

#CtoESPLargaDistancia2025

CAMPEONATO DE ESPAÑA LARGA DISTANCIA

OVIEDO
PISCINA PARQUE DEL OESTE

1 DE FEBRERO DE 2025

INSTITUCIONALES



INSTITUCIONES LOCALES



SPONSOR PLATINO



SPONSOR ORO



SPONSOR TÉCNICO



MECENAZGO



PARTNER



PARTNER SALUD DEPORTIVA



RSC PARTNER



MEDICALSPONSOR



PARTNER MOVILIDAD



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

Prueba 1

Masc., 3000m Libre

Infantil

01/02/2025 - 9:30

Resultados

Mejor Marca Nacional 15	33:17.72	CABANA DEL AMO, PABLO	MATARO	23/02/2019
Mejor Marca Nacional 14	34:13.88	PUEBLA MARTÍNEZ, ALEJANDRO	MATARO	13/02/2016

Clasificación

AN

Tiempo

Clasificación	Nombre	Edad	Club	Tiempo	Diferencia	Ranking						
1.	AMADO PEREZ, Yerai	10	C.N. San Fernando	33:57.43		11,00						
	100m:	1:01.75	900m:	10:03.37	1:07.70	1700m:	19:07.17	1:08.54	2500m:	28:17.57	1:09.16	
	200m:	2:09.21	1:07.46	1000m:	11:11.30	1:07.93	1800m:	20:15.59	1:08.42	2600m:	29:26.72	1:09.15
	300m:	3:16.70	1:07.49	1100m:	12:18.99	1:07.69	1900m:	21:24.84	1:09.25	2700m:	30:35.35	1:08.63
	400m:	4:24.37	1:07.67	1200m:	13:26.74	1:07.75	2000m:	22:33.68	1:08.84	2800m:	31:44.35	1:09.00
	500m:	5:32.29	1:07.92	1300m:	14:34.90	1:08.16	2100m:	23:42.20	1:08.52	2900m:	32:52.90	1:08.55
	600m:	6:40.14	1:07.85	1400m:	15:42.35	1:07.45	2200m:	24:50.83	1:08.63	3000m:	33:57.43	1:04.53
	700m:	7:47.68	1:07.54	1500m:	16:50.54	1:08.19	2300m:	25:59.42	1:08.59			
	800m:	8:55.67	1:07.99	1600m:	17:58.63	1:08.09	2400m:	27:08.41	1:08.99			
2.	VILLEN MORENO, Sergio	10	C.N. Churriana	34:50.86	+ 53.43	8,00						
	100m:	1:04.28	1:04.28	900m:	10:18.85	1:10.62	1700m:	19:41.60	1:09.27	2500m:	29:02.12	1:10.64
	200m:	2:10.74	1:06.46	1000m:	11:29.63	1:10.78	1800m:	20:51.32	1:09.72	2600m:	30:12.23	1:10.11
	300m:	3:18.80	1:08.06	1100m:	12:39.61	1:09.98	1900m:	22:01.07	1:09.75	2700m:	31:23.04	1:10.81
	400m:	4:27.63	1:08.83	1200m:	13:50.10	1:10.49	2000m:	23:10.83	1:09.76	2800m:	32:33.21	1:10.17
	500m:	5:37.44	1:09.81	1300m:	15:00.06	1:09.96	2100m:	24:21.09	1:10.26	2900m:	33:42.32	1:09.11
	600m:	6:47.15	1:09.71	1400m:	16:10.86	1:10.80	2200m:	25:30.84	1:09.75	3000m:	34:50.86	1:08.54
	700m:	7:57.58	1:10.43	1500m:	17:21.32	1:10.46	2300m:	26:41.35	1:10.51			
	800m:	9:08.23	1:10.65	1600m:	18:32.33	1:11.01	2400m:	27:51.48	1:10.13			
3.	BARRANQUERO RUIZ, Alex	10	Club Natacion C.M.D. Horadada	34:55.06	+ 57.63	6,00						
	100m:	1:05.75	1:05.75	900m:	10:24.12	1:09.91	1700m:	19:46.19	1:10.73	2500m:	29:10.00	1:10.28
	200m:	2:14.67	1:08.92	1000m:	11:34.07	1:09.95	1800m:	20:57.29	1:11.10	2600m:	30:20.70	1:10.70
	300m:	3:23.70	1:09.03	1100m:	12:43.75	1:09.68	1900m:	22:08.27	1:10.98	2700m:	31:29.75	1:09.05
	400m:	4:33.93	1:10.23	1200m:	13:53.50	1:09.75	2000m:	23:19.20	1:10.93	2800m:	32:38.72	1:08.97
	500m:	5:43.86	1:09.93	1300m:	15:04.01	1:10.51	2100m:	24:29.49	1:10.29	2900m:	33:47.98	1:09.26
	600m:	6:54.21	1:10.35	1400m:	16:14.27	1:10.26	2200m:	25:39.68	1:10.19	3000m:	34:55.06	1:07.08
	700m:	8:04.08	1:09.87	1500m:	17:24.85	1:10.58	2300m:	26:49.49	1:09.81			
	800m:	9:14.21	1:10.13	1600m:	18:35.46	1:10.61	2400m:	27:59.72	1:10.23			
4.	FUENTES MONTES, Pablo	10	C.N. Las Palmas	34:58.98+	+ 1:01.55	5,00						
	100m:	1:06.05	1:06.05	900m:	10:24.53	1:10.12	1700m:	19:44.95	1:10.04	2500m:	29:09.53	1:11.01
	200m:	2:14.87	1:08.82	1000m:	11:34.45	1:09.92	1800m:	20:55.38	1:10.43	2600m:	30:20.23	1:10.70
	300m:	3:24.08	1:09.21	1100m:	12:43.91	1:09.46	1900m:	22:05.85	1:10.47	2700m:	31:30.32	1:10.09
	400m:	4:34.03	1:09.95	1200m:	13:53.49	1:09.58	2000m:	23:16.39	1:10.54	2800m:	32:40.08	1:09.76
	500m:	5:43.97	1:09.94	1300m:	15:03.97	1:10.48	2100m:	24:27.20	1:10.81	2900m:	33:49.90	1:09.82
	600m:	6:54.34	1:10.37	1400m:	16:14.23	1:10.26	2200m:	25:37.63	1:10.43	3000m:	34:58.98	1:09.08
	700m:	8:04.45	1:10.11	1500m:	17:24.56	1:10.33	2300m:	26:48.54	1:10.91			
	800m:	9:14.41	1:09.96	1600m:	18:34.91	1:10.35	2400m:	27:58.52	1:09.98			
5.	NAVARRO ORTS, Hugo	11	C.N. Marina-Cartagena	35:10.77+	+ 1:13.34	4,00						
	100m:	1:08.22	1:08.22	900m:	10:34.39	1:10.54	1700m:	19:57.84	1:10.55	2500m:	29:19.86	1:11.38
	200m:	2:18.06	1:09.84	1000m:	11:45.27	1:10.88	1800m:	21:08.32	1:10.48	2600m:	30:31.14	1:11.28
	300m:	3:28.63	1:10.57	1100m:	12:55.32	1:10.05	1900m:	22:17.96	1:09.64	2700m:	31:43.86	1:12.72
	400m:	4:39.61	1:10.98	1200m:	14:05.13	1:09.81	2000m:	23:27.88	1:09.92	2800m:	32:55.14	1:11.28
	500m:	5:50.59	1:10.98	1300m:	15:16.05	1:10.92	2100m:	24:37.81	1:09.93	2900m:	34:03.89	1:08.75
	600m:	7:01.89	1:11.30	1400m:	16:26.82	1:10.77	2200m:	25:47.49	1:09.68	3000m:	35:10.77	1:06.88
	700m:	8:13.02	1:11.13	1500m:	17:36.81	1:09.99	2300m:	26:58.42	1:10.93			
	800m:	9:23.85	1:10.83	1600m:	18:47.29	1:10.48	2400m:	28:08.48	1:10.06			

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

Prueba 1, Masc., 3000m Libre, Infantil

Clasificación				AN							Tiempo	
6.	DORADO TOMAS, Pablo			10	C.N. L´ Hospitalet			35:29.80+			1:32.37	3,00
	100m:	1:06.91	1:06.91	900m:	10:31.41	1:10.98	1700m:	20:02.96	1:12.03	2500m:	29:37.01	1:11.72
	200m:	2:16.38	1:09.47	1000m:	11:42.94	1:11.53	1800m:	21:14.36	1:11.40	2600m:	30:48.29	1:11.28
	300m:	3:26.18	1:09.80	1100m:	12:54.40	1:11.46	1900m:	22:26.19	1:11.83	2700m:	31:59.76	1:11.47
	400m:	4:36.74	1:10.56	1200m:	14:05.39	1:10.99	2000m:	23:38.06	1:11.87	2800m:	33:11.81	1:12.05
	500m:	5:47.70	1:10.96	1300m:	15:16.92	1:11.53	2100m:	24:49.92	1:11.86	2900m:	34:21.95	1:10.14
	600m:	6:58.30	1:10.60	1400m:	16:28.27	1:11.35	2200m:	26:01.80	1:11.88	3000m:	35:29.80	1:07.85
	700m:	8:09.47	1:11.17	1500m:	17:39.88	1:11.61	2300m:	27:13.55	1:11.75			
	800m:	9:20.43	1:10.96	1600m:	18:50.93	1:11.05	2400m:	28:25.29	1:11.74			
7.	MARTINEZ LOPEZ, Marco			11	C.N.Cartagonova Cartagena			35:55.11+			1:57.68	2,00
	100m:	1:08.43	1:08.43	900m:	10:38.86	1:10.97	1700m:	20:12.35	1:12.76	2500m:	29:50.63	1:13.76
	200m:	2:19.61	1:11.18	1000m:	11:49.97	1:11.11	1800m:	21:24.38	1:12.03	2600m:	31:04.11	1:13.48
	300m:	3:30.70	1:11.09	1100m:	13:00.87	1:10.90	1900m:	22:34.31	1:09.93	2700m:	32:18.08	1:13.97
	400m:	4:42.35	1:11.65	1200m:	14:11.92	1:11.05	2000m:	23:46.02	1:11.71	2800m:	33:31.16	1:13.08
	500m:	5:54.24	1:11.89	1300m:	15:23.94	1:12.02	2100m:	24:58.46	1:12.44	2900m:	34:43.81	1:12.65
	600m:	7:05.59	1:11.35	1400m:	16:35.97	1:12.03	2200m:	26:10.82	1:12.36	3000m:	35:55.11	1:11.30
	700m:	8:16.87	1:11.28	1500m:	17:47.54	1:11.57	2300m:	27:24.45	1:13.63			
	800m:	9:27.89	1:11.02	1600m:	18:59.59	1:12.05	2400m:	28:36.87	1:12.42			
8.	VILLADA PEREZ, Alberto			11	C.N.Cartagonova Cartagena			36:25.41+			2:27.98	1,00
	100m:	1:09.39	1:09.39	900m:	10:47.84	1:11.29	1700m:	20:30.72	1:14.14	2500m:	30:22.33	1:12.34
	200m:	2:21.83	1:12.44	1000m:	11:59.42	1:11.58	1800m:	21:44.59	1:13.87	2600m:	31:34.58	1:12.25
	300m:	3:33.87	1:12.04	1100m:	13:11.11	1:11.69	1900m:	22:58.23	1:13.64	2700m:	32:47.78	1:13.20
	400m:	4:46.49	1:12.62	1200m:	14:23.48	1:12.37	2000m:	24:13.08	1:14.85	2800m:	34:01.17	1:13.39
	500m:	5:59.02	1:12.53	1300m:	15:36.07	1:12.59	2100m:	25:27.65	1:14.57	2900m:	35:13.21	1:12.04
	600m:	7:11.89	1:12.87	1400m:	16:49.35	1:13.28	2200m:	26:42.39	1:14.74	3000m:	36:25.41	1:12.20
	700m:	8:24.39	1:12.50	1500m:	18:03.12	1:13.77	2300m:	27:56.95	1:14.56			
	800m:	9:36.55	1:12.16	1600m:	19:16.58	1:13.46	2400m:	29:09.99	1:13.04			
9.	GARCIA NARES, Joan Manel			10	C.N. Caldes			36:27.47+			2:30.04	-
	100m:	1:09.55	1:09.55	900m:	10:48.45	1:12.85	1700m:	20:31.72	1:13.45	2500m:	30:21.13	1:13.69
	200m:	2:21.83	1:12.28	1000m:	12:00.69	1:12.24	1800m:	21:44.65	1:12.93	2600m:	31:34.67	1:13.54
	300m:	3:34.09	1:12.26	1100m:	13:13.26	1:12.57	1900m:	22:57.69	1:13.04	2700m:	32:48.89	1:14.22
	400m:	4:46.16	1:12.07	1200m:	14:26.18	1:12.92	2000m:	24:10.79	1:13.10	2800m:	34:02.99	1:14.10
	500m:	5:57.91	1:11.75	1300m:	15:38.94	1:12.76	2100m:	25:24.91	1:14.12	2900m:	35:16.53	1:13.54
	600m:	7:10.26	1:12.35	1400m:	16:51.90	1:12.96	2200m:	26:38.74	1:13.83	3000m:	36:27.47	1:10.94
	700m:	8:23.00	1:12.74	1500m:	18:04.83	1:12.93	2300m:	27:52.84	1:14.10			
	800m:	9:35.60	1:12.60	1600m:	19:18.27	1:13.44	2400m:	29:07.44	1:14.60			
10.	MARTIN HUERTAS, Roger			10	C.N. Tarrega			36:39.91+			2:42.48	-
	100m:	1:07.40	1:07.40	900m:	10:48.63	1:13.75	1700m:	20:39.68	1:14.83	2500m:	30:36.22	1:14.30
	200m:	2:18.56	1:11.16	1000m:	12:02.22	1:13.59	1800m:	21:54.30	1:14.62	2600m:	31:50.41	1:14.19
	300m:	3:30.78	1:12.22	1100m:	13:16.65	1:14.43	1900m:	23:08.89	1:14.59	2700m:	33:04.53	1:14.12
	400m:	4:43.07	1:12.29	1200m:	14:30.63	1:13.98	2000m:	24:21.95	1:13.06	2800m:	34:18.73	1:14.20
	500m:	5:55.08	1:12.01	1300m:	15:43.28	1:12.65	2100m:	25:36.67	1:14.72	2900m:	35:32.16	1:13.43
	600m:	7:08.18	1:13.10	1400m:	16:56.46	1:13.18	2200m:	26:50.86	1:14.19	3000m:	36:39.91	1:07.75
	700m:	8:21.35	1:13.17	1500m:	18:10.71	1:14.25	2300m:	28:06.70	1:15.84			
	800m:	9:34.88	1:13.53	1600m:	19:24.85	1:14.14	2400m:	29:21.92	1:15.22			

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

Prueba 1, Masc., 3000m Libre, Infantil

Clasificación	AN		Tiempo			
11.	BARRACHINA GUEVARA, Alejandro	11	C. Valenciano	36:41.29+	2:43.86 -	
	100m: 1:09.44	1:09.44	900m: 10:52.85	1:13.06	1700m: 20:42.27	1:13.28
	200m: 2:22.08	1:12.64	1000m: 12:06.57	1:13.72	1800m: 21:56.37	1:14.10
	300m: 3:34.68	1:12.60	1100m: 13:19.72	1:13.15	1900m: 23:10.51	1:14.14
	400m: 4:47.87	1:13.19	1200m: 14:33.81	1:14.09	2000m: 24:23.75	1:13.24
	500m: 6:01.12	1:13.25	1300m: 15:47.30	1:13.49	2100m: 25:37.99	1:14.24
	600m: 7:14.08	1:12.96	1400m: 17:00.68	1:13.38	2200m: 26:49.85	1:11.86
	700m: 8:27.37	1:13.29	1500m: 18:14.49	1:13.81	2300m: 28:04.71	1:14.86
	800m: 9:39.79	1:12.42	1600m: 19:28.99	1:14.50	2400m: 29:19.63	1:14.92
12.	FERNANDEZ ABEL, Adrian	11	C.N. Portamiña Lugo	36:52.11+	2:54.68 -	
	100m: 1:09.73	1:09.73	900m: 10:55.87	1:13.14	1700m: 20:44.17	1:13.21
	200m: 2:22.11	1:12.38	1000m: 12:09.56	1:13.69	1800m: 21:58.12	1:13.95
	300m: 3:35.85	1:13.74	1100m: 13:22.96	1:13.40	1900m: 23:12.29	1:14.17
	400m: 4:50.15	1:14.30	1200m: 14:36.64	1:13.68	2000m: 24:26.34	1:14.05
	500m: 6:04.23	1:14.08	1300m: 15:50.35	1:13.71	2100m: 25:40.32	1:13.98
	600m: 7:17.12	1:12.89	1400m: 17:04.33	1:13.98	2200m: 26:54.87	1:14.55
	700m: 8:29.95	1:12.83	1500m: 18:18.03	1:13.70	2300m: 28:09.67	1:14.80
	800m: 9:42.73	1:12.78	1600m: 19:30.96	1:12.93	2400m: 29:24.59	1:14.92
13.	SORIANO MUNOZ, Marc	10	C.N. Sabadell	36:58.14+	3:00.71 -	
	100m: 1:08.58	1:08.58	900m: 10:49.50	1:14.05	1700m: 20:46.54	1:15.05
	200m: 2:20.11	1:11.53	1000m: 12:03.53	1:14.03	1800m: 22:01.61	1:15.07
	300m: 3:31.43	1:11.32	1100m: 13:17.76	1:14.23	1900m: 23:17.60	1:15.99
	400m: 4:43.10	1:11.67	1200m: 14:31.71	1:13.95	2000m: 24:32.69	1:15.09
	500m: 5:55.15	1:12.05	1300m: 15:46.42	1:14.71	2100m: 25:47.99	1:15.30
	600m: 7:08.05	1:12.90	1400m: 17:00.68	1:14.26	2200m: 27:03.67	1:15.68
	700m: 8:21.51	1:13.46	1500m: 18:16.32	1:15.64	2300m: 28:18.23	1:14.56
	800m: 9:35.45	1:13.94	1600m: 19:31.49	1:15.17	2400m: 29:33.39	1:15.16
14.	AGUDELO RAMOS, Mauricio	10	C.N. Martorell	36:58.45+	3:01.02 -	
	100m: 1:06.30	1:06.30	900m: 10:48.23	1:13.50	1700m: 20:48.77	1:14.73
	200m: 2:16.50	1:10.20	1000m: 12:02.50	1:14.27	1800m: 22:04.89	1:16.12
	300m: 3:28.34	1:11.84	1100m: 13:17.57	1:15.07	1900m: 23:20.12	1:15.23
	400m: 4:41.16	1:12.82	1200m: 14:31.66	1:14.09	2000m: 24:35.39	1:15.27
	500m: 5:54.51	1:13.35	1300m: 15:43.81	1:12.15	2100m: 25:51.27	1:15.88
	600m: 7:07.71	1:13.20	1400m: 17:00.22	1:16.41	2200m: 27:05.54	1:14.27
	700m: 8:21.31	1:13.60	1500m: 18:16.62	1:16.40	2300m: 28:20.01	1:14.47
	800m: 9:34.73	1:13.42	1600m: 19:34.04	1:17.42	2400m: 29:34.81	1:14.80
15.	BRANAS VILLAR, Alejandro Jose	10	C.N. Ferrol	37:34.20+	3:36.77 -	
	100m: 1:10.51	1:10.51	900m: 10:57.98	1:14.31	1700m: 20:58.44	1:15.70
	200m: 2:23.23	1:12.72	1000m: 12:12.52	1:14.54	1800m: 22:14.14	1:15.70
	300m: 3:36.22	1:12.99	1100m: 13:27.86	1:15.34	1900m: 23:30.26	1:16.12
	400m: 4:49.21	1:12.99	1200m: 14:42.79	1:14.93	2000m: 24:47.04	1:16.78
	500m: 6:02.59	1:13.38	1300m: 15:58.02	1:15.23	2100m: 26:04.41	1:17.37
	600m: 7:16.34	1:13.75	1400m: 17:12.99	1:14.97	2200m: 27:21.34	1:16.93
	700m: 8:29.68	1:13.34	1500m: 18:27.72	1:14.73	2300m: 28:37.90	1:16.56
	800m: 9:43.67	1:13.99	1600m: 19:42.74	1:15.02	2400m: 29:54.50	1:16.60
Baja	MUÑOZ JUBERA, Alvaro	10	C.N. Las Norias		-	

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

Prueba 2
01/02/2025 - 10:10

Fem., 3000m Libre

Infantil
Resultados

Mejor Marca Nacional 15	35:12.63	SILVA FIDALGO, AROA	MATARO	18/02/2017
Mejor Marca Nacional 14	34:51.73	RUBIO VILLORIA, ALBA	Barcelona	16/12/2023

Clasificación	AN		Tiempo	
1. CASTILLO ACERO, Helena	10	C.D.N. Cordoba	35:39.92	11,00
100m: 1:07.76	1:07.76	900m: 10:38.39	1:12.62	1700m: 20:18.77
200m: 2:17.12	1:09.36	1000m: 11:50.79	1:12.40	1800m: 21:29.59
300m: 3:27.14	1:10.02	1100m: 13:03.76	1:12.97	1900m: 22:38.74
400m: 4:38.09	1:10.95	1200m: 14:16.62	1:12.86	2000m: 23:48.46
500m: 5:49.93	1:11.84	1300m: 15:29.30	1:12.68	2100m: 24:58.24
600m: 7:01.65	1:11.72	1400m: 16:42.04	1:12.74	2200m: 26:08.19
700m: 8:13.63	1:11.98	1500m: 17:54.70	1:12.66	2300m: 27:19.13
800m: 9:25.77	1:12.14	1600m: 19:06.90	1:12.20	2400m: 28:30.27
2500m: 29:42.17	1:11.90			
2600m: 30:53.35	1:11.18			
2700m: 32:04.82	1:11.47			
2800m: 33:17.59	1:12.77			
2900m: 34:29.68	1:12.09			
3000m: 35:39.92	1:10.24			
2. ARROYO CARBAJO, Candela	10	C.D. Gredos San Diego	36:07.55	+ 27.63 8,00
100m: 1:07.59	1:07.59	900m: 10:38.52	1:12.30	1700m: 20:18.75
200m: 2:17.81	1:10.22	1000m: 11:51.01	1:12.49	1800m: 21:30.55
300m: 3:27.35	1:09.54	1100m: 13:03.77	1:12.76	1900m: 22:42.05
400m: 4:38.60	1:11.25	1200m: 14:16.71	1:12.94	2000m: 23:54.18
500m: 5:49.94	1:11.34	1300m: 15:29.13	1:12.42	2100m: 25:06.87
600m: 7:01.98	1:12.04	1400m: 16:41.86	1:12.73	2200m: 26:19.93
700m: 8:13.97	1:11.99	1500m: 17:54.47	1:12.61	2300m: 27:33.35
800m: 9:26.22	1:12.25	1600m: 19:06.77	1:12.30	2400m: 28:46.16
2500m: 29:59.48	1:13.32			
2600m: 31:12.94	1:13.46			
2700m: 32:26.91	1:13.97			
2800m: 33:40.93	1:14.02			
2900m: 34:54.67	1:13.74			
3000m: 36:07.55	1:12.88			
3. REYES LOPEZ, Maria	11	C.N. Marina-Cartagena	37:15.04+	1:35.12 6,00
100m: 1:13.25	1:13.25	900m: 11:11.11	1:15.02	1700m: 21:06.11
200m: 2:28.03	1:14.78	1000m: 12:26.46	1:15.35	1800m: 22:20.20
300m: 3:43.19	1:15.16	1100m: 13:41.41	1:14.95	1900m: 23:34.44
400m: 4:58.00	1:14.81	1200m: 14:55.76	1:14.35	2000m: 24:49.13
500m: 6:12.31	1:14.31	1300m: 16:10.12	1:14.36	2100m: 26:04.18
600m: 7:26.69	1:14.38	1400m: 17:24.36	1:14.24	2200m: 27:17.94
700m: 8:41.27	1:14.58	1500m: 18:38.38	1:14.02	2300m: 28:31.67
800m: 9:56.09	1:14.82	1600m: 19:52.25	1:13.87	2400m: 29:45.92
2500m: 30:58.94	1:13.02			
2600m: 32:13.16	1:14.22			
2700m: 33:28.32	1:15.16			
2800m: 34:44.44	1:16.12			
2900m: 36:00.65	1:16.21			
3000m: 37:15.04	1:14.39			
4. LOPEZ FERNANDEZ, Macarena	11	Navial	37:18.94+	1:39.02 5,00
100m: 1:08.22	1:08.22	900m: 10:55.53	1:14.05	1700m: 20:54.94
200m: 2:20.50	1:12.28	1000m: 12:10.00	1:14.47	1800m: 22:10.91
300m: 3:33.71	1:13.21	1100m: 13:24.61	1:14.61	1900m: 23:26.60
400m: 4:46.84	1:13.13	1200m: 14:39.53	1:14.92	2000m: 24:41.51
500m: 6:00.56	1:13.72	1300m: 15:53.95	1:14.42	2100m: 25:57.03
600m: 7:13.99	1:13.43	1400m: 17:08.76	1:14.81	2200m: 27:12.93
700m: 8:27.46	1:13.47	1500m: 18:23.91	1:15.15	2300m: 28:27.88
800m: 9:41.48	1:14.02	1600m: 19:39.21	1:15.30	2400m: 29:43.52
2500m: 30:59.41	1:15.89			
2600m: 32:15.86	1:16.45			
2700m: 33:32.79	1:16.93			
2800m: 34:49.59	1:16.80			
2900m: 36:06.09	1:16.50			
3000m: 37:18.94	1:12.85			
5. CERVANTES GARCIA, Nicoleta	10	C.N.Cartagonova Cartagena	37:32.00+	1:52.08 4,00
100m: 1:12.34	1:12.34	900m: 11:00.96	1:15.20	1700m: 21:06.90
200m: 2:24.69	1:12.35	1000m: 12:16.05	1:15.09	1800m: 22:23.34
300m: 3:37.31	1:12.62	1100m: 13:31.50	1:15.45	1900m: 23:39.54
400m: 4:50.29	1:12.98	1200m: 14:47.23	1:15.73	2000m: 24:55.46
500m: 6:03.37	1:13.08	1300m: 16:03.03	1:15.80	2100m: 26:12.50
600m: 7:16.83	1:13.46	1400m: 17:18.60	1:15.57	2200m: 27:28.52
700m: 8:31.15	1:14.32	1500m: 18:34.78	1:16.18	2300m: 28:44.57
800m: 9:45.76	1:14.61	1600m: 19:50.78	1:16.00	2400m: 30:01.11
2500m: 31:17.27	1:16.16			
2600m: 32:32.58	1:15.31			
2700m: 33:47.40	1:14.82			
2800m: 35:02.90	1:15.50			
2900m: 36:18.03	1:15.13			
3000m: 37:32.00	1:13.97			

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

Prueba 2, Fem., 3000m Libre, Infantil

Clasificación	AN		Tiempo		
6. MOSQUERA SORIANO, Paula	10	C.N. Granollers	37:47.80+	2:07.88	3,00
100m: 1:12.75	1:12.75	900m: 11:17.58	1:15.37	1700m: 21:20.03	1:15.37
200m: 2:28.22	1:15.47	1000m: 12:32.87	1:15.29	1800m: 22:36.33	1:16.30
300m: 3:44.24	1:16.02	1100m: 13:48.17	1:15.30	1900m: 23:52.92	1:16.59
400m: 5:00.06	1:15.82	1200m: 15:03.04	1:14.87	2000m: 25:09.31	1:16.39
500m: 6:15.78	1:15.72	1300m: 16:18.28	1:15.24	2100m: 26:25.41	1:16.10
600m: 7:31.60	1:15.82	1400m: 17:33.38	1:15.10	2200m: 27:41.50	1:16.09
700m: 8:47.16	1:15.56	1500m: 18:49.12	1:15.74	2300m: 28:58.13	1:16.63
800m: 10:02.21	1:15.05	1600m: 20:04.66	1:15.54	2400m: 30:14.77	1:16.64
7. GARCIA MORENO, Claudia	10	C.N. Granollers	37:48.14+	2:08.22	2,00
100m: 1:12.87	1:12.87	900m: 11:17.70	1:15.30	1700m: 21:19.38	1:15.88
200m: 2:28.49	1:15.62	1000m: 12:32.14	1:14.44	1800m: 22:35.81	1:16.43
300m: 3:44.23	1:15.74	1100m: 13:45.88	1:13.74	1900m: 23:52.36	1:16.55
400m: 4:59.37	1:15.14	1200m: 15:00.99	1:15.11	2000m: 25:08.68	1:16.32
500m: 6:14.28	1:14.91	1300m: 16:16.34	1:15.35	2100m: 26:24.87	1:16.19
600m: 7:29.99	1:15.71	1400m: 17:32.19	1:15.85	2200m: 27:40.81	1:15.94
700m: 8:45.74	1:15.75	1500m: 18:47.45	1:15.26	2300m: 28:57.33	1:16.52
800m: 10:02.40	1:16.66	1600m: 20:03.50	1:16.05	2400m: 30:13.91	1:16.58
8. CARLON DE FUENTES, Irene	10	C.D. Torrelago Wellness	38:00.98+	2:21.06	1,00
100m: 1:12.87	1:12.87	900m: 11:20.16	1:16.03	1700m: 21:34.08	1:17.13
200m: 2:28.66	1:15.79	1000m: 12:37.07	1:16.91	1800m: 22:50.82	1:16.74
300m: 3:44.85	1:16.19	1100m: 13:53.07	1:16.00	1900m: 24:07.47	1:16.65
400m: 5:00.79	1:15.94	1200m: 15:09.80	1:16.73	2000m: 25:24.26	1:16.79
500m: 6:16.53	1:15.74	1300m: 16:26.74	1:16.94	2100m: 26:40.54	1:16.28
600m: 7:32.69	1:16.16	1400m: 17:43.82	1:17.08	2200m: 27:57.08	1:16.54
700m: 8:48.50	1:15.81	1500m: 19:00.47	1:16.65	2300m: 29:13.71	1:16.63
800m: 10:04.13	1:15.63	1600m: 20:16.95	1:16.48	2400m: 30:30.45	1:16.74
9. IBANEZ HIDALGO, Daniela	11	C.N. Ferca-San Jose	38:03.02+	2:23.10	-
100m: 1:12.93	1:12.93	900m: 11:20.66	1:16.00	1700m: 21:34.23	1:16.94
200m: 2:28.80	1:15.87	1000m: 12:37.29	1:16.63	1800m: 22:51.05	1:16.82
300m: 3:45.08	1:16.28	1100m: 13:53.37	1:16.08	1900m: 24:07.87	1:16.82
400m: 5:01.10	1:16.02	1200m: 15:09.98	1:16.61	2000m: 25:24.47	1:16.60
500m: 6:16.95	1:15.85	1300m: 16:26.94	1:16.96	2100m: 26:40.90	1:16.43
600m: 7:32.73	1:15.78	1400m: 17:44.06	1:17.12	2200m: 27:57.56	1:16.66
700m: 8:48.66	1:15.93	1500m: 19:00.79	1:16.73	2300m: 29:14.21	1:16.65
800m: 10:04.66	1:16.00	1600m: 20:17.29	1:16.50	2400m: 30:30.43	1:16.22
10. GARCIA BARRIOS, Laura	10	C.D. El Valle	38:07.87+	2:27.95	-
100m: 1:11.82	1:11.82	900m: 11:18.21	1:15.81	1700m: 21:30.17	1:16.55
200m: 2:27.75	1:15.93	1000m: 12:34.24	1:16.03	1800m: 22:46.98	1:16.81
300m: 3:44.23	1:16.48	1100m: 13:50.87	1:16.63	1900m: 24:03.26	1:16.28
400m: 4:59.70	1:15.47	1200m: 15:07.69	1:16.82	2000m: 25:20.33	1:17.07
500m: 6:14.79	1:15.09	1300m: 16:24.24	1:16.55	2100m: 26:37.03	1:16.70
600m: 7:30.16	1:15.37	1400m: 17:40.62	1:16.38	2200m: 27:54.46	1:17.43
700m: 8:45.80	1:15.64	1500m: 18:56.99	1:16.37	2300m: 29:11.91	1:17.45
800m: 10:02.40	1:16.60	1600m: 20:13.62	1:16.63	2400m: 30:29.61	1:17.70

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

Prueba 2, Fem., 3000m Libre, Infantil

Clasificación	AN						Tiempo																						
11. ORTEGA BAENA, Irene	10 C.N. Mairena del Aljarafe						38:16.93+ 2:37.01				-																		
100m: 1:09.69 1:09.69	900m: 11:11.74 1:15.11	1700m: 21:26.73 1:17.31	2500m: 31:51.40 1:19.03	200m: 2:22.87 1:13.18	1000m: 12:29.30 1:17.56	1800m: 22:44.19 1:17.46	2600m: 33:08.40 1:17.00	300m: 3:37.01 1:14.14	1100m: 13:46.25 1:16.95	1900m: 24:02.11 1:17.92	2700m: 34:26.38 1:17.98	400m: 4:51.61 1:14.60	1200m: 15:03.01 1:16.76	2000m: 25:19.93 1:17.82	2800m: 35:43.86 1:17.48	500m: 6:07.32 1:15.71	1300m: 16:20.89 1:17.88	2100m: 26:37.82 1:17.89	2900m: 37:00.85 1:16.99	600m: 7:23.88 1:16.56	1400m: 17:38.54 1:17.65	2200m: 27:55.84 1:18.02	3000m: 38:16.93 1:16.08	700m: 8:40.35 1:16.47	1500m: 18:53.09 1:14.55	2300m: 29:14.77 1:18.93	800m: 9:56.63 1:16.28	1600m: 20:09.42 1:16.33	2400m: 30:32.37 1:17.60
12. BUIZA ACEDOS, Emma	11 C.D. Gredos San Diego						38:37.53+ 2:57.61				-																		
100m: 1:12.00 1:12.00	900m: 11:21.09 1:16.13	1700m: 21:32.53 1:16.99	2500m: 32:00.41 1:19.38	200m: 2:27.96 1:15.96	1000m: 12:37.06 1:15.97	1800m: 22:49.68 1:17.15	2600m: 33:20.00 1:19.59	300m: 3:43.89 1:15.93	1100m: 13:53.15 1:16.09	1900m: 24:07.20 1:17.52	2700m: 34:39.74 1:19.74	400m: 5:00.04 1:16.15	1200m: 15:09.27 1:16.12	2000m: 25:25.30 1:18.10	2800m: 35:59.51 1:19.77	500m: 6:16.19 1:16.15	1300m: 16:26.19 1:16.92	2100m: 26:44.72 1:19.42	2900m: 37:19.41 1:19.90	600m: 7:32.64 1:16.45	1400m: 17:42.13 1:15.94	2200m: 28:03.36 1:18.64	3000m: 38:37.53 1:18.12	700m: 8:48.74 1:16.10	1500m: 18:58.66 1:16.53	2300m: 29:22.13 1:18.77	800m: 10:04.96 1:16.22	1600m: 20:15.54 1:16.88	2400m: 30:41.03 1:18.90
13. GRISHINA, Elizaveta	11 C.N. Delfin						39:19.80+ 3:39.88				-																		
100m: 1:14.53 1:14.53	900m: 11:34.13 1:18.81	1700m: 22:08.44 1:19.57	2500m: 32:47.87 1:18.53	200m: 2:31.80 1:17.27	1000m: 12:52.67 1:18.54	1800m: 23:27.50 1:19.06	2600m: 34:06.62 1:18.75	300m: 3:48.87 1:17.07	1100m: 14:11.69 1:19.02	1900m: 24:47.15 1:19.65	2700m: 35:26.14 1:19.52	400m: 5:05.53 1:16.66	1200m: 15:30.43 1:18.74	2000m: 26:07.40 1:20.25	2800m: 36:45.18 1:19.04	500m: 6:22.59 1:17.06	1300m: 16:49.82 1:19.39	2100m: 27:28.22 1:20.82	2900m: 38:03.47 1:18.29	600m: 7:40.00 1:17.41	1400m: 18:09.28 1:19.46	2200m: 28:49.66 1:21.44	3000m: 39:19.80 1:16.33	700m: 8:57.45 1:17.45	1500m: 19:28.87 1:19.59	2300m: 30:10.22 1:20.56	800m: 10:15.32 1:17.87	1600m: 20:48.87 1:20.00	2400m: 31:29.34 1:19.12
14. CASTRO CIDRAS, Alba	10 C.N. Galaico						39:44.48+ 4:04.56				-																		
100m: 1:12.22 1:12.22	900m: 11:35.53 1:18.69	1700m: 22:12.54 1:20.65	2500m: 33:02.48 1:21.01	200m: 2:29.29 1:17.07	1000m: 12:53.89 1:18.36	1800m: 23:34.05 1:21.51	2600m: 34:23.79 1:21.31	300m: 3:46.63 1:17.34	1100m: 14:12.87 1:18.98	1900m: 24:55.21 1:21.16	2700m: 35:45.06 1:21.27	400m: 5:04.96 1:18.33	1200m: 15:31.66 1:18.79	2000m: 26:16.26 1:21.05	2800m: 37:05.31 1:20.25	500m: 6:23.29 1:18.33	1300m: 16:50.95 1:19.29	2100m: 27:37.80 1:21.54	2900m: 38:25.04 1:19.73	600m: 7:41.27 1:17.98	1400m: 18:10.89 1:19.94	2200m: 28:59.06 1:21.26	3000m: 39:44.48 1:19.44	700m: 8:58.84 1:17.57	1500m: 19:31.41 1:20.52	2300m: 30:20.49 1:21.43	800m: 10:16.84 1:18.00	1600m: 20:51.89 1:20.48	2400m: 31:41.47 1:20.98
15. BENITEZ BRITO, Ana	10 C.N. Metropole						39:46.02+ 4:06.10				-																		
100m: 1:12.74 1:12.74	900m: 11:27.64 1:19.01	1700m: 22:08.81 1:20.18	2500m: 32:58.88 1:22.81	200m: 2:28.29 1:15.55	1000m: 12:47.38 1:19.74	1800m: 23:28.53 1:19.72	2600m: 34:20.79 1:21.91	300m: 3:44.36 1:16.07	1100m: 14:07.22 1:19.84	1900m: 24:49.25 1:20.72	2700m: 35:42.75 1:21.96	400m: 5:00.50 1:16.14	1200m: 15:27.03 1:19.81	2000m: 26:10.46 1:21.21	2800m: 37:04.76 1:22.01	500m: 6:16.49 1:15.99	1300m: 16:47.24 1:20.21	2100m: 27:31.66 1:21.20	2900m: 38:26.16 1:21.40	600m: 7:32.92 1:16.43	1400m: 18:07.89 1:20.65	2200m: 28:53.08 1:21.42	3000m: 39:46.02 1:19.86	700m: 8:50.34 1:17.42	1500m: 19:28.44 1:20.55	2300m: 30:14.96 1:21.88	800m: 10:08.63 1:18.29	1600m: 20:48.63 1:20.19	2400m: 31:36.07 1:21.11
Baja SERRANO BILHO, Ines	10 C.N. Churriana										-																		

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

1 - Jornada única - Sábado

01/02/2025 - 9:30

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		

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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

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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										

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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						Tiempo						
6.	NIEVAS GARCIA, Lucas						07	C.N. Iregua-Villamediana			57:07.97+	1:44.48	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					
7.	DE LA FUENTE ALONSO, Diego						06	C.D. Torrelago Wellness			57:08.63+	1:45.14	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					
8.	JUAN MONTAGUT, Alvaro						06	C.N. Ferca-San Jose			57:36.75+	2:13.26	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					
9.	FURONES GIMENO, Victor						07	C.N. Ferca-San Jose			59:20.01+	3:56.52	-
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, Junior-2

Clasificación	AN	Equipo	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
200m:	2:05.74 1:03.01	1500m: 15:52.12 1:04.02	2800m: 29:49.95 1:04.55
300m:	3:09.07 1:03.33	1600m: 16:56.19 1:04.07	2900m: 30:54.18 1:04.23
400m:	4:12.03 1:02.96	1700m: 18:00.37 1:04.18	3000m: 31:58.57 1:04.39
500m:	5:15.39 1:03.36	1800m: 19:04.68 1:04.31	3100m: 33:03.63 1:05.06
600m:	6:18.25 1:02.86	1900m: 20:09.14 1:04.46	3200m: 34:08.99 1:05.36
700m:	7:21.26 1:03.01	2000m: 21:13.79 1:04.65	3300m: 35:14.78 1:05.79
800m:	8:24.67 1:03.41	2100m: 22:18.18 1:04.39	3400m: 36:20.29 1:05.51
900m:	9:28.34 1:03.67	2200m: 23:23.05 1:04.87	3500m: 37:24.98 1:04.69
1000m:	10:32.33 1:03.99	2300m: 24:27.73 1:04.68	3600m: 38:29.95 1:04.97
1100m:	11:36.17 1:03.84	2400m: 25:31.93 1:04.20	3700m: 39:34.99 1:05.04
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
200m:	2:08.89 1:04.47	1500m: 16:03.03 1:04.76	2800m: 30:10.33 1:05.03
300m:	3:13.29 1:04.40	1600m: 17:08.50 1:05.47	2900m: 31:15.78 1:05.45
400m:	4:17.04 1:03.75	1700m: 18:13.12 1:04.62	3000m: 32:21.29 1:05.51
500m:	5:21.10 1:04.06	1800m: 19:18.00 1:04.88	3100m: 33:27.02 1:05.73
600m:	6:24.82 1:03.72	1900m: 20:22.81 1:04.81	3200m: 34:32.75 1:05.73
700m:	7:28.67 1:03.85	2000m: 21:28.12 1:05.31	3300m: 35:38.39 1:05.64
800m:	8:32.75 1:04.08	2100m: 22:33.24 1:05.12	3400m: 36:44.51 1:06.12
900m:	9:36.77 1:04.02	2200m: 23:38.58 1:05.34	3500m: 37:50.48 1:05.97
1000m:	10:40.85 1:04.08	2300m: 24:43.86 1:05.28	3600m: 38:56.86 1:06.38
1100m:	11:45.23 1:04.38	2400m: 25:49.27 1:05.41	3700m: 40:03.13 1:06.27
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
200m:	2:09.31 1:04.77	1500m: 16:14.01 1:05.10	2800m: 30:21.63 1:05.48
300m:	3:13.80 1:04.49	1600m: 17:19.00 1:04.99	2900m: 31:27.32 1:05.69
400m:	4:19.13 1:05.33	1700m: 18:23.83 1:04.83	3000m: 32:32.96 1:05.64
500m:	5:24.19 1:05.06	1800m: 19:28.47 1:04.64	3100m: 33:38.82 1:05.86
600m:	6:29.32 1:05.13	1900m: 20:33.35 1:04.88	3200m: 34:44.59 1:05.77
700m:	7:34.33 1:05.01	2000m: 21:38.38 1:05.03	3300m: 35:50.66 1:06.07
800m:	8:39.09 1:04.76	2100m: 22:43.19 1:04.81	3400m: 36:56.74 1:06.08
900m:	9:43.78 1:04.69	2200m: 23:48.55 1:05.36	3500m: 38:02.49 1:05.75
1000m:	10:48.87 1:05.09	2300m: 24:53.69 1:05.14	3600m: 39:08.37 1:05.88
1100m:	11:54.03 1:05.16	2400m: 25:59.42 1:05.73	3700m: 40:14.19 1:05.82
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																																												
4. MACARIO MOLINA, Joan	05 C.N. Las Palmas						54:57.11+ 1:19.46 5,00																																												
100m: 1:04.68 1:04.68	1400m: 15:10.78 1:05.26	2700m: 29:23.35 1:06.05	4000m: 43:48.99 1:06.89	200m: 2:09.09 1:04.41	1500m: 16:15.91 1:05.13	2800m: 30:29.49 1:06.14	4100m: 44:55.53 1:06.54	300m: 3:14.02 1:04.93	1600m: 17:21.12 1:05.21	2900m: 31:35.80 1:06.31	4200m: 46:02.46 1:06.93	400m: 4:18.69 1:04.67	1700m: 18:26.54 1:05.42	3000m: 32:41.89 1:06.09	4300m: 47:09.43 1:06.97	500m: 5:23.78 1:05.09	1800m: 19:31.91 1:05.37	3100m: 33:48.12 1:06.23	4400m: 48:16.91 1:07.48	600m: 6:28.72 1:04.94	1900m: 20:36.98 1:05.07	3200m: 34:54.38 1:06.26	4500m: 49:24.13 1:07.22	700m: 7:34.29 1:05.57	2000m: 21:42.46 1:05.48	3300m: 36:00.50 1:06.12	4600m: 50:31.65 1:07.52	800m: 8:39.45 1:05.16	2100m: 22:47.85 1:05.39	3400m: 37:07.26 1:06.76	4700m: 51:38.88 1:07.23	900m: 9:44.68 1:05.23	2200m: 23:53.51 1:05.66	3500m: 38:14.13 1:06.87	4800m: 52:46.16 1:07.28	1000m: 10:49.77 1:05.09	2300m: 24:59.54 1:06.03	3600m: 39:20.84 1:06.71	4900m: 53:52.34 1:06.18	1100m: 11:54.71 1:04.94	2400m: 26:05.46 1:05.92	3700m: 40:27.62 1:06.78	5000m: 54:57.11 1:04.77	1200m: 13:00.13 1:05.42	2500m: 27:11.33 1:05.87	3800m: 41:34.94 1:07.32		1300m: 14:05.52 1:05.39	2600m: 28:17.30 1:05.97	3900m: 42:42.10 1:07.16	
5. CROOIJMANS, Vincent	01 C.N. Tennis Elche						55:04.13+ 1:26.48 4,00																																												
100m: 1:05.40 1:05.40	1400m: 15:13.45 1:05.23	2700m: 29:30.22 1:06.36	4000m: 44:00.30 1:06.70	200m: 2:10.52 1:05.12	1500m: 16:18.59 1:05.14	2800m: 30:37.15 1:06.93	4100m: 45:06.75 1:06.45	300m: 3:15.62 1:05.10	1600m: 17:24.02 1:05.43	2900m: 31:43.75 1:06.60	4200m: 46:12.89 1:06.14	400m: 4:20.92 1:05.30	1700m: 18:29.18 1:05.16	3000m: 32:50.16 1:06.41	4300m: 47:19.23 1:06.34	500m: 5:26.58 1:05.66	1800m: 19:34.85 1:05.67	3100m: 33:56.81 1:06.65	4400m: 48:25.39 1:06.16	600m: 6:32.07 1:05.49	1900m: 20:40.71 1:05.86	3200m: 35:03.42 1:06.61	4500m: 49:31.72 1:06.33	700m: 7:37.15 1:05.08	2000m: 21:46.54 1:05.83	3300m: 36:10.45 1:07.03	4600m: 50:38.05 1:06.33	800m: 8:42.31 1:05.16	2100m: 22:52.40 1:05.86	3400m: 37:17.68 1:07.23	4700m: 51:44.78 1:06.73	900m: 9:47.45 1:05.14	2200m: 23:58.48 1:06.08	3500m: 38:25.33 1:07.65	4800m: 52:51.81 1:07.03	1000m: 10:52.78 1:05.33	2300m: 25:04.70 1:06.22	3600m: 39:32.53 1:07.20	4900m: 53:58.66 1:06.85	1100m: 11:57.83 1:05.05	2400m: 26:11.16 1:06.46	3700m: 40:39.61 1:07.08	5000m: 55:04.13 1:05.47	1200m: 13:03.08 1:05.25	2500m: 27:17.47 1:06.31	3800m: 41:46.56 1:06.95		1300m: 14:08.22 1:05.14	2600m: 28:23.86 1:06.39	3900m: 42:53.60 1:07.04	
6. PUJOL BELMONTE, Guillem	97 C.N. Mataro						55:13.44+ 1:35.79 3,00																																												
100m: 1:02.44 1:02.44	1400m: 15:09.02 1:04.68	2700m: 29:28.37 1:06.56	4000m: 44:00.51 1:07.73	200m: 2:06.90 1:04.46	1500m: 16:14.11 1:05.09	2800m: 30:34.98 1:06.61	4100m: 45:08.20 1:07.69	300m: 3:11.42 1:04.52	1600m: 17:19.35 1:05.24	2900m: 31:41.94 1:06.96	4200m: 46:16.32 1:08.12	400m: 4:16.94 1:05.52	1700m: 18:24.89 1:05.54	3000m: 32:49.12 1:07.18	4300m: 47:23.64 1:07.32	500m: 5:22.45 1:05.51	1800m: 19:30.07 1:05.18	3100m: 33:55.72 1:06.60	4400m: 48:31.71 1:08.07	600m: 6:27.57 1:05.12	1900m: 20:35.95 1:05.88	3200m: 35:02.43 1:06.71	4500m: 49:39.94 1:08.23	700m: 7:33.02 1:05.45	2000m: 21:42.41 1:06.46	3300m: 36:08.87 1:06.44	4600m: 50:47.82 1:07.88	800m: 8:38.62 1:05.60	2100m: 22:48.35 1:05.94	3400m: 37:16.07 1:07.20	4700m: 51:55.88 1:08.06	900m: 9:43.76 1:05.14	2200m: 23:54.72 1:06.37	3500m: 38:22.89 1:06.82	4800m: 53:03.04 1:07.16	1000m: 10:48.68 1:04.92	2300m: 25:01.25 1:06.53	3600m: 39:29.85 1:06.96	4900m: 54:09.32 1:06.28	1100m: 11:53.92 1:05.24	2400m: 26:08.01 1:06.76	3700m: 40:36.75 1:06.90	5000m: 55:13.44 1:04.12	1200m: 12:59.08 1:05.16	2500m: 27:15.19 1:07.18	3800m: 41:44.56 1:07.81		1300m: 14:04.34 1:05.26	2600m: 28:21.81 1:06.62	3900m: 42:52.78 1:08.22	
7. ORTIZ MARTINEZ, Carlos	04 C.E. Mediterrani						55:17.29+ 1:39.64 2,00																																												
100m: 1:03.34 1:03.34	1400m: 15:09.26 1:04.78	2700m: 29:44.70 1:08.88	4000m: 44:08.58 1:07.35	200m: 2:06.84 1:03.50	1500m: 16:14.21 1:04.95	2800m: 30:53.52 1:08.82	4100m: 45:15.68 1:07.10	300m: 3:10.91 1:04.07	1600m: 17:19.78 1:05.57	2900m: 31:59.34 1:05.82	4200m: 46:22.60 1:06.92	400m: 4:16.26 1:05.35	1700m: 18:28.35 1:08.57	3000m: 33:04.13 1:04.79	4300m: 47:29.69 1:07.09	500m: 5:22.18 1:05.92	1800m: 19:37.02 1:08.67	3100m: 34:09.02 1:04.89	4400m: 48:36.68 1:06.99	600m: 6:27.18 1:05.00	1900m: 20:44.80 1:07.78	3200m: 35:15.25 1:06.23	4500m: 49:43.64 1:06.96	700m: 7:31.41 1:04.23	2000m: 21:48.39 1:03.59	3300m: 36:21.19 1:05.94	4600m: 50:50.30 1:06.66	800m: 8:34.99 1:03.58	2100m: 22:55.40 1:07.01	3400m: 37:27.17 1:05.98	4700m: 51:57.57 1:07.27	900m: 9:40.97 1:05.98	2200m: 24:04.61 1:09.21	3500m: 38:33.66 1:06.49	4800m: 53:04.73 1:07.16	1000m: 10:44.89 1:03.92	2300m: 25:12.36 1:07.75	3600m: 39:40.10 1:06.44	4900m: 54:11.96 1:07.23	1100m: 11:50.92 1:06.03	2400m: 26:20.01 1:07.65	3700m: 40:46.87 1:06.77	5000m: 55:17.29 1:05.33	1200m: 12:58.28 1:07.36	2500m: 27:27.52 1:07.51	3800m: 41:54.14 1:07.27		1300m: 14:04.48 1:06.20	2600m: 28:35.82 1:08.30	3900m: 43:01.23 1:07.09	

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				
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			
4. MACARIO MOLINA, Joan	05	C.N. Las Palmas						54:57.11+	1:19.46	5,00	
100m:	1:04.68	1:04.68	1400m:	15:10.78	1:05.26	2700m:	29:23.35	1:06.05	4000m:	43:48.99	1:06.89
200m:	2:09.09	1:04.41	1500m:	16:15.91	1:05.13	2800m:	30:29.49	1:06.14	4100m:	44:55.53	1:06.54
300m:	3:14.02	1:04.93	1600m:	17:21.12	1:05.21	2900m:	31:35.80	1:06.31	4200m:	46:02.46	1:06.93
400m:	4:18.69	1:04.67	1700m:	18:26.54	1:05.42	3000m:	32:41.89	1:06.09	4300m:	47:09.43	1:06.97
500m:	5:23.78	1:05.09	1800m:	19:31.91	1:05.37	3100m:	33:48.12	1:06.23	4400m:	48:16.91	1:07.48
600m:	6:28.72	1:04.94	1900m:	20:36.98	1:05.07	3200m:	34:54.38	1:06.26	4500m:	49:24.13	1:07.22
700m:	7:34.29	1:05.57	2000m:	21:42.46	1:05.48	3300m:	36:00.50	1:06.12	4600m:	50:31.65	1:07.52
800m:	8:39.45	1:05.16	2100m:	22:47.85	1:05.39	3400m:	37:07.26	1:06.76	4700m:	51:38.88	1:07.23
900m:	9:44.68	1:05.23	2200m:	23:53.51	1:05.66	3500m:	38:14.13	1:06.87	4800m:	52:46.16	1:07.28
1000m:	10:49.77	1:05.09	2300m:	24:59.54	1:06.03	3600m:	39:20.84	1:06.71	4900m:	53:52.34	1:06.18
1100m:	11:54.71	1:04.94	2400m:	26:05.46	1:05.92	3700m:	40:27.62	1:06.78	5000m:	54:57.11	1:04.77
1200m:	13:00.13	1:05.42	2500m:	27:11.33	1:05.87	3800m:	41:34.94	1:07.32			
1300m:	14:05.52	1:05.39	2600m:	28:17.30	1:05.97	3900m:	42:42.10	1:07.16			
5. CROOIJMANS, Vincent	01	C.N. Tennis Elche						55:04.13+	1:26.48	4,00	
100m:	1:05.40	1:05.40	1400m:	15:13.45	1:05.23	2700m:	29:30.22	1:06.36	4000m:	44:00.30	1:06.70
200m:	2:10.52	1:05.12	1500m:	16:18.59	1:05.14	2800m:	30:37.15	1:06.93	4100m:	45:06.75	1:06.45
300m:	3:15.62	1:05.10	1600m:	17:24.02	1:05.43	2900m:	31:43.75	1:06.60	4200m:	46:12.89	1:06.14
400m:	4:20.92	1:05.30	1700m:	18:29.18	1:05.16	3000m:	32:50.16	1:06.41	4300m:	47:19.23	1:06.34
500m:	5:26.58	1:05.66	1800m:	19:34.85	1:05.67	3100m:	33:56.81	1:06.65	4400m:	48:25.39	1:06.16
600m:	6:32.07	1:05.49	1900m:	20:40.71	1:05.86	3200m:	35:03.42	1:06.61	4500m:	49:31.72	1:06.33
700m:	7:37.15	1:05.08	2000m:	21:46.54	1:05.83	3300m:	36:10.45	1:07.03	4600m:	50:38.05	1:06.33
800m:	8:42.31	1:05.16	2100m:	22:52.40	1:05.86	3400m:	37:17.68	1:07.23	4700m:	51:44.78	1:06.73
900m:	9:47.45	1:05.14	2200m:	23:58.48	1:06.08	3500m:	38:25.33	1:07.65	4800m:	52:51.81	1:07.03
1000m:	10:52.78	1:05.33	2300m:	25:04.70	1:06.22	3600m:	39:32.53	1:07.20	4900m:	53:58.66	1:06.85
1100m:	11:57.83	1:05.05	2400m:	26:11.16	1:06.46	3700m:	40:39.61	1:07.08	5000m:	55:04.13	1:05.47
1200m:	13:03.08	1:05.25	2500m:	27:17.47	1:06.31	3800m:	41:46.56	1:06.95			
1300m:	14:08.22	1:05.14	2600m:	28:23.86	1:06.39	3900m:	42:53.60	1:07.04			
6. PUJOL BELMONTE, Guillem	97	C.N. Mataro						55:13.44+	1:35.79	3,00	
100m:	1:02.44	1:02.44	1400m:	15:09.02	1:04.68	2700m:	29:28.37	1:06.56	4000m:	44:00.51	1:07.73
200m:	2:06.90	1:04.46	1500m:	16:14.11	1:05.09	2800m:	30:34.98	1:06.61	4100m:	45:08.20	1:07.69
300m:	3:11.42	1:04.52	1600m:	17:19.35	1:05.24	2900m:	31:41.94	1:06.96	4200m:	46:16.32	1:08.12
400m:	4:16.94	1:05.52	1700m:	18:24.89	1:05.54	3000m:	32:49.12	1:07.18	4300m:	47:23.64	1:07.32
500m:	5:22.45	1:05.51	1800m:	19:30.07	1:05.18	3100m:	33:55.72	1:06.60	4400m:	48:31.71	1:08.07
600m:	6:27.57	1:05.12	1900m:	20:35.95	1:05.88	3200m:	35:02.43	1:06.71	4500m:	49:39.94	1:08.23
700m:	7:33.02	1:05.45	2000m:	21:42.41	1:06.46	3300m:	36:08.87	1:06.44	4600m:	50:47.82	1:07.88
800m:	8:38.62	1:05.60	2100m:	22:48.35	1:05.94	3400m:	37:16.07	1:07.20	4700m:	51:55.88	1:08.06
900m:	9:43.76	1:05.14	2200m:	23:54.72	1:06.37	3500m:	38:22.89	1:06.82	4800m:	53:03.04	1:07.16
1000m:	10:48.68	1:04.92	2300m:	25:01.25	1:06.53	3600m:	39:29.85	1:06.96	4900m:	54:09.32	1:06.28
1100m:	11:53.92	1:05.24	2400m:	26:08.01	1:06.76	3700m:	40:36.75	1:06.90	5000m:	55:13.44	1:04.12
1200m:	12:59.08	1:05.16	2500m:	27:15.19	1:07.18	3800m:	41:44.56	1:07.81			
1300m:	14:04.34	1:05.26	2600m:	28:21.81	1:06.62	3900m:	42:52.78	1:08.22			

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Clasificación	AN						Tiempo			
7.	ORTIZ MARTINEZ, Carlos 04 C.E. Mediterrani						55:17.29+ 1:39.64 2,00			
	100m: 1:03.34	1:03.34	1400m: 15:09.26	1:04.78	2700m: 29:44.70	1:08.88	4000m: 44:08.58	1:07.35		
	200m: 2:06.84	1:03.50	1500m: 16:14.21	1:04.95	2800m: 30:53.52	1:08.82	4100m: 45:15.68	1:07.10		
	300m: 3:10.91	1:04.07	1600m: 17:19.78	1:05.57	2900m: 31:59.34	1:05.82	4200m: 46:22.60	1:06.92		
	400m: 4:16.26	1:05.35	1700m: 18:28.35	1:08.57	3000m: 33:04.13	1:04.79	4300m: 47:29.69	1:07.09		
	500m: 5:22.18	1:05.92	1800m: 19:37.02	1:08.67	3100m: 34:09.02	1:04.89	4400m: 48:36.68	1:06.99		
	600m: 6:27.18	1:05.00	1900m: 20:44.80	1:07.78	3200m: 35:15.25	1:06.23	4500m: 49:43.64	1:06.96		
	700m: 7:31.41	1:04.23	2000m: 21:48.39	1:03.59	3300m: 36:21.19	1:05.94	4600m: 50:50.30	1:06.66		
	800m: 8:34.99	1:03.58	2100m: 22:55.40	1:07.01	3400m: 37:27.17	1:05.98	4700m: 51:57.57	1:07.27		
	900m: 9:40.97	1:05.98	2200m: 24:04.61	1:09.21	3500m: 38:33.66	1:06.49	4800m: 53:04.73	1:07.16		
	1000m: 10:44.89	1:03.92	2300m: 25:12.36	1:07.75	3600m: 39:40.10	1:06.44	4900m: 54:11.96	1:07.23		
	1100m: 11:50.92	1:06.03	2400m: 26:20.01	1:07.65	3700m: 40:46.87	1:06.77	5000m: 55:17.29	1:05.33		
	1200m: 12:58.28	1:07.36	2500m: 27:27.52	1:07.51	3800m: 41:54.14	1:07.27				
	1300m: 14:04.48	1:06.20	2600m: 28:35.82	1:08.30	3900m: 43:01.23	1:07.09				
8.	VARGAS TRUJILLO, Cristobal 07 C.N. Dos Hermanas						55:23.49+ 1:45.84 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				
9.	MARTINEZ PALOP, Pablo 07 C.N. Ferca-San Jose						55:26.49+ 1:48.84 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				
10.	ALVAREZ GONZALEZ, Unai 07 C.D. Gredos San Diego						55:29.66+ 1:52.01 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				

INSTITUCIONALES



INSTITUCIONES LOCALES



SPONSOR PLATINO



SPONSOR ORO



SPONSOR TÉCNICO



MECENAZGO



PARTNER



PARTNER SALUD DEPORTIVA



RSC PARTNER



MEDICALSPONSOR



PARTNER MOVILIDAD



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
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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					
23. CARDENAS BONJORN, Marti	09	C.N. Sabadell						59:23.81+	5:46.16	3,00		
100m:	1:07.28	1:07.28	1400m:	16:29.13	1:11.11	2700m:	31:56.29	1:11.49	4000m:	47:29.41	1:11.80	
200m:	2:16.91	1:09.63	1500m:	17:40.57	1:11.44	2800m:	33:08.32	1:12.03	4100m:	48:40.38	1:10.97	
300m:	3:27.28	1:10.37	1600m:	18:52.00	1:11.43	2900m:	34:20.91	1:12.59	4200m:	49:51.72	1:11.34	
400m:	4:38.27	1:10.99	1700m:	20:03.65	1:11.65	3000m:	35:33.25	1:12.34	4300m:	51:02.93	1:11.21	
500m:	5:49.33	1:11.06	1800m:	21:15.58	1:11.93	3100m:	36:45.07	1:11.82	4400m:	52:15.01	1:12.08	
600m:	7:00.54	1:11.21	1900m:	22:26.73	1:11.15	3200m:	37:56.54	1:11.47	4500m:	53:27.37	1:12.36	
700m:	8:11.80	1:11.26	2000m:	23:37.48	1:10.75	3300m:	39:08.06	1:11.52	4600m:	54:39.35	1:11.98	
800m:	9:23.18	1:11.38	2100m:	24:48.94	1:11.46	3400m:	40:19.87	1:11.81	4700m:	55:51.50	1:12.15	
900m:	10:33.70	1:10.52	2200m:	26:00.15	1:11.21	3500m:	41:31.06	1:11.19	4800m:	57:03.59	1:12.09	
1000m:	11:44.60	1:10.90	2300m:	27:11.00	1:10.85	3600m:	42:42.97	1:11.91	4900m:	58:14.28	1:10.69	
1100m:	12:55.79	1:11.19	2400m:	28:22.12	1:11.12	3700m:	43:55.44	1:12.47	5000m:	59:23.81	1:09.53	
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				
24. QUILES PENATE, Jose Antonio	09	C.N. Metropole						59:35.30+	5:57.65	2,00		
100m:	1:07.14	1:07.14	1400m:	16:24.15	1:11.40	2700m:	31:58.04	1:11.80	4000m:	47:32.58	1:12.49	
200m:	2:16.44	1:09.30	1500m:	17:35.93	1:11.78	2800m:	33:09.74	1:11.70	4100m:	48:44.44	1:11.86	
300m:	3:26.39	1:09.95	1600m:	18:47.52	1:11.59	2900m:	34:22.34	1:12.60	4200m:	49:55.93	1:11.49	
400m:	4:36.70	1:10.31	1700m:	19:59.27	1:11.75	3000m:	35:33.75	1:11.41	4300m:	51:08.61	1:12.68	
500m:	5:47.17	1:10.47	1800m:	21:10.97	1:11.70	3100m:	36:45.47	1:11.72	4400m:	52:21.24	1:12.63	
600m:	6:57.40	1:10.23	1900m:	22:22.94	1:11.97	3200m:	37:57.28	1:11.81	4500m:	53:34.41	1:13.17	
700m:	8:08.22	1:10.82	2000m:	23:34.06	1:11.12	3300m:	39:09.22	1:11.94	4600m:	54:47.29	1:12.88	
800m:	9:19.09	1:10.87	2100m:	24:45.97	1:11.91	3400m:	40:21.21	1:11.99	4700m:	55:59.55	1:12.26	
900m:	10:29.87	1:10.78	2200m:	25:58.09	1:12.12	3500m:	41:32.85	1:11.64	4800m:	57:12.85	1:13.30	
1000m:	11:40.57	1:10.70	2300m:	27:09.75	1:11.66	3600m:	42:45.44	1:12.59	4900m:	58:26.61	1:13.76	
1100m:	12:51.46	1:10.89	2400m:	28:22.02	1:12.27	3700m:	43:57.49	1:12.05	5000m:	59:35.30	1:08.69	
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				
25. PADRON MIGUELEZ, Matias	08	C.D.N. Nadamas Las Marinas						59:35.87+	5:58.22	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				
26. SAMBRUNO SAEZ, Fabio	09	C.N. Granollers						1:00:21.03+	6:43.38	-		
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				

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	Equipo	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



FINISHER



kyrocream



RSC PARTNER



stepWATER



MEDICALSPONSOR



PARTNER MOVILIDAD



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

Prueba 4 01/02/2025 - 13:00	Fem., 5000m Libre				Abs. 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		

INSTITUCIONALES



INSTITUCIONES LOCALES



SPONSOR PLATINO



SPONSOR ORO



SPONSOR TÉCNICO



MECENAZGO



PARTNER



PARTNER SALUD DEPORTIVA



RSC PARTNER



MEDICAL SPONSOR



PARTNER MOVILIDAD



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

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

Clasificación	AN						Tiempo																																												
4. MEDINA MARTIN, Julia	09	C.N. Fuengirola						1:01:09.97+ 2:30.09 5,00																																											
100m: 1:11.42 1:11.42	1400m: 16:59.37 1:12.94	2700m: 32:51.78 1:12.77	4000m: 48:57.35 1:14.59	200m: 2:23.06 1:11.64	1500m: 18:11.94 1:12.57	2800m: 34:05.84 1:14.06	4100m: 50:11.18 1:13.83	300m: 3:36.39 1:13.33	1600m: 19:25.09 1:13.15	2900m: 35:20.44 1:14.60	4200m: 51:24.91 1:13.73	400m: 4:48.78 1:12.39	1700m: 20:38.51 1:13.42	3000m: 36:35.25 1:14.81	4300m: 52:38.82 1:13.91	500m: 6:00.75 1:11.97	1800m: 21:52.06 1:13.55	3100m: 37:48.98 1:13.73	4400m: 53:52.23 1:13.41	600m: 7:13.36 1:12.61	1900m: 23:05.96 1:13.90	3200m: 39:02.73 1:13.75	4500m: 55:05.23 1:13.00	700m: 8:25.62 1:12.26	2000m: 24:19.27 1:13.31	3300m: 40:16.86 1:14.13	4600m: 56:18.71 1:13.48	800m: 9:39.03 1:13.41	2100m: 25:32.01 1:12.74	3400m: 41:30.74 1:13.88	4700m: 57:32.31 1:13.60	900m: 10:52.61 1:13.58	2200m: 26:45.15 1:13.14	3500m: 42:45.96 1:15.22	4800m: 58:45.48 1:13.17	1000m: 12:06.13 1:13.52	2300m: 27:57.59 1:12.44	3600m: 43:59.90 1:13.94	4900m: 59:59.04 1:13.56	1100m: 13:19.39 1:13.26	2400m: 29:11.19 1:13.60	3700m: 45:14.41 1:14.51	5000m: 1:01:09.97 1:10.93	1200m: 14:32.95 1:13.56	2500m: 30:24.75 1:13.56	3800m: 46:28.78 1:14.37		1300m: 15:46.43 1:13.48	2600m: 31:39.01 1:14.26	3900m: 47:42.76 1:13.98	
5. JAEN SERRA, Naira	08	C.D.N. Nadamas Las Marinas						1:01:39.69+ 2:59.81 4,00																																											
100m: 1:09.93 1:09.93	1400m: 16:42.21 1:13.29	2700m: 32:43.96 1:16.08	4000m: 49:04.55 1:16.31	200m: 2:20.54 1:10.61	1500m: 17:55.82 1:13.61	2800m: 33:58.94 1:14.98	4100m: 50:20.50 1:15.95	300m: 3:31.72 1:11.18	1600m: 19:09.87 1:14.05	2900m: 35:15.02 1:16.08	4200m: 51:36.39 1:15.89	400m: 4:42.17 1:10.45	1700m: 20:23.59 1:13.72	3000m: 36:30.42 1:15.40	4300m: 52:52.60 1:16.21	500m: 5:53.15 1:10.98	1800m: 21:37.36 1:13.77	3100m: 37:42.82 1:12.40	4400m: 54:08.67 1:16.07	600m: 7:03.73 1:10.58	1900m: 22:51.15 1:13.79	3200m: 38:57.38 1:14.56	4500m: 55:25.27 1:16.60	700m: 8:14.61 1:10.88	2000m: 24:04.72 1:13.57	3300m: 40:12.57 1:15.19	4600m: 56:40.10 1:14.83	800m: 9:25.70 1:11.09	2100m: 25:18.42 1:13.70	3400m: 41:28.66 1:16.09	4700m: 57:56.44 1:16.34	900m: 10:37.33 1:11.63	2200m: 26:33.85 1:15.43	3500m: 42:46.18 1:17.52	4800m: 59:11.26 1:14.82	1000m: 11:49.42 1:12.09	2300m: 27:46.68 1:12.83	3600m: 44:02.33 1:16.15	4900m: 1:00:25.81 1:14.55	1100m: 13:02.52 1:13.10	2400m: 28:59.57 1:12.89	3700m: 45:17.85 1:15.52	5000m: 1:01:39.69 1:13.88	1200m: 14:15.70 1:13.18	2500m: 30:13.86 1:14.29	3800m: 46:34.12 1:16.27		1300m: 15:28.92 1:13.22	2600m: 31:27.88 1:14.02	3900m: 47:48.24 1:14.12	
6. RECUERO DIAZ, Laura	08	C.D. Gredos San Diego						1:02:18.05+ 3:38.17 3,00																																											
100m: 1:10.97 1:10.97	1400m: 17:07.98 1:14.69	2700m: 33:21.83 1:14.89	4000m: 49:46.41 1:15.59	200m: 2:23.48 1:12.51	1500m: 18:22.60 1:14.62	2800m: 34:37.06 1:15.23	4100m: 51:01.89 1:15.48	300m: 3:36.31 1:12.83	1600m: 19:37.41 1:14.81	2900m: 35:52.09 1:15.03	4200m: 52:17.22 1:15.33	400m: 4:49.15 1:12.84	1700m: 20:52.13 1:14.72	3000m: 37:07.79 1:15.70	4300m: 53:32.99 1:15.77	500m: 6:01.71 1:12.56	1800m: 22:07.00 1:14.87	3100m: 38:23.93 1:16.14	4400m: 54:48.88 1:15.89	600m: 7:14.97 1:13.26	1900m: 23:22.33 1:15.33	3200m: 39:39.33 1:15.40	4500m: 56:04.85 1:15.97	700m: 8:28.55 1:13.58	2000m: 24:37.39 1:15.06	3300m: 40:55.19 1:15.86	4600m: 57:20.44 1:15.59	800m: 9:42.48 1:13.93	2100m: 25:52.11 1:14.72	3400m: 42:10.93 1:15.74	4700m: 58:36.20 1:15.76	900m: 10:56.45 1:13.97	2200m: 27:06.65 1:14.54	3500m: 43:26.94 1:16.01	4800m: 59:51.38 1:15.18	1000m: 12:10.70 1:14.25	2300m: 28:21.35 1:14.70	3600m: 44:42.75 1:15.81	4900m: 1:01:05.92 1:14.54	1100m: 13:24.74 1:14.04	2400m: 29:36.09 1:14.74	3700m: 45:58.98 1:16.23	5000m: 1:02:18.05 1:12.13	1200m: 14:39.07 1:14.33	2500m: 30:51.55 1:15.46	3800m: 47:14.76 1:15.78		1300m: 15:53.29 1:14.22	2600m: 32:06.94 1:15.39	3900m: 48:30.82 1:16.06	
7. BARROS DA SILVA, Sofia	09	C.N. Galaico						1:02:19.94+ 3:40.06 2,00																																											
100m: 1:10.21 1:10.21	1400m: 17:00.76 1:14.16	2700m: 33:20.39 1:15.63	4000m: 49:45.10 1:15.26	200m: 2:21.63 1:11.42	1500m: 18:15.57 1:14.81	2800m: 34:35.61 1:15.22	4100m: 51:00.60 1:15.50	300m: 3:33.86 1:12.23	1600m: 19:30.44 1:14.87	2900m: 35:50.80 1:15.19	4200m: 52:16.04 1:15.44	400m: 4:46.47 1:12.61	1700m: 20:45.99 1:15.55	3000m: 37:06.66 1:15.86	4300m: 53:32.86 1:16.82	500m: 5:59.09 1:12.62	1800m: 22:00.79 1:14.80	3100m: 38:22.13 1:15.47	4400m: 54:49.04 1:16.18	600m: 7:11.74 1:12.65	1900m: 23:16.33 1:15.54	3200m: 39:37.58 1:15.45	4500m: 56:05.22 1:16.18	700m: 8:24.65 1:12.91	2000m: 24:31.93 1:15.60	3300m: 40:53.57 1:15.99	4600m: 57:20.86 1:15.64	800m: 9:37.69 1:13.04	2100m: 25:47.55 1:15.62	3400m: 42:09.39 1:15.82	4700m: 58:36.25 1:15.39	900m: 10:51.14 1:13.45	2200m: 27:02.93 1:15.38	3500m: 43:25.38 1:15.99	4800m: 59:51.00 1:14.75	1000m: 12:04.48 1:13.34	2300m: 28:18.45 1:15.52	3600m: 44:41.36 1:15.98	4900m: 1:01:05.30 1:14.30	1100m: 13:18.02 1:13.54	2400m: 29:33.71 1:15.26	3700m: 45:57.23 1:15.87	5000m: 1:02:19.94 1:14.64	1200m: 14:31.94 1:13.92	2500m: 30:48.99 1:15.28	3800m: 47:13.38 1:16.15		1300m: 15:46.60 1:14.66	2600m: 32:04.76 1:15.77	3900m: 48:29.84 1:16.46	

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

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

Clasificación	AN		Tiempo		
8. SIERRA RIERA, Joana Maria	08	Cn.Palma De Mallorca	1:02:26.17+	3:46.29	1,00
100m: 1:08.83	1:08.83	1400m: 16:56.08	1:13.87	2700m: 33:08.33	1:15.49
200m: 2:20.43	1:11.60	1500m: 18:09.92	1:13.84	2800m: 34:23.42	1:15.09
300m: 3:33.54	1:13.11	1600m: 19:24.35	1:14.43	2900m: 35:38.66	1:15.24
400m: 4:45.73	1:12.19	1700m: 20:38.30	1:13.95	3000m: 36:53.38	1:14.72
500m: 5:57.93	1:12.20	1800m: 21:52.56	1:14.26	3100m: 38:08.79	1:15.41
600m: 7:10.33	1:12.40	1900m: 23:06.70	1:14.14	3200m: 39:24.64	1:15.85
700m: 8:22.78	1:12.45	2000m: 24:21.81	1:15.11	3300m: 40:41.02	1:16.38
800m: 9:35.66	1:12.88	2100m: 25:36.78	1:14.97	3400m: 41:57.49	1:16.47
900m: 10:48.01	1:12.35	2200m: 26:51.40	1:14.62	3500m: 43:15.03	1:17.54
1000m: 12:01.13	1:13.12	2300m: 28:06.67	1:15.27	3600m: 44:32.34	1:17.31
1100m: 13:14.26	1:13.13	2400m: 29:22.36	1:15.69	3700m: 45:49.50	1:17.16
1200m: 14:27.67	1:13.41	2500m: 30:37.20	1:14.84	3800m: 47:05.97	1:16.47
1300m: 15:42.21	1:14.54	2600m: 31:52.84	1:15.64	3900m: 48:21.14	1:15.17
9. ALVAREZ FERNANDEZ, Cecilia	09	C.D. Gredos San Diego	1:02:34.85+	3:54.97	-
100m: 1:13.25	1:13.25	1400m: 17:17.33	1:14.23	2700m: 33:33.85	1:15.63
200m: 2:27.03	1:13.78	1500m: 18:31.50	1:14.17	2800m: 34:49.48	1:15.63
300m: 3:40.41	1:13.38	1600m: 19:46.01	1:14.51	2900m: 36:05.37	1:15.89
400m: 4:54.17	1:13.76	1700m: 21:00.99	1:14.98	3000m: 37:21.32	1:15.95
500m: 6:07.85	1:13.68	1800m: 22:15.61	1:14.62	3100m: 38:37.49	1:16.17
600m: 7:22.00	1:14.15	1900m: 23:30.36	1:14.75	3200m: 39:53.82	1:16.33
700m: 8:35.94	1:13.94	2000m: 24:45.82	1:15.46	3300m: 41:09.65	1:15.83
800m: 9:50.71	1:14.77	2100m: 26:00.81	1:14.99	3400m: 42:25.36	1:15.71
900m: 11:05.06	1:14.35	2200m: 27:15.97	1:15.16	3500m: 43:40.88	1:15.52
1000m: 12:19.26	1:14.20	2300m: 28:31.21	1:15.24	3600m: 44:55.94	1:15.06
1100m: 13:34.31	1:15.05	2400m: 29:46.95	1:15.74	3700m: 46:11.05	1:15.11
1200m: 14:48.94	1:14.63	2500m: 31:02.58	1:15.63	3800m: 47:26.25	1:15.20
1300m: 16:03.10	1:14.16	2600m: 32:18.22	1:15.64	3900m: 48:41.87	1:15.62
10. GONZALEZ VAZQUEZ, Maria	08	C.N. Las Anclas Castrillon	1:02:46.08+	4:06.20	-
100m: 1:12.57	1:12.57	1400m: 17:17.28	1:15.06	2700m: 33:38.00	1:15.41
200m: 2:24.87	1:12.30	1500m: 18:31.77	1:14.49	2800m: 34:52.54	1:14.54
300m: 3:37.90	1:13.03	1600m: 19:46.36	1:14.59	2900m: 36:07.63	1:15.09
400m: 4:51.23	1:13.33	1700m: 21:01.67	1:15.31	3000m: 37:23.04	1:15.41
500m: 6:04.75	1:13.52	1800m: 22:16.70	1:15.03	3100m: 38:38.33	1:15.29
600m: 7:18.83	1:14.08	1900m: 23:32.36	1:15.66	3200m: 39:53.26	1:14.93
700m: 8:33.04	1:14.21	2000m: 24:48.23	1:15.87	3300m: 41:09.22	1:15.96
800m: 9:47.84	1:14.80	2100m: 26:03.96	1:15.73	3400m: 42:25.23	1:16.01
900m: 11:02.49	1:14.65	2200m: 27:19.64	1:15.68	3500m: 43:40.87	1:15.64
1000m: 12:17.21	1:14.72	2300m: 28:35.00	1:15.36	3600m: 44:56.61	1:15.74
1100m: 13:32.40	1:15.19	2400m: 29:50.94	1:15.94	3700m: 46:13.34	1:16.73
1200m: 14:47.01	1:14.61	2500m: 31:07.03	1:16.09	3800m: 47:30.42	1:17.08
1300m: 16:02.22	1:15.21	2600m: 32:22.59	1:15.56	3900m: 48:47.59	1:17.17
11. GRESELY SALETA, Victoria	09	C.N. Mataro	1:03:41.76+	5:01.88	-
100m: 1:13.78	1:13.78	1400m: 17:41.76	1:16.75	2700m: 34:09.95	1:16.43
200m: 2:29.28	1:15.50	1500m: 18:57.86	1:16.10	2800m: 35:26.68	1:16.73
300m: 3:44.99	1:15.71	1600m: 20:13.93	1:16.07	2900m: 36:42.82	1:16.14
400m: 5:00.95	1:15.96	1700m: 21:29.80	1:15.87	3000m: 37:59.35	1:16.53
500m: 6:16.89	1:15.94	1800m: 22:45.62	1:15.82	3100m: 39:15.61	1:16.26
600m: 7:32.68	1:15.79	1900m: 24:01.16	1:15.54	3200m: 40:32.09	1:16.48
700m: 8:48.37	1:15.69	2000m: 25:16.98	1:15.82	3300m: 41:48.46	1:16.37
800m: 10:04.33	1:15.96	2100m: 26:32.58	1:15.60	3400m: 43:05.17	1:16.71
900m: 11:20.38	1:16.05	2200m: 27:49.01	1:16.43	3500m: 44:22.11	1:16.94
1000m: 12:36.16	1:15.78	2300m: 29:05.76	1:16.75	3600m: 45:38.94	1:16.83
1100m: 13:52.57	1:16.41	2400m: 30:22.40	1:16.64	3700m: 46:56.26	1:17.32
1200m: 15:08.88	1:16.31	2500m: 31:39.48	1:17.08	3800m: 48:13.45	1:17.19
1300m: 16:25.01	1:16.13	2600m: 32:53.52	1:14.04	3900m: 49:30.65	1:17.20

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

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

Clasificación	AN						Tiempo																
12.	PADILLA GARCIA, Martina						09	C.N. Granollers						1:04:12.14+ 5:32.26	-								
100m:	1:12.88	1:12.88	1400m:	17:39.33	1:15.24	2700m:	34:17.74	1:20.16	4000m:	51:10.82	1:20.29	200m:	2:28.04	1:15.16	1500m:	18:55.57	1:16.24	2800m:	35:38.31	1:20.57	4100m:	52:30.70	1:19.88
300m:	3:43.81	1:15.77	1600m:	20:11.34	1:15.77	2900m:	36:58.58	1:20.27	4200m:	53:49.50	1:18.80	400m:	4:59.52	1:15.71	1700m:	21:26.94	1:15.60	3000m:	38:18.62	1:20.04	4300m:	55:07.28	1:17.78
500m:	6:15.85	1:16.33	1800m:	22:43.34	1:16.40	3100m:	39:39.21	1:20.59	4400m:	56:25.63	1:18.35	600m:	7:31.99	1:16.14	1900m:	23:59.61	1:16.27	3200m:	40:55.42	1:16.21	4500m:	57:43.49	1:17.86
700m:	8:48.02	1:16.03	2000m:	25:16.61	1:17.00	3300m:	42:11.37	1:15.95	4600m:	59:01.93	1:18.44	800m:	10:04.00	1:15.98	2100m:	26:33.03	1:16.42	3400m:	43:27.20	1:15.83	4700m:	1:00:20.53	1:18.60
900m:	11:20.18	1:16.18	2200m:	27:50.02	1:16.99	3500m:	44:43.23	1:16.03	4800m:	1:01:38.57	1:18.04	1000m:	12:36.15	1:15.97	2300m:	29:06.55	1:16.53	3600m:	45:59.67	1:16.44	4900m:	1:02:56.34	1:17.77
1100m:	13:52.15	1:16.00	2400m:	30:23.24	1:16.69	3700m:	47:15.59	1:15.92	5000m:	1:04:12.14	1:15.80	1200m:	15:08.19	1:16.04	2500m:	31:40.37	1:17.13	3800m:	48:32.26	1:16.67			
1300m:	16:24.09	1:15.90	2600m:	32:57.58	1:17.21	3900m:	49:50.53	1:18.27															
13.	GARCIA RAMIREZ, Sofia						09	C.N. Dos Hermanas						1:04:47.21+ 6:07.33	-								
100m:	1:10.94	1:10.94	1400m:	17:33.16	1:17.41	2700m:	34:30.43	1:18.89	4000m:	51:41.69	1:19.03	200m:	2:24.94	1:14.00	1500m:	18:50.97	1:17.81	2800m:	35:49.89	1:19.46	4100m:	53:01.33	1:19.64
300m:	3:38.78	1:13.84	1600m:	20:09.04	1:18.07	2900m:	37:08.75	1:18.86	4200m:	54:20.04	1:18.71	400m:	4:53.70	1:14.92	1700m:	21:26.55	1:17.51	3000m:	38:27.51	1:18.76	4300m:	55:39.23	1:19.19
500m:	6:08.91	1:15.21	1800m:	22:44.32	1:17.77	3100m:	39:46.97	1:19.46	4400m:	56:58.41	1:19.18	600m:	7:23.49	1:14.58	1900m:	24:02.49	1:18.17	3200m:	41:06.26	1:19.29	4500m:	58:17.55	1:19.14
700m:	8:38.54	1:15.05	2000m:	25:20.67	1:18.18	3300m:	42:25.07	1:18.81	4600m:	59:36.13	1:18.58	800m:	9:54.33	1:15.79	2100m:	26:38.71	1:18.04	3400m:	43:44.23	1:19.16	4700m:	1:00:55.80	1:19.67
900m:	11:10.13	1:15.80	2200m:	27:57.48	1:18.77	3500m:	45:04.15	1:19.92	4800m:	1:02:14.23	1:18.43	1000m:	12:25.72	1:15.59	2300m:	29:15.71	1:18.23	3600m:	46:24.03	1:19.88	4900m:	1:03:30.90	1:16.67
1100m:	13:41.76	1:16.04	2400m:	30:34.24	1:18.53	3700m:	47:43.55	1:19.52	5000m:	1:04:47.21	1:16.31	1200m:	14:58.85	1:17.09	2500m:	31:52.98	1:18.74	3800m:	49:03.67	1:20.12			
1300m:	16:15.75	1:16.90	2600m:	33:11.54	1:18.56	3900m:	50:22.66	1:18.99															
14.	DE MIGUEL GOMEZ, Ona						09	C.N. Sabadell						1:04:50.97+ 6:11.09	-								
100m:	1:13.47	1:13.47	1400m:	17:39.06	1:15.76	2700m:	34:39.18	1:19.09	4000m:	51:43.60	1:18.17	200m:	2:28.04	1:14.57	1500m:	18:55.83	1:16.77	2800m:	35:57.93	1:18.75	4100m:	53:01.94	1:18.34
300m:	3:43.19	1:15.15	1600m:	20:13.76	1:17.93	2900m:	37:17.52	1:19.59	4200m:	54:20.32	1:18.38	400m:	4:58.09	1:14.90	1700m:	21:30.07	1:16.31	3000m:	38:37.45	1:19.93	4300m:	55:39.17	1:18.85
500m:	6:13.79	1:15.70	1800m:	22:49.09	1:19.02	3100m:	39:54.95	1:17.50	4400m:	56:58.58	1:19.41	600m:	7:30.67	1:16.88	1900m:	24:07.49	1:18.40	3200m:	41:14.48	1:19.53	4500m:	58:17.69	1:19.11
700m:	8:47.09	1:16.42	2000m:	25:25.79	1:18.30	3300m:	42:32.70	1:18.22	4600m:	59:36.50	1:18.81	800m:	10:02.23	1:15.14	2100m:	26:43.76	1:17.97	3400m:	43:50.93	1:18.23	4700m:	1:00:55.22	1:18.72
900m:	11:18.30	1:16.07	2200m:	28:02.69	1:18.93	3500m:	45:09.69	1:18.76	4800m:	1:02:14.68	1:19.46	1000m:	12:34.75	1:16.45	2300m:	29:21.88	1:19.19	3600m:	46:29.19	1:19.50	4900m:	1:03:32.50	1:17.82
1100m:	13:50.64	1:15.89	2400m:	30:41.57	1:19.69	3700m:	47:48.07	1:18.88	5000m:	1:04:50.97	1:18.47	1200m:	15:07.21	1:16.57	2500m:	32:01.56	1:19.99	3800m:	49:07.02	1:18.95			
1300m:	16:23.30	1:16.09	2600m:	33:20.09	1:18.53	3900m:	50:25.43	1:18.41															
15.	RIVERO ESPILDORA, Cayetana						08	C.N. Mijas						1:05:22.60+ 6:42.72	-								
100m:	1:13.43	1:13.43	1400m:	17:57.13	1:17.51	2700m:	34:52.88	1:17.62	4000m:	52:04.14	1:20.33	200m:	2:28.07	1:14.64	1500m:	19:14.13	1:17.00	2800m:	36:10.87	1:17.99	4100m:	53:24.19	1:20.05
300m:	3:44.44	1:16.37	1600m:	20:31.73	1:17.60	2900m:	37:29.28	1:18.41	4200m:	54:44.53	1:20.34	400m:	5:01.67	1:17.23	1700m:	21:50.03	1:18.30	3000m:	38:47.99	1:18.71	4300m:	56:04.73	1:20.20
500m:	6:18.98	1:17.31	1800m:	23:08.91	1:18.88	3100m:	40:06.53	1:18.54	4400m:	57:24.58	1:19.85	600m:	7:36.59	1:17.61	1900m:	24:27.44	1:18.53	3200m:	41:25.70	1:19.17	4500m:	58:45.17	1:20.59
700m:	8:54.27	1:17.68	2000m:	25:45.88	1:18.44	3300m:	42:44.73	1:19.03	4600m:	1:00:05.69	1:20.52	800m:	10:11.86	1:17.59	2100m:	27:04.23	1:18.35	3400m:	44:03.84	1:19.11	4700m:	1:01:25.30	1:19.61
900m:	11:29.46	1:17.60	2200m:	28:22.57	1:18.34	3500m:	45:23.36	1:19.52	4800m:	1:02:45.37	1:20.07	1000m:	12:47.15	1:17.69	2300m:	29:41.10	1:18.53	3600m:	46:43.44	1:20.08	4900m:	1:04:04.92	1:19.55
1100m:	14:04.60	1:17.45	2400m:	31:00.25	1:19.15	3700m:	48:03.40	1:19.96	5000m:	1:05:22.60	1:17.68	1200m:	15:22.08	1:17.48	2500m:	32:18.48	1:18.23	3800m:	49:23.31	1:19.91			
1300m:	16:39.62	1:17.54	2600m:	33:35.26	1:16.78	3900m:	50:43.81	1:20.50															

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																																												
3. MOURENZA ROCHA, Ines	07 C.N. Portamiña Lugo						59:21.10+ 1:10.97 6,00																																												
100m: 1:08.66 1:08.66	1400m: 16:37.29 1:11.04	2700m: 32:07.72 1:11.43	4000m: 47:37.25 1:11.34	200m: 2:19.50 1:10.84	1500m: 17:48.03 1:10.74	2800m: 33:19.35 1:11.63	4100m: 48:48.16 1:10.91	300m: 3:30.25 1:10.75	1600m: 18:58.70 1:10.67	2900m: 34:30.53 1:11.18	4200m: 49:59.27 1:11.11	400m: 4:41.22 1:10.97	1700m: 20:10.43 1:11.73	3000m: 35:42.01 1:11.48	4300m: 51:10.17 1:10.90	500m: 5:52.72 1:11.50	1800m: 21:22.76 1:12.33	3100m: 36:53.58 1:11.57	4400m: 52:20.87 1:10.70	600m: 7:04.14 1:11.42	1900m: 22:35.35 1:12.59	3200m: 38:05.60 1:12.02	4500m: 53:31.60 1:10.73	700m: 8:15.49 1:11.35	2000m: 23:47.46 1:12.11	3300m: 39:17.09 1:11.49	4600m: 54:42.17 1:10.57	800m: 9:27.76 1:12.27	2100m: 24:59.01 1:11.55	3400m: 40:28.47 1:11.38	4700m: 55:52.65 1:10.48	900m: 10:39.69 1:11.93	2200m: 26:10.11 1:11.10	3500m: 41:40.19 1:11.72	4800m: 57:02.77 1:10.12	1000m: 11:51.39 1:11.70	2300m: 27:21.34 1:11.23	3600m: 42:51.91 1:11.72	4900m: 58:10.29 1:07.52	1100m: 13:03.31 1:11.92	2400m: 28:33.01 1:11.67	3700m: 44:03.60 1:11.69	5000m: 59:21.10 1:10.81	1200m: 14:14.97 1:11.66	2500m: 29:44.38 1:11.37	3800m: 45:14.91 1:11.31		1300m: 15:26.25 1:11.28	2600m: 30:56.29 1:11.91	3900m: 46:25.91 1:11.00	
4. MORA FERRANDIS, Ariadna	06 C.N. Ferca-San Jose						1:00:35.35+ 2:25.22 5,00																																												
100m: 1:10.02 1:10.02	1400m: 16:47.69 1:12.70	2700m: 32:33.77 1:13.09	4000m: 48:29.67 1:13.42	200m: 2:21.66 1:11.64	1500m: 18:00.22 1:12.53	2800m: 33:47.30 1:13.53	4100m: 49:42.77 1:13.10	300m: 3:33.67 1:12.01	1600m: 19:12.68 1:12.46	2900m: 35:00.51 1:13.21	4200m: 50:54.98 1:12.21	400m: 4:45.63 1:11.96	1700m: 20:25.34 1:12.66	3000m: 36:13.70 1:13.19	4300m: 52:07.17 1:12.19	500m: 5:58.07 1:12.44	1800m: 21:38.15 1:12.81	3100m: 37:27.59 1:13.89	4400m: 53:20.46 1:13.29	600m: 7:10.04 1:11.97	1900m: 22:51.09 1:12.94	3200m: 38:41.30 1:13.71	4500m: 54:33.74 1:13.28	700m: 8:22.61 1:12.57	2000m: 24:03.01 1:11.92	3300m: 39:54.86 1:13.56	4600m: 55:47.50 1:13.76	800m: 9:34.66 1:12.05	2100m: 25:15.78 1:12.77	3400m: 41:08.60 1:13.74	4700m: 56:59.83 1:12.33	900m: 10:46.65 1:11.99	2200m: 26:28.98 1:13.20	3500m: 42:22.25 1:13.65	4800m: 58:12.25 1:12.42	1000m: 11:58.37 1:11.72	2300m: 27:41.74 1:12.76	3600m: 43:36.03 1:13.78	4900m: 59:23.50 1:11.25	1100m: 13:10.57 1:12.20	2400m: 28:54.92 1:13.18	3700m: 44:49.61 1:13.58	5000m: 1:00:35.35 1:11.85	1200m: 14:22.59 1:12.02	2500m: 30:08.01 1:13.09	3800m: 46:03.62 1:14.01		1300m: 15:34.99 1:12.40	2600m: 31:20.68 1:12.67	3900m: 47:16.25 1:12.63	
5. LAPENA RUIZ, Julia	07 C.N. Helios						1:04:24.31+ 6:14.18 4,00																																												
100m: 1:11.63 1:11.63	1400m: 17:28.13 1:16.45	2700m: 34:15.83 1:18.77	4000m: 51:31.45 1:18.84	200m: 2:25.02 1:13.39	1500m: 18:45.06 1:16.93	2800m: 35:34.66 1:18.83	4100m: 52:48.90 1:17.45	300m: 3:38.19 1:13.17	1600m: 20:02.28 1:17.22	2900m: 36:54.34 1:19.68	4200m: 54:06.80 1:17.90	400m: 4:52.28 1:14.09	1700m: 21:19.67 1:17.39	3000m: 38:13.74 1:19.40	4300m: 55:25.04 1:18.24	500m: 6:05.81 1:13.53	1800m: 22:36.86 1:17.19	3100m: 39:33.04 1:19.30	4400m: 56:43.66 1:18.62	600m: 7:20.49 1:14.68	1900m: 23:53.64 1:16.78	3200m: 40:53.53 1:20.49	4500m: 58:01.19 1:17.53	700m: 8:35.39 1:14.90	2000m: 25:11.86 1:18.22	3300m: 42:13.49 1:19.96	4600m: 59:20.07 1:18.88	800m: 9:50.92 1:15.53	2100m: 26:29.83 1:17.97	3400m: 43:33.30 1:19.81	4700m: 1:00:38.16 1:18.09	900m: 11:06.47 1:15.55	2200m: 27:48.27 1:18.44	3500m: 44:55.02 1:21.72	4800m: 1:01:54.61 1:16.45	1000m: 12:22.68 1:16.21	2300m: 29:05.91 1:17.64	3600m: 46:14.42 1:19.40	4900m: 1:03:10.14 1:15.53	1100m: 13:39.35 1:16.67	2400m: 30:22.71 1:16.80	3700m: 47:34.00 1:19.58	5000m: 1:04:24.31 1:14.17	1200m: 14:55.21 1:15.86	2500m: 31:39.48 1:16.77	3800m: 48:53.31 1:19.31		1300m: 16:11.68 1:16.47	2600m: 32:57.06 1:17.58	3900m: 50:12.61 1:19.30	
6. RUIZ REYES, Raquel	07 C.N. Las Palmas						1:05:16.78+ 7:06.65 3,00																																												
100m: 1:12.12 1:12.12	1400m: 17:54.62 1:18.23	2700m: 34:57.29 1:17.54	4000m: 52:02.15 1:19.27	200m: 2:27.05 1:14.93	1500m: 19:13.23 1:18.61	2800m: 36:15.93 1:18.64	4100m: 53:21.17 1:19.02	300m: 3:42.99 1:15.94	1600m: 20:31.50 1:18.27	2900m: 37:34.82 1:18.89	4200m: 54:40.96 1:19.79	400m: 4:59.85 1:16.86	1700m: 21:50.31 1:18.81	3000m: 38:53.42 1:18.60	4300m: 56:00.19 1:19.23	500m: 6:16.08 1:16.23	1800m: 23:09.12 1:18.81	3100m: 40:12.14 1:18.72	4400m: 57:19.74 1:19.55	600m: 7:32.57 1:16.49	1900m: 24:28.77 1:19.65	3200m: 41:30.60 1:18.46	4500m: 58:39.29 1:19.55	700m: 8:49.98 1:17.41	2000m: 25:47.29 1:18.52	3300m: 42:50.58 1:19.98	4600m: 59:59.42 1:20.13	800m: 10:07.57 1:17.59	2100m: 27:06.62 1:19.33	3400m: 44:09.13 1:18.55	4700m: 1:01:19.47 1:20.05	900m: 11:24.87 1:17.30	2200m: 28:25.05 1:18.43	3500m: 45:27.35 1:18.22	4800m: 1:02:39.35 1:19.88	1000m: 12:42.98 1:18.11	2300m: 29:44.43 1:19.38	3600m: 46:45.44 1:18.09	4900m: 1:03:58.70 1:19.35	1100m: 14:00.21 1:17.23	2400m: 31:03.74 1:19.31	3700m: 48:04.66 1:19.22	5000m: 1:05:16.78 1:18.08	1200m: 15:18.51 1:18.30	2500m: 32:22.12 1:18.38	3800m: 49:23.56 1:18.90		1300m: 16:36.39 1:17.88	2600m: 33:39.75 1:17.63	3900m: 50:42.88 1:19.32	

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

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

Clasificación	AN	Equipo	Tempo
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						Tiempo																																												
4. SANCHEZ LORA, Candela	03 C.D. Gredos San Diego						59:15.04+ 2:10.95 5,00																																												
100m: 1:08.56 1:08.56	1400m: 16:18.88 1:10.28	2700m: 31:44.02 1:10.75	4000m: 47:17.38 1:11.82	200m: 2:17.43 1:08.87	1500m: 17:29.98 1:11.10	2800m: 32:55.23 1:11.21	4100m: 48:28.83 1:11.45	300m: 3:26.99 1:09.56	1600m: 18:40.91 1:10.93	2900m: 34:06.44 1:11.21	4200m: 49:40.15 1:11.32	400m: 4:36.70 1:09.71	1700m: 19:52.41 1:11.50	3000m: 35:18.68 1:12.24	4300m: 50:52.04 1:11.89	500m: 5:46.38 1:09.68	1800m: 21:04.11 1:11.70	3100m: 36:30.95 1:12.27	4400m: 52:03.76 1:11.72	600m: 6:56.48 1:10.10	1900m: 22:14.97 1:10.86	3200m: 37:42.24 1:11.29	4500m: 53:15.79 1:12.03	700m: 8:06.14 1:09.66	2000m: 23:25.83 1:10.86	3300m: 38:53.57 1:11.33	4600m: 54:27.74 1:11.95	800m: 9:16.02 1:09.88	2100m: 24:37.02 1:11.19	3400m: 40:05.77 1:12.20	4700m: 55:39.86 1:12.12	900m: 10:26.01 1:09.99	2200m: 25:48.37 1:11.35	3500m: 41:17.87 1:12.10	4800m: 56:51.93 1:12.07	1000m: 11:36.50 1:10.49	2300m: 26:59.72 1:11.35	3600m: 42:29.47 1:11.60	4900m: 58:03.67 1:11.74	1100m: 12:46.79 1:10.29	2400m: 28:11.26 1:11.54	3700m: 43:41.71 1:12.24	5000m: 59:15.04 1:11.37	1200m: 13:57.44 1:10.65	2500m: 29:22.37 1:11.11	3800m: 44:53.48 1:11.77		1300m: 15:08.60 1:11.16	2600m: 30:33.27 1:10.90	3900m: 46:05.56 1:12.08	
5. PEINADO MORALES, Irene	94 C.N. San Fernando						1:03:31.24+ 6:27.15 4,00																																												
100m: 1:11.93 1:11.93	1400m: 17:25.62 1:15.66	2700m: 33:58.91 1:16.68	4000m: 50:41.88 1:17.35	200m: 2:25.95 1:14.02	1500m: 18:41.51 1:15.89	2800m: 35:15.42 1:16.51	4100m: 51:58.42 1:16.54	300m: 3:40.05 1:14.10	1600m: 19:57.21 1:15.70	2900m: 36:32.57 1:17.15	4200m: 53:14.76 1:16.34	400m: 4:54.44 1:14.39	1700m: 21:13.31 1:16.10	3000m: 37:50.03 1:17.46	4300m: 54:31.06 1:16.30	500m: 6:09.44 1:15.00	1800m: 22:29.26 1:15.95	3100m: 39:07.38 1:17.35	4400m: 55:48.15 1:17.09	600m: 7:24.15 1:14.71	1900m: 23:45.64 1:16.38	3200m: 40:24.38 1:17.00	4500m: 57:05.67 1:17.52	700m: 8:39.11 1:14.96	2000m: 25:01.91 1:16.27	3300m: 41:41.30 1:16.92	4600m: 58:22.94 1:17.27	800m: 9:54.45 1:15.34	2100m: 26:18.06 1:16.15	3400m: 42:58.03 1:16.73	4700m: 59:40.91 1:17.97	900m: 11:09.41 1:14.96	2200m: 27:34.35 1:16.29	3500m: 44:14.79 1:16.76	4800m: 1:00:58.70 1:17.79	1000m: 12:24.37 1:14.96	2300m: 28:51.03 1:16.68	3600m: 45:31.97 1:17.18	4900m: 1:02:15.94 1:17.24	1100m: 13:39.45 1:15.08	2400m: 30:08.13 1:17.10	3700m: 46:49.40 1:17.43	5000m: 1:03:31.24 1:15.30	1200m: 14:54.68 1:15.23	2500m: 31:25.22 1:17.09	3800m: 48:07.01 1:17.61		1300m: 16:09.96 1:15.28	2600m: 32:42.23 1:17.01	3900m: 49:24.53 1:17.52	
6. ORTIZ DE GUINEA BASTON, Alba	97 C.N. Ponteareas						1:03:52.99+ 6:48.90 3,00																																												
100m: 1:11.05 1:11.05	1400m: 17:21.67 1:15.74	2700m: 33:51.67 1:16.37	4000m: 50:39.30 1:18.11	200m: 2:24.49 1:13.44	1500m: 18:37.16 1:15.49	2800m: 35:09.00 1:17.33	4100m: 51:57.25 1:17.95	300m: 3:38.42 1:13.93	1600m: 19:52.49 1:15.33	2900m: 36:25.87 1:16.87	4200m: 53:15.74 1:18.49	400m: 4:53.75 1:15.33	1700m: 21:08.17 1:15.68	3000m: 37:43.74 1:17.87	4300m: 54:35.02 1:19.28	500m: 6:08.31 1:14.56	1800m: 22:23.86 1:15.69	3100m: 39:00.84 1:17.10	4400m: 55:54.48 1:19.46	600m: 7:21.74 1:13.43	1900m: 23:39.49 1:15.63	3200m: 40:18.03 1:17.19	4500m: 57:14.10 1:19.62	700m: 8:35.79 1:14.05	2000m: 24:55.75 1:16.26	3300m: 41:34.97 1:16.94	4600m: 58:34.34 1:20.24	800m: 9:50.26 1:14.47	2100m: 26:12.15 1:16.40	3400m: 42:52.01 1:17.04	4700m: 59:54.14 1:19.80	900m: 11:05.10 1:14.84	2200m: 27:28.16 1:16.01	3500m: 44:09.72 1:17.71	4800m: 1:01:14.42 1:20.28	1000m: 12:19.84 1:14.74	2300m: 28:44.91 1:16.75	3600m: 45:27.52 1:17.80	4900m: 1:02:36.32 1:21.90	1100m: 13:34.86 1:15.02	2400m: 30:01.41 1:16.50	3700m: 46:45.48 1:17.96	5000m: 1:03:52.99 1:16.67	1200m: 14:50.33 1:15.47	2500m: 31:18.49 1:17.08	3800m: 48:03.33 1:17.85		1300m: 16:05.93 1:15.60	2600m: 32:35.30 1:16.81	3900m: 49:21.19 1:17.86	
7. 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	

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

Prueba 4, Fem., 5000m Libre, Senior

Clasificación	AN	Equipo	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
200m:	2:13.81 1:07.73	1500m: 16:50.41 1:08.03	2800m: 31:42.15 1:09.20
300m:	3:21.23 1:07.42	1600m: 17:58.05 1:07.64	2900m: 32:51.73 1:09.58
400m:	4:28.36 1:07.13	1700m: 19:06.16 1:08.11	3000m: 34:00.70 1:08.97
500m:	5:35.04 1:06.68	1800m: 20:14.37 1:08.21	3100m: 35:09.42 1:08.72
600m:	6:42.11 1:07.07	1900m: 21:22.78 1:08.41	3200m: 36:18.54 1:09.12
700m:	7:49.53 1:07.42	2000m: 22:31.16 1:08.38	3300m: 37:28.31 1:09.77
800m:	8:56.68 1:07.15	2100m: 23:39.61 1:08.45	3400m: 38:37.34 1:09.03
900m:	10:03.96 1:07.28	2200m: 24:48.43 1:08.82	3500m: 39:47.26 1:09.92
1000m:	11:11.48 1:07.52	2300m: 25:57.41 1:08.98	3600m: 40:57.16 1:09.90
1100m:	12:18.91 1:07.43	2400m: 27:06.26 1:08.85	3700m: 42:06.98 1:09.82
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
200m:	2:14.15 1:07.35	1500m: 16:56.51 1:08.71	2800m: 31:57.71 1:09.72
300m:	3:21.81 1:07.66	1600m: 18:05.93 1:09.42	2900m: 33:07.37 1:09.66
400m:	4:29.47 1:07.66	1700m: 19:15.12 1:09.19	3000m: 34:17.39 1:10.02
500m:	5:37.26 1:07.79	1800m: 20:24.26 1:09.14	3100m: 35:28.05 1:10.66
600m:	6:44.50 1:07.24	1900m: 21:33.35 1:09.09	3200m: 36:38.22 1:10.17
700m:	7:52.24 1:07.74	2000m: 22:42.91 1:09.56	3300m: 37:48.24 1:10.02
800m:	8:59.55 1:07.31	2100m: 23:52.55 1:09.64	3400m: 38:58.13 1:09.89
900m:	10:07.10 1:07.55	2200m: 25:01.75 1:09.20	3500m: 40:07.81 1:09.68
1000m:	11:14.93 1:07.83	2300m: 26:11.16 1:09.41	3600m: 41:17.76 1:09.95
1100m:	12:22.77 1:07.84	2400m: 27:20.80 1:09.64	3700m: 42:26.75 1:08.99
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
200m:	2:15.21 1:07.85	1500m: 17:04.35 1:09.76	2800m: 32:08.31 1:10.85
300m:	3:23.17 1:07.96	1600m: 18:13.96 1:09.61	2900m: 33:19.09 1:10.78
400m:	4:31.25 1:08.08	1700m: 19:23.60 1:09.64	3000m: 34:29.57 1:10.48
500m:	5:38.88 1:07.63	1800m: 20:32.61 1:09.01	3100m: 35:39.59 1:10.02
600m:	6:46.67 1:07.79	1900m: 21:41.99 1:09.38	3200m: 36:49.79 1:10.20
700m:	7:54.65 1:07.98	2000m: 22:51.19 1:09.20	3300m: 37:59.00 1:09.21
800m:	9:02.30 1:07.65	2100m: 23:59.65 1:08.46	3400m: 39:07.85 1:08.85
900m:	10:10.33 1:08.03	2200m: 25:08.64 1:08.99	3500m: 40:17.39 1:09.54
1000m:	11:19.03 1:08.70	2300m: 26:17.75 1:09.11	3600m: 41:26.38 1:08.99
1100m:	12:27.54 1:08.51	2400m: 27:27.11 1:09.36	3700m: 42:35.16 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				
4. MARTINEZ DE SALINAS PENA, Clara	07	E.M. El Olivar				58:10.13+	1:06.04	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			
5. COLL MARTI, Julia	07	C.N. Olot				58:19.58+	1:15.49	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			
6. RUBIO VILLORIA, Alba	09	C.N. Marina-Cartagena				58:39.88+	1:35.79	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			
7. SANCHEZ LORA, Candela	03	C.D. Gredos San Diego				59:15.04+	2:10.95	5,00			
100m:	1:08.56	1:08.56	1400m:	16:18.88	1:10.28	2700m:	31:44.02	1:10.75	4000m:	47:17.38	1:11.82
200m:	2:17.43	1:08.87	1500m:	17:29.98	1:11.10	2800m:	32:55.23	1:11.21	4100m:	48:28.83	1:11.45
300m:	3:26.99	1:09.56	1600m:	18:40.91	1:10.93	2900m:	34:06.44	1:11.21	4200m:	49:40.15	1:11.32
400m:	4:36.70	1:09.71	1700m:	19:52.41	1:11.50	3000m:	35:18.68	1:12.24	4300m:	50:52.04	1:11.89
500m:	5:46.38	1:09.68	1800m:	21:04.11	1:11.70	3100m:	36:30.95	1:12.27	4400m:	52:03.76	1:11.72
600m:	6:56.48	1:10.10	1900m:	22:14.97	1:10.86	3200m:	37:42.24	1:11.29	4500m:	53:15.79	1:12.03
700m:	8:06.14	1:09.66	2000m:	23:25.83	1:10.86	3300m:	38:53.57	1:11.33	4600m:	54:27.74	1:11.95
800m:	9:16.02	1:09.88	2100m:	24:37.02	1:11.19	3400m:	40:05.77	1:12.20	4700m:	55:39.86	1:12.12
900m:	10:26.01	1:09.99	2200m:	25:48.37	1:11.35	3500m:	41:17.87	1:12.10	4800m:	56:51.93	1:12.07
1000m:	11:36.50	1:10.49	2300m:	26:59.72	1:11.35	3600m:	42:29.47	1:11.60	4900m:	58:03.67	1:11.74
1100m:	12:46.79	1:10.29	2400m:	28:11.26	1:11.54	3700m:	43:41.71	1:12.24	5000m:	59:15.04	1:11.37
1200m:	13:57.44	1:10.65	2500m:	29:22.37	1:11.11	3800m:	44:53.48	1:11.77			
1300m:	15:08.60	1:11.16	2600m:	30:33.27	1:10.90	3900m:	46:05.56	1:12.08			

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

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

Clasificación	AN		Tiempo	
8. MOURENZA ROCHA, Ines	07	C.N. Portamiña Lugo	59:21.10+	2:17.01 6,00
100m: 1:08.66 1:08.66	1400m: 16:37.29 1:11.04	2700m: 32:07.72 1:11.43	4000m: 47:37.25 1:11.34	
200m: 2:19.50 1:10.84	1500m: 17:48.03 1:10.74	2800m: 33:19.35 1:11.63	4100m: 48:48.16 1:10.91	
300m: 3:30.25 1:10.75	1600m: 18:58.70 1:10.67	2900m: 34:30.53 1:11.18	4200m: 49:59.27 1:11.11	
400m: 4:41.22 1:10.97	1700m: 20:10.43 1:11.73	3000m: 35:42.01 1:11.48	4300m: 51:10.17 1:10.90	
500m: 5:52.72 1:11.50	1800m: 21:22.76 1:12.33	3100m: 36:53.58 1:11.57	4400m: 52:20.87 1:10.70	
600m: 7:04.14 1:11.42	1900m: 22:35.35 1:12.59	3200m: 38:05.60 1:12.02	4500m: 53:31.60 1:10.73	
700m: 8:15.49 1:11.35	2000m: 23:47.46 1:12.11	3300m: 39:17.09 1:11.49	4600m: 54:42.17 1:10.57	
800m: 9:27.76 1:12.27	2100m: 24:59.01 1:11.55	3400m: 40:28.47 1:11.38	4700m: 55:52.65 1:10.48	
900m: 10:39.69 1:11.93	2200m: 26:10.11 1:11.10	3500m: 41:40.19 1:11.72	4800m: 57:02.77 1:10.12	
1000m: 11:51.39 1:11.70	2300m: 27:21.34 1:11.23	3600m: 42:51.91 1:11.72	4900m: 58:10.29 1:07.52	
1100m: 13:03.31 1:11.92	2400m: 28:33.01 1:11.67	3700m: 44:03.60 1:11.69	5000m: 59:21.10 1:10.81	
1200m: 14:14.97 1:11.66	2500m: 29:44.38 1:11.37	3800m: 45:14.91 1:11.31		
1300m: 15:26.25 1:11.28	2600m: 30:56.29 1:11.91	3900m: 46:25.91 1:11.00		
9. DEL RIO DECABO, Carlota	09	C.N. Granollers	59:43.77+	2:39.68 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		
10. MORA FERRANDIS, Ariadna	06	C.N. Ferca-San Jose	1:00:35.35+	3:31.26 5,00
100m: 1:10.02 1:10.02	1400m: 16:47.69 1:12.70	2700m: 32:33.77 1:13.09	4000m: 48:29.67 1:13.42	
200m: 2:21.66 1:11.64	1500m: 18:00.22 1:12.53	2800m: 33:47.30 1:13.53	4100m: 49:42.77 1:13.10	
300m: 3:33.67 1:12.01	1600m: 19:12.68 1:12.46	2900m: 35:00.51 1:13.21	4200m: 50:54.98 1:12.21	
400m: 4:45.63 1:11.96	1700m: 20:25.34 1:12.66	3000m: 36:13.70 1:13.19	4300m: 52:07.17 1:12.19	
500m: 5:58.07 1:12.44	1800m: 21:38.15 1:12.81	3100m: 37:27.59 1:13.89	4400m: 53:20.46 1:13.29	
600m: 7:10.04 1:11.97	1900m: 22:51.09 1:12.94	3200m: 38:41.30 1:13.71	4500m: 54:33.74 1:13.28	
700m: 8:22.61 1:12.57	2000m: 24:03.01 1:11.92	3300m: 39:54.86 1:13.56	4600m: 55:47.50 1:13.76	
800m: 9:34.66 1:12.05	2100m: 25:15.78 1:12.77	3400m: 41:08.60 1:13.74	4700m: 56:59.83 1:12.33	
900m: 10:46.65 1:11.99	2200m: 26:28.98 1:13.20	3500m: 42:22.25 1:13.65	4800m: 58:12.25 1:12.42	
1000m: 11:58.37 1:11.72	2300m: 27:41.74 1:12.76	3600m: 43:36.03 1:13.78	4900m: 59:23.50 1:11.25	
1100m: 13:10.57 1:12.20	2400m: 28:54.92 1:13.18	3700m: 44:49.61 1:13.58	5000m: 1:00:35.35 1:11.85	
1200m: 14:22.59 1:12.02	2500m: 30:08.01 1:13.09	3800m: 46:03.62 1:14.01		
1300m: 15:34.99 1:12.40	2600m: 31:20.68 1:12.67	3900m: 47:16.25 1:12.63		
11. MALO MORENO, Ariadna	08	C.D. Amaya	1:00:39.06+	3:34.97 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		

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

Clasificación	AN		Tiempo		
12. MEDINA MARTIN, Julia	09	C.N. Fuengirola	1:01:09.97+	4:05.88	5,00
100m: 1:11.42 1:11.42	1400m: 16:59.37 1:12.94	2700m: 32:51.78 1:12.77	4000m: 48:57.35 1:14.59		
200m: 2:23.06 1:11.64	1500m: 18:11.94 1:12.57	2800m: 34:05.84 1:14.06	4100m: 50:11.18 1:13.83		
300m: 3:36.39 1:13.33	1600m: 19:25.09 1:13.15	2900m: 35:20.44 1:14.60	4200m: 51:24.91 1:13.73		
400m: 4:48.78 1:12.39	1700m: 20:38.51 1:13.42	3000m: 36:35.25 1:14.81	4300m: 52:38.82 1:13.91		
500m: 6:00.75 1:11.97	1800m: 21:52.06 1:13.55	3100m: 37:48.98 1:13.73	4400m: 53:52.23 1:13.41		
600m: 7:13.36 1:12.61	1900m: 23:05.96 1:13.90	3200m: 39:02.73 1:13.75	4500m: 55:05.23 1:13.00		
700m: 8:25.62 1:12.26	2000m: 24:19.27 1:13.31	3300m: 40:16.86 1:14.13	4600m: 56:18.71 1:13.48		
800m: 9:39.03 1:13.41	2100m: 25:32.01 1:12.74	3400m: 41:30.74 1:13.88	4700m: 57:32.31 1:13.60		
900m: 10:52.61 1:13.58	2200m: 26:45.15 1:13.14	3500m: 42:45.96 1:15.22	4800m: 58:45.48 1:13.17		
1000m: 12:06.13 1:13.52	2300m: 27:57.59 1:12.44	3600m: 43:59.90 1:13.94	4900m: 59:59.04 1:13.56		
1100m: 13:19.39 1:13.26	2400m: 29:11.19 1:13.60	3700m: 45:14.41 1:14.51	5000m: 1:01:09.97 1:10.93		
1200m: 14:32.95 1:13.56	2500m: 30:24.75 1:13.56	3800m: 46:28.78 1:14.37			
1300m: 15:46.43 1:13.48	2600m: 31:39.01 1:14.26	3900m: 47:42.76 1:13.98			
13. JAEN SERRA, Naira	08	C.D.N. Nadamas Las Marinas	1:01:39.69+	4:35.60	4,00
100m: 1:09.93 1:09.93	1400m: 16:42.21 1:13.29	2700m: 32:43.96 1:16.08	4000m: 49:04.55 1:16.31		
200m: 2:20.54 1:10.61	1500m: 17:55.82 1:13.61	2800m: 33:58.94 1:14.98	4100m: 50:20.50 1:15.95		
300m: 3:31.72 1:11.18	1600m: 19:09.87 1:14.05	2900m: 35:15.02 1:16.08	4200m: 51:36.39 1:15.89		
400m: 4:42.17 1:10.45	1700m: 20:23.59 1:13.72	3000m: 36:30.42 1:15.40	4300m: 52:52.60 1:16.21		
500m: 5:53.15 1:10.98	1800m: 21:37.36 1:13.77	3100m: 37:42.82 1:12.40	4400m: 54:08.67 1:16.07		
600m: 7:03.73 1:10.58	1900m: 22:51.15 1:13.79	3200m: 38:57.38 1:14.56	4500m: 55:25.27 1:16.60		
700m: 8:14.61 1:10.88	2000m: 24:04.72 1:13.57	3300m: 40:12.57 1:15.19	4600m: 56:40.10 1:14.83		
800m: 9:25.70 1:11.09	2100m: 25:18.42 1:13.70	3400m: 41:28.66 1:16.09	4700m: 57:56.44 1:16.34		
900m: 10:37.33 1:11.63	2200m: 26:33.85 1:15.43	3500m: 42:46.18 1:17.52	4800m: 59:11.26 1:14.82		
1000m: 11:49.42 1:12.09	2300m: 27:46.68 1:12.83	3600m: 44:02.33 1:16.15	4900m: 1:00:25.81 1:14.55		
1100m: 13:02.52 1:13.10	2400m: 28:59.57 1:12.89	3700m: 45:17.85 1:15.52	5000m: 1:01:39.69 1:13.88		
1200m: 14:15.70 1:13.18	2500m: 30:13.86 1:14.29	3800m: 46:34.12 1:16.27			
1300m: 15:28.92 1:13.22	2600m: 31:27.88 1:14.02	3900m: 47:48.24 1:14.12			
14. RECUERO DIAZ, Laura	08	C.D. Gredos San Diego	1:02:18.05+	5:13.96	3,00
100m: 1:10.97 1:10.97	1400m: 17:07.98 1:14.69	2700m: 33:21.83 1:14.89	4000m: 49:46.41 1:15.59		
200m: 2:23.48 1:12.51	1500m: 18:22.60 1:14.62	2800m: 34:37.06 1:15.23	4100m: 51:01.89 1:15.48		
300m: 3:36.31 1:12.83	1600m: 19:37.41 1:14.81	2900m: 35:52.09 1:15.03	4200m: 52:17.22 1:15.33		
400m: 4:49.15 1:12.84	1700m: 20:52.13 1:14.72	3000m: 37:07.79 1:15.70	4300m: 53:32.99 1:15.77		
500m: 6:01.71 1:12.56	1800m: 22:07.00 1:14.87	3100m: 38:23.93 1:16.14	4400m: 54:48.88 1:15.89		
600m: 7:14.97 1:13.26	1900m: 23:22.33 1:15.33	3200m: 39:39.33 1:15.40	4500m: 56:04.85 1:15.97		
700m: 8:28.55 1:13.58	2000m: 24:37.39 1:15.06	3300m: 40:55.19 1:15.86	4600m: 57:20.44 1:15.59		
800m: 9:42.48 1:13.93	2100m: 25:52.11 1:14.72	3400m: 42:10.93 1:15.74	4700m: 58:36.20 1:15.76		
900m: 10:56.45 1:13.97	2200m: 27:06.65 1:14.54	3500m: 43:26.94 1:16.01	4800m: 59:51.38 1:15.18		
1000m: 12:10.70 1:14.25	2300m: 28:21.35 1:14.70	3600m: 44:42.75 1:15.81	4900m: 1:01:05.92 1:14.54		
1100m: 13:24.74 1:14.04	2400m: 29:36.09 1:14.74	3700m: 45:58.98 1:16.23	5000m: 1:02:18.05 1:12.13		
1200m: 14:39.07 1:14.33	2500m: 30:51.55 1:15.46	3800m: 47:14.76 1:15.78			
1300m: 15:53.29 1:14.22	2600m: 32:06.94 1:15.39	3900m: 48:30.82 1:16.06			
15. BARROS DA SILVA, Sofia	09	C.N. Galaico	1:02:19.94+	5:15.85	2,00
100m: 1:10.21 1:10.21	1400m: 17:00.76 1:14.16	2700m: 33:20.39 1:15.63	4000m: 49:45.10 1:15.26		
200m: 2:21.63 1:11.42	1500m: 18:15.57 1:14.81	2800m: 34:35.61 1:15.22	4100m: 51:00.60 1:15.50		
300m: 3:33.86 1:12.23	1600m: 19:30.44 1:14.87	2900m: 35:50.80 1:15.19	4200m: 52:16.04 1:15.44		
400m: 4:46.47 1:12.61	1700m: 20:45.99 1:15.55	3000m: 37:06.66 1:15.86	4300m: 53:32.86 1:16.82		
500m: 5:59.09 1:12.62	1800m: 22:00.79 1:14.80	3100m: 38:22.13 1:15.47	4400m: 54:49.04 1:16.18		
600m: 7:11.74 1:12.65	1900m: 23:16.33 1:15.54	3200m: 39:37.58 1:15.45	4500m: 56:05.22 1:16.18		
700m: 8:24.65 1:12.91	2000m: 24:31.93 1:15.60	3300m: 40:53.57 1:15.99	4600m: 57:20.86 1:15.64		
800m: 9:37.69 1:13.04	2100m: 25:47.55 1:15.62	3400m: 42:09.39 1:15.82	4700m: 58:36.25 1:15.39		
900m: 10:51.14 1:13.45	2200m: 27:02.93 1:15.38	3500m: 43:25.38 1:15.99	4800m: 59:51.00 1:14.75		
1000m: 12:04.48 1:13.34	2300m: 28:18.45 1:15.52	3600m: 44:41.36 1:15.98	4900m: 1:01:05.30 1:14.30		
1100m: 13:18.02 1:13.54	2400m: 29:33.71 1:15.26	3700m: 45:57.23 1:15.87	5000m: 1:02:19.94 1:14.64		
1200m: 14:31.94 1:13.92	2500m: 30:48.99 1:15.28	3800m: 47:13.38 1:16.15			
1300m: 15:46.60 1:14.66	2600m: 32:04.76 1:15.77	3900m: 48:29.84 1:16.46			

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

Clasificación	AN						Tiempo			
16. SIERRA RIERA, Joana Maria	08 Cn.Palma De Mallorca						1:02:26.17+ 5:22.08 1,00			
100m: 1:08.83	1:08.83	1400m: 16:56.08	1:13.87	2700m: 33:08.33	1:15.49	4000m: 49:37.51	1:16.37			
200m: 2:20.43	1:11.60	1500m: 18:09.92	1:13.84	2800m: 34:23.42	1:15.09	4100m: 50:54.41	1:16.90			
300m: 3:33.54	1:13.11	1600m: 19:24.35	1:14.43	2900m: 35:38.66	1:15.24	4200m: 52:11.32	1:16.91			
400m: 4:45.73	1:12.19	1700m: 20:38.30	1:13.95	3000m: 36:53.38	1:14.72	4300m: 53:29.01	1:17.69			
500m: 5:57.93	1:12.20	1800m: 21:52.56	1:14.26	3100m: 38:08.79	1:15.41	4400m: 54:46.23	1:17.22			
600m: 7:10.33	1:12.40	1900m: 23:06.70	1:14.14	3200m: 39:24.64	1:15.85	4500m: 56:04.04	1:17.81			
700m: 8:22.78	1:12.45	2000m: 24:21.81	1:15.11	3300m: 40:41.02	1:16.38	4600m: 57:20.61	1:16.57			
800m: 9:35.66	1:12.88	2100m: 25:36.78	1:14.97	3400m: 41:57.49	1:16.47	4700m: 58:37.69	1:17.08			
900m: 10:48.01	1:12.35	2200m: 26:51.40	1:14.62	3500m: 43:15.03	1:17.54	4800m: 59:54.49	1:16.80			
1000m: 12:01.13	1:13.12	2300m: 28:06.67	1:15.27	3600m: 44:32.34	1:17.31	4900m: 1:01:10.74	1:16.25			
1100m: 13:14.26	1:13.13	2400m: 29:22.36	1:15.69	3700m: 45:49.50	1:17.16	5000m: 1:02:26.17	1:15.43			
1200m: 14:27.67	1:13.41	2500m: 30:37.20	1:14.84	3800m: 47:05.97	1:16.47					
1300m: 15:42.21	1:14.54	2600m: 31:52.84	1:15.64	3900m: 48:21.14	1:15.17					
17. ALVAREZ FERNANDEZ, Cecilia	09 C.D. Gredos San Diego						1:02:34.85+ 5:30.76 -			
100m: 1:13.25	1:13.25	1400m: 17:17.33	1:14.23	2700m: 33:33.85	1:15.63	4000m: 49:57.95	1:16.08			
200m: 2:27.03	1:13.78	1500m: 18:31.50	1:14.17	2800m: 34:49.48	1:15.63	4100m: 51:13.24	1:15.29			
300m: 3:40.41	1:13.38	1600m: 19:46.01	1:14.51	2900m: 36:05.37	1:15.89	4200m: 52:28.89	1:15.65			
400m: 4:54.17	1:13.76	1700m: 21:00.99	1:14.98	3000m: 37:21.32	1:15.95	4300m: 53:44.70	1:15.81			
500m: 6:07.85	1:13.68	1800m: 22:15.61	1:14.62	3100m: 38:37.49	1:16.17	4400m: 55:00.71	1:16.01			
600m: 7:22.00	1:14.15	1900m: 23:30.36	1:14.75	3200m: 39:53.82	1:16.33	4500m: 56:16.73	1:16.02			
700m: 8:35.94	1:13.94	2000m: 24:45.82	1:15.46	3300m: 41:09.65	1:15.83	4600m: 57:32.66	1:15.93			
800m: 9:50.71	1:14.77	2100m: 26:00.81	1:14.99	3400m: 42:25.36	1:15.71	4700m: 58:49.08	1:16.42			
900m: 11:05.06	1:14.35	2200m: 27:15.97	1:15.16	3500m: 43:40.88	1:15.52	4800m: 1:00:05.41	1:16.33			
1000m: 12:19.26	1:14.20	2300m: 28:31.21	1:15.24	3600m: 44:55.94	1:15.06	4900m: 1:01:20.66	1:15.25			
1100m: 13:34.31	1:15.05	2400m: 29:46.95	1:15.74	3700m: 46:11.05	1:15.11	5000m: 1:02:34.85	1:14.19			
1200m: 14:48.94	1:14.63	2500m: 31:02.58	1:15.63	3800m: 47:26.25	1:15.20					
1300m: 16:03.10	1:14.16	2600m: 32:18.22	1:15.64	3900m: 48:41.87	1:15.62					
18. GONZALEZ VAZQUEZ, Maria	08 C.N. Las Anclas Castrillon						1:02:46.08+ 5:41.99 -			
100m: 1:12.57	1:12.57	1400m: 17:17.28	1:15.06	2700m: 33:38.00	1:15.41	4000m: 50:04.72	1:17.13			
200m: 2:24.87	1:12.30	1500m: 18:31.77	1:14.49	2800m: 34:52.54	1:14.54	4100m: 51:21.60	1:16.88			
300m: 3:37.90	1:13.03	1600m: 19:46.36	1:14.59	2900m: 36:07.63	1:15.09	4200m: 52:38.36	1:16.76			
400m: 4:51.23	1:13.33	1700m: 21:01.67	1:15.31	3000m: 37:23.04	1:15.41	4300m: 53:54.44	1:16.08			
500m: 6:04.75	1:13.52	1800m: 22:16.70	1:15.03	3100m: 38:38.33	1:15.29	4400m: 55:10.70	1:16.26			
600m: 7:18.83	1:14.08	1900m: 23:32.36	1:15.66	3200m: 39:53.26	1:14.93	4500m: 56:27.39	1:16.69			
700m: 8:33.04	1:14.21	2000m: 24:48.23	1:15.87	3300m: 41:09.22	1:15.96	4600m: 57:43.69	1:16.30			
800m: 9:47.84	1:14.80	2100m: 26:03.96	1:15.73	3400m: 42:25.23	1:16.01	4700m: 58:59.73	1:16.04			
900m: 11:02.49	1:14.65	2200m: 27:19.64	1:15.68	3500m: 43:40.87	1:15.64	4800m: 1:00:15.94	1:16.21			
1000m: 12:17.21	1:14.72	2300m: 28:35.00	1:15.36	3600m: 44:56.61	1:15.74	4900m: 1:01:31.61	1:15.67			
1100m: 13:32.40	1:15.19	2400m: 29:50.94	1:15.94	3700m: 46:13.34	1:16.73	5000m: 1:02:46.08	1:14.47			
1200m: 14:47.01	1:14.61	2500m: 31:07.03	1:16.09	3800m: 47:30.42	1:17.08					
1300m: 16:02.22	1:15.21	2600m: 32:22.59	1:15.56	3900m: 48:47.59	1:17.17					
19. PEINADO MORALES, Irene	94 C.N. San Fernando						1:03:31.24+ 6:27.15 4,00			
100m: 1:11.93	1:11.93	1400m: 17:25.62	1:15.66	2700m: 33:58.91	1:16.68	4000m: 50:41.88	1:17.35			
200m: 2:25.95	1:14.02	1500m: 18:41.51	1:15.89	2800m: 35:15.42	1:16.51	4100m: 51:58.42	1:16.54			
300m: 3:40.05	1:14.10	1600m: 19:57.21	1:15.70	2900m: 36:32.57	1:17.15	4200m: 53:14.76	1:16.34			
400m: 4:54.44	1:14.39	1700m: 21:13.31	1:16.10	3000m: 37:50.03	1:17.46	4300m: 54:31.06	1:16.30			
500m: 6:09.44	1:15.00	1800m: 22:29.26	1:15.95	3100m: 39:07.38	1:17.35	4400m: 55:48.15	1:17.09			
600m: 7:24.15	1:14.71	1900m: 23:45.64	1:16.38	3200m: 40:24.38	1:17.00	4500m: 57:05.67	1:17.52			
700m: 8:39.11	1:14.96	2000m: 25:01.91	1:16.27	3300m: 41:41.30	1:16.92	4600m: 58:22.94	1:17.27			
800m: 9:54.45	1:15.34	2100m: 26:18.06	1:16.15	3400m: 42:58.03	1:16.73	4700m: 59:40.91	1:17.97			
900m: 11:09.41	1:14.96	2200m: 27:34.35	1:16.29	3500m: 44:14.79	1:16.76	4800m: 1:00:58.70	1:17.79			
1000m: 12:24.37	1:14.96	2300m: 28:51.03	1:16.68	3600m: 45:31.97	1:17.18	4900m: 1:02:15.94	1:17.24			
1100m: 13:39.45	1:15.08	2400m: 30:08.13	1:17.10	3700m: 46:49.40	1:17.43	5000m: 1:03:31.24	1:15.30			
1200m: 14:54.68	1:15.23	2500m: 31:25.22	1:17.09	3800m: 48:07.01	1:17.61					
1300m: 16:09.96	1:15.28	2600m: 32:42.23	1:17.01	3900m: 49:24.53	1:17.52					

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

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

Clasificación	AN		Tiempo		
20. GRESELY SALETA, Victoria	09	C.N. Mataro	1:03:41.76+	6:37.67	-
100m: 1:13.78	1:13.78	1400m: 17:41.76	1:16.75	2700m: 34:09.95	1:16.43
200m: 2:29.28	1:15.50	1500m: 18:57.86	1:16.10	2800m: 35:26.68	1:16.73
300m: 3:44.99	1:15.71	1600m: 20:13.93	1:16.07	2900m: 36:42.82	1:16.14
400m: 5:00.95	1:15.96	1700m: 21:29.80	1:15.87	3000m: 37:59.35	1:16.53
500m: 6:16.89	1:15.94	1800m: 22:45.62	1:15.82	3100m: 39:15.61	1:16.26
600m: 7:32.68	1:15.79	1900m: 24:01.16	1:15.54	3200m: 40:32.09	1:16.48
700m: 8:48.37	1:15.69	2000m: 25:16.98	1:15.82	3300m: 41:48.46	1:16.37
800m: 10:04.33	1:15.96	2100m: 26:32.58	1:15.60	3400m: 43:05.17	1:16.71
900m: 11:20.38	1:16.05	2200m: 27:49.01	1:16.43	3500m: 44:22.11	1:16.94
1000m: 12:36.16	1:15.78	2300m: 29:05.76	1:16.75	3600m: 45:38.94	1:16.83
1100m: 13:52.57	1:16.41	2400m: 30:22.40	1:16.64	3700m: 46:56.26	1:17.32
1200m: 15:08.88	1:16.31	2500m: 31:39.48	1:17.08	3800m: 48:13.45	1:17.19
1300m: 16:25.01	1:16.13	2600m: 32:53.52	1:14.04	3900m: 49:30.65	1:17.20
21. ORTIZ DE GUINEA BASTON, Alba	97	C.N. Pontareas	1:03:52.99+	6:48.90	3,00
100m: 1:11.05	1:11.05	1400m: 17:21.67	1:15.74	2700m: 33:51.67	1:16.37
200m: 2:24.49	1:13.44	1500m: 18:37.16	1:15.49	2800m: 35:09.00	1:17.33
300m: 3:38.42	1:13.93	1600m: 19:52.49	1:15.33	2900m: 36:25.87	1:16.87
400m: 4:53.75	1:15.33	1700m: 21:08.17	1:15.68	3000m: 37:43.74	1:17.87
500m: 6:08.31	1:14.56	1800m: 22:23.86	1:15.69	3100m: 39:00.84	1:17.10
600m: 7:21.74	1:13.43	1900m: 23:39.49	1:15.63	3200m: 40:18.03	1:17.19
700m: 8:35.79	1:14.05	2000m: 24:55.75	1:16.26	3300m: 41:34.97	1:16.94
800m: 9:50.26	1:14.47	2100m: 26:12.15	1:16.40	3400m: 42:52.01	1:17.04
900m: 11:05.10	1:14.84	2200m: 27:28.16	1:16.01	3500m: 44:09.72	1:17.71
1000m: 12:19.84	1:14.74	2300m: 28:44.91	1:16.75	3600m: 45:27.52	1:17.80
1100m: 13:34.86	1:15.02	2400m: 30:01.41	1:16.50	3700m: 46:45.48	1:17.96
1200m: 14:50.33	1:15.47	2500m: 31:18.49	1:17.08	3800m: 48:03.33	1:17.85
1300m: 16:05.93	1:15.60	2600m: 32:35.30	1:16.81	3900m: 49:21.19	1:17.86
22. PADILLA GARCIA, Martina	09	C.N. Granollers	1:04:12.14+	7:08.05	-
100m: 1:12.88	1:12.88	1400m: 17:39.33	1:15.24	2700m: 34:17.74	1:20.16
200m: 2:28.04	1:15.16	1500m: 18:55.57	1:16.24	2800m: 35:38.31	1:20.57
300m: 3:43.81	1:15.77	1600m: 20:11.34	1:15.77	2900m: 36:58.58	1:20.27
400m: 4:59.52	1:15.71	1700m: 21:26.94	1:15.60	3000m: 38:18.62	1:20.04
500m: 6:15.85	1:16.33	1800m: 22:43.34	1:16.40	3100m: 39:39.21	1:20.59
600m: 7:31.99	1:16.14	1900m: 23:59.61	1:16.27	3200m: 40:55.42	1:16.21
700m: 8:48.02	1:16.03	2000m: 25:16.61	1:17.00	3300m: 42:11.37	1:15.95
800m: 10:04.00	1:15.98	2100m: 26:33.03	1:16.42	3400m: 43:27.20	1:15.83
900m: 11:20.18	1:16.18	2200m: 27:50.02	1:16.99	3500m: 44:43.23	1:16.03
1000m: 12:36.15	1:15.97	2300m: 29:06.55	1:16.53	3600m: 45:59.67	1:16.44
1100m: 13:52.15	1:16.00	2400m: 30:23.24	1:16.69	3700m: 47:15.59	1:15.92
1200m: 15:08.19	1:16.04	2500m: 31:40.37	1:17.13	3800m: 48:32.26	1:16.67
1300m: 16:24.09	1:15.90	2600m: 32:57.58	1:17.21	3900m: 49:50.53	1:18.27
23. LAPENA RUIZ, Julia	07	C.N. Helios	1:04:24.31+	7:20.22	4,00
100m: 1:11.63	1:11.63	1400m: 17:28.13	1:16.45	2700m: 34:15.83	1:18.77
200m: 2:25.02	1:13.39	1500m: 18:45.06	1:16.93	2800m: 35:34.66	1:18.83
300m: 3:38.19	1:13.17	1600m: 20:02.28	1:17.22	2900m: 36:54.34	1:19.68
400m: 4:52.28	1:14.09	1700m: 21:19.67	1:17.39	3000m: 38:13.74	1:19.40
500m: 6:05.81	1:13.53	1800m: 22:36.86	1:17.19	3100m: 39:33.04	1:19.30
600m: 7:20.49	1:14.68	1900m: 23:53.64	1:16.78	3200m: 40:53.53	1:20.49
700m: 8:35.39	1:14.90	2000m: 25:11.86	1:18.22	3300m: 42:13.49	1:19.96
800m: 9:50.92	1:15.53	2100m: 26:29.83	1:17.97	3400m: 43:33.30	1:19.81
900m: 11:06.47	1:15.55	2200m: 27:48.27	1:18.44	3500m: 44:55.02	1:21.72
1000m: 12:22.68	1:16.21	2300m: 29:05.91	1:17.64	3600m: 46:14.42	1:19.40
1100m: 13:39.35	1:16.67	2400m: 30:22.71	1:16.80	3700m: 47:34.00	1:19.58
1200m: 14:55.21	1:15.86	2500m: 31:39.48	1:16.77	3800m: 48:53.31	1:19.31
1300m: 16:11.68	1:16.47	2600m: 32:57.06	1:17.58	3900m: 50:12.61	1:19.30

XVI Cto. de España Larga Distancia
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Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN						Tiempo			
24. GARCIA RAMIREZ, Sofia	09	C.N. Dos Hermanas					1:04:47.21+	7:43.12	-	
100m: 1:10.94	1:10.94	1400m: 17:33.16	1:17.41	2700m: 34:30.43	1:18.89	4000m: 51:41.69	1:19.03			
200m: 2:24.94	1:14.00	1500m: 18:50.97	1:17.81	2800m: 35:49.89	1:19.46	4100m: 53:01.33	1:19.64			
300m: 3:38.78	1:13.84	1600m: 20:09.04	1:18.07	2900m: 37:08.75	1:18.86	4200m: 54:20.04	1:18.71			
400m: 4:53.70	1:14.92	1700m: 21:26.55	1:17.51	3000m: 38:27.51	1:18.76	4300m: 55:39.23	1:19.19			
500m: 6:08.91	1:15.21	1800m: 22:44.32	1:17.77	3100m: 39:46.97	1:19.46	4400m: 56:58.41	1:19.18			
600m: 7:23.49	1:14.58	1900m: 24:02.49	1:18.17	3200m: 41:06.26	1:19.29	4500m: 58:17.55	1:19.14			
700m: 8:38.54	1:15.05	2000m: 25:20.67	1:18.18	3300m: 42:25.07	1:18.81	4600m: 59:36.13	1:18.58			
800m: 9:54.33	1:15.79	2100m: 26:38.71	1:18.04	3400m: 43:44.23	1:19.16	4700m: 1:00:55.80	1:19.67			
900m: 11:10.13	1:15.80	2200m: 27:57.48	1:18.77	3500m: 45:04.15	1:19.92	4800m: 1:02:14.23	1:18.43			
1000m: 12:25.72	1:15.59	2300m: 29:15.71	1:18.23	3600m: 46:24.03	1:19.88	4900m: 1:03:30.90	1:16.67			
1100m: 13:41.76	1:16.04	2400m: 30:34.24	1:18.53	3700m: 47:43.55	1:19.52	5000m: 1:04:47.21	1:16.31			
1200m: 14:58.85	1:17.09	2500m: 31:52.98	1:18.74	3800m: 49:03.67	1:20.12					
1300m: 16:15.75	1:16.90	2600m: 33:11.54	1:18.56	3900m: 50:22.66	1:18.99					
25. DE MIGUEL GOMEZ, Ona	09	C.N. Sabadell					1:04:50.97+	7:46.88	-	
100m: 1:13.47	1:13.47	1400m: 17:39.06	1:15.76	2700m: 34:39.18	1:19.09	4000m: 51:43.60	1:18.17			
200m: 2:28.04	1:14.57	1500m: 18:55.83	1:16.77	2800m: 35:57.93	1:18.75	4100m: 53:01.94	1:18.34			
300m: 3:43.19	1:15.15	1600m: 20:13.76	1:17.93	2900m: 37:17.52	1:19.59	4200m: 54:20.32	1:18.38			
400m: 4:58.09	1:14.90	1700m: 21:30.07	1:16.31	3000m: 38:37.45	1:19.93	4300m: 55:39.17	1:18.85			
500m: 6:13.79	1:15.70	1800m: 22:49.09	1:19.02	3100m: 39:54.95	1:17.50	4400m: 56:58.58	1:19.41			
600m: 7:30.67	1:16.88	1900m: 24:07.49	1:18.40	3200m: 41:14.48	1:19.53	4500m: 58:17.69	1:19.11			
700m: 8:47.09	1:16.42	2000m: 25:25.79	1:18.30	3300m: 42:32.70	1:18.22	4600m: 59:36.50	1:18.81			
800m: 10:02.23	1:15.14	2100m: 26:43.76	1:17.97	3400m: 43:50.93	1:18.23	4700m: 1:00:55.22	1:18.72			
900m: 11:18.30	1:16.07	2200m: 28:02.69	1:18.93	3500m: 45:09.69	1:18.76	4800m: 1:02:14.68	1:19.46			
1000m: 12:34.75	1:16.45	2300m: 29:21.88	1:19.19	3600m: 46:29.19	1:19.50	4900m: 1:03:32.50	1:17.82			
1100m: 13:50.64	1:15.89	2400m: 30:41.57	1:19.69	3700m: 47:48.07	1:18.88	5000m: 1:04:50.97	1:18.47			
1200m: 15:07.21	1:16.57	2500m: 32:01.56	1:19.99	3800m: 49:07.02	1:18.95					
1300m: 16:23.30	1:16.09	2600m: 33:20.09	1:18.53	3900m: 50:25.43	1:18.41					
26. RUIZ REYES, Raquel	07	C.N. Las Palmas					1:05:16.78+	8:12.69	3,00	
100m: 1:12.12	1:12.12	1400m: 17:54.62	1:18.23	2700m: 34:57.29	1:17.54	4000m: 52:02.15	1:19.27			
200m: 2:27.05	1:14.93	1500m: 19:13.23	1:18.61	2800m: 36:15.93	1:18.64	4100m: 53:21.17	1:19.02			
300m: 3:42.99	1:15.94	1600m: 20:31.50	1:18.27	2900m: 37:34.82	1:18.89	4200m: 54:40.96	1:19.79			
400m: 4:59.85	1:16.86	1700m: 21:50.31	1:18.81	3000m: 38:53.42	1:18.60	4300m: 56:00.19	1:19.23			
500m: 6:16.08	1:16.23	1800m: 23:09.12	1:18.81	3100m: 40:12.14	1:18.72	4400m: 57:19.74	1:19.55			
600m: 7:32.57	1:16.49	1900m: 24:28.77	1:19.65	3200m: 41:30.60	1:18.46	4500m: 58:39.29	1:19.55			
700m: 8:49.98	1:17.41	2000m: 25:47.29	1:18.52	3300m: 42:50.58	1:19.98	4600m: 59:59.42	1:20.13			
800m: 10:07.57	1:17.59	2100m: 27:06.62	1:19.33	3400m: 44:09.13	1:18.55	4700m: 1:01:19.47	1:20.05			
900m: 11:24.87	1:17.30	2200m: 28:25.05	1:18.43	3500m: 45:27.35	1:18.22	4800m: 1:02:39.35	1:19.88			
1000m: 12:42.98	1:18.11	2300m: 29:44.43	1:19.38	3600m: 46:45.44	1:18.09	4900m: 1:03:58.70	1:19.35			
1100m: 14:00.21	1:17.23	2400m: 31:03.74	1:19.31	3700m: 48:04.66	1:19.22	5000m: 1:05:16.78	1:18.08			
1200m: 15:18.51	1:18.30	2500m: 32:22.12	1:18.38	3800m: 49:23.56	1:18.90					
1300m: 16:36.39	1:17.88	2600m: 33:39.75	1:17.63	3900m: 50:42.88	1:19.32					
27. RIVERO ESPILDORA, Cayetana	08	C.N. Mijas					1:05:22.60+	8:18.51	-	
100m: 1:13.43	1:13.43	1400m: 17:57.13	1:17.51	2700m: 34:52.88	1:17.62	4000m: 52:04.14	1:20.33			
200m: 2:28.07	1:14.64	1500m: 19:14.13	1:17.00	2800m: 36:10.87	1:17.99	4100m: 53:24.19	1:20.05			
300m: 3:44.44	1:16.37	1600m: 20:31.73	1:17.60	2900m: 37:29.28	1:18.41	4200m: 54:44.53	1:20.34			
400m: 5:01.67	1:17.23	1700m: 21:50.03	1:18.30	3000m: 38:47.99	1:18.71	4300m: 56:04.73	1:20.20			
500m: 6:18.98	1:17.31	1800m: 23:08.91	1:18.88	3100m: 40:06.53	1:18.54	4400m: 57:24.58	1:19.85			
600m: 7:36.59	1:17.61	1900m: 24:27.44	1:18.53	3200m: 41:25.70	1:19.17	4500m: 58:45.17	1:20.59			
700m: 8:54.27	1:17.68	2000m: 25:45.88	1:18.44	3300m: 42:44.73	1:19.03	4600m: 1:00:05.69	1:20.52			
800m: 10:11.86	1:17.59	2100m: 27:04.23	1:18.35	3400m: 44:03.84	1:19.11	4700m: 1:01:25.30	1:19.61			
900m: 11:29.46	1:17.60	2200m: 28:22.57	1:18.34	3500m: 45:23.36	1:19.52	4800m: 1:02:45.37	1:20.07			
1000m: 12:47.15	1:17.69	2300m: 29:41.10	1:18.53	3600m: 46:43.44	1:20.08	4900m: 1:04:04.92	1:19.55			
1100m: 14:04.60	1:17.45	2400m: 31:00.25	1:19.15	3700m: 48:03.40	1:19.96	5000m: 1:05:22.60	1:17.68			
1200m: 15:22.08	1:17.48	2500m: 32:18.48	1:18.23	3800m: 49:23.31	1:19.91					
1300m: 16:39.62	1:17.54	2600m: 33:35.26	1:16.78	3900m: 50:43.81	1:20.50					

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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
200m: 2:28.70	1:15.52	1500m: 19:15.01	1:18.21	2800m: 36:20.24
300m: 3:45.65	1:16.95	1600m: 20:32.87	1:17.86	2900m: 37:40.46
400m: 5:02.40	1:16.75	1700m: 21:50.88	1:18.01	3000m: 39:00.98
500m: 6:19.71	1:17.31	1800m: 23:08.83	1:17.95	3100m: 40:21.52
600m: 7:37.10	1:17.39	1900m: 24:27.82	1:18.99	3200m: 41:41.89
700m: 8:54.52	1:17.42	2000m: 25:46.80	1:18.98	3300m: 43:02.06
800m: 10:12.22	1:17.70	2100m: 27:05.90	1:19.10	3400m: 44:22.98
900m: 11:29.41	1:17.19	2200m: 28:23.02	1:17.12	3500m: 45:43.07
1000m: 12:46.20	1:16.79	2300m: 29:42.04	1:19.02	3600m: 47:03.06
1100m: 14:03.54	1:17.34	2400m: 31:01.26	1:19.22	3700m: 48:24.14
1200m: 15:20.85	1:17.31	2500m: 32:20.88	1:19.62	3800m: 49:44.03
1300m: 16:38.97	1:18.12	2600m: 33:40.05	1:19.17	3900m: 51:03.25
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
200m: 2:26.39	1:13.98	1500m: 19:06.58	1:18.02	2800m: 36:11.81
300m: 3:42.80	1:16.41	1600m: 20:24.29	1:17.71	2900m: 37:30.89
400m: 4:59.57	1:16.77	1700m: 21:42.71	1:18.42	3000m: 38:50.23
500m: 6:16.52	1:16.95	1800m: 23:00.97	1:18.26	3100m: 40:08.64
600m: 7:33.38	1:16.86	1900m: 24:19.14	1:18.17	3200m: 41:27.81
700m: 8:49.48	1:16.10	2000m: 25:37.61	1:18.47	3300m: 42:47.65
800m: 10:05.58	1:16.10	2100m: 26:56.02	1:18.41	3400m: 44:08.34
900m: 11:21.83	1:16.25	2200m: 28:15.00	1:18.98	3500m: 45:29.40
1000m: 12:39.23	1:17.40	2300m: 29:33.77	1:18.77	3600m: 46:50.42
1100m: 13:56.54	1:17.31	2400m: 30:53.62	1:19.85	3700m: 48:10.55
1200m: 15:13.54	1:17.00	2500m: 32:13.59	1:19.97	3800m: 49:31.25
1300m: 16:30.91	1:17.37	2600m: 33:33.41	1:19.82	3900m: 50:51.82
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		-

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CLASIFICACIÓN CLUBES

Todas las pruebas

Masc., Abs.

1. G.E. I.E.G.	00068	15,00
2. C.N. Granollers	00099	14,00
3. C.N. Tennis Elche	01100	12,00
4. C.N. Dos Hermanas	00603	11,00
C.N. San Fernando	00490	11,00
C.N. Santa Olaya	00135	11,00
7. C.N. Las Palmas	00060	10,00
8. C.N. Ferca-San Jose	00074	9,00
C.N. Sabadell	00058	9,00
10. C.N. Churriana	01035	8,00
11. C.D. Gredos San Diego	P1202	6,00
Club Natacion C.M.D. Horadada	01094	6,00
13. C.N. Las Norias	00222	5,00
C.N. Logroño	00823	5,00
15. C.N. Marina-Cartagena	00713	4,00
C.N. VIC-Etb	00250	4,00
17. C.N. Iregua-Villamediana	01255	3,00
C.N. L´ Hospitalet	00069	3,00
C.N. Mataro	00106	3,00
C.N.Cartagonova Cartagena	00600	3,00
21. C.D. Torrelago Wellness	01351	2,00
C.E. Mediterrani	00076	2,00
C.N. Metropole	00054	2,00
24. C.D.N. Nadamas Las Marinas	P0502	1,00
C.N. Arteixo	01133	1,00

Fem., Abs.

1. C.N. Marina-Cartagena	00713	17,00
2. C.D. Gredos San Diego	P1202	16,00
3. C.N. Granollers	00099	13,00
4. C.N. Mataro	00106	11,00
C.D.N. Cordoba	00663	11,00
E.M. El Olivar	00136	11,00
7. C.N. Olot	00075	8,00
Kzm Swimming Team	01699	8,00
9. C.N. Arteixo	01133	6,00
C.N. Portamiña Lugo	01156	6,00
C.D. Amaya	00103	6,00
12. C.N. Ferca-San Jose	00074	5,00
C.N. Fuengirola	01084	5,00
Navial	00746	5,00
15. C.D.N. Nadamas Las Marinas	P0502	4,00
C.N. Helios	00059	4,00
C.N. San Fernando	00490	4,00
C.N.Cartagonova Cartagena	00600	4,00
19. C.N. Las Palmas	00060	3,00
C.N. Ponteareas	00878	3,00
21. C.N. Galaico	00784	2,00
C.N. L´ Hospitalet	00069	2,00

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23. C.D. Torrelago Wellness	01351	1,00
Cn.Palma De Mallorca	00056	1,00
Masc., Senior		
1. C.N. Tennis Elche	01100	12,00
2. C.N. Santa Olaya	00135	11,00
3. C.N. Granollers	00099	6,00
4. C.N. Las Palmas	00060	5,00
5. C.N. Mataro	00106	3,00
6. C.E. Mediterrani	00076	2,00
7. C.N. Arteixo	01133	1,00
Fem., Senior		
1. C.N. Mataro	00106	11,00
2. Kzm Swimming Team	01699	8,00
3. C.N. Arteixo	01133	6,00
4. C.D. Gredos San Diego	P1202	5,00
5. C.N. San Fernando	00490	4,00
6. C.N. Pontearreas	00878	3,00
7. C.N. L´ Hospitalet	00069	2,00
Masc., Junior-2		
1. C.N. Dos Hermanas	00603	11,00
2. C.N. Ferca-San Jose	00074	9,00
3. C.D. Gredos San Diego	P1202	6,00
4. C.N. Las Norias	00222	5,00
5. C.N. VIC-Etb	00250	4,00
6. C.N. Iregua-Villamediana	01255	3,00
7. C.D. Torrelago Wellness	01351	2,00
Fem., Junior-2		
1. E.M. El Olivar	00136	11,00
2. C.N. Olot	00075	8,00
3. C.N. Portamiña Lugo	01156	6,00
4. C.N. Ferca-San Jose	00074	5,00
5. C.N. Helios	00059	4,00
6. C.N. Las Palmas	00060	3,00
Masc., Junior-1		
1. G.E. I.E.G.	00068	15,00
2. C.N. Sabadell	00058	9,00
3. C.N. Granollers	00099	8,00
4. C.N. Logroño	00823	5,00
5. C.N. Metropole	00054	2,00
6. C.D.N. Nadamas Las Marinas	P0502	1,00

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

Fem., Junior-1

1. C.N. Marina-Cartagena	00713	11,00
2. C.N. Granollers	00099	8,00
3. C.D. Amaya	00103	6,00
4. C.N. Fuengirola	01084	5,00
5. C.D.N. Nadamas Las Marinas	P0502	4,00
6. C.D. Gredos San Diego	P1202	3,00
7. C.N. Galaico	00784	2,00
8. Cn.Palma De Mallorca	00056	1,00

Masc., Infantil

1. C.N. San Fernando	00490	11,00
2. C.N. Churriana	01035	8,00
3. Club Natacion C.M.D. Horadada	01094	6,00
4. C.N. Las Palmas	00060	5,00
5. C.N. Marina-Cartagena	00713	4,00
6. C.N. L´ Hospitalet	00069	3,00
C.N.Cartagonova Cartagena	00600	3,00

Fem., Infantil

1. C.D.N. Cordoba	00663	11,00
2. C.D. Gredos San Diego	P1202	8,00
3. C.N. Marina-Cartagena	00713	6,00
4. Navial	00746	5,00
C.N. Granollers	00099	5,00
6. C.N.Cartagonova Cartagena	00600	4,00
7. C.D. Torrelago Wellness	01351	1,00

FICHA TÉCNICA

COMPETICIÓN	XVI CTO. DE ESPAÑA LARGA DISTANCIA
FECHAS	01 de febrero de 2025
LUGAR DE CELEBRACIÓN	Oviedo
ENTIDAD ORGANIZADORA	Ayuntamiento de Oviedo Real Federación Española de Natación
PISCINA	Piscina Parque del Oeste - 50 m. 8 calles Crono Electrónico Quantum
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.

Oviedo, 01 de febrero de 2025

Fdo.: Manuel Castro Casal
Juez Árbitro Pruebas Masculinas

Fdo.: Laura Vázquez Parcero
Juez Árbitro Pruebas Femeninas

INSTITUCIONALES



INSTITUCIONES LOCALES



SPONSOR PLATINO



SPONSOR ORO



SPONSOR TÉCNICO



MECENAZGO



PARTNER



PARTNER SALUD DEPORTIVA



FINISHER



kyrocreeam



RSC PARTNER



stepwATER



MEDICALSPONSOR



PARTNER MOVILIDAD



COMPOSICIÓN DEL JURADO

JUEZ ÁRBITRO PRUEBAS MASC.	Manuel Castro Casal	GALICIA	
JUEZ ÁRBITRO PRUEBAS FEM.	Laura Vázquez Parcero	GALICIA	
JUEZ SALIDAS PRUEBAS MASC.	Patricia Pedrero Vega	PAIS VASCO	
JUEZ SALIDAS PRUEBAS FEM.	Jose Antonio de Vera CABAÑES	PAIS VASCO	
LOCUTORA	Carmen Antuña		
CÁMARA SALIDAS	Natalia Ramiro		
PRECÁMARA SALIDAS	Ángel Margüello	María del Pilar Brandi	
CRONO VOLANTE	Lucia Marrot		
JEFE DE CRONOS	Pelayo Regueiro		
CRONOMETRADORES	Rosa María Prieto Carla Tejedor Javier Emilio Lorenzo Jorge Lara Eduardo Florez Agata Ron	Pamela Andrea Rodríguez Enrique Lara Daniel Fernández Ainoa Fernández Amaia Fernández	Lydia González Andrés Rodríguez Lara Mortera Laura Lombardía Eva García
CRONOMETRAJE ELECTRÓNICO	Esteban Ortega	Jose Manuel Almarza	
PROGAMA COMPETICION RFEN	Marcos Zarza		
DIRECTOR DE COMPETICIÓN	Sergio de la Calle		
COORDINADOR. Gral Ayto. OVIEDO	Isaac Ovies		

INSTITUCIONALES



INSTITUCIONES LOCALES



SPONSOR PLATINO



SPONSOR ORO



SPONSOR TÉCNICO



MECENAZGO



PARTNER



PARTNER SALUD DEPORTIVA



RSC PARTNER



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