



Pto.	Dorsal	Nombre	Tiempo	Categoría	Pto.Cat.	Género	Pto.Sex	Ciudad	Provincia	Start	5Km	11Km	15Km	Media	26Km	32Km	36Km	Finish
1	232	Aritz Arazuri Echeverria	2:40:31	V35	1	M	1	Bilbao	Euskadi	0:00:01	0:17:28	0:41:41	0:55:28	1:19:03	1:36:41	2:01:39	2:16:22	2:40:31
2	36	Victor Fernández García	2:42:11	Senior	1	M	2	Logroño	La Rioja	0:00:01	0:16:05	0:39:21	0:52:52	1:15:49	1:33:17	1:58:47	2:14:28	2:42:11
3	347	Daniel Martínez Santamaría	2:43:31	Senior	2	M	3	Logroño	La Rioja	0:00:00	0:17:11	0:41:39	0:55:26	1:18:40	1:36:11	2:01:03	2:15:44	2:43:31
4	186	Noel Fernandez Marcos	2:43:51	V45	1	M	4	Oleiros	A Coruña	0:00:03	0:18:03	0:43:15	0:57:48	1:22:24	1:40:18	2:05:22	2:19:50	2:43:51
5	119	Xabier Rodriguez Martinez	2:45:15	Senior	3	M	5	Logroño	La Rioja	0:00:01	0:17:18	0:41:35	0:55:23	1:19:30	1:36:33	2:02:46	2:17:56	2:45:15
6	242	Héctor Moro Díez	2:47:36	V35	2	M	6	Pola De Laviana	Asturias	0:00:07	0:18:48	0:44:39	0:59:33	1:24:25	1:42:38	2:08:04	2:22:47	2:47:36
7	241	Ruben Hernandez Martin	2:47:37	V45	2	M	7	Ávila	Ávila	0:00:00	0:18:17	0:43:52	0:58:42	1:24:00	1:42:13	2:08:04	2:22:48	2:47:37
8	318	Xabier Ibargutxi Elorza	2:47:42	V35	3	M	8	Legazpi	Guipúzcoa	0:00:04	0:17:29	0:41:42	0:55:29	1:19:29	1:37:33	2:02:49	2:18:07	2:47:42
9	343	Ruben Cristóbal Ramon	2:49:19	V35	4	M	9	Logroño	La Rioja	0:00:15	0:20:55	0:43:03	0:56:39	1:23:14	1:43:39	2:06:56	2:21:20	2:49:19
10	101	Pedro Serna Lopez	2:49:27	V45	3	M	10	Las Torres De Cotillas	Murcia	0:00:01	0:17:48	0:42:50	0:57:22	1:21:47	1:39:46	2:05:15	2:20:53	2:49:27
11	51	David Méndez Arias	2:51:34	V35	5	M	11	A Coruña	A Coruña	0:00:04	0:18:03	0:43:19	0:57:50	1:22:35	1:41:06	2:07:20	2:23:25	2:51:34
12	285	Luisito De La	2:52:48	V35	6	M	12	Haro	La Rioja	0:00:06	0:19:23	0:46:01	1:01:26	1:26:50	1:44:37	2:10:28	2:25:21	2:52:48



		Fuente Arizaga																
13	233	Mario San Miguel Lorente	2:53:21	V35	7	M	13	San Sebastian	Guipúzcoa	0:00:03	0:18:56	0:45:19	1:00:37	1:26:27	1:45:22	2:12:26	2:28:33	2:53:21
14	289	Eduardo Casado Briongos	2:55:59	V35	8	M	14	Burgos	Burgos	0:00:04	0:18:29	0:43:54	0:58:43	1:23:41	1:42:24	2:09:18	2:26:13	2:55:59
15	91	Juan Carlos Arilla Laplaza	2:56:17	V45	4	M	15	Ejea De Los Caballeros	Zaragoza	0:00:06	0:19:36	0:46:54	1:02:41	1:28:01	1:47:02	2:13:40	2:29:23	2:56:17
16	384	Jose Antonio Perez Vitoria	2:57:36	V45	5	M	16	Calahorra	La Rioja	0:00:07	0:19:36	0:46:50	1:02:40	1:28:33	1:48:09	2:15:29	2:31:22	2:57:36
17	264	David Henestrosa Roca	2:57:50	V45	6	M	17	Santpedor	Barcelona	0:00:05	0:19:34	0:46:52	1:02:40	1:28:47	1:48:02	2:14:58	2:30:48	2:57:50
18	117	Alberto Gutiérrez Palacios	2:57:59	V35	9	M	18	Ávila	Ávila	0:00:02	0:18:51	0:45:02	1:00:15	1:25:06	1:43:47	2:10:13	2:25:34	2:57:59
19	38	Garikoitz Lopez Intxausti	2:58:01	V35	10	M	19	Oiartzun	Guipúzcoa	0:00:05	0:19:33	0:46:50	1:02:38	1:28:47	1:48:01	2:14:59	2:30:49	2:58:01
20	336	Pablo Rodríguez Sáenz	2:58:21	V35	11	M	20	Logroño	La Rioja	0:00:03	0:19:16	0:46:32	1:02:11	1:28:05	1:47:36	2:15:03	2:31:21	2:58:21
21	229	Josu Gasteluiturri Gorrochategui	2:58:41	V35	12	M	21	Etxebarri	Vizcaya	0:00:03	0:18:59	0:45:51	1:01:22	1:26:51	1:45:51	2:12:47	2:29:03	2:58:41
22	383	David Salido	2:59:53	V45	7	M	22	Oyon	Álava	0:00:04	0:17:37	0:43:14	0:58:34	1:24:39	1:44:55	2:14:06	2:31:12	2:59:53
23	228	Kepa Urkixo Ibarretxe	2:59:57	V35	13	M	23	Gordexola	Vizcaya	0:00:14	0:20:06	0:47:08	1:02:48	1:29:05	1:48:45	2:16:14	2:32:29	2:59:57
24	364	Jesus Villanueva Angulo	3:00:01	V45	8	M	24	Zaragoza	Zaragoza	0:00:03	0:19:31	0:46:48	1:02:39	1:28:59	1:48:38	2:16:13	2:32:26	3:00:01



25	79	Juan Cayuela Milagro	3:00:03	V45	9	M	25	Logroño	La Rioja	0:00:03	0:19:32	0:46:51	1:02:39	1:29:00	1:48:09	2:15:28	2:31:48	3:00:03
26	111	Francisco Javier Estebaranz Gomez	3:00:48	V45	10	M	26	Aldeonte	Segovia	0:00:08	0:20:21	0:47:28	1:02:56	1:29:37	1:49:47	2:17:49	2:33:55	3:00:48
27	80	Juan Jose Jimenez Villalba	3:01:06	V45	11	M	27	Parets Del Valles	Barcelona	0:00:08	0:19:36	0:46:51	1:02:45	1:28:51	1:48:35	2:16:17	2:32:29	3:01:06
28	45	Francisco Javier Alonso Rio	3:03:44	V35	14	M	28	Las Rozas De Madrid	Madrid	0:00:07	0:19:34	0:46:51	1:02:37	1:29:12	1:49:04	2:17:55	2:34:47	3:03:44
29	244	Francisco Gómez Hernández	3:04:37	V35	15	M	29	Canet De Berenguer	Valencia	0:00:00	0:17:46	0:42:54	0:57:23	1:21:54	1:40:07	2:06:40	2:25:16	3:04:37
30	398	Manuel Garcia Lopez	3:08:30	V45	12	M	30	Albacete	Albacete	0:00:06	0:20:01	0:47:46	1:03:43	1:31:11	1:52:06	2:21:15	2:38:31	3:08:30
31	152	Jacob Olivares Martín	3:08:33	V35	16	M	31	Las Rozas De Madrid	Madrid	0:00:12	0:19:35	0:46:53	1:02:44	1:28:46	1:48:29	2:17:40	2:35:34	3:08:33
32	144	Diego Alberto Remírez Caballero	3:09:00	Senior	4	M	32	Lodosa	Navarra	0:00:04	0:20:55	0:50:13	1:07:06	1:34:58	1:55:41	2:24:42	2:41:23	3:09:00
33	27	Fernando Alvarez Vera	3:10:54	V35	17	M	33	Madrid	Madrid	0:00:04	0:21:05	0:50:26	1:07:21	1:35:08	1:55:57	2:25:12	2:42:14	3:10:54
34	224	Alejandro Ferrandez Marco	3:12:00	Senior	5	M	34	Zaragoza	La Rioja	0:00:03	0:18:03	0:43:17	0:57:49	1:22:37	1:41:55	2:16:46	2:39:00	3:12:00
35	107	Matías Britos	3:12:13	V35	18	M	35	Andoain	Guipúzcoa	0:00:14	0:20:09	0:47:18	1:02:52	1:29:26	1:49:47	2:19:44	2:38:56	3:12:13
36	265	Willy Monclús Revuelta	3:12:22	V35	19	M	36	Zaragoza	Zaragoza	0:00:17	0:19:35	0:46:20	1:01:44	1:28:10	1:48:51	2:19:03	2:37:43	3:12:22
37	95	Jorge Gomez Hermosilla	3:12:39	V45	13	M	37	Logroño	La Rioja	0:00:01	0:20:04	0:47:39	1:03:38	1:30:25	1:50:42	2:19:39	2:37:16	3:12:39



38	60	Cesar Gustavo Pascual	3:12:45	V45	14	M	38	Tarragona	Tarragona	0:00:25	0:20:21	0:47:27	1:02:54	1:29:36	1:50:19	2:21:27	2:40:02	3:12:45
39	315	Iñigo Gallego Solabarrieta	3:12:47	V45	15	M	39	Madrid	Madrid	0:00:31	0:21:38	0:50:03	1:06:44	1:34:48	1:55:51	2:25:45	2:43:18	3:12:47
40	207	Ernesto Florido Soto	3:13:31	V45	16	M	40	Barcelona	Barcelona	0:00:09	0:21:27	0:50:30	1:07:30	1:36:03	1:56:57	2:26:33	2:43:55	3:13:31
41	234	Juan San Miguel Lorente	3:13:46	V35	20	M	41	Madrid	Madrid	0:00:03	0:18:54	0:45:19	1:00:40	1:26:26	1:45:23	2:12:28	2:29:51	3:13:46
42	382	Ricardo Gutiérrez Pérez	3:16:27	V55	1	M	42	Soria	Soria	0:00:04	0:21:44	0:52:06	1:09:40	1:39:07	2:00:49	2:30:36	2:47:55	3:16:27
43	290	Andoni Marzo Oyarbide	3:16:44	Senior	6	M	43	Logroño	La Rioja	0:00:06	0:19:54	0:46:51	1:02:43	1:28:50	1:48:30	2:16:16	2:40:59	3:16:44
44	64	José María Hurtado Lucio	3:16:53	V55	2	M	44	Burgos	Burgos	0:00:08	0:19:34	0:46:51	1:02:53	1:30:54	1:53:18	2:25:29	2:45:13	3:16:53
45	69	Miguel Soler Lopez	3:16:54	Senior	7	M	45	Santa Coloma De Gramenet	Barcelona	0:00:12	0:21:42	0:50:32	1:06:59	1:34:40	1:55:41	2:27:03	2:45:15	3:16:54
46	192	Nelson Manzano	3:17:05	V35	21	M	46	Madrid	La Rioja	0:00:05	0:20:32	0:48:36	1:04:55	1:32:45	1:54:14	2:25:44	2:44:13	3:17:05
47	139	María Rosa Romero Antón	3:19:26	V45	1	F	1	Basauri	Vizcaya	0:00:22	0:22:50	0:53:20	1:10:51	1:40:09	2:01:50	2:31:42	2:49:21	3:19:26
48	43	Jesus Javier Frances Berges	3:22:17	V45	17	M	47	Ejea De Los Caballeros	Zaragoza	0:00:06	0:20:55	0:50:08	1:07:28	1:36:56	1:59:10	2:30:11	2:49:27	3:22:17
49	90	Máximo Velilla Garcia	3:22:19	V65	1	M	48	San Adrián	Navarra	0:00:07	0:21:07	0:50:04	1:06:59	1:35:25	1:57:44	2:30:28	2:49:08	3:22:19
50	196	Angel Manuel Acebrón De Torres	3:22:20	V35	22	M	49	Colmenar De Oreja	Madrid	0:00:36	0:24:00	0:55:23	1:13:37	1:43:29	2:05:21	2:35:49	2:53:15	3:22:20
51	164	Jorge Royo Mallén	3:22:57	V55	3	M	50	Zaragoza	Zaragoza	0:00:01	0:21:14	0:51:09	1:08:28	1:37:48	2:00:05	2:32:31	2:51:14	3:22:57
52	102	Gorka Bueno	3:23:03	V45	18	M	51	Andoain	Guipúzcoa	0:00:38	0:23:20	0:54:51	1:13:00	1:43:11	2:05:32	2:36:11	2:53:41	3:23:03



		Aldaregia																
53	155	José Ramón Soro Villacampa	3:23:31	V55	4	M	52	Ejea De Los Caballeros	Zaragoza	0:00:15	0:21:57	0:52:03	1:09:33	1:38:42	2:01:14	2:32:46	2:51:32	3:23:31
54	134	Christian Oliete	3:23:59	V35	23	M	53	Esplugues De Llobregat	Barcelona	0:00:05	0:22:29	0:53:29	1:11:30	1:41:17	2:03:45	2:35:11	2:53:22	3:23:59
55	150	Javier Parra Hernandez	3:24:40	V35	24	M	54	Zaragoza	Zaragoza	0:00:13	0:21:53	0:52:41	1:10:36	1:41:19	2:04:22	2:35:39	2:53:36	3:24:40
56	61	Juan Martínez Fernández	3:24:45	V35	25	M	55	Alaquás	Valencia	0:00:10	0:23:03	0:54:52	1:13:00	1:43:11	2:05:19	2:36:01	2:53:37	3:24:45
57	118	Susana Tamargo Sierra	3:24:49	V35	1	F	2	Zaragoza	Zaragoza	0:00:02	0:21:35	0:52:01	1:09:37	1:38:37	2:00:57	2:32:37	2:51:51	3:24:49
58	274	Fernando Nieto Olmedo	3:25:18	V35	26	M	56	Alcalá De Henares	Madrid	0:00:01	0:21:41	0:52:29	1:10:17	1:40:26	2:03:56	2:35:29	2:53:55	3:25:18
59	236	Marcos Riera Ros	3:26:37	V45	19	M	57	Majadahonda	Madrid	0:00:16	0:22:24	0:53:02	1:10:50	1:40:47	2:03:34	2:35:22	2:54:13	3:26:37
60	156	Javier Sánchez Bengoechea	3:26:39	Senior	8	M	58	Tres Cantos	Madrid	0:00:25	0:23:23	0:55:47	1:14:20	1:44:27	2:07:01	2:38:40	2:56:58	3:26:39
61	170	Enrique Martínez Ortiz	3:26:55	S23	1	M	59	Cintruenigo	Navarra	0:00:13	0:22:35	0:53:56	1:12:01	1:42:15	2:04:19	2:36:23	2:55:42	3:26:55
62	227	Juan Carlos Fernández Arévalo	3:27:00	V45	20	M	60	El Entrego	Asturias	0:00:06	0:21:26	0:51:01	1:08:16	1:36:56	2:00:29	2:32:24	2:53:31	3:27:00
63	218	Gregory Foulger	3:27:04	V35	27	M	61	Villanueva De La Cañada	Madrid	0:00:06	0:23:00	0:55:04	1:13:22	1:44:07	2:07:05	2:38:44	2:57:07	3:27:04
64	151	Guillermo Díaz García	3:27:27	Senior	9	M	62	Madrid	Madrid	0:00:27	0:21:58	0:51:11	1:08:27	1:36:55	1:59:14	2:31:39	2:52:39	3:27:27
65	334	Enrique Salazar Villanueva	3:27:42	V45	21	M	63	Benabarre	Huesca	0:00:17	0:21:34	0:52:02	1:09:33	1:38:27	2:00:42	2:32:37	2:52:25	3:27:42
66	110	Marcos López	3:27:53	V35	28	M	64	Burgos	Burgos	0:00:30	0:23:09	0:54:13	1:12:00	1:41:22	2:04:01	2:35:17	2:54:16	3:27:53



		Miguel																
67	191	Sergio Dominguez	3:28:03	V35	29	M	65	Valencia	Valencia	0:00:16	0:21:14	0:50:39	1:08:22	1:38:38	2:01:49	2:34:37	2:54:19	3:28:03
68	28	Asier Santos Lucio	3:28:28	Senior	10	M	66	Miranda De Ebro	Burgos	0:00:33	0:23:44	0:55:30	1:13:38	1:44:36	2:06:59	2:38:42	2:57:25	3:28:28
69	849	Roberto Velasco Piedre	3:28:48	S23	2	M	67			0:00:07	0:22:42	0:54:38	1:13:17	1:43:45	2:06:28	2:38:01	2:56:37	3:28:48
70	378	Jonathan Grandes Laca	3:29:06	S23	3	M	68	Logroño	La Rioja	0:00:26	0:23:27	0:55:59	1:14:37	1:45:12	2:08:22	2:40:15	2:58:36	3:29:06
71	105	Catherine Mah	3:29:11	V35	2	F	3	Logroño	La Rioja	0:00:04	0:22:35	0:53:58	1:12:11	1:42:48	2:05:28	2:37:18	2:56:37	3:29:11
72	176	Juanjo Calero Torralbo	3:29:13	V55	5	M	69	Cornella	Barcelona	0:00:05	0:22:27	0:53:47	1:12:10	1:42:53	2:05:28	2:37:17	2:56:36	3:29:13
73	372	Iñaki Martinez Pereda	3:29:39	V35	30	M	70	Sarriguren	Navarra	0:00:06	0:22:29	0:54:39	1:13:14	1:43:56	2:07:03	2:39:16	2:57:53	3:29:39
74	202	Suso Ramos Rodriguez	3:29:47	V55	6	M	71	A Laracha	A Coruña	0:00:13	0:22:32	0:53:52	1:12:20	1:43:18	2:06:31	2:39:04	2:58:06	3:29:47
75	181	Laura Allo Fernández	3:29:52	V45	2	F	4	Lardero	La Rioja	0:00:20	0:22:53	0:54:18	1:12:52	1:43:47	2:07:25	2:39:25	2:58:21	3:29:52
76	37	Óscar Luis Romero Ramos	3:30:00	V45	22	M	72	Palencia	Palencia	0:00:02	0:22:54	0:55:05	1:13:38	1:44:15	2:07:19	2:39:19	2:57:54	3:30:00
77	225	Francisco Sánchez Benedí	3:30:21	V55	7	M	73	Garrapinillos	Zaragoza	0:00:05	0:22:11	0:53:30	1:11:47	1:42:32	2:05:37	2:37:39	2:56:35	3:30:21
78	146	José Antonio Muñoz Moreno	3:30:25	V45	23	M	74	Valladolid	Valladolid	0:00:34	0:20:38	0:49:08	1:06:04	1:35:14	1:57:20	2:31:41	2:53:06	3:30:25
79	49	Jose Luis Gutiérrez Tomas	3:30:58	V55	8	M	75	Madrid	Madrid	0:00:28	0:23:10	0:54:53	1:13:20	1:43:51	2:06:48	2:38:59	2:57:45	3:30:58
80	212	Raúl Fernández Casco	3:31:23	V45	24	M	76	Pola De Laviana	Asturias	0:00:07	0:22:05	0:53:15	1:11:24	1:41:10	2:03:34	2:35:14	2:55:09	3:31:23
81	206	Ricardo Patiño	3:32:43	V55	9	M	77	A Coruña	A Coruña	0:00:10	0:23:29	0:56:03	1:14:44	1:45:13	2:08:24	2:40:17	2:59:11	3:32:43



		Gestal																
82	360	Higinio Blanco Gomez	3:32:44	V35	31	M	78	Logroño	La Rioja	0:00:04	0:22:07	0:53:18	1:11:28	1:40:57	2:03:04	2:36:33	2:56:44	3:32:44
83	297	Carlos Ezquerro Gonzalez	3:34:07	V45	25	M	79	Madrid	Madrid	0:00:08	0:20:55	0:51:19	1:08:37	1:38:35	2:02:16	2:37:29	2:58:24	3:34:07
84	281	Carlos Apodaca Sáenz	3:34:33	V45	26	M	80	Logroño	La Rioja	0:00:06	0:21:13	0:50:55	1:08:23	1:38:05	2:01:15	2:35:30	2:56:54	3:34:33
85	18	Juan Antonio Alegre Muñoz	3:34:55	V45	27	M	81	Madrid	Madrid	0:00:29	0:23:28	0:56:11	1:14:43	1:45:13	2:08:33	2:42:09	3:02:10	3:34:55
86	187	Jose Angel Ajona Garcia	3:35:06	V45	28	M	82	Villamediana De Iregua	La Rioja	0:00:13	0:23:49	0:56:25	1:15:29	1:46:45	2:09:36	2:41:55	3:01:08	3:35:06
87	307	David Fernandez Ruiz	3:35:25	V35	32	M	83	Leganes	Madrid	0:00:19	0:23:51	0:56:23	1:15:12	1:46:39	2:09:34	2:41:49	3:01:41	3:35:25
88	309	Alvaro Fernandez Palacios	3:35:25	V35	33	M	84	Leganés	Madrid	0:00:19	0:23:51	0:56:21	1:15:12	1:46:39	2:09:25	2:41:47	3:01:35	3:35:25
89	25	Jose Luis Collado Garcia	3:36:11	V45	29	M	85	Torrejon De La Calzada	Madrid	0:00:12	0:24:41	0:58:32	1:18:36	1:52:20	2:15:29	2:47:00	3:05:29	3:36:11
90	367	Santiago Jaldin Pozo	3:36:49	V35	34	M	86	Pamplona	Navarra	0:00:06	0:21:38	0:51:11	1:08:27	1:37:56	2:01:04	2:35:15	2:58:43	3:36:49
91	330	Daniel López Rovina	3:37:06	Senior	11	M	87	Vallbona D'anoia	Barcelona	0:00:07	0:22:47	0:55:01	1:13:21	1:44:52	2:08:34	2:42:56	3:02:20	3:37:06
92	777	Cristina Moreno Massana	3:37:40	V35	3	F	5	Riells I Viabrea	La Rioja	0:00:29	0:23:00	0:54:32	1:12:51	1:43:42	2:07:14	2:41:23	3:02:35	3:37:40
93	361	Eric Fernández Lombardo	3:37:40	V35	35	M	88	Riells I Viabrea	La Rioja	1:43:44				1:43:43				3:37:40
94	292	José Luis Espeleta	3:37:53	V45	30	M	89	Ramales De La Victoria	Cantabria	0:00:21	0:23:27	0:56:02	1:14:38	1:45:13	2:08:24	2:40:15	2:59:44	3:37:53



		Martínez																
95	52	Enrique Benito Peñalva	3:37:54	V35	36	M	90	Tudela De Duero	Valladolid	0:00:35	0:20:41	0:49:11	1:06:10	1:35:17	1:59:39	2:39:44	3:02:58	3:37:54
96	85	Javi Bolsa Montalbán	3:37:55	V45	31	M	91	Zaragoza	Zaragoza	0:00:10	0:21:13	0:52:15	1:10:29	1:41:29	2:05:43	2:39:41	3:00:20	3:37:55
97	73	José Carlos Jiménez Pérez	3:38:01	V45	32	M	92	Palencia	Palencia	0:00:01	0:21:41	0:52:13	1:09:47	1:39:55	2:03:15	2:37:51	3:00:07	3:38:01
98	311	Antonio Vicente Botella Sanchez	3:38:06	Senior	12	M	93	Aspe	Alicante	0:00:29	0:23:13	0:54:18	1:12:25	1:43:01	2:06:28	2:41:02	3:02:59	3:38:06
99	328	Luis Javier Lafuente Moreno	3:38:55	V45	33	M	94	Soria	Soria	0:00:33	0:22:50	0:52:38	1:10:09	1:39:49	2:02:07	2:36:45	3:00:38	3:38:55
100	160	Asier Eleta Lopez	3:39:00	V45	34	M	95	Lekunberri	Navarra	0:00:37	0:24:55	0:57:35	1:16:00	1:47:25	2:11:14	2:45:10	3:04:59	3:39:00
101	132	Paco Alonso Fernández	3:39:08	V45	35	M	96	Palencia	Palencia	0:00:03	0:21:48	0:52:21	1:10:22	1:40:09	2:01:54	2:40:31	3:02:19	3:39:08
102	76	Javier Gonzalez Frias	3:39:27	V45	36	M	97	Madrid	Madrid	0:00:19	0:24:37	0:58:18	1:17:46	1:50:52	2:14:50	2:47:27	3:06:29	3:39:27
103	396	Lucia Garcia Del Cerro	3:39:27	S23	1	F	6	Alfaro	La Rioja	0:00:10	0:23:29	0:56:02	1:15:10	1:47:17	2:11:17	2:45:01	3:05:06	3:39:27
104	46	Rubiño Rubiño	3:39:32	V45	37	M	98	Mataró	Barcelona	0:00:03	0:21:08	0:52:06	1:09:44	1:41:00	2:05:06	2:40:00	3:00:30	3:39:32
105	63	Miguel Blanco Embún	3:40:00	V45	38	M	99	Burgos	Burgos	0:00:08	0:22:05	0:53:50	1:11:54	1:42:54	2:06:59	2:42:19	3:03:51	3:40:00
106	65	Susana Ortega Muro	3:40:01	V45	3	F	7	Burgos	Burgos	0:00:08	0:22:05	0:53:38	1:11:55	1:42:55	2:07:01	2:42:18	3:03:54	3:40:01
107	201	Martin Doncel Presa	3:40:13	V45	39	M	100	León	León	0:00:30	0:25:45	0:59:52	1:19:11	1:51:18	2:14:40	2:46:58	3:06:08	3:40:13
108	294	Agustín González	3:41:04	V35	37	M	101	Lugones	Asturias	0:00:14	0:24:02	0:57:03	1:16:24	1:48:17	2:12:11	2:47:35	3:08:05	3:41:04



		Bobes																
109	84	Francisco Miguel Sagra Martinez	3:41:21	V45	40	M	102	Logroño	La Rioja	0:00:27	0:23:49	0:56:05	1:15:16	1:46:45	2:11:05	2:44:56	3:05:52	3:41:21
110	157	Francisco Jesus Gonzalez Maestegui	3:41:54	V55	10	M	103	El Astillero	Cantabria	0:00:09	0:23:27	0:55:51	1:14:35	1:46:07	2:10:01	2:44:14	3:05:16	3:41:54
111	213	Delfi Vilaseca Ribalta	3:42:17	V45	41	M	104	Berga	Barcelona	0:00:11	0:22:47	0:55:26	1:14:13	1:45:24	2:10:08	2:45:25	3:06:52	3:42:17
112	20	Pablo Curieses Arcos	3:42:42	V45	42	M	105	O Pereiro De Aguiar	Orense	0:00:21	0:22:53	0:54:32	1:13:05	1:43:56	2:07:39	2:42:42	3:04:36	3:42:42
113	371	Alberto Lajara Corral	3:42:51	Senior	13	M	106	Alicante	Alicante	0:00:32	0:24:20	0:55:32	1:13:20	1:43:49	2:06:34	2:40:08	3:02:27	3:42:51
114	324	Alvaro Saez Garcia	3:43:17	V35	38	M	107	Torrejón De Ardoz	Madrid	0:00:25	0:24:42	0:58:35	1:18:29	1:51:30	2:15:42	2:49:00	3:08:47	3:43:17
115	204	Raul Silvero Alama	3:43:18	V35	39	M	108	Torrejón De Ardoz	Madrid	0:00:26	0:25:38	1:00:19	1:20:21	1:53:03	2:16:33	2:49:42	3:09:17	3:43:18
116	59	Maricarmen Rodriguez Golan	3:43:21	V45	4	F	8	A Laracha	A Coruña	0:00:12	0:23:43	0:57:17	1:16:56	1:50:11	2:15:12	2:50:06	3:10:11	3:43:21
117	240	Iñigo Otaduy Aldazabal	3:43:38	Senior	14	M	109	Bilbao	Vizcaya	0:00:54	0:21:36	0:50:39	1:07:58	1:38:26	2:02:19	2:38:11	3:02:16	3:43:38
118	166	Kevin López Goyanes	3:43:41	V55	11	M	110	Madrid	Madrid	0:00:31	0:24:07	0:57:06	1:16:30	1:49:17	2:13:47	2:48:38	3:09:20	3:43:41
119	184	Raul Lobo Fernandez	3:44:03	Senior	15	M	111	Bilbao	Vizcaya	0:00:07	0:21:40	0:52:43	1:11:13	1:43:00	2:07:17	2:42:47	3:05:24	3:44:03
120	368	Victor Turza Lavega	3:44:06	V45	43	M	112	Logroño	La Rioja	0:00:17	0:24:46	0:58:25	1:17:31	1:49:37	2:13:11	2:45:50	3:05:35	3:44:06
121	277	Laura Chaves Grande	3:44:34	V35	4	F	9	Zaragoza	Zaragoza	0:00:11	0:21:52	0:52:40	1:10:37	1:41:22	2:05:41	2:43:45	3:06:04	3:44:34



122	313	Adrián Ramirez Gonzalez	3:44:35	Senior	16	M	113	Zaragoza	Zaragoza	0:00:12	0:21:54	0:52:41	1:10:38	1:41:17	2:05:41	2:43:28	3:06:00	3:44:35
123	197	Joseba Sarasola Urresti	3:44:41	V35	40	M	114	Bilbao	Vizcaya	0:00:11	0:23:16	0:56:17	1:15:57	1:49:52	2:14:25	2:49:35	3:10:15	3:44:41
124	106	Carlos Hilario Navas Montilla	3:44:51	V35	41	M	115	Vizcaya	Vizcaya	0:00:02	0:22:53	0:55:53	1:14:21	1:47:00	2:11:39	2:46:56	3:09:36	3:44:51
125	116	Ismael Porras Martinez	3:45:07	V35	42	M	116	Zaragoza	Zaragoza	0:00:13	0:22:47	0:54:37	1:13:08	1:44:08	2:08:31	2:44:18	3:05:34	3:45:07
126	81	Roberto Andres Reguera	3:45:17	V45	44	M	117	Legazpi	Guipúzcoa	0:00:21	0:23:57	0:56:37	1:15:29	1:47:25	2:12:10	2:47:17	3:06:43	3:45:17
127	249	Victoria Hodgkinson	3:45:33	V35	5	F	10	Sant Andreu De La Barca	Barcelona	0:00:07	0:24:32	0:58:15	1:17:40	1:50:05	2:14:59	2:49:27	3:09:50	3:45:33
128	248	Albert Gonzalez Martinez	3:45:33	V45	45	M	118	Sant Andreu De La Barca	Barcelona	0:00:07	0:24:31	0:58:16	1:17:37	1:50:05	2:14:59	2:49:29	3:09:50	3:45:33
129	131	Almudena Marcilla Escribano	3:46:48	Senior	1	F	11	Sedavi	Valencia	0:00:10	0:24:54	0:59:43	1:19:39	1:53:02	2:17:55	2:52:41	3:13:02	3:46:48
130	327	Aitor Larrión Bujanda	3:47:19	V45	46	M	119	Lodosa	Navarra	0:00:05	0:22:58	0:55:41	1:14:39	1:45:05	2:08:36	2:42:28	3:03:53	3:47:19
131	374	Noelia Antonijuan Reyes	3:47:28	Senior	17	M	120	Madrid	Madrid	0:00:15	0:23:39	0:56:28	1:15:45	1:48:34	2:13:42	2:50:16	3:11:52	3:47:28
132	270	César Zazo Gómez	3:48:35	V45	47	M	121	Valdemoro	Madrid	0:00:22	0:25:10	0:59:28	1:19:04	1:51:58	2:16:11	2:50:58	3:11:35	3:48:35
133	123	Juan Manuel Gil Mateo	3:49:05	V55	12	M	122	Valle De Trapagaran	Vizcaya	0:00:28	0:23:27	0:56:02	1:14:43	1:45:15	2:08:27	2:43:43	3:06:55	3:49:05
134	133	Luis Presencio González	3:49:22	V35	43	M	123	Burgos	Burgos	0:00:19	0:23:08	0:55:06	1:14:10	1:45:30	2:09:37	2:46:14	3:09:28	3:49:22



135	394	Raquel Espinosa Clavijo	3:49:23	V35	6	F	12			0:00:15	0:24:38	0:58:49	1:18:35	1:52:00	2:17:14	2:53:00	3:14:00	3:49:23
136	140	Jose Fernández Nespral Balzola	3:50:29	V55	13	M	124	Rivas Vaciamadrid	Madrid	0:00:08	0:22:56	0:55:17	1:13:42	1:44:40	2:09:02	2:46:46	3:10:48	3:50:29
137	253	Jorge Montes Yébenes	3:50:35	V35	44	M	125	Madrid	Madrid	0:00:13	0:22:26	0:53:33	1:11:42	1:43:26	2:08:59	2:47:49	3:11:01	3:50:35
138	349	Julio Fernández Díez	3:50:51	V55	14	M	126	Logroño	La Rioja	0:00:18	0:23:09	0:55:18	1:13:54	1:45:52	2:11:32	2:48:29	3:11:04	3:50:51
139	332	Orlando Merino Moreno	3:51:00	V45	48	M	127	Pamplona	Navarra	0:00:05	0:22:57	0:55:42	1:14:36	1:45:14	2:10:01	2:47:48	3:11:02	3:51:00
140	143	Jorge Luis Felix Villar	3:51:01	V45	49	M	128	Valladolid	Valladolid	0:00:36	0:25:12	0:58:44	1:18:03	1:50:24	2:15:46	2:52:07	3:14:06	3:51:01
141	141	Raúl De Castro Fernández	3:51:01	V55	15	M	129	Valladolid	Valladolid	0:00:35	0:25:11	0:58:42	1:18:03	1:50:26	2:15:45	2:52:06	3:14:01	3:51:01
142	301	Jose Domínguez Berjon	3:51:29	V45	50	M	130	Trobajo Del Camino	León	0:00:27	0:24:20	0:56:07	1:15:17	1:50:00	2:14:02	2:49:55	3:12:08	3:51:29
143	82	Itziar Larrea Galarza	3:51:37	V35	7	F	13	Legazpi	Guipúzcoa	0:00:21	0:23:58	0:56:36	1:15:27	1:47:23	2:12:08	2:48:58	3:11:34	3:51:37
144	216	Rosmary Davalos Cuellar	3:52:17	V35	8	F	14	Madrid	Madrid	0:00:20	0:24:31	0:56:53	1:15:52	1:49:05	2:13:55	2:49:41	3:12:04	3:52:17
145	321	Toño Nistal Martínez	3:52:37	V45	51	M	131	Logroño	La Rioja	0:00:32	0:24:46	0:58:13	1:17:30	1:50:45	2:15:23	2:51:10	3:13:31	3:52:37
146	53	Manu Pérez Ibáñez	3:52:45	V35	45	M	132	Sanlucar De Barrameda	Cádiz	0:00:32	0:25:06	0:58:26	1:17:37	1:49:58	2:14:38	2:49:34	3:11:41	3:52:45
147	278	Marta Aguilar Feriche	3:52:47	V45	5	F	15	Madrid	Madrid	0:00:13	0:24:39	0:58:47	1:18:52	1:52:07	2:17:27	2:54:49	3:16:43	3:52:47
148	94	Melchor Sáiz-	3:53:04	V45	52	M	133	Madrid	Madrid	0:00:27	0:26:03	1:02:21	1:23:31	1:58:34	2:23:53	2:58:03	3:18:39	3:53:04



		Pardo De Benito																
149	127	Raúl Martínez Fernández	3:53:34	V45	53	M	134	Madrid	La Rioja	0:00:27	0:25:46	1:00:20	1:21:35	1:54:36	2:19:50	2:56:09	3:17:54	3:53:34
150	128	Rodrigo Nistal Alcoba	3:53:34	V45	54	M	135	Alcobendas	Madrid	0:00:26	0:25:46	1:00:21	1:21:35	1:54:36	2:19:50	2:56:07	3:17:54	3:53:34
151	149	Lola Espinosa Raya	3:54:08	V45	6	F	16	Terrassa	Barcelona	0:00:02	0:23:30	0:56:03	1:14:45	1:47:19	2:12:51	2:50:26	3:13:36	3:54:08
152	165	Jesús Prieto Lloret	3:54:13	V45	55	M	136	Valladolid	Valladolid	0:00:27	0:24:19	0:57:43	1:17:31	1:50:57	2:16:53	2:54:20	3:16:18	3:54:13
153	298	Javier Gómez Martínez	3:54:29	V35	46	M	137	Nájera	La Rioja	0:00:31	0:26:23	1:01:48	1:21:48	1:55:01	2:20:19	2:54:46	3:16:11	3:54:29
154	137	Gonzalo Villar Garcia	3:54:34	V55	16	M	138	Villamediana De Iregua	La Rioja	0:00:36	0:26:10	1:01:29	1:21:44	1:56:10	2:21:02	2:56:43	3:17:41	3:54:34
155	235	Eusebio Fernández Martínez	3:54:41	V35	47	M	139	El Prat De Llobregat	Barcelona	0:00:27	0:22:23	0:53:31	1:11:42	1:43:29	2:08:59	2:46:50	3:10:53	3:54:41
156	100	Cristina Lorenzo Bañuelos	3:54:51	V35	9	F	17	Santo Domingo De La Calzada.	La Rioja	0:00:01	0:21:56	0:52:44	1:10:42	1:41:49	2:07:29	2:47:18	3:12:20	3:54:51
157	255	Unai Damian Aguirre	3:55:05	V45	56	M	140	Irura	Guipúzcoa	0:00:41	0:26:17	1:01:56	1:22:32	1:56:35	2:21:47	2:57:56	3:18:44	3:55:05
158	247	Iñigo Recio Aguirre	3:55:10	V45	57	M	141	Hendaia	La Rioja	0:00:41	0:26:18	1:01:53	1:22:33	1:56:35	2:21:47	2:57:57	3:18:47	3:55:10
159	104	Francisco Javier Hernandez Jerez	3:55:33	V35	48	M	142	Vitoria	Álava	0:00:41	0:25:55	0:59:25	1:19:08	1:52:13	2:17:51	2:54:01	3:16:01	3:55:33
160	34	Carlos Barranquero Campos	3:55:41	V45	58	M	143	Pilar De La Horadada	Alicante	0:00:31	0:25:47	1:00:06	1:20:06	1:54:27	2:20:39	2:57:29	3:19:37	3:55:41



161	269	Bassit Briguech	3:55:43	V55	17	M	144	Benalmadena	Málaga	0:00:30	0:25:47	1:00:03	1:20:04	1:54:28	2:20:39	2:57:30	3:19:33	3:55:43
162	199	Ivan Suárez	3:56:28	V35	49	M	145	Agramunt	Lleida	0:00:13	0:23:51	0:57:07	1:16:21	1:48:29	2:12:48	2:49:24	3:11:57	3:56:28
163	167	Miguel Ángel Sala Marín	3:56:31	V45	59	M	146	Anna	Valencia	0:00:16	0:25:30	1:01:38	1:22:47	1:58:10	2:24:39	3:01:00	3:21:42	3:56:31
164	177	Luis Anguís Sancho	3:56:39	Senior	18	M	147	Burjassot	Valencia	0:00:11	0:25:40	1:02:28	1:23:47	1:58:14	2:23:55	2:59:02	3:20:48	3:56:39
165	323	Jose Miguel Victor Vazquez	3:56:42	V45	60	M	148	Alcobendas	Madrid	0:00:09	0:25:44	1:02:26	1:23:38	1:58:36	2:24:40	3:00:59	3:21:43	3:56:42
166	180	Vicente Montesinos Dart	3:56:48	V55	18	M	149	Mataró	Barcelona	0:00:32	0:24:44	0:58:31	1:17:58	1:51:40	2:17:20	2:55:28	3:18:40	3:56:48
167	39	Alberto Álvarez Ordoñez	3:56:53	Senior	19	M	150	León	León	0:00:34	0:28:04	1:03:55	1:23:38	1:56:07	2:20:10	2:56:30	3:18:20	3:56:53
168	162	Jose Luis Perez Santar	3:57:26	V35	50	M	151	Madrid	Madrid	0:00:37	0:26:15	1:01:26	1:21:58	1:56:43	2:22:47	2:58:33	3:19:35	3:57:26
169	387		3:57:28	S23	4	M	152			0:00:22	0:23:29	0:55:55	1:14:33	1:47:10	2:11:27	2:51:54	3:15:28	3:57:28
170	72	Luis Fonteboa Sanchez	3:57:50	V35	51	M	153	Madrid	Madrid	0:00:34	0:26:01	1:02:17	1:23:10	1:58:04	2:23:58	3:00:32	3:22:11	3:57:50
171	296	Iván Fuente	3:57:51	V35	52	M	154	Tapia	Burgos	0:00:22	0:24:56	0:59:14	1:19:48	1:55:05	2:20:25	2:59:12	3:20:20	3:57:51
172	41	Angel Marcos De La Mata Garcia	3:57:52	V65	2	M	155	Gijon	Asturias	0:00:09	0:23:50	0:55:55	1:14:43	1:47:14	2:12:05	2:49:58	3:14:24	3:57:52
173	142	Sergio Pérez García	3:57:53	V35	53	M	156	Burgos	Burgos	0:00:07	0:25:03	1:00:14	1:20:32	1:54:32	2:20:07	2:57:42	3:20:23	3:57:53
174	44	Ruben De Vicente Sandoval	3:57:54	V45	61	M	157	Burgos	Burgos	0:00:07	0:25:05	1:00:19	1:20:39	1:54:36	2:20:09	2:57:52	3:20:30	3:57:54
175	136	Juan Luis Alfaro Zubillaga	3:58:04	V45	62	M	158	San Sebastián	Guipúzcoa	0:00:11	0:23:36	0:56:24	1:15:44	1:48:46	2:14:27	2:53:49	3:17:09	3:58:04



176	35	Alberto Nuño Arguis	3:58:20	V45	63	M	159	Zaragoza	Zaragoza	0:00:23	0:25:17	1:00:31	1:20:52	1:56:25	2:23:24	3:00:34	3:22:16	3:58:20
177	275	Aitor Saenz Aguirre	3:59:06	Senior	20	M	160	Oñati	Guipúzcoa	0:00:29	0:24:49	0:59:25	1:19:59	1:54:42	2:21:05	2:58:53	3:21:15	3:59:06
178	381	Dani Jimenez Branera	3:59:10	Senior	21	M	161	Tarragona	Tarragona	0:00:08	0:25:42	1:02:22	1:23:31	1:58:33	2:24:41	3:00:58	3:21:44	3:59:10
179	262	Joan Bosch Muntal	3:59:48	V45	64	M	162	Terrassa	Barcelona	0:00:15	0:25:43	1:02:28	1:24:08	1:58:36	2:24:44	3:01:04	3:23:00	3:59:48
180	245	David Lajara Corral	4:00:19	S23	5	M	163	Alicante	Alicante	0:00:15	0:27:00	1:03:17	1:23:34	1:57:53	2:23:58	3:01:03	3:22:15	4:00:19
181	89	Victoria Santana	4:00:29	V35	10	F	18	Logroño	La Rioja	0:00:31	0:25:56	1:02:19	1:23:20	1:58:08	2:24:39	3:01:35	3:23:34	4:00:29
182	154	Txisko García Casado	4:00:41	V45	65	M	164	Burgos	Burgos	0:00:07	0:25:05	1:00:17	1:20:38	1:54:32	2:20:09	2:57:45	3:21:09	4:00:41
183	353	Raul Turza Lavega	4:01:35	V45	66	M	165	Logroño	La Rioja	0:00:18	0:24:43	0:58:21	1:17:26	1:49:36	2:13:59	2:53:29	3:18:22	4:01:35
184	171	Alejandro González Villanueva	4:02:00	V45	67	M	166	Lodosa	Navarra	0:00:37	0:27:10	1:03:14	1:23:39	1:58:09	2:23:59	2:59:35	3:21:04	4:02:00
185	259	Antonio López Carpio	4:02:28	V55	19	M	167	Badajoz	Badajoz	0:00:32	0:25:50	1:00:04	1:20:08	1:54:29	2:20:41	2:58:14	3:22:24	4:02:28
186	55	Eva Zafra Edo	4:03:40	V35	11	F	19	Castellon	Castellón	0:00:08	0:25:28	1:01:09	1:21:46	1:56:00	2:22:42	3:00:46	3:23:43	4:03:40
187	87	Pedro César Caceo Barrio	4:03:57	V55	20	M	168	Logroño	La Rioja	0:00:20	0:25:15	0:59:53	1:19:56	1:53:16	2:19:07	2:57:49	3:21:12	4:03:57
188	373	Marcos Gargallo Collados	4:04:56	Senior	22	M	169	Zaragoza	Zaragoza	0:00:24	0:25:32	1:01:04	1:22:33	1:58:00	2:24:10	3:00:53	3:24:51	4:04:56
189	209	Jordi Dalmau	4:04:57	V45	68	M	170	Zaragoza	Zaragoza	0:00:25	0:25:33	1:01:05	1:22:38	1:58:01	2:24:12	3:00:59	3:25:02	4:04:57
190	32	Jose Santos Del Caz	4:07:23	V45	69	M	171	Lardero	La Rioja	0:00:17	0:25:20	1:01:38	1:22:55	1:58:35	2:24:44	3:01:29	3:25:55	4:07:23



191	145	Juan Luis Piqueras Argüello	4:07:53	V55	21	M	172	Mostoles	Madrid	0:01:02	0:26:28	1:01:11	1:21:15	1:55:14	2:21:08	2:58:29	3:22:12	4:07:53
192	115	Arantxa Atxukarro Barrutia	4:08:14	V45	7	F	20	Berastegi	Guipúzcoa	0:00:15	0:26:19	1:02:24	1:23:21	1:58:40	2:27:25	3:07:13	3:30:28	4:08:14
193	83	Tedi Sanchez Santin	4:08:50	V35	54	M	173	Tolosa	Guipúzcoa	0:00:15	0:26:19			1:58:43	2:27:27			4:08:50
194	135	Julian Leva Sanchez	4:09:10	V55	22	M	174	Getafe	Madrid	0:00:30	0:28:42	1:06:56	1:28:40	2:06:54	2:32:26	3:09:34	3:31:47	4:09:10
195	352	Ignacio Pérez López	4:10:14	V45	70	M	175	Rincón De Soto	La Rioja	0:00:19	0:25:24	1:00:14	1:20:32	1:54:36	2:21:34	3:03:00	3:28:00	4:10:14
196	138	Javier González Del Pozo	4:10:38	V55	23	M	176	Leon	León	0:00:36	0:25:30	0:59:46	1:19:35	1:53:07	2:18:38	3:00:41	3:26:45	4:10:38
197	74	Noelia González Álvarez	4:10:49	V35	12	F	21	Logroño	La Rioja	0:00:33	0:26:11	1:01:09	1:21:10	1:55:17	2:21:41	3:00:39	3:26:54	4:10:49
198	363	Sergio Liz Sirvent	4:10:52	V55	24	M	177	Zizur Mayor	Navarra	0:00:11	0:25:43	1:02:26	1:23:30	1:58:28	2:24:54	3:03:12	3:27:07	4:10:52
199	256	Guillermo Capuz Español	4:11:11	V45	71	M	178	Ontinar De Salz	Zaragoza	0:00:38	0:27:14	1:03:30	1:24:10	1:59:09	2:26:29	3:06:10	3:29:26	4:11:11
200	331	Iván Merino Moreno	4:11:29	V45	72	M	179	Lodosa	Navarra	0:00:40	0:27:45	1:04:25	1:25:38	2:01:58	2:29:48	3:08:33	3:31:38	4:11:29
201	370	José Enrique Contreras García	4:12:13	V45	73	M	180	Villamediana De Iregua	La Rioja	0:00:33	0:27:03	1:04:32	1:26:50	2:10:01	2:33:07	3:08:20	3:31:33	4:12:13
202	70	Joel Martinez	4:12:15	V55	25	M	181	Logroño	La Rioja	0:00:33	0:26:31	1:01:51	1:22:14	1:56:44	2:23:07	3:03:04	3:31:50	4:12:15
203	42	Norma Marina Catucuamba Guatemal	4:13:03	V35	13	F	22	Madrid	Madrid	0:00:20	0:24:31	0:56:54	1:15:55	1:50:23	2:18:41	3:01:26	3:29:32	4:13:03



204	169	Óscar Asenjo Moreno	4:14:06	V45	74	M	182	Meco	Madrid	0:00:27	0:26:01	1:02:20	1:23:31	1:58:34	2:25:30	3:08:45	3:33:38	4:14:06
205	24	Eduardo Mateo	4:14:15	V45	75	M	183	Logroño	La Rioja	0:00:37	0:25:59	0:59:54	1:19:15	1:51:41	2:16:14	2:52:45	3:18:26	4:14:15
206	147	Alfonso Serrano Lopez	4:15:30	V55	26	M	184	Madrid	Madrid	0:00:15	0:24:06	0:56:30	1:15:49	1:49:46	2:18:39	3:00:48	3:28:32	4:15:30
207	175	Ángel Lorenzo Muñoz	4:19:20	V55	27	M	185	Madrid	Madrid	0:00:08	0:25:45	1:02:24	1:23:31	1:59:26	2:28:29	3:12:07	3:37:33	4:19:20
208	287	David Paños Perez	4:20:09	V45	76	M	186	Madrid	Madrid	0:00:29	0:25:47	1:00:09	1:20:23	1:55:15	2:23:58	3:09:08	3:35:05	4:20:09
209	354	Silvia Caballero Sanchez	4:20:40	V45	8	F	23	Bilbao	Vizcaya	0:00:22	0:27:42	1:05:45	1:27:55	2:04:52	2:33:30	3:15:03	3:39:44	4:20:40
210	271	Jesus Hernandez Martin	4:21:26	V45	77	M	187	Collado Villalba	Madrid	0:00:12	0:25:43	1:02:24	1:23:35	1:58:34	2:25:53	3:08:55	3:35:17	4:21:26
211	54	Patxi Berroci Moreno	4:22:44	V45	78	M	188	Vitoria	Álava	0:00:36	0:23:43	0:55:27	1:13:32	1:44:38	2:10:59	2:56:37	3:26:30	4:22:44
212	31	Jose Antonio Lopez Fernandez	4:24:07	V45	79	M	189	Mora De Luna	León	0:00:09	0:22:13	0:53:54	1:14:30	1:49:53	2:20:25	3:10:30	3:37:50	4:24:07
213	19	Javier Martin Fabiani	4:24:19	V45	80	M	190	Las Rozas	Madrid	0:00:29	0:25:47	1:00:08	1:20:22	1:54:44	2:21:07	3:00:37	3:31:15	4:24:19
214	172	Raul Ortega Ochoa	4:25:03	Senior	23	M	191	Navarrete	La Rioja	0:00:28	0:23:24	0:55:05	1:13:25	1:44:27	2:09:22	2:50:55	3:32:18	4:25:03
215	211	Jose Antonio Perez De Diego Martinez	4:25:46	V55	28	M	192	Palencia	Palencia	0:00:14	0:28:36	1:08:24	1:31:57	2:11:07	2:40:58	3:22:03	3:45:47	4:25:46
216	121	E.J. Cortés Medrano	4:26:27	V45	81	M	193	Alicante	La Rioja	0:00:34	0:25:39	1:01:02	1:20:27	1:52:29	2:19:43	3:02:30	3:31:44	4:26:27
217	239	Luis Serna Campo	4:28:17	V65	3	M	194	Santander	Cantabria	0:00:32	0:28:18	1:08:29	1:31:58	2:11:07	2:40:58	3:22:30	3:45:48	4:28:17



218	341	José Ángel Hernández Gorriti	4:28:17	V55	29	M	195	Valladolid	Valladolid	0:00:30	0:28:15	1:08:22	1:32:00	2:11:08	2:40:58	3:21:58	3:45:45	4:28:17
219	168	Francisco José Chorques Ases	4:29:05	V45	82	M	196	Anna	Valencia	0:00:17	0:25:30	1:01:40	1:22:48	1:58:09	2:25:48	3:11:22	3:40:29	4:29:05
220	379	Álvaro Pérez García	4:29:16	V35	55	M	197	Rapariegos	Segovia	0:00:00	0:20:19	0:50:48	1:09:24	1:43:28	2:12:58	3:00:31	3:34:42	4:29:16
221	335	Agustín Risueño Martín	4:30:42	V55	30	M	198	Ciudad Rodrigo	Salamanca	0:00:12	0:25:19	1:00:34	1:21:12	1:56:34	2:25:27	3:14:07	3:43:28	4:30:42
222	283	Salvador Serrano Murcia	4:31:16	V55	31	M	199	Santo Angel	Murcia	0:00:15	0:25:45	1:02:23	1:23:38	1:58:35	2:25:18	3:16:07	3:47:44	4:31:16
223	276	Elisabeth Bravo	4:33:24	V35	14	F	24	Cuenca	Cuenca	0:00:34	0:29:55	1:11:12	1:36:13	2:17:42	2:48:38	3:30:54	3:54:21	4:33:24
224	325	Mario Márquez Vazquez	4:33:27	V45	83	M	200	Almussafes	Valencia	0:00:37	0:29:55	1:11:13	1:36:15	2:17:42	2:48:37	3:30:52	3:54:26	4:33:27
225	93	Juan Antonio Galindo Moreno	4:34:03	V45	84	M	201	Leganés	Madrid	0:00:28	0:27:36	1:05:31	1:27:15	2:04:16	2:34:43	3:21:16	3:49:13	4:34:03
226	355	Jose Fabana Romeo	4:34:08	V45	85	M	202	Lupiñen	Huesca	0:00:29	0:27:16	1:04:36	1:26:23	2:02:51	2:31:51	3:17:43	3:47:16	4:34:08
227	22	Javier Apellaniz Garcia	4:35:29	V45	86	M	203	Logroño	La Rioja	0:00:40	0:29:55	1:11:09	1:36:12	2:17:41	2:48:37	3:30:57	3:54:25	4:35:29
228	299	Jorge Malpica Valencia	4:37:08	V45	87	M	204	Almenara	Castellón	0:00:17	0:25:46	1:02:41	1:25:14	2:02:41	2:32:19	3:16:47	3:46:37	4:37:08
229	306	Francisco Calvo-Parra Bravo De Soto	4:37:33	V55	32	M	205	Alcalá De Henares	Madrid	0:00:52		1:19:40		2:25:43		3:36:28		4:37:33
230	23	Santiago Alcaína Sánchez	4:40:55	V45	88	M	206	Madrid	Madrid	0:00:28	0:27:35	1:05:32	1:27:13	2:04:21	2:33:56	3:21:30	3:50:12	4:40:55
231	263	David	4:42:18	V45	89	M	207	Lleida	Lleida	0:00:18	0:25:45	1:02:19	1:23:25	1:58:40	2:32:46	3:27:12	3:56:02	4:42:18



		Bertomeu Baile																
232	97	David De Diego Estrada	4:44:01	V55	33	M	208	Teia	Barcelona	0:00:04	0:28:20	1:08:22	1:31:58	2:11:09	2:41:49	3:28:52	3:58:09	4:44:01
233	380	Jose Javier Aznárez Barrio	4:44:02	V55	34	M	209	Pamplona	Navarra	0:00:34	0:28:43	1:06:59	1:28:43	2:06:57	2:37:01	3:25:08	3:55:41	4:44:02
234	221	Jose Caballer Alabadi	4:45:43	S23	6	M	210			0:00:38		1:14:27	1:38:58	2:20:53		3:37:16	4:02:56	4:45:43
235	365	Andrés García Pablos	4:45:50	V45	90	M	211	La Puebla De Alfinden	Zaragoza	0:00:45	0:28:50	1:08:25	1:32:02	2:10:39	2:39:45	3:23:42	3:50:56	4:45:50
236	113	Ross Whisken	4:46:09	Senior	24	M	212			0:00:15	0:28:03	1:06:37	1:28:33	2:07:19	2:36:57	3:29:06	3:58:26	4:46:09
237	112	Jacobus Rossouw	4:46:09	Senior	25	M	213			0:00:15	0:28:02	1:06:36	1:28:30	2:07:20	2:36:55	3:29:11	3:58:26	4:46:09
238	279	Antonio-José López Gil	4:51:03	S23	7	M	214	Ejea De Los Caballeros	Zaragoza	0:00:23	0:27:58	1:06:18	1:29:13	2:08:14	2:40:38	3:29:23	4:00:01	4:51:03
239	99	Fernando Bernal Sánchez Alarcos	4:51:44	V55	35	M	215	Calahorra	La Rioja	0:00:07	0:28:18	1:08:22	1:32:06	2:11:09	2:43:24	3:32:36	4:02:28	4:51:44
240	303	Igor Urquijo Vazquez	4:58:02	V35	56	M	216	Bilbao	Vizcaya	0:00:38	0:25:05	0:58:27	1:18:22	1:55:41	2:25:57	3:15:41	3:56:43	4:58:02
241	399	Abel Fernandez Mendivil	4:58:36	V35	57	M	217			0:00:34	0:29:34	1:11:50	1:36:17	2:20:13		3:45:02	4:15:35	4:58:36
242	260	Genís Riera Utset	4:59:23	Senior	26	M	218	Sils	Girona	0:00:36		1:16:18		2:28:43		3:57:09		4:59:23
243	108	Antonio Huerta Garcia	4:59:42	V65	4	M	219	Madrid	Madrid	0:00:33	0:29:26	1:11:08	1:35:31	2:17:18	2:48:38	3:38:11	4:10:19	4:59:42
244	48	Ander Lopez Imas	5:04:14	Senior	27	M	220	Barañain	Navarra	0:00:39	0:29:55	1:11:12	1:36:10	2:17:42	2:48:37	3:39:02	4:09:44	5:04:14
245	120	Dionisio Mingotes Solanas	5:09:25	V45	91	M	221	Alcorisa - Teruel	Teruel	0:00:09	0:25:44	1:02:33	1:24:57	2:07:42	2:41:59	3:39:54	4:12:55	5:09:25



246	257	Saverio Taddei	5:10:08	V35	58	M	222	Valdemanco	Madrid	0:00:15	0:27:59	1:08:47	1:32:30	2:12:50	2:46:47	3:41:33	4:16:18	5:10:08
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