

XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3	Masc., 5000m Libre			16 - 50 años
30/01/2022 - 10:55				Resultados
RE	52:46.52	ALEJANDRO PUEBLA MARTINEZ	Sant Cugat	31/01/2021
MMN 19	52:46.52	ALEJANDRO PUEBLA MARTINEZ	Sant Cugat	31/01/2021
MMN 18	54:31.29	JULIA TOUS, Ferran	MATARO	24/02/2018
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

JUNIOR 1

1. MORENO PABLOS Sergio	05	C.N. Las Anclas Castrillon	56:26.72	13,00
100m: 1:04.49 1:04.49	1400m: 15:32.83 1:08.03	2700m: 30:18.99 1:08.34	4000m: 45:07.10 1:08.68	
200m: 2:10.05 1:05.56	1500m: 16:40.53 1:07.70	2800m: 31:28.18 1:09.19	4100m: 46:15.35 1:08.25	
300m: 3:16.57 1:06.52	1600m: 17:48.39 1:07.86	2900m: 32:37.11 1:08.93	4200m: 47:23.93 1:08.58	
400m: 4:22.59 1:06.02	1700m: 18:56.05 1:07.66	3000m: 33:45.79 1:08.68	4300m: 48:32.61 1:08.68	
500m: 5:29.00 1:06.41	1800m: 20:04.71 1:08.66	3100m: 34:53.92 1:08.13	4400m: 49:41.05 1:08.44	
600m: 6:35.10 1:06.10	1900m: 21:12.83 1:08.12	3200m: 36:01.80 1:07.88	4500m: 50:49.35 1:08.30	
700m: 7:41.74 1:06.64	2000m: 22:21.68 1:08.85	3300m: 37:09.70 1:07.90	4600m: 51:57.06 1:07.71	
800m: 8:48.45 1:06.71	2100m: 23:30.23 1:08.55	3400m: 38:17.17 1:07.47	4700m: 53:04.50 1:07.44	
900m: 9:55.07 1:06.62	2200m: 24:38.02 1:07.79	3500m: 39:25.07 1:07.90	4800m: 54:12.02 1:07.52	
1000m: 11:02.67 1:07.60	2300m: 25:46.57 1:08.55	3600m: 40:33.51 1:08.44	4900m: 55:19.65 1:07.63	
1100m: 12:09.62 1:06.95	2400m: 26:54.43 1:07.86	3700m: 41:41.51 1:08.00	5000m: 56:26.72 1:07.07	
1200m: 13:16.98 1:07.36	2500m: 28:02.39 1:07.96	3800m: 42:50.00 1:08.49		
1300m: 14:24.80 1:07.82	2600m: 29:10.65 1:08.26	3900m: 43:58.42 1:08.42		
2. ROUGET FERNANDEZ Alvaro	05	C.N. Las Anclas Castrillon	56:28.09	10,00
100m: 1:04.23 1:04.23	1400m: 15:31.32 1:07.55	2700m: 30:10.26 1:07.44	4000m: 45:01.61 1:08.22	
200m: 2:09.31 1:05.08	1500m: 16:38.43 1:07.11	2800m: 31:18.37 1:08.11	4100m: 46:10.23 1:08.62	
300m: 3:14.90 1:05.59	1600m: 17:45.97 1:07.54	2900m: 32:26.55 1:08.18	4200m: 47:19.31 1:09.08	
400m: 4:21.14 1:06.24	1700m: 18:53.48 1:07.51	3000m: 33:34.80 1:08.25	4300m: 48:28.34 1:09.03	
500m: 5:27.33 1:06.19	1800m: 20:01.09 1:07.61	3100m: 34:43.32 1:08.52	4400m: 49:37.41 1:09.07	
600m: 6:33.51 1:06.18	1900m: 21:08.80 1:07.71	3200m: 35:51.60 1:08.28	4500m: 50:46.46 1:09.05	
700m: 7:40.12 1:06.61	2000m: 22:16.68 1:07.88	3300m: 37:00.26 1:08.66	4600m: 51:55.45 1:08.99	
800m: 8:46.92 1:06.80	2100m: 23:24.56 1:07.88	3400m: 38:09.04 1:08.78	4700m: 53:04.98 1:09.53	
900m: 9:53.61 1:06.69	2200m: 24:32.34 1:07.78	3500m: 39:17.52 1:08.48	4800m: 54:14.16 1:09.18	
1000m: 11:00.73 1:07.12	2300m: 25:40.19 1:07.85	3600m: 40:26.91 1:09.39	4900m: 55:21.86 1:07.70	
1100m: 12:07.94 1:07.21	2400m: 26:47.63 1:07.44	3700m: 41:35.99 1:09.08	5000m: 56:28.09 1:06.23	
1200m: 13:15.84 1:07.90	2500m: 27:55.03 1:07.40	3800m: 42:44.45 1:08.46		
1300m: 14:23.77 1:07.93	2600m: 29:02.82 1:07.79	3900m: 43:53.39 1:08.94		
3. DE LA FUENTE ALONSO Diego	06	C.D. Torrelago Wellness	56:32.21	8,00
100m: 1:02.52 1:02.52	1400m: 15:25.51 1:06.31	2700m: 29:58.15 1:07.88	4000m: 44:50.74 1:08.57	
200m: 2:07.90 1:05.38	1500m: 16:32.11 1:06.60	2800m: 31:06.26 1:08.11	4100m: 45:59.66 1:08.92	
300m: 3:13.79 1:05.89	1600m: 17:38.47 1:06.36	2900m: 32:14.77 1:08.51	4200m: 47:08.85 1:09.19	
400m: 4:20.15 1:06.36	1700m: 18:45.18 1:06.71	3000m: 33:23.07 1:08.30	4300m: 48:18.63 1:09.78	
500m: 5:26.41 1:06.26	1800m: 19:51.85 1:06.67	3100m: 34:31.34 1:08.27	4400m: 49:28.49 1:09.86	
600m: 6:32.92 1:06.51	1900m: 20:58.71 1:06.86	3200m: 35:39.43 1:08.09	4500m: 50:38.95 1:10.46	
700m: 7:39.29 1:06.37	2000m: 22:05.68 1:06.97	3300m: 36:47.56 1:08.13	4600m: 51:49.38 1:10.43	
800m: 8:46.03 1:06.74	2100m: 23:12.77 1:07.09	3400m: 37:55.92 1:08.36	4700m: 53:00.11 1:10.73	
900m: 9:52.75 1:06.72	2200m: 24:20.10 1:07.33	3500m: 39:05.02 1:09.10	4800m: 54:11.25 1:11.14	
1000m: 10:59.63 1:06.88	2300m: 25:27.42 1:07.32	3600m: 40:14.27 1:09.25	4900m: 55:22.88 1:11.63	
1100m: 12:06.17 1:06.54	2400m: 26:35.17 1:07.75	3700m: 41:23.34 1:09.07	5000m: 56:32.21 1:09.33	
1200m: 13:12.96 1:06.79	2500m: 27:42.51 1:07.34	3800m: 42:32.45 1:09.11		
1300m: 14:19.20 1:06.24	2600m: 28:50.27 1:07.76	3900m: 43:42.17 1:09.72		

XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN						Tiempo																																												
4. MACARIO MOLINA Joan	05 C.N. Metropole						57:03.37	7,00																																											
100m: 1:06.64 1:06.64	1400m: 15:36.81 1:07.05	2700m: 30:22.20 1:08.44	4000m: 45:25.67 1:10.15	200m: 2:13.17 1:06.53	1500m: 16:44.06 1:07.25	2800m: 31:30.32 1:08.12	4100m: 46:35.73 1:10.06	300m: 3:19.28 1:06.11	1600m: 17:51.95 1:07.89	2900m: 32:38.89 1:08.57	4200m: 47:45.54 1:09.81	400m: 4:25.77 1:06.49	1700m: 19:00.41 1:08.46	3000m: 33:47.68 1:08.79	4300m: 48:54.99 1:09.45	500m: 5:32.48 1:06.71	1800m: 20:08.43 1:08.02	3100m: 34:56.63 1:08.95	4400m: 50:04.40 1:09.41	600m: 6:39.96 1:07.48	1900m: 21:16.34 1:07.91	3200m: 36:06.20 1:09.57	4500m: 51:13.69 1:09.29	700m: 7:46.98 1:07.02	2000m: 22:24.06 1:07.72	3300m: 37:15.40 1:09.20	4600m: 52:23.68 1:09.99	800m: 8:54.50 1:07.52	2100m: 23:32.25 1:08.19	3400m: 38:24.87 1:09.47	4700m: 53:34.24 1:10.56	900m: 10:02.15 1:07.65	2200m: 24:41.11 1:08.86	3500m: 39:34.42 1:09.55	4800m: 54:44.68 1:10.44	1000m: 11:09.34 1:07.19	2300m: 25:49.40 1:08.29	3600m: 40:44.89 1:10.47	4900m: 55:54.57 1:09.89	1100m: 12:16.69 1:07.35	2400m: 26:57.17 1:07.77	3700m: 41:54.40 1:09.51	5000m: 57:03.37 1:08.80	1200m: 13:23.14 1:06.45	2500m: 28:05.21 1:08.04	3800m: 43:04.74 1:10.34		1300m: 14:29.76 1:06.62	2600m: 29:13.76 1:08.55	3900m: 44:15.52 1:10.78	
5. MARTIN ESTEBAN Alberto	05 C.N. Toledo						57:19.43	6,00																																											
100m: 1:05.65 1:05.65	1400m: 15:42.52 1:08.17	2700m: 30:35.82 1:09.33	4000m: 45:44.05 1:10.20	200m: 2:11.90 1:06.25	1500m: 16:50.61 1:08.09	2800m: 31:45.37 1:09.55	4100m: 46:54.24 1:10.19	300m: 3:18.49 1:06.59	1600m: 17:58.97 1:08.36	2900m: 32:55.13 1:09.76	4200m: 48:04.56 1:10.32	400m: 4:26.08 1:07.59	1700m: 19:06.81 1:07.84	3000m: 34:04.77 1:09.64	4300m: 49:15.08 1:10.52	500m: 5:33.64 1:07.56	1800m: 20:14.58 1:07.77	3100m: 35:14.68 1:09.91	4400m: 50:25.19 1:10.11	600m: 6:40.78 1:07.14	1900m: 21:23.51 1:08.93	3200m: 36:24.37 1:09.69	4500m: 51:35.43 1:10.24	700m: 7:48.49 1:07.71	2000m: 22:32.30 1:08.79	3300m: 37:34.60 1:10.23	4600m: 52:45.51 1:10.08	800m: 8:55.71 1:07.22	2100m: 23:41.50 1:09.20	3400m: 38:44.90 1:10.30	4700m: 53:55.30 1:09.79	900m: 10:03.21 1:07.50	2200m: 24:50.78 1:09.28	3500m: 39:55.16 1:10.26	4800m: 55:04.91 1:09.61	1000m: 11:10.55 1:07.34	2300m: 25:59.89 1:09.11	3600m: 41:04.25 1:09.09	4900m: 56:13.93 1:09.02	1100m: 12:18.22 1:07.67	2400m: 27:08.75 1:08.86	3700m: 42:13.83 1:09.58	5000m: 57:19.43 1:05.50	1200m: 13:26.62 1:08.40	2500m: 28:17.41 1:08.66	3800m: 43:23.94 1:10.11		1300m: 14:34.35 1:07.73	2600m: 29:26.49 1:09.08	3900m: 44:33.85 1:09.91	
6. HERNANDEZ LOPEZ Carlos	05 R.C. Mediterraneo						57:34.31	5,00																																											
100m: 1:07.30 1:07.30	1400m: 15:52.66 1:08.50	2700m: 30:47.73 1:10.57	4000m: 45:56.08 1:10.59	200m: 2:15.16 1:07.86	1500m: 17:01.06 1:08.40	2800m: 31:57.10 1:09.37	4100m: 47:06.22 1:10.14	300m: 3:22.80 1:07.64	1600m: 18:09.13 1:08.07	2900m: 33:06.71 1:09.61	4200m: 48:16.50 1:10.28	400m: 4:30.85 1:08.05	1700m: 19:17.31 1:08.18	3000m: 34:16.71 1:10.00	4300m: 49:27.27 1:10.77	500m: 5:39.06 1:08.21	1800m: 20:25.65 1:08.34	3100m: 35:26.68 1:09.97	4400m: 50:36.71 1:09.44	600m: 6:46.90 1:07.84	1900m: 21:34.32 1:08.67	3200m: 36:35.92 1:09.24	4500m: 51:46.55 1:09.84	700m: 7:54.90 1:08.00	2000m: 22:43.05 1:08.73	3300m: 37:45.37 1:09.45	4600m: 52:56.62 1:10.07	800m: 9:03.06 1:08.16	2100m: 23:52.71 1:09.66	3400m: 38:55.18 1:09.81	4700m: 54:06.51 1:09.89	900m: 10:10.80 1:07.74	2200m: 25:01.56 1:08.85	3500m: 40:05.06 1:09.88	4800m: 55:16.07 1:09.56	1000m: 11:19.16 1:08.36	2300m: 26:10.58 1:09.02	3600m: 41:14.92 1:09.86	4900m: 56:24.26 1:08.19	1100m: 12:27.75 1:08.59	2400m: 27:19.45 1:08.87	3700m: 42:25.16 1:10.24	5000m: 57:34.31 1:10.05	1200m: 13:35.93 1:08.18	2500m: 28:28.21 1:08.76	3800m: 43:34.80 1:09.64		1300m: 14:44.16 1:08.23	2600m: 29:37.16 1:08.95	3900m: 44:45.49 1:10.69	
7. ARIAS DIEZ Mario	05 C.D. Torrelago Wellness						57:34.37	4,00																																											
100m: 1:05.55 1:05.55	1200m: 13:25.26 1:07.89	2300m: 25:58.90 1:08.71	3400m: 38:43.96 1:09.80	200m: 2:12.19 1:06.64	1300m: 14:32.72 1:07.46	2400m: 27:07.78 1:08.88	3500m: 39:53.91 1:09.95	300m: 3:18.97 1:06.78	1400m: 15:41.37 1:08.65	2500m: 28:16.08 1:08.30	3600m: 41:04.23 1:10.32	400m: 4:26.08 1:07.11	1500m: 16:49.43 1:08.06	2600m: 29:25.46 1:09.38	3700m: 42:15.10 1:10.87	500m: 5:32.92 1:06.84	1600m: 17:58.17 1:08.74	2700m: 30:34.96 1:09.50	3800m: 43:26.07 1:10.97	600m: 6:40.20 1:07.28	1700m: 19:06.64 1:08.47	2800m: 31:44.58 1:09.62	3900m: 44:36.81 1:10.74	700m: 7:47.41 1:07.21	1800m: 20:14.91 1:08.27	2900m: 32:54.78 1:10.20	4000m: 45:46.95 1:10.14	800m: 8:54.74 1:07.33	1900m: 21:23.94 1:09.03	3000m: 34:04.12 1:09.34	4100m: 46:56.69 1:09.74	900m: 10:02.11 1:07.37	2000m: 22:32.86 1:08.92	3100m: 35:13.74 1:09.62	4200m: 48:05.17 1:08.48	1000m: 11:09.52 1:07.41	2100m: 23:41.71 1:08.85	3200m: 36:23.70 1:09.96	4300m: 49:14.36 1:09.19	1100m: 12:17.37 1:07.85	2200m: 24:50.19 1:08.48	3300m: 37:34.16 1:10.46	4400m: 50:23.02 1:08.66								

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



PARTNERS SALUT DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN						Tiempo					
	4500m: 51:34.48	1:11.46	4700m: 53:59.34	1:12.88	4900m: 56:22.84	1:11.79						
	4600m: 52:46.46	1:11.98	4800m: 55:11.05	1:11.71	5000m: 57:34.37	1:11.53						
8.	VIZCAINO RIGOL Carlos 05 C.D.N. Nadamas Las Marinas						57:46.38	3,00				
	100m: 1:07.48	1:07.48	1400m: 15:54.39	1:08.20	2700m: 30:52.91	1:09.81	4000m: 46:00.52	1:10.74				
	200m: 2:15.44	1:07.96	1500m: 17:02.90	1:08.51	2800m: 32:02.51	1:09.60	4100m: 47:11.27	1:10.75				
	300m: 3:23.87	1:08.43	1600m: 18:11.45	1:08.55	2900m: 33:12.03	1:09.52	4200m: 48:20.92	1:09.65				
	400m: 4:32.28	1:08.41	1700m: 19:20.06	1:08.61	3000m: 34:22.03	1:10.00	4300m: 49:31.36	1:10.44				
	500m: 5:40.15	1:07.87	1800m: 20:28.82	1:08.76	3100m: 35:31.52	1:09.49	4400m: 50:42.29	1:10.93				
	600m: 6:47.86	1:07.71	1900m: 21:38.04	1:09.22	3200m: 36:40.65	1:09.13	4500m: 51:52.82	1:10.53				
	700m: 7:55.96	1:08.10	2000m: 22:47.24	1:09.20	3300m: 37:49.61	1:08.96	4600m: 53:04.02	1:11.20				
	800m: 9:04.09	1:08.13	2100m: 23:56.64	1:09.40	3400m: 38:59.23	1:09.62	4700m: 54:15.54	1:11.52				
	900m: 10:12.16	1:08.07	2200m: 25:06.60	1:09.96	3500m: 40:09.28	1:10.05	4800m: 55:27.14	1:11.60				
	1000m: 11:20.26	1:08.10	2300m: 26:15.27	1:08.67	3600m: 41:19.23	1:09.95	4900m: 56:38.26	1:11.12				
	1100m: 12:28.73	1:08.47	2400m: 27:24.18	1:08.91	3700m: 42:28.99	1:09.76	5000m: 57:46.38	1:08.12				
	1200m: 13:37.44	1:08.71	2500m: 28:33.87	1:09.69	3800m: 43:39.54	1:10.55						
	1300m: 14:46.19	1:08.75	2600m: 29:43.10	1:09.23	3900m: 44:49.78	1:10.24						
9.	COCERA CORDON Yare 05 C.N. Metropole						58:16.21	2,00				
	100m: 1:05.97	1:05.97	1400m: 15:54.80	1:08.21	2700m: 30:53.32	1:09.77	4000m: 46:16.76	1:12.64				
	200m: 2:13.69	1:07.72	1500m: 17:03.23	1:08.43	2800m: 32:02.98	1:09.66	4100m: 47:28.64	1:11.88				
	300m: 3:22.48	1:08.79	1600m: 18:12.01	1:08.78	2900m: 33:12.46	1:09.48	4200m: 48:40.99	1:12.35				
	400m: 4:30.78	1:08.30	1700m: 19:20.52	1:08.51	3000m: 34:22.33	1:09.87	4300m: 49:53.75	1:12.76				
	500m: 5:38.99	1:08.21	1800m: 20:29.28	1:08.76	3100m: 35:32.13	1:09.80	4400m: 51:06.01	1:12.26				
	600m: 6:46.95	1:07.96	1900m: 21:38.41	1:09.13	3200m: 36:42.13	1:10.00	4500m: 52:18.66	1:12.65				
	700m: 7:55.21	1:08.26	2000m: 22:47.66	1:09.25	3300m: 37:52.90	1:10.77	4600m: 53:31.25	1:12.59				
	800m: 9:03.35	1:08.14	2100m: 23:56.93	1:09.27	3400m: 39:04.56	1:11.66	4700m: 54:42.81	1:11.56				
	900m: 10:11.71	1:08.36	2200m: 25:06.91	1:09.98	3500m: 40:16.72	1:12.16	4800m: 55:54.88	1:12.07				
	1000m: 11:20.48	1:08.77	2300m: 26:15.70	1:08.79	3600m: 41:28.03	1:11.31	4900m: 57:06.30	1:11.42				
	1100m: 12:28.95	1:08.47	2400m: 27:24.61	1:08.91	3700m: 42:39.48	1:11.45	5000m: 58:16.21	1:09.91				
	1200m: 13:37.65	1:08.70	2500m: 28:34.26	1:09.65	3800m: 43:51.74	1:12.26						
	1300m: 14:46.59	1:08.94	2600m: 29:43.55	1:09.29	3900m: 45:04.12	1:12.38						
10.	GOMEZ-GUILLAMON DE LAS HERAS .05me C.D. El Valle						58:46.78	1,00				
	100m: 1:08.37	1:08.37	1400m: 16:11.78	1:09.46	2700m: 31:21.66	1:10.59	4000m: 46:48.09	1:12.42				
	200m: 2:17.93	1:09.56	1500m: 17:21.08	1:09.30	2800m: 32:32.85	1:11.19	4100m: 48:00.06	1:11.97				
	300m: 3:27.90	1:09.97	1600m: 18:30.30	1:09.22	2900m: 33:44.17	1:11.32	4200m: 49:12.22	1:12.16				
	400m: 4:38.08	1:10.18	1700m: 19:39.88	1:09.58	3000m: 34:55.07	1:10.90	4300m: 50:23.76	1:11.54				
	500m: 5:47.84	1:09.76	1800m: 20:49.72	1:09.84	3100m: 36:05.90	1:10.83	4400m: 51:36.26	1:12.50				
	600m: 6:57.71	1:09.87	1900m: 21:59.46	1:09.74	3200m: 37:17.36	1:11.46	4500m: 52:48.78	1:12.52				
	700m: 8:07.89	1:10.18	2000m: 23:09.65	1:10.19	3300m: 38:28.36	1:11.00	4600m: 54:01.44	1:12.66				
	800m: 9:17.49	1:09.60	2100m: 24:19.77	1:10.12	3400m: 39:39.86	1:11.50	4700m: 55:13.47	1:12.03				
	900m: 10:26.10	1:08.61	2200m: 25:30.29	1:10.52	3500m: 40:51.03	1:11.17	4800m: 56:25.63	1:12.16				
	1000m: 11:35.05	1:08.95	2300m: 26:40.66	1:10.37	3600m: 42:01.45	1:10.42	4900m: 57:37.57	1:11.94				
	1100m: 12:44.09	1:09.04	2400m: 27:50.76	1:10.10	3700m: 43:12.41	1:10.96	5000m: 58:46.78	1:09.21				
	1200m: 13:53.57	1:09.48	2500m: 29:00.97	1:10.21	3800m: 44:23.80	1:11.39						
	1300m: 15:02.32	1:08.75	2600m: 30:11.07	1:10.10	3900m: 45:35.67	1:11.87						

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



PARTNERS SALUT DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN		Tiempo	
11. MARCOS PICADO Samuel	05	C.D. Torrelago Wellness	59:17.62	-
100m: 1:04.69 1:04.69	1400m: 16:01.60 1:09.56	2700m: 31:21.85 1:10.77	4000m: 46:52.49 1:13.47	
200m: 2:12.50 1:07.81	1500m: 17:11.84 1:10.24	2800m: 32:33.07 1:11.22	4100m: 48:05.85 1:13.36	
300m: 3:21.02 1:08.52	1600m: 18:21.63 1:09.79	2900m: 33:44.75 1:11.68	4200m: 49:19.90 1:14.05	
400m: 4:29.75 1:08.73	1700m: 19:32.00 1:10.37	3000m: 34:55.70 1:10.95	4300m: 50:34.85 1:14.95	
500m: 5:38.71 1:08.96	1800m: 20:42.11 1:10.11	3100m: 36:06.87 1:11.17	4400m: 51:49.72 1:14.87	
600m: 6:47.35 1:08.64	1900m: 21:52.95 1:10.84	3200m: 37:18.07 1:11.20	4500m: 53:05.36 1:15.64	
700m: 7:55.84 1:08.49	2000m: 23:03.86 1:10.91	3300m: 38:29.51 1:11.44	4600m: 54:21.62 1:16.26	
800m: 9:05.18 1:09.34	2100m: 24:15.02 1:11.16	3400m: 39:40.28 1:10.77	4700m: 55:37.70 1:16.08	
900m: 10:14.05 1:08.87	2200m: 25:26.63 1:11.61	3500m: 40:52.36 1:12.08	4800m: 56:53.07 1:15.37	
1000m: 11:23.14 1:09.09	2300m: 26:35.61 1:08.98	3600m: 42:02.67 1:10.31	4900m: 58:07.09 1:14.02	
1100m: 12:32.63 1:09.49	2400m: 27:47.15 1:11.54	3700m: 43:14.41 1:11.74	5000m: 59:17.62 1:10.53	
1200m: 13:42.12 1:09.49	2500m: 28:58.93 1:11.78	3800m: 44:26.14 1:11.73		
1300m: 14:52.04 1:09.92	2600m: 30:11.08 1:12.15	3900m: 45:39.02 1:12.88		
12. NEATA SAGHIN Radu Valentin	05	C.D. Gredos San Diego	59:40.03	-
100m: 1:04.53 1:04.53	1400m: 16:02.71 1:09.88	2700m: 31:33.75 1:12.23	4000m: 47:14.17 1:12.48	
200m: 2:11.25 1:06.72	1500m: 17:11.80 1:09.09	2800m: 32:47.10 1:13.35	4100m: 48:27.55 1:13.38	
300m: 3:18.31 1:07.06	1600m: 18:19.59 1:07.79	2900m: 34:00.95 1:13.85	4200m: 49:40.97 1:13.42	
400m: 4:25.63 1:07.32	1700m: 19:30.21 1:10.62	3000m: 35:14.09 1:13.14	4300m: 50:55.31 1:14.34	
500m: 5:33.44 1:07.81	1800m: 20:41.54 1:11.33	3100m: 36:27.37 1:13.28	4400m: 52:10.49 1:15.18	
600m: 6:41.81 1:08.37	1900m: 21:53.42 1:11.88	3200m: 37:39.03 1:11.66	4500m: 53:26.65 1:16.16	
700m: 7:50.06 1:08.25	2000m: 23:05.54 1:12.12	3300m: 38:51.02 1:11.99	4600m: 54:42.38 1:15.73	
800m: 8:59.61 1:09.55	2100m: 24:18.15 1:12.61	3400m: 40:02.66 1:11.64	4700m: 55:57.58 1:15.20	
900m: 10:09.49 1:09.88	2200m: 25:30.73 1:12.58	3500m: 41:15.08 1:12.42	4800m: 57:12.90 1:15.32	
1000m: 11:20.38 1:10.89	2300m: 26:44.25 1:13.52	3600m: 42:26.10 1:11.02	4900m: 58:26.60 1:13.70	
1100m: 12:31.12 1:10.74	2400m: 27:56.53 1:12.28	3700m: 43:38.40 1:12.30	5000m: 59:40.03 1:13.43	
1200m: 13:42.05 1:10.93	2500m: 29:09.73 1:13.20	3800m: 44:49.92 1:11.52		
1300m: 14:52.83 1:10.78	2600m: 30:21.52 1:11.79	3900m: 46:01.69 1:11.77		
13. JIMENEZ ROJO Marcelino	05	C.N.Cartagonova Cartagena	59:40.33	-
100m: 1:08.73 1:08.73	1400m: 16:34.69 1:13.25	2700m: 32:28.76 1:14.51	4000m: 47:57.93 1:09.47	
200m: 2:18.31 1:09.58	1500m: 17:48.44 1:13.75	2800m: 33:42.91 1:14.15	4100m: 49:08.26 1:10.33	
300m: 3:28.19 1:09.88	1600m: 19:02.05 1:13.61	2900m: 34:53.98 1:11.07	4200m: 50:17.50 1:09.24	
400m: 4:38.21 1:10.02	1700m: 20:15.72 1:13.67	3000m: 36:05.01 1:11.03	4300m: 51:28.61 1:11.11	
500m: 5:48.15 1:09.94	1800m: 21:28.29 1:12.57	3100m: 37:16.29 1:11.28	4400m: 52:39.62 1:11.01	
600m: 6:58.01 1:09.86	1900m: 22:42.05 1:13.76	3200m: 38:27.51 1:11.22	4500m: 53:50.18 1:10.56	
700m: 8:08.25 1:10.24	2000m: 23:55.67 1:13.62	3300m: 39:39.66 1:12.15	4600m: 54:59.81 1:09.63	
800m: 9:18.30 1:10.05	2100m: 25:06.44 1:10.77	3400m: 40:50.97 1:11.31	4700m: 56:11.30 1:11.49	
900m: 10:30.04 1:11.74	2200m: 26:19.42 1:12.98	3500m: 42:01.49 1:10.52	4800m: 57:22.53 1:11.23	
1000m: 11:43.47 1:13.43	2300m: 27:33.37 1:13.95	3600m: 43:12.47 1:10.98	4900m: 58:33.05 1:10.52	
1100m: 12:56.55 1:13.08	2400m: 28:47.07 1:13.70	3700m: 44:23.71 1:11.24	5000m: 59:40.33 1:07.28	
1200m: 14:08.62 1:12.07	2500m: 29:59.96 1:12.89	3800m: 45:35.51 1:11.80		
1300m: 15:21.44 1:12.82	2600m: 31:14.25 1:14.29	3900m: 46:48.46 1:12.95		
14. LORENÇO FERREIRA Gustavo	06	C.D.N. Nadamas Las Marinas	59:52.89	-
100m: 1:08.96 1:08.96	1200m: 13:40.00 1:09.04	2300m: 26:33.35 1:10.73	3400m: 40:05.66 1:14.50	
200m: 2:17.84 1:08.88	1300m: 14:49.14 1:09.14	2400m: 27:44.77 1:11.42	3500m: 41:18.57 1:12.91	
300m: 3:26.74 1:08.90	1400m: 15:58.46 1:09.32	2500m: 28:57.23 1:12.46	3600m: 42:32.28 1:13.71	
400m: 4:35.72 1:08.98	1500m: 17:07.37 1:08.91	2600m: 30:11.46 1:14.23	3700m: 43:46.87 1:14.59	
500m: 5:43.48 1:07.76	1600m: 18:17.42 1:10.05	2700m: 31:24.83 1:13.37	3800m: 45:02.10 1:15.23	
600m: 6:50.36 1:06.88	1700m: 19:27.44 1:10.02	2800m: 32:39.16 1:14.33	3900m: 46:17.81 1:15.71	
700m: 7:57.88 1:07.52	1800m: 20:37.35 1:09.91	2900m: 33:54.22 1:15.06	4000m: 47:33.89 1:16.08	
800m: 9:05.55 1:07.67	1900m: 21:47.55 1:10.20	3000m: 35:08.22 1:14.00	4100m: 48:48.00 1:14.11	
900m: 10:13.68 1:08.13	2000m: 22:58.96 1:11.41	3100m: 36:21.95 1:13.73	4200m: 49:59.89 1:11.89	
1000m: 11:22.33 1:08.65	2100m: 24:10.89 1:11.93	3200m: 37:35.99 1:14.04	4300m: 51:15.73 1:15.84	
1100m: 12:30.96 1:08.63	2200m: 25:22.62 1:11.73	3300m: 38:51.16 1:15.17	4400m: 52:31.90 1:16.17	

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



PARTNERS SALUT DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN				Tiempo			
4500m: 53:46.94 1:15.04	4700m: 56:17.43 1:15.04	4900m: 58:44.03 1:12.52						
4600m: 55:02.39 1:15.45	4800m: 57:31.51 1:14.08	5000m: 59:52.89 1:08.86						
15. ROBLES JIMENEZ Pablo	06	C.N.Cartagonova Cartagena			1:00:09.83		-	
100m: 1:08.65 1:08.65	1400m: 16:23.13 1:11.56	2700m: 31:53.83 1:10.97	4000m: 47:39.24 1:13.86					
200m: 2:19.01 1:10.36	1500m: 17:34.88 1:11.75	2800m: 33:05.55 1:11.72	4100m: 48:52.34 1:13.10					
300m: 3:28.94 1:09.93	1600m: 18:46.08 1:11.20	2900m: 34:16.81 1:11.26	4200m: 50:05.76 1:13.42					
400m: 4:39.24 1:10.30	1700m: 19:56.96 1:10.88	3000m: 35:28.25 1:11.44	4300m: 51:19.47 1:13.71					
500m: 5:49.41 1:10.17	1800m: 21:08.35 1:11.39	3100m: 36:40.08 1:11.83	4400m: 52:33.85 1:14.38					
600m: 6:58.79 1:09.38	1900m: 22:19.59 1:11.24	3200m: 37:52.40 1:12.32	4500m: 53:49.11 1:15.26					
700m: 8:08.38 1:09.59	2000m: 23:31.81 1:12.22	3300m: 39:04.85 1:12.45	4600m: 55:04.44 1:15.33					
800m: 9:19.06 1:10.68	2100m: 24:44.36 1:12.55	3400m: 40:17.53 1:12.68	4700m: 56:20.67 1:16.23					
900m: 10:29.44 1:10.38	2200m: 25:55.51 1:11.15	3500m: 41:31.90 1:14.37	4800m: 57:38.09 1:17.42					
1000m: 11:39.60 1:10.16	2300m: 27:07.25 1:11.74	3600m: 42:44.10 1:12.20	4900m: 58:55.33 1:17.24					
1100m: 12:49.87 1:10.27	2400m: 28:19.06 1:11.81	3700m: 43:57.39 1:13.29	5000m: 1:00:09.83 1:14.50					
1200m: 14:00.65 1:10.78	2500m: 29:31.02 1:11.96	3800m: 45:11.72 1:14.33						
1300m: 15:11.57 1:10.92	2600m: 30:42.86 1:11.84	3900m: 46:25.38 1:13.66						
16. NIETO PARDO Sergio	05	C.N. Las Norias			1:00:15.75		-	
100m: 1:06.41 1:06.41	1400m: 16:10.61 1:10.60	2700m: 31:49.23 1:13.17	4000m: 47:52.84 1:15.01					
200m: 2:15.02 1:08.61	1500m: 17:21.46 1:10.85	2800m: 33:03.01 1:13.78	4100m: 49:07.70 1:14.86					
300m: 3:23.72 1:08.70	1600m: 18:32.73 1:11.27	2900m: 34:16.36 1:13.35	4200m: 50:23.02 1:15.32					
400m: 4:32.66 1:08.94	1700m: 19:44.68 1:11.95	3000m: 35:29.88 1:13.52	4300m: 51:38.86 1:15.84					
500m: 5:41.77 1:09.11	1800m: 20:56.65 1:11.97	3100m: 36:43.66 1:13.78	4400m: 52:55.11 1:16.25					
600m: 6:51.06 1:09.29	1900m: 22:08.24 1:11.59	3200m: 37:57.34 1:13.68	4500m: 54:10.81 1:15.70					
700m: 8:00.89 1:09.83	2000m: 23:20.35 1:12.11	3300m: 39:11.69 1:14.35	4600m: 55:25.70 1:14.89					
800m: 9:10.90 1:10.01	2100m: 24:32.88 1:12.53	3400m: 40:26.14 1:14.45	4700m: 56:38.66 1:12.96					
900m: 10:20.86 1:09.96	2200m: 25:44.91 1:12.03	3500m: 41:40.25 1:14.11	4800m: 57:51.90 1:13.24					
1000m: 11:30.62 1:09.76	2300m: 26:57.28 1:12.37	3600m: 42:53.99 1:13.74	4900m: 59:04.32 1:12.42					
1100m: 12:40.35 1:09.73	2400m: 28:09.37 1:12.09	3700m: 44:07.96 1:13.97	5000m: 1:00:15.75 1:11.43					
1200m: 13:49.85 1:09.50	2500m: 29:22.91 1:13.54	3800m: 45:22.87 1:14.91						
1300m: 15:00.01 1:10.16	2600m: 30:36.06 1:13.15	3900m: 46:37.83 1:14.96						
17. NEVADO RUIZ Pablo	06	C.N. Sabadell			1:00:35.04		-	
100m: 1:08.54 1:08.54	1400m: 16:28.61 1:10.89	2700m: 31:55.52 1:11.93	4000m: 48:02.66 1:13.85					
200m: 2:18.44 1:09.90	1500m: 17:39.75 1:11.14	2800m: 33:08.55 1:13.03	4100m: 49:18.24 1:15.58					
300m: 3:28.64 1:10.20	1600m: 18:51.53 1:11.78	2900m: 34:22.48 1:13.93	4200m: 50:35.87 1:17.63					
400m: 4:39.06 1:10.42	1700m: 20:03.22 1:11.69	3000m: 35:37.33 1:14.85	4300m: 51:53.19 1:17.32					
500m: 5:49.44 1:10.38	1800m: 21:12.99 1:09.77	3100m: 36:51.86 1:14.53	4400m: 53:11.25 1:18.06					
600m: 7:00.50 1:11.06	1900m: 22:23.16 1:10.17	3200m: 38:07.17 1:15.31	4500m: 54:28.11 1:16.86					
700m: 8:11.50 1:11.00	2000m: 23:33.50 1:10.34	3300m: 39:20.12 1:12.95	4600m: 55:44.12 1:16.01					
800m: 9:23.35 1:11.85	2100m: 24:44.20 1:10.70	3400m: 40:34.45 1:14.33	4700m: 56:58.56 1:14.44					
900m: 10:34.48 1:11.13	2200m: 25:55.34 1:11.14	3500m: 41:49.04 1:14.59	4800m: 58:12.01 1:13.45					
1000m: 11:45.74 1:11.26	2300m: 27:06.45 1:11.11	3600m: 43:04.60 1:15.56	4900m: 59:23.96 1:11.95					
1100m: 12:56.42 1:10.68	2400m: 28:18.99 1:12.54	3700m: 44:20.07 1:15.47	5000m: 1:00:35.04 1:11.08					
1200m: 14:07.70 1:11.28	2500m: 29:31.62 1:12.63	3800m: 45:35.38 1:15.31						
1300m: 15:17.72 1:10.02	2600m: 30:43.59 1:11.97	3900m: 46:48.81 1:13.43						

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



PARTNERS SALUT DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN						Tiempo				
18. RODRIGUEZ BARRANQUERO Jorge	05	C.N. Mijas						1:00:38.44 -			
100m:	1:05.67	1:05.67	1400m:	16:10.51	1:11.72	2700m:	31:58.29	1:12.80	4000m:	48:03.21	1:15.30
200m:	2:13.76	1:08.09	1500m:	17:21.84	1:11.33	2800m:	33:12.12	1:13.83	4100m:	49:18.43	1:15.22
300m:	3:23.25	1:09.49	1600m:	18:33.26	1:11.42	2900m:	34:24.59	1:12.47	4200m:	50:34.63	1:16.20
400m:	4:32.65	1:09.40	1700m:	19:45.84	1:12.58	3000m:	35:38.74	1:14.15	4300m:	51:50.86	1:16.23
500m:	5:41.50	1:08.85	1800m:	20:58.15	1:12.31	3100m:	36:52.16	1:13.42	4400m:	53:06.55	1:15.69
600m:	6:50.44	1:08.94	1900m:	22:10.93	1:12.78	3200m:	38:05.73	1:13.57	4500m:	54:23.30	1:16.75
700m:	8:00.67	1:10.23	2000m:	23:23.64	1:12.71	3300m:	39:19.94	1:14.21	4600m:	55:39.78	1:16.48
800m:	9:10.59	1:09.92	2100m:	24:36.67	1:13.03	3400m:	40:34.16	1:14.22	4700m:	56:55.31	1:15.53
900m:	10:20.69	1:10.10	2200m:	25:50.28	1:13.61	3500m:	41:48.76	1:14.60	4800m:	58:10.43	1:15.12
1000m:	11:30.36	1:09.67	2300m:	27:04.23	1:13.95	3600m:	43:03.52	1:14.76	4900m:	59:25.41	1:14.98
1100m:	12:40.13	1:09.77	2400m:	28:17.80	1:13.57	3700m:	44:18.44	1:14.92	5000m:	1:00:38.44	1:13.03
1200m:	13:49.35	1:09.22	2500m:	29:31.13	1:13.33	3800m:	45:33.35	1:14.91			
1300m:	14:58.79	1:09.44	2600m:	30:45.49	1:14.36	3900m:	46:47.91	1:14.56			

JUNIOR - 2

1. GARACH BENITO Carlos	04	C.N. Churriana						53:29.32 13,00			
<i>Mejor Marca Nacional</i>											
100m:	1:02.16	1:02.16	1400m:	14:56.09	1:04.93	2700m:	28:52.41	1:04.44	4000m:	42:49.39	1:04.25
200m:	2:05.88	1:03.72	1500m:	16:00.59	1:04.50	2800m:	29:57.02	1:04.61	4100m:	43:53.71	1:04.32
300m:	3:09.21	1:03.33	1600m:	17:05.14	1:04.55	2900m:	31:01.46	1:04.44	4200m:	44:58.68	1:04.97
400m:	4:13.00	1:03.79	1700m:	18:09.89	1:04.75	3000m:	32:06.26	1:04.80	4300m:	46:03.06	1:04.38
500m:	5:17.09	1:04.09	1800m:	19:14.18	1:04.29	3100m:	33:10.80	1:04.54	4400m:	47:07.36	1:04.30
600m:	6:21.33	1:04.24	1900m:	20:18.90	1:04.72	3200m:	34:15.23	1:04.43	4500m:	48:12.17	1:04.81
700m:	7:25.30	1:03.97	2000m:	21:23.46	1:04.56	3300m:	35:19.61	1:04.38	4600m:	49:16.25	1:04.08
800m:	8:29.24	1:03.94	2100m:	22:27.54	1:04.08	3400m:	36:24.42	1:04.81	4700m:	50:20.27	1:04.02
900m:	9:33.53	1:04.29	2200m:	23:31.85	1:04.31	3500m:	37:28.85	1:04.43	4800m:	51:23.99	1:03.72
1000m:	10:37.79	1:04.26	2300m:	24:35.53	1:03.68	3600m:	38:32.82	1:03.97	4900m:	52:27.68	1:03.69
1100m:	11:42.38	1:04.59	2400m:	25:39.39	1:03.86	3700m:	39:37.19	1:04.37	5000m:	53:29.32	1:01.64
1200m:	12:46.81	1:04.43	2500m:	26:43.65	1:04.26	3800m:	40:41.08	1:03.89			
1300m:	13:51.16	1:04.35	2600m:	27:47.97	1:04.32	3900m:	41:45.14	1:04.06			
2. MENDEZ PUGA Mario	03	C.N. Rias Baixas						55:36.73 10,00			
100m:	1:02.74	1:02.74	1400m:	15:18.04	1:06.38	2700m:	29:46.99	1:06.95	4000m:	44:26.95	1:07.51
200m:	2:07.69	1:04.95	1500m:	16:25.10	1:07.06	2800m:	30:54.32	1:07.33	4100m:	45:34.16	1:07.21
300m:	3:12.68	1:04.99	1600m:	17:31.86	1:06.76	2900m:	32:01.87	1:07.55	4200m:	46:41.57	1:07.41
400m:	4:18.22	1:05.54	1700m:	18:38.99	1:07.13	3000m:	33:10.60	1:08.73	4300m:	47:48.39	1:06.82
500m:	5:23.93	1:05.71	1800m:	19:45.64	1:06.65	3100m:	34:18.48	1:07.88	4400m:	48:55.71	1:07.32
600m:	6:29.75	1:05.82	1900m:	20:52.69	1:07.05	3200m:	35:26.47	1:07.99	4500m:	50:02.78	1:07.07
700m:	7:35.54	1:05.79	2000m:	21:59.25	1:06.56	3300m:	36:34.62	1:08.15	4600m:	51:09.76	1:06.98
800m:	8:41.41	1:05.87	2100m:	23:05.88	1:06.63	3400m:	37:42.11	1:07.49	4700m:	52:16.69	1:06.93
900m:	9:46.98	1:05.57	2200m:	24:12.43	1:06.55	3500m:	38:49.07	1:06.96	4800m:	53:23.31	1:06.62
1000m:	10:52.68	1:05.70	2300m:	25:19.39	1:06.96	3600m:	39:56.17	1:07.10	4900m:	54:31.09	1:07.78
1100m:	11:58.76	1:06.08	2400m:	26:25.95	1:06.56	3700m:	41:03.70	1:07.53	5000m:	55:36.73	1:05.64
1200m:	13:04.87	1:06.11	2500m:	27:32.59	1:06.64	3800m:	42:11.60	1:07.90			
1300m:	14:11.66	1:06.79	2600m:	28:40.04	1:07.45	3900m:	43:19.44	1:07.84			

XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, JUNIOR - 2

Clasificación	AN						Tiempo	
3.	GONZALEZ CALDERON Ivan		03	C.D. El Valle		56:16.48	8,00	
	100m: 1:05.33	1:05.33	1400m: 15:37.41	1:07.10	2700m: 30:18.19	1:08.09	4000m: 45:07.50	1:08.19
	200m: 2:12.16	1:06.83	1500m: 16:44.57	1:07.16	2800m: 31:26.52	1:08.33	4100m: 46:16.05	1:08.55
	300m: 3:18.65	1:06.49	1600m: 17:52.32	1:07.75	2900m: 32:34.47	1:07.95	4200m: 47:24.78	1:08.73
	400m: 4:25.72	1:07.07	1700m: 19:00.70	1:08.38	3000m: 33:41.99	1:07.52	4300m: 48:30.71	1:05.93
	500m: 5:32.88	1:07.16	1800m: 20:08.18	1:07.48	3100m: 34:50.72	1:08.73	4400m: 49:37.51	1:06.80
	600m: 6:40.19	1:07.31	1900m: 21:15.68	1:07.50	3200m: 35:59.25	1:08.53	4500m: 50:45.70	1:08.19
	700m: 7:47.10	1:06.91	2000m: 22:24.27	1:08.59	3300m: 37:07.77	1:08.52	4600m: 51:52.86	1:07.16
	800m: 8:54.82	1:07.72	2100m: 23:32.54	1:08.27	3400m: 38:16.53	1:08.76	4700m: 53:00.41	1:07.55
	900m: 10:02.23	1:07.41	2200m: 24:41.27	1:08.73	3500m: 39:24.58	1:08.05	4800m: 54:08.11	1:07.70
	1000m: 11:09.22	1:06.99	2300m: 25:48.81	1:07.54	3600m: 40:33.08	1:08.50	4900m: 55:14.93	1:06.82
	1100m: 12:16.31	1:07.09	2400m: 26:55.61	1:06.80	3700m: 41:41.47	1:08.39	5000m: 56:16.48	1:01.55
	1200m: 13:23.04	1:06.73	2500m: 28:02.52	1:06.91	3800m: 42:50.26	1:08.79		
	1300m: 14:30.31	1:07.27	2600m: 29:10.10	1:07.58	3900m: 43:59.31	1:09.05		
4.	FRANCO CEGARRA Alfonso		03	C.N.Cartagonova Cartagena		56:16.55	7,00	
	100m: 1:06.40	1:06.40	1400m: 15:37.83	1:07.17	2700m: 30:18.10	1:07.97	4000m: 45:07.87	1:08.46
	200m: 2:13.63	1:07.23	1500m: 16:45.16	1:07.33	2800m: 31:26.52	1:08.42	4100m: 46:16.27	1:08.40
	300m: 3:20.62	1:06.99	1600m: 17:52.63	1:07.47	2900m: 32:34.73	1:08.21	4200m: 47:25.20	1:08.93
	400m: 4:27.65	1:07.03	1700m: 19:00.17	1:07.54	3000m: 33:42.27	1:07.54	4300m: 48:31.49	1:06.29
	500m: 5:34.48	1:06.83	1800m: 20:07.93	1:07.76	3100m: 34:50.67	1:08.40	4400m: 49:38.01	1:06.52
	600m: 6:41.09	1:06.61	1900m: 21:15.41	1:07.48	3200m: 35:58.83	1:08.16	4500m: 50:45.50	1:07.49
	700m: 7:47.78	1:06.69	2000m: 22:24.19	1:08.78	3300m: 37:07.78	1:08.95	4600m: 51:52.61	1:07.11
	800m: 8:54.64	1:06.86	2100m: 23:32.75	1:08.56	3400m: 38:16.79	1:09.01	4700m: 53:00.77	1:08.16
	900m: 10:01.55	1:06.91	2200m: 24:41.52	1:08.77	3500m: 39:25.08	1:08.29	4800m: 54:08.41	1:07.64
	1000m: 11:08.63	1:07.08	2300m: 25:49.42	1:07.90	3600m: 40:33.32	1:08.24	4900m: 55:14.78	1:06.37
	1100m: 12:15.76	1:07.13	2400m: 26:56.16	1:06.74	3700m: 41:41.75	1:08.43	5000m: 56:16.55	1:01.77
	1200m: 13:23.00	1:07.24	2500m: 28:02.78	1:06.62	3800m: 42:50.45	1:08.70		
	1300m: 14:30.66	1:07.66	2600m: 29:10.13	1:07.35	3900m: 43:59.41	1:08.96		
5.	GONZALEZ RODERO Alonso		03	Real Canoe N.C.		56:32.74	6,00	
	100m: 1:06.94	1:06.94	1400m: 15:37.07	1:07.16	2700m: 30:21.98	1:08.44	4000m: 45:07.29	1:08.50
	200m: 2:13.43	1:06.49	1500m: 16:44.20	1:07.13	2800m: 31:30.10	1:08.12	4100m: 46:15.89	1:08.60
	300m: 3:19.41	1:05.98	1600m: 17:51.87	1:07.67	2900m: 32:38.06	1:07.96	4200m: 47:24.46	1:08.57
	400m: 4:25.58	1:06.17	1700m: 19:00.36	1:08.49	3000m: 33:45.54	1:07.48	4300m: 48:32.93	1:08.47
	500m: 5:32.71	1:07.13	1800m: 20:07.95	1:07.59	3100m: 34:53.12	1:07.58	4400m: 49:41.91	1:08.98
	600m: 6:39.90	1:07.19	1900m: 21:15.30	1:07.35	3200m: 36:00.45	1:07.33	4500m: 50:50.92	1:09.01
	700m: 7:46.81	1:06.91	2000m: 22:23.90	1:08.60	3300m: 37:08.09	1:07.64	4600m: 52:00.14	1:09.22
	800m: 8:54.50	1:07.69	2100m: 23:32.26	1:08.36	3400m: 38:16.02	1:07.93	4700m: 53:09.50	1:09.36
	900m: 10:01.84	1:07.34	2200m: 24:41.05	1:08.79	3500m: 39:24.50	1:08.48	4800m: 54:18.03	1:08.53
	1000m: 11:09.03	1:07.19	2300m: 25:49.15	1:08.10	3600m: 40:32.76	1:08.26	4900m: 55:26.17	1:08.14
	1100m: 12:15.61	1:06.58	2400m: 26:57.04	1:07.89	3700m: 41:41.37	1:08.61	5000m: 56:32.74	1:06.57
	1200m: 13:22.67	1:07.06	2500m: 28:05.06	1:08.02	3800m: 42:50.15	1:08.78		
	1300m: 14:29.91	1:07.24	2600m: 29:13.54	1:08.48	3900m: 43:58.79	1:08.64		
6.	GRANADO MARTIN Pablo		04	Navial		56:36.66	5,00	
	100m: 1:03.29	1:03.29	1200m: 13:16.24	1:07.51	2300m: 25:43.75	1:08.22	3400m: 38:20.43	1:08.73
	200m: 2:08.14	1:04.85	1300m: 14:23.76	1:07.52	2400m: 26:51.78	1:08.03	3500m: 39:29.23	1:08.80
	300m: 3:14.58	1:06.44	1400m: 15:31.76	1:08.00	2500m: 28:00.16	1:08.38	3600m: 40:37.95	1:08.72
	400m: 4:21.12	1:06.54	1500m: 16:39.54	1:07.78	2600m: 29:08.97	1:08.81	3700m: 41:46.40	1:08.45
	500m: 5:27.84	1:06.72	1600m: 17:47.64	1:08.10	2700m: 30:17.47	1:08.50	3800m: 42:54.70	1:08.30
	600m: 6:34.53	1:06.69	1700m: 18:55.28	1:07.64	2800m: 31:26.36	1:08.89	3900m: 44:03.25	1:08.55
	700m: 7:41.14	1:06.61	1800m: 20:03.47	1:08.19	2900m: 32:35.59	1:09.23	4000m: 45:12.30	1:09.05
	800m: 8:47.72	1:06.58	1900m: 21:11.40	1:07.93	3000m: 33:44.24	1:08.65	4100m: 46:20.75	1:08.45
	900m: 9:54.37	1:06.65	2000m: 22:19.33	1:07.93	3100m: 34:52.99	1:08.75	4200m: 47:29.22	1:08.47
	1000m: 11:01.28	1:06.91	2100m: 23:27.37	1:08.04	3200m: 36:02.49	1:09.50	4300m: 48:37.72	1:08.50
	1100m: 12:08.73	1:07.45	2200m: 24:35.53	1:08.16	3300m: 37:11.70	1:09.21	4400m: 49:46.25	1:08.53

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



PARTNERS SALUT DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, JUNIOR - 2

Clasificación	AN						Tiempo				
4500m:	50:54.51	1:08.26	4700m:	53:11.98	1:08.72	4900m:	55:27.92	1:07.98			
4600m:	52:03.26	1:08.75	4800m:	54:19.94	1:07.96	5000m:	56:36.66	1:08.74			
7. ORTIZ MARTINEZ Carlos	04 C.N. Barcelona						57:10.66		4,00		
100m:	1:05.40	1:05.40	1400m:	15:40.12	1:08.34	2700m:	30:23.28	1:08.39	4000m:	45:38.61	1:10.54
200m:	2:11.96	1:06.56	1500m:	16:48.59	1:08.47	2800m:	31:33.46	1:10.18	4100m:	46:49.39	1:10.78
300m:	3:18.78	1:06.82	1600m:	17:55.35	1:06.76	2900m:	32:43.88	1:10.42	4200m:	48:00.95	1:11.56
400m:	4:25.86	1:07.08	1700m:	19:01.61	1:06.26	3000m:	33:53.46	1:09.58	4300m:	49:10.85	1:09.90
500m:	5:32.74	1:06.88	1800m:	20:08.41	1:06.80	3100m:	35:03.80	1:10.34	4400m:	50:19.86	1:09.01
600m:	6:39.88	1:07.14	1900m:	21:16.27	1:07.86	3200m:	36:14.62	1:10.82	4500m:	51:28.16	1:08.30
700m:	7:47.30	1:07.42	2000m:	22:24.01	1:07.74	3300m:	37:25.24	1:10.62	4600m:	52:36.65	1:08.49
800m:	8:54.60	1:07.30	2100m:	23:32.18	1:08.17	3400m:	38:35.70	1:10.46	4700m:	53:45.27	1:08.62
900m:	10:02.18	1:07.58	2200m:	24:40.88	1:08.70	3500m:	39:46.06	1:10.36	4800m:	54:54.19	1:08.92
1000m:	11:09.62	1:07.44	2300m:	25:48.69	1:07.81	3600m:	40:57.19	1:11.13	4900m:	56:03.33	1:09.14
1100m:	12:17.05	1:07.43	2400m:	26:57.31	1:08.62	3700m:	42:06.74	1:09.55	5000m:	57:10.66	1:07.33
1200m:	13:24.38	1:07.33	2500m:	28:05.68	1:08.37	3800m:	43:17.45	1:10.71			
1300m:	14:31.78	1:07.40	2600m:	29:14.89	1:09.21	3900m:	44:28.07	1:10.62			
8. FERNANDEZ AMOR Aitor	04 C.N. Las Anclas Castrillon						57:17.96		3,00		
100m:	1:04.35	1:04.35	1400m:	15:39.25	1:07.86	2700m:	30:35.83	1:09.26	4000m:	45:44.04	1:10.23
200m:	2:09.63	1:05.28	1500m:	16:47.97	1:08.72	2800m:	31:45.50	1:09.67	4100m:	46:54.13	1:10.09
300m:	3:16.05	1:06.42	1600m:	17:56.72	1:08.75	2900m:	32:55.16	1:09.66	4200m:	48:04.43	1:10.30
400m:	4:23.25	1:07.20	1700m:	19:05.51	1:08.79	3000m:	34:04.77	1:09.61	4300m:	49:15.14	1:10.71
500m:	5:30.68	1:07.43	1800m:	20:14.48	1:08.97	3100m:	35:14.63	1:09.86	4400m:	50:25.24	1:10.10
600m:	6:38.12	1:07.44	1900m:	21:23.56	1:09.08	3200m:	36:24.28	1:09.65	4500m:	51:35.37	1:10.13
700m:	7:45.05	1:06.93	2000m:	22:32.40	1:08.84	3300m:	37:34.53	1:10.25	4600m:	52:45.43	1:10.06
800m:	8:52.25	1:07.20	2100m:	23:41.61	1:09.21	3400m:	38:45.00	1:10.47	4700m:	53:55.31	1:09.88
900m:	9:59.76	1:07.51	2200m:	24:50.81	1:09.20	3500m:	39:55.32	1:10.32	4800m:	55:05.04	1:09.73
1000m:	11:07.17	1:07.41	2300m:	25:59.88	1:09.07	3600m:	41:04.09	1:08.77	4900m:	56:13.89	1:08.85
1100m:	12:15.10	1:07.93	2400m:	27:08.90	1:09.02	3700m:	42:13.78	1:09.69	5000m:	57:17.96	1:04.07
1200m:	13:22.93	1:07.83	2500m:	28:17.67	1:08.77	3800m:	43:23.99	1:10.21			
1300m:	14:31.39	1:08.46	2600m:	29:26.57	1:08.90	3900m:	44:33.81	1:09.82			
9. SANTANA RAMIREZ Ángel	04 C.N. Metropole						58:24.57		2,00		
100m:	1:08.78	1:08.78	1400m:	15:58.02	1:09.18	2700m:	30:57.44	1:10.23	4000m:	46:30.10	1:12.02
200m:	2:17.57	1:08.79	1500m:	17:06.65	1:08.63	2800m:	32:07.71	1:10.27	4100m:	47:41.32	1:11.22
300m:	3:26.54	1:08.97	1600m:	18:17.13	1:10.48	2900m:	33:18.03	1:10.32	4200m:	48:53.53	1:12.21
400m:	4:35.33	1:08.79	1700m:	19:27.46	1:10.33	3000m:	34:28.32	1:10.29	4300m:	50:06.05	1:12.52
500m:	5:42.45	1:07.12	1800m:	20:35.85	1:08.39	3100m:	35:40.51	1:12.19	4400m:	51:18.85	1:12.80
600m:	6:49.80	1:07.35	1900m:	21:43.84	1:07.99	3200m:	36:53.77	1:13.26	4500m:	52:29.49	1:10.64
700m:	7:57.65	1:07.85	2000m:	22:52.73	1:08.89	3300m:	38:04.72	1:10.95	4600m:	53:41.67	1:12.18
800m:	9:06.08	1:08.43	2100m:	24:01.39	1:08.66	3400m:	39:14.93	1:10.21	4700m:	54:53.22	1:11.55
900m:	10:14.03	1:07.95	2200m:	25:09.79	1:08.40	3500m:	40:26.15	1:11.22	4800m:	56:04.46	1:11.24
1000m:	11:22.39	1:08.36	2300m:	26:17.99	1:08.20	3600m:	41:37.33	1:11.18	4900m:	57:15.25	1:10.79
1100m:	12:31.08	1:08.69	2400m:	27:27.33	1:09.34	3700m:	42:51.97	1:14.64	5000m:	58:24.57	1:09.32
1200m:	13:39.73	1:08.65	2500m:	28:37.06	1:09.73	3800m:	44:05.94	1:13.97			
1300m:	14:48.84	1:09.11	2600m:	29:47.21	1:10.15	3900m:	45:18.08	1:12.14			

XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, JUNIOR - 2

Clasificación	AN		Tiempo	
10. GRANELL VALLES Alex	03	C.D. Nados Castellon	58:33.95	1,00
100m: 1:07.39 1:07.39	1400m: 16:05.98 1:08.67	2700m: 31:15.97 1:13.41	4000m: 46:39.94 1:10.64	
200m: 2:17.13 1:09.74	1500m: 17:14.98 1:09.00	2800m: 32:27.95 1:11.98	4100m: 47:50.65 1:10.71	
300m: 3:26.86 1:09.73	1600m: 18:23.92 1:08.94	2900m: 33:38.82 1:10.87	4200m: 49:01.59 1:10.94	
400m: 4:35.30 1:08.44	1700m: 19:33.86 1:09.94	3000m: 34:51.75 1:12.93	4300m: 50:13.08 1:11.49	
500m: 5:43.69 1:08.39	1800m: 20:43.90 1:10.04	3100m: 36:04.10 1:12.35	4400m: 51:25.24 1:12.16	
600m: 6:51.84 1:08.15	1900m: 21:54.25 1:10.35	3200m: 37:13.29 1:09.19	4500m: 52:37.48 1:12.24	
700m: 8:00.44 1:08.60	2000m: 23:03.91 1:09.66	3300m: 38:25.73 1:12.44	4600m: 53:49.44 1:11.96	
800m: 9:10.27 1:09.83	2100m: 24:12.00 1:08.09	3400m: 39:37.89 1:12.16	4700m: 55:00.66 1:11.22	
900m: 10:20.27 1:10.00	2200m: 25:21.43 1:09.43	3500m: 40:50.18 1:12.29	4800m: 56:11.93 1:11.27	
1000m: 11:29.69 1:09.42	2300m: 26:31.59 1:10.16	3600m: 41:59.68 1:09.50	4900m: 57:23.77 1:11.84	
1100m: 12:39.43 1:09.74	2400m: 27:41.58 1:09.99	3700m: 43:08.80 1:09.12	5000m: 58:33.95 1:10.18	
1200m: 13:48.63 1:09.20	2500m: 28:52.00 1:10.42	3800m: 44:18.48 1:09.68		
1300m: 14:57.31 1:08.68	2600m: 30:02.56 1:10.56	3900m: 45:29.30 1:10.82		
11. LUQUE MERINO Ismael	04	C.N. Mijas	59:02.34	-
100m: 1:06.94 1:06.94	1400m: 16:06.28 1:08.60	2700m: 31:15.85 1:12.50	4000m: 46:47.82 1:11.79	
200m: 2:14.55 1:07.61	1500m: 17:15.24 1:08.96	2800m: 32:27.38 1:11.53	4100m: 48:00.00 1:12.18	
300m: 3:22.78 1:08.23	1600m: 18:24.13 1:08.89	2900m: 33:38.65 1:11.27	4200m: 49:13.03 1:13.03	
400m: 4:32.09 1:09.31	1700m: 19:33.72 1:09.59	3000m: 34:51.94 1:13.29	4300m: 50:27.27 1:14.24	
500m: 5:41.90 1:09.81	1800m: 20:43.85 1:10.13	3100m: 36:03.51 1:11.57	4400m: 51:40.56 1:13.29	
600m: 6:50.65 1:08.75	1900m: 21:54.44 1:10.59	3200m: 37:12.56 1:09.05	4500m: 52:53.89 1:13.33	
700m: 8:00.36 1:09.71	2000m: 23:04.54 1:10.10	3300m: 38:25.55 1:12.99	4600m: 54:08.22 1:14.33	
800m: 9:10.43 1:10.07	2100m: 24:12.67 1:08.13	3400m: 39:38.01 1:12.46	4700m: 55:22.60 1:14.38	
900m: 10:20.55 1:10.12	2200m: 25:21.93 1:09.26	3500m: 40:50.53 1:12.52	4800m: 56:37.24 1:14.64	
1000m: 11:29.63 1:09.08	2300m: 26:31.98 1:10.05	3600m: 42:00.73 1:10.20	4900m: 57:51.42 1:14.18	
1100m: 12:39.28 1:09.65	2400m: 27:41.91 1:09.93	3700m: 43:12.07 1:11.34	5000m: 59:02.34 1:10.92	
1200m: 13:49.06 1:09.78	2500m: 28:52.30 1:10.39	3800m: 44:24.42 1:12.35		
1300m: 14:57.68 1:08.62	2600m: 30:03.35 1:11.05	3900m: 45:36.03 1:11.61		
Baja VAN GOOL FERNANDEZ Ruben	04	C.D. Gredos San Diego		-
Baja VENDRELL GARCIA Jose	03	C.N. Lleida		-

SENIOR

1. PUJOL BELMONTE Guillem	97	C.N. Mataro	53:59.82	13,00
100m: 1:02.15 1:02.15	1400m: 14:58.34 1:04.51	2700m: 28:58.59 1:05.51	4000m: 43:10.07 1:05.17	
200m: 2:06.27 1:04.12	1500m: 16:02.89 1:04.55	2800m: 30:04.06 1:05.47	4100m: 44:15.71 1:05.64	
300m: 3:09.78 1:03.51	1600m: 17:07.43 1:04.54	2900m: 31:09.83 1:05.77	4200m: 45:21.19 1:05.48	
400m: 4:14.54 1:04.76	1700m: 18:11.53 1:04.10	3000m: 32:15.54 1:05.71	4300m: 46:26.42 1:05.23	
500m: 5:18.86 1:04.32	1800m: 19:15.24 1:03.71	3100m: 33:21.01 1:05.47	4400m: 47:31.80 1:05.38	
600m: 6:23.01 1:04.15	1900m: 20:19.86 1:04.62	3200m: 34:26.50 1:05.49	4500m: 48:36.74 1:04.94	
700m: 7:27.14 1:04.13	2000m: 21:24.81 1:04.95	3300m: 35:32.07 1:05.57	4600m: 49:42.20 1:05.46	
800m: 8:31.37 1:04.23	2100m: 22:29.24 1:04.43	3400m: 36:37.49 1:05.42	4700m: 50:47.78 1:05.58	
900m: 9:35.87 1:04.50	2200m: 23:33.44 1:04.20	3500m: 37:42.74 1:05.25	4800m: 51:53.04 1:05.26	
1000m: 10:40.29 1:04.42	2300m: 24:37.82 1:04.38	3600m: 38:47.59 1:04.85	4900m: 52:57.96 1:04.92	
1100m: 11:44.91 1:04.62	2400m: 25:43.08 1:05.26	3700m: 39:53.14 1:05.55	5000m: 53:59.82 1:01.86	
1200m: 12:49.62 1:04.71	2500m: 26:48.00 1:04.92	3800m: 40:58.97 1:05.83		
1300m: 13:53.83 1:04.21	2600m: 27:53.08 1:05.08	3900m: 42:04.90 1:05.93		

XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, SENIOR

Clasificación	AN		Tiempo	
2. PUEBLA MARTINEZ Alejandro	02	C.N.Cartagonova Cartagena	54:18.32	10,00
100m: 1:01.67 1:01.67	1400m: 14:55.95 1:04.70	2700m: 29:06.75 1:06.39	4000m: 43:20.43 1:05.91	
200m: 2:05.27 1:03.60	1500m: 16:00.86 1:04.91	2800m: 30:12.70 1:05.95	4100m: 44:26.32 1:05.89	
300m: 3:08.81 1:03.54	1600m: 17:05.27 1:04.41	2900m: 31:18.95 1:06.25	4200m: 45:32.20 1:05.88	
400m: 4:12.71 1:03.90	1700m: 18:09.85 1:04.58	3000m: 32:24.92 1:05.97	4300m: 46:38.63 1:06.43	
500m: 5:17.06 1:04.35	1800m: 19:14.04 1:04.19	3100m: 33:30.98 1:06.06	4400m: 47:44.79 1:06.16	
600m: 6:21.20 1:04.14	1900m: 20:18.84 1:04.80	3200m: 34:36.75 1:05.77	4500m: 48:51.19 1:06.40	
700m: 7:25.27 1:04.07	2000m: 21:23.99 1:05.15	3300m: 35:41.85 1:05.10	4600m: 49:57.55 1:06.36	
800m: 8:29.48 1:04.21	2100m: 22:29.15 1:05.16	3400m: 36:47.22 1:05.37	4700m: 51:03.60 1:06.05	
900m: 9:33.68 1:04.20	2200m: 23:35.00 1:05.85	3500m: 37:52.77 1:05.55	4800m: 52:09.37 1:05.77	
1000m: 10:38.01 1:04.33	2300m: 24:40.83 1:05.83	3600m: 38:58.10 1:05.33	4900m: 53:15.56 1:06.19	
1100m: 11:42.27 1:04.26	2400m: 25:47.29 1:06.46	3700m: 40:03.43 1:05.33	5000m: 54:18.32 1:02.76	
1200m: 12:46.64 1:04.37	2500m: 26:54.24 1:06.95	3800m: 41:08.78 1:05.35		
1300m: 13:51.25 1:04.61	2600m: 28:00.36 1:06.12	3900m: 42:14.52 1:05.74		
3. DE OÑA RAMÍREZ Angel	02	C.D.N. Inacua Malaga	54:45.12	8,00
100m: 1:02.79 1:02.79	1400m: 14:59.75 1:04.76	2700m: 29:17.58 1:05.64	4000m: 43:41.80 1:09.01	
200m: 2:06.73 1:03.94	1500m: 16:05.12 1:05.37	2800m: 30:23.28 1:05.70	4100m: 44:50.34 1:08.54	
300m: 3:10.67 1:03.94	1600m: 17:11.35 1:06.23	2900m: 31:28.90 1:05.62	4200m: 45:57.00 1:06.66	
400m: 4:15.13 1:04.46	1700m: 18:17.27 1:05.92	3000m: 32:34.82 1:05.92	4300m: 47:03.55 1:06.55	
500m: 5:19.42 1:04.29	1800m: 19:22.79 1:05.52	3100m: 33:40.36 1:05.54	4400m: 48:08.89 1:05.34	
600m: 6:23.63 1:04.21	1900m: 20:28.91 1:06.12	3200m: 34:46.61 1:06.25	4500m: 49:14.69 1:05.80	
700m: 7:28.12 1:04.49	2000m: 21:35.03 1:06.12	3300m: 35:53.09 1:06.48	4600m: 50:20.44 1:05.75	
800m: 8:32.66 1:04.54	2100m: 22:41.56 1:06.53	3400m: 37:00.00 1:06.91	4700m: 51:25.93 1:05.49	
900m: 9:37.09 1:04.43	2200m: 23:48.20 1:06.64	3500m: 38:06.59 1:06.59	4800m: 52:32.73 1:06.80	
1000m: 10:41.52 1:04.43	2300m: 24:54.66 1:06.46	3600m: 39:12.62 1:06.03	4900m: 53:39.52 1:06.79	
1100m: 11:45.91 1:04.39	2400m: 26:00.40 1:05.74	3700m: 40:18.86 1:06.24	5000m: 54:45.12 1:05.60	
1200m: 12:50.35 1:04.44	2500m: 27:06.34 1:05.94	3800m: 41:25.17 1:06.31		
1300m: 13:54.99 1:04.64	2600m: 28:11.94 1:05.60	3900m: 42:32.79 1:07.62		
4. GIL TARAZONA Pol	96	C.N. Barcelona	54:51.60	7,00
100m: 1:04.35 1:04.35	1400m: 15:08.08 1:05.15	2700m: 29:20.94 1:05.70	4000m: 43:37.90 1:06.49	
200m: 2:09.77 1:05.42	1500m: 16:13.67 1:05.59	2800m: 30:26.37 1:05.43	4100m: 44:44.29 1:06.39	
300m: 3:14.92 1:05.15	1600m: 17:19.27 1:05.60	2900m: 31:32.08 1:05.71	4200m: 45:51.23 1:06.94	
400m: 4:20.02 1:05.10	1700m: 18:24.74 1:05.47	3000m: 32:37.83 1:05.75	4300m: 46:58.24 1:07.01	
500m: 5:24.84 1:04.82	1800m: 19:30.36 1:05.62	3100m: 33:43.76 1:05.93	4400m: 48:05.86 1:07.62	
600m: 6:29.41 1:04.57	1900m: 20:35.92 1:05.56	3200m: 34:49.88 1:06.12	4500m: 49:12.49 1:06.63	
700m: 7:33.90 1:04.49	2000m: 21:41.58 1:05.66	3300m: 35:55.96 1:06.08	4600m: 50:20.07 1:07.58	
800m: 8:38.62 1:04.72	2100m: 22:47.08 1:05.50	3400m: 37:01.63 1:05.67	4700m: 51:27.89 1:07.82	
900m: 9:43.22 1:04.60	2200m: 23:52.79 1:05.71	3500m: 38:07.55 1:05.92	4800m: 52:36.22 1:08.33	
1000m: 10:48.11 1:04.89	2300m: 24:58.38 1:05.59	3600m: 39:13.37 1:05.82	4900m: 53:44.25 1:08.03	
1100m: 11:52.92 1:04.81	2400m: 26:04.00 1:05.62	3700m: 40:19.38 1:06.01	5000m: 54:51.60 1:07.35	
1200m: 12:58.00 1:05.08	2500m: 27:09.67 1:05.67	3800m: 41:25.41 1:06.03		
1300m: 14:02.93 1:04.93	2600m: 28:15.24 1:05.57	3900m: 42:31.41 1:06.00		
5. GUTIERREZ RAMIREZ Enrique	02	C.N. Santa Olaya	57:01.96	6,00
100m: 1:02.24 1:02.24	1200m: 13:16.46 1:07.64	2300m: 25:43.16 1:08.34	3400m: 38:28.19 1:10.43	
200m: 2:06.72 1:04.48	1300m: 14:24.19 1:07.73	2400m: 26:48.97 1:05.81	3500m: 39:38.93 1:10.74	
300m: 3:12.83 1:06.11	1400m: 15:31.79 1:07.60	2500m: 27:57.88 1:08.91	3600m: 40:51.22 1:12.29	
400m: 4:19.91 1:07.08	1500m: 16:39.14 1:07.35	2600m: 29:07.43 1:09.55	3700m: 42:02.58 1:11.36	
500m: 5:26.26 1:06.35	1600m: 17:46.53 1:07.39	2700m: 30:15.16 1:07.73	3800m: 43:14.07 1:11.49	
600m: 6:32.92 1:06.66	1700m: 18:54.12 1:07.59	2800m: 31:25.39 1:10.23	3900m: 44:25.35 1:11.28	
700m: 7:39.99 1:07.07	1800m: 20:01.88 1:07.76	2900m: 32:35.42 1:10.03	4000m: 45:32.94 1:07.59	
800m: 8:46.89 1:06.90	1900m: 21:09.85 1:07.97	3000m: 33:45.56 1:10.14	4100m: 46:39.52 1:06.58	
900m: 9:53.81 1:06.92	2000m: 22:17.83 1:07.98	3100m: 34:56.29 1:10.73	4200m: 47:48.99 1:09.47	
1000m: 11:00.98 1:07.17	2100m: 23:26.28 1:08.45	3200m: 36:07.05 1:10.76	4300m: 48:58.48 1:09.49	
1100m: 12:08.82 1:07.84	2200m: 24:34.82 1:08.54	3300m: 37:17.76 1:10.71	4400m: 50:09.04 1:10.56	

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



PARTNERS SALUT DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIII CTO. DE ESPAÑA DE LARGA DISTANCIA
BARCELONA, 30/1/2022

Prueba 3, Masc., 5000m Libre, SENIOR

Clasificación	AN				Tiempo			
4500m: 51:19.64	1:10.60	4700m: 53:38.47	1:08.46	4900m: 55:55.54	1:08.63			
4600m: 52:30.01	1:10.37	4800m: 54:46.91	1:08.44	5000m: 57:01.96	1:06.42			
6. FERNANDEZ NIETO Cristian	92	C.N. Galaico				58:11.11	5,00	
100m: 1:08.80	1:08.80	1400m: 16:06.13	1:09.18	2700m: 31:12.00	1:10.07	4000m: 46:25.70	1:10.90	
200m: 2:17.38	1:08.58	1500m: 17:15.08	1:08.95	2800m: 32:21.84	1:09.84	4100m: 47:36.24	1:10.54	
300m: 3:26.86	1:09.48	1600m: 18:24.21	1:09.13	2900m: 33:31.65	1:09.81	4200m: 48:47.32	1:11.08	
400m: 4:35.83	1:08.97	1700m: 19:33.70	1:09.49	3000m: 34:41.81	1:10.16	4300m: 49:57.71	1:10.39	
500m: 5:44.36	1:08.53	1800m: 20:43.23	1:09.53	3100m: 35:52.08	1:10.27	4400m: 51:08.39	1:10.68	
600m: 6:53.56	1:09.20	1900m: 21:52.69	1:09.46	3200m: 37:02.28	1:10.20	4500m: 52:18.98	1:10.59	
700m: 8:02.74	1:09.18	2000m: 23:02.53	1:09.84	3300m: 38:12.35	1:10.07	4600m: 53:29.21	1:10.23	
800m: 9:11.60	1:08.86	2100m: 24:12.14	1:09.61	3400m: 39:22.77	1:10.42	4700m: 54:40.40	1:11.19	
900m: 10:20.80	1:09.20	2200m: 25:22.18	1:10.04	3500m: 40:32.93	1:10.16	4800m: 55:51.57	1:11.17	
1000m: 11:29.55	1:08.75	2300m: 26:31.83	1:09.65	3600m: 41:43.28	1:10.35	4900m: 57:02.45	1:10.88	
1100m: 12:38.58	1:09.03	2400m: 27:41.72	1:09.89	3700m: 42:53.57	1:10.29	5000m: 58:11.11	1:08.66	
1200m: 13:47.82	1:09.24	2500m: 28:51.87	1:10.15	3800m: 44:03.93	1:10.36			
1300m: 14:56.95	1:09.13	2600m: 30:01.93	1:10.06	3900m: 45:14.80	1:10.87			
7. CALDERON MONTENEGRO Roberto	02	Navial				59:25.77	4,00	
100m: 1:05.28	1:05.28	1400m: 16:24.29	1:10.41	2700m: 31:54.55	1:12.20	4000m: 47:28.36	1:11.61	
200m: 2:13.85	1:08.57	1500m: 17:34.73	1:10.44	2800m: 33:06.50	1:11.95	4100m: 48:39.95	1:11.59	
300m: 3:23.07	1:09.22	1600m: 18:45.50	1:10.77	2900m: 34:18.15	1:11.65	4200m: 49:51.93	1:11.98	
400m: 4:33.14	1:10.07	1700m: 19:56.45	1:10.95	3000m: 35:30.29	1:12.14	4300m: 51:04.22	1:12.29	
500m: 5:44.98	1:11.84	1800m: 21:07.86	1:11.41	3100m: 36:42.72	1:12.43	4400m: 52:16.93	1:12.71	
600m: 6:57.02	1:12.04	1900m: 22:19.97	1:12.11	3200m: 37:55.30	1:12.58	4500m: 53:28.89	1:11.96	
700m: 8:09.10	1:12.08	2000m: 23:31.91	1:11.94	3300m: 39:07.44	1:12.14	4600m: 54:40.85	1:11.96	
800m: 9:21.10	1:12.00	2100m: 24:44.35	1:12.44	3400m: 40:19.36	1:11.92	4700m: 55:53.21	1:12.36	
900m: 10:32.53	1:11.43	2200m: 25:56.15	1:11.80	3500m: 41:31.55	1:12.19	4800m: 57:04.25	1:11.04	
1000m: 11:43.41	1:10.88	2300m: 27:07.84	1:11.69	3600m: 42:43.02	1:11.47	4900m: 58:13.91	1:09.66	
1100m: 12:53.66	1:10.25	2400m: 28:19.31	1:11.47	3700m: 43:54.35	1:11.33	5000m: 59:25.77	1:11.86	
1200m: 14:04.11	1:10.45	2500m: 29:31.16	1:11.85	3800m: 45:05.51	1:11.16			
1300m: 15:13.88	1:09.77	2600m: 30:42.35	1:11.19	3900m: 46:16.75	1:11.24			
8. COSTA FERNANDEZ Lucas	98	C.N. Pontearreas				59:52.10	3,00	
100m: 1:06.79	1:06.79	1400m: 16:31.17	1:11.62	2700m: 32:08.76	1:12.68	4000m: 47:48.25	1:11.72	
200m: 2:15.15	1:08.36	1500m: 17:43.28	1:12.11	2800m: 33:21.13	1:12.37	4100m: 49:00.57	1:12.32	
300m: 3:24.44	1:09.29	1600m: 18:55.67	1:12.39	2900m: 34:33.14	1:12.01	4200m: 50:13.83	1:13.26	
400m: 4:34.33	1:09.89	1700m: 20:07.47	1:11.80	3000m: 35:45.81	1:12.67	4300m: 51:26.54	1:12.71	
500m: 5:45.04	1:10.71	1800m: 21:19.46	1:11.99	3100m: 36:58.71	1:12.90	4400m: 52:38.80	1:12.26	
600m: 6:57.08	1:12.04	1900m: 22:31.08	1:11.62	3200m: 38:11.39	1:12.68	4500m: 53:51.21	1:12.41	
700m: 8:09.33	1:12.25	2000m: 23:43.05	1:11.97	3300m: 39:23.21	1:11.82	4600m: 55:03.38	1:12.17	
800m: 9:21.29	1:11.96	2100m: 24:54.74	1:11.69	3400m: 40:35.01	1:11.80	4700m: 56:15.34	1:11.96	
900m: 10:33.03	1:11.74	2200m: 26:06.84	1:12.10	3500m: 41:47.25	1:12.24	4800m: 57:28.12	1:12.78	
1000m: 11:44.79	1:11.76	2300m: 27:18.86	1:12.02	3600m: 42:59.44	1:12.19	4900m: 58:40.95	1:12.83	
1100m: 12:56.24	1:11.45	2400m: 28:31.39	1:12.53	3700m: 44:11.89	1:12.45	5000m: 59:52.10	1:11.15	
1200m: 14:07.96	1:11.72	2500m: 29:43.67	1:12.28	3800m: 45:24.15	1:12.26			
1300m: 15:19.55	1:11.59	2600m: 30:56.08	1:12.41	3900m: 46:36.53	1:12.38			