Prueba 8 — Fem., 5000m Libre — SENIOR
22/02/2020 — Resultados

RE	55:39.27	BELMONTE GARCIA, MIREIA	BARCELONA	20/05/2017

Clasificación		AN		Tiempo	
1.	PEREZ BLANCO, Jimena	97	C.D. Gredos San Diego	**56:47.76**	13,00

100m:	1:07.16	1:07.16	1400m:	15:45.33	1:07.77	2700m:	30:33.37	1:08.48	4000m:	45:24.13	1:08.19
200m:	2:14.79	1:07.63	1500m:	16:52.87	1:07.54	2800m:	31:42.00	1:08.63	4100m:	46:32.97	1:08.84
300m:	3:22.86	1:08.07	1600m:	18:00.39	1:07.52	2900m:	32:50.66	1:08.66	4200m:	47:41.88	1:08.91
400m:	4:30.48	1:07.62	1700m:	19:08.34	1:07.95	3000m:	33:59.09	1:08.43	4300m:	48:51.40	1:09.52
500m:	5:37.57	1:07.09	1800m:	20:16.56	1:08.22	3100m:	35:06.80	1:07.71	4400m:	50:00.88	1:09.48
600m:	6:45.01	1:07.44	1900m:	21:24.68	1:08.12	3200m:	36:15.34	1:08.54	4500m:	51:09.58	1:08.70
700m:	7:52.70	1:07.69	2000m:	22:33.07	1:08.39	3300m:	37:23.78	1:08.44	4600m:	52:17.84	1:08.26
800m:	9:00.35	1:07.65	2100m:	23:41.63	1:08.56	3400m:	38:32.82	1:09.04	4700m:	53:25.86	1:08.02
900m:	10:07.84	1:07.49	2200m:	24:50.09	1:08.46	3500m:	39:41.47	1:08.65	4800m:	54:33.82	1:07.96
1000m:	11:15.30	1:07.46	2300m:	25:58.52	1:08.43	3600m:	40:49.99	1:08.52	4900m:	55:42.02	1:08.20
1100m:	12:22.64	1:07.34	2400m:	27:07.32	1:08.80	3700m:	41:58.59	1:08.60	5000m:	56:47.76	1:05.74
1200m:	13:30.11	1:07.47	2500m:	28:15.94	1:08.62	3800m:	43:07.37	1:08.78			
1300m:	14:37.56	1:07.45	2600m:	29:24.89	1:08.95	3900m:	44:15.94	1:08.57			

2.	DE VALDES ALVAREZ, Maria	98	C.N. Liceo	**57:42.85**	10,00

100m:	1:06.51	1:06.51	1400m:	15:46.83	1:08.38	2700m:	30:46.97	1:09.66	4000m:	45:59.42	1:10.46
200m:	2:13.55	1:07.04	1500m:	16:55.46	1:08.63	2800m:	31:56.99	1:10.02	4100m:	47:09.90	1:10.48
300m:	3:20.72	1:07.17	1600m:	18:05.48	1:10.02	2900m:	33:06.88	1:09.89	4200m:	48:19.76	1:09.86
400m:	4:28.05	1:07.33	1700m:	19:14.56	1:09.08	3000m:	34:17.34	1:10.46	4300m:	49:30.02	1:10.26
500m:	5:35.78	1:07.73	1800m:	20:22.99	1:08.43	3100m:	35:27.28	1:09.94	4400m:	50:39.72	1:09.70
600m:	6:43.63	1:07.85	1900m:	21:31.08	1:08.09	3200m:	36:37.70	1:10.42	4500m:	51:49.70	1:09.98
700m:	7:51.90	1:08.27	2000m:	22:41.41	1:10.33	3300m:	37:47.87	1:10.17	4600m:	52:59.40	1:09.70
800m:	8:59.96	1:08.06	2100m:	23:51.96	1:10.55	3400m:	38:57.33	1:09.46	4700m:	54:10.01	1:10.61
900m:	10:08.13	1:08.17	2200m:	25:01.08	1:09.12	3500m:	40:06.85	1:09.52	4800m:	55:21.48	1:11.47
1000m:	11:15.96	1:07.83	2300m:	26:10.08	1:09.00	3600m:	41:17.00	1:10.15	4900m:	56:32.90	1:11.42
1100m:	12:23.60	1:07.64	2400m:	27:19.00	1:08.92	3700m:	42:27.82	1:10.82	5000m:	57:42.85	1:09.95
1200m:	13:30.89	1:07.29	2500m:	28:28.21	1:09.21	3800m:	43:38.37	1:10.55			
1300m:	14:38.45	1:07.56	2600m:	29:37.31	1:09.10	3900m:	44:48.96	1:10.59			

3.	RUIZ BRAVO, Paula	99	C.N.Mairena Aljarafe	**58:56.39**	8,00

100m:	1:07.78	1:07.78	1400m:	16:19.77	1:09.13	2700m:	31:39.77	1:11.73	4000m:	47:06.85	1:11.14
200m:	2:17.14	1:09.36	1500m:	17:29.82	1:10.05	2800m:	32:49.97	1:10.20	4100m:	48:17.98	1:11.13
300m:	3:26.88	1:09.74	1600m:	18:40.11	1:10.29	2900m:	33:59.93	1:09.96	4200m:	49:29.45	1:11.47
400m:	4:37.37	1:10.49	1700m:	19:50.33	1:10.22	3000m:	35:11.16	1:11.23	4300m:	50:40.98	1:11.53
500m:	5:47.85	1:10.48	1800m:	21:01.35	1:11.02	3100m:	36:22.48	1:11.32	4400m:	51:52.65	1:11.67
600m:	6:58.58	1:10.73	1900m:	22:11.75	1:10.40	3200m:	37:33.85	1:11.37	4500m:	53:04.30	1:11.65
700m:	8:09.04	1:10.46	2000m:	23:22.48	1:10.73	3300m:	38:45.66	1:11.81	4600m:	54:15.07	1:10.77
800m:	9:20.15	1:11.11	2100m:	24:32.78	1:10.30	3400m:	39:57.60	1:11.94	4700m:	55:25.85	1:10.78
900m:	10:30.86	1:10.71	2200m:	25:43.25	1:10.47	3500m:	41:09.52	1:11.92	4800m:	56:36.50	1:10.65
1000m:	11:41.13	1:10.27	2300m:	26:53.97	1:10.72	3600m:	42:21.58	1:12.06	4900m:	57:46.54	1:10.04
1100m:	12:51.15	1:10.02	2400m:	28:05.06	1:11.09	3700m:	43:33.39	1:11.81	5000m:	58:56.39	1:09.85
1200m:	14:01.05	1:09.90	2500m:	29:16.48	1:11.42	3800m:	44:44.63	1:11.24			
1300m:	15:10.64	1:09.59	2600m:	30:28.04	1:11.56	3900m:	45:55.71	1:11.08			

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INSTITUCIONES LOCALES
PARTNERS LOCALES

Prueba 8, Fem., 5000m Libre, SENIOR

Clasificación

AN

Tiempo

4. CHAPARRO CANELA, Palmira 96 C.N. Granollers **1:00:23.29** 7,00

100m:	1:11.01	1:11.01	1400m:	16:57.95	1:13.26	2700m:	32:44.62	1:12.95	4000m:	48:27.17	1:12.56
200m:	2:23.12	1:12.11	1500m:	18:10.74	1:12.79	2800m:	33:57.13	1:12.51	4100m:	49:40.10	1:12.93
300m:	3:36.16	1:13.04	1600m:	19:24.20	1:13.46	2900m:	35:09.44	1:12.31	4200m:	50:52.56	1:12.46
400m:	4:48.78	1:12.62	1700m:	20:36.56	1:12.36	3000m:	36:21.76	1:12.32	4300m:	52:04.81	1:12.25
500m:	6:02.07	1:13.29	1800m:	21:49.63	1:13.07	3100m:	37:34.74	1:12.98	4400m:	53:16.64	1:11.83
600m:	7:14.93	1:12.86	1900m:	23:01.66	1:12.03	3200m:	38:47.30	1:12.56	4500m:	54:28.37	1:11.73
700m:	8:27.78	1:12.85	2000m:	24:14.31	1:12.65	3300m:	39:59.84	1:12.54	4600m:	55:39.89	1:11.52
800m:	9:40.62	1:12.84	2100m:	25:27.07	1:12.76	3400m:	41:11.84	1:12.00	4700m:	56:51.43	1:11.54
900m:	10:53.12	1:12.50	2200m:	26:39.47	1:12.40	3500m:	42:24.19	1:12.35	4800m:	58:03.03	1:11.60
1000m:	12:06.30	1:13.18	2300m:	27:52.37	1:12.90	3600m:	43:36.58	1:12.39	4900m:	59:14.31	1:11.28
1100m:	13:19.64	1:13.34	2400m:	29:05.51	1:13.14	3700m:	44:48.97	1:12.39	5000m:	1:00:23.29	1:08.98
1200m:	14:32.31	1:12.67	2500m:	30:18.61	1:13.10	3800m:	46:02.24	1:13.27			
1300m:	15:44.69	1:12.38	2600m:	31:31.67	1:13.06	3900m:	47:14.61	1:12.37			

5. CASTRO ATALAYA, Marina 99 C.N. Barcelona **1:00:34.97** 6,00

100m:	1:11.58	1:11.58	1400m:	16:51.86	1:12.86	2700m:	32:39.45	1:12.63	4000m:	48:24.91	1:12.54
200m:	2:23.15	1:11.57	1500m:	18:04.57	1:12.71	2800m:	33:52.19	1:12.74	4100m:	49:36.91	1:12.00
300m:	3:35.01	1:11.86	1600m:	19:17.37	1:12.80	2900m:	35:04.95	1:12.76	4200m:	50:49.31	1:12.40
400m:	4:47.28	1:12.27	1700m:	20:30.12	1:12.75	3000m:	36:17.89	1:12.94	4300m:	52:02.44	1:13.13
500m:	5:59.86	1:12.58	1800m:	21:43.44	1:13.32	3100m:	37:30.61	1:12.72	4400m:	53:15.11	1:12.67
600m:	7:12.33	1:12.47	1900m:	22:56.46	1:13.02	3200m:	38:43.47	1:12.86	4500m:	54:28.52	1:13.41
700m:	8:24.71	1:12.38	2000m:	24:09.21	1:12.75	3300m:	39:56.31	1:12.84	4600m:	55:42.25	1:13.73
800m:	9:36.96	1:12.25	2100m:	25:21.85	1:12.64	3400m:	41:09.41	1:13.10	4700m:	56:56.21	1:13.96
900m:	10:49.02	1:12.06	2200m:	26:34.56	1:12.71	3500m:	42:22.20	1:12.79	4800m:	58:09.49	1:13.28
1000m:	12:01.72	1:12.70	2300m:	27:47.45	1:12.89	3600m:	43:34.55	1:12.35	4900m:	59:22.05	1:12.56
1100m:	13:14.04	1:12.32	2400m:	29:00.46	1:13.01	3700m:	44:46.77	1:12.22	5000m:	1:00:34.97	1:12.92
1200m:	14:26.64	1:12.60	2500m:	30:13.74	1:13.28	3800m:	45:59.60	1:12.83			
1300m:	15:39.00	1:12.36	2600m:	31:26.82	1:13.08	3900m:	47:12.37	1:12.77			

6. MARTI BALLESTER, Marilo 98 C.N. Mataro **1:00:41.26** 5,00

100m:	1:08.54	1:08.54	1400m:	16:23.54	1:11.48	2700m:	32:17.19	1:12.96	4000m:	48:24.85	1:13.94
200m:	2:18.08	1:09.54	1500m:	17:35.79	1:12.25	2800m:	33:32.40	1:15.21	4100m:	49:37.21	1:12.36
300m:	3:27.28	1:09.20	1600m:	18:47.84	1:12.05	2900m:	34:48.59	1:16.19	4200m:	50:51.04	1:13.83
400m:	4:37.97	1:10.69	1700m:	20:00.15	1:12.31	3000m:	36:03.68	1:15.09	4300m:	52:05.49	1:14.45
500m:	5:48.26	1:10.29	1800m:	21:11.76	1:11.61	3100m:	37:17.51	1:13.83	4400m:	53:20.55	1:15.06
600m:	6:58.00	1:09.74	1900m:	22:23.74	1:11.98	3200m:	38:32.69	1:15.18	4500m:	54:35.53	1:14.98
700m:	8:06.89	1:08.89	2000m:	23:38.21	1:14.47	3300m:	39:48.27	1:15.58	4600m:	55:49.75	1:14.22
800m:	9:17.07	1:10.18	2100m:	24:52.68	1:14.47	3400m:	41:04.01	1:15.74	4700m:	57:03.10	1:13.35
900m:	10:27.79	1:10.72	2200m:	26:07.70	1:15.02	3500m:	42:19.64	1:15.63	4800m:	58:15.32	1:12.22
1000m:	11:38.86	1:11.07	2300m:	27:21.20	1:13.50	3600m:	43:33.72	1:14.08	4900m:	59:28.34	1:13.02
1100m:	12:49.53	1:10.67	2400m:	28:35.55	1:14.35	3700m:	44:45.54	1:11.82	5000m:	1:00:41.26	1:12.92
1200m:	14:01.26	1:11.73	2500m:	29:50.33	1:14.78	3800m:	45:58.02	1:12.48			
1300m:	15:12.06	1:10.80	2600m:	31:04.23	1:13.90	3900m:	47:10.91	1:12.89			

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PARTNERS LOCALES

Prueba 8, Fem., 5000m Libre, SENIOR

Clasificación		AN		Tiempo	
7.	PRADAS MEDINA, Carolina	97	C.N. Delfin	**1:01:53.05**	4,00

100m:	1:10.26	1:10.26	1400m:	17:02.08	1:14.08	2700m:	33:07.43	1:14.55	4000m:	49:18.27	1:14.98
200m:	2:23.13	1:12.87	1500m:	18:16.11	1:14.03	2800m:	34:22.08	1:14.65	4100m:	50:33.85	1:15.58
300m:	3:36.37	1:13.24	1600m:	19:29.98	1:13.87	2900m:	35:36.42	1:14.34	4200m:	51:49.48	1:15.63
400m:	4:49.42	1:13.05	1700m:	20:43.81	1:13.83	3000m:	36:51.01	1:14.59	4300m:	53:05.48	1:16.00
500m:	6:02.56	1:13.14	1800m:	21:58.18	1:14.37	3100m:	38:05.41	1:14.40	4400m:	54:21.40	1:15.92
600m:	7:15.30	1:12.74	1900m:	23:12.73	1:14.55	3200m:	39:20.20	1:14.79	4500m:	55:37.74	1:16.34
700m:	8:28.14	1:12.84	2000m:	24:27.05	1:14.32	3300m:	40:35.28	1:15.08	4600m:	56:54.12	1:16.38
800m:	9:41.09	1:12.95	2100m:	25:41.04	1:13.99	3400m:	41:49.61	1:14.33	4700m:	58:09.64	1:15.52
900m:	10:53.56	1:12.47	2200m:	26:55.22	1:14.18	3500m:	43:04.15	1:14.54	4800m:	59:24.36	1:14.72
1000m:	12:07.08	1:13.52	2300m:	28:10.04	1:14.82	3600m:	44:19.23	1:15.08	4900m:	1:00:39.03	1:14.67
1100m:	13:20.60	1:13.52	2400m:	29:24.25	1:14.21	3700m:	45:33.81	1:14.58	5000m:	1:01:53.05	1:14.02
1200m:	14:34.17	1:13.57	2500m:	30:38.49	1:14.24	3800m:	46:48.16	1:14.35			
1300m:	15:48.00	1:13.83	2600m:	31:52.88	1:14.39	3900m:	48:03.29	1:15.13			

8.	SABELLA, Giulia	99	Ucam C.N. Fuensanta	**1:04:26.39**	3,00

100m:	1:12.07	1:12.07	1400m:	17:38.45	1:17.30	2700m:	34:38.91	1:18.16	4000m:	51:30.15	1:18.53
200m:	2:26.02	1:13.95	1500m:	18:55.45	1:17.00	2800m:	35:56.59	1:17.68	4100m:	52:47.80	1:17.65
300m:	3:40.86	1:14.84	1600m:	20:12.72	1:17.27	2900m:	37:14.71	1:18.12	4200m:	54:05.81	1:18.01
400m:	4:56.02	1:15.16	1700m:	21:30.93	1:18.21	3000m:	38:32.33	1:17.62	4300m:	55:23.35	1:17.54
500m:	6:11.40	1:15.38	1800m:	22:49.86	1:18.93	3100m:	39:49.97	1:17.64	4400m:	56:41.71	1:18.36
600m:	7:26.87	1:15.47	1900m:	24:09.56	1:19.70	3200m:	41:07.32	1:17.35	4500m:	57:59.98	1:18.27
700m:	8:42.40	1:15.53	2000m:	25:28.03	1:18.47	3300m:	42:25.23	1:17.91	4600m:	59:18.07	1:18.09
800m:	9:58.40	1:16.00	2100m:	26:47.72	1:19.69	3400m:	43:42.13	1:16.90	4700m:	1:00:35.84	1:17.77
900m:	11:14.79	1:16.39	2200m:	28:07.36	1:19.64	3500m:	44:59.45	1:17.32	4800m:	1:01:53.49	1:17.65
1000m:	12:31.14	1:16.35	2300m:	29:26.17	1:18.81	3600m:	46:17.42	1:17.97	4900m:	1:03:10.47	1:16.98
1100m:	13:47.86	1:16.72	2400m:	30:44.12	1:17.95	3700m:	47:35.07	1:17.65	5000m:	1:04:26.39	1:15.92
1200m:	15:04.35	1:16.49	2500m:	32:02.30	1:18.18	3800m:	48:53.48	1:18.41			
1300m:	16:21.15	1:16.80	2600m:	33:20.75	1:18.45	3900m:	50:11.62	1:18.14			

9.	BONET SOTO, Ariadna	99	C.N. Granollers	**1:05:12.81**	2,00

100m:	1:15.44	1:15.44	1400m:	18:04.37	1:18.42	2700m:	35:15.44	1:19.32	4000m:	52:10.33	1:18.23
200m:	2:32.28	1:16.84	1500m:	19:22.63	1:18.26	2800m:	36:32.97	1:17.53	4100m:	53:28.52	1:18.19
300m:	3:49.25	1:16.97	1600m:	20:41.42	1:18.79	2900m:	37:50.10	1:17.13	4200m:	54:47.14	1:18.62
400m:	5:06.24	1:16.99	1700m:	22:00.26	1:18.84	3000m:	39:07.73	1:17.63	4300m:	56:05.69	1:18.55
500m:	6:23.92	1:17.68	1800m:	23:19.58	1:19.32	3100m:	40:26.03	1:18.30	4400m:	57:24.44	1:18.75
600m:	7:41.02	1:17.10	1900m:	24:38.97	1:19.39	3200m:	41:43.93	1:17.90	4500m:	58:43.00	1:18.56
700m:	8:58.53	1:17.51	2000m:	25:58.25	1:19.28	3300m:	43:01.69	1:17.76	4600m:	1:00:01.49	1:18.49
800m:	10:16.31	1:17.78	2100m:	27:17.77	1:19.52	3400m:	44:19.49	1:17.80	4700m:	1:01:20.05	1:18.56
900m:	11:34.15	1:17.84	2200m:	28:37.52	1:19.75	3500m:	45:37.58	1:18.09	4800m:	1:02:38.32	1:18.27
1000m:	12:51.80	1:17.65	2300m:	29:56.93	1:19.41	3600m:	46:55.75	1:18.17	4900m:	1:03:55.75	1:17.43
1100m:	14:09.65	1:17.85	2400m:	31:16.48	1:19.55	3700m:	48:14.42	1:18.67	5000m:	1:05:12.81	1:17.06
1200m:	15:27.84	1:18.19	2500m:	32:36.32	1:19.84	3800m:	49:33.34	1:18.92			
1300m:	16:45.95	1:18.11	2600m:	33:56.12	1:19.80	3900m:	50:52.10	1:18.76			

Baja	BELMONTE GARCIA, Mireia	90	Ucam C.N. Fuensanta		-

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