



os	Nombre	Tiempo													
<b>F-16 (8)</b>		<b>4,0 km 275 m</b>		<b>15 C</b>			<i>(cont.)</i>								
		1(36) 15(53)	2(32) Meta	3(41)	4(50)	5(42)	6(44)	7(48)	8(46)	9(34)	10(56)	11(63)	12(57)	13(38)	
<b>3</b>	<b>Sara Monseco López</b> Madrid O-CHARLIES_ORIENTA-T	<b>1:19:36</b>	3:39 3:39 1:19:16 3:06	7:02 3:23 1:19:36 0:20	19:49 12:47	29:48 9:59	36:21 6:33	38:59 2:38	46:16 7:17	48:56 2:40	55:29 6:33	57:47 2:18	1:00:39 2:52	1:08:46 8:07	1:11:07 2:21
<b>4</b>	<b>Mariam Peces Comendador</b> Toledo TOLEDO-O	<b>1:19:49</b>	3:41 3:41 1:19:31 1:22	8:14 4:33 1:19:49 0:17	28:04 19:50	34:57 6:53	38:57 4:00	40:51 1:54	45:26 4:35	47:54 2:28	53:28 5:34	58:32 5:04	1:01:14 2:42	1:08:33 7:19	1:10:47 2:14
<b>5</b>	<b>Eva Jaén Mesonero</b> Guadalajara C.O.GUADALAJARA	<b>1:21:25</b>	4:00 4:00 1:21:04 2:00	8:13 4:13 1:21:24 0:20	23:21 15:08	32:01 8:40	36:01 4:00	39:36 3:35	45:16 5:40	48:35 3:19	54:19 5:44	57:56 3:37	1:00:28 2:32	1:09:02 8:34	1:11:39 2:37
<b>6</b>	<b>PAULA REYES LÓPEZ</b> Madrid ALABARDA-O	<b>1:29:38</b>	4:09 4:09 1:29:19 2:36	8:15 4:06 1:29:38 0:18	25:44 17:29	33:15 7:31	37:50 4:35	40:15 2:25	44:16 4:01	47:09 2:53	56:11 9:02	59:28 3:17	1:02:34 3:06	1:16:26 13:52	1:20:11 3:45
<b>7</b>	<b>María Isabel Saiz Onate</b> Cuenca ORIENTIJOTE	<b>1:34:14</b>	4:28 4:28 1:33:51 3:11	10:19 5:51 1:34:14 0:23	30:29 20:10	40:22 9:53	44:35 4:13	47:56 3:21	54:43 6:47	57:41 2:58	1:04:04 6:23	1:06:26 2:22	1:08:59 2:33	1:21:37 12:38	1:24:23 2:46
<b>8</b>	<b>Lucía García Bautista</b> Madrid ENTREBALIZAS	<b>1:41:04</b>	6:19 6:19 1:40:44 1:57	10:22 4:03 1:41:04 0:20	34:37 24:15	49:36 14:59	55:17 5:41	57:35 2:18	1:03:13 5:38	1:08:20 5:07	1:15:00 6:40	1:17:57 2:57	1:20:44 2:47	1:30:56 10:12	1:33:00 2:04
<b>F-18 (6)</b>		<b>4,3 km 345 m</b>		<b>19 C</b>											
		1(39) 15(38)	2(51) 16(32)	3(41) 17(35)	4(33) 18(52)	5(42) 19(53)	6(44) Meta	7(50)	8(47)	9(62)	10(34)	11(56)	12(63)	13(55)	
<b>1</b>	<b>Ana Defez Cernicharo</b> Albacete BMT CASAS DE VES	<b>1:04:43</b>	3:21 3:21 54:35 1:47	10:42 7:21 56:13 1:38	<b>14:15</b> <b>3:33</b>	17:00 2:45	19:14 <b>2:14</b>	21:01 1:47	23:57 2:56	<b>27:07</b> <b>3:10</b>	<b>31:38</b> <b>4:31</b>	42:55 11:17	44:44 1:49	46:48 <b>2:04</b>	49:13 2:25
<b>2</b>	<b>Nerea González Peña</b> Toledo TOLEDO-O	<b>1:05:02</b>	<b>3:17</b> <b>3:17</b> <b>52:54</b> <b>1:20</b>	<b>9:46</b> <b>6:29</b> <b>54:59</b> 2:05	14:27 4:41	<b>16:31</b> <b>2:04</b>	<b>18:47</b> 2:16	<b>20:30</b> <b>1:43</b>	<b>22:43</b> <b>2:13</b>	27:15 4:32	31:51 4:36	<b>42:10</b> <b>10:19</b>	<b>43:51</b> <b>1:41</b>	<b>46:01</b> 2:10	<b>48:13</b> <b>2:12</b>
<b>3</b>	<b>Diana Alonso Ruiz</b> Madrid COLMENAR	<b>1:34:41</b>	4:08 4:08 1:16:39 2:29	14:38 10:30 1:19:26 2:47	22:56 8:18	26:22 3:26	29:03 2:41	31:44 2:41	36:28 4:44	41:22 4:54	47:31 6:09	1:01:12 13:41	1:03:45 2:33	1:06:01 2:16	1:08:43 2:42
<b>4</b>	<b>Laura García Megia</b> Toledo TOLEDO-O	<b>1:42:18</b>	4:16 4:16 1:26:14 2:38	14:37 10:21 1:28:25 2:11	22:04 7:27	27:29 5:25	30:22 2:53	38:37 8:15	42:32 3:55	48:22 5:50	55:11 6:49	1:08:36 13:25	1:11:00 2:24	1:14:01 3:01	1:17:11 3:10
<b>5</b>	<b>Leire García Megia</b> Toledo TOLEDO-O	<b>2:08:04</b>	5:03 5:03 1:38:58 6:13	17:27 12:24 1:43:03 4:05	30:38 13:11	33:49 3:11	37:20 3:31	39:50 2:30	43:33 3:43	48:58 5:25	58:52 9:54	1:16:42 17:50	1:19:56 3:14	1:22:54 2:58	1:26:26 3:32
	<b>Nerea Saiz Onate</b> Cuenca ORIENTIJOTE	<b>andona</b>	4:42 4:42 -----	21:04 16:22 -----	30:42 9:38 -----	40:03 9:21 -----	56:58 16:55 -----	59:26 2:28 1:39:56 27:06	1:07:06 7:40 -----	1:12:50 5:44 1:32:41 *37	-----	-----	-----	-----	-----
<b>F-21 ELITE (8)</b>		<b>5,4 km 460 m</b>		<b>16 C</b>											
		1(36) 15(35)	2(54) 16(53)	3(63) Meta	4(34)	5(32)	6(41)	7(59)	8(60)	9(58)	10(33)	11(44)	12(62)	13(61)	
<b>1</b>	<b>Eva Garrido Hens</b> Madrid NAVALCARNERO_ORIENTA	<b>1:34:05</b>	<b>3:25</b> <b>3:25</b> <b>1:31:57</b> <b>10:48</b>	<b>9:59</b> 6:34 <b>1:33:47</b> <b>1:50</b>	<b>12:34</b> <b>2:35</b>	16:23 3:49	19:16 2:53	<b>30:01</b> 10:45	48:04 18:03	<b>51:39</b> 3:35	<b>59:27</b> 7:48	<b>1:07:16</b> <b>7:49</b>	<b>1:11:18</b> <b>4:02</b>	<b>1:15:02</b> <b>3:44</b>	<b>1:17:16</b> <b>2:14</b>
<b>2</b>	<b>Cristina Otero Domínguez</b> Almería SURCO	<b>1:46:45</b>	3:35 3:35 1:43:55 11:26	11:36 8:01 1:46:22 2:27	14:39 3:03	17:56 3:17	21:04 3:08	34:46 13:42	54:14 19:28	58:07 3:53	1:05:31 <b>7:24</b>	1:15:02 9:31	1:21:36 6:34	1:25:45 4:09	1:28:57 3:12
<b>3</b>	<b>Sandra Aguilera Sanchez</b> Madrid COLMENAR	<b>1:56:01</b>	4:43 4:43 1:52:57 18:09	13:31 8:48 1:55:41 2:44	18:52 5:21	22:43 3:51	25:47 3:04	39:10 13:23	54:19 <b>15:09</b>	57:48 3:29	1:05:26 7:38	1:17:22 11:56	1:22:00 4:38	1:28:25 6:25	1:30:54 2:29
<b>4</b>	<b>Susana Arroyo Schnell</b> Madrid SOTOBOSQUE	<b>1:58:41</b>	12:30 12:30 1:56:07 12:12	23:43 11:13 1:58:20 2:13	26:37 2:54	29:17 2:40	31:50 2:33	44:54 13:04	1:04:12 19:18	1:07:05 <b>2:53</b>	1:15:23 8:18	1:28:06 12:43	1:33:42 5:36	1:37:36 3:54	1:40:08 2:32
	<b>Ines Pozo Prada</b> Madrid O-GETAFE	<b>en tarj.</b>	3:33 3:33 1:35:30 12:24	10:02 <b>6:29</b> 1:38:04 2:34	12:59 2:57 1:38:28 0:24	<b>16:20</b> 3:21	<b>18:32</b> <b>2:12</b>	34:13 15:41	50:49 16:36	54:23 3:34	1:04:28 10:05	1:17:01 12:33	1:23:06 6:05	-----	-----

os Nombre		Tiempo												
<b>F-21 ELITE (8)</b>		<b>5,4 km 460 m</b>			<b>16 C</b>			<i>(cont.)</i>						
		1(36)	2(54)	3(63)	4(34)	5(32)	6(41)	7(59)	8(60)	9(58)	10(33)	11(44)	12(62)	13(61)
		15(35)	16(53)	Meta										
<b>Andrea Viqueira</b>	<b>en tarj.</b>	4:04	13:21	17:23	20:47	23:43	39:30	1:04:52	1:09:53	1:19:40	----	----	----	1:30:41
<b>Madrid MALARRUTA</b>		4:04	9:17	4:02	3:24	2:56	15:47	25:22	5:01	9:47				11:01
		----	----											
<b>Ana Rodríguez Díaz</b>	<b>andona</b>	3:48	12:21	15:02	17:23	----	----	----	----	----	----	----	----	----
<b>Toledo TOLEDO-O</b>		3:48	8:33	2:41	<b>2:21</b>									
		21:52	----	25:15										
		4:29		3:22										
<b>María José Martín Iglesias</b>	<b>andona</b>	4:01	11:03	15:18	18:07	20:42	30:39	<b>47:53</b>	51:45	59:39	----	----	----	----
<b>Madrid MALARRUTA</b>		4:01	7:02	4:15	2:49	2:35	<b>9:57</b>	17:14	3:52	7:54				
		----	----	1:16:26										
				16:47										
<b>F-21B (2)</b>		<b>3,9 km 320 m</b>			<b>12 C</b>									
		1(36)	2(50)	3(41)	4(51)	5(44)	6(48)	7(34)	8(55)	9(57)	10(38)	11(32)	12(53)	Meta
<b>1 María Del Mar Calatayud Pujalte</b>	<b>2:25:25</b>	<b>5:57</b>	<b>39:27</b>	<b>52:00</b>	<b>1:07:07</b>	<b>1:18:03</b>	<b>1:31:33</b>	<b>1:45:43</b>	<b>1:52:01</b>	<b>1:58:30</b>	<b>2:04:10</b>	<b>2:10:05</b>	<b>2:24:45</b>	<b>2:25:25</b>
<b>Albacete GODIH</b>		<b>5:57</b>	<b>33:30</b>	<b>12:33</b>	<b>15:07</b>	<b>10:56</b>	<b>13:30</b>	<b>14:10</b>	<b>6:18</b>	<b>6:29</b>	<b>5:40</b>	<b>5:55</b>	<b>14:40</b>	<b>0:40</b>
<b>Gema Montes Yepes</b>	<b>andona</b>	----	----	----	----	----	----	----	----	----	----	----	----	----
<b>Guadalajara C.O.GUADALAJARA</b>														
<b>F-35 (7)</b>		<b>4,8 km 380 m</b>			<b>13 C</b>									
		1(31)	2(33)	3(50)	4(59)	5(58)	6(51)	7(44)	8(41)	9(61)	10(55)	11(56)	12(35)	13(53)
<b>1 Mar Oliva Bartolomé</b>	<b>1:42:13</b>	5:30	18:03	23:50	35:22	42:22	58:02	<b>1:03:29</b>	<b>1:07:16</b>	<b>1:14:00</b>	1:34:10	1:35:43	<b>1:39:57</b>	<b>1:41:57</b>
<b>Madrid ESCONDITE-M</b>		5:30	12:33	5:47	11:32	7:00	15:40	5:27	3:47	6:44	20:10	1:33	<b>4:14</b>	<b>2:00</b>
<b>2 Silvia Belen Aparicio Palomino</b>	<b>1:45:27</b>	<b>4:37</b>	<b>16:33</b>	<b>20:29</b>	34:25	51:03	1:02:52	1:11:49	1:15:33	1:19:29	<b>1:33:47</b>	1:36:26	1:42:48	1:45:10
<b>Ciudad Real MANZANARES-O</b>		<b>4:37</b>	<b>11:56</b>	<b>3:56</b>	13:56	16:38	<b>11:49</b>	8:57	<b>3:44</b>	3:56	<b>14:18</b>	2:39	6:22	2:22
			1:07:07											
			*42											
<b>3 Carmen María Manzanque Esteso</b>	<b>2:22:27</b>	8:00	24:23	31:50	51:55	1:03:13	1:22:15	1:28:01	1:32:56	1:40:16	2:03:18	2:06:06	2:18:44	2:22:04
<b>Ciudad Real MANZANARES-O</b>		8:00	16:23	7:27	20:05	11:18	19:02	5:46	4:55	7:20	23:02	2:48	12:38	3:20
<b>4 Beatriz López López</b>	<b>2:23:15</b>	7:32	35:55	42:13	57:25	1:04:54	1:30:53	1:36:19	1:40:22	1:47:31	2:12:27	2:14:51	2:20:42	2:22:53
<b>Cuenca COMCU</b>		7:32	28:23	6:18	15:12	7:29	25:59	<b>5:26</b>	4:03	7:09	24:56	2:24	5:51	2:11
<b>5 Rebeca Barambio Chumillas</b>	<b>2:43:24</b>	6:46	22:53	29:08	47:22	58:47	1:25:44	1:39:02	1:44:25	1:49:12	2:21:47	2:25:35	2:39:33	2:43:02
<b>Cuenca COMCU</b>		6:46	16:07	6:15	18:14	11:25	26:57	13:18	5:23	4:47	32:35	3:48	13:58	3:29
<b>Montserrat Rodríguez Guixa</b>	<b>en tarj.</b>	5:52	20:09	25:19	<b>34:24</b>	<b>40:26</b>	<b>57:55</b>	1:08:16	1:16:17	1:18:44	1:33:59	<b>1:35:17</b>	----	2:21:06
<b>Cuenca COMCU</b>		5:52	14:17	5:10	<b>9:05</b>	<b>6:02</b>	17:29	10:21	8:01	<b>2:27</b>	15:15	<b>1:18</b>		45:49
			49:31	1:43:06										
			*62	*68										
<b>Concepción Cortés Céspedes</b>	<b>No sale</b>													
<b>FEDO FEDO</b>														
<b>F-45 (13)</b>		<b>3,6 km 300 m</b>			<b>13 C</b>									
		1(68)	2(31)	3(33)	4(50)	5(42)	6(41)	7(62)	8(63)	9(55)	10(34)	11(54)	12(52)	13(53)
<b>1 Joaquina Herrero Vinader</b>	<b>1:18:02</b>	5:23	11:52	27:21	34:01	41:19	44:55	48:55	<b>1:04:58</b>	<b>1:07:51</b>	<b>1:09:27</b>	<b>1:12:55</b>	<b>1:15:39</b>	<b>1:17:40</b>
<b>Albacete GODIH</b>		5:23	6:29	15:29	6:40	7:18	3:36	<b>4:00</b>	<b>16:03</b>	<b>2:53</b>	1:36	3:28	<b>2:44</b>	<b>2:01</b>
<b>2 María Megia Sanmiguel</b>	<b>1:22:55</b>	5:19	10:54	<b>26:25</b>	<b>32:03</b>	<b>36:33</b>	<b>40:24</b>	<b>45:45</b>	1:06:39	1:10:17	1:12:32	1:16:02	1:19:36	1:22:30
<b>Toledo TOLEDO-O</b>		5:19	5:35	15:31	5:38	4:30	3:51	5:21	20:54	3:38	2:15	3:30	3:34	2:54
<b>3 Elena Valverde Carrillo</b>	<b>1:25:24</b>	6:06	<b>10:24</b>	32:43	38:52	42:11	45:16	49:50	1:11:44	1:15:11	1:16:42	1:19:43	1:22:45	1:25:05
<b>Ciudad Real MANZANARES-O</b>		6:06	<b>4:18</b>	22:19	6:09	<b>3:19</b>	<b>3:05</b>	4:34	21:54	3:27	<b>1:31</b>	<b>3:01</b>	3:02	2:20
<b>4 GEMA GARCÍA GODOY</b>	<b>1:30:08</b>	5:46	11:30	26:55	32:31	39:02	44:53	49:33	1:12:40	1:16:23	1:18:15	1:22:49	1:26:38	1:29:43
<b>Toledo TOLEDO-O</b>		5:46	5:44	<b>15:25</b>	5:36	6:31	5:51	4:40	23:07	3:43	1:52	4:34	3:49	3:05
<b>5 María Mercedes Jiménez Pérez</b>	<b>1:36:54</b>	6:31	11:58	32:14	38:01	42:27	46:31	53:25	1:14:27	1:19:56	1:22:23	1:26:43	1:32:22	1:36:31
<b>Toledo TOLEDO-O</b>		6:31	5:27	20:16	5:47	4:26	4:04	6:54	21:02	5:29	2:27	4:20	5:39	4:09
<b>6 Cristina Galán Sierra</b>	<b>1:38:40</b>	<b>5:08</b>	10:50	28:45	34:37	40:33	44:31	51:02	1:19:09	1:23:26	1:25:49	1:30:25	1:34:40	1:37:59
<b>Toledo TOLEDO-O</b>		<b>5:08</b>	5:42	17:55	5:52	5:56	3:58	6:31	28:07	4:17	2:23	4:36	4:15	3:19
<b>7 Ana María Prada Cazorla</b>	<b>1:42:33</b>	6:39	14:28	30:23	41:05	48:15	53:05	58:36	1:22:03	1:26:28	1:29:09	1:33:16	1:38:53	1:42:06
<b>Madrid O-GETAFE</b>		6:39	7:49	15:55	10:42	7:10	4:50	5:31	23:27	4:25	2:41	4:07	5:37	3:13
<b>8 Prado Pilar Martínez Soria</b>	<b>2:01:56</b>	6:18	24:34	43:21	48:22	54:05	57:53	1:05:33	1:34:17	1:38:38	1:41:03	1:54:14	1:58:40	2:01:37
<b>Ciudad Real MANZANARES-O</b>		6:18	18:16	18:47	<b>5:01</b>	5:43	3:48	7:40	28:44	4:21	2:25	13:11	4:26	2:57
<b>9 Carolina Cuesta García</b>	<b>2:33:56</b>	6:30	22:49	49:22	59:12	1:10:42	1:16:29	1:24:37	2:03:05	2:09:36	2:12:30	2:18:13	2:27:18	2:33:29
<b>Madrid MALARRUTA</b>		6:30	16:19	26:33	9:50	11:30	5:47	8:08	38:28	6:31	2:54	5:43	9:05	6:11
<b>Ana Herreros Valiente</b>	<b>andona</b>	6:06	13:12	31:08	47:43	53:33	58:15	1:11:24	----	----	----	----	----	1:35:48
<b>Albacete GODIH</b>		6:06	7:06	17:56	16:35	5:50	4:42	13:09						24:24
<b>MARIA EUGENIA ALGUACIL MARTÍN</b>	<b>andona</b>	8:09	15:49	38:58	47:15	59:35	1:17:04	1:30:54	----	----	----	----	----	1:47:20
<b>Toledo TOLEDO-O</b>		8:09	7:40	23:09	8:17	12:20	17:29	13:50						16:26
<b>Marta Martínez García</b>	<b>andona</b>	21:50	38:50	58:31	1:09:02	1:21:33	----	----	----	----	----	----	----	2:07:16
<b>Cuenca ORIENTIJOTE</b>		21:50	17:00	19:41	10:31	12:31								45:43
<b>Cristina Del Campo Campo</b>	<b>No sale</b>													
<b>Madrid MALARRUTA</b>														
<b>F-55 (2)</b>		<b>2,8 km 175 m</b>			<b>8 C</b>									
		1(44)	2(33)	3(62)	4(51)	5(34)	6(56)	7(52)	8(53)	Meta				
<b>1 Mª Covadonga Carrascosa Baeza</b>	<b>59:01</b>	<b>18:16</b>	<b>23:25</b>	<b>29:40</b>	<b>34:17</b>	<b>46:06</b>	<b>49:57</b>	<b>55:52</b>	<b>58:35</b>	<b>59:01</b>				

os	Nombre	Tiempo														
<b>F-55 (2)</b>		<b>2,8 km 175 m</b>		<b>8 C</b>			<i>(cont.)</i>									
		1(44)	2(33)	3(62)	4(51)	5(34)	6(56)	7(52)	8(53)	Meta						
	<b>Cuenca COMCU</b>	<b>18:16</b>	<b>5:09</b>	<b>6:15</b>	<b>4:37</b>	<b>11:49</b>	<b>3:51</b>	<b>5:55</b>	<b>2:43</b>	<b>0:26</b>						
	<b>Alfonsa Corrochano Galán</b>	<b>No sale</b>														
	<b>Ciudad Real MANZANARES-O</b>	<b>No sale</b>														
<b>M-12 (9)</b>		<b>2,0 km 170 m</b>		<b>9 C</b>									Meta			
		1(37)	2(67)	3(64)	4(70)	5(71)	6(66)	7(54)	8(65)	9(53)	Meta					
<b>1</b>	<b>Hector Barea Martínez</b>	<b>23:02</b>	<b>1:35</b>	<b>5:19</b>	<b>7:34</b>	<b>10:54</b>	<b>12:32</b>	<b>14:29</b>	<b>17:53</b>	<b>20:17</b>	<b>21:55</b>	<b>23:01</b>				
	<b>Ciudad Real MANZANARES-O</b>	<b>1:35</b>	<b>3:44</b>	<b>2:15</b>	<b>3:20</b>	<b>1:38</b>	1:57	<b>3:24</b>	2:24	<b>1:38</b>	1:06					
<b>2</b>	<b>Javier Melendez Rodríguez</b>	<b>34:09</b>	2:13	8:59	12:42	17:34	20:34	22:56	28:13	30:47	33:47	34:08				
	<b>Toledo TOLEDO-O</b>	2:13	6:46	3:43	4:52	3:00	2:22	5:17	2:34	3:00	0:21					
<b>3</b>	<b>MATEO ALCIBAR ROMERO</b>	<b>41:48</b>	6:10	12:49	16:59	20:45	24:10	25:52	35:20	38:46	41:25	41:48				
	<b>GUADALAJARA ASOCIACIÓN ALCAR</b>	6:10	6:39	4:10	3:46	3:25	1:42	9:28	3:26	2:39	0:23					
<b>4</b>	<b>Javier Díaz Calatayud</b>	<b>45:24</b>	2:10	8:44	12:06	18:31	21:46	28:12	40:36	43:02	45:06	45:24				
	<b>Albacete GODIH</b>	2:10	6:34	3:22	6:25	3:15	6:26	12:24	2:26	2:04	0:18					
<b>5</b>	<b>José María Lambea Cortés</b>	<b>48:22</b>	2:39	11:39	15:12	22:21	25:01	28:14	41:09	45:09	48:04	48:22				
	<b>FEDO FEDO</b>	2:39	9:00	3:33	7:09	2:40	3:13	12:55	4:00	2:55	0:18					
	<b>Carlos Peñuelas Retuerta</b>	<b>en tarj.</b>	2:09	7:04	9:54	15:10	17:29	19:07	26:29	28:23	-----	31:48				
	<b>Guadalajara C.O.GUADALAJARA</b>	2:09	4:55	2:50	5:16	2:19	<b>1:38</b>	7:22	<b>1:54</b>	3:25						
<b>nc</b>	<b>JUAN POZO BATANERO</b>	<b>36:09</b>	2:36	9:04	13:09	18:13	21:19	23:14	30:29	33:34	35:52	36:09				
	<b>Guadalajara C.O.GUADALAJARA</b>	2:36	6:28	4:05	5:04	3:06	1:55	7:15	3:05	2:18	<b>0:17</b>					
	<b>Jorge Pérez Cepero</b>	<b>No sale</b>														
	<b>Guadalajara C.O.GUADALAJARA</b>	<b>No sale</b>														
	<b>ELIO REVUELTA HIGUERA</b>	<b>No sale</b>														
	<b>GUADALAJARA ALKARRIA TREKING</b>	<b>No sale</b>														
<b>M-14 (20)</b>		<b>3,5 km 300 m</b>		<b>14 C</b>												
		1(39)	2(42)	3(41)	4(33)	5(47)	6(44)	7(46)	8(32)	9(34)	10(56)	11(55)	12(38)	13(35)		
		Meta														
<b>1</b>	<b>Fernando Martínez Gómez</b>	<b>44:17</b>	<b>2:39</b>	<b>8:54</b>	13:57	17:50	<b>23:42</b>	<b>24:50</b>	<b>27:48</b>	<b>30:49</b>	<b>33:52</b>	<b>35:15</b>	<b>37:17</b>	<b>40:43</b>	<b>42:48</b>	
	<b>Albacete GODIH</b>	<b>2:39</b>	<b>6:15</b>	5:03	3:53	<b>5:52</b>	<b>1:08</b>	<b>2:58</b>	<b>3:01</b>	<b>3:03</b>	<b>1:23</b>	<b>2:02</b>	3:26	<b>2:05</b>		
		<b>44:16</b>	0:13													
<b>2</b>	<b>Pablo Ramiro Martín</b>	<b>49:53</b>	6:58	13:44	17:46	19:58	26:22	28:07	31:13	35:00	38:30	40:01	42:09	45:03	47:54	
	<b>Toledo TOLEDO-O</b>	6:58	6:46	4:02	2:12	6:24	1:45	3:06	3:47	3:30	1:31	2:08	2:54	2:51		
		<b>49:53</b>	0:16													
<b>3</b>	<b>Iván Martínez Muñoz</b>	<b>51:09</b>	3:31	11:50	<b>13:39</b>	<b>16:33</b>	23:43	25:48	30:39	34:56	39:44	41:26	44:01	46:33	49:17	
	<b>Albacete BMT CASAS DE VES</b>	3:31	8:19	1:49	2:54	7:10	2:05	4:51	4:17	4:48	1:42	2:35	<b>2:32</b>	2:44		
		<b>51:09</b>	0:13													
<b>4</b>	<b>Daniel Ruíz García</b>	<b>59:11</b>	4:26	13:07	14:38	17:18	28:05	29:59	34:33	39:15	44:05	46:05	49:11	53:14	57:31	
	<b>Albacete GODIH</b>	4:26	8:41	<b>1:31</b>	2:40	10:47	1:54	4:34	4:42	4:50	2:00	3:06	4:03	4:17		
		<b>59:10</b>	0:16													
<b>5</b>	<b>Alvaro Salgado Fuentes</b>	<b>1:07:33</b>	3:48	15:16	18:18	21:00	29:55	33:49	39:09	45:12	49:41	53:37	56:45	1:00:25	1:04:42	
	<b>Toledo TOLEDO-O</b>	3:48	11:28	3:02	2:42	8:55	3:54	5:20	6:03	4:29	3:56	3:08	3:40	4:17		
		<b>1:07:32</b>	0:17													
<b>6</b>	<b>Mario Fernández Gil</b>	<b>1:09:20</b>	4:48	12:34	16:48	21:47	32:03	34:18	41:22	46:21	50:44	52:38	55:42	1:01:03	1:06:54	
	<b>Guadalajara C.O.GUADALAJARA</b>	4:48	7:46	4:14	4:59	10:16	2:15	7:04	4:59	4:23	1:54	3:04	5:21	5:51		
		<b>1:09:20</b>	0:16													
<b>7</b>	<b>Raúl Puche Herrero</b>	<b>1:09:41</b>	4:01	12:52	15:57	19:18	33:34	35:15	43:38	48:45	53:39	55:55	58:56	1:01:55	1:08:01	
	<b>Albacete GODIH</b>	4:01	8:51	3:05	3:21	14:16	1:41	8:23	5:07	4:54	2:16	3:01	2:59	6:06		
		<b>1:09:40</b>	0:15													
<b>8</b>	<b>Mateo Sánchez-Gil Manzaneque</b>	<b>1:10:35</b>	6:36	18:18	21:15	24:04	33:03	36:48	41:50	49:21	53:01	56:41	59:58	1:03:23	1:07:25	
	<b>Ciudad Real MANZANARES-O</b>	6:36	11:42	2:57	2:49	8:59	3:45	5:02	7:31	3:40	3:40	3:17	3:25	4:02		
		<b>1:10:35</b>	0:17													
<b>9</b>	<b>Gonzalo Ballesteros Alguacil</b>	<b>1:11:08</b>	7:21	17:18	21:15	24:04	37:34	40:13	44:23	50:14	55:25	57:35	1:00:36	1:04:25	1:09:02	
	<b>Toledo TOLEDO-O</b>	7:21	9:57	3:57	2:49	13:30	2:39	4:10	5:51	5:11	2:10	3:01	3:49	4:37		
		<b>1:11:07</b>	0:15													
<b>10</b>	<b>IGNACIO MARTINEZ SORIANO</b>	<b>1:18:13</b>	12:59	21:25	29:57	31:57	38:39	40:19	43:38	47:09	51:31	53:52	56:53	1:02:08	1:16:38	
	<b>Toledo TOLEDO-O</b>	12:59	8:26	8:32	<b>2:00</b>	6:42	1:40	3:19	3:31	4:22	2:21	3:01	5:15	14:30		
		<b>1:18:13</b>	<b>0:12</b>													
<b>11</b>	<b>Pablo Gómez Pérez</b>	<b>1:18:43</b>	4:30	12:59	18:21	25:43	47:34	50:02	54:43	59:31	1:04:39	1:07:07	1:09:45	1:13:52	1:16:48	
	<b>Albacete GODIH</b>	4:30	8:29	5:22	7:22	21:51	2:28	4:41	4:48	5:08	2:28	2:38	4:07	2:56		
		<b>1:18:42</b>	0:13													
<b>12</b>	<b>Jorge Vázquez</b>	<b>1:24:46</b>	10:05	24:09	27:17	31:45	39:13	43:04	48:51	55:23	1:02:06	1:05:52	1:10:50	1:14:08	1:20:57	
	<b>Guadalajara C.O.GUADALAJARA</b>	10:05	14:04	3:08	4:28	7:28	3:51	5:47	6:32	6:43	3:46	4:58	3:18	6:49		
		<b>1:24:46</b>	0:19													

os	Nombre	Tiempo													
<b>M-14 (20)</b>		<b>3,5 km 300 m</b>		<b>14 C</b>				<i>(cont.)</i>							
		1(39) Meta	2(42)	3(41)	4(33)	5(47)	6(44)	7(46)	8(32)	9(34)	10(56)	11(55)	12(38)	13(35)	
<b>13</b>	<b>Gael Galve Roperh</b> <b>Guadalajara O-CHARLIES-EIJO Y GA</b>	<b>1:28:44</b>	3:31 3:31 1:28:44 0:15	13:28 9:57	31:37 18:09	39:27 7:50	53:12 13:45	56:20 3:08	1:01:10 4:50	1:06:11 5:01	1:11:28 5:17	1:14:18 2:50	1:17:25 3:07	1:23:02 5:37	1:26:24 3:22
<b>14</b>	<b>Francisco Amado</b> <b>Guadalajara C.O.GUADALAJARA</b>	<b>1:56:34</b>	25:21 25:21 1:56:34 0:17	41:18 15:57	45:26 4:08	49:49 4:23	58:28 8:39	1:02:46 4:18	1:08:38 5:52	1:20:54 12:16	1:28:47 7:53	1:31:57 3:10	1:37:57 6:00	1:47:28 9:31	1:53:02 5:34
	<b>ALBERTO ORBIS POLANCO</b> <b>Guadalajara O-CHARLIES-EIJO Y GA</b>	<b>en tarj.</b>	3:35 3:35 1:29:54 0:17	14:43 11:08	32:33 17:50	40:39 8:06	54:31 13:52	57:29 2:58	1:02:09 4:40	1:07:41 5:32	1:14:33 6:52	1:18:14 3:41	----- -----	1:24:02 5:48	1:27:33 3:31
	<b>Alfonso González Felipe</b> <b>Madrid GOCAN</b>	<b>andona</b>	----- ----- 1:48:33 1:36:19	----- ----- 1:01:23 *59	----- ----- 1:11:30 *43	----- ----- 1:20:08 *49	----- ----- 1:25:08 *50	----- -----	----- -----	12:14 12:14	----- -----	----- -----	----- -----	----- -----	----- -----
	<b>Nicolás Zamora Frutos</b> <b>Guadalajara C.O.GUADALAJARA</b>	<b>andona</b>	18:34 18:34 2:12:44 56:45	1:15:59 57:25	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	<b>Hugo Zamora Ramos</b> <b>Guadalajara C.O.GUADALAJARA</b>	<b>andona</b>	23:35 23:35 2:17:51 56:59	1:20:52 57:17	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	<b>Mario Gonzalez Martinez</b> <b>Cuenca ORIENTIJOTE</b>	<b>No sale</b>													
	<b>Carlos Zamora Zamora</b> <b>Guadalajara C.O.GUADALAJARA</b>	<b>No sale</b>													
<b>M-16 (15)</b>		<b>4,5 km 380 m</b>		<b>14 C</b>											
		1(36) Meta	2(33)	3(58)	4(43)	5(49)	6(42)	7(61)	8(62)	9(54)	10(63)	11(57)	12(38)	13(35)	
<b>1</b>	<b>Javier García Jiménez</b> <b>Albacete BMT CASAS DE VES</b>	<b>53:31</b>	2:51 2:51 53:30 0:11	<b>10:24</b> <b>7:33</b>	<b>15:31</b> <b>5:07</b> 26:43 *44	<b>21:47</b> <b>6:16</b> 28:50 *50	<b>23:24</b> <b>1:37</b>	<b>31:07</b> 7:43	<b>32:41</b> 1:34	<b>34:09</b> 1:28	<b>43:01</b> <b>8:52</b>	<b>44:52</b> <b>1:51</b>	<b>49:34</b> 4:42	<b>50:44</b> 1:10	<b>52:15</b> <b>1:31</b>
<b>2</b>	<b>Andrés Moya Rodríguez</b> <b>Cuenca COMCU</b>	<b>1:00:09</b>	2:26 2:26 1:00:09 0:12	15:10 12:44	21:30 6:20	30:29 8:59	33:43 3:14	37:35 <b>3:52</b>	38:42 1:07	40:08 <b>1:26</b>	49:16 9:08	51:43 2:27	56:12 <b>4:29</b>	57:10 0:58	58:55 1:45
<b>3</b>	<b>Carlos Díaz Calatayud</b> <b>Albacete GODIH</b>	<b>1:00:27</b>	2:30 2:30 1:00:27 0:14	10:59 8:29	17:01 6:02	26:41 9:40	29:51 3:10	33:47 3:56	34:48 <b>1:01</b>	36:33 1:45	47:07 10:34	49:51 2:44	55:40 5:49	56:48 1:08	58:34 1:46
<b>4</b>	<b>Gonzalo Ferrando Galán</b> <b>Toledo TOLEDO-O</b>	<b>1:00:39</b>	4:52 4:52 1:00:39 0:14	13:01 8:09	19:20 6:19	26:50 7:30	30:39 3:49	34:57 4:18	36:09 1:12	38:01 1:52	48:08 10:07	50:49 2:41	56:26 5:37	57:22 <b>0:56</b>	59:04 1:42
<b>5</b>	<b>Gonzalo Zorrilla Olias</b> <b>Madrid O-CHARLIES_ORIENTA-T</b>	<b>1:02:18</b>	3:21 3:21 1:02:17 0:13	12:27 9:06	18:06 5:39	26:54 8:48	30:02 3:08	34:57 4:55	37:11 2:14	38:56 1:45	48:27 9:31	51:05 2:38	56:46 5:41	58:09 1:23	1:00:27 2:18
<b>6</b>	<b>Diego Casado Gómez</b> <b>Madrid GOCAN</b>	<b>1:07:05</b>	3:03 3:03 1:07:05 0:12	14:43 11:40	21:09 6:26	29:24 8:15	32:56 3:32	38:11 5:15	39:35 1:24	41:22 1:47	51:01 9:39	54:02 3:01	1:01:20 7:18	1:02:46 1:26	1:05:15 2:29
<b>7</b>	<b>Nicolás García Megia</b> <b>Toledo TOLEDO-O</b>	<b>1:08:35</b>	3:02 3:02 1:08:35 0:16	14:42 11:40	21:21 6:39	30:02 8:41	32:24 2:22	38:18 5:54	39:34 1:16	42:10 2:36	53:48 11:38	56:37 2:49	1:02:15 5:38	1:03:48 1:33	1:06:46 2:58
<b>8</b>	<b>Ernesto Martínez Gómez</b> <b>Albacete GODIH</b>	<b>1:10:29</b>	<b>2:25</b> <b>2:25</b> 1:10:28 0:13	16:07 13:42	27:13 11:06	33:59 6:46	36:14 2:15	40:57 4:43	42:09 1:12	44:14 2:05	54:28 10:14	57:04 2:36	1:02:27 5:23	1:04:18 1:51	1:08:40 4:22
<b>9</b>	<b>Alvaro Pérez Otero</b> <b>Madrid T_TRAGAME</b>	<b>1:12:57</b>	3:15 3:15 1:12:56 0:18	12:33 9:18	20:20 7:47	28:52 8:32	34:03 5:11	39:44 5:41	41:01 1:17	43:10 2:09	55:36 12:26	58:38 3:02	1:05:36 6:58	1:07:07 1:31	1:10:33 3:26
<b>10</b>	<b>Juan Manuel Pozo Prada</b> <b>Madrid O-GETAFE</b>	<b>1:13:49</b>	3:21 3:21 1:13:49 0:18	15:23 12:02	22:42 7:19	31:29 8:47	35:00 3:31	41:15 6:15	42:52 1:37	44:46 1:54	55:32 10:46	58:24 2:52	1:06:53 8:29	1:08:30 1:37	1:11:24 2:54
<b>11</b>	<b>Daniel Tarancón Tolosa</b> <b>Albacete GODIH</b>	<b>1:24:32</b>	2:36 2:36 1:24:32 0:13	18:22 15:46	28:16 9:54	36:54 8:38	40:20 3:26	51:08 10:48	52:49 1:41	55:10 2:21	1:08:14 13:04	1:12:13 3:59	1:18:54 6:41	1:20:25 1:31	1:22:50 2:25

os	Nombre	Tiempo															
			4,5 km 380 m		14 C		(cont.)										
			1(36)	2(33)	3(58)	4(43)	5(49)	6(42)	7(61)	8(62)	9(54)	10(63)	11(57)	12(38)	13(35)		
			Meta														
M-16 (15)																	
12	Jorge Barcia Belinchón Madrid O-GETAFE	1:26:10	3:24	14:38	28:12	39:44	43:20	50:13	52:20	54:43	1:08:34	1:11:53	1:18:12	1:20:19	1:23:53		
			3:24	11:14	13:34	11:32	3:36	6:53	2:07	2:23	13:51	3:19	6:19	2:07	3:34		
			1:26:09														
			0:15														
13	CARLOS ROJO PRIETO Guadalajara C.O.GUADALAJARA	2:03:42	8:42	20:14	50:38	1:09:19	1:14:11	1:22:17	1:23:55	1:25:51	1:39:13	1:43:15	1:53:00	1:54:50	2:00:51		
			8:42	11:32	30:24	18:41	4:52	8:06	1:38	1:56	13:22	4:02	9:45	1:50	6:01		
			2:03:42														
			0:36														
	Alvaro Melendez Rodríguez Toledo TOLEDO-O	en tarj.	3:36	13:52	23:13	33:04	36:00	-----	-----	46:04	57:49	1:00:56	1:07:23	1:08:46	1:11:18		
			3:36	10:16	9:21	9:51	2:56			10:04	11:45	3:07	6:27	1:23	2:32		
			1:12:51														
			0:12														
	Jorge Zamora Ramos Guadalajara C.O.GUADALAJARA	No sale															
M-18 (3)																	
			5,6 km 395 m		20 C												
			1(36)	2(32)	3(41)	4(33)	5(42)	6(44)	7(50)	8(59)	9(60)	10(58)	11(40)	12(39)	13(54)		
			15(55)	16(57)	17(38)	18(34)	19(35)	20(53)	Meta								
1	Javier Andrés Pacheco Lorenzo Las Palmas de Gr AGÜICO	1:51:38	4:40	7:56	21:33	28:15	30:54	33:04	36:07	48:43	53:13	58:12	1:02:27	1:19:19	1:28:22		
			4:40	3:16	13:37	6:42	2:39	2:10	3:03	12:36	4:30	4:59	4:15	16:52	9:03		
			1:36:31	1:40:44	1:42:36	1:45:07	1:49:26	1:51:20	1:51:37								
			3:45	4:13	1:52	2:31	4:19	1:54	0:17								
2	Alvaro Martínez Soriano Toledo TOLEDO-O	1:57:25	2:46	6:24	19:18	28:39	32:23	35:31	39:24	50:42	53:49	1:01:21	1:06:03	1:24:52	1:34:36		
			2:46	3:38	12:54	9:21	3:44	3:08	3:53	11:18	3:07	7:32	4:42	18:49	9:44		
			1:41:26	1:46:23	1:48:21	1:49:44	1:55:01	1:57:09	1:57:24								
			2:56	4:57	1:58	1:23	5:17	2:08	0:15								
3	Alvaro Mesas De Castro Cuenca COMCU	2:23:52	3:45	7:27	26:59	33:54	38:00	40:29	44:10	58:31	1:03:28	1:15:18	1:20:46	1:38:57	1:52:09		
			3:45	3:42	19:32	6:55	4:06	2:29	3:41	14:21	4:57	11:50	5:28	18:11	13:12		
			1:59:46	2:08:37	2:12:45	2:15:44	2:21:05	2:23:27	2:23:52								
			3:37	8:51	4:08	2:59	5:21	2:22	0:24								
M-21 ELITE (19)																	
			6,2 km 480 m		21 C												
			1(32)	2(41)	3(33)	4(42)	5(44)	6(50)	7(49)	8(60)	9(58)	10(40)	11(43)	12(59)	13(62)		
			15(55)	16(57)	17(38)	18(39)	19(36)	20(35)	21(53)	Meta							
1	Pablo Ferrando Galán Toledo TOLEDO-O	1:07:25	4:03	10:29	12:15	14:01	15:22	17:04	18:46	22:40	28:44	31:11	34:14	39:00	47:47		
			4:03	6:26	1:46	1:46	1:21	1:42	1:42	3:54	6:04	2:27	3:03	4:46	8:47		
			56:14	58:59	1:00:05	1:02:25	1:03:27	1:06:09	1:07:12	1:07:24							
			1:18	2:45	1:06	2:20	1:02	2:42	1:03	0:12							
											*51						
2	David Cotillas Moya Cuenca COMCU	1:16:10	4:03	12:33	16:19	19:24	20:34	22:17	25:29	31:22	35:24	38:04	41:58	45:18	54:16		
			4:03	8:30	3:46	3:05	1:10	1:43	3:12	5:53	4:02	2:40	3:54	3:20	8:58		
			1:03:03	1:05:30	1:06:52	1:09:23	1:10:39	1:14:50	1:15:57	1:16:09							
			1:19	2:27	1:22	2:31	1:16	4:11	1:07	0:12							
3	Jacinto Calva Troya Zaragoza IBON ZARAGOZA	1:16:37	4:46	13:16	15:00	17:15	18:41	20:56	23:03	28:57	34:39	37:16	40:41	43:29	52:59		
			4:46	8:30	1:44	2:15	1:26	2:15	2:07	5:54	5:42	2:37	3:25	2:48	9:30		
			1:02:51	1:05:55	1:06:57	1:09:46	1:11:00	1:15:08	1:16:23	1:16:37							
			1:31	3:04	1:02	2:49	1:14	4:08	1:15	0:13							
4	Francisco Leiva Cárdenas Madrid MALARRUTA	1:19:27	6:35	14:59	17:01	19:21	20:55	23:01	25:29	29:54	37:18	40:06	43:33	46:31	56:24		
			6:35	8:24	2:02	2:20	1:34	2:06	2:28	4:25	7:24	2:48	3:27	2:58	9:53		
			1:06:13	1:09:21	1:11:07	1:13:54	1:15:02	1:17:59	1:19:13	1:19:27							
			1:35	3:08	1:46	2:47	1:08	2:57	1:14	0:14							
5	Manuel Díaz González Cuenca ORIENTIJOTE	1:22:41	4:52	12:46	16:47	18:29	19:53	21:53	25:27	34:22	43:25	45:45	49:03	51:32	1:00:28		
			4:52	7:54	4:01	1:42	1:24	2:00	3:34	8:55	9:03	2:20	3:18	2:29	8:56		
			1:10:50	1:13:35	1:14:38	1:17:35	1:18:30	1:21:20	1:22:27	1:22:41							
			1:16	2:45	1:03	2:57	0:55	2:50	1:07	0:14							
6	Carlos Gil Rodríguez Madrid MALARRUTA	1:24:28	4:58	12:30	15:46	22:06	24:07	25:58	28:18	34:35	40:06	43:02	46:30	49:43	1:00:18		
			4:58	7:32	3:16	6:20	2:01	1:51	2:20	6:17	5:31	2:56	3:28	3:13	10:35		
			1:10:05	1:13:02	1:14:14	1:18:02	1:19:17	1:22:44	1:24:12	1:24:28							
			1:33	2:57	1:12	3:48	1:15	3:27	1:28	0:15							
7	Pedro Salgado Astillero Toledo TOLEDO-O	1:31:25	6:20	15:45	19:22	21:33	23:08	25:09	28:05	35:30	41:41	44:55	48:58	52:21	1:02:40		
			6:20	9:25	3:37	2:11	1:35	2:01	2:56	7:25	6:11	3:14	4:03	3:23	10:19		
			1:13:42	1:16:53	1:18:50	1:22:16	1:24:00	1:29:15	1:31:08	1:31:25							
			1:43	3:11	1:57	3:26	1:44	5:15	1:53	0:17							
8	Ismael Mariscal Martin Madrid RUMBO-MADRID_SANSE	1:42:45	5:28	17:36	19:57	22:32	24:46	27:05	29:49	36:20	41:18	44:53	51:40	56:23	1:08:26		
			5:28	12:08	2:21	2:35	2:14	2:19	2:44	6:31	4:58	3:35	6:47	4:43	12:03		
			1:23:07	1:26:38	1:27:59	1:31:35	1:32:59	1:41:04	1:42:30	1:42:45							
			1:45	3:31	1:21	3:36	1:24	8:05	1:26	0:15							
9	Manuel Vicente Sanchez-Migallon Madrid COLMENAR	1:45:53	6:17	18:58	22:58	25:15	27:21	30:39	33:48	39:34	48:36	52:10	56:56	1:00:20	1:15:52		
			6:17	12:41	4:00	2:17	2:06	3:18	3:09	5:46	9:02	3:34	4:46	3:24	15:32		
			1:30:17	1:33:42	1:34:59	1:38:22	1:39:50	1:43:53	1:45:36	1:45:52							
			1:57	3:25	1:17	3:23	1:28	4:03	1:43	0:16							
10	Julian Amores Fuste Madrid SOTOBOSQUE	2:14:37	14:43	26:38	29:10	31:42	33:39	35:46	39:30	51:49	1:02:33	1:06:41	1:11:43	1:17:01	1:38:30		
			14:43	11:55	2:32	2:32	1:57	2:07	3:44	12:19	10:44	4:08	5:02	5:18	21:29		
			1:54:15	1:58:13	1:59:56	2:04:15	2:06:32	2:12:18	2:14:17	2:14:37							
			2:06	3:58	1:43	4:19	2:17	5:46	1:59	0:20							



os	Nombre	Tiempo													
<b>M-35 (21)</b>		<b>5,3 km 445 m</b>		<b>15 C</b>		<i>(cont.)</i>									
		1(36) 15(53)	2(32) Meta	3(41)	4(59)	5(60)	6(58)	7(51)	8(44)	9(33)	10(61)	11(63)	12(55)	13(34)	
7	Carlos Manuel Prado Da Cruz Madrid GOCAN	1:29:16	2:52 2:52	5:51 2:59	15:26 9:35	30:27 15:01	32:42 <b>2:15</b>	43:45 11:03	55:49 12:04	59:16 3:27	1:02:21 3:05	1:04:46 2:25	1:21:21 16:35	1:24:12 2:51	1:25:12 1:00
8	Juan Pozo Ortiz Madrid O-GETAFE	1:29:39	3:41 3:41	6:43 3:02	17:03 10:20	29:50 12:47	36:04 6:14	41:36 5:32	54:35 12:59	59:56 5:21	1:03:35 3:39	1:06:16 2:41	1:22:34 16:18	1:25:08 2:34	1:26:01 0:53
9	Jesús María Rodríguez Martínez Madrid RUMBO-MADRID_SANSE	1:32:47	3:22 3:22	6:39 3:17	18:14 11:35	30:20 12:06	33:50 3:30	42:22 8:32	53:32 11:10	57:59 4:27	1:00:48 2:49	1:03:54 3:06	1:19:16 15:22	1:21:43 2:27	1:22:54 1:11
10	Manuel Caro Huertas Toledo TOLEDO-O	1:32:49	7:03 7:03	10:07 3:04	21:34 11:27	36:40 15:06	39:58 3:18	46:24 6:26	1:02:33 16:09	1:05:53 3:20	1:08:12 2:19	1:10:34 2:22	1:25:39 15:05	1:28:01 2:22	1:29:01 1:00
11	Mateo Vijande González Madrid MALARRUTA	1:34:29	3:14 3:14	7:09 3:55	18:12 11:03	32:09 13:57	36:20 4:11	45:47 9:27	57:47 12:00	1:01:07 3:20	1:03:30 2:23	1:08:10 4:40	1:24:19 16:09	1:28:43 4:24	1:29:52 1:09
12	Jorge Diaz Bes Madrid COLMENAR	1:38:41	3:44 3:44	8:33 4:49	20:25 11:52	37:37 17:12	40:38 3:01	48:33 7:55	1:00:48 12:15	1:04:29 3:41	1:07:01 2:32	1:11:51 4:50	1:27:04 15:13	1:31:45 4:41	1:33:00 1:15
13	José Puche Madrid Albacete GODIH	1:39:46	3:30 3:30	11:26 7:56	22:20 10:54	38:15 15:55	41:00 2:45	47:15 6:15	1:00:22 13:07	1:04:11 3:49	1:07:41 3:30	1:14:59 7:18	1:30:45 15:46	1:33:41 2:56	1:34:53 1:12
14	Juan Jose Peces Morera Toledo TOLEDO-O	1:40:26	5:16 5:16	8:29 3:13	24:23 15:54	40:48 16:25	44:28 3:40	51:34 7:06	1:03:08 11:34	1:07:10 4:02	1:10:23 3:13	1:13:15 2:52	1:30:19 17:04	1:33:07 2:48	1:34:37 1:30
15	Angel Luis Manzaneque Esteso Ciudad Real MANZANARES-O	1:50:10	3:55 3:55	7:11 3:16	18:48 11:37	37:32 18:44	40:18 2:46	48:33 8:15	1:04:10 15:37	1:08:59 4:49	1:11:51 2:52	1:16:16 4:25	1:34:22 18:06	1:37:22 3:00	1:38:47 1:25
16	EUSEBIO A. GARNACHO GONZALEZ Madrid ALABARDA-O	2:05:41	3:50 3:50	7:50 4:00	26:07 18:17	44:55 18:48	49:09 4:14	56:13 7:04	1:20:20 24:07	1:27:29 7:09	1:30:12 2:43	1:34:54 4:42	1:56:06 21:12	1:59:13 3:07	2:00:25 1:12
17	Sergio De La Losa Merino Madrid O-GETAFE	2:15:43	3:17 3:17	6:57 3:40	19:02 12:05	56:53 37:51	1:01:40 4:47	1:12:56 11:16	1:26:53 13:57	1:31:20 4:27	1:36:18 4:58	1:39:35 3:17	1:56:44 17:09	1:59:28 2:44	2:01:19 1:51
18	Jose Andres Rego Gonzalez Madrid ESCONDITE-M	2:17:57	3:53 3:53	8:05 4:12	34:23 26:18	52:10 17:47	55:59 3:49	1:04:21 8:22	1:17:31 13:10	1:24:46 7:15	1:30:31 5:45	1:39:57 9:26	1:58:10 18:13	2:00:59 2:49	2:02:59 2:00
19	Julián José Sánchez-Gil Mínguez Ciudad Real MANZANARES-O	2:30:34	3:51 3:51	7:53 4:02	20:16 12:23	46:20 26:04	57:13 10:53	1:04:43 7:30	1:21:50 17:07	1:39:49 17:59	1:44:36 4:47	1:52:04 7:28	2:17:47 25:43	2:20:55 3:08	2:22:44 1:49
	Luis Enrique Díaz Martínez Cuenca ELERUT	andona	15:37 15:37	19:07 3:30	36:21 17:14	-----	-----	-----	-----	-----	-----	51:06 14:45	-----	-----	-----
	Óscar Hernández Martínez Madrid O-GETAFE	andona	13:55 13:55	19:57 6:02	55:17 35:20	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
			----- 1:39:22 44:05												
<b>M-45 (17)</b>		<b>4,5 km 375 m</b>		<b>12 C</b>											
		1(32)	2(41)	3(59)	4(43)	5(49)	6(50)	7(62)	8(61)	9(33)	10(44)	11(39)	12(53)	Meta	
1	Roberto Monseco Montes Madrid O-CHARLIES_ORIENTA-T	1:16:37	6:22 6:22	19:22 13:00	36:30 17:08	41:17 4:47	44:24 3:07	47:49 3:25	52:39 <b>4:50</b>	54:38 1:59	<b>58:50</b> 4:12	<b>1:03:36</b> 4:46	<b>1:11:45</b> 8:09	<b>1:16:18</b> 4:33	<b>1:16:37</b> 0:19
2	Raúl Villalba Hormigos Toledo TOLEDO-O	1:20:24	<b>5:52</b> <b>5:52</b>	16:58 11:06	<b>30:33</b> <b>13:35</b>	<b>35:33</b> 5:00	<b>38:32</b> 2:59	<b>42:48</b> 4:16	<b>50:30</b> 7:42	56:56 6:26	1:04:45 7:49	1:08:37 <b>3:52</b>	1:15:45 <b>7:08</b>	1:20:07 4:22	1:20:23 <b>0:16</b>
3	Toni Peñarando Galván Madrid RUMBO-MADRID_SANSE	1:24:02	7:30 7:30	19:44 12:14	36:13 16:29	41:01 4:48	43:55 2:54	47:57 4:02	54:17 6:20	56:37 2:20	1:04:04 7:27	1:08:32 4:28	1:17:33 9:01	1:23:38 6:05	1:24:02 0:23
4	Pedro Ignacio Yllan Berrocal Madrid ALABARDA-O	1:25:07	6:59 6:59	20:06 13:07	40:08 20:02	45:08 5:00	47:42 2:34	50:39 2:57	58:03 7:24	1:01:01 2:58	1:05:08 <b>4:07</b>	1:09:24 4:16	1:18:57 9:33	1:24:48 5:51	1:25:07 0:18
5	Jose Miguel Mesas Martínez Cuenca COMCU	1:28:00	6:08 6:08	<b>16:08</b> <b>10:00</b>	31:37 15:29	36:43 5:06	40:10 3:27	43:49 3:39	51:00 7:11	<b>52:39</b> <b>1:39</b>	1:01:34 8:55	1:15:34 14:00	1:23:52 8:18	1:27:43 <b>3:51</b>	1:28:00 0:16
6	José Antonio Carrillo Recio Toledo TOLEDO-O	1:33:28	6:44 6:44	20:27 13:43	36:44 16:17	43:35 6:51	46:43 3:08	50:55 4:12	58:41 7:46	1:04:43 6:02	1:13:36 8:53	1:17:55 4:19	1:28:03 10:08	1:33:11 5:08	1:33:28 0:17

os	Nombre	Tiempo													
<b>M-45 (17)</b>			<b>4,5 km 375 m</b>			<b>12 C</b>			<i>(cont.)</i>						
			1(32)	2(41)	3(59)	4(43)	5(49)	6(50)	7(62)	8(61)	9(33)	10(44)	11(39)	12(53)	Meta
7	Carlos Sánchez Sobrino Toledo NAVALCAN-O	1:36:46	7:28	19:05	48:50	55:32	58:48	1:01:39	1:06:47	1:08:41	1:13:05	1:17:44	1:31:45	1:36:28	1:36:46
8	Jesús Megías Gómez Cuenca ORIENTIJOTE	1:38:44	7:18	22:14	45:04	50:33	55:50	59:21	1:08:51	1:12:05	1:16:29	1:21:27	1:32:30	1:38:23	1:38:44
9	Mariano Flores García Toledo TOLEDO-O	1:42:10	7:45	21:25	41:33	47:22	50:59	55:21	1:02:17	1:05:01	1:10:39	1:27:52	1:36:41	1:41:48	1:42:10
10	Fernando Orbis Mateos Madrid O-CHARLIES_ORIENTA-T	1:43:46	7:45	13:40	20:08	5:49	3:37	4:22	6:56	2:44	5:38	17:13	8:49	5:07	0:22
11	Jesús Ignacio Barea Gonzalez Ciudad Real MANZANARES-O	1:48:14	8:11	24:09	55:47	1:00:17	1:02:45	1:06:24	1:14:15	1:16:38	1:22:15	1:28:22	1:39:20	1:47:34	1:48:14
12	Jose Antonio González Ballesteros Ciudad Real MANZANARES-O	1:49:10	9:19	23:22	44:18	48:50	52:28	56:55	1:02:57	1:05:49	1:14:04	1:28:30	1:42:31	1:48:48	1:49:10
13	Juan Pablo Balzategui Pérez Madrid C.D.C.E.B.E.	1:57:04	8:19	24:54	47:45	55:13	58:33	1:02:58	1:11:51	1:14:58	1:22:33	1:36:42	1:50:47	1:56:28	1:57:04
14	Juan Agustín Tarancón Descalzo Albacete GODIH	2:01:49	8:19	16:35	22:51	7:28	3:20	4:25	8:53	3:07	7:35	14:09	14:05	5:41	0:36
15	Julián Rivera Domínguez Toledo TOLEDO-O	2:13:06	6:14	12:59	18:07	5:02	4:11	24:02	9:37	11:39	7:33	4:13	12:08	5:41	0:23
	Jose Alberto Velasco Villacañas Madrid O-CHARLIES_ORIENTA-T	andona	8:38	38:24	1:09:18	1:17:18	1:21:18	1:28:39	1:38:55	1:42:54	1:50:45	1:56:08	2:06:27	2:12:42	2:13:06
	Alfonso González Lozano Madrid GOCAN	andona	8:38	29:46	30:54	8:00	4:00	7:21	10:16	3:59	7:51	5:23	10:19	6:15	0:24
			9:13	28:01	53:00	1:03:19	1:11:11	1:16:35	----	----	----	----	----	----	1:35:43
			9:13	18:48	24:59	10:19	7:52	5:24							19:08
			9:59	36:02	1:01:05	1:10:37	1:20:03	1:24:43	----	----	----	----	----	----	1:47:10
			9:59	26:03	25:03	9:32	9:26	4:40							22:27
<b>M-55 (8)</b>			<b>4,3 km 240 m</b>			<b>16 C</b>									
			1(39)	2(42)	3(33)	4(41)	5(62)	6(44)	7(47)	8(48)	9(32)	10(56)	11(63)	12(55)	13(38)
1	Juan Jose Alonso Checa Madrid COLMENAR	1:03:02	3:23	11:49	14:24	21:09	24:38	30:00	33:37	35:39	41:17	44:56	46:50	49:29	53:02
			3:23	8:26	2:35	6:45	3:29	5:22	3:37	2:02	5:38	3:39	1:54	2:39	3:33
			1:00:40	1:02:40	1:03:02										
			4:55	2:00	0:21										
2	Vicente Tordera Ovejero Toledo TOLEDO-O	1:05:22	4:19	13:46	17:01	18:51	22:23	28:59	33:35	36:48	42:34	47:16	49:28	52:30	55:04
			4:19	9:27	3:15	1:50	3:32	6:36	4:36	3:13	5:46	4:42	2:12	3:02	2:34
			1:03:10	1:05:01	1:05:22										
			5:04	1:51	0:20										
3	Carlos Pérez Lorente Toledo TOLEDO-O	1:17:42	4:08	14:03	18:40	21:48	28:49	35:45	42:57	47:55	54:32	59:19	1:01:38	1:04:31	1:07:17
			4:08	9:55	4:37	3:08	7:01	6:56	7:12	4:58	6:37	4:47	2:19	2:53	2:46
			1:15:27	1:17:20	1:17:41		33:13								
			5:11	1:53	0:21		*42								
4	Juan Carlos González Braseró Albacete BMT CASAS DE VES	1:28:22	4:27	14:36	19:41	22:47	27:15	34:47	40:25	44:45	54:07	59:31	1:02:12	1:05:44	1:10:34
			4:27	10:09	5:05	3:06	4:28	7:32	5:38	4:20	9:22	5:24	2:41	3:32	4:50
			1:23:36	1:27:58	1:28:22										
			7:53	4:22	0:24										
5	Felipe Gonzalez Gallego Cuenca ORIENTIJOTE	1:39:22	4:26	17:20	24:28	27:15	34:34	42:24	49:01	52:49	1:01:12	1:08:15	1:11:02	1:14:38	1:20:55
			4:26	12:54	7:08	2:47	7:19	7:50	6:37	3:48	8:23	7:03	2:47	3:36	6:17
			1:36:37	1:38:58	1:39:22										
			6:53	2:21	0:24										
6	Ricardo Morales Durán Madrid YELMO-O	1:47:28	4:14	16:25	23:31	32:09	39:48	48:06	54:26	59:13	1:07:37	1:15:02	1:18:26	1:22:05	1:27:25
			4:14	12:11	7:06	8:38	7:39	8:18	6:20	4:47	8:24	7:25	3:24	3:39	5:20
			1:43:13	1:47:01	1:47:28										
			11:06	3:48	0:27										
7	Francisco Martínez Porteros Madrid O-CHARLIES_ORIENTA-T	2:37:25	8:52	24:19	29:15	49:01	55:14	1:08:10	1:16:41	1:30:09	1:49:08	1:55:37	2:03:24	2:07:46	2:16:31
			8:52	15:27	4:56	19:46	6:13	12:56	8:31	13:28	18:59	6:29	7:47	4:22	8:45
			2:32:33	2:37:01	2:37:25										
			10:21	4:28	0:24										
	Mikael Wirén Madrid MALARRUTA	andona	1:04:03	----	----	----	----	----	----	----	----	----	----	----	----
			1:04:03												
			1:17:04	1:19:09	1:19:44		10:53	14:51	16:51	21:39	28:18	32:43	36:08	43:06	49:42
			4:44	2:05	0:34		*42	*33	*41	*62	*44	*47	*48	*32	*56
			54:27	58:04											
			*55	*38											
<b>NARANJA/ADUL (14)</b>			<b>3,6 km 175 m</b>			<b>12 C</b>									
			1(62)	2(33)	3(50)	4(48)	5(46)	6(55)	7(34)	8(54)	9(65)	10(64)	11(36)	12(53)	Meta
1	Julian Escribano Zamora Cuenca ORIENTIJOTE	1:06:32	8:46	17:15	24:06	32:46	36:42	46:18	48:18	52:25	53:54	57:34	1:02:48	1:06:14	1:06:32
2	Enrique Gómez González Guadalajara C.O.GUADALAJARA	1:09:05	8:42	16:38	21:04	29:39	37:08	42:30	43:51	54:18	56:01	59:01	1:05:23	1:08:45	1:09:05
3	María José Gascón Valera Cuenca ORIENTIJOTE	1:25:48	9:10	18:14	23:58	34:28	37:46	47:58	51:08	58:03	1:03:22	1:07:17	1:20:03	1:25:24	1:25:48
4	Juan Miguel Gómez Ibáñez Albacete GODIH	1:41:08	9:10	9:04	5:44	10:30	3:18	10:12	3:10	6:55	5:19	3:55	12:46	5:21	0:24
5	María del Pilar Cruz-Sepúlveda Muñ Ciudad Real MANZANARES-O	1:43:08	9:52	17:20	23:10	31:54	34:50	43:07	45:07	1:13:59	1:18:00	1:22:32	1:31:10	1:40:29	1:41:08
6	Antonio Díaz Marco Albacete GODIH	1:45:29	9:52	7:28	5:50	8:44	2:56	8:17	2:00	28:52	4:01	4:32	8:38	9:19	0:39
7	Sonia Fernández Sanagustín	1:55:07	24:23	38:41	44:32	53:44	56:55	1:05:49	1:07:36	1:12:44	1:15:32	1:19:55	1:35:51	1:42:45	1:43:08
			24:23	14:18	5:51	9:12	3:11	8:54	1:47	5:08	2:48	4:23	15:56	6:54	0:23
			13:43	27:30	36:26	47:29	53:04	1:04:43	1:10:44	1:16:16	1:20:04	1:26:29	1:36:40	1:44:49	1:45:29
			13:43	13:47	8:56	11:03	5:35	11:39	6:01	5:32	3:48	6:25	10:11	8:09	0:40

os Nombre		Tiempo												
<b>NARANJA/ADUL (14)</b>		<b>3,6 km 175 m</b>			<b>12 C</b>			<i>(cont.)</i>						
		1(62)	2(33)	3(50)	4(48)	5(46)	6(55)	7(34)	8(54)	9(65)	10(64)	11(36)	12(53)	Meta
<b>FEDO FEDO</b>		33:00	7:55	9:56	9:22	3:51	18:18	2:01	5:59	2:38	5:34	10:16	5:56	0:21
<b>María del Rocío Rapallo Quesada Madrid COLMENAR</b>	<b>en tarj.</b>	10:43	27:08	-----	-----	-----	59:00	1:02:44	1:09:48	1:13:01	-----	-----	-----	1:22:32
		10:43	16:25				31:52	3:44	7:04	3:13				9:31
		40:29												
		*44												
<b>Isabel Escribano Garcia Cuenca ORIENTIJOTE</b>	<b>en tarj.</b>	14:43	22:50	37:45	56:43	1:00:45	1:17:49	1:20:03	1:32:52	1:36:33	-----	-----	-----	1:54:03
<b>Jose Alberto Fernández Lucas</b>	<b>Desc.</b>	14:43	8:07	14:55	18:58	4:02	17:04	2:14	12:49	3:41				17:30
<b>FEDO FEDO</b>		36:48	48:19	58:40	1:17:36	1:21:36	1:51:17	1:52:44	2:09:29	2:13:26	2:21:58	2:29:37	2:35:59	
<b>Cristina Delgado Utrilla</b>	<b>andona</b>	36:48	11:31	10:21	18:56	4:00	29:41	1:27	16:45	3:57	8:32	7:39	6:22	
<b>FEDO FEDO</b>		-----	-----	-----	-----	-----	1:10:25	-----	-----	-----	-----	-----	-----	
		6:25	18:02	36:03										
		*37	*68	*36										
<b>José Berrío Carrasco</b>	<b>No sale</b>													
<b>FEDO FEDO</b>														
<b>Vicente Cano Granero</b>	<b>No sale</b>													
<b>Guadalajara C.O.GUADALAJARA</b>														
<b>Garzo Garzo Garzo</b>	<b>No sale</b>													
<b>FEDO FEDO</b>														
<b>FAMIL/AMARIL (9)</b>		<b>1,4 km 120 m</b>		<b>7 C</b>					Meta					
		1(37)	2(67)	3(70)	4(71)	5(69)	6(65)	7(53)						
<b>1 Andres Barea Martinez</b>	<b>29:27</b>	<b>2:49</b>	<b>9:42</b>	16:44	19:33	23:14	25:51	<b>29:06</b>	<b>29:26</b>		6:34			
<b>Ciudad Real MANZANARES-O</b>		<b>2:49</b>	6:53	7:02	2:49	<b>3:41</b>	2:37	3:15	0:20		*31			
<b>2 Manuel Lambea Cortés</b>	<b>30:42</b>	2:54	9:53	<b>15:44</b>	<b>18:28</b>	<b>23:10</b>	<b>25:06</b>	30:22	30:42					
<b>FEDO FEDO</b>		2:54	6:59	<b>5:51</b>	2:44	4:42	<b>1:56</b>	5:16	0:20					
<b>3 Pablo Sanchez Salazar</b>	<b>39:47</b>	7:10	15:53	23:04	26:07	30:42	34:28	39:28	39:47					
<b>Madrid YELMO-O</b>		7:10	8:43	7:11	3:03	4:35	3:46	5:00	<b>0:19</b>					
<b>4 Manuel Salazar Fernandez</b>	<b>39:51</b>	7:04	15:47	23:04	26:07	30:34	34:24	39:28	39:51					
<b>Madrid YELMO-O</b>		7:04	8:43	7:17	3:03	4:27	3:50	5:04	0:23					
<b>5 Hugo Hernández Serrano</b>	<b>41:31</b>	3:21	9:53	16:49	19:30	32:29	36:32	40:34	41:31					
<b>FEDO FEDO</b>		3:21	<b>6:32</b>	6:56	<b>2:41</b>	12:59	4:03	4:02	0:57					
<b>6 Ana de la Guía Cruz-Sepúlved</b>	<b>46:21</b>	5:06	17:11	26:13	31:13	38:19	42:26	46:01	46:21					
<b>Ciudad Real MANZANARES-O</b>		5:06	12:05	9:02	5:00	7:06	4:07	3:35	0:20					
<b>7 Manuela Sánchez-gil Manzanque</b>	<b>46:26</b>	5:13	17:22	26:34	31:27	38:27	42:37	46:06	46:26					
<b>Ciudad Real MANZANARES-O</b>		5:13	12:09	9:12	4:53	7:00	4:10	3:29	0:20					
<b>8 ALBERTO MANZANEQUE APARICIO</b>	<b>46:46</b>	5:14	17:36	26:23	31:22	38:59	43:27	46:23	46:46					
<b>Ciudad Real MANZANARES-O</b>		5:14	12:22	8:47	4:59	7:37	4:28	<b>2:56</b>	0:23					
<b>9 Alba Hernández Serrano</b>	<b>47:08</b>	4:20	14:53	23:16	27:22	37:06	42:11	46:25	47:08					
<b>FEDO FEDO</b>		4:20	10:33	8:23	4:06	9:44	5:05	4:14	0:43					