

Distancia: 21.095 ms Fecha: 21/05/2017

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
1	4	CRISTINA GIURCANU	S.S.REYES-C,MENORCA	19:10	3:50 min/km	38:23	3:50 min/km	58:43	3:54 min/km	1:24:07	1:24:07	3:59 min/km	+14:54
2	1636	SONIA LOPEZ AGUIRREGABIRIA	Club corredores	20:24	4:04 min/km	40:51	4:05 min/km	1:02:15	4:09 min/km	1:28:48	1:28:48	4:12 min/km	+19:35
3	8	MARTA VIRSEDA VIRSEDA	CD LA BLANCA	19:51	3:58 min/km	40:36	4:03 min/km	1:03:05	4:12 min/km	1:30:16	1:30:16	4:16 min/km	+21:03
4	1098	CARLA GONZÁLEZ DE DIEGO		21:58	4:23 min/km	43:59	4:23 min/km	1:06:47	4:27 min/km	1:34:04	1:34:08	4:27 min/km	+24:55
5	412	NATALIA ALVAREZ BLANCO	Fondistas del Olivar	22:54	4:34 min/km	44:41	4:28 min/km	1:07:47	4:31 min/km	1:34:59	1:35:22	4:31 min/km	+26:09
6	2260	SUSANA VIDAL GIL	trail run sport toro	21:47	4:21 min/km	43:53	4:23 min/km	1:07:17	4:29 min/km	1:36:46	1:36:48	4:35 min/km	+27:35
7	330	MIRYAM ROJO RUIZ		22:19	4:27 min/km	44:28	4:26 min/km	1:07:54	4:31 min/km	1:37:19	1:37:26	4:37 min/km	+28:13
8	2141	BELÉN CABRERA QUIROGA	Tigers	22:55	4:35 min/km	46:05	4:36 min/km	1:10:10	4:40 min/km	1:38:09	1:38:09	4:39 min/km	+28:56
9	16	GEMA LLORENTE MARTIN	ATLETISMO CUELLAR	22:21	4:28 min/km	44:55	4:29 min/km	1:09:18	4:37 min/km	1:39:21	1:39:25	4:42 min/km	+30:12
10	1332	EMMAUS GOETZ	NO	20:59	4:11 min/km	43:49	4:22 min/km	1:08:37	4:34 min/km	1:40:25	1:40:27	4:45 min/km	+31:15
11	398	AMAIA LACALLE PRIETO		23:52	4:46 min/km	47:58	4:47 min/km	1:12:56	4:51 min/km	1:42:47	1:43:06	4:53 min/km	+33:53
12	1961	CAROLINA RINCÓN GILA		23:12	4:38 min/km	46:55	4:41 min/km	1:12:12	4:48 min/km	1:43:09	1:43:16	4:53 min/km	+34:03
13	705	PATRICIA SERRANO CABALLERO		23:47	4:45 min/km	47:39	4:45 min/km	1:13:04	4:52 min/km	1:43:03	1:43:18	4:53 min/km	+34:05
14	212	PATRICIA AGUADO SASTER	SOLORUNNERS	24:37	4:55 min/km	49:34	4:57 min/km	1:14:38	4:58 min/km	1:44:58	1:45:34	5:00 min/km	+36:21
15	955	ANA IBAÑEZ DEL CASTILLO	Tritón El Pardo	23:41	4:44 min/km	48:14	4:49 min/km	1:14:18	4:57 min/km	1:46:06	1:46:19	5:02 min/km	+37:06
16	1521	LOURDES RODAO LAZARO	sporting segovia							1:46:23	1:46:23	5:02 min/km	+37:10
17	2271	PATRICIA LLORENTE RUBIO		24:25	4:53 min/km	49:10	4:55 min/km	1:15:14	5:00 min/km	1:46:15	1:46:28	5:02 min/km	+37:15
18	390	SOLEDAD MARTIN GUERRA	centro de investigacion del cancer	25:10	5:02 min/km	49:39	4:57 min/km	1:15:26	5:01 min/km	1:45:47	1:46:42	5:03 min/km	+37:29
19	1451	BLANCA MUÑOZ DE PABLOS	triathlon alpedrete	24:22	4:52 min/km	48:44	4:52 min/km	1:14:43	4:58 min/km	1:47:07	1:47:22	5:05 min/km	+38:09
20	1761	MIRIAM ALVAREZ POLO		24:03	4:48 min/km	49:14	4:55 min/km	1:15:36	5:02 min/km	1:47:18	1:47:25	5:05 min/km	+38:12
21	2328	NOELIA TORIBIO COGOLLOR	Grupo IMD	24:15	4:51 min/km	49:15	4:55 min/km	1:15:53	5:03 min/km	1:47:48	1:47:58	5:07 min/km	+38:45
22	1835	BEATRIZ RUBIO DOMINGO		25:53	5:10 min/km	51:47	5:10 min/km	1:17:38	5:10 min/km	1:48:20	1:48:33	5:08 min/km	+39:20
23	323	NURIA MARTIN PEREZ	sporting segovia	24:34	4:54 min/km	49:32	4:57 min/km	1:14:57	4:59 min/km	1:48:25	1:48:39	5:09 min/km	+39:26
24	2269	BARBARA PEREZ GARCIA		24:31	4:54 min/km	49:35	4:57 min/km	1:15:53	5:03 min/km	1:48:38	1:48:52	5:09 min/km	+39:39
25	1348	MARÍA BENAVENT NÚÑEZ		23:33	4:42 min/km	48:36	4:51 min/km	1:16:21	5:05 min/km	1:48:47	1:48:57	5:09 min/km	+39:44
26	791	SILVIA SALINAS MORENO	C. A SS Reyes-Clínicas Menorca	27:06	5:25 min/km	53:18	5:19 min/km	1:18:45	5:15 min/km	1:48:14	1:49:04	5:10 min/km	+39:51
27	1438	EVA Mª DOMÍNGUEZ ÁLVARO	Clínicas Menorca	27:06	5:25 min/km	53:18	5:19 min/km	1:18:44	5:14 min/km	1:48:14	1:49:06	5:10 min/km	+39:53
28	605	GEMA PINELA POSTIGO		24:23	4:52 min/km	49:05	4:54 min/km	1:15:54	5:03 min/km	1:49:02	1:49:13	5:10 min/km	+40:00
29	1429	M.ANGELES FUENTES MONTES	C.A.P. MONTERESMA	27:27	5:29 min/km	52:03	5:12 min/km	1:17:47	5:11 min/km	1:48:28	1:49:20	5:10 min/km	+40:07

Distancia: 21.095 ms Fecha: 21/05/2017

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
30	2351	OLGA GUERRA ILLANA		25:10	5:02 min/km	50:25	5:02 min/km	1:16:57	5:07 min/km	1:49:41	1:50:00	5:12 min/km	+40:47
31	1439	SYLWIA POSLUSZNA		24:45	4:57 min/km	50:16	5:01 min/km	1:16:33	5:06 min/km	1:49:36	1:50:05	5:13 min/km	+40:52
32	1718	RUTH MELANIA TORRES ALULIMA	BRIPAC	26:25	5:17 min/km	50:49	5:04 min/km	1:17:54	5:11 min/km	1:50:13	1:50:23	5:13 min/km	+41:10
33	716	MARÍA GIL MARTÍN	CDCEBE	26:26	5:17 min/km	51:55	5:11 min/km	1:18:48	5:15 min/km	1:49:50	1:50:29	5:14 min/km	+41:16
34	629	EVA FRESNILLO BARRIO		26:37	5:19 min/km	52:21	5:14 min/km	1:19:06	5:16 min/km	1:50:30	1:51:08	5:16 min/km	+41:55
35	1690	ISABEL COTO GONZÁLEZ		25:41	5:08 min/km	50:27	5:02 min/km	1:17:11	5:08 min/km	1:50:35	1:51:23	5:16 min/km	+42:10
36	1444	ASCENSION MATEO GILSANZ	BEER RUNNERS NAVALMANZANO	26:22	5:16 min/km	52:17	5:13 min/km	1:19:30	5:18 min/km	1:51:30	1:51:41	5:17 min/km	+42:28
37	965	REBECCA BRASSINGTON	Clinica menorca	27:06	5:25 min/km	53:17	5:19 min/km	1:18:46	5:15 min/km	1:51:47	1:52:38	5:20 min/km	+43:25
38	1564	MARIA TERESA GALAN CASADO	tigers running club	28:15	5:39 min/km	55:15	5:31 min/km	1:21:43	5:26 min/km	1:51:54	1:52:58	5:21 min/km	+43:45
39	1587	VERÓNICA LLORENTE RINCÓN	las liebres de vero	25:54	5:10 min/km	51:53	5:11 min/km	1:19:14	5:16 min/km	1:52:45	1:53:00	5:21 min/km	+43:47
40	2025	MARIA PEINADOR RAMIREZ		25:54	5:10 min/km	51:52	5:11 min/km	1:19:14	5:16 min/km	1:52:46	1:53:00	5:21 min/km	+43:47
41	333	EVA RECHE CAÑADA		26:43	5:20 min/km	53:18	5:19 min/km	1:20:25	5:21 min/km	1:52:48	1:53:22	5:22 min/km	+44:09
42	1812	ANGELA CONDE LLORENTE		25:45	5:09 min/km	51:45	5:10 min/km	1:19:49	5:19 min/km	1:53:20	1:53:36	5:23 min/km	+44:23
43	2095	LOLA GARRIDO RAMOS		27:57	5:35 min/km	54:53	5:29 min/km	1:22:20	5:29 min/km	1:52:30	1:53:54	5:23 min/km	+44:41
44	1511	NURIA SERRANO SERRANO	VILA RAIDERS	25:44	5:08 min/km	52:09	5:12 min/km	1:21:40	5:26 min/km	1:53:39	1:53:56	5:24 min/km	+44:43
45	66	PATRICIA FERNANDEZ MORCILLO	Paiderrunners	25:47	5:09 min/km	52:21	5:14 min/km	1:20:14	5:20 min/km	1:53:55	1:54:20	5:25 min/km	+45:07
46	722	BEATRIZ MARTINEZ DE ANDRES	CDCEBE	27:05	5:25 min/km	53:26	5:20 min/km	1:21:00	5:24 min/km	1:53:48	1:54:28	5:25 min/km	+45:15
47	2301	ESTHER GOZALO PALOMO	Grupo IMD	25:36	5:07 min/km	52:25	5:14 min/km	1:20:24	5:21 min/km	1:54:17	1:54:36	5:25 min/km	+45:23
48	2302	NURIA DE FRUTOS ESCOBAR	Grupo IMD	25:36	5:07 min/km	52:24	5:14 min/km	1:20:24	5:21 min/km	1:54:19	1:54:36	5:25 min/km	+45:23
49	1284	MARTA BASCUAS ARRIBAS	independiente	25:54	5:10 min/km	52:44	5:16 min/km	1:20:51	5:23 min/km	1:55:05	1:55:19	5:28 min/km	+46:07
50	354	ALICIA IGLESIAS ARANDA		28:42	5:44 min/km	55:34	5:33 min/km	1:21:13	5:24 min/km	1:55:35	1:55:35	5:28 min/km	+46:22
51	1817	NIEVES GONZALEZ SANCHEZ	VALEN TEAM	24:07	4:49 min/km	50:25	5:02 min/km	1:18:50	5:15 min/km	1:55:19	1:55:39	5:28 min/km	+46:26
52	507	SUSANA RODRÍGUEZ DOMÍNGUEZ	independiente	28:31	5:42 min/km	55:40	5:34 min/km	1:22:47	5:31 min/km	1:54:37	1:55:46	5:29 min/km	+46:33
53	1013	LAURA MARTIN PÉREZ		28:34	5:42 min/km	55:10	5:31 min/km	1:22:44	5:30 min/km	1:55:11	1:55:57	5:29 min/km	+46:44
54	1696	VERO LEÓN GONZALEZ		28:12	5:38 min/km	55:55	5:35 min/km	1:22:59	5:31 min/km	1:55:15	1:56:07	5:30 min/km	+46:54
55	1949	MARIA LONGINA HERRAEZ MANCEBO	ECOSPORT	27:59	5:35 min/km	55:12	5:31 min/km	1:23:09	5:32 min/km	1:55:18	1:56:07	5:30 min/km	+46:54
56	2098	RAQUEL BARROSO ILLANAS		26:44	5:20 min/km	53:06	5:18 min/km	1:20:39	5:22 min/km	1:55:43	1:56:08	5:30 min/km	+46:56
57	514	ANA YURENA GARCÍA GONZÁLEZ		25:39	5:07 min/km	52:21	5:14 min/km	1:21:00	5:24 min/km	1:56:03	1:56:18	5:30 min/km	+47:05
58	1164	MARY GRACE MAGAWAY JUAN		26:40	5:20 min/km	52:23	5:14 min/km	1:20:48	5:23 min/km	1:55:26	1:56:19	5:30 min/km	+47:06

Distancia: **21.095 ms** Fecha: **21/05/2017**

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
59	2319	ESTHER MARTÍN GARRIDO	Grupo IMD	29:05	5:49 min/km	56:09	5:36 min/km	1:23:25	5:33 min/km	1:55:35	1:56:21	5:30 min/km	+47:08
60	318	NOELIA FUENTES ROMERO		28:11	5:38 min/km	55:54	5:35 min/km	1:23:59	5:35 min/km	1:55:26	1:56:37	5:31 min/km	+47:24
61	2333	MARIA SAN FRUTOS GONZALEZ	Grupo IMD	25:07	5:01 min/km	50:32	5:03 min/km	1:18:43	5:14 min/km	1:56:51	1:57:00	5:32 min/km	+47:47
62	345	ANA ISABEL GARCÍA MUÑOZ	corricollano	29:10	5:50 min/km	56:51	5:41 min/km	1:24:45	5:39 min/km	1:56:39	1:57:35	5:34 min/km	+48:22
63	765	CARLOTA BLANCO AGUILAR	tigers running club	28:14	5:38 min/km	55:58	5:35 min/km	1:22:57	5:31 min/km	1:56:38	1:57:43	5:34 min/km	+48:30
64	79	ELENA ALARCÓN LÓPEZ		28:07	5:37 min/km	54:57	5:29 min/km	1:22:48	5:31 min/km	1:57:16	1:57:46	5:34 min/km	+48:33
65	586	BEATRIZ GUTIÉRREZ BUSTILLO	franzurdo.es	28:08	5:37 min/km	55:48	5:34 min/km	1:23:55	5:35 min/km	1:57:00	1:57:57	5:35 min/km	+48:44
66	1601	TAMARA ESQUILICHE VAZQUEZ		25:34	5:06 min/km	53:32	5:21 min/km	1:23:28	5:33 min/km	1:58:02	1:58:17	5:36 min/km	+49:04
67	762	LOURDES MÁRQUEZ BARRIOS	Tigers	28:47	5:45 min/km	56:47	5:40 min/km	1:24:33	5:38 min/km	1:57:14	1:58:22	5:36 min/km	+49:10
68	1389	REBECCA JAEGER		27:11	5:26 min/km	54:28	5:26 min/km	1:23:02	5:32 min/km	1:57:46	1:58:25	5:36 min/km	+49:12
69	2314	ALICIA VICENTE RODADO	Grupo IMD	28:52	5:46 min/km	56:33	5:39 min/km	1:24:37	5:38 min/km	1:57:42	1:58:27	5:36 min/km	+49:14
70	2290	SORAYA ARROYO GALICIA	Grupo IMD	28:52	5:46 min/km	56:34	5:39 min/km	1:24:37	5:38 min/km	1:57:42	1:58:27	5:36 min/km	+49:15
71	665	YOLANDA LUCIA ARCONES	SI QUIERES	26:19	5:15 min/km	54:09	5:24 min/km	1:23:33	5:34 min/km	1:58:27	1:58:34	5:37 min/km	+49:21
72	1228	CRISTINA CARAZO JURADO		28:37	5:43 min/km	56:13	5:37 min/km	1:24:23	5:37 min/km	1:57:22	1:58:37	5:37 min/km	+49:24
73	1215	MIMÍ BARCELÓ DÍEZ		28:38	5:43 min/km	56:22	5:38 min/km	1:24:23	5:37 min/km	1:57:20	1:58:37	5:37 min/km	+49:25
74	575	DAVINIA GONZÁLEZ MUÑOZ	Corremos Avila	25:30	5:06 min/km	52:24	5:14 min/km	1:21:40	5:26 min/km	1:58:32	1:58:46	5:37 min/km	+49:33
75	590	ROSA MARIA VIRSEDA VIRSEDA		29:11	5:50 min/km	56:20	5:38 min/km	1:24:21	5:37 min/km	1:57:32	1:58:49	5:37 min/km	+49:36
76	256	TANIA JANET CRUZ RODRIGUEZ	AEN BALANCE	27:39	5:31 min/km	56:04	5:36 min/km	1:24:59	5:39 min/km	1:58:35	1:58:59	5:38 min/km	+49:46
77	1747	ESMERALDA ROBLES VILLAGARCIA		28:57	5:47 min/km	57:15	5:43 min/km	1:25:29	5:41 min/km	1:58:30	1:59:04	5:38 min/km	+49:51
78	2350	MARA ESCOBAR MELENDEZ		28:19	5:39 min/km	56:11	5:37 min/km	1:24:18	5:37 min/km	1:58:25	1:59:07	5:38 min/km	+49:54
79	1209	SOFIA BLANCO LOPEZ		28:58	5:47 min/km	57:55	5:47 min/km	1:25:56	5:43 min/km	1:58:54	1:59:50	5:40 min/km	+50:37
80	995	VIKTORIIA EVSIKOVA		25:58	5:11 min/km	52:34	5:15 min/km	1:22:21	5:29 min/km	1:59:15	1:59:59	5:41 min/km	+50:46
81	2032	PILAR LOPEZ ASENSIO	Casares	25:31	5:06 min/km	52:43	5:16 min/km	1:22:47	5:31 min/km	2:00:05	2:00:16	5:42 min/km	+51:03
82	961	JULIA ORIGUEN SABATER		28:06	5:37 min/km	56:02	5:36 min/km	1:25:31	5:42 min/km	1:59:57	2:00:24	5:42 min/km	+51:11
83	892	LUISA SALIDO VICENT		30:49	6:09 min/km	1:00:54	6:05 min/km	1:29:03	5:56 min/km	1:59:26	2:00:57	5:44 min/km	+51:44
84	2130	SARA H J		28:32	5:42 min/km	56:03	5:36 min/km	1:26:11	5:44 min/km	1:59:47	2:01:05	5:44 min/km	+51:52
85	535	GEMA CARCEDO GONZALEZ	MIERCOLES A CORRER	28:34	5:42 min/km	56:54	5:41 min/km	1:26:00	5:44 min/km	2:00:23	2:01:14	5:44 min/km	+52:01
86	1752	CARMEN ELISA PIÑEROS PIÑEROS		27:46	5:33 min/km	55:13	5:31 min/km	1:24:46	5:39 min/km	2:00:30	2:01:33	5:45 min/km	+52:20
87	1719	ANA MILE NARANJO SALDARRIAGA	BRIPAC	27:58	5:35 min/km	56:21	5:38 min/km	1:26:11	5:44 min/km	2:01:35	2:01:35	5:45 min/km	+52:22

Distancia: 21.095 ms Fecha: 21/05/2017

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
88	649	ANA SOLLET		29:52	5:58 min/km	58:37	5:51 min/km	1:27:53	5:51 min/km	2:00:36	2:01:51	5:46 min/km	+52:38
89	2348	SARAH BRODIE		29:50	5:58 min/km	58:15	5:49 min/km	1:27:49	5:51 min/km	2:00:27	2:01:52	5:46 min/km	+52:39
90	647	MARIA JOSE BELINCHON		29:53	5:58 min/km	58:36	5:51 min/km	1:27:53	5:51 min/km	2:00:36	2:01:52	5:46 min/km	+52:39
91	1584	LILYZ	AMCC	28:55	5:47 min/km	56:52	5:41 min/km	1:26:15	5:45 min/km	2:00:40	2:02:06	5:47 min/km	+52:53
92	1168	RAQUEL REDONDO PALOMO		29:42	5:56 min/km	57:27	5:44 min/km	1:26:22	5:45 min/km	2:00:33	2:02:07	5:47 min/km	+52:54
93	145	ESTEFANIA ZAMARRÓN GARCIA		28:37	5:43 min/km	56:41	5:40 min/km	1:25:35	5:42 min/km	2:01:45	2:02:08	5:47 min/km	+52:55
94	1425	ANA MARÍA LÁZARO MANSO	Forus Runners	29:55	5:59 min/km	58:33	5:51 min/km	1:27:59	5:51 min/km	2:00:45	2:02:12	5:47 min/km	+52:59
95	1102	PATRICIA PÉREZ ARQUERO	Panda del Muro	29:33	5:54 min/km	58:16	5:49 min/km	1:27:43	5:50 min/km	2:01:26	2:02:12	5:47 min/km	+52:59
96	842	CLARA MARTINEZ GARCIA		28:39	5:43 min/km	57:30	5:45 min/km	1:26:50	5:47 min/km	2:01:33	2:02:17	5:47 min/km	+53:04
97	1194	MERCEDES NARANJO SALDARRIAGA		27:58	5:35 min/km	56:21	5:38 min/km	1:26:12	5:44 min/km	2:02:25	2:02:37	5:48 min/km	+53:24
98	1773	BEGOÑA DE PABLOS ARRANZ	SI QUIERES PUEDES			53:58	5:23 min/km	1:23:38	5:34 min/km	2:01:19	2:02:43	5:49 min/km	+53:30
99	1549	DIANA PALOMARES GARCÍA		26:28	5:17 min/km	53:47	5:22 min/km	1:22:29	5:29 min/km	2:02:19	2:02:44	5:49 min/km	+53:31
100	905	Mº MERCEDES GONZALEZ SERRANO	UNION DEPORTIVA VEGETARIANA	29:49	5:57 min/km	58:34	5:51 min/km	1:27:52	5:51 min/km	2:01:49	2:03:12	5:50 min/km	+53:59
101	1448	NATALIA MUÑOZ MUÑOZ		28:19	5:39 min/km	56:42	5:40 min/km	1:26:51	5:47 min/km	2:02:41	2:03:12	5:50 min/km	+53:59
102	1947	ARACELI DE FRUTOS CASADO		29:49	5:57 min/km	58:04	5:48 min/km	1:26:57	5:47 min/km	2:02:40	2:03:48	5:52 min/km	+54:35
103	1592	RAQUEL MORENO DE LA PRESA	Máximo Trail	30:02	6:00 min/km	58:03	5:48 min/km	1:26:42	5:46 min/km	2:02:17	2:03:53	5:52 min/km	+54:40
104	96	SILVIA NICOLAU VILA	the kenyan urban way	29:22	5:52 min/km	56:25	5:38 min/km	1:25:57	5:43 min/km	2:02:49	2:03:54	5:52 min/km	+54:41
105	188	MARÍA PINTOS CALVO		26:41	5:20 min/km	53:28	5:20 min/km	1:24:10	5:36 min/km	2:03:35	2:03:55	5:52 min/km	+54:42
106	790	AITANA TAMAYO		27:57	5:35 min/km	56:18	5:37 min/km	1:26:35	5:46 min/km	2:03:27	2:04:02	5:52 min/km	+54:49
107	686	SOFÍA GARCÍA HERRANZ	Beer runner	28:42	5:44 min/km	58:08	5:48 min/km	1:27:50	5:51 min/km	2:03:56	2:04:07	5:53 min/km	+54:54
108	1607	SHANNON MOYER		28:51	5:46 min/km	58:02	5:48 min/km	1:27:23	5:49 min/km	2:02:47	2:04:15	5:53 min/km	+55:02
109	1505	YULY ESMERALDA BEDOYA BEDOYA	Corriendo Voy	29:27	5:53 min/km	58:59	5:53 min/km	1:29:13	5:56 min/km	2:03:58	2:04:53	5:55 min/km	+55:40
110	1031	YOLANDA MARCHANTE FIGUEROA		29:07	5:49 min/km	58:46	5:52 min/km	1:28:36	5:54 min/km	2:03:40	2:04:55	5:55 min/km	+55:42
111	1062	BERTA RAPOSO PONCE		28:32	5:42 min/km	56:23	5:38 min/km	1:25:41	5:42 min/km	2:04:09	2:04:56	5:55 min/km	+55:43
112	921	ESTEFANIA BRUSSA		29:16	5:51 min/km	57:52	5:47 min/km	1:27:58	5:51 min/km	2:04:17	2:05:01	5:55 min/km	+55:48
113	292	INMA OCHOA ROYO		29:47	5:57 min/km	58:19	5:49 min/km	1:27:52	5:51 min/km	2:03:36	2:05:02	5:55 min/km	+55:49
114	325	MARIMAR MUÑOZ HERVIAS		29:48	5:57 min/km	58:19	5:49 min/km	1:27:51	5:51 min/km	2:03:36	2:05:02	5:55 min/km	+55:49
115	2001	EMMA GONZALEZ MARTINEZ		28:03	5:36 min/km	56:34	5:39 min/km	1:27:32	5:50 min/km	2:04:31	2:05:18	5:56 min/km	+56:05
116	486	EMI ZABAS BARBERO	runners torrejon	28:26	5:41 min/km	57:24	5:44 min/km	1:28:19	5:53 min/km	2:04:58	2:05:28	5:56 min/km	+56:15

Distancia: 21.095 ms Fecha: 21/05/2017

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
117	449	ESTER CORRAL GARCÍA	Runners Torrejón	28:28	5:41 min/km	57:29	5:44 min/km	1:28:21	5:53 min/km	2:04:58	2:05:28	5:56 min/km	+56:15
118	463	JULIA AYUSO ARROYO	Runners Torrejón	28:28	5:41 min/km	57:30	5:45 min/km	1:28:21	5:53 min/km	2:04:59	2:05:28	5:56 min/km	+56:15
119	2153	MARÍA GRACIA CAÑADAS GARCÍA-BAQL	GACA XII	30:20	6:04 min/km	59:18	5:55 min/km	1:28:22	5:53 min/km	2:04:28	2:05:33	5:57 min/km	+56:20
120	2187	M.ª CRISTINA SERRANO VALDIVIA	1ª BIA	30:23	6:04 min/km	59:21	5:56 min/km	1:28:32	5:54 min/km	2:04:26	2:05:39	5:57 min/km	+56:26
121	715	MIATENA DUCE HERNANDO	CDCEBE	29:04	5:48 min/km	58:27	5:50 min/km	1:29:13	5:56 min/km	2:05:01	2:05:40	5:57 min/km	+56:27
122	2254	ESTHER NAVARRO VELASCO		30:02	6:00 min/km	59:47	5:58 min/km	1:29:21	5:57 min/km	2:04:47	2:05:43	5:57 min/km	+56:30
123	2292	ISABEL PLAZA LASTRAS	Grupo IMD	29:07	5:49 min/km	59:04	5:54 min/km	1:28:25	5:53 min/km	2:05:11	2:05:54	5:58 min/km	+56:41
124	2330	SUSANA MARTIN HERRANZ	Grupo IMD	29:15	5:51 min/km	57:32	5:45 min/km	1:27:06	5:48 min/km	2:05:09	2:05:55	5:58 min/km	+56:42
125	42	ANA ISABEL JUAREZ DIEZ		31:11	6:14 min/km	1:06:13	6:37 min/km	1:47:56	7:11 min/km	2:05:08	2:06:09	5:58 min/km	+56:56
126	1633	JOHANA GARCIA SERRADILLA		29:06	5:49 min/km	57:48	5:46 min/km	1:27:45	5:51 min/km	2:05:41	2:06:12	5:58 min/km	+56:59
127	2227	LOURDES LÓPEZBULLIDO		30:21	6:04 min/km	59:20	5:56 min/km	1:28:26	5:53 min/km	2:05:08	2:06:20	5:59 min/km	+57:07
128	815	PATRICIA MUÑOZ ELIAS		30:19	6:03 min/km	58:47	5:52 min/km	1:30:08	6:00 min/km	2:05:02	2:06:28	5:59 min/km	+57:15
129	911	MONICA RODRIGUEZ SEÑO	C.A FUENSALDAÑA	30:00	6:00 min/km	1:00:04	6:00 min/km	1:30:17	6:01 min/km	2:05:11	2:06:32	5:59 min/km	+57:19
130	1704	ELISABET MATEO GARCÍA	Beer Runners Navalmanzazo	28:08	5:37 min/km	57:39	5:45 min/km	1:29:13	5:56 min/km	2:06:32	2:06:43	6:00 min/km	+57:31
131	1054	MARÍA DEL PUERTO GONZÁLEZ CHAVE:		30:44	6:08 min/km	59:45	5:58 min/km	1:29:12	5:56 min/km	2:06:50	2:06:50	6:00 min/km	+57:37
132	2244	NICOLE HARE		28:55	5:47 min/km	57:28	5:44 min/km	1:28:17	5:53 min/km	2:05:47	2:07:00	6:01 min/km	+57:47
133	1959	MARÍA JOSÉ ANTÓN CLEMENTE		30:01	6:00 min/km	58:50	5:53 min/km	1:29:22	5:57 min/km	2:05:27	2:07:03	6:01 min/km	+57:50
134	1217	EVA MARIA LLORENTE RUANO		30:24	6:04 min/km	59:48	5:58 min/km	1:29:36	5:58 min/km	2:06:22	2:07:25	6:02 min/km	+58:12
135	1810	SILVIA PEREZ DE MIGUEL		29:45	5:57 min/km	59:30	5:57 min/km	1:30:03	6:00 min/km	2:06:56	2:07:28	6:02 min/km	+58:15
136	1590	LETICIA MARTINEZ PUENTES	ATLETAS POPULARED	31:08	6:13 min/km	1:00:47	6:04 min/km	1:31:46	6:07 min/km	2:06:09	2:07:42	6:03 min/km	+58:29
137	2395	MARIA EUGENIA HERNAIZ CASAS		29:05	5:49 min/km	58:40	5:52 min/km	1:30:52	6:03 min/km	2:06:34	2:07:44	6:03 min/km	+58:32
138	761	MARTA SECALL	tigers running club	30:10	6:02 min/km	59:51	5:59 min/km	1:30:58	6:03 min/km	2:06:41	2:07:48	6:03 min/km	+58:35
139	760	ADRIANA MIRON MIRON		30:10	6:02 min/km	59:51	5:59 min/km	1:30:58	6:03 min/km	2:06:42	2:07:48	6:03 min/km	+58:35
140	915	YURENA VIVAS GARCIA		30:50	6:10 min/km	1:00:51	6:05 min/km	1:31:19	6:05 min/km	2:06:27	2:07:57	6:03 min/km	+58:44
141	2040	ANA RAMIREZ		30:04	6:00 min/km	58:22	5:50 min/km	1:29:20	5:57 min/km	2:07:19	2:08:02	6:04 min/km	+58:49
142	385	CARMEN MARCOS BELLIDO	Centro De Investigación del Cancer	30:07	6:01 min/km	1:00:52	6:05 min/km	1:32:13	6:08 min/km	2:07:25	2:08:20	6:05 min/km	+59:07
143	1506	MARÍA CABALLERO GARCÍA	RetoDravet	30:40	6:08 min/km	1:01:14	6:07 min/km	1:31:56	6:07 min/km	2:07:43	2:08:46	6:06 min/km	+59:33
144	1779	SILVIA NOGALES SANZ	Forus	29:55	5:59 min/km	59:14	5:55 min/km	1:30:22	6:01 min/km	2:07:24	2:08:50	6:06 min/km	+59:37
145	2125	Mª ANGELES MARTÍN AGUILERA		29:54	5:58 min/km	59:14	5:55 min/km	1:30:23	6:01 min/km	2:07:24	2:08:50	6:06 min/km	+59:37

Distancia: 21.095 ms Fecha: 21/05/2017

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
146	587	RUT GARCÍA LORENTE		29:56	5:59 min/km	1:01:29	6:08 min/km	1:32:12	6:08 min/km	2:08:32	2:08:57	6:06 min/km	+59:44
147	347	SILVIA RIOLOBOS PASCUAL		31:16	6:15 min/km	1:02:12	6:13 min/km	1:32:33	6:10 min/km	2:07:43	2:09:22	6:07 min/km	+1:00:09
148	2304	LUCÍA GIL HERRERO	Grupo IMD	29:08	5:49 min/km	58:06	5:48 min/km	1:29:45	5:59 min/km	2:08:39	2:09:24	6:08 min/km	+1:00:11
149	526	MARTA MARTINEZ SORIANO		29:56	5:59 min/km	59:26	5:56 min/km	1:30:21	6:01 min/km	2:08:12	2:09:29	6:08 min/km	+1:00:16
150	530	ANA BELEN GONZALEZ GOMEZ	CLUB ATLETISMO CENIZATE	29:56	5:59 min/km	59:25	5:56 min/km	1:30:21	6:01 min/km	2:08:13	2:09:29	6:08 min/km	+1:00:16
151	1111	PILAR RUIZ34737609L JIMENEZ	Tigers	30:11	6:02 min/km	1:00:12	6:01 min/km	1:31:17	6:05 min/km	2:08:23	2:09:30	6:08 min/km	+1:00:17
152	1796	REBECA ÁLVARO RODRÍGUEZ		28:05	5:37 min/km	56:34	5:39 min/km	1:28:51	5:55 min/km	2:09:12	2:09:59	6:09 min/km	+1:00:46
153	1200	MONTSE NÚÑEZ SÁNCHEZ		30:25	6:05 min/km	1:00:12	6:01 min/km	1:31:51	6:07 min/km	2:09:05	2:10:08	6:10 min/km	+1:00:55
154	2240	ANDREA MERINO LANDERAS	RIMZ 31	29:54	5:58 min/km	58:25	5:50 min/km	1:27:52	5:51 min/km	2:09:08	2:10:36	6:11 min/km	+1:01:23
155	2241	MARIA TERESA SANCHEZ MORENO	RIMZ 31	29:54	5:58 min/km	58:25	5:50 min/km	1:27:50	5:51 min/km	2:09:10	2:10:37	6:11 min/km	+1:01:24
156	729	ROSA MARIA GOMEZ TRUJILLO	corricollano	30:29	6:05 min/km	1:01:11	6:07 min/km	1:33:24	6:13 min/km	2:09:58	2:10:58	6:12 min/km	+1:01:45
157	1850	ITZIAR DELGADO ROMERO		31:26	6:17 min/km	1:01:56	6:11 min/km	1:31:38	6:06 min/km	2:09:45	2:11:01	6:12 min/km	+1:01:48
158	2308	BEATRIZ MARTÍN GARRIDO	Grupo IMD	29:07	5:49 min/km	58:30	5:51 min/km	1:29:44	5:58 min/km	2:10:16	2:11:01	6:12 min/km	+1:01:48
159	1383	CRISITNA CAMPO RODILLA	Centro Investigación del Cancer de Salaman	30:07	6:01 min/km	1:00:19	6:01 min/km	1:32:13	6:08 min/km	2:10:10	2:11:05	6:12 min/km	+1:01:52
160	1930	ANA PEREZ TEJEDOR	Club corredores	28:57	5:47 min/km	59:14	5:55 min/km	1:32:51	6:11 min/km	2:11:16	2:11:16	6:13 min/km	+1:02:03
161	1846	ELENA GONZÁLEZ CASTRO	VALEN TEAM	29:55	5:59 min/km	1:00:19	6:01 min/km	1:33:01	6:12 min/km	2:10:21	2:11:19	6:13 min/km	+1:02:06
162	1528	ERIKA ALONSO RAMOS	ITEM	30:03	6:00 min/km	1:00:12	6:01 min/km	1:32:14	6:08 min/km	2:09:45	2:11:20	6:13 min/km	+1:02:07
163	1925	RUTH FERNÁNDEZ GARCÍA	cocacola	30:44	6:08 min/km	1:00:34	6:03 min/km	1:32:13	6:08 min/km	2:10:21	2:11:21	6:13 min/km	+1:02:08
164	1158	ROCIO OROZCO GAMEZ	3D TRIATLON	31:25	6:17 min/km	1:02:32	6:15 min/km	1:34:20	6:17 min/km	2:10:42	2:11:36	6:14 min/km	+1:02:23
165	881	MIYUKI TAKAMOTO		28:20	5:40 min/km	58:10	5:49 min/km	1:30:59	6:03 min/km	2:11:27	2:11:52	6:15 min/km	+1:02:39
166	2392	CARMEN PASCUAL HERRERO	CA CARBONERO	29:33	5:54 min/km	1:00:02	6:00 min/km	1:32:14	6:08 min/km	2:11:25	2:11:53	6:15 min/km	+1:02:40
167	156	ANA ISABEL PÉREZ ÁLVAREZ	El huevo de Monterrubio	28:22	5:40 min/km	58:32	5:51 min/km	1:31:48	6:07 min/km	2:11:49	2:12:10	6:15 min/km	+1:02:57
168	278	VIRGINIA REDONDO NIETO	VGrunning	28:45	5:45 min/km	59:12	5:55 min/km	1:32:14	6:08 min/km	2:11:41	2:12:15	6:16 min/km	+1:03:02
169	1420	MAITE PINTO SALVADOR	ALBACORA CASTELLÓ	28:10	5:38 min/km	58:18	5:49 min/km	1:31:03	6:04 min/km	2:11:30	2:12:15	6:16 min/km	+1:03:03
170	1543	SARA BELTRAN FERNANDEZ		29:52	5:58 min/km	59:00	5:54 min/km	1:31:35	6:06 min/km	2:10:55	2:12:17	6:16 min/km	+1:03:04
171	1187	ANA MARIA BENAVENT ATIENZA	BELC 89 FRANKFURT	29:50	5:58 min/km	1:00:18	6:01 min/km	1:31:48	6:07 min/km	2:11:19	2:12:19	6:16 min/km	+1:03:06
172	1151	BEATRIZ REINA HERRAIZ		31:21	6:16 min/km	1:02:25	6:14 min/km	1:34:10	6:16 min/km	2:11:20	2:12:44	6:17 min/km	+1:03:31
173	1627	PAULA CONDE LLORENTE		30:03	6:00 min/km	1:00:09	6:00 min/km	1:32:21	6:09 min/km	2:12:48	2:13:05	6:18 min/km	+1:03:52
174	919	SONIA GABRIELA SANTACROCE MIRA		29:36	5:55 min/km	1:00:03	6:00 min/km	1:32:48	6:11 min/km	2:12:25	2:13:08	6:18 min/km	+1:03:55

Distancia: 21.095 ms Fecha: 21/05/2017

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
175	1770	LARA ORLANDIC		28:24	5:40 min/km	57:25	5:44 min/km	1:30:24	6:01 min/km	2:12:27	2:13:31	6:19 min/km	+1:04:18
176	122	ANTONIA CACHERO SÁNCHEZ	QUINTO ALIENTO	32:06	6:25 min/km	1:03:08	6:18 min/km	1:34:45	6:19 min/km	2:12:51	2:13:37	6:20 min/km	+1:04:24
177	888	CATALINA HERRERO MATEO		31:11	6:14 min/km	1:03:23	6:20 min/km	1:35:12	6:20 min/km	2:12:28	2:13:45	6:20 min/km	+1:04:32
178	1888	MIRYAM CASILLA HIDALGO		30:47	6:09 min/km	1:00:44	6:04 min/km	1:33:02	6:12 min/km	2:12:10	2:13:48	6:20 min/km	+1:04:35
179	141	ROCIO MARTIN LUENGO		29:31	5:54 min/km	58:51	5:53 min/km	1:31:56	6:07 min/km	2:12:53	2:13:55	6:20 min/km	+1:04:42
180	531	VICTORIA MARTIN OTERO	Beer Runner Navalmanzano	28:07	5:37 min/km	57:34	5:45 min/km	1:31:01	6:04 min/km	2:13:45	2:13:57	6:21 min/km	+1:04:44
181	1685	MIRIAM BERNABÉ GARCÍA		30:25	6:05 min/km	1:01:09	6:06 min/km	1:33:52	6:15 min/km	2:13:01	2:13:58	6:21 min/km	+1:04:45
182	2279	ALICIA MANSO PASTOR		30:26	6:05 min/km	1:01:08	6:06 min/km	1:33:51	6:15 min/km	2:13:02	2:13:58	6:21 min/km	+1:04:45
183	62	BEATRIZ BARRILERO QUINTANILLA	QUINTO ALIENTO	32:06	6:25 min/km	1:03:08	6:18 min/km	1:34:44	6:18 min/km	2:13:38	2:14:23	6:22 min/km	+1:05:10
184	1296	ROSA GARCIA PÉREZ		30:50	6:10 min/km	1:00:54	6:05 min/km	1:32:48	6:11 min/km	2:12:54	2:14:24	6:22 min/km	+1:05:11
185	2325	ESMERALDA HERNAN ALVAREZ	Grupo IMD	31:14	6:14 min/km	1:01:50	6:11 min/km	1:34:51	6:19 min/km	2:12:57	2:14:27	6:22 min/km	+1:05:14
186	2312	REBECA LOPEZ MANCEBO	Grupo IMD	31:14	6:14 min/km	1:01:49	6:10 min/km	1:34:48	6:19 min/km	2:13:09	2:14:36	6:22 min/km	+1:05:24
187	1763	RAQUEL LOPEZ CHAUS		32:33	6:30 min/km	1:03:50	6:23 min/km	1:35:46	6:23 min/km	2:13:10	2:14:40	6:23 min/km	+1:05:27
188	1616	MARIA DEL CARMEN ALONSO PASTOR		28:34	5:42 min/km	58:06	5:48 min/km	1:31:25	6:05 min/km	2:14:15	2:14:52	6:23 min/km	+1:05:39
189	1815	NITZA SARAI GARCÍA BUENO		30:34	6:06 min/km	1:00:50	6:05 min/km	1:33:56	6:15 min/km	2:13:39	2:15:06	6:24 min/km	+1:05:53
190	990	PRISCILLA VECCI ROLDAN		31:11	6:14 min/km	1:01:52	6:11 min/km	1:34:54	6:19 min/km	2:13:45	2:15:20	6:24 min/km	+1:06:07
191	1681	CARMEN GIL SANZ	independiente	29:39	5:55 min/km	1:00:06	6:00 min/km	1:35:22	6:21 min/km	2:14:46	2:15:38	6:25 min/km	+1:06:25
192	1700	BEATRIZ MONGE MENCÍA		30:39	6:07 min/km	1:01:05	6:06 min/km	1:34:36	6:18 min/km	2:15:07	2:15:52	6:26 min/km	+1:06:39
193	35	BELEN SAEZ FRANCO		30:29	6:05 min/km	1:01:34	6:09 min/km	1:34:45	6:19 min/km	2:14:28	2:15:52	6:26 min/km	+1:06:39
194	152	LAURA CASILDA MOSCARDO	Sense Limits	30:35	6:07 min/km	1:01:34	6:09 min/km	1:34:38	6:18 min/km	2:14:59	2:16:05	6:27 min/km	+1:06:52
195	472	JUANA RINCON DICHA	PERROS LOBOS TRAIL	21:32	4:18 min/km	54:58	5:29 min/km	1:30:22	6:01 min/km	2:14:34	2:16:05	6:27 min/km	+1:06:52
196	1602	CAROLINA BARREIRA RODRIGUEZ	Vettonos	30:28	6:05 min/km	1:00:55	6:05 min/km	1:33:23	6:13 min/km	2:14:58	2:16:05	6:27 min/km	+1:06:52
197	132	ESTIBALIZ RODRIGUEZ SANZ	TRIMAD	27:08	5:25 min/km	54:42	5:28 min/km	1:23:58	5:35 min/km	2:15:40	2:16:10	6:27 min/km	+1:06:57
198	1335	ISABEL FERNANDEZ SANZ		30:48	6:09 min/km	1:02:47	6:16 min/km	1:35:24	6:21 min/km	2:15:20	2:16:25	6:28 min/km	+1:07:12
199	679	MARIA LUZ GARCÍA DELGADO		33:53	6:46 min/km	1:09:47	6:58 min/km	1:35:30	6:22 min/km	2:14:59	2:16:25	6:28 min/km	+1:07:12
200	581	PIEDAD ARRANZ DE PABLOS		30:14	6:02 min/km	59:26	5:56 min/km	1:31:22	6:05 min/km	2:15:25	2:16:49	6:29 min/km	+1:07:36
201	415	VICTORIA BARCINA HIDALGO	TRAGALEGUAS	28:34	5:42 min/km	58:41	5:52 min/km	1:33:34	6:14 min/km	2:16:54	2:16:54	6:29 min/km	+1:07:41
202	336	ELENA SEGURA RIUS	EUROSPORT VILASECA FONDISTAS	30:01	6:00 min/km	1:00:51	6:05 min/km	1:35:48	6:23 min/km	2:16:20	2:17:23	6:30 min/km	+1:08:11
203	617	LYDIA CASTRO ROMERO		29:57	5:59 min/km	1:01:29	6:08 min/km	1:35:21	6:21 min/km	2:17:09	2:17:33	6:31 min/km	+1:08:20

Distancia: **21.095 ms** Fecha: **21/05/2017**

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
204	140	MARÍA ARANZAZU LLORENTE ESTEBAN		32:03	6:24 min/km	1:03:33	6:21 min/km	1:37:14	6:28 min/km	2:16:43	2:17:47	6:31 min/km	+1:08:34
205	116	MARIA MONTSERRAT GUTIERREZ GARC	independiente	31:22	6:16 min/km	1:02:41	6:16 min/km	1:36:02	6:24 min/km	2:16:17	2:17:49	6:32 min/km	+1:08:36
206	427	CRISTINA ROMERO DE LA TORRE		30:52	6:10 min/km	1:01:47	6:10 min/km	1:34:26	6:17 min/km	2:16:22	2:17:52	6:32 min/km	+1:08:39
207	956	ALEJANDRA BELLES MENDOZA	tigersrunningclub	30:11	6:02 min/km	1:00:28	6:02 min/km	1:34:00	6:16 min/km	2:16:58	2:18:03	6:32 min/km	+1:08:50
208	1980	LORENA ALONSO DÍAZ		32:33	6:30 min/km	1:06:23	6:38 min/km	1:37:35	6:30 min/km	2:16:49	2:18:20	6:33 min/km	+1:09:07
209	2305	ELENA HERNANZ VILA	Grupo IMD	31:31	6:18 min/km	1:02:43	6:16 min/km	1:36:14	6:24 min/km	2:17:08	2:18:36	6:34 min/km	+1:09:24
210	2321	VIRTUDES RAMOS HERRANZ	Grupo IMD	31:31	6:18 min/km	1:02:42	6:16 min/km	1:36:10	6:24 min/km	2:17:07	2:18:37	6:34 min/km	+1:09:24
211	410	EVA MARCO LÓPEZ		30:50	6:10 min/km	1:01:39	6:09 min/km	1:35:24	6:21 min/km	2:17:13	2:18:43	6:34 min/km	+1:09:30
212	903	ISABEL NOVEJARQUE ALBENCA	independiente	31:14	6:14 min/km	1:03:46	6:22 min/km	1:36:45	6:27 min/km	2:17:21	2:18:44	6:34 min/km	+1:09:31
213	868	ANA MARÍA PARLA MORENO	independiente	31:13	6:14 min/km	1:03:44	6:22 min/km	1:36:48	6:27 min/km	2:17:23	2:18:45	6:34 min/km	+1:09:32
214	2338	LAUREN LOWEN		31:03	6:12 min/km	1:02:10	6:13 min/km	1:36:07	6:24 min/km	2:17:47	2:18:47	6:34 min/km	+1:09:34
215	182	ROSANA PEREZ PAINO		29:49	5:57 min/km	1:00:50	6:05 min/km	1:33:49	6:15 min/km	2:18:11	2:18:59	6:35 min/km	+1:09:46
216	2096	AFRICA RUIZ NUÑEZ		29:50	5:58 min/km	1:01:09	6:06 min/km	1:33:49	6:15 min/km	2:18:13	2:19:00	6:35 min/km	+1:09:47
217	2179	BEATRIZ ARENAL RUIZ		30:27	6:05 min/km	1:00:20	6:02 min/km	1:36:37	6:26 min/km	2:17:50	2:19:14	6:36 min/km	+1:10:01
218	1469	ALICIA JIMENEZ		35:19	7:03 min/km	1:14:38	7:27 min/km	1:33:26	6:13 min/km	2:18:51	2:19:20	6:36 min/km	+1:10:07
219	339	ESMERALDA MARTÍN GARCÍA	TRAININGREY	36:12	7:14 min/km	1:14:50	7:29 min/km	1:33:27	6:13 min/km	2:17:48	2:19:21	6:36 min/km	+1:10:09
220	1583	SIYAN CHEN	AMCC	30:26	6:05 min/km	1:06:45	6:40 min/km	1:39:07	6:36 min/km	2:18:23	2:19:48	6:37 min/km	+1:10:35
221	85	LAURA PÉREZ ÁLVAREZ		30:19	6:03 min/km	1:01:19	6:07 min/km	1:35:41	6:22 min/km	2:19:23	2:19:53	6:37 min/km	+1:10:40
222	1201	SARA HERRERO MUÑOZ		30:27	6:05 min/km	1:01:38	6:09 min/km	1:36:55	6:27 min/km	2:19:06	2:20:10	6:38 min/km	+1:10:57
223	827	ANA GARCIA DIAZ		31:54	6:22 min/km	1:02:56	6:17 min/km	1:37:26	6:29 min/km	2:18:53	2:20:15	6:38 min/km	+1:11:02
224	611	SILVIA PALOMINO GÁMEZ		31:23	6:16 min/km	1:03:37	6:21 min/km	1:37:26	6:29 min/km	2:20:17	2:20:40	6:40 min/km	+1:11:27
225	134	JENNIFER VILLAFAINA CAÑAMERO		29:47	5:57 min/km	1:01:29	6:08 min/km	1:37:07	6:28 min/km	2:19:58	2:20:54	6:40 min/km	+1:11:41
226	1048	CHARO LOPEZ LEON	QUINTO ALIENTO	32:34	6:30 min/km	1:05:57	6:35 min/km	1:39:56	6:39 min/km	2:20:48	2:21:35	6:42 min/km	+1:12:22
227	102	MARIA DOLORES REGUILLOS DIAZ DE N	club maraton quinto aliento	32:34	6:30 min/km	1:05:58	6:35 min/km	1:39:56	6:39 min/km	2:20:49	2:21:36	6:42 min/km	+1:12:23
228	2297	ESTEFANÍA MARUGÁN PINTOS	Grupo IMD	32:45	6:33 min/km	1:04:08	6:24 min/km	1:38:14	6:32 min/km	2:20:36	2:22:04	6:44 min/km	+1:12:52
229	836	RAQUEL LUNA		30:19	6:03 min/km	1:01:18	6:07 min/km	1:35:40	6:22 min/km	2:21:39	2:22:09	6:44 min/km	+1:12:56
230	1069	VERONICA ZUBILLAGA MARAÑON		32:03	6:24 min/km	1:04:23	6:26 min/km	1:39:10	6:36 min/km	2:21:24	2:22:24	6:45 min/km	+1:13:11
231	1462	WARINEE CHAIPAT		31:11	6:14 min/km	1:03:00	6:18 min/km	1:38:20	6:33 min/km	2:21:49	2:22:33	6:45 min/km	+1:13:20
232	1578	YING CHEN	AMCC	31:51	6:22 min/km	1:03:59	6:23 min/km	1:38:29	6:33 min/km	2:21:10	2:22:36	6:45 min/km	+1:13:23

Distancia: 21.095 ms Fecha: 21/05/2017

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
233	2162	JUANA PERALES GALLEGO	GACAXII	30:27	6:05 min/km	1:01:27	6:08 min/km	1:35:55	6:23 min/km	2:21:22	2:22:41	6:45 min/km	+1:13:28
234	2190	SORAYA GISMERO MARTINEZ	1ª BIA	31:20	6:16 min/km	1:02:52	6:17 min/km	1:38:07	6:32 min/km	2:21:41	2:22:56	6:46 min/km	+1:13:43
235	1901	RETCHEL PAJAYAT		30:02	6:00 min/km	1:03:34	6:21 min/km	1:38:39	6:34 min/km	2:22:17	2:23:05	6:47 min/km	+1:13:52
236	124	MONTSERRAT CONCEPCION DUQUE		32:19	6:27 min/km	1:05:23	6:32 min/km	1:40:54	6:43 min/km	2:21:35	2:23:08	6:47 min/km	+1:13:55
237	1854	BEATRIZ SÁNCHEZ CASTAÑEDA		33:07	6:37 min/km	1:05:45	6:34 min/km	1:40:08	6:40 min/km	2:21:47	2:23:20	6:47 min/km	+1:14:07
238	1646	AIDA CARRASCO HERNANDEZ		32:06	6:25 min/km	1:04:17	6:25 min/km	1:39:24	6:37 min/km	2:22:25	2:23:39	6:48 min/km	+1:14:26
239	1153	MARIBEL ALBELLA MONTOLIU	CLUB ESPORTIU L'ALCORA	32:35	6:31 min/km	1:06:23	6:38 min/km	1:40:50	6:43 min/km	2:23:03	2:23:49	6:49 min/km	+1:14:36
240	1446	GEMA DEL MORAL GORDILLO		32:28	6:29 min/km	1:05:28	6:32 min/km	1:39:44	6:38 min/km	2:24:52	2:25:18	6:53 min/km	+1:16:05
241	283	ÁNGELES MERCEDES SERRANO MALDC	kabrás lokas	32:19	6:27 min/km	1:06:45	6:40 min/km	1:41:56	6:47 min/km	2:24:54	2:25:48	6:54 min/km	+1:16:35
242	2157	SONIA ADELIÑO CHAMORRO		30:22	6:04 min/km	59:29	5:56 min/km	1:28:35	5:54 min/km	2:25:25	2:26:37	6:57 min/km	+1:17:24
243	2099	MARIYA DIMITROVA SASHEVA		31:54	6:22 min/km	1:04:44	6:28 min/km	1:41:06	6:44 min/km	2:25:23	2:26:42	6:57 min/km	+1:17:29
244	1165	MILDRED PAGUIRIGAN CABILIS		31:33	6:18 min/km	1:04:36	6:27 min/km	1:40:35	6:42 min/km	2:26:18	2:27:12	6:58 min/km	+1:17:59
245	119	MARIA LUISA BUENO ARBAS		33:05	6:37 min/km	1:06:36	6:39 min/km	1:43:29	6:53 min/km	2:25:46	2:27:17	6:58 min/km	+1:18:04
246	1828	OLGA RUBIO	Nunca correrassolo	33:01	6:36 min/km	1:06:37	6:39 min/km	1:42:36	6:50 min/km	2:26:02	2:27:39	6:59 min/km	+1:18:26
247	1675	ROSA MARÍA MORAGA GONZÁLEZ		32:47	6:33 min/km	1:06:08	6:36 min/km	1:41:57	6:47 min/km	2:26:04	2:27:44	7:00 min/km	+1:18:31
248	69	OLGA FARACO DE GRADO		32:25	6:29 min/km	1:07:11	6:43 min/km	1:42:57	6:51 min/km	2:27:42	2:28:11	7:01 min/km	+1:18:58
249	1028	ARABIA MONTERO CANDELEDA	E A MONFRAGUE	32:09	6:25 min/km	1:06:42	6:40 min/km	1:42:21	6:49 min/km	2:27:51	2:28:32	7:02 min/km	+1:19:19
250	841	SUSANA FUENTES BODES	CLUB DE ATLETISMO MONFRAGUE	32:08	6:25 min/km	1:06:42	6:40 min/km	1:42:18	6:49 min/km	2:27:52	2:28:33	7:02 min/km	+1:19:20
251	1027	AZUZENA RUANO MARTIN	E A MONFRAGUE	32:08	6:25 min/km	1:06:43	6:40 min/km	1:42:20	6:49 min/km	2:27:54	2:28:35	7:02 min/km	+1:19:22
252	547	CARMEN GONZALEZ GARCIA		31:03	6:12 min/km	1:04:45	6:28 min/km	1:42:26	6:49 min/km	2:28:29	2:28:35	7:02 min/km	+1:19:22
253	380	JESSICA HASSON		32:17	6:27 min/km	1:05:06	6:30 min/km	1:41:42	6:46 min/km	2:27:25	2:28:59	7:03 min/km	+1:19:46
254	1764	BEATRIZ VICENTE GARCÍA	Nunca correrás solo	33:01	6:36 min/km	1:06:48	6:40 min/km	1:42:55	6:51 min/km	2:27:34	2:29:10	7:04 min/km	+1:19:57
255	1577	DANDAN LI	AMCC	30:58	6:11 min/km	1:05:22	6:32 min/km	1:42:02	6:48 min/km	2:28:24	2:29:50	7:06 min/km	+1:20:37
256	897	KERRY ANNE WALKER		33:05	6:37 min/km	1:09:50	6:59 min/km	1:46:08	7:04 min/km	2:29:13	2:30:46	7:08 min/km	+1:21:33
257	1585	XUJUN WANG	AMCC	33:14	6:38 min/km	1:07:32	6:45 min/km	1:42:58	6:51 min/km	2:29:37	2:31:03	7:09 min/km	+1:21:50
258	1192	CARMEN FIEL ASENJO FIEL ASENJO		32:37	6:31 min/km	1:06:29	6:38 min/km	1:46:58	7:07 min/km	2:29:53	2:31:05	7:09 min/km	+1:21:52
259	1182	ALICIA MARTIN PEREZ MARTIN PEREZ	tigers running club	32:36	6:31 min/km	1:06:28	6:38 min/km	1:46:57	7:07 min/km	2:29:55	2:31:05	7:09 min/km	+1:21:52
260	931	MARÍA TERESA CASADO RUBIO	C.D. La Irbienza	27:52	5:34 min/km	56:23	5:38 min/km			2:30:42	2:31:07	7:09 min/km	+1:21:54
261	2229	JOHANNA GABRIELA ORTIZREALPE		30:21	6:04 min/km	1:00:17	6:01 min/km	1:36:56	6:27 min/km	2:30:02	2:31:13	7:10 min/km	+1:22:00

Distancia: 21.095 ms Fecha: 21/05/2017

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		TIEMPO REAL	TIEMPO OFICIAL	RITMO	DIF.
				5 Kms	RITMO	10 kms	RITMO	15 kms	RITMO				
262	117	ISABEL DE FATIMA PEREZ CAÑADA	independiente	32:18	6:27 min/km	1:05:23	6:32 min/km	1:40:55	6:43 min/km	2:30:45	2:32:17	7:13 min/km	+1:23:05
263	1937	SANDRA GARCÍA HEREDERO		30:51	6:10 min/km	1:03:07	6:18 min/km	1:39:21	6:37 min/km	2:31:20	2:32:21	7:13 min/km	+1:23:08
264	2355	ELENA AREVALO MINGUEZ		31:42	6:20 min/km	1:07:20	6:44 min/km	1:45:54	7:03 min/km	2:32:49	2:33:26	7:16 min/km	+1:24:13
265	2354	RAQUEL BALLESTEROS CANOVAS		31:42	6:20 min/km	1:10:35	7:03 min/km	1:48:54	7:15 min/km	2:36:12	2:36:50	7:26 min/km	+1:27:37
266	2339	LYNNE LOWEN-GARGUILE		33:07	6:37 min/km	1:07:09	6:42 min/km	1:46:17	7:05 min/km	2:36:10	2:37:10	7:27 min/km	+1:27:57
267	1478	SANDRA HERREIZ LUQUE		34:13	6:50 min/km	1:09:58	6:59 min/km	1:48:43	7:14 min/km	2:37:34	2:38:01	7:29 min/km	+1:28:48
268	925	LUZ MOLANO COLMENAREJO		33:07	6:37 min/km	1:08:41	6:52 min/km	1:47:38	7:10 min/km	2:38:35	2:38:44	7:31 min/km	+1:29:31
269	168	MARIA LUISA GARCIA-ROJO GAMBIN	forus runner	30:11	6:02 min/km	1:00:32	6:03 min/km	1:34:48	6:19 min/km	2:37:28	2:39:00	7:32 min/km	+1:29:47
270	438	ANNELISE CHAPARRO		35:10	7:02 min/km	1:10:35	7:03 min/km	1:50:22	7:21 min/km	2:37:26	2:39:00	7:32 min/km	+1:29:47
271	1820	ANA HERAS DE LA FUENTE	elboalo runners	34:01	6:48 min/km	1:09:02	6:54 min/km	1:48:46	7:15 min/km	2:39:36	2:41:07	7:38 min/km	+1:31:54
272	1821	SILVIA DEL VALLE COLLADO	elboalo runners	34:00	6:48 min/km	1:09:02	6:54 min/km	1:48:35	7:14 min/km	2:39:37	2:41:07	7:38 min/km	+1:31:54
273	98	JOSEFINA PÉREZ MIGUELÁÑEZ		34:14	6:50 min/km	1:14:09	7:24 min/km	1:52:30	7:30 min/km	2:40:35	2:41:35	7:39 min/km	+1:32:22
274	1109	MARIA RODRIGUEZ PINTOS								2:40:36	2:41:36	7:39 min/km	+1:32:23
275	620	PILAR MARTINEZ CARBONELL		34:54	6:58 min/km	1:10:35	7:03 min/km	1:49:55	7:19 min/km	2:40:33	2:41:59	7:40 min/km	+1:32:46