



Fecha **12/11/2023**

10K RUIDERA 2023

Distancia **10000 metros**

| Pos | Dorsal | Nombre | Equipo | Pos Cat. | Categoría | Tiempo Meta | Diferencia | Velocidad |
|-----|--------|-----------------------------------|------------------------------|----------|-----------|--------------|------------|-----------|
| 1 | 554 | CARLOS MARTIN DE LAS PUEBLAS HIDA | A.C. MANCHATHON | 1 | GEN M | 00:34:06.295 | -- | 3:24 |
| 2 | 609 | JESÚS MUÑOZ ABAD | A.C. MANCHATHON | 2 | GEN M | 00:36:15.544 | + 00:02:09 | 3:37 |
| 3 | 591 | ANTONIO RUIZ ESPADA | A.C. MANCHATHON | 3 | GEN M | 00:38:55.776 | + 00:04:49 | 3:53 |
| 4 | 610 | ALBERTO MUÑOZ ABAD | A.C. MANCHATHON | 4 | GEN M | 00:40:37.853 | + 00:06:31 | 4:03 |
| 5 | 593 | SERGIO RUIZ LÓPEZ | POLCRE | 5 | GEN M | 00:41:07.822 | + 00:07:01 | 4:06 |
| 6 | 592 | IRENE RUIZ GONZÁLEZ | INDEPENDIENTE | 1 | GEN F | 00:41:35.143 | + 00:07:28 | 4:09 |
| 7 | 578 | CARLOS ABEL PADILLA CANO | INDEPENDIENTE | 6 | GEN M | 00:41:38.351 | + 00:07:32 | 4:09 |
| 8 | 541 | SILVERIO GÓMEZ MORA | INDEPENDIENTE | 7 | GEN M | 00:42:27.457 | + 00:08:21 | 4:14 |
| 9 | 75 | IRENE MARCHANTE ARMERO | C.A. EL PINAR-EKUON-DIPUTACI | 2 | GEN F | 00:43:51.218 | + 00:09:44 | 4:23 |
| 10 | 513 | DIEGO CANTOS DIAZ | INDEPENDIENTE | 8 | GEN M | 00:44:15.442 | + 00:10:09 | 4:25 |
| 11 | 546 | ALBERTO IZQUIERDO MAÑAS IZQUIERDO | RURAL PARK SOCUELLAMOS | 9 | GEN M | 00:44:54.527 | + 00:10:48 | 4:29 |
| 12 | 582 | JESUS QUEVEDO MONDEJAR | INDEPENDIENTE | 10 | GEN M | 00:45:18.388 | + 00:11:12 | 4:31 |
| 13 | 612 | DAVID NUÑEZ CHAMERO | C.A. RUIDERA | 11 | GEN M | 00:45:37.879 | + 00:11:31 | 4:33 |
| 14 | 522 | SANTIAGO COMENDADOR JIMENEZ | INDEPENDIENTE | 12 | GEN M | 00:45:41.542 | + 00:11:35 | 4:34 |
| 15 | 601 | BOSCO VALENTIN-GAMAZO | INDEPENDIENTE | 13 | GEN M | 00:45:47.43 | + 00:11:40 | 4:34 |
| 16 | 603 | CARLOS ALBERTO VELA GRAO | INDEPENDIENTE | 14 | GEN M | 00:45:54.526 | + 00:11:48 | 4:35 |
| 17 | 560 | MANUEL MATEO ALMANSA | INDEPENDIENTE | 15 | GEN M | 00:46:38.649 | + 00:12:32 | 4:39 |
| 18 | 524 | PAQUI CRESPO JIMENEZ | INDEPENDIENTE | 3 | GEN F | 00:46:38.847 | + 00:12:32 | 4:39 |
| 19 | 514 | ISAAC CANTOS DIAZ | INDEPENDIENTE | 16 | GEN M | 00:47:39.157 | + 00:13:32 | 4:45 |
| 20 | 506 | ALBERTO APIO BONILLO | INDEPENDIENTE | 17 | GEN M | 00:47:39.160 | + 00:13:32 | 4:45 |
| 21 | 512 | EZEQUIEL CANO YAÑEZ | A.C. MANCHATHON | 18 | GEN M | 00:47:49.135 | + 00:13:42 | 4:46 |
| 22 | 605 | ELENA VERGARA RODRIGAÑEZ | A.C. MANCHATHON | 4 | GEN F | 00:47:49.314 | + 00:13:43 | 4:46 |
| 23 | 604 | NOEL VELASCO CAÑADAS | INDEPENDIENTE | 19 | GEN M | 00:48:11.428 | + 00:14:05 | 4:49 |
| 24 | 588 | PATRO RODRÍGUEZ RABADÁN ARAQUE | TROTONES | 5 | GEN F | 00:48:29.91 | + 00:14:22 | 4:50 |
| 25 | 598 | JOSÉ BENITO TOLDOS YUSTE | A.C. MANCHATHON | 20 | GEN M | 00:48:37.484 | + 00:14:31 | 4:51 |
| 26 | 571 | ALFREDO MUÑOZ ISLA | C.A. VILALRTA | 21 | GEN M | 00:49:06.121 | + 00:14:59 | 4:54 |
| 27 | 568 | JESÚS MOTOS MOYA | INDEPENDIENTE | 22 | GEN M | 00:49:12.820 | + 00:15:06 | 4:55 |
| 28 | 507 | ALEJANDRO ARJONA MARTÍNEZ | INDEPENDIENTE | 23 | GEN M | 00:49:12.907 | + 00:15:06 | 4:55 |
| 29 | 511 | IVAN CABALLERO GENTO | INDEPENDIENTE | 24 | GEN M | 00:49:15.434 | + 00:15:09 | 4:55 |
| 30 | 569 | MARI ÁNGELES MUÑOZ ARAQUE | INDEPENDIENTE | 6 | GEN F | 00:49:19.318 | + 00:15:13 | 4:55 |
| 31 | 547 | MARIA DE LA LUZ JAIME SALCEDO | OXÍGENO SPORT | 7 | GEN F | 00:49:19.398 | + 00:15:13 | 4:55 |
| 32 | 594 | MARÍA SÁNCHEZ MARTÍN-ALBO | INDEPENDIENTE | 8 | GEN F | 00:49:23.181 | + 00:15:16 | 4:56 |



Fecha **12/11/2023**

10K RUIDERA 2023

Distancia **10000 metros**

| Pos | Dorsal | Nombre | Equipo | Pos Cat. | Categoría | Tiempo Meta | Diferencia | Velocidad |
|-----|--------|--------------------------------------|----------------------------|----------|-----------|--------------|------------|-----------|
| 33 | 587 | ALEJANDRO RODRIGO SÁNCHEZ | INDEPENDIENTE | 25 | GEN M | 00:49:29.41 | + 00:15:22 | 4:56 |
| 34 | 606 | RAÚL VILLALBA GARCÍA | INDEPENDIENTE | 26 | GEN M | 00:49:36.559 | + 00:15:30 | 4:57 |
| 35 | 580 | ROSANA PÉREZ ÁLVAREZ | INDEPENDIENTE | 9 | GEN F | 00:49:40.498 | + 00:15:34 | 4:58 |
| 36 | 549 | ANA LOPEZ ALCOLEA | C.D. TRIATLETICO TOMELLOSO | 10 | GEN F | 00:49:43.978 | + 00:15:37 | 4:58 |
| 37 | 531 | MARÍA MERCEDES FONT MORENO | CD EL PORVENIR | 11 | GEN F | 00:50:05.106 | + 00:15:58 | 5:00 |
| 38 | 508 | CARMEN BUITRAGO SÁNCHEZ | A.C. MANCHATHON | 12 | GEN F | 00:50:11.710 | + 00:16:05 | 5:01 |
| 39 | 558 | JUAN MARTINEZ TORNERO | RUNNING VILLARROBLEDO | 27 | GEN M | 00:50:20.739 | + 00:16:14 | 5:02 |
| 40 | 543 | MARIA HERRERA ARENAS | INDEPENDIENTE | 13 | GEN F | 00:50:58.388 | + 00:16:52 | 5:05 |
| 41 | 581 | ROMÁN PÉREZ FERNÁNDEZ | INDEPENDIENTE | 28 | GEN M | 00:50:58.577 | + 00:16:52 | 5:05 |
| 42 | 579 | SONIA NOELIA PARRA BAEZA | INDEPENDIENTE | 14 | GEN F | 00:51:11.465 | + 00:17:05 | 5:07 |
| 43 | 545 | PURIFICACIÓN INIESTA FERNÁNDEZ MC | INDEPENDIENTE | 15 | GEN F | 00:51:42.260 | + 00:17:35 | 5:10 |
| 44 | 596 | ALEJANDRO MANUEL SOBRINO SÁNCHEZ | INDEPENDIENTE | 29 | GEN M | 00:51:42.978 | + 00:17:36 | 5:10 |
| 45 | 566 | JOSE MORAL LEANDREZ | C.A. RUNNING VILLARROBLEDO | 30 | GEN M | 00:51:45.62 | + 00:17:38 | 5:10 |
| 46 | 548 | CARMEN JIMÉNEZ RODERO | INDEPENDIENTE | 16 | GEN F | 00:51:45.801 | + 00:17:39 | 5:10 |
| 47 | 535 | JOSE LUIS GARCIA MORENO | INDEPENDIENTE | 31 | GEN M | 00:51:48.43 | + 00:17:41 | 5:10 |
| 48 | 532 | PAQUI FRESNEDA ARRIBAS | A.C. MANCHATHON | 17 | GEN F | 00:51:55.147 | + 00:17:48 | 5:11 |
| 49 | 538 | DARÍO GARCÍA-CATALÁN TERCERO | INDEPENDIENTE | 32 | GEN M | 00:52:12.274 | + 00:18:05 | 5:13 |
| 50 | 518 | ALEXANDRA CASADO HERNÁNDEZ | INDEPENDIENTE | 18 | GEN F | 00:52:21.802 | + 00:18:15 | 5:14 |
| 51 | 556 | DELIA MARTÍNEZ MORENO | BELMO MANZANARES | 19 | GEN F | 00:52:28.656 | + 00:18:22 | 5:14 |
| 52 | 516 | JOSÉ JULIÁN CARNERO MARTÍN-BUITRAGO | EL PORVENIR | 33 | GEN M | 00:52:34.710 | + 00:18:28 | 5:15 |
| 53 | 595 | ADRIAN SANCHEZ RODRÍGUEZ | INDEPENDIENTE | 34 | GEN M | 00:52:48.0 | + 00:18:41 | 5:16 |
| 54 | 528 | INES FERNANDEZ DE LA PUEBLA DÍAZ-P | C.A. VILLAHARTA | 20 | GEN F | 00:52:53.474 | + 00:18:47 | 5:17 |
| 55 | 502 | JOSE FCO. ALCAZAR NEGRILLO | C.A. VILLAHARTA | 35 | GEN M | 00:52:53.588 | + 00:18:47 | 5:17 |
| 56 | 570 | VÍCTOR JAVIER MUÑOZ ISLA | C. A. VILLARTA | 36 | GEN M | 00:52:53.865 | + 00:18:47 | 5:17 |
| 57 | 551 | ANA LÓPEZ DELGADO | INDEPENDIENTE | 21 | GEN F | 00:53:19.529 | + 00:19:13 | 5:19 |
| 58 | 552 | CÉSAR MANZANARES ROJO | INDEPENDIENTE | 37 | GEN M | 00:53:20.73 | + 00:19:13 | 5:20 |
| 59 | 611 | JOSÉ LUIS CARRETERO LÓPEZ | A.C. MANCHATHON | 38 | GEN M | 00:53:20.981 | + 00:19:14 | 5:20 |
| 60 | 517 | JUAN ANTONIO CARRERO GARCIA | INDEPENDIENTE | 39 | GEN M | 00:53:49.468 | + 00:19:43 | 5:22 |
| 61 | 501 | BEATRIZ ALCAIDE JIMENEZ | CA MEMBRILLA | 22 | GEN F | 00:53:49.588 | + 00:19:43 | 5:22 |
| 62 | 575 | GUILLERMO NÚÑEZ DE ARENAS DE JES | INDEPENDIENTE | 40 | GEN M | 00:54:07.400 | + 00:20:01 | 5:24 |
| 63 | 503 | JUAN JOSÉ ALMARZA MERLO | EXTENUACIÓN VALDEPEÑAS | 41 | GEN M | 00:54:25.898 | + 00:20:19 | 5:26 |
| 64 | 509 | ESTHER BUITRAGO SANCHEZ DE LA BLANCA | INDEPENDIENTE | 23 | GEN F | 00:54:29.655 | + 00:20:23 | 5:26 |



Fecha **12/11/2023**

10K RUIDERA 2023

Distancia **10000 metros**

| Pos | Dorsal | Nombre | Equipo | Pos Cat. | Categoría | Tiempo Meta | Diferencia | Velocidad |
|-----|--------|--------------------------------|----------------------------|----------|-----------|--------------|------------|-----------|
| 65 | 542 | JOSÉ LUIS GONZÁLEZ GUIJARRO | CLUB ATLETISMO ALTOMIRA | 42 | GEN M | 00:54:34.755 | + 00:20:28 | 5:27 |
| 66 | 530 | RAMÓN FERNÁNDEZ ORTEGA | C.A. RUNNING VILLARROBLEDO | 43 | GEN M | 00:54:51.128 | + 00:20:44 | 5:29 |
| 67 | 529 | GEMA FERNÁNDEZ GARCÍA | EXTENUACION VALDEPEÑAS | 24 | GEN F | 00:54:53.960 | + 00:20:47 | 5:29 |
| 68 | 557 | MAR MARTÍNEZ NÚÑEZ | INDEPENDIENTE | 25 | GEN F | 00:54:56.988 | + 00:20:50 | 5:29 |
| 69 | 599 | EVARISTO TORRES FUENTES | INDEPENDIENTE | 44 | GEN M | 00:54:57.414 | + 00:20:51 | 5:29 |
| 70 | 589 | MERCEDES ROMÁN PALOMARES | CD EL PORVENIR | 26 | GEN F | 00:54:59.170 | + 00:20:52 | 5:29 |
| 71 | 573 | ANGEL NOTARIO CAPDEVILA | INDEPENDIENTE | 45 | GEN M | 00:55:01.23 | + 00:20:54 | 5:30 |
| 72 | 534 | ANDRES GARCIA DIAZ | INDEPENDIENTE | 46 | GEN M | 00:55:14.934 | + 00:21:08 | 5:31 |
| 73 | 577 | FRANCISCO ORTIZ CASTRO | A.C. MANCHATHON | 47 | GEN M | 00:55:15.314 | + 00:21:09 | 5:31 |
| 74 | 602 | CÉSAR VALERO PARRA | INDEPENDIENTE | 48 | GEN M | 00:55:17.938 | + 00:21:11 | 5:31 |
| 75 | 613 | RAQUEL VÁZQUEZ VILLAESCUSA | TOMELLOSO | 27 | GEN F | 00:55:22.73 | + 00:21:15 | 5:32 |
| 76 | 515 | ANA BELÉN CAÑAS JIMÉNEZ | A.C. MANCHATHON | 28 | GEN F | 00:55:53.735 | + 00:21:47 | 5:35 |
| 77 | 561 | ANA MATEOS-APARICIO VELASCO | INDEPENDIENTE | 29 | GEN F | 00:55:56.379 | + 00:21:50 | 5:35 |
| 78 | 585 | JOSÉ MANUEL RIQUELME GARCÍA | ATLETISMO INFANTES | 49 | GEN M | 00:55:59.68 | + 00:21:52 | 5:35 |
| 79 | 523 | VANESA CÓRDOBA GUTIÉRREZ | A.C. MANCHATHON | 30 | GEN F | 00:56:01.371 | + 00:21:55 | 5:36 |
| 80 | 550 | JOSEFINA LÓPEZ CARRASCO | A.C. MANCHATHON | 31 | GEN F | 00:56:01.463 | + 00:21:55 | 5:36 |
| 81 | 559 | FRANCISCO JAVIER MATAS FUENTES | MARATON ALTOMIRA | 50 | GEN M | 00:56:28.413 | + 00:22:22 | 5:38 |
| 82 | 564 | MARÍA MONTAÑA MUÑOZ | INDEPENDIENTE | 32 | GEN F | 00:56:33.700 | + 00:22:27 | 5:39 |
| 83 | 562 | MARIA JOSE MILLA TENDERO | C.D. TRIATLETICO TOMELLOSO | 33 | GEN F | 00:56:34.516 | + 00:22:28 | 5:39 |
| 84 | 584 | BELÉN REQUENA SÁEZ | INDEPENDIENTE | 34 | GEN F | 00:56:54.358 | + 00:22:48 | 5:41 |
| 85 | 521 | SIDI MOHAMED CHELMEDI MOHAMED | INDEPENDIENTE | 51 | GEN M | 00:56:54.442 | + 00:22:48 | 5:41 |
| 86 | 586 | CRISTINA RIVAS | CLUB ALTOMIRA | 35 | GEN F | 00:57:24.976 | + 00:23:18 | 5:44 |
| 87 | 533 | FELICIANA GARCÍA CICUENDEZ | CLUB MARATÓN ALTOMIRA | 36 | GEN F | 00:57:28.662 | + 00:23:22 | 5:44 |
| 88 | 519 | SERGIO CASTELLANOS LÓPEZ | INDEPENDIENTE | 52 | GEN M | 00:57:56.153 | + 00:23:49 | 5:47 |
| 89 | 563 | ANTONIO MONTAÑA MARTINEZ | INDEPENDIENTE | 53 | GEN M | 00:58:15.616 | + 00:24:09 | 5:49 |
| 90 | 583 | DOMINGO RAMOS JIMENEZ | CLUB MARATÓN ALTOMIRA | 54 | GEN M | 00:58:23.753 | + 00:24:17 | 5:50 |
| 91 | 537 | JUAN PEDRO GARCIA VILLAJOS | MARATON ALTOMIRA | 55 | GEN M | 00:58:23.973 | + 00:24:17 | 5:50 |
| 92 | 565 | INMACULADA MORAGA ARANDA | INDEPENDIENTE | 37 | GEN F | 00:59:18.564 | + 00:25:12 | 5:55 |
| 93 | 574 | ÁNGEL NOVÉ SOBRINO | INDEPENDIENTE | 56 | GEN M | 00:59:18.633 | + 00:25:12 | 5:55 |
| 94 | 526 | FERNANDO DE LA CALLE FUENTES | C.D. TRIATLETICO TOMELLOSO | 57 | GEN M | 01:01:12.64 | + 00:27:05 | 6:07 |
| 95 | 504 | NOELIA ALVAREZ VALENCIANO | C.D. TRIATLETICO TOMELLOSO | 38 | GEN F | 01:01:13.499 | + 00:27:07 | 6:07 |
| 96 | 567 | ANGELA MORALEDA LOPEZ | CLUB VIRGEN DEL ESPINO MEM | 39 | GEN F | 01:01:13.855 | + 00:27:07 | 6:07 |



Fecha **12/11/2023**

10K RUIDERA 2023

Distancia **10000 metros**

| Pos | Dorsal | Nombre | Equipo | Pos Cat. | Categoría | Tiempo Meta | Diferencia | Velocidad |
|-----|--------|-----------------------------------|----------------------------|----------|-----------|--------------|------------|-----------|
| 97 | 46 | PALOMA GASCH TOMÁS | GP PHI | 40 | GEN F | 01:01:38.353 | + 00:27:32 | 6:09 |
| 98 | 590 | PABLO RONCERO SÁNCHEZ-CANO | INDEPENDIENTE | 58 | GEN M | 01:01:43.958 | + 00:27:37 | 6:10 |
| 99 | 510 | RAFAEL BURILLO OLMEDO | A.A.LOS PIELAS RUN | 59 | GEN M | 01:01:47.425 | + 00:27:41 | 6:10 |
| 100 | 607 | MIREAN VIVAS BALLESTEROS | C.D. TRIATLETICO TOMELLOSO | 41 | GEN F | 01:01:47.769 | + 00:27:41 | 6:10 |
| 101 | 527 | REMEDIOS DE LA FUENTE DE LA FUENT | INDEPENDIENTE | 42 | GEN F | 01:02:58.61 | + 00:28:51 | 6:17 |
| 102 | 536 | JUAN JESÚS GARCÍA RODRÍGUEZ | INDEPENDIENTE | 60 | GEN M | 01:02:59.765 | + 00:28:53 | 6:17 |
| 103 | 544 | ANTONIO HORCAJADA TORRIJOS | INDEPENDIENTE | 61 | GEN M | 01:02:59.824 | + 00:28:53 | 6:17 |
| 104 | 553 | VERÓNICA MARQUÉS GARCÍA | INDEPENDIENTE | 43 | GEN F | 01:03:14.835 | + 00:29:08 | 6:19 |
| 105 | 520 | ISIDORO CASTELLANOS RAMÍREZ | INDEPENDIENTE | 62 | GEN M | 01:03:15.263 | + 00:29:08 | 6:19 |
| 106 | 608 | NERINGA ZABARSKIENE | CLUB ATLETISME ALMUSSAFES | 44 | GEN F | 01:07:10.444 | + 00:33:04 | 6:43 |
| 107 | 505 | VERÓNICA APARICI MAGRANER | CLUB ATLETISME ALMUSSAFES | 45 | GEN F | 01:10:27.404 | + 00:36:21 | 7:02 |
| 108 | 525 | RALUCA DIANA DAN | CLUB ATLETISME ALMUSSAFES | 46 | GEN F | 01:10:27.958 | + 00:36:21 | 7:02 |
| | 539 | IGNACIO GARCIA-NOBLEJAS CAÑAS | INDEPENDIENTE | | GEN M | ::: | | : |
| | 540 | JAVIER GARVIA BASCUÑANA | CLUB ATLETISMO VILLAHARTA | | GEN M | ::: | | : |
| | 555 | INMACULADA MARTINEZ JIMENEZ | INDEPENDIENTE | | GEN F | ::: | | : |
| | 572 | JOSE ANGEL NAVARRO BLANCO | INDEPENDIENTE | | GEN M | ::: | | : |
| | 576 | JULIA ORTEGA JIMENEZ | CLUB MARATON ALTOMIRA | | GEN F | ::: | | : |
| | 597 | FRANCISCO TEJADO ABENGOZAR | CD EL PORVENIR | | GEN M | ::: | | : |
| | 600 | LUIS VICENTE TORRES RODRIGUEZ DE | EL ÚLTIMO APRETÓN | | GEN M | ::: | | : |