

XIV CAMPEONATO DE ESPAÑA LARGA DISTANCIA

28 DE ENERO DE 2023
CENTRO DE NATACIÓN M86, MADRID
C/JOSÉ MARTÍNEZ DE VELASCO,3



Comunidad
de Madrid



MADRID

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MICENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

1 - Jornada única - Sábado

28/01/2023 - 9:30

Prueba 1	Masc., 3000m Libre			INFANTIL
28/01/2023 - 9:30				Resultados
MMN 15	33:17.72	CABANA DEL AMO PABLO	MATARO	23/02/2019
MMN 14	34:13.88	ALEJANDRO PUEBLA MARTINEZ	MATARO	13/02/2016

Clasificación	AN		Tiempo	
1. MARTIN DE LA TORRE Felipe	08	C.N. Churriana	35:05.62	13,00
100m: 1:09.33 1:09.33	900m: 10:38.26 1:10.59	1700m: 19:54.57 1:09.50	2500m: 29:15.64 1:10.77	
200m: 2:20.98 1:11.65	1000m: 11:48.40 1:10.14	1800m: 21:04.06 1:09.49	2600m: 30:26.26 1:10.62	
300m: 3:32.05 1:11.07	1100m: 12:58.13 1:09.73	1900m: 22:14.09 1:10.03	2700m: 31:36.70 1:10.44	
400m: 4:43.70 1:11.65	1200m: 14:07.65 1:09.52	2000m: 23:23.77 1:09.68	2800m: 32:47.21 1:10.51	
500m: 5:55.55 1:11.85	1300m: 15:17.02 1:09.37	2100m: 24:33.95 1:10.18	2900m: 33:57.80 1:10.59	
600m: 7:07.31 1:11.76	1400m: 16:26.70 1:09.68	2200m: 25:44.11 1:10.16	3000m: 35:05.62 1:07.82	
700m: 8:17.73 1:10.42	1500m: 17:36.03 1:09.33	2300m: 26:54.35 1:10.24		
800m: 9:27.67 1:09.94	1600m: 18:45.07 1:09.04	2400m: 28:04.87 1:10.52		
2. AMO SANCHEZ Adrian	09	C.N. Murcia San Jorge	35:11.66	+ 6.04 10,00
100m: 1:09.30 1:09.30	900m: 10:35.69 1:10.72	1700m: 20:06.27 1:11.08	2500m: 29:25.24 1:10.44	
200m: 2:19.95 1:10.65	1000m: 11:46.83 1:11.14	1800m: 21:16.57 1:10.30	2600m: 30:35.00 1:09.76	
300m: 3:30.53 1:10.58	1100m: 12:58.50 1:11.67	1900m: 22:26.63 1:10.06	2700m: 31:44.73 1:09.73	
400m: 4:41.12 1:10.59	1200m: 14:09.90 1:11.40	2000m: 23:36.18 1:09.55	2800m: 32:54.59 1:09.86	
500m: 5:52.53 1:11.41	1300m: 15:21.30 1:11.40	2100m: 24:46.35 1:10.17	2900m: 34:04.30 1:09.71	
600m: 7:03.02 1:10.49	1400m: 16:32.82 1:11.52	2200m: 25:55.76 1:09.41	3000m: 35:11.66 1:07.36	
700m: 8:13.92 1:10.90	1500m: 17:44.07 1:11.25	2300m: 27:05.61 1:09.85		
800m: 9:24.97 1:11.05	1600m: 18:55.19 1:11.12	2400m: 28:14.80 1:09.19		
3. CARRASCO CADENS Jordi	08	C.E. INEF de Lleida	35:38.39	+ 32.77 8,00
100m: 1:06.57 1:06.57	900m: 10:36.36 1:11.42	1700m: 20:06.34 1:11.46	2500m: 29:41.95 1:12.36	
200m: 2:16.86 1:10.29	1000m: 11:47.47 1:11.11	1800m: 21:17.92 1:11.58	2600m: 30:53.66 1:11.71	
300m: 3:27.87 1:11.01	1100m: 12:58.65 1:11.18	1900m: 22:29.55 1:11.63	2700m: 32:05.51 1:11.85	
400m: 4:38.89 1:11.02	1200m: 14:10.30 1:11.65	2000m: 23:41.65 1:12.10	2800m: 33:17.23 1:11.72	
500m: 5:50.23 1:11.34	1300m: 15:21.84 1:11.54	2100m: 24:53.56 1:11.91	2900m: 34:28.97 1:11.74	
600m: 7:01.69 1:11.46	1400m: 16:32.85 1:11.01	2200m: 26:05.69 1:12.13	3000m: 35:38.39 1:09.42	
700m: 8:13.51 1:11.82	1500m: 17:44.01 1:11.16	2300m: 27:17.80 1:12.11		
800m: 9:24.94 1:11.43	1600m: 18:54.88 1:10.87	2400m: 28:29.59 1:11.79		
4. MARTINEZ ZORNOZA Sergio	08	C.N. Villena Alto Vinalopo	35:49.14	+ 43.52 7,00
100m: 1:08.86 1:08.86	900m: 10:37.40 1:11.84	1700m: 20:14.40 1:13.43	2500m: 29:49.06 1:11.70	
200m: 2:19.81 1:10.95	1000m: 11:49.23 1:11.83	1800m: 21:25.81 1:11.41	2600m: 31:02.18 1:13.12	
300m: 3:30.38 1:10.57	1100m: 13:00.65 1:11.42	1900m: 22:38.05 1:12.24	2700m: 32:15.39 1:13.21	
400m: 4:41.00 1:10.62	1200m: 14:12.39 1:11.74	2000m: 23:49.35 1:11.30	2800m: 33:28.53 1:13.14	
500m: 5:52.19 1:11.19	1300m: 15:24.63 1:12.24	2100m: 25:01.86 1:12.51	2900m: 34:41.01 1:12.48	
600m: 7:02.76 1:10.57	1400m: 16:36.61 1:11.98	2200m: 26:13.75 1:11.89	3000m: 35:49.14 1:08.13	
700m: 8:14.28 1:11.52	1500m: 17:48.86 1:12.25	2300m: 27:25.40 1:11.65		
800m: 9:25.56 1:11.28	1600m: 19:00.97 1:12.11	2400m: 28:37.36 1:11.96		
5. BUENDÍA PAVÓN Raúl	08	C.N. San Javier Mar Menor	36:09.86+	1:04.24 6,00
100m: 1:10.51 1:10.51	900m: 10:51.18 1:12.54	1700m: 20:29.08 1:11.76	2500m: 30:10.72 1:13.47	
200m: 2:23.08 1:12.57	1000m: 12:03.92 1:12.74	1800m: 21:41.37 1:12.29	2600m: 31:23.89 1:13.17	
300m: 3:35.88 1:12.80	1100m: 13:16.19 1:12.27	1900m: 22:53.81 1:12.44	2700m: 32:37.25 1:13.36	
400m: 4:48.55 1:12.67	1200m: 14:28.40 1:12.21	2000m: 24:06.48 1:12.67	2800m: 33:50.41 1:13.16	
500m: 6:00.96 1:12.41	1300m: 15:40.72 1:12.32	2100m: 25:18.83 1:12.35	2900m: 35:01.89 1:11.48	
600m: 7:13.96 1:13.00	1400m: 16:52.95 1:12.23	2200m: 26:31.62 1:12.79	3000m: 36:09.86 1:07.97	
700m: 8:26.63 1:12.67	1500m: 18:05.24 1:12.29	2300m: 27:44.28 1:12.66		
800m: 9:38.64 1:12.01	1600m: 19:17.32 1:12.08	2400m: 28:57.25 1:12.97		

Piscina 50 m.

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

Prueba 1, Masc., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo	
6. CELA CABAÑAS Alvar	09	C.D. Torrelago Wellness	36:23.43+	1:17.81 5,00
100m: 1:10.06 1:10.06	900m: 10:51.76 1:12.37	1700m: 20:30.42 1:12.42	2500m: 30:19.74 1:14.19	
200m: 2:22.29 1:12.23	1000m: 12:03.46 1:11.70	1800m: 21:43.74 1:13.32	2600m: 31:33.78 1:14.04	
300m: 3:35.28 1:12.99	1100m: 13:15.55 1:12.09	1900m: 22:56.87 1:13.13	2700m: 32:48.04 1:14.26	
400m: 4:48.12 1:12.84	1200m: 14:27.74 1:12.19	2000m: 24:10.54 1:13.67	2800m: 34:01.38 1:13.34	
500m: 6:01.33 1:13.21	1300m: 15:39.98 1:12.24	2100m: 25:24.28 1:13.74	2900m: 35:13.69 1:12.31	
600m: 7:14.44 1:13.11	1400m: 16:52.66 1:12.68	2200m: 26:38.22 1:13.94	3000m: 36:23.43 1:09.74	
700m: 8:27.34 1:12.90	1500m: 18:05.05 1:12.39	2300m: 27:51.63 1:13.41		
800m: 9:39.39 1:12.05	1600m: 19:18.00 1:12.95	2400m: 29:05.55 1:13.92		
7. CANDELA PATIÑO Pablo	09	C.N. Villena Alto Vinalopo	36:46.23+	1:40.61 4,00
100m: 1:08.38 1:08.38	900m: 10:48.54 1:14.15	1700m: 20:38.09 1:13.71	2500m: 30:30.71 1:14.53	
200m: 2:19.28 1:10.90	1000m: 12:01.49 1:12.95	1800m: 21:52.30 1:14.21	2600m: 31:45.64 1:14.93	
300m: 3:31.49 1:12.21	1100m: 13:15.03 1:13.54	1900m: 23:06.35 1:14.05	2700m: 33:01.73 1:16.09	
400m: 4:44.17 1:12.68	1200m: 14:28.71 1:13.68	2000m: 24:19.90 1:13.55	2800m: 34:17.49 1:15.76	
500m: 5:56.41 1:12.24	1300m: 15:42.54 1:13.83	2100m: 25:33.29 1:13.39	2900m: 35:33.17 1:15.68	
600m: 7:08.97 1:12.56	1400m: 16:56.40 1:13.86	2200m: 26:47.52 1:14.23	3000m: 36:46.23 1:13.06	
700m: 8:21.66 1:12.69	1500m: 18:10.43 1:14.03	2300m: 28:01.63 1:14.11		
800m: 9:34.39 1:12.73	1600m: 19:24.38 1:13.95	2400m: 29:16.18 1:14.55		
8. RAMOS ETXEBARRIA Xabier	08	D.N. Portugaleta	36:50.54+	1:44.92 3,00
100m: 1:09.58 1:09.58	900m: 10:48.05 1:12.84	1700m: 20:33.69 1:14.47	2500m: 30:39.47 1:15.06	
200m: 2:21.21 1:11.63	1000m: 12:00.97 1:12.92	1800m: 21:48.58 1:14.89	2600m: 31:55.87 1:16.40	
300m: 3:33.86 1:12.65	1100m: 13:12.84 1:11.87	1900m: 23:03.99 1:15.41	2700m: 33:11.91 1:16.04	
400m: 4:46.64 1:12.78	1200m: 14:26.02 1:13.18	2000m: 24:19.36 1:15.37	2800m: 34:26.69 1:14.78	
500m: 5:58.97 1:12.33	1300m: 15:39.11 1:13.09	2100m: 25:34.85 1:15.49	2900m: 35:39.82 1:13.13	
600m: 7:10.94 1:11.97	1400m: 16:52.19 1:13.08	2200m: 26:51.18 1:16.33	3000m: 36:50.54 1:10.72	
700m: 8:22.70 1:11.76	1500m: 18:05.60 1:13.41	2300m: 28:08.19 1:17.01		
800m: 9:35.21 1:12.51	1600m: 19:19.22 1:13.62	2400m: 29:24.41 1:16.22		
9. CAMINO CUBERO Raul	08	C.N. Montoro	36:53.17+	1:47.55 2,00
100m: 1:09.44 1:09.44	900m: 11:01.51 1:13.89	1700m: 20:55.99 1:13.95	2500m: 30:47.83 1:14.04	
200m: 2:21.89 1:12.45	1000m: 12:15.93 1:14.42	1800m: 22:10.33 1:14.34	2600m: 32:02.04 1:14.21	
300m: 3:35.48 1:13.59	1100m: 13:30.17 1:14.24	1900m: 23:24.21 1:13.88	2700m: 33:15.93 1:13.89	
400m: 4:50.81 1:15.33	1200m: 14:44.06 1:13.89	2000m: 24:38.17 1:13.96	2800m: 34:29.67 1:13.74	
500m: 6:05.34 1:14.53	1300m: 15:58.54 1:14.48	2100m: 25:51.95 1:13.78	2900m: 35:42.52 1:12.85	
600m: 7:19.52 1:14.18	1400m: 17:13.00 1:14.46	2200m: 27:05.54 1:13.59	3000m: 36:53.17 1:10.65	
700m: 8:33.90 1:14.38	1500m: 18:27.77 1:14.77	2300m: 28:19.65 1:14.11		
800m: 9:47.62 1:13.72	1600m: 19:42.04 1:14.27	2400m: 29:33.79 1:14.14		
10. PADRON MIGUELEZ Matias	08	C.D.N. Nadamas Las Marinas	36:53.31+	1:47.69 1,00
100m: 1:10.46 1:10.46	900m: 10:53.09 1:13.19	1700m: 20:49.12 1:15.56	2500m: 30:47.20 1:14.17	
200m: 2:23.05 1:12.59	1000m: 12:06.59 1:13.50	1800m: 22:04.97 1:15.85	2600m: 32:01.42 1:14.22	
300m: 3:35.71 1:12.66	1100m: 13:20.21 1:13.62	1900m: 23:20.84 1:15.87	2700m: 33:15.22 1:13.80	
400m: 4:48.25 1:12.54	1200m: 14:34.56 1:14.35	2000m: 24:36.94 1:16.10	2800m: 34:28.49 1:13.27	
500m: 6:01.10 1:12.85	1300m: 15:49.17 1:14.61	2100m: 25:50.89 1:13.95	2900m: 35:41.55 1:13.06	
600m: 7:14.11 1:13.01	1400m: 17:02.94 1:13.77	2200m: 27:05.16 1:14.27	3000m: 36:53.31 1:11.76	
700m: 8:27.44 1:13.33	1500m: 18:17.87 1:14.93	2300m: 28:18.99 1:13.83		
800m: 9:39.90 1:12.46	1600m: 19:33.56 1:15.69	2400m: 29:33.03 1:14.04		

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 1, Masc., 3000m Libre, INFANTIL

Clasificación	AN						Tiempo					
11. REGUERO RODRIGUEZ Luis	08	C.N. Metropole						37:11.61+ 2:05.99				-
100m:	1:09.34	1:09.34	900m:	11:03.83	1:14.58	1700m:	21:01.08	1:14.62	2500m:	31:03.20	1:15.05	
200m:	2:21.53	1:12.19	1000m:	12:18.85	1:15.02	1800m:	22:15.82	1:14.74	2600m:	32:17.65	1:14.45	
300m:	3:35.52	1:13.99	1100m:	13:33.12	1:14.27	1900m:	23:30.88	1:15.06	2700m:	33:32.68	1:15.03	
400m:	4:50.18	1:14.66	1200m:	14:47.79	1:14.67	2000m:	24:45.83	1:14.95	2800m:	34:47.16	1:14.48	
500m:	6:05.04	1:14.86	1300m:	16:02.33	1:14.54	2100m:	26:01.50	1:15.67	2900m:	36:00.84	1:13.68	
600m:	7:19.61	1:14.57	1400m:	17:17.28	1:14.95	2200m:	27:16.58	1:15.08	3000m:	37:11.61	1:10.77	
700m:	8:34.39	1:14.78	1500m:	18:32.04	1:14.76	2300m:	28:32.40	1:15.82				
800m:	9:49.25	1:14.86	1600m:	19:46.46	1:14.42	2400m:	29:48.15	1:15.75				
12. GOMEZ VALDIVIA Aaron	08	C.N.Sta.Eulalia Rio						37:13.33+ 2:07.71				-
100m:	1:05.50	1:05.50	900m:	10:46.68	1:14.24	1700m:	20:45.57	1:15.93	2500m:	30:54.19	1:17.25	
200m:	2:15.62	1:10.12	1000m:	12:01.97	1:15.29	1800m:	22:01.99	1:16.42	2600m:	32:10.87	1:16.68	
300m:	3:27.73	1:12.11	1100m:	13:14.98	1:13.01	1900m:	23:18.64	1:16.65	2700m:	33:28.95	1:18.08	
400m:	4:39.65	1:11.92	1200m:	14:29.09	1:14.11	2000m:	24:34.81	1:16.17	2800m:	34:46.33	1:17.38	
500m:	5:51.73	1:12.08	1300m:	15:43.91	1:14.82	2100m:	25:50.00	1:15.19	2900m:	36:02.65	1:16.32	
600m:	7:04.39	1:12.66	1400m:	16:58.62	1:14.71	2200m:	27:05.01	1:15.01	3000m:	37:13.33	1:10.68	
700m:	8:18.23	1:13.84	1500m:	18:15.09	1:16.47	2300m:	28:20.07	1:15.06				
800m:	9:32.44	1:14.21	1600m:	19:29.64	1:14.55	2400m:	29:36.94	1:16.87				
13. CACERES CARRION Cristobal Javier	08	C.N. Lorca						37:14.54+ 2:08.92				-
100m:	1:10.86	1:10.86	900m:	11:06.53	1:14.73	1700m:	21:06.02	1:14.91	2500m:	31:07.36	1:15.74	
200m:	2:24.08	1:13.22	1000m:	12:21.83	1:15.30	1800m:	22:21.41	1:15.39	2600m:	32:21.63	1:14.27	
300m:	3:37.68	1:13.60	1100m:	13:36.39	1:14.56	1900m:	23:36.35	1:14.94	2700m:	33:36.63	1:15.00	
400m:	4:52.37	1:14.69	1200m:	14:50.78	1:14.39	2000m:	24:51.87	1:15.52	2800m:	34:51.46	1:14.83	
500m:	6:07.10	1:14.73	1300m:	16:06.39	1:15.61	2100m:	26:05.64	1:13.77	2900m:	36:04.78	1:13.32	
600m:	7:22.06	1:14.96	1400m:	17:21.58	1:15.19	2200m:	27:21.16	1:15.52	3000m:	37:14.54	1:09.76	
700m:	8:37.20	1:15.14	1500m:	18:36.63	1:15.05	2300m:	28:36.73	1:15.57				
800m:	9:51.80	1:14.60	1600m:	19:51.11	1:14.48	2400m:	29:51.62	1:14.89				
14. HERRAIZ MARIN Moises	08	C.N. Ferca-San Jose						37:14.68+ 2:09.06				-
100m:	1:11.24	1:11.24	900m:	11:06.87	1:15.03	1700m:	21:06.10	1:15.26	2500m:	31:07.20	1:15.57	
200m:	2:24.47	1:13.23	1000m:	12:21.57	1:14.70	1800m:	22:21.57	1:15.47	2600m:	32:20.92	1:13.72	
300m:	3:37.92	1:13.45	1100m:	13:36.36	1:14.79	1900m:	23:36.76	1:15.19	2700m:	33:36.79	1:15.87	
400m:	4:52.46	1:14.54	1200m:	14:50.96	1:14.60	2000m:	24:51.94	1:15.18	2800m:	34:51.45	1:14.66	
500m:	6:07.39	1:14.93	1300m:	16:06.22	1:15.26	2100m:	26:05.59	1:13.65	2900m:	36:05.06	1:13.61	
600m:	7:22.19	1:14.80	1400m:	17:21.51	1:15.29	2200m:	27:21.31	1:15.72	3000m:	37:14.68	1:09.62	
700m:	8:37.33	1:15.14	1500m:	18:36.58	1:15.07	2300m:	28:36.68	1:15.37				
800m:	9:51.84	1:14.51	1600m:	19:50.84	1:14.26	2400m:	29:51.63	1:14.95				
15. ROCHA GONZALEZ Olivier	08	C.N. Galaico						37:30.55+ 2:24.93				-
100m:	1:09.63	1:09.63	900m:	11:03.93	1:14.75	1700m:	21:03.45	1:15.37	2500m:	31:11.09	1:16.92	
200m:	2:22.19	1:12.56	1000m:	12:18.96	1:15.03	1800m:	22:19.00	1:15.55	2600m:	32:28.19	1:17.10	
300m:	3:35.94	1:13.75	1100m:	13:33.85	1:14.89	1900m:	23:34.66	1:15.66	2700m:	33:45.23	1:17.04	
400m:	4:50.30	1:14.36	1200m:	14:48.65	1:14.80	2000m:	24:50.65	1:15.99	2800m:	35:01.29	1:16.06	
500m:	6:05.10	1:14.80	1300m:	16:03.19	1:14.54	2100m:	26:06.05	1:15.40	2900m:	36:16.49	1:15.20	
600m:	7:19.56	1:14.46	1400m:	17:18.08	1:14.89	2200m:	27:21.65	1:15.60	3000m:	37:30.55	1:14.06	
700m:	8:34.42	1:14.86	1500m:	18:33.00	1:14.92	2300m:	28:37.99	1:16.34				
800m:	9:49.18	1:14.76	1600m:	19:48.08	1:15.08	2400m:	29:54.17	1:16.18				

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 1, Masc., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo		
16. GOMARIZ LINERO Rodrigo	09	C.N. Tennis Elche	37:41.86+ 2:36.24		-
100m: 1:08.52 1:08.52	900m: 11:00.98 1:15.93	1700m: 21:10.68 1:16.33	2500m: 31:28.16 1:16.64		
200m: 2:18.73 1:10.21	1000m: 12:17.41 1:16.43	1800m: 22:28.27 1:17.59	2600m: 32:45.00 1:16.84		
300m: 3:30.95 1:12.22	1100m: 13:34.35 1:16.94	1900m: 23:44.92 1:16.65	2700m: 34:02.44 1:17.44		
400m: 4:45.10 1:14.15	1200m: 14:50.57 1:16.22	2000m: 25:02.23 1:17.31	2800m: 35:17.22 1:14.78		
500m: 5:59.17 1:14.07	1300m: 16:05.90 1:15.33	2100m: 26:19.98 1:17.75	2900m: 36:32.24 1:15.02		
600m: 7:13.39 1:14.22	1400m: 17:22.11 1:16.21	2200m: 27:37.17 1:17.19	3000m: 37:41.86 1:09.62		
700m: 8:28.63 1:15.24	1500m: 18:37.95 1:15.84	2300m: 28:54.18 1:17.01			
800m: 9:45.05 1:16.42	1600m: 19:54.35 1:16.40	2400m: 30:11.52 1:17.34			
17. MESA NAVARRO Sergio	08	Navial	37:57.96+ 2:52.34		-
100m: 1:11.14 1:11.14	900m: 11:15.06 1:16.34	1700m: 21:29.66 1:17.63	2500m: 31:44.01 1:16.44		
200m: 2:25.06 1:13.92	1000m: 12:31.30 1:16.24	1800m: 22:46.32 1:16.66	2600m: 33:00.66 1:16.65		
300m: 3:40.61 1:15.55	1100m: 13:48.14 1:16.84	1900m: 24:03.58 1:17.26	2700m: 34:16.40 1:15.74		
400m: 4:55.70 1:15.09	1200m: 15:04.63 1:16.49	2000m: 25:20.64 1:17.06	2800m: 35:31.94 1:15.54		
500m: 6:11.77 1:16.07	1300m: 16:21.05 1:16.42	2100m: 26:36.54 1:15.90	2900m: 36:45.46 1:13.52		
600m: 7:26.59 1:14.82	1400m: 17:37.33 1:16.28	2200m: 27:53.36 1:16.82	3000m: 37:57.96 1:12.50		
700m: 8:42.29 1:15.70	1500m: 18:54.84 1:17.51	2300m: 29:10.59 1:17.23			
800m: 9:58.72 1:16.43	1600m: 20:12.03 1:17.19	2400m: 30:27.57 1:16.98			
18. GONZALEZ NEGRIN Aquiles	08	C.N. Teneteide	37:59.11+ 2:53.49		-
100m: 1:08.90 1:08.90	900m: 11:12.23 1:15.86	1700m: 21:30.48 1:17.61	2500m: 31:44.03 1:18.34		
200m: 2:21.33 1:12.43	1000m: 12:29.76 1:17.53	1800m: 22:47.18 1:16.70	2600m: 33:01.65 1:17.62		
300m: 3:35.61 1:14.28	1100m: 13:46.42 1:16.66	1900m: 24:02.10 1:14.92	2700m: 34:18.47 1:16.82		
400m: 4:50.87 1:15.26	1200m: 15:03.19 1:16.77	2000m: 25:18.33 1:16.23	2800m: 35:34.13 1:15.66		
500m: 6:07.24 1:16.37	1300m: 16:20.21 1:17.02	2100m: 26:35.62 1:17.29	2900m: 36:48.38 1:14.25		
600m: 7:23.24 1:16.00	1400m: 17:37.99 1:17.78	2200m: 27:50.95 1:15.33	3000m: 37:59.11 1:10.73		
700m: 8:39.64 1:16.40	1500m: 18:55.21 1:17.22	2300m: 29:08.24 1:17.29			
800m: 9:56.37 1:16.73	1600m: 20:12.87 1:17.66	2400m: 30:25.69 1:17.45			
19. QUILES PEÑATE Jose Antonio	09	C.N. Metropole	38:05.06+ 2:59.44		-
100m: 1:11.40 1:11.40	900m: 11:13.62 1:16.41	1700m: 21:27.99 1:17.51	2500m: 31:44.46 1:17.94		
200m: 2:24.58 1:13.18	1000m: 12:29.60 1:15.98	1800m: 22:45.13 1:17.14	2600m: 33:01.38 1:16.92		
300m: 3:39.25 1:14.67	1100m: 13:45.87 1:16.27	1900m: 24:02.50 1:17.37	2700m: 34:17.89 1:16.51		
400m: 4:53.87 1:14.62	1200m: 15:02.57 1:16.70	2000m: 25:19.27 1:16.77	2800m: 35:34.47 1:16.58		
500m: 6:09.15 1:15.28	1300m: 16:19.16 1:16.59	2100m: 26:35.53 1:16.26	2900m: 36:50.76 1:16.29		
600m: 7:24.70 1:15.55	1400m: 17:36.48 1:17.32	2200m: 27:51.70 1:16.17	3000m: 38:05.06 1:14.30		
700m: 8:40.83 1:16.13	1500m: 18:53.35 1:16.87	2300m: 29:08.96 1:17.26			
800m: 9:57.21 1:16.38	1600m: 20:10.48 1:17.13	2400m: 30:26.52 1:17.56			
20. RODRIGUEZ PIÑERO David	08	C.N. San Fernando	38:22.28+ 3:16.66		-
100m: 1:07.49 1:07.49	900m: 11:01.33 1:16.18	1700m: 21:22.43 1:19.05	2500m: 31:55.71 1:19.45		
200m: 2:17.82 1:10.33	1000m: 12:17.99 1:16.66	1800m: 22:41.32 1:18.89	2600m: 33:13.65 1:17.94		
300m: 3:30.95 1:13.13	1100m: 13:35.08 1:17.09	1900m: 24:00.85 1:19.53	2700m: 34:30.52 1:16.87		
400m: 4:44.78 1:13.83	1200m: 14:51.29 1:16.21	2000m: 25:20.50 1:19.65	2800m: 35:48.24 1:17.72		
500m: 5:59.35 1:14.57	1300m: 16:07.75 1:16.46	2100m: 26:40.07 1:19.57	2900m: 37:06.01 1:17.77		
600m: 7:13.74 1:14.39	1400m: 17:26.34 1:18.59	2200m: 27:59.44 1:19.37	3000m: 38:22.28 1:16.27		
700m: 8:29.09 1:15.35	1500m: 18:44.52 1:18.18	2300m: 29:17.41 1:17.97			
800m: 9:45.15 1:16.06	1600m: 20:03.38 1:18.86	2400m: 30:36.26 1:18.85			

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



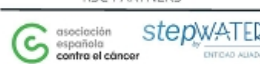
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 2
28/01/2023 - 10:10

Fem., 3000m Libre

INFANTIL
Resultados

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

Clasificación

AN

Tiempo

1. RUBIO VILLORIA Alba 09 C.N. Marina-Cartagena "Ancora" **35:33.60** 13,00
Mejor Marca Nacional

100m:	1:12.26	1:12.26	900m:	10:49.01	1:11.22	1700m:	20:17.98	1:10.73	2500m:	29:45.95	1:10.76
200m:	2:25.82	1:13.56	1000m:	12:00.27	1:11.26	1800m:	21:29.32	1:11.34	2600m:	30:56.66	1:10.71
300m:	3:39.37	1:13.55	1100m:	13:11.33	1:11.06	1900m:	22:40.28	1:10.96	2700m:	32:06.83	1:10.17
400m:	4:52.17	1:12.80	1200m:	14:22.52	1:11.19	2000m:	23:50.98	1:10.70	2800m:	33:16.59	1:09.76
500m:	6:04.40	1:12.23	1300m:	15:33.63	1:11.11	2100m:	25:01.87	1:10.89	2900m:	34:26.18	1:09.59
600m:	7:15.49	1:11.09	1400m:	16:44.87	1:11.24	2200m:	26:13.07	1:11.20	3000m:	35:33.60	1:07.42
700m:	8:26.46	1:10.97	1500m:	17:55.88	1:11.01	2300m:	27:24.19	1:11.12			
800m:	9:37.79	1:11.33	1600m:	19:07.25	1:11.37	2400m:	28:35.19	1:11.00			

2. MALO MORENO Ariadna 08 C.D. Amaya **36:21.71** + 48.11 10,00

100m:	1:07.97	1:07.97	900m:	10:43.58	1:11.93	1700m:	20:24.93	1:13.02	2500m:	30:14.67	1:14.19
200m:	2:18.85	1:10.88	1000m:	11:55.71	1:12.13	1800m:	21:38.52	1:13.59	2600m:	31:29.24	1:14.57
300m:	3:30.58	1:11.73	1100m:	13:07.69	1:11.98	1900m:	22:51.79	1:13.27	2700m:	32:43.31	1:14.07
400m:	4:42.86	1:12.28	1200m:	14:20.09	1:12.40	2000m:	24:05.82	1:14.03	2800m:	33:57.99	1:14.68
500m:	5:55.27	1:12.41	1300m:	15:32.61	1:12.52	2100m:	25:19.45	1:13.63	2900m:	35:11.65	1:13.66
600m:	7:07.79	1:12.52	1400m:	16:45.48	1:12.87	2200m:	26:33.10	1:13.65	3000m:	36:21.71	1:10.06
700m:	8:19.85	1:12.06	1500m:	17:58.92	1:13.44	2300m:	27:46.54	1:13.44			
800m:	9:31.65	1:11.80	1600m:	19:11.91	1:12.99	2400m:	29:00.48	1:13.94			

3. FRANCO TOLEDO Maria 09 C.N. San Vicente **36:30.75** + 57.15 8,00

100m:	1:12.28	1:12.28	900m:	10:54.95	1:13.41	1700m:	20:41.19	1:13.16	2500m:	30:23.65	1:13.21
200m:	2:26.31	1:14.03	1000m:	12:08.21	1:13.26	1800m:	21:54.95	1:13.76	2600m:	31:37.86	1:14.21
300m:	3:39.77	1:13.46	1100m:	13:21.40	1:13.19	1900m:	23:07.49	1:12.54	2700m:	32:51.54	1:13.68
400m:	4:52.50	1:12.73	1200m:	14:35.32	1:13.92	2000m:	24:20.92	1:13.43	2800m:	34:05.28	1:13.74
500m:	6:05.07	1:12.57	1300m:	15:48.91	1:13.59	2100m:	25:33.24	1:12.32	2900m:	35:19.46	1:14.18
600m:	7:16.60	1:11.53	1400m:	17:01.42	1:12.51	2200m:	26:45.92	1:12.68	3000m:	36:30.75	1:11.29
700m:	8:28.87	1:12.27	1500m:	18:14.18	1:12.76	2300m:	27:58.66	1:12.74			
800m:	9:41.54	1:12.67	1600m:	19:28.03	1:13.85	2400m:	29:10.44	1:11.78			

4. ROSELL DIEZ Ona 09 C.N. Tarraco **36:40.26+** 1:06.66 7,00

100m:	1:12.51	1:12.51	900m:	11:00.47	1:13.65	1700m:	20:39.70	1:13.47	2500m:	30:25.49	1:14.39
200m:	2:26.30	1:13.79	1000m:	12:13.48	1:13.01	1800m:	21:53.51	1:13.81	2600m:	31:40.72	1:15.23
300m:	3:39.75	1:13.45	1100m:	13:25.36	1:11.88	1900m:	23:06.45	1:12.94	2700m:	32:56.34	1:15.62
400m:	4:52.91	1:13.16	1200m:	14:38.11	1:12.75	2000m:	24:20.15	1:13.70	2800m:	34:12.01	1:15.67
500m:	6:06.18	1:13.27	1300m:	15:50.24	1:12.13	2100m:	25:32.55	1:12.40	2900m:	35:26.99	1:14.98
600m:	7:19.65	1:13.47	1400m:	17:01.89	1:11.65	2200m:	26:45.20	1:12.65	3000m:	36:40.26	1:13.27
700m:	8:33.23	1:13.58	1500m:	18:13.90	1:12.01	2300m:	27:58.27	1:13.07			
800m:	9:46.82	1:13.59	1600m:	19:26.23	1:12.33	2400m:	29:11.10	1:12.83			

5. LLORACH FUSTES Martina 08 C.N. Igualada **37:16.54+** 1:42.94 6,00

100m:	1:13.02	1:13.02	900m:	10:59.78	1:12.87	1700m:	20:51.12	1:14.79	2500m:	30:56.24	1:16.00
200m:	2:27.18	1:14.16	1000m:	12:12.62	1:12.84	1800m:	22:06.18	1:15.06	2600m:	32:12.26	1:16.02
300m:	3:40.64	1:13.46	1100m:	13:25.73	1:13.11	1900m:	23:21.20	1:15.02	2700m:	33:28.47	1:16.21
400m:	4:54.30	1:13.66	1200m:	14:39.23	1:13.50	2000m:	24:36.43	1:15.23	2800m:	34:44.87	1:16.40
500m:	6:07.28	1:12.98	1300m:	15:53.20	1:13.97	2100m:	25:52.02	1:15.59	2900m:	36:01.40	1:16.53
600m:	7:20.65	1:13.37	1400m:	17:07.03	1:13.83	2200m:	27:07.86	1:15.84	3000m:	37:16.54	1:15.14
700m:	8:33.71	1:13.06	1500m:	18:21.39	1:14.36	2300m:	28:24.01	1:16.15			
800m:	9:46.91	1:13.20	1600m:	19:36.33	1:14.94	2400m:	29:40.24	1:16.23			

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 2, Fem., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo		
6. AYET GONZALEZ Natalia	08	C.N. Churriana	37:33.36+	1:59.76	5,00
100m: 1:11.45 1:11.45	900m: 11:14.19 1:14.66	1700m: 21:17.79 1:15.00	2500m: 31:20.73 1:15.49		
200m: 2:27.24 1:15.79	1000m: 12:29.03 1:14.84	1800m: 22:32.51 1:14.72	2600m: 32:35.73 1:15.00		
300m: 3:43.66 1:16.42	1100m: 13:44.50 1:15.47	1900m: 23:47.53 1:15.02	2700m: 33:51.46 1:15.73		
400m: 4:59.50 1:15.84	1200m: 15:00.44 1:15.94	2000m: 25:02.86 1:15.33	2800m: 35:06.93 1:15.47		
500m: 6:15.08 1:15.58	1300m: 16:16.21 1:15.77	2100m: 26:17.63 1:14.77	2900m: 36:22.08 1:15.15		
600m: 7:29.56 1:14.48	1400m: 17:32.02 1:15.81	2200m: 27:33.56 1:15.93	3000m: 37:33.36 1:11.28		
700m: 8:44.56 1:15.00	1500m: 18:47.49 1:15.47	2300m: 28:49.66 1:16.10			
800m: 9:59.53 1:14.97	1600m: 20:02.79 1:15.30	2400m: 30:05.24 1:15.58			
7. SIERRA RIERA Joana María	08	Club Campusesport	37:33.43+	1:59.83	4,00
100m: 1:09.71 1:09.71	900m: 10:56.37 1:13.64	1700m: 20:59.56 1:15.81	2500m: 31:12.06 1:16.76		
200m: 2:22.88 1:13.17	1000m: 12:11.74 1:15.37	1800m: 22:16.32 1:16.76	2600m: 32:27.80 1:15.74		
300m: 3:36.35 1:13.47	1100m: 13:25.78 1:14.04	1900m: 23:32.37 1:16.05	2700m: 33:44.57 1:16.77		
400m: 4:49.18 1:12.83	1200m: 14:40.94 1:15.16	2000m: 24:49.73 1:17.36	2800m: 35:02.33 1:17.76		
500m: 6:02.66 1:13.48	1300m: 15:56.15 1:15.21	2100m: 26:05.09 1:15.36	2900m: 36:18.79 1:16.46		
600m: 7:16.16 1:13.50	1400m: 17:11.73 1:15.58	2200m: 27:22.39 1:17.30	3000m: 37:33.43 1:14.64		
700m: 8:28.85 1:12.69	1500m: 18:27.67 1:15.94	2300m: 28:38.59 1:16.20			
800m: 9:42.73 1:13.88	1600m: 19:43.75 1:16.08	2400m: 29:55.30 1:16.71			
8. CARNERO ZAPATA Avril	09	C.N.Cartagonova Cartagena	37:34.36+	2:00.76	3,00
100m: 1:13.70 1:13.70	900m: 11:13.30 1:14.26	1700m: 21:13.67 1:16.71	2500m: 31:19.97 1:15.19		
200m: 2:28.69 1:14.99	1000m: 12:27.85 1:14.55	1800m: 22:30.32 1:16.65	2600m: 32:35.35 1:15.38		
300m: 3:43.83 1:15.14	1100m: 13:42.15 1:14.30	1900m: 23:46.63 1:16.31	2700m: 33:50.99 1:15.64		
400m: 4:59.23 1:15.40	1200m: 14:56.65 1:14.50	2000m: 25:02.75 1:16.12	2800m: 35:06.86 1:15.87		
500m: 6:14.76 1:15.53	1300m: 16:11.07 1:14.42	2100m: 26:18.19 1:15.44	2900m: 36:22.45 1:15.59		
600m: 7:29.15 1:14.39	1400m: 17:26.13 1:15.06	2200m: 27:33.77 1:15.58	3000m: 37:34.36 1:11.91		
700m: 8:43.99 1:14.84	1500m: 18:41.22 1:15.09	2300m: 28:49.40 1:15.63			
800m: 9:59.04 1:15.05	1600m: 19:56.96 1:15.74	2400m: 30:04.78 1:15.38			
9. RODRIGUEZ RODRIGUEZ Lucia	08	R.G.C. Covadonga	37:37.91+	2:04.31	2,00
100m: 1:11.79 1:11.79	900m: 11:06.29 1:15.14	1700m: 21:12.11 1:15.72	2500m: 31:21.88 1:16.47		
200m: 2:25.27 1:13.48	1000m: 12:21.81 1:15.52	1800m: 22:28.14 1:16.03	2600m: 32:37.31 1:15.43		
300m: 3:38.83 1:13.56	1100m: 13:37.48 1:15.67	1900m: 23:44.95 1:16.81	2700m: 33:52.68 1:15.37		
400m: 4:52.56 1:13.73	1200m: 14:52.95 1:15.47	2000m: 25:01.06 1:16.11	2800m: 35:08.81 1:16.13		
500m: 6:06.83 1:14.27	1300m: 16:09.04 1:16.09	2100m: 26:16.75 1:15.69	2900m: 36:24.35 1:15.54		
600m: 7:20.99 1:14.16	1400m: 17:24.97 1:15.93	2200m: 27:32.89 1:16.14	3000m: 37:37.91 1:13.56		
700m: 8:36.07 1:15.08	1500m: 18:40.74 1:15.77	2300m: 28:48.97 1:16.08			
800m: 9:51.15 1:15.08	1600m: 19:56.39 1:15.65	2400m: 30:05.41 1:16.44			
10. SAENZ RAMIREZ Lidia	08	C.N. Logroño	37:40.89+	2:07.29	1,00
100m: 1:12.69 1:12.69	900m: 11:00.77 1:13.59	1700m: 21:02.71 1:16.52	2500m: 31:13.82 1:17.92		
200m: 2:26.78 1:14.09	1000m: 12:14.25 1:13.48	1800m: 22:18.06 1:15.35	2600m: 32:32.03 1:18.21		
300m: 3:40.13 1:13.35	1100m: 13:28.56 1:14.31	1900m: 23:33.68 1:15.62	2700m: 33:50.29 1:18.26		
400m: 4:53.25 1:13.12	1200m: 14:43.16 1:14.60	2000m: 24:49.77 1:16.09	2800m: 35:09.06 1:18.77		
500m: 6:06.52 1:13.27	1300m: 15:58.51 1:15.35	2100m: 26:05.80 1:16.03	2900m: 36:26.03 1:16.97		
600m: 7:19.75 1:13.23	1400m: 17:13.95 1:15.44	2200m: 27:22.45 1:16.65	3000m: 37:40.89 1:14.86		
700m: 8:33.73 1:13.98	1500m: 18:29.94 1:15.99	2300m: 28:38.90 1:16.45			
800m: 9:47.18 1:13.45	1600m: 19:46.19 1:16.25	2400m: 29:55.90 1:17.00			

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 2, Fem., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo		
11. FRANCÉS ALBERO Paula	08	C.N. Tennis Elche	38:41.84+	2:08.24	-
100m: 1:12.36	1:12.36	900m: 11:04.67	1:15.06	1700m: 21:11.26	1:15.84
200m: 2:26.33	1:13.97	1000m: 12:19.42	1:14.75	1800m: 22:27.78	1:16.52
300m: 3:39.69	1:13.36	1100m: 13:34.80	1:15.38	1900m: 23:44.50	1:16.72
400m: 4:53.11	1:13.42	1200m: 14:50.46	1:15.66	2000m: 25:01.07	1:16.57
500m: 6:06.07	1:12.96	1300m: 16:07.24	1:16.78	2100m: 26:17.70	1:16.63
600m: 7:19.93	1:13.86	1400m: 17:23.11	1:15.87	2200m: 27:34.00	1:16.30
700m: 8:34.60	1:14.67	1500m: 18:39.11	1:16.00	2300m: 28:50.57	1:16.57
800m: 9:49.61	1:15.01	1600m: 19:55.42	1:16.31	2400m: 30:06.73	1:16.16
12. ESPAÑA ESCOBAR Carla	08	C.N. Axarquía	38:08.79+	2:35.19	-
100m: 1:13.29	1:13.29	900m: 11:16.68	1:16.12	1700m: 21:29.59	1:17.12
200m: 2:27.46	1:14.17	1000m: 12:32.70	1:16.02	1800m: 22:46.66	1:17.07
300m: 3:42.97	1:15.51	1100m: 13:49.15	1:16.45	1900m: 24:03.44	1:16.78
400m: 4:58.93	1:15.96	1200m: 15:05.14	1:15.99	2000m: 25:20.29	1:16.85
500m: 6:14.53	1:15.60	1300m: 16:22.11	1:16.97	2100m: 26:37.23	1:16.94
600m: 7:30.05	1:15.52	1400m: 17:38.70	1:16.59	2200m: 27:54.09	1:16.86
700m: 8:45.25	1:15.20	1500m: 18:55.75	1:17.05	2300m: 29:11.71	1:17.62
800m: 10:00.56	1:15.31	1600m: 20:12.47	1:16.72	2400m: 30:29.18	1:17.47
13. GIANZO RAMÓN Nereida	09	C.N.Cartagonova Cartagena	38:23.26+	2:49.66	-
100m: 1:13.99	1:13.99	900m: 11:25.14	1:17.61	1700m: 21:45.78	1:18.42
200m: 2:28.97	1:14.98	1000m: 12:42.99	1:17.85	1800m: 23:03.33	1:17.55
300m: 3:44.65	1:15.68	1100m: 14:00.78	1:17.79	1900m: 24:21.24	1:17.91
400m: 5:00.04	1:15.39	1200m: 15:17.92	1:17.14	2000m: 25:39.39	1:18.15
500m: 6:16.32	1:16.28	1300m: 16:34.98	1:17.06	2100m: 26:57.49	1:18.10
600m: 7:33.02	1:16.70	1400m: 17:51.81	1:16.83	2200m: 28:15.20	1:17.71
700m: 8:50.18	1:17.16	1500m: 19:09.19	1:17.38	2300m: 29:32.45	1:17.25
800m: 10:07.53	1:17.35	1600m: 20:27.36	1:18.17	2400m: 30:48.81	1:16.36
14. ULIBARRI SANCHEZ Ines	09	C.N. Metropole	38:23.75+	2:50.15	-
100m: 1:11.04	1:11.04	900m: 11:07.69	1:14.83	1700m: 21:18.60	1:15.86
200m: 2:23.67	1:12.63	1000m: 12:23.90	1:16.21	1800m: 22:37.48	1:18.88
300m: 3:37.44	1:13.77	1100m: 13:39.40	1:15.50	1900m: 23:56.75	1:19.27
400m: 4:51.88	1:14.44	1200m: 14:56.09	1:16.69	2000m: 25:15.58	1:18.83
500m: 6:06.20	1:14.32	1300m: 16:11.98	1:15.89	2100m: 26:34.32	1:18.74
600m: 7:21.46	1:15.26	1400m: 17:29.49	1:17.51	2200m: 27:53.43	1:19.11
700m: 8:36.70	1:15.24	1500m: 18:46.52	1:17.03	2300m: 29:12.25	1:18.82
800m: 9:52.86	1:16.16	1600m: 20:02.74	1:16.22	2400m: 30:31.53	1:19.28
15. ESPINOSA ALVAREZ Aroa	08	C.N. Terrassa	38:24.64+	2:51.04	-
100m: 1:12.06	1:12.06	900m: 11:16.09	1:16.30	1700m: 21:33.93	1:17.70
200m: 2:26.07	1:14.01	1000m: 12:32.53	1:16.44	1800m: 22:51.93	1:18.00
300m: 3:40.69	1:14.62	1100m: 13:49.23	1:16.70	1900m: 24:09.57	1:17.64
400m: 4:56.11	1:15.42	1200m: 15:06.19	1:16.96	2000m: 25:27.58	1:18.01
500m: 6:11.32	1:15.21	1300m: 16:23.24	1:17.05	2100m: 26:45.26	1:17.68
600m: 7:27.39	1:16.07	1400m: 17:40.91	1:17.67	2200m: 28:03.75	1:18.49
700m: 8:43.42	1:16.03	1500m: 18:58.56	1:17.65	2300m: 29:21.80	1:18.05
800m: 9:59.79	1:16.37	1600m: 20:16.23	1:17.67	2400m: 30:40.76	1:18.96

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 2, Fem., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo					
16.	ESPINOSA SAENZ DE CABEZON	Mar08a	C.N. Logroño	39:50.33+	3:16.73 -			
	100m: 1:13.71	1:13.71	900m: 11:22.72	1:16.60	1700m: 21:43.10	1:17.95	2500m: 32:13.46	1:20.26
	200m: 2:28.86	1:15.15	1000m: 12:39.77	1:17.05	1800m: 23:01.16	1:18.06	2600m: 33:33.28	1:19.82
	300m: 3:45.04	1:16.18	1100m: 13:56.98	1:17.21	1900m: 24:19.57	1:18.41	2700m: 34:52.86	1:19.58
	400m: 5:01.36	1:16.32	1200m: 15:13.98	1:17.00	2000m: 25:38.09	1:18.52	2800m: 36:12.06	1:19.20
	500m: 6:17.36	1:16.00	1300m: 16:31.47	1:17.49	2100m: 26:56.09	1:18.00	2900m: 37:31.63	1:19.57
	600m: 7:33.38	1:16.02	1400m: 17:48.82	1:17.35	2200m: 28:14.41	1:18.32	3000m: 38:50.33	1:18.70
	700m: 8:49.47	1:16.09	1500m: 19:06.38	1:17.56	2300m: 29:33.68	1:19.27		
	800m: 10:06.12	1:16.65	1600m: 20:25.15	1:18.77	2400m: 30:53.20	1:19.52		
17.	COSTA DE VICENTE Sara	09	C.D. Gredos San Diego	39:02.17+	3:28.57 -			
	100m: 1:12.66	1:12.66	900m: 11:26.32	1:17.34	1700m: 21:49.56	1:18.64	2500m: 32:27.95	1:18.18
	200m: 2:28.95	1:16.29	1000m: 12:42.75	1:16.43	1800m: 23:09.10	1:19.54	2600m: 33:48.61	1:20.66
	300m: 3:46.13	1:17.18	1100m: 14:00.05	1:17.30	1900m: 24:28.33	1:19.23	2700m: 35:07.76	1:19.15
	400m: 5:02.24	1:16.11	1200m: 15:18.00	1:17.95	2000m: 25:47.89	1:19.56	2800m: 36:27.15	1:19.39
	500m: 6:19.16	1:16.92	1300m: 16:35.19	1:17.19	2100m: 27:07.72	1:19.83	2900m: 37:46.30	1:19.15
	600m: 7:35.89	1:16.73	1400m: 17:54.05	1:18.86	2200m: 28:28.10	1:20.38	3000m: 39:02.17	1:15.87
	700m: 8:52.47	1:16.58	1500m: 19:12.57	1:18.52	2300m: 29:48.98	1:20.88		
	800m: 10:08.98	1:16.51	1600m: 20:30.92	1:18.35	2400m: 31:09.77	1:20.79		
18.	VILLARNOVO PAZOS Lucia	08	C.N. Ferrol	39:34.21+	4:00.61 -			
	100m: 1:12.55	1:12.55	900m: 11:24.92	1:17.33	1700m: 21:55.11	1:19.94	2500m: 32:44.39	1:22.55
	200m: 2:27.28	1:14.73	1000m: 12:42.42	1:17.50	1800m: 23:15.17	1:20.06	2600m: 34:06.93	1:22.54
	300m: 3:43.41	1:16.13	1100m: 14:00.98	1:18.56	1900m: 24:35.27	1:20.10	2700m: 35:29.31	1:22.38
	400m: 5:00.16	1:16.75	1200m: 15:19.25	1:18.27	2000m: 25:55.74	1:20.47	2800m: 36:51.46	1:22.15
	500m: 6:16.92	1:16.76	1300m: 16:38.02	1:18.77	2100m: 27:16.41	1:20.67	2900m: 38:13.37	1:21.91
	600m: 7:33.79	1:16.87	1400m: 17:56.87	1:18.85	2200m: 28:37.77	1:21.36	3000m: 39:34.21	1:20.84
	700m: 8:50.75	1:16.96	1500m: 19:15.88	1:19.01	2300m: 29:59.62	1:21.85		
	800m: 10:07.59	1:16.84	1600m: 20:35.17	1:19.29	2400m: 31:21.84	1:22.22		
19.	CAMPILLO GARRIDO Gabriela	08	C.N. San Javier Mar Menor	39:48.78+	4:15.18 -			
	100m: 1:16.83	1:16.83	900m: 11:56.08	1:20.21	1700m: 22:36.96	1:20.53	2500m: 33:17.41	1:20.12
	200m: 2:36.08	1:19.25	1000m: 13:16.39	1:20.31	1800m: 23:57.39	1:20.43	2600m: 34:37.95	1:20.54
	300m: 3:55.65	1:19.57	1100m: 14:36.81	1:20.42	1900m: 25:16.82	1:19.43	2700m: 35:56.94	1:18.99
	400m: 5:15.57	1:19.92	1200m: 15:56.56	1:19.75	2000m: 26:36.67	1:19.85	2800m: 37:15.47	1:18.53
	500m: 6:35.26	1:19.69	1300m: 17:16.24	1:19.68	2100m: 27:57.05	1:20.38	2900m: 38:33.05	1:17.58
	600m: 7:55.48	1:20.22	1400m: 18:36.88	1:20.64	2200m: 29:17.14	1:20.09	3000m: 39:48.78	1:15.73
	700m: 9:15.89	1:20.41	1500m: 19:57.23	1:20.35	2300m: 30:37.33	1:20.19		
	800m: 10:35.87	1:19.98	1600m: 21:16.43	1:19.20	2400m: 31:57.29	1:19.96		
BAJA	VETERKOV BILOKON Maria	08	C.N. Fuengirola					

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. Resultados
28/01/2023 - 10:55				
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.

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: 53:16.99	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



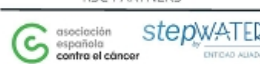
PARTNER



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	2800m:	33:08.50	1:12.41	4100m:	48:55.28	1:13.36
200m:	2:17.95	1:09.71	1500m:	17:34.67	1:11.65	2900m:	34:21.01	1:12.51	4200m:	50:08.61	1:13.33
300m:	3:27.49	1:09.54	1600m:	18:46.13	1:11.46	3000m:	35:32.98	1:11.97	4300m:	51:22.05	1:13.44
400m:	4:36.76	1:09.27	1700m:	19:57.28	1:11.15	3100m:	36:45.28	1:12.30	4400m:	52:34.96	1:12.91
500m:	5:46.31	1:09.55	1800m:	21:08.97	1:11.69	3200m:	37:57.77	1:12.49	4500m:	53:48.24	1:13.28
600m:	6:56.57	1:10.26	1900m:	22:20.60	1:11.63	3300m:	39:10.07	1:12.30	4600m:	55:02.39	1:14.15
700m:	8:07.52	1:10.95	2000m:	23:32.72	1:12.12	3400m:	40:22.33	1:12.26	4700m:	56:16.39	1:14.00
800m:	9:17.34	1:09.82	2100m:	24:43.40	1:10.68	3500m:	41:34.62	1:12.29	4800m:	57:30.31	1:13.92
900m:	10:27.81	1:10.47	2200m:	25:54.57	1:11.17	3600m:	42:48.03	1:13.41	4900m:	58:43.98	1:13.67
1000m:	11:38.65	1:10.84	2400m:	28:18.98	2:24.41	3700m:	44:01.71	1:13.68	5000m:	59:53.36	1:09.38
1100m:	12:49.18	1:10.53	2500m:	29:31.13	1:12.15	3800m:	45:15.79	1:14.08			
1200m:	14:00.26	1:11.08	2600m:	30:43.69	1:12.56	3900m:	46:28.67	1:12.88			
1300m:	15:11.44	1:11.18	2700m:	31:56.09	1:12.40	4000m:	47:41.92	1:13.25			
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.

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		
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

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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



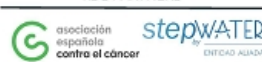
PARTNER



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	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			
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	4000m:	46:16.90	1:09.01
200m:	2:13.36	1:06.94	1500m:	17:02.06	1:09.47	2800m:	32:11.72	1:10.06	4100m:	47:28.07	1:11.17
300m:	3:20.88	1:07.52	1600m:	18:11.60	1:09.54	2900m:	33:22.06	1:10.34	4200m:	48:40.81	1:12.74
400m:	4:28.54	1:07.66	1700m:	19:20.86	1:09.26	3000m:	34:32.33	1:10.27	4300m:	49:53.11	1:12.30
500m:	5:36.37	1:07.83	1800m:	20:30.47	1:09.61	3100m:	35:42.58	1:10.25	4400m:	51:05.88	1:12.77
600m:	6:43.83	1:07.46	1900m:	21:40.71	1:10.24	3200m:	36:53.74	1:11.16	4500m:	52:18.21	1:12.33
700m:	7:51.45	1:07.62	2000m:	22:50.83	1:10.12	3300m:	38:05.12	1:11.38	4600m:	53:30.68	1:12.47
800m:	8:59.16	1:07.71	2100m:	24:00.97	1:10.14	3400m:	39:16.70	1:11.58	4700m:	54:42.93	1:12.25
900m:	10:07.58	1:08.42	2200m:	25:11.36	1:10.39	3500m:	40:28.78	1:12.08	4800m:	55:54.93	1:12.00
1000m:	11:15.98	1:08.40	2300m:	26:21.16	1:09.80	3600m:	41:40.06	1:11.28	4900m:	57:05.56	1:10.63
1100m:	12:24.92	1:08.94	2400m:	27:30.98	1:09.82	3700m:	42:49.20	1:09.14	5000m:	58:15.63	1:10.07
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	4000m:	47:54.18	1:13.63
200m:	2:16.81	1:09.27	1500m:	17:34.66	1:12.30	2800m:	33:17.57	1:12.42	4100m:	49:08.15	1:13.97
300m:	3:26.05	1:09.24	1600m:	18:47.09	1:12.43	2900m:	34:29.95	1:12.38	4200m:	50:20.91	1:12.76
400m:	4:35.73	1:09.68	1700m:	19:59.30	1:12.21	3000m:	35:42.65	1:12.70	4300m:	51:34.11	1:13.20
500m:	5:45.37	1:09.64	1800m:	21:12.16	1:12.86	3100m:	36:55.04	1:12.39	4400m:	52:47.53	1:13.42
600m:	6:55.40	1:10.03	1900m:	22:24.72	1:12.56	3200m:	38:07.58	1:12.54	4500m:	54:01.04	1:13.51
700m:	8:05.34	1:09.94	2000m:	23:37.42	1:12.70	3300m:	39:20.32	1:12.74	4600m:	55:14.38	1:13.34
800m:	9:15.33	1:09.99	2100m:	24:50.18	1:12.76	3400m:	40:33.06	1:12.74	4700m:	56:28.00	1:13.62
900m:	10:25.67	1:10.34	2200m:	26:03.58	1:13.40	3500m:	41:46.21	1:13.15	4800m:	57:40.71	1:12.71
1000m:	11:36.15	1:10.48	2300m:	27:15.45	1:11.87	3600m:	42:59.80	1:13.59	4900m:	58:52.28	1:11.57
1100m:	12:47.17	1:11.02	2400m:	28:28.42	1:12.97	3700m:	44:13.48	1:13.68	5000m:	1:00:00.88	1:08.60
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.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



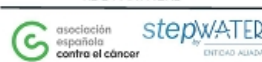
PARTNER



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.

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.

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.

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	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	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.

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.

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: 53:12.48	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
200m: 2:14.06	1:07.76	1500m: 16:58.26	1:08.60	2800m: 32:02.83	1:09.58
300m: 3:21.58	1:07.52	1600m: 18:07.03	1:08.77	2900m: 33:13.17	1:10.34
400m: 4:29.25	1:07.67	1700m: 19:16.10	1:09.07	3000m: 34:24.69	1:11.52
500m: 5:36.92	1:07.67	1800m: 20:26.59	1:10.49	3100m: 35:37.16	1:12.47
600m: 6:44.97	1:08.05	1900m: 21:35.64	1:09.05	3200m: 36:49.54	1:12.38
700m: 7:53.52	1:08.55	2000m: 22:45.16	1:09.52	3300m: 38:01.74	1:12.20
800m: 9:01.15	1:07.63	2100m: 23:54.85	1:09.69	3400m: 39:13.13	1:11.39
900m: 10:08.74	1:07.59	2200m: 25:03.88	1:09.03	3500m: 40:25.54	1:12.41
1000m: 11:16.89	1:08.15	2300m: 26:14.02	1:10.14	3600m: 41:37.57	1:12.03
1100m: 12:25.09	1:08.20	2400m: 27:23.90	1:09.88	3700m: 42:49.83	1:12.26
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
200m: 2:16.09	1:08.78	1500m: 17:42.23	1:11.91	2800m: 33:13.65	1:11.97
300m: 3:26.30	1:10.21	1600m: 18:54.47	1:12.24	2900m: 34:25.32	1:11.67
400m: 4:36.52	1:10.22	1700m: 20:06.18	1:11.71	3000m: 35:37.37	1:12.05
500m: 5:47.95	1:11.43	1800m: 21:18.65	1:12.47	3100m: 36:49.94	1:12.57
600m: 6:58.27	1:10.32	1900m: 22:30.96	1:12.31	3200m: 38:02.56	1:12.62
700m: 8:09.99	1:11.72	2000m: 23:42.81	1:11.85	3300m: 39:15.26	1:12.70
800m: 9:20.82	1:10.83	2100m: 24:54.76	1:11.95	3400m: 40:26.79	1:11.53
900m: 10:31.97	1:11.15	2200m: 26:06.89	1:12.13	3500m: 41:39.24	1:12.45
1000m: 11:43.44	1:11.47	2300m: 27:18.27	1:11.38	3600m: 42:51.33	1:12.09
1100m: 12:54.73	1:11.29	2400m: 28:27.84	1:09.57	3700m: 44:03.54	1:12.21
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
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
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
200m: 2:17.19	1:09.33	1300m: 15:05.03	1:10.20	2400m: 28:17.80	1:12.33
300m: 3:26.38	1:09.19	1400m: 16:16.13	1:11.10	2500m: 29:30.22	1:12.42
400m: 4:35.48	1:09.10	1500m: 17:27.22	1:11.09	2600m: 30:43.49	1:13.27
500m: 5:45.34	1:09.86	1600m: 18:38.98	1:11.76	2700m: 31:56.89	1:13.40
600m: 6:54.93	1:09.59	1700m: 19:50.35	1:11.37	2800m: 33:09.73	1:12.84
700m: 8:04.59	1:09.66	1800m: 21:02.11	1:11.76	2900m: 34:21.76	1:12.03
800m: 9:14.96	1:10.37	1900m: 22:14.62	1:12.51	3000m: 35:33.58	1:11.82
900m: 10:25.15	1:10.19	2000m: 23:27.28	1:12.66	3100m: 36:45.29	1:11.71
1000m: 11:35.27	1:10.12	2100m: 24:39.57	1:12.29	3200m: 37:57.03	1:11.74
1100m: 12:45.06	1:09.79	2200m: 25:52.85	1:13.28	3300m: 39:09.11	1:12.08

Piscina 50 m.

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

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

Clasificación	AN						Tiempo						
	4500m: 53:28.23	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	2800m:	33:08.50	1:12.41	4100m:	48:55.28	1:13.36		
200m:	2:17.95	1:09.71	1500m:	17:34.67	1:11.65	2900m:	34:21.01	1:12.51	4200m:	50:08.61	1:13.33		
300m:	3:27.49	1:09.54	1600m:	18:46.13	1:11.46	3000m:	35:32.98	1:11.97	4300m:	51:22.05	1:13.44		
400m:	4:36.76	1:09.27	1700m:	19:57.28	1:11.15	3100m:	36:45.28	1:12.30	4400m:	52:34.96	1:12.91		
500m:	5:46.31	1:09.55	1800m:	21:08.97	1:11.69	3200m:	37:57.77	1:12.49	4500m:	53:48.24	1:13.28		
600m:	6:56.57	1:10.26	1900m:	22:20.60	1:11.63	3300m:	39:10.07	1:12.30	4600m:	55:02.39	1:14.15		
700m:	8:07.52	1:10.95	2000m:	23:32.72	1:12.12	3400m:	40:22.33	1:12.26	4700m:	56:16.39	1:14.00		
800m:	9:17.34	1:09.82	2100m:	24:43.40	1:10.68	3500m:	41:34.62	1:12.29	4800m:	57:30.31	1:13.92		
900m:	10:27.81	1:10.47	2200m:	25:54.57	1:11.17	3600m:	42:48.03	1:13.41	4900m:	58:43.98	1:13.67		
1000m:	11:38.65	1:10.84	2400m:	28:18.98	2:24.41	3700m:	44:01.71	1:13.68	5000m:	59:53.36	1:09.38		
1100m:	12:49.18	1:10.53	2500m:	29:31.13	1:12.15	3800m:	45:15.79	1:14.08					
1200m:	14:00.26	1:11.08	2600m:	30:43.69	1:12.56	3900m:	46:28.67	1:12.88					
1300m:	15:11.44	1:11.18	2700m:	31:56.09	1:12.40	4000m:	47:41.92	1:13.25					

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		C.N.		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	4000m:	47:54.18	1:13.63
200m:	2:16.81	1:09.27	1500m:	17:34.66	1:12.30	2800m:	33:17.57	1:12.42	4100m:	49:08.15	1:13.97
300m:	3:26.05	1:09.24	1600m:	18:47.09	1:12.43	2900m:	34:29.95	1:12.38	4200m:	50:20.91	1:12.76
400m:	4:35.73	1:09.68	1700m:	19:59.30	1:12.21	3000m:	35:42.65	1:12.70	4300m:	51:34.11	1:13.20
500m:	5:45.37	1:09.64	1800m:	21:12.16	1:12.86	3100m:	36:55.04	1:12.39	4400m:	52:47.53	1:13.42
600m:	6:55.40	1:10.03	1900m:	22:24.72	1:12.56	3200m:	38:07.58	1:12.54	4500m:	54:01.04	1:13.51
700m:	8:05.34	1:09.94	2000m:	23:37.42	1:12.70	3300m:	39:20.32	1:12.74	4600m:	55:14.38	1:13.34
800m:	9:15.33	1:09.99	2100m:	24:50.18	1:12.76	3400m:	40:33.06	1:12.74	4700m:	56:28.00	1:13.62
900m:	10:25.67	1:10.34	2200m:	26:03.58	1:13.40	3500m:	41:46.21	1:13.15	4800m:	57:40.71	1:12.71
1000m:	11:36.15	1:10.48	2300m:	27:15.45	1:11.87	3600m:	42:59.80	1:13.59	4900m:	58:52.28	1:11.57
1100m:	12:47.17	1:11.02	2400m:	28:28.42	1:12.97	3700m:	44:13.48	1:13.68	5000m:	1:00:00.88	1:08.60
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	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			
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	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			
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	3400m:	41:00.43	1:17.97
200m:	2:14.55	1:07.94	1300m:	14:53.77	1:11.54	2400m:	28:20.35	1:14.39	3500m:	42:17.55	1:17.12
300m:	3:22.40	1:07.85	1400m:	16:06.68	1:12.91	2500m:	29:34.25	1:13.90	3600m:	43:37.16	1:19.61
400m:	4:30.82	1:08.42	1500m:	17:18.92	1:12.24	2600m:	30:48.76	1:14.51	3700m:	44:54.81	1:17.65
500m:	5:38.75	1:07.93	1600m:	18:30.77	1:11.85	2700m:	32:03.79	1:15.03	3800m:	46:13.66	1:18.85
600m:	6:46.76	1:08.01	1700m:	19:43.14	1:12.37	2800m:	33:18.88	1:15.09	3900m:	47:33.14	1:19.48
700m:	7:54.90	1:08.14	1800m:	20:55.61	1:12.47	2900m:	34:34.40	1:15.52	4000m:	48:52.45	1:19.31
800m:	9:03.30	1:08.40	1900m:	22:09.95	1:14.34	3000m:	35:57.49	1:03.09	4100m:	50:11.40	1:18.95
900m:	10:11.62	1:08.32	2000m:	23:23.50	1:13.55	3100m:	37:07.70	1:30.21	4200m:	51:31.23	1:19.83
1000m:	11:21.58	1:09.96	2100m:	24:36.80	1:13.30	3200m:	38:25.31	1:17.61	4300m:	52:51.31	1:20.08
1100m:	12:32.29	1:10.71	2200m:	25:51.41	1:14.61	3300m:	39:42.46	1:17.15	4400m:	54:11.75	1:20.44

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						

Prueba 4 Fem., 5000m Libre Abs. Resultados

RE	55:34.81	JIMENA PEREZ BLANCO	Sant Cugat	31/01/2021
MMN 19	55:45.97	JIMENA PEREZ BLANCO	MATARO	13/02/2016
MMN 18	57:11.05	JIMENA PEREZ BLANCO	SABADELL	07/02/2015
MMN 17	58:20.18	SYDNEY LEBLIC GARCIA	BARCELONA	30/01/2022
MMN 16	57:46.02	PAULA OTERO FERNANDEZ	BARCELONA	22/02/2020

Clasificación	AN						Tiempo				
JUNIOR 1											
1.	MARTIN ARGENTE Noa						07	C.N. Ferca-San Jose		59:00.54	13,00
	100m: 1:09.50	1:09.50	1400m: 16:23.27	1:11.33	2700m: 31:39.01	1:10.29	4000m: 47:03.64	1:10.86			
	200m: 2:19.24	1:09.74	1500m: 17:34.57	1:11.30	2800m: 32:49.67	1:10.66	4100m: 48:14.72	1:11.08			
	300m: 3:29.34	1:10.10	1600m: 18:45.39	1:10.82	2900m: 33:59.80	1:10.13	4200m: 49:26.61	1:11.89			
	400m: 4:39.41	1:10.07	1700m: 19:57.19	1:11.80	3000m: 35:10.56	1:10.76	4300m: 50:38.21	1:11.60			
	500m: 5:50.14	1:10.73	1800m: 21:07.71	1:10.52	3100m: 36:20.78	1:10.22	4400m: 51:49.57	1:11.36			
	600m: 6:59.69	1:09.55	1900m: 22:18.32	1:10.61	3200m: 37:31.40	1:10.62	4500m: 53:01.55	1:11.98			
	700m: 8:09.90	1:10.21	2000m: 23:29.27	1:10.95	3300m: 38:42.47	1:11.07	4600m: 54:13.05	1:11.50			
	800m: 9:19.56	1:09.66	2100m: 24:38.74	1:09.47	3400m: 39:53.84	1:11.37	4700m: 55:25.14	1:12.09			
	900m: 10:29.24	1:09.68	2200m: 25:48.73	1:09.99	3500m: 41:06.20	1:12.36	4800m: 56:37.68	1:12.54			
	1000m: 11:39.74	1:10.50	2300m: 26:58.89	1:10.16	3600m: 42:17.59	1:11.39	4900m: 57:49.35	1:11.67			
	1100m: 12:50.65	1:10.91	2400m: 28:08.22	1:09.33	3700m: 43:28.97	1:11.38	5000m: 59:00.54	1:11.19			
	1200m: 14:01.06	1:10.41	2500m: 29:18.18	1:09.96	3800m: 44:41.45	1:12.48					
	1300m: 15:11.94	1:10.88	2600m: 30:28.72	1:10.54	3900m: 45:52.78	1:11.33					

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 4, Fem., 5000m Libre, JUNIOR 1

Clasificación	AN						Tiempo								
2. MOURENZA ROCHA Ines	07	C.N. Portamiña Lugo						59:41.43	+ 40.89	10,00					
100m: 1:11.17	1:11.17	1400m: 16:32.53	1:10.99	2700m: 32:03.02	1:12.01	4000m: 47:37.54	1:12.10	200m: 2:21.67	1:10.50	1500m: 17:43.59	1:11.06	2800m: 33:15.36	1:12.34	4100m: 48:49.34	1:11.80
300m: 3:32.30	1:10.63	1600m: 18:54.59	1:11.00	2900m: 34:26.96	1:11.60	4200m: 50:02.09	1:12.75	400m: 4:43.24	1:10.94	1700m: 20:05.73	1:11.14	3000m: 35:39.33	1:12.37	4300m: 51:14.73	1:12.64
500m: 5:54.48	1:11.24	1800m: 21:17.01	1:11.28	3100m: 36:50.91	1:11.58	4400m: 52:27.46	1:12.73	600m: 7:04.86	1:10.38	1900m: 22:29.04	1:12.03	3200m: 38:02.90	1:11.99	4500m: 53:40.52	1:13.06
700m: 8:15.42	1:10.56	2000m: 23:40.52	1:11.48	3300m: 39:14.36	1:11.46	4600m: 54:53.93	1:13.41	800m: 9:26.51	1:11.09	2100m: 24:52.11	1:11.59	3400m: 40:26.50	1:12.14	4700m: 56:07.06	1:13.13
900m: 10:37.00	1:10.49	2200m: 26:03.73	1:11.62	3500m: 41:38.38	1:11.88	4800m: 57:19.61	1:12.55	1000m: 11:47.96	1:10.96	2300m: 27:15.49	1:11.76	3600m: 42:49.98	1:11.60	4900m: 58:32.05	1:12.44
1100m: 12:59.04	1:11.08	2400m: 28:27.11	1:11.62	3700m: 44:01.42	1:11.44	5000m: 59:41.43	1:09.38	1200m: 14:10.36	1:11.32	2500m: 29:38.90	1:11.79	3800m: 45:13.77	1:12.35		
1300m: 15:21.54	1:11.18	2600m: 30:51.01	1:12.11	3900m: 46:25.44	1:11.67										
3. COLL MARTI Júlía	07	C.N. Olot						1:00:31.48+	1:30.94	8,00					
100m: 1:09.98	1:09.98	1400m: 16:55.25	1:12.91	2700m: 32:47.31	1:13.89	4000m: 48:30.22	1:12.22	200m: 2:21.78	1:11.80	1500m: 18:08.31	1:13.06	2800m: 33:59.47	1:12.16	4100m: 49:41.62	1:11.40
300m: 3:33.72	1:11.94	1600m: 19:21.56	1:13.25	2900m: 35:11.95	1:12.48	4200m: 50:54.16	1:12.54	400m: 4:45.54	1:11.82	1700m: 20:35.35	1:13.79	3000m: 36:25.40	1:13.45	4300m: 52:07.06	1:12.90
500m: 5:57.64	1:12.10	1800m: 21:49.48	1:14.13	3100m: 37:38.31	1:12.91	4400m: 53:20.25	1:13.19	600m: 7:10.48	1:12.84	1900m: 23:03.25	1:13.77	3200m: 38:51.06	1:12.75	4500m: 54:33.52	1:13.27
700m: 8:23.62	1:13.14	2000m: 24:17.25	1:14.00	3300m: 40:03.54	1:12.48	4600m: 55:46.44	1:12.92	800m: 9:36.57	1:12.95	2100m: 25:31.48	1:14.23	3400m: 41:16.87	1:13.33	4700m: 56:59.06	1:12.62
900m: 10:50.13	1:13.56	2200m: 26:45.11	1:13.63	3500m: 42:30.06	1:13.19	4800m: 58:11.10	1:12.04	1000m: 12:03.70	1:13.57	2300m: 27:58.34	1:13.23	3600m: 43:42.44	1:12.38	4900m: 59:23.13	1:12.03
1100m: 13:16.66	1:12.96	2400m: 29:10.51	1:12.17	3700m: 44:54.84	1:12.40	5000m: 1:00:31.48	1:08.35	1200m: 14:29.27	1:12.61	2500m: 30:22.33	1:11.82	3800m: 46:06.68	1:11.84		
1300m: 15:42.34	1:13.07	2600m: 31:33.42	1:11.09	3900m: 47:18.00	1:11.32										
4. MARTINEZ DE SALINAS PEÑA Clara	07	E.M. El Olivar						1:00:31.68+	1:31.14	7,00					
100m: 1:10.43	1:10.43	1400m: 16:47.10	1:12.38	2700m: 32:41.59	1:13.37	4000m: 48:30.30	1:12.34	200m: 2:21.80	1:11.37	1500m: 17:59.67	1:12.57	2800m: 33:55.26	1:13.67	4100m: 49:41.87	1:11.57
300m: 3:33.48	1:11.68	1600m: 19:12.23	1:12.56	2900m: 35:08.62	1:13.36	4200m: 50:54.47	1:12.60	400m: 4:44.83	1:11.35	1700m: 20:25.18	1:12.95	3000m: 36:21.08	1:12.46	4300m: 52:07.39	1:12.92
500m: 5:56.30	1:11.47	1800m: 21:38.60	1:13.42	3100m: 37:32.94	1:11.86	4400m: 53:20.38	1:12.99	600m: 7:08.18	1:11.88	1900m: 22:51.93	1:13.33	3200m: 38:45.74	1:12.80	4500m: 54:33.56	1:13.18
700m: 8:19.90	1:11.72	2000m: 24:05.67	1:13.74	3300m: 39:58.83	1:13.09	4600m: 55:46.48	1:12.92	800m: 9:31.59	1:11.69	2100m: 25:19.37	1:13.70	3400m: 41:11.53	1:12.70	4700m: 56:59.18	1:12.70
900m: 10:43.84	1:12.25	2200m: 26:32.37	1:13.00	3500m: 42:24.66	1:13.13	4800m: 58:11.35	1:12.17	1000m: 11:56.47	1:12.63	2300m: 27:46.18	1:13.81	3600m: 43:37.72	1:13.06	4900m: 59:23.35	1:12.00
1100m: 13:09.86	1:13.39	2400m: 29:00.29	1:14.11	3700m: 44:51.19	1:13.47	5000m: 1:00:31.68	1:08.33	1200m: 14:22.34	1:12.48	2500m: 30:14.36	1:14.07	3800m: 46:04.94	1:13.75		
1300m: 15:34.72	1:12.38	2600m: 31:28.22	1:13.86	3900m: 47:17.96	1:13.02										
5. SAN MARTIN IGLESIAS Carlota	07	C.N. Cuencas Mineras						1:01:19.18+	2:18.64	6,00					
100m: 1:11.52	1:11.52	1200m: 14:34.50	1:13.18	2300m: 28:02.26	1:13.53	3400m: 41:38.38	1:14.42	200m: 2:24.42	1:12.90	1300m: 15:47.78	1:13.28	2400m: 29:16.32	1:14.06	3500m: 42:53.15	1:14.77
300m: 3:37.22	1:12.80	1400m: 17:00.97	1:13.19	2500m: 30:30.39	1:14.07	3600m: 44:07.48	1:14.33	400m: 4:50.45	1:13.23	1500m: 18:14.10	1:13.13	2600m: 31:44.26	1:13.87	3700m: 45:21.93	1:14.45
500m: 6:03.43	1:12.98	1600m: 19:27.45	1:13.35	2700m: 32:58.11	1:13.85	3800m: 46:36.32	1:14.39	600m: 7:16.24	1:12.81	1700m: 20:41.00	1:13.55	2800m: 34:12.11	1:14.00	3900m: 47:50.50	1:14.18
700m: 8:29.28	1:13.04	1800m: 21:54.78	1:13.78	2900m: 35:26.18	1:14.07	4000m: 49:04.46	1:13.96	800m: 9:42.44	1:13.16	1900m: 23:08.47	1:13.69	3000m: 36:40.59	1:14.41	4100m: 50:18.55	1:14.09
900m: 10:55.38	1:12.94	2000m: 24:21.97	1:13.50	3100m: 37:54.97	1:14.38	4200m: 51:32.70	1:14.15	1000m: 12:08.38	1:13.00	2100m: 25:35.30	1:13.33	3200m: 39:09.29	1:14.32	4300m: 52:46.82	1:14.12
1100m: 13:21.32	1:12.94	2200m: 26:48.73	1:13.43	3300m: 40:23.96	1:14.67	4400m: 54:01.07	1:14.25								

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



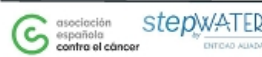
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

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

Clasificación	AN						Tiempo									
	4500m: 55:15.51	1:14.44	4700m: 57:42.58	1:13.14	4900m: 1:00:07.62	1:12.55										
	4600m: 56:29.44	1:13.93	4800m: 58:55.07	1:12.49	5000m: 1:01:19.18	1:11.56										
6.	OLIVEIRA LARA Carolina						07	C.N. Caldes						1:01:23.05+	2:22.51	5,00
	100m: 1:11.38	1:11.38	1400m: 17:05.03	1:13.71	2700m: 33:03.86	1:13.76	4000m: 49:10.68	1:13.95								
	200m: 2:23.51	1:12.13	1500m: 18:18.77	1:13.74	2800m: 34:17.91	1:14.05	4100m: 50:24.63	1:13.95								
	300m: 3:36.50	1:12.99	1600m: 19:32.46	1:13.69	2900m: 35:32.06	1:14.15	4200m: 51:38.74	1:14.11								
	400m: 4:49.57	1:13.07	1700m: 20:46.34	1:13.88	3000m: 36:46.35	1:14.29	4300m: 52:53.50	1:14.76								
	500m: 6:03.40	1:13.83	1800m: 21:59.63	1:13.29	3100m: 38:00.63	1:14.28	4400m: 54:07.91	1:14.41								
	600m: 7:17.08	1:13.68	1900m: 23:13.40	1:13.77	3200m: 39:15.09	1:14.46	4500m: 55:22.43	1:14.52								
	700m: 8:30.81	1:13.73	2000m: 24:27.44	1:14.04	3300m: 40:29.26	1:14.17	4600m: 56:36.05	1:13.62								
	800m: 9:44.59	1:13.78	2100m: 25:40.98	1:13.54	3400m: 41:44.25	1:14.99	4700m: 57:49.64	1:13.59								
	900m: 10:57.70	1:13.11	2200m: 26:54.77	1:13.79	3500m: 42:59.04	1:14.79	4800m: 59:01.90	1:12.26								
	1000m: 12:10.95	1:13.25	2300m: 28:08.60	1:13.83	3600m: 44:13.78	1:14.74	4900m: 1:00:13.16	1:11.26								
	1100m: 13:24.17	1:13.22	2400m: 29:22.30	1:13.70	3700m: 45:27.92	1:14.14	5000m: 1:01:23.05	1:09.89								
	1200m: 14:37.87	1:13.70	2500m: 30:36.32	1:14.02	3800m: 46:42.24	1:14.32										
	1300m: 15:51.32	1:13.45	2600m: 31:50.10	1:13.78	3900m: 47:56.73	1:14.49										
7.	MORA FERRANDIS Ariadna						06	C.N. La Salle-Palma						1:01:47.34+	2:46.80	4,00
	100m: 1:08.46	1:08.46	1400m: 16:48.47	1:12.99	2700m: 32:48.39	1:14.17	4000m: 49:00.87	1:15.31								
	200m: 2:18.99	1:10.53	1500m: 18:01.53	1:13.06	2800m: 34:02.66	1:14.27	4100m: 50:16.88	1:16.01								
	300m: 3:29.77	1:10.78	1600m: 19:15.05	1:13.52	2900m: 35:17.24	1:14.58	4200m: 51:32.96	1:16.08								
	400m: 4:41.08	1:11.31	1700m: 20:29.20	1:14.15	3000m: 36:32.12	1:14.88	4300m: 52:49.33	1:16.37								
	500m: 5:52.94	1:11.86	1800m: 21:43.22	1:14.02	3100m: 37:46.85	1:14.73	4400m: 54:06.22	1:16.89								
	600m: 7:05.40	1:12.46	1900m: 22:57.76	1:14.54	3200m: 39:01.73	1:14.88	4500m: 55:23.17	1:16.95								
	700m: 8:17.84	1:12.44	2000m: 24:11.60	1:13.84	3300m: 40:16.65	1:14.92	4600m: 56:39.38	1:16.21								
	800m: 9:30.34	1:12.50	2100m: 25:25.51	1:13.91	3400m: 41:32.08	1:15.43	4700m: 57:56.18	1:16.80								
	900m: 10:43.13	1:12.79	2200m: 26:39.26	1:13.75	3500m: 42:47.24	1:15.16	4800m: 59:13.37	1:17.19								
	1000m: 11:56.13	1:13.00	2300m: 27:52.85	1:13.59	3600m: 44:02.37	1:15.13	4900m: 1:00:30.56	1:17.19								
	1100m: 13:09.68	1:13.55	2400m: 29:06.88	1:14.03	3700m: 45:16.64	1:14.27	5000m: 1:01:47.34	1:16.78								
	1200m: 14:22.72	1:13.04	2500m: 30:20.56	1:13.68	3800m: 46:31.11	1:14.47										
	1300m: 15:35.48	1:12.76	2600m: 31:34.22	1:13.66	3900m: 47:45.56	1:14.45										
8.	VILLADA PEREZ Paula						06	C.N.Cartagonova Cartagena						1:01:48.26+	2:47.72	3,00
	100m: 1:11.34	1:11.34	1400m: 17:04.18	1:13.66	2700m: 33:10.21	1:14.62	4000m: 49:21.50	1:15.57								
	200m: 2:23.77	1:12.43	1500m: 18:18.42	1:14.24	2800m: 34:24.24	1:14.03	4100m: 50:37.01	1:15.51								
	300m: 3:36.77	1:13.00	1600m: 19:32.76	1:14.34	2900m: 35:39.37	1:15.13	4200m: 51:51.45	1:14.44								
	400m: 4:49.75	1:12.98	1700m: 20:47.11	1:14.35	3000m: 36:54.48	1:15.11	4300m: 53:06.25	1:14.80								
	500m: 6:03.22	1:13.47	1800m: 22:01.18	1:14.07	3100m: 38:09.57	1:15.09	4400m: 54:21.04	1:14.79								
	600m: 7:15.88	1:12.66	1900m: 23:15.56	1:14.38	3200m: 39:23.77	1:14.20	4500m: 55:36.50	1:15.46								
	700m: 8:28.14	1:12.26	2000m: 24:29.66	1:14.10	3300m: 40:38.29	1:14.52	4600m: 56:51.80	1:15.30								
	800m: 9:41.25	1:13.11	2100m: 25:44.10	1:14.44	3400m: 41:52.84	1:14.55	4700m: 58:06.69	1:14.89								
	900m: 10:55.27	1:14.02	2200m: 26:58.88	1:14.78	3500m: 43:07.54	1:14.70	4800m: 59:21.55	1:14.86								
	1000m: 12:09.17	1:13.90	2300m: 28:13.02	1:14.14	3600m: 44:22.03	1:14.49	4900m: 1:00:35.89	1:14.34								
	1100m: 13:23.18	1:14.01	2400m: 29:27.67	1:14.65	3700m: 45:37.50	1:15.47	5000m: 1:01:48.26	1:12.37								
	1200m: 14:36.77	1:13.59	2500m: 30:41.41	1:13.74	3800m: 46:51.61	1:14.11										
	1300m: 15:50.52	1:13.75	2600m: 31:55.59	1:14.18	3900m: 48:05.93	1:14.32										

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 4, Fem., 5000m Libre, JUNIOR 1

Clasificación	AN						Tiempo																																												
9. LOPEZ SIMON Aitana	06 C.N. Ferca-San Jose						1:02:20.34+ 3:19.80 2,00																																												
100m: 1:11.50 1:11.50	1400m: 17:11.30 1:14.71	2700m: 33:22.39 1:15.65	4000m: 49:41.93 1:15.01	200m: 2:23.84 1:12.34	1500m: 18:25.88 1:14.58	2800m: 34:37.79 1:15.40	4100m: 50:57.48 1:15.55	300m: 3:36.14 1:12.30	1600m: 19:40.67 1:14.79	2900m: 35:53.48 1:15.69	4200m: 52:14.26 1:16.78	400m: 4:49.44 1:13.30	1700m: 20:55.31 1:14.64	3000m: 37:08.34 1:14.86	4300m: 53:30.70 1:16.44	500m: 6:02.77 1:13.33	1800m: 22:09.85 1:14.54	3100m: 38:22.04 1:13.70	4400m: 54:47.62 1:16.92	600m: 7:16.38 1:13.61	1900m: 23:23.44 1:13.59	3200m: 39:36.88 1:14.84	4500m: 56:04.41 1:16.79	700m: 8:29.85 1:13.47	2000m: 24:36.79 1:13.35	3300m: 40:52.45 1:15.57	4600m: 57:21.27 1:16.86	800m: 9:43.54 1:13.69	2100m: 25:51.30 1:14.51	3400m: 42:07.93 1:15.48	4700m: 58:37.48 1:16.21	900m: 10:57.84 1:14.30	2200m: 27:06.30 1:15.00	3500m: 43:23.72 1:15.79	4800m: 59:52.98 1:15.50	1000m: 12:12.01 1:14.17	2300m: 28:21.88 1:15.58	3600m: 44:39.77 1:16.05	4900m: 1:01:08.86 1:15.88	1100m: 13:26.59 1:14.58	2400m: 29:37.14 1:15.26	3700m: 45:55.57 1:15.80	5000m: 1:02:20.34 1:11.48	1200m: 14:41.49 1:14.90	2500m: 30:52.01 1:14.87	3800m: 47:11.43 1:15.86		1300m: 15:56.59 1:15.10	2600m: 32:06.74 1:14.73	3900m: 48:26.92 1:15.49	
10. CARBALLO GONZALEZ Sofia	06 C.N. Pontareas						1:02:41.26+ 3:40.72 1,00																																												
100m: 1:13.84 1:13.84	1400m: 17:27.44 1:13.43	2700m: 33:43.21 1:15.20	4000m: 50:03.38 1:15.67	200m: 2:30.02 1:16.18	1500m: 18:41.60 1:14.16	2800m: 34:58.14 1:14.93	4100m: 51:19.02 1:15.64	300m: 3:45.57 1:15.55	1600m: 19:55.96 1:14.36	2900m: 36:13.15 1:15.01	4200m: 52:35.24 1:16.22	400m: 5:00.88 1:15.31	1700m: 21:10.30 1:14.34	3000m: 37:28.49 1:15.34	4300m: 53:51.38 1:16.14	500m: 6:16.57 1:15.69	1800m: 22:24.96 1:14.66	3100m: 38:43.72 1:15.23	4400m: 55:07.76 1:16.38	600m: 7:32.00 1:15.43	1900m: 23:39.96 1:15.00	3200m: 39:58.40 1:14.68	4500m: 56:24.58 1:16.82	700m: 8:47.27 1:15.27	2000m: 24:54.96 1:15.00	3300m: 41:14.44 1:16.04	4600m: 57:40.57 1:15.99	800m: 10:01.70 1:14.43	2100m: 26:10.76 1:15.80	3400m: 42:29.82 1:15.38	4700m: 58:56.88 1:16.31	900m: 11:15.82 1:14.12	2200m: 27:26.26 1:15.50	3500m: 43:45.71 1:15.89	4800m: 1:00:13.13 1:16.25	1000m: 12:30.27 1:14.45	2300m: 28:41.94 1:15.68	3600m: 45:01.76 1:16.05	4900m: 1:01:28.78 1:15.65	1100m: 13:44.65 1:14.38	2400m: 29:56.78 1:14.84	3700m: 46:16.96 1:15.20	5000m: 1:02:41.26 1:12.48	1200m: 14:59.42 1:14.77	2500m: 31:12.21 1:15.43	3800m: 47:32.51 1:15.55		1300m: 16:14.01 1:14.59	2600m: 32:28.01 1:15.80	3900m: 48:47.71 1:15.20	
11. VICENT SERRANO Anna	06 C.D. Nados Castellon						1:03:18.68+ 4:18.14 -																																												
100m: 1:11.24 1:11.24	1400m: 17:12.86 1:14.85	2700m: 33:38.42 1:16.22	4000m: 50:21.06 1:17.74	200m: 2:24.70 1:13.46	1500m: 18:28.05 1:15.19	2800m: 34:54.75 1:16.33	4100m: 51:39.62 1:18.56	300m: 3:37.89 1:13.19	1600m: 19:42.89 1:14.84	2900m: 36:11.37 1:16.62	4200m: 52:57.87 1:18.25	400m: 4:51.24 1:13.35	1700m: 20:58.57 1:15.68	3000m: 37:28.26 1:16.89	4300m: 54:15.81 1:17.94	500m: 6:04.39 1:13.15	1800m: 22:14.54 1:15.97	3100m: 38:44.83 1:16.57	4400m: 55:33.75 1:17.94	600m: 7:17.98 1:13.59	1900m: 23:30.05 1:15.51	3200m: 40:01.60 1:16.77	4500m: 56:51.89 1:18.14	700m: 8:31.75 1:13.77	2000m: 24:49.51 1:19.46	3300m: 41:18.89 1:17.29	4600m: 58:10.31 1:18.42	800m: 9:45.81 1:14.06	2100m: 26:01.06 1:11.55	3400m: 42:35.80 1:16.91	4700m: 59:28.54 1:18.23	900m: 11:00.01 1:14.20	2200m: 27:17.06 1:16.00	3500m: 43:53.06 1:17.26	4800m: 1:00:46.81 1:18.27	1000m: 12:14.31 1:14.30	2300m: 28:32.92 1:15.86	3600m: 45:10.58 1:17.52	4900m: 1:02:04.51 1:17.70	1100m: 13:28.73 1:14.42	2400m: 29:49.24 1:16.32	3700m: 46:20.14 1:09.56	5000m: 1:03:18.68 1:14.17	1200m: 14:43.12 1:14.39	2500m: 31:05.62 1:16.38	3800m: 47:45.62 1:25.48		1300m: 15:58.01 1:14.89	2600m: 32:22.20 1:16.58	3900m: 49:03.32 1:17.70	
12. COSTA GONZÁLEZ Cinthya	06 C.N. Marina-Cartagena "Ancora"						1:03:33.29+ 4:32.75 -																																												
100m: 1:13.50 1:13.50	1200m: 15:00.28 1:15.02	2300m: 28:55.97 1:16.34	3400m: 42:52.70 1:16.31	200m: 2:27.87 1:14.37	1300m: 16:15.74 1:15.46	2400m: 30:12.59 1:16.62	3500m: 44:09.62 1:16.92	300m: 3:42.28 1:14.41	1400m: 17:30.84 1:15.10	2500m: 31:28.27 1:15.68	3600m: 45:26.57 1:16.95	400m: 4:57.14 1:14.86	1500m: 18:46.53 1:15.69	2600m: 32:44.36 1:16.09	3700m: 46:43.43 1:16.86	500m: 6:12.20 1:15.06	1600m: 20:02.35 1:15.82	2700m: 33:59.88 1:15.52	3800m: 48:00.23 1:16.80	600m: 7:27.13 1:14.93	1700m: 21:18.11 1:15.76	2800m: 35:15.28 1:15.40	3900m: 49:17.12 1:16.89	700m: 8:42.86 1:15.73	1800m: 22:34.21 1:16.10	2900m: 36:31.25 1:15.97	4000m: 50:34.76 1:17.64	800m: 9:58.42 1:15.56	1900m: 23:50.64 1:16.43	3000m: 37:47.35 1:16.10	4100m: 51:52.22 1:17.46	900m: 11:14.12 1:15.70	2000m: 25:06.87 1:16.23	3100m: 39:03.60 1:16.25	4200m: 53:09.88 1:17.66	1000m: 12:29.85 1:15.73	2100m: 26:23.35 1:16.48	3200m: 40:19.86 1:16.26	4300m: 54:27.80 1:17.92	1100m: 13:45.26 1:15.41	2200m: 27:39.63 1:16.28	3300m: 41:36.39 1:16.53	4400m: 55:45.45 1:17.65								

Piscina 50 m.

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

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

Clasificación	AN				Tiempo			
4500m: 57:03.86	1:18.41	4700m: 59:40.20	1:18.39	4900m: 1:02:17.10	1:18.30			
4600m: 58:21.81	1:17.95	4800m: 1:00:58.80	1:18.60	5000m: 1:03:33.29	1:16.19			
13. LAPEÑA RUIZ Julia	07	C.N. Helios		1:04:03.96+	5:03.42			
100m: 1:11.24	1:11.24	1400m: 17:28.12	1:15.92	2700m: 34:02.01	1:17.58	4000m: 51:03.30	1:18.14	
200m: 2:24.09	1:12.85	1500m: 18:45.31	1:17.19	2800m: 35:20.57	1:18.56	4100m: 52:21.79	1:18.49	
300m: 3:37.40	1:13.31	1600m: 20:02.08	1:16.77	2900m: 36:39.36	1:18.79	4200m: 53:40.23	1:18.44	
400m: 4:50.77	1:13.37	1700m: 21:18.01	1:15.93	3000m: 37:58.55	1:19.19	4300m: 54:58.88	1:18.65	
500m: 6:04.52	1:13.75	1800m: 22:33.98	1:15.97	3100m: 39:18.02	1:19.47	4400m: 56:17.59	1:18.71	
600m: 7:18.17	1:13.65	1900m: 23:50.19	1:16.21	3200m: 40:37.48	1:19.46	4500m: 57:36.01	1:18.42	
700m: 8:32.34	1:14.17	2000m: 25:06.13	1:15.94	3300m: 41:55.56	1:18.08	4600m: 58:53.48	1:17.47	
800m: 9:47.73	1:15.39	2100m: 26:21.88	1:15.75	3400m: 43:14.04	1:18.48	4700m: 1:00:11.95	1:18.47	
900m: 11:03.80	1:16.07	2200m: 27:38.07	1:16.19	3500m: 44:32.61	1:18.57	4800m: 1:01:30.37	1:18.42	
1000m: 12:20.49	1:16.69	2300m: 28:54.14	1:16.07	3600m: 45:50.97	1:18.36	4900m: 1:02:48.26	1:17.89	
1100m: 13:37.41	1:16.92	2400m: 30:10.76	1:16.62	3700m: 47:09.36	1:18.39	5000m: 1:04:03.96	1:15.70	
1200m: 14:55.04	1:17.63	2500m: 31:27.65	1:16.89	3800m: 48:27.44	1:18.08			
1300m: 16:12.20	1:17.16	2600m: 32:44.43	1:16.78	3900m: 49:45.16	1:17.72			
14. MARTÍNEZ MARTÍNEZ Sara	06	C.N. Tennis Elche		1:04:14.45+	5:13.91			
100m: 1:12.77	1:12.77	1400m: 17:33.15	1:16.89	2700m: 34:19.64	1:18.13	4000m: 51:12.85	1:18.60	
200m: 2:26.72	1:13.95	1500m: 18:50.03	1:16.88	2800m: 35:37.03	1:17.39	4100m: 52:30.94	1:18.09	
300m: 3:41.22	1:14.50	1600m: 20:07.45	1:17.42	2900m: 36:55.00	1:17.97	4200m: 53:49.22	1:18.28	
400m: 4:55.45	1:14.23	1700m: 21:24.79	1:17.34	3000m: 38:12.83	1:17.83	4300m: 55:07.39	1:18.17	
500m: 6:09.97	1:14.52	1800m: 22:42.00	1:17.21	3100m: 39:30.81	1:17.98	4400m: 56:25.88	1:18.49	
600m: 7:24.72	1:14.75	1900m: 23:59.56	1:17.56	3200m: 40:48.45	1:17.64	4500m: 57:44.08	1:18.20	
700m: 8:40.12	1:15.40	2000m: 25:16.01	1:16.45	3300m: 42:06.08	1:17.63	4600m: 59:02.84	1:18.76	
800m: 9:55.66	1:15.54	2100m: 26:34.26	1:18.25	3400m: 43:24.15	1:18.07	4700m: 1:00:21.45	1:18.61	
900m: 11:11.33	1:15.67	2200m: 27:51.26	1:17.00	3500m: 44:41.89	1:17.74	4800m: 1:01:40.33	1:18.88	
1000m: 12:27.41	1:16.08	2300m: 29:09.07	1:17.81	3600m: 46:00.20	1:18.31	4900m: 1:02:58.20	1:17.87	
1100m: 13:43.15	1:15.74	2400m: 30:26.51	1:17.44	3700m: 47:18.15	1:17.95	5000m: 1:04:14.45	1:16.25	
1200m: 15:00.09	1:16.94	2500m: 31:44.14	1:17.63	3800m: 48:35.84	1:17.69			
1300m: 16:16.26	1:16.17	2600m: 33:01.51	1:17.37	3900m: 49:54.25	1:18.41			
15. RUIZ REYES Raquel	07	C.N. Metropole		1:04:28.85+	5:28.31			
100m: 1:12.29	1:12.29	1400m: 17:44.63	1:17.09	2700m: 34:28.69	1:17.42	4000m: 51:24.95	1:18.14	
200m: 2:26.82	1:14.53	1500m: 19:01.51	1:16.88	2800m: 35:46.47	1:17.78	4100m: 52:43.35	1:18.40	
300m: 3:42.88	1:16.06	1600m: 20:17.13	1:15.62	2900m: 37:04.28	1:17.81	4200m: 54:01.73	1:18.38	
400m: 4:58.73	1:15.85	1700m: 21:34.84	1:17.71	3000m: 38:22.34	1:18.06	4300m: 55:19.80	1:18.07	
500m: 6:15.29	1:16.56	1800m: 22:52.70	1:17.86	3100m: 39:40.42	1:18.08	4400m: 56:38.15	1:18.35	
600m: 7:30.66	1:15.37	1900m: 24:09.96	1:17.26	3200m: 40:58.91	1:18.49	4500m: 57:56.72	1:18.57	
700m: 8:46.22	1:15.56	2000m: 25:27.02	1:17.06	3300m: 42:17.34	1:18.43	4600m: 59:15.62	1:18.90	
800m: 10:02.48	1:16.26	2100m: 26:44.33	1:17.31	3400m: 43:35.99	1:18.65	4700m: 1:00:34.35	1:18.73	
900m: 11:19.05	1:16.57	2200m: 28:01.44	1:17.11	3500m: 44:54.28	1:18.29	4800m: 1:01:52.53	1:18.18	
1000m: 12:35.75	1:16.70	2300m: 29:18.66	1:17.22	3600m: 46:12.57	1:18.29	4900m: 1:03:11.70	1:19.17	
1100m: 13:52.64	1:16.89	2400m: 30:36.52	1:17.86	3700m: 47:30.70	1:18.13	5000m: 1:04:28.85	1:17.15	
1200m: 15:09.93	1:17.29	2500m: 31:54.24	1:17.72	3800m: 48:48.71	1:18.01			
1300m: 16:27.54	1:17.61	2600m: 33:11.27	1:17.03	3900m: 50:06.81	1:18.10			

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



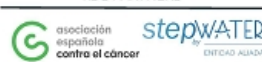
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

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

Clasificación	AN		Tiempo		
16. VARET CANO Audrey	06	C.N. L' Hospitalet	1:04:35.49+	5:34.95	-
100m: 1:11.41 1:11.41	1400m: 17:44.74 1:18.50	2700m: 34:46.84 1:18.28	4000m: 51:44.55 1:17.57		
200m: 2:25.05 1:13.64	1500m: 19:03.41 1:18.67	2800m: 36:05.35 1:18.51	4100m: 53:01.82 1:17.27		
300m: 3:39.73 1:14.68	1600m: 20:21.41 1:18.00	2900m: 37:23.96 1:18.61	4200m: 54:20.55 1:18.73		
400m: 4:55.08 1:15.35	1700m: 21:40.18 1:18.77	3000m: 38:42.29 1:18.33	4300m: 55:38.50 1:17.95		
500m: 6:10.63 1:15.55	1800m: 22:58.38 1:18.20	3100m: 40:00.98 1:18.69	4400m: 56:56.74 1:18.24		
600m: 7:26.36 1:15.73	1900m: 24:16.66 1:18.28	3200m: 41:20.36 1:19.38	4500m: 58:14.36 1:17.62		
700m: 8:42.68 1:16.32	2000m: 25:35.78 1:19.12	3300m: 42:39.10 1:18.74	4600m: 59:30.92 1:16.56		
800m: 9:58.68 1:16.00	2100m: 26:55.42 1:19.64	3400m: 43:57.79 1:18.69	4700m: 1:00:47.50 1:16.58		
900m: 11:15.45 1:16.77	2200m: 28:15.01 1:19.59	3500m: 45:15.53 1:17.74	4800m: 1:02:03.87 1:16.37		
1000m: 12:32.73 1:17.28	2300m: 29:33.76 1:18.75	3600m: 46:33.25 1:17.72	4900m: 1:03:19.87 1:16.00		
1100m: 13:50.45 1:17.72	2400m: 30:53.43 1:19.67	3700m: 47:51.41 1:18.16	5000m: 1:04:35.49 1:15.62		
1200m: 15:08.17 1:17.72	2500m: 32:10.86 1:17.43	3800m: 49:09.67 1:18.26			
1300m: 16:26.24 1:18.07	2600m: 33:28.56 1:17.70	3900m: 50:26.98 1:17.31			
17. MANTERO DOMINGUEZ Victoria	07	Navial	1:05:27.96+	6:27.42	-
100m: 1:14.19 1:14.19	1400m: 17:51.94 1:17.43	2700m: 34:50.47 1:18.83	4000m: 52:05.89 1:20.51		
200m: 2:30.28 1:16.09	1500m: 19:09.72 1:17.78	2800m: 36:10.04 1:19.57	4100m: 53:25.91 1:20.02		
300m: 3:46.26 1:15.98	1600m: 20:26.92 1:17.20	2900m: 37:29.21 1:19.17	4200m: 54:46.60 1:20.69		
400m: 5:01.86 1:15.60	1700m: 21:44.66 1:17.74	3000m: 38:48.08 1:18.87	4300m: 56:07.06 1:20.46		
500m: 6:17.82 1:15.96	1800m: 23:02.27 1:17.61	3100m: 40:07.27 1:19.19	4400m: 57:27.65 1:20.59		
600m: 7:34.01 1:16.19	1900m: 24:20.57 1:18.30	3200m: 41:26.35 1:19.08	4500m: 58:47.90 1:20.25		
700m: 8:50.47 1:16.46	2000m: 25:39.14 1:18.57	3300m: 42:45.98 1:19.63	4600m: 1:00:07.85 1:19.95		
800m: 10:07.52 1:17.05	2100m: 26:57.57 1:18.43	3400m: 44:05.41 1:19.43	4700m: 1:01:28.33 1:20.48		
900m: 11:24.94 1:17.42	2200m: 28:16.49 1:18.92	3500m: 45:25.11 1:19.70	4800m: 1:02:48.72 1:20.39		
1000m: 12:42.15 1:17.21	2300m: 29:35.16 1:18.67	3600m: 46:44.85 1:19.74	4900m: 1:04:08.99 1:20.27		
1100m: 13:59.19 1:17.04	2400m: 30:53.54 1:18.38	3700m: 48:04.71 1:19.86	5000m: 1:05:27.96 1:18.97		
1200m: 15:16.90 1:17.71	2500m: 32:12.57 1:19.03	3800m: 49:24.83 1:20.12			
1300m: 16:34.51 1:17.61	2600m: 33:31.64 1:19.07	3900m: 50:45.38 1:20.55			
18. MARTINEZ GUILLEN Sara	07	Kzm Swimming Team	1:05:55.22+	6:54.68	-
100m: 1:14.68 1:14.68	1400m: 18:05.22 1:19.53	2700m: 35:18.87 1:20.23	4000m: 52:40.51 1:20.00		
200m: 2:31.33 1:16.65	1500m: 19:24.44 1:19.22	2800m: 36:39.47 1:20.60	4100m: 54:00.18 1:19.67		
300m: 3:48.01 1:16.68	1600m: 20:44.34 1:19.90	2900m: 38:00.09 1:20.62	4200m: 55:20.44 1:20.26		
400m: 5:04.64 1:16.63	1700m: 22:04.64 1:20.30	3000m: 39:20.26 1:20.17	4300m: 56:40.45 1:20.01		
500m: 6:21.47 1:16.83	1800m: 23:24.08 1:19.44	3100m: 40:39.58 1:19.32	4400m: 58:01.20 1:20.75		
600m: 7:38.41 1:16.94	1900m: 24:44.22 1:20.14	3200m: 41:59.25 1:19.67	4500m: 59:22.06 1:20.86		
700m: 8:56.01 1:17.60	2000m: 26:04.47 1:20.25	3300m: 43:19.62 1:20.37	4600m: 1:00:42.12 1:20.06		
800m: 10:13.95 1:17.94	2100m: 27:23.89 1:19.42	3400m: 44:40.10 1:20.48	4700m: 1:02:01.88 1:19.76		
900m: 11:31.70 1:17.75	2200m: 28:41.64 1:17.75	3500m: 46:00.77 1:20.67	4800m: 1:03:21.12 1:19.24		
1000m: 12:49.81 1:18.11	2300m: 29:59.66 1:18.02	3600m: 47:21.20 1:20.43	4900m: 1:04:39.66 1:18.54		
1100m: 14:08.08 1:18.27	2400m: 31:18.41 1:18.75	3700m: 48:40.39 1:19.19	5000m: 1:05:55.22 1:15.56		
1200m: 15:26.77 1:18.69	2500m: 32:48.53 1:30.12	3800m: 50:00.39 1:20.00			
1300m: 16:45.69 1:18.92	2600m: 33:58.64 1:10.11	3900m: 51:20.51 1:20.12			
19. ORTIZ FERNANDEZ Paula	06	Kzm Swimming Team	1:06:25.13+	7:24.59	-
100m: 1:13.30 1:13.30	1200m: 16:34.21 2:35.53	2300m: 31:02.58 1:19.77	3400m: 45:59.02 1:23.53		
200m: 2:28.27 1:14.97	1300m: 17:51.95 1:17.74	2400m: 32:22.87 1:20.29	3500m: 47:22.45 1:23.43		
300m: 3:44.09 1:15.82	1400m: 19:10.09 1:18.14	2500m: 33:44.03 1:21.16	3600m: 48:46.21 1:23.76		
400m: 5:00.80 1:16.71	1500m: 20:27.81 1:17.72	2600m: 35:04.90 1:20.87	3700m: 50:09.92 1:23.71		
500m: 6:17.05 1:16.25	1600m: 21:46.25 1:18.44	2700m: 36:26.52 1:21.62	3800m: 51:34.14 1:24.22		
600m: 7:33.25 1:16.20	1700m: 23:05.08 1:18.83	2800m: 37:47.78 1:21.26	3900m: 52:58.44 1:24.30		
700m: 8:49.97 1:16.72	1800m: 24:24.18 1:19.10	2900m: 39:08.44 1:20.66	4000m: 54:20.89 1:22.45		
800m: 10:07.25 1:17.28	1900m: 25:43.53 1:19.35	3000m: 40:28.85 1:20.41	4100m: 55:42.39 1:21.50		
900m: 11:24.38 1:17.13	2000m: 27:02.92 1:19.39	3100m: 41:50.19 1:21.34	4200m: 57:03.12 1:20.73		
1000m: 12:41.76 1:17.38	2100m: 28:22.76 1:19.84	3200m: 43:12.76 1:22.57	4300m: 58:24.06 1:20.94		
1100m: 13:58.68 1:16.92	2200m: 29:42.81 1:20.05	3300m: 44:35.49 1:22.73	4400m: 59:45.38 1:21.32		

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 4, Fem., 5000m Libre, JUNIOR 1

Clasificación	AN				Tiempo	
4500m1:01:07.26	1:21.88	4700m1:03:49.13	1:20.71	4900m1:06:25.24	1:16.34	
4600m1:02:28.42	1:21.16	4800m1:05:08.90	1:19.77	5000m1:06:25.13		

JUNIOR 2

1. MARTINEZ GUILLEN Angela		04	Kzm Swimming Team		57:43.71	13,00	
100m: 1:11.08	1:11.08	1400m: 16:30.48	1:10.67	2700m: 31:24.62	1:09.10	4000m: 46:13.61	1:08.25
200m: 2:22.98	1:11.90	1500m: 17:41.27	1:10.79	2800m: 32:33.43	1:08.81	4100m: 47:22.46	1:08.85
300m: 3:34.25	1:11.27	1600m: 18:49.08	1:07.81	2900m: 33:41.87	1:08.44	4200m: 48:31.60	1:09.14
400m: 4:45.02	1:10.77	1700m: 19:57.18	1:08.10	3000m: 34:50.77	1:08.90	4300m: 49:40.89	1:09.29
500m: 5:55.54	1:10.52	1800m: 21:05.59	1:08.41	3100m: 36:00.05	1:09.28	4400m: 50:50.21	1:09.32
600m: 7:06.07	1:10.53	1900m: 22:13.96	1:08.37	3200m: 37:08.13	1:08.08	4500m: 51:59.88	1:09.67
700m: 8:16.65	1:10.58	2000m: 23:22.52	1:08.56	3300m: 38:16.45	1:08.32	4600m: 53:09.71	1:09.83
800m: 9:27.11	1:10.46	2100m: 24:31.42	1:08.90	3400m: 39:24.48	1:08.03	4700m: 54:19.10	1:09.39
900m: 10:37.55	1:10.44	2200m: 25:40.16	1:08.74	3500m: 40:32.43	1:07.95	4800m: 55:27.86	1:08.76
1000m: 11:47.96	1:10.41	2300m: 26:49.33	1:09.17	3600m: 41:40.36	1:07.93	4900m: 56:37.12	1:09.26
1100m: 12:58.68	1:10.72	2400m: 27:58.18	1:08.85	3700m: 42:48.53	1:08.17	5000m: 57:43.71	1:06.59
1200m: 14:09.26	1:10.58	2500m: 29:06.88	1:08.70	3800m: 43:57.01	1:08.48		
1300m: 15:19.81	1:10.55	2600m: 30:15.52	1:08.64	3900m: 45:05.36	1:08.35		
2. CARMONA VILLAPLANA Marta		05	C.N. Albacete		58:00.21	+ 16.50	10,00
100m: 1:11.29	1:11.29	1400m: 16:32.53	1:10.44	2700m: 31:30.43	1:09.23	4000m: 46:25.90	1:09.61
200m: 2:23.74	1:12.45	1500m: 17:43.38	1:10.85	2800m: 32:39.60	1:09.17	4100m: 47:35.57	1:09.67
300m: 3:35.46	1:11.72	1600m: 18:52.33	1:08.95	2900m: 33:48.71	1:09.11	4200m: 48:45.43	1:09.86
400m: 4:46.76	1:11.30	1700m: 20:00.87	1:08.54	3000m: 34:57.77	1:09.06	4300m: 49:55.21	1:09.78
500m: 5:57.48	1:10.72	1800m: 21:09.74	1:08.87	3100m: 36:05.52	1:07.75	4400m: 51:04.81	1:09.60
600m: 7:08.34	1:10.86	1900m: 22:18.37	1:08.63	3200m: 37:14.03	1:08.51	4500m: 52:14.00	1:09.19
700m: 8:19.09	1:10.75	2000m: 23:27.46	1:09.09	3300m: 38:22.22	1:08.19	4600m: 53:22.65	1:08.65
800m: 9:29.49	1:10.40	2100m: 24:36.20	1:08.74	3400m: 39:30.77	1:08.55	4700m: 54:31.82	1:09.17
900m: 10:39.80	1:10.31	2200m: 25:45.34	1:09.14	3500m: 40:39.77	1:09.00	4800m: 55:41.08	1:09.26
1000m: 11:50.15	1:10.35	2300m: 26:54.31	1:08.97	3600m: 41:48.61	1:08.84	4900m: 56:51.39	1:10.31
1100m: 13:00.93	1:10.78	2400m: 28:03.27	1:08.96	3700m: 42:57.73	1:09.12	5000m: 58:00.21	1:08.82
1200m: 14:11.68	1:10.75	2500m: 29:12.15	1:08.88	3800m: 44:06.80	1:09.07		
1300m: 15:22.09	1:10.41	2600m: 30:21.20	1:09.05	3900m: 45:16.29	1:09.49		
3. RIUS PELLEJA Abril		04	C.N. Tarraco		1:01:51.39+	4:07.68	8,00
100m: 1:10.32	1:10.32	1400m: 17:05.67	1:14.15	2700m: 33:19.00	1:14.84	4000m: 49:31.40	1:14.92
200m: 2:23.21	1:12.89	1500m: 18:20.90	1:15.23	2800m: 34:34.26	1:15.26	4100m: 50:45.96	1:14.56
300m: 3:36.67	1:13.46	1600m: 19:35.13	1:14.23	2900m: 35:48.98	1:14.72	4200m: 51:59.95	1:13.99
400m: 4:50.40	1:13.73	1700m: 20:49.98	1:14.85	3000m: 37:02.90	1:13.92	4300m: 53:15.54	1:15.59
500m: 6:03.76	1:13.36	1800m: 22:04.86	1:14.88	3100m: 38:17.30	1:14.40	4400m: 54:29.78	1:14.24
600m: 7:17.13	1:13.37	1900m: 23:19.55	1:14.69	3200m: 39:32.10	1:14.80	4500m: 55:44.40	1:14.62
700m: 8:30.21	1:13.08	2000m: 24:34.78	1:15.23	3300m: 40:46.92	1:14.82	4600m: 56:58.59	1:14.19
800m: 9:43.36	1:13.15	2100m: 25:49.86	1:15.08	3400m: 42:01.95	1:15.03	4700m: 58:12.02	1:13.43
900m: 10:56.78	1:13.42	2200m: 27:04.90	1:15.04	3500m: 43:17.21	1:15.26	4800m: 59:35.80	1:23.78
1000m: 12:10.21	1:13.43	2300m: 28:19.42	1:14.52	3600m: 44:32.23	1:15.02	4900m: 1:00:39.67	1:03.87
1100m: 13:24.10	1:13.89	2400m: 29:34.11	1:14.69	3700m: 45:47.02	1:14.79	5000m: 1:01:51.39	1:11.72
1200m: 14:37.72	1:13.62	2500m: 30:48.92	1:14.81	3800m: 47:01.64	1:14.62		
1300m: 15:51.52	1:13.80	2600m: 32:04.16	1:15.24	3900m: 48:16.48	1:14.84		

Piscina 50 m.

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

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

Clasificación	AN		Tiempo		
4. GONZALEZ MIRALLES Paula	04	C.N. Delfin	1:02:50.35+	5:06.64	7,00
100m: 1:11.48	1:11.48	1400m: 16:57.19	1:14.46	2700m: 33:08.78	1:15.49
200m: 2:23.67	1:12.19	1500m: 18:11.11	1:13.92	2800m: 34:24.59	1:15.81
300m: 3:35.46	1:11.79	1600m: 19:25.35	1:14.24	2900m: 35:40.85	1:16.26
400m: 4:47.57	1:12.11	1700m: 20:39.41	1:14.06	3000m: 36:56.35	1:15.50
500m: 5:59.24	1:11.67	1800m: 21:53.98	1:14.57	3100m: 38:12.21	1:15.86
600m: 7:11.66	1:12.42	1900m: 23:08.60	1:14.62	3200m: 39:28.33	1:16.12
700m: 8:24.08	1:12.42	2000m: 24:23.55	1:14.95	3300m: 40:44.29	1:15.96
800m: 9:37.14	1:13.06	2100m: 25:38.26	1:14.71	3400m: 42:00.72	1:16.43
900m: 10:50.31	1:13.17	2200m: 26:52.89	1:14.63	3500m: 43:17.50	1:16.78
1000m: 12:03.23	1:12.92	2300m: 28:08.19	1:15.30	3600m: 44:34.53	1:17.03
1100m: 13:16.15	1:12.92	2400m: 29:22.72	1:14.53	3700m: 45:51.74	1:17.21
1200m: 14:29.42	1:13.27	2500m: 30:37.42	1:14.70	3800m: 47:08.75	1:17.01
1300m: 15:42.73	1:13.31	2600m: 31:53.29	1:15.87	3900m: 48:25.86	1:17.11
5. GÓMEZ GINER Sofia	05	C.N. Ferca-San Jose	1:04:40.28+	6:56.57	6,00
100m: 1:10.72	1:10.72	1400m: 17:24.66	1:16.91	2700m: 34:33.38	1:19.75
200m: 2:22.26	1:11.54	1500m: 18:42.72	1:18.06	2800m: 35:52.37	1:18.99
300m: 3:34.43	1:12.17	1600m: 20:00.57	1:17.85	2900m: 37:11.88	1:19.51
400m: 4:48.32	1:13.89	1700m: 21:19.17	1:18.60	3000m: 38:31.64	1:19.76
500m: 6:02.72	1:14.40	1800m: 22:38.13	1:18.96	3100m: 39:50.81	1:19.17
600m: 7:16.83	1:14.11	1900m: 23:57.27	1:19.14	3200m: 41:11.13	1:20.32
700m: 8:31.26	1:14.43	2000m: 25:16.93	1:19.66	3300m: 42:29.84	1:18.71
800m: 9:46.60	1:15.34	2100m: 26:36.66	1:19.73	3400m: 43:50.01	1:20.17
900m: 11:02.73	1:16.13	2200m: 27:55.78	1:19.12	3500m: 45:09.68	1:19.67
1000m: 12:18.81	1:16.08	2300m: 29:15.51	1:19.73	3600m: 46:29.04	1:19.36
1100m: 13:35.02	1:16.21	2400m: 30:35.05	1:19.54	3700m: 47:48.43	1:19.39
1200m: 14:50.84	1:15.82	2500m: 31:54.55	1:19.50	3800m: 49:07.79	1:19.36
1300m: 16:07.75	1:16.91	2600m: 33:13.63	1:19.08	3900m: 50:27.04	1:19.25
6. ROCA FORTUNY Marina	05	C.N. Cervera	1:04:52.23+	7:08.52	5,00
100m: 1:13.91	1:13.91	1400m: 17:44.76	1:17.18	2700m: 34:36.84	1:18.23
200m: 2:30.59	1:16.68	1500m: 19:02.29	1:17.53	2800m: 35:55.49	1:18.65
300m: 3:46.83	1:16.24	1600m: 20:19.37	1:17.08	2900m: 37:14.63	1:19.14
400m: 5:02.85	1:16.02	1700m: 21:36.65	1:17.28	3000m: 38:33.22	1:18.59
500m: 6:19.07	1:16.22	1800m: 22:54.22	1:17.57	3100m: 39:52.16	1:18.94
600m: 7:34.88	1:15.81	1900m: 24:12.29	1:18.07	3200m: 41:11.44	1:19.28
700m: 8:50.18	1:15.30	2000m: 25:30.23	1:17.94	3300m: 42:29.80	1:18.36
800m: 10:06.58	1:16.40	2100m: 26:48.27	1:18.04	3400m: 43:48.60	1:18.80
900m: 11:22.39	1:15.81	2200m: 28:06.40	1:18.13	3500m: 45:07.71	1:19.11
1000m: 12:37.71	1:15.32	2300m: 29:25.33	1:18.93	3600m: 46:27.54	1:19.83
1100m: 13:54.09	1:16.38	2400m: 30:43.52	1:18.19	3700m: 47:46.83	1:19.29
1200m: 15:11.01	1:16.92	2500m: 32:00.83	1:17.31	3800m: 49:05.99	1:19.16
1300m: 16:27.58	1:16.57	2600m: 33:18.61	1:17.78	3900m: 50:25.52	1:19.53
7. PARDO CHAS Eva	04	C.N. Ferrol	1:05:17.58+	7:33.87	4,00
100m: 1:14.16	1:14.16	1200m: 15:06.90	1:15.30	2300m: 29:06.58	1:17.03
200m: 2:29.97	1:15.81	1300m: 16:22.79	1:15.89	2400m: 30:24.00	1:17.42
300m: 3:46.20	1:16.23	1400m: 17:38.35	1:15.56	2500m: 31:41.28	1:17.28
400m: 5:02.02	1:15.82	1500m: 18:54.16	1:15.81	2600m: 32:58.49	1:17.21
500m: 6:18.35	1:16.33	1600m: 20:09.91	1:15.75	2700m: 34:16.10	1:17.61
600m: 7:34.24	1:15.89	1700m: 21:26.14	1:16.23	2800m: 35:33.80	1:17.70
700m: 8:50.46	1:16.22	1800m: 22:42.46	1:16.32	2900m: 36:51.46	1:17.66
800m: 10:06.24	1:15.78	1900m: 23:58.96	1:16.50	3000m: 38:09.25	1:17.79
900m: 11:20.96	1:14.72	2000m: 25:15.45	1:16.49	3100m: 39:27.52	1:18.27
1000m: 12:36.20	1:15.24	2100m: 26:32.22	1:16.77	3200m: 40:46.22	1:18.70
1100m: 13:51.60	1:15.40	2200m: 27:49.55	1:17.33	3300m: 42:04.91	1:18.69

Piscina 50 m.

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

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

Clasificación	AN				Tiempo			
4500m: 58:13.80	1:23.58	4700m1:01:03.17	1:25.01	4900m1:03:53.61	1:25.20			
4600m: 59:38.16	1:24.36	4800m1:02:28.41	1:25.24	5000m1:05:17.58	1:23.97			
8. LILLO MELLADO Miriam	05	C.N. San Vicente		1:05:23.27+	7:39.56	3,00		
100m: 1:14.56	1:14.56	1400m: 17:50.71	1:17.56	2700m: 34:47.62	1:19.87	4000m: 52:11.92	1:17.29	
200m: 2:30.40	1:15.84	1500m: 19:07.08	1:16.37	2800m: 36:07.14	1:19.52	4100m: 53:31.80	1:19.88	
300m: 3:46.75	1:16.35	1600m: 20:23.39	1:16.31	2900m: 37:27.28	1:20.14	4200m: 54:52.93	1:21.13	
400m: 5:02.21	1:15.46	1700m: 21:40.65	1:17.26	3000m: 38:47.57	1:20.29	4300m: 56:12.14	1:19.21	
500m: 6:18.90	1:16.69	1800m: 22:57.42	1:16.77	3100m: 40:07.99	1:20.42	4400m: 57:30.99	1:18.85	
600m: 7:35.27	1:16.37	1900m: 24:13.54	1:16.12	3200m: 41:27.97	1:19.98	4500m: 58:50.31	1:19.32	
700m: 8:51.34	1:16.07	2000m: 25:32.72	1:19.18	3300m: 42:46.50	1:18.53	4600m: 1:00:08.72	1:18.41	
800m: 10:07.78	1:16.44	2100m: 26:51.01	1:18.29	3400m: 44:06.83	1:20.33	4700m: 1:01:27.27	1:18.55	
900m: 11:23.53	1:15.75	2200m: 28:09.28	1:18.27	3500m: 45:28.12	1:21.29	4800m: 1:02:48.47	1:21.20	
1000m: 12:41.00	1:17.47	2300m: 29:28.37	1:19.09	3600m: 46:49.12	1:21.00	4900m: 1:04:07.74	1:19.27	
1100m: 13:58.34	1:17.34	2400m: 30:48.24	1:19.87	3700m: 48:10.78	1:21.66	5000m: 1:05:23.27	1:15.53	
1200m: 15:15.74	1:17.40	2500m: 32:08.12	1:19.88	3800m: 49:32.96	1:22.18			
1300m: 16:33.15	1:17.41	2600m: 33:27.75	1:19.63	3900m: 50:54.63	1:21.67			
9. MARGUÍ SOLÀ Núria	05	C.N. Olot		1:05:34.57+	7:50.86	2,00		
100m: 1:15.20	1:15.20	1400m: 18:05.33	1:19.46	2700m: 35:10.47	1:18.35	4000m: 52:24.48	1:19.50	
200m: 2:31.83	1:16.63	1500m: 19:24.55	1:19.22	2800m: 36:29.09	1:18.62	4100m: 53:44.30	1:19.82	
300m: 3:48.43	1:16.60	1600m: 20:44.33	1:19.78	2900m: 37:47.91	1:18.82	4200m: 55:03.69	1:19.39	
400m: 5:05.19	1:16.76	1700m: 22:04.54	1:20.21	3000m: 39:07.14	1:19.23	4300m: 56:22.97	1:19.28	
500m: 6:21.79	1:16.60	1800m: 23:24.33	1:19.79	3100m: 40:26.32	1:19.18	4400m: 57:42.33	1:19.36	
600m: 7:38.81	1:17.02	1900m: 24:44.38	1:20.05	3200m: 41:45.63	1:19.31	4500m: 59:01.92	1:19.59	
700m: 8:56.21	1:17.40	2000m: 26:04.55	1:20.17	3300m: 43:05.55	1:19.92	4600m: 1:00:22.33	1:20.41	
800m: 10:14.09	1:17.88	2100m: 27:23.47	1:18.92	3400m: 44:25.48	1:19.93	4700m: 1:01:41.76	1:19.43	
900m: 11:31.92	1:17.83	2200m: 28:40.41	1:16.94	3500m: 45:45.97	1:20.49	4800m: 1:03:01.01	1:19.25	
1000m: 12:50.11	1:18.19	2300m: 29:58.18	1:17.77	3600m: 47:05.90	1:19.93	4900m: 1:04:18.43	1:17.42	
1100m: 14:08.24	1:18.13	2400m: 31:15.55	1:17.37	3700m: 48:25.63	1:19.73	5000m: 1:05:34.57	1:16.14	
1200m: 15:26.86	1:18.62	2500m: 32:33.64	1:18.09	3800m: 49:45.65	1:20.02			
1300m: 16:45.87	1:19.01	2600m: 33:52.12	1:18.48	3900m: 51:04.98	1:19.33			
10. MARTIN CHRISTIANSEN Nadia	05	C.D.N. Nadamas Las Marinas		1:05:38.28+	7:54.57	1,00		
100m: 1:14.14	1:14.14	1400m: 18:02.59	1:18.62	2700m: 35:11.86	1:19.27	4000m: 52:28.41	1:19.94	
200m: 2:30.34	1:16.20	1500m: 19:21.49	1:18.90	2800m: 36:30.33	1:18.47	4100m: 53:47.67	1:19.26	
300m: 3:47.04	1:16.70	1600m: 20:48.28	1:26.79	2900m: 37:48.97	1:18.64	4200m: 55:07.86	1:20.19	
400m: 5:04.02	1:16.98	1700m: 21:58.58	1:10.30	3000m: 39:08.54	1:19.57	4300m: 56:27.10	1:19.24	
500m: 6:21.28	1:17.26	1800m: 23:17.01	1:18.43	3100m: 40:28.09	1:19.55	4400m: 57:47.77	1:20.67	
600m: 7:38.42	1:17.14	1900m: 24:36.20	1:19.19	3200m: 41:47.91	1:19.82	4500m: 59:07.28	1:19.51	
700m: 8:55.92	1:17.50	2000m: 25:55.55	1:19.35	3300m: 43:07.98	1:20.07	4600m: 1:00:26.48	1:19.20	
800m: 10:13.54	1:17.62	2100m: 27:14.49	1:18.94	3400m: 44:27.99	1:20.01	4700m: 1:01:45.81	1:19.33	
900m: 11:31.67	1:18.13	2200m: 28:34.04	1:19.55	3500m: 45:48.04	1:20.05	4800m: 1:03:04.14	1:18.33	
1000m: 12:49.39	1:17.72	2300m: 29:53.47	1:19.43	3600m: 47:08.09	1:20.05	4900m: 1:04:22.34	1:18.20	
1100m: 14:07.36	1:17.97	2400m: 31:13.04	1:19.57	3700m: 48:28.58	1:20.49	5000m: 1:05:38.28	1:15.94	
1200m: 15:25.58	1:18.22	2500m: 32:33.05	1:20.01	3800m: 49:48.45	1:19.87			
1300m: 16:43.97	1:18.39	2600m: 33:52.59	1:19.54	3900m: 51:08.47	1:20.02			

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 4, Fem., 5000m Libre, JUNIOR 2

Clasificación	AN		Tiempo	
11. PEREZ BUENO Alicia	04	Ucam C.N. Fuensanta	1:05:38.86+	7:55.15 -
100m: 1:14.46	1:14.46	1400m: 18:02.74	1:18.58	2700m: 35:12.33
200m: 2:31.25	1:16.79	1500m: 19:21.83	1:19.09	2800m: 36:31.03
300m: 3:47.85	1:16.60	1600m: 20:40.60	1:18.77	2900m: 37:49.58
400m: 5:04.39	1:16.54	1700m: 21:59.13	1:18.53	3000m: 39:09.03
500m: 6:21.75	1:17.36	1800m: 23:17.48	1:18.35	3100m: 40:28.39
600m: 7:38.77	1:17.02	1900m: 24:36.46	1:18.98	3200m: 41:47.81
700m: 8:56.24	1:17.47	2000m: 25:55.76	1:19.30	3300m: 43:08.01
800m: 10:13.71	1:17.47	2100m: 27:14.71	1:18.95	3400m: 44:28.13
900m: 11:31.96	1:18.25	2200m: 28:34.13	1:19.42	3500m: 45:48.30
1000m: 12:49.92	1:17.96	2300m: 29:53.60	1:19.47	3600m: 47:08.23
1100m: 14:07.60	1:17.68	2400m: 31:13.08	1:19.48	3700m: 48:28.61
1200m: 15:25.96	1:18.36	2500m: 32:33.19	1:20.11	3800m: 49:48.56
1300m: 16:44.16	1:18.20	2600m: 33:52.79	1:19.60	3900m: 51:08.35
				4000m: 52:28.50
				4100m: 53:48.25
				4200m: 55:08.02
				4300m: 56:27.90
				4400m: 57:47.77
				4500m: 59:07.24
				4600m: 1:00:26.36
				4700m: 1:01:45.66
				4800m: 1:03:04.48
				4900m: 1:04:22.72
				5000m: 1:05:38.86
NP SALVADOR LOPEZ Alicia Anastasia	04	Club Benavente Natacion		-

SENIOR

1. SANCHEZ LORA Candela	03	C.D. Gredos San Diego	58:54.75	13,00
100m: 1:09.21	1:09.21	1400m: 16:23.79	1:11.74	2700m: 31:48.20
200m: 2:19.09	1:09.88	1500m: 17:34.97	1:11.18	2800m: 33:00.16
300m: 3:28.86	1:09.77	1600m: 18:46.56	1:11.59	2900m: 34:11.82
400m: 4:39.37	1:10.51	1700m: 19:57.55	1:10.99	3000m: 35:23.76
500m: 5:49.26	1:09.89	1800m: 21:08.85	1:11.30	3100m: 36:35.22
600m: 6:59.02	1:09.76	1900m: 22:19.92	1:11.07	3200m: 37:46.47
700m: 8:09.20	1:10.18	2000m: 23:30.41	1:10.49	3300m: 38:57.85
800m: 9:18.88	1:09.68	2100m: 24:40.72	1:10.31	3400m: 40:09.46
900m: 10:28.63	1:09.75	2200m: 25:51.40	1:10.68	3500m: 41:20.93
1000m: 11:39.37	1:10.74	2300m: 27:02.43	1:11.03	3600m: 42:32.21
1100m: 12:50.46	1:11.09	2400m: 28:13.25	1:10.82	3700m: 43:43.27
1200m: 14:01.06	1:10.60	2500m: 29:24.72	1:11.47	3800m: 44:54.42
1300m: 15:12.05	1:10.99	2600m: 30:36.36	1:11.64	3900m: 46:04.71
				4000m: 47:15.46
				4100m: 48:26.00
				4200m: 49:36.76
				4300m: 50:47.04
				4400m: 51:57.80
				4500m: 53:08.00
				4600m: 54:18.01
				4700m: 55:28.11
				4800m: 56:37.40
				4900m: 57:46.03
				5000m: 58:54.75
2. BRAMONT ARIAS GARCÍA Maria Aleja99a		C. Nautico Sevilla	59:36.91	+ 42.16 10,00
100m: 1:10.90	1:10.90	1400m: 16:26.57	1:10.69	2700m: 31:53.87
200m: 2:22.26	1:11.36	1500m: 17:37.47	1:10.90	2800m: 33:05.89
300m: 3:32.96	1:10.70	1600m: 18:48.00	1:10.53	2900m: 34:17.86
400m: 4:43.73	1:10.77	1700m: 19:58.25	1:10.25	3000m: 35:30.36
500m: 5:53.99	1:10.26	1800m: 21:09.29	1:11.04	3100m: 36:42.42
600m: 7:04.61	1:10.62	1900m: 22:20.71	1:11.42	3200m: 37:54.59
700m: 8:14.28	1:09.67	2000m: 23:32.45	1:11.74	3300m: 39:07.15
800m: 9:24.50	1:10.22	2100m: 24:44.00	1:11.55	3400m: 40:19.36
900m: 10:34.60	1:10.10	2200m: 25:55.62	1:11.62	3500m: 41:31.71
1000m: 11:45.35	1:10.75	2300m: 27:07.21	1:11.59	3600m: 42:44.16
1100m: 12:55.15	1:09.80	2400m: 28:19.25	1:12.04	3700m: 43:56.24
1200m: 14:05.54	1:10.39	2500m: 29:30.89	1:11.64	3800m: 45:08.22
1300m: 15:15.88	1:10.34	2600m: 30:42.43	1:11.54	3900m: 46:20.36

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 4, Fem., 5000m Libre, SENIOR

Clasificación	AN						Tiempo								
3. GIRALT PIDEMONT Claudia	01	C.N. L´ Hospitalet						1:00:08.63+	1:13.88	8,00					
100m: 1:10.07	1:10.07	1400m: 16:36.34	1:10.97	2700m: 32:14.26	1:12.77	4000m: 48:02.48	1:12.34	200m: 2:19.76	1:09.69	1500m: 17:47.53	1:11.19	2800m: 33:26.98	1:12.72	4100m: 49:15.03	1:12.55
300m: 3:30.47	1:10.71	1600m: 18:58.79	1:11.26	2900m: 34:40.00	1:13.02	4200m: 50:27.39	1:12.36	400m: 4:41.38	1:10.91	1700m: 20:10.99	1:12.20	3000m: 35:53.25	1:13.25	4300m: 51:40.20	1:12.81
500m: 5:52.48	1:11.10	1800m: 21:22.95	1:11.96	3100m: 37:06.40	1:13.15	4400m: 52:53.62	1:13.42	600m: 7:03.91	1:11.43	1900m: 22:34.84	1:11.89	3200m: 38:19.27	1:12.87	4500m: 54:05.31	1:11.69
700m: 8:15.63	1:11.72	2000m: 23:46.87	1:12.03	3300m: 39:32.67	1:13.40	4600m: 55:17.94	1:12.63	800m: 9:27.80	1:12.17	2100m: 24:59.24	1:12.37	3400m: 40:46.18	1:13.51	4700m: 56:31.29	1:13.35
900m: 10:38.57	1:10.77	2200m: 26:11.49	1:12.25	3500m: 41:58.06	1:11.88	4800m: 57:44.37	1:13.08	1000m: 11:50.87	1:12.30	2300m: 27:23.73	1:12.24	3600m: 43:11.01	1:12.95	4900m: 58:57.41	1:13.04
1100m: 13:02.41	1:11.54	2400m: 28:36.44	1:12.71	3700m: 44:24.14	1:13.13	5000m: 1:00:08.63	1:11.22	1200m: 14:13.97	1:11.56	2500m: 29:48.92	1:12.48	3800m: 45:37.38	1:13.24		
1300m: 15:25.37	1:11.40	2600m: 31:01.49	1:12.57	3900m: 46:50.14	1:12.76										
4. GÓMEZ MESÍAS Alba	00	C.N. Arteixo						1:01:32.28+	2:37.53	7,00					
100m: 1:10.54	1:10.54	1400m: 17:04.38	1:13.63	2700m: 33:10.04	1:14.46	4000m: 49:14.16	1:14.21	200m: 2:22.91	1:12.37	1500m: 18:18.48	1:14.10	2800m: 34:24.43	1:14.39	4100m: 50:28.04	1:13.88
300m: 3:34.98	1:12.07	1600m: 19:32.86	1:14.38	2900m: 35:39.43	1:15.00	4200m: 51:41.39	1:13.35	400m: 4:48.06	1:13.08	1700m: 20:47.45	1:14.59	3000m: 36:54.44	1:15.01	4300m: 52:55.28	1:13.89
500m: 6:01.46	1:13.40	1800m: 22:01.44	1:13.99	3100m: 38:09.58	1:15.14	4400m: 54:09.41	1:14.13	600m: 7:14.34	1:12.88	1900m: 23:15.50	1:14.06	3200m: 39:24.12	1:14.54	4500m: 55:24.13	1:14.72
700m: 8:27.73	1:13.39	2000m: 24:29.68	1:14.18	3300m: 40:38.19	1:14.07	4600m: 56:38.18	1:14.05	800m: 9:41.40	1:13.67	2100m: 25:44.09	1:14.41	3400m: 41:52.67	1:14.48	4700m: 57:52.09	1:13.91
900m: 10:55.32	1:13.92	2200m: 26:58.76	1:14.67	3500m: 43:06.28	1:13.61	4800m: 59:06.02	1:13.93	1000m: 12:09.29	1:13.97	2300m: 28:13.02	1:14.26	3600m: 44:18.86	1:12.58	4900m: 1:00:19.28	1:13.26
1100m: 13:23.26	1:13.97	2400m: 29:27.31	1:14.29	3700m: 45:32.23	1:13.37	5000m: 1:01:32.28	1:13.00	1200m: 14:37.05	1:13.79	2500m: 30:41.10	1:13.79	3800m: 46:46.01	1:13.78		
1300m: 15:50.75	1:13.70	2600m: 31:55.58	1:14.48	3900m: 47:59.95	1:13.94										
5. MARTINEZ ROGLA Rosa	03	Cst-Cst Costa Azahar						1:02:20.12+	3:25.37	6,00					
100m: 1:11.21	1:11.21	1400m: 17:01.18	1:13.31	2700m: 33:11.81	1:15.19	4000m: 49:36.92	1:16.88	200m: 2:24.34	1:13.13	1500m: 18:14.43	1:13.25	2800m: 34:27.25	1:15.44	4100m: 50:53.46	1:16.54
300m: 3:37.20	1:12.86	1600m: 19:27.87	1:13.44	2900m: 35:41.98	1:14.73	4200m: 52:10.07	1:16.61	400m: 4:50.43	1:13.23	1700m: 20:41.38	1:13.51	3000m: 36:57.14	1:15.16	4300m: 53:27.10	1:17.03
500m: 6:03.31	1:12.88	1800m: 21:54.97	1:13.59	3100m: 38:12.40	1:15.26	4400m: 54:44.53	1:17.43	600m: 7:16.18	1:12.87	1900m: 23:08.89	1:13.92	3200m: 39:27.99	1:15.59	4500m: 56:01.51	1:16.98
700m: 8:29.29	1:13.11	2000m: 24:23.65	1:14.76	3300m: 40:43.75	1:15.76	4600m: 57:18.36	1:16.85	800m: 9:42.85	1:13.56	2100m: 25:38.38	1:14.73	3400m: 41:59.58	1:15.83	4700m: 58:35.52	1:17.16
900m: 10:55.75	1:12.90	2200m: 26:54.12	1:15.74	3500m: 43:15.34	1:15.76	4800m: 59:52.36	1:16.84	1000m: 12:08.55	1:12.80	2300m: 28:09.52	1:15.40	3600m: 44:31.31	1:15.97	4900m: 1:01:08.14	1:15.78
1100m: 13:21.54	1:12.99	2400m: 29:25.18	1:15.66	3700m: 45:47.02	1:15.71	5000m: 1:02:20.12	1:11.98	1200m: 14:34.74	1:13.20	2500m: 30:40.87	1:15.69	3800m: 47:03.80	1:16.78		
1300m: 15:47.87	1:13.13	2600m: 31:56.62	1:15.75	3900m: 48:20.04	1:16.24										
6. PEINADO MORALES Irene	94	C.N. San Fernando						1:02:58.96+	4:04.21	5,00					
100m: 1:11.10	1:11.10	1200m: 14:43.06	1:14.49	2300m: 28:27.13	1:15.35	3400m: 42:28.21	1:16.87	200m: 2:24.12	1:13.02	1300m: 15:57.72	1:14.66	2400m: 29:42.76	1:15.63	3500m: 43:45.01	1:16.80
300m: 3:37.15	1:13.03	1400m: 17:12.20	1:14.48	2500m: 30:59.00	1:16.24	3600m: 45:01.70	1:16.69	400m: 4:50.76	1:13.61	1500m: 18:26.47	1:14.27	2600m: 32:15.59	1:16.59	3700m: 46:18.16	1:16.46
500m: 6:04.34	1:13.58	1600m: 19:41.15	1:14.68	2700m: 33:31.99	1:16.40	3800m: 47:35.01	1:16.85	600m: 7:18.01	1:13.67	1700m: 20:55.78	1:14.63	2800m: 34:48.39	1:16.40	3900m: 48:52.01	1:17.00
700m: 8:31.84	1:13.83	1800m: 22:10.52	1:14.74	2900m: 36:05.01	1:16.62	4000m: 50:09.20	1:17.19	800m: 9:45.84	1:14.00	1900m: 23:25.57	1:15.05	3000m: 37:21.87	1:16.86	4100m: 51:26.40	1:17.20
900m: 10:59.95	1:14.11	2000m: 24:41.08	1:15.51	3100m: 38:38.32	1:16.45	4200m: 52:43.81	1:17.41	1000m: 12:14.28	1:14.33	2100m: 25:56.21	1:15.13	3200m: 39:54.76	1:16.44	4300m: 54:01.01	1:17.20
1100m: 13:28.57	1:14.29	2200m: 27:11.78	1:15.57	3300m: 41:11.34	1:16.58	4400m: 55:18.18	1:17.17								

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 4, Fem., 5000m Libre, SENIOR

Clasificación	AN						Tiempo					
	4500m: 56:35.26	1:17.08	4700m: 59:09.35	1:17.25	4900m: 1:01:43.76	1:17.17						
	4600m: 57:52.10	1:16.84	4800m: 1:00:26.59	1:17.24	5000m: 1:02:58.96	1:15.20						
7. ORTIZ DE GUINEA BASTON Alba	97		C.N. Ponteareas		1:03:10.62+	4:15.87	4,00					
100m:	1:10.77	1:10.77	1400m:	17:19.89	1:15.68	2700m:	33:46.99	1:16.47	4000m:	50:23.17	1:17.32	
200m:	2:24.76	1:13.99	1500m:	18:35.16	1:15.27	2800m:	35:03.30	1:16.31	4100m:	51:40.39	1:17.22	
300m:	3:38.79	1:14.03	1600m:	19:50.74	1:15.58	2900m:	36:20.15	1:16.85	4200m:	52:57.06	1:16.67	
400m:	4:53.03	1:14.24	1700m:	21:06.41	1:15.67	3000m:	37:36.49	1:16.34	4300m:	54:13.93	1:16.87	
500m:	6:07.08	1:14.05	1800m:	22:22.01	1:15.60	3100m:	38:53.08	1:16.59	4400m:	55:31.11	1:17.18	
600m:	7:21.54	1:14.46	1900m:	23:38.04	1:16.03	3200m:	40:09.87	1:16.79	4500m:	56:48.56	1:17.45	
700m:	8:35.90	1:14.36	2000m:	24:53.66	1:15.62	3300m:	41:26.32	1:16.45	4600m:	58:05.87	1:17.31	
800m:	9:50.31	1:14.41	2100m:	26:09.74	1:16.08	3400m:	42:42.40	1:16.08	4700m:	59:22.80	1:16.93	
900m:	11:04.67	1:14.36	2200m:	27:25.72	1:15.98	3500m:	43:59.23	1:16.83	4800m:	1:00:39.51	1:16.71	
1000m:	12:19.49	1:14.82	2300m:	28:41.66	1:15.94	3600m:	45:16.59	1:17.36	4900m:	1:01:55.53	1:16.02	
1100m:	13:34.10	1:14.61	2400m:	29:57.72	1:16.06	3700m:	46:32.34	1:15.75	5000m:	1:03:10.62	1:15.09	
1200m:	14:48.96	1:14.86	2500m:	31:13.91	1:16.19	3800m:	47:49.13	1:16.79				
1300m:	16:04.21	1:15.25	2600m:	32:30.52	1:16.61	3900m:	49:05.85	1:16.72				
8. MAESTRO LORENZO Alba	02		C.N. L' Hospitalet		1:04:31.67+	5:36.92	3,00					
100m:	1:13.72	1:13.72	1400m:	17:50.37	1:16.73	2700m:	34:36.28	1:17.42	4000m:	51:33.46	1:18.55	
200m:	2:30.37	1:16.65	1500m:	19:07.41	1:17.04	2800m:	35:54.49	1:18.21	4100m:	52:52.22	1:18.76	
300m:	3:47.23	1:16.86	1600m:	20:24.69	1:17.28	2900m:	37:12.08	1:17.59	4200m:	54:10.73	1:18.51	
400m:	5:04.00	1:16.77	1700m:	21:41.98	1:17.29	3000m:	38:29.82	1:17.74	4300m:	55:29.20	1:18.47	
500m:	6:20.37	1:16.37	1800m:	22:59.24	1:17.26	3100m:	39:47.66	1:17.84	4400m:	56:47.01	1:17.81	
600m:	7:37.05	1:16.68	1900m:	24:16.42	1:17.18	3200m:	41:05.56	1:17.90	4500m:	58:05.08	1:18.07	
700m:	8:53.42	1:16.37	2000m:	25:33.86	1:17.44	3300m:	42:23.78	1:18.22	4600m:	59:22.89	1:17.81	
800m:	10:09.83	1:16.41	2100m:	26:51.17	1:17.31	3400m:	43:42.11	1:18.33	4700m:	1:00:41.14	1:18.25	
900m:	11:26.57	1:16.74	2200m:	28:08.45	1:17.28	3500m:	45:00.27	1:18.16	4800m:	1:01:58.86	1:17.72	
1000m:	12:43.40	1:16.83	2300m:	29:25.83	1:17.38	3600m:	46:19.09	1:18.82	4900m:	1:03:16.42	1:17.56	
1100m:	14:00.33	1:16.93	2400m:	30:43.41	1:17.58	3700m:	47:37.57	1:18.48	5000m:	1:04:31.67	1:15.25	
1200m:	15:17.05	1:16.72	2500m:	32:01.32	1:17.91	3800m:	48:56.22	1:18.65				
1300m:	16:33.64	1:16.59	2600m:	33:18.86	1:17.54	3900m:	50:14.91	1:18.69				
9. PANAZAN DALINA Andrea	03		C.N. Las Norias		1:05:21.62+	6:26.87	2,00					
100m:	1:10.01	1:10.01	1400m:	17:42.25	1:19.02	2700m:	34:46.88	1:18.57	4000m:	52:08.54	1:20.40	
200m:	2:24.25	1:14.24	1500m:	19:01.08	1:18.83	2800m:	36:06.62	1:19.74	4100m:	53:28.70	1:20.16	
300m:	3:38.56	1:14.31	1600m:	20:19.45	1:18.37	2900m:	37:25.94	1:19.32	4200m:	54:48.18	1:19.48	
400m:	4:53.70	1:15.14	1700m:	21:37.58	1:18.13	3000m:	38:45.75	1:19.81	4300m:	56:08.31	1:20.13	
500m:	6:09.70	1:16.00	1800m:	22:55.45	1:17.87	3100m:	40:05.42	1:19.67	4400m:	57:28.44	1:20.13	
600m:	7:25.70	1:16.00	1900m:	24:15.07	1:19.62	3200m:	41:25.95	1:20.53	4500m:	58:47.42	1:18.98	
700m:	8:42.51	1:16.81	2000m:	25:34.54	1:19.47	3300m:	42:46.58	1:20.63	4600m:	1:00:06.00	1:18.58	
800m:	9:58.88	1:16.37	2100m:	26:53.77	1:19.23	3400m:	44:06.69	1:20.11	4700m:	1:01:24.98	1:18.98	
900m:	11:14.89	1:16.01	2200m:	28:13.50	1:19.73	3500m:	45:26.80	1:20.11	4800m:	1:02:44.30	1:19.32	
1000m:	12:31.62	1:16.73	2300m:	29:32.58	1:19.08	3600m:	46:47.83	1:21.03	4900m:	1:04:03.20	1:18.90	
1100m:	13:48.18	1:16.56	2400m:	30:51.36	1:18.78	3700m:	48:07.12	1:19.29	5000m:	1:05:21.62	1:18.42	
1200m:	15:05.71	1:17.53	2500m:	32:09.83	1:18.47	3800m:	49:26.89	1:19.77				
1300m:	16:23.23	1:17.52	2600m:	33:28.31	1:18.48	3900m:	50:48.14	1:21.25				

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 4, Fem., 5000m Libre

Abs.

1.	MARTINEZ GUILLEN Angela	04	Kzm Swimming Team	57:43.71	13,00			
	100m: 1:11.08	1:11.08	1400m: 16:30.48	1:10.67	2700m: 31:24.62	1:09.10	4000m: 46:13.61	1:08.25
	200m: 2:22.98	1:11.90	1500m: 17:41.27	1:10.79	2800m: 32:33.43	1:08.81	4100m: 47:22.46	1:08.85
	300m: 3:34.25	1:11.27	1600m: 18:49.08	1:07.81	2900m: 33:41.87	1:08.44	4200m: 48:31.60	1:09.14
	400m: 4:45.02	1:10.77	1700m: 19:57.18	1:08.10	3000m: 34:50.77	1:08.90	4300m: 49:40.89	1:09.29
	500m: 5:55.54	1:10.52	1800m: 21:05.59	1:08.41	3100m: 36:00.05	1:09.28	4400m: 50:50.21	1:09.32
	600m: 7:06.07	1:10.53	1900m: 22:13.96	1:08.37	3200m: 37:08.13	1:08.08	4500m: 51:59.88	1:09.67
	700m: 8:16.65	1:10.58	2000m: 23:22.52	1:08.56	3300m: 38:16.45	1:08.32	4600m: 53:09.71	1:09.83
	800m: 9:27.11	1:10.46	2100m: 24:31.42	1:08.90	3400m: 39:24.48	1:08.03	4700m: 54:19.10	1:09.39
	900m: 10:37.55	1:10.44	2200m: 25:40.16	1:08.74	3500m: 40:32.43	1:07.95	4800m: 55:27.86	1:08.76
	1000m: 11:47.96	1:10.41	2300m: 26:49.33	1:09.17	3600m: 41:40.36	1:07.93	4900m: 56:37.12	1:09.26
	1100m: 12:58.68	1:10.72	2400m: 27:58.18	1:08.85	3700m: 42:48.53	1:08.17	5000m: 57:43.71	1:06.59
	1200m: 14:09.26	1:10.58	2500m: 29:06.88	1:08.70	3800m: 43:57.01	1:08.48		
	1300m: 15:19.81	1:10.55	2600m: 30:15.52	1:08.64	3900m: 45:05.36	1:08.35		
2.	CARMONA VILLAPLANA Marta	05	C.N. Albacete	58:00.21	+ 16.50	10,00		
	100m: 1:11.29	1:11.29	1400m: 16:32.53	1:10.44	2700m: 31:30.43	1:09.23	4000m: 46:25.90	1:09.61
	200m: 2:23.74	1:12.45	1500m: 17:43.38	1:10.85	2800m: 32:39.60	1:09.17	4100m: 47:35.57	1:09.67
	300m: 3:35.46	1:11.72	1600m: 18:52.33	1:08.95	2900m: 33:48.71	1:09.11	4200m: 48:45.43	1:09.86
	400m: 4:46.76	1:11.30	1700m: 20:00.87	1:08.54	3000m: 34:57.77	1:09.06	4300m: 49:55.21	1:09.78
	500m: 5:57.48	1:10.72	1800m: 21:09.74	1:08.87	3100m: 36:05.52	1:07.75	4400m: 51:04.81	1:09.60
	600m: 7:08.34	1:10.86	1900m: 22:18.37	1:08.63	3200m: 37:14.03	1:08.51	4500m: 52:14.00	1:09.19
	700m: 8:19.09	1:10.75	2000m: 23:27.46	1:09.09	3300m: 38:22.22	1:08.19	4600m: 53:22.65	1:08.65
	800m: 9:29.49	1:10.40	2100m: 24:36.20	1:08.74	3400m: 39:30.77	1:08.55	4700m: 54:31.82	1:09.17
	900m: 10:39.80	1:10.31	2200m: 25:45.34	1:09.14	3500m: 40:39.77	1:09.00	4800m: 55:41.08	1:09.26
	1000m: 11:50.15	1:10.35	2300m: 26:54.31	1:08.97	3600m: 41:48.61	1:08.84	4900m: 56:51.39	1:10.31
	1100m: 13:00.93	1:10.78	2400m: 28:03.27	1:08.96	3700m: 42:57.73	1:09.12	5000m: 58:00.21	1:08.82
	1200m: 14:11.68	1:10.75	2500m: 29:12.15	1:08.88	3800m: 44:06.80	1:09.07		
	1300m: 15:22.09	1:10.41	2600m: 30:21.20	1:09.05	3900m: 45:16.29	1:09.49		
3.	SANCHEZ LORA Candela	03	C.D. Gredos San Diego	58:54.75+	1:11.04	13,00		
	100m: 1:09.21	1:09.21	1400m: 16:23.79	1:11.74	2700m: 31:48.20	1:11.84	4000m: 47:15.46	1:10.75
	200m: 2:19.09	1:09.88	1500m: 17:34.97	1:11.18	2800m: 33:00.16	1:11.96	4100m: 48:26.00	1:10.54
	300m: 3:28.86	1:09.77	1600m: 18:46.56	1:11.59	2900m: 34:11.82	1:11.66	4200m: 49:36.76	1:10.76
	400m: 4:39.37	1:10.51	1700m: 19:57.55	1:10.99	3000m: 35:23.76	1:11.94	4300m: 50:47.04	1:10.28
	500m: 5:49.26	1:09.89	1800m: 21:08.85	1:11.30	3100m: 36:35.22	1:11.46	4400m: 51:57.80	1:10.76
	600m: 6:59.02	1:09.76	1900m: 22:19.92	1:11.07	3200m: 37:46.47	1:11.25	4500m: 53:08.00	1:10.20
	700m: 8:09.20	1:10.18	2000m: 23:30.41	1:10.49	3300m: 38:57.85	1:11.38	4600m: 54:18.01	1:10.01
	800m: 9:18.88	1:09.68	2100m: 24:40.72	1:10.31	3400m: 40:09.46	1:11.61	4700m: 55:28.11	1:10.10
	900m: 10:28.63	1:09.75	2200m: 25:51.40	1:10.68	3500m: 41:20.93	1:11.47	4800m: 56:37.40	1:09.29
	1000m: 11:39.37	1:10.74	2300m: 27:02.43	1:11.03	3600m: 42:32.21	1:11.28	4900m: 57:46.03	1:08.63
	1100m: 12:50.46	1:11.09	2400m: 28:13.25	1:10.82	3700m: 43:43.27	1:11.06	5000m: 58:54.75	1:08.72
	1200m: 14:01.06	1:10.60	2500m: 29:24.72	1:11.47	3800m: 44:54.42	1:11.15		
	1300m: 15:12.05	1:10.99	2600m: 30:36.36	1:11.64	3900m: 46:04.71	1:10.29		
4.	MARTIN ARGENTE Noa	07	C.N. Ferca-San Jose	59:00.54+	1:16.83	13,00		
	100m: 1:09.50	1:09.50	1200m: 14:01.06	1:10.41	2300m: 26:58.89	1:10.16	3400m: 39:53.84	1:11.37
	200m: 2:19.24	1:09.74	1300m: 15:11.94	1:10.88	2400m: 28:08.22	1:09.33	3500m: 41:06.20	1:12.36
	300m: 3:29.34	1:10.10	1400m: 16:23.27	1:11.33	2500m: 29:18.18	1:09.96	3600m: 42:17.59	1:11.39
	400m: 4:39.41	1:10.07	1500m: 17:34.57	1:11.30	2600m: 30:28.72	1:10.54	3700m: 43:28.97	1:11.38
	500m: 5:50.14	1:10.73	1600m: 18:45.39	1:10.82	2700m: 31:39.01	1:10.29	3800m: 44:41.45	1:12.48
	600m: 6:59.69	1:09.55	1700m: 19:57.19	1:11.80	2800m: 32:49.67	1:10.66	3900m: 45:52.78	1:11.33
	700m: 8:09.90	1:10.21	1800m: 21:07.71	1:10.52	2900m: 33:59.80	1:10.13	4000m: 47:03.64	1:10.86
	800m: 9:19.56	1:09.66	1900m: 22:18.32	1:10.61	3000m: 35:10.56	1:10.76	4100m: 48:14.72	1:11.08
	900m: 10:29.24	1:09.68	2000m: 23:29.27	1:10.95	3100m: 36:20.78	1:10.22	4200m: 49:26.61	1:11.89
	1000m: 11:39.74	1:10.50	2100m: 24:38.74	1:09.47	3200m: 37:31.40	1:10.62	4300m: 50:38.21	1:11.60
	1100m: 12:50.65	1:10.91	2200m: 25:48.73	1:09.99	3300m: 38:42.47	1:11.07	4400m: 51:49.57	1:11.36

Piscina 50 m.

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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN						Tiempo					
	4500m: 53:01.55	1:11.98	4700m: 55:25.14	1:12.09	4900m: 57:49.35	1:11.67						
	4600m: 54:13.05	1:11.50	4800m: 56:37.68	1:12.54	5000m: 59:00.54	1:11.19						
5.	BRAMONT ARIAS GARCÍA Maria Aleja99a C. Nautico Sevilla						59:36.91+ 1:53.20 10,00					
	100m: 1:10.90	1:10.90	1400m: 16:26.57	1:10.69	2700m: 31:53.87	1:11.44	4000m: 47:33.21	1:12.85				
	200m: 2:22.26	1:11.36	1500m: 17:37.47	1:10.90	2800m: 33:05.89	1:12.02	4100m: 48:45.78	1:12.57				
	300m: 3:32.96	1:10.70	1600m: 18:48.00	1:10.53	2900m: 34:17.86	1:11.97	4200m: 49:58.09	1:12.31				
	400m: 4:43.73	1:10.77	1700m: 19:58.25	1:10.25	3000m: 35:30.36	1:12.50	4300m: 51:11.16	1:13.07				
	500m: 5:53.99	1:10.26	1800m: 21:09.29	1:11.04	3100m: 36:42.42	1:12.06	4400m: 52:23.31	1:12.15				
	600m: 7:04.61	1:10.62	1900m: 22:20.71	1:11.42	3200m: 37:54.59	1:12.17	4500m: 53:35.51	1:12.20				
	700m: 8:14.28	1:09.67	2000m: 23:32.45	1:11.74	3300m: 39:07.15	1:12.56	4600m: 54:47.66	1:12.15				
	800m: 9:24.50	1:10.22	2100m: 24:44.00	1:11.55	3400m: 40:19.36	1:12.21	4700m: 56:00.45	1:12.79				
	900m: 10:34.60	1:10.10	2200m: 25:55.62	1:11.62	3500m: 41:31.71	1:12.35	4800m: 57:12.94	1:12.49				
	1000m: 11:45.35	1:10.75	2300m: 27:07.21	1:11.59	3600m: 42:44.16	1:12.45	4900m: 58:25.98	1:13.04				
	1100m: 12:55.15	1:09.80	2400m: 28:19.25	1:12.04	3700m: 43:56.24	1:12.08	5000m: 59:36.91	1:10.93				
	1200m: 14:05.54	1:10.39	2500m: 29:30.89	1:11.64	3800m: 45:08.22	1:11.98						
	1300m: 15:15.88	1:10.34	2600m: 30:42.43	1:11.54	3900m: 46:20.36	1:12.14						
6.	MOURENZA ROCHA Ines 07 C.N. Portamiña Lugo						59:41.43+ 1:57.72 10,00					
	100m: 1:11.17	1:11.17	1400m: 16:32.53	1:10.99	2700m: 32:03.02	1:12.01	4000m: 47:37.54	1:12.10				
	200m: 2:21.67	1:10.50	1500m: 17:43.59	1:11.06	2800m: 33:15.36	1:12.34	4100m: 48:49.34	1:11.80				
	300m: 3:32.30	1:10.63	1600m: 18:54.59	1:11.00	2900m: 34:26.96	1:11.60	4200m: 50:02.09	1:12.75				
	400m: 4:43.24	1:10.94	1700m: 20:05.73	1:11.14	3000m: 35:39.33	1:12.37	4300m: 51:14.73	1:12.64				
	500m: 5:54.48	1:11.24	1800m: 21:17.01	1:11.28	3100m: 36:50.91	1:11.58	4400m: 52:27.46	1:12.73				
	600m: 7:04.86	1:10.38	1900m: 22:29.04	1:12.03	3200m: 38:02.90	1:11.99	4500m: 53:40.52	1:13.06				
	700m: 8:15.42	1:10.56	2000m: 23:40.52	1:11.48	3300m: 39:14.36	1:11.46	4600m: 54:53.93	1:13.41				
	800m: 9:26.51	1:11.09	2100m: 24:52.11	1:11.59	3400m: 40:26.50	1:12.14	4700m: 56:07.06	1:13.13				
	900m: 10:37.00	1:10.49	2200m: 26:03.73	1:11.62	3500m: 41:38.38	1:11.88	4800m: 57:19.61	1:12.55				
	1000m: 11:47.96	1:10.96	2300m: 27:15.49	1:11.76	3600m: 42:49.98	1:11.60	4900m: 58:32.05	1:12.44				
	1100m: 12:59.04	1:11.08	2400m: 28:27.11	1:11.62	3700m: 44:01.42	1:11.44	5000m: 59:41.43	1:09.38				
	1200m: 14:10.36	1:11.32	2500m: 29:38.90	1:11.79	3800m: 45:13.77	1:12.35						
	1300m: 15:21.54	1:11.18	2600m: 30:51.01	1:12.11	3900m: 46:25.44	1:11.67						
7.	GIRALT PIDEMONT Claudia 01 C.N. L' Hospitalet						1:00:08.63+ 2:24.92 8,00					
	100m: 1:10.07	1:10.07	1400m: 16:36.34	1:10.97	2700m: 32:14.26	1:12.77	4000m: 48:02.48	1:12.34				
	200m: 2:19.76	1:09.69	1500m: 17:47.53	1:11.19	2800m: 33:26.98	1:12.72	4100m: 49:15.03	1:12.55				
	300m: 3:30.47	1:10.71	1600m: 18:58.79	1:11.26	2900m: 34:40.00	1:13.02	4200m: 50:27.39	1:12.36				
	400m: 4:41.38	1:10.91	1700m: 20:10.99	1:12.20	3000m: 35:53.25	1:13.25	4300m: 51:40.20	1:12.81				
	500m: 5:52.48	1:11.10	1800m: 21:22.95	1:11.96	3100m: 37:06.40	1:13.15	4400m: 52:53.62	1:13.42				
	600m: 7:03.91	1:11.43	1900m: 22:34.84	1:11.89	3200m: 38:19.27	1:12.87	4500m: 54:05.31	1:11.69				
	700m: 8:15.63	1:11.72	2000m: 23:46.87	1:12.03	3300m: 39:32.67	1:13.40	4600m: 55:17.94	1:12.63				
	800m: 9:27.80	1:12.17	2100m: 24:59.24	1:12.37	3400m: 40:46.18	1:13.51	4700m: 56:31.29	1:13.35				
	900m: 10:38.57	1:10.77	2200m: 26:11.49	1:12.25	3500m: 41:58.06	1:11.88	4800m: 57:44.37	1:13.08				
	1000m: 11:50.87	1:12.30	2300m: 27:23.73	1:12.24	3600m: 43:11.01	1:12.95	4900m: 58:57.41	1:13.04				
	1100m: 13:02.41	1:11.54	2400m: 28:36.44	1:12.71	3700m: 44:24.14	1:13.13	5000m: 1:00:08.63	1:11.22				
	1200m: 14:13.97	1:11.56	2500m: 29:48.92	1:12.48	3800m: 45:37.38	1:13.24						
	1300m: 15:25.37	1:11.40	2600m: 31:01.49	1:12.57	3900m: 46:50.14	1:12.76						

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



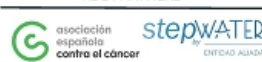
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN		Tiempo		
8. COLL MARTI Júlia	07	C.N. Olot	1:00:31.48+	2:47.77	8,00
100m: 1:09.98 1:09.98	1400m: 16:55.25 1:12.91	2700m: 32:47.31 1:13.89	4000m: 48:30.22 1:12.22		
200m: 2:21.78 1:11.80	1500m: 18:08.31 1:13.06	2800m: 33:59.47 1:12.16	4100m: 49:41.62 1:11.40		
300m: 3:33.72 1:11.94	1600m: 19:21.56 1:13.25	2900m: 35:11.95 1:12.48	4200m: 50:54.16 1:12.54		
400m: 4:45.54 1:11.82	1700m: 20:35.35 1:13.79	3000m: 36:25.40 1:13.45	4300m: 52:07.06 1:12.90		
500m: 5:57.64 1:12.10	1800m: 21:49.48 1:14.13	3100m: 37:38.31 1:12.91	4400m: 53:20.25 1:13.19		
600m: 7:10.48 1:12.84	1900m: 23:03.25 1:13.77	3200m: 38:51.06 1:12.75	4500m: 54:33.52 1:13.27		
700m: 8:23.62 1:13.14	2000m: 24:17.25 1:14.00	3300m: 40:03.54 1:12.48	4600m: 55:46.44 1:12.92		
800m: 9:36.57 1:12.95	2100m: 25:31.48 1:14.23	3400m: 41:16.87 1:13.33	4700m: 56:59.06 1:12.62		
900m: 10:50.13 1:13.56	2200m: 26:45.11 1:13.63	3500m: 42:30.06 1:13.19	4800m: 58:11.10 1:12.04		
1000m: 12:03.70 1:13.57	2300m: 27:58.34 1:13.23	3600m: 43:42.44 1:12.38	4900m: 59:23.13 1:12.03		
1100m: 13:16.66 1:12.96	2400m: 29:10.51 1:12.17	3700m: 44:54.84 1:12.40	5000m: 1:00:31.48 1:08.35		
1200m: 14:29.27 1:12.61	2500m: 30:22.33 1:11.82	3800m: 46:06.68 1:11.84			
1300m: 15:42.34 1:13.07	2600m: 31:33.42 1:11.09	3900m: 47:18.00 1:11.32			
9. MARTINEZ DE SALINAS PEÑA Clara	07	E.M. El Olivar	1:00:31.68+	2:47.97	7,00
100m: 1:10.43 1:10.43	1400m: 16:47.10 1:12.38	2700m: 32:41.59 1:13.37	4000m: 48:30.30 1:12.34		
200m: 2:21.80 1:11.37	1500m: 17:59.67 1:12.57	2800m: 33:55.26 1:13.67	4100m: 49:41.87 1:11.57		
300m: 3:33.48 1:11.68	1600m: 19:12.23 1:12.56	2900m: 35:08.62 1:13.36	4200m: 50:54.47 1:12.60		
400m: 4:44.83 1:11.35	1700m: 20:25.18 1:12.95	3000m: 36:21.08 1:12.46	4300m: 52:07.39 1:12.92		
500m: 5:56.30 1:11.47	1800m: 21:38.60 1:13.42	3100m: 37:32.94 1:11.86	4400m: 53:20.38 1:12.99		
600m: 7:08.18 1:11.88	1900m: 22:51.93 1:13.33	3200m: 38:45.74 1:12.80	4500m: 54:33.56 1:13.18		
700m: 8:19.90 1:11.72	2000m: 24:05.67 1:13.74	3300m: 39:58.83 1:13.09	4600m: 55:46.48 1:12.92		
800m: 9:31.59 1:11.69	2100m: 25:19.37 1:13.70	3400m: 41:11.53 1:12.70	4700m: 56:59.18 1:12.70		
900m: 10:43.84 1:12.25	2200m: 26:32.37 1:13.00	3500m: 42:24.66 1:13.13	4800m: 58:11.35 1:12.17		
1000m: 11:56.47 1:12.63	2300m: 27:46.18 1:13.81	3600m: 43:37.72 1:13.06	4900m: 59:23.35 1:12.00		
1100m: 13:09.86 1:13.39	2400m: 29:00.29 1:14.11	3700m: 44:51.19 1:13.47	5000m: 1:00:31.68 1:08.33		
1200m: 14:22.34 1:12.48	2500m: 30:14.36 1:14.07	3800m: 46:04.94 1:13.75			
1300m: 15:34.72 1:12.38	2600m: 31:28.22 1:13.86	3900m: 47:17.96 1:13.02			
10. SAN MARTIN IGLESIAS Carlota	07	C.N. Cuencas Mineras	1:01:19.18+	3:35.47	6,00
100m: 1:11.52 1:11.52	1400m: 17:00.97 1:13.19	2700m: 32:58.11 1:13.85	4000m: 49:04.46 1:13.96		
200m: 2:24.42 1:12.90	1500m: 18:14.10 1:13.13	2800m: 34:12.11 1:14.00	4100m: 50:18.55 1:14.09		
300m: 3:37.22 1:12.80	1600m: 19:27.45 1:13.35	2900m: 35:26.18 1:14.07	4200m: 51:32.70 1:14.15		
400m: 4:50.45 1:13.23	1700m: 20:41.00 1:13.55	3000m: 36:40.59 1:14.41	4300m: 52:46.82 1:14.12		
500m: 6:03.43 1:12.98	1800m: 21:54.78 1:13.78	3100m: 37:54.97 1:14.38	4400m: 54:01.07 1:14.25		
600m: 7:16.24 1:12.81	1900m: 23:08.47 1:13.69	3200m: 39:09.29 1:14.32	4500m: 55:15.51 1:14.44		
700m: 8:29.28 1:13.04	2000m: 24:21.97 1:13.50	3300m: 40:23.96 1:14.67	4600m: 56:29.44 1:13.93		
800m: 9:42.44 1:13.16	2100m: 25:35.30 1:13.33	3400m: 41:38.38 1:14.42	4700m: 57:42.58 1:13.14		
900m: 10:55.38 1:12.94	2200m: 26:48.73 1:13.43	3500m: 42:53.15 1:14.77	4800m: 58:55.07 1:12.49		
1000m: 12:08.38 1:13.00	2300m: 28:02.26 1:13.53	3600m: 44:07.48 1:14.33	4900m: 1:00:07.62 1:12.55		
1100m: 13:21.32 1:12.94	2400m: 29:16.32 1:14.06	3700m: 45:21.93 1:14.45	5000m: 1:01:19.18 1:11.56		
1200m: 14:34.50 1:13.18	2500m: 30:30.39 1:14.07	3800m: 46:36.32 1:14.39			
1300m: 15:47.78 1:13.28	2600m: 31:44.26 1:13.87	3900m: 47:50.50 1:14.18			
11. OLIVEIRA LARA Carolina	07	C.N. Caldes	1:01:23.05+	3:39.34	5,00
100m: 1:11.38 1:11.38	1200m: 14:37.87 1:13.70	2300m: 28:08.60 1:13.83	3400m: 41:44.25 1:14.99		
200m: 2:23.51 1:12.13	1300m: 15:51.32 1:13.45	2400m: 29:22.30 1:13.70	3500m: 42:59.04 1:14.79		
300m: 3:36.50 1:12.99	1400m: 17:05.03 1:13.71	2500m: 30:36.32 1:14.02	3600m: 44:13.78 1:14.74		
400m: 4:49.57 1:13.07	1500m: 18:18.77 1:13.74	2600m: 31:50.10 1:13.78	3700m: 45:27.92 1:14.14		
500m: 6:03.40 1:13.83	1600m: 19:32.46 1:13.69	2700m: 33:03.86 1:13.76	3800m: 46:42.24 1:14.32		
600m: 7:17.08 1:13.68	1700m: 20:46.34 1:13.88	2800m: 34:17.91 1:14.05	3900m: 47:56.73 1:14.49		
700m: 8:30.81 1:13.73	1800m: 21:59.63 1:13.29	2900m: 35:32.06 1:14.15	4000m: 49:10.68 1:13.95		
800m: 9:44.59 1:13.78	1900m: 23:13.40 1:13.77	3000m: 36:46.35 1:14.29	4100m: 50:24.63 1:13.95		
900m: 10:57.70 1:13.11	2000m: 24:27.44 1:14.04	3100m: 38:00.63 1:14.28	4200m: 51:38.74 1:14.11		
1000m: 12:10.95 1:13.25	2100m: 25:40.98 1:13.54	3200m: 39:15.09 1:14.46	4300m: 52:53.50 1:14.76		
1100m: 13:24.17 1:13.22	2200m: 26:54.77 1:13.79	3300m: 40:29.26 1:14.17	4400m: 54:07.91 1:14.41		

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



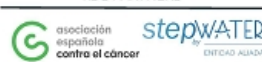
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN				Tiempo			
4500m: 55:22.43	1:14.52	4700m: 57:49.64	1:13.59	4900m: 1:00:13.16	1:11.26			
4600m: 56:36.05	1:13.62	4800m: 59:01.90	1:12.26	5000m: 1:01:23.05	1:09.89			
12. GÓMEZ MESÍAS Alba	00	C.N. Arteixo			1:01:32.28+	3:48.57	7,00	
100m: 1:10.54	1:10.54	1400m: 17:04.38	1:13.63	2700m: 33:10.04	1:14.46	4000m: 49:14.16	1:14.21	
200m: 2:22.91	1:12.37	1500m: 18:18.48	1:14.10	2800m: 34:24.43	1:14.39	4100m: 50:28.04	1:13.88	
300m: 3:34.98	1:12.07	1600m: 19:32.86	1:14.38	2900m: 35:39.43	1:15.00	4200m: 51:41.39	1:13.35	
400m: 4:48.06	1:13.08	1700m: 20:47.45	1:14.59	3000m: 36:54.44	1:15.01	4300m: 52:55.28	1:13.89	
500m: 6:01.46	1:13.40	1800m: 22:01.44	1:13.99	3100m: 38:09.58	1:15.14	4400m: 54:09.41	1:14.13	
600m: 7:14.34	1:12.88	1900m: 23:15.50	1:14.06	3200m: 39:24.12	1:14.54	4500m: 55:24.13	1:14.72	
700m: 8:27.73	1:13.39	2000m: 24:29.68	1:14.18	3300m: 40:38.19	1:14.07	4600m: 56:38.18	1:14.05	
800m: 9:41.40	1:13.67	2100m: 25:44.09	1:14.41	3400m: 41:52.67	1:14.48	4700m: 57:52.09	1:13.91	
900m: 10:55.32	1:13.92	2200m: 26:58.76	1:14.67	3500m: 43:06.28	1:13.61	4800m: 59:06.02	1:13.93	
1000m: 12:09.29	1:13.97	2300m: 28:13.02	1:14.26	3600m: 44:18.86	1:12.58	4900m: 1:00:19.28	1:13.26	
1100m: 13:23.26	1:13.97	2400m: 29:27.31	1:14.29	3700m: 45:32.23	1:13.37	5000m: 1:01:32.28	1:13.00	
1200m: 14:37.05	1:13.79	2500m: 30:41.10	1:13.79	3800m: 46:46.01	1:13.78			
1300m: 15:50.75	1:13.70	2600m: 31:55.58	1:14.48	3900m: 47:59.95	1:13.94			
13. MORA FERRANDIS Ariadna	06	C.N. La Salle-Palma			1:01:47.34+	4:03.63	4,00	
100m: 1:08.46	1:08.46	1400m: 16:48.47	1:12.99	2700m: 32:48.39	1:14.17	4000m: 49:00.87	1:15.31	
200m: 2:18.99	1:10.53	1500m: 18:01.53	1:13.06	2800m: 34:02.66	1:14.27	4100m: 50:16.88	1:16.01	
300m: 3:29.77	1:10.78	1600m: 19:15.05	1:13.52	2900m: 35:17.24	1:14.58	4200m: 51:32.96	1:16.08	
400m: 4:41.08	1:11.31	1700m: 20:29.20	1:14.15	3000m: 36:32.12	1:14.88	4300m: 52:49.33	1:16.37	
500m: 5:52.94	1:11.86	1800m: 21:43.22	1:14.02	3100m: 37:46.85	1:14.73	4400m: 54:06.22	1:16.89	
600m: 7:05.40	1:12.46	1900m: 22:57.76	1:14.54	3200m: 39:01.73	1:14.88	4500m: 55:23.17	1:16.95	
700m: 8:17.84	1:12.44	2000m: 24:11.60	1:13.84	3300m: 40:16.65	1:14.92	4600m: 56:39.38	1:16.21	
800m: 9:30.34	1:12.50	2100m: 25:25.51	1:13.91	3400m: 41:32.08	1:15.43	4700m: 57:56.18	1:16.80	
900m: 10:43.13	1:12.79	2200m: 26:39.26	1:13.75	3500m: 42:47.24	1:15.16	4800m: 59:13.37	1:17.19	
1000m: 11:56.13	1:13.00	2300m: 27:52.85	1:13.59	3600m: 44:02.37	1:15.13	4900m: 1:00:30.56	1:17.19	
1100m: 13:09.68	1:13.55	2400m: 29:06.88	1:14.03	3700m: 45:16.64	1:14.27	5000m: 1:01:47.34	1:16.78	
1200m: 14:22.72	1:13.04	2500m: 30:20.56	1:13.68	3800m: 46:31.11	1:14.47			
1300m: 15:35.48	1:12.76	2600m: 31:34.22	1:13.66	3900m: 47:45.56	1:14.45			
14. VILLADA PEREZ Paula	06	C.N.Cartagonova Cartagena			1:01:48.26+	4:04.55	3,00	
100m: 1:11.34	1:11.34	1400m: 17:04.18	1:13.66	2700m: 33:10.21	1:14.62	4000m: 49:21.50	1:15.57	
200m: 2:23.77	1:12.43	1500m: 18:18.42	1:14.24	2800m: 34:24.24	1:14.03	4100m: 50:37.01	1:15.51	
300m: 3:36.77	1:13.00	1600m: 19:32.76	1:14.34	2900m: 35:39.37	1:15.13	4200m: 51:51.45	1:14.44	
400m: 4:49.75	1:12.98	1700m: 20:47.11	1:14.35	3000m: 36:54.48	1:15.11	4300m: 53:06.25	1:14.80	
500m: 6:03.22	1:13.47	1800m: 22:01.18	1:14.07	3100m: 38:09.57	1:15.09	4400m: 54:21.04	1:14.79	
600m: 7:15.88	1:12.66	1900m: 23:15.56	1:14.38	3200m: 39:23.77	1:14.20	4500m: 55:36.50	1:15.46	
700m: 8:28.14	1:12.26	2000m: 24:29.66	1:14.10	3300m: 40:38.29	1:14.52	4600m: 56:51.80	1:15.30	
800m: 9:41.25	1:13.11	2100m: 25:44.10	1:14.44	3400m: 41:52.84	1:14.55	4700m: 58:06.69	1:14.89	
900m: 10:55.27	1:14.02	2200m: 26:58.88	1:14.78	3500m: 43:07.54	1:14.70	4800m: 59:21.55	1:14.86	
1000m: 12:09.17	1:13.90	2300m: 28:13.02	1:14.14	3600m: 44:22.03	1:14.49	4900m: 1:00:35.89	1:14.34	
1100m: 13:23.18	1:14.01	2400m: 29:27.67	1:14.65	3700m: 45:37.50	1:15.47	5000m: 1:01:48.26	1:12.37	
1200m: 14:36.77	1:13.59	2500m: 30:41.41	1:13.74	3800m: 46:51.61	1:14.11			
1300m: 15:50.52	1:13.75	2600m: 31:55.59	1:14.18	3900m: 48:05.93	1:14.32			

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



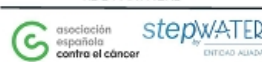
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN						Tiempo																																												
15. RIUS PELLEJA Abril	04 C.N. Tarraco						1:01:51.39+ 4:07.68 8,00																																												
100m: 1:10.32 1:10.32	1400m: 17:05.67 1:14.15	2700m: 33:19.00 1:14.84	4000m: 49:31.40 1:14.92	200m: 2:23.21 1:12.89	1500m: 18:20.90 1:15.23	2800m: 34:34.26 1:15.26	4100m: 50:45.96 1:14.56	300m: 3:36.67 1:13.46	1600m: 19:35.13 1:14.23	2900m: 35:48.98 1:14.72	4200m: 51:59.95 1:13.99	400m: 4:50.40 1:13.73	1700m: 20:49.98 1:14.85	3000m: 37:02.90 1:13.92	4300m: 53:15.54 1:15.59	500m: 6:03.76 1:13.36	1800m: 22:04.86 1:14.88	3100m: 38:17.30 1:14.40	4400m: 54:29.78 1:14.24	600m: 7:17.13 1:13.37	1900m: 23:19.55 1:14.69	3200m: 39:32.10 1:14.80	4500m: 55:44.40 1:14.62	700m: 8:30.21 1:13.08	2000m: 24:34.78 1:15.23	3300m: 40:46.92 1:14.82	4600m: 56:58.59 1:14.19	800m: 9:43.36 1:13.15	2100m: 25:49.86 1:15.08	3400m: 42:01.95 1:15.03	4700m: 58:12.02 1:13.43	900m: 10:56.78 1:13.42	2200m: 27:04.90 1:15.04	3500m: 43:17.21 1:15.26	4800m: 59:35.80 1:23.78	1000m: 12:10.21 1:13.43	2300m: 28:19.42 1:14.52	3600m: 44:32.23 1:15.02	4900m: 1:00:39.67 1:03.87	1100m: 13:24.10 1:13.89	2400m: 29:34.11 1:14.69	3700m: 45:47.02 1:14.79	5000m: 1:01:51.39 1:11.72	1200m: 14:37.72 1:13.62	2500m: 30:48.92 1:14.81	3800m: 47:01.64 1:14.62		1300m: 15:51.52 1:13.80	2600m: 32:04.16 1:15.24	3900m: 48:16.48 1:14.84	
16. MARTINEZ ROGLA Rosa	03 Cst-Cst Costa Azahar						1:02:20.12+ 4:36.41 6,00																																												
100m: 1:11.21 1:11.21	1400m: 17:01.18 1:13.31	2700m: 33:11.81 1:15.19	4000m: 49:36.92 1:16.88	200m: 2:24.34 1:13.13	1500m: 18:14.43 1:13.25	2800m: 34:27.25 1:15.44	4100m: 50:53.46 1:16.54	300m: 3:37.20 1:12.86	1600m: 19:27.87 1:13.44	2900m: 35:41.98 1:14.73	4200m: 52:10.07 1:16.61	400m: 4:50.43 1:13.23	1700m: 20:41.38 1:13.51	3000m: 36:57.14 1:15.16	4300m: 53:27.10 1:17.03	500m: 6:03.31 1:12.88	1800m: 21:54.97 1:13.59	3100m: 38:12.40 1:15.26	4400m: 54:44.53 1:17.43	600m: 7:16.18 1:12.87	1900m: 23:08.89 1:13.92	3200m: 39:27.99 1:15.59	4500m: 56:01.51 1:16.98	700m: 8:29.29 1:13.11	2000m: 24:23.65 1:14.76	3300m: 40:43.75 1:15.76	4600m: 57:18.36 1:16.85	800m: 9:42.85 1:13.56	2100m: 25:38.38 1:14.73	3400m: 41:59.58 1:15.83	4700m: 58:35.52 1:17.16	900m: 10:55.75 1:12.90	2200m: 26:54.12 1:15.74	3500m: 43:15.34 1:15.76	4800m: 59:52.36 1:16.84	1000m: 12:08.55 1:12.80	2300m: 28:09.52 1:15.40	3600m: 44:31.31 1:15.97	4900m: 1:01:08.14 1:15.78	1100m: 13:21.54 1:12.99	2400m: 29:25.18 1:15.66	3700m: 45:47.02 1:15.71	5000m: 1:02:20.12 1:11.98	1200m: 14:34.74 1:13.20	2500m: 30:40.87 1:15.69	3800m: 47:03.80 1:16.78		1300m: 15:47.87 1:13.13	2600m: 31:56.62 1:15.75	3900m: 48:20.04 1:16.24	
17. LOPEZ SIMON Aitana	06 C.N. Ferca-San Jose						1:02:20.34+ 4:36.63 2,00																																												
100m: 1:11.50 1:11.50	1400m: 17:11.30 1:14.71	2700m: 33:22.39 1:15.65	4000m: 49:41.93 1:15.01	200m: 2:23.84 1:12.34	1500m: 18:25.88 1:14.58	2800m: 34:37.79 1:15.40	4100m: 50:57.48 1:15.55	300m: 3:36.14 1:12.30	1600m: 19:40.67 1:14.79	2900m: 35:53.48 1:15.69	4200m: 52:14.26 1:16.78	400m: 4:49.44 1:13.30	1700m: 20:55.31 1:14.64	3000m: 37:08.34 1:14.86	4300m: 53:30.70 1:16.44	500m: 6:02.77 1:13.33	1800m: 22:09.85 1:14.54	3100m: 38:22.04 1:13.70	4400m: 54:47.62 1:16.92	600m: 7:16.38 1:13.61	1900m: 23:23.44 1:13.59	3200m: 39:36.88 1:14.84	4500m: 56:04.41 1:16.79	700m: 8:29.85 1:13.47	2000m: 24:36.79 1:13.35	3300m: 40:52.45 1:15.57	4600m: 57:21.27 1:16.86	800m: 9:43.54 1:13.69	2100m: 25:51.30 1:14.51	3400m: 42:07.93 1:15.48	4700m: 58:37.48 1:16.21	900m: 10:57.84 1:14.30	2200m: 27:06.30 1:15.00	3500m: 43:23.72 1:15.79	4800m: 59:52.98 1:15.50	1000m: 12:12.01 1:14.17	2300m: 28:21.88 1:15.58	3600m: 44:39.77 1:16.05	4900m: 1:01:08.86 1:15.88	1100m: 13:26.59 1:14.58	2400m: 29:37.14 1:15.26	3700m: 45:55.57 1:15.80	5000m: 1:02:20.34 1:11.48	1200m: 14:41.49 1:14.90	2500m: 30:52.01 1:14.87	3800m: 47:11.43 1:15.86		1300m: 15:56.59 1:15.10	2600m: 32:06.74 1:14.73	3900m: 48:26.92 1:15.49	
18. CARBALLO GONZALEZ Sofia	06 C.N. Ponteareas						1:02:41.26+ 4:57.55 1,00																																												
100m: 1:13.84 1:13.84	1200m: 14:59.42 1:14.77	2300m: 28:41.94 1:15.68	3400m: 42:29.82 1:15.38	200m: 2:30.02 1:16.18	1300m: 16:14.01 1:14.59	2400m: 29:56.78 1:14.84	3500m: 43:45.71 1:15.89	300m: 3:45.57 1:15.55	1400m: 17:27.44 1:13.43	2500m: 31:12.21 1:15.43	3600m: 45:01.76 1:16.05	400m: 5:00.88 1:15.31	1500m: 18:41.60 1:14.16	2600m: 32:28.01 1:15.80	3700m: 46:16.96 1:15.20	500m: 6:16.57 1:15.69	1600m: 19:55.96 1:14.36	2700m: 33:43.21 1:15.20	3800m: 47:32.51 1:15.55	600m: 7:32.00 1:15.43	1700m: 21:10.30 1:14.34	2800m: 34:58.14 1:14.93	3900m: 48:47.71 1:15.20	700m: 8:47.27 1:15.27	1800m: 22:24.96 1:14.66	2900m: 36:13.15 1:15.01	4000m: 50:03.38 1:15.67	800m: 10:01.70 1:14.43	1900m: 23:39.96 1:15.00	3000m: 37:28.49 1:15.34	4100m: 51:19.02 1:15.64	900m: 11:15.82 1:14.12	2000m: 24:54.96 1:15.00	3100m: 38:43.72 1:15.23	4200m: 52:35.24 1:16.22	1000m: 12:30.27 1:14.45	2100m: 26:10.76 1:15.80	3200m: 39:58.40 1:14.68	4300m: 53:51.38 1:16.14	1100m: 13:44.65 1:14.38	2200m: 27:26.26 1:15.50	3300m: 41:14.44 1:16.04	4400m: 55:07.76 1:16.38								

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



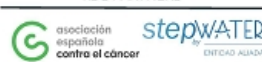
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN						Tiempo					
	4500m: 56:24.58	1:16.82	4700m: 58:56.88	1:16.31	4900m: 1:01:28.78	1:15.65						
	4600m: 57:40.57	1:15.99	4800m: 1:00:13.13	1:16.25	5000m: 1:02:41.26	1:12.48						
19. GONZALEZ MIRALLES Paula	04	C.N. Delfin	1:02:50.35+	5:06.64	7,00							
100m:	1:11.48	1:11.48	1400m:	16:57.19	1:14.46	2700m:	33:08.78	1:15.49	4000m:	49:42.89	1:17.03	
200m:	2:23.67	1:12.19	1500m:	18:11.11	1:13.92	2800m:	34:24.59	1:15.81	4100m:	51:00.37	1:17.48	
300m:	3:35.46	1:11.79	1600m:	19:25.35	1:14.24	2900m:	35:40.85	1:16.26	4200m:	52:17.97	1:17.60	
400m:	4:47.57	1:12.11	1700m:	20:39.41	1:14.06	3000m:	36:56.35	1:15.50	4300m:	53:35.42	1:17.45	
500m:	5:59.24	1:11.67	1800m:	21:53.98	1:14.57	3100m:	38:12.21	1:15.86	4400m:	54:53.61	1:18.19	
600m:	7:11.66	1:12.42	1900m:	23:08.60	1:14.62	3200m:	39:28.33	1:16.12	4500m:	56:11.67	1:18.06	
700m:	8:24.08	1:12.42	2000m:	24:23.55	1:14.95	3300m:	40:44.29	1:15.96	4600m:	57:30.18	1:18.51	
800m:	9:37.14	1:13.06	2100m:	25:38.26	1:14.71	3400m:	42:00.72	1:16.43	4700m:	58:49.33	1:19.15	
900m:	10:50.31	1:13.17	2200m:	26:52.89	1:14.63	3500m:	43:17.50	1:16.78	4800m:	1:00:08.58	1:19.25	
1000m:	12:03.23	1:12.92	2300m:	28:08.19	1:15.30	3600m:	44:34.53	1:17.03	4900m:	1:01:28.14	1:19.56	
1100m:	13:16.15	1:12.92	2400m:	29:22.72	1:14.53	3700m:	45:51.74	1:17.21	5000m:	1:02:50.35	1:22.21	
1200m:	14:29.42	1:13.27	2500m:	30:37.42	1:14.70	3800m:	47:08.75	1:17.01				
1300m:	15:42.73	1:13.31	2600m:	31:53.29	1:15.87	3900m:	48:25.86	1:17.11				
20. PEINADO MORALES Irene	94	C.N. San Fernando	1:02:58.96+	5:15.25	5,00							
100m:	1:11.10	1:11.10	1400m:	17:12.20	1:14.48	2700m:	33:31.99	1:16.40	4000m:	50:09.20	1:17.19	
200m:	2:24.12	1:13.02	1500m:	18:26.47	1:14.27	2800m:	34:48.39	1:16.40	4100m:	51:26.40	1:17.20	
300m:	3:37.15	1:13.03	1600m:	19:41.15	1:14.68	2900m:	36:05.01	1:16.62	4200m:	52:43.81	1:17.41	
400m:	4:50.76	1:13.61	1700m:	20:55.78	1:14.63	3000m:	37:21.87	1:16.86	4300m:	54:01.01	1:17.20	
500m:	6:04.34	1:13.58	1800m:	22:10.52	1:14.74	3100m:	38:38.32	1:16.45	4400m:	55:18.18	1:17.17	
600m:	7:18.01	1:13.67	1900m:	23:25.57	1:15.05	3200m:	39:54.76	1:16.44	4500m:	56:35.26	1:17.08	
700m:	8:31.84	1:13.83	2000m:	24:41.08	1:15.51	3300m:	41:11.34	1:16.58	4600m:	57:52.10	1:16.84	
800m:	9:45.84	1:14.00	2100m:	25:56.21	1:15.13	3400m:	42:28.21	1:16.87	4700m:	59:09.35	1:17.25	
900m:	10:59.95	1:14.11	2200m:	27:11.78	1:15.57	3500m:	43:45.01	1:16.80	4800m:	1:00:26.59	1:17.24	
1000m:	12:14.28	1:14.33	2300m:	28:27.13	1:15.35	3600m:	45:01.70	1:16.69	4900m:	1:01:43.76	1:17.17	
1100m:	13:28.57	1:14.29	2400m:	29:42.76	1:15.63	3700m:	46:18.16	1:16.46	5000m:	1:02:58.96	1:15.20	
1200m:	14:43.06	1:14.49	2500m:	30:59.00	1:16.24	3800m:	47:35.01	1:16.85				
1300m:	15:57.72	1:14.66	2600m:	32:15.59	1:16.59	3900m:	48:52.01	1:17.00				
21. ORTIZ DE GUINEA BASTON Alba	97	C.N. Ponteareas	1:03:10.62+	5:26.91	4,00							
100m:	1:10.77	1:10.77	1400m:	17:19.89	1:15.68	2700m:	33:46.99	1:16.47	4000m:	50:23.17	1:17.32	
200m:	2:24.76	1:13.99	1500m:	18:35.16	1:15.27	2800m:	35:03.30	1:16.31	4100m:	51:40.39	1:17.22	
300m:	3:38.79	1:14.03	1600m:	19:50.74	1:15.58	2900m:	36:20.15	1:16.85	4200m:	52:57.06	1:16.67	
400m:	4:53.03	1:14.24	1700m:	21:06.41	1:15.67	3000m:	37:36.49	1:16.34	4300m:	54:13.93	1:16.87	
500m:	6:07.08	1:14.05	1800m:	22:22.01	1:15.60	3100m:	38:53.08	1:16.59	4400m:	55:31.11	1:17.18	
600m:	7:21.54	1:14.46	1900m:	23:38.04	1:16.03	3200m:	40:09.87	1:16.79	4500m:	56:48.56	1:17.45	
700m:	8:35.90	1:14.36	2000m:	24:53.66	1:15.62	3300m:	41:26.32	1:16.45	4600m:	58:05.87	1:17.31	
800m:	9:50.31	1:14.41	2100m:	26:09.74	1:16.08	3400m:	42:42.40	1:16.08	4700m:	59:22.80	1:16.93	
900m:	11:04.67	1:14.36	2200m:	27:25.72	1:15.98	3500m:	43:59.23	1:16.83	4800m:	1:00:39.51	1:16.71	
1000m:	12:19.49	1:14.82	2300m:	28:41.66	1:15.94	3600m:	45:16.59	1:17.36	4900m:	1:01:55.53	1:16.02	
1100m:	13:34.10	1:14.61	2400m:	29:57.72	1:16.06	3700m:	46:32.34	1:15.75	5000m:	1:03:10.62	1:15.09	
1200m:	14:48.96	1:14.86	2500m:	31:13.91	1:16.19	3800m:	47:49.13	1:16.79				
1300m:	16:04.21	1:15.25	2600m:	32:30.52	1:16.61	3900m:	49:05.85	1:16.72				

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



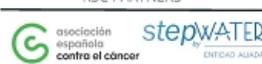
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN			Tiempo		
22. VICENT SERRANO Anna	06	C.D. Nados Castellon	1:03:18.68+	5:34.97	-	
100m: 1:11.24	1:11.24	1400m: 17:12.86	1:14.85	2700m: 33:38.42	1:16.22	4000m: 50:21.06 1:17.74
200m: 2:24.70	1:13.46	1500m: 18:28.05	1:15.19	2800m: 34:54.75	1:16.33	4100m: 51:39.62 1:18.56
300m: 3:37.89	1:13.19	1600m: 19:42.89	1:14.84	2900m: 36:11.37	1:16.62	4200m: 52:57.87 1:18.25
400m: 4:51.24	1:13.35	1700m: 20:58.57	1:15.68	3000m: 37:28.26	1:16.89	4300m: 54:15.81 1:17.94
500m: 6:04.39	1:13.15	1800m: 22:14.54	1:15.97	3100m: 38:44.83	1:16.57	4400m: 55:33.75 1:17.94
600m: 7:17.98	1:13.59	1900m: 23:30.05	1:15.51	3200m: 40:01.60	1:16.77	4500m: 56:51.89 1:18.14
700m: 8:31.75	1:13.77	2000m: 24:49.51	1:19.46	3300m: 41:18.89	1:17.29	4600m: 58:10.31 1:18.42
800m: 9:45.81	1:14.06	2100m: 26:01.06	1:11.55	3400m: 42:35.80	1:16.91	4700m: 59:28.54 1:18.23
900m: 11:00.01	1:14.20	2200m: 27:17.06	1:16.00	3500m: 43:53.06	1:17.26	4800m: 1:00:46.81 1:18.27
1000m: 12:14.31	1:14.30	2300m: 28:32.92	1:15.86	3600m: 45:10.58	1:17.52	4900m: 1:02:04.51 1:17.70
1100m: 13:28.73	1:14.42	2400m: 29:49.24	1:16.32	3700m: 46:20.14	1:09.56	5000m: 1:03:18.68 1:14.17
1200m: 14:43.12	1:14.39	2500m: 31:05.62	1:16.38	3800m: 47:45.62	1:25.48	
1300m: 15:58.01	1:14.89	2600m: 32:22.20	1:16.58	3900m: 49:03.32	1:17.70	
23. COSTA GONZÁLEZ Cinthya	06	C.N. Marina-Cartagena "Ancora"	1:03:33.29+	5:49.58	-	
100m: 1:13.50	1:13.50	1400m: 17:30.84	1:15.10	2700m: 33:59.88	1:15.52	4000m: 50:34.76 1:17.64
200m: 2:27.87	1:14.37	1500m: 18:46.53	1:15.69	2800m: 35:15.28	1:15.40	4100m: 51:52.22 1:17.46
300m: 3:42.28	1:14.41	1600m: 20:02.35	1:15.82	2900m: 36:31.25	1:15.97	4200m: 53:09.88 1:17.66
400m: 4:57.14	1:14.86	1700m: 21:18.11	1:15.76	3000m: 37:47.35	1:16.10	4300m: 54:27.80 1:17.92
500m: 6:12.20	1:15.06	1800m: 22:34.21	1:16.10	3100m: 39:03.60	1:16.25	4400m: 55:45.45 1:17.65
600m: 7:27.13	1:14.93	1900m: 23:50.64	1:16.43	3200m: 40:19.86	1:16.26	4500m: 57:03.86 1:18.41
700m: 8:42.86	1:15.73	2000m: 25:06.87	1:16.23	3300m: 41:36.39	1:16.53	4600m: 58:21.81 1:17.95
800m: 9:58.42	1:15.56	2100m: 26:23.35	1:16.48	3400m: 42:52.70	1:16.31	4700m: 59:40.20 1:18.39
900m: 11:14.12	1:15.70	2200m: 27:39.63	1:16.28	3500m: 44:09.62	1:16.92	4800m: 1:00:58.80 1:18.60
1000m: 12:29.85	1:15.73	2300m: 28:55.97	1:16.34	3600m: 45:26.57	1:16.95	4900m: 1:02:17.10 1:18.30
1100m: 13:45.26	1:15.41	2400m: 30:12.59	1:16.62	3700m: 46:43.43	1:16.86	5000m: 1:03:33.29 1:16.19
1200m: 15:00.28	1:15.02	2500m: 31:28.27	1:15.68	3800m: 48:00.23	1:16.80	
1300m: 16:15.74	1:15.46	2600m: 32:44.36	1:16.09	3900m: 49:17.12	1:16.89	
24. LAPEÑA RUIZ Julia	07	C.N. Helios	1:04:03.96+	6:20.25	-	
100m: 1:11.24	1:11.24	1400m: 17:28.12	1:15.92	2700m: 34:02.01	1:17.58	4000m: 51:03.30 1:18.14
200m: 2:24.09	1:12.85	1500m: 18:45.31	1:17.19	2800m: 35:20.57	1:18.56	4100m: 52:21.79 1:18.49
300m: 3:37.40	1:13.31	1600m: 20:02.08	1:16.77	2900m: 36:39.36	1:18.79	4200m: 53:40.23 1:18.44
400m: 4:50.77	1:13.37	1700m: 21:18.01	1:15.93	3000m: 37:58.55	1:19.19	4300m: 54:58.88 1:18.65
500m: 6:04.52	1:13.75	1800m: 22:33.98	1:15.97	3100m: 39:18.02	1:19.47	4400m: 56:17.59 1:18.71
600m: 7:18.17	1:13.65	1900m: 23:50.19	1:16.21	3200m: 40:37.48	1:19.46	4500m: 57:36.01 1:18.42
700m: 8:32.34	1:14.17	2000m: 25:06.13	1:15.94	3300m: 41:55.56	1:18.08	4600m: 58:53.48 1:17.47
800m: 9:47.73	1:15.39	2100m: 26:21.88	1:15.75	3400m: 43:14.04	1:18.48	4700m: 1:00:11.95 1:18.47
900m: 11:03.80	1:16.07	2200m: 27:38.07	1:16.19	3500m: 44:32.61	1:18.57	4800m: 1:01:30.37 1:18.42
1000m: 12:20.49	1:16.69	2300m: 28:54.14	1:16.07	3600m: 45:50.97	1:18.36	4900m: 1:02:48.26 1:17.89
1100m: 13:37.41	1:16.92	2400m: 30:10.76	1:16.62	3700m: 47:09.36	1:18.39	5000m: 1:04:03.96 1:15.70
1200m: 14:55.04	1:17.63	2500m: 31:27.65	1:16.89	3800m: 48:27.44	1:18.08	
1300m: 16:12.20	1:17.16	2600m: 32:44.43	1:16.78	3900m: 49:45.16	1:17.72	
25. MARTÍNEZ MARTÍNEZ Sara	06	C.N. Tennis Elche	1:04:14.45+	6:30.74	-	
100m: 1:12.77	1:12.77	1200m: 15:00.09	1:16.94	2300m: 29:09.07	1:17.81	3400m: 43:24.15 1:18.07
200m: 2:26.72	1:13.95	1300m: 16:16.26	1:16.17	2400m: 30:26.51	1:17.44	3500m: 44:41.89 1:17.74
300m: 3:41.22	1:14.50	1400m: 17:33.15	1:16.89	2500m: 31:44.14	1:17.63	3600m: 46:00.20 1:18.31
400m: 4:55.45	1:14.23	1500m: 18:50.03	1:16.88	2600m: 33:01.51	1:17.37	3700m: 47:18.15 1:17.95
500m: 6:09.97	1:14.52	1600m: 20:07.45	1:17.42	2700m: 34:19.64	1:18.13	3800m: 48:35.84 1:17.69
600m: 7:24.72	1:14.75	1700m: 21:24.79	1:17.34	2800m: 35:37.03	1:17.39	3900m: 49:54.25 1:18.41
700m: 8:40.12	1:15.40	1800m: 22:42.00	1:17.21	2900m: 36:55.00	1:17.97	4000m: 51:12.85 1:18.60
800m: 9:55.66	1:15.54	1900m: 23:59.56	1:17.56	3000m: 38:12.83	1:17.83	4100m: 52:30.94 1:18.09
900m: 11:11.33	1:15.67	2000m: 25:16.01	1:16.45	3100m: 39:30.81	1:17.98	4200m: 53:49.22 1:18.28
1000m: 12:27.41	1:16.08	2100m: 26:34.26	1:18.25	3200m: 40:48.45	1:17.64	4300m: 55:07.39 1:18.17
1100m: 13:43.15	1:15.74	2200m: 27:51.26	1:17.00	3300m: 42:06.08	1:17.63	4400m: 56:25.88 1:18.49

Piscina 50 m.

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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN				Tiempo			
4500m: 57:44.08 1:18.20	4700m1:00:21.45 1:18.61	4900m1:02:58.20 1:17.87						
4600m: 59:02.84 1:18.76	4800m1:01:40.33 1:18.88	5000m1:04:14.45 1:16.25						
26. RUIZ REYES Raquel	07	C.N. Metropole	1:04:28.85+	6:45.14	-			
100m: 1:12.29 1:12.29	1400m: 17:44.63 1:17.09	2700m: 34:28.69 1:17.42	4000m: 51:24.95 1:18.14					
200m: 2:26.82 1:14.53	1500m: 19:01.51 1:16.88	2800m: 35:46.47 1:17.78	4100m: 52:43.35 1:18.40					
300m: 3:42.88 1:16.06	1600m: 20:17.13 1:15.62	2900m: 37:04.28 1:17.81	4200m: 54:01.73 1:18.38					
400m: 4:58.73 1:15.85	1700m: 21:34.84 1:17.71	3000m: 38:22.34 1:18.06	4300m: 55:19.80 1:18.07					
500m: 6:15.29 1:16.56	1800m: 22:52.70 1:17.86	3100m: 39:40.42 1:18.08	4400m: 56:38.15 1:18.35					
600m: 7:30.66 1:15.37	1900m: 24:09.96 1:17.26	3200m: 40:58.91 1:18.49	4500m: 57:56.72 1:18.57					
700m: 8:46.22 1:15.56	2000m: 25:27.02 1:17.06	3300m: 42:17.34 1:18.43	4600m: 59:15.62 1:18.90					
800m: 10:02.48 1:16.26	2100m: 26:44.33 1:17.31	3400m: 43:35.99 1:18.65	4700m: 1:00:34.35 1:18.73					
900m: 11:19.05 1:16.57	2200m: 28:01.44 1:17.11	3500m: 44:54.28 1:18.29	4800m: 1:01:52.53 1:18.18					
1000m: 12:35.75 1:16.70	2300m: 29:18.66 1:17.22	3600m: 46:12.57 1:18.29	4900m: 1:03:11.70 1:19.17					
1100m: 13:52.64 1:16.89	2400m: 30:36.52 1:17.86	3700m: 47:30.70 1:18.13	5000m: 1:04:28.85 1:17.15					
1200m: 15:09.93 1:17.29	2500m: 31:54.24 1:17.72	3800m: 48:48.71 1:18.01						
1300m: 16:27.54 1:17.61	2600m: 33:11.27 1:17.03	3900m: 50:06.81 1:18.10						
27. MAESTRO LORENZO Alba	02	C.N. L' Hospitalet	1:04:31.67+	6:47.96	3,00			
100m: 1:13.72 1:13.72	1400m: 17:50.37 1:16.73	2700m: 34:36.28 1:17.42	4000m: 51:33.46 1:18.55					
200m: 2:30.37 1:16.65	1500m: 19:07.41 1:17.04	2800m: 35:54.49 1:18.21	4100m: 52:52.22 1:18.76					
300m: 3:47.23 1:16.86	1600m: 20:24.69 1:17.28	2900m: 37:12.08 1:17.59	4200m: 54:10.73 1:18.51					
400m: 5:04.00 1:16.77	1700m: 21:41.98 1:17.29	3000m: 38:29.82 1:17.74	4300m: 55:29.20 1:18.47					
500m: 6:20.37 1:16.37	1800m: 22:59.24 1:17.26	3100m: 39:47.66 1:17.84	4400m: 56:47.01 1:17.81					
600m: 7:37.05 1:16.68	1900m: 24:16.42 1:17.18	3200m: 41:05.56 1:17.90	4500m: 58:05.08 1:18.07					
700m: 8:53.42 1:16.37	2000m: 25:33.86 1:17.44	3300m: 42:23.78 1:18.22	4600m: 59:22.89 1:17.81					
800m: 10:09.83 1:16.41	2100m: 26:51.17 1:17.31	3400m: 43:42.11 1:18.33	4700m: 1:00:41.14 1:18.25					
900m: 11:26.57 1:16.74	2200m: 28:08.45 1:17.28	3500m: 45:00.27 1:18.16	4800m: 1:01:58.86 1:17.72					
1000m: 12:43.40 1:16.83	2300m: 29:25.83 1:17.38	3600m: 46:19.09 1:18.82	4900m: 1:03:16.42 1:17.56					
1100m: 14:00.33 1:16.93	2400m: 30:43.41 1:17.58	3700m: 47:37.57 1:18.48	5000m: 1:04:31.67 1:15.25					
1200m: 15:17.05 1:16.72	2500m: 32:01.32 1:17.91	3800m: 48:56.22 1:18.65						
1300m: 16:33.64 1:16.59	2600m: 33:18.86 1:17.54	3900m: 50:14.91 1:18.69						
28. VARET CANO Audrey	06	C.N. L' Hospitalet	1:04:35.49+	6:51.78	-			
100m: 1:11.41 1:11.41	1400m: 17:44.74 1:18.50	2700m: 34:46.84 1:18.28	4000m: 51:44.55 1:17.57					
200m: 2:25.05 1:13.64	1500m: 19:03.41 1:18.67	2800m: 36:05.35 1:18.51	4100m: 53:01.82 1:17.27					
300m: 3:39.73 1:14.68	1600m: 20:21.41 1:18.00	2900m: 37:23.96 1:18.61	4200m: 54:20.55 1:18.73					
400m: 4:55.08 1:15.35	1700m: 21:40.18 1:18.77	3000m: 38:42.29 1:18.33	4300m: 55:38.50 1:17.95					
500m: 6:10.63 1:15.55	1800m: 22:58.38 1:18.20	3100m: 40:00.98 1:18.69	4400m: 56:56.74 1:18.24					
600m: 7:26.36 1:15.73	1900m: 24:16.66 1:18.28	3200m: 41:20.36 1:19.38	4500m: 58:14.36 1:17.62					
700m: 8:42.68 1:16.32	2000m: 25:35.78 1:19.12	3300m: 42:39.10 1:18.74	4600m: 59:30.92 1:16.56					
800m: 9:58.68 1:16.00	2100m: 26:55.42 1:19.64	3400m: 43:57.79 1:18.69	4700m: 1:00:47.50 1:16.58					
900m: 11:15.45 1:16.77	2200m: 28:15.01 1:19.59	3500m: 45:15.53 1:17.74	4800m: 1:02:03.87 1:16.37					
1000m: 12:32.73 1:17.28	2300m: 29:33.76 1:18.75	3600m: 46:33.25 1:17.72	4900m: 1:03:19.87 1:16.00					
1100m: 13:50.45 1:17.72	2400m: 30:53.43 1:19.67	3700m: 47:51.41 1:18.16	5000m: 1:04:35.49 1:15.62					
1200m: 15:08.17 1:17.72	2500m: 32:10.86 1:17.43	3800m: 49:09.67 1:18.26						
1300m: 16:26.24 1:18.07	2600m: 33:28.56 1:17.70	3900m: 50:26.98 1:17.31						

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



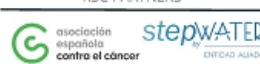
PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN		Tiempo		
29. GÓMEZ GINER Sofia	05	C.N. Ferca-San Jose	1:04:40.28+	6:56.57	6,00
100m: 1:10.72 1:10.72	1400m: 17:24.66 1:16.91	2700m: 34:33.38 1:19.75	4000m: 51:45.43 1:18.39		
200m: 2:22.26 1:11.54	1500m: 18:42.72 1:18.06	2800m: 35:52.37 1:18.99	4100m: 53:04.24 1:18.81		
300m: 3:34.43 1:12.17	1600m: 20:00.57 1:17.85	2900m: 37:11.88 1:19.51	4200m: 54:23.45 1:19.21		
400m: 4:48.32 1:13.89	1700m: 21:19.17 1:18.60	3000m: 38:31.64 1:19.76	4300m: 55:42.33 1:18.88		
500m: 6:02.72 1:14.40	1800m: 22:38.13 1:18.96	3100m: 39:50.81 1:19.17	4400m: 57:01.30 1:18.97		
600m: 7:16.83 1:14.11	1900m: 23:57.27 1:19.14	3200m: 41:11.13 1:20.32	4500m: 58:19.30 1:18.00		
700m: 8:31.26 1:14.43	2000m: 25:16.93 1:19.66	3300m: 42:29.84 1:18.71	4600m: 59:36.53 1:17.23		
800m: 9:46.60 1:15.34	2100m: 26:36.66 1:19.73	3400m: 43:50.01 1:20.17	4700m: 1:00:53.47 1:16.94		
900m: 11:02.73 1:16.13	2200m: 27:55.78 1:19.12	3500m: 45:09.68 1:19.67	4800m: 1:02:10.15 1:16.68		
1000m: 12:18.81 1:16.08	2300m: 29:15.51 1:19.73	3600m: 46:29.04 1:19.36	4900m: 1:03:25.51 1:15.36		
1100m: 13:35.02 1:16.21	2400m: 30:35.05 1:19.54	3700m: 47:48.43 1:19.39	5000m: 1:04:40.28 1:14.77		
1200m: 14:50.84 1:15.82	2500m: 31:54.55 1:19.50	3800m: 49:07.79 1:19.36			
1300m: 16:07.75 1:16.91	2600m: 33:13.63 1:19.08	3900m: 50:27.04 1:19.25			
30. ROCA FORTUNY Marina	05	C.N. Cervera	1:04:52.23+	7:08.52	5,00
100m: 1:13.91 1:13.91	1400m: 17:44.76 1:17.18	2700m: 34:36.84 1:18.23	4000m: 51:44.94 1:19.42		
200m: 2:30.59 1:16.68	1500m: 19:02.29 1:17.53	2800m: 35:55.49 1:18.65	4100m: 53:03.66 1:18.72		
300m: 3:46.83 1:16.24	1600m: 20:19.37 1:17.08	2900m: 37:14.63 1:19.14	4200m: 54:22.57 1:18.91		
400m: 5:02.85 1:16.02	1700m: 21:36.65 1:17.28	3000m: 38:33.22 1:18.59	4300m: 55:41.31 1:18.74		
500m: 6:19.07 1:16.22	1800m: 22:54.22 1:17.57	3100m: 39:52.16 1:18.94	4400m: 57:00.90 1:19.59		
600m: 7:34.88 1:15.81	1900m: 24:12.29 1:18.07	3200m: 41:11.44 1:19.28	4500m: 58:19.90 1:19.00		
700m: 8:50.18 1:15.30	2000m: 25:30.23 1:17.94	3300m: 42:29.80 1:18.36	4600m: 59:39.04 1:19.14		
800m: 10:06.58 1:16.40	2100m: 26:48.27 1:18.04	3400m: 43:48.60 1:18.80	4700m: 1:00:58.36 1:19.32		
900m: 11:22.39 1:15.81	2200m: 28:06.40 1:18.13	3500m: 45:07.71 1:19.11	4800m: 1:02:17.34 1:18.98		
1000m: 12:37.71 1:15.32	2300m: 29:25.33 1:18.93	3600m: 46:27.54 1:19.83	4900m: 1:03:35.59 1:18.25		
1100m: 13:54.09 1:16.38	2400m: 30:43.52 1:18.19	3700m: 47:46.83 1:19.29	5000m: 1:04:52.23 1:16.64		
1200m: 15:11.01 1:16.92	2500m: 32:00.83 1:17.31	3800m: 49:05.99 1:19.16			
1300m: 16:27.58 1:16.57	2600m: 33:18.61 1:17.78	3900m: 50:25.52 1:19.53			
31. PARDO CHAS Eva	04	C.N. Ferrol	1:05:17.58+	7:33.87	4,00
100m: 1:14.16 1:14.16	1400m: 17:38.35 1:15.56	2700m: 34:16.10 1:17.61	4000m: 51:21.97 1:20.62		
200m: 2:29.97 1:15.81	1500m: 18:54.16 1:15.81	2800m: 35:33.80 1:17.70	4100m: 52:43.16 1:21.19		
300m: 3:46.20 1:16.23	1600m: 20:09.91 1:15.75	2900m: 36:51.46 1:17.66	4200m: 54:04.97 1:21.81		
400m: 5:02.02 1:15.82	1700m: 21:26.14 1:16.23	3000m: 38:09.25 1:17.79	4300m: 55:27.24 1:22.27		
500m: 6:18.35 1:16.33	1800m: 22:42.46 1:16.32	3100m: 39:27.52 1:18.27	4400m: 56:50.22 1:22.98		
600m: 7:34.24 1:15.89	1900m: 23:58.96 1:16.50	3200m: 40:46.22 1:18.70	4500m: 58:13.80 1:23.58		
700m: 8:50.46 1:16.22	2000m: 25:15.45 1:16.49	3300m: 42:04.91 1:18.69	4600m: 59:38.16 1:24.36		
800m: 10:06.24 1:15.78	2100m: 26:32.22 1:16.77	3400m: 43:23.42 1:18.51	4700m: 1:01:03.17 1:25.01		
900m: 11:20.96 1:14.72	2200m: 27:49.55 1:17.33	3500m: 44:42.72 1:19.30	4800m: 1:02:28.41 1:25.24		
1000m: 12:36.20 1:15.24	2300m: 29:06.58 1:17.03	3600m: 46:01.72 1:19.00	4900m: 1:03:53.61 1:25.20		
1100m: 13:51.60 1:15.40	2400m: 30:24.00 1:17.42	3700m: 47:21.16 1:19.44	5000m: 1:05:17.58 1:23.97		
1200m: 15:06.90 1:15.30	2500m: 31:41.28 1:17.28	3800m: 48:40.92 1:19.76			
1300m: 16:22.79 1:15.89	2600m: 32:58.49 1:17.21	3900m: 50:01.35 1:20.43			
32. PANAZAN DALINA Andrea	03	C.N. Las Norias	1:05:21.62+	7:37.91	2,00
100m: 1:10.01 1:10.01	1200m: 15:05.71 1:17.53	2300m: 29:32.58 1:19.08	3400m: 44:06.69 1:20.11		
200m: 2:24.25 1:14.24	1300m: 16:23.23 1:17.52	2400m: 30:51.36 1:18.78	3500m: 45:26.80 1:20.11		
300m: 3:38.56 1:14.31	1400m: 17:42.25 1:19.02	2500m: 32:09.83 1:18.47	3600m: 46:47.83 1:21.03		
400m: 4:53.70 1:15.14	1500m: 19:01.08 1:18.83	2600m: 33:28.31 1:18.48	3700m: 48:07.12 1:19.29		
500m: 6:09.70 1:16.00	1600m: 20:19.45 1:18.37	2700m: 34:46.88 1:18.57	3800m: 49:26.89 1:19.77		
600m: 7:25.70 1:16.00	1700m: 21:37.58 1:18.13	2800m: 36:06.62 1:19.74	3900m: 50:48.14 1:21.25		
700m: 8:42.51 1:16.81	1800m: 22:55.45 1:17.87	2900m: 37:25.94 1:19.32	4000m: 52:08.54 1:20.40		
800m: 9:58.88 1:16.37	1900m: 24:15.07 1:19.62	3000m: 38:45.75 1:19.81	4100m: 53:28.70 1:20.16		
900m: 11:14.89 1:16.01	2000m: 25:34.54 1:19.47	3100m: 40:05.42 1:19.67	4200m: 54:48.18 1:19.48		
1000m: 12:31.62 1:16.73	2100m: 26:53.77 1:19.23	3200m: 41:25.95 1:20.53	4300m: 56:08.31 1:20.13		
1100m: 13:48.18 1:16.56	2200m: 28:13.50 1:19.73	3300m: 42:46.58 1:20.63	4400m: 57:28.44 1:20.13		

Piscina 50 m.

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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN						Tiempo					
	4500m: 58:47.42	1:18.98	4700m1:01:24.98	1:18.98	4900m1:04:03.20	1:18.90						
	4600m1:00:06.00	1:18.58	4800m1:02:44.30	1:19.32	5000m1:05:21.62	1:18.42						
33. LILLO MELLADO Miriam	05 C.N. San Vicente						1:05:23.27+ 7:39.56 3,00					
100m:	1:14.56	1:14.56	1400m:	17:50.71	1:17.56	2700m:	34:47.62	1:19.87	4000m:	52:11.92	1:17.29	
200m:	2:30.40	1:15.84	1500m:	19:07.08	1:16.37	2800m:	36:07.14	1:19.52	4100m:	53:31.80	1:19.88	
300m:	3:46.75	1:16.35	1600m:	20:23.39	1:16.31	2900m:	37:27.28	1:20.14	4200m:	54:52.93	1:21.13	
400m:	5:02.21	1:15.46	1700m:	21:40.65	1:17.26	3000m:	38:47.57	1:20.29	4300m:	56:12.14	1:19.21	
500m:	6:18.90	1:16.69	1800m:	22:57.42	1:16.77	3100m:	40:07.99	1:20.42	4400m:	57:30.99	1:18.85	
600m:	7:35.27	1:16.37	1900m:	24:13.54	1:16.12	3200m:	41:27.97	1:19.98	4500m:	58:50.31	1:19.32	
700m:	8:51.34	1:16.07	2000m:	25:32.72	1:19.18	3300m:	42:46.50	1:18.53	4600m:	1:00:08.72	1:18.41	
800m:	10:07.78	1:16.44	2100m:	26:51.01	1:18.29	3400m:	44:06.83	1:20.33	4700m:	1:01:27.27	1:18.55	
900m:	11:23.53	1:15.75	2200m:	28:09.28	1:18.27	3500m:	45:28.12	1:21.29	4800m:	1:02:48.47	1:21.20	
1000m:	12:41.00	1:17.47	2300m:	29:28.37	1:19.09	3600m:	46:49.12	1:21.00	4900m:	1:04:07.74	1:19.27	
1100m:	13:58.34	1:17.34	2400m:	30:48.24	1:19.87	3700m:	48:10.78	1:21.66	5000m:	1:05:23.27	1:15.53	
1200m:	15:15.74	1:17.40	2500m:	32:08.12	1:19.88	3800m:	49:32.96	1:22.18				
1300m:	16:33.15	1:17.41	2600m:	33:27.75	1:19.63	3900m:	50:54.63	1:21.67				
34. MANTERO DOMINGUEZ Victoria	07 Navial						1:05:27.96+ 7:44.25 -					
100m:	1:14.19	1:14.19	1400m:	17:51.94	1:17.43	2700m:	34:50.47	1:18.83	4000m:	52:05.89	1:20.51	
200m:	2:30.28	1:16.09	1500m:	19:09.72	1:17.78	2800m:	36:10.04	1:19.57	4100m:	53:25.91	1:20.02	
300m:	3:46.26	1:15.98	1600m:	20:26.92	1:17.20	2900m:	37:29.21	1:19.17	4200m:	54:46.60	1:20.69	
400m:	5:01.86	1:15.60	1700m:	21:44.66	1:17.74	3000m:	38:48.08	1:18.87	4300m:	56:07.06	1:20.46	
500m:	6:17.82	1:15.96	1800m:	23:02.27	1:17.61	3100m:	40:07.27	1:19.19	4400m:	57:27.65	1:20.59	
600m:	7:34.01	1:16.19	1900m:	24:20.57	1:18.30	3200m:	41:26.35	1:19.08	4500m:	58:47.90	1:20.25	
700m:	8:50.47	1:16.46	2000m:	25:39.14	1:18.57	3300m:	42:45.98	1:19.63	4600m:	1:00:07.85	1:19.95	
800m:	10:07.52	1:17.05	2100m:	26:57.57	1:18.43	3400m:	44:05.41	1:19.43	4700m:	1:01:28.33	1:20.48	
900m:	11:24.94	1:17.42	2200m:	28:16.49	1:18.92	3500m:	45:25.11	1:19.70	4800m:	1:02:48.72	1:20.39	
1000m:	12:42.15	1:17.21	2300m:	29:35.16	1:18.67	3600m:	46:44.85	1:19.74	4900m:	1:04:08.99	1:20.27	
1100m:	13:59.19	1:17.04	2400m:	30:53.54	1:18.38	3700m:	48:04.71	1:19.86	5000m:	1:05:27.96	1:18.97	
1200m:	15:16.90	1:17.71	2500m:	32:12.57	1:19.03	3800m:	49:24.83	1:20.12				
1300m:	16:34.51	1:17.61	2600m:	33:31.64	1:19.07	3900m:	50:45.38	1:20.55				
35. MARGUÍ SOLÀ Núria	05 C.N. Olot						1:05:34.57+ 7:50.86 2,00					
100m:	1:15.20	1:15.20	1400m:	18:05.33	1:19.46	2700m:	35:10.47	1:18.35	4000m:	52:24.48	1:19.50	
200m:	2:31.83	1:16.63	1500m:	19:24.55	1:19.22	2800m:	36:29.09	1:18.62	4100m:	53:44.30	1:19.82	
300m:	3:48.43	1:16.60	1600m:	20:44.33	1:19.78	2900m:	37:47.91	1:18.82	4200m:	55:03.69	1:19.39	
400m:	5:05.19	1:16.76	1700m:	22:04.54	1:20.21	3000m:	39:07.14	1:19.23	4300m:	56:22.97	1:19.28	
500m:	6:21.79	1:16.60	1800m:	23:24.33	1:19.79	3100m:	40:26.32	1:19.18	4400m:	57:42.33	1:19.36	
600m:	7:38.81	1:17.02	1900m:	24:44.38	1:20.05	3200m:	41:45.63	1:19.31	4500m:	59:01.92	1:19.59	
700m:	8:56.21	1:17.40	2000m:	26:04.55	1:20.17	3300m:	43:05.55	1:19.92	4600m:	1:00:22.33	1:20.41	
800m:	10:14.09	1:17.88	2100m:	27:23.47	1:18.92	3400m:	44:25.48	1:19.93	4700m:	1:01:41.76	1:19.43	
900m:	11:31.92	1:17.83	2200m:	28:40.41	1:16.94	3500m:	45:45.97	1:20.49	4800m:	1:03:01.01	1:19.25	
1000m:	12:50.11	1:18.19	2300m:	29:58.18	1:17.77	3600m:	47:05.90	1:19.93	4900m:	1:04:18.43	1:17.42	
1100m:	14:08.24	1:18.13	2400m:	31:15.55	1:17.37	3700m:	48:25.63	1:19.73	5000m:	1:05:34.57	1:16.14	
1200m:	15:26.86	1:18.62	2500m:	32:33.64	1:18.09	3800m:	49:45.65	1:20.02				
1300m:	16:45.87	1:19.01	2600m:	33:52.12	1:18.48	3900m:	51:04.98	1:19.33				

Piscina 50 m.

INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENTA A CAR OFICIAL



INSTITUCIONES LOCALES



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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN		Tiempo		
36. MARTIN CHRISTIANSEN Nadia	05	C.D.N. Nadamas Las Marinas	1:05:38.28+	7:54.57	1,00
100m: 1:14.14	1:14.14	1400m: 18:02.59	1:18.62	2700m: 35:11.86	1:19.27
200m: 2:30.34	1:16.20	1500m: 19:21.49	1:18.90	2800m: 36:30.33	1:18.47
300m: 3:47.04	1:16.70	1600m: 20:48.28	1:26.79	2900m: 37:48.97	1:18.64
400m: 5:04.02	1:16.98	1700m: 21:58.58	1:10.30	3000m: 39:08.54	1:19.57
500m: 6:21.28	1:17.26	1800m: 23:17.01	1:18.43	3100m: 40:28.09	1:19.55
600m: 7:38.42	1:17.14	1900m: 24:36.20	1:19.19	3200m: 41:47.91	1:19.82
700m: 8:55.92	1:17.50	2000m: 25:55.55	1:19.35	3300m: 43:07.98	1:20.07
800m: 10:13.54	1:17.62	2100m: 27:14.49	1:18.94	3400m: 44:27.99	1:20.01
900m: 11:31.67	1:18.13	2200m: 28:34.04	1:19.55	3500m: 45:48.04	1:20.05
1000m: 12:49.39	1:17.72	2300m: 29:53.47	1:19.43	3600m: 47:08.09	1:20.05
1100m: 14:07.36	1:17.97	2400m: 31:13.04	1:19.57	3700m: 48:28.58	1:20.49
1200m: 15:25.58	1:18.22	2500m: 32:33.05	1:20.01	3800m: 49:48.45	1:19.87
1300m: 16:43.97	1:18.39	2600m: 33:52.59	1:19.54	3900m: 51:08.47	1:20.02
37. PEREZ BUENO Alicia	04	Ucam C.N. Fuensanta	1:05:38.86+	7:55.15	-
100m: 1:14.46	1:14.46	1400m: 18:02.74	1:18.58	2700m: 35:12.33	1:19.54
200m: 2:31.25	1:16.79	1500m: 19:21.83	1:19.09	2800m: 36:31.03	1:18.70
300m: 3:47.85	1:16.60	1600m: 20:40.60	1:18.77	2900m: 37:49.58	1:18.55
400m: 5:04.39	1:16.54	1700m: 21:59.13	1:18.53	3000m: 39:09.03	1:19.45
500m: 6:21.75	1:17.36	1800m: 23:17.48	1:18.35	3100m: 40:28.39	1:19.36
600m: 7:38.77	1:17.02	1900m: 24:36.46	1:18.98	3200m: 41:47.81	1:19.42
700m: 8:56.24	1:17.47	2000m: 25:55.76	1:19.30	3300m: 43:08.01	1:20.20
800m: 10:13.71	1:17.47	2100m: 27:14.71	1:18.95	3400m: 44:28.13	1:20.12
900m: 11:31.96	1:18.25	2200m: 28:34.13	1:19.42	3500m: 45:48.30	1:20.17
1000m: 12:49.92	1:17.96	2300m: 29:53.60	1:19.47	3600m: 47:08.23	1:19.93
1100m: 14:07.60	1:17.68	2400m: 31:13.08	1:19.48	3700m: 48:28.61	1:20.38
1200m: 15:25.96	1:18.36	2500m: 32:33.19	1:20.11	3800m: 49:48.56	1:19.95
1300m: 16:44.16	1:18.20	2600m: 33:52.79	1:19.60	3900m: 51:08.35	1:19.79
38. MARTINEZ GUILLEN Sara	07	Kzm Swimming Team	1:05:55.22+	8:11.51	-
100m: 1:14.68	1:14.68	1400m: 18:05.22	1:19.53	2700m: 35:18.87	1:20.23
200m: 2:31.33	1:16.65	1500m: 19:24.44	1:19.22	2800m: 36:39.47	1:20.60
300m: 3:48.01	1:16.68	1600m: 20:44.34	1:19.90	2900m: 38:00.09	1:20.62
400m: 5:04.64	1:16.63	1700m: 22:04.64	1:20.30	3000m: 39:20.26	1:20.17
500m: 6:21.47	1:16.83	1800m: 23:24.08	1:19.44	3100m: 40:39.58	1:19.32
600m: 7:38.41	1:16.94	1900m: 24:44.22	1:20.14	3200m: 41:59.25	1:19.67
700m: 8:56.01	1:17.60	2000m: 26:04.47	1:20.25	3300m: 43:19.62	1:20.37
800m: 10:13.95	1:17.94	2100m: 27:23.89	1:19.42	3400m: 44:40.10	1:20.48
900m: 11:31.70	1:17.75	2200m: 28:41.64	1:17.75	3500m: 46:00.77	1:20.67
1000m: 12:49.81	1:18.11	2300m: 29:59.66	1:18.02	3600m: 47:21.20	1:20.43
1100m: 14:08.08	1:18.27	2400m: 31:18.41	1:18.75	3700m: 48:40.39	1:19.19
1200m: 15:26.77	1:18.69	2500m: 32:48.53	1:30.12	3800m: 50:00.39	1:20.00
1300m: 16:45.69	1:18.92	2600m: 33:58.64	1:10.11	3900m: 51:20.51	1:20.12
39. ORTIZ FERNANDEZ Paula	06	Kzm Swimming Team	1:06:25.13+	8:41.42	-
100m: 1:13.30	1:13.30	1200m: 16:34.21	2:35.53	2300m: 31:02.58	1:19.77
200m: 2:28.27	1:14.97	1300m: 17:51.95	1:17.74	2400m: 32:22.87	1:20.29
300m: 3:44.09	1:15.82	1400m: 19:10.09	1:18.14	2500m: 33:44.03	1:21.16
400m: 5:00.80	1:16.71	1500m: 20:27.81	1:17.72	2600m: 35:04.90	1:20.87
500m: 6:17.05	1:16.25	1600m: 21:46.25	1:18.44	2700m: 36:26.52	1:21.62
600m: 7:33.25	1:16.20	1700m: 23:05.08	1:18.83	2800m: 37:47.78	1:21.26
700m: 8:49.97	1:16.72	1800m: 24:24.18	1:19.10	2900m: 39:08.44	1:20.66
800m: 10:07.25	1:17.28	1900m: 25:43.53	1:19.35	3000m: 40:28.85	1:20.41
900m: 11:24.38	1:17.13	2000m: 27:02.92	1:19.39	3100m: 41:50.19	1:21.34
1000m: 12:41.76	1:17.38	2100m: 28:22.76	1:19.84	3200m: 43:12.76	1:22.57
1100m: 13:58.68	1:16.92	2200m: 29:42.81	1:20.05	3300m: 44:35.49	1:22.73

Piscina 50 m.

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

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN					Tiempo
4500m1:01:07.26	1:21.88	4700m1:03:49.13	1:20.71	4900m1:06:25.24	1:16.34	
4600m1:02:28.42	1:21.16	4800m1:05:08.90	1:19.77	5000m1:06:25.13		
NP SALVADOR LOPEZ Alicia Anastasia	04	Club Benavente Natacion				-

Piscina 50 m.

Splash Meet Manager, 11.75640

Registered to Real Federacion Española de Natacion

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INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



CLASIFICACIÓN CLUBES

Todas las pruebas

Masc., Abs.

1. C.N. Churriana	01035	26,00
2. C.D. Torrelago Wellness	01351	24,00
3. C.N. Metropole	00054	16,00
4. C.E. Mediterrani	00076	15,00
5. C.N. Mataro	00106	13,00
6. C.N.Cartagonova Cartagena	00600	12,00
C.N. Ferca-San Jose	00074	12,00
8. Navial	00746	11,00
C.N. Las Norias	00222	11,00
C.N. Villena Alto Vinalopo	00477	11,00
C.N. Tennis Elche	01100	11,00
12. C.N. Murcia San Jorge	00167	10,00
13. C.E. INEF de Lleida	00494	8,00
C.N. Caldes	00080	8,00
C.N. Sant Andreu	00061	8,00
16. C.D.N. Inacua Malaga	00325	7,00
17. C.N. Rias Baixas	00765	6,00
C.N. San Javier Mar Menor	01064	6,00
C.D.N. Nadamas Las Marinas	P0502	6,00
20. C.N. Vic-Etb	00250	4,00
21. C.N. Las Anclas Castrillon	P0304	3,00
D.N. Portugalete	00352	3,00
23. C.D. El Valle	01203	2,00
C.N. Montoro	00328	2,00
25. C.N. Arteixo	01133	1,00

Fem., Abs.

1. C.N. Ferca-San Jose	00074	21,00
2. C.N. Tarraco	00064	15,00
3. C.N. Marina-Cartagena "Ancora"	00713	13,00
C.D. Gredos San Diego	P1202	13,00
Kzm Swimming Team	01699	13,00
6. C.N. L´ Hospitalet	00069	11,00
C.N. San Vicente	00362	11,00
8. C. Nautico Sevilla	00316	10,00
C.D. Amaya	00103	10,00
C.N. Albacete	00470	10,00
C.N. Portamiña Lugo	01156	10,00
C.N. Olot	00075	10,00
13. C.N. Arteixo	01133	7,00
C.N. Delfin	00119	7,00
E.M. El Olivar	00136	7,00
16. C.N. Cuencas Mineras	01799	6,00
C.N. Igualada	00079	6,00
Cst-Cst Costa Azahar	00183	6,00
C.N.Cartagonova Cartagena	00600	6,00
20. C.N. Caldes	00080	5,00
C.N. Cervera	P0723	5,00

Piscina 50 m.

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

C.N. Churriana	01035	5,00
C.N. San Fernando	00490	5,00
C.N. Ponteareas	00878	5,00
25. C.N. Ferrol	00674	4,00
C.N. La Salle-Palma	00848	4,00
Club Campusesport	01268	4,00
28. C.N. Las Norias	00222	2,00
R.G.C. Covadonga	00093	2,00
30. C.N. Logroño	00823	1,00
C.D.N. Nadamas Las Marinas	P0502	1,00

Masc., JUNIOR 2

1. C.N. Churriana	01035	13,00
2. C.N. Metropole	00054	12,00
3. C.E. Mediterrani	00076	10,00
4. Navial	00746	8,00
5. C.D. Torrelago Wellness	01351	6,00
6. C.N. Las Norias	00222	4,00
7. C.N. Las Anclas Castrillon	P0304	3,00
8. C.D.N. Nadamas Las Marinas	P0502	2,00
9. C.N. Arteixo	01133	1,00

Fem., JUNIOR 2

1. Kzm Swimming Team	01699	13,00
2. C.N. Albacete	00470	10,00
3. C.N. Tarraco	00064	8,00
4. C.N. Delfin	00119	7,00
5. C.N. Ferca-San Jose	00074	6,00
6. C.N. Cervera	P0723	5,00
7. C.N. Ferrol	00674	4,00
8. C.N. San Vicente	00362	3,00
9. C.N. Olot	00075	2,00
10. C.D.N. Nadamas Las Marinas	P0502	1,00

Masc., JUNIOR 1

1. C.D. Torrelago Wellness	01351	13,00
2. C.N. Ferca-San Jose	00074	11,00
C.N. Tennis Elche	01100	11,00
4. C.N. Caldes	00080	8,00
5. C.N. Las Norias	00222	7,00
6. C.N. Vic-Etb	00250	4,00
7. C.D.N. Nadamas Las Marinas	P0502	3,00
8. C.D. El Valle	01203	2,00

Piscina 50 m.

Splash Meet Manager, 11.75640

Registered to Real Federacion Española de Natacion

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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

Fem., JUNIOR 1

1. C.N. Ferca-San Jose	00074	15,00
2. C.N. Portamiña Lugo	01156	10,00
3. C.N. Olot	00075	8,00
4. E.M. El Olivar	00136	7,00
5. C.N. Cuencas Mineras	01799	6,00
6. C.N. Caldes	00080	5,00
7. C.N. La Salle-Palma	00848	4,00
8. C.N. Cartagonova Cartagena	00600	3,00
9. C.N. Pontearreas	00878	1,00

Masc., INFANTIL

1. C.N. Churriana	01035	13,00
2. C.N. Villena Alto Vinalopo	00477	11,00
3. C.N. Murcia San Jorge	00167	10,00
4. C.E. INEF de Lleida	00494	8,00
5. C.N. San Javier Mar Menor	01064	6,00
6. C.D. Torrelago Wellness	01351	5,00
7. D.N. Portugalete	00352	3,00
8. C.N. Montoro	00328	2,00
9. C.D.N. Nadamas Las Marinas	P0502	1,00

Fem., INFANTIL

1. C.N. Marina-Cartagena "Ancora"	00713	13,00
2. C.D. Amaya	00103	10,00
3. C.N. San Vicente	00362	8,00
4. C.N. Tarraco	00064	7,00
5. C.N. Igualada	00079	6,00
6. C.N. Churriana	01035	5,00
7. Club Campusesport	01268	4,00
8. C.N. Cartagonova Cartagena	00600	3,00
9. R.G.C. Covadonga	00093	2,00
10. C.N. Logroño	00823	1,00

Piscina 50 m.

Splash Meet Manager, 11.75640

Registered to Real Federacion Española de Natacion

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INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



PARTNERS DE SALUD DEPORTIVA



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



Récords batidos por prueba...

Todas las pruebas

Fem., 3000m Libre

2.	Serie 2	Rubio Villoria Alba	09	00713	35:33.60	Mejor Marca Nacional	14
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Piscina 50 m.

Splash Meet Manager, 11.75640

Registered to Real Federacion Española de Natacion

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INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



MECENAZGO



SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



FICHA TÉCNICA

COMPETICIÓN	XIV CTO. DE ESPAÑA LARGA DISTANCIA P50
FECHAS	28 de enero 2023
LUGAR DE CELEBRACIÓN	Madrid
ENTIDAD ORGANIZADORA	Federación Madrileña de Natación Real Federación Española de Natación
PISCINA	Centro de Natación M-86 - 50 m. 10 calles Crono Electrónico (Quantum / Omega Ares 21)
TEMPERATURA DEL AGUA	26,5° C. Agua dulce
COMPOSICIÓN DEL JURADO	Según hoja adjunta.
EQUIPOS PARTICIPANTES	Según hoja adjunta.

Certificamos la veracidad de los datos reflejados en la mencionada competición.

Madrid, 28 de enero 2023



Fdo.: Ana María Noriega Alvarado
Juez Árbitro Pruebas Masculinas



Fdo.: Marta Beneyto Vizquete
Juez Árbitro Pruebas Femeninas

INSTITUCIONALES



SPONSOR PLATINO



VIAJES El Corte Inglés

SPONSOR ORO



MECENAZGO



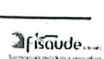
SPONSOR TÉCNICO



PARTNER DE INNOVACIÓN



PARTNER



RSC PARTNERS



RENT A CAR OFICIAL



INSTITUCIONES LOCALES



COMPOSICIÓN DEL JURADO

JUEZ ÁRBITRO PRUEBAS MASC.	Ana María Noriega Alvarado		
JUEZ ÁRBITRO PRUEBAS FEM.	Marta Beneyto Vizuete		
JUEZ SALIDAS PRUEBAS MASC.	Pablo García Escribano		
JUEZ SALIDAS PRUEBAS FEM.	Enrique Sánchez Pastor		
LOCUTORA	Iris Díaz		
JEFE DE CRONOS	Iría Lucena		
CAMARA DE SALIDAS	Silvia Antolín	David García	
CRONOMETRADORES	Álvaro Clemente Nerea García Jaime Lagunas Fátima Tamame Elena Gosalvez Nerea Bravo Laura Bonilla	Jaime Franco Diego Iglesia Jose Luis Martínez Miguel Lucena María Jesús del Hoyo Javier Ortiz Mónica García	Patricia Cornello Victoria Eugenia García Francisco Lázaro Eva Ureña Nuria Ortega Manuel García
DIRECTOR DE COMPETICIÓN	Sergio de la Calle		
CRONOMETRAJE ELECTRÓNICO	Esteban Ortega	Iñaki Mira	
GESTIÓN DE RESULTADOS RFEN	Marcos Zarza		
COORDINACIÓN GENERAL FMN	Ángel Galán		

INSTITUCIONALES



PARTNER

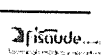
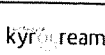


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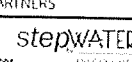
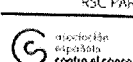
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