

os Nombre		Tiempo																				
<b>D-18A (11)</b>		<b>3.9 km 230 m 12 C</b>																F				
		1(69)	2(64)	3(73)	4(88)	5(89)	6(96)	7(90)	8(82)	9(68)	10(51)	11(48)	12(100)									
1	Yevheniya Chystyakova Madrid MAXIMUS	48:50	5:30	10:12	17:05	22:24	23:48	27:01	32:31	36:36	42:01	44:24	46:43	48:11	48:50							
			5:30	4:42	6:53	5:19	1:24	3:13	5:30	4:05	5:25	2:23	2:19	1:28	0:39							
2	Maria Prieto Del Campo Madrid COLMENAR	52:08	5:33	10:32	16:51	23:24	25:33	28:50	35:59	40:00	44:49	47:10	50:01	51:28	52:08							
			5:33	4:59	6:19	6:33	2:09	3:17	7:09	4:01	4:49	2:21	2:51	1:27	0:40							
3	Luz Franco Pire Asturias LA BRUJULA - JAIRE	56:42	5:42	10:35	18:17	25:32	27:16	31:24	37:14	41:34	47:50	50:31	53:43	55:59	56:42							
			5:42	4:53	7:42	7:15	1:44	4:08	5:50	4:20	6:16	2:41	3:12	2:16	0:43							
4	Marina Cornejo Garcia León E D ALCON	58:19	5:17	11:06	18:08	25:49	27:29	31:43	37:12	42:24	49:54	53:10	56:12	57:42	58:19							
			5:17	5:49	7:02	7:41	1:40	4:14	5:29	5:12	7:30	3:16	3:02	1:30	0:37							
5	Veronica Soriano Garcia Toledo TOLEDO-O	1:01:01	5:58	15:25	22:46	31:10	32:29	37:54	44:58	49:02	54:25	56:30	58:56	1:00:25	1:01:01							
			5:58	9:27	7:21	8:24	1:19	5:25	7:04	4:04	5:23	2:05	2:26	1:29	0:36							
6	Jara Villar Carruesco Zaragoza IBÓN	1:04:21	5:28	14:36	21:16	32:46	34:25	40:07	45:25	49:23	55:44	58:12	1:01:31	1:03:36	1:04:21							
			5:28	9:08	6:40	11:30	1:39	5:42	5:18	3:58	6:21	2:28	3:19	2:05	0:45							
7	Sofía Berenguer Sanchis Alicante COLIVENC	1:06:01	5:29	13:54	20:00	30:09	32:17	36:18	42:36	47:56	54:11	59:02	1:03:22	1:05:24	1:06:01							
			5:29	8:25	6:06	10:09	2:08	4:01	6:18	5:20	6:15	4:51	4:20	2:02	0:37							
8	Jara Martín Serrano Toledo NAVALCAN-O	1:06:39	6:19	12:37	21:57	31:15	33:01	37:07	42:39	48:30	56:59	1:01:06	1:04:15	1:05:57	1:06:39							
			6:19	6:18	9:20	9:18	1:46	4:06	5:32	5:51	8:29	4:07	3:09	1:42	0:42							
9	Elena Rojas Jiménez Madrid ALABARDA-O	1:10:10	10:20	21:13	28:41	39:08	40:50	44:34	49:12	54:51	1:01:19	1:04:16	1:07:25	1:09:26	1:10:10							
			10:20	10:53	7:28	10:27	1:42	3:44	4:38	5:39	6:28	2:57	3:09	2:01	0:44							
10	Loreto Criado Cardín Asturias PILOÑA DEPORTE	1:20:48	10:51	18:12	29:55	40:22	43:04	48:46	55:18	1:02:26	1:11:18	1:14:35	1:17:54	1:19:54	1:20:48							
			10:51	7:21	11:43	10:27	2:42	5:42	6:32	7:08	8:52	3:17	3:19	2:00	0:54							
11	Maria Gil Marcos Burgos TJALVE	1:22:35	6:37	16:53	25:36	37:45	40:52	46:15	52:12	58:02	1:09:27	1:13:07	1:18:51	1:21:39	1:22:35							
			6:37	10:16	8:43	12:09	3:07	5:23	5:57	5:50	11:25	3:40	5:44	2:48	0:56							
<b>D-20A (6)</b>		<b>4.5 km 240 m 19 C</b>																		F		
		1(44)	2(32)	3(37)	4(38)	5(40)	6(54)	7(74)	8(75)	9(90)	10(94)	11(97)	12(96)	13(86)	14(56)	15(59)	16(51)	17(49)	18(48)	19(100)		
1	Yara Bores Escudero Palencia ORCA	1:00:49	2:54	4:10	6:10	8:06	10:07	15:10	26:21	32:06	36:16	39:24	41:35	42:36	48:06	50:54	51:39	55:28	57:39	58:14	1:00:06	1:00:49
			2:54	1:16	2:00	1:56	2:01	5:03	11:11	5:45	4:10	3:08	2:11	1:01	5:30	2:48	0:45	3:49	2:11	0:35	1:52	0:43
2	Joana Núñez Cánovas Madrid MONTE EL PARDO	1:19:44	3:26	4:41	7:31	9:50	12:03	19:27	34:37	45:39	49:14	53:08	56:11	57:23	1:04:37	1:07:52	1:08:39	1:13:53	1:16:30	1:17:11	1:18:57	1:19:44
			3:26	1:15	2:50	2:19	2:13	7:24	15:10	11:02	3:35	3:54	3:03	1:12	7:14	3:15	0:47	5:14	2:37	0:41	1:46	0:47
3	Andrea Herrero Gomez Palencia ORCA	1:21:04	3:19	4:37	6:37	9:01	11:19	17:53	33:38	37:48	43:56	48:13	51:15	52:53	1:01:07	1:04:23	1:08:07	1:15:28	1:18:07	1:18:46	1:20:28	1:21:04
			3:19	1:18	2:00	2:24	2:18	6:34	15:45	4:10	6:08	4:17	3:02	1:38	8:14	3:16	3:44	7:21	2:39	0:39	1:42	0:36
4	Barbara González Fernández León E D ALCON	1:23:22	2:58	4:13	6:38	10:22	12:44	18:55	32:37	49:33	53:33	56:28	59:02	1:00:27	1:07:29	1:10:47	1:11:37	1:18:04	1:20:29	1:21:04	1:22:36	1:23:22
			2:58	1:15	2:25	3:44	2:22	6:11	13:42	16:56	4:00	2:55	2:34	1:25	7:02	3:18	0:50	6:27	2:25	0:35	1:32	0:46
5	María Rodríguez Corrochano Ciudad Rea MANZANARES-O	1:26:01	3:12	4:40	7:22	10:30	13:03	20:31	37:21	45:35	50:49	54:25	57:54	59:23	1:08:38	1:12:17	1:12:47	1:18:24	1:22:00	1:22:37	1:25:01	1:26:01
			3:12	1:28	2:42	3:08	2:33	7:28	16:50	8:14	5:14	3:36	3:29	1:29	9:15	3:39	0:30	5:37	3:36	0:37	2:24	1:00
6	Ana Camarasa Pérez Alicante COLIVENC	1:46:35	3:00	4:21	7:19	12:45	24:24	30:57	48:02	1:06:10	1:11:06	1:14:45	1:18:32	1:20:16	1:28:30	1:32:46	1:34:03	1:40:38	1:43:16	1:43:56	1:45:46	1:46:35
			3:00	1:21	2:58	5:26	11:39	6:33	17:05	18:08	4:56	3:39	3:47	1:44	8:14	4:16	1:17	6:35	2:38	0:40	1:50	0:49
<b>D-21A (18)</b>		<b>3.9 km 230 m 12 C</b>																F				
		1(69)	2(64)	3(73)	4(88)	5(89)	6(96)	7(90)	8(82)	9(68)	10(51)	11(48)	12(100)									
1	Jara Gracia Zafra Huesca WAKHAN	51:17	8:11	11:27	17:32	23:12	24:53	27:47	35:03	39:25	43:47	46:32	49:01	50:31	51:17							
			8:11	3:16	6:05	5:40	1:41	2:54	7:16	4:22	4:22	2:45	2:29	1:30	0:46							
2	Araceli Abalde Vila Burgos TJALVE	52:44	5:18	9:36	17:20	23:42	25:38	30:22	37:00	40:40	45:37	48:10	50:51	52:05	52:44							
			5:18	4:18	7:44	6:22	1:56	4:44	6:38	3:40	4:57	2:33	2:41	1:14	0:39							
3	Raquel Ana Campos Sampedro Madrid T TRAGAME	57:23	6:29	10:53	18:09	26:19	28:26	31:42	36:47	42:05	48:45	51:47	54:46	56:37	57:23	45:58						
			6:29	4:24	7:16	8:10	2:07	3:16	5:05	5:18	6:40	3:02	2:59	1:51	0:46	*67						
4	Margarita Plata Fernández Huesca PEÑA GUARA	1:02:41	5:26	14:13	20:30	30:41	32:38	36:18	41:14	46:34	53:14	56:25	59:46	1:01:52	1:02:41							
			5:26	8:47	6:17	10:11	1:57	3:40	4:56	5:20	6:40	3:11	3:21	2:06	0:49							
5	Alodia Villar Carruesco Zaragoza IBÓN	1:02:59	6:22	11:34	21:01	29:54	31:29	35:06	40:03	44:57	54:18	57:26	1:00:28	1:02:13	1:02:59							
			6:22	5:12	9:27	8:53	1:35	3:37	4:57	4:54	9:21	3:08	3:02	1:45	0:46							



os Nombre		Tiempo																		
D-35A (16)		4.0 km 275 m				17 C													F	
		1(44)	2(43)	3(41)	4(70)	5(71)	6(73)	7(90)	8(96)	9(89)	10(88)	11(86)	12(59)	13(55)	14(53)	15(51)	16(48)	17(100)	F	
1	Marisol Gutierrez Sanchez Granada VELETA	48:27	2:49	4:11	5:08	14:36	16:01	19:58	25:38	28:55	30:35	31:49	34:26	37:50	41:05	42:29	44:32	46:40	47:51	48:27
			2:49	1:22	0:57	9:28	1:25	3:57	5:40	3:17	1:40	1:14	2:37	3:24	3:15	1:24	2:03	2:08	1:11	0:36
2	Natalia Domingo Santos Burgos TJALVE	51:35	3:02	4:20	5:36	14:42	15:59	19:28	24:21	27:38	30:19	31:59	34:48	38:40	41:38	43:33	46:13	49:23	50:52	51:35
			3:02	1:18	1:16	9:06	1:17	3:29	4:53	3:17	2:41	1:40	2:49	3:52	2:58	1:55	2:40	3:10	1:29	0:43
3	Maria Jose Martin Iglesias Madrid COLMENAR	52:23	3:01	3:52	11:17	19:40	21:04	24:20	29:31	32:38	34:31	35:54	38:13	42:01	45:07	46:33	48:41	50:39	51:46	52:23
			3:01	0:51	7:25	8:23	1:24	3:16	5:11	3:07	1:53	1:23	2:19	3:48	3:06	1:26	2:08	1:58	1:07	0:37
4	Anna Amigó Bertrán Barcelona COC	53:45	2:59	3:59	5:06	16:57	18:00	20:59	25:28	29:33	32:27	34:20	37:13	40:23	43:45	45:33	48:20	51:14	53:01	53:45
			2:59	1:00	1:07	11:51	1:03	2:59	4:29	4:05	2:54	1:53	2:53	3:10	3:22	1:48	2:47	2:54	1:47	0:44
5	MONICA AGUILERA VILADOMIU Madrid T TRAGAME	57:30	3:02	6:05	8:31	18:27	20:02	23:26	30:58	34:41	37:32	38:58	41:25	44:38	48:10	50:07	53:02	55:14	56:51	57:30
			3:02	3:03	2:26	9:56	1:35	3:24	7:32	3:43	2:51	1:26	2:27	3:13	3:32	1:57	2:55	2:12	1:37	0:39
6	Mercedes Jiménez Baena Madrid ALABARDA-O	1:04:38	3:30	4:56	6:04	17:04	18:52	23:20	29:06	33:41	37:32	39:57	43:43	48:24	52:55	55:34	58:40	1:01:43	1:03:50	1:04:38
			3:30	1:26	1:08	11:00	1:48	4:28	5:46	4:35	3:51	2:25	3:46	4:41	4:31	2:39	3:06	3:03	2:07	0:48
7	María José Romera García Murcia LORCA-O	1:04:43	3:44	4:58	6:30	18:02	19:30	23:46	32:15	36:19	39:13	41:29	45:12	49:29	52:48	56:31	59:12	1:02:08	1:03:55	1:04:43
			3:44	1:14	1:32	11:32	1:28	4:16	8:29	4:04	2:54	2:16	3:43	4:17	3:19	3:43	2:41	2:56	1:47	0:48
8	Susana Diego Diez Navarra CDNAVARRA	1:10:13	3:55	6:15	7:30	18:29	21:02	26:30	34:49	38:37	41:37	43:26	46:30	55:37	59:30	1:01:49	1:04:37	1:07:36	1:09:28	1:10:13
			3:55	2:20	1:15	10:59	2:33	5:28	8:19	3:48	3:00	1:49	3:04	9:07	3:53	2:19	2:48	2:59	1:52	0:45
9	Ana Belen Pérez Riofrio Madrid COLMENAR	1:12:34	3:39	7:55	9:00	23:12	25:16	29:26	35:36	39:32	43:03	45:03	47:54	52:06	55:34	1:04:14	1:06:56	1:10:12	1:11:55	1:12:34
			3:39	4:16	1:05	14:12	2:04	4:10	6:10	3:56	3:31	2:00	2:51	4:12	3:28	8:40	2:42	3:16	1:43	0:39
10	Alba Gavela Ramos Burgos TJALVE	1:12:55	5:04	6:44	7:54	19:40	21:20	26:24	36:48	41:37	45:10	46:35	49:24	56:00	59:48	1:03:21	1:06:21	1:09:45	1:12:09	1:12:55
			5:04	1:40	1:10	11:46	1:40	5:04	10:24	4:49	3:33	1:25	2:49	6:36	3:48	3:33	3:00	3:24	2:24	0:46
11	Adela Illamola Colomer Barcelona UEVIC	1:14:14	3:57	7:17	8:26	22:39	24:24	29:44	36:42	40:37	45:11	47:10	50:50	56:12	1:00:46	1:03:41	1:06:57	1:10:45	1:13:16	1:14:14
			3:57	3:20	1:09	14:13	1:45	5:20	6:58	3:55	4:34	1:59	3:40	5:22	4:34	2:55	3:16	3:48	2:31	0:58
12	Itziar Quintana Saenz Vizcaya COBI	1:17:46	3:15	11:20	12:37	25:56	27:55	32:31	38:06	43:51	46:43	51:28	56:54	1:03:27	1:06:48	1:09:12	1:12:44	1:15:48	1:17:08	1:17:46
			3:15	8:05	1:17	13:19	1:59	4:36	5:35	5:45	2:52	4:45	5:26	6:33	3:21	2:24	3:32	3:04	1:20	0:38
13	Meritxell Castro Montserrat Barcelona Oros	1:20:50	4:08	8:51	10:24	23:34	25:58	31:03	40:59	47:03	50:39	53:52	57:22	1:02:03	1:06:19	1:10:04	1:13:25	1:17:28	1:19:49	1:20:50
			4:08	4:43	1:33	13:10	2:24	5:05	9:56	6:04	3:36	3:13	3:30	4:41	4:16	3:45	3:21	4:03	2:21	1:01
14	Sonia Marzo Anadon La Rioja CRON	2:36:46	7:20	12:20	14:21	50:34	53:41	1:01:42	1:17:12	1:23:15	1:29:08	1:33:14	1:38:44	1:45:09	2:12:42	2:17:32	2:23:55	2:30:33	2:34:33	2:36:46
			7:20	5:00	2:01	36:13	3:07	8:01	15:30	6:03	5:53	4:06	5:30	6:25	27:33	4:50	6:23	6:38	4:00	2:13
	Virginia Güell Rovira Barcelona UEVIC	ror en tarj.	3:40	4:48	5:57	18:27	20:16	24:44	30:29	34:06	37:18	----	41:36	45:33	49:22	51:38	54:17	57:25	58:58	59:41
			3:40	1:08	1:09	12:30	1:49	4:28	5:45	3:37	3:12	----	4:18	3:57	3:49	2:16	2:39	3:08	1:33	0:43
	Begoña gomez perez ALAVA COA	Abandona	1:39:17	1:45:00	1:46:14	2:07:06	2:08:49	2:14:00	----	----	----	----	----	----	----	----	----	----	----	2:42:00
			1:39:17	5:43	1:14	20:52	1:43	5:11												28:00
D-35B (7)		2.2 km 90 m				11 C										F				
		1(40)	2(32)	3(58)	4(57)	5(67)	6(69)	7(45)	8(35)	9(36)	10(48)	11(100)	F							
1	Belen Carbonell Marti Alicante CEAM IBI-O	37:00	6:42	7:58	14:21	16:31	21:32	24:44	27:23	31:20	32:05	33:45	36:14	37:00						
			6:42	1:16	6:23	2:10	5:01	3:12	2:39	3:57	0:45	1:40	2:29	0:46						
2	Azucena García Muñoz Granada VELETA	40:36	5:15	7:06	14:36	17:11	24:51	28:28	31:11	34:45	35:21	37:09	39:38	40:36						
			5:15	1:51	7:30	2:35	7:40	3:37	2:43	3:34	0:36	1:48	2:29	0:58						
3	Silvia Sánchez Sanchez Toledo NAVALCAN-O	45:57	7:24	8:58	15:48	17:57	27:22	30:10	36:18	40:15	41:00	43:18	45:17	45:57						
			7:24	1:34	6:50	2:09	9:25	2:48	6:08	3:57	0:45	2:18	1:59	0:40						
4	Sara Sánchez González Toledo NAVALCAN-O	50:26	8:27	10:41	19:32	21:50	30:50	36:06	39:45	43:52	45:02	47:10	49:35	50:26						
			8:27	2:14	8:51	2:18	9:00	5:16	3:39	4:07	1:10	2:08	2:25	0:51						
5	Elena Riaño Ribota Madrid IMPERDIBLE BUFF	54:55	7:35	9:37	23:28	27:16	37:12	41:20	44:09	48:22	49:13	51:04	53:59	54:55						
			7:35	2:02	13:51	3:48	9:56	4:08	2:49	4:13	0:51	1:51	2:55	0:56						
6	Estrella Peña Raigal Toledo TOLEDO-O	58:37	3:56	5:32	15:13	23:35	31:43	43:28	47:17	50:53	53:44	55:58	57:52	58:37						
			3:56	1:36	9:41	8:22	8:08	11:45	3:49	3:36	2:51	2:14	1:54	0:45						
7	Milagros Ruiz García Cuenca ELERUT	1:08:53	7:06	9:34	20:53	24:56	42:05	47:45	53:15	58:13	59:06	1:02:43	1:07:00	1:08:53						
			7:06	2:28	11:19	4:03	17:09	5:40	5:30	4:58	0:53	3:37	4:17	1:53						

1:14:59  
\*49

os	Nombre	Tiempo	3.0 km 210 m 16 C																F
			1(43)	2(45)	3(54)	4(68)	5(64)	6(70)	7(71)	8(72)	9(82)	10(59)	11(55)	12(52)	13(51)	14(49)	15(48)	16(100)	
1	Nuria Caus Pertegas Alicante UNIVERSIDAD ALICANT	51:17	5:30	6:35	11:46	14:17	19:55	25:50	27:25	30:37	34:03	37:27	41:23	44:50	45:58	48:14	48:50	50:33	51:17
2	Teresa Canet Algara Vizcaya COBI	54:18	4:27	6:04	12:09	15:45	20:44	25:35	28:25	31:40	35:01	38:11	42:02	46:40	47:41	50:51	51:34	53:25	54:18
3	Lourdes Cano Rodríguez Madrid GOCAN	54:51	9:27	10:46	15:46	18:22	23:10	29:10	30:19	33:06	35:58	39:24	43:15	48:08	49:26	52:02	52:36	54:07	54:51
4	Joaquina Herrero Vinader Murcia YECLA	55:09	6:18	7:41	13:26	15:30	19:31	27:49	29:27	34:35	37:39	40:56	44:44	48:24	49:13	51:57	52:38	54:21	55:09
5	Iryna Beketova Madrid MAXIMUS	56:33	6:52	9:26	14:58	17:06	22:39	29:11	31:23	33:52	37:00	40:09	44:11	50:02	51:01	53:26	54:10	55:46	56:33
6	Lidia Barea Castaño Alicante COLIVENC	56:53	5:41	7:17	12:59	15:20	20:21	25:56	27:41	31:11	34:30	38:29	42:33	48:00	49:28	53:02	53:44	55:57	56:53
7	Susana Álvarez Crespo Asturias PILOÑA DEPORTE	1:00:04	4:11	6:01	13:16	17:50	24:48	31:23	33:09	36:35	40:01	43:22	47:59	53:04	54:45	57:10	57:42	59:22	1:00:04
8	Vanessa Pons Grau Madrid ADYRON	1:00:24	5:57	7:15	16:11	20:44	24:46	32:36	33:54	36:45	39:56	45:48	49:31	53:07	54:15	57:05	57:42	59:37	1:00:24
9	Cristina Del Campo Campos Madrid COLMENAR	1:03:01	5:41	7:36	13:01	15:19	22:00	27:03	29:19	32:18	35:32	44:24	48:24	54:23	56:23	59:23	1:00:19	1:02:16	1:03:01
10	María Del Prado Blanco Díaz Madrid GOCAN	1:07:15	15:30	16:40	23:53	25:44	30:17	36:03	37:45	41:10	44:23	48:27	52:39	58:03	59:40	1:03:05	1:03:48	1:06:21	1:07:15
11	Pilar Nieto Calvo Toledo NAVALCAN-O	1:09:02	5:22	6:56	14:20	17:36	23:11	32:00	34:33	39:07	43:55	48:18	53:03	1:00:46	1:01:39	1:05:28	1:06:17	1:08:10	1:09:02
11	Toninaina Santamaría Villalonga Barcelona UEVIC	1:09:02	16:26	17:25	26:26	29:20	36:55	41:44	43:20	46:40	49:54	52:50	56:43	1:01:57	1:03:05	1:05:43	1:06:21	1:08:12	1:09:02
13	Mercedes García García Madrid COLMENAR	1:13:21	11:04	12:08	22:52	25:00	32:49	42:50	44:07	47:51	51:29	54:31	1:00:51	1:05:09	1:06:04	1:09:45	1:10:32	1:12:29	1:13:21
14	Covadonga García Arroyo Toledo TOLEDO-O	1:19:18	5:32	7:28	19:41	25:14	31:23	38:53	41:10	45:39	50:01	57:33	1:03:31	1:10:33	1:11:57	1:15:04	1:16:00	1:18:17	1:19:18
	Yolanda Pérez González Huelva COHU	ror en tarj.	4:43	6:17	12:07	16:56	22:59	29:19	31:19	34:21	37:30	40:53	44:45	----	51:23	54:10	54:53	56:56	57:41
	Maite Cobo Caballero Toledo NAVALCAN-O	ror en tarj.	7:00	8:44	16:42	19:37	26:38	34:09	36:53	40:09	44:04	49:29	53:20	57:45	59:17	1:02:27	1:03:09	----	1:06:10
	Blanca Delia Barquín Franco Burgos TJALVE	ror en tarj.	5:27	8:06	15:42	26:59	34:05	41:16	43:54	59:29	1:05:11	1:10:18	1:15:00	1:20:42	1:22:03	1:44:57	1:45:59	----	1:49:16

48:43  
\*53

D-45 (9)	Nombre	Tiempo	2.9 km 130 m 14 C																F
			1(69)	2(68)	3(65)	4(72)	5(84)	6(86)	7(85)	8(57)	9(54)	10(52)	11(51)	12(49)	13(48)	14(100)			
1	Judith Checkley Murcia TOTANA-O	50:05	6:10	9:27	15:18	19:09	24:16	27:20	30:15	32:57	41:22	42:44	43:56	46:35	47:20	49:10	50:05		
2	Antonia Sánchez Martínez Alicante COLIVENC	50:46	6:05	15:53	20:33	23:12	27:58	32:26	34:45	36:19	41:39	43:07	44:03	46:04	46:35	50:03	50:46		
3	Amparo Ferrer Rodrigo Valencia CORRECAMINOS	59:01	7:00	10:11	24:25	28:04	34:09	36:58	40:03	42:19	49:07	52:20	53:05	55:55	56:30	58:14	59:01		
4	Silvia Saoner Arévalo Madrid IMPERDIBLE BUFF	1:03:41	16:02	19:59	25:37	29:08	35:02	37:57	43:25	46:28	52:10	54:43	55:58	59:17	1:00:17	1:02:34	1:03:41		
5	Cati Viudez De Haro Murcia MURCIA-O	1:07:41	7:35	13:35	21:17	26:41	33:31	36:14	38:57	50:02	57:16	59:24	1:00:34	1:04:08	1:04:51	1:06:42	1:07:41		
6	Pilar Iñiguez De La Torre Bayo Valladolid COV	1:14:33	8:13	13:59	23:00	27:36	36:28	41:33	45:35	49:48	1:00:46	1:03:43	1:05:44	1:09:39	1:10:31	1:13:43	1:14:33		
7	Eva María Para Martín Madrid MONTE EL PARDO	1:17:40	9:22	18:02	25:33	29:51	37:53	42:03	45:15	48:34	1:02:50	1:05:22	1:06:57	1:10:37	1:11:31	1:16:45	1:17:40		

os	Nombre	Tiempo																				
<b>D-45 (9)</b>		<b>2.9 km 130 m 14 C</b>				<i>(cont.)</i>												F				
		1(69)	2(68)	3(65)	4(72)	5(84)	6(86)	7(85)	8(57)	9(54)	10(52)	11(51)	12(49)	13(48)	14(100)							
<b>8</b>	<b>Mª Teresa Castrillo Alonso Vizcaya COBI</b>	<b>1:40:34</b>	7:22	17:15	41:18	45:22	53:14	57:22	1:04:27	1:08:31	1:16:59	1:21:52	1:23:22	1:34:38	1:35:43	1:39:28	1:40:34					
			7:22	9:53	24:03	4:04	7:52	4:08	7:05	4:04	8:28	4:53	1:30	11:16	1:05	3:45	1:06					
<b>9</b>	<b>Begoña Fernández Alcalde Madrid IMPERDIBLE BUFF</b>	<b>1:52:49</b>	9:31	16:16	37:43	43:06	51:48	1:01:02	1:04:50	1:07:41	1:35:32	1:39:49	1:41:36	1:46:22	1:47:35	1:50:47	1:52:49					
			9:31	6:45	21:27	5:23	8:42	9:14	3:48	2:51	27:51	4:17	1:47	4:46	1:13	3:12	2:02					
<b>D-50 (13)</b>		<b>2.2 km 90 m 11 C</b>																				
		1(40)	2(32)	3(58)	4(57)	5(67)	6(69)	7(45)	8(35)	9(36)	10(48)	11(100)	F									
<b>1</b>	<b>Lali Fernández Fernández Vizcaya COBI</b>	<b>42:40</b>	<b>4:16</b>	<b>5:49</b>	<b>12:42</b>	<b>15:37</b>	25:26	29:33	33:49	37:15	38:21	39:41	<b>41:42</b>	<b>42:40</b>								
			<b>4:16</b>	1:33	<b>6:53</b>	2:55	9:49	4:07	4:16	<b>3:26</b>	1:06	<b>1:20</b>	<b>2:01</b>	0:58								
<b>2</b>	<b>Alfonsa Corrochano Galán Ciudad Rea MANZANARES-O</b>	<b>42:56</b>	4:57	6:54	15:06	18:24	<b>25:00</b>	<b>29:08</b>	<b>32:12</b>	<b>36:18</b>	<b>36:54</b>	<b>39:10</b>	41:57	42:56								
			4:57	1:57	8:12	3:18	<b>6:36</b>	4:08	3:04	4:06	0:36	2:16	2:47	0:59								
<b>3</b>	<b>Covadonga Carrascosa Baeza Cuenca COMCU</b>	<b>46:54</b>	5:04	6:39	14:45	18:25	29:09	32:56	35:39	40:00	40:42	43:21	46:02	46:54								
			5:04	1:35	8:06	3:40	10:44	<b>3:47</b>	<b>2:43</b>	4:21	0:42	2:39	2:41	<b>0:52</b>								
<b>4</b>	<b>Mar García Pérez Madrid RUMBO-MADRID SANSE</b>	<b>50:57</b>	6:11	8:03	20:51	23:35	32:49	37:18	40:21	44:22	44:56	46:58	49:59	50:57								
			6:11	1:52	12:48	2:44	9:14	4:29	3:03	4:01	<b>0:34</b>	2:02	3:01	0:58								
<b>5</b>	<b>Lucía Cánovas Andreo Madrid MONTE EL PARDO</b>	<b>54:41</b>	7:09	9:35	18:45	21:25	32:08	37:12	40:24	44:29	48:54	50:22	53:43	54:41								
			7:09	2:26	9:10	2:40	10:43	5:04	3:12	4:05	4:25	1:28	3:21	0:58								
<b>6</b>	<b>Nieves Serrano Alcol Madrid COLMENAR</b>	<b>58:32</b>	6:51	9:13	18:53	22:06	37:16	41:11	44:42	52:09	52:49	55:05	57:37	58:32								
			6:51	2:22	9:40	3:13	15:10	3:55	3:31	7:27	0:40	2:16	2:32	0:55								
<b>7</b>	<b>Amparo Brotons Sanchís Alicante COLIVENC</b>	<b>58:54</b>	6:32	9:19	19:58	22:59	34:23	42:18	46:24	52:11	53:05	54:56	58:00	58:54								
			6:32	2:47	10:39	3:01	11:24	7:55	4:06	5:47	0:54	1:51	3:04	0:54								
<b>8</b>	<b>Olivia Plaza Plaza Valladolid CDP-O</b>	<b>1:07:50</b>	9:47	12:17	24:02	27:21	43:05	49:03	55:22	1:00:37	1:01:41	1:04:17	1:06:51	1:07:50								
			9:47	2:30	11:45	3:19	15:44	5:58	6:19	5:15	1:04	2:36	2:34	0:59								
<b>9</b>	<b>Ángeles Ruiz Menacho Cádiz O-SAN ROQUE</b>	<b>1:08:52</b>	6:29	9:13	25:39	29:50	46:02	52:27	55:58	1:00:25	1:01:06	1:03:36	1:07:23	1:08:52								
			6:29	2:44	16:26	4:11	16:12	6:25	3:31	4:27	0:41	2:30	3:47	1:29								
<b>10</b>	<b>Mº Del Rosario Gutiérrez Yanez Valladolid CDP-O</b>	<b>1:24:19</b>	6:00	8:43	30:26	36:04	48:55	57:11	1:02:14	1:09:37	1:11:11	1:14:56	1:22:27	1:24:19								
			6:00	2:43	21:43	5:38	12:51	8:16	5:03	7:23	1:34	3:45	7:31	1:52								
<b>11</b>	<b>Mar Borrego Conde Valladolid COV</b>	<b>1:39:22</b>	20:07	23:23	43:21	46:08	1:02:51	1:14:40	1:19:05	1:25:41	1:27:13	1:30:46	1:34:31	1:39:22								
			20:07	3:16	19:58	2:47	16:43	11:49	4:25	6:36	1:32	3:33	3:45	4:51								
	<b>Kay Seward Madrid RUMBO-MADRID SANSE</b>	ror en tarj.	7:25	8:51	18:38	21:14	30:13	----	38:22	43:35	44:21	45:51	48:08	49:18								
	<b>Alicia Berrocal Pariente Madrid COLMENAR</b>	ror en tarj.	7:25	<b>1:26</b>	9:47	<b>2:36</b>	8:59	----	8:09	5:13	0:46	1:30	2:17	1:10								
			----	----	----	----	----	----	----	----	----	----	1:55:21	1:57:21	5:25	9:23	11:16	30:54	35:50	44:11	53:08	
													1:55:21	2:00	*44	*43	*41	*70	*71	*73	*90	
			1:02:08																			
			*96																			
<b>D-55 (2)</b>		<b>2.0 km 115 m 9 C</b>																				
		1(44)	2(45)	3(55)	4(81)	5(80)	6(67)	7(51)	8(36)	9(100)	F											
<b>1</b>	<b>Catherine Boelle FRANCIA CLUB D'ORIENTATION</b>	<b>35:51</b>	<b>5:19</b>	<b>6:22</b>	<b>18:05</b>	<b>22:01</b>	<b>24:00</b>	<b>27:28</b>	<b>31:31</b>	<b>34:07</b>	<b>35:03</b>	<b>35:51</b>										
			<b>5:19</b>	<b>1:03</b>	11:43	<b>3:56</b>	<b>1:59</b>	<b>3:28</b>	<b>4:03</b>	<b>2:36</b>	<b>0:56</b>	<b>0:48</b>										
<b>2</b>	<b>Carmen Perona Morales Valencia VALENCIA-O</b>	<b>57:20</b>	9:46	11:25	22:27	35:35	38:01	41:38	50:24	55:01	56:15	57:20	7:20									
			9:46	1:39	<b>11:02</b>	13:08	2:26	3:37	8:46	4:37	1:14	1:05	*45									
<b>D-E (4)</b>		<b>4.5 km 240 m 19 C</b>																				
		1(44)	2(32)	3(37)	4(38)	5(40)	6(54)	7(74)	8(75)	9(90)	10(94)	11(97)	12(96)	13(86)	14(56)	15(59)	16(51)	17(49)	18(48)	19(100)	F	
<b>1</b>	<b>Alicia Gil Sánchez Alicante COLIVENC</b>	<b>56:22</b>	2:29	<b>3:33</b>	<b>5:15</b>	<b>6:47</b>	<b>8:38</b>	<b>13:38</b>	<b>24:49</b>	<b>28:14</b>	<b>31:21</b>	<b>36:24</b>	<b>38:05</b>	<b>39:11</b>	<b>43:49</b>	<b>46:16</b>	<b>46:40</b>	<b>52:25</b>	<b>53:57</b>	<b>54:24</b>	<b>55:43</b>	<b>56:22</b>
			2:29	<b>1:04</b>	1:42	<b>1:32</b>	<b>1:51</b>	5:00	<b>11:11</b>	<b>3:25</b>	<b>3:07</b>	5:03	<b>1:41</b>	1:06	<b>4:38</b>	<b>2:27</b>	<b>0:24</b>	5:45	<b>1:32</b>	<b>0:27</b>	<b>1:19</b>	<b>0:39</b>

os Nombre		Tiempo																				
<b>D-E (4)</b>		<b>4.5 km 240 m</b>				<b>19 C</b>				<i>(cont.)</i>												
		1(44)	2(32)	3(37)	4(38)	5(40)	6(54)	7(74)	8(75)	9(90)	10(94)	11(97)	12(96)	13(86)	14(56)	15(59)	16(51)	17(49)	18(48)	19(100)	F	
<b>2 Sanna Linsefors</b>	<b>58:25</b>	2:53	4:11	5:37	7:23	9:45	14:37	26:29	30:48	34:07	37:13	39:17	40:17	45:55	48:46	49:19	53:27	55:22	55:58	57:34	58:25	
Barcelona UEVIC		2:53	1:18	<b>1:26</b>	1:46	2:22	<b>4:52</b>	11:52	4:19	3:19	<b>3:06</b>	2:04	<b>1:00</b>	5:38	2:51	0:33	<b>4:08</b>	1:55	0:36	1:36	0:51	
<b>3 Violeta Feliciano Sanjuan</b>	<b>1:08:38</b>	<b>2:28</b>	3:56	5:45	7:25	9:24	14:23	32:29	39:38	42:56	47:22	49:20	50:30	56:03	58:33	59:30	1:03:54	1:06:03	1:06:31	1:07:58	1:08:38	
Alicante COLIVENC		<b>2:28</b>	1:28	1:49	1:40	1:59	4:59	18:06	7:09	3:18	4:26	1:58	1:10	5:33	2:30	0:57	4:24	2:09	0:28	1:27	0:40	
<b>4 Rosa Ana Samper Sanz</b>	<b>1:21:20</b>	3:26	5:30	7:58	10:46	14:18	19:48	33:37	40:15	46:56	50:23	55:04	56:22	1:05:04	1:08:55	1:09:54	1:16:14	1:18:15	1:18:51	1:20:26	1:21:20	
Alicante VILLENA-O		3:26	2:04	2:28	2:48	3:32	5:30	13:49	6:38	6:41	3:27	4:41	1:18	8:42	3:51	0:59	6:20	2:01	0:36	1:35	0:54	
<b>H-12 (10)</b>		<b>1.3 km 10 m</b>				<b>7 C</b>																
		1(31)	2(41)	3(42)	4(33)	5(34)	6(36)	7(100)														F
<b>1 Aimar Urquizu Diego</b>	<b>10:28</b>	2:42	3:40	<b>5:06</b>	6:22	<b>7:42</b>	<b>8:58</b>	<b>9:48</b>	<b>10:28</b>													
Navarra CDNAVARRA		2:42	0:58	1:26	1:16	<b>1:20</b>	1:16	0:50	<b>0:40</b>													
<b>2 Aaron González Peña</b>	<b>10:36</b>	2:43	4:00	5:11	<b>6:14</b>	7:45	9:03	9:54	10:36													
Toledo TOLEDO-O		2:43	1:17	<b>1:11</b>	1:03	1:31	1:18	0:51	0:42													
<b>3 Eloy De La Varga Iglesias</b>	<b>11:35</b>	3:10	4:41	6:06	7:09	8:47	9:59	10:49	11:35													
León E D ALCON		3:10	1:31	1:25	1:03	1:38	<b>1:12</b>	0:50	0:46													
<b>4 Sergio Adeva Conde</b>	<b>13:38</b>	<b>2:17</b>	<b>3:07</b>	5:08	8:39	10:01	12:12	12:58	13:38													
Valladolid CDP-O		<b>2:17</b>	<b>0:50</b>	2:01	3:31	1:22	2:11	<b>0:46</b>	<b>0:40</b>													
<b>5 Mario Mínguez Saoner</b>	<b>14:07</b>	3:13	5:31	7:33	8:48	10:36	12:13	13:18	14:07													
Madrid IMPERDIBLE BUFF		3:13	2:18	2:02	1:15	1:48	1:37	1:05	0:49													
<b>6 Asier Ruiz Castrillo</b>	<b>14:57</b>	3:54	5:05	7:46	8:57	11:16	12:46	14:06	14:57													
Vizcaya COBI		3:54	1:11	2:41	1:11	2:19	1:30	1:20	0:51													
<b>7 Daniel Miguel Nevares</b>	<b>15:54</b>	2:47	6:57	9:26	10:43	12:16	14:17	15:09	15:54													
Palencia ORCA		2:47	4:10	2:29	1:17	1:33	2:01	0:52	0:45													
<b>8 Rodrigo Pérez Marcos</b>	<b>17:53</b>	2:54	3:57	5:46	6:48	8:12	16:17	17:09	17:53													
Asturias LA BRUJULA - JAIRE		2:54	1:03	1:49	<b>1:02</b>	1:24	8:05	0:52	0:44													
<b>9 PABLO ERICE GARCÍA</b>	<b>20:50</b>	4:07	5:37	11:14	14:44	16:53	18:37	19:47	20:50			12:30										
Asturias PILOÑA DEPORTE		4:07	1:30	5:37	3:30	2:09	1:44	1:10	1:03			*43										
Oihan Pascual Huerto	ror en tarj.	2:25	-----	-----	4:59	8:12	9:40	10:37	11:19			3:31	9:05									
Navarra CDNAVARRA		2:25			2:34	3:13	1:28	0:57	0:42			*32	*35									
<b>H-14 (8)</b>		<b>2.9 km 145 m</b>				<b>13 C</b>																
		1(40)	2(42)	3(61)	4(62)	5(63)	6(80)	7(83)	8(85)	9(57)	10(53)	11(33)	12(36)	13(100)								F
<b>1 Manuel Franco Pire</b>	<b>35:38</b>	<b>3:41</b>	<b>5:30</b>	<b>8:42</b>	<b>11:23</b>	<b>14:01</b>	<b>17:53</b>	<b>20:48</b>	<b>23:29</b>	<b>25:30</b>	<b>27:07</b>	<b>31:47</b>	<b>33:52</b>	<b>34:52</b>	<b>35:38</b>							
Asturias LA BRUJULA - JAIRE		<b>3:41</b>	1:49	3:12	2:41	2:38	<b>3:52</b>	2:55	<b>2:41</b>	2:01	<b>1:37</b>	4:40	<b>2:05</b>	1:00	0:46							
<b>2 David Rojas Jiménez</b>	<b>37:37</b>	4:19	5:48	9:40	12:16	15:56	19:52	22:39	25:39	27:26	29:04	33:12	36:08	36:57	37:37							
Madrid ALABARDA-O		4:19	<b>1:29</b>	3:52	<b>2:36</b>	3:40	3:56	<b>2:47</b>	3:00	1:47	1:38	4:08	2:56	<b>0:49</b>	0:40							
<b>3 Manuel Gonzalo Carvajal</b>	<b>40:12</b>	3:51	6:00	9:20	13:33	15:46	20:04	23:14	26:51	29:10	31:30	35:44	38:40	39:34	40:12							
León E D ALCON		3:51	2:09	3:20	4:13	<b>2:13</b>	4:18	3:10	3:37	2:19	2:20	4:14	2:56	0:54	<b>0:38</b>							
<b>4 Ismael Delgado Muñoz</b>	<b>41:46</b>	3:59	5:50	9:22	12:58	15:16	19:55	23:37	27:44	29:29	31:22	35:26	39:56	40:57	41:46							
Toledo TOLEDO-O		3:59	1:51	3:32	3:36	2:18	4:39	3:42	4:07	<b>1:45</b>	1:53	<b>4:04</b>	4:30	1:01	0:49							
<b>5 Alejandro Garnacho fernandez</b>	<b>55:48</b>	12:35	15:25	18:16	22:09	25:56	33:28	40:06	43:21	45:23	47:15	51:59	54:07	54:59	55:48							
Valladolid CDP-O		12:35	2:50	<b>2:51</b>	3:53	3:47	7:32	6:38	3:15	2:02	1:52	4:44	2:08	0:52	0:49							
<b>6 Alvaro Lopez Fando</b>	<b>57:06</b>	10:41	13:59	17:56	21:35	25:18	32:36	36:41	42:09	44:23	46:22	51:50	55:11	56:11	57:06							
Palencia ORCA		10:41	3:18	3:57	3:39	3:43	7:18	4:05	5:28	2:14	1:59	5:28	3:21	1:00	0:55							
<b>7 Jose Antonio Casado Pérez</b>	<b>1:10:55</b>	4:22	5:57	9:05	12:57	23:05	28:13	32:03	35:36	38:31	58:48	1:04:21	1:09:13	1:10:09	1:10:55							
Valladolid CDP-O		4:22	1:35	3:08	3:52	10:08	5:08	3:50	3:33	2:55	20:17	5:33	4:52	0:56	0:46							
<b>8 Emilio Negro Sacristan</b>	<b>1:11:14</b>	10:05	12:37	17:41	22:54	26:40	33:17	38:35	43:50	49:45	53:41	1:01:07	1:09:30	1:10:20	1:11:14							
Palencia ORCA		10:05	2:32	5:04	5:13	3:46	6:37	5:18	5:15	5:55	3:56	7:26	8:23	0:50	0:54							1:10:21 *100

os	Nombre	Tiempo																
<b>H-16 (11)</b>		<b>3.6 km 200 m</b>			<b>13 C</b>													
		1(45)	2(51)	3(62)	4(71)	5(73)	6(84)	7(85)	8(57)	9(55)	10(41)	11(40)	12(36)	13(100)	F			
1	Jorge Paricio Francés Zaragoza IBÓN	41:28	3:05	5:14	12:58	18:21	21:57	25:03	26:57	29:03	30:24	35:31	36:35	40:11	40:53	41:28		
2	Oscar Lobato Martínez León E D ALCON	44:49	3:05	2:09	7:44	5:23	3:36	3:06	1:54	2:06	1:21	5:07	1:04	3:36	0:42	0:35		
3	Ignacio Sanchez Muñoz Toledo NAVALCAN-O	47:32	4:40	7:15	14:30	19:27	23:01	26:02	28:46	30:36	32:40	38:35	39:35	43:26	44:15	44:49		
4	Jose Ignacio González Martín Toledo NAVALCAN-O	49:45	4:40	2:35	7:15	4:57	3:34	3:01	2:44	1:50	2:04	5:55	1:00	3:51	0:49	0:34		
5	Anton Pivovarov Valladolid COV	52:34	4:01	3:02	6:17	6:38	4:05	4:02	2:13	1:43	1:32	7:30	0:56	4:09	0:48	0:36		
6	Juan Cornejo García León E D ALCON	54:30	3:40	6:30	18:24	23:41	28:04	31:43	33:33	35:56	37:26	43:51	44:40	48:31	49:11	49:45		
7	Jaime Tordera Moreno-Tomé Toledo TOLEDO-O	55:10	3:40	2:50	11:54	5:17	4:23	3:39	1:50	2:23	1:30	6:25	0:49	3:51	0:40	0:34		
8	Mario Adeva Conde Valladolid CDP-O	56:37	4:02	6:40	17:28	23:14	26:48	30:39	33:19	35:08	37:16	44:17	45:28	50:51	51:47	52:34		
9	David García Álvaro León E D ALCON	1:04:30	4:02	2:38	10:48	5:46	3:34	3:51	2:40	1:49	2:08	7:01	1:11	5:23	0:56	0:47		
10	Miguel Angel Tortosa Bordera Alicante COLIVENC	1:07:54	4:22	6:59	13:55	19:02	24:19	29:43	32:37	35:05	38:17	45:45	46:56	52:49	53:41	54:30		
11	Juan Antonio Muñoz Sanchez Murcia LORCA-O	1:14:26	4:22	2:37	6:56	5:07	5:17	5:24	2:54	2:28	3:12	7:28	1:11	5:53	0:52	0:49		
			3:50	6:27	13:27	19:40	23:42	31:12	33:25	36:05	38:39	47:42	48:45	53:33	54:24	55:10		
			4:08	2:54	8:38	8:41	5:21	3:59	3:26	1:52	2:51	6:58	0:59	5:20	0:46	0:44		
			4:33	8:33	17:53	26:38	31:19	37:22	39:41	48:04	49:36	56:38	57:48	1:03:08	1:03:52	1:04:30		
			4:33	4:00	9:20	8:45	4:41	6:03	2:19	8:23	1:32	7:02	1:10	5:20	0:44	0:38		
			5:32	8:18	21:16	28:58	33:19	39:25	42:45	45:26	48:00	58:10	59:40	1:05:56	1:07:01	1:07:54		
			5:32	2:46	12:58	7:42	4:21	6:06	3:20	2:41	2:34	10:10	1:30	6:16	1:05	0:53		
			5:54	9:54	19:52	29:52	36:11	41:37	44:41	47:39	51:33	1:04:36	1:05:56	1:12:40	1:13:47	1:14:26		
			5:54	4:00	9:58	10:00	6:19	5:26	3:04	2:58	3:54	13:03	1:20	6:44	1:07	0:39		
<b>H-18A (13)</b>		<b>4.0 km 250 m</b>			<b>15 C</b>													
		1(38)	2(37)	3(41)	4(45)	5(55)	6(76)	7(78)	8(74)	9(70)	10(64)	11(66)	12(68)	13(52)	14(49)	15(100)	F	
1	Kirill Pivovarov Valladolid COV	47:20	4:01	5:24	6:41	8:11	13:23	25:16	27:21	30:20	35:15	38:09	39:16	41:33	43:29	45:29	46:50	47:20
2	Jorge Gracia Ochotorena Murcia LORCA-O	52:23	4:01	1:23	1:17	1:30	5:12	11:53	2:05	2:59	4:55	2:54	1:07	2:17	1:56	2:00	1:21	0:30
3	Diego Lázaro De Juan Valladolid COV	55:41	3:42	5:10	6:40	8:17	14:06	24:44	29:10	32:37	38:38	41:19	42:46	45:51	48:10	50:24	51:52	52:23
4	Jesús Rodríguez Corrochano Ciudad Rea MANZANARES-O	55:57	3:42	1:28	1:30	1:37	5:49	10:38	4:26	3:27	6:01	2:41	1:27	3:05	2:19	2:14	1:28	0:31
5	Felipe Hermida Arias Valladolid COV	58:06	3:49	5:35	7:08	8:40	15:00	25:35	28:08	31:14	37:20	39:59	42:06	44:53	51:13	53:29	55:04	55:41
6	Nils Javier Elbing Asturias LA BRUJULA - JAIRE	1:03:21	3:49	1:46	1:33	1:32	6:20	10:35	2:33	3:06	6:06	2:39	2:07	2:47	6:20	2:16	1:35	0:37
7	Abel Herrero Gomez Palencia ORCA	1:06:26	3:37	6:15	7:49	9:32	16:21	30:38	33:19	38:12	43:28	46:17	47:45	49:52	53:26	56:01	57:32	58:06
8	Sergi Guill Juan Alicante COLIVENC	1:15:39	3:37	2:38	1:34	1:43	6:49	14:17	2:41	4:53	5:16	2:49	1:28	2:07	3:34	2:35	1:31	0:34
9	Julio Velez Muñoz Palencia ORCA	1:16:19	4:24	9:59	11:57	13:23	19:04	30:31	35:33	41:58	48:01	51:00	52:42	55:37	59:06	1:01:31	1:02:48	1:03:21
10	Dario Fidalgo Casares León E D ALCON	1:16:34	4:24	5:35	1:58	1:26	5:41	11:27	5:02	6:25	6:03	2:59	1:42	2:55	3:29	2:25	1:17	0:33
11	Jorge Gutierrez Serrano Madrid COLMENAR	1:22:16	4:08	6:08	8:08	10:11	18:02	34:58	38:17	45:38	50:50	54:46	56:47	58:50	1:01:35	1:04:21	1:05:52	1:06:26
12	Diego Llamazares Gutierrez León E D ALCON	1:33:04	4:08	2:00	2:00	2:03	7:51	16:56	3:19	7:21	5:12	3:56	2:01	2:03	2:45	2:46	1:31	0:34
13	Alex Tordera Moreno-Tomé Toledo TOLEDO-O	1:36:06	5:53	11:06	14:22	16:36	23:36	40:28	44:58	50:31	57:57	1:02:54	1:05:27	1:09:01	1:11:28	1:13:44	1:15:05	1:15:39
			5:53	5:13	3:16	2:14	7:00	16:52	4:30	5:33	7:26	4:57	2:33	3:34	2:27	2:16	1:21	0:34
			5:21	8:03	10:10	12:07	19:18	35:45	40:57	46:36	53:24	57:49	1:00:06	1:03:33	1:09:41	1:13:35	1:15:31	1:16:19
			5:21	2:42	2:07	1:57	7:11	16:27	5:12	5:39	6:48	4:25	2:17	3:27	6:08	3:54	1:56	0:48
			4:06	6:27	1:49	2:17	7:02	20:58	3:49	7:18	5:29	4:36	3:13	2:41	2:45	1:44	0:37	
			8:51	12:17	14:58	16:41	23:54	43:54	51:43	56:12	1:03:02	1:09:45	1:12:48	1:14:50	1:17:16	1:20:15	1:21:40	1:22:16
			8:51	3:26	2:41	1:43	7:13	20:00	7:49	4:29	6:50	6:43	3:03	2:02	2:26	2:59	1:25	0:36
			4:37	14:04	15:54	17:57	25:02	54:35	58:25	1:08:02	1:15:07	1:19:34	1:21:25	1:24:33	1:27:53	1:30:55	1:32:29	1:33:04
			4:37	9:27	1:50	2:03	7:05	29:33	3:50	9:37	7:05	4:27	1:51	3:08	3:20	3:02	1:34	0:35
			4:41	9:28	11:23	13:27	22:03	1:00:23	1:06:33	1:10:16	1:16:38	1:21:39	1:24:03	1:28:23	1:31:08	1:34:09	1:35:35	1:36:06
			4:41	4:47	1:55	2:04	8:36	38:20	6:10	3:43	6:22	5:01	2:24	4:20	2:45	3:01	1:26	0:31

os	Nombre	Tiempo																				
<b>H-20A (6)</b>		<b>5.9 km 380 m 24 C</b>																				
		1(37)	2(38)	3(39)	4(54)	5(66)	6(65)	7(75)	8(77)	9(91)	10(92)	11(93)	12(98)	13(96)	14(89)	15(88)	16(87)	17(82)	18(56)	19(52)	20(49)	
		21(48)	22(46)	23(47)	24(100)	F																
<b>1</b>	<b>PEDRO MORAÑES RUIZ</b> <b>SEVILLA POSEIDON</b>	<b>57:12</b>	<b>2:59</b>	<b>4:16</b>	<b>5:59</b>	<b>9:51</b>	<b>14:07</b>	<b>15:41</b>	<b>23:38</b>	<b>24:44</b>	<b>29:59</b>	<b>31:42</b>	<b>32:28</b>	<b>37:49</b>	<b>39:51</b>	<b>40:59</b>	<b>41:57</b>	<b>43:53</b>	<b>46:26</b>	<b>47:40</b>	<b>50:27</b>	<b>52:05</b>
			<b>2:59</b>	<b>1:17</b>	<b>1:43</b>	<b>3:52</b>	4:16	1:34	<b>7:57</b>	<b>1:06</b>	<b>5:15</b>	<b>1:43</b>	<b>0:46</b>	<b>5:21</b>	<b>2:02</b>	<b>1:08</b>	<b>0:58</b>	<b>1:56</b>	<b>2:33</b>	<b>1:14</b>	<b>2:47</b>	<b>1:38</b>
			<b>52:27</b>	<b>54:41</b>	<b>55:32</b>	<b>56:35</b>	<b>57:12</b>															
			<b>0:22</b>	<b>2:14</b>	<b>0:51</b>	<b>1:03</b>	<b>0:37</b>															
<b>2</b>	<b>Álvaro Prieto Del Campo</b> <b>Madrid COLMENAR</b>	<b>1:22:24</b>	4:11	5:52	9:17	14:17	21:52	24:14	33:44	36:44	44:42	47:05	47:58	53:51	56:59	59:05	1:00:27	1:03:14	1:06:54	1:09:03	1:12:33	1:15:03
			4:11	1:41	3:25	5:00	7:35	2:22	9:30	3:00	7:58	2:23	0:53	5:53	3:08	2:06	1:22	2:47	3:40	2:09	3:30	2:30
			1:15:32	1:19:03	1:20:17	1:21:39	1:22:24															
			0:29	3:31	1:14	1:22	0:45															
<b>3</b>	<b>Alejandro Martínez Flor</b> <b>Valencia UPV-O</b>	<b>1:24:11</b>	3:57	6:41	10:00	15:59	21:16	22:16	32:22	34:10	42:11	44:54	45:45	54:49	58:15	1:00:44	1:02:19	1:05:30	1:09:17	1:10:41	1:14:25	1:16:47
			3:57	2:44	3:19	5:59	5:17	<b>1:00</b>	10:06	1:48	8:01	2:43	0:51	9:04	3:26	2:29	1:35	3:11	3:47	1:24	3:44	2:22
			1:17:11	1:20:29	1:22:00	1:23:25	1:24:11															
			0:24	3:18	1:31	1:25	0:46															
<b>4</b>	<b>Elmar Montero Carceles</b> <b>Albacete GODIH</b>	<b>1:26:47</b>	3:52	7:29	12:00	16:43	20:50	22:06	34:45	36:04	43:40	46:28	47:30	56:40	59:58	1:02:17	1:03:45	1:06:09	1:09:42	1:11:45	1:15:35	1:17:53
			3:52	3:37	4:31	4:43	<b>4:07</b>	1:16	12:39	1:19	7:36	2:48	1:02	9:10	3:18	2:19	1:28	2:24	3:33	2:03	3:50	2:18
			1:18:24	1:23:12	1:24:53	1:26:07	1:26:47															
			0:31	4:48	1:41	1:14	0:40															
<b>5</b>	<b>Ismael Ramal Barea</b> <b>Alicante COLIVENC</b>	<b>1:40:46</b>	4:42	7:07	9:18	15:04	19:54	21:21	32:28	38:21	47:53	50:56	52:44	1:02:30	1:08:57	1:11:21	1:12:57	1:15:46	1:20:33	1:25:12	1:29:45	1:32:59
			4:42	2:25	2:11	5:46	4:50	1:27	11:07	5:53	9:32	3:03	1:48	9:46	6:27	2:24	1:36	2:49	4:47	4:39	4:33	3:14
			1:33:32	1:37:00	1:38:16	1:39:51	1:40:46															
			0:33	3:28	1:16	1:35	0:55															
<b>6</b>	<b>Manuel Valero Cayón</b> <b>Asturias PILOÑA DEPORTE</b>	<b>2:46:08</b>	17:33	20:54	25:15	36:59	45:57	47:40	1:06:55	1:09:47	1:26:55	1:30:37	1:33:40	1:47:25	1:53:53	1:57:43	2:01:36	2:06:32	2:13:02	2:18:23	2:26:09	2:31:12
			17:33	3:21	4:21	11:44	8:58	1:43	19:15	2:52	17:08	3:42	3:03	13:45	6:28	3:50	3:53	4:56	6:30	5:21	7:46	5:03
			2:32:08	2:39:36	2:42:50	2:45:10	2:46:08															
			0:56	7:28	3:14	2:20	0:58															
<b>H-21A (26)</b>		<b>5.1 km 355 m 22 C</b>																				
		1(51)	2(54)	3(55)	4(56)	5(86)	6(88)	7(96)	8(97)	9(94)	10(74)	11(78)	12(79)	13(71)	14(64)	15(66)	16(37)	17(39)	18(44)	19(46)	20(49)	
		21(48)	22(100)	F																		
<b>1</b>	<b>José Corredoira Rifón</b> <b>Madrid T TRAGAME</b>	<b>1:05:21</b>	5:23	7:19	9:36	12:19	15:03	18:29	22:59	24:13	27:54	33:34	36:12	38:42	<b>44:02</b>	<b>47:17</b>	<b>50:11</b>	<b>54:08</b>	<b>58:04</b>	<b>59:18</b>	<b>1:01:08</b>	<b>1:03:19</b>
			5:23	1:56	2:17	2:43	2:44	3:26	4:30	1:14	3:41	5:40	<b>2:38</b>	2:30	5:20	3:15	2:54	<b>3:57</b>	3:56	<b>1:14</b>	1:50	2:11
			<b>1:03:46</b>	<b>1:04:51</b>	<b>1:05:21</b>																	
			0:27	1:05	<b>0:30</b>																	
<b>2</b>	<b>Juan Alberto Flores Giner</b> <b>Murcia LORCA-O</b>	<b>1:09:27</b>	5:22	7:04	9:21	12:26	15:03	18:22	22:35	25:09	28:02	33:23	36:33	39:35	45:13	49:28	50:55	57:24	1:01:10	1:02:32	1:04:16	1:06:54
			5:22	1:42	2:17	3:05	2:37	3:19	4:13	2:34	2:53	5:21	3:10	3:02	5:38	4:15	1:27	6:29	3:46	1:22	1:44	2:38
			1:07:25	1:08:45	1:09:27																	
			0:31	1:20	0:42																	
<b>3</b>	<b>Jesús Nieto Calvo</b> <b>Toledo NAVALCAN-O</b>	<b>1:13:43</b>	5:37	7:27	9:49	12:06	15:37	18:58	23:43	24:48	29:54	35:33	39:07	41:44	49:40	53:02	55:50	1:00:51	1:05:02	1:06:22	1:08:40	1:11:22
			5:37	1:50	2:22	2:17	3:31	3:21	4:45	1:05	5:06	5:39	3:34	2:37	7:56	3:22	2:48	5:01	4:11	1:20	2:18	2:42
			1:11:48	1:13:06	1:13:43																	
			0:26	1:18	0:37																	
<b>4</b>	<b>Pablo Bustillo Ruiz</b> <b>La Rioja CRON</b>	<b>1:14:53</b>	5:21	7:01	10:10	12:17	15:16	18:09	22:12	23:04	28:11	33:51	36:59	44:01	52:00	56:01	57:28	1:02:22	1:07:29	1:08:52	1:10:37	1:12:47
			5:21	1:40	3:09	<b>2:07</b>	2:59	2:53	4:03	0:52	5:07	5:40	3:08	7:02	7:59	4:01	1:27	4:54	5:07	1:23	1:45	<b>2:10</b>
			1:13:12	1:14:19	1:14:53																	
			<b>0:25</b>	1:07	0:34																	
<b>5</b>	<b>Sabin Ormaza Atxa</b> <b>Vizcaya COBI</b>	<b>1:15:26</b>	5:20	7:26	11:06	13:35	17:00	21:15	27:32	28:24	32:20	38:12	42:45	45:21	53:02	56:31	58:40	1:02:59	1:07:32	1:08:51	1:10:20	1:12:50
			5:20	2:06	3:40	2:29	3:25	4:15	6:17	0:52	3:56	5:52	4:33	2:36	7:41	3:29	2:09	4:19	4:33	1:19	1:29	2:30
			1:13:20	1:14:38	1:15:26																	
			0:30	1:18	0:48																	





os Nombre		Tiempo																				
<b>H-21A (26)</b>		<b>5.1 km 355 m</b>					<b>22 C</b>					<i>(cont.)</i>										
		1(51)	2(54)	3(55)	4(56)	5(86)	6(88)	7(96)	8(97)	9(94)	10(74)	11(78)	12(79)	13(71)	14(64)	15(66)	16(37)	17(39)	18(44)	19(46)	20(49)	
		21(48)	22(100)	F																		
<b>18 Miguel Alfredo Alfonso Zaragoza Alicante COLIVENC</b>	<b>1:25:46</b>	6:07	8:08	10:05	14:46	17:39	20:21	27:48	29:47	32:48	38:28	45:14	48:10	53:57	58:12	1:04:00	1:08:46	1:12:06	1:14:57	1:20:17	1:23:14	
		6:07	2:01	1:57	4:41	2:53	2:42	7:27	1:59	3:01	5:40	6:46	2:56	5:47	4:15	5:48	4:46	3:20	2:51	5:20	2:57	
		1:23:49	1:25:03	1:25:46																		
		0:35	1:14	0:43																		
<b>19 Juan Carlos Dorado Colmenar Toledo NAVALCAN-O</b>	<b>1:26:08</b>	7:45	9:50	12:35	15:43	20:12	24:02	28:36	29:36	32:19	38:41	42:40	46:16	52:08	56:16	57:54	1:08:13	1:12:35	1:14:02	1:16:58	1:23:32	
		7:45	2:05	2:45	3:08	4:29	3:50	4:34	1:00	2:43	6:22	3:59	3:36	5:52	4:08	1:38	10:19	4:22	1:27	2:56	6:34	
		1:24:04	1:25:29	1:26:08																		
		0:32	1:25	0:39																		
<b>20 Ángel Frontela Mucientes Valladolid COV</b>	<b>1:30:50</b>	6:35	8:45	11:23	15:36	18:47	22:16	27:08	28:14	31:54	41:27	45:09	48:20	59:50	1:03:32	1:05:24	1:16:32	1:20:18	1:21:46	1:24:22	1:27:58	
		6:35	2:10	2:38	4:13	3:11	3:29	4:52	1:06	3:40	9:33	3:42	3:11	11:30	3:42	1:52	11:08	3:46	1:28	2:36	3:36	
		1:28:35	1:30:03	1:30:50																		
		0:37	1:28	0:47																		
<b>21 Guillermo Castro Manzanares Valladolid CDP-O</b>	<b>1:34:11</b>	6:17	8:44	11:09	14:37	18:33	24:55	29:39	31:09	36:14	43:29	47:08	51:13	1:03:56	1:07:30	1:08:54	1:19:42	1:23:48	1:25:07	1:28:52	1:31:44	
		6:17	2:27	2:25	3:28	3:56	6:22	4:44	1:30	5:05	7:15	3:39	4:05	12:43	3:34	1:24	10:48	4:06	1:19	3:45	2:52	
		1:32:19	1:33:36	1:34:11																		
		0:35	1:17	0:35																		
<b>22 Alberto Tejero Rioseras Valladolid COV</b>	<b>1:42:48</b>	7:36	10:20	13:12	17:16	22:47	26:43	32:13	33:28	40:12	51:51	57:40	1:01:29	1:16:19	1:20:43	1:22:13	1:28:01	1:32:25	1:34:37	1:36:54	1:40:07	
		7:36	2:44	2:52	4:04	5:31	3:56	5:30	1:15	6:44	11:39	5:49	3:49	14:50	4:24	1:30	5:48	4:24	2:12	2:17	3:13	
		1:40:43	1:42:13	1:42:48																		
		0:36	1:30	0:35																		
<b>23 David Prieto López Cuenca ELERUT</b>	<b>1:43:33</b>	7:33	10:48	14:13	18:00	22:31	26:17	32:02	33:24	36:48	45:03	51:21	55:30	1:10:16	1:16:25	1:18:20	1:26:18	1:31:13	1:33:36	1:36:40	1:40:18	
		7:33	3:15	3:25	3:47	4:31	3:46	5:45	1:22	3:24	8:15	6:18	4:09	14:46	6:09	1:55	7:58	4:55	2:23	3:04	3:38	
		1:40:57	1:42:46	1:43:33																		
		0:39	1:49	0:47																		
<b>24 Diego Tejero Rioseras Valladolid COV</b>	<b>1:47:41</b>	<b>4:54</b>	10:51	12:27	15:05	18:21	20:56	25:27	26:20	30:08	37:18	40:53	43:04	59:49	1:03:24	1:05:13	1:32:44	1:36:15	1:39:50	1:41:56	1:44:55	
		<b>4:54</b>	5:57	<b>1:36</b>	2:38	3:16	<b>2:35</b>	4:31	0:53	3:48	7:10	3:35	<b>2:11</b>	16:45	3:35	1:49	27:31	3:31	3:35	2:06	2:59	
		1:45:27	1:47:00	1:47:41																		
		0:32	1:33	0:41																		
<b>25 Javier Alba Isasi Madrid MONTE EL PARDO</b>	<b>1:47:58</b>	6:55	9:12	14:28	17:49	20:38	28:07	33:49	34:45	38:13	43:56	47:56	51:01	57:16	1:02:26	1:03:58	1:30:40	1:36:17	1:38:28	1:40:52	1:44:26	
		6:55	2:17	5:16	3:21	2:49	7:29	5:42	0:56	3:28	5:43	4:00	3:05	6:15	5:10	1:32	26:42	5:37	2:11	2:24	3:34	
		1:45:04	1:47:18	1:47:58																		
		0:38	2:14	0:40																		
<b>Julio Cesar Garrido Yustos Valladolid CDP-O</b>	<b>ror en tarj.</b>	5:44	7:45	9:50	12:17	16:12	19:42	24:56	25:59	29:58	35:07	38:39	41:07	46:12	50:30	52:36	57:01	1:00:11	-----	1:02:17	1:04:58	
		5:44	2:01	2:05	2:27	3:55	3:30	5:14	1:03	3:59	<b>5:09</b>	3:32	2:28	5:05	4:18	2:06	4:25	3:10		2:06	2:41	
		1:05:25	1:06:24	1:06:59																		
		0:27	0:59	0:35																		
<b>H-21B (23)</b>		<b>3.3 km 175 m</b>					<b>12 C</b>															
		1(45)	2(55)	3(81)	4(84)	5(85)	6(53)	7(63)	8(62)	9(61)	10(41)	11(48)	12(100)									
																						F
<b>1 Alfonso Cortés Pinilla Badajoz CODAN EXTREMADURA</b>	<b>36:26</b>	<b>2:43</b>	<b>8:22</b>	<b>10:48</b>	<b>14:02</b>	<b>15:44</b>	<b>17:46</b>	<b>25:22</b>	<b>26:29</b>	28:14	<b>32:14</b>	<b>34:43</b>	<b>35:51</b>	<b>36:26</b>								
		<b>2:43</b>	<b>5:39</b>	2:26	3:14	<b>1:42</b>	<b>2:02</b>	7:36	1:07	1:45	4:00	2:29	1:08	0:35								
<b>2 Luis Miguel García de Águeda Burgos CORZO</b>	<b>40:22</b>	3:26	9:53	12:10	15:28	17:27	20:06	27:30	29:17	30:42	35:22	38:08	39:39	40:22								
		3:26	6:27	2:17	3:18	1:59	2:39	<b>7:24</b>	1:47	1:25	4:40	2:46	1:31	0:43								
<b>3 Arturo García Dengra Madrid ESCONDITE-M</b>	<b>41:42</b>	3:09	10:28	12:54	15:47	17:29	19:58	27:43	28:49	30:17	36:53	39:33	41:00	41:42								
		3:09	7:19	2:26	2:53	<b>1:42</b>	2:29	7:45	1:06	1:28	6:36	2:40	1:27	0:42								
<b>4 Saúl Laguna Gutiérrez Valladolid CDP-O</b>	<b>42:56</b>	3:26	9:19	11:43	14:07	15:52	18:26	25:53	26:44	<b>27:58</b>	38:28	40:55	42:14	42:56								
		3:26	5:53	2:24	<b>2:24</b>	1:45	2:34	7:27	0:51	1:14	10:30	2:27	1:19	0:42								
<b>5 Gonzalo Rosal Suarez Asturias LA BRUJULA - JAIRE</b>	<b>44:51</b>	3:45	10:28	12:57	15:30	17:32	19:55	31:20	34:30	35:50	39:45	42:51	44:11	44:51								
		3:45	6:43	2:29	2:33	2:02	2:23	11:25	3:10	1:20	3:55	3:06	1:20	0:40								

os Nombre		Tiempo																		
<b>H-21B (23)</b>		<b>3.3 km 175 m</b>		<b>12 C</b>		<i>(cont.)</i>														
		1(45)	2(55)	3(81)	4(84)	5(85)	6(53)	7(63)	8(62)	9(61)	10(41)	11(48)	12(100)	F						
<b>6</b>	<b>Javier Sánchez Íñiguez De La To León E D ALCON</b>	<b>48:39</b>	4:13	11:44	14:00	21:30	23:13	25:35	35:33	36:36	37:48	44:14	47:05	48:01	48:39					
			4:13	7:31	2:16	7:30	1:43	2:22	9:58	1:03	<b>1:12</b>	6:26	2:51	<b>0:56</b>	0:38					
<b>7</b>	<b>José Antonio Carrillo Recio Toledo TOLEDO-O</b>	<b>48:54</b>	3:47	11:24	14:12	18:14	21:27	24:14	33:42	36:02	38:02	43:04	46:44	48:18	48:54					
			3:47	7:37	2:48	4:02	3:13	2:47	9:28	2:20	2:00	5:02	3:40	1:34	0:36					
<b>8</b>	<b>Carlos Manuel Prado Da Cruz Madrid GOCAN</b>	<b>49:05</b>	3:48	16:11	17:52	21:15	25:56	30:41	38:27	39:33	41:10	44:34	47:07	48:26	49:05					
			3:48	12:23	<b>1:41</b>	3:23	4:41	4:45	7:46	1:06	1:37	<b>3:24</b>	2:33	1:19	0:39					
<b>9</b>	<b>Alvaro Jiménez Fernández Toledo NAVALCAN-O</b>	<b>52:18</b>	4:35	13:31	16:56	20:59	24:22	27:51	37:13	39:45	42:14	46:34	49:58	51:43	52:18					
			4:35	8:56	3:25	4:03	3:23	3:29	9:22	2:32	2:29	4:20	3:24	1:45	0:35					
<b>10</b>	<b>Jorge Combarros Arias Valladolid CDP-O</b>	<b>56:00</b>	4:04	15:27	19:04	23:36	26:59	30:10	41:43	43:29	45:47	50:04	53:41	55:16	56:00					
			4:04	11:23	3:37	4:32	3:23	3:11	11:33	1:46	2:18	4:17	3:37	1:35	0:44					
<b>11</b>	<b>Hugo Capellin Brule Asturias NORDESTE-O</b>	<b>58:14</b>	3:20	10:36	13:45	19:06	25:09	28:55	40:20	41:58	44:00	51:39	55:27	57:25	58:14					
			3:20	7:16	3:09	5:21	6:03	3:46	11:25	1:38	2:02	7:39	3:48	1:58	0:49					
<b>12</b>	<b>Asier Ipiña Moja Vizcaya COBI</b>	<b>1:01:23</b>	3:10	14:50	16:34	19:09	21:30	23:40	32:04	33:02	34:23	57:14	59:36	1:00:49	1:01:23					
			3:10	11:40	1:44	2:35	2:21	2:10	8:24	0:58	1:21	22:51	<b>2:22</b>	1:13	<b>0:34</b>					
<b>13</b>	<b>Mikel Benito Trevijano Vizcaya COBI</b>	<b>1:03:47</b>	5:24	17:17	20:39	24:13	27:42	31:23	45:00	49:08	51:03	57:05	1:00:58	1:02:54	1:03:47					
			5:24	11:53	3:22	3:34	3:29	3:41	13:37	4:08	1:55	6:02	3:53	1:56	0:53					
<b>14</b>	<b>Ruben Martínez Campo Asturias NORDESTE-O</b>	<b>1:08:51</b>	4:29	12:30	14:54	18:43	20:43	23:21	36:10	39:13	40:54	1:03:13	1:06:55	1:08:17	1:08:51					
			4:29	8:01	2:24	3:49	2:00	2:38	12:49	3:03	1:41	22:19	3:42	1:22	<b>0:34</b>					
<b>15</b>	<b>Javier Montiel Bonmatí Alicante UNIVERSIDAD ALICANT</b>	<b>1:11:25</b>	3:49	12:25	14:31	17:26	19:25	21:34	32:47	33:35	35:19	1:05:21	1:09:03	1:10:50	1:11:25					
			3:49	8:36	2:06	2:55	1:59	2:09	11:13	<b>0:48</b>	1:44	30:02	3:42	1:47	0:35					
<b>16</b>	<b>Nicolás Corvo Weinbach Navarra CDNAVARRA</b>	<b>1:13:50</b>	4:28	13:47	17:11	22:53	25:51	29:53	41:55	43:27	45:27	1:06:24	1:10:49	1:13:01	1:13:50					
			4:28	9:19	3:24	5:42	2:58	4:02	12:02	1:32	2:00	20:57	4:25	2:12	0:49					
<b>17</b>	<b>Alfonso Florez Fernández Asturias LA BRUJULA - JAIRE</b>	<b>1:18:32</b>	4:05	13:51	17:03	22:21	24:49	28:22	43:37	47:32	49:05	1:11:34	1:15:50	1:17:46	1:18:32					
			4:05	9:46	3:12	5:18	2:28	3:33	15:15	3:55	1:33	22:29	4:16	1:56	0:46					
<b>18</b>	<b>Tomas Parla Ramírez Madrid GOCAN</b>	<b>1:28:56</b>	3:50	11:29	14:17	17:57	20:46	23:50	39:53	43:50	45:50	1:20:22	1:25:13	1:27:51	1:28:56					
			3:50	7:39	2:48	3:40	2:49	3:04	16:03	3:57	2:00	34:32	4:51	2:38	1:05					
<b>19</b>	<b>Mario Manzano Vázquez Madrid COLMENAR</b>	<b>1:33:10</b>	11:37	25:12	29:14	39:05	42:58	46:16	59:33	1:02:59	1:07:24	1:22:04	1:28:06	1:32:13	1:33:10					
			11:37	13:35	4:02	9:51	3:53	3:18	13:17	3:26	4:25	14:40	6:02	4:07	0:57					
<b>20</b>	<b>Eduardo González Sánchez Toledo NAVALCAN-O</b>	<b>1:33:50</b>	5:06	14:06	17:42	22:38	26:40	30:13	1:05:11	1:06:59	1:15:52	1:26:13	1:31:02	1:33:01	1:33:50					
			5:06	9:00	3:36	4:56	4:02	3:33	34:58	1:48	8:53	10:21	4:49	1:59	0:49					
<b>21</b>	<b>Emilio Guerra Noceda Toledo TOLEDO-O</b>	<b>1:35:07</b>	6:22	16:20	27:25	32:54	36:47	41:02	1:10:15	1:13:24	1:18:51	1:25:29	1:31:34	1:33:59	1:35:07					
			6:22	9:58	11:05	5:29	3:53	4:15	29:13	3:09	5:27	6:38	6:05	2:25	1:08					
<b>22</b>	<b>Diego Martin Juez Burgos TJALVE</b>	<b>1:43:48</b>	9:21	22:54	29:09	35:54	40:55	45:40	59:50	1:02:41	1:07:45	1:29:38	1:37:30	1:41:49	1:43:48					
			9:21	13:33	6:15	6:45	5:01	4:45	14:10	2:51	5:04	21:53	7:52	4:19	1:59					
<b>23</b>	<b>Fernando González Franco Valladolid COV</b>	<b>2:03:24</b>	14:19	22:56	27:54	31:34	33:36	36:46	50:33	54:28	57:37	1:54:09	1:59:23	2:02:19	2:03:24					
			14:19	8:37	4:58	3:40	2:02	3:10	13:47	3:55	3:09	56:32	5:14	2:56	1:05					
<b>H-35A (29)</b>		<b>5.1 km 380 m</b>		<b>17 C</b>																
		1(37)	2(61)	3(55)	4(82)	5(84)	6(76)	7(91)	8(98)	9(97)	10(95)	11(86)	12(59)	13(54)	14(51)	15(46)	16(47)	17(100)	F	
<b>1</b>	<b>Moisés Romo Carbonell Alicante CEAM IBI-O</b>	<b>59:02</b>	3:27	7:55	14:16	17:13	18:19	<b>30:23</b>	<b>35:13</b>	<b>41:16</b>	<b>42:56</b>	<b>44:03</b>	<b>47:28</b>	<b>49:59</b>	<b>52:51</b>	<b>53:38</b>	<b>56:54</b>	<b>57:38</b>	<b>58:28</b>	<b>59:02</b>
			3:27	4:28	<b>6:21</b>	2:57	1:06	12:04	<b>4:50</b>	6:03	1:40	<b>1:07</b>	3:25	<b>2:31</b>	<b>2:52</b>	<b>0:47</b>	<b>3:16</b>	<b>0:44</b>	<b>0:50</b>	<b>0:34</b>
<b>2</b>	<b>Roberto Pascual Orcajo Navarra CDNAVARRA</b>	<b>1:01:46</b>	3:44	6:46	<b>13:26</b>	<b>16:55</b>	<b>18:00</b>	----	33:23	40:13	42:37	44:08	47:55	50:28	53:59	55:11	59:05	59:57	1:01:09	1:01:46
			3:44	<b>3:02</b>	6:40	3:29	1:05	----	15:23	6:50	2:24	1:31	3:47	2:33	3:31	1:12	3:54	0:52	1:12	0:37
<b>3</b>	<b>Jorge Urquiza Barasoain Navarra CDNAVARRA</b>	<b>1:05:33</b>	4:04	7:59	14:46	18:04	19:07	----	37:38	43:53	45:48	46:56	50:34	53:01	56:22	57:19	1:02:17	1:03:21	1:04:52	1:05:33
			4:04	3:55	6:47	3:18	<b>1:03</b>	----	18:31	6:15	1:55	1:08	3:38	2:27	3:21	0:57	4:58	1:04	1:31	0:41
<b>4</b>	<b>Jordi Domènech Amorós Barcelona UEVIC</b>	<b>1:06:26</b>	<b>3:22</b>	<b>6:45</b>	16:00	19:05	20:11	34:39	40:06	45:58	47:36	48:50	52:05	54:46	59:02	59:50	1:03:51	1:04:40	1:05:49	1:06:26
			<b>3:22</b>	3:23	9:15	3:05	1:06	14:28	5:27	5:52	<b>1:38</b>	1:14	<b>3:15</b>	2:41	4:16	0:48	4:01	0:49	1:09	0:37
<b>5</b>	<b>Jonay Pérez Díaz Asturias LA BRUJULA - JAIRE</b>	<b>1:08:04</b>	3:43	6:53	14:48	18:24	19:43	30:49	37:06	42:43	45:09	46:35	51:06	54:23	58:23	1:00:20	1:04:53	1:06:10	1:07:25	1:08:04
			3:43	3:10	7:55	3:36	1:19	11:06	6:17	<b>5:37</b>	2:26	1:26	4:31	3:17	4:00	1:57	4:33	1:17	1:15	0:39
<b>6</b>	<b>Yulian Borislavov Naydenov Madrid MAXIMUS</b>	<b>1:10:27</b>	10:17	13:50	21:30	25:46	27:21	36:51	42:30	48:47	50:44	51:55	56:29	59:00	1:02:25	1:03:37	1:06:59	1:08:00	1:09:47	1:10:27
			10:17	3:33	7:40	4:16	1:35	9:30	5:39	6:17	1:57	1:11	4:34	<b>2:31</b>	3:25	1:12	3:22	1:01	1:47	0:40

os	Nombre	Tiempo	H-35A (29)																F	
			5.1 km 380 m		17 C		(cont.)													
			1(37)	2(61)	3(55)	4(82)	5(84)	6(76)	7(91)	8(98)	9(97)	10(95)	11(86)	12(59)	13(54)	14(51)	15(46)	16(47)		17(100)
7	Enrique Sanz García Madrid COLMENAR	1:11:11	5:18	9:11	17:32	20:57	22:29	30:24	38:45	45:11	47:01	48:51	53:38	57:36	1:01:18	1:02:38	1:08:10	1:09:24	1:10:36	1:11:11
8	Carlos Torrejón Rubio Valladolid COV	1:11:48	5:18	3:53	8:21	3:25	1:32	<b>7:55</b>	8:21	6:26	1:50	1:50	4:47	3:58	3:42	1:20	5:32	1:14	1:12	0:35
9	Héctor Lorenzo Yustos Madrid IMPERDIBLE BUFF	1:14:30	4:04	3:53	9:05	3:43	1:28	9:18	7:20	6:19	1:41	2:12	5:56	3:10	4:27	1:41	4:21	0:59	1:33	0:38
10	José Luis Juan Casillas Alicante COLIVENC	1:16:56	4:45	8:20	16:04	19:47	21:14	33:29	39:34	47:31	49:25	50:45	55:42	58:24	1:05:01	1:06:23	1:11:18	1:12:10	1:13:46	1:14:30
11	David Sotres Fernández Asturias NORDESTE-O	1:17:43	4:03	3:56	7:12	3:22	1:36	10:49	8:02	8:49	2:37	2:56	5:47	3:12	5:58	1:16	4:01	1:05	1:34	0:41
12	Diarmaid Ian Foley Madrid IMPERDIBLE BUFF	1:22:26	4:05	7:57	14:58	18:45	20:04	31:13	38:58	46:30	53:02	54:44	59:33	1:03:28	1:08:58	1:09:51	1:14:25	1:15:22	1:17:07	1:17:43
13	IGNACIO GONZALEZ CASERO ALAVA COA	1:22:44	4:05	3:52	7:01	3:47	1:19	11:09	7:45	7:32	6:32	1:42	4:49	3:55	5:30	0:53	4:34	0:57	1:45	0:36
14	Ramon García-Catalan Simon Madrid COLMENAR	1:24:54	12:09	17:30	26:15	29:53	31:40	41:40	49:18	56:18	58:22	1:00:16	1:05:28	1:08:13	1:13:18	1:14:53	1:19:18	1:20:25	1:21:42	1:22:26
15	Luis Eduardo Benito Zamora Burgos CORZO	1:25:45	8:26	12:05	19:43	22:35	24:28	41:18	48:19	55:34	59:55	1:01:25	1:07:40	1:10:47	1:14:48	1:16:00	1:20:02	1:21:05	1:22:07	1:22:44
16	Benedicto Santos García Asturias ASTUR EXTREM	1:25:54	8:26	3:39	7:38	<b>2:52</b>	1:53	16:50	7:01	7:15	4:21	1:30	6:15	3:07	4:01	1:12	4:02	1:03	1:02	0:37
17	José Domínguez Berjón León E D ALCON	1:26:49	4:15	8:01	7:17	4:24	1:16	12:00	11:30	5:52	3:13	5:17	5:41	3:11	4:17	1:18	4:14	0:57	1:37	<b>0:34</b>
18	Miguel Girona Belmonte Murcia LORCA-O	1:27:56	9:45	13:59	22:18	26:21	27:41	38:12	48:51	58:15	1:00:38	1:02:12	1:07:00	1:11:26	1:15:56	1:17:16	1:21:56	1:23:19	1:24:57	1:25:45
19	AURELIO-ANTONIO OLIVAR ROL Madrid T TRAGAME	1:31:33	9:45	4:14	8:19	4:03	1:20	10:31	10:39	9:24	2:23	1:34	4:48	4:26	4:30	1:20	4:40	1:23	1:38	0:48
20	Juan Carlos Pérez González Asturias PILOÑA DEPORTE	1:33:36	3:54	10:22	21:23	24:56	26:14	36:14	47:37	54:24	56:25	58:16	1:03:27	1:06:24	1:10:38	1:13:29	1:17:16	1:19:40	1:23:14	1:25:54
21	Manuel Parrado Maquieira Vizcaya COBI	1:42:47	4:36	6:28	11:01	3:33	1:18	10:00	11:23	6:47	2:01	1:51	5:11	2:57	4:14	2:51	3:47	2:24	3:34	2:40
22	Roberto Ferrero Barros Asturias NORDESTE-O	1:43:12	4:36	10:31	20:04	24:31	25:59	42:46	51:29	59:28	1:01:58	1:03:46	1:09:46	1:12:54	1:17:39	1:19:04	1:23:48	1:24:57	1:26:12	1:26:49
23	Gaizka Ballesteros Contreras Vizcaya COBI	1:49:56	4:46	5:55	9:33	4:27	1:28	16:47	8:43	7:59	2:30	1:48	6:00	3:08	4:45	1:25	4:44	1:09	1:15	0:37
24	Luis González Lorenzo León E D ALCON	1:54:09	4:46	10:36	20:25	24:22	25:54	38:08	45:53	53:22	55:42	57:31	1:03:05	1:06:37	1:13:21	1:14:54	1:19:43	1:24:33	1:27:01	1:27:56
25	Carles Salvador Costa Barcelona UEVIC	2:05:41	4:46	5:50	9:49	3:57	1:32	12:14	7:45	7:29	2:20	1:49	5:34	3:32	6:44	1:33	4:49	4:50	2:28	0:55
26	Ignacio Burgos Fernández La Rioja CRON	2:08:35	4:40	8:31	16:51	19:58	21:15	----	47:43	54:07	1:05:06	1:06:25	1:11:23	1:14:17	1:18:22	1:19:39	1:25:11	1:27:37	1:30:42	1:31:33
27	José María Crespo Rodríguez Badajoz CODAN EXTREMADURA	2:23:28	10:05	15:27	25:01	28:42	30:18	44:26	51:46	59:06	1:02:08	1:04:04	1:10:33	1:14:51	1:20:28	1:22:45	1:28:19	1:30:19	1:32:12	1:33:36
	Daniel Isla Zorita Valladolid COV	ror en tarj.	10:05	5:22	9:34	3:41	1:36	14:08	7:20	7:20	3:02	1:56	6:29	4:18	5:37	2:17	5:34	2:00	1:53	1:24
	JUAN GARCÍA MAYO Asturias PILOÑA DEPORTE	ror en tarj.	4:08	8:46	21:41	25:30	27:18	48:00	1:03:40	1:10:35	1:13:19	1:15:32	1:20:54	1:25:07	1:29:04	1:31:43	1:39:19	1:40:20	1:42:05	1:42:47
			4:08	4:38	12:55	3:49	1:48	20:42	15:40	6:55	2:44	2:13	5:22	4:13	3:57	2:39	7:36	1:01	1:45	0:42
			7:54	13:38	22:05	26:22	28:29	43:57	52:05	1:04:38	1:07:46	1:10:00	1:18:36	1:22:13	1:29:26	1:31:09	1:38:42	1:40:48	1:42:29	1:43:12
			7:54	5:44	8:27	4:17	2:07	15:28	8:08	12:33	3:08	2:14	8:36	3:37	7:13	1:43	7:33	2:06	1:41	0:43
			4:56	10:08	22:24	27:44	29:21	----	54:10	1:04:30	1:09:31	1:12:00	1:19:33	1:23:37	1:36:32	1:38:24	1:44:40	1:46:24	1:49:04	1:49:56
			4:56	5:12	12:16	5:20	1:37	24:49	10:20	5:01	2:29	7:33	4:04	12:55	1:52	6:16	1:44	2:40	0:52	
			6:53	12:56	26:48	31:28	33:29	57:10	1:05:49	1:16:04	1:19:38	1:22:03	1:29:12	1:34:07	1:40:35	1:42:10	1:49:30	1:50:58	1:53:16	1:54:09
			6:53	6:03	13:52	4:40	2:01	23:41	8:39	10:15	3:34	2:25	7:09	4:55	6:28	1:35	7:20	1:28	2:18	0:53
			5:30	10:56	20:23	25:39	27:31	48:47	58:22	1:07:06	1:10:01	1:23:23	1:37:59	1:42:41	1:49:31	1:51:50	2:00:11	2:02:51	2:04:49	2:05:41
			5:30	5:26	9:27	5:16	1:52	21:16	9:35	8:44	2:55	13:22	14:36	4:42	6:50	2:19	8:21	2:40	1:58	0:52
			8:30	19:26	29:43	34:25	36:23	54:22	1:12:02	1:20:57	1:24:44	1:27:05	1:34:29	1:39:00	1:55:49	1:57:48	2:04:33	2:06:11	2:07:45	2:08:35
			8:30	10:56	10:17	4:42	1:58	17:59	17:40	8:55	3:47	2:21	7:24	4:31	16:49	1:59	6:45	1:38	1:34	0:50
			8:54	18:42	27:48	34:45	36:17	1:04:52	1:16:15	1:24:08	1:29:20	1:34:33	1:42:46	1:46:39	1:58:28	1:59:40	2:20:26	2:21:26	2:22:42	2:23:28
			8:54	9:48	9:06	6:57	1:32	28:35	11:23	7:53	5:12	5:13	8:13	3:53	11:49	1:12	20:46	1:00	1:16	0:46
			7:24	12:15	25:12	28:57	30:35	42:13	50:58	59:52	1:02:06	1:03:39	1:10:26	1:13:50	----	1:19:12	1:24:47	1:25:49	1:27:28	1:28:12
			7:24	4:51	12:57	3:45	1:38	11:38	8:45	8:54	2:14	1:33	6:47	3:24	5:22	5:35	1:02	1:39	0:44	
			4:25	8:49	16:13	19:35	21:09	38:25	44:34	54:25	59:53	1:08:34	1:15:44	----	1:28:50	1:29:58	1:34:09	1:35:43	1:37:58	1:38:42
			4:25	4:24	7:24	3:22	1:34	17:16	6:09	9:51	5:28	8:41	7:10	13:06	1:08	4:11	1:34	2:15	0:44	1:19:15

1:25:49  
 \*55

1:19:15  
 \*56

os	Nombre	Tiempo																		F		
H-35B (18)			3.6 km 225 m			14 C																
			1(40)	2(41)	3(51)	4(55)	5(63)	6(70)	7(83)	8(84)	9(86)	10(85)	11(58)	12(69)	13(49)	14(100)						
1	Carlos Fuentes Lazkano	41:03	2:41	3:21	9:17	12:52	17:40	19:56	24:54	26:19	27:32	29:15	31:14	37:07	39:10	40:32	41:03					
	Vizcaya COBI		2:41	0:40	5:56	3:35	4:48	2:16	4:58	1:25	1:13	1:43	1:59	5:53	2:03	1:22	0:31					
2	Victor Manuel Pérez Lozano	46:17	2:58	3:35	7:33	12:32	20:44	23:12	29:07	30:18	31:44	33:53	35:55	42:01	44:10	45:39	46:17					
	Alicante UNIVERSIDAD ALICANT		2:58	0:37	3:58	4:59	8:12	2:28	5:55	1:11	1:26	2:09	2:02	6:06	2:09	1:29	0:38					
3	Mariano Flores García	48:45	3:32	4:14	9:17	13:57	19:55	22:47	28:47	30:44	33:11	35:32	37:46	43:50	46:18	48:03	48:45					
	Toledo TOLEDO-O		3:32	0:42	5:03	4:40	5:58	2:52	6:00	1:57	2:27	2:21	2:14	6:04	2:28	1:45	0:42					
4	Fco. Giner Vera Barceló	51:15	3:50	4:37	8:49	15:14	20:54	24:14	30:01	32:04	34:22	36:35	39:10	46:34	49:01	50:34	51:15					
	Alicante VILLENA-O		3:50	0:47	4:12	6:25	5:40	3:20	5:47	2:03	2:18	2:13	2:35	7:24	2:27	1:33	0:41					
5	José Puche Madrid	52:10	3:27	4:06	8:23	13:18	20:12	23:14	29:44	31:25	33:40	38:20	41:08	46:54	49:36	51:25	52:10					
	Murcia YECLA		3:27	0:39	4:17	4:55	6:54	3:02	6:30	1:41	2:15	4:40	2:48	5:46	2:42	1:49	0:45					
6	Alvaro Frecentese Lozano	52:52	7:46	8:15	12:00	16:56	23:52	26:50	32:53	34:21	37:06	39:18	41:24	48:19	50:41	52:13	52:52					
	Madrid COLMENAR		7:46	0:29	3:45	4:56	6:56	2:58	6:03	1:28	2:45	2:12	2:06	6:55	2:22	1:32	0:39					
7	Jose Julio Sanchez Morante	54:48	3:29	4:24	10:00	15:51	23:35	26:17	32:58	34:56	36:56	39:04	42:26	49:32	52:03	54:08	54:48					
	Toledo NAVALCAN-O		3:29	0:55	5:36	5:51	7:44	2:42	6:41	1:58	2:00	2:08	3:22	7:06	2:31	2:05	0:40					
8	Hugo Villaverde López	55:57	3:01	3:46	8:47	13:45	23:28	26:33	34:01	35:21	37:01	41:26	44:41	51:12	53:52	55:15	55:57					
	Vizcaya COBI		3:01	0:45	5:01	4:58	9:43	3:05	7:28	1:20	1:40	4:25	3:15	6:31	2:40	1:23	0:42					
9	Nicolás Arranz Rodríguez	57:01	3:50	4:37	10:18	16:02	23:10	27:17	34:45	36:28	38:56	41:25	44:20	50:25	54:07	56:11	57:01					
	Burgos CORZO		3:50	0:47	5:41	5:44	7:08	4:07	7:28	1:43	2:28	2:29	2:55	6:05	3:42	2:04	0:50					
10	Antonio Gázquez Millán	1:07:35	3:41	4:49	10:43	17:20	24:36	27:44	35:48	38:04	44:28	47:09	49:37	1:02:00	1:04:51	1:06:55	1:07:35					
	Murcia LORCA-O		3:41	1:08	5:54	6:37	7:16	3:08	8:04	2:16	6:24	2:41	2:28	12:23	2:51	2:04	0:40					
11	Pablo Jimeno Largo	1:08:29	3:16	3:56	10:15	15:18	21:50	25:30	46:24	47:48	50:22	53:12	56:05	1:02:40	1:05:26	1:07:51	1:08:29					
	Valladolid COV		3:16	0:40	6:19	5:03	6:32	3:40	20:54	1:24	2:34	2:50	2:53	6:35	2:46	2:25	0:38					
12	Jesús María Llamazares Álvarez	1:11:47	3:40	4:33	11:42	21:22	33:29	37:33	45:57	47:48	50:01	53:48	56:46	1:04:30	1:08:24	1:10:57	1:11:47					
	León E D ALCON		3:40	0:53	7:09	9:40	12:07	4:04	8:24	1:51	2:13	3:47	2:58	7:44	3:54	2:33	0:50					
13	Roberto Amoros Hoyos	1:13:05	4:41	5:39	12:43	22:58	30:48	34:59	43:07	46:47	50:31	53:54	57:05	1:05:25	1:09:24	1:12:16	1:13:05					
	Madrid COLMENAR		4:41	0:58	7:04	10:15	7:50	4:11	8:08	3:40	3:44	3:23	3:11	8:20	3:59	2:52	0:49					
14	José Manuel Prieto García	1:15:03	5:10	5:57	11:16	21:07	31:09	35:19	43:54	46:38	51:25	55:39	58:36	1:07:58	1:11:33	1:14:04	1:15:03					
	Madrid COLMENAR		5:10	0:47	5:19	9:51	10:02	4:10	8:35	2:44	4:47	4:14	2:57	9:22	3:35	2:31	0:59					
15	Manuel López Listán	1:27:11	5:28	6:46	15:13	23:24	34:19	39:56	49:27	53:15	58:46	1:02:47	1:07:40	1:18:17	1:22:58	1:26:05	1:27:11					
	Cádiz O-SAN ROQUE		5:28	1:18	8:27	8:11	10:55	5:37	9:31	3:48	5:31	4:01	4:53	10:37	4:41	3:07	1:06					
16	Cesar Corada García	1:28:36	4:23	5:29	11:29	35:04	46:28	50:20	57:44	59:35	1:01:47	1:04:36	1:07:49	1:22:38	1:25:49	1:27:57	1:28:36					
	Vizcaya COBI		4:23	1:06	6:00	23:35	11:24	3:52	7:24	1:51	2:12	2:49	3:13	14:49	3:11	2:08	0:39					
17	Fernando Gutiérrez Baños	1:57:19	11:06	12:45	22:35	32:09	44:34	49:40	1:13:20	1:17:29	1:22:09	1:26:26	1:31:25	1:45:46	1:51:59	1:56:21	1:57:19					
	Valladolid COV		11:06	1:39	9:50	9:34	12:25	5:06	23:40	4:09	4:40	4:17	4:59	14:21	6:13	4:22	0:58					
	José Luis Tribiño Fernández	ror en tarj.	19:36	-----	27:21	37:40	45:38	49:21	58:12	1:02:06	1:07:32	1:10:34	1:13:41	1:22:17	1:25:29	1:27:37	1:28:24					
	Valladolid COV		19:36		7:45	10:19	7:58	3:43	8:51	3:54	5:26	3:02	3:07	8:36	3:12	2:08	0:47					
H-40 (19)			4.5 km 240 m			19 C																
			1(44)	2(32)	3(37)	4(38)	5(40)	6(54)	7(74)	8(75)	9(90)	10(94)	11(97)	12(96)	13(86)	14(56)	15(59)	16(51)	17(49)	18(48)	19(100)	F
1	Ángel Rojas Avilés	46:51	2:07	3:07	4:28	5:53	7:28	11:24	19:47	27:03	29:13	31:38	32:54	33:57	38:00	40:03	40:22	43:19	44:56	45:18	46:19	46:51
	Madrid ALABARDA-O		2:07	1:00	1:21	1:25	1:35	3:56	8:23	7:16	2:10	2:25	1:16	1:03	4:03	2:03	0:19	2:57	1:37	0:22	1:01	0:32
2	Jordi Arumí Casadevall	57:30	2:47	3:59	5:33	7:53	10:20	15:21	26:15	30:40	34:08	37:21	39:07	40:12	45:31	48:22	49:08	53:28	55:11	55:41	56:52	57:30
	Barcelona UEVIC		2:47	1:12	1:34	2:20	2:27	5:01	10:54	4:25	3:28	3:13	1:46	1:05	5:19	2:51	0:46	4:20	1:43	0:30	1:11	0:38
3	Joaquín González Pérez	1:01:34	2:58	3:57	5:20	7:02	9:29	13:34	25:05	32:00	34:46	38:03	40:03	41:27	47:08	50:10	50:48	57:03	59:04	59:37	1:00:57	1:01:34
	Toledo TOLEDO-O		2:58	0:59	1:23	1:42	2:27	4:05	11:31	6:55	2:46	3:17	2:00	1:24	5:41	3:02	0:38	6:15	2:01	0:33	1:20	0:37
4	Eduardo Angulo de Pablo	1:04:12	2:42	4:01	5:50	8:18	10:24	15:15	26:13	32:28	35:32	42:21	44:56	46:07	51:36	54:29	55:13	59:27	1:01:26	1:02:01	1:03:27	1:04:12
	Burgos CORZO		2:42	1:19	1:49	2:28	2:06	4:51	10:58	6:15	3:04	6:49	2:35	1:11	5:29	2:53	0:44	4:14	1:59	0:35	1:26	0:45
5	Juli Serrat Grané	1:05:29	2:51	4:16	6:03	8:15	10:56	16:42	29:49	35:38	40:08	44:17	46:25	47:37	52:58	55:50	56:36	1:00:55	1:02:56	1:03:25	1:04:51	1:05:29
	Barcelona UEVIC		2:51	1:25	1:47	2:12	2:41	5:46	13:07	5:49	4:30	4:09	2:08	1:12	5:21	2:52	0:46	4:19	2:01	0:29	1:26	0:38
6	David Sanz Gatón	1:05:43	3:10	4:20	7:50	10:10	14:28	19:07	31:59	36:23	39:22	42:26	44:32	46:07	52:28	55:08	56:03	1:01:26	1:03:20	1:03:47	1:05:08	1:05:43
	Valladolid COV		3:10	1:10	3:30	2:20	4:18	4:39	12:52	4:24	2:59	3:04	2:06	1:35	6:21	2:40	0:55	5:23	1:54	0:27	1:21	0:35



os	Nombre	Tiempo	H-45 (18)															
			4.0 km 250 m				15 C				(cont.)							
			1(38)	2(37)	3(41)	4(45)	5(55)	6(76)	7(78)	8(74)	9(70)	10(64)	11(66)	12(68)	13(52)	14(49)	15(100)	F
12	<b>Julio Briso-Montiano Morales</b> Valladolid COV	1:19:46	9:15	13:12	15:26	18:27	26:09	43:39	46:53	52:01	1:00:02	1:04:41	1:06:42	1:10:46	1:13:42	1:16:52	1:19:03	1:19:46
13	<b>Javier Luzón Langa</b> Huesca PEÑA GUARA	1:26:32	7:50	14:37	17:59	20:52	29:18	46:15	49:59	55:18	1:04:28	1:10:14	1:13:07	1:15:45	1:19:20	1:23:19	1:25:28	1:26:32
14	<b>Alejandro Camblor Fernández</b> Asturias LA BRUJULA - JAIRE	1:29:40	5:52	8:35	10:28	12:25	22:26	38:12	41:47	58:21	1:05:08	1:15:09	1:17:14	1:19:50	1:24:59	1:27:38	1:29:01	1:29:40
15	<b>Ferran Santoyo Medina</b> Granada VELETA	1:41:34	6:27	11:15	15:10	18:03	27:22	47:09	53:09	58:58	1:07:53	1:15:44	1:18:48	1:23:57	1:31:04	1:36:50	1:40:22	1:41:34
16	<b>Joseba Bolaños Narváez</b> Vizcaya COBI	1:42:23	5:01	7:28	10:08	13:26	28:08	52:53	56:23	1:03:45	1:12:07	1:22:49	1:24:54	1:28:40	1:33:48	1:39:04	1:41:40	1:42:23
17	<b>Nayo Tarno Cué</b> Asturias NORDESTE-O	2:00:15	7:06	12:14	16:28	20:03	30:11	1:03:55	1:08:41	1:17:08	1:30:30	1:38:07	1:40:36	1:48:41	1:53:01	1:56:52	1:59:24	2:00:15
18	<b>Josu Iñaki Ullibarri Zeanuri</b> Vizcaya COBI	2:00:45	5:30	7:46	11:44	14:00	24:43	1:17:51	1:21:41	1:27:14	1:36:18	1:41:08	1:44:19	1:49:03	1:52:54	1:57:19	1:59:53	2:00:45
			5:30	2:16	3:58	2:16	10:43	53:08	3:50	5:33	9:04	4:50	3:11	4:44	3:51	4:25	2:34	0:52

H-50 (24)	Nombre	Tiempo	H-50 (24)																	
			4.0 km 275 m				17 C													
			1(44)	2(43)	3(41)	4(70)	5(71)	6(73)	7(90)	8(96)	9(89)	10(88)	11(86)	12(59)	13(55)	14(53)	15(51)	16(48)	17(100)	F
1	<b>David Seward</b> Madrid RUMBO-MADRID SANSE	42:04	2:56	3:39	4:29	13:13	14:08	16:58	21:05	23:55	25:40	26:47	29:02	32:07	34:30	36:11	37:41	40:04	41:21	42:04
2	<b>Francisco Javier Montero Ferná</b> Albacete GODIH	44:35	2:59	4:55	5:51	13:07	14:03	16:54	20:44	23:28	25:46	27:08	29:32	32:32	37:09	38:59	40:43	42:44	43:54	44:35
3	<b>Vicente Tordera Ovejero</b> Toledo TOLEDO-O	47:50	2:56	3:52	4:38	14:13	15:39	19:10	26:52	29:34	31:20	32:45	35:03	37:42	40:32	41:56	43:43	45:55	47:05	47:50
4	<b>Vladimir Shangin</b> Alicante VILLENIA-O	49:15	3:00	3:58	4:45	13:51	15:27	19:25	24:15	27:34	30:06	31:38	33:56	37:40	40:44	42:16	44:35	47:12	48:32	49:15
5	<b>Pedro Mayol Clemente</b> Murcia MURCIA-O	49:45	3:04	4:14	5:33	14:32	15:39	19:42	26:19	29:12	30:50	32:48	35:06	38:19	41:35	43:38	45:14	47:53	49:11	49:45
6	<b>Francisco Iglesias Huertos</b> Valladolid CDP-O	52:24	2:33	7:40	8:59	17:42	19:16	22:36	27:03	31:17	33:07	35:23	37:37	40:58	43:31	45:08	48:26	50:31	51:48	52:24
7	<b>Juan Manuel Núñez Martín</b> Madrid MONTE EL PARDO	52:32	2:51	7:50	8:41	18:17	19:29	22:58	30:56	33:52	35:42	37:11	38:59	41:55	45:02	46:14	48:02	50:21	51:47	52:32
8	<b>Eduardo Valero Matas</b> Asturias PILOÑA DEPORTE	53:31	2:35	4:33	5:21	14:12	15:31	19:23	24:33	28:07	31:09	34:24	37:03	40:46	45:01	46:39	49:06	51:37	52:54	53:31
9	<b>Francisco Javier Prada González</b> Valladolid CDP-O	55:11	3:09	4:08	7:09	18:55	20:31	23:54	29:26	32:39	34:46	36:31	39:21	42:41	46:37	48:09	50:57	53:08	54:39	55:11
10	<b>Jesús Gil Poveda</b> Alicante COLIVENC	56:06	5:34	8:43	11:43	20:17	21:23	24:55	30:15	33:23	35:23	37:15	40:06	44:08	47:14	49:17	51:21	53:46	55:18	56:06
11	<b>Eugenio Izquierdo Macón</b> León E D ALCON	59:55	2:42	8:19	9:09	18:50	20:00	23:55	29:23	32:25	35:18	38:15	41:47	45:24	48:41	50:56	54:11	57:44	59:13	59:55
12	<b>Antonio Gil Poveda</b> Alicante COLIVENC	1:04:19	3:02	3:44	14:53	23:30	24:35	28:11	33:42	36:17	37:57	39:03	41:06	44:17	48:47	50:58	53:02	1:02:04	1:03:39	1:04:19
13	<b>Salvador González Rodríguez</b> León E D ALCON	1:06:35	3:02	4:41	5:28	20:42	21:54	25:57	30:43	34:25	36:22	38:03	41:29	53:54	57:16	58:45	1:01:59	1:04:27	1:05:49	1:06:35
14	<b>Pedro Villar Martínez</b> Zaragoza IBÓN	1:08:18	7:08	8:18	10:40	19:56	21:17	24:46	30:32	43:39	46:25	48:43	51:34	55:40	58:51	1:01:09	1:03:26	1:06:11	1:07:36	1:08:18
15	<b>José Manuel Cermeño Hernández</b> Madrid COLMENAR	1:08:19	3:14	9:14	10:08	21:50	23:20	28:06	34:15	40:19	42:35	44:49	48:04	53:14	58:38	1:01:15	1:03:49	1:06:28	1:07:39	1:08:19
16	<b>Oscar Rodríguez Pérez</b> Ciudad Rea MANZANARES-O	1:14:16	3:38	6:46	7:49	23:12	24:32	29:25	39:01	42:19	45:02	48:00	53:41	58:37	1:01:57	1:04:12	1:06:55	1:11:35	1:13:24	1:14:16
17	<b>Juan Carlos Martín Tamayo</b> Burgos TJALVE	1:19:45	26:56	29:01	33:35	44:47	45:56	49:42	54:38	57:48	59:31	1:00:34	1:03:32	1:06:54	1:12:03	1:13:40	1:15:39	1:17:47	1:19:07	1:19:45
			26:56	2:05	4:34	11:12	1:09	3:46	4:56	3:10	1:43	1:03	2:58	3:22	5:09	1:37	1:59	2:08	1:20	0:38





os	Nombre	Tiempo																				
<i>H-E (12)</i>		<i>5.9 km 380 m</i>					<i>24 C</i>					<i>(cont.)</i>										
		1(37)	2(38)	3(39)	4(54)	5(66)	6(65)	7(75)	8(77)	9(91)	10(92)	11(93)	12(98)	13(96)	14(89)	15(88)	16(87)	17(82)	18(56)	19(52)	20(49)	
		21(48)	22(46)	23(47)	24(100)	F																
<b>2</b>	<b>Raúl Ferra Murcia</b> <b>Murcia LORCA-O</b>	<b>1:00:22</b>	3:15	4:45	8:11	12:58	16:41	17:35	24:49	25:56	32:48	34:45	35:42	40:54	42:49	44:07	45:10	47:21	49:33	50:57	53:31	55:19
		3:15	1:30	3:26	4:47	3:43	0:54	7:14	1:07	6:52	1:57	0:57	5:12	1:55	1:18	1:03	2:11	<b>2:12</b>	1:24	2:34	<b>1:48</b>	
		55:44	57:59	58:48	59:46	1:00:22																
		0:25	2:15	0:49	<b>0:58</b>	0:36																
<b>3</b>	<b>Juan Manuel Mérida Sanchís</b> <b>Alicante VILLENA-O</b>	<b>1:00:50</b>	3:33	5:02	7:34	12:04	15:38	16:35	25:02	26:25	32:09	34:06	34:56	41:17	43:15	44:31	45:32	47:11	49:40	51:45	54:21	56:14
		3:33	1:29	2:32	4:30	3:34	0:57	8:27	1:23	5:44	1:57	0:50	6:21	1:58	1:16	<b>1:01</b>	1:39	2:29	2:05	2:36	1:53	
		56:36	58:29	59:13	1:00:13	1:00:50																
		<b>0:22</b>	1:53	0:44	1:00	0:37																
<b>4</b>	<b>Ricardo García Dengra</b> <b>Toledo ESCONDITE-T</b>	<b>1:03:41</b>	<b>3:10</b>	<b>4:23</b>	6:59	12:00	16:20	17:11	25:28	26:42	33:03	35:15	36:02	41:29	43:59	45:19	46:32	48:30	51:03	52:45	55:42	57:42
		<b>3:10</b>	1:13	2:36	5:01	4:20	0:51	8:17	1:14	6:21	2:12	<b>0:47</b>	5:27	2:30	1:20	1:13	1:58	2:33	1:42	2:57	2:00	
		58:10	1:00:56	1:01:49	1:02:51	1:03:41																
		0:28	2:46	0:53	1:02	0:50																
<b>5</b>	<b>Alberto Mínguez Viñambres</b> <b>Madrid IMPERDIBLE BUFF</b>	<b>1:06:32</b>	3:26	5:13	8:11	12:47	16:24	17:11	25:08	26:19	34:44	37:00	37:50	44:08	47:54	49:06	50:12	52:11	54:39	56:03	58:53	1:00:50
		3:26	1:47	2:58	4:36	3:37	<b>0:47</b>	7:57	1:11	8:25	2:16	0:50	6:18	3:46	1:12	1:06	1:59	2:28	1:24	2:50	1:57	
		1:01:17	1:04:01	1:04:51	1:05:52	1:06:32																
		0:27	2:44	0:50	1:01	0:40																
<b>6</b>	<b>Cesar Torrejón Rubio</b> <b>Burgos TJALVE</b>	<b>1:09:18</b>	4:35	6:07	8:07	12:32	16:13	17:13	27:08	28:21	34:50	37:16	38:10	44:43	48:04	50:05	51:23	53:26	56:14	57:56	1:00:57	1:03:08
		4:35	1:32	2:00	4:25	3:41	1:00	9:55	1:13	6:29	2:26	0:54	6:33	3:21	2:01	1:18	2:03	2:48	1:42	3:01	2:11	
		1:03:34	1:06:40	1:07:38	1:08:39	1:09:18																
		0:26	3:06	0:58	1:01	0:39																
<b>7</b>	<b>Urtzi Iglesias Mota</b> <b>Vizcaya COBI</b>	<b>1:09:40</b>	3:27	4:50	6:45	11:15	16:42	18:15	29:00	30:16	37:26	39:39	40:56	48:08	50:22	51:57	53:00	54:50	57:26	59:06	1:01:57	1:03:57
		3:27	1:23	<b>1:55</b>	4:30	5:27	1:33	10:45	1:16	7:10	2:13	1:17	7:12	2:14	1:35	1:03	1:50	2:36	1:40	2:51	2:00	
		1:04:24	1:07:02	1:07:52	1:09:07	1:09:40																
		0:27	2:38	0:50	1:15	0:33																
<b>8</b>	<b>Jose Cando Casado</b> <b>Madrid GOCAN</b>	<b>1:10:52</b>	3:56	5:36	8:54	13:54	20:34	21:38	29:41	30:58	37:36	39:54	40:41	49:10	52:03	53:54	55:06	56:57	59:39	1:01:03	1:03:47	1:05:41
		3:56	1:40	3:18	5:00	6:40	1:04	8:03	1:17	6:38	2:18	<b>0:47</b>	8:29	2:53	1:51	1:12	1:51	2:42	1:24	2:44	1:54	
		1:06:03	1:08:29	1:09:22	1:10:23	1:10:52																
		<b>0:22</b>	2:26	0:53	1:01	<b>0:29</b>																
<b>9</b>	<b>Miguel Ángel Martín García</b> <b>Badajoz CODAN EXTREMADURA</b>	<b>1:14:52</b>	3:23	5:00	7:00	11:27	16:55	18:09	32:02	33:24	41:30	43:36	44:33	51:06	54:02	56:14	57:33	59:52	1:02:39	1:04:22	1:07:30	1:09:47
		3:23	1:37	2:00	4:27	5:28	1:14	13:53	1:22	8:06	2:06	0:57	6:33	2:56	2:12	1:19	2:19	2:47	1:43	3:08	2:17	
		1:10:13	1:12:20	1:13:15	1:14:21	1:14:52																
		0:26	2:07	0:55	1:06	0:31																
<b>10</b>	<b>Alfonso Bustillo Ruiz</b> <b>La Rioja CRON</b>	<b>1:15:06</b>	<b>3:10</b>	5:00	7:57	13:13	17:11	18:20	29:54	31:33	38:22	40:59	42:11	50:15	53:35	55:26	56:45	58:38	1:01:27	1:03:24	1:06:56	1:09:09
		<b>3:10</b>	1:50	2:57	5:16	3:58	1:09	11:34	1:39	6:49	2:37	1:12	8:04	3:20	1:51	1:19	1:53	2:49	1:57	3:32	2:13	
		1:09:34	1:12:06	1:13:08	1:14:20	1:15:06																
		0:25	2:32	1:02	1:12	0:46																
<b>11</b>	<b>Zigor García Gorrotxategi</b> <b>Vizcaya COBI</b>	<b>1:17:09</b>	3:59	5:59	10:38	15:25	21:22	22:24	31:20	32:49	39:43	42:06	43:05	51:05	54:02	56:05	57:29	59:51	1:02:48	1:04:36	1:08:07	1:10:34
		3:59	2:00	4:39	4:47	5:57	1:02	8:56	1:29	6:54	2:23	0:59	8:00	2:57	2:03	1:24	2:22	2:57	1:48	3:31	2:27	
		1:11:03	1:13:47	1:15:10	1:16:28	1:17:09																
		0:29	2:44	1:23	1:18	0:41																
<b>12</b>	<b>Alberto Conejo Garrote</b> <b>Valladolid CDP-O</b>	<b>1:57:06</b>	4:20	6:11	9:12	15:17	23:35	24:43	54:48	56:32	1:11:25	1:14:40	1:15:59	1:23:50	1:27:31	1:30:14	1:31:57	1:34:36	1:38:58	1:41:36	1:46:24	1:49:19
		4:20	1:51	3:01	6:05	8:18	1:08	30:05	1:44	14:53	3:15	1:19	7:51	3:41	2:43	1:43	2:39	4:22	2:38	4:48	2:55	
		1:49:58	1:53:01	1:54:23	1:56:09	1:57:06																
		0:39	3:03	1:22	1:46	0:57																
																	*77					
<i>D-12 (2)</i>		<i>1.3 km 10 m</i>			<i>7 C</i>																	
		1(31)	2(41)	3(42)	4(33)	5(34)	6(36)	7(100)	F													
<b>1</b>	<b>Nerea González Peña</b> <b>Toledo TOLEDO-O</b>	<b>13:26</b>	<b>2:42</b>	<b>3:45</b>	<b>5:07</b>	<b>5:51</b>	<b>7:23</b>	<b>12:00</b>	<b>12:43</b>	<b>13:26</b>												
		<b>2:42</b>	<b>1:03</b>	<b>1:22</b>	<b>0:44</b>	<b>1:32</b>	4:37	<b>0:43</b>	<b>0:43</b>													

os	Nombre	Tiempo															
<b>D-12 (2)</b>		<b>1.3 km 10 m</b>			<b>7 C</b>			<i>(cont.)</i>									
		1(31)	2(41)	3(42)	4(33)	5(34)	6(36)	7(100)	F								
<b>2</b>	<b>Lorena Soriano García</b>	<b>14:21</b>	3:57	5:33	7:38	8:47	10:27	12:09	13:25	14:21							
	<b>Toledo TOLEDO-O</b>		3:57	1:36	2:05	1:09	1:40	<b>1:42</b>	1:16	0:56							
<b>D-14 (7)</b>		<b>1.9 km 90 m</b>			<b>11 C</b>												
		1(41)	2(42)	3(69)	4(67)	5(81)	6(57)	7(58)	8(53)	9(50)	10(36)	11(100)	F				
<b>1</b>	<b>Sofía Díez Ocharan</b>	<b>29:38</b>	6:57	8:11	9:51	13:49	17:16	20:34	21:57	23:00	<b>24:58</b>	<b>28:14</b>	<b>28:59</b>	<b>29:38</b>			
	<b>Palencia ORCA</b>		6:57	<b>1:14</b>	<b>1:40</b>	3:58	3:27	3:18	<b>1:23</b>	<b>1:03</b>	<b>1:58</b>	3:16	<b>0:45</b>	<b>0:39</b>			
<b>2</b>	<b>Ángeles López Ruiz</b>	<b>31:14</b>	5:05	6:51	8:44	13:36	17:35	20:05	22:44	24:18	27:26	29:06	30:18	31:14			
	<b>Cádiz O-SAN ROQUE</b>		5:05	1:46	1:53	4:52	3:59	2:30	2:39	1:34	3:08	<b>1:40</b>	1:12	0:56			
<b>3</b>	<b>Mariola Asensi Bodí</b>	<b>32:05</b>	4:09	6:28	8:09	12:23	16:04	<b>18:29</b>	<b>20:18</b>	<b>21:51</b>	26:49	30:10	31:11	32:05			
	<b>Alicante COLIVENC</b>		4:09	2:19	1:41	4:14	3:41	2:25	1:49	1:33	4:58	3:21	1:01	0:54			
<b>4</b>	<b>Aitana Inguanzo González</b>	<b>34:54</b>	6:34	8:43	12:14	17:19	20:47	23:03	25:11	26:52	29:40	33:12	34:10	34:54			
	<b>Asturias LA BRUJULA - JAIRE</b>		6:34	2:09	3:31	5:05	3:28	<b>2:16</b>	2:08	1:41	2:48	3:32	0:58	0:44			
<b>5</b>	<b>Claudia Gómez Rodríguez</b>	<b>35:20</b>	<b>3:55</b>	<b>5:47</b>	<b>7:39</b>	<b>12:18</b>	<b>15:43</b>	18:35	20:37	22:16	26:44	33:43	34:31	35:20			
	<b>Valladolid CDP-O</b>		<b>3:55</b>	1:52	1:52	4:39	<b>3:25</b>	2:52	2:02	1:39	4:28	6:59	0:48	0:49			
<b>6</b>	<b>Raquel Berenguer Sanchis</b>	<b>43:05</b>	5:48	8:00	10:57	17:59	24:38	27:34	29:49	32:41	37:37	39:46	42:18	43:05			
	<b>Alicante COLIVENC</b>		5:48	2:12	2:57	7:02	6:39	2:56	2:15	2:52	4:56	2:09	2:32	0:47			
<b>7</b>	<b>Dune Pascual Huerto</b>	<b>2:03:18</b>	12:28	17:07	20:59	24:23	45:48	50:14	52:56	1:42:57	1:55:29	2:00:22	2:02:29	2:03:18			
	<b>Navarra CDNAVARRA</b>		12:28	4:39	3:52	<b>3:24</b>	21:25	4:26	2:42	50:01	12:32	4:53	2:07	0:49			
<b>D-16 (5)</b>		<b>3.0 km 200 m</b>			<b>14 C</b>												
		1(44)	2(41)	3(69)	4(61)	5(62)	6(63)	7(71)	8(83)	9(85)	10(55)	11(53)	12(50)	13(36)	14(100)	F	
<b>1</b>	<b>Alejandra Teodosio Rodríguez</b>	<b>47:38</b>	<b>3:15</b>	<b>4:34</b>	<b>7:32</b>	<b>10:54</b>	<b>13:47</b>	<b>16:41</b>	<b>24:29</b>	<b>30:49</b>	<b>34:26</b>	<b>38:59</b>	<b>41:56</b>	<b>45:07</b>	<b>46:10</b>	<b>46:57</b>	<b>47:38</b>
	<b>Toledo TOLEDO-O</b>		<b>3:15</b>	<b>1:19</b>	<b>2:58</b>	3:22	<b>2:53</b>	<b>2:54</b>	7:48	<b>6:20</b>	3:37	4:33	2:57	3:11	<b>1:03</b>	<b>0:47</b>	<b>0:41</b>
<b>2</b>	<b>Jimena Calvo Saez</b>	<b>54:11</b>	3:53	9:18	12:24	14:52	18:05	21:21	27:51	36:05	39:32	43:59	47:46	50:17	52:28	53:25	54:11
	<b>Asturias LA BRUJULA - JAIRE</b>		3:53	5:25	3:06	<b>2:28</b>	3:13	3:16	6:30	8:14	<b>3:27</b>	<b>4:27</b>	3:47	<b>2:31</b>	2:11	0:57	0:46
<b>3</b>	<b>María Teodosio Rodríguez</b>	<b>56:49</b>	4:05	6:16	9:23	15:06	20:12	25:09	30:54	37:47	41:41	47:06	50:29	53:14	54:58	56:01	56:49
	<b>Toledo TOLEDO-O</b>		4:05	2:11	3:07	5:43	5:06	4:57	<b>5:45</b>	6:53	3:54	5:25	3:23	2:45	1:44	1:03	0:48
<b>4</b>	<b>Irene García Bernabeu</b>	<b>58:20</b>	4:07	6:02	10:05	16:29	19:36	23:07	30:52	39:19	44:13	49:02	51:58	54:49	56:25	57:29	58:20
	<b>Alicante COLIVENC</b>		4:07	1:55	4:03	6:24	3:07	3:31	7:45	8:27	4:54	4:49	<b>2:56</b>	2:51	1:36	1:04	0:51
<b>5</b>	<b>Irene Martín Pérez</b>	<b>1:28:42</b>	4:09	6:13	9:54	18:36	22:01	32:12	38:30	51:37	57:37	1:05:42	1:09:08	1:23:25	1:26:44	1:27:43	1:28:42
	<b>Valladolid CDP-O</b>		4:09	2:04	3:41	8:42	3:25	10:11	6:18	13:07	6:00	8:05	3:26	14:17	3:19	0:59	0:59
<b>D-18/20B (1)</b>		<b>3.0 km 200 m</b>			<b>14 C</b>												
		1(44)	2(41)	3(69)	4(61)	5(62)	6(63)	7(71)	8(83)	9(85)	10(55)	11(53)	12(50)	13(36)	14(100)	F	
<b>1</b>	<b>PAULA SANZ AMOR</b>	<b>59:15</b>	<b>4:07</b>	<b>9:01</b>	<b>12:47</b>	<b>15:59</b>	<b>20:03</b>	<b>23:46</b>	<b>31:14</b>	<b>39:56</b>	<b>44:35</b>	<b>50:13</b>	<b>54:00</b>	<b>56:27</b>	<b>57:26</b>	<b>58:23</b>	<b>59:15</b>
	<b>Valladolid COV</b>		<b>4:07</b>	<b>4:54</b>	<b>3:46</b>	<b>3:12</b>	<b>4:04</b>	<b>3:43</b>	<b>7:28</b>	<b>8:42</b>	<b>4:39</b>	<b>5:38</b>	<b>3:47</b>	<b>2:27</b>	<b>0:59</b>	<b>0:57</b>	<b>0:52</b>
<b>H-60 (6)</b>		<b>2.9 km 130 m</b>			<b>14 C</b>												
		1(69)	2(68)	3(65)	4(72)	5(84)	6(86)	7(85)	8(57)	9(54)	10(52)	11(51)	12(49)	13(48)	14(100)	F	
<b>1</b>	<b>José Samper García</b>	<b>32:35</b>	<b>4:17</b>	<b>6:41</b>	<b>10:05</b>	<b>12:09</b>	<b>15:53</b>	<b>18:54</b>	<b>21:20</b>	<b>22:45</b>	<b>26:16</b>	<b>27:28</b>	<b>28:11</b>	<b>30:06</b>	<b>30:38</b>	<b>31:56</b>	<b>32:35</b>
	<b>Alicante VILLENA-O</b>		<b>4:17</b>	<b>2:24</b>	<b>3:24</b>	<b>2:04</b>	<b>3:44</b>	3:01	<b>2:26</b>	<b>1:25</b>	<b>3:31</b>	<b>1:12</b>	<b>0:43</b>	<b>1:55</b>	<b>0:32</b>	<b>1:18</b>	<b>0:39</b>
<b>2</b>	<b>Martin Checkley</b>	<b>45:10</b>	6:15	9:56	15:03	18:31	23:35	26:00	28:26	30:31	37:21	38:44	39:40	41:59	42:37	44:18	45:10
	<b>Murcia TOTANA-O</b>		6:15	3:41	5:07	3:28	5:04	2:25	<b>2:26</b>	2:05	6:50	1:23	0:56	2:19	0:38	1:41	0:52
<b>3</b>	<b>Rafael Martínez García</b>	<b>46:59</b>	5:40	8:37	17:07	20:18	25:39	27:45	30:17	32:27	38:51	40:16	41:12	43:51	44:28	46:04	46:59
	<b>Murcia LORCA-O</b>		5:40	2:57	8:30	3:11	5:21	<b>2:06</b>	2:32	2:10	6:24	1:25	0:56	2:39	0:37	1:36	0:55
<b>4</b>	<b>Juan David Pérez-Caballero Fer</b>	<b>50:53</b>	5:23	9:10	15:42	18:51	24:56	29:08	32:14	34:20	42:07	43:44	44:51	47:35	48:17	50:05	50:53
	<b>Almería SURCO</b>		5:23	3:47	6:32	3:09	6:05	4:12	3:06	2:06	7:47	1:37	1:07	2:44	0:42	1:48	0:48

os Nombre		Tiempo																	
<b>H-60 (6)</b>		<b>2.9 km 130 m</b>			<b>14 C</b>			<i>(cont.)</i>											
		1(69)	2(68)	3(65)	4(72)	5(84)	6(86)	7(85)	8(57)	9(54)	10(52)	11(51)	12(49)	13(48)	14(100)	F			
<b>5 Jose Carlos Castro Bobillo</b>	<b>1:05:57</b>	7:02	19:02	24:42	28:02	36:11	39:29	44:46	47:02	56:37	58:25	59:32	1:02:28	1:03:14	1:05:17	1:05:57			
<b>Valladolid CDP-O</b>		7:02	12:00	5:40	3:20	8:09	3:18	5:17	2:16	9:35	1:48	1:07	2:56	0:46	2:03	0:40			
<b>6 Ricardo Iñiguez Crespo</b>	<b>1:08:00</b>	8:49	13:45	26:57	30:56	36:48	39:58	43:33	47:23	56:07	58:13	59:25	1:03:28	1:04:18	1:07:00	1:08:00			
<b>Valencia CORRECAMINOS</b>		8:49	4:56	13:12	3:59	5:52	3:10	3:35	3:50	8:44	2:06	1:12	4:03	0:50	2:42	1:00			
<b>D-60 (1)</b>		<b>1.4 km 35 m</b>			<b>9 C</b>														
		1(40)	2(41)	3(42)	4(45)	5(51)	6(34)	7(35)	8(49)	9(100)						F			
<b>1 Amalia Sanz Barceló</b>	<b>42:28</b>	<b>6:33</b>	<b>8:12</b>	<b>11:31</b>	<b>16:22</b>	<b>22:59</b>	<b>26:13</b>	<b>28:25</b>	<b>36:16</b>	<b>40:45</b>	<b>42:28</b>								
<b>Alicante VILLENA-O</b>		<b>6:33</b>	<b>1:39</b>	<b>3:19</b>	<b>4:51</b>	<b>6:37</b>	<b>3:14</b>	<b>2:12</b>	<b>7:51</b>	<b>4:29</b>	<b>1:43</b>								
<b>OPEN AMARILLO (17)</b>		<b>1.2 km 10 m</b>			<b>7 C</b>														
		1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(100)								F			
<b>1 Alejandro Mata Alvarez</b>	<b>10:49</b>	3:03	4:10	5:35	7:17	8:22	<b>9:06</b>	<b>10:01</b>	<b>10:49</b>										
<b>León E D ALCON</b>		3:03	1:07	1:25	1:42	1:05	0:44	0:55	0:48										
<b>2 Julio Minguez Saoner</b>	<b>12:08</b>	4:05	5:10	7:12	9:06	10:01	10:30	11:23	12:08										
<b>Madrid IMPERDIBLE BUFF</b>		4:05	1:05	2:02	1:54	0:55	0:29	<b>0:53</b>	0:45										
<b>3 Beatriz Gonzalo Carbajal</b>	<b>12:42</b>	3:22	4:37	6:09	9:06	10:12	10:45	11:59	12:42										
<b>León E D ALCON</b>		3:22	1:15	1:32	2:57	1:06	0:33	1:14	<b>0:43</b>										
<b>4 Pablo Perez Casares</b>	<b>13:29</b>	3:10	5:54	7:39	9:57	10:56	11:29	12:33	13:29										
<b>León E D ALCON</b>		3:10	2:44	1:45	2:18	0:59	0:33	1:04	0:56										
<b>5 Laura Fidalgo Casares</b>	<b>14:32</b>	<b>3:02</b>	<b>3:54</b>	<b>5:25</b>	<b>7:03</b>	<b>7:54</b>	12:49	13:44	14:32										
<b>León E D ALCON</b>		<b>3:02</b>	<b>0:52</b>	1:31	<b>1:38</b>	0:51	4:55	0:55	0:48										
<b>6 Pablo Tribiño Cordal</b>	<b>15:59</b>	8:45	9:43	11:02	13:05	13:59	14:21	15:16	15:59										
<b>ESPAÑA INDEPENDIENTE</b>		8:45	0:58	<b>1:19</b>	2:03	0:54	<b>0:22</b>	0:55	<b>0:43</b>										
<b>7 Celia Abajo Belinchon</b>	<b>18:31</b>	6:47	8:11	10:17	12:51	14:25	15:15	16:57	18:31										
<b>León E D ALCON</b>		6:47	1:24	2:06	2:34	1:34	0:50	1:42	1:34										
<b>8 Marcos Delgado Muños</b>	<b>20:14</b>	6:39	8:32	13:43	15:57	17:30	18:13	19:21	20:14										
<b>Toledo TOLEDO-O</b>		6:39	1:53	5:11	2:14	1:33	0:43	1:08	0:53										
<b>9 Nicolas Sanz Arias</b>	<b>20:39</b>	6:43	8:58	11:49	14:35	17:18	18:22	19:44	20:39										
<b>ESPAÑA INDEPENDIENTE</b>		6:43	2:15	2:51	2:46	2:43	1:04	1:22	0:55										
<b>10 Juan Tribiño Cordal</b>	<b>23:32</b>	3:37	6:18	17:37	20:22	20:58	21:27	22:43	23:32										
<b>ESPAÑA INDEPENDIENTE</b>		3:37	2:41	11:19	2:45	<b>0:36</b>	0:29	1:16	0:49										
<b>11 Kenzo Galiana Tomás</b>	<b>33:53</b>	16:17	18:03	20:39	24:25	28:26	29:53	32:40	33:53										
<b>Alicante SANT JOAN</b>		16:17	1:46	2:36	3:46	4:01	1:27	2:47	1:13										
<b>12 MARIA DEL CARMEN DE LA FUE</b>	<b>35:42</b>	4:48	7:10	13:03	18:21	28:47	30:17	33:15	35:42			33:24							
<b>Valladolid CDP-O</b>		4:48	2:22	5:53	5:18	10:26	1:30	2:58	2:27			*100							
<b>13 Celia Tribiño Cordal</b>	<b>52:48</b>	30:17	33:05	36:55	42:02	45:09	45:53	51:16	52:48			51:20							
<b>ESPAÑA INDEPENDIENTE</b>		30:17	2:48	3:50	5:07	3:07	0:44	5:23	1:32			*100							
<b>14 Telmo Corada Villa</b>	<b>59:38</b>	38:47	41:04	44:43	50:24	53:30	55:36	58:28	59:38										
<b>Vizcaya COBI</b>		38:47	2:17	3:39	5:41	3:06	2:06	2:52	1:10										
<b>15 Irai Pascual Huerto</b>	<b>1:15:15</b>	53:54	56:50	1:03:09	1:08:18	1:10:28	1:12:03	1:13:39	1:15:15			1:01:26							
<b>Navarra CDNAVARRA</b>		53:54	2:56	6:19	5:09	2:10	1:35	1:36	1:36			*42							
<b>16 Iranzu Urquizu Diego</b>	<b>1:45:21</b>	1:23:48	1:26:55	1:33:22	1:38:26	1:40:31	1:42:18	1:43:55	1:45:21										
<b>Navarra CDNAVARRA</b>		1:23:48	3:07	6:27	5:04	2:05	1:47	1:37	1:26										
<b>17 Endika Ullibarri Aginako</b>	<b>1:58:39</b>	11:10:21	11:13:30	11:20:48	11:25:28	11:28:10	11:34:31	11:39:20	1:58:39			11:36:32	1:43:39	1:45:32	1:48:17	1:52:06	1:54:06	1:55:08	1:57:19
<b>Vizcaya COBI</b>		11:10:21	3:09	7:18	4:40	2:42	6:21	4:49			*37	*31	*32	*33	*34	*35	*36	*100	



os	Nombre	Tiempo														F			
<b>OPEN ROJO (17)</b>		<b>3.0 km 200 m</b>		<b>14 C</b>		<i>(cont.)</i>													
		1(44)	2(41)	3(69)	4(61)	5(62)	6(63)	7(71)	8(83)	9(85)	10(55)	11(53)	12(50)	13(36)	14(100)				
4	Rafael Lozano Navarro	51:38	9:17	10:56	13:36	15:43	18:09	20:26	28:34	35:55	38:53	42:59	45:07	47:27	50:02	50:52	51:38		
	Palencia ORCA		9:17	1:39	2:40	2:07	2:26	2:17	8:08	7:21	2:58	4:06	2:08	2:20	2:35	0:50	0:46		
5	Mario Ibañez Alcayne	52:55	3:43	5:45	8:40	12:25	15:01	18:55	25:43	33:00	36:19	39:34	43:39	46:31	51:30	52:17	52:55		
	Palencia ORCA		3:43	2:02	2:55	3:45	2:36	3:54	6:48	7:17	3:19	<b>3:15</b>	4:05	2:52	4:59	<b>0:47</b>	<b>0:38</b>		
6	Mariena Rodríguez	57:58	5:13	7:32	11:02	15:11	19:04	21:49	27:11	38:28	44:23	49:17	52:24	55:12	56:21	57:13	57:58		
	Palencia ORCA		5:13	2:19	3:30	4:09	3:53	2:45	5:22	11:17	5:55	4:54	3:07	2:48	<b>1:09</b>	0:52	0:45		
7	Mikel Ozcoidi Arizmendi	1:02:41	11:06	13:59	17:17	21:15	24:47	27:50	34:28	43:12	47:20	51:56	53:56	56:39	1:00:51	1:01:52	1:02:41		
	ESPAÑA INDEPENDIENTE		11:06	2:53	3:18	3:58	3:32	3:03	6:38	8:44	4:08	4:36	2:00	2:43	4:12	1:01	0:49		
8	Teresa De La Hera	1:02:49	4:20	6:31	10:40	15:26	19:09	22:23	29:34	38:43	45:27	51:48	55:57	59:05	1:00:41	1:01:48	1:02:49		
	ESPAÑA INDEPENDIENTE		4:20	2:11	4:09	4:46	3:43	3:14	7:11	9:09	6:44	6:21	4:09	3:08	1:36	1:07	1:01		
9	Daoiz Zamora	1:06:02	7:24	11:30	19:41	28:46	30:56	33:09	37:36	44:55	52:18	56:35	59:06	1:01:11	1:04:28	1:05:15	1:06:02		
	Palencia ORCA		7:24	4:06	8:11	9:05	2:10	2:13	4:27	7:19	7:23	4:17	2:31	2:05	3:17	<b>0:47</b>	0:47		
10	Judit Tardajos Gonzalez	1:20:47	14:37	17:10	21:51	26:18	30:01	33:59	40:41	49:33	55:01	1:00:15	1:04:07	1:08:35	1:18:12	1:19:38	1:20:47		
	Palencia ORCA		14:37	2:33	4:41	4:27	3:43	3:58	6:42	8:52	5:28	5:14	3:52	4:28	9:37	1:26	1:09		
11	ROSA MARIA SILVEIRA PUERTAS	1:21:49	6:59	9:23	14:54	21:10	26:38	31:27	39:10	49:50	56:05	1:03:19	1:07:59	1:14:17	1:16:55	1:19:31	1:21:49		
	Madrid ALABARDA-O		6:59	2:24	5:31	6:16	5:28	4:49	7:43	10:40	6:15	7:14	4:40	6:18	2:38	2:36	2:18		
12	Raquel Sebastian Puras	1:28:57	14:49	17:36	22:13	27:39	32:10	36:07	45:52	1:02:41	1:08:30	1:17:29	1:21:04	1:25:42	1:27:17	1:28:07	1:28:57		
	Burgos TJALVE		14:49	2:47	4:37	5:26	4:31	3:57	9:45	16:49	5:49	8:59	3:35	4:38	1:35	0:50	0:50		
13	Yaiza María Alonso Fernandez	1:29:50	10:14	12:42	18:12	26:35	32:24	37:33	46:53	57:59	1:05:55	1:12:18	1:17:30	1:22:39	1:25:06	1:27:30	1:29:50		
	Madrid COLMENAR		10:14	2:28	5:30	8:23	5:49	5:09	9:20	11:06	7:56	6:23	5:12	5:09	2:27	2:24	2:20		
14	ENRIQUE PASTOR	2:17:04	1:15:30	1:17:16	1:20:33	1:24:37	1:27:46	1:30:35	1:35:50	1:46:43	1:50:05	2:03:21	2:06:21	2:09:38	2:13:53	2:15:52	2:17:04		
	ESPAÑA INDEPENDIENTE		1:15:30	1:46	3:17	4:04	3:09	2:49	5:15	10:53	3:22	13:16	3:00	3:17	4:15	1:59	1:12		
15	EVA SIERRA	2:28:04	1:26:26	1:28:10	1:31:40	1:35:33	1:38:43	1:41:32	1:47:06	1:57:37	2:01:25	2:14:23	2:17:19	2:20:46	2:24:39	2:26:52	2:28:04		
	ESPAÑA INDEPENDIENTE		1:26:26	1:44	3:30	3:53	3:10	2:49	5:34	10:31	3:48	12:58	2:56	3:27	3:53	2:13	1:12		
	Iker Alecha	ror en tarj.	2:50	<b>3:59</b>	8:26	16:42	18:56	21:02	26:42	32:11	34:55	39:31	41:19	43:20	-----	44:44	45:25		
	ESPAÑA INDEPENDIENTE		2:50	<b>1:09</b>	4:27	8:16	2:14	2:06	5:40	<b>5:29</b>	2:44	4:36	1:48	2:01		1:24	0:41		
	aLVARO MIGUEL	ror en tarj.	31:16	32:54	36:06	-----	-----	-----	-----	1:33:33	1:39:11	1:55:17	1:58:11	2:02:55	2:05:26	2:07:58	2:10:02		
	ESPAÑA INDEPENDIENTE		31:16	1:38	3:12					57:27	5:38	16:06	2:54	4:44	2:31	2:32	2:04		
																	34:33		
																		39:25	
																		*42	
																		*68	
<b>H-65 (2)</b>		<b>2.0 km 115 m</b>		<b>9 C</b>															
		1(44)	2(45)	3(55)	4(81)	5(80)	6(67)	7(51)	8(36)	9(100)							F		
1	José Manuel Sánchez López	55:28	6:02	8:31	26:00	33:44	37:37	41:28	48:34	52:47	54:14	55:28							
	Valladolid COV		6:02	2:29	17:29	7:44	3:53	<b>3:51</b>	<b>7:06</b>	<b>4:13</b>	<b>1:27</b>	<b>1:14</b>							
2	Víctor Manuel García Berenguer	1:06:15	6:26	8:43	25:12	30:16	32:53	36:52	51:18	1:01:42	1:04:05	1:06:15							
	Alicante SANT JOAN		6:26	<b>2:17</b>	<b>16:29</b>	<b>5:04</b>	<b>2:37</b>	3:59	14:26	10:24	2:23	2:10							