

| os Nombre | | Tiempo | | | | | | | | | | | | | | |
|-------------------|--|-------------------|-------|-------|-------|-------|-------------|---------|---------|---------|---------|---------|--------|--------|-------|-------|
| F-16E (13) | | 2,9 km 0 m | | | | | 7 C | | | | | | | | | |
| | | 1(32) | 2(35) | 3(43) | 4(37) | 5(39) | 6(41) | 7(42) | Meta | | | | | | | |
| 1 | Rolland Llamas, Adrian MONTELLANO | 34:23 | 4:04 | 10:25 | 14:29 | 17:39 | 21:39 | 27:00 | 33:03 | 34:23 | | | | | | |
| | | | 4:04 | 6:21 | 4:04 | 3:10 | 4:00 | 5:21 | 6:03 | 1:20 | | | | | | |
| 2 | Urquizu Diego, Iranzu CDNAVARRA | 42:16 | 11:36 | 17:47 | 21:48 | 25:58 | 30:05 | 34:18 | 40:29 | 42:16 | | | | | | |
| | | | 11:36 | 6:11 | 4:01 | 4:10 | 4:07 | 4:13 | 6:11 | 1:47 | | | | | | |
| 3 | Misas Bernardino, Mari ADOL | 44:34 | 4:57 | 11:39 | 15:45 | 18:58 | 25:09 | 37:55 | 43:10 | 44:34 | | | | | | |
| | | | 4:57 | 6:42 | 4:06 | 3:13 | 6:11 | 12:46 | 5:15 | 1:24 | | | | | | |
| 4 | de Miguel Armisén, Món ALICANTE-O | 49:44 | 6:46 | 14:22 | 26:10 | 29:57 | 37:41 | 42:21 | 48:29 | 49:44 | | | | | | |
| | | | 6:46 | 7:36 | 11:48 | 3:47 | 7:44 | 4:40 | 6:08 | 1:15 | | | | | | |
| 5 | Vicedo Alberó, Andrea COLIVENC | 51:31 | 9:07 | 16:03 | 25:45 | 29:45 | 38:25 | 44:58 | 50:07 | 51:31 | | | | | | |
| | | | 9:07 | 6:56 | 9:42 | 4:00 | 8:40 | 6:33 | 5:09 | 1:24 | | | | | | |
| 6 | Payá Moles, Ainhoa COLIVENC | 1:03:09 | 11:24 | 18:48 | 25:20 | 29:16 | 39:38 | 54:52 | 1:01:40 | 1:03:09 | | | | | | |
| | | | 11:24 | 7:24 | 6:32 | 3:56 | 10:22 | 15:14 | 6:48 | 1:29 | | | | | | |
| 7 | Ferrando Galán, Irene TOLEDO-O | 1:09:21 | 4:08 | 13:08 | 19:10 | 24:21 | 55:31 | 1:02:02 | 1:07:54 | 1:09:21 | | | | | | |
| | | | 4:08 | 9:00 | 6:02 | 5:11 | 31:10 | 6:31 | 5:52 | 1:27 | | | | | | |
| 8 | Galera Sola, Sonia CEAM_IBI-O | 1:11:26 | 5:05 | 16:56 | 27:26 | 43:15 | 51:44 | 58:46 | 1:09:52 | 1:11:26 | | | | | | |
| | | | 5:05 | 11:51 | 10:30 | 15:49 | 8:29 | 7:02 | 11:06 | 1:34 | | | | | | |
| 9 | Monseco López, Irene O-CHARLIES_ORIENTA- | 1:14:42 | 7:19 | 17:15 | 33:30 | 41:04 | 48:43 | 57:51 | 1:11:04 | 1:14:42 | | | | | | |
| | | | 7:19 | 9:56 | 16:15 | 7:34 | 7:39 | 9:08 | 13:13 | 3:38 | | | | | | |
| nc | Mesa Rodríguez, Ángel VELETA | Abandona | 7:43 | 17:52 | ----- | ----- | ----- | ----- | ----- | 49:20 | | | | | | |
| | | | 7:43 | 10:09 | | | | | | 31:28 | | | | | | |
| nc | Lopez Regidor, Laura O-CHARLIES_ORIENTA- | or en tarj. | 4:24 | ----- | ----- | ----- | 41:54 | ----- | ----- | 59:23 | | | | | | |
| | | | 4:24 | | | | 37:30 | | | 17:29 | | | | | | |
| nc | Puertas Gonzalez, Mar VELETA | No sale | | | | | | | | | | | | | | |
| nc | Landa Barceló, Carlos VELETA | No sale | | | | | | | | | | | | | | |
| F-18E (9) | | 3,0 km 0 m | | | | | 9 C | | | | | | | | | |
| | | 1(33) | 2(34) | 3(35) | 4(44) | 5(37) | 6(38) | 7(36) | 8(41) | 9(42) | Meta | | | | | |
| 1 | Toledo Navarro, Patrici MALARRUTA | 28:18 | 2:25 | 6:35 | 8:06 | 13:49 | 16:25 | 19:06 | 19:47 | 23:09 | 27:14 | 28:18 | | | | |
| | | | 2:25 | 4:10 | 1:31 | 5:43 | 2:36 | 2:41 | 0:41 | 3:22 | 4:05 | 1:04 | | | | |
| 2 | Guerrero Pérez, Irene ADOL | 29:50 | 2:07 | 6:46 | 8:04 | 13:26 | 16:17 | 19:54 | 20:38 | 24:39 | 28:34 | 29:50 | | | | |
| | | | 2:07 | 4:39 | 1:18 | 5:22 | 2:51 | 3:37 | 0:44 | 4:01 | 3:55 | 1:16 | | | | |
| 3 | Arjona Pérez, Esther BMT CASAS DE VES | 1:13:10 | 3:05 | 13:15 | 17:28 | 36:30 | 49:51 | 56:42 | 59:51 | 1:05:20 | 1:11:38 | 1:13:10 | | | | |
| | | | 3:05 | 10:10 | 4:13 | 19:02 | 13:21 | 6:51 | 3:09 | 5:29 | 6:18 | 1:32 | | | | |
| | Monseco López, Sara O-CHARLIES_ORIENTA- | Abandona | 21:09 | 36:29 | 41:12 | ----- | ----- | ----- | ----- | ----- | 1:48:13 | 4:45 | | | | |
| | | | 21:09 | 15:20 | 4:43 | | | | | | 1:07:01 | *32 | | | | |
| nc | Guerrero, Antonio ADOL | 32:44 | 2:38 | 8:15 | 9:47 | 15:55 | 18:58 | 23:17 | 23:54 | 28:08 | 31:25 | 32:44 | | | | |
| | | | 2:38 | 5:37 | 1:32 | 6:08 | 3:03 | 4:19 | 0:37 | 4:14 | 3:17 | 1:19 | | | | |
| nc | Monseco Montes, Rober O-CHARLIES_ORIENTA- | 49:14 | 3:28 | 10:38 | 12:49 | 27:40 | 32:09 | 37:11 | 38:18 | 42:45 | 47:45 | 49:14 | | | | |
| | | | 3:28 | 7:10 | 2:11 | 14:51 | 4:29 | 5:02 | 1:07 | 4:27 | 5:00 | 1:29 | | | | |
| nc | Castillo, Candido VELETA | or en tarj. | 3:31 | 11:42 | 13:55 | 27:56 | ----- | ----- | ----- | 50:43 | ----- | 59:16 | | | | |
| | | | 3:31 | 8:11 | 2:13 | 14:01 | | | | 22:47 | | 8:33 | | | | |
| nc | Albaladejo Fernández, VELETA | or en tarj. | 4:05 | 17:33 | 22:20 | 45:46 | 50:18 | 1:00:35 | 1:01:15 | ----- | ----- | 56:17 | | | | |
| | | | 4:05 | 13:28 | 4:47 | 23:26 | 4:32 | 10:17 | 0:40 | | | *36 | | | | |
| nc | Gonzalez Fernandez, E VELETA | No sale | | | | | | | | | | | | | | |
| F-20E (3) | | 3,3 km 0 m | | | | | 13 C | | | | | | | | | |
| | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(43) | 7(37) | 8(38) | 9(36) | 10(39) | 11(40) | 12(41) | 13(42) | Meta | |
| 1 | Basarán van Ham, Kika TOLEDO-O | 35:22 | 2:26 | 4:13 | 5:40 | 10:31 | 12:06 | 16:59 | 19:55 | 22:39 | 23:21 | 24:17 | 27:43 | 30:24 | 34:16 | 35:22 |
| | | | 2:26 | 1:47 | 1:27 | 4:51 | 1:35 | 4:53 | 2:56 | 2:44 | 0:42 | 0:56 | 3:26 | 2:41 | 3:52 | 1:06 |
| nc | Martinez Milla, Manuela VELETA | No sale | | | | | | | | | | | | | | |
| nc | Cribellati Figari, Dalila VELETA | No sale | | | | | | | | | | | | | | |
| F-E (6) | | 3,3 km 0 m | | | | | 13 C | | | | | | | | | |
| | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(43) | 7(37) | 8(38) | 9(36) | 10(39) | 11(40) | 12(41) | 13(42) | Meta | |
| 1 | Moreno Zúñiga, Guadal TOLEDO-O | 38:22 | 2:43 | 6:46 | 8:17 | 13:52 | 15:18 | 20:02 | 22:58 | 25:42 | 26:21 | 27:22 | 30:43 | 33:02 | 37:12 | 38:22 |
| | | | 2:43 | 4:03 | 1:31 | 5:35 | 1:26 | 4:44 | 2:56 | 2:44 | 0:39 | 1:01 | 3:21 | 2:19 | 4:10 | 1:10 |
| 2 | Toledo Navarro, Ana Isa IMPERDIBLE | 38:31 | 4:57 | 6:20 | 7:28 | 13:39 | 15:37 | 19:57 | 22:27 | 25:51 | 26:20 | 27:17 | 29:48 | 33:01 | 37:26 | 38:31 |
| | | | 4:57 | 1:23 | 1:08 | 6:11 | 1:58 | 4:20 | 2:30 | 3:24 | 0:29 | 0:57 | 2:31 | 3:13 | 4:25 | 1:05 |
| 3 | Pozo Prada, Inés O-GETAFE | 44:15 | 5:12 | 7:23 | 9:00 | 15:22 | 17:09 | 20:55 | 24:11 | 29:38 | 30:14 | 31:27 | 34:54 | 38:12 | 43:04 | 44:15 |
| | | | 5:12 | 2:11 | 1:37 | 6:22 | 1:47 | 3:46 | 3:16 | 5:27 | 0:36 | 1:13 | 3:27 | 3:18 | 4:52 | 1:11 |
| 4 | Rodríguez Díaz, Ana TOLEDO-O | 47:00 | 7:19 | 9:36 | 10:53 | 16:18 | 17:55 | 21:53 | 25:31 | 30:33 | 31:22 | 32:32 | 38:01 | 41:53 | 45:33 | 47:00 |
| | | | 7:19 | 2:17 | 1:17 | 5:25 | 1:37 | 3:58 | 3:38 | 5:02 | 0:49 | 1:10 | 5:29 | 3:52 | 3:40 | 1:27 |
| 5 | Camarasa Pérez, Ana COLIVENC | 50:02 | 4:22 | 6:11 | 7:21 | 21:36 | 22:45 | 26:21 | 29:25 | 34:39 | 35:25 | 36:33 | 40:06 | 43:15 | 48:48 | 50:02 |
| | | | 4:22 | 1:49 | 1:10 | 14:15 | 1:09 | 3:36 | 3:04 | 5:14 | 0:46 | 1:08 | 3:33 | 3:09 | 5:33 | 1:14 |
| | | | | | | | | | | | | | | | | 20:06 |
| | | | | | | | | | | | | | | | | *35 |
| 6 | Parga Basanta, Lucía FLUVIAL_LUGO | 54:50 | 7:05 | 8:48 | 10:06 | 26:05 | 28:07 | 31:28 | 34:55 | 37:28 | 38:20 | 40:11 | 44:48 | 48:20 | 53:08 | 54:50 |
| | | | 7:05 | 1:43 | 1:18 | 15:59 | 2:02 | 3:21 | 3:27 | 2:33 | 0:52 | 1:51 | 4:37 | 3:32 | 4:48 | 1:42 |

