

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

Prueba 4	Fem., 5000m Libre			Abs.
01/02/2025 - 13:00				Resultados
Récord de España	55:34.81	PEREZ BLANCO, JIMENA	Sant Cugat	31/01/2021
Récord del Campeonato	55:34.81	PEREZ BLANCO, JIMENA	Sant Cugat	31/01/2021
Mejor Marca Nacional 18	57:11.05	PEREZ BLANCO, JIMENA	SABADELL	07/02/2015
Mejor Marca Nacional 17	58:20.18	LEBLIC GARCIA, SYDNEY	BARCELONA	30/01/2022
Mejor Marca Nacional 16	57:35.11	MARTIN ARGENTE, NOA	Barcelona	16/12/2023

Clasificación

AN

Tiempo

Junior-1

1. RUBIO VILLORIA, Alba	09	C.N. Marina-Cartagena	58:39.88	11,00
100m: 1:08.80 1:08.80	1400m: 16:12.65 1:09.61	2700m: 31:18.03 1:10.10	4000m: 46:42.19 1:12.23	
200m: 2:18.26 1:09.46	1500m: 17:21.68 1:09.03	2800m: 32:29.04 1:11.01	4100m: 47:54.11 1:11.92	
300m: 3:27.83 1:09.57	1600m: 18:30.93 1:09.25	2900m: 33:39.82 1:10.78	4200m: 49:06.04 1:11.93	
400m: 4:37.27 1:09.44	1700m: 19:39.66 1:08.73	3000m: 34:50.27 1:10.45	4300m: 50:18.16 1:12.12	
500m: 5:47.13 1:09.86	1800m: 20:48.97 1:09.31	3100m: 36:00.30 1:10.03	4400m: 51:30.20 1:12.04	
600m: 6:56.73 1:09.60	1900m: 21:58.54 1:09.57	3200m: 37:11.04 1:10.74	4500m: 52:42.63 1:12.43	
700m: 8:06.31 1:09.58	2000m: 23:07.96 1:09.42	3300m: 38:21.55 1:10.51	4600m: 53:54.87 1:12.24	
800m: 9:16.12 1:09.81	2100m: 24:17.43 1:09.47	3400m: 39:32.18 1:10.63	4700m: 55:07.02 1:12.15	
900m: 10:25.98 1:09.86	2200m: 25:27.23 1:09.80	3500m: 40:42.58 1:10.40	4800m: 56:18.93 1:11.91	
1000m: 11:35.22 1:09.24	2300m: 26:37.22 1:09.99	3600m: 41:54.17 1:11.59	4900m: 57:30.57 1:11.64	
1100m: 12:44.33 1:09.11	2400m: 27:47.56 1:10.34	3700m: 43:06.02 1:11.85	5000m: 58:39.88 1:09.31	
1200m: 13:53.67 1:09.34	2500m: 28:57.77 1:10.21	3800m: 44:18.24 1:12.22		
1300m: 15:03.04 1:09.37	2600m: 30:07.93 1:10.16	3900m: 45:29.96 1:11.72		
2. DEL RIO DECABO, Carlota	09	C.N. Granollers	59:43.77+	1:03.89 8,00
100m: 1:09.56 1:09.56	1400m: 16:34.29 1:12.73	2700m: 32:13.91 1:12.45	4000m: 47:45.40 1:11.69	
200m: 2:20.87 1:11.31	1500m: 17:47.31 1:13.02	2800m: 33:26.10 1:12.19	4100m: 48:58.11 1:12.71	
300m: 3:32.14 1:11.27	1600m: 19:00.59 1:13.28	2900m: 34:37.83 1:11.73	4200m: 50:09.30 1:11.19	
400m: 4:44.62 1:12.48	1700m: 20:13.83 1:13.24	3000m: 35:49.40 1:11.57	4300m: 51:19.80 1:10.50	
500m: 5:56.12 1:11.50	1800m: 21:26.36 1:12.53	3100m: 37:00.84 1:11.44	4400m: 52:30.38 1:10.58	
600m: 7:06.86 1:10.74	1900m: 22:37.76 1:11.40	3200m: 38:12.30 1:11.46	4500m: 53:42.92 1:12.54	
700m: 8:17.21 1:10.35	2000m: 23:49.21 1:11.45	3300m: 39:23.92 1:11.62	4600m: 54:56.63 1:13.71	
800m: 9:27.67 1:10.46	2100m: 25:00.57 1:11.36	3400m: 40:34.78 1:10.86	4700m: 56:09.40 1:12.77	
900m: 10:37.58 1:09.91	2200m: 26:12.19 1:11.62	3500m: 41:45.37 1:10.59	4800m: 57:22.03 1:12.63	
1000m: 11:47.69 1:10.11	2300m: 27:24.47 1:12.28	3600m: 42:55.90 1:10.53	4900m: 58:33.93 1:11.90	
1100m: 12:58.05 1:10.36	2400m: 28:37.26 1:12.79	3700m: 44:07.80 1:11.90	5000m: 59:43.77 1:09.84	
1200m: 14:09.75 1:11.70	2500m: 29:50.11 1:12.85	3800m: 45:20.81 1:13.01		
1300m: 15:21.56 1:11.81	2600m: 31:01.46 1:11.35	3900m: 46:33.71 1:12.90		
3. MALO MORENO, Ariadna	08	C.D. Amaya	1:00:39.06+	1:59.18 6,00
100m: 1:08.40 1:08.40	1400m: 16:34.51 1:11.23	2700m: 32:22.35 1:14.22	4000m: 48:21.07 1:14.54	
200m: 2:18.54 1:10.14	1500m: 17:45.92 1:11.41	2800m: 33:34.81 1:12.46	4100m: 49:35.07 1:14.00	
300m: 3:28.91 1:10.37	1600m: 18:58.39 1:12.47	2900m: 34:47.69 1:12.88	4200m: 50:49.59 1:14.52	
400m: 4:39.91 1:11.00	1700m: 20:10.07 1:11.68	3000m: 36:00.29 1:12.60	4300m: 52:03.66 1:14.07	
500m: 5:50.74 1:10.83	1800m: 21:22.78 1:12.71	3100m: 37:13.40 1:13.11	4400m: 53:17.18 1:13.52	
600m: 7:01.45 1:10.71	1900m: 22:35.16 1:12.38	3200m: 38:27.51 1:14.11	4500m: 54:31.79 1:14.61	
700m: 8:12.67 1:11.22	2000m: 23:47.61 1:12.45	3300m: 39:42.35 1:14.84	4600m: 55:45.49 1:13.70	
800m: 9:24.32 1:11.65	2100m: 25:00.19 1:12.58	3400m: 40:56.92 1:14.57	4700m: 57:00.00 1:14.51	
900m: 10:36.42 1:12.10	2200m: 26:13.33 1:13.14	3500m: 42:10.21 1:13.29	4800m: 58:13.99 1:13.99	
1000m: 11:47.62 1:11.20	2300m: 27:27.27 1:13.94	3600m: 43:23.98 1:13.77	4900m: 59:27.29 1:13.30	
1100m: 12:59.46 1:11.84	2400m: 28:40.57 1:13.30	3700m: 44:37.64 1:13.66	5000m: 1:00:39.06 1:11.77	
1200m: 14:11.35 1:11.89	2500m: 29:54.19 1:13.62	3800m: 45:52.15 1:14.51		
1300m: 15:23.28 1:11.93	2600m: 31:08.13 1:13.94	3900m: 47:06.53 1:14.38		

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

Prueba 4, Fem., 5000m Libre, Junior-1

Clasificación	AN						Tiempo								
16.	BARRIOS RUBIA, Paula						09	C.D. Gredos San Diego						1:05:38.84+ 6:58.96	-
	100m:	1:13.18	1:13.18	1400m:	17:56.80	1:17.83	2700m:	34:59.87	1:19.82	4000m:	52:24.01	1:20.76			
	200m:	2:28.70	1:15.52	1500m:	19:15.01	1:18.21	2800m:	36:20.24	1:20.37	4100m:	53:43.97	1:19.96			
	300m:	3:45.65	1:16.95	1600m:	20:32.87	1:17.86	2900m:	37:40.46	1:20.22	4200m:	55:03.79	1:19.82			
	400m:	5:02.40	1:16.75	1700m:	21:50.88	1:18.01	3000m:	39:00.98	1:20.52	4300m:	56:24.55	1:20.76			
	500m:	6:19.71	1:17.31	1800m:	23:08.83	1:17.95	3100m:	40:21.52	1:20.54	4400m:	57:44.93	1:20.38			
	600m:	7:37.10	1:17.39	1900m:	24:27.82	1:18.99	3200m:	41:41.89	1:20.37	4500m:	59:05.76	1:20.83			
	700m:	8:54.52	1:17.42	2000m:	25:46.80	1:18.98	3300m:	43:02.06	1:20.17	4600m:	1:00:25.70	1:19.94			
	800m:	10:12.22	1:17.70	2100m:	27:05.90	1:19.10	3400m:	44:22.98	1:20.92	4700m:	1:01:45.39	1:19.69			
	900m:	11:29.41	1:17.19	2200m:	28:23.02	1:17.12	3500m:	45:43.07	1:20.09	4800m:	1:03:04.90	1:19.51			
	1000m:	12:46.20	1:16.79	2300m:	29:42.04	1:19.02	3600m:	47:03.06	1:19.99	4900m:	1:04:22.88	1:17.98			
	1100m:	14:03.54	1:17.34	2400m:	31:01.26	1:19.22	3700m:	48:24.14	1:21.08	5000m:	1:05:38.84	1:15.96			
	1200m:	15:20.85	1:17.31	2500m:	32:20.88	1:19.62	3800m:	49:44.03	1:19.89						
	1300m:	16:38.97	1:18.12	2600m:	33:40.05	1:19.17	3900m:	51:03.25	1:19.22						
Baja	MIRANDA MELIA, Olivia						09	C.N. Delfin							

Junior-2

1. MARTINEZ DE SALINAS PENA, Clara	07	E.M. El Olivar	58:10.13				11,00
100m: 1:07.25 1:07.25	1400m: 16:05.20	1:10.06	2700m: 31:14.99	1:09.30	4000m: 46:27.46	1:10.35	
200m: 2:15.79 1:08.54	1500m: 17:15.37	1:10.17	2800m: 32:24.30	1:09.31	4100m: 47:38.45	1:10.99	
300m: 3:24.02 1:08.23	1600m: 18:25.55	1:10.18	2900m: 33:34.06	1:09.76	4200m: 48:49.88	1:11.43	
400m: 4:32.72 1:08.70	1700m: 19:35.89	1:10.34	3000m: 34:43.89	1:09.83	4300m: 50:01.36	1:11.48	
500m: 5:40.38 1:07.66	1800m: 20:45.95	1:10.06	3100m: 35:53.91	1:10.02	4400m: 51:12.16	1:10.80	
600m: 6:49.60 1:09.22	1900m: 21:56.07	1:10.12	3200m: 37:04.48	1:10.57	4500m: 52:23.41	1:11.25	
700m: 7:58.65 1:09.05	2000m: 23:05.98	1:09.91	3300m: 38:14.67	1:10.19	4600m: 53:33.47	1:10.06	
800m: 9:07.81 1:09.16	2100m: 24:15.75	1:09.77	3400m: 39:24.46	1:09.79	4700m: 54:43.35	1:09.88	
900m: 10:16.73 1:08.92	2200m: 25:25.51	1:09.76	3500m: 40:34.75	1:10.29	4800m: 55:53.06	1:09.71	
1000m: 11:25.80 1:09.07	2300m: 26:35.72	1:10.21	3600m: 41:45.41	1:10.66	4900m: 57:03.17	1:10.11	
1100m: 12:35.22 1:09.42	2400m: 27:45.93	1:10.21	3700m: 42:55.53	1:10.12	5000m: 58:10.13	1:06.96	
1200m: 13:45.14 1:09.92	2500m: 28:56.35	1:10.42	3800m: 44:05.98	1:10.45			
1300m: 14:55.14 1:10.00	2600m: 30:05.69	1:09.34	3900m: 45:17.11	1:11.13			
2. COLL MARTI, Julia	07	C.N. Olot	58:19.58				+ 9.45 8,00
100m: 1:07.09 1:07.09	1400m: 16:05.14	1:09.96	2700m: 31:16.75	1:09.73	4000m: 46:37.03	1:11.05	
200m: 2:15.67 1:08.58	1500m: 17:15.32	1:10.18	2800m: 32:27.51	1:10.76	4100m: 47:47.75	1:10.72	
300m: 3:23.82 1:08.15	1600m: 18:25.52	1:10.20	2900m: 33:38.32	1:10.81	4200m: 48:58.27	1:10.52	
400m: 4:32.48 1:08.66	1700m: 19:35.91	1:10.39	3000m: 34:48.80	1:10.48	4300m: 50:08.88	1:10.61	
500m: 5:40.74 1:08.26	1800m: 20:45.87	1:09.96	3100m: 35:59.44	1:10.64	4400m: 51:19.35	1:10.47	
600m: 6:49.49 1:08.75	1900m: 21:56.34	1:10.47	3200m: 37:09.84	1:10.40	4500m: 52:29.78	1:10.43	
700m: 7:58.61 1:09.12	2000m: 23:06.34	1:10.00	3300m: 38:20.60	1:10.76	4600m: 53:39.39	1:09.61	
800m: 9:07.77 1:09.16	2100m: 24:15.67	1:09.33	3400m: 39:31.35	1:10.75	4700m: 54:49.15	1:09.76	
900m: 10:16.68 1:08.91	2200m: 25:25.66	1:09.99	3500m: 40:42.11	1:10.76	4800m: 55:59.41	1:10.26	
1000m: 11:26.13 1:09.45	2300m: 26:35.91	1:10.25	3600m: 41:52.96	1:10.85	4900m: 57:10.04	1:10.63	
1100m: 12:35.20 1:09.07	2400m: 27:46.08	1:10.17	3700m: 43:03.77	1:10.81	5000m: 58:19.58	1:09.54	
1200m: 13:45.14 1:09.94	2500m: 28:56.87	1:10.79	3800m: 44:14.85	1:11.08			
1300m: 14:55.18 1:10.04	2600m: 30:07.02	1:10.15	3900m: 45:25.98	1:11.13			

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

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

Clasificación	AN	Tiempo
DSQ LOPEZ SIMON, Aitana	06 C.N. Ferca-San Jose	-

Senior

1. DE VALDES ALVAREZ, Maria	98	C.N. Mataro	57:04.09	11,00
100m: 1:06.08 1:06.08	1400m: 15:42.38 1:07.91	2700m: 30:32.95 1:08.71	4000m: 45:35.30 1:09.35	
200m: 2:13.81 1:07.73	1500m: 16:50.41 1:08.03	2800m: 31:42.15 1:09.20	4100m: 46:44.49 1:09.19	
300m: 3:21.23 1:07.42	1600m: 17:58.05 1:07.64	2900m: 32:51.73 1:09.58	4200m: 47:54.26 1:09.77	
400m: 4:28.36 1:07.13	1700m: 19:06.16 1:08.11	3000m: 34:00.70 1:08.97	4300m: 49:02.25 1:07.99	
500m: 5:35.04 1:06.68	1800m: 20:14.37 1:08.21	3100m: 35:09.42 1:08.72	4400m: 50:11.15 1:08.90	
600m: 6:42.11 1:07.07	1900m: 21:22.78 1:08.41	3200m: 36:18.54 1:09.12	4500m: 51:19.67 1:08.52	
700m: 7:49.53 1:07.42	2000m: 22:31.16 1:08.38	3300m: 37:28.31 1:09.77	4600m: 52:29.51 1:09.84	
800m: 8:56.68 1:07.15	2100m: 23:39.61 1:08.45	3400m: 38:37.34 1:09.03	4700m: 53:39.07 1:09.56	
900m: 10:03.96 1:07.28	2200m: 24:48.43 1:08.82	3500m: 39:47.26 1:09.92	4800m: 54:48.80 1:09.73	
1000m: 11:11.48 1:07.52	2300m: 25:57.41 1:08.98	3600m: 40:57.16 1:09.90	4900m: 55:58.44 1:09.64	
1100m: 12:18.91 1:07.43	2400m: 27:06.26 1:08.85	3700m: 42:06.98 1:09.82	5000m: 57:04.09 1:05.65	
1200m: 13:26.57 1:07.66	2500m: 28:15.19 1:08.93	3800m: 43:16.64 1:09.66		
1300m: 14:34.47 1:07.90	2600m: 29:24.24 1:09.05	3900m: 44:25.95 1:09.31		
2. MARTINEZ GUILLEN, Angela	04	Kzm Swimming Team	57:32.08	+ 27.99 8,00
100m: 1:06.80 1:06.80	1400m: 15:47.80 1:08.48	2700m: 30:47.99 1:09.31	4000m: 45:55.68 1:09.63	
200m: 2:14.15 1:07.35	1500m: 16:56.51 1:08.71	2800m: 31:57.71 1:09.72	4100m: 47:05.47 1:09.79	
300m: 3:21.81 1:07.66	1600m: 18:05.93 1:09.42	2900m: 33:07.37 1:09.66	4200m: 48:14.46 1:08.99	
400m: 4:29.47 1:07.66	1700m: 19:15.12 1:09.19	3000m: 34:17.39 1:10.02	4300m: 49:23.76 1:09.30	
500m: 5:37.26 1:07.79	1800m: 20:24.26 1:09.14	3100m: 35:28.05 1:10.66	4400m: 50:33.19 1:09.43	
600m: 6:44.50 1:07.24	1900m: 21:33.35 1:09.09	3200m: 36:38.22 1:10.17	4500m: 51:42.80 1:09.61	
700m: 7:52.24 1:07.74	2000m: 22:42.91 1:09.56	3300m: 37:48.24 1:10.02	4600m: 52:52.33 1:09.53	
800m: 8:59.55 1:07.31	2100m: 23:52.55 1:09.64	3400m: 38:58.13 1:09.89	4700m: 54:02.89 1:10.56	
900m: 10:07.10 1:07.55	2200m: 25:01.75 1:09.20	3500m: 40:07.81 1:09.68	4800m: 55:12.98 1:10.09	
1000m: 11:14.93 1:07.83	2300m: 26:11.16 1:09.41	3600m: 41:17.76 1:09.95	4900m: 56:23.55 1:10.57	
1100m: 12:22.77 1:07.84	2400m: 27:20.80 1:09.64	3700m: 42:26.75 1:08.99	5000m: 57:32.08 1:08.53	
1200m: 13:31.02 1:08.25	2500m: 28:29.53 1:08.73	3800m: 43:36.00 1:09.25		
1300m: 14:39.32 1:08.30	2600m: 29:38.68 1:09.15	3900m: 44:46.05 1:10.05		
3. OTERO FERNANDEZ, Paula	04	C.N. Arteixo	57:39.62	+ 35.53 6,00
100m: 1:07.36 1:07.36	1400m: 15:54.59 1:09.19	2700m: 30:57.46 1:10.81	4000m: 46:03.92 1:09.60	
200m: 2:15.21 1:07.85	1500m: 17:04.35 1:09.76	2800m: 32:08.31 1:10.85	4100m: 47:12.82 1:08.90	
300m: 3:23.17 1:07.96	1600m: 18:13.96 1:09.61	2900m: 33:19.09 1:10.78	4200m: 48:22.15 1:09.33	
400m: 4:31.25 1:08.08	1700m: 19:23.60 1:09.64	3000m: 34:29.57 1:10.48	4300m: 49:31.73 1:09.58	
500m: 5:38.88 1:07.63	1800m: 20:32.61 1:09.01	3100m: 35:39.59 1:10.02	4400m: 50:40.95 1:09.22	
600m: 6:46.67 1:07.79	1900m: 21:41.99 1:09.38	3200m: 36:49.79 1:10.20	4500m: 51:50.48 1:09.53	
700m: 7:54.65 1:07.98	2000m: 22:51.19 1:09.20	3300m: 37:59.00 1:09.21	4600m: 53:00.35 1:09.87	
800m: 9:02.30 1:07.65	2100m: 23:59.65 1:08.46	3400m: 39:07.85 1:08.85	4700m: 54:10.52 1:10.17	
900m: 10:10.33 1:08.03	2200m: 25:08.64 1:08.99	3500m: 40:17.39 1:09.54	4800m: 55:20.69 1:10.17	
1000m: 11:19.03 1:08.70	2300m: 26:17.75 1:09.11	3600m: 41:26.38 1:08.99	4900m: 56:30.84 1:10.15	
1100m: 12:27.54 1:08.51	2400m: 27:27.11 1:09.36	3700m: 42:35.16 1:08.78	5000m: 57:39.62 1:08.78	
1200m: 13:36.27 1:08.73	2500m: 28:36.61 1:09.50	3800m: 43:44.64 1:09.48		
1300m: 14:45.40 1:09.13	2600m: 29:46.65 1:10.04	3900m: 44:54.32 1:09.68		

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

Prueba 4, Fem., 5000m Libre, Senior

Clasificación	AN	Tempo
Baja GIRALT PIDEMONT, Claudia	01	C.N. L´ Hospitalet -
Abs.		
1. DE VALDES ALVAREZ, Maria	98	C.N. Mataro 57:04.09 11,00
100m: 1:06.08 1:06.08 1400m: 15:42.38 1:07.91 2700m: 30:32.95 1:08.71 4000m: 45:35.30 1:09.35		
200m: 2:13.81 1:07.73 1500m: 16:50.41 1:08.03 2800m: 31:42.15 1:09.20 4100m: 46:44.49 1:09.19		
300m: 3:21.23 1:07.42 1600m: 17:58.05 1:07.64 2900m: 32:51.73 1:09.58 4200m: 47:54.26 1:09.77		
400m: 4:28.36 1:07.13 1700m: 19:06.16 1:08.11 3000m: 34:00.70 1:08.97 4300m: 49:02.25 1:07.99		
500m: 5:35.04 1:06.68 1800m: 20:14.37 1:08.21 3100m: 35:09.42 1:08.72 4400m: 50:11.15 1:08.90		
600m: 6:42.11 1:07.07 1900m: 21:22.78 1:08.41 3200m: 36:18.54 1:09.12 4500m: 51:19.67 1:08.52		
700m: 7:49.53 1:07.42 2000m: 22:31.16 1:08.38 3300m: 37:28.31 1:09.77 4600m: 52:29.51 1:09.84		
800m: 8:56.68 1:07.15 2100m: 23:39.61 1:08.45 3400m: 38:37.34 1:09.03 4700m: 53:39.07 1:09.56		
900m: 10:03.96 1:07.28 2200m: 24:48.43 1:08.82 3500m: 39:47.26 1:09.92 4800m: 54:48.80 1:09.73		
1000m: 11:11.48 1:07.52 2300m: 25:57.41 1:08.98 3600m: 40:57.16 1:09.90 4900m: 55:58.44 1:09.64		
1100m: 12:18.91 1:07.43 2400m: 27:06.26 1:08.85 3700m: 42:06.98 1:09.82 5000m: 57:04.09 1:05.65		
1200m: 13:26.57 1:07.66 2500m: 28:15.19 1:08.93 3800m: 43:16.64 1:09.66		
1300m: 14:34.47 1:07.90 2600m: 29:24.24 1:09.05 3900m: 44:25.95 1:09.31		
2. MARTINEZ GUILLEN, Angela	04	Kzm Swimming Team 57:32.08 + 27.99 8,00
100m: 1:06.80 1:06.80 1400m: 15:47.80 1:08.48 2700m: 30:47.99 1:09.31 4000m: 45:55.68 1:09.63		
200m: 2:14.15 1:07.35 1500m: 16:56.51 1:08.71 2800m: 31:57.71 1:09.72 4100m: 47:05.47 1:09.79		
300m: 3:21.81 1:07.66 1600m: 18:05.93 1:09.42 2900m: 33:07.37 1:09.66 4200m: 48:14.46 1:08.99		
400m: 4:29.47 1:07.66 1700m: 19:15.12 1:09.19 3000m: 34:17.39 1:10.02 4300m: 49:23.76 1:09.30		
500m: 5:37.26 1:07.79 1800m: 20:24.26 1:09.14 3100m: 35:28.05 1:10.66 4400m: 50:33.19 1:09.43		
600m: 6:44.50 1:07.24 1900m: 21:33.35 1:09.09 3200m: 36:38.22 1:10.17 4500m: 51:42.80 1:09.61		
700m: 7:52.24 1:07.74 2000m: 22:42.91 1:09.56 3300m: 37:48.24 1:10.02 4600m: 52:52.33 1:09.53		
800m: 8:59.55 1:07.31 2100m: 23:52.55 1:09.64 3400m: 38:58.13 1:09.89 4700m: 54:02.89 1:10.56		
900m: 10:07.10 1:07.55 2200m: 25:01.75 1:09.20 3500m: 40:07.81 1:09.68 4800m: 55:12.98 1:10.09		
1000m: 11:14.93 1:07.83 2300m: 26:11.16 1:09.41 3600m: 41:17.76 1:09.95 4900m: 56:23.55 1:10.57		
1100m: 12:22.77 1:07.84 2400m: 27:20.80 1:09.64 3700m: 42:26.75 1:08.99 5000m: 57:32.08 1:08.53		
1200m: 13:31.02 1:08.25 2500m: 28:29.53 1:08.73 3800m: 43:36.00 1:09.25		
1300m: 14:39.32 1:08.30 2600m: 29:38.68 1:09.15 3900m: 44:46.05 1:10.05		
3. OTERO FERNANDEZ, Paula	04	C.N. Arteixo 57:39.62 + 35.53 6,00
100m: 1:07.36 1:07.36 1400m: 15:54.59 1:09.19 2700m: 30:57.46 1:10.81 4000m: 46:03.92 1:09.60		
200m: 2:15.21 1:07.85 1500m: 17:04.35 1:09.76 2800m: 32:08.31 1:10.85 4100m: 47:12.82 1:08.90		
300m: 3:23.17 1:07.96 1600m: 18:13.96 1:09.61 2900m: 33:19.09 1:10.78 4200m: 48:22.15 1:09.33		
400m: 4:31.25 1:08.08 1700m: 19:23.60 1:09.64 3000m: 34:29.57 1:10.48 4300m: 49:31.73 1:09.58		
500m: 5:38.88 1:07.63 1800m: 20:32.61 1:09.01 3100m: 35:39.59 1:10.02 4400m: 50:40.95 1:09.22		
600m: 6:46.67 1:07.79 1900m: 21:41.99 1:09.38 3200m: 36:49.79 1:10.20 4500m: 51:50.48 1:09.53		
700m: 7:54.65 1:07.98 2000m: 22:51.19 1:09.20 3300m: 37:59.00 1:09.21 4600m: 53:00.35 1:09.87		
800m: 9:02.30 1:07.65 2100m: 23:59.65 1:08.46 3400m: 39:07.85 1:08.85 4700m: 54:10.52 1:10.17		
900m: 10:10.33 1:08.03 2200m: 25:08.64 1:08.99 3500m: 40:17.39 1:09.54 4800m: 55:20.69 1:10.17		
1000m: 11:19.03 1:08.70 2300m: 26:17.75 1:09.11 3600m: 41:26.38 1:08.99 4900m: 56:30.84 1:10.15		
1100m: 12:27.54 1:08.51 2400m: 27:27.11 1:09.36 3700m: 42:35.16 1:08.78 5000m: 57:39.62 1:08.78		
1200m: 13:36.27 1:08.73 2500m: 28:36.61 1:09.50 3800m: 43:44.64 1:09.48		
1300m: 14:45.40 1:09.13 2600m: 29:46.65 1:10.04 3900m: 44:54.32 1:09.68		

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

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

Clasificación	AN		Tiempo		
28. BARRIOS RUBIA, Paula	09	C.D. Gredos San Diego	1:05:38.84+	8:34.75	-
100m: 1:13.18 1:13.18	1400m: 17:56.80 1:17.83	2700m: 34:59.87 1:19.82	4000m: 52:24.01 1:20.76		
200m: 2:28.70 1:15.52	1500m: 19:15.01 1:18.21	2800m: 36:20.24 1:20.37	4100m: 53:43.97 1:19.96		
300m: 3:45.65 1:16.95	1600m: 20:32.87 1:17.86	2900m: 37:40.46 1:20.22	4200m: 55:03.79 1:19.82		
400m: 5:02.40 1:16.75	1700m: 21:50.88 1:18.01	3000m: 39:00.98 1:20.52	4300m: 56:24.55 1:20.76		
500m: 6:19.71 1:17.31	1800m: 23:08.83 1:17.95	3100m: 40:21.52 1:20.54	4400m: 57:44.93 1:20.38		
600m: 7:37.10 1:17.39	1900m: 24:27.82 1:18.99	3200m: 41:41.89 1:20.37	4500m: 59:05.76 1:20.83		
700m: 8:54.52 1:17.42	2000m: 25:46.80 1:18.98	3300m: 43:02.06 1:20.17	4600m: 1:00:25.70 1:19.94		
800m: 10:12.22 1:17.70	2100m: 27:05.90 1:19.10	3400m: 44:22.98 1:20.92	4700m: 1:01:45.39 1:19.69		
900m: 11:29.41 1:17.19	2200m: 28:23.02 1:17.12	3500m: 45:43.07 1:20.09	4800m: 1:03:04.90 1:19.51		
1000m: 12:46.20 1:16.79	2300m: 29:42.04 1:19.02	3600m: 47:03.06 1:19.99	4900m: 1:04:22.88 1:17.98		
1100m: 14:03.54 1:17.34	2400m: 31:01.26 1:19.22	3700m: 48:24.14 1:21.08	5000m: 1:05:38.84 1:15.96		
1200m: 15:20.85 1:17.31	2500m: 32:20.88 1:19.62	3800m: 49:44.03 1:19.89			
1300m: 16:38.97 1:18.12	2600m: 33:40.05 1:19.17	3900m: 51:03.25 1:19.22			
29. GRAU LOPEZ DE LA OSA, Paula	04	C.N. L' Hospitalet	1:05:45.55+	8:41.46	2,00
100m: 1:12.41 1:12.41	1400m: 17:48.56 1:17.65	2700m: 34:52.93 1:19.52	4000m: 52:12.28 1:20.46		
200m: 2:26.39 1:13.98	1500m: 19:06.58 1:18.02	2800m: 36:11.81 1:18.88	4100m: 53:33.21 1:20.93		
300m: 3:42.80 1:16.41	1600m: 20:24.29 1:17.71	2900m: 37:30.89 1:19.08	4200m: 54:53.39 1:20.18		
400m: 4:59.57 1:16.77	1700m: 21:42.71 1:18.42	3000m: 38:50.23 1:19.34	4300m: 56:14.64 1:21.25		
500m: 6:16.52 1:16.95	1800m: 23:00.97 1:18.26	3100m: 40:08.64 1:18.41	4400m: 57:35.68 1:21.04		
600m: 7:33.38 1:16.86	1900m: 24:19.14 1:18.17	3200m: 41:27.81 1:19.17	4500m: 58:58.04 1:22.36		
700m: 8:49.48 1:16.10	2000m: 25:37.61 1:18.47	3300m: 42:47.65 1:19.84	4600m: 1:00:19.77 1:21.73		
800m: 10:05.58 1:16.10	2100m: 26:56.02 1:18.41	3400m: 44:08.34 1:20.69	4700m: 1:01:42.23 1:22.46		
900m: 11:21.83 1:16.25	2200m: 28:15.00 1:18.98	3500m: 45:29.40 1:21.06	4800m: 1:03:04.89 1:22.66		
1000m: 12:39.23 1:17.40	2300m: 29:33.77 1:18.77	3600m: 46:50.42 1:21.02	4900m: 1:04:26.62 1:21.73		
1100m: 13:56.54 1:17.31	2400m: 30:53.62 1:19.85	3700m: 48:10.55 1:20.13	5000m: 1:05:45.55 1:18.93		
1200m: 15:13.54 1:17.00	2500m: 32:13.59 1:19.97	3800m: 49:31.25 1:20.70			
1300m: 16:30.91 1:17.37	2600m: 33:33.41 1:19.82	3900m: 50:51.82 1:20.57			
DSQ LOPEZ SIMON, Aitana	06	C.N. Ferca-San Jose			-
Baja MIRANDA MELIA, Olivia	09	C.N. Delfin			-
Baja GIRALT PIDEMONT, Claudia	01	C.N. L' Hospitalet			-