

Campeonato de Madrid Absoluto y Máster de 5 Km Ruta

Villarejo de Salvanés - 11/09/2022

5 KM

| Puesto | Dorsal | Tiempo | Neto | Rit. | Apellidos, Nombre | Año | Lic. | P.S. | Cat. | P.C. | Equipo |
|--------|--------|--------|-------|------|------------------------------------|------|--------|------|--------|------|----------------------------|
| 1 | 270 | 14:58 | 14:58 | 3:00 | ESPAÑA COBO, JESUS | 1978 | M627 | 1 | 40.44M | 1 | A.A. VALDEMORO |
| 2 | 344 | 15:00 | 15:00 | 3:00 | MENDOZA JIMENEZ, RODRIGO | 1998 | M4472 | 2 | SM | 1 | ATLETISMO NUMANTINO |
| 3 | 288 | 15:21 | 15:20 | 3:04 | GARCIA PEZUELA, JAVIER | 1995 | M14358 | 3 | SM | 2 | ATMO. TARANCÓN |
| 4 | 232 | 15:25 | 15:24 | 3:05 | ARAGONESES SOMOZA, BORJA | 1987 | M11983 | 4 | 35.39M | 1 | SUANZES SAN BLAS |
| 5 | 265 | 15:36 | 15:36 | 3:08 | DEL POZO ALVAREZ, MIGUEL | 1981 | M6378 | 5 | 40.44M | 2 | SUANZES SAN BLAS |
| 6 | 392 | 15:44 | 15:44 | 3:09 | SALINERO MIGUEL, SERGIO | 1981 | M7063 | 6 | 40.44M | 3 | SS. REYES - CC. MENORCA |
| 7 | 263 | 15:47 | 15:46 | 3:10 | DE MARCOS DOMINGUEZ, JOSUE | 1984 | M1415 | 7 | 35.39M | 2 | UNION ATLETICA COSLADA |
| 8 | 262 | 15:50 | 15:50 | 3:10 | DE LA MATA MARIA, PEDRO | 1996 | M821 | 8 | SM | 3 | SS. REYES - CC. MENORCA |
| 9 | 268 | 15:54 | 15:52 | 3:11 | DELGADO SILLERO, MIGUEL | 1988 | M24850 | 9 | SM | 4 | A.D. MARATHON |
| 10 | 280 | 16:01 | 16:00 | 3:12 | GARCIA CALVO, AITOR | 2004 | M11832 | 10 | SM | 5 | ATLETISMO ALCORCON |
| 11 | 266 | 16:05 | 16:04 | 3:13 | DEL ROSARIO ABAD, MIGUEL ANGEL | 2004 | M1575 | 11 | SM | 6 | MUNICIPAL ARGANDA |
| 12 | 340 | 16:10 | 16:08 | 3:14 | MARTIN-POZO MARCHAND, JAVIER | 1975 | M1999 | 12 | 45.49M | 1 | CLUC KUKIMBIA NAVALCARNERO |
| 13 | 231 | 16:11 | 16:10 | 3:14 | ANTON QUILES, DANIEL | 1982 | M22841 | 13 | 40.44M | 4 | CANGURO A.A.C. |
| 14 | 318 | 16:17 | 16:17 | 3:16 | LEON SANCHEZ, ISIDORO | 1974 | M253 | 14 | 45.49M | 2 | CA SATURNO DAIMIEL |
| 15 | 376 | 16:21 | 16:21 | 3:17 | QUILES FERNANDEZ, FRANCISCO JOSE | 1987 | M7771 | 15 | 35.39M | 3 | CLUB RFB BOADILLA |
| 16 | 363 | 16:23 | 16:15 | 3:15 | NAVARRO IZQUIERDO, DANIEL | 1983 | M6532 | 16 | 35.39M | 4 | CLUC KUKIMBIA NAVALCARNERO |
| 17 | 248 | 16:26 | 16:24 | 3:17 | CAMPOS TORRIJOS, JUAN MANUEL | 1979 | M5919 | 17 | 40.44M | 5 | UNION ATLETICA COSLADA |
| 18 | 322 | 16:35 | 16:35 | 3:19 | LOPEZ MOLLONS, AARON | 2000 | M1005 | 18 | SM | 7 | ATLETISMO ALCORCON |
| 19 | 259 | 16:45 | 16:44 | 3:21 | CROS GUTIERREZ, RAFAEL | 1975 | M13373 | 19 | 45.49M | 3 | A.A. VALDEMORO |
| 20 | 355 | 16:48 | 16:48 | 3:22 | MORENO PEREZ, DIEGO | 1985 | M2896 | 20 | 35.39M | 5 | CLUB RFB BOADILLA |
| 21 | 306 | 16:50 | 16:45 | 3:21 | GUTIERREZ BLANCO, ALBERTO | 1982 | M17968 | 21 | 40.44M | 6 | CLUB RFB BOADILLA |
| 22 | 252 | 16:51 | 16:47 | 3:22 | CASADO MORENO, LUIS MIGUEL | 1978 | M16294 | 22 | 40.44M | 7 | AT CERVANTES ALCALA |
| 23 | 247 | 16:55 | 16:51 | 3:23 | CALVO CAÑEDO-ARGÜELLES, ALFONSO | 1979 | M11758 | 23 | 40.44M | 8 | A.D. SPRINT |
| 24 | 261 | 16:55 | 16:55 | 3:23 | DE LA FUENTE MARTIN, SANTIAGO | 1974 | M2106 | 24 | 45.49M | 4 | A.A. MOSTOLES |
| 25 | 358 | 16:55 | 16:51 | 3:23 | MUÑOZ HERNANDEZ, PEDRO FERNANDO | 1978 | M19143 | 25 | 40.44M | 9 | AJALKALA |
| 26 | 228 | 17:01 | 17:00 | 3:24 | ALONSO ORDOÑEZ, OSCAR | 1972 | M9502 | 26 | 50.54M | 1 | CLUB ATLETISMO LAS ROZAS |
| 27 | 390 | 17:02 | 17:01 | 3:25 | RUIZ FRONTON, DANIEL | 1983 | M8223 | 27 | 35.39M | 6 | A.A. VALDEMORO |
| 28 | 401 | 17:02 | 17:01 | 3:25 | SANTOS LOPEZ, DANIEL | 1993 | M26843 | 28 | SM | 8 | UNION ATLETICA COSLADA |
| 29 | 328 | 17:04 | 17:02 | 3:25 | MANSILLA MARTIN, ALBERTO | 1990 | M1676 | 29 | SM | 9 | A.A. MOSTOLES |
| 30 | 375 | 17:08 | 17:07 | 3:26 | POUSA RODICIO, JUAN CARLOS | 1964 | M485 | 30 | 55.59M | 1 | E.A. MAJADAHONDA |
| 31 | 244 | 17:14 | 17:11 | 3:27 | CADENAS DURAN, MIGUEL ANGEL | 1972 | M1035 | 31 | 45.49M | 5 | A.D. MARATHON |
| 32 | 325 | 17:14 | 17:12 | 3:27 | LOZANO BENAVENTE, FRANCISCO JAVIER | 1982 | M1652 | 32 | 40.44M | 10 | CANGURO A.A.C. |
| 33 | 286 | 17:14 | 17:13 | 3:27 | GARCIA MARTIN, RODRIGO | 1996 | M12745 | 33 | SM | 10 | CIUDAD DE RIVAS |
| 34 | 346 | 17:17 | 17:14 | 3:27 | MONTALBAN DIAZ, BORJA | 1986 | M16090 | 34 | 35.39M | 7 | AT. ARROYOMOLINOS |
| 35 | 240 | 17:18 | 17:12 | 3:27 | BEN DOHHOU LAOUINI, MOHAMED | 1988 | M743 | 35 | SM | 11 | CLUB CORREDORES |
| 36 | 260 | 17:18 | 17:17 | 3:28 | DE LA CRUZ MORA, JOSE ANTONIO | 1977 | M9260 | 36 | 45.49M | 6 | A.A. VALDEMORO |
| 37 | 415 | 17:21 | 17:18 | 3:28 | VILLALOBOS PALOMARES, JUAN PABLO | 1973 | M16494 | 37 | 45.49M | 7 | AT GUADARRAMA |
| 38 | 229 | 17:22 | 17:22 | 3:29 | AMORES AMORES, RUBEN ERNESTO | 1964 | M6563 | 38 | 55.59M | 2 | CLUB CORREDORES |
| 39 | 389 | 17:26 | 17:24 | 3:29 | RUIZ ESPINOSA, JUAN FRANCISCO | 1968 | M1982 | 39 | 50.54M | 2 | AT. FUENLABRADA |
| 40 | 352 | 17:29 | 17:28 | 3:30 | MORENO IGLESIAS, FERNANDO | 1975 | M2521 | 40 | 45.49M | 8 | CANGURO A.A.C. |
| 41 | 305 | 17:33 | 17:30 | 3:30 | GUERRERO SIMARRO, JUAN ALBERTO | 1978 | M6022 | 41 | 40.44M | 11 | A.D. MARATHON |
| 42 | 256 | 17:37 | 17:34 | 3:31 | CIFUENTES CORTEGAZA, JOSE MANUEL | 1983 | M901 | 42 | 35.39M | 8 | CLUB RFB BOADILLA |
| 43 | 309 | 17:37 | 17:32 | 3:31 | HERNANDEZ MORCUENDE, JOSE MIGUEL | 1976 | M26324 | 43 | 45.49M | 9 | UNION ATLETICA COSLADA |
| 44 | 287 | 17:38 | 17:33 | 3:31 | GARCIA PEREZ, RICARDO JOSE | 1992 | M4263 | 44 | SM | 12 | MYRMIDONS |
| 45 | 285 | 17:39 | 17:39 | 3:32 | GARCIA LOPEZ, FRANCISCO | 1961 | M7265 | 45 | 60.64M | 1 | E.A. MAJADAHONDA |
| 46 | 275 | 17:40 | 17:35 | 3:31 | FERNANDEZ DE LA FUENTE, CARLOS | 2002 | M28159 | 46 | SM | 13 | AT GUADARRAMA |
| 47 | 277 | 17:44 | 17:38 | 3:32 | FERNANDEZ FRANCO, ALBERTO | 1980 | M25571 | 47 | 40.44M | 12 | CLUB RFB BOADILLA |
| 48 | 405 | 17:47 | 17:46 | 3:34 | TORRES SORIA, VIRGINIA | 1999 | M9812 | 1 | SF | 1 | A.D. MARATHON |
| 49 | 245 | 17:51 | 17:46 | 3:34 | CALERO GARRIDO, ANGEL | 1973 | M1388 | 48 | 45.49M | 10 | SUANZES SAN BLAS |
| 50 | 264 | 17:56 | 17:54 | 3:35 | DE MIGUEL TERAN, JAVIER | 2002 | M18335 | 49 | SM | 14 | ATLETISMO TORRELAVEGA |
| 51 | 414 | 17:56 | 17:55 | 3:35 | VILLALBA RENESES, CARLOS ANTONIO | 1969 | M477 | 50 | 50.54M | 3 | INTERVAL |
| 52 | 292 | 18:00 | 18:00 | 3:36 | GIURCANU MIHARTESCU, CRISTINA | 1979 | M11271 | 2 | 40.44F | 1 | SS. REYES - CC. MENORCA |
| 53 | 370 | 18:03 | 18:02 | 3:37 | PEREZ DIAZ, JESUS ALBERTO | 1966 | M5284 | 51 | 55.59M | 3 | EDWARD ATHLETIC |
| 54 | 296 | 18:10 | 18:10 | 3:38 | GOMEZ HERNANDEZ, IGNACIO JAVIER | 1967 | M9574 | 52 | 55.59M | 4 | CANGURO A.A.C. |
| 55 | 299 | 18:13 | 18:09 | 3:38 | GONZALEZ COGOLLUDO, DAVID | 1976 | M1172 | 53 | 45.49M | 11 | A.D. MARATHON |
| 56 | 380 | 18:14 | 18:14 | 3:39 | REBOLLO ALONSO, FRANCISCO JAVIER | 1978 | M7949 | 54 | 40.44M | 13 | A.A. VALDEMORO |
| 57 | 368 | 18:15 | 18:12 | 3:39 | PELAEZ RODRIGUEZ, LUIS MIGUEL | 1983 | M1540 | 55 | 35.39M | 9 | A.D. SPRINT |
| 58 | 373 | 18:19 | 18:16 | 3:40 | PLA HIGES, ENRIQUE | 1977 | M27551 | 56 | 45.49M | 12 | VAL. MARTIN BERLANAS |

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|--------|--------|--------|-------|------|------------------------------------|------|---------|------|--------|------|-------------------------------|
| 59 | 396 | 18:19 | 18:12 | 3:39 | SANCHEZ VICENTE, JOSE | 1983 | M8550 | 57 | 35.39M | 10 | ATLETISMO ALCORCON |
| 60 | 237 | 18:21 | 18:19 | 3:40 | BARBERA CASILLAS, JUAN JOSE | 1962 | M2246 | 58 | 60.64M | 2 | E.A. MAJADAHONDA |
| 61 | 317 | 18:23 | 18:23 | 3:41 | LEBRERO SUAREZ, ANGEL | 1965 | M1223 | 59 | 55.59M | 5 | SS. REYES - CC. MENORCA |
| 62 | 385 | 18:25 | 18:23 | 3:41 | RODRIGUEZ RIVERO, SERGIO | 1979 | M1340 | 60 | 40.44M | 14 | VAL. MARTIN BERLANAS |
| 63 | 339 | 18:27 | 18:26 | 3:42 | MARTINEZ VERGARA, JUAN | 1967 | M9131 | 61 | 55.59M | 6 | SS. REYES - CC. MENORCA |
| 64 | 337 | 18:29 | 18:26 | 3:42 | MARTINEZ LORDEN, JOSE | 1966 | M9422 | 62 | 55.59M | 7 | E.A. MAJADAHONDA |
| 65 | 239 | 18:31 | 18:29 | 3:42 | BARRERA BLANCO, CARLOS | 1974 | M8533 | 63 | 45.49M | 13 | A.D. MARATHON |
| 66 | 243 | 18:32 | 18:32 | 3:43 | BRAVO ANDALUZ, HUGO | 1974 | M19545 | 64 | 45.49M | 14 | A.D. SPRINT |
| 67 | 379 | 18:37 | 18:31 | 3:43 | RAMOS CUBILLO, HUGO | 1991 | M18951 | 65 | SM | 15 | UNION ATLETICA COSLADA |
| 68 | 300 | 18:38 | 18:31 | 3:43 | GONZALEZ MELERO, TOMAS | 1981 | M1447 | 66 | 40.44M | 15 | A. A. MORATALAZ |
| 69 | 281 | 18:38 | 18:38 | 3:44 | GARCIA DIAZ, JOSE MANUEL | 1983 | M26981 | 67 | 35.39M | 11 | AT CERVANTES ALCALA |
| 70 | 353 | 18:40 | 18:33 | 3:43 | MORENO LOPEZ, RAUL | 1971 | M16177 | 68 | 50.54M | 4 | AT CERVANTES ALCALA |
| 71 | 297 | 18:41 | 18:39 | 3:44 | GOMEZ MENENDEZ, CLAUDIA | 2002 | M1858 | 3 | SF | 2 | SUANZES SAN BLAS |
| 72 | 323 | 18:45 | 18:36 | 3:44 | LOPEZ MONTOYA, SERGIO | 1983 | M26032 | 69 | 35.39M | 12 | AT CERVANTES ALCALA |
| 73 | 410 | 18:45 | 18:40 | 3:44 | VELASCO RODRIGUEZ, LUIS FELIPE | 1965 | M26766 | 70 | 55.59M | 8 | AT GUADARRAMA |
| 74 | 319 | 18:48 | 18:44 | 3:45 | LOGUE , CATHAL | 1981 | M11099 | 71 | 40.44M | 16 | CANGURO A.A.C. |
| 75 | 403 | 18:49 | 18:37 | 3:44 | SIGUERO GONZALEZ, MIGUEL ANGEL | 1989 | M26132 | 72 | SM | 16 | A.A. VALDEMORO |
| 76 | 338 | 18:50 | 18:50 | 3:46 | MARTINEZ SERRANO, MARIA ISABEL | 1981 | M6323 | 4 | 40.44F | 2 | A.D. MARATHON |
| 77 | 407 | 18:52 | 18:49 | 3:46 | VARO REGIDOR, CARLOS | 1967 | M9258 | 73 | 55.59M | 9 | E.A. MAJADAHONDA |
| 78 | 331 | 18:56 | 18:53 | 3:47 | MAROTO MARTIN, SANTIAGO | 2004 | M26918 | 74 | SM | 17 | ATLETISMO ALCORCON |
| 79 | 308 | 18:58 | 18:56 | 3:48 | HERNANDEZ HERRERO, ALFREDO | 1969 | M8404 | 75 | 50.54M | 5 | A.A. VALDEMORO |
| 80 | 334 | 18:59 | 18:52 | 3:47 | MARTINEZ COBOS, JOSE ANTONIO | 1967 | M2465 | 76 | 55.59M | 10 | CLUB RFB BOADILLA |
| 81 | 311 | 19:02 | 18:59 | 3:48 | HERRERO ALVAREZ, CARLOS | 1972 | M2960 | 77 | 45.49M | 15 | A.D. SPRINT |
| 82 | 398 | 19:07 | 19:03 | 3:49 | SANCHEZ-CRESPO PEREZ, ISIDRO | 1970 | M5797 | 78 | 50.54M | 6 | A.D. SPRINT |
| 83 | 402 | 19:08 | 19:07 | 3:50 | SANZ MESA, PEDRO | 1972 | M9231 | 79 | 50.54M | 7 | SS. REYES - CC. MENORCA |
| 84 | 348 | 19:09 | 19:07 | 3:50 | MORALES ROBLES, JOSE ANTONIO | 1961 | M915 | 80 | 60.64M | 3 | E.A. MAJADAHONDA |
| 85 | 242 | 19:13 | 19:05 | 3:49 | BRASSINGTON , REBECCA | 1988 | M8521 | 5 | SF | 3 | SS. REYES - CC. MENORCA |
| 86 | 230 | 19:14 | 19:08 | 3:50 | ANDRES MUÑOZ, FELIPE | 1969 | M14768 | 81 | 50.54M | 8 | UNION ATLETICA COSLADA |
| 87 | 406 | 19:17 | 19:14 | 3:51 | UTRILLA MIGUEL, VICTOR | 1993 | M5457 | 82 | SM | 18 | AT. ARROYOMOLINOS |
| 88 | 371 | 19:18 | 19:14 | 3:51 | PEREZ PRIETO, JOSE ENRIQUE | 1978 | M2368 | 83 | 40.44M | 17 | MYRMIDONS |
| 89 | 341 | 19:19 | 19:14 | 3:51 | MEDINA CALLEJA, VICTOR | 1982 | M8972 | 84 | 35.39M | 13 | MYRMIDONS |
| 90 | 314 | 19:20 | 19:20 | 3:52 | IBAÑEZ JIMENEZ, JAVIER | 1963 | M18229 | 85 | 55.59M | 11 | E.A. MAJADAHONDA |
| 91 | 320 | 19:20 | 19:16 | 3:52 | LOPEZ ALGABA, ANTONIO | 1967 | TMAD478 | 86 | 55.59M | 12 | A.D. MARATHON |
| 92 | 413 | 19:20 | 19:12 | 3:51 | VILLALBA BENITA, EUSEBIO | 1967 | M887 | 87 | 55.59M | 13 | POLIDEPORTIVO GETAFE |
| 93 | 381 | 19:21 | 19:15 | 3:51 | RIOJA HUMANES, DANIEL | 1974 | M9066 | 88 | 45.49M | 16 | UNION ATLETICA COSLADA |
| 94 | 400 | 19:21 | 19:16 | 3:52 | SANTILLANA MARTINEZ, JAIME | 1998 | M23489 | 89 | SM | 19 | CLUB RFB BOADILLA |
| 95 | 397 | 19:22 | 19:15 | 3:51 | SANCHEZ-ALAMO DEL CASTILLO, SUSANA | 1983 | M11977 | 6 | 35.39F | 1 | AT. ARROYOMOLINOS |
| 96 | 226 | 19:26 | 19:19 | 3:52 | ALCAZAR SANCHEZ, SARA | 1988 | M26970 | 7 | SF | 4 | CLUB CORREDORES |
| 97 | 332 | 19:27 | 19:23 | 3:53 | MARTIN CASAS, CARLOS | 1975 | M22730 | 90 | 45.49M | 17 | A.D. SPRINT |
| 98 | 282 | 19:29 | 19:24 | 3:53 | GARCIA DIAZ, MARIA ELENA | 1975 | M11206 | 8 | 45.49F | 1 | ATLETISMO ALBACETE |
| 99 | 335 | 19:33 | 19:21 | 3:53 | MARTINEZ GARCIA, PEDRO | 1977 | M4118 | 91 | 45.49M | 18 | A.A. VALDEMORO |
| 100 | 394 | 19:34 | 19:31 | 3:55 | SANCHEZ FRONTON, DAVID | 1985 | M7946 | 92 | 35.39M | 14 | RUNNING PINTO SEOANE - PAMPÍN |
| 101 | 273 | 19:37 | 19:29 | 3:54 | FEIJOO PAZ, MARCOS | 1973 | M18467 | 93 | 45.49M | 19 | CLUB RUN FOR YOU |
| 102 | 356 | 19:38 | 19:35 | 3:55 | MORO PERALTA, GEORGINA | 1984 | M25715 | 9 | 35.39F | 2 | BATHCO RUNNING TEAM |
| 103 | 284 | 19:40 | 19:40 | 3:56 | GARCIA GUTIERREZ, JUAN MANUEL | 1984 | M22811 | 94 | 35.39M | 15 | CD RUNNING VILLAREJO |
| 104 | 250 | 19:40 | 19:37 | 3:56 | CARRION ALONSO, ANGEL LUIS | 1962 | M12851 | 95 | 60.64M | 4 | A.D. SPRINT |
| 105 | 418 | 19:41 | 19:35 | 3:55 | ZORITA PADRINO, JOSE MARIA | 1965 | M1147 | 96 | 55.59M | 14 | UNION ATLETICA COSLADA |
| 106 | 272 | 19:43 | 19:37 | 3:56 | ESPINOSA BEDOYA, LUIS | 1970 | M26685 | 97 | 50.54M | 9 | PLAYAS DE CASTELLON |
| 107 | 303 | 19:48 | 19:38 | 3:56 | GORGAS GARCIA, PEDRO | 1963 | M6429 | 98 | 55.59M | 15 | RUNNING PINTO SEOANE - PAMPÍN |
| 108 | 387 | 19:52 | 19:42 | 3:57 | RODRIGUEZ SAMPEDRO, GUILLERMO | 1987 | M16180 | 99 | 35.39M | 16 | AT CERVANTES ALCALA |
| 109 | 269 | 19:52 | 19:44 | 3:57 | DOÑORO GALLARDO, ANAIS | 1993 | M1546 | 10 | SF | 5 | A.D. SPRINT |
| 110 | 336 | 19:57 | 19:52 | 3:59 | MARTINEZ JIMENEZ, CARLOS | 1966 | M4315 | 100 | 55.59M | 16 | INDEPENDIENTE |
| 111 | 343 | 20:03 | 20:00 | 4:00 | MENDES DE ARAUJO, JOSE | 1967 | M2295 | 101 | 55.59M | 17 | LYNZE PARLA |
| 112 | 342 | 20:05 | 20:00 | 4:00 | MEDRANO SANCHEZ, FRANCISCO JAVIER | 1955 | M9078 | 102 | 65.69M | 1 | CRONOS VILLAVICIOSA |
| 113 | 236 | 20:09 | 20:01 | 4:01 | ARROYO ARROYO, RECUERDO | 1965 | M2748 | 11 | 55.59F | 1 | AT. ARROYOMOLINOS |
| 114 | 354 | 20:12 | 20:03 | 4:01 | MORENO MARTIN, FRANCISCO JAVIER | 1972 | TMAD134 | 103 | 50.54M | 10 | MARATHON ARANJUEZ |
| 115 | 412 | 20:17 | 20:08 | 4:02 | VERDE ZUÑIGA, JOSE LUIS | 1972 | M20611 | 104 | 45.49M | 20 | CA TORREJON DE ARDOZ |

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|--------|--------|--------|-------|------|---------------------------------------|------|---------|------|--------|------|-------------------------------|
| 116 | 290 | 20:19 | 20:11 | 4:03 | GARCIA RODRIGUEZ, LEONARDO | 1962 | M19668 | 105 | 60.64M | 5 | RUNNING PINTO SEOANE - PAMPÍN |
| 117 | 238 | 20:19 | 20:11 | 4:03 | BARNES CABALLERO, JUAN ANTONIO | 1979 | M26036 | 106 | 40.44M | 18 | AT CERVANTES ALCALA |
| 118 | 253 | 20:21 | 20:11 | 4:03 | CASADO PRIETO, ROSAURA | 1973 | M6200 | 12 | 45.49F | 2 | RUNNING PINTO SEOANE - PAMPÍN |
| 119 | 295 | 20:22 | 20:21 | 4:05 | GOMEZ GUERRA, GUSTAVO | 1956 | M22741 | 107 | 65.69M | 2 | A.D. MARATHON |
| 120 | 367 | 20:33 | 20:31 | 4:07 | ORTIZ CEVALLOS, KATHERINE | 1990 | M12858 | 13 | SF | 6 | A.D. SPRINT |
| 121 | 298 | 20:46 | 20:41 | 4:09 | GOMEZ SANCHEZ, CRISTINA | 1975 | M4964 | 14 | 45.49F | 3 | UNION ATLETICA COSLADA |
| 122 | 330 | 20:53 | 20:51 | 4:11 | MARCOS CRESPO, PEDRO LUIS | 1965 | M12685 | 108 | 55.59M | 18 | EDWARD ATHLETIC |
| 123 | 274 | 20:54 | 20:52 | 4:11 | FERNANDEZ BERZAL, ELENA | 1984 | M2543 | 15 | 35.39F | 3 | A.A. VALDEMORO |
| 124 | 301 | 20:56 | 20:50 | 4:10 | GONZALEZ PEREZ, LUIS MIGUEL | 1964 | M19782 | 109 | 55.59M | 19 | AT. BOADILLA DEL MONTE |
| 125 | 255 | 21:17 | 21:11 | 4:15 | CHILUISA CHUSIN, MARTHA ELIZABETH | 1968 | M611 | 16 | 50.54F | 1 | CLUB CORREDORES |
| 126 | 333 | 21:19 | 21:11 | 4:15 | MARTIN FERNANDEZ, ANA | 1970 | M9902 | 17 | 50.54F | 2 | AT. BOADILLA DEL MONTE |
| 127 | 408 | 21:27 | 21:16 | 4:16 | VAZQUEZ JIMENEZ, ENRIQUE | 1975 | M16175 | 110 | 45.49M | 21 | AT CERVANTES ALCALA |
| 128 | 361 | 21:34 | 21:25 | 4:17 | NAVARRETE MURCIA, JUSTO JAIME | 1958 | M1173 | 111 | 60.64M | 6 | RUNNING PINTO SEOANE - PAMPÍN |
| 129 | 360 | 21:37 | 21:29 | 4:18 | NARANJO PINO, ANGEL FERNANDO | 1968 | M3080 | 112 | 50.54M | 11 | AT. BOADILLA DEL MONTE |
| 130 | 386 | 21:52 | 21:45 | 4:21 | RODRIGUEZ SACRISTAN, JUAN LUIS | 1971 | M22736 | 113 | 50.54M | 12 | CD RUNNING VILLAREJO |
| 131 | 310 | 22:02 | 21:59 | 4:24 | HERRADON ALEGRE, JOSE RAMON | 1960 | M3702 | 114 | 60.64M | 7 | EDWARD ATHLETIC |
| 132 | 382 | 22:03 | 21:54 | 4:23 | ROA SIERRA, GINES | 1957 | M18622 | 115 | 60.64M | 8 | CLUB RUN FOR YOU |
| 133 | 404 | 22:11 | 22:06 | 4:26 | SOLIS MARTINEZ, FEDERICO MARTIN | 1962 | M14770 | 116 | 55.59M | 20 | CD RUNNING VILLAREJO |
| 134 | 315 | 22:19 | 22:09 | 4:26 | JARAMILLO MARIN, SAMUEL | 1960 | M321 | 117 | 60.64M | 9 | LYNZE PARLA |
| 135 | 391 | 22:21 | 22:15 | 4:27 | RUIZ GRANDE, ANGEL | 1966 | M4143 | 118 | 55.59M | 21 | A.A. VALDEMORO |
| 136 | 302 | 22:37 | 22:29 | 4:30 | GONZALEZ SANCHEZ, JOSE LUIS | 1966 | M18653 | 119 | 55.59M | 22 | CA TORREJON DE ARDOZ |
| 137 | 417 | 23:03 | 22:52 | 4:35 | VOS LOPEZ, ISRAEL | 1977 | M26325 | 120 | 45.49M | 22 | UNION ATLETICA COSLADA |
| 138 | 249 | 23:06 | 22:56 | 4:36 | CAÑADILLAS MORALES, MARIA AUXILIADORA | 1974 | M16886 | 18 | 45.49F | 4 | CA TORREJON DE ARDOZ |
| 139 | 326 | 23:10 | 22:56 | 4:36 | LUIS HITA, MARIO | 1982 | M6117 | 121 | 40.44M | 19 | AT. BOADILLA DEL MONTE |
| 140 | 377 | 23:13 | 23:02 | 4:37 | RABADAN CARRASCO, ANTONIO | 1960 | M1154 | 122 | 60.64M | 10 | LYNZE PARLA |
| 141 | 276 | 23:21 | 23:14 | 4:39 | GALLEGO GARCIA, GLORIA | 1983 | M12270 | 19 | 35.39F | 4 | AT CERVANTES ALCALA |
| 142 | 235 | 23:35 | 23:25 | 4:41 | ARRIBAS SANDONIS, LIDIA | 1975 | M15949 | 20 | 45.49F | 5 | AT. ARROYOMOLINOS |
| 143 | 307 | 23:38 | 23:30 | 4:42 | HARO RIVAS, MARIA DEL SOL | 1967 | M1311 | 21 | 55.59F | 2 | ATLETISMO ALCORCON |
| 144 | 241 | 23:44 | 23:34 | 4:43 | BLANCO GARCIA, FRANCISCO | 1970 | M12801 | 123 | 50.54M | 13 | AT. ARROYOMOLINOS |
| 145 | 369 | 23:45 | 23:34 | 4:43 | PERALES RUIZ, MARIA BELEN | 1971 | M1955 | 22 | 50.54F | 3 | AT. ARROYOMOLINOS |
| 146 | 278 | 23:49 | 23:39 | 4:44 | GALLARDO MONTALVO, MARIA DE LOS REYES | 1976 | M7037 | 23 | 45.49F | 6 | AT. ARROYOMOLINOS |
| 147 | 364 | 24:19 | 24:15 | 4:51 | NEFEDOVA NEFEDOVA, NATALIJA | 1988 | M436 | 24 | SF | 7 | GRUPO OASIS TRES CANTOS |
| 148 | 366 | 24:34 | 24:27 | 4:54 | ORTEGA CABRERA, MARIA JOSE | 1966 | M10359 | 25 | 55.59F | 3 | CLUB CORREDORES |
| 149 | 388 | 24:34 | 24:13 | 4:51 | ROMERO SAEZ, JAVIER | 1970 | M17292 | 124 | 50.54M | 14 | UNION ATLETICA COSLADA |
| 150 | 324 | 24:48 | 24:42 | 4:57 | LOPEZ NAVACERRADA, MAGDALENA | 1960 | M13254 | 26 | 60.64F | 1 | CD RUNNING VILLAREJO |
| 151 | 304 | 25:12 | 25:08 | 5:02 | GRIS MAROTO, ANGELES | 1963 | M27654 | 27 | 55.59F | 4 | CLUB CORREDORES |
| 152 | 293 | 25:16 | 24:54 | 4:59 | GOMEZ GARCIA-CARPINTERO, LUIS | 1974 | M385 | 125 | 45.49M | 23 | CLUC KUKIMBIA NAVALCARNERO |
| 153 | 294 | 25:16 | 25:08 | 5:02 | GOMEZ GOMEZ, EMILIA | 1966 | M8880 | 28 | 55.59F | 5 | VAL. MARTIN BERLANAS |
| 154 | 411 | 25:30 | 25:24 | 5:05 | VELLISCA BELINCHON, CRUZ | 1943 | M13991 | 126 | 75.79M | 1 | TRACK CROSS ROAD TEAM |
| 155 | 350 | 26:29 | 26:23 | 5:17 | MORALES TRALLERO, ANTONIO | 1953 | M813 | 127 | 65.69M | 3 | CANGURO A.A.C. |
| 156 | 384 | 26:38 | 26:36 | 5:20 | RODRIGUEZ PARRA, LUISA | 1957 | M2225 | 29 | 65.69F | 1 | LYNZE PARLA |
| 157 | 365 | 26:40 | 26:35 | 5:19 | NUÑEZ SOUSA, FRANCISCO JAVIER | 1956 | M2646 | 128 | 65.69M | 4 | LYNZE PARLA |
| 158 | 312 | 26:59 | 26:52 | 5:23 | HIDALGO ALONSO, FRANCISCO JAVIER | 1969 | M1413 | 129 | 50.54M | 15 | A.D. SPRINT |
| 159 | 327 | 26:59 | 26:59 | 5:24 | LUNGARAN GUTIERREZ, JESUS | 1977 | M4689 | 130 | 40.44M | 20 | SUANZES SAN BLAS |
| 160 | 357 | 27:00 | 26:38 | 5:20 | MUÑOZ CARBAJO, OSCAR | 1972 | M7779 | 131 | 50.54M | 16 | CLUC KUKIMBIA NAVALCARNERO |
| 161 | 416 | 27:20 | 26:55 | 5:23 | VIÑAS LOPEZ, JAVIER | 1972 | TMAD260 | 132 | 50.54M | 17 | INDEPENDIENTE |
| 162 | 227 | 27:56 | 27:44 | 5:33 | ALONSO ALONSO, MARIA CONSUELO | 1948 | M2230 | 30 | 70.74F | 1 | LYNZE PARLA |
| 163 | 233 | 28:06 | 27:55 | 5:35 | ARENAS MARTIN, MIGUEL | 1959 | M2674 | 133 | 60.64M | 11 | A.D. SPRINT |
| 164 | 359 | 28:13 | 27:59 | 5:36 | MURGA GONZALEZ, ANDRES | 1962 | M27452 | 134 | 60.64M | 12 | CD RUNNING VILLAREJO |
| 165 | 257 | 28:23 | 28:21 | 5:41 | COLLADO LOBATO, MARIA ISABEL | 1951 | M1321 | 31 | 70.74F | 2 | LYNZE PARLA |
| 166 | 393 | 30:16 | 29:53 | 5:59 | SANCHEZ FRANCO, ANDRES | 1950 | M4163 | 135 | 70.74M | 1 | RODPER SIERRA DE MADRID |
| 167 | 279 | 30:37 | 30:26 | 6:06 | FERNANDEZ DIAZ, ANGEL | 1954 | M2566 | 136 | 65.69M | 5 | LYNZE PARLA |