



XII CTO. DE ESPAÑA DE LARGA DISTANCIA
Sant Cugat, 31/1/2021

Prueba 3

Masc., 5000m Libre

Junior-1

31/01/2021 - 10:15

Resultados

MMN 17	54:20.89	SERGIO SANTISTEBAN ROMERO	MATARO	18/02/2017
MMN 16	55:49.87	PABLO GRANADO MARTIN	BARCELONA	22/02/2020

Clasificación

AN

Tiempo

1. CABANA DEL AMO Pablo

04

C.N. Ponteareas

55:54.90 13,00

100m:	1:03.96	1:03.96	1400m:	15:26.26	1:06.32	2700m:	29:53.64	1:06.94	4000m:	44:35.18	1:08.31
200m:	2:10.05	1:06.09	1500m:	16:32.86	1:06.60	2800m:	31:00.84	1:07.20	4100m:	45:43.42	1:08.24
300m:	3:16.24	1:06.19	1600m:	17:39.19	1:06.33	2900m:	32:08.12	1:07.28	4200m:	46:51.47	1:08.05
400m:	4:22.60	1:06.36	1700m:	18:45.97	1:06.78	3000m:	33:15.78	1:07.66	4300m:	47:59.35	1:07.88
500m:	5:29.24	1:06.64	1800m:	19:52.85	1:06.88	3100m:	34:23.01	1:07.23	4400m:	49:07.22	1:07.87
600m:	6:35.64	1:06.40	1900m:	20:59.31	1:06.46	3200m:	35:30.41	1:07.40	4500m:	50:15.25	1:08.03
700m:	7:42.46	1:06.82	2000m:	22:06.02	1:06.71	3300m:	36:37.73	1:07.32	4600m:	51:23.15	1:07.90
800m:	8:49.25	1:06.79	2100m:	23:13.02	1:07.00	3400m:	37:45.29	1:07.56	4700m:	52:31.82	1:08.67
900m:	9:55.44	1:06.19	2200m:	24:19.87	1:06.85	3500m:	38:53.26	1:07.97	4800m:	53:40.00	1:08.18
1000m:	11:01.04	1:05.60	2300m:	25:26.46	1:06.59	3600m:	40:01.75	1:08.49	4900m:	54:47.85	1:07.85
1100m:	12:07.19	1:06.15	2400m:	26:33.11	1:06.65	3700m:	41:10.35	1:08.60	5000m:	55:54.90	1:07.05
1200m:	13:13.87	1:06.68	2500m:	27:39.97	1:06.86	3800m:	42:18.69	1:08.34			
1300m:	14:19.94	1:06.07	2600m:	28:46.70	1:06.73	3900m:	43:26.87	1:08.18			

2. ORTIZ MARTINEZ Carlos

04

C.N. Barcelona

56:34.01 10,00

100m:	1:04.84	1:04.84	1400m:	15:29.47	1:07.25	2700m:	30:13.96	1:08.34	4000m:	45:13.05	1:08.52
200m:	2:10.89	1:06.05	1500m:	16:36.57	1:07.10	2800m:	31:22.97	1:09.01	4100m:	46:21.32	1:08.27
300m:	3:17.28	1:06.39	1600m:	17:43.90	1:07.33	2900m:	32:31.62	1:08.65	4200m:	47:29.66	1:08.34
400m:	4:23.95	1:06.67	1700m:	18:52.19	1:08.29	3000m:	33:40.27	1:08.65	4300m:	48:37.54	1:07.88
500m:	5:29.98	1:06.03	1800m:	20:00.05	1:07.86	3100m:	34:48.62	1:08.35	4400m:	49:45.68	1:08.14
600m:	6:36.72	1:06.74	1900m:	21:08.16	1:08.11	3200m:	35:58.77	1:10.15	4500m:	50:54.50	1:08.82
700m:	7:43.49	1:06.77	2000m:	22:16.00	1:07.84	3300m:	37:08.25	1:09.48	4600m:	52:03.27	1:08.77
800m:	8:50.34	1:06.85	2100m:	23:24.48	1:08.48	3400m:	38:17.75	1:09.50	4700m:	53:10.74	1:07.47
900m:	9:56.70	1:06.36	2200m:	24:32.37	1:07.89	3500m:	39:27.36	1:09.61	4800m:	54:19.45	1:08.71
1000m:	11:02.13	1:05.43	2300m:	25:40.54	1:08.17	3600m:	40:37.91	1:10.55	4900m:	55:27.08	1:07.63
1100m:	12:08.32	1:06.19	2400m:	26:48.82	1:08.28	3700m:	41:48.12	1:10.21	5000m:	56:34.01	1:06.93
1200m:	13:15.35	1:07.03	2500m:	27:57.54	1:08.72	3800m:	42:56.53	1:08.41			
1300m:	14:22.22	1:06.87	2600m:	29:05.62	1:08.08	3900m:	44:04.53	1:08.00			

3. CABEZUELO AREVALO Albert

04

A.N. Gramenet

56:48.84 8,00

100m:	1:04.61	1:04.61	1400m:	15:34.00	1:07.66	2700m:	30:20.82	1:08.86	4000m:	45:18.28	1:09.69
200m:	2:10.52	1:05.91	1500m:	16:41.64	1:07.64	2800m:	31:30.04	1:09.22	4100m:	46:27.29	1:09.01
300m:	3:16.97	1:06.45	1600m:	17:49.52	1:07.88	2900m:	32:39.31	1:09.27	4200m:	47:36.59	1:09.30
400m:	4:23.53	1:06.56	1700m:	18:57.40	1:07.88	3000m:	33:48.42	1:09.11	4300m:	48:46.09	1:09.50
500m:	5:30.45	1:06.92	1800m:	20:05.87	1:08.47	3100m:	34:57.16	1:08.74	4400m:	49:55.21	1:09.12
600m:	6:37.20	1:06.75	1900m:	21:14.06	1:08.19	3200m:	36:07.41	1:10.25	4500m:	51:03.47	1:08.26
700m:	7:44.51	1:07.31	2000m:	22:22.51	1:08.45	3300m:	37:18.11	1:10.70	4600m:	52:12.67	1:09.20
800m:	8:51.40	1:06.89	2100m:	23:30.81	1:08.30	3400m:	38:27.95	1:09.84	4700m:	53:21.67	1:09.00
900m:	9:58.33	1:06.93	2200m:	24:38.32	1:07.51	3500m:	39:37.05	1:09.10	4800m:	54:31.20	1:09.53
1000m:	11:05.52	1:07.19	2300m:	25:46.28	1:07.96	3600m:	40:44.53	1:07.48	4900m:	55:40.39	1:09.19
1100m:	12:12.78	1:07.26	2400m:	26:54.35	1:08.07	3700m:	41:51.68	1:07.15	5000m:	56:48.84	1:08.45
1200m:	13:19.16	1:06.38	2500m:	28:02.74	1:08.39	3800m:	42:59.30	1:07.62			
1300m:	14:26.34	1:07.18	2600m:	29:11.96	1:09.22	3900m:	44:08.59	1:09.29			

PISCINA 50 M. / CRONO ELECTRÓNICO

Splash Meet Manager, 11.67210

Registered to Real Federacion Española de Natacion

31/01/2021 11:29 - Página 1

Sponsor Platino



Sponsor Oro



Sponsor Técnico



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Partners

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XII CTO. DE ESPAÑA DE LARGA DISTANCIA
Sant Cugat, 31/1/2021

Prueba 3, Masc., 5000m Libre, Junior-1

Clasificación	AN		Tiempo	
4. ARIAS DIEZ Mario	05	C.D. Torrelago Wellness	56:58.65	7,00
100m: 1:05.00 1:05.00	1400m: 15:48.05 1:08.56	2700m: 30:36.58 1:07.88	4000m: 45:24.72 1:09.10	
200m: 2:12.12 1:07.12	1500m: 16:57.33 1:09.28	2800m: 31:43.51 1:06.93	4100m: 46:34.41 1:09.69	
300m: 3:19.12 1:07.00	1600m: 18:06.14 1:08.81	2900m: 32:50.56 1:07.05	4200m: 47:44.42 1:10.01	
400m: 4:27.04 1:07.92	1700m: 19:14.97 1:08.83	3000m: 33:57.90 1:07.34	4300m: 48:55.38 1:10.96	
500m: 5:35.13 1:08.09	1800m: 20:23.53 1:08.56	3100m: 35:05.09 1:07.19	4400m: 50:05.46 1:10.08	
600m: 6:42.98 1:07.85	1900m: 21:32.56 1:09.03	3200m: 36:12.81 1:07.72	4500m: 51:15.30 1:09.84	
700m: 7:50.96 1:07.98	2000m: 22:40.90 1:08.34	3300m: 37:21.48 1:08.67	4600m: 52:25.25 1:09.95	
800m: 8:58.77 1:07.81	2100m: 23:49.00 1:08.10	3400m: 38:30.39 1:08.91	4700m: 53:34.35 1:09.10	
900m: 10:06.59 1:07.82	2200m: 24:57.06 1:08.06	3500m: 39:39.28 1:08.89	4800m: 54:43.64 1:09.29	
1000m: 11:14.97 1:08.38	2300m: 26:05.05 1:07.99	3600m: 40:48.49 1:09.21	4900m: 55:52.32 1:08.68	
1100m: 12:22.80 1:07.83	2400m: 27:13.25 1:08.20	3700m: 41:57.47 1:08.98	5000m: 56:58.65 1:06.33	
1200m: 13:31.22 1:08.42	2500m: 28:20.94 1:07.69	3800m: 43:06.56 1:09.09		
1300m: 14:39.49 1:08.27	2600m: 29:28.70 1:07.76	3900m: 44:15.62 1:09.06		
5. FERNANDEZ AMOR Aitor	04	C.N. Las Anclas Castrillon	57:08.09	6,00
100m: 1:05.57 1:05.57	1400m: 15:42.37 1:07.75	2700m: 30:33.78 1:08.86	4000m: 45:34.06 1:09.98	
200m: 2:12.92 1:07.35	1500m: 16:50.37 1:08.00	2800m: 31:42.34 1:08.56	4100m: 46:43.33 1:09.27	
300m: 3:20.51 1:07.59	1600m: 17:58.50 1:08.13	2900m: 32:50.85 1:08.51	4200m: 47:53.36 1:10.03	
400m: 4:27.94 1:07.43	1700m: 19:07.10 1:08.60	3000m: 33:59.12 1:08.27	4300m: 49:03.41 1:10.05	
500m: 5:36.03 1:08.09	1800m: 20:15.58 1:08.48	3100m: 35:07.80 1:08.68	4400m: 50:12.91 1:09.50	
600m: 6:43.99 1:07.96	1900m: 21:24.01 1:08.43	3200m: 36:16.93 1:09.13	4500m: 51:22.75 1:09.84	
700m: 7:51.25 1:07.26	2000m: 22:32.89 1:08.88	3300m: 37:25.90 1:08.97	4600m: 52:32.57 1:09.82	
800m: 8:58.64 1:07.39	2100m: 23:41.54 1:08.65	3400m: 38:35.28 1:09.38	4700m: 53:42.32 1:09.75	
900m: 10:05.64 1:07.00	2200m: 24:50.55 1:09.01	3500m: 39:44.47 1:09.19	4800m: 54:51.21 1:08.89	
1000m: 11:12.38 1:06.74	2300m: 25:59.13 1:08.58	3600m: 40:54.85 1:10.38	4900m: 55:59.92 1:08.71	
1100m: 12:19.83 1:07.45	2400m: 27:07.79 1:08.66	3700m: 42:04.93 1:10.08	5000m: 57:08.09 1:08.17	
1200m: 13:27.22 1:07.39	2500m: 28:16.50 1:08.71	3800m: 43:14.32 1:09.39		
1300m: 14:34.62 1:07.40	2600m: 29:24.92 1:08.42	3900m: 44:24.08 1:09.76		
6. MACARIO MOLINA Joan	05	C.N. Metropole	58:20.10	5,00
100m: 1:04.52 1:04.52	1400m: 15:56.11 1:09.06	2700m: 31:03.28 1:09.70	4000m: 46:29.43 1:10.73	
200m: 2:12.00 1:07.48	1500m: 17:05.17 1:09.06	2800m: 32:13.76 1:10.48	4100m: 47:41.28 1:11.85	
300m: 3:19.99 1:07.99	1600m: 18:14.96 1:09.79	2900m: 33:24.40 1:10.64	4200m: 48:53.18 1:11.90	
400m: 4:27.67 1:07.68	1700m: 19:24.69 1:09.73	3000m: 34:35.45 1:11.05	4300m: 50:05.36 1:12.18	
500m: 5:36.10 1:08.43	1800m: 20:34.02 1:09.33	3100m: 35:46.61 1:11.16	4400m: 51:17.87 1:12.51	
600m: 6:44.51 1:08.41	1900m: 21:43.17 1:09.15	3200m: 36:58.20 1:11.59	4500m: 52:29.13 1:11.26	
700m: 7:52.97 1:08.46	2000m: 22:53.27 1:10.10	3300m: 38:09.79 1:11.59	4600m: 53:40.15 1:11.02	
800m: 9:01.61 1:08.64	2100m: 24:02.97 1:09.70	3400m: 39:21.12 1:11.33	4700m: 54:51.89 1:11.74	
900m: 10:10.50 1:08.89	2200m: 25:13.19 1:10.22	3500m: 40:32.51 1:11.39	4800m: 56:02.71 1:10.82	
1000m: 11:19.41 1:08.91	2300m: 26:23.11 1:09.92	3600m: 41:44.46 1:11.95	4900m: 57:12.92 1:10.21	
1100m: 12:28.56 1:09.15	2400m: 27:33.32 1:10.21	3700m: 42:56.65 1:12.19	5000m: 58:20.10 1:07.18	
1200m: 13:37.63 1:09.07	2500m: 28:43.29 1:09.97	3800m: 44:08.54 1:11.89		
1300m: 14:47.05 1:09.42	2600m: 29:53.58 1:10.29	3900m: 45:18.70 1:10.16		

PISCINA 50 M. / CRONO ELECTRÓNICO

Splash Meet Manager, 11.67210

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Sponsor Platino **Sponsor Oro** **Sponsor Técnico**

ASTRALPOOL FLUIDRA sidn Digital Training imagino energia VIAJES El Corte Inglés LOTERÍAS VASAGUICH JAPON speedo TURBO

Partners Salud del Deportista **Partners** **RSC**

FISHERER athala TERMA DEEP kyrocream KT TAPE medic Miguel Vergara AON Scotta aecc stepWATER

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XII CTO. DE ESPAÑA DE LARGA DISTANCIA
Sant Cugat, 31/1/2021

Prueba 3, Masc., 5000m Libre, Junior-1

Clasificación	AN		Tiempo	
7. COCERA CORDÓN Yare	05	C.N. Metropole	59:10.69	4,00
100m: 1:06.53 1:06.53	1400m: 16:19.99 1:10.10	2700m: 31:41.31 1:11.20	4000m: 47:13.36 1:12.27	
200m: 2:16.65 1:10.12	1500m: 17:30.42 1:10.43	2800m: 32:53.20 1:11.89	4100m: 48:25.37 1:12.01	
300m: 3:27.65 1:11.00	1600m: 18:40.72 1:10.30	2900m: 34:05.41 1:12.21	4200m: 49:37.21 1:11.84	
400m: 4:38.52 1:10.87	1700m: 19:51.00 1:10.28	3000m: 35:17.12 1:11.71	4300m: 50:49.43 1:12.22	
500m: 5:48.80 1:10.28	1800m: 21:01.33 1:10.33	3100m: 36:28.76 1:11.64	4400m: 52:01.64 1:12.21	
600m: 6:58.90 1:10.10	1900m: 22:11.74 1:10.41	3200m: 37:40.27 1:11.51	4500m: 53:13.92 1:12.28	
700m: 8:08.64 1:09.74	2000m: 23:22.60 1:10.86	3300m: 38:52.03 1:11.76	4600m: 54:25.82 1:11.90	
800m: 9:18.62 1:09.98	2100m: 24:33.62 1:11.02	3400m: 40:03.67 1:11.64	4700m: 55:38.43 1:12.61	
900m: 10:28.71 1:10.09	2200m: 25:44.80 1:11.18	3500m: 41:15.01 1:11.34	4800m: 56:50.16 1:11.73	
1000m: 11:39.02 1:10.31	2300m: 26:56.23 1:11.43	3600m: 42:26.29 1:11.28	4900m: 58:01.66 1:11.50	
1100m: 12:49.20 1:10.18	2400m: 28:07.16 1:10.93	3700m: 43:37.52 1:11.23	5000m: 59:10.69 1:09.03	
1200m: 13:59.45 1:10.25	2500m: 29:18.73 1:11.57	3800m: 44:49.59 1:12.07		
1300m: 15:09.89 1:10.44	2600m: 30:30.11 1:11.38	3900m: 46:01.09 1:11.50		
8. BARREDA GONZALEZ Guillermo	04	Club Deportivo Nados Castellon	59:38.27	3,00
100m: 1:09.08 1:09.08	1400m: 16:19.38 1:10.43	2700m: 31:47.40 1:12.18	4000m: 47:33.51 1:12.86	
200m: 2:17.97 1:08.89	1500m: 17:29.39 1:10.01	2800m: 32:59.85 1:12.45	4100m: 48:46.71 1:13.20	
300m: 3:27.74 1:09.77	1600m: 18:39.35 1:09.96	2900m: 34:12.45 1:12.60	4200m: 49:59.75 1:13.04	
400m: 4:37.67 1:09.93	1700m: 19:50.23 1:10.88	3000m: 35:25.24 1:12.79	4300m: 51:13.39 1:13.64	
500m: 5:47.75 1:10.08	1800m: 21:00.57 1:10.34	3100m: 36:38.29 1:13.05	4400m: 52:26.19 1:12.80	
600m: 6:57.38 1:09.63	1900m: 22:11.53 1:10.96	3200m: 37:50.56 1:12.27	4500m: 53:40.35 1:14.16	
700m: 8:07.54 1:10.16	2000m: 23:23.84 1:12.31	3300m: 39:03.40 1:12.84	4600m: 54:52.37 1:12.02	
800m: 9:17.47 1:09.93	2100m: 24:35.35 1:11.51	3400m: 40:16.71 1:13.31	4700m: 56:04.15 1:11.78	
900m: 10:27.87 1:10.40	2200m: 25:47.19 1:11.84	3500m: 41:29.66 1:12.95	4800m: 57:16.02 1:11.87	
1000m: 11:38.08 1:10.21	2300m: 26:58.96 1:11.77	3600m: 42:42.97 1:13.31	4900m: 58:27.64 1:11.62	
1100m: 12:48.36 1:10.28	2400m: 28:10.72 1:11.76	3700m: 43:55.41 1:12.44	5000m: 59:38.27 1:10.63	
1200m: 13:58.71 1:10.35	2500m: 29:23.14 1:12.42	3800m: 45:07.54 1:12.13		
1300m: 15:08.95 1:10.24	2600m: 30:35.22 1:12.08	3900m: 46:20.65 1:13.11		
Baja GARACH BENITO Carlos	04	C.N. Churriana		-
Baja GRANADO MARTIN Pablo	04	Navial		-

PISCINA 50 M. / CRONO ELECTRÓNICO

Splash Meet Manager, 11.67210

Registered to Real Federacion Española de Natacion

31/01/2021 11:29 - Página 3

Sponsor Platino

Sponsor Oro

Sponsor Técnico

Partners Salud del Deportista

Partners

RSC

Transporte Oficial

Línea Aérea Oficial

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