

XXIX CROSS DE LOS TRES REFUGIOS

19 Mayo 2019

Tres Refugios - Orden De Llegada

Inscripciones online YouEvent.es

Finalizados

Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
1	2	Noel BURGOS GOMEZ	1 ABM		3:01:25	CLUB ALPINO MADRILEÑO		3:01:25	0:37:53		1:28:48	2:10:24	2:45:18
2	3	Antonio ALCALDE SANCHEZ	2 ABM		3:01:25	CLUB ALPINO MADRILEÑO		3:01:25	0:37:52		1:28:51	2:10:27	2:45:16
3	395	Andres POLLEDO PANDO	3 ABM		3:11:24	TRIATLON CLUB LAS ENCINAS DE B		3:11:24	0:38:42	1:18:32	1:31:38	2:15:55	2:54:22
4	343	Hector GUERRA GARCIA	4 ABM	1 VAM	3:11:27	INDIVIDUAL		3:11:27	0:38:01	1:18:34	1:31:36	2:15:43	2:54:20
5	216	Carlos GALERA DIEZ	5 ABM	2 VAM	3:12:22	RSEA PEÑALARA		3:12:22	0:37:56	1:20:38	1:33:56	2:18:06	2:54:53
6	250	Jesus CANO SIMON	6 ABM		3:23:52	INDEPENDIENTE		3:23:52	0:42:42	1:25:12	1:40:17	2:26:21	3:06:35
7	225	Alberto SANCHEZ PANIAGUA	7 ABM		3:24:22	AGO TEAM LOS LOCOS DEL CERRO		3:24:22	0:42:18	1:25:09	1:40:09	2:27:53	3:08:11
8	169	Francisco MARTINEZ FERNANDEZ	8 ABM	3 VAM	3:28:36	ALALPARDO RUNNING TEAM		3:28:36	0:42:58	1:32:59	1:47:39	2:35:34	3:12:35
9	203	Sergio DE LA VIA IZQUIERDO	9 ABM	4 VAM	3:32:27	CDETODOVERTICAL		3:32:27	0:42:00	1:25:05	1:40:04	2:30:09	3:14:19
10	211	Raul QUILEZ	10 ABM	5 VAM	3:32:57	TODOVERTICAL V		3:32:57	0:42:39	1:26:35	1:41:53	2:33:06	3:16:32
11	31	Javier DOMINGUEZ CALLE	11 ABM	6 VAM	3:33:15	INDEPENDIENTE		3:33:15	0:43:36	1:26:36	1:41:51	2:32:49	3:17:10
12	27	Sergio PEREZ ESTEBAN	12 ABM	7 VAM	3:33:33	TIERRA TRAGAME		3:33:33					
13	242	Daniel RECUERO DELGADO	13 ABM		3:33:48	CD GUADATRIL		3:33:48	0:41:59	1:25:57	1:44:30	2:35:22	3:17:08
14	249	Alejandro GALIANO SALAZAR	14 ABM	8 VAM	3:37:55	ALKAYATA RIDERS		3:37:55	0:45:17	1:31:42	1:47:05	2:37:08	3:19:05
15	246	Pedro ALZAGA PEÑA	15 ABM	9 VAM	3:39:30	CLUB MONTAÑA ALTOLLANO		3:39:30	0:42:07	1:25:52	1:44:32	2:35:01	3:20:09
16	353	Juan Ramon ALBERCA DIEZ	16 ABM		3:40:20	INDIVIDUAL		3:40:20	0:45:33	1:33:22	1:48:19	2:39:39	3:23:30
17	205	Jose Antonio SANTANA GARCIA	17 ABM		3:40:54	ALALPARDO RUNNING TEAM		3:40:54	0:46:03	1:33:49	1:49:25	2:40:53	3:24:35
18	55	Daniel SIMON GRACIA	18 ABM	10 VAM	3:40:55	ALALPARDO RUNNIG TEAM		3:40:55	0:46:04	1:33:52	1:49:21	2:40:50	3:24:37
19	156	Emmanuel LECRIVAIN	19 ABM	11 VAM	3:40:58	ALALPARDO RUNNING TEAM		3:40:58	0:45:25	1:33:19	1:48:24	2:40:26	3:24:42
20	74	Diego DUQUE ZUMAJO	20 ABM		3:41:22	MAJALSNA		3:41:22	0:42:03	1:28:31	1:43:19	2:34:02	3:18:35
21	109	Jaime OLIVARES PEREIRA	21 ABM	12 VAM	3:43:57	TIERRA TRAGAME BANDOLEROS DE G		3:43:57	0:45:40	1:33:04	1:48:32	2:42:03	3:27:03
22	99	Jose Luis GRANIZO GALA	22 ABM	1 VBM	3:44:00	TODOVERTICAL V		3:44:00	0:45:41	1:36:23	1:52:44	2:43:50	3:26:26
23	53	Soraya GOMEZ NAVARRO	1 ABF		3:44:15	CDM REQUIEBROS Y TROCHAS TRAIL		3:44:15	0:48:00	1:35:52	1:52:05	2:44:30	3:27:15
24	126	Ivan CARRALON DOMINGUEZ	23 ABM		3:45:24	INDEPENDIENTE		3:45:24	0:45:01	1:33:01	1:47:41	2:38:44	3:25:41
25	16	Angel DE LA MORENA FRUTOS	24 ABM	13 VAM	3:46:49	CLUB PEDRIZA DEL MANZANARES		3:46:49	0:45:06	1:33:07	1:49:11	2:42:13	3:27:34
26	397	Fernando MARTINEZ GUTIERREZ	25 ABM		3:49:20	CLUB LAS ENCINAS DE BOADILLA		3:49:20					
27	62	Miguel Angel GALAN MORENO	26 ABM	2 VBM	3:49:39	TIERRA TRAGAME COMANDO GUADARR		3:49:39	0:47:10	1:37:53	1:53:58	2:45:49	3:31:53
28	41	Raul NUÑEZ PEREZ	27 ABM	14 VAM	3:49:52	TRAIL RUNNING SIERRA		3:49:52	0:45:07	1:36:02	1:51:10	2:44:51	3:30:27
29	308	Jesus AGUILAR CANTADOR	28 ABM		3:50:17	CEPSA TRAILRUNNING		3:50:17	0:45:28	1:33:08	1:48:34	2:42:06	3:30:14
30	94	Jordi PEÑAS PADILLA	29 ABM	15 VAM	3:50:38	TIERRA TRAGAME		3:50:38	0:46:57	1:34:12	1:50:56	2:44:25	3:31:43
31	1	Cristina SANTURINO FONTECHA	2 ABF		3:50:41	RSEA PEÑALARA		3:50:41	0:48:29	1:37:59	1:53:26	2:45:45	3:31:49
32	261	Guillermo GALLEGO PICON	30 ABM	16 VAM	3:52:45	LOS ÑUS		3:52:45	0:48:43				
33	326	Ivan CONDADO CONDE	31 ABM	17 VAM	3:53:39	ALKAYATA RIDERS		3:53:39	0:47:06	1:35:18	1:52:10	2:47:30	3:33:50

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Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
34	382	Juan Antonio CRISTOBAL GONZALEZ	32 ABM	18 VAM	3:54:22	CLUB ATLETISMO VELILLA DE SAN		3:54:22	0:45:05	1:35:08	1:50:58	2:43:44	3:33:19
35	198	Cristina TRUJILLO GONZALEZ	3 ABF		3:56:23	LA PEDRIZA DEL MANZANARES		3:56:23	0:47:23	1:38:06	1:54:30	2:47:32	3:35:17
36	188	Alvaro SUMOZAS ARRIBAS	33 ABM		3:56:31	TIERRA TRAGAME		3:56:31	0:46:11	1:33:05	1:49:15	2:43:33	3:32:30
37	69	Sergio DE LA FUENTE PERNAS	34 ABM	19 VAM	3:56:44	TODOVERTICAL V		3:56:44	0:49:18	1:38:35	1:55:23	2:51:13	3:38:41
38	76	Rafael ZARCO DEL OLMO	35 ABM	20 VAM	3:57:12	RSEA PEÑALARA		3:57:12	0:46:06	1:35:45	1:51:36	2:47:51	3:37:39
39	351	Ignacio GARCIA DIEZ	36 ABM		3:57:40	ALALPARDO RUNNING TEAM		3:57:40	0:45:11	1:36:04	1:52:36	2:49:42	3:39:25
40	226	Oscar David DA SILVA MARTIN	37 ABM		3:59:13	CDE PERLAS TRIATLON COLMENAR V		3:59:13	0:47:17	1:38:05	1:53:52	2:51:41	3:39:46
41	48	Raul MORENO VILLEGAS	38 ABM	21 VAM	4:02:10	FMM		4:02:10	0:48:56	1:38:32	1:54:51	2:52:24	3:43:03
42	45	Jose Maria SUAREZBUSTILLO UBARRECHE	39 ABM	22 VAM	4:03:40	TODOVERTICAL V		4:03:40	0:49:37	1:42:18	1:58:46	2:56:27	3:43:33
43	195	Jorge ALVAREZ GONZALEZ	40 ABM	23 VAM	4:03:47	TODOVERTICAL V		4:03:47	0:50:56	1:40:52	1:58:19	2:55:54	3:45:37
44	232	Antonio PEREZ GONZALEZ	41 ABM		4:04:07	DENDRO COMUNIDAD TRAIL		4:04:07	0:48:25	1:39:16	1:56:24	2:54:12	3:43:52
45	451	Luis PAREDES PEREZ	42 ABM	3 VBM	4:04:23	DENDRO COMUNIDAD TRAIL		4:04:23	0:47:56	1:40:27	1:57:42	2:54:15	3:43:40
46	243	Francisco Javier TORIO IGLESIAS	43 ABM	4 VBM	4:04:28	DLC TRAIL TEAM		4:04:28	0:49:25	1:42:08	1:59:07	2:55:43	3:44:51
47	93	Jose Maria SAEZ SALAS	44 ABM	24 VAM	4:05:16	TIERRA TRAGAME		4:05:16	0:47:51	1:39:33	1:56:30	2:54:41	3:45:20
48	132	Francisco ORTEGA GARCIA	45 ABM	25 VAM	4:05:29	TIERRA TRAGAME		4:05:29	0:47:24	1:37:57	1:54:13	2:49:40	3:41:50
49	292	Alberto LUCAS RODRIGUEZ	46 ABM		4:05:40	DENDRO COMUNIDAD TRAIL		4:05:40	0:48:24	1:40:48	1:58:18	2:58:28	3:48:05
50	153	Javier DE LA CRUZ SANTAMARIA	47 ABM		4:05:43	TIERRA TRAGAME		4:05:43	0:49:58	1:41:35	1:58:38	2:55:36	3:44:14
51	37	Lucas PERALTA	48 ABM		4:05:45	TRAIL RUNNING SIERRA		4:05:45	0:51:35	1:43:58	2:00:30	2:58:39	3:47:11
52	196	Angel SILVA CILLER	49 ABM	5 VBM	4:05:48	ALALPARDO RUNNING TEAM		4:05:48	0:49:41	1:43:44	2:00:38	2:58:36	3:46:49
53	339	Juan Jose MOLINERA FERNANDEZ	50 ABM	26 VAM	4:06:06	NITRO		4:06:06					
54	357	Miguel Angel GONZALEZ ESPARRAGO	51 ABM		4:07:10	CLUB CICLISTA MAJADAHONDA		4:07:10	0:48:50	1:39:23	1:56:06	2:54:17	3:47:19
55	265	Jorge JIMENEZ CHILLON	52 ABM		4:07:24	INDIVIDUAL		4:07:24	0:48:07	1:38:37	1:56:03	2:56:22	3:48:20
56	51	Jose Luis SEKADE GUTIERREZ	53 ABM	27 VAM	4:08:52	TIERRA TRAGAME		4:08:52	0:47:09	1:39:11	1:56:02	2:54:10	3:48:43
57	237	Adrian OLIVARES CONEJERO	54 ABM		4:09:09	CA CUENCA DOLOMIA		4:09:09	0:47:13	1:34:26	1:51:56	2:56:23	3:49:48
58	155	Francisco CLAVER MISAS	55 ABM	6 VBM	4:09:15	TRAILXTREM TEAM		4:09:15	0:49:43	1:47:54	2:05:12	3:00:29	3:49:45
59	15	Alvaro CALZADO GONZALEZ	56 ABM	28 VAM	4:09:31	CDB PARIS		4:09:31	0:48:12	1:40:45	1:57:45	2:56:44	3:49:31
60	375	Javier MARTINEZ DEL PINO	57 ABM	29 VAM	4:09:45	INDIVIDUAL		4:09:45	0:49:30	1:43:55	2:01:49	3:01:03	3:50:47
61	385	Jose Luis MESEGAR LOPEZ	58 ABM	30 VAM	4:10:36	TRAIL DE PALO		4:10:36	0:46:20	1:40:28	1:57:52	2:56:30	3:47:24
62	22	Jose Luis BASALO OCHOA	59 ABM	7 VBM	4:10:56	RSE PEÑALARA		4:10:56	0:48:09	1:41:21	1:59:35	2:59:25	3:51:38
63	46	Juan Pedro FERREZ TEJEDA	60 ABM	31 VAM	4:11:00	TIERRA TRAGAME		4:11:00	0:49:37	1:41:22	2:00:08	2:59:45	3:51:08
64	44	Gustavo MARTIN SEN	61 ABM	32 VAM	4:11:05	TODOVERTICAL V		4:11:05	0:47:22	1:33:10	1:51:08	2:54:22	3:50:14
65	209	Ivan CUBERO MARTIN	62 ABM		4:11:13	LA PEDRIZA DEL MANZANARES		4:11:13	0:46:50	1:38:34	1:54:41	2:49:38	3:41:18
66	291	Raul TEMPLADO MILLAN	63 ABM	33 VAM	4:11:19	INDIVIDUAL		4:11:19	0:47:42	1:43:40	2:00:12	2:58:41	3:49:35

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67	32	Javier FENOLL REJAS	64 ABM	34 VAM	4:12:48	INDEPENDIENTE		4:12:48	0:50:12	1:41:49	1:59:12	2:56:50	3:49:08
68	446	Dani GRANADOS ORTEGA	65 ABM	35 VAM	4:12:59	ADSAMBURIEL		4:12:59	0:54:12	1:47:12	2:04:30	3:03:41	3:54:18
69	215	Jose Antonio RODRIGUEZ MARTIN	66 ABM	36 VAM	4:13:33	TODOVERTICAL V		4:13:33	0:48:35	1:39:57	1:57:39	2:58:47	3:52:30
70	452	Luis DE LOS MOZOS BAJO	67 ABM	37 VAM	4:13:37	CLUB ATLETISMO GUADARRAMA		4:13:37	0:49:15	1:44:10	2:01:07	3:01:06	3:53:31
71	289	Javier CATALAN AGUILAR	68 ABM	38 VAM	4:13:40	TITANES DE CHINCHON		4:13:40	0:48:26	1:33:21	1:50:30	2:50:58	3:45:22
72	207	Jose LOPEZ ANDRES	69 ABM	8 VBM	4:15:22	ALALPARDO RUNNING TEAM		4:15:22	0:51:42	1:47:42	2:05:09	3:05:48	3:55:19
73	174	Fernando MAYORALAS PEREZ	70 ABM	39 VAM	4:15:36	DENDRO COMUNIDAD TRAIL		4:15:36	0:53:36	1:48:38	2:06:17	3:06:16	3:55:06
74	179	Angel Manuel VAZQUEZ MARTIN	71 ABM	40 VAM	4:16:19	RSEA PEÑALARA		4:16:19	0:49:51	1:48:23	2:06:20	3:02:16	3:55:00
75	128	Sonia MARTIN VENTURA	4 ABF		4:16:23	TIERRA TRAGAME		4:16:23	0:51:39	1:43:38	2:02:33	3:04:43	3:57:23
76	170	Rafael FERNANDEZ PEREZ	72 ABM	41 VAM	4:16:36	RSEA PEÑALARA		4:16:36	0:52:59	1:51:10	2:08:41	3:05:29	3:55:11
77	161	Antonio Javier BARRON JURADO	73 ABM		4:16:57	TODOVERTICAL V		4:16:57	0:48:32	1:40:02	1:58:22	2:58:44	3:53:34
78	255	Laura PARRA MATEO	5 ABF	1 VAF	4:17:37	CLUB PERLAS TRIATLON COLMENAR		4:17:37	0:53:17	1:46:00	2:04:41	3:05:44	3:57:55
79	210	Jose Pedro LOPEZ NOGALES	74 ABM	42 VAM	4:20:35	TODO VERTICAL V		4:20:35	0:53:02	1:48:48	2:06:53	3:10:23	4:01:18
80	190	Jesus RUANO BELLIDO	75 ABM	43 VAM	4:21:04	INDEPENDIENTE		4:21:04	0:51:33	1:50:56	2:08:20	3:07:00	4:01:33
81	349	Angel LOPEZ TEJERO	76 ABM		4:21:44	ALALPARDO RUNNING TEAM		4:21:44	0:51:39	1:44:13	2:01:55	3:05:27	4:01:35
82	217	Jesus RABANAL TORRES	77 ABM	44 VAM	4:21:57	RSEA PEÑALARA		4:21:57	0:51:43	1:45:52	2:04:10	3:06:20	4:01:02
83	96	Rodrigo TORIJA SANTOS	78 ABM		4:22:26	MAJALASNA		4:22:26	0:53:22	1:50:14	2:07:13	3:06:41	3:59:58
84	350	Fernando CORRALES DE LA HAZA	79 ABM	45 VAM	4:22:58	ÑUS TRAIL RUNNING		4:22:58	0:53:00	1:50:04	2:07:58	3:10:33	4:01:38
85	244	Maria Isabel MOLINA GONZALEZ	6 ABF	2 VAF	4:23:11	DLC TT		4:23:11	0:53:16	1:49:53	2:08:19	3:11:14	4:02:16
86	368	Juan Jose GARCIA CAÑESTRO	80 ABM		4:23:19	CAD GALEON		4:23:19	0:51:52	1:46:36	2:03:59	3:04:24	4:00:14
87	24	Juan Antonio RUANO PADILLA	81 ABM		4:23:30	REBECOS		4:23:30	0:53:04	1:44:15	2:01:51	3:06:25	4:02:21
88	56	Jose Luis ESCALERA ALAEZ	82 ABM		4:24:18	MACIZOS DEL SUR		4:24:18	0:51:30	1:45:12	2:03:25	3:06:30	4:02:11
89	152	Javier DE LA CRUZ MUÑOZ	83 ABM	9 VBM	4:24:41	TIERRA TRAGAME		4:24:41	0:52:53	1:48:25	2:06:41	3:06:52	4:02:46
90	141	Alberto ALBUJAR FERRER	84 ABM		4:25:15	MAJALASNA		4:25:15	0:54:20	1:51:54	2:09:38	3:10:28	4:04:09
91	43	Diego TORRE RUIZ	85 ABM	46 VAM	4:25:38	DENDRO COMUNIDAD TRAIL		4:25:38	0:52:11	1:50:54	2:09:22	3:12:02	4:04:13
92	439	Javier HIDALGO GIL	86 ABM	47 VAM	4:25:54	TRIATLON TRAIL MINDUNDIS		4:25:54	0:55:44	1:53:21	2:11:05	3:12:30	4:03:47
93	418	Cesar CAMPOS GALLEG0	87 ABM	48 VAM	4:26:00	INDIVIDUAL		4:26:00	0:53:59	1:51:11	2:08:42	3:10:19	4:03:12
94	394	Angel HERNAZ BLAZQUEZ	88 ABM	49 VAM	4:26:23	INDIVIDUAL		4:26:23	0:55:15	1:55:26	2:14:17	3:16:37	4:07:37
95	241	Raul MORENO MAQUEDA	89 ABM	50 VAM	4:26:30	INDEPENDIENTE		4:26:30	0:51:13	1:40:12	1:59:31	3:04:46	4:03:01
96	303	Jose SANZ LOPEZ	90 ABM	10 VBM	4:26:34	INDIVIDUAL		4:26:34	0:51:48	1:42:41	2:00:01	3:03:02	4:01:51
97	311	Roberto MONTERO GARCIA	91 ABM	51 VAM	4:26:48	INDIVIDUAL		4:26:48	0:52:55	1:47:17	2:06:16	3:12:52	4:07:28
98	154	Jose Maria ALVAREZ URUEÑA	92 ABM	52 VAM	4:26:51	INDEPENDIENTE		4:26:51	0:53:39	1:52:29	2:11:47	3:13:45	4:05:57
99	407	Jorge ALBIÑANA NAVARRO	93 ABM		4:26:57	AMIGOS DE PANTACAS		4:26:57	0:48:06	1:49:15	2:06:38	3:08:35	4:04:33

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100	408	Vasili SAMAK	94	ABM	4:27:13	MACIZOS DEL SUR		4:27:13	0:52:50	1:45:20	2:03:30	3:06:24	4:05:26
101	40	Mario HERRERO GARCIA	95	ABM	4:27:54	INDEPENDIENTE		4:27:54	0:52:13	1:55:28	2:12:42	3:12:42	4:06:26
102	429	Raul POZO PUERTO	96	ABM 53 VAM	4:28:04	INDIVIDUAL		4:28:04	0:54:08	1:47:49	2:07:11	3:10:16	4:05:41
103	271	David ROMERO JUAREZ	97	ABM	4:28:06	SPORPLA		4:28:06	0:52:51	1:50:31	2:10:02	3:16:06	4:07:40
104	331	Rodrigo Daniel ORTIZ PAZ	98	ABM 54 VAM	4:28:18	CLP GALAPAGAR		4:28:18	0:51:37	1:49:24	2:08:39	3:12:24	4:07:42
105	107	Pedro Jose MARTIN GONZALEZ	99	ABM 55 VAM	4:28:31	MT MADRID TACTIKA		4:28:31	0:49:25	1:36:55	1:53:46	2:56:33	4:02:49
106	70	Thomas SCHMID SUTTER	100	ABM 11 VBM	4:29:31	INDEPENDIENTE		4:29:31	0:52:40	1:52:18	2:10:14	3:14:18	4:08:53
107	409	Julios SANCHEZ POBLADOR	101	ABM 56 VAM	4:29:36	RARAMURI TRAIL		4:29:36	0:52:44	1:44:01	2:01:45	3:05:31	4:05:28
108	384	Ernesto SINQUEMANI	102	ABM 57 VAM	4:29:39	CORRELINDES DE CEBREROS		4:29:39	0:53:19	1:51:03	2:09:09	3:10:30	4:07:16
109	14	Miguel GARRIDO ROMERO	103	ABM 58 VAM	4:29:44	VG RUNNING		4:29:44	0:53:21	1:52:46	2:11:04	3:14:41	4:07:55
110	218	Eduardo CEBALLOS HERRANZ	104	ABM 59 VAM	4:30:25	CDE PERLAS TRIATLON COLMENAR V		4:30:25	0:48:31	1:48:47	2:06:51	3:10:31	4:05:31
111	61	Lenka PRIBYLOVA	7	ABF 3 VAF	4:30:32	TIERRA TRAGAME		4:30:32	0:55:53	1:49:36	2:08:45	3:13:32	4:07:43
112	399	Jose VALLADARES DE CASO	105	ABM 60 VAM	4:30:39	CLUB LAS ENCINAS DE BOADILLA		4:30:39	0:52:42	1:45:21	2:04:03	3:11:52	4:07:52
113	401	Javier TAMAYO	106	ABM 61 VAM	4:31:49	INDIVIDUAL		4:31:49	0:53:13	1:55:46	2:14:22	3:16:03	4:07:36
114	327	Raul DIAZ ARIZMENDI	107	ABM 62 VAM	4:32:27	INDIVIDUAL		4:32:27	0:54:03	1:48:05	2:06:27	3:10:22	4:05:22
115	160	Esteban FERRERO MARTIN	108	ABM 12 VBM	4:32:47	TIERRA TRAGAME		4:32:47	0:59:16	1:56:50	2:15:19	3:20:22	4:13:07
116	275	Jorge SANTAMARIA	109	ABM 63 VAM	4:32:58	INDIVIDUAL		4:32:58	0:53:55	1:50:32	2:09:16	3:13:36	4:10:10
117	88	Miguel Angel BAENA JIMENEZ	110	ABM 64 VAM	4:33:03	TIERRA TRAGAME		4:33:03	0:53:13	1:50:20	2:09:11	3:12:58	4:09:07
118	430	Dolores MACIAS FERNANDEZ	8	ABF 4 VAF	4:33:26	AD SPRINT		4:33:26	0:54:48	1:53:26	2:11:25	3:15:18	4:13:13
119	58	Raul MENENDEZ RIESCO	111	ABM 65 VAM	4:34:27	INDEPENDIENTE		4:34:27	0:57:04	1:51:13	2:10:19	3:16:47	4:13:48
120	182	Miguel Angel DE GALDO ORTEGA	112	ABM 66 VAM	4:34:38	CLUB ATLETISMO LAS ROZAS		4:34:38	0:57:15	1:56:56	2:16:11	3:20:02	4:13:35
121	86	Maria Luisa ARRIBA SANCHEZ	9	ABF 5 VAF	4:34:43	ENTRENAPIE		4:34:43	0:57:04	1:59:05	2:18:32	3:21:33	4:14:16
122	222	Lola CHICO	10	ABF 1 VBF	4:35:27	CDE PERLAS TRIATLON COLMENAR V		4:35:27	0:57:01	1:52:25	2:12:00	3:17:30	4:15:24
123	277	Sergio PEREZ SANCHEZ	113	ABM	4:36:06	INDIVIDUAL		4:36:06	0:56:30	1:54:13	2:13:44	3:18:56	4:16:08
124	201	Israel TENA PORTILLO	114	ABM 67 VAM	4:36:15	INDEPENDIENTE		4:36:15	0:54:03	1:51:38	2:10:39	3:16:40	4:14:01
125	272	Fernando SANTOS MARTIN	115	ABM 68 VAM	4:36:36	INDIVIDUAL		4:36:36	0:50:54				4:13:32
126	144	Alberto PEREZ BERMEJO	116	ABM 69 VAM	4:36:40	CLUB ATLETISMO VELILLA DE SAN		4:36:40	0:52:56	1:50:59	2:10:06	3:15:11	4:14:51
127	396	Ana Belen MANGUDO PAREDES	11	ABF	4:37:04	MONTARACES TRAIL		4:37:04	0:56:21	1:54:33	2:13:04	3:18:15	4:15:26
128	7	Jose Luis SANTIAGO NAVARRO	117	ABM	4:37:18	CA MALAGON		4:37:18	0:53:09	1:49:26	2:08:37	3:16:45	4:15:17
129	87	Mariano GOMEZ GONZALEZ	118	ABM 70 VAM	4:37:26	NAVACERRUNNERS		4:37:26	0:55:38	1:56:51	2:15:46	3:20:13	4:14:08
130	367	Jesus MERINO	119	ABM 13 VBM	4:38:26	INDIVIDUAL		4:38:26	0:51:31	1:43:29	2:01:42	3:12:39	4:17:13
131	113	Eugenio GARCIAARANDA ROJAS	120	ABM 14 VBM	4:38:54	RSEA PEÑALARA		4:38:54	0:52:57	1:56:47	2:15:28	3:19:44	4:13:59
132	383	Jose GONZALEZ CALERO	121	ABM	4:39:01	INDIVIDUAL		4:39:01	0:54:31	1:52:26	2:11:15	3:17:34	4:15:08

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Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
133	381	Jesus Andres NEIRA NOVO	122 ABM	71 VAM	4:39:20	INDIVIDUAL		4:39:20	0:56:32	1:54:22	2:13:28	3:19:04	4:17:26
134	411	Manuel PORRAS BORRAJO	123 ABM	15 VBM	4:39:46	INDIVIDUAL		4:39:46	0:56:59	1:56:31	2:15:23	3:20:04	4:15:14
135	35	Juan Manuel NIETO MORENO	124 ABM	72 VAM	4:39:51	MAJALASNA		4:39:51	0:54:44	1:50:11	2:09:36	3:17:31	4:17:22
136	427	Lesmes MOLINERO	125 ABM	73 VAM	4:40:17	INDIVIDUAL		4:40:17	0:54:16	1:51:42	2:10:43	3:19:12	4:17:43
137	84	Joaquin INFIESTA MORENO	126 ABM	74 VAM	4:40:43	ENTRENAPIE		4:40:43	0:56:43	1:56:44	2:16:09	3:21:06	4:17:31
138	85	Jordi CERDAN IBÁÑEZ	127 ABM	75 VAM	4:41:11	TIERRA TRAGAME		4:41:11	0:53:50	1:53:42	2:14:04	3:21:28	4:19:28
139	67	Javier Juan MATURANA FIGUEREDO	128 ABM		4:41:14	TIERRA TRAGAME		4:41:14	0:56:24	1:59:07	2:17:25	3:22:14	4:17:50
140	100	Miguel Angel CASARRUBIOS PINTOR	129 ABM		4:41:30	TIERRA TRAGAME		4:41:30	0:57:46	1:59:14	2:19:03	3:23:56	4:20:43
141	273	Humberto MARTA DE JAEN	130 ABM	76 VAM	4:41:35	CEPSA TRAIL RUNNING		4:41:35	0:55:40	1:54:10	2:13:26	3:21:31	4:18:35
142	172	Pedro VALERO GAYOSO	131 ABM	16 VBM	4:41:40	MT MADRID TACTIKA		4:41:40	0:56:20	1:55:54	2:14:56	3:20:17	4:16:25
143	296	Julian REDONDO COMBARROS	132 ABM	77 VAM	4:41:43	INDIVIDUAL		4:41:43	0:57:56	1:59:15	2:18:39	3:24:23	4:20:59
144	224	Dioni FERNANDEZSALINERO CORTES	133 ABM	78 VAM	4:42:09	CD EL CASTILLO DE VILLALBA LOS		4:42:09	0:57:09	1:58:46	2:19:07	3:27:23	4:20:49
145	348	Ruben LOPEZ GONZALEZ	134 ABM		4:42:36	INDIVIDUAL		4:42:36	0:55:07	1:56:41	2:16:24	3:21:45	4:20:22
146	157	Laureano OCHOA VAQUERO	135 ABM	79 VAM	4:42:52	AD SAMBURIEL		4:42:52	0:57:07	1:56:05	2:16:35	3:23:49	4:20:46
147	323	Raul JIMENEZ ALBA	136 ABM	80 VAM	4:43:16	INDIVIDUAL		4:43:16	0:54:12	1:53:19	2:11:18	3:16:12	4:17:32
148	321	Luis Miguel JIMENEZ ALBA	137 ABM	81 VAM	4:43:18	INDIVIDUAL		4:43:18	0:54:15	1:53:17	2:11:20	3:16:11	4:17:34
149	299	Miguel OLMEDILLAS ESCRIBANO	138 ABM	82 VAM	4:43:46	INDIVIDUAL		4:43:46	0:54:57	1:53:47	2:14:01	3:19:02	4:18:05
150	267	Luis Fernando MARTINEZ MUÑOZ	139 ABM	83 VAM	4:43:54	INDIVIDUAL		4:43:54	0:52:28	1:50:29	2:09:00	3:19:42	4:20:37
151	315	Hector RODRIGUEZ GONZALEZ	140 ABM	84 VAM	4:43:57	ALKAYATA RIDERS		4:43:57	0:54:06	1:51:35	2:09:48	3:15:08	4:13:44
152	319	Jose LEON GOMEZ	141 ABM	85 VAM	4:44:03	INDIVIDUAL		4:44:03	0:51:25	1:44:39	2:02:08	3:10:08	4:14:03
153	213	Adela DIAZ ROMERA	12 ABF	6 VAF	4:44:09	LA PEDRIZA DEL MANZANARES		4:44:09	0:54:24	1:49:54	2:09:33	3:20:42	4:19:39
154	423	Alfonso HERRANZ MARTIN	142 ABM	86 VAM	4:44:23	CD A TROTE BORRIQUERO		4:44:23	0:52:08	1:52:44	2:13:02	3:23:29	4:19:36
155	424	Diego MARTIN AGUADO	143 ABM		4:44:33	CD A TROTE BORRIQUERO		4:44:33	0:58:00	1:59:57	2:19:05	3:21:12	4:17:29
156	13	Jose SANCHEZ SANCHEZ	144 ABM	17 VBM	4:46:41	CRONOS VILLAVICIOSA		4:46:41	0:54:41	1:50:49	2:10:46	3:19:37	4:23:20
157	449	Julio CABRERA GARAIZAR	145 ABM		4:46:57	CLUB ATLETISMO CERVANTES		4:46:57		1:53:14	2:14:25	3:20:34	4:21:19
158	5	Jesus Manuel JIMENEZ ESTEBAN	146 ABM	18 VBM	4:47:17	TIERRA TRAGAME		4:47:17	0:56:13	1:58:39	2:17:56	3:27:14	4:26:30
159	17	Antonio FERNANDEZ GONZALEZ	147 ABM	87 VAM	4:47:21	TIERRA TRAGAME		4:47:21	0:56:13	1:58:41	2:17:58	3:26:52	4:26:31
160	359	Raul PEREZ	148 ABM		4:47:36	INDIVIDUAL		4:47:36	0:56:28	1:54:20	2:14:54	3:24:49	4:25:33
161	200	Independiente SUMOZAS FERNANDEZ DE MAR	149 ABM	19 VBM	4:48:01	INDEPENDIENTE		4:48:01	0:56:38	2:08:08	2:27:18	3:30:58	4:23:14
162	346	Pedro GARCIA RODRIGUEZ	150 ABM	88 VAM	4:48:22	INDIVIDUAL		4:48:22	0:56:57	2:00:01	2:20:43	3:28:03	4:24:42
163	115	Alejandro PAREDES CALDERON	151 ABM	89 VAM	4:48:37	TIERRA TRAGAME		4:48:37	0:58:08	2:00:32	2:19:50	3:28:12	4:26:11
164	254	Daniel CASTELLANOS JIMENEZ	152 ABM	90 VAM	4:48:44	AVIVA SPORT CLUB		4:48:44	0:56:33	1:56:59	2:15:13	3:25:04	4:25:29
165	239	Pablo RODRIGUEZ RUBIO	153 ABM		4:48:50	CDE LOS CASTILLEJOS		4:48:50	0:58:05	1:58:05	2:17:27	3:24:12	4:25:47

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166	240	Lluc MARTI FIBLA	154 ABM		4:48:55	CDE LOS CASTILLEJOS		4:48:55	0:58:02	1:58:06	2:17:29	3:24:06	4:25:43
167	417	Juan Jose TOMAS GARCIA	155 ABM	91 VAM	4:48:59	INDIVIDUAL		4:48:59	0:55:24	1:53:53	2:13:55	3:26:49	4:27:51
168	112	Alejandro HERRERO PEREZ	156 ABM	92 VAM	4:49:15	CDETM PEDREZUELA		4:49:15	0:59:22	2:00:03	2:20:37	3:30:41	4:26:28
169	431	Carlos LLANO FERNANDEZ	157 ABM		4:49:20	INDIVIDUAL		4:49:20	0:57:40		2:16:57	3:27:41	4:27:01
170	127	Enrique QUINTANO ALONSO	158 ABM	20 VBM	4:50:14	INDEPENDIENTE		4:50:14	0:55:29	1:52:22	2:11:45	3:20:09	4:24:46
171	448	Jose Carlos CORCOBA CELEIRO	159 ABM		4:50:19	INDIVIDUAL		4:50:19	0:56:25	1:59:55	2:18:58	3:27:36	4:25:51
172	136	Yolanda ESPINOSA	13 ABF		4:50:24	CLUB ATLETISMO LAS ROZAS		4:50:24	0:59:57	1:58:31	2:20:22	3:28:47	4:27:54
173	82	Alejandro MAGANTO SANCHO	160 ABM	93 VAM	4:50:49	ADSL		4:50:49	0:56:16	1:56:24	2:17:24	3:28:18	4:28:03
174	238	Alberto MENCHERO ASTASIO	161 ABM		4:51:07	CD GUADATRIL		4:51:07	0:57:17	1:56:57	2:17:21	3:26:54	4:26:17
175	247	Jose Manuel GUTIERREZ LOPEZ	162 ABM	21 VBM	4:51:12	GM LA ACEBEDA		4:51:12	0:57:23	2:02:54	2:23:45	3:31:59	4:30:06
176	212	Andres Manuel PLATA MOZO	163 ABM	94 VAM	4:51:23	TODOVERTICAL V		4:51:23	0:54:19	1:54:18	2:16:07	3:27:33	4:28:30
177	264	Francisco Javier GARCIA ZAMORA	164 ABM	95 VAM	4:51:40	CRONOS VILLAVICIOSA		4:51:40	0:58:06	1:56:53	2:16:27	3:28:02	4:28:49
178	73	Antonio CASTAÑEDA RODRIGUEZ	165 ABM	96 VAM	4:51:45	RYT		4:51:45	0:59:01	1:56:55	2:17:35	3:30:04	4:28:39
179	274	Israel SEGOVIA FRANCO	166 ABM		4:53:13	INDIVIDUAL		4:53:13	0:56:16	1:54:06	2:13:22	3:25:07	4:29:06
180	279	Eduardo CERRADA RUIZ	167 ABM		4:53:15	CEPSA TRAIL RUNNING		4:53:15	0:56:50	1:59:12	2:19:22	3:29:38	4:29:02
181	286	Victor MURILLO MARTIN	168 ABM		4:53:23	TRAIL RUNNING SIERRA		4:53:23	0:56:10	2:04:06	2:23:23	3:35:04	4:28:58
182	151	Gonzalo VELASCO ZABALZA	169 ABM	97 VAM	4:53:51	TIERRA TRAGAME		4:53:51	0:56:18	1:59:20	2:19:54	3:28:09	4:26:34
183	404	David GALLEGOS SAMPERE	170 ABM		4:54:28	INDIVIDUAL		4:54:28	0:55:18	1:56:49	2:17:43	3:29:25	4:30:26
184	266	Jose Ignacio FERNANDEZ SORIA	171 ABM	22 VBM	4:54:43	CLP GALAPAGAR		4:54:43	0:56:54	1:59:08	2:19:44	3:28:08	4:28:35
185	280	Isabel MARTINEZ FERNANDEZ	14 ABF	7 VAF	4:54:47	CLP GALAPAGAR		4:54:47	0:56:55	1:59:09	2:19:42	3:28:05	4:28:37
186	219	Alejandro MARTINEZ ORIVE	172 ABM		4:55:33	CDE PERLAS TRIATLON COLMENAR V		4:55:33	0:56:43	1:54:47	2:14:50	3:28:19	4:33:22
187	236	Julian OCAMPOS MOLINA	173 ABM	23 VBM	4:56:08	CACUENCA DOLOMIA		4:56:08	0:58:43	2:06:12	2:27:15	3:37:51	4:32:18
188	181	Enrique SIERRA SALGADO	174 ABM	98 VAM	4:56:16	TIERRA TRAGAME		4:56:16	0:55:44	1:58:53	2:18:37	3:28:11	4:28:50
189	50	German LUCAS ARENAS	175 ABM	99 VAM	4:56:30	MAJALASNA		4:56:30	1:01:56	2:08:17	2:27:48	3:35:17	4:34:36
190	284	Raul FERNANDEZ MOYA	176 ABM	24 VBM	4:57:28	INDIVIDUAL		4:57:28	1:00:00	2:06:19	2:27:20	3:38:24	4:35:18
191	229	Raul MORAN PEREZ	177 ABM	100 VAM	4:57:53	AGO TEAM LOS LOCOS DEL CERRO		4:57:53	0:52:26	1:50:39	2:11:01	3:20:39	4:21:57
192	262	Fernando BUCETA FERNANDEZ	178 ABM	25 VBM	4:57:58	CLP GALAPAGAR		4:57:58	1:00:25	2:05:45	2:26:53	3:38:44	4:36:16
193	347	Maria Azucena GALARON TOURIÑO	15 ABF		4:58:12	TRAIL RUNNING SIERRA		4:58:12	0:59:32	2:08:26	2:28:26	3:38:11	4:34:22
194	60	Jose Manuel CALLEJA CHECA	179 ABM	26 VBM	4:58:28	TRAIL RUNNING SIERRA		4:58:28	0:59:30	2:08:19	2:28:24	3:38:15	4:34:49
195	164	Pablo MACHUCA JANINI	180 ABM	101 VAM	4:58:45	INDEPENDIENTE		4:58:45	0:57:13	1:57:27	2:18:51	3:32:16	4:34:25
196	21	James CHEESMAN	181 ABM	102 VAM	4:59:01	TIERRA TRAGAME		4:59:01	0:56:50	1:59:52	2:19:25	3:27:53	4:31:22
197	370	Jose Luis PASTOR SIERRA	182 ABM		5:00:35	INDIVIDUAL		5:00:35	0:55:37	1:56:10	2:16:16	3:21:20	4:24:48
198	369	Javier PASTOR SIERRA	183 ABM		5:00:38	INDIVIDUAL		5:00:38	0:55:36	1:56:09	2:16:14	3:21:23	4:24:16

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199	340	Carlos VILLALBA LUIS	184	ABM	5:00:42	INDIVIDUAL		5:00:42	0:57:10	2:02:35	2:23:08	3:34:15	4:36:59
200	314	Victor ALVAREZ GONZALEZ	185	ABM 103 VAM	5:00:50	ALALPARDO RUNNING TEAM		5:00:50	0:57:57	1:59:16	2:22:38	3:38:23	4:38:47
201	373	Diego ARNAIZ GARCIA	186	ABM	5:01:25	INDIVIDUAL		5:01:25	0:56:36	1:58:56	2:17:45	3:27:20	4:32:03
202	204	Javier GARCIA DE BLAS	187	ABM 104 VAM	5:01:56	RSEA PEÑALARA		5:01:56	0:54:00	1:58:59	2:18:55	3:34:26	4:37:51
203	66	Gonzalo FERNANDEZ SERRANO	188	ABM 27 VBM	5:04:15	NAVACERRUNNERS		5:04:15	0:59:09	2:02:50	2:24:38	3:37:57	4:40:34
204	329	Juan CIFUENTES OCHOA	189	ABM 105 VAM	5:04:30	CD VEREDA ALTA		5:04:30	0:58:33	2:08:12	2:28:53	3:38:53	4:37:46
205	263	Oscar CORDERO MORATO	190	ABM 106 VAM	5:05:07	ALALPARDO RUNNING TEAM		5:05:07	0:55:33	1:59:13	2:22:14	3:36:47	4:40:38
206	206	Javier GARCIA GARCIA	191	ABM 107 VAM	5:05:11	ALALPARDO RUNNING TEAM		5:05:11	0:59:07	2:03:02	2:26:01	3:37:42	4:40:41
207	162	Macarena SANTACRUZ LOPEZ	16	ABF 8 VAF	5:05:16	ALARPADO RUNING TEAM		5:05:16	0:59:09	2:01:44	2:25:57	3:37:40	4:39:33
208	338	Jose Maria BERGANZA GARCIA	192	ABM 108 VAM	5:05:21	CLP GALAPAGAR		5:05:21	0:57:02	1:59:10	2:19:41	3:33:12	4:39:29
209	403	Enrique PEREZ NIETO	193	ABM	5:06:07	INDIVIDUAL		5:06:07	0:57:19	1:57:34	2:17:32	3:27:02	4:26:25
210	77	Rogelio SANCHEZ RAMO	194	ABM 109 VAM	5:07:05	RSEA PEÑALARA		5:07:05	1:03:18	2:11:08	2:33:32	3:47:50	4:46:04
211	57	Mario CARBONELL IZQUIERDO	195	ABM 110 VAM	5:07:12	LA PEDRIZA DEL MANZANARES		5:07:12	1:00:17	2:00:50	2:21:50	3:35:12	4:42:48
212	175	Carlos MUÑOZ GONZALEZ	196	ABM 28 VBM	5:07:41	HORCAJO A FUEGO		5:07:41	1:01:40	2:06:00	2:28:21	3:42:56	4:43:53
213	426	Daniel PEREZ NAVARRO	197	ABM 111 VAM	5:07:50	INDIVIDUAL		5:07:50	0:57:41	1:57:23	2:19:45	3:32:07	4:41:05
214	300	Noelia Estefania ROJO ESTEBAN	17	ABF 9 VAF	5:08:15	INDIVIDUAL		5:08:15	1:00:42	2:08:09	2:30:28	3:44:04	4:43:47
215	425	Nacho ARSUAGA GARCIA PELAYO	198	ABM 112 VAM	5:10:12	PRO BURKINA		5:10:12	0:57:40	1:56:45	2:19:38	3:38:48	4:46:12
216	307	Marta MOTA PORTA	18	ABF 10 VAF	5:10:22	RSEA PEÑALARA		5:10:22	0:57:50	2:06:15	2:28:23	3:41:07	4:44:24
217	318	Alberto DE PABLO SORIA	199	ABM 29 VBM	5:10:26	RSEA PEÑALARA		5:10:26	0:57:52	2:06:16	2:28:14	3:41:08	4:42:34
218	386	Agustin TORRES JEREZ	200	ABM 113 VAM	5:10:57	INDIVIDUAL		5:10:57	0:57:53	1:56:19	2:19:47	3:38:20	4:42:21
219	355	Antonio GOMEZ DE LA PRIDA	201	ABM 114 VAM	5:11:15	INDIVIDUAL		5:11:15	0:58:24	2:07:19	2:29:31	3:43:22	4:45:42
220	197	Jose LOPEZ CHISVERT	202	ABM 115 VAM	5:12:38	INDEPENDIENTE		5:12:38	1:00:14	2:01:01	2:23:05	3:40:08	4:48:46
221	194	Sergio DEL CASTILLO GARCIA	203	ABM 116 VAM	5:13:55	TODOVERTICAL V		5:13:55	1:02:04	2:11:21	2:35:45	3:45:47	4:46:26
222	186	Alvaro PAREDES	204	ABM 117 VAM	5:13:57	TEAM BRAOJOS		5:13:57	0:59:41	2:02:53	2:26:42	3:45:33	4:51:40
223	20	Jaime COLLADO NOVOA	205	ABM 118 VAM	5:14:02	TODOVERTICAL V		5:14:02	0:57:46	1:55:55	2:17:38	3:40:13	4:49:18
224	193	Francisco DE LA TORRE GIRON	206	ABM 30 VBM	5:14:07	PONTE LAS BOTAS		5:14:07	1:02:01	2:11:19	2:35:37	3:45:42	4:46:21
225	75	Juan Ramon GONZALEZ PACHON	207	ABM 31 VBM	5:14:14	CDCEBE GRUMBE		5:14:14	1:00:33	2:02:12	2:24:52	3:39:51	4:47:14
226	245	Miguel Angel GARCIA LEBOREIRO	208	ABM 32 VBM	5:15:11	DLC TRAIL TEAM		5:15:11	0:59:19	2:01:16	2:22:20	3:42:17	4:50:50
227	400	Ruben MARTINEZ QUINTANA	209	ABM	5:15:25	INDIVIDUAL		5:15:25	0:55:29	2:00:09	2:21:36	3:38:42	4:46:23
228	356	Guillermo GONZALEZ LOPEZ	210	ABM	5:15:44	INDIVIDUAL		5:15:44	0:59:00	2:08:25	2:28:28	3:42:49	4:43:34
229	114	Oliver ALARCON REVUELTASAN JUAN	211	ABM	5:15:48	INDEPENDIENTE		5:15:48	0:58:58	2:08:23	2:28:29	3:42:47	4:43:55
230	421	Javier PEREZ BORREGUERO	212	ABM 119 VAM	5:16:31	CLUB ATLETISMO LAS ROZAS		5:16:31	1:00:19	2:07:28	2:33:07	3:50:30	4:53:17
231	298	Marta GONZALEZ GARCIA	19	ABF	5:16:43	LIBRE		5:16:43	1:01:16	2:10:37	2:31:59	3:45:17	4:46:54

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Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
232	122	Pedro Jose GOMEZ RODRIGUEZ	213 ABM	120 VAM	5:16:57	MT MADRID TACTIKA		5:16:57	0:58:29	2:06:43	2:28:19	3:45:32	4:49:45
233	98	Daniel RUIZ MORENO	214 ABM	121 VAM	5:17:08	MT MADRID TACTIKA		5:17:08	1:01:10	2:07:06	2:28:51	3:46:56	4:49:41
234	281	Jose Miguel ABRIL DURAN	215 ABM	122 VAM	5:17:19	TRAILXTREM TEAM		5:17:19	0:58:38	2:02:41	2:23:42	3:41:01	4:52:53
235	380	Marcos FERNANDEZ PAZ	216 ABM		5:18:02	INDIVIDUAL		5:18:02	0:58:55	2:01:27	2:22:16	3:38:56	4:50:53
236	116	Javier DOMINGUEZ SUSPERREGUI	217 ABM	123 VAM	5:18:47	TITANES		5:18:47	0:56:25	2:03:30	2:27:06	3:45:01	4:55:14
237	435	Bruno CASO CABALLERO	218 ABM	124 VAM	5:19:28	CORREDORES CHIFLADOS		5:19:28	0:59:13	2:01:22	2:24:17	3:45:45	4:52:29
238	268	Miguel Angel BUSTO MARTINEZ	219 ABM	125 VAM	5:19:33	CRONOS VILLAVICIOSA		5:19:33	0:58:17	1:59:59	2:22:12	3:45:05	4:54:47
239	72	Mercedes DIAZ VALLE	20 ABF		5:19:37	INDEPENDIENTE		5:19:37	1:03:22	2:07:27	2:29:58	3:47:56	4:54:59
240	297	Laura REDONDO COMBARROS	21 ABF	11 VAF	5:19:41	INDIVIDUAL		5:19:41	0:59:16	2:07:47	2:30:26	3:44:02	4:52:00
241	287	Victor Manuel GOMEZ LARA	220 ABM	33 VBM	5:20:55	VGL TEAM CARRERA		5:20:55	1:06:07	2:15:53	2:36:50	3:51:39	4:55:29
242	278	Beatriz RODRIGUEZ TORRADO	22 ABF	12 VAF	5:21:01	VGL TEAM CARRERA		5:21:01	1:06:20	2:15:58	2:36:53	3:51:20	4:55:26
243	39	Manuel PEREZ GOMEZ	221 ABM	34 VBM	5:21:09	TIERRA TRAGAME		5:21:09	0:58:21	2:03:22	2:25:55	3:44:10	4:51:18
244	374	Luis Alberto JEREZ SIMON	222 ABM		5:22:16	CROSSMADRID		5:22:16	0:59:05	2:07:42	2:30:29	3:45:25	4:54:12
245	187	Israel ADSUAR SABATER	223 ABM	126 VAM	5:22:19	TODOVERTICAL V		5:22:19	0:58:49	2:01:20	2:23:39	3:44:07	4:54:08
246	192	Juan Pedro PRADOS PALACIO	224 ABM	35 VBM	5:22:55	RSEA PEÑALARA		5:22:55					
247	148	Pedro ABATI GOMEZ	225 ABM	127 VAM	5:24:14	TIERRA TRAGAME		5:24:14	1:02:32	2:06:18	2:30:23	3:51:11	4:58:53
248	365	Arnulfo DE BARTOLOME	226 ABM	128 VAM	5:24:33	INDIVIDUAL		5:24:33	0:58:54	2:03:03	2:23:29	3:41:51	4:51:29
249	184	David DE MIGUEL GARCIA	227 ABM	129 VAM	5:24:42	MT MADRID TACTIKA		5:24:42	1:00:50	2:04:49	2:27:40	3:45:29	4:53:10
250	366	Diego SOTODOSOS PASCUAL	228 ABM		5:25:07	INDIVIDUAL		5:25:07	1:47:14	2:14:52	2:37:57	3:47:53	4:56:17
251	199	Sergio ROMERO AGUADO	229 ABM	130 VAM	5:26:05	ALALPARDO RUNNING TEAM		5:26:05	0:56:28	1:59:51	2:22:18	3:39:05	4:47:08
252	406	Pablo CABALLO BALDOMINOS	230 ABM	131 VAM	5:26:17	FOROFOS DEL RUNNING		5:26:17	0:54:58	2:00:37	2:24:10	3:47:44	4:57:31
253	178	Charo RODRIGUEZ RAMON	23 ABF	2 VBF	5:26:22	ULTRARUN		5:26:22	1:03:49	2:16:16	2:41:03	3:58:31	5:00:43
254	420	Jose Maria GARCIA JIMENEZ	231 ABM	132 VAM	5:26:35	INDIVIDUAL		5:26:35	0:59:03	2:14:44	2:35:16	3:50:21	4:57:12
255	137	Estela JAREÑO GODINO	24 ABF	13 VAF	5:27:00	CLUB ATLETISMO LAS ROZAS		5:27:00	1:05:25	2:14:43	2:37:20	3:55:59	5:02:40
256	18	Carlos GARCIA MOLINA	232 ABM	36 VBM	5:27:27	TIERRA TRAGAME		5:27:27	1:02:01	2:14:55	2:37:09	4:00:08	5:01:07
257	436	Alejandro RINCON CANO	233 ABM	133 VAM	5:27:38	CORREDORES CHIFLADOS		5:27:38	1:05:07	2:17:04	2:39:20	3:59:33	5:03:39
258	447	Maria Eugenia VELASCO MARTINEZ	25 ABF	14 VAF	5:28:48	INDIVIDUAL		5:28:48	1:04:28	2:14:59	2:36:43	3:53:43	5:00:41
259	166	Angel SANCHEZ DIAZ	234 ABM	134 VAM	5:28:56	INDEPENDIENTE		5:28:56	1:02:56	2:15:02	2:37:15	3:53:33	4:58:48
260	312	Roberto SERRANO DIEGUEZ	235 ABM	135 VAM	5:29:04	RYT		5:29:04	1:02:07	2:15:00	2:37:14	3:53:37	4:58:27
261	419	Tomas FRAGA EDROSA	236 ABM	136 VAM	5:29:34	CLUB ATLETISMO LAS ROZAS		5:29:34	1:05:09	2:14:34	2:35:31	3:51:17	4:59:26
262	345	Fernando ZAMORA MARCOS	237 ABM	137 VAM	5:30:06	INDIVIDUAL		5:30:06	1:01:56	2:15:20	2:35:35	3:51:21	5:00:35
263	276	Santiago TEBAR CASAS	238 ABM	138 VAM	5:30:11	INDIVIDUAL		5:30:11	1:01:49	2:15:23	2:35:25	3:50:57	5:00:33
264	362	Cristina SANCHEZ PEREZ	26 ABF		5:30:50	RUN AND RUN		5:30:50	1:02:48	2:12:56	2:35:49	3:52:59	5:04:34

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Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
265	443	Jesus MONTORO VITORES	239 ABM	139 VAM	5:31:15	AD SAMBURIEL		5:31:15	1:00:49	2:17:36	2:40:15	3:59:17	5:05:31
266	428	Cristina ELOLA GONZALEZ	27 ABF	15 VAF	5:32:20	INDIVIDUAL		5:32:20	1:02:45	2:16:17	2:39:31	3:58:49	5:05:33
267	313	Sergio GALEANO BARRADO	240 ABM		5:32:33	INDIVIDUAL		5:32:33	1:00:21	2:10:39	2:31:51	3:47:41	5:02:10
268	288	Diana DUNAYEVSKA	28 ABF		5:32:38	INDIVIDUAL		5:32:38	1:05:00	2:15:03	2:38:28	4:00:01	5:08:31
269	125	Alvaro ALVAREZ GANSO	241 ABM		5:32:40	INDEPENDIENTE		5:32:40	1:05:03	2:15:01	2:38:22	4:00:04	5:08:38
270	90	Oscar FEIJOO MARAÑES	242 ABM	140 VAM	5:33:02	NAVACERRUNNERS		5:33:02	1:04:42	2:14:55	2:37:13	4:00:49	5:08:08
271	101	Pilar CARRETERO SERRANO	29 ABF		5:33:21	TODOVERTICAL V		5:33:21	1:03:48	2:15:13	2:37:51	4:00:06	5:08:41
272	364	Juan REMEDIOS SANCHEZ	243 ABM		5:35:00	INDIVIDUAL		5:35:00	0:58:58	2:09:48	2:33:44	3:55:07	5:04:57
273	334	Fernando RAMOS VILLAJOS	244 ABM	141 VAM	5:35:03	INDIVIDUAL		5:35:03	0:58:47	2:09:49	2:31:16	3:51:00	5:07:03
274	54	Amanda Sofia ROJO ESTEBAN	30 ABF	16 VAF	5:36:12	INDEPENDIENTE		5:36:12	1:05:53	2:18:34	2:41:44	4:05:43	5:11:33
275	235	Miguel Angel LOPEZ RUBIO	245 ABM	142 VAM	5:37:33	CLUB DE MONTAÑA NAVATRIL		5:37:33	1:00:22	2:13:27	2:36:04	3:59:57	5:07:55
276	352	Antonio MARTINEZ RODRIGUEZ	246 ABM	37 VBM	5:39:51	INDIVIDUAL		5:39:51	1:03:42	2:15:51	2:39:38	4:02:14	5:08:19
277	185	Lourdes SANCHEZ MARTIN	31 ABF	3 VBF	5:40:05	INDEPENDIENTE		5:40:05	1:04:21	2:14:48	2:36:31	3:53:41	5:08:33
278	412	Jose FOLGADO SEGURA	247 ABM	38 VBM	5:40:12	CLUB ATLETISMO LAS ROZAS		5:40:12	1:04:21	2:15:05	2:36:29	3:53:40	5:08:36
279	189	Javier CAMPO LILLO	248 ABM	143 VAM	5:40:16	LA PEDRIZA DEL MANZANARES		5:40:16	0:59:53	2:15:12	2:37:55	3:57:35	5:08:00
280	335	Rodrigo CUESTA RUIFERNANDEZ	249 ABM	144 VAM	5:40:31	INDIVIDUAL		5:40:31	1:02:13	2:17:30	2:39:53	4:02:55	5:13:20
281	97	Pedro RAMIRO PARADELA	250 ABM	39 VBM	5:40:36	PINTO ATROCHE		5:40:36	1:04:04	2:14:49	2:39:14	4:01:14	5:08:57
282	333	Adrian QUINTANA MIGUELEZ	251 ABM		5:40:42	INDIVIDUAL		5:40:42	1:04:03	2:14:50	2:39:19	4:01:15	5:08:58
283	290	Mario CASTRILLO MARTINEZ	252 ABM	145 VAM	5:40:54	INDIVIDUAL		5:40:54	1:05:16	2:19:10	2:39:40	4:00:03	5:09:04
284	305	Luis CARDENAS VIGIL	253 ABM	146 VAM	5:41:20	INDIVIDUAL		5:41:20	1:03:02	2:13:29	2:36:01	3:56:10	5:08:17
285	302	Angel ARRANZ CENTENO	254 ABM	147 VAM	5:41:23	INDIVIDUAL		5:41:23	1:02:57	2:15:22	2:36:48	3:57:43	5:10:05
286	376	Raul GOMEZ VALERO	255 ABM	148 VAM	5:41:27	INDIVIDUAL		5:41:27	1:04:34	2:19:06	2:42:41	4:02:49	5:12:36
287	4	Yago MENENDEZ DE LA VEGA	256 ABM		5:45:26	CLUB TODO VERTICAL V		5:45:26	1:03:18	2:09:45	2:33:55	3:56:55	5:13:37
288	316	Pedro FERNANDEZ CONTRERAS	257 ABM		5:46:37	INDIVIDUAL		5:46:37	1:02:20	2:01:23	2:22:42	3:39:14	4:59:21
289	253	Juan RUBI GONZALO	258 ABM	149 VAM	5:46:50	AVIVA SPORT CLUB		5:46:50	1:06:48	2:19:35	2:44:35	4:05:11	5:15:15
290	344	Jose Luis NUÑEZ MINGUEZ	259 ABM	150 VAM	5:48:19	INDIVIDUAL		5:48:19	1:02:42	2:13:38	2:36:41	3:59:52	5:15:56
291	379	Miguel Angel FERRIOL ARROM	260 ABM	151 VAM	5:48:23	INDIVIDUAL		5:48:23	1:02:13	2:13:37	2:36:34	3:59:48	5:12:25
292	103	Maria Gema GARCIA ORTIZ	32 ABF	17 VAF	5:48:27	INDEPENDIENTE		5:48:27	1:07:02	2:18:10	2:43:26	4:08:37	5:20:02
293	378	Juan Jose IZQUIERDO GARCIA	261 ABM	152 VAM	5:48:35	LOS JUANJOS		5:48:35	1:09:07	2:19:54	2:47:04	4:11:28	5:20:11
294	336	Salvador CASTILLA ESCRIBANO	262 ABM	153 VAM	5:48:43	ROSALES RUN		5:48:43	1:02:48	2:15:50	2:40:52	4:02:16	5:17:04
295	422	Israel BARROSO CAMACHO	263 ABM	154 VAM	5:48:53	INDIVIDUAL		5:48:53	0:59:12	2:08:02	2:34:51	3:57:20	5:10:27
296	342	Rafael ALETTA	264 ABM	155 VAM	5:50:23	INDIVIDUAL		5:50:23	1:00:04	2:08:20	2:28:31	3:47:43	5:05:15
297	410	Jose Javier RUIZ MARUGAB	265 ABM		5:50:27	INDIVIDUAL		5:50:27	1:00:15	2:08:21	2:28:37	3:51:15	5:02:56

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298	415	Jose Manuel FRANCES	266	ABM	5:52:01	INDIVIDUAL		5:52:01	1:06:16	2:16:27	2:41:11	4:04:12	5:17:07
299	398	Manuel HIGUERAS PERALES	267	ABM 156 VAM	5:52:19	INDIVIDUAL		5:52:19	1:01:07	2:08:15	2:29:03	3:56:30	5:17:43
300	30	Fernando RIERA BERENGUER	268	ABM 40 VBM	5:53:40	CDE LOS CORZOS MONTAÑEROS		5:53:40	1:03:59	2:18:03	2:40:43	4:07:18	5:24:09
301	220	Rafael RODRIGUEZ CUBILLO	269	ABM 41 VBM	5:54:53	RSEA PEÑALARA		5:54:53		2:19:03	2:42:09	4:08:39	5:23:30
302	295	Jose CATASUS LAFORET	270	ABM 42 VBM	5:55:13	INDIVIDUAL		5:55:13	1:03:36	2:19:05	2:48:22	4:13:47	5:25:56
303	325	Eduardo HOYAS	271	ABM 43 VBM	5:55:16	INDIVIDUAL		5:55:16	1:03:37	2:19:34	2:48:24	4:13:49	5:25:54
304	270	Carlos QUEIRUGA ZABALLOS	272	ABM 157 VAM	5:57:05	RUNNERS TORREJON		5:57:05	1:04:52	2:19:39	2:45:36	4:18:09	5:27:27

Fuera de Control

Pto	Dor	NOMBRE y APELLIDOS	p° ABS	p° CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
	12	Jesus SIMAL PANADERO	ABM	VBM	6:04:33	CRONOS VILLAVICIOSA		6:04:33	1:04:39	2:14:58	2:42:16	4:17:08	5:31:08
	11	Jesus CORTIJO	ABM	VAM	6:08:14	CRONOS VILLAVICIOSA		6:08:14	1:04:47	2:18:43	2:47:16	4:23:15	5:37:13
	330	Mercedes GUTIERREZ GARCIA	ABF	VAF	6:08:17	CLP GALAPAGAR		6:08:17	1:04:14	2:18:53	2:42:22	4:11:54	5:33:34
	328	Ignacio Javier MORENO BLANCO	ABM	VBM	6:08:21	CLP GALAPAGAR		6:08:21	1:04:14	2:18:56	2:42:31	4:11:56	5:33:38
	282	Lorena JIMENEZ LEON	ABF		6:08:24	CLP GALAPAGAR		6:08:24	1:04:25	2:19:00	2:42:38	4:12:20	5:33:43
	402	Juan PEÑA DE LA VEGA	ABM	VAM	6:08:45	INDIVIDUAL		6:08:45	1:04:18	2:15:14	2:38:17	4:12:06	5:31:35
	65	Felix BAY FUENTES	ABM	VBM	6:08:49	NAVACERRUNNERS		6:08:49	1:04:40	2:14:57	2:38:42	4:13:40	5:26:51
	437	Frank Enrique SANCHEZ DURADES	ABM	VBM	6:10:11	INDIVIDUAL		6:10:11	1:04:32	2:19:08	2:41:21	4:15:12	

Descalificados

Pto	Dor	NOMBRE y APELLIDOS	p° ABS	p° CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
	444	Pedro SANCHEZ BLANCO	ABM			TRAIL RUNNING SIERRA							
		no pasa control de de salida											

Retirados

Pto	Dor	NOMBRE y APELLIDOS	p° ABS	p° CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
	26	Pablo SANTIAGO PEREZ	ABM	VAM		TODOVERTICAL V			0:44:58	1:31:43	1:47:17	2:49:04	
	214	Marta LORENZO BARROSO	ABF	VAF		TODOVERTICAL V			0:55:27	1:53:09	2:14:00	3:26:45	
	337	Elena CABALLERO FORCEN	ABF	VAF		ALKAYATA RIDERS			0:57:20	2:01:58	2:22:06	3:44:38	
	167	Alvaro FRIAS MORENO	ABM			INDEPENDIENTE			1:03:06	2:14:53	2:38:05	4:07:36	
	372	Jote MAZA AYMAT	ABM	VBM		EÑE ULTRAFONDO			1:01:45	2:16:24	2:40:47	4:11:58	
	33	Jose Carlos MUÑOZ PEDRAZ	ABM	VAM		INDEPENDIENTE			1:01:32	2:13:35	2:42:11	4:12:14	
	416	Javier TOMAS VELASCO	ABM	VAM		BURKINA FASO			1:04:48	2:16:38	2:41:09	4:12:27	
	332	Jose Manuel MARTIN ANCHELERGUES	ABM	VBM		INDIVIDUAL			0:58:51	2:02:16	3:00:48		
	9	Berta RUIZ	ABF	VAF		TODOVERTICAL V			1:01:59	2:15:04			

XXIX CROSS DE LOS TRES REFUGIOS

19 Mayo 2019

Tres Refugios - Orden De Llegada

Inscripciones online YouEvent.es

Retirados

Pto	Dor	NOMBRE y APELLIDOS	pº ABS	pº CAT	TIEMPO	CLUB	PENAL.	META	MALICIOSA	CANTO COCHINO	CHARCA VERDE	PTE. MANCHEGO	BOLA DEL MUNDO
341		Rafael RIZQUEZ VELARDIEZ	ABM	VAM		INDIVIDUAL			1:00:25	2:16:28			
441		Yesica Reina CALLEJA	ABF			ALALPARDO RUNNING TEAM			1:04:45	2:21:27			
120		Belen RODRIGUEZ DOÑATE	ABF			RSEA PEÑALARA			0:51:22				
434		Igor GIL ALEJOS	ABM			CLUB LAS ENCINAS DE BOADILLA			0:55:57				
283		Patrick SCHOCH	ABM	VAM		INDIVIDUAL			1:00:30				
102		Alfonso BELLIDO GONZALEZ	ABM	VBM		TIERRA TRAGAME			1:00:46				
389		Jose CIDONCHA GOMEZ	ABM			INDIVIDUAL			1:00:55				
432		Manuel ARCAS BELLAS	ABM	VAM		INDIVIDUAL			1:01:08				
360		Jose Luis PEREZ PEÑA	ABM	VAM		EL POSTE			1:01:54				
63		Ricardo SOTO VALCARCE	ABM	VAM		INDEPENDIENTE			1:03:11				
177		Gregorio RODRIGUEZ HERNANDO	ABM	VBM		ULTRARUN			1:04:35				
208		Jesus CRUZ JIMENEZ	ABM	VAM		ALALPARDO RUNNING TEAM			1:05:17				
145		Javier DE LA MUELA	ABM			TIERRA TRAGAME			1:05:21				
163		Miguel NAVARRO MARTINEZ	ABM	VAM		CLUB TIERRA TRAGAME			1:05:40				
91		Oscar ZUÑIGA GARCIA	ABM	VAM		ALALPARDO RUNNING TEAM			1:06:01				
135		Jose Manuel NODAR IGLESIAS	ABM	VAM		ALALPARDO RUNNING TEAM			1:06:04				
147		Cristina GURUCHARRI	ABF			TIERRA TRAGAME			1:06:26				
71		Jaime GONZALEZ ALMARAIZ	ABM	VAM		CURRAS TEAM			1:06:28				
42		Vanessa PONS	ABF	VAF		ALALPARDO RUNNING TEAM			1:06:53				
309		Jose Maria CANO SANCHEZ	ABM	VAM		CURRAS TEAM			1:06:53				
322		Mary Paz RUIZ GABRIEL	ABF	VBF		CLP GALAPAGAR			1:06:56				
231		Alejandro MORALES ESCRIBANO	ABM			LOS LOCOS DEL CERRO			1:07:10				
36		Julia GALLEGO GARCIA	ABF	VBF		TIERRA TRAGAME			1:07:57				
293		Ana SANZ CORTES	ABF	VAF		INDIVIDUAL			1:08:02				
269		Pablo SANCHEZ BARBAS	ABM	VAM		FOROFOS DEL RUNNING			1:08:04				
301		Ricardo TORROBA PEREZ	ABM	VAM		INDIVIDUAL			1:08:07				
138		Ana RODRIGO GARCIA	ABF			TODOVERTICAL V			1:08:19				
68		Mauro REY TADEO	ABM	VBM		RSEAPEÑALARA			1:08:21				
150		Victoria RUIZ CARRERO	ABF	VAF		MAJALASNA			1:08:45				
64		Beatriz CASTELLANO JIMENEZ	ABF			RSEAPEÑALARA			1:10:10				
140		Miriam PORRUA SANCHEZ	ABF			TODOVERTICAL V			1:11:36				
8		Valentin MARTIN FERNANDEZ	ABM	VBM		TRAILXTREM TEAM			1:12:49				
104		Miguel Angel GARROSA SANCHEZ	ABM	VBM		RSEA PEÑALARA			1:13:08				
234		Jose Alberto MARTINEZ SANCHEZ	ABM	VAM		RSEA PEÑALARA			1:13:26				
10		Carlos RUEDA RODRIGO	ABM	VBM		CRONOS VILLAVICIOSA			1:13:57				
131		Francisco Javier AGUA ALBUERA	ABM			TODOVERTICAL V							
143		Emiliano RAMIREZ MARTIN	ABM	VAM		ALALPARDO RUNNING TEAM							
158		Noelia MARDOMINGO MORENO	ABF			MAJALASNA							