

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

Prueba 1
30/01/2022 - 9:30

Masc., 3000m Libre

INFANTIL
Resultados

| | | | | |
|--------|----------|---------------------------|--------|------------|
| MMN 15 | 33:17.72 | CABANA DEL AMO PABLO | MATARO | 23/02/2019 |
| MMN 14 | 34:13.88 | ALEJANDRO PUEBLA MARTINEZ | MATARO | 13/02/2016 |

Clasificación

AN

Tiempo

| Clasificación | Nombre | Equipo | Tiempo |
|---------------|--------------------------|-------------------------|-------------------------|
| 1. | ROSELL DÍEZ Martí | C.N. Tarraco | 34:11.09 13,00 |
| | 100m: 1:06.05 1:06.05 | 900m: 10:14.21 1:08.89 | 1700m: 19:22.51 1:08.21 |
| | 200m: 2:14.09 1:08.04 | 1000m: 11:22.88 1:08.67 | 1800m: 20:31.52 1:09.01 |
| | 300m: 3:22.76 1:08.67 | 1100m: 12:31.41 1:08.53 | 1900m: 21:40.13 1:08.61 |
| | 400m: 4:31.33 1:08.57 | 1200m: 13:40.11 1:08.70 | 2000m: 22:49.19 1:09.06 |
| | 500m: 5:40.03 1:08.70 | 1300m: 14:48.92 1:08.81 | 2100m: 23:57.79 1:08.60 |
| | 600m: 6:48.30 1:08.27 | 1400m: 15:57.71 1:08.79 | 2200m: 25:06.76 1:08.97 |
| | 700m: 7:57.13 1:08.83 | 1500m: 17:06.52 1:08.81 | 2300m: 26:15.41 1:08.65 |
| | 800m: 9:05.32 1:08.19 | 1600m: 18:14.30 1:07.78 | 2400m: 27:24.23 1:08.82 |
| 2. | MARTINEZ PALOP Pablo | C.N. Ferca-San Jose | 34:17.43 10,00 |
| | 100m: 1:06.81 1:06.81 | 900m: 10:15.06 1:08.76 | 1700m: 19:22.88 1:08.53 |
| | 200m: 2:14.81 1:08.00 | 1000m: 11:23.59 1:08.53 | 1800m: 20:32.21 1:09.33 |
| | 300m: 3:23.34 1:08.53 | 1100m: 12:32.30 1:08.71 | 1900m: 21:41.46 1:09.25 |
| | 400m: 4:32.06 1:08.72 | 1200m: 13:40.82 1:08.52 | 2000m: 22:50.04 1:08.58 |
| | 500m: 5:40.61 1:08.55 | 1300m: 14:49.62 1:08.80 | 2100m: 23:58.91 1:08.87 |
| | 600m: 6:49.16 1:08.55 | 1400m: 15:58.46 1:08.84 | 2200m: 25:07.88 1:08.97 |
| | 700m: 7:57.78 1:08.62 | 1500m: 17:07.02 1:08.56 | 2300m: 26:16.71 1:08.83 |
| | 800m: 9:06.30 1:08.52 | 1600m: 18:14.35 1:07.33 | 2400m: 27:25.57 1:08.86 |
| 3. | PARRA ESTRADÉ Arnau | C.N. Reus Ploms | 34:47.50 8,00 |
| | 100m: 1:07.38 1:07.38 | 900m: 10:25.83 1:09.08 | 1700m: 19:40.51 1:09.38 |
| | 200m: 2:16.71 1:09.33 | 1000m: 11:36.45 1:10.62 | 1800m: 20:49.16 1:08.65 |
| | 300m: 3:27.49 1:10.78 | 1100m: 12:46.26 1:09.81 | 1900m: 21:58.58 1:09.42 |
| | 400m: 4:37.01 1:09.52 | 1200m: 13:55.70 1:09.44 | 2000m: 23:08.38 1:09.80 |
| | 500m: 5:46.68 1:09.67 | 1300m: 15:05.04 1:09.34 | 2100m: 24:18.51 1:10.13 |
| | 600m: 6:56.10 1:09.42 | 1400m: 16:13.94 1:08.90 | 2200m: 25:27.95 1:09.44 |
| | 700m: 8:06.35 1:10.25 | 1500m: 17:22.72 1:08.78 | 2300m: 26:38.71 1:10.76 |
| | 800m: 9:16.75 1:10.40 | 1600m: 18:31.13 1:08.41 | 2400m: 27:48.77 1:10.06 |
| 4. | FURONES GIMENO Victor | C.N. Ferca-San Jose | 35:09.64 7,00 |
| | 100m: 1:08.60 1:08.60 | 900m: 10:25.86 1:08.72 | 1700m: 19:43.48 1:09.87 |
| | 200m: 2:18.47 1:09.87 | 1000m: 11:34.94 1:09.08 | 1800m: 20:54.20 1:10.72 |
| | 300m: 3:28.30 1:09.83 | 1100m: 12:44.72 1:09.78 | 1900m: 22:03.79 1:09.59 |
| | 400m: 4:38.10 1:09.80 | 1200m: 13:54.27 1:09.55 | 2000m: 23:14.86 1:11.07 |
| | 500m: 5:48.32 1:10.22 | 1300m: 15:04.33 1:10.06 | 2100m: 24:26.63 1:11.77 |
| | 600m: 6:57.93 1:09.61 | 1400m: 16:14.17 1:09.84 | 2200m: 25:38.27 1:11.64 |
| | 700m: 8:07.42 1:09.49 | 1500m: 17:24.54 1:10.37 | 2300m: 26:49.80 1:11.53 |
| | 800m: 9:17.14 1:09.72 | 1600m: 18:33.61 1:09.07 | 2400m: 28:01.85 1:12.05 |
| 5. | CALAVIA ZELLINGER Daniel | C.N. Tennis Elche | 35:36.06 6,00 |
| | 100m: 1:08.69 1:08.69 | 900m: 10:26.38 1:09.67 | 1700m: 19:51.28 1:10.72 |
| | 200m: 2:18.32 1:09.63 | 1000m: 11:35.92 1:09.54 | 1800m: 21:02.63 1:11.35 |
| | 300m: 3:29.17 1:10.85 | 1100m: 12:46.26 1:10.34 | 1900m: 22:14.82 1:12.19 |
| | 400m: 4:38.36 1:09.19 | 1200m: 13:56.84 1:10.58 | 2000m: 23:26.66 1:11.84 |
| | 500m: 5:48.00 1:09.64 | 1300m: 15:07.61 1:10.77 | 2100m: 24:39.30 1:12.64 |
| | 600m: 6:57.54 1:09.54 | 1400m: 16:18.82 1:11.21 | 2200m: 25:52.02 1:12.72 |
| | 700m: 8:07.35 1:09.81 | 1500m: 17:29.91 1:11.09 | 2300m: 27:05.05 1:13.03 |
| | 800m: 9:16.71 1:09.36 | 1600m: 18:40.56 1:10.65 | 2400m: 28:18.37 1:13.32 |

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 1, Masc., 3000m Libre, INFANTIL

| Clasificación | AN | | Tiempo | |
|--------------------------------------|-------------------------|---------------------------------------|-------------------------|-------------|
| 6. DE ARMAS DELGADO Juan Jose | 07 | C.D.N. Nadamas Las Marinas | 35:44.43 | 5,00 |
| 100m: 1:07.07 1:07.07 | 900m: 10:34.62 1:10.74 | 1700m: 20:06.31 1:12.20 | 2500m: 29:41.63 1:11.40 | |
| 200m: 2:18.56 1:11.49 | 1000m: 11:45.05 1:10.43 | 1800m: 21:18.10 1:11.79 | 2600m: 30:53.69 1:12.06 | |
| 300m: 3:29.06 1:10.50 | 1100m: 12:56.63 1:11.58 | 1900m: 22:30.60 1:12.50 | 2700m: 32:07.68 1:13.99 | |
| 400m: 4:40.60 1:11.54 | 1200m: 14:07.68 1:11.05 | 2000m: 23:43.80 1:13.20 | 2800m: 33:21.98 1:14.30 | |
| 500m: 5:51.35 1:10.75 | 1300m: 15:18.87 1:11.19 | 2100m: 24:56.39 1:12.59 | 2900m: 34:35.13 1:13.15 | |
| 600m: 7:02.50 1:11.15 | 1400m: 16:30.24 1:11.37 | 2200m: 26:08.19 1:11.80 | 3000m: 35:44.43 1:09.30 | |
| 700m: 8:13.31 1:10.81 | 1500m: 17:42.07 1:11.83 | 2300m: 27:19.71 1:11.52 | | |
| 800m: 9:23.88 1:10.57 | 1600m: 18:54.11 1:12.04 | 2400m: 28:30.23 1:10.52 | | |
| 7. CUBEIRO ROSENDE Xoel | 07 | C.N. Liceo | 35:51.09 | 4,00 |
| 100m: 1:07.56 1:07.56 | 900m: 10:40.24 1:12.28 | 1700m: 20:16.73 1:11.97 | 2500m: 29:54.25 1:12.28 | |
| 200m: 2:18.29 1:10.73 | 1000m: 11:52.31 1:12.07 | 1800m: 21:29.28 1:12.55 | 2600m: 31:05.91 1:11.66 | |
| 300m: 3:29.69 1:11.40 | 1100m: 13:04.67 1:12.36 | 1900m: 22:41.60 1:12.32 | 2700m: 32:18.32 1:12.41 | |
| 400m: 4:40.89 1:11.20 | 1200m: 14:16.41 1:11.74 | 2000m: 23:53.83 1:12.23 | 2800m: 33:30.29 1:11.97 | |
| 500m: 5:52.26 1:11.37 | 1300m: 15:27.85 1:11.44 | 2100m: 25:05.32 1:11.49 | 2900m: 34:41.83 1:11.54 | |
| 600m: 7:03.95 1:11.69 | 1400m: 16:40.20 1:12.35 | 2200m: 26:16.79 1:11.47 | 3000m: 35:51.09 1:09.26 | |
| 700m: 8:15.49 1:11.54 | 1500m: 17:52.64 1:12.44 | 2300m: 27:29.18 1:12.39 | | |
| 800m: 9:27.96 1:12.47 | 1600m: 19:04.76 1:12.12 | 2400m: 28:41.97 1:12.79 | | |
| 8. CALIZ GARCIA Miguel | 07 | C.N. Churriana | 36:07.94 | 3,00 |
| 100m: 1:08.46 1:08.46 | 900m: 10:32.90 1:12.22 | 1700m: 20:16.23 1:13.97 | 2500m: 30:08.26 1:14.34 | |
| 200m: 2:18.59 1:10.13 | 1000m: 11:44.89 1:11.99 | 1800m: 21:30.30 1:14.07 | 2600m: 31:22.75 1:14.49 | |
| 300m: 3:28.28 1:09.69 | 1100m: 12:57.66 1:12.77 | 1900m: 22:43.96 1:13.66 | 2700m: 32:36.63 1:13.88 | |
| 400m: 4:38.03 1:09.75 | 1200m: 14:09.26 1:11.60 | 2000m: 23:58.21 1:14.25 | 2800m: 33:50.35 1:13.72 | |
| 500m: 5:48.37 1:10.34 | 1300m: 15:21.74 1:12.48 | 2100m: 25:11.98 1:13.77 | 2900m: 35:02.24 1:11.89 | |
| 600m: 6:58.68 1:10.31 | 1400m: 16:34.70 1:12.96 | 2200m: 26:26.82 1:14.84 | 3000m: 36:07.94 1:05.70 | |
| 700m: 8:08.84 1:10.16 | 1500m: 17:49.25 1:14.55 | 2300m: 27:39.61 1:12.79 | | |
| 800m: 9:20.68 1:11.84 | 1600m: 19:02.26 1:13.01 | 2400m: 28:53.92 1:14.31 | | |
| 9. ALONSO VIDAL Teo | 07 | C.N. Rias Baixas | 36:08.28 | 2,00 |
| 100m: 1:08.76 1:08.76 | 900m: 10:49.17 1:12.18 | 1700m: 20:29.07 1:12.53 | 2500m: 30:11.50 1:12.90 | |
| 200m: 2:21.08 1:12.32 | 1000m: 12:01.37 1:12.20 | 1800m: 21:41.91 1:12.84 | 2600m: 31:24.49 1:12.99 | |
| 300m: 3:33.04 1:11.96 | 1100m: 13:13.80 1:12.43 | 1900m: 22:54.83 1:12.92 | 2700m: 32:36.86 1:12.37 | |
| 400m: 4:45.51 1:12.47 | 1200m: 14:25.69 1:11.89 | 2000m: 24:07.41 1:12.58 | 2800m: 33:49.97 1:13.11 | |
| 500m: 5:58.29 1:12.78 | 1300m: 15:37.97 1:12.28 | 2100m: 25:20.35 1:12.94 | 2900m: 35:02.10 1:12.13 | |
| 600m: 7:10.90 1:12.61 | 1400m: 16:50.85 1:12.88 | 2200m: 26:33.11 1:12.76 | 3000m: 36:08.28 1:06.18 | |
| 700m: 8:23.55 1:12.65 | 1500m: 18:03.86 1:13.01 | 2300m: 27:45.80 1:12.69 | | |
| 800m: 9:36.99 1:13.44 | 1600m: 19:16.54 1:12.68 | 2400m: 28:58.60 1:12.80 | | |
| 10. NAVARRO ORTS Jorge | 07 | C.N. Marina-Cartagena "Ancora" | 36:13.78 | 1,00 |
| 100m: 1:08.95 1:08.95 | 900m: 10:37.71 1:12.03 | 1700m: 20:18.36 1:12.82 | 2500m: 30:09.75 1:14.69 | |
| 200m: 2:19.44 1:10.49 | 1000m: 11:50.02 1:12.31 | 1800m: 21:31.42 1:13.06 | 2600m: 31:24.28 1:14.53 | |
| 300m: 3:29.41 1:09.97 | 1100m: 13:02.05 1:12.03 | 1900m: 22:44.46 1:13.04 | 2700m: 32:39.28 1:15.00 | |
| 400m: 4:40.26 1:10.85 | 1200m: 14:14.13 1:12.08 | 2000m: 23:58.42 1:13.96 | 2800m: 33:53.50 1:14.22 | |
| 500m: 5:51.82 1:11.56 | 1300m: 15:25.82 1:11.69 | 2100m: 25:12.41 1:13.99 | 2900m: 35:06.59 1:13.09 | |
| 600m: 7:03.02 1:11.20 | 1400m: 16:38.79 1:12.97 | 2200m: 26:26.38 1:13.97 | 3000m: 36:13.78 1:07.19 | |
| 700m: 8:14.46 1:11.44 | 1500m: 17:51.83 1:13.04 | 2300m: 27:40.64 1:14.26 | | |
| 800m: 9:25.68 1:11.22 | 1600m: 19:05.54 1:13.71 | 2400m: 28:55.06 1:14.42 | | |

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



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INSTITUCIONES LOCALES



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

Prueba 1, Masc., 3000m Libre, INFANTIL

| Clasificación | AN | | Tiempo | |
|---------------------------------------|-------------------------|---------------------------------|-------------------------|---|
| 11. NUÑEZ ALONSO Javier | 07 | C.N. Metropole | 36:14.57 | - |
| 100m: 1:09.04 1:09.04 | 900m: 10:38.19 1:11.95 | 1700m: 20:18.54 1:13.13 | 2500m: 30:10.05 1:14.70 | |
| 200m: 2:18.80 1:09.76 | 1000m: 11:50.36 1:12.17 | 1800m: 21:31.13 1:12.59 | 2600m: 31:24.90 1:14.85 | |
| 300m: 3:29.88 1:11.08 | 1100m: 13:02.28 1:11.92 | 1900m: 22:44.38 1:13.25 | 2700m: 32:39.69 1:14.79 | |
| 400m: 4:40.59 1:10.71 | 1200m: 14:13.83 1:11.55 | 2000m: 23:58.75 1:14.37 | 2800m: 33:53.72 1:14.03 | |
| 500m: 5:51.79 1:11.20 | 1300m: 15:26.17 1:12.34 | 2100m: 25:12.67 1:13.92 | 2900m: 35:07.25 1:13.53 | |
| 600m: 7:03.32 1:11.53 | 1400m: 16:38.96 1:12.79 | 2200m: 26:26.89 1:14.22 | 3000m: 36:14.57 1:07.32 | |
| 700m: 8:14.73 1:11.41 | 1500m: 17:52.06 1:13.10 | 2300m: 27:40.88 1:13.99 | | |
| 800m: 9:26.24 1:11.51 | 1600m: 19:05.41 1:13.35 | 2400m: 28:55.35 1:14.47 | | |
| 12. MARISCAL MILLAN Rafael | 07 | Navial | 36:35.60 | - |
| 100m: 1:07.52 1:07.52 | 900m: 10:47.84 1:13.46 | 1700m: 20:35.28 1:13.80 | 2500m: 30:27.21 1:14.73 | |
| 200m: 2:18.48 1:10.96 | 1000m: 12:01.29 1:13.45 | 1800m: 21:48.84 1:13.56 | 2600m: 31:41.56 1:14.35 | |
| 300m: 3:30.64 1:12.16 | 1100m: 13:14.75 1:13.46 | 1900m: 23:02.43 1:13.59 | 2700m: 32:56.04 1:14.48 | |
| 400m: 4:42.36 1:11.72 | 1200m: 14:28.22 1:13.47 | 2000m: 24:16.32 1:13.89 | 2800m: 34:10.30 1:14.26 | |
| 500m: 5:54.97 1:12.61 | 1300m: 15:42.10 1:13.88 | 2100m: 25:29.93 1:13.61 | 2900m: 35:23.50 1:13.20 | |
| 600m: 7:07.70 1:12.73 | 1400m: 16:55.33 1:13.23 | 2200m: 26:43.57 1:13.64 | 3000m: 36:35.60 1:12.10 | |
| 700m: 8:20.79 1:13.09 | 1500m: 18:07.97 1:12.64 | 2300m: 27:58.07 1:14.50 | | |
| 800m: 9:34.38 1:13.59 | 1600m: 19:21.48 1:13.51 | 2400m: 29:12.48 1:14.41 | | |
| 13. TOLEDO PANIAGUA Oliver | 07 | A. Master Baleares | 36:39.53 | - |
| 100m: 1:09.21 1:09.21 | 900m: 10:51.84 1:13.51 | 1700m: 20:48.20 1:14.93 | 2500m: 30:27.92 1:13.03 | |
| 200m: 2:21.35 1:12.14 | 1000m: 12:05.12 1:13.28 | 1800m: 22:03.48 1:15.28 | 2600m: 31:43.76 1:15.84 | |
| 300m: 3:33.52 1:12.17 | 1100m: 13:19.04 1:13.92 | 1900m: 23:15.20 1:11.72 | 2700m: 33:00.27 1:16.51 | |
| 400m: 4:46.08 1:12.56 | 1200m: 14:33.85 1:14.81 | 2000m: 24:26.87 1:11.67 | 2800m: 34:15.42 1:15.15 | |
| 500m: 5:58.74 1:12.66 | 1300m: 15:48.29 1:14.44 | 2100m: 25:38.30 1:11.43 | 2900m: 35:29.40 1:13.98 | |
| 600m: 7:11.67 1:12.93 | 1400m: 17:03.45 1:15.16 | 2200m: 26:50.20 1:11.90 | 3000m: 36:39.53 1:10.13 | |
| 700m: 8:25.05 1:13.38 | 1500m: 18:19.15 1:15.70 | 2300m: 28:02.47 1:12.27 | | |
| 800m: 9:38.33 1:13.28 | 1600m: 19:33.27 1:14.12 | 2400m: 29:14.89 1:12.42 | | |
| 14. RODRIGUEZ SENOSIAIN Marcos | 07 | C.N. Iregua-Villamediana | 36:47.21 | - |
| 100m: 1:08.76 1:08.76 | 900m: 10:51.40 1:13.14 | 1700m: 20:42.11 1:14.29 | 2500m: 30:37.17 1:15.08 | |
| 200m: 2:20.55 1:11.79 | 1000m: 12:04.72 1:13.32 | 1800m: 21:56.01 1:13.90 | 2600m: 31:52.61 1:15.44 | |
| 300m: 3:33.14 1:12.59 | 1100m: 13:18.34 1:13.62 | 1900m: 23:09.99 1:13.98 | 2700m: 33:07.45 1:14.84 | |
| 400m: 4:45.64 1:12.50 | 1200m: 14:31.98 1:13.64 | 2000m: 24:23.47 1:13.48 | 2800m: 34:21.62 1:14.17 | |
| 500m: 5:58.74 1:13.10 | 1300m: 15:45.90 1:13.92 | 2100m: 25:38.13 1:14.66 | 2900m: 35:36.30 1:14.68 | |
| 600m: 7:11.63 1:12.89 | 1400m: 16:59.79 1:13.89 | 2200m: 26:53.14 1:15.01 | 3000m: 36:47.21 1:10.91 | |
| 700m: 8:24.46 1:12.83 | 1500m: 18:13.73 1:13.94 | 2300m: 28:07.47 1:14.33 | | |
| 800m: 9:38.26 1:13.80 | 1600m: 19:27.82 1:14.09 | 2400m: 29:22.09 1:14.62 | | |
| 15. CANO GONZALEZ Guillermo | 07 | C.D. Torrelago Wellness | 36:48.34 | - |
| 100m: 1:09.41 1:09.41 | 900m: 10:50.73 1:13.25 | 1700m: 20:42.62 1:15.01 | 2500m: 30:40.39 1:15.71 | |
| 200m: 2:20.20 1:10.79 | 1000m: 12:04.44 1:13.71 | 1800m: 21:57.21 1:14.59 | 2600m: 31:55.17 1:14.78 | |
| 300m: 3:32.17 1:11.97 | 1100m: 13:17.61 1:13.17 | 1900m: 23:11.43 1:14.22 | 2700m: 33:10.29 1:15.12 | |
| 400m: 4:44.96 1:12.79 | 1200m: 14:30.96 1:13.35 | 2000m: 24:26.98 1:15.55 | 2800m: 34:24.49 1:14.20 | |
| 500m: 5:57.67 1:12.71 | 1300m: 15:44.55 1:13.59 | 2100m: 25:42.09 1:15.11 | 2900m: 35:38.13 1:13.64 | |
| 600m: 7:11.05 1:13.38 | 1400m: 16:58.87 1:14.32 | 2200m: 26:56.28 1:14.19 | 3000m: 36:48.34 1:10.21 | |
| 700m: 8:24.05 1:13.00 | 1500m: 18:13.27 1:14.40 | 2300m: 28:11.06 1:14.78 | | |
| 800m: 9:37.48 1:13.43 | 1600m: 19:27.61 1:14.34 | 2400m: 29:24.68 1:13.62 | | |

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



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RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 1, Masc., 3000m Libre, INFANTIL

| Clasificación | AN | | Tiempo | |
|--------------------------------------|-------------------------|-------------------------|-------------------------|---|
| 16. FERNANDEZ RODRIGO Isak | 07 | C.N. Calella | 37:01.66 | - |
| 100m: 1:07.31 1:07.31 | 900m: 10:40.22 1:12.05 | 1700m: 20:32.48 1:15.56 | 2500m: 30:43.23 1:16.93 | |
| 200m: 2:18.31 1:11.00 | 1000m: 11:52.43 1:12.21 | 1800m: 21:47.88 1:15.40 | 2600m: 32:00.25 1:17.02 | |
| 300m: 3:29.71 1:11.40 | 1100m: 13:05.81 1:13.38 | 1900m: 23:04.39 1:16.51 | 2700m: 33:17.21 1:16.96 | |
| 400m: 4:40.89 1:11.18 | 1200m: 14:19.78 1:13.97 | 2000m: 24:21.56 1:17.17 | 2800m: 34:32.72 1:15.51 | |
| 500m: 5:52.26 1:11.37 | 1300m: 15:33.84 1:14.06 | 2100m: 25:37.67 1:16.11 | 2900m: 35:47.70 1:14.98 | |
| 600m: 7:04.62 1:12.36 | 1400m: 16:47.81 1:13.97 | 2200m: 26:53.78 1:16.11 | 3000m: 37:01.66 1:13.96 | |
| 700m: 8:16.46 1:11.84 | 1500m: 18:02.53 1:14.72 | 2300m: 28:09.01 1:15.23 | | |
| 800m: 9:28.17 1:11.71 | 1600m: 19:16.92 1:14.39 | 2400m: 29:26.30 1:17.29 | | |
| 17. RAMOS DELGADO Ricardo | 07 | C.N. Reales | 37:04.29 | - |
| 100m: 1:06.57 1:06.57 | 900m: 10:41.51 1:13.22 | 1700m: 20:39.52 1:14.89 | 2500m: 30:46.56 1:14.90 | |
| 200m: 2:17.36 1:10.79 | 1000m: 11:54.66 1:13.15 | 1800m: 21:55.34 1:15.82 | 2600m: 32:03.47 1:16.91 | |
| 300m: 3:29.65 1:12.29 | 1100m: 13:08.44 1:13.78 | 1900m: 23:10.26 1:14.92 | 2700m: 33:21.11 1:17.64 | |
| 400m: 4:41.10 1:11.45 | 1200m: 14:22.63 1:14.19 | 2000m: 24:25.59 1:15.33 | 2800m: 34:38.57 1:17.46 | |
| 500m: 5:53.25 1:12.15 | 1300m: 15:37.63 1:15.00 | 2100m: 25:42.21 1:16.62 | 2900m: 35:53.80 1:15.23 | |
| 600m: 7:04.94 1:11.69 | 1400m: 16:53.22 1:15.59 | 2200m: 26:58.85 1:16.64 | 3000m: 37:04.29 1:10.49 | |
| 700m: 8:15.76 1:10.82 | 1500m: 18:08.46 1:15.24 | 2300m: 28:14.99 1:16.14 | | |
| 800m: 9:28.29 1:12.53 | 1600m: 19:24.63 1:16.17 | 2400m: 29:31.66 1:16.67 | | |
| 18. MASSÓ ROIG Martín | 07 | C.N. Rias Baixas | 37:11.22 | - |
| 100m: 1:10.00 1:10.00 | 900m: 10:56.79 1:13.90 | 1700m: 20:54.04 1:15.92 | 2500m: 30:56.11 1:15.37 | |
| 200m: 2:23.18 1:13.18 | 1000m: 12:11.09 1:14.30 | 1800m: 22:08.80 1:14.76 | 2600m: 32:11.60 1:15.49 | |
| 300m: 3:36.19 1:13.01 | 1100m: 13:25.43 1:14.34 | 1900m: 23:24.52 1:15.72 | 2700m: 33:27.36 1:15.76 | |
| 400m: 4:49.73 1:13.54 | 1200m: 14:39.49 1:14.06 | 2000m: 24:39.77 1:15.25 | 2800m: 34:43.64 1:16.28 | |
| 500m: 6:02.78 1:13.05 | 1300m: 15:54.36 1:14.87 | 2100m: 25:55.20 1:15.43 | 2900m: 35:56.35 1:12.71 | |
| 600m: 7:16.25 1:13.47 | 1400m: 17:09.09 1:14.73 | 2200m: 27:10.52 1:15.32 | 3000m: 37:11.22 1:14.87 | |
| 700m: 8:29.04 1:12.79 | 1500m: 18:23.98 1:14.89 | 2300m: 28:25.79 1:15.27 | | |
| 800m: 9:42.89 1:13.85 | 1600m: 19:38.12 1:14.14 | 2400m: 29:40.74 1:14.95 | | |
| 19. CABRILLO SANCHEZ Norberto | 07 | C.N. Las Palmas | 37:13.93 | - |
| 100m: 1:08.83 1:08.83 | 900m: 10:48.42 1:13.71 | 1700m: 20:50.23 1:15.47 | 2500m: 30:58.76 1:16.57 | |
| 200m: 2:19.16 1:10.33 | 1000m: 12:02.57 1:14.15 | 1800m: 22:06.26 1:16.03 | 2600m: 32:14.97 1:16.21 | |
| 300m: 3:30.27 1:11.11 | 1100m: 13:17.21 1:14.64 | 1900m: 23:22.51 1:16.25 | 2700m: 33:30.85 1:15.88 | |
| 400m: 4:42.34 1:12.07 | 1200m: 14:32.30 1:15.09 | 2000m: 24:39.06 1:16.55 | 2800m: 34:46.36 1:15.51 | |
| 500m: 5:55.05 1:12.71 | 1300m: 15:47.70 1:15.40 | 2100m: 25:54.75 1:15.69 | 2900m: 36:01.05 1:14.69 | |
| 600m: 7:08.15 1:13.10 | 1400m: 17:03.24 1:15.54 | 2200m: 27:10.08 1:15.33 | 3000m: 37:13.93 1:12.88 | |
| 700m: 8:21.28 1:13.13 | 1500m: 18:19.02 1:15.78 | 2300m: 28:25.93 1:15.85 | | |
| 800m: 9:34.71 1:13.43 | 1600m: 19:34.76 1:15.74 | 2400m: 29:42.19 1:16.26 | | |
| 20. NAVARRO LOSADA Sergi | 07 | C.N. Ferrol | 38:12.87 | - |
| 100m: 1:09.50 1:09.50 | 900m: 11:03.74 1:15.61 | 1700m: 21:19.48 1:17.37 | 2500m: 31:50.32 1:19.78 | |
| 200m: 2:20.80 1:11.30 | 1000m: 12:19.86 1:16.12 | 1800m: 22:37.48 1:18.00 | 2600m: 33:09.13 1:18.81 | |
| 300m: 3:34.49 1:13.69 | 1100m: 13:36.16 1:16.30 | 1900m: 23:56.33 1:18.85 | 2700m: 34:25.92 1:16.79 | |
| 400m: 4:48.68 1:14.19 | 1200m: 14:52.98 1:16.82 | 2000m: 25:14.83 1:18.50 | 2800m: 35:41.72 1:15.80 | |
| 500m: 6:03.15 1:14.47 | 1300m: 16:09.93 1:16.95 | 2100m: 26:34.05 1:19.22 | 2900m: 36:58.14 1:16.42 | |
| 600m: 7:17.92 1:14.77 | 1400m: 17:27.27 1:17.34 | 2200m: 27:52.94 1:18.89 | 3000m: 38:12.87 1:14.73 | |
| 700m: 8:32.80 1:14.88 | 1500m: 18:44.55 1:17.28 | 2300m: 29:11.92 1:18.98 | | |
| 800m: 9:48.13 1:15.33 | 1600m: 20:02.11 1:17.56 | 2400m: 30:30.54 1:18.62 | | |

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 2
30/01/2022 - 10:10

Fem., 3000m Libre

INFANTIL
Resultados

| | | | | |
|--------|----------|------------------------|--------|------------|
| MMN 15 | 35:12.63 | AROA SILVA FIDALGO | MATARO | 18/02/2017 |
| MMN 14 | 36:08.10 | OTERO FERNANDEZ, Paula | MATARO | 24/02/2018 |

Clasificación

AN

Tiempo

| Clasificación | Nombre | Edad | Club | Tiempo |
|---------------|--------------------------------|-------------------------|-------------------------|-------------------------|
| 1. | MARTIN ARGENTE Noa | 07 | C.N. Ferca-San Jose | 35:47.47 13,00 |
| | 100m: 1:10.19 1:10.19 | 900m: 10:43.55 1:12.11 | 1700m: 20:18.70 1:11.78 | 2500m: 29:51.55 1:10.84 |
| | 200m: 2:21.55 1:11.36 | 1000m: 11:54.87 1:11.32 | 1800m: 21:29.95 1:11.25 | 2600m: 31:02.96 1:11.41 |
| | 300m: 3:33.33 1:11.78 | 1100m: 13:06.51 1:11.64 | 1900m: 22:41.65 1:11.70 | 2700m: 32:14.20 1:11.24 |
| | 400m: 4:45.56 1:12.23 | 1200m: 14:18.39 1:11.88 | 2000m: 23:52.90 1:11.25 | 2800m: 33:25.76 1:11.56 |
| | 500m: 5:57.22 1:11.66 | 1300m: 15:30.81 1:12.42 | 2100m: 25:04.58 1:11.68 | 2900m: 34:37.29 1:11.53 |
| | 600m: 7:09.08 1:11.86 | 1400m: 16:42.76 1:11.95 | 2200m: 26:16.94 1:12.36 | 3000m: 35:47.47 1:10.18 |
| | 700m: 8:20.37 1:11.29 | 1500m: 17:55.04 1:12.28 | 2300m: 27:28.79 1:11.85 | |
| | 800m: 9:31.44 1:11.07 | 1600m: 19:06.92 1:11.88 | 2400m: 28:40.71 1:11.92 | |
| 2. | OLIVEIRA LARA Carolina | 07 | C.N. Caldes | 35:53.47 10,00 |
| | 100m: 1:09.46 1:09.46 | 900m: 10:44.67 1:11.89 | 1700m: 20:20.47 1:11.23 | 2500m: 29:55.24 1:11.50 |
| | 200m: 2:21.62 1:12.16 | 1000m: 11:56.38 1:11.71 | 1800m: 21:32.63 1:12.16 | 2600m: 31:07.62 1:12.38 |
| | 300m: 3:34.30 1:12.68 | 1100m: 13:08.15 1:11.77 | 1900m: 22:45.17 1:12.54 | 2700m: 32:19.78 1:12.16 |
| | 400m: 4:46.85 1:12.55 | 1200m: 14:20.57 1:12.42 | 2000m: 23:57.97 1:12.80 | 2800m: 33:32.10 1:12.32 |
| | 500m: 5:58.87 1:12.02 | 1300m: 15:33.08 1:12.51 | 2100m: 25:09.89 1:11.92 | 2900m: 34:44.67 1:12.57 |
| | 600m: 7:10.36 1:11.49 | 1400m: 16:45.87 1:12.79 | 2200m: 26:21.38 1:11.49 | 3000m: 35:53.47 1:08.80 |
| | 700m: 8:21.50 1:11.14 | 1500m: 17:57.98 1:12.11 | 2300m: 27:32.45 1:11.07 | |
| | 800m: 9:32.78 1:11.28 | 1600m: 19:09.24 1:11.26 | 2400m: 28:43.74 1:11.29 | |
| 3. | MALO MORENO Ariadna | 08 | C.D. Amaya | 36:30.91 8,00 |
| | 100m: 1:10.64 1:10.64 | 900m: 10:46.50 1:12.02 | 1700m: 20:31.20 1:13.14 | 2500m: 30:24.38 1:14.04 |
| | 200m: 2:22.55 1:11.91 | 1000m: 11:59.04 1:12.54 | 1800m: 21:44.89 1:13.69 | 2600m: 31:38.35 1:13.97 |
| | 300m: 3:34.36 1:11.81 | 1100m: 13:12.06 1:13.02 | 1900m: 22:58.92 1:14.03 | 2700m: 32:52.16 1:13.81 |
| | 400m: 4:46.53 1:12.17 | 1200m: 14:24.63 1:12.57 | 2000m: 24:12.60 1:13.68 | 2800m: 34:05.70 1:13.54 |
| | 500m: 5:58.29 1:11.76 | 1300m: 15:37.29 1:12.66 | 2100m: 25:27.07 1:14.47 | 2900m: 35:19.45 1:13.75 |
| | 600m: 7:10.16 1:11.87 | 1400m: 16:50.58 1:13.29 | 2200m: 26:41.22 1:14.15 | 3000m: 36:30.91 1:11.46 |
| | 700m: 8:22.49 1:12.33 | 1500m: 18:04.05 1:13.47 | 2300m: 27:55.91 1:14.69 | |
| | 800m: 9:34.48 1:11.99 | 1600m: 19:18.06 1:14.01 | 2400m: 29:10.34 1:14.43 | |
| 4. | MARTINEZ DE SALINAS PEÑA Clara | 07 | E.M. El Olivar | 36:37.81 7,00 |
| | 100m: 1:10.76 1:10.76 | 900m: 10:48.29 1:12.72 | 1700m: 20:34.60 1:13.71 | 2500m: 30:27.88 1:13.68 |
| | 200m: 2:22.28 1:11.52 | 1000m: 12:01.20 1:12.91 | 1800m: 21:48.94 1:14.34 | 2600m: 31:41.97 1:14.09 |
| | 300m: 3:34.68 1:12.40 | 1100m: 13:13.85 1:12.65 | 1900m: 23:03.25 1:14.31 | 2700m: 32:55.89 1:13.92 |
| | 400m: 4:46.97 1:12.29 | 1200m: 14:26.83 1:12.98 | 2000m: 24:18.05 1:14.80 | 2800m: 34:10.41 1:14.52 |
| | 500m: 5:58.69 1:11.72 | 1300m: 15:39.97 1:13.14 | 2100m: 25:32.26 1:14.21 | 2900m: 35:24.75 1:14.34 |
| | 600m: 7:10.84 1:12.15 | 1400m: 16:53.52 1:13.55 | 2200m: 26:46.28 1:14.02 | 3000m: 36:37.81 1:13.06 |
| | 700m: 8:23.13 1:12.29 | 1500m: 18:07.20 1:13.68 | 2300m: 28:00.24 1:13.96 | |
| | 800m: 9:35.57 1:12.44 | 1600m: 19:20.89 1:13.69 | 2400m: 29:14.20 1:13.96 | |
| 5. | DAZA GARCIA Maria | 07 | C.D. Gredos San Diego | 36:48.24 6,00 |
| | 100m: 1:10.72 1:10.72 | 900m: 10:53.54 1:13.68 | 1700m: 20:46.16 1:13.67 | 2500m: 30:36.73 1:13.55 |
| | 200m: 2:21.88 1:11.16 | 1000m: 12:06.83 1:13.29 | 1800m: 22:00.57 1:14.41 | 2600m: 31:50.66 1:13.93 |
| | 300m: 3:34.66 1:12.78 | 1100m: 13:20.46 1:13.63 | 1900m: 23:14.78 1:14.21 | 2700m: 33:05.42 1:14.76 |
| | 400m: 4:47.66 1:13.00 | 1200m: 14:34.86 1:14.40 | 2000m: 24:29.36 1:14.58 | 2800m: 34:20.72 1:15.30 |
| | 500m: 6:00.60 1:12.94 | 1300m: 15:49.51 1:14.65 | 2100m: 25:43.39 1:14.03 | 2900m: 35:35.28 1:14.56 |
| | 600m: 7:13.96 1:13.36 | 1400m: 17:03.84 1:14.33 | 2200m: 26:57.29 1:13.90 | 3000m: 36:48.24 1:12.96 |
| | 700m: 8:26.83 1:12.87 | 1500m: 18:18.14 1:14.30 | 2300m: 28:10.28 1:12.99 | |
| | 800m: 9:39.86 1:13.03 | 1600m: 19:32.49 1:14.35 | 2400m: 29:23.18 1:12.90 | |

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 2, Fem., 3000m Libre, INFANTIL

| Clasificación | AN | | Tiempo | |
|---------------------------------------|-------------------------|--------------------------|-------------------------|-------------|
| 6. BRAVO GARCIA Daniela | 08 | C.N. Sabadell | 37:29.47 | 5,00 |
| 100m: 1:12.06 1:12.06 | 900m: 11:10.21 1:14.46 | 1700m: 21:12.49 1:14.38 | 2500m: 31:14.03 1:16.81 | |
| 200m: 2:26.71 1:14.65 | 1000m: 12:26.04 1:15.83 | 1800m: 22:27.09 1:14.60 | 2600m: 32:30.16 1:16.13 | |
| 300m: 3:41.69 1:14.98 | 1100m: 13:41.22 1:15.18 | 1900m: 23:41.40 1:14.31 | 2700m: 33:46.78 1:16.62 | |
| 400m: 4:56.26 1:14.57 | 1200m: 14:56.64 1:15.42 | 2000m: 24:56.25 1:14.85 | 2800m: 35:02.76 1:15.98 | |
| 500m: 6:11.24 1:14.98 | 1300m: 16:12.15 1:15.51 | 2100m: 26:11.46 1:15.21 | 2900m: 36:17.22 1:14.46 | |
| 600m: 7:26.68 1:15.44 | 1400m: 17:27.74 1:15.59 | 2200m: 27:26.62 1:15.16 | 3000m: 37:29.47 1:12.25 | |
| 700m: 8:41.00 1:14.32 | 1500m: 18:43.19 1:15.45 | 2300m: 28:41.56 1:14.94 | | |
| 800m: 9:55.75 1:14.75 | 1600m: 19:58.11 1:14.92 | 2400m: 29:57.22 1:15.66 | | |
| 7. HUERTAS FERRE Maria | 07 | C.N. Tarraco | 37:40.82 | 4,00 |
| 100m: 1:12.33 1:12.33 | 900m: 11:10.63 1:15.28 | 1700m: 21:14.98 1:15.55 | 2500m: 31:24.39 1:16.93 | |
| 200m: 2:26.93 1:14.60 | 1000m: 12:26.61 1:15.98 | 1800m: 22:31.08 1:16.10 | 2600m: 32:40.41 1:16.02 | |
| 300m: 3:41.73 1:14.80 | 1100m: 13:41.93 1:15.32 | 1900m: 23:46.76 1:15.68 | 2700m: 33:56.54 1:16.13 | |
| 400m: 4:56.40 1:14.67 | 1200m: 14:57.31 1:15.38 | 2000m: 25:02.57 1:15.81 | 2800m: 35:13.00 1:16.46 | |
| 500m: 6:11.52 1:15.12 | 1300m: 16:12.37 1:15.06 | 2100m: 26:18.90 1:16.33 | 2900m: 36:27.75 1:14.75 | |
| 600m: 7:26.36 1:14.84 | 1400m: 17:27.90 1:15.53 | 2200m: 27:35.23 1:16.33 | 3000m: 37:40.82 1:13.07 | |
| 700m: 8:40.34 1:13.98 | 1500m: 18:43.93 1:16.03 | 2300m: 28:51.32 1:16.09 | | |
| 800m: 9:55.35 1:15.01 | 1600m: 19:59.43 1:15.50 | 2400m: 30:07.46 1:16.14 | | |
| 8. SAN MARTIN IGLESIAS Carlota | 07 | A.D. Manuel Llana | 37:41.42 | 3,00 |
| 100m: 1:09.52 1:09.52 | 900m: 10:57.71 1:14.89 | 1700m: 21:03.90 1:15.89 | 2500m: 31:19.27 1:17.49 | |
| 200m: 2:22.00 1:12.48 | 1000m: 12:12.87 1:15.16 | 1800m: 22:20.41 1:16.51 | 2600m: 32:37.43 1:18.16 | |
| 300m: 3:34.96 1:12.96 | 1100m: 13:28.44 1:15.57 | 1900m: 23:37.16 1:16.75 | 2700m: 33:55.08 1:17.65 | |
| 400m: 4:47.85 1:12.89 | 1200m: 14:44.19 1:15.75 | 2000m: 24:53.52 1:16.36 | 2800m: 35:11.94 1:16.86 | |
| 500m: 6:01.09 1:13.24 | 1300m: 16:00.49 1:16.30 | 2100m: 26:10.00 1:16.48 | 2900m: 36:27.54 1:15.60 | |
| 600m: 7:14.41 1:13.32 | 1400m: 17:16.23 1:15.74 | 2200m: 27:26.94 1:16.94 | 3000m: 37:41.42 1:13.88 | |
| 700m: 8:28.57 1:14.16 | 1500m: 18:31.94 1:15.71 | 2300m: 28:43.94 1:17.00 | | |
| 800m: 9:42.82 1:14.25 | 1600m: 19:48.01 1:16.07 | 2400m: 30:01.78 1:17.84 | | |
| 9. SAENZ RAMIREZ Lidia | 08 | C.N. Logroño | 37:45.68 | 2,00 |
| 100m: 1:13.36 1:13.36 | 900m: 11:16.87 1:15.55 | 1700m: 21:26.53 1:17.02 | 2500m: 31:33.10 1:14.05 | |
| 200m: 2:29.10 1:15.74 | 1000m: 12:32.24 1:15.37 | 1800m: 22:44.05 1:17.52 | 2600m: 32:49.07 1:15.97 | |
| 300m: 3:44.63 1:15.53 | 1100m: 13:48.01 1:15.77 | 1900m: 24:00.53 1:16.48 | 2700m: 34:03.98 1:14.91 | |
| 400m: 4:59.97 1:15.34 | 1200m: 15:03.66 1:15.65 | 2000m: 25:17.02 1:16.49 | 2800m: 35:18.57 1:14.59 | |
| 500m: 6:15.20 1:15.23 | 1300m: 16:19.81 1:16.15 | 2100m: 26:32.43 1:15.41 | 2900m: 36:32.61 1:14.04 | |
| 600m: 7:30.44 1:15.24 | 1400m: 17:36.22 1:16.41 | 2200m: 27:47.72 1:15.29 | 3000m: 37:45.68 1:13.07 | |
| 700m: 8:45.91 1:15.47 | 1500m: 18:52.90 1:16.68 | 2300m: 29:03.25 1:15.53 | | |
| 800m: 10:01.32 1:15.41 | 1600m: 20:09.51 1:16.61 | 2400m: 30:19.05 1:15.80 | | |
| 10. VILLARNOVO PAZOS Lucia | 08 | C.N. Ferrol | 38:06.49 | 1,00 |
| 100m: 1:11.15 1:11.15 | 900m: 11:13.15 1:15.84 | 1700m: 21:27.91 1:17.10 | 2500m: 31:42.94 1:16.89 | |
| 200m: 2:25.06 1:13.91 | 1000m: 12:29.31 1:16.16 | 1800m: 22:45.13 1:17.22 | 2600m: 33:00.22 1:17.28 | |
| 300m: 3:39.86 1:14.80 | 1100m: 13:45.96 1:16.65 | 1900m: 24:02.05 1:16.92 | 2700m: 34:17.59 1:17.37 | |
| 400m: 4:54.60 1:14.74 | 1200m: 15:02.62 1:16.66 | 2000m: 25:19.20 1:17.15 | 2800m: 35:34.28 1:16.69 | |
| 500m: 6:09.79 1:15.19 | 1300m: 16:19.75 1:17.13 | 2100m: 26:36.09 1:16.89 | 2900m: 36:51.43 1:17.15 | |
| 600m: 7:25.20 1:15.41 | 1400m: 17:36.39 1:16.64 | 2200m: 27:53.25 1:17.16 | 3000m: 38:06.49 1:15.06 | |
| 700m: 8:41.01 1:15.81 | 1500m: 18:53.57 1:17.18 | 2300m: 29:09.87 1:16.62 | | |
| 800m: 9:57.31 1:16.30 | 1600m: 20:10.81 1:17.24 | 2400m: 30:26.05 1:16.18 | | |

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 2, Fem., 3000m Libre, INFANTIL

| Clasificación | AN | | Tiempo | |
|---------------------------------------|-----------|--------------------------|-----------------|-----------------|
| 11. RODRIGUEZ RODRIGUEZ Lucia | 08 | R.G.C. Covadonga | 38:08.59 | - |
| 100m: 1:12.39 | 1:12.39 | 900m: 11:12.61 | 1:15.98 | 1700m: 21:24.26 |
| 200m: 2:27.10 | 1:14.71 | 1000m: 12:28.26 | 1:15.65 | 1800m: 22:41.89 |
| 300m: 3:41.92 | 1:14.82 | 1100m: 13:44.18 | 1:15.92 | 1900m: 23:58.97 |
| 400m: 4:56.62 | 1:14.70 | 1200m: 15:00.42 | 1:16.24 | 2000m: 25:16.43 |
| 500m: 6:11.45 | 1:14.83 | 1300m: 16:16.95 | 1:16.53 | 2100m: 26:34.07 |
| 600m: 7:26.69 | 1:15.24 | 1400m: 17:33.85 | 1:16.90 | 2200m: 27:51.45 |
| 700m: 8:41.43 | 1:14.74 | 1500m: 18:50.55 | 1:16.70 | 2300m: 29:09.35 |
| 800m: 9:56.63 | 1:15.20 | 1600m: 20:07.38 | 1:16.83 | 2400m: 30:26.43 |
| 2500m: 31:44.31 | 1:17.88 | | | |
| 2600m: 33:01.67 | 1:17.36 | | | |
| 2700m: 34:19.33 | 1:17.66 | | | |
| 2800m: 35:36.90 | 1:17.57 | | | |
| 2900m: 36:54.23 | 1:17.33 | | | |
| 3000m: 38:08.59 | 1:14.36 | | | |
| 12. NAVARRO MELGAR Claudia | 07 | C.N. Metropole | 38:19.31 | - |
| 100m: 1:11.82 | 1:11.82 | 900m: 11:17.77 | 1:15.83 | 1700m: 21:33.33 |
| 200m: 2:27.84 | 1:16.02 | 1000m: 12:33.62 | 1:15.85 | 1800m: 22:52.37 |
| 300m: 3:43.15 | 1:15.31 | 1100m: 13:49.93 | 1:16.31 | 1900m: 24:11.79 |
| 400m: 4:59.02 | 1:15.87 | 1200m: 15:06.76 | 1:16.83 | 2000m: 25:28.52 |
| 500m: 6:14.96 | 1:15.94 | 1300m: 16:24.10 | 1:17.34 | 2100m: 26:47.35 |
| 600m: 7:30.78 | 1:15.82 | 1400m: 17:41.77 | 1:17.67 | 2200m: 28:07.00 |
| 700m: 8:46.20 | 1:15.42 | 1500m: 18:59.79 | 1:18.02 | 2300m: 29:24.22 |
| 800m: 10:01.94 | 1:15.74 | 1600m: 20:18.00 | 1:18.21 | 2400m: 30:41.94 |
| 2500m: 31:59.66 | 1:17.72 | | | |
| 2600m: 33:16.62 | 1:16.96 | | | |
| 2700m: 34:33.52 | 1:16.90 | | | |
| 2800m: 35:50.84 | 1:17.32 | | | |
| 2900m: 37:06.77 | 1:15.93 | | | |
| 3000m: 38:19.31 | 1:12.54 | | | |
| 13. RUIZ REYES Raquel | 07 | C.N. Metropole | 38:21.12 | - |
| 100m: 1:12.36 | 1:12.36 | 900m: 11:21.58 | 1:16.83 | 1700m: 21:41.48 |
| 200m: 2:27.58 | 1:15.22 | 1000m: 12:38.77 | 1:17.19 | 1800m: 22:59.98 |
| 300m: 3:43.10 | 1:15.52 | 1100m: 13:55.95 | 1:17.18 | 1900m: 24:18.01 |
| 400m: 4:59.83 | 1:16.73 | 1200m: 15:13.45 | 1:17.50 | 2000m: 25:35.46 |
| 500m: 6:16.09 | 1:16.26 | 1300m: 16:31.03 | 1:17.58 | 2100m: 26:52.61 |
| 600m: 7:32.27 | 1:16.18 | 1400m: 17:48.64 | 1:17.61 | 2200m: 28:10.60 |
| 700m: 8:48.41 | 1:16.14 | 1500m: 19:05.92 | 1:17.28 | 2300m: 29:27.80 |
| 800m: 10:04.75 | 1:16.34 | 1600m: 20:23.96 | 1:18.04 | 2400m: 30:45.22 |
| 2500m: 32:02.08 | 1:16.86 | | | |
| 2600m: 33:18.89 | 1:16.81 | | | |
| 2700m: 34:35.70 | 1:16.81 | | | |
| 2800m: 35:52.01 | 1:16.31 | | | |
| 2900m: 37:07.89 | 1:15.88 | | | |
| 3000m: 38:21.12 | 1:13.23 | | | |
| 14. MARTINEZ GUILLEN Sara | 07 | Kzm Swimming Team | 38:23.06 | - |
| 100m: 1:15.21 | 1:15.21 | 900m: 11:30.55 | 1:17.12 | 1700m: 21:47.00 |
| 200m: 2:31.76 | 1:16.55 | 1000m: 12:47.54 | 1:16.99 | 1800m: 23:04.20 |
| 300m: 3:48.60 | 1:16.84 | 1100m: 14:04.32 | 1:16.78 | 1900m: 24:21.82 |
| 400m: 5:05.32 | 1:16.72 | 1200m: 15:21.07 | 1:16.75 | 2000m: 25:39.17 |
| 500m: 6:22.40 | 1:17.08 | 1300m: 16:38.17 | 1:17.10 | 2100m: 26:55.37 |
| 600m: 7:39.91 | 1:17.51 | 1400m: 17:55.22 | 1:17.05 | 2200m: 28:12.80 |
| 700m: 8:57.05 | 1:17.14 | 1500m: 19:12.04 | 1:16.82 | 2300m: 29:30.14 |
| 800m: 10:13.43 | 1:16.38 | 1600m: 20:29.75 | 1:17.71 | 2400m: 30:46.65 |
| 2500m: 32:03.45 | 1:16.80 | | | |
| 2600m: 33:20.05 | 1:16.60 | | | |
| 2700m: 34:37.54 | 1:17.49 | | | |
| 2800m: 35:54.44 | 1:16.90 | | | |
| 2900m: 37:10.57 | 1:16.13 | | | |
| 3000m: 38:23.06 | 1:12.49 | | | |
| 15. MANTERO DOMINGUEZ Victoria | 07 | Navial | 38:50.95 | - |
| 100m: 1:12.15 | 1:12.15 | 900m: 11:16.11 | 1:16.38 | 1700m: 21:36.97 |
| 200m: 2:26.24 | 1:14.09 | 1000m: 12:32.83 | 1:16.72 | 1800m: 22:55.84 |
| 300m: 3:40.62 | 1:14.38 | 1100m: 13:49.55 | 1:16.72 | 1900m: 24:14.57 |
| 400m: 4:56.00 | 1:15.38 | 1200m: 15:07.28 | 1:17.73 | 2000m: 25:34.40 |
| 500m: 6:11.74 | 1:15.74 | 1300m: 16:24.72 | 1:17.44 | 2100m: 26:53.61 |
| 600m: 7:27.20 | 1:15.46 | 1400m: 17:42.49 | 1:17.77 | 2200m: 28:12.74 |
| 700m: 8:43.40 | 1:16.20 | 1500m: 19:00.71 | 1:18.22 | 2300m: 29:32.05 |
| 800m: 9:59.73 | 1:16.33 | 1600m: 20:18.65 | 1:17.94 | 2400m: 30:51.95 |
| 2500m: 32:11.51 | 1:19.56 | | | |
| 2600m: 33:32.47 | 1:20.96 | | | |
| 2700m: 34:53.44 | 1:20.97 | | | |
| 2800m: 36:14.00 | 1:20.56 | | | |
| 2900m: 37:33.98 | 1:19.98 | | | |
| 3000m: 38:50.95 | 1:16.97 | | | |

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 2, Fem., 3000m Libre, INFANTIL

| Clasificación | AN | | Tiempo | |
|--------------------------------------|-------------------------|-------------------------|-------------------------|---|
| 16. BUSTO HERNANDEZ Isabel | 07 | C.N. Metropole | 39:06.26 | - |
| 100m: 1:11.82 1:11.82 | 900m: 11:23.12 1:17.84 | 1700m: 21:51.44 1:19.54 | 2500m: 32:25.99 1:20.48 | |
| 200m: 2:26.68 1:14.86 | 1000m: 12:40.77 1:17.65 | 1800m: 23:10.68 1:19.24 | 2600m: 33:46.66 1:20.67 | |
| 300m: 3:42.53 1:15.85 | 1100m: 13:58.68 1:17.91 | 1900m: 24:29.57 1:18.89 | 2700m: 35:07.63 1:20.97 | |
| 400m: 4:59.10 1:16.57 | 1200m: 15:16.96 1:18.28 | 2000m: 25:48.64 1:19.07 | 2800m: 36:27.99 1:20.36 | |
| 500m: 6:15.10 1:16.00 | 1300m: 16:35.25 1:18.29 | 2100m: 27:07.30 1:18.66 | 2900m: 37:47.80 1:19.81 | |
| 600m: 7:31.46 1:16.36 | 1400m: 17:54.00 1:18.75 | 2200m: 28:26.42 1:19.12 | 3000m: 39:06.26 1:18.46 | |
| 700m: 8:47.89 1:16.43 | 1500m: 19:12.76 1:18.76 | 2300m: 29:45.68 1:19.26 | | |
| 800m: 10:05.28 1:17.39 | 1600m: 20:31.90 1:19.14 | 2400m: 31:05.51 1:19.83 | | |
| 17. LORENZO REY Alicia | 07 | C.N. Santa Olaya | 39:28.00 | - |
| 100m: 1:13.58 1:13.58 | 900m: 11:37.48 1:19.27 | 1700m: 22:10.09 1:20.95 | 2500m: 32:54.38 1:21.07 | |
| 200m: 2:29.67 1:16.09 | 1000m: 12:55.46 1:17.98 | 1800m: 23:30.70 1:20.61 | 2600m: 34:13.73 1:19.35 | |
| 300m: 3:46.69 1:17.02 | 1100m: 14:14.53 1:19.07 | 1900m: 24:52.89 1:22.19 | 2700m: 35:32.64 1:18.91 | |
| 400m: 5:05.40 1:18.71 | 1200m: 15:33.37 1:18.84 | 2000m: 26:13.19 1:20.30 | 2800m: 36:52.16 1:19.52 | |
| 500m: 6:23.52 1:18.12 | 1300m: 16:51.26 1:17.89 | 2100m: 27:33.29 1:20.10 | 2900m: 38:10.69 1:18.53 | |
| 600m: 7:41.42 1:17.90 | 1400m: 18:10.17 1:18.91 | 2200m: 28:53.31 1:20.02 | 3000m: 39:28.00 1:17.31 | |
| 700m: 8:59.37 1:17.95 | 1500m: 19:29.56 1:19.39 | 2300m: 30:13.12 1:19.81 | | |
| 800m: 10:18.21 1:18.84 | 1600m: 20:49.14 1:19.58 | 2400m: 31:33.31 1:20.19 | | |
| 18. GONZALEZ MONTELONGO Julia | 08 | Esna Lanzarote | 39:33.58 | - |
| 100m: 1:13.81 1:13.81 | 900m: 11:35.16 1:18.80 | 1700m: 22:09.12 1:20.02 | 2500m: 32:52.43 1:20.72 | |
| 200m: 2:30.00 1:16.19 | 1000m: 12:54.10 1:18.94 | 1800m: 23:29.50 1:20.38 | 2600m: 34:13.64 1:21.21 | |
| 300m: 3:46.99 1:16.99 | 1100m: 14:12.88 1:18.78 | 1900m: 24:49.62 1:20.12 | 2700m: 35:35.27 1:21.63 | |
| 400m: 5:04.67 1:17.68 | 1200m: 15:31.45 1:18.57 | 2000m: 26:10.08 1:20.46 | 2800m: 36:55.79 1:20.52 | |
| 500m: 6:22.64 1:17.97 | 1300m: 16:50.70 1:19.25 | 2100m: 27:30.50 1:20.42 | 2900m: 38:15.63 1:19.84 | |
| 600m: 7:40.47 1:17.83 | 1400m: 18:10.14 1:19.44 | 2200m: 28:50.94 1:20.44 | 3000m: 39:33.58 1:17.95 | |
| 700m: 8:58.37 1:17.90 | 1500m: 19:29.54 1:19.40 | 2300m: 30:11.37 1:20.43 | | |
| 800m: 10:16.36 1:17.99 | 1600m: 20:49.10 1:19.56 | 2400m: 31:31.71 1:20.34 | | |
| 19. ALVAREZ RODRIGUEZ Alicia | 07 | C.N. Santa Olaya | 39:47.72 | - |
| 100m: 1:15.50 1:15.50 | 900m: 11:38.65 1:18.13 | 1700m: 22:12.54 1:20.31 | 2500m: 33:02.06 1:22.26 | |
| 200m: 2:32.61 1:17.11 | 1000m: 12:57.20 1:18.55 | 1800m: 23:33.30 1:20.76 | 2600m: 34:24.35 1:22.29 | |
| 300m: 3:50.05 1:17.44 | 1100m: 14:15.75 1:18.55 | 1900m: 24:54.09 1:20.79 | 2700m: 35:45.82 1:21.47 | |
| 400m: 5:08.12 1:18.07 | 1200m: 15:34.72 1:18.97 | 2000m: 26:14.87 1:20.78 | 2800m: 37:07.41 1:21.59 | |
| 500m: 6:26.04 1:17.92 | 1300m: 16:53.76 1:19.04 | 2100m: 27:35.78 1:20.91 | 2900m: 38:28.51 1:21.10 | |
| 600m: 7:44.22 1:18.18 | 1400m: 18:12.88 1:19.12 | 2200m: 28:57.12 1:21.34 | 3000m: 39:47.72 1:19.21 | |
| 700m: 9:02.42 1:18.20 | 1500m: 19:32.41 1:19.53 | 2300m: 30:18.20 1:21.08 | | |
| 800m: 10:20.52 1:18.10 | 1600m: 20:52.23 1:19.82 | 2400m: 31:39.80 1:21.60 | | |
| Baja AYUSO MENDEZ Andrea | 07 | C.D. Santa Ana | | - |

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

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 | | |

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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------------------|-----------------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--|-------------------------|-------------------------|-------------------------|--|
| 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 | | | | | | |

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 | | | | | | |

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 Naval | | | | | | 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 | | | |

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

ABSOLUTA

| | | | |
|-------------------------------------|-----------|----------------------------------|-----------------|
| 1. GARACH BENITO Carlos | 04 | C.N. Churriana | 53:29.32 |
| <i>Mejor Marca Nacional</i> | | | |
| 100m: 1:02.16 | 1:02.16 | 1400m: 14:56.09 | 1:04.93 |
| 200m: 2:05.88 | 1:03.72 | 1500m: 16:00.59 | 1:04.50 |
| 300m: 3:09.21 | 1:03.33 | 1600m: 17:05.14 | 1:04.55 |
| 400m: 4:13.00 | 1:03.79 | 1700m: 18:09.89 | 1:04.75 |
| 500m: 5:17.09 | 1:04.09 | 1800m: 19:14.18 | 1:04.29 |
| 600m: 6:21.33 | 1:04.24 | 1900m: 20:18.90 | 1:04.72 |
| 700m: 7:25.30 | 1:03.97 | 2000m: 21:23.46 | 1:04.56 |
| 800m: 8:29.24 | 1:03.94 | 2100m: 22:27.54 | 1:04.08 |
| 900m: 9:33.53 | 1:04.29 | 2200m: 23:31.85 | 1:04.31 |
| 1000m: 10:37.79 | 1:04.26 | 2300m: 24:35.53 | 1:03.68 |
| 1100m: 11:42.38 | 1:04.59 | 2400m: 25:39.39 | 1:03.86 |
| 1200m: 12:46.81 | 1:04.43 | 2500m: 26:43.65 | 1:04.26 |
| 1300m: 13:51.16 | 1:04.35 | 2600m: 27:47.97 | 1:04.32 |
| 2700m: 28:52.41 | 1:04.44 | 3000m: 32:06.26 | 1:04.80 |
| 2800m: 29:57.02 | 1:04.61 | 3100m: 33:10.80 | 1:04.54 |
| 2900m: 31:01.46 | 1:04.44 | 3200m: 34:15.23 | 1:04.43 |
| 3000m: 32:06.26 | 1:04.80 | 3300m: 35:19.61 | 1:04.38 |
| 3100m: 33:10.80 | 1:04.54 | 3400m: 36:24.42 | 1:04.81 |
| 3200m: 34:15.23 | 1:04.43 | 3500m: 37:28.85 | 1:04.43 |
| 3300m: 35:19.61 | 1:04.38 | 3600m: 38:32.82 | 1:03.97 |
| 3400m: 36:24.42 | 1:04.81 | 3700m: 39:37.19 | 1:04.37 |
| 3500m: 37:28.85 | 1:04.43 | 3800m: 40:41.08 | 1:03.89 |
| 3600m: 38:32.82 | 1:03.97 | 3900m: 41:45.14 | 1:04.06 |
| 3700m: 39:37.19 | 1:04.37 | | |
| 3800m: 40:41.08 | 1:03.89 | | |
| 3900m: 41:45.14 | 1:04.06 | | |
| 4000m: 42:49.39 | 1:04.25 | | |
| 4100m: 43:53.71 | 1:04.32 | | |
| 4200m: 44:58.68 | 1:04.97 | | |
| 4300m: 46:03.06 | 1:04.38 | | |
| 4400m: 47:07.36 | 1:04.30 | | |
| 4500m: 48:12.17 | 1:04.81 | | |
| 4600m: 49:16.25 | 1:04.08 | | |
| 4700m: 50:20.27 | 1:04.02 | | |
| 4800m: 51:23.99 | 1:03.72 | | |
| 4900m: 52:27.68 | 1:03.69 | | |
| 5000m: 53:29.32 | 1:01.64 | | |
| | | | |
| 2. PUJOL BELMONTE Guillem | 97 | C.N. Mataro | 53:59.82 |
| 100m: 1:02.15 | 1:02.15 | 1400m: 14:58.34 | 1:04.51 |
| 200m: 2:06.27 | 1:04.12 | 1500m: 16:02.89 | 1:04.55 |
| 300m: 3:09.78 | 1:03.51 | 1600m: 17:07.43 | 1:04.54 |
| 400m: 4:14.54 | 1:04.76 | 1700m: 18:11.53 | 1:04.10 |
| 500m: 5:18.86 | 1:04.32 | 1800m: 19:15.24 | 1:03.71 |
| 600m: 6:23.01 | 1:04.15 | 1900m: 20:19.86 | 1:04.62 |
| 700m: 7:27.14 | 1:04.13 | 2000m: 21:24.81 | 1:04.95 |
| 800m: 8:31.37 | 1:04.23 | 2100m: 22:29.24 | 1:04.43 |
| 900m: 9:35.87 | 1:04.50 | 2200m: 23:33.44 | 1:04.20 |
| 1000m: 10:40.29 | 1:04.42 | 2300m: 24:37.82 | 1:04.38 |
| 1100m: 11:44.91 | 1:04.62 | 2400m: 25:43.08 | 1:05.26 |
| 1200m: 12:49.62 | 1:04.71 | 2500m: 26:48.00 | 1:04.92 |
| 1300m: 13:53.83 | 1:04.21 | 2600m: 27:53.08 | 1:05.08 |
| 2700m: 28:58.59 | 1:05.51 | 3000m: 32:15.54 | 1:05.71 |
| 2800m: 30:04.06 | 1:05.47 | 3100m: 33:21.01 | 1:05.47 |
| 2900m: 31:09.83 | 1:05.77 | 3200m: 34:26.50 | 1:05.49 |
| 3000m: 32:15.54 | 1:05.71 | 3300m: 35:32.07 | 1:05.57 |
| 3100m: 33:21.01 | 1:05.47 | 3400m: 36:37.49 | 1:05.42 |
| 3200m: 34:26.50 | 1:05.49 | 3500m: 37:42.74 | 1:05.25 |
| 3300m: 35:32.07 | 1:05.57 | 3600m: 38:47.59 | 1:04.85 |
| 3400m: 36:37.49 | 1:05.42 | 3700m: 39:53.14 | 1:05.55 |
| 3500m: 37:42.74 | 1:05.25 | 3800m: 40:58.97 | 1:05.83 |
| 3600m: 38:47.59 | 1:04.85 | 3900m: 42:04.90 | 1:05.93 |
| 3700m: 39:53.14 | 1:05.55 | | |
| 3800m: 40:58.97 | 1:05.83 | | |
| 3900m: 42:04.90 | 1:05.93 | | |
| 4000m: 43:10.07 | 1:05.17 | | |
| 4100m: 44:15.71 | 1:05.64 | | |
| 4200m: 45:21.19 | 1:05.48 | | |
| 4300m: 46:26.42 | 1:05.23 | | |
| 4400m: 47:31.80 | 1:05.38 | | |
| 4500m: 48:36.74 | 1:04.94 | | |
| 4600m: 49:42.20 | 1:05.46 | | |
| 4700m: 50:47.78 | 1:05.58 | | |
| 4800m: 51:53.04 | 1:05.26 | | |
| 4900m: 52:57.96 | 1:04.92 | | |
| 5000m: 53:59.82 | 1:01.86 | | |
| | | | |
| 3. PUEBLA MARTINEZ Alejandro | 02 | C.N.Cartagonova Cartagena | 54:18.32 |
| 100m: 1:01.67 | 1:01.67 | 1400m: 14:55.95 | 1:04.70 |
| 200m: 2:05.27 | 1:03.60 | 1500m: 16:00.86 | 1:04.91 |
| 300m: 3:08.81 | 1:03.54 | 1600m: 17:05.27 | 1:04.41 |
| 400m: 4:12.71 | 1:03.90 | 1700m: 18:09.85 | 1:04.58 |
| 500m: 5:17.06 | 1:04.35 | 1800m: 19:14.04 | 1:04.19 |
| 600m: 6:21.20 | 1:04.14 | 1900m: 20:18.84 | 1:04.80 |
| 700m: 7:25.27 | 1:04.07 | 2000m: 21:23.99 | 1:05.15 |
| 800m: 8:29.48 | 1:04.21 | 2100m: 22:29.15 | 1:05.16 |
| 900m: 9:33.68 | 1:04.20 | 2200m: 23:35.00 | 1:05.85 |
| 1000m: 10:38.01 | 1:04.33 | 2300m: 24:40.83 | 1:05.83 |
| 1100m: 11:42.27 | 1:04.26 | 2400m: 25:47.29 | 1:06.46 |
| 1200m: 12:46.64 | 1:04.37 | 2500m: 26:54.24 | 1:06.95 |
| 1300m: 13:51.25 | 1:04.61 | 2600m: 28:00.36 | 1:06.12 |
| 2700m: 29:06.75 | 1:06.39 | 3000m: 32:24.92 | 1:05.97 |
| 2800m: 30:12.70 | 1:05.95 | 3100m: 33:30.98 | 1:06.06 |
| 2900m: 31:18.95 | 1:06.25 | 3200m: 34:36.75 | 1:05.77 |
| 3000m: 32:24.92 | 1:05.97 | 3300m: 35:41.85 | 1:05.10 |
| 3100m: 33:30.98 | 1:06.06 | 3400m: 36:47.22 | 1:05.37 |
| 3200m: 34:36.75 | 1:05.77 | 3500m: 37:52.77 | 1:05.55 |
| 3300m: 35:41.85 | 1:05.10 | 3600m: 38:58.10 | 1:05.33 |
| 3400m: 36:47.22 | 1:05.37 | 3700m: 40:03.43 | 1:05.33 |
| 3500m: 37:52.77 | 1:05.55 | 3800m: 41:08.78 | 1:05.35 |
| 3600m: 38:58.10 | 1:05.33 | 3900m: 42:14.52 | 1:05.74 |
| 3700m: 40:03.43 | 1:05.33 | | |
| 3800m: 41:08.78 | 1:05.35 | | |
| 3900m: 42:14.52 | 1:05.74 | | |
| 4000m: 43:20.43 | 1:05.91 | | |
| 4100m: 44:26.32 | 1:05.89 | | |
| 4200m: 45:32.20 | 1:05.88 | | |
| 4300m: 46:38.63 | 1:06.43 | | |
| 4400m: 47:44.79 | 1:06.16 | | |
| 4500m: 48:51.19 | 1:06.40 | | |
| 4600m: 49:57.55 | 1:06.36 | | |
| 4700m: 51:03.60 | 1:06.05 | | |
| 4800m: 52:09.37 | 1:05.77 | | |
| 4900m: 53:15.56 | 1:06.19 | | |
| 5000m: 54:18.32 | 1:02.76 | | |

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, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|----------------------------------|-------------------------|-----------------------------|-------------------------|--|
| 4. DE OÑA RAMÍREZ Angel | 02 | C.D.N. Inacua Malaga | 54:45.12 | |
| 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 | | |
| 5. GIL TARAZONA Pol | 96 | C.N. Barcelona | 54:51.60 | |
| 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 | | |
| 6. MENDEZ PUGA Mario | 03 | C.N. Rias Baixas | 55:36.73 | |
| 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 | | |
| 7. GONZALEZ CALDERON Ivan | 03 | C.D. El Valle | 56:16.48 | |
| 100m: 1:05.33 1:05.33 | 1200m: 13:23.04 1:06.73 | 2300m: 25:48.81 1:07.54 | 3400m: 38:16.53 1:08.76 | |
| 200m: 2:12.16 1:06.83 | 1300m: 14:30.31 1:07.27 | 2400m: 26:55.61 1:06.80 | 3500m: 39:24.58 1:08.05 | |
| 300m: 3:18.65 1:06.49 | 1400m: 15:37.41 1:07.10 | 2500m: 28:02.52 1:06.91 | 3600m: 40:33.08 1:08.50 | |
| 400m: 4:25.72 1:07.07 | 1500m: 16:44.57 1:07.16 | 2600m: 29:10.10 1:07.58 | 3700m: 41:41.47 1:08.39 | |
| 500m: 5:32.88 1:07.16 | 1600m: 17:52.32 1:07.75 | 2700m: 30:18.19 1:08.09 | 3800m: 42:50.26 1:08.79 | |
| 600m: 6:40.19 1:07.31 | 1700m: 19:00.70 1:08.38 | 2800m: 31:26.52 1:08.33 | 3900m: 43:59.31 1:09.05 | |
| 700m: 7:47.10 1:06.91 | 1800m: 20:08.18 1:07.48 | 2900m: 32:34.47 1:07.95 | 4000m: 45:07.50 1:08.19 | |
| 800m: 8:54.82 1:07.72 | 1900m: 21:15.68 1:07.50 | 3000m: 33:41.99 1:07.52 | 4100m: 46:16.05 1:08.55 | |
| 900m: 10:02.23 1:07.41 | 2000m: 22:24.27 1:08.59 | 3100m: 34:50.72 1:08.73 | 4200m: 47:24.78 1:08.73 | |
| 1000m: 11:09.22 1:06.99 | 2100m: 23:32.54 1:08.27 | 3200m: 35:59.25 1:08.53 | 4300m: 48:30.71 1:05.93 | |
| 1100m: 12:16.31 1:07.09 | 2200m: 24:41.27 1:08.73 | 3300m: 37:07.77 1:08.52 | 4400m: 49:37.51 1:06.80 | |

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, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo | | | | | |
|---------------|--|---------|-----------------|---------|-----------------|---------|-----------------|---------|--|--|--|--|
| | 4500m: 50:45.70 | 1:08.19 | 4700m: 53:00.41 | 1:07.55 | 4900m: 55:14.93 | 1:06.82 | | | | | | |
| | 4600m: 51:52.86 | 1:07.16 | 4800m: 54:08.11 | 1:07.70 | 5000m: 56:16.48 | 1:01.55 | | | | | | |
| 8. | FRANCO CEGARRA Alfonso 03 C.N.Cartagonova Cartagena | | | | | | 56:16.55 | | | | | |
| | 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 | | | | | | |
| 9. | MORENO PABLOS Sergio 05 C.N. Las Anclas Castrillon | | | | | | 56:26.72 | | | | | |
| | 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 | | | | | | |
| 10. | ROUGET FERNANDEZ Alvaro 05 C.N. Las Anclas Castrillon | | | | | | 56:28.09 | | | | | |
| | 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 | | | | | | |

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

Prueba 3, Masc., 5000m Libre, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|--------------------------------------|-----------|--------------------------------|-----------------|-----------------|
| 11. DE LA FUENTE ALONSO Diego | 06 | C.D. Torrelago Wellness | 56:32.21 | |
| 100m: 1:02.52 | 1:02.52 | 1400m: 15:25.51 | 1:06.31 | 2700m: 29:58.15 |
| 200m: 2:07.90 | 1:05.38 | 1500m: 16:32.11 | 1:06.60 | 2800m: 31:06.26 |
| 300m: 3:13.79 | 1:05.89 | 1600m: 17:38.47 | 1:06.36 | 2900m: 32:14.77 |
| 400m: 4:20.15 | 1:06.36 | 1700m: 18:45.18 | 1:06.71 | 3000m: 33:23.07 |
| 500m: 5:26.41 | 1:06.26 | 1800m: 19:51.85 | 1:06.67 | 3100m: 34:31.34 |
| 600m: 6:32.92 | 1:06.51 | 1900m: 20:58.71 | 1:06.86 | 3200m: 35:39.43 |
| 700m: 7:39.29 | 1:06.37 | 2000m: 22:05.68 | 1:06.97 | 3300m: 36:47.56 |
| 800m: 8:46.03 | 1:06.74 | 2100m: 23:12.77 | 1:07.09 | 3400m: 37:55.92 |
| 900m: 9:52.75 | 1:06.72 | 2200m: 24:20.10 | 1:07.33 | 3500m: 39:05.02 |
| 1000m: 10:59.63 | 1:06.88 | 2300m: 25:27.42 | 1:07.32 | 3600m: 40:14.27 |
| 1100m: 12:06.17 | 1:06.54 | 2400m: 26:35.17 | 1:07.75 | 3700m: 41:23.34 |
| 1200m: 13:12.96 | 1:06.79 | 2500m: 27:42.51 | 1:07.34 | 3800m: 42:32.45 |
| 1300m: 14:19.20 | 1:06.24 | 2600m: 28:50.27 | 1:07.76 | 3900m: 43:42.17 |
| | | | | 4000m: 44:50.74 |
| | | | | 4100m: 45:59.66 |
| | | | | 4200m: 47:08.85 |
| | | | | 4300m: 48:18.63 |
| | | | | 4400m: 49:28.49 |
| | | | | 4500m: 50:38.95 |
| | | | | 4600m: 51:49.38 |
| | | | | 4700m: 53:00.11 |
| | | | | 4800m: 54:11.25 |
| | | | | 4900m: 55:22.88 |
| | | | | 5000m: 56:32.21 |
| 12. GONZALEZ RODERO Alonso | 03 | Real Canoe N.C. | 56:32.74 | |
| 100m: 1:06.94 | 1:06.94 | 1400m: 15:37.07 | 1:07.16 | 2700m: 30:21.98 |
| 200m: 2:13.43 | 1:06.49 | 1500m: 16:44.20 | 1:07.13 | 2800m: 31:30.10 |
| 300m: 3:19.41 | 1:05.98 | 1600m: 17:51.87 | 1:07.67 | 2900m: 32:38.06 |
| 400m: 4:25.58 | 1:06.17 | 1700m: 19:00.36 | 1:08.49 | 3000m: 33:45.54 |
| 500m: 5:32.71 | 1:07.13 | 1800m: 20:07.95 | 1:07.59 | 3100m: 34:53.12 |
| 600m: 6:39.90 | 1:07.19 | 1900m: 21:15.30 | 1:07.35 | 3200m: 36:00.45 |
| 700m: 7:46.81 | 1:06.91 | 2000m: 22:23.90 | 1:08.60 | 3300m: 37:08.09 |
| 800m: 8:54.50 | 1:07.69 | 2100m: 23:32.26 | 1:08.36 | 3400m: 38:16.02 |
| 900m: 10:01.84 | 1:07.34 | 2200m: 24:41.05 | 1:08.79 | 3500m: 39:24.50 |
| 1000m: 11:09.03 | 1:07.19 | 2300m: 25:49.15 | 1:08.10 | 3600m: 40:32.76 |
| 1100m: 12:15.61 | 1:06.58 | 2400m: 26:57.04 | 1:07.89 | 3700m: 41:41.37 |
| 1200m: 13:22.67 | 1:07.06 | 2500m: 28:05.06 | 1:08.02 | 3800m: 42:50.15 |
| 1300m: 14:29.91 | 1:07.24 | 2600m: 29:13.54 | 1:08.48 | 3900m: 43:58.79 |
| | | | | 4000m: 45:07.29 |
| | | | | 4100m: 46:15.89 |
| | | | | 4200m: 47:24.46 |
| | | | | 4300m: 48:32.93 |
| | | | | 4400m: 49:41.91 |
| | | | | 4500m: 50:50.92 |
| | | | | 4600m: 52:00.14 |
| | | | | 4700m: 53:09.50 |
| | | | | 4800m: 54:18.03 |
| | | | | 4900m: 55:26.17 |
| | | | | 5000m: 56:32.74 |
| 13. GRANADO MARTIN Pablo | 04 | Navial | 56:36.66 | |
| 100m: 1:03.29 | 1:03.29 | 1400m: 15:31.76 | 1:08.00 | 2700m: 30:17.47 |
| 200m: 2:08.14 | 1:04.85 | 1500m: 16:39.54 | 1:07.78 | 2800m: 31:26.36 |
| 300m: 3:14.58 | 1:06.44 | 1600m: 17:47.64 | 1:08.10 | 2900m: 32:35.59 |
| 400m: 4:21.12 | 1:06.54 | 1700m: 18:55.28 | 1:07.64 | 3000m: 33:44.24 |
| 500m: 5:27.84 | 1:06.72 | 1800m: 20:03.47 | 1:08.19 | 3100m: 34:52.99 |
| 600m: 6:34.53 | 1:06.69 | 1900m: 21:11.40 | 1:07.93 | 3200m: 36:02.49 |
| 700m: 7:41.14 | 1:06.61 | 2000m: 22:19.33 | 1:07.93 | 3300m: 37:11.70 |
| 800m: 8:47.72 | 1:06.58 | 2100m: 23:27.37 | 1:08.04 | 3400m: 38:20.43 |
| 900m: 9:54.37 | 1:06.65 | 2200m: 24:35.53 | 1:08.16 | 3500m: 39:29.23 |
| 1000m: 11:01.28 | 1:06.91 | 2300m: 25:43.75 | 1:08.22 | 3600m: 40:37.95 |
| 1100m: 12:08.73 | 1:07.45 | 2400m: 26:51.78 | 1:08.03 | 3700m: 41:46.40 |
| 1200m: 13:16.24 | 1:07.51 | 2500m: 28:00.16 | 1:08.38 | 3800m: 42:54.70 |
| 1300m: 14:23.76 | 1:07.52 | 2600m: 29:08.97 | 1:08.81 | 3900m: 44:03.25 |
| | | | | 4000m: 45:12.30 |
| | | | | 4100m: 46:20.75 |
| | | | | 4200m: 47:29.22 |
| | | | | 4300m: 48:37.72 |
| | | | | 4400m: 49:46.25 |
| | | | | 4500m: 50:54.51 |
| | | | | 4600m: 52:03.26 |
| | | | | 4700m: 53:11.98 |
| | | | | 4800m: 54:19.94 |
| | | | | 4900m: 55:27.92 |
| | | | | 5000m: 56:36.66 |
| 14. GUTIERREZ RAMIREZ Enrique | 02 | C.N. Santa Olaya | 57:01.96 | |
| 100m: 1:02.24 | 1:02.24 | 1200m: 13:16.46 | 1:07.64 | 2300m: 25:43.16 |
| 200m: 2:06.72 | 1:04.48 | 1300m: 14:24.19 | 1:07.73 | 2400m: 26:48.97 |
| 300m: 3:12.83 | 1:06.11 | 1400m: 15:31.79 | 1:07.60 | 2500m: 27:57.88 |
| 400m: 4:19.91 | 1:07.08 | 1500m: 16:39.14 | 1:07.35 | 2600m: 29:07.43 |
| 500m: 5:26.26 | 1:06.35 | 1600m: 17:46.53 | 1:07.39 | 2700m: 30:15.16 |
| 600m: 6:32.92 | 1:06.66 | 1700m: 18:54.12 | 1:07.59 | 2800m: 31:25.39 |
| 700m: 7:39.99 | 1:07.07 | 1800m: 20:01.88 | 1:07.76 | 2900m: 32:35.42 |
| 800m: 8:46.89 | 1:06.90 | 1900m: 21:09.85 | 1:07.97 | 3000m: 33:45.56 |
| 900m: 9:53.81 | 1:06.92 | 2000m: 22:17.83 | 1:07.98 | 3100m: 34:56.29 |
| 1000m: 11:00.98 | 1:07.17 | 2100m: 23:26.28 | 1:08.45 | 3200m: 36:07.05 |
| 1100m: 12:08.82 | 1:07.84 | 2200m: 24:34.82 | 1:08.54 | 3300m: 37:17.76 |
| | | | | 3400m: 38:28.19 |
| | | | | 3500m: 39:38.93 |
| | | | | 3600m: 40:51.22 |
| | | | | 3700m: 42:02.58 |
| | | | | 3800m: 43:14.07 |
| | | | | 3900m: 44:25.35 |
| | | | | 4000m: 45:32.94 |
| | | | | 4100m: 46:39.52 |
| | | | | 4200m: 47:48.99 |
| | | | | 4300m: 48:58.48 |
| | | | | 4400m: 50:09.04 |

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, ABSOLUTA

| 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 | | | |
| 15. MACARIO MOLINA Joan | 05 | C.N. Metropole | | 57:03.37 | | | | |
| 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 | | | |
| 16. ORTIZ MARTINEZ Carlos | 04 | C.N. Barcelona | | 57:10.66 | | | | |
| 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 | | | |
| 17. FERNANDEZ AMOR Aitor | 04 | C.N. Las Anclas Castrillon | | 57:17.96 | | | | |
| 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 | | | |

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, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|-----------------------------------|-------------------------|-----------------------------------|-------------------------|--|
| 18. MARTIN ESTEBAN Alberto | 05 | C.N. Toledo | 57:19.43 | |
| 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 | | |
| 19. HERNANDEZ LOPEZ Carlos | 05 | R.C. Mediterraneo | 57:34.31 | |
| 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 | | |
| 20. ARIAS DIEZ Mario | 05 | C.D. Torrelago Wellness | 57:34.37 | |
| 100m: 1:05.55 1:05.55 | 1400m: 15:41.37 1:08.65 | 2700m: 30:34.96 1:09.50 | 4000m: 45:46.95 1:10.14 | |
| 200m: 2:12.19 1:06.64 | 1500m: 16:49.43 1:08.06 | 2800m: 31:44.58 1:09.62 | 4100m: 46:56.69 1:09.74 | |
| 300m: 3:18.97 1:06.78 | 1600m: 17:58.17 1:08.74 | 2900m: 32:54.78 1:10.20 | 4200m: 48:05.17 1:08.48 | |
| 400m: 4:26.08 1:07.11 | 1700m: 19:06.64 1:08.47 | 3000m: 34:04.12 1:09.34 | 4300m: 49:14.36 1:09.19 | |
| 500m: 5:32.92 1:06.84 | 1800m: 20:14.91 1:08.27 | 3100m: 35:13.74 1:09.62 | 4400m: 50:23.02 1:08.66 | |
| 600m: 6:40.20 1:07.28 | 1900m: 21:23.94 1:09.03 | 3200m: 36:23.70 1:09.96 | 4500m: 51:34.48 1:11.46 | |
| 700m: 7:47.41 1:07.21 | 2000m: 22:32.86 1:08.92 | 3300m: 37:34.16 1:10.46 | 4600m: 52:46.46 1:11.98 | |
| 800m: 8:54.74 1:07.33 | 2100m: 23:41.71 1:08.85 | 3400m: 38:43.96 1:09.80 | 4700m: 53:59.34 1:12.88 | |
| 900m: 10:02.11 1:07.37 | 2200m: 24:50.19 1:08.48 | 3500m: 39:53.91 1:09.95 | 4800m: 55:11.05 1:11.71 | |
| 1000m: 11:09.52 1:07.41 | 2300m: 25:58.90 1:08.71 | 3600m: 41:04.23 1:10.32 | 4900m: 56:22.84 1:11.79 | |
| 1100m: 12:17.37 1:07.85 | 2400m: 27:07.78 1:08.88 | 3700m: 42:15.10 1:10.87 | 5000m: 57:34.37 1:11.53 | |
| 1200m: 13:25.26 1:07.89 | 2500m: 28:16.08 1:08.30 | 3800m: 43:26.07 1:10.97 | | |
| 1300m: 14:32.72 1:07.46 | 2600m: 29:25.46 1:09.38 | 3900m: 44:36.81 1:10.74 | | |
| 21. VIZCAINO RIGOL Carlos | 05 | C.D.N. Nadamas Las Marinas | 57:46.38 | |
| 100m: 1:07.48 1:07.48 | 1200m: 13:37.44 1:08.71 | 2300m: 26:15.27 1:08.67 | 3400m: 38:59.23 1:09.62 | |
| 200m: 2:15.44 1:07.96 | 1300m: 14:46.19 1:08.75 | 2400m: 27:24.18 1:08.91 | 3500m: 40:09.28 1:10.05 | |
| 300m: 3:23.87 1:08.43 | 1400m: 15:54.39 1:08.20 | 2500m: 28:33.87 1:09.69 | 3600m: 41:19.23 1:09.95 | |
| 400m: 4:32.28 1:08.41 | 1500m: 17:02.90 1:08.51 | 2600m: 29:43.10 1:09.23 | 3700m: 42:28.99 1:09.76 | |
| 500m: 5:40.15 1:07.87 | 1600m: 18:11.45 1:08.55 | 2700m: 30:52.91 1:09.81 | 3800m: 43:39.54 1:10.55 | |
| 600m: 6:47.86 1:07.71 | 1700m: 19:20.06 1:08.61 | 2800m: 32:02.51 1:09.60 | 3900m: 44:49.78 1:10.24 | |
| 700m: 7:55.96 1:08.10 | 1800m: 20:28.82 1:08.76 | 2900m: 33:12.03 1:09.52 | 4000m: 46:00.52 1:10.74 | |
| 800m: 9:04.09 1:08.13 | 1900m: 21:38.04 1:09.22 | 3000m: 34:22.03 1:10.00 | 4100m: 47:11.27 1:10.75 | |
| 900m: 10:12.16 1:08.07 | 2000m: 22:47.24 1:09.20 | 3100m: 35:31.52 1:09.49 | 4200m: 48:20.92 1:09.65 | |
| 1000m: 11:20.26 1:08.10 | 2100m: 23:56.64 1:09.40 | 3200m: 36:40.65 1:09.13 | 4300m: 49:31.36 1:10.44 | |
| 1100m: 12:28.73 1:08.47 | 2200m: 25:06.60 1:09.96 | 3300m: 37:49.61 1:08.96 | 4400m: 50:42.29 1:10.93 | |

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, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo | | | | | | | | | |
|---------------|---------------------------------|---------|--------|----------|---------|--------|-----------|-----------------------|--------|----------|---------|--|--|-----------------|--|--|
| 4500m: | 51:52.82 | 1:10.53 | 4700m: | 54:15.54 | 1:11.52 | 4900m: | 56:38.26 | 1:11.12 | | | | | | | | |
| 4600m: | 53:04.02 | 1:11.20 | 4800m: | 55:27.14 | 1:11.60 | 5000m: | 57:46.38 | 1:08.12 | | | | | | | | |
| 22. | FERNANDEZ NIETO Cristian | | | | | | 92 | C.N. Galaico | | | | | | 58:11.11 | | |
| 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 | | | | | | | | |
| 23. | COCERA CORDON Yare | | | | | | 05 | C.N. Metropole | | | | | | 58:16.21 | | |
| 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 | | | | | | | | |
| 24. | SANTANA RAMIREZ Ángel | | | | | | 04 | C.N. Metropole | | | | | | 58:24.57 | | |
| 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, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--|-------------------------|-------------------------|-------------------------|--|
| 25. GRANELL VALLES Alex | 03 C.D. Nados Castellon | | | | | | 58:33.95 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | |
| 26. GOMEZ-GUILLAMON DE LAS HERAS .05meC.D. El Valle | 03 C.D. El Valle | | | | | | 58:46.78 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | |
| 27. 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 | |
| 28. MARCOS PICADO Samuel | 05 C.D. Torrelago Wellness | | | | | | 59:17.62 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m: 1:04.69 1:04.69 | 1200m: 13:42.12 1:09.49 | 2300m: 26:35.61 1:08.98 | 3400m: 39:40.28 1:10.77 | 200m: 2:12.50 1:07.81 | 1300m: 14:52.04 1:09.92 | 2400m: 27:47.15 1:11.54 | 3500m: 40:52.36 1:12.08 | 300m: 3:21.02 1:08.52 | 1400m: 16:01.60 1:09.56 | 2500m: 28:58.93 1:11.78 | 3600m: 42:02.67 1:10.31 | 400m: 4:29.75 1:08.73 | 1500m: 17:11.84 1:10.24 | 2600m: 30:11.08 1:12.15 | 3700m: 43:14.41 1:11.74 | 500m: 5:38.71 1:08.96 | 1600m: 18:21.63 1:09.79 | 2700m: 31:21.85 1:10.77 | 3800m: 44:26.14 1:11.73 | 600m: 6:47.35 1:08.64 | 1700m: 19:32.00 1:10.37 | 2800m: 32:33.07 1:11.22 | 3900m: 45:39.02 1:12.88 | 700m: 7:55.84 1:08.49 | 1800m: 20:42.11 1:10.11 | 2900m: 33:44.75 1:11.68 | 4000m: 46:52.49 1:13.47 | 800m: 9:05.18 1:09.34 | 1900m: 21:52.95 1:10.84 | 3000m: 34:55.70 1:10.95 | 4100m: 48:05.85 1:13.36 | 900m: 10:14.05 1:08.87 | 2000m: 23:03.86 1:10.91 | 3100m: 36:06.87 1:11.17 | 4200m: 49:19.90 1:14.05 | 1000m: 11:23.14 1:09.09 | 2100m: 24:15.02 1:11.16 | 3200m: 37:18.07 1:11.20 | 4300m: 50:34.85 1:14.95 | 1100m: 12:32.63 1:09.49 | 2200m: 25:26.63 1:11.61 | 3300m: 38:29.51 1:11.44 | 4400m: 51:49.72 1:14.87 | | | | | | | | |

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, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo | | | | | |
|--|-----------------|----------------------------------|-----------------|----------|-----------------|---------|-----------------|---------|--------|----------|---------|--|
| | 4500m: 53:05.36 | 1:15.64 | 4700m: 55:37.70 | 1:16.08 | 4900m: 58:07.09 | 1:14.02 | | | | | | |
| | 4600m: 54:21.62 | 1:16.26 | 4800m: 56:53.07 | 1:15.37 | 5000m: 59:17.62 | 1:10.53 | | | | | | |
| 29. CALDERON MONTENEGRO Roberto | 02 | Navial | | | | | 59:25.77 | | | | | |
| 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 | | | | |
| 30. 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 | | | | |
| 31. 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 | | | | |

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

Prueba 3, Masc., 5000m Libre, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|-------------------------------------|-------------------------|-----------------------------------|---------------------------|---|
| 32. COSTA FERNANDEZ Lucas | 98 | C.N. Pontearreas | 59:52.10 | |
| 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 | | |
| 33. LORENÇO FERREIRA Gustavo | 06 | C.D.N. Nadamas Las Marinas | 59:52.89 | - |
| 100m: 1:08.96 1:08.96 | 1400m: 15:58.46 1:09.32 | 2700m: 31:24.83 1:13.37 | 4000m: 47:33.89 1:16.08 | |
| 200m: 2:17.84 1:08.88 | 1500m: 17:07.37 1:08.91 | 2800m: 32:39.16 1:14.33 | 4100m: 48:48.00 1:14.11 | |
| 300m: 3:26.74 1:08.90 | 1600m: 18:17.42 1:10.05 | 2900m: 33:54.22 1:15.06 | 4200m: 49:59.89 1:11.89 | |
| 400m: 4:35.72 1:08.98 | 1700m: 19:27.44 1:10.02 | 3000m: 35:08.22 1:14.00 | 4300m: 51:15.73 1:15.84 | |
| 500m: 5:43.48 1:07.76 | 1800m: 20:37.35 1:09.91 | 3100m: 36:21.95 1:13.73 | 4400m: 52:31.90 1:16.17 | |
| 600m: 6:50.36 1:06.88 | 1900m: 21:47.55 1:10.20 | 3200m: 37:35.99 1:14.04 | 4500m: 53:46.94 1:15.04 | |
| 700m: 7:57.88 1:07.52 | 2000m: 22:58.96 1:11.41 | 3300m: 38:51.16 1:15.17 | 4600m: 55:02.39 1:15.45 | |
| 800m: 9:05.55 1:07.67 | 2100m: 24:10.89 1:11.93 | 3400m: 40:05.66 1:14.50 | 4700m: 56:17.43 1:15.04 | |
| 900m: 10:13.68 1:08.13 | 2200m: 25:22.62 1:11.73 | 3500m: 41:18.57 1:12.91 | 4800m: 57:31.51 1:14.08 | |
| 1000m: 11:22.33 1:08.65 | 2300m: 26:33.35 1:10.73 | 3600m: 42:32.28 1:13.71 | 4900m: 58:44.03 1:12.52 | |
| 1100m: 12:30.96 1:08.63 | 2400m: 27:44.77 1:11.42 | 3700m: 43:46.87 1:14.59 | 5000m: 59:52.89 1:08.86 | |
| 1200m: 13:40.00 1:09.04 | 2500m: 28:57.23 1:12.46 | 3800m: 45:02.10 1:15.23 | | |
| 1300m: 14:49.14 1:09.14 | 2600m: 30:11.46 1:14.23 | 3900m: 46:17.81 1:15.71 | | |
| 34. 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 | | |
| 35. NIETO PARDO Sergio | 05 | C.N. Las Norias | 1:00:15.75 | - |
| 100m: 1:06.41 1:06.41 | 1200m: 13:49.85 1:09.50 | 2300m: 26:57.28 1:12.37 | 3400m: 40:26.14 1:14.45 | |
| 200m: 2:15.02 1:08.61 | 1300m: 15:00.01 1:10.16 | 2400m: 28:09.37 1:12.09 | 3500m: 41:40.25 1:14.11 | |
| 300m: 3:23.72 1:08.70 | 1400m: 16:10.61 1:10.60 | 2500m: 29:22.91 1:13.54 | 3600m: 42:53.99 1:13.74 | |
| 400m: 4:32.66 1:08.94 | 1500m: 17:21.46 1:10.85 | 2600m: 30:36.06 1:13.15 | 3700m: 44:07.96 1:13.97 | |
| 500m: 5:41.77 1:09.11 | 1600m: 18:32.73 1:11.27 | 2700m: 31:49.23 1:13.17 | 3800m: 45:22.87 1:14.91 | |
| 600m: 6:51.06 1:09.29 | 1700m: 19:44.68 1:11.95 | 2800m: 33:03.01 1:13.78 | 3900m: 46:37.83 1:14.96 | |
| 700m: 8:00.89 1:09.83 | 1800m: 20:56.65 1:11.97 | 2900m: 34:16.36 1:13.35 | 4000m: 47:52.84 1:15.01 | |
| 800m: 9:10.90 1:10.01 | 1900m: 22:08.24 1:11.59 | 3000m: 35:29.88 1:13.52 | 4100m: 49:07.70 1:14.86 | |
| 900m: 10:20.86 1:09.96 | 2000m: 23:20.35 1:12.11 | 3100m: 36:43.66 1:13.78 | 4200m: 50:23.02 1:15.32 | |
| 1000m: 11:30.62 1:09.76 | 2100m: 24:32.88 1:12.53 | 3200m: 37:57.34 1:13.68 | 4300m: 51:38.86 1:15.84 | |
| 1100m: 12:40.35 1:09.73 | 2200m: 25:44.91 1:12.03 | 3300m: 39:11.69 1:14.35 | 4400m: 52:55.11 1:16.25 | |

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

Prueba 3, Masc., 5000m Libre, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo | | | | | |
|--|--------------------------|---------|-----------------|-----------------------|-------------------|---------|---------------------|---------|--------|------------|---------|---|
| | 4500m: 54:10.81 | 1:15.70 | 4700m: 56:38.66 | 1:12.96 | 4900m: 59:04.32 | 1:12.42 | | | | | | |
| | 4600m: 55:25.70 | 1:14.89 | 4800m: 57:51.90 | 1:13.24 | 5000m: 1:00:15.75 | 1:11.43 | | | | | | |
| 36. 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 | | | | |
| 37. 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 | | | | |
| Baja | VAN GOOL FERNANDEZ Ruben | | 04 | C.D. Gredos San Diego | | | | | | | | - |
| Baja | VENDRELL GARCIA Jose | | 03 | C.N. Lleida | | | | | | | | - |

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

Prueba 4 Fem., 5000m Libre
30/01/2022 - 13:05

Resultados

| | | | | |
|--------|----------|-----------------------|------------|------------|
| RE | 55:34.81 | JIMENA PEREZ BLANCO | Sant Cugat | 31/01/2021 |
| MMN 19 | 55:45.97 | JIMENA PEREZ BLANCO | MATARO | 13/02/2016 |
| MMN 18 | 57:11.05 | JIMENA PEREZ BLANCO | SABADELL | 07/02/2015 |
| MMN 17 | 58:20.88 | PAULA OTERO FERNANDEZ | Sant Cugat | 31/01/2021 |
| MMN 16 | 57:46.02 | PAULA OTERO FERNANDEZ | BARCELONA | 22/02/2020 |

Clasificación

AN

Tiempo

JUNIOR-1

1. **LEBLIC GARCIA Sydney** 05 **C.D. El Valle** **58:20.18** 13,00
Mejor Marca Nacional

| | | | | | | | | | | | |
|--------|----------|---------|--------|----------|---------|--------|----------|---------|--------|----------|---------|
| 100m: | 1:08.64 | 1:08.64 | 1400m: | 16:11.87 | 1:10.03 | 2700m: | 31:22.40 | 1:10.00 | 4000m: | 46:38.04 | 1:10.98 |
| 200m: | 2:17.89 | 1:09.25 | 1500m: | 17:21.66 | 1:09.79 | 2800m: | 32:32.87 | 1:10.47 | 4100m: | 47:48.27 | 1:10.23 |
| 300m: | 3:27.22 | 1:09.33 | 1600m: | 18:31.09 | 1:09.43 | 2900m: | 33:42.97 | 1:10.10 | 4200m: | 48:58.58 | 1:10.31 |
| 400m: | 4:36.25 | 1:09.03 | 1700m: | 19:41.05 | 1:09.96 | 3000m: | 34:52.62 | 1:09.65 | 4300m: | 50:08.84 | 1:10.26 |
| 500m: | 5:45.61 | 1:09.36 | 1800m: | 20:50.81 | 1:09.76 | 3100m: | 36:02.35 | 1:09.73 | 4400m: | 51:19.91 | 1:11.07 |
| 600m: | 6:54.69 | 1:09.08 | 1900m: | 22:00.85 | 1:10.04 | 3200m: | 37:12.85 | 1:10.50 | 4500m: | 52:30.76 | 1:10.85 |
| 700m: | 8:03.83 | 1:09.14 | 2000m: | 23:10.75 | 1:09.90 | 3300m: | 38:23.21 | 1:10.36 | 4600m: | 53:41.20 | 1:10.44 |
| 800m: | 9:13.24 | 1:09.41 | 2100m: | 24:20.84 | 1:10.09 | 3400m: | 39:33.98 | 1:10.77 | 4700m: | 54:52.01 | 1:10.81 |
| 900m: | 10:22.62 | 1:09.38 | 2200m: | 25:31.04 | 1:10.20 | 3500m: | 40:44.33 | 1:10.35 | 4800m: | 56:02.11 | 1:10.10 |
| 1000m: | 11:32.18 | 1:09.56 | 2300m: | 26:41.27 | 1:10.23 | 3600m: | 41:55.35 | 1:11.02 | 4900m: | 57:12.19 | 1:10.08 |
| 1100m: | 12:41.93 | 1:09.75 | 2400m: | 27:52.09 | 1:10.82 | 3700m: | 43:05.87 | 1:10.52 | 5000m: | 58:20.18 | 1:07.99 |
| 1200m: | 13:51.86 | 1:09.93 | 2500m: | 29:02.13 | 1:10.04 | 3800m: | 44:16.57 | 1:10.70 | | | |
| 1300m: | 15:01.84 | 1:09.98 | 2600m: | 30:12.40 | 1:10.27 | 3900m: | 45:27.06 | 1:10.49 | | | |

2. **DENBY Kennedy Hope** 05 **C.D.N. Nadamas Las Marinas** **59:01.98** 10,00

| | | | | | | | | | | | |
|--------|----------|---------|--------|----------|---------|--------|----------|---------|--------|----------|---------|
| 100m: | 1:10.16 | 1:10.16 | 1400m: | 16:28.90 | 1:10.93 | 2700m: | 31:44.36 | 1:09.53 | 4000m: | 46:57.19 | 1:10.56 |
| 200m: | 2:21.35 | 1:11.19 | 1500m: | 17:39.66 | 1:10.76 | 2800m: | 32:53.94 | 1:09.58 | 4100m: | 48:08.38 | 1:11.19 |
| 300m: | 3:32.63 | 1:11.28 | 1600m: | 18:50.43 | 1:10.77 | 2900m: | 34:03.35 | 1:09.41 | 4200m: | 49:19.86 | 1:11.48 |
| 400m: | 4:44.31 | 1:11.68 | 1700m: | 20:01.17 | 1:10.74 | 3000m: | 35:13.15 | 1:09.80 | 4300m: | 50:31.89 | 1:12.03 |
| 500m: | 5:55.15 | 1:10.84 | 1800m: | 21:11.83 | 1:10.66 | 3100m: | 36:22.84 | 1:09.69 | 4400m: | 51:44.42 | 1:12.53 |
| 600m: | 7:05.36 | 1:10.21 | 1900m: | 22:22.44 | 1:10.61 | 3200m: | 37:32.81 | 1:09.97 | 4500m: | 52:56.96 | 1:12.54 |
| 700m: | 8:15.38 | 1:10.02 | 2000m: | 23:33.10 | 1:10.66 | 3300m: | 38:42.99 | 1:10.18 | 4600m: | 54:09.78 | 1:12.82 |
| 800m: | 9:25.29 | 1:09.91 | 2100m: | 24:43.90 | 1:10.80 | 3400m: | 39:53.06 | 1:10.07 | 4700m: | 55:22.80 | 1:13.02 |
| 900m: | 10:35.35 | 1:10.06 | 2200m: | 25:54.50 | 1:10.60 | 3500m: | 41:03.85 | 1:10.79 | 4800m: | 56:36.73 | 1:13.93 |
| 1000m: | 11:45.95 | 1:10.60 | 2300m: | 27:04.70 | 1:10.20 | 3600m: | 42:14.35 | 1:10.50 | 4900m: | 57:50.60 | 1:13.87 |
| 1100m: | 12:56.41 | 1:10.46 | 2400m: | 28:14.87 | 1:10.17 | 3700m: | 43:24.96 | 1:10.61 | 5000m: | 59:01.98 | 1:11.38 |
| 1200m: | 14:07.24 | 1:10.83 | 2500m: | 29:24.85 | 1:09.98 | 3800m: | 44:35.46 | 1:10.50 | | | |
| 1300m: | 15:17.97 | 1:10.73 | 2600m: | 30:34.83 | 1:09.98 | 3900m: | 45:46.63 | 1:11.17 | | | |

3. **CARMONA VILLAPLANA Marta** 05 **C.N. Albacete** **59:21.68** 8,00

| | | | | | | | | | | | |
|--------|----------|---------|--------|----------|---------|--------|----------|---------|--------|----------|---------|
| 100m: | 1:08.84 | 1:08.84 | 1400m: | 16:20.17 | 1:10.98 | 2700m: | 31:42.43 | 1:11.30 | 4000m: | 47:22.92 | 1:13.17 |
| 200m: | 2:17.87 | 1:09.03 | 1500m: | 17:30.75 | 1:10.58 | 2800m: | 32:54.04 | 1:11.61 | 4100m: | 48:35.99 | 1:13.07 |
| 300m: | 3:27.49 | 1:09.62 | 1600m: | 18:41.50 | 1:10.75 | 2900m: | 34:05.33 | 1:11.29 | 4200m: | 49:49.78 | 1:13.79 |
| 400m: | 4:37.21 | 1:09.72 | 1700m: | 19:52.34 | 1:10.84 | 3000m: | 35:17.37 | 1:12.04 | 4300m: | 51:02.48 | 1:12.70 |
| 500m: | 5:46.78 | 1:09.57 | 1800m: | 21:03.15 | 1:10.81 | 3100m: | 36:29.95 | 1:12.58 | 4400m: | 52:14.28 | 1:11.80 |
| 600m: | 6:56.95 | 1:10.17 | 1900m: | 22:13.68 | 1:10.53 | 3200m: | 37:42.06 | 1:12.11 | 4500m: | 53:26.66 | 1:12.38 |
| 700m: | 8:07.09 | 1:10.14 | 2000m: | 23:24.47 | 1:10.79 | 3300m: | 38:55.19 | 1:13.13 | 4600m: | 54:38.84 | 1:12.18 |
| 800m: | 9:17.36 | 1:10.27 | 2100m: | 24:35.47 | 1:11.00 | 3400m: | 40:08.15 | 1:12.96 | 4700m: | 55:50.55 | 1:11.71 |
| 900m: | 10:27.62 | 1:10.26 | 2200m: | 25:46.59 | 1:11.12 | 3500m: | 41:20.48 | 1:12.33 | 4800m: | 57:02.56 | 1:12.01 |
| 1000m: | 11:37.75 | 1:10.13 | 2300m: | 26:57.90 | 1:11.31 | 3600m: | 42:33.61 | 1:13.13 | 4900m: | 58:14.46 | 1:11.90 |
| 1100m: | 12:48.15 | 1:10.40 | 2400m: | 28:09.03 | 1:11.13 | 3700m: | 43:45.80 | 1:12.19 | 5000m: | 59:21.68 | 1:07.22 |
| 1200m: | 13:58.88 | 1:10.73 | 2500m: | 29:19.92 | 1:10.89 | 3800m: | 44:57.57 | 1:11.77 | | | |
| 1300m: | 15:09.19 | 1:10.31 | 2600m: | 30:31.13 | 1:11.21 | 3900m: | 46:09.75 | 1:12.18 | | | |

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 4, Fem., 5000m Libre, JUNIOR-1

| Clasificación | AN | Tiempo |
|--|-------------------------|----------------------------------|
| 4. MORA FERRANDIS Ariadna | 06 | C.N. La Salle-Palma |
| | | 1:00:24.54 |
| | | 7,00 |
| 100m: 1:09.85 1:09.85 | 1400m: 16:38.44 1:12.00 | 2700m: 32:19.60 1:11.94 |
| 200m: 2:21.02 1:11.17 | 1500m: 17:50.91 1:12.47 | 2800m: 33:32.29 1:12.69 |
| 300m: 3:31.88 1:10.86 | 1600m: 19:03.41 1:12.50 | 2900m: 34:44.87 1:12.58 |
| 400m: 4:42.87 1:10.99 | 1700m: 20:16.13 1:12.72 | 3000m: 35:58.06 1:13.19 |
| 500m: 5:53.84 1:10.97 | 1800m: 21:29.02 1:12.89 | 3100m: 37:11.59 1:13.53 |
| 600m: 7:04.96 1:11.12 | 1900m: 22:41.64 1:12.62 | 3200m: 38:24.11 1:12.52 |
| 700m: 8:16.21 1:11.25 | 2000m: 23:54.99 1:13.35 | 3300m: 39:36.32 1:12.21 |
| 800m: 9:27.40 1:11.19 | 2100m: 25:07.29 1:12.30 | 3400m: 40:50.23 1:13.91 |
| 900m: 10:38.83 1:11.43 | 2200m: 26:19.75 1:12.46 | 3500m: 42:03.04 1:12.81 |
| 1000m: 11:50.30 1:11.47 | 2300m: 27:32.58 1:12.83 | 3600m: 43:15.84 1:12.80 |
| 1100m: 13:02.36 1:12.06 | 2400m: 28:44.62 1:12.04 | 3700m: 44:29.29 1:13.45 |
| 1200m: 14:14.48 1:12.12 | 2500m: 29:56.33 1:11.71 | 3800m: 45:43.15 1:13.86 |
| 1300m: 15:26.44 1:11.96 | 2600m: 31:07.66 1:11.33 | 3900m: 46:57.15 1:14.00 |
| | | 4000m: 48:10.17 1:13.02 |
| | | 4100m: 49:23.47 1:13.30 |
| | | 4200m: 50:36.64 1:13.17 |
| | | 4300m: 51:50.34 1:13.70 |
| | | 4400m: 53:03.89 1:13.55 |
| | | 4500m: 54:17.77 1:13.88 |
| | | 4600m: 55:32.25 1:14.48 |
| | | 4700m: 56:46.20 1:13.95 |
| | | 4800m: 57:59.89 1:13.69 |
| | | 4900m: 59:13.24 1:13.35 |
| | | 5000m: 1:00:24.54 1:11.30 |
| 5. LUQUE CALVO M^a De Gador | 06 | C.D.N. Inacua Malaga |
| | | 1:00:57.46 |
| | | 6,00 |
| 100m: 1:10.23 1:10.23 | 1400m: 16:37.14 1:12.19 | 2700m: 32:23.17 1:14.21 |
| 200m: 2:20.75 1:10.52 | 1500m: 17:48.31 1:11.17 | 2800m: 33:38.12 1:14.95 |
| 300m: 3:32.13 1:11.38 | 1600m: 18:59.44 1:11.13 | 2900m: 34:52.36 1:14.24 |
| 400m: 4:43.20 1:11.07 | 1700m: 20:11.58 1:12.14 | 3000m: 36:06.73 1:14.37 |
| 500m: 5:54.47 1:11.27 | 1800m: 21:22.29 1:10.71 | 3100m: 37:20.27 1:13.54 |
| 600m: 7:05.42 1:10.95 | 1900m: 22:34.63 1:12.34 | 3200m: 38:35.50 1:15.23 |
| 700m: 8:16.16 1:10.74 | 2000m: 23:48.05 1:13.42 | 3300m: 39:51.21 1:15.71 |
| 800m: 9:26.78 1:10.62 | 2100m: 25:01.06 1:13.01 | 3400m: 41:06.98 1:15.77 |
| 900m: 10:37.83 1:11.05 | 2200m: 26:14.39 1:13.33 | 3500m: 42:22.92 1:15.94 |
| 1000m: 11:49.06 1:11.23 | 2300m: 27:28.59 1:14.20 | 3600m: 43:38.92 1:16.00 |
| 1100m: 13:01.06 1:12.00 | 2400m: 28:42.25 1:13.66 | 3700m: 44:54.17 1:15.25 |
| 1200m: 14:13.06 1:12.00 | 2500m: 29:55.76 1:13.51 | 3800m: 46:10.10 1:15.93 |
| 1300m: 15:24.95 1:11.89 | 2600m: 31:08.96 1:13.20 | 3900m: 47:23.44 1:13.34 |
| | | 4000m: 48:36.58 1:13.14 |
| | | 4100m: 49:49.91 1:13.33 |
| | | 4200m: 51:03.18 1:13.27 |
| | | 4300m: 52:15.67 1:12.49 |
| | | 4400m: 53:29.97 1:14.30 |
| | | 4500m: 54:46.03 1:16.06 |
| | | 4600m: 56:01.83 1:15.80 |
| | | 4700m: 57:17.74 1:15.91 |
| | | 4800m: 58:33.80 1:16.06 |
| | | 4900m: 59:48.17 1:14.37 |
| | | 5000m: 1:00:57.46 1:09.29 |
| 6. MICO GONZALEZ Sara | 05 | C.N. Tennis Elche |
| | | 1:00:57.51 |
| | | 5,00 |
| 100m: 1:09.78 1:09.78 | 1400m: 16:34.74 1:13.31 | 2700m: 32:25.16 1:14.09 |
| 200m: 2:21.06 1:11.28 | 1500m: 17:47.67 1:12.93 | 2800m: 33:38.87 1:13.71 |
| 300m: 3:32.40 1:11.34 | 1600m: 19:00.71 1:13.04 | 2900m: 34:52.93 1:14.06 |
| 400m: 4:43.81 1:11.41 | 1700m: 20:13.83 1:13.12 | 3000m: 36:07.81 1:14.88 |
| 500m: 5:54.46 1:10.65 | 1800m: 21:26.37 1:12.54 | 3100m: 37:23.84 1:16.03 |
| 600m: 7:04.80 1:10.34 | 1900m: 22:38.79 1:12.42 | 3200m: 38:40.02 1:16.18 |
| 700m: 8:14.63 1:09.83 | 2000m: 23:51.50 1:12.71 | 3300m: 39:55.60 1:15.58 |
| 800m: 9:24.99 1:10.36 | 2100m: 25:03.78 1:12.28 | 3400m: 41:11.09 1:15.49 |
| 900m: 10:34.90 1:09.91 | 2200m: 26:16.03 1:12.25 | 3500m: 42:26.64 1:15.55 |
| 1000m: 11:45.97 1:11.07 | 2300m: 27:29.36 1:13.33 | 3600m: 43:41.56 1:14.92 |
| 1100m: 12:57.13 1:11.16 | 2400m: 28:43.36 1:14.00 | 3700m: 44:56.64 1:15.08 |
| 1200m: 14:08.91 1:11.78 | 2500m: 29:57.06 1:13.70 | 3800m: 46:10.00 1:13.36 |
| 1300m: 15:21.43 1:12.52 | 2600m: 31:11.07 1:14.01 | 3900m: 47:23.28 1:13.28 |
| | | 4000m: 48:36.32 1:13.04 |
| | | 4100m: 49:50.06 1:13.74 |
| | | 4200m: 51:03.33 1:13.27 |
| | | 4300m: 52:18.66 1:15.33 |
| | | 4400m: 53:35.42 1:16.76 |
| | | 4500m: 54:52.20 1:16.78 |
| | | 4600m: 56:07.67 1:15.47 |
| | | 4700m: 57:20.91 1:13.24 |
| | | 4800m: 58:34.77 1:13.86 |
| | | 4900m: 59:49.43 1:14.66 |
| | | 5000m: 1:00:57.51 1:08.08 |
| 7. VILLADA PEREZ Paula | 06 | C.N.Cartagonova Cartagena |
| | | 1:01:31.59 |
| | | 4,00 |
| 100m: 1:09.95 1:09.95 | 1200m: 14:21.55 1:12.85 | 2300m: 27:44.54 1:13.21 |
| 200m: 2:20.78 1:10.83 | 1300m: 15:34.37 1:12.82 | 2400m: 28:57.91 1:13.37 |
| 300m: 3:31.91 1:11.13 | 1400m: 16:47.71 1:13.34 | 2500m: 30:11.92 1:14.01 |
| 400m: 4:43.91 1:12.00 | 1500m: 18:00.42 1:12.71 | 2600m: 31:26.02 1:14.10 |
| 500m: 5:56.20 1:12.29 | 1600m: 19:13.19 1:12.77 | 2700m: 32:39.22 1:13.20 |
| 600m: 7:08.79 1:12.59 | 1700m: 20:25.73 1:12.54 | 2800m: 33:53.53 1:14.31 |
| 700m: 8:21.13 1:12.34 | 1800m: 21:38.89 1:13.16 | 2900m: 35:06.37 1:12.84 |
| 800m: 9:32.95 1:11.82 | 1900m: 22:51.87 1:12.98 | 3000m: 36:19.79 1:13.42 |
| 900m: 10:44.77 1:11.82 | 2000m: 24:05.02 1:13.15 | 3100m: 37:34.79 1:15.00 |
| 1000m: 11:56.60 1:11.83 | 2100m: 25:17.98 1:12.96 | 3200m: 38:48.86 1:14.07 |
| 1100m: 13:08.70 1:12.10 | 2200m: 26:31.33 1:13.35 | 3300m: 40:02.76 1:13.90 |
| | | 3400m: 41:17.10 1:14.34 |
| | | 3500m: 42:31.70 1:14.60 |
| | | 3600m: 43:47.45 1:15.75 |
| | | 3700m: 45:03.53 1:16.08 |
| | | 3800m: 46:19.41 1:15.88 |
| | | 3900m: 47:35.44 1:16.03 |
| | | 4000m: 48:52.27 1:16.83 |
| | | 4100m: 50:08.66 1:16.39 |
| | | 4200m: 51:25.03 1:16.37 |
| | | 4300m: 52:42.02 1:16.99 |
| | | 4400m: 53:58.12 1:16.10 |

Splash Meet Manager, 11.71436

Registered to Real Federacion Española de Natacion

30/01/2022 15:35 - Página 2

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 4, Fem., 5000m Libre, JUNIOR-1

| Clasificación | AN | | | | Tiempo | | | |
|----------------------------------|-------------------------|-----------------------------------|---------------------------|--|-------------------|-------------|--|--|
| 4500m: 55:14.00 1:15.88 | 4700m: 57:46.07 1:16.04 | 4900m: 1:00:17.65 1:15.33 | | | | | | |
| 4600m: 56:30.03 1:16.03 | 4800m: 59:02.32 1:16.25 | 5000m: 1:01:31.59 1:13.94 | | | | | | |
| 8. GONZALEZ NUEZ Lucia | 06 | C.N. Tarraco | | | 1:02:08.71 | 3,00 | | |
| 100m: 1:10.45 1:10.45 | 1400m: 16:51.00 1:13.18 | 2700m: 33:06.78 1:15.64 | 4000m: 49:27.07 1:16.20 | | | | | |
| 200m: 2:21.99 1:11.54 | 1500m: 18:04.91 1:13.91 | 2800m: 34:20.56 1:13.78 | 4100m: 50:43.32 1:16.25 | | | | | |
| 300m: 3:33.28 1:11.29 | 1600m: 19:19.36 1:14.45 | 2900m: 35:34.82 1:14.26 | 4200m: 51:59.50 1:16.18 | | | | | |
| 400m: 4:45.34 1:12.06 | 1700m: 20:33.91 1:14.55 | 3000m: 36:48.88 1:14.06 | 4300m: 53:16.27 1:16.77 | | | | | |
| 500m: 5:57.34 1:12.00 | 1800m: 21:48.84 1:14.93 | 3100m: 38:02.86 1:13.98 | 4400m: 54:32.94 1:16.67 | | | | | |
| 600m: 7:09.21 1:11.87 | 1900m: 23:03.39 1:14.55 | 3200m: 39:17.11 1:14.25 | 4500m: 55:48.97 1:16.03 | | | | | |
| 700m: 8:21.51 1:12.30 | 2000m: 24:18.25 1:14.86 | 3300m: 40:32.83 1:15.72 | 4600m: 57:05.28 1:16.31 | | | | | |
| 800m: 9:34.07 1:12.56 | 2100m: 25:34.03 1:15.78 | 3400m: 41:49.45 1:16.62 | 4700m: 58:21.78 1:16.50 | | | | | |
| 900m: 10:46.61 1:12.54 | 2200m: 26:49.33 1:15.30 | 3500m: 43:05.96 1:16.51 | 4800m: 59:37.94 1:16.16 | | | | | |
| 1000m: 11:59.52 1:12.91 | 2300m: 28:04.84 1:15.51 | 3600m: 44:21.36 1:15.40 | 4900m: 1:00:53.98 1:16.04 | | | | | |
| 1100m: 13:12.21 1:12.69 | 2400m: 29:20.42 1:15.58 | 3700m: 45:37.59 1:16.23 | 5000m: 1:02:08.71 1:14.73 | | | | | |
| 1200m: 14:24.96 1:12.75 | 2500m: 30:35.78 1:15.36 | 3800m: 46:54.31 1:16.72 | | | | | | |
| 1300m: 15:37.82 1:12.86 | 2600m: 31:51.14 1:15.36 | 3900m: 48:10.87 1:16.56 | | | | | | |
| 9. LOPEZ SIMON Aitana | 06 | C.N. Ferca-San Jose | | | 1:02:20.94 | 2,00 | | |
| 100m: 1:12.33 1:12.33 | 1400m: 17:10.21 1:14.78 | 2700m: 33:20.15 1:15.04 | 4000m: 49:42.72 1:15.56 | | | | | |
| 200m: 2:26.27 1:13.94 | 1500m: 18:24.93 1:14.72 | 2800m: 34:35.51 1:15.36 | 4100m: 50:57.82 1:15.10 | | | | | |
| 300m: 3:39.92 1:13.65 | 1600m: 19:39.96 1:15.03 | 2900m: 35:50.53 1:15.02 | 4200m: 52:13.53 1:15.71 | | | | | |
| 400m: 4:54.51 1:14.59 | 1700m: 20:52.90 1:12.94 | 3000m: 37:06.12 1:15.59 | 4300m: 53:30.39 1:16.86 | | | | | |
| 500m: 6:05.87 1:11.36 | 1800m: 22:07.66 1:14.76 | 3100m: 38:21.78 1:15.66 | 4400m: 54:47.32 1:16.93 | | | | | |
| 600m: 7:18.38 1:12.51 | 1900m: 23:22.06 1:14.40 | 3200m: 39:37.68 1:15.90 | 4500m: 56:03.48 1:16.16 | | | | | |
| 700m: 8:31.51 1:13.13 | 2000m: 24:36.60 1:14.54 | 3300m: 40:53.60 1:15.92 | 4600m: 57:19.45 1:15.97 | | | | | |
| 800m: 9:45.09 1:13.58 | 2100m: 25:50.51 1:13.91 | 3400m: 42:08.59 1:14.99 | 4700m: 58:35.90 1:16.45 | | | | | |
| 900m: 10:58.89 1:13.80 | 2200m: 27:05.44 1:14.93 | 3500m: 43:24.59 1:16.00 | 4800m: 59:52.41 1:16.51 | | | | | |
| 1000m: 12:12.94 1:14.05 | 2300m: 28:20.13 1:14.69 | 3600m: 44:40.44 1:15.85 | 4900m: 1:01:08.08 1:15.67 | | | | | |
| 1100m: 13:26.99 1:14.05 | 2400m: 29:35.13 1:15.00 | 3700m: 45:56.31 1:15.87 | 5000m: 1:02:20.94 1:12.86 | | | | | |
| 1200m: 14:41.01 1:14.02 | 2500m: 30:50.26 1:15.13 | 3800m: 47:11.77 1:15.46 | | | | | | |
| 1300m: 15:55.43 1:14.42 | 2600m: 32:05.11 1:14.85 | 3900m: 48:27.16 1:15.39 | | | | | | |
| 10. MARTINEZ RAYOS Susana | 06 | C.N. Cartagonova Cartagena | | | 1:02:49.52 | 1,00 | | |
| 100m: 1:08.80 1:08.80 | 1400m: 16:56.87 1:14.63 | 2700m: 33:24.25 1:17.30 | 4000m: 50:06.96 1:17.68 | | | | | |
| 200m: 2:19.13 1:10.33 | 1500m: 18:11.75 1:14.88 | 2800m: 34:41.12 1:16.87 | 4100m: 51:25.16 1:18.20 | | | | | |
| 300m: 3:30.58 1:11.45 | 1600m: 19:26.65 1:14.90 | 2900m: 35:57.35 1:16.23 | 4200m: 52:42.83 1:17.67 | | | | | |
| 400m: 4:42.48 1:11.90 | 1700m: 20:41.67 1:15.02 | 3000m: 37:14.40 1:17.05 | 4300m: 54:00.76 1:17.93 | | | | | |
| 500m: 5:54.64 1:12.16 | 1800m: 21:57.28 1:15.61 | 3100m: 38:32.06 1:17.66 | 4400m: 55:17.36 1:16.60 | | | | | |
| 600m: 7:06.81 1:12.17 | 1900m: 23:13.25 1:15.97 | 3200m: 39:49.54 1:17.48 | 4500m: 56:33.73 1:16.37 | | | | | |
| 700m: 8:19.65 1:12.84 | 2000m: 24:29.35 1:16.10 | 3300m: 41:06.95 1:17.41 | 4600m: 57:49.92 1:16.19 | | | | | |
| 800m: 9:32.78 1:13.13 | 2100m: 25:45.14 1:15.79 | 3400m: 42:23.24 1:16.29 | 4700m: 59:05.93 1:16.01 | | | | | |
| 900m: 10:46.19 1:13.41 | 2200m: 27:01.41 1:16.27 | 3500m: 43:39.95 1:16.71 | 4800m: 1:00:21.80 1:15.87 | | | | | |
| 1000m: 11:59.95 1:13.76 | 2300m: 28:17.50 1:16.09 | 3600m: 44:57.66 1:17.71 | 4900m: 1:01:36.45 1:14.65 | | | | | |
| 1100m: 13:13.61 1:13.66 | 2400m: 29:33.92 1:16.42 | 3700m: 46:15.00 1:17.34 | 5000m: 1:02:49.52 1:13.07 | | | | | |
| 1200m: 14:27.74 1:14.13 | 2500m: 30:50.34 1:16.42 | 3800m: 47:32.35 1:17.35 | | | | | | |
| 1300m: 15:42.24 1:14.50 | 2600m: 32:06.95 1:16.61 | 3900m: 48:49.28 1:16.93 | | | | | | |

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 4, Fem., 5000m Libre, JUNIOR-1

| Clasificación | AN | | | | Tiempo | | | | | |
|--------------------------------------|-----------|---------------------------------------|---------|-----------------|---------|-------------------|---------|--|--|---|
| 11. COSTA GONZÁLEZ Cinthya | 06 | C.N. Marina-Cartagena "Ancora" | | | | 1:03:31.61 | | | | - |
| 100m: 1:12.58 | 1:12.58 | 1400m: 17:24.95 | 1:13.78 | 2700m: 33:47.04 | 1:16.78 | 4000m: 50:40.71 | 1:18.17 | | | |
| 200m: 2:26.67 | 1:14.09 | 1500m: 18:39.00 | 1:14.05 | 2800m: 35:04.12 | 1:17.08 | 4100m: 51:58.70 | 1:17.99 | | | |
| 300m: 3:41.16 | 1:14.49 | 1600m: 19:53.79 | 1:14.79 | 2900m: 36:21.52 | 1:17.40 | 4200m: 53:16.73 | 1:18.03 | | | |
| 400m: 4:56.22 | 1:15.06 | 1700m: 21:09.15 | 1:15.36 | 3000m: 37:38.63 | 1:17.11 | 4300m: 54:34.22 | 1:17.49 | | | |
| 500m: 6:11.01 | 1:14.79 | 1800m: 22:24.57 | 1:15.42 | 3100m: 38:55.91 | 1:17.28 | 4400m: 55:52.77 | 1:18.55 | | | |
| 600m: 7:25.92 | 1:14.91 | 1900m: 23:39.92 | 1:15.35 | 3200m: 40:13.38 | 1:17.47 | 4500m: 57:11.61 | 1:18.84 | | | |
| 700m: 8:41.03 | 1:15.11 | 2000m: 24:54.76 | 1:14.84 | 3300m: 41:30.92 | 1:17.54 | 4600m: 58:29.29 | 1:17.68 | | | |
| 800m: 9:56.05 | 1:15.02 | 2100m: 26:10.16 | 1:15.40 | 3400m: 42:49.33 | 1:18.41 | 4700m: 59:46.96 | 1:17.67 | | | |
| 900m: 11:11.11 | 1:15.06 | 2200m: 27:25.63 | 1:15.47 | 3500m: 44:07.99 | 1:18.66 | 4800m: 1:01:02.71 | 1:15.75 | | | |
| 1000m: 12:26.38 | 1:15.27 | 2300m: 28:41.45 | 1:15.82 | 3600m: 45:26.39 | 1:18.40 | 4900m: 1:02:17.25 | 1:14.54 | | | |
| 1100m: 13:41.42 | 1:15.04 | 2400m: 29:57.49 | 1:16.04 | 3700m: 46:45.48 | 1:19.09 | 5000m: 1:03:31.61 | 1:14.36 | | | |
| 1200m: 14:56.39 | 1:14.97 | 2500m: 31:13.57 | 1:16.08 | 3800m: 48:04.14 | 1:18.66 | | | | | |
| 1300m: 16:11.17 | 1:14.78 | 2600m: 32:30.26 | 1:16.69 | 3900m: 49:22.54 | 1:18.40 | | | | | |
| 12. LEMOS FERNANDEZ Iria | 06 | C.N. Pontareas | | | | 1:04:00.13 | | | | - |
| 100m: 1:10.62 | 1:10.62 | 1400m: 17:29.25 | 1:15.06 | 2700m: 33:58.77 | 1:16.79 | 4000m: 50:46.30 | 1:18.36 | | | |
| 200m: 2:24.58 | 1:13.96 | 1500m: 18:44.03 | 1:14.78 | 2800m: 35:15.94 | 1:17.17 | 4100m: 52:06.52 | 1:20.22 | | | |
| 300m: 3:38.14 | 1:13.56 | 1600m: 19:59.36 | 1:15.33 | 2900m: 36:33.31 | 1:17.37 | 4200m: 53:26.02 | 1:19.50 | | | |
| 400m: 4:51.91 | 1:13.77 | 1700m: 21:14.92 | 1:15.56 | 3000m: 37:50.24 | 1:16.93 | 4300m: 54:46.55 | 1:20.53 | | | |
| 500m: 6:06.37 | 1:14.46 | 1800m: 22:30.70 | 1:15.78 | 3100m: 39:07.25 | 1:17.01 | 4400m: 56:06.35 | 1:19.80 | | | |
| 600m: 7:21.55 | 1:15.18 | 1900m: 23:46.62 | 1:15.92 | 3200m: 40:24.73 | 1:17.48 | 4500m: 57:25.88 | 1:19.53 | | | |
| 700m: 8:37.27 | 1:15.72 | 2000m: 25:02.68 | 1:16.06 | 3300m: 41:42.08 | 1:17.35 | 4600m: 58:46.20 | 1:20.32 | | | |
| 800m: 9:53.45 | 1:16.18 | 2100m: 26:18.15 | 1:15.47 | 3400m: 43:00.60 | 1:18.52 | 4700m: 1:00:06.16 | 1:19.96 | | | |
| 900m: 11:09.62 | 1:16.17 | 2200m: 27:34.59 | 1:16.44 | 3500m: 44:18.57 | 1:17.97 | 4800m: 1:01:24.51 | 1:18.35 | | | |
| 1000m: 12:26.75 | 1:17.13 | 2300m: 28:51.39 | 1:16.80 | 3600m: 45:35.59 | 1:17.02 | 4900m: 1:02:42.28 | 1:17.77 | | | |
| 1100m: 13:43.09 | 1:16.34 | 2400m: 30:07.87 | 1:16.48 | 3700m: 46:51.95 | 1:16.36 | 5000m: 1:04:00.13 | 1:17.85 | | | |
| 1200m: 14:59.07 | 1:15.98 | 2500m: 31:24.73 | 1:16.86 | 3800m: 48:09.12 | 1:17.17 | | | | | |
| 1300m: 16:14.19 | 1:15.12 | 2600m: 32:41.98 | 1:17.25 | 3900m: 49:27.94 | 1:18.82 | | | | | |
| 13. SANCHEZ SANCHEZ Angela | 05 | C.N.Mairena Aljarafe | | | | 1:04:01.79 | | | | - |
| 100m: 1:11.96 | 1:11.96 | 1400m: 17:37.87 | 1:16.79 | 2700m: 34:26.77 | 1:18.25 | 4000m: 51:12.77 | 1:17.58 | | | |
| 200m: 2:26.18 | 1:14.22 | 1500m: 18:54.54 | 1:16.67 | 2800m: 35:44.45 | 1:17.68 | 4100m: 52:29.65 | 1:16.88 | | | |
| 300m: 3:41.38 | 1:15.20 | 1600m: 20:11.54 | 1:17.00 | 2900m: 37:02.43 | 1:17.98 | 4200m: 53:46.52 | 1:16.87 | | | |
| 400m: 4:56.46 | 1:15.08 | 1700m: 21:28.82 | 1:17.28 | 3000m: 38:20.83 | 1:18.40 | 4300m: 55:02.90 | 1:16.38 | | | |
| 500m: 6:12.02 | 1:15.56 | 1800m: 22:46.39 | 1:17.57 | 3100m: 39:39.27 | 1:18.44 | 4400m: 56:19.69 | 1:16.79 | | | |
| 600m: 7:27.74 | 1:15.72 | 1900m: 24:04.05 | 1:17.66 | 3200m: 40:57.49 | 1:18.22 | 4500m: 57:36.69 | 1:17.00 | | | |
| 700m: 8:43.55 | 1:15.81 | 2000m: 25:21.80 | 1:17.75 | 3300m: 42:14.84 | 1:17.35 | 4600m: 58:54.76 | 1:18.07 | | | |
| 800m: 9:59.69 | 1:16.14 | 2100m: 26:39.69 | 1:17.89 | 3400m: 43:32.08 | 1:17.24 | 4700m: 1:00:12.35 | 1:17.59 | | | |
| 900m: 11:16.10 | 1:16.41 | 2200m: 27:57.99 | 1:18.30 | 3500m: 44:48.38 | 1:16.30 | 4800m: 1:01:29.53 | 1:17.18 | | | |
| 1000m: 12:32.09 | 1:15.99 | 2300m: 29:15.62 | 1:17.63 | 3600m: 46:04.94 | 1:16.56 | 4900m: 1:02:46.46 | 1:16.93 | | | |
| 1100m: 13:48.14 | 1:16.05 | 2400m: 30:33.98 | 1:18.36 | 3700m: 47:21.44 | 1:16.50 | 5000m: 1:04:01.79 | 1:15.33 | | | |
| 1200m: 15:04.54 | 1:16.40 | 2500m: 31:51.21 | 1:17.23 | 3800m: 48:37.86 | 1:16.42 | | | | | |
| 1300m: 16:21.08 | 1:16.54 | 2600m: 33:08.52 | 1:17.31 | 3900m: 49:55.19 | 1:17.33 | | | | | |
| 14. MARTIN CHRISTIANSEN Nadia | 05 | C.D.N. Nadamas Las Marinas | | | | 1:04:21.29 | | | | - |
| 100m: 1:10.53 | 1:10.53 | 1200m: 14:58.48 | 1:16.15 | 2300m: 29:07.06 | 1:17.81 | 3400m: 43:26.98 | 1:18.68 | | | |
| 200m: 2:25.09 | 1:14.56 | 1300m: 16:14.60 | 1:16.12 | 2400m: 30:24.99 | 1:17.93 | 3500m: 44:45.57 | 1:18.59 | | | |
| 300m: 3:39.46 | 1:14.37 | 1400m: 17:30.40 | 1:15.80 | 2500m: 31:42.76 | 1:17.77 | 3600m: 46:04.27 | 1:18.70 | | | |
| 400m: 4:54.02 | 1:14.56 | 1500m: 18:46.26 | 1:15.86 | 2600m: 33:00.64 | 1:17.88 | 3700m: 47:22.55 | 1:18.28 | | | |
| 500m: 6:08.15 | 1:14.13 | 1600m: 20:03.04 | 1:16.78 | 2700m: 34:18.87 | 1:18.23 | 3800m: 48:41.22 | 1:18.67 | | | |
| 600m: 7:23.45 | 1:15.30 | 1700m: 21:20.06 | 1:17.02 | 2800m: 35:36.99 | 1:18.12 | 3900m: 50:00.02 | 1:18.80 | | | |
| 700m: 8:39.03 | 1:15.58 | 1800m: 22:36.83 | 1:16.77 | 2900m: 36:54.78 | 1:17.79 | 4000m: 51:18.32 | 1:18.30 | | | |
| 800m: 9:54.51 | 1:15.48 | 1900m: 23:55.07 | 1:18.24 | 3000m: 38:12.98 | 1:18.20 | 4100m: 52:37.07 | 1:18.75 | | | |
| 900m: 11:10.52 | 1:16.01 | 2000m: 25:13.45 | 1:18.38 | 3100m: 39:31.19 | 1:18.21 | 4200m: 53:55.89 | 1:18.82 | | | |
| 1000m: 12:26.51 | 1:15.99 | 2100m: 26:31.46 | 1:18.01 | 3200m: 40:49.90 | 1:18.71 | 4300m: 55:14.93 | 1:19.04 | | | |
| 1100m: 13:42.33 | 1:15.82 | 2200m: 27:49.25 | 1:17.79 | 3300m: 42:08.30 | 1:18.40 | 4400m: 56:33.72 | 1:18.79 | | | |

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 4, Fem., 5000m Libre, JUNIOR-1

| Clasificación | AN | | | | Tiempo | | | |
|------------------------------------|-----------|-----------------------------|--------|------------|-------------------|----------|------------|---------|
| 4500m: | 57:52.45 | 1:18.73 | 4700m: | 1:00:29.64 | 1:18.44 | 4900m: | 1:03:04.97 | 1:17.31 |
| 4600m: | 59:11.20 | 1:18.75 | 4800m: | 1:01:47.66 | 1:18.02 | 5000m: | 1:04:21.29 | 1:16.32 |
| 15. BOUZAS PEDREIRA Alicia | 05 | C.N. Galaico | | | 1:04:24.79 | - | | |
| 100m: | 1:14.32 | 1:14.32 | 1400m: | 17:33.90 | 1:16.02 | 2700m: | 34:15.72 | 1:17.16 |
| 200m: | 2:29.14 | 1:14.82 | 1500m: | 18:50.42 | 1:16.52 | 2800m: | 35:33.87 | 1:18.15 |
| 300m: | 3:44.12 | 1:14.98 | 1600m: | 20:06.85 | 1:16.43 | 2900m: | 36:52.05 | 1:18.18 |
| 400m: | 4:59.25 | 1:15.13 | 1700m: | 21:23.86 | 1:17.01 | 3000m: | 38:09.86 | 1:17.81 |
| 500m: | 6:14.36 | 1:15.11 | 1800m: | 22:40.96 | 1:17.10 | 3100m: | 39:27.68 | 1:17.82 |
| 600m: | 7:30.14 | 1:15.78 | 1900m: | 23:58.18 | 1:17.22 | 3200m: | 40:45.42 | 1:17.74 |
| 700m: | 8:45.62 | 1:15.48 | 2000m: | 25:14.67 | 1:16.49 | 3300m: | 42:03.79 | 1:18.37 |
| 800m: | 10:00.32 | 1:14.70 | 2100m: | 26:31.59 | 1:16.92 | 3400m: | 43:23.01 | 1:19.22 |
| 900m: | 11:15.32 | 1:15.00 | 2200m: | 27:49.05 | 1:17.46 | 3500m: | 44:42.22 | 1:19.21 |
| 1000m: | 12:30.61 | 1:15.29 | 2300m: | 29:06.10 | 1:17.05 | 3600m: | 45:59.61 | 1:17.39 |
| 1100m: | 13:46.15 | 1:15.54 | 2400m: | 30:23.77 | 1:17.67 | 3700m: | 47:17.64 | 1:18.03 |
| 1200m: | 15:01.95 | 1:15.80 | 2500m: | 31:41.12 | 1:17.35 | 3800m: | 48:36.34 | 1:18.70 |
| 1300m: | 16:17.88 | 1:15.93 | 2600m: | 32:58.56 | 1:17.44 | 3900m: | 49:55.53 | 1:19.19 |
| 16. BRESO JUAN Claudia | 05 | C.D. Nados Castellon | | | 1:05:13.90 | - | | |
| 100m: | 1:13.53 | 1:13.53 | 1400m: | 17:43.60 | 1:17.22 | 2700m: | 34:37.93 | 1:19.45 |
| 200m: | 2:28.71 | 1:15.18 | 1500m: | 18:59.99 | 1:16.39 | 2800m: | 35:57.78 | 1:19.85 |
| 300m: | 3:43.76 | 1:15.05 | 1600m: | 20:16.43 | 1:16.44 | 2900m: | 37:17.72 | 1:19.94 |
| 400m: | 4:58.91 | 1:15.15 | 1700m: | 21:33.47 | 1:17.04 | 3000m: | 38:37.16 | 1:19.44 |
| 500m: | 6:14.09 | 1:15.18 | 1800m: | 22:51.20 | 1:17.73 | 3100m: | 39:55.85 | 1:18.69 |
| 600m: | 7:29.67 | 1:15.58 | 1900m: | 24:09.07 | 1:17.87 | 3200m: | 41:14.97 | 1:19.12 |
| 700m: | 8:45.56 | 1:15.89 | 2000m: | 25:27.00 | 1:17.93 | 3300m: | 42:34.14 | 1:19.17 |
| 800m: | 10:01.99 | 1:16.43 | 2100m: | 26:45.51 | 1:18.51 | 3400m: | 43:53.96 | 1:19.82 |
| 900m: | 11:18.56 | 1:16.57 | 2200m: | 28:03.99 | 1:18.48 | 3500m: | 45:13.58 | 1:19.62 |
| 1000m: | 12:35.89 | 1:17.33 | 2300m: | 29:22.32 | 1:18.33 | 3600m: | 46:34.11 | 1:20.53 |
| 1100m: | 13:52.85 | 1:16.96 | 2400m: | 30:41.00 | 1:18.68 | 3700m: | 47:54.72 | 1:20.61 |
| 1200m: | 15:09.29 | 1:16.44 | 2500m: | 31:59.57 | 1:18.57 | 3800m: | 49:14.62 | 1:19.90 |
| 1300m: | 16:26.38 | 1:17.09 | 2600m: | 33:18.48 | 1:18.91 | 3900m: | 50:34.10 | 1:19.48 |
| 17. CARBALLO GONZALEZ Sofia | 06 | C.N. Pontearreas | | | 1:07:14.37 | - | | |
| 100m: | 1:14.20 | 1:14.20 | 1400m: | 17:43.55 | 1:17.28 | 2700m: | 34:37.87 | 1:19.53 |
| 200m: | 2:30.08 | 1:15.88 | 1500m: | 18:59.70 | 1:16.15 | 2800m: | 35:57.74 | 1:19.87 |
| 300m: | 3:46.26 | 1:16.18 | 1600m: | 20:16.10 | 1:16.40 | 2900m: | 37:17.86 | 1:20.12 |
| 400m: | 5:02.85 | 1:16.59 | 1700m: | 21:33.33 | 1:17.23 | 3000m: | 38:39.30 | 1:21.44 |
| 500m: | 6:19.11 | 1:16.26 | 1800m: | 22:51.03 | 1:17.70 | 3100m: | 40:02.41 | 1:23.11 |
| 600m: | 7:34.49 | 1:15.38 | 1900m: | 24:08.80 | 1:17.77 | 3200m: | 41:25.77 | 1:23.36 |
| 700m: | 8:50.00 | 1:15.51 | 2000m: | 25:26.91 | 1:18.11 | 3300m: | 42:48.70 | 1:22.93 |
| 800m: | 10:06.25 | 1:16.25 | 2100m: | 26:45.34 | 1:18.43 | 3400m: | 44:13.89 | 1:25.19 |
| 900m: | 11:21.64 | 1:15.39 | 2200m: | 28:04.08 | 1:18.74 | 3500m: | 45:37.88 | 1:23.99 |
| 1000m: | 12:37.34 | 1:15.70 | 2300m: | 29:22.10 | 1:18.02 | 3600m: | 47:01.39 | 1:23.51 |
| 1100m: | 13:52.69 | 1:15.35 | 2400m: | 30:40.87 | 1:18.77 | 3700m: | 48:26.95 | 1:25.56 |
| 1200m: | 15:09.23 | 1:16.54 | 2500m: | 31:59.42 | 1:18.55 | 3800m: | 49:53.25 | 1:26.30 |
| 1300m: | 16:26.27 | 1:17.04 | 2600m: | 33:18.34 | 1:18.92 | 3900m: | 51:19.69 | 1:26.44 |

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

Prueba 4, Fem., 5000m Libre

JUNIOR-2

| | | | | |
|------------------------------------|-----------|------------------------------|-----------------|-----------------|
| 1. OTERO FERNÁNDEZ Paula | 04 | C.N. Arteixo | 57:41.08 | 13,00 |
| 100m: 1:06.65 | 1:06.65 | 1400m: 16:01.47 | 1:10.03 | 2700m: 31:11.25 |
| 200m: 2:13.44 | 1:06.79 | 1500m: 17:11.56 | 1:10.09 | 2800m: 32:21.53 |
| 300m: 3:20.55 | 1:07.11 | 1600m: 18:21.58 | 1:10.02 | 2900m: 33:31.62 |
| 400m: 4:28.39 | 1:07.84 | 1700m: 19:31.73 | 1:10.15 | 3000m: 34:41.78 |
| 500m: 5:36.26 | 1:07.87 | 1800m: 20:41.76 | 1:10.03 | 3100m: 35:51.90 |
| 600m: 6:44.29 | 1:08.03 | 1900m: 21:51.74 | 1:09.98 | 3200m: 37:02.21 |
| 700m: 7:51.96 | 1:07.67 | 2000m: 23:01.57 | 1:09.83 | 3300m: 38:11.90 |
| 800m: 9:00.44 | 1:08.48 | 2100m: 24:11.44 | 1:09.87 | 3400m: 39:22.19 |
| 900m: 10:09.43 | 1:08.99 | 2200m: 25:21.19 | 1:09.75 | 3500m: 40:31.77 |
| 1000m: 11:19.67 | 1:10.24 | 2300m: 26:30.76 | 1:09.57 | 3600m: 41:41.45 |
| 1100m: 12:30.60 | 1:10.93 | 2400m: 27:40.76 | 1:10.00 | 3700m: 42:51.42 |
| 1200m: 13:41.19 | 1:10.59 | 2500m: 28:50.66 | 1:09.90 | 3800m: 44:01.15 |
| 1300m: 14:51.44 | 1:10.25 | 2600m: 30:01.06 | 1:10.40 | 3900m: 45:11.18 |
| | | | | 4000m: 46:20.57 |
| | | | | 4100m: 47:29.71 |
| | | | | 4200m: 48:39.19 |
| | | | | 4300m: 49:48.24 |
| | | | | 4400m: 50:56.73 |
| | | | | 4500m: 52:04.55 |
| | | | | 4600m: 53:11.65 |
| | | | | 4700m: 54:18.74 |
| | | | | 4800m: 55:25.93 |
| | | | | 4900m: 56:33.87 |
| | | | | 5000m: 57:41.08 |
| 2. MARTINEZ GUILLEN Angela | 04 | Kzm Swimming Team | 57:53.51 | 10,00 |
| 100m: 1:08.06 | 1:08.06 | 1400m: 15:55.31 | 1:09.32 | 2700m: 31:02.27 |
| 200m: 2:14.98 | 1:06.92 | 1500m: 17:04.22 | 1:08.91 | 2800m: 32:11.98 |
| 300m: 3:22.75 | 1:07.77 | 1600m: 18:13.59 | 1:09.37 | 2900m: 33:21.88 |
| 400m: 4:30.66 | 1:07.91 | 1700m: 19:22.89 | 1:09.30 | 3000m: 34:32.14 |
| 500m: 5:39.10 | 1:08.44 | 1800m: 20:32.78 | 1:09.89 | 3100m: 35:41.63 |
| 600m: 6:47.21 | 1:08.11 | 1900m: 21:42.39 | 1:09.61 | 3200m: 36:51.58 |
| 700m: 7:55.11 | 1:07.90 | 2000m: 22:52.25 | 1:09.86 | 3300m: 38:01.66 |
| 800m: 9:02.99 | 1:07.88 | 2100m: 24:01.94 | 1:09.69 | 3400m: 39:11.71 |
| 900m: 10:11.09 | 1:08.10 | 2200m: 25:11.89 | 1:09.95 | 3500m: 40:22.09 |
| 1000m: 11:19.35 | 1:08.26 | 2300m: 26:22.43 | 1:10.54 | 3600m: 41:32.16 |
| 1100m: 12:26.82 | 1:07.47 | 2400m: 27:32.54 | 1:10.11 | 3700m: 42:42.29 |
| 1200m: 13:35.90 | 1:09.08 | 2500m: 28:43.03 | 1:10.49 | 3800m: 43:52.74 |
| 1300m: 14:45.99 | 1:10.09 | 2600m: 29:52.65 | 1:09.62 | 3900m: 45:03.02 |
| | | | | 4000m: 46:13.07 |
| | | | | 4100m: 47:23.07 |
| | | | | 4200m: 48:32.85 |
| | | | | 4300m: 49:42.67 |
| | | | | 4400m: 50:52.82 |
| | | | | 4500m: 52:02.86 |
| | | | | 4600m: 53:11.94 |
| | | | | 4700m: 54:21.45 |
| | | | | 4800m: 55:31.84 |
| | | | | 4900m: 56:43.29 |
| | | | | 5000m: 57:53.51 |
| 3. GALO NOGUEIRA Estel Xuan | 04 | C.N. Granollers | 58:27.05 | 8,00 |
| 100m: 1:09.05 | 1:09.05 | 1400m: 16:16.15 | 1:09.94 | 2700m: 31:30.00 |
| 200m: 2:19.15 | 1:10.10 | 1500m: 17:26.31 | 1:10.16 | 2800m: 32:40.63 |
| 300m: 3:29.02 | 1:09.87 | 1600m: 18:36.28 | 1:09.97 | 2900m: 33:51.29 |
| 400m: 4:38.56 | 1:09.54 | 1700m: 19:46.68 | 1:10.40 | 3000m: 35:01.95 |
| 500m: 5:47.80 | 1:09.24 | 1800m: 20:57.08 | 1:10.40 | 3100m: 36:12.43 |
| 600m: 6:57.16 | 1:09.36 | 1900m: 22:07.16 | 1:10.08 | 3200m: 37:23.27 |
| 700m: 8:07.11 | 1:09.95 | 2000m: 23:17.58 | 1:10.42 | 3300m: 38:34.14 |
| 800m: 9:16.98 | 1:09.87 | 2100m: 24:27.83 | 1:10.25 | 3400m: 39:44.63 |
| 900m: 10:26.77 | 1:09.79 | 2200m: 25:38.02 | 1:10.19 | 3500m: 40:55.14 |
| 1000m: 11:36.55 | 1:09.78 | 2300m: 26:48.50 | 1:10.48 | 3600m: 42:05.22 |
| 1100m: 12:46.36 | 1:09.81 | 2400m: 27:58.90 | 1:10.40 | 3700m: 43:15.31 |
| 1200m: 13:56.24 | 1:09.88 | 2500m: 29:09.14 | 1:10.24 | 3800m: 44:25.33 |
| 1300m: 15:06.21 | 1:09.97 | 2600m: 30:19.65 | 1:10.51 | 3900m: 45:36.15 |
| | | | | 4000m: 46:47.19 |
| | | | | 4100m: 47:57.74 |
| | | | | 4200m: 49:08.46 |
| | | | | 4300m: 50:18.81 |
| | | | | 4400m: 51:29.34 |
| | | | | 4500m: 52:39.67 |
| | | | | 4600m: 53:49.93 |
| | | | | 4700m: 54:59.70 |
| | | | | 4800m: 56:10.19 |
| | | | | 4900m: 57:20.04 |
| | | | | 5000m: 58:27.05 |
| 4. SANCHEZ LORA Candela | 03 | C.D. Gredos San Diego | 59:39.12 | 7,00 |
| 100m: 1:09.06 | 1:09.06 | 1100m: 12:57.87 | 1:12.37 | 2100m: 24:55.58 |
| 200m: 2:18.59 | 1:09.53 | 1200m: 14:09.82 | 1:11.95 | 2200m: 26:07.04 |
| 300m: 3:28.38 | 1:09.79 | 1300m: 15:21.72 | 1:11.90 | 2300m: 27:18.71 |
| 400m: 4:38.76 | 1:10.38 | 1400m: 16:34.14 | 1:12.42 | 2400m: 28:30.54 |
| 500m: 5:49.34 | 1:10.58 | 1500m: 17:46.03 | 1:11.89 | 2500m: 29:42.62 |
| 600m: 6:59.92 | 1:10.58 | 1600m: 18:58.36 | 1:12.33 | 2600m: 30:55.65 |
| 700m: 8:10.25 | 1:10.33 | 1700m: 20:09.39 | 1:11.03 | 2700m: 32:08.14 |
| 800m: 9:21.12 | 1:10.87 | 1800m: 21:20.08 | 1:10.69 | 2800m: 33:21.13 |
| 900m: 10:33.18 | 1:12.06 | 1900m: 22:31.62 | 1:11.54 | 2900m: 34:34.23 |
| 1000m: 11:45.50 | 1:12.32 | 2000m: 23:43.52 | 1:11.90 | 3000m: 35:46.86 |
| | | | | 3100m: 36:59.10 |
| | | | | 3200m: 38:11.61 |
| | | | | 3300m: 39:22.60 |
| | | | | 3400m: 40:33.47 |
| | | | | 3500m: 41:45.30 |
| | | | | 3600m: 42:57.80 |
| | | | | 3700m: 44:10.53 |
| | | | | 3800m: 45:23.26 |
| | | | | 3900m: 46:35.13 |
| | | | | 4000m: 47:47.19 |

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

Prueba 4, Fem., 5000m Libre, JUNIOR-2

| Clasificación | AN | | | | | | Tiempo | | | | |
|---|----------|---------|-----------------------------------|----------|---------|--------|----------|---------|-------------------|-------------|---------|
| 4100m: | 48:59.10 | 1:11.91 | 4400m: | 52:34.74 | 1:12.06 | 4700m: | 56:08.82 | 1:10.56 | 5000m: | 59:39.12 | 1:09.45 |
| 4200m: | 50:11.11 | 1:12.01 | 4500m: | 53:46.53 | 1:11.79 | 4800m: | 57:19.27 | 1:10.45 | | | |
| 4300m: | 51:22.68 | 1:11.57 | 4600m: | 54:58.26 | 1:11.73 | 4900m: | 58:29.67 | 1:10.40 | | | |
| 5. RIUS PELLEJA Abril | | | 04 C.N. Tarraco | | | | | | 1:02:07.22 | 6,00 | |
| 100m: | 1:11.87 | 1:11.87 | 1400m: | 17:10.28 | 1:14.83 | 2700m: | 33:20.28 | 1:14.93 | 4000m: | 49:42.85 | 1:15.60 |
| 200m: | 2:25.57 | 1:13.70 | 1500m: | 18:25.08 | 1:14.80 | 2800m: | 34:35.48 | 1:15.20 | 4100m: | 50:57.16 | 1:14.31 |
| 300m: | 3:39.48 | 1:13.91 | 1600m: | 19:39.82 | 1:14.74 | 2900m: | 35:50.57 | 1:15.09 | 4200m: | 52:11.25 | 1:14.09 |
| 400m: | 4:53.27 | 1:13.79 | 1700m: | 20:53.01 | 1:13.19 | 3000m: | 37:06.22 | 1:15.65 | 4300m: | 53:25.66 | 1:14.41 |
| 500m: | 6:06.82 | 1:13.55 | 1800m: | 22:07.44 | 1:14.43 | 3100m: | 38:21.83 | 1:15.61 | 4400m: | 54:40.15 | 1:14.49 |
| 600m: | 7:19.24 | 1:12.42 | 1900m: | 23:22.27 | 1:14.83 | 3200m: | 39:37.71 | 1:15.88 | 4500m: | 55:55.36 | 1:15.21 |
| 700m: | 8:31.73 | 1:12.49 | 2000m: | 24:36.59 | 1:14.32 | 3300m: | 40:53.67 | 1:15.96 | 4600m: | 57:09.85 | 1:14.49 |
| 800m: | 9:45.02 | 1:13.29 | 2100m: | 25:50.31 | 1:13.72 | 3400m: | 42:08.71 | 1:15.04 | 4700m: | 58:24.55 | 1:14.70 |
| 900m: | 10:58.94 | 1:13.92 | 2200m: | 27:05.37 | 1:15.06 | 3500m: | 43:24.65 | 1:15.94 | 4800m: | 59:39.18 | 1:14.63 |
| 1000m: | 12:12.93 | 1:13.99 | 2300m: | 28:20.35 | 1:14.98 | 3600m: | 44:40.72 | 1:16.07 | 4900m: | 1:00:54.01 | 1:14.83 |
| 1100m: | 13:26.75 | 1:13.82 | 2400m: | 29:35.25 | 1:14.90 | 3700m: | 45:56.47 | 1:15.75 | 5000m: | 1:02:07.22 | 1:13.21 |
| 1200m: | 14:41.07 | 1:14.32 | 2500m: | 30:50.53 | 1:15.28 | 3800m: | 47:12.05 | 1:15.58 | | | |
| 1300m: | 15:55.45 | 1:14.38 | 2600m: | 32:05.35 | 1:14.82 | 3900m: | 48:27.25 | 1:15.20 | | | |
| 6. SALCEDO DUQUE Maria | | | 04 C.N. Ferca-San Jose | | | | | | 1:03:09.07 | 5,00 | |
| 100m: | 1:12.46 | 1:12.46 | 1400m: | 17:23.20 | 1:15.07 | 2700m: | 33:46.54 | 1:16.31 | 4000m: | 50:17.77 | 1:16.61 |
| 200m: | 2:26.29 | 1:13.83 | 1500m: | 18:38.33 | 1:15.13 | 2800m: | 35:02.19 | 1:15.65 | 4100m: | 51:34.79 | 1:17.02 |
| 300m: | 3:40.10 | 1:13.81 | 1600m: | 19:53.52 | 1:15.19 | 2900m: | 36:18.44 | 1:16.25 | 4200m: | 52:51.78 | 1:16.99 |
| 400m: | 4:54.42 | 1:14.32 | 1700m: | 21:08.81 | 1:15.29 | 3000m: | 37:33.94 | 1:15.50 | 4300m: | 54:09.03 | 1:17.25 |
| 500m: | 6:07.66 | 1:13.24 | 1800m: | 22:24.31 | 1:15.50 | 3100m: | 38:50.21 | 1:16.27 | 4400m: | 55:25.64 | 1:16.61 |
| 600m: | 7:21.83 | 1:14.17 | 1900m: | 23:39.86 | 1:15.55 | 3200m: | 40:06.58 | 1:16.37 | 4500m: | 56:42.95 | 1:17.31 |
| 700m: | 8:36.40 | 1:14.57 | 2000m: | 24:55.63 | 1:15.77 | 3300m: | 41:23.38 | 1:16.80 | 4600m: | 58:00.26 | 1:17.31 |
| 800m: | 9:51.05 | 1:14.65 | 2100m: | 26:11.38 | 1:15.75 | 3400m: | 42:39.44 | 1:16.06 | 4700m: | 59:17.36 | 1:17.10 |
| 900m: | 11:06.04 | 1:14.99 | 2200m: | 27:26.81 | 1:15.43 | 3500m: | 43:55.75 | 1:16.31 | 4800m: | 1:00:35.24 | 1:17.88 |
| 1000m: | 12:21.37 | 1:15.33 | 2300m: | 28:42.35 | 1:15.54 | 3600m: | 45:12.19 | 1:16.44 | 4900m: | 1:01:53.45 | 1:18.21 |
| 1100m: | 13:36.98 | 1:15.61 | 2400m: | 29:58.08 | 1:15.73 | 3700m: | 46:28.79 | 1:16.60 | 5000m: | 1:03:09.07 | 1:15.62 |
| 1200m: | 14:52.47 | 1:15.49 | 2500m: | 31:14.01 | 1:15.93 | 3800m: | 47:45.09 | 1:16.30 | | | |
| 1300m: | 16:08.13 | 1:15.66 | 2600m: | 32:30.23 | 1:16.22 | 3900m: | 49:01.16 | 1:16.07 | | | |
| 7. SALVADOR LOPEZ Alicia Anastasia | | | 04 Club Benavente Natacion | | | | | | 1:03:16.42 | 4,00 | |
| 100m: | 1:11.76 | 1:11.76 | 1400m: | 17:27.61 | 1:15.28 | 2700m: | 33:55.98 | 1:16.34 | 4000m: | 50:32.90 | 1:17.22 |
| 200m: | 2:25.98 | 1:14.22 | 1500m: | 18:43.56 | 1:15.95 | 2800m: | 35:12.09 | 1:16.11 | 4100m: | 51:48.99 | 1:16.09 |
| 300m: | 3:40.81 | 1:14.83 | 1600m: | 19:58.41 | 1:14.85 | 2900m: | 36:28.72 | 1:16.63 | 4200m: | 53:04.32 | 1:15.33 |
| 400m: | 4:55.47 | 1:14.66 | 1700m: | 21:14.29 | 1:15.88 | 3000m: | 37:44.91 | 1:16.19 | 4300m: | 54:20.67 | 1:16.35 |
| 500m: | 6:10.61 | 1:15.14 | 1800m: | 22:30.31 | 1:16.02 | 3100m: | 39:01.10 | 1:16.19 | 4400m: | 55:37.13 | 1:16.46 |
| 600m: | 7:25.21 | 1:14.60 | 1900m: | 23:46.28 | 1:15.97 | 3200m: | 40:17.06 | 1:15.96 | 4500m: | 56:54.10 | 1:16.97 |
| 700m: | 8:40.56 | 1:15.35 | 2000m: | 25:02.69 | 1:16.41 | 3300m: | 41:33.62 | 1:16.56 | 4600m: | 58:11.09 | 1:16.99 |
| 800m: | 9:55.36 | 1:14.80 | 2100m: | 26:18.71 | 1:16.02 | 3400m: | 42:50.46 | 1:16.84 | 4700m: | 59:28.38 | 1:17.29 |
| 900m: | 11:10.48 | 1:15.12 | 2200m: | 27:35.55 | 1:16.84 | 3500m: | 44:07.44 | 1:16.98 | 4800m: | 1:00:45.01 | 1:16.63 |
| 1000m: | 12:26.79 | 1:16.31 | 2300m: | 28:51.84 | 1:16.29 | 3600m: | 45:24.55 | 1:17.11 | 4900m: | 1:02:01.52 | 1:16.51 |
| 1100m: | 13:41.72 | 1:14.93 | 2400m: | 30:07.94 | 1:16.10 | 3700m: | 46:41.27 | 1:16.72 | 5000m: | 1:03:16.42 | 1:14.90 |
| 1200m: | 14:56.95 | 1:15.23 | 2500m: | 31:24.25 | 1:16.31 | 3800m: | 47:58.24 | 1:16.97 | | | |
| 1300m: | 16:12.33 | 1:15.38 | 2600m: | 32:39.64 | 1:15.39 | 3900m: | 49:15.68 | 1:17.44 | | | |

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

Prueba 4, Fem., 5000m Libre, JUNIOR-2

| Clasificación | AN | | Tiempo | |
|-------------------------------------|-------------------------|--------------------------------|---------------------------|-------------|
| 8. PARDO CHAS Eva | 04 | C.N. Ferrol | 1:03:41.56 | 3,00 |
| 100m: 1:12.09 1:12.09 | 1400m: 17:27.43 1:15.31 | 2700m: 33:55.75 1:16.25 | 4000m: 50:33.42 1:17.45 | |
| 200m: 2:26.39 1:14.30 | 1500m: 18:43.72 1:16.29 | 2800m: 35:12.02 1:16.27 | 4100m: 51:50.28 1:16.86 | |
| 300m: 3:40.98 1:14.59 | 1600m: 19:58.52 1:14.80 | 2900m: 36:28.62 1:16.60 | 4200m: 53:07.62 1:17.34 | |
| 400m: 4:55.87 1:14.89 | 1700m: 21:14.48 1:15.96 | 3000m: 37:44.92 1:16.30 | 4300m: 54:25.56 1:17.94 | |
| 500m: 6:10.79 1:14.92 | 1800m: 22:30.32 1:15.84 | 3100m: 39:01.25 1:16.33 | 4400m: 55:44.09 1:18.53 | |
| 600m: 7:25.44 1:14.65 | 1900m: 23:46.21 1:15.89 | 3200m: 40:17.43 1:16.18 | 4500m: 57:02.86 1:18.77 | |
| 700m: 8:40.33 1:14.89 | 2000m: 25:02.73 1:16.52 | 3300m: 41:33.65 1:16.22 | 4600m: 58:22.11 1:19.25 | |
| 800m: 9:55.49 1:15.16 | 2100m: 26:18.76 1:16.03 | 3400m: 42:50.65 1:17.00 | 4700m: 59:42.09 1:19.98 | |
| 900m: 11:10.73 1:15.24 | 2200m: 27:35.36 1:16.60 | 3500m: 44:07.76 1:17.11 | 4800m: 1:01:02.21 1:20.12 | |
| 1000m: 12:26.52 1:15.79 | 2300m: 28:51.88 1:16.52 | 3600m: 45:24.62 1:16.86 | 4900m: 1:02:22.09 1:19.88 | |
| 1100m: 13:41.75 1:15.23 | 2400m: 30:07.92 1:16.04 | 3700m: 46:41.56 1:16.94 | 5000m: 1:03:41.56 1:19.47 | |
| 1200m: 14:56.79 1:15.04 | 2500m: 31:23.82 1:15.90 | 3800m: 47:58.44 1:16.88 | | |
| 1300m: 16:12.12 1:15.33 | 2600m: 32:39.50 1:15.68 | 3900m: 49:15.97 1:17.53 | | |
| 9. GARCIA DE CASTRO Victoria | 03 | C.N. Santa Olaya | 1:04:18.67 | 2,00 |
| 100m: 1:12.57 1:12.57 | 1400m: 17:31.53 1:15.78 | 2700m: 34:17.14 1:17.94 | 4000m: 51:13.57 1:19.12 | |
| 200m: 2:26.04 1:13.47 | 1500m: 18:48.37 1:16.84 | 2800m: 35:35.22 1:18.08 | 4100m: 52:32.74 1:19.17 | |
| 300m: 3:39.87 1:13.83 | 1600m: 20:04.76 1:16.39 | 2900m: 36:52.49 1:17.27 | 4200m: 53:52.40 1:19.66 | |
| 400m: 4:54.26 1:14.39 | 1700m: 21:20.96 1:16.20 | 3000m: 38:10.66 1:18.17 | 4300m: 55:11.56 1:19.16 | |
| 500m: 6:08.89 1:14.63 | 1800m: 22:38.33 1:17.37 | 3100m: 39:28.32 1:17.66 | 4400m: 56:30.98 1:19.42 | |
| 600m: 7:23.70 1:14.81 | 1900m: 23:55.82 1:17.49 | 3200m: 40:46.20 1:17.88 | 4500m: 57:49.43 1:18.45 | |
| 700m: 8:38.90 1:15.20 | 2000m: 25:13.73 1:17.91 | 3300m: 42:04.43 1:18.23 | 4600m: 59:07.69 1:18.26 | |
| 800m: 9:54.53 1:15.63 | 2100m: 26:31.65 1:17.92 | 3400m: 43:22.48 1:18.05 | 4700m: 1:00:25.68 1:17.99 | |
| 900m: 11:10.81 1:16.28 | 2200m: 27:48.79 1:17.14 | 3500m: 44:40.20 1:17.72 | 4800m: 1:01:44.04 1:18.36 | |
| 1000m: 12:27.14 1:16.33 | 2300m: 29:06.24 1:17.45 | 3600m: 45:58.54 1:18.34 | 4900m: 1:03:01.92 1:17.88 | |
| 1100m: 13:43.50 1:16.36 | 2400m: 30:23.13 1:16.89 | 3700m: 47:16.76 1:18.22 | 5000m: 1:04:18.67 1:16.75 | |
| 1200m: 14:59.76 1:16.26 | 2500m: 31:41.12 1:17.99 | 3800m: 48:35.16 1:18.40 | | |
| 1300m: 16:15.75 1:15.99 | 2600m: 32:59.20 1:18.08 | 3900m: 49:54.45 1:19.29 | | |
| Baja RUIZ TOCINO Ana | 03 | C.N. San Fernando | | - |
| Baja SERANTES RAMÍREZ Diana | 04 | C.N. Marina-Cartagena "Ancora" | | - |

SENIOR

| | | | |
|---|-------------------------|-------------------------|-------------------------|
| 1. BRAMONT ARIAS GARCÍA Maria Aleja99a | C.N. Alcala | 59:23.16 | 13,00 |
| 100m: 1:08.60 1:08.60 | 1400m: 16:19.42 1:10.51 | 2700m: 31:45.68 1:11.77 | 4000m: 47:26.24 1:12.68 |
| 200m: 2:18.28 1:09.68 | 1500m: 17:30.26 1:10.84 | 2800m: 32:57.76 1:12.08 | 4100m: 48:37.82 1:11.58 |
| 300m: 3:27.82 1:09.54 | 1600m: 18:41.12 1:10.86 | 2900m: 34:09.62 1:11.86 | 4200m: 49:50.34 1:12.52 |
| 400m: 4:37.17 1:09.35 | 1700m: 19:51.77 1:10.65 | 3000m: 35:21.84 1:12.22 | 4300m: 51:02.07 1:11.73 |
| 500m: 5:47.29 1:10.12 | 1800m: 21:03.50 1:11.73 | 3100m: 36:34.07 1:12.23 | 4400m: 52:14.15 1:12.08 |
| 600m: 6:57.54 1:10.25 | 1900m: 22:13.78 1:10.28 | 3200m: 37:46.09 1:12.02 | 4500m: 53:25.90 1:11.75 |
| 700m: 8:07.71 1:10.17 | 2000m: 23:24.47 1:10.69 | 3300m: 38:58.66 1:12.57 | 4600m: 54:37.78 1:11.88 |
| 800m: 9:18.28 1:10.57 | 2100m: 24:35.73 1:11.26 | 3400m: 40:10.74 1:12.08 | 4700m: 55:50.18 1:12.40 |
| 900m: 10:27.54 1:09.26 | 2200m: 25:47.41 1:11.68 | 3500m: 41:23.44 1:12.70 | 4800m: 57:02.57 1:12.39 |
| 1000m: 11:37.66 1:10.12 | 2300m: 26:58.71 1:11.30 | 3600m: 42:35.97 1:12.53 | 4900m: 58:14.10 1:11.53 |
| 1100m: 12:48.12 1:10.46 | 2400m: 28:10.45 1:11.74 | 3700m: 43:48.29 1:12.32 | 5000m: 59:23.16 1:09.06 |
| 1200m: 13:58.59 1:10.47 | 2500m: 29:22.13 1:11.68 | 3800m: 45:00.46 1:12.17 | |
| 1300m: 15:08.91 1:10.32 | 2600m: 30:33.91 1:11.78 | 3900m: 46:13.56 1:13.10 | |

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

Prueba 4, Fem., 5000m Libre, SENIOR

| Clasificación | AN | | Tiempo | |
|---------------|------------------------------------|-------------------------|-----------------------------------|--------------------------------|
| 2. | HERNANDEZ TOME Lara Maria | 99 | C.N. Sabadell | 1:00:01.14 10,00 |
| | 100m: 1:09.22 1:09.22 | 1400m: 16:22.15 1:10.58 | 2700m: 31:53.60 1:12.88 | 4000m: 47:48.99 1:13.54 |
| | 200m: 2:19.14 1:09.92 | 1500m: 17:32.66 1:10.51 | 2800m: 33:06.65 1:13.05 | 4100m: 49:02.68 1:13.69 |
| | 300m: 3:29.15 1:10.01 | 1600m: 18:43.33 1:10.67 | 2900m: 34:20.57 1:13.92 | 4200m: 50:16.15 1:13.47 |
| | 400m: 4:38.71 1:09.56 | 1700m: 19:54.23 1:10.90 | 3000m: 35:34.77 1:14.20 | 4300m: 51:29.76 1:13.61 |
| | 500m: 5:48.63 1:09.92 | 1800m: 21:05.24 1:11.01 | 3100m: 36:48.60 1:13.83 | 4400m: 52:43.39 1:13.63 |
| | 600m: 6:58.54 1:09.91 | 1900m: 22:16.04 1:10.80 | 3200m: 38:02.39 1:13.79 | 4500m: 53:56.52 1:13.13 |
| | 700m: 8:08.48 1:09.94 | 2000m: 23:28.25 1:12.21 | 3300m: 39:15.88 1:13.49 | 4600m: 55:10.19 1:13.67 |
| | 800m: 9:18.73 1:10.25 | 2100m: 24:40.17 1:11.92 | 3400m: 40:29.11 1:13.23 | 4700m: 56:23.15 1:12.96 |
| | 900m: 10:29.00 1:10.27 | 2200m: 25:51.88 1:11.71 | 3500m: 41:42.11 1:13.00 | 4800m: 57:36.04 1:12.89 |
| | 1000m: 11:39.54 1:10.54 | 2300m: 27:03.98 1:12.10 | 3600m: 42:55.38 1:13.27 | 4900m: 58:49.63 1:13.59 |
| | 1100m: 12:50.16 1:10.62 | 2400m: 28:15.96 1:11.98 | 3700m: 44:08.44 1:13.06 | 5000m: 1:00:01.14 1:11.51 |
| | 1200m: 14:00.87 1:10.71 | 2500m: 29:28.17 1:12.21 | 3800m: 45:21.99 1:13.55 | |
| | 1300m: 15:11.57 1:10.70 | 2600m: 30:40.72 1:12.55 | 3900m: 46:35.45 1:13.46 | |
| 3. | RODRIGUEZ SANTAULARIA Laura | 02 | C.N. Barcelona | 1:01:01.67 8,00 |
| | 100m: 1:08.25 1:08.25 | 1400m: 16:40.81 1:12.83 | 2700m: 32:41.53 1:13.68 | 4000m: 48:41.52 1:14.93 |
| | 200m: 2:18.84 1:10.59 | 1500m: 17:53.65 1:12.84 | 2800m: 33:55.21 1:13.68 | 4100m: 49:55.75 1:14.23 |
| | 300m: 3:29.09 1:10.25 | 1600m: 19:06.51 1:12.86 | 2900m: 35:09.03 1:13.82 | 4200m: 51:09.63 1:13.88 |
| | 400m: 4:39.67 1:10.58 | 1700m: 20:20.11 1:13.60 | 3000m: 36:22.75 1:13.72 | 4300m: 52:24.15 1:14.52 |
| | 500m: 5:51.13 1:11.46 | 1800m: 21:34.27 1:14.16 | 3100m: 37:36.51 1:13.76 | 4400m: 53:38.27 1:14.12 |
| | 600m: 7:02.69 1:11.56 | 1900m: 22:48.69 1:14.42 | 3200m: 38:49.72 1:13.21 | 4500m: 54:52.66 1:14.39 |
| | 700m: 8:14.43 1:11.74 | 2000m: 24:03.12 1:14.43 | 3300m: 40:03.09 1:13.37 | 4600m: 56:06.34 1:13.68 |
| | 800m: 9:26.36 1:11.93 | 2100m: 25:17.41 1:14.29 | 3400m: 41:16.66 1:13.57 | 4700m: 57:20.94 1:14.60 |
| | 900m: 10:38.30 1:11.94 | 2200m: 26:31.55 1:14.14 | 3500m: 42:30.07 1:13.41 | 4800m: 58:35.27 1:14.33 |
| | 1000m: 11:50.72 1:12.42 | 2300m: 27:45.45 1:13.90 | 3600m: 43:43.62 1:13.55 | 4900m: 59:49.74 1:14.47 |
| | 1100m: 13:03.03 1:12.31 | 2400m: 28:59.75 1:14.30 | 3700m: 44:57.45 1:13.83 | 5000m: 1:01:01.67 1:11.93 |
| | 1200m: 14:15.30 1:12.27 | 2500m: 30:13.57 1:13.82 | 3800m: 46:12.11 1:14.66 | |
| | 1300m: 15:27.98 1:12.68 | 2600m: 31:27.85 1:14.28 | 3900m: 47:26.59 1:14.48 | |
| 4. | GIRALT PIDEMONT Claudia | 01 | C.N. Mataro | 1:01:30.56 7,00 |
| | 100m: 1:10.07 1:10.07 | 1400m: 16:51.88 1:14.31 | 2700m: 32:56.65 1:15.00 | 4000m: 49:09.73 1:15.00 |
| | 200m: 2:21.02 1:10.95 | 1500m: 18:06.42 1:14.54 | 2800m: 34:11.58 1:14.93 | 4100m: 50:25.15 1:15.42 |
| | 300m: 3:32.55 1:11.53 | 1600m: 19:20.69 1:14.27 | 2900m: 35:25.81 1:14.23 | 4200m: 51:40.16 1:15.01 |
| | 400m: 4:44.12 1:11.57 | 1700m: 20:34.22 1:13.53 | 3000m: 36:40.65 1:14.84 | 4300m: 52:54.95 1:14.79 |
| | 500m: 5:55.33 1:11.21 | 1800m: 21:48.09 1:13.87 | 3100m: 37:55.57 1:14.92 | 4400m: 54:09.79 1:14.84 |
| | 600m: 7:05.87 1:10.54 | 1900m: 23:01.73 1:13.64 | 3200m: 39:10.20 1:14.63 | 4500m: 55:23.15 1:13.36 |
| | 700m: 8:17.53 1:11.66 | 2000m: 24:15.64 1:13.91 | 3300m: 40:24.86 1:14.66 | 4600m: 56:36.64 1:13.49 |
| | 800m: 9:30.48 1:12.95 | 2100m: 25:28.99 1:13.35 | 3400m: 41:39.88 1:15.02 | 4700m: 57:50.62 1:13.98 |
| | 900m: 10:43.74 1:13.26 | 2200m: 26:42.87 1:13.88 | 3500m: 42:54.71 1:14.83 | 4800m: 59:04.60 1:13.98 |
| | 1000m: 11:57.01 1:13.27 | 2300m: 27:57.06 1:14.19 | 3600m: 44:09.95 1:15.24 | 4900m: 1:00:18.40 1:13.80 |
| | 1100m: 13:10.69 1:13.68 | 2400m: 29:11.53 1:14.47 | 3700m: 45:25.09 1:15.14 | 5000m: 1:01:30.56 1:12.16 |
| | 1200m: 14:24.15 1:13.46 | 2500m: 30:26.12 1:14.59 | 3800m: 46:39.88 1:14.79 | |
| | 1300m: 15:37.57 1:13.42 | 2600m: 31:41.65 1:15.53 | 3900m: 47:54.73 1:14.85 | |
| 5. | ALONSO FERNÁNDEZ Itxaso | 97 | Getxo Igeriketa Bolue K.E. | 1:02:19.22 6,00 |
| | 100m: 1:14.13 1:14.13 | 1200m: 14:46.09 1:14.54 | 2300m: 28:25.50 1:14.28 | 3400m: 42:07.38 1:15.67 |
| | 200m: 2:28.16 1:14.03 | 1300m: 16:00.98 1:14.89 | 2400m: 29:39.70 1:14.20 | 3500m: 43:21.94 1:14.56 |
| | 300m: 3:41.87 1:13.71 | 1400m: 17:15.85 1:14.87 | 2500m: 30:54.93 1:15.23 | 3600m: 44:37.39 1:15.45 |
| | 400m: 4:54.81 1:12.94 | 1500m: 18:30.81 1:14.96 | 2600m: 32:09.64 1:14.71 | 3700m: 45:51.87 1:14.48 |
| | 500m: 6:08.11 1:13.30 | 1600m: 19:45.52 1:14.71 | 2700m: 33:23.95 1:14.31 | 3800m: 47:06.93 1:15.06 |
| | 600m: 7:21.67 1:13.56 | 1700m: 21:00.30 1:14.78 | 2800m: 34:38.53 1:14.58 | 3900m: 48:21.93 1:15.00 |
| | 700m: 8:35.16 1:13.49 | 1800m: 22:14.80 1:14.50 | 2900m: 35:53.29 1:14.76 | 4000m: 49:37.30 1:15.37 |
| | 800m: 9:49.04 1:13.88 | 1900m: 23:28.50 1:13.70 | 3000m: 37:08.01 1:14.72 | 4100m: 50:52.91 1:15.61 |
| | 900m: 11:03.23 1:14.19 | 2000m: 24:42.55 1:14.05 | 3100m: 38:22.05 1:14.04 | 4200m: 52:09.21 1:16.30 |
| | 1000m: 12:17.65 1:14.42 | 2100m: 25:56.94 1:14.39 | 3200m: 39:36.66 1:14.61 | 4300m: 53:25.17 1:15.96 |
| | 1100m: 13:31.55 1:13.90 | 2200m: 27:11.22 1:14.28 | 3300m: 40:51.71 1:15.05 | 4400m: 54:41.68 1:16.51 |

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 4, Fem., 5000m Libre, SENIOR

| Clasificación | AN | | | | Tiempo | | | |
|------------------------------------|-----------|------------------------------|---------|-------------------|---------|-------------------|-------------|--|
| 4500m: 55:58.39 | 1:16.71 | 4700m: 58:32.28 | 1:16.90 | 4900m: 1:01:05.14 | 1:16.10 | | | |
| 4600m: 57:15.38 | 1:16.99 | 4800m: 59:49.04 | 1:16.76 | 5000m: 1:02:19.22 | 1:14.08 | | | |
| 6. PEINADO MORALES Irene | 94 | C.N. San Fernando | | | | 1:03:04.85 | 5,00 | |
| 100m: 1:11.60 | 1:11.60 | 1400m: 17:14.51 | 1:14.59 | 2700m: 33:38.17 | 1:16.32 | 4000m: 50:16.93 | 1:17.66 | |
| 200m: 2:25.47 | 1:13.87 | 1500m: 18:29.62 | 1:15.11 | 2800m: 34:54.46 | 1:16.29 | 4100m: 51:34.47 | 1:17.54 | |
| 300m: 3:39.26 | 1:13.79 | 1600m: 19:44.78 | 1:15.16 | 2900m: 36:10.70 | 1:16.24 | 4200m: 52:51.79 | 1:17.32 | |
| 400m: 4:53.16 | 1:13.90 | 1700m: 20:59.97 | 1:15.19 | 3000m: 37:26.89 | 1:16.19 | 4300m: 54:08.74 | 1:16.95 | |
| 500m: 6:07.12 | 1:13.96 | 1800m: 22:15.39 | 1:15.42 | 3100m: 38:43.28 | 1:16.39 | 4400m: 55:25.55 | 1:16.81 | |
| 600m: 7:21.17 | 1:14.05 | 1900m: 23:30.91 | 1:15.52 | 3200m: 40:00.26 | 1:16.98 | 4500m: 56:42.40 | 1:16.85 | |
| 700m: 8:34.54 | 1:13.37 | 2000m: 24:46.60 | 1:15.69 | 3300m: 41:17.02 | 1:16.76 | 4600m: 57:59.30 | 1:16.90 | |
| 800m: 9:48.43 | 1:13.89 | 2100m: 26:02.30 | 1:15.70 | 3400m: 42:33.90 | 1:16.88 | 4700m: 59:16.27 | 1:16.97 | |
| 900m: 11:02.19 | 1:13.76 | 2200m: 27:17.93 | 1:15.63 | 3500m: 43:50.83 | 1:16.93 | 4800m: 1:00:33.31 | 1:17.04 | |
| 1000m: 12:16.24 | 1:14.05 | 2300m: 28:33.71 | 1:15.78 | 3600m: 45:08.08 | 1:17.25 | 4900m: 1:01:49.68 | 1:16.37 | |
| 1100m: 13:30.29 | 1:14.05 | 2400m: 29:49.54 | 1:15.83 | 3700m: 46:24.94 | 1:16.86 | 5000m: 1:03:04.85 | 1:15.17 | |
| 1200m: 14:44.97 | 1:14.68 | 2500m: 31:05.61 | 1:16.07 | 3800m: 47:41.97 | 1:17.03 | | | |
| 1300m: 15:59.92 | 1:14.95 | 2600m: 32:21.85 | 1:16.24 | 3900m: 48:59.27 | 1:17.30 | | | |
| 7. PEREZ GARCIA-PICHER Ana | 98 | C.N. Galaico | | | | 1:04:13.65 | 4,00 | |
| 100m: 1:15.50 | 1:15.50 | 1400m: 17:53.89 | 1:16.61 | 2700m: 34:33.91 | 1:16.78 | 4000m: 51:20.52 | 1:17.83 | |
| 200m: 2:33.00 | 1:17.50 | 1500m: 19:10.44 | 1:16.55 | 2800m: 35:50.97 | 1:17.06 | 4100m: 52:38.79 | 1:18.27 | |
| 300m: 3:49.86 | 1:16.86 | 1600m: 20:27.03 | 1:16.59 | 2900m: 37:07.48 | 1:16.51 | 4200m: 53:56.37 | 1:17.58 | |
| 400m: 5:07.07 | 1:17.21 | 1700m: 21:43.73 | 1:16.70 | 3000m: 38:24.59 | 1:17.11 | 4300m: 55:13.99 | 1:17.62 | |
| 500m: 6:24.37 | 1:17.30 | 1800m: 23:00.17 | 1:16.44 | 3100m: 39:41.71 | 1:17.12 | 4400m: 56:31.02 | 1:17.03 | |
| 600m: 7:41.26 | 1:16.89 | 1900m: 24:17.18 | 1:17.01 | 3200m: 40:58.93 | 1:17.22 | 4500m: 57:48.18 | 1:17.16 | |
| 700m: 8:57.56 | 1:16.30 | 2000m: 25:34.31 | 1:17.13 | 3300m: 42:15.73 | 1:16.80 | 4600m: 59:05.50 | 1:17.32 | |
| 800m: 10:13.82 | 1:16.26 | 2100m: 26:51.46 | 1:17.15 | 3400m: 43:33.02 | 1:17.29 | 4700m: 1:00:23.27 | 1:17.77 | |
| 900m: 11:29.97 | 1:16.15 | 2200m: 28:08.27 | 1:16.81 | 3500m: 44:50.65 | 1:17.63 | 4800m: 1:01:40.67 | 1:17.40 | |
| 1000m: 12:46.63 | 1:16.66 | 2300m: 29:25.39 | 1:17.12 | 3600m: 46:08.45 | 1:17.80 | 4900m: 1:02:57.79 | 1:17.12 | |
| 1100m: 14:04.05 | 1:17.42 | 2400m: 30:42.83 | 1:17.44 | 3700m: 47:26.22 | 1:17.77 | 5000m: 1:04:13.65 | 1:15.86 | |
| 1200m: 15:20.82 | 1:16.77 | 2500m: 31:59.82 | 1:16.99 | 3800m: 48:44.27 | 1:18.05 | | | |
| 1300m: 16:37.28 | 1:16.46 | 2600m: 33:17.13 | 1:17.31 | 3900m: 50:02.69 | 1:18.42 | | | |
| 8. CAMACHO GONZÁLEZ Claudia | 02 | C.D. Gredos San Diego | | | | 1:04:55.57 | 3,00 | |
| 100m: 1:11.99 | 1:11.99 | 1400m: 17:27.80 | 1:15.59 | 2700m: 33:59.80 | 1:17.29 | 4000m: 51:10.17 | 1:22.18 | |
| 200m: 2:26.29 | 1:14.30 | 1500m: 18:43.89 | 1:16.09 | 2800m: 35:17.30 | 1:17.50 | 4100m: 52:31.79 | 1:21.62 | |
| 300m: 3:41.00 | 1:14.71 | 1600m: 19:59.47 | 1:15.58 | 2900m: 36:35.33 | 1:18.03 | 4200m: 53:53.94 | 1:22.15 | |
| 400m: 4:55.98 | 1:14.98 | 1700m: 21:14.80 | 1:15.33 | 3000m: 37:53.14 | 1:17.81 | 4300m: 55:16.32 | 1:22.38 | |
| 500m: 6:10.83 | 1:14.85 | 1800m: 22:30.66 | 1:15.86 | 3100m: 39:11.39 | 1:18.25 | 4400m: 56:40.01 | 1:23.69 | |
| 600m: 7:25.82 | 1:14.99 | 1900m: 23:46.59 | 1:15.93 | 3200m: 40:29.38 | 1:17.99 | 4500m: 58:03.51 | 1:23.50 | |
| 700m: 8:40.77 | 1:14.95 | 2000m: 25:03.01 | 1:16.42 | 3300m: 41:47.82 | 1:18.44 | 4600m: 59:27.84 | 1:24.33 | |
| 800m: 9:55.79 | 1:15.02 | 2100m: 26:19.35 | 1:16.34 | 3400m: 43:06.60 | 1:18.78 | 4700m: 1:00:51.51 | 1:23.67 | |
| 900m: 11:10.93 | 1:15.14 | 2200m: 27:35.65 | 1:16.30 | 3500m: 44:25.71 | 1:19.11 | 4800m: 1:02:14.19 | 1:22.68 | |
| 1000m: 12:26.49 | 1:15.56 | 2300m: 28:52.39 | 1:16.74 | 3600m: 45:45.23 | 1:19.52 | 4900m: 1:03:35.90 | 1:21.71 | |
| 1100m: 13:41.67 | 1:15.18 | 2400m: 30:09.09 | 1:16.70 | 3700m: 47:05.88 | 1:20.65 | 5000m: 1:04:55.57 | 1:19.67 | |
| 1200m: 14:56.86 | 1:15.19 | 2500m: 31:25.79 | 1:16.70 | 3800m: 48:26.40 | 1:20.52 | | | |
| 1300m: 16:12.21 | 1:15.35 | 2600m: 32:42.51 | 1:16.72 | 3900m: 49:47.99 | 1:21.59 | | | |

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

Prueba 4, Fem., 5000m Libre, SENIOR

| Clasificación | AN | | | | | | Tiempo | | | | |
|-------------------------------------|-----------|----------------------------|---------|-----------------|---------|-------------------|---------|-------------------|-------------|--|--|
| 9. BARBER NAVARRO Cristina | 02 | C.N. Ferca-San Jose | | | | | | 1:05:37.01 | 2,00 | | |
| 100m: 1:13.88 | 1:13.88 | 1400m: 18:05.60 | 1:19.14 | 2700m: 35:13.98 | 1:19.97 | 4000m: 52:24.89 | 1:19.15 | | | | |
| 200m: 2:30.07 | 1:16.19 | 1500m: 19:24.65 | 1:19.05 | 2800m: 36:33.67 | 1:19.69 | 4100m: 53:44.00 | 1:19.11 | | | | |
| 300m: 3:46.89 | 1:16.82 | 1600m: 20:43.95 | 1:19.30 | 2900m: 37:53.63 | 1:19.96 | 4200m: 55:03.68 | 1:19.68 | | | | |
| 400m: 5:03.12 | 1:16.23 | 1700m: 22:02.80 | 1:18.85 | 3000m: 39:14.10 | 1:20.47 | 4300m: 56:23.45 | 1:19.77 | | | | |
| 500m: 6:20.56 | 1:17.44 | 1800m: 23:20.75 | 1:17.95 | 3100m: 40:33.56 | 1:19.46 | 4400m: 57:43.64 | 1:20.19 | | | | |
| 600m: 7:37.75 | 1:17.19 | 1900m: 24:39.05 | 1:18.30 | 3200m: 41:53.47 | 1:19.91 | 4500m: 59:03.96 | 1:20.32 | | | | |
| 700m: 8:55.98 | 1:18.23 | 2000m: 25:58.58 | 1:19.53 | 3300m: 43:12.90 | 1:19.43 | 4600m: 1:00:23.45 | 1:19.49 | | | | |
| 800m: 10:14.39 | 1:18.41 | 2100m: 27:18.24 | 1:19.66 | 3400m: 44:32.09 | 1:19.19 | 4700m: 1:01:42.50 | 1:19.05 | | | | |
| 900m: 11:32.08 | 1:17.69 | 2200m: 28:37.58 | 1:19.34 | 3500m: 45:51.27 | 1:19.18 | 4800m: 1:03:01.06 | 1:18.56 | | | | |
| 1000m: 12:50.76 | 1:18.68 | 2300m: 29:56.62 | 1:19.04 | 3600m: 47:09.74 | 1:18.47 | 4900m: 1:04:18.92 | 1:17.86 | | | | |
| 1100m: 14:09.29 | 1:18.53 | 2400m: 31:15.07 | 1:18.45 | 3700m: 48:27.33 | 1:17.59 | 5000m: 1:05:37.01 | 1:18.09 | | | | |
| 1200m: 15:27.93 | 1:18.64 | 2500m: 32:34.40 | 1:19.33 | 3800m: 49:45.99 | 1:18.66 | | | | | | |
| 1300m: 16:46.46 | 1:18.53 | 2600m: 33:54.01 | 1:19.61 | 3900m: 51:05.74 | 1:19.75 | | | | | | |
| 10. VEIGA SOUTO Ana | 98 | C.N. Arteixo | | | | | | 1:07:18.67 | 1,00 | | |
| 100m: 1:11.98 | 1:11.98 | 1400m: 17:55.03 | 1:17.57 | 2700m: 35:25.27 | 1:22.67 | 4000m: 53:36.70 | 1:24.82 | | | | |
| 200m: 2:27.41 | 1:15.43 | 1500m: 19:13.93 | 1:18.90 | 2800m: 36:48.45 | 1:23.18 | 4100m: 55:00.94 | 1:24.24 | | | | |
| 300m: 3:43.01 | 1:15.60 | 1600m: 20:32.97 | 1:19.04 | 2900m: 38:12.40 | 1:23.95 | 4200m: 56:23.38 | 1:22.44 | | | | |
| 400m: 4:59.29 | 1:16.28 | 1700m: 21:52.25 | 1:19.28 | 3000m: 39:36.97 | 1:24.57 | 4300m: 57:47.69 | 1:24.31 | | | | |
| 500m: 6:15.77 | 1:16.48 | 1800m: 23:12.03 | 1:19.78 | 3100m: 41:00.18 | 1:23.21 | 4400m: 59:09.35 | 1:21.66 | | | | |
| 600m: 7:32.49 | 1:16.72 | 1900m: 24:31.87 | 1:19.84 | 3200m: 42:24.45 | 1:24.27 | 4500m: 1:00:33.13 | 1:23.78 | | | | |
| 700m: 8:49.42 | 1:16.93 | 2000m: 25:52.11 | 1:20.24 | 3300m: 43:49.15 | 1:24.70 | 4600m: 1:01:56.14 | 1:23.01 | | | | |
| 800m: 10:06.56 | 1:17.14 | 2100m: 27:13.02 | 1:20.91 | 3400m: 45:13.32 | 1:24.17 | 4700m: 1:03:17.51 | 1:21.37 | | | | |
| 900m: 11:24.19 | 1:17.63 | 2200m: 28:34.01 | 1:20.99 | 3500m: 46:36.70 | 1:23.38 | 4800m: 1:04:38.34 | 1:20.83 | | | | |
| 1000m: 12:41.76 | 1:17.57 | 2300m: 29:55.67 | 1:21.66 | 3600m: 47:59.74 | 1:23.04 | 4900m: 1:05:59.17 | 1:20.83 | | | | |
| 1100m: 14:00.15 | 1:18.39 | 2400m: 31:17.80 | 1:22.13 | 3700m: 49:23.82 | 1:24.08 | 5000m: 1:07:18.67 | 1:19.50 | | | | |
| 1200m: 15:18.63 | 1:18.48 | 2500m: 32:39.66 | 1:21.86 | 3800m: 50:47.19 | 1:23.37 | | | | | | |
| 1300m: 16:37.46 | 1:18.83 | 2600m: 34:02.60 | 1:22.94 | 3900m: 52:11.88 | 1:24.69 | | | | | | |
| Baja DE VALDES ALVAREZ Maria | 98 | C.N. Liceo | | | | | | - | | | |

ABSOLUTA

| | | | | | | | | | | | |
|---------------------------------|-----------|---------------------|---------|-----------------|---------|-----------------|---------|-----------------|--|--|--|
| 1. OTERO FERNÁNDEZ Paula | 04 | C.N. Arteixo | | | | | | 57:41.08 | | | |
| 100m: 1:06.65 | 1:06.65 | 1400m: 16:01.47 | 1:10.03 | 2700m: 31:11.25 | 1:10.19 | 4000m: 46:20.57 | 1:09.39 | | | | |
| 200m: 2:13.44 | 1:06.79 | 1500m: 17:11.56 | 1:10.09 | 2800m: 32:21.53 | 1:10.28 | 4100m: 47:29.71 | 1:09.14 | | | | |
| 300m: 3:20.55 | 1:07.11 | 1600m: 18:21.58 | 1:10.02 | 2900m: 33:31.62 | 1:10.09 | 4200m: 48:39.19 | 1:09.48 | | | | |
| 400m: 4:28.39 | 1:07.84 | 1700m: 19:31.73 | 1:10.15 | 3000m: 34:41.78 | 1:10.16 | 4300m: 49:48.24 | 1:09.05 | | | | |
| 500m: 5:36.26 | 1:07.87 | 1800m: 20:41.76 | 1:10.03 | 3100m: 35:51.90 | 1:10.12 | 4400m: 50:56.73 | 1:08.49 | | | | |
| 600m: 6:44.29 | 1:08.03 | 1900m: 21:51.74 | 1:09.98 | 3200m: 37:02.21 | 1:10.31 | 4500m: 52:04.55 | 1:07.82 | | | | |
| 700m: 7:51.96 | 1:07.67 | 2000m: 23:01.57 | 1:09.83 | 3300m: 38:11.90 | 1:09.69 | 4600m: 53:11.65 | 1:07.10 | | | | |
| 800m: 9:00.44 | 1:08.48 | 2100m: 24:11.44 | 1:09.87 | 3400m: 39:22.19 | 1:10.29 | 4700m: 54:18.74 | 1:07.09 | | | | |
| 900m: 10:09.43 | 1:08.99 | 2200m: 25:21.19 | 1:09.75 | 3500m: 40:31.77 | 1:09.58 | 4800m: 55:25.93 | 1:07.19 | | | | |
| 1000m: 11:19.67 | 1:10.24 | 2300m: 26:30.76 | 1:09.57 | 3600m: 41:41.45 | 1:09.68 | 4900m: 56:33.87 | 1:07.94 | | | | |
| 1100m: 12:30.60 | 1:10.93 | 2400m: 27:40.76 | 1:10.00 | 3700m: 42:51.42 | 1:09.97 | 5000m: 57:41.08 | 1:07.21 | | | | |
| 1200m: 13:41.19 | 1:10.59 | 2500m: 28:50.66 | 1:09.90 | 3800m: 44:01.15 | 1:09.73 | | | | | | |
| 1300m: 14:51.44 | 1:10.25 | 2600m: 30:01.06 | 1:10.40 | 3900m: 45:11.18 | 1:10.03 | | | | | | |

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

Prueba 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|------------------------------------|-------------------------|--------------------------|-------------------------|--|
| 2. MARTINEZ GUILLEN Angela | 04 | Kzm Swimming Team | 57:53.51 | |
| 100m: 1:08.06 1:08.06 | 1400m: 15:55.31 1:09.32 | 2700m: 31:02.27 1:09.62 | 4000m: 46:13.07 1:10.05 | |
| 200m: 2:14.98 1:06.92 | 1500m: 17:04.22 1:08.91 | 2800m: 32:11.98 1:09.71 | 4100m: 47:23.07 1:10.00 | |
| 300m: 3:22.75 1:07.77 | 1600m: 18:13.59 1:09.37 | 2900m: 33:21.88 1:09.90 | 4200m: 48:32.85 1:09.78 | |
| 400m: 4:30.66 1:07.91 | 1700m: 19:22.89 1:09.30 | 3000m: 34:32.14 1:10.26 | 4300m: 49:42.67 1:09.82 | |
| 500m: 5:39.10 1:08.44 | 1800m: 20:32.78 1:09.89 | 3100m: 35:41.63 1:09.49 | 4400m: 50:52.82 1:10.15 | |
| 600m: 6:47.21 1:08.11 | 1900m: 21:42.39 1:09.61 | 3200m: 36:51.58 1:09.95 | 4500m: 52:02.86 1:10.04 | |
| 700m: 7:55.11 1:07.90 | 2000m: 22:52.25 1:09.86 | 3300m: 38:01.66 1:10.08 | 4600m: 53:11.94 1:09.08 | |
| 800m: 9:02.99 1:07.88 | 2100m: 24:01.94 1:09.69 | 3400m: 39:11.71 1:10.05 | 4700m: 54:21.45 1:09.51 | |
| 900m: 10:11.09 1:08.10 | 2200m: 25:11.89 1:09.95 | 3500m: 40:22.09 1:10.38 | 4800m: 55:31.84 1:10.39 | |
| 1000m: 11:19.35 1:08.26 | 2300m: 26:22.43 1:10.54 | 3600m: 41:32.16 1:10.07 | 4900m: 56:43.29 1:11.45 | |
| 1100m: 12:26.82 1:07.47 | 2400m: 27:32.54 1:10.11 | 3700m: 42:42.29 1:10.13 | 5000m: 57:53.51 1:10.22 | |
| 1200m: 13:35.90 1:09.08 | 2500m: 28:43.03 1:10.49 | 3800m: 43:52.74 1:10.45 | | |
| 1300m: 14:45.99 1:10.09 | 2600m: 29:52.65 1:09.62 | 3900m: 45:03.02 1:10.28 | | |
| 3. LEBLIC GARCIA Sydney | 05 | C.D. El Valle | 58:20.18 | |
| <i>Mejor Marca Nacional</i> | | | | |
| 100m: 1:08.64 1:08.64 | 1400m: 16:11.87 1:10.03 | 2700m: 31:22.40 1:10.00 | 4000m: 46:38.04 1:10.98 | |
| 200m: 2:17.89 1:09.25 | 1500m: 17:21.66 1:09.79 | 2800m: 32:32.87 1:10.47 | 4100m: 47:48.27 1:10.23 | |
| 300m: 3:27.22 1:09.33 | 1600m: 18:31.09 1:09.43 | 2900m: 33:42.97 1:10.10 | 4200m: 48:58.58 1:10.31 | |
| 400m: 4:36.25 1:09.03 | 1700m: 19:41.05 1:09.96 | 3000m: 34:52.62 1:09.65 | 4300m: 50:08.84 1:10.26 | |
| 500m: 5:45.61 1:09.36 | 1800m: 20:50.81 1:09.76 | 3100m: 36:02.35 1:09.73 | 4400m: 51:19.91 1:11.07 | |
| 600m: 6:54.69 1:09.08 | 1900m: 22:00.85 1:10.04 | 3200m: 37:12.85 1:10.50 | 4500m: 52:30.76 1:10.85 | |
| 700m: 8:03.83 1:09.14 | 2000m: 23:10.75 1:09.90 | 3300m: 38:23.21 1:10.36 | 4600m: 53:41.20 1:10.44 | |
| 800m: 9:13.24 1:09.41 | 2100m: 24:20.84 1:10.09 | 3400m: 39:33.98 1:10.77 | 4700m: 54:52.01 1:10.81 | |
| 900m: 10:22.62 1:09.38 | 2200m: 25:31.04 1:10.20 | 3500m: 40:44.33 1:10.35 | 4800m: 56:02.11 1:10.10 | |
| 1000m: 11:32.18 1:09.56 | 2300m: 26:41.27 1:10.23 | 3600m: 41:55.35 1:11.02 | 4900m: 57:12.19 1:10.08 | |
| 1100m: 12:41.93 1:09.75 | 2400m: 27:52.09 1:10.82 | 3700m: 43:05.87 1:10.52 | 5000m: 58:20.18 1:07.99 | |
| 1200m: 13:51.86 1:09.93 | 2500m: 29:02.13 1:10.04 | 3800m: 44:16.57 1:10.70 | | |
| 1300m: 15:01.84 1:09.98 | 2600m: 30:12.40 1:10.27 | 3900m: 45:27.06 1:10.49 | | |
| 4. GALO NOGUEIRA Estel Xuan | 04 | C.N. Granollers | 58:27.05 | |
| 100m: 1:09.05 1:09.05 | 1400m: 16:16.15 1:09.94 | 2700m: 31:30.00 1:10.35 | 4000m: 46:47.19 1:11.04 | |
| 200m: 2:19.15 1:10.10 | 1500m: 17:26.31 1:10.16 | 2800m: 32:40.63 1:10.63 | 4100m: 47:57.74 1:10.55 | |
| 300m: 3:29.02 1:09.87 | 1600m: 18:36.28 1:09.97 | 2900m: 33:51.29 1:10.66 | 4200m: 49:08.46 1:10.72 | |
| 400m: 4:38.56 1:09.54 | 1700m: 19:46.68 1:10.40 | 3000m: 35:01.95 1:10.66 | 4300m: 50:18.81 1:10.35 | |
| 500m: 5:47.80 1:09.24 | 1800m: 20:57.08 1:10.40 | 3100m: 36:12.43 1:10.48 | 4400m: 51:29.34 1:10.53 | |
| 600m: 6:57.16 1:09.36 | 1900m: 22:07.16 1:10.08 | 3200m: 37:23.27 1:10.84 | 4500m: 52:39.67 1:10.33 | |
| 700m: 8:07.11 1:09.95 | 2000m: 23:17.58 1:10.42 | 3300m: 38:34.14 1:10.87 | 4600m: 53:49.93 1:10.26 | |
| 800m: 9:16.98 1:09.87 | 2100m: 24:27.83 1:10.25 | 3400m: 39:44.63 1:10.49 | 4700m: 54:59.70 1:09.77 | |
| 900m: 10:26.77 1:09.79 | 2200m: 25:38.02 1:10.19 | 3500m: 40:55.14 1:10.51 | 4800m: 56:10.19 1:10.49 | |
| 1000m: 11:36.55 1:09.78 | 2300m: 26:48.50 1:10.48 | 3600m: 42:05.22 1:10.08 | 4900m: 57:20.04 1:09.85 | |
| 1100m: 12:46.36 1:09.81 | 2400m: 27:58.90 1:10.40 | 3700m: 43:15.31 1:10.09 | 5000m: 58:27.05 1:07.01 | |
| 1200m: 13:56.24 1:09.88 | 2500m: 29:09.14 1:10.24 | 3800m: 44:25.33 1:10.02 | | |
| 1300m: 15:06.21 1:09.97 | 2600m: 30:19.65 1:10.51 | 3900m: 45:36.15 1:10.82 | | |

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 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------------------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-----------------------|-------------------------|-------------------------|-------------------------|------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--|-------------------------|-------------------------|-------------------------|--|
| 5. DENBY Kennedy Hope | 05 C.D.N. Nadamas Las Marinas | | | | | | 59:01.98 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m: 1:10.16 1:10.16 | 1400m: 16:28.90 1:10.93 | 2700m: 31:44.36 1:09.53 | 4000m: 46:57.19 1:10.56 | 200m: 2:21.35 1:11.19 | 1500m: 17:39.66 1:10.76 | 2800m: 32:53.94 1:09.58 | 4100m: 48:08.38 1:11.19 | 300m: 3:32.63 1:11.28 | 1600m: 18:50.43 1:10.77 | 2900m: 34:03.35 1:09.41 | 4200m: 49:19.86 1:11.48 | 400m: 4:44.31 1:11.68 | 1700m: 20:01.17 1:10.74 | 3000m: 35:13.15 1:09.80 | 4300m: 50:31.89 1:12.03 | 500m: 5:55.15 1:10.84 | 1800m: 21:11.83 1:10.66 | 3100m: 36:22.84 1:09.69 | 4400m: 51:44.42 1:12.53 | 600m: 7:05.36 1:10.21 | 1900m: 22:22.44 1:10.61 | 3200m: 37:32.81 1:09.97 | 4500m: 52:56.96 1:12.54 | 700m: 8:15.38 1:10.02 | 2000m: 23:33.10 1:10.66 | 3300m: 38:42.99 1:10.18 | 4600m: 54:09.78 1:12.82 | 800m: 9:25.29 1:09.91 | 2100m: 24:43.90 1:10.80 | 3400m: 39:53.06 1:10.07 | 4700m: 55:22.80 1:13.02 | 900m: 10:35.35 1:10.06 | 2200m: 25:54.50 1:10.60 | 3500m: 41:03.85 1:10.79 | 4800m: 56:36.73 1:13.93 | 1000m: 11:45.95 1:10.60 | 2300m: 27:04.70 1:10.20 | 3600m: 42:14.35 1:10.50 | 4900m: 57:50.60 1:13.87 | 1100m: 12:56.41 1:10.46 | 2400m: 28:14.87 1:10.17 | 3700m: 43:24.96 1:10.61 | 5000m: 59:01.98 1:11.38 | 1200m: 14:07.24 1:10.83 | 2500m: 29:24.85 1:09.98 | 3800m: 44:35.46 1:10.50 | | 1300m: 15:17.97 1:10.73 | 2600m: 30:34.83 1:09.98 | 3900m: 45:46.63 1:11.17 | |
| 6. CARMONA VILLAPLANA Marta | 05 C.N. Albacete | | | | | | 59:21.68 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m: 1:08.84 1:08.84 | 1400m: 16:20.17 1:10.98 | 2700m: 31:42.43 1:11.30 | 4000m: 47:22.92 1:13.17 | 200m: 2:17.87 1:09.03 | 1500m: 17:30.75 1:10.58 | 2800m: 32:54.04 1:11.61 | 4100m: 48:35.99 1:13.07 | 300m: 3:27.49 1:09.62 | 1600m: 18:41.50 1:10.75 | 2900m: 34:05.33 1:11.29 | 4200m: 49:49.78 1:13.79 | 400m: 4:37.21 1:09.72 | 1700m: 19:52.34 1:10.84 | 3000m: 35:17.37 1:12.04 | 4300m: 51:02.48 1:12.70 | 500m: 5:46.78 1:09.57 | 1800m: 21:03.15 1:10.81 | 3100m: 36:29.95 1:12.58 | 4400m: 52:14.28 1:11.80 | 600m: 6:56.95 1:10.17 | 1900m: 22:13.68 1:10.53 | 3200m: 37:42.06 1:12.11 | 4500m: 53:26.66 1:12.38 | 700m: 8:07.09 1:10.14 | 2000m: 23:24.47 1:10.79 | 3300m: 38:55.19 1:13.13 | 4600m: 54:38.84 1:12.18 | 800m: 9:17.36 1:10.27 | 2100m: 24:35.47 1:11.00 | 3400m: 40:08.15 1:12.96 | 4700m: 55:50.55 1:11.71 | 900m: 10:27.62 1:10.26 | 2200m: 25:46.59 1:11.12 | 3500m: 41:20.48 1:12.33 | 4800m: 57:02.56 1:12.01 | 1000m: 11:37.75 1:10.13 | 2300m: 26:57.90 1:11.31 | 3600m: 42:33.61 1:13.13 | 4900m: 58:14.46 1:11.90 | 1100m: 12:48.15 1:10.40 | 2400m: 28:09.03 1:11.13 | 3700m: 43:45.80 1:12.19 | 5000m: 59:21.68 1:07.22 | 1200m: 13:58.88 1:10.73 | 2500m: 29:19.92 1:10.89 | 3800m: 44:57.57 1:11.77 | | 1300m: 15:09.19 1:10.31 | 2600m: 30:31.13 1:11.21 | 3900m: 46:09.75 1:12.18 | |
| 7. BRAMONT ARIAS GARCÍA Maria Aleja99a | C.N. Alcalá | | | | | | 59:23.16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m: 1:08.60 1:08.60 | 1400m: 16:19.42 1:10.51 | 2700m: 31:45.68 1:11.77 | 4000m: 47:26.24 1:12.68 | 200m: 2:18.28 1:09.68 | 1500m: 17:30.26 1:10.84 | 2800m: 32:57.76 1:12.08 | 4100m: 48:37.82 1:11.58 | 300m: 3:27.82 1:09.54 | 1600m: 18:41.12 1:10.86 | 2900m: 34:09.62 1:11.86 | 4200m: 49:50.34 1:12.52 | 400m: 4:37.17 1:09.35 | 1700m: 19:51.77 1:10.65 | 3000m: 35:21.84 1:12.22 | 4300m: 51:02.07 1:11.73 | 500m: 5:47.29 1:10.12 | 1800m: 21:03.50 1:11.73 | 3100m: 36:34.07 1:12.23 | 4400m: 52:14.15 1:12.08 | 600m: 6:57.54 1:10.25 | 1900m: 22:13.78 1:10.28 | 3200m: 37:46.09 1:12.02 | 4500m: 53:25.90 1:11.75 | 700m: 8:07.71 1:10.17 | 2000m: 23:24.47 1:10.69 | 3300m: 38:58.66 1:12.57 | 4600m: 54:37.78 1:11.88 | 800m: 9:18.28 1:10.57 | 2100m: 24:35.73 1:11.26 | 3400m: 40:10.74 1:12.08 | 4700m: 55:50.18 1:12.40 | 900m: 10:27.54 1:09.26 | 2200m: 25:47.41 1:11.68 | 3500m: 41:23.44 1:12.70 | 4800m: 57:02.57 1:12.39 | 1000m: 11:37.66 1:10.12 | 2300m: 26:58.71 1:11.30 | 3600m: 42:35.97 1:12.53 | 4900m: 58:14.10 1:11.53 | 1100m: 12:48.12 1:10.46 | 2400m: 28:10.45 1:11.74 | 3700m: 43:48.29 1:12.32 | 5000m: 59:23.16 1:09.06 | 1200m: 13:58.59 1:10.47 | 2500m: 29:22.13 1:11.68 | 3800m: 45:00.46 1:12.17 | | 1300m: 15:08.91 1:10.32 | 2600m: 30:33.91 1:11.78 | 3900m: 46:13.56 1:13.10 | |
| 8. SANCHEZ LORA Candela | 03 C.D. Gredos San Diego | | | | | | 59:39.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m: 1:09.06 1:09.06 | 1200m: 14:09.82 1:11.95 | 2300m: 27:18.71 1:11.67 | 3400m: 40:33.47 1:10.87 | 200m: 2:18.59 1:09.53 | 1300m: 15:21.72 1:11.90 | 2400m: 28:30.54 1:11.83 | 3500m: 41:45.30 1:11.83 | 300m: 3:28.38 1:09.79 | 1400m: 16:34.14 1:12.42 | 2500m: 29:42.62 1:12.08 | 3600m: 42:57.80 1:12.50 | 400m: 4:38.76 1:10.38 | 1500m: 17:46.03 1:11.89 | 2600m: 30:55.65 1:13.03 | 3700m: 44:10.53 1:12.73 | 500m: 5:49.34 1:10.58 | 1600m: 18:58.36 1:12.33 | 2700m: 32:08.14 1:12.49 | 3800m: 45:23.26 1:12.73 | 600m: 6:59.92 1:10.58 | 1700m: 20:09.39 1:11.03 | 2800m: 33:21.13 1:12.99 | 3900m: 46:35.13 1:11.87 | 700m: 8:10.25 1:10.33 | 1800m: 21:20.08 1:10.69 | 2900m: 34:34.23 1:13.10 | 4000m: 47:47.19 1:12.06 | 800m: 9:21.12 1:10.87 | 1900m: 22:31.62 1:11.54 | 3000m: 35:46.86 1:12.63 | 4100m: 48:59.10 1:11.91 | 900m: 10:33.18 1:12.06 | 2000m: 23:43.52 1:11.90 | 3100m: 36:59.10 1:12.24 | 4200m: 50:11.11 1:12.01 | 1000m: 11:45.50 1:12.32 | 2100m: 24:55.58 1:12.06 | 3200m: 38:11.61 1:12.51 | 4300m: 51:22.68 1:11.57 | 1100m: 12:57.87 1:12.37 | 2200m: 26:07.04 1:11.46 | 3300m: 39:22.60 1:10.99 | 4400m: 52:34.74 1:12.06 | | | | | | | | |

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 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo | | | | | |
|---------------|---|---------|-----------------|---------|-----------------|---------|-------------------|---------|--|--|--|--|
| | 4500m: 53:46.53 | 1:11.79 | 4700m: 56:08.82 | 1:10.56 | 4900m: 58:29.67 | 1:10.40 | | | | | | |
| | 4600m: 54:58.26 | 1:11.73 | 4800m: 57:19.27 | 1:10.45 | 5000m: 59:39.12 | 1:09.45 | | | | | | |
| 9. | HERNANDEZ TOME Lara Maria 99 C.N. Sabadell | | | | | | 1:00:01.14 | | | | | |
| | 100m: 1:09.22 | 1:09.22 | 1400m: 16:22.15 | 1:10.58 | 2700m: 31:53.60 | 1:12.88 | 4000m: 47:48.99 | 1:13.54 | | | | |
| | 200m: 2:19.14 | 1:09.92 | 1500m: 17:32.66 | 1:10.51 | 2800m: 33:06.65 | 1:13.05 | 4100m: 49:02.68 | 1:13.69 | | | | |
| | 300m: 3:29.15 | 1:10.01 | 1600m: 18:43.33 | 1:10.67 | 2900m: 34:20.57 | 1:13.92 | 4200m: 50:16.15 | 1:13.47 | | | | |
| | 400m: 4:38.71 | 1:09.56 | 1700m: 19:54.23 | 1:10.90 | 3000m: 35:34.77 | 1:14.20 | 4300m: 51:29.76 | 1:13.61 | | | | |
| | 500m: 5:48.63 | 1:09.92 | 1800m: 21:05.24 | 1:11.01 | 3100m: 36:48.60 | 1:13.83 | 4400m: 52:43.39 | 1:13.63 | | | | |
| | 600m: 6:58.54 | 1:09.91 | 1900m: 22:16.04 | 1:10.80 | 3200m: 38:02.39 | 1:13.79 | 4500m: 53:56.52 | 1:13.13 | | | | |
| | 700m: 8:08.48 | 1:09.94 | 2000m: 23:28.25 | 1:12.21 | 3300m: 39:15.88 | 1:13.49 | 4600m: 55:10.19 | 1:13.67 | | | | |
| | 800m: 9:18.73 | 1:10.25 | 2100m: 24:40.17 | 1:11.92 | 3400m: 40:29.11 | 1:13.23 | 4700m: 56:23.15 | 1:12.96 | | | | |
| | 900m: 10:29.00 | 1:10.27 | 2200m: 25:51.88 | 1:11.71 | 3500m: 41:42.11 | 1:13.00 | 4800m: 57:36.04 | 1:12.89 | | | | |
| | 1000m: 11:39.54 | 1:10.54 | 2300m: 27:03.98 | 1:12.10 | 3600m: 42:55.38 | 1:13.27 | 4900m: 58:49.63 | 1:13.59 | | | | |
| | 1100m: 12:50.16 | 1:10.62 | 2400m: 28:15.96 | 1:11.98 | 3700m: 44:08.44 | 1:13.06 | 5000m: 1:00:01.14 | 1:11.51 | | | | |
| | 1200m: 14:00.87 | 1:10.71 | 2500m: 29:28.17 | 1:12.21 | 3800m: 45:21.99 | 1:13.55 | | | | | | |
| | 1300m: 15:11.57 | 1:10.70 | 2600m: 30:40.72 | 1:12.55 | 3900m: 46:35.45 | 1:13.46 | | | | | | |
| 10. | MORA FERRANDIS Ariadna 06 C.N. La Salle-Palma | | | | | | 1:00:24.54 | | | | | |
| | 100m: 1:09.85 | 1:09.85 | 1400m: 16:38.44 | 1:12.00 | 2700m: 32:19.60 | 1:11.94 | 4000m: 48:10.17 | 1:13.02 | | | | |
| | 200m: 2:21.02 | 1:11.17 | 1500m: 17:50.91 | 1:12.47 | 2800m: 33:32.29 | 1:12.69 | 4100m: 49:23.47 | 1:13.30 | | | | |
| | 300m: 3:31.88 | 1:10.86 | 1600m: 19:03.41 | 1:12.50 | 2900m: 34:44.87 | 1:12.58 | 4200m: 50:36.64 | 1:13.17 | | | | |
| | 400m: 4:42.87 | 1:10.99 | 1700m: 20:16.13 | 1:12.72 | 3000m: 35:58.06 | 1:13.19 | 4300m: 51:50.34 | 1:13.70 | | | | |
| | 500m: 5:53.84 | 1:10.97 | 1800m: 21:29.02 | 1:12.89 | 3100m: 37:11.59 | 1:13.53 | 4400m: 53:03.89 | 1:13.55 | | | | |
| | 600m: 7:04.96 | 1:11.12 | 1900m: 22:41.64 | 1:12.62 | 3200m: 38:24.11 | 1:12.52 | 4500m: 54:17.77 | 1:13.88 | | | | |
| | 700m: 8:16.21 | 1:11.25 | 2000m: 23:54.99 | 1:13.35 | 3300m: 39:36.32 | 1:12.21 | 4600m: 55:32.25 | 1:14.48 | | | | |
| | 800m: 9:27.40 | 1:11.19 | 2100m: 25:07.29 | 1:12.30 | 3400m: 40:50.23 | 1:13.91 | 4700m: 56:46.20 | 1:13.95 | | | | |
| | 900m: 10:38.83 | 1:11.43 | 2200m: 26:19.75 | 1:12.46 | 3500m: 42:03.04 | 1:12.81 | 4800m: 57:59.89 | 1:13.69 | | | | |
| | 1000m: 11:50.30 | 1:11.47 | 2300m: 27:32.58 | 1:12.83 | 3600m: 43:15.84 | 1:12.80 | 4900m: 59:13.24 | 1:13.35 | | | | |
| | 1100m: 13:02.36 | 1:12.06 | 2400m: 28:44.62 | 1:12.04 | 3700m: 44:29.29 | 1:13.45 | 5000m: 1:00:24.54 | 1:11.30 | | | | |
| | 1200m: 14:14.48 | 1:12.12 | 2500m: 29:56.33 | 1:11.71 | 3800m: 45:43.15 | 1:13.86 | | | | | | |
| | 1300m: 15:26.44 | 1:11.96 | 2600m: 31:07.66 | 1:11.33 | 3900m: 46:57.15 | 1:14.00 | | | | | | |
| 11. | LUQUE CALVO M^a De Gador 06 C.D.N. Inacua Malaga | | | | | | 1:00:57.46 | | | | | |
| | 100m: 1:10.23 | 1:10.23 | 1400m: 16:37.14 | 1:12.19 | 2700m: 32:23.17 | 1:14.21 | 4000m: 48:36.58 | 1:13.14 | | | | |
| | 200m: 2:20.75 | 1:10.52 | 1500m: 17:48.31 | 1:11.17 | 2800m: 33:38.12 | 1:14.95 | 4100m: 49:49.91 | 1:13.33 | | | | |
| | 300m: 3:32.13 | 1:11.38 | 1600m: 18:59.44 | 1:11.13 | 2900m: 34:52.36 | 1:14.24 | 4200m: 51:03.18 | 1:13.27 | | | | |
| | 400m: 4:43.20 | 1:11.07 | 1700m: 20:11.58 | 1:12.14 | 3000m: 36:06.73 | 1:14.37 | 4300m: 52:15.67 | 1:12.49 | | | | |
| | 500m: 5:54.47 | 1:11.27 | 1800m: 21:22.29 | 1:10.71 | 3100m: 37:20.27 | 1:13.54 | 4400m: 53:29.97 | 1:14.30 | | | | |
| | 600m: 7:05.42 | 1:10.95 | 1900m: 22:34.63 | 1:12.34 | 3200m: 38:35.50 | 1:15.23 | 4500m: 54:46.03 | 1:16.06 | | | | |
| | 700m: 8:16.16 | 1:10.74 | 2000m: 23:48.05 | 1:13.42 | 3300m: 39:51.21 | 1:15.71 | 4600m: 56:01.83 | 1:15.80 | | | | |
| | 800m: 9:26.78 | 1:10.62 | 2100m: 25:01.06 | 1:13.01 | 3400m: 41:06.98 | 1:15.77 | 4700m: 57:17.74 | 1:15.91 | | | | |
| | 900m: 10:37.83 | 1:11.05 | 2200m: 26:14.39 | 1:13.33 | 3500m: 42:22.92 | 1:15.94 | 4800m: 58:33.80 | 1:16.06 | | | | |
| | 1000m: 11:49.06 | 1:11.23 | 2300m: 27:28.59 | 1:14.20 | 3600m: 43:38.92 | 1:16.00 | 4900m: 59:48.17 | 1:14.37 | | | | |
| | 1100m: 13:01.06 | 1:12.00 | 2400m: 28:42.25 | 1:13.66 | 3700m: 44:54.17 | 1:15.25 | 5000m: 1:00:57.46 | 1:09.29 | | | | |
| | 1200m: 14:13.06 | 1:12.00 | 2500m: 29:55.76 | 1:13.51 | 3800m: 46:10.10 | 1:15.93 | | | | | | |
| | 1300m: 15:24.95 | 1:11.89 | 2600m: 31:08.96 | 1:13.20 | 3900m: 47:23.44 | 1:13.34 | | | | | | |

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 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|--|-------------------------|-----------------------------------|---------------------------|--|
| 12. MICO GONZALEZ Sara | 05 | C.N. Tennis Elche | 1:00:57.51 | |
| 100m: 1:09.78 1:09.78 | 1400m: 16:34.74 1:13.31 | 2700m: 32:25.16 1:14.09 | 4000m: 48:36.32 1:13.04 | |
| 200m: 2:21.06 1:11.28 | 1500m: 17:47.67 1:12.93 | 2800m: 33:38.87 1:13.71 | 4100m: 49:50.06 1:13.74 | |
| 300m: 3:32.40 1:11.34 | 1600m: 19:00.71 1:13.04 | 2900m: 34:52.93 1:14.06 | 4200m: 51:03.33 1:13.27 | |
| 400m: 4:43.81 1:11.41 | 1700m: 20:13.83 1:13.12 | 3000m: 36:07.81 1:14.88 | 4300m: 52:18.66 1:15.33 | |
| 500m: 5:54.46 1:10.65 | 1800m: 21:26.37 1:12.54 | 3100m: 37:23.84 1:16.03 | 4400m: 53:35.42 1:16.76 | |
| 600m: 7:04.80 1:10.34 | 1900m: 22:38.79 1:12.42 | 3200m: 38:40.02 1:16.18 | 4500m: 54:52.20 1:16.78 | |
| 700m: 8:14.63 1:09.83 | 2000m: 23:51.50 1:12.71 | 3300m: 39:55.60 1:15.58 | 4600m: 56:07.67 1:15.47 | |
| 800m: 9:24.99 1:10.36 | 2100m: 25:03.78 1:12.28 | 3400m: 41:11.09 1:15.49 | 4700m: 57:20.91 1:13.24 | |
| 900m: 10:34.90 1:09.91 | 2200m: 26:16.03 1:12.25 | 3500m: 42:26.64 1:15.55 | 4800m: 58:34.77 1:13.86 | |
| 1000m: 11:45.97 1:11.07 | 2300m: 27:29.36 1:13.33 | 3600m: 43:41.56 1:14.92 | 4900m: 59:49.43 1:14.66 | |
| 1100m: 12:57.13 1:11.16 | 2400m: 28:43.36 1:14.00 | 3700m: 44:56.64 1:15.08 | 5000m: 1:00:57.51 1:08.08 | |
| 1200m: 14:08.91 1:11.78 | 2500m: 29:57.06 1:13.70 | 3800m: 46:10.00 1:13.36 | | |
| 1300m: 15:21.43 1:12.52 | 2600m: 31:11.07 1:14.01 | 3900m: 47:23.28 1:13.28 | | |
| 13. RODRIGUEZ SANTAULARIA Laura | 02 | C.N. Barcelona | 1:01:01.67 | |
| 100m: 1:08.25 1:08.25 | 1400m: 16:40.81 1:12.83 | 2700m: 32:41.53 1:13.68 | 4000m: 48:41.52 1:14.93 | |
| 200m: 2:18.84 1:10.59 | 1500m: 17:53.65 1:12.84 | 2800m: 33:55.21 1:13.68 | 4100m: 49:55.75 1:14.23 | |
| 300m: 3:29.09 1:10.25 | 1600m: 19:06.51 1:12.86 | 2900m: 35:09.03 1:13.82 | 4200m: 51:09.63 1:13.88 | |
| 400m: 4:39.67 1:10.58 | 1700m: 20:20.11 1:13.60 | 3000m: 36:22.75 1:13.72 | 4300m: 52:24.15 1:14.52 | |
| 500m: 5:51.13 1:11.46 | 1800m: 21:34.27 1:14.16 | 3100m: 37:36.51 1:13.76 | 4400m: 53:38.27 1:14.12 | |
| 600m: 7:02.69 1:11.56 | 1900m: 22:48.69 1:14.42 | 3200m: 38:49.72 1:13.21 | 4500m: 54:52.66 1:14.39 | |
| 700m: 8:14.43 1:11.74 | 2000m: 24:03.12 1:14.43 | 3300m: 40:03.09 1:13.37 | 4600m: 56:06.34 1:13.68 | |
| 800m: 9:26.36 1:11.93 | 2100m: 25:17.41 1:14.29 | 3400m: 41:16.66 1:13.57 | 4700m: 57:20.94 1:14.60 | |
| 900m: 10:38.30 1:11.94 | 2200m: 26:31.55 1:14.14 | 3500m: 42:30.07 1:13.41 | 4800m: 58:35.27 1:14.33 | |
| 1000m: 11:50.72 1:12.42 | 2300m: 27:45.45 1:13.90 | 3600m: 43:43.62 1:13.55 | 4900m: 59:49.74 1:14.47 | |
| 1100m: 13:03.03 1:12.31 | 2400m: 28:59.75 1:14.30 | 3700m: 44:57.45 1:13.83 | 5000m: 1:01:01.67 1:11.93 | |
| 1200m: 14:15.30 1:12.27 | 2500m: 30:13.57 1:13.82 | 3800m: 46:12.11 1:14.66 | | |
| 1300m: 15:27.98 1:12.68 | 2600m: 31:27.85 1:14.28 | 3900m: 47:26.59 1:14.48 | | |
| 14. GIRALT PIDEMONT Claudia | 01 | C.N. Mataro | 1:01:30.56 | |
| 100m: 1:10.07 1:10.07 | 1400m: 16:51.88 1:14.31 | 2700m: 32:56.65 1:15.00 | 4000m: 49:09.73 1:15.00 | |
| 200m: 2:21.02 1:10.95 | 1500m: 18:06.42 1:14.54 | 2800m: 34:11.58 1:14.93 | 4100m: 50:25.15 1:15.42 | |
| 300m: 3:32.55 1:11.53 | 1600m: 19:20.69 1:14.27 | 2900m: 35:25.81 1:14.23 | 4200m: 51:40.16 1:15.01 | |
| 400m: 4:44.12 1:11.57 | 1700m: 20:34.22 1:13.53 | 3000m: 36:40.65 1:14.84 | 4300m: 52:54.95 1:14.79 | |
| 500m: 5:55.33 1:11.21 | 1800m: 21:48.09 1:13.87 | 3100m: 37:55.57 1:14.92 | 4400m: 54:09.79 1:14.84 | |
| 600m: 7:05.87 1:10.54 | 1900m: 23:01.73 1:13.64 | 3200m: 39:10.20 1:14.63 | 4500m: 55:23.15 1:13.36 | |
| 700m: 8:17.53 1:11.66 | 2000m: 24:15.64 1:13.91 | 3300m: 40:24.86 1:14.66 | 4600m: 56:36.64 1:13.49 | |
| 800m: 9:30.48 1:12.95 | 2100m: 25:28.99 1:13.35 | 3400m: 41:39.88 1:15.02 | 4700m: 57:50.62 1:13.98 | |
| 900m: 10:43.74 1:13.26 | 2200m: 26:42.87 1:13.88 | 3500m: 42:54.71 1:14.83 | 4800m: 59:04.60 1:13.98 | |
| 1000m: 11:57.01 1:13.27 | 2300m: 27:57.06 1:14.19 | 3600m: 44:09.95 1:15.24 | 4900m: 1:00:18.40 1:13.80 | |
| 1100m: 13:10.69 1:13.68 | 2400m: 29:11.53 1:14.47 | 3700m: 45:25.09 1:15.14 | 5000m: 1:01:30.56 1:12.16 | |
| 1200m: 14:24.15 1:13.46 | 2500m: 30:26.12 1:14.59 | 3800m: 46:39.88 1:14.79 | | |
| 1300m: 15:37.57 1:13.42 | 2600m: 31:41.65 1:15.53 | 3900m: 47:54.73 1:14.85 | | |
| 15. VILLADA PEREZ Paula | 06 | C.N. Cartagonova Cartagena | 1:01:31.59 | |
| 100m: 1:09.95 1:09.95 | 1200m: 14:21.55 1:12.85 | 2300m: 27:44.54 1:13.21 | 3400m: 41:17.10 1:14.34 | |
| 200m: 2:20.78 1:10.83 | 1300m: 15:34.37 1:12.82 | 2400m: 28:57.91 1:13.37 | 3500m: 42:31.70 1:14.60 | |
| 300m: 3:31.91 1:11.13 | 1400m: 16:47.71 1:13.34 | 2500m: 30:11.92 1:14.01 | 3600m: 43:47.45 1:15.75 | |
| 400m: 4:43.91 1:12.00 | 1500m: 18:00.42 1:12.71 | 2600m: 31:26.02 1:14.10 | 3700m: 45:03.53 1:16.08 | |
| 500m: 5:56.20 1:12.29 | 1600m: 19:13.19 1:12.77 | 2700m: 32:39.22 1:13.20 | 3800m: 46:19.41 1:15.88 | |
| 600m: 7:08.79 1:12.59 | 1700m: 20:25.73 1:12.54 | 2800m: 33:53.53 1:14.31 | 3900m: 47:35.44 1:16.03 | |
| 700m: 8:21.13 1:12.34 | 1800m: 21:38.89 1:13.16 | 2900m: 35:06.37 1:12.84 | 4000m: 48:52.27 1:16.83 | |
| 800m: 9:32.95 1:11.82 | 1900m: 22:51.87 1:12.98 | 3000m: 36:19.79 1:13.42 | 4100m: 50:08.66 1:16.39 | |
| 900m: 10:44.77 1:11.82 | 2000m: 24:05.02 1:13.15 | 3100m: 37:34.79 1:15.00 | 4200m: 51:25.03 1:16.37 | |
| 1000m: 11:56.60 1:11.83 | 2100m: 25:17.98 1:12.96 | 3200m: 38:48.86 1:14.07 | 4300m: 52:42.02 1:16.99 | |
| 1100m: 13:08.70 1:12.10 | 2200m: 26:31.33 1:13.35 | 3300m: 40:02.76 1:13.90 | 4400m: 53:58.12 1:16.10 | |

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 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | | | Tiempo | | | |
|------------------------------------|-------------------------|-----------------------------------|---------------------------|--|--------|--|-------------------|--|
| 4500m: 55:14.00 1:15.88 | 4700m: 57:46.07 1:16.04 | 4900m: 1:00:17.65 1:15.33 | | | | | | |
| 4600m: 56:30.03 1:16.03 | 4800m: 59:02.32 1:16.25 | 5000m: 1:01:31.59 1:13.94 | | | | | | |
| 16. RIUS PELLEJA Abril | 04 | C.N. Tarraco | | | | | 1:02:07.22 | |
| 100m: 1:11.87 1:11.87 | 1400m: 17:10.28 1:14.83 | 2700m: 33:20.28 1:14.93 | 4000m: 49:42.85 1:15.60 | | | | | |
| 200m: 2:25.57 1:13.70 | 1500m: 18:25.08 1:14.80 | 2800m: 34:35.48 1:15.20 | 4100m: 50:57.16 1:14.31 | | | | | |
| 300m: 3:39.48 1:13.91 | 1600m: 19:39.82 1:14.74 | 2900m: 35:50.57 1:15.09 | 4200m: 52:11.25 1:14.09 | | | | | |
| 400m: 4:53.27 1:13.79 | 1700m: 20:53.01 1:13.19 | 3000m: 37:06.22 1:15.65 | 4300m: 53:25.66 1:14.41 | | | | | |
| 500m: 6:06.82 1:13.55 | 1800m: 22:07.44 1:14.43 | 3100m: 38:21.83 1:15.61 | 4400m: 54:40.15 1:14.49 | | | | | |
| 600m: 7:19.24 1:12.42 | 1900m: 23:22.27 1:14.83 | 3200m: 39:37.71 1:15.88 | 4500m: 55:55.36 1:15.21 | | | | | |
| 700m: 8:31.73 1:12.49 | 2000m: 24:36.59 1:14.32 | 3300m: 40:53.67 1:15.96 | 4600m: 57:09.85 1:14.49 | | | | | |
| 800m: 9:45.02 1:13.29 | 2100m: 25:50.31 1:13.72 | 3400m: 42:08.71 1:15.04 | 4700m: 58:24.55 1:14.70 | | | | | |
| 900m: 10:58.94 1:13.92 | 2200m: 27:05.37 1:15.06 | 3500m: 43:24.65 1:15.94 | 4800m: 59:39.18 1:14.63 | | | | | |
| 1000m: 12:12.93 1:13.99 | 2300m: 28:20.35 1:14.98 | 3600m: 44:40.72 1:16.07 | 4900m: 1:00:54.01 1:14.83 | | | | | |
| 1100m: 13:26.75 1:13.82 | 2400m: 29:35.25 1:14.90 | 3700m: 45:56.47 1:15.75 | 5000m: 1:02:07.22 1:13.21 | | | | | |
| 1200m: 14:41.07 1:14.32 | 2500m: 30:50.53 1:15.28 | 3800m: 47:12.05 1:15.58 | | | | | | |
| 1300m: 15:55.45 1:14.38 | 2600m: 32:05.35 1:14.82 | 3900m: 48:27.25 1:15.20 | | | | | | |
| 17. GONZALEZ NUEZ Lucia | 06 | C.N. Tarraco | | | | | 1:02:08.71 | |
| 100m: 1:10.45 1:10.45 | 1400m: 16:51.00 1:13.18 | 2700m: 33:06.78 1:15.64 | 4000m: 49:27.07 1:16.20 | | | | | |
| 200m: 2:21.99 1:11.54 | 1500m: 18:04.91 1:13.91 | 2800m: 34:20.56 1:13.78 | 4100m: 50:43.32 1:16.25 | | | | | |
| 300m: 3:33.28 1:11.29 | 1600m: 19:19.36 1:14.45 | 2900m: 35:34.82 1:14.26 | 4200m: 51:59.50 1:16.18 | | | | | |
| 400m: 4:45.34 1:12.06 | 1700m: 20:33.91 1:14.55 | 3000m: 36:48.88 1:14.06 | 4300m: 53:16.27 1:16.77 | | | | | |
| 500m: 5:57.34 1:12.00 | 1800m: 21:48.84 1:14.93 | 3100m: 38:02.86 1:13.98 | 4400m: 54:32.94 1:16.67 | | | | | |
| 600m: 7:09.21 1:11.87 | 1900m: 23:03.39 1:14.55 | 3200m: 39:17.11 1:14.25 | 4500m: 55:48.97 1:16.03 | | | | | |
| 700m: 8:21.51 1:12.30 | 2000m: 24:18.25 1:14.86 | 3300m: 40:32.83 1:15.72 | 4600m: 57:05.28 1:16.31 | | | | | |
| 800m: 9:34.07 1:12.56 | 2100m: 25:34.03 1:15.78 | 3400m: 41:49.45 1:16.62 | 4700m: 58:21.78 1:16.50 | | | | | |
| 900m: 10:46.61 1:12.54 | 2200m: 26:49.33 1:15.30 | 3500m: 43:05.96 1:16.51 | 4800m: 59:37.94 1:16.16 | | | | | |
| 1000m: 11:59.52 1:12.91 | 2300m: 28:04.84 1:15.51 | 3600m: 44:21.36 1:15.40 | 4900m: 1:00:53.98 1:16.04 | | | | | |
| 1100m: 13:12.21 1:12.69 | 2400m: 29:20.42 1:15.58 | 3700m: 45:37.59 1:16.23 | 5000m: 1:02:08.71 1:14.73 | | | | | |
| 1200m: 14:24.96 1:12.75 | 2500m: 30:35.78 1:15.36 | 3800m: 46:54.31 1:16.72 | | | | | | |
| 1300m: 15:37.82 1:12.86 | 2600m: 31:51.14 1:15.36 | 3900m: 48:10.87 1:16.56 | | | | | | |
| 18. ALONSO FERNÁNDEZ Itxaso | 97 | Getxo Igeriketa Bolue K.E. | | | | | 1:02:19.22 | |
| 100m: 1:14.13 1:14.13 | 1400m: 17:15.85 1:14.87 | 2700m: 33:23.95 1:14.31 | 4000m: 49:37.30 1:15.37 | | | | | |
| 200m: 2:28.16 1:14.03 | 1500m: 18:30.81 1:14.96 | 2800m: 34:38.53 1:14.58 | 4100m: 50:52.91 1:15.61 | | | | | |
| 300m: 3:41.87 1:13.71 | 1600m: 19:45.52 1:14.71 | 2900m: 35:53.29 1:14.76 | 4200m: 52:09.21 1:16.30 | | | | | |
| 400m: 4:54.81 1:12.94 | 1700m: 21:00.30 1:14.78 | 3000m: 37:08.01 1:14.72 | 4300m: 53:25.17 1:15.96 | | | | | |
| 500m: 6:08.11 1:13.30 | 1800m: 22:14.80 1:14.50 | 3100m: 38:22.05 1:14.04 | 4400m: 54:41.68 1:16.51 | | | | | |
| 600m: 7:21.67 1:13.56 | 1900m: 23:28.50 1:13.70 | 3200m: 39:36.66 1:14.61 | 4500m: 55:58.39 1:16.71 | | | | | |
| 700m: 8:35.16 1:13.49 | 2000m: 24:42.55 1:14.05 | 3300m: 40:51.71 1:15.05 | 4600m: 57:15.38 1:16.99 | | | | | |
| 800m: 9:49.04 1:13.88 | 2100m: 25:56.94 1:14.39 | 3400m: 42:07.38 1:15.67 | 4700m: 58:32.28 1:16.90 | | | | | |
| 900m: 11:03.23 1:14.19 | 2200m: 27:11.22 1:14.28 | 3500m: 43:21.94 1:14.56 | 4800m: 59:49.04 1:16.76 | | | | | |
| 1000m: 12:17.65 1:14.42 | 2300m: 28:25.50 1:14.28 | 3600m: 44:37.39 1:15.45 | 4900m: 1:01:05.14 1:16.10 | | | | | |
| 1100m: 13:31.55 1:13.90 | 2400m: 29:39.70 1:14.20 | 3700m: 45:51.87 1:14.48 | 5000m: 1:02:19.22 1:14.08 | | | | | |
| 1200m: 14:46.09 1:14.54 | 2500m: 30:54.93 1:15.23 | 3800m: 47:06.93 1:15.06 | | | | | | |
| 1300m: 16:00.98 1:14.89 | 2600m: 32:09.64 1:14.71 | 3900m: 48:21.93 1:15.00 | | | | | | |

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

Prueba 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|----------------------------------|-------------------------|----------------------------------|---------------------------|--|
| 19. LOPEZ SIMON Aitana | 06 | C.N. Ferca-San Jose | 1:02:20.94 | |
| 100m: 1:12.33 1:12.33 | 1400m: 17:10.21 1:14.78 | 2700m: 33:20.15 1:15.04 | 4000m: 49:42.72 1:15.56 | |
| 200m: 2:26.27 1:13.94 | 1500m: 18:24.93 1:14.72 | 2800m: 34:35.51 1:15.36 | 4100m: 50:57.82 1:15.10 | |
| 300m: 3:39.92 1:13.65 | 1600m: 19:39.96 1:15.03 | 2900m: 35:50.53 1:15.02 | 4200m: 52:13.53 1:15.71 | |
| 400m: 4:54.51 1:14.59 | 1700m: 20:52.90 1:12.94 | 3000m: 37:06.12 1:15.59 | 4300m: 53:30.39 1:16.86 | |
| 500m: 6:05.87 1:11.36 | 1800m: 22:07.66 1:14.76 | 3100m: 38:21.78 1:15.66 | 4400m: 54:47.32 1:16.93 | |
| 600m: 7:18.38 1:12.51 | 1900m: 23:22.06 1:14.40 | 3200m: 39:37.68 1:15.90 | 4500m: 56:03.48 1:16.16 | |
| 700m: 8:31.51 1:13.13 | 2000m: 24:36.60 1:14.54 | 3300m: 40:53.60 1:15.92 | 4600m: 57:19.45 1:15.97 | |
| 800m: 9:45.09 1:13.58 | 2100m: 25:50.51 1:13.91 | 3400m: 42:08.59 1:14.99 | 4700m: 58:35.90 1:16.45 | |
| 900m: 10:58.89 1:13.80 | 2200m: 27:05.44 1:14.93 | 3500m: 43:24.59 1:16.00 | 4800m: 59:52.41 1:16.51 | |
| 1000m: 12:12.94 1:14.05 | 2300m: 28:20.13 1:14.69 | 3600m: 44:40.44 1:15.85 | 4900m: 1:01:08.08 1:15.67 | |
| 1100m: 13:26.99 1:14.05 | 2400m: 29:35.13 1:15.00 | 3700m: 45:56.31 1:15.87 | 5000m: 1:02:20.94 1:12.86 | |
| 1200m: 14:41.01 1:14.02 | 2500m: 30:50.26 1:15.13 | 3800m: 47:11.77 1:15.46 | | |
| 1300m: 15:55.43 1:14.42 | 2600m: 32:05.11 1:14.85 | 3900m: 48:27.16 1:15.39 | | |
| 20. MARTINEZ RAYOS Susana | 06 | C.N.Cartagonova Cartagena | 1:02:49.52 | |
| 100m: 1:08.80 1:08.80 | 1400m: 16:56.87 1:14.63 | 2700m: 33:24.25 1:17.30 | 4000m: 50:06.96 1:17.68 | |
| 200m: 2:19.13 1:10.33 | 1500m: 18:11.75 1:14.88 | 2800m: 34:41.12 1:16.87 | 4100m: 51:25.16 1:18.20 | |
| 300m: 3:30.58 1:11.45 | 1600m: 19:26.65 1:14.90 | 2900m: 35:57.35 1:16.23 | 4200m: 52:42.83 1:17.67 | |
| 400m: 4:42.48 1:11.90 | 1700m: 20:41.67 1:15.02 | 3000m: 37:14.40 1:17.05 | 4300m: 54:00.76 1:17.93 | |
| 500m: 5:54.64 1:12.16 | 1800m: 21:57.28 1:15.61 | 3100m: 38:32.06 1:17.66 | 4400m: 55:17.36 1:16.60 | |
| 600m: 7:06.81 1:12.17 | 1900m: 23:13.25 1:15.97 | 3200m: 39:49.54 1:17.48 | 4500m: 56:33.73 1:16.37 | |
| 700m: 8:19.65 1:12.84 | 2000m: 24:29.35 1:16.10 | 3300m: 41:06.95 1:17.41 | 4600m: 57:49.92 1:16.19 | |
| 800m: 9:32.78 1:13.13 | 2100m: 25:45.14 1:15.79 | 3400m: 42:23.24 1:16.29 | 4700m: 59:05.93 1:16.01 | |
| 900m: 10:46.19 1:13.41 | 2200m: 27:01.41 1:16.27 | 3500m: 43:39.95 1:16.71 | 4800m: 1:00:21.80 1:15.87 | |
| 1000m: 11:59.95 1:13.76 | 2300m: 28:17.50 1:16.09 | 3600m: 44:57.66 1:17.71 | 4900m: 1:01:36.45 1:14.65 | |
| 1100m: 13:13.61 1:13.66 | 2400m: 29:33.92 1:16.42 | 3700m: 46:15.00 1:17.34 | 5000m: 1:02:49.52 1:13.07 | |
| 1200m: 14:27.74 1:14.13 | 2500m: 30:50.34 1:16.42 | 3800m: 47:32.35 1:17.35 | | |
| 1300m: 15:42.24 1:14.50 | 2600m: 32:06.95 1:16.61 | 3900m: 48:49.28 1:16.93 | | |
| 21. PEINADO MORALES Irene | 94 | C.N. San Fernando | 1:03:04.85 | |
| 100m: 1:11.60 1:11.60 | 1400m: 17:14.51 1:14.59 | 2700m: 33:38.17 1:16.32 | 4000m: 50:16.93 1:17.66 | |
| 200m: 2:25.47 1:13.87 | 1500m: 18:29.62 1:15.11 | 2800m: 34:54.46 1:16.29 | 4100m: 51:34.47 1:17.54 | |
| 300m: 3:39.26 1:13.79 | 1600m: 19:44.78 1:15.16 | 2900m: 36:10.70 1:16.24 | 4200m: 52:51.79 1:17.32 | |
| 400m: 4:53.16 1:13.90 | 1700m: 20:59.97 1:15.19 | 3000m: 37:26.89 1:16.19 | 4300m: 54:08.74 1:16.95 | |
| 500m: 6:07.12 1:13.96 | 1800m: 22:15.39 1:15.42 | 3100m: 38:43.28 1:16.39 | 4400m: 55:25.55 1:16.81 | |
| 600m: 7:21.17 1:14.05 | 1900m: 23:30.91 1:15.52 | 3200m: 40:00.26 1:16.98 | 4500m: 56:42.40 1:16.85 | |
| 700m: 8:34.54 1:13.37 | 2000m: 24:46.60 1:15.69 | 3300m: 41:17.02 1:16.76 | 4600m: 57:59.30 1:16.90 | |
| 800m: 9:48.43 1:13.89 | 2100m: 26:02.30 1:15.70 | 3400m: 42:33.90 1:16.88 | 4700m: 59:16.27 1:16.97 | |
| 900m: 11:02.19 1:13.76 | 2200m: 27:17.93 1:15.63 | 3500m: 43:50.83 1:16.93 | 4800m: 1:00:33.31 1:17.04 | |
| 1000m: 12:16.24 1:14.05 | 2300m: 28:33.71 1:15.78 | 3600m: 45:08.08 1:17.25 | 4900m: 1:01:49.68 1:16.37 | |
| 1100m: 13:30.29 1:14.05 | 2400m: 29:49.54 1:15.83 | 3700m: 46:24.94 1:16.86 | 5000m: 1:03:04.85 1:15.17 | |
| 1200m: 14:44.97 1:14.68 | 2500m: 31:05.61 1:16.07 | 3800m: 47:41.97 1:17.03 | | |
| 1300m: 15:59.92 1:14.95 | 2600m: 32:21.85 1:16.24 | 3900m: 48:59.27 1:17.30 | | |
| 22. SALCEDO DUQUE Maria | 04 | C.N. Ferca-San Jose | 1:03:09.07 | |
| 100m: 1:12.46 1:12.46 | 1200m: 14:52.47 1:15.49 | 2300m: 28:42.35 1:15.54 | 3400m: 42:39.44 1:16.06 | |
| 200m: 2:26.29 1:13.83 | 1300m: 16:08.13 1:15.66 | 2400m: 29:58.08 1:15.73 | 3500m: 43:55.75 1:16.31 | |
| 300m: 3:40.10 1:13.81 | 1400m: 17:23.20 1:15.07 | 2500m: 31:14.01 1:15.93 | 3600m: 45:12.19 1:16.44 | |
| 400m: 4:54.42 1:14.32 | 1500m: 18:38.33 1:15.13 | 2600m: 32:30.23 1:16.22 | 3700m: 46:28.79 1:16.60 | |
| 500m: 6:07.66 1:13.24 | 1600m: 19:53.52 1:15.19 | 2700m: 33:46.54 1:16.31 | 3800m: 47:45.09 1:16.30 | |
| 600m: 7:21.83 1:14.17 | 1700m: 21:08.81 1:15.29 | 2800m: 35:02.19 1:15.65 | 3900m: 49:01.16 1:16.07 | |
| 700m: 8:36.40 1:14.57 | 1800m: 22:24.31 1:15.50 | 2900m: 36:18.44 1:16.25 | 4000m: 50:17.77 1:16.61 | |
| 800m: 9:51.05 1:14.65 | 1900m: 23:39.86 1:15.55 | 3000m: 37:33.94 1:15.50 | 4100m: 51:34.79 1:17.02 | |
| 900m: 11:06.04 1:14.99 | 2000m: 24:55.63 1:15.77 | 3100m: 38:50.21 1:16.27 | 4200m: 52:51.78 1:16.99 | |
| 1000m: 12:21.37 1:15.33 | 2100m: 26:11.38 1:15.75 | 3200m: 40:06.58 1:16.37 | 4300m: 54:09.03 1:17.25 | |
| 1100m: 13:36.98 1:15.61 | 2200m: 27:26.81 1:15.43 | 3300m: 41:23.38 1:16.80 | 4400m: 55:25.64 1:16.61 | |

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 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | | | Tiempo | | | |
|--|-----------|---------------------------------------|---------|-------------------|---------|-------------------|---------|--|
| 4500m: 56:42.95 | 1:17.31 | 4700m: 59:17.36 | 1:17.10 | 4900m: 1:01:53.45 | 1:18.21 | | | |
| 4600m: 58:00.26 | 1:17.31 | 4800m: 1:00:35.24 | 1:17.88 | 5000m: 1:03:09.07 | 1:15.62 | | | |
| 23. SALVADOR LOPEZ Alicia Anastasia | 04 | Club Benavente Natacion | | 1:03:16.42 | | | | |
| 100m: 1:11.76 | 1:11.76 | 1400m: 17:27.61 | 1:15.28 | 2700m: 33:55.98 | 1:16.34 | 4000m: 50:32.90 | 1:17.22 | |
| 200m: 2:25.98 | 1:14.22 | 1500m: 18:43.56 | 1:15.95 | 2800m: 35:12.09 | 1:16.11 | 4100m: 51:48.99 | 1:16.09 | |
| 300m: 3:40.81 | 1:14.83 | 1600m: 19:58.41 | 1:14.85 | 2900m: 36:28.72 | 1:16.63 | 4200m: 53:04.32 | 1:15.33 | |
| 400m: 4:55.47 | 1:14.66 | 1700m: 21:14.29 | 1:15.88 | 3000m: 37:44.91 | 1:16.19 | 4300m: 54:20.67 | 1:16.35 | |
| 500m: 6:10.61 | 1:15.14 | 1800m: 22:30.31 | 1:16.02 | 3100m: 39:01.10 | 1:16.19 | 4400m: 55:37.13 | 1:16.46 | |
| 600m: 7:25.21 | 1:14.60 | 1900m: 23:46.28 | 1:15.97 | 3200m: 40:17.06 | 1:15.96 | 4500m: 56:54.10 | 1:16.97 | |
| 700m: 8:40.56 | 1:15.35 | 2000m: 25:02.69 | 1:16.41 | 3300m: 41:33.62 | 1:16.56 | 4600m: 58:11.09 | 1:16.99 | |
| 800m: 9:55.36 | 1:14.80 | 2100m: 26:18.71 | 1:16.02 | 3400m: 42:50.46 | 1:16.84 | 4700m: 59:28.38 | 1:17.29 | |
| 900m: 11:10.48 | 1:15.12 | 2200m: 27:35.55 | 1:16.84 | 3500m: 44:07.44 | 1:16.98 | 4800m: 1:00:45.01 | 1:16.63 | |
| 1000m: 12:26.79 | 1:16.31 | 2300m: 28:51.84 | 1:16.29 | 3600m: 45:24.55 | 1:17.11 | 4900m: 1:02:01.52 | 1:16.51 | |
| 1100m: 13:41.72 | 1:14.93 | 2400m: 30:07.94 | 1:16.10 | 3700m: 46:41.27 | 1:16.72 | 5000m: 1:03:16.42 | 1:14.90 | |
| 1200m: 14:56.95 | 1:15.23 | 2500m: 31:24.25 | 1:16.31 | 3800m: 47:58.24 | 1:16.97 | | | |
| 1300m: 16:12.33 | 1:15.38 | 2600m: 32:39.64 | 1:15.39 | 3900m: 49:15.68 | 1:17.44 | | | |
| 24. COSTA GONZÁLEZ Cinthya | 06 | C.N. Marina-Cartagena "Ancora" | | 1:03:31.61 | | | | |
| 100m: 1:12.58 | 1:12.58 | 1400m: 17:24.95 | 1:13.78 | 2700m: 33:47.04 | 1:16.78 | 4000m: 50:40.71 | 1:18.17 | |
| 200m: 2:26.67 | 1:14.09 | 1500m: 18:39.00 | 1:14.05 | 2800m: 35:04.12 | 1:17.08 | 4100m: 51:58.70 | 1:17.99 | |
| 300m: 3:41.16 | 1:14.49 | 1600m: 19:53.79 | 1:14.79 | 2900m: 36:21.52 | 1:17.40 | 4200m: 53:16.73 | 1:18.03 | |
| 400m: 4:56.22 | 1:15.06 | 1700m: 21:09.15 | 1:15.36 | 3000m: 37:38.63 | 1:17.11 | 4300m: 54:34.22 | 1:17.49 | |
| 500m: 6:11.01 | 1:14.79 | 1800m: 22:24.57 | 1:15.42 | 3100m: 38:55.91 | 1:17.28 | 4400m: 55:52.77 | 1:18.55 | |
| 600m: 7:25.92 | 1:14.91 | 1900m: 23:39.92 | 1:15.35 | 3200m: 40:13.38 | 1:17.47 | 4500m: 57:11.61 | 1:18.84 | |
| 700m: 8:41.03 | 1:15.11 | 2000m: 24:54.76 | 1:14.84 | 3300m: 41:30.92 | 1:17.54 | 4600m: 58:29.29 | 1:17.68 | |
| 800m: 9:56.05 | 1:15.02 | 2100m: 26:10.16 | 1:15.40 | 3400m: 42:49.33 | 1:18.41 | 4700m: 59:46.96 | 1:17.67 | |
| 900m: 11:11.11 | 1:15.06 | 2200m: 27:25.63 | 1:15.47 | 3500m: 44:07.99 | 1:18.66 | 4800m: 1:01:02.71 | 1:15.75 | |
| 1000m: 12:26.38 | 1:15.27 | 2300m: 28:41.45 | 1:15.82 | 3600m: 45:26.39 | 1:18.40 | 4900m: 1:02:17.25 | 1:14.54 | |
| 1100m: 13:41.42 | 1:15.04 | 2400m: 29:57.49 | 1:16.04 | 3700m: 46:45.48 | 1:19.09 | 5000m: 1:03:31.61 | 1:14.36 | |
| 1200m: 14:56.39 | 1:14.97 | 2500m: 31:13.57 | 1:16.08 | 3800m: 48:04.14 | 1:18.66 | | | |
| 1300m: 16:11.17 | 1:14.78 | 2600m: 32:30.26 | 1:16.69 | 3900m: 49:22.54 | 1:18.40 | | | |
| 25. PARDO CHAS Eva | 04 | C.N. Ferrol | | 1:03:41.56 | | | | |
| 100m: 1:12.09 | 1:12.09 | 1400m: 17:27.43 | 1:15.31 | 2700m: 33:55.75 | 1:16.25 | 4000m: 50:33.42 | 1:17.45 | |
| 200m: 2:26.39 | 1:14.30 | 1500m: 18:43.72 | 1:16.29 | 2800m: 35:12.02 | 1:16.27 | 4100m: 51:50.28 | 1:16.86 | |
| 300m: 3:40.98 | 1:14.59 | 1600m: 19:58.52 | 1:14.80 | 2900m: 36:28.62 | 1:16.60 | 4200m: 53:07.62 | 1:17.34 | |
| 400m: 4:55.87 | 1:14.89 | 1700m: 21:14.48 | 1:15.96 | 3000m: 37:44.92 | 1:16.30 | 4300m: 54:25.56 | 1:17.94 | |
| 500m: 6:10.79 | 1:14.92 | 1800m: 22:30.32 | 1:15.84 | 3100m: 39:01.25 | 1:16.33 | 4400m: 55:44.09 | 1:18.53 | |
| 600m: 7:25.44 | 1:14.65 | 1900m: 23:46.21 | 1:15.89 | 3200m: 40:17.43 | 1:16.18 | 4500m: 57:02.86 | 1:18.77 | |
| 700m: 8:40.33 | 1:14.89 | 2000m: 25:02.73 | 1:16.52 | 3300m: 41:33.65 | 1:16.22 | 4600m: 58:22.11 | 1:19.25 | |
| 800m: 9:55.49 | 1:15.16 | 2100m: 26:18.76 | 1:16.03 | 3400m: 42:50.65 | 1:17.00 | 4700m: 59:42.09 | 1:19.98 | |
| 900m: 11:10.73 | 1:15.24 | 2200m: 27:35.36 | 1:16.60 | 3500m: 44:07.76 | 1:17.11 | 4800m: 1:01:02.21 | 1:20.12 | |
| 1000m: 12:26.52 | 1:15.79 | 2300m: 28:51.88 | 1:16.52 | 3600m: 45:24.62 | 1:16.86 | 4900m: 1:02:22.09 | 1:19.88 | |
| 1100m: 13:41.75 | 1:15.23 | 2400m: 30:07.92 | 1:16.04 | 3700m: 46:41.56 | 1:16.94 | 5000m: 1:03:41.56 | 1:19.47 | |
| 1200m: 14:56.79 | 1:15.04 | 2500m: 31:23.82 | 1:15.90 | 3800m: 47:58.44 | 1:16.88 | | | |
| 1300m: 16:12.12 | 1:15.33 | 2600m: 32:39.50 | 1:15.68 | 3900m: 49:15.97 | 1:17.53 | | | |

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

Prueba 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|--------------------------------------|-------------------------|-----------------------------|---------------------------|---|
| 26. LEMOS FERNANDEZ Iria | 06 | C.N. Ponteareas | 1:04:00.13 | - |
| 100m: 1:10.62 1:10.62 | 1400m: 17:29.25 1:15.06 | 2700m: 33:58.77 1:16.79 | 4000m: 50:46.30 1:18.36 | |
| 200m: 2:24.58 1:13.96 | 1500m: 18:44.03 1:14.78 | 2800m: 35:15.94 1:17.17 | 4100m: 52:06.52 1:20.22 | |
| 300m: 3:38.14 1:13.56 | 1600m: 19:59.36 1:15.33 | 2900m: 36:33.31 1:17.37 | 4200m: 53:26.02 1:19.50 | |
| 400m: 4:51.91 1:13.77 | 1700m: 21:14.92 1:15.56 | 3000m: 37:50.24 1:16.93 | 4300m: 54:46.55 1:20.53 | |
| 500m: 6:06.37 1:14.46 | 1800m: 22:30.70 1:15.78 | 3100m: 39:07.25 1:17.01 | 4400m: 56:06.35 1:19.80 | |
| 600m: 7:21.55 1:15.18 | 1900m: 23:46.62 1:15.92 | 3200m: 40:24.73 1:17.48 | 4500m: 57:25.88 1:19.53 | |
| 700m: 8:37.27 1:15.72 | 2000m: 25:02.68 1:16.06 | 3300m: 41:42.08 1:17.35 | 4600m: 58:46.20 1:20.32 | |
| 800m: 9:53.45 1:16.18 | 2100m: 26:18.15 1:15.47 | 3400m: 43:00.60 1:18.52 | 4700m: 1:00:06.16 1:19.96 | |
| 900m: 11:09.62 1:16.17 | 2200m: 27:34.59 1:16.44 | 3500m: 44:18.57 1:17.97 | 4800m: 1:01:24.51 1:18.35 | |
| 1000m: 12:26.75 1:17.13 | 2300m: 28:51.39 1:16.80 | 3600m: 45:35.59 1:17.02 | 4900m: 1:02:42.28 1:17.77 | |
| 1100m: 13:43.09 1:16.34 | 2400m: 30:07.87 1:16.48 | 3700m: 46:51.95 1:16.36 | 5000m: 1:04:00.13 1:17.85 | |
| 1200m: 14:59.07 1:15.98 | 2500m: 31:24.73 1:16.86 | 3800m: 48:09.12 1:17.17 | | |
| 1300m: 16:14.19 1:15.12 | 2600m: 32:41.98 1:17.25 | 3900m: 49:27.94 1:18.82 | | |
| 27. SANCHEZ SANCHEZ Angela | 05 | C.N.Mairena Aljarafe | 1:04:01.79 | - |
| 100m: 1:11.96 1:11.96 | 1400m: 17:37.87 1:16.79 | 2700m: 34:26.77 1:18.25 | 4000m: 51:12.77 1:17.58 | |
| 200m: 2:26.18 1:14.22 | 1500m: 18:54.54 1:16.67 | 2800m: 35:44.45 1:17.68 | 4100m: 52:29.65 1:16.88 | |
| 300m: 3:41.38 1:15.20 | 1600m: 20:11.54 1:17.00 | 2900m: 37:02.43 1:17.98 | 4200m: 53:46.52 1:16.87 | |
| 400m: 4:56.46 1:15.08 | 1700m: 21:28.82 1:17.28 | 3000m: 38:20.83 1:18.40 | 4300m: 55:02.90 1:16.38 | |
| 500m: 6:12.02 1:15.56 | 1800m: 22:46.39 1:17.57 | 3100m: 39:39.27 1:18.44 | 4400m: 56:19.69 1:16.79 | |
| 600m: 7:27.74 1:15.72 | 1900m: 24:04.05 1:17.66 | 3200m: 40:57.49 1:18.22 | 4500m: 57:36.69 1:17.00 | |
| 700m: 8:43.55 1:15.81 | 2000m: 25:21.80 1:17.75 | 3300m: 42:14.84 1:17.35 | 4600m: 58:54.76 1:18.07 | |
| 800m: 9:59.69 1:16.14 | 2100m: 26:39.69 1:17.89 | 3400m: 43:32.08 1:17.24 | 4700m: 1:00:12.35 1:17.59 | |
| 900m: 11:16.10 1:16.41 | 2200m: 27:57.99 1:18.30 | 3500m: 44:48.38 1:16.30 | 4800m: 1:01:29.53 1:17.18 | |
| 1000m: 12:32.09 1:15.99 | 2300m: 29:15.62 1:17.63 | 3600m: 46:04.94 1:16.56 | 4900m: 1:02:46.46 1:16.93 | |
| 1100m: 13:48.14 1:16.05 | 2400m: 30:33.98 1:18.36 | 3700m: 47:21.44 1:16.50 | 5000m: 1:04:01.79 1:15.33 | |
| 1200m: 15:04.54 1:16.40 | 2500m: 31:51.21 1:17.23 | 3800m: 48:37.86 1:16.42 | | |
| 1300m: 16:21.08 1:16.54 | 2600m: 33:08.52 1:17.31 | 3900m: 49:55.19 1:17.33 | | |
| 28. PEREZ GARCIA-PICHER Ana | 98 | C.N. Galaico | 1:04:13.65 | |
| 100m: 1:15.50 1:15.50 | 1400m: 17:53.89 1:16.61 | 2700m: 34:33.91 1:16.78 | 4000m: 51:20.52 1:17.83 | |
| 200m: 2:33.00 1:17.50 | 1500m: 19:10.44 1:16.55 | 2800m: 35:50.97 1:17.06 | 4100m: 52:38.79 1:18.27 | |
| 300m: 3:49.86 1:16.86 | 1600m: 20:27.03 1:16.59 | 2900m: 37:07.48 1:16.51 | 4200m: 53:56.37 1:17.58 | |
| 400m: 5:07.07 1:17.21 | 1700m: 21:43.73 1:16.70 | 3000m: 38:24.59 1:17.11 | 4300m: 55:13.99 1:17.62 | |
| 500m: 6:24.37 1:17.30 | 1800m: 23:00.17 1:16.44 | 3100m: 39:41.71 1:17.12 | 4400m: 56:31.02 1:17.03 | |
| 600m: 7:41.26 1:16.89 | 1900m: 24:17.18 1:17.01 | 3200m: 40:58.93 1:17.22 | 4500m: 57:48.18 1:17.16 | |
| 700m: 8:57.56 1:16.30 | 2000m: 25:34.31 1:17.13 | 3300m: 42:15.73 1:16.80 | 4600m: 59:05.50 1:17.32 | |
| 800m: 10:13.82 1:16.26 | 2100m: 26:51.46 1:17.15 | 3400m: 43:33.02 1:17.29 | 4700m: 1:00:23.27 1:17.77 | |
| 900m: 11:29.97 1:16.15 | 2200m: 28:08.27 1:16.81 | 3500m: 44:50.65 1:17.63 | 4800m: 1:01:40.67 1:17.40 | |
| 1000m: 12:46.63 1:16.66 | 2300m: 29:25.39 1:17.12 | 3600m: 46:08.45 1:17.80 | 4900m: 1:02:57.79 1:17.12 | |
| 1100m: 14:04.05 1:17.42 | 2400m: 30:42.83 1:17.44 | 3700m: 47:26.22 1:17.77 | 5000m: 1:04:13.65 1:15.86 | |
| 1200m: 15:20.82 1:16.77 | 2500m: 31:59.82 1:16.99 | 3800m: 48:44.27 1:18.05 | | |
| 1300m: 16:37.28 1:16.46 | 2600m: 33:17.13 1:17.31 | 3900m: 50:02.69 1:18.42 | | |
| 29. GARCIA DE CASTRO Victoria | 03 | C.N. Santa Olaya | 1:04:18.67 | |
| 100m: 1:12.57 1:12.57 | 1200m: 14:59.76 1:16.26 | 2300m: 29:06.24 1:17.45 | 3400m: 43:22.48 1:18.05 | |
| 200m: 2:26.04 1:13.47 | 1300m: 16:15.75 1:15.99 | 2400m: 30:23.13 1:16.89 | 3500m: 44:40.20 1:17.72 | |
| 300m: 3:39.87 1:13.83 | 1400m: 17:31.53 1:15.78 | 2500m: 31:41.12 1:17.99 | 3600m: 45:58.54 1:18.34 | |
| 400m: 4:54.26 1:14.39 | 1500m: 18:48.37 1:16.84 | 2600m: 32:59.20 1:18.08 | 3700m: 47:16.76 1:18.22 | |
| 500m: 6:08.89 1:14.63 | 1600m: 20:04.76 1:16.39 | 2700m: 34:17.14 1:17.94 | 3800m: 48:35.16 1:18.40 | |
| 600m: 7:23.70 1:14.81 | 1700m: 21:20.96 1:16.20 | 2800m: 35:35.22 1:18.08 | 3900m: 49:54.45 1:19.29 | |
| 700m: 8:38.90 1:15.20 | 1800m: 22:38.33 1:17.37 | 2900m: 36:52.49 1:17.27 | 4000m: 51:13.57 1:19.12 | |
| 800m: 9:54.53 1:15.63 | 1900m: 23:55.82 1:17.49 | 3000m: 38:10.66 1:18.17 | 4100m: 52:32.74 1:19.17 | |
| 900m: 11:10.81 1:16.28 | 2000m: 25:13.73 1:17.91 | 3100m: 39:28.32 1:17.66 | 4200m: 53:52.40 1:19.66 | |
| 1000m: 12:27.14 1:16.33 | 2100m: 26:31.65 1:17.92 | 3200m: 40:46.20 1:17.88 | 4300m: 55:11.56 1:19.16 | |
| 1100m: 13:43.50 1:16.36 | 2200m: 27:48.79 1:17.14 | 3300m: 42:04.43 1:18.23 | 4400m: 56:30.98 1:19.42 | |

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 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo | |
|---------------|--|---------|--------|------------|---------|--------|---------------------|---------|
| 4500m: | 57:49.43 | 1:18.45 | 4700m: | 1:00:25.68 | 1:17.99 | 4900m: | 1:03:01.92 | 1:17.88 |
| 4600m: | 59:07.69 | 1:18.26 | 4800m: | 1:01:44.04 | 1:18.36 | 5000m: | 1:04:18.67 | 1:16.75 |
| 30. | MARTIN CHRISTIANSEN Nadia 05 C.D.N. Nadamas Las Marinas | | | | | | 1:04:21.29 - | |
| 100m: | 1:10.53 | 1:10.53 | 1400m: | 17:30.40 | 1:15.80 | 2700m: | 34:18.87 | 1:18.23 |
| 200m: | 2:25.09 | 1:14.56 | 1500m: | 18:46.26 | 1:15.86 | 2800m: | 35:36.99 | 1:18.12 |
| 300m: | 3:39.46 | 1:14.37 | 1600m: | 20:03.04 | 1:16.78 | 2900m: | 36:54.78 | 1:17.79 |
| 400m: | 4:54.02 | 1:14.56 | 1700m: | 21:20.06 | 1:17.02 | 3000m: | 38:12.98 | 1:18.20 |
| 500m: | 6:08.15 | 1:14.13 | 1800m: | 22:36.83 | 1:16.77 | 3100m: | 39:31.19 | 1:18.21 |
| 600m: | 7:23.45 | 1:15.30 | 1900m: | 23:55.07 | 1:18.24 | 3200m: | 40:49.90 | 1:18.71 |
| 700m: | 8:39.03 | 1:15.58 | 2000m: | 25:13.45 | 1:18.38 | 3300m: | 42:08.30 | 1:18.40 |
| 800m: | 9:54.51 | 1:15.48 | 2100m: | 26:31.46 | 1:18.01 | 3400m: | 43:26.98 | 1:18.68 |
| 900m: | 11:10.52 | 1:16.01 | 2200m: | 27:49.25 | 1:17.79 | 3500m: | 44:45.57 | 1:18.59 |
| 1000m: | 12:26.51 | 1:15.99 | 2300m: | 29:07.06 | 1:17.81 | 3600m: | 46:04.27 | 1:18.70 |
| 1100m: | 13:42.33 | 1:15.82 | 2400m: | 30:24.99 | 1:17.93 | 3700m: | 47:22.55 | 1:18.28 |
| 1200m: | 14:58.48 | 1:16.15 | 2500m: | 31:42.76 | 1:17.77 | 3800m: | 48:41.22 | 1:18.67 |
| 1300m: | 16:14.60 | 1:16.12 | 2600m: | 33:00.64 | 1:17.88 | 3900m: | 50:00.02 | 1:18.80 |
| 31. | BOUZAS PEDREIRA Alicia 05 C.N. Galaico | | | | | | 1:04:24.79 - | |
| 100m: | 1:14.32 | 1:14.32 | 1400m: | 17:33.90 | 1:16.02 | 2700m: | 34:15.72 | 1:17.16 |
| 200m: | 2:29.14 | 1:14.82 | 1500m: | 18:50.42 | 1:16.52 | 2800m: | 35:33.87 | 1:18.15 |
| 300m: | 3:44.12 | 1:14.98 | 1600m: | 20:06.85 | 1:16.43 | 2900m: | 36:52.05 | 1:18.18 |
| 400m: | 4:59.25 | 1:15.13 | 1700m: | 21:23.86 | 1:17.01 | 3000m: | 38:09.86 | 1:17.81 |
| 500m: | 6:14.36 | 1:15.11 | 1800m: | 22:40.96 | 1:17.10 | 3100m: | 39:27.68 | 1:17.82 |
| 600m: | 7:30.14 | 1:15.78 | 1900m: | 23:58.18 | 1:17.22 | 3200m: | 40:45.42 | 1:17.74 |
| 700m: | 8:45.62 | 1:15.48 | 2000m: | 25:14.67 | 1:16.49 | 3300m: | 42:03.79 | 1:18.37 |
| 800m: | 10:00.32 | 1:14.70 | 2100m: | 26:31.59 | 1:16.92 | 3400m: | 43:23.01 | 1:19.22 |
| 900m: | 11:15.32 | 1:15.00 | 2200m: | 27:49.05 | 1:17.46 | 3500m: | 44:42.22 | 1:19.21 |
| 1000m: | 12:30.61 | 1:15.29 | 2300m: | 29:06.10 | 1:17.05 | 3600m: | 45:59.61 | 1:17.39 |
| 1100m: | 13:46.15 | 1:15.54 | 2400m: | 30:23.77 | 1:17.67 | 3700m: | 47:17.64 | 1:18.03 |
| 1200m: | 15:01.95 | 1:15.80 | 2500m: | 31:41.12 | 1:17.35 | 3800m: | 48:36.34 | 1:18.70 |
| 1300m: | 16:17.88 | 1:15.93 | 2600m: | 32:58.56 | 1:17.44 | 3900m: | 49:55.53 | 1:19.19 |
| 32. | CAMACHO GONZÁLEZ Claudia 02 C.D. Gredos San Diego | | | | | | 1:04:55.57 | |
| 100m: | 1:11.99 | 1:11.99 | 1400m: | 17:27.80 | 1:15.59 | 2700m: | 33:59.80 | 1:17.29 |
| 200m: | 2:26.29 | 1:14.30 | 1500m: | 18:43.89 | 1:16.09 | 2800m: | 35:17.30 | 1:17.50 |
| 300m: | 3:41.00 | 1:14.71 | 1600m: | 19:59.47 | 1:15.58 | 2900m: | 36:35.33 | 1:18.03 |
| 400m: | 4:55.98 | 1:14.98 | 1700m: | 21:14.80 | 1:15.33 | 3000m: | 37:53.14 | 1:17.81 |
| 500m: | 6:10.83 | 1:14.85 | 1800m: | 22:30.66 | 1:15.86 | 3100m: | 39:11.39 | 1:18.25 |
| 600m: | 7:25.82 | 1:14.99 | 1900m: | 23:46.59 | 1:15.93 | 3200m: | 40:29.38 | 1:17.99 |
| 700m: | 8:40.77 | 1:14.95 | 2000m: | 25:03.01 | 1:16.42 | 3300m: | 41:47.82 | 1:18.44 |
| 800m: | 9:55.79 | 1:15.02 | 2100m: | 26:19.35 | 1:16.34 | 3400m: | 43:06.60 | 1:18.78 |
| 900m: | 11:10.93 | 1:15.14 | 2200m: | 27:35.65 | 1:16.30 | 3500m: | 44:25.71 | 1:19.11 |
| 1000m: | 12:26.49 | 1:15.56 | 2300m: | 28:52.39 | 1:16.74 | 3600m: | 45:45.23 | 1:19.52 |
| 1100m: | 13:41.67 | 1:15.18 | 2400m: | 30:09.09 | 1:16.70 | 3700m: | 47:05.88 | 1:20.65 |
| 1200m: | 14:56.86 | 1:15.19 | 2500m: | 31:25.79 | 1:16.70 | 3800m: | 48:26.40 | 1:20.52 |
| 1300m: | 16:12.21 | 1:15.35 | 2600m: | 32:42.51 | 1:16.72 | 3900m: | 49:47.99 | 1:21.59 |

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 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | Tiempo | |
|------------------------------------|-------------------------|-----------------------------|---------------------------|---|
| 33. BRESO JUAN Claudia | 05 | C.D. Nados Castellon | 1:05:13.90 | - |
| 100m: 1:13.53 1:13.53 | 1400m: 17:43.60 1:17.22 | 2700m: 34:37.93 1:19.45 | 4000m: 51:53.12 1:19.02 | |
| 200m: 2:28.71 1:15.18 | 1500m: 18:59.99 1:16.39 | 2800m: 35:57.78 1:19.85 | 4100m: 53:12.87 1:19.75 | |
| 300m: 3:43.76 1:15.05 | 1600m: 20:16.43 1:16.44 | 2900m: 37:17.72 1:19.94 | 4200m: 54:31.99 1:19.12 | |
| 400m: 4:58.91 1:15.15 | 1700m: 21:33.47 1:17.04 | 3000m: 38:37.16 1:19.44 | 4300m: 55:52.29 1:20.30 | |
| 500m: 6:14.09 1:15.18 | 1800m: 22:51.20 1:17.73 | 3100m: 39:55.85 1:18.69 | 4400m: 57:12.66 1:20.37 | |
| 600m: 7:29.67 1:15.58 | 1900m: 24:09.07 1:17.87 | 3200m: 41:14.97 1:19.12 | 4500m: 58:33.44 1:20.78 | |
| 700m: 8:45.56 1:15.89 | 2000m: 25:27.00 1:17.93 | 3300m: 42:34.14 1:19.17 | 4600m: 59:53.48 1:20.04 | |
| 800m: 10:01.99 1:16.43 | 2100m: 26:45.51 1:18.51 | 3400m: 43:53.96 1:19.82 | 4700m: 1:01:14.20 1:20.72 | |
| 900m: 11:18.56 1:16.57 | 2200m: 28:03.99 1:18.48 | 3500m: 45:13.58 1:19.62 | 4800m: 1:02:35.64 1:21.44 | |
| 1000m: 12:35.89 1:17.33 | 2300m: 29:22.32 1:18.33 | 3600m: 46:34.11 1:20.53 | 4900m: 1:03:55.58 1:19.94 | |
| 1100m: 13:52.85 1:16.96 | 2400m: 30:41.00 1:18.68 | 3700m: 47:54.72 1:20.61 | 5000m: 1:05:13.90 1:18.32 | |
| 1200m: 15:09.29 1:16.44 | 2500m: 31:59.57 1:18.57 | 3800m: 49:14.62 1:19.90 | | |
| 1300m: 16:26.38 1:17.09 | 2600m: 33:18.48 1:18.91 | 3900m: 50:34.10 1:19.48 | | |
| 34. BARBER NAVARRO Cristina | 02 | C.N. Ferca-San Jose | 1:05:37.01 | - |
| 100m: 1:13.88 1:13.88 | 1400m: 18:05.60 1:19.14 | 2700m: 35:13.98 1:19.97 | 4000m: 52:24.89 1:19.15 | |
| 200m: 2:30.07 1:16.19 | 1500m: 19:24.65 1:19.05 | 2800m: 36:33.67 1:19.69 | 4100m: 53:44.00 1:19.11 | |
| 300m: 3:46.89 1:16.82 | 1600m: 20:43.95 1:19.30 | 2900m: 37:53.63 1:19.96 | 4200m: 55:03.68 1:19.68 | |
| 400m: 5:03.12 1:16.23 | 1700m: 22:02.80 1:18.85 | 3000m: 39:14.10 1:20.47 | 4300m: 56:23.45 1:19.77 | |
| 500m: 6:20.56 1:17.44 | 1800m: 23:20.75 1:17.95 | 3100m: 40:33.56 1:19.46 | 4400m: 57:43.64 1:20.19 | |
| 600m: 7:37.75 1:17.19 | 1900m: 24:39.05 1:18.30 | 3200m: 41:53.47 1:19.91 | 4500m: 59:03.96 1:20.32 | |
| 700m: 8:55.98 1:18.23 | 2000m: 25:58.58 1:19.53 | 3300m: 43:12.90 1:19.43 | 4600m: 1:00:23.45 1:19.49 | |
| 800m: 10:14.39 1:18.41 | 2100m: 27:18.24 1:19.66 | 3400m: 44:32.09 1:19.19 | 4700m: 1:01:42.50 1:19.05 | |
| 900m: 11:32.08 1:17.69 | 2200m: 28:37.58 1:19.34 | 3500m: 45:51.27 1:19.18 | 4800m: 1:03:01.06 1:18.56 | |
| 1000m: 12:50.76 1:18.68 | 2300m: 29:56.62 1:19.04 | 3600m: 47:09.74 1:18.47 | 4900m: 1:04:18.92 1:17.86 | |
| 1100m: 14:09.29 1:18.53 | 2400m: 31:15.07 1:18.45 | 3700m: 48:27.33 1:17.59 | 5000m: 1:05:37.01 1:18.09 | |
| 1200m: 15:27.93 1:18.64 | 2500m: 32:34.40 1:19.33 | 3800m: 49:45.99 1:18.66 | | |
| 1300m: 16:46.46 1:18.53 | 2600m: 33:54.01 1:19.61 | 3900m: 51:05.74 1:19.75 | | |
| 35. CARBALLO GONZALEZ Sofia | 06 | C.N. Pontearreas | 1:07:14.37 | - |
| 100m: 1:14.20 1:14.20 | 1400m: 17:43.55 1:17.28 | 2700m: 34:37.87 1:19.53 | 4000m: 52:46.25 1:26.56 | |
| 200m: 2:30.08 1:15.88 | 1500m: 18:59.70 1:16.15 | 2800m: 35:57.74 1:19.87 | 4100m: 54:12.71 1:26.46 | |
| 300m: 3:46.26 1:16.18 | 1600m: 20:16.10 1:16.40 | 2900m: 37:17.86 1:20.12 | 4200m: 55:39.97 1:27.26 | |
| 400m: 5:02.85 1:16.59 | 1700m: 21:33.33 1:17.23 | 3000m: 38:39.30 1:21.44 | 4300m: 57:06.56 1:26.59 | |
| 500m: 6:19.11 1:16.26 | 1800m: 22:51.03 1:17.70 | 3100m: 40:02.41 1:23.11 | 4400m: 58:34.23 1:27.67 | |
| 600m: 7:34.49 1:15.38 | 1900m: 24:08.80 1:17.77 | 3200m: 41:25.77 1:23.36 | 4500m: 1:00:03.06 1:28.83 | |
| 700m: 8:50.00 1:15.51 | 2000m: 25:26.91 1:18.11 | 3300m: 42:48.70 1:22.93 | 4600m: 1:01:30.03 1:26.97 | |
| 800m: 10:06.25 1:16.25 | 2100m: 26:45.34 1:18.43 | 3400m: 44:13.89 1:25.19 | 4700m: 1:02:57.56 1:27.53 | |
| 900m: 11:21.64 1:15.39 | 2200m: 28:04.08 1:18.74 | 3500m: 45:37.88 1:23.99 | 4800m: 1:04:24.59 1:27.03 | |
| 1000m: 12:37.34 1:15.70 | 2300m: 29:22.10 1:18.02 | 3600m: 47:01.39 1:23.51 | 4900m: 1:05:50.55 1:25.96 | |
| 1100m: 13:52.69 1:15.35 | 2400m: 30:40.87 1:18.77 | 3700m: 48:26.95 1:25.56 | 5000m: 1:07:14.37 1:23.82 | |
| 1200m: 15:09.23 1:16.54 | 2500m: 31:59.42 1:18.55 | 3800m: 49:53.25 1:26.30 | | |
| 1300m: 16:26.27 1:17.04 | 2600m: 33:18.34 1:18.92 | 3900m: 51:19.69 1:26.44 | | |
| 36. VEIGA SOUTO Ana | 98 | C.N. Arteixo | 1:07:18.67 | - |
| 100m: 1:11.98 1:11.98 | 1200m: 15:18.63 1:18.48 | 2300m: 29:55.67 1:21.66 | 3400m: 45:13.32 1:24.17 | |
| 200m: 2:27.41 1:15.43 | 1300m: 16:37.46 1:18.83 | 2400m: 31:17.80 1:22.13 | 3500m: 46:36.70 1:23.38 | |
| 300m: 3:43.01 1:15.60 | 1400m: 17:55.03 1:17.57 | 2500m: 32:39.66 1:21.86 | 3600m: 47:59.74 1:23.04 | |
| 400m: 4:59.29 1:16.28 | 1500m: 19:13.93 1:18.90 | 2600m: 34:02.60 1:22.94 | 3700m: 49:23.82 1:24.08 | |
| 500m: 6:15.77 1:16.48 | 1600m: 20:32.97 1:19.04 | 2700m: 35:25.27 1:22.67 | 3800m: 50:47.19 1:23.37 | |
| 600m: 7:32.49 1:16.72 | 1700m: 21:52.25 1:19.28 | 2800m: 36:48.45 1:23.18 | 3900m: 52:11.88 1:24.69 | |
| 700m: 8:49.42 1:16.93 | 1800m: 23:12.03 1:19.78 | 2900m: 38:12.40 1:23.95 | 4000m: 53:36.70 1:24.82 | |
| 800m: 10:06.56 1:17.14 | 1900m: 24:31.87 1:19.84 | 3000m: 39:36.97 1:24.57 | 4100m: 55:00.94 1:24.24 | |
| 900m: 11:24.19 1:17.63 | 2000m: 25:52.11 1:20.24 | 3100m: 41:00.18 1:23.21 | 4200m: 56:23.38 1:22.44 | |
| 1000m: 12:41.76 1:17.57 | 2100m: 27:13.02 1:20.91 | 3200m: 42:24.45 1:24.27 | 4300m: 57:47.69 1:24.31 | |
| 1100m: 14:00.15 1:18.39 | 2200m: 28:34.01 1:20.99 | 3300m: 43:49.15 1:24.70 | 4400m: 59:09.35 1:21.66 | |

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 4, Fem., 5000m Libre, ABSOLUTA

| Clasificación | AN | | | | | | Tiempo |
|---------------|-------------------------|---------|-----------------|--------------------------------|-----------------|---------|--------|
| | 4500m1:00:33.13 | 1:23.78 | 4700m1:03:17.51 | 1:21.37 | 4900m1:05:59.17 | 1:20.83 | |
| | 4600m1:01:56.14 | 1:23.01 | 4800m1:04:38.34 | 1:20.83 | 5000m1:07:18.67 | 1:19.50 | |
| Baja | DE VALDES ALVAREZ Maria | | 98 | C.N. Liceo | | | - |
| Baja | RUIZ TOCINO Ana | | 03 | C.N. San Fernando | | | - |
| Baja | SERANTES RAMÍREZ Diana | | 04 | C.N. Marina-Cartagena "Ancora" | | | - |

INSTITUCIONALES



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PARTNER



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INSTITUCIONES LOCALES



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

CLASIFICACIÓN CLUBES

Todas las pruebas

Masc., Absoluto

| | | |
|--------------------------------|-------|-------|
| 1. C.N. Las Anclas Castrillon | P0304 | 26,00 |
| 2. C.N.Cartagonova Cartagena | 00600 | 17,00 |
| C.N. Ferca-San Jose | 00074 | 17,00 |
| 4. C.N. Churriana | 01035 | 16,00 |
| 5. C.N. Mataro | 00106 | 13,00 |
| C.N. Tarraco | 00064 | 13,00 |
| 7. C.N. Rias Baixas | 00765 | 12,00 |
| C.D. Torrelago Wellness | 01351 | 12,00 |
| 9. C.N. Barcelona | 00051 | 11,00 |
| C.N. Metropole | 00054 | 11,00 |
| 11. C.D. El Valle | 01203 | 9,00 |
| Navial | 00746 | 9,00 |
| 13. C.D.N. Inacua Malaga | 00325 | 8,00 |
| C.N. Reus Ploms | 00073 | 8,00 |
| C.D.N. Nadamas Las Marinas | P0502 | 8,00 |
| 16. C.N. Santa Olaya | 00135 | 6,00 |
| C.N. Tennis Elche | 01100 | 6,00 |
| C.N. Toledo | 00604 | 6,00 |
| Real Canoe N.C. | 00053 | 6,00 |
| 20. C.N. Galaico | 00784 | 5,00 |
| R.C. Mediterraneo | 00110 | 5,00 |
| 22. C.N. Liceo | 01269 | 4,00 |
| 23. C.N. Pontearreas | 00878 | 3,00 |
| 24. C.D. Nados Castellon | 01481 | 1,00 |
| C.N. Marina-Cartagena "Ancora" | 00713 | 1,00 |

Fem., Absoluto

| | | |
|-------------------------------|-------|-------|
| 1. C.N. Ferca-San Jose | 00074 | 22,00 |
| 2. C.D. Gredos San Diego | P1202 | 16,00 |
| 3. C.N. Sabadell | 00058 | 15,00 |
| 4. C.N. Arteixo | 01133 | 14,00 |
| 5. C.D. El Valle | 01203 | 13,00 |
| C.N. Alcala | 00563 | 13,00 |
| C.N. Tarraco | 00064 | 13,00 |
| 8. C.D.N. Nadamas Las Marinas | P0502 | 10,00 |
| Kzm Swimming Team | 01699 | 10,00 |
| C.N. Caldes | 00080 | 10,00 |
| 11. C.D. Amaya | 00103 | 8,00 |
| C.N. Albacete | 00470 | 8,00 |
| C.N. Barcelona | 00051 | 8,00 |
| C.N. Granollers | 00099 | 8,00 |
| 15. C.N. La Salle-Palma | 00848 | 7,00 |
| C.N. Mataro | 00106 | 7,00 |
| E.M. El Olivar | 00136 | 7,00 |
| 18. C.D.N. Inacua Malaga | 00325 | 6,00 |
| Getxo Igeriketa Bolue K.E. | 00353 | 6,00 |
| 20. C.N. San Fernando | 00490 | 5,00 |

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



PARTNERS SALUT DEPORTIVA



RSC PARTNERS



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INSTITUCIONES LOCALES



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

| | | |
|---------------------------|-------|------|
| C.N. Tennis Elche | 01100 | 5,00 |
| C.N.Cartagonova Cartagena | 00600 | 5,00 |
| 23. C.N. Galaico | 00784 | 4,00 |
| Club Benavente Natacion | P0909 | 4,00 |
| C.N. Ferrol | 00674 | 4,00 |
| 26. A.D. Manuel Llana | 00640 | 3,00 |
| 27. C.N. Santa Olaya | 00135 | 2,00 |
| C.N. Logroño | 00823 | 2,00 |

INSTITUCIONALES



SPONSORS PLATINO



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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

Récords batidos por prueba...

Todas las pruebas

Masc., 5000m Libre

3. Serie 4 Garach Benito Carlos 04 01035 53:29.32 Mejor Marca Nacional 18

Fem., 5000m Libre

4. Serie 4 Leblic Garcia Sydney 05 01203 58:20.18 Mejor Marca Nacional 17

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



SPONSORS TÉCNICOS



LÍNEA AÉREA OFICIAL



PARTNER



PARTNERS SALUT DEPORTIVA



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INSTITUCIONES LOCALES

