



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

Prueba 8
31/01/2021 - 12:30

Fem., 5000m Libre

Senior
Resultados

RE 55:39.23 BELMONTE GARCIA MIREIA BARCELONA 20/05/2017

Clasificación	AN		Tiempo	
1. PEREZ BLANCO Jimena	97	C.D. Gredos San Diego	55:34.81	13,00 RE
100m: 1:05.44 1:05.44	1400m: 15:24.47 1:06.33	2700m: 29:55.52 1:07.23	4000m: 44:30.11 1:07.60	
200m: 2:12.10 1:06.66	1500m: 16:31.39 1:06.92	2800m: 31:02.77 1:07.25	4100m: 45:37.02 1:06.91	
300m: 3:18.35 1:06.25	1600m: 17:37.35 1:05.96	2900m: 32:10.56 1:07.79	4200m: 46:43.51 1:06.49	
400m: 4:23.84 1:05.49	1700m: 18:43.78 1:06.43	3000m: 33:18.12 1:07.56	4300m: 47:50.46 1:06.95	
500m: 5:29.46 1:05.62	1800m: 19:50.30 1:06.52	3100m: 34:25.59 1:07.47	4400m: 48:57.47 1:07.01	
600m: 6:35.18 1:05.72	1900m: 20:57.46 1:07.16	3200m: 35:32.78 1:07.19	4500m: 50:04.61 1:07.14	
700m: 7:41.20 1:06.02	2000m: 22:04.60 1:07.14	3300m: 36:40.47 1:07.69	4600m: 51:11.39 1:06.78	
800m: 8:47.51 1:06.31	2100m: 23:11.90 1:07.30	3400m: 37:47.87 1:07.40	4700m: 52:18.05 1:06.66	
900m: 9:53.85 1:06.34	2200m: 24:18.94 1:07.04	3500m: 38:55.06 1:07.19	4800m: 53:24.41 1:06.36	
1000m: 10:59.92 1:06.07	2300m: 25:26.34 1:07.40	3600m: 40:01.68 1:06.62	4900m: 54:30.44 1:06.03	
1100m: 12:06.01 1:06.09	2400m: 26:33.61 1:07.27	3700m: 41:08.37 1:06.69	5000m: 55:34.81 1:04.37	
1200m: 13:12.04 1:06.03	2500m: 27:40.96 1:07.35	3800m: 42:15.15 1:06.78		
1300m: 14:18.14 1:06.10	2600m: 28:48.29 1:07.33	3900m: 43:22.51 1:07.36		
2. DE VALDES ALVAREZ Maria	98	C.N. Liceo	56:55.97	10,00
100m: 1:05.92 1:05.92	1400m: 15:36.96 1:07.82	2700m: 30:23.89 1:08.87	4000m: 45:20.01 1:09.19	
200m: 2:12.09 1:06.17	1500m: 16:45.10 1:08.14	2800m: 31:32.04 1:08.15	4100m: 46:29.38 1:09.37	
300m: 3:18.50 1:06.41	1600m: 17:52.84 1:07.74	2900m: 32:40.26 1:08.22	4200m: 47:38.90 1:09.52	
400m: 4:24.78 1:06.28	1700m: 19:00.48 1:07.64	3000m: 33:47.88 1:07.62	4300m: 48:48.86 1:09.96	
500m: 5:31.04 1:06.26	1800m: 20:08.55 1:08.07	3100m: 34:55.68 1:07.80	4400m: 49:58.86 1:10.00	
600m: 6:37.64 1:06.60	1900m: 21:16.63 1:08.08	3200m: 36:05.13 1:09.45	4500m: 51:09.43 1:10.57	
700m: 7:44.48 1:06.84	2000m: 22:24.05 1:07.42	3300m: 37:14.63 1:09.50	4600m: 52:19.10 1:09.67	
800m: 8:51.69 1:07.21	2100m: 23:32.44 1:08.39	3400m: 38:23.77 1:09.14	4700m: 53:28.89 1:09.79	
900m: 9:58.72 1:07.03	2200m: 24:40.41 1:07.97	3500m: 39:33.14 1:09.37	4800m: 54:38.78 1:09.89	
1000m: 11:06.42 1:07.70	2300m: 25:48.60 1:08.19	3600m: 40:42.47 1:09.33	4900m: 55:47.68 1:08.90	
1100m: 12:13.71 1:07.29	2400m: 26:57.50 1:08.90	3700m: 41:52.47 1:10.00	5000m: 56:55.97 1:08.29	
1200m: 13:21.52 1:07.81	2500m: 28:06.26 1:08.76	3800m: 43:01.72 1:09.25		
1300m: 14:29.14 1:07.62	2600m: 29:15.02 1:08.76	3900m: 44:10.82 1:09.10		
3. MARTI BALLESTER Marilo	98	C.N. Mataro	1:00:16.88	8,00
100m: 1:09.13 1:09.13	1400m: 16:29.62 1:11.25	2700m: 32:14.51 1:12.65	4000m: 48:02.05 1:12.97	
200m: 2:19.35 1:10.22	1500m: 17:41.77 1:12.15	2800m: 33:27.23 1:12.72	4100m: 49:14.77 1:12.72	
300m: 3:29.66 1:10.31	1600m: 18:54.11 1:12.34	2900m: 34:40.51 1:13.28	4200m: 50:28.03 1:13.26	
400m: 4:39.76 1:10.10	1700m: 20:07.87 1:13.76	3000m: 35:53.57 1:13.06	4300m: 51:41.60 1:13.57	
500m: 5:50.33 1:10.57	1800m: 21:20.56 1:12.69	3100m: 37:06.60 1:13.03	4400m: 52:54.52 1:12.92	
600m: 7:01.81 1:11.48	1900m: 22:33.39 1:12.83	3200m: 38:18.91 1:12.31	4500m: 54:08.09 1:13.57	
700m: 8:13.18 1:11.37	2000m: 23:46.88 1:13.49	3300m: 39:32.06 1:13.15	4600m: 55:21.85 1:13.76	
800m: 9:23.91 1:10.73	2100m: 24:59.84 1:12.96	3400m: 40:44.27 1:12.21	4700m: 56:35.54 1:13.69	
900m: 10:34.16 1:10.25	2200m: 26:12.18 1:12.34	3500m: 41:57.37 1:13.10	4800m: 57:50.11 1:14.57	
1000m: 11:44.97 1:10.81	2300m: 27:24.48 1:12.30	3600m: 43:09.95 1:12.58	4900m: 59:03.97 1:13.86	
1100m: 12:55.22 1:10.25	2400m: 28:36.85 1:12.37	3700m: 44:22.99 1:13.04	5000m: 1:00:16.88 1:12.91	
1200m: 14:06.68 1:11.46	2500m: 29:49.58 1:12.73	3800m: 45:36.20 1:13.21		
1300m: 15:18.37 1:11.69	2600m: 31:01.86 1:12.28	3900m: 46:49.08 1:12.88		

PISCINA 50 M. / CRONO ELECTRÓNICO

Splash Meet Manager, 11.67210

Registered to Real Federacion Española de Natacion

31/01/2021 13:48 - Página 1

Sponsor Platino



Sponsor Oro



Sponsor Técnico



Partners Salud del Deportista



Transporte Oficial



Línea Aérea Oficial



Rent a Car Oficial



Media Partners



Institucionales





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

Prueba 8, Fem., 5000m Libre, Senior

Clasificación	AN		Tiempo	
4. GIRALT PIDEMONT Claudia	01	C.N. Sant Andreu	1:01:00.05	7,00
100m: 1:09.25 1:09.25	1400m: 16:36.22 1:12.97	2700m: 32:34.90 1:13.76	4000m: 48:36.71 1:14.39	
200m: 2:19.38 1:10.13	1500m: 17:48.97 1:12.75	2800m: 33:48.61 1:13.71	4100m: 49:51.96 1:15.25	
300m: 3:29.78 1:10.40	1600m: 19:01.92 1:12.95	2900m: 35:01.94 1:13.33	4200m: 51:06.27 1:14.31	
400m: 4:40.25 1:10.47	1700m: 20:15.29 1:13.37	3000m: 36:15.96 1:14.02	4300m: 52:21.09 1:14.82	
500m: 5:51.10 1:10.85	1800m: 21:29.03 1:13.74	3100m: 37:30.21 1:14.25	4400m: 53:36.39 1:15.30	
600m: 7:02.10 1:11.00	1900m: 22:42.81 1:13.78	3200m: 38:44.91 1:14.70	4500m: 54:52.01 1:15.62	
700m: 8:13.36 1:11.26	2000m: 23:57.29 1:14.48	3300m: 39:58.73 1:13.82	4600m: 56:07.65 1:15.64	
800m: 9:23.77 1:10.41	2100m: 25:11.26 1:13.97	3400m: 41:13.02 1:14.29	4700m: 57:22.57 1:14.92	
900m: 10:34.08 1:10.31	2200m: 26:25.09 1:13.83	3500m: 42:27.53 1:14.51	4800m: 58:36.76 1:14.19	
1000m: 11:46.12 1:12.04	2300m: 27:38.19 1:13.10	3600m: 43:40.88 1:13.35	4900m: 59:49.35 1:12.59	
1100m: 12:58.07 1:11.95	2400m: 28:52.59 1:14.40	3700m: 44:54.09 1:13.21	5000m: 1:01:00.05 1:10.70	
1200m: 14:10.25 1:12.18	2500m: 30:06.81 1:14.22	3800m: 46:08.02 1:13.93		
1300m: 15:23.25 1:13.00	2600m: 31:21.14 1:14.33	3900m: 47:22.32 1:14.30		
5. ALONSO FERNÁNDEZ Itxaso	97	Getxo Igeriketa Bolue K.E.	1:02:44.38	6,00
100m: 1:12.68 1:12.68	1400m: 17:28.76 1:15.70	2700m: 33:56.25 1:15.68	4000m: 50:14.42 1:15.51	
200m: 2:27.29 1:14.61	1500m: 18:44.26 1:15.50	2800m: 35:11.90 1:15.65	4100m: 51:29.47 1:15.05	
300m: 3:42.44 1:15.15	1600m: 20:00.51 1:16.25	2900m: 36:27.28 1:15.38	4200m: 52:44.94 1:15.47	
400m: 4:57.52 1:15.08	1700m: 21:16.26 1:15.75	3000m: 37:42.99 1:15.71	4300m: 54:00.35 1:15.41	
500m: 6:12.75 1:15.23	1800m: 22:32.63 1:16.37	3100m: 38:58.43 1:15.44	4400m: 55:16.22 1:15.87	
600m: 7:27.53 1:14.78	1900m: 23:48.85 1:16.22	3200m: 40:14.68 1:16.25	4500m: 56:31.40 1:15.18	
700m: 8:42.04 1:14.51	2000m: 25:04.94 1:16.09	3300m: 41:29.30 1:14.62	4600m: 57:47.18 1:15.78	
800m: 9:56.87 1:14.83	2100m: 26:21.16 1:16.22	3400m: 42:43.96 1:14.66	4700m: 59:02.51 1:15.33	
900m: 11:12.02 1:15.15	2200m: 27:37.16 1:16.00	3500m: 43:58.40 1:14.44	4800m: 1:00:17.40 1:14.89	
1000m: 12:27.09 1:15.07	2300m: 28:53.35 1:16.19	3600m: 45:13.38 1:14.98	4900m: 1:01:31.77 1:14.37	
1100m: 13:42.23 1:15.14	2400m: 30:09.20 1:15.85	3700m: 46:28.25 1:14.87	5000m: 1:02:44.38 1:12.61	
1200m: 14:57.25 1:15.02	2500m: 31:24.85 1:15.65	3800m: 47:43.79 1:15.54		
1300m: 16:13.06 1:15.81	2600m: 32:40.57 1:15.72	3900m: 48:58.91 1:15.12		
6. VERA VALLS Nuria	99	C.N. Granollers	1:03:46.29	5,00
100m: 1:13.96 1:13.96	1400m: 17:42.22 1:17.26	2700m: 34:19.73 1:17.28	4000m: 51:01.10 1:17.19	
200m: 2:28.22 1:14.26	1500m: 18:58.99 1:16.77	2800m: 35:36.89 1:17.16	4100m: 52:17.24 1:16.14	
300m: 3:43.00 1:14.78	1600m: 20:15.29 1:16.30	2900m: 36:53.82 1:16.93	4200m: 53:33.73 1:16.49	
400m: 4:58.04 1:15.04	1700m: 21:31.79 1:16.50	3000m: 38:11.14 1:17.32	4300m: 54:50.60 1:16.87	
500m: 6:13.41 1:15.37	1800m: 22:48.24 1:16.45	3100m: 39:28.29 1:17.15	4400m: 56:09.00 1:18.40	
600m: 7:28.91 1:15.50	1900m: 24:05.51 1:17.27	3200m: 40:45.35 1:17.06	4500m: 57:25.78 1:16.78	
700m: 8:45.02 1:16.11	2000m: 25:22.63 1:17.12	3300m: 42:02.82 1:17.47	4600m: 58:43.84 1:18.06	
800m: 10:02.77 1:17.75	2100m: 26:38.49 1:15.86	3400m: 43:20.03 1:17.21	4700m: 1:00:00.13 1:16.29	
900m: 11:18.79 1:16.02	2200m: 27:55.01 1:16.52	3500m: 44:37.44 1:17.41	4800m: 1:01:16.47 1:16.34	
1000m: 12:34.40 1:15.61	2300m: 29:11.90 1:16.89	3600m: 45:53.62 1:16.18	4900m: 1:02:32.27 1:15.80	
1100m: 13:50.80 1:16.40	2400m: 30:28.70 1:16.80	3700m: 47:10.55 1:16.93	5000m: 1:03:46.29 1:14.02	
1200m: 15:07.62 1:16.82	2500m: 31:46.12 1:17.42	3800m: 48:26.95 1:16.40		
1300m: 16:24.96 1:17.34	2600m: 33:02.45 1:16.33	3900m: 49:43.91 1:16.96		

PISCINA 50 M. / CRONO ELECTRÓNICO

Splash Meet Manager, 11.67210

Registered to Real Federacion Española de Natacion

31/01/2021 13:48 - Página 2

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

ASTRALPOOL FLUIDRA sidn Digital Training Imagino energía VIAJES El Corte Inglés LOTERÍAS VASAGUCHI japon speedo TURBO

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

FISHER a+ TERMA DEEP kyrocream KT TAPE medi Miguel Vergara AON Scotta aecc stepWATER

Transporte Oficial **Línea Aérea Oficial** **Rent a Car Oficial** **Media Partners** **Institucionales**

renfe AVIS okdiario dailymotion ADESP



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

Prueba 8, Fem., 5000m Libre, Senior

Clasificación	AN		Tiempo	
7. ABARCA CRESPO Marta	01	C.D.N. Zamora	1:04:19.01	4,00
100m: 1:13.95 1:13.95	1400m: 17:42.58 1:14.82	2700m: 34:19.26 1:17.48	4000m: 51:08.21 1:19.04	
200m: 2:29.46 1:15.51	1500m: 18:58.35 1:15.77	2800m: 35:36.16 1:16.90	4100m: 52:26.85 1:18.64	
300m: 3:46.03 1:16.57	1600m: 20:15.04 1:16.69	2900m: 36:53.07 1:16.91	4200m: 53:46.86 1:20.01	
400m: 5:02.47 1:16.44	1700m: 21:30.70 1:15.66	3000m: 38:10.30 1:17.23	4300m: 55:07.31 1:20.45	
500m: 6:18.84 1:16.37	1800m: 22:47.19 1:16.49	3100m: 39:28.26 1:17.96	4400m: 56:26.76 1:19.45	
600m: 7:35.47 1:16.63	1900m: 24:04.19 1:17.00	3200m: 40:45.39 1:17.13	4500m: 57:46.17 1:19.41	
700m: 8:51.77 1:16.30	2000m: 25:21.36 1:17.17	3300m: 42:02.61 1:17.22	4600m: 59:05.02 1:18.85	
800m: 10:07.99 1:16.22	2100m: 26:38.24 1:16.88	3400m: 43:19.92 1:17.31	4700m: 1:00:24.40 1:19.38	
900m: 11:24.63 1:16.64	2200m: 27:54.75 1:16.51	3500m: 44:37.27 1:17.35	4800m: 1:01:43.43 1:19.03	
1000m: 12:40.70 1:16.07	2300m: 29:11.41 1:16.66	3600m: 45:53.96 1:16.69	4900m: 1:03:02.27 1:18.84	
1100m: 13:56.19 1:15.49	2400m: 30:27.89 1:16.48	3700m: 47:11.83 1:17.87	5000m: 1:04:19.01 1:16.74	
1200m: 15:12.26 1:16.07	2500m: 31:45.06 1:17.17	3800m: 48:30.23 1:18.40		
1300m: 16:27.76 1:15.50	2600m: 33:01.78 1:16.72	3900m: 49:49.17 1:18.94		
8. VEIGA SOUTO Ana	98	Club Del Mar	1:05:04.37	3,00
100m: 1:11.23 1:11.23	1400m: 17:38.93 1:17.30	2700m: 34:31.22 1:19.44	4000m: 51:42.31 1:19.98	
200m: 2:25.03 1:13.80	1500m: 18:56.38 1:17.45	2800m: 35:50.93 1:19.71	4100m: 53:02.36 1:20.05	
300m: 3:39.82 1:14.79	1600m: 20:14.15 1:17.77	2900m: 37:09.95 1:19.02	4200m: 54:22.67 1:20.31	
400m: 4:54.45 1:14.63	1700m: 21:30.66 1:16.51	3000m: 38:29.28 1:19.33	4300m: 55:43.41 1:20.74	
500m: 6:09.75 1:15.30	1800m: 22:48.01 1:17.35	3100m: 39:48.76 1:19.48	4400m: 57:02.72 1:19.31	
600m: 7:25.36 1:15.61	1900m: 24:05.55 1:17.54	3200m: 41:07.28 1:18.52	4500m: 58:23.77 1:21.05	
700m: 8:40.80 1:15.44	2000m: 25:23.55 1:18.00	3300m: 42:26.32 1:19.04	4600m: 59:44.49 1:20.72	
800m: 9:57.03 1:16.23	2100m: 26:41.22 1:17.67	3400m: 43:44.62 1:18.30	4700m: 1:01:05.38 1:20.89	
900m: 11:13.35 1:16.32	2200m: 27:59.01 1:17.79	3500m: 45:04.46 1:19.84	4800m: 1:02:26.13 1:20.75	
1000m: 12:30.47 1:17.12	2300m: 29:16.73 1:17.72	3600m: 46:24.20 1:19.74	4900m: 1:03:46.20 1:20.07	
1100m: 13:47.46 1:16.99	2400m: 30:34.85 1:18.12	3700m: 47:43.30 1:19.10	5000m: 1:05:04.37 1:18.17	
1200m: 15:04.36 1:16.90	2500m: 31:53.19 1:18.34	3800m: 49:02.57 1:19.27		
1300m: 16:21.63 1:17.27	2600m: 33:11.78 1:18.59	3900m: 50:22.33 1:19.76		
9. ALVITE BERGARA Nerea	99	Club Del Mar	1:05:47.58	2,00
100m: 1:13.13 1:13.13	1400m: 17:48.16 1:17.67	2700m: 34:46.18 1:19.04	4000m: 52:13.84 1:22.07	
200m: 2:27.87 1:14.74	1500m: 19:04.77 1:16.61	2800m: 36:05.06 1:18.88	4100m: 53:34.34 1:20.50	
300m: 3:44.12 1:16.25	1600m: 20:20.57 1:15.80	2900m: 37:24.93 1:19.87	4200m: 54:56.48 1:22.14	
400m: 4:59.99 1:15.87	1700m: 21:36.84 1:16.27	3000m: 38:44.73 1:19.80	4300m: 56:19.91 1:23.43	
500m: 6:16.02 1:16.03	1800m: 22:55.64 1:18.80	3100m: 40:04.36 1:19.63	4400m: 57:42.07 1:22.16	
600m: 7:31.96 1:15.94	1900m: 24:14.47 1:18.83	3200m: 41:24.71 1:20.35	4500m: 59:04.85 1:22.78	
700m: 8:48.89 1:16.93	2000m: 25:33.28 1:18.81	3300m: 42:45.21 1:20.50	4600m: 1:00:26.57 1:21.72	
800m: 10:04.89 1:16.00	2100m: 26:52.12 1:18.84	3400m: 44:05.97 1:20.76	4700m: 1:01:47.75 1:21.18	
900m: 11:21.48 1:16.59	2200m: 28:11.40 1:19.28	3500m: 45:26.56 1:20.59	4800m: 1:03:07.66 1:19.91	
1000m: 12:38.72 1:17.24	2300m: 29:30.44 1:19.04	3600m: 46:46.79 1:20.23	4900m: 1:04:27.81 1:20.15	
1100m: 13:56.20 1:17.48	2400m: 30:49.40 1:18.96	3700m: 48:07.82 1:21.03	5000m: 1:05:47.58 1:19.77	
1200m: 15:13.23 1:17.03	2500m: 32:08.22 1:18.82	3800m: 49:29.85 1:22.03		
1300m: 16:30.49 1:17.26	2600m: 33:27.14 1:18.92	3900m: 50:51.77 1:21.92		
Baja RUIZ BRAVO Paula	99	C.D.N. Inacua Malaga		-

PISCINA 50 M. / CRONO ELECTRÓNICO

Splash Meet Manager, 11.67210

Registered to Real Federacion Española de Natacion

31/01/2021 13:48 - Página 3

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

ASTRALPOOL FLUIDRA **sidn Digital Training** **imagino energia** **VIAJES El Corte Inglés** **LOTERÍAS** **WASSILUCHI** **speedo** **TURBO**

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

FISHER **athala** **TERMIA DEEP** **kyrocream** **KT TAPE** **medi** **Miguel Vergara** **AON** **Scotto** **aacc** **stepWATER**

Transporte Oficial **Línea Aérea Oficial** **Rent a Car Oficial** **Media Partners** **Institucionales**

renfe **AVIS** **okdiario** **dailymotion** **ADESP**