b>Jordi Viladés JovÀ</b> <b>Madrid FEDO</b>	<b>1:11:02</b>	44:16 44:16 38:13 *85	49:29 5:13 40:54 *86	1:06:00 16:31 42:58 *73	1:09:49 3:49	1:10:34 0:45	1:11:02 0:28	14:00 *33	15:54 *31	17:56 *32	29:57 *40	31:20 *80	32:37 *81	36:25 *45
<b>36</b>	<b>Francisco Jose Calero De Tena</b> <b>Toledo TOLEDO-O</b>	<b>1:24:02</b>	38:09 38:09 30:37 *45	40:52 2:43 32:13 *85	1:19:40 38:48 33:48 *86	1:22:43 3:03 36:35 *73	1:23:38 0:55	1:24:02 0:24	5:03 *33	7:25 *31	10:01 *32	12:12 *88	23:44 *40	24:50 *80	26:37 *81
<b>37</b>	<b>Julio Alvarez Suso</b> <b>Yelmo Orientació Yelmo Orientac</b>	<b>1:35:50</b>	1:19:35 1:19:35 1:12:14 *85	1:25:51 6:16 1:14:13 *86	1:29:06 3:15 1:17:11 *73	1:34:05 4:59	1:35:07 1:02	1:35:50 0:43	23:32 *33	25:33 *31	28:04 *32	31:24 *88	39:00 *40	41:52 *80	1:08:49 *45
	<b>Carlos Martínez Cárcel</b> <b>Murcia ASON</b>	<b>r en tarj.</b>	23:49 23:49 17:46 *45	25:58 2:09 19:42 *85	27:34 1:36 20:47 *86	----- 22:21 *73	29:27 1:53	29:46 0:19	3:23 *33	4:39 *31	5:42 *32	6:53 *88	14:26 *40	14:48 *80	15:32 *81
	<b>Jose Sanchez Galvañ</b> <b>Alicante SANT JOAN</b>	<b>r en tarj.</b>	27:34 27:34 20:56 *45	----- 4:04 22:53 *85	31:38 4:04 23:56 *86	33:58 2:20 25:43 *73	34:30 0:32	34:55 0:25	3:09 *33	4:24 *31	5:17 *32	12:20 *88	16:24 *40	17:08 *80	17:57 *81
	<b>Pablo Saz Segovia</b> <b>Madrid SOTOBOSQUE</b>	<b>r en tarj.</b>	32:11 32:11 22:51 *66	34:52 2:41 24:49 *45	37:56 3:04 27:25 *85	----- 40:06 28:34 *86	40:06 2:10	40:35 0:29	6:55 *33	7:57 *31	8:41 *32	10:02 *88	16:59 *40	17:44 *80	19:09 *81



Pos	Nombre	Tiempo	3,0 km 55 m					5 C (cont.)					Meta				
			1(51)	2(59)	3(39)	4(79)	5(100)										
<b>H-21B (43)</b>																	
	<b>Juan Pablo García Teba</b>	<b>r en tarj.</b>	30:35	35:18	-----	38:56	40:11	40:43		3:27	4:46	5:57	11:02	18:11	18:47	19:47	
	<b>Alicante UNIVERSIDAD ALICANTE</b>		30:35	4:43		3:38	1:15	0:32		*33	*31	*32	*88	*40	*80	*81	
			23:33	25:35	26:47	28:46											
			*45	*85	*86	*73											
	<b>Rubén Carnero Requena</b>	<b>r en tarj.</b>	41:59	49:22	51:36	-----	53:56	54:29		14:47	16:42	17:58	19:23	26:13	27:07	28:49	
	<b>Madrid SOTOBOSQUE</b>		41:59	7:23	2:14		2:20	0:33		*33	*31	*32	*88	*40	*80	*81	
			32:43	35:39	37:03	39:44	53:22										
			*45	*85	*86	*73	*41										
	<b>Alvaro Jiménez Fernández</b>	<b>r en tarj.</b>	1:15:09	-----	-----	1:32:09	1:33:48	1:34:26		30:33	32:16	35:20	38:07	50:44	51:43	53:11	
	<b>Toledo NAVALCAN-O</b>		1:15:09			17:00	1:39	0:38		*33	*31	*32	*88	*40	*80	*81	
			1:06:32	1:08:59	1:11:01	1:13:00											
			*45	*85	*86	*73											
<b>H-35A (44)</b>																	
			3,8 km 95 m			6 C			Meta								
			1(55)	2(47)	3(59)	4(68)	5(72)	6(100)									
<b>1</b>	<b>Alberto Mínguez Viñambres</b>	<b>29:09</b>	<b>21:54</b>	<b>23:49</b>	<b>25:40</b>	<b>26:56</b>	<b>27:59</b>	<b>28:48</b>	<b>29:09</b>		1:17	3:07	4:13	6:46	7:22	9:18	
	<b>Madrid IMPERDIBLE BUFF</b>		21:54	1:55	1:51	1:16	1:03	0:49	0:21		*56	*33	*34	*37	*65	*83	
			11:49	12:47	15:09	1:16:13	17:20	18:15	19:47								
			*88	*70	*50	*77	*84	*86	*73								
<b>2</b>	<b>Dani Castellà Vancells</b>	<b>31:45</b>	23:16	25:26	28:13	29:42	30:22	31:14	31:45		1:09	2:32	4:07	6:49	7:28	9:51	
	<b>Barcelona COB</b>		23:16	2:10	2:47	1:29	0:40	0:52	0:31		*56	*33	*34	*37	*65	*83	
			12:05	12:50	15:05	1:17:19	18:35	19:42	21:25								
			*88	*70	*50	*77	*84	*86	*73								
<b>3</b>	<b>José Antonio García Murcia</b>	<b>32:38</b>	25:31	27:33	29:10	30:41	31:27	32:19	32:38								
	<b>Murcia LORCA-O</b>		25:31	2:02	1:37	1:31	0:46	0:52	0:19								
<b>4</b>	<b>Alfonso Bustillo Ruiz</b>	<b>33:05</b>	25:53	27:51	29:23	30:44	31:39	32:36	33:05								
	<b>La Rioja CRON</b>		25:53	1:58	1:32	1:21	0:55	0:57	0:29								
<b>5</b>	<b>Israel Garrido De La Torre</b>	<b>33:23</b>	27:12	29:11	30:29	31:42	32:20	33:07	33:23		1:34	3:00	4:04	6:53	7:35	15:08	
	<b>Madrid ALABARDA-O</b>		27:12	1:59	1:18	1:13	0:38	0:47	0:16		*56	*33	*34	*37	*65	*83	
			17:07	18:04	20:39	1:21:45	22:56	23:52	25:16								
			*88	*70	*50	*77	*84	*86	*73								
<b>6</b>	<b>Benet Totusaus</b>	<b>33:46</b>	23:01	24:44	30:01	31:35	32:31	33:19	33:46		3:51	5:07	5:45	7:59	8:35	10:40	
	<b>Barcelona BADALONA-O</b>		23:01	1:43	5:17	1:34	0:56	0:48	0:27		*56	*33	*34	*37	*65	*83	
			13:01	14:01	15:56	1:17:19	18:47	19:41	21:18								
			*88	*70	*50	*77	*84	*86	*73								
<b>7</b>	<b>Jordi Domènech Amorós</b>	<b>34:00</b>	27:08	29:07	30:32	31:44	32:43	33:35	34:00		2:48	4:38	5:22	11:28	12:15	14:33	
	<b>Barcelona UEVIC</b>		27:08	1:59	1:25	1:12	0:59	0:52	0:25		*56	*33	*34	*37	*65	*83	
			16:30	17:48	19:52	1:21:16	22:25	23:24	25:06								
			*88	*70	*50	*77	*84	*86	*73								
<b>8</b>	<b>Juan Pedro Caraça-Valente Herné</b>	<b>34:45</b>	25:54	29:45	31:12	32:25	33:15	34:16	34:45		1:12	3:16	5:13	8:48	9:26	11:53	
	<b>Madrid IMPERDIBLE BUFF</b>		25:54	3:51	1:27	1:13	0:50	1:01	0:29		*56	*33	*34	*37	*65	*83	
			14:26	16:13	18:52	1:20:18	21:33	22:31	24:07								
			*88	*70	*50	*77	*84	*86	*73								
<b>9</b>	<b>Yulian Borislavov Naydenov</b>	<b>36:29</b>	28:19	30:05	32:05	33:24	35:03	35:57	36:29		1:47	3:40	4:53	7:29	8:13	10:38	
	<b>Madrid MAXIMUS</b>		28:19	1:46	2:00	1:19	1:39	0:54	0:32		*56	*33	*34	*37	*65	*83	
			17:13	18:12	21:05	1:22:26	23:55	24:49	26:34								
			*88	*70	*50	*77	*84	*86	*73								
<b>10</b>	<b>Juan Combarro Gallego</b>	<b>36:39</b>	24:36	29:28	31:37	34:06	35:09	36:17	36:39		3:20	5:10	6:17	8:47	9:27	11:21	
	<b>Madrid T TRAGAME</b>		24:36	4:52	2:09	2:29	1:03	1:08	0:22		*56	*33	*34	*37	*65	*83	
			13:44	14:52	17:15	1:18:17	19:26	20:23	22:08								
			*88	*70	*50	*77	*84	*86	*73								
<b>11</b>	<b>Maxim Borisov</b>	<b>37:23</b>	27:08	29:31	31:13	32:48	35:41	36:52	37:23		25:04						
	<b>Alicante VILLENA-O</b>		27:08	2:23	1:42	1:35	2:53	1:11	0:31		*73						
<b>12</b>	<b>Pablo Alonso Regidor</b>	<b>38:27</b>	28:05	30:10	34:09	35:53	37:11	38:06	38:27		1:24	3:29	6:17	9:02	10:12	14:10	
	<b>Madrid ENTREBALIZAS</b>		28:05	2:05	3:59	1:44	1:18	0:55	0:21		*56	*33	*34	*37	*65	*83	
			17:12	18:08	21:02	1:22:20	23:34	24:35	26:10								
			*88	*70	*50	*77	*84	*86	*73								
<b>13</b>	<b>Julio Sánchez Amor</b>	<b>39:02</b>	31:06	33:40	35:32	36:52	37:38	38:37	39:02		1:23	3:26	4:46	8:35	9:39	12:16	
	<b>Murcia MURCIA-O</b>		31:06	2:34	1:52	1:20	0:46	0:59	0:25		*56	*33	*34	*37	*65	*83	
			18:03	18:56	21:42	1:23:33	25:02	26:08	27:51								
			*88	*70	*50	*77	*84	*86	*73								
<b>14</b>	<b>Héctor Lorenzo Yustos</b>	<b>39:48</b>	32:40	34:38	36:36	38:01	38:37	39:29	39:48		4:31	6:30	7:30	11:27	12:15	14:44	
	<b>Madrid IMPERDIBLE BUFF</b>		32:40	1:58	1:58	1:25	0:36	0:52	0:19		*56	*33	*34	*37	*65	*83	
			17:40	22:26	25:12	1:26:29	27:51	28:52	30:38								
			*88	*70	*50	*77	*84	*86	*73								
<b>15</b>	<b>Juan Carlos Rol Rúa</b>	<b>39:56</b>	32:08	34:14	35:55	37:35	38:39	39:28	39:56		1:35	3:32	4:31	7:06	8:01	14:13	
	<b>Madrid MONTE EL PARDO</b>		32:08	2:06	1:41	1:40	1:04	0:49	0:28		*56	*33	*34	*37	*65	*83	
			16:50	18:34	24:20	1:25:29	26:53	27:59	29:39								
			*88	*70	*50	*77	*84	*86	*73								
<b>16</b>	<b>Ismael Serrano Molinero</b>	<b>40:22</b>	31:53	34:19	36:17	37:50	38:51	39:52	40:22		1:36	3:41	4:49	8:04	9:09	11:57	
	<b>Madrid RUMBO-MADRID SANSE</b>		31:53	2:26	1:58	1:33	1:01	1:01	0:30		*56	*33	*34	*37	*65	*83	
			15:00	16:21	20:39	1:25:04	26:36	27:50	29:39								
			*88	*70	*50	*77	*84	*86	*73								
<b>17</b>	<b>Rubén Tejerina Hernanz</b>	<b>40:31</b>	28:59	30:53	36:33	38:17	39:10	40:15	40:31		1:35	3:41	4:45	7:34	8:13	13:30	
	<b>Madrid T TRAGAME</b>		28:59	1:54	5:40	1:44	0:53	1:05	0:16		*56	*33	*34	*37	*65	*83	
			16:06	17:15	20:38	1:22:13	23:34	25:19	26:45								
			*88	*70	*50	*77	*84	*86	*73								
<b>18</b>	<b>Ramon Aubets Rafart</b>	<b>40:52</b>	30:46	33:23	36:26	37:57	39:17	40:20	40:52		2:41	5:10	6:28	9:33	10:26	12:43	
	<b>Barcelona COB</b>		30:46	2:37	3:03	1:31	1:20	1:03	0:32		*56	*33	*34	*37	*65	*83	
			17:54	22:36	1:24:02	25:33	26:44	28:44									
			*88	*50	*77	*84	*86	*73									

Pos	Nombre	Tiempo	3,8 km 95 m		6 C (cont.)											
			1(55)	2(47)	3(59)	4(68)	5(72)	6(100)	Meta							
21	David Sotres Fernández Asturias NORDESTE-O	42:58	32:39 32:39 19:29 *88	35:32 2:53 20:57 *70	37:27 1:55 24:12 *50	39:05 1:38 1:26:11 *77	39:55 0:50 27:36 *84	42:32 2:37 28:54 *86	42:58 0:26 30:33 *73	1:37 *56	5:21 *33	6:34 *34	9:20 *37	10:12 *65	17:04 *83	
22	José Ramón García Pardos Huesca PEÑA GUARA	46:30	38:06 38:06 19:58 *83	41:12 3:06 23:38 *88	42:55 1:43 24:45 *70	44:20 1:25 29:33 *50	45:08 0:48 1:31:15 *77	46:03 0:55 32:57 *84	46:30 0:27 34:17 *86	4:25 *56	6:19 *33	7:41 *34	11:04 *37	11:52 *65	17:43 *62	
23	Pablo Puertas Ocio Valladolid COV	47:57	39:03 39:03 24:46 *88	41:55 2:52 26:45 *70	43:52 1:57 29:58 *50	45:26 1:34 1:31:26 *77	46:19 0:53 33:01 *84	47:25 1:06 34:18 *86	47:57 0:32 36:14 *73	3:29 *56	10:55 *33	14:55 *34	17:49 *37	18:51 *65	21:55 *83	
24	Eusebio Andrés Garnacho Gonzá Murcia LORCA-O	48:59	31:59 31:59 18:34 *88	41:36 9:37 19:54 *70	44:30 2:54 23:52 *50	45:53 1:23 1:25:57 *77	47:04 1:11 27:40 *84	48:28 1:24 28:40 *86	48:59 0:31 30:17 *73	2:01 *56	4:59 *33	7:02 *34	12:05 *37	13:11 *65	15:52 *83	
25	Jorge Ruiz De Almiron Madrid IBERIA	49:50	40:52 40:52 26:02 *88	43:25 2:33 27:37 *70	45:27 2:02 31:18 *50	47:08 1:41 1:32:45 *77	48:21 1:13 34:38 *84	49:17 0:56 36:08 *86	49:50 0:33 38:15 *73	7:56 *56	11:42 *33	12:52 *34	18:02 *37	19:06 *65	22:22 *83	
26	Agustín Falcó Cabos Valencia VERD3	50:07	40:47 40:47 21:00 *88	44:06 3:19 26:54 *70	45:30 1:24 31:16 *50	47:27 1:57 1:33:14 *77	48:42 1:15 34:54 *84	49:38 0:56 36:13 *86	50:07 0:29 38:25 *73	3:35 *56	5:56 *33	6:56 *34	10:29 *37	11:19 *65	15:05 *83	
27	José Antonio Martínez Molina Murcia LORCA-O	51:17	41:31 41:31 26:28 *88	44:33 3:02 27:56 *70	46:43 2:10 32:22 *50	48:43 2:00 1:34:03 *77	49:42 0:59 35:41 *84	50:54 1:12 36:56 *86	51:17 0:23 39:08 *73	3:15 *56	5:53 *33	7:30 *34	10:56 *37	11:49 *65	17:49 *83	
28	Ramon García-Catalan Simon Madrid IMPERDIBLE BUFF	51:19	39:39 39:39 24:24 *88	41:46 2:07 25:33 *70	44:39 2:53 29:09 *50	47:49 3:10 1:30:39 *77	49:06 1:17 35:07 *84	50:43 1:37 36:09 *86	51:19 0:36 37:38 *73	5:48 *56	8:08 *33	13:08 *34	16:32 *37	17:17 *65	21:40 *83	
29	Jonas Andersson Yelmo Orientació Yelmo Orientac	51:32	42:56 42:56 27:45 *88	45:10 2:14 28:52 *70	46:58 1:48 33:43 *50	48:36 1:38 1:35:46 *77	50:08 1:32 37:41 *84	51:09 1:01 39:05 *86	51:32 0:23 40:42 *73	2:01 *56	4:01 *33	6:30 *34	13:29 *37	14:17 *65	24:37 *83	
30	Juan Ignacio Morales Arquero BOM BOM	53:50	40:08 40:08 23:48 *88	45:12 5:04 25:08 *70	47:56 2:44 28:49 *50	50:53 2:57 1:32:11 *77	52:10 1:17 34:01 *84	53:21 1:11 35:34 *86	53:50 0:29 37:40 *73	3:43 *56	6:01 *33	11:10 *34	14:44 *37	16:28 *65	20:53 *83	
31	Carlos González Salamanca Madrid IMPERDIBLE BUFF	57:46	46:38 46:38 21:45 *83	48:45 2:07 26:53 *88	50:55 2:10 28:59 *70	52:58 2:03 33:17 *50	55:59 3:01 1:34:49 *77	57:17 1:18 38:41 *84	57:46 0:29 41:39 *86	7:42 *56	9:25 *33	10:15 *34	13:23 *37	14:27 *65	20:05 *62	
32	David Fernández Casas Madrid COLMENAR	58:17	49:30 49:30 30:40 *88	51:43 2:13 32:10 *70	53:26 1:43 37:31 *50	55:40 2:14 1:40:44 *77	56:41 1:01 42:15 *84	57:48 1:07 42:32 *84	58:17 0:29 43:48 *86	1:35 *56	3:39 *33	4:52 *34	20:45 *37	21:33 *65	27:42 *83	
33	Jesus Oliver Sáez Madrid COLMENAR	59:35	48:09 48:09 32:50 *88	51:14 3:05 35:02 *70	52:55 1:41 38:40 *50	56:34 3:39 1:40:08 *77	57:32 0:58 41:34 *84	58:29 0:57 42:52 *86	59:35 1:06 44:32 *73	3:55 *56	6:27 *33	7:26 *34	12:36 *37	13:34 *65	28:04 *83	
34	Rubén Carpintero Perancho Madrid IBERIA	1:03:40	37:26 37:26 23:35 *88	41:11 3:45 24:44 *70	43:29 2:18 28:37 *50	1:01:13 17:44 1:30:34 *77	1:02:15 1:02 32:13 *84	1:03:11 0:56 33:24 *86	1:03:40 0:29 35:09 *73	2:56 *56	6:11 *33	9:47 *34	15:33 *37	16:14 *65	20:52 *83	
35	Carles Salvador Costa Barcelona UEVIC	1:05:07	45:34 45:34 29:58 *88	49:31 3:57 30:47 *70	54:05 4:34 35:15 *50	55:41 1:36 1:37:53 *77	1:03:31 7:50 39:42 *84	1:04:45 1:14 40:51 *86	1:05:07 0:22 43:14 *73	3:14 *56	5:55 *33	8:00 *34	18:41 *37	20:00 *65	23:34 *83	
36	Carlos Sanz Balaguer Córdoba LOS CALIFAS	1:05:47	51:34 51:34 30:20 *88	57:21 5:47 34:55 *70	1:01:15 3:54 39:35 *50	1:02:59 1:44 1:43:04 *77	1:04:19 1:20 44:42 *84	1:05:26 1:07 46:08 *86	1:05:47 0:21 47:56 *73	2:06 *56	6:23 *33	7:13 *34	10:56 *37	19:25 *65	25:25 *83	
37	Martin De La Herran Madrid GOCAN	1:06:14	47:51 47:51 23:31 *88	56:38 8:47 25:32 *70	58:53 2:15 29:50 *50	1:02:54 4:01 1:33:04 *77	1:04:27 1:33 1:33:26 *84	1:05:42 1:15 34:59 *86	1:06:14 0:32 36:44 *73	7:31 *56	10:12 *33	11:19 *34	15:02 *37	16:15 *65	19:27 *83	
38	MARCOS GUERRERO GADEA Madrid Navalcarnero	1:06:35	50:44 50:44 30:54 *88	55:10 4:26 36:54 *70	57:59 2:49 41:44 *50	1:04:02 6:03 1:05:15 *77	1:05:13 1:11 1:08:47 *84	1:06:16 1:03 1:10:20 *86	1:06:35 0:19 1:13:20 *73	5:44 *56	8:03 *33	9:03 *34	13:03 *37	14:03 *65	18:03 *83	
39	Antonio Javier Muñoz LÁpez Madrid IBERIA	1:17:56	53:10 53:10 30:54 *88	59:51 6:41 36:54 *70	1:02:25 2:34 41:44 *50	1:10:00 7:35 1:44:15 *77	1:14:21 4:21 46:15 *84	1:17:21 3:00 47:53 *86	1:17:56 0:35 50:34 *73	12:29 *56	14:45 *33	18:51 *34	22:10 *37	23:48 *65	27:56 *83	
40	Javier Del Canto Tino Madrid IBERIA	1:25:31	1:08:02 1:08:02 38:13 *88	1:15:37 7:35 41:43 *70	1:18:53 3:16 49:56 *50	1:22:02 3:09 1:52:23 *77	1:23:27 1:25 1:01:42 *84	1:24:56 1:29 1:02:59 *86	1:25:31 0:35 1:05:12 *73	2:54 *56	5:05 *33	13:39 *34	26:43 *37	28:36 *65	35:08 *83	
41	FRANCISCO FERNÁNDEZ SIMÓN Murcia CALASPARRA-O	1:30:46	1:16:10 1:16:10 42:33 *88	1:19:10 3:00 58:10 *70	1:25:35 6:25 1:05:00 *50	1:27:28 1:53 2:06:48 *77	1:29:07 1:39 1:08:47 *84	1:30:16 1:09 1:10:20 *86	1:30:46 0:30 1:13:20 *73	2:37 *56	8:11 *33	23:38 *34	28:47 *37	30:15 *65	37:02 *83	
42	José Antonio González Cascales Alicante SANT JOAN	1:32:03	1:16:10 1:16:10 36:11 *88	1:19:54 3:44 55:48 *70	1:24:10 4:16 1:00:48 *50	1:28:02 3:52 2:03:23 *77	1:29:50 1:48 1:06:15 *84	1:31:30 1:40 1:09:37 *86	1:32:03 0:33 1:12:16 *73	10:42 *56	14:43 *33	18:59 *34	25:05 *37	26:48 *65	31:18 *83	
43	Ismael Cabañas García Madrid RUMBO-MADRID SANSE	1:36:22	56:00 56:00 36:11 *88	1:17:53 21:53 55:48 *70	1:26:38 8:45 1:00:48 *50	1:31:26 4:48 2:03:23 *77	1:34:47 3:21 1:06:15 *84	1:35:51 1:04 1:09:37 *86	1:36:22 0:31 1:12:16 *73	2:54 *56	5:05 *33	13:39 *34	26:43 *37	28:36 *65	35:08 *83	

Pos	Nombre	Tiempo													
<b>H-35A (44)</b>		<b>3,8 km 95 m</b>			<b>6 C</b>			<i>(cont.)</i>							
		1(55)	2(47)	3(59)	4(68)	5(72)	6(100)	Meta							
<b>44</b>	<b>Abraham Muñiz Gracia</b> <b>Madrid IMPERDIBLE BUFF</b>	<b>2:15:28</b>	2:03:10 2:03:10 1:48:19 *88	2:05:28 2:18 1:54:38 *50	2:11:15 5:47 2:56:00 *77	2:12:30 1:15 1:57:13 *84	2:13:38 1:08 1:58:13 *86	2:14:47 1:09 1:59:38 *73	2:15:28 0:41	1:29:30 *56	1:31:40 *33	1:34:32 *34	1:40:16 *37	1:41:09 *65	1:44:43 *83
<b>H-35B (21)</b>		<b>2,7 km 55 m</b>			<b>4 C</b>										
		1(76)	2(59)	3(72)	4(100)	Meta									
<b>1</b>	<b>José Puche Madrid</b> <b>Albacete GODIH</b>	<b>27:22</b>	<b>20:43</b> <b>20:43</b>	<b>23:44</b> 3:01	<b>25:53</b> 2:09	<b>26:50</b> <b>0:57</b>	<b>27:22</b> 0:32	2:03 *63	7:36 *69	9:18 *38	11:30 *50	1:13:00 *77	14:33 *84	16:01 *87	17:09 *73
<b>2</b>	<b>José Manuel Robles Pagán</b> <b>Madrid SOTOBOSQUE</b>	<b>29:54</b>	23:56 23:56	26:23 <b>2:27</b>	28:28 <b>2:05</b>	29:33 1:05	29:54 0:21	1:44 *63	7:40 *69	8:52 *38	10:58 *50	1:13:06 *77	14:43 *84	16:14 *87	17:41 *73
<b>3</b>	<b>Antonio Gázquez Millán</b> <b>Murcia LORCA-O</b>	<b>33:35</b>	25:18 25:18	29:12 3:54	32:00 2:48	33:05 1:05	33:35 0:30	2:25 *63	7:45 *69	9:01 *38	11:57 *50	1:13:58 *77	16:06 *84	18:02 *87	19:52 *73
<b>4</b>	<b>Ricardo Sanchez Sales</b> <b>Toledo NAVALCAN-O</b>	<b>33:38</b>	24:58 24:58	29:36 4:38	32:08 2:32	33:13 1:05	33:38 0:25	2:01 *63	8:31 *69	9:48 *38	12:09 *50	1:15:13 *77	17:15 *84	18:57 *87	20:16 *73
<b>5</b>	<b>Alvaro Esteban Frecentese Lozan</b> <b>Madrid COLMENAR</b>	<b>36:44</b>	26:25 26:25	32:39 6:14	34:59 2:20	36:16 1:17	36:44 0:28	2:08 *63	9:07 *69	10:56 *38	14:07 *50	1:15:47 *77	17:29 *84	19:10 *87	20:46 *73
<b>6</b>	<b>José Manuel Prieto García</b> <b>Madrid COLMENAR</b>	<b>39:17</b>	29:15 29:15	34:38 5:23	37:45 3:07	38:53 1:08	39:17 0:24	2:32 *63	9:45 *69	11:27 *38	14:28 *50	1:17:08 *77	19:16 *84	21:00 *87	22:34 *73
<b>7</b>	<b>Nicolás Arranz Rodríguez</b> <b>Burgos CORZO</b>	<b>40:43</b>	30:56 30:56	34:04 3:08	39:04 5:00	40:17 1:13	40:43 0:26	2:58 *63	14:43 *69	15:54 *38	18:33 *50	1:20:38 *77	22:41 *84	24:26 *87	26:07 *73
<b>8</b>	<b>JosÁ© MarÁ© Crespo RodrÁ©gue</b> <b>Madrid FEDO</b>	<b>42:44</b>	33:29 33:29	38:55 5:26	41:25 2:30	42:25 1:00	42:44 0:19	2:48 *63	17:22 *69	19:26 *38	23:00 *50	1:25:00 *77	27:26 *84	28:47 *87	30:13 *73
<b>9</b>	<b>Cesar Corada García</b> <b>Vizcaya COBI</b>	<b>43:38</b>	33:14 33:14	38:12 4:58	41:42 3:30	43:20 1:38	43:38 <b>0:18</b>								
<b>10</b>	<b>Javier López Letón</b> <b>Zaragoza IBÓN</b>	<b>43:55</b>	35:59 35:59	39:35 3:36	42:17 2:42	43:34 1:17	43:55 0:21	2:09 *63	13:16 *69	16:34 *38	19:40 *50	1:21:34 *77	24:46 *84	27:00 *87	28:42 *73
<b>11</b>	<b>Javier Montiel Bonmatí</b> <b>Alicante UNIVERSIDAD ALICANTI</b>	<b>46:47</b>	38:58 38:58	42:13 3:15	45:16 3:03	46:21 1:05	46:47 0:26								
<b>12</b>	<b>José García Gomariz</b> <b>Alicante COLIVENC</b>	<b>47:42</b>	33:16 33:16	37:08 3:52	45:55 8:47	47:20 1:25	47:42 0:22	5:12 *63	13:10 *69	14:29 *38	19:16 *50	1:21:21 *77	24:23 *84	26:30 *87	28:31 *73
<b>13</b>	<b>Ismael Herrero Tejerina</b> <b>Palencia ORCA</b>	<b>49:43</b>	36:48 36:48	44:52 8:04	48:16 3:24	49:20 1:04	49:43 0:23	2:09 *63	13:40 *69	16:00 *38	18:59 *50	1:20:59 *77	24:47 *84	29:54 *87	32:22 *73
<b>14</b>	<b>Rafael Pérez Martín</b> <b>Madrid COLMENAR</b>	<b>50:16</b>	35:57 35:57	44:59 9:02	48:03 3:04	49:43 1:40	50:16 0:33	4:50 *63	12:02 *69	14:03 *38	18:45 *50	1:21:37 *77	24:05 *84	26:27 *87	28:13 *73
<b>15</b>	<b>Fernando David Vidal López</b> <b>Alicante SANT JOAN</b>	<b>52:49</b>	35:58 35:58	46:16 10:18	50:43 4:27	52:25 1:42	52:49 0:24	2:00 *63	14:18 *69	15:26 *38	17:55 *50	1:19:21 *77	25:07 *84	30:25 *87	32:00 *73
<b>16</b>	<b>Luis Miguel Claramunt Pedrón</b> <b>Valencia UVALENCIA</b>	<b>54:22</b>	45:20 45:20	48:28 3:08	52:13 3:45	53:48 1:35	54:22 0:34	2:59 *63	8:28 *69	10:52 *38	14:37 *50	1:18:02 *77	20:51 *84	23:02 *87	24:34 *73
<b>17</b>	<b>Sergio López Sierra</b> <b>Cuenca ELERUT</b>	<b>59:33</b>	47:51 47:51	52:55 5:04	57:24 4:29	59:03 1:39	59:33 0:30	9:10 *63	24:30 *69	25:42 *38	30:14 *50	1:34:32 *77	37:19 *84	40:22 *87	41:44 *73
<b>18</b>	<b>Ruben Recio Cárdbaba</b> <b>Valencia SIMEPIERDO</b>	<b>59:47</b>	47:54 47:54	51:59 4:05	58:12 6:13	59:28 1:16	59:47 0:19	3:07 *63	27:21 *69	28:59 *38	32:33 *50	1:35:14 *77	39:34 *84	41:44 *87	43:16 *73
<b>19</b>	<b>Manuel López Listán</b> <b>Cádiz O-SAN ROQUE</b>	<b>1:00:28</b>	44:25 44:25	50:49 6:24	57:55 7:06	59:52 1:57	1:00:28 0:36	3:52 *63	20:19 *69	23:04 *38	29:12 *50	1:31:55 *77	34:42 *84	36:52 *87	39:00 *73
<b>20</b>	<b>Florencio Tabuena Cáceres</b> <b>Zaragoza IBÓN</b>	<b>1:03:10</b>	52:31 52:31	56:03 3:32	1:01:13 5:10	1:02:36 1:23	1:03:10 0:34	20:49 *63	31:03 *69	32:22 *38	35:14 *50	1:37:12 *77	39:46 *84	41:58 *87	43:54 *73
<b>21</b>	<b>David Alonso Santín</b> <b>La Rioja CRON</b>	<b>1:15:15</b>	1:04:28 1:04:28	1:08:02 3:34	1:12:38 4:36	1:14:49 2:11	1:15:15 0:26	4:17 *63	29:57 *69	31:22 *38	43:38 *50	1:46:05 *77	52:42 *84	55:22 *87	57:41 *73
<b>H-40 (41)</b>		<b>3,4 km 80 m</b>			<b>5 C</b>										
		1(76)	2(83)	3(59)	4(60)	5(100)	Meta								
<b>1</b>	<b>Miguel Sáez Plaza</b> <b>Granada VELETA</b>	<b>34:07</b>	26:53 26:53 20:03 *45	30:26 3:33 23:01 *87	<b>30:58</b> 0:32 24:17 *73	<b>32:18</b> 1:20	<b>33:39</b> 1:21	<b>34:07</b> 0:28	2:53 *63	5:19 *43	6:29 *65	12:36 *70	15:47 *50	16:32 *81	18:04 *82
<b>2</b>	<b>Jesús Nieto Calvo</b> <b>Toledo NAVALCAN-O</b>	<b>34:29</b>	27:18 27:18 21:01 *45	30:39 3:21 23:05 *87	30:59 0:20 24:23 *73	32:31 1:32	34:00 1:29	34:29 0:29	1:58 *63	3:39 *43	6:32 *65	13:23 *70	16:21 *50	17:17 *81	18:41 *82
<b>3</b>	<b>Javier Misas Gento</b> <b>Sevilla MONTELLANO</b>	<b>34:30</b>	<b>25:31</b> <b>25:31</b>	<b>28:00</b> 2:29	32:12 4:12	32:47 <b>0:35</b>	34:04 1:17	34:30 0:26	22:39 *73						
<b>4</b>	<b>Jordi Arumí Casadevall</b> <b>Barcelona UEVIC</b>	<b>35:41</b>	29:32 29:32 22:34 *45	32:23 2:51 25:05 *87	32:49 0:26 26:22 *73	33:52 1:03	35:13 1:21	35:41 0:28	2:22 *63	4:17 *43	6:35 *65	12:58 *70	17:09 *50	18:04 *81	20:14 *82
<b>5</b>	<b>César Valle Tórtola</b> <b>Cuenca ORIENTIJOTE</b>	<b>35:56</b>	28:44 28:44	31:08 2:24	31:57 0:49	33:33 1:36	35:22 1:49	35:56 0:34							
<b>6</b>	<b>Blas López Descalzo</b> <b>Albacete GODIH</b>	<b>36:15</b>	30:32 30:32 24:40 *45	32:55 2:23 26:29 *87	33:37 0:42 27:44 *73	34:23 0:46	35:48 1:25	36:15 0:27	2:03 *63	3:36 *43	4:53 *65	14:08 *70	19:46 *50	20:32 *81	22:32 *82
<b>7</b>	<b>Eduardo Angulo de Pablo</b> <b>Burgos CORZO</b>	<b>36:51</b>	30:15 30:15 21:51 *45	33:08 2:53 24:37 *87	33:35 0:27 25:47 *73	34:48 1:13	36:20 1:32	36:51 0:31	3:18 *63	5:00 *43	6:45 *65	13:01 *70	17:00 *50	17:50 *81	19:43 *82
<b>8</b>	<b>Alejandro Palacio González</b> <b>Valencia UVALENCIA</b>	<b>37:25</b>	31:11 31:11 23:59 *45	34:08 2:57 25:58 *87	34:33 0:25 27:12 *73	35:47 1:14	37:04 1:17	37:25 0:21	5:05 *63	6:46 *43	9:26 *65	15:09 *70	19:27 *50	20:15 *81	21:48 *82
<b>9</b>	<b>José Domínguez Berjón</b> <b>León E D ALCON</b>	<b>38:15</b>	32:36 32:36 23:06 *45	35:13 2:37 25:08 *87	35:41 0:28 26:31 *73	36:32 0:51	37:46 <b>1:14</b>	38:15 0:29	2:11 *63	3:53 *43	5:02 *65	11:19 *70	14:52 *50	15:42 *81	20:49 *82
<b>10</b>	<b>Joan Borràs Ripollès</b> <b>Tarragona MONTSANT</b>	<b>38:22</b>	32:47 32:47 20:35 *45	35:14 2:27 22:58 *87	35:39 0:25 24:00 *73	36:32 0:53	37:55 1:23	38:22 0:27	3:25 *63	5:40 *43	7:29 *65	12:13 *70	15:53 *50	16:52 *81	18:29 *82













Pos	Nombre	Tiempo	3,0 km		60 m		4 C		(cont.)								
			1(55)	2(74)	3(72)	4(100)	Meta										
<b>H-50 (42)</b>																	
<b>38</b>	<b>Juan A. Gómez Rodríguez</b> <b>Madrid GOCAN</b>	<b>58:46</b>	48:34 48:34 34:44 *86	52:07 3:33 37:53 *73	56:24 4:17	58:07 1:43	58:46 0:39	2:59 *56	4:06 *43	6:03 *65	16:15 *75	17:44 *88	28:36 *40	29:31 *80	32:57 *84		
<b>39</b>	<b>Juan Jose Alonso Checa</b> <b>Madrid COLMENAR</b>	<b>58:54</b>	38:17 38:17 33:38 *86	51:56 13:39 35:38 *73	55:43 3:47	57:56 2:13	58:54 0:58	5:50 *56	6:40 *43	8:06 *65	17:22 *75	18:50 *88	28:01 *40	28:59 *80	31:59 *84		
<b>40</b>	<b>José Ramal Gea</b> <b>Alicante COLIVENC</b>	<b>1:05:07</b>	48:59 48:59 42:59 *86	57:41 8:42 45:44 *73	1:02:19 4:38	1:04:26 2:07	1:05:07 0:41	7:44 *56	9:04 *43	12:21 *65	19:18 *75	21:13 *88	30:35 *40	31:50 *80	40:48 *84		
	<b>Francisco Javier Prada González</b> <b>Valladolid CDP-O</b>	<b>r en tarj.</b>	-----	-----	1:05:48	1:09:26	1:10:43	14:31 *56	16:16 *43	19:26 *65	29:38 *31	36:31 *75	40:18 *88	1:00:20 *40	1:02:02 *80		
	<b>Antonio Moreno Nieto</b> <b>Madrid IBERIA</b>	<b>bandona</b>	-----	-----	-----	39:30	39:59	17:12 *56	18:47 *43	21:11 *65							
<b>H-55 (21)</b>																	
<b>1</b>	<b>Jesús Gil Poveda</b> <b>Alicante COLIVENC</b>	<b>38:31</b>	31:34 31:34 25:35 *84	32:54 1:20 26:40 *86	<b>35:20</b> <b>2:26</b> 28:35 *73	<b>36:52</b> 1:32	<b>38:11</b> 1:19	<b>38:31</b> 0:20	2:38 *43	3:30 *37	4:25 *65	17:44 *70	19:45 *69	22:12 *50	23:09 *81		
<b>2</b>	<b>Santiago Del Moral Durà</b> <b>Alicante UNIVERSIDAD ALICANTI</b>	<b>40:44</b>	<b>31:16</b> <b>31:16</b>	<b>32:41</b> 1:25	36:57 4:16	38:59 2:02	40:22 1:23	40:44 0:22	26:59 *73								
<b>3</b>	<b>Eladio García Rodríguez</b> <b>Asturias CASTROPOL</b>	<b>42:00</b>	33:36 33:36 22:20 *84	35:06 1:30 23:52 *86	38:19 3:13 25:55 *73	40:03 1:44	41:30 1:27	42:00 0:30	2:51 *43	3:52 *37	4:57 *65	13:56 *70	16:03 *69	18:45 *50	19:55 *81		
<b>4</b>	<b>José Luis Cobas López</b> <b>Madrid RUMBO-MADRID SANSE</b>	<b>43:37</b>	34:22 34:22	36:00 1:38	38:39 2:39	41:02 2:23	43:01 1:59	43:37 0:36	30:04 *73								
<b>5</b>	<b>Claude Fosseuz</b> <b>Valencia SIMEPIERDO</b>	<b>44:00</b>	34:21 34:21 26:08 *84	35:53 1:32 27:34 *86	39:51 3:58 30:12 *73	41:58 2:07	43:36 1:38	44:00 0:24	3:01 *43	6:55 *37	8:38 *65	15:19 *70	17:41 *69	22:14 *50	24:05 *81		
<b>6</b>	<b>Gonzalo Villamarín Barredo</b> <b>Madrid O-GETAFE</b>	<b>44:11</b>	33:19 33:19 26:20 *84	37:52 4:33 28:14 *86	40:28 2:36 30:23 *73	42:18 1:50	43:43 1:25	44:11 0:28	4:27 *43	5:25 *37	6:53 *65	14:19 *70	20:04 *69	23:14 *50	24:12 *81		
<b>7</b>	<b>Miguel Ángel García Grinda</b> <b>Sevilla ADOL</b>	<b>44:54</b>	34:22 34:22 25:47 *84	37:10 2:48 27:35 *86	40:06 2:56 30:05 *73	42:54 2:48	44:17 1:23	44:54 0:37	3:26 *43	4:25 *37	5:32 *65	16:24 *70	18:37 *69	21:34 *50	23:04 *81		
<b>8</b>	<b>Jose Antonio Ferrando Roqueta</b> <b>Zaragoza IBÓN</b>	<b>45:48</b>	33:08 33:08	34:58 1:50	42:59 8:01	44:24 1:25	45:26 1:02	45:48 0:22	29:26 *73								
<b>9</b>	<b>Sebastian Calderon</b> <b>Madrid RUMBO-MADRID SANSE</b>	<b>45:49</b>	36:41 36:41 29:02 *84	38:03 1:22 30:26 *86	42:09 4:06 32:41 *73	44:04 1:55	45:26 1:22	45:49 0:23	2:21 *43	3:09 *37	4:06 *65	12:39 *70	22:01 *69	24:55 *50	26:00 *81		
<b>10</b>	<b>Jesús de Miguel Rey</b> <b>Soria NAVALENO-O</b>	<b>47:23</b>	39:25 39:25 29:03 *81	40:57 1:32 31:54 *84	43:48 2:51 33:17 *86	45:24 1:36	46:53 1:29	47:23 0:30	2:55 *43	4:29 *65	15:32 *37	16:21 *65	23:41 *70	25:29 *69	28:12 *50		
<b>11</b>	<b>Fernando Paris Roche</b> <b>Zaragoza IBÓN</b>	<b>47:55</b>	38:13 38:13 29:41 *84	40:39 2:26 31:52 *86	43:58 3:19 34:46 *73	45:52 1:54	47:19 1:27	47:55 0:36	3:59 *43	4:36 *37	5:43 *65	18:50 *70	23:22 *69	26:31 *50	27:24 *81		
<b>12</b>	<b>Rafael Sevillano Muñoz</b> <b>Málaga COMA</b>	<b>55:01</b>	39:51 39:51 30:19 *84	42:29 2:38 32:03 *86	45:49 3:20 34:48 *73	52:14 6:25	54:25 2:11	55:01 0:36	3:28 *43	5:35 *37	7:01 *65	18:32 *70	23:40 *69	26:28 *50	27:45 *81		
<b>13</b>	<b>Moises Zafra</b> <b>Madrid MONTE EL PARDO</b>	<b>58:51</b>	44:49 44:49 31:48 *84	49:01 4:12 36:48 *86	53:22 4:21 39:49 *73	56:24 3:02	58:12 1:48	58:51 0:39	5:04 *43	6:18 *37	8:15 *65	20:09 *70	23:37 *69	27:41 *50	29:10 *81		
<b>14</b>	<b>Miguel Ángel Rica Camara</b> <b>BOM BOM</b>	<b>59:52</b>	49:08 49:08 40:26 *84	51:08 2:00 42:37 *86	53:56 2:48 45:09 *73	57:36 3:40	59:14 1:38	59:52 0:38	3:20 *43	4:08 *37	5:24 *65	27:10 *70	30:28 *69	36:48 *50	38:06 *81		
<b>15</b>	<b>Eduardo V. Ramos Lozano</b> <b>La Coruña USC</b>	<b>1:02:17</b>	48:00 48:00	51:06 3:06	56:29 5:23	59:31 3:02	1:01:32 2:01	1:02:17 0:45									
<b>16</b>	<b>Antonio López Lara</b> <b>Madrid MONTE EL PARDO</b>	<b>1:11:32</b>	52:48 52:48 32:24 *84	59:58 7:10 34:09 *86	1:06:39 6:41 36:36 *73	1:08:55 2:16	1:10:52 1:57	1:11:32 0:40	2:58 *43	6:35 *37	7:49 *65	16:13 *70	22:59 *69	26:13 *50	27:18 *81		
<b>17</b>	<b>Salvador Sánchez Martínez</b> <b>Murcia TOTANA-O</b>	<b>1:14:23</b>	51:19 51:19 39:38 *84	53:13 1:54 43:09 *86	1:09:10 15:57 46:36 *73	1:11:22 2:12	1:13:35 2:13	1:14:23 0:48	5:43 *43	9:39 *37	11:07 *65	23:39 *70	27:51 *69	32:54 *50	35:48 *81		
<b>18</b>	<b>José María Galván Mangas</b> <b>Valladolid COV</b>	<b>1:21:11</b>	1:05:56 1:05:56 56:20 *84	1:11:33 5:37 58:06 *86	1:14:46 3:13 1:00:59 *73	1:19:07 4:21	1:20:44 1:37	1:21:11 0:27	6:10 *43	7:13 *37	8:32 *65	30:20 *70	47:13 *69	51:55 *50	53:24 *81		
<b>19</b>	<b>Santos Peral Campos</b> <b>Valladolid CDP-O</b>	<b>1:26:35</b>	1:09:44 1:09:44 46:20 *84	1:12:58 3:14 49:29 *86	1:20:16 7:18 53:34 *73	1:23:45 3:29	1:26:03 2:18	1:26:35 0:32	8:15 *43	10:11 *37	12:29 *65	26:19 *70	33:16 *69	39:14 *50	41:36 *81		

Pos	Nombre	Tiempo													
<b>H-55 (21)</b>		<b>3,1 km 80 m</b>			<b>5 C (cont.)</b>										
		1(64)	2(76)	3(74)	4(68)	5(100)	Meta								
<b>20</b>	<b>Jose Eugenio Gutierrez Justo Madrid COLMENAR</b>	<b>1:27:10</b>	1:09:18 1:09:18 59:38 *84	1:13:22 4:04 1:01:39 *86	1:17:30 4:08 1:04:26 *73	1:24:27 6:57 2:04	1:26:31 2:04	1:27:10 0:39	4:32 *43	6:02 *37	7:06 *65	46:14 *70	50:22 *69	55:24 *50	57:03 *81
<b>21</b>	<b>Antonio Peris Giner Alicante COLIVENC</b>	<b>1:41:22</b>	1:31:19 1:31:19 1:05:18 *84	1:33:00 1:41 1:06:51 *86	1:36:25 3:25 1:09:39 *73	1:39:05 2:40	1:40:44 1:39	1:41:22 0:38	4:21 *43	5:42 *37	10:03 *65	44:52 *70	54:49 *69	1:00:06 *50	1:01:23 *81
<b>H-E (22)</b>		<b>4,4 km 100 m</b>			<b>5 C</b>										
		1(64)	2(76)	3(60)	4(68)	5(100)	Meta								
<b>1</b>	<b>Andreu Blanes Reig Alicante COLIVENC</b>	<b>27:58</b>	<b>23:26</b> <b>23:26</b> 11:01 *53	<b>24:11</b> <b>0:45</b> 11:32 *72	<b>25:46</b> 1:35 12:36 *71	<b>26:35</b> 0:49 13:08 *70	<b>27:34</b> 0:59 14:51 *50	<b>27:58</b> 0:24 1:16:11 *77	1:19 *43	2:53 *33	3:32 *34	4:18 *36	6:43 *37	7:10 *65	10:36 *69
<b>2</b>	<b>Pau Llorens Caellas Barcelona COB</b>	<b>28:15</b>	23:44 23:44 11:29 *53	24:41 0:57 11:57 *72	26:17 1:36 12:58 *71	27:03 0:46 13:34 *70	27:50 0:47 15:16 *50	28:15 0:25 1:16:25 *77	17:39 *48	19:40 *67	20:32 *86	21:53 *73			
<b>3</b>	<b>Antonio Martínez Pérez Alicante COLIVENC</b>	<b>29:19</b>	24:49 24:49 10:43 *69	25:34 <b>0:45</b> 11:06 *53	27:20 1:46 11:35 *72	28:04 <b>0:44</b> 12:35 *71	28:53 0:49 13:08 *70	29:19 0:26 14:48 *50	1:15:40 *77	16:59 *48	18:58 *67	19:49 *86	21:06 *73		
<b>4</b>	<b>Javier Ruiz de la Herrán Pidal Málaga COMA</b>	<b>29:39</b>	25:09 25:09 25:18	25:57 0:48 26:34	27:41 1:44 28:01	28:28 0:47 28:49	29:23 0:55 29:35	29:39 0:16 29:51	14:09 *70	16:09 *50	1:17:21 *77	18:21 *48	20:34 *67	21:34 *86	
<b>5</b>	<b>Luis Sánchez Serrano Alicante VILLENA-O</b>	<b>29:51</b>	25:18 25:18 11:12 *53	26:34 1:16 13:15 *72	28:01 <b>1:27</b> 13:48 *71	28:49 0:48 13:48 *70	29:35 <b>0:46</b> 16:16 *50	29:51 0:16 1:17:33 *77	19:10 *48	21:23 *67	22:12 *86	23:30 *73			
<b>6</b>	<b>Raúl Ferra Murcia Murcia LORCA-O</b>	<b>32:09</b>	27:20 27:20 13:21 *53	28:20 1:00 13:54 *72	30:05 1:45 15:09 *71	30:59 0:54 15:53 *70	31:53 0:54 18:15 *50	32:09 0:16 1:19:27 *77	20:43 *48	22:52 *67	23:49 *86	25:16 *73			
<b>7</b>	<b>Jaime Montero Gómez Cuenca COMCU</b>	<b>35:36</b>	30:25 30:25 15:00 *53	31:25 1:00 17:04 *72	33:20 1:55 17:04 *71	34:20 1:00 17:45 *70	35:21 1:01 19:56 *50	35:36 <b>0:15</b> 1:21:19 *77	23:01 *48	25:22 *43	26:32 *38	28:02 *34			
<b>8</b>	<b>Lluís Bedós Bonaterra Barcelona XINOXANO</b>	<b>38:04</b>	32:33 32:33 14:53 *53	33:30 0:57 17:50 *72	35:37 2:07 19:06 *71	36:40 1:03 19:44 *70	37:38 0:58 22:09 *50	38:04 0:26 1:23:14 *77	24:34 *48	24:37 *48	27:17 *67	28:27 *86	30:00 *73		
<b>9</b>	<b>Sebastián Ordoñez Ibáñez Tarragona MONTSANT</b>	<b>40:34</b>	34:21 34:21 16:12 *53	35:29 1:08 16:55 *72	37:54 2:25 18:30 *71	38:50 0:56 19:15 *70	40:09 1:19 22:16 *50	40:34 0:25 1:24:01 *77	25:24 *48	28:15 *67	29:32 *86	31:04 *73			
<b>10</b>	<b>Cesar Torrejón Rubio Burgos TJALVE</b>	<b>40:43</b>	34:29 34:29 16:12 *53	35:27 0:58 16:52 *72	37:41 2:14 18:25 *71	38:49 1:08 19:09 *70	40:14 1:25 21:42 *50	40:43 0:29 1:23:00 *77	25:23 *48	28:18 *67	29:44 *86	31:22 *73			
<b>11</b>	<b>Ángel Álvarez Serto Pontevedra AROMON</b>	<b>40:51</b>	35:31 35:31 17:02 *53	36:30 0:59 17:38 *72	38:46 2:16 19:29 *71	39:40 0:54 20:14 *70	40:34 0:54 23:31 *50	40:51 0:17 1:25:19 *77	26:47 *48	30:51 *67	31:38 *86	33:08 *73			
<b>12</b>	<b>Miguel Ángel Martín García Alicante UNIVERSIDAD ALICANTI</b>	<b>42:15</b>	37:17 37:17 19:15 *53	38:05 0:48 20:00 *72	39:48 1:43 23:33 *71	40:43 0:55 24:23 *70	41:48 1:05 27:20 *50	42:15 0:27 1:29:27 *77	30:27 *48	32:39 *67	33:38 *86	34:58 *73			
<b>13</b>	<b>Rubén Pérez Pérez La Rioja RIOJA-O</b>	<b>43:02</b>	37:06 37:06 19:39 *53	38:10 1:04 20:34 *72	40:43 2:33 22:00 *71	41:40 0:57 22:43 *70	42:34 0:54 26:15 *50	43:02 0:28 1:27:24 *77	28:55 *48	30:56 *67	31:45 *86	33:04 *73			
<b>14</b>	<b>Raúl Expósito Pelado Sevilla ADOL</b>	<b>46:12</b>	40:25 40:25 16:41 *53	41:39 1:14 18:33 *72	43:52 2:13 21:47 *71	44:50 0:58 22:22 *70	45:52 1:02 27:58 *50	46:12 0:20 1:29:17 *77	31:25 *48	34:15 *67	35:55 *86	37:31 *73			
<b>15</b>	<b>Andrés Del Bustio Díaz Asturias ASTUR EXTREM</b>	<b>46:44</b>	39:54 39:54 17:41 *53	40:52 0:58 18:19 *72	43:21 2:29 19:39 *71	45:08 1:47 20:24 *70	46:26 1:18 23:11 *50	46:44 0:18 1:25:04 *77	29:47 *48	32:52 *67	33:56 *86	35:36 *73			
<b>16</b>	<b>Josep Morlà Varell Valladolid CDP-O</b>	<b>47:01</b>	41:12 41:12 20:34 *53	42:38 1:26 21:30 *72	44:39 2:01 23:24 *71	45:36 0:57 24:09 *70	46:35 0:59 26:59 *50	47:01 0:26 1:28:11 *77	32:51 *48	36:37 *67	37:32 *86	39:01 *73			
<b>17</b>	<b>Alberto Conejo Garrote Valladolid CDP-O</b>	<b>47:29</b>	40:25 40:25 19:38 *53	41:57 1:32 20:21 *72	44:58 3:01 20:24 *72	46:03 1:05 24:18 *71	46:59 0:56 25:10 *70	47:29 0:30 27:54 *50	1:29:15 *77	31:19 *48	34:17 *67	35:22 *86	36:56 *73		
<b>18</b>	<b>Lleí Viles Bonet Barcelona COB</b>	<b>54:23</b>	48:10 48:10 28:12 *53	49:09 0:59 28:48 *72	51:49 2:40 30:31 *71	52:56 1:07 31:15 *70	53:55 0:59 33:53 *50	54:23 0:28 1:35:14 *77	37:23 *48	40:05 *67	41:39 *86	43:05 *73			
<b>19</b>	<b>Jaime Flández Moncholí Valencia VERD3</b>	<b>54:38</b>	46:13 46:13 23:36 *53	48:33 2:20 26:16 *72	50:40 2:07 27:38 *71	52:23 1:43 28:32 *70	54:18 1:55 31:58 *50	54:38 0:20 1:34:28 *77	36:49 *48	39:38 *67	41:15 *86	43:05 *73			
<b>20</b>	<b>José Corredoira Rifón Madrid T TRAGAME</b>	<b>54:40</b>	47:38 47:38 24:23 *53	48:57 1:19 25:07 *72	51:52 2:55 27:58 *70	53:19 1:27 30:24 *71	54:15 0:56 30:57 *70	54:40 0:25 33:32 *50	1:35:36 *77	37:28 *48	40:32 *67	42:07 *86	44:20 *73		

Pos	Nombre	Tiempo														
<i>H-E (22)</i>		<i>4,4 km 100 m</i>			<i>5 C (cont.)</i>											
		1(64)	2(76)	3(60)	4(68)	5(100)	Meta									
<b>21</b>	<b>Jose Cando Casado Madrid GOCAN</b>	<b>55:50</b>	47:26	49:55	52:28	53:58	55:19	55:50	2:27	5:20	8:29	10:15	13:27	14:31	24:59	
			47:26	2:29	2:33	1:30	1:21	0:31	*43	*33	*34	*36	*37	*65	*69	
			26:25	27:48	29:54	30:56	34:03	1:35:44	38:20	41:37	43:11	44:52				
			*53	*72	*71	*70	*50	*77	*48	*67	*86	*73				
<b>nc</b>	<b>Angel Rojas Aviles Madrid ALABARDA-O</b>	<b>35:08</b>	29:49	30:56	32:56	33:46	34:38	35:08	2:24	4:21	5:12	6:15	8:31	9:05	13:47	
			29:49	1:07	2:00	0:50	0:52	0:30	*43	*33	*34	*36	*37	*65	*69	
			14:29	15:03	16:25	17:06	19:29	1:21:09	22:26	24:53	25:51	27:21				
			*53	*72	*71	*70	*50	*77	*48	*67	*86	*73				
<b>D-12 (15)</b>		<b>1,9 km 50 m</b>			<b>3 C</b>											
		1(44)	2(41)	3(100)	Meta											
<b>1</b>	<b>Sara Arnau Ochando Valencia CORRECAMINOS</b>	<b>19:17</b>	<b>17:09</b>	<b>18:15</b>	<b>18:46</b>	<b>19:17</b>	2:17	3:16	5:59	7:46	9:29	10:12	11:13	13:03	14:43	
			17:09	1:06	0:31	0:31	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>2</b>	<b>Valeria Carrera Cuenca Málaga COMA</b>	<b>22:53</b>	21:02	21:50	22:29	22:53	1:50	2:36	6:17	8:52	11:13	12:11	13:14	15:05	16:46	
			21:02	0:48	0:39	0:24	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>3</b>	<b>Alicia Claramunt Moraga Valencia CORRECAMINOS</b>	<b>25:16</b>	23:02	24:14	24:45	25:16	2:22	3:43	6:19	7:50	15:25	16:19	17:12	18:57	20:41	
			23:02	1:12	0:31	0:31	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>4</b>	<b>Diana Alonso Ruiz Madrid COLMENAR</b>	<b>26:19</b>	24:20	25:20	25:50	26:19	1:42	2:50	5:28	7:08	13:56	14:54	16:07	18:05	20:16	
			24:20	1:00	<b>0:30</b>	0:29	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>5</b>	<b>Marta Martínez Barceló Murcia TOTANA-O</b>	<b>31:50</b>	30:08	30:53	31:31	31:50	1:54	3:17	6:54	14:34	20:17	21:33	22:27	24:09	25:47	
			30:08	<b>0:45</b>	0:38	<b>0:19</b>	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>6</b>	<b>Ariadna Garrido Contreras Madrid ALABARDA-O</b>	<b>34:35</b>	30:51	32:25	33:44	34:35	4:06	5:49	10:50	15:37	18:12	19:12	20:52	22:51	28:03	
			30:51	1:34	1:19	0:51	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>7</b>	<b>Cristina Marquez Martin-Tesorero Toledo TOLEDO-O</b>	<b>35:06</b>	33:06	33:51	34:35	35:06	14:00	14:52	18:20	20:53	23:21	24:28	25:24	26:58	28:44	
			33:06	<b>0:45</b>	0:44	0:31	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>8</b>	<b>Ana Yllan Ortiz Madrid ALABARDA-O</b>	<b>38:05</b>	35:40	36:51	37:39	38:05	35:40	1:11	0:48	0:26						
			35:40	1:11	0:48	0:26										
<b>9</b>	<b>Patricia Toledo Navarro Cuenca ORIENTIJOTE</b>	<b>38:53</b>	36:54	38:00	38:30	38:53	8:25	9:31	12:59	15:06	20:15	21:42	24:56	27:36	33:42	
			36:54	1:06	<b>0:30</b>	0:23	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>10</b>	<b>Eva Jaén Mesonero Guadalajara C.O.GUADALAJARA</b>	<b>42:09</b>	39:31	40:50	41:44	42:09	3:16	7:24	10:52	12:54	17:17	18:55	21:53	24:48	33:04	
			39:31	1:19	0:54	0:25	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>11</b>	<b>Gabriela Pascual Sánchez Toledo NAVALCAN-O</b>	<b>44:32</b>	41:19	43:36	44:11	44:32	7:36	9:44	14:58	18:34	25:14	28:03	30:12	34:50	37:12	
			41:19	2:17	0:35	0:21	*61	*46	*42	*68	*79	*49	*35	*87	*73	
			37:16	*73												
<b>12</b>	<b>Mónica De Miguel Armisén Alicante SANT JOAN</b>	<b>47:06</b>	45:17	46:14	46:44	47:06	3:43	5:30	16:44	19:33	24:40	26:20	35:02	37:52	42:32	
			45:17	0:57	<b>0:30</b>	0:22	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>13</b>	<b>Alba Barceló Romero Murcia TOTANA-O</b>	<b>55:00</b>	52:49	53:48	54:37	55:00	5:11	8:26	13:39	17:11	25:20	31:17	35:15	38:31	45:22	
			52:49	0:59	0:49	0:23	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>14</b>	<b>Marta De La Torre Martín Toledo NAVALCAN-O</b>	<b>58:50</b>	49:12	50:09	58:15	58:50	8:12	10:19	15:31	22:49	31:54	34:07	37:17	42:34	45:28	
			49:12	0:57	8:06	0:35	*61	*46	*42	*68	*79	*49	*35	*87	*73	
<b>15</b>	<b>Loreto Alonso Osuna Madrid O-GETAFE</b>	<b>1:01:29</b>	59:31	1:00:16	1:01:07	1:01:29	50:21	1:57:12								
			59:31	<b>0:45</b>	0:51	0:22	*51	*178								
<b>D-14 (20)</b>		<b>2,0 km 45 m</b>			<b>4 C</b>											
		1(51)	2(44)	3(41)	4(100)	Meta										
<b>1</b>	<b>Nerea González Peña Toledo TOLEDO-O</b>	<b>23:54</b>	<b>20:50</b>	<b>22:10</b>	<b>22:56</b>	<b>23:25</b>	<b>23:54</b>	1:50	3:35	4:31	9:00	9:49	11:06	14:16	15:27	
			20:50	1:20	<b>0:46</b>	0:29	0:29	*63	*57	*59	*52	*72	*79	*49	*35	
			17:04	18:25	*73											
			*87	*73												
<b>2</b>	<b>Tamara Pérez Rubio Albacete GODIH</b>	<b>27:25</b>	23:11	25:39	26:35	27:08	27:25	2:33	4:37	5:43	12:38	14:31	15:54	17:07	18:05	
			23:11	2:28	0:56	0:33	<b>0:17</b>	*63	*57	*59	*52	*72	*79	*49	*35	
			20:23	21:48	*73											
<b>3</b>	<b>Raquel Marquez Martin-Tesorero Toledo TOLEDO-O</b>	<b>28:02</b>	24:45	26:08	27:14	27:42	28:02	5:38	7:33	8:57	15:09	16:01	17:09	17:52	18:48	
			24:45	1:23	1:06	0:28	0:20	*63	*57	*59	*52	*72	*79	*49	*35	
			20:31	21:45	*73											
<b>4</b>	<b>Lucía Misas Bernardino Sevilla MONTELLANO</b>	<b>29:50</b>	26:17	27:50	28:50	29:31	29:50	3:12	5:54	8:00	12:58	17:02	18:24	19:19	20:14	
			26:17	1:33	1:00	0:41	0:19	*63	*57	*59	*52	*72	*79	*49	*35	
			22:42	24:15	*73											
<b>5</b>	<b>Alba Serra Reyes Valencia SIMEPIERDO</b>	<b>31:37</b>	27:36	29:28	30:29	31:04	31:37	5:32	7:46	8:46	14:24	15:22	18:54	20:03	21:07	
			27:36	1:52	1:01	0:35	0:33	*63	*57	*59	*52	*72	*79	*49	*35	
			23:27	25:26	*73											
<b>6</b>	<b>Lorena Soriano García Toledo TOLEDO-O</b>	<b>35:14</b>	30:48	33:01	34:09	34:43	35:14	7:45	10:51	12:44	18:56	20:18	22:11	23:27	24:40	
			30:48	2:13	1:08	0:34	0:31	*63	*57	*59	*52	*72	*79	*49	*35	
			26:53	28:35	*73											
<b>7</b>	<b>Marta Molina García-Pozuelo Ciudad Real MANZANARES-O</b>	<b>35:20</b>	30:38	33:29	34:18	34:48	35:20	28:50								
			30:38	2:51	0:49	0:30	0:32	*73								
<b>8</b>	<b>Ana Lía Martínez Tarancón Albacete GODIH</b>	<b>38:52</b>	35:23	36:51	37:58	38:32	38:52									
			35:23	1:28	1:07	0:34	0:20									
<b>9</b>	<b>Ana Isabel Toledo Navarro Cuenca ORIENTIJOTE</b>	<b>38:59</b>	33:28	37:09	38:06	38:38	38:59	6:48	10:19	11:14	19:36	20:19	23:01	23:52	24:49	
			33:28	3:41	0:57	0:32	0:21	*63	*57	*59	*52	*72	*79	*49	*35	
			26:43	31:11	*73											
<b>10</b>	<b>Isabel Tarancón Carrasco Albacete GODIH</b>	<b>39:59</b>	36:05	37:50	38:46	39:28	39:59	33:50								
			36:05	1:45	0:56	0:42	0:31	*73								
<b>11</b>	<b>Sara Vidal Palacios Alicante SANT JOAN</b>	<b>42:37</b>	37:17	40:28	41:33	42:08	42:37	6:34	8:37	10:16	19:33	22:13	23:54	24:50	30:11	
			37:17	3:11	1:05	0:35	0:29	*63	*57	*59	*52	*72	*79	*49	*35	
			32:46	34:48	*73											
<b>12</b>	<b>Ana Rodríguez Díaz Toledo TOLEDO-O</b>	<b>43:42</b>	39:19	41:27	42:53	43:22	43:42	6:48	11:29	12:28	27:49	29:16	31:15	32:26	33:14	
			39:19	2:08	1:26	0:29	0:20	*63	*57	*59	*52	*72	*79	*49	*35	
			35:14	37:29	*73											
			*87	*73												

Pos	Nombre	Tiempo	2,0 km 45 m			4 C (cont.)									
			1(51)	2(44)	3(41)	4(100)	Meta								
13	Diana Herreros Jiménez Albacete GODIH	46:32	41:40	44:18	45:41	46:12	46:32								
			41:40	2:38	1:23	0:31	0:20								
14	Kika Basarán Van Ham Toledo TOLEDO-O	47:15	42:31	45:23	46:20	46:46	47:15								
			42:31	2:52	0:57	0:26	0:29								
15	Guadalupe Losada Moreno Madrid MONTE EL PARDO	54:14	46:42	52:22	53:22	53:54	54:14								
			46:42	5:40	1:00	0:32	0:20								
16	Natalia Navarro Moyano Albacete GODIH	56:06	51:14	53:25	54:55	55:35	56:06	21:22	24:28	29:40	38:58	40:53	42:47	43:35	45:01
			51:14	2:11	1:30	0:40	0:31	*63	*57	*59	*52	*72	*79	*49	*35
			47:27	49:22											
			*87	*73											
17	Elena Yllan Ortiz Madrid ALABARDA-O	57:37	53:49	55:37	56:40	57:12	57:37	7:36	16:40	21:44	28:32	33:54	37:31	38:53	43:53
			53:49	1:48	1:03	0:32	0:25	*63	*57	*59	*52	*72	*79	*49	*35
			47:12	49:40											
			*87	*73											
18	Aruca Siqueira Batanero Guadalajara C.O.GUADALAJARA	1:00:50	56:58	58:44	59:49	1:00:21	1:00:50	49:08							
			56:58	1:46	1:05	0:32	0:29	*73							
19	Andrea Gracia Játiva Albacete GODIH	1:00:51	56:59	58:47	59:43	1:00:21	1:00:51	8:31	12:21	17:51	45:46	47:18	48:57	50:10	51:08
			56:59	1:48	0:56	0:38	0:30	*63	*59	*59	*52	*72	*79	*49	*35
			53:22	54:51											
			*87	*73											
20	Milagros Morena Aller Pflirter Orense TREVINCA	1:10:05	1:05:11	1:08:03	1:09:06	1:09:44	1:10:05	7:16	10:39	15:01	24:04	31:55	42:00	43:22	50:40
			1:05:11	2:52	1:03	0:38	0:21	*63	*57	*59	*52	*72	*79	*49	*35
			54:40	58:27											
			*87	*73											
D-16 (19)			2,5 km 55 m			4 C									
			1(51)	2(60)	3(68)	4(100)	Meta								
1	Carmen Sevillano Diez Del Corra Málaga COMA	27:19	22:23	23:47	25:37	26:57	27:19	1:05	2:48	4:41	6:28	9:11	11:08	12:03	15:05
			22:23	1:24	1:50	1:20	0:22	*58	*62	*31	*75	*71	*79	*81	*45
			16:56	18:53	20:33										
			*86	*87	*73										
2	Elena Martí Barclay Cádiz FUNDI-O	29:11	24:27	25:58	27:39	28:50	29:11	1:38	3:03	4:59	6:54	8:40	11:34	12:39	17:46
			24:27	1:31	1:41	1:11	0:21	*58	*62	*31	*75	*71	*79	*81	*45
			19:23	21:05	22:36										
			*86	*87	*73										
3	Ángeles López Ruiz Cádiz O-SAN ROQUE	30:27	25:01	26:44	28:22	29:54	30:27	2:02	3:26	5:40	8:08	9:55	12:19	13:26	16:42
			25:01	1:43	1:38	1:32	0:33	*58	*62	*31	*75	*71	*79	*81	*45
			19:13	21:21	23:01										
			*86	*87	*73										
4	María Descalzo Escribano Albacete GODIH	30:32	25:14	26:44	28:38	30:00	30:32	2:20	5:47	7:39	9:29	12:20	14:07	15:06	18:03
			25:14	1:30	1:54	1:22	0:32	*58	*62	*31	*75	*71	*79	*81	*45
			19:55	21:56	23:29										
			*86	*87	*73										
5	Paula Siqueira Batanero Guadalajara C.O.GUADALAJARA	30:41	26:19	27:37	29:11	30:23	30:41	1:28	5:44	7:56	9:58	11:29	15:13	16:11	19:02
			26:19	1:18	1:34	1:12	0:18	*58	*62	*31	*75	*71	*79	*81	*45
			21:00	23:06	24:25										
			*86	*87	*73										
6	Sara Saz Segovia Madrid SOTOBOSQUE	33:22	27:29	29:48	31:42	33:02	33:22	1:45	3:20	5:03	8:02	11:04	15:37	17:04	20:59
			27:29	2:19	1:54	1:20	0:20	*58	*62	*31	*75	*71	*79	*81	*45
			22:21	23:53	25:45										
			*86	*87	*73										
7	Raquel Picazo Huerta Albacete GODIH	33:47	29:02	30:28	32:00	33:19	33:47	5:17	8:34	10:20	12:26	14:53	17:25	19:14	22:22
			29:02	1:26	1:32	1:19	0:28	*58	*62	*31	*75	*71	*79	*81	*45
			23:54	25:45	27:23										
			*86	*87	*73										
8	Anna Illa Camps Barcelona COC	34:49	29:30	30:56	32:24	34:16	34:49	1:57	3:04	5:51	9:16	13:02	15:29	16:39	20:17
			29:30	1:26	1:28	1:52	0:33	*58	*62	*31	*75	*71	*79	*81	*45
			23:00	26:10	27:54										
			*86	*87	*73										
9	Isabel Gómez Nogueroles Albacete GODIH	35:53	29:38	31:32	33:25	35:21	35:53	1:52	3:23	5:47	8:44	11:10	17:31	18:41	22:09
			29:38	1:54	1:53	1:56	0:32	*58	*62	*31	*75	*71	*79	*81	*45
			23:56	25:54	27:38										
			*86	*87	*73										
10	Raquel Ortíz López Albacete GODIH	41:08	31:50	37:02	39:15	40:38	41:08	1:45	5:05	7:48	10:23	12:34	15:48	16:46	21:27
			31:50	5:12	2:13	1:23	0:30	*58	*62	*31	*75	*71	*79	*81	*45
			26:36	28:30	30:00										
			*86	*87	*73										
11	Sara Ricoy Rajoy Pontevedra AROMON	41:36	34:27	36:42	39:21	41:12	41:36	2:21	4:31	6:59	9:34	11:50	19:11	20:36	24:27
			34:27	2:15	2:39	1:51	0:24	*58	*62	*31	*75	*71	*79	*81	*45
			26:36	29:54	31:51										
			*86	*87	*73										
12	Laura Andr�s Arnaiz Galitius Galitius	43:35	36:37	38:41	41:46	43:15	43:35								
			36:37	2:04	3:05	1:29	0:20								
13	Carmen Amores Delgado Madrid COLMENAR	48:19	38:28	40:22	45:41	47:45	48:19	2:15	3:31	13:42	16:01	17:49	26:22	27:22	31:09
			38:28	1:54	5:19	2:04	0:34	*58	*62	*31	*75	*71	*79	*81	*45
			33:14	35:06	36:33										
			*86	*87	*73										
14	Sara Alonso Ruiz Madrid COLMENAR	49:02	42:59	44:52	46:41	48:33	49:02								
			42:59	1:53	1:49	1:52	0:29								
15	Claudia Gómez Rodríguez Valladolid CDP-O	53:18	46:22	48:31	50:57	52:48	53:18	3:30	7:36	10:12	13:24	19:30	23:19	24:40	38:23
			46:22	2:09	2:26	1:51	0:30	*58	*62	*31	*75	*71	*79	*81	*45
			39:54	42:13	43:57										
			*86	*87	*73										
16	Marta Lopez Guill Alicante COLIVENC	1:03:21	57:13	59:33	1:01:23	1:02:52	1:03:21	2:53	13:23	16:12	20:25	32:09	36:00	40:27	49:14
			57:13	2:20	1:50	1:29	0:29	*58	*62	*31	*75	*71	*79	*81	*45
			51:17	54:36	55:50										
			*86	*87	*73										

Pos	Nombre	Tiempo															
<b>D-16 (19)</b>			<b>2,5 km 55 m</b>		<b>4 C</b>		<i>(cont.)</i>										
			1(51)	2(60)	3(68)	4(100)	Meta										
17	<b>María Dolores Aguera Riquelme Murcia ASON</b>	<b>1:06:24</b>	59:21 59:21 55:20 *87	1:01:45 2:24 57:21 *73	1:03:59 2:14	1:06:00 2:01	1:06:24 0:24	2:04 *58	3:15 *62	6:36 *75	11:33 *71	42:06 *79	43:53 *81	49:01 *45	52:04 *86		
18	<b>Irene Vargas Fernández Alicante SANT JOAN</b>	<b>1:08:48</b>	53:05 53:05 37:12 *86	1:02:14 9:09 39:09 *87	1:06:51 4:37 51:23 *73	1:08:16 1:25	1:08:48 0:32	3:48 *58	12:02 *62	15:00 *31	18:35 *75	21:15 *71	26:13 *79	27:23 *81	34:49 *45		
19	<b>Paula Amalia Santabárbara GÃr Zaragoza IBÓN</b>	<b>1:14:39</b>	1:07:23 1:07:23 1:01:04 *86	1:09:36 2:13 1:03:19 *87	1:11:59 2:23 1:05:13 *73	1:14:10 2:11	1:14:39 0:29	23:44 *58	24:54 *62	26:50 *31	29:33 *75	33:22 *71	37:12 *79	39:42 *81	59:25 *45		
<b>H-18/20B (1)</b>			<b>3,0 km 65 m</b>		<b>4 C</b>												
			1(51)	2(74)	3(68)	4(100)	Meta										
1	<b>Antonio Joaquín Pérez Griñan Cuenca ORIENTIJOITE</b>	<b>36:09</b>	30:25 30:25 19:55 *45	32:09 1:44 22:02 *85	34:13 2:04 24:05 *86	35:43 1:30 25:14 *66	36:09 0:26 27:32 *87	29:09 *73	1:54 *58	3:13 *83	4:35 *31	5:39 *32	8:43 *71	14:42 *79	16:03 *81	1:17:32 *77	
<b>D-18/20B (1)</b>			<b>2,5 km 55 m</b>		<b>4 C</b>												
			1(51)	2(60)	3(68)	4(100)	Meta										
	<b>María Teresa Presencio De Olmedo Sevilla ADOL</b>		-----	-----	-----	-----		2:56 *58	9:42 *62	12:40 *31	27:07 *75						
<b>H-60 (8)</b>			<b>2,4 km 50 m</b>		<b>4 C</b>												
			1(51)	2(60)	3(68)	4(100)	Meta										
1	<b>José Samper García Alicante VILLENA-O</b>	<b>24:33</b>	20:31 20:31	21:38 1:07	22:51 1:13	24:02 1:11	24:33 0:31	2:10 *62	5:54 *70	7:58 *69	10:43 *80	11:59 *81	15:52 *45	17:19 *86	19:07 *73		
2	<b>Antonio Rodríguez Montoro Granada VELETA</b>	<b>32:54</b>	27:24 27:24	28:43 1:19	30:51 2:08	32:25 1:34	32:54 0:29	5:29 *62	11:13 *70	13:05 *69	17:02 *80	20:56 *81	22:57 *45	25:32 *86	27:32 *73		
3	<b>Rafael Martínez García Murcia LORCA-O</b>	<b>34:35</b>	25:11 25:11	30:11 5:00	32:23 2:12	33:55 1:32	34:35 0:40	23:10 *73									
4	<b>José Font García Valencia VALENCIA-O</b>	<b>35:29</b>	30:17 30:17	32:05 1:48	33:40 1:35	34:57 1:17	35:29 0:32	10:49 *62	15:22 *70	17:18 *69	19:12 *80	20:05 *81	23:59 *45	26:03 *86	28:20 *73		
5	<b>Ricardo Iñiguez Crespo Valencia CORRECAMINOS</b>	<b>39:44</b>	26:45 26:45	35:00 8:15	36:52 1:52	39:02 2:10	39:44 0:42	3:34 *62	9:02 *70	12:07 *69	14:35 *80	15:46 *81	19:36 *45	21:37 *86	24:37 *73		
6	<b>Francisco Bellisario Madrid MONTE EL PARDO</b>	<b>41:14</b>	33:49 33:49	35:54 2:05	37:55 2:01	40:32 2:37	41:14 0:42	5:08 *62	10:50 *70	14:19 *69	19:16 *80	20:50 *81	25:28 *45	27:56 *86	31:23 *73		
7	<b>José Salas Jodar Murcia LORCA-O</b>	<b>1:00:45</b>	53:22 53:22	55:36 2:14	58:38 3:02	1:00:12 1:34	1:00:45 0:33	18:38 *62	25:53 *70	30:21 *69	34:06 *80	36:04 *81	42:12 *45	47:34 *86	50:58 *73		
8	<b>Francisco Martínez Porteros Madrid O-CHARLIES ORIENTA-T</b>	<b>1:29:59</b>	1:22:49 1:22:49	1:24:20 1:31	1:26:41 2:21	1:29:27 2:46	1:29:59 0:32	6:01 *62	49:16 *70	1:05:27 *69	1:08:40 *80	1:10:34 *81	1:15:50 *45	1:18:14 *86	1:20:57 *73		
<b>D-60 (3)</b>			<b>2,0 km 45 m</b>		<b>4 C</b>												
			1(51)	2(60)	3(68)	4(100)	Meta										
1	<b>Carmen Perona Morales Valencia VALENCIA-O</b>	<b>48:08</b>	39:09 39:09	41:26 2:17	43:57 2:31	47:26 3:29	48:08 0:42	6:06 *62	8:44 *59	16:06 *52	22:34 *79	26:27 *81	30:05 *87	32:23 *73			
2	<b>Amalia Galdón Delgado Valencia SIMEPIERDO</b>	<b>55:31</b>	46:16 46:16	49:52 3:36	52:25 2:33	54:55 2:30	55:31 0:36	7:06 *62	10:03 *59	24:08 *52	30:39 *79	34:44 *81	38:27 *87	40:58 *73			
3	<b>Amalia Sanz Barceló Alicante VILLENA-O</b>	<b>55:51</b>	44:39 44:39	47:14 2:35	52:15 5:01	54:54 2:39	55:51 0:57	6:28 *62	12:18 *59	21:59 *52	32:22 *79	34:59 *81	38:50 *87	41:58 *73			
<b>OPEN AMARILLO (19)</b>			<b>1,8 km 30 m</b>		<b>3 C</b>												
			1(44)	2(41)	3(100)	Meta											
1	<b>Daniel Plana Madrid IBERIA</b>	<b>35:44</b>	32:10 32:10	34:12 2:02	35:21 1:09	35:44 0:23		2:57 *61	5:58 *46	11:11 *42	17:26 *79	19:23 *49	26:09 *73				
2	<b>Elena Jiménez Espeso Madrid IMPERDIBLE BUFF</b>	<b>40:17</b>	38:06 38:06	39:10 1:04	39:45 0:35	40:17 0:32		4:12 *61	5:51 *46	11:01 *42	15:41 *79	17:56 *49	23:21 *87	33:54 *73			
3	<b>Paula Puche Herrero Albacete GODIH</b>	<b>41:31</b>	38:09 38:09	40:10 2:01	41:00 0:50	41:31 0:31		17:42 *61	19:46 *46	24:10 *42	28:21 *79	29:45 *49	32:40 *87	34:46 *73			
4	<b>Marcos Delgado Muñoz Toledo TOLEDO-O</b>	<b>42:59</b>	40:48 40:48	41:46 0:58	42:27 0:41	42:59 0:32		13:14 *61	15:01 *46	23:00 *42	26:55 *79	28:07 *49	34:13 *87	37:47 *73			
5	<b>Alba Muñoz Del Campo Cuenca COMCU</b>	<b>46:55</b>	43:09 43:09	45:51 2:42	46:30 0:39	46:55 0:25		4:54 *61	6:42 *46	12:00 *42	18:02 *79	19:57 *49	24:18 *87	30:12 *73			
6	<b>Irene Morillas Flores Valencia VERD3</b>	<b>49:45</b>	41:33 41:33	47:53 6:20	49:08 1:15	49:45 0:37											
7	<b>Marta Jaen Mesonero Guadalajara C.O.GUADALAJARA</b>	<b>55:37</b>	51:46 51:46	54:21 2:35	55:08 0:47	55:37 0:29		5:45 *61	7:56 *46	15:03 *42	27:43 *79	29:50 *49	39:01 *87	48:05 *73			
8	<b>Marina Misas Bernardino Sevilla MONTELLANO</b>	<b>56:20</b>	53:23 53:23	55:24 2:01	55:54 0:30	56:20 0:26		5:50 *61	8:18 *46	13:27 *42	23:04 *79	24:22 *49	38:46 *87	49:08 *73			
9	<b>Alejandra Tabuena Orrego Zaragoza IBÓN</b>	<b>1:01:24</b>	59:01 59:01	1:00:12 1:11	1:00:51 0:39	1:01:24 0:33		19:59 *61	22:17 *46	27:28 *42	37:49 *79	40:26 *49	45:51 *87	54:33 *73			
10	<b>Miguel Fernandez Rodriguez Asturias LA BRUJULA - JAIRE</b>	<b>1:04:37</b>	1:02:42 1:02:42	1:03:32 0:50	1:04:05 0:33	1:04:37 0:32		5:01 *61	6:16 *46	32:30 *42	41:31 *79	42:59 *49	46:44 *87	56:02 *73			
11	<b>Alba Loré Amigó Barcelona COC</b>	<b>1:12:57</b>	1:09:11 1:09:11	1:11:48 2:37	1:12:24 0:36	1:12:57 0:33		30:52 *61	32:44 *46	38:04 *42	43:59 *79	46:00 *49	50:16 *87	56:18 *73			
12	<b>alex rezzonico blanco Asturias NORDESTE-O</b>	<b>1:13:27</b>	1:11:42 1:11:42	1:12:30 0:48	1:12:58 0:28	1:13:27 0:29		54:47 *61	55:52 *46	1:01:58 *42	1:05:19 *79	1:05:58 *49	1:08:11 *87	1:09:34 *73			
13	<b>ÁLVARO RUIZ ÁLVAREZ Madrid Navalcarnero</b>	<b>1:15:40</b>	1:12:44 1:12:44	1:14:46 2:02	1:15:21 0:35	1:15:40 0:19		37:05 *61	39:05 *46	45:42 *42	53:24 *79	55:31 *49	1:02:50 *87	1:07:14 *73	2:11:35 *178		
14	<b>DANIEL GUERRERO NAVARRO Madrid Navalcarnero</b>	<b>1:41:37</b>	1:38:11 1:38:11	1:39:57 1:46	1:40:57 1:00	1:41:37 0:40		1:05:44 *61	1:08:26 *46	1:13:47 *42	1:21:08 *79	1:24:06 *49	1:28:07 *87	1:32:30 *73	1:41:00 *100		
15	<b>Ana Belen Perez Miravete Murcia TOTANA-O</b>	<b>1:41:46</b>	1:37:07 1:37:07	1:39:01 1:54	1:41:01 2:00	1:41:46 0:45		46:51 *61	51:45 *46	57:20 *42	1:15:08 *79	1:17:32 *49	1:27:06 *87	1:32:02 *73			

Pos	Nombre	Tiempo																		
<b>OPEN AMARILLO (19)</b>		<b>1,8 km 30 m</b>			<b>3 C (cont.)</b>															
		1(44)	2(41)	3(100)	Meta															
16	Laura Martínez Lasso Valladolid CDP-O	2:02:12	1:55:39	1:58:40	2:01:09	2:02:12	55:19	58:24	1:14:29	1:30:51	1:34:32	1:43:10	1:49:53							
			1:55:39	3:01	2:29	1:03	*61	*46	*42	*79	*49	*87	*73							
17	Emilio Borque Lafuente Madrid ESCONDITE-M	3:20:15	3:16:37	3:18:47	3:19:36	3:20:15	2:09:47	2:14:44	2:20:30	2:29:06	2:33:10	2:45:07	2:47:28	2:49:43	3:00:43					
			3:16:37	2:10	0:49	0:39	*63	*31	*88	*52	*53	*79	*81	*35	*84					
			3:01:59	3:05:47	3:08:39															
	Marisol Hernando Lopez Madrid ESCONDITE-M	bandona	----	----	----	1:36:05	1:07:20	1:09:55	1:26:37	1:32:23										
	Margarita Talasac Sanchez Madrid ESCONDITE-M	bandona	----	----	----	1:36:05	*61	*46	*42	*79										
<b>OPEN NARANJA (18)</b>		<b>2,4 km 40 m</b>			<b>4 C</b>															
		1(51)	2(44)	3(41)	4(100)	Meta														
1	Antonio Nogales González Ciudad Real MANZANARES-O	33:39	28:56	31:26	32:34	33:07	33:39	3:05	6:02	8:02	13:44	15:33	17:10	19:39	20:59					
			28:56	2:30	1:08	0:33	0:32	*63	*31	*88	*52	*53	*79	*81	*35					
			22:48	24:39	26:59															
			*84	*86	*73															
2	Cathrine Essén Madrid FEDO	53:36	48:37	50:19	52:20	53:02	53:36	46:53												
			48:37	1:42	2:01	0:42	0:34	*73												
3	Isabel Fabado Guillén Madrid FEDO	1:02:51	56:00	1:00:37	1:01:41	1:02:26	1:02:51	6:12	9:20	14:25	20:46	23:20	25:09	29:02	31:32					
			56:00	4:37	1:04	0:45	0:25	*63	*31	*88	*52	*53	*79	*81	*35					
			34:10	42:14	44:02															
			*84	*86	*73															
4	Marina Tamarit Villarroya Valencia VALENCIA-O	1:06:05	59:06	1:02:30	1:04:21	1:05:31	1:06:05	6:41	13:52	19:57	29:09	32:29	34:40	37:59	43:41					
			59:06	3:24	1:51	1:10	0:34	*63	*31	*88	*52	*53	*79	*81	*35					
			48:59	52:14	56:40															
			*84	*86	*73															
5	Laura Contreras García Madrid ALABARDA-O	1:10:18	1:05:28	1:07:40	1:09:10	1:09:52	1:10:18	17:08	21:35	25:08	32:45	44:29	46:52	48:53	51:11					
			1:05:28	2:12	1:30	0:42	0:26	*63	*31	*88	*52	*53	*79	*81	*35					
			54:33	59:07	1:03:17															
			*84	*86	*73															
6	Veronica Ruano Galindo Toledo TOLEDO-O	1:11:03	57:39	1:02:46	1:09:40	1:10:36	1:11:03	8:48	12:21	16:09	22:45	25:22	32:39	34:16	36:10					
			57:39	5:07	6:54	0:56	0:27	*63	*31	*88	*52	*53	*79	*81	*35					
			38:37	50:51	54:25															
			*84	*86	*73															
7	María Del Mar Calatayud Pujalte Albacete GODIH	1:22:40	1:13:54	1:16:56	1:21:09	1:22:08	1:22:40	11:54	17:58	22:55	34:31	48:44	50:49	53:09	55:32					
			1:13:54	3:02	4:13	0:59	0:32	*63	*31	*88	*52	*53	*79	*81	*35					
			59:00	1:01:52	1:06:38															
			*84	*86	*73															
8	Mariana Viqueira Madrid FEDO	1:23:30	1:09:49	1:20:14	1:21:59	1:22:52	1:23:30	5:12	11:16	16:59	35:27	41:07	43:01	46:13	52:48					
			1:09:49	10:25	1:45	0:53	0:38	*63	*31	*88	*52	*53	*79	*81	*35					
			58:44	1:02:03	1:05:53															
			*84	*86	*73															
9	Begoña Cano Madrid IBERIA	1:24:38	1:17:28	1:22:03	1:23:15	1:23:56	1:24:38	19:01	23:02	26:54	52:57	56:14	58:20	1:02:52	1:06:43					
			1:17:28	4:35	1:12	0:41	0:42	*63	*31	*88	*52	*53	*79	*81	*35					
			1:09:34	1:12:23	1:15:24															
			*84	*86	*73															
10	Carmen Navarro Ruiperez Cuenca ORIENTIJOTE	1:25:59	1:14:13	1:19:54	1:23:50	1:25:18	1:25:59	7:51	15:06	23:32	35:30	43:47	47:00	50:31	53:28					
			1:14:13	5:41	3:56	1:28	0:41	*63	*31	*88	*52	*53	*79	*81	*35					
			58:31	1:03:04	1:08:07															
			*84	*86	*73															
11	Sara Rivero Gordo Valencia VALENCIA-O	1:27:37	1:02:14	1:24:54	1:26:26	1:27:00	1:27:37	10:56	15:17	18:20	34:51	42:00	43:48	45:10	48:55					
			1:02:14	22:40	1:32	0:34	0:37	*63	*31	*88	*52	*53	*79	*81	*35					
			51:46	54:20	57:38															
			*84	*86	*73															
12	Daniel Mahou Miguel Madrid COTA	1:34:19	1:26:47	1:31:15	1:33:01	1:33:48	1:34:19	6:14	13:02	25:41	48:18	50:01	54:59	57:25	1:00:15					
			1:26:47	4:28	1:46	0:47	0:31	*63	*31	*88	*52	*53	*79	*81	*35					
			1:08:05	1:18:02	1:21:45															
			*84	*86	*73															
13	Cristina Varela Marco Alicante VILLENA-O	1:36:31	1:31:50	1:34:12	1:35:20	1:35:56	1:36:31	33:09	37:48	44:10	50:10	56:06	58:49	1:02:39	1:06:52					
			1:31:50	2:22	1:08	0:36	0:35	*63	*31	*88	*52	*53	*79	*81	*35					
			1:11:17	1:14:37	1:20:47															
			*84	*86	*73															
14	Antonio Gallego Castillo Madrid FEDO	1:51:15	1:39:39	1:47:37	1:49:47	1:50:36	1:51:15	40:47	45:44	51:30	1:00:06	1:04:10	1:16:07	1:18:28	1:20:43					
			1:39:39	7:58	2:10	0:49	0:39	*63	*31	*88	*52	*53	*79	*81	*35					
			1:31:43	1:32:59	1:36:47															
			*84	*86	*73															
15	Adriana Morillas Valencia VERD3	1:55:46	1:47:24	1:51:40	1:54:19	1:55:13	1:55:46	7:00	39:46	43:59	55:12	1:12:34	1:14:03	1:21:29	1:27:39					
			1:47:24	4:16	2:39	0:54	0:33	*63	*31	*88	*52	*53	*79	*81	*35					
			1:34:35	1:37:50	1:44:19															
			*84	*86	*73															
16	Javier Manzano Vazquez Madrid COLMENAR	2:00:22	1:51:22	1:57:34	1:59:07	1:59:50	2:00:22	3:28	6:11	8:35	27:31	55:38	59:56	1:06:29	1:12:06					
			1:51:22	6:12	1:33	0:43	0:32	*63	*31	*88	*32	*53	*79	*81	*35					
			1:42:44	1:45:26	1:48:32															
			*84	*86	*73															
	JOSE TESAN PARIS Madrid FEDO	er en tarj.	----	----	----	----	1:41:23	37:08	40:47	56:46	1:02:05	1:26:20	1:27:53	1:32:03						
	Ricardo García-a Rios Madrid COLMENAR	er en tarj.	----	----	----	2:01:08	2:01:44	*32	*33	*45	*58	*63	*64	*66						
						2:01:08	0:36	1:13:55	1:13:59	1:22:51	1:27:32	1:28:52	1:34:50	1:38:24	1:40:05					
						1:41:30	1:43:44	*62	*62	*38	*80	*50	*82	*45	*66					
						*87	*73	*64	*76	*52	*72									
<b>OPEN ROJO (26)</b>		<b>2,5 km 55 m</b>			<b>4 C</b>															
		1(51)	2(60)	3(68)	4(100)	Meta														



Pos	Nombre	Tiempo													
<b>H-65 (4)</b>		<b>1,9 km 35 m</b>		<b>4 C</b>											
		1(51)	2(60)	3(68)	4(100)	Meta									
<b>1</b>	<b>Rolf Karsset</b>	<b>30:38</b>	25:06	<b>26:41</b>	<b>28:39</b>	<b>30:15</b>	<b>30:38</b>	1:51	3:22	5:17	12:31	16:24	17:32	20:26	23:09
	Steinkjer Orient Steinkjer Oriente		25:06	<b>1:35</b>	1:58	<b>1:36</b>	<b>0:23</b>	*58	*62	*59	*52	*80	*81	*87	*73
<b>2</b>	<b>Bartolomé Molino Canovas</b>	<b>33:00</b>	<b>25:03</b>	<b>26:41</b>	29:16	32:22	33:00	23:10							
	Murcia TOTANA-O		25:03	1:38	2:35	3:06	0:38	*73							
<b>3</b>	<b>Jesús Gago Calvo</b>	<b>39:59</b>	33:22	35:27	37:21	39:33	39:59	4:29	5:55	8:10	17:08	21:08	22:37	28:43	31:42
	Baleares COM		33:22	2:05	<b>1:54</b>	2:12	0:26	*58	*62	*59	*52	*80	*81	*87	*73
<b>4</b>	<b>José Manuel Sánchez López</b>	<b>51:55</b>	44:37	47:13	49:20	51:18	51:55	7:24	16:00	20:03	28:17	32:15	34:12	38:45	41:44
	Valladolid COV		44:37	2:36	2:07	1:58	0:37	*58	*62	*59	*52	*80	*81	*87	*73
<b>D-65 (1)</b>		<b>2,0 km 45 m</b>		<b>4 C</b>											
		1(51)	2(60)	3(68)	4(100)	Meta									
<b>1</b>	<b>Anne-Berit Kyhri Karsset</b>	<b>1:15:35</b>	<b>1:03:46</b>	<b>1:07:19</b>	<b>1:10:52</b>	<b>1:14:52</b>	<b>1:15:35</b>	15:03	18:22	34:08	43:40	46:52	53:01	1:00:31	
	Steinkjer Orient Steinkjer Oriente		<b>1:03:46</b>	<b>3:33</b>	<b>3:33</b>	<b>4:00</b>	<b>0:43</b>	*62	*59	*52	*79	*81	*87	*73	