

| os | Nombre | N | Club | Tiempo | Diff. |
|------------------|-----------------------------|----|----------------------------|--------------------------|-------------|
| U-10 (5) | | | | | |
| | | | | 1,9 km 15 m 9 C | |
| 1 | Bruno Fuente Feijoo | 10 | Madrid IMPERDIBLE | 20:32 | 0:00 |
| 2 | Berta Fuente Feijoo | 12 | Madrid IMPERDIBLE | 23:17 | +2:45 |
| 3 | Moises Cañada Martín-pérez | 12 | Badajoz BASE DON BE | 28:56 | +8:24 |
| 4 | ELSA Cañada Martín-pérez | 10 | Badajoz BASE DON BE | 42:17 | +21:45 |
| | Antoni Pachnik | | UKS Orientpark UKS O | | or en tarj. |
| M-14 (4) | | | | | |
| | | | | 2,9 km 35 m 12 C | |
| 1 | Axel Örnhagen Jørgensen | | OK SNAB OK SNAB | 24:06 | 0:00 |
| 2 | Ivan Guerra Izquierdo | 16 | Valladolid CDP-O | 32:13 | +8:07 |
| 3 | J?drzej Pachnik | | UKS Orientpark UKS O | 40:48 | +16:42 |
| 4 | Mateo Cardillo Martínez | 05 | Valladolid CDP-O | 1:01:59 | +37:53 |
| M-16 (12) | | | | | |
| | | | | 3,9 km 50 m 16 C | |
| 1 | Adrián Rubio Alonso | 03 | Segovia MARISTAS_SE | 30:23 | 0:00 |
| 2 | Nicolás Sanz Arias | 04 | Valladolid COV | 31:47 | +1:24 |
| 3 | Stanis?aw Pachnik | | UKS Orientpark UKS O | 34:00 | +3:37 |
| 4 | Diego Díaz Mendaña | 05 | Palencia ORCA | 41:09 | +10:46 |
| 5 | Samuel Díaz Fernández | 03 | Madrid MALARRUTA | 47:21 | +16:58 |
| 6 | Joao Morales Jiménez | 04 | Orense LIMIACTIVA | 49:19 | +18:56 |
| 7 | Jorge Barcia Belinchón | 04 | Madrid O-GETAFE | 51:55 | +21:32 |
| 8 | Aimar Arrieta Hidalgo | 04 | Guipúzcoa GOT | 52:35 | +22:12 |
| | Alexander Rezzonico Blanco | 04 | Asturias NORDESTE-O | | or en tarj. |
| | Santiago Maroto Martín | 04 | Madrid MAXIMUS | | bandona |
| | Guillermo Prada Aroca | 04 | Valladolid CDP-O | | No sale |
| | Pablo Calonge Valdés | 04 | FEDO | | No sale |
| M-18 (11) | | | | | |
| | | | | 4,5 km 90 m 19 C | |
| 1 | Leo Johansson | | OK Kolmården OK Kolm | 27:38 | 0:00 |
| 2 | Arvid Westerberg | | OK Kolmården OK Kolm | 28:22 | +0:44 |
| 3 | Viktor Waernqvist | | OK Kolmården OK Kolm | 32:51 | +5:13 |
| 4 | Gonzalo Zorrilla Olias | 04 | Madrid O-CHARLIES_O | 36:39 | +9:01 |
| 5 | Alberto Garcia Romo | 03 | Alicante CEAM_IBI-O | 38:58 | +11:20 |
| 6 | Marcos Bernabeu Carbonell | 03 | Alicante CEAM_IBI-O | 40:46 | +13:08 |
| 7 | Erik Johnsson | | OK Kolmården OK Kolm | 41:52 | +14:14 |
| 8 | Saúl Fernández Martínez | 03 | Cantabria CD_ALTAI | 43:15 | +15:37 |
| 9 | Álvaro Gómez Martínez | 02 | Cantabria GALITIUS | 1:01:14 | +33:36 |
| 10 | Diego Casado Gómez | 03 | Madrid GOCAN | 1:04:05 | +36:27 |
| 11 | Iker Gisasola Cordon | 04 | Guipúzcoa GOT | 1:46:45 | +1:19:07 |
| M-20 (11) | | | | | |
| | | | | 5,0 km 110 m 22 C | |
| 1 | Semen Petrov | | NORD WEST NORD W | 27:31 | 0:00 |
| 2 | Gustav Wirén González | 02 | Madrid MALARRUTA | 29:43 | +2:12 |
| 3 | Thomas Laraia | | Individuals/No c Individua | 31:53 | +4:22 |
| 4 | Viacheslav Martynovskii | | NORD WEST NORD W | 32:13 | +4:42 |
| 5 | Toma Kotkov | | Valdi Sofia Valdi Sofia | 36:37 | +9:06 |
| 6 | Jorge Caraça-Valente Barrer | 99 | Madrid IMPERDIBLE | 37:34 | +10:03 |
| 7 | Nicolás Velez Muñoz | 03 | Palencia ORCA | 37:47 | +10:16 |
| 8 | Adrian Vartia | | Individuals/No c Individua | 47:50 | +20:19 |
| 9 | Ángel Presmanes Lombó | 00 | Cantabria GALITIUS | 1:06:07 | +38:36 |
| 10 | Iker Martínez Pacheco | 00 | Cantabria GALITIUS | 1:58:10 | +1:30:39 |
| 11 | Christian Michelsen | | Individuals/No c Individua | 2:06:45 | +1:39:14 |

| os | Nombre | N Club | Tiempo | Diff. |
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| M-E (82) | | | | |
| | | 6,5 km 150 m 26 C | | |
| 1 | Johan Runesson | Tampereen Pyrint Tamp | 29:36 | 0:00 |
| 2 | Mårten Boström | IFK Lidingö SOK IFK Lidi | 29:37 | +0:01 |
| 3 | Emil Svensk | Stora Tuna OK Stora Tu | 30:06 | +0:30 |
| 3 | Pau Llorens Caellas | 94 Barcelona CAT-O | 30:06 | +0:30 |
| 5 | Johan Högstrand | IFK Göteborg Ori IFK Göt | 30:23 | +0:47 |
| 6 | Raffael Huber-svensson | IFK Mora OK IFK Mora O | 30:26 | +0:50 |
| 7 | Hector Haines | IFK Lidingö SOK IFK Lidi | 30:59 | +1:23 |
| 8 | Vetle Ruud Bråten | IFK Göteborg Ori IFK Göt | 31:20 | +1:44 |
| 9 | Roman Bondarenko | Rehns BK Rehns BK | 31:42 | +2:06 |
| 10 | Janis Tamuzs | NAVI NAVI | 31:50 | +2:14 |
| 11 | Álvaro Prieto Del Campo | 95 Madrid MALARRUTA | 32:00 | +2:24 |
| 12 | Rasmus Palmqvist Aslaksen | IFK Lidingö SOK IFK Lidi | 32:16 | +2:40 |
| 13 | Álvaro Casado Gómez | 00 Madrid GOCAN | 32:31 | +2:55 |
| 14 | Ville Johansson | OK Kolmården OK Kolm | 32:45 | +3:09 |
| 15 | Carlos Raico Landa Sánche | 96 Granada VELETA | 32:54 | +3:18 |
| 16 | Arvid Våg | IFK Göteborg Ori IFK Göt | 33:11 | +3:35 |
| 17 | Marc Serrallonga Arqués | 92 Barcelona CAT-O | 33:18 | +3:42 |
| 18 | Javier Ruiz de la Herrán Pida | 89 Málaga COMA | 33:24 | +3:48 |
| 19 | Andreas Sølberg | IFK Göteborg Ori IFK Göt | 33:41 | +4:05 |
| 20 | Greg Ahlswede | Delaware Valley Delawar | 33:49 | +4:13 |
| 21 | Marco Seppi | Agorosso Agorosso | 34:03 | +4:27 |
| 22 | Florian Attinger | IFK Mora OK IFK Mora O | 34:06 | +4:30 |
| 23 | Simon Schuster | IFK Lidingö SOK IFK Lidi | 34:13 | +4:37 |
| 24 | Kaspar Hägler | OLV Baselland / OLV Ba | 34:23 | +4:47 |
| 24 | Zac Hudd | IFK Lidingö SOK IFK Lidi | 34:23 | +4:47 |
| 26 | Alessio Tenani | Polisportiva G.M Polispor | 34:29 | +4:53 |
| 27 | Florencio García Gómez | 02 Albacete GODIH | 34:32 | +4:56 |
| 28 | Dimitar Zhelyazkov | SKO Variant 5 SKO Var | 35:03 | +5:27 |
| 29 | Quim Vich Diaz-Guerra | 98 Barcelona CAT-O | 35:05 | +5:29 |
| 30 | Charlie Stolt | Rehns BK Rehns BK | 35:10 | +5:34 |
| 31 | Per Harald Löfgr Johansen | IFK Mora OK IFK Mora O | 35:16 | +5:40 |
| 32 | Isaac Hernández Pindado | 01 Badajoz CODAN_EXTR | 35:34 | +5:58 |
| 33 | Samuele Curzio | Polisportiva G.M Polispor | 35:43 | +6:07 |
| 34 | Andreas Hall | IFK Lidingö SOK IFK Lidi | 36:00 | +6:24 |
| 35 | Boian Ivandjikov | Valdi Sofia Valdi Sofia | 36:19 | +6:43 |
| 36 | Oskar Leinonen | OK Kolmården OK Kolm | 36:29 | +6:53 |
| 37 | Tero Heikkilä | Individuals/No c Individua | 36:49 | +7:13 |
| 38 | Ivan Nikitin | Rehns BK Rehns BK | 37:28 | +7:52 |
| 39 | Pablo Fernández Cascales | 98 Madrid IMPERDIBLE | 37:38 | +8:02 |
| 40 | Anton Salmenkyla | Individuals/No c Individua | 37:55 | +8:19 |
| 41 | Apostol Atanasov | Trapezitca 1954 Trapezit | 37:56 | +8:20 |
| 42 | Josep Morlá Vanrell | 86 Pontevedra AROMON | 38:11 | +8:35 |
| 43 | Miguel Garrido Corral | 01 Granada VELETA | 39:06 | +9:30 |
| 44 | David Rojas Jiménez | 00 Madrid ALABARDA-O | 39:19 | +9:43 |
| 45 | Walter Lagerhäll | Rehns BK Rehns BK | 39:39 | +10:03 |
| 45 | Santiago Jiménez Molina | 70 Madrid GOCAN | 39:39 | +10:03 |
| 47 | Juan Sanz Alexandre | 00 Málaga COMA | 39:42 | +10:06 |
| 48 | Enrico Mannocci | Polisportiva G.M Polispor | 39:51 | +10:15 |
| 49 | Alberto Mínguez Viñambres | 67 Madrid IMPERDIBLE | 40:49 | +11:13 |
| 50 | Martin Heir | Individuals/No c Individua | 40:50 | +11:14 |
| 51 | Alfonso Bustillo Ruiz | 79 La Rioja CRON | 41:37 | +12:01 |
| 52 | Cesar Torrejón Rubio | 77 Burgos TJALVE | 42:50 | +13:14 |
| 53 | Tom Campbell | OK Kolmården OK Kolm | 43:10 | +13:34 |
| 54 | Abel Herrero Gómez | 98 Palencia ORCA | 43:40 | +14:04 |
| 55 | Pablo De La Pascua Aragón | 98 Cádiz FUNDI-O | 44:14 | +14:38 |

| os | Nombre | N Club | Tiempo | Diff. |
|-------------------|-------------------------------------|-----------------------------|--------------------------|----------------|
| M-E (82) | | | | |
| | | | 6,5 km 150 m 26 C | <i>(cont.)</i> |
| 56 | Arturo García Dengra | 87 Madrid ESCONDITE-M | 45:06 | +15:30 |
| 57 | Filip Kubina | ŠK Sandberg ŠK Sandb | 45:21 | +15:45 |
| 58 | Unax Galarraga Lopez | 02 Guipúzcoa GOT | 45:55 | +16:19 |
| 59 | Antonio Hernández Fernández | 73 León ALCON | 46:06 | +16:30 |
| 60 | Ramón Piñeiro Lemos | 56 Madrid APU-O | 46:21 | +16:45 |
| 61 | Martín Morales Ferreiro | 69 Orense LIMIACTIVA | 47:08 | +17:32 |
| 62 | Oscar Hernaiz Sanchez | 89 La Rioja RIOJA-O | 48:00 | +18:24 |
| 63 | Israel Garrido De La Torre | 76 Madrid ALABARDA-O | 48:08 | +18:32 |
| 64 | Lars Olovsson | Rehns BK Rehns BK | 49:53 | +20:17 |
| 65 | Juan Carlos Rol Rúa | 79 Madrid MALARRUTA | 51:29 | +21:53 |
| 66 | José M ^a Mediavilla Ruiz | 74 Palencia ORCA | 52:39 | +23:03 |
| 67 | Jorge Garcia Sanz | 83 Burgos TJALVE | 54:04 | +24:28 |
| 68 | Borja Del Estal Oyarzabal | 82 Guipúzcoa GOT | 54:54 | +25:18 |
| 69 | Hugo Rodríguez González | 91 Salamanca CRO | 58:55 | +29:19 |
| 70 | David Carretero González | 75 Madrid MONTE_EL_PAR | 59:01 | +29:25 |
| 71 | Enzo de Villarreal García | 89 Madrid MALARRUTA | 1:05:05 | +35:29 |
| 72 | Francisco Leiva Cárdenas | 83 Madrid MALARRUTA | 1:05:57 | +36:21 |
| 73 | Raúl Sánchez Rodríguez | 80 Madrid NAVALCARNER | 1:14:19 | +44:43 |
| 74 | Roberto Castillo Del Valle | 71 Vizcaya COBI | 1:18:22 | +48:46 |
| 75 | Remigio Rodríguez Enrique | 65 Salamanca CRO | 1:23:03 | +53:27 |
| 76 | Ángel Calle Cruz | 79 Madrid GOCAN | 1:42:16 | +1:12:40 |
| | Joonas Ahola | NAVI NAVI | or en tarj. | |
| | Daniil Kashin | NORD WEST NORD W | or en tarj. | |
| | Maxim Simakov | BRIGHTNET BRIGHTNE | No sale | |
| | Valentin Novikov | Hiidenkiertäjät Hiidenkiert | No sale | |
| | Bradley John For Lund | 93 Madrid IMPERDIBLE | No sale | |
| | Joonas Pääkkönen | Individuals/No c Individua | No sale | |
| M-21A (24) | | | | |
| | | | 4,3 km 100 m 18 C | |
| 1 | Petar Doganov | NSA-SIVEN NSA-SIVEN | 26:36 | 0:00 |
| 2 | Stanimir Enchev | Sign Sport Sign Sport | 29:56 | +3:20 |
| 3 | Ibon Goikoetxea Retegi | 80 Guipúzcoa GOT | 31:57 | +5:21 |
| 4 | Héctor Hugo De La Torre Día | 00 Valladolid COV | 34:20 | +7:44 |
| 5 | Emilio Negro Sacristán | 99 Palencia ORCA | 34:37 | +8:01 |
| 6 | Fernando Gómez Estrada | 88 Madrid COLMENAR | 34:39 | +8:03 |
| 7 | Luis Miguel García de Águed | 88 Burgos CORZO | 35:07 | +8:31 |
| 8 | Julio Velez Muñoz | 98 Palencia ORCA | 36:22 | +9:46 |
| 9 | Jacinto García Crespo | 76 Palencia ORCA | 39:00 | +12:24 |
| 10 | David De Santos Sánchez | 00 Valladolid COV | 39:54 | +13:18 |
| 11 | Óscar Moreno Pérez | 97 Palencia ORCA | 44:44 | +18:08 |
| 12 | Saúl Urién Pérez | 81 Cádiz FUNDI-O | 47:27 | +20:51 |
| 13 | Mikel Fernandez Domínguez | 73 Vizcaya COBI | 48:27 | +21:51 |
| 14 | Ianko Intxaurreandieta Martin | 77 Vizcaya COBI | 49:02 | +22:26 |
| 15 | Gabriel Fernández Esgueva | 91 León ALCON | 57:59 | +31:23 |
| 16 | Jorge Rodríguez Alonso | 96 Cáceres VIA_PLATA | 58:03 | +31:27 |
| 17 | Mikel Salazar Suarez | 88 Vizcaya COBI | 58:47 | +32:11 |
| 18 | Diego Durán Horcajo | 84 Vizcaya COBI | 59:22 | +32:46 |
| 19 | Carlos Manuel Prado Da Cru | 79 Madrid GOCAN | 1:00:46 | +34:10 |
| 20 | Juan Trías Martínez | 86 Madrid ESCONDITE-M | 1:01:49 | +35:13 |
| 21 | Javier González García | 86 Madrid MALARRUTA | 1:03:56 | +37:20 |
| 22 | Álvaro Mahou Miguel | 93 Madrid COTA | 1:11:50 | +45:14 |
| 23 | Agustin Alcaide Fernandez | 85 Madrid O-CHARLIES_O | 1:20:24 | +53:48 |
| | Arturo Hernando Hernando | 84 Madrid MONTE_EL_PAR | bandona | |

| os | Nombre | N Club | Tiempo | Diff. |
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| M-21B (7) 3,9 km 50 m 16 C | | | | |
| 1 | José Luis Fernández Peón | 75 Cantabria CD_ALTAI | 47:04 | 0:00 |
| 2 | Fernando Azcona de Simón | 85 Navarra CDNAVARRA | 56:01 | +8:57 |
| 3 | Pablo Banciella Alvaro | 79 Asturias ASTUR_EXTRE | 56:56 | +9:52 |
| 4 | Luis Javier Prieto Alonso | 83 Madrid GOCAN | 1:24:55 | +37:51 |
| | David Velasco Espino | 76 Valladolid COV | bandona | |
| | Alejandro Paredero De Dios | 89 Madrid T_TRAGAME | No sale | |
| | José Leches Pascual | 89 FEDO | No sale | |
| M-35 (59) 5,0 km 110 m 21 C | | | | |
| 1 | Nils Schmiedeberg | SV Turbine Neubr SV Tu | 30:10 | 0:00 |
| 2 | Juan Pedro Caraça-Valente | 66 Madrid IMPERDIBLE | 32:14 | +2:04 |
| 3 | Raik Zschäckel | SV Turbine Neubr SV Tu | 32:37 | +2:27 |
| 4 | Godefroy Schargo | C.A. Rosé | 35:09 | +4:59 |
| 5 | Andreas Grote | OLC SKOG FRIBOUR | 37:24 | +7:14 |
| 6 | Kalle Persson | Individuals/No c Individua | 37:25 | +7:15 |
| 7 | Ismael Serrano Molinero | 73 Madrid ESCONDITE-M | 37:59 | +7:49 |
| 8 | James Ross | 63 Málaga COMA | 38:39 | +8:29 |
| 9 | Gregoire Schrago | OLC SKOG FRIBOUR | 39:28 | +9:18 |
| 10 | Oscar De La Fuente Alonso | 67 Burgos TJALVE | 39:47 | +9:37 |
| 11 | Roberto Martínez Fidalgo | 73 Palencia ORCA | 40:01 | +9:51 |
| 12 | Miguel Angel Cabeza García | 68 Madrid IMPERDIBLE | 41:13 | +11:03 |
| 13 | Antonio Jesús Cano López | 83 Madrid ALABARDA-O | 41:32 | +11:22 |
| 14 | Jesus Oliver Sáez | 79 Madrid COLMENAR | 41:53 | +11:43 |
| 15 | Miguel Ángel Durán García | 70 Madrid MALARRUTA | 42:12 | +12:02 |
| 16 | Ángel Frontela Mucientes | 75 Valladolid COV | 42:14 | +12:04 |
| 16 | Manuel Vicente Sanchez-Mig | 82 Madrid COLMENAR | 42:14 | +12:04 |
| 18 | Juan Carlos Peñalvo Casero | 74 Madrid NAVALCARNER | 42:22 | +12:12 |
| 19 | Carlos Torrejón Rubio | 75 Valladolid COV | 42:27 | +12:17 |
| 20 | Adrián Prieto Jiménez | 80 Madrid O-CHARLIES_O | 43:55 | +13:45 |
| 21 | Cristóbal Fernández Liria | 62 Madrid COTA | 44:15 | +14:05 |
| 22 | Juan Pozo Ortiz | 65 Madrid O-GETAFE | 44:33 | +14:23 |
| 23 | Mikael Wirén | 62 Madrid MALARRUTA | 45:16 | +15:06 |
| 24 | Jon Galarraga Zamora | 69 Guipúzcoa GOT | 45:19 | +15:09 |
| 25 | Mateo Vijande González | 77 Madrid MALARRUTA | 45:40 | +15:30 |
| 26 | Óscar Remigio García Sánc | 73 Valladolid COV | 45:53 | +15:43 |
| 27 | Pablo Fernández Liria | 69 Asturias NORDESTE-O | 45:55 | +15:45 |
| 28 | Rafael Arranz Muñoz | 67 Madrid RUMBO-MADRID | 45:58 | +15:48 |
| 29 | Benedicto Santos García | 76 Asturias ASTUR_EXTRE | 45:59 | +15:49 |
| 30 | Alberto Pérez Miranda | 72 Madrid COLMENAR | 47:29 | +17:19 |
| 31 | Tomas Peñaranda Marcos | 72 La Rioja CRON | 47:43 | +17:33 |
| 32 | Juan Antonio Luzan Diez | 68 Vizcaya COBI | 48:20 | +18:10 |
| 33 | Jose Fernando Gomez Rued | Bucaramanga Orié Buca | 48:53 | +18:43 |
| 34 | Jesús Pablos Ramírez | 77 Madrid O-GETAFE | 49:08 | +18:58 |
| 35 | Diego Lopez Martin | 81 Madrid COLMENAR | 50:04 | +19:54 |
| 36 | Sergio Rezzonico | 68 Asturias NORDESTE-O | 52:43 | +22:33 |
| 37 | Oscar Gisasola Burgos | 70 Guipúzcoa GOT | 56:50 | +26:40 |
| 38 | Hugo Villaverde López | 77 Vizcaya COBI | 57:12 | +27:02 |
| 39 | Tegaday Cordobes Suárez | 82 León ALCON | 57:20 | +27:10 |
| 40 | José Domínguez Berjón | 74 León ALCON | 57:33 | +27:23 |
| 41 | Daniel Isla Zorita | 68 Valladolid COV | 57:36 | +27:26 |
| 42 | Javier Serrano Molinero | 77 Madrid ESCONDITE-M | 58:00 | +27:50 |
| 43 | Ignacio Burgos Fernández | 73 La Rioja CRON | 58:08 | +27:58 |
| 44 | Luis Emilio Oliver Saez | 81 Madrid COLMENAR | 58:45 | +28:35 |

| os | Nombre | N Club | Tiempo | Diff. |
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| M-35 (59) | | | | |
| | | | 5,0 km 110 m 21 C | (cont.) |
| 45 | Martin de la Herran Brickman | ORIENTE ORIENTE | 59:17 | +29:07 |
| 46 | Leandro Fernandez Domingu | 81 Madrid ESCONDITE-M | 59:42 | +29:32 |
| 47 | Ismael Cabañas Garcia | 75 Madrid ESCONDITE-M | 59:54 | +29:44 |
| 48 | Juan Antonio Higuera Ferná | 72 Madrid COLMENAR | 1:01:20 | +31:10 |
| 49 | Sergio De La Losa Merino | 79 Madrid O-GETAFE | 1:02:15 | +32:05 |
| 50 | Jose Carlos Castillo Gomez | 72 Madrid COLMENAR | 1:05:05 | +34:55 |
| 51 | Miguel de las morenas rodri | 81 Segovia MARISTAS_SE | 1:15:30 | +45:20 |
| 52 | Abraham Muñiz Gracia | 76 Madrid IMPERDIBLE | 1:16:48 | +46:38 |
| 53 | Jose Andres Rego Gonzalez | 72 Madrid ESCONDITE-M | 1:17:06 | +46:56 |
| 54 | Sergio Herrero Jiménez | 83 Madrid C.D.C.E.B.E. | 1:24:31 | +54:21 |
| | Ismael García Cestero | 80 Badajoz CODAN_EXTR | or en tarj. | |
| | Adrian Ruiz Hurtado | 82 Madrid ALABARDA-O | No sale | |
| | Asier Osinaga Beitia | 72 Guipúzcoa GOT | No sale | |
| | Ivan Fernandez De La Fuent | 76 Palencia ORCA | No sale | |
| | Carlos Rodriguez Gallego | 80 Madrid COLMENAR | No sale | |
| M-40 (10) | | | | |
| | | | 4,3 km 100 m 19 C | |
| 1 | Todor Pedev | NSA-SIVEN NSA-SIVEN | 32:14 | 0:00 |
| 2 | Pedro Gonzalez Sanchez | 77 Madrid ESCONDITE-M | 41:43 | +9:29 |
| 3 | Eusebio A. Garnacho Gonzal | Madrid ALABARDA-O | 59:22 | +27:08 |
| 4 | Jesús María Rodríguez Martí | 75 Madrid RUMBO-MADRID | 1:05:05 | +32:51 |
| 5 | Moises Cañada López | 76 Badajoz BASE DON BE | 1:09:45 | +37:31 |
| 6 | Javier López Pozuelo | 74 Madrid COLMENAR | 1:15:19 | +43:05 |
| 7 | Cesar Menéndez Iglesias | 74 Asturias ASTUR_EXTRE | 1:16:54 | +44:40 |
| | Nicolas González Alonso | 73 Asturias ASTUR_EXTRE | or en tarj. | |
| | Óscar Hernández Martínez | 78 Madrid O-GETAFE | bandona | |
| | EUSEBIO A. GARNACHO G | 75 Madrid ALABARDA-O | bandona | |
| M-45 (38) | | | | |
| | | | 3,9 km 80 m 19 C | |
| 1 | David Sanz Gaton | 70 Valladolid COV | 30:12 | 0:00 |
| 2 | Héctor Lorenzo Yustos | 72 Madrid IMPERDIBLE | 31:12 | +1:00 |
| 3 | Nicolás Julio Bores Calle | 65 Palencia ORCA | 33:32 | +3:20 |
| 4 | Juan Carlos Miranda Blasco | 56 Madrid APU-O | 33:46 | +3:34 |
| 5 | Eduardo Angulo de Pablo | 71 Burgos CORZO | 34:28 | +4:16 |
| 6 | Angel Rojas Aviles | Madrid ALABARDA-O | 34:59 | +4:47 |
| 7 | Sergio Casado Bravo | 71 Madrid GOCAN | 35:50 | +5:38 |
| 8 | Luis Mahou García | 62 Madrid COTA | 36:00 | +5:48 |
| 9 | Víctor González Castellanos | 72 Madrid RUMBO-MADRID | 36:19 | +6:07 |
| 10 | Xavier Amaya García | 73 Madrid MALARRUTA | 36:37 | +6:25 |
| 11 | Julio Briso-Montiano Morales | 68 Valladolid COV | 38:15 | +8:03 |
| 12 | José María Plana | 69 Madrid IBERIA | 38:19 | +8:07 |
| 13 | Roberto Monseco Montes | 71 Madrid O-CHARLIES_O | 38:57 | +8:45 |
| 14 | Anaime Pérez Imobersteg | 74 Madrid ESCONDITE-M | 39:36 | +9:24 |
| 15 | Emiliano Fidalgo Fuertes | 65 León ALCON | 40:29 | +10:17 |
| 16 | Nicolás Arranz Rodríguez | 72 Burgos CORZO | 42:55 | +12:43 |
| 17 | Txemi De Los Dolores Migue | 71 Guipúzcoa GOT | 43:02 | +12:50 |
| 18 | Miguel Angel Guerra Junquer | 72 Valladolid CDP-O | 43:29 | +13:17 |
| 19 | Raúl Valentín Fernández | 72 Valladolid COV | 46:13 | +16:01 |
| 20 | Manuel Tamargo Fernández | 68 Asturias ASTUR_EXTRE | 47:07 | +16:55 |
| 21 | Ismael Herrero Tejería | 72 Palencia ORCA | 48:27 | +18:15 |
| 22 | Jose Raúl Sánchez González | 71 Toledo TOLEDO-O | 48:43 | +18:31 |
| 23 | Pedro Ángel De Santos Cast | 73 Valladolid COV | 50:26 | +20:14 |

| os | Nombre | N Club | Tiempo | Diff. |
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| M-45 (38) | | 3,9 km 80 m 19 C (cont.) | | |
| 24 | Felipe Lastra Martínez | 72 Madrid MONTE_EL_PAR | 52:41 | +22:29 |
| 25 | Alfonso Boluda Sanchez | 71 Burgos TJALVE | 52:43 | +22:31 |
| 26 | José Luis Velez Unquera | 63 Palencia ORCA | 53:33 | +23:21 |
| 27 | Josu Arrieta Berasategi | 71 Guipúzcoa GOT | 53:47 | +23:35 |
| 28 | Jose Carlos Cardillo Lorente | 72 Valladolid CDP-O | 56:30 | +26:18 |
| 29 | Miguel Angel Toledo Navarro | 69 Cuenca ORIENTIJOTE | 58:23 | +28:11 |
| 30 | Pablo Dinis Vizcaíno | 73 Madrid GOCAN | 1:08:00 | +37:48 |
| 31 | Antonio Lopez Garcia | 70 Madrid COLMENAR | 1:18:59 | +48:47 |
| 32 | Paul Richard Mesa | 72 Alicante UNIVERSIDAD_ | 1:19:51 | +49:39 |
| 33 | José Ramón Rapallo Quesa | 67 Madrid COLMENAR | 1:24:46 | +54:34 |
| 34 | Francisco Jose Rubio Bravo | 70 Segovia MARISTAS_SE | 1:27:23 | +57:11 |
| 35 | Nicolas González Alonso | Asturias ASTUR_EXTRE | 1:27:41 | +57:29 |
| | Juan Carlos González Alons | 70 Cantabria GALITIUS | or en tarj. | |
| | Javier García Martín | 74 Salamanca OX | or en tarj. | |
| | Benjamín Díaz Crespo | 64 Palencia ORCA | No sale | |
| M-50 (19) | | 3,8 km 80 m 17 C | | |
| 1 | Flemming Jørgensen | OK SNAB OK SNAB | 22:02 | 0:00 |
| 2 | Mikael Westerberg | OK Kolmården OK Kolm | 24:51 | +2:49 |
| 3 | Ramon Garcia | 67 Madrid IMPERDIBLE | 31:28 | +9:26 |
| 4 | Pedro Mayol Clemente | 57 Murcia MURCIA-O | 32:11 | +10:09 |
| 5 | Dariusz Pachnik | UKS Orientpark UKS O | 32:16 | +10:14 |
| 6 | Urbano Chousa Álvarez | 65 Madrid T_TRAGAME | 34:11 | +12:09 |
| 7 | Toni Peñarando Galván | 65 Madrid RUMBO-MADRID | 34:34 | +12:32 |
| 8 | Julian Amores Fuste | 61 Madrid SOTOBOSQUE | 35:58 | +13:56 |
| 9 | Claudio Moran Muñoz | 66 Madrid ADYRON | 38:04 | +16:02 |
| 10 | José Manuel Prieto García | 67 Madrid MALARRUTA | 38:28 | +16:26 |
| 11 | Miguel Álvarez Berruezo | 67 Madrid RUMBO-MADRID | 38:54 | +16:52 |
| 12 | José Luis Bascónes Huertas | 60 Madrid C.D.C.E.B.E. | 40:35 | +18:33 |
| 13 | José García Robles | 65 Madrid ENTREBALIZAS | 41:06 | +19:04 |
| 14 | Jose Vicente Alba Paredes | 60 Madrid MONTE_EL_PAR | 44:57 | +22:55 |
| 15 | José Manuel Cermeño Herná | 63 Madrid COLMENAR | 49:24 | +27:22 |
| 16 | José Luis García Morales | 63 Madrid ESCONDITE-M | 55:42 | +33:40 |
| 17 | Jose Antonio González Balle | 66 Ciudad Real MANZANAR | 1:01:50 | +39:48 |
| 18 | Angel Díaz Caro | 68 Madrid MALARRUTA | 1:07:09 | +45:07 |
| 19 | Luis Antonio Zorrilla Manzano | 65 Madrid O-CHARLIES_O | 1:55:35 | +1:33:33 |
| M-55 (19) | | 3,5 km 65 m 18 C | | |
| 1 | Martin Sacher | kilroy kilroy | 20:26 | 0:00 |
| 2 | Lars Palmqvist | Järfälla OK Järfälla OK | 24:00 | +3:34 |
| 3 | Anders Björklund | Sävedalens AIK Sävedal | 26:15 | +5:49 |
| 4 | Roberto Montes Marcos | 63 Asturias ASTUR_EXTRE | 26:50 | +6:24 |
| 5 | Francisco Iglesias Huertos | 60 Valladolid CDP-O | 28:26 | +8:00 |
| 6 | Juan Manuel Nuñez Martín | Madrid MONTE_EL_PAR | 29:11 | +8:45 |
| 7 | Per Emion | Orientabonito Orientabon | 31:56 | +11:30 |
| 8 | Juan Manuel Lasso Frías | 63 Valladolid CDP-O | 33:09 | +12:43 |
| 9 | Andrés Sánchez Montoro | Madrid O-GETAFE | 33:12 | +12:46 |
| 10 | José Antonio Vera Jiménez | 56 Madrid ADYRON | 38:39 | +18:13 |
| 11 | Juan Carlos Álvarez Millán | 60 Madrid MONTE_EL_PAR | 39:50 | +19:24 |
| 12 | Jesús Gómez Gómez | 59 Madrid BOADILLA | 45:26 | +25:00 |
| 13 | José María Galván Mangas | 55 Valladolid COV | 46:38 | +26:12 |
| 14 | Carlos Castro Bobillo | 53 Valladolid CDP-O | 46:54 | +26:28 |
| 15 | Andrés Morán Cuesta | 61 La Rioja RIOJA-O | 47:33 | +27:07 |

| os | Nombre | N | Club | Tiempo | Diff. |
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| M-55 (19) | | | | | |
| | | | | 3,5 km 65 m 18 C | (cont.) |
| 16 | Miguel Ángel Murúa Brasero | 59 | Madrid BOM | 51:03 | +30:37 |
| 17 | Fernando Sánchez Mínguez | 50 | Valladolid COV | 58:30 | +38:04 |
| 18 | Jose Eugenio Gutiérrez Just | 57 | Madrid COLMENAR | 1:19:51 | +59:25 |
| | Felix Perez Gonzalez | 53 | Madrid COLMENAR | bandona | |
| M-60 (5) | | | | | |
| | | | | 3,4 km 65 m 17 C | |
| 1 | Poedras Daniel | | COURSE D'ORIENTA C | 32:24 | 0:00 |
| 2 | Antonio López Lara | 55 | Madrid MK-O | 42:36 | +10:12 |
| 3 | José Luis Cobas López | 58 | Madrid C.D.C.E.B.E. | 50:48 | +18:24 |
| 4 | Ignacio Garcia Losa | 56 | Madrid COLMENAR | 51:27 | +19:03 |
| | Francisco Martínez Porteros | 46 | Madrid O-CHARLIES_O | No sale | |
| M-65 (2) | | | | | |
| | | | | 3,0 km 50 m 14 C | |
| 1 | Are Eriksen | | Oslostudentenes Oslost | 24:50 | 0:00 |
| 2 | Magne Vollen | | Oslostudentenes Oslost | 25:38 | +0:48 |
| U-12 (7) | | | | | |
| | | | | 2,4 km 25 m 11 C | |
| 1 | Alazne Fernández Sierra | 07 | Vizcaya COBI | 58:06 | 0:00 |
| 2 | Aurora Cardillo Martinez | 07 | Valladolid CDP-O | 1:00:26 | +2:20 |
| 3 | Lucía Calonge Valdes | 11 | FEDO | 1:21:35 | +23:29 |
| 4 | Jaime Redondo Barthelemy | 08 | Madrid MALARRUTA | 1:23:45 | +25:39 |
| | Sergio Domínguez Monsalve | 09 | León ALCON | bandona | |
| | Candela Arranz Bravo | 09 | Burgos CORZO | bandona | |
| | MARIA DIAZ MENDAÑA | 08 | Palencia ORCA | No sale | |
| F-14 (2) | | | | | |
| | | | | 2,3 km 25 m 10 C | |
| | Irene Monseco López | 07 | Madrid O-CHARLIES_O | or en tarj. | |
| | Malen Osinaga Osinaga | 05 | Guipúzcoa GOT | No sale | |
| F-16 (10) | | | | | |
| | | | | 2,9 km 35 m 12 C | |
| 1 | Eva Örnhagen Jørgensen | | OK SNAB OK SNAB | 18:34 | 0:00 |
| 2 | Sara Monseco López | 04 | Madrid O-CHARLIES_O | 31:03 | +12:29 |
| 3 | Lara García Hernández | 04 | Salamanca OX | 34:10 | +15:36 |
| 4 | Gabriela Gómez Martínez | 04 | Cantabria GALITIUS | 39:17 | +20:43 |
| 5 | Lucía García Bautista | 04 | Madrid ENTREBALIZAS | 39:24 | +20:50 |
| 6 | Ariadna Garrido Contreras | 03 | Madrid ALABARDA-O | 43:25 | +24:51 |
| 7 | Raquel Martín Alcalá | 03 | Salamanca OX | 48:46 | +30:12 |
| 8 | Mireia Jauregi Ostolaza | 04 | Guipúzcoa GOT | 52:28 | +33:54 |
| | Carmen Martinez Pacheco | 05 | Cantabria GALITIUS | or en tarj. | |
| | Eneritz Osinaga Osinaga | 03 | Guipúzcoa GOT | No sale | |
| F-18 (5) | | | | | |
| | | | | 3,9 km 50 m 15 C | |
| 1 | Lucía Misas Bernardino | 02 | Sevilla ADOL | 25:53 | 0:00 |
| 2 | Patricia Toledo Navarro | 04 | Madrid ALABARDA-O | 31:16 | +5:23 |
| 3 | Lidia González Mantecón | 01 | Cantabria GALITIUS | 42:35 | +16:42 |
| 4 | Noelia Gallo Arranz | 03 | Burgos CORZO | 46:10 | +20:17 |
| 5 | Kantia Amador Terán | 01 | Cantabria CD_ALTAI | 1:07:34 | +41:41 |

| os | Nombre | N | Club | Tiempo | Diff. |
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| F-20 (3) 4,3 km 100 m 19 C | | | | | |
| 1 | Elena Martí Barclay | 00 | Cádiz FUNDI-O | 39:26 | 0:00 |
| 2 | Laura Fidalgo Casares | 02 | León ALCON | 43:42 | +4:16 |
| 3 | Sofía Díaz Ocharan | | Palencia ORCA | 57:45 | +18:19 |
| F-21A (20) 3,8 km 80 m 18 C | | | | | |
| 1 | Amanda Pons Pérez | 89 | Burgos CORZO | 28:47 | 0:00 |
| 2 | Marta Pérez Fernández | 88 | Valladolid COV | 33:44 | +4:57 |
| 3 | Aitana Lertxundi Manterola | 80 | Guipúzcoa GOT | 36:16 | +7:29 |
| 4 | Elena Rojas Jiménez | 97 | Madrid ALABARDA-O | 37:28 | +8:41 |
| 5 | Natalia Isaba Aramendía | 70 | Navarra NORTE-SUR | 38:37 | +9:50 |
| 6 | Gema Arellano Del Verbo | 92 | Toledo TOLEDO-O | 39:14 | +10:27 |
| 7 | María De La Cruz Gutiérrez | 77 | Burgos CORZO | 40:32 | +11:45 |
| 8 | Bárbara Domingo Santos | 73 | Burgos TJALVE | 41:19 | +12:32 |
| 9 | Silvia López Suárez | 78 | Asturias ASTUR_EXTRE | 41:21 | +12:34 |
| 10 | Araceli Abalde Vila | | Burgos TJALVE | 43:32 | +14:45 |
| 11 | Pilar Hernández Torres | 86 | Madrid ESCONDITE-M | 46:25 | +17:38 |
| 12 | Alba Gavela Ramos | 72 | Burgos TJALVE | 46:37 | +17:50 |
| 13 | Inma Ovejero Dueñas | 81 | Vizcaya COBI | 47:10 | +18:23 |
| 14 | Silvia Irastorza Asensio | 77 | Vizcaya COBI | 49:04 | +20:17 |
| 15 | Ainhoa Del Campo Marcaida | 79 | Vizcaya COBI | 50:02 | +21:15 |
| 16 | Izaskun Echeverría Sarasíba | 84 | Navarra CDNAVARRA | 52:19 | +23:32 |
| 17 | Gloria Sanz Salamanca | 75 | Valladolid COV | 55:51 | +27:04 |
| 18 | Nerea Antón Pérez | 97 | Palencia ORCA | 1:02:02 | +33:15 |
| 19 | Claudia Caso Fernández | 90 | Asturias PILONA_DEPO | 1:09:30 | +40:43 |
| | Elisa Aguirre Casas | 84 | La Rioja CRON | | or en tarj. |
| F-21B (9) 2,9 km 35 m 11 C | | | | | |
| 1 | Beatriz Redondo Martinez | 81 | Cádiz FUNDI-O | 38:46 | 0:00 |
| 2 | Mary Ellen Ochs | 88 | Madrid ESCONDITE-M | 41:29 | +2:43 |
| 3 | Ana Belen Perez Riofrio | 74 | Madrid IMPERDIBLE | 56:33 | +17:47 |
| 4 | María De La O Rodriguez Alq | 95 | Madrid COLMENAR | 1:00:30 | +21:44 |
| 5 | María José Hernández Herrer | 78 | Salamanca OX | 1:02:18 | +23:32 |
| 6 | Luz Fernández Suárez | 76 | Asturias ASTUR_EXTRE | 1:04:52 | +26:06 |
| 7 | Ana Marta Merino Sainz | 75 | Cantabria CD_ALTAI | 1:06:00 | +27:14 |
| | Belén Sanz Sanz | 86 | Madrid GOCAN | | or en tarj. |
| | María Oliva Alcalá Félix | 73 | Salamanca OX | | bandona |
| F-E (45) 5,1 km 120 m 21 C | | | | | |
| 1 | Anna Bachman | | IFK Lidingö SOK IFK Lidi | 26:49 | 0:00 |
| 2 | Helena Karlsson | | IFK Lidingö SOK IFK Lidi | 27:22 | +0:33 |
| 3 | María Prieto Del Campo | 98 | Madrid MALARRUTA | 27:29 | +0:40 |
| 4 | Svetlana Mironova | 86 | Ávila Ultra Maximus | 28:14 | +1:25 |
| 5 | Niina Hulkkonen | | IFK Lidingö SOK IFK Lidi | 28:25 | +1:36 |
| 6 | Paula Gross | | IFK Mora OK IFK Mora O | 28:29 | +1:40 |
| 6 | Emma Bjessmo | | IFK Lidingö SOK IFK Lidi | 28:29 | +1:40 |
| 8 | Anna Närhi | | IFK Göteborg Ori IFK Göt | 28:44 | +1:55 |
| 9 | Anastasiia Borovkova | | Rehns BK Rehns BK | 29:13 | +2:24 |
| 10 | Ausrine Kutkaite | | IFK Lidingö SOK IFK Lidi | 29:16 | +2:27 |
| 11 | Synnøve Bråten | | IFK Lidingö SOK IFK Lidi | 29:19 | +2:30 |
| 12 | Zsofia Sarközy | | IFK Lidingö SOK IFK Lidi | 29:22 | +2:33 |
| 13 | Sina Tommer | | IFK Göteborg Ori IFK Göt | 29:46 | +2:57 |

| os | Nombre | N | Club | Tiempo | Diff. |
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| F-E (45) | | | | | |
| | | | | 5,1 km 120 m 21 C | <i>(cont.)</i> |
| 14 | Yulia Novikova | | Hiidenkiertäjät Hiidenkiert | 29:50 | +3:01 |
| 15 | Katja Nikitina | | Rehns BK Rehns BK | 30:41 | +3:52 |
| 16 | Linnea Claesdotter | | IFK Lidingö SOK IFK Lidi | 31:02 | +4:13 |
| 17 | Tuuli Heikkilä | | Lynx Lynx | 31:37 | +4:48 |
| 18 | Susanna Tervo | | IFK Lidingö SOK IFK Lidi | 32:38 | +5:49 |
| 19 | Andrea Roggo | | Halden SK Halden SK | 33:14 | +6:25 |
| 20 | Deborah Stadler | | IFK Göteborg Ori IFK Göt | 33:18 | +6:29 |
| 21 | Katrin Mueller | | IFK Lidingö SOK IFK Lidi | 33:29 | +6:40 |
| 22 | Ana Isabel Toledo Navarro | 00 | Cuenca ORIENTIJOTE | 33:54 | +7:05 |
| 23 | Anaïs Cattin | | OLV Baselland / OLV Ba | 35:40 | +8:51 |
| 24 | Suvi Heikkilä | | Lynx Lynx | 36:02 | +9:13 |
| 25 | Anastasia Rudnaya | | MS Parma MS Parma | 36:39 | +9:50 |
| 26 | Guadalupe Moreno Zúñiga | 70 | Toledo TOLEDO-O | 37:48 | +10:59 |
| 27 | Matleena Boström | | IFK Lidingö SOK IFK Lidi | 38:10 | +11:21 |
| 28 | Rosa Raquel Martín García | 87 | Madrid ESCONDITE-M | 38:50 | +12:01 |
| 29 | María Soriano Ramal | 98 | Alicante VILLENA-O | 39:51 | +13:02 |
| 30 | Caroline Pigerre | | IFK Lidingö SOK IFK Lidi | 40:58 | +14:09 |
| 31 | María José Martín Iglesias | 75 | Madrid MALARRUTA | 41:50 | +15:01 |
| 32 | Michela Guizzardi | | CUS BOLOGNA CUS B | 42:00 | +15:11 |
| 33 | Violeta Feliciano Sanjuán | 92 | Alicante COLIVENC | 42:08 | +15:19 |
| 34 | Andrea Viqueira | 78 | Madrid MALARRUTA | 43:08 | +16:19 |
| 35 | Sara Kindlund | | IFK Mora OK IFK Mora O | 44:07 | +17:18 |
| 36 | Ines Pozo Prada | | Madrid O-GETAFE | 44:45 | +17:56 |
| 37 | Katarína Kotrlová | | ŠK Sandberg ŠK Sandb | 47:23 | +20:34 |
| 38 | Blanca Perez Garcia | 85 | Madrid COLMENAR | 47:29 | +20:40 |
| 39 | Isabella Tapper | | IFK Lidingö SOK IFK Lidi | 52:58 | +26:09 |
| 40 | Eva Garrido Hens | 79 | Madrid NAVALCARNER | 54:55 | +28:06 |
| 41 | Susana Gómez Martínez | 78 | Madrid NAVALCARNER | 57:13 | +30:24 |
| | Emma Waddington | | Individuals/No c Individua | No sale | |
| | ildiko sisi | 97 | HunOri | No sale | |
| | Almudena Paradinas Mombie | 85 | Madrid NAVALCARNER | No sale | |
| | María Coloma Peñate | 86 | Madrid GOCAN | No sale | |
| F-35 (15) | | | | | |
| | | | | 3,8 km 80 m 17 C | |
| 1 | Aixa Blanco Mantecón | 74 | Palencia ORCA | 36:41 | 0:00 |
| 2 | Leticia de Villarreal García | 74 | Málaga COMA | 42:31 | +5:50 |
| 3 | Susana Arroyo Schnell | 74 | Madrid SOTOBOSQUE | 42:35 | +5:54 |
| 4 | Elena Sánchez Iñiguez De L | 77 | Valladolid COV | 45:44 | +9:03 |
| 5 | Nekane Astigarraga | | Madrid COLMENAR | 48:30 | +11:49 |
| 6 | Nuria Calvo Segovia | 71 | Cuenca COMCU | 51:31 | +14:50 |
| 7 | Beatriz Bernardino Nuño | 78 | Madrid ESCONDITE-M | 52:33 | +15:52 |
| 8 | Barbara Jimenez Ruperez | 83 | Burgos TJALVE | 1:04:51 | +28:10 |
| 9 | Pilar Iñiguez De La Torre Bay | 53 | Valladolid COV | 1:14:33 | +37:52 |
| 10 | Mª del Carmen Hernanz Mor | 70 | Palencia ORCA | 1:14:53 | +38:12 |
| 11 | Vanessa Garcia Corrochano | 80 | Madrid O-CHARLIES_O | 1:18:23 | +41:42 |
| 12 | Cristina Saez Perez | 74 | Alicante UNIVERSIDAD_ | 1:23:19 | +46:38 |
| 13 | Mª Elena Campano Castellan | 73 | Madrid COLMENAR | 1:28:18 | +51:37 |
| | Cristina Fernández Leñador | 82 | Madrid MONTE_EL_PAR | or en tarj. | |
| | Covadonga Gutiérrez Vega | 74 | Palencia ORCA | No sale | |

| os | Nombre | N | Club | Tiempo | Diff. |
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| F-40 (8) 3,5 km 65 m 19 C | | | | | |
| 1 | Maica Pérez Ramos | 74 | La Rioja CRON | 41:30 | 0:00 |
| 2 | Silvia Feijoo Escudero | 78 | Madrid IMPERDIBLE | 42:28 | +0:58 |
| 3 | Lolimar Rodríguez González | 76 | Madrid O-GETAFE | 43:32 | +2:02 |
| 4 | Rosa Silveira Puertas | 72 | Madrid ALABARDA-O | 44:15 | +2:45 |
| 5 | Mar Oliva Bartolomé | 76 | Madrid ESCONDITE-M | 52:53 | +11:23 |
| 6 | Sonia Asanza Izquierdo | 74 | Madrid MONTE_EL_PAR | 57:44 | +16:14 |
| 7 | Ana Martín-Pérez Espinar | 76 | Badajoz BASE DON BE | 1:05:39 | +24:09 |
| 8 | ALICIA LÓPEZ MARTÍNEZ | 75 | Madrid ALABARDA-O | 1:08:56 | +27:26 |
| F-45 (18) 3,5 km 65 m 18 C | | | | | |
| 1 | Lourdes Cano Rodríguez | 71 | Madrid IBERIA | 38:10 | 0:00 |
| 2 | Ana Lopez Gomez | 69 | Guipúzcoa GOT | 41:49 | +3:39 |
| 3 | Mercedes García García | 70 | Madrid MALARRUTA | 43:46 | +5:36 |
| 4 | Pilar Barrio Velasco | 73 | Valladolid COV | 45:20 | +7:10 |
| 5 | Carolina Cuesta García | 70 | Madrid MALARRUTA | 48:30 | +10:20 |
| 6 | Pilar Blanco Bailo | 68 | Asturias NORDESTE-O | 48:40 | +10:30 |
| 7 | Maria José Merino Hernantes | 66 | Asturias ASTUR_EXTRE | 49:21 | +11:11 |
| 8 | Joana García Romero | 71 | Guipúzcoa GOT | 51:49 | +13:39 |
| 9 | Olivia Plaza Plaza | 63 | Valladolid CDP-O | 54:07 | +15:57 |
| 10 | Arrate Pacheco Iñurrategui | 67 | Cantabria GALITIUS | 1:00:37 | +22:27 |
| 11 | Elena Riaño | 72 | Madrid IMPERDIBLE | 1:02:55 | +24:45 |
| 12 | Laura Lopez Regidor | 73 | Madrid O-CHARLIES_O | 1:09:32 | +31:22 |
| 13 | Lourdes Callado Pacho | 63 | La Rioja RIOJA-O | 1:29:26 | +51:16 |
| 14 | Carmen Navarro Ruiperez | 70 | Cuenca ORIENTIJOTE | 1:38:47 | +1:00:37 |
| 15 | Encarnación Gómez Góngor | 71 | Madrid O-GETAFE | 1:41:38 | +1:03:28 |
| | Cristina Del Campo Campo | 69 | Madrid MALARRUTA | or en tarj. | |
| | Esther Martin García | 69 | Madrid O-CHARLIES_O | bandona | |
| | Carmen Muñoz Acebes | 64 | Palencia ORCA | No sale | |
| F-50 (6) 3,0 km 50 m 14 C | | | | | |
| 1 | Ulrika Örnhausen Jørgensen | | OK SNAB OK SNAB | 21:08 | 0:00 |
| 2 | Milagros Dengra Tello | 65 | Madrid ESCONDITE-M | 50:42 | +29:34 |
| 3 | Isabel Vega Artime | 68 | Asturias ASTUR_EXTRE | 1:12:55 | +51:47 |
| 4 | Alicia Berrocal Pariente | 63 | Madrid COLMENAR | 1:13:00 | +51:52 |
| | Beatriz Montes Arribas | 66 | Valladolid COV | e control | |
| | Lucía Cánovas Andreo | 57 | Madrid MONTE_EL_PAR | or en tarj. | |
| F-55 (7) 2,9 km 50 m 13 C | | | | | |
| 1 | Virginie Oligo | | COURSE D'ORIENTA C | 34:45 | 0:00 |
| 2 | Lucía Cánovas Andreu | | Madrid MONTE_EL_PAR | 1:13:16 | +38:31 |
| 3 | Adriana Flórez-Estrada Malla | 62 | La Rioja CRON | 1:16:53 | +42:08 |
| 4 | Nieves Serrano Alcol | 58 | Madrid COLMENAR | 1:21:38 | +46:53 |
| | Berit Aslaksen | | Järfälla OK Järfälla OK | e control | |
| | Ángeles García Madrid | 61 | Madrid C.D.C.E.B.E. | bandona | |
| | Mª Pilar Miguel Pagazaurtund | 64 | Madrid COTA | bandona | |
| F-60 (2) 2,4 km 35 m 11 C | | | | | |
| 1 | Ana Julia Alonso Brasas | 57 | Valladolid CDP-O | 1:06:46 | 0:00 |
| 2 | María Hornell de Viqueira | 53 | Madrid MALARRUTA | 1:08:54 | +2:08 |

| os | Nombre | N | Club | Tiempo | Diff. |
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| OPEN AMARILLO (20) | | | | | |
| | | | | 1,9 km 15 m | 9 C |
| 1 | Jimena Arranz Bravo | 11 | Burgos CORZO | 18:05 | 0:00 |
| 2 | Álvaro García Encinas | 10 | Badajoz CODAN_EXTR | 24:06 | +6:01 |
| 3 | RODRIGO IGLESIAS JIMEN | 06 | Ávila NOSOLOCUERDA | 24:55 | +6:50 |
| 4 | BLANCA PIERA BARROSO | 08 | Ávila NOSOLOCUERDA | 26:59 | +8:54 |
| 5 | NATALIA CIMARRAS BLAZQ | 07 | Ávila NOSOLOCUERDA | 27:55 | +9:50 |
| 6 | BEATRIZ ENCINAS CHAMO | 77 | Badajoz CODAN_EXTR | 29:42 | +11:37 |
| 7 | CARLA CIMARRAS BLAZQU | 09 | Ávila NOSOLOCUERDA | 30:58 | +12:53 |
| 8 | RODRIGO GUTIERREZ JIM | 02 | Ávila NOSOLOCUERDA | 35:21 | +17:16 |
| 9 | SERGIO VARAS SANTAMA | 05 | Ávila NOSOLOCUERDA | 35:22 | +17:17 |
| 10 | Victor Domínguez Monsalve | 12 | León ALCON | 35:56 | +17:51 |
| 11 | SANDRA GONZALEZ RESC | 05 | Ávila NOSOLOCUERDA | 38:34 | +20:29 |
| 12 | JIMENA CORRAL SANCHEZ | 05 | Ávila NOSOLOCUERDA | 39:47 | +21:42 |
| 13 | Ines Lastra Asanza | 09 | Madrid MONTE_EL_PAR | 40:06 | +22:01 |
| 14 | FABIOLA LANZAS LÓPEZ | 12 | Madrid ALABARDA-O | 41:40 | +23:35 |
| 15 | Raquel MARCOS INCLÁN | 77 | FEDO | 41:52 | +23:47 |
| 16 | ADRIAN IGLESIAS JIMENEZ | 09 | Ávila NOSOLOCUERDA | 43:28 | +25:23 |
| 17 | Hugo Peñaranda Pérez | 13 | La Rioja CRON | 46:47 | +28:42 |
| | LUIS PLAZA GARCIA | 05 | Ávila NOSOLOCUERDA | or en tarj. | |
| | Eritz Fernandez Sierra | 12 | Vizcaya COBI | No sale | |
| | ANE OSINAGA OSINAGA | 10 | Guipúzcoa GOT | No sale | |

| | | | | | |
|--------------------------|-------------------------------|----|----------------------------|--------------------|-------------|
| OPEN NARANJA (22) | | | | | |
| | | | | 2,3 km 25 m | 10 C |
| 1 | Anke Schmiedeberg | | SV Turbine Neubr SV Tu | 25:21 | 0:00 |
| 2 | Pablo Garcia D | | Individuals/No c Individua | 26:42 | +1:21 |
| 3 | PABLO PIERA BARROSO | 02 | Ávila NOSOLOCUERDA | 32:49 | +7:28 |
| 4 | Laura Contreras García | 76 | Madrid ALABARDA-O | 36:22 | +11:01 |
| 5 | IGNACIO PIERA BARROSO | 05 | Ávila NOSOLOCUERDA | 36:28 | +11:07 |
| 6 | Alejandro Barés González | 83 | FEDO | 42:14 | +16:53 |
| 7 | MIGUEL JIMENEZ GUTIERR | 04 | Ávila NOSOLOCUERDA | 42:38 | +17:17 |
| 8 | Marta Casares Valladares | 69 | León ALCON | 43:44 | +18:23 |
| 9 | Emilio Perez-Urruti Martinez- | 90 | FEDO | 43:46 | +18:25 |
| 10 | Montserrat Sancho Cruz | 84 | FEDO | 43:49 | +18:28 |
| 11 | Laura Marín García | 90 | FEDO | 43:50 | +18:29 |
| 12 | Rocío Rapallo Quesada | 68 | Madrid COLMENAR | 53:56 | +28:35 |
| 13 | CARLA UGUET DE RESAY | 04 | FEDO | 54:30 | +29:09 |
| 14 | JAVIER BLAZQUEZ GARCIA | 75 | Ávila NOSOLOCUERDA | 1:02:31 | +37:10 |
| 15 | OSCAR CIMARRAS GARCIA | 76 | Ávila NOSOLOCUERDA | 1:05:27 | +40:06 |
| 16 | ANA MARIA JIMENEZ LOPEZ | 86 | Ávila NOSOLOCUERDA | 1:05:54 | +40:33 |
| 17 | Daniel Mahou Miguel | 92 | Madrid COTA | 1:11:10 | +45:49 |
| 18 | Jesús Del pozo Montero | 86 | FEDO | 1:18:36 | +53:15 |
| 19 | Laura Sanchidrián Sánchez | 89 | FEDO | 1:20:48 | +55:27 |
| 20 | Gema Sanz Sanz | 88 | FEDO | 1:27:21 | +1:02:00 |
| | Ivan Cambra Llopis | | Individuals/No c Individua | No sale | |
| | Nuria Martinez Lozano | 74 | Valladolid CDP-O | No sale | |

| | | | | | |
|-----------------------|---------------------------|----|---------------------------|--------------------|-------------|
| OPEN ROJO (25) | | | | | |
| | | | | 3,8 km 50 m | 14 C |
| 1 | Rodrigo Jiménez Jiménez | 81 | León ALCON | 24:44 | 0:00 |
| 2 | Fernando Torres Fidalgo | 81 | FEDO | 34:00 | +9:16 |
| 3 | Raquel Martínez García | 81 | León ALCON | 36:11 | +11:27 |
| 4 | Carlos Bernardo Rodríguez | 75 | FEDO | 38:33 | +13:49 |
| 5 | Martina Paone | | Polisportiva G.M Polispor | 39:17 | +14:33 |
| 6 | Maud Barthelemy | 75 | Madrid MALARRUTA | 43:48 | +19:04 |

| os | Nombre | N | Club | Tiempo | Diff. |
|-----------------------|----------------------------|----|----------------------------|----------------|----------|
| OPEN ROJO (25) | | | | | |
| | | | 3,8 km 50 m 14 C | <i>(cont.)</i> | |
| 7 | Rubén Rúa Muñoz | 88 | Ávila NOSOLOCUERDA | 52:16 | +27:32 |
| 8 | Javier Redondo González | 71 | Madrid MALARRUTA | 1:03:41 | +38:57 |
| 9 | Miguel Ángel Hernández Gil | 74 | FEDO | 1:03:48 | +39:04 |
| 10 | Francisco Santos Gómez Gü | 69 | Cantabria GALITIUS | 1:04:36 | +39:52 |
| 11 | David Cañada López | 76 | Madrid IMPERDIBLE | 1:12:50 | +48:06 |
| 12 | Sara Perez Sanchez | 88 | FEDO | 1:25:54 | +1:01:10 |
| 13 | Santiago Gomez Naranjo | 69 | Madrid GOCAN | 1:32:08 | +1:07:24 |
| 14 | Agustin Gomez Naranjo | 66 | Madrid GOCAN | 1:34:30 | +1:09:46 |
| 15 | Monica Valdes Martin | 74 | FEDO | 1:46:36 | +1:21:52 |
| 16 | Miguel Angel Gallo Arranz | 67 | Burgos CORZO | 1:52:41 | +1:27:57 |
| | Lorena Alonso Blanco | 79 | FEDO | e control | |
| | Pablo Del Moral Gómez | 83 | FEDO | e control | |
| | Henar Silvestre Ferradal | | Madrid ESCONDITE-M | bandona | |
| | Miguel Angel Alvarez Carmo | 83 | FEDO | bandona | |
| | Andrés Del Bustio Díaz | 85 | Asturias ASTUR_EXTRE | No sale | |
| | Eva Suarez Zapico | 85 | Asturias ASTUR_EXTRE | No sale | |
| | CARLOS Falagán RODRIGU | 83 | FEDO | No sale | |
| | Carlos Orobón Díez | | Individuals/No c Individua | No sale | |
| | Evelio Muñoz | | Individuals/No c Individua | No sale | |
| CORRELÍN (2) | | | | | |
| | Paula García Hernández | 11 | Salamanca OX | No sale | |
| | Adrian Sanchez Gomez | 12 | FEDO | No sale | |