Desafío Hércules 21

Corredor		R1: 3K (El León De Nemea)			R2: La Milla (La Hidra De Lerna)			R3: 10K (La Cierva De Cerinea)			R4: Trail 12k 300+ (El Jabalí De Erimanto)				
Nombre	RR	Ritmo	Objetivo	Resultado	Ritmo	Objetivo	Resultado	Ritmo	Objetivo	Resultado	Ritmo	Kms	D+	Objetivo	Resultado
Oscar	03:57	03:57	0:11:51	0:11:26	03:33	0:05:43	0:05:36	04:11	0:41:52	0:41:51	0:08:39	12,94	347	1:51:55	1:30:56
Rafa	03:41	03:41	0:11:03	0:10:45	03:19	0:05:20	0:05:12	03:54	0:39:02	0:38:54	0:06:18	13,00	343	1:21:52	1:17:25
Ricardo	05:01	05:01	0:15:04	0:14:59	04:37	0:07:26	0:07:11	05:19	0:53:14	0:52:28	0:07:27	12,00	300	1:29:19	
Alvaro Infante	04:44	04:44	0:14:12	0:17:58	04:21	0:07:00	0:09:34	05:01	0:50:10	1:00:26	0:07:37	14,01	300	1:46:38	1:33:38
Grego	04:32	04:32	0:13:36		04:10	0:06:43		04:48	0:48:03		0:06:51	12,00	300	1:22:17	
Juanma Ruiz	04:35	04:35	0:13:45	0:13:16	04:13	0:06:47	0:06:25	04:52	0:48:35	0:46:36	0:07:00	12,28	302	1:26:03	1:07:37
Santos	03:49	03:49	0:11:26	0:10:42	03:30	0:05:38	0:05:18	04:02	0:40:23	0:39:10	0:06:55	15,83	315	1:49:22	1:14:18
Jose Vicente	04:00	04:00	0:12:01	0:11:23	03:41	0:05:56	0:05:58	04:15	0:42:28	0:40:50	0:06:41	13,00	343	1:26:56	1:17:25
Fátima	04:35	04:35	0:13:45	0:12:49	04:07	0:06:38	0:06:30	04:52	0:48:35	0:47:16	0:07:23	13,00	343	1:35:56	1:17:25
Clara Isabel	05:33	05:33	0:16:39	0:16:14	05:06	0:08:13	0:07:46	05:53	0:58:50	0:56:16	0:09:08	16,01	345	2:26:14	1:49:45
Lourdes	04:45	04:45	0:14:16	0:13:37	04:22	0:07:02	0:06:54	05:02	0:50:24	0:49:45	0:07:25	13,02	304	1:36:37	1:19:58
Bermejo	03:46	03:46	0:11:17	0:10:30	03:28	0:05:34	0:05:20	03:59	0:39:51	0:37:58	0:07:03	17,35	305	2:02:19	1:35:57
Carlos Galiano	04:14	04:14	0:12:43	0:12:02	03:54	0:06:17	0:06:15	04:30	0:44:57	0:44:09	0:07:20	14,59	351	1:47:04	1:17:03
Angel Desdentado	04:55	04:55	0:14:45	0:14:01	04:31	0:07:17	0:06:53	05:13	0:52:07		0:07:19	12,00	300	1:27:48	
Santi Manzaneque	03:50	03:50	0:11:30	0:10:23	03:32	0:05:40	0:05:29	04:04	0:40:38	0:38:44	0:06:26	13,20	320	1:24:51	1:07:58
Javi Santos	04:10	04:10	0:12:30	0:11:48	03:50	0:06:10	0:05:53	04:25	0:44:10	0:43:51	0:08:08	20,51	381	2:46:41	1:40:04
Pedro	04:43	04:43	0:14:08	0:13:42	04:20	0:06:58	0:06:46	05:00	0:49:56	0:48:18	0:07:47	14,01	350	1:49:04	1:19:40
Lucía	04:51	04:51	0:14:33		04:28	0:07:11		05:09	0:51:26	0:48:27	0:07:23	12,06	327	1:29:08	1:21:55
Carmen Quesada	05:02	05:02	0:15:07	0:15:01	04:38	0:07:27	0:07:18	05:20	0:53:24	0:51:23	0:07:32	12,04	311	1:30:37	1:22:21
Teresa Robles	04:58	04:58	0:14:54	0:15:22	04:34	0:07:21	0:07:35	05:16	0:52:40	0:52:21	0:08:55	21,02	300	3:07:25	2:05:16
Luismi	04:16	04:16	0:12:47	0:12:17	03:55	0:06:19	0:06:15	04:31	0:45:10	0:44:07	0:07:15	14,01	350	1:41:32	1:19:40
Isabel	05:33	05:33	0:16:39	0:14:45	05:06	0:08:13	0:07:37	05:53	0:58:51	0:51:48	0:08:16	12,46	313	1:43:03	1:22:07
Basilio	04:42	04:42	0:14:06	0:13:39	04:19	0:06:57	0:06:57	04:59	0:49:49	0:49:39	0:07:31	12,94	347	1:37:21	1:30:56
Paloma	06:05	06:05	0:18:15	0:17:32	05:36	0:09:00	0:08:26	06:27	1:04:29		0:08:43	12,00	300	1:44:36	
Rosa Sánchez	05:50	05:50	0:17:30		05:22	0:08:38		06:11	1:01:50		0:08:25	12,00	300	1:41:00	
Isidro	04:55	04:55	0:14:46	0:14:44	04:32	0:07:17	0:07:16	05:13	0:52:09	0:57:15	0:07:19	12,00	300	1:27:51	
Carmen Mesa	05:21	05:21	0:16:04	0:14:51	04:56	0:07:56	0:07:45	05:41	0:56:46	0:55:01	0:08:19	12,94	347	1:47:31	1:30:56
Nuria	04:52	04:52	0:14:35	0:13:05	04:28	0:07:12	0:06:54	05:09	0:51:30	0:49:12	0:07:23	12,06	327	1:29:08	1:21:55
Teresa Arias	04:29	04:29	0:13:26		04:07	0:06:38		04:45	0:47:27	0:47:07	0:07:28	14,50	314	1:48:11	1:34:07
Mercedes	05:01	05:01	0:15:03	0:13:59	04:37	0:07:26	0:07:12	05:19	0:53:11	0:51:57	0:07:44	13,02	304	1:40:42	1:19:58
Miriam	05:10	05:10	0:15:30	0:14:32	04:45	0:07:39		05:28	0:54:45		0:07:37	12,00	300	1:31:23	
Martin	04:10	04:10	0:12:30	0:11:13	03:50	0:06:10	0:05:47	04:25	0:44:10	0:41:34	0:07:18	15,38	325	1:52:13	1:37:12
Franzeny	05:21	05:21	0:16:02	0:14:42	04:55	0:07:55	0:07:31	05:40	0:56:38		0:08:42	15,38	325	2:13:56	1:37:12
Gloria	05:06	05:06	0:15:18	0:14:50	04:42	0:07:33	0:07:00	05:24	0:54:04	0:51:53	0:07:10	12,31	~~199~~	1:28:10	1:11:08
Raquel	04:29	04:29	0:13:28	0:13:11	04:08	0:06:38		04:45	0:47:34		0:07:28	14,50	314	1:48:22	1:34:07
Fernando	05:35	05:35	0:16:45	0:15:24	05:08	0:08:16	0:07:47	05:55	0:59:11	0:58:07	0:08:18	12,46	313	1:43:31	1:22:07
Ana	05:12	05:12	0:15:35	0:15:34	04:47	0:07:42	0:07:32	05:31	0:55:05	0:51:53	0:07:51	12,46	313	1:37:44	1:22:07
Clara Bernal	05:25	05:25	0:16:14	0:15:29	04:59	0:08:00	0:07:56	05:44	0:57:20	0:53:59	0:08:14	12,50	340	1:42:53	
Jose Javier	06:00	06:00	0:18:00	0:17:56	05:31	0:08:53	0:08:42	06:22	1:03:36	1:02:37	0:08:37	12,01	301	1:43:35	1:31:19
José Ángel	04:43	04:43	0:14:10	0:13:51	04:21	0:06:59	0:06:58	05:00	0:50:02	0:49:03	0:07:55	15,33	314	2:01:16	1:28:26
José Luis Coco	04:35	04:35	0:13:45	0:13:15	04:13	0:06:47	0:06:45	04:52	0:48:35	0:48:13	0:07:08	12,12	338	1:26:25	1:29:01
Saturio	04:20	04:20	0:12:59	0:12:42	03:59	0:06:24	0:06:19	04:35	0:45:52	0:44:49	0:07:44	17,01	319	2:11:27	1:31:26
Sara Alcázar	05:21	05:21	0:16:02	0:15:49	04:55	0:07:55	0:07:42	05:40	0:56:40	0:55:18	0:08:18	12,94	347	1:47:23	1:30:56
Israel	04:05	04:05	0:12:15	0:11:24	03:45	0:06:03		04:20	0:43:17		0:06:19	12,00	300	1:15:48	
July	04:42	04:42	0:14:06	0:13:52	04:19	0:06:57	0:07:00	04:59	0:49:49	0:48:45	0:08:02	16,16	314	2:09:44	1:32:21
Jose A. Cornejo	05:15	05:15	0:15:45		04:50	0:07:46		05:34	0:55:39		0:07:43	12,00	300	1:32:36	
Ruda	04:20	04:20	0:13:00	0:11:59	03:59	0:06:25	0:06:13	04:36	0:45:56	0:45:50	0:07:23	12,06	327	1:29:08	1:21:55
Javi Paz	04:34	04:34	0:13:42	0:13:21	04:12	0:06:46	0:06:35	04:50	0:48:24	0:48:23	0:07:37	14,01	350	1:46:39	1:19:40
Paco Ruiz	03:35	03:35	0:10:45	0:10:26	03:18	0:05:18	0:05:13	03:48	0:37:59	0:36:57	0:05:51	12,10	321	1:10:43	0:54:28
César	03:49	03:49	0:11:28		03:31	0:05:39		04:03	0:40:31		0:06:00	12,00	300	1:12:02	
Rosa Ruiz	05:38	05:38	0:16:55	0:16:07	05:11	0:08:21	0:08:14	05:59	0:59:46	0:54:52	0:08:39	12,94	347	1:51:55	1:30:56
Javi Parra	04:45	04:45	0:14:15	0:13:17	04:22	0:07:02	0:06:41	05:02	0:50:21	0:50:03	0:07:18	12,46	313	1:31:04	1:22:07
Alfonso	03:49	03:49	0:11:26	0:14:12	03:30	0:05:39	0:07:16	04:02	0:40:24	0:48:01	0:06:28	16,30	~~164~~	1:45:21	1:19:57
Elena Beamud	05:55	05:55	0:17:45		05:27	0:08:45		06:16	1:02:43		0:08:31	12,00	300	1:42:12	
Eusebio	04:45	04:45	0:14:15		04:22	0:07:02	0:06:34	05:02	0:50:21	0:47:22	0:07:07	12,00	300	1:25:24	
Sara Gonzalez	06:28	06:28	0:19:25	0:17:58	05:57	0:09:35	0:09:26	06:52	1:08:36	1:02:30	0:09:11	12,00	300	1:50:12	
Josetxo	04:26	04:26	0:13:18	0:12:09	04:05	0:06:34	0:06:03	04:42	0:47:00	0:43:52	0:07:51	17,35	305	2:16:20	1:35:57
Alex	05:25	05:25	0:16:15	0:15:11	04:59	0:08:01		05:45	0:57:25		0:07:34	~~11,92~~	~~233~~	1:30:17	1:16:57
Pablo	04:46	04:46	0:14:18	0:13:44	04:23	0:07:03	0:06:47	05:03	0:50:32	0:49:44	0:07:34	13,61	300	1:42:54	1:28:16
Merce	05:20	05:20	0:16:00	0:14:57	04:54	0:07:54	0:07:07	05:39	0:56:32	0:50:57	0:08:17	12,94	347	1:47:11	1:30:56
José Ramón	03:28	03:28	0:10:24	0:10:18	03:11	0:05:08	0:05:07	03:41	0:36:46	0:36:45	0:05:56	13,18	307	1:18:09	1:03:00
Santi del Río	04:00	04:00	0:12:00		03:41	0:05:55		04:14	0:42:24		0:06:13	12,00	300	1:14:36	
Fausti	03:37	03:37	0:10:51	0:10:22	03:20	0:05:21	0:05:21	03:50	0:38:21	0:36:54	0:06:01	12,09	349	1:12:43	0:54:27
Paco Paz	04:45	04:45	0:14:15	0:13:34	04:22	0:07:02	0:07:07	05:02	0:50:21	0:47:46	0:07:07	12,00	300	1:25:24	
Eugenio Verbo	04:03	04:03	0:12:09		03:44	0:06:00		04:18	0:42:57		0:06:17	12,00	300	1:15:21	
Javi López	04:35	04:35	0:13:45	0:12:47	04:13	0:06:47	0:06:15	04:52	0:48:35	0:45:20	0:08:33	20,00	373	2:51:08	1:49:05
Julián	04:14	04:14	0:12:43	0:12:13	03:54	0:06:16	0:06:15	04:29	0:44:55	0:44:07	0:06:30	12,00	300	1:18:00	
Almudena	05:34	05:34	0:16:42	0:15:29	05:07	0:08:14	0:07:50	05:54	0:58:59	0:56:09	0:08:06	12,00	300	1:37:08	
Diego	03:51	03:51	0:11:33	0:10:45	03:33	0:05:42	0:05:24	04:05	0:40:50		0:06:02	12,00	300	1:12:28	
Ismael Moreno	03:31	03:31	0:10:34	0:10:19	03:14	0:05:13	0:05:06	03:44	0:37:21	0:36:42	0:06:58	14,01	498	1:37:30	1:04:15
Jesús Palmero	03:38	03:38	0:10:55	0:11:18	03:21	0:05:23	0:05:35	03:51	0:38:33	0:38:32	0:06:54	17,35	305	1:59:45	1:35:57
Christian	04:30	04:30	0:13:30	0:12:21	04:08	0:06:40	0:06:31	04:46	0:47:42	0:44:07	0:07:32	14,01	350	1:45:32	1:19:40
Rafa Herrera	04:51	04:51	0:14:34	0:13:54	04:28	0:07:11	0:06:56	05:09	0:51:29	0:48:44	0:07:58	14,01	350	1:51:32	1:19:40
Juan Pedraza	04:51	04:51	0:14:33	0:14:33	04:28	0:07:11	0:07:06	05:08	0:51:25	0:49:51	0:06:30	12,37	~~117~~	1:20:28	1:03:28

Corredor	R5: Legua o Pavo (Establos De Augías)			R6: 15K (Aves Estínfalo)			R7: 1000m (Toro Creta)			R9: MM (Yeguas Diomedes)			R8: 5k (Cinturón Hipólita)		
Nombre	Ritmo	Objetivo	Resultado	Ritmo	Objetivo	Resultado	Ritmo	Objetivo	Resultado	Ritmo	Objetivo	Resultado	Ritmo	Objetivo	Resultado
Oscar	04:06	0:28:21	0:25:30	04:21	1:05:11	1:04:45	03:29	0:03:29	0:03:07	04:37	1:37:30	1:32:31	03:59	0:19:57	0:19:32
Rafa	03:50	0:26:25	0:25:58	04:03	1:00:45	1:00:34	03:14	0:03:14	0:03:10	04:18	1:30:53	1:24:54	03:43	0:18:36	0:18:11
Ricardo	05:07	0:28:32	0:28:06	05:31	1:22:51		04:25	0:04:25	0:04:34	05:53	2:03:57		05:04	0:25:22	
Alvaro Infante	04:55	0:33:58	0:32:06	05:12	1:18:06	1:45:05	04:10	0:04:10	0:04:16	05:32	1:56:50	2:17:42	04:47	0:23:54	0:28:03
Grego	04:37	0:25:46		04:59	1:14:48		03:59	0:03:59	0:03:59	05:18	1:51:54	1:45:00	04:35	0:22:54	0:22:20
Juanma Ruiz	04:41	0:26:03	0:25:35	05:03	1:15:38		04:02	0:04:02	0:03:45	05:22	1:53:08		04:38	0:23:09	0:22:18
Santos	03:53	0:21:39	0:20:25	04:11	1:02:52	1:00:32	03:21	0:03:21	0:03:18	04:27	1:34:03		03:51	0:19:14	0:18:43
Jose Vicente	04:10	0:28:45	0:26:22	04:24	1:06:07		03:32	0:03:32		04:41	1:38:54	1:37:35	04:03	0:20:14	0:19:54
Fátima	04:46	0:32:53	0:28:15	05:02	1:15:37	1:12:28	04:02	0:04:02	0:03:47	05:22	1:53:08	1:48:42	04:38	0:23:09	0:21:57
Clara Isabel	05:40	0:31:33	0:31:16	06:06	1:31:34	1:29:18	04:53	0:04:53	0:04:41	06:30	2:17:00		05:36	0:28:02	0:26:55
Lourdes	04:57	0:34:07	0:31:15	05:14	1:18:27	1:16:50	04:11	0:04:11	0:03:51	05:34	1:57:22	1:52:22	04:48	0:24:01	0:22:55
Bermejo	03:55	0:26:59	0:24:02	04:08	1:02:02	0:59:26	03:19	0:03:19	0:03:04	04:24	1:32:49	1:26:23	03:48	0:18:59	0:17:49
Carlos Galiano	04:19	0:24:06	0:23:45	04:40	1:09:58	1:04:17	03:44	0:03:44	0:03:37	04:58	1:44:39		04:17	0:21:25	0:20:37
Angel Desdentado	05:07	0:35:17	0:31:14	05:25	1:21:07	1:20:39	04:20	0:04:20	0:04:00	05:45	2:01:22		04:58	0:24:50	0:23:00
Santi Manzaneque	03:55	0:21:47	0:20:35	04:13	1:03:15	1:00:49	03:22	0:03:22	0:03:06	04:29	1:34:37	1:32:08	03:52	0:19:22	0:17:49
Javi Santos	04:15	0:23:41	0:23:05	04:35	1:08:45	1:07:59	03:40	0:03:40	0:03:17	04:53	1:42:51	1:38:42	04:13	0:21:03	0:20:29
Pedro	04:48	0:26:46	0:25:44	05:11	1:17:43	1:14:12	04:09	0:04:09	0:04:01	05:31	1:56:16	1:53:04	04:45	0:23:47	0:22:47
Lucía	04:57	0:27:34	0:24:24	05:20	1:20:03		04:16	0:04:16	0:03:54	05:41	1:59:45		04:54	0:24:30	
Carmen Quesada	05:08	0:28:38	0:28:03	05:33	1:23:08	1:22:18	04:26	0:04:26	0:04:24	05:54	2:04:22		05:05	0:25:27	0:24:11
Teresa Robles	05:04	0:28:14	0:27:42	05:28	1:21:59	1:19:22	04:22	0:04:22	0:04:19	05:49	2:02:38	2:01:59	05:01	0:25:05	0:24:39
Luismi	04:21	0:24:13	0:24:10	04:41	1:10:19	1:09:13	03:45	0:03:45	0:03:37	04:59	1:45:12	1:40:05	04:18	0:21:31	0:21:11
Isabel	05:40	0:31:33	0:29:12	06:06	1:31:36	1:25:25	04:53	0:04:53	0:04:38	06:30	2:17:02		05:36	0:28:02	0:26:14
Basilio	04:48	0:26:43	0:26:42	05:10	1:17:33	1:16:13	04:08	0:04:08	0:03:56	05:30	1:56:01	1:54:59	04:45	0:23:44	0:23:43
Paloma	06:12	0:34:34		06:42	1:40:22		05:21	0:05:21		07:07	2:30:09		06:09	0:30:43	
Rosa Sánchez	05:57	0:33:09		06:25	1:36:15		05:08	0:05:08		06:49	2:23:59		05:53	0:29:27	
Isidro	05:07	0:35:18	0:31:13	05:25	1:21:11		04:20	0:04:20	0:03:58	05:45	2:01:27		04:58	0:24:51	
Carmen Mesa	05:28	0:30:26	0:28:52	05:53	1:28:21	1:25:20	04:43	0:04:43	0:04:29	06:16	2:12:11	2:10:28	05:25	0:27:03	0:26:34
Nuria	04:57	0:27:37	0:25:54	05:21	1:20:10	1:14:57	04:17	0:04:17	0:04:06	05:41	1:59:55	1:49:42	04:54	0:24:32	0:23:28
Teresa Arias	04:34	0:25:27	0:24:27	04:55	1:13:52		03:56	0:03:56		05:14	1:50:30	1:45:31	04:31	0:22:36	
Mercedes	05:07	0:28:31	0:28:30	05:31	1:22:47	1:16:50	04:25	0:04:25	0:04:21	05:52	2:03:50	1:58:13	05:04	0:25:20	0:23:30
Miriam	05:16	0:29:21		05:41	1:25:13		04:33	0:04:33		06:03	2:07:29		05:13	0:26:05	
Martin	04:15	0:23:41	0:22:18	04:35	1:08:45	1:06:54	03:40	0:03:40	0:03:07	04:52	1:42:51	1:40:38	04:13	0:21:03	0:20:00
Franzeny	05:27	0:30:22	0:28:39	05:53	1:28:10		04:42	0:04:42	0:04:06	06:15	2:11:54		05:24	0:26:59	
Gloria	05:12	0:28:59		05:37	1:24:09	1:18:52	04:29	0:04:29		05:58	2:05:53		05:09	0:25:45	
Raquel	04:35	0:25:30	0:24:56	04:56	1:14:02		03:57	0:03:57		05:15	1:50:45		04:32	0:22:39	
Fernando	05:42	0:31:44	0:31:23	06:08	1:32:07		04:55	0:04:55		06:32	2:17:49		05:38	0:28:12	0:28:04
Ana	05:18	0:29:32	0:29:03	05:43	1:25:45	1:21:42	04:34	0:04:34	0:04:48	06:05	2:08:16	2:00:49	05:15	0:26:15	0:25:17
Clara Bernal	05:31	0:30:44	0:29:26	05:57	1:29:14	1:26:07	04:46	0:04:46	0:04:22	06:20	2:13:30	2:09:28	05:28	0:27:19	0:25:41
Jose Javier	06:07	0:34:06		06:36	1:39:00		05:17	0:05:17	0:05:16	07:01	2:28:06		06:04	0:30:18	0:30:03
José Ángel	04:55	0:33:52	0:31:17	05:12	1:17:53	1:17:40	04:09	0:04:09	0:03:58	05:31	1:56:30	1:50:45	04:46	0:23:50	0:22:49
José Luis Coco	04:41	0:26:03	0:26:14	05:02	1:15:37		04:02	0:04:02		05:22	1:53:08		04:38	0:23:09	
Saturio	04:30	0:31:03	0:28:30	04:46	1:11:23	1:09:33	03:48	0:03:48	0:03:39	05:04	1:46:48	1:45:04	04:22	0:21:51	0:21:40
Sara Alcázar	05:27	0:30:23	0:29:40	05:53	1:28:13	1:26:45	04:42	0:04:42	0:04:37	06:15	2:11:58	2:03:52	05:24	0:27:00	0:26:41
Israel	04:10	0:23:12		04:30	1:07:23		03:36	0:03:36		04:47	1:40:47		04:07	0:20:37	
July	04:53	0:33:44	0:32:49	05:10	1:17:33		04:08	0:04:08		05:30	1:56:01	1:59:33	04:45	0:23:44	
Jose A. Cornejo	05:21	0:29:50		05:46	1:26:37		04:37	0:04:37		06:09	2:09:35		05:18	0:26:31	
Ruda	04:25	0:24:38	0:24:01	04:46	1:11:30	1:11:24	03:49	0:03:49	0:03:29	05:04	1:46:58	1:46:39	04:23	0:21:53	0:20:18
Javi Paz	04:45	0:32:46	0:32:36	05:01	1:15:21	1:14:05	04:01	0:04:01	0:03:54	05:21	1:52:43	1:47:05	04:37	0:23:04	0:22:29
Paco Ruiz	03:44	0:25:43	0:22:49	03:57	0:59:08	0:58:46	03:09	0:03:09	0:03:03	04:12	1:28:27		03:37	0:18:06	0:17:54
César	03:58	0:27:25	0:26:14	04:12	1:03:03	1:00:34	03:22	0:03:22	0:03:16	04:28	1:34:20	1:41:55	03:52	0:19:18	
Rosa Ruiz	05:45	0:32:03	0:31:43	06:12	1:33:02	1:25:58	04:58	0:04:58	0:04:48	06:36	2:19:10	2:07:43	05:42	0:28:28	0:27:39
Javi Parra	04:56	0:34:05	0:30:34	05:14	1:18:23	1:15:45	04:11	0:04:11	0:03:46	05:33	1:57:15		04:48	0:23:59	0:23:36
Alfonso	04:16	0:42:41	0:41:43	04:12	1:02:54	1:14:35	03:21	0:03:21	0:03:56	04:28	1:34:05		03:51	0:19:15	0:24:29
Elena Beamud	06:02	0:33:38		06:31	1:37:38		05:12	0:05:12		06:55	2:26:03		05:59	0:29:53	
Eusebio	04:51	0:27:00		05:14	1:18:23		04:11	0:04:11	0:03:56	05:33	1:57:15		04:48	0:23:59	
Sara Gonzalez	06:36	0:36:47		07:07	1:46:47		05:42	0:05:42	0:05:14	07:34	2:39:45		06:32	0:32:41	
Josetxo	04:31	0:25:12	0:24:30	04:53	1:13:09	1:08:01	03:54	0:03:54	0:03:35	05:11	1:49:26	1:40:09	04:29	0:22:23	0:20:45
Alex	05:31	0:30:47	0:29:30	05:57	1:29:23		04:46	0:04:46		06:20	2:13:42		05:28	0:27:21	
Pablo	04:52	0:27:05	0:26:50	05:15	1:18:39	1:18:32	04:12	0:04:12	0:03:52	05:35	1:57:39		04:49	0:24:04	0:23:34
Merce	05:33	0:38:16	0:31:12	05:52	1:28:00		04:42	0:04:42	0:04:04	06:14	2:11:39		05:23	0:26:56	0:24:32
José Ramón	03:36	0:24:53	0:23:35	03:49	0:57:14		03:03	0:03:03	0:03:06	04:03	1:25:37	1:19:19	03:30	0:17:31	
Santi del Río	04:05	0:22:44		04:24	1:06:00		03:31	0:03:31		04:41	1:38:44		04:02	0:20:12	
Fausti	03:46	0:25:58	0:23:30	03:59	0:59:42	0:59:15	03:11	0:03:11		04:14	1:29:19		03:39	0:18:16	0:18:04
Paco Paz	04:51	0:27:00		05:14	1:18:23	1:18:12	04:11	0:04:11		05:33	1:57:15		04:48	0:23:59	
Eugenio Verbo	04:08	0:23:02		04:27	1:06:51		03:34	0:03:34		04:44	1:40:01		04:06	0:20:28	
Javi López	04:41	0:26:03		05:02	1:15:37		04:02	0:04:02	0:03:52	05:22	1:53:08		04:38	0:23:09	0:22:28
Julián	04:19	0:24:05	0:23:59	04:40	1:09:54		03:44	0:03:44		04:57	1:44:35		04:17	0:21:24	0:20:55
Almudena	05:41	0:31:38	0:29:50	06:07	1:31:49		04:54	0:04:54		06:31	2:17:22		05:37	0:28:06	
Diego	03:56	0:21:53		04:14	1:03:33		03:23	0:03:23		04:30	1:35:04		03:53	0:19:27	
Ismael Moreno	03:36	0:20:01	0:19:02	03:53	0:58:08	0:57:09	03:06	0:03:06	0:02:59	04:07	1:26:58	1:22:34	03:34	0:17:48	0:16:55
Jesús Palmero	03:43	0:20:40	0:21:47	04:00	1:00:00		03:12	0:03:12		04:15	1:29:46		03:40	0:18:22	
Christian	04:35	0:25:35	0:24:10	04:57	1:14:15	1:09:59	03:58	0:03:58	0:03:35	05:16	1:51:05	1:43:52	04:33	0:22:44	0:21:01
Rafa Herrera	04:57	0:27:36	0:27:19	05:21	1:20:08	1:17:59	04:16	0:04:16	0:04:04	05:41	1:59:53	1:53:20	04:54	0:24:32	0:23:39
Juan Pedraza	04:57	0:27:34	0:27:22	05:20	1:20:02		04:16	0:04:16		05:40	1:59:43		04:54	0:24:30	0:23:48

Corredor	R10: Récord Hora (Ganado Gerión)		R12: 2H (Can Cerbero)	R11: MMM (Jardín De Las Hespérides)								
Nombre	Ritmo	Resultado	Resultado	Ritmo	Kms	D+	Objetivo	Resultado	Ritmo	D+	Objetivo	Resultado
Oscar	0:04:15	14,11	24,10	0:10:27	24,38	1311	4:14:54	3:17:19				
Rafa	0:03:55	15,29		0:08:57	21,00	1000	3:08:06					
Ricardo	0:05:25	11,06		0:11:14	21,00	1000	3:55:56		0:09:39	600	3:22:44	
Alvaro Infante	0:05:39	10,63		0:10:45	21,00	1000	3:45:39		0:09:12	600	3:13:02	
Grego	0:04:35	13,08			21,10				0:08:53	601	3:07:36	2:25:00
Juanma Ruiz	0:04:52	12,32	21,68	0:10:36	21,13	1038	3:44:06	2:59:03				
Santos	0:04:22	13,76		0:00:00	21,11				0:07:44	600	2:43:14	2:08:39
Jose Vicente	0:04:11	14,35	24,21	0:00:00	24,31				0:08:33	627	3:27:55	2:38:12
Fátima	0:04:56	12,16		0:00:00	~~17,02~~				0:08:17	635	2:20:54	2:20:37
Clara Isabel	0:05:56	10,12	20,01	0:12:08	21,00	1000	4:14:48		0:10:30	600	3:40:29	
Lourdes	0:05:01	11,95	21,59	0:09:22	21,19				0:09:22	643	3:18:36	2:50:27
Bermejo	0:04:05	14,72	26,75	0:08:09	22,17				0:08:09	734	3:00:49	2:31:12
Carlos Galiano	0:04:30	13,35	23,82	0:08:42	22,36				0:08:42	633	3:14:22	2:16:43
Angel Desdentado				0:11:03	21,00	1000	3:52:12		0:09:29	600	3:19:12	
Santi Manzaneque	0:03:52	15,51	27,35	0:09:39	21,88	1132	3:31:08	2:14:38				
Javi Santos	0:04:17	14,00	25,20	0:10:03	21,12	1098	3:32:25	2:47:58	0:08:18	600	2:55:24	
Pedro	0:04:59	12,05	22,12	0:00:00	21,26				0:09:21	660	3:18:55	2:31:22
Lucía				0:10:57	21,00	1000	3:49:52		0:09:23	600	3:17:01	
Carmen Quesada	0:05:16	11,38	20,07	0:11:16	21,00	1000	3:56:32		0:09:41	600	3:23:17	
Teresa Robles	0:05:32	10,83		0:11:09	21,00	1000	3:54:02		0:09:34	600	3:20:56	
Luismi	0:04:27	13,50	23,45	0:00:00	21,29				0:08:34	633	3:02:29	2:12:58
Isabel	0:05:20	11,24		0:12:08	21,00	1000	4:14:52		0:10:30	600	3:40:32	
Basilio	0:05:00	11,99	21,66	0:10:41	21,00	1000	3:44:27		0:09:08	600	3:11:55	
Paloma				0:13:02	21,00	1000	4:33:51		0:11:21	600	3:58:24	
Rosa Sánchez				0:12:37	21,00	1000	4:24:55		0:10:57	600	3:50:00	
Isidro				0:11:04	21,00	1000	3:52:19		0:09:29	600	3:19:19	
Carmen Mesa	0:05:38	10,65	19,41		21,19				0:10:20	643	3:38:57	2:50:27
Nuria	0:04:53	12,27	22,08		22,17				0:09:55	734	3:39:47	2:31:12
Teresa Arias				0:10:19	21,00	1000	3:36:29		0:08:47	600	3:04:25	
Mercedes	0:05:06	11,78	21,32		21,19				0:09:47	643	3:27:28	2:50:27
Miriam				0:11:29	21,00	1000	4:01:03		0:09:53	600	3:27:33	
Martin	0:04:27	13,50		0:09:47	21,00	1000	3:25:25		0:08:17	600	2:54:00	
Franzeny				0:11:47	21,00	1000	4:07:25		0:10:10	600	3:33:32	
Gloria	0:05:18	11,31		0:11:22	21,00	1000	3:58:44		0:09:47	600	3:25:22	
Raquel				0:10:20	21,00	1000	3:36:50		0:08:48	600	3:04:45	
Fernando	0:06:13	9,64		0:12:11	21,00	1000	4:15:59		0:10:33	600	3:41:36	
Ana	0:05:20	11,24	20,49	0:11:32	21,00	1000	4:02:11		0:09:56	600	3:28:36	
Clara Bernal	0:05:25	11,09	19,15		21,19				0:10:25	643	3:40:45	2:50:27
Jose Javier	0:05:57	10,07		0:12:54	21,00	1000	4:30:52		0:11:13	600	3:55:36	
José Ángel	0:05:03	11,90	22,00		21,19				0:09:19	643	3:17:25	2:50:27
José Luis Coco				0:10:29	21,00	1000	3:40:18		0:08:57	600	3:08:00	
Saturio	0:04:37	12,98	24,75	0:10:03	21,00	1000	3:31:08		0:08:33	600	2:59:23	
Sara Alcázar	0:05:44	10,45	19,21		21,19				0:10:19	643	3:38:40	2:50:27
Israel				0:09:38	21,00	1000	3:22:26		0:08:09	600	2:51:12	
July				0:10:41	21,00	1000	3:44:27		0:09:08	600	3:11:55	
Jose A. Cornejo				0:11:37	21,00	1000	4:04:05		0:10:01	600	3:30:24	
Ruda	0:07:48	7,69	22,08		22,17				0:09:04	734	3:21:09	2:31:12
Javi Paz	0:04:58	12,10	22,12	0:11:13	28,02	1086	5:14:10	3:15:28				
Paco Ruiz				0:08:47	21,00	1000	3:04:35		0:07:21	600	2:34:24	
César				0:09:12	21,00	1000	3:13:06		0:07:44	600	2:42:24	
Rosa Ruiz	0:05:54	10,17	19,03	0:12:17	21,00	1000	4:17:57		0:10:38	600	3:43:27	
Javi Parra	0:05:20	11,25	21,17	0:10:46	21,00	1000	3:46:14		0:09:13	600	3:13:36	
Alfonso	0:04:55	12,20		0:09:11	21,00	1000	3:12:45		0:07:43	600	2:42:04	
Elena Beamud				0:12:45	21,00	1000	4:27:54		0:11:05	600	3:52:48	
Eusebio				0:10:46	21,00	1000	3:46:14		0:09:13	600	3:13:36	
Sara Gonzalez				0:13:42	21,00	1000	4:47:42		0:11:58	600	4:11:27	
Josetxo	0:07:02	8,53	20,60		21,19				0:08:51	643	3:07:42	2:50:27
Alex				0:11:54	21,00	1000	4:10:02		0:10:17	600	3:36:00	
Pablo	0:05:27	11,00	21,58	0:10:48	21,00	1000	3:46:50		0:09:15	600	3:14:10	
Merce				0:11:46	21,00	1000	4:07:04		0:10:09	600	3:33:12	
José Ramón				0:08:36	21,00	1000	3:00:29		0:07:10	600	2:30:32	
Santi del Río	0:04:21	13,79		0:09:30	21,00	1000	3:19:28		0:08:01	600	2:48:24	
Fausti				0:08:51	21,00	1000	3:05:50		0:07:25	600	2:35:35	
Paco Paz				0:10:46	21,00	1000	3:46:14		0:09:13	600	3:13:36	
Eugenio Verbo	0:04:44	12,69		0:09:35	21,00	1000	3:21:19		0:08:06	600	2:50:08	
Javi López	0:05:24	11,10		0:10:29	21,00	1000	3:40:18		0:08:57	600	3:08:00	
Julián				0:09:54	21,00	1000	3:27:55		0:08:24	600	2:56:21	
Almudena				0:12:10	21,00	1000	4:15:20		0:10:31	600	3:40:59	
Diego				0:09:15	21,00	1000	3:14:10		0:07:47	600	2:43:25	
Ismael Moreno	0:03:46	15,95	28,28	0:09:25	27,70	1086	4:20:57	2:25:23				
Jesús Palmero	0:04:05	14,72		0:08:53	21,00	1000	3:06:30		0:07:26	600	2:36:12	
Christian	0:04:30	13,35	24,80	0:11:06	28,02	1086	5:11:00	3:15:28				
Rafa Herrera	0:05:01	11,95	22,12	0:11:27	26,16	1020	4:59:35	3:06:12				
Juan Pedraza				0:10:57	21,00	1000	3:49:49		0:09:23	600	3:16:58	