







Pos	dorsal	Nombre	Tiempo													
F-45 (26)				4,0 km 150 m			11 C		(cont.)							
				1(54)	2(50)	3(63)	4(62)	5(60)	6(48)	7(43)	8(65)	9(79)	10(52)	11(100)	Meta	
9	21	Nuria Caus Pertega Alicante COLIVENC	1:13:34	9:30	12:58	18:54	21:31	35:58	40:45	50:51	53:46	1:06:23	1:10:47	1:12:42	1:13:34	
10	324	Elena Navarro Ser Albacete BMT CAS.	1:15:19	5:23	8:03	12:16	19:14	39:42	43:38	54:08	58:05	1:08:42	1:12:56	1:14:40	1:15:19	
11	387	Domi Fraile March Valencia CAX ORIE	1:16:17	5:23	2:40	4:13	6:58	20:28	3:56	10:30	3:57	10:37	4:14	1:44	0:39	
12	223	Leonor Pous Chiar Valencia VALENCI/	1:18:21	6:18	8:54	14:27	17:15	34:24	41:02	52:00	54:57	1:08:26	1:13:16	1:15:32	1:16:17	
13	255	Mónica Garrigós M Alicante CEAM_IBI	1:23:49	6:18	2:36	5:33	2:48	17:09	6:38	10:58	2:57	13:29	4:50	2:16	0:45	
14	207	María Castillo Mula Murcia TOTANA-O	1:28:35	5:25	11:45	16:25	20:44	36:33	42:05	52:54	1:00:59	1:11:26	1:16:03	1:17:35	1:18:21	
15	279	Alejandra García O Cuenca ORIENTIJO	1:30:21	6:00	9:23	14:32	17:53	39:46	45:08	56:27	59:55	1:15:16	1:21:12	1:22:56	1:23:49	
16	240	María Del Mar Del Cuenca COMCU	1:37:40	6:00	3:23	5:09	3:21	21:53	5:22	11:19	3:28	15:21	5:56	1:44	0:53	
17	170	Milagros Rodríguez Ciudad Real MANZ.	1:38:30	7:12	2:58	4:09	2:21	26:50	4:11	11:19	3:05	14:40	9:14	1:54	0:42	
18	317	Pilar Moyano Herná Albacete BMT CAS.	1:44:06	15:37	17:49	22:40	26:29	47:44	53:41	1:04:32	1:06:55	1:20:29	1:26:36	1:29:30	1:30:21	
19	194	VICTORIA MARCHA Murcia SENDA	1:44:17	15:37	2:12	4:51	3:49	21:15	5:57	10:51	2:23	13:34	6:07	2:54	0:51	
20	206	Rocío Torres Vidal Murcia TOTANA-O	1:45:22	7:32	12:06	19:37	23:21	43:57	50:41	1:06:58	1:11:16	1:26:15	1:34:01	1:36:19	1:37:40	
21	165	María Peñas Manc Murcia LORCA-O	1:53:03	6:48	4:34	7:31	3:44	20:36	6:44	16:17	4:18	14:59	7:46	2:18	1:21	
22	352	Inma Górriz Camar Albacete BMT CAS.	1:55:23	6:48	10:21	16:07	19:20	50:13	59:05	1:10:44	1:15:04	1:27:09	1:36:14	1:37:43	1:38:30	
23	335	María Eugenia Mar Albacete BMT CAS.	2:03:45	6:39	9:33	15:37	18:32	41:59	47:43	1:09:57	1:15:15	1:35:07	1:41:35	1:43:22	1:44:06	
24	219	Cristina Pastor Pér Valencia VALENCI/	2:11:06	6:39	2:54	6:04	2:55	23:27	5:44	22:14	5:18	19:52	6:28	1:47	0:44	
25	236	Elena Dorozhkina Alicante UNIVERSII	2:33:21	12:24	15:13	30:17	34:35	1:04:23	1:09:25	1:22:03	1:24:59	1:37:45	1:41:56	1:43:32	1:44:17	
64		Marisa Calero Alca Albacete GODIH	No sale	12:24	2:49	15:04	4:18	29:48	5:02	12:38	2:56	12:46	4:11	1:36	0:45	
F-55 (11)				3,4 km 95 m			9 C									
				1(74)	2(75)	3(50)	4(49)	5(60)	6(48)	7(44)	8(45)	9(100)	Meta			
1	37	Antonia Sánchez M Alicante COLIVENC	48:22	6:54	9:23	11:06	24:32	27:03	31:48	41:48	45:27	47:41	48:22			
2	23	Lidia Barea Castañ Alicante COLIVENC	53:45	4:54	4:29	1:43	13:26	2:31	4:45	10:00	3:39	2:14	0:41			
3	259	Pilar Garrigós Mari Alicante CEAM_IBI	56:18	4:02	4:05	2:52	11:38	3:09	4:59	14:24	4:25	3:13	0:58			
4	104	Montse García Bei Albacete GODIH	1:20:40	4:38	8:25	10:30	22:20	26:08	32:11	46:45	51:11	55:31	56:18			
5	109	JERONIMA GOMEZ Albacete GODIH	1:23:48	4:38	3:47	2:05	11:50	3:48	6:03	14:34	4:26	4:20	0:47			
6	58	Ana Isabel Tamarit Valencia CORREC/	1:40:00	3:56	9:42	13:38	32:37	37:32	45:41	1:03:58	1:16:20	1:19:44	1:20:40			
7	291	Marta Martínez Gar Cuenca ORIENTIJO	1:53:36	3:56	5:46	3:56	18:59	4:55	8:09	18:17	12:22	3:24	0:56			
8	215	Lola Reyes Costa Valencia VALENCI/	2:11:43	13:11	19:06	21:19	52:21	55:43	1:00:32	1:15:13	1:19:36	1:22:49	1:23:48			
9	344	Dulcinea Lopez Arc Albacete BMT CAS.	2:14:56	13:11	5:55	2:13	31:02	3:22	4:49	14:41	4:23	3:13	0:59			
128		Ana Herreros Valie Albacete GODIH	No sale	8:19	12:51	15:22	36:36	49:00	1:17:26	1:28:20	1:33:21	1:39:12	1:40:00			
217		Paqui Serra Bartua Valencia VALENCI/	No sale	8:19	4:32	2:31	21:14	12:24	28:26	10:54	5:01	5:51	0:48			
M-12 (22)				3,0 km 50 m			10 C									
				1(31)	2(73)	3(32)	4(38)	5(34)	6(35)	7(55)	8(59)	9(77)	10(100)	Meta		
1	312	Luis de la Vara Sar Albacete BMT CAS.	21:02	4:02	8:07	10:59	22:37	25:46	30:45	45:09	49:34	52:47	53:45			
2	390	Sergio Candela Mo Murcia COMN Murr	21:15	4:02	4:05	2:52	11:38	3:09	4:59	14:24	4:25	3:13	0:58			
3	29	Adrián Barea Murc Alicante COLIVENC	21:48	4:38	8:25	10:30	22:20	26:08	32:11	46:45	51:11	55:31	56:18			
4	195	JAVIER LÓPEZ QU Murcia SENDA	24:58	4:38	3:47	2:05	11:50	3:48	6:03	14:34	4:26	4:20	0:47			
5	524	Victor Escobar Apa MAHORA ORIENTA	25:51	3:56	9:42	13:38	32:37	37:32	45:41	1:03:58	1:16:20	1:19:44	1:20:40			
6	404	Pablo Díaz Herrero Albacete COAB	27:54	3:56	5:46	3:56	18:59	4:55	8:09	18:17	12:22	3:24	0:56			
				3:03	4:56	6:55	9:39	14:20	16:09	20:16	22:31	23:05	24:57	25:51		
				3:03	1:53	1:59	2:44	4:41	1:49	4:07	2:15	0:34	1:52	0:54		
				3:05	4:57	7:09	9:20	17:16	18:57	22:27	24:35	25:05	27:05	27:54		
				3:05	1:52	2:12	2:11	7:56	1:41	3:30	2:08	0:30	2:00	0:49		

15:55  
\*61



Pos Porsal Nombre Tiempo

			<b>3,8 km 115 m 11 C (cont.)</b>													
			1(74)	2(73)	3(50)	4(63)	5(33)	6(36)	7(58)	8(57)	9(81)	10(80)	11(100)	Meta		
<b>M-14 (22)</b>																
<b>280 Pablo Garcia Prieto No sale</b>																
<b>Cuenca ORIENTIJO</b>																
<b>M-16 (16)</b>			<b>4,8 km 190 m 12 C</b>													
			1(54)	2(50)	3(63)	4(48)	5(69)	6(70)	7(71)	8(57)	9(79)	10(81)	11(45)	12(100)	Meta	
1	105	Fernando Marco C: Albacete GODIH	1:05:20	3:44	5:29	9:01	25:41	28:27	<b>35:51</b>	<b>40:09</b>	<b>52:02</b>	<b>53:18</b>	<b>58:02</b>	<b>1:03:00</b>	<b>1:04:51</b>	<b>1:05:20</b>
2	116	Mateo Saez Marco Albacete GODIH	1:10:55	3:44	1:45	3:32	16:40	2:46	<b>7:24</b>	4:18	11:53	1:16	4:44	4:58	<b>1:51</b>	0:29
3	406	Álvaro Sánchez Ar Albacete COAB	1:24:57	3:02	1:39	3:36	18:03	2:25	10:54	<b>3:10</b>	<b>11:23</b>	<b>1:04</b>	8:57	4:14	2:00	0:28
4	43	Rubén Blasco Ses Alicante COLIVENC	1:36:01	3:56	5:42	8:32	<b>23:59</b>	<b>27:00</b>	49:46	54:56	1:11:28	1:14:20	1:26:30	1:32:17	1:35:12	1:36:01
5	86	Vadim Meketiuk Albacete GODIH	1:38:42	3:40	5:10	8:49	28:19	32:44	45:08	50:50	1:13:07	1:16:08	1:25:04	1:31:35	1:38:19	1:38:42
6	314	Aitor Ponce Pardo Albacete BMT CAS.	1:38:53	3:40	5:10	8:49	28:19	32:44	45:08	50:50	1:13:07	1:16:08	1:25:04	1:31:35	1:38:19	1:38:42
7	113	Francisco Pérez M Albacete GODIH	1:40:55	4:01	6:54	11:54	41:39	45:30	1:01:05	1:05:35	1:21:01	1:22:48	1:34:26	1:38:23	1:40:25	1:40:55
			1:23:52	4:01	2:53	5:00	29:45	3:51	15:35	4:30	15:26	1:47	11:38	<b>3:57</b>	2:02	0:30
			*78													
8	30	Abraham Barea Mu Alicante COLIVENC	1:44:07	3:34	5:39	11:03	53:03	56:59	1:09:19	1:15:08	1:31:46	1:33:36	1:37:42	1:41:46	1:43:37	1:44:07
9	476	Jaime Amores Gar COHE HELLIN - LA	1:48:56	3:34	2:05	5:24	42:00	3:56	12:20	5:49	16:38	1:50	<b>4:06</b>	4:04	<b>1:51</b>	0:30
10	349	Jose Angel Perez M Albacete BMT CAS.	1:49:30	8:42	11:02	17:25	38:10	42:01	1:04:46	1:11:33	1:34:17	1:36:21	1:41:14	1:45:51	1:48:29	1:48:56
11	501	Pablo Carrasco Va VILLAMALEA-O VII	1:51:42	8:42	2:20	6:23	20:45	3:51	22:45	6:47	22:44	2:04	4:53	4:37	2:38	0:27
12	83	Fede López Cuenc: Albacete GODIH	1:52:04	5:27	7:57	12:15	47:14	50:48	1:05:46	1:11:27	1:27:48	1:32:11	1:36:44	1:43:29	1:48:49	1:49:30
13	419	Amador Navarro S: Albacete COAB	2:28:22	5:27	2:30	4:18	34:59	3:34	14:58	5:41	16:21	4:23	4:33	6:45	5:20	0:41
			4:58	6:58	10:32	39:11	46:50	59:07	1:04:48	1:27:09	1:30:06	1:39:10	1:45:38	1:51:15	1:51:42	
			4:58	2:00	3:34	28:39	7:39	12:17	5:41	22:21	2:57	9:04	6:28	5:37	0:27	
			6:14	9:27	15:26	42:24	49:07	1:02:44	1:09:30	1:32:32	1:33:52	1:42:10	1:48:48	1:51:34	1:52:04	
			6:14	3:13	5:59	26:58	6:43	13:37	6:46	23:02	1:20	8:18	6:38	2:46	0:30	
			5:08	10:30	16:11	44:35	49:53	1:22:47	1:30:12	2:08:52	2:10:31	2:17:29	2:22:45	2:27:53	2:28:22	
			5:08	5:22	5:41	28:24	5:18	32:54	7:25	38:40	1:39	6:58	5:16	5:08	0:29	
			5:19	7:52	15:07	1:18:01	1:23:01	1:36:45	1:41:50	----	----	----	----	----	2:20:27	
			5:19	2:33	7:15	1:02:54	5:00	13:44	5:05						38:37	
			2:18:15													
			*61													
<b>388 Ramón López Parr: No sale</b>																
<b>Murcia AGUILAS-O</b>																
<b>283 Adrián Martínez La No sale</b>																
<b>Cuenca ORIENTIJO</b>																
<b>M-18 (14)</b>			<b>6,6 km 240 m 15 C</b>													
			1(42)	2(37)	3(47)	4(39)	5(40)	6(41)	7(53)	8(43)	9(65)	10(76)	11(49)	12(60)	13(79)	
			15(100)	Meta												
1	41	Ramón Bernabeu M Alicante COLIVENC	1:06:00	1:44	18:48	20:54	<b>28:21</b>	<b>30:50</b>	<b>33:23</b>	<b>43:04</b>	<b>46:58</b>	<b>48:31</b>	<b>53:09</b>	<b>58:10</b>	<b>59:44</b>	<b>1:02:04</b>
			1:44	17:04	2:06	<b>7:27</b>	<b>2:29</b>	<b>2:33</b>	9:41	3:54	<b>1:33</b>	<b>4:38</b>	<b>5:01</b>	<b>1:34</b>	<b>2:20</b>	
			1:05:23	1:06:00												
			1:07	0:37												
2	342	Martín Villar Gorriz Albacete BMT CAS.	1:15:56	1:57	19:57	21:48	30:00	32:38	38:32	49:13	53:08	54:48	1:00:25	1:06:16	1:08:06	1:10:28
			1:57	18:00	1:51	8:12	2:38	5:54	10:41	3:55	1:40	5:37	5:51	1:50	2:22	1
			1:15:20	1:15:56												
			1:05	0:36												
3	138	Raúl Puche Herrero Albacete GODIH	1:20:58	1:51	22:06	24:17	33:59	39:37	42:36	56:21	1:00:20	1:01:57	1:06:43	1:12:36	1:14:23	1:16:53
			1:51	20:15	2:11	9:42	5:38	2:59	13:45	3:59	1:37	4:46	5:53	1:47	2:30	1
			1:20:22	1:20:58												
			1:14	0:36												
4	293	Jose Marino Navar Cuenca ORIENTIJO	1:22:12	1:54	21:22	23:11	30:43	35:38	42:29	52:20	58:48	1:01:20	1:08:42	1:13:52	1:15:50	1:18:10
			1:54	19:28	1:49	7:32	4:55	6:51	9:51	6:28	2:32	7:22	5:10	1:58	<b>2:20</b>	1
			1:21:41	1:22:12												
			1:01	0:31												
5	331	Antonio Calomarde Albacete BMT CAS.	1:24:35	<b>1:43</b>	22:28	24:37	35:38	38:50	42:26	52:52	56:52	58:38	1:05:35	1:13:24	1:15:30	1:18:49
			<b>1:43</b>	20:45	2:09	11:01	3:12	3:36	10:26	4:00	1:46	6:57	7:49	2:06	3:19	1
			1:24:10	1:24:35												
			2:25	<b>0:25</b>												
			4:40	23:32	25:09	35:05	38:32	44:18	54:09	59:07	1:00:55	1:08:31	1:16:14	1:18:22	1:21:35	1
			4:40	18:52	1:37	9:56	3:27	5:46	9:51	4:58	1:48	7:36	7:43	2:08	3:13	1
			1:25:28	1:26:03												
			1:08	0:35												
7	66	Álvaro Montero Ca Albacete GODIH	1:31:45	1:54	<b>17:38</b>	<b>19:54</b>	31:42	34:53	37:34	1:01:54	1:05:45	1:07:41	1:14:43	1:22:18	1:24:17	1:27:28
			1:54	<b>15:44</b>	2:16	11:48	3:11	2:41	24:20	<b>3:51</b>	1:56	7:02	7:35	1:59	3:11	1
			1:31:18	1:31:45												
			1:04	0:27												
8	187	Alejandro López Pe Alicante SANT_JOA	1:35:49	4:06	25:39	30:21	41:45	44:43	48:30	1:04:36	1:09:39	1:11:42	1:18:19	1:25:02	1:27:25	1:29:56
			4:06	21:33	4:42	11:24	2:58	3:47	16:06	5:03	2:03	6:37	6:43	2:23	2:31	1
			1:35:17	1:35:49												
			1:11	0:32												















Pos Porsal Nombre Tiempo

**NARANJA Feme (38)**

**3,3 km 100 m 11 C (cont.)**

1(31) 2(73) 3(54) 4(51) 5(33) 6(36) 7(35) 8(79) 9(78) 10(80) 11(100) Meta

29	408	Milagros Escobar Albacete COAB	2:21:02	5:13 5:13	17:02 11:49	47:13 30:11	54:59 7:46	1:07:22 12:23	1:13:53 6:31	1:44:36 30:43	1:59:34 14:58	2:07:38 8:04	2:15:27 7:49	2:19:21 3:54	2:21:02 1:41
	18	María José Ramíre Murcia ALHAMA_C	en tarj.	3:14 3:14	5:43 2:29	11:21 5:38	17:50 6:29	35:04 17:14	39:10 4:06	45:32 6:22	----- -----	----- -----	----- -----	----- -----	1:00:00 14:28
	8	Esther Guijarro Ce Murcia ALHAMA_C	en tarj.	7:55 7:55	10:40 2:45	16:30 5:50	25:10 8:40	31:16 6:06	39:36 8:20	48:46 9:10	1:17:00 28:14	1:19:08 2:08	----- -----	1:31:06 11:58	1:32:49 1:43
	153	Pilar Maiz Buendía Albacete GODIH	en tarj.	9:51 9:51	15:46 5:55	44:29 28:43	----- -----	----- -----	----- 33:03	1:17:32 15:14	1:32:46 8:21	1:41:07 8:21	1:48:27 7:20	1:52:24 3:57	1:54:01 1:37
	429	María Del Carmen Individuals/No c In	No sale												
	516	Alba Sanchez Pela VILLAMALEA-O VII	No sale												
	486	Miriam Igualada Pa CLUB ATLETISMO 1	No sale												
	526	Isabel Escobar Gar MAHORA ORIENTA	No sale												
	377	Patricia Romero Rc Albacete BMT CAS.	No sale												
	467	Belén Miguel Franc CAUDETE ORIENTA	No sale												

**M-21A (20)**

**8,2 km 335 m 18 C**

1(46) 2(37) 3(47) 4(40) 5(41) 6(69) 7(48) 8(76) 9(81) 10(67) 11(70) 12(71) 13(65)  
15(49) 16(72) 17(64) 18(100) Meta

1	4	Emili Sellés Seguí Alicante ALCOI	1:19:42	5:15 5:15	19:31 14:16	20:54 1:23	28:54 8:00	31:18 2:24	43:39 12:21	46:36 2:57	51:29 4:53	52:34 1:05	57:03 4:29	59:36 2:33	1:02:37 3:01	1:06:07 3:30
	239	DAVID COTILLAS M Cuenca COMCU	1:21:59	2:59 2:11	16:33 14:22	18:04 1:31	27:02 8:58	29:24 2:22	38:42 9:18	41:15 2:33	46:28 5:13	49:03 2:35	54:04 5:01	57:46 3:42	1:00:25 2:39	1:04:26 4:01
	2	Jaume Civera Gor Castellón ADCON	1:24:35	2:59 2:59	23:28 20:29	25:01 1:33	33:13 8:12	35:35 2:22	44:05 8:30	46:28 2:23	50:57 4:29	52:08 1:11	56:27 4:19	59:16 2:49	1:02:29 3:13	1:08:29 6:00
	184	David Martínez Sa Murcia MURCIA-O	1:34:35	2:57 2:57	19:46 16:49	21:43 1:57	32:16 10:33	35:17 3:01	45:10 9:53	48:12 3:02	54:08 5:56	55:42 1:34	1:03:53 8:11	1:08:03 4:10	1:11:53 3:50	1:17:49 5:56
	139	Javier García Jimé Albacete GODIH	1:40:47	2:33 2:33	19:43 17:10	21:23 1:40	44:12 22:49	46:40 2:28	55:34 8:54	58:15 2:41	1:03:38 5:23	1:04:54 1:16	1:11:32 6:38	1:14:55 3:23	1:17:55 3:00	1:22:33 4:38
	332	Iván Martínez Muñ Albacete BMT CAS.	1:43:05	2:23 2:23	19:49 17:26	21:48 1:59	33:39 11:51	37:18 3:39	49:33 12:15	52:18 2:45	58:44 6:26	1:00:04 1:20	1:06:45 6:41	1:13:02 6:17	1:17:19 4:17	1:23:08 5:49
	181	Jonatan Martínez P Murcia MURCIA-O	1:50:40	2:42 2:42	27:42 25:00	29:08 1:26	40:06 10:58	44:21 4:15	55:49 11:28	58:20 2:31	1:05:18 6:58	1:10:26 5:08	1:17:52 7:26	1:22:43 4:51	1:26:07 3:24	1:31:28 5:21
	316	Javier García Díaz Albacete BMT CAS.	1:51:58	2:42 2:42	21:52 19:10	24:28 2:36	37:54 13:26	40:57 3:03	52:06 11:09	54:57 2:51	1:03:07 8:10	1:04:53 1:46	1:12:04 7:11	1:17:16 5:12	1:21:58 4:42	1:32:22 10:24
	38	Víctor Díaz Balagu Alicante COLIVENC	1:52:31	2:22 2:22	21:26 19:04	23:19 1:53	34:27 11:08	37:37 3:10	54:04 16:27	56:42 2:38	1:03:05 6:23	1:04:42 1:37	1:18:22 13:40	1:26:46 8:24	1:30:48 4:02	1:36:14 5:26
	177	Guillermo Iglesias Murcia MURCIA-O	1:54:44	2:18 2:18	17:36 15:18	20:01 2:25	37:50 17:49	40:23 2:33	49:43 9:20	52:02 2:19	1:07:02 15:00	1:08:47 1:45	1:15:19 6:32	1:20:11 4:52	1:29:46 9:35	1:37:04 7:18
	135	Daniel Tarancón To Albacete GODIH	2:00:20	2:14 2:14	18:21 16:07	20:27 2:06	34:07 13:40	36:53 2:46	49:19 12:26	53:31 4:12	1:00:05 6:34	1:04:12 4:07	1:12:14 8:02	1:20:17 8:03	1:24:49 4:32	1:36:04 11:15
	221	Alberto José Garcí Valencia VALENCI	2:02:08	3:48 3:48	24:48 21:00	26:55 2:07	40:15 13:20	43:57 3:42	57:18 13:21	1:00:39 3:21	1:10:06 9:27	1:11:44 1:38	1:23:23 11:39	1:28:16 4:53	1:33:18 5:02	1:39:29 6:11
	27	Ramón Barea Cast Alicante COLIVENC	2:11:49	3:21 3:21	22:23 19:02	23:57 1:34	56:44 32:47	1:01:26 4:42	1:20:04 18:38	1:22:32 2:28	1:30:05 7:33	1:31:23 1:18	1:38:53 7:30	1:43:46 4:53	1:47:05 3:19	1:52:12 5:07





Pos	Ors	Nombre	Tiempo													
NARANJA Masc (43)			3,6 km 110 m			12 C						Meta				
			1(73)	2(54)	3(51)	4(33)	5(36)	6(35)	7(79)	8(78)	9(80)	10(59)	11(77)	12(100)	Meta	
1	539	Alex Picazo Huerta VILLAMALEA-O VIL	31:50	2:43	5:40	8:16	10:31	12:27	17:10	23:40	25:07	27:43	29:13	29:41	31:22	31:50
2	365	Emilio Garcia Taraj Albacete BMT CAS.	38:18	4:33	8:48	11:27	15:02	18:07	23:21	28:47	30:45	34:53	36:03	36:25	37:46	38:18
3	451	pedro pelayo v aler Individuais/No c In	40:06	5:00	8:36	12:55	16:26	19:05	23:03	31:43	33:17	35:54	37:15	37:46	39:22	40:06
4	522	Juan Francisco Cu MAHORA ORIENTA	40:41	3:21	11:50	16:37	19:50	21:59	26:12	30:56	34:11	36:41	38:02	38:32	40:04	40:41
5	482	Javier López Martí COHE HELLIN - LA	41:25	4:24	7:42	15:28	18:35	21:01	24:18	33:18	34:52	37:37	38:53	39:20	40:47	41:25
6	140	Francisco José Co Albacete GODIH	41:53	3:15	9:11	13:54	16:48	19:53	23:37	34:26	35:28	37:42	38:56	39:23	41:13	41:53
7	477	Sergio Amores Gar COHE HELLIN - LA	45:21	5:29	9:22	15:44	19:18	22:30	26:42	34:35	37:08	40:10	41:38	42:20	44:48	45:21
8	158	Iban Toledo Barraj Albacete GODIH	46:47	4:15	8:07	12:19	19:35	22:01	27:40	35:56	38:29	41:40	43:19	43:57	46:02	46:47
9	479	Jose Miguel Garcia COHE HELLIN - LA	47:18	5:30	11:49	16:01	20:25	23:18	29:04	35:03	38:33	41:42	43:43	44:25	46:44	47:18
10	481	José García Rodrí COHE HELLIN - LA	48:05	3:51	7:17	13:24	16:35	18:58	30:13	36:02	39:51	42:54	44:42	45:16	47:19	48:05
11	521	David Jiménez Bel ORIENTACION MA	48:43	4:31	10:22	13:11	16:20	18:55	26:16	39:51	41:23	44:24	45:43	46:20	48:07	48:43
12	459	Ivan Fernandez Mc Individuais/No c In	49:08	3:36	13:30	16:16	19:03	21:28	31:23	38:01	39:22	44:32	46:12	46:40	48:13	49:08
13	275	ANGEL GARCIA M Cuenca ORIENTIJO	49:36	4:29	14:55	19:58	24:44	28:16	33:20	40:28	41:49	44:35	46:16	46:53	48:49	49:36
14	461	Jesús Sahuquillo C Individuais/No c In	50:12	4:29	15:15	18:35	21:48	25:29	32:05	38:16	40:01	44:08	45:41	46:33	49:11	50:12
15	193	Víctor Frutos Marcl Murcia SENDA	51:22	3:46	12:12	16:16	25:32	27:37	32:21	40:38	42:36	45:49	47:39	48:31	50:37	51:22
16	491	Juan Andrés Picaz CLUB ATLETISMO	55:16	5:42	9:27	12:59	20:02	27:52	37:09	46:03	47:25	51:00	52:25	52:55	54:32	55:16
17	527	Roberto Escobar G MAHORA ORIENTA	55:17	8:37	12:44	18:29	22:18	24:58	37:00	45:37	47:34	50:46	52:19	52:49	54:31	55:17
18	502	Vicente Carrasco V VILLAMALEA-O VIL	57:26	3:35	23:54	26:41	30:22	32:58	37:43	46:36	48:38	51:58	53:58	54:35	56:28	57:26
19	453	Daniel Gomez Garc Individuais/No c In	59:12	4:48	10:57	14:24	20:00	25:44	31:37	38:23	41:02	44:40	46:55	47:31	58:17	59:12
20	492	Isidoro Quilez Pere CLUB ATLETISMO	59:54	9:10	13:02	16:41	23:38	31:21	40:44	49:41	51:08	54:36	56:09	56:45	59:00	59:54
21	166	Alfonso García Peñ Murcia LORCA-O	1:00:31	7:04	13:01	20:01	24:54	27:42	35:29	48:33	50:43	54:55	56:49	57:37	59:43	1:00:31
22	382	Alberto Sanchez S Albacete BMT CAS.	1:02:52	8:02	13:19	25:21	28:23	38:15	44:30	52:55	54:28	58:05	59:43	1:00:15	1:02:15	1:02:52
23	360	Gabriel Bernal Bel Albacete BMT CAS.	1:04:04	11:51	19:52	25:37	30:47	35:24	42:18	50:03	52:35	56:33	58:45	59:41	1:02:18	1:04:04
24	431	Jose Antonio Gome Individuais/No c In	1:04:31	7:10	27:09	32:01	35:44	38:46	46:29	53:36	55:40	58:57	1:01:01	1:01:36	1:03:44	1:04:31
25	167	OTHMAN SELMI Murcia LORCA-O	1:05:47	12:05	18:11	25:09	30:02	32:59	40:41	53:40	55:55	1:00:01	1:02:06	1:02:57	1:05:00	1:05:47
26	495	Carlos Sevilla Ten CLUB ATLETISMO	1:07:58	7:18	11:48	20:20	35:29	41:12	46:31	56:29	1:00:17	1:03:21	1:04:51	1:05:19	1:07:01	1:07:58
27	378	David Rubio Garcia Albacete BMT CAS.	1:11:25	7:48	13:19	16:49	20:59	30:11	36:10	58:12	1:00:08	1:06:08	1:07:43	1:08:14	1:10:39	1:11:25
28	452	Juan Manuel Garc Individuais/No c In	1:16:06	4:47	8:40	27:48	36:47	56:22	1:00:29	1:06:23	1:08:43	1:11:50	1:13:14	1:13:43	1:15:21	1:16:06
29	433	Luis Haba Giméne Individuais/No c In	1:16:27	19:29	26:21	33:37	41:20	46:18	53:13	1:02:38	1:05:00	1:08:59	1:11:18	1:12:02	1:14:46	1:16:27
30	298	Jose Martin de la C Castellón SIMEPIE	1:16:49	8:01	14:37	21:43	28:11	33:57	44:32	57:42	1:00:30	1:08:11	1:11:27	1:12:32	1:15:45	1:16:49
31	372	Carlos Morcillo Ro Albacete BMT CAS.	1:21:13	12:22	17:10	35:27	42:09	47:15	55:16	1:08:24	1:10:31	1:13:52	1:16:21	1:17:17	1:20:03	1:21:13
32	356	Francisco Dani Per Albacete BMT CAS.	1:23:55	5:49	10:43	15:43	25:39	27:51	34:53	1:11:17	1:13:17	1:17:23	1:19:45	1:20:25	1:22:58	1:23:55
33	549	Jose Picazo Chica CLUB ATLETISMO	1:25:59	5:50	16:04	30:39	39:58	44:53	51:59	1:12:23	1:15:09	1:20:01	1:22:25	1:23:00	1:25:26	1:25:59
34	374	Cristian Navarro L Albacete BMT CAS.	1:32:31	12:59	40:41	47:15	52:17	55:08	1:00:41	1:10:33	1:25:25	1:27:18	1:28:59	1:29:49	1:32:00	1:32:31
35	424	Carlos Felipe Oliv Albacete COAB	1:34:45	16:01	21:53	29:48	46:24	49:30	55:38	1:19:40	1:22:51	1:27:13	1:29:43	1:30:31	1:33:44	1:34:45
36	489	Faustino Oltra Pan CLUB ATLETISMO	1:39:47	9:22	16:55	24:20	36:22	42:52	51:38	1:18:11	1:20:58	1:28:40	1:31:54	1:32:59	1:38:20	1:39:47
548	Dario Saez Cambro CLUB ATLETISMO	en tarj.	-----	-----	-----	25:58	-----	34:49	-----	-----	-----	-----	-----	-----	52:47	54:01
535	Miguel Tortosa Mar IES Parque Linea II	en tarj.	7:53	12:28	16:51	24:18	-----	33:49	51:50	55:52	-----	1:03:25	1:04:21	1:08:27	1:09:55	-----



Pos	dorsal	Nombre	Tiempo												
<b>NARANJA Masc (43)</b>				<b>3,6 km 110 m</b>			<b>12 C</b>			<i>(cont.)</i>					
			1(73)	2(54)	3(51)	4(33)	5(36)	6(35)	7(79)	8(78)	9(80)	10(59)	11(77)	12(100)	Meta
301		Benjamin García L Alicante ALICANTE	en tarj. 7:23 7:23 4:49 *31	13:53 6:30	20:08 6:15	28:13 8:05	41:25 13:12	49:07 7:42	58:05 8:58	1:01:27 3:22	1:16:24 14:57	----	----	1:18:30 2:06	1:19:23 0:53
544		Carlos Joli Valero Individuals/No c In	bandona 12:33 12:33	----	32:09 19:36	45:01 12:52	52:02 7:01	1:02:09 10:07	----	----	----	----	----	----	1:34:24 32:15
375		Victor Rivas Garcí Albacete BMT CAS	No sale												
504		Santiago Carrion G VILLAMALEA-O VII	No sale												
307		Javier Santos Mori Alicante ALICANTE	No sale												
<b>AZUL Femeni (4)</b>				<b>4,0 km 150 m</b>			<b>10 C</b>								
			1(73)	2(50)	3(63)	4(62)	5(53)	6(65)	7(81)	8(78)	9(64)	10(100)			Meta
1	407	Paola Briz Martínez Albacete COAB	1:00:29 4:12 4:12	9:35 5:23	<b>13:27</b> <b>3:52</b>	<b>16:05</b> 2:38	<b>35:21</b> <b>19:16</b>	<b>42:08</b> 6:47	<b>49:01</b> 6:53	<b>55:07</b> 6:06	<b>57:35</b> 2:28	<b>59:48</b> <b>2:13</b>	<b>1:00:29</b> 0:41		
2	510	Diana Herreros Jir VILLAMALEA-O VII	1:14:59 4:05 4:05	<b>8:47</b>	13:59 5:12	16:08 <b>2:09</b>	52:40 36:32	59:18 <b>6:38</b>	1:05:20 <b>6:02</b>	1:08:41 <b>3:21</b>	1:10:44 <b>2:03</b>	1:14:21 3:37	1:14:59 <b>0:38</b>		
	512	Natalia Navarro Mc VILLAMALEA-O VII	No sale												
	514	Tamara Perez Rubi VILLAMALEA-O VII	No sale												
<b>AZUL Masculi (13)</b>				<b>5,2 km 185 m</b>			<b>13 C</b>								
			1(42)	2(54)	3(51)	4(56)	5(39)	6(40)	7(41)	8(67)	9(43)	10(78)	11(58)	12(52)	13(100)
1	536	Bjørn Idar Sætran IF Trauma IF Traum	59:33 2:22 2:22	4:17 <b>1:55</b>	<b>6:39</b> 2:22	<b>23:20</b> <b>16:41</b>	<b>28:42</b> <b>5:22</b>	<b>31:36</b> 2:54	<b>34:45</b> 3:09	<b>43:40</b> <b>8:55</b>	<b>46:55</b> <b>3:15</b>	<b>54:29</b> 7:34	<b>55:45</b> <b>1:16</b>	<b>57:42</b> 1:57	<b>58:58</b> 1:16
2	497	Juan Ramon Perez FUENTE-ÁLAMO RI	1:16:33 3:00 3:00	5:05 2:05	7:40 2:35	28:10 20:30	37:31 9:21	40:45 3:14	44:02 3:17	56:35 12:33	1:01:00 4:25	1:09:47 8:47	1:12:13 2:26	1:14:16 2:03	1:15:48 1:32
3	493	Francisco Romero CLUB ATLETISMO 1	1:17:35 2:06 2:06	4:14 2:08	6:48 2:34	29:08 22:20	42:13 13:05	44:39 <b>2:26</b>	47:27 2:48	59:43 12:16	1:04:20 4:37	1:12:33 8:13	1:13:57 1:24	1:15:39 <b>1:42</b>	1:16:59 1:20
4	530	Daniel Gomez Rueda MAHORA ORIENTA	1:27:07 2:04 2:04	4:15 2:11	8:50 4:35	25:46 16:56	36:19 10:33	45:05 8:46	47:45 <b>2:40</b>	1:10:35 22:50	1:15:07 4:32	1:22:14 <b>7:07</b>	1:23:49 1:35	1:25:33 1:44	1:26:35 <b>1:02</b>
5	490	Juan Francisco Pic CLUB ATLETISMO 1	1:29:24 2:59 1:03:16 *53	5:11 2:12	9:09 3:58	26:49 17:40	37:12 10:23	45:59 8:47	50:00 4:01	1:05:52 15:52	1:13:15 7:23	1:22:22 9:07	1:23:53 1:31	1:27:44 3:51	1:28:51 1:07
6	517	Agustin Tarancon E VILLAMALEA-O VII	1:36:04 3:08 3:08	6:03 2:55	9:07 3:04	30:07 21:00	42:40 12:33	48:04 5:24	57:58 9:54	1:16:00 18:02	1:20:20 4:20	1:29:49 9:29	1:31:34 1:45	1:33:53 2:19	1:35:24 1:31
7	494	Pedro Romero Quíl CLUB ATLETISMO 1	1:42:24 2:46 2:46	6:47 4:01	9:06 <b>2:19</b>	32:27 23:21	39:52 7:25	43:16 3:24	48:40 5:24	1:23:31 34:51	1:28:19 4:48	1:35:37 7:18	1:37:10 1:33	1:40:26 3:16	1:41:43 1:17
8	508	Carlos Gomez Ruiz VILLAMALEA-O VII	1:55:47 <b>0:08</b> 2:06	<b>2:14</b> 2:06	12:28 10:14	36:36 24:08	57:13 20:37	1:01:22 4:09	1:11:27 10:05	1:24:14 12:47	1:34:01 9:47	1:46:30 12:29	1:49:01 2:31	1:53:58 4:57	1:55:14 1:16
9	518	Jordi Torrecillas G VILLAMALEA-O VII	2:07:20 8:46 8:46	12:26 3:40	17:48 5:22	56:00 38:12	1:09:26 13:26	1:14:16 4:50	1:22:15 7:59	1:37:17 15:02	1:42:58 5:41	1:51:49 8:51	2:00:24 8:35	2:03:38 3:14	2:05:56 2:18
10	507	José Miguel Gome VILLAMALEA-O VII	2:26:43 7:12 7:12	12:27 5:15	18:40 6:13	1:02:49 44:09	1:11:48 8:59	1:17:46 5:58	1:21:47 4:01	1:58:41 36:54	2:05:10 6:29	2:16:28 11:18	2:19:06 2:38	2:24:12 5:06	2:25:55 1:43
nc	500	Francisco Borja Ru VILLAMALEA-O VII	1:07:23 2:19 2:19	4:02 1:43	5:48 1:46	23:18 17:30	33:53 10:35	37:04 3:11	40:00 2:56	49:48 9:48	53:25 3:37	1:02:17 8:52	1:03:46 1:29	1:05:30 1:44	1:06:50 1:20
nc	503	Joel Carrion Gandi VILLAMALEA-O VII	1:26:05 2:04 2:04	4:00 1:56	6:23 2:23	26:45 20:22	36:58 10:13	43:50 6:52	47:20 3:30	1:05:04 17:44	1:09:51 4:47	1:19:36 9:45	1:21:40 2:04	1:23:52 2:12	1:25:21 1:29
	499	Carlos Blasco Cebi VILLAMALEA-O VII	No sale												
<b>F-65 (5)</b>				<b>2,4 km 70 m</b>			<b>8 C</b>								
			1(74)	2(54)	3(49)	4(72)	5(58)	6(78)	7(45)	8(100)					Meta
1	238	Mª Covadonga Car Cuenca COMCU	39:34 3:47 3:47	<b>7:26</b> <b>3:39</b>	<b>19:55</b> 12:29	<b>23:49</b> <b>3:54</b>	<b>26:49</b> <b>3:00</b>	<b>30:01</b> 3:12	<b>35:24</b> 5:23	<b>38:42</b> <b>3:18</b>	<b>39:34</b> <b>0:52</b>				
2	47	Amparo Brotons Sa Alicante COLIVENC	47:58 4:21 4:21	9:23 5:02	21:40 <b>12:17</b>	25:53 4:13	29:10 3:17	32:12 <b>3:02</b>	37:27 <b>5:15</b>	47:03 9:36	47:58 0:55				
3	130	Carmen López Nav Albacete GODIH	58:50 9:37 9:37	14:49 5:12	30:12 15:23	35:00 4:48	38:42 3:42	44:43 6:01	52:06 7:23	56:29 4:23	58:50 2:21				
4	222	Carmen Perona Mc Valencia VALENCI	1:18:57 15:58 15:58	20:07 4:09	37:03 16:56	47:43 10:40	55:52 8:09	59:52 4:00	1:12:08 12:16	1:17:21 5:13	1:18:57 1:36				
5	296	Amalia Galdón Del Castellón SIMEPIE	1:30:02 15:11 15:11	25:42 10:31	45:33 19:51	53:59 8:26	1:00:44 6:45	1:07:21 6:37	1:21:38 14:17	1:28:50 7:12	1:30:02 1:12				
<b>M-65 (9)</b>				<b>3,4 km 95 m</b>			<b>9 C</b>								
			1(74)	2(75)	3(50)	4(49)	5(60)	6(48)	7(44)	8(45)	9(100)				Meta
1	46	Jesús Gil Poveda Alicante COLIVENC	37:06 4:02 4:02	6:41 <b>2:39</b>	8:08 <b>1:27</b>	<b>16:27</b> <b>8:19</b>	<b>18:45</b> 2:18	<b>22:18</b> <b>3:33</b>	<b>31:18</b> <b>9:00</b>	<b>34:09</b> <b>2:51</b>	<b>36:25</b> 2:16	<b>37:06</b> 0:41			
2	428	Miettinen Kauko Suonenjoen Vasan	38:26 2:24 2:24	<b>5:20</b> 2:56	<b>6:54</b> 1:34	16:46 9:52	19:01 <b>2:15</b>	22:40 3:39	32:37 9:57	35:30 2:53	37:41 <b>2:11</b>	38:26 0:45			

