

U-10 (6)			2,2 km 85 m		12 C												
Pos	Dorsal	Nombre	Tiempo														
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	
1	96	ALBERTO MANZANE Ciudad Real MANZAI	19:49	1(51)	2(61)	3(62)	4(70)	5(63)	6(34)	7(66)	8(67)	9(65)	10(34)	11(64)	12(200)	Meta	
				2:11	3:41	5:05	5:29	7:31	8:26	10:30	12:07	15:42	16:57	18:20	19:26	19:49	
				2:11	1:30	1:24	0:24	2:02	0:55	2:04	1:37	3:35	1:15	1:23	1:06	0:23	
2	85	Manuel Lambea Cort Ciudad Real MANZAI	24:08	1(51)	2(61)	3(62)	4(70)	5(63)	6(34)	7(66)	8(67)	9(65)	10(34)	11(64)	12(200)	Meta	
				2:12	3:53	5:22	5:45	8:26	10:13	13:10	15:25	18:20	20:29	22:14	23:33	24:08	
				2:12	1:41	1:29	0:23	2:41	1:47	2:57	2:15	2:55	2:09	1:45	1:19	0:35	
3	126	CANDELA MOYA RO Cuenca COMCU	25:50	1(51)	2(61)	3(62)	4(70)	5(63)	6(34)	7(66)	8(67)	9(65)	10(34)	11(64)	12(200)	Meta	
				2:35	4:17	5:53	6:21	8:34	10:19	12:34	13:53	20:58	22:34	24:07	25:25	25:50	
				2:35	1:42	1:36	0:28	2:13	1:45	2:15	1:19	7:05	1:36	1:33	1:18	0:25	
4	185	Manuela Sánchez-gil Ciudad Real MANZAI	29:56	1(51)	2(81)	3(62)	4(63)	5(34)	6(66)	7(49)	8(76)	9(67)	10(65)	11(34)	12(64)	13(200)	Meta
				2:50	-----	8:16	11:31	14:13	18:02	-----	-----	19:24	23:16	25:54	27:35	29:26	29:56
				2:50		5:26	3:15	2:42	3:49			1:22	3:52	2:38	1:41	1:51	0:30
			*61	*70													
				5:42	8:44												
5	137	Naiara Oliver Astigar Madrid COLMENAR	31:00	1(51)	2(61)	3(62)	4(70)	5(63)	6(34)	7(66)	8(67)	9(65)	10(34)	11(64)	12(200)	Meta	
				2:58	4:54	7:21	7:44	12:03	13:52	16:06	18:08	21:46	27:16	28:47	29:57	31:00	
				2:58	1:56	2:27	0:23	4:19	1:49	2:14	2:02	3:38	5:30	1:31	1:10	1:03	
6	110	Lucía Mingorance Ma Madrid ENTREBALIZ	33:46	1(51)	2(61)	3(62)	4(70)	5(63)	6(34)	7(66)	8(67)	9(65)	10(34)	11(64)	12(200)	Meta	
				1:59	5:21	6:52	7:29	9:37	10:55	13:10	16:00	18:08	26:27	32:00	33:15	33:46	
				1:59	3:22	1:31	0:37	2:08	1:18	2:15	2:50	2:08	8:19	5:33	1:15	0:31	
F-12 (5)			2,4 km 90 m		13 C												
Pos	Dorsal	Nombre	Tiempo														
			1(51)	2(81)	3(62)	4(63)	5(34)	6(66)	7(49)	8(76)	9(67)	10(65)	11(34)	12(64)	13(200)	Meta	
1	97	Sofia Manzaneque A  Ciudad Real MANZAI	20:58	2:22	<b>3:34</b>	<b>5:15</b>	<b>7:41</b>	<b>8:36</b>	<b>10:59</b>	<b>12:39</b>	<b>13:04</b>	<b>14:25</b>	<b>16:02</b>	<b>17:45</b>	<b>19:31</b>	<b>20:36</b>	<b>20:58</b>
				2:22	<b>1:12</b>	1:41	2:26	<b>0:55</b>	2:23	1:40	0:25	1:21	<b>1:37</b>	1:43	1:46	<b>1:05</b>	<b>0:22</b>
2	150	Ana Pérez Martínez Albacete GODIH	23:52	<b>2:06</b>	4:56	6:23	8:48	10:14	12:12	13:44	14:10	16:21	19:12	20:55	22:15	23:24	23:52
				<b>2:06</b>	2:50	<b>1:27</b>	<b>2:25</b>	1:26	<b>1:58</b>	1:32	0:26	2:11	2:51	1:43	1:20	1:09	0:28

3	172	Edurne Rubio Felipe Albacete GODIH	27:12	2:27	4:13	10:32	13:27	14:46	17:21	18:52	19:13	20:43	22:33	24:08	25:36	26:45	27:12
				2:27	1:46	6:19	2:55	1:19	2:35	<b>1:31</b>	<b>0:21</b>	1:30	1:50	<b>1:35</b>	1:28	1:09	0:27
4	141	MAYA PARRA GARCIA Cuenca ORIENTIJO	38:09	2:31	4:41	7:14	14:05	15:47	19:01	21:41	22:18	26:50	29:31	34:45	36:03	37:27	38:09
				2:31	2:10	2:33	6:51	1:42	3:14	2:40	0:37	4:32	2:41	5:14	<b>1:18</b>	1:24	0:42
5	109	Cristina Mingorance Madrid ENTREBALIZ	45:25	3:08	17:05	18:46	21:46	29:43	33:01	35:08	35:34	36:49	39:47	41:34	42:56	44:44	45:25
				3:08	13:57	1:41	3:00	7:57	3:18	2:07	0:26	<b>1:15</b>	2:58	1:47	1:22	1:48	0:41

### F-14 (7)

Pos	Dorsal	Nombre	Tiempo	3,7 km 135 m			14 C										
				1(81) Meta	2(79)	3(82)	4(83)	5(75)	6(84)	7(34)	8(65)	9(67)	10(66)	11(55)	12(64)	13(33)	14(200)
1	124	Ana MORENO JIMEN Toledo TOLEDO-O	41:25	3:11	12:19	15:28	16:29	23:12	27:42	29:28	<b>30:55</b>	<b>32:50</b>	<b>33:36</b>	<b>35:14</b>	<b>38:12</b>	<b>39:46</b>	<b>41:01</b>
				3:11	9:08	3:09	1:01	6:43	4:30	1:46	<b>1:27</b>	1:55	<b>0:46</b>	1:38	2:58	1:34	1:15
				<b>41:25</b>													
				0:24													
2	113	Daniela Molina Durár Sevilla ADOL	42:38	2:52	12:24	15:13	16:13	22:42	<b>26:38</b>	<b>28:06</b>	31:37	33:30	34:40	36:28	38:57	40:53	42:12
				2:52	9:32	<b>2:49</b>	1:00	<b>6:29</b>	<b>3:56</b>	<b>1:28</b>	3:31	<b>1:53</b>	1:10	1:48	<b>2:29</b>	1:56	1:19
				42:38													
				0:26													
3	174	Yaiza Rubio Felipe Albacete GODIH	45:30	<b>2:30</b>	<b>10:34</b>	<b>13:23</b>	<b>14:19</b>	<b>21:42</b>	30:43	32:17	34:25	36:29	37:25	39:11	42:19	43:59	45:04
				<b>2:30</b>	<b>8:04</b>	<b>2:49</b>	<b>0:56</b>	7:23	9:01	1:34	2:08	2:04	0:56	1:46	3:08	1:40	<b>1:05</b>
				45:30													
				0:26													
4	74	Aitana Honrubia Gar Albacete GODIH	46:10	3:05	12:54	15:58	17:06	23:47	29:02	30:48	32:23	34:56	36:23	37:59	40:48	43:04	45:39
				3:05	9:49	3:04	1:08	6:41	5:15	1:46	1:35	2:33	1:27	1:36	2:49	2:16	2:35
				46:10													
				0:31													
5	184	Ángela Sánchez-Gil I Ciudad Real MANZAI	49:43	3:20	14:16	18:33	19:48	28:11	34:06	36:05	37:38	40:14	41:36	43:06	46:27	47:54	49:14
				3:20	10:56	4:17	1:15	8:23	5:55	1:59	1:33	2:36	1:22	<b>1:30</b>	3:21	<b>1:27</b>	1:20
				49:43													
				0:29													
6	91	Irene López Martín Málaga COMA	54:16	3:45	14:23	18:29	19:43	29:00	33:58	36:03	40:10	42:15	43:17	44:57	50:27	52:28	53:49
				3:45	10:38	4:06	1:14	9:17	4:58	2:05	4:07	2:05	1:02	1:40	5:30	2:01	1:21
				54:16		38:20											
				0:27		*73											
7	87	Inés Lastra Asanza Madrid O-CHARLIES	1:13:16	4:11	21:58	25:37	26:34	41:14	47:37	49:30	50:57	58:11	1:01:04	1:06:07	1:09:37	1:11:17	1:12:52
				4:11	17:47	3:39	0:57	14:40	6:23	1:53	<b>1:27</b>	7:14	2:53	5:03	3:30	1:40	1:35

1:13:16

**0:24****F-16 (11)****4,2 km 150 m 17 C**

Pos DorsalNombre

Tiempo

			1(81)	2(79)	3(82)	4(83)	5(47)	6(78)	7(80)	8(75)	9(84)	10(34)	11(65)	12(68)	13(66)	14(55)	
			15(64)	16(33)	17(200)	Meta											
<b>1</b>	<b>129</b>	<b>Sandra Muñoz Descalzo</b> <b>Albacete GODIH</b>	<b>34:41</b>	<b>2:26</b>	<b>8:35</b>	<b>10:52</b>	<b>11:43</b>	<b>15:17</b>	<b>17:50</b>	<b>19:01</b>	<b>20:05</b>	<b>23:19</b>	<b>24:40</b>	<b>25:33</b>	<b>27:12</b>	<b>28:32</b>	<b>29:33</b>
				<b>2:26</b>	<b>6:09</b>	<b>2:17</b>	<b>0:51</b>	3:34	<b>2:33</b>	<b>1:11</b>	<b>1:04</b>	<b>3:14</b>	<b>1:21</b>	<b>0:53</b>	<b>1:39</b>	<b>1:20</b>	<b>1:01</b>
				<b>31:56</b>	<b>33:05</b>	<b>34:12</b>	<b>34:41</b>										
				2:23	1:09	1:07	0:29										
<b>2</b>	<b>19</b>	<b>Natalia Cejudo Martí</b> <b>Madrid GOCAN</b>	<b>40:02</b>	2:39	10:03	12:37	13:30	16:40	19:25	21:42	22:58	27:15	28:49	30:03	31:56	33:33	35:05
				2:39	7:24	2:34	0:53	<b>3:10</b>	2:45	2:17	1:16	4:17	1:34	1:14	1:53	1:37	1:32
				37:22	38:27	39:42	40:02										
				<b>2:17</b>	1:05	1:15	<b>0:20</b>										
<b>3</b>	<b>101</b>	<b>Julia Marco Cantos</b> <b>Albacete GODIH</b>	<b>48:16</b>	3:06	11:21	14:26	15:24	19:18	26:56	28:24	30:00	33:50	35:31	36:58	39:35	41:05	42:52
				3:06	8:15	3:05	0:58	3:54	7:38	1:28	1:36	3:50	1:41	1:27	2:37	1:30	1:47
				45:37	46:41	47:51	48:16										
				2:45	<b>1:04</b>	1:10	0:25										
<b>4</b>	<b>42</b>	<b>Irene Ferrando Galán</b> <b>Toledo TOLEDO-O</b>	<b>52:50</b>	3:08	13:52	17:38	19:01	24:44	28:32	30:13	31:50	35:48	37:28	38:50	41:24	43:06	45:51
				3:08	10:44	3:46	1:23	5:43	3:48	1:41	1:37	3:58	1:40	1:22	2:34	1:42	2:45
				48:46	50:56	52:20	52:50										
				2:55	2:10	1:24	0:30										
<b>5</b>	<b>125</b>	<b>Mercedes MORENO</b> <b>Toledo TOLEDO-O</b>	<b>56:57</b>	3:12	20:11	24:07	25:02	29:31	33:31	35:21	36:53	41:54	44:03	45:33	48:18	50:08	51:39
				3:12	16:59	3:56	0:55	4:29	4:00	1:50	1:32	5:01	2:09	1:30	2:45	1:50	1:31
				53:58	55:34	56:36	56:57										
				2:19	1:36	<b>1:02</b>	0:21										
<b>6</b>	<b>75</b>	<b>Minerva Honrubia García</b> <b>Albacete GODIH</b>	<b>59:24</b>	3:28	16:31	21:50	23:20	27:47	32:52	35:16	37:17	42:41	44:34	45:54	48:39	51:04	53:17
				3:28	13:03	5:19	1:30	4:27	5:05	2:24	2:01	5:24	1:53	1:20	2:45	2:25	2:13
				56:20	57:38	59:00	59:24										
				3:03	1:18	1:22	0:24										
<b>7</b>	<b>68</b>	<b>Emma González Solís</b> <b>Madrid COLMENAR</b>	<b>59:32</b>	3:11	13:57	17:31	18:32	24:18	28:06	30:05	32:38	39:30	41:25	42:50	47:26	49:13	51:05
				3:11	10:46	3:34	1:01	5:46	3:48	1:59	2:33	6:52	1:55	1:25	4:36	1:47	1:52
				55:15	57:12	59:10	59:32										
				4:10	1:57	1:58	0:22										
<b>8</b>	<b>196</b>	<b>Cecilia Vera Jiménez</b> <b>Albacete GODIH</b>	<b>1:05:11</b>	2:37	19:58	23:00	24:07	28:21	35:55	37:07	38:56	45:34	47:22	48:50	53:27	55:10	57:05
				2:37	17:21	3:02	1:07	4:14	7:34	1:12	1:49	6:38	1:48	1:28	4:37	1:43	1:55







			2:43	2:39	<b>0:55</b>	<b>0:22</b>										
4	106 Cristina Mayordomo Madrid ENTREBALIZ	1:00:11	11:27	14:41	18:46	20:03	20:51	26:32	28:17	39:52	41:45	43:52	46:02	47:06	50:30	51:43
			11:27	3:14	4:05	1:17	0:48	<b>5:41</b>	1:45	11:35	1:53	2:07	2:10	1:04	3:24	1:13
			55:49	58:27	59:41	1:00:11										
			4:06	2:38	1:14	0:30										
4	166 Montserrat Rodríguez Cuenca COMCU	1:00:11	10:35	13:15	22:00	23:05	23:37	31:31	37:43	40:51	42:36	44:20	46:35	47:35	51:30	52:42
			10:35	2:40	8:45	<b>1:05</b>	<b>0:32</b>	7:54	6:12	3:08	1:45	<b>1:44</b>	2:15	1:00	3:55	1:12
			55:27	57:51	59:34	1:00:11										
			2:45	2:24	1:43	0:37										
6	99 Carmen María Manza Ciudad Real MANZAI	1:00:32	12:12	16:28	20:49	22:41	23:28	32:28	34:02	37:58	40:11	42:54	44:54	46:12	49:04	50:22
			12:12	4:16	4:21	1:52	0:47	9:00	1:34	3:56	2:13	2:43	2:00	1:18	2:52	1:18
			54:59	58:57	1:00:06	1:00:32		52:08								
			4:37	3:58	1:09	0:26		*53								
7	157 Diana Pozuelo Carra Cuenca COMCU	1:07:13	20:41	24:15	27:58	31:08	31:42	37:44	41:16	44:25	46:32	51:40	54:24	55:35	58:16	59:25
			20:41	3:34	<b>3:43</b>	3:10	0:34	6:02	3:32	3:09	2:07	5:08	2:44	1:11	2:41	1:09
			1:02:27	1:05:13	1:06:48	1:07:13										
			3:02	2:46	1:35	0:25										
8	39 Llanos Felipe Gómez Albacete GODIH	1:09:59	12:59	17:22	21:49	23:24	24:21	33:46	35:46	41:46	50:09	53:27	55:52	57:12	1:00:00	1:01:19
			12:59	4:23	4:27	1:35	0:57	9:25	2:00	6:00	8:23	3:18	2:25	1:20	2:48	1:19
			1:04:35	1:08:12	1:09:27	1:09:59										
			3:16	3:37	1:15	0:32										
9	130 Loles Muñoz Requena Albacete BMT CASA	1:10:13	17:48	20:48	31:08	32:34	33:26	40:06	42:52	48:18	50:10	52:27	56:07	57:32	1:01:56	1:03:08
			17:48	3:00	10:20	1:26	0:52	6:40	2:46	5:26	1:52	2:17	3:40	1:25	4:24	1:12
			1:06:15	1:08:30	1:09:40	1:10:13										
			3:07	<b>2:15</b>	1:10	0:33										
10	52 Eva María García Des Albacete GODIH	1:13:34	15:05	18:38	23:16	24:43	25:28	32:20	34:23	38:02	42:37	46:44	49:00	50:19	55:02	56:25
			15:05	3:33	4:38	1:27	0:45	6:52	2:03	3:39	4:35	4:07	2:16	1:19	4:43	1:23
			1:05:08	1:11:51	1:13:05	1:13:34										
			8:43	6:43	1:14	0:29										
11	12 Esther Cantos Gómez Albacete GODIH	1:28:23	28:14	32:17	37:59	39:45	40:40	56:46	58:49	1:02:47	1:05:14	1:07:47	1:10:35	1:12:18	1:16:00	1:17:25
			28:14	4:03	5:42	1:46	0:55	16:06	2:03	3:58	2:27	2:33	2:48	1:43	3:42	1:25
			1:22:03	1:25:55	1:27:43	1:28:23										
			4:38	3:52	1:48	0:40										
12	6 Rebeca Barambio Ch Cuenca COMCU	1:31:29	15:42	31:28	37:55	40:18	41:40	52:30	55:12	1:00:24	1:03:31	1:06:43	1:11:31	1:14:34	1:18:40	1:20:23
			15:42	15:46	6:27	2:23	1:22	10:50	2:42	5:12	3:07	3:12	4:48	3:03	4:06	1:43
			1:24:15	1:29:12	1:30:58	1:31:29										
			3:52	4:57	1:46	0:31										
nc	209 Bea Lopez Lopez Cuenca COMCU	1:13:12	16:38	21:33	26:46	31:16	32:05	40:16	42:49	47:23	49:41	53:23	56:45	58:32	1:01:59	1:03:28
			16:38	4:55	5:13	4:30	0:49	8:11	2:33	4:34	2:18	3:42	3:22	1:47	3:27	1:29

1:07:05 1:11:13 1:12:39 1:13:12  
 3:37 4:08 1:26 0:33

F-45 (16)

4,1 km 140 m 17 C

Pos DorsalNombre

Tiempo

			1(77)	2(69)	3(72)	4(50)	5(60)	6(36)	7(39)	8(50)	9(56)	10(45)	11(67)	12(35)	13(75)	14(53)	
			15(74)	16(33)	17(200)	Meta											
1	71	Joaquina Herrero Vir Albacete GODIH	48:00	5:57	7:31	16:10	21:32	24:02	26:07	28:08	31:18	33:56	35:09	37:27	39:08	40:02	42:36
				5:57	1:34	8:39	5:22	2:30	2:05	2:01	3:10	2:38	1:13	2:18	1:41	0:54	2:34
				43:38	46:08	47:27	48:00										
				1:02	2:30	1:19	0:33										
2	28	Brígida Cuenca Adár Málaga COMA	55:14	7:43	9:35	18:46	23:54	26:13	29:36	32:23	36:17	39:33	40:58	43:50	46:10	47:21	49:38
				7:43	1:52	9:11	5:08	2:19	3:23	2:47	3:54	3:16	1:25	2:52	2:20	1:11	2:17
				50:53	53:08	54:33	55:14										
				1:15	2:15	1:25	0:41										
3	48	Cristina Galán Sierra Toledo TOLEDO-O	58:06	7:12	8:48	20:37	25:20	27:51	30:05	31:45	35:33	42:05	43:45	46:20	48:14	49:00	51:29
				7:12	1:36	11:49	4:43	2:31	2:14	1:40	3:48	6:32	1:40	2:35	1:54	0:46	2:29
				52:46	56:03	57:34	58:06										
				1:17	3:17	1:31	0:32										
4	83	M Mercedes Jiménez Toledo TOLEDO-O	59:08	6:03	7:42	23:31	29:16	31:27	34:39	36:19	39:39	42:48	44:05	46:41	48:38	49:35	52:47
				6:03	1:39	15:49	5:45	2:11	3:12	1:40	3:20	3:09	1:17	2:36	1:57	0:57	3:12
				54:41	57:27	58:35	59:08										
				1:54	2:46	1:08	0:33										
5	188	Silvia Solabre Suarez Madrid COLMENAR	59:33	6:10	8:00	14:30	19:57	29:56	32:47	35:20	39:12	43:29	45:16	47:46	49:21	50:30	53:50
				6:10	1:50	6:30	5:27	9:59	2:51	2:33	3:52	4:17	1:47	2:30	1:35	1:09	3:20
				55:06	57:43	59:02	59:33										
				1:16	2:37	1:19	0:31										
6	27	Dalila Cribellati Figar Granada VELETA	1:00:48	5:34	7:23	21:37	27:03	29:51	32:14	35:46	41:20	45:00	46:44	49:39	51:13	51:56	54:41
				5:34	1:49	14:14	5:26	2:48	2:23	3:32	5:34	3:40	1:44	2:55	1:34	0:43	2:45
				55:39	58:42	1:00:16	1:00:48										
				0:58	3:03	1:34	0:32										
7	133	Elena Navarro Servat Albacete BMT CASA	1:12:41	7:08	8:56	15:30	21:22	30:53	34:44	36:35	40:21	43:56	49:30	56:12	58:01	59:18	1:02:04
				7:08	1:48	6:34	5:52	9:31	3:51	1:51	3:46	3:35	5:34	6:42	1:49	1:17	2:46
				1:03:34	1:10:58	1:12:15	1:12:41										
				1:30	7:24	1:17	0:26										
8	123	Gema María Montes Guadalajara C.O.GU	1:16:48	8:11	10:23	18:27	24:18	27:06	31:14	34:23	48:59	53:15	55:24	59:30	1:01:59	1:03:10	1:06:48
				8:11	2:12	8:04	5:51	2:48	4:08	3:09	14:36	4:16	2:09	4:06	2:29	1:11	3:38



			1:08:17	1:14:38	1:16:21	1:16:48											
			1:29	6:21	1:43	0:27											
<b>9</b>	<b>107</b>	<b>María Megía Sanmiguel Toledo TOLEDO-O</b>	<b>1:16:50</b>	7:17	9:24	24:59	38:05	41:00	45:00	47:13	52:06	56:05	57:52	1:01:32	1:03:43	1:04:56	1:08:29
				7:17	2:07	15:35	13:06	2:55	4:00	2:13	4:53	3:59	1:47	3:40	2:11	1:13	3:33
				1:10:09	1:13:55	1:16:02	1:16:50										
				1:40	3:46	2:07	0:48										
<b>10</b>	<b>5</b>	<b>Sonia Asanza Izquierdo Madrid O-CHARLIES</b>	<b>1:19:41</b>	6:26	8:30	14:55	24:19	26:39	31:34	36:47	45:53	49:18	50:48	53:34	56:52	57:48	1:13:57
				6:26	2:04	<b>6:25</b>	9:24	2:20	4:55	5:13	9:06	3:25	1:30	2:46	3:18	0:56	16:09
				1:15:00	1:17:37	1:19:07	1:19:41										
				1:03	2:37	1:30	0:34										
<b>11</b>	<b>69</b>	<b>Inma Górriz Camarasa Albacete BMT CASA!</b>	<b>1:20:38</b>	9:44	11:53	19:37	32:19	35:06	38:39	41:35	46:31	52:10	54:01	59:45	1:02:22	1:03:36	1:10:56
				9:44	2:09	7:44	12:42	2:47	3:33	2:56	4:56	5:39	1:51	5:44	2:37	1:14	7:20
				1:12:38	1:18:07	1:19:56	1:20:38		1:14:17								
				1:42	5:29	1:49	0:42		*64								
<b>12</b>	<b>26</b>	<b>Concepción Cortés Ciudad Real MANZANA</b>	<b>1:23:48</b>	8:13	10:20	23:32	36:17	39:03	42:47	48:20	57:51	1:01:11	1:02:36	1:05:57	1:10:31	1:11:20	1:14:40
				8:13	2:07	13:12	12:45	2:46	3:44	5:33	9:31	3:20	1:25	3:21	4:34	0:49	3:20
				1:16:41	1:21:57	1:23:21	1:23:48										
				2:01	5:16	1:24	0:27										
<b>13</b>	<b>162</b>	<b>Elena Riaño Madrid IMPERDIBLE</b>	<b>2:02:56</b>	10:23	33:04	49:13	1:03:00	1:06:56	1:18:17	1:21:03	1:26:51	1:31:58	1:35:26	1:41:51	1:46:10	1:47:49	1:52:08
				10:23	22:41	16:09	13:47	3:56	11:21	2:46	5:48	5:07	3:28	6:25	4:19	1:39	4:19
				1:54:26	1:59:20	2:01:36	2:02:56										
				2:18	4:54	2:16	1:20										
				15:05	-----	-----	-----	-----	-----	-----	-----	-----	-----	32:14	38:42	42:09	51:37
				15:05										17:09	6:28	3:27	9:28
				54:52	1:04:42	1:07:48	1:09:35										
				3:15	9:50	3:06	1:47										
	<b>36</b>	<b>María Del Mar Del Cañal Cuenca COMCU</b>	<b>No sale</b>														
	<b>161</b>	<b>María Elena Requena Albacete GODIH</b>	<b>No sale</b>														

F-55 (6)

Pos DorsalNombre

Tiempo

3,1 km 115 m

13 C

			1(77)	2(53)	3(55)	4(45)	5(56)	6(50)	7(60)	8(47)	9(35)	10(68)	11(74)	12(33)	13(200)	Meta	
<b>1</b>	<b>183</b>	<b>Antonia Sánchez Mallo Alicante COLIVENC</b>	<b>47:51</b>	14:11	19:31	20:29	23:50	24:50	27:46	29:43	31:57	<b>34:26</b>	<b>36:45</b>	<b>40:46</b>	<b>46:14</b>	<b>47:24</b>	<b>47:51</b>
				14:11	<b>5:20</b>	<b>0:58</b>	3:21	<b>1:00</b>	<b>2:56</b>	<b>1:57</b>	<b>2:14</b>	<b>2:29</b>	2:19	<b>4:01</b>	5:28	<b>1:10</b>	<b>0:27</b>

2	25	Alfonsa Corrochano Ciudad Real MANZANA	48:59	7:27	13:40	14:43	19:02	20:36	25:39	28:38	31:27	35:46	38:05	43:17	46:43	48:21	48:59
				7:27	6:13	1:03	4:19	1:34	5:03	2:59	2:49	4:19	2:19	5:12	3:26	1:38	0:38
3	7	Carmen Barrera Fuen Madrid IMPERDIBLE	52:13	7:29	19:53	20:57	23:35	25:16	29:20	32:18	35:17	39:00	41:13	46:17	49:40	51:41	52:13
				7:29	12:24	1:04	2:38	1:41	4:04	2:58	2:59	3:43	2:13	5:04	3:23	2:01	0:32
4	15	M <sup>a</sup> Covadonga Carra Cuenca COMCU	53:09	12:20	20:26	21:31	24:05	25:24	28:36	31:02	34:34	38:52	41:46	47:11	51:04	52:37	53:09
				12:20	8:06	1:05	2:34	1:19	3:12	2:26	3:32	4:18	2:54	5:25	3:53	1:33	0:32
5	88	Dulcinea Lopez Arce Albacete BMT CASA	1:04:56	9:05	20:34	21:32	25:05	27:18	31:49	35:43	40:09	45:16	48:35	56:17	1:01:48	1:03:53	1:04:56
				9:05	11:29	0:58	3:33	2:13	4:31	3:54	4:26	5:07	3:19	7:42	5:31	2:05	1:03

104 Marta Martínez Garcí No sale  
Cuenca ORIENTIJOT

M-12 (9)			2,4 km 90 m			13 C											
Pos	Dorsal	Nombre	Tiempo	1(51)	2(81)	3(62)	4(63)	5(34)	6(66)	7(49)	8(76)	9(67)	10(65)	11(34)	12(64)	13(200)	Meta
1	122	Luis Montero Calero Albacete GODIH	17:40	2:13	3:01	4:28	6:38	7:22	9:28	10:35	10:55	12:06	13:39	14:58	16:13	17:18	17:40
				2:13	0:48	1:27	2:10	0:44	2:06	1:07	0:20	1:11	1:33	1:19	1:15	1:05	0:22
2	128	Javier Muñoz del Car Cuenca COMCU	17:44	1:56	2:32	3:43	5:52	6:50	9:01	10:20	10:43	11:58	13:47	15:02	16:11	17:23	17:44
				1:56	0:36	1:11	2:09	0:58	2:11	1:19	0:23	1:15	1:49	1:15	1:09	1:12	0:21
3	170	Nicolas Rubio Cribell Granada VELETA	19:37	2:21	2:56	4:18	6:27	7:25	9:46	11:15	11:40	12:55	15:02	16:27	17:59	19:11	19:37
				2:21	0:35	1:22	2:09	0:58	2:21	1:29	0:25	1:15	2:07	1:25	1:32	1:12	0:26
4	22	Hector Chafé Mantec Cuenca COMCU	22:34	2:06	2:55	4:22	7:22	8:41	11:49	13:44	14:07	15:32	17:31	19:17	20:48	22:08	22:34
				2:06	0:49	1:27	3:00	1:19	3:08	1:55	0:23	1:25	1:59	1:46	1:31	1:20	0:26
5	32	Luis de la Vara Sancl Albacete BMT CASA	23:21	1:37	2:25	4:26	6:28	7:24	9:09	11:09	11:36	13:00	19:41	21:05	21:58	22:57	23:21
				1:37	0:48	2:01	2:02	0:56	1:45	2:00	0:27	1:24	6:41	1:24	0:53	0:59	0:24
6	31	Juan de la Vara Sanc Albacete BMT CASA	28:21	2:42	4:30	6:25	9:56	11:20	14:53	16:30	16:54	18:56	22:02	24:06	25:59	27:51	28:21
				2:42	1:48	1:55	3:31	1:24	3:33	1:37	0:24	2:02	3:06	2:04	1:53	1:52	0:30
7	24	Aral Combarro Kayik Madrid GOCAN	35:18	3:35	4:32	7:09	11:33	13:52	18:13	21:24	22:20	24:42	27:38	30:22	32:41	34:48	35:18
				3:35	0:57	2:37	4:24	2:19	4:21	3:11	0:56	2:22	2:56	2:44	2:19	2:07	0:30
8	146	ALEJANDRO PEREZ Madrid MONTE_EL_F	46:11	2:05	5:00	9:19	14:48	16:41	19:05	20:50	21:17	31:40	34:45	42:44	44:14	45:40	46:11
				2:05	2:55	4:19	5:29	1:53	2:24	1:45	0:27	10:23	3:05	7:59	1:30	1:26	0:31
					6:59												
					*61												
9	147	PABLO PEREZ DE LI Madrid MONTE_EL_F	59:24	9:36	11:16	14:02	23:20	25:38	30:16	32:49	33:51	38:57	41:45	53:26	57:53	58:56	59:24
				9:36	1:40	2:46	9:18	2:18	4:38	2:33	1:02	5:06	2:48	11:41	4:27	1:03	0:28

## M-14 (10)

4,2 km 150 m 17 C

Pos	Dorsal	Nombre	Tiempo	1(81) 15(64)	2(79) 16(33)	3(82) 17(200)	4(83) Meta	5(47)	6(78)	7(80)	8(75)	9(84)	10(34)	11(65)	12(68)	13(66)	14(55)
1	199	Martín Villar Gorriz Albacete BMT CASA	38:16	2:11 2:11 36:11	9:13 7:02 36:57	12:09 2:56 37:54	13:31 1:22 38:16	17:36 4:05	22:28 4:52	23:26 0:58	24:41 1:15	27:25 2:44	28:30 1:05	29:38 1:08	31:10 1:32	32:11 1:01	34:03 1:52
2	176	Mateo Saez Marco Albacete GODIH	39:02	2:08 2:53 37:00	0:46 9:23 37:55	0:57 12:22 38:39	0:22 13:09 39:02	16:32 3:23	19:00 2:28	20:22 1:22	21:26 1:04	27:45 6:19	29:08 1:23	30:19 1:11	32:11 1:52	33:27 1:16	34:40 1:13
3	151	Francisco Pérez Mari Albacete GODIH	40:48	2:20 2:41 38:18	0:55 11:09 39:31	0:44 13:46 40:22	0:23 14:43 40:48	18:36 3:53	21:04 2:28	22:49 1:45	23:59 1:10	28:17 4:18	29:58 1:41	31:20 1:22	33:14 1:54	34:46 1:32	35:54 1:08
4	178	Álvaro Sánchez Arm Albacete COAB	41:59	2:24 2:16 39:50	1:13 9:36 40:48	0:51 13:26 41:41	0:26 14:37 41:59	18:11 3:34	22:04 3:53	24:01 1:57	25:43 1:42	29:20 3:37	30:43 1:23	32:09 1:26	34:07 1:58	35:14 1:07	37:57 2:43
5	76	Javier Hortal Mediavi Madrid ALABARDA-C	46:55	1:53 3:26 44:00	0:58 19:38 45:28	0:53 22:13 46:38	0:18 23:04 46:55	26:27 3:23	30:04 3:37	31:06 1:02	32:17 1:11	34:56 2:39	36:13 1:17	37:03 0:50	38:44 1:41	39:52 1:08	41:30 1:38
6	45	Bruno Fuente Feijoo Madrid IMPERDIBLE	47:30	2:30 2:31 45:23	1:28 22:34 46:15	1:10 25:15 47:08	0:17 26:01 47:30	*51 29:08	32:59 3:51	33:57 0:58	35:15 1:18	37:41 2:26	38:51 1:10	39:41 0:50	41:13 1:32	42:16 1:03	43:21 1:05
7	84	José María Lambea C Ciudad Real MANZAI	50:59	2:02 2:44 48:48	0:52 12:24 49:44	0:53 14:51 50:40	0:22 15:55 50:59	25:48 9:53	28:56 3:08	30:41 1:45	32:41 2:00	36:07 3:26	37:21 1:14	38:44 1:23	40:31 1:47	41:50 1:19	46:59 5:09
8	204	Andres Vnuk Gonzal Madrid ALABARDA-C	57:36	3:08 2:49 53:16	1:56 12:00 55:12	1:57 15:41 57:09	0:27 16:41 57:36	32:40 5:41	36:27 3:48	39:22 2:01	41:09 2:29	47:30 7:02	48:53 1:46	51:26 1:33	54:22 4:44	56:04 1:53	57:22 2:30
9	100	Fernando Marco Can Albacete GODIH	1:02:17	3:02 3:02	19:27 16:25	21:56 2:29	23:17 1:21	32:40 9:23	36:27 3:47	39:22 2:55	41:09 1:47	47:30 6:21	48:53 1:23	51:26 2:33	54:22 2:56	56:04 1:42	57:22 1:18

	59:45	1:00:57	1:01:57	1:02:17											
	2:23	1:12	1:00	0:20											
<b>20 Roberto Cejudo Mart Abandon Madrid GOCAN</b>	6:47	24:39	27:22	28:38	42:01	50:19	51:32	53:59	-----	-----	-----	-----	-----	-----	-----
	6:47	17:52	2:43	1:16	13:23	8:18	1:13	2:27							
	1:01:15	-----	1:03:16	1:03:45											
	7:16		2:01	0:29											

<b>M-16 (8)</b>		<b>5,0 km 175 m</b>				<b>17 C</b>										
Pos	DorsalNombre	Tiempo	1(77)	2(71)	3(79)	4(72)	5(44)	6(58)	7(59)	8(78)	9(80)	10(45)	11(65)	12(68)	13(75)	14(74)
			15(34)	16(33)	17(200)	Meta										
<b>1</b>	<b>171 Pablo Rubio Cribella Granada VELETA</b>	<b>45:41</b>	4:02	11:12	11:40	<b>15:48</b>	<b>18:56</b>	<b>20:11</b>	<b>21:13</b>	<b>28:15</b>	<b>29:38</b>	<b>31:45</b>	<b>34:30</b>	<b>36:02</b>	<b>38:02</b>	<b>40:48</b>
			4:02	7:10	<b>0:28</b>	<b>4:08</b>	<b>3:08</b>	1:15	1:02	7:02	1:23	<b>2:07</b>	<b>2:45</b>	1:32	<b>2:00</b>	<b>2:46</b>
			<b>41:07</b>	<b>43:15</b>	<b>45:14</b>	<b>45:41</b>										
			0:19	2:08	1:59	0:27										
<b>2</b>	<b>64 Pablo Gómez Pérez Albacete GODIH</b>	<b>53:06</b>	4:49	10:41	11:31	18:07	23:38	24:45	25:17	32:38	34:15	36:52	41:16	43:44	46:33	49:38
			4:49	5:52	0:50	6:36	5:31	1:07	0:32	7:21	1:37	2:37	4:24	2:28	2:49	3:05
			50:00	51:55	52:42	53:06										
			0:22	<b>1:55</b>	<b>0:47</b>	0:24										
<b>3</b>	<b>121 Álvaro Montero Calle Albacete GODIH</b>	<b>1:00:18</b>	5:13	14:46	17:25	21:33	25:08	26:36	27:00	38:54	40:26	43:16	49:14	50:42	53:13	56:27
			5:13	9:33	2:39	<b>4:08</b>	3:35	1:28	<b>0:24</b>	11:54	1:32	2:50	5:58	1:28	2:31	3:14
			56:44	59:08	1:00:00	1:00:18										
			0:17	2:24	0:52	0:18										
<b>4</b>	<b>114 Alvaro Molina Garcia Ciudad Real MANZAI</b>	<b>1:02:26</b>	6:19	13:38	14:28	20:34	24:19	25:23	27:12	42:21	44:18	46:58	50:52	52:51	55:12	58:13
			6:19	7:19	0:50	6:06	3:45	1:04	1:49	15:09	1:57	2:40	3:54	1:59	2:21	3:01
			58:28	1:01:03	1:02:07	1:02:26										
			<b>0:15</b>	2:35	1:04	0:19										
<b>5</b>	<b>159 Raúl Puche Herrero Albacete GODIH</b>	<b>1:04:34</b>	<b>3:13</b>	<b>7:53</b>	<b>8:32</b>	21:26	38:51	39:45	40:15	46:03	47:37	50:03	53:53	55:17	57:17	1:00:28
			<b>3:13</b>	<b>4:40</b>	0:39	12:54	17:25	<b>0:54</b>	0:30	<b>5:48</b>	1:34	2:26	3:50	1:24	<b>2:00</b>	3:11
			1:00:48	1:03:08	1:04:08	1:04:34										
			0:20	2:20	1:00	0:26										
<b>6</b>	<b>189 Carlos Soria Gomez Madrid COLMENAR</b>	<b>1:05:45</b>	6:41	12:26	13:31	25:49	31:22	33:18	35:41	42:39	44:43	47:45	52:47	55:10	58:18	1:01:49
			6:41	5:45	1:05	12:18	5:33	1:56	2:23	6:58	2:04	3:02	5:02	2:23	3:08	3:31
			1:02:14	1:04:20	1:05:23	1:05:45										
			0:25	2:06	1:03	0:22										
<b>7</b>	<b>186 Mateo Sánchez-Gil M</b>	<b>1:27:22</b>	5:18	21:52	22:38	28:16	33:12	34:45	35:28	50:40	52:33	56:42	1:05:25	1:08:30	1:12:12	1:19:26



## M-21 ELITE (13)

8,6 km 290 m 27 C

Pos	Dorsal	Nombre	Tiempo	1(54)	2(32)	3(40)	4(48)	5(31)	6(57)	7(69)	8(58)	9(59)	10(43)	11(42)	12(41)	13(39)	14(60)
				15(38)	16(37)	17(36)	18(52)	19(35)	20(55)	21(45)	22(56)	23(68)	24(73)	25(53)	26(33)	27(200)	Meta
1	168	David Rojas Jiménez Madrid ALABARDA-C	46:38	5:18	7:44	8:14	9:03	9:35	11:28	13:57	19:24	19:49	24:19	25:24	26:49	30:28	31:28
				5:18	2:26	0:30	0:49	0:32	1:53	2:29	5:27	0:25	4:30	1:05	1:25	3:39	1:00
				32:24	32:59	34:36	37:24	38:44	39:46	40:54	41:29	42:44	43:15	44:09	45:48	46:22	46:38
				0:56	0:35	1:37	2:48	1:20	1:02	1:08	0:35	1:15	0:31	0:54	1:39	0:34	0:16
2	134	Luis Nogueira de la M Málaga COMA	52:53	6:16	8:29	9:01	9:55	10:31	12:41	15:43	22:16	22:45	28:11	29:23	31:01	34:49	35:57
				6:16	2:13	0:32	0:54	0:36	2:10	3:02	6:33	0:29	5:26	1:12	1:38	3:48	1:08
				36:55	37:34	38:47	41:49	43:11	44:30	45:52	46:32	48:01	48:42	49:46	51:37	52:24	52:53
				0:58	0:39	1:13	3:02	1:22	1:19	1:22	0:40	1:29	0:41	1:04	1:51	0:47	0:29
3	41	Gonzalo Ferrando G Toledo TOLEDO-O	54:38	6:17	9:26	9:59	10:51	11:27	13:44	16:37	23:34	24:02	29:27	30:43	32:16	36:18	37:29
				6:17	3:09	0:33	0:52	0:36	2:17	2:53	6:57	0:28	5:25	1:16	1:33	4:02	1:11
				38:27	39:26	40:49	44:16	45:46	47:00	48:12	48:48	50:11	50:48	51:48	53:37	54:20	54:38
				0:58	0:59	1:23	3:27	1:30	1:14	1:12	0:36	1:23	0:37	1:00	1:49	0:43	0:18
4	164	Jesús Rodríguez Cor Ciudad Real MANZAI	58:14	6:43	9:08	9:43	10:37	11:30	13:42	16:41	23:29	23:56	29:45	31:09	33:03	37:18	38:32
				6:43	2:25	0:35	0:54	0:53	2:12	2:59	6:48	0:27	5:49	1:24	1:54	4:15	1:14
				39:44	40:32	42:04	46:11	47:58	49:09	50:48	51:34	53:18	53:57	55:04	57:07	57:51	58:14
				1:12	0:48	1:32	4:07	1:47	1:11	1:39	0:46	1:44	0:39	1:07	2:03	0:44	0:23
5	62	Jose Antonio Gomez Murcia MURCIA-O	1:02:59	7:01	10:31	11:04	12:05	12:44	15:14	18:11	25:14	25:46	31:12	32:43	34:28	40:09	41:27
				7:01	3:30	0:33	1:01	0:39	2:30	2:57	7:03	0:32	5:26	1:31	1:45	5:41	1:18
				42:42	43:29	45:03	49:02	50:49	52:12	54:12	55:11	56:50	57:36	58:52	1:01:38	1:02:34	1:02:59
				1:15	0:47	1:34	3:59	1:47	1:23	2:00	0:59	1:39	0:46	1:16	2:46	0:56	0:25
6	33	Carlos De Manuel Na Madrid IMPERDIBLE	1:03:46	7:31	10:08	10:39	11:35	12:12	14:51	18:21	26:18	26:47	33:20	34:36	36:53	42:22	43:33
				7:31	2:37	0:31	0:56	0:37	2:39	3:30	7:57	0:29	6:33	1:16	2:17	5:29	1:11
				44:36	45:23	46:46	50:54	52:40	54:15	55:52	56:42	58:26	59:11	1:00:28	1:02:28	1:03:20	1:03:46
				1:03	0:47	1:23	4:08	1:46	1:35	1:37	0:50	1:44	0:45	1:17	2:00	0:52	0:26
7	163	Diego Rodríguez Cor Ciudad Real MANZAI	1:04:33	7:15	10:10	10:46	11:59	12:47	15:31	18:36	25:50	26:19	32:29	34:02	36:41	41:23	42:56
				7:15	2:55	0:36	1:13	0:48	2:44	3:05	7:14	0:29	6:10	1:33	2:39	4:42	1:33
				44:13	45:00	46:47	51:16	53:21	54:45	56:22	57:12	58:57	59:44	1:01:09	1:03:18	1:04:09	1:04:33
				1:17	0:47	1:47	4:29	2:05	1:24	1:37	0:50	1:45	0:47	1:25	2:09	0:51	0:24
8	191	Ana Isabel Toledo Na Madrid IMPERDIBLE	1:08:00	6:26	9:20	10:00	10:52	11:30	13:52	21:20	29:39	30:05	35:37	36:47	38:33	44:46	46:36
				6:26	2:54	0:40	0:52	0:38	2:22	7:28	8:19	0:26	5:32	1:10	1:46	6:13	1:50
				47:44	49:02	50:53	54:32	56:14	57:32	59:19	1:00:19	1:02:11	1:03:11	1:04:36	1:06:51	1:07:37	1:08:00
				1:08	1:18	1:51	3:39	1:42	1:18	1:47	1:00	1:52	1:00	1:25	2:15	0:46	0:23
9	66	Fernando José Gonz Málaga COMA	1:09:37	7:38	11:09	11:43	13:01	13:46	16:43	20:29	28:20	29:05	35:38	37:00	38:57	43:37	45:25
				7:38	3:31	0:34	1:18	0:45	2:57	3:46	7:51	0:45	6:33	1:22	1:57	4:40	1:48

			46:37	47:20	49:06	55:03	57:06	58:39	1:00:16	1:02:00	1:03:59	1:04:47	1:05:58	1:08:17	1:09:12	1:09:37	
			1:12	0:43	1:46	5:57	2:03	1:33	1:37	1:44	1:59	0:48	1:11	2:19	0:55	0:25	
<b>10</b>	<b>10</b>	<b>Jesús María Bernal C</b>	<b>1:23:18</b>	9:46	12:50	13:27	14:36	15:27	18:52	23:14	33:22	33:52	43:20	45:19	47:43	53:49	55:56
		<b>Murcia MURCIA-O</b>		9:46	3:04	0:37	1:09	0:51	3:25	4:22	10:08	0:30	9:28	1:59	2:24	6:06	2:07
				57:44	58:43	1:00:54	1:06:13	1:08:28	1:10:27	1:12:39	1:13:48	1:16:05	1:17:05	1:18:54	1:21:42	1:22:48	1:23:18
				1:48	0:59	2:11	5:19	2:15	1:59	2:12	1:09	2:17	1:00	1:49	2:48	1:06	0:30
		<b>40</b>	<b>Pablo Fernández Cas</b>	7:09	9:18	9:47	10:39	11:18	13:49	16:35	23:22	23:53	29:49	31:03	33:04	37:19	38:31
			<b>Madrid IMPERDIBLE</b>	7:09	<b>2:09</b>	<b>0:29</b>	0:52	0:39	2:31	2:46	6:47	0:31	5:56	1:14	2:01	4:15	1:12
				-----	41:08	42:36	46:06	47:50	49:06	51:12	52:01	53:38	54:20	55:51	57:43	58:29	58:52
					2:37	1:28	3:30	1:44	1:16	2:06	0:49	1:37	0:42	1:31	1:52	0:46	0:23
		<b>43</b>	<b>Pablo Ferrando Galá</b>	7:13	9:48	10:34	15:11	15:59	18:25	21:25	-----	-----	-----	-----	-----	-----	-----
			<b>Toledo TOLEDO-O</b>	7:13	2:35	0:46	4:37	0:48	2:26	3:00							
				-----	-----	-----	-----	25:29	26:49	28:26	29:13	31:03	31:49	32:59	35:01	35:56	36:25
								4:04	1:20	1:37	0:47	1:50	0:46	1:10	2:02	0:55	0:29
<b>nc</b>	<b>208</b>	<b>Toni Muñoz</b>	<b>1:33:44</b>	12:44	16:03	17:00	18:12	19:12	22:49	27:24	38:42	39:15	46:52	48:27	50:46	58:07	1:00:52
		<b>Cuenca COMCU</b>		12:44	3:19	0:57	1:12	1:00	3:37	4:35	11:18	0:33	7:37	1:35	2:19	7:21	2:45
				1:03:51	1:04:52	1:08:47	1:13:43	1:17:05	1:19:42	1:22:14	1:23:14	1:25:33	1:26:33	1:28:12	1:32:10	1:33:12	1:33:44
				2:59	1:01	3:55	4:56	3:22	2:37	2:32	1:00	2:19	1:00	1:39	3:58	1:02	0:32

### M-21B (7)

Pos DorsalNombre

Tiempo

5,0 km 190 m 19 C

			1(77)	2(54)	3(72)	4(44)	5(58)	6(59)	7(39)	8(52)	9(50)	10(35)	11(55)	12(45)	13(56)	14(75)	
			15(67)	16(73)	17(74)	18(33)	19(200)	Meta									
<b>1</b>	<b>18</b>	<b>Joel Carrión Gandía</b>	<b>42:51</b>	<b>4:45</b>	<b>10:02</b>	<b>12:28</b>	<b>15:52</b>	<b>16:53</b>	<b>17:29</b>	<b>24:31</b>	<b>27:59</b>	<b>29:08</b>	<b>30:35</b>	<b>32:23</b>	<b>34:20</b>	<b>35:15</b>	<b>35:50</b>
		<b>Albacete GODIH</b>		<b>4:45</b>	<b>5:17</b>	<b>2:26</b>	<b>3:24</b>	1:01	0:36	7:02	<b>3:28</b>	<b>1:09</b>	<b>1:27</b>	<b>1:48</b>	1:57	<b>0:55</b>	<b>0:35</b>
				<b>36:51</b>	<b>37:36</b>	<b>39:50</b>	<b>41:28</b>	<b>42:27</b>	<b>42:51</b>								
				<b>1:01</b>	<b>0:45</b>	<b>2:14</b>	<b>1:38</b>	<b>0:59</b>	0:24								
<b>2</b>	<b>148</b>	<b>Juan Ramón Pérez F</b>	<b>55:09</b>	4:51	13:05	18:00	22:06	23:31	24:07	31:13	35:24	37:21	39:01	41:10	43:16	44:48	45:36
		<b>Albacete GODIH</b>		4:51	8:14	4:55	4:06	1:25	0:36	7:06	4:11	1:57	1:40	2:09	2:06	1:32	0:48
				46:56	47:51	50:40	53:39	54:42	55:09								
				1:20	0:55	2:49	2:59	1:03	0:27								
<b>3</b>	<b>73</b>	<b>Eduardo Honrubia C</b>	<b>57:24</b>	5:55	12:29	15:26	19:12	20:14	22:05	28:47	33:06	34:55	37:10	40:09	42:29	43:41	44:31
		<b>Albacete GODIH</b>		5:55	6:34	2:57	3:46	1:02	1:51	<b>6:42</b>	4:19	1:49	2:15	2:59	2:20	1:12	0:50
				45:52	46:58	51:15	55:03	56:55	57:24								
				1:21	1:06	4:17	3:48	1:52	0:29								
<b>4</b>	<b>47</b>	<b>Hector Gadea Martí</b>	<b>1:01:36</b>	6:01	19:12	22:04	29:14	30:12	30:41	39:26	43:53	45:19	46:56	49:01	50:53	51:56	52:39

		<b>Valencia VALENCIA-C</b>	6:01	13:11	2:52	7:10	<b>0:58</b>	<b>0:29</b>	8:45	4:27	1:26	1:37	2:05	<b>1:52</b>	1:03	0:43	
			54:20	55:19	57:51	1:00:14	1:01:15	1:01:36									
			1:41	0:59	2:32	2:23	1:01	<b>0:21</b>									
<b>5</b>	<b>140</b>	<b>Luis Fernando Parra</b>	<b>1:11:53</b>	13:11	23:40	27:20	32:19	33:41	34:41	42:38	46:36	49:46	52:05	54:09	56:28	57:26	59:49
		<b>Cuenca ORIENTIJOT</b>		13:11	10:29	3:40	4:59	1:22	1:00	7:57	3:58	3:10	2:19	2:04	2:19	0:58	2:23
				1:02:02	1:03:47	1:07:08	1:10:14	1:11:21	1:11:53								
				2:13	1:45	3:21	3:06	1:07	0:32								
<b>6</b>	<b>30</b>	<b>Juan de la Vara Gonz</b>	<b>1:52:53</b>	7:09	27:29	37:22	43:27	45:43	46:48	1:01:40	1:08:05	1:12:10	1:15:34	1:21:55	1:26:31	1:29:23	1:31:04
		<b>Albacete BMT CASA</b>		7:09	20:20	9:53	6:05	2:16	1:05	14:52	6:25	4:05	3:24	6:21	4:36	2:52	1:41
				1:34:17	1:36:07	1:41:15	1:50:10	1:52:17	1:52:53								
				3:13	1:50	5:08	8:55	2:07	0:36								
<b>7</b>	<b>63</b>	<b>Juan Miguel Gómez I</b>	<b>1:57:59</b>	7:16	15:15	39:38	46:01	49:36	50:55	1:23:59	1:29:31	1:32:12	1:34:43	1:37:53	1:41:24	1:43:06	1:44:02
		<b>Albacete GODIH</b>		7:16	7:59	24:23	6:23	3:35	1:19	33:04	5:32	2:41	2:31	3:10	3:31	1:42	0:56
				1:45:55	1:47:47	1:51:31	1:55:22	1:57:10	1:57:59								
				1:53	1:52	3:44	3:51	1:48	0:49								

#### M-35 (20)

Pos DorsalNombre

Tiempo

7,0 km 250 m

23 C

				1(71)	2(40)	3(48)	4(31)	5(72)	6(58)	7(59)	8(43)	9(42)	10(41)	11(39)	12(60)	13(38)	14(37)
				15(36)	16(52)	17(56)	18(35)	19(68)	20(73)	21(55)	22(33)	23(200)	Meta				
<b>1</b>	<b>112</b>	<b>Alberto Mínguez Viña</b>	<b>49:26</b>	<b>6:21</b>	<b>8:00</b>	<b>8:56</b>	<b>9:36</b>	<b>13:31</b>	<b>16:46</b>	<b>17:13</b>	<b>22:49</b>	<b>24:08</b>	<b>26:52</b>	<b>30:51</b>	<b>32:04</b>	<b>33:34</b>	<b>34:21</b>
		<b>Madrid IMPERDIBLE</b>		<b>6:21</b>	<b>1:39</b>	<b>0:56</b>	0:40	<b>3:55</b>	<b>3:15</b>	<b>0:27</b>	<b>5:36</b>	1:19	2:44	<b>3:59</b>	<b>1:13</b>	1:30	0:47
				<b>35:59</b>	<b>39:35</b>	<b>41:06</b>	<b>42:09</b>	<b>43:06</b>	<b>43:56</b>	<b>45:30</b>	<b>48:06</b>	<b>48:59</b>	<b>49:26</b>				
				1:38	3:36	1:31	1:03	<b>0:57</b>	0:50	1:34	2:36	0:53	0:27				
<b>2</b>	<b>138</b>	<b>Jesus Oliver Sáez</b>	<b>53:44</b>	6:40	8:40	9:57	10:37	14:43	18:28	19:01	25:25	26:53	28:41	33:44	35:22	37:18	38:19
		<b>Madrid COLMENAR</b>		6:40	2:00	1:17	0:40	4:06	3:45	0:33	6:24	1:28	<b>1:48</b>	5:03	1:38	1:56	1:01
				39:55	43:26	45:18	46:34	47:48	48:33	50:13	52:38	53:23	53:44				
				<b>1:36</b>	<b>3:31</b>	1:52	1:16	1:14	0:45	1:40	2:25	<b>0:45</b>	0:21				
<b>3</b>	<b>70</b>	<b>Antonio Hernández F</b>	<b>57:23</b>	7:17	9:22	11:19	12:01	17:39	22:01	22:31	28:58	30:23	32:24	38:16	39:44	41:01	41:47
		<b>León ALCON</b>		7:17	2:05	1:57	0:42	5:38	4:22	0:30	6:27	1:25	2:01	5:52	1:28	1:17	<b>0:46</b>
				43:37	47:39	49:09	50:17	51:43	52:27	53:35	56:01	57:00	57:23				
				1:50	4:02	1:30	1:08	1:26	0:44	1:08	2:26	0:59	0:23				
<b>4</b>	<b>177</b>	<b>Pedro Salgado Astilla</b>	<b>58:17</b>	6:52	8:48	9:52	10:38	15:11	19:01	19:47	27:55	29:37	31:42	37:48	39:15	40:42	42:05
		<b>Toledo TOLEDO-O</b>		6:52	1:56	1:04	0:46	4:33	3:50	0:46	8:08	1:42	2:05	6:06	1:27	1:27	1:23
				44:00	47:43	49:33	51:00	52:15	53:01	54:31	57:06	57:53	58:17				
				1:55	3:43	1:50	1:27	1:15	0:46	1:30	2:35	0:47	0:24				
<b>5</b>	<b>54</b>	<b>Antonio García Guerri</b>	<b>58:57</b>	6:47	8:47	9:54	10:36	19:35	23:26	23:57	29:56	31:29	33:30	39:46	41:12	42:30	43:36



		<b>Málaga COMA</b>	6:47	2:00	1:07	0:42	8:59	3:51	0:31	5:59	1:33	2:01	6:16	1:26	1:18	1:06	
			45:24	49:38	51:09	52:09	53:06	53:49	55:17	57:38	58:32	58:57					
			1:48	4:14	1:31	<b>1:00</b>	<b>0:57</b>	<b>0:43</b>	1:28	<b>2:21</b>	0:54	0:25					
<b>6</b>	<b>58</b>	<b>Ramón García-Catalá</b>	<b>1:01:14</b>	7:34	9:39	11:04	11:52	16:45	21:09	21:49	29:09	30:35	32:46	38:29	40:12	41:42	43:06
		<b>Madrid IMPERDIBLE</b>		7:34	2:05	1:25	0:48	4:53	4:24	0:40	7:20	1:26	2:11	5:43	1:43	1:30	1:24
				45:10	49:45	52:10	53:48	55:21	56:06	57:34	1:00:03	1:00:51	1:01:14				
				2:04	4:35	2:25	1:38	1:33	0:45	1:28	2:29	0:48	0:23				
<b>7</b>	<b>197</b>	<b>Mateo Vijande Gonzá</b>	<b>1:01:25</b>	7:20	9:09	10:09	10:53	15:37	19:31	20:02	27:30	28:58	31:03	40:31	41:49	42:56	44:32
		<b>Madrid MALARRUTA</b>		7:20	1:49	1:00	0:44	4:44	3:54	0:31	7:28	1:28	2:05	9:28	1:18	<b>1:07</b>	1:36
				46:27	50:16	52:43	53:49	54:47	56:02	57:26	1:00:12	1:01:05	1:01:25		59:27		
				1:55	3:49	2:27	1:06	0:58	1:15	1:24	2:46	0:53	<b>0:20</b>		*64		
<b>8</b>	<b>79</b>	<b>Javier Hortal Romera</b>	<b>1:01:29</b>	7:21	9:34	10:59	11:50	16:25	20:27	21:02	27:55	29:32	31:26	38:14	39:47	41:11	43:58
		<b>Madrid ALABARDA-C</b>		7:21	2:13	1:25	0:51	4:35	4:02	0:35	6:53	1:37	1:54	6:48	1:33	1:24	2:47
				45:59	50:21	52:05	53:17	54:22	55:07	57:06	1:00:05	1:01:06	1:01:29				
				2:01	4:22	1:44	1:12	1:05	0:45	1:59	2:59	1:01	0:23				
<b>9</b>	<b>149</b>	<b>Jaime Perez Lopez</b>	<b>1:04:55</b>	7:46	9:49	11:00	11:45	16:10	20:04	20:39	29:26	31:01	33:50	39:15	42:32	44:50	45:39
		<b>Madrid MALARRUTA</b>		7:46	2:03	1:11	0:45	4:25	3:54	0:35	8:47	1:35	2:49	5:25	3:17	2:18	0:49
				47:25	52:06	53:35	54:47	56:09	56:59	58:25	1:01:50	1:04:27	1:04:55				
				1:46	4:41	<b>1:29</b>	1:12	1:22	0:50	1:26	3:25	2:37	0:28				
<b>10</b>	<b>120</b>	<b>José Joaquín Monter</b>	<b>1:06:37</b>	6:43	8:27	9:25	10:17	24:05	28:08	28:36	35:10	36:27	40:15	45:46	47:19	48:33	49:28
		<b>Albacete GODIH</b>		6:43	1:44	0:58	0:52	13:48	4:03	0:28	6:34	<b>1:17</b>	3:48	5:31	1:33	1:14	0:55
				51:26	56:03	58:25	59:33	1:00:43	1:01:29	1:02:34	1:05:27	1:06:17	1:06:37		59:02		
				1:58	4:37	2:22	1:08	1:10	0:46	<b>1:05</b>	2:53	0:50	0:20		*75		
<b>11</b>	<b>111</b>	<b>Ignacio Javier Mingo</b>	<b>1:11:04</b>	7:43	10:23	11:33	12:22	17:43	22:27	22:59	29:54	31:55	35:51	43:41	45:43	47:14	48:31
		<b>Madrid ENTREBALIZ</b>		7:43	2:40	1:10	0:49	5:21	4:44	0:32	6:55	2:01	3:56	7:50	2:02	1:31	1:17
				50:47	56:33	59:06	1:00:47	1:02:04	1:03:11	1:04:45	1:08:26	1:10:32	1:11:04				
				2:16	5:46	2:33	1:41	1:17	1:07	1:34	3:41	2:06	0:32				
<b>12</b>	<b>203</b>	<b>Stanislav Vnuk</b>	<b>1:13:52</b>	7:53	10:10	12:52	13:47	19:21	25:40	26:21	34:22	36:06	38:11	45:51	49:03	51:52	53:14
		<b>Madrid ALABARDA-C</b>		7:53	2:17	2:42	0:55	5:34	6:19	0:41	8:01	1:44	2:05	7:40	3:12	2:49	1:22
				55:26	1:00:13	1:02:33	1:03:58	1:05:19	1:06:20	1:07:39	1:12:14	1:13:24	1:13:52				
				2:12	4:47	2:20	1:25	1:21	1:01	1:19	4:35	1:10	0:28				
<b>13</b>	<b>2</b>	<b>Pedro Almagro Ferná</b>	<b>1:13:58</b>	7:40	12:13	14:17	15:18	21:22	29:33	30:08	37:31	39:12	41:20	47:21	49:28	51:22	52:19
		<b>Cuenca COMCU</b>		7:40	4:33	2:04	1:01	6:04	8:11	0:35	7:23	1:41	2:08	6:01	2:07	1:54	0:57
				56:09	1:00:48	1:03:16	1:04:51	1:06:24	1:07:32	1:08:50	1:12:23	1:13:33	1:13:58				
				3:50	4:39	2:28	1:35	1:33	1:08	1:18	3:33	1:10	0:25				
<b>14</b>	<b>154</b>	<b>Salvador Pérez Piqué</b>	<b>1:14:40</b>	8:51	11:30	13:14	14:20	20:28	25:36	26:16	34:46	36:37	39:21	45:52	49:12	50:56	52:13
		<b>Albacete GODIH</b>		8:51	2:39	1:44	1:06	6:08	5:08	0:40	8:30	1:51	2:44	6:31	3:20	1:44	1:17
				55:02	1:00:50	1:02:46	1:04:26	1:06:01	1:07:04	1:08:57	1:12:48	1:14:00	1:14:40				
				2:49	5:48	1:56	1:40	1:35	1:03	1:53	3:51	1:12	0:40				
<b>15</b>	<b>102</b>	<b>Fernando Marco Piqué</b>	<b>1:16:35</b>	20:07	22:06	23:03	23:42	29:12	33:49	34:46	42:26	44:02	46:06	51:37	53:11	57:09	58:09



3	38	Juan José Durán Oñi Sevilla ADOL	49:51	8:13	12:54	16:03	17:33	23:52	24:46	26:34	28:59	33:40	35:22	38:53	39:55	41:16	42:42		
				8:13	4:41	3:09	1:30	6:19	<b>0:54</b>	1:48	2:25	4:41	1:42	3:31	1:02	1:21	1:26		
				43:35	45:06	46:31	48:29	49:24	49:51										
				0:53	1:31	1:25	1:58	0:55	0:27										
4	89	Blas López Descalzo Albacete GODIH	50:46	6:59	10:59	17:32	18:37	24:14	25:21	26:49	29:46	34:45	37:02	40:46	41:45	43:04	44:14		
				<b>6:59</b>	4:00	6:33	<b>1:05</b>	5:37	1:07	1:28	2:57	4:59	2:17	3:44	0:59	1:19	1:10		
				45:00	46:12	47:34	49:03	50:21	50:46										
				0:46	<b>1:12</b>	1:22	<b>1:29</b>	1:18	0:25										
5	160	José Puche Madrid Albacete GODIH	53:27	8:19	12:57	16:15	17:39	24:06	27:21	28:57	31:35	36:15	38:15	42:19	43:25	44:50	46:06		
				8:19	4:38	3:18	1:24	6:27	3:15	1:36	2:38	4:40	2:00	4:04	1:06	1:25	1:16		
				47:03	48:32	50:30	52:12	53:02	53:27										
				0:57	1:29	1:58	1:42	<b>0:50</b>	0:25										
6	94	Héctor Lorenzo Yuste Madrid IMPERDIBLE	54:57	8:48	13:04	16:39	18:33	27:06	28:16	30:04	32:21	37:22	40:00	43:45	44:41	45:52	47:01		
				8:48	4:16	3:35	1:54	8:33	1:10	1:48	2:17	5:01	2:38	3:45	0:56	1:11	1:09		
				48:00	49:38	51:12	53:23	54:27	54:57										
				0:59	1:38	1:34	2:11	1:04	0:30										
7	95	Luis Mahou García Madrid COTA	55:59	8:18	15:58	19:18	20:52	27:55	29:04	30:54	33:37	39:13	41:09	44:51	45:53	47:23	48:46		
				8:18	7:40	3:20	1:34	7:03	1:09	1:50	2:43	5:36	1:56	3:42	1:02	1:30	1:23		
				49:41	51:18	52:45	54:27	55:28	55:59										
				0:55	1:37	1:27	1:42	1:01	0:31										
7	194	César Valle Tórtola Cuenca ORIENTIJOT	55:59	7:30	15:35	18:54	20:19	28:33	29:28	30:58	33:26	37:32	39:50	43:26	44:25	45:47	47:11		
				7:30	8:05	3:19	1:25	8:14	0:55	1:30	2:28	<b>4:06</b>	2:18	3:36	0:59	1:22	1:24		
				48:12	49:58	51:59	53:57	55:24	55:59										
				1:01	1:46	2:01	1:58	1:27	0:35										
9	175	Andrés Rubio Ruiz Granada VELETA	56:03	7:42	12:18	15:40	16:51	23:10	24:16	26:17	28:44	33:30	38:40	44:25	45:22	46:53	48:06		
				7:42	4:36	3:22	1:11	6:19	1:06	2:01	2:27	4:46	5:10	5:45	0:57	1:31	1:13		
				48:56	50:40	51:59	54:34	55:36	56:03										
				0:50	1:44	1:19	2:35	1:02	0:27										
10	152	Alberto Pérez Mirand Madrid COLMENAR	58:47	8:24	13:52	17:32	18:56	25:15	26:21	28:11	31:06	38:10	41:00	44:58	45:55	48:15	51:02		
				8:24	5:28	3:40	1:24	6:19	1:06	1:50	2:55	7:04	2:50	3:58	0:57	2:20	2:47		
				52:03	53:26	54:50	57:08	58:25	58:47										
				1:01	1:23	1:24	2:18	1:17	0:22										
11	82	Fco. Javier Jiménez   Málaga COMA	1:01:11	8:30	13:39	17:23	19:06	26:01	27:08	29:17	31:56	39:10	44:15	48:37	49:43	51:29	52:53		
				8:30	5:09	3:44	1:43	6:55	1:07	2:09	2:39	7:14	5:05	4:22	1:06	1:46	1:24		
				53:47	55:17	56:47	59:26	1:00:39	1:01:11										
				0:54	1:30	1:30	2:39	1:13	0:32										
12	131	Bernardo Nanclares   Vizcaya COBI	1:01:53	9:15	13:43	17:38	19:54	27:07	28:31	30:43	33:37	41:47	43:58	48:19	49:48	51:24	53:02		
				9:15	4:28	3:55	2:16	7:13	1:24	2:12	2:54	8:10	2:11	4:21	1:29	1:36	1:38		
				54:07	55:56	57:47	1:00:05	1:01:23	1:01:53			18:59							
				1:05	1:49	1:51	2:18	1:18	0:30			*58							







3	139	Juani Ortega Maestr Albacete GODIH	57:35	4:33 4:33 57:35 0:37	17:11 12:38	22:32 5:21	23:47 1:15	31:57 8:10	40:21 8:24	42:32 2:11	44:50 2:18	47:14 <b>2:24</b>	48:26 1:12	50:32 2:06	53:33 3:01	55:46 2:13	56:58 <b>1:12</b>
4	17	Juan Virginio Carrile Albacete GODIH	59:50	4:41 4:41 59:50 0:32	17:42 13:01	22:59 5:17	24:41 1:42	33:53 9:12	39:16 5:23	42:44 3:28	45:00 2:16	48:25 3:25	49:42 1:17	51:29 1:47	55:11 3:42	57:09 1:58	59:18 2:09
5	181	Sandra Sanchez Gon Albacete BMT CASA	1:36:38	19:19 19:19 1:36:38 1:13	30:57 11:38	37:55 6:58	40:00 2:05	52:57 12:57	1:11:18 18:21	1:14:32 3:14	1:17:03 2:31	1:20:48 3:45	1:22:23 1:35	1:25:44 3:21	1:30:59 5:15	1:33:01 2:02	1:35:25 2:24
6	53	Luis Antonio García Albacete COAB	1:41:06	<b>4:16</b> <b>4:16</b> 1:41:06 0:36	1:04:41 1:00:25	1:08:07 3:26	1:09:07 <b>1:00</b>	1:16:50 7:43	1:20:09 <b>3:19</b>	1:22:31 2:22	1:24:45 2:14	1:27:55 3:10	1:29:16 1:21	1:33:06 3:50	1:36:10 3:04	1:38:51 2:41	1:40:30 1:39

OPEN AMARILL (12)

2,0 km 45 m 11 C

Pos	Dorsal	Nombre	Tiempo	1(61)	2(62)	3(70)	4(63)	5(34)	6(66)	7(67)	8(65)	9(34)	10(64)	11(200)	Meta	
1	21	Hugo Chafe Mantecó Cuenca COMCU	22:53	1:06 1:06	3:12 2:06	3:43 0:31	<b>6:35</b> 2:52	8:49 2:14	12:28 3:39	<b>13:52</b> 1:24	<b>17:02</b> <b>3:10</b>	<b>18:41</b> 1:39	<b>21:05</b> 2:24	<b>22:22</b> <b>1:17</b>	<b>22:53</b> <b>0:31</b>	
2	37	Maria Isabel Doming Independiente	24:52	1:39 1:39	3:47 2:08	4:30 0:43	7:09 <b>2:39</b>	<b>8:38</b> <b>1:29</b>	<b>11:51</b> <b>3:13</b>	14:03 2:12	17:21 3:18	19:36 2:15	21:28 1:52	23:46 2:18	24:52 1:06	
3	78	Pablo Hortal Mediavi Independiente	25:26	1:59 1:59	3:45 <b>1:46</b>	4:14 <b>0:29</b>	10:15 6:01	12:13 1:58	15:36 3:23	16:58 1:22	20:16 3:18	21:45 <b>1:29</b>	23:25 1:40	24:49 1:24	25:26 0:37	19:26 *73
4	77	Martina Hortal Media Independiente	27:17	<b>0:53</b> <b>0:53</b>	<b>2:50</b> 1:57	<b>3:28</b> 0:38	9:40 6:12	11:13 1:33	15:36 4:23	16:56 1:20	21:59 5:03	23:51 1:52	25:28 <b>1:37</b>	26:45 <b>1:17</b>	27:17 0:32	
5	67	Daniel González Sola Independiente	30:46	1:58 1:58	4:52 2:54	5:54 1:02	9:19 3:25	11:14 1:55	16:25 5:11	17:43 <b>1:18</b>	22:27 4:44	24:29 2:02	26:52 2:23	30:10 3:18	30:46 0:36	
6	173	Iciar Rubio Felipe Independiente	34:09	1:47 1:47	4:34 2:47	5:26 0:52	9:29 4:03	12:18 2:49	16:15 3:57	19:46 3:31	25:33 5:47	29:20 3:47	31:37 2:17	33:38 2:01	34:09 <b>0:31</b>	
7	50	VALERIA GALDRÁN Cuenca COMCU	35:25	1:25 1:25	4:59 3:34	5:53 0:54	9:48 3:55	12:03 2:15	16:27 4:24	20:10 3:43	25:41 5:31	29:36 3:55	32:36 3:00	34:37 2:01	35:25 0:48	
8	49	DANIELA GALDRÁN Cuenca COMCU	35:27	1:26 1:26	5:08 3:42	5:54 0:46	9:47 3:53	12:03 2:16	16:30 4:27	20:07 3:37	25:47 5:40	29:37 3:50	32:31 2:54	34:37 2:06	35:27 0:50	
9	136	Miriam Oliver Astiga	39:15	1:08	3:53	6:15	12:00	16:53	21:22	24:56	31:15	34:16	36:19	38:40	39:15	

