

os	rsal	Nombre	Tiempo																				
D-18A (16)				3,8 km 165 m				17 C															
				1(42)	2(74)	3(35)	4(43)	5(81)	6(57)	7(107)	8(119)	9(48)	10(47)	11(70)	12(50)	13(87)	14(52)						
				15(71)	16(115)	17(200)	F																
1	446	Yevheniya Chystyak MAXIMUS Madrid	36:51	3:21	4:41	7:19	9:02	11:11	12:42	15:04	20:24	22:47	24:51	27:56	29:26	30:30	32:59						
				3:21	1:20	2:38	1:43	2:09	1:31	2:22	5:20	2:23	2:04	3:05	1:30	1:04	2:29						
				34:17	35:30	36:28	36:51																
				1:18	1:13	0:58	0:23																
									8:28														
									*34														
2	339	Sofía Berenguer Sa COLIVENC Alicante	41:09	5:28	6:57	7:47	8:57	12:07	13:45	16:37	22:10	25:35	28:01	31:35	32:31	33:24	36:14						
				5:28	1:29	0:50	1:10	3:10	1:38	2:52	5:33	3:25	2:26	3:34	0:56	0:53	2:50						
				38:39	39:55	40:47	41:09																
				2:25	1:16	0:52	0:22																
3	923	Beatriz Moreira CPOC FPO	41:56	3:48	5:53	7:09	8:22	10:34	12:13	15:00	20:56	23:37	25:46	28:29	29:57	32:59	37:06						
				3:48	2:05	1:16	1:13	2:12	1:39	2:47	5:56	2:41	2:09	2:43	1:28	3:02	4:07						
				38:39	40:08	41:32	41:56																
				1:33	1:29	1:24	0:24																
4	430	Maria Prieto Del Ca COLMENAR Madrid	43:51	3:14	4:52	5:45	7:19	9:26	10:49	14:03	19:07	24:54	27:53	30:25	31:35	34:25	39:18						
				3:14	1:38	0:53	1:34	2:07	1:23	3:14	5:04	5:47	2:59	2:32	1:10	2:50	4:53						
				40:50	42:11	43:32	43:51																
				1:32	1:21	1:21	0:19																
5	217	Maria Soriano Rama VILLENAL-O Alicante	48:45	3:40	5:22	6:19	7:38	9:54	11:28	14:05	19:25	21:52	26:56	29:47	31:53	34:50	40:43						
				3:40	1:42	0:57	1:19	2:16	1:34	2:37	5:20	2:27	5:04	2:51	2:06	2:57	5:53						
				45:54	47:20	48:24	48:45																
				5:11	1:26	1:04	0:21																
6	1000	Ana Catarina Andra Ori-Estarr FPO	51:07	4:10	5:53	7:00	8:16	10:38	12:36	19:41	26:40	29:06	32:45	37:20	39:55	42:00	45:56						
				4:10	1:43	1:07	1:16	2:22	1:58	7:05	6:59	2:26	3:39	4:35	2:35	2:05	3:56						
				48:09	49:44	50:42	51:07																
				2:13	1:35	0:58	0:25																
7	953	Inês Alves GD4C FPO	52:50	4:44	6:46	7:52	9:30	12:15	14:37	18:31	26:44	30:39	33:56	39:04	41:03	42:05	47:30						
				4:44	2:02	1:06	1:38	2:45	2:22	3:54	8:13	3:55	3:17	5:08	1:59	1:02	5:25						
				49:35	51:20	52:21	52:50																
				2:05	1:45	1:01	0:29																
8	868	Filipa Rodrigues ADFA FPO	55:49	4:44	6:40	10:00	11:30	16:46	19:28	23:39	31:15	34:23	38:10	42:19	44:47	46:09	50:29						
				4:44	1:56	3:20	1:30	5:16	2:42	4:11	7:36	3:08	3:47	4:09	2:28	1:22	4:20						
				52:24	54:04	55:26	55:49																
				1:55	1:40	1:22	0:23																
9	941	Ana Anjos GafanhOri FPO	55:58	4:30	6:09	6:59	9:00	11:27	13:22	18:43	24:56	28:10	39:44	42:37	44:39	45:34	50:21						
				4:30	1:39	0:50	2:01	2:27	1:55	5:21	6:13	3:14	11:34	2:53	2:02	0:55	4:47						
				53:00	54:25	55:27	55:58																
				2:39	1:25	1:02	0:31																
									*34														
10	447	Elena Rojas Jiménez ALABARDA-O Madrid	56:00	4:38	6:50	7:44	8:54	11:44	14:07	23:04	30:29	35:17	38:06	41:28	43:09	46:24	50:27						
				4:38	2:12	0:54	1:10	2:50	2:23	8:57	7:25	4:48	2:49	3:22	1:41	3:15	4:03						
				52:54	54:27	55:36	56:00																
				2:27	1:33	1:09	0:24																
11	867	Catarina Reis ADFA FPO	1:01:41	4:30	6:10	7:05	8:42	12:51	14:49	18:39	26:00	32:26	36:02	41:50	48:25	50:53	54:33						
				4:30	1:40	0:55	1:37	4:09	1:58	3:50	7:21	6:26	3:36	5:48	6:35	2:28	3:40						
				56:54	58:36	1:01:16	1:01:41																
				2:21	1:42	2:40	0:25																
12	942	Sofia Anjos GafanhOri FPO	1:03:46	5:52	8:22	9:34	11:26	14:19	16:40	24:44	32:30	35:53	38:20	43:28	47:15	48:58	55:09						
				5:52	2:30	1:12	1:52	2:53	2:21	8:04	7:46	3:23	2:27	5:08	3:47	1:43	6:11						
				58:21	1:01:38	1:03:16	1:03:46																
				3:12	3:17	1:38	0:30																
13	390	Veronica Soriano G TOLEDO-O Toledo	1:05:59	4:01	5:45	6:39	8:47	22:47	24:10	28:46	35:07	38:03	42:05	51:15	52:23	53:52	1:01:08						
				4:01	1:44	0:54	2:08	14:00	1:23	4:36	6:21	2:56	4:02	9:10	1:08	1:29	7:16						
				1:03:09	1:04:39	1:05:35	1:05:59																
				2:01	1:30	0:56	0:24																

os	rsal	Nombre	Tiempo																		
<b>D-18A (16)</b>				<b>3,8 km 165 m</b>		<b>17 C</b>		<i>(cont.)</i>													
				1(42)	2(74)	3(35)	4(43)	5(81)	6(57)	7(107)	8(119)	9(48)	10(47)	11(70)	12(50)	13(87)	14(52)				
				15(71)	16(115)	17(200)	F														
<b>14</b>	<b>428</b>	<b>Victoria Marti Barcl</b>	<b>1:10:03</b>	4:41	7:53	9:05	11:14	15:23	17:53	22:20	32:26	36:54	44:06	48:51	54:32	57:59	1:03:22				
		<b>FUNDI-O Cádiz</b>		4:41	3:12	1:12	2:09	4:09	2:30	4:27	10:06	4:28	7:12	4:45	5:41	3:27	5:23				
				1:05:48	1:07:48	1:09:36	1:10:03														
				2:26	2:00	1:48	0:27														
<b>15</b>	<b>467</b>	<b>Alicia Marmol Garcí</b>	<b>1:15:11</b>	5:46	8:16	11:23	13:15	23:33	26:10	31:39	41:07	43:54	46:35	50:26	52:53	54:12	1:00:49				
		<b>ADOL Sevilla</b>		5:46	2:30	3:07	1:52	10:18	2:37	5:29	9:28	2:47	2:41	3:51	2:27	1:19	6:37				
				1:04:20	1:12:58	1:14:29	1:15:11		1:09:22												
				3:31	8:38	1:31	0:42		*200												
<b>29</b>		<b>Laura Trunas Villal</b>	<b>en tarj.</b>	-----	-----	-----	-----	-----	-----	-----	-----	17:18	-----	28:27	-----	30:49	-----				
		<b>Oros Barcelona</b>										17:18		11:09		2:22					
				35:03	-----	42:53	43:14		5:15	8:22	13:04	16:36	24:35	34:06	37:12	38:56	41:00				
				4:14		7:50	0:21		*113	*114	*116	*88	*67	*53	*124	*54	*55				
<b>D-20A (17)</b>				<b>4,4 km 200 m</b>		<b>21 C</b>															
				1(33)	2(42)	3(32)	4(43)	5(56)	6(57)	7(81)	8(37)	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)				
				15(50)	16(87)	17(85)	18(79)	19(88)	20(52)	21(200)	F										
<b>1</b>	<b>252</b>	<b>Carmen Patiño Déni</b>	<b>40:56</b>	<b>2:05</b>	<b>4:02</b>	<b>5:14</b>	<b>5:55</b>	<b>7:18</b>	<b>8:15</b>	<b>10:09</b>	<b>13:05</b>	<b>14:50</b>	<b>18:28</b>	<b>20:20</b>	<b>20:55</b>	<b>23:07</b>	<b>25:32</b>				
		<b>ESCONDITE- Madrid</b>		2:05	1:57	1:12	0:41	1:23	0:57	1:54	2:56	1:45	3:38	1:52	0:35	2:12	2:25				
				30:04	30:55	32:52	34:18	35:02	38:12	40:31	40:56										
				4:32	0:51	1:57	1:26	0:44	3:10	2:19	0:25										
<b>2</b>	<b>315</b>	<b>Yara Bores Escuder</b>	<b>44:52</b>	2:21	4:18	5:31	6:24	7:45	9:00	11:16	14:01	18:39	22:27	24:25	25:06	28:00	29:43				
		<b>ORCA Palencia</b>		2:21	1:57	1:13	0:53	1:21	1:15	2:16	2:45	4:38	3:48	1:58	0:41	2:54	1:43				
				32:04	33:08	34:53	36:19	37:12	41:35	44:27	44:52										
				2:21	1:04	1:45	1:26	0:53	4:23	2:52	0:25										
<b>3</b>	<b>884</b>	<b>Inês Gonçalves</b>	<b>48:55</b>	2:44	5:14	7:46	8:43	10:47	11:59	14:24	17:47	20:07	25:42	28:18	29:05	32:02	33:50				
		<b>CLAC FPO</b>		2:44	2:30	2:32	0:57	2:04	1:12	2:25	3:23	2:20	5:35	2:36	0:47	2:57	1:48				
				36:16	37:17	39:06	40:29	41:18	45:37	48:28	48:55										
				2:26	1:01	1:49	1:23	0:49	4:19	2:51	0:27			*119							
<b>4</b>	<b>409</b>	<b>María Illa Camps</b>	<b>49:05</b>	2:45	5:09	6:37	7:47	9:38	10:52	13:08	15:47	18:05	22:18	24:37	25:23	27:25	33:15				
		<b>COC Barcelona</b>		2:45	2:24	1:28	1:10	1:51	1:14	2:16	2:39	2:18	4:13	2:19	0:46	2:02	5:50				
				35:49	36:48	38:53	40:48	41:43	45:16	48:41	49:05										
				2:34	0:59	2:05	1:55	0:55	3:33	3:25	0:24										
<b>5</b>	<b>491</b>	<b>Elena Botica Artalej</b>	<b>51:33</b>	2:17	4:23	5:37	7:36	9:11	10:19	12:31	15:22	17:35	22:13	24:32	25:17	32:22	34:18				
		<b>TOLEDO-O Toledo</b>		2:17	2:06	1:14	1:59	1:35	1:08	2:12	2:51	2:13	4:38	2:19	0:45	7:05	1:56				
				36:51	38:48	41:43	43:50	44:40	48:15	51:06	51:33										
				2:33	1:57	2:55	2:07	0:50	3:35	2:51	0:27										
<b>6</b>	<b>432</b>	<b>Barbara González F</b>	<b>52:19</b>	2:29	4:57	6:35	7:31	9:19	10:47	13:48	16:50	19:34	24:25	27:09	28:00	30:33	33:08				
		<b>E D ALCON León</b>		2:29	2:28	1:38	0:56	1:48	1:28	3:01	3:02	2:44	4:51	2:44	0:51	2:33	2:35				
				36:15	37:48	39:47	41:54	43:52	47:56	51:52	52:19										
				3:07	1:33	1:59	2:07	1:58	4:04	3:56	0:27										
<b>7</b>	<b>439</b>	<b>Ana Camarasa Pérez</b>	<b>52:34</b>	2:41	5:30	8:46	9:26	12:28	14:03	16:52	20:10	22:38	26:58	29:27	30:11	33:02	35:18				
		<b>COLIVENC Alicante</b>		2:41	2:49	3:16	0:40	3:02	1:35	2:49	3:18	2:28	4:20	2:29	0:44	2:51	2:16				
				37:59	39:08	41:32	43:38	44:55	48:44	52:08	52:34										
				2:41	1:09	2:24	2:06	1:17	3:49	3:24	0:26										
<b>8</b>	<b>490</b>	<b>María Rodríguez Co</b>	<b>52:53</b>	2:26	5:46	7:18	8:06	9:42	11:54	14:17	17:24	20:48	25:26	28:10	29:10	31:32	34:18				
		<b>MANZANARES Ciuda</b>		2:26	3:20	1:32	0:48	1:36	2:12	2:23	3:07	3:24	4:38	2:44	1:00	2:22	2:46				
				37:01	38:21	40:40	42:40	44:37	48:52	52:29	52:53										
				2:43	1:20	2:19	2:00	1:57	4:15	3:37	0:24										



os	rsal	Nombre	Tiempo														
<b>D-21A (37)</b>				<b>3,8 km 165 m</b>		<b>17 C</b>		<i>(cont.)</i>									
				1(42)	2(74)	3(35)	4(43)	5(81)	6(57)	7(107)	8(119)	9(48)	10(47)	11(70)	12(50)	13(87)	14(52)
				15(71)	16(115)	17(200)	F										
3	10	Paula Gil De La Veg COMA Málaga	45:47	4:08	5:52	6:46	8:40	10:53	12:39	15:39	21:41	24:52	27:58	32:35	36:21	37:25	40:44
				4:08	1:44	0:54	1:54	2:13	1:46	3:00	6:02	3:11	3:06	4:37	3:46	1:04	3:19
				42:45	44:08	45:21	45:47										
				2:01	1:23	1:13	0:26										
4	333	Carolina Llop Calv ENTREBALIZ Madri	47:04	3:39	5:20	6:36	7:42	10:36	12:35	15:43	22:16	24:46	27:12	29:58	33:45	35:29	38:30
				3:39	1:41	1:16	1:06	2:54	1:59	3:08	6:33	2:30	2:26	2:46	3:47	1:44	3:01
				43:22	45:43	46:40	47:04										
				4:52	2:21	0:57	0:24										
5	167	Marta Pérez Fernán COV Valladolid	52:23	7:55	9:47	10:53	12:28	15:07	17:20	20:36	27:06	31:45	35:11	38:38	41:19	42:28	46:31
				7:55	1:52	1:06	1:35	2:39	2:13	3:16	6:30	4:39	3:26	3:27	2:41	1:09	4:03
				49:06	50:41	51:59	52:23										
				2:35	1:35	1:18	0:24										
6	125	Raquel Ana Campos T TRAGAME Madrid	53:20	4:12	5:49	7:01	9:53	13:16	15:22	19:34	28:11	31:38	34:45	39:35	42:05	43:11	46:58
				4:12	1:37	1:12	2:52	3:23	2:06	4:12	8:37	3:27	3:07	4:50	2:30	1:06	3:47
				49:46	51:39	52:55	53:20										
				2:48	1:53	1:16	0:25										
7	736	Carolina López Cha Club O-Cha FEMAD	54:11	5:38	7:11	8:18	9:35	11:55	14:21	18:54	24:38	31:29	37:19	42:18	43:17	44:48	48:57
				5:38	1:33	1:07	1:17	2:20	2:26	4:33	5:44	6:51	5:50	4:59	0:59	1:31	4:09
				51:13	52:45	53:47	54:11										
				2:16	1:32	1:02	0:24										
8	735	Ana Gracia Lazaro RUMBO MADR FEMA	55:21	6:14	8:11	9:27	11:01	13:19	15:26	19:37	26:30	29:41	34:03	38:13	40:27	43:52	48:51
				6:14	1:57	1:16	1:34	2:18	2:07	4:11	6:53	3:11	4:22	4:10	2:14	3:25	4:59
				51:39	53:21	54:55	55:21										
				2:48	1:42	1:34	0:26										
9	367	Carmen Castro Man CDP-O Valladolid	55:45	5:04	7:07	8:38	10:32	16:52	18:39	23:37	31:11	34:53	40:14	43:51	45:29	46:40	50:07
				5:04	2:03	1:31	1:54	6:20	1:47	4:58	7:34	3:42	5:21	3:37	1:38	1:11	3:27
				52:32	54:14	55:18	55:45										
				2:25	1:42	1:04	0:27										
10	365	Gloria Sanz Salama COV Valladolid	56:18	5:18	7:44	9:09	10:41	14:30	17:42	22:34	29:38	32:46	36:27	40:00	42:43	44:05	48:18
				5:18	2:26	1:25	1:32	3:49	3:12	4:52	7:04	3:08	3:41	3:33	2:43	1:22	4:13
				52:08	54:46	55:54	56:18										
				3:50	2:38	1:08	0:24										
11	114	Lidia Alonso Muñoz CODAN EXTR Badaj	57:36	4:59	9:15	10:09	11:42	14:45	17:05	22:35	29:42	35:21	39:36	43:53	45:38	46:59	52:09
				4:59	4:16	0:54	1:33	3:03	2:20	5:30	7:07	5:39	4:15	4:17	1:45	1:21	5:10
				54:30	55:58	57:12	57:36										
				2:21	1:28	1:14	0:24										
12	294	María Teresa Alba Is MONTE EL P Madrid	58:38	6:48	9:54	11:22	12:44	15:24	18:18	22:49	31:09	34:07	36:26	42:54	44:16	46:18	51:00
				6:48	3:06	1:28	1:22	2:40	2:54	4:31	8:20	2:58	2:19	6:28	1:22	2:02	4:42
				53:11	57:05	58:16	58:38										
				2:11	3:54	1:11	0:22										
13	472	Diana Pozuelo Carr ELERUT Cuenca	59:14	4:04	6:05	7:00	10:17	12:40	14:51	25:11	31:45	34:20	37:26	42:47	44:14	45:31	53:24
				4:04	2:01	0:55	3:17	2:23	2:11	10:20	6:34	2:35	3:06	5:21	1:27	1:17	7:53
				55:22	56:42	58:52	59:14										
				1:58	1:20	2:10	0:22										
14	332	Cristina Mayordom ENTREBALIZ Madri	59:44	4:42	6:46	12:39	14:05	16:53	18:49	22:23	32:07	36:18	38:56	42:31	44:13	46:49	50:44
				4:42	2:04	5:53	1:26	2:48	1:56	3:34	9:44	4:11	2:38	3:35	1:42	2:36	3:55
				56:08	57:46	59:14	59:44										
				5:24	1:38	1:28	0:30										



os	rsal	Nombre	Tiempo																		
<b>D-21A (37)</b>				<b>3,8 km 165 m</b>		<b>17 C</b>		<i>(cont.)</i>													
				1(42)	2(74)	3(35)	4(43)	5(81)	6(57)	7(107)	8(119)	9(48)	10(47)	11(70)	12(50)	13(87)	14(52)				
				15(71)	16(115)	17(200)	F														
27	360	Raquel García León VALENCIA-O Valenci	1:13:10	7:36	9:48	11:05	16:57	20:28	23:07	27:07	36:32	43:09	46:31	53:21	57:08	58:46	1:05:06				
				7:36	2:12	1:17	5:52	3:31	2:39	4:00	9:25	6:37	3:22	6:50	3:47	1:38	6:20				
				1:08:13	1:11:19	1:12:34	1:13:10														
				3:07	3:06	1:15	0:36														
28	383	Ana García Rivas COV Valladolid	1:17:19	6:44	10:01	11:54	13:51	17:19	20:43	24:55	35:27	39:01	46:45	51:59	57:46	59:22	1:09:12				
				6:44	3:17	1:53	1:57	3:28	3:24	4:12	10:32	3:34	7:44	5:14	5:47	1:36	9:50				
				1:13:15	1:15:43	1:16:55	1:17:19														
				4:03	2:28	1:12	0:24														
29	132	Iria Dopico Fernán TOLEDO-O Toledo	1:21:47	19:04	21:14	22:09	24:00	26:36	29:58	34:34	42:24	46:19	49:53	1:02:59	1:05:10	1:07:13	1:11:29				
				19:04	2:10	0:55	1:51	2:36	3:22	4:36	7:50	3:55	3:34	13:06	2:11	2:03	4:16				
				1:14:01	1:20:05	1:21:22	1:21:47														
				2:32	6:04	1:17	0:25														
30	1005	Ines Aires Ori-Estarr FPO	1:23:41	14:44	17:33	19:42	23:18	27:21	30:47	37:53	46:44	52:02	57:28	1:04:28	1:08:00	1:10:12	1:15:39				
				14:44	2:49	2:09	3:36	4:03	3:26	7:06	8:51	5:18	5:26	7:00	3:32	2:12	5:27				
				1:19:01	1:21:39	1:23:08	1:23:41														
				3:22	2:38	1:29	0:33														
31	738	Mª Victoria Santa Bá COLMENAR FEMAD	1:31:15	7:36	10:17	11:53	13:31	17:37	20:31	25:04	40:02	51:30	1:03:35	1:08:09	1:13:51	1:17:30	1:22:02				
				7:36	2:41	1:36	1:38	4:06	2:54	4:33	14:58	11:28	12:05	4:34	5:42	3:39	4:32				
				1:25:36	1:29:00	1:30:44	1:31:15														
				3:34	3:24	1:44	0:31														
32	733	Henar Silvestre RUMBO MADR FEMA	1:33:00	7:26	9:48	12:24	15:45	20:26	24:34	30:14	39:34	44:17	1:02:11	1:07:10	1:13:36	1:14:55	1:21:18				
				7:26	2:22	2:36	3:21	4:41	4:08	5:40	9:20	4:43	17:54	4:59	6:26	1:19	6:23				
				1:25:14	1:30:57	1:32:29	1:33:00														
				3:56	5:43	1:32	0:31														
33	504	Nekane Astigarraga COLMENAR Madrid	1:34:02	6:52	13:29	20:09	22:35	26:25	30:05	35:28	45:18	53:42	1:02:41	1:08:14	1:15:10	1:17:13	1:26:31				
				6:52	6:37	6:40	2:26	3:50	3:40	5:23	9:50	8:24	8:59	5:33	6:56	2:03	9:18				
				1:29:41	1:32:06	1:33:30	1:34:02														
				3:10	2:25	1:24	0:32														
34	734	Beatriz Bernardino RUMBO MADR FEMA	1:49:30	7:40	10:39	12:11	15:28	23:58	28:40	38:22	50:31	1:05:55	1:10:40	1:28:26	1:30:43	1:35:46	1:41:03				
				7:40	2:59	1:32	3:17	8:30	4:42	9:42	12:09	15:24	4:45	17:46	2:17	5:03	5:17				
				1:44:09	1:46:42	1:49:02	1:49:30														
				3:06	2:33	2:20	0:28														
35	345	María Martín Quesa COLMENAR Madrid	1:54:57	35:50	37:48	38:54	40:44	43:27	46:13	51:55	1:03:25	1:17:56	1:23:04	1:28:16	1:34:30	1:36:26	1:48:34				
				35:50	1:58	1:06	1:50	2:43	2:46	5:42	11:30	14:31	5:08	5:12	6:14	1:56	12:08				
				1:51:17	1:53:12	1:54:26	1:54:57														
				2:43	1:55	1:14	0:31														
238	Mónica Figueroa Le AROMON Pontevedr	en tarj.	-----	8:07	9:44	11:33	15:03	20:35	25:23	33:26	37:20	40:42	56:20	58:27	1:00:15	1:04:33					
				-----	8:07	1:37	1:49	3:30	5:32	4:48	8:03	3:54	3:22	15:38	2:07	1:48	4:18				
				1:07:39	1:09:30	1:10:58	1:11:29														
				3:06	1:51	1:28	0:31														
402	María Albaladejo Rí COLMENAR Madrid	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----					
				-----	-----	-----	2:00:55														
				-----	-----	-----	2:00:55														
<b>D-21B (25)</b>				<b>2,9 km 120 m</b>		<b>14 C</b>															
				1(113)	2(114)	3(116)	4(88)	5(48)	6(67)	7(70)	8(87)	9(53)	10(71)	11(124)	12(54)	13(55)	14(200)				
				F																	

os	rsal	Nombre	Tiempo																		
<b>D-21B (25)</b>				<b>2,9 km 120 m</b>		<b>14 C</b>		<i>(cont.)</i>													
			1(113) F	2(114)	3(116)	4(88)	5(48)	6(67)	7(70)	8(87)	9(53)	10(71)	11(124)	12(54)	13(55)	14(200)					
1	633	Maria Isabel Fajard SANT JOAN Alicante	53:10	7:08 7:08 53:10 0:23	11:11 4:03	13:55 2:44	17:38 3:43	18:47 1:09	23:19 4:32	28:55 5:36	34:17 5:22	39:23 5:06	42:39 3:16	45:55 3:16	48:28 2:33	50:34 2:06	52:47 2:13				
2	516	Victoria Guillén Vid UNIVERSIDA Alicant	53:26	3:37 3:37 53:26 0:26	7:25 3:48	15:06 7:41 6:40 *92	19:13 4:07	20:07 0:54	22:27 2:20	31:51 9:24	34:42 2:51	40:00 5:18	41:31 1:31	44:34 3:03	48:56 4:22	50:35 1:39	53:00 2:25				
3	71	Raquel Tudela Rom TOTANA-O Murcia	53:49	3:31 3:31 53:49 0:31	6:53 3:22	10:42 3:49	14:24 3:42	15:18 0:54	20:42 5:24	26:47 6:05	31:00 4:13	39:11 8:11	40:19 1:08	43:14 2:55	47:41 4:27	50:07 2:26	53:18 3:11				
4	580	Eva Suarez Zapico ASTUR EXTR Asturia	55:09	3:03 3:03 55:09 0:23	5:58 2:55	8:54 2:56	12:27 3:33	13:40 1:13	31:55 18:15	36:43 4:48	39:26 2:43	43:27 4:01	45:23 1:56	47:55 2:32	50:38 2:43	52:19 1:41	54:46 2:27				
5	574	Julia Soler Méndez LORCA-O Murcia	56:42	3:53 3:53 56:42 0:28	8:55 5:02	13:09 4:14	19:33 6:24	20:23 0:50	23:58 3:35	29:48 5:50	34:12 4:24	39:51 5:39	41:59 2:08	45:00 3:01	50:46 5:46	52:36 1:50	56:14 3:38				
6	289	Maite Torres Roman C.O.GUADAL Guada	59:11	3:28 3:28 59:11 0:27	6:44 3:16	13:07 6:23 8:33 *96	18:32 5:25 34:28 *50	19:42 1:10	26:49 7:07	32:11 5:22	39:07 6:56	45:35 6:28	47:54 2:19	51:11 3:17	53:57 2:46	56:13 2:16	58:44 2:31				
7	128	Natalia Nieto Camp O-CIUDAD R Ciuda	1:00:21	5:27 5:27 1:00:21 0:27	9:44 4:17	13:11 3:27	17:12 4:01	18:03 0:51	21:26 3:23	27:26 6:00	34:16 6:50	46:27 12:11	48:47 2:20	52:31 3:44	54:52 2:21	57:19 2:27	59:54 2:35				
8	555	Mari Cruz López De LORCA-O Murcia	1:00:27	11:29 11:29 1:00:27 0:26	15:10 3:41	18:47 3:37	22:57 4:10	24:02 1:05	28:19 4:17	33:37 5:18	39:05 5:28	46:01 6:56	47:39 1:38	52:30 4:51	54:36 2:06	56:39 2:03	1:00:01 3:22				
9	400	Cristina Sorolla Bal VALENCIA-O Valenci	1:01:37	3:27 3:27 1:01:37 0:26	12:49 9:22	15:58 3:09	20:12 4:14	21:27 1:15	27:49 6:22	33:15 5:26	42:45 9:30	47:29 4:44	50:33 3:04	53:27 2:54	56:41 3:14	58:56 2:15	1:01:11 2:15				
10	986	Susana Almeida Natura FPO	1:03:37	3:07 3:07 1:03:37 0:23	6:32 3:25	17:58 11:26	25:00 7:02	26:27 1:27	31:33 5:06	36:01 4:28	45:47 9:46	49:42 3:55	54:50 5:08	57:03 2:13	59:31 2:28	1:01:22 1:51	1:03:14 1:52				
11	51	Esther Muñoz Macia LORCA-O Murcia	1:04:33	6:55 6:55 1:04:33 0:30	13:19 6:24	16:27 3:08	19:59 3:32	21:37 1:38	24:42 3:05	38:16 13:34	42:03 3:47	48:58 6:55	50:41 1:43	55:34 4:53	58:12 2:38	1:00:24 2:12	1:04:03 3:39				
12	971	Alice Moreira Ginásio FPO	1:05:07	4:42 4:42 1:05:07 0:27	8:08 3:26	11:54 3:46	17:05 5:11	18:27 1:22	28:05 9:38	34:45 6:40	39:22 4:37	49:55 10:33	51:29 1:34	54:20 2:51	57:16 2:56	59:17 2:01	1:04:40 5:23				







os	rsal	Nombre	Tiempo															
<b>D-35A (29)</b>				<b>4,0 km 160 m</b>			<b>19 C</b>		<i>(cont.)</i>									
				1(73)	2(42)	3(32)	4(35)	5(36)	6(38)	7(107)	8(59)	9(77)	10(62)	11(82)	12(84)	13(69)	14(49)	
				15(70)	16(85)	17(54)	18(55)	19(200)	F									
11	220	Virginia Güell Rovir UEVIC Barcelona	59:32	4:19	6:16	8:07	11:04	13:46	17:57	19:37	21:20	26:38	34:08	37:51	39:01	44:07	46:19	
				4:19	1:57	1:51	2:57	2:42	4:11	1:40	1:43	5:18	7:30	3:43	1:10	5:06	2:12	
				48:11	50:05	54:47	56:36	59:05	59:32									
				1:52	1:54	4:42	1:49	2:29	0:27									
12	33	Meritxell Castro Mo Oros Barcelona	59:57	5:08	6:44	8:41	11:23	15:13	19:24	21:53	23:42	29:29	34:08	37:42	39:49	43:06	45:43	
				5:08	1:36	1:57	2:42	3:50	4:11	2:29	1:49	5:47	4:39	3:34	2:07	3:17	2:37	
				47:42	49:30	55:34	57:04	59:26	59:57									
				1:59	1:48	6:04	1:30	2:22	0:31									
13	373	Marian Roldan Pare COMA Málaga	1:00:02	3:55	4:51	6:27	8:46	12:46	19:06	20:25	21:58	27:16	33:32	36:16	37:26	42:54	45:33	
				3:55	0:56	1:36	2:19	4:00	6:20	1:19	1:33	5:18	6:16	2:44	1:10	5:28	2:39	
				47:10	48:54	54:04	57:22	59:39	1:00:02									
				1:37	1:44	5:10	3:18	2:17	0:23									
14	658	Fátima Pintado Cru CODAN EXTR Badaj	1:01:51	4:42	6:08	7:23	10:17	12:08	15:54	17:18	19:17	26:47	36:17	40:39	42:24	47:52	50:08	
				4:42	1:26	1:15	2:54	1:51	3:46	1:24	1:59	7:30	9:30	4:22	1:45	5:28	2:16	
				52:07	53:47	58:00	59:25	1:01:21	1:01:51									
				1:59	1:40	4:13	1:25	1:56	0:30									
15	511	Ana Belen Pérez Ri COLMENAR Madrid	1:02:03	6:07	7:21	9:24	11:42	13:25	17:22	19:38	21:14	26:21	34:27	37:07	38:13	43:24	45:29	
				6:07	1:14	2:03	2:18	1:43	3:57	2:16	1:36	5:07	8:06	2:40	1:06	5:11	2:05	
				47:17	53:04	57:31	59:26	1:01:37	1:02:03									
				1:48	5:47	4:27	1:55	2:11	0:26									
16	122	Araceli Abalde Vila TJALVE Burgos	1:02:19	3:54	5:36	7:19	9:58	14:36	17:49	19:30	20:49	26:16	29:58	35:19	35:46	41:11	44:19	
				3:54	1:42	1:43	2:39	4:38	3:13	1:41	1:19	5:27	3:42	5:21	0:27	5:25	3:08	
				45:22	47:42	51:40	59:52	1:01:54	1:02:19									
				1:03	2:20	3:58	8:12	2:02	0:25									
17	53	María José Romera LORCA-O Murcia	1:03:10	5:46	6:56	9:01	11:17	16:30	20:25	22:05	23:40	29:52	36:07	39:29	40:47	44:08	46:44	
				5:46	1:10	2:05	2:16	5:13	3:55	1:40	1:35	6:12	6:15	3:22	1:18	3:21	2:36	
				48:52	50:45	58:48	1:00:20	1:02:36	1:03:10									
				2:08	1:53	8:03	1:32	2:16	0:34									
18	974	Elisabete Dinis Ginásio FPO	1:03:28	4:37	5:46	8:14	13:07	15:01	18:41	20:59	22:58	29:51	36:30	40:29	41:27	45:37	48:48	
				4:37	1:09	2:28	4:53	1:54	3:40	2:18	1:59	6:53	6:39	3:59	0:58	4:10	3:11	
				51:49	53:54	58:32	1:00:46	1:02:58	1:03:28									
				3:01	2:05	4:38	2:14	2:12	0:30									
19	1019	Helena Sousa OriMarão FPO	1:05:17	5:09	6:28	12:14	14:05	21:34	24:43	26:05	27:52	32:55	39:32	41:51	42:47	46:10	48:24	
				5:09	1:19	5:46	1:51	7:29	3:09	1:22	1:47	5:03	6:37	2:19	0:56	3:23	2:14	
				49:52	51:25	56:50	58:29	1:04:50	1:05:17									
				1:28	1:33	5:25	1:39	6:21	0:27									
20	745	Andrea Viqueira COLMENAR FEMAD	1:05:41	4:17	5:45	7:29	10:11	14:11	17:43	19:35	21:43	27:04	32:25	35:04	37:19	42:16	45:02	
				4:17	1:28	1:44	2:42	4:00	3:32	1:52	2:08	5:21	5:21	2:39	2:15	4:57	2:46	
				47:12	49:39	54:10	1:02:31	1:05:15	1:05:41									
				2:10	2:27	4:31	8:21	2:44	0:26									
21	208	Mercedes Jiménez ALABARDA-O Madrid	1:09:13	4:32	5:43	7:21	9:38	11:26	15:07	18:24	20:43	26:22	34:06	36:41	37:50	45:26	50:09	
				4:32	1:11	1:38	2:17	1:48	3:41	3:17	2:19	5:39	7:44	2:35	1:09	7:36	4:43	
				51:49	58:55	1:03:36	1:05:10	1:08:47	1:09:13									
				1:40	7:06	4:41	1:34	3:37	0:26									
22	546	Maud Barthelemy COLMENAR Madrid	1:12:38	4:32	6:33	9:33	14:09	16:53	20:53	23:43	25:40	32:08	39:44	45:16	46:49	58:19	1:00:13	
				4:32	2:01	3:00	4:36	2:44	4:00	2:50	1:57	6:28	7:36	5:32	1:33	11:30	1:54	
				1:01:30	1:03:07	1:07:45	1:09:30	1:12:11	1:12:38									
				1:17	1:37	4:38	1:45	2:41	0:27									





os	rsal	Nombre	Tiempo														
<b>D-40 (30)</b>				<b>3,6 km 155 m</b>		<b>17 C</b>		<i>(cont.)</i>									
				1(106)	2(72)	3(31)	4(35)	5(34)	6(36)	7(38)	8(83)	9(84)	10(48)	11(47)	12(50)	13(51)	14(71)
				15(53)	16(116)	17(200)	F										
7	281	<b>Teresa Angeles Pére COMA Málaga</b>	<b>54:02</b>	2:37 2:37 49:43 1:30	4:16 1:39 50:46 1:03	6:15 1:59 53:31 2:45	9:19 3:04 54:02 0:31	10:34 1:15	12:04 1:30	16:05 4:01	21:47 5:42	25:21 3:34	28:09 2:48	35:12 7:03	38:35 3:23	41:24 2:49	48:13 6:49
8	74	<b>Joaquina Herrero V YECLA Murcia</b>	<b>55:07</b>	2:54 2:54 50:30 1:26	5:19 2:25 51:37 1:07	7:14 1:55 54:35 2:58	11:28 4:14 55:07 0:32	14:38 3:10	16:06 1:28	19:36 3:30	25:03 5:27	29:55 4:52	33:05 3:10	37:11 4:06	41:36 4:25	43:10 1:34	49:04 5:54
9	203	<b>Nuria Caus Pertega UNIVERSIDA Alicant</b>	<b>55:24</b>	<b>2:25</b> <b>2:25</b> 50:13 1:38	5:47 3:22 51:16 1:03	7:30 1:43 54:55 3:39	10:53 3:23 55:24 0:29	12:18 1:25	16:10 3:52	19:26 3:16	24:41 5:15	28:39 3:58	31:18 2:39	36:19 5:01	39:37 3:18	41:18 1:41	48:35 7:17
10	68	<b>Maria Romero Martí TOTANA-O Murcia</b>	<b>56:39</b>	5:57 5:57 51:30 2:30	7:55 1:58 53:06 1:36	10:06 2:11 56:10 3:04	13:31 3:25 56:39 0:29	14:46 1:15	16:22 1:36	20:17 3:55	26:24 6:07	30:03 3:39	33:18 3:15	37:52 4:34	43:07 5:15	45:06 1:59	49:00 3:54
11	377	<b>Noemí Calle Hoya RUMBO-MADR Madr</b>	<b>56:43</b>	3:44 3:44 52:31 1:33	5:30 1:46 53:54 1:23	8:16 2:46 56:13 2:19	11:19 3:03 56:43 0:30	13:03 1:44	16:29 3:26	20:13 3:44	26:59 6:46	32:22 5:23	35:17 2:55	39:05 3:48	42:43 3:38	46:30 3:47	50:58 4:28
12	960	<b>Alexandra Coelho GD4C FPO</b>	<b>56:47</b>	3:48 3:48 52:41 1:24	6:12 2:24 53:57 1:16	8:49 2:37 56:23 2:26	12:25 3:36 56:47 0:24	13:49 1:24	15:14 1:25	19:02 3:48	24:56 5:54	28:34 3:38	31:16 2:42	38:23 7:07	41:41 3:18	44:41 3:00	51:17 6:36
13	429	<b>Cristina Del Campo COLMENAR Madrid</b>	<b>56:57</b>	2:50 2:50 52:16 3:57	4:44 1:54 53:19 1:03	6:50 2:06 56:33 3:14	10:10 3:20 56:57 0:24	11:32 1:22	12:55 1:23	16:37 3:42	23:24 6:47	27:35 4:11	32:18 4:43	36:58 4:40	40:05 3:07	42:27 2:22	48:19 5:52
14	1010	<b>Ana Casal Ori-Estarr FPO</b>	<b>1:02:07</b>	2:27 2:27 58:19 5:13	4:19 1:52 59:13 <b>0:54</b>	13:45 9:26 1:01:44 2:31	17:43 3:58 1:02:07 <b>0:23</b>	18:54 <b>1:11</b>	20:06 <b>1:12</b>	23:12 <b>3:06</b>	33:23 10:11	36:52 3:29	40:51 3:59	43:17 <b>2:26</b>	46:09 2:52	48:04 1:55	53:06 5:02
15	314	<b>Lidia Barea Castaño COLIVENC Alicante</b>	<b>1:03:01</b>	3:23 3:23 58:02 1:37	9:14 5:51 1:00:00 1:58	11:38 2:24 1:02:27 2:27	15:40 4:02 1:03:01 0:34	17:23 1:43	19:18 1:55	23:13 3:55	30:42 7:29	34:40 3:58	38:19 3:39	42:38 4:19	48:44 6:06	51:13 2:29	56:25 5:12
16	344	<b>Mercedes García Ga COLMENAR Madrid</b>	<b>1:03:08</b>	2:44 2:44 58:01 1:28	4:46 2:02 59:09 1:08	6:59 2:13 1:02:36 3:27	11:31 4:32 1:03:08 0:32	13:29 1:58	15:02 1:33	20:33 5:31	30:49 10:16	35:29 4:40	39:23 3:54	43:04 3:41	47:09 4:05	49:35 2:26	56:33 6:58
17	272	<b>Maite Cobo Caballe NAVALCAN-O Toled</b>	<b>1:03:57</b>	2:29 2:29 58:11 1:46	11:20 8:51 1:01:14 3:03	13:08 1:48 1:03:26 2:12	16:13 3:05 1:03:57 0:31	17:51 1:38	19:26 1:35	23:33 4:07	31:06 7:33	35:28 4:22	38:18 2:50	41:43 3:25	50:01 8:18	51:56 1:55	56:25 4:29
18	257	<b>Maria Ángeles Sanc ESCONDITE- Madrid</b>	<b>1:10:11</b>	4:40 4:40 1:04:28 4:20	7:02 2:22 1:06:18 1:50	9:49 2:47 1:09:43 3:25	13:05 3:16 1:10:11 0:28	15:28 2:23	17:04 1:36	20:58 3:54	26:58 6:00	32:02 5:04	35:02 3:00	49:09 14:07	52:13 3:04	55:37 3:24	1:00:08 4:31



os	rsal	Nombre	Tiempo															
D-45 (19)				3,1 km			140 m											16 C
				1(111)	2(73)	3(110)	4(74)	5(56)	6(38)	7(83)	8(119)	9(84)	10(48)	11(88)	12(79)	13(52)	14(116)	
				15(115)	16(200)	F												
1	7	Marilo Lahoz Ruan ADOL Sevilla	41:18	3:06	4:37	6:43	7:54	9:59	14:43	20:06	22:39	23:51	29:54	31:31	32:43	36:56	38:23	
				3:06	1:31	2:06	1:11	2:05	4:44	5:23	2:33	1:12	6:03	1:37	1:12	4:13	1:27	
				39:16	40:45	41:18												
				0:53	1:29	0:33												
2	85	Antonia Sánchez Ma COLIVENC Alicante	42:05	8:03	9:18	11:40	13:08	14:47	18:56	23:43	25:37	26:48	29:37	30:44	32:54	38:06	39:21	
				8:03	1:15	2:22	1:28	1:39	4:09	4:47	1:54	1:11	2:49	1:07	2:10	5:12	1:15	
				40:07	41:41	42:05												
				0:46	1:34	0:24												
3	264	Silvia Saoner Aréval IMPERDIBLE Madri	42:10	3:29	5:07	7:51	9:13	11:34	15:28	22:42	24:53	28:29	31:16	32:33	33:57	38:08	39:43	
				3:29	1:38	2:44	1:22	2:21	3:54	7:14	2:11	3:36	2:47	1:17	1:24	4:11	1:35	
				40:28	41:49	42:10												
				0:45	1:21	0:21												
4	14	Rosa Bella Rubia L LOS CALIFA Córdoba	45:42	3:18	5:31	7:56	9:34	12:55	19:09	26:20	28:37	30:14	33:23	34:43	36:22	40:43	42:25	
				3:18	2:13	2:25	1:38	3:21	6:14	7:11	2:17	1:37	3:09	1:20	1:39	4:21	1:42	
				43:35	45:08	45:42												
				1:10	1:33	0:34												
5	52	Amor Murcia Martín LORCA-O Murcia	47:57	3:33	5:38	11:56	14:34	16:40	20:36	26:23	28:56	31:01	34:02	35:47	37:17	41:42	43:14	
				3:33	2:05	6:18	2:38	2:06	3:56	5:47	2:33	2:05	3:01	1:45	1:30	4:25	1:32	
				44:46	47:29	47:57												
				1:32	2:43	0:28												
6	20	Raquel Roig Domín PILOÑA DEP Asturia	49:26	3:25	5:21	8:28	11:53	14:41	19:19	25:43	28:01	30:57	34:08	36:02	37:45	43:46	45:33	
				3:25	1:56	3:07	3:25	2:48	4:38	6:24	2:18	2:56	3:11	1:54	1:43	6:01	1:47	
				46:25	48:56	49:26												
				0:52	2:31	0:30												
7	1011	Carmo Silva Ori-Estarr FPO	51:59	6:59	8:26	10:24	12:36	14:54	19:29	31:17	33:35	35:22	38:23	40:56	41:55	47:40	49:41	
				6:59	1:27	1:58	2:12	2:18	4:35	11:48	2:18	1:47	3:01	2:33	0:59	5:45	2:01	
				50:25	51:31	51:59												
				0:44	1:06	0:28												
8	1033	Luísa Mateus COC FPO	52:25	8:19	9:57	15:51	17:13	18:59	25:49	32:05	34:25	35:37	38:59	41:15	42:50	47:00	49:29	
				8:19	1:38	5:54	1:22	1:46	6:50	6:16	2:20	1:12	3:22	2:16	1:35	4:10	2:29	
				50:22	51:51	52:25												
				0:53	1:29	0:34												
9	354	Maribel Barriguete ADOL Sevilla	53:01	3:35	5:55	9:12	10:57	13:44	19:50	27:59	31:18	33:18	37:28	39:44	41:31	47:31	50:08	
				3:35	2:20	3:17	1:45	2:47	6:06	8:09	3:19	2:00	4:10	2:16	1:47	6:00	2:37	
				51:00	52:31	53:01												
				0:52	1:31	0:30												
10	87	Amparo Ferrer Rodr CORRECAMIN Valen	57:34	3:21	5:13	12:11	18:45	20:26	25:46	33:20	35:36	37:36	40:50	42:30	47:52	53:11	54:50	
				3:21	1:52	6:58	6:34	1:41	5:20	7:34	2:16	2:00	3:14	1:40	5:22	5:19	1:39	
				55:36	57:00	57:34												
				0:46	1:24	0:34												
11	59	Cati Viudez De Har MURCIA-O Murcia	1:00:54	3:50	6:50	10:39	15:18	22:29	26:48	35:19	37:49	39:04	42:06	43:42	46:32	54:07	56:39	
				3:50	3:00	3:49	4:39	7:11	4:19	8:31	2:30	1:15	3:02	1:36	2:50	7:35	2:32	
				58:27	1:00:16	1:00:54												
				1:48	1:49	0:38												
12	750	Pilar Miguel Pagaza COTA FEMADO	1:02:39	4:28	8:17	11:35	14:09	17:02	22:20	29:31	32:40	34:50	40:59	42:44	46:43	55:32	58:11	
				4:28	3:49	3:18	2:34	2:53	5:18	7:11	3:09	2:10	6:09	1:45	3:59	8:49	2:39	
				59:32	1:01:57	1:02:39												
				1:21	2:25	0:42												
13	187	Marta Armisén Saen O-GETAFFE Madrid	1:02:45	4:11	6:55	10:03	11:50	17:29	22:06	30:38	35:55	41:07	45:45	47:50	50:02	56:28	58:39	
				4:11	2:44	3:08	1:47	5:39	4:37	8:32	5:17	5:12	4:38	2:05	2:12	6:26	2:11	
				1:00:09	1:02:10	1:02:45												
				1:30	2:01	0:35												

os	rsal	Nombre	Tiempo																		
<b>D-45 (19)</b>				<b>3,1 km 140 m</b>		<b>16 C</b>		<i>(cont.)</i>													
				1(111)	2(73)	3(110)	4(74)	5(56)	6(38)	7(83)	8(119)	9(84)	10(48)	11(88)	12(79)	13(52)	14(116)				
				15(115)	16(200)	F															
14	293	Lucía Cánovas Andr MONTE EL P Madrid	1:07:37	7:45	11:03	14:37	16:10	23:57	29:31	43:36	48:02	49:21	53:59	56:05	57:39	1:02:27	1:04:24				
				7:45	3:18	3:34	1:33	7:47	5:34	14:05	4:26	1:19	4:38	2:06	1:34	4:48	1:57				
				1:05:26	1:07:02	1:07:37															
				1:02	1:36	0:35															
15	382	Elisa Belinchón Mar O-GETAFFE Madrid	1:10:33	4:47	6:43	13:08	15:13	17:55	31:39	40:14	45:30	48:29	52:05	54:15	56:08	1:03:54	1:07:26				
				4:47	1:56	6:25	2:05	2:42	13:44	8:35	5:16	2:59	3:36	2:10	1:53	7:46	3:32				
				1:08:20	1:10:07	1:10:33															
				0:54	1:47	0:26															
16	466	Maria Del Mar Ferna ADOL Sevilla	1:11:04	4:30	17:15	22:51	25:23	28:50	36:29	43:16	45:57	50:57	55:58	1:01:40	1:02:55	1:07:04	1:08:44				
				4:30	12:45	5:36	2:32	3:27	7:39	6:47	2:41	5:00	5:01	5:42	1:15	<b>4:09</b>	1:40				
				1:09:18	1:10:41	1:11:04															
				<b>0:34</b>	1:23	0:23															
17	32	Rosa Maria Casellas GO-XTREM Girona	1:31:07	3:28	5:17	17:18	27:17	29:11	51:33	1:00:30	1:05:43	1:07:11	1:11:01	1:12:49	1:15:18	1:21:13	1:23:16				
				3:28	1:49	12:01	9:59	1:54	22:22	8:57	5:13	1:28	3:50	1:48	2:29	5:55	2:03				
				1:27:57	1:30:00	1:31:07															
				4:41	2:03	1:07															
18	249	Maria Dolores Alons VIA PLATA Cáceres	2:03:24	3:42	5:58	21:09	22:35	26:02	45:50	1:02:54	1:05:21	1:06:52	1:10:25	1:11:58	1:13:27	1:58:22	2:00:14				
				3:42	2:16	15:11	1:26	3:27	19:48	17:04	2:27	1:31	3:33	1:33	1:29	44:55	1:52				
				2:01:03	2:02:47	2:03:24		1:51:55													
				0:49	1:44	0:37		*116													
1012		Maria Silva Ori-Estarr FPO	en tarj.	13:51	16:01	18:55	20:43	23:28	28:08	35:32	----	39:41	48:59	50:41	52:15	1:16:53	1:19:20				
				13:51	2:10	2:54	1:48	2:45	4:40	7:24		4:09	9:18	1:42	1:34	24:38	2:27				
				1:20:25	1:22:17	1:22:53															
				1:05	1:52	0:36															
<b>D-50 (16)</b>				<b>2,5 km 110 m</b>		<b>13 C</b>															
				1(117)	2(113)	3(114)	4(95)	5(88)	6(69)	7(70)	8(85)	9(109)	10(125)	11(115)	12(94)	13(200)	F				
1	481	Judy Barclay FUNDI-O Cádiz	39:27	3:01	5:20	<b>9:17</b>	<b>11:44</b>	<b>15:32</b>	18:26	22:31	<b>25:05</b>	<b>31:18</b>	<b>33:01</b>	<b>34:42</b>	<b>37:12</b>	<b>38:54</b>	<b>39:27</b>				
				3:01	2:19	3:57	2:27	<b>3:48</b>	2:54	4:05	2:34	6:13	<b>1:43</b>	1:41	2:30	1:42	0:33				
2	255	Alfonsa Corrochano MANZANARES Ciuda	41:24	2:50	<b>4:59</b>	9:29	12:02	16:20	<b>18:18</b>	<b>22:25</b>	26:53	32:48	35:45	37:23	39:20	40:53	41:24				
				2:50	2:09	4:30	2:33	4:18	<b>1:58</b>	4:07	4:28	5:55	2:57	1:38	1:57	1:33	0:31				
3	124	Rosa María Pernas USC La Coruña	44:45	<b>2:29</b>	5:38	10:03	12:57	18:07	21:11	25:10	29:51	37:18	39:18	40:44	42:49	44:11	44:45				
				<b>2:29</b>	3:09	4:25	2:54	5:10	3:04	3:59	4:41	7:27	2:00	1:26	2:05	1:22	0:34				
4	602	Kay Seward RUMBO-MADR Madr	48:09	8:51	10:56	16:37	18:59	26:27	28:49	32:58	35:10	40:06	42:07	43:25	46:16	47:35	48:09				
				8:51	<b>2:05</b>	5:41	2:22	7:28	2:22	4:09	<b>2:12</b>	4:56	2:01	1:18	2:51	<b>1:19</b>	0:34				
5	950	Assunção Almeida GafanhOri FPO	51:52	3:12	6:31	10:22	13:10	17:41	29:39	37:40	40:27	44:43	46:59	48:15	49:58	51:24	51:52				
				3:12	3:19	3:51	2:48	4:31	11:58	8:01	2:47	<b>4:16</b>	2:16	<b>1:16</b>	<b>1:43</b>	1:26	<b>0:28</b>				
					23:05	25:03															
					*49	*79															
6	320	Margarita Balboa B USC La Coruña	59:06	5:23	7:43	12:23	20:22	33:11	35:26	38:48	42:15	48:37	52:17	54:23	57:06	58:33	59:06				
				5:23	2:20	4:40	7:59	12:49	2:15	<b>3:22</b>	3:27	6:22	3:40	2:06	2:43	1:27	0:33				
7	886	Amália Gonçalves CLAC FPO	1:05:05	4:14	8:41	13:17	16:33	25:53	34:49	40:53	44:53	53:41	56:20	58:51	1:02:37	1:04:19	1:05:05				
				4:14	4:27	4:36	3:16	9:20	8:56	6:04	4:00	8:48	2:39	2:31	3:46	1:42	0:46				
8	340	Ángeles Ruiz Menac O-SAN ROQU Cádiz	1:05:14	5:14	9:22	14:06	18:35	23:24	28:44	33:46	42:17	50:31	54:00	57:26	1:02:38	1:04:32	1:05:14				
				5:14	4:08	4:44	4:29	4:49	5:20	5:02	8:31	8:14	3:29	3:26	5:12	1:54	0:42				
9	83	Amparo Brotons Sa COLIVENC Alicante	1:12:34	5:44	8:10	11:51	15:02	27:58	30:56	52:06	55:39	1:03:14	1:05:29	1:07:57	1:10:37	1:12:04	1:12:34				
				5:44	2:26	<b>3:41</b>	3:11	12:56	2:58	21:10	3:33	7:35	2:15	2:28	2:40	1:27	0:30				
10	376	Alicia Berrocal Pari COLMENAR Madrid	1:17:00	3:33	6:48	10:43	18:07	25:25	29:44	33:39	37:28	1:04:41	1:08:39	1:10:21	1:14:16	1:16:22	1:17:00				
				3:33	3:15	3:55	7:24	7:18	4:19	3:55	3:49	27:13	3:58	1:42	3:55	2:06	0:38				



os	rsal	Nombre	Tiempo														F
<b>D-50 (16)</b>				<b>2,5 km 110 m</b>			<b>13 C</b>			<i>(cont.)</i>							
				1(117)	2(113)	3(114)	4(95)	5(88)	6(69)	7(70)	8(85)	9(109)	10(125)	11(115)	12(94)	13(200)	
11	512	Nieves Serrano Alco COLMENAR Madrid	1:29:37	7:42	19:22	26:26	28:34	35:07	46:15	50:34	1:03:41	1:19:30	1:22:14	1:24:04	1:27:11	1:28:59	1:29:37
				7:42	11:40	7:04	2:08	6:33	11:08	4:19	13:07	15:49	2:44	1:50	3:07	1:48	0:38
12	644	Olivia Plaza Plaza CDP-O Valladolid	1:35:42	4:12	8:24	18:22	38:16	52:16	1:00:18	1:06:32	1:13:44	1:23:21	1:25:41	1:29:09	1:32:55	1:34:35	1:35:42
				4:12	4:12	9:58	19:54	14:00	8:02	6:14	7:12	9:37	2:20	3:28	3:46	1:40	1:07
13	148	Mª Concepción Cas O-GETAFA Madrid	1:37:48	16:39	27:49	33:28	48:39	55:02	1:03:38	1:12:40	1:18:19	1:26:38	1:29:41	1:31:54	1:34:54	1:36:48	1:37:48
				16:39	11:10	5:39	15:11	6:23	8:36	9:02	5:39	8:19	3:03	2:13	3:00	1:54	1:00
					3:01												
					*112												
14	620	Mª Del Rosario Guti CDP-O Valladolid	1:44:30	4:31	9:25	18:07	22:39	49:20	53:25	1:06:50	1:11:26	1:21:35	1:28:25	1:33:41	1:38:54	1:43:27	1:44:30
				4:31	4:54	8:42	4:32	26:41	4:05	13:25	4:36	10:09	6:50	5:16	5:13	4:33	1:03
	113	Lali Fernández Fer COBI Vizcaya	en tarj.	2:51	6:09	10:00	13:55	20:52	23:50	-----	33:07	40:28	42:28	44:19	51:46	52:55	53:29
				2:51	3:18	3:51	3:55	6:57	2:58		9:17	7:21	2:00	1:51	7:27	1:09	0:34
	505	María Sol Berrocal COLMENAR Madrid	en tarj.	3:33	8:59	23:59	25:58	-----	-----	54:24	-----	-----	-----	1:10:21	1:13:53	1:20:36	1:21:13
				3:33	5:26	15:00	1:59			28:26				15:57	3:32	6:43	0:37
<b>D-55 (11)</b>				<b>2,1 km 100 m</b>			<b>11 C</b>										F
				1(112)	2(113)	3(114)	4(116)	5(87)	6(70)	7(49)	8(85)	9(115)	10(94)	11(200)			
1	963	Margarida Rocha GD4C FPO	47:55	4:02	<b>6:43</b>	11:53	18:34	<b>26:35</b>	33:14	<b>35:13</b>	<b>38:17</b>	<b>42:48</b>	<b>45:39</b>	<b>47:17</b>	<b>47:55</b>		
				4:02	<b>2:41</b>	5:10	6:41	<b>8:01</b>	6:39	1:59	<b>3:04</b>	4:31	2:51	1:38	0:38		
2	15	Encarnación Cardo VELETA Granada	50:46	3:24	7:25	12:16	17:28	26:59	<b>31:56</b>	36:15	40:19	45:58	48:19	50:07	50:46		
				3:24	4:01	4:51	5:12	9:31	4:57	4:19	4:04	5:39	2:21	1:48	0:39		
3	90	Piedad Pastor Sànc SANT JOAN Alicante	56:44	4:36	8:04	13:05	18:31	33:08	38:14	42:18	46:14	51:49	54:13	56:01	56:44		
				4:36	3:28	5:01	5:26	14:37	5:06	4:04	3:56	5:35	2:24	1:48	0:43		
4	937	Fernanda Ferreira DA Recardã FPO	59:53	<b>3:09</b>	8:10	<b>11:26</b>	<b>14:11</b>	27:37	40:09	41:46	50:50	54:46	57:36	59:19	59:53		
				<b>3:09</b>	5:01	<b>3:16</b>	<b>2:45</b>	13:26	12:32	<b>1:37</b>	9:04	<b>3:56</b>	2:50	1:43	<b>0:34</b>		
5	94	Carmen Perona Mor VALENCIA-O Valenci	1:00:39	3:32	7:33	18:20	22:33	30:51	40:44	43:36	47:29	56:18	58:27	1:00:01	1:00:39		
				3:32	4:01	10:47	4:13	8:18	9:53	2:52	3:53	8:49	<b>2:09</b>	<b>1:34</b>	0:38		
6	84	Paqui Camus Estev COLIVENC Alicante	1:06:00	4:21	8:36	15:16	22:51	33:37	36:19	39:26	52:50	1:00:56	1:03:38	1:05:25	1:06:00		
				4:21	4:15	6:40	7:35	10:46	2:42	3:07	13:24	8:06	2:42	1:47	0:35		
7	667	Amalia Galdón Delg CCVALENCIA Valen	1:20:07	5:39	10:50	26:40	33:41	44:42	47:22	50:34	1:03:53	1:13:06	1:17:32	1:19:33	1:20:07		
				5:39	5:11	15:50	7:01	11:01	<b>2:40</b>	3:12	13:19	9:13	4:26	2:01	<b>0:34</b>		
8	301	Ada Gil Poveda COLIVENC Alicante	1:25:01	9:55	15:28	23:14	31:49	43:47	52:05	59:34	1:05:04	1:14:03	1:21:50	1:23:50	1:25:01		
				9:55	5:33	7:46	8:35	11:58	8:18	7:29	5:30	8:59	7:47	2:00	1:11		
9	72	Conchi Velasco Lea TOTANA-O Murcia	1:26:05	3:50	7:23	13:44	22:29	53:03	1:02:21	1:05:42	1:12:21	1:19:59	1:23:15	1:25:07	1:26:05		
				3:50	3:33	6:21	8:45	30:34	9:18	3:21	6:39	7:38	3:16	1:52	0:58		
10	27	Teresa Gri Espinag COC Barcelona	1:29:39	7:40	14:03	22:17	27:45	55:52	1:00:51	1:04:10	1:09:15	1:17:29	1:26:28	1:28:29	1:29:39		
				7:40	6:23	8:14	5:28	28:07	4:59	3:19	5:05	8:14	8:59	2:01	1:10		
11	595	Mari Luz Rodríguez ALABARDA-O Madrid	1:35:04	13:14	16:25	22:50	31:31	1:02:06	1:11:10	1:14:46	1:21:19	1:28:55	1:32:17	1:34:02	1:35:04		
				13:14	3:11	6:25	8:41	30:35	9:04	3:36	6:33	7:36	3:22	1:45	1:02		
<b>D-E (14)</b>				<b>4,4 km 200 m</b>			<b>21 C</b>										
				1(33)	2(42)	3(32)	4(43)	5(56)	6(57)	7(81)	8(37)	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)
				15(50)	16(87)	17(85)	18(79)	19(88)	20(52)	21(200)	F						
1	926	Mariana Moreira CPOC FPO	37:57	2:09	4:07	5:21	6:00	7:16	<b>8:22</b>	<b>10:06</b>	<b>12:40</b>	<b>14:35</b>	18:07	<b>19:44</b>	<b>20:28</b>	22:47	<b>24:54</b>
				2:09	1:58	1:14	0:39	1:16	1:06	1:44	2:34	1:55	3:32	<b>1:37</b>	0:44	2:19	2:07
				27:21	28:21	<b>30:01</b>	<b>31:28</b>	<b>32:20</b>	<b>35:07</b>	<b>37:33</b>	<b>37:57</b>						
				2:27	1:00	1:40	1:27	0:52	2:47	2:26	0:24						

os	rsal	Nombre	Tiempo														
<b>D-E (14)</b>				<b>4,4 km 200 m</b>		<b>21 C</b>		<i>(cont.)</i>									
				1(33)	2(42)	3(32)	4(43)	5(56)	6(57)	7(81)	8(37)	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)
				15(50)	16(87)	17(85)	18(79)	19(88)	20(52)	21(200)	F						
2	967	Stepanka Betkova Ginásio FPO	39:22	2:46	4:42	5:54	6:42	7:58	8:53	10:30	13:03	14:57	18:22	20:18	21:09	22:48	25:01
				2:46	1:56	1:12	0:48	1:16	<b>0:55</b>	<b>1:37</b>	<b>2:33</b>	1:54	3:25	1:56	0:51	<b>1:39</b>	2:13
				<b>27:19</b>	<b>28:19</b>	30:46	32:03	33:41	36:20	38:56	39:22						
				2:18	1:00	2:27	<b>1:17</b>	1:38	<b>2:39</b>	2:36	0:26						
3	927	Vera Alvarez CPOC FPO	41:05	2:09	4:10	5:20	6:01	7:33	8:31	10:17	12:54	14:46	18:27	20:26	21:03	23:00	25:37
				2:09	2:01	<b>1:10</b>	0:41	1:32	0:58	1:46	2:37	1:52	3:41	1:59	0:37	1:57	2:37
				27:56	30:37	32:41	34:26	35:09	38:14	40:40	41:05						
				2:19	2:41	2:04	1:45	<b>0:43</b>	3:05	2:26	0:25						
4	86	Alicia Gil Sánchez COLIVENC Alicante	42:24	<b>2:06</b>	<b>4:00</b>	<b>5:16</b>	<b>5:58</b>	<b>7:11</b>	8:24	10:12	13:08	14:47	<b>18:04</b>	19:59	20:33	<b>22:28</b>	26:18
				<b>2:06</b>	<b>1:54</b>	1:16	0:42	<b>1:13</b>	1:13	1:48	2:56	<b>1:39</b>	<b>3:17</b>	1:55	<b>0:34</b>	1:55	3:50
				28:20	31:22	32:54	34:51	35:41	39:37	42:01	42:24						
				<b>2:02</b>	3:02	<b>1:32</b>	1:57	0:50	3:56	<b>2:24</b>	<b>0:23</b>						
5	223	Eva Maria Garrido H MANZANARES Ciuda	48:28	2:50	5:00	6:14	7:00	9:08	10:50	13:27	16:48	18:56	23:14	25:29	26:32	29:16	32:13
				2:50	2:10	1:14	0:46	2:08	1:42	2:37	3:21	2:08	4:18	2:15	1:03	2:44	2:57
				35:30	36:42	38:54	40:41	41:38	44:47	48:05	48:28						
				3:17	1:12	2:12	1:47	0:57	3:09	3:18	<b>0:23</b>						
6	316	Rocío Alarcón Ques LOS CALIFA Córdoba	49:12	2:30	7:44	9:10	9:58	11:36	12:45	14:58	17:41	19:58	24:17	26:43	27:26	29:36	31:34
				2:30	5:14	1:26	0:48	1:38	1:09	2:13	2:43	2:17	4:19	2:26	0:43	2:10	<b>1:58</b>
				34:00	35:04	37:44	39:25	40:45	44:41	48:41	49:12						
				2:26	1:04	2:40	1:41	1:20	3:56	4:00	0:31						
7	307	Berta Meseguer Fla UEVIC Barcelona	50:08	2:31	5:36	7:01	7:52	10:17	11:40	14:02	17:30	20:29	24:37	27:00	27:51	30:57	33:04
				2:31	3:05	1:25	0:51	2:25	1:23	2:22	3:28	2:59	4:08	2:23	0:51	3:06	2:07
				36:03	37:02	38:57	40:45	41:35	45:53	49:40	50:08						
				2:59	0:59	1:55	1:48	0:50	4:18	3:47	0:28						
8	956	Liliana Oliveira GD4C FPO	52:40	2:46	5:32	7:01	7:53	9:35	11:08	13:34	18:05	21:13	25:54	29:08	30:06	33:03	35:32
				2:46	2:46	1:29	0:52	1:42	1:33	2:26	4:31	3:08	4:41	3:14	0:58	2:57	2:29
				38:03	39:10	41:34	43:28	44:59	48:39	52:09	52:40						
				2:31	1:07	2:24	1:54	1:31	3:40	3:30	0:31						
9	908	Magalie Mendes COC FPO	53:08	2:23	7:48	10:10	10:47	12:23	13:25	16:00	18:42	20:57	25:48	27:45	28:23	30:24	33:30
				2:23	5:25	2:22	0:37	1:36	1:02	2:35	2:42	2:15	4:51	1:57	0:38	2:01	3:06
				36:12	37:14	42:50	44:08	45:05	49:01	52:40	53:08						
				2:42	1:02	5:36	1:18	0:57	3:56	3:39	0:28						
10	21	Consolación Dobra POSEIDÓN Sevilla	53:57	3:23	6:08	8:05	9:02	11:09	12:35	15:39	20:00	22:39	27:44	30:27	31:19	33:42	36:02
				3:23	2:45	1:57	0:57	2:07	1:26	3:04	4:21	2:39	5:05	2:43	0:52	2:23	2:20
				39:06	41:04	43:08	44:47	45:44	49:43	53:12	53:57						
				3:04	1:58	2:04	1:39	0:57	3:59	3:29	0:45						
11	907	Adelindina Lopes COC FPO	56:14	2:48	5:10	8:02	8:38	10:24	11:35	13:55	18:47	21:04	25:11	28:38	30:38	32:48	35:15
				2:48	2:22	2:52	<b>0:36</b>	1:46	1:11	2:20	4:52	2:17	4:07	3:27	2:00	2:10	2:27
				37:38	38:31	40:11	42:32	47:37	51:31	55:50	56:14						
				2:23	<b>0:53</b>	1:40	2:21	5:05	3:54	4:19	0:24						
12	945	Inês Pinto GafanhOri FPO	56:27	2:26	4:48	6:37	7:30	9:22	10:37	13:45	16:41	19:18	24:28	27:02	28:03	30:12	37:38
				2:26	2:22	1:49	0:53	1:52	1:15	3:08	2:56	2:37	5:10	2:34	1:01	2:09	7:26
				40:45	43:40	45:59	48:01	49:09	52:43	56:03	56:27						
				3:07	2:55	2:19	2:02	1:08	3:34	3:20	0:24						
13	48	Laura López García LORCA-O Murcia	1:00:02	2:33	5:00	6:28	7:22	9:11	12:55	15:33	18:54	21:29	26:16	28:36	29:32	32:31	35:49
				2:33	2:27	1:28	0:54	1:49	3:44	2:38	3:21	2:35	4:47	2:20	0:56	2:59	3:18
				39:43	43:21	45:46	47:58	49:49	54:51	59:35	1:00:02						
				3:54	3:38	2:25	2:12	1:51	5:02	4:44	0:27						

os	rsal	Nombre	Tiempo														
<b>D-E (14)</b>			<b>4,4 km 200 m 21 C</b>							<i>(cont.)</i>							
			1(33) 15(50)	2(42) 16(87)	3(32) 17(85)	4(43) 18(79)	5(56) 19(88)	6(57) 20(52)	7(81) 21(200)	8(37) F	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)	
14	284	<b>María Paloma Fonta</b> <b>LOS CALIFA Córdoba</b>	1:13:44	2:45	5:17	7:33	8:46	10:45	11:52	14:21	24:30	27:22	32:19	34:56	35:50	38:12	52:22
				2:45	2:32	2:16	1:13	1:59	1:07	2:29	10:09	2:52	4:57	2:37	0:54	2:22	14:10
				55:39	57:04	1:00:05	1:02:56	1:05:25	1:09:28	1:13:10	1:13:44						
				3:17	1:25	3:01	2:51	2:29	4:03	3:42	0:34						
<b>H-12 (22)</b>			<b>1,9 km 70 m 11 C</b>							F							
			1(93)	2(90)	3(91)	4(92)	5(94)	6(95)	7(96)	8(97)	9(125)	10(126)	11(200)				
1	1017	<b>Tomas Lima</b> <b>OriMarão FPO</b>	18:15	2:31	4:02	<b>5:42</b>	<b>7:13</b>	8:25	9:50	<b>11:11</b>	12:35	16:20	<b>17:08</b>	<b>17:53</b>	<b>18:15</b>		
2	647	<b>Gustav Wirén</b> <b>RUMBO-MADR Madr</b>	19:08	2:31	1:31	1:40	1:31	1:12	1:25	1:21	1:24	<b>3:45</b>	0:48	0:45	0:22		
3	545	<b>Mario Mínguez Sao</b> <b>IMPERDIBLE Madri</b>	20:23	2:40	2:04	1:45	0:58	<b>0:51</b>	1:23	1:42	<b>0:52</b>	3:57	1:51	0:41	0:24		
4	304	<b>David de Miguel Ar</b> <b>SANT JOAN Alicante</b>	21:46	3:01	4:52	6:52	7:58	9:20	10:34	12:02	<b>13:05</b>	18:33	19:12	19:58	20:23		
5	655	<b>Alvaro Mesas de Ca</b> <b>TOLEDO-O Toledo</b>	21:48	3:10	1:51	2:00	1:06	1:22	1:14	1:28	1:03	5:28	0:39	0:46	0:25		
6	470	<b>Jorge De Miguel Ar</b> <b>SANT JOAN Alicante</b>	23:27	3:10	3:57	1:41	1:10	1:13	1:23	<b>1:12</b>	1:15	4:44	0:38	0:55	0:28		
7	897	<b>Manuel Oliveira</b> <b>COC FPO</b>	23:34	2:45	4:56	7:10	8:15	9:12	11:28	13:56	15:45	20:07	20:40	21:26	21:48		
8	566	<b>Alvaro García Berna</b> <b>COLIVENC Alicante</b>	23:56	2:45	2:11	2:14	1:05	0:57	2:16	2:28	1:49	4:22	0:33	0:46	0:22		
9	479	<b>Eric Loré Amigó</b> <b>COC Barcelona</b>	23:57	3:37	5:26	7:05	8:07	9:15	10:29	12:58	16:01	21:26	22:11	23:02	23:27		19:25
10	593	<b>Aaron González Peñ</b> <b>TOLEDO-O Toledo</b>	25:03	3:37	1:49	1:39	1:02	1:08	1:14	2:29	3:03	5:25	0:45	0:51	0:25		*105
11	632	<b>Adrián Tamarit Roy</b> <b>VALENCIA-O Valenci</b>	27:19	<b>2:28</b>	8:03	9:40	10:42	11:56	13:05	14:24	15:24	21:38	22:27	23:12	23:34		
12	557	<b>Makar Borisov</b> <b>VILLENA-O Alicante</b>	29:07	<b>2:28</b>	5:35	1:37	1:02	1:14	1:09	1:19	1:00	6:14	0:49	0:45	0:22		
13	895	<b>André Roberto</b> <b>COC FPO</b>	29:32	9:41	11:30	12:41	13:39	14:34	15:38	16:53	18:04	21:50	22:30	23:28	23:56		
14	542	<b>Andrés Valentín Bar</b> <b>COV Valladolid</b>	30:45	9:41	1:49	<b>1:11</b>	0:58	0:55	1:04	1:15	1:11	3:46	0:40	0:58	0:28		
15	964	<b>David Leal</b> <b>Ginásio FPO</b>	33:09	5:22	7:25	9:17	10:21	11:39	13:28	15:26	17:54	22:13	22:42	23:30	23:57		
16	634	<b>Javier Saz Basanta</b> <b>IBÓN Zaragoza</b>	34:04	5:22	2:03	1:52	1:04	1:18	1:49	1:58	2:28	4:19	<b>0:29</b>	0:48	0:27		
17	896	<b>Bernardo Filipe</b> <b>COC FPO</b>	46:05	5:51	8:14	10:08	11:27	12:19	15:49	17:17	18:13	22:11	23:11	24:35	25:03		
18	753	<b>Lucas Cristóbal Núñ</b> <b>G.O.C.A.N. FEMADO</b>	50:13	5:51	2:23	1:54	1:19	0:52	3:30	1:28	0:56	3:58	1:00	1:24	0:28		
19	615	<b>Estevan Borisov</b> <b>VILLENA-O Alicante</b>	51:01	2:50	<b>4:00</b>	5:58	8:41	12:53	13:43	15:43	17:35	21:59	25:56	26:50	27:19		
20	752	<b>Pablo Alba Isasi</b> <b>Club Monte FEMAD</b>	52:24	2:50	<b>1:10</b>	1:58	2:43	4:12	<b>0:50</b>	2:00	1:52	4:24	3:57	0:54	0:29		
21	621	<b>Sergio Adeva Cond</b> <b>CDP-O Valladolid</b>	54:06	3:26	4:55	6:34	7:59	9:31	10:48	19:03	21:17	26:26	27:29	28:36	29:07		
				3:26	1:29	1:39	1:25	1:32	1:17	8:15	2:14	5:09	1:03	1:07	0:31		
				3:01	4:53	15:36	16:41	17:57	19:01	20:22	21:28	27:41	28:29	29:10	29:32		
				3:01	1:52	10:43	1:05	1:16	1:04	1:21	1:06	6:13	0:48	0:41	0:22		
				13:38	15:05	16:33	17:30	18:34	19:57	22:53	24:47	28:57	29:43	30:23	30:45		
				13:38	1:27	1:28	0:57	1:04	1:23	2:56	1:54	4:10	0:46	<b>0:40</b>	0:22		
				6:25	8:03	9:47	10:52	12:13	14:01	18:14	19:44	30:57	31:36	32:46	33:09		29:31
				6:25	1:38	1:44	1:05	1:21	1:48	4:13	1:30	11:13	0:39	1:10	0:23		*105
				13:04	14:23	16:02	17:04	22:20	23:46	25:11	26:52	32:07	32:46	33:39	34:04		
				13:04	1:19	1:39	1:02	5:16	1:26	1:25	1:41	5:15	0:39	0:53	0:25		
				4:39	6:11	8:37	9:55	11:20	30:00	35:14	36:47	43:57	44:35	45:34	46:05		
				4:39	1:32	2:26	1:18	1:25	18:40	5:14	1:33	7:10	0:38	0:59	0:31		
				4:52	6:25	9:38	11:08	12:37	15:07	26:37	28:07	48:04	48:48	49:49	50:13		
				4:52	1:33	3:13	1:30	1:29	2:30	11:30	1:30	19:57	0:44	1:01	0:24		
				9:03	11:33	13:33	15:13	17:28	18:42	20:21	22:06	47:50	49:22	50:34	51:01		
				9:03	2:30	2:00	1:40	2:15	1:14	1:39	1:45	25:44	1:32	1:12	0:27		
				24:24	25:47	28:38	30:12	31:45	34:52	36:46	39:16	49:00	50:00	51:55	52:24		
				24:24	1:23	2:51	1:34	1:33	3:07	1:54	2:30	9:44	1:00	1:55	0:29		
				4:59	7:36	13:24	14:04	15:01	19:14	36:12	37:23	46:08	46:52	53:45	54:06		
				4:59	2:37	5:48	<b>0:40</b>	0:57	4:13	16:58	1:11	8:45	0:44	6:53	<b>0:21</b>		

os	rsal	Nombre	Tiempo														
<b>H-12 (22)</b>				<b>1,9 km 70 m</b>		<b>11 C</b>		<i>(cont.)</i>									
				1(93)	2(90)	3(91)	4(92)	5(94)	6(95)	7(96)	8(97)	9(125)	10(126)	11(200)	F		
640		<b>Manuel Martinez Ba TOTANA-O Murcia</b>	<b>andona</b>	10:19 10:19	11:45 1:26	14:25 2:40	15:20 0:55	17:59 2:39	22:12 4:13	-----	-----	-----	-----	48:51 26:39	50:00 1:09		
<b>H-14 (26)</b>				<b>2,8 km 120 m</b>		<b>16 C</b>											
				1(120)	2(93)	3(90)	4(92)	5(94)	6(115)	7(95)	8(52)	9(70)	10(79)	11(123)	12(71)	13(124)	14(109)
				15(126)	16(200)	F											
1	440	<b>Pedro Stangegaard COMA Málaga</b>	<b>25:26</b>	3:40 3:40	4:29 0:49	5:39 1:10	7:06 <b>1:27</b>	7:56 0:50	8:59 <b>1:03</b>	9:46 0:47	11:47 2:01	13:30 <b>1:43</b>	14:21 0:51	<b>16:34</b> <b>2:13</b>	<b>18:53</b> 2:19	<b>20:36</b> <b>1:43</b>	<b>22:49</b> 2:13
2	463	<b>Pablo Cabrera Moli COMA Málaga</b>	<b>27:06</b>	1:36 3:02	0:40 3:56	0:21 4:56		6:34 7:23	10:04 10:43	10:43 12:24	12:24 14:09	14:09 15:11	15:11 17:44	17:44 20:34	20:34 22:24	22:24 24:28	24:28 <b>2:04</b>
3	408	<b>Jorge Valente Barre IMPERDIBLE Madri</b>	<b>27:26</b>	1:36 2:50	0:41 3:51	0:21 4:59		6:31 7:35	8:44 9:25	9:25 11:08	11:08 13:43	13:43 15:16	15:16 18:41	18:41 20:54	20:54 22:51	22:51 24:56	24:56 2:05
4	857	<b>Leonardo Ramalho .COM FPO</b>	<b>29:42</b>	1:24 2:53	0:43 3:42	0:23 4:54		6:31 7:32	8:46 9:36	9:36 11:38	11:38 14:49	14:49 16:06	16:06 18:55	18:55 22:15	22:15 24:13	24:13 26:58	26:58 2:45
5	549	<b>Carlos Sanz Alejand LOS CALIFA Córdoba</b>	<b>29:47</b>	1:43 2:38	0:42 <b>3:25</b>	0:19 <b>4:19</b>		<b>6:08</b> <b>6:54</b>	<b>8:01</b> <b>8:46</b>	<b>8:42</b> 1:07	<b>10:36</b> 1:54	<b>12:36</b> 2:00	<b>13:39</b> 1:03	18:45 5:06	21:51 3:06	24:40 2:49	27:00 2:20
6	576	<b>Andreu Espinosa B SANT JOAN Alicante</b>	<b>30:24</b>	1:47 2:34	0:40 3:37	0:20 5:11		7:12 8:07	9:19 10:12	10:12 12:14	12:14 14:31	14:31 16:12	16:12 19:28	19:28 22:01	22:01 24:14	24:14 27:09	27:09 2:55
7	452	<b>Samuel López Corb LORCA-O Murcia</b>	<b>32:57</b>	2:01 3:04	0:54 4:05	0:20 5:44		7:39 8:34	9:48 10:36	10:36 12:46	12:46 15:51	15:51 17:16	17:16 19:55	19:55 22:57	22:57 26:22	26:22 29:09	29:09 2:47
8	965	<b>André Daniel Ginásio FPO</b>	<b>33:41</b>	2:42 3:03	0:43 4:01	0:23 5:09		6:51 7:43	10:18 11:00	11:00 13:45	13:45 18:51	18:51 20:06	20:06 22:50	22:50 26:14	26:14 28:06	28:06 30:53	30:53 2:47
9	441	<b>Lucas Stangegaard COMA Málaga</b>	<b>33:47</b>	32:43 1:50	33:19 <b>0:36</b>	33:41 0:22		6:58 8:18	12:55 13:39	13:39 15:57	15:57 17:59	17:59 19:20	19:20 23:23	23:23 25:49	25:49 28:25	28:25 30:46	30:46 2:21
10	448	<b>David Rojas Jiménez ALABARDA-O Madrid</b>	<b>34:35</b>	2:02 2:38	<b>0:36</b> 3:34	0:23 4:44		6:48 8:09	9:28 10:24	10:24 15:05	15:05 17:08	17:08 19:14	19:14 22:37	22:37 25:40	25:40 28:01	28:01 31:06	31:06 3:05
11	993	<b>Tiago Figueiredo Ori-Estarr FPO</b>	<b>34:36</b>	33:31 2:25	34:13 0:42	34:35 0:22		6:50 7:43	9:00 9:56	9:56 12:13	12:13 16:20	16:20 18:00	18:00 20:50	20:50 22:51	22:51 25:31	25:31 32:05	32:05 6:34
				33:27 <b>1:22</b>	34:12 0:45	34:36 0:24		1:46 0:53	1:17 1:17	0:56 0:56	4:41 2:17	2:03 4:07	2:06 1:40	3:23 2:50	3:03 <b>2:01</b>	2:21 2:40	3:05 6:34

os	rsal	Nombre	Tiempo																
<b>H-14 (26)</b>				<b>2,8 km 120 m</b>			<b>16 C</b>			<i>(cont.)</i>									
				1(120)	2(93)	3(90)	4(92)	5(94)	6(115)	7(95)	8(52)	9(70)	10(79)	11(123)	12(71)	13(124)	14(109)		
				15(126)	16(200)	F													
12	991	<b>André Henriques Ori-Estarr FPO</b>	<b>35:17</b>	2:39	3:49	5:20	7:42	8:46	10:07	11:33	15:49	17:40	18:35	23:45	26:14	29:02	32:24		
				2:39	1:10	1:31	2:22	1:04	1:21	1:26	4:16	1:51	0:55	5:10	2:29	2:48	3:22		
				34:10	34:55	35:17													
				1:46	0:45	0:22													
13	754	<b>Alejandro Ruiz Alva RUMBO MADR FEMA</b>	<b>35:57</b>	4:58	5:51	7:29	9:56	11:00	14:08	14:53	16:50	20:55	22:19	25:32	28:53	30:43	33:22		
				4:58	0:53	1:38	2:27	1:04	3:08	0:45	1:57	4:05	1:24	3:13	3:21	1:50	2:39		
				35:02	35:38	35:57													
				1:40	<b>0:36</b>	0:19													
14	483	<b>Alejandro Saz Roba IBÓN Zaragoza</b>	<b>37:19</b>	7:09	8:08	9:25	11:50	12:45	15:25	16:14	21:43	23:28	25:10	27:55	30:42	32:41	34:53		
				7:09	0:59	1:17	2:25	0:55	2:40	0:49	5:29	1:45	1:42	2:45	2:47	1:59	2:12		
				36:19	36:59	37:19													
				1:26	0:40	0:20													
15	287	<b>Álvaro Casado Góm GOCAN Madrid</b>	<b>37:41</b>	2:58	3:42	5:01	6:49	10:50	15:35	16:27	19:36	22:12	22:55	25:38	30:37	32:58	35:12		
				2:58	<b>0:44</b>	1:19	1:48	4:01	4:45	0:52	3:09	2:36	<b>0:43</b>	2:43	4:59	2:21	2:14		
				36:38	37:16	37:41													
				1:26	0:38	0:25													
16	577	<b>Sergio Lillo Cañizar SANT JOAN Alicante</b>	<b>39:02</b>	3:25	4:24	5:36	7:34	8:58	10:28	11:20	16:17	18:58	20:05	24:01	26:55	30:14	35:45		
				3:25	0:59	1:12	1:58	1:24	1:30	0:52	4:57	2:41	1:07	3:56	2:54	3:19	5:31		
				37:55	38:44	39:02													
				2:10	0:49	0:18													
17	544	<b>Javier Fernández C IMPERDIBLE Madri</b>	<b>39:59</b>	2:35	3:30	4:57	7:12	8:11	18:14	18:54	20:46	24:50	26:20	29:43	32:47	34:49	37:18		
				2:35	0:55	1:27	2:15	0:59	10:03	0:40	1:52	4:04	1:30	3:23	3:04	2:02	2:29		
				39:01	39:37	39:59													
				1:43	<b>0:36</b>	0:22													
18	654	<b>Miguel Mesas de Ca TOLEDO-O Toledo</b>	<b>41:27</b>	4:15	5:20	7:16	9:18	10:18	11:27	12:21	16:40	19:15	20:24	23:24	30:28	35:04	37:12		
				4:15	1:05	1:56	2:02	1:00	1:09	0:54	4:19	2:35	1:09	3:00	7:04	4:36	2:08		
				40:30	41:10	41:27													
				3:18	0:40	<b>0:17</b>													
19	358	<b>Ismael Delgado Muñ TOLEDO-O Toledo</b>	<b>45:44</b>	13:59	14:56	16:49	18:58	19:49	21:14	22:34	25:15	27:38	28:39	34:53	38:30	40:21	43:03		
				13:59	0:57	1:53	2:09	0:51	1:25	1:20	2:41	2:23	1:01	6:14	3:37	1:51	2:42		
				44:46	45:23	45:44													
				1:43	0:37	0:21													
20	610	<b>Carlos Blasco Cebr GODIH Albacete</b>	<b>47:35</b>	16:21	18:15	19:48	21:31	22:40	25:28	26:15	30:02	32:23	33:23	36:08	38:52	41:27	44:15		
				16:21	1:54	1:33	1:43	1:09	2:48	0:47	3:47	2:21	1:00	2:45	2:44	2:35	2:48		
				46:16	47:18	47:35													
				2:01	1:02	<b>0:17</b>													
21	668	<b>Pablo Martínez Muñ COMCU Cuenca</b>	<b>48:29</b>	5:03	6:04	8:37	10:37	11:37	14:14	15:08	20:18	29:00	30:42	34:05	36:44	41:57	45:04		
				5:03	1:01	2:33	2:00	1:00	2:37	0:54	5:10	8:42	1:42	3:23	2:39	5:13	3:07		
				47:28	48:09	48:29													
				2:24	0:41	0:20													
22	597	<b>Samuel Alvarez Alva SANT JOAN Alicante</b>	<b>48:36</b>	6:35	7:52	9:09	11:08	12:14	13:35	14:29	26:23	29:19	32:13	35:37	38:15	42:08	45:16		
				6:35	1:17	1:17	1:59	1:06	1:21	0:54	11:54	2:56	2:54	3:24	2:38	3:53	3:08		
				47:17	48:16	48:36													
				2:01	0:59	0:20													
23	699	<b>Mateo Jiménez Garc GODIH Albacete</b>	<b>51:50</b>	4:34	6:42	8:04	10:39	13:45	15:07	16:12	20:26	23:38	26:35	33:02	38:18	43:43	47:57		
				4:34	2:08	1:22	2:35	3:06	1:22	1:05	4:14	3:12	2:57	6:27	5:16	5:25	4:14		
				50:23	51:25	51:50													
				2:26	1:02	0:25													



os	rsal	Nombre	Tiempo														
<b>H-16 (34)</b>				<b>3,8 km 195 m</b>		<b>17 C</b>		<i>(cont.)</i>									
				1(121)	2(73)	3(111)	4(74)	5(34)	6(57)	7(122)	8(83)	9(108)	10(64)	11(67)	12(79)	13(70)	14(85)
				15(71)	16(116)	17(200)	F										
9	862	<b>Bernardo Pereira</b> <b>ADFA FPO</b>	<b>38:24</b>	3:02	4:12	5:03	9:09	10:07	12:23	13:27	17:48	19:35	23:35	26:28	29:11	30:51	32:28
				3:02	1:10	0:51	4:06	0:58	2:16	1:04	4:21	1:47	4:00	2:53	2:43	1:40	1:37
				34:54	36:39	38:00	38:24										
				2:26	1:45	1:21	0:24										
10	425	<b>Jose Ignacio Gonzá</b> <b>NAVALCAN-O Toled</b>	<b>39:38</b>	<b>1:59</b>	3:46	4:34	6:10	7:13	<b>9:14</b>	<b>10:04</b>	<b>13:58</b>	<b>15:27</b>	20:02	23:07	27:36	30:09	32:15
				<b>1:59</b>	1:47	0:48	1:36	1:03	2:01	<b>0:50</b>	3:54	1:29	4:35	3:05	4:29	2:33	2:06
				34:59	36:38	39:17	39:38										
				2:44	1:39	2:39	0:21										
11	515	<b>Miguel Angel Tortos</b> <b>COLIVENC Alicante</b>	<b>41:42</b>	2:28	3:48	4:55	7:01	8:08	10:13	11:49	18:07	20:10	25:18	28:11	31:10	32:31	34:11
				2:28	1:20	1:07	2:06	1:07	2:05	1:36	6:18	2:03	5:08	2:53	2:59	1:21	1:40
				36:39	38:30	41:21	41:42										
				2:28	1:51	2:51	0:21										
12	607	<b>Francisco Borja Ru</b> <b>GODIH Albacete</b>	<b>41:51</b>	2:15	3:27	4:18	5:54	9:11	11:09	13:23	17:56	19:23	23:49	30:20	32:41	34:52	36:13
				2:15	1:12	0:51	1:36	3:17	1:58	2:14	4:33	1:27	4:26	6:31	2:21	2:11	1:21
				38:04	39:23	41:31	41:51										
				1:51	<b>1:19</b>	2:08	0:20										
13	996	<b>Daniel Cruz</b> <b>Ori-Estarr FPO</b>	<b>42:26</b>	2:33	4:34	5:52	11:20	12:41	15:32	16:38	20:49	22:30	27:35	31:00	33:38	34:57	36:30
				2:33	2:01	1:18	5:28	1:21	2:51	1:06	4:11	1:41	5:05	3:25	2:38	1:19	1:33
				38:34	40:07	42:05	42:26										
				2:04	1:33	1:58	0:21										
14	271	<b>Miguel Corral Suárez</b> <b>GOCAN Madrid</b>	<b>42:45</b>	2:06	5:38	6:28	9:31	10:27	14:09	15:25	19:39	21:14	25:11	28:20	31:26	33:02	35:05
				2:06	3:32	0:50	3:03	0:56	3:42	1:16	4:14	1:35	3:57	3:09	3:06	1:36	2:03
				38:07	40:43	42:24	42:45										
				3:02	2:36	1:41	0:21										
15	609	<b>Joel Carrión Gandía</b> <b>GODIH Albacete</b>	<b>46:02</b>	2:11	3:26	4:26	5:59	7:05	10:12	12:27	17:13	19:41	23:39	26:24	30:05	33:10	34:36
				2:11	1:15	1:00	<b>1:33</b>	1:06	3:07	2:15	4:46	2:28	3:58	2:45	3:41	3:05	1:26
				41:44	43:46	45:41	46:02										
				7:08	2:02	1:55	0:21										
16	530	<b>Anton Pivovarov</b> <b>COV Valladolid</b>	<b>47:36</b>	4:00	5:26	6:34	8:31	9:39	14:15	15:58	21:22	23:25	28:12	32:11	35:36	37:31	39:26
				4:00	1:26	1:08	1:57	1:08	4:36	1:43	5:24	2:03	4:47	3:59	3:25	1:55	1:55
				42:18	44:09	46:59	47:36										
				2:52	1:51	2:50	0:37										
17	357	<b>Jaime Tordera More</b> <b>TOLEDO-O Toledo</b>	<b>48:58</b>	5:56	7:23	8:27	10:16	11:54	15:15	16:31	21:58	24:56	29:53	33:26	38:42	40:15	42:24
				5:56	1:27	1:04	1:49	1:38	3:21	1:16	5:27	2:58	4:57	3:33	5:16	1:33	2:09
				44:42	46:56	48:36	48:58										
				2:18	2:14	1:40	0:22										
18	938	<b>António Horta</b> <b>GafanhOri FPO</b>	<b>50:45</b>	2:29	4:18	5:23	7:16	9:42	12:59	14:49	19:40	22:40	27:53	32:31	35:56	39:37	42:16
				2:29	1:49	1:05	1:53	2:26	3:17	1:50	4:51	3:00	5:13	4:38	3:25	3:41	2:39
				45:31	48:39	50:25	50:45										
				3:15	3:08	1:46	0:20										
19	317	<b>Manuel Parrilla Lah</b> <b>ADOL Sevilla</b>	<b>51:52</b>	6:44	7:56	8:49	11:17	12:16	14:44	17:28	23:44	26:14	32:07	35:18	38:13	40:44	42:41
				6:44	1:12	0:53	2:28	0:59	2:28	2:44	6:16	2:30	5:53	3:11	2:55	2:31	1:57
				46:49	49:02	51:29	51:52										
				4:08	2:13	2:27	0:23										
20	559	<b>Alejandro Sanchez</b> <b>COLIVENC Alicante</b>	<b>52:23</b>	3:10	4:55	6:14	8:32	10:44	13:08	14:38	23:29	25:38	30:42	33:43	39:34	41:31	45:16
				3:10	1:45	1:19	2:18	2:12	2:24	1:30	8:51	2:09	5:04	3:01	5:51	1:57	3:45
				47:50	50:18	52:03	52:23										
				2:34	2:28	1:45	0:20										





os	rsal	Nombre	Tiempo															
<b>H-16 (34)</b>				<b>3,8 km 195 m</b>		<b>17 C</b>		<i>(cont.)</i>										
				1(121)	2(73)	3(111)	4(74)	5(34)	6(57)	7(122)	8(83)	9(108)	10(64)	11(67)	12(79)	13(70)	14(85)	
				15(71)	16(116)	17(200)	F											
	<b>586</b>	<b>Pablo Noguera Can ADOL Sevilla</b>	<b>en tarj.</b>	-----	7:26	18:28	20:44	21:46	26:30	28:11	33:34	36:37	46:53	49:47	1:03:18	1:05:30	1:17:39	
				1:29:17	1:33:04	1:36:33	1:36:54		1:02	4:44	1:41	5:23	3:03	10:16	2:54	13:31	2:12	12:09
				11:38	3:47	3:29	0:21											
	<b>347</b>	<b>Antonio Serrano Za TOTANA-O Murcia</b>	<b>andona</b>	6:06	7:43	9:29	14:42	15:57	17:57	19:40	-----	-----	-----	-----	-----	-----	-----	
				6:06	1:37	1:46	5:13	1:15	2:00	1:43								
				-----	-----	59:38	1:00:41											
						39:58	1:03											
<b>H-18A (24)</b>				<b>4,5 km 215 m</b>		<b>21 C</b>												
				1(106)	2(73)	3(42)	4(31)	5(74)	6(43)	7(36)	8(59)	9(60)	10(41)	11(77)	12(45)	13(82)	14(84)	
				15(64)	16(47)	17(69)	18(70)	19(109)	20(55)	21(200)	F							
<b>1</b>	<b>489</b>	<b>Jesús Rodriguez C MANZANARES Ciuda</b>	<b>38:03</b>	1:38	<b>2:35</b>	3:22	4:36	<b>5:43</b>	<b>6:37</b>	<b>7:48</b>	<b>11:34</b>	<b>13:06</b>	<b>14:25</b>	<b>16:09</b>	<b>19:22</b>	<b>21:43</b>	<b>22:41</b>	
				1:38	<b>0:57</b>	0:47	1:14	1:07	0:54	<b>1:11</b>	3:46	1:32	1:19	1:44	3:13	2:21	0:58	
				<b>23:56</b>	<b>27:03</b>	<b>28:29</b>	<b>30:42</b>	<b>34:15</b>	<b>36:14</b>	<b>37:42</b>	<b>38:03</b>							
				1:15	3:07	1:26	2:13	3:33	1:59	1:28	0:21							
<b>2</b>	<b>858</b>	<b>João Novo .COM FPO</b>	<b>39:04</b>	2:06	3:07	5:06	7:01	8:21	9:19	11:50	16:00	17:34	18:35	19:53	23:06	25:02	25:41	
				2:06	1:01	1:59	1:55	1:20	0:58	2:31	4:10	1:34	1:01	<b>1:18</b>	3:13	1:56	0:39	
				26:49	29:25	30:58	32:45	36:06	37:12	38:41	39:04							
				1:08	<b>2:36</b>	1:33	<b>1:47</b>	3:21	1:06	1:29	0:23							
<b>3</b>	<b>904</b>	<b>André Esteves COC FPO</b>	<b>39:09</b>	4:48	6:02	7:00	8:15	9:21	10:21	12:29	15:54	17:21	18:35	19:59	22:38	24:38	25:12	
				4:48	1:14	0:58	1:15	<b>1:06</b>	1:00	2:08	<b>3:25</b>	<b>1:27</b>	1:14	1:24	<b>2:39</b>	2:00	<b>0:34</b>	
				26:18	29:19	30:39	32:43	36:44	37:24	38:49	39:09							
				<b>1:06</b>	3:01	1:20	2:04	4:01	0:40	<b>1:25</b>	0:20							
<b>4</b>	<b>497</b>	<b>Kirill Pivovarov COV Valladolid</b>	<b>39:35</b>	<b>1:30</b>	<b>2:35</b>	<b>3:21</b>	<b>4:34</b>	5:54	7:44	9:00	13:10	14:43	16:56	18:18	21:52	23:58	24:35	
				<b>1:30</b>	1:05	0:46	<b>1:13</b>	1:20	1:50	1:16	4:10	1:33	2:13	1:22	3:34	2:06	0:37	
				25:44	29:07	31:15	33:42	36:55	37:37	39:11	39:35							
				1:09	3:23	2:08	2:27	<b>3:13</b>	0:42	1:34	0:24							
<b>5</b>	<b>999</b>	<b>Rui Oliveira Ori-Estarr FPO</b>	<b>39:37</b>	1:54	3:37	4:49	6:24	7:51	9:10	10:27	14:37	16:26	17:46	19:27	22:38	24:44	25:21	
				1:54	1:43	1:12	1:35	1:27	1:19	1:17	4:10	1:49	1:20	1:41	3:11	2:06	0:37	
				26:36	29:28	31:38	33:43	37:05	37:47	39:19	39:37							
				1:15	2:52	2:10	2:05	3:22	0:42	1:32	0:18							
<b>6</b>	<b>216</b>	<b>Alejandro Catalán G VILLENA-O Alicante</b>	<b>40:43</b>	3:12	4:10	5:10	6:46	7:57	8:57	10:51	15:02	17:16	18:44	20:21	23:46	25:50	26:28	
				3:12	0:58	1:00	1:36	1:11	1:00	1:54	4:11	2:14	1:28	1:37	3:25	2:04	0:38	
				27:38	30:53	32:16	34:18	38:04	38:51	40:25	40:43							
				1:10	3:15	1:23	2:02	3:46	0:47	1:34	0:18							
<b>7</b>	<b>25</b>	<b>Quim Solé Llobet COC Barcelona</b>	<b>41:51</b>	1:54	3:24	4:12	5:57	7:18	8:14	10:52	16:16	17:54	18:55	20:25	23:57	26:03	26:43	
				1:54	1:30	0:48	1:45	1:21	0:56	2:38	5:24	1:38	1:01	1:30	3:32	2:06	0:40	
				28:02	31:21	32:53	35:20	39:09	39:49	41:29	41:51							
				1:19	3:19	1:32	2:27	3:49	0:40	1:40	0:22							
<b>8</b>	<b>922</b>	<b>Diogo Barradas CPOC FPO</b>	<b>42:04</b>	2:09	3:49	4:57	6:24	7:41	8:45	10:14	14:59	16:44	17:40	19:03	21:55	23:50	25:15	
				2:09	1:40	1:08	1:27	1:17	1:04	1:29	4:45	1:45	<b>0:56</b>	1:23	2:52	<b>1:55</b>	1:25	
				26:26	31:03	33:19	35:12	39:03	39:42	41:38	42:04		<b>30:28</b>					
				1:11	4:37	2:16	1:53	3:51	<b>0:39</b>	1:56	0:26		<b>*67</b>					
<b>9</b>	<b>496</b>	<b>Diego Lázaro De Ju COV Valladolid</b>	<b>42:10</b>	1:58	3:34	4:20	5:59	7:07	8:09	10:22	14:43	16:42	17:55	19:42	22:44	25:09	25:59	
				1:58	1:36	0:46	1:39	1:08	1:02	2:13	4:21	1:59	1:13	1:47	3:02	2:25	0:50	
				27:19	30:21	32:53	35:25	39:03	39:55	41:48	42:10							
				1:20	3:02	2:32	2:32	3:38	0:52	1:53	0:22							

os	rsal	Nombre	Tiempo														
<b>H-18A (24)</b>				<b>4,5 km</b>		<b>215 m</b>		<b>21 C</b>		<i>(cont.)</i>							
				1(106)	2(73)	3(42)	4(31)	5(74)	6(43)	7(36)	8(59)	9(60)	10(41)	11(77)	12(45)	13(82)	14(84)
				15(64)	16(47)	17(69)	18(70)	19(109)	20(55)	21(200)	F						
10	381	Enrique Alonso Fer COV Valladolid	42:12	3:00	4:01	4:50	6:07	7:45	8:34	11:57	15:43	17:28	18:57	20:29	24:44	26:50	27:34
				3:00	1:01	0:49	1:17	1:38	0:49	3:23	3:46	1:45	1:29	1:32	4:15	2:06	0:44
				28:54	31:59	33:19	35:26	39:22	40:06	41:49	42:12						
				1:20	3:05	1:20	2:07	3:56	0:44	1:43	0:23						
11	353	Luis Milvaques Cas CORRECAMIN Valen	42:42	5:00	5:57	6:37	8:07	9:21	10:40	12:22	16:55	18:27	19:56	21:33	24:52	27:00	27:56
				5:00	0:57	0:40	1:30	1:14	1:19	1:42	4:33	1:32	1:29	1:37	3:19	2:08	0:56
				29:24	32:53	34:05	36:05	39:54	40:52	42:24	42:42						
				1:28	3:29	1:12	2:00	3:49	0:58	1:32	0:18						
12	30	Albert Acedo Casell GO-XTREM Girona	43:03	2:39	3:41	5:01	6:24	7:44	8:36	12:52	16:28	18:07	19:14	20:58	25:25	27:23	28:02
				2:39	1:02	1:20	1:23	1:20	0:52	4:16	3:36	1:39	1:07	1:44	4:27	1:58	0:39
				29:49	33:17	34:29	36:51	40:06	40:57	42:42	43:03						
				1:47	3:28	1:12	2:22	3:15	0:51	1:45	0:21						
13	866	Goncalo Pirrolas ADFA FPO	43:31	2:57	4:34	5:54	7:26	9:02	10:05	11:27	15:51	17:20	18:34	20:16	24:54	26:53	27:33
				2:57	1:37	1:20	1:32	1:36	1:03	1:22	4:24	1:29	1:14	1:42	4:38	1:59	0:40
				28:49	31:34	34:07	36:21	40:12	41:31	43:12	43:31						
				1:16	2:45	2:33	2:14	3:51	1:19	1:41	0:19						
14	350	Andrés Frances Par VILLENNA-O Alicante	45:57	1:53	3:00	3:53	5:17	6:51	8:03	9:59	14:29	17:43	18:48	20:30	24:46	28:08	28:52
				1:53	1:07	0:53	1:24	1:34	1:12	1:56	4:30	3:14	1:05	1:42	4:16	3:22	0:44
				30:15	33:50	35:30	37:57	41:57	43:46	45:37	45:57						
				1:23	3:35	1:40	2:27	4:00	1:49	1:51	0:20						
15	568	Sergi Guill Juan COLIVENC Alicante	46:47	3:45	5:04	6:10	7:49	10:00	11:41	13:29	17:07	18:50	20:15	21:49	25:44	27:53	28:51
				3:45	1:19	1:06	1:39	2:11	1:41	1:48	3:38	1:43	1:25	1:34	3:55	2:09	0:58
				30:08	36:00	37:13	39:03	43:48	44:44	46:27	46:47						
				1:17	5:52	1:13	1:50	4:45	0:56	1:43	0:20						
16	966	Ricardo Nunes Ginásio FPO	47:29	1:58	3:06	4:08	5:54	7:51	9:06	10:57	15:55	17:36	18:43	20:24	25:03	27:54	29:16
				1:58	1:08	1:02	1:46	1:57	1:15	1:51	4:58	1:41	1:07	1:41	4:39	2:51	1:22
				30:34	35:05	36:36	40:07	44:31	45:22	47:12	47:29						
				1:18	4:31	1:31	3:31	4:24	0:51	1:50	0:17						
17	342	Jorge Cermeño Ber COLMENAR Madrid	48:36	2:11	3:27	4:21	6:42	8:10	9:17	10:42	16:07	17:58	19:16	21:30	25:43	28:19	29:13
				2:11	1:16	0:54	2:21	1:28	1:07	1:25	5:25	1:51	1:18	2:14	4:13	2:36	0:54
				30:33	36:28	37:48	40:13	44:53	46:16	48:08	48:36						
				1:20	5:55	1:20	2:25	4:40	1:23	1:52	0:28						
18	380	Felipe Hermida Aria COV Valladolid	51:46	2:05	4:12	5:30	7:17	8:59	10:37	12:27	17:47	20:07	21:19	23:42	27:59	30:47	31:48
				2:05	2:07	1:18	1:47	1:42	1:38	1:50	5:20	2:20	1:12	2:23	4:17	2:48	1:01
				33:19	37:07	39:39	43:12	48:32	49:35	51:26	51:46						
				1:31	3:48	2:32	3:33	5:20	1:03	1:51	0:20						
19	519	Iván Montoya Garcí CALASPARRA Murci	56:12	3:26	4:54	6:00	7:29	9:17	10:27	16:04	21:24	24:09	25:30	27:14	31:39	34:28	36:06
				3:26	1:28	1:06	1:29	1:48	1:10	5:37	5:20	2:45	1:21	1:44	4:25	2:49	1:38
				38:10	42:09	45:21	48:03	53:26	54:10	55:53	56:12						
				2:04	3:59	3:12	2:42	5:23	0:44	1:43	0:19						
20	509	Jorge Gutierrez Ser COLMENAR Madrid	1:01:43	6:16	7:55	9:17	11:02	12:59	14:05	17:28	23:14	25:09	26:21	28:19	31:58	34:48	36:24
				6:16	1:39	1:22	1:45	1:57	1:06	3:23	5:46	1:55	1:12	1:58	3:39	2:50	1:36
				38:17	42:25	43:52	46:53	52:33	59:23	1:01:23	1:01:43						
				1:53	4:08	1:27	3:01	5:40	6:50	2:00	0:20						
21	940	Manuel Lopes GafanhOri FPO	1:03:31	2:47	4:16	6:46	8:51	11:50	13:13	14:38	21:10	24:44	26:27	28:48	36:08	39:13	40:09
				2:47	1:29	2:30	2:05	2:59	1:23	1:25	6:32	3:34	1:43	2:21	7:20	3:05	0:56
				42:20	47:36	50:40	53:54	1:00:27	1:01:19	1:03:12	1:03:31						
				2:11	5:16	3:04	3:14	6:33	0:52	1:53	0:19						



os	rsal	Nombre	Tiempo														
<b>H-20A (25)</b>			<b>5,9 km 280 m 29 C (cont.)</b>														
			1(31)	2(32)	3(34)	4(35)	5(36)	6(38)	7(37)	8(58)	9(60)	10(76)	11(40)	12(39)	13(41)	14(77)	
			15(44)	16(78)	17(45)	18(62)	19(46)	20(47)	21(69)	22(49)	23(50)	24(51)	25(52)	26(71)	27(54)	28(55)	
			29(200)	F													
6	243	Pablo González Bar E D ALCON León	57:23	2:31	4:56	6:15	7:32	9:20	11:50	14:54	15:59	19:21	21:35	23:08	24:16	28:30	29:56
				2:31	2:25	1:19	1:17	1:48	2:30	3:04	1:05	3:22	2:14	1:33	1:08	4:14	1:26
				32:33	33:44	37:03	38:19	39:50	42:50	43:51	45:17	47:34	48:43	51:25	52:39	54:50	55:45
				2:37	1:11	3:19	1:16	1:31	3:00	1:01	1:26	2:17	1:09	2:42	1:14	2:11	0:55
				57:05	57:23												
				1:20	0:18												
7	129	Elmar Montero Carc GODIH Albacete	57:31	2:26	4:31	5:41	6:41	7:59	10:08	12:25	13:37	16:19	18:27	20:27	21:37	25:27	26:44
				2:26	2:05	1:10	1:00	1:18	2:09	2:17	1:12	2:42	2:08	2:00	1:10	3:50	1:17
				29:07	30:07	33:09	33:38	34:47	37:59	39:40	41:25	47:21	48:17	51:20	52:46	54:16	55:50
				2:23	1:00	3:02	0:29	1:09	3:12	1:41	1:45	5:56	0:56	3:03	1:26	1:30	1:34
				57:12	57:31												
				1:22	0:19												
8	212	Borja Vila Sempere COLIVENC Alicante	57:41	2:19	5:21	6:26	7:16	8:28	11:43	14:20	15:06	17:20	19:51	21:16	22:32	26:56	28:32
				2:19	3:02	1:05	0:50	1:12	3:15	2:37	0:46	2:14	2:31	1:25	1:16	4:24	1:36
				31:32	32:42	36:22	37:02	38:23	42:26	43:41	45:15	47:31	48:27	51:52	53:12	54:54	55:53
				3:00	1:10	3:40	0:40	1:21	4:03	1:15	1:34	2:16	0:56	3:25	1:20	1:42	0:59
				57:19	57:41												
				1:26	0:22												
9	302	Sergio Mérida Sanc VILLENA-O Alicante	59:44	2:18	5:00	6:21	7:10	8:24	10:30	14:45	15:10	17:04	20:47	22:07	23:08	26:32	28:00
				2:18	2:42	1:21	0:49	1:14	2:06	4:15	0:25	1:54	3:43	1:20	1:01	3:24	1:28
				30:41	31:55	35:38	36:15	40:23	43:26	45:06	47:15	49:35	50:29	53:29	54:49	56:47	57:45
				2:41	1:14	3:43	0:37	4:08	3:03	1:40	2:09	2:20	0:54	3:00	1:20	1:58	0:58
				59:24	59:44												
				1:39	0:20												
10	526	Carlos Raico Landa VELETA Granada	1:03:37	2:48	5:02	6:02	7:44	9:50	12:14	14:57	16:41	19:11	21:11	22:45	24:05	29:39	31:09
				2:48	2:14	1:00	1:42	2:06	2:24	2:43	1:44	2:30	2:00	1:34	1:20	5:34	1:30
				33:51	35:24	39:23	40:05	41:22	44:39	46:22	47:56	50:22	51:27	55:35	58:51	1:00:23	1:01:55
				2:42	1:33	3:59	0:42	1:17	3:17	1:43	1:34	2:26	1:05	4:08	3:16	1:32	1:32
				1:03:17	1:03:37												
				1:22	0:20												
11	310	Pablo Morón Gómez POSEIDÓN Sevilla	1:05:26	2:30	5:23	6:44	8:36	9:57	14:41	18:41	19:08	20:59	24:46	26:05	27:10	30:40	32:18
				2:30	2:53	1:21	1:52	1:21	4:44	4:00	0:27	1:51	3:47	1:19	1:05	3:30	1:38
				35:12	36:38	40:31	41:08	42:19	45:27	46:50	48:52	52:02	53:34	57:25	59:18	1:01:16	1:02:31
				2:54	1:26	3:53	0:37	1:11	3:08	1:23	2:02	3:10	1:32	3:51	1:53	1:58	1:15
				1:05:05	1:05:26												
				2:34	0:21												
12	351	Alejandro Martínez UPV-O Valencia	1:06:25	2:11	5:40	6:42	7:32	10:00	12:59	18:08	18:44	21:17	23:32	25:36	27:13	31:36	33:13
				2:11	3:29	1:02	0:50	2:28	2:59	5:09	0:36	2:33	2:15	2:04	1:37	4:23	1:37
				36:03	37:28	41:14	42:00	43:34	46:45	49:34	51:02	53:31	54:32	58:25	1:00:10	1:03:14	1:04:36
				2:50	1:25	3:46	0:46	1:34	3:11	2:49	1:28	2:29	1:01	3:53	1:45	3:04	1:22
				1:06:04	1:06:25												
				1:28	0:21												
13	206	Arturo Estraviz Tria COLMENAR Madrid	1:09:16	2:01	4:59	6:14	6:57	8:58	10:50	16:11	16:31	19:14	25:58	27:00	28:12	33:33	34:53
				2:01	2:58	1:15	0:43	2:01	1:52	5:21	0:20	2:43	6:44	1:02	1:12	5:21	1:20
				37:18	38:49	41:53	42:29	44:07	47:24	48:49	50:26	57:49	1:00:41	1:04:30	1:05:29	1:06:53	1:07:38
				2:25	1:31	3:04	0:36	1:38	3:17	1:25	1:37	7:23	2:52	3:49	0:59	1:24	0:45
				1:08:59	1:09:16												
				1:21	0:17												



os	rsal	Nombre	Tiempo																		
<b>H-20A (25)</b>				<b>5,9 km 280 m</b>		<b>29 C</b>		<i>(cont.)</i>													
				1(31)	2(32)	3(34)	4(35)	5(36)	6(38)	7(37)	8(58)	9(60)	10(76)	11(40)	12(39)	13(41)	14(77)				
				15(44)	16(78)	17(45)	18(62)	19(46)	20(47)	21(69)	22(49)	23(50)	24(51)	25(52)	26(71)	27(54)	28(55)				
				29(200)	F																
366		José María Sáez Álv E D ALCON León	en tarj.	2:24	4:01	5:07	6:02	7:22	10:40	14:00	14:54	17:14	21:38	23:12	25:16	29:18	30:45				
				2:24	<b>1:37</b>	1:06	0:55	1:20	3:18	3:20	0:54	2:20	4:24	1:34	2:04	4:02	1:27				
				33:20	34:26	37:21	37:56	-----	41:31	42:33	43:48	46:29	48:15	51:14	52:30	53:41	54:40				
				2:35	1:06	2:55	0:35		3:35	1:02	1:15	2:41	1:46	2:59	1:16	1:11	0:59				
				56:01	56:21																
				1:21	0:20																
346		Álvaro Prieto Del C COLMENAR Madrid	en tarj.	2:24	4:25	5:29	6:12	7:23	9:29	19:52	20:22	22:32	24:41	26:04	27:06	31:20	32:46				
				2:24	2:01	1:04	0:43	1:11	2:06	10:23	0:30	2:10	2:09	1:23	1:02	4:14	1:26				
				35:27	36:49	39:41	-----	41:33	44:26	46:21	47:41	51:36	52:39	56:27	58:01	59:32	1:00:31				
				2:41	1:22	2:52		1:52	2:53	1:55	1:20	3:55	1:03	3:48	1:34	1:31	0:59				
				1:02:01	1:02:23																
				1:30	0:22																
392		Manuel Berea Arella COLMENAR Madrid	andona	2:43	8:11	9:35	11:32	13:04	15:07	17:56	19:39	22:30	24:40	27:05	28:37	33:55	35:59				
				2:43	5:28	1:24	1:57	1:32	2:03	2:49	1:43	2:51	2:10	2:25	1:32	5:18	2:04				
				-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
				52:49	53:17																
				16:50	0:28																
237		Manuel Valero Cayó PILOÑA DEP Asturias	andona	4:22	8:34	10:35	12:13	14:59	19:06	25:29	26:28	30:39	37:51	44:00	46:30	55:47	58:58				
				4:22	4:12	2:01	1:38	2:46	4:07	6:23	0:59	4:11	7:12	6:09	2:30	9:17	3:11				
				-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
				1:24:44	1:25:17	41:11															
				25:46	0:33	*39															
<b>H-21A (63)</b>				<b>4,4 km 220 m</b>		<b>22 C</b>															
				1(118)	2(73)	3(42)	4(74)	5(35)	6(34)	7(81)	8(37)	9(107)	10(59)	11(60)	12(41)	13(77)	14(45)				
				15(82)	16(84)	17(69)	18(49)	19(51)	20(54)	21(71)	22(200)	F									
1	341	José Manuel García COMA Málaga	38:47	2:16	3:35	<b>4:22</b>	<b>5:50</b>	<b>6:38</b>	<b>7:25</b>	<b>8:48</b>	12:30	13:27	14:39	17:15	18:30	19:48	22:27				
				2:16	<b>1:19</b>	0:47	1:28	0:48	0:47	1:23	3:42	0:57	1:12	2:36	1:15	<b>1:18</b>	<b>2:39</b>				
				25:04	26:37	28:51	30:13	33:13	<b>35:15</b>	<b>36:45</b>	<b>38:26</b>	<b>38:47</b>									
				2:37	1:33	2:14	<b>1:22</b>	<b>3:00</b>	<b>2:02</b>	<b>1:30</b>	<b>1:41</b>	0:21									
2	49	Raúl Martínez Díaz LORCA-O Murcia	40:14	2:08	3:43	4:41	5:58	6:55	7:58	9:35	<b>12:03</b>	<b>12:55</b>	14:00	15:34	16:55	18:35	21:51				
				2:08	1:35	0:58	1:17	0:57	1:03	1:37	2:28	0:52	1:05	1:34	1:21	1:40	3:16				
				<b>24:05</b>	<b>24:49</b>	<b>27:13</b>	<b>28:57</b>	<b>32:20</b>	35:25	37:18	39:18	40:14									
				2:14	0:44	2:24	1:44	3:23	3:05	1:53	2:00	0:56									
3	578	Antonio Carbonell CEAM IBI-O Alicante	41:18	2:40	4:14	5:07	6:40	7:33	8:23	9:59	12:29	13:33	14:51	16:16	17:24	18:43	<b>21:41</b>				
				2:40	1:34	0:53	1:33	0:53	0:50	1:36	2:30	1:04	1:18	1:25	1:08	1:19	2:58				
				24:29	25:08	28:18	29:50	33:46	36:14	38:21	40:56	41:18									
				2:48	0:39	3:10	1:32	3:56	2:28	2:07	2:35	0:22									
4	387	Álvaro Benavente P MONTE EL P Madrid	42:41	1:55	<b>3:27</b>	4:36	6:11	8:18	9:07	10:53	15:10	16:16	17:18	19:03	20:11	21:41	24:34				
				1:55	1:32	1:09	1:35	2:07	0:49	1:46	4:17	1:06	1:02	1:45	1:08	1:30	2:53				
				27:10	28:03	30:29	32:23	35:31	38:58	40:37	42:20	42:41									
				2:36	0:53	2:26	1:54	3:08	3:27	1:39	1:43	0:21									
5	103	Samuel Catalán Gar VILLENNA-O Alicante	42:58	<b>1:51</b>	3:28	4:52	6:16	7:02	8:00	9:29	12:04	<b>12:55</b>	<b>13:53</b>	<b>15:16</b>	<b>16:29</b>	<b>18:08</b>	22:04				
				<b>1:51</b>	1:37	1:24	1:24	0:46	0:58	1:29	2:35	0:51	0:58	<b>1:23</b>	1:13	1:39	3:56				
				24:14	25:11	29:36	31:10	34:20	38:36	40:25	42:35	42:58									
				2:10	0:57	4:25	1:34	3:10	4:16	1:49	2:10	0:23									

os	rsal	Nombre	Tiempo															
<b>H-21A (63)</b>				<b>4,4 km 220 m</b>		<b>22 C</b>		<i>(cont.)</i>										
				1(118)	2(73)	3(42)	4(74)	5(35)	6(34)	7(81)	8(37)	9(107)	10(59)	11(60)	12(41)	13(77)	14(45)	
				15(82)	16(84)	17(69)	18(49)	19(51)	20(54)	21(71)	22(200)	F						
6	485	Carlos Gil Rodrigo RUMBO-MADR Madr	43:09	3:05	5:13	6:33	8:11	9:27	10:18	11:41	15:35	16:38	17:33	19:11	20:20	22:02	25:01	
				3:05	2:08	1:20	1:38	1:16	0:51	1:23	3:54	1:03	<b>0:55</b>	1:38	1:09	1:42	2:59	
				26:55	27:35	30:14	31:56	36:14	38:34	41:06	42:50	43:09						
				<b>1:54</b>	0:40	2:39	1:42	4:18	2:20	2:32	1:44	0:19						
7	386	Juan Carlos Roi Rú MONTE EL P Madrid	43:10	4:17	5:52	7:26	8:42	9:25	10:20	12:09	14:17	15:16	16:23	17:56	19:08	20:55	24:04	
				4:17	1:35	1:34	1:16	0:43	0:55	1:49	<b>2:08</b>	0:59	1:07	1:33	1:12	1:47	3:09	
				26:21	27:00	29:27	31:00	35:16	38:08	39:55	42:50	43:10						
				2:17	0:39	2:27	1:33	4:16	2:52	1:47	2:55	0:20						
8	55	Miguel Ángel Salas LORCA-O Murcia	43:22	4:03	5:42	6:47	8:38	9:37	10:30	12:11	14:40	15:29	16:49	18:19	19:31	21:08	24:30	
				4:03	1:39	1:05	1:51	0:59	0:53	1:41	2:29	0:49	1:20	1:30	1:12	1:37	3:22	
				26:58	27:42	30:35	32:00	35:58	38:52	40:48	43:00	43:22						
				2:28	0:44	2:53	1:25	3:58	2:54	1:56	2:12	0:22						
9	204	Oscar Hernaiz Sánc RIOJA-O La Rioja	44:16	2:45	4:43	5:39	7:22	8:21	9:30	11:19	14:11	15:18	16:19	18:26	19:32	21:04	24:26	
				2:45	1:58	0:56	1:43	0:59	1:09	1:49	2:52	1:07	1:01	2:07	1:06	1:32	3:22	
				26:49	28:29	31:01	32:40	36:43	39:35	41:31	43:56	44:16						
				2:23	1:40	2:32	1:39	4:03	2:52	1:56	2:25	0:20						
10	178	Ángel Frontela Muci COV Valladolid	44:23	2:04	3:45	4:32	6:05	7:05	8:24	10:08	12:44	13:58	15:31	17:37	19:35	21:25	24:46	
				2:04	1:41	0:47	1:33	1:00	1:19	1:44	2:36	1:14	1:33	2:06	1:58	1:50	3:21	
				27:11	28:17	31:23	33:19	36:50	39:59	41:48	43:58	44:23						
				2:25	1:06	3:06	1:56	3:31	3:09	1:49	2:10	0:25						
11	44	Juan Alberto Flores LORCA-O Murcia	45:17	5:16	7:00	8:02	9:51	10:37	11:42	13:38	16:06	17:06	18:10	20:01	21:55	23:28	27:19	
				5:16	1:44	1:02	1:49	0:46	1:05	1:56	2:28	1:00	1:04	1:51	1:54	1:33	3:51	
				30:10	31:24	33:46	35:15	38:36	41:09	42:55	44:51	45:17						
				2:51	1:14	2:22	1:29	3:21	2:33	1:46	1:56	0:26						
12	144	Javier Alba Isasi MONTE EL P Madrid	45:25	<b>1:51</b>	4:01	4:47	8:14	8:53	9:49	12:16	16:29	17:57	19:57	22:24	23:43	25:23	28:47	
				<b>1:51</b>	2:10	<b>0:46</b>	3:27	0:39	0:56	2:27	4:13	1:28	2:00	2:27	1:19	1:40	3:24	
				30:47	32:14	34:48	36:27	39:40	41:49	43:26	45:08	45:25						
				2:00	1:27	2:34	1:39	3:13	2:09	1:37	1:42	<b>0:17</b>						
13	875	Pedro Duarte ADFA FPO	45:42	2:43	6:26	8:54	9:59	11:01	11:46	13:18	16:10	17:33	18:41	20:14	21:16	22:40	26:03	
				2:43	3:43	2:28	<b>1:05</b>	1:02	<b>0:45</b>	1:32	2:52	1:23	1:08	1:33	1:02	1:24	3:23	
				28:09	28:57	34:28	36:03	39:12	41:56	43:30	45:19	45:42						
				2:06	0:48	5:31	1:35	3:09	2:44	1:34	1:49	0:23						
14	1036	Federico Costa COC FPO	45:44	2:54	4:47	6:52	8:15	10:03	11:08	13:03	16:00	17:28	18:35	20:18	21:20	22:59	26:35	
				2:54	1:53	2:05	1:23	1:48	1:05	1:55	2:57	1:28	1:07	1:43	1:02	1:39	3:36	
				28:59	29:42	32:08	33:59	37:45	40:35	43:10	45:15	45:44						
				2:24	0:43	2:26	1:51	3:46	2:50	2:35	2:05	0:29						
15	581	Josep Morlá Vanrell WAKHAN Huesca	46:07	2:17	3:51	4:41	6:21	7:17	8:12	9:53	14:45	16:08	17:19	18:51	20:04	21:46	28:12	
				2:17	1:34	0:50	1:40	0:56	0:55	1:41	4:52	1:23	1:11	1:32	1:13	1:42	6:26	
				30:36	31:57	34:15	35:45	39:03	41:31	44:01	45:46	46:07						
				2:24	1:21	2:18	1:30	3:18	2:28	2:30	1:45	0:21						
16	1070	Angel Perpén Martín Huesca Peña Guara	46:21	3:52	5:45	6:39	8:15	9:06	10:09	11:38	13:55	15:19	16:41	18:19	19:22	20:54	24:18	
				3:52	1:53	0:54	1:36	0:51	1:03	1:29	2:17	1:24	1:22	1:38	1:03	1:32	3:24	
				26:38	27:29	30:10	31:40	38:38	42:02	43:37	45:59	46:21						
				2:20	0:51	2:41	1:30	6:58	3:24	1:35	2:22	0:22						
17	305	Roger Fonseca Pla ALIGOTS Girona	46:54	2:01	3:58	5:50	10:08	12:00	12:56	14:45	17:11	18:05	19:10	20:52	22:12	24:03	27:07	
				2:01	1:57	1:52	4:18	1:52	0:56	1:49	2:26	0:54	1:05	1:42	1:20	1:51	3:04	
				29:19	30:04	33:50	35:42	39:18	42:23	44:37	46:27	46:54						
				2:12	0:45	3:46	1:52	3:36	3:05	2:14	1:50	0:27						

os	rsal	Nombre	Tiempo														
<b>H-21A (63)</b>				<b>4,4 km 220 m</b>		<b>22 C</b>		<i>(cont.)</i>									
				1(118)	2(73)	3(42)	4(74)	5(35)	6(34)	7(81)	8(37)	9(107)	10(59)	11(60)	12(41)	13(77)	14(45)
				15(82)	16(84)	17(69)	18(49)	19(51)	20(54)	21(71)	22(200)	F					
18	535	Ramón Blanco Gon NORDESTE-O Asturi	47:41	3:04	5:24	6:57	8:27	9:14	10:20	11:57	15:03	16:21	18:11	19:56	21:19	22:54	26:03
				3:04	2:20	1:33	1:30	0:47	1:06	1:37	3:06	1:18	1:50	1:45	1:23	1:35	3:09
				28:19	29:12	31:55	33:30	37:57	40:21	42:17	47:22	47:41					
				2:16	0:53	2:43	1:35	4:27	2:24	1:56	5:05	0:19					
19	97	Julio Regidor Pero VALENCIA-O Valenci	47:54	2:12	4:22	5:14	6:53	8:01	9:15	11:17	15:20	17:25	18:44	20:32	22:27	23:55	28:00
				2:12	2:10	0:52	1:39	1:08	1:14	2:02	4:03	2:05	1:19	1:48	1:55	1:28	4:05
				30:27	31:11	34:27	36:03	40:09	43:09	45:35	47:35	47:54					
				2:27	0:44	3:16	1:36	4:06	3:00	2:26	2:00	0:19					
20	268	Sabin Ormaza Atxa COBI Vizcaya	48:02	2:27	4:16	5:28	7:33	8:09	9:17	10:55	13:23	14:13	15:45	17:30	18:38	20:45	23:51
				2:27	1:49	1:12	2:05	0:36	1:08	1:38	2:28	0:50	1:32	1:45	1:08	2:07	3:06
				26:28	28:00	34:28	36:35	40:12	43:38	45:28	47:40	48:02					
				2:37	1:32	6:28	2:07	3:37	3:26	1:50	2:12	0:22					
21	457	Victor Calatayud Nu MANZANARES Ciuda	48:08	2:06	3:58	5:58	7:31	8:16	10:41	12:18	15:04	16:36	18:39	20:18	21:34	23:36	27:14
				2:06	1:52	2:00	1:33	0:45	2:25	1:37	2:46	1:32	2:03	1:39	1:16	2:02	3:38
				30:33	31:49	34:32	36:24	39:51	43:03	45:22	47:45	48:08					
				3:19	1:16	2:43	1:52	3:27	3:12	2:19	2:23	0:23					
22	872	André Pedralva ADFA FPO	48:10	3:39	5:29	6:49	8:52	9:50	10:41	12:34	15:20	16:45	18:02	20:08	21:35	23:13	28:05
				3:39	1:50	1:20	2:03	0:58	0:51	1:53	2:46	1:25	1:17	2:06	1:27	1:38	4:52
				30:12	31:04	35:46	37:24	41:10	44:00	45:41	47:52	48:10					
				2:07	0:52	4:42	1:38	3:46	2:50	1:41	2:11	0:18					
23	968	Arnaldo Mendes Ginásio FPO	48:13	2:22	3:47	4:40	6:25	9:43	11:24	12:56	15:12	16:08	17:11	20:50	22:27	24:01	26:50
				2:22	1:25	0:53	1:45	3:18	1:41	1:32	2:16	0:56	1:03	3:39	1:37	1:34	2:49
				28:58	29:58	35:31	37:24	41:46	44:15	46:05	47:50	48:13					
				2:08	1:00	5:33	1:53	4:22	2:29	1:50	1:45	0:23					
24	102	Juan Pedro Martíne VILLENIA-O Alicante	48:30	3:28	5:42	6:36	8:25	9:11	10:15	12:10	15:14	16:26	17:38	19:15	20:28	21:56	25:07
				3:28	2:14	0:54	1:49	0:46	1:04	1:55	3:04	1:12	1:12	1:37	1:13	1:28	3:11
				27:29	28:27	32:54	34:47	39:10	43:37	45:20	48:02	48:30					
				2:22	0:58	4:27	1:53	4:23	4:27	1:43	2:42	0:28					
25	947	Domingos Martins GafanhOri FPO	48:37	2:18	4:16	6:05	7:36	8:27	9:26	10:59	13:55	15:00	16:07	17:45	19:08	20:55	25:07
				2:18	1:58	1:49	1:31	0:51	0:59	1:33	2:56	1:05	1:07	1:38	1:23	1:47	4:12
				27:32	28:17	35:02	36:40	40:44	43:52	45:33	48:12	48:37					
				2:25	0:45	6:45	1:38	4:04	3:08	1:41	2:39	0:25					
26	96	Enric Regidor Pero VALENCIA-O Valenci	48:53	3:18	5:02	6:08	7:49	8:33	9:32	11:08	13:32	14:30	15:28	19:31	20:51	22:41	25:56
				3:18	1:44	1:06	1:41	0:44	0:59	1:36	2:24	0:58	0:58	4:03	1:20	1:50	3:15
				28:23	29:32	35:52	37:28	41:24	44:40	46:23	48:31	48:53					
				2:27	1:09	6:20	1:36	3:56	3:16	1:43	2:08	0:22					
27	198	Luis Alberto Jiménez ADOL Sevilla	48:59	4:42	6:30	7:51	9:18	10:09	11:10	12:39	16:42	17:49	18:54	21:38	23:11	24:54	27:49
				4:42	1:48	1:21	1:27	0:51	1:01	1:29	4:03	1:07	1:05	2:44	1:33	1:43	2:55
				30:16	31:02	35:27	37:11	41:35	44:32	46:37	48:37	48:59					
				2:27	0:46	4:25	1:44	4:24	2:57	2:05	2:00	0:22					
28	184	Rodrigo Jiménez Ji E D ALCON León	49:44	2:19	4:11	5:11	6:36	8:24	9:31	13:00	16:22	17:37	19:03	20:44	23:28	25:25	30:17
				2:19	1:52	1:00	1:25	1:48	1:07	3:29	3:22	1:15	1:26	1:41	2:44	1:57	4:52
				32:29	33:07	35:57	38:53	42:45	45:31	47:35	49:19	49:44					
				2:12	0:38	2:50	2:56	3:52	2:46	2:04	1:44	0:25					
29	172	Jesús Nieto Calvo NAVALCAN-O Toled	49:55	2:21	4:12	5:00	6:22	7:08	8:30	9:53	14:08	15:00	16:35	18:05	19:46	21:31	25:49
				2:21	1:51	0:48	1:22	0:46	1:22	1:23	4:15	0:52	1:35	1:30	1:41	1:45	4:18
				28:06	29:08	36:47	39:20	42:55	45:49	47:31	49:31	49:55					
				2:17	1:02	7:39	2:33	3:35	2:54	1:42	2:00	0:24					



os	rsal	Nombre	Tiempo														
<b>H-21A (63)</b>				<b>4,4 km 220 m</b>		<b>22 C</b>		<i>(cont.)</i>									
				1(118)	2(73)	3(42)	4(74)	5(35)	6(34)	7(81)	8(37)	9(107)	10(59)	11(60)	12(41)	13(77)	14(45)
				15(82)	16(84)	17(69)	18(49)	19(51)	20(54)	21(71)	22(200)	F					
30	909	Fidel Conde COC FPO	49:58	2:46	4:43	5:48	7:20	8:24	9:47	11:39	14:21	15:56	17:00	18:41	20:06	21:42	27:55
				2:46	1:57	1:05	1:32	1:04	1:23	1:52	2:42	1:35	1:04	1:41	1:25	1:36	6:13
				30:13	31:05	35:13	36:54	41:32	44:35	46:39	49:30	49:58		27:09			
				2:18	0:52	4:08	1:41	4:38	3:03	2:04	2:51	0:28		*62			
31	1003	João Amorim Ori-Estarr FPO	50:21	2:34	4:44	5:41	7:22	8:30	9:51	11:42	14:21	15:51	17:08	18:50	20:32	22:00	27:35
				2:34	2:10	0:57	1:41	1:08	1:21	1:51	2:39	1:30	1:17	1:42	1:42	1:28	5:35
				31:13	32:04	34:44	36:54	43:16	45:56	47:42	49:59	50:21					
				3:38	0:51	2:40	2:10	6:22	2:40	1:46	2:17	0:22					
32	107	Alejandro Palacio G UVALENCIA Valenci	50:34	3:19	5:27	6:19	7:46	8:37	9:31	12:18	17:27	18:50	19:56	21:19	23:57	25:47	29:41
				3:19	2:08	0:52	1:27	0:51	0:54	2:47	5:09	1:23	1:06	1:23	2:38	1:50	3:54
				33:24	34:07	37:19	39:22	42:51	45:51	48:04	50:08	50:34					
				3:43	0:43	3:12	2:03	3:29	3:00	2:13	2:04	0:26					
33	460	Julio Sanchez Amor MURCIA-O Murcia	50:59	2:22	4:25	5:16	6:42	7:25	8:22	10:13	14:25	15:31	16:42	18:57	20:35	22:36	26:27
				2:22	2:03	0:51	1:26	0:43	0:57	1:51	4:12	1:06	1:11	2:15	1:38	2:01	3:51
				28:46	29:32	32:23	36:05	43:38	46:21	48:09	50:39	50:59					
				2:19	0:46	2:51	3:42	7:33	2:43	1:48	2:30	0:20					
34	379	Jesus Oliver Sáez COLMENAR Madrid	51:46	3:28	5:18	6:15	7:50	9:39	10:32	12:11	16:17	17:20	18:30	20:50	21:51	23:18	26:32
				3:28	1:50	0:57	1:35	1:49	0:53	1:39	4:06	1:03	1:10	2:20	1:01	1:27	3:14
				29:05	29:47	32:52	34:58	39:42	42:09	49:33	51:24	51:46					
				2:33	0:42	3:05	2:06	4:44	2:27	7:24	1:51	0:22					
35	324	Alfonso Rosado Fra AROMON Pontevedr	52:07	2:18	4:29	5:29	7:16	8:13	9:19	11:01	13:42	14:43	16:31	20:11	21:39	23:47	28:17
				2:18	2:11	1:00	1:47	0:57	1:06	1:42	2:41	1:01	1:48	3:40	1:28	2:08	4:30
				30:52	32:17	38:08	39:42	42:58	46:08	49:22	51:49	52:07					
				2:35	1:25	5:51	1:34	3:16	3:10	3:14	2:27	0:18					
36	189	Julio Cesar Garrido CDP-O Valladolid	52:15	4:13	5:53	7:10	8:56	11:01	12:14	13:55	16:37	17:42	18:54	20:42	22:10	24:10	30:26
				4:13	1:40	1:17	1:46	2:05	1:13	1:41	2:42	1:05	1:12	1:48	1:28	2:00	6:16
				33:04	33:56	36:48	39:09	43:27	46:59	49:22	51:45	52:15					
				2:38	0:52	2:52	2:21	4:18	3:32	2:23	2:23	0:30					
37	213	Jaime Flández Mon VERD3 Valencia	52:18	3:48	6:09	12:05	14:16	14:57	16:08	17:29	20:04	21:59	23:22	25:05	26:15	27:55	31:58
				3:48	2:21	5:56	2:11	0:41	1:11	1:21	2:35	1:55	1:23	1:43	1:10	1:40	4:03
				34:19	35:15	39:23	41:00	45:25	48:14	49:48	51:50	52:18					
				2:21	0:56	4:08	1:37	4:25	2:49	1:34	2:02	0:28					
38	266	José Corredoira Rif T TRAGAME Madrid	52:32	6:20	8:03	9:22	11:48	12:34	13:32	15:05	17:42	19:03	20:08	21:51	23:06	24:50	28:00
				6:20	1:43	1:19	2:26	0:46	0:58	1:33	2:37	1:21	1:05	1:43	1:15	1:44	3:10
				30:42	31:41	38:14	40:27	44:04	48:12	49:44	52:13	52:32					
				2:42	0:59	6:33	2:13	3:37	4:08	1:32	2:29	0:19					
39	475	Daniel Jiménez Gar GO-XTREM Girona	53:08	2:34	4:34	6:34	8:03	9:00	10:02	11:56	15:53	17:08	20:29	22:07	23:17	24:57	30:25
				2:34	2:00	2:00	1:29	0:57	1:02	1:54	3:57	1:15	3:21	1:38	1:10	1:40	5:28
				34:43	35:28	39:05	40:34	44:37	49:03	51:00	52:48	53:08					
				4:18	0:45	3:37	1:29	4:03	4:26	1:57	1:48	0:20					
40	349	David Sanjuan Garc UNIVERSIDA Alicant	53:29	4:24	6:11	7:36	11:32	12:14	13:08	15:06	17:44	19:13	20:35	22:31	23:38	25:36	28:39
				4:24	1:47	1:25	3:56	0:42	0:54	1:58	2:38	1:29	1:22	1:56	1:07	1:58	3:03
				33:06	35:04	39:51	41:25	45:35	48:47	50:34	53:04	53:29					
				4:27	1:58	4:47	1:34	4:10	3:12	1:47	2:30	0:25					
41	181	Raimundo Jesús Sá COV Valladolid	54:05	2:14	4:22	5:31	8:17	9:03	11:13	12:50	15:34	16:51	18:10	20:10	22:00	24:13	30:42
				2:14	2:08	1:09	2:46	0:46	2:10	1:37	2:44	1:17	1:19	2:00	1:50	2:13	6:29
				33:37	34:40	38:08	40:17	46:15	49:15	51:17	53:43	54:05					
				2:55	1:03	3:28	2:09	5:58	3:00	2:02	2:26	0:22					

os	rsal	Nombre	Tiempo														
<b>H-21A (63)</b>				<b>4,4 km 220 m</b>		<b>22 C</b>		<i>(cont.)</i>									
				1(118)	2(73)	3(42)	4(74)	5(35)	6(34)	7(81)	8(37)	9(107)	10(59)	11(60)	12(41)	13(77)	14(45)
				15(82)	16(84)	17(69)	18(49)	19(51)	20(54)	21(71)	22(200)	F					
42	244	Guillermo Castro M CDP-O Valladolid	54:56	2:23	4:47	6:10	8:02	9:06	10:20	13:40	21:06	21:59	23:13	25:26	27:01	29:03	32:31
				2:23	2:24	1:23	1:52	1:04	1:14	3:20	7:26	0:53	1:14	2:13	1:35	2:02	3:28
				35:26	36:31	41:37	43:34	47:20	50:37	52:35	54:35	54:56					
				2:55	1:05	5:06	1:57	3:46	3:17	1:58	2:00	0:21					
43	983	Luis Nobrega Natura FPO	56:16	8:23	10:16	11:16	13:39	14:49	16:39	18:19	21:41	23:42	25:15	27:07	28:20	29:58	33:50
				8:23	1:53	1:00	2:23	1:10	1:50	1:40	3:22	2:01	1:33	1:52	1:13	1:38	3:52
				37:06	38:07	42:42	44:48	48:49	51:14	53:46	55:57	56:16					
				3:16	1:01	4:35	2:06	4:01	2:25	2:32	2:11	0:19					
44	225	David Prieto López ELERUT Cuenca	56:22	3:07	5:13	6:29	9:47	11:00	12:20	14:11	17:41	19:56	21:33	25:38	27:23	29:38	33:25
				3:07	2:06	1:16	3:18	1:13	1:20	1:51	3:30	2:15	1:37	4:05	1:45	2:15	3:47
				36:04	36:57	41:37	43:57	48:24	52:04	54:02	55:59	56:22					
				2:39	0:53	4:40	2:20	4:27	3:40	1:58	1:57	0:23					
45	331	Ignacio Javier Ming ENTREBALIZ Madri	57:29	2:34	5:14	7:57	10:13	11:13	12:23	14:38	17:28	19:14	20:28	23:00	24:51	26:59	33:17
				2:34	2:40	2:43	2:16	1:00	1:10	2:15	2:50	1:46	1:14	2:32	1:51	2:08	6:18
				36:22	37:24	41:19	43:37	48:25	52:26	54:34	57:04	57:29					
				3:05	1:02	3:55	2:18	4:48	4:01	2:08	2:30	0:25					
46	91	Manuel Brotons Pas SANT JOAN Alicante	57:53	5:44	7:47	9:32	11:09	12:14	13:51	16:16	21:33	23:01	24:51	27:03	28:10	30:24	33:57
				5:44	2:03	1:45	1:37	1:05	1:37	2:25	5:17	1:28	1:50	2:12	1:07	2:14	3:33
				36:50	38:19	42:38	44:55	48:48	53:14	55:04	57:23	57:53					
				2:53	1:29	4:19	2:17	3:53	4:26	1:50	2:19	0:30					
47	375	Luis Torres Almagr LOS CALIFA Córdoba	59:06	2:38	4:56	6:12	8:27	9:30	10:50	12:51	19:28	22:10	23:35	26:30	28:13	30:00	35:35
				2:38	2:18	1:16	2:15	1:03	1:20	2:01	6:37	2:42	1:25	2:55	1:43	1:47	5:35
				38:13	39:23	42:49	44:57	49:13	53:06	55:35	58:40	59:06					
				2:38	1:10	3:26	2:08	4:16	3:53	2:29	3:05	0:26					
48	175	Alberto Tejero Rios COV Valladolid	59:07	7:33	9:20	11:05	14:12	15:10	16:14	17:54	24:20	25:42	27:14	29:08	30:32	32:34	35:57
				7:33	1:47	1:45	3:07	0:58	1:04	1:40	6:26	1:22	1:32	1:54	1:24	2:02	3:23
				38:36	40:36	46:10	48:14	51:26	54:49	56:31	58:41	59:07					
				2:39	2:00	5:34	2:04	3:12	3:23	1:42	2:10	0:26					
49	247	David Carretero Go MONTE EL P Madrid	59:50	4:22	6:58	8:04	10:22	11:23	13:13	17:05	21:12	22:33	24:10	26:56	28:47	30:59	35:09
				4:22	2:36	1:06	2:18	1:01	1:50	3:52	4:07	1:21	1:37	2:46	1:51	2:12	4:10
				38:06	39:12	44:33	46:36	50:35	53:56	56:31	59:02	59:50					
				2:57	1:06	5:21	2:03	3:59	3:21	2:35	2:31	0:48					
50	396	Daniel Flores Zamo LORCA-O Murcia	1:00:11	3:16	5:15	11:02	12:35	13:54	14:46	16:45	20:20	21:08	22:29	26:25	30:23	32:14	36:14
				3:16	1:59	5:47	1:33	1:19	0:52	1:59	3:35	0:48	1:21	3:56	3:58	1:51	4:00
				38:55	40:00	43:26	45:15	51:37	55:07	57:18	59:46	1:00:11					
				2:41	1:05	3:26	1:49	6:22	3:30	2:11	2:28	0:25					
51	246	Jesús Alfonso Rubi MONTE EL P Madrid	1:00:13	2:40	5:16	6:07	8:01	8:56	10:19	12:56	18:34	20:07	21:24	24:57	26:25	28:33	32:14
				2:40	2:36	0:51	1:54	0:55	1:23	2:37	5:38	1:33	1:17	3:33	1:28	2:08	3:41
				35:04	35:53	39:56	41:53	46:11	49:53	57:05	59:40	1:00:13					
				2:50	0:49	4:03	1:57	4:18	3:42	7:12	2:35	0:33					
52	969	Noel Ginásio FPO	1:00:14	4:53	7:10	11:02	12:44	13:35	14:42	16:23	19:10	20:27	21:28	23:33	24:41	26:31	29:49
				4:53	2:17	3:52	1:42	0:51	1:07	1:41	2:47	1:17	1:01	2:05	1:08	1:50	3:18
				32:05	33:02	46:46	48:39	52:28	55:19	57:37	59:49	1:00:14					
				2:16	0:57	13:44	1:53	3:49	2:51	2:18	2:12	0:25					
53	982	João Moura Natura FPO	1:01:16	4:15	6:48	8:54	11:07	12:05	13:18	15:37	18:53	21:15	23:03	25:24	27:57	30:27	35:12
				4:15	2:33	2:06	2:13	0:58	1:13	2:19	3:16	2:22	1:48	2:21	2:33	2:30	4:45
				40:23	41:16	45:11	47:50	53:08	56:21	58:29	1:00:55	1:01:16					
				5:11	0:53	3:55	2:39	5:18	3:13	2:08	2:26	0:21					

os	rsal	Nombre	Tiempo																
<b>H-21A (63)</b>				<b>4,4 km 220 m</b>		<b>22 C</b>		<i>(cont.)</i>											
				1(118)	2(73)	3(42)	4(74)	5(35)	6(34)	7(81)	8(37)	9(107)	10(59)	11(60)	12(41)	13(77)	14(45)		
				15(82)	16(84)	17(69)	18(49)	19(51)	20(54)	21(71)	22(200)	F							
54	35	Rubén Castro Nom GO-XTREM Girona	1:01:33	5:39	7:46	8:46	10:23	11:23	12:38	14:29	17:24	18:19	19:40	22:07	24:31	26:39	33:00		
				5:39	2:07	1:00	1:37	1:00	1:15	1:51	2:55	0:55	1:21	2:27	2:24	2:08	6:21		
				36:58	37:51	42:04	44:11	49:07	52:38	54:45	1:01:06	1:01:33							
				3:58	0:53	4:13	2:07	4:56	3:31	2:07	6:21	0:27							
55	228	Juan Carlos Dorad NAVALCAN-O Toled	1:02:05	8:42	10:50	13:16	14:48	17:00	18:12	20:11	24:33	25:47	27:25	30:09	31:41	33:41	38:11		
				8:42	2:08	2:26	1:32	2:12	1:12	1:59	4:22	1:14	1:38	2:44	1:32	2:00	4:30		
				40:40	41:21	47:27	49:53	53:52	57:10	59:19	1:01:36	1:02:05							
				2:29	0:41	6:06	2:26	3:59	3:18	2:09	2:17	0:29							
56	1004	Levi Pagaime Ori-Estarr FPO	1:02:17	2:56	5:04	6:26	8:32	9:29	11:10	13:03	21:26	23:06	24:28	26:20	27:29	29:34	33:13		
				2:56	2:08	1:22	2:06	0:57	1:41	1:53	8:23	1:40	1:22	1:52	1:09	2:05	3:39		
				35:59	37:25	47:15	49:06	53:44	57:09	59:30	1:01:47	1:02:17							
				2:46	1:26	9:50	1:51	4:38	3:25	2:21	2:17	0:30							
57	910	Jorge Frazão COC FPO	1:02:20	3:30	5:18	6:28	8:31	9:16	10:37	12:29	17:04	18:18	19:43	21:53	24:09	25:58	30:01		
				3:30	1:48	1:10	2:03	0:45	1:21	1:52	4:35	1:14	1:25	2:10	2:16	1:49	4:03		
				32:51	33:44	41:46	44:09	47:33	50:53	59:15	1:01:58	1:02:20							
				2:50	0:53	8:02	2:23	3:24	3:20	8:22	2:43	0:22							
58	984	Rui Martins Natura FPO	1:05:10	5:28	7:28	8:28	10:36	11:41	12:47	14:49	22:18	24:59	26:39	29:08	31:49	33:56	38:47		
				5:28	2:00	1:00	2:08	1:05	1:06	2:02	7:29	2:41	1:40	2:29	2:41	2:07	4:51		
				43:46	44:37	47:43	50:10	55:54	59:28	1:02:14	1:04:44	1:05:10							
				4:59	0:51	3:06	2:27	5:44	3:34	2:46	2:30	0:26							
59	957	Cidálio Oliveira GD4C FPO	1:06:18	3:32	6:09	7:32	10:18	11:41	13:06	15:05	23:09	24:37	26:04	28:14	30:23	32:42	37:22		
				3:32	2:37	1:23	2:46	1:23	1:25	1:59	8:04	1:28	1:27	2:10	2:09	2:19	4:40		
				40:17	41:38	50:22	52:53	57:09	1:00:42	1:03:04	1:05:47	1:06:18							
				2:55	1:21	8:44	2:31	4:16	3:33	2:22	2:43	0:31							
60	201	Alonso Camarena N MANZANARES Ciuda	1:06:37	3:18	5:20	6:40	8:18	9:12	10:35	13:04	17:14	18:55	20:38	23:27	28:08	30:34	35:49		
				3:18	2:02	1:20	1:38	0:54	1:23	2:29	4:10	1:41	1:43	2:49	4:41	2:26	5:15		
				38:39	40:08	45:03	49:09	55:57	1:00:35	1:03:41	1:06:10	1:06:37							
				2:50	1:29	4:55	4:06	6:48	4:38	3:06	2:29	0:27							
61	173	Diego Tejero Rioser COV Valladolid	1:07:30	6:43	10:15	11:02	12:30	17:55	19:06	21:26	27:43	28:39	30:16	32:06	33:09	34:32	40:13		
				6:43	3:32	0:47	1:28	5:25	1:11	2:20	6:17	0:56	1:37	1:50	1:03	1:23	5:41		
				43:42	44:29	49:37	52:25	55:56	1:00:47	1:05:05	1:07:13	1:07:30							
				3:29	0:47	5:08	2:48	3:31	4:51	4:18	2:08	<b>0:17</b>							
62	928	Tomás Silva CPOC FPO	1:13:04	9:48	12:07	14:12	19:43	20:28	21:40	24:22	28:37	32:01	33:57	36:32	38:52	41:11	47:41		
				9:48	2:19	2:05	5:31	0:45	1:12	2:42	4:15	3:24	1:56	2:35	2:20	2:19	6:30		
				50:42	51:46	55:17	57:10	1:02:03	1:06:08	1:09:32	1:12:39	1:13:04							
				3:01	1:04	3:31	1:53	4:53	4:05	3:24	3:07	0:25							
	67	Pascual Núñez Baño TOTANA-O Murcia	en tarj.	3:47	5:37	6:24	7:51	8:36	9:32	11:25	13:52	15:15	16:47	18:50	20:02	21:44	25:04		
				3:47	1:50	0:47	1:27	0:45	0:56	1:53	2:27	1:23	1:32	2:03	1:12	1:42	3:20		
				27:31	29:05	31:18	32:59	36:56	40:00	41:57	----								
				2:27	1:34	<b>2:13</b>	1:41	3:57	3:04	1:57									
<b>H-21B (47)</b>				<b>3,9 km 230 m</b>			<b>18 C</b>												
				1(80)	2(42)	3(43)	4(56)	5(57)	6(58)	7(59)	8(60)	9(62)	10(63)	11(64)	12(65)	13(67)	14(79)		
				15(70)	16(52)	17(71)	18(200)	F											
1	471	Jose Manuel Galdrá ELERUT Cuenca	36:42	2:09	<b>3:20</b>	<b>4:46</b>	6:49	7:58	12:35	14:48	16:21	22:07	22:58	24:13	25:03	27:10	<b>29:13</b>		
				2:09	1:11	1:26	2:03	1:09	4:37	2:13	1:33	5:46	0:51	<b>1:15</b>	0:50	2:07	<b>2:03</b>		
				<b>30:35</b>	<b>32:28</b>	<b>34:32</b>	<b>36:24</b>	<b>36:42</b>											
				1:22	<b>1:53</b>	2:04	1:52	0:18											

os	rsal	Nombre	Tiempo														
<b>H-21B (47)</b>				<b>3,9 km</b>		<b>230 m</b>		<b>18 C</b>		<i>(cont.)</i>							
				1(80)	2(42)	3(43)	4(56)	5(57)	6(58)	7(59)	8(60)	9(62)	10(63)	11(64)	12(65)	13(67)	14(79)
				15(70)	16(52)	17(71)	18(200)	F									
2	56	Antonio Jesús Cano MURCIA-O Murcia	39:01	2:09	5:20	6:23	7:50	8:45	12:52	14:14	16:31	22:55	23:52	25:13	26:02	27:56	30:04
				2:09	3:11	<b>1:03</b>	<b>1:27</b>	0:55	4:07	1:22	2:17	6:24	0:57	1:21	0:49	1:54	2:08
				33:18	35:14	37:00	38:38	39:01									
				3:14	1:56	1:46	<b>1:38</b>	0:23									
3	603	Alfonso Cortés Pinil CODAN EXTR Badaj	39:07	2:08	3:20	5:17	7:01	8:00	11:37	13:10	14:56	20:54	21:45	23:01	23:53	26:49	30:23
				2:08	1:12	1:57	1:44	0:59	3:37	1:33	1:46	5:58	0:51	1:16	0:52	2:56	3:34
				31:57	35:05	37:02	38:46	39:07									
				1:34	3:08	1:57	1:44	0:21									
4	195	Saúl Laguna Gutiérr CDP-O Valladolid	41:00	2:30	4:05	5:23	7:15	8:34	12:46	14:00	16:12	23:49	24:48	26:09	27:08	29:35	32:54
				2:30	1:35	1:18	1:52	1:19	4:12	1:14	2:12	7:37	0:59	1:21	0:59	2:27	3:19
				34:23	36:35	38:18	40:33	41:00									
				1:29	2:12	1:43	2:15	0:27									
5	251	Jose Daniel Salas P LORCA-O Murcia	41:19	3:24	5:31	7:07	8:45	10:00	17:21	18:14	20:03	26:11	27:15	28:34	29:33	31:36	33:48
				3:24	2:07	1:36	1:38	1:15	7:21	<b>0:53</b>	1:49	6:08	1:04	1:19	0:59	2:03	2:12
				35:16	37:38	38:52	40:55	41:19									
				1:28	2:22	<b>1:14</b>	2:03	0:24									
6	702	Ignasi Casamayor COC Barcelona	42:50	2:39	4:23	7:14	9:14	11:08	15:21	16:39	19:20	25:08	25:58	27:29	28:36	31:42	34:51
				2:39	1:44	2:51	2:00	1:54	4:13	1:18	2:41	5:48	0:50	1:31	1:07	3:06	3:09
				36:34	38:34	40:08	42:32	42:50									
				1:43	2:00	1:34	2:24	0:18									
7	521	Javier Sánchez Íñig E D ALCON León	42:51	2:18	3:32	4:59	6:36	7:36	12:25	13:33	15:06	23:51	25:08	26:42	27:45	30:27	32:51
				2:18	1:14	1:27	1:37	1:00	4:49	1:08	1:33	8:45	1:17	1:34	1:03	2:42	2:24
				34:25	38:01	39:57	42:32	42:51									
				1:34	3:36	1:56	2:35	0:19									
8	12	José Andrés Guerre COMA Málaga	42:52	2:21	4:13	6:17	8:11	9:15	13:23	14:25	16:31	22:29	23:37	25:06	26:26	29:20	32:29
				2:21	1:52	2:04	1:54	1:04	4:08	1:02	2:06	5:58	1:08	1:29	1:20	2:54	3:09
				34:12	37:43	39:40	42:29	42:52									
				1:43	3:31	1:57	2:49	0:23									
9	126	Miguel Ramos Pern USC La Coruña	44:08	2:50	4:40	8:06	10:09	12:06	16:24	17:57	19:54	25:56	27:00	28:33	29:35	33:48	35:56
				2:50	1:50	3:26	2:03	1:57	4:18	1:33	1:57	6:02	1:04	1:33	1:02	4:13	2:08
				37:35	39:54	41:46	43:47	44:08									
				1:39	2:19	1:52	2:01	0:21									
10	518	Sergio López Marco SANT JOAN Alicante	44:32	3:06	4:13	6:30	11:11	12:10	15:21	16:54	18:44	25:24	26:08	27:28	28:21	30:40	33:40
				3:06	<b>1:07</b>	2:17	4:41	0:59	<b>3:11</b>	1:33	1:50	6:40	<b>0:44</b>	1:20	0:53	2:19	3:00
				37:38	40:35	41:51	44:11	44:32									
				3:58	2:57	1:16	2:20	0:21									
11	39	Carlos Martínez Cár ASON Murcia	45:30	2:13	6:55	8:41	10:49	12:21	17:36	19:10	20:56	27:15	28:16	29:45	30:48	34:11	36:45
				2:13	4:42	1:46	2:08	1:32	5:15	1:34	1:46	6:19	1:01	1:29	1:03	3:23	2:34
				38:29	41:08	43:00	45:09	45:30									
				1:44	2:39	1:52	2:09	0:21									
12	424	Maikel Rodríguez D AROMON Pontevedr	46:07	6:03	7:14	11:11	12:38	13:45	17:24	18:34	20:23	25:16	26:06	27:27	28:12	30:19	33:20
				6:03	1:11	3:57	<b>1:27</b>	1:07	3:39	1:10	1:49	<b>4:53</b>	0:50	1:21	0:45	2:07	3:01
				39:40	42:16	43:35	45:47	46:07									
				6:20	2:36	1:19	2:12	0:20									
13	319	Alfonso Manuel Her AROMON Pontevedr	46:41	2:30	4:00	6:23	8:34	10:13	14:17	16:04	19:44	26:15	27:14	28:51	31:13	33:47	38:18
				2:30	1:30	2:23	2:11	1:39	4:04	1:47	3:40	6:31	0:59	1:37	2:22	2:34	4:31
				39:58	42:14	44:13	46:20	46:41									
				1:40	2:16	1:59	2:07	0:21									

os	rsal	Nombre	Tiempo	(cont.)																		
<b>H-21B (47)</b>				<b>3,9 km 230 m</b>			<b>18 C</b>															
				1(80)	2(42)	3(43)	4(56)	5(57)	6(58)	7(59)	8(60)	9(62)	10(63)	11(64)	12(65)	13(67)	14(79)					
				15(70)	16(52)	17(71)	18(200)	F														
14	616	Fco Javier Diosdad ADOL Sevilla	46:44	2:40	4:59	7:09	8:50	10:06	16:18	17:27	19:14	25:04	26:18	27:42	28:36	31:21	36:32					
				2:40	2:19	2:10	1:41	1:16	6:12	1:09	1:47	5:50	1:14	1:24	0:54	2:45	5:11					
				38:04	41:28	43:34	46:24	46:44														
				1:32	3:24	2:06	2:50	0:20														
15	766	Adrian Prieto Jimen Club O-Cha FEMAD	46:47	6:10	7:39	9:57	11:59	13:57	18:49	20:00	21:31	28:23	29:20	31:06	31:48	34:52	37:12					
				6:10	1:29	2:18	2:02	1:58	4:52	1:11	1:31	6:52	0:57	1:46	0:42	3:04	2:20					
				38:23	42:02	44:03	46:27	46:47														
				1:11	3:39	2:01	2:24	0:20														
16	461	Jesus Martínez Mor SENDA Murcia	47:16	2:43	4:02	5:18	12:11	14:14	18:43	20:16	22:18	30:03	30:57	32:33	33:38	35:45	39:11					
				2:43	1:19	1:16	6:53	2:03	4:29	1:33	2:02	7:45	0:54	1:36	1:05	2:07	3:26					
				41:03	43:20	44:49	46:53	47:16														
				1:52	2:17	1:29	2:04	0:23														
17	691	Jesus Moreno Jabat COMA Málaga	48:43	2:29	5:28	7:45	9:18	10:30	20:27	21:44	25:22	31:50	32:51	34:21	35:30	37:40	40:18					
				2:29	2:59	2:17	1:33	1:12	9:57	1:17	3:38	6:28	1:01	1:30	1:09	2:10	2:38					
				42:01	44:26	45:58	48:20	48:43	15:40													
				1:43	2:25	1:32	2:22	0:23	*75													
18	661	Omar Eduardo Rud AROMON Pontevedr	48:51	2:55	8:49	10:30	12:19	13:18	21:24	22:51	24:43	31:01	31:47	33:18	34:04	36:40	38:55					
				2:55	5:54	1:41	1:49	0:59	8:06	1:27	1:52	6:18	0:46	1:31	0:46	2:36	2:15					
				40:16	44:11	46:28	48:35	48:51														
19	401	Ignacio Mico Perez VALENCIA-O Valenci	49:11	1:21	3:55	2:17	2:07	0:16	17:04	18:35	20:40	29:26	30:36	32:05	33:22	36:15	39:53					
				2:44	5:10	7:41	10:11	11:54	5:10	1:31	2:05	8:46	1:10	1:29	1:17	2:53	3:38					
				41:38	44:05	46:30	48:52	49:11														
				1:45	2:27	2:25	2:22	0:19														
20	348	Adrián Martínez Mo UNIVERSIDA Alicant	49:47	2:44	4:18	6:13	8:16	9:23	16:39	19:54	21:56	28:58	30:00	31:28	32:18	37:06	39:48					
				2:44	1:34	1:55	2:03	1:07	7:16	3:15	2:02	7:02	1:02	1:28	0:50	4:48	2:42					
				41:23	43:58	46:23	49:28	49:47														
				1:35	2:35	2:25	3:05	0:19														
21	592	David Ferrer Herrai ELERUT Cuenca	51:19	2:36	4:03	6:52	9:06	10:18	16:53	17:56	19:32	25:45	26:48	28:27	29:29	33:13	36:52					
				2:36	1:27	2:49	2:14	1:12	6:35	1:03	1:36	6:13	1:03	1:39	1:02	3:44	3:39					
				42:22	45:31	47:05	50:56	51:19														
				5:30	3:09	1:34	3:51	0:23														
22	168	Francisco Jesús Gal COV Valladolid	51:34	2:21	3:57	5:34	7:18	8:50	14:48	17:39	19:46	31:59	32:53	35:06	36:10	39:23	41:59					
				2:21	1:36	1:37	1:44	1:32	5:58	2:51	2:07	12:13	0:54	2:13	1:04	3:13	2:36					
				44:21	46:38	48:37	51:09	51:34														
				2:22	2:17	1:59	2:32	0:25														
23	772	Jorge Diaz Bes COLMENAR FEMAD	51:46	2:50	4:27	6:53	8:48	11:00	17:07	18:39	20:42	29:31	30:36	32:37	34:15	37:21	40:39					
				2:50	1:37	2:26	1:55	2:12	6:07	1:32	2:03	8:49	1:05	2:01	1:38	3:06	3:18					
				42:32	45:17	47:41	51:20	51:46														
				1:53	2:45	2:24	3:39	0:26														
24	191	Carlos Salamanca F CDP-O Valladolid	52:49	2:12	8:38	10:08	11:52	12:53	17:40	18:52	20:41	27:54	28:46	30:30	31:42	34:01	37:00					
				2:12	6:26	1:30	1:44	1:01	4:47	1:12	1:49	7:13	0:52	1:44	1:12	2:19	2:59					
				45:33	48:00	49:49	52:24	52:49														
				8:33	2:27	1:49	2:35	0:25														
25	1006	Nuno Rebelo Ori-Estarr FPO	54:14	2:19	3:52	5:29	7:10	9:08	15:09	16:36	18:30	29:09	30:15	32:15	33:45	37:40	41:49					
				2:19	1:33	1:37	1:41	1:58	6:01	1:27	1:54	10:39	1:06	2:00	1:30	3:55	4:09					
				44:47	47:59	50:55	53:44	54:14														
				2:58	3:12	2:56	2:49	0:30														

os	rsal	Nombre	Tiempo														
<b>H-21B (47)</b>				<b>3,9 km</b>		<b>230 m</b>		<b>18 C</b>		<i>(cont.)</i>							
				1(80)	2(42)	3(43)	4(56)	5(57)	6(58)	7(59)	8(60)	9(62)	10(63)	11(64)	12(65)	13(67)	14(79)
				15(70)	16(52)	17(71)	18(200)	F									
26	517	David López Pérez SANT JOAN Alicante	55:12	2:26	3:56	6:06	7:44	9:17	18:39	20:28	22:20	33:04	34:31	37:47	38:29	40:50	44:50
				2:26	1:30	2:10	1:38	1:33	9:22	1:49	1:52	10:44	1:27	3:16	<b>0:42</b>	2:21	4:00
				46:26	49:10	51:00	54:56	55:12								37:02	
				1:36	2:44	1:50	3:56	<b>0:16</b>								*65	
27	970	Luís Nunes Ginásio FPO	55:39	2:45	4:38	6:34	8:15	9:44	14:45	17:52	22:42	30:44	31:49	34:04	35:34	37:55	41:39
				2:45	1:53	1:56	1:41	1:29	5:01	3:07	4:50	8:02	1:05	2:15	1:30	2:21	3:44
				45:04	49:29	52:00	55:08	55:39									
				3:25	4:25	2:31	3:08	0:31									
28	763	José Alejandro Rod Club O-Cha FEMAD	57:03	3:27	15:12	18:39	20:37	22:09	31:09	32:17	34:26	40:08	41:22	43:03	43:51	46:48	49:23
				3:27	11:45	3:27	1:58	1:32	9:00	1:08	2:09	5:42	1:14	1:41	0:48	2:57	2:35
				50:36	52:33	54:26	56:42	57:03									
				1:13	1:57	1:53	2:16	0:21									
29	985	Fábio Fernandes Natura FPO	57:10	2:13	3:26	5:18	6:48	7:42	18:11	19:28	21:28	34:35	37:06	38:30	39:38	45:42	48:54
				2:13	1:13	1:52	1:30	<b>0:54</b>	10:29	1:17	2:00	13:07	2:31	1:24	1:08	6:04	3:12
				50:14	52:37	54:12	56:51	57:10									
				1:20	2:23	1:35	2:39	0:19									
30	770	Alejandro Martín Pa Club Monte FEMAD	57:26	2:39	4:15	6:34	8:23	11:42	16:37	17:56	20:46	28:41	30:00	32:09	33:37	38:23	43:24
				2:39	1:36	2:19	1:49	3:19	4:55	1:19	2:50	7:55	1:19	2:09	1:28	4:46	5:01
				45:59	51:13	53:25	56:56	57:26									
				2:35	5:14	2:12	3:31	0:30									
31	254	Raúl Martín Martín TOLEDO-O Toledo	57:36	5:01	7:01	13:47	16:27	18:21	23:56	26:05	28:28	33:41	36:29	39:03	39:55	41:36	44:25
				5:01	2:00	6:46	2:40	1:54	5:35	2:09	2:23	5:13	2:48	2:34	0:52	<b>1:41</b>	2:49
				45:37	52:46	54:20	57:15	57:36									
				1:12	7:09	1:34	2:55	0:21									
32	169	José María Galván COV Valladolid	58:44	2:25	5:28	7:42	10:03	11:39	17:21	18:36	20:29	31:23	32:17	33:50	35:31	37:49	45:32
				2:25	3:03	2:14	2:21	1:36	5:42	1:15	1:53	10:54	0:54	1:33	1:41	2:18	7:43
				51:06	53:41	55:50	58:14	58:44									
				5:34	2:35	2:09	2:24	0:30									
33	421	Alejandro Hernánde COV Valladolid	59:24	2:22	4:08	6:29	8:20	9:39	27:23	28:49	32:24	41:37	42:26	44:19	45:12	47:47	50:37
				2:22	1:46	2:21	1:51	1:19	17:44	1:26	3:35	9:13	0:49	1:53	0:53	2:35	2:50
				52:46	54:55	56:42	59:01	59:24									
				2:09	2:09	1:47	2:19	0:23									
34	469	Javier Montiel Bon UNIVERSIDA Alicant	59:30	2:23	7:17	10:09	12:21	15:52	21:52	23:42	26:18	35:00	36:20	37:44	38:31	41:31	46:39
				2:23	4:54	2:52	2:12	3:31	6:00	1:50	2:36	8:42	1:20	1:24	0:47	3:00	5:08
				52:24	54:33	56:01	59:11	59:30									
				5:45	2:09	1:28	3:10	0:19									
35	662	Alberto Dos Reis G AROMON Pontevedr	1:01:51	2:22	4:05	5:49	7:38	8:46	23:04	24:09	25:40	40:58	41:57	43:19	44:16	46:43	52:44
				2:22	1:43	1:44	1:49	1:08	14:18	1:05	<b>1:31</b>	15:18	0:59	1:22	0:57	2:27	6:01
				54:54	57:32	59:08	1:01:34	1:01:51									
				2:10	2:38	1:36	2:26	0:17									
36	190	Mario Salamanca Fa CDP-O Valladolid	1:02:50	4:13	6:27	9:00	11:37	13:17	20:08	22:02	24:58	35:08	36:37	38:38	39:52	43:20	47:09
				4:13	2:14	2:33	2:37	1:40	6:51	1:54	2:56	10:10	1:29	2:01	1:14	3:28	3:49
				48:57	54:21	57:29	1:01:49	1:02:50									
				1:48	5:24	3:08	4:20	1:01									
37	769	Alberto Hernando M COLMENAR FEMAD	1:03:40	6:27	8:24	11:01	12:50	14:23	22:05	26:20	28:55	37:31	38:43	40:58	42:08	45:01	51:15
				6:27	1:57	2:37	1:49	1:33	7:42	4:15	2:35	8:36	1:12	2:15	1:10	2:53	6:14
				53:42	57:58	1:00:20	1:03:14	1:03:40									
				2:27	4:16	2:22	2:54	0:26									

os	rsal	Nombre	Tiempo														
<b>H-21B (47)</b>				<b>3,9 km 230 m</b>		<b>18 C</b>		<i>(cont.)</i>									
				1(80)	2(42)	3(43)	4(56)	5(57)	6(58)	7(59)	8(60)	9(62)	10(63)	11(64)	12(65)	13(67)	14(79)
				15(70)	16(52)	17(71)	18(200)	F									
<b>38</b>	<b>656</b>	<b>Eduardo Sánchez M</b>	<b>1:04:17</b>	3:10	6:25	8:33	11:07	13:21	18:37	20:21	23:14	30:45	32:04	34:43	35:51	38:46	54:44
		<b>LORCA-O Murcia</b>		3:10	3:15	2:08	2:34	2:14	5:16	1:44	2:53	7:31	1:19	2:39	1:08	2:55	15:58
				56:17	58:56	1:00:55	1:03:59	1:04:17									
				1:33	2:39	1:59	3:04	0:18									
<b>39</b>	<b>767</b>	<b>Ruben Carnero Req</b>	<b>1:07:01</b>	5:57	9:04	10:40	14:21	15:36	21:17	22:30	25:21	34:17	35:40	37:35	38:58	47:57	51:20
		<b>Club Sotob FEMAD</b>		5:57	3:07	1:36	3:41	1:15	5:41	1:13	2:51	8:56	1:23	1:55	1:23	8:59	3:23
				55:58	59:42	1:03:23	1:06:33	1:07:01									
				4:38	3:44	3:41	3:10	0:28									
<b>40</b>	<b>300</b>	<b>Emilio Guerra Noce</b>	<b>1:07:24</b>	4:10	6:07	8:39	11:47	15:13	24:55	27:08	29:49	36:02	37:05	41:21	42:04	44:43	49:40
		<b>TOLEDO-O Toledo</b>		4:10	1:57	2:32	3:08	3:26	9:42	2:13	2:41	6:13	1:03	4:16	0:43	2:39	4:57
				52:09	58:33	1:03:27	1:07:02	1:07:24									
				2:29	6:24	4:54	3:35	0:22									
<b>41</b>	<b>764</b>	<b>Jaime De Uriarte De</b>	<b>1:10:43</b>	3:10	5:44	9:07	11:46	14:08	21:00	22:50	25:39	37:34	39:22	42:47	44:12	48:34	56:48
		<b>Club O-Cha FEMAD</b>		3:10	2:34	3:23	2:39	2:22	6:52	1:50	2:49	11:55	1:48	3:25	1:25	4:22	8:14
				59:56	1:03:25	1:06:30	1:10:16	1:10:43									
				3:08	3:29	3:05	3:46	0:27									
<b>42</b>	<b>696</b>	<b>Jesús Cortés Villave</b>	<b>1:12:25</b>	10:08	13:37	16:05	19:45	23:59	30:25	32:07	34:36	46:01	47:36	49:20	50:16	55:18	57:53
		<b>AROMON Pontevedr</b>		10:08	3:29	2:28	3:40	4:14	6:26	1:42	2:29	11:25	1:35	1:44	0:56	5:02	2:35
				59:29	1:03:44	1:07:50	1:12:03	1:12:25									
				1:36	4:15	4:06	4:13	0:22									
<b>43</b>	<b>629</b>	<b>Miguel Arrufat Farel</b>	<b>1:16:04</b>	3:52	5:54	7:42	9:11	10:36	40:12	41:16	43:26	52:02	54:22	56:04	57:06	59:58	1:03:45
		<b>COLMENAR Madrid</b>		3:52	2:02	1:48	1:29	1:25	29:36	1:04	2:10	8:36	2:20	1:42	1:02	2:52	3:47
				1:08:12	1:10:51	1:13:11	1:15:43	1:16:04									
				4:27	2:39	2:20	2:32	0:21									
<b>44</b>	<b>679</b>	<b>ILDEFONSO RASCÓ</b>	<b>1:23:01</b>	3:24	5:25	9:09	12:21	15:24	28:26	30:04	33:37	43:22	44:59	48:46	50:03	53:50	1:00:04
		<b>FEDO FEDO</b>		3:24	2:01	3:44	3:12	3:03	13:02	1:38	3:33	9:45	1:37	3:47	1:17	3:47	6:14
				1:03:53	1:09:11	1:18:48	1:22:34	1:23:01									
				3:49	5:18	9:37	3:46	0:27									
<b>45</b>	<b>768</b>	<b>Francisco Corcoba</b>	<b>1:24:43</b>	5:34	15:16	17:25	21:54	23:42	36:21	38:28	41:38	50:39	56:19	1:01:23	1:02:33	1:06:18	1:10:28
		<b>COTA FEMADO</b>		5:34	9:42	2:09	4:29	1:48	12:39	2:07	3:10	9:01	5:40	5:04	1:10	3:45	4:10
				1:15:38	1:18:53	1:21:19	1:24:13	1:24:43									
				5:10	3:15	2:26	2:54	0:30									
<b>46</b>	<b>403</b>	<b>Mario Manzano Váz</b>	<b>1:37:52</b>	5:34	9:25	15:47	18:23	20:10	29:46	31:52	36:57	50:29	52:18	56:10	57:57	1:04:13	1:17:10
		<b>COLMENAR Madrid</b>		5:34	3:51	6:22	2:36	1:47	9:36	2:06	5:05	13:32	1:49	3:52	1:47	6:16	12:57
				1:20:39	1:28:11	1:32:30	1:37:21	1:37:52									
				3:29	7:32	4:19	4:51	0:31									
	<b>771</b>	<b>Germán Santa Bárb</b>	<b>en tarj.</b>	-----	-----	-----	36:43	39:00	48:42	52:00	58:12	1:09:35	1:19:48	1:23:30	1:24:47	1:31:23	1:41:48
		<b>COLMENAR FEMAD</b>					36:43	2:17	9:42	3:18	6:12	11:23	10:13	3:42	1:17	6:36	10:25
				1:48:56	-----	2:00:14	2:12:17	2:12:58									
				7:08		11:18	12:03	0:41									
<b>H-35A (46)</b>				<b>4,8 km 245 m</b>		<b>24 C</b>											
				1(72)	2(110)	3(74)	4(35)	5(34)	6(38)	7(75)	8(59)	9(39)	10(76)	11(61)	12(77)	13(44)	14(78)
				15(45)	16(62)	17(63)	18(65)	19(47)	20(69)	21(49)	22(85)	23(71)	24(200)	F			
<b>1</b>	<b>151</b>	<b>Israel Garrido De L</b>	<b>38:07</b>	2:24	3:48	4:36	5:24	6:13	<b>8:49</b>	10:41	12:01	13:31	15:06	<b>17:28</b>	<b>19:01</b>	<b>21:28</b>	<b>22:34</b>
		<b>ALABARDA-O Madrid</b>		2:24	1:24	0:48	0:48	0:49	<b>2:36</b>	1:52	1:20	<b>1:30</b>	1:35	2:22	1:33	2:27	1:06
				<b>25:20</b>	<b>25:56</b>	<b>26:43</b>	<b>28:04</b>	<b>30:34</b>	<b>31:30</b>	<b>32:50</b>	<b>34:21</b>	<b>36:06</b>	<b>37:49</b>	<b>38:07</b>			
				2:46	0:36	0:47	<b>1:21</b>	2:30	0:56	<b>1:20</b>	<b>1:31</b>	1:45	1:43	<b>0:18</b>			

os		rsal	Nombre	Tiempo														
<b>H-35A (46)</b>					<b>4,8 km 245 m</b>		<b>24 C</b>		<i>(cont.)</i>									
					1(72)	2(110)	3(74)	4(35)	5(34)	6(38)	7(75)	8(59)	9(39)	10(76)	11(61)	12(77)	13(44)	14(78)
					15(45)	16(62)	17(63)	18(65)	19(47)	20(69)	21(49)	22(85)	23(71)	24(200)	F			
2	263		Alberto Mínguez Viñ IMPERDIBLE Madri	39:37	<b>2:20</b>	<b>3:21</b>	<b>4:14</b>	<b>4:59</b>	<b>5:50</b>	8:56	10:42	11:41	<b>13:11</b>	15:00	17:47	19:18	21:37	23:01
					<b>2:20</b>	1:01	0:53	0:45	0:51	3:06	1:46	0:59	<b>1:30</b>	1:49	2:47	1:31	2:19	1:24
					25:44	26:12	27:26	28:54	30:56	31:59	33:22	35:06	37:28	39:15	39:37			
					<b>2:43</b>	<b>0:28</b>	1:14	1:28	2:02	1:03	1:23	1:44	2:22	1:47	0:22			
3	3		José Manuel Martín ADOL Sevilla	41:07	2:30	3:45	4:36	5:19	6:06	8:53	<b>10:29</b>	<b>11:24</b>	13:12	<b>14:56</b>	17:49	19:18	21:33	22:46
					2:30	1:15	0:51	0:43	<b>0:47</b>	2:47	<b>1:36</b>	0:55	1:48	1:44	2:53	1:29	<b>2:15</b>	1:13
					25:59	26:30	27:13	28:39	31:22	32:33	33:53	37:10	38:55	40:43	41:07			
					3:13	0:31	<b>0:43</b>	1:26	2:43	1:11	<b>1:20</b>	3:17	1:45	1:48	0:24			
4	929		João Pedro Valente CPOC FPO	42:31	2:35	5:16	6:15	7:06	7:58	11:10	13:27	14:46	16:18	18:29	21:39	23:16	25:39	26:35
					2:35	2:41	0:59	0:51	0:52	3:12	2:17	1:19	1:32	2:11	3:10	1:37	2:23	<b>0:56</b>
					29:30	30:10	30:58	32:31	34:31	35:32	36:57	38:41	40:22	42:07	42:31			
					2:55	0:40	0:48	1:33	<b>2:00</b>	1:01	1:25	1:44	1:41	1:45	0:24			
5	152		Miguel Ángel Rodrí RUMBO-MADR Madr	43:14	2:41	3:55	4:46	5:33	6:30	9:34	11:28	12:37	14:31	17:02	20:00	21:41	24:24	25:28
					2:41	1:14	0:51	0:47	0:57	3:04	1:54	1:09	1:54	2:31	2:58	1:41	2:43	1:04
					29:00	29:36	30:24	32:02	34:53	35:48	37:19	39:02	40:57	42:52	43:14	<b>34:03</b>		
					3:32	0:36	0:48	1:38	2:51	<b>0:55</b>	1:31	1:43	1:55	1:55	0:22			
6	45		José Antonio García LORCA-O Murcia	43:25	2:42	3:50	5:21	5:58	6:54	9:42	12:38	13:44	15:16	16:55	19:49	21:29	24:00	25:10
					2:42	1:08	1:31	0:37	0:56	2:48	2:56	1:06	1:32	1:39	2:54	1:40	2:31	1:10
					28:33	29:07	30:06	31:34	33:52	35:20	36:44	39:37	41:16	43:02	43:25			
					3:23	0:34	0:59	1:28	2:18	1:28	1:24	2:53	1:39	1:46	0:23			
7	242		Antonio Hernández COV Valladolid	44:54	2:41	3:46	4:42	5:21	6:30	9:54	12:11	13:13	14:57	17:13	20:31	22:18	25:22	26:22
					2:41	1:05	0:56	0:39	1:09	3:24	2:17	1:02	1:44	2:16	3:18	1:47	3:04	1:00
					29:51	30:26	31:14	33:00	35:41	36:41	38:33	40:23	42:32	44:34	44:54			
					3:29	0:35	0:48	1:46	2:41	1:00	1:52	1:50	2:09	2:02	0:20			
8	649		Yulian Borislavov N MAXIMUS Madrid	45:50	2:36	4:32	6:21	6:50	7:55	10:59	12:55	13:53	15:39	21:14	24:20	26:07	28:33	29:39
					2:36	1:56	1:49	0:29	1:05	3:04	1:56	0:58	1:46	5:35	3:06	1:47	2:26	1:06
					32:24	32:54	33:44	35:20	37:27	38:41	40:07	41:52	43:35	45:29	45:50			
					2:45	0:30	0:50	1:36	2:07	1:14	1:26	1:45	1:43	1:54	0:21			
9	259		Héctor Lorenzo Yus IMPERDIBLE Madri	46:08	2:30	4:10	5:15	5:59	7:01	10:37	12:27	13:29	15:20	17:15	20:13	21:58	24:42	26:30
					2:30	1:40	1:05	0:44	1:02	3:36	1:50	1:02	1:51	1:55	2:58	1:45	2:44	1:48
					29:21	29:54	30:47	32:52	35:25	37:00	38:28	41:56	43:53	45:47	46:08			
					2:51	0:33	0:53	2:05	2:33	1:35	1:28	3:28	1:57	1:54	0:21			
10	1008		António Amador Ori-Estarr FPO	46:10	2:36	5:19	6:09	6:55	7:49	10:45	12:31	13:31	15:11	17:49	21:02	22:47	26:04	27:04
					2:36	2:43	0:50	0:46	0:54	2:56	1:46	1:00	1:40	2:38	3:13	1:45	3:17	1:00
					31:05	31:40	32:29	34:02	37:29	38:48	40:21	42:07	43:52	45:46	46:10			
					4:01	0:35	0:49	1:33	3:27	1:19	1:33	1:46	1:45	1:54	0:24			
11	278		Jordi Domènech Am UEVIC Barcelona	47:36	3:05	4:01	4:48	5:38	6:29	9:37	13:20	14:39	16:42	18:50	21:41	23:16	25:59	27:38
					3:05	<b>0:56</b>	<b>0:47</b>	0:50	0:51	3:08	3:43	1:19	2:03	2:08	2:51	1:35	2:43	1:39
					30:41	31:17	32:10	33:54	36:15	37:18	38:50	40:42	45:14	47:11	47:36			
					3:03	0:36	0:53	1:44	2:21	1:03	1:32	1:52	4:32	1:57	0:25			
12	388		Moisés Romo Carb CEAM IBI-O Alicante	49:22	2:30	3:42	5:00	5:45	6:44	9:48	11:32	14:01	21:34	22:55	25:12	26:34	31:28	33:19
					2:30	1:12	1:18	0:45	0:59	3:04	1:44	2:29	7:33	<b>1:21</b>	<b>2:17</b>	<b>1:22</b>	4:54	1:51
					36:18	36:48	37:35	39:10	41:22	42:45	44:11	45:46	47:22	49:01	49:22			
					2:59	0:30	0:47	1:35	2:12	1:23	1:26	1:35	<b>1:36</b>	<b>1:39</b>	0:21			
13	19		Remigio Rodríguez CODAN EXTR Badaj	50:22	2:38	4:27	5:41	6:20	7:20	10:47	12:51	14:44	16:50	20:51	24:02	25:52	29:02	30:25
					2:38	1:49	1:14	0:39	1:00	3:27	2:04	1:53	2:06	4:01	3:11	1:50	3:10	1:23
					33:26	34:08	34:59	36:31	40:07	41:12	42:49	45:24	48:09	50:01	50:22			
					3:01	0:42	0:51	1:32	3:36	1:05	1:37	2:35	2:45	1:52	0:21			



os	rsal	Nombre	Tiempo																
<b>H-35A (46)</b>				<b>4,8 km</b>		<b>245 m</b>		<b>24 C</b>		<i>(cont.)</i>									
				1(72)	2(110)	3(74)	4(35)	5(34)	6(38)	7(75)	8(59)	9(39)	10(76)	11(61)	12(77)	13(44)	14(78)		
				15(45)	16(62)	17(63)	18(65)	19(47)	20(69)	21(49)	22(85)	23(71)	24(200)	F					
14	322	Eusebio Andrés Gar LORCA-O Murcia	50:51	3:12	4:48	5:52	6:35	7:47	11:18	14:00	15:26	17:19	21:05	24:57	26:56	29:57	31:12		
				3:12	1:36	1:04	0:43	1:12	3:31	2:42	1:26	1:53	3:46	3:52	1:59	3:01	1:15		
				35:06	35:50	36:46	38:24	41:10	42:33	44:41	46:51	48:47	50:31	50:51					
				3:54	0:44	0:56	1:38	2:46	1:23	2:08	2:10	1:56	1:44	0:20					
15	131	Paulino Rubio Sánc GODIH Albacete	51:31	2:49	4:18	5:51	6:56	8:00	11:34	14:12	15:47	17:58	20:59	25:02	27:01	30:00	31:49		
				2:49	1:29	1:33	1:05	1:04	3:34	2:38	1:35	2:11	3:01	4:03	1:59	2:59	1:49		
				35:15	35:58	36:49	38:22	41:04	42:26	44:18	46:47	48:54	51:08	51:31					
				3:26	0:43	0:51	1:33	2:42	1:22	1:52	2:29	2:07	2:14	0:23					
16	507	Ramon García-Catal COLMENAR Madrid	51:55	3:34	5:05	5:59	8:03	9:03	12:35	14:51	16:04	17:58	20:44	23:47	25:53	28:58	31:10		
				3:34	1:31	0:54	2:04	1:00	3:32	2:16	1:13	1:54	2:46	3:03	2:06	3:05	2:12		
				36:37	37:48	38:45	40:26	42:53	44:25	45:51	47:50	49:38	51:32	51:55					
				5:27	1:11	0:57	1:41	2:27	1:32	1:26	1:59	1:48	1:54	0:23					
17	47	Miguel Girona Belm LORCA-O Murcia	55:04	3:05	5:46	7:02	7:58	9:09	13:26	16:47	18:00	20:30	23:22	26:58	29:22	33:25	34:56		
				3:05	2:41	1:16	0:56	1:11	4:17	3:21	1:13	2:30	2:52	3:36	2:24	4:03	1:31		
				38:48	39:28	40:27	42:21	45:27	46:45	48:27	50:39	52:35	54:39	55:04					
				3:52	0:40	0:59	1:54	3:06	1:18	1:42	2:12	1:56	2:04	0:25					
18	227	José Luis Juan Cas COLIVENC Alicante	55:07	4:30	7:49	9:03	9:58	11:11	15:08	17:35	18:54	21:34	24:59	28:16	30:01	32:39	33:45		
				4:30	3:19	1:14	0:55	1:13	3:57	2:27	1:19	2:40	3:25	3:17	1:45	2:38	1:06		
				36:46	37:20	38:17	39:48	42:52	45:17	47:00	50:00	52:12	54:34	55:07	42:12				
				3:01	0:34	0:57	1:31	3:04	2:25	1:43	3:00	2:12	2:22	0:33					
19	780	Samuel Diaz Alcaide Alabarda-O FEMADO	56:26	3:09	7:39	8:41	9:36	10:34	14:04	17:03	18:34	20:49	24:16	28:32	30:26	33:44	36:06		
				3:09	4:30	1:02	0:55	0:58	3:30	2:59	1:31	2:15	3:27	4:16	1:54	3:18	2:22		
				39:32	40:09	41:31	43:14	45:47	47:17	49:22	51:10	53:57	56:00	56:26					
				3:26	0:37	1:22	1:43	2:33	1:30	2:05	1:48	2:47	2:03	0:26					
20	291	Pablo Alonso Regid ENTREBALIZ Madri	57:24	2:30	10:47	11:34	12:01	12:51	16:11	19:46	20:37	22:30	25:09	29:09	30:54	34:08	35:30		
				2:30	8:17	<b>0:47</b>	<b>0:27</b>	0:50	3:20	3:35	<b>0:51</b>	1:53	2:39	4:00	1:45	3:14	1:22		
				38:34	39:19	40:10	41:52	44:19	45:56	47:45	49:36	52:03	0:00	57:24	4:38	6:09			
				3:04	0:45	0:51	1:42	2:27	1:37	1:49	1:51	2:27	5:21						
				7:59	8:34	43:38													
				*74	*35	*67													
21	1064	David Fernandez C COLMENAR Madrid	57:56	4:20	8:34	9:40	10:32	13:07	17:58	21:38	22:49	25:10	28:18	31:39	33:38	36:16	37:41		
				4:20	4:14	1:06	0:52	2:35	4:51	3:40	1:11	2:21	3:08	3:21	1:59	2:38	1:25		
				41:31	42:23	43:23	44:58	48:09	49:43	51:08	53:21	55:22	57:35	57:56					
				3:50	0:52	1:00	1:35	3:11	1:34	1:25	2:13	2:01	2:13	0:21					
22	179	Daniel Isla Zorita COV Valladolid	58:18	2:56	4:22	5:28	6:15	7:16	11:27	19:00	20:48	22:56	25:19	28:39	30:31	34:35	35:57		
				2:56	1:26	1:06	0:47	1:01	4:11	7:33	1:48	2:08	2:23	3:20	1:52	4:04	1:22		
				40:10	41:09	42:01	43:40	47:49	48:56	50:42	52:42	55:54	57:56	58:18					
				4:13	0:59	0:52	1:39	4:09	1:07	1:46	2:00	3:12	2:02	0:22					
23	362	Alejandro García W IMPERDIBLE Madri	1:00:23	2:26	10:20	11:13	11:54	13:08	21:10	23:27	25:00	26:51	29:54	33:48	35:43	38:47	40:06		
				2:26	7:54	0:53	0:41	1:14	8:02	2:17	1:33	1:51	3:03	3:54	1:55	3:04	1:19		
				43:12	43:47	44:44	46:24	49:03	50:05	52:22	54:35	56:35	1:00:01	1:00:23					
				3:06	0:35	0:57	1:40	2:39	1:02	2:17	2:13	2:00	3:26	0:22					
24	164	Luis Eduardo Benit CORZO Burgos	1:01:27	2:42	3:41	4:51	5:33	6:24	10:14	13:16	14:23	16:14	22:15	28:40	30:47	33:43	35:01		
				2:42	0:59	1:10	0:42	0:51	3:50	3:02	1:07	1:51	6:01	6:25	2:07	2:56	1:18		
				40:58	41:51	42:46	44:50	47:55	49:23	51:13	56:11	58:44	1:01:00	1:01:27					
				5:57	0:53	0:55	2:04	3:05	1:28	1:50	4:58	2:33	2:16	0:27					
25	1068	Miguel Angel Boto Huesca Peña Guara	1:01:50	3:54	8:43	9:54	11:09	12:36	17:00	19:36	20:50	23:16	28:49	32:14	34:15	37:59	39:37		
				3:54	4:49	1:11	1:15	1:27	4:24	2:36	1:14	2:26	5:33	3:25	2:01	3:44	1:38		
				42:59	43:39	44:38	46:36	49:08	51:26	53:05	57:38	59:29	1:01:25	1:01:50					
				3:22	0:40	0:59	1:58	2:32	2:18	1:39	4:33	1:51	1:56	0:25					

os	rsal	Nombre	Tiempo															
<b>H-35A (46)</b>				<b>4,8 km</b>		<b>245 m</b>		<b>24 C</b>		<i>(cont.)</i>								
				1(72)	2(110)	3(74)	4(35)	5(34)	6(38)	7(75)	8(59)	9(39)	10(76)	11(61)	12(77)	13(44)	14(78)	
				15(45)	16(62)	17(63)	18(65)	19(47)	20(69)	21(49)	22(85)	23(71)	24(200)	F				
26	474	Mariano Sacristán S IMPERDIBLE Madri	1:02:23	3:09	4:36	6:06	7:26	8:25	12:42	15:24	16:36	18:21	22:19	25:58	28:11	31:51	33:04	
				3:09	1:27	1:30	1:20	0:59	4:17	2:42	1:12	1:45	3:58	3:39	2:13	3:40	1:13	
				37:12	37:55	38:56	40:57	44:57	46:31	50:15	52:55	59:45	1:01:54	1:02:23				
				4:08	0:43	1:01	2:01	4:00	1:34	3:44	2:40	6:50	2:09	0:29				
27	773	Ismael Serrano Moli RUMBO MADR FEMA	1:04:49	5:00	6:32	7:57	9:16	10:23	14:02	16:28	18:20	20:12	32:14	35:56	38:05	42:00	43:13	
				5:00	1:32	1:25	1:19	1:07	3:39	2:26	1:52	1:52	12:02	3:42	2:09	3:55	1:13	
				47:35	48:27	49:19	51:12	54:05	55:17	56:52	59:51	1:01:52	1:04:24	1:04:49				
				4:22	0:52	0:52	1:53	2:53	1:12	1:35	2:59	2:01	2:32	0:25				
28	774	Javier Serrano Moli RUMBO MADR FEMA	1:05:23	3:25	5:59	7:07	8:20	9:24	13:10	18:49	20:11	22:50	26:52	30:27	32:40	36:01	37:45	
				3:25	2:34	1:08	1:13	1:04	3:46	5:39	1:22	2:39	4:02	3:35	2:13	3:21	1:44	
				46:50	47:36	48:52	50:45	53:51	56:01	58:02	1:00:19	1:02:51	1:05:02	1:05:23				
				9:05	0:46	1:16	1:53	3:06	2:10	2:01	2:17	2:32	2:11	0:21				
29	399	Abraham Muñiz Gra IMPERDIBLE Madri	1:06:51	5:32	9:43	10:39	11:25	12:22	21:23	25:04	26:56	34:15	37:29	40:27	42:36	45:23	46:40	
				5:32	4:11	0:56	0:46	0:57	9:01	3:41	1:52	7:19	3:14	2:58	2:09	2:47	1:17	
				49:58	50:39	51:37	53:24	56:15	57:23	58:56	1:02:05	1:04:30	1:06:31	1:06:51				
				3:18	0:41	0:58	1:47	2:51	1:08	1:33	3:09	2:25	2:01	0:20				
30	1	Benedicto Santos G ASTUR EXTR Asturia	1:10:10	3:12	8:06	9:08	10:07	11:17	16:04	20:23	22:04	24:43	28:54	33:57	35:43	39:12	40:47	
				3:12	4:54	1:02	0:59	1:10	4:47	4:19	1:41	2:39	4:11	5:03	1:46	3:29	1:35	
				46:37	47:12	48:03	49:44	55:38	57:43	59:45	1:01:47	1:06:14	1:09:49	1:10:10				
				5:50	0:35	0:51	1:41	5:54	2:05	2:02	2:02	4:27	3:35	0:21				
31	143	Eduardo Ruiz Fern ADYRON Madrid	1:13:39	3:57	5:53	7:18	8:16	9:45	19:55	22:23	24:16	27:13	31:08	35:35	38:12	43:08	44:47	
				3:57	1:56	1:25	0:58	1:29	10:10	2:28	1:53	2:57	3:55	4:27	2:37	4:56	1:39	
				50:07	50:54	52:05	54:17	57:50	1:02:13	1:04:22	1:06:54	1:10:03	1:13:10	1:13:39				
				5:20	0:47	1:11	2:12	3:33	4:23	2:09	2:32	3:09	3:07	0:29				
32	778	Ismael Cabañas Gar RUMBO MADR FEMA	1:14:07	4:14	5:54	7:06	8:17	9:17	13:25	17:29	20:05	22:59	28:33	34:10	36:49	41:04	43:20	
				4:14	1:40	1:12	1:11	1:00	4:08	4:04	2:36	2:54	5:34	5:37	2:39	4:15	2:16	
				47:16	48:07	48:56	50:36	53:47	55:46	58:56	1:00:49	1:11:03	1:13:43	1:14:07				
				3:56	0:51	0:49	1:40	3:11	1:59	3:10	1:53	10:14	2:40	0:24				
33	454	Diarmaid Ian Foley IMPERDIBLE Madri	1:17:34	11:27	12:56	14:04	20:07	21:18	25:32	31:49	33:19	35:46	40:54	45:01	47:48	51:33	53:38	
				11:27	1:29	1:08	6:03	1:11	4:14	6:17	1:30	2:27	5:08	4:07	2:47	3:45	2:05	
				57:36	58:20	59:29	1:01:53	1:05:17	1:07:15	1:09:12	1:12:17	1:14:48	1:17:07	1:17:34				
				3:58	0:44	1:09	2:24	3:24	1:58	1:57	3:05	2:31	2:19	0:27				
34	323	Ángel Fernández G LORCA-O Murcia	1:18:33	5:59	7:44	16:27	18:07	20:36	25:08	28:20	30:20	32:57	39:09	42:43	45:09	48:50	50:23	
				5:59	1:45	8:43	1:40	2:29	4:32	3:12	2:00	2:37	6:12	3:34	2:26	3:41	1:33	
				55:39	58:58	1:00:01	1:02:27	1:05:35	1:08:03	1:11:03	1:13:16	1:15:34	1:18:10	1:18:33				
				5:16	3:19	1:03	2:26	3:08	2:28	3:00	2:13	2:18	2:36	0:23				
35	987	Tadeu Celestino Natura FPO	1:19:14	4:44	7:25	8:21	9:11	10:40	15:37	21:33	23:02	26:32	32:55	38:43	41:06	44:43	46:40	
				4:44	2:41	0:56	0:50	1:29	4:57	5:56	1:29	3:30	6:23	5:48	2:23	3:37	1:57	
				51:35	52:39	54:18	56:28	1:00:34	1:06:04	1:09:31	1:12:31	1:15:22	1:18:52	1:19:14				
				4:55	1:04	1:39	2:10	4:06	5:30	3:27	3:00	2:51	3:30	0:22				
36	477	Carles Salvador Co UEVIC Barcelona	1:21:40	4:33	11:03	12:24	14:29	15:53	20:34	23:23	25:53	28:52	33:38	38:33	41:04	48:56	51:30	
				4:33	6:30	1:21	2:05	1:24	4:41	2:49	2:30	2:59	4:46	4:55	2:31	7:52	2:34	
				1:00:27	1:01:15	1:02:41	1:05:02	1:08:53	1:10:26	1:12:55	1:15:53	1:18:36	1:21:11	1:21:40				
				8:57	0:48	1:26	2:21	3:51	1:33	2:29	2:58	2:43	2:35	0:29				
37	776	Julian Arbizu Cresp COLMENAR FEMAD	1:25:18	5:37	6:47	7:48	9:51	10:52	15:13	18:21	19:56	24:08	32:31	36:42	39:13	44:18	46:38	
				5:37	1:10	1:01	2:03	1:01	4:21	3:08	1:35	4:12	8:23	4:11	2:31	5:05	2:20	
				51:55	53:17	58:10	1:01:50	1:06:48	1:08:58	1:12:32	1:16:24	1:21:11	1:24:50	1:25:18				
				5:17	1:22	4:53	3:40	4:58	2:10	3:34	3:52	4:47	3:39	0:28				

os		rsal	Nombre	Tiempo														
<b>H-35A (46)</b>					<b>4,8 km 245 m</b>		<b>24 C</b>		<i>(cont.)</i>									
					1(72)	2(110)	3(74)	4(35)	5(34)	6(38)	7(75)	8(59)	9(39)	10(76)	11(61)	12(77)	13(44)	14(78)
					15(45)	16(62)	17(63)	18(65)	19(47)	20(69)	21(49)	22(85)	23(71)	24(200)	F			
<b>38</b>	<b>356</b>	<b>Carlos Sanz Balagu</b>	<b>1:27:40</b>	11:04	12:29	15:58	16:46	20:01	26:16	28:47	30:15	32:53	43:50	47:52	49:55	53:40	56:04	
				11:04	1:25	3:29	0:48	3:15	6:15	2:31	1:28	2:38	10:57	4:02	2:03	3:45	2:24	
				1:04:13	1:04:53	1:05:57	1:07:46	1:13:38	1:15:57	1:18:15	1:22:12	1:24:51	1:27:16	1:27:40				
				8:09	0:40	1:04	1:49	5:52	2:19	2:18	3:57	2:39	2:25	0:24				
<b>39</b>	<b>692</b>	<b>Francisco Fernández</b>	<b>1:35:19</b>	4:35	6:25	8:56	12:32	14:25	22:23	27:41	30:04	34:32	38:57	46:11	49:03	52:21	54:38	
				4:35	1:50	2:31	3:36	1:53	7:58	5:18	2:23	4:28	4:25	7:14	2:52	3:18	2:17	
				1:02:38	1:03:34	1:04:58	1:07:38	1:11:07	1:13:43	1:15:50	1:19:41	1:32:24	1:34:52	1:35:19				
				8:00	0:56	1:24	2:40	3:29	2:36	2:07	3:51	12:43	2:28	0:27				
<b>40</b>	<b>777</b>	<b>Alberto García Barri</b>	<b>1:40:03</b>	5:05	7:03	8:31	9:29	10:43	14:47	17:27	19:40	27:33	50:19	54:30	56:57	1:01:08	1:03:02	
				5:05	1:58	1:28	0:58	1:14	4:04	2:40	2:13	7:53	22:46	4:11	2:27	4:11	1:54	
				1:06:48	1:07:37	1:08:51	1:12:32	1:16:20	1:19:59	1:23:54	1:33:08	1:36:42	1:39:38	1:40:03				
				3:46	0:49	1:14	3:41	3:48	3:39	3:55	9:14	3:34	2:56	0:25				
<b>41</b>	<b>779</b>	<b>Fco Javier Roldan</b>	<b>1:44:04</b>	12:38	14:12	16:18	18:40	19:53	23:53	28:04	30:24	33:26	50:39	1:00:12	1:02:19	1:07:11	1:08:58	
				12:38	1:34	2:06	2:22	1:13	4:00	4:11	2:20	3:02	17:13	9:33	2:07	4:52	1:47	
				1:13:28	1:14:22	1:15:36	1:17:31	1:23:16	1:26:15	1:32:49	1:36:47	1:41:34	1:43:40	1:44:04				
				4:30	0:54	1:14	1:55	5:45	2:59	6:34	3:58	4:47	2:06	0:24				
<b>468</b>	<b>Maxim Borisov</b>	<b>en tarj.</b>	2:31	3:36	4:31	5:19	6:15	9:07	14:49	16:07	17:55	20:09	23:32	25:39	29:13	----		
				2:31	1:05	0:55	0:48	0:56	2:52	5:42	1:18	1:48	2:14	3:23	2:07	3:34	----	
				33:34	34:16	35:07	36:51	39:16	40:38	42:28	45:31	47:18	49:34	49:58				
				4:21	0:42	0:51	1:44	2:25	1:22	1:50	3:03	1:47	2:16	0:24				
<b>540</b>	<b>Fernando Jose Go</b>	<b>en tarj.</b>	3:11	4:40	5:53	7:12	8:20	14:52	17:03	18:44	25:59	28:52	----	35:15	38:37	39:53		
				3:11	1:29	1:13	1:19	1:08	6:32	2:11	1:41	7:15	2:53	----	6:23	3:22	1:16	
				43:25	44:04	45:08	46:48	49:58	53:37	55:17	58:54	1:01:09	1:03:17	1:03:40	----	32:20	----	
				3:32	0:39	1:04	1:40	3:10	3:39	1:40	3:37	2:15	2:08	0:23	----	*60	----	
<b>911</b>	<b>Tozé Silva</b>	<b>en tarj.</b>	3:05	8:02	9:41	14:26	15:35	19:45	23:27	30:25	32:28	----	36:52	38:58	42:19	45:17		
				3:05	4:57	1:39	4:45	1:09	4:10	3:42	6:58	2:03	----	4:24	2:06	3:21	2:58	
				50:10	51:17	52:20	54:19	57:38	58:59	1:00:40	1:02:55	1:06:02	1:07:57	1:08:22				
				4:53	1:07	1:03	1:59	3:19	1:21	1:41	2:15	3:07	1:55	0:25				
<b>775</b>	<b>Jaime Siguenza Cle</b>	<b>en tarj.</b>	3:10	6:06	7:40	8:39	9:49	14:00	31:15	32:27	35:02	38:14	43:25	45:48	49:15	51:49		
				3:10	2:56	1:34	0:59	1:10	4:11	17:15	1:12	2:35	3:12	5:11	2:23	3:27	2:34	
				56:15	57:04	58:09	1:01:08	1:05:42	1:08:35	----	1:18:27	1:30:50	1:34:56	1:35:29				
				4:26	0:49	1:05	2:59	4:34	2:53	----	9:52	12:23	4:06	0:33				
<b>626</b>	<b>Juan Combarro Gal</b>	<b>andona</b>	----	----	----	----	----	----	----	----	----	----	----	----	----	----		
				----	----	----	----	----	----	----	----	----	----	----	----	----	----	
<b>H-35B (26)</b>					<b>3,8 km 180 m</b>		<b>18 C</b>											
					1(111)	2(80)	3(74)	4(110)	5(43)	6(56)	7(57)	8(38)	9(83)	10(119)	11(84)	12(64)	13(67)	14(48)
					15(79)	16(70)	17(109)	18(200)	F									
<b>1</b>	<b>450</b>	<b>Carlos Fuentes Laz</b>	<b>37:21</b>	2:21	3:17	<b>4:38</b>	6:50	7:56	10:11	11:32	14:25	18:43	20:21	21:36	22:59	25:53	28:00	
				2:21	0:56	<b>1:21</b>	2:12	1:06	2:15	1:21	2:53	4:18	<b>1:38</b>	1:15	1:23	2:54	2:07	
				29:02	30:48	34:58	36:59	<b>37:21</b>										
				1:02	1:46	<b>4:10</b>	2:01	0:22										
<b>2</b>	<b>75</b>	<b>José Puche Madrid</b>	<b>37:23</b>	<b>2:18</b>	<b>3:03</b>	4:55	6:33	<b>7:21</b>	9:08	<b>10:16</b>	<b>12:23</b>	<b>16:18</b>	<b>18:11</b>	<b>19:05</b>	<b>20:27</b>	<b>24:14</b>	<b>26:26</b>	
				<b>2:18</b>	<b>0:45</b>	1:52	1:38	0:48	1:47	<b>1:08</b>	<b>2:07</b>	3:55	1:53	<b>0:54</b>	1:22	3:47	2:12	
				<b>27:33</b>	<b>29:43</b>	<b>34:23</b>	<b>36:56</b>	37:23										
				1:07	2:10	4:40	2:33	0:27										

os	rsal	Nombre	Tiempo																			
<b>H-35B (26)</b>				<b>3,8 km 180 m</b>		<b>18 C</b>		<i>(cont.)</i>														
				1(111)	2(80)	3(74)	4(110)	5(43)	6(56)	7(57)	8(38)	9(83)	10(119)	11(84)	12(64)	13(67)	14(48)					
				15(79)	16(70)	17(109)	18(200)	F														
3	506	Alvaro Frecentese L COLMENAR Madrid	40:26	2:23	3:09	5:34	8:46	10:07	12:05	13:14	15:22	20:09	21:57	22:59	24:33	27:35	30:10					
				2:23	0:46	2:25	3:12	1:21	1:58	1:09	2:08	4:47	1:48	1:02	1:34	3:02	2:35					
				31:24	33:23	37:36	40:03	40:26														
				1:14	1:59	4:13	2:27	0:23														
4	104	Fco. Giner Vera Bar VILLENNA-O Alicante	40:42	2:32	3:20	4:51	6:17	8:31	11:05	12:33	15:03	19:41	21:47	22:55	24:32	27:47	30:16					
				2:32	0:48	1:31	1:26	2:14	2:34	1:28	2:30	4:38	2:06	1:08	1:37	3:15	2:29					
				31:24	33:25	37:48	40:18	40:42														
				1:08	2:01	4:23	2:30	0:24														
5	487	Victor Manuel Pérez UNIVERSIDA Alicant	43:04	2:26	3:17	4:55	7:04	8:19	11:38	13:00	17:06	21:29	23:16	24:28	26:13	28:45	31:16					
				2:26	0:51	1:38	2:09	1:15	3:19	1:22	4:06	4:23	1:47	1:12	1:45	2:32	2:31					
				32:24	36:04	40:37	42:42	43:04														
				1:08	3:40	4:33	2:05	0:22														
6	133	Mariano Flores Gar TOLEDO-O Toledo	44:30	2:37	3:42	5:16	6:27	7:33	9:05	10:43	14:38	20:58	23:26	24:48	26:24	29:41	32:25					
				2:37	1:05	1:34	1:11	1:06	1:32	1:38	3:55	6:20	2:28	1:22	1:36	3:17	2:44					
				33:44	36:44	42:01	44:06	44:30														
				1:19	3:00	5:17	2:05	0:24														
7	564	José Miguel Chapar ADOL Sevilla	47:34	2:31	3:26	5:43	7:57	9:57	12:58	15:40	18:15	23:48	25:52	27:29	29:01	32:03	35:56					
				2:31	0:55	2:17	2:14	2:00	3:01	2:42	2:35	5:33	2:04	1:37	1:32	3:02	3:53					
				37:02	38:50	44:49	47:08	47:34														
				1:06	1:48	5:59	2:19	0:26														
8	269	Raúl Valentín Ferná COV Valladolid	47:58	2:57	4:03	6:52	8:04	8:56	10:58	12:46	15:08	19:29	21:27	22:32	23:56	26:53	30:23					
				2:57	1:06	2:49	1:12	0:52	2:02	1:48	2:22	4:21	1:58	1:05	1:24	2:57	3:30					
				31:25	35:49	41:18	47:31	47:58														
				1:02	4:24	5:29	6:13	0:27														
9	476	Rossend Bruch Mas UEVIC Barcelona	49:15	3:18	4:12	6:58	8:49	10:04	12:16	14:50	17:34	22:53	25:29	26:35	28:25	32:11	35:21					
				3:18	0:54	2:46	1:51	1:15	2:12	2:34	2:44	5:19	2:36	1:06	1:50	3:46	3:10					
				36:41	39:44	46:01	48:51	49:15														
				1:20	3:03	6:17	2:50	0:24														
10	108	José Antonio Tamar CCVALENCIA Valen	49:29	2:59	3:51	5:35	7:38	8:26	10:28	11:46	14:24	19:48	22:54	25:31	27:39	31:20	35:57					
				2:59	0:52	1:44	2:03	0:48	2:02	1:18	2:38	5:24	3:06	2:37	2:08	3:41	4:37					
				37:32	40:50	46:35	48:58	49:29														
				1:35	3:18	5:45	2:23	0:31														
11	784	Jose Antonio Agudo COLMENAR FEMAD	50:00	2:31	3:32	5:15	8:31	9:28	12:42	14:51	17:15	21:35	24:19	25:57	28:26	31:41	37:43					
				2:31	1:01	1:43	3:16	0:57	3:14	2:09	2:24	4:20	2:44	1:38	2:29	3:15	6:02					
				38:27	40:06	45:56	49:31	50:00														
				0:44	1:39	5:50	3:35	0:29														
12	372	José Manuel Prieto COLMENAR Madrid	50:23	2:57	3:45	5:18	7:56	9:11	11:47	14:34	17:24	23:14	26:14	27:20	29:17	33:31	37:22					
				2:57	0:48	1:33	2:38	1:15	2:36	2:47	2:50	5:50	3:00	1:06	1:57	4:14	3:51					
				38:54	41:12	47:29	49:53	50:23														
				1:32	2:18	6:17	2:24	0:30														
13	404	Roberto Amoros Ho COLMENAR Madrid	50:56	3:11	4:12	6:57	8:11	9:21	11:35	13:23	16:15	22:25	24:42	25:56	27:38	31:13	34:24					
				3:11	1:01	2:45	1:14	1:10	2:14	1:48	2:52	6:10	2:17	1:14	1:42	3:35	3:11					
				35:43	37:52	45:04	50:27	50:56														
				1:19	2:09	7:12	5:23	0:29														
14	325	José Ángel Sánchez CDP-O Valladolid	51:50	2:36	3:24	5:27	6:48	8:01	10:31	13:09	17:02	21:56	24:49	26:37	28:48	32:14	39:08					
				2:36	0:48	2:03	1:21	1:13	2:30	2:38	3:53	4:54	2:53	1:48	2:11	3:26	6:54					
				40:16	42:21	48:39	51:21	51:50														
				1:08	2:05	6:18	2:42	0:29														



os	rsal	Nombre	Tiempo																		
H-40 (47)				4,4 km		200 m		21 C													
				1(33)	2(42)	3(32)	4(43)	5(56)	6(57)	7(81)	8(37)	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)				
				15(50)	16(87)	17(85)	18(79)	19(88)	20(52)	21(200)	F										
1	250	Chris Terkelsen SANT JOAN Alicante	33:13	2:03	<b>3:40</b>	<b>4:38</b>	<b>5:22</b>	<b>6:34</b>	<b>7:29</b>	<b>9:10</b>	<b>11:35</b>	<b>13:15</b>	<b>16:12</b>	<b>17:46</b>	<b>18:26</b>	20:33	<b>22:12</b>				
				2:03	<b>1:37</b>	<b>0:58</b>	0:44	1:12	0:55	1:41	2:25	1:40	<b>2:57</b>	<b>1:34</b>	0:40	2:07	<b>1:39</b>				
				<b>23:55</b>	<b>24:44</b>	<b>26:09</b>	<b>27:30</b>	<b>28:09</b>	<b>30:36</b>	<b>32:47</b>	<b>33:13</b>										
				<b>1:43</b>	0:49	<b>1:25</b>	1:21	<b>0:39</b>	2:27	2:11	0:26										
2	876	Jorge Correia ADFA FPO	36:13	2:06	3:48	5:44	6:16	7:37	8:29	10:12	12:18	14:15	17:33	19:21	20:05	21:42	23:37				
				2:06	1:42	1:56	<b>0:32</b>	1:21	0:52	1:43	<b>2:06</b>	1:57	3:18	1:48	0:44	<b>1:37</b>	1:55				
				26:30	27:08	29:03	30:30	31:12	33:31	35:53	36:13										
				2:53	<b>0:38</b>	1:55	1:27	0:42	<b>2:19</b>	2:22	0:20										
3	58	Alfredo Micol Galleg MURCIA-O Murcia	38:08	2:14	4:03	5:34	6:17	7:40	8:44	10:34	13:38	15:24	18:35	21:03	21:42	24:00	26:01				
				2:14	1:49	1:31	0:43	1:23	1:04	1:50	3:04	1:46	3:11	2:28	0:39	2:18	2:01				
				27:58	28:59	30:42	32:18	33:01	35:35	37:45	38:08										
				1:57	1:01	1:43	1:36	0:43	2:34	<b>2:10</b>	0:23										
4	157	Ángel Rojas Avilés ALABARDA-O Madrid	38:20	<b>1:56</b>	3:43	4:46	<b>5:22</b>	<b>6:34</b>	7:50	9:25	11:36	<b>13:15</b>	16:14	18:09	18:39	<b>20:19</b>	26:04				
				<b>1:56</b>	1:47	1:03	0:36	1:12	1:16	<b>1:35</b>	2:11	<b>1:39</b>	2:59	1:55	<b>0:30</b>	1:40	5:45				
				27:56	29:02	30:42	31:58	32:47	35:14	38:01	38:20										
				1:52	1:06	1:40	<b>1:16</b>	0:49	2:27	2:47	<b>0:19</b>										
5	913	Jorge Oliveira COC FPO	40:46	2:07	4:00	5:02	5:54	7:20	8:18	10:14	12:52	15:10	18:33	20:10	22:09	24:47	26:36				
				2:07	1:53	1:02	0:52	1:26	0:58	1:56	2:38	2:18	3:23	1:37	1:59	2:38	1:49				
				28:49	29:49	31:26	33:18	34:21	37:07	40:21	40:46										
				2:13	1:00	1:37	1:52	1:03	2:46	3:14	0:25										
6	111	César Valle Tórtola ORIENTIJOT Cuenc	42:55	2:08	4:51	5:59	6:34	8:12	9:15	11:22	17:08	18:51	22:13	24:03	25:42	27:48	29:36				
				2:08	2:43	1:08	0:35	1:38	1:03	2:07	5:46	1:43	3:22	1:50	1:39	2:06	1:48				
				31:50	32:55	34:33	36:13	37:02	40:10	42:28	42:55										
				2:14	1:05	1:38	1:40	0:49	3:08	2:18	0:27										
7	110	Antonio García Gue CODAN EXTR Badaj	43:50	2:21	4:11	5:19	6:08	7:55	8:55	10:46	13:21	15:06	18:19	20:33	21:07	24:05	27:24				
				2:21	1:50	1:08	0:49	1:47	1:00	1:51	2:35	1:45	3:13	2:14	0:34	2:58	3:19				
				31:32	32:31	35:40	37:35	38:25	40:58	43:26	43:50										
				4:08	0:59	3:09	1:55	0:50	2:33	2:28	0:24										
8	285	Blas López Descalz GODIH Albacete	44:53	2:13	4:25	5:51	6:32	8:03	9:03	11:29	13:57	15:46	19:04	20:44	21:45	25:21	27:29				
				2:13	2:12	1:26	0:41	1:31	1:00	2:26	2:28	1:49	3:18	1:40	1:01	3:36	2:08				
				29:56	31:19	34:14	37:12	37:56	40:52	44:31	44:53										
				2:27	1:23	2:55	2:58	0:44	2:56	3:39	0:22										
8	308	Pau Comerma Góme Oros Barcelona	44:53	2:17	4:12	5:23	6:16	8:13	10:16	12:43	15:39	17:37	21:32	23:47	25:44	28:04	30:13				
				2:17	1:55	1:11	0:53	1:57	2:03	2:27	2:56	1:58	3:55	2:15	1:57	2:20	2:09				
				32:43	33:50	35:31	37:22	38:19	41:58	44:26	44:53										
				2:30	1:07	1:41	1:51	0:57	3:39	2:28	0:27										
10	1020	Rafael Lima OriMarão FPO	45:37	2:00	4:52	6:46	7:20	8:31	10:27	12:15	14:36	16:35	19:49	21:45	22:26	24:18	26:07				
				2:00	2:52	1:54	0:34	<b>1:11</b>	1:56	1:48	2:21	1:59	3:14	1:56	0:41	1:52	1:49				
				28:29	31:21	35:01	38:36	39:29	42:11	45:15	45:37										
				2:22	2:52	3:40	3:35	0:53	2:42	3:04	0:22										
11	165	Eduardo Angulo de CORZO Burgos	47:20	2:31	4:58	6:26	7:15	8:51	9:56	12:04	14:51	17:02	21:13	23:17	24:05	26:16	30:08				
				2:31	2:27	1:28	0:49	1:36	1:05	2:08	2:47	2:11	4:11	2:04	0:48	2:11	3:52				
				32:42	33:33	37:36	40:10	40:59	43:57	46:53	47:20										
				2:34	0:51	4:03	2:34	0:49	2:58	2:56	0:27										
12	335	Rodrigo Víctor Alon O-GETAFA Madrid	47:52	2:45	4:50	6:11	7:11	8:40	9:44	11:36	14:44	17:59	22:58	25:33	26:26	28:18	30:14				
				2:45	2:05	1:21	1:00	1:29	1:04	1:52	3:08	3:15	4:59	2:35	0:53	1:52	1:56				
				33:34	34:34	36:35	39:23	40:19	44:57	47:29	47:52										
				3:20	1:00	2:01	2:48	0:56	4:38	2:32	0:23										
13	219	Jordi Arumí Casade UEVIC Barcelona	47:54	2:20	4:25	6:10	7:07	8:32	11:01	13:34	16:21	18:50	22:55	25:08	26:06	28:22	30:35				
				2:20	2:05	1:45	0:57	1:25	2:29	2:33	2:47	2:29	4:05	2:13	0:58	2:16	2:13				
				33:20	34:32	36:29	39:33	40:34	44:20	47:30	47:54										
				2:45	1:12	1:57	3:04	1:01	3:46	3:10	0:24										

os	rsal	Nombre	Tiempo															
<b>H-40 (47)</b>				<b>4,4 km 200 m</b>		<b>21 C</b>		<i>(cont.)</i>										
				1(33)	2(42)	3(32)	4(43)	5(56)	6(57)	7(81)	8(37)	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)	
				15(50)	16(87)	17(85)	18(79)	19(88)	20(52)	21(200)	F							
14	160	Javier Saz Alcubierr IBÓN Zaragoza	48:54	2:02	4:08	5:33	6:34	8:19	9:37	11:47	14:57	17:11	21:12	23:25	24:13	27:07	30:01	
				2:02	2:06	1:25	1:01	1:45	1:18	2:10	3:10	2:14	4:01	2:13	0:48	2:54	2:54	
				37:15	38:09	39:47	41:26	42:24	45:59	48:32	48:54			29:26				
				7:14	0:54	1:38	1:39	0:58	3:35	2:33	0:22			*67				
15	18	Miguel Sáez Plaza VELETA Granada	49:10	2:22	4:25	7:10	7:47	9:26	10:26	12:13	14:36	16:50	20:34	23:15	23:54	29:00	33:14	
				2:22	2:03	2:45	0:37	1:39	1:00	1:47	2:23	2:14	3:44	2:41	0:39	5:06	4:14	
				35:53	37:02	40:41	42:21	43:11	46:17	48:47	49:10							
				2:39	1:09	3:39	1:40	0:50	3:06	2:30	0:23							
16	95	Jorge Bellver Navar VALENCIA-O Valenci	49:49	2:19	4:17	5:50	6:33	11:38	12:29	14:44	17:28	19:25	23:48	26:04	26:51	30:10	32:11	
				2:19	1:58	1:33	0:43	5:05	0:51	2:15	2:44	1:57	4:23	2:16	0:47	3:19	2:01	
				34:49	36:21	38:11	42:14	43:03	45:45	49:19	49:49			39:51				
				2:38	1:32	1:50	4:03	0:49	2:42	3:34	0:30			*52				
17	260	Miguel Cabeza Garc IMPERDIBLE Madri	50:21	2:37	4:20	5:25	6:07	7:29	8:31	11:12	17:18	19:31	23:15	25:12	25:55	28:07	31:37	
				2:37	1:43	1:05	0:42	1:22	1:02	2:41	6:06	2:13	3:44	1:57	0:43	2:12	3:30	
				33:53	34:49	37:23	38:59	39:47	46:13	49:55	50:21							
				2:16	0:56	2:34	1:36	0:48	6:26	3:42	0:26							
18	789	Juan Pozo Ortiz ORIENTA-GE FEMAD	53:14	2:28	6:55	8:05	8:59	11:27	13:57	16:11	19:34	22:02	26:16	29:20	30:04	32:06	36:41	
				2:28	4:27	1:10	0:54	2:28	2:30	2:14	3:23	2:28	4:14	3:04	0:44	2:02	4:35	
				39:07	39:56	43:04	45:26	46:23	49:50	52:50	53:14							
				2:26	0:49	3:08	2:22	0:57	3:27	3:00	0:24							
19	299	José Luis Muñoz Ma COMCU Cuenca	53:46	2:33	5:02	6:20	7:15	8:50	10:04	12:36	15:30	17:44	22:04	24:13	25:02	30:39	34:21	
				2:33	2:29	1:18	0:55	1:35	1:14	2:32	2:54	2:14	4:20	2:09	0:49	5:37	3:42	
				37:38	38:45	40:45	43:17	44:22	49:14	53:20	53:46			33:35				
				3:17	1:07	2:00	2:32	1:05	4:52	4:06	0:26			*67				
20	159	Roberto Saz Alcubi IBÓN Zaragoza	53:54	2:12	6:22	7:55	8:38	10:16	11:29	13:49	16:26	18:44	22:58	25:27	26:16	28:12	30:31	
				2:12	4:10	1:33	0:43	1:38	1:13	2:20	2:37	2:18	4:14	2:29	0:49	1:56	2:19	
				33:01	37:06	43:10	45:45	46:57	50:04	53:30	53:54							
				2:30	4:05	6:04	2:35	1:12	3:07	3:26	0:24							
21	563	Juan José Durán O ADOL Sevilla	53:56	3:09	6:27	8:16	9:58	12:23	14:18	16:59	20:23	23:06	28:40	31:19	32:21	34:49	37:36	
				3:09	3:18	1:49	1:42	2:25	1:55	2:41	3:24	2:43	5:34	2:39	1:02	2:28	2:47	
				40:06	42:02	43:58	46:39	47:35	50:43	53:27	53:56							
				2:30	1:56	1:56	2:41	0:56	3:08	2:44	0:29							
22	163	Bernardo Nanclares CORZO Burgos	53:59	2:25	4:43	6:24	7:09	8:52	10:19	13:04	15:44	18:35	23:14	26:39	27:41	31:07	35:32	
				2:25	2:18	1:41	0:45	1:43	1:27	2:45	2:40	2:51	4:39	3:25	1:02	3:26	4:25	
				39:27	40:47	43:15	45:08	46:22	50:36	53:33	53:59							
				3:55	1:20	2:28	1:53	1:14	4:14	2:57	0:26							
23	296	Miguel Ángel Duran COLMENAR Madrid	54:38	4:20	6:29	7:47	8:51	10:28	11:37	13:58	16:41	18:49	22:23	24:17	24:56	32:44	35:19	
				4:20	2:09	1:18	1:04	1:37	1:09	2:21	2:43	2:08	3:34	1:54	0:39	7:48	2:35	
				37:53	40:06	42:46	45:33	46:17	49:32	54:16	54:38							
				2:34	2:13	2:40	2:47	0:44	3:15	4:44	0:22							
24	170	Carmelo Gil Gutiérr COV Valladolid	55:30	2:19	6:13	7:24	8:16	10:55	13:10	15:39	18:28	20:58	25:16	32:25	33:17	36:57	38:48	
				2:19	3:54	1:11	0:52	2:39	2:15	2:29	2:49	2:30	4:18	7:09	0:52	3:40	1:51	
				41:07	42:06	43:55	45:24	46:17	50:34	55:03	55:30							
				2:19	0:59	1:49	1:29	0:53	4:17	4:29	0:27							
25	222	Juli Serrat Grané UEVIC Barcelona	56:24	3:09	5:14	6:36	7:40	9:19	10:21	14:16	19:02	21:09	25:49	28:12	29:00	31:29	34:07	
				3:09	2:05	1:22	1:04	1:39	1:02	3:55	4:46	2:07	4:40	2:23	0:48	2:29	2:38	
				38:04	39:13	41:46	46:22	47:30	53:26	55:59	56:24			43:43				
				3:57	1:09	2:33	4:36	1:08	5:56	2:33	0:25			*49				

os	rsal	Nombre	Tiempo																
<b>H-40 (47)</b>				<b>4,4 km 200 m</b>		<b>21 C</b>		<i>(cont.)</i>											
				1(33)	2(42)	3(32)	4(43)	5(56)	6(57)	7(81)	8(37)	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)		
				15(50)	16(87)	17(85)	18(79)	19(88)	20(52)	21(200)	F								
26	233	<b>Paul Pereira Rivero</b> COMA Málaga	<b>56:53</b>	2:19	4:22	5:32	6:33	10:34	14:49	17:07	20:00	22:03	31:05	33:31	34:16	37:06	39:41		
				2:19	2:03	1:10	1:01	4:01	4:15	2:18	2:53	2:03	9:02	2:26	0:45	2:50	2:35		
				42:58	44:18	46:04	48:16	49:00	53:48	56:25	56:53							7:52	
				3:17	1:20	1:46	2:12	0:44	4:48	2:37	0:28							*35	
27	119	<b>Ignacio González-F</b> AROMON Pontevedr	<b>59:10</b>	2:31	9:19	10:17	11:12	12:50	14:23	16:52	22:07	24:35	29:28	31:58	33:07	35:57	38:34		
				2:31	6:48	<b>0:58</b>	0:55	1:38	1:33	2:29	5:15	2:28	4:53	2:30	1:09	2:50	2:37		
				41:27	43:53	46:40	49:36	50:42	54:57	58:39	59:10								
				2:53	2:26	2:47	2:56	1:06	4:15	3:42	0:31								
28	534	<b>David Sanz Gatón</b> COV Valladolid	<b>59:54</b>	3:54	5:59	7:15	8:46	10:32	11:43	14:47	17:32	20:54	24:59	27:22	29:55	31:47	35:08		
				3:54	2:05	1:16	1:31	1:46	1:11	3:04	2:45	3:22	4:05	2:23	2:33	1:52	3:21		
				37:44	39:36	50:57	52:27	53:20	57:03	59:32	59:54								
				2:36	1:52	11:21	1:30	0:53	3:43	2:29	0:22								
29	551	<b>Andrés Gutiérrez Ca</b> O-GETAPE Madrid	<b>1:00:46</b>	2:54	5:15	6:38	7:58	9:59	11:33	14:13	18:21	21:41	26:59	29:34	30:37	32:56	36:19		
				2:54	2:21	1:23	1:20	2:01	1:34	2:40	4:08	3:20	5:18	2:35	1:03	2:19	3:23		
				43:18	45:17	47:28	50:01	51:05	56:44	1:00:14	1:00:46								
				6:59	1:59	2:11	2:33	1:04	5:39	3:30	0:32								
30	423	<b>Alberto Pérez Miran</b> COLMENAR Madrid	<b>1:03:59</b>	3:55	6:30	8:05	9:03	10:54	11:58	14:13	19:19	21:27	25:28	28:00	29:19	31:29	33:46		
				3:55	2:35	1:35	0:58	1:51	1:04	2:15	5:06	2:08	4:01	2:32	1:19	2:10	2:17		
				37:07	39:58	41:48	49:31	50:31	54:03	1:03:37	1:03:59							27:13	
				3:21	2:51	1:50	7:43	1:00	3:32	9:34	0:22							*119	
31	912	<b>Humberto Esteves</b> COC FPO	<b>1:04:26</b>	3:05	5:28	7:47	8:22	9:46	10:57	13:17	16:13	18:35	22:57	25:37	26:25	28:51	37:58		
				3:05	2:23	2:19	0:35	1:24	1:11	2:20	2:56	2:22	4:22	2:40	0:48	2:26	9:07		
				45:27	46:42	51:13	54:10	55:10	1:00:38	1:03:59	1:04:26								
				7:29	1:15	4:31	2:57	1:00	5:28	3:21	0:27								
32	959	<b>Alberto César</b> GD4C FPO	<b>1:04:27</b>	2:42	4:52	6:08	7:08	9:03	10:13	12:43	16:09	18:26	23:53	26:06	27:09	29:40	36:27		
				2:42	2:10	1:16	1:00	1:55	1:10	2:30	3:26	2:17	5:27	2:13	1:03	2:31	6:47		
				38:56	40:04	54:17	56:13	57:11	1:00:26	1:03:58	1:04:27								
				2:29	1:08	14:13	1:56	0:58	3:15	3:32	0:29								
33	892	<b>Carlos Lobo</b> COALA FPO	<b>1:10:36</b>	3:39	7:15	9:19	11:40	14:20	15:57	19:20	23:19	26:42	33:35	37:04	38:00	41:08	44:28		
				3:39	3:36	2:04	2:21	2:40	1:37	3:23	3:59	3:23	6:53	3:29	0:56	3:08	3:20		
				47:47	49:10	52:36	59:27	1:00:47	1:05:08	1:10:00	1:10:36								
				3:19	1:23	3:26	6:51	1:20	4:21	4:52	0:36								
34	158	<b>José Ramón Rapall</b> COLMENAR Madrid	<b>1:11:21</b>	3:12	9:01	14:35	15:12	17:03	18:40	21:24	25:48	31:51	36:57	40:07	40:56	43:34	48:43		
				3:12	5:49	5:34	0:37	1:51	1:37	2:44	4:24	6:03	5:06	3:10	0:49	2:38	5:09		
				52:01	53:28	56:48	1:02:39	1:04:02	1:07:44	1:10:50	1:11:21							12:25	
				3:18	1:27	3:20	5:51	1:23	3:42	3:06	0:31							*43	
35	138	<b>José Batanero Bach</b> C.O.GUADAL Guada	<b>1:19:17</b>	30:08	32:12	34:57	35:33	37:02	38:47	41:28	45:08	47:19	52:53	55:26	56:10	58:12	1:00:42		
				30:08	2:04	2:45	0:36	1:29	1:45	2:41	3:40	2:11	5:34	2:33	0:44	2:02	2:30		
				1:03:38	1:04:42	1:07:12	1:09:43	1:10:46	1:15:35	1:18:53	1:19:17								
				2:56	1:04	2:30	2:31	1:03	4:49	3:18	0:24								
36	414	<b>Pablo Adrián Aller E</b> TREVINCA Otros Pai	<b>1:21:41</b>	2:53	5:58	8:12	9:11	11:31	13:02	16:38	21:04	25:04	31:36	37:56	39:00	42:43	52:16		
				2:53	3:05	2:14	0:59	2:20	1:31	3:36	4:26	4:00	6:32	6:20	1:04	3:43	9:33		
				55:37	57:03	1:06:24	1:10:36	1:13:02	1:17:36	1:21:18	1:21:41								
				3:21	1:26	9:21	4:12	2:26	4:34	3:42	0:23								
37	788	<b>Francisco Castaned</b> COLMENAR FEMAD	<b>1:22:34</b>	3:06	7:38	10:58	12:06	14:33	16:17	19:11	22:41	25:58	32:03	35:19	36:38	41:31	56:05		
				3:06	4:32	3:20	1:08	2:27	1:44	2:54	3:30	3:17	6:05	3:16	1:19	4:53	14:34		
				58:38	1:00:13	1:07:28	1:10:45	1:12:17	1:18:28	1:21:59	1:22:34								
				2:33	1:35	7:15	3:17	1:32	6:11	3:31	0:35								



os	rsal	Nombre	Tiempo														
<b>H-40 (47)</b>				<b>4,4 km 200 m 21 C (cont.)</b>													
				1(33)	2(42)	3(32)	4(43)	5(56)	6(57)	7(81)	8(37)	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)
				15(50)	16(87)	17(85)	18(79)	19(88)	20(52)	21(200)	F						
<b>38</b>	<b>787</b>	<b>Jose Carlos Castill</b>	<b>1:37:22</b>	6:09	10:13	11:36	13:07	16:41	18:46	21:22	25:46	30:38	42:58	45:54	49:48	58:46	1:09:16
		<b>COLMENAR FEMAD</b>		6:09	4:04	1:23	1:31	3:34	2:05	2:36	4:24	4:52	12:20	2:56	3:54	8:58	10:30
				1:12:05	1:13:38	1:19:15	1:23:48	1:25:19	1:29:23	1:36:55	1:37:22						
				2:49	1:33	5:37	4:33	1:31	4:04	7:32	0:27						
<b>39</b>	<b>786</b>	<b>Pedro Yllan Berroca</b>	<b>1:37:40</b>	11:16	14:17	18:35	20:26	24:13	26:03	29:03	32:43	35:52	42:49	47:33	48:32	51:52	1:03:43
		<b>Alabarda-O FEMADO</b>		11:16	3:01	4:18	1:51	3:47	1:50	3:00	3:40	3:09	6:57	4:44	0:59	3:20	11:51
				1:06:39	1:08:09	1:13:39	1:18:22	1:19:43	1:30:14	1:37:09	1:37:40						
				2:56	1:30	5:30	4:43	1:21	10:31	6:55	0:31						
<b>40</b>	<b>958</b>	<b>Alberto Barros</b>	<b>1:50:38</b>	7:20	20:30	22:28	23:55	28:54	30:35	35:41	40:48	46:46	52:55	57:33	58:28	1:02:22	1:21:57
		<b>GD4C FPO</b>		7:20	13:10	1:58	1:27	4:59	1:41	5:06	5:07	5:58	6:09	4:38	0:55	3:54	19:35
				1:26:03	1:27:42	1:32:58	1:36:01	1:40:51	1:45:27	1:50:03	1:50:38						
				4:06	1:39	5:16	3:03	4:50	4:36	4:36	0:35						
<b>41</b>	<b>785</b>	<b>Angel Cano Cortes</b>	<b>2:17:18</b>	3:39	8:06	11:28	13:44	20:47	26:49	30:47	35:51	41:31	51:10	54:49	56:09	1:17:18	1:25:07
		<b>COLMENAR FEMAD</b>		3:39	4:27	3:22	2:16	7:03	6:02	3:58	5:04	5:40	9:39	3:39	1:20	21:09	7:49
				1:30:44	1:47:30	1:52:36	2:01:56	2:05:25	2:10:31	2:16:38	2:17:18						
				5:37	16:46	5:06	9:20	3:29	5:06	6:07	0:40						
<b>65</b>		<b>Salvador Martínez C</b>	<b>en tarj.</b>	----	----	----	----	----	----	----	----	----	----	----	----	----	----
		<b>TOTANA-O Murcia</b>		----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----	----	----	----	----	----	46:41	47:20	----	6:29	10:33	16:16	18:30	21:19
				----	----	----	----	----	----	46:41	0:39	----	*93	*90	*91	*92	*94
				24:49	28:49	32:15	43:12	44:29									
				*95	*96	*97	*125	*126									
<b>64</b>		<b>Francisco Guerao N</b>	<b>en tarj.</b>	3:29	5:40	----	7:41	13:27	14:45	16:47	20:46	22:59	27:06	29:24	30:15	32:39	35:05
		<b>TOTANA-O Murcia</b>		3:29	2:11	----	2:01	5:46	1:18	2:02	3:59	2:13	4:07	2:18	0:51	2:24	2:26
				37:34	38:37	41:57	44:09	45:02	49:23	51:59	52:23						
				2:29	1:03	3:20	2:12	0:53	4:21	2:36	0:24						
<b>34</b>		<b>Jordi Izquierdo Fig</b>	<b>en tarj.</b>	2:22	4:23	5:59	----	8:33	9:55	12:18	15:37	17:44	22:44	24:45	25:35	27:33	33:58
		<b>Oros Barcelona</b>		2:22	2:01	1:36	----	2:34	1:22	2:23	3:19	2:07	5:00	2:01	0:50	1:58	6:25
				38:28	44:05	45:56	49:41	50:42	55:31	58:40	59:07		39:37				
				4:30	5:37	1:51	3:45	1:01	4:49	3:09	0:27		*51				
<b>61</b>		<b>Jesús Menarguez Ar</b>	<b>en tarj.</b>	----	5:57	----	8:13	10:24	13:07	15:58	19:07	21:04	25:20	27:23	28:13	30:11	33:14
		<b>SENDA Murcia</b>		----	5:57	----	2:16	2:11	2:43	2:51	3:09	1:57	4:16	2:03	0:50	1:58	3:03
				38:46	39:43	49:00	51:07	52:05	55:13	59:49	1:00:14		4:12	44:29			
				5:32	0:57	9:17	2:07	0:58	3:08	4:36	0:25		*31	*53			
<b>23</b>		<b>Emilio Ginés Morale</b>	<b>en tarj.</b>	2:42	5:15	6:45	7:41	11:06	12:16	14:43	19:05	21:18	26:35	28:57	29:55	31:55	35:05
		<b>POSEIDÓN Sevilla</b>		2:42	2:33	1:30	0:56	3:25	1:10	2:27	4:22	2:13	5:17	2:22	0:58	2:00	3:10
				----	39:44	44:51	51:28	55:09	1:00:11	1:03:12	1:03:36		46:45	50:28			
				4:39	5:07	6:37	3:41	5:02	3:01	0:24			*71	*49			
<b>569</b>		<b>Joaquin González P</b>	<b>andona</b>	2:04	4:10	5:19	----	----	----	----	----	----	----	----	----	----	----
		<b>TOLEDO-O Toledo</b>		2:04	2:06	1:09	----	----	----	----	----	----	----	----	----	----	----
				----	----	----	----	----	----	----	----	----	----	----	----	----	----
<b>H-45 (48)</b>				<b>4,5 km 215 m 21 C</b>													
				1(106)	2(73)	3(42)	4(31)	5(74)	6(43)	7(36)	8(59)	9(60)	10(41)	11(77)	12(45)	13(82)	14(84)
				15(64)	16(47)	17(69)	18(70)	19(109)	20(55)	21(200)	F						
<b>1</b>	<b>153</b>	<b>Rafael Arranz Muño</b>	<b>40:47</b>	2:43	3:59	4:50	6:16	7:43	8:36	9:48	13:57	17:03	18:39	20:12	23:09	25:04	26:01
		<b>RUMBO-MADR Madr</b>		2:43	1:16	0:51	1:26	1:27	<b>0:53</b>	<b>1:12</b>	4:09	3:06	1:36	1:33	2:57	1:55	0:57
				27:13	30:32	31:51	34:52	38:19	<b>38:55</b>	<b>40:26</b>	<b>40:47</b>						
				1:12	3:19	1:19	3:01	3:27	<b>0:36</b>	1:31	0:21						

os	rsal	Nombre	Tiempo														
<b>H-45 (48)</b>				<b>4,5 km</b>		<b>215 m</b>		<b>21 C</b>		<i>(cont.)</i>							
				1(106)	2(73)	3(42)	4(31)	5(74)	6(43)	7(36)	8(59)	9(60)	10(41)	11(77)	12(45)	13(82)	14(84)
				15(64)	16(47)	17(69)	18(70)	19(109)	20(55)	21(200)	F						
2	878	Daniel Pires ADFA FPO	41:04	1:58	3:38	4:21	5:41	6:55	7:54	<b>9:13</b>	<b>12:46</b>	<b>15:26</b>	<b>17:05</b>	<b>18:39</b>	<b>21:20</b>	<b>23:08</b>	<b>23:44</b>
				1:58	1:40	<b>0:43</b>	1:20	1:14	0:59	1:19	3:33	2:40	1:39	1:34	<b>2:41</b>	<b>1:48</b>	<b>0:36</b>
				<b>24:54</b>	<b>27:37</b>	<b>29:02</b>	<b>34:27</b>	<b>38:05</b>	39:11	40:38	41:04						
				1:10	<b>2:43</b>	1:25	5:25	3:38	1:06	1:27	0:26						
3	961	Vítor Delgado GD4C FPO	41:22	4:09	5:25	6:26	7:58	10:28	11:56	13:11	17:14	19:14	20:30	22:01	25:03	27:20	28:03
				4:09	1:16	1:01	1:32	2:30	1:28	1:15	4:03	2:00	1:16	1:31	3:02	2:17	0:43
				29:18	32:41	33:44	35:51	39:02	39:39	41:02	41:22						
				1:15	3:23	<b>1:03</b>	2:07	<b>3:11</b>	0:37	1:23	0:20						
4	523	Oleg Sovolev VILLEN-A O Alicante	42:08	1:56	3:10	4:00	5:30	<b>6:50</b>	<b>7:48</b>	10:39	15:56	17:57	19:19	20:54	23:58	26:24	27:09
				1:56	1:14	0:50	1:30	1:20	0:58	2:51	5:17	2:01	1:22	1:35	3:04	2:26	0:45
				28:33	31:59	33:21	35:47	39:20	40:05	41:48	42:08						
				1:24	3:26	1:22	2:26	3:33	0:45	1:43	0:20						
5	398	Ramon Illa Gay COC Barcelona	44:51	2:34	4:21	5:20	7:15	9:01	10:47	15:07	19:33	21:29	23:00	24:28	27:16	29:31	30:14
				2:34	1:47	0:59	1:55	1:46	1:46	4:20	4:26	1:56	1:31	1:28	2:48	2:15	0:43
				31:26	34:43	35:50	38:02	41:55	42:55	44:28	44:51						
				1:12	3:17	1:07	2:12	3:53	1:00	1:33	0:23						
6	154	Miguel Álvarez Berr RUMBO-MADR Madr	47:55	2:23	3:56	8:19	9:37	10:50	13:01	14:25	17:56	19:47	21:19	22:57	26:50	28:50	29:49
				2:23	1:33	4:23	<b>1:18</b>	<b>1:13</b>	2:11	1:24	<b>3:31</b>	1:51	1:32	1:38	3:53	2:00	0:59
				30:56	34:58	36:44	40:48	44:55	45:49	47:34	47:55						
				<b>1:07</b>	4:02	1:46	4:04	4:07	0:54	1:45	0:21						
7	62	Fermín Barceló Otal TOTANA-O Murcia	48:17	3:33	5:47	6:38	8:44	10:06	11:33	12:50	17:58	21:00	22:12	24:01	27:30	30:05	30:59
				3:33	2:14	0:51	2:06	1:22	1:27	1:17	5:08	3:02	1:12	1:49	3:29	2:35	0:54
				32:21	35:49	37:33	40:04	44:04	46:12	47:50	48:17						
				1:22	3:28	1:44	2:31	4:00	2:08	1:38	0:27						
8	141	Luis Mahou García COTA Madrid	48:38	1:50	<b>2:58</b>	3:53	<b>5:24</b>	6:52	7:55	9:20	14:14	17:22	18:43	20:28	27:25	29:42	30:26
				1:50	<b>1:08</b>	0:55	1:31	1:28	1:03	1:25	4:54	3:08	1:21	1:45	6:57	2:17	0:44
				31:47	35:29	36:32	39:21	45:29	46:09	48:17	48:38						
				1:21	3:42	<b>1:03</b>	2:49	6:08	0:40	2:08	0:21						
9	394	Cesar Pascual Sanc NAVALCAN-O Toled	48:40	2:37	3:55	4:41	8:47	10:08	11:23	12:44	17:18	19:25	24:04	25:20	28:53	30:46	32:13
				2:37	1:18	0:46	4:06	1:21	1:15	1:21	4:34	2:07	4:39	<b>1:16</b>	3:33	1:53	1:27
				33:21	38:08	39:56	42:01	46:12	46:58	48:19	48:40						
				1:08	4:47	1:48	2:05	4:11	0:46	<b>1:21</b>	0:21						
10	232	Jose Angel Ramos ADOL Sevilla	48:43	2:35	4:03	5:21	6:55	8:26	9:32	12:21	16:56	19:22	20:46	22:47	26:10	28:35	29:30
				2:35	1:28	1:18	1:34	1:31	1:06	2:49	4:35	2:26	1:24	2:01	3:23	2:25	0:55
				30:51	34:54	38:23	41:17	45:28	46:25	48:16	48:43						
				1:21	4:03	3:29	2:54	4:11	0:57	1:51	0:27						
11	790	Manuel Ruiz Fernan RUMBO MADR FEMA	49:24	3:49	6:14	8:09	9:34	11:48	12:56	14:38	19:01	21:06	22:16	23:59	27:13	29:21	30:04
				3:49	2:25	1:55	1:25	2:14	1:08	1:42	4:23	2:05	1:10	1:43	3:14	2:08	0:43
				31:29	35:02	37:19	39:20	46:36	47:22	49:04	49:24						
				1:25	3:33	2:17	<b>2:01</b>	7:16	0:46	1:42	0:20						
12	60	Manuel García Gil SENDA Murcia	49:34	3:59	5:38	6:59	8:23	10:06	11:19	12:53	17:00	18:38	19:48	21:19	25:45	28:17	29:00
				3:59	1:39	1:21	1:24	1:43	1:13	1:34	4:07	<b>1:38</b>	1:10	1:31	4:26	2:32	0:43
				30:20	35:03	36:40	39:28	46:25	47:10	49:11	49:34						
				1:20	4:43	1:37	2:48	6:57	0:45	2:01	0:23						
13	393	Carlos Sánchez So NAVALCAN-O Toled	50:09	2:39	4:25	5:44	7:28	10:25	11:42	13:18	18:24	20:34	21:56	23:53	28:48	31:02	31:54
				2:39	1:46	1:19	1:44	2:57	1:17	1:36	5:06	2:10	1:22	1:57	4:55	2:14	0:52
				33:07	39:07	40:19	42:38	46:53	47:47	49:42	50:09						
				1:13	6:00	1:12	2:19	4:15	0:54	1:55	0:27						

os	rsal	Nombre	Tiempo															
<b>H-45 (48)</b>				<b>4,5 km</b>		<b>215 m</b>		<b>21 C</b>		<i>(cont.)</i>								
				1(106)	2(73)	3(42)	4(31)	5(74)	6(43)	7(36)	8(59)	9(60)	10(41)	11(77)	12(45)	13(82)	14(84)	
				15(64)	16(47)	17(69)	18(70)	19(109)	20(55)	21(200)	F							
14	140	<b>Cristóbal Fernández</b> COTA Madrid	<b>50:37</b>	1:58	3:29	6:00	7:39	9:15	10:17	11:40	16:02	18:26	20:03	22:01	25:53	28:26	29:22	
				1:58	1:31	2:31	1:39	1:36	1:02	1:23	4:22	2:24	1:37	1:58	3:52	2:33	0:56	
				30:42	36:16	39:04	41:15	45:39	46:27	50:10	50:37							
				1:20	5:34	2:48	2:11	4:24	0:48	3:43	0:27							
15	193	<b>Santiago Galán Her</b> CDP-O Valladolid	<b>50:48</b>	2:21	3:31	4:42	6:07	7:30	8:38	11:12	16:12	18:35	19:46	22:35	26:35	28:49	29:45	
				2:21	1:10	1:11	1:25	1:23	1:08	2:34	5:00	2:23	1:11	2:49	4:00	2:14	0:56	
				31:11	35:08	36:58	39:15	48:03	48:41	50:23	50:48							
				1:26	3:57	1:50	2:17	8:48	0:38	1:42	0:25							
16	192	<b>Carlos Gómez Fuen</b> CDP-O Valladolid	<b>51:02</b>	2:49	4:15	5:31	9:08	10:29	11:45	13:11	18:43	21:44	23:11	25:15	28:34	31:31	32:11	
				2:49	1:26	1:16	3:37	1:21	1:16	1:26	5:32	3:01	1:27	2:04	3:19	2:57	0:40	
				33:35	37:22	38:56	41:43	47:16	48:41	50:38	51:02							
				1:24	3:47	1:34	2:47	5:33	1:25	1:57	0:24							
17	364	<b>Francisco Corbalan</b> LORCA-O Murcia	<b>52:32</b>	2:26	4:35	5:43	7:29	9:36	10:51	12:21	17:34	19:34	21:45	23:54	28:00	30:27	31:29	
				2:26	2:09	1:08	1:46	2:07	1:15	1:30	5:13	2:00	2:11	2:09	4:06	2:27	1:02	
				33:00	36:45	41:58	44:40	49:24	50:16	52:13	52:32	38:42						
				1:31	3:45	5:13	2:42	4:44	0:52	1:57	0:19	*79						
18	303	<b>Isidro Rodríguez M</b> VIA PLATA Cáceres	<b>53:07</b>	1:56	3:30	4:22	6:24	8:13	9:32	13:35	18:14	20:25	21:46	23:41	28:51	31:40	32:31	
				1:56	1:34	0:52	2:02	1:49	1:19	4:03	4:39	2:11	1:21	1:55	5:10	2:49	0:51	
				34:02	37:42	41:45	44:28	49:04	50:49	52:39	53:07							
				1:31	3:40	4:03	2:43	4:36	1:45	1:50	0:28							
19	146	<b>Urbano Chousa Álv</b> IMPERDIBLE Madri	<b>53:13</b>	1:52	3:27	4:24	7:59	9:33	10:34	12:01	16:05	17:48	19:32	21:10	24:21	26:21	27:04	
				1:52	1:35	0:57	3:35	1:34	1:01	1:27	4:04	1:43	1:44	1:38	3:11	2:00	0:43	
				28:27	31:28	38:15	40:31	47:01	51:00	52:51	53:13							
				1:23	3:01	6:47	2:16	6:30	3:59	1:51	0:22							
20	418	<b>Fernando Calderón</b> ADOL Sevilla	<b>54:09</b>	4:24	5:56	6:59	8:47	10:56	14:00	15:38	21:16	23:32	25:06	26:55	33:02	35:43	36:31	
				4:24	1:32	1:03	1:48	2:09	3:04	1:38	5:38	2:16	1:34	1:49	6:07	2:41	0:48	
				38:04	41:42	43:13	45:47	50:53	51:47	53:48	54:09							
				1:33	3:38	1:31	2:34	5:06	0:54	2:01	0:21							
21	265	<b>Jose Feliciano Fern</b> IMPERDIBLE Madri	<b>54:31</b>	2:15	3:49	4:48	6:24	8:54	10:18	11:32	15:32	17:24	19:51	21:29	30:47	33:55	34:39	
				2:15	1:34	0:59	1:36	2:30	1:24	1:14	4:00	1:52	2:27	1:38	9:18	3:08	0:44	
				36:06	39:33	41:26	44:12	48:32	49:41	54:03	54:31							
				1:27	3:27	1:53	2:46	4:20	1:09	4:22	0:28							
22	6	<b>Manuel Parrilla Gil</b> ADOL Sevilla	<b>54:34</b>	2:07	3:29	4:30	6:20	8:08	9:21	10:53	16:51	20:56	22:28	24:56	30:22	33:37	34:37	
				2:07	1:22	1:01	1:50	1:48	1:13	1:32	5:58	4:05	1:32	2:28	5:26	3:15	1:00	
				36:22	40:12	42:28	45:53	50:19	52:04	54:07	54:34							
				1:45	3:50	2:16	3:25	4:26	1:45	2:03	0:27							
23	261	<b>Jesús Jiménez Rom</b> IMPERDIBLE Madri	<b>54:52</b>	2:15	3:52	5:24	7:15	8:48	10:06	13:07	18:21	20:06	21:32	23:47	29:30	32:15	33:29	
				2:15	1:37	1:32	1:51	1:33	1:18	3:01	5:14	1:45	1:26	2:15	5:43	2:45	1:14	
				35:03	39:45	41:44	44:35	51:35	52:39	54:25	54:52							
				1:34	4:42	1:59	2:51	7:00	1:04	1:46	0:27							
24	171	<b>Tomás Miera Salaza</b> COV Valladolid	<b>54:59</b>	3:58	5:29	6:33	8:25	9:55	11:58	13:34	19:18	22:59	24:29	26:37	32:36	35:06	35:57	
				3:58	1:31	1:04	1:52	1:30	2:03	1:36	5:44	3:41	1:30	2:08	5:59	2:30	0:51	
				37:56	41:47	43:18	47:42	52:00	52:45	54:29	54:59							
				1:59	3:51	1:31	4:24	4:18	0:45	1:44	0:30							
25	445	<b>Luis Miguel Claram</b> UVALENCIA Valenci	<b>55:18</b>	2:47	4:12	5:28	7:59	10:18	11:47	13:31	18:48	21:04	22:42	24:42	30:32	33:57	34:53	
				2:47	1:25	1:16	2:31	2:19	1:29	1:44	5:17	2:16	1:38	2:00	5:50	3:25	0:56	
				36:34	41:21	42:38	46:17	51:35	52:52	54:57	55:18							
				1:41	4:47	1:17	3:39	5:18	1:17	2:05	0:21							

os	rsal	Nombre	Tiempo																
<b>H-45 (48)</b>				<b>4,5 km 215 m</b>			<b>21 C</b>		<i>(cont.)</i>										
				1(106)	2(73)	3(42)	4(31)	5(74)	6(43)	7(36)	8(59)	9(60)	10(41)	11(77)	12(45)	13(82)	14(84)		
				15(64)	16(47)	17(69)	18(70)	19(109)	20(55)	21(200)	F								
26	118	Javier Alvelo Fragu AROMON Pontevedr	55:21	4:37	7:08	8:11	10:07	11:51	14:17	15:52	20:13	23:08	24:31	26:31	31:41	34:19	35:12		
				4:37	2:31	1:03	1:56	1:44	2:26	1:35	4:21	2:55	1:23	2:00	5:10	2:38	0:53		
				36:39	40:13	43:34	46:43	51:59	53:14	55:01	55:21								
				1:27	3:34	3:21	3:09	5:16	1:15	1:47	0:20								
27	109	Ángel Carrón De La CODAN EXTR Badaj	55:26	2:31	5:09	6:25	8:02	9:45	10:49	12:17	18:00	19:58	21:41	23:38	33:05	35:29	36:17		
				2:31	2:38	1:16	1:37	1:43	1:04	1:28	5:43	1:58	1:43	1:57	9:27	2:24	0:48		
				37:40	41:11	44:26	46:54	51:37	52:48	55:02	55:26								
				1:23	3:31	3:15	2:28	4:43	1:11	2:14	0:24								
28	411	Cristóbal Carrera S COMA Málaga	56:31	4:51	6:36	8:05	9:41	11:29	12:52	18:34	23:22	25:25	28:16	30:00	33:59	37:00	38:06		
				4:51	1:45	1:29	1:36	1:48	1:23	5:42	4:48	2:03	2:51	1:44	3:59	3:01	1:06		
				39:35	43:00	44:51	48:46	53:19	54:21	56:08	56:31								
				1:29	3:25	1:51	3:55	4:33	1:02	1:47	0:23								
29	282	Martin Stangegaard COMA Málaga	57:37	2:27	4:14	8:54	10:28	12:04	13:18	15:15	19:32	22:19	23:26	25:17	29:33	32:10	33:09		
				2:27	1:47	4:40	1:34	1:36	1:14	1:57	4:17	2:47	1:07	1:51	4:16	2:37	0:59		
				34:42	46:43	47:57	50:27	54:34	55:22	57:11	57:37								
				1:33	12:01	1:14	2:30	4:07	0:48	1:49	0:26								
30	253	Cristóbal Patiño Pér ESCONDITE- Madrid	59:20	2:31	3:55	5:18	8:13	9:45	14:22	16:04	20:32	22:30	23:47	25:36	29:18	31:30	32:20		
				2:31	1:24	1:23	2:55	1:32	4:37	1:42	4:28	1:58	1:17	1:49	3:42	2:12	0:50		
				33:59	43:35	48:21	50:57	56:31	57:30	59:02	59:20								
				1:39	9:36	4:46	2:36	5:34	0:59	1:32	0:18								
31	186	Aníbal Rapado Barb ZAMORA-O Zamora	59:37	4:30	6:00	6:52	8:47	10:29	11:39	16:53	21:58	23:55	25:17	27:06	32:04	35:55	36:45		
				4:30	1:30	0:52	1:55	1:42	1:10	5:14	5:05	1:57	1:22	1:49	4:58	3:51	0:50		
				38:20	46:01	48:11	51:25	56:12	57:15	59:17	59:37								
				1:35	7:41	2:10	3:14	4:47	1:03	2:02	0:20								
32	631	Juan José Tamarit V VALENCIA-O Valenci	1:00:28	5:15	7:10	8:09	10:42	12:35	14:53	16:33	22:05	24:24	28:38	30:24	34:45	37:27	38:19		
				5:15	1:55	0:59	2:33	1:53	2:18	1:40	5:32	2:19	4:14	1:46	4:21	2:42	0:52		
				40:35	44:21	46:56	50:08	55:42	58:19	1:00:06	1:00:28								
				2:16	3:46	2:35	3:12	5:34	2:37	1:47	0:22								
33	434	David Román Moltó COLIVENC Alicante	1:01:29	3:33	7:30	8:55	10:22	12:36	13:47	15:07	21:08	23:49	26:18	28:13	33:24	36:02	39:44		
				3:33	3:57	1:25	1:27	2:14	1:11	1:20	6:01	2:41	2:29	1:55	5:11	2:38	3:42		
				41:15	44:40	46:13	53:35	58:14	59:02	1:01:09	1:01:29								
				1:31	3:25	1:33	7:22	4:39	0:48	2:07	0:20								
34	791	Toni Peñarando Gal RUMBO MADR FEMA	1:01:57	2:13	3:57	9:23	10:51	12:31	14:27	16:07	21:29	23:21	24:54	27:03	31:58	34:37	35:37		
				2:13	1:44	5:26	1:28	1:40	1:56	1:40	5:22	1:52	1:33	2:09	4:55	2:39	1:00		
				37:26	48:00	49:56	52:45	57:44	58:52	1:01:31	1:01:57								
				1:49	10:34	1:56	2:49	4:59	1:08	2:39	0:26								
35	917	José Bolrão COC FPO	1:03:42	8:05	9:20	10:50	15:04	18:31	20:00	21:40	28:26	30:34	31:40	33:31	37:52	40:42	41:56		
				8:05	1:15	1:30	4:14	3:27	1:29	1:40	6:46	2:08	1:06	1:51	4:21	2:50	1:14		
				43:25	47:58	49:33	53:01	59:59	1:01:15	1:03:16	1:03:42								
				1:29	4:33	1:35	3:28	6:58	1:16	2:01	0:26								
36	352	Andrés Munuera Go ADOL Sevilla	1:03:47	3:07	4:38	5:39	9:14	11:44	12:55	14:19	21:57	23:50	25:30	27:43	34:18	37:16	38:07		
				3:07	1:31	1:01	3:35	2:30	1:11	1:24	7:38	1:53	1:40	2:13	6:35	2:58	0:51		
				39:38	43:09	52:49	55:41	59:59	1:00:49	1:03:21	1:03:47								
				1:31	3:31	9:40	2:52	4:18	0:50	2:32	0:26								
37	200	Nicolás Joaquín Tr O-GETAFA Madrid	1:04:19	4:10	5:48	6:55	11:00	12:59	14:08	17:04	22:33	25:04	26:20	28:32	35:14	40:22	42:39		
				4:10	1:38	1:07	4:05	1:59	1:09	2:56	5:29	2:31	1:16	2:12	6:42	5:08	2:17		
				44:25	48:14	52:19	55:26	1:00:51	1:01:47	1:03:54	1:04:19								
				1:46	3:49	4:05	3:07	5:25	0:56	2:07	0:25								



os	rsal	Nombre	Tiempo																
H-50 (48)				4,0 km 160 m				19 C											
				1(73)	2(42)	3(32)	4(35)	5(36)	6(38)	7(107)	8(59)	9(77)	10(62)	11(82)	12(84)	13(69)	14(49)		
				15(70)	16(85)	17(54)	18(55)	19(200)	F										
1	130	Francisco Javier Mo GODIH Albacete	33:43	2:45	3:38	4:50	6:30	8:11	10:27	12:09	13:16	16:19	19:28	21:06	21:46	24:10	25:38		
				2:45	0:53	1:12	1:40	1:41	2:16	1:42	1:07	3:03	3:09	1:38	0:40	2:24	1:28		
				26:39	28:24	30:40	31:59	33:19	33:43										
				1:01	1:45	2:16	1:19	1:20	0:24										
2	601	David Seward RUMBO-MADR Madr	34:39	3:05	3:49	4:47	6:11	7:45	10:01	11:03	12:16	15:34	18:51	20:38	21:27	23:30	25:17		
				3:05	0:44	0:58	1:24	1:34	2:16	1:02	1:13	3:18	3:17	1:47	0:49	2:03	1:47		
				27:05	28:17	31:30	32:39	34:14	34:39										
				1:48	1:12	3:13	1:09	1:35	0:25										
3	548	James Tt Ross COMA Málaga	39:42	3:03	4:36	5:41	7:50	9:27	11:36	13:22	14:35	18:09	21:44	23:25	24:26	27:46	29:27		
				3:03	1:33	1:05	2:09	1:37	2:09	1:46	1:13	3:34	3:35	1:41	1:01	3:20	1:41		
				30:41	32:22	36:23	37:38	39:17	39:42										
				1:14	1:41	4:01	1:15	1:39	0:25										
4	42	Juan Ferra Casado LORCA-O Murcia	40:18	3:00	4:09	6:27	7:57	9:39	12:14	13:39	14:54	18:46	22:54	25:08	26:01	28:32	30:32		
				3:00	1:09	2:18	1:30	1:42	2:35	1:25	1:15	3:52	4:08	2:14	0:53	2:31	2:00		
				32:08	33:24	36:34	37:49	39:52	40:18										
				1:36	1:16	3:10	1:15	2:03	0:26										
5	949	Manuel Dias GafanhOri FPO	40:51	5:18	6:18	9:21	10:53	12:07	14:17	15:51	17:50	21:15	24:34	26:30	27:53	30:13	31:58		
				5:18	1:00	3:03	1:32	1:14	2:10	1:34	1:59	3:25	3:19	1:56	1:23	2:20	1:45		
				32:58	34:34	37:37	38:43	40:28	40:51										
				1:00	1:36	3:03	1:06	1:45	0:23										
6	880	Mário Duarte ADFA FPO	41:39	3:45	4:48	6:44	9:19	10:52	14:11	15:40	16:58	20:23	24:46	27:12	28:06	30:36	32:30		
				3:45	1:03	1:56	2:35	1:33	3:19	1:29	1:18	3:25	4:23	2:26	0:54	2:30	1:54		
				33:59	35:16	38:06	39:26	41:15	41:39										
				1:29	1:17	2:50	1:20	1:49	0:24										
7	935	Jorge Gonçalves DA Recardã FPO	41:41	4:14	4:54	6:04	8:03	9:42	12:00	13:08	14:16	18:08	22:25	24:36	25:52	30:16	31:53		
				4:14	0:40	1:10	1:59	1:39	2:18	1:08	1:08	3:52	4:17	2:11	1:16	4:24	1:37		
				33:29	34:53	38:32	39:42	41:18	41:41										
				1:36	1:24	3:39	1:10	1:36	0:23										
8	522	Vladimir Shangin VILLENNA-O Alicante	42:27	4:53	5:38	7:06	9:01	11:06	13:33	15:00	16:21	20:13	24:19	26:03	27:56	30:45	32:32		
				4:53	0:45	1:28	1:55	2:05	2:27	1:27	1:21	3:52	4:06	1:44	1:53	2:49	1:47		
				33:50	35:29	38:45	40:14	42:03	42:27										
				1:18	1:39	3:16	1:29	1:49	0:24										
9	76	Jesús Gil Poveda COLIVENC Alicante	45:37	5:25	6:37	7:59	9:53	11:31	14:24	16:04	17:30	21:57	25:35	27:27	28:14	31:24	33:37		
				5:25	1:12	1:22	1:54	1:38	2:53	1:40	1:26	4:27	3:38	1:52	0:47	3:10	2:13		
				35:07	37:06	41:33	43:01	45:05	45:37										
				1:30	1:59	4:27	1:28	2:04	0:32										
10	57	Pedro MayoI Cleme MURCIA-O Murcia	45:59	2:56	4:22	6:07	9:26	10:56	13:26	14:58	16:14	20:57	24:23	26:23	27:21	33:19	35:15		
				2:56	1:26	1:45	3:19	1:30	2:30	1:32	1:16	4:43	3:26	2:00	0:58	5:58	1:56		
				36:41	38:18	41:42	42:55	45:31	45:59										
				1:26	1:37	3:24	1:13	2:36	0:28										
11	194	Francisco Javier Pr CDP-O Valladolid	47:55	4:34	5:20	6:31	8:14	12:40	14:54	15:54	17:06	24:36	28:48	31:49	33:02	37:03	38:42		
				4:34	0:46	1:11	1:43	4:26	2:14	1:00	1:12	7:30	4:12	3:01	1:13	4:01	1:39		
				40:05	41:20	44:44	46:12	47:34	47:55										
				1:23	1:15	3:24	1:28	1:22	0:21										
12	145	Jose Vicente Alba P MONTE EL P Madrid	48:35	3:56	5:00	8:24	10:27	12:10	15:04	16:37	17:51	23:05	27:27	29:54	31:14	34:53	36:59		
				3:56	1:04	3:24	2:03	1:43	2:54	1:33	1:14	5:14	4:22	2:27	1:20	3:39	2:06		
				39:02	40:42	44:56	46:27	48:15	48:35										
				2:03	1:40	4:14	1:31	1:48	0:20										
13	156	Andrés Sánchez Mo O-GETAFA Madrid	48:37	3:53	4:46	6:17	8:23	10:05	14:14	16:04	17:44	22:15	28:08	30:19	31:18	34:35	36:50		
				3:53	0:53	1:31	2:06	1:42	4:09	1:50	1:40	4:31	5:53	2:11	0:59	3:17	2:15		
				38:19	40:07	43:58	45:43	48:06	48:37										
				1:29	1:48	3:51	1:45	2:23	0:31										

os	rsal	Nombre	Tiempo															
<b>H-50 (48)</b>				<b>4,0 km</b>		<b>160 m</b>		<b>19 C</b>		<i>(cont.)</i>								
				1(73)	2(42)	3(32)	4(35)	5(36)	6(38)	7(107)	8(59)	9(77)	10(62)	11(82)	12(84)	13(69)	14(49)	
				15(70)	16(85)	17(54)	18(55)	19(200)	F									
14	646	Mikael Wirén	49:28	3:42	5:11	6:38	8:52	10:59	14:02	15:53	17:18	21:42	26:01	28:06	29:02	32:51	34:55	
		RUMBO-MADR Madr		3:42	1:29	1:27	2:14	2:07	3:03	1:51	1:25	4:24	4:19	2:05	0:56	3:49	2:04	
				36:25	38:15	43:06	44:36	48:55	49:28									
				1:30	1:50	4:51	1:30	4:19	0:33									
15	13	Antonio Rodríguez	50:10	3:31	4:26	5:43	7:39	9:55	14:11	16:25	17:38	22:37	26:18	28:35	29:30	33:52	35:56	
		LOS CALIFA Córdoba		3:31	0:55	1:17	1:56	2:16	4:16	2:14	1:13	4:59	3:41	2:17	0:55	4:22	2:04	
				37:21	40:08	46:11	47:37	49:42	50:10									
				1:25	2:47	6:03	1:26	2:05	0:28									
16	797	Ernesto Sanchez-tin	50:47	4:06	5:10	7:29	9:49	11:30	14:47	17:07	18:42	24:01	28:37	31:07	32:18	35:38	37:48	
		RUMBO MADR FEMA		4:06	1:04	2:19	2:20	1:41	3:17	2:20	1:35	5:19	4:36	2:30	1:11	3:20	2:10	
				39:16	41:35	45:52	47:22	50:15	50:47									
				1:28	2:19	4:17	1:30	2:53	0:32									
17	436	Juanjo Alonso Chec	50:56	5:59	7:03	8:25	10:06	14:54	17:58	19:19	21:29	26:05	29:36	32:43	34:12	37:16	39:37	
		COLMENAR Madrid		5:59	1:04	1:22	1:41	4:48	3:04	1:21	2:10	4:36	3:31	3:07	1:29	3:04	2:21	
				41:39	43:00	46:31	47:57	50:12	50:56									
				2:02	1:21	3:31	1:26	2:15	0:44									
18	37	Santi Guillen Santa	52:37	3:32	4:29	8:26	10:47	12:21	15:10	16:54	18:44	23:17	29:44	33:40	34:32	37:31	39:15	
		GO-XTREM Girona		3:32	0:57	3:57	2:21	1:34	2:49	1:44	1:50	4:33	6:27	3:56	0:52	2:59	1:44	
				40:49	42:50	46:47	48:11	52:12	52:37									
				1:34	2:01	3:57	1:24	4:01	0:25									
19	205	José Ángel Estraviz	53:11	3:10	3:58	4:59	6:33	8:23	13:07	15:28	16:45	19:56	25:25	29:06	29:55	36:37	38:35	
		COLMENAR Madrid		3:10	0:48	1:01	1:34	1:50	4:44	2:21	1:17	3:11	5:29	3:41	0:49	6:42	1:58	
				42:27	44:23	47:48	50:52	52:45	53:11									
				3:52	1:56	3:25	3:04	1:53	0:26									
20	17	Santiago Guillen Pé	53:33	4:33	7:11	8:45	11:08	13:09	16:19	17:55	19:49	25:05	30:01	32:35	33:45	38:05	40:15	
		VELETA Granada		4:33	2:38	1:34	2:23	2:01	3:10	1:36	1:54	5:16	4:56	2:34	1:10	4:20	2:10	
				41:50	43:53	48:18	50:27	52:56	53:33									
				1:35	2:03	4:25	2:09	2:29	0:37									
21	31	Lluís Andréu Truna	54:43	3:42	5:34	7:13	9:08	10:49	13:39	15:32	17:07	21:39	30:42	32:35	33:30	37:00	38:59	
		Oros Barcelona		3:42	1:52	1:39	1:55	1:41	2:50	1:53	1:35	4:32	9:03	1:53	0:55	3:30	1:59	
				40:31	42:25	50:10	52:05	54:13	54:43									
				1:32	1:54	7:45	1:55	2:08	0:30									
22	127	José Ángel Nieto P	55:07	3:21	4:16	5:31	8:43	10:42	13:35	15:47	18:12	22:52	29:03	31:58	32:53	38:08	40:05	
		O-CIUDAD R Ciuda		3:21	0:55	1:15	3:12	1:59	2:53	2:12	2:25	4:40	6:11	2:55	0:55	5:15	1:57	
				44:59	46:19	50:58	52:53	54:42	55:07									
				4:54	1:20	4:39	1:55	1:49	0:25									
23	279	Francisco Iglesias	55:40	3:37	11:06	12:09	14:18	15:54	18:36	20:08	21:18	25:46	30:16	32:29	33:38	41:33	43:39	
		CDP-O Valladolid		3:37	7:29	1:03	2:09	1:36	2:42	1:32	1:10	4:28	4:30	2:13	1:09	7:55	2:06	
				45:25	48:09	52:11	53:41	55:18	55:40									
				1:46	2:44	4:02	1:30	1:37	0:22									
24	796	Julian Amores Fust	55:49	3:16	4:10	9:53	11:43	14:39	18:02	20:07	21:20	24:49	29:47	33:11	33:53	42:07	43:38	
		Club Sotob FEMAD		3:16	0:54	5:43	1:50	2:56	3:23	2:05	1:13	3:29	4:58	3:24	0:42	8:14	1:31	
				44:56	48:40	52:28	53:51	55:27	55:49									
				1:18	3:44	3:48	1:23	1:36	0:22									
25	1013	António Aguiar	55:53	3:49	4:48	6:15	8:32	10:18	13:21	16:27	17:59	22:08	25:49	28:05	28:52	40:47	43:10	
		Ori-Estarr FPO		3:49	0:59	1:27	2:17	1:46	3:03	3:06	1:32	4:09	3:41	2:16	0:47	11:55	2:23	
				44:45	46:18	52:14	53:44	55:26	55:53									
				1:35	1:33	5:56	1:30	1:42	0:27									

os	rsal	Nombre	Tiempo															
<b>H-50 (48)</b>				<b>4,0 km</b>		<b>160 m</b>		<b>19 C</b>		<i>(cont.)</i>								
				1(73)	2(42)	3(32)	4(35)	5(36)	6(38)	7(107)	8(59)	9(77)	10(62)	11(82)	12(84)	13(69)	14(49)	
				15(70)	16(85)	17(54)	18(55)	19(200)	F									
26	330	José Luis Bascónes RUMBO-MADR Madr	56:10	4:42	8:16	11:45	14:15	16:35	20:20	21:57	23:37	28:08	33:57	37:15	38:02	41:31	43:44	
				4:42	3:34	3:29	2:30	2:20	3:45	1:37	1:40	4:31	5:49	3:18	0:47	3:29	2:13	
				45:13	47:07	51:51	53:32	55:47	56:10									
				1:29	1:54	4:44	1:41	2:15	0:23									
27	931	Carlos Coelho CPOC FPO	56:24	4:59	5:39	7:15	9:33	12:06	14:49	17:37	19:20	25:32	32:07	34:14	36:09	39:44	42:29	
				4:59	0:40	1:36	2:18	2:33	2:43	2:48	1:43	6:12	6:35	2:07	1:55	3:35	2:45	
				45:50	48:20	52:31	54:04	56:02	56:24									
				3:21	2:30	4:11	1:33	1:58	0:22									
28	202	Juan Manuel Lasso CDP-O Valladolid	58:43	4:32	5:20	6:54	8:54	11:03	15:40	17:50	19:31	25:04	30:26	33:50	35:03	38:44	41:49	
				4:32	0:48	1:34	2:00	2:09	4:37	2:10	1:41	5:33	5:22	3:24	1:13	3:41	3:05	
				44:02	46:58	53:23	55:08	58:03	58:43									
				2:13	2:56	6:25	1:45	2:55	0:40									
29	236	Eduardo Valero Mat PILOÑA DEP Asturia	59:43	4:04	5:09	6:50	9:00	10:47	14:08	16:22	17:50	23:12	28:44	31:16	33:40	36:30	38:43	
				4:04	1:05	1:41	2:10	1:47	3:21	2:14	1:28	5:22	5:32	2:32	2:24	2:50	2:13	
				42:29	44:21	56:14	57:40	59:22	59:43									
				3:46	1:52	11:53	1:26	1:42	0:21									
30	136	Carlos Pérez Lorent TOLEDO-O Toledo	1:00:06	5:02	6:44	9:42	12:22	14:21	20:31	22:50	25:05	30:50	37:09	39:53	40:48	45:28	47:34	
				5:02	1:42	2:58	2:40	1:59	6:10	2:19	2:15	5:45	6:19	2:44	0:55	4:40	2:06	
				49:36	51:19	55:34	57:08	59:31	1:00:06									
				2:02	1:43	4:15	1:34	2:23	0:35									
31	292	Juan Carlos Álvarez MONTE EL P Madrid	1:04:23	4:44	6:24	8:43	11:08	13:43	17:24	19:57	22:18	31:19	37:35	40:38	42:16	46:41	49:43	
				4:44	1:40	2:19	2:25	2:35	3:41	2:33	2:21	9:01	6:16	3:03	1:38	4:25	3:02	
				51:32	53:51	59:58	1:01:40	1:03:55	1:04:23									
				1:49	2:19	6:07	1:42	2:15	0:28									
32	988	José Almeida Natura FPO	1:05:01	5:22	7:43	9:30	12:53	15:06	19:14	20:48	22:36	30:56	37:04	40:50	42:37	47:40	49:52	
				5:22	2:21	1:47	3:23	2:13	4:08	1:34	1:48	8:20	6:08	3:46	1:47	5:03	2:12	
				52:04	54:37	59:10	1:01:02	1:04:33	1:05:01									
				2:12	2:33	4:33	1:52	3:31	0:28									
33	962	João Alves GD4C FPO	1:06:34	4:59	8:20	10:06	13:25	15:40	19:52	21:50	24:07	31:05	38:31	41:36	43:17	47:38	50:55	
				4:59	3:21	1:46	3:19	2:15	4:12	1:58	2:17	6:58	7:26	3:05	1:41	4:21	3:17	
				53:35	55:38	1:01:29	1:03:24	1:06:07	1:06:34									
				2:40	2:03	5:51	1:55	2:43	0:27									
34	239	Juan Manuel Núñez MONTE EL P Madrid	1:06:39	3:51	4:40	8:23	10:45	12:17	15:49	17:12	18:53	29:18	35:11	37:24	39:24	46:48	52:38	
				3:51	0:49	3:43	2:22	1:32	3:32	1:23	1:41	10:25	5:53	2:13	2:00	7:24	5:50	
				53:47	55:41	1:02:50	1:04:22	1:06:17	1:06:39									
				1:09	1:54	7:09	1:32	1:55	0:22									
35	137	Oscar Rodríguez Pé MANZANARES Ciuda	1:07:02	4:27	6:05	10:19	12:54	18:09	22:17	24:12	26:07	31:07	37:01	40:03	40:58	45:43	48:04	
				4:27	1:38	4:14	2:35	5:15	4:08	1:55	1:55	5:00	5:54	3:02	0:55	4:45	2:21	
				50:02	52:12	1:01:01	1:02:24	1:06:37	1:07:02									
				1:58	2:10	8:49	1:23	4:13	0:25									
36	885	Amândio Gonçalves CLAC FPO	1:11:32	4:25	6:21	8:36	11:22	13:16	17:05	18:38	20:36	28:11	37:20	41:16	43:15	48:56	52:06	
				4:25	1:56	2:15	2:46	1:54	3:49	1:33	1:58	7:35	9:09	3:56	1:59	5:41	3:10	
				54:51	58:13	1:05:04	1:08:20	1:10:57	1:11:32									
				2:45	3:22	6:51	3:16	2:37	0:35									
37	211	José Ramal Gea COLIVENC Alicante	1:11:41	8:30	9:46	12:38	15:02	22:03	26:38	28:32	30:17	36:53	42:12	45:32	46:53	52:30	55:00	
				8:30	1:16	2:52	2:24	7:01	4:35	1:54	1:45	6:36	5:19	3:20	1:21	5:37	2:30	
				57:40	1:00:05	1:06:34	1:08:36	1:11:08	1:11:41									
				2:40	2:25	6:29	2:02	2:32	0:33									



os	rsal	Nombre	Tiempo															
<b>H-50 (48)</b>				<b>4,0 km</b>		<b>160 m</b>		<b>19 C</b>		<i>(cont.)</i>								
				1(73)	2(42)	3(32)	4(35)	5(36)	6(38)	7(107)	8(59)	9(77)	10(62)	11(82)	12(84)	13(69)	14(49)	
				15(70)	16(85)	17(54)	18(55)	19(200)	F									
<b>38</b>	<b>794</b>	<b>Santiago Chivite Go Navaleno FEMADO</b>	<b>1:16:46</b>	4:50	6:18	8:22	11:06	14:11	18:14	20:30	22:22	28:37	34:46	37:50	39:17	52:46	55:54	
				4:50	1:28	2:04	2:44	3:05	4:03	2:16	1:52	6:15	6:09	3:04	1:27	13:29	3:08	
				58:18	1:03:31	1:09:16	1:12:18	1:16:14	1:16:46									
				2:24	5:13	5:45	3:02	3:56	0:32									
<b>39</b>	<b>177</b>	<b>Fernando Sánchez COV Valladolid</b>	<b>1:24:59</b>	5:52	7:28	13:45	16:39	19:27	23:59	26:19	28:37	34:43	47:55	52:10	53:38	1:01:55	1:05:37	
				5:52	1:36	6:17	2:54	2:48	4:32	2:20	2:18	6:06	13:12	4:15	1:28	8:17	3:42	
				1:07:36	1:10:39	1:17:43	1:21:53	1:24:31	1:24:59									
				1:59	3:03	7:04	4:10	2:38	0:28									
<b>40</b>	<b>795</b>	<b>Alvaro Carrión Mata RUMBO MADR FEMA</b>	<b>1:40:24</b>	6:44	10:19	13:22	16:17	22:25	28:15	31:06	33:54	41:36	50:26	53:45	55:52	1:04:38	1:07:45	
				6:44	3:35	3:03	2:55	6:08	5:50	2:51	2:48	7:42	8:50	3:19	2:07	8:46	3:07	
				1:18:55	1:21:28	1:28:40	1:37:09	1:39:52	1:40:24									
				11:10	2:33	7:12	8:29	2:43	0:32									
<b>41</b>	<b>78</b>	<b>Antonio Peris Giner COLIVENC Alicante</b>	<b>1:43:26</b>	13:25	14:45	17:05	19:50	22:30	26:27	28:21	43:30	51:40	1:04:16	1:14:05	1:15:33	1:25:29	1:28:07	
				13:25	1:20	2:20	2:45	2:40	3:57	1:54	15:09	8:10	12:36	9:49	1:28	9:56	2:38	
				1:31:05	1:33:54	1:39:23	1:40:51	1:42:57	1:43:26									
				2:58	2:49	5:29	1:28	2:06	0:29									
<b>42</b>	<b>510</b>	<b>Juan Jose Mardomi COLMENAR Madrid</b>	<b>1:56:11</b>	14:58	23:00	24:49	28:01	32:07	39:48	42:24	44:35	54:23	1:02:09	1:04:56	1:06:03	1:20:03	1:23:05	
				14:58	8:02	1:49	3:12	4:06	7:41	2:36	2:11	9:48	7:46	2:47	1:07	14:00	3:02	
				1:25:51	1:38:33	1:50:36	1:52:54	1:55:37	1:56:11									
				2:46	12:42	12:03	2:18	2:43	0:34									
<b>43</b>	<b>508</b>	<b>Jose Gutierrez Just COLMENAR Madrid</b>	<b>2:00:37</b>	21:31	22:49	24:53	27:35	30:19	34:37	38:56	48:56	56:14	1:05:54	1:09:42	1:10:51	1:17:42	1:33:56	
				21:31	1:18	2:04	2:42	2:44	4:18	4:19	10:00	7:18	9:40	3:48	1:09	6:51	16:14	
				1:35:29	1:42:41	1:55:07	1:57:27	2:00:03	2:00:37									
				1:33	7:12	12:26	2:20	2:36	0:34									
<b>77</b>	<b>Antonio Gil Poveda COLIVENC Alicante</b>	<b>en tarj.</b>		4:43	5:36	8:12	10:01	12:42	15:00	17:49	19:09	22:48	29:32	31:10	31:54	-----	38:31	
				4:43	0:53	2:36	1:49	2:41	2:18	2:49	1:20	3:39	6:44	<b>1:38</b>	0:44	-----	6:37	
				40:03	42:37	45:32	47:15	48:53	49:22									
				1:32	2:34	2:55	1:43	1:38	0:29									
<b>277</b>	<b>José Ramón Sánche VILLENA-O Alicante</b>	<b>en tarj.</b>		3:51	5:24	6:45	9:08	-----	18:07	19:58	22:11	27:03	32:42	35:45	36:36	41:12	43:41	
				3:51	1:33	1:21	2:23	-----	8:59	1:51	2:13	4:52	5:39	3:03	0:51	4:36	2:29	
				45:29	47:41	54:42	56:51	59:01	59:28									
				1:48	2:12	7:01	2:09	2:10	0:27									
<b>623</b>	<b>Luis Fernando Saz SOTOBOSQUE Madr</b>	<b>en tarj.</b>		-----	10:06	12:02	14:29	16:10	24:42	27:11	28:58	34:49	39:14	42:01	43:34	50:45	53:28	
				-----	10:06	1:56	2:27	1:41	8:32	2:29	1:47	5:51	4:25	2:47	1:33	7:11	2:43	
				55:10	58:17	1:04:45	1:07:06	1:08:53	1:09:14									
				1:42	3:07	6:28	2:21	1:47	0:21									
<b>295</b>	<b>José Manuel Cerme COLMENAR Madrid</b>	<b>en tarj.</b>		5:11	5:45	6:55	8:33	17:25	20:21	21:58	23:18	27:42	34:24	37:00	37:55	48:33	-----	
				5:11	<b>0:34</b>	1:10	1:38	8:52	2:56	1:37	1:20	4:24	6:42	2:36	0:55	10:38	-----	
				59:45	1:04:15	1:08:43	1:14:00	1:16:18	1:16:41									
				11:12	4:30	4:28	5:17	2:18	0:23									
<b>684</b>	<b>Jesús Gómez Gómez T TRAGAME Madrid</b>	<b>andona</b>		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				-----	-----	-----	-----	-----	-----									



os	rsal	Nombre	Tiempo														
<b>H-55 (23)</b>				<b>3,6 km 155 m 17 C (cont.)</b>													
				1(106)	2(72)	3(31)	4(35)	5(34)	6(36)	7(38)	8(83)	9(84)	10(48)	11(47)	12(50)	13(51)	14(71)
				15(53)	16(116)	17(200)	F										
14	123	<b>Eduardo V. Ramos</b> <b>USC La Coruña</b>	<b>1:05:33</b>	4:49	7:09	10:22	15:01	17:21	20:00	25:23	34:17	38:14	41:29	46:24	50:22	53:41	58:51
				4:49	2:20	3:13	4:39	2:20	2:39	5:23	8:54	3:57	3:15	4:55	3:58	3:19	5:10
				1:00:48	1:02:29	1:05:00	1:05:33										
				1:57	1:41	2:31	0:33										
15	798	<b>Francesco Bellisari</b> <b>Club Monte FEMAD</b>	<b>1:06:01</b>	2:55	5:11	9:34	13:36	15:23	17:17	23:15	29:14	34:44	38:27	42:20	46:12	48:04	53:17
				2:55	2:16	4:23	4:02	1:47	1:54	5:58	5:59	5:30	3:43	3:53	3:52	1:52	5:13
				55:57	59:45	1:05:27	1:06:01										
				2:40	3:48	5:42	0:34										
16	150	<b>José Luis Cobas Ló</b> <b>RUMBO-MADR Madr</b>	<b>1:07:08</b>	3:19	9:47	11:30	20:03	21:43	27:53	31:26	37:20	41:05	43:59	48:46	52:43	54:50	1:00:06
				3:19	6:28	1:43	8:33	1:40	6:10	3:33	5:54	3:45	2:54	4:47	3:57	2:07	5:16
				1:02:13	1:03:30	1:06:37	1:07:08										
				2:07	1:17	3:07	0:31										
17	115	<b>Luis Diéguez Marga</b> <b>NORDESTE-O Asturi</b>	<b>1:08:39</b>	4:58	7:46	14:04	20:24	21:50	23:44	28:08	34:15	38:48	41:54	48:19	51:35	53:08	57:34
				4:58	2:48	6:18	6:20	1:26	1:54	4:24	6:07	4:33	3:06	6:25	3:16	1:33	4:26
				1:01:05	1:05:55	1:08:10	1:08:39										
				3:31	4:50	2:15	0:29										
18	368	<b>Adolfo Faza García</b> <b>PILOÑA DEP Asturia</b>	<b>1:13:41</b>	4:45	7:06	10:23	14:21	15:53	19:38	23:47	31:05	35:13	39:13	54:55	58:46	1:02:34	1:07:09
				4:45	2:21	3:17	3:58	1:32	3:45	4:09	7:18	4:08	4:00	15:42	3:51	3:48	4:35
				1:08:40	1:10:26	1:13:16	1:13:41										
				1:31	1:46	2:50	0:25										
19	176	<b>José María Galván</b> <b>COV Valladolid</b>	<b>1:14:13</b>	7:30	9:44	12:25	17:27	19:06	20:55	25:17	33:33	41:12	45:14	50:11	57:26	59:33	1:05:01
				7:30	2:14	2:41	5:02	1:39	1:49	4:22	8:16	7:39	4:02	4:57	7:15	2:07	5:28
				1:08:44	1:10:24	1:13:46	1:14:13										
				3:43	1:40	3:22	0:27										
20	617	<b>Rafael Sevillano Mu</b> <b>COMA Málaga</b>	<b>1:20:03</b>	6:52	10:22	13:47	17:06	18:49	20:36	25:19	31:31	37:01	40:21	49:24	53:09	55:37	1:10:55
				6:52	3:30	3:25	3:19	1:43	1:47	4:43	6:12	5:30	3:20	9:03	3:45	2:28	15:18
				1:14:15	1:15:39	1:19:30	1:20:03										
				3:20	1:24	3:51	0:33										
21	69	<b>Salvador Sánchez M</b> <b>TOTANA-O Murcia</b>	<b>1:21:42</b>	4:54	7:58	12:38	18:15	20:56	23:02	27:32	34:28	42:17	47:00	55:01	1:04:20	1:06:10	1:11:16
				4:54	3:04	4:40	5:37	2:41	2:06	4:30	6:56	7:49	4:43	8:01	9:19	1:50	5:06
				1:14:25	1:16:09	1:20:53	1:21:42										
				3:09	1:44	4:44	0:49										
22	799	<b>Moises Zafra</b> <b>Club Monte FEMAD</b>	<b>1:26:34</b>	3:43	6:10	8:40	15:00	16:58	18:45	28:56	36:40	42:56	46:46	51:38	55:57	57:55	1:06:35
				3:43	2:27	2:30	6:20	1:58	1:47	10:11	7:44	6:16	3:50	4:52	4:19	1:58	8:40
				1:18:43	1:20:58	1:25:37	1:26:34										
				12:08	2:15	4:39	0:57										
23	147	<b>Gonzalo Villamarín</b> <b>O-GETAFE Madrid</b>	<b>2:05:28</b>	45:40	47:46	49:46	52:39	53:44	55:09	58:36	1:04:32	1:08:48	1:18:59	1:46:09	1:49:03	1:51:17	1:55:37
				45:40	2:06	2:00	2:53	<b>1:05</b>	1:25	3:27	5:56	4:16	10:11	27:10	2:54	2:14	4:20
				2:00:20	2:01:48	2:04:58	2:05:28										
				4:43	1:28	3:10	0:30										
<b>H-E (22)</b>				<b>5,9 km 280 m 29 C</b>													
				1(31)	2(32)	3(34)	4(35)	5(36)	6(38)	7(37)	8(58)	9(60)	10(76)	11(40)	12(39)	13(41)	14(77)
				15(44)	16(78)	17(45)	18(62)	19(46)	20(47)	21(69)	22(49)	23(50)	24(51)	25(52)	26(71)	27(54)	28(55)
				29(200)	F												
1	80	<b>Andreu Blanes Reig</b> <b>COLIVENC Alicante</b>	<b>41:47</b>	<b>1:56</b>	<b>3:31</b>	<b>4:25</b>	<b>5:13</b>	<b>6:14</b>	<b>7:42</b>	<b>10:15</b>	<b>10:36</b>	<b>13:27</b>	<b>14:56</b>	<b>15:54</b>	<b>16:48</b>	<b>19:38</b>	<b>20:54</b>
				<b>1:56</b>	1:35	0:54	0:48	<b>1:01</b>	<b>1:28</b>	2:33	<b>0:21</b>	2:51	<b>1:29</b>	<b>0:58</b>	<b>0:54</b>	<b>2:50</b>	1:16
				<b>23:31</b>	<b>24:16</b>	<b>26:39</b>	<b>27:02</b>	<b>28:10</b>	<b>30:27</b>	<b>31:11</b>	<b>32:19</b>	<b>34:18</b>	<b>35:08</b>	<b>37:25</b>	<b>38:24</b>	<b>39:32</b>	<b>40:18</b>
				2:37	<b>0:45</b>	<b>2:23</b>	<b>0:23</b>	1:08	<b>2:17</b>	<b>0:44</b>	<b>1:08</b>	1:59	0:50	2:17	<b>0:59</b>	<b>1:08</b>	<b>0:46</b>
				<b>41:31</b>	<b>41:47</b>												
				<b>1:13</b>	<b>0:16</b>												





os	rsal	Nombre	Tiempo																		
<b>H-E (22)</b>				<b>5,9 km 280 m</b>		<b>29 C</b>		<i>(cont.)</i>													
				1(31)	2(32)	3(34)	4(35)	5(36)	6(38)	7(37)	8(58)	9(60)	10(76)	11(40)	12(39)	13(41)	14(77)				
				15(44)	16(78)	17(45)	18(62)	19(46)	20(47)	21(69)	22(49)	23(50)	24(51)	25(52)	26(71)	27(54)	28(55)				
				29(200)	F																
18	306	Oriol Andreu Solà UEVIC Barcelona	1:04:24	2:43	5:24	6:30	7:42	9:18	12:11	16:13	17:33	20:41	23:18	24:51	27:04	31:40	33:21				
				2:43	2:41	1:06	1:12	1:36	2:53	4:02	1:20	3:08	2:37	1:33	2:13	4:36	1:41				
				36:11	37:37	40:43	41:18	42:54	46:11	47:56	49:44	52:43	54:47	57:45	59:03	1:00:51	1:02:01				
				2:50	1:26	3:06	0:35	1:36	3:17	1:45	1:48	2:59	2:04	2:58	1:18	1:48	1:10				
				1:03:59	1:04:24																
				1:58	0:25																
19	955	Filipe Dias GD4C FPO	1:04:47	2:57	7:07	8:18	9:09	10:34	12:22	14:49	15:20	17:47	21:09	22:36	23:53	28:09	29:48				
				2:57	4:10	1:11	0:51	1:25	1:48	2:27	0:31	2:27	3:22	1:27	1:17	4:16	1:39				
				32:11	33:53	38:16	39:03	41:22	44:12	45:59	47:43	52:39	53:52	57:11	58:30	1:00:22	1:03:02				
				2:23	1:42	4:23	0:47	2:19	2:50	1:47	1:44	4:56	1:13	3:19	1:19	1:52	2:40				
				1:04:24	1:04:47																
				1:22	0:23																
20	121	Ángel Álvarez Serto AROMON Pontevedr	1:06:08	2:17	4:15	5:28	6:39	7:55	11:00	14:46	15:23	17:41	19:56	21:43	22:41	29:29	30:56				
				2:17	1:58	1:13	1:11	1:16	3:05	3:46	0:37	2:18	2:15	1:47	0:58	6:48	1:27				
				33:53	35:20	42:18	42:56	44:16	47:31	49:03	51:59	54:21	55:36	1:00:05	1:01:24	1:03:33	1:04:28				
				2:57	1:27	6:58	0:38	1:20	3:15	1:32	2:56	2:22	1:15	4:29	1:19	2:09	0:55				
				1:05:50	1:06:08																
				1:22	0:18																
21	70	Hugo Sánchez Vela TOTANA-O Murcia	1:06:18	2:10	3:53	5:08	6:07	7:25	9:29	12:00	12:37	15:27	17:52	19:40	21:44	26:09	27:52				
				2:10	1:43	1:15	0:59	1:18	2:04	2:31	0:37	2:50	2:25	1:48	2:04	4:25	1:43				
				31:06	33:30	38:39	39:19	41:00	44:42	46:56	48:50	52:43	54:07	58:18	1:00:35	1:02:48	1:04:08				
				3:14	2:24	5:09	0:40	1:41	3:42	2:14	1:54	3:53	1:24	4:11	2:17	2:13	1:20				
				1:05:53	1:06:18																
				1:45	0:25																
101		Juan Manuel Mérida VILLENDA-O Alicante	en tarj.	2:05	4:00	5:24	6:20	7:42	9:40	11:45	12:14	14:16	16:01	17:24	18:31	21:54	23:16				
				2:05	1:55	1:24	0:56	1:22	1:58	2:05	0:29	2:02	1:45	1:23	1:07	3:23	1:22				
				25:52	26:49	29:35	30:00	31:09	----	35:03	36:16	38:07	38:54	41:08	42:08	43:30	44:20				
				2:36	0:57	2:46	0:25	1:09	-----	3:54	1:13	1:51	0:47	2:14	1:00	1:22	0:50				
				45:37	45:57	33:33															
				1:17	0:20	'67															
<b>D-12 (16)</b>				<b>1,9 km 70 m</b>		<b>11 C</b>															
				1(93)	2(90)	3(91)	4(92)	5(94)	6(95)	7(96)	8(97)	9(125)	10(126)	11(200)	F						
1	636	Raquel Marquez Ma TOLEDO-O Toledo	19:44	2:23	4:15	5:30	6:25	7:24	11:20	12:26	13:49	17:59	18:33	19:18	19:44						
				2:23	1:52	1:15	0:55	0:59	3:56	1:06	1:23	4:10	0:34	0:45	0:26						
2	594	Nerea González Peñ TOLEDO-O Toledo	24:16	5:06	6:17	10:04	11:09	12:55	16:25	17:23	18:28	22:34	23:09	23:55	24:16						
				5:06	1:11	3:47	1:05	1:46	3:30	0:58	1:05	4:06	0:35	0:46	0:21						
3	599	Sara Vidal Palacios SANT JOAN Alicante	24:27	5:09	6:30	8:17	9:15	10:21	11:46	14:00	16:59	22:24	23:10	24:05	24:27						
				5:09	1:21	1:47	0:58	1:06	1:25	2:14	2:59	5:25	0:46	0:55	0:22						
4	438	Valeria Carrera Cue COMA Málaga	30:27	4:00	5:47	9:56	11:58	13:34	15:00	17:11	19:46	27:58	28:55	29:58	30:27						
				4:00	1:47	4:09	2:02	1:36	1:26	2:11	2:35	8:12	0:57	1:03	0:29						
5	355	Ariadna Garrido Co ALABARDA-O Madrid	30:33	4:03	5:40	8:28	9:52	11:33	14:45	16:37	19:02	28:22	29:14	30:08	30:33						
				4:03	1:37	2:48	1:24	1:41	3:12	1:52	2:25	9:20	0:52	0:54	0:25						
6	416	Aruca Siqueira Bata C.O.GUADAL Guada	33:10	3:07	4:55	7:42	9:12	11:09	13:52	15:19	16:48	30:04	31:10	32:47	33:10						
				3:07	1:48	2:47	1:30	1:57	2:43	1:27	1:29	13:16	1:06	1:37	0:23						
7	572	Andrea Nieto Lain O-CIUDAD R Ciuda	35:17	3:36	5:47	7:43	8:45	12:32	15:23	17:01	19:03	26:42	33:55	34:55	35:17						
				3:36	2:11	1:56	1:02	3:47	2:51	1:38	2:02	7:39	7:13	1:00	0:22						
8	532	Alicia Claramunt Mo CORRECAMIN Valen	37:50	9:11	11:32	14:33	16:09	19:37	21:13	23:01	24:50	35:10	36:01	37:20	37:50						
				9:11	2:21	3:01	1:36	3:28	1:36	1:48	1:49	10:20	0:51	1:19	0:30						

os		rsal	Nombre	Tiempo												
D-12 (16)					1,9 km 70 m		11 C		(cont.)							
					1(93)	2(90)	3(91)	4(92)	5(94)	6(95)	7(96)	8(97)	9(125)	10(126)	11(200)	F
9	514	Lorena Soriano Gar	38:01	16:11	18:26	20:42	21:56	23:36	25:24	26:39	30:11	35:52	36:35	37:35	38:01	
		TOLEDO-O Toledo		16:11	2:15	2:16	1:14	1:40	1:48	1:15	3:32	5:41	0:43	1:00	0:26	
10	524	Laura González Día	40:15	10:06	13:06	19:22	20:12	22:06	24:52	29:07	30:46	37:10	38:44	39:48	40:15	
		GOCAN Madrid		10:06	3:00	6:16	<b>0:50</b>	1:54	2:46	4:15	1:39	6:24	1:34	1:04	0:27	
11	415	Milagros Morena All	46:00	4:36	6:47	9:46	11:16	16:08	23:53	34:09	36:20	43:43	44:32	45:35	46:00	
		TREVINCA Otros Pai		4:36	2:11	2:59	1:30	4:52	7:45	10:16	2:11	7:23	0:49	1:03	0:25	
12	730	Lucía Guanter Ávila	49:14	8:33	12:11	17:26	20:57	24:44	28:29	32:40	36:41	46:10	47:25	48:48	49:14	
		COTA FEMADO		8:33	3:38	5:15	3:31	3:47	3:45	4:11	4:01	9:29	1:15	1:23	0:26	
13	637	Cristina Marquez M	1:21:46	25:53	28:42	33:46	38:17	39:50	49:13	53:38	55:20	1:17:50	1:20:12	1:21:15	1:21:46	
		TOLEDO-O Toledo		25:53	2:49	5:04	4:31	1:33	9:23	4:25	1:42	22:30	2:22	1:03	0:31	
14	729	Elena Yllan Ortiz	1:56:27	55:58	59:34	1:07:32	1:09:45	1:12:26	1:13:29	1:14:44	1:27:23	1:50:46	1:55:06	1:55:59	1:56:27	
		Alabarda-O FEMADO		55:58	3:36	7:58	2:13	2:41	<b>1:03</b>	1:15	12:39	23:23	4:20	0:53	0:28	
	628	Diana Alonso Ruiz	en tarj.	28:13	30:28	32:38	33:55	35:33	37:22	38:40	42:09	47:45	-----	49:11	49:35	
		COLMENAR Madrid		28:13	2:15	2:10	1:17	1:38	1:49	1:18	3:29	5:36		1:26	0:24	
	731	Andrea Corcobado	en tarj.	36:10	42:10	45:49	47:29	49:23	53:37	59:11	-----	-----	-----	1:06:06	1:06:31	
		COTA FEMADO		36:10	6:00	3:39	1:40	1:54	4:14	5:34				6:55	0:25	
D-14 (25)					1,8 km 80 m		11 C									
					1(120)	2(93)	3(90)	4(92)	5(96)	6(95)	7(123)	8(52)	9(109)	10(125)	11(200)	F
1	480	Elena Martí Barclay	21:43	4:37	5:35	7:11	9:08	10:43	11:42	14:13	16:04	<b>18:45</b>	<b>19:52</b>	<b>21:18</b>	<b>21:43</b>	
		FUNDI-O Cádiz		4:37	<b>0:58</b>	1:36	<b>1:57</b>	1:35	0:59	2:31	1:51	<b>2:41</b>	1:07	1:26	0:25	
2	410	Anna Illa Camps	22:40	3:21	4:39	5:50	8:16	<b>9:51</b>	<b>10:54</b>	<b>12:59</b>	15:42	19:27	20:31	22:14	22:40	
		COC Barcelona		3:21	1:18	<b>1:11</b>	2:26	1:35	1:03	<b>2:05</b>	2:43	3:45	<b>1:04</b>	1:43	0:26	
3	612	Isabel Gómez Nogu	23:16	3:26	4:39	6:23	8:30	10:51	12:05	14:14	<b>15:40</b>	18:53	20:33	22:55	23:16	
		GODIH Albacete		3:26	1:13	1:44	2:07	2:21	1:14	2:09	1:26	3:13	1:40	2:22	0:21	
4	619	Tamara Pazos Martí	23:51	3:09	4:25	6:22	8:27	10:02	11:15	13:52	15:49	19:51	22:12	23:26	23:51	
		GODIH Albacete		3:09	1:16	1:57	2:05	1:35	1:13	2:37	1:57	4:02	2:21	1:14	0:25	
5	705	Ana Rodríguez Díaz	24:12	3:49	5:01	6:35	9:03	10:34	12:01	15:14	17:20	20:24	21:57	23:53	24:12	
		TOLEDO-O Toledo		3:49	1:12	1:34	2:28	1:31	1:27	3:13	2:06	3:04	1:33	1:56	<b>0:19</b>	
6	312	Ángeles López Ruiz	25:55	3:15	4:42	6:31	8:50	10:28	12:03	15:31	17:38	21:53	23:36	25:24	25:55	
		O-SAN ROQU Cádiz		3:15	1:27	1:49	2:19	1:38	1:35	3:28	2:07	4:15	1:43	1:48	0:31	
7	501	Inmaculada Crespo	26:22	6:10	7:51	9:43	11:48	13:11	14:07	16:24	18:33	21:17	22:50	25:56	26:22	
		COMA Málaga		6:10	1:41	1:52	2:05	<b>1:23</b>	<b>0:56</b>	2:17	2:09	2:44	1:33	3:06	0:26	
8	732	Carmen Amores Del	29:02	3:36	4:54	6:40	8:53	13:34	15:11	18:36	20:06	23:43	25:04	28:32	29:02	
		COLMENAR FEMAD		3:36	1:18	1:46	2:13	4:41	1:37	3:25	1:30	3:37	1:21	3:28	0:30	
9	898	Beatriz Esteves	29:17	3:25	5:40	7:58	11:39	14:03	15:35	18:06	20:06	24:14	26:11	28:44	29:17	
		COC FPO		3:25	2:15	2:18	3:41	2:24	1:32	2:31	2:00	4:08	1:57	2:33	0:33	
10	529	Claudia Gómez Rod	29:42	<b>2:53</b>	4:04	<b>5:46</b>	8:32	10:59	12:37	15:20	17:18	23:59	25:32	29:15	29:42	
		CDP-O Valladolid		<b>2:53</b>	1:11	1:42	2:46	2:27	1:38	2:43	1:58	6:41	1:33	3:43	0:27	
11	627	Sara Alonso Ruiz	30:49	5:43	6:57	9:44	12:36	15:35	16:59	19:40	21:22	24:57	28:55	30:25	30:49	
		COLMENAR Madrid		5:43	1:14	2:47	2:52	2:59	1:24	2:41	1:42	3:35	3:58	1:30	0:24	
12	890	Carina Cotovio	30:54	9:01	10:28	11:52	14:20	16:47	18:05	21:17	24:43	28:01	29:21	30:29	30:54	
		COA FPO		9:01	1:27	1:24	2:28	2:27	1:18	3:12	3:26	3:18	1:20	<b>1:08</b>	0:25	
13	503	Sara Ricoy Rajoy	31:24	4:21	5:57	8:02	11:09	14:59	16:16	19:17	22:21	26:26	28:14	30:57	31:24	
		AROMON Pontevedr		4:21	1:36	2:05	3:07	3:50	1:17	3:01	3:04	4:05	1:48	2:43	0:27	
14	363	Raquel Berenguer	33:33	3:33	5:09	7:18	10:47	13:37	15:08	19:22	22:03	27:32	29:25	33:00	33:33	
		COLIVENC Alicante		3:33	1:36	2:09	3:29	2:50	1:31	4:14	2:41	5:29	1:53	3:35	0:33	
15	899	Camila Coelho	34:02	4:16	6:19	8:21	11:38	14:17	16:16	21:01	25:13	29:13	32:05	33:35	34:02	
		COC FPO		4:16	2:03	2:02	3:17	2:39	1:59	4:45	4:12	4:00	2:52	1:30	0:27	
16	520	Marta Navarro More	35:04	6:21	7:44	10:03	13:06	15:06	17:01	20:34	25:14	29:37	31:28	34:34	35:04	
		TOTANA-O Murcia		6:21	1:23	2:19	3:03	2:00	1:55	3:33	4:40	4:23	1:51	3:06	0:30	

os	rsal	Nombre	Tiempo														
<b>D-14 (25)</b>				<b>1,8 km 80 m</b>		<b>11 C</b>		<i>(cont.)</i>									
				1(120)	2(93)	3(90)	4(92)	5(96)	6(95)	7(123)	8(52)	9(109)	10(125)	11(200)	F		
17	660	Maria Descalzo Escr GODIH Albacete	35:25	2:58	4:03	5:52	8:12	17:18	18:35	25:22	26:36	32:16	33:38	35:00	35:25		
				2:58	1:05	1:49	2:20	9:06	1:17	6:47	<b>1:14</b>	5:40	1:22	1:22	0:25		
18	994	Inés Ramos Ori-Estarr FPO	40:55	6:54	8:58	11:57	15:16	19:27	21:15	25:38	32:44	36:18	39:01	40:31	40:55		
				6:54	2:04	2:59	3:19	4:11	1:48	4:23	7:06	3:34	2:43	1:30	0:24		
19	1018	Helena Lima OriMarão FPO	42:38	3:33	5:15	6:37	9:33	14:01	15:14	22:34	24:51	28:12	34:33	42:14	42:38		
				3:33	1:42	1:22	2:56	4:28	1:13	7:20	2:17	3:21	6:21	7:41	0:24		
20	995	Mariana Amador Ori-Estarr FPO	45:19	10:57	12:54	16:00	19:14	23:25	25:12	29:33	36:38	40:34	43:04	44:53	45:19		
				10:57	1:57	3:06	3:14	4:11	1:47	4:21	7:05	3:56	2:30	1:49	0:26		
21	671	Maria Dolores Ague ASON Murcia	46:42	4:43	5:51	8:05	11:17	23:36	24:47	31:24	33:40	38:21	41:16	46:07	46:42		
				4:43	1:08	2:14	3:12	12:19	1:11	6:37	2:16	4:41	2:55	4:51	0:35		
22	611	Esther Martínez Tar GODIH Albacete	50:36	3:52	5:39	7:27	10:57	15:06	17:33	21:04	26:18	32:30	35:23	50:05	50:36		
				3:52	1:47	1:48	3:30	4:09	2:27	3:31	5:14	6:12	2:53	14:42	0:31		
23	605	Ana Isabel Toledo N ORIENTIJOT Cuenc	51:16	12:25	14:03	16:04	19:06	27:55	29:20	38:44	41:03	43:56	47:32	50:45	51:16		
				12:25	1:38	2:01	3:02	8:49	1:25	9:24	2:19	2:53	3:36	3:13	0:31		
24	565	Paula Esteve Silvest COLIVENC Alicante	53:27	11:00	13:22	16:39	20:05	26:00	28:08	31:56	33:54	41:33	48:14	52:55	53:27		
				11:00	2:22	3:17	3:26	5:55	2:08	3:48	1:58	7:39	6:41	4:41	0:32		
	567	Mariola Asensi Bodí COLIVENC Alicante	en tarj.	-----	6:13	8:18	10:27	12:56	14:11	16:23	17:43	21:10	22:58	25:00	25:23	1:58	
					6:13	2:05	2:09	2:29	1:15	2:12	1:20	3:27	1:48	2:02	0:23	*112	
<b>D-16 (23)</b>				<b>2,9 km 120 m</b>		<b>14 C</b>											
				1(113)	2(114)	3(116)	4(88)	5(48)	6(67)	7(70)	8(87)	9(53)	10(71)	11(124)	12(54)	13(55)	14(200)
				F													
1	625	Sara Saz Segovia SOTOBOSQUE Madr	40:10	2:39	5:21	7:56	12:10	13:25	16:04	19:48	22:26	27:24	28:54	35:01	36:44	38:06	39:48
				2:39	2:42	2:35	4:14	1:15	2:39	3:44	2:38	4:58	1:30	6:07	1:43	1:22	1:42
				40:10													
				0:22													
2	482	Lucia Saz Basanta IBÓN Zaragoza	42:25	3:11	6:09	8:24	11:25	12:18	16:49	21:18	23:50	30:33	31:44	34:16	38:36	40:06	42:05
				3:11	2:58	2:15	3:01	0:53	4:31	4:29	2:32	6:43	<b>1:11</b>	2:32	4:20	1:30	1:59
				42:25													
				0:20													
3	618	Raquel Picazo Huer GODIH Albacete	42:51	3:22	5:54	8:10	10:49	11:26	14:30	17:54	20:26	25:30	27:27	30:22	32:13	34:47	42:31
				3:22	2:32	2:16	2:39	0:37	3:04	3:24	2:32	5:04	1:57	2:55	1:51	2:34	7:44
				42:51													
				0:20													
4	920	Beatriz Sanguino CPOC FPO	43:52	3:32	7:06	9:02	13:01	13:44	24:46	28:01	29:44	32:59	35:14	37:09	38:35	40:32	43:31
				3:32	3:34	1:56	3:59	0:43	11:02	3:15	1:43	3:15	2:15	1:55	1:26	1:57	2:59
				43:52													
				0:21													
						16:32											
						*47											
5	865	Daniela Pires ADFA FPO	44:25	3:16	8:26	10:10	13:32	14:17	21:16	27:10	28:45	34:29	35:54	37:59	40:12	41:51	44:01
				3:16	5:10	1:44	3:22	0:45	6:59	5:54	1:35	5:44	1:25	2:05	2:13	1:39	2:10
				44:25													
				0:24													
6	571	Alejandra Teodosio TOLEDO-O Toledo	45:52	4:40	7:52	9:49	12:36	13:23	15:23	23:29	25:04	28:39	30:26	33:10	35:15	37:45	45:30
				4:40	3:12	1:57	2:47	0:47	2:00	8:06	1:35	3:35	1:47	2:44	2:05	2:30	7:45
				45:52													
				0:22													
7	502	Carmen Sevillano D COMA Málaga	45:57	5:05	8:40	11:11	16:39	17:28	23:16	27:42	30:42	36:01	37:16	39:32	41:57	43:33	45:34
				5:05	3:35	2:31	5:28	0:49	5:48	4:26	3:00	5:19	1:15	2:16	2:25	1:36	2:01
				45:57													
				0:23													



os	rsal	Nombre	Tiempo															
<b>D-16 (23)</b>					<b>2,9 km</b>	<b>120 m</b>	<b>14 C</b>	<i>(cont.)</i>										
				1(113)	2(114)	3(116)	4(88)	5(48)	6(67)	7(70)	8(87)	9(53)	10(71)	11(124)	12(54)	13(55)	14(200)	
				F														
8	653	Raquel Ortiz López GODIH Albacete	48:19	3:12 3:12 48:19	8:31 5:19	10:44 2:13	14:12 3:28	14:57 0:45	17:40 2:43	26:35 8:55	29:53 3:18	34:59 5:06	36:33 1:34	39:37 3:04	43:59 4:22	45:38 1:39	47:55 2:17	
9	579	María Teodosio Rod TOLEDO-O Toledo	49:19	3:06 3:06 49:19	6:57 3:51	9:34 2:37	13:41 4:07	14:38 0:57	18:12 3:34	22:36 4:24	24:58 2:22	32:57 7:59	34:32 1:35	38:10 3:38	41:54 3:44	44:20 2:26	48:57 4:37	
10	903	Sara Roberto COC FPO	50:29	4:32 4:32 50:29	18:03 13:31	20:12 2:09	22:47 2:35	23:29 0:42	25:36 2:07	29:50 4:14	32:19 2:29	37:28 5:09	39:25 1:57	41:41 2:16	43:47 2:06	46:41 2:54	49:58 3:17	
11	311	Paula Doblado Blan POSEIDÓN Sevilla	50:57	3:34 3:34 50:57	11:09 7:35	14:13 3:04	19:41 5:28	20:35 0:54	26:19 5:44	30:48 4:29	33:45 2:57	39:11 5:26	40:28 1:17	42:41 2:13	45:14 2:33	47:10 1:56	50:26 3:16	
12	527	Irene Martín Pérez CDP-O Valladolid	51:22	3:53 3:53 51:22	9:43 5:50	13:43 4:00	17:10 3:27	17:59 0:49	20:38 2:39	29:42 9:04	32:57 3:15	38:04 5:07	39:34 1:30	42:55 3:21	46:51 3:56	48:32 1:41	50:58 2:26	
13	556	Rosa Sánchez Bish TOTANA-O Murcia	54:23	4:05 4:05 54:23	6:40 2:35	10:13 3:33	13:23 3:10	14:06 0:43	22:57 8:51	26:35 3:38	31:37 5:02	41:04 9:27	42:53 1:49	46:07 3:14	49:56 3:49	51:43 1:47	54:00 2:17	
14	998	Joana Marques Ori-Estarr FPO	54:54	3:29 3:29 54:54	8:08 4:39	11:01 2:53	16:42 5:41	17:57 1:15	24:33 6:36	31:46 7:13	34:36 2:50	44:08 9:32	45:38 1:30	47:36 1:58	50:30 2:54	52:23 1:53	54:33 2:10	
15	902	Beatriz Norte COC FPO	56:25	5:55 5:55 56:25	10:14 4:19	12:12 1:58	16:18 4:06	16:57 0:39	27:51 10:54	31:09 3:18	33:28 2:19	40:35 7:07	42:21 1:46	47:23 5:02	51:04 3:41	53:29 2:25	56:04 2:35	
16	541	Ania Garcia Sanz COV Valladolid	56:55	3:11 3:11 56:55	6:53 3:42	9:40 2:47	15:06 5:26	15:57 0:51	24:34 8:37	29:30 4:56	33:20 3:50	41:38 8:18	45:27 3:49	47:25 1:58	51:37 4:12	53:54 2:17	56:32 2:38	
17	575	Irene García Bernab COLIVENC Alicante	57:43	8:55 8:55 57:43	14:26 5:31	18:53 4:27	23:59 5:06	25:44 1:45	30:03 4:19	39:00 8:57	41:37 2:37	46:55 5:18	48:24 1:29	51:24 3:00	53:24 2:00	55:11 1:47	57:21 2:10	
18	921	Helena Vilela CPOC FPO	1:09:45	3:07 3:07 1:09:45	6:16 3:09	9:43 3:27	19:01 9:18	24:41 5:40	42:10 17:29	48:50 6:40	53:47 4:57	59:15 5:28	1:00:33 1:18	1:03:55 3:22	1:05:47 1:52	1:07:18 1:31	1:09:24 2:06	
19	561	Paula Mardomingo COLMENAR Madrid	1:12:17	3:36 3:36 1:12:17	7:14 3:38	11:17 4:03	29:31 18:14	30:25 0:54	36:40 6:15	42:33 5:53	46:56 4:23	56:39 9:43	58:39 2:00	1:02:34 3:55	1:04:18 1:44	1:06:55 2:37	1:11:50 4:55	

os	rsal	Nombre	Tiempo														
<b>D-16 (23)</b>				<b>2,9 km 120 m</b>		<b>14 C</b>		<i>(cont.)</i>									
			1(113) F	2(114)	3(116)	4(88)	5(48)	6(67)	7(70)	8(87)	9(53)	10(71)	11(124)	12(54)	13(55)	14(200)	
20	901	Adriana Alves COC FPO	1:18:27	4:22 4:22 1:18:27 0:24	10:56 6:34	14:31 3:35	21:30 6:59	23:22 1:52	36:34 13:12	42:43 6:09	50:39 7:56	58:01 7:22	59:56 1:55	1:04:05 4:09	1:09:41 5:36	1:11:41 2:00	1:18:03 6:22
21	560	Ana Mardomingo Se COLMENAR Madrid	1:20:12	5:10 5:10 1:20:12 0:25	17:21 12:11	19:29 2:08	25:17 5:48	26:37 1:20	46:54 20:17	53:23 6:29	57:58 4:35	1:06:24 8:26	1:09:11 2:47	1:11:35 2:24	1:15:53 4:18	1:17:24 1:31	1:19:47 2:23
	385	Violeta Ricoy Roig PILOÑA DEP Asturia	en tarj.	3:56 3:56 50:37 0:23	7:29 3:33	9:55 2:26 18:01 *47	13:39 3:44	14:30 0:51	----- 11:36	26:06 3:52	29:58 4:58	34:56 3:11	38:07 2:49	40:56 4:46	45:42 1:54	47:36 2:38	50:14
	558	Miriam Carrillo Bau COLIVENC Alicante	andona	11:00 11:00	14:33 3:33	19:17 4:44	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>H-18/20B (5)</b>				<b>4,0 km 220 m</b>		<b>18 C</b>											
			1(121) 15(79)	2(72) 16(53)	3(111) 17(116)	4(74) 18(200)	5(110) F	6(34)	7(56)	8(122)	9(83)	10(108)	11(65)	12(67)	13(48)	14(88)	
1	142	Álvaro Mahou Migu COTA Madrid	48:14	2:57 2:57 39:30 2:28	5:40 2:43 44:05 4:35	6:24 0:44 45:56 1:51	8:41 2:17 47:52 48:14	9:58 1:17 48:14 0:22	11:21 1:23	13:15 1:54	15:59 2:44	22:07 6:08	24:04 1:57	29:48 5:44	33:03 3:15	35:56 2:53	37:02 1:06
2	708	David Cotillas Moya ELERUT Cuenca	49:02	2:20 2:20 37:46	4:02 1:42 43:55	4:39 0:37 44:59	8:33 3:54 48:41	9:42 1:09 49:02	10:45 1:03	12:27 1:42	14:49 2:22	19:22 4:33	20:54 1:32	28:47 7:53	31:09 2:22	33:53 2:44	34:54 1:01
3	456	Sergio Ruiz Retama O-CIUDAD R Ciuda	54:47	2:52 4:12 4:12 44:42 1:39	6:09 1:26 5:38 51:40 6:58	1:04 0:54 6:32 52:41 1:01	3:42 2:40 9:12 54:26 1:45	3:42 1:27 10:39 54:47 0:21	12:00 1:21	13:31 1:31	16:08 2:37	21:48 5:40	23:39 1:51	31:42 8:03	35:48 4:06	41:43 5:55	43:03 1:20
4	537	Antonio Joaquin Pe ORIENTIJOT Cuenc	1:14:29	3:14 3:14 1:00:52 6:39	5:07 1:53 1:06:16 5:24	6:00 0:53 1:11:57 5:41	8:33 2:33 1:14:04 2:07	13:05 4:32 1:14:29 0:25	14:34 1:29	19:51 5:17	23:12 3:21	29:25 6:13	35:25 6:00	42:25 7:00	46:10 3:45	52:37 6:27	54:13 1:36
	664	Marcos Alvarez Gon TREVINCA Otros Pai	andona	3:39 3:39 -----	5:02 1:23 -----	5:46 0:44 -----	8:24 2:38 1:46:32 51:58	----- 2:38 1:48:01 1:29	52:09 43:45	54:34 2:25	-----	-----	-----	-----	-----	-----	-----
<b>H-60 (17)</b>				<b>3,1 km 140 m</b>		<b>16 C</b>											
			1(111) 15(115)	2(73) 16(200)	3(110) F	4(74)	5(56)	6(38)	7(83)	8(119)	9(84)	10(48)	11(88)	12(79)	13(52)	14(116)	
1	975	Álvaro Coelho Ginásio FPO	34:23	3:44 3:44 33:00 0:48	5:02 1:18 34:01 1:01	8:47 3:45 34:23 0:22	10:43 1:56	12:37 1:54	15:24 2:47	19:21 3:57	21:11 1:50	22:24 1:13	24:54 2:30	26:02 1:08	27:05 1:03	30:03 2:58	32:12 2:09

os	rsal	Nombre	Tiempo																
<b>H-60 (17)</b>				<b>3,1 km</b>		<b>140 m</b>	<b>16 C</b>		<i>(cont.)</i>										
				1(111)	2(73)	3(110)	4(74)	5(56)	6(38)	7(83)	8(119)	9(84)	10(48)	11(88)	12(79)	13(52)	14(116)		
				15(115)	16(200)	F													
2	893	Armando Santos COALA FPO	34:59	3:23 3:23 32:36	4:36 1:13 34:37	7:05 2:29 34:59	8:09 1:04	9:34 1:25	13:02 3:28	17:52 4:50	19:54 2:02	22:11 2:17	24:40 2:29	25:52 1:12	27:04 1:12	30:22 3:18	31:54 1:32		
3	978	dionisio estroia CP EPAL FPO	35:48	0:42 2:49 2:49	2:01 4:00 1:11	0:22 6:03 2:03	7:31 1:28	9:16 1:45	12:36 3:20	17:24 4:48	19:28 2:04	20:38 1:10	23:15 2:37	24:32 1:17	26:51 2:19	31:26 4:35	33:05 1:39		
4	161	Eladio García Rodrí CASTROPOL Asturia	37:27	0:46 3:17 3:17 36:07	1:24 4:53 1:36 36:57	0:33 11:14 6:21 37:27	12:34 1:20	14:17 1:43	17:22 3:05	21:52 4:30	23:33 1:41	24:30 0:57	26:54 2:24	29:09 2:15	30:25 1:16	33:46 3:21	35:20 1:34		
5	16	Antonio Rodríguez VELETA Granada	41:39	0:47 3:22 3:22 40:04	0:50 4:49 1:27 41:15	0:30 11:35 6:46 41:39	13:21 1:46	15:20 1:59	18:32 3:12	23:13 4:41	25:31 2:18	27:20 1:49	30:18 2:58	31:36 1:18	33:20 1:44	37:32 4:12	38:53 1:21		
6	100	José Font García VALENCIA-O Valenci	42:33	1:11 2:54 2:54 41:20	1:11 4:25 1:31 42:09	0:24 8:08 3:43 42:33	9:31 1:23	12:30 2:59	15:33 3:03	19:49 4:16	21:49 2:00	25:26 3:37	31:15 5:49	32:37 1:22	35:00 2:23	38:51 3:51	40:26 1:35		
7	980	Costa Leite Montepio G FPO	43:35	0:54 3:17 3:17 40:59	0:49 4:59 1:42 43:05	0:24 7:08 2:09 43:35	8:46 1:38	11:35 2:49	16:10 4:35	22:17 6:07	24:48 2:31	26:18 1:30	29:29 3:11	30:57 1:28	32:08 1:11	38:11 6:03	40:18 2:07		
8	933	Acácio Porta Nova CPOC FPO	43:38	0:41 4:29 4:29 41:48	2:06 5:42 1:13 43:07	0:30 8:13 2:31 43:38	9:33 1:20	11:14 1:41	14:21 3:07	21:04 6:43	23:17 2:13	24:29 1:12	27:05 2:36	28:23 1:18	32:24 4:01	36:48 4:24	41:07 4:19		
9	50	Rafael Martínez Gar LORCA-O Murcia	44:02	0:54 3:08 3:08 42:02	1:19 5:36 2:28 43:29	0:31 9:21 3:45 44:02	11:33 2:12	13:31 1:58	17:25 3:54	24:30 7:05	26:52 2:22	28:24 1:32	31:25 3:01	33:19 1:54	34:48 1:29	39:17 4:29	41:09 1:52		
10	24	Juan David Pérez-C SURCO Almería	50:15	0:53 3:04 3:04 48:29	1:27 4:43 1:39 49:47	0:33 7:43 3:00 50:15	12:41 4:58	14:46 2:05	18:47 4:01	25:28 6:41	28:37 3:09	30:31 1:54	34:38 4:07	37:35 2:57	39:51 2:16	45:55 6:04	47:38 1:43		
11	46	Joaquín Giner Manz LORCA-O Murcia	56:43	0:51 4:30 4:30 54:37	1:18 6:46 2:16 56:06	0:28 18:33 11:47 56:43	20:20 1:47	22:32 2:12	27:17 4:45	34:11 6:54	37:19 3:08	38:50 1:31	42:33 3:43	44:08 1:35	45:39 1:31	50:57 5:18	53:16 2:19		
12	88	Ricardo Iñiguez Cre CORRECAMIN Valen	1:03:26	1:21 4:58 4:58 1:00:42	1:29 7:22 2:24 1:02:39	0:37 12:17 4:55 1:03:26	13:49 1:32	18:12 4:23	22:56 4:44	30:14 7:18	33:38 3:24	37:29 3:51	45:26 7:57	46:58 1:32	49:44 2:46	57:09 7:25	59:45 2:36		
13	484	Jose Carlos Castro CDP-O Valladolid	1:09:19	0:57 5:42 5:42 1:07:42	1:57 8:09 2:27 1:08:57	0:47 14:58 6:49 1:09:19	16:22 1:24	20:42 4:20	36:15 15:33	41:58 5:43	46:40 4:42	49:35 2:55	54:23 4:48	56:10 1:47	59:44 3:34	1:05:03 5:19	1:07:00 1:57		

Pos	Nombre	Tiempo														
<b>H-60 (17)</b>			<b>3,1 km 140 m</b>			<b>16 C</b>			<i>(cont.)</i>							
			1(111)	2(73)	3(110)	4(74)	5(56)	6(38)	7(83)	8(119)	9(84)	10(48)	11(88)	12(79)	13(52)	14(116)
			15(115)	16(200)	F											
<b>14</b>	<b>989 João Rodrigues</b>	<b>1:12:41</b>	4:43	8:23	13:00	15:42	19:48	25:44	35:32	39:46	42:12	47:23	50:21	56:35	1:02:24	1:08:14
	<b>Natura FPO</b>		4:43	3:40	4:37	2:42	4:06	5:56	9:48	4:14	2:26	5:11	2:58	6:14	5:49	5:50
			1:09:39	1:12:00	1:12:41											
			1:25	2:21	0:41											
<b>15</b>	<b>54 José Salas Jodar</b>	<b>1:15:21</b>	4:42	6:38	9:29	12:24	20:23	26:15	40:45	45:09	47:15	55:21	56:53	59:23	1:07:23	1:11:56
	<b>LORCA-O Murcia</b>		4:42	1:56	2:51	2:55	7:59	5:52	14:30	4:24	2:06	8:06	1:32	2:30	8:00	4:33
			1:13:14	1:14:58	1:15:21											
			1:18	1:44	0:23											
<b>16</b>	<b>547 Luis Emilio Oliver</b>	<b>1:29:16</b>	6:51	11:49	20:05	24:26	28:19	34:56	53:30	58:47	1:01:42	1:08:02	1:09:53	1:13:23	1:22:34	1:25:23
	<b>COLMENAR Madrid</b>		6:51	4:58	8:16	4:21	3:53	6:37	18:34	5:17	2:55	6:20	1:51	3:30	9:11	2:49
			1:26:44	1:28:41	1:29:16											
			1:21	1:57	0:35											
<b>801</b>	<b>Francisco Martínez</b>	<b>andona</b>	4:40	7:21	34:04	35:51	38:31	43:15	50:24	1:02:05	1:03:26	-----	-----	-----	-----	-----
	<b>Club O-Cha FEMAD</b>		4:40	2:41	26:43	1:47	2:40	4:44	7:09	11:41	1:21					
			-----	-----												
<b>OPEN AMARILLO (31)</b>			<b>1,9 km 65 m</b>			<b>9 C</b>										
			1(101)	2(102)	3(103)	4(104)	5(96)	6(97)	7(105)	8(126)	9(200)	F				
<b>1</b>	<b>598 Mónica De Miguel Ar</b>	<b>18:18</b>	3:39	5:13	<b>7:09</b>	<b>7:34</b>	<b>9:25</b>	<b>10:55</b>	15:25	<b>16:42</b>	<b>17:46</b>	<b>18:18</b>				
	<b>SANT JOAN Alicante</b>		3:39	1:34	1:56	0:25	1:51	1:30	4:30	<b>1:17</b>	1:04	0:32				
<b>2</b>	<b>675 ALEX Picazo Huerta</b>	<b>18:37</b>	<b>3:04</b>	<b>4:14</b>	8:48	9:11	10:41	11:46	15:30	17:05	18:18	18:37				
	<b>GODIH Albacete</b>		<b>3:04</b>	<b>1:10</b>	4:34	<b>0:23</b>	<b>1:30</b>	1:05	3:44	1:35	1:13	<b>0:19</b>				
<b>3</b>	<b>976 João Leitão</b>	<b>20:38</b>	4:47	6:01	8:27	9:01	10:34	12:11	<b>15:21</b>	17:17	20:13	20:38				
	<b>Ginásio FPO</b>		4:47	1:14	2:26	0:34	1:33	1:37	<b>3:10</b>	1:56	2:56	0:25				
<b>4</b>	<b>458 Uma Muro Torres</b>	<b>24:20</b>	8:01	9:37	12:57	13:31	15:28	17:12	20:50	23:02	23:55	24:20				
	<b>C.O.GUADAL Guada</b>		8:01	1:36	3:20	0:34	1:57	1:44	3:38	2:12	0:53	0:25				
<b>5</b>	<b>642 Jorge Barcia Belinc</b>	<b>24:50</b>	3:59	5:33	7:55	8:23	13:10	14:10	20:50	23:18	24:22	24:50				
	<b>O-GETAFE Madrid</b>		3:59	1:34	2:22	0:28	4:47	1:00	6:40	2:28	1:04	0:28				
<b>6</b>	<b>683 Julio Minguez Sao</b>	<b>27:26</b>	3:32	5:13	12:39	13:04	15:18	20:24	23:47	26:08	26:59	27:26				
	<b>IMPERDIBLE Madri</b>		3:32	1:41	7:26	0:25	2:14	5:06	3:23	2:21	<b>0:51</b>	0:27				
<b>7</b>	<b>614 Nicolás Ricoy Roig</b>	<b>28:55</b>	4:09	6:00	13:42	14:11	16:34	19:41	25:16	27:27	28:25	28:55				
	<b>PILOÑA DEP Asturia</b>		4:09	1:51	7:42	0:29	2:23	3:07	5:35	2:11	0:58	0:30				
<b>8</b>	<b>701 PATRICIA TOLEDO</b>	<b>29:29</b>	4:49	7:30	11:10	11:37	14:05	15:09	25:14	27:30	28:58	29:29				
	<b>ORIENTIJOT Cuenc</b>		4:49	2:41	3:40	0:27	2:28	1:04	10:05	2:16	1:28	0:31				
<b>9</b>	<b>641 Enrique Barcia Beli</b>	<b>30:48</b>	9:55	11:28	13:52	14:21	19:15	20:12	26:45	29:19	30:21	30:48				
	<b>O-GETAFE Madrid</b>		9:55	1:33	2:24	0:29	4:54	<b>0:57</b>	6:33	2:34	1:02	0:27				
<b>10</b>	<b>685 Eva Jaén Mesonero</b>	<b>31:54</b>	3:37	5:27	14:54	15:22	17:49	20:13	25:57	30:20	31:28	31:54				
	<b>C.O.GUADAL Guada</b>		3:37	1:50	9:27	0:28	2:27	2:24	5:44	4:23	1:08	0:26				
<b>11</b>	<b>806 Alvaro Ruiz Alvarez</b>	<b>31:56</b>	3:41	10:05	14:01	14:36	16:52	18:25	27:29	30:24	31:31	31:56				
	<b>RUMBO MADR FEMA</b>		3:41	6:24	3:56	0:35	2:16	1:33	9:04	2:55	1:07	0:25				
<b>12</b>	<b>1015 Isabel Oliveira</b>	<b>33:14</b>	16:14	17:37	19:32	20:04	21:51	23:06	26:56	28:49	32:34	33:14				
	<b>Ori-Estarr FPO</b>		16:14	1:23	<b>1:55</b>	0:32	1:47	1:15	3:50	1:53	3:45	0:40				
<b>13</b>	<b>721 DAVID DE MIGUEL</b>	<b>35:28</b>	7:09	9:29	18:04	18:38	21:29	24:01	30:18	33:26	34:36	35:28				
	<b>C.O.GUADAL Guada</b>		7:09	2:20	8:35	0:34	2:51	2:32	6:17	3:08	1:10	0:52				
<b>14</b>	<b>809 Manuel Saz Roba</b>	<b>38:29</b>	10:48	13:00	17:02	17:25	19:23	22:33	35:21	37:10	38:08	38:29				
	<b>Independie FEMAD</b>		10:48	2:12	4:02	<b>0:23</b>	1:58	3:10	12:48	1:49	0:58	0:21				
<b>15</b>	<b>723 JAVIER HERNÁNDE</b>	<b>38:30</b>	8:52	11:42	21:02	21:28	24:23	26:59	33:17	36:24	37:54	38:30				
	<b>C.O.GUADAL Guada</b>		8:52	2:50	9:20	0:26	2:55	2:36	6:18	3:07	1:30	0:36				

os	rsal	Nombre	Tiempo														
<b>OPEN AMARILLO (31)</b>				<b>1,9 km 65 m</b>		<b>9 C</b>		<i>(cont.)</i>									
				1(101)	2(102)	3(103)	4(104)	5(96)	6(97)	7(105)	8(126)	9(200)	F				
16	810	Juan Manuel Pozo ORIENTA-GE FEMAD	39:56	5:48	8:38	15:38	16:42	19:57	22:36	33:13	36:09	39:23	39:56				
				5:48	2:50	7:00	1:04	3:15	2:39	10:37	2:56	3:14	0:33				
17	808	Ana Yllan Ortiz Alabarda-O FEMADO	40:44	7:51	11:35	18:22	18:57	22:14	25:49	34:59	38:41	40:07	40:44				
				7:51	3:44	6:47	0:35	3:17	3:35	9:10	3:42	1:26	0:37				
18	533	Loreto Alonso Osun O-GETAFE Madrid	41:49	5:02	6:29	17:34	17:57	22:40	23:44	36:30	40:09	41:26	41:49				
				5:02	1:27	11:05	<b>0:23</b>	4:43	1:04	12:46	3:39	1:17	0:23				
19	1016	Lionel Monteiro Ori-Estarr FPO	44:42	22:51	24:27	30:51	31:25	33:48	35:45	40:47	42:53	44:13	44:42				
				22:51	1:36	6:24	0:34	2:23	1:57	5:02	2:06	1:20	0:29				
20	724	ÁNGELA HERNÁND C.O.GUADAL Guada	48:14	4:45	6:58	13:04	13:36	16:25	20:16	41:35	45:13	47:41	48:14				
				4:45	2:13	6:06	0:32	2:49	3:51	21:19	3:38	2:28	0:33				
21	273	Estefanía Núñez San CDP-O Valladolid	54:26	7:48	11:30	18:47	20:07	24:42	32:32	44:57	49:38	52:48	54:26	52:52			
				7:48	3:42	7:17	1:20	4:35	7:50	12:25	4:41	3:10	1:38	*200			
22	680	Marta Jaén Mesoner C.O.GUADAL Guada	57:30	18:43	21:42	32:50	33:16	37:45	38:55	51:37	55:06	56:56	57:30				
				18:43	2:59	11:08	0:26	4:29	1:10	12:42	3:29	1:50	0:34				
23	807	Ana Cristina Tabuen Independie FEMAD	1:05:01	32:52	35:14	40:47	43:10	47:33	51:14	59:14	1:02:30	1:04:28	1:05:01				
				32:52	2:22	5:33	2:23	4:23	3:41	8:00	3:16	1:58	0:33				
24	715	Oscar Valera Garro TOTANA-O Murcia	1:15:54	45:55	48:30	54:37	56:22	1:00:57	1:03:17	1:10:26	1:13:39	1:15:04	1:15:54	20:27	1:15:06		
				45:55	2:35	6:07	1:45	4:35	2:20	7:09	3:13	1:25	0:50	*120	*200		
25	590	Oscar Terkelsen Gar SANT JOAN Alicante	1:26:32	55:41	1:00:12	1:06:40	1:07:36	1:11:00	1:14:04	1:21:28	1:24:36	1:26:03	1:26:32				
				55:41	4:31	6:28	0:56	3:24	3:04	7:24	3:08	1:27	0:29				
26	805	Hugo Perales Pons ADYRON FEMADO	1:27:39	1:04:33	1:06:03	1:08:19	1:08:48	1:13:06	1:14:49	1:22:51	1:26:05	1:27:06	1:27:39				
				1:04:33	1:30	2:16	0:29	4:18	1:43	8:02	3:14	1:01	0:33				
27	722	PABLO DE MIGUEL C.O.GUADAL Guada	1:36:00	57:41	1:00:34	1:11:27	1:12:06	1:16:47	1:18:21	1:30:42	1:34:10	1:35:27	1:36:00				
				57:41	2:53	10:53	0:39	4:41	1:34	12:21	3:28	1:17	0:33				
28	693	LAURA MARTINEZ L CDP-O Valladolid	1:39:27	29:17	34:00	38:52	39:50	1:19:34	1:24:07	1:31:37	1:35:08	1:38:13	1:39:27				
				29:17	4:43	4:52	0:58	39:44	4:33	7:30	3:31	3:05	1:14				
	478	Alba Loré Amigó COC Barcelona	en tarj.	45:44	48:37	59:38	1:00:37	1:04:49	1:06:25	1:18:28	-----	1:20:26	1:20:55				
				45:44	2:53	11:01	0:59	4:12	1:36	12:03	-----	1:58	0:29				
	573	Paula Puche Herrer YECLA Murcia	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
	686	Héctor González di GOCAN Madrid	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
<b>OPEN NARANJA (56)</b>				<b>2,8 km 120 m</b>		<b>16 C</b>											
				1(120)	2(93)	3(90)	4(92)	5(94)	6(115)	7(95)	8(52)	9(70)	10(79)	11(123)	12(71)	13(124)	14(109)
				15(126)	16(200)	F											
1	550	Juan Sanz Alejandr LOS CALIFA Córdoba	30:13	6:04	6:58	7:57	9:35	10:25	13:06	13:41	15:25	<b>17:10</b>	<b>18:13</b>	<b>20:45</b>	<b>23:36</b>	<b>25:26</b>	<b>27:29</b>
				6:04	0:54	<b>0:59</b>	1:38	<b>0:50</b>	2:41	0:35	<b>1:44</b>	<b>1:45</b>	<b>1:03</b>	<b>2:32</b>	2:51	1:50	2:03
				<b>29:06</b>	<b>29:51</b>	<b>30:13</b>											
				<b>1:37</b>	0:45	0:22											
2	1050	DAVID CARRASCO MADRID BRIPAC	43:14	6:25	7:36	8:53	10:33	11:41	13:40	14:39	19:08	23:46	28:23	31:45	34:48	37:37	40:01
				6:25	1:11	1:17	1:40	1:08	1:59	0:59	4:29	4:38	4:37	3:22	3:03	2:49	2:24
				41:52	42:45	43:14											
				1:51	0:53	0:29											
3	726	David García FEDO FEDO	47:42	5:25	6:35	8:39	10:09	11:52	13:24	14:09	19:11	25:56	27:35	31:57	38:25	40:06	42:21
				5:25	1:10	2:04	<b>1:30</b>	1:43	<b>1:32</b>	0:45	5:02	6:45	1:39	4:22	6:28	<b>1:41</b>	2:15
				45:31	47:22	47:42											
				3:10	1:51	<b>0:20</b>											

os	rsal	Nombre	Tiempo														
<b>OPEN NARANJA (56)</b>				<b>2,8 km 120 m</b>		<b>16 C</b>		<i>(cont.)</i>									
				1(120)	2(93)	3(90)	4(92)	5(94)	6(115)	7(95)	8(52)	9(70)	10(79)	11(123)	12(71)	13(124)	14(109)
				15(126)	16(200)	F											
4	682	Susana Vence Conl FEDO FEDO	53:03	7:15	10:40	12:56	16:03	18:08	21:34	23:00	26:54	30:12	32:41	36:32	41:40	44:10	48:08
				7:15	3:25	2:16	3:07	2:05	3:26	1:26	3:54	3:18	2:29	3:51	5:08	2:30	3:58
				51:08	52:30	53:03											
				3:00	1:22	0:33											
5	698	JAVIER ANDRES AN CDP-O Valladolid	53:41	6:56	8:13	10:04	12:01	12:56	26:39	27:43	29:57	34:38	36:18	40:15	43:02	46:19	49:07
				6:56	1:17	1:51	1:57	0:55	13:43	1:04	2:14	4:41	1:40	3:57	2:47	3:17	2:48
				52:15	53:09	53:41											
				3:08	0:54	0:32											
6	1053	GEMA SANCHEZ VIC MADRID BRIPAC	59:27	5:12	6:24	8:35	11:10	12:42	20:19	21:22	25:19	27:34	30:44	37:42	41:12	45:19	52:30
				5:12	1:12	2:11	2:35	1:32	7:37	1:03	3:57	2:15	3:10	6:58	3:30	4:07	7:11
				57:31	58:59	59:27											
				5:01	1:28	0:28											
7	643	Nuria Mateo Franqu CORRECAMIN Valen	59:47	6:12	7:27	9:34	13:41	15:33	19:31	21:10	25:41	29:23	31:15	36:29	41:14	50:29	53:50
				6:12	1:15	2:07	4:07	1:52	3:58	1:39	4:31	3:42	1:52	5:14	4:45	9:15	3:21
				57:38	58:48	59:47											
				3:48	1:10	0:59											
8	1049	DIEGO HEDROSA A MADRID BRIPAC	1:00:32	3:40	6:37	16:11	19:13	21:21	24:34	26:07	30:31	33:57	36:03	42:38	46:24	50:44	54:12
				3:40	2:57	9:34	3:02	2:08	3:13	1:33	4:24	3:26	2:06	6:35	3:46	4:20	3:28
				57:48	1:00:01	1:00:32											
				3:36	2:13	0:31											
9	1042	PALOMA GARCIA FR MADRID BRIPAC	1:01:11	9:12	11:06	12:22	18:10	20:30	22:53	23:51	27:48	30:11	33:32	37:25	48:52	51:43	55:52
				9:12	1:54	1:16	5:48	2:20	2:23	0:58	3:57	2:23	3:21	3:53	11:27	2:51	4:09
				59:47	1:00:39	1:01:11											
				3:55	0:52	0:32											
10	717	JUAN GUIJARRO FE CDP-O Valladolid	1:02:49	5:26	7:52	10:06	13:30	14:51	19:04	19:42	26:27	28:33	30:34	42:42	46:45	54:41	58:34
				5:26	2:26	2:14	3:24	1:21	4:13	0:38	6:45	2:06	2:01	12:08	4:03	7:56	3:53
				1:01:31	1:02:27	1:02:49											
				2:57	0:56	0:22											
11	825	Pilar Roba Portet Independie FEMAD	1:03:44	6:04	14:14	16:58	20:12	21:53	24:05	25:37	30:01	37:50	41:25	48:01	51:36	55:18	1:00:04
				6:04	8:10	2:44	3:14	1:41	2:12	1:32	4:24	7:49	3:35	6:36	3:35	3:42	4:46
				1:02:28	1:03:16	1:03:44											
				2:24	0:48	0:28											
12	554	María Del Amor Pére LORCA-O Murcia	1:05:19	5:47	7:18	9:58	13:07	15:52	21:21	22:04	26:30	30:03	34:17	38:59	46:12	50:22	54:35
				5:47	1:31	2:40	3:09	2:45	5:29	0:43	4:26	3:33	4:14	4:42	7:13	4:10	4:13
				1:04:01	1:04:49	1:05:19											
				9:26	0:48	0:30											
13	918	Anabela Dias COC FPO	1:05:31	5:54	7:50	12:18	16:25	18:19	20:47	22:32	27:38	31:26	34:38	41:23	45:53	52:30	58:10
				5:54	1:56	4:28	4:07	1:54	2:28	1:45	5:06	3:48	3:12	6:45	4:30	6:37	5:40
				1:02:50	1:04:25	1:05:31											
				4:40	1:35	1:06											
14	678	Antonia Ivars Ferra VILLENA-O Alicante	1:09:48	5:58	8:33	11:11	14:52	19:33	22:13	25:27	30:13	34:13	36:45	45:37	49:58	56:06	1:00:28
				5:58	2:35	2:38	3:41	4:41	2:40	3:14	4:46	4:00	2:32	8:52	4:21	6:08	4:22
				1:07:42	1:09:14	1:09:48											
				7:14	1:32	0:34											
15	820	Rubén Requena Est CD Fundi-o FEMAD	1:10:14	7:45	8:19	10:38	15:42	16:44	18:48	20:27	22:50	47:43	51:37	58:02	1:01:05	1:03:37	1:06:48
				7:45	0:34	2:19	5:04	1:02	2:04	1:39	2:23	24:53	3:54	6:25	3:03	2:32	3:11
				1:08:49	1:09:49	1:10:14											
				2:01	1:00	0:25											

os	rsal	Nombre	Tiempo																	
<b>OPEN NARANJA (56)</b>				<b>2,8 km</b>		<b>120 m</b>		<b>16 C</b>		<i>(cont.)</i>										
				1(120)	2(93)	3(90)	4(92)	5(94)	6(115)	7(95)	8(52)	9(70)	10(79)	11(123)	12(71)	13(124)	14(109)			
				15(126)	16(200)	F														
16	689	Rebeca Moreno Gut VALENCIA-O Valenci	1:13:10	4:34	6:53	8:29	12:37	14:52	17:11	19:40	26:58	33:11	34:54	50:08	54:37	59:59	1:05:25			
				4:34	2:19	1:36	4:08	2:15	2:19	2:29	7:18	6:13	1:43	15:14	4:29	5:22	5:26			
				1:11:24	1:12:40	1:13:10														
				5:59	1:16	0:30														
16	836	Fermin Riaño Nuer Independie FEMAD	1:13:10	7:03	8:43	14:14	17:39	25:10	27:14	28:53	33:53	45:47	48:55	53:49	58:22	1:02:44	1:06:20			
				7:03	1:40	5:31	3:25	7:31	2:04	1:39	5:00	11:54	3:08	4:54	4:33	4:22	3:36			
				1:11:12	1:12:30	1:13:10														
				4:52	1:18	0:40														
18	1055	ANA FERNANDEZ F MADRID BRIPAC	1:14:19	8:48	16:31	18:08	21:06	22:24	24:19	29:30	39:00	42:21	44:13	53:47	1:01:45	1:04:42	1:08:04			
				8:48	7:43	1:37	2:58	1:18	1:55	5:11	9:30	3:21	1:52	9:34	7:58	2:57	3:22			
				1:12:56	1:13:42	1:14:19														
				4:52	0:46	0:37														
19	1052	WLADIMIR MORENO MADRID BRIPAC	1:16:11	2:48	3:32	4:45	6:42	7:59	10:14	10:47	13:12	21:51	27:41	1:03:47	1:05:58	1:09:12	1:11:10			
				2:48	0:44	1:13	1:57	1:17	2:15	0:33	2:25	8:39	5:50	36:06	2:11	3:14	1:58			
				1:15:11	1:15:47	1:16:11														
				4:01	0:36	0:24														
20	690	Maria Jesus Cascale IMPERDIBLE Madri	1:17:20	9:42	11:46	15:19	19:03	20:47	23:57	29:02	34:29	47:04	49:07	55:20	1:01:25	1:06:29	1:11:48			
				9:42	2:04	3:33	3:44	1:44	3:10	5:05	5:27	12:35	2:03	6:13	6:05	5:04	5:19			
				1:15:40	1:16:45	1:17:20														
				3:52	1:05	0:35														
21	407	Veronica Ruano Gal TOLEDO-O Toledo	1:18:18	10:58	17:10	19:48	22:47	24:38	31:10	32:05	38:06	44:17	46:45	52:18	56:49	1:08:37	1:13:27			
				10:58	6:12	2:38	2:59	1:51	6:32	0:55	6:01	6:11	2:28	5:33	4:31	11:48	4:50			
				1:16:31	1:17:45	1:18:18														
				3:04	1:14	0:33														
22	821	Alberto Requena Es CD Fundi-o FEMAD	1:20:03	7:51	14:42	18:25	27:50	32:27	43:27	44:46	48:38	52:30	55:47	1:01:40	1:06:58	1:11:14	1:15:12			
				7:51	6:51	3:43	9:25	4:37	11:00	1:19	3:52	3:52	3:17	5:53	5:18	4:16	3:58			
				1:18:34	1:19:33	1:20:03														
				3:22	0:59	0:30														
23	827	Daniel Mahou Migu COTA FEMADO	1:20:11	10:23	18:20	21:28	26:26	28:18	30:35	33:10	37:03	42:09	47:47	1:00:11	1:04:33	1:09:28	1:13:52			
				10:23	7:57	3:08	4:58	1:52	2:17	2:35	3:53	5:06	5:38	12:24	4:22	4:55	4:24			
				1:18:46	1:19:45	1:20:11														
				4:54	0:59	0:26														
24	829	Elena Mª Guerra Independie FEMAD	1:22:56	10:54	20:28	22:32	26:05	27:55	34:31	36:05	42:23	46:42	51:02	56:24	1:01:53	1:06:22	1:14:56			
				10:54	9:34	2:04	3:33	1:50	6:36	1:34	6:18	4:19	4:20	5:22	5:29	4:29	8:34			
				1:20:54	1:22:19	1:22:56														
				5:58	1:25	0:37														
25	1081	maria garcia ruiz G.O.C.A.N. FEMADO	1:30:24	8:03	10:34	13:07	17:15	19:58	25:11	28:19	37:13	50:13	54:29	1:03:23	1:10:33	1:16:32	1:23:06			
				8:03	2:31	2:33	4:08	2:43	5:13	3:08	8:54	13:00	4:16	8:54	7:10	5:59	6:34			
				1:28:14	1:29:54	1:30:24														
				5:08	1:40	0:30														
26	725	Raquel Moreno FEDO FEDO	1:35:37	15:21	17:03	21:37	30:04	33:35	36:43	41:43	48:55	55:14	57:11	1:12:17	1:17:23	1:21:58	1:28:02			
				15:21	1:42	4:34	8:27	3:31	3:08	5:00	7:12	6:19	1:57	15:06	5:06	4:35	6:04			
				1:33:37	1:34:52	1:35:37														
				5:35	1:15	0:45														
27	728	Raquel Hernández FEDO FEDO	1:35:42	9:04	11:07	17:02	20:23	24:25	28:41	31:54	1:01:33	1:04:02	1:10:25	1:17:18	1:21:46	1:27:06	1:30:38			
				9:04	2:03	5:55	3:21	4:02	4:16	3:13	29:39	2:29	6:23	6:53	4:28	5:20	3:32			
				1:34:03	1:35:19	1:35:42														
				3:25	1:16	0:23														









os	rsal	Nombre	Tiempo														
<b>OPEN ROJO (45)</b>				<b>2,9 km 120 m</b>		<b>14 C</b>		<i>(cont.)</i>									
			1(113) F	2(114)	3(116)	4(88)	5(48)	6(67)	7(70)	8(87)	9(53)	10(71)	11(124)	12(54)	13(55)	14(200)	
7	688	JESUS BALLESTER COLMENAR Madrid	43:54	2:40 2:40 43:54 0:21	5:30 2:50	8:09 2:39	11:20 3:11	17:03 5:43	19:31 2:28	22:46 3:15	32:24 9:38	36:08 3:44	37:16 1:08	39:27 2:11	40:59 1:32	42:10 1:11	43:33 <b>1:23</b>
8	1043	DIEGO LACASTA LO MADRID BRIPAC	47:30	5:24 5:24 47:30 0:19	9:53 4:29	12:36 2:43	15:23 2:47	16:27 1:04	19:02 2:35	26:38 7:36	28:59 2:21	32:45 3:46	34:38 1:53	37:25 2:47	39:43 2:18	44:59 5:16	47:11 2:12
9	677	Pablo Liras Laita VALENCIA-O Valenci	48:43	2:27 2:27 48:43 0:17	10:41	12:49 2:08	18:09 5:20	19:26 1:17	24:26 5:00	29:39 5:13	34:06 4:27	37:19 <b>3:13</b>	42:03 4:44	43:47 1:44	45:03 <b>1:16</b>	46:42 1:39	48:26 1:44
10	1039	VICENTE SANCHEZ MADRID BRIPAC	49:27	7:03 7:03 49:27 0:27	9:49 2:46	12:39 2:50	20:46 8:07	22:13 1:27	24:50 2:37	28:38 3:48	31:44 3:06	36:33 4:49	37:39 1:06	40:40 3:01	43:12 2:32	46:51 3:39	49:00 2:09
11	638	Alberto José Oliva TOLEDO-O Toledo	50:23	3:03 3:03 50:23 0:19	6:23 3:20	10:21 3:58	17:35 7:14	18:33 0:58	21:42 3:09	25:40 3:58	31:40 6:00	37:05 5:25	39:46 2:41	41:47 2:01	44:02 2:15	46:13 2:11	50:04 3:51
12	709	David Castillo C.O.GUADAL Guada	51:52	5:45 5:45 51:52 0:26	19:29 13:44	21:12 1:43	24:20 3:08	25:12 0:52	29:46 4:34	34:46 5:00	38:25 3:39	43:26 5:01	44:42 1:16	46:22 1:40	47:52 1:30	49:37 1:45	51:26 1:49
13	843	Rebeca Arriaga Req CD Fundi-o FEMAD	52:28	3:40 3:40 52:28 0:26	11:15 7:35	14:12 2:57	19:06 4:54	19:54 0:48	27:24 7:30	31:40 4:16	35:19 3:39	41:48 6:29	43:26 1:38	46:12 2:46	48:09 1:57	49:52 1:43	52:02 2:10
14	1061	CRISTIAN CASTRILL MADRID BRIPAC	53:03	2:44 2:44 53:03 0:26	5:17 2:33	8:24 3:07	14:42 6:18	16:01 1:19	23:40 7:39	27:30 3:50	30:12 2:42	37:28 7:16	39:06 1:38	41:45 2:39	45:58 4:13	47:58 2:00	52:37 4:39
15	650	Paco Jaén Guisado C.O.GUADAL Guada	59:09	5:10 5:10 59:09 0:25	8:02 2:52	15:19 7:17	26:06 10:47	27:15 1:09	36:37 9:22	39:48 3:11	42:31 2:43	47:23 4:52	50:35 3:12	52:50 2:15	54:16 1:26	56:28 2:12	58:44 2:16
16	1056	SERGIO SALAS POS MADRID BRIPAC	1:00:20	5:25 5:25 1:00:20 0:30	8:08 2:43	10:04 1:56	14:06 4:02	15:00 0:54	17:12 2:12	22:07 4:55	32:25 10:18	37:40 5:15	39:03 1:23	41:21 2:18	44:37 3:16	55:38 11:01	59:50 4:12
17	847	Jose A. Ramos Góm Independie FEMAD	1:01:51	4:34 4:34 1:01:51 0:29	8:52 4:18	13:47 4:55	17:45 3:58	18:58 1:13	24:31 5:33	30:30 5:59	35:20 4:50	45:54 10:34	48:51 2:57	56:25 7:34	57:49 1:24	59:36 1:47	1:01:22 1:46
18	697	Pablo Lebrero Carc ADOL Sevilla	1:06:09	7:10 7:10 1:06:09 0:21	16:11 9:01	18:46 2:35	24:01 5:15	25:32 1:31	33:33 8:01	40:18 6:45	45:14 4:56	53:54 8:40	56:17 2:23	58:13 1:56	59:44 1:31	1:04:03 4:19	1:05:48 1:45





os	rsal	Nombre	Tiempo																	
<b>OPEN ROJO (45)</b>																				
				<b>2,9 km 120 m</b>		<b>14 C</b>			<i>(cont.)</i>											
				1(113)	2(114)	3(116)	4(88)	5(48)	6(67)	7(70)	8(87)	9(53)	10(71)	11(124)	12(54)	13(55)	14(200)			
				F																
839		Carlos Elez Fernan Club O-Cha FEMAD	andona	----	----	----	----	----	----	----	----	----	----	----	----	----	----			
711		Sergio del Castillo C.O.GUADAL Guada	andona	----	----	----	----	----	----	----	----	----	----	----	----	----	----			
713		Faustino Vélez C.O.GUADAL Guada	andona	----	----	----	----	----	----	----	----	----	----	----	----	----	----			
<b>H-65 (6)</b>																				
				<b>2,1 km 100 m</b>		<b>11 C</b>														
				1(112)	2(113)	3(114)	4(116)	5(87)	6(70)	7(49)	8(85)	9(115)	10(94)	11(200)	F					
1	952	Roy Dawson GafanhOri FPO	25:14	1:46	3:20	5:41	7:28	13:49	15:46	16:56	19:01	21:48	23:37	24:48	25:14					
2	66	Bartolomé Molino C TOTANA-O Murcia	34:51	2:43	5:00	8:28	11:23	16:44	20:34	22:59	26:23	30:59	32:59	34:20	34:51					
3	5	Agustín Pajaro Voui ADOL Sevilla	40:05	2:43	2:17	3:28	2:55	5:21	3:50	2:25	3:24	4:36	2:00	1:21	0:31					
4	92	Víctor Manuel Garcí SANT JOAN Alicante	54:08	5:10	6:51	9:55	13:02	20:09	22:58	24:50	27:40	34:07	38:29	39:35	40:05					
5	1014	Armandino Cramez Ori-Estarr FPO	55:52	5:10	1:41	3:04	3:07	7:07	2:49	1:52	2:50	6:27	4:22	1:06	0:30					
26		Carles Lladó Badia COC Barcelona	andona	3:30	7:20	12:44	18:11	26:46	33:00	35:23	42:22	48:12	50:57	53:11	54:08					
				3:30	3:50	5:24	5:27	8:35	6:14	2:23	6:59	5:50	2:45	2:14	0:57					
				2:16	4:00	7:11	9:55	23:42	36:11	37:50	46:54	50:43	53:22	55:13	55:52					
				2:16	1:44	3:11	2:44	13:47	12:29	1:39	9:04	3:49	2:39	1:51	0:39					
				2:45	5:36	11:00	27:37	38:33	----	----	----	----	----	----						
				2:45	2:51	5:24	16:37	10:56												
<b>D-60 (6)</b>																				
				<b>1,9 km 90 m</b>		<b>10 C</b>														
				1(112)	2(113)	3(114)	4(88)	5(79)	6(52)	7(53)	8(115)	9(94)	10(200)	F						
1	951	Cathy Dawson GafanhOri FPO	28:52	3:44	6:42	10:20	14:43	16:10	21:01	22:40	24:42	26:18	28:13	28:52						
2	888	Maria São João CLAC FPO	30:22	3:44	2:58	3:38	4:23	1:27	4:51	1:39	2:02	1:36	1:55	0:39						
3	990	Hermínia Tavares Natura FPO	41:45	4:02	6:07	9:59	14:05	15:38	23:29	25:09	26:48	28:24	29:52	30:22						
4	934	Ana Carreira CPOC FPO	43:52	4:02	2:05	3:52	4:06	1:33	7:51	1:40	1:39	1:36	1:28	0:30						
5	894	Guida Santos COALA FPO	1:13:25	2:55	6:06	11:57	22:53	26:23	31:18	32:48	34:50	39:38	40:53	41:45						
6	981	Beatriz Leite Montepio G FPO	1:40:26	3:11	5:51	10:56	3:30	4:55	1:30	2:02	4:48	1:15	0:52							
				3:36	6:42	14:04	23:00	25:58	32:07	34:03	37:48	41:22	42:56	43:52						
				3:36	3:06	7:22	8:56	2:58	6:09	1:56	3:45	3:34	1:34	0:56						
				4:00	7:48	12:59	37:30	41:33	50:46	53:35	58:53	1:10:36	1:12:16	1:13:25						
				4:00	3:48	5:11	24:31	4:03	9:13	2:49	5:18	11:43	1:40	1:09						
				4:08	6:31	10:28	20:58	24:24	51:43	56:15	1:29:54	1:31:56	1:39:21	1:40:26						
				4:08	2:23	3:57	10:30	3:26	27:19	4:32	33:39	2:02	7:25	1:05						

os	rsal	Nombre	Tiempo														
<b>D FEMADO (1)</b>				<b>4,4 km 200 m</b>							<b>21 C</b>						
				1(33)	2(42)	3(32)	4(43)	5(56)	6(57)	7(81)	8(37)	9(38)	10(83)	11(82)	12(84)	13(48)	14(47)
				15(50)	16(87)	17(85)	18(79)	19(88)	20(52)	21(200)	F						
1	751	<b>Azucena San Juan d Club Sotob FEMAD</b>	<b>1:01:59</b>	<b>2:28</b>	<b>4:40</b>	<b>6:12</b>	<b>7:00</b>	<b>9:03</b>	<b>11:02</b>	<b>14:53</b>	<b>19:19</b>	<b>22:09</b>	<b>27:23</b>	<b>30:07</b>	<b>30:54</b>	<b>33:32</b>	<b>36:44</b>
				<b>2:28</b>	<b>2:12</b>	<b>1:32</b>	<b>0:48</b>	<b>2:03</b>	<b>1:59</b>	<b>3:51</b>	<b>4:26</b>	<b>2:50</b>	<b>5:14</b>	<b>2:44</b>	<b>0:47</b>	<b>2:38</b>	<b>3:12</b>
				<b>39:21</b>	<b>40:25</b>	<b>43:05</b>	<b>49:13</b>	<b>50:43</b>	<b>55:10</b>	<b>1:01:35</b>	<b>1:01:59</b>		<b>1:01:39</b>				
				<b>2:37</b>	<b>1:04</b>	<b>2:40</b>	<b>6:08</b>	<b>1:30</b>	<b>4:27</b>	<b>6:25</b>	<b>0:24</b>			<b>*200</b>			
<b>H21 FEMADO (6)</b>				<b>4,4 km 220 m</b>							<b>22 C</b>						
				1(118)	2(73)	3(42)	4(74)	5(35)	6(34)	7(81)	8(37)	9(107)	10(59)	11(60)	12(41)	13(77)	14(45)
				15(82)	16(84)	17(69)	18(49)	19(51)	20(54)	21(71)	22(200)	F					
1	761	<b>Xavier Melguizo Ter RUMBO MADR FEMA</b>	<b>43:09</b>	2:43	<b>4:28</b>	<b>6:02</b>	<b>7:35</b>	<b>8:20</b>	<b>9:11</b>	<b>10:47</b>	<b>13:32</b>	<b>14:30</b>	<b>15:41</b>	<b>17:16</b>	<b>18:21</b>	<b>20:04</b>	<b>23:50</b>
				2:43	1:45	1:34	1:33	<b>0:45</b>	<b>0:51</b>	<b>1:36</b>	2:45	<b>0:58</b>	1:11	1:35	<b>1:05</b>	1:43	3:46
				<b>26:11</b>	<b>27:32</b>	<b>30:57</b>	<b>32:31</b>	<b>36:10</b>	<b>38:43</b>	<b>40:59</b>	<b>42:47</b>	<b>43:09</b>					
				2:21	1:21	3:25	<b>1:34</b>	<b>3:39</b>	2:33	2:16	1:48	0:22					
2	760	<b>Jose Manuel Robles Club Sotob FEMAD</b>	<b>50:40</b>	4:43	6:36	7:39	9:23	10:13	11:13	13:01	15:38	17:16	22:16	25:04	26:52	28:53	32:10
				4:43	1:53	1:03	1:44	0:50	1:00	1:48	2:37	1:38	5:00	2:48	1:48	2:01	3:17
				34:27	35:07	37:44	39:29	43:22	46:05	48:01	50:19	50:40					
				2:17	<b>0:40</b>	2:37	1:45	3:53	2:43	<b>1:56</b>	2:18	<b>0:21</b>					
3	758	<b>Diego Polo Garcia RUMBO MADR FEMA</b>	<b>52:18</b>	4:41	6:16	7:08	8:44	9:40	10:37	12:20	14:55	16:22	17:23	19:25	20:32	22:20	25:23
				4:41	<b>1:35</b>	<b>0:52</b>	1:36	0:56	0:57	1:43	<b>2:35</b>	1:27	<b>1:01</b>	2:02	1:07	1:48	3:03
				27:37	28:18	34:37	36:11	41:55	44:59	50:18	51:56	52:18					
				<b>2:14</b>	0:41	6:19	<b>1:34</b>	5:44	3:04	5:19	<b>1:38</b>	0:22					
4	762	<b>Raul Sanchez Rodri RUMBO MADR FEMA</b>	<b>55:09</b>	<b>1:55</b>	7:22	8:31	9:45	11:26	12:25	15:55	20:22	21:37	22:40	24:01	25:23	27:02	29:58
				<b>1:55</b>	5:27	1:09	<b>1:14</b>	1:41	0:59	3:30	4:27	1:15	1:03	<b>1:21</b>	1:22	<b>1:39</b>	<b>2:56</b>
				32:42	33:25	35:38	37:25	41:33	43:57	51:19	54:44	55:09					
				2:44	0:43	<b>2:13</b>	1:47	4:08	<b>2:24</b>	7:22	3:25	0:25					
5	757	<b>Alberto Gómez Sori RUMBO MADR FEMA</b>	<b>1:33:22</b>	4:30	7:28	10:05	14:31	16:04	17:32	20:08	24:18	26:16	28:02	31:19	33:42	36:53	45:21
				4:30	2:58	2:37	4:26	1:33	1:28	2:36	4:10	1:58	1:46	3:17	2:23	3:11	8:28
				50:37	51:59	1:03:19	1:07:17	1:16:38	1:25:47	1:29:03	1:32:50	1:33:22					
				5:16	1:22	11:20	3:58	9:21	9:09	3:16	3:47	0:32					
6	759	<b>Ignacio Garcia Losa COLMENAR FEMAD</b>	<b>1:37:31</b>	3:09	16:05	25:35	28:31	29:33	30:34	32:36	35:58	37:54	39:24	41:45	43:54	46:08	58:29
				3:09	12:56	9:30	2:56	1:02	1:01	2:02	3:22	1:56	1:30	2:21	2:09	2:14	12:21
				1:02:15	1:03:10	1:12:05	1:14:02	1:26:11	1:29:51	1:33:17	1:37:01	1:37:31					
				3:46	0:55	8:55	1:57	12:09	3:40	3:26	3:44	0:30					