

XVII Cto. de España Larga Distancia
Elche, 31/1/2026

Prueba 4 31/01/2026	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 19	55:45.97	PEREZ BLANCO, JIMENA	Mataró	13/02/2016
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	57:16.51	16,00
<i>Mejor Marca Nacional</i>				
100m: 1:08.16	1:08.16	1400m: 15:57.06	1:07.88	2700m: 30:44.67
200m: 2:15.94	1:07.78	1500m: 17:04.62	1:07.56	2800m: 31:53.90
300m: 3:23.68	1:07.74	1600m: 18:12.49	1:07.87	2900m: 33:03.02
400m: 4:31.76	1:08.08	1700m: 19:20.21	1:07.72	3000m: 34:11.63
500m: 5:39.78	1:08.02	1800m: 20:28.02	1:07.81	3100m: 35:20.53
600m: 6:48.02	1:08.24	1900m: 21:36.29	1:08.27	3200m: 36:29.70
700m: 7:56.71	1:08.69	2000m: 22:44.43	1:08.14	3300m: 37:39.10
800m: 9:06.12	1:09.41	2100m: 23:52.77	1:08.34	3400m: 38:48.86
900m: 10:14.88	1:08.76	2200m: 25:01.11	1:08.34	3500m: 39:57.82
1000m: 11:22.83	1:07.95	2300m: 26:09.68	1:08.57	3600m: 41:07.34
1100m: 12:31.08	1:08.25	2400m: 27:17.87	1:08.19	3700m: 42:16.86
1200m: 13:40.16	1:09.08	2500m: 28:26.84	1:08.97	3800m: 43:25.89
1300m: 14:49.18	1:09.02	2600m: 29:35.70	1:08.86	3900m: 44:34.94
				4000m: 45:43.85
				4100m: 46:52.91
				4200m: 48:02.04
				4300m: 49:11.04
				4400m: 50:19.91
				4500m: 51:29.06
				4600m: 52:38.50
				4700m: 53:48.59
				4800m: 54:59.34
				4900m: 56:09.07
				5000m: 57:16.51
				1:08.91
				1:09.06
				1:09.13
				1:09.00
				1:08.87
				1:09.15
				1:09.44
				1:10.09
				1:10.75
				1:09.73
				1:07.44
2. DEL RIO DECABO, Carlota	09	C.N. Granollers	59:02.67+	1:46.16
100m: 1:11.52	1:11.52	1400m: 16:30.11	1:10.65	2700m: 31:47.64
200m: 2:22.00	1:10.48	1500m: 17:41.28	1:11.17	2800m: 32:58.07
300m: 3:32.55	1:10.55	1600m: 18:52.28	1:11.00	2900m: 34:08.89
400m: 4:42.99	1:10.44	1700m: 20:03.38	1:11.10	3000m: 35:19.94
500m: 5:53.67	1:10.68	1800m: 21:13.85	1:10.47	3100m: 36:30.07
600m: 7:03.88	1:10.21	1900m: 22:23.93	1:10.08	3200m: 37:41.46
700m: 8:14.50	1:10.62	2000m: 23:35.08	1:11.15	3300m: 38:53.55
800m: 9:25.17	1:10.67	2100m: 24:45.61	1:10.53	3400m: 40:04.88
900m: 10:35.54	1:10.37	2200m: 25:55.64	1:10.03	3500m: 41:17.11
1000m: 11:46.71	1:11.17	2300m: 27:05.96	1:10.32	3600m: 42:28.96
1100m: 12:57.91	1:11.20	2400m: 28:16.25	1:10.29	3700m: 43:40.12
1200m: 14:09.12	1:11.21	2500m: 29:27.76	1:11.51	3800m: 44:51.02
1300m: 15:19.46	1:10.34	2600m: 30:37.15	1:09.39	3900m: 46:02.31
				1:10.49
				1:10.43
				1:10.82
				1:11.05
				1:10.13
				1:11.39
				1:12.09
				1:11.33
				1:12.23
				1:11.85
				1:11.16
				1:10.90
				1:11.29
				4000m: 47:13.38
				4100m: 48:23.59
				4200m: 49:34.43
				4300m: 50:45.00
				4400m: 51:55.98
				4500m: 53:07.20
				4600m: 54:17.33
				4700m: 55:29.49
				4800m: 56:40.96
				4900m: 57:53.43
				5000m: 59:02.67
				1:11.07
				1:10.21
				1:10.84
				1:10.57
				1:10.98
				1:11.22
				1:10.13
				1:12.16
				1:11.47
				1:12.47
				1:09.24
3. CASTILLO ACERO, Helena	10	C.D.N. Cordoba	1:00:02.55+	2:46.04
50m: 34.24	34.24	850m: 9:56.81	35.34	1650m: 19:27.03
100m: 1:08.57	34.33	900m: 10:32.37	35.56	1700m: 20:02.98
150m: 1:43.27	34.70	950m: 11:07.83	35.46	1750m: 20:38.91
200m: 2:17.95	34.68	1000m: 11:43.06	35.23	1800m: 21:14.78
250m: 2:52.85	34.90	1050m: 12:18.19	35.13	1850m: 21:50.76
300m: 3:28.27	35.42	1100m: 12:53.76	35.57	1900m: 22:26.78
350m: 4:03.62	35.35	1150m: 13:29.14	35.38	1950m: 23:02.69
400m: 4:38.96	35.34	1200m: 14:04.59	35.45	2000m: 23:38.74
450m: 5:14.13	35.17	1250m: 14:40.28	35.69	2050m: 24:14.25
500m: 5:49.72	35.59	1300m: 15:15.92	35.64	2100m: 24:49.08
550m: 6:24.92	35.20	1350m: 15:51.76	35.84	2150m: 25:24.50
600m: 7:00.33	35.41	1400m: 16:27.55	35.79	2200m: 25:59.37
650m: 7:35.29	34.96	1450m: 17:03.31	35.76	2250m: 26:34.51
700m: 8:10.62	35.33	1500m: 17:39.47	36.16	2300m: 27:09.43
750m: 8:46.02	35.40	1550m: 18:15.20	35.73	2350m: 27:44.74
800m: 9:21.47	35.45	1600m: 18:51.15	35.95	2400m: 28:20.10
				35.88
				35.95
				35.93
				35.87
				35.98
				36.02
				35.91
				36.05
				35.51
				34.83
				35.42
				35.47
				35.80
				35.89
				35.90
				36.05
				36.13
				36.04
				36.21
				36.30



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XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación

AN

Tiempo

3250m: 38:29.05	36.15	3700m: 43:56.29	36.80	4150m: 49:25.00	36.76	4600m: 55:00.93	37.73
3300m: 39:05.39	36.34	3750m: 44:32.85	36.56	4200m: 50:01.90	36.90	4650m: 55:38.45	37.52
3350m: 39:41.66	36.27	3800m: 45:09.26	36.41	4250m: 50:39.01	37.11	4700m: 56:16.42	37.97
3400m: 40:18.15	36.49	3850m: 45:45.31	36.05	4300m: 51:16.14	37.13	4750m: 56:54.32	37.90
3450m: 40:54.60	36.45	3900m: 46:21.66	36.35	4350m: 51:53.56	37.42	4800m: 57:32.36	38.04
3500m: 41:31.37	36.77	3950m: 46:58.14	36.48	4400m: 52:30.75	37.19	4850m: 58:10.25	37.89
3550m: 42:07.01	35.64	4000m: 47:34.62	36.48	4450m: 53:08.35	37.60	4900m: 58:48.29	38.04
3600m: 42:43.27	36.26	4050m: 48:11.43	36.81	4500m: 53:45.87	37.52	4950m: 59:26.01	37.72
3650m: 43:19.49	36.22	4100m: 48:48.24	36.81	4550m: 54:23.20	37.33	5000m: 1:00:02.55	36.54

4. GARCIA MORENO, Claudia 10 C.N. Granollers 1:00:29.76+ 3:13.25 5,00

100m: 1:11.39	1:11.39	1400m: 16:48.34	1:11.89	2700m: 32:22.52	1:11.47	4000m: 48:10.11	1:13.87
200m: 2:23.68	1:12.29	1500m: 17:59.92	1:11.58	2800m: 33:34.07	1:11.55	4100m: 49:24.17	1:14.06
300m: 3:36.07	1:12.39	1600m: 19:11.73	1:11.81	2900m: 34:46.10	1:12.03	4200m: 50:38.23	1:14.06
400m: 4:48.67	1:12.60	1700m: 20:23.36	1:11.63	3000m: 35:58.40	1:12.30	4300m: 51:52.83	1:14.60
500m: 6:00.79	1:12.12	1800m: 21:35.15	1:11.79	3100m: 37:10.54	1:12.14	4400m: 53:07.02	1:14.19
600m: 7:12.46	1:11.67	1900m: 22:47.42	1:12.27	3200m: 38:22.64	1:12.10	4500m: 54:21.46	1:14.44
700m: 8:24.63	1:12.17	2000m: 23:59.12	1:11.70	3300m: 39:35.58	1:12.94	4600m: 55:35.63	1:14.17
800m: 9:37.07	1:12.44	2100m: 25:10.90	1:11.78	3400m: 40:48.95	1:13.37	4700m: 56:50.48	1:14.85
900m: 10:49.37	1:12.30	2200m: 26:22.67	1:11.77	3500m: 42:02.19	1:13.24	4800m: 58:04.72	1:14.24
1000m: 12:01.45	1:12.08	2300m: 27:34.34	1:11.67	3600m: 43:14.97	1:12.78	4900m: 59:18.64	1:13.92
1100m: 13:13.10	1:11.65	2400m: 28:46.38	1:12.04	3700m: 44:28.68	1:13.71	5000m: 1:00:29.76	1:11.12
1200m: 14:24.69	1:11.59	2500m: 29:58.88	1:12.50	3800m: 45:42.60	1:13.92		
1300m: 15:36.45	1:11.76	2600m: 31:11.05	1:12.17	3900m: 46:56.24	1:13.64		

5. MARTINEZ NAVARRO, Aurora 10 C.N. Jaen 1:00:34.19+ 3:17.68 4,00

50m: 33.55	33.55	1300m: 15:15.60	35.55	2550m: 30:14.44	36.36	3800m: 45:40.29	37.07
100m: 1:07.57	34.02	1350m: 15:51.16	35.56	2600m: 30:51.12	36.68	3850m: 46:17.77	37.48
150m: 1:41.98	34.41	1400m: 16:26.95	35.79	2650m: 31:27.70	36.58	3900m: 46:55.42	37.65
200m: 2:16.67	34.69	1450m: 17:02.88	35.93	2700m: 32:04.24	36.54	3950m: 47:33.14	37.72
250m: 2:51.48	34.81	1500m: 17:38.86	35.98	2750m: 32:41.07	36.83	4000m: 48:10.50	37.36
300m: 3:26.46	34.98	1550m: 18:14.63	35.77	2800m: 33:17.93	36.86	4050m: 48:47.94	37.44
350m: 4:01.98	35.52	1600m: 18:50.74	36.11	2850m: 33:54.31	36.38	4100m: 49:25.33	37.39
400m: 4:37.28	35.30	1650m: 19:26.73	35.99	2900m: 34:30.99	36.68	4150m: 50:03.24	37.91
450m: 5:12.52	35.24	1700m: 20:02.62	35.89	2950m: 35:07.73	36.74	4200m: 50:40.26	37.02
500m: 5:47.76	35.24	1750m: 20:38.71	36.09	3000m: 35:43.96	36.23	4250m: 51:17.38	37.12
550m: 6:23.15	35.39	1800m: 21:14.25	35.54	3050m: 36:21.07	37.11	4300m: 51:54.81	37.43
600m: 6:58.55	35.40	1850m: 21:50.43	36.18	3100m: 36:58.04	36.97	4350m: 52:32.60	37.79
650m: 7:34.10	35.55	1900m: 22:26.34	35.91	3150m: 37:35.38	37.34	4400m: 53:10.04	37.44
700m: 8:09.76	35.66	1950m: 23:02.47	36.13	3200m: 38:12.34	36.96	4450m: 53:47.48	37.44
750m: 8:45.64	35.88	2000m: 23:38.66	36.19	3250m: 38:49.70	37.36	4500m: 54:25.00	37.52
800m: 9:21.11	35.47	2050m: 24:14.38	35.72	3300m: 39:26.79	37.09	4550m: 55:02.69	37.69
850m: 9:56.62	35.51	2100m: 24:49.11	34.73	3350m: 40:04.09	37.30	4600m: 55:40.34	37.65
900m: 10:32.08	35.46	2150m: 25:24.68	35.57	3400m: 40:41.29	37.20	4650m: 56:18.43	38.09
950m: 11:07.66	35.58	2200m: 25:59.67	34.99	3450m: 41:18.84	37.55	4700m: 56:55.51	37.08
1000m: 11:43.05	35.39	2250m: 26:35.67	36.00	3500m: 41:56.24	37.40	4750m: 57:32.83	37.32
1050m: 12:18.20	35.15	2300m: 27:11.54	35.87	3550m: 42:33.75	37.51	4800m: 58:09.71	36.88
1100m: 12:53.62	35.42	2350m: 27:48.39	36.85	3600m: 43:10.98	37.23	4850m: 58:46.49	36.78
1150m: 13:29.17	35.55	2400m: 28:25.15	36.76	3650m: 43:48.88	37.90	4900m: 59:22.97	36.48
1200m: 14:04.29	35.12	2450m: 29:01.35	36.20	3700m: 44:26.16	37.28	4950m: 59:58.98	36.01
1250m: 14:40.05	35.76	2500m: 29:38.08	36.73	3750m: 45:03.22	37.06	5000m: 1:00:34.19	35.21



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XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación

AN

Tiempo

6. GRESELY SALETA, Victoria	09	C.N. Mataro	1:02:50.63+	5:34.12	3,00
100m: 1:12.65	1:12.65	1400m: 17:29.41	1:16.32	2700m: 33:51.96	1:15.19
200m: 2:25.22	1:12.57	1500m: 18:45.30	1:15.89	2800m: 35:06.81	1:14.85
300m: 3:39.16	1:13.94	1600m: 20:00.14	1:14.84	2900m: 36:21.88	1:15.07
400m: 4:53.77	1:14.61	1700m: 21:15.98	1:15.84	3000m: 37:36.92	1:15.04
500m: 6:08.80	1:15.03	1800m: 22:31.22	1:15.24	3100m: 38:52.76	1:15.84
600m: 7:24.02	1:15.22	1900m: 23:46.17	1:14.95	3200m: 40:08.43	1:15.67
700m: 8:39.33	1:15.31	2000m: 25:01.42	1:15.25	3300m: 41:24.11	1:15.68
800m: 9:55.02	1:15.69	2100m: 26:16.91	1:15.49	3400m: 42:39.57	1:15.46
900m: 11:10.64	1:15.62	2200m: 27:32.66	1:15.75	3500m: 43:55.18	1:15.61
1000m: 12:26.11	1:15.47	2300m: 28:48.60	1:15.94	3600m: 45:10.64	1:15.46
1100m: 13:41.68	1:15.57	2400m: 30:05.11	1:16.51	3700m: 46:26.20	1:15.56
1200m: 14:57.32	1:15.64	2500m: 31:21.42	1:16.31	3800m: 47:41.80	1:15.60
1300m: 16:13.09	1:15.77	2600m: 32:36.77	1:15.35	3900m: 48:57.94	1:16.14
4000m: 50:13.69	1:15.75				
4100m: 51:29.10	1:15.41				
4200m: 52:44.92	1:15.82				
4300m: 54:00.91	1:15.99				
4400m: 55:16.90	1:15.99				
4500m: 56:33.15	1:16.25				
4600m: 57:49.15	1:16.00				
4700m: 59:05.12	1:15.97				
4800m: 1:00:21.06	1:15.94				
4900m: 1:01:36.45	1:15.39				
5000m: 1:02:50.63	1:14.18				
7. ULIBARRI SANCHEZ, Ines	09	C.N. Las Palmas	1:03:02.00+	5:45.49	2,00
100m: 1:11.31	1:11.31	1400m: 17:18.55	1:15.83	2700m: 33:44.75	1:16.27
200m: 2:23.72	1:12.41	1500m: 18:33.52	1:14.97	2800m: 35:01.79	1:17.04
300m: 3:35.93	1:12.21	1600m: 19:48.94	1:15.42	2900m: 36:18.47	1:16.68
400m: 4:49.54	1:13.61	1700m: 21:04.67	1:15.73	3000m: 37:35.56	1:17.09
500m: 6:03.45	1:13.91	1800m: 22:19.84	1:15.17	3100m: 38:52.65	1:17.09
600m: 7:17.40	1:13.95	1900m: 23:36.05	1:16.21	3200m: 40:09.69	1:17.04
700m: 8:31.42	1:14.02	2000m: 24:51.85	1:15.80	3300m: 41:26.94	1:17.25
800m: 9:46.02	1:14.60	2100m: 26:07.30	1:15.45	3400m: 42:44.17	1:17.23
900m: 11:01.44	1:15.42	2200m: 27:23.02	1:15.72	3500m: 44:01.76	1:17.59
1000m: 12:16.48	1:15.04	2300m: 28:39.86	1:16.84	3600m: 45:19.52	1:17.76
1100m: 13:31.64	1:15.16	2400m: 29:56.18	1:16.32	3700m: 46:36.87	1:17.35
1200m: 14:47.21	1:15.57	2500m: 31:12.46	1:16.28	3800m: 47:53.61	1:16.74
1300m: 16:02.72	1:15.51	2600m: 32:28.48	1:16.02	3900m: 49:10.14	1:16.53
4000m: 50:26.48	1:16.34				
4100m: 51:42.21	1:15.73				
4200m: 52:58.88	1:16.67				
4300m: 54:13.97	1:15.09				
4400m: 55:29.81	1:15.84				
4500m: 56:45.67	1:15.86				
4600m: 58:00.69	1:15.02				
4700m: 59:16.52	1:15.83				
4800m: 1:00:32.71	1:16.19				
4900m: 1:01:48.12	1:15.41				
5000m: 1:03:02.00	1:13.88				
8. CASAMITJANA GUIXA, Andrea	10	C.N. Sabadell	1:03:09.00+	5:52.49	1,00
100m: 1:12.99	1:12.99	1400m: 17:23.23	1:15.87	2700m: 33:54.99	1:17.43
200m: 2:26.65	1:13.66	1500m: 18:39.46	1:16.23	2800m: 35:12.02	1:17.03
300m: 3:41.71	1:15.06	1600m: 19:54.58	1:15.12	2900m: 36:30.16	1:18.14
400m: 4:57.31	1:15.60	1700m: 21:10.65	1:16.07	3000m: 37:47.91	1:17.75
500m: 6:13.73	1:16.42	1800m: 22:27.00	1:16.35	3100m: 39:03.96	1:16.05
600m: 7:28.08	1:14.35	1900m: 23:42.38	1:15.38	3200m: 40:19.42	1:15.46
700m: 8:42.29	1:14.21	2000m: 24:58.45	1:16.07	3300m: 41:36.31	1:16.89
800m: 9:56.51	1:14.22	2100m: 26:14.46	1:16.01	3400m: 42:54.12	1:17.81
900m: 11:10.15	1:13.64	2200m: 27:30.03	1:15.57	3500m: 44:10.74	1:16.62
1000m: 12:24.34	1:14.19	2300m: 28:46.97	1:16.94	3600m: 45:26.26	1:15.52
1100m: 13:38.33	1:13.99	2400m: 30:03.53	1:16.56	3700m: 46:41.87	1:15.61
1200m: 14:51.97	1:13.64	2500m: 31:20.97	1:17.44	3800m: 47:56.71	1:14.84
1300m: 16:07.36	1:15.39	2600m: 32:37.56	1:16.59	3900m: 49:12.00	1:15.29
4000m: 50:26.61	1:14.61				
4100m: 51:42.28	1:15.67				
4200m: 52:58.23	1:15.95				
4300m: 54:14.87	1:16.64				
4400m: 55:30.33	1:15.46				
4500m: 56:46.28	1:15.95				
4600m: 58:02.70	1:16.42				
4700m: 59:20.43	1:17.73				
4800m: 1:00:37.99	1:17.56				
4900m: 1:01:55.14	1:17.15				
5000m: 1:03:09.00	1:13.86				
9. CARMONA MASERGAS, Ivet	10	C.N. Banyoles	1:03:38.00+	6:21.49	-
100m: 1:12.11	1:12.11	1400m: 17:29.00	1:16.24	2700m: 33:56.04	1:18.39
200m: 2:24.79	1:12.68	1500m: 18:44.73	1:15.73	2800m: 35:13.58	1:17.54
300m: 3:38.60	1:13.81	1600m: 19:59.65	1:14.92	2900m: 36:32.10	1:18.52
400m: 4:53.27	1:14.67	1700m: 21:15.68	1:16.03	3000m: 37:49.41	1:17.31
500m: 6:08.27	1:15.00	1800m: 22:31.55	1:15.87	3100m: 39:03.55	1:14.14
600m: 7:23.45	1:15.18	1900m: 23:46.65	1:15.10	3200m: 40:18.04	1:14.49
700m: 8:38.78	1:15.33	2000m: 25:01.15	1:14.50	3300m: 41:34.74	1:16.70
800m: 9:54.44	1:15.66	2100m: 26:16.71	1:15.56	3400m: 42:53.12	1:18.38
900m: 11:10.20	1:15.76	2200m: 27:32.47	1:15.76	3500m: 44:12.20	1:19.08
1000m: 12:25.63	1:15.43	2300m: 28:48.35	1:15.88	3600m: 45:31.48	1:19.28
1100m: 13:41.15	1:15.52	2400m: 30:05.19	1:16.84	3700m: 46:50.79	1:19.31
1200m: 14:56.90	1:15.75	2500m: 31:21.07	1:15.88	3800m: 48:08.35	1:17.56
1300m: 16:12.76	1:15.86	2600m: 32:37.65	1:16.58	3900m: 49:25.92	1:17.57
4000m: 50:45.56	1:19.64				
4100m: 51:59.51	1:13.95				
4200m: 53:17.70	1:18.19				
4300m: 54:35.38	1:17.68				
4400m: 55:53.73	1:18.35				
4500m: 57:13.52	1:19.79				
4600m: 58:30.96	1:17.44				
4700m: 59:48.31	1:17.35				
4800m: 1:01:05.10	1:16.79				
4900m: 1:02:21.30	1:16.20				
5000m: 1:03:38.00	1:16.70				



Excelentísimo
AYUNTAMIENTO
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INSTITUCIONALES

SPONSOR PLATINO

SPONSOR ORO

MECENAZGO

SPONSOR TÉCNICO



RSC PARTNER



PARTNER



EPONSOR OFICIAL DE MOVILIDAD



PARTNER SALUD DEL DEPORTISTA



XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación	AN		Tiempo	
10. CASTRO CIDRAS, Alba	10	C.N. Galaico	1:07:15.35+	9:58.84
100m: 1:14.16 1:14.16	1400m: 18:26.35	1:19.97 2700m: 35:52.71	1:21.74 4000m: 53:27.98	1:21.72
200m: 2:31.71 1:17.55	1500m: 19:46.56	1:20.21 2800m: 37:14.25	1:21.54 4100m: 54:50.87	1:22.89
300m: 3:50.47 1:18.76	1600m: 21:06.51	1:19.95 2900m: 38:35.76	1:21.51 4200m: 56:13.85	1:22.98
400m: 5:09.98 1:19.51	1700m: 22:26.56	1:20.05 3000m: 39:57.28	1:21.52 4300m: 57:36.71	1:22.86
500m: 6:29.13 1:19.15	1800m: 23:46.26	1:19.70 3100m: 41:17.70	1:20.42 4400m: 59:00.41	1:23.70
600m: 7:48.57 1:19.44	1900m: 25:07.08	1:20.82 3200m: 42:38.19	1:20.49 4500m: 1:00:24.26	1:23.85
700m: 9:08.04 1:19.47	2000m: 26:28.10	1:21.02 3300m: 43:59.14	1:20.95 4600m: 1:01:47.18	1:22.92
800m: 10:27.38 1:19.34	2100m: 27:48.89	1:20.79 3400m: 45:19.60	1:20.46 4700m: 1:03:10.40	1:23.22
900m: 11:46.65 1:19.27	2200m: 29:09.43	1:20.54 3500m: 46:40.02	1:20.42 4800m: 1:04:32.56	1:22.16
1000m: 13:06.36 1:19.71	2300m: 30:29.79	1:20.36 3600m: 48:00.07	1:20.05 4900m: 1:05:53.96	1:21.40
1100m: 14:26.23 1:19.87	2400m: 31:48.92	1:19.13 3700m: 49:22.35	1:22.28 5000m: 1:07:15.35	1:21.39
1200m: 15:46.38 1:20.15	2500m: 33:10.10	1:21.18 3800m: 50:44.27	1:21.92	
1300m: 17:06.38 1:20.00	2600m: 34:30.97	1:20.87 3900m: 52:06.26	1:21.99	

JUNIOR-2

1. COLL MARTI, Julia	07	C.N. Olot	58:19.33	11,00
50m: 33.06 33.06	1300m: 15:03.43	35.30 2550m: 29:47.37	35.04 3800m: 44:20.61	34.88
100m: 1:07.19 34.13	1350m: 15:38.66	35.23 2600m: 30:23.02	35.65 3850m: 44:55.49	34.88
150m: 1:41.35 34.16	1400m: 16:14.11	35.45 2650m: 30:58.65	35.63 3900m: 45:30.47	34.98
200m: 2:15.34 33.99	1450m: 16:49.45	35.34 2700m: 31:34.19	35.54 3950m: 46:05.38	34.91
250m: 2:48.94 33.60	1500m: 17:25.05	35.60 2750m: 32:09.44	35.25 4000m: 46:40.43	35.05
300m: 3:23.11 34.17	1550m: 18:00.27	35.22 2800m: 32:44.85	35.41 4050m: 47:15.37	34.94
350m: 3:57.12 34.01	1600m: 18:35.56	35.29 2850m: 33:20.11	35.26 4100m: 47:50.25	34.88
400m: 4:32.09 34.97	1650m: 19:10.88	35.32 2900m: 33:55.66	35.55 4150m: 48:25.03	34.78
450m: 5:06.80 34.71	1700m: 19:46.01	35.13 2950m: 34:30.95	35.29 4200m: 48:59.96	34.93
500m: 5:41.90 35.10	1750m: 20:21.34	35.33 3000m: 35:06.16	35.21 4250m: 49:34.63	34.67
550m: 6:16.75 34.85	1800m: 20:56.73	35.39 3050m: 35:41.09	34.93 4300m: 50:09.45	34.82
600m: 6:52.04 35.29	1850m: 21:32.19	35.46 3100m: 36:15.97	34.88 4350m: 50:44.27	34.82
650m: 7:26.84 34.80	1900m: 22:07.90	35.71 3150m: 36:50.26	34.29 4400m: 51:19.29	35.02
700m: 8:01.68 34.84	1950m: 22:43.52	35.62 3200m: 37:25.24	34.98 4450m: 51:53.57	34.28
750m: 8:36.45 34.77	2000m: 23:19.34	35.82 3250m: 37:59.62	34.38 4500m: 52:28.43	34.86
800m: 9:11.73 35.28	2050m: 23:54.41	35.07 3300m: 38:34.41	34.79 4550m: 53:02.75	34.32
850m: 9:46.51 34.78	2100m: 24:29.22	34.81 3350m: 39:09.01	34.60 4600m: 53:38.01	35.26
900m: 10:21.55 35.04	2150m: 25:04.29	35.07 3400m: 39:43.72	34.71 4650m: 54:13.63	35.62
950m: 10:56.41 34.86	2200m: 25:39.56	35.27 3450m: 40:18.07	34.35 4700m: 54:48.96	35.33
1000m: 11:31.68 35.27	2250m: 26:14.90	35.34 3500m: 40:52.69	34.62 4750m: 55:23.84	34.88
1050m: 12:06.88 35.20	2300m: 26:50.45	35.55 3550m: 41:26.96	34.27 4800m: 55:59.12	35.28
1100m: 12:42.28 35.40	2350m: 27:25.81	35.36 3600m: 42:01.64	34.68 4850m: 56:34.87	35.75
1150m: 13:17.55 35.27	2400m: 28:01.53	35.72 3650m: 42:36.26	34.62 4900m: 57:09.99	35.12
1200m: 13:52.98 35.43	2450m: 28:36.63	35.10 3700m: 43:10.97	34.71 4950m: 57:45.28	35.29
1250m: 14:28.13 35.15	2500m: 29:12.33	35.70 3750m: 43:45.73	34.76 5000m: 58:19.33	34.05
2. MARTINEZ DE SALINAS PEÑA, Clara	07	C.E. Mediterrani	58:47.75	+ 28.42 8,00
100m: 1:07.92 1:07.92	1400m: 15:58.07	1:08.80 2700m: 31:15.32	1:11.39 4000m: 46:42.59	1:11.65
200m: 2:16.07 1:08.15	1500m: 17:06.65	1:08.58 2800m: 32:25.44	1:10.12 4100m: 47:54.43	1:11.84
300m: 3:23.63 1:07.56	1600m: 18:16.07	1:09.42 2900m: 33:35.57	1:10.13 4200m: 49:06.84	1:12.41
400m: 4:31.62 1:07.99	1700m: 19:26.19	1:10.12 3000m: 34:46.30	1:10.73 4300m: 50:19.84	1:13.00
500m: 5:39.85 1:08.23	1800m: 20:37.05	1:10.86 3100m: 35:57.55	1:11.25 4400m: 51:32.33	1:12.49
600m: 6:47.91 1:08.06	1900m: 21:48.16	1:11.11 3200m: 37:09.69	1:12.14 4500m: 52:45.48	1:13.15
700m: 7:56.77 1:08.86	2000m: 22:58.56	1:10.40 3300m: 38:19.85	1:10.16 4600m: 53:58.74	1:13.26
800m: 9:06.00 1:09.23	2100m: 24:09.41	1:10.85 3400m: 39:31.44	1:11.59 4700m: 55:11.89	1:13.15
900m: 10:15.01 1:09.01	2200m: 25:20.23	1:10.82 3500m: 40:42.42	1:10.98 4800m: 56:24.11	1:12.22
1000m: 11:23.00 1:07.99	2300m: 26:31.99	1:11.76 3600m: 41:54.43	1:12.01 4900m: 57:37.55	1:13.44
1100m: 12:31.06 1:08.06	2400m: 27:42.81	1:10.82 3700m: 43:06.93	1:12.50 5000m: 58:47.75	1:10.20
1200m: 13:40.16 1:09.10	2500m: 28:52.78	1:09.97 3800m: 44:18.43	1:11.50	
1300m: 14:49.27 1:09.11	2600m: 30:03.93	1:11.15 3900m: 45:30.94	1:12.51	



XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación	AN		Tiempo		
3. MALO MORENO, Ariadna	08	Getxo Igeriketa Bolue K.E.	59:49.99+	1:30.66	6,00
100m: 1:08.34	1:08.34	1400m: 16:33.37	1:11.80	2700m: 32:07.26	1:11.69
200m: 2:17.02	1:08.68	1500m: 17:45.23	1:11.86	2800m: 33:19.20	1:11.94
300m: 3:27.53	1:10.51	1600m: 18:56.92	1:11.69	2900m: 34:31.32	1:12.12
400m: 4:38.81	1:11.28	1700m: 20:08.70	1:11.78	3000m: 35:43.70	1:12.38
500m: 5:50.18	1:11.37	1800m: 21:20.58	1:11.88	3100m: 36:55.84	1:12.14
600m: 7:01.61	1:11.43	1900m: 22:32.75	1:12.17	3200m: 38:07.67	1:11.83
700m: 8:13.51	1:11.90	2000m: 23:44.93	1:12.18	3300m: 39:19.69	1:12.02
800m: 9:24.87	1:11.36	2100m: 24:56.43	1:11.50	3400m: 40:32.09	1:12.40
900m: 10:36.17	1:11.30	2200m: 26:08.06	1:11.63	3500m: 41:43.97	1:11.88
1000m: 11:47.93	1:11.76	2300m: 27:19.72	1:11.66	3600m: 42:56.98	1:13.01
1100m: 12:59.27	1:11.34	2400m: 28:31.23	1:11.51	3700m: 44:09.95	1:12.97
1200m: 14:10.23	1:10.96	2500m: 29:43.62	1:12.39	3800m: 45:23.21	1:13.26
1300m: 15:21.57	1:11.34	2600m: 30:55.57	1:11.95	3900m: 46:35.91	1:12.70
4000m: 47:49.14	1:13.23				
4100m: 49:01.59	1:12.45				
4200m: 50:14.62	1:13.03				
4300m: 51:27.34	1:12.72				
4400m: 52:39.32	1:11.98				
4500m: 53:50.62	1:11.30				
4600m: 55:03.32	1:12.70				
4700m: 56:15.96	1:12.64				
4800m: 57:28.42	1:12.46				
4900m: 58:40.75	1:12.33				
5000m: 59:49.99	1:09.24				
4. GONZALEZ VAZQUEZ, Maria	08	C.N. Las Anclas Castrillon	1:01:22.63+	3:03.30	5,00
100m: 1:10.06	1:10.06	1400m: 16:59.89	1:12.58	2700m: 32:52.59	1:13.63
200m: 2:22.64	1:12.58	1500m: 18:12.86	1:12.97	2800m: 34:06.56	1:13.97
300m: 3:35.23	1:12.59	1600m: 19:26.13	1:13.27	2900m: 35:20.73	1:14.17
400m: 4:48.36	1:13.13	1700m: 20:38.84	1:12.71	3000m: 36:34.89	1:14.16
500m: 6:01.12	1:12.76	1800m: 21:52.04	1:13.20	3100m: 37:49.59	1:14.70
600m: 7:14.22	1:13.10	1900m: 23:05.72	1:13.68	3200m: 39:03.98	1:14.39
700m: 8:28.06	1:13.84	2000m: 24:19.08	1:13.36	3300m: 40:18.00	1:14.02
800m: 9:42.00	1:13.94	2100m: 25:32.37	1:13.29	3400m: 41:32.00	1:14.00
900m: 10:54.72	1:12.72	2200m: 26:45.27	1:12.90	3500m: 42:46.18	1:14.18
1000m: 12:07.65	1:12.93	2300m: 27:58.41	1:13.14	3600m: 44:00.45	1:14.27
1100m: 13:21.80	1:14.15	2400m: 29:11.97	1:13.56	3700m: 45:14.64	1:14.19
1200m: 14:34.48	1:12.68	2500m: 30:25.55	1:13.58	3800m: 46:29.31	1:14.67
1300m: 15:47.31	1:12.83	2600m: 31:38.96	1:13.41	3900m: 47:43.67	1:14.36
4000m: 48:58.03	1:14.36				
4100m: 50:12.62	1:14.59				
4200m: 51:27.35	1:14.73				
4300m: 52:42.32	1:14.97				
4400m: 53:57.23	1:14.91				
4500m: 55:12.30	1:15.07				
4600m: 56:26.21	1:13.91				
4700m: 57:41.65	1:15.44				
4800m: 58:56.52	1:14.87				
4900m: 1:00:10.36	1:13.84				
5000m: 1:01:22.63	1:12.27				
5. RODRIGUEZ RODRIGUEZ, Lucia	08	R.G.C. Cavadonga	1:02:07.32+	3:47.99	4,00
100m: 1:10.99	1:10.99	1400m: 16:59.28	1:13.16	2700m: 33:03.44	1:14.69
200m: 2:22.82	1:11.83	1500m: 18:12.98	1:13.70	2800m: 34:18.81	1:15.37
300m: 3:35.18	1:12.36	1600m: 19:26.51	1:13.53	2900m: 35:34.16	1:15.35
400m: 4:47.30	1:12.12	1700m: 20:40.13	1:13.62	3000m: 36:49.57	1:15.41
500m: 5:59.38	1:12.08	1800m: 21:54.13	1:14.00	3100m: 38:04.78	1:15.21
600m: 7:12.18	1:12.80	1900m: 23:07.77	1:13.64	3200m: 39:20.29	1:15.51
700m: 8:25.27	1:13.09	2000m: 24:21.56	1:13.79	3300m: 40:35.53	1:15.24
800m: 9:38.38	1:13.11	2100m: 25:35.35	1:13.79	3400m: 41:50.94	1:15.41
900m: 10:51.60	1:13.22	2200m: 26:49.56	1:14.21	3500m: 43:06.98	1:16.04
1000m: 12:05.10	1:13.50	2300m: 28:03.86	1:14.30	3600m: 44:22.78	1:15.80
1100m: 13:18.49	1:13.39	2400m: 29:18.66	1:14.80	3700m: 45:39.09	1:16.31
1200m: 14:32.37	1:13.88	2500m: 30:33.45	1:14.79	3800m: 46:55.65	1:16.56
1300m: 15:46.12	1:13.75	2600m: 31:48.75	1:15.30	3900m: 48:11.71	1:16.06
4000m: 49:27.78	1:16.07				
4100m: 50:44.18	1:16.40				
4200m: 51:59.74	1:15.56				
4300m: 53:16.14	1:16.40				
4400m: 54:32.37	1:16.23				
4500m: 55:49.14	1:16.77				
4600m: 57:05.62	1:16.48				
4700m: 58:21.97	1:16.35				
4800m: 59:38.43	1:16.46				
4900m: 1:00:53.93	1:15.50				
5000m: 1:02:07.32	1:13.39				
6. LLODRA BOSCH, Barbara	07	C.N. Ferca-San Jose	1:02:20.36+	4:01.03	3,00
100m: 1:09.62	1:09.62	1400m: 17:01.38	1:13.27	2700m: 33:29.74	1:16.05
200m: 2:22.41	1:12.79	1500m: 18:15.01	1:13.63	2800m: 34:46.47	1:16.73
300m: 3:35.00	1:12.59	1600m: 19:30.13	1:15.12	2900m: 36:02.34	1:15.87
400m: 4:48.42	1:13.42	1700m: 20:45.13	1:15.00	3000m: 37:18.22	1:15.88
500m: 6:00.61	1:12.19	1800m: 22:00.65	1:15.52	3100m: 38:34.13	1:15.91
600m: 7:14.24	1:13.63	1900m: 23:17.62	1:16.97	3200m: 39:50.28	1:16.15
700m: 8:27.83	1:13.59	2000m: 24:34.49	1:16.87	3300m: 41:06.61	1:16.33
800m: 9:41.50	1:13.67	2100m: 25:51.15	1:16.66	3400m: 42:21.82	1:15.21
900m: 10:53.81	1:12.31	2200m: 27:08.30	1:17.15	3500m: 43:36.86	1:15.04
1000m: 12:07.61	1:13.80	2300m: 28:25.02	1:16.72	3600m: 44:52.10	1:15.24
1100m: 13:21.66	1:14.05	2400m: 29:41.30	1:16.28	3700m: 46:06.03	1:13.93
1200m: 14:35.08	1:13.42	2500m: 30:57.65	1:16.35	3800m: 47:20.89	1:14.86
1300m: 15:48.11	1:13.03	2600m: 32:13.69	1:16.04	3900m: 48:36.93	1:16.04
4000m: 49:52.06	1:15.13				
4100m: 51:06.66	1:14.60				
4200m: 52:22.20	1:15.54				
4300m: 53:37.92	1:15.72				
4400m: 54:53.47	1:15.55				
4500m: 56:07.84	1:14.37				
4600m: 57:22.87	1:15.03				
4700m: 58:37.55	1:14.68				
4800m: 59:52.47	1:14.92				
4900m: 1:01:07.37	1:14.90				
5000m: 1:02:20.36	1:12.99				



Excelentísimo
AYUNTAMIENTO
de ELCHE



INSTITUCIONALES

SPONSOR PLATINO

SPONSOR ORO

MECENAZGO

SPONSOR TÉCNICO



RSC PARTNER



PARTNER



EPONSOR OFICIAL DE MOVILIDAD



PARTNER SALUD DEL DEPORTISTA



XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación

AN

Tiempo

7. LAPEÑA RUIZ, Julia		07	C.N. Helios		1:02:37.82+ 4:18.49		2,00				
100m:	1:12.53	1:12.53	1400m:	17:28.84	1:16.29	2700m:	33:37.51	1:14.50	4000m:	49:55.80	1:15.59
200m:	2:24.80	1:12.27	1500m:	18:44.08	1:15.24	2800m:	34:52.48	1:14.97	4100m:	51:11.20	1:15.40
300m:	3:38.91	1:14.11	1600m:	19:59.41	1:15.33	2900m:	36:07.78	1:15.30	4200m:	52:27.06	1:15.86
400m:	4:53.57	1:14.66	1700m:	21:14.74	1:15.33	3000m:	37:22.80	1:15.02	4300m:	53:43.01	1:15.95
500m:	6:08.32	1:14.75	1800m:	22:28.03	1:13.29	3100m:	38:37.91	1:15.11	4400m:	54:59.54	1:16.53
600m:	7:23.65	1:15.33	1900m:	23:41.75	1:13.72	3200m:	39:53.00	1:15.09	4500m:	56:16.20	1:16.66
700m:	8:38.99	1:15.34	2000m:	24:55.83	1:14.08	3300m:	41:08.10	1:15.10	4600m:	57:32.25	1:16.05
800m:	9:54.44	1:15.45	2100m:	26:10.05	1:14.22	3400m:	42:23.31	1:15.21	4700m:	58:49.43	1:17.18
900m:	11:09.96	1:15.52	2200m:	27:24.36	1:14.31	3500m:	43:38.03	1:14.72	4800m:	1:00:06.32	1:16.89
1000m:	12:25.38	1:15.42	2300m:	28:38.64	1:14.28	3600m:	44:53.55	1:15.52	4900m:	1:01:22.40	1:16.08
1100m:	13:41.08	1:15.70	2400m:	29:53.48	1:14.84	3700m:	46:09.11	1:15.56	5000m:	1:02:37.82	1:15.42
1200m:	14:56.73	1:15.65	2500m:	31:08.45	1:14.97	3800m:	47:24.53	1:15.42			
1300m:	16:12.55	1:15.82	2600m:	32:23.01	1:14.56	3900m:	48:40.21	1:15.68			

8. RODRIGUEZ RODRIGUEZ, Paula		08	C.N. Arteixo		1:03:38.03+ 5:18.70		1,00				
100m:	1:12.40	1:12.40	1400m:	17:29.84	1:15.17	2700m:	33:59.54	1:16.65	4000m:	50:45.18	1:17.67
200m:	2:26.79	1:14.39	1500m:	18:44.72	1:14.88	2800m:	35:16.66	1:17.12	4100m:	52:03.07	1:17.89
300m:	3:41.75	1:14.96	1600m:	19:59.86	1:15.14	2900m:	36:34.47	1:17.81	4200m:	53:20.63	1:17.56
400m:	4:56.82	1:15.07	1700m:	21:15.10	1:15.24	3000m:	37:51.61	1:17.14	4300m:	54:38.48	1:17.85
500m:	6:11.73	1:14.91	1800m:	22:30.86	1:15.76	3100m:	39:08.78	1:17.17	4400m:	55:55.90	1:17.42
600m:	7:27.29	1:15.56	1900m:	23:46.75	1:15.89	3200m:	40:26.00	1:17.22	4500m:	57:13.42	1:17.52
700m:	8:43.21	1:15.92	2000m:	25:03.30	1:16.55	3300m:	41:43.30	1:17.30	4600m:	58:30.79	1:17.37
800m:	9:58.74	1:15.53	2100m:	26:19.76	1:16.46	3400m:	43:00.51	1:17.21	4700m:	59:48.04	1:17.25
900m:	11:13.80	1:15.06	2200m:	27:36.57	1:16.81	3500m:	44:17.64	1:17.13	4800m:	1:01:05.47	1:17.43
1000m:	12:28.96	1:15.16	2300m:	28:53.48	1:16.91	3600m:	45:34.89	1:17.25	4900m:	1:02:22.65	1:17.18
1100m:	13:43.84	1:14.88	2400m:	30:09.99	1:16.51	3700m:	46:52.30	1:17.41	5000m:	1:03:38.03	1:15.38
1200m:	14:59.13	1:15.29	2500m:	31:26.16	1:16.17	3800m:	48:09.95	1:17.65			
1300m:	16:14.67	1:15.54	2600m:	32:42.89	1:16.73	3900m:	49:27.51	1:17.56			

ABSOLUTO.

1. DE VALDES ALVAREZ, Maria		98	C.N. Mataro		55:56.46		11,00				
50m:	31.17	31.17	1300m:	14:24.36	33.48	2550m:	28:22.98	33.60	3800m:	42:27.00	33.84
100m:	1:03.13	31.96	1350m:	14:57.49	33.13	2600m:	28:56.35	33.37	3850m:	43:00.67	33.67
150m:	1:35.74	32.61	1400m:	15:31.11	33.62	2650m:	29:29.75	33.40	3900m:	43:34.85	34.18
200m:	2:08.41	32.67	1450m:	16:04.50	33.39	2700m:	30:03.66	33.91	3950m:	44:08.51	33.66
250m:	2:41.57	33.16	1500m:	16:38.07	33.57	2750m:	30:37.27	33.61	4000m:	44:42.52	34.01
300m:	3:14.78	33.21	1550m:	17:11.49	33.42	2800m:	31:10.91	33.64	4050m:	45:16.20	33.68
350m:	3:47.96	33.18	1600m:	17:45.10	33.61	2850m:	31:44.35	33.44	4100m:	45:50.24	34.04
400m:	4:21.59	33.63	1650m:	18:18.61	33.51	2900m:	32:18.32	33.97	4150m:	46:23.90	33.66
450m:	4:54.97	33.38	1700m:	18:52.04	33.43	2950m:	32:51.91	33.59	4200m:	46:57.51	33.61
500m:	5:28.32	33.35	1750m:	19:25.41	33.37	3000m:	33:25.74	33.83	4250m:	47:31.09	33.58
550m:	6:01.66	33.34	1800m:	19:59.02	33.61	3050m:	33:59.52	33.78	4300m:	48:04.68	33.59
600m:	6:35.11	33.45	1850m:	20:32.32	33.30	3100m:	34:33.22	33.70	4350m:	48:38.32	33.64
650m:	7:08.37	33.26	1900m:	21:06.11	33.79	3150m:	35:06.69	33.47	4400m:	49:11.95	33.63
700m:	7:42.01	33.64	1950m:	21:39.69	33.58	3200m:	35:40.87	34.18	4450m:	49:45.65	33.70
750m:	8:15.52	33.51	2000m:	22:13.50	33.81	3250m:	36:14.72	33.85	4500m:	50:18.82	33.17
800m:	8:49.37	33.85	2050m:	22:47.27	33.77	3300m:	36:48.49	33.77	4550m:	50:52.50	33.68
850m:	9:22.83	33.46	2100m:	23:20.77	33.50	3350m:	37:22.05	33.56	4600m:	51:26.27	33.77
900m:	9:56.67	33.84	2150m:	23:54.36	33.59	3400m:	37:56.08	34.03	4650m:	51:59.90	33.63
950m:	10:30.17	33.50	2200m:	24:27.95	33.59	3450m:	38:29.76	33.68	4700m:	52:34.16	34.26
1000m:	11:03.86	33.69	2250m:	25:01.73	33.78	3500m:	39:03.91	34.15	4750m:	53:07.98	33.82
1050m:	11:37.52	33.66	2300m:	25:34.96	33.23	3550m:	39:37.72	33.81	4800m:	53:41.91	33.93
1100m:	12:11.07	33.55	2350m:	26:08.61	33.65	3600m:	40:11.83	34.11	4850m:	54:16.03	34.12
1150m:	12:44.27	33.20	2400m:	26:42.14	33.53	3650m:	40:45.40	33.57	4900m:	54:50.21	34.18
1200m:	13:17.61	33.34	2450m:	27:15.79	33.65	3700m:	41:19.41	34.01	4950m:	55:23.75	33.54
1250m:	13:50.88	33.27	2500m:	27:49.38	33.59	3750m:	41:53.16	33.75	5000m:	55:56.46	32.71



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PARTNER SALUD DEL DEPORTISTA



XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación	AN		Tiempo		
2. MARTINEZ GUILLEN, Angela	04	Kzm Swimming Team	57:00.90+	1:04.44	8,00
50m: 32.99	32.99	1300m: 14:34.00	33.79	2550m: 28:48.57	34.52
100m: 1:06.34	33.35	1350m: 15:07.78	33.78	2600m: 29:23.12	34.55
150m: 1:39.88	33.54	1400m: 15:41.54	33.76	2650m: 29:57.44	34.32
200m: 2:13.38	33.50	1450m: 16:15.69	34.15	2700m: 30:31.93	34.49
250m: 2:46.85	33.47	1500m: 16:49.75	34.06	2750m: 31:06.23	34.30
300m: 3:20.39	33.54	1550m: 17:23.93	34.18	2800m: 31:40.54	34.31
350m: 3:54.02	33.63	1600m: 17:58.44	34.51	2850m: 32:14.99	34.45
400m: 4:27.67	33.65	1650m: 18:32.59	34.15	2900m: 32:49.63	34.64
450m: 5:01.58	33.91	1700m: 19:06.72	34.13	2950m: 33:23.85	34.22
500m: 5:35.25	33.67	1750m: 19:40.72	34.00	3000m: 33:58.05	34.20
550m: 6:09.17	33.92	1800m: 20:14.82	34.10	3050m: 34:32.34	34.29
600m: 6:42.88	33.71	1850m: 20:48.95	34.13	3100m: 35:06.81	34.47
650m: 7:16.58	33.70	1900m: 21:22.95	34.00	3150m: 35:41.27	34.46
700m: 7:50.51	33.93	1950m: 21:56.83	33.88	3200m: 36:15.81	34.54
750m: 8:23.93	33.42	2000m: 22:30.87	34.04	3250m: 36:50.44	34.63
800m: 8:57.62	33.69	2050m: 23:05.00	34.13	3300m: 37:24.99	34.55
850m: 9:31.28	33.66	2100m: 23:39.43	34.43	3350m: 37:59.58	34.59
900m: 10:04.87	33.59	2150m: 24:13.65	34.22	3400m: 38:34.28	34.70
950m: 10:38.57	33.70	2200m: 24:47.85	34.20	3450m: 39:08.97	34.69
1000m: 11:12.29	33.72	2250m: 25:22.42	34.57	3500m: 39:43.47	34.50
1050m: 11:45.82	33.53	2300m: 25:56.79	34.37	3550m: 40:17.96	34.49
1100m: 12:19.37	33.55	2350m: 26:31.27	34.48	3600m: 40:52.52	34.56
1150m: 12:53.01	33.64	2400m: 27:05.66	34.39	3650m: 41:27.20	34.68
1200m: 13:26.57	33.56	2450m: 27:39.90	34.24	3700m: 42:01.84	34.64
1250m: 14:00.21	33.64	2500m: 28:14.05	34.15	3750m: 42:36.55	34.71
3. OTERO FERNANDEZ, Paula	04	C.N. Arteixo	57:09.10+	1:12.64	6,00
50m: 33.29	33.29	1300m: 14:39.12	34.54	2550m: 29:00.24	34.31
100m: 1:07.31	34.02	1350m: 15:13.57	34.45	2600m: 29:34.58	34.34
150m: 1:40.90	33.59	1400m: 15:47.90	34.33	2650m: 30:08.80	34.22
200m: 2:14.60	33.70	1450m: 16:22.14	34.24	2700m: 30:43.33	34.53
250m: 2:48.27	33.67	1500m: 16:56.57	34.43	2750m: 31:17.82	34.49
300m: 3:21.85	33.58	1550m: 17:30.89	34.32	2800m: 31:52.04	34.22
350m: 3:55.30	33.45	1600m: 18:05.40	34.51	2850m: 32:26.50	34.46
400m: 4:29.08	33.78	1650m: 18:39.70	34.30	2900m: 33:01.28	34.78
450m: 5:02.66	33.58	1700m: 19:14.11	34.41	2950m: 33:35.82	34.54
500m: 5:36.31	33.65	1750m: 19:48.49	34.38	3000m: 34:10.69	34.87
550m: 6:10.03	33.72	1800m: 20:23.27	34.78	3050m: 34:45.23	34.54
600m: 6:43.55	33.52	1850m: 20:57.78	34.51	3100m: 35:19.86	34.63
650m: 7:17.06	33.51	1900m: 21:32.26	34.48	3150m: 35:54.43	34.57
700m: 7:50.54	33.48	1950m: 22:06.69	34.43	3200m: 36:29.45	35.02
750m: 8:24.06	33.52	2000m: 22:41.12	34.43	3250m: 37:04.03	34.58
800m: 8:57.66	33.60	2050m: 23:15.40	34.28	3300m: 37:38.81	34.78
850m: 9:31.22	33.56	2100m: 23:49.81	34.41	3350m: 38:13.30	34.49
900m: 10:04.89	33.67	2150m: 24:24.38	34.57	3400m: 38:48.05	34.75
950m: 10:38.83	33.94	2200m: 24:59.00	34.62	3450m: 39:22.72	34.67
1000m: 11:12.97	34.14	2250m: 25:33.46	34.46	3500m: 39:57.35	34.63
1050m: 11:47.34	34.37	2300m: 26:08.08	34.62	3550m: 40:31.80	34.45
1100m: 12:21.67	34.33	2350m: 26:42.50	34.42	3600m: 41:06.51	34.71
1150m: 12:55.90	34.23	2400m: 27:17.14	34.64	3650m: 41:41.26	34.75
1200m: 13:30.23	34.33	2450m: 27:51.52	34.38	3700m: 42:16.19	34.93
1250m: 14:04.58	34.35	2500m: 28:25.93	34.41	3750m: 42:50.94	34.75



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PARTNER SALUD DEL DEPORTISTA



XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación	AN		Tiempo				
4. RUBIO VILLORIA, Alba	09	C.N. Marina-Cartagena	57:16.51+	1:20.05			
<i>Mejor Marca Nacional</i>							
100m: 1:08.16	1:08.16	1400m: 15:57.06	1:07.88	2700m: 30:44.67	1:08.97	4000m: 45:43.85	1:08.91
200m: 2:15.94	1:07.78	1500m: 17:04.62	1:07.56	2800m: 31:53.90	1:09.23	4100m: 46:52.91	1:09.06
300m: 3:23.68	1:07.74	1600m: 18:12.49	1:07.87	2900m: 33:03.02	1:09.12	4200m: 48:02.04	1:09.13
400m: 4:31.76	1:08.08	1700m: 19:20.21	1:07.72	3000m: 34:11.63	1:08.61	4300m: 49:11.04	1:09.00
500m: 5:39.78	1:08.02	1800m: 20:28.02	1:07.81	3100m: 35:20.53	1:08.90	4400m: 50:19.91	1:08.87
600m: 6:48.02	1:08.24	1900m: 21:36.29	1:08.27	3200m: 36:29.70	1:09.17	4500m: 51:29.06	1:09.15
700m: 7:56.71	1:08.69	2000m: 22:44.43	1:08.14	3300m: 37:39.10	1:09.40	4600m: 52:38.50	1:09.44
800m: 9:06.12	1:09.41	2100m: 23:52.77	1:08.34	3400m: 38:48.86	1:09.76	4700m: 53:48.59	1:10.09
900m: 10:14.88	1:08.76	2200m: 25:01.11	1:08.34	3500m: 39:57.82	1:08.96	4800m: 54:59.34	1:10.75
1000m: 11:22.83	1:07.95	2300m: 26:09.68	1:08.57	3600m: 41:07.34	1:09.52	4900m: 56:09.07	1:09.73
1100m: 12:31.08	1:08.25	2400m: 27:17.87	1:08.19	3700m: 42:16.86	1:09.52	5000m: 57:16.51	1:07.44
1200m: 13:40.16	1:09.08	2500m: 28:26.84	1:08.97	3800m: 43:25.89	1:09.03		
1300m: 14:49.18	1:09.02	2600m: 29:35.70	1:08.86	3900m: 44:34.94	1:09.05		
5. SANCHEZ LORA, Candela	03	C.D. Gredos San Diego	57:50.50+	1:54.04	5,00		
50m: 33.54	33.54	1300m: 14:52.92	34.50	2550m: 29:19.55	35.26	3800m: 43:51.53	35.00
100m: 1:07.26	33.72	1350m: 15:27.46	34.54	2600m: 29:54.22	34.67	3850m: 44:26.57	35.04
150m: 1:41.20	33.94	1400m: 16:01.85	34.39	2650m: 30:29.40	35.18	3900m: 45:01.14	34.57
200m: 2:15.06	33.86	1450m: 16:36.26	34.41	2700m: 31:04.21	34.81	3950m: 45:36.25	35.11
250m: 2:49.27	34.21	1500m: 17:10.55	34.29	2750m: 31:39.28	35.07	4000m: 46:11.24	34.99
300m: 3:23.26	33.99	1550m: 17:45.19	34.64	2800m: 32:14.16	34.88	4050m: 46:46.33	35.09
350m: 3:57.60	34.34	1600m: 18:19.56	34.37	2850m: 32:49.21	35.05	4100m: 47:21.16	34.83
400m: 4:31.71	34.11	1650m: 18:54.55	34.99	2900m: 33:24.08	34.87	4150m: 47:56.33	35.17
450m: 5:06.40	34.69	1700m: 19:29.13	34.58	2950m: 33:59.32	35.24	4200m: 48:31.11	34.78
500m: 5:40.46	34.06	1750m: 20:03.88	34.75	3000m: 34:33.80	34.48	4250m: 49:06.12	35.01
550m: 6:15.02	34.56	1800m: 20:38.52	34.64	3050m: 35:08.61	34.81	4300m: 49:41.12	35.00
600m: 6:49.44	34.42	1850m: 21:13.44	34.92	3100m: 35:43.10	34.49	4350m: 50:16.02	34.90
650m: 7:24.26	34.82	1900m: 21:48.03	34.59	3150m: 36:17.92	34.82	4400m: 50:50.85	34.83
700m: 7:58.49	34.23	1950m: 22:23.00	34.97	3200m: 36:52.48	34.56	4450m: 51:26.16	35.31
750m: 8:33.08	34.59	2000m: 22:57.68	34.68	3250m: 37:27.47	34.99	4500m: 52:01.18	35.02
800m: 9:07.41	34.33	2050m: 23:32.24	34.56	3300m: 38:02.25	34.78	4550m: 52:36.44	35.26
850m: 9:42.16	34.75	2100m: 24:06.62	34.38	3350m: 38:37.41	35.16	4600m: 53:11.54	35.10
900m: 10:16.52	34.36	2150m: 24:41.81	35.19	3400m: 39:12.17	34.76	4650m: 53:46.60	35.06
950m: 10:51.09	34.57	2200m: 25:16.56	34.75	3450m: 39:47.13	34.96	4700m: 54:21.61	35.01
1000m: 11:25.55	34.46	2250m: 25:51.08	34.52	3500m: 40:22.25	35.12	4750m: 54:56.79	35.18
1050m: 12:00.14	34.59	2300m: 26:25.59	34.51	3550m: 40:57.37	35.12	4800m: 55:31.76	34.97
1100m: 12:34.47	34.33	2350m: 27:00.22	34.63	3600m: 41:31.93	34.56	4850m: 56:06.73	34.97
1150m: 13:09.20	34.73	2400m: 27:34.78	34.56	3650m: 42:06.63	34.70	4900m: 56:41.58	34.85
1200m: 13:43.66	34.46	2450m: 28:09.33	34.55	3700m: 42:41.46	34.83	4950m: 57:16.55	34.97
1250m: 14:18.42	34.76	2500m: 28:44.29	34.96	3750m: 43:16.53	35.07	5000m: 57:50.50	33.95
6. COLL MARTI, Julia	07	C.N. Olot	58:19.33+	2:22.87			
50m: 33.06	33.06	800m: 9:11.73	35.28	1550m: 18:00.27	35.22	2300m: 26:50.45	35.55
100m: 1:07.19	34.13	850m: 9:46.51	34.78	1600m: 18:35.56	35.29	2350m: 27:25.81	35.36
150m: 1:41.35	34.16	900m: 10:21.55	35.04	1650m: 19:10.88	35.32	2400m: 28:01.53	35.72
200m: 2:15.34	33.99	950m: 10:56.41	34.86	1700m: 19:46.01	35.13	2450m: 28:36.63	35.10
250m: 2:48.94	33.60	1000m: 11:31.68	35.27	1750m: 20:21.34	35.33	2500m: 29:12.33	35.70
300m: 3:23.11	34.17	1050m: 12:06.88	35.20	1800m: 20:56.73	35.39	2550m: 29:47.37	35.04
350m: 3:57.12	34.01	1100m: 12:42.28	35.40	1850m: 21:32.19	35.46	2600m: 30:23.02	35.65
400m: 4:32.09	34.97	1150m: 13:17.55	35.27	1900m: 22:07.90	35.71	2650m: 30:58.65	35.63
450m: 5:06.80	34.71	1200m: 13:52.98	35.43	1950m: 22:43.52	35.62	2700m: 31:34.19	35.54
500m: 5:41.90	35.10	1250m: 14:28.13	35.15	2000m: 23:19.34	35.82	2750m: 32:09.44	35.25
550m: 6:16.75	34.85	1300m: 15:03.43	35.30	2050m: 23:54.41	35.07	2800m: 32:44.85	35.41
600m: 6:52.04	35.29	1350m: 15:38.66	35.23	2100m: 24:29.22	34.81	2850m: 33:20.11	35.26
650m: 7:26.84	34.80	1400m: 16:14.11	35.45	2150m: 25:04.29	35.07	2900m: 33:55.66	35.55
700m: 8:01.68	34.84	1450m: 16:49.45	35.34	2200m: 25:39.56	35.27	2950m: 34:30.95	35.29
750m: 8:36.45	34.77	1500m: 17:25.05	35.60	2250m: 26:14.90	35.34	3000m: 35:06.16	35.21



Excelentísimo
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INSTITUCIONALES

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PARTNER



EPONSOR OFICIAL DE MOVILIDAD



PARTNER SALUD DEL DEPORTISTA



XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación	AN				Tiempo			
3050m: 35:41.09	34.93	3550m: 41:26.96	34.27	4050m: 47:15.37	34.94	4550m: 53:02.75	34.32	
3100m: 36:15.97	34.88	3600m: 42:01.64	34.68	4100m: 47:50.25	34.88	4600m: 53:38.01	35.26	
3150m: 36:50.26	34.29	3650m: 42:36.26	34.62	4150m: 48:25.03	34.78	4650m: 54:13.63	35.62	
3200m: 37:25.24	34.98	3700m: 43:10.97	34.71	4200m: 48:59.96	34.93	4700m: 54:48.96	35.33	
3250m: 37:59.62	34.38	3750m: 43:45.73	34.76	4250m: 49:34.63	34.67	4750m: 55:23.84	34.88	
3300m: 38:34.41	34.79	3800m: 44:20.61	34.88	4300m: 50:09.45	34.82	4800m: 55:59.12	35.28	
3350m: 39:09.01	34.60	3850m: 44:55.49	34.88	4350m: 50:44.27	34.82	4850m: 56:34.87	35.75	
3400m: 39:43.72	34.71	3900m: 45:30.47	34.98	4400m: 51:19.29	35.02	4900m: 57:09.99	35.12	
3450m: 40:18.07	34.35	3950m: 46:05.38	34.91	4450m: 51:53.57	34.28	4950m: 57:45.28	35.29	
3500m: 40:52.69	34.62	4000m: 46:40.43	35.05	4500m: 52:28.43	34.86	5000m: 58:19.33	34.05	

7. MARTINEZ DE SALINAS PEÑA, Clara 07 C.E. Mediterrani **58:47.75+ 2:51.29**

100m: 1:07.92	1:07.92	1400m: 15:58.07	1:08.80	2700m: 31:15.32	1:11.39	4000m: 46:42.59	1:11.65
200m: 2:16.07	1:08.15	1500m: 17:06.65	1:08.58	2800m: 32:25.44	1:10.12	4100m: 47:54.43	1:11.84
300m: 3:23.63	1:07.56	1600m: 18:16.07	1:09.42	2900m: 33:35.57	1:10.13	4200m: 49:06.84	1:12.41
400m: 4:31.62	1:07.99	1700m: 19:26.19	1:10.12	3000m: 34:46.30	1:10.73	4300m: 50:19.84	1:13.00
500m: 5:39.85	1:08.23	1800m: 20:37.05	1:10.86	3100m: 35:57.55	1:11.25	4400m: 51:32.33	1:12.49
600m: 6:47.91	1:08.06	1900m: 21:48.16	1:11.11	3200m: 37:09.69	1:12.14	4500m: 52:45.48	1:13.15
700m: 7:56.77	1:08.86	2000m: 22:58.56	1:10.40	3300m: 38:19.85	1:10.16	4600m: 53:58.74	1:13.26
800m: 9:06.00	1:09.23	2100m: 24:09.41	1:10.85	3400m: 39:31.44	1:11.59	4700m: 55:11.89	1:13.15
900m: 10:15.01	1:09.01	2200m: 25:20.23	1:10.82	3500m: 40:42.42	1:10.98	4800m: 56:24.11	1:12.22
1000m: 11:23.00	1:07.99	2300m: 26:31.99	1:11.76	3600m: 41:54.43	1:12.01	4900m: 57:37.55	1:13.44
1100m: 12:31.06	1:08.06	2400m: 27:42.81	1:10.82	3700m: 43:06.93	1:12.50	5000m: 58:47.75	1:10.20
1200m: 13:40.16	1:09.10	2500m: 28:52.78	1:09.97	3800m: 44:18.43	1:11.50		
1300m: 14:49.27	1:09.11	2600m: 30:03.93	1:11.15	3900m: 45:30.94	1:12.51		

8. DEL RIO DECABO, Carlota 09 C.N. Granollers **59:02.67+ 3:06.21**

100m: 1:11.52	1:11.52	1400m: 16:30.11	1:10.65	2700m: 31:47.64	1:10.49	4000m: 47:13.38	1:11.07
200m: 2:22.00	1:10.48	1500m: 17:41.28	1:11.17	2800m: 32:58.07	1:10.43	4100m: 48:23.59	1:10.21
300m: 3:32.55	1:10.55	1600m: 18:52.28	1:11.00	2900m: 34:08.89	1:10.82	4200m: 49:34.43	1:10.84
400m: 4:42.99	1:10.44	1700m: 20:03.38	1:11.10	3000m: 35:19.94	1:11.05	4300m: 50:45.00	1:10.57
500m: 5:53.67	1:10.68	1800m: 21:13.85	1:10.47	3100m: 36:30.07	1:10.13	4400m: 51:55.98	1:10.98
600m: 7:03.88	1:10.21	1900m: 22:23.93	1:10.08	3200m: 37:41.46	1:11.39	4500m: 53:07.20	1:11.22
700m: 8:14.50	1:10.62	2000m: 23:35.08	1:11.15	3300m: 38:53.55	1:12.09	4600m: 54:17.33	1:10.13
800m: 9:25.17	1:10.67	2100m: 24:45.61	1:10.53	3400m: 40:04.88	1:11.33	4700m: 55:29.49	1:12.16
900m: 10:35.54	1:10.37	2200m: 25:55.64	1:10.03	3500m: 41:17.11	1:12.23	4800m: 56:40.96	1:11.47
1000m: 11:46.71	1:11.17	2300m: 27:05.96	1:10.32	3600m: 42:28.96	1:11.85	4900m: 57:53.43	1:12.47
1100m: 12:57.91	1:11.20	2400m: 28:16.25	1:10.29	3700m: 43:40.12	1:11.16	5000m: 59:02.67	1:09.24
1200m: 14:09.12	1:11.21	2500m: 29:27.76	1:11.51	3800m: 44:51.02	1:10.90		
1300m: 15:19.46	1:10.34	2600m: 30:37.15	1:09.39	3900m: 46:02.31	1:11.29		

9. MALO MORENO, Ariadna 08 Getxo Igeriketa Bolue K.E. **59:49.99+ 3:53.53**

100m: 1:08.34	1:08.34	1400m: 16:33.37	1:11.80	2700m: 32:07.26	1:11.69	4000m: 47:49.14	1:13.23
200m: 2:17.02	1:08.68	1500m: 17:45.23	1:11.86	2800m: 33:19.20	1:11.94	4100m: 49:01.59	1:12.45
300m: 3:27.53	1:10.51	1600m: 18:56.92	1:11.69	2900m: 34:31.32	1:12.12	4200m: 50:14.62	1:13.03
400m: 4:38.81	1:11.28	1700m: 20:08.70	1:11.78	3000m: 35:43.70	1:12.38	4300m: 51:27.34	1:12.72
500m: 5:50.18	1:11.37	1800m: 21:20.58	1:11.88	3100m: 36:55.84	1:12.14	4400m: 52:39.32	1:11.98
600m: 7:01.61	1:11.43	1900m: 22:32.75	1:12.17	3200m: 38:07.67	1:11.83	4500m: 53:50.62	1:11.30
700m: 8:13.51	1:11.90	2000m: 23:44.93	1:12.18	3300m: 39:19.69	1:12.02	4600m: 55:03.32	1:12.70
800m: 9:24.87	1:11.36	2100m: 24:56.43	1:11.50	3400m: 40:32.09	1:12.40	4700m: 56:15.96	1:12.64
900m: 10:36.17	1:11.30	2200m: 26:08.06	1:11.63	3500m: 41:43.97	1:11.88	4800m: 57:28.42	1:12.46
1000m: 11:47.93	1:11.76	2300m: 27:19.72	1:11.66	3600m: 42:56.98	1:13.01	4900m: 58:40.75	1:12.33
1100m: 12:59.27	1:11.34	2400m: 28:31.23	1:11.51	3700m: 44:09.95	1:12.97	5000m: 59:49.99	1:09.24
1200m: 14:10.23	1:10.96	2500m: 29:43.62	1:12.39	3800m: 45:23.21	1:13.26		
1300m: 15:21.57	1:11.34	2600m: 30:55.57	1:11.95	3900m: 46:35.91	1:12.70		



XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación

AN

Tiempo

10. CASTILLO ACERO, Helena	10	C.D.N. Cordoba	1:00:02.55+	4:06.09			
50m: 34.24	34.24	1300m: 15:15.92	35.64	2550m: 30:07.13	35.98	3800m: 45:09.26	36.41
100m: 1:08.57	34.33	1350m: 15:51.76	35.84	2600m: 30:42.48	35.35	3850m: 45:45.31	36.05
150m: 1:43.27	34.70	1400m: 16:27.55	35.79	2650m: 31:18.02	35.54	3900m: 46:21.66	36.35
200m: 2:17.95	34.68	1450m: 17:03.31	35.76	2700m: 31:53.56	35.54	3950m: 46:58.14	36.48
250m: 2:52.85	34.90	1500m: 17:39.47	36.16	2750m: 32:29.11	35.55	4000m: 47:34.62	36.48
300m: 3:28.27	35.42	1550m: 18:15.20	35.73	2800m: 33:04.58	35.47	4050m: 48:11.43	36.81
350m: 4:03.62	35.35	1600m: 18:51.15	35.95	2850m: 33:40.38	35.80	4100m: 48:48.24	36.81
400m: 4:38.96	35.34	1650m: 19:27.03	35.88	2900m: 34:16.27	35.89	4150m: 49:25.00	36.76
450m: 5:14.13	35.17	1700m: 20:02.98	35.95	2950m: 34:52.17	35.90	4200m: 50:01.90	36.90
500m: 5:49.72	35.59	1750m: 20:38.91	35.93	3000m: 35:28.22	36.05	4250m: 50:39.01	37.11
550m: 6:24.92	35.20	1800m: 21:14.78	35.87	3050m: 36:04.35	36.13	4300m: 51:16.14	37.13
600m: 7:00.33	35.41	1850m: 21:50.76	35.98	3100m: 36:40.39	36.04	4350m: 51:53.56	37.42
650m: 7:35.29	34.96	1900m: 22:26.78	36.02	3150m: 37:16.60	36.21	4400m: 52:30.75	37.19
700m: 8:10.62	35.33	1950m: 23:02.69	35.91	3200m: 37:52.90	36.30	4450m: 53:08.35	37.60
750m: 8:46.02	35.40	2000m: 23:38.74	36.05	3250m: 38:29.05	36.15	4500m: 53:45.87	37.52
800m: 9:21.47	35.45	2050m: 24:14.25	35.51	3300m: 39:05.39	36.34	4550m: 54:23.20	37.33
850m: 9:56.81	35.34	2100m: 24:49.08	34.83	3350m: 39:41.66	36.27	4600m: 55:00.93	37.73
900m: 10:32.37	35.56	2150m: 25:24.50	35.42	3400m: 40:18.15	36.49	4650m: 55:38.45	37.52
950m: 11:07.83	35.46	2200m: 25:59.37	34.87	3450m: 40:54.60	36.45	4700m: 56:16.42	37.97
1000m: 11:43.06	35.23	2250m: 26:34.51	35.14	3500m: 41:31.37	36.77	4750m: 56:54.32	37.90
1050m: 12:18.19	35.13	2300m: 27:09.43	34.92	3550m: 42:07.01	35.64	4800m: 57:32.36	38.04
1100m: 12:53.76	35.57	2350m: 27:44.74	35.31	3600m: 42:43.27	36.26	4850m: 58:10.25	37.89
1150m: 13:29.14	35.38	2400m: 28:20.10	35.36	3650m: 43:19.49	36.22	4900m: 58:48.29	38.04
1200m: 14:04.59	35.45	2450m: 28:55.73	35.63	3700m: 43:56.29	36.80	4950m: 59:26.01	37.72
1250m: 14:40.28	35.69	2500m: 29:31.15	35.42	3750m: 44:32.85	36.56	5000m: 1:00:02.55	36.54

11. MORA FERRANDIS, Ariadna	06	C.N. Ferca-San Jose	1:00:21.73+	4:25.27	4,00		
50m: 33.61	33.61	1300m: 15:20.61	35.92	2550m: 30:28.62	36.64	3800m: 45:44.76	37.02
100m: 1:07.96	34.35	1350m: 15:56.58	35.97	2600m: 31:05.03	36.41	3850m: 46:21.96	37.20
150m: 1:42.63	34.67	1400m: 16:32.72	36.14	2650m: 31:41.45	36.42	3900m: 46:58.92	36.96
200m: 2:17.60	34.97	1450m: 17:08.94	36.22	2700m: 32:17.78	36.33	3950m: 47:35.85	36.93
250m: 2:52.64	35.04	1500m: 17:45.23	36.29	2750m: 32:54.06	36.28	4000m: 48:12.84	36.99
300m: 3:28.09	35.45	1550m: 18:21.50	36.27	2800m: 33:30.17	36.11	4050m: 48:49.73	36.89
350m: 4:03.34	35.25	1600m: 18:57.58	36.08	2850m: 34:06.38	36.21	4100m: 49:26.12	36.39
400m: 4:38.89	35.55	1650m: 19:34.01	36.43	2900m: 34:42.67	36.29	4150m: 50:02.47	36.35
450m: 5:14.36	35.47	1700m: 20:10.09	36.08	2950m: 35:19.06	36.39	4200m: 50:38.52	36.05
500m: 5:50.00	35.64	1750m: 20:46.52	36.43	3000m: 35:55.48	36.42	4250m: 51:14.89	36.37
550m: 6:25.51	35.51	1800m: 21:22.62	36.10	3050m: 36:32.30	36.82	4300m: 51:50.96	36.07
600m: 7:01.02	35.51	1850m: 21:59.07	36.45	3100m: 37:08.98	36.68	4350m: 52:27.60	36.64
650m: 7:36.58	35.56	1900m: 22:35.16	36.09	3150m: 37:45.85	36.87	4400m: 53:03.96	36.36
700m: 8:12.09	35.51	1950m: 23:11.55	36.39	3200m: 38:22.20	36.35	4450m: 53:40.58	36.62
750m: 8:47.60	35.51	2000m: 23:47.87	36.32	3250m: 38:59.04	36.84	4500m: 54:16.80	36.22
800m: 9:23.37	35.77	2050m: 24:24.09	36.22	3300m: 39:35.47	36.43	4550m: 54:53.57	36.77
850m: 9:59.02	35.65	2100m: 25:00.34	36.25	3350m: 40:12.45	36.98	4600m: 55:30.24	36.67
900m: 10:34.61	35.59	2150m: 25:36.36	36.02	3400m: 40:49.11	36.66	4650m: 56:07.05	36.81
950m: 11:10.28	35.67	2200m: 26:12.59	36.23	3450m: 41:26.27	37.16	4700m: 56:43.94	36.89
1000m: 11:45.85	35.57	2250m: 26:49.18	36.59	3500m: 42:03.06	36.79	4750m: 57:20.68	36.74
1050m: 12:21.42	35.57	2300m: 27:25.62	36.44	3550m: 42:40.02	36.96	4800m: 57:57.36	36.68
1100m: 12:57.50	36.08	2350m: 28:02.21	36.59	3600m: 43:16.59	36.57	4850m: 58:33.97	36.61
1150m: 13:33.17	35.67	2400m: 28:38.61	36.40	3650m: 43:53.64	37.05	4900m: 59:10.47	36.50
1200m: 14:08.91	35.74	2450m: 29:15.36	36.75	3700m: 44:30.61	36.97	4950m: 59:46.53	36.06
1250m: 14:44.69	35.78	2500m: 29:51.98	36.62	3750m: 45:07.74	37.13	5000m: 1:00:21.73	35.20



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EPONSOR OFICIAL DE MOVILIDAD



PARTNER SALUD DEL DEPORTISTA



XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación

AN

Tiempo

12. GARCIA MORENO, Claudia	10	C.N. Granollers	1:00:29.76+	4:33.30			
100m: 1:11.39	1:11.39	1400m: 16:48.34	1:11.89	2700m: 32:22.52	1:11.47	4000m: 48:10.11	1:13.87
200m: 2:23.68	1:12.29	1500m: 17:59.92	1:11.58	2800m: 33:34.07	1:11.55	4100m: 49:24.17	1:14.06
300m: 3:36.07	1:12.39	1600m: 19:11.73	1:11.81	2900m: 34:46.10	1:12.03	4200m: 50:38.23	1:14.06
400m: 4:48.67	1:12.60	1700m: 20:23.36	1:11.63	3000m: 35:58.40	1:12.30	4300m: 51:52.83	1:14.60
500m: 6:00.79	1:12.12	1800m: 21:35.15	1:11.79	3100m: 37:10.54	1:12.14	4400m: 53:07.02	1:14.19
600m: 7:12.46	1:11.67	1900m: 22:47.42	1:12.27	3200m: 38:22.64	1:12.10	4500m: 54:21.46	1:14.44
700m: 8:24.63	1:12.17	2000m: 23:59.12	1:11.70	3300m: 39:35.58	1:12.94	4600m: 55:35.63	1:14.17
800m: 9:37.07	1:12.44	2100m: 25:10.90	1:11.78	3400m: 40:48.95	1:13.37	4700m: 56:50.48	1:14.85
900m: 10:49.37	1:12.30	2200m: 26:22.67	1:11.77	3500m: 42:02.19	1:13.24	4800m: 58:04.72	1:14.24
1000m: 12:01.45	1:12.08	2300m: 27:34.34	1:11.67	3600m: 43:14.97	1:12.78	4900m: 59:18.64	1:13.92
1100m: 13:13.10	1:11.65	2400m: 28:46.38	1:12.04	3700m: 44:28.68	1:13.71	5000m: 1:00:29.76	1:11.12
1200m: 14:24.69	1:11.59	2500m: 29:58.88	1:12.50	3800m: 45:42.60	1:13.92		
1300m: 15:36.45	1:11.76	2600m: 31:11.05	1:12.17	3900m: 46:56.24	1:13.64		

13. MARTINEZ NAVARRO, Aurora	10	C.N. Jaen	1:00:34.19+	4:37.73			
50m: 33.55	33.55	1300m: 15:15.60	35.55	2550m: 30:14.44	36.36	3800m: 45:40.29	37.07
100m: 1:07.57	34.02	1350m: 15:51.16	35.56	2600m: 30:51.12	36.68	3850m: 46:17.77	37.48
150m: 1:41.98	34.41	1400m: 16:26.95	35.79	2650m: 31:27.70	36.58	3900m: 46:55.42	37.65
200m: 2:16.67	34.69	1450m: 17:02.88	35.93	2700m: 32:04.24	36.54	3950m: 47:33.14	37.72
250m: 2:51.48	34.81	1500m: 17:38.86	35.98	2750m: 32:41.07	36.83	4000m: 48:10.50	37.36
300m: 3:26.46	34.98	1550m: 18:14.63	35.77	2800m: 33:17.93	36.86	4050m: 48:47.94	37.44
350m: 4:01.98	35.52	1600m: 18:50.74	36.11	2850m: 33:54.31	36.38	4100m: 49:25.33	37.39
400m: 4:37.28	35.30	1650m: 19:26.73	35.99	2900m: 34:30.99	36.68	4150m: 50:03.24	37.91
450m: 5:12.52	35.24	1700m: 20:02.62	35.89	2950m: 35:07.73	36.74	4200m: 50:40.26	37.02
500m: 5:47.76	35.24	1750m: 20:38.71	36.09	3000m: 35:43.96	36.23	4250m: 51:17.38	37.12
550m: 6:23.15	35.39	1800m: 21:14.25	35.54	3050m: 36:21.07	37.11	4300m: 51:54.81	37.43
600m: 6:58.55	35.40	1850m: 21:50.43	36.18	3100m: 36:58.04	36.97	4350m: 52:32.60	37.79
650m: 7:34.10	35.55	1900m: 22:26.34	35.91	3150m: 37:35.38	37.34	4400m: 53:10.04	37.44
700m: 8:09.76	35.66	1950m: 23:02.47	36.13	3200m: 38:12.34	36.96	4450m: 53:47.48	37.44
750m: 8:45.64	35.88	2000m: 23:38.66	36.19	3250m: 38:49.70	37.36	4500m: 54:25.00	37.52
800m: 9:21.11	35.47	2050m: 24:14.38	35.72	3300m: 39:26.79	37.09	4550m: 55:02.69	37.69
850m: 9:56.62	35.51	2100m: 24:49.11	34.73	3350m: 40:04.09	37.30	4600m: 55:40.34	37.65
900m: 10:32.08	35.46	2150m: 25:24.68	35.57	3400m: 40:41.29	37.20	4650m: 56:18.43	38.09
950m: 11:07.66	35.58	2200m: 25:59.67	34.99	3450m: 41:18.84	37.55	4700m: 56:55.51	37.08
1000m: 11:43.05	35.39	2250m: 26:35.67	36.00	3500m: 41:56.24	37.40	4750m: 57:32.83	37.32
1050m: 12:18.20	35.15	2300m: 27:11.54	35.87	3550m: 42:33.75	37.51	4800m: 58:09.71	36.88
1100m: 12:53.62	35.42	2350m: 27:48.39	36.85	3600m: 43:10.98	37.23	4850m: 58:46.49	36.78
1150m: 13:29.17	35.55	2400m: 28:25.15	36.76	3650m: 43:48.88	37.90	4900m: 59:22.97	36.48
1200m: 14:04.29	35.12	2450m: 29:01.35	36.20	3700m: 44:26.16	37.28	4950m: 59:58.98	36.01
1250m: 14:40.05	35.76	2500m: 29:38.08	36.73	3750m: 45:03.22	37.06	5000m: 1:00:34.19	35.21

14. GONZALEZ VAZQUEZ, Maria	08	C.N. Las Anclas Castrillon	1:01:22.63+	5:26.17			
100m: 1:10.06	1:10.06	1400m: 16:59.89	1:12.58	2700m: 32:52.59	1:13.63	4000m: 48:58.03	1:14.36
200m: 2:22.64	1:12.58	1500m: 18:12.86	1:12.97	2800m: 34:06.56	1:13.97	4100m: 50:12.62	1:14.59
300m: 3:35.23	1:12.59	1600m: 19:26.13	1:13.27	2900m: 35:20.73	1:14.17	4200m: 51:27.35	1:14.73
400m: 4:48.36	1:13.13	1700m: 20:38.84	1:12.71	3000m: 36:34.89	1:14.16	4300m: 52:42.32	1:14.97
500m: 6:01.12	1:12.76	1800m: 21:52.04	1:13.20	3100m: 37:49.59	1:14.70	4400m: 53:57.23	1:14.91
600m: 7:14.22	1:13.10	1900m: 23:05.72	1:13.68	3200m: 39:03.98	1:14.39	4500m: 55:12.30	1:15.07
700m: 8:28.06	1:13.84	2000m: 24:19.08	1:13.36	3300m: 40:18.00	1:14.02	4600m: 56:26.21	1:13.91
800m: 9:42.00	1:13.94	2100m: 25:32.37	1:13.29	3400m: 41:32.00	1:14.00	4700m: 57:41.65	1:15.44
900m: 10:54.72	1:12.72	2200m: 26:45.27	1:12.90	3500m: 42:46.18	1:14.18	4800m: 58:56.52	1:14.87
1000m: 12:07.65	1:12.93	2300m: 27:58.41	1:13.14	3600m: 44:00.45	1:14.27	4900m: 1:00:10.36	1:13.84
1100m: 13:21.80	1:14.15	2400m: 29:11.97	1:13.56	3700m: 45:14.64	1:14.19	5000m: 1:01:22.63	1:12.27
1200m: 14:34.48	1:12.68	2500m: 30:25.55	1:13.58	3800m: 46:29.31	1:14.67		
1300m: 15:47.31	1:12.83	2600m: 31:38.96	1:13.41	3900m: 47:43.67	1:14.36		



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

Clasificación	AN		Tiempo	
15. RODRIGUEZ RODRIGUEZ, Lucia	08	R.G.C. Covadonga	1:02:07.32+	6:10.86
100m: 1:10.99	1:10.99	1400m: 16:59.28	1:13.16	2700m: 33:03.44
200m: 2:22.82	1:11.83	1500m: 18:12.98	1:13.70	2800m: 34:18.81
300m: 3:35.18	1:12.36	1600m: 19:26.51	1:13.53	2900m: 35:34.16
400m: 4:47.30	1:12.12	1700m: 20:40.13	1:13.62	3000m: 36:49.57
500m: 5:59.38	1:12.08	1800m: 21:54.13	1:14.00	3100m: 38:04.78
600m: 7:12.18	1:12.80	1900m: 23:07.77	1:13.64	3200m: 39:20.29
700m: 8:25.27	1:13.09	2000m: 24:21.56	1:13.79	3300m: 40:35.53
800m: 9:38.38	1:13.11	2100m: 25:35.35	1:13.79	3400m: 41:50.94
900m: 10:51.60	1:13.22	2200m: 26:49.56	1:14.21	3500m: 43:06.98
1000m: 12:05.10	1:13.50	2300m: 28:03.86	1:14.30	3600m: 44:22.78
1100m: 13:18.49	1:13.39	2400m: 29:18.66	1:14.80	3700m: 45:39.09
1200m: 14:32.37	1:13.88	2500m: 30:33.45	1:14.79	3800m: 46:55.65
1300m: 15:46.12	1:13.75	2600m: 31:48.75	1:15.30	3900m: 48:11.71
16. LLODRA BOSCH, Barbara	07	C.N. Ferca-San Jose	1:02:20.36+	6:23.90
100m: 1:09.62	1:09.62	1400m: 17:01.38	1:13.27	2700m: 33:29.74
200m: 2:22.41	1:12.79	1500m: 18:15.01	1:13.63	2800m: 34:46.47
300m: 3:35.00	1:12.59	1600m: 19:30.13	1:15.12	2900m: 36:02.34
400m: 4:48.42	1:13.42	1700m: 20:45.13	1:15.00	3000m: 37:18.22
500m: 6:00.61	1:12.19	1800m: 22:00.65	1:15.52	3100m: 38:34.13
600m: 7:14.24	1:13.63	1900m: 23:17.62	1:16.97	3200m: 39:50.28
700m: 8:27.83	1:13.59	2000m: 24:34.49	1:16.87	3300m: 41:06.61
800m: 9:41.50	1:13.67	2100m: 25:51.15	1:16.66	3400m: 42:21.82
900m: 10:53.81	1:12.31	2200m: 27:08.30	1:17.15	3500m: 43:36.86
1000m: 12:07.61	1:13.80	2300m: 28:25.02	1:16.72	3600m: 44:52.10
1100m: 13:21.66	1:14.05	2400m: 29:41.30	1:16.28	3700m: 46:06.03
1200m: 14:35.08	1:13.42	2500m: 30:57.65	1:16.35	3800m: 47:20.89
1300m: 15:48.11	1:13.03	2600m: 32:13.69	1:16.04	3900m: 48:36.93
17. LAPEÑA RUIZ, Julia	07	C.N. Helios	1:02:37.82+	6:41.36
100m: 1:12.53	1:12.53	1400m: 17:28.84	1:16.29	2700m: 33:37.51
200m: 2:24.80	1:12.27	1500m: 18:44.08	1:15.24	2800m: 34:52.48
300m: 3:38.91	1:14.11	1600m: 19:59.41	1:15.33	2900m: 36:07.78
400m: 4:53.57	1:14.66	1700m: 21:14.74	1:15.33	3000m: 37:22.80
500m: 6:08.32	1:14.75	1800m: 22:28.03	1:13.29	3100m: 38:37.91
600m: 7:23.65	1:15.33	1900m: 23:41.75	1:13.72	3200m: 39:53.00
700m: 8:38.99	1:15.34	2000m: 24:55.83	1:14.08	3300m: 41:08.10
800m: 9:54.44	1:15.45	2100m: 26:10.05	1:14.22	3400m: 42:23.31
900m: 11:09.96	1:15.52	2200m: 27:24.36	1:14.31	3500m: 43:38.03
1000m: 12:25.38	1:15.42	2300m: 28:38.64	1:14.28	3600m: 44:53.55
1100m: 13:41.08	1:15.70	2400m: 29:53.48	1:14.84	3700m: 46:09.11
1200m: 14:56.73	1:15.65	2500m: 31:08.45	1:14.97	3800m: 47:24.53
1300m: 16:12.55	1:15.82	2600m: 32:23.01	1:14.56	3900m: 48:40.21
18. GRESELY SALETA, Victoria	09	C.N. Mataro	1:02:50.63+	6:54.17
100m: 1:12.65	1:12.65	1400m: 17:29.41	1:16.32	2700m: 33:51.96
200m: 2:25.22	1:12.57	1500m: 18:45.30	1:15.89	2800m: 35:06.81
300m: 3:39.16	1:13.94	1600m: 20:00.14	1:14.84	2900m: 36:21.88
400m: 4:53.77	1:14.61	1700m: 21:15.98	1:15.84	3000m: 37:36.92
500m: 6:08.80	1:15.03	1800m: 22:31.22	1:15.24	3100m: 38:52.76
600m: 7:24.02	1:15.22	1900m: 23:46.17	1:14.95	3200m: 40:08.43
700m: 8:39.33	1:15.31	2000m: 25:01.42	1:15.25	3300m: 41:24.11
800m: 9:55.02	1:15.69	2100m: 26:16.91	1:15.49	3400m: 42:39.57
900m: 11:10.64	1:15.62	2200m: 27:32.66	1:15.75	3500m: 43:55.18
1000m: 12:26.11	1:15.47	2300m: 28:48.60	1:15.94	3600m: 45:10.64
1100m: 13:41.68	1:15.57	2400m: 30:05.11	1:16.51	3700m: 46:26.20
1200m: 14:57.32	1:15.64	2500m: 31:21.42	1:16.31	3800m: 47:41.80
1300m: 16:13.09	1:15.77	2600m: 32:36.77	1:15.35	3900m: 48:57.94



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XVII Cto. de España Larga Distancia
Elche, 31/1/2026

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

Clasificación

AN

Tiempo

Clasificación	Nombre	AN	Club	Tiempo
19.	ULIBARRI SANCHEZ, Ines	09	C.N. Las Palmas	1:03:02.00+ 7:05.54
	100m: 1:11.31 1:11.31	1400m: 17:18.55	1:15.83	2700m: 33:44.75 1:16.27
	200m: 2:23.72 1:12.41	1500m: 18:33.52	1:14.97	2800m: 35:01.79 1:17.04
	300m: 3:35.93 1:12.21	1600m: 19:48.94	1:15.42	2900m: 36:18.47 1:16.68
	400m: 4:49.54 1:13.61	1700m: 21:04.67	1:15.73	3000m: 37:35.56 1:17.09
	500m: 6:03.45 1:13.91	1800m: 22:19.84	1:15.17	3100m: 38:52.65 1:17.09
	600m: 7:17.40 1:13.95	1900m: 23:36.05	1:16.21	3200m: 40:09.69 1:17.04
	700m: 8:31.42 1:14.02	2000m: 24:51.85	1:15.80	3300m: 41:26.94 1:17.25
	800m: 9:46.02 1:14.60	2100m: 26:07.30	1:15.45	3400m: 42:44.17 1:17.23
	900m: 11:01.44 1:15.42	2200m: 27:23.02	1:15.72	3500m: 44:01.76 1:17.59
	1000m: 12:16.48 1:15.04	2300m: 28:39.86	1:16.84	3600m: 45:19.52 1:17.76
	1100m: 13:31.64 1:15.16	2400m: 29:56.18	1:16.32	3700m: 46:36.87 1:17.35
	1200m: 14:47.21 1:15.57	2500m: 31:12.46	1:16.28	3800m: 47:53.61 1:16.74
	1300m: 16:02.72 1:15.51	2600m: 32:28.48	1:16.02	3900m: 49:10.14 1:16.53
20.	CASAMITJANA GUIXA, Andrea	10	C.N. Sabadell	1:03:09.00+ 7:12.54
	100m: 1:12.99 1:12.99	1400m: 17:23.23	1:15.87	2700m: 33:54.99 1:17.43
	200m: 2:26.65 1:13.66	1500m: 18:39.46	1:16.23	2800m: 35:12.02 1:17.03
	300m: 3:41.71 1:15.06	1600m: 19:54.58	1:15.12	2900m: 36:30.16 1:18.14
	400m: 4:57.31 1:15.60	1700m: 21:10.65	1:16.07	3000m: 37:47.91 1:17.75
	500m: 6:13.73 1:16.42	1800m: 22:27.00	1:16.35	3100m: 39:03.96 1:16.05
	600m: 7:28.08 1:14.35	1900m: 23:42.38	1:15.38	3200m: 40:19.42 1:15.46
	700m: 8:42.29 1:14.21	2000m: 24:58.45	1:16.07	3300m: 41:36.31 1:16.89
	800m: 9:56.51 1:14.22	2100m: 26:14.46	1:16.01	3400m: 42:54.12 1:17.81
	900m: 11:10.15 1:13.64	2200m: 27:30.03	1:15.57	3500m: 44:10.74 1:16.62
	1000m: 12:24.34 1:14.19	2300m: 28:46.97	1:16.94	3600m: 45:26.26 1:15.52
	1100m: 13:38.33 1:13.99	2400m: 30:03.53	1:16.56	3700m: 46:41.87 1:15.61
	1200m: 14:51.97 1:13.64	2500m: 31:20.97	1:17.44	3800m: 47:56.71 1:14.84
	1300m: 16:07.36 1:15.39	2600m: 32:37.56	1:16.59	3900m: 49:12.00 1:15.29
21.	CARMONA MASERGAS, Ivet	10	C.N. Banyoles	1:03:38.00+ 7:41.54
	100m: 1:12.11 1:12.11	1400m: 17:29.00	1:16.24	2700m: 33:56.04 1:18.39
	200m: 2:24.79 1:12.68	1500m: 18:44.73	1:15.73	2800m: 35:13.58 1:17.54
	300m: 3:38.60 1:13.81	1600m: 19:59.65	1:14.92	2900m: 36:32.10 1:18.52
	400m: 4:53.27 1:14.67	1700m: 21:15.68	1:16.03	3000m: 37:49.41 1:17.31
	500m: 6:08.27 1:15.00	1800m: 22:31.55	1:15.87	3100m: 39:03.55 1:14.14
	600m: 7:23.45 1:15.18	1900m: 23:46.65	1:15.10	3200m: 40:18.04 1:14.49
	700m: 8:38.78 1:15.33	2000m: 25:01.15	1:14.50	3300m: 41:34.74 1:16.70
	800m: 9:54.44 1:15.66	2100m: 26:16.71	1:15.56	3400m: 42:53.12 1:18.38
	900m: 11:10.20 1:15.76	2200m: 27:32.47	1:15.76	3500m: 44:12.20 1:19.08
	1000m: 12:25.63 1:15.43	2300m: 28:48.35	1:15.88	3600m: 45:31.48 1:19.28
	1100m: 13:41.15 1:15.52	2400m: 30:05.19	1:16.84	3700m: 46:50.79 1:19.31
	1200m: 14:56.90 1:15.75	2500m: 31:21.07	1:15.88	3800m: 48:08.35 1:17.56
	1300m: 16:12.76 1:15.86	2600m: 32:37.65	1:16.58	3900m: 49:25.92 1:17.57
22.	RODRIGUEZ RODRIGUEZ, Paula	08	C.N. Arteixo	1:03:38.03+ 7:41.57
	100m: 1:12.40 1:12.40	1400m: 17:29.84	1:15.17	2700m: 33:59.54 1:16.65
	200m: 2:26.79 1:14.39	1500m: 18:44.72	1:14.88	2800m: 35:16.66 1:17.12
	300m: 3:41.75 1:14.96	1600m: 19:59.86	1:15.14	2900m: 36:34.47 1:17.81
	400m: 4:56.82 1:15.07	1700m: 21:15.10	1:15.24	3000m: 37:51.61 1:17.14
	500m: 6:11.73 1:14.91	1800m: 22:30.86	1:15.76	3100m: 39:08.78 1:17.17
	600m: 7:27.29 1:15.56	1900m: 23:46.75	1:15.89	3200m: 40:26.00 1:17.22
	700m: 8:43.21 1:15.92	2000m: 25:03.30	1:16.55	3300m: 41:43.30 1:17.30
	800m: 9:58.74 1:15.53	2100m: 26:19.76	1:16.46	3400m: 43:00.51 1:17.21
	900m: 11:13.80 1:15.06	2200m: 27:36.57	1:16.81	3500m: 44:17.64 1:17.13
	1000m: 12:28.96 1:15.16	2300m: 28:53.48	1:16.91	3600m: 45:34.89 1:17.25
	1100m: 13:43.84 1:14.88	2400m: 30:09.99	1:16.51	3700m: 46:52.30 1:17.41
	1200m: 14:59.13 1:15.29	2500m: 31:26.16	1:16.17	3800m: 48:09.95 1:17.65
	1300m: 16:14.67 1:15.54	2600m: 32:42.89	1:16.73	3900m: 49:27.51 1:17.56



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

Clasificación	AN		Tiempo			
23.	ORTIZ DE GUINEA BASTON, Alba	97	C. N. Pontearreas	1:04:14.41+	8:17.95 3,00	
	100m: 1:12.16	1:12.16	1400m: 17:39.52	1:16.09	2700m: 34:21.96	1:17.87
	200m: 2:26.24	1:14.08	1500m: 18:56.57	1:17.05	2800m: 35:39.54	1:17.58
	300m: 3:40.95	1:14.71	1600m: 20:13.73	1:17.16	2900m: 36:56.66	1:17.12
	400m: 4:56.84	1:15.89	1700m: 21:30.95	1:17.22	3000m: 38:13.92	1:17.26
	500m: 6:13.44	1:16.60	1800m: 22:47.79	1:16.84	3100m: 39:32.11	1:18.19
	600m: 7:29.08	1:15.64	1900m: 24:04.76	1:16.97	3200m: 40:49.65	1:17.54
	700m: 8:44.57	1:15.49	2000m: 25:21.82	1:17.06	3300m: 42:07.26	1:17.61
	800m: 10:00.43	1:15.86	2100m: 26:38.47	1:16.65	3400m: 43:25.18	1:17.92
	900m: 11:16.48	1:16.05	2200m: 27:55.84	1:17.37	3500m: 44:42.95	1:17.77
	1000m: 12:33.04	1:16.56	2300m: 29:13.26	1:17.42	3600m: 46:00.93	1:17.98
	1100m: 13:49.82	1:16.78	2400m: 30:29.39	1:16.13	3700m: 47:18.84	1:17.91
	1200m: 15:06.28	1:16.46	2500m: 31:46.50	1:17.11	3800m: 48:37.09	1:18.25
	1300m: 16:23.43	1:17.15	2600m: 33:04.09	1:17.59	3900m: 49:54.84	1:17.75
24.	CASTRO CIDRAS, Alba	10	C.N. Galaico	1:07:15.3+	11:18.89 -	
	100m: 1:14.16	1:14.16	1400m: 18:26.35	1:19.97	2700m: 35:52.71	1:21.74
	200m: 2:31.71	1:17.55	1500m: 19:46.56	1:20.21	2800m: 37:14.25	1:21.54
	300m: 3:50.47	1:18.76	1600m: 21:06.51	1:19.95	2900m: 38:35.76	1:21.51
	400m: 5:09.98	1:19.51	1700m: 22:26.56	1:20.05	3000m: 39:57.28	1:21.52
	500m: 6:29.13	1:19.15	1800m: 23:46.26	1:19.70	3100m: 41:17.70	1:20.42
	600m: 7:48.57	1:19.44	1900m: 25:07.08	1:20.82	3200m: 42:38.19	1:20.49
	700m: 9:08.04	1:19.47	2000m: 26:28.10	1:21.02	3300m: 43:59.14	1:20.95
	800m: 10:27.38	1:19.34	2100m: 27:48.89	1:20.79	3400m: 45:19.60	1:20.46
	900m: 11:46.65	1:19.27	2200m: 29:09.43	1:20.54	3500m: 46:40.02	1:20.42
	1000m: 13:06.36	1:19.71	2300m: 30:29.79	1:20.36	3600m: 48:00.07	1:20.05
	1100m: 14:26.23	1:19.87	2400m: 31:48.92	1:19.13	3700m: 49:22.35	1:22.28
	1200m: 15:46.38	1:20.15	2500m: 33:10.10	1:21.18	3800m: 50:44.27	1:21.92
	1300m: 17:06.38	1:20.00	2600m: 34:30.97	1:20.87	3900m: 52:06.26	1:21.99

