

XXIX CROSS DE CUERDA LARGA

2 Octubre 2016

Orden De Llegada

[inscripciones online YouEvent.es](#)

Finalizados (353)

Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº sCat	TIEMPO CLUB	Penal.	Control 1	Cabezas de Hierro	Alto Guarram	META
1	1	Antonio ALCALDE SANCHEZ	1 ABM		2:00:45 Dynafit		0:20:04	1:19:43	1:43:58	2:00:45
2	20	Pepe MUÑOZ SANCHEZ	2 ABM		2:01:09 Navatrail - Fisaude		0:20:02	1:19:54	1:44:26	2:01:09
3	2	Israel CAÑAMERO ESCOBAR	3 ABM		2:04:46 Todovertical V+		0:21:03	1:22:41	1:48:08	2:04:46
4	420	Noel BURGOS GOMEZ	4 ABM		2:05:45 Independiente		0:21:45	1:23:11	1:49:11	2:05:45
5	429	Raul GARCIA CASTAN	5 ABM	1 VAM	2:07:59 Trangoworld		0:20:42	1:21:18	1:50:06	2:07:59
6	138	Alvaro VELAZQUEZ GUTIERREZ	6 ABM	2 VAM	2:10:54 Tierra Tragame		0:21:15	1:24:42	1:51:44	2:10:54
7	192	Javier RODRIGO HERRERO	7 ABM		2:12:27 226ers Thr33ky		0:22:22	1:27:47	1:54:35	2:12:27
8	167	Francisco Javier GOMEZ HERNANDO	8 ABM		2:14:19 Trailxtrem Team		0:22:50	1:28:31	1:56:11	2:14:19
9	258	Javier HERNANDO DE LEMA	9 ABM		2:14:49 Todovertical V+ Evorunner		0:22:59	1:29:28	1:57:02	2:14:49
10	348	Esteban DEL CASTILLO PEREZ	10 ABM	3 VAM	2:15:12 Tierra Tragame		0:23:07	1:30:03	1:57:41	2:15:12
11	194	Luis Alfonso SANTOS CABALLERO	11 ABM	4 VAM	2:18:02 Rsea Peñalara		0:23:19	1:31:23	2:00:21	2:18:02
12	387	Rony GOMEZ PAYO	12 ABM		2:19:17 Alalpardo Running Team		0:22:48	1:32:02	2:00:43	2:19:17
13	248	Rafael ZAMORANO GRANADOS	13 ABM		2:19:29 Canoble-noblejas		0:22:59	1:31:56	2:01:29	2:19:29
14	52	Javier DOMINGUEZ CALLE	14 ABM	5 VAM	2:21:09 Ryt Trail-las Cabreras		0:23:09	1:32:52	2:02:38	2:21:09
15	355	David DELGADO SANTOS	15 ABM		2:21:55 A.d. Grupo Montaña Pegaso		0:23:33	1:34:25	2:04:14	2:21:55
16	357	Ivan TORRES MARIN	16 ABM	6 VAM	2:22:11 Club Tierra Tragame - C.d.m. R		0:23:44	1:35:11	2:04:31	2:22:11
17	33	Fernando CALDERON DE LA BARCA	17 ABM		2:23:04 A.d. Grupo Montaña Pegaso		0:23:32	1:33:18	2:03:43	2:23:04
18	351	Felix ALONSO GARCIA	18 ABM	1 VBM	2:24:50 Tierra Tragame		0:23:59	1:36:07	2:06:16	2:24:50
19	364	Cristhian GARCIA OROZCO	19 ABM		2:25:08 Bandoleros De Guadarrama		0:25:24	1:37:17	2:06:54	2:25:08
20	41	Javier GARCIA GARCIA	20 ABM	7 VAM	2:25:13 Mx Coach		0:24:32	1:36:27	2:06:42	2:25:13
21	313	Francisco DOMINGUEZ HEBRERO	21 ABM		2:25:41 Independiente		0:22:42	1:32:00	2:02:26	2:25:41
22	305	Jose MARTINEZ LORDEN	22 ABM	2 VBM	2:26:27 Individual		0:25:02	1:37:20	2:07:15	2:26:27
23	327	Hilario CORRAL DEL VILLAR	23 ABM	8 VAM	2:26:38 Fondistas Del Olivar		0:24:27	1:37:13	2:07:44	2:26:38
24	120	Ricardo DE LEON MINGUEZ	24 ABM		2:27:10 G.m. La Acebeda		0:24:52	1:38:01	2:08:31	2:27:10
25	117	Fernando SOLIS MARTINEZ	25 ABM	9 VAM	2:27:28 Individual		0:25:09	1:37:47	2:09:12	2:27:28
26	386	Alfredo GARCIA DEL ALAMO	26 ABM	10 VAM	2:28:38 A.d.samburiel		0:24:09	1:38:14	2:10:14	2:28:38
27	253	Jose Manuel LOPEZ SANCHEZ	27 ABM	11 VAM	2:29:15 Independiente		0:24:29	1:39:07	2:10:35	2:29:15
28	15	Ramiro PERNIA IZQUIERDO	28 ABM	12 VAM	2:29:55 Running Priego Cempri		0:23:59	1:38:31	2:10:42	2:29:55
29	283	Jacob PINAZO	29 ABM		2:30:34 Canoble Noblejas		0:25:27	1:39:34	2:11:00	2:30:34
30	369	Pedro DE PAZ RUIZ	30 ABM		2:31:17 La Pedriza Del Manzanares		0:25:30	1:40:10	2:11:13	2:31:17
31	72	Juan DE DIEGO GARCIA	31 ABM		2:31:33 Sindicato Muscular		0:24:31	1:38:55	2:11:45	2:31:33
32	277	Jose Alberto GONZALEZ CARPINTERO	32 ABM	13 VAM	2:32:40 Todo Vertical + // Leon Trail		0:26:08	1:42:50	2:14:51	2:32:40
33	24	Oscar DOMINGUEZ BARROSO	33 ABM		2:32:43 Club De Montaña Navatrail		0:25:27	1:43:25	2:14:17	2:32:43
34	222	Luis Fernando EXPOSITO DE LA FUENTE	34 ABM		2:33:04 Hostingclub.es		0:23:18	1:38:02	2:10:48	2:33:04
35	31	Ana Isabel PAZ BERMUDEZ	1 ABF	1 VAF	2:34:24 Todovertical +		0:25:22	1:44:15	2:15:21	2:34:24
36	236	Daniel ROBLES LOBERO	35 ABM	14 VAM	2:34:46 Individual		0:25:19	1:40:13	2:14:35	2:34:46
37	384	Ignacio MARTIN BENITO	36 ABM		2:35:49 Alalpardo Running Team					2:35:49
38	419	Juan GARRIDO DIAZ	37 ABM		2:36:08 Alalpardo Running Team		0:25:16	1:43:43	2:16:32	2:36:08
39	218	Enrique GARCIA MONTES	38 ABM	3 VBM	2:36:12 Individual		0:25:41	1:43:59	2:15:46	2:36:12
40	136	Raul BENITO ALMARAZ	39 ABM		2:36:15 C.a.p.o.l.		0:23:50	1:40:59	2:15:17	2:36:15
41	259	Candido PEREZ SANZ	40 ABM	15 VAM	2:36:16 Ultrarun		0:27:31	1:45:48	2:17:27	2:36:16
42	61	Jose Maria SAEZ SALAS	41 ABM		2:36:54 Tierra Tragame		0:25:30	1:43:56	2:16:17	2:36:54
43	19	Javier ALVAREZ MORCILLO	42 ABM	16 VAM	2:37:51 R.s.e.a. Peñalara		0:27:27	1:43:07	2:17:20	2:37:51
44	315	Pedro Luis SANCHEZ RODRIGUEZ	43 ABM	17 VAM	2:37:54 Bikilamanjaro		0:27:11	1:45:55	2:18:44	2:37:54
45	342	Luis TORAN GONZALEZ	44 ABM		2:38:26 Klein		0:27:03	1:44:13	2:17:18	2:38:26
46	318	Antonio Javier BARRON JURADO	45 ABM		2:38:50 Todovertical V+		0:26:04	1:43:49	2:18:33	2:38:50
47	135	Gerardo CARMENA TEJERO	46 ABM		2:38:54 Independiente		0:25:16	1:40:11	2:14:22	2:38:54
48	3	Maria Luisa GARCIA RAFAEL	2 ABF	2 VAF	2:38:59 Independiente		0:27:02	1:44:50	2:17:57	2:38:59
49	55	Carlos LEONOR CONESA	47 ABM	18 VAM	2:39:41 Individual		0:26:52	1:44:26	2:18:39	2:39:41
50	422	Miguel FERNANDEZ CONTRERAS	48 ABM		2:40:12 La Pedriza Del Manzanares		0:25:48	1:43:27	2:17:11	2:40:12

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Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº sCat	TIEMPO CLUB	Penal.	Control 1	Cabezas de Hierro	Alto Guarram	META
51	93	Leandro MESAS SAIZ	49 ABM		2:40:17 Running Priego Cempri		0:27:03	1:48:10	2:21:03	2:40:17
52	53	Ivan CARRALON DOMINGUEZ	50 ABM		2:40:41 Atletismo Guadarrama		0:27:12	1:44:32	2:19:47	2:40:41
53	13	Guillermo PALACIO	51 ABM	19 VAM	2:42:24 Rsea Peñalara		0:27:21	1:47:00	2:21:17	2:42:24
54	181	Fernando ALONSO PLAZA	52 ABM	20 VAM	2:42:30 A.d. Grupo Montaña Pegaso		0:27:25	1:47:32	2:21:34	2:42:30
55	376	Juan Antonio ALEGRE MUÑOZ	53 ABM	21 VAM	2:42:46 La Pedriza Del Manzanares - Ch		0:23:04	1:45:26	2:19:50	2:42:46
56	58	Gregorio SANCHEZ SANCHEZ	54 ABM		2:42:54 Ultrafondistas A-bloke		0:26:36	1:44:17	2:19:32	2:42:54
57	18	Sergio GARCIA ROALES	55 ABM		2:43:00 G.m. Peña Mea		0:26:50	1:48:00	2:22:02	2:43:00
58	321	Antonio COPADO	56 ABM		2:43:12 Individual		0:26:37	1:45:52	2:21:20	2:43:12
59	221	Javier PERRUCA GOMEZ	57 ABM	22 VAM	2:43:38 Club Alpino Madrileño		0:27:10	1:47:48	2:22:20	2:43:38
60	9	Baldo ROMERO MARQUEZ	58 ABM	4 VBM	2:44:44 Rsea Peñalara		0:27:15	1:48:18	2:22:50	2:44:44
61	174	Jose Manuel FERNANDEZ DEL NACIMIENTO	59 ABM	23 VAM	2:44:51 Individual		0:28:59	1:48:31	2:22:40	2:44:51
62	428	Hector RODRIGUEZ NAVARRETE	60 ABM		2:45:20 Rsea Peñalara		0:26:34	1:44:36	2:20:52	2:45:20
63	201	Raul MURCIEGO	61 ABM		2:45:26 Independiente		0:27:59	1:49:51	2:24:10	2:45:26
64	314	Alejandro GUTIERREZ DUQUE	62 ABM		2:45:56 Canoble-noblejas		0:26:53	1:46:50	2:23:21	2:45:56
65	153	Jose Luis MORENO LOPEZ	63 ABM	24 VAM	2:46:06 Fitness Sports Triatlon		0:26:33	1:46:58	2:23:15	2:46:06
66	77	Fernando FRANCO ORTIZ	64 ABM	25 VAM	2:46:10 Individual		0:27:19	1:48:12	2:24:18	2:46:10
67	280	Ruben RUIZ TORRES	65 ABM		2:46:42 Teamop		0:29:05	1:50:42	2:26:19	2:46:42
68	40	David GARCIA GONZALEZ	66 ABM		2:46:56 Perlas Triatlon Colmenar Viejo		0:27:13	1:49:31	2:24:35	2:46:56
69	284	Felipe RODRIGUEZ	67 ABM		2:47:14 Canoble Noblejas		0:27:07	1:49:49	2:26:31	2:47:14
70	275	Juan Carlos RUBIO SANTOS	68 ABM	5 VBM	2:48:02 Ultrarun		0:28:40	1:52:07	2:26:12	2:48:02
71	39	Alvaro GONZALEZ JIMENEZ	69 ABM	26 VAM	2:48:22 Trailxtrem Team		0:26:12	1:48:24	2:25:49	2:48:22
72	185	Eduardo JIMENEZ GONZALEZ	70 ABM	27 VAM	2:48:31 Individual		0:30:17	1:53:22	2:27:47	2:48:31
73	186	Ruben Dario GASCON PALMERO	71 ABM		2:48:35 Individual		0:30:11	1:53:20	2:27:37	2:48:35
74	134	Elena NOGUERAS CIDON	3 ABF		2:48:41 A.d. Nemus		0:26:31	1:49:25	2:26:16	2:48:41
75	219	Christophe PASQUALI	72 ABM	28 VAM	2:48:50 Todovertical V+		0:26:09	1:47:08	2:24:15	2:48:50
76	180	Alvaro GARCIA COCERO	73 ABM		2:49:51 G.m. La Acebeda		0:28:46	1:52:15	2:28:05	2:49:51
77	232	Jesus CABREJAS ARTOLA	74 ABM	29 VAM	2:49:53 G.m La Acebeda		0:29:00	1:54:05	2:29:13	2:49:53
78	408	Israel GARCIA VICIANA	75 ABM		2:49:59 A.d. Samburriel		0:27:17	1:50:20	2:26:21	2:49:59
79	410	Diego LILLO APARICI	76 ABM		2:50:08 Rsea Peñalara		0:25:48	1:47:05	2:26:23	2:50:08
80	200	Ignacio GARCIA DIEZ	77 ABM		2:50:11 Como Putas Cabras		0:24:48	1:47:11	2:26:48	2:50:11
81	139	Manuel PARDO BALBUENA	78 ABM	30 VAM	2:50:59 Independiente		0:27:29	1:51:12	2:27:52	2:50:59
82	127	David VAZQUEZ CEBRIAN	79 ABM	31 VAM	2:51:02 Tralla Trail		0:26:30	1:52:09	2:28:50	2:51:02
83	272	David SAURA MARTINEZ	80 ABM		2:51:04 Individual		0:28:02	1:53:17	2:30:40	2:51:04
84	400	Eduardo LOPEZ PEHSE	81 ABM	32 VAM	2:51:13 Individual		0:27:37	1:53:02	2:30:03	2:51:13
85	90	Carlos RUANO HERRANZ	82 ABM		2:51:20 Tierra Tragame		0:27:24	1:49:37	2:26:28	2:51:20
86	325	Antonio LOPEZ PARRA	83 ABM		2:51:23 Individual		0:25:17	1:44:52	2:25:26	2:51:23
87	421	Jordi CERDAN	84 ABM	33 VAM	2:52:34 Tierra Tragame		0:27:43	1:55:07	2:31:43	2:52:34
88	164	Fernando BRUGUIER POLO	85 ABM	34 VAM	2:52:45 Individual		0:30:21	1:55:44	2:31:01	2:52:45
89	385	Jose Antonio MARTINEZ RUBIO	86 ABM	35 VAM	2:53:08 Alalpardo Running Team		0:26:50	1:51:53	2:30:38	2:53:08
90	175	Javier SANZ FRIAS	87 ABM	36 VAM	2:53:52 Individual		0:28:37	1:53:15	2:31:58	2:53:52
91	131	David RODRIGUEZ LEAL	88 ABM	37 VAM	2:53:58 Trailxtrem Team		0:26:21	1:49:29	2:31:34	2:53:58
92	413	Jorge ILLAN	89 ABM		2:53:59 Individual		0:26:22	1:54:35	2:33:25	2:53:59
93	381	Luis RUIZ MURADAS	90 ABM	38 VAM	2:54:42 A.d. Samburriel		0:28:33	1:55:03	2:32:58	2:54:42
94	241	Louis Johannes VENTER	91 ABM		2:55:21 Individual		0:29:59	1:53:31	2:32:26	2:55:21
95	345	Fernando COLINO POLO	92 ABM		2:55:31 Individual		0:30:22	1:56:00	2:33:28	2:55:31
96	308	David CASADO CALVO	93 ABM		2:55:37 Individual		0:27:51	1:52:28	2:30:56	2:55:37
97	393	Francisco Jose SUMOZAS FERNANDEZ DE MAR	94 ABM	6 VBM	2:56:02 Club Alpino Madrileño		0:27:56	1:53:13	2:31:54	2:56:02
98	65	Jose Luis ARRABAL CANET	95 ABM	39 VAM	2:56:23 Independiente		0:29:54	1:55:40	2:32:44	2:56:23
99	399	Jose Manuel JIMENEZ TORRENS	96 ABM	40 VAM	2:56:26 Individual		0:31:51	1:59:43	2:35:16	2:56:26
100	6	Antonio FERNANDEZ GONZALEZ	97 ABM	41 VAM	2:56:41 Tierra Tragame		0:29:10	1:54:50	2:33:15	2:56:41
101	81	Juan Jose TOMAS GARCIA	98 ABM	42 VAM	2:56:45 Individual		0:28:50	1:55:57	2:34:45	2:56:45
102	85	Jose Maria SANTAMARIA LUCIAÑEZ	99 ABM	7 VBM	2:56:52 Rsea Peñalara		0:30:09	1:57:47	2:34:53	2:56:52

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Finalizados (353)

Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº sCat	TIEMPO CLUB	Penal.	Control 1	Cabezas de Hierro	Alto Guarnam	META
103	158	Ramon ARENAS BUENO	100 ABM		2:57:31		0:30:05	1:58:05	2:34:59	2:57:31
104	326	Gema MONDEJAR NAVAS	4 ABF	3 VAF	2:57:40		0:28:40	1:57:40	2:35:25	2:57:40
105	252	Juan Carlos ARENAS DOMINGUEZ	101 ABM	43 VAM	2:57:49		0:28:18	1:56:16	2:35:02	2:57:49
106	235	Diego PARRILLA LEAL	102 ABM		2:57:59		0:27:31	1:53:45	2:32:29	2:57:59
107	107	Israel TENA PORTILLO	103 ABM	44 VAM	2:58:18		0:28:56	1:58:10	2:35:40	2:58:18
108	270	Luis PERAL RODRIGUEZ	104 ABM	8 VBM	2:58:40		0:28:39	1:57:56	2:35:39	2:58:40
109	246	Juan Carlos MUÑOZ MARTIN	105 ABM	9 VBM	2:58:56		0:27:41	1:53:43	2:34:57	2:58:56
110	7	Gonzalo LOPEZ RIAZA	106 ABM		2:59:24		0:28:02	1:55:46	2:35:01	2:59:24
111	312	Jose Francisco MARTINEZ MARTIN	107 ABM		2:59:25		0:30:01	1:57:51	2:35:52	2:59:25
112	30	Carlos DOMINGUEZ BARROSO	108 ABM		2:59:40		0:31:23	1:59:46	2:37:02	2:59:40
113	97	Jose Ignacio IRIARTE BLANCO	109 ABM	45 VAM	3:00:00		0:28:43	1:58:24	2:36:58	3:00:00
114	202	Jose Antonio BEJARANO VINAGRE	110 ABM		3:00:12		0:27:52	1:54:13	2:36:18	3:00:12
115	220	Luis Francisco ALONSO RANEA	111 ABM		3:00:43		0:27:48	1:53:40	2:33:38	3:00:43
116	160	Angel LOPEZ TEJERO	112 ABM		3:00:45		0:28:47	1:54:58	2:34:15	3:00:45
117	36	Estanis ANDREU BUSTOS	113 ABM	46 VAM	3:00:51		0:29:18	1:56:10	2:35:58	3:00:51
118	311	Victor Javier GUIJARRO PRIETO	114 ABM	47 VAM	3:00:55		0:30:05	1:57:54	2:37:00	3:00:55
119	48	Lola CHICO PERLES	5 ABF	1 VBF	3:01:02		0:28:11	1:58:29	2:37:44	3:01:02
120	398	Jose Antonio MUÑOZ GARCIA	115 ABM	10 VBM	3:01:22		0:29:46	1:58:52	2:38:07	3:01:22
121	149	Guillermo LOPEZ RODRIGUEZ	116 ABM		3:01:44		0:28:35	1:56:29	2:37:45	3:01:44
122	356	Soraya GOMEZ NAVARRO	6 ABF		3:02:00		0:29:15	2:00:14	2:39:21	3:02:00
123	203	David SANCHEZ HARO	117 ABM	48 VAM	3:02:05		0:31:38	2:02:38	2:39:51	3:02:05
124	406	Carlos ALVARADO SALCEDO	118 ABM		3:02:24		0:27:20	1:56:30	2:37:55	3:02:24
125	25	Sergio GARCIA GARCIA	119 ABM		3:02:27		0:31:59	2:02:19	2:40:15	3:02:27
126	296	Gustavo PORPORATO DAHER	120 ABM	11 VBM	3:03:07		0:31:37	2:02:27	2:40:10	3:03:07
127	295	Fernando SANTOS MARTIN	121 ABM	49 VAM	3:03:21		0:30:19	1:57:38	2:37:41	3:03:21
128	198	Cesar ARIAS ARREBOLA	122 ABM		3:03:34		0:28:28	1:54:56	2:36:40	3:03:34
129	230	Natalia VEGAS GARCIA	7 ABF		3:04:07		0:30:29	2:02:21	2:41:46	3:04:07
130	50	Jose Miguel CENDRERO SERRANO	123 ABM	50 VAM	3:04:11		0:30:39	2:02:46	2:42:04	3:04:11
131	49	Javier LOSADA RUIZ	124 ABM		3:04:12		0:30:38	2:02:45	2:42:00	3:04:12
132	104	Jordi RIBALTA COMA-CROS	125 ABM	51 VAM	3:04:15		0:32:50	2:02:31	2:41:11	3:04:15
133	146	Alexandra RUIZ GRAU	8 ABF		3:04:41		0:31:55	2:03:50	2:42:07	3:04:41
134	210	Juan Miguel TRUJILLO MARIN	126 ABM		3:04:51		0:32:05	2:01:12	2:41:25	3:04:51
135	234	Gabriel MARTINEZ MARIN	127 ABM		3:04:53		0:29:42	2:01:09	2:41:22	3:04:53
136	51	Thomas SCHMID SUTTER	128 ABM	12 VBM	3:05:03		0:29:04	1:57:43	2:39:45	3:05:03
137	118	Sergio GERBOLES RODRIGUEZ	129 ABM		3:06:02		0:29:46	2:03:23	2:42:56	3:06:02
138	56	Gustavo Adolfo PERALES HERREROS	130 ABM	52 VAM	3:06:20		0:29:21	1:58:23	2:40:53	3:06:20
139	196	German Damian MEYER RUSSANO	131 ABM	53 VAM	3:06:25		0:29:42	2:00:07	2:41:16	3:06:25
140	87	Ramon FLORIN MANCEBO	132 ABM		3:06:29		0:30:18	2:04:03	2:42:43	3:06:29
141	306	Jose Luis SANCHEZ GOMEZ	133 ABM		3:06:48		0:29:48	1:55:38	2:35:50	3:06:48
142	166	Raul VAZQUEZ CEBRIAN	134 ABM	54 VAM	3:07:19		0:28:25	2:00:44	2:41:27	3:07:19
143	99	Ute STAMMEYER	9 ABF	4 VAF	3:07:25		0:30:01	2:03:33	2:43:12	3:07:25
144	12	Jesus Manuel JIMENEZ ESTEBAN	135 ABM	13 VBM	3:08:33		0:30:29	2:04:14	2:44:46	3:08:33
145	141	Diego OTERO ROALES	136 ABM		3:08:44		0:27:05	1:52:26	2:32:10	3:08:44
146	293	Francisco Javier REDONDO ESCUDERO	137 ABM	14 VBM	3:08:49		0:28:44	2:02:16	2:44:32	3:08:49
147	226	Eduardo MECA SOTO	138 ABM		3:09:23		0:28:00	1:59:12	2:41:50	3:09:23
148	337	Miguel Angel SAN SEGUNDO MUÑOZ	139 ABM	55 VAM	3:09:28		0:31:50	2:04:55	2:45:25	3:09:28
149	223	Ruben CAÑADAS POYATOS	140 ABM		3:09:48		0:30:18	2:02:55	2:41:42	3:09:48
150	229	Chema GARCIA VILCHEZ	141 ABM	56 VAM	3:10:00		0:30:47	2:05:09	2:45:56	3:10:00
151	264	Juan MARTIN ABAD	142 ABM	57 VAM	3:10:04		0:30:46	2:04:21	2:44:54	3:10:04
152	170	Juan Ignacio PEREZ CARRILLO	143 ABM		3:10:13		0:30:42	2:04:43	2:47:16	3:10:13

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Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº sCat	TIEMPO CLUB	Penal.	Control 1	Cabezas de Hierro	Alto Guarram	META
153	335	Christian RODRIGUEZ MAZA	144 ABM	58 VAM	3:10:41 Individual		0:33:54	2:06:49	2:46:09	3:10:41
154	341	Adrian MORENO ENCINAS	145 ABM		3:10:44 Individual		0:30:12	2:01:16	2:44:44	3:10:44
155	216	Fernando CANO GARCIA	146 ABM	59 VAM	3:10:52 Individual		0:30:55	2:06:54	2:46:31	3:10:52
156	71	David GALLEGO SAMPERE	147 ABM		3:10:55 Individual		0:32:59	2:06:16	2:46:36	3:10:55
157	343	Guillermo GARCIA LOYO	148 ABM	60 VAM	3:10:59 Individual		0:28:58	1:59:15	2:43:55	3:10:59
158	163	Antonio MITTENDORFER VALERO	149 ABM	61 VAM	3:11:56 Individual		0:31:11	2:05:25	2:47:23	3:11:56
159	228	Juan Jose NUÑEZ MARTINEZ	150 ABM		3:12:26 Todovertical V+		0:35:04	2:08:00	2:47:58	3:12:26
160	251	Juan Ramon ESCUDERO MINGUEZ	151 ABM	62 VAM	3:12:28 Independiente		0:35:03	2:08:01	2:47:31	3:12:28
161	161	Marcos RIERA ROS	152 ABM	63 VAM	3:12:57 Individual		0:27:48	2:01:38	2:48:07	3:12:57
162	29	Jaime ANABITARTE URRUTIA	153 ABM	15 VBM	3:13:38 Rsea Peñalara		0:29:01	1:58:47	2:44:35	3:13:38
163	267	Luz PEREZ CARBAJO	10 ABF	2 VBF	3:13:41 Tierra Tragame - Ryt		0:29:18	2:04:17	2:48:29	3:13:41
164	289	Enrique QUINTANO ALONSO	154 ABM	16 VBM	3:13:51 Independiente		0:31:04	2:01:56	2:45:12	3:13:51
165	265	Alejandro MAGANTO SANCHO	155 ABM	64 VAM	3:13:53 Individual		0:30:06	2:06:08	2:47:18	3:13:53
166	96	Andres Manuel PLATA MOZO	156 ABM	65 VAM	3:13:56 Todovertical V+		0:31:13	2:06:56	2:50:29	3:13:56
167	5	Oscar HERNANDEZ RUIZ	157 ABM		3:14:16 Independiente		0:31:26	2:08:29	2:50:13	3:14:16
168	211	Jose Ramon SANTOS	158 ABM	66 VAM	3:15:02 Hoyoseals		0:31:48	2:09:11	2:50:40	3:15:02
169	54	Tomas JIMENEZ ARROBA	159 ABM	17 VBM	3:15:26 Club Tierra Tragame.		0:28:48	1:55:55	2:37:13	3:15:26
170	423	Jorge ALVAREZ DE CIENFUEGOS	160 ABM	18 VBM	3:15:55 Club Alpino Madrileño		0:29:17	2:05:52	2:48:15	3:15:55
171	215	Francisco Javier MARTIN RODRIGUEZ	161 ABM	67 VAM	3:15:58 Individual		0:29:52	2:06:24	2:51:06	3:15:58
172	76	Miguel Angel FERNANDEZ LOPEZ-GUEVARA	162 ABM	68 VAM	3:16:02 Individual		0:32:11	2:09:28	2:51:08	3:16:02
173	262	Sergio ROMERO GONZALEZ	163 ABM	69 VAM	3:16:12 Individual		0:33:10	2:10:17	2:51:54	3:16:12
174	403	Alvaro FRANCISCO MORAL	164 ABM		3:16:50 Cde Perlas Triatlón Colmenar V		0:31:55	2:07:26	2:49:10	3:16:50
175	17	Mario SANZ IMBERN	165 ABM	70 VAM	3:17:39 Crossfit Las Rozas Endurance		0:32:41	2:09:44	2:51:56	3:17:39
176	8	Manuel MARTIN PEDRAZA	166 ABM	71 VAM	3:17:41 Drinkingrunners		0:33:19	2:09:43	2:51:58	3:17:41
177	206	Carlos DIAZ MARTINEZ	167 ABM		3:17:45 Cde Navatrail		0:32:27	2:07:47	2:50:46	3:17:45
178	233	Jorge PRIETO SAN MARTIN	168 ABM	72 VAM	3:18:00 Individual		0:31:10	2:03:46	2:46:22	3:18:00
179	256	Jose Luis BASALO OCHOA	169 ABM	73 VAM	3:18:28 Trail Xtrem			2:08:33	2:52:32	3:18:28
180	344	Victor SAEZ PLAZA	170 ABM	19 VBM	3:18:29 Trailxtrem Team		0:32:18	2:08:46	2:52:35	3:18:29
181	349	Juan Antonio RABOSO MARTIN DEL CAMPO	171 ABM	20 VBM	3:18:31 Club Atletismo Suanzes		0:32:17	2:08:39	2:52:24	3:18:31
182	334	Roberto AGUILERA DIAZ	172 ABM	74 VAM	3:18:44 Serrano 240		0:33:53	2:08:50	2:53:49	3:18:44
183	67	Alejandro PIREZ GARCIA	173 ABM	75 VAM	3:19:15 Club De Montaña Navatrail		0:35:10	2:13:12	2:54:32	3:19:15
184	388	David DE LA FUENTE CATALINA	174 ABM	76 VAM	3:19:18 A.d. Samburiel		0:35:34	2:12:42	2:53:43	3:19:18
185	359	Alvaro PAREDES	175 ABM		3:19:22 Team Braojos		0:30:24	2:04:40	2:48:49	3:19:22
186	360	Fran SANZ	176 ABM		3:19:24 Team Braojos		0:30:22	2:04:39	2:48:55	3:19:24
187	427	Victor MUNILLA RODRIGUEZ	177 ABM	77 VAM	3:19:36 Adc Hoyo		0:33:40	2:08:48	2:52:22	3:19:36
188	157	Dolores MACIAS FERNANDEZ	11 ABF	5 VAF	3:19:55 A.d. Sprint		0:32:21	2:10:07	2:53:38	3:19:55
189	368	Gerardo SANCHEZ PEÑA	178 ABM	21 VBM	3:20:11 La Pedriza Del Manzanares		0:30:33	2:07:41	2:52:33	3:20:11
190	373	Jesus SIMAL PANADERO	179 ABM	78 VAM	3:20:14 La Pedriza Del Manzanares		0:31:20	2:08:13	2:52:50	3:20:14
191	380	Miguel Angel ARAZOLA MARTINEZ	180 ABM	79 VAM	3:20:21 Individual		0:31:44	2:08:23	2:54:17	3:20:21
192	372	Sol HARO RIVAS	12 ABF	6 VAF	3:20:25 La Pedriza Del Manzanares		0:32:15	2:12:24	2:55:41	3:20:25
193	395	Patricia BARRIALES LAEZ	13 ABF		3:20:46 Cdm Alto Sil		0:32:34	2:14:01	2:55:24	3:20:46
194	249	Jose Luis MARTIN ORTIZ	181 ABM	22 VBM	3:20:47 A.d. Marathon		0:30:13	2:08:05	2:54:59	3:20:47
195	382	Raul GARCIA DE FERNANDO	182 ABM	80 VAM	3:20:48 A.d. Marathon		0:30:14	2:06:39	2:54:57	3:20:48
196	396	Manuel DIEZ SEDANO	183 ABM		3:20:48 Cdm Alto Sil		0:32:34	2:14:00	2:55:19	3:20:48
197	302	Pedro Jose GOMEZ RODRIGUEZ	184 ABM	81 VAM	3:21:09 Individual		0:29:39	2:06:43	2:53:19	3:21:09
198	144	Juan De Dios MARTIN LAZARO	185 ABM	82 VAM	3:21:14 Individual		0:32:56	2:09:25	2:53:37	3:21:14
199	397	Jose Maria LOPEZ ALVAREZ	186 ABM	83 VAM	3:21:20 A.d. Grupo Montaña Pegaso		0:30:15	2:06:58	2:53:33	3:21:20
200	46	Karol PIOTROWSKI	187 ABM		3:21:38 Rsea Peñalara		0:29:37	1:57:49	2:46:01	3:21:38
201	336	Luis GOMEZ CAVELLINI	188 ABM	84 VAM	3:21:41 Individual		0:33:36	2:09:00	2:53:40	3:21:41
202	197	Tomas FANJUL BENITO	189 ABM	85 VAM	3:21:44 Individual		0:31:13	2:07:45	2:52:44	3:21:44

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Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº sCat	TIEMPO CLUB	Penal.	Control 1	Cabezas de Hierro	Alto Guaram	META
203	292	Ricardo RODRIGUEZ FERNANDEZ	190 ABM	23 VBM	3:21:52	Independiente	0:32:21	2:12:05	2:53:24	3:21:52
204	137	Martin BERNALTE RUIZ	191 ABM	86 VAM	3:22:11	Individual	0:34:30	2:10:23	2:53:45	3:22:11
205	102	Sergio MARTIN MARTIN	192 ABM		3:22:13	Independiente Komando Pedriza	0:34:06	2:10:41	2:54:11	3:22:13
206	426	Israel GONZALEZ BARROSO	193 ABM		3:22:19	Individual	0:36:25	2:14:18	2:56:38	3:22:19
207	47	Jorge JIMENEZ GIL	194 ABM		3:22:42	Navatrail	0:32:37	2:13:25	2:57:00	3:22:42
208	240	Eduardo GONZALEZ FONTAN	195 ABM		3:22:57	Todovertical V+	0:29:23	2:09:37	2:56:35	3:22:57
209	94	Javier MARQUES ALVAREZ	196 ABM		3:23:08	Las Retamas	0:31:45	2:06:19	2:50:27	3:23:08
210	287	Luis SALAZAR RODENAS	197 ABM	87 VAM	3:23:10	Individual	0:49:03	1:25:03	2:03:22	3:23:10
211	339	Carlos Maria ALCOVER DE LA HERA	198 ABM	24 VBM	3:23:21	Individual	0:33:03	2:14:35	2:59:44	3:23:21
212	165	Carolina MAHLKNETCH MORGADES	14 ABF	7 VAF	3:23:25	Individual	0:31:50	2:10:15	2:55:17	3:23:25
213	111	Rodrigo MIRANDA BELTRAN	199 ABM	88 VAM	3:23:58	Individual	0:30:10	2:02:13	2:44:06	3:23:58
214	309	Francisco TREJO FRIAS	200 ABM	89 VAM	3:24:06	Individual	0:31:59	2:10:54	2:56:49	3:24:06
215	75	Israel ADSUAR	201 ABM		3:24:23	Todovertical V+	0:31:15	2:06:21	2:55:39	3:24:23
216	112	Rogelio SANCHEZ RAMO	202 ABM	90 VAM	3:24:36	Rsea Peñalara	0:33:46	2:14:30	3:00:23	3:24:36
217	84	Jorge Manuel VAZQUEZ MIRANDA	203 ABM		3:24:39	Multiagujetas	0:35:31	2:15:50	2:59:24	3:24:39
218	116	Jorge GONZALEZ RUBIO	204 ABM		3:24:44	Individual	0:35:33	2:15:03	2:58:03	3:24:44
219	100	Javier BAGÜES OLIVER	205 ABM	91 VAM	3:24:54	Individual	0:35:02	2:16:26	2:59:28	3:24:54
220	80	Enrique PASCUAL MARTINEZ	206 ABM	92 VAM	3:24:56	Individual	0:31:40	2:08:03	2:53:35	3:24:56
221	273	Claudia GUTIERREZ ESCRIBANO	15 ABF		3:26:05	Todovertical V+	0:33:12	2:13:04	2:58:32	3:26:05
222	260	David Miguel RUBIO ORTEGA	207 ABM	93 VAM	3:27:11	Individual	0:33:55	2:11:19	2:56:20	3:27:11
223	294	Alejandro PEREZ GONZALEZ	208 ABM	94 VAM	3:27:15	Independiente	0:33:47	2:13:37	2:59:51	3:27:15
224	57	Miguel DIAZ GUTIERREZ	209 ABM	95 VAM	3:27:18	Trailxtrem Team	0:32:30	2:11:46	3:00:03	3:27:18
225	73	Jose Maria GARCIA JIMENEZ	210 ABM	96 VAM	3:27:25	Individual	0:30:50	2:11:50	3:00:15	3:27:25
226	407	Alvaro Emilio PALMER GARCIA	211 ABM		3:27:45	Maliciosa	0:34:32	2:14:31	3:00:34	3:27:45
227	183	Marta POLO TORRES	16 ABF	8 VAF	3:28:23	Individual	0:36:45	2:20:07	3:04:07	3:28:23
228	115	Alberto LOZANO DEL OLMO	212 ABM		3:29:05	Club Atletismo Seseña	0:35:30	2:13:44	2:59:49	3:29:05
229	322	Esther MARTIN MOLINA	17 ABF		3:29:15	Iberia	0:32:07	2:13:57	3:01:10	3:29:15
230	237	Javier JARAZ MARQUEZ	213 ABM	97 VAM	3:29:39	Individual	0:31:02	2:09:49	2:58:11	3:29:39
231	103	Israel SEGOVIA FRANCO	214 ABM		3:29:42	Individual	0:32:37	2:12:26	2:59:12	3:29:42
232	278	Eduardo CERRADA RUIZ	215 ABM		3:29:43	Individual	0:32:44	2:11:36	2:59:17	3:29:43
233	404	Jose Javier SALINAS GARCIA	216 ABM	98 VAM	3:29:46	Club Atletismo Morata	0:32:02	2:13:17	3:01:06	3:29:46
234	268	Sonia MARTIN VENTURA	18 ABF		3:30:09	Cde Perlas Triatlon Colmenar V	0:34:20	2:16:49	3:03:02	3:30:09
235	269	Guillermo PEREZ MORALEDA	217 ABM	99 VAM	3:30:10	Cde Perlas Triatlon Colmenar V	0:34:18	2:16:47	3:03:00	3:30:10
236	83	Jose Miguel YARZA PEREZ	218 ABM	25 VBM	3:30:51	A.d. Grupo Montaña Pegaso	0:31:19	2:15:19	3:02:14	3:30:51
237	109	Marcos Antonio RANZ LAGUNA	219 ABM	100 VAM	3:31:02	Komando Pedriza	0:34:02	2:11:11	2:57:37	3:31:02
238	124	Jose Manuel RANZ LAGUNA	220 ABM	101 VAM	3:31:13	Komando Pedriza				3:31:13
239	207	Manuel Jesus GUTIERREZ DE LA CONCEPCI	221 ABM	102 VAM	3:31:26	Desguace Musical		2:16:12	3:02:36	3:31:26
240	208	Angel Luis MORAN PRIETO	222 ABM	103 VAM	3:31:27	Desguace Musical	0:31:40	2:14:15	3:02:09	3:31:27
241	148	Leonor REDONDO CACHINERO	19 ABF		3:32:35	Rsea Peñalara	0:35:48	2:21:54	3:05:00	3:32:35
242	150	Marcos QUEVEDO BALBOA	223 ABM	104 VAM	3:32:36	Individual	0:35:06	2:19:38	3:05:44	3:32:36
243	126	Elena SANZ AGUADO	20 ABF	9 VAF	3:33:08	Individual	0:37:44	2:25:34	3:11:11	3:33:08
244	89	Eduardo PEÑA GONZALEZ	224 ABM	105 VAM	3:33:40	Tierra Tragame	0:38:47	2:22:04	3:07:56	3:33:40
245	113	Cesar GARCIA ULLOA	225 ABM	106 VAM	3:33:57	Independiente	0:37:20	2:20:56	3:05:08	3:33:57
246	154	Manuel PEREZ GOMEZ	226 ABM	26 VBM	3:34:00	Tierra Tragame	0:34:50	2:21:14	3:06:43	3:34:00
247	303	Roberto SERRANO DIEGUEZ	227 ABM		3:34:14	Individual	0:33:59	2:20:10	3:05:11	3:34:14
248	276	Carlos FERNANDEZ ORTEGA	228 ABM		3:35:13	Independiente	0:35:20	2:18:54	3:04:46	3:35:13
249	212	Julian BLAZQUEZ MORENO	229 ABM	27 VBM	3:35:15	Grupo De Montaña Csic	0:35:17	2:18:51	3:04:39	3:35:15
250	401	Ana TRIVIÑO RAMOS	21 ABF	10 VAF	3:35:48	A.d. Grupo Montaña Pegaso	0:34:53	2:20:14	3:08:42	3:35:48
251	361	Luis ALCALDE LAZARO	230 ABM	28 VBM	3:36:37	Club Alpino Madrileño	0:34:09	2:16:21	3:03:31	3:36:37
252	424	Angel SEVILLANO MARTINEZ	231 ABM	107 VAM	3:36:54	Individual	0:32:41	2:22:40	3:10:12	3:36:54
253	121	Ignacio LOPEZ	232 ABM		3:37:06	Individual	0:35:00	2:19:02	3:06:33	3:37:06
254	45	Ana AZPILICUETA	22 ABF		3:37:14	Independiente	0:35:36	2:20:04	3:07:33	3:37:14

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Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº sCat	TIEMPO CLUB	Penal.	Control 1	Cabezas de Hierro	Alto Guarram	META
255	353	Jorge ATANCE	233 ABM		3:37:38	A.d. Grupo Montaña Pegaso	0:34:37	2:21:12	3:09:21	3:37:38
256	304	Fernando CASTRILLO CARPINTERO	234 ABM	108 VAM	3:37:51	Leon Trail	0:33:34	2:20:08	3:10:19	3:37:51
257	59	Beatriz RODRIGUEZ TORRADO	23 ABF	11 VAF	3:38:06	Todovertical V+	0:34:56	2:22:17	3:11:04	3:38:06
258	190	Pablo GARCIA SANCHEZ	235 ABM	109 VAM	3:38:30	Canoritmo	0:36:26	2:23:18	3:10:48	3:38:30
259	182	Jorge CANO MATIN	236 ABM	110 VAM	3:38:31	Club De Montaña Navatrail				3:38:31
260	140	Rafael RODRIGUEZ CUBILLO	237 ABM	111 VAM	3:38:38	Rsea Peñalara	0:36:00	2:21:27	3:08:51	3:38:38
261	195	Nacho MIRANDA ROJO	238 ABM	112 VAM	3:38:44	Individual	0:31:18	2:16:08	3:05:22	3:38:44
262	114	Ivan BERMEJO SALAMANCA	239 ABM		3:38:48	Club Triatlón Azuqueca	0:35:46	2:23:56	3:11:29	3:38:48
263	169	Francisco FERNANDEZ-CARO BLANCO	240 ABM	113 VAM	3:39:05	Individual	0:34:41	2:16:16	3:08:37	3:39:05
264	60	Janet SPENCER MURRAY	24 ABF	3 VBF	3:39:20	Guadatrail	0:37:10	2:25:37	3:12:24	3:39:20
265	108	Roberto LUCIA SANCHEZ	241 ABM		3:40:03	Individual	0:34:21	2:22:57	3:11:06	3:40:03
266	82	Daniel ARIAS ARREBOLA	242 ABM		3:40:12	Ultrafondistas A-bloke	0:34:09	2:21:58	3:11:40	3:40:12
267	412	Paloma TORRADO SERNA	25 ABF	12 VAF	3:40:40	Individual	0:36:40	2:26:51	3:12:01	3:40:40
268	331	Beatriz CASTELLANO	26 ABF		3:40:53	Rsea Peñalara	0:33:45	2:20:16	3:10:55	3:40:53
269	332	Mauro REY TADEO	243 ABM	29 VBM	3:40:57	Rsea Peñalara	0:33:40	2:19:53	3:10:36	3:40:57
270	244	Sonia RODRIGUEZ CAMPOS	27 ABF	13 VAF	3:41:05	Individual	0:36:47	2:29:42	3:15:08	3:41:05
271	133	David PACHECO RODRIGUEZ	244 ABM	114 VAM	3:41:18	Club Poqueira	0:36:17	2:26:09	3:13:36	3:41:18
272	346	Juan ROMEO HUERTAS	245 ABM		3:41:33	Individual	0:35:13	2:22:11	3:13:30	3:41:33
273	92	Daniel RAMIREZ NAVARRO	246 ABM		3:41:36	Individual	0:37:46	2:25:45	3:13:48	3:41:36
274	125	Juan Carlos HUMANES BAUTISTA	247 ABM	30 VBM	3:41:36	Individual	0:37:43	2:25:33	3:13:47	3:41:36
275	98	Giselle MUÑOZ	28 ABF		3:41:58	Individual	0:37:07	2:26:12	3:13:51	3:41:58
276	152	Helena ROMAGOSA JAUME	29 ABF		3:42:01	Club Ermassets D'esporles	0:35:13	2:27:32	3:13:08	3:42:01
277	122	Diego MARTINEZ	248 ABM	115 VAM	3:42:04	Individual	0:31:17	2:08:38	2:52:41	3:42:04
278	231	Julian SANCHEZ BALLESTEROS	249 ABM	116 VAM	3:42:48	Individual	0:35:06	2:23:22	3:14:06	3:42:48
279	415	Benjamin POLO LORDUY	250 ABM	31 VBM	3:42:55	Individual		2:21:24	3:15:10	3:42:55
280	347	Jose CARNICERO GORRIZ	251 ABM	117 VAM	3:43:02	Individual	0:35:15	2:22:10	3:13:34	3:43:02
281	21	Alfonso MOLINA GUTIERREZ	252 ABM		3:43:44	Beer Runners	0:33:14	2:20:50	3:13:41	3:43:44
282	310	Maria Teresa OCAÑA OCAÑA	30 ABF	14 VAF	3:45:06	Individual	0:36:58	2:26:31	3:16:09	3:45:06
283	285	Andres GARCIA LOPEZ	253 ABM	118 VAM	3:45:12	Alasochoenelbanco	0:36:34	2:23:08	3:13:17	3:45:12
284	323	Juan Ignacio GALLEGO	254 ABM	119 VAM	3:45:15	Radical Oh	0:36:36	2:23:55	3:13:44	3:45:15
285	286	Javier GARCIA LOPEZ	255 ABM		3:45:17	Danprix	0:36:36	2:23:44	3:13:58	3:45:17
286	255	Sergio SANCHEZ SEGADOR	256 ABM	120 VAM	3:45:20	Individual	0:30:24	2:12:57	3:13:10	3:45:20
287	245	Juan Carlos FERNANDEZ NUÑEZ	257 ABM	32 VBM	3:45:31	Rsea Peñalara	0:32:15	2:21:09	3:12:07	3:45:31
288	188	Maria MIRANDA SANCHEZ	31 ABF	15 VAF	3:45:54	Team Idos	0:34:03	2:24:18	3:16:25	3:45:54
289	307	Miguel Angel GARROSA SANCHEZ	258 ABM	33 VBM	3:46:04	Rsea Peñalara	0:38:30	2:29:25	3:16:37	3:46:04
290	300	David DUQUE SANTOS	259 ABM		3:47:04	Triatlón Olympic	0:37:41	2:29:07	3:17:15	3:47:04
291	383	Juan MUÑIZ VALLADOLID	260 ABM	121 VAM	3:48:57	Alalpardo Running Team	0:35:28	2:25:41	3:16:23	3:48:57
292	42	Anselmo LORIDO HERNANDEZ	261 ABM	122 VAM	3:49:03	Individual	0:35:40	2:27:13	3:15:04	3:49:03
293	32	Jose Luis BARRIONUEVO AMIGO	262 ABM		3:49:05	Individual	0:35:44	2:27:22	3:16:32	3:49:05
294	418	Pablo MACHUCA JANINI	263 ABM	123 VAM	3:49:18	Independiente	0:33:05	2:20:38	3:14:51	3:49:18
295	173	Pedro P. ESTEVE ROMERO	264 ABM	124 VAM	3:49:22	Individual	0:35:42	2:25:51	3:19:00	3:49:22
296	261	Juan Carlos CANO MARTIN	265 ABM	34 VBM	3:49:38	Rsea Peñalara	0:33:25	2:24:14	3:19:05	3:49:38
297	68	Ana BARROSO BOSQUED	32 ABF	16 VAF	3:49:47	Tierra Tragame	0:38:51	2:33:13	3:21:49	3:49:47
298	44	Marta LOPEZ SIERRA	33 ABF	17 VAF	3:50:04	Individual	0:36:50	2:36:40	3:21:52	3:50:04
299	69	Hernan LOPEZ DE MIGUEL	266 ABM		3:50:12	Individual	0:35:32	2:21:25	3:15:21	3:50:12
300	88	Jose Ignacio PIEDRA RASCON	267 ABM	35 VBM	3:50:16	Independiente	0:35:34	2:21:22	3:15:15	3:50:16
301	333	Piedad GONZALEZ SOBRINO	34 ABF	18 VAF	3:50:21	Running La Gavia	0:37:59	2:31:51	3:22:44	3:50:21
302	328	Beatriz MIRANDA SANCHEZ	35 ABF	19 VAF	3:50:36	Individual	0:34:05	2:24:04	3:16:27	3:50:36
303	74	Rafael ROCHA SANCHEZ	268 ABM		3:50:44	Individual	0:34:48	2:26:58	3:17:57	3:50:44
304	217	Alvaro RODRIGUEZ GALINDO	269 ABM		3:51:51	Todovertical V+	0:29:26	2:05:35	2:57:46	3:51:51
305	227	Elena GONZALEZ MARTINEZ	36 ABF		3:51:53	Independiente	0:29:28	2:05:41	2:57:47	3:51:53

XXIX CROSS DE CUERDA LARGA

2 Octubre 2016

Orden De Llegada

[inscripciones online YouEvent.es](#)

Finalizados (353)

Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº sCat	TIEMPO CLUB	Penal.	Control 1	Cabezas de Hierro	Alto Guarram	META
306	10	Yolanda ROMERO SANTA ESCOLASTICA	37 ABF	20 VAF	3:52:13	Rsea Peñalara	0:35:08	2:28:54	3:20:49	3:52:13
307	297	Veronica GRAJALES CHUPIN	38 ABF	21 VAF	3:52:22	Individual	0:35:44	2:30:32	3:20:58	3:52:22
308	95	Alberto Javier ABAD SEMPERE	270 ABM	36 VBM	3:52:30	Club Atletismo Alcoy	0:35:07	2:28:56	3:20:52	3:52:30
309	63	Emilio SEGURA HERNANDEZ	271 ABM	37 VBM	3:53:23	Individual	0:36:58	2:26:34	3:18:58	3:53:23
310	266	Misael MARTIN HERRANZ	272 ABM	38 VBM	3:53:48	Tierra Tragame - Ryt	0:37:18	2:29:10	3:19:48	3:53:48
311	247	Luis GARCIA PEREZ	273 ABM	125 VAM	3:53:55	Comando Soto	0:35:48	2:29:55	3:23:08	3:53:55
312	288	Angel Jesus MARTIN DIAZ	274 ABM	126 VAM	3:55:16	Individual	0:37:43	2:32:02	3:23:06	3:55:16
313	151	Gema GARCIA INGELMO	39 ABF	22 VAF	3:55:23	Individual	0:36:23	2:30:37	3:21:51	3:55:23
314	330	Cristina BARNOLA NAVARRO	40 ABF	23 VAF	3:55:33	Dep.elem. El Boalo Runners	0:37:56	2:34:48	3:24:50	3:55:33
315	110	Miguel Angel DE LAS HERAS PRESTAMO	275 ABM	127 VAM	3:56:17	Tema Idos	0:36:34	2:30:28	3:22:38	3:56:17
316	14	Amparo HERNANDEZ RUIZ	41 ABF	24 VAF	3:56:49	Individual	0:37:30	2:35:07	3:27:27	3:56:49
317	209	Alberto TORRES DE LA LLANA	276 ABM		3:57:48	Bambis Trail	0:35:18	2:22:13	3:17:47	3:57:48
318	79	Antonio DIAZ DIAZ	277 ABM		3:58:39	Independiente	0:36:57	2:31:07	3:23:59	3:58:39
319	279	David GIL SERRANO	278 ABM	128 VAM	4:00:30	Drinkingrunners	0:35:52	2:34:08	3:29:18	4:00:30
320	391	Joanna PIOTROWSKA	42 ABF		4:01:56	Caf Orthez	0:39:40	2:38:54	3:29:11	4:01:56
321	66	Santiago RIVERA UTRILLA	279 ABM	39 VBM	4:03:18	Independiente	0:36:32	2:33:23	3:29:52	4:03:18
322	354	Alberto CID SANTACREU	280 ABM	129 VAM	4:03:24	Individual	0:37:52	2:35:41	3:28:26	4:03:24
323	274	Usue CALVO EJERIQUE	43 ABF		4:03:29	Drinkingrunners	0:37:45	2:34:44	3:29:58	4:03:29
324	390	Sonia CABEZA JAREÑO	44 ABF	25 VAF	4:03:50	Ad Samburiel	0:37:19	2:29:52	3:28:43	4:03:50
325	389	Joaquin REYES CUADRADO	281 ABM	130 VAM	4:03:54	Ad Samburiel	0:37:22	2:29:50	3:28:32	4:03:54
326	123	Miguel Angel MARTIN GARCIA	282 ABM	131 VAM	4:06:02	Rsea Peñalara	0:38:57	2:39:27	3:33:29	4:06:02
327	411	Arantxa IRIARTE CALLEJAS	45 ABF	26 VAF	4:07:46	Drinkingrunners	0:38:26	2:37:22	3:33:44	4:07:46
328	86	Maria GALLO CASANOVA	46 ABF	27 VAF	4:07:47	Individual	0:37:11	2:37:59	3:33:45	4:07:47
329	43	Fabian Luis LOPEZ OLMEDO	283 ABM	40 VBM	4:09:17	Rsea Peñalara	0:36:49	2:38:25	3:35:16	4:09:17
330	177	Roberto BIENCINTO CASTILLO	284 ABM		4:09:55	A.d. Grupo Montaña Pegaso	0:38:40	2:40:18	3:35:28	4:09:55
331	176	Vanesa CENDEJAS PALOMAR	47 ABF		4:09:57	Individual	0:38:40	2:40:22	3:35:41	4:09:57
332	377	Alicia VAQUERO CATALAN	48 ABF	28 VAF	4:10:43	A.d. Samburiel	0:38:13	2:45:40	3:39:03	4:10:43
333	379	Paula ALVAREZ MARTINEZ	49 ABF	29 VAF	4:10:44	A.d. Samburiel	0:38:14	2:41:22	3:39:01	4:10:44
334	378	Encarna RUIZ MADERA	50 ABF	30 VAF	4:10:45	A.d. Samburiel	0:38:12	2:45:44	3:38:59	4:10:45
335	239	Miguel FERNANDEZ BARONA	285 ABM		4:13:12	Individual	0:40:10	2:46:21	3:41:34	4:13:12
336	414	Mariana ESPINASSI ALESSIO	51 ABF		4:14:14	Individual	0:34:55	2:33:35	3:38:21	4:14:14
337	26	Manuel VALLEJO PERALTA	286 ABM	132 VAM	4:14:19	Club Atletismo Cuenca Dolomia	0:35:11	2:40:38	3:38:18	4:14:19
338	257	Carlos ALONSO	287 ABM	133 VAM	4:14:23	Rsea Peñalara	0:38:16	2:34:24	3:31:40	4:14:23
339	142	Alberto GARCIA FERNANDEZ	288 ABM		4:14:59	Individual	0:37:04	2:37:48	3:39:15	4:14:59
340	425	Santiago DANIEL O'DAVOREN	289 ABM	134 VAM	4:20:59	Individual	0:41:15	2:47:04	3:42:32	4:20:59
341	132	Pedro PEREZ DE SEVILLA	290 ABM	135 VAM	4:23:08	Team Idos	0:37:22	2:46:36	3:47:20	4:23:08
342	35	Miguel Angel LOPEZ RUBIO	291 ABM		4:24:21	Club De Montaña Navatrail	0:40:40	2:49:15	3:48:26	4:24:21
343	159	Alejandro DE FUENMAYOR ROSSELL	292 ABM		4:25:08	Individual	0:39:28	2:41:54	3:42:17	4:25:08
344	291	Maria Jose HDEZ SIERRA	52 ABF		4:25:11	Socarruners	0:39:31	2:42:08	3:42:29	4:25:11
345	352	Daniel MORENO PALACIN	293 ABM	136 VAM	4:26:58	Individual	0:37:41	2:46:23	3:52:46	4:26:58
346	225	Jose Luis JIMENO ROMERO	294 ABM		4:27:36	Individual	0:39:35	2:47:24	3:46:46	4:27:36
347	224	Mª Angeles BAUTISTA FUENTES	53 ABF		4:27:44	Individual	0:39:35	2:47:17	3:46:36	4:27:44
348	184	Ivan RODRIGUEZ SANTOS	295 ABM	137 VAM	4:30:20	Individual	0:38:24	2:37:14	3:41:32	4:30:20
349	105	Vicente MAESTRE	296 ABM	138 VAM	4:30:23	Crossfit Las Rozas	0:41:47	2:52:30	3:55:33	4:30:23
350	417	Jesus GRANDA	297 ABM	41 VBM	4:40:26	Rsea Peñalara	0:39:00	2:50:05	3:55:17	4:40:26
351	78	Ricardo GONZALEZ CASTAN	298 ABM	42 VBM	4:43:11	R.s.e.a Peñalara	0:39:03	2:55:12	4:02:22	4:43:11
352	409	Carmen HERNANDO BENITO	54 ABF	31 VAF	4:53:47	El Boalo Runners	0:38:45	2:54:48	4:05:36	4:53:47
353	238	Alejandro RUIZ TORRES	299 ABM	139 VAM	4:56:07	Individual	0:42:04	3:03:27	4:15:12	4:56:07

Retirados (2)

Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº sCat	TIEMPO CLUB	Penal.	Control 1	Cabezas de Hierro	Alto Guarram	META
	129	Genaro BORRAS MARTINEZ	ABM			Aviva Sport Club	0:33:31	2:17:19	3:11:32	
	338	Jorge DE MIGUEL TORRESANO	ABM			Rsea Peñalara	0:27:55	1:50:34		