



**Distancia: 21.097 ms Fecha: 24/03/2019**

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	2450	MÓNICA GUTIÉRREZ PAGADOR	independiente	18:17	3:39 min/km	35:42	3:34 min/km	54:09	3:36 min/km	1:17:28	1:17:28	3:40 min/km	+9:45
2	4	RAHIMA SERRO HUSSEN		18:56	3:47 min/km	37:18	3:43 min/km	56:19	3:45 min/km	1:20:34	1:20:34	3:49 min/km	+12:50
3	2	CRISTINA GIURCANU	SS.Reyes-C.Menorca	18:50	3:46 min/km	37:17	3:43 min/km	56:44	3:46 min/km	1:22:03	1:22:04	3:53 min/km	+14:20
4	439	BEGO USABIAGA ALONSO	Orcajo-Trail	20:19	4:03 min/km	40:29	4:02 min/km	1:01:29	4:05 min/km	1:28:14	1:28:14	4:10 min/km	+20:31
5	6	MARIA JESUS VAZQUEZ PALOMO	Lm_trainer	21:29	4:17 min/km	42:05	4:12 min/km	1:03:31	4:14 min/km	1:31:18	1:31:22	4:19 min/km	+23:39
6	1894	NOELIA LÓPEZ SÁNCHEZ	GACA VI	22:51	4:34 min/km	43:24	4:20 min/km	1:04:34	4:18 min/km	1:31:03	1:31:48	4:21 min/km	+24:05
7	1261	ESTHER PÉREZ SEPTIEN	Miércoles a correr	23:13	4:38 min/km	44:00	4:24 min/km	1:05:01	4:20 min/km	1:31:11	1:32:00	4:21 min/km	+24:16
8	1313	MIRYAM ROJO RUIZ		21:34	4:18 min/km	42:15	4:13 min/km	1:04:19	4:17 min/km	1:32:44	1:32:47	4:23 min/km	+25:04
9	1770	MONTSERRAT SANCHEZ DE LAS MATA	Bosque casa campo	21:54	4:22 min/km	43:11	4:19 min/km	1:05:41	4:22 min/km	1:34:21	1:34:23	4:28 min/km	+26:40
10	2064	MARLENY DEL CARMEN CONCEPCION		23:05	4:37 min/km	43:53	4:23 min/km	1:05:43	4:22 min/km	1:35:24	1:35:40	4:32 min/km	+27:57
11	1374	ALICIA BARRERO NADALES		22:21	4:28 min/km	44:02	4:24 min/km	1:06:46	4:27 min/km	1:35:53	1:35:57	4:32 min/km	+28:13
12	2295	BELEN RODRIGUEZ DOÑATE	RSEA peñalara	23:32	4:42 min/km	46:04	4:36 min/km	1:08:23	4:33 min/km	1:37:02	1:37:23	4:36 min/km	+29:39
13	1560	BELÉN VAYÁ FERNANDEZ LADREDA	Club deportivo Valdebebas	23:59	4:47 min/km	46:58	4:41 min/km	1:10:04	4:40 min/km	1:38:30	1:38:30	4:40 min/km	+30:46
14	2036	ANA PODEROSO BERNARDOS	BRIPAC (BZPAC VI)	26:08	5:13 min/km	49:01	4:54 min/km	1:11:45	4:47 min/km	1:39:40	1:40:39	4:46 min/km	+32:56
15	856	SOL HARO RIVAS	Atletismo Alcorcón	23:03	4:36 min/km	45:44	4:34 min/km	1:09:48	4:39 min/km	1:41:22	1:41:22	4:48 min/km	+33:39
16	166	MARIA CRISTINA GAISSE HERRERO		25:01	5:00 min/km	48:09	4:48 min/km	1:11:41	4:46 min/km	1:40:47	1:41:31	4:48 min/km	+33:48
17	428	BERTA GOZALO SECO		23:14	4:38 min/km	46:22	4:38 min/km	1:10:39	4:42 min/km	1:42:31	1:42:31	4:51 min/km	+34:48
18	800	BEATRIZ PEREZ FRIAS		24:41	4:56 min/km	47:40	4:46 min/km	1:11:46	4:47 min/km	1:42:26	1:42:45	4:52 min/km	+35:02
19	78	ANA BELÉN MUÑOZ RUIZ	QUINTO ALIENTO	25:08	5:01 min/km	48:12	4:49 min/km	1:12:01	4:48 min/km	1:41:55	1:42:51	4:52 min/km	+35:07
20	1641	CAROLIN RINCON GILA		22:52	4:34 min/km	45:51	4:35 min/km	1:10:48	4:43 min/km	1:43:00	1:43:04	4:53 min/km	+35:20
21	1854	NOELIA TORIBIO COGOLLOR	IMD	24:29	4:53 min/km	48:23	4:50 min/km	1:07:18	4:29 min/km	1:42:59	1:43:11	4:53 min/km	+35:27
22	1794	BÁRBARA PÉREZ GARCIA		26:11	5:14 min/km	49:43	4:58 min/km	1:13:44	4:54 min/km	1:43:22	1:44:28	4:57 min/km	+36:45
23	1559	CHARO DIEZ GARCIA		24:43	4:56 min/km	48:18	4:49 min/km	1:12:45	4:51 min/km	1:44:29	1:44:38	4:57 min/km	+36:55
24	328	VIRGINIA HIDALGO RODRIGUEZ	C.D.Arevalo Atletismo	25:07	5:01 min/km	48:25	4:50 min/km	1:12:50	4:51 min/km	1:44:23	1:44:55	4:58 min/km	+37:12
25	326	GEMA LOPEZ JIMÉNEZ	C.D.Arévalo	25:07	5:01 min/km	48:24	4:50 min/km	1:12:49	4:51 min/km	1:44:24	1:44:55	4:58 min/km	+37:12
26	181	BLANCA MUÑOZ DE PABLOS	TRI +MORALZARZAL	24:32	4:54 min/km	48:03	4:48 min/km	1:12:51	4:51 min/km	1:44:45	1:45:01	4:58 min/km	+37:17
27	649	SYLWIA POSLUSZNA	C.D. ATLETISMO CARBONERO	23:58	4:47 min/km	47:17	4:43 min/km	1:12:34	4:50 min/km	1:45:17	1:45:26	4:59 min/km	+37:43
28	923	MILAGROS GARCIA	Camallaes-Reflyx	26:45	5:21 min/km	50:17	5:01 min/km	1:14:54	4:59 min/km	1:44:23	1:45:44	5:00 min/km	+38:00
29	1589	M. ÁNGELES FUENTES MONTES	CAP MONTERESMA	23:58	4:47 min/km	47:01	4:42 min/km	1:12:05	4:48 min/km	1:45:36	1:46:05	5:01 min/km	+38:21




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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	1692	BELEN MARTIN RODRÍGUEZ		24:28	4:53 min/km	48:22	4:50 min/km	1:14:00	4:56 min/km	1:46:29	1:46:29	5:02 min/km	+38:45
31	144	EVA FRESNILLO BARRIO		26:23	5:16 min/km	50:12	5:01 min/km	1:15:15	5:01 min/km	1:45:42	1:46:37	5:03 min/km	+38:54
32	703	LAURA HERRERO GONZALEZ	Club corredores	26:19	5:15 min/km	50:06	5:00 min/km	1:15:06	5:00 min/km	1:45:25	1:46:51	5:03 min/km	+39:08
33	1869	ÁGUEDA GRANADO ALONSO	IMD	25:59	5:11 min/km	50:14	5:01 min/km	1:15:11	5:00 min/km	1:47:07	1:47:07	5:04 min/km	+39:24
34	260	MERCEDES PÉREZ LLORENTE	PARADINAS	26:02	5:12 min/km	50:14	5:01 min/km	1:15:21	5:01 min/km	1:46:52	1:47:36	5:06 min/km	+39:53
35	865	MARÍA PEINADOR RAMÍREZ		25:27	5:05 min/km	49:55	4:59 min/km	1:15:21	5:01 min/km	1:47:57	1:48:15	5:07 min/km	+40:31
36	1343	VERÓNICA LLORENTE RINCÓN		25:27	5:05 min/km	49:55	4:59 min/km	1:15:23	5:01 min/km	1:47:57	1:48:15	5:07 min/km	+40:32
37	1407	BELEN SERRANO CABALLERO	ONLYSPORT	25:06	5:01 min/km	49:19	4:55 min/km	1:15:16	5:01 min/km	1:48:10	1:48:18	5:08 min/km	+40:35
38	1405	PATRICIA SERRANO CABALLERO	ONLYSPORT	25:06	5:01 min/km	49:18	4:55 min/km	1:15:16	5:01 min/km	1:48:11	1:48:19	5:08 min/km	+40:36
39	1413	CARMEN ASENJO CUELLAR		26:57	5:23 min/km	50:47	5:04 min/km	1:16:02	5:04 min/km	1:47:33	1:48:22	5:08 min/km	+40:39
40	1026	LOURDES LOPEZ BULLIDO	GACA XII	28:07	5:37 min/km	52:49	5:16 min/km	1:17:39	5:10 min/km	1:47:59	1:49:09	5:10 min/km	+41:26
41	517	ESTHER GONZALEZ PASCUAL		25:55	5:11 min/km	50:17	5:01 min/km	1:16:32	5:06 min/km	1:48:32	1:49:34	5:11 min/km	+41:50
42	478	ANA MARÍA LÁZARO MANSO	sporting segovia	25:59	5:11 min/km	51:10	5:07 min/km	1:17:11	5:08 min/km	1:49:39	1:49:49	5:12 min/km	+42:06
43	939	ASCENSION MATEO GILSANZ	BEER RUNNERS NAVALMANZANO	25:45	5:09 min/km	50:13	5:01 min/km	1:16:10	5:04 min/km	1:49:39	1:50:04	5:13 min/km	+42:21
44	2471	EVA RECHE CAÑADA		26:00	5:12 min/km	50:39	5:03 min/km	1:16:34	5:06 min/km	1:49:26	1:50:06	5:13 min/km	+42:23
45	263	ÁNGELA MUÑOZ DE PABLOS	Logroño Triatlón	25:57	5:11 min/km	50:35	5:03 min/km	1:16:14	5:04 min/km	1:50:12	1:50:28	5:14 min/km	+42:45
46	200	INMA AMAYA GÓMEZ		27:25	5:29 min/km	52:31	5:15 min/km	1:18:26	5:13 min/km	1:49:23	1:50:36	5:14 min/km	+42:53
47	2294	MARÍA CEPEDA VEGAS		27:00	5:24 min/km	51:45	5:10 min/km	1:17:46	5:11 min/km	1:49:34	1:50:47	5:15 min/km	+43:04
48	1387	ESTHER GUIJO MUÑOZ	El Nevero/Uña Negra	25:48	5:09 min/km	50:42	5:04 min/km	1:17:13	5:08 min/km	1:50:33	1:50:48	5:15 min/km	+43:05
49	205	VICTORIA OJEA CUBILLO		24:52	4:58 min/km	49:25	4:56 min/km	1:15:51	5:03 min/km	1:50:27	1:50:53	5:15 min/km	+43:10
50	2069	THAIS PLAZA MARTINEZ	Metropolitan Eurobuilding	26:38	5:19 min/km	51:22	5:08 min/km	1:17:53	5:11 min/km	1:50:11	1:50:56	5:15 min/km	+43:12
51	1535	RAQUEL CANO GARCIA	sporting segovia	25:59	5:11 min/km	51:10	5:07 min/km	1:17:35	5:10 min/km	1:50:59	1:51:09	5:16 min/km	+43:26
52	2156	TAMARA ROMERO NAVARRO	ACART	26:01	5:12 min/km	51:18	5:07 min/km	1:17:28	5:09 min/km	1:51:31	1:51:37	5:17 min/km	+43:54
53	461	VIRGINIA LOPEZ MARTÍNEZ	Miércoles a correr	27:24	5:28 min/km	52:16	5:13 min/km	1:18:16	5:13 min/km	1:50:32	1:51:45	5:17 min/km	+44:02
54	2059	RUTH MELANIA TORRES ALULIMA		27:18	5:27 min/km	52:20	5:14 min/km	1:18:30	5:14 min/km	1:50:50	1:51:50	5:18 min/km	+44:07
55	270	LETICIA ALVAREZ OTERO	BEER RUNERS NAVALMANZANO	27:34	5:30 min/km	52:37	5:15 min/km	1:18:30	5:14 min/km	1:52:04	1:52:30	5:20 min/km	+44:47
56	2023	ANA MILENA NARANJO SALDARRIAGA		27:18	5:27 min/km	52:22	5:14 min/km	1:18:31	5:14 min/km	1:51:31	1:52:31	5:20 min/km	+44:48
57	2269	RAQUEL ESCRIBANO LLORENTE		25:50	5:10 min/km	51:20	5:08 min/km	1:18:15	5:13 min/km	1:52:56	1:53:11	5:21 min/km	+45:28
58	279	ANA RODRIGUEZ OLALLA		27:12	5:26 min/km	52:09	5:12 min/km	1:18:50	5:15 min/km	1:51:46	1:53:18	5:22 min/km	+45:34





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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	1214	SUSANA BAZ BLANCO	CD VALER	28:21	5:40 min/km	54:03	5:24 min/km	1:20:17	5:21 min/km	1:52:28	1:53:25	5:22 min/km	+45:41
60	393	ELENA DOMÍNGUEZ GONZÁLEZ	C.O. Vianense Trail	26:28	5:17 min/km	51:29	5:08 min/km	1:18:25	5:13 min/km	1:53:12	1:53:34	5:23 min/km	+45:50
61	1578	SELENE PRIETO DE MIGUEL		26:12	5:14 min/km	52:13	5:13 min/km	1:19:28	5:17 min/km	1:53:50	1:54:04	5:24 min/km	+46:21
62	565	BEA MARTINEZ DE ANDRES	CDCEBE	28:28	5:41 min/km	54:25	5:26 min/km	1:20:41	5:22 min/km	1:53:19	1:54:15	5:24 min/km	+46:32
63	663	ANABEL J PETIT MORA	CM SIGUEME	26:03	5:12 min/km	51:29	5:08 min/km	1:19:22	5:17 min/km	1:53:39	1:54:19	5:25 min/km	+46:35
64	107	NOELIA SAEZ GARCIA	independiente	25:57	5:11 min/km	50:34	5:03 min/km	1:18:38	5:14 min/km	1:54:10	1:54:40	5:26 min/km	+46:57
65	1806	BLANCA SANCHEZ GOZALO	IMD	28:04	5:36 min/km	54:27	5:26 min/km	1:21:06	5:24 min/km	1:54:07	1:54:47	5:26 min/km	+47:04
66	1864	ESTHER GOZALO PALOMO	IMD	26:32	5:18 min/km	52:40	5:16 min/km	1:20:03	5:20 min/km	1:54:58	1:55:04	5:27 min/km	+47:21
67	1256	VIRGINIA GOZALO HERRANZ	.	29:17	5:51 min/km	55:37	5:33 min/km	1:22:05	5:28 min/km	1:53:37	1:55:06	5:27 min/km	+47:23
68	355	ALBA GONZALEZ CASTRO	Miércoles a correr	28:31	5:42 min/km	54:45	5:28 min/km	1:21:38	5:26 min/km	1:53:55	1:55:09	5:27 min/km	+47:26
69	528	VERONICA GONZALEZ PASCUAL		28:42	5:44 min/km	54:28	5:26 min/km	1:21:34	5:26 min/km	1:54:15	1:55:18	5:27 min/km	+47:35
70	1001	MARIA SORIA PEREZ	USBA EL EMPECINADO	27:54	5:34 min/km	54:22	5:26 min/km	1:21:37	5:26 min/km	1:54:35	1:55:21	5:28 min/km	+47:37
71	408	JENIFER GARCIA BARBERO	FONDISTAS DE MOSTOLES	27:37	5:31 min/km	54:11	5:25 min/km	1:21:09	5:24 min/km	1:55:10	1:55:37	5:28 min/km	+47:54
72	1303	ELISA SANCLEMENTE ARAGUES		28:25	5:41 min/km	54:26	5:26 min/km	1:21:50	5:27 min/km	1:55:17	1:55:58	5:29 min/km	+48:15
73	1676	CARMEN SANTAMARÍA PÉREZ	Club de Atletismo Boadilla del Monte	27:31	5:30 min/km	53:32	5:21 min/km	1:21:15	5:25 min/km	1:55:49	1:56:34	5:31 min/km	+48:51
74	1866	ESTHER MARTÍN GARRIDO	IMD	28:58	5:47 min/km	55:51	5:35 min/km	1:22:33	5:30 min/km	1:56:27	1:56:38	5:31 min/km	+48:54
75	18	BEATRIZ SERRANO POLO	IMD Segovia					1:21:16	5:25 min/km	1:55:46	1:57:02	5:32 min/km	+49:19
76	973	ANGELA LILIANA SANDRU	RUN AND RUN	29:29	5:53 min/km	56:12	5:37 min/km	1:23:41	5:34 min/km	1:56:12	1:57:03	5:32 min/km	+49:20
77	1697	TAMARA SANZ YUSTA	Multideportivo Conmigo no Contéis	29:18	5:51 min/km	55:37	5:33 min/km	1:22:06	5:28 min/km	1:55:34	1:57:03	5:32 min/km	+49:20
78	1756	ESTHER RODRIGUEZ BLANCO	METROPOLITAN	28:55	5:47 min/km	55:36	5:33 min/km	1:22:36	5:30 min/km	1:56:23	1:57:10	5:33 min/km	+49:26
79	563	MARIA GIL MARTIN	CDCEBE	29:11	5:50 min/km	55:22	5:32 min/km	1:22:43	5:30 min/km	1:56:21	1:57:16	5:33 min/km	+49:33
80	535	MIRIAM OJALVO MARTÍN	CLUB MUSHING TOLEDO	28:34	5:42 min/km	54:46	5:28 min/km	1:21:58	5:27 min/km	1:56:32	1:57:16	5:33 min/km	+49:33
81	2080	ROSA MARIA VIRSEDA VIRSEDA	ROTI-CABEZUELA	29:05	5:49 min/km	55:23	5:32 min/km	1:22:34	5:30 min/km	1:56:19	1:57:25	5:34 min/km	+49:42
82	1613	PAQUI TAVIRO GARCIA	Extenuacion Valdepeñas	28:50	5:46 min/km	56:10	5:37 min/km	1:23:07	5:32 min/km	1:56:50	1:57:32	5:34 min/km	+49:48
83	770	MARIA JESÚS REDONDO SÁNCHEZ	Correcaminos Carbajosa	27:08	5:25 min/km	52:55	5:17 min/km	1:21:20	5:25 min/km	1:57:10	1:57:47	5:35 min/km	+50:04
84	1096	MIRIAM MORALEJA MUÑOZ		29:54	5:58 min/km	57:01	5:42 min/km	1:23:44	5:34 min/km	1:56:20	1:57:50	5:35 min/km	+50:07
85	278	ESTIBALIZ RODRIGUEZ SANZ	TRIMAD	28:09	5:37 min/km	54:40	5:28 min/km	1:21:56	5:27 min/km	1:57:31	1:57:51	5:35 min/km	+50:08
86	2258	MALU CARRETERO GOMEZ	imdsq					1:13:07	4:52 min/km	1:57:55	1:57:55	5:35 min/km	+50:12
87	2272	ANA CANTERO DÍAZ		28:24	5:40 min/km	54:59	5:29 min/km	1:22:40	5:30 min/km	1:56:58	1:57:55	5:35 min/km	+50:12





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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	334	PATRICIA BALLESTERO		27:42	5:32 min/km	54:16	5:25 min/km	1:21:49	5:27 min/km	1:57:22	1:57:57	5:35 min/km	+50:13
89	886	ADRIANA LÓPEZ LÓPEZ		25:54	5:10 min/km	51:41	5:10 min/km	1:20:44	5:22 min/km	1:57:43	1:57:58	5:35 min/km	+50:15
90	1856	REBECA ÁLVARO RODRÍGUEZ	IMD	26:43	5:20 min/km	53:23	5:20 min/km	1:21:14	5:24 min/km	1:58:02	1:58:08	5:36 min/km	+50:25
91	974	NOELIA CONDE LOPEZ	RUN AND RUN	29:29	5:53 min/km	56:12	5:37 min/km	1:23:44	5:34 min/km	1:57:12	1:58:08	5:36 min/km	+50:25
92	1672	JUDIT MANSO MARTIN		28:41	5:44 min/km	55:35	5:33 min/km	1:23:15	5:33 min/km	1:57:21	1:58:10	5:36 min/km	+50:27
93	2482	ALMUDENA VIEDMA GALLEGO		30:20	6:04 min/km	56:42	5:40 min/km	1:23:58	5:35 min/km	1:57:21	1:58:35	5:37 min/km	+50:52
94	782	TANIA CRUZ RODRIGUEZ	AEN BALANCE	27:57	5:35 min/km	55:01	5:30 min/km	1:23:35	5:34 min/km	1:57:55	1:58:39	5:37 min/km	+50:56
95	708	GEMA DUQUE MARTÍN		28:35	5:43 min/km	55:48	5:34 min/km	1:23:06	5:32 min/km	1:58:03	1:58:41	5:37 min/km	+50:58
96	1696	ELENA TEJEDOR DEL REAL	DIBAQ	27:35	5:31 min/km	54:09	5:24 min/km	1:22:52	5:31 min/km	1:58:43	1:58:59	5:38 min/km	+51:16
97	1740	CAROLINA BRAVO SANZ		26:50	5:22 min/km	52:27	5:14 min/km	1:20:29	5:21 min/km	1:58:32	1:59:15	5:39 min/km	+51:32
98	1636	MARÍA ELENA MAYO MARTÍNEZ	CLUB ATLETISMO CARBONERO	28:09	5:37 min/km	54:46	5:28 min/km	1:23:26	5:33 min/km	1:58:46	1:59:17	5:39 min/km	+51:34
99	1509	GEMA GÓMEZ MUÑOZ		28:34	5:42 min/km	55:39	5:33 min/km	1:23:22	5:33 min/km	1:58:33	1:59:40	5:40 min/km	+51:57
100	2229	MARIA GRACIA CAÑANADAS GARCIA-B,		30:24	6:04 min/km	57:53	5:47 min/km	1:24:57	5:39 min/km	1:58:48	1:59:51	5:40 min/km	+52:08
101	1791	BEATRIZ ARENAL RUIZ		28:19	5:39 min/km	54:54	5:29 min/km	1:22:55	5:31 min/km	1:58:54	1:59:51	5:40 min/km	+52:08
102	127	ANA RUIZ GONZÁLEZ	CAT PARQUESOL	25:27	5:05 min/km	51:07	5:06 min/km	1:20:40	5:22 min/km	1:59:14	2:00:02	5:41 min/km	+52:19
103	1852	SUSANA MARTÍN HERRANZ	IMD	29:22	5:52 min/km	56:37	5:39 min/km	1:24:11	5:36 min/km	2:00:09	2:00:09	5:41 min/km	+52:26
104	2193	SANDRA GARCIA PECHARROMAN	CAP MONTERESMA LA ATALAYA	29:36	5:55 min/km	56:54	5:41 min/km	1:24:52	5:39 min/km	1:58:55	2:00:10	5:41 min/km	+52:27
105	912	CLARA ALLAS LLORENTE		27:15	5:27 min/km	53:42	5:22 min/km	1:22:12	5:28 min/km	1:59:39	2:00:14	5:41 min/km	+52:30
106	1577	LUCIA SANCHEZ DE LA BLANCA		28:05	5:37 min/km	55:04	5:30 min/km	1:23:34	5:34 min/km	2:00:03	2:00:14	5:41 min/km	+52:30
107	1648	NURIA MUÑOZ MUÑOZ	Running Park Madrid	27:53	5:34 min/km	54:49	5:28 min/km	1:23:39	5:34 min/km	2:00:22	2:00:25	5:42 min/km	+52:42
108	689	ANA MARIA NUÑEZ ROJAS	PUERTA BISAGRA	29:26	5:53 min/km	56:48	5:40 min/km	1:25:17	5:41 min/km	2:00:49	2:00:56	5:44 min/km	+53:13
109	151	MARIBEL LUJAN GARCIA	PUERTA BISAGRA	29:26	5:53 min/km	56:48	5:40 min/km	1:25:17	5:41 min/km	2:00:50	2:00:57	5:44 min/km	+53:14
110	1962	CRISTINA ANGELES CHAPACA OSORIO	GACA VI	30:24	6:04 min/km	57:42	5:46 min/km	1:25:35	5:42 min/km	1:59:30	2:01:09	5:44 min/km	+53:26
111	1964	SILVIA AVILES DE LA TORRE	GACA VI	30:24	6:04 min/km	57:42	5:46 min/km	1:25:36	5:42 min/km	1:59:31	2:01:14	5:44 min/km	+53:31
112	157	BELÉN MARÍN VELASCO	D-SAS-3	29:54	5:58 min/km	57:12	5:43 min/km	1:25:38	5:42 min/km	2:00:29	2:01:19	5:45 min/km	+53:35
113	2358	LAURA SANCHEZ LORENZO		30:20	6:04 min/km	56:42	5:40 min/km	1:24:03	5:36 min/km	2:00:10	2:01:24	5:45 min/km	+53:41
114	141	FUENCISLA MILLÁN MARTÍN	Trivoltors Alcàsser	28:16	5:39 min/km	55:31	5:33 min/km	1:23:44	5:34 min/km	2:00:47	2:01:26	5:45 min/km	+53:43
115	581	AITANA TAMAYO HERNANDO		27:57	5:35 min/km	55:05	5:30 min/km	1:23:42	5:34 min/km	2:01:14	2:01:31	5:45 min/km	+53:48
116	675	PATRICIA FERNANDEZ MORCILLO	Forusrunner Fuenlabrada	26:17	5:15 min/km	53:01	5:18 min/km	1:21:58	5:27 min/km	2:00:57	2:01:36	5:45 min/km	+53:52





**Distancia: 21.097 ms Fecha: 24/03/2019**

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	1765	GEMA FONSECA BENITO		27:26	5:29 min/km	54:44	5:28 min/km	1:24:16	5:37 min/km	2:01:27	2:01:49	5:46 min/km	+54:05
118	921	ANGELA BRAVO FERNANDEZ	La Penul	30:43	6:08 min/km	58:06	5:48 min/km	1:25:43	5:42 min/km	2:00:27	2:01:50	5:46 min/km	+54:06
119	1034	CRISTINA JURADO RODRIGO	GACA XII	30:33	6:06 min/km	57:55	5:47 min/km	1:24:59	5:39 min/km	2:00:46	2:01:58	5:46 min/km	+54:15
120	2076	ANA ISABEL CEREZO MARTIN		30:14	6:02 min/km	58:09	5:48 min/km	1:26:52	5:47 min/km	2:00:55	2:02:11	5:47 min/km	+54:28
121	2243	MELISA SANZ GARCIA	imdsg	34:58	6:59 min/km	1:13:05	7:18 min/km	1:43:23	6:53 min/km	2:01:48	2:02:14	5:47 min/km	+54:31
122	835	MARÍA MAGDALENA GALVÁN RODRÍGU		36:19	7:15 min/km	1:12:27	7:14 min/km	1:43:22	6:53 min/km	2:00:56	2:02:16	5:47 min/km	+54:33
123	2184	ARANZAZU SERRANO OLMO	GACA VI	29:53	5:58 min/km	57:13	5:43 min/km	1:25:10	5:40 min/km	2:00:41	2:02:17	5:47 min/km	+54:33
124	1332	CRISTINA MUNOZ CUBERO	C.D Atletismo Carbonero	28:10	5:38 min/km	54:48	5:28 min/km	1:23:26	5:33 min/km	2:01:54	2:02:25	5:48 min/km	+54:42
125	1323	CONSUELO ANTA ALONSO		28:34	5:42 min/km	56:03	5:36 min/km	1:24:52	5:39 min/km	2:02:14	2:02:25	5:48 min/km	+54:42
126	814	ARANZAZU GUTIERREZ ORTEGA	Burgos Corre	27:32	5:30 min/km	54:01	5:24 min/km	1:24:07	5:36 min/km	2:01:55	2:02:43	5:49 min/km	+55:00
127	542	PILAR HERNANDEZ LOPEZ		30:30	6:06 min/km	58:22	5:50 min/km	1:26:40	5:46 min/km	2:01:36	2:03:03	5:50 min/km	+55:20
128	2174	ÁNGELA BERNARDO CANTALAPIEDRA	independiente	30:25	6:05 min/km	58:22	5:50 min/km	1:27:00	5:48 min/km	2:01:57	2:03:05	5:50 min/km	+55:22
129	763	SILVIA MERCADO TORRES		30:01	6:00 min/km	58:27	5:50 min/km	1:26:51	5:47 min/km	2:01:57	2:03:09	5:50 min/km	+55:25
130	1002	SYLVIA MARTIN BARREIRO	USBA EL EMPECINADO	27:54	5:34 min/km	54:23	5:26 min/km	1:23:37	5:34 min/km	2:02:38	2:03:23	5:50 min/km	+55:39
131	2448	PALOMA GONZALEZ ARRANZ	Galga Segoviana	25:27	5:05 min/km	51:22	5:08 min/km	1:22:51	5:31 min/km	2:03:11	2:03:25	5:51 min/km	+55:42
132	2266	CRISTINA CARRETERO GOMEZ		26:49	5:21 min/km	53:52	5:23 min/km	1:25:40	5:42 min/km	2:03:18	2:03:28	5:51 min/km	+55:45
133	2299	MIRIAM LOPEZ RODRIGUEZ		29:54	5:58 min/km	57:01	5:42 min/km	1:24:34	5:38 min/km	2:02:01	2:03:31	5:51 min/km	+55:48
134	300	PRADO RIVERO DOMINGUEZ	UNION DEPORTIVA VEGETARIANA	29:41	5:56 min/km	57:16	5:43 min/km	1:26:23	5:45 min/km	2:02:37	2:03:39	5:51 min/km	+55:56
135	1187	LORENA RODRIGUEZ MARTINEZ		28:33	5:42 min/km	55:35	5:33 min/km	1:24:53	5:39 min/km	2:03:25	2:04:01	5:52 min/km	+56:18
136	1133	PATROCINIO BERSABE MARQUEZ		28:34	5:42 min/km	55:36	5:33 min/km	1:24:52	5:39 min/km	2:03:25	2:04:02	5:52 min/km	+56:19
137	701	GEMA CARCEDO GONZALEZ	Miércoles a correr	29:23	5:52 min/km	56:52	5:41 min/km	1:26:33	5:46 min/km	2:02:50	2:04:04	5:52 min/km	+56:20
138	1683	ANA ISABEL JUAREZ DIEZ		29:15	5:51 min/km	57:32	5:45 min/km	1:26:04	5:44 min/km	2:02:52	2:04:10	5:53 min/km	+56:27
139	883	IRENE GRIMARET RINCÓN	Penul Runners	31:06	6:13 min/km	59:27	5:56 min/km	1:28:29	5:53 min/km	2:03:05	2:04:25	5:53 min/km	+56:42
140	1506	WARINEE CHAIPAT		29:09	5:49 min/km	56:41	5:40 min/km	1:26:14	5:44 min/km	2:04:03	2:04:29	5:54 min/km	+56:45
141	206	GEMA DIAZ GARCIA		29:51	5:58 min/km	57:41	5:46 min/km	1:26:32	5:46 min/km	2:03:31	2:04:31	5:54 min/km	+56:47
142	337	RAQUEL BARROSO		31:11	6:14 min/km	59:32	5:57 min/km	1:27:51	5:51 min/km	2:03:09	2:04:34	5:54 min/km	+56:51
143	1366	CARMEN SÁNCHEZ GIL	Club corredores	31:55	6:23 min/km	1:02:03	6:12 min/km	1:30:04	6:00 min/km	2:03:12	2:04:37	5:54 min/km	+56:54
144	562	MAITENA DUCE HERNANDO	CDCEBE	29:12	5:50 min/km	57:07	5:42 min/km	1:26:43	5:46 min/km	2:03:45	2:04:39	5:54 min/km	+56:56
145	1850	ISABEL PLAZA LASTRAS	IMD			57:51	5:47 min/km	1:27:40	5:50 min/km	2:04:31	2:04:46	5:54 min/km	+57:02





**Distancia: 21.097 ms Fecha: 24/03/2019**

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	1424	REBECA AGUILAR BAEZA		29:38	5:55 min/km	56:56	5:41 min/km	1:26:16	5:45 min/km	2:03:28	2:04:46	5:54 min/km	+57:03
147	1329	BABILA PÉREZ HORCAJO		30:09	6:01 min/km	58:13	5:49 min/km	1:26:58	5:47 min/km	2:04:29	2:05:11	5:56 min/km	+57:28
148	2359	ERICA PINTO GARCÍA		30:20	6:04 min/km	56:49	5:40 min/km	1:25:51	5:43 min/km	2:04:05	2:05:22	5:56 min/km	+57:39
149	2262	MARIA ALONSO PASTOR						1:23:55	5:35 min/km	2:04:46	2:05:22	5:56 min/km	+57:39
150	1844	VIRTUDES RAMOS HERRANZ	IMD	31:10	6:14 min/km	1:00:35	6:03 min/km	1:29:16	5:57 min/km	2:04:45	2:05:25	5:56 min/km	+57:41
151	1836	NOELIA ALONSO GARCÍA	IMD	31:11	6:14 min/km	1:00:35	6:03 min/km	1:29:14	5:56 min/km	2:04:42	2:05:25	5:56 min/km	+57:42
152	754	MARÍA MAR GONZÁLEZ SÁNCHEZ	Atletas Populares Plasencia	30:01	6:00 min/km	58:24	5:50 min/km	1:28:26	5:53 min/km	2:04:34	2:05:29	5:56 min/km	+57:46
153	982	MAITE GIL COTARELO	RUN AND RUN	30:58	6:11 min/km	59:23	5:56 min/km	1:28:32	5:54 min/km	2:04:38	2:05:33	5:57 min/km	+57:50
154	980	ROSANA PEREZ PAINO	RUN AND RUN	30:58	6:11 min/km	59:22	5:56 min/km	1:28:29	5:53 min/km	2:04:38	2:05:33	5:57 min/km	+57:50
155	2378	SORAYA TAPIAS REVENGA		30:57	6:11 min/km	59:29	5:56 min/km	1:28:57	5:55 min/km	2:04:58	2:06:07	5:58 min/km	+58:24
156	1720	ROSARIO DE DIOS		30:11	6:02 min/km	57:56	5:47 min/km	1:27:41	5:50 min/km	2:04:48	2:06:13	5:59 min/km	+58:29
157	1162	MONTSERRAT CONCEPCION DUQUE	Forus	27:52	5:34 min/km	55:24	5:32 min/km	1:26:13	5:44 min/km	2:06:10	2:06:19	5:59 min/km	+58:35
158	361	FELICIDAD MARIN GONZALEZ		30:37	6:07 min/km	58:45	5:52 min/km	1:28:21	5:53 min/km	2:05:36	2:06:29	5:59 min/km	+58:45
159	362	VIRGINIA CABALLERO BASURTO		30:37	6:07 min/km	58:45	5:52 min/km	1:28:19	5:53 min/km	2:05:38	2:06:31	5:59 min/km	+58:48
160	1618	ELISABET MATEO GARCÍA	BEER RUNNERS NAVALMANZANO	29:24	5:52 min/km	58:02	5:48 min/km	1:28:17	5:53 min/km	2:06:13	2:06:37	6:00 min/km	+58:54
161	1393	SOL CUESTA ALBERTOS	turno de las 8	30:35	6:07 min/km	59:09	5:54 min/km	1:28:37	5:54 min/km	2:05:21	2:06:42	6:00 min/km	+58:59
162	2433	MARIA HORCAJO LLORENTE	independiente	30:52	6:10 min/km	59:24	5:56 min/km	1:28:52	5:55 min/km	2:05:24	2:06:55	6:00 min/km	+59:11
163	1587	MARIA MARTINEZ CAMARA		31:09	6:13 min/km	1:00:04	6:00 min/km	1:30:12	6:00 min/km	2:06:31	2:06:59	6:01 min/km	+59:16
164	922	CAROLINA LUQUE CALVO	La Penul Runners	31:08	6:13 min/km	59:27	5:56 min/km	1:28:29	5:53 min/km	2:05:42	2:07:03	6:01 min/km	+59:20
165	379	MARTA GONZALEZ PASCUAL		30:49	6:09 min/km	59:32	5:57 min/km	1:29:11	5:56 min/km	2:06:06	2:07:11	6:01 min/km	+59:28
166	380	ROSA MARIA MARTIN SACRISTAN		30:49	6:09 min/km	59:31	5:57 min/km	1:29:10	5:56 min/km	2:06:06	2:07:11	6:01 min/km	+59:28
167	1150	CRISTINA JIMÉNEZ SÁNCHEZ		29:21	5:52 min/km	57:01	5:42 min/km	1:27:36	5:50 min/km	2:06:16	2:07:17	6:02 min/km	+59:34
168	426	VANESSA RICO ZAZO	Comunabike team	30:18	6:03 min/km	58:41	5:52 min/km	1:28:44	5:54 min/km	2:07:08	2:07:36	6:02 min/km	+59:52
169	756	VIRGINICA BULOI	FORREST GUMP TEAM	30:19	6:03 min/km	58:46	5:52 min/km	1:28:45	5:55 min/km	2:07:08	2:07:37	6:03 min/km	+59:54
170	2226	EVA MARÍA GUIJARRO ÁLVAREZ	#ALWAYSWITHMYSOLETE	30:41	6:08 min/km	1:00:00	6:00 min/km	1:30:05	6:00 min/km	2:06:49	2:07:55	6:03 min/km	+1:00:12
171	81	IRENE SÁEZ GONZÁLEZ		30:40	6:08 min/km	59:09	5:54 min/km	1:29:27	5:57 min/km	2:06:34	2:07:56	6:03 min/km	+1:00:13
172	1859	MARIA LUISA FRIAS PEREZ	IMD	29:02	5:48 min/km	58:20	5:50 min/km	1:28:15	5:53 min/km	2:07:56	2:08:02	6:04 min/km	+1:00:19
173	1004	ELVIRA ALVAREZ HIDALGO	USBA EL EMPECINADO	28:03	5:36 min/km	55:53	5:35 min/km	1:27:23	5:49 min/km	2:07:15	2:08:08	6:04 min/km	+1:00:24
174	854	ELENA PARDINA LÓPEZ		34:08	6:49 min/km	1:07:46	6:46 min/km	1:45:14	7:00 min/km	2:07:34	2:08:11	6:04 min/km	+1:00:27





**Distancia: 21.097 ms Fecha: 24/03/2019**

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	87	SARA GARCIA MAESTRO	BEER RUNNERS NAVALMANZANO	31:09	6:13 min/km	1:00:06	6:00 min/km	1:30:11	6:00 min/km	2:07:47	2:08:11	6:04 min/km	+1:00:28
176	1707	BEATRIZ REAL BORONAT	Paiderunners	28:53	5:46 min/km	57:54	5:47 min/km	1:29:46	5:59 min/km	2:07:41	2:08:21	6:05 min/km	+1:00:38
177	1713	RAQUEL JULIA VILLALBA CEDENA		28:54	5:46 min/km	57:53	5:47 min/km	1:29:47	5:59 min/km	2:07:43	2:08:22	6:05 min/km	+1:00:39
178	2415	KELSEY TATAREK		30:01	6:00 min/km	58:22	5:50 min/km	1:28:42	5:54 min/km	2:06:55	2:08:26	6:05 min/km	+1:00:43
179	1752	AMPARO GOMEZ ARRANZ	independiente	31:30	6:18 min/km	1:00:16	6:01 min/km	1:30:23	6:01 min/km	2:07:15	2:08:30	6:05 min/km	+1:00:47
180	1705	ALICIA GARCIA PABLO	A trote borriquero	30:39	6:07 min/km	58:58	5:53 min/km	1:29:18	5:57 min/km	2:07:18	2:08:41	6:06 min/km	+1:00:58
181	30	ISABEL CORDERO GONZÁLEZ	SPARTAN@S GRIÑÓN	30:56	6:11 min/km	1:00:02	6:00 min/km	1:30:55	6:03 min/km	2:08:15	2:08:45	6:06 min/km	+1:01:02
182	1960	ANA PUEYO GONZALEZ	GACA VI	30:23	6:04 min/km	57:42	5:46 min/km	1:28:44	5:54 min/km	2:07:06	2:08:47	6:06 min/km	+1:01:04
183	669	ROSA LÓPEZ GONZALO	#¿NOMBRE?	30:13	6:02 min/km	58:53	5:53 min/km	1:29:20	5:57 min/km	2:08:03	2:08:56	6:06 min/km	+1:01:12
184	1600	NITZA GARCIA BUENO		30:07	6:01 min/km	58:14	5:49 min/km	1:28:45	5:55 min/km	2:07:35	2:08:57	6:06 min/km	+1:01:14
185	1865	BEATRIZ MARTÍN GARRIDO	IMD	29:22	5:52 min/km	57:50	5:47 min/km	1:27:43	5:50 min/km	2:08:44	2:08:58	6:06 min/km	+1:01:15
186	1835	BEATRIZ JIMENO DE PABLOS	IMD	31:11	6:14 min/km	1:00:34	6:03 min/km	1:30:09	6:00 min/km	2:08:17	2:09:00	6:06 min/km	+1:01:17
187	2124	ANA ROSA CITORES LOZANO	ACART	30:07	6:01 min/km	57:04	5:42 min/km	1:27:28	5:49 min/km	2:08:06	2:09:05	6:07 min/km	+1:01:22
188	117	NATIVIDAD MOREJON	ESHCAP	30:31	6:06 min/km	59:15	5:55 min/km	1:29:51	5:59 min/km	2:08:37	2:09:25	6:08 min/km	+1:01:41
189	146	ELENA SEGURA RIUS		30:28	6:05 min/km	59:51	5:59 min/km	1:31:07	6:04 min/km	2:08:41	2:09:26	6:08 min/km	+1:01:43
190	607	MONICA CALVO URUEÑA	independiente	27:56	5:35 min/km	56:18	5:37 min/km	1:28:09	5:52 min/km	2:09:18	2:09:30	6:08 min/km	+1:01:46
191	1274	LAURA ESTEVEZ GARCIA	sin club	30:29	6:05 min/km	59:25	5:56 min/km	1:30:06	6:00 min/km	2:08:44	2:09:36	6:08 min/km	+1:01:53
192	553	JESELLE BAYONA GARDOCE		30:21	6:04 min/km	58:44	5:52 min/km	1:29:36	5:58 min/km	2:08:03	2:09:38	6:08 min/km	+1:01:54
193	203	MARIA LUISA ROLDÁN CENTENO		32:01	6:24 min/km	1:01:00	6:06 min/km	1:31:15	6:05 min/km	2:08:54	2:09:55	6:09 min/km	+1:02:12
194	433	MARÍA ANGELES GUTIÉRREZ CASSILLA		28:40	5:44 min/km	55:35	5:33 min/km	1:26:14	5:44 min/km	2:08:52	2:10:03	6:09 min/km	+1:02:20
195	1444	ALICIA MANSO PASTOR	Atletismo Carbonero	29:41	5:56 min/km	58:28	5:50 min/km	1:29:34	5:58 min/km	2:09:49	2:10:37	6:11 min/km	+1:02:54
196	1793	MIRIAM BERNABÉ GARCIA		29:40	5:56 min/km	58:29	5:50 min/km	1:29:34	5:58 min/km	2:09:49	2:10:37	6:11 min/km	+1:02:54
197	787	ADELINA CAMINO UGIDOS	SPARTAN@S GRIÑÓN	30:56	6:11 min/km	1:00:04	6:00 min/km	1:30:54	6:03 min/km	2:10:08	2:10:39	6:11 min/km	+1:02:55
198	1774	CELIA CACERES MUÑOZ	ATLETISMO CUELLAR	30:29	6:05 min/km	59:58	5:59 min/km	1:30:56	6:03 min/km	2:09:59	2:10:44	6:11 min/km	+1:03:00
199	231	GEMA SACEDÓN FRANCO								2:09:46	2:10:48	6:12 min/km	+1:03:05
200	159	MARTA GONZÁLEZ GARCÍA	Libre	30:53	6:10 min/km	59:54	5:59 min/km	1:30:52	6:03 min/km	2:09:46	2:10:49	6:12 min/km	+1:03:06
201	310	ICIAR GOMEZ RIVERA	Sanus Vitae Madrid	30:54	6:10 min/km	59:54	5:59 min/km	1:30:52	6:03 min/km	2:09:47	2:10:49	6:12 min/km	+1:03:06
202	158	OLGA CAMPUZANO PI	Libre	30:54	6:10 min/km	59:54	5:59 min/km	1:30:52	6:03 min/km	2:09:46	2:10:49	6:12 min/km	+1:03:06
203	969	SONIA PULIDO ZARZALEJO	Sanus Vitae Madrid							2:09:47	2:10:50	6:12 min/km	+1:03:07





**Distancia: 21.097 ms Fecha: 24/03/2019**

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	1074	PILAR RUIZ MORENO	GACA XII	30:36	6:07 min/km	58:12	5:49 min/km	1:28:24	5:53 min/km	2:09:55	2:11:12	6:13 min/km	+1:03:29
205	1063	CAROLINA CASTRO LÓPEZ	GACA XII	30:36	6:07 min/km	58:11	5:49 min/km	1:28:25	5:53 min/km	2:09:56	2:11:13	6:13 min/km	+1:03:30
206	1731	MARIA PIKLAR CANTERO BLANCO	CD Valdebebas	30:54	6:10 min/km	1:00:18	6:01 min/km	1:31:54	6:07 min/km	2:11:07	2:11:39	6:14 min/km	+1:03:56
207	164	RAQUEL DEL OLMO SERRANO		32:06	6:25 min/km	1:01:03	6:06 min/km	1:32:43	6:10 min/km	2:10:42	2:11:59	6:15 min/km	+1:04:16
208	1878	PIEDAD ARRANZ DE PABLOS		30:45	6:09 min/km	58:57	5:53 min/km	1:30:18	6:01 min/km	2:10:51	2:12:10	6:15 min/km	+1:04:27
209	1573	ANA CAÑAS SANZ		29:21	5:52 min/km	57:15	5:43 min/km	1:30:01	6:00 min/km	2:11:18	2:12:19	6:16 min/km	+1:04:36
210	240	ERICA TOQUERO REPISO	Mushing arroyo atletismo	29:44	5:56 min/km	58:56	5:53 min/km	1:30:18	6:01 min/km	2:11:45	2:12:23	6:16 min/km	+1:04:39
211	2072	MARIA RODRIGUEZ ARANGUEZ		32:03	6:24 min/km	1:01:36	6:09 min/km	1:32:32	6:10 min/km	2:11:37	2:12:29	6:16 min/km	+1:04:46
212	1611	ANA MARY PEREZ MORENO		31:44	6:20 min/km	1:01:51	6:11 min/km	1:34:03	6:16 min/km	2:11:45	2:12:33	6:17 min/km	+1:04:50
213	2477	CATHERINE HANDLEY		30:38	6:07 min/km	1:00:02	6:00 min/km	1:31:18	6:05 min/km	2:11:20	2:12:45	6:17 min/km	+1:05:01
214	983	ADRIANA CHELARU	RUN AND RUN	30:55	6:11 min/km	59:47	5:58 min/km	1:32:02	6:08 min/km	2:11:52	2:12:46	6:17 min/km	+1:05:03
215	2010	LAURA FERNANDEZ ALVAREZ	GACA VI	30:30	6:06 min/km	58:44	5:52 min/km	1:31:33	6:06 min/km	2:11:08	2:12:52	6:17 min/km	+1:05:09
216	118	ROCÍO MARTÍN LUENGO		29:50	5:58 min/km	58:30	5:51 min/km	1:30:39	6:02 min/km	2:12:14	2:13:10	6:18 min/km	+1:05:26
217	172	ALICIA VÁZQUEZ LOBO		30:01	6:00 min/km	58:43	5:52 min/km	1:31:19	6:05 min/km	2:11:41	2:13:12	6:18 min/km	+1:05:28
218	1161	SUSANA FUENTES BODES	EA Monfragüe	30:41	6:08 min/km	59:46	5:58 min/km	1:31:13	6:04 min/km	2:12:26	2:13:14	6:18 min/km	+1:05:30
219	192	REBECA LARROCA SANZ		31:36	6:19 min/km	1:01:58	6:11 min/km	1:32:35	6:10 min/km	2:12:43	2:13:48	6:20 min/km	+1:06:05
220	2483	CARMENCHU PEREZ VELA						1:33:08	6:12 min/km	2:14:03	2:14:03	6:21 min/km	+1:06:20
221	102	MJOSE GIL GUIJARRO		30:20	6:04 min/km	1:00:45	6:04 min/km	1:33:08	6:12 min/km	2:13:04	2:14:05	6:21 min/km	+1:06:22
222	1827	VERONICA ACEVEDO GONZALEZ	IMD	31:11	6:14 min/km	1:01:37	6:09 min/km	1:34:05	6:16 min/km	2:13:27	2:14:12	6:21 min/km	+1:06:29
223	963	ITZIAR DELGADO ROMERO DELGADO F		31:28	6:17 min/km	1:00:43	6:04 min/km	1:33:46	6:15 min/km	2:13:46	2:14:22	6:22 min/km	+1:06:39
224	1253	VERONICA HUECK RODRIGUEZ		31:42	6:20 min/km	1:01:58	6:11 min/km	1:33:27	6:13 min/km	2:13:55	2:14:42	6:23 min/km	+1:06:58
225	747	MARIA BRAVO GOMEZ		31:25	6:17 min/km	1:01:41	6:10 min/km	1:34:05	6:16 min/km	2:14:08	2:15:08	6:24 min/km	+1:07:24
226	1975	ALICIA JIMENEZ ROMERO	GACA VI	30:24	6:04 min/km	57:49	5:46 min/km	1:32:28	6:09 min/km	2:14:04	2:15:45	6:26 min/km	+1:08:01
227	1857	ELENA HERNANZ VILA	IMD	31:11	6:14 min/km	1:03:27	6:20 min/km	1:34:05	6:16 min/km	2:15:37	2:16:17	6:27 min/km	+1:08:33
228	1114	CLARISABEL DE SIGMARINGA BAYON	soloruner	30:25	6:05 min/km	1:00:16	6:01 min/km	1:32:49	6:11 min/km	2:15:36	2:16:20	6:27 min/km	+1:08:37
229	804	PATRICIA PÉREZ ARQUERO	Panda del Muro	31:55	6:23 min/km	1:02:05	6:12 min/km	1:34:18	6:17 min/km	2:15:18	2:16:27	6:28 min/km	+1:08:43
230	53	M JOSE MENDOZA GARCIA	PAS A PAS LA CANYADA	32:56	6:35 min/km	1:03:12	6:19 min/km	1:34:34	6:18 min/km	2:15:28	2:16:41	6:28 min/km	+1:08:58
231	196	CARMEN EDO MOYA	PAS A PAS LA CANYADA	32:56	6:35 min/km	1:03:09	6:18 min/km	1:35:01	6:20 min/km	2:15:31	2:16:41	6:28 min/km	+1:08:58
232	630	VANYA KIRILOVA TONKOVSKA		29:50	5:58 min/km	58:15	5:49 min/km	1:30:18	6:01 min/km	2:15:27	2:16:45	6:28 min/km	+1:09:02







**Distancia: 21.097 ms Fecha: 24/03/2019**

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	2092	NOEMI ALVAREZ CASADO	ACART	31:48	6:21 min/km	1:00:55	6:05 min/km	1:33:45	6:15 min/km	2:16:02	2:17:15	6:30 min/km	+1:09:31
234	2113	AGUSTINA ANGELICA FERNANDEZ GON	ACART	31:47	6:21 min/km	1:00:53	6:05 min/km	1:33:44	6:14 min/km	2:16:02	2:17:15	6:30 min/km	+1:09:32
235	964	CRISTINA SANCHEZ CASTREJON		31:29	6:17 min/km	1:01:53	6:11 min/km	1:34:24	6:17 min/km	2:16:40	2:17:15	6:30 min/km	+1:09:32
236	2099	IRENE IGLESIAS FIGUEROA	ACART	31:48	6:21 min/km	1:00:55	6:05 min/km	1:33:45	6:15 min/km	2:16:02	2:17:15	6:30 min/km	+1:09:32
237	2467	CARMEN GIL SANZ		29:28	5:53 min/km	1:00:25	6:02 min/km	1:35:22	6:21 min/km	2:17:09	2:17:31	6:31 min/km	+1:09:48
238	1380	ROSA MARÍA MORAGA GONZÁLEZ		32:38	6:31 min/km	1:03:20	6:20 min/km	1:35:52	6:23 min/km	2:16:18	2:17:46	6:31 min/km	+1:10:03
239	608	MAITE MONTAÑANA PEREZ		33:34	6:42 min/km	1:05:03	6:30 min/km	1:37:28	6:29 min/km	2:16:32	2:17:49	6:32 min/km	+1:10:06
240	1485	MONTSE NÚÑEZ NÚÑEZ		31:09	6:13 min/km	1:01:50	6:11 min/km	1:35:13	6:20 min/km	2:17:30	2:18:07	6:32 min/km	+1:10:24
241	1563	SARA HERRERO MÚÑOZ								2:18:07	2:18:07	6:32 min/km	+1:10:24
242	1876	BEATRIZ ARMENTEROS ORTEGA	DRINKINGRUNNERS	34:34	6:54 min/km	1:06:40	6:40 min/km	1:39:15	6:37 min/km	2:16:55	2:18:17	6:33 min/km	+1:10:33
243	554	ALEJANDRA PIÑERO GARCIA	GIN RUNNERS	32:58	6:35 min/km	1:03:42	6:22 min/km	1:36:22	6:25 min/km	2:17:18	2:18:41	6:34 min/km	+1:10:58
244	354	MARIA DE LOS ANGELES TAMUREJO M.	Comunabike	31:40	6:20 min/km	1:02:13	6:13 min/km	1:35:38	6:22 min/km	2:18:14	2:18:43	6:34 min/km	+1:11:00
245	1218	CRISTINA MATEO MARÍA	ZAMARATHÓN	31:18	6:15 min/km	1:01:16	6:07 min/km	1:34:23	6:17 min/km	2:18:52	2:18:52	6:34 min/km	+1:11:08
246	789	LUCÍA MATEOS CAMINO	LYNCE	31:15	6:15 min/km	1:00:40	6:04 min/km	1:33:46	6:15 min/km	2:18:44	2:19:13	6:36 min/km	+1:11:30
247	1977	TAMARA DOMENECH ARAN	GACA VI	31:10	6:14 min/km	1:03:40	6:22 min/km	1:39:04	6:36 min/km	2:17:52	2:19:33	6:36 min/km	+1:11:49
248	1873	CARMEN GONZALEZ GARCIA	IMD	30:40	6:08 min/km	1:01:26	6:08 min/km	1:35:32	6:22 min/km	2:19:19	2:19:39	6:37 min/km	+1:11:56
249	1663	CRISTINA RECIO GOMEZ		32:14	6:26 min/km	1:03:01	6:18 min/km	1:35:56	6:23 min/km	2:18:27	2:19:43	6:37 min/km	+1:11:59
250	1668	MAITE MONTERO HERRERO		32:15	6:27 min/km	1:02:59	6:17 min/km	1:35:55	6:23 min/km	2:18:27	2:19:43	6:37 min/km	+1:12:00
251	2459	NATALIA RUANO		28:33	5:42 min/km	58:42	5:52 min/km	1:32:54	6:11 min/km	2:19:39	2:19:45	6:37 min/km	+1:12:02
252	189	NATHALIE BOTTEMER BADET	ES Hagondange	32:15	6:27 min/km	1:03:20	6:20 min/km	1:37:21	6:29 min/km	2:19:23	2:20:12	6:38 min/km	+1:12:29
253	353	SABINA MATESANZ RODRÍGUEZ	FORREST GUMP TEAM	31:58	6:23 min/km	1:03:57	6:23 min/km	1:37:15	6:29 min/km	2:20:05	2:20:28	6:39 min/km	+1:12:45
254	1557	LUCÍA BAUTISTA MARTÍN	FORREST GUMP TEAM					1:37:15	6:29 min/km	2:20:03	2:20:30	6:39 min/km	+1:12:46
255	119	MARIA ARANZAZU LLORENTE ESTEBAN		32:11	6:26 min/km	1:02:12	6:13 min/km	1:36:00	6:24 min/km	2:19:39	2:20:37	6:39 min/km	+1:12:54
256	1000	LORENA REDONDO ESCRIBANO	USBA EL EMPECINADO	32:01	6:24 min/km	1:02:52	6:17 min/km	1:35:54	6:23 min/km	2:20:02	2:20:48	6:40 min/km	+1:13:04
257	1583	NATALIA BASTOS VILLA	Muzenza	31:27	6:17 min/km	1:01:58	6:11 min/km	1:35:48	6:23 min/km	2:20:01	2:20:58	6:40 min/km	+1:13:15
258	557	RAQUEL ZAZO HERNANDEZ		31:46	6:21 min/km	1:03:20	6:20 min/km	1:37:16	6:29 min/km	2:20:50	2:20:58	6:40 min/km	+1:13:15
259	1871	MERCEDES VALLEJO SACRISTÁN	IMD	31:34	6:18 min/km	1:02:20	6:14 min/km	1:36:22	6:25 min/km	2:20:36	2:21:19	6:41 min/km	+1:13:36
260	2203	MARIA FATIMA NOGALES LOPEZ	IKAI RUNNING TEAM	31:12	6:14 min/km	1:02:40	6:16 min/km	1:36:14	6:24 min/km	2:20:23	2:21:27	6:42 min/km	+1:13:44
261	364	MARINA SACRISTAN DIAZ	FONDISTAS DE MOSTOLES	31:53	6:22 min/km	1:04:04	6:24 min/km	1:38:02	6:32 min/km	2:22:00	2:22:27	6:45 min/km	+1:14:43





**Distancia: 21.097 ms Fecha: 24/03/2019**

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	1813	AURELIA GALÁN GALÁN	IMD	32:40	6:32 min/km	1:03:50	6:23 min/km	1:37:44	6:30 min/km	2:22:02	2:22:39	6:45 min/km	+1:14:56
263	14	KA YU LI		34:05	6:49 min/km	1:06:09	6:36 min/km	1:39:22	6:37 min/km	2:21:51	2:23:27	6:48 min/km	+1:15:44
264	50	MARTA BARTOLOME DUQUE		32:09	6:25 min/km	1:03:36	6:21 min/km	1:37:36	6:30 min/km	2:22:50	2:23:40	6:48 min/km	+1:15:56
265	1834	ESTHER GARCÍA ARCONES	IMD	31:12	6:14 min/km	1:01:46	6:10 min/km	1:37:54	6:31 min/km	2:23:05	2:23:50	6:49 min/km	+1:16:07
266	502	OLGA FARACO DE GRADO		31:45	6:21 min/km	1:03:51	6:23 min/km	1:37:51	6:31 min/km	2:23:53	2:24:18	6:50 min/km	+1:16:34
267	1808	ANA M <sup>a</sup> GALICIA GONZALEZ	IMD	33:07	6:37 min/km	1:05:31	6:33 min/km	1:40:48	6:43 min/km	2:23:40	2:24:22	6:50 min/km	+1:16:38
268	1824	ESTEFANÍA MARUGÁN PINTOS	IMD	33:07	6:37 min/km	1:05:33	6:33 min/km	1:40:49	6:43 min/km	2:24:23	2:24:23	6:50 min/km	+1:16:39
269	1325	MAGGIE HOLMES		34:41	6:56 min/km	1:07:33	6:45 min/km	1:42:50	6:51 min/km	2:26:56	2:28:27	7:02 min/km	+1:20:44
270	2289	ELENA AREVALO MINGUEZ		32:39	6:31 min/km	1:05:43	6:34 min/km	1:41:54	6:47 min/km	2:27:51	2:28:28	7:02 min/km	+1:20:44
271	2288	RAQUEL BALLESTEROS CANOVAS		32:39	6:31 min/km	1:05:39	6:33 min/km	1:41:54	6:47 min/km	2:27:52	2:28:28	7:02 min/km	+1:20:45
272	1940	PAULA YUSTINO BERNABE	GACA VI	32:39	6:31 min/km	1:04:42	6:28 min/km	1:39:04	6:36 min/km	2:27:26	2:29:06	7:04 min/km	+1:21:23
273	1978	ISABEL LARA PASCUAL MONTON	GACA VI	32:39	6:31 min/km	1:04:38	6:27 min/km	1:41:35	6:46 min/km	2:29:06	2:30:46	7:08 min/km	+1:23:03
274	49	BEATRIZ RINCÓN MELERO		32:10	6:26 min/km	1:04:51	6:29 min/km	1:42:04	6:48 min/km	2:31:17	2:32:07	7:12 min/km	+1:24:24
275	1839	ZORAIDA CEREZO MARTIN	IMD	34:08	6:49 min/km	1:07:43	6:46 min/km	1:45:07	7:00 min/km	2:31:34	2:32:09	7:12 min/km	+1:24:26
276	409	SANDRA LOPEZ GARCIA	FORREST GUMP TEAM	33:33	6:42 min/km	1:05:45	6:34 min/km	1:43:09	6:52 min/km	2:35:36	2:36:00	7:23 min/km	+1:28:16
277	516	MARÍA ISABEL MELERO SÁNCHEZ	C.A. Pinar-Ekuon-Conchel	38:35	7:43 min/km	1:16:08	7:36 min/km	1:43:40	6:54 min/km	2:37:22	2:38:26	7:30 min/km	+1:30:43

