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ELITE FEMENINO

1	19	Alia	Cardinale	18:38.0	1:10:47.4			2:11:50.0
2	17	ANNE MARIE	HAEHNER	23:03.0	1:14:09.4	0:55.3	43:30.3	2:21:38.0
3	22	Mauren	Solano	23:17.0	1:14:47.4	0:59.0	44:55.0	2:23:58.4
4	20	Mónica	Umaña	20:56.0	1:18:57.0	1:10.1	43:42.6	2:24:45.7
5	326	Karina	Fernandez	23:04.0	1:15:07.7	0:58.8	46:17.2	2:25:27.7
6	18	VIVIANA	CHAVARRIA	20:50.0	1:18:33.0	1:03.4	46:55.1	2:27:21.4
7	21	Natalia	Lopez	23:22.0	1:12:47.6	0:47.4	51:48.4	2:28:45.3

ELITE MASCULINO

1	1	Leonardo	Chacon	17:38.0	1:00:06.7	0:49.3	32:48.0	1:51:22.0
2	2	Róger	Rodríguez	17:39.0	1:00:06.0	0:49.5	39:48.6	1:58:23.0
3	23	Gabriel	Zumbado	18:33.0	1:03:52.1			2:02:26.7
4	4	John	Garita	21:56.0	1:03:30.0	0:49.1	37:12.8	2:03:27.8
5	5	Oscar	Gutiérrez	20:41.0	1:01:45.0	0:45.3	41:12.6	2:04:23.9
6	15	Jose Pablo	Chang	18:50.0	1:06:36.8			2:05:05.0
7	13	Julio Cesar	Ballestero	18:53.0	1:03:35.4	0:51.6	42:06.6	2:05:26.5
8	7	Carlos	Moncada	19:03.0	1:06:30.0			2:05:47.5
9	11	Roberto	Garcia	18:59.0	1:02:15.9	0:44.4	44:52.0	2:06:51.2
10	14	Rafael	Chacon	18:52.0	1:03:34.9	0:45.2	43:51.9	2:07:03.9
11	24	Federico	Venegas	19:02.0	1:06:23.2			2:09:21.8
12	10	Roberto	Rivas	19:01.0	1:07:03.0	0:59.6	43:03.0	2:10:06.6
13	16	Pablo	Herrera	18:55.0	1:07:13.0			2:11:10.1
14	6	Milton	Esquivel	21:06.0	1:08:10.6	0:45.9	42:36.0	2:12:38.4
15	8	Bernardo	Leandro	21:06.0	1:08:03.9			2:14:41.1
16	9	Luis Diego	Ortega	19:41.0	1:08:16.0	0:44.9	46:19.4	2:15:01.2

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17	3	Alvaro	Alfaro	19:07.0	1:06:19.3	0:44.7	1:00:55.1	2:27:06.0
18	12	Randall	Barboza	20:30.0				

Femenino hasta 15 Sprint

1	211	Ana Catalina	Barahona	8:32.0	43:15.0	0:49.7	23:32.4	1:16:09.0
2	210	Daniela	Ruiz	9:37.0	42:09.0			1:16:53.0
3	213	WENDY DAYANA	ALFARO	11:36.0	40:58.0	1:05.2	26:08.3	1:19:47.4
4	208	Maria Paula	Hernandez	15:19.0	46:22.7	0:58.2	28:30.6	1:31:10.5
5	212	amaya	varade	16:19.0	48:12.0	0:47.9	27:23.4	1:32:42.3
6	209	Raquel	Solis	13:04.0	46:23.1	1:24.7	33:23.8	1:34:15.6
7	206	Daniela	Rodriguez	13:45.0	48:41.0	0:52.8	33:25.2	1:36:44.0
8	327	Sofia	Gutiérrez	14:56.0	54:41.9	1:08.4	35:31.8	1:46:18.1
9	207	KEYLIN	CASTRO	15:23.0	1:11:27.9			2:01:43.6
10	214	Beatriz	Rojas	11:09.0				

Masculino hasta 15 Sprint

1	217	John Albert	Quintana	10:23.0	34:16.2	0:35.1	20:33.7	1:05:48.0
2	231	Victor Gabriel	Murillo	10:23.0	34:16.7			1:05:54.0
3	232	Ronald Gerardo	Lopez	10:33.0	35:56.2	0:45.1	22:42.6	1:09:56.9
4	225	Salomon	Ramirez	9:30.0	37:06.0	1:10.1	23:25.3	1:11:11.4
5	329	Allan	Avila	11:15.0	36:23.4	0:51.9	22:56.4	1:11:26.6
6	235	Daniel	Castillo	9:43.0	39:52.9	0:41.5	22:36.8	1:12:54.2
7	216	Adrian	Ruiz	19:39.0	28:34.0	1:15.1	23:29.4	1:12:57.5
8	222	David	Marin	11:56.0	38:10.1	1:09.2	22:59.9	1:14:15.1

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9	233	walter	brenes	20:44.0	28:48.5			1:14:32.0
10	229	Gabriel	Loaiza	11:13.0			22:44.8	1:14:42.2
11	230	JOSE PABLO	GONZALEZ			0:45.2	28:51.0	1:16:06.2
12	219	Alejandro	Arguedas	13:43.0	37:54.4	0:52.9	24:30.7	1:17:00.9
13	236	Joseph Amed	Alvarado	12:42.0	39:07.0	1:36.8	24:47.2	1:18:13.0
14	221	Lior	Berman	9:51.0	37:43.0	1:28.4	30:09.5	1:19:11.9
15	328	Jeremy	Rodriguez	11:23.0	42:37.5	1:04.0	24:35.6	1:19:40.1
16	330	Luis Andres	Navarro	9:37.0	42:30.9	1:11.9	26:47.8	1:20:07.5
17	215	Alexander	Chaves	11:44.0	42:25.7	1:06.7	25:18.4	1:20:34.8
18	218	SERGIO	MADRIGAL	11:19.0	44:19.9	1:01.2	24:30.3	1:21:10.4
19	237	Ricardo	Hernandez	13:32.0	41:07.0	0:58.4	28:20.1	1:23:57.4
20	224	Roger	Brenes	13:45.0	37:19.0	1:05.0	32:12.2	1:24:21.2
21	223	Geovanny	Jimenez	13:45.0	47:03.0	1:15.1	24:51.8	1:26:54.8
22	227	Kon-ni Nharine	Solano	13:13.0	45:26.1	0:44.7	28:03.2	1:27:26.9
23	228	AARON	ROJAS	20:24.0	43:25.0			1:31:09.6
24	220	Fabio Humberto	Cedeño	17:43.0	38:42.3	0:59.8	34:45.7	1:32:10.8
25	226	Leslie	Jara	14:16.0			27:20.7	1:40:19.8
26	234	Relly	Chacón	17:07.0	1:05:40.0	0:58.7	42:55.6	2:06:41.3

Femenino 16-17 Sprint

1	238	Daniela	Rivas	12:08.0	39:31.9	1:26.4	26:08.0	1:19:14.2
2	247	Beatriz soledad	Herrera	10:45.0	43:29.3	0:57.5	24:32.0	1:19:43.8
3	248	Maria Fernanda	Herrera	11:14.0	41:15.0	1:11.7	26:31.3	1:20:12.0
4	241	Tatiana	Ruiz	10:35.0	42:17.0	0:47.8	28:06.4	1:21:46.1
5	246	Cindy	Estrada	11:54.0	40:42.0	1:06.5	31:11.5	1:24:54.0
6	245	Nicole	Madriz	15:36.0	49:22.0	1:12.0	28:23.7	1:34:33.7
7	242	Jennyfer	Alfaro			1:02.1	42:16.8	1:39:19.0

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8	243	Andrea	Ruiz	12:44.0	50:00.7	1:08.6	35:33.8	1:39:27.0
9	239	MARIA ALEJANDRA	ULLOA	14:30.0	56:13.1	1:07.0	36:03.6	1:47:53.7
10	244	Mariana	Palma	14:25.0	56:20.0	1:03.9	36:39.0	1:48:27.9
11	240	Rocio	Herrera	15:16.0	46:06.7	1:22.7	45:57.2	1:48:42.5
12	115	Valeria	Avila	15:21.0				

Masculino 16-17 Sprint

1	267	Erick	Ovares	9:33.0	35:08.3	0:38.9	19:19.6	1:04:39.7
2	269	Luis Carlos	Marin	10:22.0	47:50.1		19:52.6	1:06:39.5
3	250	Sebastian	Sandoval	10:31.0	35:45.1	0:50.0	22:04.9	1:09:10.9
4	262	rodrigo	rojas	10:24.0	36:08.5			1:09:14.0
5	257	Cesar Gabriel	Rodriguez	9:43.0	34:54.1	0:41.4	25:00.0	1:10:18.4
6	251	Luis Fernando	Gutierrez	12:03.0	35:29.3	0:48.0	22:26.3	1:10:46.6
7	263	Armando	Zuñiga	12:57.0	34:40.0	1:19.7	22:32.3	1:11:29.0
8	256	Hárold	Ramírez	9:46.0	36:40.0	0:52.7	24:43.5	1:12:02.2
9	261	Alejandro	Sanchez	12:01.0	37:00.6	0:48.6	22:17.2	1:12:07.3
10	259	Mauricio	Mora	11:54.0	35:41.0	1:20.3	23:43.4	1:12:38.7
11	258	Steven	Castillo	10:29.0	35:58.2	0:44.9	25:36.0	1:12:48.0
12	260	oscar jose	murillo	10:20.0	39:14.0	1:25.2	22:30.9	1:13:30.1
13	265	Gabriel	Coto	13:14.0	37:17.0	0:48.4	22:53.0	1:14:12.3
14	332	David de la Trinidad	Gomez			0:57.8	23:32.0	1:16:39.8
15	253	JORGE	ARGUEDAS	13:23.0	38:18.3	0:56.8	24:38.7	1:17:16.8
16	254	José Miguel	Hernández	12:04.0	39:14.8	1:01.7	25:14.9	1:17:35.4
17	134	Alejandro	Alvarado	10:47.0	40:32.5	0:58.8	26:11.6	1:18:29.9
18	331	Bryant	Alvarado			1:05.8	26:40.8	1:18:47.4
19	249	Julio David	Solis	12:00.0	38:07.5	0:52.1	28:16.5	1:19:16.1

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20	255	Fernando	Corella	9:40.0	47:49.7	1:01.2	22:54.1	1:21:25.0
21	268	anthony	avila	14:58.0	30:55.0	13:39.6	27:39.0	1:27:11.5
22	266	JULIAN	BENAVIIDEZ	11:39.0	43:20.7	1:36.4	36:35.3	1:33:11.4
23	252	SEBASTIAN	RAMIREZ	12:04.0	47:50.0	2:04.0	38:53.0	1:40:51.0
24	264	Geovanny	Torres	21:16.0	47:51.0	1:49.6	33:11.8	1:44:08.4

FemeninaSPRINT Abierta

1	29	CATALINA	HERNANDEZ	9:36.0	39:29.7	1:07.6	24:09.5	1:14:22.8
2	120	Marie Jose	Arriera	11:37.0	40:54.0	1:01.8	26:14.5	1:19:47.3
3	118	María Alejandra	Monge	11:41.0	44:24.8	1:02.8	28:42.2	1:25:50.7
4	125	Karina	Rodriguez	14:48.0	45:08.0	1:14.3	25:44.9	1:26:55.2
5	121	Juliana	Castro	13:24.0	44:32.0	1:15.8	30:07.0	1:29:18.7
6	130	Andrea	murillo	15:19.0	44:59.8	0:58.6	28:13.7	1:29:31.1
7	117	Andrea	Diaz	14:13.0	49:57.0			1:36:16.0
8	119	Daniela	Chacón	14:05.0	49:58.7	0:50.5	31:22.5	1:36:16.6
9	127	Mariella	Carvajal	17:30.0			26:06.6	1:36:20.8
10	131	Laura	Benavides	19:29.0	47:18.0	1:19.1	30:09.6	1:38:15.7
11	132	yesenia	quesada	18:03.0	51:07.3	1:07.1	27:58.4	1:38:15.7
12	129	Melissa	Flores	14:44.0	50:08.2	1:54.1	32:32.0	1:39:18.3
13	122	Ana Maria	Gonzalez	12:49.0	53:08.0	0:59.0	33:01.7	1:39:57.7
14	30	Sofía	Cerdas	18:11.0	52:28.9	1:06.9	28:56.2	1:40:43.0
15	128	Águeda	Vargas	22:14.0				1:41:09.0
16	124	Laura	Molina	19:53.0	47:20.0			1:41:25.4
17	27	María del Mar	Hernández	11:44.0	54:14.0	1:06.0	36:27.2	1:43:31.1
18	126	Cristel	Lara	10:53.0	56:06.0	1:18.0	37:03.1	1:45:20.0
19	333	Ericka	Chaves	14:03.0	54:13.0	2:32.1	34:50.1	1:45:38.2
20	26	Grettel	Sanabria	15:57.0	1:00:38.4	1:41.6	39:38.1	1:57:55.0

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21	116	Carolina	Ramirez	12:48.0	1:09:14.6	1:59.8	33:54.7	1:57:57.0
22	123	Silvia	Molina	19:21.0	1:02:38.4	2:29.4	41:15.2	2:05:43.9
23	25	Daniela	Delgado	23:35.0	1:05:34.9	1:01.2	38:55.8	2:09:06.8
24	133	GEORGINA	GOMEZ	30:43.0				

MasculinoSPRINT Abierta

1	199	Dominique	Cocousse	10:32.0	31:59.0			1:03:21.2
2	43	Fernando	Retana	9:53.0	34:36.9	0:39.5	21:05.4	1:06:14.8
3	150	Bryan	Alfaro	9:24.0	35:18.0	0:41.4	21:51.3	1:07:14.7
4	157	Roberto	Vado			0:46.7	22:57.7	1:08:18.4
5	170	Leonardo	Campos	10:56.0	34:35.0	1:16.6	21:35.3	1:08:22.9
6	142	Diego	Barahona	9:09.0	36:31.1	0:44.0	22:33.3	1:08:57.4
7	145	German Josué	Solís	11:16.0	35:23.0	1:30.4	21:53.2	1:10:02.6
8	135	Levinton	Gallo	11:42.0	37:10.0			1:10:26.5
9	155	Andres	Zuñiga	12:15.0	36:39.6	0:54.0	21:14.9	1:11:03.5
10	149	Frederick	Van Lingen			0:52.0	21:51.0	1:11:23.1
11	156	Miguel	Quirós			0:54.7	22:02.8	1:11:36.4
12	41	Alejandro	Arce	11:17.0	39:18.0	1:22.1	20:18.1	1:12:15.1
13	182	Clemente	Centeno	12:57.0	35:40.0	3:29:27.8		1:13:42.1
14	136	Jose Alexis	Carvajal	10:30.0	36:39.7	1:00.8	25:47.1	1:13:57.6
15	143	Anthony	Bolaños	11:17.0	39:17.0	0:42.1	23:00.6	1:14:16.6
16	174	Andres	Garcia	10:35.0	35:46.7	0:57.6	27:10.9	1:14:30.2
17	352	Greogo	Cespedes	15:39.0	36:44.0	0:53.1	21:34.9	1:14:50.9
18	146	Francisco	Molina	10:34.0	38:11.0	0:51.1	25:39.5	1:15:15.5
19	162	Juan Carlos	Yglesias	9:39.0	39:03.1	0:49.2	25:51.4	1:15:22.6
20	153	Yorzoa	Herrera	11:49.0	36:45.5	0:44.2	26:33.5	1:15:52.1

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21	161	Luis Diego	Sancho	15:14.0	36:58.0	1:21.6	23:27.6	1:17:01.2
22	158	Damian	Guier	14:34.0	35:53.5	0:55.4	25:41.2	1:17:04.0
23	141	Daniel Andres	Arias	10:39.0	39:45.2	1:11.4	26:45.3	1:18:20.9
24	147	Russell	Batista	13:14.0	40:45.0			1:18:34.0
25	187	Andres	Leiva	16:24.0	38:58.1	1:00.4	22:54.8	1:19:17.3
26	190	Jimmy	Araya	18:04.0	38:18.5	1:04.8	22:28.3	1:19:55.5
27	148	Oscar	Aburto	12:20.0	39:22.2			1:20:14.8
28	140	Mario	Ruiz	14:21.0	39:36.0	1:52.7	24:55.7	1:20:45.3
29	168	Jose David	Jimenez			0:54.0	24:37.6	1:20:52.0
30	166	Cesar	Camargo	12:50.0	44:00.0	1:33.8	22:30.3	1:20:54.0
31	171	Gonzalo	Jop	14:32.0	41:29.8	1:09.9	24:05.5	1:21:17.2
32	194	Diego	Vargas	16:32.0	38:52.0	1:18.1	24:36.0	1:21:18.0
33	45	Luis Manrique	Léon	16:00.0	40:24.0	0:44.0	24:50.7	1:21:58.7
34	44	Francisco	Pérez	14:23.0	41:04.9	1:04.0	25:45.2	1:22:17.0
35	193	Jose Ignacio	Rodriguez	11:38.0	41:06.0	1:31.2	28:51.4	1:23:06.6
36	179	SALOMON	HAYON	16:55.0	40:05.1	1:14.7	25:41.8	1:23:56.6
37	200	Joost	Hauwert	13:49.0	42:38.0	2:00.6	26:21.5	1:24:49.1
38	198	Eleazar	Escobar	11:52.0	42:24.5	0:57.1	29:42.6	1:24:56.1
39	165	Rodrigo	Moran	14:19.0	43:19.0	1:17.9	26:16.9	1:25:12.7
40	201	Erick	Lonis	16:28.0	40:53.2	1:11.2	26:40.6	1:25:13.0
41	185	Irving	Amador	16:51.0			26:03.1	1:25:36.9
42	144	Luis Stéfano	Sánchez	16:30.0	39:44.0	1:04.6	28:21.1	1:25:39.6
43	163	Kenneth	Sánchez	16:18.0	43:32.7	1:19.1	24:38.1	1:25:47.9
44	137	christopher	castillo	13:25.0	40:28.0	1:29.6	30:31.9	1:25:54.5
45	176	Carlos	Abarca	15:23.0			29:15.5	1:26:15.5
46	189	Boris Allan	Larios	14:05.0	39:13.0	0:57.7	32:07.9	1:26:23.5
47	175	Iván	Arias	12:45.0	44:16.5	1:21.6	28:01.0	1:26:24.1
48	183	Jose	Serrano	13:12.0	43:33.1	1:26.6	29:08.4	1:27:20.0

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49	180	Gerald	Méndez	15:31.0	43:59.0	1:37.1	27:27.4	1:28:34.5
50	139	Andrés	Gamboa	12:58.0	44:30.2	1:05.5	30:07.2	1:28:40.9
51	138	Alejandro	Fonseca	15:05.0	47:00.0	1:21.6	27:40.5	1:31:07.1
52	188	Fernando	Garcia	12:08.0	42:28.0	1:32.9	35:14.8	1:31:23.7
53	197	Jose Antonio	Arias	19:52.0	40:35.2	1:02.0	30:31.8	1:32:00.9
54	186	Dyan	Salazar	19:28.0	43:31.4	1:49.4	27:17.0	1:32:05.7
55	152	ignacio	umaña	16:21.0	45:42.7	1:13.0	28:55.5	1:32:12.2
56	173	Víctor	Milla	17:05.0	47:51.6	1:39.9	25:36.0	1:32:12.4
57	191	Ronny	Fernandez	19:40.0	42:18.0			1:32:13.4
58	184	Mariano	Wolff	17:56.0	46:26.5			1:34:14.2
59	151	Rafael	Vásquez	12:43.0				1:34:54.1
60	196	Marco	Jiménez	16:34.0	47:08.5	1:45.9	29:29.8	1:34:58.2
61	204	Rodrigo	Crespo	15:18.0	49:06.0	1:05.5	29:47.7	1:35:17.2
62	160	Daniel	Castro	12:51.0	46:36.0	1:10.5	35:25.3	1:36:02.8
63	192	Adrian	Aguilar	15:29.0	47:05.0	2:50.3	33:11.6	1:38:35.9
64	167	Gabriel	Rodriguez			1:48.5	27:49.8	1:38:52.3
65	203	Edwin	Molina	23:26.0	45:34.2	0:58.9	31:07.7	1:41:06.7
66	181	Pablo Andres	Jimenez	24:36.0	53:15.6	2:02.1	38:39.4	1:58:33.1
67	164	José Daniel	Hoffmaister	21:00.0	1:04:16.0	1:57.8	32:51.9	2:00:05.7
68	159	Enrique	Hernandez	17:15.0	59:27.9	1:48.6	42:00.4	2:00:31.9
69	178	GABRIEL	JARA	25:21.0	1:31:10.0	3:45.5	38:11.2	2:38:27.7
70	169	ANDRES	JARA	30:41.0	1:26:31.0	3:05.3	38:11.2	2:38:28.5
71	202	MARIO	CATARINELLA	30:42.0			38:13.5	2:38:29.2
72	195	Alonso	Centeno	13:37.0	38:48.6	0:55.3		
73	177	Carlos Alberto	Herrera	15:24.0				

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Relevos

1	353	María Paz	Borge	17:58.0	35:21.0	2:08.9	27:01.4	1:22:29.2
2	350	Liliana	Shireley	17:33.0	50:01.2	0:36.2	21:45.4	1:29:55.8

Femenino 18-24

1	32	Alejandra	Rodriguez	23:18.0	1:27:46.0	1:19.8	55:17.1	2:47:40.8
2	28	GLORIANA	FONSECA	28:22.0	1:26:47.0	1:08.4	53:50.5	2:50:07.8
3	31	Katherine	Bogantes	25:45.0	1:33:58.2			2:51:39.7
4	335	Mariel	Guzmán	26:50.0	1:37:57.3	0:58.0	1:06:06.1	3:11:51.4
5	334	Evelyn Sabrina	Rojas	32:22.0				3:15:31.4
6	336	Mayarí	Obando	28:43.0	1:55:04.7	2:31.1	1:10:06.8	3:36:25.6

Masculino 18-24

1	340	Mariano	Rojas	20:31.0			40:50.0	2:08:48.4
2	48	FABIAN	RAMIREZ	20:25.0	1:06:17.0			2:12:11.5
3	50	JUAN IGNACIO	GAMBOA	23:01.0	1:08:21.1	1:03.5	42:30.4	2:14:56.0
4	49	Lizandro	Ramos	20:22.0	1:11:07.0	0:44.1	45:36.0	2:17:49.1
5	47	LAUREANO	VEGA	20:11.0	1:13:29.0	1:17.0	43:58.2	2:18:55.2
6	51	Antonio	Bolaños	26:28.0	1:13:44.3	1:27.1	40:28.0	2:22:07.3
7	338	David	Rojas	25:09.0	1:10:54.1	1:04.3	45:28.2	2:22:35.5
8	339	Khaled	Rodriguez	22:32.0	1:18:37.5	1:14.0	43:45.0	2:26:08.5
9	46	SERGIO	SOLANO	22:13.0	1:13:48.7	0:46.8	58:09.8	2:34:58.2
10	337	Alfonso	Espinoza	24:26.0	1:27:41.0	1:29.5	51:25.8	2:45:02.2
11	42	Douglas	Campos	23:16.0	1:16:37.1	0:49.7		

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Femenino 25-29

1	33	Marcia	Navas	25:46.0	1:32:42.8	3:05:59.9

Masculino 25-29

1	55	Warner	Alvarado	20:22.0	1:06:49.9			2:08:17.5
2	62	JOSE	MARBIS	23:06.0	1:10:34.0			2:13:11.7
3	64	jose andres	murillo	20:10.0	1:11:40.3	0:48.7	43:25.5	2:16:04.5
4	54	OSCARELI	Salazar	23:08.0	1:08:21.6	0:49.6	45:44.4	2:18:03.6
5	63	Miguel E.	Marbis	24:11.0	1:14:01.7			2:21:55.0
6	61	Alejandro	Fiatt	25:56.0	1:10:14.3			2:27:59.0
7	53	Pablo	Loaiciga	25:20.0	1:25:19.6	1:00.3	48:08.7	2:39:48.5
8	58	Federico	Torres	29:27.0	1:20:42.0	1:29.9	53:45.5	2:45:24.3
9	59	Luis Alonso	Alfaro	32:24.0	1:22:24.8	0:52.8	52:12.1	2:47:53.7
10	60	Oscar	Gámez	30:07.0	1:31:28.0	1:12.5	48:36.8	2:51:24.2
11	52	Antonio	Bruna	27:57.0	1:28:45.0	1:33.2	1:06:25.8	3:04:40.9

Femenino 30-34

1	34	Diana	Fernandez	24:16.0	1:19:28.0	1:24.6	48:06.8	2:33:15.4

Masculino 30-34

1	70	Diego	Loaiza	18:57.0	1:08:14.1	0:46.0	42:40.1	2:10:37.1
2	78	Fernando	Oses	20:47.0	1:06:23.7	0:41.5	42:51.8	2:10:43.9
3	71	edgar	arce	20:30.0	1:11:22.4	0:47.3	45:30.1	2:18:09.8
4	66	Federico	Ugalde	24:24.0	1:12:49.0	1:10.0	41:18.1	2:19:41.0

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5	77	david	villalobos	27:13.0	1:08:28.0	0:56.1	44:24.7	2:21:01.8
6	74	Ronny	Leiton	23:09.0	1:11:03.0	1:02.7	49:49.4	2:25:04.1
7	72	Juan man	Marbis	24:34.0	1:12:51.3	0:59.3	46:49.3	2:25:13.9
8	75	Arturo	Perez	25:27.0	1:16:39.8	0:54.8	51:03.8	2:34:05.3
9	73	GEIBER	UGALDE	27:37.0	1:18:30.8	1:13.3	53:21.2	2:40:42.3
10	68	Eduardo	Zúñiga	27:59.0	1:33:06.0			3:03:22.3
11	67	Miguel	Blanco	24:13.0	1:18:04.0	2:00.7	1:21:17.6	3:05:35.3
12	76	FELIPE	BOLAÑOS	36:15.0	1:33:59.0	1:33.6	1:00:52.4	3:12:40.0

Femenino 35-39

1	37	Eren	Salas	26:10.0	1:24:53.0	1:14.3	1:02:00.8	2:54:18.0
2	35	CAROLINA	MURILLO	26:00.0	1:31:41.0	1:23.4	1:07:24.6	3:06:29.0
3	36	Marianela	Badilla	35:58.0	1:42:03.0	1:53.9	52:57.0	3:12:51.8

Masculino 35-39

1	84	Roger	Leandro	23:24.0	1:08:08.0	0:50.7	42:20.2	2:14:42.8
2	83	Omar Edgardo	Brenes	22:11.0	1:09:15.0	0:50.2	43:28.9	2:15:45.1
3	89	Cristian	Arguello	27:34.0	1:13:40.0	1:14.7	36:23.3	2:18:51.9
4	79	Carlos Emilio	Esquivel	25:32.0	1:11:54.5	1:35.5	49:02.9	2:28:04.9
5	90	Oscar	Rodriguez	28:22.0	1:15:53.5			2:34:03.7
6	86	Luis Arturo	Arce	26:49.0	1:16:56.0	1:42.4	51:44.2	2:37:11.6
7	87	Esteban	Mathieu	27:38.0			51:13.8	2:38:03.6
8	80	Fernando	Badilla	25:31.0	1:21:57.5	1:39.1	51:27.1	2:40:34.6
9	91	Esteban	Troyo	25:45.0	1:26:49.0	1:42.4	59:49.7	2:54:06.1

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10	85	Manuel Antonio	Rincon	29:01.0	1:40:49.5	2:13.2	44:10.4	2:56:14.1
11	82	Christopher	Sabat	22:31.0	1:19:41.4			

Femenino 40-44

Masculino 40-44

1	92	Alberto	Allen	24:03.0	1:09:33.6	0:48.1	45:16.6	2:19:41.3
2	94	Orlando	Ortiz	24:09.0	1:11:53.7	0:56.9	43:46.9	2:20:46.4
3	93	ALEJANDRO	ALPIZAR	26:05.0	1:11:14.6	0:58.9	45:34.3	2:23:52.8
4	96	RONALD	HERNANDEZ	31:07.0	1:15:04.0			2:32:46.7
5	99	Marco Antonio	Vargas	27:58.0	1:23:35.0	1:53.1	46:59.0	2:40:25.1
6	101	Lieven	Vanderjeugt	29:04.0	1:17:14.2	1:00.7	57:03.6	2:44:22.5
7	98	Manuel	Chacon	24:18.0	1:18:47.8	1:49.0	1:00:25.7	2:45:20.4
8	97	Mauricio	Bustos	18:27.0			1:06:03.7	3:07:23.3

Femenino 45-49

1	38	Sabine	BAUDUIN	32:50.0	1:49:00.1	1:18.9	1:04:39.5	3:27:48.5
2	39	Marcela	Mora	36:08.0	1:45:43.5	2:16.0	1:08:46.3	3:32:53.8

Masculino 45-49

1	106	Ramón	Pendones	24:29.0	1:08:54.2	1:00.6	43:29.6	2:17:53.3
2	105	Roger	Araya	28:51.0	1:21:20.0	1:50.4	45:53.1	2:37:54.5
3	107	Juan Carlos	Zúñiga	28:39.0	1:24:48.5	1:06.8	50:54.7	2:45:29.0
4	103	Gary	Sherriff	25:58.0	1:31:00.7	2:15.8	53:18.9	2:52:33.3
5	102	Jose Ricardo	Roldán	41:13.0	1:28:10.4			3:10:37.8

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Femenino 50-54

Masculino 50-54

1	108	Noel Antonio	Carrillo			1:35.1	46:24.2	2:36:18.3
2	109	Julioroberto	Quan	25:15.0	1:41:02.4			3:00:21.2

Femenino 54-59

Masculino 54-59

1	112	Yamil	Brenes	20:55.0	1:21:18.3	1:01.0	51:32.9	2:34:47.2
2	113	FERNANDO	GONZALEZ	29:50.0	1:19:28.5	1:45.5	57:58.5	2:49:02.5
3	110	Vladimir	Lara	26:55.0	1:26:36.0			2:57:16.1

Femenino 60+

Masculino 60+

1	114	Milton	Sabat	24:44.0	1:34:45.0	1:37.1	1:00:34.6	3:01:40.6