

| os | rsal | Nombre | Tiempo | 3,4 km | 120 m | 20 C | 1(34) | 2(50) | 3(35) | 4(61) | 5(37) | 6(31) | 7(32) | 8(51) | 9(38) | 10(39) | 11(52) | 12(53) |
|----------|------|---|--------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|----------------|---------------|---------------|--------|--------|--------|
| H-E (65) | | | | 13(54) | 14(42) | 15(44) | 16(41) | 17(40) | 18(59) | 19(55) | 20(200) | F | | | | | | |
| 1 | 98 | Antonio Martínez Pérez Alicante COLIVENC | 18:15 | 0:43 0:43 | 1:45 1:02 | 3:01 1:16 | 3:59 0:58 | 4:17 0:18 | 5:08 0:51 | 6:12 1:04 | 7:26 1:14 | 8:50 1:24 | 10:09 1:19 | 10:38 0:29 | 11:31 0:53 | | | |
| 2 | 100 | Andreu Blanes Reig Alicante COLIVENC | 18:43 | 0:40 0:40 | 1:47 1:07 | 3:06 1:19 | 4:05 0:59 | 4:26 0:21 | 5:14 0:48 | 6:21 1:07 | 7:36 1:15 | 8:50 1:14 | 10:08 1:18 | 10:38 0:30 | 11:33 0:55 | | | |
| 3 | 841 | Kiril Nikolov Lyubenov Madrid MAXIMUS | 18:52 | 0:45 0:45 | 1:51 1:06 | 3:10 1:19 | 4:12 1:02 | 4:32 0:20 | 5:23 0:51 | 6:31 1:08 | 7:46 1:15 | 9:00 1:14 | 10:18 1:18 | 10:49 0:31 | 11:44 0:55 | | | |
| 4 | 505 | Luis Sánchez Serrano Alicante VILLENA-O | 20:41 | 0:48 0:48 | 1:59 1:11 | 3:25 1:26 | 4:30 1:05 | 4:55 0:25 | 5:50 0:55 | 7:07 1:17 | 8:28 1:21 | 9:50 1:22 | 11:14 1:24 | 11:47 0:33 | 12:49 1:02 | | | |
| 5 | 715 | Pau Llorens Caellas Barcelona COB | 20:51 | 0:50 0:46 | 0:43 2:07 | 1:24 3:33 | 1:00 4:39 | 0:49 4:59 | 1:50 5:58 | 0:53 7:13 | 0:18 8:34 | 0:05 9:55 | 11:20 11:56 | 12:57 1:01 | | | | |
| 6 | 859 | Daniel Martín de los Ríos de la Toledo ESCONDITE-T | 20:53 | 0:48 0:48 | 1:59 1:11 | 3:30 1:31 | 4:39 1:09 | 4:59 0:20 | 5:58 0:59 | 7:22 1:24 | 8:44 1:22 | 10:06 1:22 | 11:29 1:23 | 12:01 0:32 | 13:18 1:17 | | | |
| 7 | 97 | Roger Casal Fernández Alicante COLIVENC | 21:08 | 0:48 0:48 | 2:02 1:14 | 3:31 1:29 | 4:39 1:08 | 4:59 0:20 | 5:57 0:58 | 7:13 1:16 | 8:36 1:23 | 10:14 1:38 | 11:43 1:29 | 12:16 0:33 | 13:19 1:03 | | | |
| 8 | 122 | Javier Ruiz de la Herrán Pidal Málaga COMA | 21:16 | 0:50 0:50 | 2:16 1:26 | 3:59 1:43 | 5:08 1:09 | 5:29 0:21 | 6:28 0:59 | 7:48 1:20 | 9:10 1:22 | 10:30 1:20 | 11:59 1:29 | 12:32 0:33 | 13:29 0:57 | | | |
| 9 | 229 | Raúl Ferra Murcia Murcia LORCA-O | 21:17 | 0:49 0:49 | 2:04 1:15 | 3:33 1:29 | 4:40 1:07 | 4:59 0:19 | 5:59 1:00 | 7:18 1:19 | 8:44 1:26 | 10:09 1:25 | 11:41 1:32 | 12:19 0:38 | 13:22 1:03 | | | |
| 10 | 846 | Andrés Del Bustio Díaz Asturias ASTUR EXTREM | 21:45 | 0:48 0:48 | 2:12 1:24 | 3:42 1:30 | 4:59 1:17 | 5:20 0:21 | 6:21 1:01 | 7:37 1:16 | 9:03 1:26 | 10:40 1:37 | 12:11 1:31 | 12:45 0:34 | 13:48 1:03 | | | |
| 11 | 82 | Carlos Urios García Badajoz CODAN EXTREMADURA | 21:50 | 0:51 0:51 | 2:10 1:19 | 3:43 1:33 | 4:57 1:14 | 5:17 0:20 | 6:16 0:59 | 7:33 1:17 | 8:58 1:25 | 10:25 1:27 | 11:56 1:31 | 12:30 0:34 | 13:35 1:05 | | | |
| 12 | 852 | Greg Ahlswede Madrid ESCONDITE-M | 21:53 | 0:55 0:55 | 2:26 1:31 | 4:02 1:36 | 5:11 1:09 | 5:31 0:20 | 6:35 1:04 | 7:43 1:08 | 9:13 1:30 | 10:38 1:25 | 12:09 1:31 | 12:44 0:35 | 13:47 1:03 | | | |
| 13 | 284 | Álvaro Benavente Para Madrid MONTE EL PARDO | 22:14 | 0:57 0:57 | 2:15 1:18 | 3:48 1:33 | 4:58 1:10 | 5:23 0:25 | 6:21 0:58 | 7:50 1:29 | 9:14 1:24 | 10:53 1:39 | 12:21 1:28 | 12:56 0:35 | 14:05 1:09 | | | |
| 13 | 858 | Ricardo García Dengra Toledo ESCONDITE-T | 22:14 | 0:52 0:52 | 2:15 1:23 | 3:49 1:34 | 5:06 1:17 | 5:26 0:20 | 6:30 1:04 | 7:47 1:17 | 9:12 1:25 | 10:51 1:39 | 12:24 1:33 | 12:57 0:33 | 13:59 1:02 | | | |
| 15 | 619 | Josep Morlà Varell Valladolid CDP-O | 22:22 | 0:59 0:59 | 2:27 1:28 | 3:53 1:26 | 4:59 1:06 | 5:28 0:29 | 6:50 1:22 | 8:33 1:43 | 9:54 1:21 | 11:20 1:26 | 12:49 1:29 | 13:22 0:33 | 14:21 0:59 | | | |
| 16 | 842 | Ivan Sirakov Madrid MAXIMUS | 22:30 | 0:48 0:52 | 0:41 2:16 | 1:25 3:56 | 1:01 5:12 | 0:56 5:33 | 1:45 6:35 | 1:01 7:55 | 0:18 9:23 | 0:06 11:06 | 12:38 12:38 | 13:16 0:38 | 14:18 1:02 | | | |
| 17 | 127 | José Manuel García Crespo Málaga COMA | 22:40 | 0:48 0:48 | 2:21 1:33 | 3:53 1:32 | 5:07 1:14 | 5:30 0:23 | 6:35 1:05 | 8:07 1:32 | 9:35 1:28 | 11:01 1:26 | 12:27 1:26 | 13:04 0:37 | 14:07 1:03 | | | |
| 18 | 857 | Juan Manuel Mérida Sanchís Toledo ESCONDITE-T | 22:46 | 0:52 0:52 | 2:16 1:24 | 3:47 1:31 | 5:01 1:14 | 5:20 0:19 | 6:26 1:06 | 7:53 1:27 | 9:19 1:26 | 10:47 1:28 | 12:18 1:31 | 12:52 0:34 | 13:54 1:02 | | | |
| 19 | 905 | Miguel Angel Martín García Alicante UNIVERSIDAD ALICANTE | 22:50 | 0:53 0:53 | 2:11 1:18 | 3:44 1:33 | 4:59 1:15 | 5:18 0:19 | 6:17 0:59 | 7:30 1:13 | 8:57 1:27 | 10:32 1:35 | 11:59 1:27 | 12:33 0:34 | 13:39 1:06 | | | |
| 20 | 711 | Rubén Pérez Pérez La Rioja RIOJA-O | 23:09 | 1:39 1:39 | 3:03 1:24 | 4:25 1:22 | 5:32 1:07 | 5:52 0:20 | 6:49 0:57 | 8:04 1:15 | 9:32 1:28 | 11:57 2:25 | 13:28 1:31 | 14:03 0:35 | 15:04 1:01 | | | |

| os rsal Nombre | | Tiempo | | | | | | | | | | | | |
|-----------------|--|-----------------|-------------------------------|-------------------------------|-------------------------------|-----------------|-----------------|-----------------|------------------|---------------|---------------|---------------|---------------|---------------|
| H-E (65) | | 3,4 km | 120 m | 20 C | <i>(cont.)</i> | | | | | | | | | |
| | | 1(34) 13(54) | 2(50) 14(42) | 3(35) 15(44) | 4(61) 16(41) | 5(37) 17(40) | 6(31) 18(59) | 7(32) 19(55) | 8(51) 20(200) | 9(38) F | 10(39) | 11(52) | 12(53) | |
| 266 | Diego Rodríguez Corrochano Ciudad Real MANZANARES-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| 369 | Borja Álvarez Muñoz Toledo TOLEDO-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| 497 | Ferran Sayol Altarriba Barcelona UEVIC | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| 334 | Carlos Gil Rodríguez Madrid RUMBO-MADRID SANSE | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| 801 | Moisés Romo Carbonell Alicante CEAM IBI-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| 803 | Antonio Carbonell Marti Alicante CEAM IBI-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| 12 | Raúl Expósito Pelado Sevilla ADOL | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| D-E (31) | | 2,6 km | 75 m | 14 C | | | | | | | | | | |
| | | 1(58) 13(55) | 2(33) 14(200) | 3(34) F | 4(50) | 5(36) | 6(37) | 7(43) | 8(51) | 9(38) | 10(39) | 11(53) | 12(57) | |
| 1 | 89 Alicia Gil Sánchez Alicante COLIVENC | 17:55 | 0:55 0:55 17:30 0:52 | 2:23 1:28 17:49 0:19 | 4:03 1:40 17:55 0:06 | 5:32 1:29 | 7:22 1:50 | 8:12 0:50 | 9:31 1:19 | 10:36 1:05 | 12:09 1:33 | 13:51 1:42 | 15:30 1:39 | 16:38 1:08 |
| 2 | 88 Esther Gil i Brotons Alicante COLIVENC | 18:25 | 1:08 1:08 17:59 0:53 | 2:33 1:25 18:20 0:21 | 4:19 1:46 18:25 0:05 | 5:56 1:37 | 7:47 1:51 | 8:32 0:45 | 9:48 1:16 | 10:51 1:03 | 12:41 1:50 | 14:19 1:38 | 15:58 1:39 | 17:06 1:08 |
| 3 | 903 Ida Tiltnes NTNUI | 18:50 | 1:04 1:04 18:22 0:55 | 2:53 1:49 18:43 0:21 | 4:41 1:48 18:50 0:07 | 6:10 1:29 | 8:07 1:57 | 8:55 0:48 | 10:12 1:17 | 11:15 1:03 | 12:51 1:36 | 14:34 1:43 | 16:17 1:43 | 17:27 1:10 |
| 4 | 288 Guadalupe Moreno Zúñiga Madrid MONTE EL PARDO | 19:17 | 1:02 1:02 18:52 0:54 | 2:21 1:19 19:11 0:19 | 4:10 1:49 19:17 0:06 | 5:51 1:41 | 7:48 1:57 | 8:39 0:51 | 10:10 1:31 | 11:16 1:06 | 13:24 2:08 | 15:04 1:40 | 16:50 1:46 | 17:58 1:08 |
| 5 | 117 Natalia Gurchenkova Alicante COLIVENC | 19:28 | 1:55 1:55 19:01 0:59 | 3:30 1:35 19:21 0:20 | 5:18 1:48 19:28 0:07 | 6:44 1:26 | 8:45 2:01 | 9:37 0:52 | 10:54 1:17 | 11:56 1:02 | 13:33 1:37 | 15:11 1:38 | 16:52 1:41 | 18:02 1:10 |
| 6 | 800 Laura Martínez García La Coruña USC | 22:00 | 1:09 1:09 21:32 1:06 | 2:49 1:40 21:54 0:22 | 4:48 1:59 22:00 0:06 | 6:43 1:55 | 8:59 2:16 | 9:59 1:00 | 11:33 1:34 | 12:53 1:20 | 14:52 1:59 | 17:04 2:12 | 19:07 2:03 | 20:26 1:19 |
| 7 | 865 Sara Guerín Bonet Valencia VERD3 | 22:05 | 1:12 1:12 21:38 1:03 | 2:54 1:42 21:59 0:21 | 4:57 2:03 22:05 0:06 | 6:49 1:52 | 8:56 2:07 | 9:56 1:00 | 11:27 1:31 | 12:41 1:14 | 15:02 2:21 | 17:06 2:04 | 19:15 2:09 | 20:35 1:20 |
| 8 | 827 Lidia Juan Suárez Alicante RAIDERMANIA | 22:20 | 1:13 1:13 21:52 1:07 | 3:06 1:53 22:14 0:22 | 5:12 2:06 22:20 0:06 | 7:06 1:54 | 9:25 2:19 | 10:25 1:00 | 12:00 1:35 | 13:19 1:19 | 15:15 1:56 | 17:19 2:04 | 19:20 2:01 | 20:45 1:25 |
| 9 | 823 Jara Gracia Zafra Huesca WAKHAN | 22:27 | 1:57 1:57 22:00 1:02 | 3:41 1:44 22:21 0:21 | 5:39 1:58 22:27 0:06 | 7:35 1:56 | 9:43 2:08 | 10:40 0:57 | 12:14 1:34 | 13:25 1:11 | 15:38 2:13 | 17:37 1:59 | 19:36 1:59 | 20:58 1:22 |
| 10 | 312 Rocío Alarcón Quesada Córdoba LOS CALIFAS | 22:28 | 1:48 1:48 21:58 1:25 | 3:35 1:47 22:22 0:24 | 5:42 2:07 22:28 0:06 | 7:44 2:02 | 9:45 2:01 | 10:36 0:51 | 12:00 1:24 | 13:10 1:10 | 15:15 2:05 | 17:12 1:57 | 19:17 2:05 | 20:33 1:16 |
| 11 | 336 Ana Gracia Lázaro Madrid RUMBO-MADRID SANSE | 22:35 | 1:43 1:43 22:05 1:00 | 3:51 2:08 22:29 0:24 | 5:57 2:06 22:35 0:06 | 7:46 1:49 | 9:51 2:05 | 10:46 0:55 | 12:17 1:31 | 13:50 1:33 | 15:41 1:51 | 17:33 1:52 | 19:41 2:08 | 21:05 1:24 |

| os rsal Nombre | | | Tiempo | | | | | | | | | | | | |
|----------------|-----------------|---|---------------|-------------------------------|-------------------------------|-------------------------------|--------------|-----------------------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|
| H-35A (77) | | | 2,5 km | | 80 m | | 14 C | | <i>(cont.)</i> | | | | | | |
| | 1(34) 13(55) | 2(50) 14(200) | 3(36) F | 4(45) | 5(49) | 6(58) | 7(33) | 8(51) | 9(38) | 10(60) | 11(52) | 12(57) | | | |
| 37 | 360 | Jesus Martínez Morales Murcia SENDA | 20:22 | 1:03 1:03 19:36 0:57 | 2:49 1:46 19:55 0:19 | 5:53 3:04 20:22 0:27 | 6:27 0:34 | 7:34 1:07 4:37 *37 | 8:40 1:06 | 10:21 1:41 | 12:10 1:49 | 14:03 1:53 | 15:21 1:18 | 16:43 1:22 | 18:39 1:56 |
| 38 | 835 | Vicente Pernia Caballero Valencia SIMPEIERDO | 20:23 | 1:17 1:17 19:54 1:07 | 3:08 1:51 20:17 0:23 | 5:13 2:05 20:23 0:06 | 6:01 0:48 | 7:13 1:12 | 8:29 1:16 | 10:03 1:34 | 12:10 2:07 | 14:02 1:52 | 15:28 1:26 | 16:42 1:14 | 18:47 2:05 |
| 39 | 126 | Martin Stangegaard Bjergby Málaga COMA | 20:30 | 1:08 1:08 19:55 1:02 | 2:59 1:51 20:24 0:29 | 5:00 2:01 20:30 0:06 | 5:39 0:39 | 6:56 1:17 | 8:10 1:14 | 9:40 1:30 | 11:34 1:54 | 13:38 2:04 | 15:02 1:24 | 16:50 1:48 | 18:53 2:03 |
| 39 | 572 | Antonio Falqué Estévez Valencia UVALENCIA | 20:30 | 1:17 1:17 20:04 1:01 | 2:56 1:39 20:25 0:21 | 5:47 2:51 20:30 0:05 | 6:25 0:38 | 7:34 1:09 | 8:45 1:11 | 10:18 1:33 | 12:18 2:00 | 14:23 2:05 | 15:47 1:24 | 16:56 1:09 | 19:03 2:07 |
| 41 | 510 | Oleg Sovolev Alicante VILLENAL-A | 20:44 | 1:10 1:10 20:16 1:01 | 2:41 1:31 20:39 0:23 | 4:39 1:58 20:44 0:05 | 5:20 0:41 | 6:28 1:08 | 7:54 1:26 | 9:39 1:45 | 12:19 2:40 | 14:03 1:44 | 15:53 1:50 | 17:03 1:10 | 19:15 2:12 |
| 42 | 516 | José Domínguez Berjón León E D ALCON | 20:45 | 1:12 1:12 20:17 0:58 | 3:05 1:53 20:38 0:21 | 6:11 3:06 20:45 0:07 | 6:47 0:36 | 7:56 1:09 | 9:01 1:05 | 10:39 1:38 | 12:39 2:00 | 14:23 1:44 | 16:06 1:43 | 17:20 1:14 | 19:19 1:59 |
| 43 | 847 | Manuel Tamargo Fernández Asturias ASTUR EXTREM | 20:50 | 1:14 1:14 20:21 1:01 | 3:11 1:57 20:44 0:23 | 5:42 2:31 20:50 0:06 | 6:23 0:41 | 7:40 1:17 | 8:47 1:07 | 10:36 1:49 | 12:39 2:03 | 14:20 1:41 | 15:57 1:37 | 17:15 1:18 | 19:20 2:05 |
| 44 | 547 | Emilio Ginés Morales Sevilla POSEIDÓN | 20:51 | 1:03 1:03 20:21 0:54 | 3:00 1:57 20:44 0:23 | 5:46 2:46 20:51 0:07 | 6:23 0:37 | 7:33 1:10 | 8:41 1:08 | 10:27 1:46 | 12:11 1:44 | 13:59 1:48 | 15:44 1:45 | 17:33 1:49 | 19:27 1:54 |
| 44 | 416 | Fermin Barceló Otalora Murcia TOTANA-A | 20:51 | 1:00 1:00 20:13 1:04 | 2:37 1:37 20:45 0:32 | 4:45 2:08 20:51 0:06 | 5:23 0:38 | 6:40 1:17 | 7:50 1:10 | 9:29 1:39 | 11:47 2:18 | 13:50 2:03 | 15:14 1:24 | 16:30 1:16 | 19:09 2:39 |
| 46 | 141 | Bernardo Crespo Prada Málaga COMA | 20:54 | 1:22 1:22 20:21 0:59 | 3:11 1:49 20:47 0:26 | 5:13 2:02 20:54 0:07 | 6:08 0:55 | 7:17 1:09 | 8:28 1:11 | 10:11 1:43 | 12:06 1:55 | 14:34 2:28 | 16:06 1:32 | 17:15 1:09 | 19:22 2:07 |
| 46 | 161 | Carlos Manuel Prado Da Cruz Madrid GOCAN | 20:54 | 1:02 1:02 20:24 0:58 | 2:50 1:48 20:46 0:22 | 4:50 2:00 20:54 0:08 | 5:42 0:52 | 7:21 1:39 | 8:30 1:09 | 10:17 1:47 | 12:15 1:58 | 14:17 2:02 | 16:07 1:50 | 17:27 1:20 | 19:26 1:59 |
| 48 | 190 | Jesus Paricio Peribañez Zaragoza IBÓN | 20:57 | 1:10 1:10 20:27 1:00 | 3:06 1:56 20:51 0:24 | 5:16 2:10 20:57 0:06 | 5:56 0:40 | 7:11 1:15 | 8:26 1:15 | 10:14 1:48 | 12:23 2:09 | 14:29 2:06 | 16:01 1:32 | 17:17 1:16 | 19:27 2:10 |
| 49 | 580 | Victor Manuel Pérez Lozano Alicante UNIVERSIDAD ALICANTE | 21:04 | 1:02 1:02 20:38 1:02 | 2:37 1:35 20:59 0:21 | 4:43 2:06 21:04 0:05 | 5:24 0:41 | 6:33 1:09 | 7:44 1:11 | 9:26 1:42 | 11:36 2:10 | 13:50 2:14 | 15:51 2:01 | 17:05 1:14 | 19:36 2:31 |
| 50 | 517 | Antonio Hernández Fernández León E D ALCON | 21:16 | 1:03 1:03 20:49 1:11 | 2:56 1:53 21:10 0:21 | 4:54 1:58 21:16 0:06 | 5:58 1:04 | 7:40 1:42 | 8:44 1:04 | 10:10 1:26 | 13:10 3:00 | 14:44 1:34 | 15:58 1:14 | 17:01 1:03 | 19:38 2:37 |
| 51 | 231 | Miguel Girona Belmonte Murcia LORCA-A | 21:19 | 1:14 1:14 20:49 1:01 | 3:24 2:10 21:13 0:24 | 5:36 2:12 21:19 0:06 | 6:19 0:43 | 7:28 1:09 | 8:46 1:18 | 10:21 1:35 | 12:29 2:08 | 14:23 1:54 | 16:21 1:58 | 17:37 1:16 | 19:48 2:11 |
| 51 | 206 | Jesús Jiménez Romero Madrid IMPERDIBLE BUFF | 21:19 | 1:06 1:06 20:53 1:33 | 2:47 1:41 21:13 0:20 | 5:01 2:14 21:19 0:06 | 5:57 0:56 | 7:10 1:13 | 8:22 1:12 | 10:35 2:13 | 12:32 1:57 | 14:17 1:45 | 16:06 1:49 | 17:16 1:10 | 19:20 2:04 |
| 53 | 337 | Fco Javier Roldán Corpas Madrid RUMBO-MADRID SANSE | 21:21 | 1:07 1:07 20:55 1:00 | 3:02 1:55 21:15 0:20 | 4:55 1:53 21:21 0:06 | 5:31 0:36 | 8:31 3:00 | 9:25 0:54 | 11:31 2:06 | 13:15 1:44 | 15:08 1:53 | 16:41 1:33 | 18:06 1:25 | 19:55 1:49 |
| 54 | 789 | Ignacio Javier Mingorance Serra Madrid ENTREBALIZAS | 21:43 | 1:38 1:38 21:15 1:06 | 3:26 1:48 21:37 0:22 | 5:29 2:03 21:43 0:06 | 6:09 0:40 | 7:22 1:13 | 8:46 1:24 | 10:27 1:41 | 12:36 2:09 | 14:36 2:00 | 16:36 2:00 | 17:54 1:18 | 20:09 2:15 |
| 55 | 692 | Xavier Amaya García Madrid COLMENAR | 22:15 | 1:00 1:00 21:48 1:12 | 2:52 1:52 22:10 0:22 | 5:25 2:33 22:15 0:05 | 6:09 0:44 | 7:24 1:15 | 8:56 1:32 | 10:40 1:44 | 12:57 2:17 | 15:02 2:05 | 16:36 1:34 | 18:14 1:38 | 20:36 2:22 |

| os rsal Nombre | | Tiempo | | | | | | | | | | | | | |
|-------------------|-----|--|---------------|-------------|-------------|----------------|-------|-------------|-------|-------|-------|--------|--------|--------|-------|
| H-35A (77) | | | 2,5 km | 80 m | 14 C | <i>(cont.)</i> | | | | | | | | | |
| | | | 1(34) | 2(50) | 3(36) | 4(45) | 5(49) | 6(58) | 7(33) | 8(51) | 9(38) | 10(60) | 11(52) | 12(57) | |
| | | | 13(55) | 14(200) | F | | | | | | | | | | |
| 56 | 492 | Carles Salvador Costa Barcelona UEVIC | 22:33 | 1:54 | 3:30 | 5:40 | 6:22 | 7:38 | 8:52 | 10:54 | 13:00 | 15:23 | 17:23 | 18:36 | 20:52 |
| | | | 1:54 | 1:36 | 2:10 | 0:42 | 1:16 | 1:14 | 2:02 | 2:06 | 2:23 | 2:00 | 1:13 | 2:16 | |
| | | | 22:03 | 22:26 | 22:33 | | | | | | | | | | |
| | | | 1:11 | 0:23 | 0:07 | | | | | | | | | | |
| 57 | 335 | Angel Díaz Caro Madrid RUMBO-MADRID SANSE | 22:49 | 1:15 | 3:22 | 5:35 | 6:44 | 8:07 | 9:24 | 11:29 | 13:38 | 15:31 | 17:33 | 18:53 | 21:11 |
| | | | 1:15 | 2:07 | 2:13 | 1:09 | 1:23 | 1:17 | 2:05 | 2:09 | 1:53 | 2:02 | 1:20 | 2:18 | |
| | | | 22:17 | 22:41 | 22:49 | | | | | | | | | | |
| | | | 1:06 | 0:24 | 0:08 | | | | | | | | | | |
| 58 | 474 | Ferran Santoyo Medina Granada VELETA | 23:10 | 1:32 | 3:45 | 6:15 | 6:59 | 8:17 | 9:36 | 11:43 | 14:01 | 16:18 | 17:52 | 19:13 | 21:32 |
| | | | 1:32 | 2:13 | 2:30 | 0:44 | 1:18 | 1:19 | 2:07 | 2:18 | 2:17 | 1:34 | 1:21 | 2:19 | |
| | | | 22:34 | 23:02 | 23:10 | | | | | | | | | | |
| | | | 1:02 | 0:28 | 0:08 | | | | | | | | | | |
| 59 | 185 | José Puche Madrid Albacete GODIH | 23:11 | 1:15 | 3:05 | 5:21 | 6:14 | 7:31 | 8:49 | 11:12 | 13:22 | 15:37 | 17:42 | 19:11 | 21:35 |
| | | | 1:15 | 1:50 | 2:16 | 0:53 | 1:17 | 1:18 | 2:23 | 2:10 | 2:15 | 2:05 | 1:29 | 2:24 | |
| | | | 22:40 | 23:03 | 23:11 | | | | | | | | | | |
| | | | 1:05 | 0:23 | 0:08 | | | | | | | | | | |
| 60 | 242 | Antonio Gázquez Millán Murcia LORCA-O | 23:55 | 1:21 | 3:19 | 5:40 | 6:22 | 7:46 | 9:03 | 10:55 | 13:09 | 15:06 | 16:43 | 18:06 | 21:14 |
| | | | 1:21 | 1:58 | 2:21 | 0:42 | 1:24 | 1:17 | 1:52 | 2:14 | 1:57 | 1:37 | 1:23 | 3:08 | |
| | | | 23:23 | 23:49 | 23:55 | | | | | | | | | | |
| | | | 2:09 | 0:26 | 0:06 | | | | | | | | | | |
| 61 | 636 | Carlos Sánchez Sobrino Toledo NAVALCAN-O | 24:03 | 1:32 | 3:34 | 6:45 | 7:27 | 8:51 | 10:13 | 13:04 | 15:13 | 17:00 | 18:39 | 20:18 | 22:23 |
| | | | 1:32 | 2:02 | 3:11 | 0:42 | 1:24 | 1:22 | 2:51 | 2:09 | 1:47 | 1:39 | 1:39 | 2:05 | |
| | | | 23:26 | 23:56 | 24:03 | | | | | | | | | | |
| | | | 1:03 | 0:30 | 0:07 | | | | | | | | | | |
| 62 | 836 | Ruben Recio Cárdaba Valencia SIMEPIERDO | 24:08 | 1:33 | 3:49 | 6:07 | 6:56 | 8:18 | 9:42 | 12:13 | 14:40 | 17:01 | 18:35 | 19:58 | 22:25 |
| | | | 1:33 | 2:16 | 2:18 | 0:49 | 1:22 | 1:24 | 2:31 | 2:27 | 2:21 | 1:34 | 1:23 | 2:27 | |
| | | | 23:36 | 24:02 | 24:08 | | | | | | | | | | |
| | | | 1:11 | 0:26 | 0:06 | | | | | | | | | | |
| 63 | 151 | Manuel Caro Huertas Valencia CORRECAMINOS | 24:11 | 1:10 | 3:11 | 5:19 | 6:18 | 7:30 | 9:39 | 12:36 | 14:40 | 16:55 | 18:56 | 20:15 | 22:32 |
| | | | 1:10 | 2:01 | 2:08 | 0:59 | 1:12 | 2:09 | 2:57 | 2:04 | 2:15 | 2:01 | 1:19 | 2:17 | |
| | | | 23:37 | 24:04 | 24:11 | | | | | | | | | | |
| | | | 1:05 | 0:27 | 0:07 | | | | | | | | | | |
| 64 | 689 | José Manuel Prieto García Madrid COLMENAR | 24:55 | 1:14 | 3:16 | 5:54 | 6:38 | 8:04 | 9:36 | 11:36 | 14:09 | 16:21 | 18:48 | 20:22 | 23:02 |
| | | | 1:14 | 2:02 | 2:38 | 0:44 | 1:26 | 1:32 | 2:00 | 2:33 | 2:12 | 2:27 | 1:34 | 2:40 | |
| | | | 24:24 | 24:49 | 24:55 | | | | | | | | | | |
| | | | 1:22 | 0:25 | 0:06 | | | | | | | | | | |
| 65 | 252 | Ángel Gallardo Pedrero Murcia LORCA-O | 25:35 | 3:53 | 5:34 | 7:57 | 9:37 | 10:54 | 12:10 | 14:27 | 16:41 | 18:32 | 20:29 | 21:46 | 24:00 |
| | | | 3:53 | 1:41 | 2:23 | 1:40 | 1:17 | 1:16 | 2:17 | 2:14 | 1:51 | 1:57 | 1:17 | 2:14 | |
| | | | 25:07 | 25:29 | 25:35 | | | | | | | | | | |
| | | | 1:07 | 0:22 | 0:06 | | | | | | | | | | |
| 66 | 749 | Sergio López Sierra Cuenca ELERUT | 25:54 | 1:26 | 3:44 | 6:42 | 7:31 | 8:44 | 10:13 | 12:31 | 16:33 | 18:20 | 20:30 | 21:59 | 24:14 |
| | | | 1:26 | 2:18 | 2:58 | 0:49 | 1:13 | 1:29 | 2:18 | 4:02 | 1:47 | 2:10 | 1:29 | 2:15 | |
| | | | 25:24 | 25:48 | 25:54 | | | | | | | | | | |
| | | | 1:10 | 0:24 | 0:06 | | | | | | | | | | |
| 67 | 794 | Nayo Tarno Cué Asturias NORDESTE-O | 33:10 | 1:42 | 4:06 | 11:18 | 12:07 | 13:41 | 15:15 | 18:32 | 21:12 | 23:48 | 25:35 | 27:20 | 30:05 |
| | | | 1:42 | 2:24 | 7:12 | 0:49 | 1:34 | 1:34 | 3:17 | 2:40 | 2:36 | 1:47 | 1:45 | 2:45 | |
| | | | 31:24 | 33:01 | 33:10 | | | | | | | | | | |
| | | | 1:19 | 1:37 | 0:09 | | | | | | | | | | |
| 762 | | Israel Garrido De La Torre Madrid ALABARDA-O | en tarj. | 0:55 | 2:26 | 4:00 | 4:28 | 5:27 | ----- | 7:38 | 9:10 | 10:40 | 11:48 | 12:46 | 14:22 |
| | | | 0:55 | 1:31 | 1:34 | 0:28 | 0:59 | ----- | ----- | 2:11 | 1:32 | 1:30 | 1:08 | 0:58 | 1:36 |
| | | | 15:08 | 15:25 | 15:32 | | | | | | | | | | |
| | | | 0:46 | 0:17 | 0:07 | | | | | | | | | | |
| 900 | | José Cando Casado Madrid GOCAN | en tarj. | 1:00 | 2:34 | ----- | ----- | ----- | ----- | ----- | 9:46 | 11:24 | ----- | 13:28 | ----- |
| | | | 1:00 | 1:34 | ----- | ----- | ----- | ----- | ----- | ----- | 7:12 | 1:38 | ----- | 2:04 | ----- |
| | | | 22:16 | 22:40 | 22:45 | | | | | | | | | | |
| | | | 8:48 | 0:24 | 0:05 | | | | | | | | | | |
| | | | 16:11 | 17:40 | 18:36 | 19:35 | 21:23 | | | | | | | | |
| | | | *42 | *44 | *41 | *40 | *59 | | | | | | | | |
| 355 | | José Francisco Román Martínez Alicante SANT JOAN | en tarj. | 1:30 | 3:26 | ----- | 8:11 | 9:31 | 10:44 | 12:54 | 14:55 | 16:45 | 18:19 | 19:30 | 21:40 |
| | | | 1:30 | 1:56 | ----- | 4:45 | 1:20 | 1:13 | 2:10 | 2:01 | 1:50 | 1:34 | 1:11 | 2:10 | |
| | | | 22:40 | 23:04 | 23:12 | | | | | | | | | | |
| | | | 1:00 | 0:24 | 0:08 | | | | | | | | | | |
| 475 | | Miguel Sáez Plaza Granada VELETA | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | ----- | ----- | ----- | | | | | | | | | | |
| 307 | | Rubén Maeztu Ugarte Navarra CDNAVARRA | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | ----- | ----- | ----- | | | | | | | | | | |
| 19 | | Fernando Calderón Garcia-Diego Sevilla ADOL | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | ----- | ----- | ----- | | | | | | | | | | |
| 72 | | David Arrese Revuelto Badajoz CODAN EXTREMADURA | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | ----- | ----- | ----- | | | | | | | | | | |

| os rsal Nombre | | Tiempo | | | | | | | | | | | | |
|-------------------|---|---------|-------------------------------|------------------|--------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| H-35A (77) | | | 2,5 km | 80 m | 14 C | <i>(cont.)</i> | | | | | | | | |
| | | | 1(34) 13(55) | 2(50) 14(200) | 3(36) F | 4(45) | 5(49) | 6(58) | 7(33) | 8(51) | 9(38) | 10(60) | 11(52) | 12(57) |
| 622 | Ivan Martínez Fernandez Valladolid CDP-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| 218 | Emilio Carreras Huerta Madrid IMPERDIBLE BUFF | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| 25 | Alfonso Domínguez Cano Sevilla ADOL | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| D-35A (45) | | | 1,9 km | 60 m | 12 C | | | | | | | | | |
| | | | 1(46) F | 2(47) | 3(50) | 4(34) | 5(32) | 6(56) | 7(61) | 8(59) | 9(40) | 10(57) | 11(55) | 12(200) |
| 1 | 939 Lourdes Cano Rodriguez Iberia | 18:45 | 0:50 0:50 18:45 0:10 | 2:15 1:25 | 4:16 2:01 | 5:50 1:34 | 7:54 2:04 | 10:18 2:24 | 11:21 1:03 | 13:03 1:42 | 15:41 2:38 | 17:06 1:25 | 18:10 1:04 | 18:35 0:25 |
| 2 | 844 Silvia López Suárez Asturias ASTUR EXTREM | 19:05 | 1:06 1:06 19:05 0:05 | 2:27 1:21 | 4:14 1:47 | 5:45 1:31 | 7:45 2:00 | 11:15 3:30 | 12:15 1:00 | 13:52 1:37 | 16:19 2:27 | 17:41 1:22 | 18:38 0:57 | 19:00 0:22 |
| 3 | 216 Ana Belen Pérez Riofrio Madrid IMPERDIBLE BUFF | 19:44 | 1:04 1:04 19:44 0:06 | 2:29 1:25 | 4:35 2:06 | 6:12 1:37 | 8:25 2:13 | 10:55 2:30 | 11:58 1:03 | 13:45 1:47 | 16:11 2:26 | 17:33 1:22 | 18:58 1:25 | 19:38 0:40 |
| 4 | 691 Maud Barthelemy Madrid COLMENAR | 19:50 | 0:56 0:56 19:50 0:06 | 2:28 1:32 | 4:41 2:13 | 6:24 1:43 | 8:35 2:11 | 11:26 2:51 | 12:30 1:04 | 14:12 1:42 | 16:52 2:40 | 18:20 1:28 | 19:22 1:02 | 19:44 0:22 |
| 5 | 299 Estefanía Bernardino Ortega Sevilla MONTELLANO | 20:09 | 0:46 0:46 20:09 0:06 | 2:21 1:35 | 4:29 2:08 | 6:12 1:43 | 8:32 2:20 | 11:21 2:49 | 12:30 1:09 | 14:16 1:46 | 16:59 2:43 | 18:32 1:33 | 19:39 1:07 | 20:03 0:24 |
| 6 | 678 Cristina Del Campo Campos Madrid COLMENAR | 20:14 | 1:03 1:03 20:14 0:06 | 2:32 1:29 | 4:36 2:04 | 6:19 1:43 | 8:50 2:31 | 11:32 2:42 | 12:40 1:08 | 14:28 1:48 | 17:10 2:42 | 18:45 1:35 | 19:47 1:02 | 20:08 0:21 |
| 7 | 128 Marian Roldán Pareja Málaga COMA | 20:17 | 0:49 0:49 20:17 0:07 | 2:12 1:23 | 4:11 1:59 | 5:48 1:37 | 8:13 2:25 | 11:00 2:47 | 12:15 1:15 | 14:19 2:04 | 17:08 2:49 | 18:45 1:37 | 19:50 1:05 | 20:10 0:20 |
| 8 | 241 Mari Cruz López De Mota Pérez Murcia LORCA-O | 20:24 | 1:00 1:00 20:24 0:07 | 2:37 1:37 | 4:45 2:08 | 6:28 1:43 | 8:51 2:23 | 11:34 2:43 | 12:46 1:12 | 14:30 1:44 | 17:18 2:48 | 18:49 1:31 | 19:54 1:05 | 20:17 0:23 |
| 9 | 129 Brígida Cuenca Adán Málaga COMA | 21:08 | 1:26 1:26 21:08 0:07 | 2:56 1:30 | 5:01 2:05 | 6:35 1:34 | 9:13 2:38 | 11:44 2:31 | 12:52 1:08 | 14:39 1:47 | 17:49 3:10 | 19:22 1:33 | 20:36 1:14 | 21:01 0:25 |
| 10 | 697 Andrea Viqueira Madrid COLMENAR | 21:39 | 1:04 1:04 21:39 0:10 | 2:42 1:38 | 4:58 2:16 | 7:04 2:06 | 9:24 2:20 | 12:13 2:49 | 13:27 1:14 | 15:25 1:58 | 18:15 2:50 | 19:55 1:40 | 21:04 1:09 | 21:29 0:25 |
| 11 | 521 Nines Monsalve Collado León E D ALCON | 21:45 | 1:06 1:06 21:45 0:07 | 2:45 1:39 | 5:00 2:15 | 6:49 1:49 | 9:06 2:17 | 12:03 2:57 | 13:24 1:21 | 15:13 1:49 | 18:12 2:59 | 19:52 1:40 | 21:03 1:11 | 21:38 0:35 |
| 11 | 125 Teresa Angeles Pérez Redondo Málaga COMA | 21:45 | 0:50 0:50 21:45 0:07 | 2:28 1:38 | 4:55 2:27 | 6:47 1:52 | 9:17 2:30 | 12:00 2:43 | 13:18 1:18 | 15:20 2:02 | 18:23 3:03 | 20:04 1:41 | 21:14 1:10 | 21:38 0:24 |
| 13 | 424 Maria Romero Martinez Murcia TOTANA-O | 22:07 | 1:06 1:06 22:07 0:08 | 2:53 1:47 | 5:14 2:21 | 7:06 1:52 | 9:31 2:25 | 12:17 2:46 | 13:35 1:18 | 15:31 1:56 | 18:39 3:08 | 20:21 1:42 | 21:33 1:12 | 21:59 0:26 |
| 14 | 10 Mª Dolores Lahoz Ruano Sevilla ADOL | 23:05 | 1:07 1:07 23:05 0:07 | 2:39 1:32 | 5:01 2:22 | 7:04 2:03 | 9:55 2:51 | 13:15 3:20 | 14:30 1:15 | 16:30 2:00 | 19:37 3:07 | 21:19 1:42 | 22:32 1:13 | 22:58 0:26 |
| 15 | 929 Vanesa Pons Iberia | 23:38 | 2:37 2:37 23:38 0:07 | 4:15 1:38 | 6:28 2:13 | 8:20 1:52 | 11:10 2:50 | 14:15 3:05 | 15:26 1:11 | 17:23 1:57 | 20:17 2:54 | 21:53 1:36 | 23:04 1:11 | 23:31 0:27 |

| os | rsal | Nombre | Tiempo | 1,9 km | 60 m | 12 C | (cont.) | | | | | | | | |
|--------------|-------------|--|--------|-------------------------------|--------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | | 1(46) F | 2(47) | 3(50) | 4(34) | 5(32) | 6(56) | 7(61) | 8(59) | 9(40) | 10(57) | 11(55) | 12(200) |
| D-35A | (45) | | | | | | | | | | | | | | |
| 16 | 489 | Toninaina Santamaría Villalonga Barcelona UEVIC | 23:55 | 1:07 1:07 23:55 0:08 | 3:00 1:53 | 5:18 2:18 | 7:11 1:53 | 9:59 2:48 | 13:40 3:41 | 14:56 1:16 | 16:59 2:03 | 20:14 3:15 | 22:04 1:50 | 23:21 1:17 | 23:47 0:26 |
| 17 | 793 | Silvia Camblor Keller Asturias NORDESTE-O | 24:00 | 3:23 3:23 24:00 0:06 | 4:54 1:31 | 7:06 2:12 | 9:17 2:11 | 12:12 2:55 | 15:09 2:57 | 16:24 1:15 | 18:09 1:45 | 21:00 2:51 | 22:34 1:34 | 23:34 1:00 | 23:54 0:20 |
| 18 | 571 | Ana Moraga Giménez Valencia UVALENCIA | 24:04 | 1:08 1:08 24:04 0:06 | 2:51 1:43 | 5:18 2:27 | 7:14 1:56 | 9:34 2:20 | 14:12 4:38 | 15:23 1:11 | 17:20 1:57 | 20:42 3:22 | 22:22 1:40 | 23:35 1:13 | 23:58 0:23 |
| 19 | 5 | Isabel Serrano Rico Sevilla ADOL | 24:09 | 1:09 1:09 24:09 0:06 | 3:43 2:34 | 5:55 2:12 | 8:01 2:06 | 10:26 2:25 | 14:55 4:29 | 16:03 1:08 | 17:57 1:54 | 20:50 2:53 | 22:33 1:43 | 23:41 1:08 | 24:03 0:22 |
| 20 | 282 | Eva María Para Martín Madrid MONTE EL PARDO | 24:36 | 0:59 0:59 24:36 0:08 | 2:47 1:48 | 5:26 2:39 | 7:15 1:49 | 10:04 2:49 | 13:26 3:22 | 14:48 1:22 | 16:50 2:02 | 20:55 4:05 | 22:46 1:51 | 24:01 1:15 | 24:28 0:27 |
| 21 | 743 | Nuria Calvo Segovia Cuenca ELERUT | 24:40 | 2:33 2:33 24:40 0:07 | 4:20 1:47 | 6:50 2:30 | 8:36 1:46 | 11:51 3:15 | 14:47 2:56 | 16:02 1:15 | 18:02 2:00 | 21:07 3:05 | 22:47 1:40 | 24:09 1:22 | 24:33 0:24 |
| 22 | 186 | Joaquina Herrero Vinader Albacete GODIH | 24:50 | 1:15 1:15 24:50 0:07 | 2:57 1:42 | 5:30 2:33 | 7:32 2:02 | 10:25 2:53 | 14:33 4:08 | 15:48 1:15 | 17:52 2:04 | 21:20 3:28 | 23:02 1:42 | 24:16 1:14 | 24:43 0:27 |
| 23 | 850 | María José Merino Hernantes Asturias ASTUR EXTREM | 24:53 | 1:00 1:00 24:53 0:08 | 2:59 1:59 | 5:20 2:21 | 7:14 1:54 | 10:28 3:14 | 13:50 3:22 | 15:41 1:51 | 17:56 2:15 | 21:19 3:23 | 23:02 1:43 | 24:14 1:12 | 24:45 0:31 |
| 24 | 460 | Mª Carmen Hernanz Moral Valladolid COV | 25:41 | 1:24 1:24 25:41 0:08 | 3:37 2:13 | 6:12 2:35 | 8:22 2:10 | 10:57 2:35 | 14:48 3:51 | 16:02 1:14 | 18:00 1:58 | 22:05 4:05 | 23:46 1:41 | 25:02 1:16 | 25:33 0:31 |
| 25 | 56 | Anna Amigó Bertrán Barcelona COC | 25:46 | 1:04 1:04 25:46 0:07 | 2:55 1:51 | 5:23 2:28 | 7:34 2:11 | 10:30 2:56 | 13:52 3:22 | 15:14 1:22 | 17:21 2:07 | 21:58 4:37 | 23:41 1:43 | 25:05 1:24 | 25:39 0:34 |
| 26 | 8 | Carmen Pedrero Hartillo Sevilla ADOL | 26:24 | 1:14 1:14 26:24 0:09 | 3:45 2:31 | 6:36 2:51 | 8:46 2:10 | 12:16 3:30 | 15:35 3:19 | 16:58 1:23 | 19:13 2:15 | 22:28 3:15 | 24:20 1:52 | 25:44 1:24 | 26:15 0:31 |
| 27 | 432 | Ana Carmona Álvarez Murcia TOTANA-O | 27:41 | 0:59 0:59 27:41 0:06 | 2:38 1:39 | 4:56 2:18 | 8:00 3:04 | 10:19 2:19 | 18:06 7:47 | 19:25 1:19 | 21:15 1:50 | 24:24 3:09 | 26:00 1:36 | 27:12 1:12 | 27:35 0:23 |
| 28 | 170 | Ana Herreros Valiente Albacete GODIH | 28:44 | 1:26 1:26 28:44 0:08 | 3:29 2:03 | 7:08 3:39 | 9:16 2:08 | 12:42 3:26 | 16:44 4:02 | 18:09 1:25 | 20:53 2:44 | 24:35 3:42 | 26:34 1:59 | 27:56 1:22 | 28:36 0:40 |
| 29 | 729 | Mercedes Sánchez Álvaro Cuenca COMCU | 29:38 | 1:03 1:03 29:38 0:09 | 2:57 1:54 | 5:47 2:50 | 7:57 2:10 | 11:30 3:33 | 15:10 3:40 | 16:33 1:23 | 19:00 2:27 | 25:23 6:23 | 27:29 2:06 | 28:54 1:25 | 29:29 0:35 |
| 30 | 724 | Rebeca Barambio Chumillas Cuenca COMCU | 30:42 | 1:32 1:32 30:42 0:09 | 3:20 1:48 | 6:11 2:51 | 8:26 2:15 | 11:36 3:10 | 18:41 7:05 | 20:04 1:23 | 22:36 2:32 | 26:19 3:43 | 28:27 2:08 | 29:56 1:29 | 30:33 0:37 |
| 31 | 737 | Milagros Ruiz García Cuenca ELERUT | 30:52 | 1:23 1:23 30:52 0:09 | 3:54 2:31 | 7:22 3:28 | 10:01 2:39 | 13:22 3:21 | 17:18 3:56 | 19:04 1:46 | 21:48 2:44 | 26:09 4:21 | 28:29 2:20 | 30:11 1:42 | 30:43 0:32 |
| 32 | 573 | Mª Teresa Bellido Díaz Valencia UVALENCIA | 31:04 | 1:17 1:17 31:04 0:07 | 3:30 2:13 | 6:46 3:16 | 9:32 2:46 | 13:15 3:43 | 17:01 3:46 | 18:55 1:54 | 21:47 2:52 | 26:13 4:26 | 28:41 2:28 | 30:19 1:38 | 30:57 0:38 |
| 33 | 232 | María José Romera García Murcia LORCA-O | 32:19 | 2:42 2:42 32:19 0:10 | 4:37 1:55 | 7:07 2:30 | 9:19 2:12 | 12:11 2:52 | 15:51 3:40 | 17:29 1:38 | 20:22 2:53 | 28:01 7:39 | 30:12 2:11 | 31:38 1:26 | 32:09 0:31 |
| 34 | 87 | Lidia Barea Castaño Alicante COLIVENC | 32:25 | 3:07 3:07 32:25 0:09 | 5:22 2:15 | 8:45 3:23 | 11:25 2:40 | 14:56 3:31 | 18:55 3:59 | 20:41 1:46 | 23:23 2:42 | 27:45 4:22 | 30:01 2:16 | 31:40 1:39 | 32:16 0:36 |

| os | rsal | Nombre | Tiempo | 1,9 km | 60 m | 12 C | (cont.) | | | | | | | | |
|--------------|-------------|--|---------|--------------------------------|-------------------------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | | 1(46) F | 2(47) | 3(50) | 4(34) | 5(32) | 6(56) | 7(61) | 8(59) | 9(40) | 10(57) | 11(55) | 12(200) |
| D-35A | (45) | | | | | | | | | | | | | | |
| 35 | 40 | Lyudmyla Chub Sávchenko Pontevedra AROMON | 43:37 | 9:25 9:25 43:37 0:10 | 12:07 2:42 | 18:30 6:23 | 20:46 2:16 | 24:47 4:01 | 28:52 4:05 | 30:42 1:50 | 33:28 2:46 | 37:38 4:10 | 41:07 3:29 | 42:32 1:25 | 43:27 0:55 |
| 36 | 839 | Iryna Beketova Madrid MAXIMUS | 51:54 | 2:04 51:54 0:16 | 6:16 4:12 | 10:49 4:33 | 15:36 4:47 | 21:50 6:14 | 31:31 9:41 | 33:58 2:27 | 38:00 4:02 | 44:16 6:16 | 47:43 3:27 | 50:39 2:56 | 51:38 0:59 |
| 851 | | Isabel Vega Artime Asturias ASTUR EXTREM | andona | 2:08 2:08 35:12 12:20 | 4:47 2:39 | 15:51 11:04 | 19:13 3:22 | 22:52 3:39 | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| 18 | | Maribel Barriguete Andreu Sevilla ADOL | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| 78 | | Fátima Pintado Cruz Badajoz CODAN EXTREMADURA | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| 297 | | Isabel De Luelmo Orduña Madrid MONTE EL PARDO | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| 494 | | Adela Illamola Colomer Barcelona UEVIC | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| 22 | | Maria Del Mar Fernandez Vidrie Sevilla ADOL | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| 802 | | Belen Carbonell Marti Alicante CEAM IBI-O | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| 557 | | Covadonga Gutiérrez Vega Palencia ORCA | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| 577 | | Nuria Caus Pertegas Alicante UNIVERSIDAD ALICANTE | No sale | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| H-20A | (43) | | | | | | | | | | | | | | |
| | | | | 2,7 km | 80 m | 13 C | | | | | | | | | |
| | | | | 1(31) 13(200) | 2(32) F | 3(44) | 4(53) | 5(54) | 6(43) | 7(37) | 8(45) | 9(35) | 10(40) | 11(57) | 12(55) |
| 1 | 104 | Cristobal Camarasa Pérez Alicante COLIVENC | 13:42 | 0:50 0:50 13:37 0:17 | 2:00 1:10 13:42 0:05 | 4:46 2:46 | 5:24 0:38 | 6:12 0:48 | 7:07 0:55 | 8:07 1:00 | 8:38 0:31 | 9:38 1:00 | 11:19 1:41 | 12:21 1:02 | 13:20 0:59 |
| 2 | 32 | Eloi Martí Romani Girona ALIGOTS | 14:40 | 0:50 0:50 14:35 0:19 | 2:04 1:14 14:40 0:05 | 5:09 3:05 | 5:53 0:44 | 6:46 0:53 | 7:47 1:01 | 8:54 1:07 | 9:15 0:21 | 10:23 1:08 | 12:17 1:54 | 13:25 1:08 | 14:16 0:51 |
| 3 | 523 | José María Sáez Álvarez León E D ALCON | 14:51 | 0:45 0:45 14:45 0:17 | 1:51 1:06 14:51 0:06 | 5:13 3:22 | 5:56 0:43 | 6:47 0:51 | 7:46 0:59 | 8:52 1:06 | 9:31 0:39 | 10:40 1:09 | 12:33 1:53 | 13:39 1:06 | 14:28 0:49 |
| 4 | 462 | Kirill Pivovarov Valladolid COV | 15:06 | 0:40 0:40 15:01 0:24 | 1:54 1:14 15:06 0:05 | 5:00 3:06 | 5:47 0:47 | 6:42 0:55 | 7:43 1:01 | 8:51 1:08 | 9:11 0:20 | 10:36 1:25 | 12:36 2:00 | 13:49 1:13 | 14:37 0:48 |
| 5 | 459 | Enrique Alonso Fernández Valladolid COV | 15:07 | 0:46 0:46 14:59 0:18 | 2:02 1:16 15:07 0:08 | 5:17 3:15 | 6:02 0:45 | 6:58 0:56 | 8:03 1:05 | 9:12 1:09 | 9:32 0:20 | 10:40 1:08 | 12:41 2:01 | 13:52 1:11 | 14:41 0:49 |
| 6 | 458 | Diego Lázaro De Juan Valladolid COV | 15:13 | 0:49 0:49 15:08 0:19 | 2:07 1:18 15:13 0:05 | 5:20 3:13 | 6:04 0:44 | 6:59 0:55 | 8:04 1:05 | 9:11 1:07 | 9:53 0:42 | 10:59 1:06 | 12:52 1:53 | 14:01 1:09 | 14:49 0:48 |
| 7 | 687 | Álvaro Prieto Del Campo Madrid COLMENAR | 15:35 | 0:48 0:48 15:06 0:18 | 2:08 1:20 15:35 0:29 | 5:32 3:24 | 6:14 0:42 | 7:07 0:53 | 8:09 1:02 | 9:17 1:08 | 9:38 0:21 | 10:46 1:08 | 12:49 2:03 | 14:00 1:11 | 14:48 0:48 |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | |
|-------------------|------|--|--------------------|-------------------------------|-------------------------------|--------------|----------------|--------------|---------------|---------------|----------------------|---------------|---------------|---------------|---------------|
| H-20A (43) | | | 2,7 km 80 m | | 13 C | | <i>(cont.)</i> | | | | | | | | |
| | | | 1(31) 13(200) | 2(32) F | 3(44) | 4(53) | 5(54) | 6(43) | 7(37) | 8(45) | 9(35) | 10(40) | 11(57) | 12(55) | |
| 7 | 171 | Elmar Montero Cárceles Albacete GODIH | 15:35 | 0:51 0:51 15:28 | 2:08 1:17 15:35 | 5:30 3:22 | 6:15 0:45 | 7:09 0:54 | 8:14 1:05 | 9:25 1:11 | 9:45 0:20 | 11:09 1:24 | 13:08 1:59 | 14:19 1:11 | 15:08 0:49 |
| 9 | 524 | Cosme Sánchez Dorado León E D ALCON | 15:38 | 0:48 0:48 15:33 | 2:17 1:29 15:38 | 5:51 3:34 | 6:37 0:46 | 7:31 0:54 | 8:31 1:00 | 9:42 1:11 | 10:01 0:19 | 11:16 1:15 | 13:15 1:59 | 14:26 1:11 | 15:16 0:50 |
| 10 | 484 | Carlos Raico Landa Sánchez Granada VELETA | 15:45 | 0:17 1:25 1:25 15:39 | 2:45 2:45 1:20 15:45 | 6:03 3:18 | 6:49 0:46 | 7:43 0:54 | 8:43 1:00 | 9:49 1:06 | 10:08 0:19 | 11:17 1:09 | 13:18 2:01 | 14:30 1:12 | 15:20 0:50 |
| 11 | 536 | Albert Acedo Casellas Girona GO-XTREM | 15:51 | 0:53 0:53 15:46 | 2:09 1:16 15:51 | 5:43 3:34 | 6:27 0:44 | 7:25 0:58 | 8:26 1:01 | 9:36 1:10 | 9:56 0:20 | 11:06 1:10 | 13:14 2:08 | 14:24 1:10 | 15:29 1:05 |
| 12 | 507 | Alejandro Catalán García Alicante VILLENA-O | 15:59 | 0:47 0:47 15:54 | 2:02 1:15 15:59 | 5:57 3:55 | 6:48 0:51 | 7:43 0:55 | 8:47 1:04 | 9:58 1:11 | 10:19 0:21 | 11:34 1:15 | 13:39 2:05 | 14:49 1:10 | 15:38 0:49 |
| 13 | 64 | Joel Suñé Margineda Barcelona COC | 16:15 | 0:49 0:49 16:09 | 2:10 1:21 16:15 | 5:42 3:32 | 6:29 0:47 | 7:25 0:56 | 8:31 1:06 | 9:42 1:11 | 10:16 0:34 | 11:28 1:12 | 13:37 2:09 | 14:54 1:17 | 15:48 0:54 |
| 13 | 267 | Jesús Rodríguez Corrochano Ciudad Real MANZANARES-O | 16:15 | 0:50 0:50 16:10 | 2:09 1:19 16:15 | 5:46 3:37 | 6:35 0:49 | 7:36 1:01 | 8:44 1:08 | 9:59 1:15 | 10:20 0:21 | 11:36 1:16 | 13:42 2:06 | 14:57 1:15 | 15:50 0:53 |
| 15 | 131 | Miguel Angel Aguilar Lara Málaga COMA | 16:17 | 0:54 0:54 16:12 | 2:18 1:24 16:17 | 5:41 3:23 | 6:28 0:47 | 7:27 0:59 | 8:35 1:08 | 9:56 1:21 | 10:21 0:25 | 11:35 1:14 | 13:43 2:08 | 15:01 1:18 | 15:53 0:52 |
| 16 | 649 | Daniel Del Cerro Araujo Toledo NAVALCAN-O | 16:56 | 0:50 0:50 16:49 | 2:26 1:36 16:56 | 6:01 3:35 | 6:52 0:51 | 7:46 0:54 | 8:50 1:04 | 10:03 1:13 | 10:22 0:19 | 11:34 1:12 | 13:53 2:19 | 15:36 1:43 | 16:29 0:53 |
| 17 | 112 | Sergi Guill Juan Alicante COLIVENC | 17:05 | 0:49 0:49 17:00 | 2:37 1:48 17:05 | 6:18 3:41 | 7:08 0:50 | 8:06 0:58 | 9:12 1:06 | 10:28 1:16 | 11:01 0:33 | 12:20 1:19 | 14:26 2:06 | 15:44 1:18 | 16:41 0:57 |
| 17 | 745 | David Cotillas Moya Cuenca ELERUT | 17:05 | 0:19 1:58 1:58 16:59 | 0:05 3:48 1:50 17:05 | 7:02 3:14 | 7:46 0:44 | 8:40 0:54 | 9:44 1:04 | 10:52 1:08 | 11:13 0:21 | 12:38 1:25 | 14:38 2:00 | 15:50 1:12 | 16:40 0:50 |
| 19 | 245 | Rafael Monreal Gonzalez Murcia LORCA-O | 17:13 | 0:55 0:55 17:08 | 2:30 1:35 17:13 | 6:03 3:33 | 6:47 0:44 | 7:43 0:56 | 8:45 1:02 | 10:04 1:19 | 10:42 0:38 | 12:00 1:18 | 14:18 2:18 | 15:27 1:09 | 16:24 0:57 |
| 20 | 145 | Luis Milvaques Casadó Valencia CORRECAMINOS | 17:33 | 0:44 1:19 1:19 17:28 | 0:05 2:48 1:29 17:33 | 7:47 4:59 | 8:32 0:45 | 9:27 0:55 | 10:28 1:01 | 11:33 1:05 | 11:52 0:19 | 13:08 1:16 | 15:08 2:00 | 16:19 1:11 | 17:09 0:50 |
| 21 | 487 | Fernando Frías Funes Granada VELETA | 17:44 | 0:54 0:54 17:38 | 2:16 1:22 17:44 | 6:15 3:59 | 7:09 0:54 | 8:11 1:02 | 9:25 1:14 | 10:46 1:21 | 11:14 0:28 | 12:48 1:34 | 15:03 2:15 | 16:24 1:21 | 17:18 0:54 |
| 22 | 150 | Goodwil Estal Daries Valencia CORRECAMINOS | 17:58 | 0:20 0:56 0:56 17:52 | 0:06 2:33 1:37 17:58 | 6:32 3:59 | 7:20 0:48 | 8:24 1:04 | 9:34 1:10 | 10:59 1:25 | 11:26 0:27 | 12:43 1:17 | 15:07 2:24 | 16:28 1:21 | 17:31 1:03 |
| 23 | 525 | Darío Fidalgo Casares León E D ALCON | 18:17 | 0:21 0:48 0:48 18:11 | 0:06 2:13 1:25 18:17 | 5:50 3:37 | 6:40 0:50 | 7:40 1:00 | 9:09 1:29 | 10:24 1:15 | 10:47 0:23 | 12:04 1:17 | 14:16 2:12 | 16:52 2:36 | 17:50 0:58 |
| 24 | 61 | Quim Solé Llobet Barcelona COC | 18:21 | 0:20 1:20 1:20 18:15 | 0:06 2:45 1:25 18:21 | 6:27 3:42 | 7:18 0:51 | 8:21 1:03 | 9:36 1:15 | 10:57 1:21 | 11:21 0:24 | 12:45 1:24 | 15:25 2:40 | 16:52 1:27 | 17:53 1:01 |
| 24 | 683 | Jorge Gutierrez Serrano Madrid COLMENAR | 18:21 | 0:19 1:00 1:00 18:16 | 0:05 2:41 1:41 18:21 | 6:39 3:58 | 7:33 0:54 | 8:37 1:04 | 9:53 1:16 | 11:14 1:21 | 11:41 0:27 | 13:20 1:39 | 15:41 2:21 | 17:00 1:19 | 17:57 0:57 |
| 26 | 244 | Juan Francisco Ferra Reinaldos Murcia LORCA-O | 18:54 | 0:19 1:09 1:09 18:49 | 0:05 2:40 1:31 18:54 | 6:39 3:59 | 7:32 0:53 | 8:44 1:12 | 10:04 1:20 | 11:31 1:27 | 11:56 0:25 | 13:22 1:26 | 15:52 2:30 | 17:25 1:33 | 18:28 1:03 |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | |
|-------------------|------|--|---------|-------------------------------|-------------------------------|--------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| H-20A (43) | | | | 2,7 km | 80 m | 13 C | <i>(cont.)</i> | | | | | | | | |
| | | | | 1(31) 13(200) | 2(32) F | 3(44) | 4(53) | 5(54) | 6(43) | 7(37) | 8(45) | 9(35) | 10(40) | 11(57) | 12(55) |
| 27 | 596 | Azariel Alberto Menéndez Pedros Asturias LA BRUJULA - JAIRE | 19:02 | 1:22 1:22 18:57 0:18 | 3:23 2:01 19:02 0:05 | 7:26 4:03 | 8:16 0:50 | 9:19 1:03 | 10:32 1:13 | 11:51 1:19 | 12:18 0:27 | 13:40 1:22 | 16:14 2:34 | 17:38 1:24 | 18:39 1:01 |
| 28 | 618 | Alejandro Garnacho Fernández Valladolid CDP-O | 19:08 | 0:55 0:55 19:02 0:22 | 2:46 1:51 19:08 0:06 | 6:46 4:00 | 7:35 0:49 | 8:39 1:04 | 9:50 1:11 | 11:10 1:20 | 11:33 0:23 | 13:39 2:06 | 16:14 2:35 | 17:35 1:21 | 18:40 1:05 |
| 29 | 552 | Julio Velez Muñoz Palencia ORCA | 19:14 | 0:56 0:56 19:08 0:25 | 2:41 1:45 19:14 0:06 | 6:45 4:04 | 7:45 1:00 | 8:54 1:09 | 10:15 1:21 | 11:32 1:17 | 12:01 0:29 | 13:41 1:40 | 16:11 2:30 | 17:38 1:27 | 18:43 1:05 |
| 30 | 486 | Carlos Hueltes Vega Granada VELETA | 19:22 | 1:17 1:17 19:17 0:22 | 3:03 1:46 19:22 0:05 | 6:56 3:53 | 7:54 0:58 | 9:06 1:12 | 10:29 1:23 | 11:46 1:17 | 12:44 0:58 | 14:11 1:27 | 16:35 2:24 | 18:00 1:25 | 18:55 0:55 |
| 31 | 465 | Felipe Hermida Arias Valladolid COV | 19:41 | 1:39 1:39 19:36 0:19 | 3:30 1:51 19:41 0:05 | 7:35 4:05 | 8:31 0:56 | 9:35 1:04 | 10:56 1:21 | 12:28 1:32 | 12:54 0:26 | 14:19 1:25 | 16:49 2:30 | 18:15 1:26 | 19:17 1:02 |
| 32 | 367 | Pablo Saz Segovia Madrid SOTOBOSQUE | 19:46 | 1:05 1:05 19:42 0:21 | 2:38 1:33 19:46 0:04 | 6:53 4:15 | 7:52 0:59 | 9:02 1:10 | 10:20 1:18 | 11:54 1:34 | 12:17 0:23 | 13:47 1:30 | 16:38 2:51 | 18:13 1:35 | 19:21 1:08 |
| 33 | 24 | Jesús Pinto Hermosell Sevilla ADOL | 19:57 | 0:58 0:58 19:50 0:22 | 2:48 1:50 19:57 0:07 | 6:51 4:03 | 7:51 1:00 | 8:57 1:06 | 10:51 1:54 | 12:12 1:21 | 12:37 0:25 | 14:07 1:30 | 16:58 2:51 | 18:25 1:27 | 19:28 1:03 |
| 34 | 372 | Eduardo Fernández Dopico Toledo TOLEDO-O | 20:16 | 1:35 1:35 20:10 0:20 | 3:13 1:38 20:16 0:06 | 7:29 4:16 | 8:23 0:54 | 9:33 1:10 | 10:53 1:20 | 12:38 1:45 | 13:03 0:25 | 14:48 1:45 | 17:15 2:27 | 18:44 1:29 | 19:50 1:06 |
| 35 | 471 | Anton Pivovarov Valladolid COV | 20:33 | 1:25 1:25 20:26 0:22 | 3:08 1:43 20:33 0:07 | 7:41 4:33 | 8:36 0:55 | 9:49 1:13 | 11:13 1:24 | 12:46 1:33 | 13:15 0:29 | 14:52 1:37 | 17:23 2:31 | 18:55 1:32 | 20:04 1:09 |
| 36 | 615 | Mario Adeva Conde Valladolid CDP-O | 23:01 | 1:40 1:40 22:56 0:24 | 3:30 1:50 23:01 0:05 | 8:44 5:14 | 9:54 1:10 | 11:19 1:25 | 12:54 1:35 | 14:31 1:37 | 14:59 0:28 | 16:38 1:39 | 19:35 2:57 | 21:22 1:47 | 22:32 1:10 |
| | 119 | Ismael Ramal Barea Alicante COLIVENC | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 47 | Carlos Benítez Macias Ciudad Real O-CIUDAD REAL | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 101 | Borja Vila Sempere Alicante COLIVENC | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 640 | Jose Ignacio González Martín Toledo NAVALCAN-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 644 | Alberto Manzanas Fernández Toledo NAVALCAN-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 504 | Jose Fco. Bañón Hernández Alicante VILLENA-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 28 | Pablo Lebrero Carcela Sevilla ADOL | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| D-20A (24) | | | | 2,1 km | 65 m | 13 C | | | | | | | | | |
| | | | | 1(46) 13(200) | 2(47) F | 3(48) | 4(56) | 5(31) | 6(32) | 7(43) | 8(38) | 9(54) | 10(42) | 11(57) | 12(55) |
| 1 | 91 | Sofía Berenguer Sanchís Alicante COLIVENC | 13:54 | 0:42 0:42 13:48 0:20 | 2:01 1:19 13:54 0:06 | 3:18 1:17 | 5:15 1:57 | 6:19 1:04 | 7:45 1:26 | 8:48 1:03 | 9:58 1:10 | 11:02 1:04 | 11:49 0:47 | 12:35 0:46 | 13:28 0:53 |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | |
|-------------------|------|---|------------------|---|-------------------------------------|----------------|---------------------|---------------------|---------------|---------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| D-20A (24) | | | 2,1 km | 65 m | 13 C | <i>(cont.)</i> | | | | | | | | | |
| | | | 1(46) 13(200) | 2(47) F | 3(48) | 4(56) | 5(31) | 6(32) | 7(43) | 8(38) | 9(54) | 10(42) | 11(57) | 12(55) | |
| 2 | 60 | Maria Illa Camps Barcelona COC | 14:28 | 0:51 0:51 14:23 | 2:30 1:39 14:28 | 3:50 1:20 | 5:49 1:59 | 6:52 1:03 | 8:24 1:32 | 9:25 1:01 | 10:36 1:11 | 11:39 1:03 | 12:24 0:45 | 13:09 0:45 | 14:02 0:53 |
| 3 | 840 | Yevheniya Chystyakova Madrid MAXIMUS | 14:59 | 0:48 0:48 14:53 | 2:25 1:37 14:59 | 3:48 1:23 | 5:55 2:07 | 7:02 1:07 | 8:41 1:39 | 9:44 1:03 | 10:55 1:11 | 11:59 1:04 | 12:46 0:47 | 13:34 0:48 | 14:33 0:59 |
| 4 | 560 | Nerea Antón Pérez Palencia ORCA | 15:45 | 0:20 0:45 15:40 | 0:06 2:03 15:45 | 3:31 1:28 | 5:41 2:10 | 6:54 1:13 | 8:41 1:47 | 9:55 1:14 | 11:15 1:20 | 12:29 1:14 | 13:19 0:50 | 14:15 0:56 | 15:19 1:04 |
| 5 | 550 | Yara Bores Escudero Palencia ORCA | 15:49 | 0:21 0:41 0:41 15:42 | 1:57 1:16 15:49 | 4:34 2:37 | 6:28 1:54 | 7:33 1:05 | 9:16 1:43 | 10:19 1:03 | 11:28 1:09 | 12:32 1:04 | 13:19 0:47 | 14:05 0:46 | 15:23 1:18 |
| 6 | 380 | Elena Botica Artalejo Toledo TOLEDO-O | 16:00 | 0:47 0:47 15:55 | 2:18 1:31 16:00 | 3:50 1:32 | 6:01 2:11 | 7:20 1:19 | 9:04 1:44 | 10:12 1:08 | 11:34 1:22 | 12:44 1:10 | 13:34 0:50 | 14:29 0:55 | 15:33 1:04 |
| 7 | 538 | Andrea Guillen Escribà Girona GO-XTREM | 16:45 | 0:53 0:53 16:39 | 2:42 1:49 16:45 | 4:12 1:30 | 6:29 2:17 | 7:43 1:14 | 9:35 1:52 | 10:47 1:12 | 12:10 1:23 | 13:22 1:12 | 14:19 0:57 | 15:18 0:59 | 16:19 1:01 |
| 8 | 268 | María Rodríguez Corrochano Ciudad Real MANZANARES-O | 17:11 | 0:46 0:46 17:05 | 2:14 1:28 17:11 | 3:44 1:30 | 6:06 2:22 | 7:25 1:19 | 9:29 2:04 | 10:44 1:15 | 12:10 1:26 | 13:28 1:18 | 14:32 1:04 | 15:27 0:55 | 16:43 1:16 |
| 9 | 195 | Jara Villar Carruesco Zaragoza IBÓN | 17:19 | 0:52 0:52 17:13 | 2:24 1:32 17:19 | 3:54 1:30 | 6:15 2:21 | 7:36 1:21 | 9:33 1:57 | 10:51 1:18 | 12:19 1:28 | 13:39 1:20 | 14:38 0:59 | 15:38 1:00 | 16:49 1:11 |
| 10 | 196 | Lucia Saz Basanta Zaragoza IBÓN | 17:54 | 0:24 1:02 17:49 | 0:06 2:28 17:54 | 4:14 1:46 | 6:39 2:25 | 7:54 1:15 | 9:56 2:02 | 11:11 1:15 | 12:54 1:43 | 14:14 1:20 | 15:18 1:04 | 16:16 0:58 | 17:27 1:11 |
| 11 | 118 | Silvia Rico Magaña Alicante COLIVENC | 18:32 | 0:22 0:58 18:26 | 0:05 2:33 18:32 | 4:01 1:28 | 6:27 2:26 | 7:56 1:29 | 10:33 2:37 | 11:48 1:15 | 13:24 1:36 | 14:48 1:24 | 15:49 1:01 | 16:51 1:02 | 18:02 1:11 |
| 12 | 759 | Elena Rojas Jiménez Madrid ALABARDA-O | 18:36 | 0:24 1:04 18:30 | 0:06 2:36 18:36 | 4:20 1:44 | 6:48 2:28 | 8:13 1:25 | 10:25 2:12 | 11:44 1:19 | 13:18 1:34 | 14:43 1:25 | 15:45 1:02 | 16:47 1:02 | 18:05 1:18 |
| 13 | 548 | Marina Valle Arenas Sevilla POSEIDÓN | 18:45 | 0:25 2:03 18:39 | 0:06 3:36 18:45 | 5:10 1:34 | 7:38 2:28 | 8:56 1:18 | 11:07 2:11 | 12:22 1:15 | 13:57 1:35 | 15:13 1:16 | 16:09 0:56 | 17:06 0:57 | 18:13 1:07 |
| 14 | 377 | Verónica Soriano García Toledo TOLEDO-O | 18:50 | 0:26 0:55 18:44 | 0:06 2:12 18:50 | 5:16 3:04 | 7:33 2:17 | 8:43 1:10 | 11:00 2:17 | 12:14 1:14 | 14:06 1:52 | 15:20 1:14 | 16:15 0:55 | 17:11 0:56 | 18:19 1:08 |
| 15 | 102 | Ana Camarasa Pérez Alicante COLIVENC | 19:28 | 0:25 0:57 19:22 | 0:06 2:18 19:28 | 5:11 2:53 | 7:17 2:06 | 8:27 1:10 | 10:21 1:54 | 11:30 1:09 | 12:50 1:20 | 15:02 2:12 | 17:08 2:06 | 17:57 0:49 | 18:58 1:01 |
| 16 | 49 | Patricia Benítez Macias Ciudad Real O-CIUDAD REAL | 19:50 | 0:24 1:02 19:44 | 0:06 2:41 19:50 | 4:27 1:46 | 7:03 2:36 | 8:23 1:20 | 12:16 3:53 | 13:30 1:14 | 14:57 1:27 | 16:17 1:20 | 17:13 0:56 | 18:12 0:59 | 19:21 1:09 |
| 17 | 751 | Irene Correas Pedraza Cuenca ELERUT | 22:15 | 0:23 1:24 21:58 | 0:06 3:21 22:15 | 5:22 2:01 | 8:29 3:07 | 10:23 1:54 | 12:41 2:18 | 14:18 1:37 | 16:08 1:50 | 17:46 1:38 | 19:00 1:14 | 20:03 1:03 | 21:28 1:25 |
| 18 | 530 | Victoria Marti Barclay Cádiz FUNDI-O | 22:35 | 0:30 0:53 22:29 | 0:17 2:36 22:35 | 4:38 2:02 | 8:08 3:30 | 9:59 1:51 | 12:24 2:25 | 14:00 1:36 | 16:03 2:03 | 17:55 1:52 | 19:05 1:10 | 20:28 1:23 | 22:01 1:33 |
| 19 | 614 | Irene Martín Pérez Valladolid CDP-O | 22:39 | 0:28 1:06 22:32 | 0:06 3:09 22:39 | 6:27 3:18 | 9:49 3:22 | 11:36 1:47 | 13:54 2:18 | 15:20 1:26 | 17:24 2:04 | 18:46 1:22 | 19:42 0:56 | 20:51 1:09 | 22:07 1:16 |
| 19 | 616 | Claudia Gómez Rodríguez Valladolid CDP-O | 22:39 | 0:25 0:53 22:32 | 0:07 2:27 22:39 | 4:16 1:49 | 8:14 3:58 | 9:41 1:27 | 12:50 3:09 | 14:09 1:19 | 15:41 1:32 | 18:55 3:14 | 19:50 0:55 | 20:50 1:00 | 22:05 1:15 |

| os rsal Nombre | | Tiempo | | | | | | | | | | | | |
|----------------|--|------------------|-------------------------------|-------------------------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| D-20A (24) | | 2,1 km 65 m | | 13 C | | | (cont.) | | | | | | | |
| | | 1(46) 13(200) | 2(47) F | 3(48) | 4(56) | 5(31) | 6(32) | 7(43) | 8(38) | 9(54) | 10(42) | 11(57) | 12(55) | |
| | 90 Sara Asensi Bodí Alicante COLIVENC | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| | 30 Paula Dominguez Rubio Sevilla ADOL | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| | 14 Lise Coniel Sevilla ADOL | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| | 374 Carmen Patiño Déniz Toledo TOLEDO-O | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | |
| H-50 (41) | | 2,2 km 70 m | | 13 C | | | | | | | | | | |
| | | 1(46) 13(200) | 2(58) F | 3(33) | 4(51) | 5(38) | 6(49) | 7(61) | 8(35) | 9(59) | 10(40) | 11(57) | 12(55) | |
| 1 | 172 Francisco Javier Montero Fernán Albacete GODIH | 17:25 | 0:53 0:53 17:18 | 1:59 1:06 17:25 | 3:55 1:56 | 5:48 1:53 | 7:34 1:46 | 9:21 1:47 | 10:25 1:04 | 11:45 1:20 | 12:45 1:00 | 14:52 2:07 | 16:06 1:14 | 16:58 0:52 |
| 2 | 540 Toni Serrallonga Gasch Girona GO-XTREM | 17:41 | 0:20 0:48 17:35 0:26 | 1:55 1:07 17:41 0:06 | 3:37 1:42 | 5:24 1:47 | 7:19 1:55 | 9:04 1:45 | 10:09 1:05 | 11:36 1:27 | 12:41 1:05 | 14:53 2:12 | 16:13 1:20 | 17:09 0:56 |
| 3 | 287 Jose Vicente Alba Paredes Madrid MONTE EL PARDO | 18:35 | 1:02 1:02 18:29 0:18 | 2:09 1:07 18:35 0:06 | 3:41 1:32 | 5:26 1:45 | 7:24 1:58 | 9:16 1:52 | 10:35 1:19 | 12:03 1:28 | 13:07 1:04 | 15:41 2:34 | 17:14 1:33 | 18:11 0:57 |
| 4 | 4 Jose Angel Ramos Román Sevilla ADOL | 18:38 | 0:53 0:53 18:32 0:23 | 2:03 1:10 18:38 0:06 | 3:47 1:44 | 5:44 1:57 | 7:27 1:43 | 9:19 1:52 | 10:29 1:10 | 12:03 1:34 | 13:09 1:06 | 15:46 2:37 | 17:08 1:22 | 18:09 1:01 |
| 5 | 756 Cristóbal Fernández Liria Madrid COTA | 18:47 | 0:46 0:46 18:40 0:21 | 2:03 1:17 18:47 0:07 | 3:42 1:39 | 5:48 2:06 | 7:49 2:01 | 9:42 1:53 | 10:53 1:11 | 12:24 1:31 | 13:39 1:15 | 15:59 2:20 | 17:22 1:23 | 18:19 0:57 |
| 6 | 94 Antonio Gil Poveda Alicante COLIVENC | 19:02 | 0:48 0:48 18:53 0:19 | 1:53 1:05 19:02 0:09 | 4:11 2:18 | 7:12 3:01 | 8:56 1:44 | 10:50 1:54 | 11:51 1:01 | 13:17 1:26 | 14:17 1:00 | 16:27 2:10 | 17:42 1:15 | 18:34 0:52 |
| 7 | 93 Jesús Gil Poveda Alicante COLIVENC | 19:12 | 0:53 0:53 19:05 0:24 | 2:25 1:32 19:12 0:07 | 4:06 1:41 | 5:59 1:53 | 7:59 2:00 | 10:03 2:04 | 11:16 1:13 | 12:46 1:30 | 13:55 1:09 | 16:19 2:24 | 17:42 1:23 | 18:41 0:59 |
| 8 | 156 Jose Fermín Corral Martínez Madrid GOCAN | 19:30 | 0:42 0:42 19:23 0:20 | 1:59 1:17 19:30 0:07 | 4:10 2:11 | 6:07 1:57 | 8:07 2:00 | 10:02 1:55 | 11:15 1:13 | 12:57 1:42 | 14:08 1:11 | 16:38 2:30 | 18:03 1:25 | 19:03 1:00 |
| 9 | 499 José Samper García Alicante VILLENA-O | 19:56 | 1:05 1:05 19:49 0:20 | 2:17 1:12 19:56 0:07 | 4:26 2:09 | 6:28 2:02 | 8:36 2:08 | 10:32 1:56 | 11:46 1:14 | 13:21 1:35 | 14:35 1:14 | 17:07 2:32 | 18:30 1:23 | 19:29 0:59 |
| 10 | 246 Juan Ferra Casado Murcia LORCA-O | 20:00 | 0:45 0:45 19:53 0:19 | 1:57 1:12 20:00 0:07 | 4:28 2:31 | 6:29 2:01 | 8:29 2:00 | 10:18 1:49 | 11:30 1:12 | 13:03 1:33 | 14:38 1:35 | 17:09 2:31 | 18:33 1:24 | 19:34 1:01 |
| 11 | 9 Manuel Parrilla Gil Sevilla ADOL | 20:14 | 0:42 0:42 20:07 0:24 | 2:05 1:23 20:14 0:07 | 4:16 2:11 | 6:22 2:06 | 8:17 1:55 | 10:12 1:55 | 11:29 1:17 | 13:13 1:44 | 14:25 1:12 | 17:05 2:40 | 18:41 1:36 | 19:43 1:02 |
| 12 | 338 David Seward Madrid RUMBO-MADRID SANSE | 20:49 | 2:29 2:29 20:39 0:24 | 3:44 1:15 20:49 0:10 | 5:23 1:39 | 7:17 1:54 | 9:27 2:10 | 11:33 2:06 | 12:43 1:10 | 14:21 1:38 | 15:29 1:08 | 17:53 2:24 | 19:15 1:22 | 20:15 1:00 |
| 13 | 613 Francisco Javier Prada González Valladolid CDP-O | 21:05 | 0:46 0:46 20:58 0:22 | 2:27 1:41 21:05 0:07 | 4:09 1:42 | 6:06 1:57 | 8:02 1:56 | 9:41 1:39 | 10:50 1:09 | 14:41 3:51 | 15:44 1:03 | 18:26 2:42 | 19:42 1:16 | 20:36 0:54 |
| 14 | 46 José Ángel Nieto Poblete Ciudad Real O-CIUDAD REAL | 21:16 | 0:46 0:46 21:10 0:22 | 2:04 1:18 21:16 0:06 | 3:54 1:50 | 6:04 2:10 | 8:23 2:19 | 10:33 2:10 | 11:54 1:21 | 13:39 1:45 | 14:56 1:17 | 17:55 2:59 | 19:35 1:40 | 20:48 1:13 |

| os | rsal | Nombre | Tiempo | 1,7 km | 60 m | 12 C | (cont.) | | | | | | | | |
|----|------|---|--------|--------------------------------------|---------------------|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|----------------------|----------------------|----------------------|---------------|
| | | | | 1(46) F | 2(47) | 3(50) | 4(31) | 5(33) | 6(43) | 7(49) | 8(42) | 9(54) | 10(57) | 11(55) | 12(200) |
| 3 | 11 | Manuel Parrilla Lahoz Sevilla ADOL | 12:25 | 0:37 0:37 12:25 0:06 | 1:43 1:06 | 3:27 1:44 | 4:41 1:14 | 6:22 1:41 | 7:28 1:06 | 8:12 0:44 | 9:47 1:35 | 10:24 0:37 | 11:09 0:45 | 12:00 0:51 | 12:19 0:19 |
| 4 | 108 | Alejandro Sanchez Juan Alicante COLIVENC | 12:29 | 0:38 0:38 12:29 0:06 | 1:49 1:11 | 3:29 1:40 | 4:42 1:13 | 6:21 1:39 | 7:35 1:14 | 8:17 0:42 | 9:48 1:31 | 10:33 0:45 | 11:18 0:45 | 12:06 0:48 | 12:23 0:17 |
| 5 | 526 | Juan Cornejo García León E D ALCON | 12:33 | 0:38 0:38 12:33 0:06 | 1:49 1:11 | 3:32 1:43 | 4:49 1:17 | 6:23 1:34 | 7:36 1:13 | 8:17 0:41 | 9:45 1:28 | 10:31 0:46 | 11:17 0:46 | 12:06 0:49 | 12:27 0:21 |
| 6 | 115 | Raul Sanjuan Juan Alicante COLIVENC | 12:39 | 0:56 0:56 12:39 0:05 | 2:09 1:13 | 3:42 1:33 | 4:53 1:11 | 6:29 1:36 | 7:34 1:05 | 8:15 0:41 | 9:40 1:25 | 10:23 0:43 | 11:05 0:42 | 12:14 1:09 | 12:34 0:20 |
| 7 | 378 | Jaime Tordera Moreno-Tomé Toledo TOLEDO-O | 12:57 | 0:43 0:43 12:57 0:06 | 1:58 1:15 | 3:41 1:43 | 4:57 1:16 | 6:32 1:35 | 7:46 1:14 | 8:29 0:43 | 10:04 1:35 | 10:51 0:47 | 11:38 0:47 | 12:31 0:53 | 12:51 0:20 |
| 8 | 134 | Pedro Stangegaard Pérez Málaga COMA | 13:00 | 0:37 0:37 13:00 0:05 | 1:56 1:19 | 3:43 1:47 | 5:04 1:21 | 6:43 1:39 | 7:53 1:10 | 8:35 0:42 | 10:14 1:39 | 10:52 0:38 | 11:42 0:50 | 12:34 0:52 | 12:55 0:21 |
| 9 | 176 | Joel Carrión Gandía Albacete GODIH | 13:01 | 0:43 0:43 13:01 0:04 | 2:09 1:26 | 3:49 1:40 | 5:06 1:17 | 6:54 1:48 | 8:07 1:13 | 8:47 0:40 | 10:21 1:34 | 10:58 0:37 | 11:45 0:47 | 12:38 0:53 | 12:57 0:19 |
| 10 | 319 | Juan Sanz Alejandro Córdoba LOS CALIFAS | 13:02 | 0:48 0:48 13:02 0:05 | 2:01 1:13 | 3:39 1:38 | 4:57 1:18 | 6:45 1:48 | 7:55 1:10 | 8:39 0:44 | 10:09 1:30 | 10:58 0:49 | 11:44 0:46 | 12:38 0:54 | 12:57 0:19 |
| 11 | 553 | Abel Herrero Gómez Palencia ORCA | 13:28 | 0:50 0:50 13:28 0:06 | 2:01 1:11 | 3:47 1:46 | 5:05 1:18 | 6:54 1:49 | 8:11 1:17 | 8:56 0:45 | 10:29 1:33 | 11:18 0:49 | 12:10 0:52 | 13:05 0:55 | 13:22 0:17 |
| 12 | 593 | Manuel Franco Pire Asturias LA BRUJULA - JAIRE | 13:32 | 0:40 0:40 13:32 0:06 | 1:57 1:17 | 3:43 1:46 | 5:05 1:22 | 6:49 1:44 | 8:08 1:19 | 8:53 0:45 | 10:27 1:34 | 11:15 0:48 | 12:08 0:53 | 13:06 0:58 | 13:26 0:20 |
| 13 | 318 | Carlos Sanz Alejandro Córdoba LOS CALIFAS | 13:38 | 1:36 1:36 13:38 0:05 | 2:40 1:04 | 4:18 1:38 | 5:30 1:12 | 7:30 2:00 | 8:40 1:10 | 9:18 0:38 | 11:07 1:49 | 11:40 0:33 | 12:25 0:45 | 13:15 0:50 | 13:33 0:18 |
| 14 | 105 | Miguel Angel Tortosa Bordera Alicante COLIVENC | 13:52 | 0:42 0:42 13:52 0:06 | 2:11 1:29 | 4:00 1:49 | 5:20 1:20 | 7:18 1:58 | 8:34 1:16 | 9:19 0:45 | 10:56 1:37 | 11:43 0:47 | 12:31 0:48 | 13:27 0:56 | 13:46 0:19 |
| 15 | 178 | Carlos Blasco Cebrián Albacete GODIH | 13:57 | 0:52 0:52 13:57 0:05 | 2:25 1:33 | 4:26 2:01 | 5:50 1:24 | 7:34 1:44 | 8:50 1:16 | 9:26 0:36 | 11:03 1:37 | 11:45 0:42 | 12:31 0:46 | 13:32 1:01 | 13:52 0:20 |
| 16 | 175 | Francisco Borja Ruiz Albacete GODIH | 13:59 | 0:43 0:43 13:59 0:05 | 2:25 1:42 | 4:20 1:55 | 5:37 1:17 | 7:17 1:40 | 8:29 1:12 | 9:14 0:45 | 11:15 2:01 | 11:51 0:36 | 12:42 0:51 | 13:36 0:54 | 13:54 0:18 |
| 17 | 709 | Sergio Moran Callado La Rioja RIOJA-O | 14:06 | 0:44 0:44 14:06 0:06 | 1:50 1:06 | 3:45 1:55 | 5:06 1:21 | 6:50 1:44 | 8:03 1:13 | 8:52 0:49 | 10:58 2:06 | 11:53 0:55 | 12:43 0:50 | 13:40 0:57 | 14:00 0:20 |
| 18 | 760 | David Rojas Jiménez Madrid ALABARDA-O | 14:08 | 0:42 0:42 14:08 0:05 | 1:57 1:15 | 3:53 1:56 | 5:10 1:17 | 7:21 2:11 | 8:31 1:10 | 9:18 0:47 | 10:52 1:34 | 11:44 0:52 | 12:35 0:51 | 13:36 1:01 | 14:03 0:27 |
| 19 | 63 | Eric Loré Amigó Barcelona COC | 14:19 | 1:03 1:03 14:19 0:06 | 2:38 1:35 | 4:41 2:03 | 5:58 1:17 | 7:47 1:49 | 8:56 1:09 | 9:42 0:46 | 11:17 1:35 | 12:06 0:49 | 12:56 0:50 | 13:51 0:55 | 14:13 0:22 |
| 20 | 390 | Miguel Mesas De Castro Toledo TOLEDO-O | 14:34 | 1:02 1:02 14:34 0:06 | 2:34 1:32 | 4:20 1:46 | 5:39 1:19 | 7:39 2:00 | 8:50 1:11 | 9:37 0:47 | 11:34 1:57 | 12:20 0:46 | 13:06 0:46 | 14:09 1:03 | 14:28 0:19 |
| 21 | 370 | Ismael Delgado Muñoz Toledo TOLEDO-O | 14:50 | 0:44 0:44 14:50 0:06 | 2:31 1:47 | 4:24 1:53 | 5:45 1:21 | 8:04 2:19 | 9:21 1:17 | 10:10 0:49 | 11:49 1:39 | 12:32 0:43 | 13:22 0:50 | 14:24 1:02 | 14:44 0:20 |

| os | rsal | Nombre | Tiempo | 1,7 km | 60 m | 12 C | (cont.) | | | | | | | | |
|------------------|------|---|--------|-------------------------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------------|
| | | | | 1(46) F | 2(47) | 3(50) | 4(31) | 5(33) | 6(43) | 7(49) | 8(42) | 9(54) | 10(57) | 11(55) | 12(200) |
| H-16 (70) | | | | | | | | | | | | | | | |
| 22 | 110 | Alvaro García Bernabeu Alicante COLIVENC | 14:51 | 0:45 0:45 14:51 0:06 | 2:03 1:18 | 3:50 1:47 | 5:12 1:22 | 7:40 2:28 | 8:55 1:15 | 9:45 0:50 | 11:51 2:06 | 12:39 0:48 | 13:30 0:51 | 14:25 0:55 | 14:45 0:20 |
| 23 | 135 | Lucas Stangegaard Pérez Málaga COMA | 14:53 | 0:44 0:44 14:53 0:05 | 2:09 1:25 | 4:17 2:08 | 5:48 1:31 | 8:06 2:18 | 9:22 1:16 | 10:11 0:49 | 11:54 1:43 | 12:36 0:42 | 13:31 0:55 | 14:29 0:58 | 14:48 0:19 |
| 24 | 708 | Raúl Ortega Ochoa La Rioja RIOJA-O | 15:00 | 0:45 0:45 15:00 0:08 | 2:17 1:32 | 4:04 1:47 | 5:33 1:29 | 8:10 2:37 | 9:27 1:17 | 10:12 0:45 | 11:48 1:36 | 12:28 0:40 | 13:20 0:52 | 14:36 1:16 | 14:52 0:16 |
| 25 | 248 | Juan Antonio Muñoz Sanchez Murcia LORCA-O | 15:05 | 0:40 0:40 15:05 0:06 | 2:04 1:24 | 4:03 1:59 | 5:30 1:27 | 7:45 2:15 | 9:09 1:24 | 9:57 0:48 | 11:47 1:50 | 12:45 0:58 | 13:38 0:53 | 14:37 0:59 | 14:59 0:22 |
| 26 | 239 | David Corbalán Vázquez Murcia LORCA-O | 15:10 | 0:40 0:40 15:10 0:06 | 1:58 1:18 | 3:52 1:54 | 5:21 1:29 | 7:47 2:26 | 9:07 1:20 | 9:53 0:46 | 12:06 2:13 | 12:55 0:49 | 13:46 0:51 | 14:44 0:58 | 15:04 0:20 |
| 27 | 348 | Andreu Espinosa Bajo Alicante SANT JOAN | 15:11 | 0:47 0:47 15:11 0:05 | 2:13 1:26 | 4:15 2:02 | 5:43 1:28 | 7:45 2:02 | 8:59 1:14 | 9:48 0:49 | 12:05 2:17 | 12:59 0:54 | 13:52 0:53 | 14:47 0:55 | 15:06 0:19 |
| 28 | 349 | Sergio Lillo Cañizares Alicante SANT JOAN | 15:18 | 2:03 2:03 15:18 0:06 | 3:23 1:20 | 5:08 1:45 | 6:29 1:21 | 8:36 2:07 | 9:49 1:13 | 10:33 0:44 | 12:13 1:40 | 13:03 0:50 | 13:55 0:52 | 14:52 0:57 | 15:12 0:20 |
| 29 | 404 | Mario García Peces Toledo TOLEDO-O | 15:40 | 1:10 1:10 15:40 0:07 | 2:32 1:22 | 4:42 2:10 | 6:16 1:34 | 8:24 2:08 | 9:43 1:19 | 10:34 0:51 | 12:45 2:11 | 13:27 0:42 | 14:16 0:49 | 15:12 0:56 | 15:33 0:21 |
| 30 | 340 | Gustav Wirén González Madrid RUMBO-MADRID SANSE | 15:49 | 0:43 0:43 15:49 0:06 | 2:30 1:47 | 4:44 2:14 | 6:08 1:24 | 8:48 2:40 | 10:07 1:19 | 10:57 0:50 | 12:41 1:44 | 13:23 0:42 | 14:10 0:47 | 15:13 1:03 | 15:43 0:30 |
| 31 | 113 | Javier Ureña Andreu Alicante COLIVENC | 15:51 | 1:20 1:20 15:51 0:05 | 2:52 1:32 | 4:57 2:05 | 6:35 1:38 | 8:35 2:00 | 10:01 1:26 | 10:52 0:51 | 12:42 1:50 | 13:35 0:53 | 14:29 0:54 | 15:25 0:56 | 15:46 0:21 |
| 32 | 42 | Arnau Loro Sansa Barcelona BADALONA-O | 15:54 | 0:52 0:52 15:54 0:06 | 2:50 1:58 | 4:46 1:56 | 6:16 1:30 | 8:17 2:01 | 9:39 1:22 | 10:27 0:48 | 12:44 2:17 | 13:26 0:42 | 14:18 0:52 | 15:17 0:59 | 15:48 0:31 |
| 33 | 183 | Mateo Jiménez García Albacete GODIH | 16:02 | 0:57 0:57 16:02 0:08 | 2:31 1:34 | 4:52 2:21 | 6:28 1:36 | 8:41 2:13 | 10:04 1:23 | 10:49 0:45 | 12:44 1:55 | 13:31 0:47 | 14:30 0:59 | 15:31 1:01 | 15:54 0:23 |
| 34 | 713 | Adrián Ramírez Sampedro La Rioja RIOJA-O | 16:04 | 0:39 0:39 16:04 0:05 | 2:05 1:26 | 4:16 2:11 | 5:41 1:25 | 8:07 2:26 | 9:28 1:21 | 10:21 0:53 | 12:37 2:16 | 13:37 1:00 | 14:32 0:55 | 15:38 1:06 | 15:59 0:21 |
| 35 | 405 | Juan Rodríguez Díaz Toledo TOLEDO-O | 16:06 | 2:02 2:02 16:06 0:06 | 3:22 1:20 | 5:23 2:01 | 6:45 1:22 | 8:47 2:02 | 10:05 1:18 | 10:53 0:48 | 12:35 1:42 | 13:31 0:56 | 14:24 0:53 | 15:26 1:02 | 16:00 0:34 |
| 36 | 157 | Miguel Corral Suárez Madrid GOCAN | 16:09 | 2:01 2:01 16:09 0:05 | 3:21 1:20 | 5:17 1:56 | 6:42 1:25 | 9:08 2:26 | 10:25 1:17 | 11:11 0:46 | 12:54 1:43 | 13:44 0:50 | 14:36 0:52 | 15:44 1:08 | 16:04 0:20 |
| 37 | 591 | Rodrigo Pérez Marcos Asturias LA BRUJULA - JAIRE | 16:27 | 1:11 1:11 16:27 0:07 | 2:54 1:43 | 5:10 2:16 | 6:42 1:32 | 8:38 1:56 | 10:05 1:27 | 10:57 0:52 | 12:54 1:57 | 13:36 0:42 | 14:35 0:59 | 15:51 1:16 | 16:20 0:29 |
| 38 | 132 | Iván Carrera Cuenca Málaga COMA | 16:40 | 0:51 0:51 16:40 0:05 | 2:18 1:27 | 4:34 2:16 | 6:08 1:34 | 9:17 3:09 | 10:35 1:18 | 11:16 0:41 | 13:17 2:01 | 14:00 0:43 | 14:57 0:57 | 16:08 1:11 | 16:35 0:27 |
| 39 | 429 | Antonio Serrano Zamarreño Murcia TOTANA-O | 16:51 | 0:35 0:35 16:51 0:06 | 2:06 1:31 | 4:28 2:22 | 6:09 1:41 | 8:41 2:32 | 10:12 1:31 | 11:09 0:57 | 13:21 2:12 | 14:11 0:50 | 15:13 1:02 | 16:23 1:10 | 16:45 0:22 |
| 40 | 130 | Alejandro Aguilar Lara Málaga COMA | 16:55 | 0:45 0:45 16:55 0:06 | 2:27 1:42 | 4:45 2:18 | 6:20 1:35 | 8:51 2:31 | 10:18 1:27 | 11:09 0:51 | 13:09 2:00 | 14:01 0:52 | 15:03 1:02 | 16:24 1:21 | 16:49 0:25 |

| os | rsal | Nombre | Tiempo | 1,7 km | 60 m | 12 C | (cont.) | | | | | | | | |
|------------------|------|--|--------|-------------------------------|---------------|-----------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | | 1(46) F | 2(47) | 3(50) | 4(31) | 5(33) | 6(43) | 7(49) | 8(42) | 9(54) | 10(57) | 11(55) | 12(200) |
| H-16 (70) | | | | | | | | | | | | | | | |
| 41 | 184 | Manuel Ponce Cuenca Albacete GODIH | 17:01 | 1:40 1:40 17:01 0:06 | 3:02 1:22 | 4:58 1:56 | 6:19 1:21 | 8:54 2:35 | 10:15 1:21 | 11:08 0:53 | 13:31 2:23 | 14:15 0:44 | 15:21 1:06 | 16:29 1:08 | 16:55 0:26 |
| 42 | 346 | David De Miguel Armisén Alicante SANT JOAN | 17:27 | 1:02 1:02 17:27 0:10 | 2:49 1:47 | 5:00 2:11 | 6:40 1:40 | 8:59 2:19 | 10:37 1:38 | 11:36 0:59 | 13:34 1:58 | 14:35 1:01 | 15:37 1:02 | 16:53 1:16 | 17:17 0:24 |
| 43 | 712 | Guillermo Alonso Puras La Rioja RIOJA-O | 18:01 | 0:50 0:50 18:01 0:08 | 2:47 1:57 | 5:07 2:20 | 6:48 1:41 | 9:09 2:21 | 10:45 1:36 | 11:59 1:14 | 14:19 2:20 | 15:15 0:56 | 16:18 1:03 | 17:33 1:15 | 17:53 0:20 |
| 43 | 385 | Aaron González Peña Toledo TOLEDO-O | 18:01 | 2:08 2:08 18:01 0:06 | 3:43 1:35 | 6:04 2:21 | 7:42 1:38 | 10:04 2:22 | 11:29 1:25 | 12:22 0:53 | 14:20 1:58 | 15:23 1:03 | 16:23 1:00 | 17:36 1:13 | 17:55 0:19 |
| 45 | 435 | Manuel Martínez Barcelo Murcia TOTANA-O | 18:26 | 2:49 2:49 18:26 0:06 | 4:21 1:32 | 6:31 2:10 | 8:04 1:33 | 10:44 2:40 | 12:18 1:34 | 13:07 0:49 | 14:55 1:48 | 15:50 0:55 | 16:53 1:03 | 17:59 1:06 | 18:20 0:21 |
| 46 | 710 | Jesús Armas Ibáñez La Rioja RIOJA-O | 18:27 | 0:57 0:57 18:27 0:06 | 2:52 1:55 | 5:16 2:24 | 7:03 1:47 | 9:16 2:13 | 10:54 1:38 | 11:58 1:04 | 14:16 2:18 | 15:24 1:08 | 16:35 1:11 | 17:54 1:19 | 18:21 0:27 |
| 47 | 554 | Nicolás Velez Muñoz Palencia ORCA | 18:56 | 0:59 0:59 18:56 0:06 | 2:58 1:59 | 5:54 2:56 | 7:41 1:47 | 10:28 2:47 | 12:04 1:36 | 13:01 0:57 | 15:06 2:05 | 15:56 0:50 | 17:05 1:09 | 18:27 1:22 | 18:50 0:23 |
| 48 | 243 | Adrián Guijarro Llamas Murcia LORCA-O | 19:31 | 0:54 0:54 19:31 0:06 | 2:48 1:54 | 5:12 2:24 | 6:41 1:29 | 8:53 2:12 | 10:17 1:24 | 11:06 0:49 | 13:03 1:57 | 17:01 3:58 | 17:54 0:53 | 18:59 1:05 | 19:25 0:26 |
| 49 | 192 | Eduardo Paricio Francés Zaragoza IBÓN | 20:05 | 3:56 3:56 20:05 0:06 | 5:31 1:35 | 7:48 2:17 | 9:20 1:32 | 11:24 2:04 | 13:06 1:42 | 14:04 0:58 | 16:14 2:10 | 17:17 1:03 | 18:36 1:19 | 19:42 1:06 | 19:59 0:17 |
| 50 | 617 | Jose Antonio Casado Pérez Valladolid CDP-O | 20:11 | 0:55 0:55 20:11 0:07 | 2:49 1:54 | 5:36 2:47 | 7:50 2:14 | 10:56 3:06 | 12:36 1:40 | 13:34 0:58 | 16:08 2:34 | 17:18 1:10 | 18:19 1:01 | 19:37 1:18 | 20:04 0:27 |
| 51 | 217 | Mario Mínguez Saoner Madrid IMPERDIBLE BUFF | 20:25 | 1:40 1:40 20:25 0:06 | 3:43 2:03 | 6:35 2:52 | 8:41 2:06 | 11:42 3:01 | 13:20 1:38 | 14:08 0:48 | 15:57 1:49 | 17:02 1:05 | 17:59 0:57 | 19:55 1:56 | 20:19 0:24 |
| 52 | 220 | Enrique Chousa Esteban Madrid IMPERDIBLE BUFF | 20:37 | 2:19 2:19 20:37 0:05 | 3:41 1:22 | 5:39 1:58 7:14 *34 | 11:02 5:23 | 13:06 2:04 | 14:28 1:22 | 15:17 0:49 | 17:28 2:11 | 18:17 0:49 | 19:12 0:55 | 20:15 1:03 | 20:32 0:17 |
| 53 | 892 | Isaac Hernández Pindado Badajoz CODAN EXTREMADURA | 20:45 | 3:00 3:00 20:45 0:09 | 4:43 1:43 | 7:01 2:18 | 8:41 1:40 | 12:06 3:25 | 13:35 1:29 | 14:45 1:10 | 16:35 1:50 | 17:30 0:55 | 18:29 0:59 | 20:10 1:41 | 20:36 0:26 |
| 54 | 353 | Juan Ignacio Colado Montañés Alicante SANT JOAN | 22:40 | 3:58 3:58 22:40 0:10 | 5:59 2:01 | 8:40 2:41 | 10:29 1:49 | 13:07 2:38 | 14:47 1:40 | 15:55 1:08 | 18:43 2:48 | 19:41 0:58 | 20:50 1:09 | 22:05 1:15 | 22:30 0:25 |
| 55 | 341 | Samuel Díaz Fernández Madrid RUMBO-MADRID SANSE | 22:56 | 4:46 4:46 22:56 0:06 | 7:07 2:21 | 9:40 2:33 | 11:17 1:37 | 14:19 3:02 | 15:39 1:20 | 16:34 0:55 | 19:07 2:33 | 19:55 0:48 | 20:52 0:57 | 22:27 1:35 | 22:50 0:23 |
| 56 | 391 | Alvaro Mesas De Castro Toledo TOLEDO-O | 22:58 | 1:00 1:00 22:58 0:06 | 3:20 2:20 | 5:32 2:12 | 7:16 1:44 | 9:38 2:22 | 11:00 1:22 | 14:54 3:54 | 16:54 2:00 | 17:39 0:45 | 18:56 1:17 | 22:31 3:35 | 22:52 0:21 |
| 57 | 121 | Ivan Pons Martínez Alicante COLIVENC | 23:58 | 1:06 1:06 23:58 0:06 | 2:28 1:22 | 10:53 8:25 | 12:35 1:42 | 15:01 2:26 | 16:56 1:55 | 17:48 0:52 | 19:51 2:03 | 20:46 0:55 | 22:01 1:15 | 23:22 1:21 | 23:52 0:30 |
| 58 | 401 | Jaime Sanchez-Horneros Almend Toledo TOLEDO-O | 24:15 | 1:22 1:22 24:15 0:08 | 4:26 3:04 | 7:12 2:46 | 9:28 2:16 | 12:27 2:59 | 14:25 1:58 | 15:37 1:12 | 17:56 2:19 | 19:01 1:05 | 22:00 2:59 | 23:22 1:22 | 24:07 0:45 |
| 59 | 290 | Rodrigo Losada Moreno Madrid MONTE EL PARDO | 26:55 | 6:55 6:55 26:55 0:06 | 11:30 4:35 | 14:14 2:44 | 16:09 1:55 | 18:49 2:40 | 20:09 1:20 | 20:58 0:49 | 22:44 1:46 | 23:27 0:43 | 24:21 0:54 | 26:11 1:50 | 26:49 0:38 |

| os | rsal | Nombre | Tiempo | 1,7 km | 60 m | 12 C | (cont.) | | | | | | | | |
|------------------|------|--|---------|-------------------------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | | 1(46) F | 2(47) | 3(50) | 4(31) | 5(33) | 6(43) | 7(49) | 8(42) | 9(54) | 10(57) | 11(55) | 12(200) |
| H-16 (70) | | | | | | | | | | | | | | | |
| 60 | 177 | Iván Gómez Caballero Albacete GODIH | 27:06 | 1:14 1:14 27:06 0:08 | 3:35 2:21 | 6:41 3:06 | 12:08 5:27 | 15:32 3:24 | 17:48 2:16 | 19:21 1:33 | 21:50 2:29 | 23:04 1:14 | 24:50 1:46 | 26:31 1:41 | 26:58 0:27 |
| | 731 | Álvaro Martínez De Lucas Cuenca COMCU | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 733 | José Antonio Izquierdo Granero Cuenca COMCU | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 561 | Daniel Miguel Nevares Palencia ORCA | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 116 | Jaume López Guill Alicante COLIVENC | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 213 | Jorge Caraça-Valente Barrera Madrid IMPERDIBLE BUFF | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 351 | Samuel Alvarez Alvarez Alicante SANT JOAN | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 21 | Manuel Jesús Domínguez Rubio Sevilla ADOL | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 734 | Ángel Martínez Navarro Cuenca COMCU | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 219 | Julio Mínguez Saoner Madrid IMPERDIBLE BUFF | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| | 188 | Ana Alcañiz Herreros Albacete GODIH | No sale | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- |
| D-16 (43) | | | | | | | | | | | | | | | |
| | | | | 1(34) | 2(58) | 10 C 3(33) | 4(49) | 5(37) | 6(50) | 7(35) | 8(56) | 9(55) | 10(200) | | F |
| 1 | 688 | María Prieto Del Campo Madrid COLMENAR | 12:15 | 1:27 1:27 1:45 *31 | 2:03 0:36 | 3:51 1:48 | 5:22 1:31 | 6:22 1:00 | 7:55 1:33 | 9:37 1:42 | 10:37 1:00 | 11:49 1:12 | 12:10 0:21 | 12:15 0:05 | |
| 2 | 44 | Laura Baus Samaranch Barcelona BADALONA-O | 13:20 | 1:06 1:06 | 1:45 0:39 | 3:22 1:37 | 5:09 1:47 | 6:12 1:03 | 8:09 1:57 | 10:15 2:06 | 11:25 1:10 | 12:54 1:29 | 13:15 0:21 | 13:20 0:05 | |
| 3 | 137 | Inmaculada Crespo González Málaga COMA | 13:47 | 1:08 1:08 | 1:52 0:44 | 3:57 2:05 | 5:47 1:50 | 6:49 1:02 | 8:42 1:53 | 10:43 2:01 | 11:50 1:07 | 13:17 1:27 | 13:40 0:23 | 13:47 0:07 | |
| 4 | 106 | Miriam Carrillo Bautista Alicante COLIVENC | 14:01 | 1:08 1:08 | 2:05 0:57 | 3:52 1:47 | 5:53 2:01 | 6:56 1:03 | 8:56 2:00 | 10:55 1:59 | 12:04 1:09 | 13:32 1:28 | 13:51 0:19 | 14:01 0:10 | |
| 5 | 529 | Elena Martí Barclay Cádiz FUNDI-O | 14:02 | 1:14 1:14 | 1:56 0:42 | 3:38 1:42 | 5:34 1:56 | 6:42 1:08 | 8:43 2:01 | 10:55 2:12 | 12:08 1:13 | 13:35 1:27 | 13:57 0:22 | 14:02 0:05 | |
| 6 | 527 | Marina Cornejo García León E D ALCON | 14:03 | 1:08 1:08 | 1:49 0:41 | 3:31 1:42 | 5:23 1:52 | 6:35 1:12 | 8:34 1:59 | 10:52 2:18 | 12:05 1:13 | 13:35 1:30 | 13:58 0:23 | 14:03 0:05 | |
| 7 | 107 | Marta Lopez Guill Alicante COLIVENC | 14:27 | 1:42 1:42 | 2:22 0:40 | 4:45 2:23 | 6:33 1:48 | 7:38 1:05 | 9:22 1:44 | 11:25 2:03 | 12:32 1:07 | 13:54 1:22 | 14:21 0:27 | 14:27 0:06 | |
| 8 | 394 | Ana Rodríguez Díaz Toledo TOLEDO-O | 14:42 | 1:20 1:20 | 2:27 1:07 | 4:19 1:52 | 6:11 1:52 | 7:21 1:10 | 9:14 1:53 | 11:23 2:09 | 12:45 1:22 | 14:17 1:32 | 14:36 0:19 | 14:42 0:06 | |
| 9 | 114 | Irene García Bernabeu Alicante COLIVENC | 14:52 | 1:34 1:34 | 2:15 0:41 | 3:58 1:43 | 5:55 1:57 | 7:02 1:07 | 9:07 2:05 | 11:19 2:12 | 12:38 1:19 | 14:23 1:45 | 14:45 0:22 | 14:52 0:07 | |
| 10 | 368 | Sara Saz Segovia Madrid SOTOBOSQUE | 14:56 | 1:16 1:16 | 2:01 0:45 | 4:11 2:10 | 6:11 2:00 | 7:18 1:07 | 9:24 2:06 | 11:33 2:09 | 12:50 1:17 | 14:24 1:34 | 14:49 0:25 | 14:56 0:07 | |
| 10 | 508 | María Soriano Ramal Alicante VILLENIA-O | 14:56 | 1:02 1:02 | 4:29 3:27 | 5:59 1:30 | 7:38 1:39 | 8:33 0:55 | 10:12 1:39 | 12:08 1:56 | 13:12 1:04 | 14:32 1:20 | 14:51 0:19 | 14:56 0:05 | |
| 12 | 383 | Alejandra Teodosio Rodríguez Toledo TOLEDO-O | 14:58 | 1:12 1:12 | 1:54 0:42 | 4:12 2:18 | 6:13 2:01 | 7:29 1:16 | 9:29 2:00 | 11:39 2:10 | 12:54 1:15 | 14:30 1:36 | 14:52 0:22 | 14:58 0:06 | |
| 13 | 594 | Jimena Calvo Saez Asturias LA BRUJULA - JAIRE | 15:37 | 2:03 2:03 | 2:44 0:41 | 4:51 2:07 | 6:41 1:50 | 7:52 1:11 | 10:11 2:19 | 12:17 2:06 | 13:37 1:20 | 15:11 1:34 | 15:31 0:20 | 15:37 0:06 | |
| 14 | 138 | Carmen Sevillano Diez Del Corra Málaga COMA | 15:48 | 1:02 1:02 | 1:45 0:43 | 4:10 2:25 | 6:07 1:57 | 7:19 1:12 | 9:33 2:14 | 11:58 2:25 | 13:46 1:48 | 15:18 1:32 | 15:42 0:24 | 15:48 0:06 | |

