

Organiza.: R.F.E.C.

Poblacion.: LAREDO

Fecha.: 10/01/10

| Pos | Dor | Nombre | Equipo | Vta-1 | Vta-2 | Vta-3 | Vta-4 | Vta-5 | Cat | Vts | Tiempo |
|-----|-----|-----------------------|---------------|---------|---------|---------|---------|---------|-----|-----|------------|
| 1º | 81 | INSAUSTI, Jon Ander | VASCA-LIBRE | 0:08:43 | 0:08:49 | 0:08:29 | 0:08:50 | 0:08:46 | 1 | 5 | 0:43:37.19 |
| 2º | 80 | GOIKOETXEA, Peio | VASCA-LIBRE | 0:08:38 | 0:08:51 | 0:08:44 | 0:08:44 | 0:08:55 | 1 | 5 | 0:43:52.47 |
| 3º | 32 | GONZALEZ, Paulo | GALLEGA | 0:08:45 | 0:08:46 | 0:08:36 | 0:08:43 | 0:09:14 | 1 | 5 | 0:44:04.02 |
| 4º | 82 | IRAOLAGOITIA, Oier | VASCA-LIBRE | 0:08:46 | 0:08:47 | 0:08:37 | 0:09:08 | 0:09:05 | 1 | 5 | 0:44:23.05 |
| 5º | 40 | CRISTÓBAL, José María | MADRILEÑA | 0:09:01 | 0:09:01 | 0:08:56 | 0:08:58 | 0:08:58 | 1 | 5 | 0:44:54.46 |
| 6º | 83 | LASTRA, Jonathan | VASCA-LIBRE | 0:09:03 | 0:08:58 | 0:08:56 | 0:08:59 | 0:08:58 | 1 | 5 | 0:44:54.61 |
| 7º | 1 | ANDRÉS, Gonzalo | ASTURIANA | 0:08:49 | 0:08:57 | 0:09:06 | 0:09:05 | 0:08:59 | 1 | 5 | 0:44:56.06 |
| 8º | 77 | AGIRRE, Andoni | VASCA-LIBRE | 0:09:18 | 0:09:03 | 0:09:07 | 0:09:04 | 0:09:16 | 1 | 5 | 0:45:48.36 |
| 9º | 47 | LLORENS, Jaime | VALENCIANA | 0:09:11 | 0:09:15 | 0:09:12 | 0:09:11 | 0:09:05 | 1 | 5 | 0:45:54.01 |
| 10º | 41 | PACIOS, Rubén | MADRILEÑA | 0:09:05 | 0:09:03 | 0:09:14 | 0:09:14 | 0:09:18 | 1 | 5 | 0:45:54.52 |
| 11º | 31 | CHAS, Brais | GALLEGA | 0:09:27 | 0:09:03 | 0:09:09 | 0:09:09 | 0:09:08 | 1 | 5 | 0:45:56.67 |
| 12º | 45 | ALTUR, Marcos | VALENCIANA | 0:09:00 | 0:09:01 | 0:09:04 | 0:09:24 | 0:09:33 | 1 | 5 | 0:46:02.04 |
| 13º | 79 | BASILIO, Ander | VASCA-LIBRE | 0:09:28 | 0:09:06 | 0:09:08 | 0:09:21 | 0:09:05 | 1 | 5 | 0:46:08.30 |
| 14º | 17 | CAMPO, Alejandro | CANTABRA | 0:09:12 | 0:09:21 | 0:09:05 | 0:09:20 | 0:09:27 | 1 | 5 | 0:46:25.84 |
| 15º | 3 | GARCÍA, Abel | ASTURIANA | 0:09:30 | 0:09:14 | 0:09:20 | 0:09:15 | 0:09:18 | 1 | 5 | 0:46:37.60 |
| 16º | 85 | PORTILLO, Xabier | VASCA-LIBRE | 0:09:10 | 0:09:20 | 0:08:57 | 0:09:32 | 0:10:02 | 1 | 5 | 0:47:01.66 |
| 17º | 24 | AGUILERA, Joan | CATALANA | 0:09:31 | 0:09:16 | 0:09:24 | 0:09:39 | 0:09:15 | 1 | 5 | 0:47:05.19 |
| 18º | 25 | ÁLVAREZ, Gerard | CATALANA | 0:09:42 | 0:09:19 | 0:09:28 | 0:09:23 | 0:09:13 | 1 | 5 | 0:47:05.70 |
| 19º | 7 | BENITO, Miguel Ángel | C. LEONESA | 0:09:39 | 0:09:21 | 0:09:24 | 0:09:26 | 0:09:33 | 1 | 5 | 0:47:23.98 |
| 20º | 28 | GARCIA, Iago | GALLEGA-LIBRE | 0:09:41 | 0:09:16 | 0:09:33 | 0:09:35 | 0:09:30 | 1 | 5 | 0:47:35.21 |
| 21º | 34 | MEDIN, Raul | GALLEGA | 0:10:01 | 0:09:44 | 0:09:27 | 0:09:18 | 0:09:08 | 1 | 5 | 0:47:38.69 |
| 22º | 78 | AZURMENDI, Ander | VASCA-LIBRE | 0:09:25 | 0:09:45 | 0:09:17 | 0:09:28 | 0:09:44 | 1 | 5 | 0:47:39.38 |
| 23º | 21 | GARCIA, Damian | CANTABRA | 0:09:37 | 0:09:26 | 0:09:22 | 0:09:33 | 0:09:47 | 1 | 5 | 0:47:45.93 |
| 24º | 52 | ARISTI, Mikel | VASCA-LIBRE | 0:09:49 | 0:09:23 | 0:09:24 | 0:09:45 | 0:09:38 | 1 | 5 | 0:47:59.02 |
| 25º | 48 | PASCUAL, Francesc | VALENCIANA | 0:09:27 | 0:09:31 | 0:09:32 | 0:09:50 | 0:09:48 | 1 | 5 | 0:48:08.16 |
| 26º | 64 | LATORRE, Mikel | VASCA-LIBRE | 0:09:46 | 0:09:08 | 0:09:32 | 0:09:55 | 0:10:11 | 1 | 5 | 0:48:32.44 |
| 27º | 5 | LUCAS, Alberto | ASTURIANA | 0:09:09 | 0:08:56 | 0:08:52 | 0:10:44 | 0:10:52 | 1 | 5 | 0:48:33.26 |
| 28º | 46 | HERNÁNDEZ, Óscar | VALENCIANA | 0:09:31 | 0:09:55 | 0:09:45 | 0:09:48 | 0:09:52 | 1 | 5 | 0:48:51.45 |
| 29º | 39 | CLEMARES, Daniel | MADRILEÑA | 0:10:21 | 0:09:52 | 0:09:43 | 0:09:31 | 0:09:29 | 1 | 5 | 0:48:56.80 |
| 30º | 87 | FERNANDEZ, Egoitz | VASCA-LIBRE | 0:10:06 | 0:09:38 | 0:09:27 | 0:09:59 | 0:09:54 | 1 | 5 | 0:49:04.69 |
| 31º | 58 | GIL, Odei | VASCA-LIBRE | 0:10:07 | 0:09:37 | 0:09:52 | 0:09:45 | 0:09:46 | 1 | 5 | 0:49:07.73 |
| 32º | 42 | POZUELO, Sergio | MADRILEÑA | 0:10:55 | 0:09:38 | 0:09:28 | 0:09:44 | 0:09:36 | 1 | 5 | 0:49:21.35 |
| 33º | 68 | MUGARZA, Iker | VASCA-LIBRE | 0:11:02 | 0:09:44 | 0:09:34 | 0:09:28 | 0:09:43 | 1 | 5 | 0:49:31.61 |

| Pos | Dor | Nombre | Equipo | Vta-1 | Vta-2 | Vta-3 | Vta-4 | Vta-5 | Cat | Vts | Tiempo |
|-----|-----|-----------------------|---------------|---------|---------|---------|---------|---------|-----|-----|------------|
| 34° | 30 | UCHA, Jacobo | GALLEGA-LIBRE | 0:09:54 | 0:09:54 | 0:10:03 | 0:10:14 | 0:09:56 | 1 | 5 | 0:50:01.25 |
| 35° | 50 | ALONSO, Kepa | VASCA-LIBRE | 0:10:02 | 0:09:57 | 0:09:55 | 0:10:18 | 0:09:52 | 1 | 5 | 0:50:04.66 |
| 36° | 33 | LOPEZ, Saul | GALLEGA | 0:09:27 | 0:11:41 | 0:10:05 | 0:09:37 | 0:09:23 | 1 | 5 | 0:50:13.96 |
| 37° | 90 | CASTRO, Francisco | GALLEGA-LIBRE | 0:10:28 | 0:10:03 | 0:09:46 | 0:10:02 | 0:10:00 | 1 | 5 | 0:50:19.01 |
| 38° | 63 | LASTRA, Kevin | VASCA-LIBRE | 0:10:54 | 0:09:44 | 0:10:00 | 0:10:00 | 0:09:43 | 1 | 5 | 0:50:21.04 |
| 39° | 27 | RAYA, Alex | CATALANA | 0:10:06 | 0:09:47 | 0:09:47 | 0:10:38 | 0:10:36 | 1 | 5 | 0:50:54.09 |
| 40° | 54 | BERDOTE, Mikel | VASCA-LIBRE | 0:10:35 | 0:09:56 | 0:10:06 | 0:10:10 | 0:10:21 | 1 | 5 | 0:51:08.67 |
| 41° | 20 | DIAZ, José | CANTABRA | 0:09:56 | 0:09:59 | 0:10:45 | 0:10:30 | 0:10:26 | 1 | 5 | 0:51:36.08 |
| 42° | 59 | GOMEZ, Xabier | VASCA-LIBRE | 0:10:07 | 0:09:55 | 0:10:44 | 0:10:22 | 0:10:42 | 1 | 5 | 0:51:50.33 |
| 43° | 2 | FUENTES, Pablo | ASTURIANA | 0:10:02 | 0:09:56 | 0:10:33 | 0:10:45 | 0:10:42 | 1 | 5 | 0:51:58.29 |
| 44° | 26 | ASTALS, Cristian | CATALANA | 0:10:32 | 0:11:06 | 0:10:15 | 0:10:20 | 0:09:56 | 1 | 5 | 0:52:09.32 |
| 45° | 71 | RIVERO, Ion | VASCA-LIBRE | 0:10:17 | 0:09:54 | 0:10:04 | 0:10:43 | 0:11:25 | 1 | 5 | 0:52:23.82 |
| 46° | 19 | DIAZ, Dario | CANTABRA | 0:10:42 | 0:10:16 | 0:10:10 | 0:10:23 | 0:10:57 | 1 | 5 | 0:52:28.49 |
| 47° | 6 | MOLINA, Aitor | ASTURIANA | 0:10:53 | 0:10:16 | 0:10:31 | 0:10:34 | 0:10:30 | 1 | 5 | 0:52:44.71 |
| 48° | 35 | RODRIGUEZ, Pablo | GALLEGA | 0:10:17 | 0:10:01 | 0:09:22 | 0:09:24 | 0:13:44 | 1 | 5 | 0:52:48.39 |
| 49° | 18 | COTILLO, Agustin | CANTABRA | 0:10:52 | 0:10:14 | 0:10:56 | 0:10:31 | 0:10:20 | 1 | 5 | 0:52:53.29 |
| 50° | 72 | RODRÍGUEZ, Jorge | VASCA-LIBRE | 0:11:11 | 0:10:30 | 0:10:17 | 0:10:33 | 0:10:23 | 1 | 5 | 0:52:54.95 |
| 51° | 88 | BEOBIDE, Gaizka | VASCA-LIBRE | 0:10:29 | 0:10:04 | 0:10:17 | 0:11:37 | 0:10:47 | 1 | 5 | 0:53:14.46 |
| 52° | 51 | ARANGUREN, Beñat | VASCA-LIBRE | 0:11:19 | 0:10:53 | 0:10:31 | 0:10:23 | 0:10:20 | 1 | 5 | 0:53:26.34 |
| 53° | 84 | RODRIGUEZ, Xabier | VASCA-LIBRE | 0:09:29 | 0:09:29 | 0:09:25 | 0:10:38 | 0:14:37 | 1 | 5 | 0:53:38.09 |
| 54° | 69 | OROBENGOA, Hodei | VASCA-LIBRE | 0:11:03 | 0:10:39 | 0:10:45 | 0:10:22 | 0:10:53 | 1 | 5 | 0:53:42.12 |
| 55° | 89 | BARRENETXEA, Auder | VASCA-LIBRE | 0:10:46 | 0:10:16 | 0:11:13 | 0:10:45 | 0:11:12 | 1 | 5 | 0:54:12.00 |
| 56° | 4 | HERRERO, Alejandro | ASTURIANA | 0:11:01 | 0:10:18 | 0:10:44 | 0:10:45 | 0:11:31 | 1 | 5 | 0:54:19.88 |
| 57° | 75 | UGARTE, Xavier | VASCA-LIBRE | 0:11:14 | 0:10:49 | 0:10:19 | 0:11:03 | 0:10:58 | 1 | 5 | 0:54:23.55 |
| 58° | 56 | DE, Gorka | VASCA-LIBRE | 0:10:35 | 0:09:54 | 0:10:22 | 0:11:41 | 0:11:55 | 1 | 5 | 0:54:27.34 |
| 59° | 23 | MARTI, Adria | CATALANA | 0:11:19 | 0:10:46 | 0:10:34 | 0:10:56 | 0:11:29 | 1 | 5 | 0:55:04.34 |
| 60° | 22 | INGUANZO, Alvaro | CANTABRA | 0:10:51 | 0:10:12 | 0:10:54 | 0:12:13 | | 1 | 4 | 0:44:10.82 |
| 61° | 11 | DIAZ, Cristian Manuel | CANTABRA | 0:11:18 | 0:10:40 | 0:10:51 | 0:11:22 | | 1 | 4 | 0:44:11.43 |
| 62° | 76 | URRETA, Iker | VASCA-LIBRE | 0:11:24 | 0:10:49 | 0:10:41 | 0:11:44 | | 1 | 4 | 0:44:38.65 |
| 63° | 53 | ARIZMENDIARRIETA, Xa | VASCA-LIBRE | 0:11:21 | 0:11:31 | 0:11:07 | 0:11:11 | | 1 | 4 | 0:45:10.01 |
| 64° | 67 | MARTIN, Fco. Javier | VASCA-LIBRE | 0:11:17 | 0:10:58 | 0:12:02 | 0:10:54 | | 1 | 4 | 0:45:11.51 |
| 65° | 57 | GARITAONANDIA, Aitor | VASCA-LIBRE | 0:11:13 | 0:11:10 | 0:11:30 | 0:12:05 | | 1 | 4 | 0:45:58.05 |
| 66° | 55 | CALERO, Cristian | VASCA-LIBRE | 0:11:18 | 0:11:27 | 0:11:42 | 0:11:39 | | 1 | 4 | 0:46:06.26 |