

os		rsal	Nombre	Tiempo														F						
D-21A (32)					5,6 km 295 m			13 C			(cont.)													
					1(87)	2(33)	3(73)	4(74)	5(38)	6(79)	7(59)	8(46)	9(48)	10(49)	11(50)	12(60)	13(200)	F						
23	183	Raquel Martínez Ga E D ALCON León	2:19:24	9:31 9:31	14:31 5:00	19:21 4:50	37:35 18:14	45:20 7:45	54:51 9:31	1:12:50 17:59	1:24:49 11:59	1:38:16 13:27	1:52:49 14:33	2:02:10 9:21	2:13:56 11:46	2:18:12 4:16	2:19:24 1:12							
24	238	Mónica Figueroa Le AROMON Pontevedr	2:21:20	6:28 6:28	10:25 3:57	14:20 3:55	49:03 34:43	1:14:54 25:51	1:19:32 4:38	1:33:00 13:28	1:44:54 11:54	1:52:32 7:38	2:01:32 9:00	2:08:41 7:09	2:16:58 8:17	2:20:40 3:42	2:21:20 0:40							
25	504	Nekane Astigarraga COLMENAR Madrid	2:28:33	9:10 9:10	16:31 7:21	21:52 5:21	39:32 17:40	51:49 12:17	58:41 6:52	1:21:33 22:52	1:36:45 15:12	1:47:08 10:23	2:01:09 14:01	2:09:18 8:09	2:22:24 13:06	2:27:22 4:58	2:28:33 1:11							
26	733	Henar Silvestre RUMBO MADR FEMA	2:32:12	11:32 11:32	17:19 5:47	22:12 4:53	45:47 23:35	53:54 8:07	1:05:36 11:42	1:22:11 16:35	1:34:58 12:47	1:43:18 8:20	2:03:41 20:23	2:16:51 13:10	2:26:38 9:47	2:31:25 4:47	2:32:12 0:47							
27	703	Virgínia J.Carrion COC Barcelona	2:40:35	27:59 27:59	33:50 5:51	39:59 6:09	1:03:18 23:19	1:12:12 8:54	1:17:12 5:00	1:31:27 14:15	1:44:30 13:03	1:55:23 10:53	2:05:59 10:36	2:14:21 8:22	2:25:41 11:20	2:39:53 14:12	2:40:35 0:42							
1005	Ines Aires Ori-Estarr FPO	en tarj.	----	----	----	----	----	----	----	----	----	----	----	----	----	52:47 52:47	54:07 1:20							
367	Carmen Castro Man CDP-O Valladolid	andona	15:44 15:44	23:13 7:29	29:59 6:46	44:54 14:55	54:47 9:53	1:02:10 7:23	----	----	----	----	----	----	----	----	1:50:50 48:40							
294	Maria Teresa Alba Is MONTE EL P Madrid	andona	5:39 5:39	14:43 9:04	1:04:45 50:02	1:22:41 17:56	----	----	----	----	----	----	----	----	----	2:24:34 1:01:53	2:25:20 0:46							
345	Maria Martín Quesa COLMENAR Madrid	andona	16:16 16:16	21:01 4:45	27:34 6:33	46:33 18:59	1:00:03 13:30	1:09:03 9:00	1:31:25 22:22	----	----	----	----	----	----	----	----							
738	Mª Victoria Santa Bá COLMENAR FEMAD	andona	10:33 10:33	17:35 7:02	27:45 10:10	45:28 17:43	54:14 8:46	1:02:50 8:36	----	----	----	----	----	----	----	----	----							
D-21B (23)					4,4 km 190 m			11 C																F
					1(69)	2(85)	3(39)	4(59)	5(63)	6(83)	7(70)	8(62)	9(61)	10(117)	11(200)			F						
1	400	Mónica Sorolla Bal VALENCIA-O Valenci	1:10:01	6:51 6:51	13:19 6:28	20:44 7:25	29:59 9:15	33:58 3:59	40:00 6:02	47:02 7:02	52:22 5:20	57:24 5:02	1:06:04 8:40	1:09:27 3:23	1:10:01 0:34									
2	574	Julia Soler Méndez LORCA-O Murcia	1:10:43	7:53 7:53	13:31 5:38	18:27 4:56	28:21 9:54	31:31 3:10	39:58 8:27	47:12 7:14	52:01 4:49	56:53 4:52	1:06:13 9:20	1:10:03 3:50	1:10:43 0:40									
3	580	Eva Suarez Zapico ASTUR EXTR Asturia	1:11:08	6:58 6:58	11:59 5:01	17:57 5:58	30:26 12:29	34:31 4:05	42:04 7:33	48:51 6:47	54:08 5:17	59:16 5:08	1:06:31 7:15	1:10:26 3:55	1:11:08 0:42									
4	516	Victoria Guillén Vid UNIVERSIDA Alicant	1:14:39	6:10 6:10	11:15 5:05	17:45 6:30	30:46 13:01	34:11 3:25	40:56 6:45	48:30 7:34	54:51 6:21	1:01:14 6:23	1:10:09 8:55	1:14:02 3:53	1:14:39 0:37									
5	71	Raquel Tudela Rom TOTANA-O Murcia	1:18:11	7:03 7:03	15:44 8:41	21:56 6:12	31:58 10:02	35:57 3:59	45:20 9:23	53:40 8:20	57:59 4:19	1:02:37 4:38	1:13:16 10:39	1:17:30 4:14	1:18:11 0:41									
6	633	Maria Isabel Fajard SANT JOAN Alicante	1:20:40	7:23 7:23	14:13 6:50	24:10 9:57	33:25 9:15	40:27 7:02	50:15 9:48	57:18 7:03	1:02:49 5:31	1:06:42 3:53	1:16:39 9:57	1:20:05 3:26	1:20:40 0:35									
7	555	Mari Cruz López De LORCA-O Murcia	1:21:30	9:21 9:21	15:02 5:41	21:35 6:33	33:00 11:25	37:51 4:51	46:24 8:33	55:32 9:08	1:05:52 10:20	1:10:52 5:00	1:17:21 6:29	1:20:50 3:29	1:21:30 0:40									
8	986	Susana Almeida Natura FPO	1:25:25	6:32 6:32	13:34 7:02	28:40 15:06	40:23 11:43	44:37 4:14	55:06 10:29	1:01:53 6:47	1:07:49 5:56	1:12:31 4:42	1:20:13 7:42	1:24:54 4:41	1:25:25 0:31									
9	971	Alice Moreira Ginásio FPO	1:27:39	7:35 7:35	13:18 5:43	19:24 6:06	29:35 10:11	34:49 5:14	41:48 6:59	50:21 8:33	59:42 9:21	1:03:40 3:58	1:23:13 19:33	1:27:03 3:50	1:27:39 0:36									
10	51	Esther Muñoz Macia LORCA-O Murcia	1:28:09	7:08 7:08	24:09 17:01	29:58 5:49	41:56 11:58	46:27 4:31	53:38 7:11	1:01:19 7:41	1:05:54 4:35	1:10:43 4:49	1:22:56 12:13	1:27:31 4:35	1:28:09 0:38									
11	289	Maite Torres Roman C.O.GUADAL Guada	1:28:51	10:02 10:02	25:30 15:28	31:59 6:29	45:17 13:18	49:54 4:37	58:25 8:31	1:07:06 8:41	1:11:21 4:15	1:15:44 4:23	1:23:23 7:39	1:28:07 4:44	1:28:51 0:44									
12	672	Raquel Sebastián P TJALVE Burgos	1:29:11	6:48 6:48	13:40 6:52	22:17 8:37	39:07 16:50	43:35 4:28	50:22 6:47	57:37 7:15	1:03:25 5:48	1:08:36 5:11	1:25:14 16:38	1:28:37 3:23	1:29:11 0:34									
13	361	Diana Martínez Torn VALENCIA-O Valenci	1:32:24	9:45 9:45	17:11 7:26	25:34 8:23	41:15 15:41	46:20 5:05	57:56 11:36	1:07:51 9:55	1:14:07 6:16	1:19:05 4:58	1:27:27 8:22	1:31:45 4:18	1:32:24 0:39									
14	128	Natalia Nieto Camp O-CIUDAD R Ciuda	1:38:54	7:13 7:13	19:28 12:15	26:42 7:14	39:25 12:43	43:45 4:20	53:00 9:15	1:01:50 8:50	1:08:24 6:34	1:14:27 6:03	1:31:14 16:47	1:38:15 7:01	1:38:54 0:39									

os		rsal	Nombre	Tiempo												
D-21B (23)				4,4 km 190 m			11 C					(cont.)				
				1(69)	2(85)	3(39)	4(59)	5(63)	6(83)	7(70)	8(62)	9(61)	10(117)	11(200)	F	
15	972	Ana Ferreira	1:41:33	13:28	21:31	29:15	41:08	45:37	59:41	1:10:11	1:15:18	1:22:56	1:35:35	1:40:44	1:41:33	
				13:28	8:03	7:44	11:53	4:29	14:04	10:30	5:07	7:38	12:39	5:09	0:49	
16	280	Laura Terrer Martín	1:51:27	9:33	19:11	29:43	44:02	50:29	1:03:57	1:20:36	1:27:38	1:34:37	1:44:33	1:50:09	1:51:27	
				9:33	9:38	10:32	14:19	6:27	13:28	16:39	7:02	6:59	9:56	5:36	1:18	
17	596	Nérida Saiz Navarro	1:55:16	7:31	14:28	27:33	38:19	42:42	54:32	1:04:02	1:29:47	1:34:21	1:48:47	1:53:57	1:55:16	
				7:31	6:57	13:05	10:46	4:23	11:50	9:30	25:45	4:34	14:26	5:10	1:19	
18	444	Cristina Fernández	1:56:27	12:39	21:49	30:50	49:10	56:46	1:07:48	1:20:17	1:27:56	1:37:29	1:48:29	1:55:34	1:56:27	
				12:39	9:10	9:01	18:20	7:36	11:02	12:29	7:39	9:33	11:00	7:05	0:53	
19	486	Laura Torres Gómez	2:07:32	8:59	22:51	30:07	44:57	50:05	1:02:06	1:11:23	1:17:37	1:25:01	2:01:08	2:06:39	2:07:32	
				8:59	13:52	7:16	14:50	5:08	12:01	9:17	6:14	7:24	36:07	5:31	0:53	
20	665	Stephanie Sales Ca	2:12:23	28:47	37:51	46:53	1:05:15	1:12:54	1:23:51	1:36:13	1:44:00	1:53:35	2:04:31	2:11:37	2:12:23	
				28:47	9:04	9:02	18:22	7:39	10:57	12:22	7:47	9:35	10:56	7:06	0:46	
21	536	Fatima Bellón Ramí	2:43:39	13:43	26:41	36:53	58:17	1:04:24	1:24:50	1:39:45	2:02:55	2:08:58	2:35:59	2:42:53	2:43:39	
				13:43	12:58	10:12	21:24	6:07	20:26	14:55	23:10	6:03	27:01	6:54	0:46	
				2:42:55												
				*200												
1007	Claudia Miranda	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:06:11	1:07:32	
															1:06:11	1:21
740	Gema Martín Quesa	andona	14:05	33:55	1:00:44	1:13:58	1:20:39	1:33:09	-----	-----	-----	-----	-----	2:33:48	2:34:57	
				14:05	19:50	26:49	13:14	6:41	12:30						1:00:39	1:09
D-35A (27)				5,6 km 225 m			11 C									
				1(73)	2(34)	3(106)	4(31)	5(82)	6(88)	7(97)	8(50)	9(51)	10(91)	11(200)	F	
1	405	Maria Jose Martin Ig	1:05:20	8:16	12:28	13:26	22:15	30:36	42:09	50:34	55:39	58:04	1:01:18	1:04:51	1:05:20	
				8:16	4:12	0:58	8:49	8:21	11:33	8:25	5:05	2:25	3:14	3:33	0:29	
2	218	Anna Amigó Bertrán	1:06:00	7:50	10:49	11:58	26:15	34:11	45:11	52:37	56:46	58:16	1:01:29	1:05:26	1:06:00	
				7:50	2:59	1:09	14:17	7:56	11:00	7:26	4:09	1:30	3:13	3:57	0:34	
3	73	María Teresa Barcel	1:10:43	8:19	11:32	12:32	20:46	31:14	43:05	53:01	59:11	1:01:47	1:05:56	1:10:09	1:10:43	
				8:19	3:13	1:00	8:14	10:28	11:51	9:56	6:10	2:36	4:09	4:13	0:34	
4	743	Susana Gomez Mart	1:12:03	7:53	11:11	12:13	22:20	35:19	47:19	56:02	1:01:07	1:02:57	1:06:36	1:11:25	1:12:03	
				7:53	3:18	1:02	10:07	12:59	12:00	8:43	5:05	1:50	3:39	4:49	0:38	
5	241	Bárbara Domingo S	1:17:04	8:52	16:33	18:31	30:18	40:29	52:13	1:01:10	1:06:26	1:09:29	1:12:53	1:16:34	1:17:04	
				8:52	7:41	1:58	11:47	10:11	11:44	8:57	5:16	3:03	3:24	3:41	0:30	
6	546	Maud Barthelemy	1:17:47	8:17	12:23	14:57	27:08	39:31	51:21	1:00:32	1:05:28	1:08:35	1:12:49	1:17:10	1:17:47	
				8:17	4:06	2:34	12:11	12:23	11:50	9:11	4:56	3:07	4:14	4:21	0:37	
7	122	Araceli Abalde Vila	1:22:11	8:58	14:08	15:08	32:49	41:50	57:09	1:05:58	1:11:44	1:14:27	1:17:54	1:21:38	1:22:11	
				8:58	5:10	1:00	17:41	9:01	15:19	8:49	5:46	2:43	3:27	3:44	0:33	
8	334	Raquel Osuna Zam	1:22:32	10:24	15:00	15:49	25:36	36:49	50:06	1:04:40	1:09:39	1:13:07	1:17:05	1:21:54	1:22:32	
				10:24	4:36	0:49	9:47	11:13	13:17	14:34	4:59	3:28	3:58	4:49	0:38	
9	208	Mercedes Jiménez	1:23:02	9:10	16:13	17:49	26:41	40:55	53:05	1:02:10	1:09:54	1:12:23	1:16:25	1:22:23	1:23:02	
				9:10	7:03	1:36	8:52	14:14	12:10	9:05	7:44	2:29	4:02	5:58	0:39	
10	745	Andrea Viqueira	1:27:32	8:55	13:12	14:50	25:20	40:34	55:09	1:06:49	1:13:44	1:17:02	1:21:43	1:26:50	1:27:32	
				8:55	4:17	1:38	10:30	15:14	14:35	11:40	6:55	3:18	4:41	5:07	0:42	
11	397	Marisol Gutierrez S	1:27:43	8:39	13:33	14:24	38:53	48:09	1:01:11	1:11:08	1:17:06	1:19:13	1:23:39	1:27:12	1:27:43	
				8:39	4:54	0:51	24:29	9:16	13:02	9:57	5:58	2:07	4:26	3:33	0:31	
12	459	Julia Borisova	1:30:07	10:34	15:29	16:35	33:24	44:09	59:15	1:11:20	1:17:13	1:20:13	1:24:40	1:29:32	1:30:07	
				10:34	4:55	1:06	16:49	10:45	15:06	12:05	5:53	3:00	4:27	4:52	0:35	
13	221	Adela Illamola Colo	1:30:29	9:43	14:11	15:32	27:03	40:59	59:26	1:09:00	1:16:10	1:19:13	1:24:02	1:29:41	1:30:29	
				9:43	4:28	1:21	11:31	13:56	18:27	9:34	7:10	3:03	4:49	5:39	0:48	
14	220	Virginia Güell Rovir	1:31:07	9:05	13:26	14:32	28:52	46:14	1:00:02	1:11:39	1:18:03	1:21:06	1:25:20	1:30:29	1:31:07	
				9:05	4:21	1:06	14:20	17:22	13:48	11:37	6:24	3:03	4:14	5:09	0:38	

os		rsal	Nombre	Tiempo												
D-35A (27)					5,6 km 225 m			11 C		<i>(cont.)</i>						
					1(73)	2(34)	3(106)	4(31)	5(82)	6(88)	7(97)	8(50)	9(51)	10(91)	11(200)	F
15	373		Marian Roldan Pare COMA Málaga	1:31:20	11:17 11:17	15:08 3:51	16:07 0:59	34:47 18:40	50:33 15:46	1:04:48 14:15	1:14:55 10:07	1:20:45 5:50	1:23:27 2:42	1:26:39 3:12	1:30:41 4:02	1:31:20 0:39
16	1019		Helena Sousa OriMarão FPO	1:31:37	9:59 9:59	15:13 5:14	21:41 6:28	41:40 19:59	52:03 10:23	1:05:39 13:36	1:15:04 9:25	1:20:40 5:36	1:23:37 2:57	1:26:57 3:20	1:31:00 4:03	1:31:37 0:37
17	511		Ana Belen Pérez Ri COLMENAR Madrid	1:32:24	15:38 15:38	19:15 3:37	20:30 1:15	40:11 19:41	53:22 13:11	1:05:55 12:33	1:16:27 10:32	1:21:39 5:12	1:23:43 2:04	1:27:48 4:05	1:31:51 4:03	1:32:24 0:33
18	973		Alda Marcelo Ginásio FPO	1:33:09	9:38 9:38	15:15 5:37	16:26 1:11	28:27 12:01	40:13 11:46	54:18 14:05	1:08:14 13:56	1:14:27 6:13	1:19:40 5:13	1:23:54 4:14	1:32:22 8:28	1:33:09 0:47
19	53		Maria José Romera LORCA-O Murcia	1:35:25	18:30 18:30	23:06 4:36	24:18 1:12	34:34 10:16	47:23 12:49	1:03:43 11:21	1:15:04 6:35	1:21:39 2:51	1:24:30 4:27	1:28:57 5:42	1:34:39 5:42	1:35:25 0:46
20	318		Alba Gavela Ramos TJALVE Burgos	1:40:21	9:09 9:09	13:22 4:13	14:30 1:08	25:39 11:09	45:54 20:15	59:16 13:22	1:12:10 12:54	1:18:16 6:06	1:20:54 2:38	1:34:16 13:22	1:39:43 5:27	1:40:21 0:38
21	974		Elisabete Dinis Ginásio FPO	1:42:19	15:04 15:04	19:38 4:34	20:32 0:54	42:29 21:57	55:11 12:42	1:11:40 16:29	1:20:54 9:14	1:27:16 6:22	1:31:34 4:18	1:36:05 4:31	1:41:38 5:33	1:42:19 0:41
22	453		Ana Rosa Poveda N CALASPARRA Murci	1:46:17	16:16 16:16	20:24 4:08	21:19 0:55	51:26 30:07	1:02:56 11:30	1:15:28 12:32	1:25:43 10:15	1:30:33 4:50	1:38:41 8:08	1:42:12 3:31	1:45:44 3:32	1:46:17 0:33
23	449		Itziar Quintana Sae COBI Vizcaya	1:46:58	15:01 15:01	19:53 4:52	21:20 1:27	45:40 24:20	57:08 11:28	1:13:47 16:39	1:24:08 10:21	1:31:53 7:45	1:34:42 2:49	1:39:16 4:34	1:46:32 7:16	1:46:58 0:26
24	1009		Manuela Nogueira Ori-Estarr FPO	1:52:14	14:26 14:26	18:34 4:08	19:55 1:21	34:52 14:57	50:02 15:10	1:15:59 25:57	1:29:32 13:33	1:37:04 7:32	1:39:06 2:02	1:45:30 6:24	1:51:23 5:53	1:52:14 0:51
25	744		Gemma Avila Jimen COTA FEMADO	1:58:51	17:09 17:09	21:48 4:39	24:48 3:00	38:37 13:49	1:02:27 23:50	1:23:03 20:36	1:33:39 10:36	1:41:38 7:59	1:44:46 3:08	1:52:20 7:34	1:58:17 5:57	1:58:51 0:34
26	33		Meritxell Castro Mo Oros Barcelona	2:02:07	28:14 28:14	33:44 5:30	35:05 1:21	1:02:15 27:10	1:14:55 12:40	1:31:17 16:22	1:41:45 10:28	1:48:04 6:19	1:51:32 3:28	1:56:53 5:21	2:01:25 4:32	2:02:07 0:42
27	658		Fátima Pintado Cru CODAN EXTR Badaj	2:26:10	10:34 10:34	14:58 4:24	17:00 2:02	34:59 17:59	1:18:38 43:39	1:41:57 23:19	2:01:17 19:20	2:08:53 7:36	2:12:07 3:14	2:18:13 6:06	2:25:35 7:22	2:26:10 0:35

D-35B (22)					3,3 km 155 m			8 C								
					1(85)	2(64)	3(70)	4(72)	5(54)	6(67)	7(60)	8(200)	F			
1	41		Ana Carmona Álvare SENDA Murcia	45:02	6:59 6:59	13:03 6:04	24:36 11:33	32:08 7:32	33:05 0:57	38:11 5:06	41:47 3:36	44:31 2:44	45:02 0:31			
2	433		Mª Carmen Regidor VALENCIA-O Valenci	47:41	4:43 4:43	11:15 6:32	25:36 14:21	32:53 7:17	34:28 1:35	39:20 4:52	43:28 4:08	47:07 3:39	47:41 0:34			
3	431		Leticia García de Vil COMA Málaga	47:42	5:41 5:41	14:08 8:27	28:19 14:11	35:12 6:53	36:11 0:59	40:25 4:14	44:34 4:09	47:06 2:32	47:42 0:36			
4	93		Mª Victoria García P SANT JOAN Alicante	52:08	7:43 7:43	16:39 8:56	29:47 13:08	37:57 8:10	39:31 1:34	44:21 4:50	48:30 4:09	51:28 2:58	52:08 0:40			
5	500		Belen Carbonell Ma CEAM IBI-O Alicante	54:03	5:09 5:09	11:19 6:10	22:19 11:00	27:04 4:45	28:04 1:00	32:19 4:15	48:09 15:50	53:28 5:19	54:03 0:35			
6	395		Silvia Sánchez Sanc NAVALCAN-O Toled	1:01:05	8:34 8:34	15:43 7:09	29:38 13:55	38:00 8:22	40:47 2:47	51:49 11:02	56:23 4:34	1:00:31 4:08	1:01:05 0:34			
7	389		Maria Del Mar Del C COMCU Cuenca	1:03:16	6:49 6:49	15:44 8:55	31:47 16:03	42:19 10:32	44:18 1:59	51:13 6:55	58:20 7:07	1:02:26 4:06	1:03:16 0:50			
8	40		Carmen Martínez Vil SENDA Murcia	1:03:56	4:34 4:34	10:27 5:53	21:08 10:41	27:19 6:11	30:06 2:47	55:16 25:10	59:36 4:20	1:03:11 3:35	1:03:56 0:45			
9	326		Pilar Barrio Velasco COV Valladolid	1:04:45	12:49 12:49	24:23 11:34	38:34 14:11	46:41 8:07	48:10 1:29	54:12 6:02	1:00:09 5:57	1:04:07 3:58	1:04:45 0:38			
10	499		Rosario Peñalba Ma CORZO Burgos	1:05:20	6:50 6:50	19:10 12:20	36:14 17:04	46:33 10:19	48:39 2:06	55:06 6:27	1:00:15 5:09	1:04:38 4:23	1:05:20 0:42			
11	562		Azucena García Muñ VELETA Granada	1:06:17	6:48 6:48	15:27 8:39	30:17 14:50	40:06 9:49	41:28 1:22	47:41 6:13	54:28 6:47	1:05:34 11:06	1:06:17 0:43			

os		rsal	Nombre	Tiempo	3,3 km 155 m		8 C		(cont.)								
					1(85)	2(64)	3(70)	4(72)	5(54)	6(67)	7(60)	8(200)	F				
12	639		Maria Pilar Ruiz Hid TOLEDO-O Toledo	1:08:49	7:19	22:12	38:04	45:33	48:03	54:10	1:01:33	1:08:20	1:08:49				
					7:19	14:53	15:52	7:29	2:30	6:07	7:23	6:47	0:29				
13	116		María José Gascón ORIENTIJOT Cuenc	1:09:05	6:26	13:59	33:28	44:47	50:39	57:18	1:02:30	1:08:22	1:09:05				
					6:26	7:33	19:29	11:19	5:52	6:39	5:12	5:52	0:43				
14	694		Montserrat Rodrigo COMCU Cuenca	1:12:51	6:10	14:41	36:41	43:32	44:54	1:02:53	1:08:15	1:12:14	1:12:51				
					6:10	8:31	22:00	6:51	1:22	17:59	5:22	3:59	0:37				
15	262		Elena Riaño Ribota IMPERDIBLE Madri	1:12:57	8:06	20:25	35:46	44:32	46:30	57:54	1:02:21	1:12:12	1:12:57				
					8:06	12:19	15:21	8:46	1:58	11:24	4:27	9:51	0:45				
16	337		Luisa Regueiro Mor O-GETAPE Madrid	1:15:35	8:38	20:52	37:14	46:55	50:07	1:00:59	1:09:51	1:14:54	1:15:35				
					8:38	12:14	16:22	9:41	3:12	10:52	8:52	5:03	0:41				
17	552		Ana Adoración Gonz O-GETAPE Madrid	1:23:23	17:38	28:34	57:55	1:05:44	1:07:04	1:11:48	1:18:32	1:22:48	1:23:23				
					17:38	10:56	29:21	7:49	1:20	4:44	6:44	4:16	0:35				
18	473		Encarni Castillo Pri ELERUT Cuenca	1:33:17	10:10	22:42	41:36	50:48	52:16	1:20:49	1:27:38	1:32:17	1:33:17				
					10:10	12:32	18:54	9:12	1:28	28:33	6:49	4:39	1:00				
19	89		Begoña García Past SANT JOAN Alicante	1:38:46	9:46	23:12	44:30	59:56	1:13:58	1:22:15	1:30:08	1:37:12	1:38:46				
					9:46	13:26	21:18	15:26	14:02	8:17	7:53	7:04	1:34				
20	256		Milagros Ruiz Garcí ELERUT Cuenca	1:46:43	11:38	23:15	48:11	1:02:39	1:04:38	1:34:36	1:41:32	1:45:55	1:46:43				
					11:38	11:37	24:56	14:28	1:59	29:58	6:56	4:23	0:48				
21	1035		Mª José Ochotorena LORCA-O Murcia	1:50:32	6:06	23:53	55:51	1:07:35	1:09:02	1:38:15	1:45:35	1:49:50	1:50:32				
					6:06	17:47	31:58	11:44	1:27	29:13	7:20	4:15	0:42				
22	746		Ana Mª Sintas Martin COLMENAR FEMAD	1:53:42	6:59	15:27	30:41	51:58	59:25	1:41:05	1:47:39	1:52:56	1:53:42				
					6:59	8:28	15:14	21:17	7:27	41:40	6:34	5:17	0:46				
D-40 (29)					4,7 km 215 m		12 C										
					1(95)	2(79)	3(65)	4(45)	5(76)	6(47)	7(46)	8(61)	9(71)	10(84)	11(60)	12(200)	F
1	914		Anabela Vieito COC FPO	1:06:54	5:59	10:44	14:36	29:08	36:54	40:22	42:55	55:49	59:45	1:02:27	1:04:00	1:06:20	1:06:54
					5:59	4:45	3:52	14:32	7:46	3:28	2:33	12:54	3:56	2:42	1:33	2:20	0:34
1	180		María Sonia Girona COV Valladolid	1:06:54	4:54	8:35	13:42	28:15	34:30	37:36	40:08	52:54	58:09	1:00:57	1:02:57	1:06:15	1:06:54
					4:54	3:41	5:07	14:33	6:15	3:06	2:32	12:46	5:15	2:48	2:00	3:18	0:39
3	258		Vanessa Pons Grau ADYRON Madrid	1:13:11	7:22	14:08	18:17	34:29	39:41	44:36	46:51	1:00:54	1:05:07	1:08:32	1:10:02	1:12:38	1:13:11
					7:22	6:46	4:09	16:12	5:12	4:55	2:15	14:03	4:13	3:25	1:30	2:36	0:33
4	1010		Ana Casal Ori-Estarr FPO	1:14:42	7:03	10:49	16:26	31:41	37:09	41:18	44:49	1:00:23	1:07:17	1:09:56	1:11:50	1:14:11	1:14:42
					7:03	3:46	5:37	15:15	5:28	4:09	3:31	15:34	6:54	2:39	1:54	2:21	0:31
5	412		Brígida Cuenca Adá COMA Málaga	1:15:14	9:23	18:06	21:52	37:01	41:51	46:41	48:52	1:02:48	1:07:05	1:10:34	1:12:06	1:14:38	1:15:14
					9:23	8:43	3:46	15:09	4:50	4:50	2:11	13:56	4:17	3:29	1:32	2:32	0:36
6	68		María Romero Martí TOTANA-O Murcia	1:16:05	9:31	13:23	18:33	33:11	39:34	43:30	47:51	1:02:14	1:06:31	1:10:51	1:12:47	1:15:32	1:16:05
					9:31	3:52	5:10	14:38	6:23	3:56	4:21	14:23	4:17	4:20	1:56	2:45	0:33
7	328		Lourdes Cano Rodr GOCAN Madrid	1:17:57	18:19	21:33	26:40	42:00	46:46	49:20	52:26	1:06:36	1:09:43	1:12:32	1:14:41	1:17:26	1:17:57
					18:19	3:14	5:07	15:20	4:46	2:34	3:06	14:10	3:07	2:49	2:09	2:45	0:31
8	422		Iryna Beketova MAXIMUS Madrid	1:19:01	6:05	10:48	15:47	29:29	34:55	37:52	50:07	1:03:09	1:07:27	1:11:53	1:15:13	1:18:16	1:19:01
					6:05	4:43	4:59	13:42	5:26	2:57	12:15	13:02	4:18	4:26	3:20	3:03	0:45
9	429		Cristina Del Campo COLMENAR Madrid	1:19:36	13:14	20:02	24:15	40:35	45:46	50:42	52:55	1:06:52	1:11:11	1:14:37	1:16:16	1:19:00	1:19:36
					13:14	6:48	4:13	16:20	5:11	4:56	2:13	13:57	4:19	3:26	1:39	2:44	0:36
10	203		Nuria Caus Pertega UNIVERSIDA Alicant	1:22:41	5:10	8:20	12:04	26:21	32:35	36:09	41:50	56:54	1:10:36	1:13:18	1:18:42	1:22:08	1:22:41
					5:10	3:10	3:44	14:17	6:14	3:34	5:41	15:04	13:42	2:42	5:24	3:26	0:33
11	377		Noemí Calle Hoya RUMBO-MADR Madr	1:23:59	7:33	13:14	18:42	35:33	42:56	46:28	49:12	1:08:06	1:15:10	1:18:06	1:20:12	1:23:23	1:23:59
					7:33	5:41	5:28	16:51	7:23	3:32	2:44	18:54	7:04	2:56	2:06	3:11	0:36
12	281		Teresa Angeles Pére COMA Málaga	1:25:20	5:49	10:55	20:17	35:28	41:59	45:30	55:45	1:11:28	1:16:16	1:19:26	1:21:37	1:24:35	1:25:20
					5:49	5:06	9:22	15:11	6:31	3:31	10:15	15:43	4:48	3:10	2:11	2:58	0:45
13	374		Toninaina Santamar UEVIC Barcelona	1:29:08	8:29	15:30	23:16	43:33	50:07	56:22	59:53	1:14:33	1:20:07	1:23:53	1:25:53	1:28:31	1:29:08
					8:29	7:01	7:46	20:17	6:34	6:15	3:31	14:40	5:34	3:46	2:00	2:38	0:37

os	rsal	Nombre	Tiempo													
D-40 (29)				4,7 km 215 m			12 C			(cont.)						
				1(95)	2(79)	3(65)	4(45)	5(76)	6(47)	7(46)	8(61)	9(71)	10(84)	11(60)	12(200)	F
14	327	Isabel Serrano Rico ADOL Sevilla	1:31:58	12:27 12:27	16:27 4:00	24:14 7:47	39:22 15:08	47:08 7:46	50:39 3:31	53:44 3:05	1:14:37 20:53	1:20:47 6:10	1:24:19 3:32	1:28:46 4:27	1:31:25 2:39	1:31:58 0:33
15	960	Alexandra Coelho GD4C FPO	1:33:30	7:50 7:50	15:12 7:22	21:47 6:35	41:52 20:05	51:17 9:25	54:53 3:36	58:45 3:52	1:13:46 15:01	1:23:36 9:50	1:27:01 3:25	1:29:03 2:02	1:32:56 3:53	1:33:30 0:34
16	74	Joaquina Herrero V YECLA Murcia	1:33:59	9:12 9:12	16:51 7:39	30:19 13:28	45:57 15:38	53:02 7:05	56:21 3:19	59:07 2:46	1:17:59 18:52	1:25:12 7:13	1:28:03 2:51	1:30:10 2:07	1:33:23 3:13	1:33:59 0:36
17	513	Covadonga Garcia TOLEDO-O Toledo	1:35:19	7:50 7:50	14:24 6:34	23:27 9:03	44:01 20:34	52:59 8:58	57:08 4:09	1:00:15 3:07	1:20:20 20:05	1:24:56 4:36	1:29:10 4:14	1:31:18 2:08	1:34:42 3:24	1:35:19 0:37
18	272	Maite Cobo Caballe NAVALCAN-O Toled	1:42:11	21:25 21:25	24:59 3:34	30:42 5:43	48:46 18:04	54:30 5:44	58:36 4:06	1:01:55 3:19	1:26:54 24:59	1:31:26 4:32	1:36:25 4:59	1:38:27 2:02	1:41:31 3:04	1:42:11 0:40
19	314	Lidia Barea Castaño COLIVENC Alicante	1:43:23	17:57 17:57	22:47 4:50	31:32 8:45	51:58 20:26	1:01:03 9:05	1:04:57 3:54	1:08:11 3:14	1:28:15 20:04	1:32:53 4:38	1:36:51 3:58	1:39:20 2:29	1:42:41 3:21	1:43:23 0:42
20	531	Ana Moraga Giméne UVALENCIA Valenci	1:44:26	18:51 18:51	23:02 4:11	29:46 6:44	46:49 17:03	54:17 7:28	58:20 4:03	1:03:22 5:02	1:23:11 19:49	1:32:13 9:02	1:35:42 3:29	1:40:12 4:30	1:43:53 3:41	1:44:26 0:33
21	539	Nuria Calvo Segovi ELERUT Cuenca	1:55:04	30:03 30:03	35:06 5:03	43:28 8:22	1:04:04 20:36	1:12:57 8:53	1:17:02 4:05	1:20:17 3:15	1:40:09 19:52	1:45:02 4:53	1:48:58 3:56	1:51:15 2:17	1:54:31 3:16	1:55:04 0:33
				1:54:32												
				*200												
22	747	Alicia Mateo Rojo COTA FEMADO	2:00:48	11:20 11:20	18:07 6:47	24:00 5:53	45:25 21:25	52:53 7:28	58:01 5:08	1:02:51 4:50	1:36:42 33:51	1:53:21 16:39	1:56:06 2:45	1:57:41 1:35	2:00:14 2:33	2:00:48 0:34
23	344	Mercedes García Ga COLMENAR Madrid	2:07:07	23:20 23:20	37:46 14:26	47:12 9:26	1:10:22 23:10	1:19:43 9:21	1:24:08 4:25	1:28:02 3:54	1:48:25 20:23	1:54:45 6:20	1:59:48 5:03	2:02:06 2:18	2:06:24 4:18	2:07:07 0:43
24	4	Carmen Pedrero Ha ADOL Sevilla	2:11:40	15:29 15:29	21:52 6:23	32:01 10:09	55:41 23:40	1:05:31 9:50	1:12:09 6:38	1:16:40 4:31	1:41:23 24:43	1:58:42 17:19	2:02:34 3:52	2:05:23 2:49	2:10:24 5:01	2:11:40 1:16
25	651	Susana Torres Cost ADYRON Madrid	2:16:00	22:34 22:34	28:30 5:56	37:28 8:58	1:00:40 23:12	1:07:56 7:16	1:11:27 3:31	1:14:28 3:01	1:38:51 24:23	1:49:47 10:56	1:55:00 5:13	2:11:17 16:17	2:15:18 4:01	2:16:00 0:42
26	748	Paloma Benito Case COTA FEMADO	2:16:07	26:00 26:00	38:16 12:16	51:10 12:54	1:15:56 24:46	1:24:56 9:00	1:29:37 4:41	1:33:47 4:10	1:53:23 19:36	2:05:26 12:03	2:09:09 3:43	2:11:52 2:43	2:15:34 3:42	2:16:07 0:33
27	749	Rosa Silveira Puert Alabarda-O FEMADO	2:16:09	16:07 16:07	22:10 6:03	33:38 11:28	1:02:58 29:20	1:14:41 11:43	1:20:49 6:08	1:25:04 4:15	1:53:59 28:55	2:00:04 6:05	2:05:17 5:13	2:09:30 4:13	2:14:41 5:11	2:16:09 1:28
28	915	Paula Ferreira COC FPO	2:21:43	12:58 12:58	24:42 11:44	42:40 17:58	1:08:53 26:13	1:19:56 11:03	1:25:43 5:47	1:34:08 8:25	1:56:18 22:10	2:09:30 13:12	2:13:27 3:57	2:16:23 2:56	2:20:34 4:11	2:21:43 1:09
29	182	Pilar Iñiguez De La COV Valladolid	2:27:44	23:48 23:48	32:28 8:40	53:31 21:03	1:14:27 20:56	1:23:35 9:08	1:30:37 7:02	1:34:16 3:39	1:57:49 23:33	2:10:48 12:59	2:15:27 4:39	2:23:12 7:45	2:26:58 3:46	2:27:44 0:46
D-45 (19)				4,2 km 185 m			9 C									
				1(80)	2(38)	3(63)	4(123)	5(88)	6(67)	7(91)	8(84)	9(200)	F			
1	264	Silvia Saoner Aréval IMPERDIBLE Madri	56:48	8:22 8:22	13:32 5:10	24:23 10:51	28:29 4:06	32:59 4:30	48:32 15:33	50:29 1:57	52:27 1:58	56:16 3:49	56:48 0:32			
2	52	Amor Murcia Martín LORCA-O Murcia	56:57	8:08 8:08	12:59 4:51	24:02 11:03	28:49 4:47	33:41 4:52	49:05 15:24	50:52 1:47	53:11 2:19	56:20 3:09	56:57 0:37			
3	85	Antonia Sánchez Ma COLIVENC Alicante	58:36	7:10 7:10	20:37 13:27	30:45 10:08	37:36 6:51	40:56 3:20	51:08 10:12	52:53 1:45	54:58 2:05	58:05 3:07	58:36 0:31			
4	7	Marilo Lahoz Ruan ADOL Sevilla	1:00:08	6:47 6:47	12:54 6:07	23:39 10:45	28:43 5:04	33:53 5:10	51:20 17:27	53:01 1:41	55:30 2:29	59:24 3:54	1:00:08 0:44			
5	466	Maria Del Mar Ferna ADOL Sevilla	1:03:14	8:13 8:13	14:25 6:12	27:15 12:50	34:20 7:05	39:35 5:15	51:56 12:21	53:31 1:35	57:43 4:12	1:02:42 4:59	1:03:14 0:32			
6	20	Raquel Roig Domín PILOÑA DEP Asturia	1:03:47	10:41 10:41	15:24 4:43	26:23 10:59	32:23 6:00	38:02 5:39	52:20 14:18	54:42 2:22	57:12 2:30	1:03:09 5:57	1:03:47 0:38			
7	1011	Carmo Silva Ori-Estarr FPO	1:06:34	9:28 9:28	14:29 5:01	25:13 10:44	33:47 8:34	39:57 6:10	58:24 18:27	1:00:13 1:49	1:02:20 2:07	1:05:56 3:36	1:06:34 0:38			

os	rsal	Nombre	Tiempo										
D-45 (19)				4,2 km 185 m 9 C (cont.)									
				1(80)	2(38)	3(63)	4(123)	5(88)	6(67)	7(91)	8(84)	9(200)	F
8	1033	Lúisa Mateus COC FPO	1:09:24	16:25 16:25	22:06 5:41	36:34 14:28	41:00 4:26	47:07 6:07	59:50 12:43	1:01:53 2:03	1:04:38 2:45	1:08:35 3:57	1:09:24 0:49
9	87	Amparo Ferrer Rodr CORRECAMIN Valen	1:10:10	8:09 8:09	12:44 4:35	24:08 11:24	32:44 8:36	37:21 4:37	57:07 19:46	58:55 1:48	1:06:18 7:23	1:09:23 3:05	1:10:10 0:47
10	293	Lucía Cánovas Andr MONTE EL P Madrid	1:13:04	11:06 11:06	16:19 5:13	29:28 13:09	33:45 4:17	38:46 5:01	54:05 15:19	1:02:43 8:38	1:07:07 4:24	1:12:13 5:06	1:13:04 0:51
11	249	Maria Dolores Alons VIA PLATA Cáceres	1:13:31	8:13 8:13	12:37 4:24	34:55 22:18	39:27 4:32	43:52 4:25	1:02:38 18:46	1:04:57 2:19	1:09:13 4:16	1:12:51 3:38	1:13:31 0:40
12	14	Rosa Bella Rubia L LOS CALIFA Córdoba	1:15:13	11:19 11:19	16:45 5:26	31:40 14:55	43:11 11:31	47:32 4:21	1:03:35 16:03	1:05:54 2:19	1:10:28 4:34	1:14:29 4:01	1:15:13 0:44
13	187	Marta Armisén Saen O-GETAFAE Madrid	1:21:12	11:27 11:27	16:49 5:22	31:55 15:06	39:32 7:37	49:11 9:39	1:09:01 19:50	1:11:27 2:26	1:15:42 4:15	1:20:29 4:47	1:21:12 0:43
14	354	Maribel Barriguete ADOL Sevilla	1:22:34	11:45 11:45	18:12 6:27	36:01 17:49	43:32 7:31	52:54 9:22	1:09:07 16:13	1:10:57 1:50	1:17:44 6:47	1:21:50 4:06	1:22:34 0:44
15	750	Pilar Miguel Pagaza COTA FEMADO	1:26:30	10:55 10:55	20:18 9:23	38:55 18:37	46:47 7:52	55:18 8:31	1:14:53 19:35	1:17:35 2:42	1:20:52 3:17	1:25:33 4:41	1:26:30 0:57
16	32	Rosa María Casellas GO-XTREM Girona	1:28:31	15:17 15:17	22:17 7:00	39:26 17:09	48:45 9:19	55:53 7:08	1:17:08 21:15	1:20:09 3:01	1:23:22 3:13	1:27:43 4:21	1:28:31 0:48
17	135	Milagros Dengra Tel ESCONDITE- Madrid	1:30:06	13:40 13:40	20:06 6:26	35:10 15:04	47:16 12:06	1:02:11 14:55	1:18:56 16:45	1:21:37 2:41	1:24:40 3:03	1:29:01 4:21	1:30:06 1:05
18	59	Cati Viudez De Har MURCIA-O Murcia	1:32:20	20:57 20:57	26:24 5:27	43:19 16:55	52:37 9:18	59:50 7:13	1:21:18 21:28	1:24:04 2:46	1:26:57 2:53	1:31:30 4:33	1:32:20 0:50
19	1012	Maria Silva Ori-Estarr FPO	1:40:03	20:22 20:22	37:41 17:19	53:33 15:52	1:03:28 9:55	1:09:55 6:27	1:28:48 18:53	1:31:24 2:36	1:34:44 3:20	1:39:10 4:26	1:40:03 0:53
D-50 (16)				3,3 km 155 m 8 C									
				1(85)	2(64)	3(70)	4(72)	5(54)	6(67)	7(60)	8(200)	F	
1	124	Rosa María Pernas USC La Coruña	55:30	6:35 6:35	13:35 7:00	27:43 14:08	36:26 8:43	40:56 4:30	46:50 5:54	50:59 4:09	54:41 3:42	55:30 0:49	
2	224	Covadonga Carrasc COMCU Cuenca	58:33	7:54 7:54	15:51 7:57	31:52 16:01	41:09 9:17	42:46 1:37	48:41 5:55	52:45 4:04	57:44 4:59	58:33 0:49	
3	481	Judy Barclay FUNDI-O Cádiz	1:03:55	7:11 7:11	16:30 9:19	34:23 17:53	43:32 9:09	48:52 5:20	54:46 5:54	59:11 4:25	1:03:07 3:56	1:03:55 0:48	
4	255	Alfonsa Corrochano MANZANARES Ciuda	1:05:14	8:27 8:27	17:47 9:20	33:39 15:52	43:22 9:43	45:01 1:39	51:31 6:30	58:08 6:37	1:04:19 6:11	1:05:14 0:55	
5	148	Mª Concepción Cas O-GETAFAE Madrid	1:05:21	8:30 8:30	17:06 8:36	32:46 15:40	41:45 8:59	48:40 6:55	56:02 7:22	1:01:00 4:58	1:04:36 3:36	1:05:21 0:45	
6	602	Kay Seward RUMBO-MADR Madr	1:05:33	7:27 7:27	14:56 7:29	30:32 15:36	40:05 9:33	48:21 8:16	57:17 8:56	1:01:28 4:11	1:04:47 3:19	1:05:33 0:46	
7	113	Lali Fernández Fer COBI Vizcaya	1:06:46	9:06 9:06	16:16 7:10	28:17 12:01	40:15 11:58	43:47 3:32	53:11 9:24	59:42 6:31	1:06:08 6:26	1:06:46 0:38	
8	83	Amparo Brotons Sa COLIVENC Alicante	1:07:22	6:42 6:42	24:28 17:46	38:34 14:06	45:43 7:09	51:19 5:36	57:52 6:33	1:03:20 5:28	1:06:42 3:22	1:07:22 0:40	
9	950	Assunção Almeida GafanhOri FPO	1:12:19	7:40 7:40	21:22 13:42	37:36 16:14	47:18 9:42	51:34 4:16	1:02:23 10:49	1:07:40 5:17	1:11:36 3:56	1:12:19 0:43	
10	512	Nieves Serrano Alco COLMENAR Madrid	1:15:50	9:46 9:46	22:25 12:39	39:37 17:12	49:24 9:47	53:32 4:08	1:04:19 10:47	1:10:27 6:08	1:14:56 4:29	1:15:50 0:54	
11	320	Margarita Balboa B USC La Coruña	1:16:00	17:38 17:38	25:07 7:29	40:59 15:52	50:32 9:33	56:14 5:42	1:03:22 7:08	1:10:13 6:51	1:15:13 5:00	1:16:00 0:47	
12	620	Mª Del Rosario Guti CDP-O Valladolid	1:24:06	9:26 9:26	21:02 11:36	40:56 19:54	54:33 13:37	57:20 2:47	1:10:06 12:46	1:15:58 5:52	1:22:52 6:54	1:24:06 1:14	

1:27:45
*20038:23
*49

os	rsal	Nombre	Tiempo																			
D-E (14)					8,6 km 335 m		15 C		<i>(cont.)</i>													
			1(74)	2(96)	3(106)	4(33)	5(81)	6(79)	7(39)	8(45)	9(47)	10(46)	11(60)	12(52)	13(67)	14(55)						
			15(200)	F																		
5	907	Adelindina Lopes COC FPO	1:47:21	7:24 7:24 1:46:45 2:47	21:37 14:13 1:47:21 0:36	23:55 2:18	28:17 4:22	34:36 6:19	46:34 11:58	50:16 3:42	1:03:57 13:41	1:11:54 7:57	1:14:45 2:51	1:31:37 16:52	1:32:47 1:10	1:38:10 5:23	1:43:58 5:48					
6	307	Berta Meseguer Fla UEVIC Barcelona	1:48:19	8:33 8:33 1:47:37 4:32	21:13 12:40 1:48:19 0:42	23:48 2:35	26:06 2:18	32:00 5:54	42:23 10:23	53:10 10:47	1:04:13 11:03	1:11:43 7:30	1:14:09 2:26	1:30:35 16:26	1:31:34 0:59	1:37:35 6:01	1:43:05 5:30					
7	21	Consolación Dobra POSEIDÓN Sevilla	1:52:15	9:30 9:30 1:51:29 4:36	24:19 14:49 1:52:15 0:46	26:57 2:38	28:50 1:53	34:18 5:28	49:02 14:44	53:38 4:36	1:06:24 12:46	1:13:31 7:07	1:15:27 1:56	1:34:17 18:50	1:35:27 1:10	1:41:45 6:18	1:46:53 5:08					
8	927	Vera Alvarez CPOC FPO	1:53:10	7:39 7:39 1:52:33 4:29	18:59 11:20 1:53:10 0:37	21:27 2:28	24:03 2:36	28:24 4:21	39:35 11:11	43:22 3:47	55:13 11:51	1:03:05 7:52	1:07:05 4:00	1:33:58 26:53	1:35:03 1:05	1:41:31 6:28	1:48:04 6:33					
9	223	Eva Maria Garrido H MANZANARES Ciuda	2:02:19	9:44 9:44 2:01:41 3:57	24:19 14:35 2:02:19 0:38	28:22 4:03	31:08 2:46	36:21 5:13	59:30 23:09	1:02:23 2:53	1:13:20 10:57	1:22:11 8:51	1:25:27 3:16	1:45:31 20:04	1:46:44 1:13	1:52:42 5:58	1:57:44 5:02					
10	945	Inês Pinto GafanhOri FPO	2:04:06	10:24 10:24 2:03:28 3:59	25:38 15:14 2:04:06 0:38	28:53 3:15	31:14 2:21	37:26 6:12	52:46 15:20	56:11 3:25	1:09:56 13:45	1:19:41 9:45	1:25:13 5:32	1:46:04 20:51	1:47:23 1:19	1:53:36 6:13	1:59:29 5:53					
11	316	Rocío Alarcón Ques LOS CALIFA Córdoba	2:04:33	8:48 8:48 2:03:52 4:34	21:28 12:40 2:04:33 0:41	24:37 3:09	26:38 2:01	38:05 11:27	49:44 11:39	57:40 7:56	1:08:58 11:18	1:17:29 8:31	1:19:25 1:56	1:39:50 20:25	1:41:00 1:10	1:47:05 6:05	1:59:18 12:13					
12	956	Liliana Oliveira GD4C FPO	2:08:02	10:08 10:08 2:07:25 4:18	26:04 15:56 2:08:02 0:37	29:26 3:22	32:16 2:50	38:49 6:33	52:10 13:21	57:47 5:37	1:13:16 15:29	1:23:40 10:24	1:25:54 2:14	1:48:13 22:19	1:49:50 1:37	1:57:28 7:38	2:03:07 5:39					
13	284	María Paloma Fonta LOS CALIFA Córdoba	3:05:25	8:19 8:19 3:04:38 5:06	21:52 13:33 3:05:25 0:47	24:40 2:48	27:04 2:24	1:06:37 39:33	1:29:13 22:36	1:33:23 4:10	1:48:13 14:50	1:55:31 7:18	1:58:32 3:01	2:26:14 27:42	2:27:38 1:24	2:46:21 18:43	2:59:32 13:11					
	48	Laura López García LORCA-O Murcia	en tarj.	11:43 11:43 2:03:27 4:30	----- ----- 2:04:04 0:37	----- -----	31:15 19:32	49:26 18:11	53:20 3:54	1:09:05 15:45	1:19:30 10:25	1:21:41 2:11	1:43:56 22:15	1:45:23 1:27	1:53:35 8:12	1:58:57 5:22						
H-12 (23)					2,6 km 70 m		8 C															
				1(101)	2(102)	3(109)	4(105)	5(110)	6(107)	7(111)	8(200)	F										
1	647	Gustav Wirén RUMBO-MADR Madr	26:48	3:19 3:19	4:41 1:22	5:44 1:03	10:29 4:45	17:42 7:13	22:23 4:41	25:10 2:47	26:17 1:07	26:48 0:31										
2	1017	Tomas Lima OriMarão FPO	26:58	3:31 3:31	4:51 1:20	5:54 1:03	10:43 4:49	17:04 6:21	21:37 4:33	25:05 3:28	26:23 1:18	26:58 0:35										
3	304	David de Miguel Ar SANT JOAN Alicante	27:54	3:04 3:04	5:07 2:03	6:23 1:16	11:09 4:46	16:37 5:28	22:14 5:37	25:58 3:44	27:18 1:20	27:54 0:36										

os		rsal	Nombre	Tiempo	2,6 km 70 m		8 C		(cont.)							
					1(101)	2(102)	3(109)	4(105)	5(110)	6(107)	7(111)	8(200)	F			
H-12 (23)																
4	566	Alvaro García Berna COLIVENC Alicante	29:20	2:56	5:54	7:13	11:47	16:21	24:22	27:12	28:48	29:20				
				2:56	2:58	1:19	4:34	4:34	8:01	2:50	1:36	0:32				
5	632	Adrián Tamarit Roy VALENCIA-O Valenci	29:37	3:26	5:12	6:28	12:20	17:25	23:15	27:26	29:03	29:37				
				3:26	1:46	1:16	5:52	5:05	5:50	4:11	1:37	0:34				
6	545	Mario Mínguez Sao IMPERDIBLE Madri	31:39	4:28	6:23	7:57	13:20	18:44	26:23	29:40	31:07	31:39				
				4:28	1:55	1:34	5:23	5:24	7:39	3:17	1:27	0:32				
7	542	Andrés Valentín Bar COV Valladolid	33:18	3:28	6:37	7:58	13:45	18:30	28:13	31:23	32:44	33:18				
				3:28	3:09	1:21	5:47	4:45	9:43	3:10	1:21	0:34				
8	634	Javier Saz Basanta IBÓN Zaragoza	36:18	4:06	6:00	7:18	15:36	20:53	30:08	34:17	35:42	36:18				
				4:06	1:54	1:18	8:18	5:17	9:15	4:09	1:25	0:36				
9	479	Eric Loré Amigó COC Barcelona	36:24	3:24	5:43	8:11	13:31	23:20	31:02	34:16	35:51	36:24				
				3:24	2:19	2:28	5:20	9:49	7:42	3:14	1:35	0:33				
10	371	Teo Batanero Ruan C.O.GUADAL Guada	37:27	6:02	7:59	9:34	16:24	21:05	30:32	35:02	36:51	37:27				
				6:02	1:57	1:35	6:50	4:41	9:27	4:30	1:49	0:36				
11	470	Jorge De Miguel Ar SANT JOAN Alicante	38:04	3:58	6:23	7:40	16:33	25:26	32:16	36:14	37:30	38:04				
				3:58	2:25	1:17	8:53	8:53	6:50	3:58	1:16	0:34				
12	336	Diego Casado Góm GOCAN Madrid	42:16	4:12	7:34	8:57	21:57	27:24	36:05	40:20	41:39	42:16				
				4:12	3:22	1:23	13:00	5:27	8:41	4:15	1:19	0:37				
13	557	Makar Borisov VILLENA-O Alicante	43:52	4:27	5:58	7:41	22:46	27:20	38:36	42:03	43:10	43:52				
				4:27	1:31	1:43	15:05	4:34	11:16	3:27	1:07	0:42				
14	964	David Leal Ginásio FPO	43:54	3:55	7:02	8:09	28:32	32:14	38:13	42:02	43:25	43:54				
				3:55	3:07	1:07	20:23	3:42	5:59	3:49	1:23	0:29				
15	897	Manuel Oliveira COC FPO	44:50	7:02	9:25	10:44	17:42	26:41	37:43	41:06	44:19	44:50				
				7:02	2:23	1:19	6:58	8:59	11:02	3:23	3:13	0:31				
16	655	Alvaro Mesas de Ca TOLEDO-O Toledo	48:29	7:05	11:56	13:31	19:48	34:36	41:06	46:15	47:59	48:29				
				7:05	4:51	1:35	6:17	14:48	6:30	5:09	1:44	0:30				
17	621	Sergio Adeva Cond CDP-O Valladolid	49:32	3:51	13:12	14:27	34:08	38:16	44:15	47:51	49:06	49:32				
				3:51	9:21	1:15	19:41	4:08	5:59	3:36	1:15	0:26				
18	753	Lucas Cristóbal Núñ G.O.C.A.N. FEMADO	49:56	4:12	6:34	9:04	16:52	27:11	35:08	39:39	49:24	49:56				
				4:12	2:22	2:30	7:48	10:19	7:57	4:31	9:45	0:32				
19	895	André Roberto COC FPO	51:00	2:49	4:03	6:54	22:35	27:52	46:30	49:15	50:19	51:00				
				2:49	1:14	2:51	15:41	5:17	18:38	2:45	1:04	0:41				
20	640	Manuel Martínez Ba TOTANA-O Murcia	58:39	3:35	5:40	7:05	22:05	42:16	53:31	56:53	58:08	58:39				
				3:35	2:05	1:25	15:00	20:11	11:15	3:22	1:15	0:31				
21	896	Bernardo Filipe COC FPO	59:21	4:30	10:20	12:24	32:24	44:04	51:30	56:32	58:29	59:21				
				4:30	5:50	2:04	20:00	11:40	7:26	5:02	1:57	0:52				
22	615	Estevan Borisov VILLENA-O Alicante	1:07:40	4:56	7:46	9:08	18:00	34:59	1:02:38	1:05:56	1:07:07	1:07:40				
				4:56	2:50	1:22	8:52	16:59	27:39	3:18	1:11	0:33				
	752	Pablo Alba Isasi Club Monte FEMAD	en tarj.	5:32	14:27	16:40	-----	43:45	58:34	1:15:40	1:17:54	1:18:33				
				5:32	8:55	2:13		27:05	14:49	17:06	2:14	0:39				
H-14 (24)																
					4,3 km 145 m		11 C									
					1(118)	2(78)	3(32)	4(120)	5(119)	6(122)	7(123)	8(114)	9(107)	10(116)	11(200)	F
1	440	Pedro Stangegaard COMA Málaga	47:30	3:10	4:57	11:25	14:40	17:57	27:54	30:03	31:58	41:12	43:08	47:04	47:30	
				3:10	1:47	6:28	3:15	3:17	9:57	2:09	1:55	9:14	1:56	3:56	0:26	
2	576	Andreu Espinosa B SANT JOAN Alicante	51:50	3:43	5:18	9:49	13:48	17:18	29:10	31:23	33:55	45:23	47:21	51:25	51:50	
				3:43	1:35	4:31	3:59	3:30	11:52	2:13	2:32	11:28	1:58	4:04	0:25	
3	463	Pablo Cabrera Moli COMA Málaga	52:37	4:29	5:42	12:09	15:15	18:18	27:34	29:36	30:59	40:31	47:50	52:09	52:37	
				4:29	1:13	6:27	3:06	3:03	9:16	2:02	1:23	9:32	7:19	4:19	0:28	
4	549	Carlos Sanz Alejand LOS CALIFA Córdoba	53:11	3:41	5:07	8:46	10:59	15:07	23:57	25:39	27:56	35:34	41:38	52:47	53:11	
				3:41	1:26	3:39	2:13	4:08	8:50	1:42	2:17	7:38	6:04	11:09	0:24	

os	rsal	Nombre	Tiempo													
H-14 (24)				4,3 km 145 m 11 C (cont.)												
				1(118)	2(78)	3(32)	4(120)	5(119)	6(122)	7(123)	8(114)	9(107)	10(116)	11(200)	F	
5	452	Samuel López Corb LORCA-O Murcia	53:46	3:43	7:49	12:03	15:17	18:48	30:31	35:10	37:01	45:29	48:38	53:14	53:46	
6	483	Alejandro Saz Roba IBÓN Zaragoza	54:28	3:43	4:06	4:14	3:14	3:31	11:43	4:39	1:51	8:28	3:09	4:36	0:32	
7	408	Jorge Valente Barre IMPERDIBLE Madri	55:20	4:23	7:57	12:49	15:52	18:41	30:37	32:15	33:49	42:18	44:52	54:02	54:28	
8	857	Leonardo Ramalho .COM FPO	55:23	4:23	3:34	4:52	3:03	2:49	11:56	1:38	1:34	8:29	2:34	9:10	0:26	
9	448	David Rojas Jiménez ALABARDA-O Madrid	56:29	7:45	9:03	12:39	15:08	24:14	35:15	37:25	39:05	48:11	49:47	54:54	55:20	
10	441	Lucas Stangegaard COMA Málaga	56:39	7:45	1:18	3:36	2:29	9:06	11:01	2:10	1:40	9:06	1:36	5:07	0:26	
11	610	Carlos Blasco Cebr GODIH Albacete	57:04	7:43	11:03	15:25	19:03	23:03	33:31	35:35	37:08	47:47	50:21	54:58	55:23	
12	597	Samuel Alvarez Alva SANT JOAN Alicante	57:20	7:43	3:20	4:22	3:38	4:00	10:28	2:04	1:33	10:39	2:34	4:37	0:25	
13	287	Álvaro Casado Góm GOCAN Madrid	1:01:38	7:02	8:57	14:38	18:03	21:58	34:30	36:26	38:04	48:58	51:06	56:02	56:29	
14	577	Sergio Lillo Cañizar SANT JOAN Alicante	1:07:55	7:02	1:55	5:41	3:25	3:55	12:32	1:56	1:38	10:54	2:08	4:56	0:27	
15	754	Alejandro Ruiz Alva RUMBO MADR FEMA	1:09:02	3:50	7:02	11:26	14:50	19:12	29:18	31:22	32:48	49:09	51:34	56:09	56:39	
16	654	Miguel Mesas de Ca TOLEDO-O Toledo	1:12:35	3:50	3:12	4:24	3:24	4:22	10:06	2:04	1:26	16:21	2:25	4:35	0:30	
17	668	Pablo Martínez Muñ COMCU Cuenca	1:16:48	7:39	9:40	13:53	17:13	20:37	31:44	33:44	35:24	46:50	51:28	56:44	57:04	
18	991	André Henriques Ori-Estarr FPO	1:20:42	7:39	2:01	4:13	3:20	3:24	11:07	2:00	1:40	11:26	4:38	5:16	0:20	
19	965	André Daniel Ginásio FPO	1:22:10	4:50	7:22	13:25	16:56	20:55	34:08	36:25	38:24	48:11	51:20	56:50	57:20	
20	544	Javier Fernández C IMPERDIBLE Madri	1:27:31	4:50	2:32	6:03	3:31	3:59	13:13	2:17	1:59	9:47	3:09	5:30	0:30	
21	993	Tiago Figueiredo Ori-Estarr FPO	1:34:26	4:05	10:18	14:59	18:18	23:20	37:29	39:17	41:19	51:35	56:56	1:01:09	1:01:38	
22	699	Mateo Jiménez Garc GODIH Albacete	1:55:39	4:05	6:13	4:41	3:19	5:02	14:09	1:48	2:02	10:16	5:21	4:13	0:29	
23	992	Pedro Barbosa Silv Ori-Estarr FPO	2:18:33	7:19	9:44	14:59	18:45	23:06	42:40	45:12	47:52	1:00:13	1:03:03	1:07:27	1:07:55	
338	Carlos Alba Isasi MONTE EL P Madrid	en tarj.		7:19	2:25	5:15	3:46	4:21	19:34	2:32	2:40	12:21	2:50	4:24	0:28	
				9:21	15:08	19:13	22:33	26:42	38:57	41:47	44:44	58:31	1:04:43	1:08:35	1:09:02	
				9:21	5:47	4:05	3:20	4:09	12:15	2:50	2:57	13:47	6:12	3:52	0:27	
				16:03	20:35	25:44	29:53	34:38	48:04	50:51	53:17	1:04:07	1:06:59	1:12:10	1:12:35	
				16:03	4:32	5:09	4:09	4:45	13:26	2:47	2:26	10:50	2:52	5:11	0:25	
				8:32	17:25	24:19	28:08	32:52	45:43	48:17	50:36	1:02:02	1:09:40	1:16:25	1:16:48	
				8:32	8:53	6:54	3:49	4:44	12:51	2:34	2:19	11:26	7:38	6:45	0:23	
				4:31	12:24	18:25	22:36	26:57	41:34	44:26	46:56	1:04:30	1:15:26	1:20:08	1:20:42	
				4:31	7:53	6:01	4:11	4:21	14:37	2:52	2:30	17:34	10:56	4:42	0:34	
				6:55	9:52	16:41	24:46	28:25	39:32	42:33	58:00	1:12:51	1:16:06	1:21:41	1:22:10	
				6:55	2:57	6:49	8:05	3:39	11:07	3:01	15:27	14:51	3:15	5:35	0:29	
				4:43	28:29	35:11	38:39	42:38	55:07	58:01	1:00:41	1:14:42	1:21:17	1:26:55	1:27:31	
				4:43	23:46	6:42	3:28	3:59	12:29	2:54	2:40	14:01	6:35	5:38	0:36	
				11:27	13:23	28:43	36:44	40:32	52:42	54:53	1:10:10	1:25:12	1:28:20	1:33:50	1:34:26	
				11:27	1:56	15:20	8:01	3:48	12:10	2:11	15:17	15:02	3:08	5:30	0:36	
				11:11	24:26	39:14	44:23	49:53	1:06:11	1:09:42	1:14:36	1:35:58	1:42:54	1:55:00	1:55:39	
				11:11	13:15	14:48	5:09	5:30	16:18	3:31	4:54	21:22	6:56	12:06	0:39	
				20:44	38:15	57:28	1:01:58	1:06:03	1:24:45	1:28:04	1:46:06	2:07:59	2:09:22	2:18:05	2:18:33	
				20:44	17:31	19:13	4:30	4:05	18:42	3:19	18:02	21:53	1:23	8:43	0:28	
				21:43	27:46	34:29	41:55	48:05	-----	-----	-----	1:30:56	-----	1:39:34	1:40:11	
				21:43	6:03	6:43	7:26	6:10				42:51	8:38	0:37		
H-16 (34)				6,2 km 290 m 12 C												
				1(94)	2(69)	3(81)	4(35)	5(58)	6(74)	7(82)	8(65)	9(113)	10(63)	11(116)	12(200)	F
1	900	João Bernardino COC FPO	57:02	2:16	6:55	13:22	15:09	19:17	20:46	26:14	28:23	34:25	41:38	52:48	56:35	57:02
2	270	Carlos Corral Suárez GOCAN Madrid	59:27	2:16	4:39	6:27	1:47	4:08	1:29	5:28	2:09	6:02	7:13	11:10	3:47	0:27
3	584	Jorge Paricio Franc IBÓN Zaragoza	1:01:27	2:05	5:34	10:53	12:53	17:14	18:51	25:47	28:09	35:22	41:52	55:42	58:57	59:27
				2:05	3:29	5:19	2:00	4:21	1:37	6:56	2:22	7:13	6:30	13:50	3:15	0:30
				52:47												
				*61												
				2:34	5:57	12:08	14:14	18:32	19:51	25:51	28:12	35:47	45:16	55:42	1:01:03	1:01:27
				2:34	3:23	6:11	2:06	4:18	1:19	6:00	2:21	7:35	9:29	10:26	5:21	0:24

os	rsal	Nombre	Tiempo													
H-16 (34)			6,2 km 290 m			12 C			(cont.)							
			1(94)	2(69)	3(81)	4(35)	5(58)	6(74)	7(82)	8(65)	9(113)	10(63)	11(116)	12(200)	F	
4	863	Ricardo Esteves ADFA FPO	1:01:49	2:31 2:31	8:49 6:18	14:24 5:35	16:00 1:36	20:24 4:24	22:04 1:40	29:00 6:56	30:43 1:43	39:23 8:40	47:24 8:01	58:32 11:08	1:01:22 2:50	1:01:49 0:27
5	997	João P. Casal Ori-Estarr FPO	1:03:56	3:11 3:11	6:46 3:35	12:25 5:39	17:59 5:34	22:23 4:24	24:05 1:42	30:12 6:07	32:22 2:10	38:59 6:37	46:20 7:21	1:00:12 13:52	1:03:31 3:19	1:03:56 0:25
6	543	Pablo Fernández C IMPERDIBLE Madri	1:05:10	4:18 4:18	8:52 4:34	15:43 6:51	18:22 2:39	22:56 4:34	24:55 1:59	31:29 6:34	33:48 2:19	40:23 6:35	47:50 7:27	1:00:15 12:25	1:04:42 4:27	1:05:10 0:28
7	862	Bernardo Pereira ADFA FPO	1:05:23	3:05 3:05	7:35 4:30	15:40 8:05	17:39 1:59	22:37 4:58	24:15 1:38	30:54 6:39	33:24 2:30	40:44 7:20	47:50 7:06	1:00:07 12:17	1:04:50 4:43	1:05:23 0:33
8	488	Ignacio Sanchez Mu NAVALCAN-O Toled	1:08:10	3:51 3:51	7:39 3:48	16:48 9:09	18:23 1:35	22:36 4:13	24:36 2:00	31:08 6:32	34:42 3:34	40:31 5:49	49:12 8:41	1:03:01 13:49	1:07:43 4:42	1:08:10 0:27
9	357	Jaime Tordera More TOLEDO-O Toledo	1:10:30	4:32 4:32	8:25 3:53	15:04 6:39	17:27 2:23	21:59 4:32	23:55 1:56	31:00 7:05	33:25 2:25	41:17 7:52	50:24 9:07	1:05:35 15:11	1:09:56 4:21	1:10:30 0:34
10	559	Alejandro Sanchez COLIVENC Alicante	1:13:19	5:07 5:07	9:35 4:28	17:34 7:59	19:36 2:02	24:34 4:58	26:33 1:59	33:42 7:09	36:52 3:10	44:50 7:58	54:03 9:13	1:08:26 14:23	1:12:54 4:28	1:13:19 0:25
11	864	Vasco Duarte ADFA FPO	1:15:21	2:58 2:58	13:44 10:46	19:27 5:43	21:26 1:59	25:49 4:23	27:42 1:53	34:03 6:21	36:22 2:19	43:56 7:34	50:46 6:50	1:08:58 18:12	1:14:51 5:53	1:15:21 0:30
12	451	Luis de Frutos Coll GOCAN Madrid	1:16:06	3:35 3:35	7:13 3:38	14:00 6:47	16:13 2:13	21:16 5:03	22:49 1:33	40:37 17:48	42:55 2:18	48:46 5:51	57:08 8:22	1:11:10 14:02	1:15:42 4:32	1:16:06 0:24
13	425	Jose Ignacio Gonzá NAVALCAN-O Toled	1:16:51	2:26 2:26	6:36 4:10	13:47 7:11	15:54 2:07	24:23 8:29	26:15 1:52	33:29 7:14	36:16 2:47	46:40 10:24	57:14 10:34	1:12:21 15:07	1:16:19 3:58	1:16:51 0:32
14	609	Joel Carrión Gandía GODIH Albacete	1:18:04	2:50 2:50	8:08 5:18	14:44 6:36	17:39 2:55	22:50 5:11	24:28 1:38	42:35 18:07	44:48 2:13	50:42 5:54	59:14 8:32	1:13:06 13:52	1:17:39 4:33	1:18:04 0:25
15	437	Iván Carrera Cuenc COMA Málaga	1:19:04	5:28 5:28	10:45 5:17	16:52 6:07	19:55 3:03	25:04 5:09	27:49 2:45	34:06 6:17	37:06 3:00	45:19 8:13	55:25 10:06	1:11:03 15:38	1:18:37 7:34	1:19:04 0:27
16	515	Miguel Angel Tortos COLIVENC Alicante	1:20:39	4:06 4:06	8:41 4:35	17:07 8:26	19:36 2:29	25:42 6:06	27:49 2:07	35:44 7:55	39:07 3:23	50:18 11:11	58:40 8:22	1:15:34 16:54	1:20:08 4:34	1:20:39 0:31
17	530	Anton Pivovarov COV Valladolid	1:20:46	6:03 6:03	12:01 5:58	19:59 7:58	22:40 2:41	27:48 5:08	29:24 1:36	38:02 8:38	41:42 3:40	50:45 9:03	1:02:06 11:21	1:15:20 13:14	1:20:04 4:44	1:20:46 0:42
18	996	Daniel Cruz Ori-Estarr FPO	1:22:10	3:32 3:32	10:26 6:54	21:19 10:53	24:17 2:58	31:51 7:34	34:25 2:34	43:16 8:51	46:52 3:36	53:36 6:44	1:01:51 8:15	1:17:24 15:33	1:21:33 4:09	1:22:10 0:37
			1:21:36													
			*200													
19	607	Francisco Borja Ru GODIH Albacete	1:22:23	3:29 3:29	7:14 3:45	20:04 12:50	23:12 3:08	27:49 4:37	29:25 1:36	36:48 7:23	40:26 3:38	46:34 6:08	57:52 11:18	1:16:48 18:56	1:21:53 5:05	1:22:23 0:30
20	321	Guillermo Rodríguez RUMBO-MADR Madr	1:22:28	3:27 3:27	8:30 5:03	16:20 7:50	19:03 2:43	24:56 5:53	27:16 2:20	35:18 8:02	38:07 2:49	48:18 10:11	59:15 10:57	1:17:02 17:47	1:21:56 4:54	1:22:28 0:32
21	652	Juan Francisco Fer LORCA-O Murcia	1:25:13	4:21 4:21	10:41 6:20	19:18 8:37	21:52 2:34	27:58 6:06	29:57 1:59	38:02 8:05	41:12 3:10	51:10 9:58	1:02:52 11:42	1:19:56 17:04	1:24:46 4:50	1:25:13 0:27
22	528	Mario Adeva Conde CDP-O Valladolid	1:27:24	3:09 3:09	8:20 5:11	17:31 9:11	20:06 2:35	26:46 6:40	29:13 2:27	38:48 9:35	42:31 3:43	52:10 9:39	1:02:01 9:51	1:20:35 18:34	1:26:48 6:13	1:27:24 0:36
23	938	António Horta GafanhOri FPO	1:29:39	3:19 3:19	8:18 4:59	16:14 7:56	19:27 3:13	25:47 6:20	28:11 2:24	37:37 9:26	41:07 3:30	51:14 10:07	1:03:32 12:18	1:23:56 20:24	1:29:16 5:20	1:29:39 0:23
24	608	Roberto Peñarrubia GODIH Albacete	1:35:17	3:31 3:31	14:48 11:17	25:29 10:41	28:30 3:01	33:36 5:06	35:44 2:08	44:32 8:48	48:19 3:47	58:55 10:36	1:09:51 10:56	1:28:29 18:38	1:34:45 6:16	1:35:17 0:32
25	317	Manuel Parrilla Lah ADOL Sevilla	1:36:21	3:30 3:30	8:30 5:00	15:25 6:55	18:46 3:21	23:42 4:56	26:06 2:24	36:14 10:08	39:43 3:29	49:03 9:20	1:02:17 13:14	1:28:07 25:50	1:35:41 7:34	1:36:21 0:40
26	271	Miguel Corral Suárez GOCAN Madrid	1:44:47	3:11 3:11	14:00 10:49	22:17 8:17	24:09 1:52	29:25 5:16	31:13 1:48	39:30 8:17	42:36 3:06	53:20 10:44	1:05:03 11:43	1:37:21 32:18	1:44:05 6:44	1:44:47 0:42
27	586	Pablo Noguera Can ADOL Sevilla	1:45:40	4:13 4:13	13:39 9:26	27:03 13:24	31:00 3:57	40:57 9:57	43:45 2:48	1:00:09 16:24	1:03:23 3:14	1:11:29 8:06	1:21:37 10:08	1:37:08 15:31	1:45:07 7:59	1:45:40 0:33
28	419	Alejandro Aguilar L COMA Málaga	1:50:43	5:16 5:16	9:39 4:23	17:54 8:15	19:49 1:55	26:31 6:42	28:43 2:12	42:03 13:20	46:47 4:44	58:37 11:50	1:14:44 16:07	1:43:34 28:50	1:50:02 6:28	1:50:43 0:41

os	rsal	Nombre	Tiempo														
H-18A (24)					7,7 km	340 m	14 C	<i>(cont.)</i>									
				1(78) F	2(106)	3(96)	4(57)	5(65)	6(45)	7(76)	8(48)	9(88)	10(91)	11(52)	12(84)	13(55)	14(200)
9	496	Diego Lázaro De Ju COV Valladolid	1:17:51	4:58 4:58 1:17:51 0:26	9:45 4:47	11:13 1:28	18:46 7:33	29:44 10:58	40:03 10:19	44:08 4:05	51:23 7:15	58:58 7:35	1:07:18 8:20	1:09:22 2:04	1:11:58 2:36	1:14:49 2:51	1:17:25 2:36
10	216	Alejandro Catalán G VILLEN-A O Alicante	1:19:44	4:30 4:30 1:19:44 0:27	8:23 3:53	9:56 1:33	18:10 8:14	26:51 8:41	39:59 13:08	43:53 3:54	50:41 6:48	57:58 7:17	1:07:44 9:46	1:09:46 2:02	1:12:26 2:40	1:16:41 4:15	1:19:17 2:36
11	858	João Novo .COM FPO	1:22:58	5:51 5:51 1:22:58 0:37	9:52 4:01	13:43 3:51	21:00 7:17	28:52 7:52	38:55 10:03	43:30 4:35	52:33 9:03	58:52 6:19	1:08:43 9:51	1:12:00 3:17	1:14:47 2:47	1:18:31 3:44	1:22:21 3:50
12	350	Andrés Frances Par VILLEN-A O Alicante	1:30:45	7:16 7:16 1:30:45 0:31	12:33 5:17	14:11 1:38	22:58 8:47	32:56 9:58	45:31 12:35	50:47 5:16	58:45 7:58	1:06:20 7:35	1:17:41 11:21	1:19:41 2:00	1:22:18 2:37	1:26:34 4:16	1:30:14 3:40
13	519	Iván Montoya Garcí CALASPARRA Murci	1:32:03	6:27 6:27 1:32:03 0:24	11:17 4:50	12:58 1:41	21:56 8:58	32:20 10:24	44:56 12:36	51:08 6:12	59:51 8:43	1:07:46 7:55	1:19:34 11:48	1:21:58 2:24	1:24:44 2:46	1:29:04 4:20	1:31:39 2:35
14	866	Goncalo Pirrolas ADFA FPO	1:34:36	8:19 8:19 1:34:36 0:24	13:41 5:22	15:31 1:50	27:03 11:32	36:39 9:36	48:05 11:26	52:59 4:54	1:00:19 7:20	1:07:43 7:24	1:17:52 10:09	1:20:23 2:31	1:23:51 3:28	1:28:36 4:45	1:34:12 5:36
15	380	Felipe Hermida Aria COV Valladolid	1:35:16	7:43 7:43 1:35:16 0:40	13:15 5:32	15:35 2:20	24:50 9:15	34:57 10:07	47:15 12:18	52:01 4:46	1:00:42 8:41	1:09:25 8:43	1:22:06 12:41	1:24:20 2:14	1:27:36 3:16	1:31:26 3:50	1:34:36 3:10
16	25	Quim Solé Llobet COC Barcelona	1:40:01	6:36 6:36 1:40:01 0:27	11:42 5:06	13:44 2:02	21:58 8:14	32:50 10:52	43:56 11:06	48:48 4:52	1:02:57 14:09	1:12:32 9:35	1:26:26 13:54	1:28:35 2:09	1:30:26 1:51	1:36:03 5:37	1:39:34 3:31
17	342	Jorge Cermeño Ber COLMENAR Madrid	1:51:22	9:52 9:52 1:51:22 0:45	16:00 6:08	17:52 1:52	29:28 11:36	42:34 13:06	55:33 12:59	1:01:09 5:36	1:11:53 10:44	1:21:29 9:36	1:35:19 13:50	1:38:36 3:17	1:41:36 3:00	1:45:44 4:08	1:50:37 4:53
18	509	Jorge Gutierrez Ser COLMENAR Madrid	2:02:26	11:07 11:07 2:02:26 0:34	19:38 8:31	21:47 2:09	33:54 12:07	48:00 14:06	1:03:46 15:46	1:10:51 7:05	1:21:41 10:50	1:31:32 9:51	1:46:34 15:02	1:50:09 3:35	1:53:26 3:17	1:58:28 5:02	2:01:52 3:24
19	624	Pablo Saz Segovia SOTOBOSQUE Madr	2:12:02	7:48 7:48 2:12:02 0:44	16:56 9:08	19:23 2:27	31:49 12:26	47:00 15:11	1:04:14 17:14	1:11:29 7:15	1:23:31 12:02	1:34:49 11:18	1:52:10 17:21	1:55:11 3:01	1:59:11 4:00	2:07:38 8:27	2:11:18 3:40
20	966	Ricardo Nunes Ginásio FPO	2:12:45	12:01 12:01 2:12:45 0:50	17:32 5:31	18:57 1:25	29:01 10:04	49:26 20:25	1:05:05 15:39	1:11:51 6:46	1:24:09 12:18	1:37:13 13:04	1:53:02 15:49	1:56:30 3:28	2:00:31 4:01	2:07:13 6:42	2:11:55 4:42

os	rsal	Nombre	Tiempo															
H-18A (24)				7,7 km 340 m		14 C		<i>(cont.)</i>										
				1(78)	2(106)	3(96)	4(57)	5(65)	6(45)	7(76)	8(48)	9(88)	10(91)	11(52)	12(84)	13(55)	14(200)	
				F														
21	905	Pedro Roberto COC FPO	2:12:50	5:27	10:16	11:52	19:01	53:15	1:05:47	1:11:53	1:21:39	1:29:53	1:57:47	2:00:23	2:02:55	2:08:37	2:12:20	
				5:27	4:49	1:36	7:09	34:14	12:32	6:06	9:46	8:14	27:54	2:36	2:32	5:42	3:43	
				2:12:50	33:09													
				0:30	*79													
22	939	Luis Tomé GafanhOri FPO	2:35:38	31:25	45:26	47:40	1:00:16	1:13:47	1:32:55	1:39:21	1:52:13	2:01:31	2:17:46	2:20:35	2:23:49	2:30:00	2:35:02	
				31:25	14:01	2:14	12:36	13:31	19:08	6:26	12:52	9:18	16:15	2:49	3:14	6:11	5:02	
				2:35:38														
				0:36														
23	940	Manuel Lopes GafanhOri FPO	2:46:02	9:10	16:07	19:26	35:38	56:35	1:17:08	1:29:36	1:53:52	2:07:53	2:25:35	2:28:40	2:31:53	2:37:58	2:45:36	
				9:10	6:57	3:19	16:12	20:57	20:33	12:28	24:16	14:01	17:42	3:05	3:13	6:05	7:38	
				2:46:02														
				0:26														
568		Sergi Guill Juan COLIVENC Alicante	andona	27:13	31:40	33:28	43:29	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:47:08	
				27:13	4:27	1:48	10:01											1:03:39
				1:47:39														
				0:31														
H-20A (22)				10,1 km 405 m		18 C												
				1(57)	2(96)	3(106)	4(80)	5(79)	6(38)	7(41)	8(43)	9(44)	10(45)	11(46)	12(97)	13(50)	14(51)	
				F														
1	1001	Rafael Miguel Ori-Estarr FPO	1:24:00	7:47	15:02	16:45	23:20	25:56	28:15	40:25	46:16	47:44	53:35	58:11	1:07:04	1:10:43	1:12:10	
				7:47	7:15	1:43	6:35	2:36	2:19	12:10	5:51	1:28	5:51	4:36	8:53	3:39	1:27	
				1:15:49	1:17:59	1:20:35	1:23:33	1:24:00										
				3:39	2:10	2:36	2:58	0:27										
2	22	Pedro Morales Ruiz POSEIDÓN Sevilla	1:24:25	6:55	13:49	15:33	22:18	25:26	27:45	40:11	47:17	48:47	55:26	1:00:14	1:08:53	1:12:11	1:13:31	
				6:55	6:54	1:44	6:45	3:08	2:19	12:26	7:06	1:30	6:39	4:48	8:39	3:18	1:20	
				1:16:34	1:18:40	1:21:45	1:23:58	1:24:25										
				3:03	2:06	3:05	2:13	0:27										
3	442	Cristobal Camarasa COLIVENC Alicante	1:26:23	7:23	13:24	15:08	21:24	23:38	26:13	38:47	45:36	47:12	54:40	59:24	1:09:40	1:12:56	1:14:43	
				7:23	6:01	1:44	6:16	2:14	2:35	12:34	6:49	1:36	7:28	4:44	10:16	3:16	1:47	
				1:18:40	1:20:42	1:23:42	1:25:57	1:26:23										
				3:57	2:02	3:00	2:15	0:26										
4	883	Daniel Catarino CLAC FPO	1:27:18	7:16	14:24	16:03	22:54	25:09	27:45	41:06	46:59	48:23	56:01	1:01:52	1:10:55	1:14:36	1:16:04	
				7:16	7:08	1:39	6:51	2:15	2:36	13:21	5:53	1:24	7:38	5:51	9:03	3:41	1:28	
				1:19:20	1:21:25	1:24:51	1:26:52	1:27:18										
				3:16	2:05	3:26	2:01	0:26										
5	366	José María Sáez Álv E D ALCÓN León	1:33:11	7:51	17:43	19:29	27:17	29:37	32:41	44:35	51:02	52:46	59:19	1:04:17	1:14:51	1:18:43	1:20:19	
				7:51	9:52	1:46	7:48	2:20	3:04	11:54	6:27	1:44	6:33	4:58	10:34	3:52	1:36	
				1:24:00	1:26:41	1:29:35	1:32:43	1:33:11										
				3:41	2:41	2:54	3:08	0:28										
6	212	Borja Vila Sempere COLIVENC Alicante	1:34:39	8:16	15:13	17:20	24:52	27:08	29:55	42:59	49:10	50:44	58:46	1:04:28	1:14:55	1:19:11	1:21:02	
				8:16	6:57	2:07	7:32	2:16	2:47	13:04	6:11	1:34	8:02	5:42	10:27	4:16	1:51	
				1:25:03	1:27:49	1:31:11	1:34:03	1:34:39										
				4:01	2:46	3:22	2:52	0:36										
7	129	Elmar Montero Carc GODIH Albacete	1:34:41	9:50	17:19	19:12	26:47	29:08	31:32	44:58	51:55	53:34	1:00:13	1:05:29	1:15:01	1:18:44	1:20:16	
				9:50	7:29	1:53	7:35	2:21	2:24	13:26	6:57	1:39	6:39	5:16	9:32	3:43	1:32	
				1:23:56	1:27:17	1:31:26	1:34:15	1:34:41										
				3:40	3:21	4:09	2:49	0:26										

os	rsal	Nombre	Tiempo														
H-20A (22)				10,1 km 405 m			18 C		<i>(cont.)</i>								
				1(57)	2(96)	3(106)	4(80)	5(79)	6(38)	7(41)	8(43)	9(44)	10(45)	11(46)	12(97)	13(50)	14(51)
				15(52)	16(84)	17(55)	18(200)	F									
8	243	Pablo González Bar E D ALCÓN León	1:37:54	8:40	16:49	18:52	27:13	29:40	32:27	45:40	52:04	53:44	1:00:50	1:05:54	1:17:35	1:21:35	1:23:27
				8:40	8:09	2:03	8:21	2:27	2:47	13:13	6:24	1:40	7:06	5:04	11:41	4:00	1:52
				1:26:54	1:29:29	1:34:02	1:37:26	1:37:54									
				3:27	2:35	4:33	3:24	0:28									
9	206	Arturo Estraviz Tria COLMENAR Madrid	1:39:28	8:58	17:01	18:48	25:36	28:00	30:34	43:00	51:44	53:44	1:01:25	1:07:00	1:18:58	1:23:15	1:25:50
				8:58	8:03	1:47	6:48	2:24	2:34	12:26	8:44	2:00	7:41	5:35	11:58	4:17	2:35
				1:29:30	1:32:42	1:35:48	1:38:58	1:39:28									
				3:40	3:12	3:06	3:10	0:30									
10	302	Sergio Mérida Sanc VILLENA-O Alicante	1:41:04	7:45	16:14	18:04	24:55	27:57	32:35	47:46	54:35	56:30	1:04:46	1:10:25	1:21:06	1:25:24	1:27:47
				7:45	8:29	1:50	6:51	3:02	4:38	15:11	6:49	1:55	8:16	5:39	10:41	4:18	2:23
				1:31:41	1:34:08	1:37:31	1:40:36	1:41:04									
				3:54	2:27	3:23	3:05	0:28									
11	105	Luis Sánchez Serra VILLENA-O Alicante	1:41:32	13:29	20:32	22:10	29:04	31:28	34:35	48:35	54:20	55:49	1:03:21	1:08:27	1:20:31	1:24:36	1:26:05
				13:29	7:03	1:38	6:54	2:24	3:07	14:00	5:45	1:29	7:32	5:06	12:04	4:05	1:29
				1:30:17	1:32:36	1:38:02	1:41:07	1:41:32									
				4:12	2:19	5:26	3:05	0:25									
12	526	Carlos Raico Landa VELETA Granada	1:47:36	11:48	20:08	22:08	30:42	33:33	36:40	51:40	58:23	1:00:01	1:10:34	1:16:49	1:27:18	1:31:49	1:33:53
				11:48	8:20	2:00	8:34	2:51	3:07	15:00	6:43	1:38	10:33	6:15	10:29	4:31	2:04
				1:37:42	1:40:49	1:43:45	1:47:02	1:47:36									
				3:49	3:07	2:56	3:17	0:34									
13	859	Sergio Duarte .COM FPO	1:55:53	12:09	21:07	23:31	32:46	36:01	39:15	55:18	1:03:59	1:05:46	1:16:41	1:22:30	1:34:36	1:39:23	1:40:57
				12:09	8:58	2:24	9:15	3:15	3:14	16:03	8:41	1:47	10:55	5:49	12:06	4:47	1:34
				1:45:10	1:47:47	1:51:27	1:55:19	1:55:53									
				4:13	2:37	3:40	3:52	0:34									
14	234	Manuel López Ruiz O-SAN ROQU Cádiz	1:56:54	8:35	18:45	21:21	30:02	33:01	36:31	53:26	1:00:21	1:01:53	1:10:32	1:17:06	1:29:20	1:34:36	1:36:58
				8:35	10:10	2:36	8:41	2:59	3:30	16:55	6:55	1:32	8:39	6:34	12:14	5:16	2:22
				1:43:07	1:47:15	1:52:10	1:56:18	1:56:54									
				6:09	4:08	4:55	4:08	0:36									
15	310	Pablo Morón Gómez POSEIDÓN Sevilla	2:05:32	7:26	18:11	20:20	28:22	30:58	34:16	51:01	1:01:59	1:04:29	1:15:27	1:24:02	1:38:26	1:44:52	1:47:36
				7:26	10:45	2:09	8:02	2:36	3:18	16:45	10:58	2:30	10:58	8:35	14:24	6:26	2:44
				1:52:36	1:56:30	2:00:59	2:04:56	2:05:32									
				5:00	3:54	4:29	3:57	0:36									
16	214	Daniel Navarro Cuti VILLENA-O Alicante	2:06:48	8:52	19:20	21:34	33:24	36:25	39:41	56:41	1:03:59	1:09:07	1:19:07	1:27:40	1:41:55	1:47:29	1:50:22
				8:52	10:28	2:14	11:50	3:01	3:16	17:00	7:18	5:08	10:00	8:33	14:15	5:34	2:53
				1:54:27	1:57:15	2:01:01	2:06:19	2:06:48									
				4:05	2:48	3:46	5:18	0:29									
17	82	Ismael Ramal Barea COLIVENC Alicante	2:23:17	9:22	21:34	24:35	35:52	39:22	43:02	1:01:31	1:12:02	1:14:33	1:25:30	1:34:41	1:50:28	1:56:59	1:59:42
				9:22	12:12	3:01	11:17	3:30	3:40	18:29	10:31	2:31	10:57	9:11	15:47	6:31	2:43
				2:05:27	2:09:34	2:18:19	2:22:36	2:23:17									
				5:45	4:07	8:45	4:17	0:41									
18	237	Manuel Valero Cayó PILOÑA DEP Asturias	3:05:26	14:14	28:17	31:28	46:57	52:41	57:49	1:23:55	1:36:48	1:39:54	1:55:59	2:07:01	2:26:32	2:33:30	2:38:27
				14:14	14:03	3:11	15:29	5:44	5:08	26:06	12:53	3:06	16:05	11:02	19:31	6:58	4:57
				2:45:35	2:51:21	2:58:51	3:04:41	3:05:26									
				7:08	5:46	7:30	5:50	0:45									
215		Jose Fco. Bañón He VILLENA-O Alicante	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
				-----	-----	-----	19:47	20:22									
				-----	-----	-----	19:47	0:35									

os		rsal	Nombre			Tiempo															
H-20A (22)																					
				10,1 km 405 m		18 C		(cont.)													
				1(57)	2(96)	3(106)	4(80)	5(79)	6(38)	7(41)	8(43)	9(44)	10(45)	11(46)	12(97)	13(50)	14(51)				
				15(52)	16(84)	17(55)	18(200)	F													
925	Henrique Silva	en tarj.	8:51	16:59	20:29	28:47	34:02	----	52:05	1:01:22	1:03:17	1:15:56	1:21:58	1:34:39	1:39:41	1:42:09					
	CPOC FPO		8:51	8:08	3:30	8:18	5:15		18:03	9:17	1:55	12:39	6:02	12:41	5:02	2:28					
			1:46:30	1:49:11	1:52:42	1:55:48	1:56:14		38:39												
			4:21	2:41	3:31	3:06	0:26		*39												
343	Mario Nogales Pastr	en tarj.	10:53	19:47	21:54	30:52	34:05	38:32	54:43	1:04:22	1:06:11	1:16:28	1:25:18	1:43:56	1:54:37	1:59:25					
	COLMENAR Madrid		10:53	8:54	2:07	8:58	3:13	4:27	16:11	9:39	1:49	10:17	8:50	18:38	10:41	4:48					
			2:07:33	-----	-----	-----	2:17:45														
			8:08					10:12													
346	Álvaro Prieto Del C	andona	9:06	20:14	22:54	31:33	36:31	----	----	----	----	----	----	----	----	----					
	COLMENAR Madrid		9:06	11:08	2:40	8:39	4:58														
			-----	-----	-----	1:25:32	1:26:12														
						49:01	0:40														
H-21A (60)																					
				9,3 km 385 m		19 C															
				1(90)	2(31)	3(81)	4(36)	5(37)	6(38)	7(82)	8(45)	9(44)	10(43)	11(47)	12(46)	13(97)	14(54)				
				15(91)	16(52)	17(84)	18(55)	19(200)	F												
1	341 José Manuel García	1:22:30	2:47	7:12	10:23	15:45	23:37	28:29	30:29	39:24	45:35	47:34	55:57	58:03	1:07:54	1:08:31					
	COMA Málaga		2:47	4:25	3:11	5:22	7:52	4:52	2:00	8:55	6:11	1:59	8:23	2:06	9:51	0:37					
			1:11:51	1:13:26	1:15:45	1:19:07	1:22:00	1:22:30													
			3:20	1:35	2:19	3:22	2:53	0:30													
2	875 Pedro Duarte	1:28:30	2:56	10:42	14:00	20:20	27:37	31:02	35:01	43:09	49:55	51:44	1:00:58	1:02:29	1:13:06	1:13:47					
	ADFA FPO		2:56	7:46	3:18	6:20	7:17	3:25	3:59	8:08	6:46	1:49	9:14	1:31	10:37	0:41					
			1:17:37	1:19:26	1:21:50	1:24:41	1:28:00	1:28:30													
			3:50	1:49	2:24	2:51	3:19	0:30													
3	968 Arnaldo Mendes	1:29:30	2:53	6:48	9:48	15:28	26:05	29:34	31:29	39:38	47:57	50:08	59:13	1:01:57	1:11:50	1:12:43					
	Ginásio FPO		2:53	3:55	3:00	5:40	10:37	3:29	1:55	8:09	8:19	2:11	9:05	2:44	9:53	0:53					
			1:16:06	1:19:38	1:22:05	1:26:10	1:28:58	1:29:30													
			3:23	3:32	2:27	4:05	2:48	0:32													
4	581 Josep Morlá Vanrell	1:29:32	2:50	7:40	10:43	17:13	25:21	28:55	30:55	40:24	48:36	50:53	1:01:33	1:02:58	1:12:36	1:13:20					
	WAKHAN Huesca		2:50	4:50	3:03	6:30	8:08	3:34	2:00	9:29	8:12	2:17	10:40	1:25	9:38	0:44					
			1:17:51	1:19:42	1:23:02	1:26:08	1:29:05	1:29:32													
			4:31	1:51	3:20	3:06	2:57	0:27													
5	44 Juan Alberto Flores	1:32:46	3:41	8:19	11:30	18:02	26:04	29:42	32:43	42:32	50:55	53:08	1:04:40	1:06:15	1:16:45	1:17:28					
	LORCA-O Murcia		3:41	4:38	3:11	6:32	8:02	3:38	3:01	9:49	8:23	2:13	11:32	1:35	10:30	0:43					
			1:20:42	1:22:46	1:25:21	1:28:27	1:32:15	1:32:46													
			3:14	2:04	2:35	3:06	3:48	0:31													
6	379 Jesus Oliver Sáez	1:35:16	3:04	7:27	10:44	16:44	27:38	32:34	35:57	44:35	52:59	55:24	1:04:51	1:06:42	1:16:09	1:16:53					
	COLMENAR Madrid		3:04	4:23	3:17	6:00	10:54	4:56	3:23	8:38	8:24	2:25	9:27	1:51	9:27	0:44					
			1:21:18	1:23:34	1:26:34	1:32:17	1:34:52	1:35:16													
			4:25	2:16	3:00	5:43	2:35	0:24													
7	578 Antonio Carbonell	1:38:51	3:03	7:33	11:08	17:25	25:42	30:10	32:27	42:44	51:55	54:40	1:04:47	1:07:32	1:19:12	1:19:49					
	CEAM IBI-O Alicante		3:03	4:30	3:35	6:17	8:17	4:28	2:17	10:17	9:11	2:45	10:07	2:45	11:40	0:37					
			1:23:34	1:26:12	1:28:55	1:35:31	1:38:22	1:38:51													
			3:45	2:38	2:43	6:36	2:51	0:29													
8	198 Luis Alberto Jiménez	1:40:13	3:11	8:57	12:27	19:11	27:49	31:35	35:24	44:18	53:11	55:18	1:06:05	1:08:11	1:20:43	1:21:44					
	ADOL Sevilla		3:11	5:46	3:30	6:44	8:38	3:46	3:49	8:54	8:53	2:07	10:47	2:06	12:32	1:01					
			1:25:27	1:29:42	1:33:01	1:36:44	1:39:41	1:40:13													
			3:43	4:15	3:19	3:43	2:57	0:32													

os	rsal	Nombre	Tiempo															
H-21A (60)				9,3 km		385 m		19 C		<i>(cont.)</i>								
				1(90)	2(31)	3(81)	4(36)	5(37)	6(38)	7(82)	8(45)	9(44)	10(43)	11(47)	12(46)	13(97)	14(54)	
				15(91)	16(52)	17(84)	18(55)	19(200)	F									
9	213	Jaime Flández Mon VERD3 Valencia	1:43:57	3:19	7:42	12:13	20:00	28:45	32:38	36:09	45:46	58:00	1:00:46	1:11:46	1:14:15	1:25:19	1:26:04	
				3:19	4:23	4:31	7:47	8:45	3:53	3:31	9:37	12:14	2:46	11:00	2:29	11:04	0:45	
				1:29:41	1:32:08	1:34:51	1:39:14	1:43:21	1:43:57									
				3:37	2:27	2:43	4:23	4:07	0:36									
10	144	Javier Alba Isasi MONTE EL P Madrid	1:45:05	3:33	8:04	11:34	20:53	30:42	35:02	37:44	48:04	55:40	57:49	1:10:35	1:12:54	1:27:07	1:28:00	
				3:33	4:31	3:30	9:19	9:49	4:20	2:42	10:20	7:36	2:09	12:46	2:19	14:13	0:53	
				1:33:18	1:35:34	1:38:10	1:42:05	1:44:34	1:45:05									
				5:18	2:16	2:36	3:55	2:29	0:31									
11	460	Julio Sanchez Amor MURCIA-O Murcia	1:45:15	3:04	10:13	13:56	20:41	30:19	34:59	37:19	49:51	1:00:15	1:03:01	1:13:39	1:16:36	1:27:11	1:27:58	
				3:04	7:09	3:43	6:45	9:38	4:40	2:20	12:32	10:24	2:46	10:38	2:57	10:35	0:47	
				1:31:28	1:33:38	1:37:26	1:41:33	1:44:47	1:45:15									
				3:30	2:10	3:48	4:07	3:14	0:28									
12	172	Jesús Nieto Calvo NAVALCAN-O Toled	1:45:21	3:21	8:08	11:16	20:26	31:58	36:06	38:21	48:11	56:06	58:22	1:08:53	1:10:33	1:21:43	1:22:32	
				3:21	4:47	3:08	9:10	11:32	4:08	2:15	9:50	7:55	2:16	10:31	1:40	11:10	0:49	
				1:26:57	1:29:21	1:33:05	1:41:36	1:44:41	1:45:21									
				4:25	2:24	3:44	8:31	3:05	0:40									
13	49	Raúl Martínez Díaz LORCA-O Murcia	1:46:34	3:18	9:24	12:48	19:57	32:24	37:13	40:11	52:01	59:33	1:01:52	1:12:12	1:14:35	1:26:20	1:27:05	
				3:18	6:06	3:24	7:09	12:27	4:49	2:58	11:50	7:32	2:19	10:20	2:23	11:45	0:45	
				1:31:00	1:33:06	1:36:59	1:41:11	1:45:49	1:46:34									
				3:55	2:06	3:53	4:12	4:38	0:45									
14	1036	Federico Costa COC FPO	1:47:16	3:23	8:10	12:18	18:57	28:19	33:14	36:48	49:05	58:44	1:01:35	1:13:34	1:16:26	1:29:24	1:30:18	
				3:23	4:47	4:08	6:39	9:22	4:55	3:34	12:17	9:39	2:51	11:59	2:52	12:58	0:54	
				1:34:10	1:36:39	1:39:14	1:42:50	1:46:36	1:47:16									
				3:52	2:29	2:35	3:36	3:46	0:40									
15	909	Fidel Conde COC FPO	1:47:49	3:28	9:09	12:31	19:39	30:18	34:50	37:53	48:49	58:18	1:00:48	1:12:38	1:14:54	1:28:05	1:28:47	
				3:28	5:41	3:22	7:08	10:39	4:32	3:03	10:56	9:29	2:30	11:50	2:16	13:11	0:42	
				1:33:22	1:36:44	1:39:41	1:43:59	1:47:07	1:47:49									
				4:35	3:22	2:57	4:18	3:08	0:42									
16	386	Juan Carlos Rol Rú MONTE EL P Madrid	1:48:48	2:43	7:23	11:35	25:20	34:16	38:27	41:55	52:32	1:00:28	1:02:46	1:14:26	1:16:47	1:28:42	1:29:32	
				2:43	4:40	4:12	13:45	8:56	4:11	3:28	10:37	7:56	2:18	11:40	2:21	11:55	0:50	
				1:33:38	1:36:57	1:39:22	1:45:42	1:48:18	1:48:48									
				4:06	3:19	2:25	6:20	2:36	0:30									
17	103	Samuel Catalán Gar VILLENA-O Alicante	1:49:28	2:56	7:17	9:59	16:30	26:02	30:26	37:39	47:58	58:27	1:01:31	1:14:05	1:16:11	1:30:07	1:30:58	
				2:56	4:21	2:42	6:31	9:32	4:24	7:13	10:19	10:29	3:04	12:34	2:06	13:56	0:51	
				1:35:40	1:38:33	1:41:26	1:45:12	1:48:55	1:49:28									
				4:42	2:53	2:53	3:46	3:43	0:33									
18	387	Álvaro Benavente P MONTE EL P Madrid	1:49:30	3:56	18:52	22:24	28:20	36:25	40:31	43:01	52:44	1:01:12	1:03:25	1:16:43	1:18:50	1:31:14	1:31:55	
				3:56	14:56	3:32	5:56	8:05	4:06	2:30	9:43	8:28	2:13	13:18	2:07	12:24	0:41	
				1:35:21	1:37:38	1:40:39	1:44:52	1:48:57	1:49:30									
				3:26	2:17	3:01	4:13	4:05	0:33									
19	349	David Sanjuan Garc UNIVERSIDA Alicant	1:49:52	3:00	11:05	15:53	22:28	30:48	35:12	37:12	48:12	58:12	1:00:41	1:12:42	1:14:24	1:27:13	1:30:12	
				3:00	8:05	4:48	6:35	8:20	4:24	2:00	11:00	10:00	2:29	12:01	1:42	12:49	2:59	
				1:34:10	1:36:23	1:39:52	1:44:57	1:49:05	1:49:52									
				3:58	2:13	3:29	5:05	4:08	0:47									
20	485	Carlos Gil Rodrígu RUMBO-MADR Madr	1:49:55	2:52	10:24	13:43	24:05	32:47	37:25	41:42	50:55	1:03:43	1:05:41	1:14:53	1:16:37	1:27:15	1:27:48	
				2:52	7:32	3:19	10:22	8:42	4:38	4:17	9:13	12:48	1:58	9:12	1:44	10:38	0:33	
				1:39:17	1:41:46	1:43:32	1:47:06	1:49:21	1:49:55									
				11:29	2:29	1:46	3:34	2:15	0:34									

os	rsal	Nombre	Tiempo																				
H-21A (60)				9,3 km 385 m		19 C		<i>(cont.)</i>															
				1(90)	2(31)	3(81)	4(36)	5(37)	6(38)	7(82)	8(45)	9(44)	10(43)	11(47)	12(46)	13(97)	14(54)						
				15(91)	16(52)	17(84)	18(55)	19(200)	F														
33	396	Daniel Flores Zamo LORCA-O Murcia	1:57:33	3:12	9:29	15:30	23:11	32:58	37:24	39:48	53:01	1:03:57	1:07:44	1:20:21	1:21:57	1:35:44	1:36:35						
				3:12	6:17	6:01	7:41	9:47	4:26	2:24	13:13	10:56	3:47	12:37	1:36	13:47	0:51						
				1:40:39	1:46:49	1:50:07	1:53:26	1:56:57	1:57:33														
				4:04	6:10	3:18	3:19	3:31	0:36														
34	457	Victor Calatayud Nu MANZANARES Ciuda	1:57:48	3:27	9:12	18:10	25:20	37:38	42:54	45:23	55:12	1:03:46	1:07:45	1:20:17	1:22:47	1:34:28	1:35:12						
				3:27	5:45	8:58	7:10	12:18	5:16	2:29	9:49	8:34	3:59	12:32	2:30	11:41	0:44						
				1:39:07	1:41:40	1:43:27	1:54:05	1:57:10	1:57:48														
				3:55	2:33	1:47	10:38	3:05	0:38														
35	204	Oscar Hernaiz SANC RIOJA-O La Rioja	1:58:38	2:56	7:37	10:31	17:11	26:07	30:14	33:35	46:13	58:40	1:01:50	1:21:24	1:23:35	1:37:54	1:38:46						
				2:56	4:41	2:54	6:40	8:56	4:07	3:21	12:38	12:27	3:10	19:34	2:11	14:19	0:52						
				1:43:43	1:46:40	1:49:35	1:54:18	1:58:01	1:58:38														
				4:57	2:57	2:55	4:43	3:43	0:37														
36	983	Luis Nobrega Natura FPO	1:59:09	3:46	12:06	17:10	24:49	35:17	39:36	42:06	58:28	1:08:22	1:10:48	1:21:13	1:24:29	1:36:33	1:37:18						
				3:46	8:20	5:04	7:39	10:28	4:19	2:30	16:22	9:54	2:26	10:25	3:16	12:04	0:45						
				1:42:47	1:45:18	1:47:57	1:55:19	1:58:33	1:59:09														
				5:29	2:31	2:39	7:22	3:14	0:36														
37	173	Diego Tejero Rioser COV Valladolid	2:00:32	3:17	8:44	12:02	19:27	28:08	34:46	38:04	47:21	59:00	1:01:30	1:12:08	1:13:52	1:25:31	1:26:23						
				3:17	5:27	3:18	7:25	8:41	6:38	3:18	9:17	11:39	2:30	10:38	1:44	11:39	0:52						
				1:41:41	1:43:22	1:46:20	1:57:49	2:00:01	2:00:32														
				15:18	1:41	2:58	11:29	2:12	0:31														
38	35	Rubén Castro Nom GO-XTREM Girona	2:01:54	3:43	8:57	14:10	25:15	36:09	41:09	44:52	56:17	1:08:03	1:10:59	1:23:54	1:25:55	1:41:40	1:42:32						
				3:43	5:14	5:13	11:05	10:54	5:00	3:43	11:25	11:46	2:56	12:55	2:01	15:45	0:52						
				1:47:05	1:49:31	1:52:45	1:56:48	2:01:14	2:01:54														
				4:33	2:26	3:14	4:03	4:26	0:40														
39	244	Guillermo Castro M CDP-O Valladolid	2:02:12	3:22	11:20	14:53	26:40	39:26	43:31	46:09	56:54	1:05:43	1:07:56	1:21:45	1:24:56	1:36:19	1:37:08						
				3:22	7:58	3:33	11:47	12:46	4:05	2:38	10:45	8:49	2:13	13:49	3:11	11:23	0:49						
				1:46:41	1:51:19	1:53:52	1:58:54	2:01:34	2:02:12														
				9:33	4:38	2:33	5:02	2:40	0:38														
40	535	Ramón Blanco Gon NORDESTE-O Asturi	2:03:34	3:12	11:46	19:11	27:16	38:38	49:35	52:02	1:04:31	1:15:10	1:17:23	1:28:01	1:30:28	1:43:04	1:43:52						
				3:12	8:34	7:25	8:05	11:22	10:57	2:27	12:29	10:39	2:13	10:38	2:27	12:36	0:48						
				1:48:41	1:52:09	1:55:14	1:58:59	2:03:10	2:03:34														
				4:49	3:28	3:05	3:45	4:11	0:24														
41	55	Miguel Ángel Salas LORCA-O Murcia	2:04:28	3:50	10:05	19:12	27:13	39:56	44:37	48:47	1:02:04	1:11:31	1:13:59	1:28:39	1:30:42	1:44:29	1:45:12						
				3:50	6:15	9:07	8:01	12:43	4:41	4:10	13:17	9:27	2:28	14:40	2:03	13:47	0:43						
				1:49:46	1:52:39	1:55:13	2:00:56	2:04:03	2:04:28														
				4:34	2:53	2:34	5:43	3:07	0:25														
42	324	Alfonso Rosado Fra AROMON Pontevedr	2:04:47	3:17	9:17	14:10	21:12	32:25	37:16	39:27	52:05	1:02:33	1:05:52	1:18:37	1:21:42	1:36:45	1:37:44						
				3:17	6:00	4:53	7:02	11:13	4:51	2:11	12:38	10:28	3:19	12:45	3:05	15:03	0:59						
				1:42:21	1:45:08	1:48:19	2:00:29	2:04:06	2:04:47														
				4:37	2:47	3:11	12:10	3:37	0:41														
43	957	Cidálio Oliveira GD4C FPO	2:04:54	3:50	10:20	16:10	26:07	37:41	45:35	49:57	1:03:46	1:13:12	1:16:07	1:28:43	1:30:47	1:43:56	1:44:55						
				3:50	6:30	5:50	9:57	11:34	7:54	4:22	13:49	9:26	2:55	12:36	2:04	13:09	0:59						
				1:49:30	1:52:53	1:56:34	2:00:35	2:04:13	2:04:54														
				4:35	3:23	3:41	4:01	3:38	0:41														
44	247	David Carretero Go MONTE EL P Madrid	2:14:16	5:10	12:49	17:37	27:09	39:37	47:37	51:42	1:05:40	1:16:56	1:19:54	1:33:57	1:36:06	1:51:29	1:52:33						
				5:10	7:39	4:48	9:32	12:28	8:00	4:05	13:58	11:16	2:58	14:03	2:09	15:23	1:04						
				1:57:42	2:00:40	2:04:50	2:08:53	2:13:15	2:14:16														
				5:09	2:58	4:10	4:03	4:22	1:01														

os	rsal	Nombre	Tiempo																				
H-21A (60)				9,3 km 385 m		19 C		<i>(cont.)</i>															
				1(90)	2(31)	3(81)	4(36)	5(37)	6(38)	7(82)	8(45)	9(44)	10(43)	11(47)	12(46)	13(97)	14(54)						
				15(91)	16(52)	17(84)	18(55)	19(200)	F														
45	175	Alberto Tejero Rios COV Valladolid	2:14:36	3:00	9:46	18:09	26:47	37:26	42:52	47:37	1:02:11	1:13:10	1:17:20	1:29:55	1:32:35	1:46:32	1:47:33						
				3:00	6:46	8:23	8:38	10:39	5:26	4:45	14:34	10:59	4:10	12:35	2:40	13:57	1:01						
				1:52:03	1:55:04	1:58:15	2:09:26	2:13:57	2:14:36														
				4:30	3:01	3:11	11:11	4:31	0:39														
46	228	Juan Carlos Dorad NAVALCAN-O Toled	2:15:18	3:43	13:24	18:39	27:39	42:13	48:47	53:05	1:06:31	1:17:54	1:21:12	1:33:40	1:37:07	1:51:33	1:53:07						
				3:43	9:41	5:15	9:00	14:34	6:34	4:18	13:26	11:23	3:18	12:28	3:27	14:26	1:34						
				1:58:43	2:01:25	2:05:19	2:10:10	2:14:33	2:15:18														
				5:36	2:42	3:54	4:51	4:23	0:45														
47	1003	João Amorim Ori-Estarr FPO	2:19:26	3:12	12:09	20:44	28:33	44:12	49:04	51:19	1:03:25	1:14:29	1:18:22	1:29:17	1:40:04	1:54:52	1:55:53						
				3:12	8:57	8:35	7:49	15:39	4:52	2:15	12:06	11:04	3:53	10:55	10:47	14:48	1:01						
				2:02:18	2:06:29	2:11:08	2:15:20	2:18:47	2:19:26														
				6:25	4:11	4:39	4:12	3:27	0:39														
48	910	Jorge Frazão COC FPO	2:21:17	3:42	10:13	15:37	24:15	36:07	42:40	47:17	1:00:29	1:11:34	1:15:51	1:30:05	1:32:39	1:49:08	1:50:05						
				3:42	6:31	5:24	8:38	11:52	6:33	4:37	13:12	11:05	4:17	14:14	2:34	16:29	0:57						
				2:06:11	2:08:39	2:12:28	2:17:28	2:20:46	2:21:17														
				16:06	2:28	3:49	4:12	3:18	0:31														
49	984	Rui Martins Natura FPO	2:21:22	4:27	11:39	17:40	27:33	41:31	47:00	51:50	1:04:42	1:22:01	1:25:00	1:39:45	1:44:41	1:58:56	1:59:38						
				4:27	7:12	6:01	9:53	13:58	5:29	4:50	12:52	17:19	2:59	14:45	4:56	14:15	0:42						
				2:05:07	2:07:34	2:10:54	2:16:49	2:20:39	2:21:22														
				5:29	2:27	3:20	5:55	3:50	0:43														
50	331	Ignacio Javier Ming ENTREBALIZ Madri	2:25:04	3:37	10:27	14:47	24:10	37:32	43:13	47:38	1:03:47	1:20:10	1:23:36	1:40:43	1:43:32	2:00:33	2:01:41						
				3:37	6:50	4:20	9:23	13:22	5:41	4:25	16:09	16:23	3:26	17:07	2:49	17:01	1:08						
				2:07:04	2:09:48	2:13:01	2:18:54	2:24:20	2:25:04														
				5:23	2:44	3:13	5:53	5:26	0:44														
51	969	Noel Ginásio FPO	2:27:31	5:15	10:50	16:17	24:37	36:44	41:23	48:15	59:53	1:22:46	1:25:16	1:36:29	1:38:34	1:55:37	1:58:10						
				5:15	5:35	5:27	8:20	12:07	4:39	6:52	11:38	22:53	2:30	11:13	2:05	17:03	2:33						
				2:02:32	2:06:02	2:11:03	2:23:03	2:26:49	2:27:31														
				4:22	3:30	5:01	12:00	3:46	0:42														
52	375	Luis Torres Almagr LOS CALIFA Córdoba	2:35:36	3:43	10:27	17:42	29:46	41:59	47:27	50:41	1:04:36	1:16:14	1:18:55	1:36:23	1:39:26	2:00:15	2:01:21						
				3:43	6:44	7:15	12:04	12:13	5:28	3:14	13:55	11:38	2:41	17:28	3:03	20:49	1:06						
				2:06:49	2:10:31	2:15:02	2:29:19	2:34:17	2:35:36														
				5:28	3:42	4:31	14:17	4:58	1:19														
53	982	João Moura Natura FPO	2:48:03	4:41	11:47	18:38	29:29	45:12	51:42	55:32	1:10:46	1:26:21	1:31:28	1:53:36	1:56:54	2:17:11	2:18:59						
				4:41	7:06	6:51	10:51	15:43	6:30	3:50	15:14	15:35	5:07	22:08	3:18	20:17	1:48						
				2:25:35	2:30:05	2:35:34	2:43:02	2:47:22	2:48:03														
				6:36	4:30	5:29	7:28	4:20	0:41														
1004	Levi Pagaime Ori-Estarr FPO	en tarj.	3:50	10:26	----	26:06	36:51	42:29	46:01	59:09	1:13:36	1:17:43	1:37:31	1:42:05	1:59:33	2:00:44							
				3:50	6:36	----	15:40	10:45	5:38	3:32	13:08	14:27	4:07	19:48	4:34	17:28	1:11						
				2:06:45	2:10:25	2:14:41	2:21:09	2:28:28	2:29:07														
				6:01	3:40	4:16	6:28	7:19	0:39														
928	Tomás Silva CPOC FPO	andona	4:27	----	----	----	----	22:33	26:42	41:19	----	----	----	----	1:02:20	----							
				4:27	----	----	----	18:06	4:09	14:37	----	----	----	----	21:01	----							
				----	----	----	----	1:11:22															
				----	----	----	----	9:02															
				----	----	----	----	0:46															
201	Alonso Camarena N MANZANARES Ciuda	andona	5:19	12:43	18:44	28:38	----	----	----	----	----	----	----	----	----	----							
				5:19	7:24	6:01	9:54	----	----	----	----	----	----	----	----	----	----						
				----	----	----	----	1:18:57															
				----	----	----	----	50:19															
				----	----	----	----	0:40															

Pos	Nombre	Tiempo														
H-21A (60)			9,3 km 385 m 19 C (cont.)													
			1(90) 15(91)	2(31) 16(52)	3(81) 17(84)	4(36) 18(55)	5(37) 19(200)	6(38) F	7(82)	8(45)	9(44)	10(43)	11(47)	12(46)	13(97)	14(54)
178	Ángel Frontela Muci COV Valladolid	andona	3:43 3:43 57:22	13:49 10:06 1:00:17	----- ----- 1:03:11	----- ----- 1:16:27	----- ----- 1:20:40	----- ----- 1:21:13	-----	-----	-----	-----	-----	-----	53:07 39:18	53:52 0:45
1070	Angel Perpén Martín Huesca Peña Guara	andona	3:30 2:57 2:57 -----	2:55 11:41 8:44 -----	2:54 17:17 5:36 -----	13:16 24:22 7:05 -----	4:13 36:12 11:50 -----	0:33 43:05 6:53 -----	47:23	-----	-----	-----	-----	-----	-----	-----
181	Raimundo Jesús Sá COV Valladolid	andona	3:18 3:18 -----	8:02 4:44 -----	----- ----- -----	----- ----- -----	----- ----- -----	-----	-----	-----	-----	-----	-----	-----	-----	-----
872	André Pedralva ADFA FPO	andona	3:08 3:08 -----	8:54 5:46 -----	13:17 4:23 -----	21:12 7:55 -----	38:28 17:16 1:18:45 40:17	-----	-----	-----	-----	-----	-----	-----	-----	-----
H-21B (45)			6,2 km 255 m 15 C													
			1(92) 15(200)	2(32) F	3(81)	4(35)	5(58)	6(65)	7(82)	8(59)	9(63)	10(72)	11(67)	12(52)	13(84)	14(71)
1	424 Maikel Rodríguez D AROMON Pontevedr	1:00:37	3:40 3:40 1:00:15 1:55 0:22	8:45 5:05 1:00:37 0:22	10:59 2:14	12:42 1:43	16:38 3:56	24:06 7:28	26:30 2:24	32:20 5:50	34:18 1:58	46:24 12:06	50:36 4:12	53:01 2:25	55:18 2:17	58:20 3:02
2	39 Carlos Martínez Cár ASON Murcia	1:04:36	3:30 3:30 1:04:07 2:24 0:29	8:05 4:35 1:04:36 0:29	12:24 4:19	14:29 2:05	21:03 6:34	28:59 7:56	30:48 1:49	37:13 6:25	39:33 2:20	49:32 9:59	52:41 3:09	55:50 3:09	58:57 3:07	1:01:43 2:46
3	695 RAÚL PÉREZ GARCÍ SURCO Almería	1:06:06	3:20 3:20 1:05:32 1:52 0:34	7:50 4:30 1:06:06 0:34	10:41 2:51	12:36 1:55	17:20 4:44	26:37 9:17	28:29 1:52	35:32 7:03	37:57 2:25	50:54 12:57	54:36 3:42	58:26 3:50	1:00:58 2:32	1:03:40 2:42
4	195 Saúl Laguna Gutiérr CDP-O Valladolid	1:07:15	3:40 3:40 1:06:38 2:35 0:37	9:01 5:21 1:07:15 0:37	13:03 4:02	15:13 2:10	20:00 4:47	28:23 8:23	30:21 1:58	37:11 6:50	39:59 2:48	51:05 11:06	54:43 3:38	58:04 3:21	1:01:16 3:12	1:04:03 2:47
5	521 Javier Sánchez Íñig E D ALCON León	1:07:45	3:51 3:51 1:07:18 2:21 0:27	7:56 4:05 1:07:45 0:27	10:45 2:49	12:44 1:59	17:00 4:16	27:17 10:17	29:43 2:26	35:47 6:04	38:11 2:24	49:12 11:01	53:59 4:47	58:11 4:12	1:00:59 2:48	1:04:57 3:58
6	603 Alfonso Cortés Pinil CODAN EXTR Badaj	1:07:58	3:51 3:51 1:07:20 2:37 0:38	8:15 4:24 1:07:58 0:38	10:57 2:42	12:40 1:43	17:18 4:38	27:36 10:18	30:22 2:46	38:33 8:11	41:18 2:45	52:22 11:04	56:06 3:44	59:22 3:16	1:01:56 2:34	1:04:43 2:47
7	319 Alfonso Manuel Her AROMON Pontevedr	1:10:41	5:34 5:34 1:10:15 2:11 0:26	11:28 5:54 1:10:41 0:26	17:31 6:03	19:52 2:21	23:53 4:01	31:38 7:45	33:28 1:50	40:42 7:14	43:20 2:38	53:23 10:03	58:27 5:04	1:02:27 4:00	1:05:30 3:03	1:08:04 2:34

os	rsal	Nombre	Tiempo																
H-21B (45)				6,2 km 255 m		15 C		<i>(cont.)</i>											
				1(92)	2(32)	3(81)	4(35)	5(58)	6(65)	7(82)	8(59)	9(63)	10(72)	11(67)	12(52)	13(84)	14(71)		
				15(200)	F														
8	461	Jesus Martínez Mor SENDA Murcia	1:10:58	4:57	9:10	11:52	13:44	17:56	26:49	28:44	37:12	39:53	51:03	54:38	57:55	1:05:05	1:07:47		
				4:57	4:13	2:42	1:52	4:12	8:53	1:55	8:28	2:41	11:10	3:35	3:17	7:10	2:42		
				1:10:19	1:10:58														
				2:32	0:39														
9	702	Ignasi Casamayor COC Barcelona	1:12:21	3:42	8:15	12:49	14:49	21:01	29:48	31:21	38:18	41:00	52:02	55:57	59:16	1:02:08	1:09:33		
				3:42	4:33	4:34	2:00	6:12	8:47	1:33	6:57	2:42	11:02	3:55	3:19	2:52	7:25		
				1:11:57	1:12:21														
				2:24	0:24														
10	12	José Andrés Guerre COMA Málaga	1:14:17	3:36	7:43	10:07	12:07	17:52	27:23	29:49	38:32	41:48	56:48	1:00:48	1:04:23	1:08:17	1:11:12		
				3:36	4:07	2:24	2:00	5:45	9:31	2:26	8:43	3:16	15:00	4:00	3:35	3:54	2:55		
				1:13:47	1:14:17														
				2:35	0:30														
11	766	Adrian Prieto Jimen Club O-Cha FEMAD	1:14:57	7:06	15:40	18:33	21:21	26:50	36:12	37:55	44:16	46:41	59:17	1:02:44	1:06:47	1:09:42	1:12:14		
				7:06	8:34	2:53	2:48	5:29	9:22	1:43	6:21	2:25	12:36	3:27	4:03	2:55	2:32		
				1:14:31	1:14:57														
				2:17	0:26														
12	126	Miguel Ramos Pern USC La Coruña	1:15:06	3:21	7:40	10:12	14:20	25:32	34:34	36:25	43:03	45:47	58:47	1:02:29	1:05:58	1:08:55	1:11:53		
				3:21	4:19	2:32	4:08	11:12	9:02	1:51	6:38	2:44	13:00	3:42	3:29	2:57	2:58		
				1:14:34	1:15:06														
				2:41	0:32														
13	471	Jose Manuel Galdrá ELERUT Cuenca	1:15:26	5:28	10:30	12:43	14:20	32:50	40:15	42:04	47:11	49:09	58:22	1:01:22	1:05:13	1:10:51	1:12:54		
				5:28	5:02	2:13	1:37	18:30	7:25	1:49	5:07	1:58	9:13	3:00	3:51	5:38	2:03		
				1:15:00	1:15:26														
				2:06	0:26														
14	56	Antonio Jesús Cano MURCIA-O Murcia	1:16:01	3:21	10:16	12:35	14:27	19:55	29:17	31:44	38:46	41:22	59:50	1:02:46	1:06:23	1:09:33	1:13:22		
				3:21	6:55	2:19	1:52	5:28	9:22	2:27	7:02	2:36	18:28	2:56	3:37	3:10	3:49		
				1:15:30	1:16:01														
				2:08	0:31														
15	401	Ignacio Mico Perez VALENCIA-O Valenci	1:18:45	3:40	12:01	14:54	17:18	22:31	34:32	36:54	46:27	49:45	1:01:23	1:05:25	1:09:45	1:12:39	1:15:45		
				3:40	8:21	2:53	2:24	5:13	12:01	2:22	9:33	3:18	11:38	4:02	4:20	2:54	3:06		
				1:18:18	1:18:45														
				2:33	0:27														
16	616	Fco Javier Diosdad ADOL Sevilla	1:19:25	3:52	9:18	12:12	14:10	18:25	36:36	39:12	45:39	48:53	1:02:02	1:06:08	1:09:29	1:13:51	1:16:44		
				3:52	5:26	2:54	1:58	4:15	18:11	2:36	6:27	3:14	13:09	4:06	3:21	4:22	2:53		
				1:18:54	1:19:25														
				2:10	0:31														
17	763	José Alejandro Rod Club O-Cha FEMAD	1:19:45	4:26	10:04	14:00	16:28	21:05	32:38	34:52	41:35	44:18	57:41	1:01:40	1:06:22	1:08:43	1:16:30		
				4:26	5:38	3:56	2:28	4:37	11:33	2:14	6:43	2:43	13:23	3:59	4:42	2:21	7:47		
				1:19:14	1:19:45														
				2:44	0:31														
18	251	Jose Daniel Salas P LORCA-O Murcia	1:19:51	3:34	13:05	15:18	17:10	21:30	34:07	36:01	45:05	51:26	1:02:59	1:06:26	1:11:03	1:14:11	1:16:55		
				3:34	9:31	2:13	1:52	4:20	12:37	1:54	9:04	6:21	11:33	3:27	4:37	3:08	2:44		
				1:19:27	1:19:51														
				2:32	0:24														
19	592	David Ferrer Herrai ELERUT Cuenca	1:20:07	4:21	10:06	13:35	17:41	22:25	30:21	32:47	39:26	41:43	52:55	1:07:18	1:11:14	1:14:26	1:17:19		
				4:21	5:45	3:29	4:06	4:44	7:56	2:26	6:39	2:17	11:12	14:23	3:56	3:12	2:53		
				1:19:31	1:20:07														
				2:12	0:36														

os	rsal	Nombre	Tiempo																			
H-21B (45)					6,2 km 255 m		15 C		<i>(cont.)</i>													
					1(92)	2(32)	3(81)	4(35)	5(58)	6(65)	7(82)	8(59)	9(63)	10(72)	11(67)	12(52)	13(84)	14(71)				
					15(200)	F																
20	661	Omar Eduardo Rud AROMON Pontevedr	1:20:10	4:13	11:01	15:08	17:11	26:35	37:46	41:11	47:09	49:48	1:02:05	1:09:08	1:12:32	1:14:48	1:17:59					
					4:13	6:48	4:07	2:03	9:24	11:11	3:25	5:58	2:39	12:17	7:03	3:24	2:16	3:11				
					1:19:47	1:20:10																
					1:48	0:23																
21	1006	Nuno Rebelo Ori-Estarr FPO	1:21:22	3:56	9:43	13:01	15:17	21:02	30:36	32:44	41:10	44:57	1:01:19	1:05:52	1:11:27	1:14:58	1:17:44					
					3:56	5:47	3:18	2:16	5:45	9:34	2:08	8:26	3:47	16:22	4:33	5:35	3:31	2:46				
					1:20:42	1:21:22																
					2:58	0:40																
22	662	Alberto Dos Reis G AROMON Pontevedr	1:21:27	4:14	9:01	11:51	17:32	22:30	43:43	45:58	51:53	54:24	1:06:06	1:09:21	1:13:07	1:15:48	1:18:25					
					4:14	4:47	2:50	5:41	4:58	21:13	2:15	5:55	2:31	11:42	3:15	3:46	2:41	2:37				
					1:21:07	1:21:27																
					2:42	0:20																
23	769	Alberto Hernando M COLMENAR FEMAD	1:23:31	4:41	10:29	14:47	17:50	22:31	35:19	38:11	47:25	50:37	1:04:57	1:09:16	1:13:49	1:17:14	1:20:34					
					4:41	5:48	4:18	3:03	4:41	12:48	2:52	9:14	3:12	14:20	4:19	4:33	3:25	3:20				
					1:22:57	1:23:31																
					2:23	0:34																
24	421	Alejandro Hernández COV Valladolid	1:24:32	4:02	10:30	12:52	14:49	21:44	32:14	34:24	52:29	55:08	1:08:30	1:12:23	1:15:42	1:18:26	1:21:37					
					4:02	6:28	2:22	1:57	6:55	10:30	2:10	18:05	2:39	13:22	3:53	3:19	2:44	3:11				
					1:24:09	1:24:32																
					2:32	0:23																
25	348	Adrián Martínez Mo UNIVERSIDA Alicant	1:25:29	7:17	13:33	16:57	18:56	26:18	35:57	38:56	45:55	49:00	1:02:06	1:06:51	1:10:33	1:14:35	1:20:56					
					7:17	6:16	3:24	1:59	7:22	9:39	2:59	6:59	3:05	13:06	4:45	3:42	4:02	6:21				
					1:24:47	1:25:29																
					3:51	0:42																
26	985	Fábio Fernandes Natura FPO	1:26:17	4:07	14:56	17:42	20:17	27:20	41:15	43:05	50:00	53:20	1:05:51	1:10:47	1:16:13	1:19:07	1:22:58					
					4:07	10:49	2:46	2:35	7:03	13:55	1:50	6:55	3:20	12:31	4:56	5:26	2:54	3:51				
					1:25:57	1:26:17																
					2:59	0:20																
27	191	Carlos Salamanca F CDP-O Valladolid	1:26:25	3:43	7:56	11:31	15:21	19:54	43:28	46:27	53:23	56:28	1:08:40	1:12:35	1:16:11	1:19:30	1:22:36					
					3:43	4:13	3:35	3:50	4:33	23:34	2:59	6:56	3:05	12:12	3:55	3:36	3:19	3:06				
					1:25:51	1:26:25																
					3:15	0:34																
28	190	Mario Salamanca Fa CDP-O Valladolid	1:27:31	5:43	12:28	16:29	19:43	26:06	36:54	39:52	48:21	52:15	1:07:24	1:12:20	1:16:24	1:20:00	1:23:29					
					5:43	6:45	4:01	3:14	6:23	10:48	2:58	8:29	3:54	15:09	4:56	4:04	3:36	3:29				
					1:26:48	1:27:31																
					3:19	0:43																
29	518	Sergio López Marco SANT JOAN Alicante	1:28:32	5:04	8:37	12:40	16:36	26:09	41:32	46:01	53:42	57:53	1:11:39	1:15:46	1:18:23	1:22:35	1:25:40					
					5:04	3:33	4:03	3:56	9:33	15:23	4:29	7:41	4:11	13:46	4:07	2:37	4:12	3:05				
					1:27:58	1:28:32																
					2:18	0:34																
30	469	Javier Montiel Bon UNIVERSIDA Alicant	1:33:26	19:36	27:46	31:15	33:51	39:17	51:23	54:11	1:03:18	1:06:43	1:17:52	1:21:17	1:23:55	1:27:31	1:30:20					
					19:36	8:10	3:29	2:36	5:26	12:06	2:48	9:07	3:25	11:09	3:25	2:38	3:36	2:49				
					1:32:56	1:33:26																
					2:36	0:30																
31	770	Alejandro Martín Pa Club Monte FEMAD	1:36:26	7:15	12:41	16:11	19:30	26:32	38:16	41:08	52:37	56:56	1:13:38	1:18:19	1:23:17	1:27:03	1:31:22					
					7:15	5:26	3:30	3:19	7:02	11:44	2:52	11:29	4:19	16:42	4:41	4:58	3:46	4:19				
					1:35:44	1:36:26																
					4:22	0:42																

os	rsal	Nombre	Tiempo														
H-21B (45)				6,2 km 255 m		15 C		<i>(cont.)</i>									
				1(92)	2(32)	3(81)	4(35)	5(58)	6(65)	7(82)	8(59)	9(63)	10(72)	11(67)	12(52)	13(84)	14(71)
				15(200)	F												
32	656	Eduardo Sánchez M LORCA-O Murcia	1:43:49	5:22	19:10	23:00	25:39	31:39	43:21	45:31	53:50	57:29	1:14:04	1:18:25	1:29:18	1:33:15	1:39:33
				5:22	13:48	3:50	2:39	6:00	11:42	2:10	8:19	3:39	16:35	4:21	10:53	3:57	6:18
				1:43:29	1:43:49												
				3:56	0:20												
33	970	Luís Nunes Ginásio FPO	1:46:10	4:45	11:49	17:23	20:07	27:19	39:02	42:04	54:40	58:32	1:17:10	1:22:22	1:34:04	1:38:07	1:42:18
				4:45	7:04	5:34	2:44	7:12	11:43	3:02	12:36	3:52	18:38	5:12	11:42	4:03	4:11
				1:45:30	1:46:10												
				3:12	0:40												
34	767	Ruben Carnero Req Club Sotob FEMAD	1:51:37	5:22	15:51	21:11	24:44	33:27	45:45	48:14	58:06	1:02:50	1:25:26	1:31:22	1:37:18	1:41:53	1:47:20
				5:22	10:29	5:20	3:33	8:43	12:18	2:29	9:52	4:44	22:36	5:56	5:56	4:35	5:27
				1:50:52	1:51:37												
				3:32	0:45												
35	517	David López Pérez SANT JOAN Alicante	2:08:27	4:27	30:56	34:24	37:46	46:36	1:00:32	1:03:03	1:14:53	1:19:19	1:44:00	1:49:42	1:55:34	1:59:21	2:03:17
				4:27	26:29	3:28	3:22	8:50	13:56	2:31	11:50	4:26	24:41	5:42	5:52	3:47	3:56
				2:07:40	2:08:27												
				4:23	0:47												
36	679	ILDEFONSO RASCÓ FEDO FEDO	2:14:55	6:25	24:34	29:39	33:29	40:50	56:51	1:01:04	1:11:51	1:17:05	1:36:30	1:46:29	1:52:46	1:57:24	2:09:23
				6:25	18:09	5:05	3:50	7:21	16:01	4:13	10:47	5:14	19:25	9:59	6:17	4:38	11:59
				2:14:11	2:14:55												
				4:48	0:44												
37	254	Raúl Martín Martín TOLEDO-O Toledo	2:17:49	9:21	38:58	41:51	44:20	52:28	1:10:23	1:13:07	1:24:32	1:30:24	1:47:36	1:53:16	1:58:15	2:01:36	2:06:01
				9:21	29:37	2:53	2:29	8:08	17:55	2:44	11:25	5:52	17:12	5:40	4:59	3:21	4:25
				2:17:14	2:17:49												
				11:13	0:35												
38	300	Emilio Guerra Noce TOLEDO-O Toledo	2:19:40	5:04	12:19	22:14	24:35	38:28	49:51	52:05	1:06:10	1:09:59	1:26:59	1:34:25	1:43:20	1:46:13	2:13:50
				5:04	7:15	9:55	2:21	13:53	11:23	2:14	14:05	3:49	17:00	7:26	8:55	2:53	27:37
				2:19:03	2:19:40												
				5:13	0:37												
39	696	Jesús Cortés Villave AROMON Pontevedr	2:56:36	11:28	1:00:03	1:05:19	1:08:21	1:16:23	1:31:40	1:38:33	1:50:45	1:55:21	2:22:38	2:41:46	2:48:25	2:51:18	2:53:34
				11:28	48:35	5:16	3:02	8:02	15:17	6:53	12:12	4:36	27:17	19:08	6:39	2:53	2:16
				2:56:09	2:56:36												
				2:35	0:27												
40	403	Mario Manzano Váz COLMENAR Madrid	2:56:50	5:57	15:14	23:36	30:34	40:58	1:01:00	1:05:59	1:21:25	1:38:58	2:10:34	2:18:45	2:25:44	2:32:06	2:49:56
				5:57	9:17	8:22	6:58	10:24	20:02	4:59	15:26	17:33	31:36	8:11	6:59	6:22	17:50
				2:55:55	2:56:50												
				5:59	0:55												
168		Francisco Jesús Gal COV Valladolid	en tarj.	9:24	14:52	-----	21:28	26:35	36:28	38:44	47:22	50:12	1:05:32	1:09:43	1:13:02	1:16:05	1:19:32
				9:24	5:28		6:36	5:07	9:53	2:16	8:38	2:50	15:20	4:11	3:19	3:03	3:27
				1:22:51	1:23:25												
				3:19	0:34												
772		Jorge Diaz Bes COLMENAR FEMAD	en tarj.	4:36	9:03	-----	15:34	20:42	35:24	37:23	48:52	56:51	1:14:54	1:19:47	1:23:58	1:27:22	1:31:04
				4:36	4:27		6:31	5:08	14:42	1:59	11:29	7:59	18:03	4:53	4:11	3:24	3:42
				1:34:28	1:35:03												
				3:24	0:35												
169		José María Galván COV Valladolid	en tarj.	5:41	12:34	-----	28:40	33:55	45:30	47:45	57:29	1:00:42	1:16:21	1:23:13	1:27:19	1:30:54	1:34:23
				5:41	6:53		16:06	5:15	11:35	2:15	9:44	3:13	15:39	6:52	4:06	3:35	3:29
				1:37:58	1:38:32												
				3:35	0:34												

os		rsal	Nombre	Tiempo																	
H-21B (45)					6,2 km 255 m				15 C		<i>(cont.)</i>										
					1(92)	2(32)	3(81)	4(35)	5(58)	6(65)	7(82)	8(59)	9(63)	10(72)	11(67)	12(52)	13(84)	14(71)			
					15(200)	F															
	764		Jaime De Uriarte De	andona	5:07	12:33	35:12	38:08	46:38	1:11:32	1:17:04	1:35:33	----	----	----	----	----	----			
			Club O-Cha FEMAD		5:07	7:26	22:39	2:56	8:30	24:54	5:32	18:29									
					-----	2:26:04															
						50:31															
	768		Francisco Corcoba	andona	5:49	28:20	51:53	55:15	1:17:09	1:32:18	1:36:06	1:54:22	1:58:16	2:33:52	----	----	----	----			
			COTA FEMADO		5:49	22:31	23:33	3:22	21:54	15:09	3:48	18:16	3:54	35:36							
					-----	2:49:37															
						15:45															
H-35A (43)					10,1 km 405 m				18 C												
					1(57)	2(96)	3(106)	4(80)	5(79)	6(38)	7(41)	8(43)	9(44)	10(45)	11(46)	12(97)	13(50)	14(51)			
					15(52)	16(84)	17(55)	18(200)	F												
1	263		Alberto Mínguez Viñ	1:26:05	6:23	13:42	15:24	23:13	25:33	27:51	40:17	45:41	47:02	54:32	59:26	1:08:23	1:12:00	1:13:32			
			IMPERDIBLE Madri		6:23	7:19	1:42	7:49	2:20	2:18	12:26	5:24	1:21	7:30	4:54	8:57	3:37	1:32			
					1:17:15	1:19:31	1:22:34	1:25:35	1:26:05												
					3:43	2:16	3:03	3:01	0:30												
2	388		Moisés Romo Carb	1:26:46	7:26	15:34	17:31	25:14	27:32	29:46	41:24	47:28	48:52	55:47	1:00:20	1:09:56	1:13:46	1:15:18			
			CEAM IBI-O Alicante		7:26	8:08	1:57	7:43	2:18	2:14	11:38	6:04	1:24	6:55	4:33	9:36	3:50	1:32			
					1:18:39	1:20:43	1:24:15	1:26:19	1:26:46												
					3:21	2:04	3:32	2:04	0:27												
3	1008		António Amador	1:27:27	7:35	15:03	16:49	23:53	26:16	28:25	40:18	46:56	48:27	56:58	1:01:30	1:11:31	1:15:13	1:16:37			
			Ori-Estarr FPO		7:35	7:28	1:46	7:04	2:23	2:09	11:53	6:38	1:31	8:31	4:32	10:01	3:42	1:24			
					1:19:46	1:21:51	1:24:46	1:26:55	1:27:27												
					3:09	2:05	2:55	2:09	0:32												
4	152		Miguel Ángel Rodrí	1:29:15	8:48	15:57	17:40	24:37	27:30	29:49	42:33	48:18	49:51	56:29	1:01:23	1:11:27	1:15:38	1:17:07			
			RUMBO-MADR Madr		8:48	7:09	1:43	6:57	2:53	2:19	12:44	5:45	1:33	6:38	4:54	10:04	4:11	1:29			
					1:20:24	1:22:34	1:26:20	1:28:46	1:29:15												
					3:17	2:10	3:46	2:26	0:29												
5	45		José Antonio García	1:30:56	8:12	15:43	17:30	24:12	26:27	30:01	42:54	49:05	50:48	58:23	1:03:20	1:12:55	1:16:58	1:18:39			
			LORCA-O Murcia		8:12	7:31	1:47	6:42	2:15	3:34	12:53	6:11	1:43	7:35	4:57	9:35	4:03	1:41			
					1:22:24	1:24:50	1:27:55	1:30:22	1:30:56												
					3:45	2:26	3:05	2:27	0:34												
6	3		José Manuel Martín	1:31:57	7:02	14:55	16:40	23:54	26:17	28:51	41:16	47:32	49:16	55:43	1:01:02	1:10:12	1:13:57	1:15:44			
			ADOL Sevilla		7:02	7:53	1:45	7:14	2:23	2:34	12:25	6:16	1:44	6:27	5:19	9:10	3:45	1:47			
					1:19:32	1:24:56	1:28:39	1:31:25	1:31:57												
					3:48	5:24	3:43	2:46	0:32												
7	278		Jordi Domènech Am	1:32:30	7:18	15:00	16:55	25:53	28:27	30:52	44:08	50:37	52:19	59:07	1:04:19	1:14:29	1:18:21	1:19:58			
			UEVIC Barcelona		7:18	7:42	1:55	8:58	2:34	2:25	13:16	6:29	1:42	6:48	5:12	10:10	3:52	1:37			
					1:23:26	1:25:59	1:29:42	1:31:52	1:32:30												
					3:28	2:33	3:43	2:10	0:38												
8	242		Antonio Hernández	1:36:20	7:34	15:28	17:22	25:06	27:32	30:53	46:40	53:00	54:50	1:01:39	1:07:02	1:16:38	1:20:36	1:22:03			
			COV Valladolid		7:34	7:54	1:54	7:44	2:26	3:21	15:47	6:20	1:50	6:49	5:23	9:36	3:58	1:27			
					1:25:38	1:28:27	1:33:11	1:35:49	1:36:20												
					3:35	2:49	4:44	2:38	0:31												
9	259		Héctor Lorenzo Yus	1:39:59	8:40	17:40	19:38	27:40	30:03	32:51	46:09	52:08	53:41	1:01:36	1:06:58	1:17:59	1:21:56	1:25:04			
			IMPERDIBLE Madri		8:40	9:00	1:58	8:02	2:23	2:48	13:18	5:59	1:33	7:55	5:22	11:01	3:57	3:08			
					1:28:57	1:33:40	1:36:59	1:39:31	1:39:59												
					3:53	4:43	3:19	2:32	0:28												

os	rsal	Nombre	Tiempo															
H-35A (43)				10,1 km		405 m		18 C		<i>(cont.)</i>								
				1(57)	2(96)	3(106)	4(80)	5(79)	6(38)	7(41)	8(43)	9(44)	10(45)	11(46)	12(97)	13(50)	14(51)	
				15(52)	16(84)	17(55)	18(200)	F										
22	323	Ángel Fernández G LORCA-O Murcia	2:08:13	9:38	19:45	21:37	35:18	37:48	40:43	56:21	1:04:37	1:06:39	1:16:51	1:24:25	1:38:51	1:43:36	1:45:52	
				9:38	10:07	1:52	13:41	2:30	2:55	15:38	8:16	2:02	10:12	7:34	14:26	4:45	2:16	
				1:49:55	2:00:01	2:03:21	2:07:44	2:08:13										
				4:03	10:06	3:20	4:23	0:29										
23	1	Benedicto Santos G ASTUR EXTR Asturia	2:17:08	10:36	19:43	21:39	33:55	37:37	41:17	54:31	1:12:48	1:14:45	1:25:02	1:30:44	1:43:18	1:49:47	1:52:09	
				10:36	9:07	1:56	12:16	3:42	3:40	13:14	18:17	1:57	10:17	5:42	12:34	6:29	2:22	
				1:56:08	1:59:05	2:12:13	2:16:41	2:17:08										
				3:59	2:57	13:08	4:28	0:27										
24	774	Javier Serrano Moli RUMBO MADR FEMA	2:21:28	8:42	19:02	21:35	32:55	40:32	44:48	1:02:50	1:15:28	1:17:41	1:28:44	1:42:47	1:56:33	2:02:20	2:05:01	
				8:42	10:20	2:33	11:20	7:37	4:16	18:02	12:38	2:13	11:03	14:03	13:46	5:47	2:41	
				2:10:55	2:14:27	2:18:23	2:20:57	2:21:28										
				5:54	3:32	3:56	2:34	0:31										
25	474	Mariano Sacristán S IMPERDIBLE Madri	2:25:30	20:15	30:34	33:19	45:01	49:03	53:25	1:13:13	1:21:48	1:24:59	1:36:43	1:45:41	2:00:14	2:05:14	2:07:53	
				20:15	10:19	2:45	11:42	4:02	4:22	19:48	8:35	3:11	11:44	8:58	14:33	5:00	2:39	
				2:12:37	2:16:09	2:21:38	2:24:51	2:25:30										
				4:44	3:32	5:29	3:13	0:39										
26	911	Tozé Silva COC FPO	2:30:12	10:04	19:56	29:23	42:24	46:09	50:02	1:09:28	1:20:11	1:22:49	1:37:27	1:45:03	2:03:39	2:09:43	2:12:22	
				10:04	9:52	9:27	13:01	3:45	3:53	19:26	10:43	2:38	14:38	7:36	18:36	6:04	2:39	
				2:16:51	2:20:20	2:25:28	2:29:28	2:30:12										
				4:29	3:29	5:08	4:00	0:44										
27	143	Eduardo Ruiz Fern ADYRON Madrid	2:39:34	13:13	26:58	29:53	43:09	47:38	53:46	1:14:05	1:25:27	1:28:20	1:41:25	1:49:44	2:08:39	2:14:25	2:17:12	
				13:13	13:45	2:55	13:16	4:29	6:08	20:19	11:22	2:53	13:05	8:19	18:55	5:46	2:47	
				2:23:35	2:26:38	2:33:36	2:38:50	2:39:34										
				6:23	3:03	6:58	5:14	0:44										
28	477	Carles Salvador Co UEVIC Barcelona	2:40:56	13:24	27:18	30:16	48:34	52:35	57:35	1:16:45	1:29:26	1:32:10	1:45:30	1:53:50	2:09:32	2:16:46	2:19:20	
				13:24	13:54	2:58	18:18	4:01	5:00	19:10	12:41	2:44	13:20	8:20	15:42	7:14	2:34	
				2:25:10	2:29:28	2:34:49	2:40:17	2:40:56										
				5:50	4:18	5:21	5:28	0:39										
29	987	Tadeu Celestino Natura FPO	3:10:32	24:48	35:54	38:36	56:37	1:01:25	1:05:03	1:26:52	1:39:48	1:42:09	1:58:30	2:07:05	2:23:54	2:34:49	2:40:23	
				24:48	11:06	2:42	18:01	4:48	3:38	21:49	12:56	2:21	16:21	8:35	16:49	10:55	5:34	
				2:49:17	2:56:31	3:04:54	3:09:04	3:10:32										
				8:54	7:14	8:23	4:10	1:28										
30	776	Julian Arbizu Cresp COLMENAR FEMAD	3:25:38	9:11	22:04	24:51	38:51	42:11	48:21	1:10:17	1:22:15	1:24:31	1:49:56	2:08:00	2:28:13	2:40:51	2:48:20	
				9:11	12:53	2:47	14:00	3:20	6:10	21:56	11:58	2:16	25:25	18:04	20:13	12:38	7:29	
				2:56:37	3:03:50	3:17:07	3:24:39	3:25:38										
				8:17	7:13	13:17	7:32	0:59										
151		Israel Garrido De L ALABARDA-O Madrid	en tarj.	6:50	14:07	15:42	24:06	31:02	33:16	----	----	----	41:34	46:35	56:08	1:00:01	1:01:38	
				6:50	7:17	1:35	8:24	6:56	2:14									
				1:04:37	1:07:29	1:09:58	1:12:25	1:12:47										
				2:59	2:52	2:29	2:27	0:22										
507		Ramon García-Catal COLMENAR Madrid	en tarj.	8:46	16:27	18:13	28:47	31:23	34:38	----	----	----	43:46	49:15	1:03:17	1:07:32	1:12:00	
				8:46	7:41	1:46	10:34	2:36	3:15									
				1:15:49	1:18:31	1:25:25	1:28:39	1:29:06										
				3:49	2:42	6:54	3:14	0:27										
179		Daniel Isla Zorita COV Valladolid	en tarj.	9:50	21:59	24:31	34:02	37:27	40:35	----	----	----	51:59	1:00:54	1:12:18	1:16:20	1:19:37	
				9:50	12:09	2:32	9:31	3:25	3:08									
				1:23:23	1:27:10	1:31:56	1:34:50	1:35:19										
				3:46	3:47	4:46	2:54	0:29										

os	rsal	Nombre	Tiempo													
H-35A (43)			10,1 km 405 m 18 C (cont.)													
			1(57)	2(96)	3(106)	4(80)	5(79)	6(38)	7(41)	8(43)	9(44)	10(45)	11(46)	12(97)	13(50)	14(51)
			15(52)	16(84)	17(55)	18(200)	F									
649		Yulian Borislavov N	8:01	----	17:10	28:48	31:21	34:50	48:06	54:07	55:40	1:04:51	1:09:54	1:20:29	1:24:27	1:26:19
		MAXIMUS Madrid	8:01		9:09	11:38	2:33	3:29	13:16	6:01	1:33	9:11	5:03	10:35	3:58	1:52
			1:29:51	1:32:18	1:38:40	1:41:00	1:41:32									
356		Carlos Sanz Balagu	----	----	----	----	----	----	----	----	----	----	----	1:52:45	1:58:34	2:01:17
		LOS CALIFA Córdoba	----	----	----	----	----	----	----	----	----	----	----	1:52:45	5:49	2:43
			2:05:18	2:10:39	2:15:59	2:19:12	2:19:53		9:33							
			4:01	5:21	5:20	3:13	0:41		*74							
775		Jaime Siguenza Cle	11:11	21:47	24:59	36:46	40:22	46:07	1:08:30	1:18:29	1:23:43	1:46:27	1:57:07	----	----	----
		COLMENAR FEMAD	11:11	10:36	3:12	11:47	3:36	5:45	22:23	9:59	5:14	22:44	10:40			
			----	----	----	2:30:55	2:31:39		2:16:49							
						33:48	0:44		*61							
227		José Luis Juan Cas	22:34	----	----	32:00	36:12	41:55	----	----	----	----	----	1:23:16	----	----
		COLIVENC Alicante	22:34			9:26	4:12	5:43						41:21		
			----	----	1:28:42	1:35:02	1:36:14									
					5:26	6:20	1:12									
779		Fco Javier Roldan	9:50	20:29	22:33	38:33	47:10	51:18	1:08:53	----	----	----	----	----	----	----
		RUMBO MADR FEMA	9:50	10:39	2:04	16:00	8:37	4:08	17:35							
			----	----	1:42:44	1:46:53	1:47:25									
					33:51	4:09	0:32									
692		Francisco Fernández	9:14	19:49	22:28	36:35	40:11	44:34	1:06:58	1:22:54	1:25:13	----	----	----	----	----
		CALASPARRA Murci	9:14	10:35	2:39	14:07	3:36	4:23	22:24	15:56	2:19					
			----	----	2:10:25	2:16:17	2:16:56									
					45:12	5:52	0:39									
454		Diarmaid Ian Foley	38:43	50:48	55:55	1:10:29	1:13:45	1:17:32	1:38:59	1:49:56	1:52:15	2:04:42	2:15:05	----	----	----
		IMPERDIBLE Madri	38:43	12:05	5:07	14:34	3:16	3:47	21:27	10:57	2:19	12:27	10:23			
			----	----	----	2:40:22	2:41:11									
						25:17	0:49									
777		Alberto García Barri	34:19	46:19	49:47	1:05:12	1:11:00	1:17:21	1:41:28	1:55:25	1:58:44	----	----	----	----	----
		Club Monte FEMAD	34:19	12:00	3:28	15:25	5:48	6:21	24:07	13:57	3:19					
			----	----	----	3:11:39	3:13:00									
						1:12:55	1:21									
929		João Pedro Valente	51:42:02	----	----	----	----	51:42:22	51:50:56	----	51:52:03	----	----	----	----	----
		CPOC FPO	51:42:02					0:20	8:34		1:07					
			----	----	----	51:52:18	51:52:29		51:35:49	51:36:46	51:38:08	51:39:37	51:44:34	51:47:24	51:48:36	
						0:15	0:11		*35	*55	*53	*32	*60	*61	*50	
1068		Miguel Angel Boto	12:03	21:07	24:10	36:51	40:05	43:38	1:00:11	1:10:47	1:12:23	1:21:07	1:26:34	----	----	----
		Huesca Peña Guara	12:03	9:04	3:03	12:41	3:14	3:33	16:33	10:36	1:36	8:44	5:27			
			----	----	----	----	----									
H-35B (26)			5,6 km 290 m 13 C													
			1(33)	2(73)	3(32)	4(57)	5(58)	6(79)	7(59)	8(46)	9(72)	10(54)	11(67)	12(117)	13(200)	F
1	104	Fco. Giner Vera Bar	6:08	8:46	15:44	20:22	22:18	28:29	37:20	43:45	55:53	56:56	1:01:22	1:03:27	1:06:04	1:06:35
		VILLENA-O Alicante	6:08	2:38	6:58	4:38	1:56	6:11	8:51	6:25	12:08	1:03	4:26	2:05	2:37	0:31
2	506	Alvaro Frecentese L	8:46	11:24	15:19	22:23	24:02	31:10	40:21	48:51	1:01:23	1:01:59	1:06:33	1:12:28	1:15:06	1:15:39
		COLMENAR Madrid	8:46	2:38	3:55	7:04	1:39	7:08	9:11	8:30	12:32	0:36	4:34	5:55	2:38	0:33
3	564	José Miguel Chapar	6:26	9:49	14:01	19:18	22:17	28:55	40:24	48:05	59:17	1:01:13	1:05:03	1:12:14	1:15:21	1:15:56
		ADOL Sevilla	6:26	3:23	4:12	5:17	2:59	6:38	11:29	7:41	11:12	1:56	3:50	7:11	3:07	0:35
4	269	Raúl Valentín Ferná	8:12	12:22	18:28	24:00	26:06	33:08	45:04	51:42	1:03:24	1:04:50	1:09:42	1:12:35	1:16:38	1:17:17
		COV Valladolid	8:12	4:10	6:06	5:32	2:06	7:02	11:56	6:38	11:42	1:26	4:52	2:53	4:03	0:39

os	rsal	Nombre	Tiempo																			
H-40 (44)					8,6 km 335 m		15 C		<i>(cont.)</i>													
					1(74)	2(96)	3(106)	4(33)	5(81)	6(79)	7(39)	8(45)	9(47)	10(46)	11(60)	12(52)	13(67)	14(55)				
					15(200)	F																
14	165	Eduardo Angulo de CORZO Burgos	1:37:02	7:58 19:40 1:36:23	19:40 11:42 1:37:02	22:04 2:24	23:36 1:32	28:10 4:34	36:23 8:13	42:15 5:52	52:54 10:39	59:19 6:25	1:01:26 2:07	1:19:03 17:37	1:19:59 0:56	1:26:08 6:09	1:30:47 4:39					
15	159	Roberto Saz Alcubi IBÓN Zaragoza	1:37:56	5:36 9:31 1:37:27	0:39 21:46 1:37:56	24:02 2:16	26:34 2:32	31:16 4:42	42:30 11:14	45:39 3:09	56:27 10:48	1:03:51 7:24	1:05:57 2:06	1:22:10 16:13	1:23:05 0:55	1:29:16 6:11	1:34:21 5:05					
16	308	Pau Comerma Góme Oros Barcelona	1:40:03	3:06 8:17 1:39:28	0:29 22:21 1:40:03	24:30 2:09	27:52 3:22	32:00 4:08	41:45 9:45	44:37 2:52	54:47 10:10	1:02:45 7:58	1:04:52 2:07	1:21:49 16:57	1:23:11 1:22	1:31:32 8:21	1:36:16 4:44					
17	23	Emilio Ginés Morale POSEIDÓN Sevilla	1:42:03	3:12 10:11 1:41:31	0:35 23:19 1:42:03	25:29 2:10	29:20 3:51	35:06 5:46	47:48 12:42	50:24 2:36	1:01:43 11:19	1:07:44 6:01	1:09:20 1:36	1:26:38 17:18	1:27:25 0:47	1:32:09 4:44	1:38:18 6:09					
18	64	Francisco Guerao N TOTANA-O Murcia	1:43:55	3:13 8:36 1:43:22	0:32 22:51 1:43:55	25:04 2:13	26:31 1:27	33:11 6:40	45:41 12:30	49:43 4:02	1:01:58 12:15	1:08:55 6:57	1:10:49 1:54	1:27:25 16:36	1:28:28 1:03	1:33:25 4:57	1:40:15 6:50					
19	138	José Batanero Bach C.O.GUADAL Guada	1:44:10	3:07 7:34 1:43:30	0:33 20:01 1:44:10	22:54 2:53	24:45 1:51	29:19 4:34	41:05 11:46	43:25 2:20	55:55 12:30	1:02:44 6:49	1:05:13 2:29	1:25:09 19:56	1:26:17 1:08	1:33:48 7:31	1:39:19 5:31					
20	34	Jordi Izquierdo Fig Oros Barcelona	1:45:48	4:11 8:34 1:45:09	0:40 19:48 1:45:48	22:20 2:32	26:22 4:02	30:51 4:29	40:07 9:16	48:21 8:14	59:13 10:52	1:09:39 10:26	1:12:36 2:57	1:29:07 16:31	1:30:36 1:29	1:37:12 6:36	1:42:09 4:57					
21	551	Andrés Gutiérrez Ca O-GETAFE Madrid	1:47:17	3:00 8:05 1:46:46	0:39 19:33 1:47:17	22:06 2:33	24:52 2:46	29:20 4:28	43:29 14:09	47:47 4:18	59:34 11:47	1:07:01 7:27	1:08:59 1:58	1:27:26 18:27	1:28:37 1:11	1:39:20 10:43	1:44:01 4:41					
22	563	Juan José Durán O ADOL Sevilla	1:47:43	2:45 10:18 1:47:06	0:31 21:59 1:47:43	24:22 2:23	28:33 4:11	33:58 5:25	49:38 15:40	54:04 4:26	1:04:11 10:07	1:10:57 6:46	1:13:45 2:48	1:30:35 16:50	1:31:46 1:11	1:38:54 7:08	1:43:32 4:38					
23	534	David Sanz Gatón COV Valladolid	1:51:32	3:34 6:30 1:50:59	0:37 18:43 1:51:32	25:01 6:18	26:45 1:44	30:33 3:48	43:27 12:54	51:43 8:16	1:02:53 11:10	1:10:07 7:14	1:12:15 2:08	1:31:09 18:54	1:32:27 1:18	1:39:29 7:02	1:47:28 7:59					
24	299	José Luis Muñoz Ma COMCU Cuenca	1:51:51	3:31 7:37 1:51:13	0:33 19:54 1:51:51	22:15 2:21	27:13 4:58	31:29 4:16	41:47 10:18	49:46 7:59	1:03:08 13:22	1:11:25 8:17	1:13:48 2:23	1:34:22 20:34	1:35:38 1:16	1:41:57 6:19	1:47:52 5:55					
25	95	Jorge Bellver Navar VALENCIA-O Valenci	1:52:23	3:21 10:07 1:51:43	0:38 20:55 1:52:23	22:58 2:03	25:06 2:08	28:59 3:53	49:13 20:14	53:03 3:50	1:07:53 14:50	1:14:28 6:35	1:17:01 2:33	1:36:42 19:41	1:37:46 1:04	1:43:43 5:57	1:48:08 4:25					
					3:35	0:40		36:35	*74													

os	rsal	Nombre	Tiempo																
H-40 (44)				8,6 km		335 m		15 C		<i>(cont.)</i>									
				1(74)	2(96)	3(106)	4(33)	5(81)	6(79)	7(39)	8(45)	9(47)	10(46)	11(60)	12(52)	13(67)	14(55)		
				15(200)	F														
26	219	Jordi Arumí Casade UEVIC Barcelona	1:54:03	8:25 8:25 1:53:36 4:31 0:27	24:49 16:24 1:54:03 0:27	27:28 2:39	28:56 1:28	36:08 7:12	49:08 13:00	52:36 3:28	1:04:57 12:21	1:12:28 7:31	1:15:09 2:41	1:35:23 20:14	1:36:54 1:31	1:42:52 5:58	1:49:05 6:13		
27	170	Carmelo Gil Gutiérr COV Valladolid	1:54:16	9:48 9:48 1:53:41 3:35 0:35	23:31 13:43 1:54:16 0:35	25:40 2:09	28:02 2:22	36:45 8:43	50:49 14:04	53:53 3:04	1:04:10 10:17	1:11:38 7:28	1:13:39 2:01	1:32:19 18:40	1:33:45 1:26	1:45:40 11:55	1:50:06 4:26		
28	222	Juli Serrat Grané UEVIC Barcelona	1:55:55	8:43 8:43 1:55:15 4:17 0:40	23:02 14:19 1:55:55 0:40	25:44 2:42	27:42 1:58	34:48 7:06	48:50 14:02	53:11 4:21	1:07:44 14:33	1:15:49 8:05	1:18:10 2:21	1:38:35 20:25	1:39:47 1:12	1:43:56 4:09	1:50:58 7:02		
29	423	Alberto Pérez Miran COLMENAR Madrid	1:56:47	11:20 11:20 1:56:19 3:11 0:28	26:53 15:33 1:56:47 0:28	31:38 4:45	33:45 2:07	42:08 8:23	53:21 11:13	57:05 3:44	1:07:38 10:33	1:15:46 8:08	1:19:38 3:52	1:41:08 21:30	1:42:27 1:19	1:47:48 5:21	1:53:08 5:20		
30	789	Juan Pozo Ortiz ORIENTA-GE FEMAD	1:57:57	8:49 8:49 1:57:19 2:35 0:38	21:41 12:52 1:57:57 0:38	24:05 2:24	26:09 2:04	30:54 4:45	40:53 9:59	44:57 4:04	54:59 10:02	1:02:22 7:23	1:04:42 2:20	1:39:10 34:28	1:40:05 0:55	1:50:16 10:11	1:54:44 4:28		
31	335	Rodrigo Víctor Alon O-GETAPE Madrid	1:58:43	25:47 25:47 1:58:15 3:23 0:28	37:25 11:38 1:58:43 0:28	39:15 1:50	40:41 1:26	45:27 4:46	55:47 10:20	1:01:58 6:11	1:12:48 10:50	1:19:43 6:55	1:21:47 2:04	1:37:13 15:26	1:38:40 1:27	1:43:56 5:16	1:54:52 10:56		
32	163	Bernardo Nanclares CORZO Burgos	2:00:04	10:23 10:23 1:59:25 4:32 0:39	25:26 15:03 2:00:04 0:39	27:56 2:30	32:15 4:19	38:43 6:28	51:00 12:17	54:24 3:24	1:07:41 13:17	1:17:37 9:56	1:20:35 2:58	1:41:37 21:02	1:43:09 1:32	1:49:32 6:23	1:54:53 5:21		
33	959	Alberto César GD4C FPO	2:05:37	12:21 12:21 2:05:04 3:27 0:33	26:13 13:52 2:05:37 0:33	30:59 4:46	36:24 5:25	42:19 5:55	55:18 12:59	1:01:30 6:12	1:16:14 14:44	1:25:55 9:41	1:27:55 2:00	1:48:42 20:47	1:50:03 1:21	1:55:44 5:41	2:01:37 5:53		
34	119	Ignacio González-F AROMON Pontevedr	2:07:40	10:53 10:53 2:07:03 4:19 0:37	25:05 14:12 2:07:40 0:37	27:37 2:32	30:36 2:59	37:29 6:53	49:38 12:09	1:07:00 17:22	1:19:28 12:28	1:27:44 8:16	1:30:40 2:56	1:49:11 18:31	1:50:34 1:23	1:56:30 5:56	2:02:44 6:14		
35	233	Paul Pereira Rivero COMA Málaga	2:09:30	9:08 9:08 2:08:50 3:56 0:40	21:51 12:43 2:09:30 0:40	24:20 2:29	30:05 5:45	39:24 9:19	53:25 14:01	1:00:27 7:02	1:12:58 12:31	1:19:57 6:59	1:23:27 3:30	1:50:40 27:13	1:51:45 1:05	1:58:01 6:16	2:04:54 6:53		
36	912	Humberto Esteves COC FPO	2:12:53	15:17 15:17 2:12:16 3:38 0:37	30:39 15:22 2:12:53 0:37	36:15 5:36	39:09 2:54	45:52 6:43	57:57 12:05	1:04:04 6:07	1:16:19 12:15	1:24:18 7:59	1:27:24 3:06	1:49:27 22:03	1:50:47 1:20	1:59:23 8:36	2:08:38 9:15		
37	61	Jesús Menarguez Ar SENDA Murcia	2:25:32	20:29 20:29 2:24:56 4:42 0:36	32:34 12:05 2:25:32 0:36	35:29 2:55	37:34 2:05	43:36 6:02	1:07:25 23:49	1:20:34 13:09	1:34:51 14:17	1:41:45 6:54	1:43:51 2:06	2:06:16 22:25	2:07:47 1:31	2:14:59 7:12	2:20:14 5:15		

os	rsal	Nombre	Tiempo																		
H-40 (44)				8,6 km 335 m		15 C		<i>(cont.)</i>													
				1(74)	2(96)	3(106)	4(33)	5(81)	6(79)	7(39)	8(45)	9(47)	10(46)	11(60)	12(52)	13(67)	14(55)				
				15(200)	F																
38	414	Pablo Adrián Aller E TREVINCA Otros Pai	2:54:21	12:11	32:32	36:13	39:21	45:57	1:07:38	1:14:46	1:31:35	1:44:28	1:52:58	2:20:37	2:22:21	2:30:57	2:46:36				
				12:11	20:21	3:41	3:08	6:36	21:41	7:08	16:49	12:53	8:30	27:39	1:44	8:36	15:39				
				2:53:40	2:54:21																
				7:04	0:41																
39	785	Angel Cano Cortes COLMENAR FEMAD	3:00:27	17:26	38:34	41:51	45:45	1:04:22	1:20:36	1:26:18	1:44:45	1:59:43	2:03:00	2:33:02	2:37:01	2:46:15	2:54:13				
				17:26	21:08	3:17	3:54	18:37	16:14	5:42	18:27	14:58	3:17	30:02	3:59	9:14	7:58				
				2:59:54	3:00:27																
				5:41	0:33																
40	958	Alberto Barros GD4C FPO	3:04:57	9:44	27:01	31:09	33:47	42:57	1:09:06	1:14:08	1:33:03	1:46:43	1:49:21	2:29:00	2:30:26	2:39:00	2:52:42				
				9:44	17:17	4:08	2:38	9:10	26:09	5:02	18:55	13:40	2:38	39:39	1:26	8:34	13:42				
				3:03:38	3:04:57	2:24:13															
				10:56	1:19																
41	788	Francisco Castaned COLMENAR FEMAD	3:09:45	10:53	42:31	47:42	50:40	57:48	1:17:39	1:29:39	1:45:00	1:56:52	2:03:03	2:34:26	2:36:04	2:48:04	3:02:42				
				10:53	31:38	5:11	2:58	7:08	19:51	12:00	15:21	11:52	6:11	31:23	1:38	12:00	14:38				
				3:08:34	3:09:45																
				5:52	1:11																
65		Salvador Martínez C TOTANA-O Murcia	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
				53:06	53:36		7:40	11:31	15:16	27:54	34:49	44:36	50:48								
				53:06	0:30		*101	*102	*109	*105	*110	*107	*111								
538		Miguel Angel Toled ORIENTIJOT Cuenc	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
				2:48:49	2:49:31																
				2:48:49	0:42																
786		Pedro Yllan Berroca Alabarda-O FEMADO	andona	14:33	49:00	53:35	58:29	1:08:08	1:29:57	1:37:21	-----	-----	-----	-----	-----	-----	-----				
				14:33	34:27	4:35	4:54	9:39	21:49	7:24											
				2:10:24	2:11:22																
				33:03	0:58																
H-45 (46)				7,7 km 340 m		14 C															
				1(78)	2(106)	3(96)	4(57)	5(65)	6(45)	7(76)	8(48)	9(88)	10(91)	11(52)	12(84)	13(55)	14(200)				
				F																	
1	961	Vítor Delgado GD4C FPO	1:08:01	4:29	8:08	9:32	16:26	24:03	33:16	37:30	44:11	49:44	58:12	1:00:07	1:02:25	1:04:59	1:07:32				
				4:29	3:39	1:24	6:54	7:37	9:13	4:14	6:41	5:33	8:28	1:55	2:18	2:34	2:33				
				1:08:01																	
				0:29																	
2	153	Rafael Arranz Muñoz RUMBO-MADR Madr	1:14:31	5:43	9:43	11:16	20:46	28:40	38:50	42:45	49:32	54:52	1:03:01	1:04:37	1:06:49	1:10:03	1:13:57				
				5:43	4:00	1:33	9:30	7:54	10:10	3:55	6:47	5:20	8:09	1:36	2:12	3:14	3:54				
				1:14:31																	
				0:34																	
3	878	Daniel Pires ADFA FPO	1:17:10	4:02	8:34	11:17	18:34	28:24	37:12	41:51	50:24	56:56	1:05:03	1:07:00	1:09:24	1:14:01	1:16:34				
				4:02	4:32	2:43	7:17	9:50	8:48	4:39	8:33	6:32	8:07	1:57	2:24	4:37	2:33				
				1:17:10																	
				0:36																	
4	154	Miguel Álvarez Berr RUMBO-MADR Madr	1:20:25	5:10	9:37	10:55	18:12	28:07	38:37	43:34	52:24	58:58	1:08:33	1:10:46	1:13:18	1:17:21	1:19:58				
				5:10	4:27	1:18	7:17	9:55	10:30	4:57	8:50	6:34	9:35	2:13	2:32	4:03	2:37				
				1:20:25																	
				0:27																	

os	rsal	Nombre	Tiempo																	
H-45 (46)				7,7 km 340 m		14 C		<i>(cont.)</i>												
			1(78) F	2(106)	3(96)	4(57)	5(65)	6(45)	7(76)	8(48)	9(88)	10(91)	11(52)	12(84)	13(55)	14(200)				
5	146	Urbano Chousa Álv IMPERDIBLE Madri	1:21:24	4:41 4:41 1:21:24 0:33	9:25 4:44	11:07 1:42	19:27 8:20	29:18 9:51	40:19 11:01	45:02 4:43	52:18 7:16	59:28 7:10	1:08:28 9:00	1:10:21 1:53	1:13:01 2:40	1:17:17 4:16	1:20:51 3:34			
6	790	Manuel Ruiz Fernan RUMBO MADR FEMA	1:22:18	5:48 5:48 1:22:18 0:26	9:57 4:09	11:38 1:41	20:26 8:48	30:05 9:39	41:42 11:37	46:00 4:18	53:06 7:06	57:41 4:35	1:07:44 10:03	1:09:58 2:14	1:14:02 4:04	1:18:36 4:34	1:21:52 3:16			
7	523	Oleg Sovolev VILLEN-A O Alicante	1:22:30	4:27 4:27 1:22:30 0:30	8:23 3:56	9:52 1:29	18:54 9:02	28:18 9:24	40:18 12:00	44:59 4:41	51:51 6:52	57:55 6:04	1:08:21 10:26	1:11:54 3:33	1:14:48 2:54	1:19:08 4:20	1:22:00 2:52			
8	141	Luis Mahou García COTA Madrid	1:22:31	5:01 5:01 1:22:31 0:31	9:24 4:23	11:02 1:38	18:47 7:45	27:50 9:03	39:50 12:00	43:50 4:00	51:23 7:33	58:37 7:14	1:09:06 10:29	1:11:38 2:32	1:14:23 2:45	1:18:21 3:58	1:22:00 3:39			
9	193	Santiago Galán Her CDP-O Valladolid	1:26:02	8:59 8:59 1:26:02 0:38	13:46 4:47	15:15 1:29	23:37 8:22	32:37 9:00	44:12 11:35	48:20 4:08	55:55 7:35	1:02:53 6:58	1:12:47 9:54	1:14:59 2:12	1:18:34 3:35	1:22:35 4:01	1:25:24 2:49			
10	232	Jose Angel Ramos ADOL Sevilla	1:28:15	5:18 5:18 1:28:15 0:35	10:03 4:45	11:35 1:32	20:34 8:59	30:40 10:06	42:49 12:09	48:02 5:13	56:22 8:20	1:03:38 7:16	1:15:03 11:25	1:17:14 2:11	1:19:59 2:45	1:23:43 3:44	1:27:40 3:57			
11	140	Cristóbal Fernánde COTA Madrid	1:29:00	5:10 5:10 1:29:00 0:31	9:38 4:28	11:24 1:46	19:55 8:31	30:24 10:29	42:07 11:43	46:52 4:45	54:13 7:21	1:01:00 6:47	1:11:29 10:29	1:14:12 2:43	1:17:42 3:30	1:24:37 6:55	1:28:29 3:52			
12	62	Fermín Barceló Ota TOTANA-O Murcia	1:31:38	5:37 5:37 1:31:38 0:42	9:55 4:18	11:22 1:27	20:36 9:14	31:25 10:49	44:04 12:39	48:59 4:55	58:10 9:11	1:07:53 9:43	1:17:22 9:29	1:19:53 2:31	1:22:50 2:57	1:27:03 4:13	1:30:56 3:53			
13	398	Ramon Illa Gay COC Barcelona	1:34:02	8:45 8:45 1:34:02 0:33	14:09 5:24	16:14 2:05	25:20 9:06	35:33 10:13	46:17 10:44	50:48 4:31	58:36 7:48	1:05:39 7:03	1:17:27 11:48	1:21:34 4:07	1:24:16 2:42	1:29:06 4:50	1:33:29 4:23			
14	109	Ángel Carrón De La CODAN EXTR Badaj	1:36:31	6:13 6:13 1:36:31 0:39	12:54 6:41	14:31 1:37	24:16 9:45	36:34 12:18	48:44 12:10	54:32 5:48	1:03:36 9:04	1:11:22 7:46	1:20:11 8:49	1:22:30 2:19	1:25:43 3:13	1:30:08 4:25	1:35:52 5:44			
15	60	Manuel García Gil SENDA Murcia	1:36:40	5:18 5:18 1:36:40 0:31	18:21 13:03	20:06 1:45	28:33 8:27	39:21 10:48	51:57 12:36	56:53 4:56	1:05:15 8:22	1:12:10 6:55	1:22:10 10:00	1:24:24 2:14	1:27:03 2:39	1:33:08 6:05	1:36:09 3:01			
16	192	Carlos Gómez Fuen CDP-O Valladolid	1:37:31	7:03 7:03 1:37:31 0:32	14:41 7:38	16:29 1:48	25:53 9:24	35:40 9:47	49:03 13:23	53:44 4:41	1:02:49 9:05	1:11:24 8:35	1:21:35 10:11	1:24:53 3:18	1:27:36 2:43	1:33:55 6:19	1:36:59 3:04			

os	rsal	Nombre	Tiempo														
H-45 (46)				7,7 km 340 m		14 C		<i>(cont.)</i>									
			1(78) F	2(106)	3(96)	4(57)	5(65)	6(45)	7(76)	8(48)	9(88)	10(91)	11(52)	12(84)	13(55)	14(200)	
17	861	José Carlos Ramalh .COM FPO	1:38:42	5:57 5:57 1:38:42 0:38	13:13 7:16	15:22 2:09	25:36 10:14	38:07 12:31	51:28 13:21	56:44 5:16	1:05:36 8:52	1:12:50 7:14	1:23:09 10:19	1:25:42 2:33	1:28:44 3:02	1:33:12 4:28	1:38:04 4:52
18	118	Javier Alvelo Fragu AROMON Pontevedr	1:39:56	6:32 6:32 1:39:56 0:36	12:03 5:31	13:57 1:54	29:35 15:38	40:15 10:40	53:08 12:53	57:54 4:46	1:06:09 8:15	1:15:49 9:40	1:27:04 11:15	1:29:19 2:15	1:31:59 2:40	1:36:12 4:13	1:39:20 3:08
19	253	Cristóbal Patiño Pér ESCONDITE- Madrid	1:40:07	8:12 8:12 1:40:07 0:31	13:15 5:03	14:55 1:40	23:34 8:39	34:13 10:39	46:43 12:30	51:22 4:39	59:37 8:15	1:07:46 8:09	1:21:19 13:33	1:24:04 2:45	1:32:35 8:31	1:35:54 3:19	1:39:36 3:42
20	393	Carlos Sánchez So NAVALCAN-O Toled	1:40:19	8:33 8:33 1:40:19 0:32	15:33 7:00	20:31 4:58	29:54 9:23	39:55 10:01	52:08 12:13	56:50 4:42	1:05:38 8:48	1:14:28 8:50	1:27:05 12:37	1:29:22 2:17	1:32:38 3:16	1:36:22 3:44	1:39:47 3:25
21	186	Aníbal Rapado Barb ZAMORA-O Zamora	1:40:20	10:07 10:07 1:40:20 0:25	14:27 4:20	16:11 1:44	26:43 10:32	37:42 10:59	49:59 12:17	54:40 4:41	1:03:14 8:34	1:11:10 7:56	1:23:30 12:20	1:26:14 2:44	1:29:45 3:31	1:35:47 6:02	1:39:55 4:08
22	282	Martin Stangegaard COMA Málaga	1:41:35	10:22 10:22 1:41:35 0:36	17:37 7:15	20:50 3:13	29:51 9:01	38:59 9:08	53:09 14:10	57:59 4:50	1:06:43 8:44	1:14:41 7:58	1:26:53 12:12	1:29:57 3:04	1:32:57 3:00	1:37:23 4:26	1:40:59 3:36
23	791	Toni Peñarando Gal RUMBO MADR FEMA	1:41:40	6:42 6:42 1:41:40 0:34	11:48 5:06	13:51 2:03	24:28 10:37	38:59 14:31	51:40 12:41	57:51 6:11	1:06:22 8:31	1:13:44 7:22	1:25:49 12:05	1:28:17 2:28	1:32:30 4:13	1:37:35 5:05	1:41:06 3:31
24	434	David Román Moltó COLIVENC Alicante	1:41:44	11:26 11:26 1:41:44 0:28	16:28 5:02	18:13 1:45	29:50 11:37	43:51 14:01	56:15 12:24	1:01:21 5:06	1:11:11 9:50	1:18:06 6:55	1:28:30 10:24	1:30:48 2:18	1:33:36 2:48	1:38:03 4:27	1:41:16 3:13
25	171	Tomás Miera Salaza COV Valladolid	1:42:22	5:42 5:42 1:42:22 0:41	10:24 4:42	12:19 1:55 1:41:42 *200	24:39 12:20	34:55 10:16	52:32 17:37	57:57 5:25	1:07:27 9:30	1:15:00 7:33	1:25:01 10:01	1:27:55 2:54	1:31:15 3:20	1:39:06 7:51	1:41:41 2:35
26	364	Francisco Corbalan LORCA-O Murcia	1:43:09	11:25 11:25 1:43:09 0:26	18:29 7:04	20:22 1:53	30:05 9:43	41:38 11:33	53:37 11:59	58:38 5:01	1:07:30 8:52	1:15:15 7:45	1:27:00 11:45	1:29:44 2:44	1:32:42 2:58	1:38:36 5:54	1:42:43 4:07
27	445	Luis Miguel Claram UVALENCIA Valenci	1:43:56	9:51 9:51 1:43:56 0:31	15:20 5:29	17:18 1:58	26:49 9:31	39:16 12:27	53:06 13:50	59:42 6:36	1:09:26 9:44	1:17:51 8:25	1:28:35 10:44	1:31:29 2:54	1:34:39 3:10	1:39:31 4:52	1:43:25 3:54
28	261	Jesús Jiménez Rom IMPERDIBLE Madri	1:45:03	5:42 5:42 1:45:03 0:38	11:28 5:46	13:57 2:29	27:25 13:28	40:26 13:01	54:46 14:20	1:00:15 5:29	1:09:37 9:22	1:17:04 7:27	1:29:21 12:17	1:32:37 3:16	1:36:36 3:59	1:40:43 4:07	1:44:25 3:42

os	rsal	Nombre	Tiempo														
H-45 (46)				7,7 km 340 m		14 C		<i>(cont.)</i>									
			1(78) F	2(106)	3(96)	4(57)	5(65)	6(45)	7(76)	8(48)	9(88)	10(91)	11(52)	12(84)	13(55)	14(200)	
29	38	José Antonio Herná ASON Murcia	1:45:19	9:14 9:14 1:45:19 0:38	15:57 6:43	18:01 2:04	27:55 9:54	40:53 12:58	54:11 13:18	1:00:45 6:34	1:09:27 8:42	1:19:39 10:12	1:31:56 12:17	1:34:55 2:59	1:36:37 1:42	1:40:41 4:04	1:44:41 4:00
30	917	José Bolrão COC FPO	1:48:38	5:50 5:50 1:48:38 0:34	12:27 6:37	14:13 1:46	24:57 10:44	37:22 12:25	50:47 13:25	55:24 4:37	1:08:41 13:17	1:17:21 8:40	1:28:44 11:23	1:33:53 5:09	1:37:25 3:32	1:42:40 5:15	1:48:04 5:24
31	6	Manuel Parrilla Gil ADOL Sevilla	1:54:17	6:18 6:18 1:54:17 0:48	12:56 6:38	14:53 1:57	26:38 11:45	39:41 13:03	55:39 15:58	1:01:41 6:02	1:12:47 11:06	1:22:55 10:08	1:36:11 13:16	1:39:28 3:17	1:43:26 3:58	1:48:36 5:10	1:53:29 4:53
32	394	Cesar Pascual Sanc NAVALCAN-O Toled	1:55:35	16:43 16:43 1:55:35 0:28	24:08 7:25	26:28 2:20	37:47 11:19	50:32 12:45	1:02:24 11:52	1:06:43 4:19	1:15:13 8:30	1:20:30 5:17	1:40:26 19:56	1:43:05 2:39	1:46:38 3:33	1:51:39 5:01	1:55:07 3:28
33	288	José Enrique Barci O-GETAPE Madrid	1:56:11	9:35 9:35 1:56:11 0:48	20:06 10:31	21:36 1:30	38:04 16:28	49:40 11:36	1:02:42 13:02	1:08:05 5:23	1:17:38 9:33	1:27:11 9:33	1:38:09 10:58	1:41:16 3:07	1:44:33 3:17	1:48:17 3:44	1:55:23 7:06
34	200	Nicolás Joaquín Tr O-GETAPE Madrid	1:56:33	13:11 13:11 1:56:33 0:38	21:41 8:30	23:28 1:47	33:23 9:55	46:45 13:22	1:01:18 14:33	1:08:01 6:43	1:17:30 9:29	1:26:38 9:08	1:39:12 12:34	1:43:21 4:09	1:46:35 3:14	1:52:05 5:30	1:55:55 3:50
35	585	Jesus Paricio Perib IBÓN Zaragoza	1:57:09	5:26 5:26 1:57:09 0:40	18:56 13:30	20:42 1:46	30:41 9:59	42:20 11:39	55:54 13:34	1:00:51 4:57	1:09:22 8:31	1:18:23 9:01	1:30:45 12:22	1:34:05 3:20	1:37:45 3:40	1:52:02 14:17	1:56:29 4:27
36	631	Juan José Tamarit V VALENCIA-O Valenci	1:58:40	22:21 22:21 1:58:40 0:31	28:05 5:44	30:11 2:06	40:26 10:15	51:21 10:55	1:04:24 13:03	1:09:21 4:57	1:18:51 9:30	1:27:02 8:11	1:39:14 12:12	1:42:45 3:31	1:45:46 3:01	1:53:14 7:28	1:58:09 4:55
37	411	Cristóbal Carrera S COMA Málaga	1:59:14	19:59 19:59 1:59:14 0:37	25:40 5:41	27:29 1:49	37:09 9:40	55:10 18:01	1:09:12 14:02	1:14:57 5:45	1:23:33 8:36	1:33:10 9:37	1:43:54 10:44	1:46:32 2:38	1:50:04 3:32	1:53:57 3:53	1:58:37 4:40
38	418	Fernando Calderón ADOL Sevilla	2:03:55	20:58 20:58 2:03:55 0:36	26:07 5:09	28:10 2:03	38:14 10:04	51:45 13:31	1:05:50 14:05	1:12:14 6:24	1:21:39 9:25	1:28:54 7:15	1:40:32 11:38	1:44:12 3:40	1:47:14 3:02	1:59:55 12:41	2:03:19 3:24
39	265	Jose Feliciano Fern IMPERDIBLE Madri	2:07:25	36:23 36:23 2:07:25 0:41	41:50 5:27	43:52 2:02	52:20 8:28	1:02:49 10:29	1:16:04 13:15	1:23:32 7:28	1:32:09 8:37	1:42:00 9:51	1:53:41 11:41	1:56:02 2:21	1:58:49 2:47	2:03:20 4:31	2:06:44 3:24
40	28	Ferran Santoyo Med VELETA Granada	2:09:13	6:56 6:56 2:09:13 0:49	16:18 9:22	19:21 3:03	36:05 16:44	49:59 13:54	1:09:01 19:02	1:14:37 5:36	1:26:18 11:41	1:36:52 10:34	1:49:51 12:59	1:52:39 2:48	1:57:15 4:36	2:03:03 5:48	2:08:24 5:21

os	rsal	Nombre	Tiempo															
H-45 (46)				7,7 km 340 m 14 C (cont.)														
				1(78)	2(106)	3(96)	4(57)	5(65)	6(45)	7(76)	8(48)	9(88)	10(91)	11(52)	12(84)	13(55)	14(200)	
				F														
41	793	Vicente Martin Mira Club Monte FEMAD	2:11:54	11:42 11:42 2:11:54 0:48	18:37 6:55	20:26 1:49	31:51 11:25	46:50 14:59	1:01:28 14:38	1:07:47 6:19	1:19:49 12:02	1:28:47 8:58	1:51:22 22:35	1:54:03 2:41	1:59:37 5:34	2:06:03 6:26	2:11:06 5:03	
42	359	José Antonio Carrill TOLEDO-O Toledo	2:14:42	8:36 8:36 2:14:42 0:37	15:54 7:18	18:15 2:21	29:59 11:44	43:43 13:44	58:38 14:55	1:04:25 5:47	1:13:13 8:48	1:23:11 9:58	1:55:41 32:30	1:59:27 3:46	2:03:45 4:18	2:10:11 6:26	2:14:05 3:54	
43	352	Andrés Munuera Go ADOL Sevilla	2:19:23	20:56 20:56 2:19:23 0:41	26:44 5:48	30:40 3:56	47:06 16:26	59:52 12:46	1:13:55 14:03	1:19:28 5:33	1:31:44 12:16	1:47:22 15:38	2:01:38 14:16	2:04:41 3:03	2:08:02 3:21	2:13:57 5:55	2:18:42 4:45	
44	792	Desiderio Castañare RUMBO MADR FEMA	2:21:13	11:39 11:39 2:21:13 0:34	17:55 6:16	19:57 2:02	29:59 10:02	43:57 13:58	59:28 15:31	1:05:14 5:46	1:17:53 12:39	1:26:24 8:31	1:57:00 30:36	1:59:57 2:57	2:03:09 3:12	2:15:08 11:59	2:20:39 5:31	
45	916	Ilídio Coelho COC FPO	2:26:43	22:21 22:21 2:26:43 0:39	36:30 14:09	38:42 2:12	51:12 12:30	1:04:42 13:30	1:24:04 19:22	1:30:27 6:23	1:43:11 12:44	1:52:33 9:22	2:08:48 16:15	2:11:42 2:54	2:14:52 3:10	2:21:02 6:10	2:26:04 5:02	
46	303	Isidro Rodríguez M VIA PLATA Cáceres	2:34:56	7:28 7:28 2:34:56 0:51	13:31 6:03	15:25 1:54	48:05 32:40	1:08:28 20:23	1:28:43 20:15	1:34:18 5:35	1:47:34 13:16	1:57:11 9:37	2:13:34 16:23	2:17:32 3:58	2:23:58 6:26	2:29:42 5:44	2:34:05 4:23	
H-50 (47)				5,6 km 225 m 11 C														
				1(73)	2(34)	3(106)	4(31)	5(82)	6(88)	7(97)	8(50)	9(51)	10(91)	11(200)	F			
1	130	Francisco Javier Mo GODIH Albacete	47:36	6:42 6:42	9:16 2:34	10:07 0:51	16:23 6:16	22:49 6:26	31:20 8:31	36:29 5:09	40:30 4:01	42:10 1:40	44:31 2:21	47:08 2:37	47:36 0:28			
2	601	David Seward RUMBO-MADR Madr	54:20	7:24 7:24	11:39 4:15	12:28 0:49	18:41 6:13	26:21 7:40	35:13 8:52	41:26 6:13	45:38 4:12	48:00 2:22	50:24 2:24	53:44 3:20	54:20 0:36			
3	880	Mário Duarte ADFA FPO	55:21	8:45 8:45	11:32 2:47	12:17 0:45	19:38 7:21	27:29 7:51	35:43 8:14	42:28 6:45	46:43 4:15	48:57 2:14	51:29 2:32	54:22 2:53	55:21 0:59			
4	935	Jorge Gonçalves DA Recardã FPO	56:47	10:46 10:46	13:34 2:48	14:15 0:41	21:36 7:21	29:25 7:49	37:39 8:14	44:31 6:52	48:45 4:14	50:39 1:54	53:26 2:47	56:18 2:52	56:47 0:29			
5	949	Manuel Dias GafanhOri FPO	58:19	6:03 6:03	10:14 4:11	11:06 0:52	19:28 8:22	27:26 7:58	35:50 8:24	43:15 7:25	48:01 4:46	51:19 3:18	54:08 2:49	57:53 3:45	58:19 0:26			
6	522	Vladimir Shangin VILLENNA-O Alicante	58:50	7:24 7:24	10:18 2:54	11:09 0:51	18:18 7:09	26:34 8:16	36:45 10:11	44:51 8:06	49:48 4:57	52:07 2:19	54:52 2:45	58:19 3:27	58:50 0:31			
7	77	Antonio Gil Poveda COLIVENC Alicante	1:00:27	6:37 6:37	11:28 4:51	12:16 0:48	24:47 12:31	33:17 8:30	42:01 8:44	48:02 6:01	52:11 4:09	53:40 1:29	56:33 2:53	59:55 3:22	1:00:27 0:32			
8	548	James Tt Ross COMA Málaga	1:01:35	8:53 8:53	12:00 3:07	12:54 0:54	21:28 8:34	30:31 9:03	41:35 11:04	48:12 6:37	52:35 4:23	54:25 1:50	57:10 2:45	1:01:01 3:51	1:01:35 0:34			
9	194	Francisco Javier Pr CDP-O Valladolid	1:05:12	6:43 6:43	9:42 2:59	10:23 0:41	25:25 15:02	32:33 7:08	42:26 9:53	50:36 8:10	55:03 4:27	57:06 2:03	1:00:22 3:16	1:04:43 4:21	1:05:12 0:29	1:02:27 *52		
10	42	Juan Ferra Casado LORCA-O Murcia	1:05:43	8:17 8:17	11:31 3:14	12:19 0:48	23:15 10:56	31:10 7:55	42:13 11:03	51:29 9:16	56:16 4:47	58:16 2:00	1:01:12 2:56	1:05:08 3:56	1:05:43 0:35			
11	31	Lluís Andréu Truna Oros Barcelona	1:05:49	9:24 9:24	13:04 3:40	14:24 1:20	22:36 8:12	32:19 9:43	43:34 11:15	51:27 7:53	56:00 4:33	58:01 2:01	1:01:08 3:07	1:05:16 4:08	1:05:49 0:33			
12	57	Pedro Mayol Cleme MURCIA-O Murcia	1:06:41	8:09 8:09	13:05 4:56	13:56 0:51	24:32 10:36	33:10 8:38	44:12 11:02	52:34 8:22	57:18 4:44	1:00:05 2:47	1:02:53 2:48	1:06:06 3:13	1:06:41 0:35			

os	rsal	Nombre	Tiempo												F	
H-50 (47)				5,6 km 225 m 11 C (cont.)												
				1(73)	2(34)	3(106)	4(31)	5(82)	6(88)	7(97)	8(50)	9(51)	10(91)	11(200)	F	
38	962	João Alves GD4C FPO	1:40:44	9:43 9:43	16:21 6:38	17:54 1:33	30:59 13:05	46:31 15:32	1:05:33 19:02	1:17:48 12:15	1:25:16 7:28	1:28:25 3:09	1:33:26 5:01	1:39:58 6:32	1:40:44 0:46	
39	508	Jose Gutierrez Just COLMENAR Madrid	1:50:06	11:51 11:51	16:46 4:55	18:20 1:34	36:26 18:06	52:07 15:41	1:13:13 21:06	1:26:37 13:24	1:33:25 6:48	1:36:36 3:11	1:41:44 5:08	1:48:50 7:06	1:50:06 1:16	
40	78	Antonio Peris Giner COLIVENC Alicante	1:55:15	10:07 10:07	15:33 5:26	22:18 6:45	42:41 20:23	1:01:27 18:46	1:19:10 17:43	1:33:47 14:37	1:40:47 7:00	1:43:48 3:01	1:49:10 5:22	1:54:32 5:22	1:55:15 0:43	
41	177	Fernando Sánchez COV Valladolid	2:00:33	13:33 13:33	17:49 4:16	19:06 1:17	48:25 29:19	1:07:40 19:15	1:23:45 16:05	1:37:56 14:11	1:45:43 7:47	1:48:41 2:58	1:54:22 5:41	2:00:01 5:39	2:00:33 0:32	
42	885	Amândio Gonçalves CLAC FPO	2:03:29	10:40 10:40	16:10 5:30	21:20 5:10	43:25 22:05	1:01:26 18:01	1:19:10 17:44	1:34:03 14:53	1:42:54 8:51	1:46:44 3:50	1:52:35 5:51	2:02:38 10:03	2:03:29 0:51	
43	794	Santiago Chivite Go Navaleno FEMADO	2:09:23	26:24 26:24	32:11 5:47	33:27 1:16	45:52 12:25	1:00:56 15:04	1:20:52 19:56	1:40:49 19:57	1:50:12 9:23	1:54:17 4:05	2:00:38 6:21	2:08:38 8:00	2:09:23 0:45	
44	623	Luis Fernando Saz SOTOBOSQUE Madr	2:09:47	19:37 19:37	23:53 4:16	24:50 0:57	56:15 31:25	1:12:02 15:47	1:30:01 17:59	1:49:06 19:05	1:55:11 6:05	1:58:36 3:25	2:03:20 4:44	2:09:15 5:55	2:09:47 0:32	
	17	Santiago Guiller Pé VELETA Granada	en tarj.	----- 8:23 *79	----- 11:49 *65	----- 27:04 *45	----- 33:18 *76	----- 38:36 *47	----- 41:54 *46	----- 59:17 *61	----- 1:03:15 *71	----- 1:06:35 *84	----- 1:08:30 *60	1:11:00 1:11:00	1:11:48 0:48	5:08 *95
	292	Juan Carlos Álvarez MONTE EL P Madrid	en tarj.	14:00 14:00	18:19 4:19	19:25 1:06	34:31 15:06	49:21 14:50	1:06:10 16:49	1:18:22 12:12	1:25:07 6:45	1:28:11 3:04	----- -----	2:26:46 58:35	2:27:29 0:43	
	795	Alvaro Carrión Mata RUMBO MADR FEMA	en tarj.	20:50 20:50	26:11 5:21	28:31 2:20	41:57 13:26	1:01:05 19:08	1:28:34 27:29	1:45:28 16:54	----- -----	----- -----	----- -----	----- -----	----- -----	
H-55 (23)				4,7 km 215 m 12 C												
				1(95)	2(79)	3(65)	4(45)	5(76)	6(47)	7(46)	8(61)	9(71)	10(84)	11(60)	12(200)	F
1	881	Jacinto Eleutério ADFA FPO	56:02	4:27 4:27 55:26 *200	7:30 3:03	10:55 3:25	22:20 11:25	28:20 6:00	31:14 2:54	33:16 2:02	45:34 12:18	49:04 3:30	51:32 2:28	53:03 1:31	55:23 2:20	56:02 0:39
2	197	Santiago Del Moral UNIVERSIDA Alicant	58:59	4:43 4:43	7:37 2:54	11:42 4:05	25:38 13:56	30:30 4:52	33:14 2:44	35:06 1:52	48:00 12:54	51:07 3:07	53:47 2:40	55:41 1:54	58:24 2:43	58:59 0:35
3	149	Juan Carlos Mirand ALABARDA-O Madrid	1:01:03	4:22 4:22	7:24 3:02	10:35 3:11	24:48 14:13	32:16 7:28	35:17 3:01	37:31 2:14	49:47 12:16	54:08 4:21	56:35 2:27	58:01 1:26	1:00:33 2:32	1:01:03 0:30
4	887	António Matias CLAC FPO	1:01:55	5:29 5:29	9:32 4:03	13:20 3:48	26:30 13:10	31:11 4:41	34:32 3:21	38:26 3:54	51:46 13:20	55:21 3:35	57:39 2:18	58:56 1:17	1:01:20 2:24	1:01:55 0:35
5	226	Jesús Valentín Fern ELERUT Cuenca	1:02:56	5:45 5:45	11:57 6:12	14:56 2:59	26:30 11:34	30:31 4:01	32:54 2:23	34:58 2:04	47:04 12:06	55:50 8:46	58:34 2:44	1:00:05 1:31	1:02:25 2:20	1:02:56 0:31
6	11	Evaristo Minguet De COMA Málaga	1:03:25	4:53 4:53 59:26 *117	9:11 4:18	11:54 2:43	25:43 13:49	30:20 4:37	33:49 3:29	35:55 2:06	50:28 14:33	55:57 5:29	58:26 2:29	1:00:20 1:54	1:02:50 2:30	1:03:25 0:35
7	147	Gonzalo Villamarín O-GETAFE Madrid	1:03:46	5:59 5:59	9:48 3:49	13:33 3:45	26:21 12:48	30:33 4:12	34:04 3:31	37:09 3:05	50:29 13:20	56:11 5:42	58:56 2:45	1:00:42 1:46	1:03:15 2:33	1:03:46 0:31
8	936	Carlos Ferreira DA Recardã FPO	1:04:57	5:30 5:30	8:27 2:57	12:26 3:59	26:27 14:01	31:16 4:49	34:02 2:46	37:28 3:26	52:13 14:45	56:07 3:54	58:56 2:49	1:01:57 3:01	1:04:22 2:25	1:04:57 0:35
9	115	Luis Diéguez Marga NORDESTE-O Asturi	1:05:38	6:17 6:17	10:11 3:54	15:10 4:59	27:41 12:31	32:24 4:43	35:22 2:58	37:28 2:06	51:31 14:03	55:19 3:48	58:26 3:07	1:02:20 3:54	1:05:05 2:45	1:05:38 0:33
10	932	Vítor Rodrigues CPOC FPO	1:05:39	4:31 4:31	8:23 3:52	13:41 5:18	25:21 11:40	30:44 5:23	34:20 3:36	36:21 2:01	49:06 12:45	58:13 9:07	1:01:23 3:10	1:02:45 1:22	1:05:07 2:22	1:05:39 0:32
11	63	Pablo José Costa C TOTANA-O Murcia	1:05:40	5:22 5:22	8:18 2:56	11:18 3:00	26:43 15:25	33:22 6:39	36:30 3:08	39:06 2:36	53:13 14:07	57:14 4:01	1:00:23 3:09	1:02:07 1:44	1:04:59 2:52	1:05:40 0:41

os	rsal	Nombre	Tiempo														
H-55 (23)				4,7 km 215 m 12 C (cont.)													
				1(95)	2(79)	3(65)	4(45)	5(76)	6(47)	7(46)	8(61)	9(71)	10(84)	11(60)	12(200)	F	
12	800	Rolf Jakobsson Alfta ÖSA FEMADO	1:07:52	5:33 5:33	8:04 2:31	12:46 4:42	25:51 13:05	30:40 4:49	33:55 3:15	36:45 2:50	53:51 17:06	57:44 3:53	1:00:23 2:39	1:02:43 2:20	1:07:04 4:21	1:07:52 0:48	
13	666	Claude Fossez CCVALENCIA Valen	1:11:21	6:39 6:39	10:41 4:02	14:58 4:17	29:36 14:38	35:07 5:31	38:24 3:17	40:49 2:25	57:28 16:39	1:01:52 4:24	1:04:38 2:46	1:07:03 2:25	1:10:46 3:43	1:11:21 0:35	
14	2	Miguel Ángel García ADOL Sevilla	1:13:46	6:31 6:31	10:24 3:53	14:37 4:13	27:50 13:13	34:43 6:53	38:45 4:02	42:00 3:15	55:32 13:32	1:03:58 8:26	1:06:36 2:38	1:08:32 1:56	1:13:04 4:32	1:13:46 0:42	
15	368	Adolfo Faza García PILOÑA DEP Asturias	1:17:49	7:23 7:23	14:11 6:48	19:30 5:19	35:33 16:03	41:46 6:13	45:29 3:43	50:07 4:38	1:04:22 14:15	1:10:05 5:43	1:12:33 2:28	1:14:30 1:57	1:17:09 2:39	1:17:49 0:40	
16	166	Eliás Tristán Martín CORZO Burgos	1:19:38	7:18 7:18	10:50 3:32	15:01 4:11	30:00 14:59	36:40 6:40	40:05 3:25	42:46 2:41	59:08 16:22	1:05:22 6:14	1:08:56 3:34	1:15:37 6:41	1:18:56 3:19	1:19:38 0:42	
17	617	Rafael Sevillano Mu COMA Málaga	1:21:33	6:26 6:26	12:45 6:19	16:07 3:22	34:26 18:19	42:04 7:38	46:03 3:59	49:05 3:02	1:06:12 17:07	1:11:24 5:12	1:15:25 4:01	1:18:00 2:35	1:20:51 2:51	1:21:33 0:42	
18	123	Eduardo V. Ramos USC La Coruña	1:23:55	8:32 8:32	14:42 6:10	24:43 10:01	42:24 17:41	47:42 5:18	51:31 3:49	55:22 3:51	1:10:51 15:29	1:16:01 5:10	1:18:46 2:45	1:20:44 1:58	1:23:17 2:33	1:23:55 0:38	
19	155	Antonio López Lara ALABARDA-O Madrid	1:27:59	6:00 6:00	13:28 7:28	17:40 4:12	33:10 15:30	40:30 7:20	45:21 4:51	49:52 4:31	1:10:11 20:19	1:15:44 5:33	1:19:03 3:19	1:23:59 4:56	1:27:10 3:11	1:27:59 0:49	
20	150	José Luis Cobas Ló RUMBO-MADR Madr	1:31:05	6:04 6:04	10:36 4:32	16:04 5:28	34:24 18:20	43:14 8:50	46:46 3:32	50:01 3:15	1:09:54 19:53	1:17:26 7:32	1:21:57 4:31	1:26:00 4:03	1:30:18 4:18	1:31:05 0:47	
21	798	Francesco Bellisari Club Monte FEMAD	1:40:36	6:01 6:01	18:54 12:53	26:41 7:47	45:47 19:06	53:07 7:20	57:24 4:17	1:02:02 4:38	1:23:15 21:13	1:28:59 5:44	1:32:39 3:40	1:36:13 3:34	1:39:45 3:32	1:40:36 0:51	
22	176	José María Galván COV Valladolid	1:51:47	7:27 7:27	14:00 6:33	19:33 5:33	39:46 20:13	47:48 8:02	51:56 4:08	57:17 5:21	1:15:59 18:42	1:35:17 19:18	1:39:29 4:12	1:47:34 8:05	1:51:10 3:36	1:51:47 0:37	
	69	Salvador Sánchez M TOTANA-O Murcia	andona	31:38 31:38	35:33 3:55	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:21:02 45:29	1:22:23 1:21	
H-E (20)				12,2 km 465 m 22 C													
				1(31)	2(96)	3(106)	4(121)	5(37)	6(80)	7(79)	8(40)	9(41)	10(43)	11(44)	12(45)	13(47)	14(46)
				15(97)	16(72)	17(51)	18(52)	19(91)	20(67)	21(55)	22(200)	F					
1	112	Daniel Portal Gordil CODAN EXTR Badaj	1:38:38	5:07 5:07	11:50 6:43	13:29 1:39	24:09 10:40	30:35 6:26	36:10 5:35	38:39 2:29	49:21 10:42	51:23 2:02	56:52 5:29	58:19 1:27	1:03:49 5:30	1:08:42 4:53	1:10:10 1:28
				1:18:37	1:19:36	1:23:04	1:26:16	1:29:03	1:30:56	1:35:52	1:38:07	1:38:38					
				8:27	0:59	3:28	3:12	2:47	1:53	4:56	2:15	0:31					
2	906	Paulo Franco COC FPO	1:42:37	5:35 5:35	13:34 7:59	15:11 1:37	25:13 10:02	31:31 6:18	37:12 5:41	40:03 2:51	53:22 13:19	55:29 2:07	1:00:57 5:28	1:02:20 1:23	1:07:52 5:32	1:12:45 4:53	1:14:13 1:28
				1:22:40	1:23:39	1:27:08	1:30:19	1:34:11	1:35:24	1:40:04	1:42:08	1:42:37					
				8:27	0:59	3:29	3:11	3:52	1:13	4:40	2:04	0:29					
3	9	Luis Enrique Nogu COMA Málaga	1:46:14	5:43 5:43	12:50 7:07	14:36 1:46	25:07 10:31	31:27 6:20	37:23 5:56	39:21 1:58	49:55 10:34	52:04 2:09	57:33 5:29	58:53 1:20	1:04:40 5:47	1:10:04 5:24	1:11:28 1:24
				1:20:28	1:21:53	1:27:20	1:31:57	1:36:17	1:37:58	1:42:30	1:45:26	1:46:14					
				9:00	1:25	5:27	4:37	4:20	1:41	4:32	2:56	0:48					
4	804	Maxim Simakov RUSIA RUSIA	1:53:33	9:11 9:11	16:16 7:05	18:05 1:49	29:15 11:10	36:21 7:06	43:04 6:43	45:34 2:30	58:09 12:35	1:01:00 2:51	1:07:25 6:25	1:09:22 1:57	1:16:24 7:02	1:22:49 6:25	1:24:24 1:35
				1:33:36	1:34:45	1:38:22	1:41:52	1:44:47	1:46:34	1:50:14	1:52:59	1:53:33					
				9:12	1:09	3:37	3:30	2:55	1:47	3:40	2:45	0:34					
5	946	David Sayanda GafanhOri FPO	1:58:42	5:48 5:48	13:57 8:09	16:00 2:03	27:51 11:51	35:50 7:59	42:58 7:08	45:12 2:14	59:16 14:04	1:01:56 2:40	1:07:50 5:54	1:09:22 1:32	1:16:05 6:43	1:22:30 6:25	1:24:11 1:41
				1:34:35	1:36:01	1:41:14	1:44:41	1:47:49	1:50:13	1:54:41	1:58:06	1:58:42					
				10:24	1:26	5:13	3:27	3:08	2:24	4:28	3:25	0:36					

os	rsal	Nombre	Tiempo																		
H-E (20)				12,2 km 465 m		22 C		<i>(cont.)</i>													
				1(31)	2(96)	3(106)	4(121)	5(37)	6(80)	7(79)	8(40)	9(41)	10(43)	11(44)	12(45)	13(47)	14(46)				
				15(97)	16(72)	17(51)	18(52)	19(91)	20(67)	21(55)	22(200)	F									
6	98	Alex Tello Lecal VALENCIA-O Valenci	1:58:52	9:29	17:26	19:11	31:59	39:19	46:11	49:08	1:03:38	1:05:51	1:11:43	1:13:16	1:20:25	1:25:37	1:27:07				
				9:29	7:57	1:45	12:48	7:20	6:52	2:57	14:30	2:13	5:52	1:33	7:09	5:12	1:30				
				1:37:30	1:38:39	1:43:09	1:47:09	1:50:20	1:51:48	1:55:40	1:58:18	1:58:52									
				10:23	1:09	4:30	4:00	3:11	1:28	3:52	2:38	0:34									
7	944	Tiago Gingão Leal GafanhOri FPO	1:59:40	6:44	13:50	15:30	30:21	37:11	46:08	48:28	1:00:32	1:02:54	1:08:46	1:10:24	1:17:53	1:23:43	1:26:01				
				6:44	7:06	1:40	14:51	6:50	8:57	2:20	12:04	2:22	5:52	1:38	7:29	5:50	2:18				
				1:36:40	1:37:57	1:42:49	1:47:02	1:50:07	1:51:43	1:56:05	1:59:03	1:59:40									
				10:39	1:17	4:52	4:13	3:05	1:36	4:22	2:58	0:37									
8	1002	Rafael Ramos Ori-Estarr FPO	2:04:41	5:25	12:38	14:20	30:43	38:37	45:35	47:38	1:01:23	1:03:45	1:10:38	1:12:20	1:22:49	1:28:53	1:31:01				
				5:25	7:13	1:42	16:23	7:54	6:58	2:03	13:45	2:22	6:53	1:42	10:29	6:04	2:08				
				1:41:42	1:42:51	1:46:43	1:50:45	1:54:16	1:56:30	2:01:41	2:04:08	2:04:41									
				10:41	1:09	3:52	4:02	3:31	2:14	5:11	2:27	0:33									
9	117	Miguel Ángel Martin CODAN EXTR Badaj	2:06:42	9:18	17:56	20:12	35:08	43:26	50:38	53:47	1:07:00	1:09:26	1:17:27	1:19:23	1:28:33	1:33:46	1:35:17				
				9:18	8:38	2:16	14:56	8:18	7:12	3:09	13:13	2:26	8:01	1:56	9:10	5:13	1:31				
				1:45:33	1:46:46	1:51:18	1:55:10	1:58:23	1:59:50	2:03:48	2:06:14	2:06:42									
				10:16	1:13	4:32	3:52	3:13	1:27	3:58	2:26	0:28									
10	943	Manuel Horta GafanhOri FPO	2:07:36	4:21	10:28	12:15	24:44	31:51	39:21	41:23	52:48	56:02	1:03:06	1:04:41	1:13:17	1:19:38	1:22:16				
				4:21	6:07	1:47	12:29	7:07	7:30	2:02	11:25	3:14	7:04	1:35	8:36	6:21	2:38				
				1:38:40	1:40:24	1:47:11	1:52:42	1:56:12	1:57:58	2:02:54	2:06:58	2:07:36									
				16:24	1:44	6:47	5:31	3:30	1:46	4:56	4:04	0:38									
11	955	Filipe Dias GD4C FPO	2:08:07	5:37	15:21	18:43	34:33	40:55	48:17	51:40	1:05:36	1:07:56	1:15:03	1:17:00	1:25:05	1:31:48	1:33:10				
				5:37	9:44	3:22	15:50	6:22	7:22	3:23	13:56	2:20	7:07	1:57	8:05	6:43	1:22				
				1:44:50	1:45:55	1:49:45	1:53:21	1:56:37	1:59:54	2:04:24	2:07:37	2:08:07									
				11:40	1:05	3:50	3:36	3:16	3:17	4:30	3:13	0:30									
12	121	Ángel Álvarez Serto AROMON Pontevedr	2:08:25	6:36	18:07	21:07	36:12	44:17	51:27	54:01	1:06:40	1:08:57	1:18:22	1:20:17	1:28:29	1:34:08	1:36:26				
				6:36	11:31	3:00	15:05	8:05	7:10	2:34	12:39	2:17	9:25	1:55	8:12	5:39	2:18				
				1:46:23	1:48:22	1:52:22	1:55:39	1:59:02	2:00:52	2:04:49	2:07:58	2:08:25									
				9:57	1:59	4:00	3:17	3:23	1:50	3:57	3:09	0:27									
13	267	Cesar Torrejón Rub TJALVE Burgos	2:08:26	5:57	14:48	16:43	30:24	38:09	45:48	48:51	1:02:39	1:05:06	1:12:10	1:14:08	1:23:11	1:29:28	1:32:28				
				5:57	8:51	1:55	13:41	7:45	7:39	3:03	13:48	2:27	7:04	1:58	9:03	6:17	3:00				
				1:44:06	1:45:48	1:50:14	1:54:34	1:58:08	1:59:53	2:04:39	2:07:47	2:08:26									
				11:38	1:42	4:26	4:20	3:34	1:45	4:46	3:08	0:39									
14	230	José J. Cavero Mon VERD3 Valencia	2:12:03	5:53	15:27	18:36	39:31	47:04	53:53	56:26	1:11:39	1:14:04	1:21:18	1:23:00	1:31:27	1:37:49	1:40:15				
				5:53	9:34	3:09	20:55	7:33	6:49	2:33	15:13	2:25	7:14	1:42	8:27	6:22	2:26				
				1:50:43	1:52:05	1:56:02	1:59:41	2:03:30	2:05:06	2:09:14	2:11:32	2:12:03									
				10:28	1:22	3:57	3:39	3:49	1:36	4:08	2:18	0:31									
15	81	Iván Ramal Barea COLIVENC Alicante	2:12:35	5:31	14:24	16:07	26:56	35:37	41:59	45:00	1:00:12	1:04:16	1:13:22	1:15:15	1:25:03	1:32:11	1:34:37				
				5:31	8:53	1:43	10:49	8:41	6:22	3:01	15:12	4:04	9:06	1:53	9:48	7:08	2:26				
				1:46:16	1:47:35	1:53:10	1:57:18	2:00:36	2:02:17	2:08:00	2:11:56	2:12:35									
				11:39	1:19	5:35	4:08	3:18	1:41	5:43	3:56	0:39									
16	210	Andrés Del Bustio ASTUR EXTR Asturia	2:14:05	5:12	13:54	15:44	30:04	38:21	46:23	48:58	1:03:03	1:06:12	1:13:34	1:15:30	1:24:24	1:31:05	1:33:30				
				5:12	8:42	1:50	14:20	8:17	8:02	2:35	14:05	3:09	7:22	1:56	8:54	6:41	2:25				
				1:45:57	1:47:21	1:53:28	1:57:54	2:01:32	2:03:20	2:10:07	2:13:25	2:14:05									
				12:27	1:24	6:07	4:26	3:38	1:48	6:47	3:18	0:40									
17	8	Javier Ruiz de la He COMA Málaga	2:14:12	6:25	17:23	18:55	30:15	39:11	46:43	50:09	1:04:57	1:07:52	1:17:46	1:19:52	1:28:26	1:35:17	1:37:26				
				6:25	10:58	1:32	11:20	8:56	7:32	3:26	14:48	2:55	9:54	2:06	8:34	6:51	2:09				
				1:49:02	1:51:19	1:56:13	2:00:22	2:03:33	2:05:25	2:10:17	2:13:33	2:14:12									
				11:36	2:17	4:54	4:09	3:11	1:52	4:52	3:16	0:39									

os	rsal	Nombre			Tiempo												
H-E (20)					12,2 km 465 m 22 C					<i>(cont.)</i>							
			1(31)	2(96)	3(106)	4(121)	5(37)	6(80)	7(79)	8(40)	9(41)	10(43)	11(44)	12(45)	13(47)	14(46)	
			15(97)	16(72)	17(51)	18(52)	19(91)	20(67)	21(55)	22(200)	F						
18	306	Oriol Andreu Solà UEVIC Barcelona	2:17:13	6:17	15:22	17:41	34:07	42:23	50:25	52:53	1:07:33	1:10:47	1:18:32	1:20:18	1:29:50	1:37:11	1:39:56
				6:17	9:05	2:19	16:26	8:16	8:02	2:28	14:40	3:14	7:45	1:46	9:32	7:21	2:45
				1:51:53	1:53:32	1:57:56	2:02:15	2:05:52	2:07:40	2:13:20	2:16:35	2:17:13					
				11:57	1:39	4:24	4:19	3:37	1:48	5:40	3:15	0:38					
	70	Hugo Sánchez Vela TOTANA-O Murcia	andona	6:31	14:45	18:04	37:27	----	----	----	----	----	----	----	----	----	----
				6:31	8:14	3:19	19:23	----	----	----	----	----	----	----	----	----	----
				-----	-----	-----	-----	-----	-----	-----	1:19:44	1:20:20					
											42:17	0:36					
	80	Andreu Blanes Reig COLIVENC Alicante	andona	4:44	11:07	12:44	21:28	28:01	33:28	35:26	45:54	48:09	53:31	54:51	1:00:46	1:06:07	1:07:24
				4:44	6:23	1:37	8:44	6:33	5:27	1:58	10:28	2:15	5:22	1:20	5:55	5:21	1:17
				-----	-----	-----	-----	-----	-----	-----	-----	1:28:35					
												21:11					
D-12 (15)					2,6 km 70 m 8 C												
			1(101)	2(102)	3(109)	4(105)	5(110)	6(107)	7(111)	8(200)	F						
1	637	Cristina Marquez M TOLEDO-O Toledo	28:59	4:08	6:10	7:24	12:12	17:39	23:19	27:01	28:20	28:59					
				4:08	2:02	1:14	4:48	5:27	5:40	3:42	1:19	0:39					
2	636	Raquel Marquez Ma TOLEDO-O Toledo	32:22	3:51	6:43	8:04	13:01	20:52	26:14	30:15	31:48	32:22					
				3:51	2:52	1:21	4:57	7:51	5:22	4:01	1:33	0:34					
3	416	Aruca Siqueira Bata C.O.GUADAL Guada	35:21	4:03	6:00	7:29	14:29	18:46	28:35	33:03	34:50	35:21					
				4:03	1:57	1:29	7:00	4:17	9:49	4:28	1:47	0:31					
4	532	Alicia Claramunt Mo CORRECAMIN Valen	38:56	3:43	7:02	8:22	18:35	24:28	31:23	36:26	38:21	38:56					
				3:43	3:19	1:20	10:13	5:53	6:55	5:03	1:55	0:35					
5	514	Lorena Soriano Gar TOLEDO-O Toledo	40:42	4:05	7:49	9:20	15:29	20:43	33:38	38:20	40:05	40:42					
				4:05	3:44	1:31	6:09	5:14	12:55	4:42	1:45	0:37					
6	599	Sara Vidal Palacios SANT JOAN Alicante	42:03	3:27	7:34	9:14	14:52	25:18	33:05	39:03	41:33	42:03					
				3:27	4:07	1:40	5:38	10:26	7:47	5:58	2:30	0:30					
7	438	Valeria Carrera Cue COMA Málaga	46:46	5:59	9:07	11:08	21:11	30:16	39:41	44:22	46:06	46:46					
				5:59	3:08	2:01	10:03	9:05	9:25	4:41	1:44	0:40					
8	415	Milagros Morena All TREVINCA Otros Pai	49:55	9:34	12:35	14:05	22:53	30:16	41:16	47:16	49:23	49:55					
				9:34	3:01	1:30	8:48	7:23	11:00	6:00	2:07	0:32					
9	355	Ariadna Garrido Co ALABARDA-O Madrid	52:07	8:50	11:22	12:55	25:08	31:13	40:55	47:13	51:34	52:07					
				8:50	2:32	1:33	12:13	6:05	9:42	6:18	4:21	0:33					
10	524	Laura González Día GOCAN Madrid	55:24	4:38	7:13	9:57	26:48	38:52	47:22	52:24	54:48	55:24					
				4:38	2:35	2:44	16:51	12:04	8:30	5:02	2:24	0:36					
11	572	Andrea Nieto Lain O-CIUDAD R Ciuda	55:46	4:11	5:47	7:27	14:53	35:36	47:18	53:08	55:14	55:46					
				4:11	1:36	1:40	7:26	20:43	11:42	5:50	2:06	0:32					
12	729	Elena Yllan Ortiz Alabarda-O FEMADO	1:01:53	5:52	12:57	15:51	26:35	42:33	53:15	58:55	1:01:22	1:01:53					
				5:52	7:05	2:54	10:44	15:58	10:42	5:40	2:27	0:31					
13	730	Lucía Guanter Ávila COTA FEMADO	1:04:16	7:37	11:13	13:16	26:21	42:27	56:43	1:01:50	1:03:38	1:04:16					
				7:37	3:36	2:03	13:05	16:06	14:16	5:07	1:48	0:38					
14	628	Diana Alonso Ruiz COLMENAR Madrid	1:08:49	3:25	8:28	9:29	35:38	40:56	59:40	1:05:26	1:08:21	1:08:49					
				3:25	5:03	1:01	26:09	5:18	18:44	5:46	2:55	0:28					
	435	Guadalupe Losada MONTE EL P Madrid	en tarj.	-----	-----	-----	-----	-----	52:33	-----	1:09:16	1:09:44					
									52:33		16:43	0:28					
				29:33	40:11	42:45	44:42	1:01:58									
				*119	*122	*123	*114	*116									
													1:27	11:19	17:44	20:56	
													*118	*78	*32	*120	

os	rsal	Nombre	Tiempo														
H-18/20B (5)				6,1 km 245 m		14 C		<i>(cont.)</i>									
			1(56) F	2(57)	3(58)	4(39)	5(112)	6(113)	7(63)	8(46)	9(53)	10(62)	11(61)	12(67)	13(117)	14(200)	
3	708	David Cotillas Moya ELERUT Cuenca	2:03:13	8:47 8:47 2:03:13	19:05 10:18	22:20 3:15	39:55 17:35	1:01:15 21:20	1:06:50 5:35	1:14:16 7:26	1:20:20 6:04	1:25:32 5:12	1:31:44 6:12	1:35:01 3:17	1:43:44 8:43	1:59:32 15:48	2:02:50 3:18
4	664	Marcos Alvarez Gon TREVINCA Otros Pai	2:06:19	5:42 5:42 2:06:19	17:14 11:32	25:58 8:44	34:02 8:04	46:32 12:30	58:13 11:41	1:15:22 17:09	1:22:11 6:49	1:28:40 6:29	1:34:51 6:11	1:38:00 3:09	1:46:41 8:41	2:02:40 15:59	2:05:49 3:09
456		Sergio Ruiz Retama O-CIUDAD R Ciuda	andona	39:25 39:25 2:06:01	1:10:22 30:57	1:13:06 2:44	1:26:32 13:26	-----	-----	-----	-----	-----	-----	-----	-----	-----	2:05:15 38:43
H-60 (17)				4,2 km 185 m		9 C											
			1(80)	2(38)	3(63)	4(123)	5(88)	6(67)	7(91)	8(84)	9(200)	F					
1	975	Álvaro Coelho Ginásio FPO	40:12	5:09 5:09	7:47 2:38	17:57 10:10	20:45 2:48	24:10 3:25	33:07 8:57	34:48 1:41	36:43 1:55	39:46 3:03	40:12 0:26				
2	893	Armando Santos COALA FPO	46:34	7:33 7:33	11:38 4:05	20:55 9:17	24:23 3:28	28:27 4:04	39:09 10:42	40:51 1:42	42:54 2:03	46:02 3:08	46:34 0:32				
3	161	Eladio García Rodrí CASTROPOL Asturia	47:00	8:28 8:28	11:54 3:26	23:23 11:29	26:44 3:21	30:00 3:16	39:40 9:40	41:19 1:39	43:15 1:56	46:25 3:10	47:00 0:35				
4	16	Antonio Rodríguez VELETA Granada	54:46	7:17 7:17	11:23 4:06	22:41 11:18	27:10 4:29	31:05 3:55	47:27 16:22	49:20 1:53	51:22 2:02	54:15 2:53	54:46 0:31				
5	50	Rafael Martínez Gar LORCA-O Murcia	56:38	7:30 7:30	11:35 4:05	23:32 11:57	28:28 4:56	33:06 4:38	46:28 13:22	49:19 2:51	51:53 2:34	55:57 4:04	56:38 0:41				
6	24	Juan David Pérez-C SURCO Almería	58:41	10:28 10:28	15:07 4:39	25:39 10:32	29:27 3:48	34:41 5:14	49:09 14:28	51:29 2:20	53:47 2:18	58:04 4:17	58:41 0:37				
7	100	José Font García VALENCIA-O Valenci	1:00:19	6:02 6:02	13:49 7:47	23:51 10:02	35:28 11:37	38:58 3:30	50:29 11:31	53:21 2:52	55:43 2:22	59:48 4:05	1:00:19 0:31				
8	980	Costa Leite Montepio G FPO	1:00:42	10:27 10:27	15:56 5:29	30:02 14:06	34:58 4:56	40:21 5:23	51:58 11:37	54:24 2:26	56:30 2:06	1:00:00 3:30	1:00:42 0:42				
9	933	Acácio Porta Nova CPOC FPO	1:04:18	10:09 10:09	22:12 12:03	32:45 10:33	37:15 4:30	41:51 4:36	55:22 13:31	57:43 2:21	59:55 2:12	1:03:36 3:41	1:04:18 0:42				
10	978	dionisio estroia CP EPAL FPO	1:05:09	13:42 13:42	22:32 8:50	35:32 13:00	39:33 4:01	44:28 4:55	56:36 12:08	58:39 2:03	1:01:07 2:28	1:04:27 3:20	1:05:09 0:42				
11	46	Joaquín Giner Manz LORCA-O Murcia	1:19:33	9:24 9:24	16:50 7:26	33:14 16:24	41:17 8:03	47:40 6:23	1:04:22 16:42	1:10:28 6:06	1:13:30 3:02	1:18:47 5:17	1:19:33 0:46				
12	88	Ricardo Iñiguez Cre CORRECAMIN Valen	1:20:24	11:37 11:37	17:12 5:35	34:28 17:16	39:43 5:15	46:40 6:57	1:05:56 19:16	1:08:23 2:27	1:11:39 3:16	1:19:19 7:40	1:20:24 1:05				
13	547	Luis Emilio Oliver COLMENAR Madrid	1:21:31	13:16 13:16	21:04 7:48	37:38 16:34	42:11 4:33	47:07 4:56	1:01:51 14:44	1:10:40 8:49	1:16:40 6:00	1:20:49 4:09	1:21:31 0:42				
14	54	José Salas Jodar LORCA-O Murcia	1:27:36	13:28 13:28	20:53 7:25	37:22 16:29	45:12 7:50	51:47 6:35	1:08:28 16:41	1:13:50 5:22	1:18:01 4:11	1:27:09 9:08	1:27:36 0:27				
15	801	Francisco Martínez Club O-Cha FEMAD	1:46:13	43:36 43:36	49:34 5:58	1:04:21 14:47	1:08:59 4:38	1:15:40 6:41	1:30:41 15:01	1:32:54 2:13	1:41:28 8:34	1:45:36 4:08	1:46:13 0:37				
16	989	João Rodrigues Natura FPO	1:53:58	13:56 13:56	29:57 16:01	52:06 22:09	1:00:16 8:10	1:10:40 10:24	1:36:03 25:23	1:39:30 3:27	1:44:23 4:53	1:52:36 8:13	1:53:58 1:22				
484		Jose Carlos Castro CDP-O Valladolid	en tarj.	13:00 13:00	17:44 4:44	----- 13:09	30:53 4:56	35:49 17:54	53:43 1:46	55:29 1:46	58:16 2:47	1:03:20 5:04	1:03:49 0:29				

os	rsal	Nombre	Tiempo										
OPEN AMARILLO (29)				2,5 km 70 m			7 C						
			1(101)	2(102)	3(109)	4(105)	5(110)	6(111)	7(200)	F			
1	976	João Leitão	26:42	3:28	4:55	6:16	12:46	16:34	24:37	26:09	26:42		
		Ginásio FPO		3:28	1:27	1:21	6:30	3:48	8:03	1:32	0:33		
2	675	ALEX Picazo Huerta	27:00	3:14	4:42	6:17	12:07	15:34	25:18	26:29	27:00		
		GODIH Albacete		3:14	1:28	1:35	5:50	3:27	9:44	1:11	0:31		
3	598	Mónica De Miguel Ar	29:11	3:31	5:21	6:51	12:25	17:57	27:04	28:37	29:11		
		SANT JOAN Alicante		3:31	1:50	1:30	5:34	5:32	9:07	1:33	0:34		
4	805	Hugo Perales Pons	31:03	3:47	5:41	7:49	13:53	20:21	28:37	30:19	31:03	30:20	30:21
		ADYRON FEMADO		3:47	1:54	2:08	6:04	6:28	8:16	1:42	0:44	*200	*200
5	1015	Isabel Oliveira	31:57	3:43	5:25	6:47	11:39	21:39	29:20	31:12	31:57		
		Ori-Estarr FPO		3:43	1:42	1:22	4:52	10:00	7:41	1:52	0:45		
6	809	Manuel Saz Roba	37:15	3:56	8:40	12:07	17:55	21:37	35:07	36:47	37:15		
		Independie FEMAD		3:56	4:44	3:27	5:48	3:42	13:30	1:40	0:28		
7	642	Jorge Barcia Belinc	40:36	3:27	5:26	7:01	13:14	25:12	37:44	39:59	40:36		
		O-GETAFE Madrid		3:27	1:59	1:35	6:13	11:58	12:32	2:15	0:37		
8	722	PABLO DE MIGUEL	46:11	7:56	9:58	15:24	24:01	31:33	43:01	45:32	46:11		
		C.O.GUADAL Guada		7:56	2:02	5:26	8:37	7:32	11:28	2:31	0:39		
9	676	Manuel Copado Gar	46:44	4:05	7:47	9:47	25:48	30:24	43:35	46:09	46:44		
		GOCAN Madrid		4:05	3:42	2:00	16:01	4:36	13:11	2:34	0:35		
10	533	Loreto Alonso Osun	48:09	7:17	10:54	13:00	26:47	33:30	45:34	47:35	48:09	40:37	
		O-GETAFE Madrid		7:17	3:37	2:06	13:47	6:43	12:04	2:01	0:34	*107	
11	478	Alba Loré Amigó	50:56	8:08	11:30	14:16	25:43	31:48	48:05	50:13	50:56		
		COC Barcelona		8:08	3:22	2:46	11:27	6:05	16:17	2:08	0:43		
12	810	Juan Manuel Pozo	51:02	6:24	10:46	13:27	25:03	33:37	47:02	50:20	51:02		
		ORIENTA-GE FEMAD		6:24	4:22	2:41	11:36	8:34	13:25	3:18	0:42		
13	721	DAVID DE MIGUEL	52:11	9:41	12:41	15:11	28:57	37:35	49:06	51:35	52:11		
		C.O.GUADAL Guada		9:41	3:00	2:30	13:46	8:38	11:31	2:29	0:36		
14	685	Eva Jaén Mesonero	56:48	4:01	6:29	8:25	15:58	36:41	54:06	56:16	56:48		
		C.O.GUADAL Guada		4:01	2:28	1:56	7:33	20:43	17:25	2:10	0:32		
15	806	Alvaro Ruiz Alvarez	56:59	15:43	18:16	21:04	34:28	43:31	54:58	56:30	56:59		
		RUMBO MADR FEMA		15:43	2:33	2:48	13:24	9:03	11:27	1:32	0:29		
16	724	ÁNGELA HERNÁND	58:20	7:17	11:34	14:32	31:59	36:48	55:00	57:42	58:20		
		C.O.GUADAL Guada		7:17	4:17	2:58	17:27	4:49	18:12	2:42	0:38		
17	1016	Lionel Monteiro	1:01:33	7:08	13:12	15:52	30:55	40:28	57:26	1:00:13	1:01:33		
		Ori-Estarr FPO		7:08	6:04	2:40	15:03	9:33	16:58	2:47	1:20		
18	686	Héctor González di	1:02:12	16:34	21:53	23:52	39:51	44:46	58:26	1:01:34	1:02:12		
		GOCAN Madrid		16:34	5:19	1:59	15:59	4:55	13:40	3:08	0:38		
19	683	Julio Minguez Sao	1:05:34	4:08	12:08	14:10	37:57	52:03	1:03:17	1:05:00	1:05:34		
		IMPERDIBLE Madri		4:08	8:00	2:02	23:47	14:06	11:14	1:43	0:34		
20	715	Oscar Valera Garro	1:06:20	9:53	13:44	17:36	29:09	46:46	1:02:34	1:05:34	1:06:20		
		TOTANA-O Murcia		9:53	3:51	3:52	11:33	17:37	15:48	3:00	0:46		
21	701	PATRICIA TOLEDO	1:08:25	26:59	30:42	34:04	44:50	52:13	1:05:53	1:07:47	1:08:25		
		ORIENTIJOT Cuenc		26:59	3:43	3:22	10:46	7:23	13:40	1:54	0:38		
22	807	Ana Cristina Tabuen	1:08:26	13:37	18:17	20:28	38:31	48:18	1:03:06	1:07:49	1:08:26		
		Independie FEMAD		13:37	4:40	2:11	18:03	9:47	14:48	4:43	0:37		
23	680	Marta Jaén Mesoner	1:15:39	5:57	15:45	19:26	34:36	51:04	1:10:55	1:14:45	1:15:39	1:15:03	
		C.O.GUADAL Guada		5:57	9:48	3:41	15:10	16:28	19:51	3:50	0:54	*200	
24	808	Ana Yllan Ortiz	1:18:34	9:11	13:20	16:32	49:20	55:21	1:14:30	1:17:59	1:18:34		
		Alabarda-O FEMADO		9:11	4:09	3:12	32:48	6:01	19:09	3:29	0:35		
25	723	JAVIER HERNÁNDE	1:22:24	23:19	29:35	33:03	48:48	58:41	1:19:06	1:21:46	1:22:24		
		C.O.GUADAL Guada		23:19	6:16	3:28	15:45	9:53	20:25	2:40	0:38		
26	590	Oscar Terkelsen Gar	1:25:26	26:21	31:14	37:58	54:08	1:03:07	1:21:04	1:24:36	1:25:26		
		SANT JOAN Alicante		26:21	4:53	6:44	16:10	8:59	17:57	3:32	0:50		

os	rsal	Nombre																
			2,5 km 70 m				7 C		<i>(cont.)</i>									
			1(101)	2(102)	3(109)	4(105)	5(110)	6(111)	7(200)	F								
27	693	LAURA MARTINEZ L CDP-O Valladolid	2:02:03	25:00 31:06	35:45 6:06	4:39 15:21	5:06 33:24	1:24:30 25:10	1:49:40 10:33	2:00:13 1:50	2:02:03	2:00:16 *200	2:00:25 *200	2:00:34 *200				
28	273	Estefanía NÚñez San CDP-O Valladolid	3:12:11	1:15:00 1:15:00	1:21:44 6:44	1:29:11 7:27	1:52:28 23:17	2:40:57 48:29	3:06:28 25:31	3:10:36 4:08	3:12:11 1:35							
614		Nicolás Ricoy Roig PILOÑA DEP Asturias	en tarj.	8:13 8:13	11:46 3:33	13:30 1:44	----- -----	----- -----	----- -----	----- -----	-----							
OPEN NARANJA (50)			4,3 km 145 m				11 C											
			1(118)	2(78)	3(32)	4(120)	5(119)	6(122)	7(123)	8(114)	9(107)	10(116)	11(200)	F				
1	698	JAVIER ANDRES AN CDP-O Valladolid	1:07:07	12:37 12:37	15:05 2:28	22:00 6:55	25:35 3:35	30:02 4:27	43:58 13:56	46:40 2:42	48:38 1:58	59:06 10:28	1:01:15 2:09	1:06:26 5:11	1:07:07 0:41			
2	717	JUAN GUIJARRO FE CDP-O Valladolid	1:18:07	5:51 5:51	14:03 8:12	18:32 4:29	22:21 3:49	27:34 5:13	39:38 12:04	44:08 4:30	51:42 7:34	1:05:49 14:07	1:09:37 3:48	1:17:36 7:59	1:18:07 0:31			
3	1050	DAVID CARRASCO MADRID BRIPAC	1:18:13	27:19 27:19	30:04 2:45	33:34 3:30	36:33 2:59	40:38 4:05	52:37 11:59	54:26 1:49	56:10 1:44	1:03:40 7:30	1:13:34 9:54	1:17:38 4:04	1:18:13 0:35			
4	1052	WLADIMIR MORENO MADRID BRIPAC	1:20:41	23:00 23:00	25:21 2:21	31:08 5:47	33:50 2:42	41:28 7:38	51:55 10:27	53:44 1:49	55:26 1:42	1:14:00 18:34	1:15:50 1:50	1:20:10 4:20	1:20:41 0:31			
5	550	Juan Sanz Alejandr LOS CALIFA Córdoba	1:25:39	6:44 6:44	16:03 9:19	23:52 7:49	29:10 5:18	33:33 4:23	53:45 20:12	56:28 2:43	59:30 3:02	1:10:00 10:30	1:17:21 7:21	1:25:14 7:53	1:25:39 0:25			
6	825	Pilar Roba Portet Independie FEMAD	1:34:37	8:56 8:56	15:17 6:21	22:40 7:23	26:57 4:17	32:00 5:03	44:48 12:48	59:22 14:34	1:01:40 2:18	1:23:06 21:26	1:26:00 2:54	1:33:54 7:54	1:34:37 0:43			
7	728	Raquel Hernández FEDO FEDO	1:36:57	6:37 6:37	12:37 6:00	18:57 6:20	27:09 8:12	32:47 5:38	46:03 13:16	49:17 3:14	55:40 6:23	1:15:28 19:48	1:29:33 14:05	1:36:26 6:53	1:36:57 0:31			
8	682	Susana Vence Conl FEDO FEDO	1:41:33	9:28 9:28	22:20 12:52	31:18 8:58	36:53 5:35	42:31 5:38	1:02:23 19:52	1:05:21 2:58	1:10:34 5:13	1:29:12 18:38	1:33:03 3:51	1:40:49 7:46	1:41:33 0:44			
9	407	Veronica Ruano Gal TOLEDO-O Toledo	1:42:28	8:50 8:50	16:34 7:44	25:16 8:42	32:33 7:17	44:35 12:02	1:07:53 23:18	1:11:31 3:38	1:14:50 3:19	1:28:52 14:02	1:34:09 5:17	1:41:42 7:33	1:42:28 0:46			
10	1053	GEMA SANCHEZ VIC MADRID BRIPAC	1:49:32	13:16 13:16	35:43 22:27	41:39 5:56	45:40 4:01	50:00 4:20	1:01:13 11:13	1:04:17 3:04	1:08:50 4:33	1:24:54 16:04	1:41:55 17:01	1:48:00 6:05	1:49:32 1:32			
11	1081	maria garcia ruiz G.O.C.A.N. FEMADO	1:50:19	8:21 8:21	12:50 4:29	23:25 10:35	31:23 7:58	39:59 8:36	1:10:11 30:12	1:15:12 5:01	1:20:36 5:24	1:37:46 17:10	1:41:12 3:26	1:49:37 8:25	1:50:19 0:42			
12	718	LAURA GARCIA FER CDP-O Valladolid	1:54:27	7:50 7:50	16:02 8:12	27:44 11:42	34:41 6:57	43:08 8:27	1:08:36 25:28	1:13:19 4:43	1:18:15 4:56	1:34:27 16:12	1:40:39 6:12	1:53:39 13:00	1:54:27 0:48			
13	554	María Del Amor Pére LORCA-O Murcia	1:56:21	7:51 7:51	21:08 13:17	37:03 15:55	42:38 5:35	48:42 6:04	1:08:07 19:25	1:11:51 3:44	1:17:33 5:42	1:35:37 18:04	1:42:19 6:42	1:55:22 13:03	1:56:21 0:59			
14	814	David Anechina Sarrios Za FEMADO	1:57:18	12:21 12:21	23:54 11:33	31:12 7:18	36:45 5:33	43:48 7:03	1:00:16 16:28	1:03:42 3:26	1:07:29 13:47	1:48:59 31:30	1:51:55 2:56	1:56:35 4:40	1:57:18 0:43			
15	725	Raquel Moreno FEDO FEDO	2:00:57	9:26 9:26	32:30 23:04	39:50 7:20	46:10 6:20	55:10 9:00	1:11:14 16:04	1:14:58 3:44	1:19:39 4:41	1:40:04 20:25	1:48:12 8:08	2:00:13 12:01	2:00:57 0:44			
16	918	Anabela Dias COC FPO	2:02:12	17:25 17:25	34:55 17:30	46:48 11:53	53:03 6:15	1:01:51 8:48	1:24:30 22:39	1:28:06 3:36	1:31:37 3:31	1:50:22 18:45	1:53:38 3:16	2:01:21 7:43	2:02:12 0:51			
17	297	Jesús Morillo Ferná TOLEDO-O Toledo	2:03:58	6:40 6:40	23:18 16:38	31:07 7:49	36:29 5:22	42:28 5:59	1:10:08 27:40	1:21:34 11:26	1:24:16 2:42	1:52:03 27:47	1:56:38 4:35	2:03:19 6:41	2:03:58 0:39			
18	706	Manuel Torres Caba VALENCIA-O Valenci	2:05:59	7:23 7:23	27:59 20:36	42:05 14:06	47:15 5:10	52:48 5:33	1:09:02 16:14	1:18:58 9:56	1:28:29 9:31	1:45:09 16:40	1:52:10 7:01	2:05:06 12:56	2:05:59 0:53			
19	1055	ANA FERNANDEZ F MADRID BRIPAC	2:08:25	5:05 5:05	31:59 26:54	37:22 5:23	43:39 6:17	57:41 14:02	1:18:26 20:45	1:22:12 3:46	1:32:40 10:28	1:51:20 18:40	1:55:24 4:04	2:07:27 12:03	2:08:25 0:58			
20	689	Rebeca Moreno Gut VALENCIA-O Valenci	2:09:08	8:34 8:34	39:59 31:25	47:32 7:33	54:03 6:31	1:00:58 6:55	1:19:41 18:43	1:23:17 3:36	1:27:34 4:17	1:47:53 20:19	1:55:57 8:04	2:08:22 12:25	2:09:08 0:46			
21	643	Nuria Mateo Franqu CORRECAMIN Valen	2:09:20	20:31 20:31	32:50 12:19	41:29 8:39	47:59 6:30	57:36 9:37	1:18:45 21:09	1:22:15 3:30	1:25:45 3:30	1:55:45 30:00	1:59:52 4:07	2:07:58 8:06	2:09:20 1:22			

os		rsal	Nombre	Tiempo														
OPEN NARANJA (50)					4,3 km 145 m 11 C (cont.)													
					1(118)	2(78)	3(32)	4(120)	5(119)	6(122)	7(123)	8(114)	9(107)	10(116)	11(200)	F		
22	678		Antonia Ivars Ferra VILLENA-O Alicante	2:10:19	21:59	34:31	50:57	56:40	1:02:40	1:21:42	1:25:53	1:31:32	1:49:36	1:56:22	2:09:19	2:10:19		
					21:59	12:32	16:26	5:43	6:00	19:02	4:11	5:39	18:04	6:46	12:57	1:00		
23	827		Daniel Mahoz Migu COTA FEMADO	2:13:11	14:00	21:19	32:54	39:31	48:16	1:12:16	1:16:26	1:20:44	1:51:41	2:01:52	2:12:38	2:13:11		
					14:00	7:19	11:35	6:37	8:45	24:00	4:10	4:18	30:57	10:11	10:46	0:33		
24	1040		SUSANA BETRAN M MADRID BRIPAC	2:16:08	6:02	18:15	27:19	32:33	38:57	1:09:35	1:14:08	1:26:59	1:44:21	2:03:13	2:15:19	2:16:08		
					6:02	12:13	9:04	5:14	6:24	30:38	4:33	12:51	17:22	18:52	12:06	0:49		
25	818		Mirian Gómez Peñar Independie FEMAD	2:18:44	10:40	15:20	29:05	36:10	45:51	1:19:49	1:24:23	1:28:51	1:59:25	2:05:25	2:17:19	2:18:44		
					10:40	4:40	13:45	7:05	9:41	33:58	4:34	4:28	30:34	6:00	11:54	1:25		
26	817		Leticia Fernández S Independie FEMAD	2:20:44	12:14	17:16	30:51	38:02	47:56	1:21:44	1:26:07	1:30:50	2:01:18	2:07:11	2:19:15	2:20:44		
					12:14	5:02	13:35	7:11	9:54	33:48	4:23	4:43	30:28	5:53	12:04	1:29		
27	622		Juan Luis Camina COV Valladolid	2:22:17	18:11	32:46	42:57	51:51	1:01:35	1:29:22	1:35:24	1:38:47	2:03:20	2:13:59	2:21:41	2:22:17		
					18:11	14:35	10:11	8:54	9:44	27:47	6:02	3:23	24:33	10:39	7:42	0:36		
28	816		Marta Gómez Peñar Independie FEMAD	2:22:38	14:43	19:10	33:00	40:03	49:45	1:23:51	1:28:13	1:32:36	2:03:14	2:09:16	2:21:17	2:22:38		
					14:43	4:27	13:50	7:03	9:42	34:06	4:22	4:23	30:38	6:02	12:01	1:21		
29	815		Sandra Olmo Aragón Independie FEMAD	2:24:37	16:26	21:06	35:09	42:05	51:43	1:25:46	1:30:09	1:34:39	2:05:21	2:11:20	2:23:16	2:24:37		
					16:26	4:40	14:03	6:56	9:38	34:03	4:23	4:30	30:42	5:59	11:56	1:21		
30	834		Javier Manzano Vaz COLMENAR FEMAD	2:25:26	44:41	53:02	59:30	1:04:24	1:12:10	1:29:28	1:33:02	1:48:32	2:06:44	2:15:23	2:24:53	2:25:26		
					44:41	8:21	6:28	4:54	7:46	17:18	3:34	15:30	18:12	8:39	9:30	0:33		
31	1059		MARIA L RUBIO CO MADRID BRIPAC	2:32:59	19:20	22:13	27:22	35:34	49:31	1:15:02	1:18:08	1:21:59	2:00:01	2:22:53	2:32:16	2:32:59		
					19:20	2:53	5:09	8:12	13:57	25:31	3:06	3:51	38:02	22:52	9:23	0:43		
31	719		PIEDAD MESONERO C.O.GUADAL Guada	2:32:59	9:31	20:18	55:02	1:03:09	1:11:41	1:40:11	1:43:49	1:57:25	2:18:02	2:23:58	2:32:04	2:32:59		
					9:31	10:47	34:44	8:07	8:32	28:30	3:38	13:36	20:37	5:56	8:06	0:55		
33	833		VICTOR CARRASCO COLMENAR FEMAD	2:36:14	20:09	26:41	44:52	50:13	56:54	1:36:06	1:40:52	1:45:33	2:09:38	2:21:54	2:34:27	2:36:14		
					20:09	6:32	18:11	5:21	6:41	39:12	4:46	4:41	24:05	12:16	12:33	1:47		
34	690		Maria Jesus Cascale IMPERDIBLE Madri	2:52:45	8:05	21:32	31:24	37:59	1:03:13	2:00:47	2:04:00	2:07:09	2:38:42	2:42:47	2:51:48	2:52:45		
					8:05	13:27	9:52	6:35	25:14	57:34	3:13	3:09	31:33	4:05	9:01	0:57		
35	812		Maria Carolina Sale Club Monte FEMAD	4:07:24	51:52	59:43	1:13:45	1:23:26	1:31:55	2:07:14	2:11:01	2:17:30	3:08:29	3:49:11	4:06:42	4:07:24		
					51:52	7:51	14:02	9:41	8:29	35:19	3:47	6:29	50:59	40:42	17:31	0:42		
36	837		Abraham Hoda Independie FEMAD	4:13:28	57:50	1:05:41	1:19:47	1:29:17	1:37:22	2:12:38	2:16:54	2:23:09	3:14:37	3:55:01	4:12:35	4:13:28		
					57:50	7:51	14:06	9:30	8:05	35:16	4:16	6:15	51:28	40:24	17:34	0:53	4:12:37 *200	
823			Gabriela Pinto Rodr Independie FEMAD	en tarj.	----	----	----	----	----	----	----	----	----	56:40	57:36	8:12		
														56:40	0:56	*101		
					17:32	20:25	30:36	35:51	53:35									
					*102	*109	*105	*110	*111									
824			Raquel Pinilla Pére Club Sotob FEMAD	en tarj.	----	----	----	----	----	----	----	----	----	1:40:34	1:41:48			
														1:40:34	1:14			
829			Elena Mª Guerra Independie FEMAD	en tarj.	40:57	51:36	59:59	1:06:13	1:21:41	----	----	1:42:49	2:11:49	----	2:20:00	2:20:49		
					40:57	10:39	8:23	6:14	15:28			21:08	29:00		8:11	0:49		
822			Joel Pinto Rodrigu Independie FEMAD	en tarj.	----	----	----	----	----	----	----	----	----	----	2:28:41	2:29:36	1:40:14	
														2:28:41	0:55	*101		
					1:49:36	1:52:22	2:02:34	2:07:53	2:25:37									
					*102	*109	*105	*110	*111									
1024			John A. Sessler COLMENAR FEMAD	en tarj.	31:36	----	1:14:40	1:21:04	1:29:12	1:51:52	1:56:59	2:00:16	----	----	----	2:40:50		
					31:36		43:04	6:24	8:08	22:40	5:07	3:17				40:34		
727			IGNACIO CAMACHO MANZANARES Ciuda	en tarj.	----	----	----	----	----	----	----	----	----	----	2:48:47	2:49:39	1:10:25	
															2:48:47	0:52	*63	
					1:30:52	1:45:46	2:02:26	2:08:53	2:14:59	2:17:15	2:41:58							
					*83	*70	*49	*62	*61	*97	*117							
1025			Lucia Luque Rubio COLMENAR FEMAD	en tarj.	30:03	----	1:18:07	1:25:01	1:32:50	1:52:11	1:55:48	2:08:45	2:24:56	2:43:09	2:55:25	2:56:32		
					30:03		48:04	6:54	7:49	19:21	3:37	12:57	16:11	18:13	12:16	1:07		
1027			Inmaculada Corregi COLMENAR FEMAD	en tarj.	1:12:06	----	2:00:12	2:07:08	2:14:42	2:34:15	2:37:47	2:50:51	3:06:32	3:25:22	3:37:24	3:38:31		
					1:12:06		48:06	6:56	7:34	19:33	3:32	13:04	15:41	18:50	12:02	1:07		

os		rsal	Nombre	Tiempo											
OPEN NARANJA (50)															
				4,3 km	145 m	11 C						<i>(cont.)</i>			
				1(118)	2(78)	3(32)	4(120)	5(119)	6(122)	7(123)	8(114)	9(107)	10(116)	11(200)	F
1026	Celia Jimenez Cabe	en tarj.	1:43:49	-----	2:31:56	2:39:06	2:46:36	3:06:13	3:09:53	3:22:53	3:38:11	3:57:17	4:09:21	4:10:26	
	COLMENAR FEMAD		1:43:49		48:07	7:10	7:30	19:37	3:40	13:00	15:18	19:06	12:04	1:05	
811	José Manuel Cobas	andona	50:09	57:18	-----	-----	-----	-----	-----	-----	-----	-----	-----	2:08:44	
	Independie FEMAD		50:09	7:09										1:11:26	
826	Vanessa Sabido	andona	1:27:59	2:00:13	2:20:07	2:27:27	2:48:16	-----	-----	-----	-----	-----	-----	-----	
	Independie FEMAD		1:27:59	32:14	19:54	7:20	20:49								
819	Alejandra Requena	andona	1:20:58	1:30:37	1:46:51	2:23:13	2:37:36	-----	-----	-----	-----	-----	-----	-----	
	CD Fundi-o FEMAD		1:20:58	9:39	16:14	36:22	14:23								
1023	Iván Arriaga Reque	andona	48:30	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	CD Fundi-o FEMAD		48:30												
828	Mohamed El Fadli	andona	56:03	1:27:35	1:47:20	1:55:29	2:16:00	-----	-----	-----	-----	-----	-----	-----	
	Independie FEMAD		56:03	31:32	19:45	8:09	20:31								
OPEN ROJO (32)															
				4,4 km	190 m						11 C				
				1(69)	2(85)	3(39)	4(59)	5(63)	6(83)	7(70)	8(62)	9(61)	10(117)	11(200)	F
1	1037 JESUS AMATE MARTI	49:50	4:45	8:48	12:25	19:35	22:08	29:15	34:07	36:47	39:35	43:25	49:14	49:50	
	MADRID BRIPAC		4:45	4:03	3:37	7:10	2:33	7:07	4:52	2:40	2:48	3:50	5:49	0:36	
2	677 Pablo Liras Laita	52:16	4:25	9:26	15:07	22:38	24:57	31:51	36:37	41:38	45:08	49:18	51:45	52:16	
	VALENCIA-O Valenci		4:25	5:01	5:41	7:31	2:19	6:54	4:46	5:01	3:30	4:10	2:27	0:31	
3	1054 PABLO TORRES DE	52:22	4:24	10:07	14:50	22:47	25:27	30:14	35:28	38:57	45:13	49:26	51:54	52:22	
	MADRID BRIPAC		4:24	5:43	4:43	7:57	2:40	4:47	5:14	3:29	6:16	4:13	2:28	0:28	
4	1043 DIEGO LACASTA LO	58:01	5:28	9:40	16:22	22:52	26:11	33:58	39:28	43:10	49:40	54:35	57:25	58:01	
	MADRID BRIPAC		5:28	4:12	6:42	6:30	3:19	7:47	5:30	3:42	6:30	4:55	2:50	0:36	
5	855 Jose Cejudo	59:28	5:08	8:58	13:22	24:10	28:16	35:35	43:38	46:37	50:25	55:21	58:57	59:28	
	Independie FEMAD		5:08	3:50	4:24	10:48	4:06	7:19	8:03	2:59	3:48	4:56	3:36	0:31	
6	1056 SERGIO SALAS POS	59:49	6:14	9:33	13:16	20:34	28:34	35:08	39:33	42:23	45:11	57:14	59:19	59:49	
	MADRID BRIPAC		6:14	3:19	3:43	7:18	8:00	6:34	4:25	2:50	2:48	12:03	2:05	0:30	
7	840 Víctor Herrero	59:57	12:14	18:35	22:20	28:21	30:41	38:06	43:04	46:59	49:40	57:24	59:32	59:57	
	Independie FEMAD		12:14	6:21	3:45	6:01	2:20	7:25	4:58	3:55	2:41	7:44	2:08	0:25	
8	1038 LEIVA CARDENAS	59:59	5:44	9:23	14:48	32:24	36:26	41:06	46:39	50:15	52:58	56:53	59:30	59:59	
	MADRID BRIPAC		5:44	3:39	5:25	17:36	4:02	4:40	5:33	3:36	2:43	3:55	2:37	0:29	
9	1067 Carlos Rodriguez G	1:03:01	7:08	12:06	20:40	29:42	32:54	39:23	45:25	49:39	53:31	59:37	1:02:25	1:03:01	
	COLMENAR Madrid		7:08	4:58	8:34	9:02	3:12	6:29	6:02	4:14	3:52	6:06	2:48	0:36	
10	697 Pablo Lebrero Carc	1:04:50	5:29	10:31	17:51	25:08	28:11	36:13	42:13	47:00	52:24	57:52	1:04:27	1:04:50	
	ADOL Sevilla		5:29	5:02	7:20	7:17	3:03	8:02	6:00	4:47	5:24	5:28	6:35	0:23	
11	1061 CRISTIAN CASTRILL	1:05:07	5:56	9:56	14:37	26:29	29:54	38:10	45:50	49:37	53:19	1:02:00	1:04:36	1:05:07	
	MADRID BRIPAC		5:56	4:00	4:41	11:52	3:25	8:16	7:40	3:47	3:42	8:41	2:36	0:31	
12	838 Florencio Tabuena	1:05:30	6:54	11:44	19:29	29:17	32:38	38:56	45:32	50:19	53:56	1:00:46	1:04:50	1:05:30	
	Independie FEMAD		6:54	4:50	7:45	9:48	3:21	6:18	6:36	4:47	3:37	6:50	4:04	0:40	
13	688 JESUS BALLESTER	1:07:35	5:23	13:21	22:04	28:37	33:45	40:43	47:51	51:40	54:37	1:05:00	1:07:10	1:07:35	
	COLMENAR Madrid		5:23	7:58	8:43	6:33	5:08	6:58	7:08	3:49	2:57	10:23	2:10	0:25	
14	843 Rebeca Arriaga Req	1:13:26	5:53	13:25	20:05	31:29	35:21	45:53	52:51	56:38	1:02:18	1:09:15	1:12:46	1:13:26	
	CD Fundi-o FEMAD		5:53	7:32	6:40	11:24	3:52	10:32	6:58	3:47	5:40	6:57	3:31	0:40	
15	1048 JUAN FRANCISCO A	1:16:14	13:20	17:49	29:18	37:46	41:13	50:38	58:06	1:02:01	1:06:10	1:12:19	1:15:33	1:16:14	
	MADRID BRIPAC		13:20	4:29	11:29	8:28	3:27	9:25	7:28	3:55	4:09	6:09	3:14	0:41	
16	1060 ZIGOR LAGE VITORI	1:16:48	6:16	11:14	19:01	31:44	35:58	41:36	52:31	56:38	1:00:13	1:13:13	1:16:15	1:16:48	
	MADRID BRIPAC		6:16	4:58	7:47	12:43	4:14	5:38	10:55	4:07	3:35	13:00	3:02	0:33	
17	1046 GUSTAVO PEREZ C	1:16:59	10:59	18:07	23:27	32:19	35:28	41:18	48:11	51:24	55:53	1:09:38	1:16:14	1:16:59	
	MADRID BRIPAC		10:59	7:08	5:20	8:52	3:09	5:50	6:53	3:13	4:29	13:45	6:36	0:45	
18	1058 JOSE M DOMINGUE	1:18:52	9:53	13:20	21:36	35:00	38:05	43:30	54:30	58:55	1:02:08	1:14:58	1:18:17	1:18:52	
	MADRID BRIPAC		9:53	3:27	8:16	13:24	3:05	5:25	11:00	4:25	3:13	12:50	3:19	0:35	

os	rsal	Nombre	Tiempo												F					
OPEN ROJO (32)				4,4 km 190 m			11 C			<i>(cont.)</i>										
				1(69)	2(85)	3(39)	4(59)	5(63)	6(83)	7(70)	8(62)	9(61)	10(117)	11(200)	F					
19	638	Alberto José Oliva TOLEDO-O Toledo	1:19:11	8:33	14:17	34:04	48:47	51:33	56:30	1:03:06	1:06:29	1:10:12	1:15:39	1:18:48	1:19:11					
20	650	Paco Jaén Guisado C.O.GUADAL Guada	1:19:45	8:33	5:44	19:47	14:43	2:46	4:57	6:36	3:23	3:43	5:27	3:09	0:23					
21	844	Miriam Santamaria Independie FEMAD	1:25:37	4:17	13:23	24:32	32:17	36:31	42:39	47:48	55:48	59:05	1:16:18	1:19:14	1:19:45					
22	704	Raúl Quintana Escal COV Valladolid	1:26:12	7:37	19:13	24:41	35:41	44:26	56:13	1:05:03	1:08:55	1:14:05	1:21:22	1:24:53	1:25:37					
23	687	Francisco Barrios CODAN EXTR Badaj	1:30:11	7:37	11:36	5:28	11:00	8:45	11:47	8:50	3:52	5:10	7:17	3:31	0:44					
24	854	Ignacio José Morale Club Monte FEMAD	1:48:03	13:27	19:10	24:23	37:51	42:22	49:50	56:59	1:03:17	1:14:07	1:22:16	1:25:41	1:26:12					
25	1028	David Cortes Martin COMANDO GU FEMA	1:49:55	13:27	5:43	5:13	13:28	4:31	7:28	7:09	6:18	10:50	8:09	3:25	0:31					
26	846	Javier Aznar Independie FEMAD	1:51:57	7:29	17:17	23:44	31:23	34:51	44:53	1:09:33	1:16:18	1:19:52	1:27:18	1:29:37	1:30:11					
27	1029	Anaime Pérez COMANDO GU FEMA	1:52:24	7:29	9:48	6:27	7:39	3:28	10:02	24:40	6:45	3:34	7:26	2:19	0:34					
28	841	Sara Arriaga Reque CD Fundi-o FEMAD	1:56:11	5:41	10:38	46:42	56:53	1:01:22	1:11:01	1:23:53	1:28:53	1:34:25	1:42:46	1:47:19	1:48:03					
29	707	Pedro Huelamo Val ELERUT Cuenca	2:00:47	5:41	4:57	36:04	10:11	4:29	9:39	12:52	5:00	5:32	8:21	4:33	0:44					
30	845	Manuel Carreras Za Independie FEMAD	2:12:16	14:39	21:18	33:15	55:32	1:03:55	1:09:38	1:21:20	1:26:10	1:30:32	1:46:08	1:49:18	1:49:55					
31	842	Alejandro Arriaga R CD Fundi-o FEMAD	2:13:17	14:39	6:39	11:57	22:17	8:23	5:43	11:42	4:50	4:22	15:36	3:10	0:37					
	1057	MAYTE SANCHEZ R MADRID BRIPAC	en tarj.	16:46	23:17	35:25	57:37	1:05:52	1:11:45	1:23:25	1:28:15	1:32:34	1:47:36	1:51:06	1:51:57					
				16:46	6:31	12:08	22:12	8:15	5:53	11:40	4:50	4:19	15:02	3:30	0:51					
				10:40	24:27	40:11	1:03:09	1:07:02	1:16:48	1:23:18	1:28:46	1:35:15	1:48:19	1:51:40	1:52:24					
				10:40	13:47	15:44	22:58	3:53	9:46	6:30	5:28	6:29	13:04	3:21	0:44					
				15:30	24:00	34:06	54:35	1:02:20	1:13:47	1:23:53	1:31:33	1:36:41	1:50:03	1:55:36	1:56:11					
				15:30	8:30	10:06	20:29	7:45	11:27	10:06	7:40	5:08	13:22	5:33	0:35					
				28:38	37:11	43:17	54:19	57:25	1:06:42	1:14:23	1:18:57	1:23:18	1:54:26	2:00:08	2:00:47					
				28:38	8:33	6:06	11:02	3:06	9:17	7:41	4:34	4:21	31:08	5:42	0:39					
				5:44	12:59	27:18	37:03	51:19	1:00:28	1:11:14	1:31:02	1:35:41	2:07:51	2:11:36	2:12:16					
				5:44	7:15	14:19	9:45	14:16	9:09	10:46	19:48	4:39	32:10	3:45	0:40					
				8:36	15:00	38:04	1:14:34	1:18:27	1:30:10	1:42:29	1:49:33	1:54:10	2:08:11	2:12:39	2:13:17					
				8:36	6:24	23:04	36:30	3:53	11:43	12:19	7:04	4:37	14:01	4:28	0:38					
				22:42	29:35	51:00	1:04:40	1:13:14	1:28:44	1:45:24	1:50:05	----	2:20:23	2:24:03	2:24:46					
				22:42	6:53	21:25	13:40	8:34	15:30	16:40	4:41	----	30:18	3:40	0:43					

2:12:42
 *200

H-65 (6)				3,0 km 170 m			8 C																
				1(112)	2(124)	3(114)	4(123)	5(70)	6(71)	7(84)	8(200)	F											
1	952	Roy Dawson GafanhOri FPO	32:39	4:45	7:44	8:52	11:45	18:43	27:14	29:16	32:03	32:39											
2	66	Bartolomé Molino C TOTANA-O Murcia	47:16	4:45	2:59	1:08	2:53	6:58	8:31	2:02	2:47	0:36											
3	5	Agustín Pajaro Voui ADOL Sevilla	50:58	6:24	11:27	12:55	16:33	24:27	38:28	42:28	46:39	47:16											
4	92	Víctor Manuel Garcí SANT JOAN Alicante	1:07:23	6:24	5:03	1:28	3:38	7:54	14:01	4:00	4:11	0:37											
5	1014	Armandino Cramez Ori-Estarr FPO	1:20:20	5:41	10:21	11:41	15:38	23:55	39:27	44:45	50:20	50:58											
26		Carles Lladó Badia COC Barcelona	en tarj.	5:41	4:40	1:20	3:57	8:17	15:32	5:18	5:35	0:38											
				12:30	18:35	22:09	26:29	37:41	55:37	1:00:45	1:06:14	1:07:23											
				12:30	6:05	3:34	4:20	11:12	17:56	5:08	5:29	1:09											
				7:38	11:29	13:04	16:19	50:58	1:11:09	1:14:44	1:19:20	1:20:20											
				7:38	3:51	1:35	3:15	34:39	20:11	3:35	4:36	1:00											
				7:55	13:45	15:47	19:34	49:10	-----	-----	-----												
				7:55	5:50	2:02	3:47	29:36															

D-60 (5)				2,5 km 110 m			7 C															
				1(112)	2(64)	3(114)	4(115)	5(61)	6(55)	7(200)	F											
1	951	Cathy Dawson GafanhOri FPO	47:22	7:36	13:03	15:42	25:11	37:27	40:21	46:34	47:22											
2	888	Maria São João CLAC FPO	54:07	7:36	5:27	2:39	9:29	12:16	2:54	6:13	0:48											
				7:37	13:10	17:14	35:29	46:12	48:45	53:26	54:07											
				7:37	5:33	4:04	18:15	10:43	2:33	4:41	0:41											

os	rsal	Nombre	Tiempo																
D-60 (5)				2,5 km 110 m		7 C		<i>(cont.)</i>											
			1(112)	2(64)	3(114)	4(115)	5(61)	6(55)	7(200)	F									
3	990	Hermínia Tavares Natura FPO	55:44	9:40	18:20	21:58	31:08	39:43	50:00	54:42	55:44								
				9:40	8:40	3:38	9:10	8:35	10:17	4:42	1:02								
4	934	Ana Carreira CPOC FPO	1:23:40	10:48	21:38	26:12	38:49	52:29	1:14:42	1:22:16	1:23:40								
				10:48	10:50	4:34	12:37	13:40	22:13	7:34	1:24								
5	981	Beatriz Leite Montepio G FPO	1:54:52	12:32	22:19	25:27	45:27	1:31:57	1:44:20	1:53:53	1:54:52								
				12:32	9:47	3:08	20:00	46:30	12:23	9:33	0:59								
D FEMADO (1)				8,6 km 335 m		15 C													
			1(74)	2(96)	3(106)	4(33)	5(81)	6(79)	7(39)	8(45)	9(47)	10(46)	11(60)	12(52)	13(67)	14(55)			
			15(200)	F															
1	751	Azucena San Juan d Club Sotob FEMAD	2:18:02	8:16	23:52	28:30	30:39	37:33	52:20	1:01:21	1:15:07	1:24:32	1:28:15	1:47:52	1:49:05	2:06:36	2:13:19		
				8:16	15:36	4:38	2:09	6:54	14:47	9:01	13:46	9:25	3:43	19:37	1:13	17:31	6:43		
				2:17:36	2:18:02														
				4:17	0:26														
H FEMADO (1)				12,2 km 465 m		22 C													
			1(31)	2(96)	3(106)	4(121)	5(37)	6(80)	7(79)	8(40)	9(41)	10(43)	11(44)	12(45)	13(47)	14(46)			
			15(97)	16(72)	17(51)	18(52)	19(91)	20(67)	21(55)	22(200)	F								
1	802	Juan Carlos Serran COLMENAR FEMAD	2:53:27	13:34	24:48	26:51	42:39	50:06	58:17	1:03:12	1:19:32	1:22:14	1:37:01	1:38:55	1:46:28	1:52:17	1:55:57		
				13:34	11:14	2:03	15:48	7:27	8:11	4:55	16:20	2:42	14:47	1:54	7:33	5:49	3:40		
				2:07:25	2:08:47	2:14:40	2:23:07	2:27:39	2:35:12	2:49:45	2:52:53	2:53:27							
				11:28	1:22	5:53	8:27	4:32	7:33	14:33	3:08	0:34							
H21 FEMADO (5)				9,3 km 385 m		19 C													
			1(90)	2(31)	3(81)	4(36)	5(37)	6(38)	7(82)	8(45)	9(44)	10(43)	11(47)	12(46)	13(97)	14(54)			
			15(91)	16(52)	17(84)	18(55)	19(200)	F											
1	762	Raul Sanchez Rodri RUMBO MADR FEMA	2:03:37	3:19	8:32	12:06	24:17	35:06	39:15	41:46	51:54	1:03:16	1:06:15	1:18:43	1:21:17	1:36:15	1:37:11		
				3:19	5:13	3:34	12:11	10:49	4:09	2:31	10:08	11:22	2:59	12:28	2:34	14:58	0:56		
				1:41:39	1:44:45	1:47:55	1:58:25	2:02:14	2:03:37										
				4:28	3:06	3:10	10:30	3:49	1:23										
2	761	Xavier Melguizo Ter RUMBO MADR FEMA	2:04:53	2:58	13:31	20:47	29:12	39:46	44:18	47:46	59:36	1:08:24	1:10:47	1:25:02	1:28:43	1:40:20	1:41:17		
				2:58	10:33	7:16	8:25	10:34	4:32	3:28	11:50	8:48	2:23	14:15	3:41	11:37	0:57		
				1:50:41	1:53:21	1:56:49	2:00:43	2:04:23	2:04:53										
				9:24	2:40	3:28	3:54	3:40	0:30										
3	760	Jose Manuel Robles Club Sotob FEMAD	2:15:45	3:28	13:39	18:55	25:46	36:55	41:47	44:28	57:16	1:09:12	1:12:28	1:26:56	1:28:45	1:47:17	1:48:16		
				3:28	10:11	5:16	6:51	11:09	4:52	2:41	12:48	11:56	3:16	14:28	1:49	18:32	0:59		
				1:52:57	1:55:55	2:00:49	2:10:32	2:15:10	2:15:45										
				4:41	2:58	4:54	9:43	4:38	0:35										
757	Alberto Gómez Sori RUMBO MADR FEMA	andona	8:24	24:43	51:25	1:04:13	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
			8:24	16:19	26:42	12:48	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
			-----	-----	-----	-----	1:58:37	1:59:15											
							54:24	0:38											
759	Ignacio Garcia Losa COLMENAR FEMAD	andona	4:43	37:03	46:37	57:10	2:15:43	2:21:24	2:25:09	-----	-----	-----	-----	-----	-----	-----	-----		
			4:43	32:20	9:34	10:33	1:18:33	5:41	3:45	-----	-----	-----	-----	-----	-----	-----	-----		
			-----	-----	-----	-----	-----	3:41:03	1:15:54										