

San Silvestre de Alcorcón 2021

Alcorcón - 12/12/2021

5 KM



| Puesto | Dors. | Tiempo | Neto | Rit. | Apellidos, Nombre | Año | P.S. | Cat. | P.C. | Club |
|--------|-------|--------|-------|------|---------------------------------------|------|------|------|------|---|
| 1 | 6 | 16:43 | 16:43 | 3:21 | LUNA SANGUINO, MARCOS | 1985 | 1 | ABM | 1 | ATL. ALCORCON |
| 2 | 4 | 17:02 | 17:02 | 3:25 | BEDOYA NUÑEZ, DAVID | 1978 | 2 | ABM | 2 | ATL. ALCORCON |
| 3 | 946 | 17:38 | 17:38 | 3:32 | GOMEZ HERNANDEZ, IIGNACIO JAVIER | 1967 | 3 | ABM | 3 | |
| 4 | 214 | 18:02 | 18:01 | 3:37 | ATANCE GARCIA, RUBEN | 1979 | 4 | ABM | 4 | WOLVES FACTORY TRIATHLON CLUB |
| 5 | 8 | 18:25 | 18:23 | 3:41 | FERNANDEZ MUÑOZ, JUAN JOSE | 1979 | 5 | ABM | 5 | ATL. ALCORCON |
| 6 | 242 | 18:41 | 18:37 | 3:44 | VALERO BENITO, BORJA | 1987 | 6 | ABM | 6 | INACUA |
| 7 | 5 | 18:59 | 18:58 | 3:48 | TORRALBA FERNANDEZ, ELOY | 1970 | 7 | ABM | 7 | ATL. ALCORCON |
| 8 | 831 | 18:59 | 18:55 | 3:47 | SANCHEZ ALVAREZ, DAVID | 1977 | 8 | ABM | 8 | INDEPENDIENTE |
| 9 | 509 | 19:21 | 19:16 | 3:52 | MARTIN GARCIA, IGNACIO | 1977 | 9 | ABM | 9 | INDEPENDIENTE |
| 10 | 869 | 19:21 | 19:18 | 3:52 | RAYA PARRA, IVAN | 1976 | 10 | ABM | 10 | DESAFIO RUNNING MOSTOLES |
| 11 | 487 | 19:34 | 19:31 | 3:55 | CAMPOS FUENTES, JORGE | 1977 | 11 | ABM | 11 | WOLVES FACTORY TRIATHLON CLUB |
| 12 | 165 | 19:49 | 19:46 | 3:58 | ALVAREZ FERNANDEZ, GUIDO | 1984 | 12 | ABM | 12 | INVIERTEGANA |
| 13 | 215 | 19:50 | 19:49 | 3:58 | GARCIA LOPEZ, MIRIAM | 1983 | 1 | ABF | 1 | CTOA |
| 14 | 965 | 19:59 | 19:57 | 4:00 | JIMENEZ CORTES, JUAN MANUEL | 1990 | 13 | ABM | 13 | INDEPENDIENTE |
| 15 | 479 | 19:59 | 19:57 | 4:00 | RODRIGUEZ SALINAS, LAURA | 1999 | 2 | ABF | 2 | INDEPENDIENTE |
| 16 | 1001 | 20:00 | 19:58 | 4:00 | PEINADO GARCIA-CARO, ANA | 1978 | 3 | ABF | 3 | |
| 17 | 251 | 20:03 | 19:51 | 3:59 | PEREZ CANO, ADRIAN | 1989 | 14 | ABM | 14 | INDEPENDIENTE |
| 18 | 30 | 20:15 | 20:12 | 4:03 | ALVAREZ RODRIGUEZ, CARLOS | 1998 | 15 | ABM | 15 | INDEPENDIENTE |
| 19 | 121 | 20:26 | 20:26 | 4:06 | GARCIA RODRIGUEZ, CARLOS | 1996 | 16 | ABM | 16 | ATLETISMO VALDEIGLESIAS MARTIN BERLANAS |
| 20 | 809 | 20:42 | 20:42 | 4:09 | TRILLO ARESPOCHAGA, IGNACIO | 1986 | 17 | ABM | 17 | INDEPENDIENTE |
| 21 | 912 | 20:43 | 20:42 | 4:09 | VILAS VIDAL, MARIA | 1996 | 4 | ABF | 4 | CTOA |
| 22 | 630 | 20:52 | 20:50 | 4:10 | PEREZ ALONSO, YOLANDA | 1981 | 5 | ABF | 5 | INDEPENDIENTE |
| 23 | 158 | 20:56 | 20:43 | 4:09 | DOMINGUEZ MOZO, BRUNO | 1986 | 18 | ABM | 18 | INDEPENDIENTE |
| 24 | 705 | 21:43 | 21:13 | 4:15 | VALLE CAMBELO, ANTONIO JOSE | 1991 | 19 | ABM | 19 | INDEPENDIENTE |
| 25 | 859 | 21:49 | 21:42 | 4:21 | CLAVAIN NUÑO, JUAN JOSE | 1992 | 20 | ABM | 20 | INDEPENDIENTE |
| 26 | 802 | 21:57 | 21:53 | 4:23 | ESCORIAL JARAIZ, JOSE MARIA | 1978 | 21 | ABM | 21 | AZUSTEAM |
| 27 | 188 | 21:59 | 21:49 | 4:22 | PEREZ GODOY, JESUS | 1967 | 22 | ABM | 22 | INDEPENDIENTE |
| 28 | 727 | 22:12 | 21:47 | 4:22 | GONZALEZ BLAZQUEZ, VANESA | 1977 | 6 | ABF | 6 | INDEPENDIENTE |
| 29 | 154 | 22:15 | 21:25 | 4:17 | FERNANDEZ GARCIA, ANGELA | 1992 | 7 | ABF | 7 | |
| 30 | 439 | 22:17 | 22:03 | 4:25 | BEJARANO FERNANDEZ, CRISTIAN | 1986 | 23 | ABM | 23 | INDEPENDIENTE |
| 31 | 70 | 22:33 | 21:51 | 4:23 | MORENO ALVAREZ, AARON | 1997 | 24 | ABM | 24 | INDEPENDIENTE |
| 32 | 219 | 22:35 | 22:19 | 4:28 | REFOYO ROMAN, FRANCISCO | 1965 | 25 | ABM | 25 | CLUB TRIATLON ONDARRETA ALCORCON |
| 33 | 817 | 22:36 | 22:27 | 4:30 | MORENO GOMEZ, RAUL | 1973 | 26 | ABM | 26 | SKYGYM RUNNERS |
| 34 | 1004 | 23:03 | 22:58 | 4:36 | NAVARRETE CARPIO, GLORIA | 1989 | 8 | ABF | 8 | AZU'S TEAM RUNNING CLUB |
| 35 | 718 | 23:12 | 23:12 | 4:39 | RUIZ-GIMENEZ PUIG, JOSE ENRIQUE | 1976 | 27 | ABM | 27 | INDEPENDIENTE |
| 36 | 453 | 23:19 | 23:03 | 4:37 | RODRIGUEZ GARCIA, ALEJANDRA | 1972 | 9 | ABF | 9 | |
| 37 | 796 | 23:21 | 22:37 | 4:32 | DE LA FUENTE, ALEJANDRO | 1994 | 28 | ABM | 28 | |
| 38 | 649 | 23:48 | 23:34 | 4:43 | FERNANDEZ DEL RIO, SERGIO | 1974 | 29 | ABM | 29 | INDEPENDIENTE |
| 39 | 795 | 23:54 | 23:12 | 4:39 | GONZALEZ RAMOS, DAVID | 1994 | 30 | ABM | 30 | |
| 40 | 436 | 24:15 | 24:08 | 4:50 | VELASCO SANZ, DIANA | 1978 | 10 | ABF | 10 | INDEPENDIENTE |
| 41 | 892 | 24:18 | 24:03 | 4:49 | GARCIA PEREZ, JOSE LUIS | 1969 | 31 | ABM | 31 | |
| 42 | 850 | 24:22 | 24:14 | 4:51 | CORNAX SANCHEZ DEL PERAL, JOSE MIGUEL | 1966 | 32 | ABM | 32 | |
| 43 | 106 | 24:35 | 23:57 | 4:48 | SANCHEZ ALONSO, EMILIO | 1969 | 33 | ABM | 33 | |
| 44 | 423 | 24:59 | 24:38 | 4:56 | FERNANDEZ CORTIJO, JOSE | 1960 | 34 | ABM | 34 | INDEPENDIENTE |
| 45 | 897 | 25:00 | 23:26 | 4:42 | ORCHA DEL RIO, ALBERTO | 1984 | 35 | ABM | 35 | |
| 46 | 782 | 25:29 | 25:29 | 5:06 | HERRERA MIGUELA, MONICA | 1978 | 11 | ABF | 11 | FORORUNNERS |
| 47 | 102 | 25:30 | 25:27 | 5:06 | CAMACHO BENITO, VICTOR | 1998 | 36 | ABM | 36 | INDEPENDIENTE |
| 48 | 437 | 25:33 | 25:26 | 5:06 | LOPEZ VELASCO, VANESA | 1989 | 12 | ABF | 12 | INDEPENDIENTE |
| 49 | 762 | 26:20 | 25:29 | 5:06 | HERRANZ MENESES, NURIA | 1978 | 13 | ABF | 13 | CTOA ALCORCON |
| 50 | 728 | 26:21 | 26:04 | 5:13 | LLORENTE DE LA TORRE, SANDRA | 1999 | 14 | ABF | 14 | INDEPENDIENTE |
| 51 | 26 | 26:21 | 26:19 | 5:16 | MARTIN RUIZ, JESUS | 1991 | 37 | ABM | 37 | INDEPENDIENTE |
| 52 | 729 | 26:21 | 26:05 | 5:13 | TRAVESI LATORRE, MIGUEL | 1997 | 38 | ABM | 38 | INDEPENDIENTE |
| 53 | 585 | 26:25 | 24:51 | 4:59 | SANZ LEON, SERGIO LUIS | 1974 | 39 | ABM | 39 | |
| 54 | 856 | 26:43 | 25:29 | 5:06 | FERNANDEZ VALLADOLID, HECTOR | 1981 | 40 | ABM | 40 | INDEPENDIENTE |
| 55 | 456 | 26:48 | 26:35 | 5:19 | BRAVO GARCIA, JOSE | 1950 | 41 | ABM | 41 | INDEPENDIENTE |
| 56 | 97 | 26:48 | 25:38 | 5:08 | GARCIA HERNANDEZ, FELIX M. | 1973 | 42 | ABM | 42 | INDEPENDIENTE |
| 57 | 193 | 26:54 | 26:26 | 5:18 | GOMEZ RIVAS, ISABEL | 1971 | 15 | ABF | 15 | INACUA |

5 KM



| Puesto | Dors. | Tiempo | Neto | Rit. | Apellidos, Nombre | Año | P.S. | Cat. | P.C. | Club |
|--------|-------|--------|-------|------|-----------------------------------|------|------|------|------|--------------------------|
| 58 | 803 | 26:56 | 26:35 | 5:19 | DEL REGUERO GONZALEZ, JORGE | 1993 | 43 | ABM | 43 | INDEPENDIENTE |
| 59 | 289 | 26:56 | 25:36 | 5:08 | MORALEDA LUNA, ALMUDENA | 1991 | 16 | ABF | 16 | |
| 60 | 464 | 27:02 | 26:21 | 5:16 | DE LA FUENTE PEREZ, CRISTINA | 1985 | 17 | ABF | 17 | INDEPENDIENTE |
| 61 | 261 | 27:07 | 26:54 | 5:23 | LUCENDO CASILLAS, JORGE | 1988 | 44 | ABM | 44 | |
| 62 | 184 | 27:13 | 27:06 | 5:26 | MOYA LOPEZ, SARA | 1997 | 18 | ABF | 18 | |
| 63 | 174 | 27:18 | 27:18 | 5:28 | PEINADO HERENCIA, ADRIAN | 1986 | 45 | ABM | 45 | |
| 64 | 684 | 27:23 | 27:01 | 5:25 | FERNANDEZ DE ANA, LUIS | 1971 | 46 | ABM | 46 | DESAFIO RUNNING MOSTOLES |
| 65 | 685 | 27:24 | 27:01 | 5:25 | BALLESTEROS MERINO, SAGRARIO | 1972 | 19 | ABF | 19 | DESAFIO RUNNING MOSTOLES |
| 66 | 81 | 27:26 | 26:56 | 5:24 | CAMBELO, CONCHI | 1970 | 20 | ABF | 20 | INDEPENDIENTE |
| 67 | 777 | 27:29 | 27:01 | 5:25 | NIETO MACHUCA, DIEGO | 1979 | 47 | ABM | 47 | INACUA LOS CANTOS |
| 68 | 653 | 27:40 | 26:49 | 5:22 | VARON INFANTE, FRANCISCO MANUEL | 1997 | 48 | ABM | 48 | INDEPENDIENTE |
| 69 | 599 | 27:41 | 26:58 | 5:24 | ALFONSO RINCON, EDUARDO | 1985 | 49 | ABM | 49 | |
| 70 | 600 | 27:42 | 27:00 | 5:24 | RODRIGUEZ SARDINERO, ALBERTO | 1989 | 50 | ABM | 50 | 3T TRI TRAIL TEAM |
| 71 | 865 | 27:43 | 27:43 | 5:33 | LORENZO SANCHEZ, JOSE MARIA | 1970 | 51 | ABM | 51 | |
| 72 | 447 | 27:44 | 26:34 | 5:19 | CASTILLA MARIN, JUAN MANUEL | 1977 | 52 | ABM | 52 | INDEPENDIENTE |
| 73 | 398 | 27:46 | 26:26 | 5:18 | CABALLERO BLAYA, VANESSA | 1993 | 21 | ABF | 21 | INDEPENDIENTE |
| 74 | 267 | 27:49 | 26:20 | 5:16 | ALONSO LEDESMA, ISABEL | 1978 | 22 | ABF | 22 | TIGERS RUNNING CLUB |
| 75 | 310 | 27:51 | 27:16 | 5:28 | ESTEVEZ LOPEZ, MARIA REGINA | 1978 | 23 | ABF | 23 | |
| 76 | 874 | 27:59 | 27:38 | 5:32 | JIMENEZ YUDEGO, MARINA | 1974 | 24 | ABF | 24 | |
| 77 | 879 | 28:11 | 27:28 | 5:30 | BARTOLOME BERNAL, MIGUEL | 1966 | 53 | ABM | 53 | INDEPENDIENTE |
| 78 | 694 | 28:25 | 28:15 | 5:39 | CARDENAS ARCE, RONNY | 1994 | 54 | ABM | 54 | INDEPENDIENTE |
| 79 | 693 | 28:25 | 28:15 | 5:39 | AJENJO, MARIA | 2002 | 25 | ABF | 25 | INDEPENDIENTE |
| 80 | 285 | 28:25 | 27:04 | 5:25 | MORALEDA LUNA, BEATRIZ | 1986 | 26 | ABF | 26 | |
| 81 | 286 | 28:26 | 28:26 | 5:42 | DEL RIO MERINO, MIGUEL ANGEL | 1984 | 55 | ABM | 55 | |
| 82 | 64 | 28:27 | 27:59 | 5:36 | PERALTA ABELLO, JESUS | 1985 | 56 | ABM | 56 | INACUA |
| 83 | 660 | 28:28 | 28:04 | 5:37 | GARCIA PARRA, FRANCISCO JAVIER | 1969 | 57 | ABM | 57 | INACUA LOS CANTOS |
| 84 | 49 | 28:31 | 28:31 | 5:43 | BERMEJO VICENTE, DAVID | 1984 | 58 | ABM | 58 | |
| 85 | 48 | 28:31 | 28:31 | 5:43 | MERINO GOMEZ, MARINA | 1980 | 27 | ABF | 27 | |
| 86 | 477 | 28:34 | 28:25 | 5:41 | BALLESTEROS DE FRUTOS, SANDRA | 1994 | 28 | ABF | 28 | INDEPENDIENTE |
| 87 | 478 | 28:34 | 28:24 | 5:41 | PANIAGUA GUTIERREZ, VICTOR JAVIER | 1989 | 59 | ABM | 59 | INDEPENDIENTE |
| 88 | 700 | 28:35 | 28:10 | 5:38 | SANCHEZ OCAÑA, MARIO | 1974 | 60 | ABM | 60 | INACUA LOS CANTOS |
| 89 | 476 | 28:35 | 28:10 | 5:38 | PACHA BORREGUERO, JULIANA | 1977 | 29 | ABF | 29 | INACUA |
| 90 | 677 | 28:37 | 27:08 | 5:26 | LOPEZ TRAPERO, CARLOS | 1977 | 61 | ABM | 61 | |
| 91 | 63 | 28:39 | 28:14 | 5:39 | QUINTANA RODRIGUEZ, MANUEL | 1955 | 62 | ABM | 62 | INACUA LOS CANTOS |
| 92 | 132 | 28:49 | 28:49 | 5:46 | MARTIN MUÑOZ, JORGE | 1962 | 63 | ABM | 63 | |
| 93 | 670 | 28:52 | 28:49 | 5:46 | SAVIRON GOMEZ, FERNANDO | 1976 | 64 | ABM | 64 | INDEPENDENT |
| 94 | 87 | 29:00 | 28:32 | 5:43 | RODRIGUEZ BENITO, ANGELINA | 1983 | 30 | ABF | 30 | |
| 95 | 583 | 29:02 | 28:40 | 5:44 | SANCHEZ JIMENEZ, GEMA | 1976 | 31 | ABF | 31 | |
| 96 | 176 | 29:05 | 27:57 | 5:36 | IBAÑEZ, MAXIMILIANO CESAR | 1979 | 65 | ABM | 65 | |
| 97 | 753 | 29:14 | 29:14 | 5:51 | PIÑERO JIMENEZ, FERNANDO | 1970 | 66 | ABM | 66 | |
| 98 | 372 | 29:15 | 28:05 | 5:37 | MARTIN, PABLO | 1974 | 67 | ABM | 67 | |
| 99 | 60 | 29:19 | 28:49 | 5:46 | BELTRAN ACOSTA, CLARA ROCIO | 1978 | 32 | ABF | 32 | INACUA LOS CANTOS |
| 100 | 61 | 29:19 | 28:49 | 5:46 | CORDOVA GUERRERO, ROMULO JUNIOR | 1979 | 68 | ABM | 68 | INACUA LOS CANTOS |
| 101 | 663 | 29:21 | 28:57 | 5:48 | RICO BARCIA, FRANCISCO JAVIER | 1958 | 69 | ABM | 69 | INACUA LOS CANTOS |
| 102 | 778 | 29:21 | 28:57 | 5:48 | HERRAIZ PEREZ, ANTONIO | 1971 | 70 | ABM | 70 | INACUA LOS CANTOS |
| 103 | 716 | 29:21 | 29:21 | 5:53 | DEL POZO VAZQUEZ, MARIA | 1985 | 33 | ABF | 33 | |
| 104 | 801 | 29:38 | 29:38 | 5:56 | JIMENEZ SANCHEZ, LIDIA | 1986 | 34 | ABF | 34 | |
| 105 | 569 | 29:38 | 27:44 | 5:33 | SERENO DEUDERO, PABLO A. | 1973 | 71 | ABM | 71 | |
| 106 | 609 | 29:40 | 28:42 | 5:45 | LOPEZ SAEZ, JOSE MANUEL | 1979 | 72 | ABM | 72 | DEPORTES MADRID RC |
| 107 | 608 | 29:40 | 28:46 | 5:46 | SORIANO RODRIGUEZ, MARIPAZ | 1981 | 35 | ABF | 35 | DEPORTES MADRID RC |
| 108 | 381 | 29:40 | 28:46 | 5:46 | MORALES CULEBRAS, CARMEN | 1970 | 36 | ABF | 36 | DEPORTES MADRID RC |
| 109 | 168 | 29:44 | 28:55 | 5:47 | MOÑUX, PAULO | 1975 | 73 | ABM | 73 | |
| 110 | 505 | 29:44 | 28:55 | 5:47 | MARQUEZ PALOMO, JOSE ANTONIO | 1975 | 74 | ABM | 74 | |
| 111 | 134 | 29:48 | 28:53 | 5:47 | ROMERO, JOSE MARIA | 1979 | 75 | ABM | 75 | |
| 112 | 997 | 29:48 | 29:18 | 5:52 | CACHAZO FERNANDEZ, SARA | 1998 | 37 | ABF | 37 | INACUA LOS CANTOS |
| 113 | 444 | 29:50 | 28:48 | 5:46 | REY SANTOS, MARTA | 1992 | 38 | ABF | 38 | MYTHBOX TEAM |
| 114 | 305 | 29:51 | 28:45 | 5:45 | HEREDIA BODAS, DAVID | 1977 | 76 | ABM | 76 | |
| 115 | 82 | 29:55 | 29:25 | 5:53 | VALLE GONZALEZ, ANTONIO JOSE | 1967 | 77 | ABM | 77 | INDEPENDIENTE |
| 116 | 672 | 30:05 | 30:05 | 6:01 | MARTINEZ CARBALLO, ANTONIO | 1976 | 78 | ABM | 78 | INDEPENDIENTE |
| 117 | 336 | 30:07 | 29:08 | 5:50 | MARTIN DE DIEGO, SERGIO | 1978 | 79 | ABM | 79 | INDEPENDIENTE |

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|--------|-------|--------|-------|------|-------------------------------------|------|------|------|------|----------------------------------|
| 118 | 424 | 30:23 | 29:25 | 5:53 | ECHE CORTES, MERCEDES | 1973 | 39 | ABF | 39 | |
| 119 | 65 | 30:24 | 29:55 | 5:59 | VISCIONE GIMENEZ, MARIBEL | 1968 | 40 | ABF | 40 | INACUA LOS CANTOS |
| 120 | 662 | 30:24 | 29:56 | 6:00 | CAMPOS CERVERO, ISABEL | 1961 | 41 | ABF | 41 | |
| 121 | 501 | 30:25 | 29:32 | 5:55 | PEREZ GONZALEZ, CRISTINA | 1983 | 42 | ABF | 42 | DEPORTES MADRID RC |
| 122 | 115 | 30:36 | 29:56 | 6:00 | PEREZ AGUIAR, DANIEL | 1981 | 80 | ABM | 80 | ASOCIACION ATLETICA TIRADA LARGA |
| 123 | 190 | 30:41 | 29:28 | 5:54 | MORENO FERNANDEZ, BEATRIZ | 1976 | 43 | ABF | 43 | |
| 124 | 344 | 30:50 | 30:50 | 6:10 | JIMENEZ GARCIA, DANIEL | 1987 | 81 | ABM | 81 | INDEPENDIENTE |
| 125 | 345 | 30:50 | 30:50 | 6:10 | JIMENEZ GARCIA, JOSE IVAN | 1984 | 82 | ABM | 82 | INDEPENDIENTE |
| 126 | 159 | 30:54 | 29:24 | 5:53 | LATORRE ARROYO, JOSE MARIA | 1974 | 83 | ABM | 83 | INDEPENDIENTE |
| 127 | 256 | 30:57 | 29:36 | 5:56 | MATEO MONERO, MIGUEL ANGEL | 1971 | 84 | ABM | 84 | DEPORTES MADRID RC |
| 128 | 387 | 30:58 | 30:30 | 6:06 | ESTEBARAN CRESPO, ANTONIO | 1958 | 85 | ABM | 85 | INACUA |
| 129 | 34 | 31:04 | 30:06 | 6:02 | LAMAS DELGADO, PALOMA | 1991 | 44 | ABF | 44 | |
| 130 | 829 | 31:06 | 30:34 | 6:07 | PRIETO SICILIA, MARTA | 1969 | 45 | ABF | 45 | INDEPENDIENTE |
| 131 | 58 | 31:08 | 30:43 | 6:09 | GARCIA FERNANDEZ, JOSE ANTONIO | 1963 | 86 | ABM | 86 | INACUA LOS CANTOS |
| 132 | 59 | 31:09 | 30:46 | 6:10 | DEL RIO DE LA RIVA, MARIA DEL CORAL | 1963 | 46 | ABF | 46 | INACUA LOS CANTOS |
| 133 | 486 | 31:12 | 31:12 | 6:15 | JADRAQUE CUESTA, EDUARDO | 1975 | 87 | ABM | 87 | INDEPENDIENTE |
| 134 | 774 | 31:14 | 30:13 | 6:03 | MARTINEZ ORDOÑEZ, MILA | 1964 | 47 | ABF | 47 | INDEPENDIENTE |
| 135 | 468 | 31:17 | 31:03 | 6:13 | RINO BAZAN, JUAN ANTONIO | 1960 | 88 | ABM | 88 | |
| 136 | 93 | 31:19 | 30:00 | 6:00 | SANTIAGO SEPULVEDA, IVAN | 1995 | 89 | ABM | 89 | INDEPENDIENTE |
| 137 | 893 | 31:25 | 30:45 | 6:09 | BLANCO GONZALEZ, ANA | 1973 | 48 | ABF | 48 | INDEPENDIENTE |
| 138 | 758 | 31:25 | 30:45 | 6:09 | FERNANDEZ JABARDO, ANA BELEN | 1974 | 49 | ABF | 49 | |
| 139 | 538 | 31:26 | 30:32 | 6:07 | AGUADO ESTEBAN, CRISTINA | 1977 | 50 | ABF | 50 | DEPORTES MADRID RC |
| 140 | 539 | 31:26 | 30:31 | 6:07 | RAMOS ZAMORA, FLOR | 1974 | 51 | ABF | 51 | DEPORTES MADRID RC |
| 141 | 636 | 31:32 | 31:01 | 6:13 | DE CELIS BARROSO, ANGEL | 1989 | 90 | ABM | 90 | INACUA |
| 142 | 413 | 31:35 | 29:58 | 6:00 | DIAZ . MARQUEZ, LUIS MIGUEL | 1972 | 91 | ABM | 91 | |
| 143 | 419 | 31:36 | 29:58 | 6:00 | ORTIZ GRANDE, PATRICIA | 1979 | 52 | ABF | 52 | |
| 144 | 415 | 31:37 | 30:01 | 6:01 | GUERREIRO FERNANDEZ, ELENA | 1974 | 53 | ABF | 53 | |
| 145 | 346 | 31:44 | 31:44 | 6:21 | JIMENEZ GARCIA, ALVARO | 1999 | 92 | ABM | 92 | INDEPENDIENTE |
| 146 | 648 | 31:50 | 30:59 | 6:12 | PEROMINGO GARCIA, SANDRA | 1995 | 54 | ABF | 54 | INDEPENDIENTE |
| 147 | 278 | 31:57 | 31:50 | 6:22 | GARCIA MEJIAS, ENRIQUE MIGUEL | 1943 | 93 | ABM | 93 | INACUA |
| 148 | 885 | 32:02 | 30:16 | 6:04 | RODRIGUEZ DIAZ, MARTA | 1993 | 55 | ABF | 55 | INDEPENDIENTE |
| 149 | 883 | 32:03 | 30:18 | 6:04 | GONZALEZ AJO, MARIA HELENA | 1993 | 56 | ABF | 56 | INDEPENDIENTE |
| 150 | 1006 | 32:05 | 30:36 | 6:08 | LEGARRETA HAINES, JOSE LUIS | 1987 | 94 | ABM | 94 | TAIGER RUNNING CLUB |
| 151 | 994 | 32:06 | 32:06 | 6:26 | GUERRERO PARRA, JUANMA | 1963 | 95 | ABM | 95 | INDEPENDIENTE |
| 152 | 767 | 32:14 | 30:56 | 6:12 | SANCHEZ CABANILLAS, JOSE MARIA | 1970 | 96 | ABM | 96 | |
| 153 | 92 | 32:16 | 30:58 | 6:12 | PALACIOS RICO, ZORAIDA | 1996 | 57 | ABF | 57 | INDEPENDIENTE |
| 154 | 217 | 32:19 | 31:06 | 6:14 | REY GARCIA, IVAN | 1980 | 97 | ABM | 97 | INDEPENDIENTE |
| 155 | 218 | 32:20 | 31:08 | 6:14 | REY GARCIA, ARANTZAZU | 1985 | 58 | ABF | 58 | INDEPENDIENTE |
| 156 | 472 | 32:20 | 32:20 | 6:28 | RAMIREZ GOMEZ, BLANCA | 2003 | 59 | ABF | 59 | INDEPENDIENTE |
| 157 | 458 | 32:21 | 32:21 | 6:29 | JADRAQUE BLANCO, ELENA | 2003 | 60 | ABF | 60 | INDEPENDIENTE |
| 158 | 747 | 32:45 | 31:37 | 6:20 | SANCHEZ ALVAREZ, M CRUZ | 1969 | 61 | ABF | 61 | |
| 159 | 830 | 32:47 | 32:16 | 6:28 | ELVIRA TAPIADOR, MANUEL | 1971 | 98 | ABM | 98 | INDEPENDIENTE |
| 160 | 779 | 32:49 | 32:00 | 6:24 | HERRERA MIGUELA, BARBARA | 1986 | 62 | ABF | 62 | FORORUNNERS |
| 161 | 373 | 32:51 | 31:41 | 6:21 | ALVAREZ HOYA, EVA MARIA | 1977 | 63 | ABF | 63 | |
| 162 | 12 | 32:52 | 31:21 | 6:17 | CASTILLO SANCHEZ, RAMON | 1976 | 99 | ABM | 99 | ASUN RUNNING |
| 163 | 590 | 32:56 | 31:26 | 6:18 | RUBIO HERRERA, ELENA | 1975 | 64 | ABF | 64 | ASUN RUNNING |
| 164 | 924 | 33:06 | 31:43 | 6:21 | CABAÑAS LAZARO, LUCIA | 2000 | 65 | ABF | 65 | |
| 165 | 881 | 33:07 | 31:43 | 6:21 | FRAGOSA, DANIEL | 1982 | 100 | ABM | 100 | |
| 166 | 923 | 33:08 | 31:44 | 6:21 | CABAÑAS SANZ, ANTONIO | 1969 | 101 | ABM | 101 | INDEPENDIENTE |
| 167 | 926 | 33:08 | 31:44 | 6:21 | GONZALEZ MARTINEZ, VICTOR | 1966 | 102 | ABM | 102 | |
| 168 | 922 | 33:08 | 31:44 | 6:21 | LAZARO TOME, SONIA | 1970 | 66 | ABF | 66 | |
| 169 | 925 | 33:08 | 31:44 | 6:21 | GARCIA DE LA ROSA, MAR | 1968 | 67 | ABF | 67 | |
| 170 | 491 | 33:10 | 33:10 | 6:38 | ARRANZ ALVAREZ, ALEJANDRA | 1989 | 68 | ABF | 68 | INDEPENDIENTE |
| 171 | 493 | 33:10 | 33:10 | 6:38 | ARRANZ ALVAREZ, MARIA | 1988 | 69 | ABF | 69 | INDEPENDIENTE |
| 172 | 492 | 33:10 | 33:10 | 6:38 | TALAVERA FERNANDEZ, RUBEN | 1989 | 103 | ABM | 103 | INDEPENDIENTE |
| 173 | 236 | 33:12 | 31:41 | 6:21 | DOMINGO JABONERO, JAVIER | 1979 | 104 | ABM | 104 | INDEPENDIENTE |
| 174 | 235 | 33:12 | 31:41 | 6:21 | GONEZ TORRES, ZALOA | 1979 | 70 | ABF | 70 | INDEPENDIENTE |
| 175 | 707 | 33:16 | 31:21 | 6:17 | JIMENEZ BLAZQUEZ, MARIA VICTORIA | 1974 | 71 | ABF | 71 | |
| 176 | 710 | 33:16 | 31:21 | 6:17 | FERNANDEZ, INES | 1981 | 72 | ABF | 72 | |

5 KM



| Puesto | Dors. | Tiempo | Neto | Rit. | Apellidos, Nombre | Año | P.S. | Cat. | P.C. | Club |
|--------|-------|---------|---------|-------|--|------|------|------|------|---------------|
| 177 | 882 | 33:21 | 31:57 | 6:24 | ROBLES, ADRIANA | 1978 | 73 | ABF | 73 | |
| 178 | 884 | 33:25 | 31:39 | 6:20 | CASADO PEREZ, SARA | 1993 | 74 | ABF | 74 | INDEPENDIENTE |
| 179 | 445 | 33:25 | 33:25 | 6:41 | GARCIA BLANCO, ALEJANDRO | 1968 | 105 | ABM | 105 | |
| 180 | 567 | 33:31 | 31:37 | 6:20 | LAZARO MELGAR, MONICA | 1975 | 75 | ABF | 75 | |
| 181 | 361 | 33:33 | 31:52 | 6:23 | RODRIGUEZ CHAMIZO, CAMINO | 1975 | 76 | ABF | 76 | |
| 182 | 364 | 33:33 | 31:53 | 6:23 | GAMBOA HUARTE, OSKIA | 1978 | 77 | ABF | 77 | INDEPENDIENTE |
| 183 | 706 | 33:44 | 31:50 | 6:22 | JIMENEZ BLAZQUEZ, ANA BELEN | 1976 | 78 | ABF | 78 | |
| 184 | 362 | 33:50 | 32:10 | 6:26 | RODRIGUEZ CHAMIZO, MARIA JOSE | 1980 | 79 | ABF | 79 | |
| 185 | 380 | 33:50 | 32:10 | 6:26 | CORONADO DE LA ROSA, ROSARIO | 1978 | 80 | ABF | 80 | |
| 186 | 254 | 34:09 | 32:50 | 6:34 | GONZALEZ SANCHEZ, MARTA | 1975 | 81 | ABF | 81 | |
| 187 | 952 | 34:13 | 32:44 | 6:33 | GARCIA DEL BARRIO, SORAYA | 1979 | 82 | ABF | 82 | |
| 188 | 566 | 34:14 | 34:14 | 6:51 | OTAMENDI ARELLANO, ALFREDO | 1991 | 106 | ABM | 106 | |
| 189 | 498 | 34:23 | 33:08 | 6:38 | VIZUETE HAMED, ISMAEL | 1993 | 107 | ABM | 107 | INDEPENDIENTE |
| 190 | 497 | 34:25 | 33:13 | 6:39 | ADRIAN LOPEZ, ANDREA | 1999 | 83 | ABF | 83 | INDEPENDIENTE |
| 191 | 421 | 34:26 | 34:26 | 6:54 | CUENCA PUENTE, MARTA | 1977 | 84 | ABF | 84 | |
| 192 | 921 | 34:26 | 34:26 | 6:54 | HERRERA DIAZ, RAUL | 1987 | 108 | ABM | 108 | INDEPENDIENTE |
| 193 | 422 | 34:27 | 34:27 | 6:54 | MARINA BERNARDO, ISRAEL | 1970 | 109 | ABM | 109 | |
| 194 | 418 | 34:28 | 34:28 | 6:54 | DE LA CUEVA FRAILE, ANGEL | 1975 | 110 | ABM | 110 | INDEPENDIENTE |
| 195 | 877 | 34:29 | 32:36 | 6:32 | ALVIR GONZALEZ, ANA B. | 1981 | 85 | ABF | 85 | |
| 196 | 36 | 34:54 | 33:10 | 6:38 | VIDAURRE GALLART, RAQUEL | 1989 | 86 | ABF | 86 | INDEPENDIENTE |
| 197 | 996 | 35:10 | 33:17 | 6:40 | AGUILERA CRESPO, MARIA NIEVES | 1979 | 87 | ABF | 87 | INDEPENDIENTE |
| 198 | 367 | 35:29 | 34:23 | 6:53 | SUAREZ MANUEL, IVAN | 1980 | 111 | ABM | 111 | INDEPENDIENTE |
| 199 | 369 | 35:29 | 34:22 | 6:53 | CABELLO, OSCAR | 1980 | 112 | ABM | 112 | |
| 200 | 127 | 35:33 | 35:33 | 7:07 | HERNANDEZ GARCIA, PEDRO | 1980 | 113 | ABM | 113 | INDEPENDIENTE |
| 201 | 967 | 35:37 | 33:46 | 6:46 | LOPEZ GONZALEZ, MARTA | 1982 | 88 | ABF | 88 | INDEPENDIENTE |
| 202 | 555 | 35:38 | 33:48 | 6:46 | CEPAS ALCARAZ, PATRICIA | 1974 | 89 | ABF | 89 | INDEPENDIENTE |
| 203 | 500 | 35:56 | 34:45 | 6:57 | ADRIAN FERNANDEZ, OSCAR | 1966 | 114 | ABM | 114 | INDEPENDIENTE |
| 204 | 338 | 36:21 | 34:26 | 6:54 | HORMIGO CARNERO, ELENA | 1975 | 90 | ABF | 90 | |
| 205 | 269 | 36:29 | 35:11 | 7:03 | SANCHEZ MONTERO, AINHARA | 1992 | 91 | ABF | 91 | INDEPENDIENTE |
| 206 | 181 | 36:30 | 35:11 | 7:03 | MARTIN GOMEZ, JAVIER | 1997 | 115 | ABM | 115 | |
| 207 | 1007 | 37:40 | 36:12 | 7:15 | ALONSO LEDESMA, MARTA | 1978 | 92 | ABF | 92 | INDEPENDIENTE |
| 208 | 441 | 37:59 | 37:59 | 7:36 | LOPEZ MARTINEZ, DANIEL | 1979 | 116 | ABM | 116 | INDEPENDIENTE |
| 209 | 396 | 38:04 | 38:04 | 7:37 | SANTILLANA RAYA, JAVIER | 1982 | 117 | ABM | 117 | INDEPENDIENTE |
| 210 | 995 | 38:17 | 38:17 | 7:40 | CARRASCO MORENO, MARIA | 1963 | 93 | ABF | 93 | INDEPENDIENTE |
| 211 | 562 | 39:44 | 39:44 | 7:57 | LIZASOAIN SANCHEZ, SILVIA | 1994 | 94 | ABF | 94 | |
| 212 | 563 | 39:45 | 39:45 | 7:57 | CASTRO GOMEZ, PILAR | 1986 | 95 | ABF | 95 | |
| 213 | 934 | 40:37 | 40:37 | 8:08 | CEBRIAN, ROCIO | 1989 | 96 | ABF | 96 | |
| 214 | 933 | 40:37 | 40:37 | 8:08 | RODRIGUEZ, CARLOS | 1992 | 118 | ABM | 118 | |
| 215 | 557 | 41:29 | 40:26 | 8:06 | SABA RODRIGUEZ, SELENE | 2001 | 97 | ABF | 97 | MYTHBOX TEMA |
| 216 | 556 | 41:30 | 40:27 | 8:06 | RODRIGUEZ MURIEL, ANA | 1980 | 98 | ABF | 98 | MYTHBOX TEAM |
| 217 | 53 | 42:00 | 40:22 | 8:05 | NIETO DE PABLOS, ELSA | 1975 | 99 | ABF | 99 | |
| 218 | 52 | 42:00 | 40:23 | 8:05 | BAYON LAGUNA, PILAR | 1975 | 100 | ABF | 100 | |
| 219 | 55 | 42:01 | 40:23 | 8:05 | DAFAUCE GUTIERREZ, ANA MARIA | 1975 | 101 | ABF | 101 | INDEPENDIENTE |
| 220 | 397 | 44:32 | 44:32 | 8:55 | ARANDA HIDALGO, ANTONIO | 1953 | 119 | ABM | 119 | |
| 221 | 167 | 46:03 | 44:17 | 8:52 | JAQUE GENERELO, PABLO | 2001 | 120 | ABM | 120 | |
| 222 | 787 | 49:11 | 49:11 | 9:51 | PIZARRO HOYAS, REBECA | 1981 | 102 | ABF | 102 | |
| 223 | 786 | 49:11 | 49:11 | 9:51 | OCAÑA MARTIN, SILVIA | 1980 | 103 | ABF | 103 | |
| 224 | 785 | 49:11 | 49:11 | 9:51 | PATON GONZALEZ, SONIA | 1980 | 104 | ABF | 104 | |
| 225 | 690 | 52:36 | 50:58 | 10:12 | LAGUNA SANCHEZ, VICTORIS MARIA DOLORES | 1947 | 105 | ABF | 105 | INDEPENDIENTE |
| 226 | 789 | 52:36 | 50:58 | 10:12 | GOMEZ MERCHAN, M. ISABEL | 1947 | 106 | ABF | 106 | INDEPENDIENTE |
| 227 | 688 | 52:43 | 51:06 | 10:14 | BAYON BLAZQUEZ, JOSE LUIS | 1947 | 121 | ABM | 121 | INDEPENDIENTE |
| 228 | 550 | 54:55 | 54:55 | 10:59 | MICHELENA UGALDE, IKER | 1998 | 122 | ABM | 122 | INDEPENDIENTE |
| 229 | 551 | 54:56 | 54:56 | 11:00 | BELAUSTEGUI MANRIQUE, ELISA | 1999 | 107 | ABF | 107 | INDEPENDIENTE |
| 230 | 185 | 56:34 | 55:28 | 11:06 | FIGUEROA RAMIREZ, CRISTINA | 1981 | 108 | ABF | 108 | INDEPENDIENTE |
| 231 | 43 | 1:03:43 | 1:03:43 | 12:45 | REDONDO IBAÑEZ, MARTA | 1990 | 109 | ABF | 109 | INDEPENDIENTE |