

Difícil (20)		Tiempo	6,4 km 21 C													
Pos	Dorsal Nombre		1(31) 15(43)	2(32) 16(44)	3(33) 17(45)	4(34) 18(46)	5(35) 19(39)	6(36) 20(47)	7(37) 21(48)	8(49) Meta	9(50)	10(38)	11(39)	12(40)	13(41)	14(42)
1	Raul Ferra Murcia Lorca-o	45:26	1:41 1:41 33:54	3:35 1:54 35:15	6:37 3:02 36:44	9:50 3:13 38:01	15:34 5:44 42:27	16:34 1:00 43:38	20:15 3:41 45:03	23:44 3:29 45:26	24:15 0:31	26:42 2:27	29:19 2:37	30:23 1:04	32:07 1:44	32:49 0:42
2	Elmar Montero Cárcel Albacete GODIH ALE	50:21	1:49 1:49 36:29	3:47 1:58 40:04	7:42 3:55 41:27	10:51 3:09 42:24	12:56 2:05 47:13	14:16 1:20 48:29	18:29 4:13 50:00	23:07 4:38 50:21	23:40 0:33	27:03 3:23	30:09 3:06	31:30 1:21	33:29 1:59	34:21 0:52
3	Juan Pedro Valente Madrid Imperdible	51:48	1:58 1:58 38:36	5:04 3:06 40:02	8:58 3:54 42:20	11:56 2:58 43:30	17:49 5:53 48:19	19:05 1:16 49:36	23:05 4:00 51:21	27:08 4:03 51:48	27:40 0:32	30:34 2:54	34:07 3:33	35:23 1:16	36:32 1:09	37:21 0:49
4	Maikel Rodriguez Do Pontevedra Montañei	1:00:14	3:40 3:40 42:53	6:04 2:24 49:02	10:51 4:47 50:44	14:53 4:02 52:01	16:58 2:05 57:07	17:58 1:00 58:19	22:16 4:18 59:52	27:40 5:24 1:00:14	28:12 0:32	31:40 3:28	37:23 5:43	38:53 1:30	41:00 2:07	41:45 0:45
5	David Cotillas Moya Cuenca Elección de l	1:04:34	8:04 8:04 47:10	10:13 2:09 49:06	15:26 5:13 51:36	19:09 3:43 52:42	22:01 2:52 59:43	23:33 1:32 1:02:12	28:29 4:56 1:04:10	34:55 6:26 1:04:34	35:26 0:31	38:45 3:19	42:04 3:19	43:23 1:19	45:16 1:53	46:03 0:47
6	Antonio Jesus Carbo Alicante CEAM-IBI	1:05:46	2:15 2:15 48:32	5:35 3:20 50:24	10:40 5:05 52:03	14:59 4:19 54:07	21:25 6:26 1:00:02	22:50 1:25 1:03:07	27:42 4:52 1:05:16	33:34 5:52 1:05:46	34:20 0:46	38:07 3:47	42:12 4:05	43:57 1:45	45:42 1:45	46:52 1:10
7	Juan Rodríguez Díaz Toledo Toledo-O	1:13:12	2:29 2:29 56:05	5:00 2:31 57:54	11:05 6:05 1:00:28	17:49 6:44 1:01:40	20:52 3:03 1:08:16	22:42 1:50 1:10:10	29:09 6:27 1:12:52	36:01 6:52 1:13:12	36:38 0:37	41:42 5:04	48:00 6:18	49:56 1:56	52:57 3:01	54:19 1:22
8	Ricardo Figueroa Fer Pontevedra Montañei	1:20:23	1:46 2:49 1:02:44	1:49 5:01 1:04:28	2:34 10:34 1:07:04	3:12 21:42 1:08:52	6:36 25:33 1:15:27	1:54 27:01 1:17:39	2:42 31:28 1:19:54	2:42 37:53 1:20:23	0:30 38:23	3:33 41:56	14:53 56:49	1:27 58:16	1:36 59:52	1:39 1:01:31
9	Jesús Hervás Lucas Madrid C.D.C.E.B.E.	1:24:03	1:13 2:19 59:26	1:44 4:55 1:01:46	2:36 10:59 1:05:39	1:48 18:21 1:07:56	6:35 25:28 1:18:38	2:12 27:22 1:21:13	2:15 33:33 1:23:28	2:15 40:42 1:24:03	41:17 0:35	46:42 5:25	51:32 4:50	53:27 1:55	55:35 2:08	57:22 1:47
10	Ruben Maeztu Ugarte Navarra C.D. NAVAR	1:26:58	3:41 3:41 54:47	6:28 2:47 57:08	12:45 6:17 1:10:23	18:52 6:07 1:12:42	22:14 3:22 1:21:14	24:07 1:53 1:24:01	29:14 5:07 1:26:27	36:08 6:54 1:26:58	36:57 0:49	42:56 5:59	47:06 4:10	48:56 1:50	50:52 1:56	52:57 2:05
11	Andrea Viqueira Madrid COLMENAR	1:30:22	3:01 3:01 1:02:59	6:14 3:13 1:05:55	13:37 7:23 1:09:22	22:24 8:47 1:11:51	25:09 2:45 1:22:04	27:11 2:02 1:25:39	33:36 6:25 1:29:32	40:10 6:34 1:30:22	40:58 0:48	45:54 4:56	53:31 7:37	56:15 2:44	58:53 2:38	1:00:58 2:05
12	Miguel Ángel Toledo Cuenca ORIENTIJOT	1:36:39	3:10 3:10 1:12:49	6:06 2:56 1:16:44	13:38 7:32 1:19:45	22:32 8:54 1:22:04	31:45 9:13 1:30:24	33:07 1:22 1:33:35	45:08 12:01 1:36:10	51:50 6:42 1:36:39	52:32 0:42	57:20 4:48	1:02:56 5:36	1:06:10 3:14	1:08:32 2:22	1:10:01 1:29
13	Javier Garcia Díaz Albacete BMT CASA	1:39:09	4:47 4:47 1:08:50	7:18 2:31 1:14:55	12:41 5:23 1:18:21	20:43 8:02 1:21:03	26:47 6:04 1:29:12	29:01 2:14 1:35:38	41:34 12:33 1:38:15	46:47 5:13 1:39:09	47:28 0:41	52:31 5:03	58:14 5:43	59:39 1:25	1:01:52 2:13	1:05:46 3:54
14	Nicolás Corvo Weinb Navarra C.D. NAVAR	1:43:46	6:13 6:13 1:17:28	9:36 3:23 1:20:26	17:38 8:02 1:22:40	26:14 8:36 1:25:07	35:24 9:10 1:35:49	38:03 2:39 1:39:43	46:05 8:02 1:43:14	55:40 9:35 1:43:46	56:59 1:19	1:03:30 6:31	1:08:46 5:16	1:11:25 2:39	1:13:44 2:19	1:15:18 1:34
15	Montse Cuenca COMCU	1:59:16	6:00 6:00 1:27:25	14:47 8:47 1:30:41	22:44 7:57 1:42:12	31:01 8:17 1:45:17	36:03 5:02 1:52:53	44:54 8:51 1:55:36	52:28 7:34 1:58:36	1:04:51 12:23 1:59:16	1:05:36 0:45	1:11:35 5:59	1:17:23 5:48	1:20:00 2:37	1:22:52 2:52	1:24:41 1:49
	Jorge Valente Barrera Madrid Imperdible	Abandon	2:09 2:09 ---	4:41 2:32 ---	9:21 4:40 ---	13:02 3:41 ---	15:40 2:38 ---	16:51 1:11 45:30	21:29 4:38 47:10	26:10 4:41 47:35	26:55 0:45	33:03 6:08	37:29 4:26	39:53 2:24	---	---
	Blas López Descalzo Albacete GODIH ALE	Abandon	2:26 2:26 ---	5:02 2:36 ---	9:50 4:48 ---	16:46 6:56 ---	19:10 2:24 ---	20:27 1:17 46:56	25:21 4:54 49:06	32:14 6:53 49:43	33:04 0:50	37:17 4:13	45:04 7:47	---	---	---
	Mateo Vijande Madrid COLMENAR	Abandon	5:08 5:08 ---	9:21 4:13 ---	14:05 4:44 ---	24:44 10:39 ---	27:34 2:50 ---	29:15 1:41 51:25	33:59 4:44 53:25	40:07 6:08 53:55	40:54 0:47	44:52 3:58	49:34 4:42	---	---	---
	Manuel Diaz Gonzalez Cuenca ORIENTIJOT	Abandon	1:56 1:56 ---	4:02 2:06 ---	8:25 4:23 ---	12:32 4:07 ---	19:00 6:28 ---	20:21 1:21 55:38	34:12 13:51 57:53	42:38 8:26 58:34	43:15 0:37	47:19 4:04	52:24 5:05	---	---	---
	Javier Montero Fernández Albacete GODIH ALE	Abandon	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Medio (23)			4,2 km		11 C											
Pos	Dorsal	Nombre	Tiempo		1(38)	2(33)	3(51)	4(49)	5(31)	6(41)	7(42)	8(52)	9(39)	10(47)	11(48)	Meta
1		Felipe Martínez Olme	46:26	2:17	10:07	15:36	24:12	27:19	33:17	34:21	38:38	42:08	43:55	46:01	46:26	
		Cuenca ORIENTIJOT		2:17	7:50	5:29	8:36	3:07	5:58	1:04	4:17	3:30	1:47	2:06	0:25	
2		Natalia Navarro Moya	50:35	1:43	10:53	14:02	19:39	24:33	32:04	33:43	38:45	42:19	45:24	49:58	50:35	
		Albacete GODIH ALE		1:43	9:10	3:09	5:37	4:54	7:31	1:39	5:02	3:34	3:05	4:34	0:37	
3		Paul Richard Mesa	51:32	2:17	14:02	16:48	25:54	30:49	38:34	39:35	43:40	46:45	48:50	51:06	51:32	
		Alicante Universidad		2:17	11:45	2:46	9:06	4:55	7:45	1:01	4:05	3:05	2:05	2:16	0:26	
4		Ana Isabel Toledo N	52:59	2:44	12:51	17:21	25:04	29:31	37:03	38:04	45:18	48:20	50:36	52:31	52:59	
		Cuenca ORIENTIJOT		2:44	10:07	4:30	7:43	4:27	7:32	1:01	7:14	3:02	2:16	1:55	0:28	
5		Andrea Gracia Játiva	55:10	1:42	11:08	15:44	23:18	29:22	36:29	38:16	43:50	47:36	50:39	54:42	55:10	
		Albacete GODIH ALE		1:42	9:26	4:36	7:34	6:04	7:07	1:47	5:34	3:46	3:03	4:03	0:28	
6		Ana Rodríguez Díaz	56:56	3:55	13:07	21:19	27:24	31:16	39:40	41:55	47:15	50:45	53:14	56:25	56:56	
		Toledo Toledo-O		3:55	9:12	8:12	6:05	3:52	8:24	2:15	5:20	3:30	2:29	3:11	0:31	
7		Ana Lía Martínez Tar	1:01:41	1:29	12:52	16:45	29:49	35:33	42:37	44:22	50:11	53:53	56:43	1:01:11	1:01:41	
		Albacete GODIH ALE		1:29	11:23	3:53	13:04	5:44	7:04	1:45	5:49	3:42	2:50	4:28	0:30	
8		Tamara Pérez Rubio	1:04:14	1:54	11:47	15:39	28:53	33:53	42:51	44:30	48:46	57:10	1:00:54	1:03:47	1:04:14	
		Albacete GODIH ALE		1:54	9:53	3:52	13:14	5:00	8:58	1:39	4:16	8:24	3:44	2:53	0:27	
9		Belén Carbonell Mart	1:06:53	5:19	15:46	19:41	29:55	39:26	46:13	47:59	54:12	59:32	1:04:05	1:06:25	1:06:53	
		Alicante CEAM-IBI		5:19	10:27	3:55	10:14	9:31	6:47	1:46	6:13	5:20	4:33	2:20	0:28	
10		Nélida Saiz Navarro	1:07:04	5:06	15:44	19:40	29:55	39:23	46:20	47:52	54:07	59:44	1:04:04	1:06:30	1:07:04	
		Alicante CEAM-IBI		5:06	10:38	3:56	10:15	9:28	6:57	1:32	6:15	5:37	4:20	2:26	0:34	
11		Paula Martínez Huert	1:10:58	1:56	13:41	19:09	26:14	40:12	48:29	50:12	56:16	1:02:42	1:06:05	1:10:12	1:10:58	
		Albacete GODIH ALE		1:56	11:45	5:28	7:05	13:58	8:17	1:43	6:04	6:26	3:23	4:07	0:46	
12		Laura Gonzalez Diaz	1:12:55	5:16	16:58	20:34	29:18	34:08	46:23	48:00	1:00:57	1:05:38	1:09:15	1:12:24	1:12:55	
		Madrid G.O.C.A.N.		5:16	11:42	3:36	8:44	4:50	12:15	1:37	12:57	4:41	3:37	3:09	0:31	
13		Francisco Jimenez G	1:13:11	1:14	14:57	19:26	29:30	39:17	50:15	53:16	58:31	1:02:24	1:09:33	1:12:47	1:13:11	
		Albacete BMT CASA		1:14	13:43	4:29	10:04	9:47	10:58	3:01	5:15	3:53	7:09	3:14	0:24	
14		Ana Defez Cernichar	1:15:57	4:33	18:04	25:13	32:49	42:47	53:29	58:39	1:05:28	1:10:00	1:11:36	1:15:06	1:15:57	
		Albacete BMT CASA		4:33	13:31	7:09	7:36	9:58	10:42	5:10	6:49	4:32	1:36	3:30	0:51	
15		Eva Jaén Mesonero	1:17:27	9:20	23:47	30:06	37:53	44:19	54:36	56:28	1:06:14	1:10:10	1:13:04	1:16:53	1:17:27	
		Guadalajara CLUB O		9:20	14:27	6:19	7:47	6:26	10:17	1:52	9:46	3:56	2:54	3:49	0:34	
16		Jose Antonio Villar G	1:17:49	1:50	13:54	17:49	27:27	35:56	47:45	49:27	58:46	1:05:48	1:14:15	1:17:26	1:17:49	
		Albacete BMT CASA		1:50	12:04	3:55	9:38	8:29	11:49	1:42	9:19	7:02	8:27	3:11	0:23	
17		Pascual Pardo Cuest	1:20:03	1:45	15:09	19:02	28:47	37:10	48:57	50:41	1:00:01	1:07:09	1:15:33	1:19:30	1:20:03	
		Albacete BMT CASA		1:45	13:24	3:53	9:45	8:23	11:47	1:44	9:20	7:08	8:24	3:57	0:33	
18		Teresa Murcia Pérez	1:20:10	2:21	16:17	20:48	30:53	40:42	51:46	56:43	1:03:46	1:12:44	1:16:08	1:19:35	1:20:10	
		Albacete BMT CASA		2:21	13:56	4:31	10:05	9:49	11:04	4:57	7:03	8:58	3:24	3:27	0:35	
19		Cristina Saez Perez	1:29:30	3:11	16:11	21:45	38:58	51:10	1:02:18	1:04:54	1:11:34	1:16:50	1:22:13	1:28:06	1:29:30	
		Alicante Universidad		3:11	13:00	5:34	17:13	12:12	11:08	2:36	6:40	5:16	5:23	5:53	1:24	
20		Daniel Tarancon Tolc	1:35:55	7:18	20:18	23:15	37:22	51:20	1:03:13	1:05:15	1:21:56	1:27:31	1:32:25	1:35:27	1:35:55	
		Albacete BMT CASA		7:18	13:00	2:57	14:07	13:58	11:53	2:02	16:41	5:35	4:54	3:02	0:28	
21		Patricia Toledo Nava	1:59:51	1:49	14:22	33:08	52:50	1:00:26	1:17:01	1:19:02	1:46:51	1:52:22	1:56:22	1:59:30	1:59:51	
		Cuenca ORIENTIJOT		1:49	12:33	18:46	19:42	7:36	16:35	2:01	27:49	5:31	4:00	3:08	0:21	
		Carmen Navarro Ruij	Error en t	6:04	---	---	---	16:51	37:29	41:02	---	58:19	1:06:25	1:12:21	1:13:36	
		Cuenca ORIENTIJOT		6:04	---	---	---	10:47	20:38	3:33	---	17:17	8:06	5:56	1:15	
		Francisco Cuartero N	Abandon	1:13	7:35	10:21	15:59	19:27	26:04	27:14	30:55	34:48	38:39	40:58	41:21	
		Cuenca ORIENTIJOT		1:13	6:22	2:46	5:38	3:28	6:37	1:10	3:41	3:53	3:51	2:19	0:23	

Facil (1)			1,9 km		10 C										
Pos	Dorsal	Nombre	Tiempo		1(53)	2(54)	3(55)	4(56)	5(57)	6(59)	7(58)	8(60)	9(31)	10(48)	Meta
1		Marta Jaen Mesonero	40:41	1:35	3:36	7:11	14:12	15:11	18:41	24:36	26:39	35:53	40:09	40:41	
		Guadalajara CLUB O		1:35	2:01	3:35	7:01	0:59	3:30	5:55	2:03	9:14	4:16	0:32	