



Pl	Stno	Name	Time														
<b>D-21A (23)</b>				<b>3.5 km 80 m 14 C</b>				<i>(cont.)</i>									
				1(41) F	2(42)	3(44)	4(63)	5(43)	6(81)	7(93)	8(71)	9(64)	10(55)	11(86)	12(69)	13(79)	14(100)
9	348	Viel García Anita CRON La Rioja	37:44	5:50 5:50 37:44 0:40	8:13 2:23	9:31 1:18	10:11 0:40	10:44 0:33	11:56 1:12	15:26 3:30	17:33 2:07	23:23 5:50	24:16 0:53	26:21 2:05	32:50 6:29	35:29 2:39	37:04 1:35
10	464	Martinez Arjona Laia COB Barcelona	38:12	4:50 4:50 38:12 0:29	7:46 2:56	9:03 1:17	9:47 0:44	10:42 0:55	11:50 1:08	21:00 9:10	23:02 2:02	25:39 2:37	26:27 0:48	28:56 2:29	34:22 5:26	36:24 2:02	37:43 <b>1:19</b>
11	321	Illamola Colomer Adel UEVIC Barcelona	38:40	5:35 5:35 38:40 0:40	8:52 3:17	10:25 1:33	11:22 0:57	12:09 0:47	13:42 1:33	18:25 4:43	20:58 2:33	23:27 2:29	24:31 1:04	27:03 2:32	33:13 6:10	36:01 2:48	38:00 1:59
11	327	Serrat Grané Alba UEVIC Barcelona	38:40	6:06 6:06 38:40 0:41	8:44 2:38	10:17 1:33	11:13 0:56	11:50 0:37	13:37 1:47	18:13 4:36	20:29 2:16	23:25 2:56	24:26 1:01	27:51 3:25	33:39 5:48	36:01 2:22	37:59 1:58
13	345	Monsalve Collado Mar E D ALCON León	38:41	5:34 5:34 38:41 0:34	8:31 2:57	10:15 1:44	11:23 1:08	12:19 0:56	14:15 1:56	18:14 3:59	21:02 2:48	22:50 1:48	24:10 1:20	27:10 3:00	34:09 6:59	36:45 2:36	38:07 1:22
14	394	García Domene Mari C UNIVERSIDA Alicante	39:06	5:12 5:12 39:06 0:38	7:38 2:26	9:01 1:23	9:46 0:45	10:50 1:04	12:15 1:25	16:03 3:48	18:21 2:18	20:31 2:10	21:56 1:25	24:20 2:24	34:52 10:32	36:53 2:01	38:28 1:35
15	186	Iglesias Ayllón Alicia MONTELLANO Sevilla	40:18	5:20 5:20 40:18 0:42	8:09 2:49	9:24 1:15	10:13 0:49	10:50 0:37	12:20 1:30	16:28 4:08	19:06 2:38	22:29 3:23	26:32 4:03	29:07 2:35	35:34 6:27	37:57 2:23	39:36 1:39
16	178	Baquero Candau Elois MONTELLANO Sevilla	41:14	5:31 5:31 41:14 0:39	8:07 2:36	9:40 1:33	10:37 0:57	12:03 1:26	13:19 1:16	17:12 3:53	19:23 2:11	21:34 2:11	22:45 1:11	29:04 6:19	35:44 6:40	38:37 2:53	40:35 1:58
17	277	Sánchez Velasco Este TOTANA-O Murcia	41:15	6:11 6:11 41:15 0:49	9:18 3:07	10:45 1:27	11:34 0:49	12:20 0:46	14:04 1:44	18:47 4:43	21:17 2:30	23:45 2:28	24:49 1:04	27:39 2:50	35:33 7:54	38:13 2:40	40:26 2:13
18	320	Güell Rovira Virginia UEVIC Barcelona	43:41	7:33 7:33 43:41 0:44	10:36 3:03	12:14 1:38	13:02 0:48	13:45 0:43	15:31 1:46	19:54 4:23	22:49 2:55	25:17 2:28	26:30 1:13	29:17 2:47	37:57 8:40	41:07 3:10	42:57 1:50
19	173	Romera García María LORCA-O Murcia	44:31	6:10 6:10 44:31 0:40	8:54 2:44	14:47 5:53	15:34 0:47	16:13 0:39	17:56 1:43	22:58 5:02	25:12 2:14	27:20 2:08	28:17 0:57	31:00 2:43	39:52 8:52	42:00 2:08	43:51 1:51
20	210	López Moure Yolanda LOS CALIFA Córdoba	44:42	6:20 6:20 44:42 0:39	10:06 3:46	11:33 1:27	12:43 1:10	13:37 0:54	15:45 2:08	19:57 4:12	27:18 7:21	29:24 2:06	30:26 1:02	32:35 2:09	39:07 6:32	42:10 3:03	44:03 1:53
21	136	Badia Comas Meritxel FARRA-O Barcelona	46:32	7:06 7:06 46:32 0:33	9:28 2:22	10:37 1:09	11:17 0:40	11:52 0:35	13:24 1:32	24:39 11:15	26:56 2:17	30:47 3:51	31:35 0:48	33:43 2:08	42:37 8:54	44:27 <b>1:50</b>	45:59 1:32
22	317	Barri Cortés Lidia UEVIC Barcelona	47:56	6:06 6:06 47:56 0:39	9:08 3:02	10:32 1:24	11:49 1:17	14:02 2:13	15:15 1:13	19:42 4:27	22:19 2:37	24:30 2:11	25:42 1:12	36:26 10:44	43:01 6:35	45:49 2:48	47:17 1:28
23	300	Sanz Salamanca Glori COV Valladolid	58:55	6:16 6:16 58:55 <b>0:27</b>	8:56 2:40	14:23 5:27	14:59 <b>0:36</b>	18:43 3:44	20:05 1:22	25:39 5:34	28:04 2:25	30:23 2:19	32:03 1:40	36:03 4:00	55:13 19:10	57:07 1:54	58:28 1:21
<b>D-21B (26)</b>				<b>3.2 km 55 m 12 C</b>													
				1(74)	2(84)	3(88)	4(75)	5(83)	6(54)	7(78)	8(56)	9(58)	10(80)	11(85)	12(100)	F	
1	529	FERNANDEZ MANZAN FEDO FEDO	36:11	3:40 3:40	<b>6:12</b> 2:32	7:39 1:27	9:32 1:53	12:23 2:51	<b>15:19</b> <b>2:56</b>	19:39 4:20	<b>23:44</b> 4:05	<b>29:13</b> 5:29	<b>30:44</b> 1:31	<b>32:14</b> 1:30	<b>35:40</b> 3:26	<b>36:11</b> <b>0:31</b>	
2	30	Pajaro Blázquez Marta ADOL SEVILLA	36:55	<b>3:36</b> 2:50	6:26 1:12	7:38 2:26	10:04 <b>2:13</b>	12:17 3:29	15:46 3:29	<b>17:03</b> 1:17	26:15 9:12	31:09 4:54	32:48 1:39	34:14 1:26	36:14 2:00	36:55 0:41	
3	305	Gutierrez Sanchez Ma VELETA Granada	38:16	4:18 4:18 17:36 <b>*64</b>	6:19 <b>2:01</b>	<b>7:13</b> <b>0:54</b>	<b>8:53</b> <b>1:40</b>	<b>11:07</b> 2:14	18:33 7:26	19:47 <b>1:14</b>	23:46 <b>3:59</b>	33:11 9:25	34:12 <b>1:01</b>	35:51 1:39	37:43 1:52	38:16 0:33	
4	476	Moreno Rodríguez Ma ALABARDA-O Madrid	41:20	4:38 4:38	7:04 2:26	8:35 1:31	10:51 2:16	13:36 2:45	17:32 3:56	18:53 1:21	29:13 10:20	33:53 4:40	35:36 1:43	38:57 3:21	40:49 1:52	41:20 <b>0:31</b>	
5	133	Herruzo Caro Beatriz CON CORDOB Córdoba	41:27	4:05 4:05	6:39 1:28	8:07 1:28	11:14 3:07	13:50 2:36	17:29 3:39	24:33 7:04	29:45 5:12	35:16 5:31	36:39 1:23	38:26 1:47	40:45 2:19	41:27 0:42	
6	459	Casas Roldán Mariona COB Barcelona	42:22	3:50 3:50	6:39 2:49	7:46 1:07	9:40 1:54	13:21 3:41	20:15 6:54	24:18 4:03	31:28 7:10	36:25 4:57	37:49 1:24	40:01 2:12	41:51 <b>1:50</b>	42:22 <b>0:31</b>	
7	302	COBOS BARRERA EN VELETA Granada	42:32	3:46 3:46	6:14 2:28	9:19 3:05	12:18 2:59	14:50 2:32	19:55 5:05	21:45 1:50	26:53 5:08	32:44 5:51	34:24 1:40	39:09 4:45	41:54 2:45	42:32 0:38	
8	36	Pasión Rodríguez Veri ADOL SEVILLA	43:15	4:25 4:25	7:19 2:54	8:36 1:17	10:42 2:06	15:11 4:29	21:24 6:13	25:19 3:55	30:00 4:41	35:58 5:58	38:13 2:15	40:06 1:53	42:37 2:31	43:15 0:38	
9	303	García Muñoz Azucena VELETA Granada	44:08	4:28 4:28	7:25 2:57	8:50 1:25	11:53 3:03	15:10 3:17	20:52 5:42	22:40 1:48	30:18 7:38	38:10 7:52	39:52 1:42	41:17 <b>1:25</b>	43:27 2:10	44:08 0:41	
10	152	Berna Cerda Susana LORCA-O Murcia	46:58	3:55 3:55	6:38 2:43	7:48 1:10	10:37 2:49	13:40 3:03	17:57 4:17	22:37 4:40	31:58 9:21	38:04 6:06	40:06 2:02	42:45 2:39	46:13 3:28	46:58 0:45	

Pl	Stno	Name	Time													F	
<b>D-21B (26)</b>			<b>3.2 km 55 m 12 C</b>			<i>(cont.)</i>											
				1(74)	2(84)	3(88)	4(75)	5(83)	6(54)	7(78)	8(56)	9(58)	10(80)	11(85)	12(100)	F	
11	445	Rodríguez Guerro Noe NAVALCAN-O Toledo	49:23	4:37 4:37	9:32 4:55	10:51 1:19	14:20 3:29	17:36 3:16	24:37 7:01	26:48 2:11	32:37 5:49	41:12 8:35	43:31 2:19	46:02 2:31	48:33 2:31	49:23 0:50	
12	426	Coll Moya Alicia NAVALCAN-O Toledo	51:31	4:50 4:50	8:34 3:44	19:13 10:39	22:08 2:55	25:00 2:52	29:00 4:00	30:57 1:57	37:43 6:46	44:23 6:40	45:49 1:26	47:48 1:59	50:33 2:45	51:31 0:58	
13	395	González López Susar UNIVERSIDA Alicante	54:43	5:37 5:37	8:50 3:13	11:34 2:44	13:55 2:21	16:52 2:57	21:26 4:34	25:35 4:09	40:38 15:03	46:20 5:42	47:56 1:36	49:29 1:33	54:08 4:39	54:43 0:35	
14	438	Martínez Rodríguez M NAVALCAN-O Toledo	54:47	5:21 54:02 *100	8:35 3:14	9:54 1:19	13:11 3:17	16:45 3:34	20:50 4:05	25:34 4:44	33:08 7:34	40:56 7:48	43:10 2:14	50:35 7:25	54:00 3:25	54:47 0:47	
15	138	Gracia Gibert Maria FARRA-O Barcelona	56:11	4:57 4:57	8:00 3:03	10:24 2:24	13:01 2:37	17:09 4:08	22:36 5:27	28:48 6:12	34:09 5:21	41:18 7:09	49:51 8:33	52:06 2:15	55:36 3:30	56:11 0:35	
16	430	García Fernández Cris NAVALCAN-O Toledo	57:12	6:58 6:58	11:08 4:10	12:45 1:37	15:39 2:54	19:18 3:39	25:21 6:03	27:16 1:55	36:48 9:32	43:39 6:51	47:22 3:43	53:03 5:41	56:28 3:25	57:12 0:44	
17	17	García Castillo Anabel ADOL SEVILLA	58:13	5:29 5:29	9:31 4:02	11:10 1:39	13:56 2:46	17:15 3:19	27:11 9:56	30:29 3:18	39:28 8:59	47:08 7:40	49:22 2:14	53:28 4:06	57:30 4:02	58:13 0:43	
18	206	Camara Criado Lucia LOS CALIFA Córdoba	59:48	5:24 5:24	8:53 3:29	13:45 4:52	16:09 2:24	20:02 3:53	27:40 7:38	32:28 4:48	40:15 7:47	46:29 6:14	54:13 7:44	56:29 2:16	59:02 2:33	59:48 0:46	
19	291	Márquez Pretel Veróni VALENCIA-O Valencia	1:00:22	4:40 4:40	8:18 3:38	10:52 2:34	12:58 2:06	15:52 2:54	20:51 4:59	27:00 6:09	39:26 12:26	44:56 5:30	46:39 1:43	56:57 10:18	59:42 2:45	1:00:22 0:40	
20	466	Salada Domene Vanes COB Barcelona	1:04:10	4:18 4:18	6:57 2:39	8:47 1:50	11:35 2:48	14:21 2:46	25:17 10:56	27:12 1:55	46:57 19:45	53:19 6:22	55:20 2:01	59:21 4:01	1:03:39 4:18	1:04:10 0:31	
21	439	Muñoz Bardera Irene NAVALCAN-O Toledo	1:05:52	4:11 4:11	7:13 3:02	9:50 2:37	13:50 4:00	16:53 3:03	21:32 4:39	25:10 3:38	34:43 9:33	48:33 13:50	49:52 1:19	1:02:16 12:24	1:05:07 2:51	1:05:52 0:45	
22	556	Arjona Aldana Mireia ADOL SEVILLA	1:06:09	4:00 51:35 *79	6:40 2:40	9:56 3:16	12:44 2:48	15:09 2:25	21:54 6:45	28:47 6:53	43:52 15:05	47:38 3:46	49:59 2:21	1:03:15 13:16	1:05:31 2:16	1:06:09 0:38	
23	264	Bautista Rodríguez M TOTANA-O Murcia	1:10:43	4:40 4:40	8:07 3:27	13:03 4:56	16:25 3:22	19:04 2:39	23:42 4:38	31:12 7:30	46:23 15:11	1:02:31 16:08	1:04:44 2:13	1:06:57 2:13	1:09:29 2:32	1:10:43 1:14	
24	496	Ruiz García Milagros ORIENTIJOT Cuenca	1:11:18	6:34 6:34	10:58 4:24	12:57 1:59	16:52 3:55	22:35 5:43	31:47 9:12	34:37 2:50	44:29 9:52	57:22 12:53	1:00:10 2:48	1:06:39 6:29	1:10:25 3:46	1:11:18 0:53	
25	437	Martínez Fernández Vi NAVALCAN-O Toledo	1:39:41	10:43 10:43	21:41 10:58	23:00 1:19	29:43 6:43	34:36 4:53	41:16 6:40	44:28 3:12	53:18 8:50	1:26:50 33:32	1:32:16 5:26	1:34:22 2:06	1:38:29 4:07	1:39:41 1:12	
26	170	Ochotorena Ramirez M LORCA-O Murcia	1:41:31	4:16 1:31:09 *79	8:43 4:27	11:00 2:17	14:07 3:07	18:05 3:58	32:00 13:55	39:57 7:57	1:04:15 24:18	1:20:20 16:05	1:27:36 7:16	1:36:15 8:39	1:40:44 4:29	1:41:31 0:47	
<b>D-35A (11)</b>			<b>3.5 km 80 m 14 C</b>														
				1(41)	2(42)	3(44)	4(63)	5(43)	6(81)	7(93)	8(71)	9(64)	10(55)	11(86)	12(69)	13(79)	14(100)
1	65	Amigó Bertrán Anna COC Barcelona	26:35	4:06 4:06 26:35 0:28	6:06 2:00	7:09 1:03	7:45 0:36	8:13 0:28	9:23 1:10	12:23 3:00	14:19 1:56	16:04 1:45	16:46 0:42	18:23 1:37	22:46 4:23	24:52 2:06	26:07 1:15
2	181	Bernardino Ortega Es MONTELLANO Sevilla	29:17	4:20 4:20 29:17 0:25	6:31 2:11	7:43 1:12	8:25 0:42	8:59 0:34	10:03 1:04	13:31 3:28	15:46 2:15	17:47 2:01	18:34 0:47	20:15 1:41	25:56 5:41	27:37 1:41	28:52 1:15
3	452	Domingo Santos Bárb Ñ ULTRAFON Madrid	29:49	4:47 4:47 29:49 0:27	6:51 2:04	8:01 1:10	8:47 0:46	9:17 0:30	10:33 1:16	14:11 3:38	16:04 1:53	17:49 1:45	18:39 0:50	20:32 1:53	25:51 5:19	28:05 2:14	29:22 1:17
4	325	Padrós Rombouts Ingi UEVIC Barcelona	33:09	4:31 4:31 33:09 0:27	7:37 3:06	12:42 5:05	13:15 0:33	13:44 0:29	14:48 1:04	17:20 2:32	19:07 1:47	20:37 1:30	21:19 0:42	24:02 2:43	29:47 5:45	31:29 1:42	32:42 1:13
5	551	Romero Martínez Mari TOTANA-O Murcia	34:52	4:55 4:55 34:52 0:37	7:28 2:33	8:50 1:22	9:40 0:50	10:20 0:40	11:45 1:25	15:34 3:49	18:31 2:57	21:35 3:04	22:31 0:56	25:10 2:39	30:25 5:15	32:41 2:16	34:15 1:34
6	500	Skangale Ilze Burkanciem LOF	37:46	4:39 4:39 37:46 0:39	6:41 2:02	7:54 1:13	8:33 0:39	9:21 0:48	10:57 1:36	14:10 3:13	16:18 2:08	19:19 3:01	19:58 0:39	29:44 9:46	33:51 4:07	35:45 1:54	37:07 1:22
7	474	Jiménez Baena Merce ALABARDA-O Madrid	38:52	5:06 5:06 38:52 0:37	7:32 2:26	8:55 1:23	9:45 0:50	10:29 0:44	11:50 1:21	15:15 3:25	18:13 2:58	20:13 2:00	23:04 2:51	26:35 3:31	34:43 8:08	36:47 2:04	38:15 1:28
8	384	Domingo Santos Nata TJALVE Burgos	47:22	5:21 5:21 47:22 0:32	7:46 2:25	9:01 1:15	9:50 0:49	11:20 1:30	14:27 3:07	20:19 5:52	25:45 5:26	27:38 1:53	28:35 0:57	30:33 1:58	35:57 5:24	45:22 9:25	46:50 1:28
9	101	Cuenca Adán Brígida COMA Málaga	50:32	6:30 6:30 50:32 0:45	9:08 2:38	10:35 1:27	11:28 0:53	12:14 0:46	14:45 2:31	18:35 3:50	20:41 2:06	27:02 6:21	28:30 1:28	31:09 2:39	45:14 14:05	47:16 2:02	49:47 2:31
10	122	Roldan Pareja Marian COMA Málaga	59:22	6:05 6:05 59:22 0:34	8:25 2:20	9:51 1:26	14:51 5:00	15:34 0:43	17:15 1:41	29:55 12:40	32:23 2:28	35:22 2:59	40:11 4:49	46:27 6:16	53:40 7:13	57:13 3:33	58:48 1:35
219	Castro Montserrat Mei Oros Barcelona	mp	5:37 5:37 44:48	8:47 3:10	11:56 3:09	12:42 0:46	-----	15:05 2:23	19:26 4:21	25:18 5:52	28:00 2:42	29:18 1:18	31:48 2:30	39:06 7:18	42:34 3:28	44:10 1:36	







Pl	Stno	Name	Time														
<b>H-16 (25)</b>				<b>3.6 km 100 m 16 C</b>											<i>(cont.)</i>		
				1(41) 15(38)	2(42) 16(100)	3(44) F	4(63)	5(81)	6(93)	7(72)	8(86)	9(87)	10(58)	11(60)	12(59)	13(80)	14(79)
12	165	Gracia Ochotorena Al LORCA-O Murcia	38:02	4:44 4:44 37:20 1:29	6:56 2:12 37:40 0:20	7:53 0:57 38:02 0:22	8:44 0:51 1:13	9:57 1:13	12:45 2:48	14:48 2:03	19:16 4:28	21:31 2:15	25:13 3:42	33:47 8:34	34:12 0:25	34:50 0:38	35:51 1:01
13	275	Sánchez Pérez Pedro TOTANA-O Murcia	38:22	4:02 4:02 37:21 1:32	6:21 2:19 37:51 0:30	7:25 1:04 38:22 0:31	8:04 0:39	9:24 1:20	15:14 5:50	16:54 1:40	22:56 6:02	25:55 2:59	29:18 3:23	30:58 1:40	31:56 0:58	34:11 2:15	35:49 1:38
14	228	Martínez Masedo Jorg RUMBO-MADR Madrid	38:36	4:37 4:37 37:38 1:39	6:39 2:02 38:08 0:30	10:49 4:10 38:36 0:28	11:21 0:32	12:57 1:36	16:28 3:31	19:11 2:43	22:03 2:52	24:33 2:30	28:08 3:35	33:07 4:59	33:37 0:30	34:16 0:39	35:59 1:43
15	333	Cutillas Muñoz Cristia VILLENDA-O Alicante	40:35	5:01 5:01 39:39 1:20	7:06 2:05 40:05 0:26	8:09 1:03 40:35 0:30	9:14 1:05	10:30 1:16	16:31 6:01	17:44 1:13	23:25 5:41	25:07 1:42	33:22 8:15	35:33 2:11	36:11 0:38	36:44 0:33	38:19 1:35
16	250	Patiño Déniz Nicolás TOLEDO-O Toledo	40:42	5:36 5:36 39:44 1:32	8:19 2:43 40:20 0:36	9:43 1:24 40:42 0:22	10:27 0:44	12:26 1:59	20:35 8:09	25:26 4:51	28:05 2:39	30:04 1:59	33:04 3:00	34:39 1:35	35:34 0:55	36:12 0:38	38:12 2:00
17	360	Madoz de Vidal Miguel FUNDI-O Cádiz	40:46	4:28 4:28 39:50 1:25	6:26 1:58 40:16 0:26	7:36 1:10 40:46 0:30	8:19 0:43	9:44 1:25	12:50 3:06	22:38 9:48	27:29 4:51	30:04 2:35	33:21 3:17	35:52 2:31	36:37 0:45	37:05 0:28	38:25 1:20
18	420	Rodríguez Alonso Jori VIA PLATA Cáceres	41:55	9:09 9:09 40:57 1:17	11:01 1:52 41:23 0:26	12:27 1:26 41:55 0:32	17:01 4:34	18:30 1:29	24:38 6:08	26:17 1:39	30:13 3:56	32:21 2:08	35:27 3:06	37:01 1:34	37:39 0:38	38:16 0:37	39:40 1:24
19	172	Peñarrubia Blanch Pal LORCA-O Murcia	43:58	5:22 5:22 43:03 1:39	7:55 2:33 43:31 0:28	9:07 1:12 43:58 0:27	10:04 0:57	11:48 1:44	18:03 6:15	20:20 2:17	23:07 2:47	26:02 2:55	29:52 3:50	37:54 8:02	38:26 0:32	39:14 0:48	41:24 2:10
20	364	Martín Blanco Javier FUNDI-O Cádiz	45:16	4:42 4:42 44:20 1:28	6:49 2:07 44:49 0:29	7:55 1:06 45:16 0:27	8:42 0:47	10:18 1:36	13:54 3:36	15:54 2:00	23:26 7:32	25:45 2:19	36:52 11:07	39:33 2:41	40:22 0:49	41:07 0:45	42:52 1:45
21	365	Monís Aguilar Alejand FUNDI-O Cádiz	48:13	6:40 6:40 47:18 1:58	10:36 3:56 47:44 0:26	12:28 1:52 48:13 0:29	14:39 2:11	17:10 2:31	24:07 6:57	25:59 1:52	29:36 3:37	33:33 3:57	38:33 5:00	41:22 2:49	42:33 1:11	43:11 0:38	45:20 2:09
22	515	Ruiz Mercado David EMD Villac Jaén	48:43	8:48 8:48 47:56 1:31	11:52 3:04 48:20 0:24	15:40 3:48 48:43 0:23	16:27 0:47	18:06 1:39	24:33 6:27	30:53 6:20	33:13 2:20	36:27 3:14	41:30 5:03	43:15 1:45	44:01 0:46	44:45 0:44	46:25 1:40
23	516	Sarmiento Robles Ped EMD Villac Jaén	53:19	5:17 5:17 52:27 1:30	7:43 2:26 52:55 0:28	8:50 1:07 53:19 0:24	12:11 3:21	18:09 5:58	21:51 3:42	27:31 5:40	32:48 5:17	35:58 3:10	41:51 5:53	45:45 3:54	46:34 0:49	49:06 2:32	50:57 1:51
24	45	Santiago Romero San ADOL SEVILLA	58:45	4:58 4:58 57:39 2:59	7:13 2:15 58:12 0:33	8:24 1:11 58:45 0:33	9:28 1:04	11:07 1:39	15:57 4:50	25:13 9:16	28:41 3:28	40:23 11:42	45:05 4:42	49:05 4:00	49:51 0:46	50:26 0:35	54:40 4:14
25	262	Andreo Vilaplana Pedr TOTANA-O Murcia	1:05:28	5:22 5:22 1:04:29 1:58	8:04 2:42 1:04:56 0:27	9:23 1:19 1:05:28 0:32	10:09 0:46	12:45 2:36	26:05 13:20	28:14 2:09	31:07 2:53	46:04 14:57	50:03 3:59	58:23 8:20	58:57 0:34	1:00:03 1:06	1:02:31 2:28

<b>H-18A (14)</b>				<b>4.3 km 100 m 19 C</b>													
				1(62) 15(73)	2(63) 16(61)	3(42) 17(69)	4(70) 18(90)	5(71) 19(100)	6(72) F	7(55)	8(64)	9(54)	10(65)	11(66)	12(67)	13(68)	14(59)
1	342	Sánchez Serrano Luis VILLENDA-O Alicante	28:54	3:19 3:19 23:47 0:38	6:18 2:59 25:54 0:40	7:21 1:03 26:34 0:49	9:54 2:33 27:13 0:39	11:18 1:24 28:29 1:16	13:42 2:24 28:54 0:25	14:08 0:26	14:40 0:32	15:10 0:30	17:12 2:02	18:26 1:14	20:32 2:06	21:46 1:14	23:09 1:23
2	463	Llorens Caellas Pau COB Barcelona	31:26	4:07 4:07 26:18 0:39	7:16 3:09 28:09 1:51	8:17 1:01 28:57 0:48	11:17 3:00 29:42 0:45	12:48 1:31 31:01 1:19	14:09 1:21 31:26 0:25	15:15 1:06	15:46 0:31	16:18 0:32	18:44 2:26	20:35 1:51	22:43 2:08	23:55 1:12	25:39 1:44
3	194	Moreno González Pedr MONTELLANO Sevilla	33:24	4:57 4:57 27:21 0:42	7:14 2:17 29:54 2:33	8:26 1:12 30:42 0:48	11:31 3:05 31:24 0:42	13:16 1:45 33:02 1:38	14:39 1:23 33:24 0:22	15:15 0:36	15:54 0:39	16:31 0:37	19:16 2:45	21:01 1:45	23:17 2:16	24:48 1:31	26:39 1:51
4	308	Linares Rodríguez Rol VELETA Granada	34:25	3:54 3:54 28:53 0:38	6:03 2:09 31:10 2:17	7:05 1:02 31:59 0:49	12:56 5:51 32:46 0:47	14:38 1:42 34:02 1:16	16:07 1:29 34:25 0:23	17:02 0:55	17:33 0:31	18:04 0:31	20:37 2:33	22:44 2:07	24:43 1:59	25:56 1:13	28:15 2:19
5	455	Nogales Pastrana Mar COLMENAR Madrid	35:23	3:45 3:45 29:02 1:31	5:39 1:54 31:28 2:26	6:47 1:08 32:49 1:21	9:38 2:51 33:34 0:45	11:27 1:49 34:57 1:23	14:11 2:44 35:23 0:26	14:53 0:42	15:30 0:37	16:06 0:36	18:48 2:42	22:47 3:59	24:43 1:56	25:56 1:13	27:31 1:35
6	339	Mérida Sanchís Sergic VILLENDA-O Alicante	37:48	4:38 4:38 31:51 0:52	7:22 2:44 34:14 2:23	8:33 1:11 35:20 1:06	11:20 2:47 36:00 0:40	13:03 1:43 37:27 1:27	14:39 1:36 37:48 0:21	18:11 3:32	18:44 0:33	19:54 1:10	23:41 3:47	25:33 1:52	27:51 2:18	29:20 1:29	30:59 1:39





Pl	Stno	Name	Time																
<b>H-20A (13)</b>				<b>6.3 km 150 m 23 C</b>															
				<i>(cont.)</i>															
				1(41) 15(55)	2(42) 16(56)	3(43) 17(57)	4(44) 18(66)	5(45) 19(58)	6(46) 20(60)	7(47) 21(59)	8(48) 22(61)	9(49) 23(100)	10(50) F	11(52)	12(51)	13(53)	14(54)		
12	329	Ayelo Sánchez Fernan VILLENA-O Alicante	59:16	4:09 4:09 43:40	5:57 1:48 46:49	7:05 1:08 49:10	7:58 0:53 50:19	8:50 0:52 53:21	15:08 6:18 54:28	15:48 0:40 55:09	17:42 1:54 57:19	20:24 2:42 58:43	24:07 3:43 59:16	28:49 4:42	30:20 1:31	33:29 3:09	37:39 4:10		
13	411	Laguna Gutiérrez Saúl CDP-O Valladolid	1:12:25	5:20 5:20 47:54	7:25 2:05 51:33	8:57 1:32 55:19	10:20 1:23 57:13	11:15 0:55 1:01:01	17:16 6:01 1:05:09	18:26 1:10 1:05:54	21:25 2:59 1:10:01	24:01 2:36 1:11:47	30:56 6:55 1:12:25	35:09 4:13	36:59 1:50	40:58 3:59	46:18 5:20		
				1(89) 15(67)	2(42) 16(68)	3(44) 17(73)	4(63) 18(79)	5(45) 19(69)	6(48) 20(90)	7(50) 21(100)	8(53) F	9(71)	10(54)	11(77)	12(82)	13(64)	14(57)		
1	520	Nikolaisen Per-Ivan Oppsal IF NOF	36:24	3:00 3:00 26:58	5:03 2:03 28:15	5:57 0:54 30:18	6:31 0:34 32:48	7:07 0:36 33:57	8:21 1:14 34:36	12:20 3:59 36:00	13:48 1:28 36:24	15:14 1:26	17:42 2:28	19:40 1:58	20:20 0:40	21:45 1:25	24:39 2:54		
2	314	Andreu Solà Oriol UEVIC Barcelona	40:40	4:28 4:28 30:30	6:50 2:22 32:01	8:01 1:11 34:17	8:36 0:35 36:15	9:22 0:46 37:53	10:53 1:31 38:42	9:22 1:58 40:17	10:53 1:55 40:40	14:15 2:10 40:40	16:13 1:29	18:08 1:55	20:18 2:10	21:47 1:29	22:38 0:51	24:17 1:39	27:50 3:33
3	301	Tejero Rioseras Ignaci COV Valladolid	40:53	4:07 4:07 29:40	6:25 2:18 31:40	7:33 1:08 34:32	8:06 0:33 35:57	9:05 0:59 38:21	10:24 1:19 39:05	13:19 2:55 40:32	15:02 1:43 40:53	17:01 1:59	20:47 3:46	22:04 1:17	22:53 0:49	24:12 1:19	27:26 3:14		
4	135	Angulo de Pablo Edua CORZO Burgos	41:43	4:15 4:15 31:45	6:47 2:32 33:02	8:09 1:22 35:57	8:51 0:42 37:47	9:44 0:53 39:07	11:09 1:25 39:50	14:26 3:17 41:14	16:26 2:00 41:43	18:19 1:53	20:20 2:01	22:03 1:43	23:40 1:37	25:31 1:51	29:18 3:47		
5	287	Flández Moncholí Jain UPV-O Valencia	42:20	3:35 3:35 29:57	5:46 2:11 31:37	6:46 1:00 34:05	7:32 0:46 37:56	8:13 0:41 39:15	9:38 1:25 40:02	13:39 4:01 41:50	15:24 1:45 42:20	17:16 1:52	19:34 2:18	21:05 1:31	21:59 0:54	23:39 1:40	27:22 3:43		
6	20	García Saavedra Álvaro ADOL SEVILLA	42:24	3:43 3:43 31:15	5:55 2:12 32:46	6:51 0:56 36:20	7:24 0:33 38:09	8:04 0:40 39:38	12:52 4:48 40:21	15:46 2:54 41:56	17:27 1:41 42:24	19:03 1:36	21:01 1:58	22:51 1:50	23:36 0:45	25:07 1:31	28:20 3:13		
7	408	Conejo Garrote Albert CDP-O Valladolid	42:25	4:01 4:01 32:52	6:57 2:56 34:20	9:33 2:36 36:40	10:02 0:29 38:26	10:53 0:51 39:57	12:14 1:21 40:34	15:05 2:51 42:00	17:33 2:28 42:25	19:46 2:13	22:26 2:40	23:47 1:21	25:13 1:26	26:45 1:32	29:45 3:00		
8	319	Clarena Riera Vicenç UEVIC Barcelona	42:41	4:10 4:10 31:32	6:58 2:48 33:03	7:59 1:01 36:26	8:34 0:35 38:19	9:19 0:45 39:57	10:52 1:33 40:35	14:21 3:29 42:10	16:27 2:06 42:41	18:14 1:47	20:42 2:28	22:18 1:36	23:04 0:46	24:47 1:43	28:41 3:54		
9	285	Cavero Montaner Davi UPV-O Valencia	43:06	3:41 3:41 32:17	6:04 2:23 34:00	7:06 1:02 36:22	7:42 0:36 38:09	8:26 0:44 40:06	9:54 1:28 41:01	14:37 4:43 42:41	16:28 1:51 43:06	18:13 1:45	20:10 1:57	23:27 3:17	24:24 0:57	26:01 1:37	29:37 3:36		
10	286	Cavero Montaner José UPV-O Valencia	43:11	2:40 4:45 32:51	1:43 2:11 34:24	2:22 1:14 37:02	1:47 0:37 38:46	1:57 0:43 40:46	0:55 1:52 41:23	1:40 3:06 42:46	1:40 4:37 43:11	0:25 1:47	1:40 2:29	0:25 1:17	0:25 0:59	1:40 1:32	1:40 3:23		
11	220	Comerma Gómez Dan Oros Barcelona	43:12	2:19 3:48 3:48	1:33 6:17 2:29	2:38 7:20 1:03	1:44 8:03 0:43	2:00 8:47 0:44	0:37 10:26 1:39	0:37 15:11 4:45	0:37 17:32 2:21	0:25 19:22 1:50	0:25 21:37 2:15	0:25 23:16 1:39	0:25 24:14 0:58	0:25 25:56 1:42	0:25 29:33 3:37		
12	324	Ordeig Molist Jordi UEVIC Barcelona	43:27	2:29 4:18 4:18	1:45 6:40 2:22	2:47 7:38 0:58	2:08 8:16 0:38	1:40 9:03 0:47	0:43 10:27 1:24	1:36 14:36 4:09	0:31 16:27 1:51	0:31 18:11 1:44	0:31 20:25 2:14	0:31 21:49 1:24	0:31 22:36 0:47	0:31 24:06 1:30	0:31 30:09 6:03		
13	295	Frontela Mucientes Ár COV Valladolid	44:11	3:39 3:39 32:04	6:18 2:39 33:46	7:11 0:53 37:01	7:55 0:44 39:17	8:40 0:45 40:45	10:58 2:18 41:37	14:14 3:16 43:41	16:29 2:15 44:11	18:26 1:57	20:48 2:22	22:20 1:32	23:07 0:47	25:05 1:58	28:54 3:49		
14	23	Lama Zurita Carlos ADOL SEVILLA	44:46	4:13 4:13 33:55	6:44 2:31 35:24	7:51 1:07 38:56	8:25 0:34 40:41	9:13 0:48 42:13	10:52 1:39 42:50	14:35 3:43 44:21	16:38 2:03 44:46	18:25 1:47	22:01 3:36	25:37 3:36	26:23 0:46	27:55 1:32	31:18 3:23		
15	462	Curriu Gimenez Pau COB Barcelona	45:17	2:37 4:34 4:34	1:29 6:54 2:20	3:32 7:49 0:55	1:45 8:29 0:40	1:32 9:08 0:39	1:32 11:12 2:04	0:37 14:10 2:58	1:31 15:53 1:43	1:31 17:53 2:00	0:25 20:09 2:16	0:25 23:26 3:17	0:25 25:40 2:14	0:25 27:12 1:32	0:25 30:57 3:45		
16	200	Ordoñez Ibáñez Sebas MONTSANT Tarragona	45:30	2:39 5:38 34:43	1:33 8:31 36:15	2:45 9:38 39:50	2:20 10:14 41:29	2:12 10:59 43:04	0:46 12:26 43:44	1:38 16:57 45:10	1:38 18:48 45:30	0:27 20:35 1:47	0:27 22:37 2:02	0:27 25:02 2:25	0:27 25:50 0:48	0:27 27:25 1:35	0:27 30:51 3:26		
17	315	Arumí Casadevall Jorc UEVIC Barcelona	45:57	3:52 4:41 4:41	1:32 7:27 2:46	3:35 8:30 1:03	1:39 9:04 0:34	1:35 9:45 0:41	0:40 11:11 1:26	1:26 14:54 3:43	0:20 17:03 2:09	0:20 18:54 1:51	0:20 20:57 2:03	0:20 22:26 1:29	0:20 23:24 0:58	0:20 25:12 1:48	0:20 29:10 3:58		
18	415	Corredoira Rifón José GALLAECIA La Coruña	46:04	2:41 5:30 36:07	1:38 8:15 37:41	2:21 9:20 40:09	3:16 9:57 42:05	2:09 10:42 43:26	2:42 14:22 44:06	1:34 20:12 45:46	0:26 22:14 46:04	0:26 24:06 46:04	0:26 26:23 2:17	0:26 27:51 1:28	0:26 28:38 0:47	0:26 30:03 1:25	0:26 33:42 3:39		





PI	Stno	Name	Time														
<b>H-35A (21)</b>				<b>5.0 km 105 m 19 C</b>							<i>(cont.)</i>						
				1(41) 15(59)	2(43) 16(73)	3(44) 17(85)	4(48) 18(61)	5(49) 19(100)	6(70) F	7(54)	8(77)	9(82)	10(55)	11(65)	12(66)	13(67)	14(68)
8	191	Misas Gento Javier MONTELLANO Sevilla	43:28	4:02 4:02 36:20	6:11 2:09 37:00	7:07 0:56 40:49	8:29 1:22 41:47	10:25 1:56 43:04	12:48 2:23 43:28	16:38 3:50	18:11 1:33	18:57 0:46	21:15 2:18	26:48 5:33	28:15 1:27	31:10 2:55	32:39 1:29
9	555	Salguero Pérez Antoni VELETA Granada	45:55	3:46 3:46 36:56	9:37 5:51 37:39	10:30 0:53 42:57	11:46 1:16 44:03	13:35 1:49 45:23	15:47 2:12 45:55	20:13 4:26	21:35 1:22	23:46 2:11	27:42 3:56	30:13 2:31	31:36 1:23	33:31 1:55	34:47 1:16
10	146	Jiménez Romero Jesú IMPERDIBLE Madrid	47:08	4:36 4:36 36:45	8:21 3:45 37:27	9:06 0:45 40:20	11:20 2:14 45:19	13:42 2:22 46:41	16:13 2:31 47:08	19:52 3:39	21:13 1:21	22:04 0:51	25:21 3:17	28:17 2:56	30:14 1:57	33:17 3:03	34:46 1:29
11	457	Aubets Rafart Ramon COB Barcelona	49:09	4:05 4:05 42:41	11:42 7:37 43:30	12:56 1:14 46:07	15:57 3:01 47:32	18:06 2:09 48:47	21:01 2:55 49:09	25:35 4:34	29:24 3:49	30:12 0:48	32:31 2:19	35:23 2:52	37:05 1:42	39:10 2:05	40:55 1:45
12	403	Rodríguez Barranco D SURCO Almería	49:38	4:38 4:38 41:05	7:18 2:40 41:54	8:34 1:16 45:04	9:58 1:24 47:09	12:26 2:28 49:04	15:41 3:15 49:38	20:02 4:21	21:47 1:45	22:48 1:01	27:17 4:29	31:08 3:51	33:12 2:04	36:24 3:12	38:38 2:14
13	147	Lorenzo Yustos Hécto IMPERDIBLE Madrid	51:02	4:11 4:11 41:55	6:58 2:47 42:50	8:00 1:02 47:53	9:17 1:17 48:58	11:35 2:18 50:33	14:13 2:38 51:02	18:15 4:02	19:58 1:43	22:42 2:44	26:32 3:50	34:21 7:49	36:01 1:40	38:04 2:03	39:43 1:39
14	482	Borislavov Naydenov O-GETAFAE Madrid	1:04:07	8:39 8:39 54:52	10:25 1:46 55:40	11:08 0:43 58:33	12:17 1:09 1:01:44	14:14 1:57 1:03:38	33:50 19:36 1:04:07	39:07 5:17	40:43 1:36	41:26 0:43	43:51 2:25	46:15 2:24	49:47 3:32	51:42 1:55	53:09 1:27
	10	Coto Cabrera Antonio ADOL SEVILLA	mp	5:33 5:33 -----	32:51 27:18 -----	34:44 1:53 -----	38:10 3:26 -----	43:50 5:40 -----	47:47 3:57 -----	58:12 10:25	1:09:14 11:02	1:11:44 2:30	1:17:05 5:21	1:27:24 10:19	1:36:50 9:26	1:41:26 4:36	1:49:51 8:25
	18	GARCIA FERNANDEZ ADOL SEVILLA	mp	4:49 4:49 1:10:15	8:14 3:25 1:11:26	9:23 1:09 1:14:04	----- 1:18:31	29:08 19:45 1:20:16	32:23 3:15 1:20:49	42:33 10:10	49:25 6:52	51:30 2:05	56:20 4:50	1:00:30 4:10	1:03:30 3:00	1:06:58 3:28	1:08:17 1:19
	155	Fernández González Á LORCA-O Murcia	mp	4:10 4:10 37:51	6:58 2:48 38:37	8:06 1:08 -----	9:26 1:20 41:51	11:13 1:47 43:19	13:59 2:46 43:39	18:51 4:52	20:30 1:39	21:24 0:54	23:54 2:30	30:14 6:20	31:48 1:34	34:46 2:58	36:07 1:21
	322	Masoliver Frutos Edua UEVIC Barcelona	mp	3:27 3:27 28:49	4:55 1:28 29:23	5:34 0:39 -----	6:39 1:05 34:30	8:50 2:11 35:35	10:59 2:09 35:55	14:15 3:16	15:26 1:11	16:09 0:43	18:11 2:02	20:25 2:14	22:17 1:52	24:17 2:00	25:49 1:32
	456	Alarcón Albets Jaume COB Barcelona	mp	5:07 5:07 53:08	7:58 2:51 54:01	9:02 1:04 56:54	----- 58:10	25:01 15:59 59:36	28:28 3:27 1:00:05	33:17 4:49	34:59 1:42	35:55 0:56	39:02 3:07	43:39 4:37	45:52 2:13	48:43 2:51	50:38 1:55
	478	Rojas Avilés Ángel ALABARDA-O Madrid	mp	3:11 3:11 28:49	4:46 1:35 -----	5:28 0:42 33:03	6:25 0:57 34:24	8:05 1:40 35:32	12:11 4:06 35:56	16:40 4:29	17:48 1:08	18:27 0:39	20:49 2:22	23:07 2:18	24:21 1:14	26:03 1:42	27:17 1:14
	1	Samper García Jose VILLENA-O Alicante	mp	4:02 4:02 35:30	6:26 2:24 36:19	7:15 0:49 -----	8:23 1:08 40:28	10:33 2:10 41:49	13:00 2:27 42:19	16:57 3:57	21:23 4:26	22:12 0:49	24:56 2:44	28:00 3:04	29:51 1:51	32:12 2:21	33:35 1:23
				1:55 0:49	0:49	4:09	1:21	0:30				*79					
<b>H-35B (21)</b>				<b>3.4 km 95 m 14 C</b>													
				1(41) F	2(42)	3(70)	4(76)	5(71)	6(93)	7(88)	8(86)	9(56)	10(58)	11(80)	12(79)	13(38)	14(100)
1	444	Pascual Sanchez Cesa NAVALCAN-O Toledo	29:11	4:04 4:04 29:11	5:46 1:42	8:31 2:45	9:19 0:48	10:46 1:27	12:39 1:53	14:12 1:33	19:31 5:19	20:39 1:08	24:26 3:47	25:25 0:59	27:03 1:38	28:23 1:20	28:45 0:22
2	24	Lobera Solís Pedro Lu ADOL SEVILLA	32:08	4:31 4:31 32:08	6:45 2:14	12:06 5:21	12:53 0:47	14:27 1:34	16:16 1:49	17:53 1:37	21:43 3:50	22:50 1:07	27:04 4:14	28:11 1:07	29:46 1:35	31:15 1:29	31:40 0:25
3	506	Delgado Alfaro Franci OK VIHOR CROACIA	32:53	4:23 4:23 32:53	6:31 2:08	9:33 3:02	10:23 0:50	12:12 1:49	13:52 1:40	16:34 2:42	20:40 4:06	22:14 1:34	27:18 5:04	28:32 1:14	30:23 1:51	31:50 1:27	32:22 0:32
4	140	Carrilero Sevilla Franc GODIH Albacete	36:36	5:34 5:34 36:36	8:16 2:42	11:19 3:03	12:22 1:03	14:12 1:50	16:03 1:51	17:49 1:46	23:36 5:47	25:35 1:59	30:43 5:08	32:02 1:19	34:01 1:59	35:43 1:42	36:08 0:25
5	145	Sanz Agudo Diego IBÓN Zaragoza	36:54	5:11 5:11 36:54	7:03 1:52	9:38 2:35	10:30 0:52	12:06 1:36	14:22 2:16	16:04 1:42	25:43 9:39	27:18 1:35	31:18 4:00	32:42 1:24	34:17 1:35	36:02 1:45	36:28 0:26
6	451	Sánchez Sobrino Carl NAVALCAN-O Toledo	37:09	5:53 5:53 37:09	8:22 2:29	12:43 4:21	13:36 0:53	15:15 1:39	17:23 2:08	19:39 2:16	25:06 5:27	27:16 2:10	32:08 4:52	33:33 1:25	34:58 1:25	36:13 1:15	36:41 0:28

Pl	Stno	Name	Time														
<b>H-35B (21)</b>				<b>3.4 km 95 m 14 C</b>				<i>(cont.)</i>									
				1(41) F	2(42)	3(70)	4(76)	5(71)	6(93)	7(88)	8(86)	9(56)	10(58)	11(80)	12(79)	13(38)	14(100)
7	134	Merino Puerma José A CON CORDOB Córdoba	37:10	5:30 5:30 37:10 0:30	7:58 2:28	12:47 4:49 36:43 *100	13:50 1:03	15:57 2:07	17:43 1:46	19:59 2:16	24:16 4:17	26:01 1:45	31:13 5:12	32:41 1:28	34:11 1:30	36:12 2:01	36:40 0:28
8	124	Rubio Ruiz Andres COMA Málaga	39:05	4:35 4:35 39:05 0:30	6:56 2:21	11:14 4:18	12:12 0:58	14:00 1:48	15:43 1:43	17:40 1:57	24:22 6:42	27:58 3:36	33:17 5:19	35:05 1:48	36:34 1:29	38:12 1:38	38:35 0:23
9	118	Rebollo Ramos Eugen COMA Málaga	39:16	4:57 4:57 39:16 0:34	7:13 2:16	11:19 4:06	12:27 1:08	14:35 2:08	16:21 1:46	18:30 2:09	24:08 5:38	25:28 1:20	32:51 7:23	33:52 1:01	36:10 2:18	38:18 2:08	38:42 0:24
10	309	Martinez Garcia Angel VELETA Granada	40:20	6:23 6:23 40:20 0:26	8:10 1:47	10:33 2:23	11:12 0:39	12:33 1:21	14:05 1:32	15:38 1:33	27:58 12:20	29:00 1:02	36:07 7:07	36:56 0:49	38:21 1:25	39:33 1:12	39:54 0:21
11	237	Flores García Mariano TOLEDO-O Toledo	40:44	5:07 5:07 40:44 0:26	7:24 2:17	12:30 5:06	13:20 0:50	15:22 2:02	17:29 2:07	19:24 1:55	28:56 9:32	30:33 1:37	35:01 4:28	36:22 1:21	37:58 1:36	39:48 1:50	40:18 0:30
12	377	Blanco Rincón Floreni POSEIDÓN Sevilla	41:38	4:33 4:33 41:38 0:28	6:29 1:56	10:55 4:26	12:23 1:28	13:57 1:34	16:17 2:20	19:08 2:51	24:01 4:53	27:37 3:36	32:26 4:49	37:02 4:36	38:55 1:53	40:37 1:42	41:10 0:33
13	196	Moreno Rodríguez Per MONTELLANO Sevilla	42:43	8:28 8:28 42:43 0:29	11:08 2:40	17:31 6:23	18:20 0:49	20:26 2:06	22:13 1:47	24:08 1:55	29:28 5:20	31:38 2:10	36:47 5:09	38:10 1:23	40:10 2:00	41:47 1:37	42:14 0:27
14	198	Toro Cabrera Antonio MONTELLANO Sevilla	43:52	5:45 5:45 43:52 0:34	8:44 2:59	12:54 4:10	14:18 1:24	16:05 1:47	18:19 2:14	20:34 2:15	26:05 5:31	31:06 5:01	36:24 5:18	38:13 1:49	39:55 1:42	42:53 2:58	43:18 0:25
15	448	Sanchez Morante Jose NAVALCAN-O Toledo	44:41	5:30 5:30 44:41 0:34	7:52 2:22	13:24 5:32	14:18 0:54	16:54 2:36	22:50 5:56	25:46 2:56	30:58 5:12	33:50 2:52	38:32 4:42	39:43 1:11	41:51 2:08	43:36 1:45	44:07 0:31
16	126	Santiago Alarcon Eugi COMA Málaga	46:36	6:37 6:37 46:36 0:37	9:35 2:58	14:02 4:27	15:42 1:40	18:27 2:45	21:22 2:55	24:43 3:21	30:05 5:22	32:09 2:04	38:42 6:33	40:46 2:04	43:21 2:35	45:23 2:02	45:59 0:36
17	400	López Martín Francisc SURCO Almería	46:58	4:53 4:53 46:58 0:34	7:00 2:07	12:13 5:13	13:07 0:54	15:04 1:57	23:37 8:33	25:30 1:53	34:00 8:30	35:12 1:12	41:23 6:11	42:28 1:05	44:06 1:38	45:58 1:52	46:24 0:26
18	232	Carrillo Recio José An TOLEDO-O Toledo	52:03	8:56 8:56 52:03 0:24	10:34 1:38	17:58 7:24	18:57 0:59	28:41 9:44	31:17 2:36	34:41 3:24	39:32 4:51	42:13 2:41	47:14 5:01	48:29 1:15	49:49 1:20	51:11 1:22	51:39 0:28
19	195	Moreno Rodríguez Jur MONTELLANO Sevilla	53:21	5:21 5:21 53:21 0:33	7:43 2:22	15:17 7:34	16:03 0:46	17:36 1:33	19:31 1:55	29:19 9:48	35:54 6:35	36:46 0:52	48:14 11:28	49:10 0:56	50:49 1:39	52:24 1:35	52:48 0:24
20	139	Copado Martínez Mari GOCAN Madrid	54:31	5:06 5:06 54:31 0:25	7:07 2:01	13:35 6:28	14:14 0:39	32:20 18:06	33:55 1:35	35:41 1:46	41:40 5:59	43:31 1:51	48:29 4:58	50:08 1:39	51:55 1:47	53:41 1:46	54:06 0:25
21	141	Carrilero Sevilla Juan GODIH Albacete	1:06:34	6:09 6:09 1:06:34 0:31	8:47 2:38	28:41 19:54	29:40 0:59	32:09 2:29	37:45 5:36	40:36 2:51	49:42 9:06	51:09 1:27	58:23 7:14	1:00:57 2:34	1:03:06 2:09	1:05:35 2:29	1:06:03 0:28
<b>H-40 (20)</b>				<b>4.4 km 0 m 18 C</b>													
				1(62) 15(59)	2(63) 16(73)	3(45) 17(79)	4(48) 18(100)	5(49) F	6(50)	7(53)	8(71)	9(64)	10(55)	11(72)	12(56)	13(69)	14(61)
1	501	LARSSON TONY ISTRUMS SK LOF	26:32	3:29 3:29 22:42 1:30	5:16 1:47	5:55 0:39	7:02 1:07	8:38 1:36	9:27 0:49	11:01 1:34	12:40 1:39	14:02 1:22	14:36 0:34	15:13 0:37	17:33 2:20	20:18 2:45	21:12 0:54
2	224	Izquierdo Figarola Jor Oros Barcelona	33:07	4:16 4:16 28:49 1:48	6:18 2:02	7:20 1:02	8:43 1:23	10:51 2:08	12:13 1:22	14:26 2:13	16:19 1:53	17:47 1:28	18:36 0:49	19:18 0:42	22:11 2:53	26:07 3:56	27:01 0:54
3	311	Sáez Plaza Miguel VELETA Granada	33:25	3:43 3:43 29:28 1:52	6:45 3:02	7:23 0:38	9:15 1:52	11:26 2:11	12:49 1:23	14:28 1:39	16:39 2:11	18:11 1:32	18:50 0:39	19:47 0:57	22:37 2:50	26:53 4:16	27:36 0:43
4	431	Gomez Casillas Grego NAVALCAN-O Toledo	34:27	4:10 4:10 30:50 1:32	7:46 3:36	8:45 0:59	10:04 1:19	12:04 2:00	13:04 1:00	14:55 1:51	16:28 1:33	18:29 2:01	19:07 0:38	19:45 0:38	24:51 5:06	28:36 3:45	29:18 0:42
5	388	Gil Mediavilla Teofilo TJALVE Burgos	35:23	4:31 4:31 31:50 1:44	6:44 2:13	7:23 0:39	8:42 1:19	10:45 2:03	11:40 0:55	14:12 2:32	15:43 1:31	17:12 1:29	17:48 0:36	18:31 0:43	21:25 2:54	29:03 7:38	30:06 1:03



Pl	Stno	Name	Time														
<b>H-45 (26)</b>			<b>4.3 km 100 m 19 C</b>					<i>(cont.)</i>									
				1(62) 15(73)	2(63) 16(61)	3(42) 17(69)	4(70) 18(90)	5(71) 19(100)	6(72) F	7(55)	8(64)	9(54)	10(65)	11(66)	12(67)	13(68)	14(59)
6	123	Ross James COMA Málaga	35:36	5:06 5:06 29:31	10:05 4:59 31:53	11:26 1:21 32:41	14:06 2:40 33:26	15:38 1:32 35:03	17:07 1:29 35:36	18:07 1:00	18:54 0:47	19:33 0:39	22:15 2:42	23:41 1:26	25:36 <b>1:55</b>	27:01 1:25	28:42 1:41
7	507	SHANGIN VLADIMIR SUN-O/O-RU RUSIA	35:45	5:52 5:52 29:14	8:01 2:09 31:51	9:21 1:20 32:41	12:08 2:47 33:29	13:58 1:50 35:14	15:34 1:36 35:45	16:26 0:52	17:05 0:39 <b>34:42</b>	17:45 0:40	20:35 2:50	22:18 1:43	24:36 2:18	26:15 1:39	28:24 2:09
8	468	Mahou García Luis COTA Madrid	35:56	4:45 4:45 28:30	7:23 2:38 32:06	8:41 1:18 32:57	11:36 2:55 33:43	13:20 1:44 35:27	15:02 1:42 35:56	15:57 0:55	16:38 0:41	17:21 0:43	20:03 2:42	21:44 1:41	24:03 2:19	25:39 1:36	27:40 2:01
9	203	Mayol Clemente Pedro MURCIA-O Murcia	36:01	4:10 4:10 29:46	5:58 1:48 32:16	7:28 1:30 33:12	9:56 2:28 33:54	13:24 3:28 35:34	14:55 1:31 36:01	15:41 0:46	16:26 0:45	17:11 0:45	19:46 2:35	22:14 2:28	25:20 3:06	26:59 1:39	28:54 1:55
10	81	Gil Poveda Jesús COLIVENC Alicante	36:15	4:00 4:00 28:12	6:51 2:51 31:42	7:57 <b>1:06</b> 33:01	11:18 3:21 33:52	12:55 1:37 35:43	14:41 1:46 36:15	15:59 1:18	16:40 0:41	17:33 0:53	20:16 2:43	21:51 1:35	24:16 2:25	25:33 1:17	27:24 1:51
11	82	Gil Poveda Antonio COLIVENC Alicante	36:32	4:10 4:10 31:05	6:11 2:01 33:01	7:17 <b>1:06</b> 34:01	9:54 2:37 34:39	11:27 1:33 36:07	12:45 <b>1:18</b> 36:32	13:25 0:40	13:59 0:34	14:30 <b>0:31</b>	17:04 2:34	18:34 1:30	22:15 3:41	23:43 1:28	30:15 6:32
12	216	Salas Tavira Bonifacio LOS CALIFA Córdoba	37:31	3:56 3:56 30:57	6:01 2:05 33:28	7:27 1:26 34:27	11:12 3:45 35:08	13:05 1:53 36:56	14:37 1:32 37:31	15:25 0:48	16:03 0:38	16:50 0:47	20:08 3:18	21:30 <b>1:22</b>	24:00 2:30	25:32 1:32	30:07 4:35
13	213	Rodríguez Amat Antor LOS CALIFA Córdoba	38:57	4:47 4:47 31:38	7:35 2:48 34:18	8:58 1:23 35:16	12:23 3:25 36:34	14:40 2:17 38:27	16:33 1:53 38:57	17:17 0:44	18:01 0:44	18:43 0:42	21:59 3:16	23:55 1:56	27:17 3:22	28:48 1:31	30:45 1:57
14	39	Ramos Román Jose A ADOL SEVILLA	42:09	4:40 4:40 35:54	13:07 8:27 38:24	14:24 1:17 39:21	17:29 3:05 40:03	19:58 2:29 41:36	21:33 1:35 42:09	22:19 0:46	22:53 0:34	23:38 0:45	27:25 3:47	29:37 2:12	31:44 2:07	33:12 1:28	35:03 1:51
15	347	García Paredes José / CRON La Rioja	43:39	4:27 4:27 36:28	7:02 2:35 39:21	8:34 1:32 40:21	11:35 3:01 41:17	13:22 1:47 43:10	15:00 1:38 43:39	18:16 3:16	18:49 <b>0:33</b>	19:33 0:44	27:40 8:07	29:16 1:36	31:47 2:31	33:29 1:42	35:41 2:12
16	62	Nieto Poblete José Án O-CIUDAD R Ciudad F	43:42	4:52 4:52 34:38	7:20 2:28 38:00	8:45 1:25 40:22	11:43 2:58 41:10	13:32 1:49 43:11	20:51 7:19 43:42	21:33 0:42	22:13 0:40	22:56 0:43	26:01 3:05	27:51 1:50	30:07 2:16	31:48 1:41	33:45 1:57
17	52	Plata Megias Juan ALMADRABA CÁDIZ	43:56	4:40 4:40 36:46	7:45 3:05 39:41	9:03 1:18 40:40	12:38 3:35 41:53	14:45 2:07 43:30	17:42 2:57 43:56	18:47 1:05	19:42 0:55	20:50 1:08	25:23 4:33	28:33 3:10	31:34 3:01	33:29 1:55	35:48 2:19
18	521	GARCIA FENIX JUAN Independ INDEPENDIE	45:26	7:57 7:57 38:53	13:53 5:56 41:24	15:21 1:28 42:23	18:58 3:37 43:09	22:32 3:34 44:49	24:04 1:32 45:26	24:49 0:45	25:35 0:46	26:19 0:44	29:01 2:42	31:17 2:16	34:11 2:54	36:08 1:57	38:03 1:55
19	29	Munuera González An ADOL SEVILLA	47:21	5:12 5:12 40:13	14:50 9:38 43:02	16:15 1:25 44:02	19:35 3:20 44:49	21:44 2:09 46:52	23:27 1:43 47:21	24:24 0:57	25:22 0:58	26:12 0:50	30:02 3:50	32:12 2:10	35:02 2:50	36:47 1:45	39:17 2:30
20	341	Sánchez Pérez José R VILLENNA-O Alicante	47:35	5:53 5:53 39:25	8:34 2:41 42:59	10:02 1:28 44:27	13:04 3:02 45:17	15:52 2:48 47:01	18:04 2:12 47:35	19:23 1:19	20:13 0:50	21:04 0:51	25:41 4:37	30:57 5:16	33:26 2:29	35:13 1:47	38:31 3:18
21	46	Santiago Veloso Santi ADOL SEVILLA	50:51	5:13 5:13 43:24	7:48 2:35 45:58	9:13 1:25 47:00	12:57 3:44 48:08	15:04 2:07 50:16	16:47 1:43 50:51	18:52 2:05	19:45 0:53	20:35 0:50	25:35 5:00	30:32 4:57	34:20 3:48	35:55 1:35	42:31 6:36
22	409	Garrido Izquierdo Juli CDP-O Valladolid	51:50	6:20 6:20 42:56	9:45 3:25 46:36	11:27 1:42 47:50	15:19 3:52 49:15	17:22 2:03 51:15	20:13 2:51 51:50	23:01 2:48	24:07 1:06	25:16 1:09	29:56 4:40	32:39 2:43	36:42 4:03	38:45 2:03	41:41 2:56
23	290	Galindo Pardos Santia VALENCIA-O Valencia	51:55	8:04 8:04 41:23	10:55 2:51 47:13	12:25 1:30 48:09	15:44 3:19 49:13	17:47 2:03 51:27	19:38 1:51 51:55	22:39 3:01	23:45 1:06	24:31 0:46	28:00 3:29	31:30 3:30	34:59 3:29	36:43 1:44	38:55 2:12
24	307	Linares García Robert VELETA Granada	1:08:56	5:42 5:42 56:04	9:26 3:44 59:49	11:08 1:42 1:05:06	35:22 24:14 1:06:11	37:17 1:55 1:08:21	39:17 2:00 1:08:56	41:39 2:22	42:20 0:41	43:11 0:51	46:57 3:46	48:46 1:49	51:03 2:17	52:49 1:46	55:08 2:19
25	88	Ramal Gea José COLIVENC Alicante	1:14:13	7:46 7:46 1:03:28	11:04 3:18 1:08:38	12:55 1:51 1:09:51	16:37 3:42 1:11:10	20:13 3:36 1:13:36	24:12 3:59 1:14:13	25:25 1:13	26:44 1:19	28:15 1:31	41:57 13:42	45:35 3:38	49:35 4:00	52:36 3:01	1:00:13 7:37
26	129	Stangegaard Bjergby I COMA Málaga	1:23:38	10:21 10:21 1:06:53	14:36 4:15 1:13:54	17:00 2:24 1:17:03	23:25 6:25 1:18:33	27:15 3:50 1:22:16	33:09 5:54 1:23:38	36:04 2:55	37:19 1:15	40:37 3:18	47:21 6:44	50:48 3:27	56:05 5:17	59:06 3:01	1:05:32 6:26











