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|----------------|----|------------|------|-------------------|
| Inscritos | 79 | Distancias | | |
| Terminaron | 75 | Prueba 1 | 5,8 | Juez Árbitro |
| Retirados | 4 | Prueba 2 | 20,4 | ALBERTO LUZURIAGA |
| Descalificados | 0 | Prueba 3 | 2,8 | |

| Puesto | Puesto Categoría | Dorsal | Apellidos | Nombre | Club | Categoría | Primer sector | | | Segundo sector | | | Tercer sector | | | Final |
|--------|------------------|--------|---------------------|-------------|----------------------------------|-----------|---------------|---------|----------------|----------------|---------|------------------|---------------|---------|----------------|---------|
| | | | | | | | Parcial | Tiempo | Ritmo (min/km) | Parcial | Tiempo | Velocidad (km/h) | Parcial | Tiempo | Ritmo (min/km) | |
| 1 | | 29 | Monagas Reigadas | Emilio | Beton | ABSM | 8 | 0:20:54 | 03:37,7 | 1 | 0:43:37 | 28,04 | 21 | 0:12:39 | 04:34,0 | 1:17:10 |
| 2 | | 20 | Martínez Riaño | Ángel | C. T. Diablillos de Rivas | ABSM | 1 | 0:19:40 | 03:24,9 | 5 | 0:48:34 | 25,18 | 2 | 0:11:13 | 04:03,0 | 1:19:27 |
| 3 | | 62 | Villarejo Hernández | Sergio | Independiente | ABSM | 4 | 0:20:00 | 03:28,3 | 4 | 0:48:14 | 25,35 | 4 | 0:11:26 | 04:07,7 | 1:19:40 |
| 4 | | 26 | Gabilondo Altuna | Ibon | Urgazi Triatloi Taldea | ABSM | 10 | 0:21:12 | 03:40,8 | 3 | 0:47:20 | 25,83 | 6 | 0:11:32 | 04:09,8 | 1:20:04 |
| 5 | 1 | 25 | Santamaría Ibáñez | Felipe | Universidad de Cantabria | S23M | 15 | 0:22:12 | 03:51,2 | 2 | 0:46:34 | 26,26 | 11 | 0:12:20 | 04:27,1 | 1:21:06 |
| 6 | | 1 | Soria Genzor | Eric | Renedo Metal Rioja Triatlón | ABSM | 7 | 0:20:50 | 03:37,0 | 8 | 0:50:17 | 24,32 | 7 | 0:11:54 | 04:17,8 | 1:23:01 |
| 7 | | 83 | López Torreiro | Jose Luis | Añares | ABSM | 2 | 0:19:41 | 03:25,0 | 12 | 0:52:33 | 23,27 | 1 | 0:11:12 | 04:02,6 | 1:23:26 |
| 8 | | 24 | Solar Abad | Gabriel | Triatlón Palencia | ABSM | 6 | 0:20:48 | 03:36,7 | 10 | 0:50:59 | 23,98 | 9 | 0:12:11 | 04:23,9 | 1:23:58 |
| 9 | | 23 | Martínez Ibero | Daniel | Lagunak Saltoki | ABSM | 5 | 0:20:01 | 03:28,5 | 16 | 0:53:36 | 22,81 | 3 | 0:11:22 | 04:06,2 | 1:24:59 |
| 10 | | 14 | de la Iglesia | Nacho | BAZ Triatlón Cierzo | ABSM | 24 | 0:22:43 | 03:56,6 | 7 | 0:50:01 | 24,45 | 11 | 0:12:20 | 04:27,1 | 1:25:04 |
| 11 | 1 | 4 | San Mateo Fernández | Félix-Cesar | Renedo Metal Rioja Triatlón | VETM | 18 | 0:22:19 | 03:52,5 | 9 | 0:50:24 | 24,26 | 17 | 0:12:29 | 04:30,4 | 1:25:12 |
| 12 | | 12 | Ruesga Soto | David | Renedo Metal Rioja Triatlón | ABSM | 31 | 0:23:11 | 04:01,5 | 6 | 0:49:31 | 24,69 | 27 | 0:13:21 | 04:49,2 | 1:26:03 |
| 13 | 2 | 67 | Álvarez Fernández | Francisco | Maratón Rioja | VETM | 3 | 0:19:42 | 03:25,2 | 22 | 0:55:10 | 22,17 | 5 | 0:11:29 | 04:08,7 | 1:26:21 |
| 14 | 2 | 18 | Fernández García | Victor | C. D. Calahorra | S23M | 11 | 0:21:51 | 03:47,6 | 15 | 0:53:23 | 22,91 | 8 | 0:12:07 | 04:22,5 | 1:27:21 |
| 15 | 3 | 34 | Iglesias Garay | Alberto | Independiente | VETM | 14 | 0:22:05 | 03:50,0 | 14 | 0:53:18 | 22,94 | 15 | 0:12:26 | 04:29,3 | 1:27:49 |
| 16 | 4 | 47 | Rodríguez Martínez | Francisco | Independiente | VETM | 9 | 0:21:11 | 03:40,7 | 20 | 0:54:40 | 22,37 | 10 | 0:12:12 | 04:24,3 | 1:28:03 |
| 17 | | 16 | Marín Vicuña | David | C. D. Calahorra | ABSM | 13 | 0:21:57 | 03:48,6 | 17 | 0:53:57 | 22,67 | 13 | 0:12:23 | 04:28,2 | 1:28:17 |
| 18 | | 49 | Díaz de Alda | Pablo | Independiente | ABSM | 34 | 0:23:46 | 04:07,6 | 11 | 0:51:00 | 23,98 | 33 | 0:13:50 | 04:59,6 | 1:28:36 |
| 19 | 5 | 19 | Tomás Indacochea | Jesús | C. D. Calahorra | VETM | 20 | 0:22:22 | 03:53,0 | 19 | 0:54:35 | 22,40 | 20 | 0:12:37 | 04:33,3 | 1:29:34 |
| 20 | | 3 | Martínez Samano | Juan Carlos | Renedo Metal Rioja Triatlón | ABSM | 16 | 0:22:18 | 03:52,3 | 23 | 0:55:17 | 22,12 | 19 | 0:12:34 | 04:32,2 | 1:30:09 |
| 21 | | 27 | Aramayo Martínez | Francisco | AIKE-VianaTrekking | ABSM | 35 | 0:23:47 | 04:07,7 | 13 | 0:53:05 | 23,04 | 28 | 0:13:27 | 04:51,3 | 1:30:19 |
| 22 | 6 | 6 | Neira López | Jose Manuel | Renedo Metal Rioja Triatlón | VETM | 27 | 0:22:58 | 03:59,2 | 21 | 0:54:42 | 22,35 | 25 | 0:13:09 | 04:44,8 | 1:30:49 |
| 23 | | 44 | Rejado Jiménez | Jaime | Renedo Metal Rioja Triatlón | ABSM | 21 | 0:22:27 | 03:53,9 | 27 | 0:56:24 | 21,68 | 22 | 0:12:44 | 04:35,8 | 1:31:35 |
| 24 | 7 | 21 | Poo Castillo | Juan Carlos | Club Triatlón Astillero-Guarnizo | VETM | 25 | 0:22:47 | 03:57,3 | 24 | 0:55:28 | 22,05 | 31 | 0:13:41 | 04:56,4 | 1:31:56 |
| 25 | | 9 | López Madorrán | Jorge | Renedo Metal Rioja Triatlón | ABSM | 12 | 0:21:53 | 03:48,0 | 28 | 0:57:56 | 21,11 | 23 | 0:12:47 | 04:36,9 | 1:32:36 |
| 26 | 1 | 74 | Pérez Pérez | Rubén | Labrújula | JNRM | 17 | 0:22:18 | 03:52,3 | 29 | 0:57:57 | 21,10 | 14 | 0:12:25 | 04:29,0 | 1:32:40 |
| 27 | | 70 | Alonso Sáez | Jesús María | Independiente | ABSM | 41 | 0:24:46 | 04:18,0 | 18 | 0:54:11 | 22,57 | 37 | 0:14:05 | 05:05,1 | 1:33:02 |
| 28 | 8 | 17 | Ibáñez Vicuña | Javier | C. D. Calahorra | VETM | 19 | 0:22:21 | 03:52,8 | 34 | 0:59:14 | 20,64 | 17 | 0:12:29 | 04:30,4 | 1:34:04 |
| 29 | | 32 | de Vera Huerta | Iván | Independiente | ABSM | 36 | 0:23:59 | 04:09,8 | 25 | 0:55:54 | 21,87 | 43 | 0:14:46 | 05:19,9 | 1:34:39 |
| 30 | | 39 | Andrés Merino | Roberto | Independiente | ABSM | 28 | 0:22:59 | 03:59,4 | 33 | 0:58:38 | 20,86 | 26 | 0:13:19 | 04:48,4 | 1:34:56 |
| 31 | | 51 | Delgado Marauri | David | Independiente | ABSM | 29 | 0:23:01 | 03:59,8 | 32 | 0:58:34 | 20,88 | 30 | 0:13:40 | 04:56,0 | 1:35:15 |
| 32 | | 15 | Veci Pajuelo | Javier | BAZ Triatlón Cierzo | ABSM | 32 | 0:23:20 | 04:03,1 | 31 | 0:58:15 | 20,99 | 38 | 0:14:08 | 05:06,1 | 1:35:43 |
| 33 | 9 | 57 | Rodríguez Reboiro | Alfredo | Independiente | VETM | 22 | 0:22:31 | 03:54,5 | 42 | 1:00:55 | 20,07 | 16 | 0:12:26 | 04:29,3 | 1:35:52 |
| 34 | | 22 | Domínguez Villazala | Verónica | K0 Triatloi Taldea | ABSF | 39 | 0:24:22 | 04:13,8 | 35 | 0:59:42 | 20,48 | 36 | 0:14:04 | 05:04,7 | 1:38:08 |
| 35 | | 61 | Ruesga Soto | Jose Luis | Independiente | ABSM | 33 | 0:23:35 | 04:05,7 | 41 | 1:00:29 | 20,22 | 49 | 0:15:03 | 05:26,0 | 1:39:07 |
| 36 | 10 | 73 | Lamata Hernanpérez | Isidro | Independiente | VETM | 26 | 0:22:53 | 03:58,4 | 50 | 1:03:21 | 19,30 | 35 | 0:13:54 | 05:01,1 | 1:40:08 |
| 37 | | 56 | Fernández Rodríguez | Santiago | Independiente | ABSM | 45 | 0:25:10 | 04:22,2 | 36 | 0:59:43 | 20,48 | 60 | 0:16:00 | 05:46,6 | 1:40:53 |
| 38 | | 77 | Ochoa Rubio | Javier | Sebatian Omeyaca | ABSM | 53 | 0:26:18 | 04:34,0 | 38 | 0:59:48 | 20,45 | 44 | 0:14:54 | 05:22,7 | 1:41:00 |
| 39 | | 78 | Jiménez Martínez | Pedro | Sebatian Omeyaca | ABSM | 54 | 0:26:19 | 04:34,1 | 37 | 0:59:47 | 20,45 | 45 | 0:14:55 | 05:23,1 | 1:41:01 |
| 40 | | 81 | Bisignani Santiago | Santiago | Club Via Nórdica | ABSM | 40 | 0:24:23 | 04:14,0 | 49 | 1:03:06 | 19,38 | 32 | 0:13:42 | 04:56,8 | 1:41:11 |
| 41 | 11 | 35 | Carracedo Iglesias | Daniel | Independiente | VETM | 38 | 0:24:08 | 04:11,4 | 52 | 1:03:28 | 19,27 | 29 | 0:13:36 | 04:54,6 | 1:41:12 |
| 42 | | 42 | Delgado Marauri | Jose Miguel | Independiente | ABSM | 48 | 0:25:48 | 04:28,8 | 26 | 0:56:17 | 21,73 | 75 | 0:19:10 | 06:55,2 | 1:41:15 |
| 43 | | 5 | Castro Pérez | Fidel | Renedo Metal Rioja Triatlón | ABSM | 59 | 0:26:35 | 04:36,9 | 30 | 0:58:05 | 21,05 | 63 | 0:16:37 | 05:59,9 | 1:41:17 |
| 44 | | 28 | García Villarejo | Faustino | Club Ciclista Sandalio | ABSM | 51 | 0:26:13 | 04:33,1 | 40 | 1:00:16 | 20,29 | 53 | 0:15:26 | 05:34,3 | 1:41:55 |
| 45 | | 31 | Soto Urizarra | Ana María | Independiente | ABSF | 46 | 0:25:10 | 04:22,2 | 46 | 1:03:02 | 19,40 | 34 | 0:13:50 | 04:59,6 | 1:42:02 |

| | | | | | | | | | | | | | | | | |
|----|----|----|---------------------------|------------------|-----------------------------|------|----|---------|---------|----|---------|-------|----|---------|---------|---------|
| 46 | 12 | 80 | Martínez Bañuelos | Antonio | Independiente | VETM | 47 | 0:25:11 | 04:22,3 | 45 | 1:02:18 | 19,63 | 52 | 0:15:09 | 05:28,2 | 1:42:38 |
| 47 | | 33 | Ruiz Ruiz | David | Independiente | ABSM | 52 | 0:26:17 | 04:33,8 | 44 | 1:01:54 | 19,75 | 40 | 0:14:30 | 05:14,1 | 1:42:41 |
| 48 | | 54 | Cuevas Antón | Jose Luis | Independiente | ABSM | 43 | 0:25:08 | 04:21,8 | 48 | 1:03:03 | 19,39 | 41 | 0:14:34 | 05:15,5 | 1:42:45 |
| 49 | | 55 | Gutiérrez Gómez | Cristina | Independiente | ABSF | 44 | 0:25:09 | 04:22,0 | 46 | 1:03:02 | 19,40 | 42 | 0:14:35 | 05:15,9 | 1:42:46 |
| 50 | 13 | 79 | Goded Herrero | Fernando | Club Via Nórdica | VETM | 49 | 0:25:51 | 04:29,3 | 51 | 1:03:22 | 19,30 | 48 | 0:15:02 | 05:25,6 | 1:44:15 |
| 51 | | 46 | Nieto Álvarez | Alberto | Independiente | ABSM | 68 | 0:28:15 | 04:54,3 | 43 | 1:01:28 | 19,89 | 50 | 0:15:07 | 05:27,4 | 1:44:50 |
| 52 | 2 | 72 | Lamata Martínez | Adrián | Independiente | JNRM | 42 | 0:24:51 | 04:18,9 | 55 | 1:04:51 | 18,86 | 55 | 0:15:44 | 05:40,8 | 1:45:26 |
| 53 | | 2 | Calvo Pérez | Raquel | Renedo Metal Rioja Triatlón | ABSF | 50 | 0:25:57 | 04:30,3 | 54 | 1:04:38 | 18,92 | 47 | 0:14:59 | 05:24,5 | 1:45:34 |
| 54 | 14 | 41 | Infante Serrenes | Alejandro Jose | Independiente | VETM | 55 | 0:26:22 | 04:34,7 | 53 | 1:04:31 | 18,95 | 46 | 0:14:56 | 05:23,5 | 1:45:49 |
| 55 | | 38 | Sáinz de Murrieta Arriaga | Javier | Independiente | ABSM | 23 | 0:22:32 | 03:54,7 | 69 | 1:13:04 | 16,74 | 24 | 0:13:03 | 04:42,7 | 1:48:39 |
| 56 | | 7 | Dacosta Paredes | Fernando | Renedo Metal Rioja Triatlón | ABSM | 56 | 0:26:32 | 04:36,4 | 61 | 1:07:13 | 18,19 | 54 | 0:15:42 | 05:40,1 | 1:49:27 |
| 57 | | 52 | Corcuera Atienza | David | Independiente | ABSM | 62 | 0:27:03 | 04:41,8 | 65 | 1:09:23 | 17,62 | 39 | 0:14:21 | 05:10,8 | 1:50:47 |
| 58 | | 64 | Rodríguez Marcilla | David | Independiente | ABSM | 60 | 0:27:02 | 04:41,6 | 56 | 1:05:18 | 18,73 | 74 | 0:18:46 | 06:46,5 | 1:51:06 |
| 59 | | 65 | Jaime Ayensa | Roberto | Independiente | ABSM | 61 | 0:27:02 | 04:41,6 | 58 | 1:06:33 | 18,37 | 70 | 0:17:32 | 06:19,8 | 1:51:07 |
| 60 | | 11 | Martínez Gutiérrez | Iván | Renedo Metal Rioja Triatlón | ABSM | 65 | 0:28:03 | 04:52,2 | 59 | 1:06:51 | 18,29 | 65 | 0:16:47 | 06:03,5 | 1:51:41 |
| 61 | | 37 | Clavijo Medrano | Sergio | Independiente | ABSM | 66 | 0:28:04 | 04:52,4 | 60 | 1:06:52 | 18,29 | 64 | 0:16:46 | 06:03,2 | 1:51:42 |
| 62 | 15 | 85 | Andrés Asensio | Manuel | Club Via Nórdica | VETM | 73 | 0:29:31 | 05:07,5 | 57 | 1:05:44 | 18,60 | 69 | 0:17:09 | 06:11,5 | 1:52:24 |
| 63 | | 43 | Roibás Pereira | Luis | Independiente | ABSM | 71 | 0:28:46 | 04:59,7 | 63 | 1:07:34 | 18,10 | 67 | 0:16:50 | 06:04,6 | 1:53:10 |
| 64 | | 50 | Romero Valle | Jorge | Independiente | ABSM | 75 | 0:29:45 | 05:09,9 | 63 | 1:07:34 | 18,10 | 57 | 0:15:54 | 05:44,4 | 1:53:13 |
| 65 | | 8 | Orio Gil | Pablo | Renedo Metal Rioja Triatlón | ABSM | 58 | 0:26:34 | 04:36,7 | 70 | 1:13:08 | 16,72 | 51 | 0:15:08 | 05:27,8 | 1:54:50 |
| 66 | | 53 | Sierra Argulo | Roberto | Independiente | ABSM | 67 | 0:28:14 | 04:54,1 | 66 | 1:10:33 | 17,33 | 68 | 0:17:04 | 06:09,7 | 1:55:51 |
| 67 | | 45 | Fernández Alesanco | Javier | Independiente | ABSM | 78 | 0:31:30 | 05:28,1 | 62 | 1:07:26 | 18,13 | 71 | 0:17:40 | 06:22,7 | 1:56:36 |
| 68 | 1 | 36 | Ortega Pascual | Ana María | Independiente | VETF | 76 | 0:29:47 | 05:10,2 | 67 | 1:10:35 | 17,32 | 62 | 0:16:30 | 05:57,4 | 1:56:52 |
| 69 | | 40 | Fernández García | Noemí | Independiente | ABSF | 72 | 0:29:09 | 05:03,6 | 68 | 1:11:37 | 17,07 | 61 | 0:16:11 | 05:50,5 | 1:56:57 |
| 70 | 16 | 60 | Santo-Tomás Hermoso | César | Independiente | VETM | 64 | 0:27:24 | 04:45,4 | 72 | 1:14:05 | 16,51 | 58 | 0:15:55 | 05:44,8 | 1:57:24 |
| 71 | | 59 | Merino Barajas | Miguel | Independiente | ABSM | 63 | 0:27:23 | 04:45,2 | 73 | 1:14:18 | 16,46 | 55 | 0:15:44 | 05:40,8 | 1:57:25 |
| 72 | | 75 | Peña González | Marta | Independiente | ABSF | 69 | 0:28:24 | 04:55,8 | 71 | 1:13:34 | 16,62 | 59 | 0:15:58 | 05:45,8 | 1:57:56 |
| 73 | | 66 | Méndez Álvarez | Francisco Javier | Independiente | ABSM | 57 | 0:26:33 | 04:36,6 | 76 | 1:19:36 | 15,36 | 66 | 0:16:49 | 06:04,3 | 2:02:58 |
| 74 | | 68 | González García | David | Independiente | ABSM | 70 | 0:28:33 | 04:57,4 | 75 | 1:16:13 | 16,04 | 72 | 0:18:13 | 06:34,6 | 2:02:59 |
| 75 | | 48 | Merino Pablo | Jose Javier | Independiente | ABSM | 79 | 0:31:31 | 05:28,3 | 74 | 1:16:09 | 16,06 | 73 | 0:18:29 | 06:40,4 | 2:06:09 |
| 76 | | 63 | Bartolomé Sáenz | Gustavo | Independiente | ABSM | 37 | 0:24:03 | 04:10,5 | 39 | 1:00:01 | 20,37 | | RET | | RET |
| 77 | | 69 | Lozano Vives | Javier | Independiente | ABSM | 30 | 0:23:03 | 04:00,1 | | | | | RET | | RET |
| 78 | | 58 | Rubinat Alen | Jorge | Independiente | ABSM | 77 | 0:30:42 | 05:19,8 | | | | | RET | | RET |
| 79 | | 71 | Olarte Davalillo | Diego | Independiente | ABSM | 74 | 0:29:43 | 05:09,5 | | | | | RET | | RET |