

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

Prueba 3	Masc., 5000m Libre			Abs.
01/02/2025 - 10:50				Resultados
Récord de España	52:46.52	PUEBLA MARTINEZ, ALEJANDRO	Sant Cugat	31/01/2021
Récord del Campeonato	52:46.52	PUEBLA MARTINEZ, ALEJANDRO	Sant Cugat	31/01/2021
Mejor Marca Nacional 18	53:29.32	GARACH BENITO, CARLOS	BARCELONA	30/01/2022
Mejor Marca Nacional 17	54:20.89	SANTISTEBAN ROMERO, SERGIO	MATARO	18/02/2017
Mejor Marca Nacional 16	54:54.05	MARTINEZ PALOP, PABLO	Barcelona	16/12/2023

Clasificación	AN		Tiempo	
Junior-1				
1. MATEO ARTACHO, Alan	09	G.E. I E.G.	56:56.62	11,00
100m: 1:05.46 1:05.46	1400m: 15:43.13 1:08.44	2700m: 30:35.94 1:09.40	4000m: 45:38.08 1:09.99	
200m: 2:11.30 1:05.84	1500m: 16:51.06 1:07.93	2800m: 31:45.16 1:09.22	4100m: 46:47.25 1:09.17	
300m: 3:17.80 1:06.50	1600m: 17:58.94 1:07.88	2900m: 32:54.12 1:08.96	4200m: 47:56.12 1:08.87	
400m: 4:24.92 1:07.12	1700m: 19:07.62 1:08.68	3000m: 34:03.00 1:08.88	4300m: 49:04.78 1:08.66	
500m: 5:32.51 1:07.59	1800m: 20:16.99 1:09.37	3100m: 35:11.64 1:08.64	4400m: 50:13.94 1:09.16	
600m: 6:39.89 1:07.38	1900m: 21:25.89 1:08.90	3200m: 36:20.92 1:09.28	4500m: 51:22.02 1:08.08	
700m: 7:46.98 1:07.09	2000m: 22:34.90 1:09.01	3300m: 37:30.29 1:09.37	4600m: 52:30.79 1:08.77	
800m: 8:54.42 1:07.44	2100m: 23:42.79 1:07.89	3400m: 38:39.43 1:09.14	4700m: 53:39.21 1:08.42	
900m: 10:01.94 1:07.52	2200m: 24:51.73 1:08.94	3500m: 39:49.06 1:09.63	4800m: 54:46.93 1:07.72	
1000m: 11:10.40 1:08.46	2300m: 26:00.75 1:09.02	3600m: 40:58.97 1:09.91	4900m: 55:54.26 1:07.33	
1100m: 12:18.47 1:08.07	2400m: 27:09.14 1:08.39	3700m: 42:07.67 1:08.70	5000m: 56:56.62 1:02.36	
1200m: 13:26.68 1:08.21	2500m: 28:17.64 1:08.50	3800m: 43:17.58 1:09.91		
1300m: 14:34.69 1:08.01	2600m: 29:26.54 1:08.90	3900m: 44:28.09 1:10.51		
2. GASOL GUTIERREZ, Biel	08	C.N. Granollers	57:50.90 + 54.28	8,00
100m: 1:06.25 1:06.25	1400m: 15:54.14 1:09.50	2700m: 31:03.59 1:10.23	4000m: 46:16.71 1:09.75	
200m: 2:13.32 1:07.07	1500m: 17:03.80 1:09.66	2800m: 32:14.47 1:10.88	4100m: 47:26.50 1:09.79	
300m: 3:21.10 1:07.78	1600m: 18:13.48 1:09.68	2900m: 33:24.70 1:10.23	4200m: 48:36.75 1:10.25	
400m: 4:28.97 1:07.87	1700m: 19:23.16 1:09.68	3000m: 34:35.26 1:10.56	4300m: 49:46.28 1:09.53	
500m: 5:36.67 1:07.70	1800m: 20:33.02 1:09.86	3100m: 35:45.35 1:10.09	4400m: 50:56.35 1:10.07	
600m: 6:44.55 1:07.88	1900m: 21:42.95 1:09.93	3200m: 36:55.86 1:10.51	4500m: 52:07.08 1:10.73	
700m: 7:52.78 1:08.23	2000m: 22:53.19 1:10.24	3300m: 38:06.47 1:10.61	4600m: 53:16.27 1:09.19	
800m: 9:00.73 1:07.95	2100m: 24:03.34 1:10.15	3400m: 39:16.36 1:09.89	4700m: 54:26.72 1:10.45	
900m: 10:08.72 1:07.99	2200m: 25:13.70 1:10.36	3500m: 40:26.38 1:10.02	4800m: 55:36.76 1:10.04	
1000m: 11:17.54 1:08.82	2300m: 26:23.99 1:10.29	3600m: 41:36.69 1:10.31	4900m: 56:45.54 1:08.78	
1100m: 12:26.33 1:08.79	2400m: 27:33.21 1:09.22	3700m: 42:46.99 1:10.30	5000m: 57:50.90 1:05.36	
1200m: 13:35.26 1:08.93	2500m: 28:43.52 1:10.31	3800m: 43:56.67 1:09.68		
1300m: 14:44.64 1:09.38	2600m: 29:53.36 1:09.84	3900m: 45:06.96 1:10.29		
3. JUAREZ LIANAS, Siro	09	C.N. Sabadell	58:01.78+ 1:05.16	6,00
100m: 1:07.02 1:07.02	1400m: 16:10.57 1:10.30	2700m: 31:17.86 1:09.91	4000m: 46:23.12 1:09.54	
200m: 2:16.47 1:09.45	1500m: 17:20.33 1:09.76	2800m: 32:27.93 1:10.07	4100m: 47:32.67 1:09.55	
300m: 3:25.84 1:09.37	1600m: 18:30.38 1:10.05	2900m: 33:37.79 1:09.86	4200m: 48:43.03 1:10.36	
400m: 4:34.93 1:09.09	1700m: 19:39.93 1:09.55	3000m: 34:47.17 1:09.38	4300m: 49:53.15 1:10.12	
500m: 5:44.26 1:09.33	1800m: 20:49.86 1:09.93	3100m: 35:56.82 1:09.65	4400m: 51:03.40 1:10.25	
600m: 6:53.84 1:09.58	1900m: 21:59.35 1:09.49	3200m: 37:06.28 1:09.46	4500m: 52:13.95 1:10.55	
700m: 8:03.56 1:09.72	2000m: 23:09.05 1:09.70	3300m: 38:15.96 1:09.68	4600m: 53:24.66 1:10.71	
800m: 9:13.35 1:09.79	2100m: 24:18.60 1:09.55	3400m: 39:25.83 1:09.87	4700m: 54:35.58 1:10.92	
900m: 10:22.80 1:09.45	2200m: 25:28.80 1:10.20	3500m: 40:35.19 1:09.36	4800m: 55:45.59 1:10.01	
1000m: 11:32.19 1:09.39	2300m: 26:38.91 1:10.11	3600m: 41:44.61 1:09.42	4900m: 56:55.83 1:10.24	
1100m: 12:41.27 1:09.08	2400m: 27:48.60 1:09.69	3700m: 42:54.30 1:09.69	5000m: 58:01.78 1:05.95	
1200m: 13:50.61 1:09.34	2500m: 28:58.23 1:09.63	3800m: 44:03.52 1:09.22		
1300m: 15:00.27 1:09.66	2600m: 30:07.95 1:09.72	3900m: 45:13.58 1:10.06		

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

Prueba 3, Masc., 5000m Libre, Junior-1

Clasificación	AN		Tiempo		
4. GARCIA GARNIKA, Unai	09	C.N. Logroño	58:12.59+	1:15.97	5,00
100m: 1:06.73	1:06.73	1400m: 16:11.68	1:10.44	2700m: 31:18.28	1:09.70
200m: 2:15.21	1:08.48	1500m: 17:21.75	1:10.07	2800m: 32:28.32	1:10.04
300m: 3:24.49	1:09.28	1600m: 18:32.07	1:10.32	2900m: 33:38.47	1:10.15
400m: 4:33.15	1:08.66	1700m: 19:41.71	1:09.64	3000m: 34:48.48	1:10.01
500m: 5:42.86	1:09.71	1800m: 20:51.47	1:09.76	3100m: 35:58.31	1:09.83
600m: 6:52.77	1:09.91	1900m: 22:01.77	1:10.30	3200m: 37:07.69	1:09.38
700m: 8:02.55	1:09.78	2000m: 23:11.78	1:10.01	3300m: 38:17.62	1:09.93
800m: 9:12.38	1:09.83	2100m: 24:20.93	1:09.15	3400m: 39:27.31	1:09.69
900m: 10:22.19	1:09.81	2200m: 25:29.50	1:08.57	3500m: 40:37.45	1:10.14
1000m: 11:31.84	1:09.65	2300m: 26:38.51	1:09.01	3600m: 41:47.82	1:10.37
1100m: 12:41.64	1:09.80	2400m: 27:48.28	1:09.77	3700m: 42:58.51	1:10.69
1200m: 13:51.13	1:09.49	2500m: 28:58.77	1:10.49	3800m: 44:09.64	1:11.13
1300m: 15:01.24	1:10.11	2600m: 30:08.58	1:09.81	3900m: 45:20.47	1:10.83
5. PALAZON GALINDO, Grau	09	G.E. I.E.G.	59:07.35+	2:10.73	4,00
100m: 1:06.80	1:06.80	1400m: 16:25.24	1:11.71	2700m: 32:05.68	1:12.46
200m: 2:16.40	1:09.60	1500m: 17:35.80	1:10.56	2800m: 33:17.19	1:11.51
300m: 3:26.69	1:10.29	1600m: 18:47.61	1:11.81	2900m: 34:29.91	1:12.72
400m: 4:36.91	1:10.22	1700m: 20:00.36	1:12.75	3000m: 35:42.80	1:12.89
500m: 5:47.88	1:10.97	1800m: 21:13.34	1:12.98	3100m: 36:55.37	1:12.57
600m: 6:58.47	1:10.59	1900m: 22:26.00	1:12.66	3200m: 38:06.19	1:10.82
700m: 8:09.42	1:10.95	2000m: 23:38.58	1:12.58	3300m: 39:17.94	1:11.75
800m: 9:20.12	1:10.70	2100m: 24:51.19	1:12.61	3400m: 40:29.57	1:11.63
900m: 10:30.84	1:10.72	2200m: 26:03.54	1:12.35	3500m: 41:40.57	1:11.00
1000m: 11:41.43	1:10.59	2300m: 27:15.14	1:11.60	3600m: 42:50.03	1:09.46
1100m: 12:51.88	1:10.45	2400m: 28:27.78	1:12.64	3700m: 43:59.75	1:09.72
1200m: 14:02.40	1:10.52	2500m: 29:40.43	1:12.65	3800m: 45:09.83	1:10.08
1300m: 15:13.53	1:11.13	2600m: 30:53.22	1:12.79	3900m: 46:19.95	1:10.12
6. CARDENAS BONJORN, Marti	09	C.N. Sabadell	59:23.81+	2:27.19	3,00
100m: 1:07.28	1:07.28	1400m: 16:29.13	1:11.11	2700m: 31:56.29	1:11.49
200m: 2:16.91	1:09.63	1500m: 17:40.57	1:11.44	2800m: 33:08.32	1:12.03
300m: 3:27.28	1:10.37	1600m: 18:52.00	1:11.43	2900m: 34:20.91	1:12.59
400m: 4:38.27	1:10.99	1700m: 20:03.65	1:11.65	3000m: 35:33.25	1:12.34
500m: 5:49.33	1:11.06	1800m: 21:15.58	1:11.93	3100m: 36:45.07	1:11.82
600m: 7:00.54	1:11.21	1900m: 22:26.73	1:11.15	3200m: 37:56.54	1:11.47
700m: 8:11.80	1:11.26	2000m: 23:37.48	1:10.75	3300m: 39:08.06	1:11.52
800m: 9:23.18	1:11.38	2100m: 24:48.94	1:11.46	3400m: 40:19.87	1:11.81
900m: 10:33.70	1:10.52	2200m: 26:00.15	1:11.21	3500m: 41:31.06	1:11.19
1000m: 11:44.60	1:10.90	2300m: 27:11.00	1:10.85	3600m: 42:42.97	1:11.91
1100m: 12:55.79	1:11.19	2400m: 28:22.12	1:11.12	3700m: 43:55.44	1:12.47
1200m: 14:06.93	1:11.14	2500m: 29:33.25	1:11.13	3800m: 45:06.95	1:11.51
1300m: 15:18.02	1:11.09	2600m: 30:44.80	1:11.55	3900m: 46:17.61	1:10.66
7. QUILES PENATE, Jose Antonio	09	C.N. Metropole	59:35.30+	2:38.68	2,00
100m: 1:07.14	1:07.14	1400m: 16:24.15	1:11.40	2700m: 31:58.04	1:11.80
200m: 2:16.44	1:09.30	1500m: 17:35.93	1:11.78	2800m: 33:09.74	1:11.70
300m: 3:26.39	1:09.95	1600m: 18:47.52	1:11.59	2900m: 34:22.34	1:12.60
400m: 4:36.70	1:10.31	1700m: 19:59.27	1:11.75	3000m: 35:33.75	1:11.41
500m: 5:47.17	1:10.47	1800m: 21:10.97	1:11.70	3100m: 36:45.47	1:11.72
600m: 6:57.40	1:10.23	1900m: 22:22.94	1:11.97	3200m: 37:57.28	1:11.81
700m: 8:08.22	1:10.82	2000m: 23:34.06	1:11.12	3300m: 39:09.22	1:11.94
800m: 9:19.09	1:10.87	2100m: 24:45.97	1:11.91	3400m: 40:21.21	1:11.99
900m: 10:29.87	1:10.78	2200m: 25:58.09	1:12.12	3500m: 41:32.85	1:11.64
1000m: 11:40.57	1:10.70	2300m: 27:09.75	1:11.66	3600m: 42:45.44	1:12.59
1100m: 12:51.46	1:10.89	2400m: 28:22.02	1:12.27	3700m: 43:57.49	1:12.05
1200m: 14:02.19	1:10.73	2500m: 29:34.36	1:12.34	3800m: 45:08.99	1:11.50
1300m: 15:12.75	1:10.56	2600m: 30:46.24	1:11.88	3900m: 46:20.09	1:11.10

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

Prueba 3, Masc., 5000m Libre, Junior-1

Clasificación	AN						Tiempo								
8. PADRON MIGUELEZ, Matias	08 C.D.N. Nadamas Las Marinas						59:35.87+ 2:39.25 1,00								
100m: 1:07.75	1:07.75	1400m: 16:24.44	1:11.12	2700m: 31:58.11	1:11.96	4000m: 47:32.54	1:12.40	200m: 2:17.32	1:09.57	1500m: 17:36.19	1:11.75	2800m: 33:10.10	1:11.99	4100m: 48:44.46	1:11.92
300m: 3:27.36	1:10.04	1600m: 18:47.82	1:11.63	2900m: 34:22.19	1:12.09	4200m: 49:56.08	1:11.62	400m: 4:37.46	1:10.10	1700m: 19:59.70	1:11.88	3000m: 35:33.89	1:11.70	4300m: 51:08.56	1:12.48
500m: 5:47.58	1:10.12	1800m: 21:11.48	1:11.78	3100m: 36:45.68	1:11.79	4400m: 52:21.35	1:12.79	600m: 6:57.99	1:10.41	1900m: 22:22.86	1:11.38	3200m: 37:57.88	1:12.20	4500m: 53:34.51	1:13.16
700m: 8:08.66	1:10.67	2000m: 23:34.27	1:11.41	3300m: 39:09.54	1:11.66	4600m: 54:47.53	1:13.02	800m: 9:19.32	1:10.66	2100m: 24:46.27	1:12.00	3400m: 40:21.51	1:11.97	4700m: 55:59.80	1:12.27
900m: 10:29.87	1:10.55	2200m: 25:58.51	1:12.24	3500m: 41:32.76	1:11.25	4800m: 57:13.35	1:13.55	1000m: 11:40.91	1:11.04	2300m: 27:10.14	1:11.63	3600m: 42:45.51	1:12.75	4900m: 58:25.87	1:12.52
1100m: 12:51.93	1:11.02	2400m: 28:22.49	1:12.35	3700m: 43:57.38	1:11.87	5000m: 59:35.87	1:10.00	1200m: 14:03.02	1:11.09	2500m: 29:34.53	1:12.04	3800m: 45:09.02	1:11.64		
1300m: 15:13.32	1:10.30	2600m: 30:46.15	1:11.62	3900m: 46:20.14	1:11.12										
9. SAMBRUNO SAEZ, Fabio	09 C.N. Granollers						1:00:21.03+ 3:24.41 -								
100m: 1:07.38	1:07.38	1400m: 16:25.61	1:11.43	2700m: 32:06.01	1:12.60	4000m: 47:52.89	1:15.02	200m: 2:17.03	1:09.65	1500m: 17:36.22	1:10.61	2800m: 33:17.24	1:11.23	4100m: 49:07.53	1:14.64
300m: 3:27.07	1:10.04	1600m: 18:47.96	1:11.74	2900m: 34:30.17	1:12.93	4200m: 50:23.40	1:15.87	400m: 4:37.38	1:10.31	1700m: 20:00.73	1:12.77	3000m: 35:43.37	1:13.20	4300m: 51:38.08	1:14.68
500m: 5:48.40	1:11.02	1800m: 21:13.62	1:12.89	3100m: 36:56.10	1:12.73	4400m: 52:53.44	1:15.36	600m: 6:58.90	1:10.50	1900m: 22:26.25	1:12.63	3200m: 38:06.66	1:10.56	4500m: 54:09.25	1:15.81
700m: 8:09.76	1:10.86	2000m: 23:38.95	1:12.70	3300m: 39:18.87	1:12.21	4600m: 55:24.16	1:14.91	800m: 9:20.66	1:10.90	2100m: 24:51.64	1:12.69	3400m: 40:30.35	1:11.48	4700m: 56:39.54	1:15.38
900m: 10:30.94	1:10.28	2200m: 26:03.95	1:12.31	3500m: 41:41.77	1:11.42	4800m: 57:55.11	1:15.57	1000m: 11:42.02	1:11.08	2300m: 27:15.70	1:11.75	3600m: 42:55.46	1:13.69	4900m: 59:09.65	1:14.54
1100m: 12:52.55	1:10.53	2400m: 28:28.19	1:12.49	3700m: 44:09.37	1:13.91	5000m: 1:00:21.03	1:11.38	1200m: 14:02.96	1:10.41	2500m: 29:40.64	1:12.45	3800m: 45:23.73	1:14.36		
1300m: 15:14.18	1:11.22	2600m: 30:53.41	1:12.77	3900m: 46:37.87	1:14.14										
10. NEVADO RUIZ, Hugo	08 C.N. Sabadell						1:00:23.96+ 3:27.34 -								
100m: 1:06.48	1:06.48	1400m: 16:18.35	1:11.33	2700m: 32:06.93	1:13.67	4000m: 48:03.37	1:14.34	200m: 2:15.25	1:08.77	1500m: 17:29.63	1:11.28	2800m: 33:19.69	1:12.76	4100m: 49:17.29	1:13.92
300m: 3:24.02	1:08.77	1600m: 18:41.95	1:12.32	2900m: 34:32.92	1:13.23	4200m: 50:32.13	1:14.84	400m: 4:32.88	1:08.86	1700m: 19:54.28	1:12.33	3000m: 35:46.79	1:13.87	4300m: 51:46.97	1:14.84
500m: 5:42.48	1:09.60	1800m: 21:07.08	1:12.80	3100m: 36:58.93	1:12.14	4400m: 53:01.78	1:14.81	600m: 6:52.27	1:09.79	1900m: 22:20.16	1:13.08	3200m: 38:12.17	1:13.24	4500m: 54:16.53	1:14.75
700m: 8:02.15	1:09.88	2000m: 23:33.10	1:12.94	3300m: 39:25.98	1:13.81	4600m: 55:30.89	1:14.36	800m: 9:12.27	1:10.12	2100m: 24:45.91	1:12.81	3400m: 40:39.98	1:14.00	4700m: 56:45.13	1:14.24
900m: 10:22.67	1:10.40	2200m: 25:59.20	1:13.29	3500m: 41:54.23	1:14.25	4800m: 57:58.51	1:13.38	1000m: 11:33.09	1:10.42	2300m: 27:12.40	1:13.20	3600m: 43:08.63	1:14.40	4900m: 59:12.23	1:13.72
1100m: 12:44.00	1:10.91	2400m: 28:25.72	1:13.32	3700m: 44:22.39	1:13.76	5000m: 1:00:23.96	1:11.73	1200m: 13:55.10	1:11.10	2500m: 29:39.43	1:13.71	3800m: 45:35.85	1:13.46		
1300m: 15:07.02	1:11.92	2600m: 30:53.26	1:13.83	3900m: 46:49.03	1:13.18										
11. OLIVER SAGUE, Aniol	08 C.N. Figueres						1:00:57.05+ 4:00.43 -								
100m: 1:07.70	1:07.70	1400m: 16:35.14	1:12.40	2700m: 32:29.18	1:13.25	4000m: 48:32.21	1:14.88	200m: 2:17.99	1:10.29	1500m: 17:47.42	1:12.28	2800m: 33:42.20	1:13.02	4100m: 49:47.24	1:15.03
300m: 3:29.00	1:11.01	1600m: 19:00.32	1:12.90	2900m: 34:55.68	1:13.48	4200m: 51:01.83	1:14.59	400m: 4:39.83	1:10.83	1700m: 20:13.25	1:12.93	3000m: 36:09.40	1:13.72	4300m: 52:17.09	1:15.26
500m: 5:50.84	1:11.01	1800m: 21:26.45	1:13.20	3100m: 37:23.11	1:13.71	4400m: 53:32.16	1:15.07	600m: 7:01.88	1:11.04	1900m: 22:39.88	1:13.43	3200m: 38:37.11	1:14.00	4500m: 54:47.27	1:15.11
700m: 8:13.18	1:11.30	2000m: 23:53.28	1:13.40	3300m: 39:51.28	1:14.17	4600m: 56:02.12	1:14.85	800m: 9:24.21	1:11.03	2100m: 25:06.95	1:13.67	3400m: 41:05.26	1:13.98	4700m: 57:17.18	1:15.06
900m: 10:35.16	1:10.95	2200m: 26:21.23	1:14.28	3500m: 42:19.40	1:14.14	4800m: 58:31.49	1:14.31	1000m: 11:46.61	1:11.45	2300m: 27:34.88	1:13.65	3600m: 43:33.38	1:13.98	4900m: 59:45.24	1:13.75
1100m: 12:58.40	1:11.79	2400m: 28:48.74	1:13.86	3700m: 44:47.84	1:14.46	5000m: 1:00:57.05	1:11.81	1200m: 14:10.40	1:12.00	2500m: 30:02.42	1:13.68	3800m: 46:02.37	1:14.53		
1300m: 15:22.74	1:12.34	2600m: 31:15.93	1:13.51	3900m: 47:17.33	1:14.96										

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

Prueba 3, Masc., 5000m Libre, Junior-1

Clasificación	AN		Tiempo		
12. LEIROS FERNANDEZ, Lucas	08	C.N. Ponteareas	1:02:04.59+	5:07.97	-
100m: 1:09.68 1:09.68	1400m: 17:06.43 1:14.72	2700m: 33:20.42 1:15.10	4000m: 49:40.48 1:15.32		
200m: 2:20.79 1:11.11	1500m: 18:20.72 1:14.29	2800m: 34:35.00 1:14.58	4100m: 50:56.75 1:16.27		
300m: 3:33.05 1:12.26	1600m: 19:35.68 1:14.96	2900m: 35:49.77 1:14.77	4200m: 52:12.71 1:15.96		
400m: 4:46.15 1:13.10	1700m: 20:50.21 1:14.53	3000m: 37:05.38 1:15.61	4300m: 53:28.36 1:15.65		
500m: 5:59.54 1:13.39	1800m: 22:05.18 1:14.97	3100m: 38:20.93 1:15.55	4400m: 54:44.33 1:15.97		
600m: 7:12.96 1:13.42	1900m: 23:20.09 1:14.91	3200m: 39:36.56 1:15.63	4500m: 55:58.79 1:14.46		
700m: 8:26.86 1:13.90	2000m: 24:35.25 1:15.16	3300m: 40:51.99 1:15.43	4600m: 57:13.46 1:14.67		
800m: 9:41.12 1:14.26	2100m: 25:50.01 1:14.76	3400m: 42:07.52 1:15.53	4700m: 58:27.75 1:14.29		
900m: 10:54.54 1:13.42	2200m: 27:05.14 1:15.13	3500m: 43:22.71 1:15.19	4800m: 59:42.30 1:14.55		
1000m: 12:08.90 1:14.36	2300m: 28:20.18 1:15.04	3600m: 44:37.75 1:15.04	4900m: 1:00:56.18 1:13.88		
1100m: 13:22.96 1:14.06	2400m: 29:35.31 1:15.13	3700m: 45:53.52 1:15.77	5000m: 1:02:04.59 1:08.41		
1200m: 14:37.28 1:14.32	2500m: 30:50.31 1:15.00	3800m: 47:09.14 1:15.62			
1300m: 15:51.71 1:14.43	2600m: 32:05.32 1:15.01	3900m: 48:25.16 1:16.02			
13. FARRE CORTADA, Joel	08	C.E.N.Balaguer	1:02:04.69+	5:08.07	-
100m: 1:10.02 1:10.02	1400m: 17:06.74 1:14.76	2700m: 33:20.20 1:14.96	4000m: 49:40.98 1:15.62		
200m: 2:21.34 1:11.32	1500m: 18:21.06 1:14.32	2800m: 34:35.12 1:14.92	4100m: 50:56.87 1:15.89		
300m: 3:33.39 1:12.05	1600m: 19:35.83 1:14.77	2900m: 35:50.32 1:15.20	4200m: 52:12.58 1:15.71		
400m: 4:46.64 1:13.25	1700m: 20:50.53 1:14.70	3000m: 37:05.82 1:15.50	4300m: 53:28.28 1:15.70		
500m: 5:59.80 1:13.16	1800m: 22:05.28 1:14.75	3100m: 38:21.17 1:15.35	4400m: 54:44.72 1:16.44		
600m: 7:13.19 1:13.39	1900m: 23:20.36 1:15.08	3200m: 39:36.54 1:15.37	4500m: 55:59.18 1:14.46		
700m: 8:27.02 1:13.83	2000m: 24:35.38 1:15.02	3300m: 40:52.22 1:15.68	4600m: 57:14.52 1:15.34		
800m: 9:41.01 1:13.99	2100m: 25:50.36 1:14.98	3400m: 42:07.35 1:15.13	4700m: 58:28.61 1:14.09		
900m: 10:54.59 1:13.58	2200m: 27:05.59 1:15.23	3500m: 43:22.76 1:15.41	4800m: 59:43.47 1:14.86		
1000m: 12:08.93 1:14.34	2300m: 28:20.51 1:14.92	3600m: 44:37.99 1:15.23	4900m: 1:00:56.11 1:12.64		
1100m: 13:23.10 1:14.17	2400m: 29:35.20 1:14.69	3700m: 45:53.76 1:15.77	5000m: 1:02:04.69 1:08.58		
1200m: 14:37.50 1:14.40	2500m: 30:50.36 1:15.16	3800m: 47:09.31 1:15.55			
1300m: 15:51.98 1:14.48	2600m: 32:05.24 1:14.88	3900m: 48:25.36 1:16.05			
DSQ RODRÍGUEZ DÍAZ, Javier	08	C.N. Teneteide			-

Junior-2

1. VARGAS TRUJILLO, Cristobal	07	C.N. Dos Hermanas	55:23.49	11,00
100m: 1:03.34 1:03.34	1400m: 15:09.80 1:05.00	2700m: 29:44.32 1:08.70	4000m: 44:23.80 1:08.37	
200m: 2:06.52 1:03.18	1500m: 16:15.21 1:05.41	2800m: 30:53.10 1:08.78	4100m: 45:31.78 1:07.98	
300m: 3:10.67 1:04.15	1600m: 17:20.11 1:04.90	2900m: 31:59.94 1:06.84	4200m: 46:39.69 1:07.91	
400m: 4:16.38 1:05.71	1700m: 18:28.15 1:08.04	3000m: 33:05.38 1:05.44	4300m: 47:47.26 1:07.57	
500m: 5:21.96 1:05.58	1800m: 19:36.79 1:08.64	3100m: 34:11.16 1:05.78	4400m: 48:55.60 1:08.34	
600m: 6:26.89 1:04.93	1900m: 20:44.81 1:08.02	3200m: 35:18.96 1:07.80	4500m: 50:03.81 1:08.21	
700m: 7:30.94 1:04.05	2000m: 21:48.79 1:03.98	3300m: 36:26.71 1:07.75	4600m: 51:11.19 1:07.38	
800m: 8:35.83 1:04.89	2100m: 22:55.19 1:06.40	3400m: 37:34.74 1:08.03	4700m: 52:17.71 1:06.52	
900m: 9:41.01 1:05.18	2200m: 24:04.63 1:09.44	3500m: 38:42.45 1:07.71	4800m: 53:23.20 1:05.49	
1000m: 10:45.71 1:04.70	2300m: 25:11.87 1:07.24	3600m: 39:50.75 1:08.30	4900m: 54:23.65 1:00.45	
1100m: 11:51.02 1:05.31	2400m: 26:19.57 1:07.70	3700m: 40:58.73 1:07.98	5000m: 55:23.49 59.84	
1200m: 12:58.13 1:07.11	2500m: 27:27.21 1:07.64	3800m: 42:07.10 1:08.37		
1300m: 14:04.80 1:06.67	2600m: 28:35.62 1:08.41	3900m: 43:15.43 1:08.33		

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

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

Clasificación	AN						Tiempo																																												
2. MARTINEZ PALOP, Pablo	07 C.N. Ferca-San Jose						55:26.49 + 3.00 8,00																																												
100m: 1:03.73 1:03.73	1400m: 15:10.32 1:05.08	2700m: 29:44.38 1:08.62	4000m: 44:23.98 1:08.39	200m: 2:06.83 1:03.10	1500m: 16:15.86 1:05.54	2800m: 30:53.14 1:08.76	4100m: 45:31.86 1:07.88	300m: 3:10.89 1:04.06	1600m: 17:20.79 1:04.93	2900m: 32:00.36 1:07.22	4200m: 46:39.93 1:08.07	400m: 4:16.78 1:05.89	1700m: 18:28.33 1:07.54	3000m: 33:05.88 1:05.52	4300m: 47:47.54 1:07.61	500m: 5:22.28 1:05.50	1800m: 19:37.01 1:08.68	3100m: 34:11.49 1:05.61	4400m: 48:55.80 1:08.26	600m: 6:27.29 1:05.01	1900m: 20:45.03 1:08.02	3200m: 35:19.14 1:07.65	4500m: 50:03.96 1:08.16	700m: 7:31.49 1:04.20	2000m: 21:49.49 1:04.46	3300m: 36:26.80 1:07.66	4600m: 51:11.37 1:07.41	800m: 8:36.45 1:04.96	2100m: 22:55.54 1:06.05	3400m: 37:34.89 1:08.09	4700m: 52:18.07 1:06.70	900m: 9:41.43 1:04.98	2200m: 24:04.76 1:09.22	3500m: 38:42.65 1:07.76	4800m: 53:23.79 1:05.72	1000m: 10:46.30 1:04.87	2300m: 25:11.67 1:06.91	3600m: 39:50.88 1:08.23	4900m: 54:25.07 1:01.28	1100m: 11:51.40 1:05.10	2400m: 26:19.62 1:07.95	3700m: 40:58.89 1:08.01	5000m: 55:26.49 1:01.42	1200m: 12:58.41 1:07.01	2500m: 27:27.50 1:07.88	3800m: 42:07.27 1:08.38		1300m: 14:05.24 1:06.83	2600m: 28:35.76 1:08.26	3900m: 43:15.59 1:08.32	
3. ALVAREZ GONZALEZ, Unai	07 C.D. Gredos San Diego						55:29.66 + 6.17 6,00																																												
100m: 1:01.89 1:01.89	1400m: 15:26.01 1:06.89	2700m: 29:54.47 1:06.49	4000m: 44:26.57 1:07.03	200m: 2:07.58 1:05.69	1500m: 16:32.39 1:06.38	2800m: 31:01.96 1:07.49	4100m: 45:33.44 1:06.87	300m: 3:13.73 1:06.15	1600m: 17:39.62 1:07.23	2900m: 32:09.30 1:07.34	4200m: 46:39.66 1:06.22	400m: 4:20.17 1:06.44	1700m: 18:45.99 1:06.37	3000m: 33:16.01 1:06.71	4300m: 47:45.91 1:06.25	500m: 5:26.34 1:06.17	1800m: 19:53.66 1:07.67	3100m: 34:22.87 1:06.86	4400m: 48:52.31 1:06.40	600m: 6:33.05 1:06.71	1900m: 21:00.49 1:06.83	3200m: 35:30.02 1:07.15	4500m: 49:59.42 1:07.11	700m: 7:39.24 1:06.19	2000m: 22:07.94 1:07.45	3300m: 36:36.70 1:06.68	4600m: 51:05.85 1:06.43	800m: 8:45.94 1:06.70	2100m: 23:14.63 1:06.69	3400m: 37:43.75 1:07.05	4700m: 52:13.37 1:07.52	900m: 9:51.83 1:05.89	2200m: 24:20.15 1:05.52	3500m: 38:50.96 1:07.21	4800m: 53:20.03 1:06.66	1000m: 10:58.87 1:07.04	2300m: 25:27.70 1:07.55	3600m: 39:57.98 1:07.02	4900m: 54:26.25 1:06.22	1100m: 12:05.74 1:06.87	2400m: 26:34.12 1:06.42	3700m: 41:05.46 1:07.48	5000m: 55:29.66 1:03.41	1200m: 13:12.05 1:06.31	2500m: 27:40.86 1:06.74	3800m: 42:12.47 1:07.01		1300m: 14:19.12 1:07.07	2600m: 28:47.98 1:07.12	3900m: 43:19.54 1:07.07	
4. GARCIA FERNANDEZ, Erik	06 C.N. Las Norias						55:49.88 + 26.39 5,00																																												
100m: 1:04.76 1:04.76	1400m: 15:15.39 1:06.06	2700m: 29:54.59 1:08.51	4000m: 44:33.45 1:08.07	200m: 2:09.58 1:04.82	1500m: 16:21.73 1:06.34	2800m: 31:02.92 1:08.33	4100m: 45:41.57 1:08.12	300m: 3:14.49 1:04.91	1600m: 17:28.49 1:06.76	2900m: 32:10.86 1:07.94	4200m: 46:50.06 1:08.49	400m: 4:19.52 1:05.03	1700m: 18:35.95 1:07.46	3000m: 33:18.98 1:08.12	4300m: 47:57.30 1:07.24	500m: 5:24.56 1:05.04	1800m: 19:43.44 1:07.49	3100m: 34:27.44 1:08.46	4400m: 49:05.58 1:08.28	600m: 6:29.72 1:05.16	1900m: 20:50.73 1:07.29	3200m: 35:36.24 1:08.80	4500m: 50:13.82 1:08.24	700m: 7:34.99 1:05.27	2000m: 21:58.17 1:07.44	3300m: 36:44.72 1:08.48	4600m: 51:21.74 1:07.92	800m: 8:40.37 1:05.38	2100m: 23:05.97 1:07.80	3400m: 37:50.85 1:06.13	4700m: 52:30.13 1:08.39	900m: 9:45.71 1:05.34	2200m: 24:13.62 1:07.65	3500m: 38:57.22 1:06.37	4800m: 53:37.37 1:07.24	1000m: 10:51.21 1:05.50	2300m: 25:21.30 1:07.68	3600m: 40:03.56 1:06.34	4900m: 54:44.86 1:07.49	1100m: 11:57.03 1:05.82	2400m: 26:29.37 1:08.07	3700m: 41:09.91 1:06.35	5000m: 55:49.88 1:05.02	1200m: 13:03.12 1:06.09	2500m: 27:37.66 1:08.29	3800m: 42:17.88 1:07.97		1300m: 14:09.33 1:06.21	2600m: 28:46.08 1:08.42	3900m: 43:25.38 1:07.50	
5. CASALS MAS, Eric	06 C.N. VIC-Etb						56:50.01+ 1:26.52 4,00																																												
100m: 1:04.76 1:04.76	1400m: 15:40.17 1:08.17	2700m: 30:31.18 1:09.14	4000m: 45:24.63 1:08.85	200m: 2:10.59 1:05.83	1500m: 16:48.41 1:08.24	2800m: 31:39.66 1:08.48	4100m: 46:33.13 1:08.50	300m: 3:17.44 1:06.85	1600m: 17:56.61 1:08.20	2900m: 32:48.16 1:08.50	4200m: 47:41.87 1:08.74	400m: 4:25.19 1:07.75	1700m: 19:05.53 1:08.92	3000m: 33:56.14 1:07.98	4300m: 48:50.47 1:08.60	500m: 5:32.44 1:07.25	1800m: 20:14.73 1:09.20	3100m: 35:03.46 1:07.32	4400m: 49:58.91 1:08.44	600m: 6:39.39 1:06.95	1900m: 21:23.73 1:09.00	3200m: 36:11.97 1:08.51	4500m: 51:07.90 1:08.99	700m: 7:46.52 1:07.13	2000m: 22:32.63 1:08.90	3300m: 37:20.73 1:08.76	4600m: 52:17.13 1:09.23	800m: 8:53.63 1:07.11	2100m: 23:41.35 1:08.72	3400m: 38:30.11 1:09.38	4700m: 53:26.23 1:09.10	900m: 10:00.70 1:07.07	2200m: 24:50.03 1:08.68	3500m: 39:39.12 1:09.01	4800m: 54:35.60 1:09.37	1000m: 11:08.30 1:07.60	2300m: 25:58.90 1:08.87	3600m: 40:48.13 1:09.01	4900m: 55:44.42 1:08.82	1100m: 12:15.57 1:07.27	2400m: 27:05.87 1:06.97	3700m: 41:57.66 1:09.53	5000m: 56:50.01 1:05.59	1200m: 13:24.21 1:08.64	2500m: 28:13.38 1:07.51	3800m: 43:06.78 1:09.12		1300m: 14:32.00 1:07.79	2600m: 29:22.04 1:08.66	3900m: 44:15.78 1:09.00	

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

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

Clasificación	AN	Tempo
DSQ LOURENCO FERREIRA, Gustavo	06	C.D.N. Nadamas Las Marinas

Senior

1. MENDEZ PUGA, Mario	03	C.N. Santa Olaya	53:37.65	11,00
100m: 1:02.73 1:02.73	1400m: 14:48.10 1:04.09	2700m: 28:45.40 1:04.26	4000m: 42:50.64 1:04.97	
200m: 2:05.74 1:03.01	1500m: 15:52.12 1:04.02	2800m: 29:49.95 1:04.55	4100m: 43:56.07 1:05.43	
300m: 3:09.07 1:03.33	1600m: 16:56.19 1:04.07	2900m: 30:54.18 1:04.23	4200m: 45:01.18 1:05.11	
400m: 4:12.03 1:02.96	1700m: 18:00.37 1:04.18	3000m: 31:58.57 1:04.39	4300m: 46:06.18 1:05.00	
500m: 5:15.39 1:03.36	1800m: 19:04.68 1:04.31	3100m: 33:03.63 1:05.06	4400m: 47:10.97 1:04.79	
600m: 6:18.25 1:02.86	1900m: 20:09.14 1:04.46	3200m: 34:08.99 1:05.36	4500m: 48:15.84 1:04.87	
700m: 7:21.26 1:03.01	2000m: 21:13.79 1:04.65	3300m: 35:14.78 1:05.79	4600m: 49:20.76 1:04.92	
800m: 8:24.67 1:03.41	2100m: 22:18.18 1:04.39	3400m: 36:20.29 1:05.51	4700m: 50:25.65 1:04.89	
900m: 9:28.34 1:03.67	2200m: 23:23.05 1:04.87	3500m: 37:24.98 1:04.69	4800m: 51:30.12 1:04.47	
1000m: 10:32.33 1:03.99	2300m: 24:27.73 1:04.68	3600m: 38:29.95 1:04.97	4900m: 52:34.55 1:04.43	
1100m: 11:36.17 1:03.84	2400m: 25:31.93 1:04.20	3700m: 39:34.99 1:05.04	5000m: 53:37.65 1:03.10	
1200m: 12:40.42 1:04.25	2500m: 26:36.55 1:04.62	3800m: 40:40.19 1:05.20		
1300m: 13:44.01 1:03.59	2600m: 27:41.14 1:04.59	3900m: 41:45.67 1:05.48		
2. CROOIJMANS, Sander	01	C.N. Tennis Elche	54:22.31	+ 44.66 8,00
100m: 1:04.42 1:04.42	1400m: 14:58.27 1:04.49	2700m: 29:05.30 1:05.56	4000m: 43:21.40 1:05.54	
200m: 2:08.89 1:04.47	1500m: 16:03.03 1:04.76	2800m: 30:10.33 1:05.03	4100m: 44:27.28 1:05.88	
300m: 3:13.29 1:04.40	1600m: 17:08.50 1:05.47	2900m: 31:15.78 1:05.45	4200m: 45:33.31 1:06.03	
400m: 4:17.04 1:03.75	1700m: 18:13.12 1:04.62	3000m: 32:21.29 1:05.51	4300m: 46:39.44 1:06.13	
500m: 5:21.10 1:04.06	1800m: 19:18.00 1:04.88	3100m: 33:27.02 1:05.73	4400m: 47:45.96 1:06.52	
600m: 6:24.82 1:03.72	1900m: 20:22.81 1:04.81	3200m: 34:32.75 1:05.73	4500m: 48:52.21 1:06.25	
700m: 7:28.67 1:03.85	2000m: 21:28.12 1:05.31	3300m: 35:38.39 1:05.64	4600m: 49:58.44 1:06.23	
800m: 8:32.75 1:04.08	2100m: 22:33.24 1:05.12	3400m: 36:44.51 1:06.12	4700m: 51:04.68 1:06.24	
900m: 9:36.77 1:04.02	2200m: 23:38.58 1:05.34	3500m: 37:50.48 1:05.97	4800m: 52:11.28 1:06.60	
1000m: 10:40.85 1:04.08	2300m: 24:43.86 1:05.28	3600m: 38:56.86 1:06.38	4900m: 53:18.18 1:06.90	
1100m: 11:45.23 1:04.38	2400m: 25:49.27 1:05.41	3700m: 40:03.13 1:06.27	5000m: 54:22.31 1:04.13	
1200m: 12:49.59 1:04.36	2500m: 26:54.50 1:05.23	3800m: 41:09.56 1:06.43		
1300m: 13:53.78 1:04.19	2600m: 27:59.74 1:05.24	3900m: 42:15.86 1:06.30		
3. SANTIAGO BETANCOR, Raul	97	C.N. Granollers	54:30.20	+ 52.55 6,00
100m: 1:04.54 1:04.54	1400m: 15:08.91 1:04.69	2700m: 29:16.15 1:05.44	4000m: 43:31.70 1:06.02	
200m: 2:09.31 1:04.77	1500m: 16:14.01 1:05.10	2800m: 30:21.63 1:05.48	4100m: 44:37.25 1:05.55	
300m: 3:13.80 1:04.49	1600m: 17:19.00 1:04.99	2900m: 31:27.32 1:05.69	4200m: 45:43.01 1:05.76	
400m: 4:19.13 1:05.33	1700m: 18:23.83 1:04.83	3000m: 32:32.96 1:05.64	4300m: 46:48.87 1:05.86	
500m: 5:24.19 1:05.06	1800m: 19:28.47 1:04.64	3100m: 33:38.82 1:05.86	4400m: 47:55.76 1:06.89	
600m: 6:29.32 1:05.13	1900m: 20:33.35 1:04.88	3200m: 34:44.59 1:05.77	4500m: 49:02.22 1:06.46	
700m: 7:34.33 1:05.01	2000m: 21:38.38 1:05.03	3300m: 35:50.66 1:06.07	4600m: 50:08.05 1:05.83	
800m: 8:39.09 1:04.76	2100m: 22:43.19 1:04.81	3400m: 36:56.74 1:06.08	4700m: 51:14.42 1:06.37	
900m: 9:43.78 1:04.69	2200m: 23:48.55 1:05.36	3500m: 38:02.49 1:05.75	4800m: 52:20.67 1:06.25	
1000m: 10:48.87 1:05.09	2300m: 24:53.69 1:05.14	3600m: 39:08.37 1:05.88	4900m: 53:26.45 1:05.78	
1100m: 11:54.03 1:05.16	2400m: 25:59.42 1:05.73	3700m: 40:14.19 1:05.82	5000m: 54:30.20 1:03.75	
1200m: 12:59.17 1:05.14	2500m: 27:05.23 1:05.81	3800m: 41:19.94 1:05.75		
1300m: 14:04.22 1:05.05	2600m: 28:10.71 1:05.48	3900m: 42:25.68 1:05.74		

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

Prueba 3, Masc., 5000m Libre, Senior

Clasificación	AN		Tiempo				
8.	GARCIA CASTRO, Mateo	05	C.N. Arteixo	56:08.52+ 2:30.87 1,00			
100m:	1:04.77 1:04.77	1400m:	15:15.14 1:06.19	2700m:	29:54.29 1:08.30	4000m:	44:42.42 1:08.54
200m:	2:09.63 1:04.86	1500m:	16:21.47 1:06.33	2800m:	31:02.58 1:08.29	4100m:	45:51.02 1:08.60
300m:	3:14.53 1:04.90	1600m:	17:28.29 1:06.82	2900m:	32:10.56 1:07.98	4200m:	46:59.91 1:08.89
400m:	4:19.28 1:04.75	1700m:	18:35.79 1:07.50	3000m:	33:18.78 1:08.22	4300m:	48:08.83 1:08.92
500m:	5:24.33 1:05.05	1800m:	19:43.32 1:07.53	3100m:	34:27.27 1:08.49	4400m:	49:18.02 1:09.19
600m:	6:29.42 1:05.09	1900m:	20:50.42 1:07.10	3200m:	35:35.98 1:08.71	4500m:	50:27.29 1:09.27
700m:	7:34.77 1:05.35	2000m:	21:57.91 1:07.49	3300m:	36:44.71 1:08.73	4600m:	51:36.82 1:09.53
800m:	8:39.90 1:05.13	2100m:	23:05.61 1:07.70	3400m:	37:52.78 1:08.07	4700m:	52:45.81 1:08.99
900m:	9:45.30 1:05.40	2200m:	24:13.31 1:07.70	3500m:	39:00.81 1:08.03	4800m:	53:53.89 1:08.08
1000m:	10:50.98 1:05.68	2300m:	25:20.95 1:07.64	3600m:	40:08.93 1:08.12	4900m:	55:02.24 1:08.35
1100m:	11:56.93 1:05.95	2400m:	26:28.95 1:08.00	3700m:	41:17.14 1:08.21	5000m:	56:08.52 1:06.28
1200m:	13:02.80 1:05.87	2500m:	27:37.59 1:08.64	3800m:	42:25.57 1:08.43		
1300m:	14:08.95 1:06.15	2600m:	28:45.99 1:08.40	3900m:	43:33.88 1:08.31		

Abs.

1.	MENDEZ PUGA, Mario	03	C.N. Santa Olaya	53:37.65 11,00			
100m:	1:02.73 1:02.73	1400m:	14:48.10 1:04.09	2700m:	28:45.40 1:04.26	4000m:	42:50.64 1:04.97
200m:	2:05.74 1:03.01	1500m:	15:52.12 1:04.02	2800m:	29:49.95 1:04.55	4100m:	43:56.07 1:05.43
300m:	3:09.07 1:03.33	1600m:	16:56.19 1:04.07	2900m:	30:54.18 1:04.23	4200m:	45:01.18 1:05.11
400m:	4:12.03 1:02.96	1700m:	18:00.37 1:04.18	3000m:	31:58.57 1:04.39	4300m:	46:06.18 1:05.00
500m:	5:15.39 1:03.36	1800m:	19:04.68 1:04.31	3100m:	33:03.63 1:05.06	4400m:	47:10.97 1:04.79
600m:	6:18.25 1:02.86	1900m:	20:09.14 1:04.46	3200m:	34:08.99 1:05.36	4500m:	48:15.84 1:04.87
700m:	7:21.26 1:03.01	2000m:	21:13.79 1:04.65	3300m:	35:14.78 1:05.79	4600m:	49:20.76 1:04.92
800m:	8:24.67 1:03.41	2100m:	22:18.18 1:04.39	3400m:	36:20.29 1:05.51	4700m:	50:25.65 1:04.89
900m:	9:28.34 1:03.67	2200m:	23:23.05 1:04.87	3500m:	37:24.98 1:04.69	4800m:	51:30.12 1:04.47
1000m:	10:32.33 1:03.99	2300m:	24:27.73 1:04.68	3600m:	38:29.95 1:04.97	4900m:	52:34.55 1:04.43
1100m:	11:36.17 1:03.84	2400m:	25:31.93 1:04.20	3700m:	39:34.99 1:05.04	5000m:	53:37.65 1:03.10
1200m:	12:40.42 1:04.25	2500m:	26:36.55 1:04.62	3800m:	40:40.19 1:05.20		
1300m:	13:44.01 1:03.59	2600m:	27:41.14 1:04.59	3900m:	41:45.67 1:05.48		
2.	CROOIJMANS, Sander	01	C.N. Tennis Elche	54:22.31 + 44.66 8,00			
100m:	1:04.42 1:04.42	1400m:	14:58.27 1:04.49	2700m:	29:05.30 1:05.56	4000m:	43:21.40 1:05.54
200m:	2:08.89 1:04.47	1500m:	16:03.03 1:04.76	2800m:	30:10.33 1:05.03	4100m:	44:27.28 1:05.88
300m:	3:13.29 1:04.40	1600m:	17:08.50 1:05.47	2900m:	31:15.78 1:05.45	4200m:	45:33.31 1:06.03
400m:	4:17.04 1:03.75	1700m:	18:13.12 1:04.62	3000m:	32:21.29 1:05.51	4300m:	46:39.44 1:06.13
500m:	5:21.10 1:04.06	1800m:	19:18.00 1:04.88	3100m:	33:27.02 1:05.73	4400m:	47:45.96 1:06.52
600m:	6:24.82 1:03.72	1900m:	20:22.81 1:04.81	3200m:	34:32.75 1:05.73	4500m:	48:52.21 1:06.25
700m:	7:28.67 1:03.85	2000m:	21:28.12 1:05.31	3300m:	35:38.39 1:05.64	4600m:	49:58.44 1:06.23
800m:	8:32.75 1:04.08	2100m:	22:33.24 1:05.12	3400m:	36:44.51 1:06.12	4700m:	51:04.68 1:06.24
900m:	9:36.77 1:04.02	2200m:	23:38.58 1:05.34	3500m:	37:50.48 1:05.97	4800m:	52:11.28 1:06.60
1000m:	10:40.85 1:04.08	2300m:	24:43.86 1:05.28	3600m:	38:56.86 1:06.38	4900m:	53:18.18 1:06.90
1100m:	11:45.23 1:04.38	2400m:	25:49.27 1:05.41	3700m:	40:03.13 1:06.27	5000m:	54:22.31 1:04.13
1200m:	12:49.59 1:04.36	2500m:	26:54.50 1:05.23	3800m:	41:09.56 1:06.43		
1300m:	13:53.78 1:04.19	2600m:	27:59.74 1:05.24	3900m:	42:15.86 1:06.30		

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

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

Clasificación	AN					Tiempo				
11. GARCIA FERNANDEZ, Erik	06	C.N. Las Norias	55:49.88+	2:12.23	5,00					
100m: 1:04.76 1:04.76	1400m: 15:15.39 1:06.06	2700m: 29:54.59 1:08.51	4000m: 44:33.45 1:08.07			200m: 2:09.58 1:04.82	1500m: 16:21.73 1:06.34	2800m: 31:02.92 1:08.33	4100m: 45:41.57 1:08.12	
300m: 3:14.49 1:04.91	1600m: 17:28.49 1:06.76	2900m: 32:10.86 1:07.94	4200m: 46:50.06 1:08.49			400m: 4:19.52 1:05.03	1700m: 18:35.95 1:07.46	3000m: 33:18.98 1:08.12	4300m: 47:57.30 1:07.24	
500m: 5:24.56 1:05.04	1800m: 19:43.44 1:07.49	3100m: 34:27.44 1:08.46	4400m: 49:05.58 1:08.28			600m: 6:29.72 1:05.16	1900m: 20:50.73 1:07.29	3200m: 35:36.24 1:08.80	4500m: 50:13.82 1:08.24	
700m: 7:34.99 1:05.27	2000m: 21:58.17 1:07.44	3300m: 36:44.72 1:08.48	4600m: 51:21.74 1:07.92			800m: 8:40.37 1:05.38	2100m: 23:05.97 1:07.80	3400m: 37:50.85 1:06.13	4700m: 52:30.13 1:08.39	
900m: 9:45.71 1:05.34	2200m: 24:13.62 1:07.65	3500m: 38:57.22 1:06.37	4800m: 53:37.37 1:07.24			1000m: 10:51.21 1:05.50	2300m: 25:21.30 1:07.68	3600m: 40:03.56 1:06.34	4900m: 54:44.86 1:07.49	
1100m: 11:57.03 1:05.82	2400m: 26:29.37 1:08.07	3700m: 41:09.91 1:06.35	5000m: 55:49.88 1:05.02			1200m: 13:03.12 1:06.09	2500m: 27:37.66 1:08.29	3800m: 42:17.88 1:07.97		
1300m: 14:09.33 1:06.21	2600m: 28:46.08 1:08.42	3900m: 43:25.38 1:07.50								
12. GARCIA CASTRO, Mateo	05	C.N. Arteixo	56:08.52+	2:30.87	1,00					
100m: 1:04.77 1:04.77	1400m: 15:15.14 1:06.19	2700m: 29:54.29 1:08.30	4000m: 44:42.42 1:08.54			200m: 2:09.63 1:04.86	1500m: 16:21.47 1:06.33	2800m: 31:02.58 1:08.29	4100m: 45:51.02 1:08.60	
300m: 3:14.53 1:04.90	1600m: 17:28.29 1:06.82	2900m: 32:10.56 1:07.98	4200m: 46:59.91 1:08.89			400m: 4:19.28 1:04.75	1700m: 18:35.79 1:07.50	3000m: 33:18.78 1:08.22	4300m: 48:08.83 1:08.92	
500m: 5:24.33 1:05.05	1800m: 19:43.32 1:07.53	3100m: 34:27.27 1:08.49	4400m: 49:18.02 1:09.19			600m: 6:29.42 1:05.09	1900m: 20:50.42 1:07.10	3200m: 35:35.98 1:08.71	4500m: 50:27.29 1:09.27	
700m: 7:34.77 1:05.35	2000m: 21:57.91 1:07.49	3300m: 36:44.71 1:08.73	4600m: 51:36.82 1:09.53			800m: 8:39.90 1:05.13	2100m: 23:05.61 1:07.70	3400m: 37:52.78 1:08.07	4700m: 52:45.81 1:08.99	
900m: 9:45.30 1:05.40	2200m: 24:13.31 1:07.70	3500m: 39:00.81 1:08.03	4800m: 53:53.89 1:08.08			1000m: 10:50.98 1:05.68	2300m: 25:20.95 1:07.64	3600m: 40:08.93 1:08.12	4900m: 55:02.24 1:08.35	
1100m: 11:56.93 1:05.95	2400m: 26:28.95 1:08.00	3700m: 41:17.14 1:08.21	5000m: 56:08.52 1:06.28			1200m: 13:02.80 1:05.87	2500m: 27:37.59 1:08.64	3800m: 42:25.57 1:08.43		
1300m: 14:08.95 1:06.15	2600m: 28:45.99 1:08.40	3900m: 43:33.88 1:08.31								
13. CASALS MAS, Eric	06	C.N. VIC-Etb	56:50.01+	3:12.36	4,00					
100m: 1:04.76 1:04.76	1400m: 15:40.17 1:08.17	2700m: 30:31.18 1:09.14	4000m: 45:24.63 1:08.85			200m: 2:10.59 1:05.83	1500m: 16:48.41 1:08.24	2800m: 31:39.66 1:08.48	4100m: 46:33.13 1:08.50	
300m: 3:17.44 1:06.85	1600m: 17:56.61 1:08.20	2900m: 32:48.16 1:08.50	4200m: 47:41.87 1:08.74			400m: 4:25.19 1:07.75	1700m: 19:05.53 1:08.92	3000m: 33:56.14 1:07.98	4300m: 48:50.47 1:08.60	
500m: 5:32.44 1:07.25	1800m: 20:14.73 1:09.20	3100m: 35:03.46 1:07.32	4400m: 49:58.91 1:08.44			600m: 6:39.39 1:06.95	1900m: 21:23.73 1:09.00	3200m: 36:11.97 1:08.51	4500m: 51:07.90 1:08.99	
700m: 7:46.52 1:07.13	2000m: 22:32.63 1:08.90	3300m: 37:20.73 1:08.76	4600m: 52:17.13 1:09.23			800m: 8:53.63 1:07.11	2100m: 23:41.35 1:08.72	3400m: 38:30.11 1:09.38	4700m: 53:26.23 1:09.10	
900m: 10:00.70 1:07.07	2200m: 24:50.03 1:08.68	3500m: 39:39.12 1:09.01	4800m: 54:35.60 1:09.37			1000m: 11:08.30 1:07.60	2300m: 25:58.90 1:08.87	3600m: 40:48.13 1:09.01	4900m: 55:44.42 1:08.82	
1100m: 12:15.57 1:07.27	2400m: 27:05.87 1:06.97	3700m: 41:57.66 1:09.53	5000m: 56:50.01 1:05.59			1200m: 13:24.21 1:08.64	2500m: 28:13.38 1:07.51	3800m: 43:06.78 1:09.12		
1300m: 14:32.00 1:07.79	2600m: 29:22.04 1:08.66	3900m: 44:15.78 1:09.00								
14. MATEO ARTACHO, Alan	09	G.E. I.E.G.	56:56.62+	3:18.97	11,00					
100m: 1:05.46 1:05.46	1400m: 15:43.13 1:08.44	2700m: 30:35.94 1:09.40	4000m: 45:38.08 1:09.99			200m: 2:11.30 1:05.84	1500m: 16:51.06 1:07.93	2800m: 31:45.16 1:09.22	4100m: 46:47.25 1:09.17	
300m: 3:17.80 1:06.50	1600m: 17:58.94 1:07.88	2900m: 32:54.12 1:08.96	4200m: 47:56.12 1:08.87			400m: 4:24.92 1:07.12	1700m: 19:07.62 1:08.68	3000m: 34:03.00 1:08.88	4300m: 49:04.78 1:08.66	
500m: 5:32.51 1:07.59	1800m: 20:16.99 1:09.37	3100m: 35:11.64 1:08.64	4400m: 50:13.94 1:09.16			600m: 6:39.89 1:07.38	1900m: 21:25.89 1:08.90	3200m: 36:20.92 1:09.28	4500m: 51:22.02 1:08.08	
700m: 7:46.98 1:07.09	2000m: 22:34.90 1:09.01	3300m: 37:30.29 1:09.37	4600m: 52:30.79 1:08.77			800m: 8:54.42 1:07.44	2100m: 23:42.79 1:07.89	3400m: 38:39.43 1:09.14	4700m: 53:39.21 1:08.42	
900m: 10:01.94 1:07.52	2200m: 24:51.73 1:08.94	3500m: 39:49.06 1:09.63	4800m: 54:46.93 1:07.72			1000m: 11:10.40 1:08.46	2300m: 26:00.75 1:09.02	3600m: 40:58.97 1:09.91	4900m: 55:54.26 1:07.33	
1100m: 12:18.47 1:08.07	2400m: 27:09.14 1:08.39	3700m: 42:07.67 1:08.70	5000m: 56:56.62 1:02.36			1200m: 13:26.68 1:08.21	2500m: 28:17.64 1:08.50	3800m: 43:17.58 1:09.91		
1300m: 14:34.69 1:08.01	2600m: 29:26.54 1:08.90	3900m: 44:28.09 1:10.51								

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

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

Clasificación	AN						Tiempo																																												
15. NIEVAS GARCIA, Lucas	07 C.N. Iregua-Villamediana						57:07.97+ 3:30.32 3,00																																												
100m: 1:05.30 1:05.30	1400m: 15:48.84 1:09.18	2700m: 30:42.90 1:08.71	4000m: 45:42.80 1:08.94	200m: 2:12.26 1:06.96	1500m: 16:58.26 1:09.42	2800m: 31:51.72 1:08.82	4100m: 46:51.60 1:08.80	300m: 3:20.21 1:07.95	1600m: 18:07.30 1:09.04	2900m: 33:00.83 1:09.11	4200m: 48:00.27 1:08.67	400m: 4:27.59 1:07.38	1700m: 19:16.63 1:09.33	3000m: 34:10.04 1:09.21	4300m: 49:09.08 1:08.81	500m: 5:34.79 1:07.20	1800m: 20:25.65 1:09.02	3100m: 35:19.25 1:09.21	4400m: 50:17.89 1:08.81	600m: 6:42.04 1:07.25	1900m: 21:34.70 1:09.05	3200m: 36:28.45 1:09.20	4500m: 51:26.70 1:08.81	700m: 7:49.57 1:07.53	2000m: 22:42.82 1:08.12	3300m: 37:38.29 1:09.84	4600m: 52:35.60 1:08.90	800m: 8:57.23 1:07.66	2100m: 23:50.73 1:07.91	3400m: 38:47.82 1:09.53	4700m: 53:44.54 1:08.94	900m: 10:05.30 1:08.07	2200m: 24:59.30 1:08.57	3500m: 39:57.29 1:09.47	4800m: 54:53.33 1:08.79	1000m: 11:13.47 1:08.17	2300m: 26:07.84 1:08.54	3600m: 41:06.95 1:09.66	4900m: 56:02.19 1:08.86	1100m: 12:21.82 1:08.35	2400m: 27:16.74 1:08.90	3700m: 42:16.53 1:09.58	5000m: 57:07.97 1:05.78	1200m: 13:30.81 1:08.99	2500m: 28:25.42 1:08.68	3800m: 43:25.15 1:08.62		1300m: 14:39.66 1:08.85	2600m: 29:34.19 1:08.77	3900m: 44:33.86 1:08.71	
16. DE LA FUENTE ALONSO, Diego	06 C.D. Torrelago Wellness						57:08.63+ 3:30.98 2,00																																												
100m: 1:01.59 1:01.59	1400m: 15:30.34 1:07.93	2700m: 30:25.40 1:09.43	4000m: 45:29.71 1:10.09	200m: 2:07.21 1:05.62	1500m: 16:38.58 1:08.24	2800m: 31:34.80 1:09.40	4100m: 46:39.64 1:09.93	300m: 3:13.40 1:06.19	1600m: 17:46.77 1:08.19	2900m: 32:44.98 1:10.18	4200m: 47:49.78 1:10.14	400m: 4:19.70 1:06.30	1700m: 18:55.74 1:08.97	3000m: 33:55.11 1:10.13	4300m: 49:00.44 1:10.66	500m: 5:25.82 1:06.12	1800m: 20:04.62 1:08.88	3100m: 35:04.45 1:09.34	4400m: 50:11.62 1:11.18	600m: 6:32.42 1:06.60	1900m: 21:13.61 1:08.99	3200m: 36:13.68 1:09.23	4500m: 51:22.35 1:10.73	700m: 7:38.94 1:06.52	2000m: 22:22.39 1:08.78	3300m: 37:23.29 1:09.61	4600m: 52:32.12 1:09.77	800m: 8:45.73 1:06.79	2100m: 23:30.29 1:07.90	3400m: 38:32.82 1:09.53	4700m: 53:42.12 1:10.00	900m: 9:52.41 1:06.68	2200m: 24:39.11 1:08.82	3500m: 39:42.20 1:09.38	4800m: 54:51.70 1:09.58	1000m: 10:59.34 1:06.93	2300m: 25:47.95 1:08.84	3600m: 40:51.33 1:09.13	4900m: 56:00.70 1:09.00	1100m: 12:06.79 1:07.45	2400m: 26:57.28 1:09.33	3700m: 42:00.55 1:09.22	5000m: 57:08.63 1:07.93	1200m: 13:14.73 1:07.94	2500m: 28:06.52 1:09.24	3800m: 43:09.95 1:09.40		1300m: 14:22.41 1:07.68	2600m: 29:15.97 1:09.45	3900m: 44:19.62 1:09.67	
17. JUAN MONTAGUT, Alvaro	06 C.N. Ferca-San Jose						57:36.75+ 3:59.10 1,00																																												
100m: 1:06.28 1:06.28	1400m: 15:52.38 1:09.40	2700m: 30:57.51 1:09.45	4000m: 46:06.89 1:10.05	200m: 2:14.94 1:08.66	1500m: 17:00.82 1:08.44	2800m: 32:07.38 1:09.87	4100m: 47:16.75 1:09.86	300m: 3:24.26 1:09.32	1600m: 18:10.01 1:09.19	2900m: 33:17.15 1:09.77	4200m: 48:26.96 1:10.21	400m: 4:30.90 1:06.64	1700m: 19:19.59 1:09.58	3000m: 34:27.60 1:10.45	4300m: 49:36.91 1:09.95	500m: 5:38.88 1:07.98	1800m: 20:28.95 1:09.36	3100m: 35:36.84 1:09.24	4400m: 50:46.09 1:09.18	600m: 6:46.66 1:07.78	1900m: 21:38.49 1:09.54	3200m: 36:45.95 1:09.11	4500m: 51:55.88 1:09.79	700m: 7:54.50 1:07.84	2000m: 22:48.29 1:09.80	3300m: 37:54.85 1:08.90	4600m: 53:05.08 1:09.20	800m: 9:02.20 1:07.70	2100m: 23:58.17 1:09.88	3400m: 39:04.93 1:10.08	4700m: 54:14.07 1:08.99	900m: 10:09.73 1:07.53	2200m: 25:07.78 1:09.61	3500m: 40:15.36 1:10.43	4800m: 55:22.78 1:08.71	1000m: 11:16.99 1:07.26	2300m: 26:18.09 1:10.31	3600m: 41:25.67 1:10.31	4900m: 56:32.03 1:09.25	1100m: 12:25.42 1:08.43	2400m: 27:27.89 1:09.80	3700m: 42:36.15 1:10.48	5000m: 57:36.75 1:04.72	1200m: 13:33.88 1:08.46	2500m: 28:38.08 1:10.19	3800m: 43:46.29 1:10.14		1300m: 14:42.98 1:09.10	2600m: 29:48.06 1:09.98	3900m: 44:56.84 1:10.55	
18. GASOL GUTIERREZ, Biel	08 C.N. Granollers						57:50.90+ 4:13.25 8,00																																												
100m: 1:06.25 1:06.25	1400m: 15:54.14 1:09.50	2700m: 31:03.59 1:10.23	4000m: 46:16.71 1:09.75	200m: 2:13.32 1:07.07	1500m: 17:03.80 1:09.66	2800m: 32:14.47 1:10.88	4100m: 47:26.50 1:09.79	300m: 3:21.10 1:07.78	1600m: 18:13.48 1:09.68	2900m: 33:24.70 1:10.23	4200m: 48:36.75 1:10.25	400m: 4:28.97 1:07.87	1700m: 19:23.16 1:09.68	3000m: 34:35.26 1:10.56	4300m: 49:46.28 1:09.53	500m: 5:36.67 1:07.70	1800m: 20:33.02 1:09.86	3100m: 35:45.35 1:10.09	4400m: 50:56.35 1:10.07	600m: 6:44.55 1:07.88	1900m: 21:42.95 1:09.93	3200m: 36:55.86 1:10.51	4500m: 52:07.08 1:10.73	700m: 7:52.78 1:08.23	2000m: 22:53.19 1:10.24	3300m: 38:06.47 1:10.61	4600m: 53:16.27 1:09.19	800m: 9:00.73 1:07.95	2100m: 24:03.34 1:10.15	3400m: 39:16.36 1:09.89	4700m: 54:26.72 1:10.45	900m: 10:08.72 1:07.99	2200m: 25:13.70 1:10.36	3500m: 40:26.38 1:10.02	4800m: 55:36.76 1:10.04	1000m: 11:17.54 1:08.82	2300m: 26:23.99 1:10.29	3600m: 41:36.69 1:10.31	4900m: 56:45.54 1:08.78	1100m: 12:26.33 1:08.79	2400m: 27:33.21 1:09.22	3700m: 42:46.99 1:10.30	5000m: 57:50.90 1:05.36	1200m: 13:35.26 1:08.93	2500m: 28:43.52 1:10.31	3800m: 43:56.67 1:09.68		1300m: 14:44.64 1:09.38	2600m: 29:53.36 1:09.84	3900m: 45:06.96 1:10.29	

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

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

Clasificación	AN						Tiempo																																												
19. JUAREZ LIANAS, Siro	09 C.N. Sabadell						58:01.78+ 4:24.13 6,00																																												
100m: 1:07.02 1:07.02	1400m: 16:10.57 1:10.30	2700m: 31:17.86 1:09.91	4000m: 46:23.12 1:09.54	200m: 2:16.47 1:09.45	1500m: 17:20.33 1:09.76	2800m: 32:27.93 1:10.07	4100m: 47:32.67 1:09.55	300m: 3:25.84 1:09.37	1600m: 18:30.38 1:10.05	2900m: 33:37.79 1:09.86	4200m: 48:43.03 1:10.36	400m: 4:34.93 1:09.09	1700m: 19:39.93 1:09.55	3000m: 34:47.17 1:09.38	4300m: 49:53.15 1:10.12	500m: 5:44.26 1:09.33	1800m: 20:49.86 1:09.93	3100m: 35:56.82 1:09.65	4400m: 51:03.40 1:10.25	600m: 6:53.84 1:09.58	1900m: 21:59.35 1:09.49	3200m: 37:06.28 1:09.46	4500m: 52:13.95 1:10.55	700m: 8:03.56 1:09.72	2000m: 23:09.05 1:09.70	3300m: 38:15.96 1:09.68	4600m: 53:24.66 1:10.71	800m: 9:13.35 1:09.79	2100m: 24:18.60 1:09.55	3400m: 39:25.83 1:09.87	4700m: 54:35.58 1:10.92	900m: 10:22.80 1:09.45	2200m: 25:28.80 1:10.20	3500m: 40:35.19 1:09.36	4800m: 55:45.59 1:10.01	1000m: 11:32.19 1:09.39	2300m: 26:38.91 1:10.11	3600m: 41:44.61 1:09.42	4900m: 56:55.83 1:10.24	1100m: 12:41.27 1:09.08	2400m: 27:48.60 1:09.69	3700m: 42:54.30 1:09.69	5000m: 58:01.78 1:05.95	1200m: 13:50.61 1:09.34	2500m: 28:58.23 1:09.63	3800m: 44:03.52 1:09.22		1300m: 15:00.27 1:09.66	2600m: 30:07.95 1:09.72	3900m: 45:13.58 1:10.06	
20. GARCIA GARNIKA, Unai	09 C.N. Logroño						58:12.59+ 4:34.94 5,00																																												
100m: 1:06.73 1:06.73	1400m: 16:11.68 1:10.44	2700m: 31:18.28 1:09.70	4000m: 46:31.82 1:11.35	200m: 2:15.21 1:08.48	1500m: 17:21.75 1:10.07	2800m: 32:28.32 1:10.04	4100m: 47:42.70 1:10.88	300m: 3:24.49 1:09.28	1600m: 18:32.07 1:10.32	2900m: 33:38.47 1:10.15	4200m: 48:52.99 1:10.29	400m: 4:33.15 1:08.66	1700m: 19:41.71 1:09.64	3000m: 34:48.48 1:10.01	4300m: 50:02.88 1:09.89	500m: 5:42.86 1:09.71	1800m: 20:51.47 1:09.76	3100m: 35:58.31 1:09.83	4400m: 51:14.66 1:11.78	600m: 6:52.77 1:09.91	1900m: 22:01.77 1:10.30	3200m: 37:07.69 1:09.38	4500m: 52:25.79 1:11.13	700m: 8:02.55 1:09.78	2000m: 23:11.78 1:10.01	3300m: 38:17.62 1:09.93	4600m: 53:37.07 1:11.28	800m: 9:12.38 1:09.83	2100m: 24:20.93 1:09.15	3400m: 39:27.31 1:09.69	4700m: 54:48.05 1:10.98	900m: 10:22.19 1:09.81	2200m: 25:29.50 1:08.57	3500m: 40:37.45 1:10.14	4800m: 55:57.60 1:09.55	1000m: 11:31.84 1:09.65	2300m: 26:38.51 1:09.01	3600m: 41:47.82 1:10.37	4900m: 57:06.68 1:09.08	1100m: 12:41.64 1:09.80	2400m: 27:48.28 1:09.77	3700m: 42:58.51 1:10.69	5000m: 58:12.59 1:05.91	1200m: 13:51.13 1:09.49	2500m: 28:58.77 1:10.49	3800m: 44:09.64 1:11.13		1300m: 15:01.24 1:10.11	2600m: 30:08.58 1:09.81	3900m: 45:20.47 1:10.83	
21. PALAZON GALINDO, Grau	09 G.E. I.E.G.						59:07.35+ 5:29.70 4,00																																												
100m: 1:06.80 1:06.80	1400m: 16:25.24 1:11.71	2700m: 32:05.68 1:12.46	4000m: 47:29.97 1:10.02	200m: 2:16.40 1:09.60	1500m: 17:35.80 1:10.56	2800m: 33:17.19 1:11.51	4100m: 48:40.02 1:10.05	300m: 3:26.69 1:10.29	1600m: 18:47.61 1:11.81	2900m: 34:29.91 1:12.72	4200m: 49:49.93 1:09.91	400m: 4:36.91 1:10.22	1700m: 20:00.36 1:12.75	3000m: 35:42.80 1:12.89	4300m: 51:00.37 1:10.44	500m: 5:47.88 1:10.97	1800m: 21:13.34 1:12.98	3100m: 36:55.37 1:12.57	4400m: 52:10.80 1:10.43	600m: 6:58.47 1:10.59	1900m: 22:26.00 1:12.66	3200m: 38:06.19 1:10.82	4500m: 53:21.02 1:10.22	700m: 8:09.42 1:10.95	2000m: 23:38.58 1:12.58	3300m: 39:17.94 1:11.75	4600m: 54:31.15 1:10.13	800m: 9:20.12 1:10.70	2100m: 24:51.19 1:12.61	3400m: 40:29.57 1:11.63	4700m: 55:40.98 1:09.83	900m: 10:30.84 1:10.72	2200m: 26:03.54 1:12.35	3500m: 41:40.57 1:11.00	4800m: 56:51.03 1:10.05	1000m: 11:41.43 1:10.59	2300m: 27:15.14 1:11.60	3600m: 42:50.03 1:09.46	4900m: 58:00.36 1:09.33	1100m: 12:51.88 1:10.45	2400m: 28:27.78 1:12.64	3700m: 43:59.75 1:09.72	5000m: 59:07.35 1:06.99	1200m: 14:02.40 1:10.52	2500m: 29:40.43 1:12.65	3800m: 45:09.83 1:10.08		1300m: 15:13.53 1:11.13	2600m: 30:53.22 1:12.79	3900m: 46:19.95 1:10.12	
22. FURONES GIMENO, Victor	07 C.N. Ferca-San Jose						59:20.01+ 5:42.36 -																																												
100m: 1:05.76 1:05.76	1400m: 16:14.61 1:11.37	2700m: 31:44.61 1:10.46	4000m: 47:25.81 1:12.02	200m: 2:12.23 1:06.47	1500m: 17:25.20 1:10.59	2800m: 32:57.09 1:12.48	4100m: 48:37.48 1:11.67	300m: 3:20.74 1:08.51	1600m: 18:37.40 1:12.20	2900m: 34:09.55 1:12.46	4200m: 49:49.64 1:12.16	400m: 4:30.09 1:09.35	1700m: 19:48.79 1:11.39	3000m: 35:21.68 1:12.13	4300m: 51:01.17 1:11.53	500m: 5:39.47 1:09.38	1800m: 21:00.07 1:11.28	3100m: 36:33.84 1:12.16	4400m: 52:14.52 1:13.35	600m: 6:48.55 1:09.08	1900m: 22:11.75 1:11.68	3200m: 37:46.70 1:12.86	4500m: 53:26.57 1:12.05	700m: 7:58.32 1:09.77	2000m: 23:23.67 1:11.92	3300m: 38:59.02 1:12.32	4600m: 54:38.02 1:11.45	800m: 9:08.88 1:10.56	2100m: 24:34.84 1:11.17	3400m: 40:11.89 1:12.87	4700m: 55:50.17 1:12.15	900m: 10:18.89 1:10.01	2200m: 25:46.85 1:12.01	3500m: 41:24.19 1:12.30	4800m: 57:00.75 1:10.58	1000m: 11:29.71 1:10.82	2300m: 26:58.44 1:11.59	3600m: 42:37.11 1:12.92	4900m: 58:10.55 1:09.80	1100m: 12:40.33 1:10.62	2400m: 28:10.55 1:12.11	3700m: 43:48.97 1:11.86	5000m: 59:20.01 1:09.46	1200m: 13:52.00 1:11.67	2500m: 29:22.57 1:12.02	3800m: 45:01.00 1:12.03		1300m: 15:03.24 1:11.24	2600m: 30:34.15 1:11.58	3900m: 46:13.79 1:12.79	

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

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

Clasificación	AN						Tiempo																																												
27. NEVADO RUIZ, Hugo	08 C.N. Sabadell						1:00:23.96+ 6:46.31				-																																								
100m: 1:06.48 1:06.48	1400m: 16:18.35 1:11.33	2700m: 32:06.93 1:13.67	4000m: 48:03.37 1:14.34	200m: 2:15.25 1:08.77	1500m: 17:29.63 1:11.28	2800m: 33:19.69 1:12.76	4100m: 49:17.29 1:13.92	300m: 3:24.02 1:08.77	1600m: 18:41.95 1:12.32	2900m: 34:32.92 1:13.23	4200m: 50:32.13 1:14.84	400m: 4:32.88 1:08.86	1700m: 19:54.28 1:12.33	3000m: 35:46.79 1:13.87	4300m: 51:46.97 1:14.84	500m: 5:42.48 1:09.60	1800m: 21:07.08 1:12.80	3100m: 36:58.93 1:12.14	4400m: 53:01.78 1:14.81	600m: 6:52.27 1:09.79	1900m: 22:20.16 1:13.08	3200m: 38:12.17 1:13.24	4500m: 54:16.53 1:14.75	700m: 8:02.15 1:09.88	2000m: 23:33.10 1:12.94	3300m: 39:25.98 1:13.81	4600m: 55:30.89 1:14.36	800m: 9:12.27 1:10.12	2100m: 24:45.91 1:12.81	3400m: 40:39.98 1:14.00	4700m: 56:45.13 1:14.24	900m: 10:22.67 1:10.40	2200m: 25:59.20 1:13.29	3500m: 41:54.23 1:14.25	4800m: 57:58.51 1:13.38	1000m: 11:33.09 1:10.42	2300m: 27:12.40 1:13.20	3600m: 43:08.63 1:14.40	4900m: 59:12.23 1:13.72	1100m: 12:44.00 1:10.91	2400m: 28:25.72 1:13.32	3700m: 44:22.39 1:13.76	5000m: 1:00:23.96 1:11.73	1200m: 13:55.10 1:11.10	2500m: 29:39.43 1:13.71	3800m: 45:35.85 1:13.46		1300m: 15:07.02 1:11.92	2600m: 30:53.26 1:13.83	3900m: 46:49.03 1:13.18	
28. OLIVER SAGUE, Aniol	08 C.N. Figueres						1:00:57.05+ 7:19.40				-																																								
100m: 1:07.70 1:07.70	1400m: 16:35.14 1:12.40	2700m: 32:29.18 1:13.25	4000m: 48:32.21 1:14.88	200m: 2:17.99 1:10.29	1500m: 17:47.42 1:12.28	2800m: 33:42.20 1:13.02	4100m: 49:47.24 1:15.03	300m: 3:29.00 1:11.01	1600m: 19:00.32 1:12.90	2900m: 34:55.68 1:13.48	4200m: 51:01.83 1:14.59	400m: 4:39.83 1:10.83	1700m: 20:13.25 1:12.93	3000m: 36:09.40 1:13.72	4300m: 52:17.09 1:15.26	500m: 5:50.84 1:11.01	1800m: 21:26.45 1:13.20	3100m: 37:23.11 1:13.71	4400m: 53:32.16 1:15.07	600m: 7:01.88 1:11.04	1900m: 22:39.88 1:13.43	3200m: 38:37.11 1:14.00	4500m: 54:47.27 1:15.11	700m: 8:13.18 1:11.30	2000m: 23:53.28 1:13.40	3300m: 39:51.28 1:14.17	4600m: 56:02.12 1:14.85	800m: 9:24.21 1:11.03	2100m: 25:06.95 1:13.67	3400m: 41:05.26 1:13.98	4700m: 57:17.18 1:15.06	900m: 10:35.16 1:10.95	2200m: 26:21.23 1:14.28	3500m: 42:19.40 1:14.14	4800m: 58:31.49 1:14.31	1000m: 11:46.61 1:11.45	2300m: 27:34.88 1:13.65	3600m: 43:33.38 1:13.98	4900m: 59:45.24 1:13.75	1100m: 12:58.40 1:11.79	2400m: 28:48.74 1:13.86	3700m: 44:47.84 1:14.46	5000m: 1:00:57.05 1:11.81	1200m: 14:10.40 1:12.00	2500m: 30:02.42 1:13.68	3800m: 46:02.37 1:14.53		1300m: 15:22.74 1:12.34	2600m: 31:15.93 1:13.51	3900m: 47:17.33 1:14.96	
29. LEIROS FERNANDEZ, Lucas	08 C.N. Ponteareas						1:02:04.59+ 8:26.94				-																																								
100m: 1:09.68 1:09.68	1400m: 17:06.43 1:14.72	2700m: 33:20.42 1:15.10	4000m: 49:40.48 1:15.32	200m: 2:20.79 1:11.11	1500m: 18:20.72 1:14.29	2800m: 34:35.00 1:14.58	4100m: 50:56.75 1:16.27	300m: 3:33.05 1:12.26	1600m: 19:35.68 1:14.96	2900m: 35:49.77 1:14.77	4200m: 52:12.71 1:15.96	400m: 4:46.15 1:13.10	1700m: 20:50.21 1:14.53	3000m: 37:05.38 1:15.61	4300m: 53:28.36 1:15.65	500m: 5:59.54 1:13.39	1800m: 22:05.18 1:14.97	3100m: 38:20.93 1:15.55	4400m: 54:44.33 1:15.97	600m: 7:12.96 1:13.42	1900m: 23:20.09 1:14.91	3200m: 39:36.56 1:15.63	4500m: 55:58.79 1:14.46	700m: 8:26.86 1:13.90	2000m: 24:35.25 1:15.16	3300m: 40:51.99 1:15.43	4600m: 57:13.46 1:14.67	800m: 9:41.12 1:14.26	2100m: 25:50.01 1:14.76	3400m: 42:07.52 1:15.53	4700m: 58:27.75 1:14.29	900m: 10:54.54 1:13.42	2200m: 27:05.14 1:15.13	3500m: 43:22.71 1:15.19	4800m: 59:42.30 1:14.55	1000m: 12:08.90 1:14.36	2300m: 28:20.18 1:15.04	3600m: 44:37.75 1:15.04	4900m: 1:00:56.18 1:13.88	1100m: 13:22.96 1:14.06	2400m: 29:35.31 1:15.13	3700m: 45:53.52 1:15.77	5000m: 1:02:04.59 1:08.41	1200m: 14:37.28 1:14.32	2500m: 30:50.31 1:15.00	3800m: 47:09.14 1:15.62		1300m: 15:51.71 1:14.43	2600m: 32:05.32 1:15.01	3900m: 48:25.16 1:16.02	
30. FARRE CORTADA, Joel	08 C.E.N. Balaguer						1:02:04.69+ 8:27.04				-																																								
100m: 1:10.02 1:10.02	1400m: 17:06.74 1:14.76	2700m: 33:20.20 1:14.96	4000m: 49:40.98 1:15.62	200m: 2:21.34 1:11.32	1500m: 18:21.06 1:14.32	2800m: 34:35.12 1:14.92	4100m: 50:56.87 1:15.89	300m: 3:33.39 1:12.05	1600m: 19:35.83 1:14.77	2900m: 35:50.32 1:15.20	4200m: 52:12.58 1:15.71	400m: 4:46.64 1:13.25	1700m: 20:50.53 1:14.70	3000m: 37:05.82 1:15.50	4300m: 53:28.28 1:15.70	500m: 5:59.80 1:13.16	1800m: 22:05.28 1:14.75	3100m: 38:21.17 1:15.35	4400m: 54:44.72 1:16.44	600m: 7:13.19 1:13.39	1900m: 23:20.36 1:15.08	3200m: 39:36.54 1:15.37	4500m: 55:59.18 1:14.46	700m: 8:27.02 1:13.83	2000m: 24:35.38 1:15.02	3300m: 40:52.22 1:15.68	4600m: 57:14.52 1:15.34	800m: 9:41.01 1:13.99	2100m: 25:50.36 1:14.98	3400m: 42:07.35 1:15.13	4700m: 58:28.61 1:14.09	900m: 10:54.59 1:13.58	2200m: 27:05.59 1:15.23	3500m: 43:22.76 1:15.41	4800m: 59:43.47 1:14.86	1000m: 12:08.93 1:14.34	2300m: 28:20.51 1:14.92	3600m: 44:37.99 1:15.23	4900m: 1:00:56.11 1:12.64	1100m: 13:23.10 1:14.17	2400m: 29:35.20 1:14.69	3700m: 45:53.76 1:15.77	5000m: 1:02:04.69 1:08.58	1200m: 14:37.50 1:14.40	2500m: 30:50.36 1:15.16	3800m: 47:09.31 1:15.55		1300m: 15:51.98 1:14.48	2600m: 32:05.24 1:14.88	3900m: 48:25.36 1:16.05	

XVI Cto. de España Larga Distancia
Oviedo, 1/2/2025

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

Clasificación	AN		Tiempo
DSQ RODRÍGUEZ DÍAZ, Javier	08	C.N. Teneteide	-
DSQ LOURENCO FERREIRA, Gustavo	06	C.D.N. Nadamas Las Marinas	-

INSTITUCIONALES



INSTITUCIONES LOCALES



SPONSOR PLATINO



SPONSOR ORO



SPONSOR TÉCNICO



MECENAZGO



PARTNER



PARTNER SALUD DEPORTIVA



RSC PARTNER



MEDICALSPONSOR



PARTNER MOVILIDAD

