

XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

| Prueba 3 28/01/2023 - 10:55 | Masc., 5000m Libre | | | Abs. 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 | 53:29.32 | CARLOS GARACH BENITO | BARCELONA | 30/01/2022 |
| 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. DE LA FUENTE ALONSO Diego | 06 | C.D. Torrelago Wellness | 56:18.11 | 13,00 |
| 100m: 1:01.51 | 1:01.51 | 1400m: 15:20.27 | 1:06.62 | 2700m: 29:56.19 |
| 200m: 2:06.14 | 1:04.63 | 1500m: 16:26.68 | 1:06.41 | 2800m: 31:03.45 |
| 300m: 3:11.72 | 1:05.58 | 1600m: 17:33.09 | 1:06.41 | 2900m: 32:10.64 |
| 400m: 4:17.44 | 1:05.72 | 1700m: 18:40.10 | 1:07.01 | 3000m: 33:18.79 |
| 500m: 5:23.61 | 1:06.17 | 1800m: 19:46.96 | 1:06.86 | 3100m: 34:26.50 |
| 600m: 6:29.31 | 1:05.70 | 1900m: 20:54.16 | 1:07.20 | 3200m: 35:33.97 |
| 700m: 7:35.16 | 1:05.85 | 2000m: 22:01.30 | 1:07.14 | 3300m: 36:41.52 |
| 800m: 8:41.86 | 1:06.70 | 2100m: 23:09.02 | 1:07.72 | 3400m: 37:49.12 |
| 900m: 9:48.22 | 1:06.36 | 2200m: 24:16.98 | 1:07.96 | 3500m: 38:56.87 |
| 1000m: 10:54.42 | 1:06.20 | 2300m: 25:24.84 | 1:07.86 | 3600m: 40:04.97 |
| 1100m: 12:00.57 | 1:06.15 | 2400m: 26:32.71 | 1:07.87 | 3700m: 41:13.57 |
| 1200m: 13:06.95 | 1:06.38 | 2500m: 27:40.88 | 1:08.17 | 3800m: 42:22.44 |
| 1300m: 14:13.65 | 1:06.70 | 2600m: 28:48.45 | 1:07.57 | 3900m: 43:30.86 |
| 2. MARTINEZ PALOP Pablo | 07 | C.N. Ferca-San Jose | 56:40.82 | + 22.71 10,00 |
| 100m: 1:07.30 | 1:07.30 | 1400m: 15:52.89 | 1:07.84 | 2700m: 30:39.08 |
| 200m: 2:16.21 | 1:08.91 | 1500m: 17:00.77 | 1:07.88 | 2800m: 31:47.92 |
| 300m: 3:24.49 | 1:08.28 | 1600m: 18:08.97 | 1:08.20 | 2900m: 32:56.10 |
| 400m: 4:33.19 | 1:08.70 | 1700m: 19:17.55 | 1:08.58 | 3000m: 34:03.92 |
| 500m: 5:41.47 | 1:08.28 | 1800m: 20:25.99 | 1:08.44 | 3100m: 35:12.12 |
| 600m: 6:49.46 | 1:07.99 | 1900m: 21:34.56 | 1:08.57 | 3200m: 36:20.47 |
| 700m: 7:57.82 | 1:08.36 | 2000m: 22:41.43 | 1:06.87 | 3300m: 37:29.08 |
| 800m: 9:06.14 | 1:08.32 | 2100m: 23:48.72 | 1:07.29 | 3400m: 38:37.78 |
| 900m: 10:14.07 | 1:07.93 | 2200m: 24:56.71 | 1:07.99 | 3500m: 39:46.42 |
| 1000m: 11:21.85 | 1:07.78 | 2300m: 26:04.82 | 1:08.11 | 3600m: 40:55.03 |
| 1100m: 12:29.26 | 1:07.41 | 2400m: 27:13.46 | 1:08.64 | 3700m: 42:03.72 |
| 1200m: 13:37.04 | 1:07.78 | 2500m: 28:22.01 | 1:08.55 | 3800m: 43:12.87 |
| 1300m: 14:45.05 | 1:08.01 | 2600m: 29:30.49 | 1:08.48 | 3900m: 44:21.41 |
| 3. JIMÉNEZ RÍSQUEZ Alex | 06 | C.N. Caldes | 57:06.00 | + 47.89 8,00 |
| 100m: 1:07.91 | 1:07.91 | 1400m: 15:57.48 | 1:08.27 | 2700m: 30:44.65 |
| 200m: 2:16.88 | 1:08.97 | 1500m: 17:05.60 | 1:08.12 | 2800m: 31:53.26 |
| 300m: 3:25.68 | 1:08.80 | 1600m: 18:13.22 | 1:07.62 | 2900m: 33:01.61 |
| 400m: 4:34.51 | 1:08.83 | 1700m: 19:21.47 | 1:08.25 | 3000m: 34:10.04 |
| 500m: 5:43.63 | 1:09.12 | 1800m: 20:29.92 | 1:08.45 | 3100m: 35:18.32 |
| 600m: 6:52.22 | 1:08.59 | 1900m: 21:38.23 | 1:08.31 | 3200m: 36:27.16 |
| 700m: 8:00.13 | 1:07.91 | 2000m: 22:45.93 | 1:07.70 | 3300m: 37:36.46 |
| 800m: 9:08.34 | 1:08.21 | 2100m: 23:53.84 | 1:07.91 | 3400m: 38:45.10 |
| 900m: 10:16.51 | 1:08.17 | 2200m: 25:02.11 | 1:08.27 | 3500m: 39:54.29 |
| 1000m: 11:24.60 | 1:08.09 | 2300m: 26:10.57 | 1:08.46 | 3600m: 41:03.44 |
| 1100m: 12:32.97 | 1:08.37 | 2400m: 27:18.54 | 1:07.97 | 3700m: 42:12.45 |
| 1200m: 13:41.02 | 1:08.05 | 2500m: 28:27.66 | 1:09.12 | 3800m: 43:21.86 |
| 1300m: 14:49.21 | 1:08.19 | 2600m: 29:36.16 | 1:08.50 | 3900m: 44:30.93 |

Piscina 50 m.

XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

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

| Clasificación | AN | | Tiempo | |
|-----------------------------------|-------------------------|--------------------------|-------------------------|---------------------|
| 4. GARCIA FERNANDEZ Erik | 06 | C.N. Las Norias | 57:51.98+ | 1:33.87 7,00 |
| 100m: 1:05.85 1:05.85 | 1400m: 16:07.62 1:10.39 | 2700m: 31:03.17 1:09.47 | 4000m: 46:12.98 1:09.77 | |
| 200m: 2:13.15 1:07.30 | 1500m: 17:17.97 1:10.35 | 2800m: 32:12.41 1:09.24 | 4100m: 47:22.59 1:09.61 | |
| 300m: 3:21.45 1:08.30 | 1600m: 18:25.15 1:07.18 | 2900m: 33:22.78 1:10.37 | 4200m: 48:31.95 1:09.36 | |
| 400m: 4:30.52 1:09.07 | 1700m: 19:32.60 1:07.45 | 3000m: 34:33.11 1:10.33 | 4300m: 49:40.73 1:08.78 | |
| 500m: 5:39.08 1:08.56 | 1800m: 20:40.89 1:08.29 | 3100m: 35:42.86 1:09.75 | 4400m: 50:50.05 1:09.32 | |
| 600m: 6:48.39 1:09.31 | 1900m: 21:49.20 1:08.31 | 3200m: 36:52.75 1:09.89 | 4500m: 52:01.06 1:11.01 | |
| 700m: 7:57.54 1:09.15 | 2000m: 22:58.04 1:08.84 | 3300m: 38:03.13 1:10.38 | 4600m: 53:12.77 1:11.71 | |
| 800m: 9:07.63 1:10.09 | 2100m: 24:06.80 1:08.76 | 3400m: 39:13.57 1:10.44 | 4700m: 54:24.60 1:11.83 | |
| 900m: 10:17.57 1:09.94 | 2200m: 25:16.49 1:09.69 | 3500m: 40:23.66 1:10.09 | 4800m: 55:35.28 1:10.68 | |
| 1000m: 11:27.29 1:09.72 | 2300m: 26:25.61 1:09.12 | 3600m: 41:33.74 1:10.08 | 4900m: 56:45.65 1:10.37 | |
| 1100m: 12:36.83 1:09.54 | 2400m: 27:35.02 1:09.41 | 3700m: 42:43.27 1:09.53 | 5000m: 57:51.98 1:06.33 | |
| 1200m: 13:46.96 1:10.13 | 2500m: 28:44.46 1:09.44 | 3800m: 43:53.56 1:10.29 | | |
| 1300m: 14:57.23 1:10.27 | 2600m: 29:53.70 1:09.24 | 3900m: 45:03.21 1:09.65 | | |
| 5. NAVARRO RODRIGUEZ Jorge | 06 | C.N. Tennis Elche | 58:33.21+ | 2:15.10 6,00 |
| 100m: 1:07.32 1:07.32 | 1400m: 16:13.52 1:10.15 | 2700m: 31:23.19 1:07.79 | 4000m: 46:46.81 1:11.55 | |
| 200m: 2:16.53 1:09.21 | 1500m: 17:23.84 1:10.32 | 2800m: 32:33.94 1:10.75 | 4100m: 47:57.78 1:10.97 | |
| 300m: 3:25.98 1:09.45 | 1600m: 18:33.85 1:10.01 | 2900m: 33:45.03 1:11.09 | 4200m: 49:08.51 1:10.73 | |
| 400m: 4:34.95 1:08.97 | 1700m: 19:43.62 1:09.77 | 3000m: 34:55.28 1:10.25 | 4300m: 50:19.15 1:10.64 | |
| 500m: 5:45.04 1:10.09 | 1800m: 20:53.74 1:10.12 | 3100m: 36:06.38 1:11.10 | 4400m: 51:30.40 1:11.25 | |
| 600m: 6:55.16 1:10.12 | 1900m: 22:01.62 1:07.88 | 3200m: 37:17.35 1:10.97 | 4500m: 52:41.30 1:10.90 | |
| 700m: 8:05.07 1:09.91 | 2000m: 23:11.14 1:09.52 | 3300m: 38:28.43 1:11.08 | 4600m: 53:52.50 1:11.20 | |
| 800m: 9:14.99 1:09.92 | 2100m: 24:21.71 1:10.57 | 3400m: 39:38.82 1:10.39 | 4700m: 55:02.74 1:10.24 | |
| 900m: 10:25.00 1:10.01 | 2200m: 25:32.08 1:10.37 | 3500m: 40:50.20 1:11.38 | 4800m: 56:14.12 1:11.38 | |
| 1000m: 11:34.48 1:09.48 | 2300m: 26:42.64 1:10.56 | 3600m: 42:01.47 1:11.27 | 4900m: 57:25.27 1:11.15 | |
| 1100m: 12:43.66 1:09.18 | 2400m: 27:53.50 1:10.86 | 3700m: 43:13.10 1:11.63 | 5000m: 58:33.21 1:07.94 | |
| 1200m: 13:53.50 1:09.84 | 2500m: 29:04.56 1:11.06 | 3800m: 44:24.33 1:11.23 | | |
| 1300m: 15:03.37 1:09.87 | 2600m: 30:15.40 1:10.84 | 3900m: 45:35.26 1:10.93 | | |
| 6. BAYARRI ALLEPUZ Gerard | 06 | C.N. Tennis Elche | 59:00.06+ | 2:41.95 5,00 |
| 100m: 1:05.16 1:05.16 | 1400m: 16:07.18 1:10.20 | 2700m: 31:32.88 1:12.06 | 4000m: 47:12.13 1:12.96 | |
| 200m: 2:12.81 1:07.65 | 1500m: 17:17.90 1:10.72 | 2800m: 32:44.43 1:11.55 | 4100m: 48:25.37 1:13.24 | |
| 300m: 3:21.36 1:08.55 | 1600m: 18:28.16 1:10.26 | 2900m: 33:56.58 1:12.15 | 4200m: 49:37.71 1:12.34 | |
| 400m: 4:30.17 1:08.81 | 1700m: 19:38.97 1:10.81 | 3000m: 35:08.79 1:12.21 | 4300m: 50:49.83 1:12.12 | |
| 500m: 5:38.84 1:08.67 | 1800m: 20:49.91 1:10.94 | 3100m: 36:20.40 1:11.61 | 4400m: 52:01.03 1:11.20 | |
| 600m: 6:48.12 1:09.28 | 1900m: 22:01.20 1:11.29 | 3200m: 37:33.24 1:12.84 | 4500m: 53:12.48 1:11.45 | |
| 700m: 7:57.35 1:09.23 | 2000m: 23:12.12 1:10.92 | 3300m: 38:45.64 1:12.40 | 4600m: 54:24.32 1:11.84 | |
| 800m: 9:07.41 1:10.06 | 2100m: 24:23.03 1:10.91 | 3400m: 39:58.54 1:12.90 | 4700m: 55:35.23 1:10.91 | |
| 900m: 10:17.33 1:09.92 | 2200m: 25:34.66 1:11.63 | 3500m: 41:11.04 1:12.50 | 4800m: 56:45.80 1:10.57 | |
| 1000m: 11:27.02 1:09.69 | 2300m: 26:46.35 1:11.69 | 3600m: 42:23.33 1:12.29 | 4900m: 57:55.32 1:09.52 | |
| 1100m: 12:36.67 1:09.65 | 2400m: 27:57.76 1:11.41 | 3700m: 43:34.93 1:11.60 | 5000m: 59:00.06 1:04.74 | |
| 1200m: 13:46.62 1:09.95 | 2500m: 29:09.25 1:11.49 | 3800m: 44:47.17 1:12.24 | | |
| 1300m: 14:56.98 1:10.36 | 2600m: 30:20.82 1:11.57 | 3900m: 45:59.17 1:12.00 | | |
| 7. CASALS MAS Èric | 06 | C.N. Vic-Etb | 59:06.80+ | 2:48.69 4,00 |
| 100m: 1:07.84 1:07.84 | 1200m: 13:56.44 1:10.57 | 2300m: 26:53.64 1:10.60 | 3400m: 40:05.04 1:12.08 | |
| 200m: 2:17.49 1:09.65 | 1300m: 15:07.14 1:10.70 | 2400m: 28:05.19 1:11.55 | 3500m: 41:17.56 1:12.52 | |
| 300m: 3:26.91 1:09.42 | 1400m: 16:17.52 1:10.38 | 2500m: 29:17.16 1:11.97 | 3600m: 42:29.89 1:12.33 | |
| 400m: 4:36.08 1:09.17 | 1500m: 17:28.30 1:10.78 | 2600m: 30:28.85 1:11.69 | 3700m: 43:42.60 1:12.71 | |
| 500m: 5:45.94 1:09.86 | 1600m: 18:38.89 1:10.59 | 2700m: 31:40.44 1:11.59 | 3800m: 44:55.35 1:12.75 | |
| 600m: 6:55.58 1:09.64 | 1700m: 19:49.77 1:10.88 | 2800m: 32:52.50 1:12.06 | 3900m: 46:08.12 1:12.77 | |
| 700m: 8:05.13 1:09.55 | 1800m: 21:00.51 1:10.74 | 2900m: 34:04.48 1:11.98 | 4000m: 47:21.18 1:13.06 | |
| 800m: 9:15.28 1:10.15 | 1900m: 22:10.87 1:10.36 | 3000m: 35:16.71 1:12.23 | 4100m: 48:32.56 1:11.38 | |
| 900m: 10:25.69 1:10.41 | 2000m: 23:21.65 1:10.78 | 3100m: 36:28.55 1:11.84 | 4200m: 49:43.10 1:10.54 | |
| 1000m: 11:35.56 1:09.87 | 2100m: 24:32.42 1:10.77 | 3200m: 37:40.69 1:12.14 | 4300m: 50:54.08 1:10.98 | |
| 1100m: 12:45.87 1:10.31 | 2200m: 25:43.04 1:10.62 | 3300m: 38:52.96 1:12.27 | 4400m: 52:05.35 1:11.27 | |

Piscina 50 m.

XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

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

| Clasificación | AN | | | | | | Tiempo | | | | | |
|---------------|---------------------------------|---------|-----------------|---------|-----------------|---------|-----------|-----------------------------------|---------|------------------|----------------|-------------|
| | 4500m: 53:16.99 | 1:11.64 | 4700m: 55:38.75 | 1:10.02 | 4900m: 58:01.55 | 1:11.09 | | | | | | |
| | 4600m: 54:28.73 | 1:11.74 | 4800m: 56:50.46 | 1:11.71 | 5000m: 59:06.80 | 1:05.25 | | | | | | |
| 8. | LORENÇO FERREIRA Gustavo | | | | | | 06 | C.D.N. Nadamas Las Marinas | | 59:09.27+ | 2:51.16 | 3,00 |
| | 100m: 1:07.91 | 1:07.91 | 1400m: 16:08.60 | 1:10.08 | 2700m: 31:41.02 | 1:11.84 | 4000m: | 47:21.27 | 1:12.86 | | | |
| | 200m: 2:17.63 | 1:09.72 | 1500m: 17:18.55 | 1:09.95 | 2800m: 32:52.61 | 1:11.59 | 4100m: | 48:33.09 | 1:11.82 | | | |
| | 300m: 3:26.80 | 1:09.17 | 1600m: 18:29.31 | 1:10.76 | 2900m: 34:04.70 | 1:12.09 | 4200m: | 49:43.68 | 1:10.59 | | | |
| | 400m: 4:35.43 | 1:08.63 | 1700m: 19:40.01 | 1:10.70 | 3000m: 35:16.78 | 1:12.08 | 4300m: | 50:54.32 | 1:10.64 | | | |
| | 500m: 5:44.26 | 1:08.83 | 1800m: 20:51.41 | 1:11.40 | 3100m: 36:28.65 | 1:11.87 | 4400m: | 52:05.35 | 1:11.03 | | | |
| | 600m: 6:52.57 | 1:08.31 | 1900m: 22:03.22 | 1:11.81 | 3200m: 37:40.78 | 1:12.13 | 4500m: | 53:17.21 | 1:11.86 | | | |
| | 700m: 8:00.85 | 1:08.28 | 2000m: 23:15.21 | 1:11.99 | 3300m: 38:53.23 | 1:12.45 | 4600m: | 54:28.88 | 1:11.67 | | | |
| | 800m: 9:09.44 | 1:08.59 | 2100m: 24:28.36 | 1:13.15 | 3400m: 40:05.40 | 1:12.17 | 4700m: | 55:38.63 | 1:09.75 | | | |
| | 900m: 10:18.46 | 1:09.02 | 2200m: 25:42.25 | 1:13.89 | 3500m: 41:17.56 | 1:12.16 | 4800m: | 56:49.12 | 1:10.49 | | | |
| | 1000m: 11:28.74 | 1:10.28 | 2300m: 26:54.06 | 1:11.81 | 3600m: 42:30.02 | 1:12.46 | 4900m: | 57:59.68 | 1:10.56 | | | |
| | 1100m: 12:38.59 | 1:09.85 | 2400m: 28:05.57 | 1:11.51 | 3700m: 43:42.71 | 1:12.69 | 5000m: | 59:09.27 | 1:09.59 | | | |
| | 1200m: 13:48.47 | 1:09.88 | 2500m: 29:17.44 | 1:11.87 | 3800m: 44:55.27 | 1:12.56 | | | | | | |
| | 1300m: 14:58.52 | 1:10.05 | 2600m: 30:29.18 | 1:11.74 | 3900m: 46:08.41 | 1:13.14 | | | | | | |
| 9. | MARTÍNEZ SANZ Sergio | | | | | | 06 | C.D. El Valle | | 59:14.15+ | 2:56.04 | 2,00 |
| | 100m: 1:04.70 | 1:04.70 | 1400m: 16:31.35 | 1:09.80 | 2700m: 31:58.97 | 1:11.45 | 4000m: | 47:29.30 | 1:12.82 | | | |
| | 200m: 2:15.36 | 1:10.66 | 1500m: 17:42.24 | 1:10.89 | 2800m: 33:10.38 | 1:11.41 | 4100m: | 48:40.71 | 1:11.41 | | | |
| | 300m: 3:27.17 | 1:11.81 | 1600m: 18:53.01 | 1:10.77 | 2900m: 34:22.22 | 1:11.84 | 4200m: | 49:51.24 | 1:10.53 | | | |
| | 400m: 4:39.37 | 1:12.20 | 1700m: 20:03.73 | 1:10.72 | 3000m: 35:33.47 | 1:11.25 | 4300m: | 51:02.94 | 1:11.70 | | | |
| | 500m: 5:51.57 | 1:12.20 | 1800m: 21:15.12 | 1:11.39 | 3100m: 36:42.47 | 1:09.00 | 4400m: | 52:13.66 | 1:10.72 | | | |
| | 600m: 7:03.29 | 1:11.72 | 1900m: 22:27.13 | 1:12.01 | 3200m: 37:53.12 | 1:10.65 | 4500m: | 53:24.73 | 1:11.07 | | | |
| | 700m: 8:15.20 | 1:11.91 | 2000m: 23:38.40 | 1:11.27 | 3300m: 39:05.55 | 1:12.43 | 4600m: | 54:35.24 | 1:10.51 | | | |
| | 800m: 9:26.40 | 1:11.20 | 2100m: 24:49.57 | 1:11.17 | 3400m: 40:17.62 | 1:12.07 | 4700m: | 55:46.07 | 1:10.83 | | | |
| | 900m: 10:38.15 | 1:11.75 | 2200m: 26:00.55 | 1:10.98 | 3500m: 41:30.20 | 1:12.58 | 4800m: | 56:56.30 | 1:10.23 | | | |
| | 1000m: 11:49.71 | 1:11.56 | 2300m: 27:11.86 | 1:11.31 | 3600m: 42:41.89 | 1:11.69 | 4900m: | 58:05.61 | 1:09.31 | | | |
| | 1100m: 13:00.99 | 1:11.28 | 2400m: 28:23.70 | 1:11.84 | 3700m: 43:52.96 | 1:11.07 | 5000m: | 59:14.15 | 1:08.54 | | | |
| | 1200m: 14:12.43 | 1:11.44 | 2500m: 29:35.88 | 1:12.18 | 3800m: 45:04.37 | 1:11.41 | | | | | | |
| | 1300m: 15:21.55 | 1:09.12 | 2600m: 30:47.52 | 1:11.64 | 3900m: 46:16.48 | 1:12.11 | | | | | | |
| 10. | FURONES GIMENO Victor | | | | | | 07 | C.N. Ferca-San Jose | | 59:24.64+ | 3:06.53 | 1,00 |
| | 100m: 1:07.31 | 1:07.31 | 1400m: 16:30.32 | 1:11.53 | 2700m: 32:01.68 | 1:12.64 | 4000m: | 47:39.31 | 1:12.13 | | | |
| | 200m: 2:16.09 | 1:08.78 | 1500m: 17:42.23 | 1:11.91 | 2800m: 33:13.65 | 1:11.97 | 4100m: | 48:51.00 | 1:11.69 | | | |
| | 300m: 3:26.30 | 1:10.21 | 1600m: 18:54.47 | 1:12.24 | 2900m: 34:25.32 | 1:11.67 | 4200m: | 50:02.90 | 1:11.90 | | | |
| | 400m: 4:36.52 | 1:10.22 | 1700m: 20:06.18 | 1:11.71 | 3000m: 35:37.37 | 1:12.05 | 4300m: | 51:15.40 | 1:12.50 | | | |
| | 500m: 5:47.95 | 1:11.43 | 1800m: 21:18.65 | 1:12.47 | 3100m: 36:49.94 | 1:12.57 | 4400m: | 52:27.58 | 1:12.18 | | | |
| | 600m: 6:58.27 | 1:10.32 | 1900m: 22:30.96 | 1:12.31 | 3200m: 38:02.56 | 1:12.62 | 4500m: | 53:39.05 | 1:11.47 | | | |
| | 700m: 8:09.99 | 1:11.72 | 2000m: 23:42.81 | 1:11.85 | 3300m: 39:15.26 | 1:12.70 | 4600m: | 54:49.73 | 1:10.68 | | | |
| | 800m: 9:20.82 | 1:10.83 | 2100m: 24:54.76 | 1:11.95 | 3400m: 40:26.79 | 1:11.53 | 4700m: | 55:59.05 | 1:09.32 | | | |
| | 900m: 10:31.97 | 1:11.15 | 2200m: 26:06.89 | 1:12.13 | 3500m: 41:39.24 | 1:12.45 | 4800m: | 57:08.03 | 1:08.98 | | | |
| | 1000m: 11:43.44 | 1:11.47 | 2300m: 27:18.27 | 1:11.38 | 3600m: 42:51.33 | 1:12.09 | 4900m: | 58:17.24 | 1:09.21 | | | |
| | 1100m: 12:54.73 | 1:11.29 | 2400m: 28:27.84 | 1:09.57 | 3700m: 44:03.54 | 1:12.21 | 5000m: | 59:24.64 | 1:07.40 | | | |
| | 1200m: 14:06.70 | 1:11.97 | 2500m: 29:37.20 | 1:09.36 | 3800m: 45:16.03 | 1:12.49 | | | | | | |
| | 1300m: 15:18.79 | 1:12.09 | 2600m: 30:49.04 | 1:11.84 | 3900m: 46:27.18 | 1:11.15 | | | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

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

| Clasificación | AN | | Tiempo | | |
|---------------------------------------|-----------|-----------------------------------|------------------|-----------------|---------|
| 11. DE ARMAS DELGADO Juan Jose | 07 | C.D.N. Nadamas Las Marinas | 59:29.30+ | 3:11.19 | - |
| 100m: 1:08.34 | 1:08.34 | 1400m: 16:32.89 | 1:11.48 | 2700m: 32:02.81 | 1:12.68 |
| 200m: 2:17.41 | 1:09.07 | 1500m: 17:44.89 | 1:12.00 | 2800m: 33:13.96 | 1:11.15 |
| 300m: 3:27.07 | 1:09.66 | 1600m: 18:56.85 | 1:11.96 | 2900m: 34:25.42 | 1:11.46 |
| 400m: 4:36.95 | 1:09.88 | 1700m: 20:08.76 | 1:11.91 | 3000m: 35:38.00 | 1:12.58 |
| 500m: 5:48.48 | 1:11.53 | 1800m: 21:20.83 | 1:12.07 | 3100m: 36:50.28 | 1:12.28 |
| 600m: 6:59.61 | 1:11.13 | 1900m: 22:33.57 | 1:12.74 | 3200m: 38:02.73 | 1:12.45 |
| 700m: 8:10.95 | 1:11.34 | 2000m: 23:45.22 | 1:11.65 | 3300m: 39:14.33 | 1:11.60 |
| 800m: 9:22.23 | 1:11.28 | 2100m: 24:55.94 | 1:10.72 | 3400m: 40:26.64 | 1:12.31 |
| 900m: 10:33.86 | 1:11.63 | 2200m: 26:07.47 | 1:11.53 | 3500m: 41:38.83 | 1:12.19 |
| 1000m: 11:45.13 | 1:11.27 | 2300m: 27:18.74 | 1:11.27 | 3600m: 42:51.26 | 1:12.43 |
| 1100m: 12:56.87 | 1:11.74 | 2400m: 28:28.08 | 1:09.34 | 3700m: 44:03.96 | 1:12.70 |
| 1200m: 14:08.74 | 1:11.87 | 2500m: 29:38.16 | 1:10.08 | 3800m: 45:15.23 | 1:11.27 |
| 1300m: 15:21.41 | 1:12.67 | 2600m: 30:50.13 | 1:11.97 | 3900m: 46:27.09 | 1:11.86 |
| 12. TOLEDO PANIAGUA Oliver | 07 | A. Master Baleares | 59:31.22+ | 3:13.11 | - |
| 100m: 1:07.86 | 1:07.86 | 1400m: 16:16.13 | 1:11.10 | 2700m: 31:56.89 | 1:13.40 |
| 200m: 2:17.19 | 1:09.33 | 1500m: 17:27.22 | 1:11.09 | 2800m: 33:09.73 | 1:12.84 |
| 300m: 3:26.38 | 1:09.19 | 1600m: 18:38.98 | 1:11.76 | 2900m: 34:21.76 | 1:12.03 |
| 400m: 4:35.48 | 1:09.10 | 1700m: 19:50.35 | 1:11.37 | 3000m: 35:33.58 | 1:11.82 |
| 500m: 5:45.34 | 1:09.86 | 1800m: 21:02.11 | 1:11.76 | 3100m: 36:45.29 | 1:11.71 |
| 600m: 6:54.93 | 1:09.59 | 1900m: 22:14.62 | 1:12.51 | 3200m: 37:57.03 | 1:11.74 |
| 700m: 8:04.59 | 1:09.66 | 2000m: 23:27.28 | 1:12.66 | 3300m: 39:09.11 | 1:12.08 |
| 800m: 9:14.96 | 1:10.37 | 2100m: 24:39.57 | 1:12.29 | 3400m: 40:21.26 | 1:12.15 |
| 900m: 10:25.15 | 1:10.19 | 2200m: 25:52.85 | 1:13.28 | 3500m: 41:31.98 | 1:10.72 |
| 1000m: 11:35.27 | 1:10.12 | 2300m: 27:05.47 | 1:12.62 | 3600m: 42:42.28 | 1:10.30 |
| 1100m: 12:45.06 | 1:09.79 | 2400m: 28:17.80 | 1:12.33 | 3700m: 43:52.99 | 1:10.71 |
| 1200m: 13:54.83 | 1:09.77 | 2500m: 29:30.22 | 1:12.42 | 3800m: 45:04.45 | 1:11.46 |
| 1300m: 15:05.03 | 1:10.20 | 2600m: 30:43.49 | 1:13.27 | 3900m: 46:15.68 | 1:11.23 |
| 13. VILELA ORTIZ Hugo | 06 | C.N. Axarquía | 59:37.77+ | 3:19.66 | - |
| 100m: 1:07.80 | 1:07.80 | 1400m: 16:22.55 | 1:11.37 | 2700m: 32:06.96 | 1:13.74 |
| 200m: 2:17.57 | 1:09.77 | 1500m: 17:34.07 | 1:11.52 | 2800m: 33:19.08 | 1:12.12 |
| 300m: 3:27.56 | 1:09.99 | 1600m: 18:45.74 | 1:11.67 | 2900m: 34:28.77 | 1:09.69 |
| 400m: 4:38.31 | 1:10.75 | 1700m: 19:57.74 | 1:12.00 | 3000m: 35:38.74 | 1:09.97 |
| 500m: 5:48.81 | 1:10.50 | 1800m: 21:09.59 | 1:11.85 | 3100m: 36:49.84 | 1:11.10 |
| 600m: 6:58.78 | 1:09.97 | 1900m: 22:21.06 | 1:11.47 | 3200m: 38:00.57 | 1:10.73 |
| 700m: 8:08.12 | 1:09.34 | 2000m: 23:33.63 | 1:12.57 | 3300m: 39:11.79 | 1:11.22 |
| 800m: 9:18.05 | 1:09.93 | 2100m: 24:45.70 | 1:12.07 | 3400m: 40:26.60 | 1:14.81 |
| 900m: 10:28.29 | 1:10.24 | 2200m: 25:59.14 | 1:13.44 | 3500m: 41:37.79 | 1:11.19 |
| 1000m: 11:38.64 | 1:10.35 | 2300m: 27:13.12 | 1:13.98 | 3600m: 42:52.10 | 1:14.31 |
| 1100m: 12:48.65 | 1:10.01 | 2400m: 28:27.19 | 1:14.07 | 3700m: 44:04.92 | 1:12.82 |
| 1200m: 13:59.51 | 1:10.86 | 2500m: 29:40.62 | 1:13.43 | 3800m: 45:17.34 | 1:12.42 |
| 1300m: 15:11.18 | 1:11.67 | 2600m: 30:53.22 | 1:12.60 | 3900m: 46:29.99 | 1:12.65 |
| 14. DÍEZ CANO Isaac | 06 | C.D. El Valle | 59:42.44+ | 3:24.33 | - |
| 100m: 1:06.46 | 1:06.46 | 1200m: 13:56.31 | 1:10.80 | 2300m: 26:53.98 | 1:10.85 |
| 200m: 2:15.14 | 1:08.68 | 1300m: 15:07.20 | 1:10.89 | 2400m: 28:05.11 | 1:11.13 |
| 300m: 3:24.02 | 1:08.88 | 1400m: 16:17.51 | 1:10.31 | 2500m: 29:17.06 | 1:11.95 |
| 400m: 4:34.06 | 1:10.04 | 1500m: 17:28.29 | 1:10.78 | 2600m: 30:29.09 | 1:12.03 |
| 500m: 5:44.15 | 1:10.09 | 1600m: 18:39.03 | 1:10.74 | 2700m: 31:40.70 | 1:11.61 |
| 600m: 6:54.09 | 1:09.94 | 1700m: 19:49.65 | 1:10.62 | 2800m: 32:52.74 | 1:12.04 |
| 700m: 8:04.61 | 1:10.52 | 1800m: 21:00.17 | 1:10.52 | 2900m: 34:04.40 | 1:11.66 |
| 800m: 9:15.77 | 1:11.16 | 1900m: 22:10.70 | 1:10.53 | 3000m: 35:16.62 | 1:12.22 |
| 900m: 10:25.50 | 1:09.73 | 2000m: 23:21.67 | 1:10.97 | 3100m: 36:28.33 | 1:11.71 |
| 1000m: 11:35.37 | 1:09.87 | 2100m: 24:32.22 | 1:10.55 | 3200m: 37:40.32 | 1:11.99 |
| 1100m: 12:45.51 | 1:10.14 | 2200m: 25:43.13 | 1:10.91 | 3300m: 38:52.71 | 1:12.39 |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



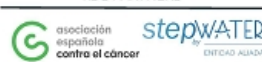
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

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

| Clasificación | AN | | | | | | Tiempo | | | | | | | | | |
|---------------|-----------------------------------|---------|--------|----------|---------|--------|-----------|-----------------------------------|--------|------------|---------|--|--|--------------------|----------------|---|
| 4500m: | 53:27.42 | 1:14.42 | 4700m: | 55:56.84 | 1:14.88 | 4900m: | 58:28.08 | 1:16.24 | | | | | | | | |
| 4600m: | 54:41.96 | 1:14.54 | 4800m: | 57:11.84 | 1:15.00 | 5000m: | 59:42.44 | 1:14.36 | | | | | | | | |
| 15. | GIMBERT UCHINO Juan Ryosei | | | | | | 06 | Navial | | | | | | 59:53.36+ | 3:35.25 | - |
| 100m: | 1:08.24 | 1:08.24 | 1400m: | 16:23.02 | 1:11.58 | 2700m: | 31:56.09 | 1:12.40 | 4000m: | 47:41.92 | 1:13.25 | | | | | |
| 200m: | 2:17.95 | 1:09.71 | 1500m: | 17:34.67 | 1:11.65 | 2800m: | 33:08.50 | 1:12.41 | 4100m: | 48:55.28 | 1:13.36 | | | | | |
| 300m: | 3:27.49 | 1:09.54 | 1600m: | 18:46.13 | 1:11.46 | 2900m: | 34:21.01 | 1:12.51 | 4200m: | 50:08.61 | 1:13.33 | | | | | |
| 400m: | 4:36.76 | 1:09.27 | 1700m: | 19:57.28 | 1:11.15 | 3000m: | 35:32.98 | 1:11.97 | 4300m: | 51:22.05 | 1:13.44 | | | | | |
| 500m: | 5:46.31 | 1:09.55 | 1800m: | 21:08.97 | 1:11.69 | 3100m: | 36:45.28 | 1:12.30 | 4400m: | 52:34.96 | 1:12.91 | | | | | |
| 600m: | 6:56.57 | 1:10.26 | 1900m: | 22:20.60 | 1:11.63 | 3200m: | 37:57.77 | 1:12.49 | 4500m: | 53:48.24 | 1:13.28 | | | | | |
| 700m: | 8:07.52 | 1:10.95 | 2000m: | 23:32.72 | 1:12.12 | 3300m: | 39:10.07 | 1:12.30 | 4600m: | 55:02.39 | 1:14.15 | | | | | |
| 800m: | 9:17.34 | 1:09.82 | 2100m: | 24:43.40 | 1:10.68 | 3400m: | 40:22.33 | 1:12.26 | 4700m: | 56:16.39 | 1:14.00 | | | | | |
| 900m: | 10:27.81 | 1:10.47 | 2200m: | 25:54.57 | 1:11.17 | 3500m: | 41:34.62 | 1:12.29 | 4800m: | 57:30.31 | 1:13.92 | | | | | |
| 1000m: | 11:38.65 | 1:10.84 | 2300m: | | | 3600m: | 42:48.03 | 1:13.41 | 4900m: | 58:43.98 | 1:13.67 | | | | | |
| 1100m: | 12:49.18 | 1:10.53 | 2400m: | 28:18.98 | | 3700m: | 44:01.71 | 1:13.68 | 5000m: | 59:53.36 | 1:09.38 | | | | | |
| 1200m: | 14:00.26 | 1:11.08 | 2500m: | 29:31.13 | 1:12.15 | 3800m: | 45:15.79 | 1:14.08 | | | | | | | | |
| 1300m: | 15:11.44 | 1:11.18 | 2600m: | 30:43.69 | 1:12.56 | 3900m: | 46:28.67 | 1:12.88 | | | | | | | | |
| 16. | SALINAS QUIJADA Eneko | | | | | | 07 | Getxo Igeriketa Bolue K.E. | | | | | | 1:01:07.16+ | 4:49.05 | - |
| 100m: | 1:08.70 | 1:08.70 | 1400m: | 16:28.45 | 1:12.80 | 2700m: | 32:28.40 | 1:16.40 | 4000m: | 48:48.09 | 1:15.91 | | | | | |
| 200m: | 2:18.76 | 1:10.06 | 1500m: | 17:40.93 | 1:12.48 | 2800m: | 33:45.26 | 1:16.86 | 4100m: | 50:01.69 | 1:13.60 | | | | | |
| 300m: | 3:27.96 | 1:09.20 | 1600m: | 18:53.76 | 1:12.83 | 2900m: | 35:00.66 | 1:15.40 | 4200m: | 51:15.08 | 1:13.39 | | | | | |
| 400m: | 4:38.02 | 1:10.06 | 1700m: | 20:06.16 | 1:12.40 | 3000m: | 36:15.72 | 1:15.06 | 4300m: | 52:29.70 | 1:14.62 | | | | | |
| 500m: | 5:47.84 | 1:09.82 | 1800m: | 21:19.87 | 1:13.71 | 3100m: | 37:32.16 | 1:16.44 | 4400m: | 53:43.68 | 1:13.98 | | | | | |
| 600m: | 6:58.12 | 1:10.28 | 1900m: | 22:33.03 | 1:13.16 | 3200m: | 38:48.49 | 1:16.33 | 4500m: | 54:58.34 | 1:14.66 | | | | | |
| 700m: | 8:08.55 | 1:10.43 | 2000m: | 23:45.59 | 1:12.56 | 3300m: | 40:04.77 | 1:16.28 | 4600m: | 56:12.55 | 1:14.21 | | | | | |
| 800m: | 9:18.97 | 1:10.42 | 2100m: | 24:59.20 | 1:13.61 | 3400m: | 41:22.04 | 1:17.27 | 4700m: | 57:27.29 | 1:14.74 | | | | | |
| 900m: | 10:29.64 | 1:10.67 | 2200m: | 26:13.15 | 1:13.95 | 3500m: | 42:38.32 | 1:16.28 | 4800m: | 58:41.33 | 1:14.04 | | | | | |
| 1000m: | 11:40.54 | 1:10.90 | 2300m: | 27:27.04 | 1:13.89 | 3600m: | 43:52.12 | 1:13.80 | 4900m: | 59:54.83 | 1:13.50 | | | | | |
| 1100m: | 12:51.59 | 1:11.05 | 2400m: | 28:42.05 | 1:15.01 | 3700m: | 45:04.67 | 1:12.55 | 5000m: | 1:01:07.16 | 1:12.33 | | | | | |
| 1200m: | 14:03.50 | 1:11.91 | 2500m: | 29:57.19 | 1:15.14 | 3800m: | 46:17.70 | 1:13.03 | | | | | | | | |
| 1300m: | 15:15.65 | 1:12.15 | 2600m: | 31:12.00 | 1:14.81 | 3900m: | 47:32.18 | 1:14.48 | | | | | | | | |
| 17. | MANEIROS PAZ Mario | | | | | | 06 | C.N. Ferrol | | | | | | 1:02:14.52+ | 5:56.41 | - |
| 100m: | 1:06.61 | 1:06.61 | 1400m: | 16:06.68 | 1:12.91 | 2700m: | 32:03.79 | 1:15.03 | 4000m: | 48:52.45 | 1:19.31 | | | | | |
| 200m: | 2:14.55 | 1:07.94 | 1500m: | 17:18.92 | 1:12.24 | 2800m: | 33:18.88 | 1:15.09 | 4100m: | 50:11.40 | 1:18.95 | | | | | |
| 300m: | 3:22.40 | 1:07.85 | 1600m: | 18:30.77 | 1:11.85 | 2900m: | 34:34.40 | 1:15.52 | 4200m: | 51:31.23 | 1:19.83 | | | | | |
| 400m: | 4:30.82 | 1:08.42 | 1700m: | 19:43.14 | 1:12.37 | 3000m: | 35:37.49 | 1:03.09 | 4300m: | 52:51.31 | 1:20.08 | | | | | |
| 500m: | 5:38.75 | 1:07.93 | 1800m: | 20:55.61 | 1:12.47 | 3100m: | 37:07.70 | 1:30.21 | 4400m: | 54:11.75 | 1:20.44 | | | | | |
| 600m: | 6:46.76 | 1:08.01 | 1900m: | 22:09.95 | 1:14.34 | 3200m: | 38:25.31 | 1:17.61 | 4500m: | 55:33.22 | 1:21.47 | | | | | |
| 700m: | 7:54.90 | 1:08.14 | 2000m: | 23:23.50 | 1:13.55 | 3300m: | 39:42.46 | 1:17.15 | 4600m: | 56:53.70 | 1:20.48 | | | | | |
| 800m: | 9:03.30 | 1:08.40 | 2100m: | 24:36.80 | 1:13.30 | 3400m: | 41:00.43 | 1:17.97 | 4700m: | 58:15.55 | 1:21.85 | | | | | |
| 900m: | 10:11.62 | 1:08.32 | 2200m: | 25:51.41 | 1:14.61 | 3500m: | 42:17.55 | 1:17.12 | 4800m: | 59:34.91 | 1:19.36 | | | | | |
| 1000m: | 11:21.58 | 1:09.96 | 2300m: | 27:05.96 | 1:14.55 | 3600m: | 43:37.16 | 1:19.61 | 4900m: | 1:00:55.05 | 1:20.14 | | | | | |
| 1100m: | 12:32.29 | 1:10.71 | 2400m: | 28:20.35 | 1:14.39 | 3700m: | 44:54.81 | 1:17.65 | 5000m: | 1:02:14.52 | 1:19.47 | | | | | |
| 1200m: | 13:42.23 | 1:09.94 | 2500m: | 29:34.25 | 1:13.90 | 3800m: | 46:13.66 | 1:18.85 | | | | | | | | |
| 1300m: | 14:53.77 | 1:11.54 | 2600m: | 30:48.76 | 1:14.51 | 3900m: | 47:33.14 | 1:19.48 | | | | | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



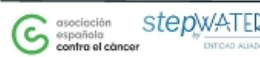
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

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

| Clasificación | AN | | Tiempo | |
|-------------------------------|---------|-----------------|--------------------|-----------------|
| 18. RAMOS PEREZ Nicolas Anton | 06 | C.N. Ferrol | 1:03:40.73+ | 7:22.62 |
| 100m: 1:08.14 | 1:08.14 | 1400m: 16:49.24 | 1:13.72 | 2700m: 32:57.23 |
| 200m: 2:18.28 | 1:10.14 | 1500m: 18:02.87 | 1:13.63 | 2800m: 34:13.86 |
| 300m: 3:28.20 | 1:09.92 | 1600m: 19:15.85 | 1:12.98 | 2900m: 35:30.54 |
| 400m: 4:39.70 | 1:11.50 | 1700m: 20:30.52 | 1:14.67 | 3000m: 36:45.72 |
| 500m: 5:51.65 | 1:11.95 | 1800m: 21:44.11 | 1:13.59 | 3100m: 38:01.70 |
| 600m: 7:04.72 | 1:13.07 | 1900m: 22:58.90 | 1:14.79 | 3200m: 39:19.71 |
| 700m: 8:17.44 | 1:12.72 | 2000m: 24:12.85 | 1:13.95 | 3300m: 40:37.42 |
| 800m: 9:30.31 | 1:12.87 | 2100m: 25:26.87 | 1:14.02 | 3400m: 41:56.41 |
| 900m: 10:43.24 | 1:12.93 | 2200m: 26:42.31 | 1:15.44 | 3500m: 43:15.78 |
| 1000m: 11:56.58 | 1:13.34 | 2300m: 27:58.04 | 1:15.73 | 3600m: 44:34.40 |
| 1100m: 13:09.02 | 1:12.44 | 2400m: 29:13.79 | 1:15.75 | 3700m: 45:53.97 |
| 1200m: 14:22.14 | 1:13.12 | 2500m: 30:28.85 | 1:15.06 | 3800m: 47:14.65 |
| 1300m: 15:35.52 | 1:13.38 | 2600m: 31:41.91 | 1:13.06 | 3900m: 48:35.64 |

JUNIOR 2

| | | | | |
|--------------------------|---------|------------------|-----------------|-----------------|
| 1. GARACH BENITO Carlos | 04 | C.N. Churriana | 55:03.48 | 13,00 |
| 100m: 1:03.01 | 1:03.01 | 1400m: 15:06.46 | 1:04.25 | 2700m: 29:17.38 |
| 200m: 2:07.32 | 1:04.31 | 1500m: 16:10.79 | 1:04.33 | 2800m: 30:25.07 |
| 300m: 3:11.64 | 1:04.32 | 1600m: 17:14.81 | 1:04.02 | 2900m: 31:33.91 |
| 400m: 4:16.50 | 1:04.86 | 1700m: 18:19.46 | 1:04.65 | 3000m: 32:42.56 |
| 500m: 5:21.27 | 1:04.77 | 1800m: 19:24.95 | 1:05.49 | 3100m: 33:51.10 |
| 600m: 6:26.03 | 1:04.76 | 1900m: 20:30.60 | 1:05.65 | 3200m: 34:59.74 |
| 700m: 7:31.11 | 1:05.08 | 2000m: 21:36.84 | 1:06.24 | 3300m: 36:08.08 |
| 800m: 8:36.38 | 1:05.27 | 2100m: 22:42.83 | 1:05.99 | 3400m: 37:16.59 |
| 900m: 9:41.55 | 1:05.17 | 2200m: 23:49.19 | 1:06.36 | 3500m: 38:25.20 |
| 1000m: 10:46.99 | 1:05.44 | 2300m: 24:55.56 | 1:06.37 | 3600m: 39:32.39 |
| 1100m: 11:52.68 | 1:05.69 | 2400m: 26:02.37 | 1:06.81 | 3700m: 40:40.52 |
| 1200m: 12:57.67 | 1:04.99 | 2500m: 27:08.66 | 1:06.29 | 3800m: 41:48.40 |
| 1300m: 14:02.21 | 1:04.54 | 2600m: 28:12.96 | 1:04.30 | 3900m: 42:54.31 |
| 2. ORTIZ MARTINEZ Carlos | 04 | C.E. Mediterrani | 55:40.70 | + 37.22 10,00 |
| 100m: 1:04.73 | 1:04.73 | 1400m: 15:29.43 | 1:06.35 | 2700m: 29:58.32 |
| 200m: 2:11.05 | 1:06.32 | 1500m: 16:36.36 | 1:06.93 | 2800m: 31:05.43 |
| 300m: 3:17.85 | 1:06.80 | 1600m: 17:43.11 | 1:06.75 | 2900m: 32:12.25 |
| 400m: 4:24.83 | 1:06.98 | 1700m: 18:50.16 | 1:07.05 | 3000m: 33:18.56 |
| 500m: 5:31.94 | 1:07.11 | 1800m: 19:56.91 | 1:06.75 | 3100m: 34:24.95 |
| 600m: 6:38.85 | 1:06.91 | 1900m: 21:03.98 | 1:07.07 | 3200m: 35:31.33 |
| 700m: 7:46.07 | 1:07.22 | 2000m: 22:10.22 | 1:06.24 | 3300m: 36:38.71 |
| 800m: 8:52.57 | 1:06.50 | 2100m: 23:17.38 | 1:07.16 | 3400m: 37:46.16 |
| 900m: 9:58.60 | 1:06.03 | 2200m: 24:24.07 | 1:06.69 | 3500m: 38:53.22 |
| 1000m: 11:04.66 | 1:06.06 | 2300m: 25:31.01 | 1:06.94 | 3600m: 40:00.19 |
| 1100m: 12:10.78 | 1:06.12 | 2400m: 26:38.00 | 1:06.99 | 3700m: 41:07.95 |
| 1200m: 13:17.09 | 1:06.31 | 2500m: 27:44.49 | 1:06.49 | 3800m: 42:16.65 |
| 1300m: 14:23.08 | 1:05.99 | 2600m: 28:51.34 | 1:06.85 | 3900m: 43:25.35 |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

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

| Clasificación | AN | | Tiempo | |
|--------------------------------|-------------------------|--------------------------------|-------------------------|----------------------------|
| 3. GRANADO MARTIN Pablo | 04 | Navial | 56:17.96+ | 1:14.48 8,00 |
| 100m: 1:05.59 1:05.59 | 1400m: 15:34.71 1:06.95 | 2700m: 30:14.17 1:08.23 | 4000m: 45:06.68 1:08.72 | |
| 200m: 2:11.84 1:06.25 | 1500m: 16:42.01 1:07.30 | 2800m: 31:21.96 1:07.79 | 4100m: 46:13.80 1:07.12 | |
| 300m: 3:17.95 1:06.11 | 1600m: 17:48.19 1:06.18 | 2900m: 32:29.82 1:07.86 | 4200m: 47:20.65 1:06.85 | |
| 400m: 4:24.49 1:06.54 | 1700m: 18:55.42 1:07.23 | 3000m: 33:38.07 1:08.25 | 4300m: 48:27.38 1:06.73 | |
| 500m: 5:31.36 1:06.87 | 1800m: 20:02.80 1:07.38 | 3100m: 34:46.51 1:08.44 | 4400m: 49:34.40 1:07.02 | |
| 600m: 6:38.46 1:07.10 | 1900m: 21:10.19 1:07.39 | 3200m: 35:55.22 1:08.71 | 4500m: 50:41.80 1:07.40 | |
| 700m: 7:45.70 1:07.24 | 2000m: 22:18.05 1:07.86 | 3300m: 37:03.91 1:08.69 | 4600m: 51:49.55 1:07.75 | |
| 800m: 8:52.89 1:07.19 | 2100m: 23:26.02 1:07.97 | 3400m: 38:12.89 1:08.98 | 4700m: 52:57.25 1:07.70 | |
| 900m: 9:59.92 1:07.03 | 2200m: 24:34.09 1:08.07 | 3500m: 39:21.83 1:08.94 | 4800m: 54:04.91 1:07.66 | |
| 1000m: 11:06.81 1:06.89 | 2300m: 25:42.07 1:07.98 | 3600m: 40:30.73 1:08.90 | 4900m: 55:12.07 1:07.16 | |
| 1100m: 12:13.95 1:07.14 | 2400m: 26:49.95 1:07.88 | 3700m: 41:39.63 1:08.90 | 5000m: 56:17.96 1:05.89 | |
| 1200m: 13:20.66 1:06.71 | 2500m: 27:57.95 1:08.00 | 3800m: 42:48.78 1:09.15 | | |
| 1300m: 14:27.76 1:07.10 | 2600m: 29:05.94 1:07.99 | 3900m: 43:57.96 1:09.18 | | |
| 4. MACARIO MOLINA Joan | 05 | C.N. Metropole | 56:37.14+ | 1:33.66 7,00 |
| 100m: 1:05.51 1:05.51 | 1400m: 15:34.44 1:06.86 | 2700m: 30:14.07 1:08.15 | 4000m: 45:06.94 1:09.02 | |
| 200m: 2:11.40 1:05.89 | 1500m: 16:41.89 1:07.45 | 2800m: 31:21.75 1:07.68 | 4100m: 46:14.64 1:07.70 | |
| 300m: 3:17.49 1:06.09 | 1600m: 17:47.86 1:05.97 | 2900m: 32:29.65 1:07.90 | 4200m: 47:23.20 1:08.56 | |
| 400m: 4:24.10 1:06.61 | 1700m: 18:55.20 1:07.34 | 3000m: 33:38.05 1:08.40 | 4300m: 48:32.75 1:09.55 | |
| 500m: 5:30.94 1:06.84 | 1800m: 20:02.67 1:07.47 | 3100m: 34:46.52 1:08.47 | 4400m: 49:42.70 1:09.95 | |
| 600m: 6:38.32 1:07.38 | 1900m: 21:10.10 1:07.43 | 3200m: 35:55.28 1:08.76 | 4500m: 50:52.41 1:09.71 | |
| 700m: 7:45.51 1:07.19 | 2000m: 22:17.96 1:07.86 | 3300m: 37:03.99 1:08.71 | 4600m: 52:01.48 1:09.07 | |
| 800m: 8:52.62 1:07.11 | 2100m: 23:26.03 1:08.07 | 3400m: 38:13.11 1:09.12 | 4700m: 53:10.81 1:09.33 | |
| 900m: 9:59.72 1:07.10 | 2200m: 24:33.94 1:07.91 | 3500m: 39:22.00 1:08.89 | 4800m: 54:19.80 1:08.99 | |
| 1000m: 11:06.56 1:06.84 | 2300m: 25:42.08 1:08.14 | 3600m: 40:31.02 1:09.02 | 4900m: 55:29.36 1:09.56 | |
| 1100m: 12:13.74 1:07.18 | 2400m: 26:49.95 1:07.87 | 3700m: 41:39.65 1:08.63 | 5000m: 56:37.14 1:07.78 | |
| 1200m: 13:20.53 1:06.79 | 2500m: 27:57.85 1:07.90 | 3800m: 42:48.67 1:09.02 | | |
| 1300m: 14:27.58 1:07.05 | 2600m: 29:05.92 1:08.07 | 3900m: 43:57.92 1:09.25 | | |
| 5. ARIAS DIEZ Mario | 05 | C.D. Torrelago Wellness | 56:52.79+ | 1:49.31 6,00 |
| 100m: 1:05.70 1:05.70 | 1400m: 15:34.17 1:07.32 | 2700m: 30:12.31 1:08.18 | 4000m: 45:14.74 1:10.06 | |
| 200m: 2:12.48 1:06.78 | 1500m: 16:41.84 1:07.67 | 2800m: 31:21.44 1:09.13 | 4100m: 46:24.88 1:10.14 | |
| 300m: 3:18.95 1:06.47 | 1600m: 17:48.79 1:06.95 | 2900m: 32:30.45 1:09.01 | 4200m: 47:35.26 1:10.38 | |
| 400m: 4:25.91 1:06.96 | 1700m: 18:56.41 1:07.62 | 3000m: 33:39.78 1:09.33 | 4300m: 48:45.11 1:09.85 | |
| 500m: 5:32.47 1:06.56 | 1800m: 20:04.54 1:08.13 | 3100m: 34:49.42 1:09.64 | 4400m: 49:55.63 1:10.52 | |
| 600m: 6:39.26 1:06.79 | 1900m: 21:12.53 1:07.99 | 3200m: 35:58.85 1:09.43 | 4500m: 51:05.84 1:10.21 | |
| 700m: 7:45.96 1:06.70 | 2000m: 22:20.38 1:07.85 | 3300m: 37:08.27 1:09.42 | 4600m: 52:15.59 1:09.75 | |
| 800m: 8:52.67 1:06.71 | 2100m: 23:28.01 1:07.63 | 3400m: 38:18.24 1:09.97 | 4700m: 53:25.28 1:09.69 | |
| 900m: 9:59.50 1:06.83 | 2200m: 24:35.28 1:07.27 | 3500m: 39:28.02 1:09.78 | 4800m: 54:35.30 1:10.02 | |
| 1000m: 11:06.19 1:06.69 | 2300m: 25:42.21 1:06.93 | 3600m: 40:37.88 1:09.86 | 4900m: 55:44.90 1:09.60 | |
| 1100m: 12:12.73 1:06.54 | 2400m: 26:49.13 1:06.92 | 3700m: 41:47.76 1:09.88 | 5000m: 56:52.79 1:07.89 | |
| 1200m: 13:19.89 1:07.16 | 2500m: 27:56.19 1:07.06 | 3800m: 42:56.50 1:08.74 | | |
| 1300m: 14:26.85 1:06.96 | 2600m: 29:04.13 1:07.94 | 3900m: 44:04.68 1:08.18 | | |
| 6. COCERA CORDON Yare | 05 | C.N. Metropole | 57:02.35+ | 1:58.87 5,00 |
| 100m: 1:05.54 1:05.54 | 1200m: 13:33.31 1:08.28 | 2300m: 26:08.92 1:08.57 | 3400m: 38:41.96 1:08.64 | |
| 200m: 2:12.85 1:07.31 | 1300m: 14:41.44 1:08.13 | 2400m: 27:18.04 1:09.12 | 3500m: 39:50.52 1:08.56 | |
| 300m: 3:20.81 1:07.96 | 1400m: 15:49.91 1:08.47 | 2500m: 28:27.41 1:09.37 | 3600m: 40:59.73 1:09.21 | |
| 400m: 4:29.22 1:08.41 | 1500m: 16:58.52 1:08.61 | 2600m: 29:36.12 1:08.71 | 3700m: 42:08.88 1:09.15 | |
| 500m: 5:37.49 1:08.27 | 1600m: 18:06.91 1:08.39 | 2700m: 30:43.71 1:07.59 | 3800m: 43:18.38 1:09.50 | |
| 600m: 6:45.37 1:07.88 | 1700m: 19:15.43 1:08.52 | 2800m: 31:51.47 1:07.76 | 3900m: 44:27.92 1:09.54 | |
| 700m: 7:53.06 1:07.69 | 1800m: 20:24.32 1:08.89 | 2900m: 32:59.60 1:08.13 | 4000m: 45:37.59 1:09.67 | |
| 800m: 9:01.17 1:08.11 | 1900m: 21:33.47 1:09.15 | 3000m: 34:07.53 1:07.93 | 4100m: 46:45.86 1:08.27 | |
| 900m: 10:09.26 1:08.09 | 2000m: 22:42.54 1:09.07 | 3100m: 35:16.08 1:08.55 | 4200m: 47:53.99 1:08.13 | |
| 1000m: 11:17.21 1:07.95 | 2100m: 23:51.63 1:09.09 | 3200m: 36:24.62 1:08.54 | 4300m: 49:02.52 1:08.53 | |
| 1100m: 12:25.03 1:07.82 | 2200m: 25:00.35 1:08.72 | 3300m: 37:33.32 1:08.70 | 4400m: 50:11.05 1:08.53 | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



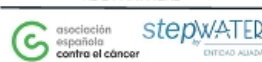
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

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

| Clasificación | AN | | | | | | Tiempo | | | |
|---------------------------------|-----------|-----------------------------------|---------|------------------|----------------|-----------------|---------|--|--|--|
| 4500m: 51:20.18 | 1:09.13 | 4700m: 53:38.16 | 1:09.04 | 4900m: 55:55.50 | 1:08.82 | | | | | |
| 4600m: 52:29.12 | 1:08.94 | 4800m: 54:46.68 | 1:08.52 | 5000m: 57:02.35 | 1:06.85 | | | | | |
| 7. NIETO PARDO Sergio | 05 | C.N. Las Norias | | 57:03.16+ | 1:59.68 | 4,00 | | | | |
| 100m: 1:07.24 | 1:07.24 | 1400m: 15:48.45 | 1:06.88 | 2700m: 30:39.08 | 1:08.96 | 4000m: 45:38.61 | 1:09.09 | | | |
| 200m: 2:15.40 | 1:08.16 | 1500m: 16:57.04 | 1:08.59 | 2800m: 31:48.02 | 1:08.94 | 4100m: 46:47.31 | 1:08.70 | | | |
| 300m: 3:22.98 | 1:07.58 | 1600m: 18:04.23 | 1:07.19 | 2900m: 32:57.26 | 1:09.24 | 4200m: 47:55.31 | 1:08.00 | | | |
| 400m: 4:30.44 | 1:07.46 | 1700m: 19:12.03 | 1:07.80 | 3000m: 34:06.69 | 1:09.43 | 4300m: 49:03.87 | 1:08.56 | | | |
| 500m: 5:37.81 | 1:07.37 | 1800m: 20:20.29 | 1:08.26 | 3100m: 35:15.94 | 1:09.25 | 4400m: 50:12.91 | 1:09.04 | | | |
| 600m: 6:45.93 | 1:08.12 | 1900m: 21:28.77 | 1:08.48 | 3200m: 36:24.74 | 1:08.80 | 4500m: 51:22.08 | 1:09.17 | | | |
| 700m: 7:54.05 | 1:08.12 | 2000m: 22:37.75 | 1:08.98 | 3300m: 37:33.93 | 1:09.19 | 4600m: 52:31.23 | 1:09.15 | | | |
| 800m: 9:01.88 | 1:07.83 | 2100m: 23:45.84 | 1:08.09 | 3400m: 38:43.25 | 1:09.32 | 4700m: 53:40.17 | 1:08.94 | | | |
| 900m: 10:09.25 | 1:07.37 | 2200m: 24:54.12 | 1:08.28 | 3500m: 39:52.87 | 1:09.62 | 4800m: 54:48.64 | 1:08.47 | | | |
| 1000m: 11:17.58 | 1:08.33 | 2300m: 26:02.74 | 1:08.62 | 3600m: 41:02.25 | 1:09.38 | 4900m: 55:57.18 | 1:08.54 | | | |
| 1100m: 12:25.33 | 1:07.75 | 2400m: 27:11.37 | 1:08.63 | 3700m: 42:11.43 | 1:09.18 | 5000m: 57:03.16 | 1:05.98 | | | |
| 1200m: 13:33.61 | 1:08.28 | 2500m: 28:20.67 | 1:09.30 | 3800m: 43:20.38 | 1:08.95 | | | | | |
| 1300m: 14:41.57 | 1:07.96 | 2600m: 29:30.12 | 1:09.45 | 3900m: 44:29.52 | 1:09.14 | | | | | |
| 8. MORENO PABLOS Sergio | 05 | C.N. Las Anclas Castrillon | | 57:47.35+ | 2:43.87 | 3,00 | | | | |
| 100m: 1:04.31 | 1:04.31 | 1400m: 15:39.93 | 1:09.19 | 2700m: 30:48.94 | 1:10.83 | 4000m: 46:00.39 | 1:10.55 | | | |
| 200m: 2:10.12 | 1:05.81 | 1500m: 16:49.59 | 1:09.66 | 2800m: 31:59.47 | 1:10.53 | 4100m: 47:10.84 | 1:10.45 | | | |
| 300m: 3:16.51 | 1:06.39 | 1600m: 17:59.27 | 1:09.68 | 2900m: 33:09.58 | 1:10.11 | 4200m: 48:21.51 | 1:10.67 | | | |
| 400m: 4:23.14 | 1:06.63 | 1700m: 19:08.85 | 1:09.58 | 3000m: 34:18.77 | 1:09.19 | 4300m: 49:32.99 | 1:11.48 | | | |
| 500m: 5:29.48 | 1:06.34 | 1800m: 20:18.91 | 1:10.06 | 3100m: 35:27.80 | 1:09.03 | 4400m: 50:43.88 | 1:10.89 | | | |
| 600m: 6:36.65 | 1:07.17 | 1900m: 21:29.46 | 1:10.55 | 3200m: 36:37.25 | 1:09.45 | 4500m: 51:55.60 | 1:11.72 | | | |
| 700m: 7:43.62 | 1:06.97 | 2000m: 22:39.71 | 1:10.25 | 3300m: 37:47.66 | 1:10.41 | 4600m: 53:07.13 | 1:11.53 | | | |
| 800m: 8:51.45 | 1:07.83 | 2100m: 23:47.53 | 1:07.82 | 3400m: 38:57.32 | 1:09.66 | 4700m: 54:18.74 | 1:11.61 | | | |
| 900m: 9:59.45 | 1:08.00 | 2200m: 24:58.19 | 1:10.66 | 3500m: 40:07.16 | 1:09.84 | 4800m: 55:29.01 | 1:10.27 | | | |
| 1000m: 11:07.28 | 1:07.83 | 2300m: 26:08.04 | 1:09.85 | 3600m: 41:17.64 | 1:10.48 | 4900m: 56:38.94 | 1:09.93 | | | |
| 1100m: 12:14.73 | 1:07.45 | 2400m: 27:18.13 | 1:10.09 | 3700m: 42:28.34 | 1:10.70 | 5000m: 57:47.35 | 1:08.41 | | | |
| 1200m: 13:22.47 | 1:07.74 | 2500m: 28:28.41 | 1:10.28 | 3800m: 43:38.83 | 1:10.49 | | | | | |
| 1300m: 14:30.74 | 1:08.27 | 2600m: 29:38.11 | 1:09.70 | 3900m: 44:49.84 | 1:11.01 | | | | | |
| 9. VIZCAINO RIGOL Carlos | 05 | C.D.N. Nadamas Las Marinas | | 57:52.83+ | 2:49.35 | 2,00 | | | | |
| 100m: 1:06.40 | 1:06.40 | 1400m: 16:02.97 | 1:09.47 | 2700m: 31:03.82 | 1:09.82 | 4000m: 46:10.99 | 1:10.28 | | | |
| 200m: 2:15.13 | 1:08.73 | 1500m: 17:12.60 | 1:09.63 | 2800m: 32:13.09 | 1:09.27 | 4100m: 47:21.34 | 1:10.35 | | | |
| 300m: 3:23.86 | 1:08.73 | 1600m: 18:22.21 | 1:09.61 | 2900m: 33:23.13 | 1:10.04 | 4200m: 48:31.94 | 1:10.60 | | | |
| 400m: 4:32.93 | 1:09.07 | 1700m: 19:31.74 | 1:09.53 | 3000m: 34:32.74 | 1:09.61 | 4300m: 49:42.20 | 1:10.26 | | | |
| 500m: 5:41.80 | 1:08.87 | 1800m: 20:40.46 | 1:08.72 | 3100m: 35:42.14 | 1:09.40 | 4400m: 50:52.47 | 1:10.27 | | | |
| 600m: 6:50.87 | 1:09.07 | 1900m: 21:48.99 | 1:08.53 | 3200m: 36:51.63 | 1:09.49 | 4500m: 52:03.32 | 1:10.85 | | | |
| 700m: 7:59.68 | 1:08.81 | 2000m: 22:58.03 | 1:09.04 | 3300m: 38:00.88 | 1:09.25 | 4600m: 53:14.63 | 1:11.31 | | | |
| 800m: 9:08.47 | 1:08.79 | 2100m: 24:06.84 | 1:08.81 | 3400m: 39:10.55 | 1:09.67 | 4700m: 54:25.47 | 1:10.84 | | | |
| 900m: 10:17.46 | 1:08.99 | 2200m: 25:16.07 | 1:09.23 | 3500m: 40:19.97 | 1:09.42 | 4800m: 55:36.27 | 1:10.80 | | | |
| 1000m: 11:26.64 | 1:09.18 | 2300m: 26:25.38 | 1:09.31 | 3600m: 41:29.96 | 1:09.99 | 4900m: 56:45.93 | 1:09.66 | | | |
| 1100m: 12:35.58 | 1:08.94 | 2400m: 27:35.13 | 1:09.75 | 3700m: 42:39.67 | 1:09.71 | 5000m: 57:52.83 | 1:06.90 | | | |
| 1200m: 13:44.59 | 1:09.01 | 2500m: 28:44.67 | 1:09.54 | 3800m: 43:50.04 | 1:10.37 | | | | | |
| 1300m: 14:53.50 | 1:08.91 | 2600m: 29:54.00 | 1:09.33 | 3900m: 45:00.71 | 1:10.67 | | | | | |

Piscina 50 m.

XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

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

| Clasificación | AN | | Tiempo | | |
|-------------------------------------|-------------------------|-------------------------|---------------------------|----------------|-------------|
| 10. GARCÍA CASTRO Mateo | 05 | C.N. Arteixo | 58:22.59+ | 3:19.11 | 1,00 |
| 100m: 1:07.33 1:07.33 | 1400m: 16:13.46 1:10.24 | 2700m: 31:23.06 1:07.77 | 4000m: 46:46.67 1:11.66 | | |
| 200m: 2:16.39 1:09.06 | 1500m: 17:23.87 1:10.41 | 2800m: 32:33.95 1:10.89 | 4100m: 47:57.70 1:11.03 | | |
| 300m: 3:25.91 1:09.52 | 1600m: 18:33.32 1:09.45 | 2900m: 33:44.94 1:10.99 | 4200m: 49:08.52 1:10.82 | | |
| 400m: 4:34.96 1:09.05 | 1700m: 19:43.40 1:10.08 | 3000m: 34:55.29 1:10.35 | 4300m: 50:19.21 1:10.69 | | |
| 500m: 5:45.03 1:10.07 | 1800m: 20:53.36 1:09.96 | 3100m: 36:06.38 1:11.09 | 4400m: 51:30.30 1:11.09 | | |
| 600m: 6:55.18 1:10.15 | 1900m: 22:02.24 1:08.88 | 3200m: 37:17.28 1:10.90 | 4500m: 52:41.10 1:10.80 | | |
| 700m: 8:05.05 1:09.87 | 2000m: 23:10.89 1:08.65 | 3300m: 38:28.22 1:10.94 | 4600m: 53:52.31 1:11.21 | | |
| 800m: 9:14.72 1:09.67 | 2100m: 24:21.53 1:10.64 | 3400m: 39:38.98 1:10.76 | 4700m: 55:01.42 1:09.11 | | |
| 900m: 10:24.60 1:09.88 | 2200m: 25:31.90 1:10.37 | 3500m: 40:50.15 1:11.17 | 4800m: 56:08.32 1:06.90 | | |
| 1000m: 11:34.36 1:09.76 | 2300m: 26:42.40 1:10.50 | 3600m: 42:01.63 1:11.48 | 4900m: 57:16.52 1:08.20 | | |
| 1100m: 12:43.47 1:09.11 | 2400m: 27:53.35 1:10.95 | 3700m: 43:13.15 1:11.52 | 5000m: 58:22.59 1:06.07 | | |
| 1200m: 13:53.44 1:09.97 | 2500m: 29:04.48 1:11.13 | 3800m: 44:24.26 1:11.11 | | | |
| 1300m: 15:03.22 1:09.78 | 2600m: 30:15.29 1:10.81 | 3900m: 45:35.01 1:10.75 | | | |
| 11. MARTIN ESTEBAN Alberto | 05 | C.N. Toledo | 59:14.31+ | 4:10.83 | - |
| 100m: 1:06.30 1:06.30 | 1400m: 15:49.66 1:08.31 | 2700m: 30:53.25 1:09.50 | 4000m: 46:30.14 1:13.46 | | |
| 200m: 2:14.06 1:07.76 | 1500m: 16:58.26 1:08.60 | 2800m: 32:02.83 1:09.58 | 4100m: 47:43.82 1:13.68 | | |
| 300m: 3:21.58 1:07.52 | 1600m: 18:07.03 1:08.77 | 2900m: 33:13.17 1:10.34 | 4200m: 48:58.63 1:14.81 | | |
| 400m: 4:29.25 1:07.67 | 1700m: 19:16.10 1:09.07 | 3000m: 34:24.69 1:11.52 | 4300m: 50:13.29 1:14.66 | | |
| 500m: 5:36.92 1:07.67 | 1800m: 20:26.59 1:10.49 | 3100m: 35:37.16 1:12.47 | 4400m: 51:29.68 1:16.39 | | |
| 600m: 6:44.97 1:08.05 | 1900m: 21:35.64 1:09.05 | 3200m: 36:49.54 1:12.38 | 4500m: 52:47.04 1:17.36 | | |
| 700m: 7:53.52 1:08.55 | 2000m: 22:45.16 1:09.52 | 3300m: 38:01.74 1:12.20 | 4600m: 54:05.13 1:18.09 | | |
| 800m: 9:01.15 1:07.63 | 2100m: 23:54.85 1:09.69 | 3400m: 39:13.13 1:11.39 | 4700m: 55:23.16 1:18.03 | | |
| 900m: 10:08.74 1:07.59 | 2200m: 25:03.88 1:09.03 | 3500m: 40:25.54 1:12.41 | 4800m: 56:40.70 1:17.54 | | |
| 1000m: 11:16.89 1:08.15 | 2300m: 26:14.02 1:10.14 | 3600m: 41:37.57 1:12.03 | 4900m: 57:58.35 1:17.65 | | |
| 1100m: 12:25.09 1:08.20 | 2400m: 27:23.90 1:09.88 | 3700m: 42:49.83 1:12.26 | 5000m: 59:14.31 1:15.96 | | |
| 1200m: 13:33.22 1:08.13 | 2500m: 28:33.84 1:09.94 | 3800m: 44:03.01 1:13.18 | | | |
| 1300m: 14:41.35 1:08.13 | 2600m: 29:43.75 1:09.91 | 3900m: 45:16.68 1:13.67 | | | |
| 12. CHAVARRIA MITJAVILA Joan | 05 | C.N. Vinaros | 1:00:14.76+ | 5:11.28 | - |
| 100m: 1:06.93 1:06.93 | 1400m: 16:22.00 1:11.37 | 2700m: 32:02.81 1:12.23 | 4000m: 47:52.80 1:13.20 | | |
| 200m: 2:15.76 1:08.83 | 1500m: 17:33.24 1:11.24 | 2800m: 33:14.77 1:11.96 | 4100m: 49:07.20 1:14.40 | | |
| 300m: 3:25.17 1:09.41 | 1600m: 18:45.05 1:11.81 | 2900m: 34:27.13 1:12.36 | 4200m: 50:21.97 1:14.77 | | |
| 400m: 4:34.43 1:09.26 | 1700m: 19:57.55 1:12.50 | 3000m: 35:38.51 1:11.38 | 4300m: 51:37.26 1:15.29 | | |
| 500m: 5:43.52 1:09.09 | 1800m: 21:09.31 1:11.76 | 3100m: 36:50.82 1:12.31 | 4400m: 52:52.01 1:14.75 | | |
| 600m: 6:53.78 1:10.26 | 1900m: 22:21.43 1:12.12 | 3200m: 38:03.67 1:12.85 | 4500m: 54:07.49 1:15.48 | | |
| 700m: 8:04.08 1:10.30 | 2000m: 23:33.85 1:12.42 | 3300m: 39:17.09 1:13.42 | 4600m: 55:22.29 1:14.80 | | |
| 800m: 9:14.88 1:10.80 | 2100m: 24:45.34 1:11.49 | 3400m: 40:30.41 1:13.32 | 4700m: 56:36.94 1:14.65 | | |
| 900m: 10:25.91 1:11.03 | 2200m: 25:58.09 1:12.75 | 3500m: 41:44.87 1:14.46 | 4800m: 57:50.21 1:13.27 | | |
| 1000m: 11:36.65 1:10.74 | 2300m: 27:10.55 1:12.46 | 3600m: 42:58.47 1:13.60 | 4900m: 59:02.42 1:12.21 | | |
| 1100m: 12:47.98 1:11.33 | 2400m: 28:23.99 1:13.44 | 3700m: 44:12.46 1:13.99 | 5000m: 1:00:14.76 1:12.34 | | |
| 1200m: 13:59.32 1:11.34 | 2500m: 29:37.63 1:13.64 | 3800m: 45:25.93 1:13.47 | | | |
| 1300m: 15:10.63 1:11.31 | 2600m: 30:50.58 1:12.95 | 3900m: 46:39.60 1:13.67 | | | |

SENIOR

Piscina 50 m.

Splash Meet Manager, 11.75640

Registered to Real Federacion Española de Natacion

30/01/2023 9:52 - Página 9

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, SENIOR

| Clasificación | AN | | Tiempo | | | | | | | | |
|-------------------------------------|-----------|----------------------------------|-------------------------------|-----------------|---------|-----------------|---------|--|--|--|--|
| 1. PUJOL BELMONTE Guillem | 97 | C.N. Mataro | 54:13.67 13,00 | | | | | | | | |
| 100m: 1:01.88 | 1:01.88 | 1400m: 15:04.33 | 1:05.24 | 2700m: 29:13.50 | 1:05.40 | 4000m: 43:22.52 | 1:05.75 | | | | |
| 200m: 2:05.69 | 1:03.81 | 1500m: 16:09.56 | 1:05.23 | 2800m: 30:19.41 | 1:05.91 | 4100m: 44:27.53 | 1:05.01 | | | | |
| 300m: 3:09.99 | 1:04.30 | 1600m: 17:14.72 | 1:05.16 | 2900m: 31:25.03 | 1:05.62 | 4200m: 45:32.86 | 1:05.33 | | | | |
| 400m: 4:15.03 | 1:05.04 | 1700m: 18:19.49 | 1:04.77 | 3000m: 32:30.02 | 1:04.99 | 4300m: 46:38.42 | 1:05.56 | | | | |
| 500m: 5:20.21 | 1:05.18 | 1800m: 19:24.79 | 1:05.30 | 3100m: 33:35.39 | 1:05.37 | 4400m: 47:44.55 | 1:06.13 | | | | |
| 600m: 6:25.35 | 1:05.14 | 1900m: 20:30.27 | 1:05.48 | 3200m: 34:40.91 | 1:05.52 | 4500m: 48:49.54 | 1:04.99 | | | | |
| 700m: 7:30.00 | 1:04.65 | 2000m: 21:36.04 | 1:05.77 | 3300m: 35:45.66 | 1:04.75 | 4600m: 49:55.38 | 1:05.84 | | | | |
| 800m: 8:35.25 | 1:05.25 | 2100m: 22:41.25 | 1:05.21 | 3400m: 36:50.93 | 1:05.27 | 4700m: 51:01.31 | 1:05.93 | | | | |
| 900m: 9:40.01 | 1:04.76 | 2200m: 23:46.38 | 1:05.13 | 3500m: 37:56.21 | 1:05.28 | 4800m: 52:06.95 | 1:05.64 | | | | |
| 1000m: 10:44.73 | 1:04.72 | 2300m: 24:51.39 | 1:05.01 | 3600m: 39:01.21 | 1:05.00 | 4900m: 53:12.36 | 1:05.41 | | | | |
| 1100m: 11:49.24 | 1:04.51 | 2400m: 25:56.95 | 1:05.56 | 3700m: 40:06.02 | 1:04.81 | 5000m: 54:13.67 | 1:01.31 | | | | |
| 1200m: 12:54.01 | 1:04.77 | 2500m: 27:02.33 | 1:05.38 | 3800m: 41:11.07 | 1:05.05 | | | | | | |
| 1300m: 13:59.09 | 1:05.08 | 2600m: 28:08.10 | 1:05.77 | 3900m: 42:16.77 | 1:05.70 | | | | | | |
| 2. PUEBLA MARTINEZ Alejandro | 02 | C.N.Cartagonova Cartagena | 54:25.11 + 11.44 10,00 | | | | | | | | |
| 100m: 1:03.64 | 1:03.64 | 1400m: 15:18.45 | 1:04.19 | 2700m: 29:18.79 | 1:05.34 | 4000m: 43:30.19 | 1:05.46 | | | | |
| 200m: 2:09.35 | 1:05.71 | 1500m: 16:22.48 | 1:04.03 | 2800m: 30:23.76 | 1:04.97 | 4100m: 44:36.05 | 1:05.86 | | | | |
| 300m: 3:15.44 | 1:06.09 | 1600m: 17:26.01 | 1:03.53 | 2900m: 31:28.92 | 1:05.16 | 4200m: 45:42.33 | 1:06.28 | | | | |
| 400m: 4:22.39 | 1:06.95 | 1700m: 18:30.03 | 1:04.02 | 3000m: 32:33.98 | 1:05.06 | 4300m: 46:48.50 | 1:06.17 | | | | |
| 500m: 5:29.97 | 1:07.58 | 1800m: 19:34.64 | 1:04.61 | 3100m: 33:38.88 | 1:04.90 | 4400m: 47:54.69 | 1:06.19 | | | | |
| 600m: 6:36.61 | 1:06.64 | 1900m: 20:39.76 | 1:05.12 | 3200m: 34:43.65 | 1:04.77 | 4500m: 49:00.93 | 1:06.24 | | | | |
| 700m: 7:43.54 | 1:06.93 | 2000m: 21:44.69 | 1:04.93 | 3300m: 35:48.93 | 1:05.28 | 4600m: 50:06.69 | 1:05.76 | | | | |
| 800m: 8:50.49 | 1:06.95 | 2100m: 22:49.26 | 1:04.57 | 3400m: 36:54.61 | 1:05.68 | 4700m: 51:12.41 | 1:05.72 | | | | |
| 900m: 9:56.31 | 1:05.82 | 2200m: 23:53.59 | 1:04.33 | 3500m: 38:00.07 | 1:05.46 | 4800m: 52:17.73 | 1:05.32 | | | | |
| 1000m: 11:00.82 | 1:04.51 | 2300m: 24:57.86 | 1:04.27 | 3600m: 39:05.83 | 1:05.76 | 4900m: 53:22.51 | 1:04.78 | | | | |
| 1100m: 12:05.68 | 1:04.86 | 2400m: 26:02.92 | 1:05.06 | 3700m: 40:12.32 | 1:06.49 | 5000m: 54:25.11 | 1:02.60 | | | | |
| 1200m: 13:10.17 | 1:04.49 | 2500m: 27:08.05 | 1:05.13 | 3800m: 41:18.60 | 1:06.28 | | | | | | |
| 1300m: 14:14.26 | 1:04.09 | 2600m: 28:13.45 | 1:05.40 | 3900m: 42:24.73 | 1:06.13 | | | | | | |
| 3. SANTIAGO BETANCOR Raul | 97 | C.N. Sant Andreu | 55:13.79+ 1:00.12 8,00 | | | | | | | | |
| 100m: 1:05.63 | 1:05.63 | 1400m: 15:16.17 | 1:05.82 | 2700m: 29:39.80 | 1:06.93 | 4000m: 44:03.45 | 1:07.08 | | | | |
| 200m: 2:11.37 | 1:05.74 | 1500m: 16:22.24 | 1:06.07 | 2800m: 30:46.42 | 1:06.62 | 4100m: 45:10.61 | 1:07.16 | | | | |
| 300m: 3:17.09 | 1:05.72 | 1600m: 17:28.41 | 1:06.17 | 2900m: 31:53.14 | 1:06.72 | 4200m: 46:17.46 | 1:06.85 | | | | |
| 400m: 4:22.47 | 1:05.38 | 1700m: 18:35.08 | 1:06.67 | 3000m: 32:59.53 | 1:06.39 | 4300m: 47:25.03 | 1:07.57 | | | | |
| 500m: 5:27.72 | 1:05.25 | 1800m: 19:41.72 | 1:06.64 | 3100m: 34:05.64 | 1:06.11 | 4400m: 48:32.41 | 1:07.38 | | | | |
| 600m: 6:33.35 | 1:05.63 | 1900m: 20:47.98 | 1:06.26 | 3200m: 35:12.05 | 1:06.41 | 4500m: 49:39.72 | 1:07.31 | | | | |
| 700m: 7:38.32 | 1:04.97 | 2000m: 21:54.38 | 1:06.40 | 3300m: 36:18.77 | 1:06.72 | 4600m: 50:46.90 | 1:07.18 | | | | |
| 800m: 8:43.47 | 1:05.15 | 2100m: 23:00.86 | 1:06.48 | 3400m: 37:24.95 | 1:06.18 | 4700m: 51:54.20 | 1:07.30 | | | | |
| 900m: 9:49.00 | 1:05.53 | 2200m: 24:07.30 | 1:06.44 | 3500m: 38:31.08 | 1:06.13 | 4800m: 53:01.12 | 1:06.92 | | | | |
| 1000m: 10:54.24 | 1:05.24 | 2300m: 25:13.66 | 1:06.36 | 3600m: 39:37.25 | 1:06.17 | 4900m: 54:08.24 | 1:07.12 | | | | |
| 1100m: 11:59.36 | 1:05.12 | 2400m: 26:20.13 | 1:06.47 | 3700m: 40:43.36 | 1:06.11 | 5000m: 55:13.79 | 1:05.55 | | | | |
| 1200m: 13:04.67 | 1:05.31 | 2500m: 27:26.55 | 1:06.42 | 3800m: 41:49.69 | 1:06.33 | | | | | | |
| 1300m: 14:10.35 | 1:05.68 | 2600m: 28:32.87 | 1:06.32 | 3900m: 42:56.37 | 1:06.68 | | | | | | |
| 4. DE OÑA RAMÍREZ Angel | 02 | C.D.N. Inacua Malaga | 55:32.56+ 1:18.89 7,00 | | | | | | | | |
| 100m: 1:05.98 | 1:05.98 | 1200m: 13:19.33 | 1:07.06 | 2300m: 25:31.58 | 1:06.71 | 3400m: 37:43.44 | 1:06.89 | | | | |
| 200m: 2:12.08 | 1:06.10 | 1300m: 14:25.40 | 1:06.07 | 2400m: 26:38.01 | 1:06.43 | 3500m: 38:49.89 | 1:06.45 | | | | |
| 300m: 3:18.66 | 1:06.58 | 1400m: 15:31.75 | 1:06.35 | 2500m: 27:44.41 | 1:06.40 | 3600m: 39:56.39 | 1:06.50 | | | | |
| 400m: 4:25.41 | 1:06.75 | 1500m: 16:38.13 | 1:06.38 | 2600m: 28:50.84 | 1:06.43 | 3700m: 41:02.50 | 1:06.11 | | | | |
| 500m: 5:31.99 | 1:06.58 | 1600m: 17:44.50 | 1:06.37 | 2700m: 29:57.15 | 1:06.31 | 3800m: 42:09.16 | 1:06.66 | | | | |
| 600m: 6:38.86 | 1:06.87 | 1700m: 18:50.92 | 1:06.42 | 2800m: 31:03.37 | 1:06.22 | 3900m: 43:16.51 | 1:07.35 | | | | |
| 700m: 7:45.69 | 1:06.83 | 1800m: 19:57.58 | 1:06.66 | 2900m: 32:09.96 | 1:06.59 | 4000m: 44:23.50 | 1:06.99 | | | | |
| 800m: 8:52.46 | 1:06.77 | 1900m: 21:04.75 | 1:07.17 | 3000m: 33:16.33 | 1:06.37 | 4100m: 45:31.02 | 1:07.52 | | | | |
| 900m: 9:59.05 | 1:06.59 | 2000m: 22:11.62 | 1:06.87 | 3100m: 34:22.91 | 1:06.58 | 4200m: 46:38.26 | 1:07.24 | | | | |
| 1000m: 11:05.66 | 1:06.61 | 2100m: 23:18.33 | 1:06.71 | 3200m: 35:29.61 | 1:06.70 | 4300m: 47:45.70 | 1:07.44 | | | | |
| 1100m: 12:12.27 | 1:06.61 | 2200m: 24:24.87 | 1:06.54 | 3300m: 36:36.55 | 1:06.94 | 4400m: 48:53.48 | 1:07.78 | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



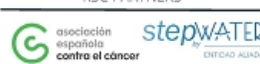
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, SENIOR

| Clasificación | AN | | | | | | Tiempo | | | | | |
|------------------------------|----------------------------|---------|-----------------|----------|-----------------|---------|-------------------------------|---------|--------|----------|---------|--|
| | 4500m: 50:00.97 | 1:07.49 | 4700m: 52:14.68 | 1:06.77 | 4900m: 54:27.79 | 1:05.88 | | | | | | |
| | 4600m: 51:07.91 | 1:06.94 | 4800m: 53:21.91 | 1:07.23 | 5000m: 55:32.56 | 1:04.77 | | | | | | |
| 5. MENDEZ PUGA Mario | 03 C.N. Rias Baixas | | | | | | 56:13.19+ 1:59.52 6,00 | | | | | |
| 100m: | 1:04.60 | 1:04.60 | 1400m: | 15:30.73 | 1:06.87 | 2700m: | 30:09.61 | 1:08.03 | 4000m: | 44:51.15 | 1:08.02 | |
| 200m: | 2:10.75 | 1:06.15 | 1500m: | 16:37.82 | 1:07.09 | 2800m: | 31:18.27 | 1:08.66 | 4100m: | 45:58.40 | 1:07.25 | |
| 300m: | 3:17.75 | 1:07.00 | 1600m: | 17:45.44 | 1:07.62 | 2900m: | 32:26.25 | 1:07.98 | 4200m: | 47:06.66 | 1:08.26 | |
| 400m: | 4:24.71 | 1:06.96 | 1700m: | 18:53.06 | 1:07.62 | 3000m: | 33:34.53 | 1:08.28 | 4300m: | 48:15.14 | 1:08.48 | |
| 500m: | 5:32.20 | 1:07.49 | 1800m: | 20:00.74 | 1:07.68 | 3100m: | 34:41.12 | 1:06.59 | 4400m: | 49:23.57 | 1:08.43 | |
| 600m: | 6:39.13 | 1:06.93 | 1900m: | 21:08.01 | 1:07.27 | 3200m: | 35:47.91 | 1:06.79 | 4500m: | 50:32.61 | 1:09.04 | |
| 700m: | 7:46.00 | 1:06.87 | 2000m: | 22:15.42 | 1:07.41 | 3300m: | 36:55.05 | 1:07.14 | 4600m: | 51:41.62 | 1:09.01 | |
| 800m: | 8:52.32 | 1:06.32 | 2100m: | 23:23.07 | 1:07.65 | 3400m: | 38:02.06 | 1:07.01 | 4700m: | 52:50.68 | 1:09.06 | |
| 900m: | 9:58.35 | 1:06.03 | 2200m: | 24:30.37 | 1:07.30 | 3500m: | 39:09.95 | 1:07.89 | 4800m: | 53:58.99 | 1:08.31 | |
| 1000m: | 11:04.11 | 1:05.76 | 2300m: | 25:38.04 | 1:07.67 | 3600m: | 40:18.13 | 1:08.18 | 4900m: | 55:06.96 | 1:07.97 | |
| 1100m: | 12:10.23 | 1:06.12 | 2400m: | 26:45.91 | 1:07.87 | 3700m: | 41:26.15 | 1:08.02 | 5000m: | 56:13.19 | 1:06.23 | |
| 1200m: | 13:17.08 | 1:06.85 | 2500m: | 27:53.45 | 1:07.54 | 3800m: | 42:34.56 | 1:08.41 | | | | |
| 1300m: | 14:23.86 | 1:06.78 | 2600m: | 29:01.58 | 1:08.13 | 3900m: | 43:43.13 | 1:08.57 | | | | |
| 6. PEREZ MAÑAS Adrian | 03 C.E. Mediterrani | | | | | | 56:37.25+ 2:23.58 5,00 | | | | | |
| 100m: | 1:07.03 | 1:07.03 | 1400m: | 15:51.43 | 1:07.32 | 2700m: | 30:32.49 | 1:08.30 | 4000m: | 45:14.57 | 1:07.83 | |
| 200m: | 2:15.78 | 1:08.75 | 1500m: | 16:58.76 | 1:07.33 | 2800m: | 31:40.68 | 1:08.19 | 4100m: | 46:22.93 | 1:08.36 | |
| 300m: | 3:24.32 | 1:08.54 | 1600m: | 18:06.12 | 1:07.36 | 2900m: | 32:48.73 | 1:08.05 | 4200m: | 47:31.52 | 1:08.59 | |
| 400m: | 4:32.95 | 1:08.63 | 1700m: | 19:13.71 | 1:07.59 | 3000m: | 33:56.85 | 1:08.12 | 4300m: | 48:40.54 | 1:09.02 | |
| 500m: | 5:41.26 | 1:08.31 | 1800m: | 20:20.89 | 1:07.18 | 3100m: | 35:05.16 | 1:08.31 | 4400m: | 49:50.39 | 1:09.85 | |
| 600m: | 6:49.56 | 1:08.30 | 1900m: | 21:28.38 | 1:07.49 | 3200m: | 36:13.79 | 1:08.63 | 4500m: | 50:59.85 | 1:09.46 | |
| 700m: | 7:57.73 | 1:08.17 | 2000m: | 22:36.06 | 1:07.68 | 3300m: | 37:21.27 | 1:07.48 | 4600m: | 52:09.50 | 1:09.65 | |
| 800m: | 9:06.00 | 1:08.27 | 2100m: | 23:43.25 | 1:07.19 | 3400m: | 38:28.59 | 1:07.32 | 4700m: | 53:18.80 | 1:09.30 | |
| 900m: | 10:13.78 | 1:07.78 | 2200m: | 24:51.18 | 1:07.93 | 3500m: | 39:35.82 | 1:07.23 | 4800m: | 54:26.70 | 1:07.90 | |
| 1000m: | 11:21.39 | 1:07.61 | 2300m: | 25:59.90 | 1:08.72 | 3600m: | 40:43.73 | 1:07.91 | 4900m: | 55:33.62 | 1:06.92 | |
| 1100m: | 12:28.93 | 1:07.54 | 2400m: | 27:07.98 | 1:08.08 | 3700m: | 41:51.51 | 1:07.78 | 5000m: | 56:37.25 | 1:03.63 | |
| 1200m: | 13:36.32 | 1:07.39 | 2500m: | 28:16.28 | 1:08.30 | 3800m: | 42:59.08 | 1:07.57 | | | | |
| 1300m: | 14:44.11 | 1:07.79 | 2600m: | 29:24.19 | 1:07.91 | 3900m: | 44:06.74 | 1:07.66 | | | | |
| 7. MANNANOV Eduard | 86 C.N. Metropole | | | | | | 57:08.68+ 2:55.01 4,00 | | | | | |
| 100m: | 1:07.51 | 1:07.51 | 1400m: | 15:52.97 | 1:07.88 | 2700m: | 30:42.00 | 1:08.59 | 4000m: | 45:37.36 | 1:08.79 | |
| 200m: | 2:16.21 | 1:08.70 | 1500m: | 17:00.76 | 1:07.79 | 2800m: | 31:50.70 | 1:08.70 | 4100m: | 46:46.34 | 1:08.98 | |
| 300m: | 3:24.93 | 1:08.72 | 1600m: | 18:08.99 | 1:08.23 | 2900m: | 32:59.45 | 1:08.75 | 4200m: | 47:55.91 | 1:09.57 | |
| 400m: | 4:33.27 | 1:08.34 | 1700m: | 19:17.63 | 1:08.64 | 3000m: | 34:08.51 | 1:09.06 | 4300m: | 49:05.20 | 1:09.29 | |
| 500m: | 5:41.56 | 1:08.29 | 1800m: | 20:25.89 | 1:08.26 | 3100m: | 35:17.43 | 1:08.92 | 4400m: | 50:14.42 | 1:09.22 | |
| 600m: | 6:49.55 | 1:07.99 | 1900m: | 21:34.83 | 1:08.94 | 3200m: | 36:26.56 | 1:09.13 | 4500m: | 51:23.69 | 1:09.27 | |
| 700m: | 7:57.77 | 1:08.22 | 2000m: | 22:42.74 | 1:07.91 | 3300m: | 37:35.81 | 1:09.25 | 4600m: | 52:32.94 | 1:09.25 | |
| 800m: | 9:06.17 | 1:08.40 | 2100m: | 23:51.03 | 1:08.29 | 3400m: | 38:44.69 | 1:08.88 | 4700m: | 53:42.39 | 1:09.45 | |
| 900m: | 10:14.07 | 1:07.90 | 2200m: | 24:59.58 | 1:08.55 | 3500m: | 39:53.46 | 1:08.77 | 4800m: | 54:51.63 | 1:09.24 | |
| 1000m: | 11:22.03 | 1:07.96 | 2300m: | 26:07.87 | 1:08.29 | 3600m: | 41:02.24 | 1:08.78 | 4900m: | 56:01.10 | 1:09.47 | |
| 1100m: | 12:29.61 | 1:07.58 | 2400m: | 27:16.43 | 1:08.56 | 3700m: | 42:11.05 | 1:08.81 | 5000m: | 57:08.68 | 1:07.58 | |
| 1200m: | 13:37.38 | 1:07.77 | 2500m: | 28:24.94 | 1:08.51 | 3800m: | 43:19.92 | 1:08.87 | | | | |
| 1300m: | 14:45.09 | 1:07.71 | 2600m: | 29:33.41 | 1:08.47 | 3900m: | 44:28.57 | 1:08.65 | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, SENIOR

| Clasificación | AN | | Tiempo | | |
|---------------------------------------|-----------|----------------------------------|--------------------|-----------------|-------------|
| 8. CALDERON MONTENEGRO Roberto | 02 | Navial | 57:55.17+ | 3:41.50 | 3,00 |
| 100m: 1:04.21 | 1:04.21 | 1400m: 15:57.39 | 1:08.82 | 2700m: 30:59.73 | 1:09.47 |
| 200m: 2:11.96 | 1:07.75 | 1500m: 17:06.32 | 1:08.93 | 2800m: 32:09.38 | 1:09.65 |
| 300m: 3:20.33 | 1:08.37 | 1600m: 18:15.37 | 1:09.05 | 2900m: 33:18.62 | 1:09.24 |
| 400m: 4:28.99 | 1:08.66 | 1700m: 19:24.69 | 1:09.32 | 3000m: 34:28.29 | 1:09.67 |
| 500m: 5:38.14 | 1:09.15 | 1800m: 20:33.95 | 1:09.26 | 3100m: 35:38.45 | 1:10.16 |
| 600m: 6:46.78 | 1:08.64 | 1900m: 21:43.40 | 1:09.45 | 3200m: 36:49.28 | 1:10.83 |
| 700m: 7:55.79 | 1:09.01 | 2000m: 22:52.97 | 1:09.57 | 3300m: 38:00.12 | 1:10.84 |
| 800m: 9:04.87 | 1:09.08 | 2100m: 24:02.34 | 1:09.37 | 3400m: 39:11.31 | 1:11.19 |
| 900m: 10:13.77 | 1:08.90 | 2200m: 25:12.23 | 1:09.89 | 3500m: 40:21.41 | 1:10.10 |
| 1000m: 11:22.70 | 1:08.93 | 2300m: 26:21.52 | 1:09.29 | 3600m: 41:31.77 | 1:10.36 |
| 1100m: 12:31.11 | 1:08.41 | 2400m: 27:31.12 | 1:09.60 | 3700m: 42:41.99 | 1:10.22 |
| 1200m: 13:39.87 | 1:08.76 | 2500m: 28:40.73 | 1:09.61 | 3800m: 43:52.89 | 1:10.90 |
| 1300m: 14:48.57 | 1:08.70 | 2600m: 29:50.26 | 1:09.53 | 3900m: 45:03.92 | 1:11.03 |
| 9. FRANCO CEGARRA Alfonso | 03 | C.N.Cartagonova Cartagena | 58:15.63+ | 4:01.96 | 2,00 |
| 100m: 1:06.42 | 1:06.42 | 1400m: 15:52.59 | 1:09.07 | 2700m: 31:01.66 | 1:09.93 |
| 200m: 2:13.36 | 1:06.94 | 1500m: 17:02.06 | 1:09.47 | 2800m: 32:11.72 | 1:10.06 |
| 300m: 3:20.88 | 1:07.52 | 1600m: 18:11.60 | 1:09.54 | 2900m: 33:22.06 | 1:10.34 |
| 400m: 4:28.54 | 1:07.66 | 1700m: 19:20.86 | 1:09.26 | 3000m: 34:32.33 | 1:10.27 |
| 500m: 5:36.37 | 1:07.83 | 1800m: 20:30.47 | 1:09.61 | 3100m: 35:42.58 | 1:10.25 |
| 600m: 6:43.83 | 1:07.46 | 1900m: 21:40.71 | 1:10.24 | 3200m: 36:53.74 | 1:11.16 |
| 700m: 7:51.45 | 1:07.62 | 2000m: 22:50.83 | 1:10.12 | 3300m: 38:05.12 | 1:11.38 |
| 800m: 8:59.16 | 1:07.71 | 2100m: 24:00.97 | 1:10.14 | 3400m: 39:16.70 | 1:11.58 |
| 900m: 10:07.58 | 1:08.42 | 2200m: 25:11.36 | 1:10.39 | 3500m: 40:28.78 | 1:12.08 |
| 1000m: 11:15.98 | 1:08.40 | 2300m: 26:21.16 | 1:09.80 | 3600m: 41:40.06 | 1:11.28 |
| 1100m: 12:24.92 | 1:08.94 | 2400m: 27:30.98 | 1:09.82 | 3700m: 42:49.20 | 1:09.14 |
| 1200m: 13:34.27 | 1:09.35 | 2500m: 28:41.18 | 1:10.20 | 3800m: 43:58.43 | 1:09.23 |
| 1300m: 14:43.52 | 1:09.25 | 2600m: 29:51.73 | 1:10.55 | 3900m: 45:07.89 | 1:09.46 |
| 10. LLORCA ANTON Sergi | 00 | C.N. Ferca-San Jose | 1:00:00.88+ | 5:47.21 | 1,00 |
| 100m: 1:07.54 | 1:07.54 | 1400m: 16:22.36 | 1:11.94 | 2700m: 32:05.15 | 1:12.20 |
| 200m: 2:16.81 | 1:09.27 | 1500m: 17:34.66 | 1:12.30 | 2800m: 33:17.57 | 1:12.42 |
| 300m: 3:26.05 | 1:09.24 | 1600m: 18:47.09 | 1:12.43 | 2900m: 34:29.95 | 1:12.38 |
| 400m: 4:35.73 | 1:09.68 | 1700m: 19:59.30 | 1:12.21 | 3000m: 35:42.65 | 1:12.70 |
| 500m: 5:45.37 | 1:09.64 | 1800m: 21:12.16 | 1:12.86 | 3100m: 36:55.04 | 1:12.39 |
| 600m: 6:55.40 | 1:10.03 | 1900m: 22:24.72 | 1:12.56 | 3200m: 38:07.58 | 1:12.54 |
| 700m: 8:05.34 | 1:09.94 | 2000m: 23:37.42 | 1:12.70 | 3300m: 39:20.32 | 1:12.74 |
| 800m: 9:15.33 | 1:09.99 | 2100m: 24:50.18 | 1:12.76 | 3400m: 40:33.06 | 1:12.74 |
| 900m: 10:25.67 | 1:10.34 | 2200m: 26:03.58 | 1:13.40 | 3500m: 41:46.21 | 1:13.15 |
| 1000m: 11:36.15 | 1:10.48 | 2300m: 27:15.45 | 1:11.87 | 3600m: 42:59.80 | 1:13.59 |
| 1100m: 12:47.17 | 1:11.02 | 2400m: 28:28.42 | 1:12.97 | 3700m: 44:13.48 | 1:13.68 |
| 1200m: 13:58.59 | 1:11.42 | 2500m: 29:40.76 | 1:12.34 | 3800m: 45:26.74 | 1:13.26 |
| 1300m: 15:10.42 | 1:11.83 | 2600m: 30:52.95 | 1:12.19 | 3900m: 46:40.55 | 1:13.81 |

Abs.

Piscina 50 m.

Splash Meet Manager, 11.75640

Registered to Real Federacion Española de Natacion

30/01/2023 9:52 - Página 12

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | Tiempo | | | | | | | |
|-------------------------------------|-----------|----------------------------------|-------------------------------|-----------------|---------|-----------------|---------|--|--|--|
| 1. PUJOL BELMONTE Guillem | 97 | C.N. Mataro | 54:13.67 13,00 | | | | | | | |
| 100m: 1:01.88 | 1:01.88 | 1400m: 15:04.33 | 1:05.24 | 2700m: 29:13.50 | 1:05.40 | 4000m: 43:22.52 | 1:05.75 | | | |
| 200m: 2:05.69 | 1:03.81 | 1500m: 16:09.56 | 1:05.23 | 2800m: 30:19.41 | 1:05.91 | 4100m: 44:27.53 | 1:05.01 | | | |
| 300m: 3:09.99 | 1:04.30 | 1600m: 17:14.72 | 1:05.16 | 2900m: 31:25.03 | 1:05.62 | 4200m: 45:32.86 | 1:05.33 | | | |
| 400m: 4:15.03 | 1:05.04 | 1700m: 18:19.49 | 1:04.77 | 3000m: 32:30.02 | 1:04.99 | 4300m: 46:38.42 | 1:05.56 | | | |
| 500m: 5:20.21 | 1:05.18 | 1800m: 19:24.79 | 1:05.30 | 3100m: 33:35.39 | 1:05.37 | 4400m: 47:44.55 | 1:06.13 | | | |
| 600m: 6:25.35 | 1:05.14 | 1900m: 20:30.27 | 1:05.48 | 3200m: 34:40.91 | 1:05.52 | 4500m: 48:49.54 | 1:04.99 | | | |
| 700m: 7:30.00 | 1:04.65 | 2000m: 21:36.04 | 1:05.77 | 3300m: 35:45.66 | 1:04.75 | 4600m: 49:55.38 | 1:05.84 | | | |
| 800m: 8:35.25 | 1:05.25 | 2100m: 22:41.25 | 1:05.21 | 3400m: 36:50.93 | 1:05.27 | 4700m: 51:01.31 | 1:05.93 | | | |
| 900m: 9:40.01 | 1:04.76 | 2200m: 23:46.38 | 1:05.13 | 3500m: 37:56.21 | 1:05.28 | 4800m: 52:06.95 | 1:05.64 | | | |
| 1000m: 10:44.73 | 1:04.72 | 2300m: 24:51.39 | 1:05.01 | 3600m: 39:01.21 | 1:05.00 | 4900m: 53:12.36 | 1:05.41 | | | |
| 1100m: 11:49.24 | 1:04.51 | 2400m: 25:56.95 | 1:05.56 | 3700m: 40:06.02 | 1:04.81 | 5000m: 54:13.67 | 1:01.31 | | | |
| 1200m: 12:54.01 | 1:04.77 | 2500m: 27:02.33 | 1:05.38 | 3800m: 41:11.07 | 1:05.05 | | | | | |
| 1300m: 13:59.09 | 1:05.08 | 2600m: 28:08.10 | 1:05.77 | 3900m: 42:16.77 | 1:05.70 | | | | | |
| 2. PUEBLA MARTINEZ Alejandro | 02 | C.N.Cartagonova Cartagena | 54:25.11 + 11.44 10,00 | | | | | | | |
| 100m: 1:03.64 | 1:03.64 | 1400m: 15:18.45 | 1:04.19 | 2700m: 29:18.79 | 1:05.34 | 4000m: 43:30.19 | 1:05.46 | | | |
| 200m: 2:09.35 | 1:05.71 | 1500m: 16:22.48 | 1:04.03 | 2800m: 30:23.76 | 1:04.97 | 4100m: 44:36.05 | 1:05.86 | | | |
| 300m: 3:15.44 | 1:06.09 | 1600m: 17:26.01 | 1:03.53 | 2900m: 31:28.92 | 1:05.16 | 4200m: 45:42.33 | 1:06.28 | | | |
| 400m: 4:22.39 | 1:06.95 | 1700m: 18:30.03 | 1:04.02 | 3000m: 32:33.98 | 1:05.06 | 4300m: 46:48.50 | 1:06.17 | | | |
| 500m: 5:29.97 | 1:07.58 | 1800m: 19:34.64 | 1:04.61 | 3100m: 33:38.88 | 1:04.90 | 4400m: 47:54.69 | 1:06.19 | | | |
| 600m: 6:36.61 | 1:06.64 | 1900m: 20:39.76 | 1:05.12 | 3200m: 34:43.65 | 1:04.77 | 4500m: 49:00.93 | 1:06.24 | | | |
| 700m: 7:43.54 | 1:06.93 | 2000m: 21:44.69 | 1:04.93 | 3300m: 35:48.93 | 1:05.28 | 4600m: 50:06.69 | 1:05.76 | | | |
| 800m: 8:50.49 | 1:06.95 | 2100m: 22:49.26 | 1:04.57 | 3400m: 36:54.61 | 1:05.68 | 4700m: 51:12.41 | 1:05.72 | | | |
| 900m: 9:56.31 | 1:05.82 | 2200m: 23:53.59 | 1:04.33 | 3500m: 38:00.07 | 1:05.46 | 4800m: 52:17.73 | 1:05.32 | | | |
| 1000m: 11:00.82 | 1:04.51 | 2300m: 24:57.86 | 1:04.27 | 3600m: 39:05.83 | 1:05.76 | 4900m: 53:22.51 | 1:04.78 | | | |
| 1100m: 12:05.68 | 1:04.86 | 2400m: 26:02.92 | 1:05.06 | 3700m: 40:12.32 | 1:06.49 | 5000m: 54:25.11 | 1:02.60 | | | |
| 1200m: 13:10.17 | 1:04.49 | 2500m: 27:08.05 | 1:05.13 | 3800m: 41:18.60 | 1:06.28 | | | | | |
| 1300m: 14:14.26 | 1:04.09 | 2600m: 28:13.45 | 1:05.40 | 3900m: 42:24.73 | 1:06.13 | | | | | |
| 3. GARACH BENITO Carlos | 04 | C.N. Churriana | 55:03.48 + 49.81 13,00 | | | | | | | |
| 100m: 1:03.01 | 1:03.01 | 1400m: 15:06.46 | 1:04.25 | 2700m: 29:17.38 | 1:04.42 | 4000m: 44:00.04 | 1:05.73 | | | |
| 200m: 2:07.32 | 1:04.31 | 1500m: 16:10.79 | 1:04.33 | 2800m: 30:25.07 | 1:07.69 | 4100m: 45:06.18 | 1:06.14 | | | |
| 300m: 3:11.64 | 1:04.32 | 1600m: 17:14.81 | 1:04.02 | 2900m: 31:33.91 | 1:08.84 | 4200m: 46:11.99 | 1:05.81 | | | |
| 400m: 4:16.50 | 1:04.86 | 1700m: 18:19.46 | 1:04.65 | 3000m: 32:42.56 | 1:08.65 | 4300m: 47:17.59 | 1:05.60 | | | |
| 500m: 5:21.27 | 1:04.77 | 1800m: 19:24.95 | 1:05.49 | 3100m: 33:51.10 | 1:08.54 | 4400m: 48:23.46 | 1:05.87 | | | |
| 600m: 6:26.03 | 1:04.76 | 1900m: 20:30.60 | 1:05.65 | 3200m: 34:59.74 | 1:08.64 | 4500m: 49:29.48 | 1:06.02 | | | |
| 700m: 7:31.11 | 1:05.08 | 2000m: 21:36.84 | 1:06.24 | 3300m: 36:08.08 | 1:08.34 | 4600m: 50:36.32 | 1:06.84 | | | |
| 800m: 8:36.38 | 1:05.27 | 2100m: 22:42.83 | 1:05.99 | 3400m: 37:16.59 | 1:08.51 | 4700m: 51:43.92 | 1:07.60 | | | |
| 900m: 9:41.55 | 1:05.17 | 2200m: 23:49.19 | 1:06.36 | 3500m: 38:25.20 | 1:08.61 | 4800m: 52:50.98 | 1:07.06 | | | |
| 1000m: 10:46.99 | 1:05.44 | 2300m: 24:55.56 | 1:06.37 | 3600m: 39:32.39 | 1:07.19 | 4900m: 53:57.74 | 1:06.76 | | | |
| 1100m: 11:52.68 | 1:05.69 | 2400m: 26:02.37 | 1:06.81 | 3700m: 40:40.52 | 1:08.13 | 5000m: 55:03.48 | 1:05.74 | | | |
| 1200m: 12:57.67 | 1:04.99 | 2500m: 27:08.66 | 1:06.29 | 3800m: 41:48.40 | 1:07.88 | | | | | |
| 1300m: 14:02.21 | 1:04.54 | 2600m: 28:12.96 | 1:04.30 | 3900m: 42:54.31 | 1:05.91 | | | | | |
| 4. SANTIAGO BETANCOR Raul | 97 | C.N. Sant Andreu | 55:13.79+ 1:00.12 8,00 | | | | | | | |
| 100m: 1:05.63 | 1:05.63 | 1200m: 13:04.67 | 1:05.31 | 2300m: 25:13.66 | 1:06.36 | 3400m: 37:24.95 | 1:06.18 | | | |
| 200m: 2:11.37 | 1:05.74 | 1300m: 14:10.35 | 1:05.68 | 2400m: 26:20.13 | 1:06.47 | 3500m: 38:31.08 | 1:06.13 | | | |
| 300m: 3:17.09 | 1:05.72 | 1400m: 15:16.17 | 1:05.82 | 2500m: 27:26.55 | 1:06.42 | 3600m: 39:37.25 | 1:06.17 | | | |
| 400m: 4:22.47 | 1:05.38 | 1500m: 16:22.24 | 1:06.07 | 2600m: 28:32.87 | 1:06.32 | 3700m: 40:43.36 | 1:06.11 | | | |
| 500m: 5:27.72 | 1:05.25 | 1600m: 17:28.41 | 1:06.17 | 2700m: 29:39.80 | 1:06.93 | 3800m: 41:49.69 | 1:06.33 | | | |
| 600m: 6:33.35 | 1:05.63 | 1700m: 18:35.08 | 1:06.67 | 2800m: 30:46.42 | 1:06.62 | 3900m: 42:56.37 | 1:06.68 | | | |
| 700m: 7:38.32 | 1:04.97 | 1800m: 19:41.72 | 1:06.64 | 2900m: 31:53.14 | 1:06.72 | 4000m: 44:03.45 | 1:07.08 | | | |
| 800m: 8:43.47 | 1:05.15 | 1900m: 20:47.98 | 1:06.26 | 3000m: 32:59.53 | 1:06.39 | 4100m: 45:10.61 | 1:07.16 | | | |
| 900m: 9:49.00 | 1:05.53 | 2000m: 21:54.38 | 1:06.40 | 3100m: 34:05.64 | 1:06.11 | 4200m: 46:17.46 | 1:06.85 | | | |
| 1000m: 10:54.24 | 1:05.24 | 2100m: 23:00.86 | 1:06.48 | 3200m: 35:12.05 | 1:06.41 | 4300m: 47:25.03 | 1:07.57 | | | |
| 1100m: 11:59.36 | 1:05.12 | 2200m: 24:07.30 | 1:06.44 | 3300m: 36:18.77 | 1:06.72 | 4400m: 48:32.41 | 1:07.38 | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



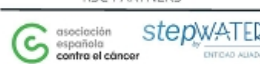
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | | | | | Tiempo | | | | | | | |
|---------------------------------|--------------------------------|---------|--------|----------|---------|--------|--------------------------------|---------|--------|----------|---------|--|--|--|
| 4500m: | 49:39.72 | 1:07.31 | 4700m: | 51:54.20 | 1:07.30 | 4900m: | 54:08.24 | 1:07.12 | | | | | | |
| 4600m: | 50:46.90 | 1:07.18 | 4800m: | 53:01.12 | 1:06.92 | 5000m: | 55:13.79 | 1:05.55 | | | | | | |
| 5. DE OÑA RAMÍREZ Angel | 02 C.D.N. Inacua Malaga | | | | | | 55:32.56+ 1:18.89 7,00 | | | | | | | |
| 100m: | 1:05.98 | 1:05.98 | 1400m: | 15:31.75 | 1:06.35 | 2700m: | 29:57.15 | 1:06.31 | 4000m: | 44:23.50 | 1:06.99 | | | |
| 200m: | 2:12.08 | 1:06.10 | 1500m: | 16:38.13 | 1:06.38 | 2800m: | 31:03.37 | 1:06.22 | 4100m: | 45:31.02 | 1:07.52 | | | |
| 300m: | 3:18.66 | 1:06.58 | 1600m: | 17:44.50 | 1:06.37 | 2900m: | 32:09.96 | 1:06.59 | 4200m: | 46:38.26 | 1:07.24 | | | |
| 400m: | 4:25.41 | 1:06.75 | 1700m: | 18:50.92 | 1:06.42 | 3000m: | 33:16.33 | 1:06.37 | 4300m: | 47:45.70 | 1:07.44 | | | |
| 500m: | 5:31.99 | 1:06.58 | 1800m: | 19:57.58 | 1:06.66 | 3100m: | 34:22.91 | 1:06.58 | 4400m: | 48:53.48 | 1:07.78 | | | |
| 600m: | 6:38.86 | 1:06.87 | 1900m: | 21:04.75 | 1:07.17 | 3200m: | 35:29.61 | 1:06.70 | 4500m: | 50:00.97 | 1:07.49 | | | |
| 700m: | 7:45.69 | 1:06.83 | 2000m: | 22:11.62 | 1:06.87 | 3300m: | 36:36.55 | 1:06.94 | 4600m: | 51:07.91 | 1:06.94 | | | |
| 800m: | 8:52.46 | 1:06.77 | 2100m: | 23:18.33 | 1:06.71 | 3400m: | 37:43.44 | 1:06.89 | 4700m: | 52:14.68 | 1:06.77 | | | |
| 900m: | 9:59.05 | 1:06.59 | 2200m: | 24:24.87 | 1:06.54 | 3500m: | 38:49.89 | 1:06.45 | 4800m: | 53:21.91 | 1:07.23 | | | |
| 1000m: | 11:05.66 | 1:06.61 | 2300m: | 25:31.58 | 1:06.71 | 3600m: | 39:56.39 | 1:06.50 | 4900m: | 54:27.79 | 1:05.88 | | | |
| 1100m: | 12:12.27 | 1:06.61 | 2400m: | 26:38.01 | 1:06.43 | 3700m: | 41:02.50 | 1:06.11 | 5000m: | 55:32.56 | 1:04.77 | | | |
| 1200m: | 13:19.33 | 1:07.06 | 2500m: | 27:44.41 | 1:06.40 | 3800m: | 42:09.16 | 1:06.66 | | | | | | |
| 1300m: | 14:25.40 | 1:06.07 | 2600m: | 28:50.84 | 1:06.43 | 3900m: | 43:16.51 | 1:07.35 | | | | | | |
| 6. ORTIZ MARTINEZ Carlos | 04 C.E. Mediterrani | | | | | | 55:40.70+ 1:27.03 10,00 | | | | | | | |
| 100m: | 1:04.73 | 1:04.73 | 1400m: | 15:29.43 | 1:06.35 | 2700m: | 29:58.32 | 1:06.98 | 4000m: | 44:33.55 | 1:08.20 | | | |
| 200m: | 2:11.05 | 1:06.32 | 1500m: | 16:36.36 | 1:06.93 | 2800m: | 31:05.43 | 1:07.11 | 4100m: | 45:41.61 | 1:08.06 | | | |
| 300m: | 3:17.85 | 1:06.80 | 1600m: | 17:43.11 | 1:06.75 | 2900m: | 32:12.25 | 1:06.82 | 4200m: | 46:48.64 | 1:07.03 | | | |
| 400m: | 4:24.83 | 1:06.98 | 1700m: | 18:50.16 | 1:07.05 | 3000m: | 33:18.56 | 1:06.31 | 4300m: | 47:55.13 | 1:06.49 | | | |
| 500m: | 5:31.94 | 1:07.11 | 1800m: | 19:56.91 | 1:06.75 | 3100m: | 34:24.95 | 1:06.39 | 4400m: | 49:01.71 | 1:06.58 | | | |
| 600m: | 6:38.85 | 1:06.91 | 1900m: | 21:03.98 | 1:07.07 | 3200m: | 35:31.33 | 1:06.38 | 4500m: | 50:08.61 | 1:06.90 | | | |
| 700m: | 7:46.07 | 1:07.22 | 2000m: | 22:10.22 | 1:06.24 | 3300m: | 36:38.71 | 1:07.38 | 4600m: | 51:15.76 | 1:07.15 | | | |
| 800m: | 8:52.57 | 1:06.50 | 2100m: | 23:17.38 | 1:07.16 | 3400m: | 37:46.16 | 1:07.45 | 4700m: | 52:21.85 | 1:06.09 | | | |
| 900m: | 9:58.60 | 1:06.03 | 2200m: | 24:24.07 | 1:06.69 | 3500m: | 38:53.22 | 1:07.06 | 4800m: | 53:28.51 | 1:06.66 | | | |
| 1000m: | 11:04.66 | 1:06.06 | 2300m: | 25:31.01 | 1:06.94 | 3600m: | 40:00.19 | 1:06.97 | 4900m: | 54:35.70 | 1:07.19 | | | |
| 1100m: | 12:10.78 | 1:06.12 | 2400m: | 26:38.00 | 1:06.99 | 3700m: | 41:07.95 | 1:07.76 | 5000m: | 55:40.70 | 1:05.00 | | | |
| 1200m: | 13:17.09 | 1:06.31 | 2500m: | 27:44.49 | 1:06.49 | 3800m: | 42:16.65 | 1:08.70 | | | | | | |
| 1300m: | 14:23.08 | 1:05.99 | 2600m: | 28:51.34 | 1:06.85 | 3900m: | 43:25.35 | 1:08.70 | | | | | | |
| 7. MENDEZ PUGA Mario | 03 C.N. Rias Baixas | | | | | | 56:13.19+ 1:59.52 6,00 | | | | | | | |
| 100m: | 1:04.60 | 1:04.60 | 1400m: | 15:30.73 | 1:06.87 | 2700m: | 30:09.61 | 1:08.03 | 4000m: | 44:51.15 | 1:08.02 | | | |
| 200m: | 2:10.75 | 1:06.15 | 1500m: | 16:37.82 | 1:07.09 | 2800m: | 31:18.27 | 1:08.66 | 4100m: | 45:58.40 | 1:07.25 | | | |
| 300m: | 3:17.75 | 1:07.00 | 1600m: | 17:45.44 | 1:07.62 | 2900m: | 32:26.25 | 1:07.98 | 4200m: | 47:06.66 | 1:08.26 | | | |
| 400m: | 4:24.71 | 1:06.96 | 1700m: | 18:53.06 | 1:07.62 | 3000m: | 33:34.53 | 1:08.28 | 4300m: | 48:15.14 | 1:08.48 | | | |
| 500m: | 5:32.20 | 1:07.49 | 1800m: | 20:00.74 | 1:07.68 | 3100m: | 34:41.12 | 1:06.59 | 4400m: | 49:23.57 | 1:08.43 | | | |
| 600m: | 6:39.13 | 1:06.93 | 1900m: | 21:08.01 | 1:07.27 | 3200m: | 35:47.91 | 1:06.79 | 4500m: | 50:32.61 | 1:09.04 | | | |
| 700m: | 7:46.00 | 1:06.87 | 2000m: | 22:15.42 | 1:07.41 | 3300m: | 36:55.05 | 1:07.14 | 4600m: | 51:41.62 | 1:09.01 | | | |
| 800m: | 8:52.32 | 1:06.32 | 2100m: | 23:23.07 | 1:07.65 | 3400m: | 38:02.06 | 1:07.01 | 4700m: | 52:50.68 | 1:09.06 | | | |
| 900m: | 9:58.35 | 1:06.03 | 2200m: | 24:30.37 | 1:07.30 | 3500m: | 39:09.95 | 1:07.89 | 4800m: | 53:58.99 | 1:08.31 | | | |
| 1000m: | 11:04.11 | 1:05.76 | 2300m: | 25:38.04 | 1:07.67 | 3600m: | 40:18.13 | 1:08.18 | 4900m: | 55:06.96 | 1:07.97 | | | |
| 1100m: | 12:10.23 | 1:06.12 | 2400m: | 26:45.91 | 1:07.87 | 3700m: | 41:26.15 | 1:08.02 | 5000m: | 56:13.19 | 1:06.23 | | | |
| 1200m: | 13:17.08 | 1:06.85 | 2500m: | 27:53.45 | 1:07.54 | 3800m: | 42:34.56 | 1:08.41 | | | | | | |
| 1300m: | 14:23.86 | 1:06.78 | 2600m: | 29:01.58 | 1:08.13 | 3900m: | 43:43.13 | 1:08.57 | | | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | Tiempo | | |
|-------------------------------------|-------------------------|--------------------------------|-------------------------|----------------|--------------|
| 8. GRANADO MARTIN Pablo | 04 | Navial | 56:17.96+ | 2:04.29 | 8,00 |
| 100m: 1:05.59 1:05.59 | 1400m: 15:34.71 1:06.95 | 2700m: 30:14.17 1:08.23 | 4000m: 45:06.68 1:08.72 | | |
| 200m: 2:11.84 1:06.25 | 1500m: 16:42.01 1:07.30 | 2800m: 31:21.96 1:07.79 | 4100m: 46:13.80 1:07.12 | | |
| 300m: 3:17.95 1:06.11 | 1600m: 17:48.19 1:06.18 | 2900m: 32:29.82 1:07.86 | 4200m: 47:20.65 1:06.85 | | |
| 400m: 4:24.49 1:06.54 | 1700m: 18:55.42 1:07.23 | 3000m: 33:38.07 1:08.25 | 4300m: 48:27.38 1:06.73 | | |
| 500m: 5:31.36 1:06.87 | 1800m: 20:02.80 1:07.38 | 3100m: 34:46.51 1:08.44 | 4400m: 49:34.40 1:07.02 | | |
| 600m: 6:38.46 1:07.10 | 1900m: 21:10.19 1:07.39 | 3200m: 35:55.22 1:08.71 | 4500m: 50:41.80 1:07.40 | | |
| 700m: 7:45.70 1:07.24 | 2000m: 22:18.05 1:07.86 | 3300m: 37:03.91 1:08.69 | 4600m: 51:49.55 1:07.75 | | |
| 800m: 8:52.89 1:07.19 | 2100m: 23:26.02 1:07.97 | 3400m: 38:12.89 1:08.98 | 4700m: 52:57.25 1:07.70 | | |
| 900m: 9:59.92 1:07.03 | 2200m: 24:34.09 1:08.07 | 3500m: 39:21.83 1:08.94 | 4800m: 54:04.91 1:07.66 | | |
| 1000m: 11:06.81 1:06.89 | 2300m: 25:42.07 1:07.98 | 3600m: 40:30.73 1:08.90 | 4900m: 55:12.07 1:07.16 | | |
| 1100m: 12:13.95 1:07.14 | 2400m: 26:49.95 1:07.88 | 3700m: 41:39.63 1:08.90 | 5000m: 56:17.96 1:05.89 | | |
| 1200m: 13:20.66 1:06.71 | 2500m: 27:57.95 1:08.00 | 3800m: 42:48.78 1:09.15 | | | |
| 1300m: 14:27.76 1:07.10 | 2600m: 29:05.94 1:07.99 | 3900m: 43:57.96 1:09.18 | | | |
| 9. DE LA FUENTE ALONSO Diego | 06 | C.D. Torrelago Wellness | 56:18.11+ | 2:04.44 | 13,00 |
| 100m: 1:01.51 1:01.51 | 1400m: 15:20.27 1:06.62 | 2700m: 29:56.19 1:07.74 | 4000m: 44:39.73 1:08.87 | | |
| 200m: 2:06.14 1:04.63 | 1500m: 16:26.68 1:06.41 | 2800m: 31:03.45 1:07.26 | 4100m: 45:49.03 1:09.30 | | |
| 300m: 3:11.72 1:05.58 | 1600m: 17:33.09 1:06.41 | 2900m: 32:10.64 1:07.19 | 4200m: 46:58.51 1:09.48 | | |
| 400m: 4:17.44 1:05.72 | 1700m: 18:40.10 1:07.01 | 3000m: 33:18.79 1:08.15 | 4300m: 48:08.57 1:10.06 | | |
| 500m: 5:23.61 1:06.17 | 1800m: 19:46.96 1:06.86 | 3100m: 34:26.50 1:07.71 | 4400m: 49:18.03 1:09.46 | | |
| 600m: 6:29.31 1:05.70 | 1900m: 20:54.16 1:07.20 | 3200m: 35:33.97 1:07.47 | 4500m: 50:27.40 1:09.37 | | |
| 700m: 7:35.16 1:05.85 | 2000m: 22:01.30 1:07.14 | 3300m: 36:41.52 1:07.55 | 4600m: 51:37.25 1:09.85 | | |
| 800m: 8:41.86 1:06.70 | 2100m: 23:09.02 1:07.72 | 3400m: 37:49.12 1:07.60 | 4700m: 52:47.60 1:10.35 | | |
| 900m: 9:48.22 1:06.36 | 2200m: 24:16.98 1:07.96 | 3500m: 38:56.87 1:07.75 | 4800m: 53:58.92 1:11.32 | | |
| 1000m: 10:54.42 1:06.20 | 2300m: 25:24.84 1:07.86 | 3600m: 40:04.97 1:08.10 | 4900m: 55:09.03 1:10.11 | | |
| 1100m: 12:00.57 1:06.15 | 2400m: 26:32.71 1:07.87 | 3700m: 41:13.57 1:08.60 | 5000m: 56:18.11 1:09.08 | | |
| 1200m: 13:06.95 1:06.38 | 2500m: 27:40.88 1:08.17 | 3800m: 42:22.44 1:08.87 | | | |
| 1300m: 14:13.65 1:06.70 | 2600m: 28:48.45 1:07.57 | 3900m: 43:30.86 1:08.42 | | | |
| 10. MACARIO MOLINA Joan | 05 | C.N. Metropole | 56:37.14+ | 2:23.47 | 7,00 |
| 100m: 1:05.51 1:05.51 | 1400m: 15:34.44 1:06.86 | 2700m: 30:14.07 1:08.15 | 4000m: 45:06.94 1:09.02 | | |
| 200m: 2:11.40 1:05.89 | 1500m: 16:41.89 1:07.45 | 2800m: 31:21.75 1:07.68 | 4100m: 46:14.64 1:07.70 | | |
| 300m: 3:17.49 1:06.09 | 1600m: 17:47.86 1:05.97 | 2900m: 32:29.65 1:07.90 | 4200m: 47:23.20 1:08.56 | | |
| 400m: 4:24.10 1:06.61 | 1700m: 18:55.20 1:07.34 | 3000m: 33:38.05 1:08.40 | 4300m: 48:32.75 1:09.55 | | |
| 500m: 5:30.94 1:06.84 | 1800m: 20:02.67 1:07.47 | 3100m: 34:46.52 1:08.47 | 4400m: 49:42.70 1:09.95 | | |
| 600m: 6:38.32 1:07.38 | 1900m: 21:10.10 1:07.43 | 3200m: 35:55.28 1:08.76 | 4500m: 50:52.41 1:09.71 | | |
| 700m: 7:45.51 1:07.19 | 2000m: 22:17.96 1:07.86 | 3300m: 37:03.99 1:08.71 | 4600m: 52:01.48 1:09.07 | | |
| 800m: 8:52.62 1:07.11 | 2100m: 23:26.03 1:08.07 | 3400m: 38:13.11 1:09.12 | 4700m: 53:10.81 1:09.33 | | |
| 900m: 9:59.72 1:07.10 | 2200m: 24:33.94 1:07.91 | 3500m: 39:22.00 1:08.89 | 4800m: 54:19.80 1:08.99 | | |
| 1000m: 11:06.56 1:06.84 | 2300m: 25:42.08 1:08.14 | 3600m: 40:31.02 1:09.02 | 4900m: 55:29.36 1:09.56 | | |
| 1100m: 12:13.74 1:07.18 | 2400m: 26:49.95 1:07.87 | 3700m: 41:39.65 1:08.63 | 5000m: 56:37.14 1:07.78 | | |
| 1200m: 13:20.53 1:06.79 | 2500m: 27:57.85 1:07.90 | 3800m: 42:48.67 1:09.02 | | | |
| 1300m: 14:27.58 1:07.05 | 2600m: 29:05.92 1:08.07 | 3900m: 43:57.92 1:09.25 | | | |
| 11. PEREZ MAÑAS Adrian | 03 | C.E. Mediterrani | 56:37.25+ | 2:23.58 | 5,00 |
| 100m: 1:07.03 1:07.03 | 1200m: 13:36.32 1:07.39 | 2300m: 25:59.90 1:08.72 | 3400m: 38:28.59 1:07.32 | | |
| 200m: 2:15.78 1:08.75 | 1300m: 14:44.11 1:07.79 | 2400m: 27:07.98 1:08.08 | 3500m: 39:35.82 1:07.23 | | |
| 300m: 3:24.32 1:08.54 | 1400m: 15:51.43 1:07.32 | 2500m: 28:16.28 1:08.30 | 3600m: 40:43.73 1:07.91 | | |
| 400m: 4:32.95 1:08.63 | 1500m: 16:58.76 1:07.33 | 2600m: 29:24.19 1:07.91 | 3700m: 41:51.51 1:07.78 | | |
| 500m: 5:41.26 1:08.31 | 1600m: 18:06.12 1:07.36 | 2700m: 30:32.49 1:08.30 | 3800m: 42:59.08 1:07.57 | | |
| 600m: 6:49.56 1:08.30 | 1700m: 19:13.71 1:07.59 | 2800m: 31:40.68 1:08.19 | 3900m: 44:06.74 1:07.66 | | |
| 700m: 7:57.73 1:08.17 | 1800m: 20:20.89 1:07.18 | 2900m: 32:48.73 1:08.05 | 4000m: 45:14.57 1:07.83 | | |
| 800m: 9:06.00 1:08.27 | 1900m: 21:28.38 1:07.49 | 3000m: 33:56.85 1:08.12 | 4100m: 46:22.93 1:08.36 | | |
| 900m: 10:13.78 1:07.78 | 2000m: 22:36.06 1:07.68 | 3100m: 35:05.16 1:08.31 | 4200m: 47:31.52 1:08.59 | | |
| 1000m: 11:21.39 1:07.61 | 2100m: 23:43.25 1:07.19 | 3200m: 36:13.79 1:08.63 | 4300m: 48:40.54 1:09.02 | | |
| 1100m: 12:28.93 1:07.54 | 2200m: 24:51.18 1:07.93 | 3300m: 37:21.27 1:07.48 | 4400m: 49:50.39 1:09.85 | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | | | | | Tiempo | | | | | |
|---------------------------------|-----------------------------------|---------|-----------------|----------|-----------------|---------|--------------------------------|---------|--------|----------|---------|--|
| | 4500m: 50:59.85 | 1:09.46 | 4700m: 53:18.80 | 1:09.30 | 4900m: 55:33.62 | 1:06.92 | | | | | | |
| | 4600m: 52:09.50 | 1:09.65 | 4800m: 54:26.70 | 1:07.90 | 5000m: 56:37.25 | 1:03.63 | | | | | | |
| 12. MARTINEZ PALOP Pablo | 07 C.N. Ferca-San Jose | | | | | | 56:40.82+ 2:27.15 10,00 | | | | | |
| 100m: | 1:07.30 | 1:07.30 | 1400m: | 15:52.89 | 1:07.84 | 2700m: | 30:39.08 | 1:08.59 | 4000m: | 45:29.39 | 1:07.98 | |
| 200m: | 2:16.21 | 1:08.91 | 1500m: | 17:00.77 | 1:07.88 | 2800m: | 31:47.92 | 1:08.84 | 4100m: | 46:37.32 | 1:07.93 | |
| 300m: | 3:24.49 | 1:08.28 | 1600m: | 18:08.97 | 1:08.20 | 2900m: | 32:56.10 | 1:08.18 | 4200m: | 47:45.51 | 1:08.19 | |
| 400m: | 4:33.19 | 1:08.70 | 1700m: | 19:17.55 | 1:08.58 | 3000m: | 34:03.92 | 1:07.82 | 4300m: | 48:53.60 | 1:08.09 | |
| 500m: | 5:41.47 | 1:08.28 | 1800m: | 20:25.99 | 1:08.44 | 3100m: | 35:12.12 | 1:08.20 | 4400m: | 50:01.54 | 1:07.94 | |
| 600m: | 6:49.46 | 1:07.99 | 1900m: | 21:34.56 | 1:08.57 | 3200m: | 36:20.47 | 1:08.35 | 4500m: | 51:08.34 | 1:06.80 | |
| 700m: | 7:57.82 | 1:08.36 | 2000m: | 22:41.43 | 1:06.87 | 3300m: | 37:29.08 | 1:08.61 | 4600m: | 52:15.62 | 1:07.28 | |
| 800m: | 9:06.14 | 1:08.32 | 2100m: | 23:48.72 | 1:07.29 | 3400m: | 38:37.78 | 1:08.70 | 4700m: | 53:22.60 | 1:06.98 | |
| 900m: | 10:14.07 | 1:07.93 | 2200m: | 24:56.71 | 1:07.99 | 3500m: | 39:46.42 | 1:08.64 | 4800m: | 54:29.72 | 1:07.12 | |
| 1000m: | 11:21.85 | 1:07.78 | 2300m: | 26:04.82 | 1:08.11 | 3600m: | 40:55.03 | 1:08.61 | 4900m: | 55:36.67 | 1:06.95 | |
| 1100m: | 12:29.26 | 1:07.41 | 2400m: | 27:13.46 | 1:08.64 | 3700m: | 42:03.72 | 1:08.69 | 5000m: | 56:40.82 | 1:04.15 | |
| 1200m: | 13:37.04 | 1:07.78 | 2500m: | 28:22.01 | 1:08.55 | 3800m: | 43:12.87 | 1:09.15 | | | | |
| 1300m: | 14:45.05 | 1:08.01 | 2600m: | 29:30.49 | 1:08.48 | 3900m: | 44:21.41 | 1:08.54 | | | | |
| 13. ARIAS DIEZ Mario | 05 C.D. Torrelago Wellness | | | | | | 56:52.79+ 2:39.12 6,00 | | | | | |
| 100m: | 1:05.70 | 1:05.70 | 1400m: | 15:34.17 | 1:07.32 | 2700m: | 30:12.31 | 1:08.18 | 4000m: | 45:14.74 | 1:10.06 | |
| 200m: | 2:12.48 | 1:06.78 | 1500m: | 16:41.84 | 1:07.67 | 2800m: | 31:21.44 | 1:09.13 | 4100m: | 46:24.88 | 1:10.14 | |
| 300m: | 3:18.95 | 1:06.47 | 1600m: | 17:48.79 | 1:06.95 | 2900m: | 32:30.45 | 1:09.01 | 4200m: | 47:35.26 | 1:10.38 | |
| 400m: | 4:25.91 | 1:06.96 | 1700m: | 18:56.41 | 1:07.62 | 3000m: | 33:39.78 | 1:09.33 | 4300m: | 48:45.11 | 1:09.85 | |
| 500m: | 5:32.47 | 1:06.56 | 1800m: | 20:04.54 | 1:08.13 | 3100m: | 34:49.42 | 1:09.64 | 4400m: | 49:55.63 | 1:10.52 | |
| 600m: | 6:39.26 | 1:06.79 | 1900m: | 21:12.53 | 1:07.99 | 3200m: | 35:58.85 | 1:09.43 | 4500m: | 51:05.84 | 1:10.21 | |
| 700m: | 7:45.96 | 1:06.70 | 2000m: | 22:20.38 | 1:07.85 | 3300m: | 37:08.27 | 1:09.42 | 4600m: | 52:15.59 | 1:09.75 | |
| 800m: | 8:52.67 | 1:06.71 | 2100m: | 23:28.01 | 1:07.63 | 3400m: | 38:18.24 | 1:09.97 | 4700m: | 53:25.28 | 1:09.69 | |
| 900m: | 9:59.50 | 1:06.83 | 2200m: | 24:35.28 | 1:07.27 | 3500m: | 39:28.02 | 1:09.78 | 4800m: | 54:35.30 | 1:10.02 | |
| 1000m: | 11:06.19 | 1:06.69 | 2300m: | 25:42.21 | 1:06.93 | 3600m: | 40:37.88 | 1:09.86 | 4900m: | 55:44.90 | 1:09.60 | |
| 1100m: | 12:12.73 | 1:06.54 | 2400m: | 26:49.13 | 1:06.92 | 3700m: | 41:47.76 | 1:09.88 | 5000m: | 56:52.79 | 1:07.89 | |
| 1200m: | 13:19.89 | 1:07.16 | 2500m: | 27:56.19 | 1:07.06 | 3800m: | 42:56.50 | 1:08.74 | | | | |
| 1300m: | 14:26.85 | 1:06.96 | 2600m: | 29:04.13 | 1:07.94 | 3900m: | 44:04.68 | 1:08.18 | | | | |
| 14. COCERA CORDON Yare | 05 C.N. Metropole | | | | | | 57:02.35+ 2:48.68 5,00 | | | | | |
| 100m: | 1:05.54 | 1:05.54 | 1400m: | 15:49.91 | 1:08.47 | 2700m: | 30:43.71 | 1:07.59 | 4000m: | 45:37.59 | 1:09.67 | |
| 200m: | 2:12.85 | 1:07.31 | 1500m: | 16:58.52 | 1:08.61 | 2800m: | 31:51.47 | 1:07.76 | 4100m: | 46:45.86 | 1:08.27 | |
| 300m: | 3:20.81 | 1:07.96 | 1600m: | 18:06.91 | 1:08.39 | 2900m: | 32:59.60 | 1:08.13 | 4200m: | 47:53.99 | 1:08.13 | |
| 400m: | 4:29.22 | 1:08.41 | 1700m: | 19:15.43 | 1:08.52 | 3000m: | 34:07.53 | 1:07.93 | 4300m: | 49:02.52 | 1:08.53 | |
| 500m: | 5:37.49 | 1:08.27 | 1800m: | 20:24.32 | 1:08.89 | 3100m: | 35:16.08 | 1:08.55 | 4400m: | 50:11.05 | 1:08.53 | |
| 600m: | 6:45.37 | 1:07.88 | 1900m: | 21:33.47 | 1:09.15 | 3200m: | 36:24.62 | 1:08.54 | 4500m: | 51:20.18 | 1:09.13 | |
| 700m: | 7:53.06 | 1:07.69 | 2000m: | 22:42.54 | 1:09.07 | 3300m: | 37:33.32 | 1:08.70 | 4600m: | 52:29.12 | 1:08.94 | |
| 800m: | 9:01.17 | 1:08.11 | 2100m: | 23:51.63 | 1:09.09 | 3400m: | 38:41.96 | 1:08.64 | 4700m: | 53:38.16 | 1:09.04 | |
| 900m: | 10:09.26 | 1:08.09 | 2200m: | 25:00.35 | 1:08.72 | 3500m: | 39:50.52 | 1:08.56 | 4800m: | 54:46.68 | 1:08.52 | |
| 1000m: | 11:17.21 | 1:07.95 | 2300m: | 26:08.92 | 1:08.57 | 3600m: | 40:59.73 | 1:09.21 | 4900m: | 55:55.50 | 1:08.82 | |
| 1100m: | 12:25.03 | 1:07.82 | 2400m: | 27:18.04 | 1:09.12 | 3700m: | 42:08.88 | 1:09.15 | 5000m: | 57:02.35 | 1:06.85 | |
| 1200m: | 13:33.31 | 1:08.28 | 2500m: | 28:27.41 | 1:09.37 | 3800m: | 43:18.38 | 1:09.50 | | | | |
| 1300m: | 14:41.44 | 1:08.13 | 2600m: | 29:36.12 | 1:08.71 | 3900m: | 44:27.92 | 1:09.54 | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | Tiempo | | |
|---------------------------------|-------------------------|-----------------------------------|-------------------------|----------------|-------------|
| 15. NIETO PARDO Sergio | 05 | C.N. Las Norias | 57:03.16+ | 2:49.49 | 4,00 |
| 100m: 1:07.24 1:07.24 | 1400m: 15:48.45 1:06.88 | 2700m: 30:39.08 1:08.96 | 4000m: 45:38.61 1:09.09 | | |
| 200m: 2:15.40 1:08.16 | 1500m: 16:57.04 1:08.59 | 2800m: 31:48.02 1:08.94 | 4100m: 46:47.31 1:08.70 | | |
| 300m: 3:22.98 1:07.58 | 1600m: 18:04.23 1:07.19 | 2900m: 32:57.26 1:09.24 | 4200m: 47:55.31 1:08.00 | | |
| 400m: 4:30.44 1:07.46 | 1700m: 19:12.03 1:07.80 | 3000m: 34:06.69 1:09.43 | 4300m: 49:03.87 1:08.56 | | |
| 500m: 5:37.81 1:07.37 | 1800m: 20:20.29 1:08.26 | 3100m: 35:15.94 1:09.25 | 4400m: 50:12.91 1:09.04 | | |
| 600m: 6:45.93 1:08.12 | 1900m: 21:28.77 1:08.48 | 3200m: 36:24.74 1:08.80 | 4500m: 51:22.08 1:09.17 | | |
| 700m: 7:54.05 1:08.12 | 2000m: 22:37.75 1:08.98 | 3300m: 37:33.93 1:09.19 | 4600m: 52:31.23 1:09.15 | | |
| 800m: 9:01.88 1:07.83 | 2100m: 23:45.84 1:08.09 | 3400m: 38:43.25 1:09.32 | 4700m: 53:40.17 1:08.94 | | |
| 900m: 10:09.25 1:07.37 | 2200m: 24:54.12 1:08.28 | 3500m: 39:52.87 1:09.62 | 4800m: 54:48.64 1:08.47 | | |
| 1000m: 11:17.58 1:08.33 | 2300m: 26:02.74 1:08.62 | 3600m: 41:02.25 1:09.38 | 4900m: 55:57.18 1:08.54 | | |
| 1100m: 12:25.33 1:07.75 | 2400m: 27:11.37 1:08.63 | 3700m: 42:11.43 1:09.18 | 5000m: 57:03.16 1:05.98 | | |
| 1200m: 13:33.61 1:08.28 | 2500m: 28:20.67 1:09.30 | 3800m: 43:20.38 1:08.95 | | | |
| 1300m: 14:41.57 1:07.96 | 2600m: 29:30.12 1:09.45 | 3900m: 44:29.52 1:09.14 | | | |
| 16. JIMÉNEZ RÍSQUEZ Alex | 06 | C.N. Caldes | 57:06.00+ | 2:52.33 | 8,00 |
| 100m: 1:07.91 1:07.91 | 1400m: 15:57.48 1:08.27 | 2700m: 30:44.65 1:08.49 | 4000m: 45:40.76 1:09.83 | | |
| 200m: 2:16.88 1:08.97 | 1500m: 17:05.60 1:08.12 | 2800m: 31:53.26 1:08.61 | 4100m: 46:48.87 1:08.11 | | |
| 300m: 3:25.68 1:08.80 | 1600m: 18:13.22 1:07.62 | 2900m: 33:01.61 1:08.35 | 4200m: 47:57.53 1:08.66 | | |
| 400m: 4:34.51 1:08.83 | 1700m: 19:21.47 1:08.25 | 3000m: 34:10.04 1:08.43 | 4300m: 49:06.28 1:08.75 | | |
| 500m: 5:43.63 1:09.12 | 1800m: 20:29.92 1:08.45 | 3100m: 35:18.32 1:08.28 | 4400m: 50:15.06 1:08.78 | | |
| 600m: 6:52.22 1:08.59 | 1900m: 21:38.23 1:08.31 | 3200m: 36:27.16 1:08.84 | 4500m: 51:24.22 1:09.16 | | |
| 700m: 8:00.13 1:07.91 | 2000m: 22:45.93 1:07.70 | 3300m: 37:36.46 1:09.30 | 4600m: 52:32.90 1:08.68 | | |
| 800m: 9:08.34 1:08.21 | 2100m: 23:53.84 1:07.91 | 3400m: 38:45.10 1:08.64 | 4700m: 53:41.62 1:08.72 | | |
| 900m: 10:16.51 1:08.17 | 2200m: 25:02.11 1:08.27 | 3500m: 39:54.29 1:09.19 | 4800m: 54:50.17 1:08.55 | | |
| 1000m: 11:24.60 1:08.09 | 2300m: 26:10.57 1:08.46 | 3600m: 41:03.44 1:09.15 | 4900m: 55:58.73 1:08.56 | | |
| 1100m: 12:32.97 1:08.37 | 2400m: 27:18.54 1:07.97 | 3700m: 42:12.45 1:09.01 | 5000m: 57:06.00 1:07.27 | | |
| 1200m: 13:41.02 1:08.05 | 2500m: 28:27.66 1:09.12 | 3800m: 43:21.86 1:09.41 | | | |
| 1300m: 14:49.21 1:08.19 | 2600m: 29:36.16 1:08.50 | 3900m: 44:30.93 1:09.07 | | | |
| 17. MANNANOV Eduard | 86 | C.N. Metropole | 57:08.68+ | 2:55.01 | 4,00 |
| 100m: 1:07.51 1:07.51 | 1400m: 15:52.97 1:07.88 | 2700m: 30:42.00 1:08.59 | 4000m: 45:37.36 1:08.79 | | |
| 200m: 2:16.21 1:08.70 | 1500m: 17:00.76 1:07.79 | 2800m: 31:50.70 1:08.70 | 4100m: 46:46.34 1:08.98 | | |
| 300m: 3:24.93 1:08.72 | 1600m: 18:08.99 1:08.23 | 2900m: 32:59.45 1:08.75 | 4200m: 47:55.91 1:09.57 | | |
| 400m: 4:33.27 1:08.34 | 1700m: 19:17.63 1:08.64 | 3000m: 34:08.51 1:09.06 | 4300m: 49:05.20 1:09.29 | | |
| 500m: 5:41.56 1:08.29 | 1800m: 20:25.89 1:08.26 | 3100m: 35:17.43 1:08.92 | 4400m: 50:14.42 1:09.22 | | |
| 600m: 6:49.55 1:07.99 | 1900m: 21:34.83 1:08.94 | 3200m: 36:26.56 1:09.13 | 4500m: 51:23.69 1:09.27 | | |
| 700m: 7:57.77 1:08.22 | 2000m: 22:42.74 1:07.91 | 3300m: 37:35.81 1:09.25 | 4600m: 52:32.94 1:09.25 | | |
| 800m: 9:06.17 1:08.40 | 2100m: 23:51.03 1:08.29 | 3400m: 38:44.69 1:08.88 | 4700m: 53:42.39 1:09.45 | | |
| 900m: 10:14.07 1:07.90 | 2200m: 24:59.58 1:08.55 | 3500m: 39:53.46 1:08.77 | 4800m: 54:51.63 1:09.24 | | |
| 1000m: 11:22.03 1:07.96 | 2300m: 26:07.87 1:08.29 | 3600m: 41:02.24 1:08.78 | 4900m: 56:01.10 1:09.47 | | |
| 1100m: 12:29.61 1:07.58 | 2400m: 27:16.43 1:08.56 | 3700m: 42:11.05 1:08.81 | 5000m: 57:08.68 1:07.58 | | |
| 1200m: 13:37.38 1:07.77 | 2500m: 28:24.94 1:08.51 | 3800m: 43:19.92 1:08.87 | | | |
| 1300m: 14:45.09 1:07.71 | 2600m: 29:33.41 1:08.47 | 3900m: 44:28.57 1:08.65 | | | |
| 18. MORENO PABLOS Sergio | 05 | C.N. Las Anclas Castrillon | 57:47.35+ | 3:33.68 | 3,00 |
| 100m: 1:04.31 1:04.31 | 1200m: 13:22.47 1:07.74 | 2300m: 26:08.04 1:09.85 | 3400m: 38:57.32 1:09.66 | | |
| 200m: 2:10.12 1:05.81 | 1300m: 14:30.74 1:08.27 | 2400m: 27:18.13 1:10.09 | 3500m: 40:07.16 1:09.84 | | |
| 300m: 3:16.51 1:06.39 | 1400m: 15:39.93 1:09.19 | 2500m: 28:28.41 1:10.28 | 3600m: 41:17.64 1:10.48 | | |
| 400m: 4:23.14 1:06.63 | 1500m: 16:49.59 1:09.66 | 2600m: 29:38.11 1:09.70 | 3700m: 42:28.34 1:10.70 | | |
| 500m: 5:29.48 1:06.34 | 1600m: 17:59.27 1:09.68 | 2700m: 30:48.94 1:10.83 | 3800m: 43:38.83 1:10.49 | | |
| 600m: 6:36.65 1:07.17 | 1700m: 19:08.85 1:09.58 | 2800m: 31:59.47 1:10.53 | 3900m: 44:49.84 1:11.01 | | |
| 700m: 7:43.62 1:06.97 | 1800m: 20:18.91 1:10.06 | 2900m: 33:09.58 1:10.11 | 4000m: 46:00.39 1:10.55 | | |
| 800m: 8:51.45 1:07.83 | 1900m: 21:29.46 1:10.55 | 3000m: 34:18.77 1:09.19 | 4100m: 47:10.84 1:10.45 | | |
| 900m: 9:59.45 1:08.00 | 2000m: 22:39.71 1:10.25 | 3100m: 35:27.80 1:09.03 | 4200m: 48:21.51 1:10.67 | | |
| 1000m: 11:07.28 1:07.83 | 2100m: 23:47.53 1:07.82 | 3200m: 36:37.25 1:09.45 | 4300m: 49:32.99 1:11.48 | | |
| 1100m: 12:14.73 1:07.45 | 2200m: 24:58.19 1:10.66 | 3300m: 37:47.66 1:10.41 | 4400m: 50:43.88 1:10.89 | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



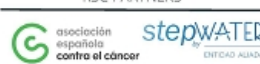
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | | | | | Tiempo | | | | | |
|--|--------------------------------------|---------|-----------------|----------|-----------------|---------|-------------------------------|---------|--------|----------|---------|--|
| | 4500m: 51:55.60 | 1:11.72 | 4700m: 54:18.74 | 1:11.61 | 4900m: 56:38.94 | 1:09.93 | | | | | | |
| | 4600m: 53:07.13 | 1:11.53 | 4800m: 55:29.01 | 1:10.27 | 5000m: 57:47.35 | 1:08.41 | | | | | | |
| 19. GARCIA FERNANDEZ Erik | 06 C.N. Las Norias | | | | | | 57:51.98+ 3:38.31 7,00 | | | | | |
| 100m: | 1:05.85 | 1:05.85 | 1400m: | 16:07.62 | 1:10.39 | 2700m: | 31:03.17 | 1:09.47 | 4000m: | 46:12.98 | 1:09.77 | |
| 200m: | 2:13.15 | 1:07.30 | 1500m: | 17:17.97 | 1:10.35 | 2800m: | 32:12.41 | 1:09.24 | 4100m: | 47:22.59 | 1:09.61 | |
| 300m: | 3:21.45 | 1:08.30 | 1600m: | 18:25.15 | 1:07.18 | 2900m: | 33:22.78 | 1:10.37 | 4200m: | 48:31.95 | 1:09.36 | |
| 400m: | 4:30.52 | 1:09.07 | 1700m: | 19:32.60 | 1:07.45 | 3000m: | 34:33.11 | 1:10.33 | 4300m: | 49:40.73 | 1:08.78 | |
| 500m: | 5:39.08 | 1:08.56 | 1800m: | 20:40.89 | 1:08.29 | 3100m: | 35:42.86 | 1:09.75 | 4400m: | 50:50.05 | 1:09.32 | |
| 600m: | 6:48.39 | 1:09.31 | 1900m: | 21:49.20 | 1:08.31 | 3200m: | 36:52.75 | 1:09.89 | 4500m: | 52:01.06 | 1:11.01 | |
| 700m: | 7:57.54 | 1:09.15 | 2000m: | 22:58.04 | 1:08.84 | 3300m: | 38:03.13 | 1:10.38 | 4600m: | 53:12.77 | 1:11.71 | |
| 800m: | 9:07.63 | 1:10.09 | 2100m: | 24:06.80 | 1:08.76 | 3400m: | 39:13.57 | 1:10.44 | 4700m: | 54:24.60 | 1:11.83 | |
| 900m: | 10:17.57 | 1:09.94 | 2200m: | 25:16.49 | 1:09.69 | 3500m: | 40:23.66 | 1:10.09 | 4800m: | 55:35.28 | 1:10.68 | |
| 1000m: | 11:27.29 | 1:09.72 | 2300m: | 26:25.61 | 1:09.12 | 3600m: | 41:33.74 | 1:10.08 | 4900m: | 56:45.65 | 1:10.37 | |
| 1100m: | 12:36.83 | 1:09.54 | 2400m: | 27:35.02 | 1:09.41 | 3700m: | 42:43.27 | 1:09.53 | 5000m: | 57:51.98 | 1:06.33 | |
| 1200m: | 13:46.96 | 1:10.13 | 2500m: | 28:44.46 | 1:09.44 | 3800m: | 43:53.56 | 1:10.29 | | | | |
| 1300m: | 14:57.23 | 1:10.27 | 2600m: | 29:53.70 | 1:09.24 | 3900m: | 45:03.21 | 1:09.65 | | | | |
| 20. VIZCAINO RIGOL Carlos | 05 C.D.N. Nadamas Las Marinas | | | | | | 57:52.83+ 3:39.16 2,00 | | | | | |
| 100m: | 1:06.40 | 1:06.40 | 1400m: | 16:02.97 | 1:09.47 | 2700m: | 31:03.82 | 1:09.82 | 4000m: | 46:10.99 | 1:10.28 | |
| 200m: | 2:15.13 | 1:08.73 | 1500m: | 17:12.60 | 1:09.63 | 2800m: | 32:13.09 | 1:09.27 | 4100m: | 47:21.34 | 1:10.35 | |
| 300m: | 3:23.86 | 1:08.73 | 1600m: | 18:22.21 | 1:09.61 | 2900m: | 33:23.13 | 1:10.04 | 4200m: | 48:31.94 | 1:10.60 | |
| 400m: | 4:32.93 | 1:09.07 | 1700m: | 19:31.74 | 1:09.53 | 3000m: | 34:32.74 | 1:09.61 | 4300m: | 49:42.20 | 1:10.26 | |
| 500m: | 5:41.80 | 1:08.87 | 1800m: | 20:40.46 | 1:08.72 | 3100m: | 35:42.14 | 1:09.40 | 4400m: | 50:52.47 | 1:10.27 | |
| 600m: | 6:50.87 | 1:09.07 | 1900m: | 21:48.99 | 1:08.53 | 3200m: | 36:51.63 | 1:09.49 | 4500m: | 52:03.32 | 1:10.85 | |
| 700m: | 7:59.68 | 1:08.81 | 2000m: | 22:58.03 | 1:09.04 | 3300m: | 38:00.88 | 1:09.25 | 4600m: | 53:14.63 | 1:11.31 | |
| 800m: | 9:08.47 | 1:08.79 | 2100m: | 24:06.84 | 1:08.81 | 3400m: | 39:10.55 | 1:09.67 | 4700m: | 54:25.47 | 1:10.84 | |
| 900m: | 10:17.46 | 1:08.99 | 2200m: | 25:16.07 | 1:09.23 | 3500m: | 40:19.97 | 1:09.42 | 4800m: | 55:36.27 | 1:10.80 | |
| 1000m: | 11:26.64 | 1:09.18 | 2300m: | 26:25.38 | 1:09.31 | 3600m: | 41:29.96 | 1:09.99 | 4900m: | 56:45.93 | 1:09.66 | |
| 1100m: | 12:35.58 | 1:08.94 | 2400m: | 27:35.13 | 1:09.75 | 3700m: | 42:39.67 | 1:09.71 | 5000m: | 57:52.83 | 1:06.90 | |
| 1200m: | 13:44.59 | 1:09.01 | 2500m: | 28:44.67 | 1:09.54 | 3800m: | 43:50.04 | 1:10.37 | | | | |
| 1300m: | 14:53.50 | 1:08.91 | 2600m: | 29:54.00 | 1:09.33 | 3900m: | 45:00.71 | 1:10.67 | | | | |
| 21. CALDERON MONTENEGRO Roberto | 02 Naval | | | | | | 57:55.17+ 3:41.50 3,00 | | | | | |
| 100m: | 1:04.21 | 1:04.21 | 1400m: | 15:57.39 | 1:08.82 | 2700m: | 30:59.73 | 1:09.47 | 4000m: | 46:14.14 | 1:10.22 | |
| 200m: | 2:11.96 | 1:07.75 | 1500m: | 17:06.32 | 1:08.93 | 2800m: | 32:09.38 | 1:09.65 | 4100m: | 47:24.50 | 1:10.36 | |
| 300m: | 3:20.33 | 1:08.37 | 1600m: | 18:15.37 | 1:09.05 | 2900m: | 33:18.62 | 1:09.24 | 4200m: | 48:34.58 | 1:10.08 | |
| 400m: | 4:28.99 | 1:08.66 | 1700m: | 19:24.69 | 1:09.32 | 3000m: | 34:28.29 | 1:09.67 | 4300m: | 49:44.99 | 1:10.41 | |
| 500m: | 5:38.14 | 1:09.15 | 1800m: | 20:33.95 | 1:09.26 | 3100m: | 35:38.45 | 1:10.16 | 4400m: | 50:55.42 | 1:10.43 | |
| 600m: | 6:46.78 | 1:08.64 | 1900m: | 21:43.40 | 1:09.45 | 3200m: | 36:49.28 | 1:10.83 | 4500m: | 52:05.31 | 1:09.89 | |
| 700m: | 7:55.79 | 1:09.01 | 2000m: | 22:52.97 | 1:09.57 | 3300m: | 38:00.12 | 1:10.84 | 4600m: | 53:15.58 | 1:10.27 | |
| 800m: | 9:04.87 | 1:09.08 | 2100m: | 24:02.34 | 1:09.37 | 3400m: | 39:11.31 | 1:11.19 | 4700m: | 54:25.96 | 1:10.38 | |
| 900m: | 10:13.77 | 1:08.90 | 2200m: | 25:12.23 | 1:09.89 | 3500m: | 40:21.41 | 1:10.10 | 4800m: | 55:36.27 | 1:10.31 | |
| 1000m: | 11:22.70 | 1:08.93 | 2300m: | 26:21.52 | 1:09.29 | 3600m: | 41:31.77 | 1:10.36 | 4900m: | 56:46.40 | 1:10.13 | |
| 1100m: | 12:31.11 | 1:08.41 | 2400m: | 27:31.12 | 1:09.60 | 3700m: | 42:41.99 | 1:10.22 | 5000m: | 57:55.17 | 1:08.77 | |
| 1200m: | 13:39.87 | 1:08.76 | 2500m: | 28:40.73 | 1:09.61 | 3800m: | 43:52.89 | 1:10.90 | | | | |
| 1300m: | 14:48.57 | 1:08.70 | 2600m: | 29:50.26 | 1:09.53 | 3900m: | 45:03.92 | 1:11.03 | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | Tiempo | | |
|------------------------------------|-----------|----------------------------------|------------------|-----------------|-------------|
| 22. FRANCO CEGARRA Alfonso | 03 | C.N.Cartagonova Cartagena | 58:15.63+ | 4:01.96 | 2,00 |
| 100m: 1:06.42 | 1:06.42 | 1400m: 15:52.59 | 1:09.07 | 2700m: 31:01.66 | 1:09.93 |
| 200m: 2:13.36 | 1:06.94 | 1500m: 17:02.06 | 1:09.47 | 2800m: 32:11.72 | 1:10.06 |
| 300m: 3:20.88 | 1:07.52 | 1600m: 18:11.60 | 1:09.54 | 2900m: 33:22.06 | 1:10.34 |
| 400m: 4:28.54 | 1:07.66 | 1700m: 19:20.86 | 1:09.26 | 3000m: 34:32.33 | 1:10.27 |
| 500m: 5:36.37 | 1:07.83 | 1800m: 20:30.47 | 1:09.61 | 3100m: 35:42.58 | 1:10.25 |
| 600m: 6:43.83 | 1:07.46 | 1900m: 21:40.71 | 1:10.24 | 3200m: 36:53.74 | 1:11.16 |
| 700m: 7:51.45 | 1:07.62 | 2000m: 22:50.83 | 1:10.12 | 3300m: 38:05.12 | 1:11.38 |
| 800m: 8:59.16 | 1:07.71 | 2100m: 24:00.97 | 1:10.14 | 3400m: 39:16.70 | 1:11.58 |
| 900m: 10:07.58 | 1:08.42 | 2200m: 25:11.36 | 1:10.39 | 3500m: 40:28.78 | 1:12.08 |
| 1000m: 11:15.98 | 1:08.40 | 2300m: 26:21.16 | 1:09.80 | 3600m: 41:40.06 | 1:11.28 |
| 1100m: 12:24.92 | 1:08.94 | 2400m: 27:30.98 | 1:09.82 | 3700m: 42:49.20 | 1:09.14 |
| 1200m: 13:34.27 | 1:09.35 | 2500m: 28:41.18 | 1:10.20 | 3800m: 43:58.43 | 1:09.23 |
| 1300m: 14:43.52 | 1:09.25 | 2600m: 29:51.73 | 1:10.55 | 3900m: 45:07.89 | 1:09.46 |
| 23. GARCÍA CASTRO Mateo | 05 | C.N. Arteixo | 58:22.59+ | 4:08.92 | 1,00 |
| 100m: 1:07.33 | 1:07.33 | 1400m: 16:13.46 | 1:10.24 | 2700m: 31:23.06 | 1:07.77 |
| 200m: 2:16.39 | 1:09.06 | 1500m: 17:23.87 | 1:10.41 | 2800m: 32:33.95 | 1:10.89 |
| 300m: 3:25.91 | 1:09.52 | 1600m: 18:33.32 | 1:09.45 | 2900m: 33:44.94 | 1:10.99 |
| 400m: 4:34.96 | 1:09.05 | 1700m: 19:43.40 | 1:10.08 | 3000m: 34:55.29 | 1:10.35 |
| 500m: 5:45.03 | 1:10.07 | 1800m: 20:53.36 | 1:09.96 | 3100m: 36:06.38 | 1:11.09 |
| 600m: 6:55.18 | 1:10.15 | 1900m: 22:02.24 | 1:08.88 | 3200m: 37:17.28 | 1:10.90 |
| 700m: 8:05.05 | 1:09.87 | 2000m: 23:10.89 | 1:08.65 | 3300m: 38:28.22 | 1:10.94 |
| 800m: 9:14.72 | 1:09.67 | 2100m: 24:21.53 | 1:10.64 | 3400m: 39:38.98 | 1:10.76 |
| 900m: 10:24.60 | 1:09.88 | 2200m: 25:31.90 | 1:10.37 | 3500m: 40:50.15 | 1:11.17 |
| 1000m: 11:34.36 | 1:09.76 | 2300m: 26:42.40 | 1:10.50 | 3600m: 42:01.63 | 1:11.48 |
| 1100m: 12:43.47 | 1:09.11 | 2400m: 27:53.35 | 1:10.95 | 3700m: 43:13.15 | 1:11.52 |
| 1200m: 13:53.44 | 1:09.97 | 2500m: 29:04.48 | 1:11.13 | 3800m: 44:24.26 | 1:11.11 |
| 1300m: 15:03.22 | 1:09.78 | 2600m: 30:15.29 | 1:10.81 | 3900m: 45:35.01 | 1:10.75 |
| 24. NAVARRO RODRIGUEZ Jorge | 06 | C.N. Tennis Elche | 58:33.21+ | 4:19.54 | 6,00 |
| 100m: 1:07.32 | 1:07.32 | 1400m: 16:13.52 | 1:10.15 | 2700m: 31:23.19 | 1:07.79 |
| 200m: 2:16.53 | 1:09.21 | 1500m: 17:23.84 | 1:10.32 | 2800m: 32:33.94 | 1:10.75 |
| 300m: 3:25.98 | 1:09.45 | 1600m: 18:33.85 | 1:10.01 | 2900m: 33:45.03 | 1:11.09 |
| 400m: 4:34.95 | 1:08.97 | 1700m: 19:43.62 | 1:09.77 | 3000m: 34:55.28 | 1:10.25 |
| 500m: 5:45.04 | 1:10.09 | 1800m: 20:53.74 | 1:10.12 | 3100m: 36:06.38 | 1:11.10 |
| 600m: 6:55.16 | 1:10.12 | 1900m: 22:01.62 | 1:07.88 | 3200m: 37:17.35 | 1:10.97 |
| 700m: 8:05.07 | 1:09.91 | 2000m: 23:11.14 | 1:09.52 | 3300m: 38:28.43 | 1:11.08 |
| 800m: 9:14.99 | 1:09.92 | 2100m: 24:21.71 | 1:10.57 | 3400m: 39:38.82 | 1:10.39 |
| 900m: 10:25.00 | 1:10.01 | 2200m: 25:32.08 | 1:10.37 | 3500m: 40:50.20 | 1:11.38 |
| 1000m: 11:34.48 | 1:09.48 | 2300m: 26:42.64 | 1:10.56 | 3600m: 42:01.47 | 1:11.27 |
| 1100m: 12:43.66 | 1:09.18 | 2400m: 27:53.50 | 1:10.86 | 3700m: 43:13.10 | 1:11.63 |
| 1200m: 13:53.50 | 1:09.84 | 2500m: 29:04.56 | 1:11.06 | 3800m: 44:24.33 | 1:11.23 |
| 1300m: 15:03.37 | 1:09.87 | 2600m: 30:15.40 | 1:10.84 | 3900m: 45:35.26 | 1:10.93 |
| 25. BAYARRI ALLEPUZ Gerard | 06 | C.N. Tennis Elche | 59:00.06+ | 4:46.39 | 5,00 |
| 100m: 1:05.16 | 1:05.16 | 1200m: 13:46.62 | 1:09.95 | 2300m: 26:46.35 | 1:11.69 |
| 200m: 2:12.81 | 1:07.65 | 1300m: 14:56.98 | 1:10.36 | 2400m: 27:57.76 | 1:11.41 |
| 300m: 3:21.36 | 1:08.55 | 1400m: 16:07.18 | 1:10.20 | 2500m: 29:09.25 | 1:11.49 |
| 400m: 4:30.17 | 1:08.81 | 1500m: 17:17.90 | 1:10.72 | 2600m: 30:20.82 | 1:11.57 |
| 500m: 5:38.84 | 1:08.67 | 1600m: 18:28.16 | 1:10.26 | 2700m: 31:32.88 | 1:12.06 |
| 600m: 6:48.12 | 1:09.28 | 1700m: 19:38.97 | 1:10.81 | 2800m: 32:44.43 | 1:11.55 |
| 700m: 7:57.35 | 1:09.23 | 1800m: 20:49.91 | 1:10.94 | 2900m: 33:56.58 | 1:12.15 |
| 800m: 9:07.41 | 1:10.06 | 1900m: 22:01.20 | 1:11.29 | 3000m: 35:08.79 | 1:12.21 |
| 900m: 10:17.33 | 1:09.92 | 2000m: 23:12.12 | 1:10.92 | 3100m: 36:20.40 | 1:11.61 |
| 1000m: 11:27.02 | 1:09.69 | 2100m: 24:23.03 | 1:10.91 | 3200m: 37:33.24 | 1:12.84 |
| 1100m: 12:36.67 | 1:09.65 | 2200m: 25:34.66 | 1:11.63 | 3300m: 38:45.64 | 1:12.40 |

Piscina 50 m.

XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | | | | | Tiempo | | | | | |
|-------------------------------------|--------------------------------------|---------|-----------------|----------|-----------------|---------|-------------------------------|---------|--------|----------|---------|--|
| | 4500m: 53:12.48 | 1:11.45 | 4700m: 55:35.23 | 1:10.91 | 4900m: 57:55.32 | 1:09.52 | | | | | | |
| | 4600m: 54:24.32 | 1:11.84 | 4800m: 56:45.80 | 1:10.57 | 5000m: 59:00.06 | 1:04.74 | | | | | | |
| 26. CASALS MAS Èric | 06 C.N. Vic-Etb | | | | | | 59:06.80+ 4:53.13 4,00 | | | | | |
| 100m: | 1:07.84 | 1:07.84 | 1400m: | 16:17.52 | 1:10.38 | 2700m: | 31:40.44 | 1:11.59 | 4000m: | 47:21.18 | 1:13.06 | |
| 200m: | 2:17.49 | 1:09.65 | 1500m: | 17:28.30 | 1:10.78 | 2800m: | 32:52.50 | 1:12.06 | 4100m: | 48:32.56 | 1:11.38 | |
| 300m: | 3:26.91 | 1:09.42 | 1600m: | 18:38.89 | 1:10.59 | 2900m: | 34:04.48 | 1:11.98 | 4200m: | 49:43.10 | 1:10.54 | |
| 400m: | 4:36.08 | 1:09.17 | 1700m: | 19:49.77 | 1:10.88 | 3000m: | 35:16.71 | 1:12.23 | 4300m: | 50:54.08 | 1:10.98 | |
| 500m: | 5:45.94 | 1:09.86 | 1800m: | 21:00.51 | 1:10.74 | 3100m: | 36:28.55 | 1:11.84 | 4400m: | 52:05.35 | 1:11.27 | |
| 600m: | 6:55.58 | 1:09.64 | 1900m: | 22:10.87 | 1:10.36 | 3200m: | 37:40.69 | 1:12.14 | 4500m: | 53:16.99 | 1:11.64 | |
| 700m: | 8:05.13 | 1:09.55 | 2000m: | 23:21.65 | 1:10.78 | 3300m: | 38:52.96 | 1:12.27 | 4600m: | 54:28.73 | 1:11.74 | |
| 800m: | 9:15.28 | 1:10.15 | 2100m: | 24:32.42 | 1:10.77 | 3400m: | 40:05.04 | 1:12.08 | 4700m: | 55:38.75 | 1:10.02 | |
| 900m: | 10:25.69 | 1:10.41 | 2200m: | 25:43.04 | 1:10.62 | 3500m: | 41:17.56 | 1:12.52 | 4800m: | 56:50.46 | 1:11.71 | |
| 1000m: | 11:35.56 | 1:09.87 | 2300m: | 26:53.64 | 1:10.60 | 3600m: | 42:29.89 | 1:12.33 | 4900m: | 58:01.55 | 1:11.09 | |
| 1100m: | 12:45.87 | 1:10.31 | 2400m: | 28:05.19 | 1:11.55 | 3700m: | 43:42.60 | 1:12.71 | 5000m: | 59:06.80 | 1:05.25 | |
| 1200m: | 13:56.44 | 1:10.57 | 2500m: | 29:17.16 | 1:11.97 | 3800m: | 44:55.35 | 1:12.75 | | | | |
| 1300m: | 15:07.14 | 1:10.70 | 2600m: | 30:28.85 | 1:11.69 | 3900m: | 46:08.12 | 1:12.77 | | | | |
| 27. LORENÇO FERREIRA Gustavo | 06 C.D.N. Nadamas Las Marinas | | | | | | 59:09.27+ 4:55.60 3,00 | | | | | |
| 100m: | 1:07.91 | 1:07.91 | 1400m: | 16:08.60 | 1:10.08 | 2700m: | 31:41.02 | 1:11.84 | 4000m: | 47:21.27 | 1:12.86 | |
| 200m: | 2:17.63 | 1:09.72 | 1500m: | 17:18.55 | 1:09.95 | 2800m: | 32:52.61 | 1:11.59 | 4100m: | 48:33.09 | 1:11.82 | |
| 300m: | 3:26.80 | 1:09.17 | 1600m: | 18:29.31 | 1:10.76 | 2900m: | 34:04.70 | 1:12.09 | 4200m: | 49:43.68 | 1:10.59 | |
| 400m: | 4:35.43 | 1:08.63 | 1700m: | 19:40.01 | 1:10.70 | 3000m: | 35:16.78 | 1:12.08 | 4300m: | 50:54.32 | 1:10.64 | |
| 500m: | 5:44.26 | 1:08.83 | 1800m: | 20:51.41 | 1:11.40 | 3100m: | 36:28.65 | 1:11.87 | 4400m: | 52:05.35 | 1:11.03 | |
| 600m: | 6:52.57 | 1:08.31 | 1900m: | 22:03.22 | 1:11.81 | 3200m: | 37:40.78 | 1:12.13 | 4500m: | 53:17.21 | 1:11.86 | |
| 700m: | 8:00.85 | 1:08.28 | 2000m: | 23:15.21 | 1:11.99 | 3300m: | 38:53.23 | 1:12.45 | 4600m: | 54:28.88 | 1:11.67 | |
| 800m: | 9:09.44 | 1:08.59 | 2100m: | 24:28.36 | 1:13.15 | 3400m: | 40:05.40 | 1:12.17 | 4700m: | 55:38.63 | 1:09.75 | |
| 900m: | 10:18.46 | 1:09.02 | 2200m: | 25:42.25 | 1:13.89 | 3500m: | 41:17.56 | 1:12.16 | 4800m: | 56:49.12 | 1:10.49 | |
| 1000m: | 11:28.74 | 1:10.28 | 2300m: | 26:54.06 | 1:11.81 | 3600m: | 42:30.02 | 1:12.46 | 4900m: | 57:59.68 | 1:10.56 | |
| 1100m: | 12:38.59 | 1:09.85 | 2400m: | 28:05.57 | 1:11.51 | 3700m: | 43:42.71 | 1:12.69 | 5000m: | 59:09.27 | 1:09.59 | |
| 1200m: | 13:48.47 | 1:09.88 | 2500m: | 29:17.44 | 1:11.87 | 3800m: | 44:55.27 | 1:12.56 | | | | |
| 1300m: | 14:58.52 | 1:10.05 | 2600m: | 30:29.18 | 1:11.74 | 3900m: | 46:08.41 | 1:13.14 | | | | |
| 28. MARTÍNEZ SANZ Sergio | 06 C.D. El Valle | | | | | | 59:14.15+ 5:00.48 2,00 | | | | | |
| 100m: | 1:04.70 | 1:04.70 | 1400m: | 16:31.35 | 1:09.80 | 2700m: | 31:58.97 | 1:11.45 | 4000m: | 47:29.30 | 1:12.82 | |
| 200m: | 2:15.36 | 1:10.66 | 1500m: | 17:42.24 | 1:10.89 | 2800m: | 33:10.38 | 1:11.41 | 4100m: | 48:40.71 | 1:11.41 | |
| 300m: | 3:27.17 | 1:11.81 | 1600m: | 18:53.01 | 1:10.77 | 2900m: | 34:22.22 | 1:11.84 | 4200m: | 49:51.24 | 1:10.53 | |
| 400m: | 4:39.37 | 1:12.20 | 1700m: | 20:03.73 | 1:10.72 | 3000m: | 35:33.47 | 1:11.25 | 4300m: | 51:02.94 | 1:11.70 | |
| 500m: | 5:51.57 | 1:12.20 | 1800m: | 21:15.12 | 1:11.39 | 3100m: | 36:42.47 | 1:09.00 | 4400m: | 52:13.66 | 1:10.72 | |
| 600m: | 7:03.29 | 1:11.72 | 1900m: | 22:27.13 | 1:12.01 | 3200m: | 37:53.12 | 1:10.65 | 4500m: | 53:24.73 | 1:11.07 | |
| 700m: | 8:15.20 | 1:11.91 | 2000m: | 23:38.40 | 1:11.27 | 3300m: | 39:05.55 | 1:12.43 | 4600m: | 54:35.24 | 1:10.51 | |
| 800m: | 9:26.40 | 1:11.20 | 2100m: | 24:49.57 | 1:11.17 | 3400m: | 40:17.62 | 1:12.07 | 4700m: | 55:46.07 | 1:10.83 | |
| 900m: | 10:38.15 | 1:11.75 | 2200m: | 26:00.55 | 1:10.98 | 3500m: | 41:30.20 | 1:12.58 | 4800m: | 56:56.30 | 1:10.23 | |
| 1000m: | 11:49.71 | 1:11.56 | 2300m: | 27:11.86 | 1:11.31 | 3600m: | 42:41.89 | 1:11.69 | 4900m: | 58:05.61 | 1:09.31 | |
| 1100m: | 13:00.99 | 1:11.28 | 2400m: | 28:23.70 | 1:11.84 | 3700m: | 43:52.96 | 1:11.07 | 5000m: | 59:14.15 | 1:08.54 | |
| 1200m: | 14:12.43 | 1:11.44 | 2500m: | 29:35.88 | 1:12.18 | 3800m: | 45:04.37 | 1:11.41 | | | | |
| 1300m: | 15:21.55 | 1:09.12 | 2600m: | 30:47.52 | 1:11.64 | 3900m: | 46:16.48 | 1:12.11 | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | Tiempo | | |
|---------------------------------------|-------------------------|-----------------------------------|--------------------------|--|------|
| 29. MARTIN ESTEBAN Alberto | 05 | C.N. Toledo | 59:14.31+ 5:00.64 | | - |
| 100m: 1:06.30 1:06.30 | 1400m: 15:49.66 1:08.31 | 2700m: 30:53.25 1:09.50 | 4000m: 46:30.14 1:13.46 | | |
| 200m: 2:14.06 1:07.76 | 1500m: 16:58.26 1:08.60 | 2800m: 32:02.83 1:09.58 | 4100m: 47:43.82 1:13.68 | | |
| 300m: 3:21.58 1:07.52 | 1600m: 18:07.03 1:08.77 | 2900m: 33:13.17 1:10.34 | 4200m: 48:58.63 1:14.81 | | |
| 400m: 4:29.25 1:07.67 | 1700m: 19:16.10 1:09.07 | 3000m: 34:24.69 1:11.52 | 4300m: 50:13.29 1:14.66 | | |
| 500m: 5:36.92 1:07.67 | 1800m: 20:26.59 1:10.49 | 3100m: 35:37.16 1:12.47 | 4400m: 51:29.68 1:16.39 | | |
| 600m: 6:44.97 1:08.05 | 1900m: 21:35.64 1:09.05 | 3200m: 36:49.54 1:12.38 | 4500m: 52:47.04 1:17.36 | | |
| 700m: 7:53.52 1:08.55 | 2000m: 22:45.16 1:09.52 | 3300m: 38:01.74 1:12.20 | 4600m: 54:05.13 1:18.09 | | |
| 800m: 9:01.15 1:07.63 | 2100m: 23:54.85 1:09.69 | 3400m: 39:13.13 1:11.39 | 4700m: 55:23.16 1:18.03 | | |
| 900m: 10:08.74 1:07.59 | 2200m: 25:03.88 1:09.03 | 3500m: 40:25.54 1:12.41 | 4800m: 56:40.70 1:17.54 | | |
| 1000m: 11:16.89 1:08.15 | 2300m: 26:14.02 1:10.14 | 3600m: 41:37.57 1:12.03 | 4900m: 57:58.35 1:17.65 | | |
| 1100m: 12:25.09 1:08.20 | 2400m: 27:23.90 1:09.88 | 3700m: 42:49.83 1:12.26 | 5000m: 59:14.31 1:15.96 | | |
| 1200m: 13:33.22 1:08.13 | 2500m: 28:33.84 1:09.94 | 3800m: 44:03.01 1:13.18 | | | |
| 1300m: 14:41.35 1:08.13 | 2600m: 29:43.75 1:09.91 | 3900m: 45:16.68 1:13.67 | | | |
| 30. FURONES GIMENO Victor | 07 | C.N. Ferca-San Jose | 59:24.64+ 5:10.97 | | 1,00 |
| 100m: 1:07.31 1:07.31 | 1400m: 16:30.32 1:11.53 | 2700m: 32:01.68 1:12.64 | 4000m: 47:39.31 1:12.13 | | |
| 200m: 2:16.09 1:08.78 | 1500m: 17:42.23 1:11.91 | 2800m: 33:13.65 1:11.97 | 4100m: 48:51.00 1:11.69 | | |
| 300m: 3:26.30 1:10.21 | 1600m: 18:54.47 1:12.24 | 2900m: 34:25.32 1:11.67 | 4200m: 50:02.90 1:11.90 | | |
| 400m: 4:36.52 1:10.22 | 1700m: 20:06.18 1:11.71 | 3000m: 35:37.37 1:12.05 | 4300m: 51:15.40 1:12.50 | | |
| 500m: 5:47.95 1:11.43 | 1800m: 21:18.65 1:12.47 | 3100m: 36:49.94 1:12.57 | 4400m: 52:27.58 1:12.18 | | |
| 600m: 6:58.27 1:10.32 | 1900m: 22:30.96 1:12.31 | 3200m: 38:02.56 1:12.62 | 4500m: 53:39.05 1:11.47 | | |
| 700m: 8:09.99 1:11.72 | 2000m: 23:42.81 1:11.85 | 3300m: 39:15.26 1:12.70 | 4600m: 54:49.73 1:10.68 | | |
| 800m: 9:20.82 1:10.83 | 2100m: 24:54.76 1:11.95 | 3400m: 40:26.79 1:11.53 | 4700m: 55:59.05 1:09.32 | | |
| 900m: 10:31.97 1:11.15 | 2200m: 26:06.89 1:12.13 | 3500m: 41:39.24 1:12.45 | 4800m: 57:08.03 1:08.98 | | |
| 1000m: 11:43.44 1:11.47 | 2300m: 27:18.27 1:11.38 | 3600m: 42:51.33 1:12.09 | 4900m: 58:17.24 1:09.21 | | |
| 1100m: 12:54.73 1:11.29 | 2400m: 28:27.84 1:09.57 | 3700m: 44:03.54 1:12.21 | 5000m: 59:24.64 1:07.40 | | |
| 1200m: 14:06.70 1:11.97 | 2500m: 29:37.20 1:09.36 | 3800m: 45:16.03 1:12.49 | | | |
| 1300m: 15:18.79 1:12.09 | 2600m: 30:49.04 1:11.84 | 3900m: 46:27.18 1:11.15 | | | |
| 31. DE ARMAS DELGADO Juan Jose | 07 | C.D.N. Nadamas Las Marinas | 59:29.30+ 5:15.63 | | - |
| 100m: 1:08.34 1:08.34 | 1400m: 16:32.89 1:11.48 | 2700m: 32:02.81 1:12.68 | 4000m: 47:38.17 1:11.08 | | |
| 200m: 2:17.41 1:09.07 | 1500m: 17:44.89 1:12.00 | 2800m: 33:13.96 1:11.15 | 4100m: 48:49.63 1:11.46 | | |
| 300m: 3:27.07 1:09.66 | 1600m: 18:56.85 1:11.96 | 2900m: 34:25.42 1:11.46 | 4200m: 50:01.78 1:12.15 | | |
| 400m: 4:36.95 1:09.88 | 1700m: 20:08.76 1:11.91 | 3000m: 35:38.00 1:12.58 | 4300m: 51:13.81 1:12.03 | | |
| 500m: 5:48.48 1:11.53 | 1800m: 21:20.83 1:12.07 | 3100m: 36:50.28 1:12.28 | 4400m: 52:25.86 1:12.05 | | |
| 600m: 6:59.61 1:11.13 | 1900m: 22:33.57 1:12.74 | 3200m: 38:02.73 1:12.45 | 4500m: 53:37.51 1:11.65 | | |
| 700m: 8:10.95 1:11.34 | 2000m: 23:45.22 1:11.65 | 3300m: 39:14.33 1:11.60 | 4600m: 54:50.30 1:12.79 | | |
| 800m: 9:22.23 1:11.28 | 2100m: 24:55.94 1:10.72 | 3400m: 40:26.64 1:12.31 | 4700m: 56:02.64 1:12.34 | | |
| 900m: 10:33.86 1:11.63 | 2200m: 26:07.47 1:11.53 | 3500m: 41:38.83 1:12.19 | 4800m: 57:13.41 1:10.77 | | |
| 1000m: 11:45.13 1:11.27 | 2300m: 27:18.74 1:11.27 | 3600m: 42:51.26 1:12.43 | 4900m: 58:23.81 1:10.40 | | |
| 1100m: 12:56.87 1:11.74 | 2400m: 28:28.08 1:09.34 | 3700m: 44:03.96 1:12.70 | 5000m: 59:29.30 1:05.49 | | |
| 1200m: 14:08.74 1:11.87 | 2500m: 29:38.16 1:10.08 | 3800m: 45:15.23 1:11.27 | | | |
| 1300m: 15:21.41 1:12.67 | 2600m: 30:50.13 1:11.97 | 3900m: 46:27.09 1:11.86 | | | |
| 32. TOLEDO PANIAGUA Oliver | 07 | A. Master Baleares | 59:31.22+ 5:17.55 | | - |
| 100m: 1:07.86 1:07.86 | 1200m: 13:54.83 1:09.77 | 2300m: 27:05.47 1:12.62 | 3400m: 40:21.26 1:12.15 | | |
| 200m: 2:17.19 1:09.33 | 1300m: 15:05.03 1:10.20 | 2400m: 28:17.80 1:12.33 | 3500m: 41:31.98 1:10.72 | | |
| 300m: 3:26.38 1:09.19 | 1400m: 16:16.13 1:11.10 | 2500m: 29:30.22 1:12.42 | 3600m: 42:42.28 1:10.30 | | |
| 400m: 4:35.48 1:09.10 | 1500m: 17:27.22 1:11.09 | 2600m: 30:43.49 1:13.27 | 3700m: 43:52.99 1:10.71 | | |
| 500m: 5:45.34 1:09.86 | 1600m: 18:38.98 1:11.76 | 2700m: 31:56.89 1:13.40 | 3800m: 45:04.45 1:11.46 | | |
| 600m: 6:54.93 1:09.59 | 1700m: 19:50.35 1:11.37 | 2800m: 33:09.73 1:12.84 | 3900m: 46:15.68 1:11.23 | | |
| 700m: 8:04.59 1:09.66 | 1800m: 21:02.11 1:11.76 | 2900m: 34:21.76 1:12.03 | 4000m: 47:27.47 1:11.79 | | |
| 800m: 9:14.96 1:10.37 | 1900m: 22:14.62 1:12.51 | 3000m: 35:33.58 1:11.82 | 4100m: 48:39.70 1:12.23 | | |
| 900m: 10:25.15 1:10.19 | 2000m: 23:27.28 1:12.66 | 3100m: 36:45.29 1:11.71 | 4200m: 49:51.58 1:11.88 | | |
| 1000m: 11:35.27 1:10.12 | 2100m: 24:39.57 1:12.29 | 3200m: 37:57.03 1:11.74 | 4300m: 51:03.40 1:11.82 | | |
| 1100m: 12:45.06 1:09.79 | 2200m: 25:52.85 1:13.28 | 3300m: 39:09.11 1:12.08 | 4400m: 52:16.00 1:12.60 | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | | | | | Tiempo | | | | | |
|---------------------------------------|-------------------------|---------|-----------------|----------|-----------------|---------|----------------------------|---------|--------|----------|---------|--|
| | 4500m: 53:28.23 | 1:12.23 | 4700m: 55:55.75 | 1:13.61 | 4900m: 58:22.33 | 1:12.39 | | | | | | |
| | 4600m: 54:42.14 | 1:13.91 | 4800m: 57:09.94 | 1:14.19 | 5000m: 59:31.22 | 1:08.89 | | | | | | |
| 33. VILELA ORTIZ Hugo | 06 C.N. Axarquía | | | | | | 59:37.77+ 5:24.10 - | | | | | |
| 100m: | 1:07.80 | 1:07.80 | 1400m: | 16:22.55 | 1:11.37 | 2700m: | 32:06.96 | 1:13.74 | 4000m: | 47:42.44 | 1:12.45 | |
| 200m: | 2:17.57 | 1:09.77 | 1500m: | 17:34.07 | 1:11.52 | 2800m: | 33:19.08 | 1:12.12 | 4100m: | 48:54.89 | 1:12.45 | |
| 300m: | 3:27.56 | 1:09.99 | 1600m: | 18:45.74 | 1:11.67 | 2900m: | 34:28.77 | 1:09.69 | 4200m: | 50:08.36 | 1:13.47 | |
| 400m: | 4:38.31 | 1:10.75 | 1700m: | 19:57.74 | 1:12.00 | 3000m: | 35:38.74 | 1:09.97 | 4300m: | 51:21.25 | 1:12.89 | |
| 500m: | 5:48.81 | 1:10.50 | 1800m: | 21:09.59 | 1:11.85 | 3100m: | 36:49.84 | 1:11.10 | 4400m: | 52:32.65 | 1:11.40 | |
| 600m: | 6:58.78 | 1:09.97 | 1900m: | 22:21.06 | 1:11.47 | 3200m: | 38:00.57 | 1:10.73 | 4500m: | 53:43.98 | 1:11.33 | |
| 700m: | 8:08.12 | 1:09.34 | 2000m: | 23:33.63 | 1:12.57 | 3300m: | 39:11.79 | 1:11.22 | 4600m: | 54:54.89 | 1:10.91 | |
| 800m: | 9:18.05 | 1:09.93 | 2100m: | 24:45.70 | 1:12.07 | 3400m: | 40:26.60 | 1:14.81 | 4700m: | 56:06.15 | 1:11.26 | |
| 900m: | 10:28.29 | 1:10.24 | 2200m: | 25:59.14 | 1:13.44 | 3500m: | 41:37.79 | 1:11.19 | 4800m: | 57:17.96 | 1:11.81 | |
| 1000m: | 11:38.64 | 1:10.35 | 2300m: | 27:13.12 | 1:13.98 | 3600m: | 42:52.10 | 1:14.31 | 4900m: | 58:29.00 | 1:11.04 | |
| 1100m: | 12:48.65 | 1:10.01 | 2400m: | 28:27.19 | 1:14.07 | 3700m: | 44:04.92 | 1:12.82 | 5000m: | 59:37.77 | 1:08.77 | |
| 1200m: | 13:59.51 | 1:10.86 | 2500m: | 29:40.62 | 1:13.43 | 3800m: | 45:17.34 | 1:12.42 | | | | |
| 1300m: | 15:11.18 | 1:11.67 | 2600m: | 30:53.22 | 1:12.60 | 3900m: | 46:29.99 | 1:12.65 | | | | |
| 34. DÍEZ CANO Isaac | 06 C.D. El Valle | | | | | | 59:42.44+ 5:28.77 - | | | | | |
| 100m: | 1:06.46 | 1:06.46 | 1400m: | 16:17.51 | 1:10.31 | 2700m: | 31:40.70 | 1:11.61 | 4000m: | 47:21.06 | 1:13.17 | |
| 200m: | 2:15.14 | 1:08.68 | 1500m: | 17:28.29 | 1:10.78 | 2800m: | 32:52.74 | 1:12.04 | 4100m: | 48:32.96 | 1:11.90 | |
| 300m: | 3:24.02 | 1:08.88 | 1600m: | 18:39.03 | 1:10.74 | 2900m: | 34:04.40 | 1:11.66 | 4200m: | 49:45.29 | 1:12.33 | |
| 400m: | 4:34.06 | 1:10.04 | 1700m: | 19:49.65 | 1:10.62 | 3000m: | 35:16.62 | 1:12.22 | 4300m: | 50:58.99 | 1:13.70 | |
| 500m: | 5:44.15 | 1:10.09 | 1800m: | 21:00.17 | 1:10.52 | 3100m: | 36:28.33 | 1:11.71 | 4400m: | 52:13.00 | 1:14.01 | |
| 600m: | 6:54.09 | 1:09.94 | 1900m: | 22:10.70 | 1:10.53 | 3200m: | 37:40.32 | 1:11.99 | 4500m: | 53:27.42 | 1:14.42 | |
| 700m: | 8:04.61 | 1:10.52 | 2000m: | 23:21.67 | 1:10.97 | 3300m: | 38:52.71 | 1:12.39 | 4600m: | 54:41.96 | 1:14.54 | |
| 800m: | 9:15.77 | 1:11.16 | 2100m: | 24:32.22 | 1:10.55 | 3400m: | 40:04.94 | 1:12.23 | 4700m: | 55:56.84 | 1:14.88 | |
| 900m: | 10:25.50 | 1:09.73 | 2200m: | 25:43.13 | 1:10.91 | 3500m: | 41:17.37 | 1:12.43 | 4800m: | 57:11.84 | 1:15.00 | |
| 1000m: | 11:35.37 | 1:09.87 | 2300m: | 26:53.98 | 1:10.85 | 3600m: | 42:29.95 | 1:12.58 | 4900m: | 58:28.08 | 1:16.24 | |
| 1100m: | 12:45.51 | 1:10.14 | 2400m: | 28:05.11 | 1:11.13 | 3700m: | 43:42.48 | 1:12.53 | 5000m: | 59:42.44 | 1:14.36 | |
| 1200m: | 13:56.31 | 1:10.80 | 2500m: | 29:17.06 | 1:11.95 | 3800m: | 44:55.27 | 1:12.79 | | | | |
| 1300m: | 15:07.20 | 1:10.89 | 2600m: | 30:29.09 | 1:12.03 | 3900m: | 46:07.89 | 1:12.62 | | | | |
| 35. GIMBERT UCHINO Juan Ryosei | 06 Naval | | | | | | 59:53.36+ 5:39.69 - | | | | | |
| 100m: | 1:08.24 | 1:08.24 | 1400m: | 16:23.02 | 1:11.58 | 2700m: | 31:56.09 | 1:12.40 | 4000m: | 47:41.92 | 1:13.25 | |
| 200m: | 2:17.95 | 1:09.71 | 1500m: | 17:34.67 | 1:11.65 | 2800m: | 33:08.50 | 1:12.41 | 4100m: | 48:55.28 | 1:13.36 | |
| 300m: | 3:27.49 | 1:09.54 | 1600m: | 18:46.13 | 1:11.46 | 2900m: | 34:21.01 | 1:12.51 | 4200m: | 50:08.61 | 1:13.33 | |
| 400m: | 4:36.76 | 1:09.27 | 1700m: | 19:57.28 | 1:11.15 | 3000m: | 35:32.98 | 1:11.97 | 4300m: | 51:22.05 | 1:13.44 | |
| 500m: | 5:46.31 | 1:09.55 | 1800m: | 21:08.97 | 1:11.69 | 3100m: | 36:45.28 | 1:12.30 | 4400m: | 52:34.96 | 1:12.91 | |
| 600m: | 6:56.57 | 1:10.26 | 1900m: | 22:20.60 | 1:11.63 | 3200m: | 37:57.77 | 1:12.49 | 4500m: | 53:48.24 | 1:13.28 | |
| 700m: | 8:07.52 | 1:10.95 | 2000m: | 23:32.72 | 1:12.12 | 3300m: | 39:10.07 | 1:12.30 | 4600m: | 55:02.39 | 1:14.15 | |
| 800m: | 9:17.34 | 1:09.82 | 2100m: | 24:43.40 | 1:10.68 | 3400m: | 40:22.33 | 1:12.26 | 4700m: | 56:16.39 | 1:14.00 | |
| 900m: | 10:27.81 | 1:10.47 | 2200m: | 25:54.57 | 1:11.17 | 3500m: | 41:34.62 | 1:12.29 | 4800m: | 57:30.31 | 1:13.92 | |
| 1000m: | 11:38.65 | 1:10.84 | 2300m: | | | 3600m: | 42:48.03 | 1:13.41 | 4900m: | 58:43.98 | 1:13.67 | |
| 1100m: | 12:49.18 | 1:10.53 | 2400m: | 28:18.98 | | 3700m: | 44:01.71 | 1:13.68 | 5000m: | 59:53.36 | 1:09.38 | |
| 1200m: | 14:00.26 | 1:11.08 | 2500m: | 29:31.13 | 1:12.15 | 3800m: | 45:15.79 | 1:14.08 | | | | |
| 1300m: | 15:11.44 | 1:11.18 | 2600m: | 30:43.69 | 1:12.56 | 3900m: | 46:28.67 | 1:12.88 | | | | |

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | Tiempo | | |
|-------------------------------------|-----------|-----------------------------------|--------------------|-----------------|-------------|
| 36. LLORCA ANTON Sergi | 00 | C.N. Ferca-San Jose | 1:00:00.88+ | 5:47.21 | 1,00 |
| 100m: 1:07.54 | 1:07.54 | 1400m: 16:22.36 | 1:11.94 | 2700m: 32:05.15 | 1:12.20 |
| 200m: 2:16.81 | 1:09.27 | 1500m: 17:34.66 | 1:12.30 | 2800m: 33:17.57 | 1:12.42 |
| 300m: 3:26.05 | 1:09.24 | 1600m: 18:47.09 | 1:12.43 | 2900m: 34:29.95 | 1:12.38 |
| 400m: 4:35.73 | 1:09.68 | 1700m: 19:59.30 | 1:12.21 | 3000m: 35:42.65 | 1:12.70 |
| 500m: 5:45.37 | 1:09.64 | 1800m: 21:12.16 | 1:12.86 | 3100m: 36:55.04 | 1:12.39 |
| 600m: 6:55.40 | 1:10.03 | 1900m: 22:24.72 | 1:12.56 | 3200m: 38:07.58 | 1:12.54 |
| 700m: 8:05.34 | 1:09.94 | 2000m: 23:37.42 | 1:12.70 | 3300m: 39:20.32 | 1:12.74 |
| 800m: 9:15.33 | 1:09.99 | 2100m: 24:50.18 | 1:12.76 | 3400m: 40:33.06 | 1:12.74 |
| 900m: 10:25.67 | 1:10.34 | 2200m: 26:03.58 | 1:13.40 | 3500m: 41:46.21 | 1:13.15 |
| 1000m: 11:36.15 | 1:10.48 | 2300m: 27:15.45 | 1:11.87 | 3600m: 42:59.80 | 1:13.59 |
| 1100m: 12:47.17 | 1:11.02 | 2400m: 28:28.42 | 1:12.97 | 3700m: 44:13.48 | 1:13.68 |
| 1200m: 13:58.59 | 1:11.42 | 2500m: 29:40.76 | 1:12.34 | 3800m: 45:26.74 | 1:13.26 |
| 1300m: 15:10.42 | 1:11.83 | 2600m: 30:52.95 | 1:12.19 | 3900m: 46:40.55 | 1:13.81 |
| 37. CHAVARRIA MITJAVILA Joan | 05 | C.N. Vinaros | 1:00:14.76+ | 6:01.09 | - |
| 100m: 1:06.93 | 1:06.93 | 1400m: 16:22.00 | 1:11.37 | 2700m: 32:02.81 | 1:12.23 |
| 200m: 2:15.76 | 1:08.83 | 1500m: 17:33.24 | 1:11.24 | 2800m: 33:14.77 | 1:11.96 |
| 300m: 3:25.17 | 1:09.41 | 1600m: 18:45.05 | 1:11.81 | 2900m: 34:27.13 | 1:12.36 |
| 400m: 4:34.43 | 1:09.26 | 1700m: 19:57.55 | 1:12.50 | 3000m: 35:38.51 | 1:11.38 |
| 500m: 5:43.52 | 1:09.09 | 1800m: 21:09.31 | 1:11.76 | 3100m: 36:50.82 | 1:12.31 |
| 600m: 6:53.78 | 1:10.26 | 1900m: 22:21.43 | 1:12.12 | 3200m: 38:03.67 | 1:12.85 |
| 700m: 8:04.08 | 1:10.30 | 2000m: 23:33.85 | 1:12.42 | 3300m: 39:17.09 | 1:13.42 |
| 800m: 9:14.88 | 1:10.80 | 2100m: 24:45.34 | 1:11.49 | 3400m: 40:30.41 | 1:13.32 |
| 900m: 10:25.91 | 1:11.03 | 2200m: 25:58.09 | 1:12.75 | 3500m: 41:44.87 | 1:14.46 |
| 1000m: 11:36.65 | 1:10.74 | 2300m: 27:10.55 | 1:12.46 | 3600m: 42:58.47 | 1:13.60 |
| 1100m: 12:47.98 | 1:11.33 | 2400m: 28:23.99 | 1:13.44 | 3700m: 44:12.46 | 1:13.99 |
| 1200m: 13:59.32 | 1:11.34 | 2500m: 29:37.63 | 1:13.64 | 3800m: 45:25.93 | 1:13.47 |
| 1300m: 15:10.63 | 1:11.31 | 2600m: 30:50.58 | 1:12.95 | 3900m: 46:39.60 | 1:13.67 |
| 38. SALINAS QUIJADA Eneko | 07 | Getxo Igeriketa Bolue K.E. | 1:01:07.16+ | 6:53.49 | - |
| 100m: 1:08.70 | 1:08.70 | 1400m: 16:28.45 | 1:12.80 | 2700m: 32:28.40 | 1:16.40 |
| 200m: 2:18.76 | 1:10.06 | 1500m: 17:40.93 | 1:12.48 | 2800m: 33:45.26 | 1:16.86 |
| 300m: 3:27.96 | 1:09.20 | 1600m: 18:53.76 | 1:12.83 | 2900m: 35:00.66 | 1:15.40 |
| 400m: 4:38.02 | 1:10.06 | 1700m: 20:06.16 | 1:12.40 | 3000m: 36:15.72 | 1:15.06 |
| 500m: 5:47.84 | 1:09.82 | 1800m: 21:19.87 | 1:13.71 | 3100m: 37:32.16 | 1:16.44 |
| 600m: 6:58.12 | 1:10.28 | 1900m: 22:33.03 | 1:13.16 | 3200m: 38:48.49 | 1:16.33 |
| 700m: 8:08.55 | 1:10.43 | 2000m: 23:45.59 | 1:12.56 | 3300m: 40:04.77 | 1:16.28 |
| 800m: 9:18.97 | 1:10.42 | 2100m: 24:59.20 | 1:13.61 | 3400m: 41:22.04 | 1:17.27 |
| 900m: 10:29.64 | 1:10.67 | 2200m: 26:13.15 | 1:13.95 | 3500m: 42:38.32 | 1:16.28 |
| 1000m: 11:40.54 | 1:10.90 | 2300m: 27:27.04 | 1:13.89 | 3600m: 43:52.12 | 1:13.80 |
| 1100m: 12:51.59 | 1:11.05 | 2400m: 28:42.05 | 1:15.01 | 3700m: 45:04.67 | 1:12.55 |
| 1200m: 14:03.50 | 1:11.91 | 2500m: 29:57.19 | 1:15.14 | 3800m: 46:17.70 | 1:13.03 |
| 1300m: 15:15.65 | 1:12.15 | 2600m: 31:12.00 | 1:14.81 | 3900m: 47:32.18 | 1:14.48 |
| 39. MANEIROS PAZ Mario | 06 | C.N. Ferrol | 1:02:14.52+ | 8:00.85 | - |
| 100m: 1:06.61 | 1:06.61 | 1200m: 13:42.23 | 1:09.94 | 2300m: 27:05.96 | 1:14.55 |
| 200m: 2:14.55 | 1:07.94 | 1300m: 14:53.77 | 1:11.54 | 2400m: 28:20.35 | 1:14.39 |
| 300m: 3:22.40 | 1:07.85 | 1400m: 16:06.68 | 1:12.91 | 2500m: 29:34.25 | 1:13.90 |
| 400m: 4:30.82 | 1:08.42 | 1500m: 17:18.92 | 1:12.24 | 2600m: 30:48.76 | 1:14.51 |
| 500m: 5:38.75 | 1:07.93 | 1600m: 18:30.77 | 1:11.85 | 2700m: 32:03.79 | 1:15.03 |
| 600m: 6:46.76 | 1:08.01 | 1700m: 19:43.14 | 1:12.37 | 2800m: 33:18.88 | 1:15.09 |
| 700m: 7:54.90 | 1:08.14 | 1800m: 20:55.61 | 1:12.47 | 2900m: 34:34.40 | 1:15.52 |
| 800m: 9:03.30 | 1:08.40 | 1900m: 22:09.95 | 1:14.34 | 3000m: 35:57.49 | 1:03.09 |
| 900m: 10:11.62 | 1:08.32 | 2000m: 23:23.50 | 1:13.55 | 3100m: 37:07.70 | 1:30.21 |
| 1000m: 11:21.58 | 1:09.96 | 2100m: 24:36.80 | 1:13.30 | 3200m: 38:25.31 | 1:17.61 |
| 1100m: 12:32.29 | 1:10.71 | 2200m: 25:51.41 | 1:14.61 | 3300m: 39:42.46 | 1:17.15 |

Piscina 50 m.

XIV Cto. de España Larga Distancia P50
Madrid, 28/1/2023

Prueba 3, Masc., 5000m Libre, Abs.

| Clasificación | AN | | | | | | Tiempo | | | | |
|--------------------------------------|----------|---------|-----------------------|----------|---------|--------|------------|---------|--------------------|----------------|---------|
| 4500m: | 55:33.22 | 1:21.47 | 4700m: | 58:15.55 | 1:21.85 | 4900m: | 1:00:55.05 | 1:20.14 | | | |
| 4600m: | 56:53.70 | 1:20.48 | 4800m: | 59:34.91 | 1:19.36 | 5000m: | 1:02:14.52 | 1:19.47 | | | |
| 40. RAMOS PEREZ Nicolas Anton | | | 06 C.N. Ferrol | | | | | | 1:03:40.73+ | 9:27.06 | - |
| 100m: | 1:08.14 | 1:08.14 | 1400m: | 16:49.24 | 1:13.72 | 2700m: | 32:57.23 | 1:15.32 | 4000m: | 49:57.25 | 1:21.61 |
| 200m: | 2:18.28 | 1:10.14 | 1500m: | 18:02.87 | 1:13.63 | 2800m: | 34:13.86 | 1:16.63 | 4100m: | 51:19.19 | 1:21.94 |
| 300m: | 3:28.20 | 1:09.92 | 1600m: | 19:15.85 | 1:12.98 | 2900m: | 35:30.54 | 1:16.68 | 4200m: | 52:41.17 | 1:21.98 |
| 400m: | 4:39.70 | 1:11.50 | 1700m: | 20:30.52 | 1:14.67 | 3000m: | 36:45.72 | 1:15.18 | 4300m: | 54:03.65 | 1:22.48 |
| 500m: | 5:51.65 | 1:11.95 | 1800m: | 21:44.11 | 1:13.59 | 3100m: | 38:01.70 | 1:15.98 | 4400m: | 55:26.47 | 1:22.82 |
| 600m: | 7:04.72 | 1:13.07 | 1900m: | 22:58.90 | 1:14.79 | 3200m: | 39:19.71 | 1:18.01 | 4500m: | 56:48.99 | 1:22.52 |
| 700m: | 8:17.44 | 1:12.72 | 2000m: | 24:12.85 | 1:13.95 | 3300m: | 40:37.42 | 1:17.71 | 4600m: | 58:12.42 | 1:23.43 |
| 800m: | 9:30.31 | 1:12.87 | 2100m: | 25:26.87 | 1:14.02 | 3400m: | 41:56.41 | 1:18.99 | 4700m: | 59:35.25 | 1:22.83 |
| 900m: | 10:43.24 | 1:12.93 | 2200m: | 26:42.31 | 1:15.44 | 3500m: | 43:15.78 | 1:19.37 | 4800m: | 1:00:57.09 | 1:21.84 |
| 1000m: | 11:56.58 | 1:13.34 | 2300m: | 27:58.04 | 1:15.73 | 3600m: | 44:34.40 | 1:18.62 | 4900m: | 1:02:19.80 | 1:22.71 |
| 1100m: | 13:09.02 | 1:12.44 | 2400m: | 29:13.79 | 1:15.75 | 3700m: | 45:53.97 | 1:19.57 | 5000m: | 1:03:40.73 | 1:20.93 |
| 1200m: | 14:22.14 | 1:13.12 | 2500m: | 30:28.85 | 1:15.06 | 3800m: | 47:14.65 | 1:20.68 | | | |
| 1300m: | 15:35.52 | 1:13.38 | 2600m: | 31:41.91 | 1:13.06 | 3900m: | 48:35.64 | 1:20.99 | | | |

Piscina 50 m.

Splash Meet Manager, 11.75640

Registered to Real Federacion Española de Natacion

30/01/2023 9:52 - Página 24

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES

