

| Pos | Nombre | Club | Tiempo | Diff. |
|-----------------------------------|---------------------------------|------------------------------|------------------|--------|
| M-E (36) 5,5 km 135 m 22 C | | | | |
| 1 | Ruiz De La Herrán Pidal, Javier | Málaga COMA | 32:54 | 0:00 |
| 2 | Gil Marcos, Eduardo | Burgos TJALVE | 34:22 | +1:28 |
| 3 | Llorens Caellas, Pau | Barcelona CAT-O | 35:22 | +2:28 |
| 4 | Prieto Del Campo, Álvaro | Madrid MALARRUTA | 35:26 | +2:32 |
| 5 | Vera Guerrero, Carlos | Toledo TOLEDO-O | 39:10 | +6:16 |
| 6 | Oliveras Ferrer, Sergi | Barcelona CAT-O | 39:23 | +6:29 |
| 7 | Rodríguez Corrochano, Jesús | Ciudad Real MANZANARES-O | 39:24 | +6:30 |
| 8 | Rodríguez Corrochano, Diego | Ciudad Real MANZANARES-O | 40:50 | +7:56 |
| 9 | Landa Sánchez, Carlos Raico | Granada VELETA | 41:10 | +8:16 |
| 10 | Montero Cárceles, Elmar | Albacete GODIH | 42:16 | +9:22 |
| 11 | Milvaques Casadó, Luis | Valencia CORRECAMINOS | 43:09 | +10:15 |
| 12 | García Crespo, José Manuel | Málaga COMA | 43:33 | +10:39 |
| 13 | Vich Diaz-Guerra, Quim | Barcelona CAT-O | 43:35 | +10:41 |
| 14 | Chamorro García, Xoel | Pontevedra AROMON | 44:09 | +11:15 |
| 15 | Morlá Vanrell, Josep | Zaragoza IBON ZARAGOZA | 45:00 | +12:06 |
| 16 | Iglesias Ayllón, Juan Daniel | Sevilla MONTELLANO | 51:14 | +18:20 |
| 17 | Mérida Sanchís, Sergio | Alicante UNIVERSIDAD_ALICANT | 52:27 | +19:33 |
| 18 | Rodríguez Dominguez, Maikel | Pontevedra VIGOrienta | 53:06 | +20:12 |
| 19 | Cotillas Moya, David | Cuenca COMCU | 53:33 | +20:39 |
| 20 | Caraça-Valente Barrera, Jorge | Madrid IMPERDIBLE | 53:37 | +20:43 |
| 21 | Piñeiro Fraga, Brais | Pontevedra AROMON | 57:31 | +24:37 |
| 22 | Sánchez Juan, Alejandro | Alicante COLIVENC | 57:43 | +24:49 |
| 23 | Moreira Alonso, Adrián | Pontevedra AROMON | 58:34 | +25:40 |
| 24 | Aguilar Lara, Miguel Angel | Málaga COMA | 1:01:27 | +28:33 |
| 25 | Calva Troya, Jacinto | Zaragoza IBON ZARAGOZA | 1:10:21 | +37:27 |
| | Calle Cruz, Ángel | Madrid GOCAN | Fuera de control | |
| | Merino González, Jesús | Badajoz ALCOR_EXTREMADURA | Fuera de control | |
| | Blázquez Blázquez, David | Badajoz ALCOR_EXTREMADURA | Fuera de control | |
| | Sánchez González, Óscar | Badajoz ALCOR_EXTREMADURA | Abandona | |
| nc | Wilson, Thomas | Barcelona CAT-O | 33:51 | +0:57 |
| nc | Andreo Vilaplana, Pedro Samuel | Murcia TOTANA-O | 57:54 | +25:00 |
| | Nogueira De La Muela, Luis | Málaga COMA | No sale | |
| | De La Pascua Aragón, Pablo | Cádiz FUNDI-O | No sale | |
| | Abderrahaman Elena, Nabil | Málaga COMA | No sale | |
| | Ferrer Pérez, Francesc | Barcelona CAT-O | No sale | |
| | Casal I Fernàndez, Roger | Alicante COLIVENC | No sale | |
| F-E (19) 3,9 km 115 m 16 C | | | | |
| 1 | Feliciano Sanjuán, Violeta | Alicante COLIVENC | 25:34 | 0:00 |
| 2 | Prieto Del Campo, María | Madrid MALARRUTA | 27:35 | +2:01 |
| 3 | Guijo Alonso, Marta | Cáceres VIA_PLATA | 31:44 | +6:10 |
| 4 | Bruns Sánchez, Marta | Barcelona CAT-O | 33:16 | +7:42 |
| 5 | García Castro, Marina | León ALCON | 33:25 | +7:51 |
| 6 | Soriano Ramal, María | Alicante VILLENA-O | 34:06 | +8:32 |
| 7 | Serrallonga Rosell, Mar | Girona GO-XTREM | 35:07 | +9:33 |
| 8 | Camarasa Pérez, Ana | Alicante COLIVENC | 38:09 | +12:35 |
| 9 | Gracia Zafra, Jara | Zaragoza IBON ZARAGOZA | 39:59 | +14:25 |
| 10 | Rodríguez Corrochano, María | Ciudad Real MANZANARES-O | 47:30 | +21:56 |
| 11 | Moreno Zúñiga, Guadalupe | Toledo TOLEDO-O | 48:14 | +22:40 |
| 12 | Chystyakova Beketova, Yevheniya | Orense TREVINCA | 49:38 | +24:04 |
| 13 | Doblado Blanco, Consolación | Sevilla POSEIDÓN | 51:06 | +25:32 |
| 14 | Parga Basanta, Lucía | Lugo FLUVIAL_LUGO | 51:49 | +26:15 |
| 15 | Feliciano Sanjuan, Luz | Alicante COLIVENC | 56:10 | +30:36 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|----------------------------------|------------------------------|----------------|--------|
| F-E (19) | | 3,9 km 115 m 16 C | <i>(cont.)</i> | |
| | Gil Clapera, Laia | Tarragona MONTSANT | No sale | |
| | Gil Brotons, Amparo | Barcelona CAT-O | No sale | |
| | Gil I Brotons, Esther | Alicante COLIVENC | No sale | |
| | Briz Martinez, Paola | Albacete BMT CASAS DE VES | No sale | |
| U-10 (26) | | 1,7 km 10 m 9 C | | |
| 1 | Intxaurrendieta Landea, Amets | Vizcaya COBI | 8:18 | 0:00 |
| 2 | Fuente Feijoo, Bruno | Madrid IMPERDIBLE | 10:20 | +2:02 |
| 3 | Rodriguez Arenas, Aaron | Pontevedra VIZHOJA-CORNELIOS | 13:09 | +4:51 |
| 4 | Montalvo Agustín, Nicolás | Zaragoza IBON ZARAGOZA | 14:27 | +6:09 |
| 5 | Naranjo Ruiz, Lujan | Badajoz ITACA | 14:59 | +6:41 |
| 6 | Molina Durán, Daniela | Sevilla ADOL | 15:01 | +6:43 |
| 7 | Fernandez Lopez, Lara | La Coruña GALLAECIA_RAID | 15:47 | +7:29 |
| 8 | Manzanegue Aparicio, Sofia | Ciudad Real MANZANARES-O | 16:21 | +8:03 |
| 9 | Cañada Martín-Pérez, Moises | Badajoz BASE DON BENITO | 16:34 | +8:16 |
| 10 | Rodriguez Rodriguez, Sergio | Sevilla MONTELLANO | 16:47 | +8:29 |
| 11 | Muñoz Del Campo, Javier | Cuenca COMCU | 17:11 | +8:53 |
| 12 | Sanchez Castillo, Paco | Badajoz ITACA | 17:16 | +8:58 |
| 13 | Zurita Olmos, Jaime | Murcia COMN Murcia | 17:55 | +9:37 |
| 14 | Rubio Cribellati, Nicolas | Granada VELETA | 18:53 | +10:35 |
| 15 | Arranz Bravo, Jimena | Burgos CORZO | 19:47 | +11:29 |
| 16 | Lambea Cortés, Manuel | Ciudad Real MANZANARES-O | 20:31 | +12:13 |
| 17 | García Encinas, Álvaro | Badajoz CODAN_EXTREMADURA | 22:37 | +14:19 |
| 18 | García Encinas, Nicolás | Badajoz CODAN_EXTREMADURA | 24:37 | +16:19 |
| 19 | Fuente Feijoo, Berta | Madrid IMPERDIBLE | 25:05 | +16:47 |
| 20 | Mena Lanero, Eva | Sevilla ADOL | 26:49 | +18:31 |
| 21 | Parrales Ramos, Juan | Sevilla POSEIDÓN | 31:13 | +22:55 |
| 22 | Manzanegue Aparicio, Alberto | Ciudad Real MANZANARES-O | 40:30 | +32:12 |
| | Aller Pfirter, Martina | Orense TREVINCA | Error en tarj. | |
| | Muñiz Valencia, Bruno | Madrid IMPERDIBLE | No sale | |
| | Barja Perez, Lucas | Badajoz CODAN_EXTREMADURA | No sale | |
| | Casal Gil, Laia | Alicante COLIVENC | No sale | |
| M-12 (33) | | 2,1 km 35 m 12 C | | |
| 1 | Amat Font, Cesc | Barcelona CAT-O | 12:54 | 0:00 |
| 2 | Lambea Cortés, José María | Ciudad Real MANZANARES-O | 14:24 | +1:30 |
| 3 | Merchan García, Abel | Badajoz ITACA | 15:14 | +2:20 |
| 4 | Losada Moreno, Gabriel | Toledo TOLEDO-O | 15:20 | +2:26 |
| 5 | Marmol Rosales, Javier | Sevilla MONTELLANO | 16:48 | +3:54 |
| 6 | Puertas Solórzano, Mateo | Palencia ORCA | 17:04 | +4:10 |
| 7 | Villar Gorriz, Martín | Albacete BMT CASAS DE VES | 17:11 | +4:17 |
| 8 | Parrales Ramos, Andrés | Sevilla POSEIDÓN | 17:17 | +4:23 |
| 9 | Alcaide Camacho, Martín | Málaga COMA | 17:58 | +5:04 |
| 10 | López González, Mario | La Coruña OP BETANZOS | 18:47 | +5:53 |
| 11 | Alvano Pizarro, Sergio | Badajoz ITACA | 18:51 | +5:57 |
| 12 | Corbacho Vera, Alvaro | Badajoz ITACA | 19:06 | +6:12 |
| 13 | Casado Núñez, Martín | La Coruña OP BETANZOS | 19:20 | +6:26 |
| 14 | Marco Cantos, Fernando | Albacete GODIH | 20:09 | +7:15 |
| 15 | Urquizu Diego, Iván | Navarra CDNAVARRA | 21:05 | +8:11 |
| 16 | Sánchez Armero, Álvaro | Albacete GODIH | 21:08 | +8:14 |
| 17 | Martinez-Almeida Guerrer, Miguel | Cádiz FUNDI-O | 21:14 | +8:20 |
| 18 | Garcia Exposito, Aimar | Huelva COHU | 23:34 | +10:40 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|-----------------------------------|-----------------------------|----------------|--------|
| M-12 (33) | | 2,1 km 35 m 12 C | (cont.) | |
| 19 | Orea Subiri, Martín | Zaragoza IBON ZARAGOZA | 23:35 | +10:41 |
| 20 | Díaz Calatayud, Javier | Albacete GODIH | 24:00 | +11:06 |
| 21 | Zurita Olmos, Benito | Murcia COMN Murcia | 26:02 | +13:08 |
| 22 | Varela Montoto, Sergio | Lugo FLUVIAL_LUGO | 26:24 | +13:30 |
| 23 | López Rey, Ixé Samah | Huelva COHU | 26:34 | +13:40 |
| 24 | Saez Marco, Mateo | Albacete GODIH | 30:35 | +17:41 |
| 25 | Rubio Cribellati, Pablo | Granada VELETA | 30:39 | +17:45 |
| 26 | Navarro Sánchez, Amador | Albacete GODIH | 30:47 | +17:53 |
| 27 | Arango Gil, Hector | Badajoz ITACA | 31:23 | +18:29 |
| 28 | Falgas Nueda, Sergio | Murcia COMN Murcia | 35:00 | +22:06 |
| 29 | Cabezali ., Martin | Huelva COHU | 39:03 | +26:09 |
| 30 | Domínguez Monsalve, Sergio | León ALCON | 39:11 | +26:17 |
| | Obreo Rodriguez, Pablo | Badajoz ITACA | Error en tarj. | |
| | Piñeiro Toro, José Ángel | Badajoz BASE DON BENITO | Error en tarj. | |
| | López Pérez, Alejandro | Alicante SANT_JOAN | No sale | |
| F-12 (20) | | 2,0 km 30 m 11 C | | |
| 1 | Arranz Bravo, Candela | Burgos CORZO | 14:20 | 0:00 |
| 2 | Vicedo Albero, Paula | Alicante COLIVENC | 14:44 | +0:24 |
| 3 | Moreno Jimenez, Ana | Toledo TOLEDO-O | 14:47 | +0:27 |
| 4 | Sanz Kowalski, Bruna | Barcelona CAT-O | 16:16 | +1:56 |
| 5 | Villa Rodríguez, Marta | Asturias PILOÑA_DEPORTE | 16:38 | +2:18 |
| 6 | López Martín, Irene | Málaga COMA | 17:16 | +2:56 |
| 7 | Puertas Solórzano, Luz | Palencia ORCA | 18:00 | +3:40 |
| 8 | García Guerrero, Noa | Badajoz ITACA | 18:27 | +4:07 |
| 9 | García Gómez, Cristina | Málaga COMA | 18:44 | +4:24 |
| 10 | Tellez Barrera, Elena | Sevilla MONTELLANO | 19:08 | +4:48 |
| 11 | Holguín Cascajo, Leire | Sevilla ADOL | 19:28 | +5:08 |
| 12 | Nogueras Porto, Sara | Lugo FLUVIAL_LUGO | 19:46 | +5:26 |
| 13 | Cañada Martín-Pérez, Elsa | Badajoz BASE DON BENITO | 20:20 | +6:00 |
| 14 | Martín Helguera, Maria Del Carmen | Cádiz FUNDI-O | 24:30 | +10:10 |
| 15 | Sánchez Martínez, Genet | Murcia TOTANA-O | 25:02 | +10:42 |
| 16 | Muñiz Valencia, Martina | Madrid IMPERDIBLE | 26:00 | +11:40 |
| 17 | Botí Blanes, África | Alicante ALCOI | 26:47 | +12:27 |
| 18 | Jaén Mesonero, Esther | Guadalajara C.O.GUADALAJARA | 29:05 | +14:45 |
| 19 | Falgas Nueda, Marina | Murcia COMN Murcia | 57:56 | +43:36 |
| | Merchán Rodríguez, Raquel | Badajoz ITACA | Error en tarj. | |
| M-14 (34) | | 2,6 km 60 m 10 C | | |
| 1 | Amat Font, Jan | Barcelona CAT-O | 18:55 | 0:00 |
| 2 | Gil Aguilar, Yeray | Valencia VALENCIA-O | 19:01 | +0:06 |
| 3 | Pou Bruns, Ernest | Barcelona CAT-O | 20:06 | +1:11 |
| 4 | Puche Herrero, Raúl | Albacete GODIH | 21:43 | +2:48 |
| 5 | Pou Bruns, Martí | Barcelona CAT-O | 21:54 | +2:59 |
| 6 | Pérez Otero, Alvaro | Madrid MALARRUTA | 23:25 | +4:30 |
| 7 | Vallejo Garach, Ignacio | Málaga COMA | 23:38 | +4:43 |
| 8 | Santos Garcia, Ángel | Badajoz ROMANS RAIDERS | 24:47 | +5:52 |
| 9 | Santos Garcia, Mario | Badajoz ROMANS RAIDERS | 24:50 | +5:55 |
| 10 | López Martín, Andrés | Málaga COMA | 24:52 | +5:57 |
| 11 | Rufo Sánchez, Adrián | Huelva COHU | 26:39 | +7:44 |
| 12 | Pereira Roldan, Pablo | Málaga COMA | 26:46 | +7:51 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|-----------------------------------|-----------------------------|----------------|--------|
| M-14 (34) | | | | |
| | | 2,6 km 60 m 10 C | (cont.) | |
| 13 | Pérez González, Jorge | Huelva COHU | 27:33 | +8:38 |
| 14 | Díaz Diego, Gorka | Navarra CDNAVARRA | 27:54 | +8:59 |
| 15 | Gómez Pérez, Pablo | Albacete GODIH | 28:34 | +9:39 |
| 16 | Sempere Ureña, Cayo | Alicante COLIVENC | 28:56 | +10:01 |
| 17 | Teruel Sempere, Carlos | Alicante COLIVENC | 29:28 | +10:33 |
| 18 | Pascual Huerto, Irai | Navarra CDNAVARRA | 29:42 | +10:47 |
| 19 | Montes Peidro, Joan | Alicante COLIVENC | 30:45 | +11:50 |
| 20 | Rivero Sanchez, Tomas | Huelva COHU | 32:40 | +13:45 |
| 21 | Martínez-Almeida Guerrer, Gabriel | Cádiz FUNDI-O | 33:00 | +14:05 |
| 22 | Rodríguez Rodríguez, Marco | Sevilla MONTELLANO | 34:13 | +15:18 |
| 23 | Espigares Tapia, Eloy | Granada SRK | 35:05 | +16:10 |
| 24 | Mena Lanero, Bruno | Sevilla ADOL | 37:26 | +18:31 |
| 25 | Planes Duncan, Marcos | Huelva COHU | 43:08 | +24:13 |
| 26 | Marcelo Pereira, Ricardo | Badajoz ITACA | 45:09 | +26:14 |
| 27 | Villegas Suárez-Barcena, Arturo | Badajoz ITACA | 45:24 | +26:29 |
| | Beobide Lertxundi, Aratz | Guipúzcoa GOT | Error en tarj. | |
| | Pinto García, Iván | Sevilla ADOL | No sale | |
| | Pérez Ferré, Francisco José | Valencia CORRECAMINOS | No sale | |
| | Mora Jiménez, Manuel Jesús | Cádiz ALMADRABA | No sale | |
| | Serra Reyes, Eduard | Castellón SIMEPIERDO | No sale | |
| | Rubio Alonso, Sergio | Segovia MARISTAS_SEGOVIA-O | No sale | |
| | Jiménez Espeso, Lucas | Madrid IMPERDIBLE | No sale | |
| F-14 (38) | | | | |
| | | 2,5 km 60 m 9 C | | |
| 1 | Casado Nuñez, Eva | La Coruña OP BETANZOS | 19:30 | 0:00 |
| 2 | Ferrando Galán, Irene | Toledo TOLEDO-O | 24:43 | +5:13 |
| 3 | Monseco López, Irene | Madrid O-CHARLIES_ORIENTA-T | 25:15 | +5:45 |
| 4 | Urquizu Diego, Iranzu | Navarra CDNAVARRA | 25:16 | +5:46 |
| 5 | Faure García, Julia | Zaragoza IBON ZARAGOZA | 27:08 | +7:38 |
| 6 | Galera Sola, Sonia | Alicante CEAM_IBI-O | 27:16 | +7:46 |
| 7 | Vicedo Alberó, Andrea | Alicante COLIVENC | 27:17 | +7:47 |
| 8 | López Blaya, Ania | Murcia TOTANA-O | 28:06 | +8:36 |
| 9 | Faja Sanjaume, Guinedell | Barcelona CAT-O | 28:07 | +8:37 |
| 10 | Garrido Corral, Mariana | Granada VELETA | 28:17 | +8:47 |
| 11 | Simón Zorita, Julieta | Huelva COHU | 28:42 | +9:12 |
| 12 | Jaén Mesonero, Marta | Guadalajara C.O.GUADALAJARA | 29:04 | +9:34 |
| 13 | Naranjo Ruiz, Candela | Badajoz ITACA | 31:08 | +11:38 |
| 14 | Moreno Jimenez, Mercedes | Toledo TOLEDO-O | 31:49 | +12:19 |
| 15 | Marco Cantos, Julia | Albacete GODIH | 33:25 | +13:55 |
| 16 | Ramos Serrano, Isabel | Sevilla ADOL | 33:50 | +14:20 |
| 17 | Rico Meneses, Irene | Badajoz ITACA | 33:56 | +14:26 |
| 18 | Rodríguez Vega, Susana | Cádiz FUNDI-O | 38:27 | +18:57 |
| 19 | García Rodríguez, June | Badajoz ITACA | 39:01 | +19:31 |
| 20 | Gago Macías, Elena | Badajoz CODAN_EXTREMADURA | 40:51 | +21:21 |
| 21 | Ruzo Cuenca, Irene | Murcia TOTANA-O | 41:57 | +22:27 |
| 22 | Garrido Díaz, Marta | Sevilla ADOL | 42:08 | +22:38 |
| 23 | Parada Bastida, Soledad | Badajoz ITACA | 43:07 | +23:37 |
| 24 | Ruzo Cuenca, Alicia | Murcia TOTANA-O | 44:55 | +25:25 |
| 25 | Gonzalez Najarro, Silvia | Badajoz ITACA | 45:10 | +25:40 |
| 26 | Piñero Ramos, Elena | Badajoz ITACA | 46:45 | +27:15 |
| 27 | Gomato Alvarez, Maria Piedad | Badajoz ITACA | 47:15 | +27:45 |
| 28 | Merino Delgado, Laura | Badajoz ITACA | 47:30 | +28:00 |

| Pos | Nombre | Club | Tiempo | Diff. |
|-------------------|-----------------------------------|------------------------------|--------------------------|----------------|
| F-14 (38) | | | | |
| | | | 2,5 km 60 m 9 C | (cont.) |
| 29 | Aller Pfirter, Mailén | Orense TREVINCA | 48:09 | +28:39 |
| 30 | Gonzalez De Tanago Milgr, Nialeti | Huelva COHU | 1:08:03 | +48:33 |
| 31 | Obreo Chavero, Coral | Badajoz ITACA | 1:09:31 | +50:01 |
| | De Miguel Armisen, Mónica | Alicante ALICANTE-O | Error en tarj. | |
| | Obreo Rodriguez, Laura | Badajoz ITACA | Error en tarj. | |
| | Mesa Rodríguez, Ángela | Granada VELETA | No sale | |
| | Zurita Olmos, Rocío | Murcia COMN Murcia | No sale | |
| | Rescalvo López, Mayte | Jaén VILLACARRILLO | No sale | |
| | Millán González, María | Badajoz ITACA | No sale | |
| | Pérez Cantero, María | Cádiz FUNDI-O | No sale | |
| M-16E (31) | | | | |
| | | | 3,1 km 100 m 15 C | |
| 1 | Ledesma Buscart, Bernat | Barcelona CAT-O | 19:16 | 0:00 |
| 2 | Zorrilla Olias, Gonzalo | Madrid O-CHARLIES_ORIENTA-T | 19:44 | +0:28 |
| 3 | Urquizu Diego, Aimar | Navarra CDNAVARRA | 23:47 | +4:31 |
| 4 | Rodriguez Llano, Lucas | Asturias LA_BRUJULA_-_JAIRE | 27:46 | +8:30 |
| 5 | Ferrando Galán, Gonzalo | Toledo TOLEDO-O | 29:05 | +9:49 |
| 6 | Calvo Pérez, Yediel | Valencia VALENCIA-O | 29:20 | +10:04 |
| 7 | Tamarit Royo, Óscar | Valencia VALENCIA-O | 29:48 | +10:32 |
| 8 | Alcaide Camacho, Daniel | Málaga COMA | 31:25 | +12:09 |
| 9 | Fernández Moruno, Juan Pedro | Badajoz CODAN_EXTREMADURA | 32:07 | +12:51 |
| 10 | Salgado Fuentes, Alvaro | Toledo TOLEDO-O | 32:27 | +13:11 |
| 11 | Cortés Martínez, Francisco | Badajoz ITACA | 34:18 | +15:02 |
| 12 | Novoa Gutiérrez, Xíán | Pontevedra AROMON | 34:52 | +15:36 |
| 13 | López González, Nicolás | La Coruña OP BETANZOS | 35:18 | +16:02 |
| 14 | De Miguel Armisen, Jorge | Alicante UNIVERSIDAD_ALICANT | 36:35 | +17:19 |
| 15 | Pozo Prada, Juan Manuel | Madrid O-GETAFE | 40:09 | +20:53 |
| 16 | Rodríguez Díaz, Mateo | Pontevedra AROMON | 41:30 | +22:14 |
| 17 | Ruiz Ruiz Millan, Mario | Badajoz ROMANS RAIDERS | 41:39 | +22:23 |
| 18 | Garrido Diaz, Alejandro | Sevilla ADOL | 44:39 | +25:23 |
| 19 | Pascual Sánchez, Cesar Bernabe | Toledo NAVALCAN-O | 47:24 | +28:08 |
| 20 | Holguín Cascajo, Marco | Sevilla ADOL | 56:19 | +37:03 |
| 21 | Mena Lanero, Jose | Sevilla ADOL | 56:29 | +37:13 |
| 22 | Alvarez Castro, Jose | Cádiz FUNDI-O | 59:00 | +39:44 |
| 23 | Terán Posado, David | Cádiz FUNDI-O | 59:52 | +40:36 |
| 24 | Pastor Juan, Roger | Alicante COLIVENC | 1:00:36 | +41:20 |
| 25 | Millán Urgel, Pablo | Zaragoza IBON ZARAGOZA | 1:00:51 | +41:35 |
| | Marco Siles, Javier | Alicante COLIVENC | Error en tarj. | |
| | Trejo Baquero, Felix | Badajoz ITACA | Error en tarj. | |
| | Sanz Arias, Nicolás | Valladolid COV | No sale | |
| | Barcia Belinchón, Jorge | Madrid O-GETAFE | No sale | |
| | Alvano Pizarro, Ariel | Badajoz ITACA | No sale | |
| | Ramiro Martín, Pablo | Toledo TOLEDO-O | No sale | |
| F-16E (35) | | | | |
| | | | 2,8 km 65 m 12 C | |
| 1 | Toledo Navarro, Patricia | Madrid MALARRUTA | 20:04 | 0:00 |
| 2 | Virgili Serrallonga, Clara | Barcelona CAT-O | 22:52 | +2:48 |
| 3 | Ravell Sole, Judit | Tarragona MONTSANT | 23:14 | +3:10 |
| 4 | Rodríguez Brome, Verónica | Málaga COMA | 25:45 | +5:41 |
| 5 | Bermejo Agustín, María | Zaragoza IBON ZARAGOZA | 25:58 | +5:54 |
| 6 | Grau Olivé, Lidia | Barcelona CAT-O | 26:18 | +6:14 |

| Pos | Nombre | Club | Tiempo | Diff. |
|-------------------|------------------------------------|------------------------------|----------------|--------|
| F-16E (35) | | 2,8 km 65 m 12 C | (cont.) | |
| 7 | García Peñas, Lucía | Murcia LORCA-O | 26:19 | +6:15 |
| 8 | Rescalvo López, Carla | Jaén VILLACARRILLO | 26:25 | +6:21 |
| 9 | Payá Moles, Ainhoa | Alicante COLIVENC | 27:00 | +6:56 |
| 10 | Muñoz Del Campo, Alba | Cuenca COMCU | 27:44 | +7:40 |
| 11 | González Machuca, Blanca Beatriz | Málaga COMA | 28:09 | +8:05 |
| 12 | Rolland Llamas, Adriana | Sevilla MONTELLANO | 28:20 | +8:16 |
| 13 | Guerrero Pérez, Irene | Sevilla ADOL | 28:29 | +8:25 |
| 14 | Doncel Rodriguez, Laura | Badajoz ITACA | 28:38 | +8:34 |
| 15 | Misas Bernardino, Marina | Sevilla ADOL | 29:34 | +9:30 |
| 16 | Elhombre Jiménez, Julia | Zaragoza IBON ZARAGOZA | 29:48 | +9:44 |
| 17 | Rufo Sánchez, Cristina | Huelva COHU | 30:40 | +10:36 |
| 18 | Pérez Garrigós, Alba | Alicante CEAM_IBI-O | 32:30 | +12:26 |
| 19 | Monseco López, Sara | Madrid O-CHARLIES_ORIENTA-T | 34:02 | +13:58 |
| 20 | Puche Herrero, Paula | Albacete GODIH | 34:20 | +14:16 |
| 21 | Elhombre Jiménez, Lucía | Zaragoza IBON ZARAGOZA | 34:26 | +14:22 |
| 22 | López Martín, Sara | Málaga COMA | 35:48 | +15:44 |
| 23 | Sánchez Galán, Carolina | Badajoz CODAN_EXTREMADURA | 41:28 | +21:24 |
| 24 | Tellez Barrera, Marta | Sevilla MONTELLANO | 46:08 | +26:04 |
| 25 | García Hernández, Lara | Salamanca OX | 51:44 | +31:40 |
| 26 | Puertas González, Mar | Granada VELETA | 58:48 | +38:44 |
| 27 | Jiménez Garcia-Verdugo, Adriana | Málaga COMA | 1:01:28 | +41:24 |
| | Martínez Gómez, Sofía | Lugo FLUVIAL_LUGO | Error en tarj. | |
| | Aballe Prieto, Ester | Cádiz FUNDI-O | Error en tarj. | |
| | Fernández Pérez, Eva | Zaragoza IBON ZARAGOZA | No sale | |
| | Del Campo Mujuru, Gabrielle Alexan | Madrid MALARRUTA | No sale | |
| | Jauregi Ostolaza, Mireia | Guipúzcoa GOT | No sale | |
| | Paisán Martínez, Ana Cristina | Alicante COLIVENC | No sale | |
| | Sarasa Gracia, Diana | Zaragoza IBON ZARAGOZA | No sale | |
| | Osinaga Osinaga, Malen | Guipúzcoa GOT | No sale | |
| M-18E (23) | | 3,7 km 95 m 18 C | | |
| 1 | Ferrando Galán, Pablo | Toledo TOLEDO-O | 25:59 | 0:00 |
| 2 | Sanchis Pont, Hector | Alicante UNIVERSIDAD_ALICANT | 26:03 | +0:04 |
| 3 | Teruel Sempere, Miguel | Alicante COLIVENC | 27:13 | +1:14 |
| 4 | Grau Olive, Andreu | Barcelona CAT-O | 27:37 | +1:38 |
| 5 | Pascual Huerto, Oihan | Navarra CDNAVARRA | 28:05 | +2:06 |
| 6 | Virgili Serrallonga, Roger | Barcelona CAT-O | 29:14 | +3:15 |
| 7 | Santos Garcia, Victor Manuel | Badajoz ROMANS RAIDERS | 29:24 | +3:25 |
| 8 | Díaz Calatayud, Carlos | Alicante COLIVENC | 31:09 | +5:10 |
| 9 | Villar Górriz, José Antonio | Albacete BMT CASAS DE VES | 31:47 | +5:48 |
| 10 | Casado Gómez, Diego | Madrid GOCAN | 34:39 | +8:40 |
| 11 | Espigares Tapia, Noel | Granada SRK | 35:21 | +9:22 |
| 12 | Gil Aguilar, Niklas | Valencia VALENCIA-O | 37:49 | +11:50 |
| 13 | González Machuca, Fernando José | Málaga COMA | 38:12 | +12:13 |
| 14 | Fernández Sánchez, Pablo | Lugo FLUVIAL_LUGO | 38:27 | +12:28 |
| 15 | Faure García, Martín | Zaragoza IBON ZARAGOZA | 39:41 | +13:42 |
| 16 | Suarez Álvarez, Mario | Asturias LA_BRUJULA_- JAIRE | 45:55 | +19:56 |
| 17 | García Jiménez, Javier | Albacete BMT CASAS DE VES | 46:51 | +20:52 |
| 18 | Obreo Montero, Alfonso | Badajoz ITACA | 54:33 | +28:34 |
| | García López, Hugo | Badajoz CODAN_EXTREMADURA | Error en tarj. | |
| | Fernández Moruno, Andres | Badajoz CODAN_EXTREMADURA | No sale | |
| | Moragas Forcada, Jordi | Barcelona CAT-O | No sale | |

| Pos | Nombre | Club | Tiempo | Diff. |
|-------------------|-------------------------------|------------------------------|---------|---------|
| M-18E (23) | | 3,7 km 95 m 18 C | | (cont.) |
| | Rubio Alonso, Adrián | Segovia MARISTAS_SEGOVIA-O | No sale | |
| | Borrego Ramos, Pablo | Badajoz ITACA | No sale | |
| F-18E (16) | | 2,9 km 75 m 14 C | | |
| 1 | González Peña, Nerea | Toledo TOLEDO-O | 21:18 | 0:00 |
| 2 | Bermejo Agustín, Inés | Zaragoza IBON ZARAGOZA | 25:35 | +4:17 |
| 3 | Misas Bernardino, Lucía | Sevilla ADOL | 25:36 | +4:18 |
| 4 | Aparicio Garrigós, Marina | Alicante CEAM_IBI-O | 31:30 | +10:12 |
| 5 | Lázaro Abreu, María | Alicante CEAM_IBI-O | 33:23 | +12:05 |
| 6 | Muro Torres, Uma | Guadalajara C.O.GUADALAJARA | 33:56 | +12:38 |
| 7 | Jaén Mesonero, Eva | Guadalajara C.O.GUADALAJARA | 34:10 | +12:52 |
| 8 | Dopico Golpe, Alba | La Coruña GALLAECIA_RAID | 35:42 | +14:24 |
| 9 | Martin Fernandez, Susana | Toledo NAVALCAN-O | 36:23 | +15:05 |
| 10 | Carballo Martín, Natalia | Badajoz CODAN_EXTREMADURA | 37:31 | +16:13 |
| 11 | Gallo Arranz, Noelia | Burgos CORZO | 39:01 | +17:43 |
| 12 | Peñas Duque, Elisa | Badajoz CODAN_EXTREMADURA | 41:08 | +19:50 |
| 13 | Mármol Rosales, Laura | Sevilla MONTELLANO | 47:44 | +26:26 |
| 14 | Rey Cortés, Alba | Valladolid COV | 52:15 | +30:57 |
| 15 | Ortiz Miranda, Lucía | Málaga COMA | 53:14 | +31:56 |
| | Osinaga Osinaga, Eneritz | Guipúzcoa GOT | No sale | |
| M-20E (13) | | 4,5 km 150 m 21 C | | |
| 1 | Casado Gómez, Álvaro | Madrid GOCAN | 27:19 | 0:00 |
| 2 | García Bernabeu, Álvaro | Alicante COLIVENC | 29:58 | +2:39 |
| 3 | Garrido Corral, Miguel | Granada VELETA | 31:15 | +3:56 |
| 4 | Rojas Jiménez, David | Madrid ALABARDA-O | 33:18 | +5:59 |
| 5 | De Santos Sánchez, David | Valladolid COV | 37:05 | +9:46 |
| 6 | Stangegaard Pérez, Pedro | Málaga COMA | 38:26 | +11:07 |
| 7 | Stangegaard Pérez, Lucas | Málaga COMA | 40:12 | +12:53 |
| 8 | Tamarit Royo, Adrián | Valencia VALENCIA-O | 40:49 | +13:30 |
| 9 | De Miguel Armisen, David | Alicante UNIVERSIDAD_ALICANT | 41:21 | +14:02 |
| 10 | Hernández Pindado, Isaac | Badajoz CODAN_EXTREMADURA | 42:45 | +15:26 |
| 11 | De La Torre Díaz, Héctor Hugo | Valladolid COV | 56:54 | +29:35 |
| 12 | Solis Miranda, Antonio Manuel | Sevilla ADOL | 59:45 | +32:26 |
| | López De Miguel, Gonzalo | Alicante ALICANTE-O | No sale | |
| F-20E (15) | | 3,0 km 100 m 14 C | | |
| 1 | Toledo Navarro, Ana Isabel | Madrid IMPERDIBLE | 22:57 | 0:00 |
| 2 | Basarán Van Ham, Kika | Toledo TOLEDO-O | 23:37 | +0:40 |
| 3 | Defez Cernicharo, Ana | Albacete BMT CASAS DE VES | 25:04 | +2:07 |
| 4 | Martínez Ibañez, Alba | Murcia TOTANA-O | 27:44 | +4:47 |
| 5 | Pozo Prada, Ines | Madrid O-GETAFE | 28:56 | +5:59 |
| 6 | Martí Barclay, Elena | Cádiz FUNDI-O | 30:19 | +7:22 |
| 7 | Vidal Palacios, Sara | Alicante UNIVERSIDAD_ALICANT | 30:42 | +7:45 |
| 8 | Ledesma Buscart, Xènia | Barcelona CAT-O | 31:16 | +8:19 |
| 9 | Piñeiro Varela, María | La Coruña ARTABROS | 36:26 | +13:29 |
| 10 | Hernández Pérez, Ruth | Alicante UNIVERSIDAD_ALICANT | 36:27 | +13:30 |
| 11 | Pascual Huerto, Dune | Navarra CDNAVARRA | 38:51 | +15:54 |
| 12 | Siqueira Batanero, Aruca | Guadalajara C.O.GUADALAJARA | 38:54 | +15:57 |
| 13 | García Rodríguez, Nerea | Badajoz ITACA | 39:42 | +16:45 |
| 14 | Solis Miranda, Alexandra | Sevilla ADOL | 51:19 | +28:22 |

| Pos | Nombre | Club | Tiempo | Diff. |
|-------------------|--------------------------------------|------------------------------|--------------------------|---------|
| F-20E (15) | | | | |
| | | | 3,0 km 100 m 14 C | (cont.) |
| | Martí Romaní, Joana | Barcelona CAT-O | No sale | |
| M-35A (36) | | | | |
| | | | 4,5 km 105 m 20 C | |
| 1 | Viles Bonet, Lleí | Barcelona CAT-O | 35:31 | 0:00 |
| 2 | Iglesias Mota, Urtzi | Vizcaya COBI | 37:18 | +1:47 |
| 3 | Díaz González, Manuel | Cuenca ORIENTIJOTE | 38:52 | +3:21 |
| 4 | Leiva Cárdenas, Francisco | Madrid MALARRUTA | 39:17 | +3:46 |
| 5 | Torrejón Rubio, César | Burgos TJALVE | 40:44 | +5:13 |
| 6 | Tello Lacal, Alex | Valencia VALENCIA-O | 41:45 | +6:14 |
| 7 | Albarrán Esteban, Carlos | Madrid GOCAN | 43:14 | +7:43 |
| 7 | Cortés Pinilla, Alfonso | Badajoz CODAN_EXTREMADURA | 43:14 | +7:43 |
| 9 | Intxaurrendieta Martín, Gaizka | Vizcaya COBI | 44:10 | +8:39 |
| 10 | Rol Rúa, Juan Carlos | Madrid MALARRUTA | 45:26 | +9:55 |
| 11 | García Sanz, Jorge | Burgos TJALVE | 46:31 | +11:00 |
| 12 | Manuel Ruiz, Juan | Castellón ADCON | 52:54 | +17:23 |
| 13 | Vicente Sanchez-Migallon, Manuel | Madrid GOCAN | 53:08 | +17:37 |
| 14 | Muñiz Gracia, Abraham | Madrid IMPERDIBLE | 54:40 | +19:09 |
| 15 | Ferriz Valero, Alberto | Alicante UNIVERSIDAD_ALICANT | 55:17 | +19:46 |
| 16 | Muñoz Guerrero, Francisco Javier | Cáceres ALTAIR | 58:00 | +22:29 |
| 17 | Prada San Martín, Raul | Madrid GOCAN | 1:01:33 | +26:02 |
| 18 | Carretero González, David | Madrid MONTE_EL_PARDO | 1:01:56 | +26:25 |
| 19 | Martín Crespo, Félix | Badajoz ALCOR_EXTREMADURA | 1:04:11 | +28:40 |
| 20 | Oliver Sáez, Jesus | Madrid COLMENAR | 1:05:45 | +30:14 |
| 21 | García López, Héctor Jose | Las Palmas de Gr MAJOVENTUR | 1:07:51 | +32:20 |
| 22 | García Cestero, Ismael | Badajoz CODAN_EXTREMADURA | 1:08:19 | +32:48 |
| 23 | Guevara Silva, Carlos Humberto | Canarias COCAN | 1:10:24 | +34:53 |
| 24 | Cordobes Suárez, Tegaday | León ALCON | 1:11:58 | +36:27 |
| 25 | Vega Carvajal, Emilio José | Badajoz CODAN_EXTREMADURA | 1:12:18 | +36:47 |
| 26 | Lopez Martín, Diego | Madrid COLMENAR | 1:13:22 | +37:51 |
| 27 | Prieto Jiménez, Adrián | Madrid O-CHARLIES_ORIENTA-T | 1:13:46 | +38:15 |
| 28 | Bengoetxea Gorritxategi, Jon | Vizcaya COBI | 1:15:51 | +40:20 |
| 29 | Pecero López, Julio | Badajoz ALCOR_EXTREMADURA | 1:22:02 | +46:31 |
| 30 | Díaz Lobo, Julian Marco | Badajoz CODAN_EXTREMADURA | 1:23:30 | +47:59 |
| | Díaz Balaguer, Víctor | Alicante COLIVENC | Error en tarj. | |
| | Rufo Contreras, Daniel | Huelva COHU | Error en tarj. | |
| | Pérez De Ayala Recasens, Jose Ignaci | Huelva COHU | Abandona | |
| | Fernández Zorita, Jorge Juan | Madrid GOCAN | Abandona | |
| | González García, Ernesto | Badajoz CODAN_EXTREMADURA | No sale | |
| | Vizcaya Roldán, Eduard | Tarragona MONTSANT | No sale | |
| F-35A (23) | | | | |
| | | | 2,8 km 85 m 13 C | |
| 1 | Martín Iglesias, María José | Madrid MALARRUTA | 28:26 | 0:00 |
| 2 | Garrido Hens, Eva | Madrid NAVALCARNERO_ORIEN | 32:10 | +3:44 |
| 3 | Espadas Martínez, Inma | Alicante COLIVENC | 33:00 | +4:34 |
| 4 | Molina Pérez, María Josefa | Sevilla ADOL | 33:38 | +5:12 |
| 5 | Perez Garcia, Blanca | Madrid COLMENAR | 35:09 | +6:43 |
| 6 | Astigarraga Suarez, Nekane | Madrid COLMENAR | 37:10 | +8:44 |
| 7 | Jiménez Jiménez, Mónica | Madrid IMPERDIBLE | 38:33 | +10:07 |
| 8 | Figueroa Leiro, Mónica | Pontevedra AROMON | 39:22 | +10:56 |
| 9 | Miranda Guerrero, Miriam | Cáceres ALTAIR | 45:16 | +16:50 |
| 10 | Chacon Martínez, Raquel | Murcia MURCIA-O | 48:13 | +19:47 |
| 11 | Puime López López, Candela | Pontevedra VIGOrienta | 52:03 | +23:37 |

| Pos | Nombre | Club | Tiempo | Diff. |
|-------------------|-------------------------------------|------------------------------|----------------|----------|
| F-35A (23) | | 2,8 km 85 m 13 C | (cont.) | |
| 12 | Pérez Alonso, Alicia | Pontevedra AROMON | 57:56 | +29:30 |
| 13 | Rico Arechaederra, Cristina | Vizcaya COBI | 1:05:47 | +37:21 |
| 14 | Méndez Mogollo, Laura | Badajoz ALCOR_EXTREMADURA | 1:42:53 | +1:14:27 |
| | Bello Rodríguez, Olalla | La Coruña GALLAECIA_RAID | Error en tarj. | |
| | Sánchez Oficialdegui, Ainhoa | Valencia CCVALENCIA | Abandona | |
| | Gutiérrez Vallejo, Esther | Madrid GOCAN | Abandona | |
| | Castilla Reyes, Ana | Madrid MONTE_EL_PARDO | Abandona | |
| nc | Viqueira, Andrea | Madrid MALARRUTA | 31:33 | +3:07 |
| nc | Shoemaker, Ashley Danielle | Huelva COHU | 54:55 | +26:29 |
| | Canet Algara, Teresa | Vizcaya COBI | No sale | |
| | Cepeda Ruiz, Marilu | Vizcaya COBI | No sale | |
| | Fernández Reynolds, Victoria | Málaga COMA | No sale | |
| M-40 (59) | | 3,9 km 115 m 18 C | | |
| 1 | Mínguez Viñambres, Alberto | Madrid IMPERDIBLE | 28:49 | 0:00 |
| 2 | Caraça-Valente Hernandez, Juan Pedr | Madrid IMPERDIBLE | 29:39 | +0:50 |
| 3 | Álvarez Serto, Ángel | Pontevedra AROMON | 31:58 | +3:09 |
| 4 | Martínez Cánovas, Salvador | Murcia TOTANA-O | 32:24 | +3:35 |
| 5 | Peñalvo Casero, Juan Carlos | Madrid NAVALCARNERO_ORIEN | 33:38 | +4:49 |
| 6 | Martínez Ruiz, José Manuel | Sevilla ADOL | 33:57 | +5:08 |
| 7 | Ledesma Piedra, Abel | Barcelona CAT-O | 34:55 | +6:06 |
| 8 | Pasión Rodríguez, Pedro | Sevilla SUNO-AND | 35:22 | +6:33 |
| 9 | Pascual Orcajo, Roberto | Navarra CDNAVARRA | 35:25 | +6:36 |
| 10 | García Murcia, José Antonio | Murcia LORCA-O | 35:37 | +6:48 |
| 11 | Montiel Bonmatí, Javier | Alicante UNIVERSIDAD_ALICANT | 37:19 | +8:30 |
| 12 | Gálvez Muñoz, Iván | Málaga COMA | 37:39 | +8:50 |
| 13 | Fernández Casalderrey, Gonzalo | Pontevedra AROMON | 38:02 | +9:13 |
| 14 | Isla Zorita, Daniel | Valladolid COV | 38:14 | +9:25 |
| 15 | Sánchez Miras, Ginés | Murcia TOTANA-O | 39:00 | +10:11 |
| 16 | Arrese Revuelto, David | Badajoz CODAN_EXTREMADURA | 39:13 | +10:24 |
| 17 | Fuente Sanchez, Pedro | Madrid IMPERDIBLE | 40:01 | +11:12 |
| 18 | Casado Mora, Juan Manuel | Granada VELETA | 41:05 | +12:16 |
| 19 | García, Ramon | Madrid IMPERDIBLE | 41:09 | +12:20 |
| 20 | Juan Casillas, José Luis | Alicante COLIVENC | 41:41 | +12:52 |
| 21 | Marco Piqueras, Fernando | Albacete GODIH | 44:08 | +15:19 |
| 22 | Bordonado Romano, Mario | Cádiz FUNDI-O | 45:56 | +17:07 |
| 23 | Figueroa Fernández, Ricardo | Pontevedra AROMON | 46:10 | +17:21 |
| 24 | Manzaneque Estesó, Angel Luis | Ciudad Real MANZANARES-O | 47:26 | +18:37 |
| 25 | Delgado Contreras, Antonio | Córdoba LOS_CALIFAS | 47:37 | +18:48 |
| 26 | Fernández Otero, Oscar | La Coruña GALLAECIA_RAID | 47:39 | +18:50 |
| 27 | Enfedaque Sancho, Pedro | Zaragoza IBON ZARAGOZA | 48:49 | +20:00 |
| 28 | Veleda Díaz, David | Barcelona CAT-O | 48:56 | +20:07 |
| 29 | Fernández Collado, Andres María | Badajoz CODAN_EXTREMADURA | 49:29 | +20:40 |
| 30 | Torres Almagro, Luis | Córdoba LOS_CALIFAS | 50:16 | +21:27 |
| 31 | Álvarez Morón, Gregorio | Sevilla ADOL | 52:46 | +23:57 |
| 32 | Nicolau Gallego, Vicente | Valencia VALENCIA-O | 52:50 | +24:01 |
| 33 | Villaverde López, Hugo | Vizcaya COBI | 53:03 | +24:14 |
| 34 | Falgas Robles, Sergio | Murcia COMN Murcia | 54:40 | +25:51 |
| 35 | Cañada López, Moises | Badajoz BASE DON BENITO | 56:19 | +27:30 |
| 36 | Amat Muñoz, Marc | Barcelona CAT-O | 57:03 | +28:14 |
| 37 | Rodríguez Jiménez, Pedro | Córdoba LOS_CALIFAS | 57:42 | +28:53 |
| 38 | Camblor Quiros, Miguel | La Coruña GALLAECIA_RAID | 1:00:09 | +31:20 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|----------------------------------|-----------------------------|--------------------------|----------------|
| M-40 (59) | | | | |
| | | | 3,9 km 115 m 18 C | (cont.) |
| 39 | Sánchez González, Bernardo | Madrid MONTE_EL_PARDO | 1:02:16 | +33:27 |
| 40 | Nogueras Marentes, Jose Manuel | Lugo FLUVIAL_LUGO | 1:02:30 | +33:41 |
| 41 | Vijande González, Mateo | Madrid MALARRUTA | 1:03:14 | +34:25 |
| 42 | Montero Moya, José Joaquín | Albacete GODIH | 1:04:04 | +35:15 |
| 43 | Corvo Weinbach, Nicolás | Navarra CDNAVARRA | 1:05:00 | +36:11 |
| 44 | Silva Gaspar, Alonso | Badajoz ITACA | 1:14:06 | +45:17 |
| 45 | Varela Rodríguez, Bartolomé | Lugo FLUVIAL_LUGO | 1:20:35 | +51:46 |
| 46 | Banciella Alvaro, Pablo | Asturias ASTUR_EXTREM | 1:25:20 | +56:31 |
| 47 | Beltrán Morales, Santiago | Badajoz ITACA | 1:45:20 | +1:16:31 |
| 48 | Ruiz Gutiérrez, Arturo | Sevilla SUNO-AND | 1:48:27 | +1:19:38 |
| | Naranjo Corrillero, Pedro | Badajoz ALCOR_EXTREMADURA | Error en tarj. | |
| | Barreiro Fernandez, Pablo | Pontevedra AROMON | Error en tarj. | |
| | Martín Carrasco, Sergio | Huelva COHU | Abandona | |
| nc | Gómez Rueda, José Fernando | Alicante ORIENTABONITO | 54:00 | +25:11 |
| nc | Colom Pich, Xavi | Barcelona CAT-O | 1:01:32 | +32:43 |
| | Viladés Jové, Jordi | Barcelona CAT-O | No sale | |
| | Combarro Gallego, Juan | Lugo FLUVIAL_LUGO | No sale | |
| | Fernández Tarifa, Eduardo Jesús | Almería SURCO | No sale | |
| | Lareo Martinez, David | La Coruña ADC_ARNELA | No sale | |
| | Osinaga Beitia, Asier | Guipúzcoa GOT | No sale | |
| | Barja Álvarez, Javier | Badajoz CODAN_EXTREMADURA | No sale | |
| F-40 (35) | | | | |
| | | | 2,6 km 65 m 13 C | |
| 1 | Rabassa Bragulat, Sandra | Barcelona CAT-O | 27:44 | 0:00 |
| 2 | Pizarro Corral, Esther | Badajoz ITACA | 28:43 | +0:59 |
| 3 | Buscart Piñot, Montserrat | Barcelona CAT-O | 31:39 | +3:55 |
| 4 | Cobos Barrera, Enriqueta | Granada VELETA | 33:27 | +5:43 |
| 5 | Amigó Bertrán, Anna | Barcelona CAT-O | 34:38 | +6:54 |
| 6 | Domingo Santos, Natalia | Burgos TJALVE | 36:52 | +9:08 |
| 7 | Martín-Pérez Espinar, Ana | Badajoz BASE DON BENITO | 37:13 | +9:29 |
| 8 | Calvo Segovia, Nuria | Cuenca COMCU | 39:03 | +11:19 |
| 9 | Gavela Ramos, Alba | Burgos TJALVE | 41:04 | +13:20 |
| 10 | García Villanueva, Rosa | Málaga COMA | 42:50 | +15:06 |
| 11 | Porto Vázquez, Rosa | Lugo FLUVIAL_LUGO | 45:19 | +17:35 |
| 12 | Garrido González, Rosana | Badajoz CODAN_EXTREMADURA | 47:14 | +19:30 |
| 13 | Castillo Lajas, Sara | Badajoz ITACA | 47:56 | +20:12 |
| 14 | Aparicio Palomino, Silvia Belen | Ciudad Real MANZANARES-O | 49:52 | +22:08 |
| 15 | Domingo Santos, Bárbara | Burgos TJALVE | 50:36 | +22:52 |
| 16 | Azqueta Quemada, Aize | Madrid IMPERDIBLE | 50:37 | +22:53 |
| 17 | Subiri Díaz, Inmaculada | Zaragoza IBON ZARAGOZA | 52:41 | +24:57 |
| 18 | López Martínez, Carmen Natividad | Almería SURCO | 52:53 | +25:09 |
| 19 | Veiga García, Carlota | Pontevedra AROMON | 53:13 | +25:29 |
| 20 | Cuenca Sandoval, Isabel | Murcia TOTANA-O | 55:16 | +27:32 |
| 21 | Del Campo Moreno, Maria Del Mar | Cuenca COMCU | 58:44 | +31:00 |
| 22 | Fernández Suárez, Luz | Asturias ASTUR_EXTREM | 1:04:57 | +37:13 |
| 23 | Alemán Caballero, Merche | Granada VELETA | 1:06:04 | +38:20 |
| 24 | Zevallos Calizaya, Veronika | Valencia CMCHESTE-O | 1:09:34 | +41:50 |
| 25 | Mesonero Guerra, Piedad | Guadalajara C.O.GUADALAJARA | 1:09:51 | +42:07 |
| 26 | Valencia Alonso, Sara | Madrid IMPERDIBLE | 1:19:11 | +51:27 |
| 27 | Cortés Céspedes, Concepción | Ciudad Real MANZANARES-O | 1:19:54 | +52:10 |
| 28 | Buzo Sanchez, Justa María | Badajoz ITACA | 1:24:17 | +56:33 |
| 29 | Milgroom -, Jessica | Huelva COHU | 1:26:13 | +58:29 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|---------------------------------|------------------------------|----------------|--------|
| F-40 (35) | | 2,6 km 65 m 13 C | (cont.) | |
| nc | Feijoo Escudero, Silvia | Madrid IMPERDIBLE | Error en tarj. | |
| | Kowalski, Rose | Barcelona CAT-O | 35:28 | +7:44 |
| | Borisova, Julia | Sevilla SUNO-AND | No sale | |
| | Carro Mahía, Alejandra | La Coruña ADC_ARNELA | No sale | |
| | Ramos Sánchez, Gertrudis | Sevilla POSEIDÓN | No sale | |
| | Fernández Trujillo, Macarena | Barcelona CAT-O | No sale | |
| M-45 (61) | | 3,5 km 105 m 17 C | | |
| 1 | Casado Bravo, David | La Coruña OP BETANZOS | 27:52 | 0:00 |
| 2 | Salgado Astillero, Pedro | Toledo TOLEDO-O | 29:46 | +1:54 |
| 3 | Serrano Molinero, Ismael | Madrid ESCONDITE-M | 29:57 | +2:05 |
| 4 | Peña Gomez, Arturo Javier | Salamanca CRO | 31:07 | +3:15 |
| 5 | Díaz Alcaide, Samuel | Madrid ALABARDA-O | 33:29 | +5:37 |
| 6 | Urquizu Barasoain, Jorge | Navarra CDNAVARRA | 34:51 | +6:59 |
| 7 | García Wolfrum, Alejandro | Madrid IMPERDIBLE | 35:08 | +7:16 |
| 8 | López Descalzo, Blas | Albacete GODIH | 35:27 | +7:35 |
| 9 | Domínguez Berjón, José | León ALCON | 39:07 | +11:15 |
| 10 | Frontela Mucientes, Ángel | Valladolid COV | 39:18 | +11:26 |
| 11 | Perez Lopez, Jaime | Madrid MALARRUTA | 39:44 | +11:52 |
| 12 | Holguín Campa, Fco Alberto | Sevilla ADOL | 39:59 | +12:07 |
| 13 | Álvarez Blanco, José | Cádiz FUNDI-O | 40:09 | +12:17 |
| 14 | Elhombre López, Angel | Zaragoza IBON ZARAGOZA | 41:44 | +13:52 |
| 15 | Sanz Gatón, David | Valladolid COV | 43:18 | +15:26 |
| 16 | Terán Malia, David | Cádiz FUNDI-O | 43:29 | +15:37 |
| 17 | De La Fuente Palmero, Jose Luis | Toledo TOLEDO-O | 45:15 | +17:23 |
| 18 | González Pena, José Antonio | Málaga COMA | 45:25 | +17:33 |
| 19 | Puche Madrid, José | Albacete GODIH | 46:04 | +18:12 |
| 20 | Ros Perez, Tomas Jose | Murcia MURCIA-O | 48:17 | +20:25 |
| 21 | Bote Rivado, Tomas | Badajoz ITACA | 48:50 | +20:58 |
| 22 | García Martín, Javier | Salamanca OX | 49:05 | +21:13 |
| 23 | Paisán Rodríguez, Rafael | Alicante CEAM_IBI-O | 49:30 | +21:38 |
| 24 | Fernández Souto, José Manuel | Lugo FLUVIAL_LUGO | 49:40 | +21:48 |
| 25 | Pérez Juste, German | Pontevedra U-VIGO | 50:57 | +23:05 |
| 26 | Montalvo Magallón, José Ángel | Zaragoza IBON ZARAGOZA | 52:07 | +24:15 |
| 27 | Jiménez Martínez, Fco. Javier | Málaga COMA | 52:35 | +24:43 |
| 28 | Toledo Navarro, Miguel Angel | Cuenca ORIENTIJOTE | 52:41 | +24:49 |
| 29 | Muñoz Martínez, José Luis | Cuenca COMCU | 53:21 | +25:29 |
| 30 | Piñeiro Portela, Jorge | La Coruña ARTABROS | 53:23 | +25:31 |
| 31 | Rodriguez Silva, Isaac | Pontevedra VIZHOJA-CORNELIOS | 53:44 | +25:52 |
| 32 | Lorenzo Yustos, Héctor | Madrid IMPERDIBLE | 54:11 | +26:19 |
| 33 | Martinez-Almeida Riol, Gabriel | Cádiz FUNDI-O | 55:01 | +27:09 |
| 34 | Flores Ibáñez, Fco. Javier | Badajoz BASE DON BENITO | 55:46 | +27:54 |
| 35 | Gil Nieminen, Niclas | Valencia VALENCIA-O | 56:18 | +28:26 |
| 36 | Alvarez Gonzalez, Alejandro | Madrid COLMENAR | 57:39 | +29:47 |
| 37 | Puertas Melero, Jesús | Granada VELETA | 58:10 | +30:18 |
| 38 | Puertas Ruiz, Luis Gerardo | Palencia ORCA | 58:18 | +30:26 |
| 39 | Villa Solares, Arsenio | Asturias PILOÑA_DEPORTE | 58:40 | +30:48 |
| 39 | Flores García, Mariano | Toledo TOLEDO-O | 58:40 | +30:48 |
| 41 | Pérez Miranda, Alberto | Madrid COLMENAR | 1:01:05 | +33:13 |
| 42 | Dopico Pena, Andres | La Coruña GALLAECIA_RAID | 1:01:44 | +33:52 |
| 43 | Durán García, Miguel Ángel | Madrid MALARRUTA | 1:01:55 | +34:03 |
| 44 | Orea Paris, Carlos | Zaragoza IBON ZARAGOZA | 1:04:21 | +36:29 |
| 45 | Casero Hebrero, Javier | Burgos TJALVE | 1:08:43 | +40:51 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|---------------------------------------|------------------------------|----------------|----------|
| M-45 (61) | | 3,5 km 105 m 17 C | (cont.) | |
| 46 | Higuera Fernández, Juan Antonio | Madrid COLMENAR | 1:09:45 | +41:53 |
| 47 | Garrido Durán, Juan Luis | Sevilla ADOL | 1:23:47 | +55:55 |
| 48 | Lambea Sánchez-Merino, José María | Ciudad Real MANZANARES-O | 1:24:36 | +56:44 |
| 49 | Alvano Casademunt, Darío | Badajoz ITACA | 1:45:37 | +1:17:45 |
| 50 | Gutiérrez Costas, Juan Eugenio | Pontevedra AROMON | 1:46:58 | +1:19:06 |
| | Guerrero Gómez, Antonio | Sevilla ADOL | Error en tarj. | |
| | Rodríguez Dominguez, Francisco Javier | Sevilla MONTELLANO | Error en tarj. | |
| | Parrales Arcenegui, Andrés | Sevilla POSEIDÓN | Abandona | |
| | Boluda Sanchez, Alfonso | Burgos TJALVE | Abandona | |
| nc | Vnuk, Stanislav | Madrid ALABARDA-O | 1:00:54 | +33:02 |
| | Marín Gómez-Nieves, Alejandro | Pontevedra AROMON | No sale | |
| | Lopez Zamorano, Jose Manuel | Alicante SANT_JOAN | No sale | |
| | Camacho García, Manuel | Málaga COMA | No sale | |
| | Pinto Franco, José Martín | Sevilla ADOL | No sale | |
| | Borisov, Maxim | Sevilla SUNO-AND | No sale | |
| | Andreu Mestre, Pedro Jose | Baleares ERMASSETS | No sale | |
| F-45 (47) | | 2,5 km 50 m 13 C | | |
| 1 | Roldán Pareja, Marian | Málaga COMA | 25:03 | 0:00 |
| 2 | Galán Sierra, Cristina | Toledo TOLEDO-O | 27:01 | +1:58 |
| 3 | Isaba Aramendía, Natalia | Navarra NORTE-SUR | 27:43 | +2:40 |
| 4 | Perez Riofrio, Ana | Madrid IMPERDIBLE | 28:13 | +3:10 |
| 5 | López Sepúlveda, Eva | Cádiz FUNDI-O | 29:09 | +4:06 |
| 6 | Guerrero Guerrero, Maria Julia | Badajoz ITACA | 29:21 | +4:18 |
| 7 | Diego Diez, Susana | Navarra CDNAVARRA | 29:58 | +4:55 |
| 8 | Agustín García, M ^a Carmen | Zaragoza IBON ZARAGOZA | 31:06 | +6:03 |
| 9 | Cano Rodríguez, Lourdes | Madrid IBERIA | 32:27 | +7:24 |
| 10 | Pedrero Hartillo, Carmen | Sevilla ADOL | 33:54 | +8:51 |
| 11 | Gómez Serra, Sara | Madrid GOCAN | 37:20 | +12:17 |
| 12 | Blanco Rebull, Ruth | Madrid IBERIA | 38:05 | +13:02 |
| 13 | Tapia Roldan, Eloisa | Granada SRK | 40:02 | +14:59 |
| 14 | Cribellati Figari, Dalila | Granada VELETA | 40:34 | +15:31 |
| 15 | Funes Gambin, Consuelo Remedio | Murcia ALHAMA_COYM | 41:11 | +16:08 |
| 16 | Domínguez Campa, María José | Cádiz FUNDI-O | 41:28 | +16:25 |
| 17 | Megías Peñato, Juliana Estela | Badajoz ALCOR_EXTREMADURA | 43:33 | +18:30 |
| 18 | Jiménez Pérez, M Mercedes | Toledo TOLEDO-O | 45:00 | +19:57 |
| 19 | Monge Gomez, Maria Isabel | Badajoz ITACA | 45:50 | +20:47 |
| 20 | Gómez Naya, Sonia | Lugo FLUVIAL_LUGO | 45:55 | +20:52 |
| 21 | Cuenca Adán, Brígida | Málaga COMA | 47:32 | +22:29 |
| 22 | Ruiz Calzado, Helena | Badajoz ALCOR_EXTREMADURA | 47:58 | +22:55 |
| 23 | Corral Martínez, Encarna | Granada VELETA | 53:02 | +27:59 |
| 24 | Barceló Otalora, María Teresa | Murcia TOTANA-O | 53:05 | +28:02 |
| 25 | Macías Blanco, Inmaculada | Badajoz CODAN_EXTREMADURA | 56:11 | +31:08 |
| 26 | González Fernández, Eva | Granada VELETA | 59:50 | +34:47 |
| 27 | Arenas Rincón, María Inmaculada | Pontevedra VIZHOJA-CORNELIOS | 1:00:36 | +35:33 |
| 28 | Navarro Ruiperez, Carmen | Cuenca ORIENTIJOTE | 1:04:15 | +39:12 |
| 29 | Rodríguez Ortiz, Charo | Sevilla MONTELLANO | 1:05:59 | +40:56 |
| 30 | Marcos Fernández, Patricia | Burgos TJALVE | 1:07:29 | +42:26 |
| 31 | Martínez Milla, Manuela | Granada VELETA | 1:08:47 | +43:44 |
| 32 | Sánchez Marín, María Josefa | Lugo FLUVIAL_LUGO | 1:08:57 | +43:54 |
| 33 | Merino Sainz, Ana Marta | Cantabria CD_ALTAI | 1:10:44 | +45:41 |
| 34 | Moruno Higuero, Elena | Badajoz CODAN_EXTREMADURA | 1:18:49 | +53:46 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|---------------------------------------|------------------------------|----------------|----------|
| F-45 (47) | | 2,5 km 50 m 13 C | (cont.) | |
| 35 | Exposito Alcazar, Beatriz | Huelva COHU | 1:19:38 | +54:35 |
| 36 | De Mera Murillo, Carmen | Badajoz BASE DON BENITO | 1:32:44 | +1:07:41 |
| 37 | Fontana Pérez, María Paloma | Córdoba LOS_CALIFAS | 1:41:13 | +1:16:10 |
| | Cuesta García, Carolina | Madrid MALARRUTA | Error en tarj. | |
| | Muñoz Fernández, Elena | Badajoz CODAN_EXTREMADURA | Error en tarj. | |
| | Núñez Otero, Elia | La Coruña OP BÉTANZOS | Error en tarj. | |
| | Rosales Jiménez, Maria Del Mar | Sevilla MONTELLANO | Error en tarj. | |
| | Carasa Ramon, Silvia | Baleares ERMASSETS | No sale | |
| | Martínez González, Olga | Alicante COLIVENC | No sale | |
| | Muñoz Prieto, María Isabel | Badajoz CODAN_EXTREMADURA | No sale | |
| | Gracia Latorre, Belén | Zaragoza IBON ZARAGOZA | No sale | |
| | Arias Segura, Teresa Helena | Valladolid COV | No sale | |
| | Riaño, Elena | Madrid IMPERDIBLE | No sale | |
| M-50 (66) | | 2,9 km 55 m 14 C | | |
| 1 | García Guerrero, Antonio | Málaga COMA | 20:57 | 0:00 |
| 2 | Rodríguez Enrique, Remigio | Salamanca CRO | 22:10 | +1:13 |
| 3 | Sáez Plaza, Miguel | Granada VELETA | 22:48 | +1:51 |
| 4 | Rescalvo Palomares, Carlos | Jaén VILLACARRILLO | 23:07 | +2:10 |
| 5 | Paricio Peribañez, Jesus | Zaragoza IBON ZARAGOZA | 24:23 | +3:26 |
| 6 | Fornaguera Marín, Joan Ramón | Girona GO-XTREM | 25:54 | +4:57 |
| 7 | Pereira Rivero, Paul | Málaga COMA | 26:05 | +5:08 |
| 8 | Durán Oña, Juan José | Sevilla ADOL | 26:25 | +5:28 |
| 9 | López Pérez, Juan Antonio | Málaga COMA | 26:30 | +5:33 |
| 10 | Rubio Ruiz, Andrés | Granada VELETA | 26:49 | +5:52 |
| 11 | Rodríguez Súnico, José Luis | Cádiz FUNDI-O | 27:49 | +6:52 |
| 12 | Casero Vidal, Oscar | Cáceres ALTAIR | 28:16 | +7:19 |
| 13 | Arranz Muñoz, Rafael | Madrid RUMBO-MADRID_SANSE | 28:40 | +7:43 |
| 14 | Gil Mediavilla, Teófilo | Burgos TJALVE | 28:57 | +8:00 |
| 15 | Batanero Bachiller, José | Guadalajara C.O.GUADALAJARA | 29:50 | +8:53 |
| 16 | Fernández Liria, Cristóbal | Madrid COTA | 29:58 | +9:01 |
| 17 | Gordillo González, Jesús | Cádiz FUNDI-O | 30:25 | +9:28 |
| 18 | Mudarra Castro, José Luis | Granada VELETA | 31:22 | +10:25 |
| 19 | Espigares Diaz, Manuel | Granada SRK | 31:32 | +10:35 |
| 20 | Álvarez Berruezo, Miguel | Madrid RUMBO-MADRID_SANSE | 32:18 | +11:21 |
| 21 | Sanz Balaguer, Carlos | Málaga COMA | 32:47 | +11:50 |
| 22 | Calvo Sanz, Miguel Ángel | Valencia VALENCIA-O | 33:56 | +12:59 |
| 23 | Pascual Sanchez, Cesar | Toledo NAVALCAN-O | 33:58 | +13:01 |
| 24 | Villar Peruga, José Antonio | Albacete BMT CASAS DE VES | 34:43 | +13:46 |
| 25 | Faure Alegre, Raúl | Zaragoza IBON ZARAGOZA | 35:12 | +14:15 |
| 26 | Daví Recasens, Albert | Barcelona CAT-O | 35:15 | +14:18 |
| 27 | Mármol López, Manuel Jesús | Sevilla MONTELLANO | 35:33 | +14:36 |
| 28 | Guardado Coron, José Félix | Badajoz CODAN_EXTREMADURA | 35:39 | +14:42 |
| 29 | González Ballesteros, Jose Antonio | Ciudad Real MANZANARES-O | 35:46 | +14:49 |
| 30 | Fernández Pastor, Joaquín | Cádiz FUNDI-O | 35:50 | +14:53 |
| 31 | Suarez Garcia, Francisco | Asturias LA_BRUJULA_- _JAIRE | 36:01 | +15:04 |
| 31 | Borrego Bermejo, Óscar | Badajoz ITACA | 36:01 | +15:04 |
| 33 | Ullibarri Zeanuri, Josu Iñaki | Vizcaya COBI | 36:03 | +15:06 |
| 34 | Prieto García, José Manuel | Madrid MALARRUTA | 37:37 | +16:40 |
| 35 | Alonso De La Torre Núñez, Carlos Enri | Badajoz ALCOR_EXTREMADURA | 37:52 | +16:55 |
| 36 | Calderón Garcia-Diego, Fernando | Sevilla ADOL | 39:29 | +18:32 |
| 37 | Galera Ucles, Ventura | Alicante CEAM_IBI-O | 40:06 | +19:09 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|--------------------------------------|-----------------------------|----------------|--------|
| M-50 (66) | | 2,9 km 55 m 14 C | (cont.) | |
| 38 | Moriana Muñoz, Lucas | Granada VELETA | 41:06 | +20:09 |
| 39 | Moran Muñoz, Claudio | Madrid ADYRON | 41:25 | +20:28 |
| 40 | Garrido Mudarra, José Luis | Granada VELETA | 42:04 | +21:07 |
| 41 | Ginés Morales, Emilio | Sevilla POSEIDÓN | 42:14 | +21:17 |
| 42 | Solis Izquierdo, Manuel | Sevilla ADOL | 43:43 | +22:46 |
| 43 | López Costoya, Francisco Javier | La Coruña OP BETANZOS | 45:03 | +24:06 |
| 44 | Fernández Baldellou, Sergi | Barcelona CAT-O | 49:09 | +28:12 |
| 45 | Virgili Arumi, Jordi | Barcelona CAT-O | 49:56 | +28:59 |
| 46 | Rodríguez Macías, Isidro Jesús | Cáceres VIA_PLATA | 51:20 | +30:23 |
| 47 | Carrillo Recio, José Antonio | Toledo TOLEDO-O | 53:28 | +32:31 |
| 48 | Tamarit Villarroya, Juan José | Valencia VALENCIA-O | 55:01 | +34:04 |
| 49 | Aller Estévez, Pablo Adrián | Orense TREVINCA | 56:08 | +35:11 |
| 50 | Jiménez-Ridruejo Ayuso, Francisco Ja | Cáceres ALTAIR | 1:02:40 | +41:43 |
| 51 | Megías Gómez, Jesús | Cuenca ORIENTIJOTE | 1:05:43 | +44:46 |
| 52 | Díaz Marco, Antonio | Albacete GODIH | 1:13:57 | +53:00 |
| | Vila Ramiro, Juan | Cádiz FUNDI-O | Error en tarj. | |
| | Lázaro Estevan, Felipe | Alicante ALICANTE-O | Error en tarj. | |
| nc | Binder, Gert Michael | Madrid MALARRUTA | 36:30 | +15:33 |
| | Roldán García, Miguel | Albacete BMT CASAS DE VES | No sale | |
| | Rubio Domingo, Enrique | Madrid IMPERDIBLE | No sale | |
| | Fernández Murúa, Arturo | Zaragoza IBON ZARAGOZA | No sale | |
| | Rodríguez Macías, Miguel Ángel | Madrid RUMBO-MADRID_SANSE | No sale | |
| | Perez Urda, Gregorio | Ciudad Real MANZANARES-O | No sale | |
| | Serra Bartual, Eduardo | Castellón SIMEPIERDO | No sale | |
| | Benito Mozo, Emilio | Cádiz ALMADRABA | No sale | |
| | Barcia Hernández, José Enrique | Madrid O-GETAFE | No sale | |
| | Jiménez Martín, Antonio | Granada VELETA | No sale | |
| | Trejo Paz, Carlos | Badajoz CODAN_EXTREMADURA | No sale | |
| | Benítez Benítez, Carlos Enrique | Ciudad Real O-CIUDAD_REAL | No sale | |
| F-50 (49) | | 2,4 km 55 m 11 C | | |
| 1 | Martín Del Río, Ana María | Málaga COMA | 25:02 | 0:00 |
| 2 | Del Campo Campo, Cristina | Madrid MALARRUTA | 27:01 | +1:59 |
| 3 | Herrero Vinader, Joaquina | Albacete GODIH | 27:53 | +2:51 |
| 4 | Lahoz Ruano, M ^a Dolores | Sevilla ADOL | 28:07 | +3:05 |
| 5 | Crespo Quindos, Begoña | Pontevedra U-VIGO | 30:51 | +5:49 |
| 6 | Sanjaume Parés, Rosa M. | Barcelona CAT-O | 31:13 | +6:11 |
| 7 | Blanco Cantero, Malen | Zamora ZAMORA-O | 31:27 | +6:25 |
| 8 | Barrera Fuertes, Carmen | Madrid IMPERDIBLE | 34:12 | +9:10 |
| 9 | Pérez González, Yolanda | Huelva COHU | 34:15 | +9:13 |
| 10 | Arroyo Martín, Blanca | Cádiz ALMADRABA | 35:26 | +10:24 |
| 11 | Rodríguez Rodríguez, Paloma | Granada VELETA | 36:42 | +11:40 |
| 12 | García García, Mercedes | Madrid MALARRUTA | 36:49 | +11:47 |
| 13 | Prada Cazorla, Ana María | Madrid O-GETAFE | 37:37 | +12:35 |
| 14 | Solé Boronat, Gemma | Tarragona MONTSANT | 38:09 | +13:07 |
| 15 | Merino Hernantes, Maria José | Asturias ASTUR_EXTREM | 38:11 | +13:09 |
| 16 | Batanero Bachiller, Luzma | Guadalajara C.O.GUADALAJARA | 38:41 | +13:39 |
| 17 | Granado Sánchez, María Del Encina | Badajoz CODAN_EXTREMADURA | 40:47 | +15:45 |
| 18 | Fernández Vidrié, María Del Mar | Sevilla ADOL | 42:56 | +17:54 |
| 19 | García Rica, Ana | Zaragoza IBON ZARAGOZA | 43:06 | +18:04 |
| 20 | Prieto Bey, Carmen | Cádiz FUNDI-O | 44:41 | +19:39 |
| 21 | Serrallonga Gasch, Maida | Barcelona CAT-O | 45:07 | +20:05 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|-------------------------------------|------------------------------|------------------|--------|
| F-50 (49) | | 2,4 km 55 m 11 C | (cont.) | |
| 22 | Torres Romano, Maite | Guadalajara C.O.GUADALAJARA | 45:16 | +20:14 |
| 23 | Peñas Manchón, María | Murcia LORCA-O | 45:31 | +20:29 |
| 24 | Martínez García, Marta | Cuenca ORIENTIJOTE | 45:52 | +20:50 |
| 25 | Pico González, Gloria | Cáceres ALTAIR | 47:12 | +22:10 |
| 26 | Nieto Calvo, Pilar | Toledo NAVALCAN-O | 48:56 | +23:54 |
| 27 | Martin García, Esther | Madrid O-CHARLIES_ORIENTA-T | 49:11 | +24:09 |
| 28 | Serrano Rico, Isabel | Sevilla ADOL | 49:33 | +24:31 |
| 29 | Martinez Tomé, Mireia | Barcelona CAT-O | 51:08 | +26:06 |
| 30 | Iglesias Junzalvos, Ana | Pontevedra U-VIGO | 52:46 | +27:44 |
| 31 | Torres Sanz, Carmen Elvira | Cáceres ALTAIR | 54:51 | +29:49 |
| 32 | Escudero Pelayo, Elena | Palencia ORCA | 55:09 | +30:07 |
| 33 | Serrano Bermejo, Susana | Murcia ALHAMA_COYM | 55:11 | +30:09 |
| 34 | Alvarez Velicia, M ^a Paz | Asturias LA_BRUJULA_- _JAIRE | 56:31 | +31:29 |
| 35 | Fernández Morro, Isabel | Cádiz FUNDI-O | 1:01:12 | +36:10 |
| 36 | Herreros Valiente, Ana | Albacete GODIH | 1:01:32 | +36:30 |
| 37 | Guerrero Ruiz, Carmen | Cádiz FUNDI-O | 1:19:10 | +54:08 |
| 38 | Olive Boque, Nuria | Barcelona CAT-O | 1:21:02 | +56:00 |
| | Suárez Murillo, Cristina | Madrid GOCAN | Fuera de control | |
| | Pérez Redondo, Teresa Angeles | Málaga COMA | Error en tarj. | |
| | Sola Bautista, Juani | Alicante CEAM_IBI-O | Error en tarj. | |
| | Galan Berrocal, Carolina | Badajoz CODAN_EXTREMADURA | Error en tarj. | |
| | Armisen Sáenz De Cenzano, Marta | Soria NVALENO-O | Error en tarj. | |
| | Garrigós Martínez, Pilar | Alicante CEAM_IBI-O | Error en tarj. | |
| | Delgado Valiente, Eva | Badajoz CODAN_EXTREMADURA | Error en tarj. | |
| | Miranda Pellecín, Aurora | Sevilla ADOL | Abandona | |
| | Reyes Costa, Lola | Castellón SIMEPIERDO | No sale | |
| | González Bello, Concepción | Lugo FLUVIAL_LUGO | No sale | |
| | Muñoz Gomez, Rami | Albacete BMT CASAS DE VES | No sale | |
| M-55 (37) | | 2,6 km 70 m 13 C | | |
| 1 | Simón Santamaría, Daniel | Zamora ZAMORA-O | 19:56 | 0:00 |
| 2 | Montero Fernández, Francisco Javier | Albacete GODIH | 20:06 | +0:10 |
| 3 | Pozo Ortiz, Juan | Madrid O-GETAFE | 20:53 | +0:57 |
| 4 | Bores Calle, Nicolás Julio | Palencia ORCA | 22:42 | +2:46 |
| 5 | Checa Blas, Fernando | Álava COAraba | 22:43 | +2:47 |
| 6 | Ramos Román, José Ángel | Sevilla ADOL | 22:54 | +2:58 |
| 7 | Corral Martínez, Jose Fermín | Madrid GOCAN | 24:29 | +4:33 |
| 8 | Stangegaard Bjergby, Martin | Málaga COMA | 24:53 | +4:57 |
| 9 | Nieto Poblete, José Ángel | Ciudad Real O-CIUDAD_REAL | 26:15 | +6:19 |
| 10 | Parrilla Gil, Manuel | Sevilla ADOL | 26:52 | +6:56 |
| 11 | Varela Lorenzo, Francisco | Lugo FLUVIAL_LUGO | 27:39 | +7:43 |
| 12 | Tordera Ovejero, Vicente | Toledo TOLEDO-O | 28:04 | +8:08 |
| 13 | Villar Martinez, Pedro | Zaragoza IBON ZARAGOZA | 28:35 | +8:39 |
| 14 | Millán Cases, Fernando | Zaragoza IBON ZARAGOZA | 32:46 | +12:50 |
| 15 | Fuertes González, Enrique | Pontevedra U-VIGO | 33:32 | +13:36 |
| 16 | Santabábara Lambea, Alberto | Zaragoza IBON ZARAGOZA | 33:45 | +13:49 |
| 17 | Abad Vives, Carles | Pontevedra U-VIGO | 35:44 | +15:48 |
| 18 | Parejo Pozo, Marco Antonio | Cádiz ALMADRABA | 36:51 | +16:55 |
| 19 | Armada Luaces, José Luís | Pontevedra U-VIGO | 38:02 | +18:06 |
| 20 | Marcos Marcos, Roberto | Asturias ASTUR_EXTREM | 40:22 | +20:26 |
| 21 | Extraviz González, Francisco José | Cádiz FUNDI-O | 42:37 | +22:41 |
| 22 | Saz Alcubierre, Luis Fernando | Zaragoza IBON ZARAGOZA | 43:00 | +23:04 |

| Pos | Nombre | Club | Tiempo | Diff. |
|------------------|----------------------------------|-----------------------------|----------------|--------|
| M-55 (37) | | 2,6 km 70 m 13 C | (cont.) | |
| 23 | Milvaques Antolí, José Antonio | Valencia CMCHESTE-O | 44:26 | +24:30 |
| 24 | García Martínez, Manuel Gregorio | Sevilla ADOL | 45:23 | +25:27 |
| 25 | Zorrilla Manzano, Luis Antonio | Madrid O-CHARLIES_ORIENTA-T | 48:23 | +28:27 |
| 26 | Barceló Otalora, Fermín | Murcia TOTANA-O | 48:28 | +28:32 |
| 27 | Guijo García, Jesús | Cáceres VIA_PLATA | 53:41 | +33:45 |
| 28 | Aballe Villero, Miguel Ángel | Cádiz FUNDI-O | 55:41 | +35:45 |
| 29 | Rodríguez Pérez, Oscar | Ciudad Real MANZANARES-O | 1:03:40 | +43:44 |
| | Gago Pereira, José | Badajoz CODAN_EXTREMADURA | Error en tarj. | |
| | Landa Barceló, Carlos | Granada VELETA | Error en tarj. | |
| nc | Wirén, Mikael | Madrid MALARRUTA | 21:44 | +1:48 |
| | González Brasero, Juan Carlos | Albacete BMT CASAS DE VES | No sale | |
| | García Rodríguez, Eladio | Asturias CASTROPOL_DEPORT | No sale | |
| | Jiménez Romero, Jesús | Madrid IMPERDIBLE | No sale | |
| | Peñarando Galván, Toni | Madrid RUMBO-MADRID_SANSE | No sale | |
| | Martín De Los Ríos Rodrí, Luis | Toledo TOLEDO-O | No sale | |
| F-55 (13) | | 2,1 km 25 m 10 C | | |
| 1 | Sánchez Martínez, Antonia | Alicante COLIVENC | 31:00 | 0:00 |
| 2 | Casadó Tarin, Rosa | Valencia CMCHESTE-O | 39:32 | +8:32 |
| 3 | Corrochano Galán, Alfonso | Ciudad Real MANZANARES-O | 40:39 | +9:39 |
| 4 | Moreno Santos, Rosario | Cádiz FUNDI-O | 41:20 | +10:20 |
| 5 | Alonso Fernández, María | Cáceres VIA_PLATA | 42:55 | +11:55 |
| 6 | Muñoz Vélez, Eloisa | Cádiz FUNDI-O | 44:07 | +13:07 |
| 7 | Alonso Fernández, Maria Dolores | Cáceres VIA_PLATA | 55:03 | +24:03 |
| 8 | Carruesco Marquina, Azucena | Zaragoza IBON ZARAGOZA | 1:03:20 | +32:20 |
| 9 | Díaz Rodríguez, Yolanda | Pontevedra AROMON | 1:11:24 | +40:24 |
| | López Mora, Lola | Sevilla ADOL | Error en tarj. | |
| | García Madrid, Ángeles | Madrid C.D.C.E.B.E. | No sale | |
| | Serra Bartual, Paquí | Castellón SIMEPIERDO | No sale | |
| | Dastis Bendala, Isabel | Sevilla ADOL | No sale | |
| M-60 (21) | | 2,4 km 65 m 11 C | | |
| 1 | Olivares Morilla, Antonio José | Córdoba LOS_CALIFAS | 18:31 | 0:00 |
| 2 | Guillen Santamaría, Santi | Girona GO-XTREM | 20:59 | +2:28 |
| 3 | Miranda Blasco, Juan Carlos | Madrid APU-O | 22:06 | +3:35 |
| 4 | Gil Poveda, Antonio | Alicante COLIVENC | 23:09 | +4:38 |
| 5 | Mayol Clemente, Pedro | Murcia MURCIA-O | 24:29 | +5:58 |
| 6 | Gil Poveda, Jesús | Alicante COLIVENC | 24:50 | +6:19 |
| 7 | Pérez Martín, Santiago Guiller | Málaga COMA | 25:18 | +6:47 |
| 8 | Vega Cano, José Luis | Badajoz CODAN_EXTREMADURA | 26:39 | +8:08 |
| 9 | García Salazar, Juan Francisco | Sevilla ADOL | 27:26 | +8:55 |
| 10 | Sánchez Pérez, José Ramón | Alicante VILLENA-O | 27:46 | +9:15 |
| 11 | Báscones Huertas, José Luis | Madrid C.D.C.E.B.E. | 29:07 | +10:36 |
| 12 | García Grinda, Miguel Ángel | Sevilla ADOL | 30:32 | +12:01 |
| 13 | Mier Rodríguez, Jesús | Cádiz FUNDI-O | 33:14 | +14:43 |
| 14 | Cobas López, José Luis | Madrid C.D.C.E.B.E. | 33:50 | +15:19 |
| 15 | Parga Andón, Pedro | Lugo FLUVIAL_LUGO | 38:31 | +20:00 |
| 16 | Castellano Orozco, José María | Sevilla ADOL | 38:32 | +20:01 |
| 17 | Bóveda Otegi, Alberto | Vizcaya COBI | 40:26 | +21:55 |
| 18 | Hueltes Díaz, Juan Antonio | Granada VELETA | 53:45 | +35:14 |
| nc | Fossez -, Claude | Castellón SIMEPIERDO | 35:25 | +16:54 |

| Pos | Nombre | Club | Tiempo | Diff. |
|---|--|------------------------------|---------|--------|
| M-60 (21) 2,4 km 65 m 11 C (cont.) | | | | |
| | Gil Villena, Félix Alfonso | Málaga COMA | No sale | |
| | Del Moral Durá, Santiago | Alicante UNIVERSIDAD_ALICANT | No sale | |
| F-60 (6) 1,9 km 25 m 9 C | | | | |
| 1 | Saavedra Martínez, M ^a Elena | Sevilla ADOL | 38:18 | 0:00 |
| 2 | Carrascosa Baeza, M ^a Covadonga | Cuenca COMCU | 48:57 | +10:39 |
| 3 | Prieto Lozano, Josefa | Sevilla ADOL | 1:01:52 | +23:34 |
| 4 | Sánchez Monteseirín, Herminia | Sevilla ADOL | 1:32:36 | +54:18 |
| nc | Barclay, Judy | Cádiz FUNDI-O | 38:17 | -0:01 |
| | Brotos Sanchís, Amparo | Alicante COLIVENC | No sale | |
| M-65 (3) 2,0 km 25 m 11 C | | | | |
| 1 | Font García, José | Valencia VALENCIA-O | 27:51 | 0:00 |
| 2 | García Rodríguez, Antonio Cayetano | Granada VELETA | 29:32 | +1:41 |
| 3 | Rodríguez Montoro, Antonio | Granada VELETA | 33:05 | +5:14 |
| F-65 (3) 1,8 km 15 m 9 C | | | | |
| 1 | Cardona Gálvez, Encarnación | Granada VELETA | 43:05 | 0:00 |
| 2 | Perona Morales, Carmen | Valencia VALENCIA-O | 52:37 | +9:32 |
| 3 | Galdón Delgado, Amalia | Castellón SIMEPIERDO | 1:08:17 | +25:12 |
| M-70 (2) 1,8 km 15 m 8 C | | | | |
| 1 | Enfedaque Echevarria, Tomas | Zaragoza IBON ZARAGOZA | 36:22 | 0:00 |
| 2 | Jiménez Piano, Francisco Javier | Málaga COMA | 1:04:48 | +28:26 |
| M-16/18 (6) 3,0 km 80 m 13 C | | | | |
| 1 | Galera Sola, German | Alicante CEAM_IBI-O | 28:36 | 0:00 |
| 2 | Martínez-Almeida Guerrer, Alejandro | Cádiz FUNDI-O | 1:05:54 | +37:18 |
| 3 | Martín Helguera, Jesús | Cádiz FUNDI-O | 1:10:03 | +41:27 |
| 4 | Donaire Sánchez, Javier | Badajoz ITACA | 1:17:57 | +49:21 |
| | Roldán Muñoz, Miguel | Albacete BMT CASAS DE VES | No sale | |
| | Pérez Cantero, Daniel | Cádiz FUNDI-O | No sale | |
| F-16/18 (5) 2,8 km 80 m 11 C | | | | |
| 1 | Oropeza Ruiz, Adriana Macarena | Málaga COMA | 36:38 | 0:00 |
| 2 | Saiz Onate, Maria Isabel | Cuenca ORIENTIJOTE | 36:40 | +0:02 |
| 3 | Díaz Prado, Carla | Lugo FLUVIAL_LUGO | 49:33 | +12:55 |
| 4 | Rodríguez Vega, Irene | Cádiz FUNDI-O | 53:31 | +16:53 |
| | Jiménez Espeso, Elena | Madrid IMPERDIBLE | No sale | |
| M-21A (24) 4,2 km 105 m 21 C | | | | |
| 1 | Mérida Sanchís, Juan Manuel | Alicante UNIVERSIDAD_ALICANT | 33:39 | 0:00 |
| 2 | Catalán García, Samuel | Alicante VILLENA-O | 36:50 | +3:11 |
| 3 | Aaltio, Olli | Granada VELETA | 40:09 | +6:30 |
| 4 | Camacho Parrado, Manuel | Sevilla MONTELLANO | 40:31 | +6:52 |
| 5 | Monasterio Campillo, Mikel | Vizcaya COBI | 40:43 | +7:04 |
| 6 | Peñas Moreno, Pedro | Badajoz CODAN_EXTREMADURA | 41:03 | +7:24 |

| Pos | Nombre | Club | Tiempo | Diff. |
|-------------------|--------------------------------------|------------------------------|----------------|--------|
| M-21A (24) | | 4,2 km 105 m 21 C | (cont.) | |
| 7 | Saz Segovia, Pablo | Zaragoza IBON ZARAGOZA | 41:15 | +7:36 |
| 8 | Urién Pérez, Saúl | Cádiz FUNDI-O | 43:15 | +9:36 |
| 9 | García Calado, Alberto José | Valencia VALENCIA-O | 44:46 | +11:07 |
| 10 | Bautista De La Concepció, Juan Pablo | Badajoz CODAN_EXTREMADURA | 46:11 | +12:32 |
| 11 | González García, Javier | Guadalajara C.O.GUADALAJARA | 47:46 | +14:07 |
| 12 | Rodríguez González, Hugo | Salamanca CRO | 50:06 | +16:27 |
| 13 | Álvarez Dorado, Manuel | Cádiz FUNDI-O | 51:14 | +17:35 |
| 14 | Pellicer De Juan, Eduardo | Valencia VALENCIA-O | 51:28 | +17:49 |
| 15 | Espinosa Bajo, Andreu | Alicante SANT_JOAN | 53:31 | +19:52 |
| 16 | Población Criado, David | Valladolid COV | 1:02:00 | +28:21 |
| 17 | Tejero Rioseras, Alberto | Valladolid COV | 1:14:20 | +40:41 |
| 18 | Calderón Pujante, Natanael | Murcia COMN Murcia | 1:24:32 | +50:53 |
| 19 | Trías Martínez, Juan | Madrid ESCONDITE-M | 1:32:00 | +58:21 |
| | Martinez Pineda, Jonatan | Murcia MURCIA-O | Error en tarj. | |
| | Guerreiro Lopez, Adrian | Madrid GOCAN | No sale | |
| | Tordera Moreno-Tomé, Jaime | Toledo TOLEDO-O | No sale | |
| | Estéban Miguel, Jonathan | Badajoz CODAN_EXTREMADURA | No sale | |
| | Martín García, Miguel Ángel | Badajoz CODAN_EXTREMADURA | No sale | |
| F-21A (19) | | 2,9 km 85 m 14 C | | |
| 1 | Marti Barclay, Victoria | Cádiz FUNDI-O | 31:37 | 0:00 |
| 2 | Rojas Jiménez, Elena | Madrid ALABARDA-O | 32:24 | +0:47 |
| 3 | Madoz De Vidal, Nerea | Cádiz FUNDI-O | 33:24 | +1:47 |
| 4 | Pérez Fernández, Marta | Valladolid COV | 35:12 | +3:35 |
| 5 | Saz Segovia, Sara | Zaragoza IBON ZARAGOZA | 37:41 | +6:04 |
| 6 | Gil Marcos, María | Burgos TJALVE | 38:43 | +7:06 |
| 7 | Otero Domínguez, Cristina | Almería SURCO | 39:27 | +7:50 |
| 8 | Speth, Csilla | Alicante UNIVERSIDAD_ALICANT | 39:59 | +8:22 |
| 9 | Garrido Osuna, María | Málaga COMA | 44:37 | +13:00 |
| 10 | Quiles López, Patri | Sevilla MONTELLANO | 45:42 | +14:05 |
| 11 | Mayol Viudez, Paula | Murcia MURCIA-O | 48:17 | +16:40 |
| 12 | Manzano Mohedano, María | Madrid ESCONDITE-M | 52:56 | +21:19 |
| 13 | Gómez Iturrate, Nuria | Vizcaya COBI | 53:24 | +21:47 |
| 14 | Navarrete Sánchez, Herminia | Sevilla ADOL | 59:40 | +28:03 |
| 15 | Gracia Zafra, Laura | Zaragoza ZALAGARDA | 1:01:31 | +29:54 |
| 16 | Gago Macías, Marta | Badajoz CODAN_EXTREMADURA | 1:03:20 | +31:43 |
| | Guardado Granado, Irene | Badajoz CODAN_EXTREMADURA | No sale | |
| | Jiménez Rodríguez, María | Granada VELETA | No sale | |
| | Sena Lozano, Ana Maria | Almería SURCO | No sale | |
| M-21B (14) | | 3,3 km 90 m 15 C | | |
| 1 | Alonso Morán, Cristian | Madrid ALABARDA-O | 35:32 | 0:00 |
| 2 | Carrera Cuenca, Iván | Málaga COMA | 41:09 | +5:37 |
| 3 | Pérez Felipe, Juan Ramón | Albacete GODIH | 46:17 | +10:45 |
| 4 | Gadea Martí, Hector | Valencia VALENCIA-O | 48:20 | +12:48 |
| 5 | García Molina, Pedro | Albacete GODIH | 49:48 | +14:16 |
| 6 | Piatek Rzeznik, Jakub | Zaragoza IBON ZARAGOZA | 51:50 | +16:18 |
| 7 | Ramos Abelaira, Iván | Orense TREVINCA | 55:56 | +20:24 |
| 8 | Chamorro Garcia, Abel | Pontevedra AROMON | 1:15:53 | +40:21 |
| 9 | Gonzalez Guerrero, Israel | Badajoz ITACA | 1:28:55 | +53:23 |
| | Rubio Gómez, José | Salamanca CRO | Abandona | |

| Pos | Nombre | Club | Tiempo | Diff. |
|-------------------|-----------------------------------|-----------------------------|----------------|----------|
| M-21B (14) | | 3,3 km 90 m 15 C | <i>(cont.)</i> | |
| | Llorente Blanco, Juan Miguel | Badajoz ROMANS RAIDERS | No sale | |
| | Aguilar Lara, Alejandro | Málaga COMA | No sale | |
| | De La Mata Aller, Cesar | León ALCON | No sale | |
| | Trigueros Sagrado, Jaime | Sevilla ADOL | No sale | |
| F-21B (16) | | 2,7 km 85 m 14 C | | |
| 1 | Pellicer De Juan, Eva | Valencia VALENCIA-O | 41:43 | 0:00 |
| 2 | Franco Lozada, Nieves | Sevilla MONTELLANO | 43:44 | +2:01 |
| 3 | Jimenez Ruperez, Barbara | Burgos TJALVE | 48:20 | +6:37 |
| 4 | Menéndez Freire, Eden | Málaga COMA | 50:43 | +9:00 |
| 5 | Hueltes Vega, Laura | Granada VELETA | 52:35 | +10:52 |
| 6 | Marco Piqueras, Carmen | Albacete GODIH | 1:16:01 | +34:18 |
| 7 | Vizcaino Millan, Mamen | Albacete GODIH | 1:49:30 | +1:07:47 |
| | Martínez Pedro, Mariví | Valencia VALENCIA-O | Error en tarj. | |
| | Fernández Godoy, Cristina Del Roc | Málaga COMA | Error en tarj. | |
| | Camacho Garcia, Lucia | Málaga COMA | Error en tarj. | |
| | Álvarez Robles, Caty | Badajoz ITACA | Error en tarj. | |
| | Cárdenas Fernández, Irene | Málaga COMA | Abandona | |
| | Aballe Prieto, Irene | Cádiz FUNDI-O | Abandona | |
| | López Dacosta, Cristina | La Coruña GALLAECIA_RAID | No sale | |
| | Losada Moreno, Guadalupe | Toledo TOLEDO-O | No sale | |
| | Rentero Vargas, Begoña | Granada VELETA | No sale | |
| M-35B (27) | | 3,0 km 75 m 14 C | | |
| 1 | López Andreo, Julian | Murcia TOTANA-O | 28:42 | 0:00 |
| 2 | Zurita Ortiz, Benito | Murcia COMN Murcia | 29:21 | +0:39 |
| 3 | Sáez García, Francisco | Albacete GODIH | 30:55 | +2:13 |
| 4 | Rolland Lopez De Coca, Enrique | Sevilla MONTELLANO | 32:03 | +3:21 |
| 5 | Gil De La Vega, Félix | Málaga COMA | 34:33 | +5:51 |
| 6 | Mulero González, Jesús | Málaga COMA | 35:49 | +7:07 |
| 7 | Monseco Montes, Roberto | Madrid O-CHARLIES_ORIENTA-T | 36:52 | +8:10 |
| 8 | Gómez Rodriguez, Felipe | Málaga COMA | 37:07 | +8:25 |
| 9 | Heikoop, Mark | Barcelona CAT-O | 39:26 | +10:44 |
| 10 | Cordón Pérez, Raúl | Murcia MURCIA-O | 40:26 | +11:44 |
| 11 | Oropeza Veracieto, Yury Leonardo | Málaga COMA | 44:46 | +16:04 |
| 12 | Sánchez García, Raimundo Jesús | Albacete GODIH | 45:23 | +16:41 |
| 13 | Pérez Manzano, Rubén | Cádiz FUNDI-O | 47:33 | +18:51 |
| 14 | Alcaide Vives, Javier | Málaga COMA | 53:01 | +24:19 |
| 15 | Navarro Lucas, Amador | Albacete GODIH | 58:06 | +29:24 |
| 16 | Gallo Arranz, Miguel Angel | Burgos CORZO | 1:01:46 | +33:04 |
| 17 | Martínez Padilla, Jorge | Cáceres LA SIERRA | 1:04:32 | +35:50 |
| 18 | Martínez Sanz, David | Madrid IBERIA | 1:08:52 | +40:10 |
| 19 | Santos Vilchez, Ángel | Badajoz ROMANS RAIDERS | 1:10:29 | +41:47 |
| 20 | Mena Raposo, Jose | Sevilla ADOL | 1:18:06 | +49:24 |
| 21 | Martín Villacañas, José Antonio | Cádiz FUNDI-O | 1:26:03 | +57:21 |
| | Gómez Ibáñez, Juan Miguel | Albacete GODIH | Error en tarj. | |
| | Arranz Rodríguez, Nicolás | Burgos CORZO | Abandona | |
| | López Ruiz, Ramón | Murcia AGUILAS-O | No sale | |
| | Delgado Alfaro, Francisco | Albacete GODIH | No sale | |
| | Reguera Reguera, Francisco Javier | Sevilla MONTELLANO | No sale | |
| | Romero Cañete, Francisco Javier | Albacete BMT CASAS DE VES | No sale | |

| Pos | Nombre | Club | Tiempo | Diff. | |
|-------------------|------------------------------------|-----------------------------|----------------|-------------|------------|
| F-35B (21) | | | | | |
| | | | 2,5 km | 65 m | 9 C |
| 1 | Redondo Martinez, Beatriz | Cádiz FUNDI-O | 34:07 | 0:00 | |
| 2 | Sánchez García, Rosa María | Albacete GODIH | 39:44 | +5:37 | |
| 3 | Lopez Regidor, Laura | Madrid O-CHARLIES_ORIENTA-T | 41:20 | +7:13 | |
| 4 | Ferri García, María Del Mar | Almería SURCO | 44:34 | +10:27 | |
| 5 | Cantos Gómez, Esther | Albacete GODIH | 44:47 | +10:40 | |
| 6 | Garcia Corrochano, Vanessa | Madrid O-CHARLIES_ORIENTA-T | 45:38 | +11:31 | |
| 7 | Cantero Jiménez, Virginia | Cádiz FUNDI-O | 46:29 | +12:22 | |
| 8 | González Fernández, Elena | Granada VELETA | 56:59 | +22:52 | |
| 9 | Monsalve Collado, Nines | León ALCON | 1:00:13 | +26:06 | |
| 10 | Cascajo Almenara, Mariví | Sevilla ADOL | 1:00:31 | +26:24 | |
| 11 | Escamilla Yélamos, Ana Belén | Almería SURCO | 1:00:57 | +26:50 | |
| 12 | Calatayud Pujalte, María Del Mar | Albacete GODIH | 1:04:45 | +30:38 | |
| 13 | Ramos Aventura, Pilar | Badajoz ITACA | 1:07:44 | +33:37 | |
| 14 | Baquero Noriego, Solmari | Badajoz ITACA | 1:17:30 | +43:23 | |
| 15 | Armero García, Josefina | Albacete GODIH | 1:26:11 | +52:04 | |
| 16 | Castro Trujillo, Lucia | Granada VELETA | 1:29:49 | +55:42 | |
| 17 | Helguera De Deus, María Del Carmen | Cádiz FUNDI-O | 1:32:20 | +58:13 | |
| | Fernández Leñador, Cristina | Madrid MONTE_EL_PARDO | Error en tarj. | | |
| | Górriz Camarasa, Inma | Albacete BMT CASAS DE VES | Error en tarj. | | |
| | Navarro Servat, Elena | Albacete BMT CASAS DE VES | No sale | | |
| | Guerra Dominguez, Elena Maria | Córdoba LOS_CALIFAS | No sale | | |