



X CTO. DE ESPAÑA LARGA DISTANCIA P50  
MATARO, 23/2/2019



Prueba 1  
23/02/2019

Masc, 3000m Libre

INFANTIL MASCULINO  
Resultados

MMN 15	33:29.42	PUEBLA MARTINEZ, ALEJANDRO	MATARO	18/02/2017
MMN 14	34:13.88	PUEBLA MARTINEZ, ALEJANDRO	MATARO	13/02/2016

Clasificación

AN

Tiempo

1. CABANA DEL AMO, Pablo 04 C.N. Ponteareas **33:17.72** 13,00  
MMN

100m:	1:03.19	1:03.19	900m:	9:55.11	1:06.22	1700m:	18:47.21	1:06.47	2500m:	27:43.85	1:07.72
200m:	2:09.22	1:06.03	1000m:	11:01.63	1:06.52	1800m:	19:53.79	1:06.58	2600m:	28:50.99	1:07.14
300m:	3:15.75	1:06.53	1100m:	12:07.96	1:06.33	1900m:	21:00.52	1:06.73	2700m:	29:58.21	1:07.22
400m:	4:22.14	1:06.39	1200m:	13:14.05	1:06.09	2000m:	22:07.47	1:06.95	2800m:	31:05.00	1:06.79
500m:	5:29.08	1:06.94	1300m:	14:20.49	1:06.44	2100m:	23:14.53	1:07.06	2900m:	32:11.94	1:06.94
600m:	6:35.91	1:06.83	1400m:	15:27.29	1:06.80	2200m:	24:21.49	1:06.96	3000m:	33:17.72	1:05.78
700m:	7:42.26	1:06.35	1500m:	16:33.69	1:06.40	2300m:	25:28.81	1:07.32			
800m:	8:48.89	1:06.63	1600m:	17:40.74	1:07.05	2400m:	26:36.13	1:07.32			

2. SANTIAGO GUIJARRO, Álvaro 04 C.D. El Valle **33:27.01** 10,00

100m:	1:05.15	1:05.15	900m:	9:57.97	1:06.33	1700m:	18:50.84	1:06.93	2500m:	27:50.67	1:07.84
200m:	2:11.78	1:06.63	1000m:	11:04.51	1:06.54	1800m:	19:57.56	1:06.72	2600m:	28:58.69	1:08.02
300m:	3:18.52	1:06.74	1100m:	12:10.36	1:05.85	1900m:	21:04.95	1:07.39	2700m:	30:06.72	1:08.03
400m:	4:25.19	1:06.67	1200m:	13:16.70	1:06.34	2000m:	22:12.73	1:07.78	2800m:	31:14.42	1:07.70
500m:	5:32.13	1:06.94	1300m:	14:23.35	1:06.65	2100m:	23:20.15	1:07.42	2900m:	32:21.58	1:07.16
600m:	6:38.75	1:06.62	1400m:	15:30.46	1:07.11	2200m:	24:27.59	1:07.44	3000m:	33:27.01	1:05.43
700m:	7:45.21	1:06.46	1500m:	16:36.94	1:06.48	2300m:	25:34.99	1:07.40			
800m:	8:51.64	1:06.43	1600m:	17:43.91	1:06.97	2400m:	26:42.83	1:07.84			

3. GRANADO MARTIN, Pablo 04 Navial **34:13.61** 8,00

100m:	1:05.32	1:05.32	900m:	10:07.85	1:08.71	1700m:	19:16.90	1:08.87	2500m:	28:29.45	1:09.48
200m:	2:12.67	1:07.35	1000m:	11:16.17	1:08.32	1800m:	20:25.89	1:08.99	2600m:	29:38.38	1:08.93
300m:	3:20.23	1:07.56	1100m:	12:25.06	1:08.89	1900m:	21:34.80	1:08.91	2700m:	30:47.85	1:09.47
400m:	4:27.78	1:07.55	1200m:	13:33.88	1:08.82	2000m:	22:43.75	1:08.95	2800m:	31:57.33	1:09.48
500m:	5:35.21	1:07.43	1300m:	14:42.70	1:08.82	2100m:	23:53.00	1:09.25	2900m:	33:06.92	1:09.59
600m:	6:43.08	1:07.87	1400m:	15:51.01	1:08.31	2200m:	25:02.05	1:09.05	3000m:	34:13.61	1:06.69
700m:	7:50.67	1:07.59	1500m:	16:59.54	1:08.53	2300m:	26:11.08	1:09.03			
800m:	8:59.14	1:08.47	1600m:	18:08.03	1:08.49	2400m:	27:19.97	1:08.89			

4. GARACH BENITO, Carlos 04 C.D.U. Granada **34:25.20** 7,00

100m:	1:03.87	1:03.87	900m:	10:04.26	1:08.52	1700m:	19:16.38	1:09.37	2500m:	28:36.78	1:10.89
200m:	2:09.94	1:06.07	1000m:	11:12.31	1:08.05	1800m:	20:25.91	1:09.53	2600m:	29:47.57	1:10.79
300m:	3:16.82	1:06.88	1100m:	12:21.08	1:08.77	1900m:	21:35.39	1:09.48	2700m:	30:58.60	1:11.03
400m:	4:23.94	1:07.12	1200m:	13:30.45	1:09.37	2000m:	22:44.76	1:09.37	2800m:	32:09.31	1:10.71
500m:	5:31.53	1:07.59	1300m:	14:39.70	1:09.25	2100m:	23:54.54	1:09.78	2900m:	33:18.41	1:09.10
600m:	6:39.57	1:08.04	1400m:	15:48.69	1:08.99	2200m:	25:04.44	1:09.90	3000m:	34:25.20	1:06.79
700m:	7:47.56	1:07.99	1500m:	16:57.59	1:08.90	2300m:	26:14.73	1:10.29			
800m:	8:55.74	1:08.18	1600m:	18:07.01	1:09.42	2400m:	27:25.89	1:11.16			

5. IZQUIERDO MARTOS, Yeray 04 Club De Tenis Elche **34:58.29** 6,00

100m:	1:08.90	1:08.90	900m:	10:24.19	1:10.21	1700m:	19:43.33	1:10.48	2500m:	29:10.68	1:11.09
200m:	2:17.74	1:08.84	1000m:	11:33.90	1:09.71	1800m:	20:54.30	1:10.97	2600m:	30:21.11	1:10.43
300m:	3:26.61	1:08.87	1100m:	12:42.52	1:08.62	1900m:	22:05.90	1:11.60	2700m:	31:31.77	1:10.66
400m:	4:36.18	1:09.57	1200m:	13:52.38	1:09.86	2000m:	23:17.43	1:11.53	2800m:	32:42.77	1:11.00
500m:	5:44.93	1:08.75	1300m:	15:01.99	1:09.61	2100m:	24:28.02	1:10.59	2900m:	33:52.75	1:09.98
600m:	6:54.11	1:09.18	1400m:	16:12.73	1:10.74	2200m:	25:38.72	1:10.70	3000m:	34:58.29	1:05.54
700m:	8:04.02	1:09.91	1500m:	17:22.29	1:09.56	2300m:	26:48.76	1:10.04			
800m:	9:13.98	1:09.96	1600m:	18:32.85	1:10.56	2400m:	27:59.59	1:10.83			



Prueba 1, Masc, 3000m Libre, INFANTIL MASCULINO

Clasificación	AN		Tiempo				
<b>6. FERNANDEZ AMOR, Aitor</b>	<b>04</b>	<b>C.N. Las Anclas Castrillon</b>	<b>35:00.59</b>	<b>5,00</b>			
100m: 1:07.30	1:07.30	900m: 10:31.86	1:10.36	1700m: 19:51.33	1:09.39	2500m: 29:12.94	1:10.81
200m: 2:17.85	1:10.55	1000m: 11:42.07	1:10.21	1800m: 21:01.32	1:09.99	2600m: 30:23.17	1:10.23
300m: 3:28.37	1:10.52	1100m: 12:52.43	1:10.36	1900m: 22:11.37	1:10.05	2700m: 31:33.35	1:10.18
400m: 4:39.17	1:10.80	1200m: 14:01.64	1:09.21	2000m: 23:21.24	1:09.87	2800m: 32:44.14	1:10.79
500m: 5:50.02	1:10.85	1300m: 15:12.31	1:10.67	2100m: 24:30.67	1:09.43	2900m: 33:52.94	1:08.80
600m: 7:00.51	1:10.49	1400m: 16:22.36	1:10.05	2200m: 25:41.14	1:10.47	3000m: 35:00.59	1:07.65
700m: 8:10.83	1:10.32	1500m: 17:32.08	1:09.72	2300m: 26:51.81	1:10.67		
800m: 9:21.50	1:10.67	1600m: 18:41.94	1:09.86	2400m: 28:02.13	1:10.32		
<b>7. PEREZ-GODOY BRAGELI, Miguel</b>	<b>04</b>	<b>Universidad Sevilla</b>	<b>35:38.45</b>	<b>4,00</b>			
100m: 1:06.06	1:06.06	900m: 10:32.97	1:11.25	1700m: 20:00.45	1:10.96	2500m: 29:43.07	1:13.33
200m: 2:14.93	1:08.87	1000m: 11:43.43	1:10.46	1800m: 21:11.72	1:11.27	2600m: 30:56.28	1:13.21
300m: 3:25.83	1:10.90	1100m: 12:53.34	1:09.91	1900m: 22:24.08	1:12.36	2700m: 32:08.69	1:12.41
400m: 4:37.04	1:11.21	1200m: 14:03.31	1:09.97	2000m: 23:36.92	1:12.84	2800m: 33:19.80	1:11.11
500m: 5:47.91	1:10.87	1300m: 15:14.42	1:11.11	2100m: 24:49.75	1:12.83	2900m: 34:30.16	1:10.36
600m: 6:59.32	1:11.41	1400m: 16:26.02	1:11.60	2200m: 26:02.67	1:12.92	3000m: 35:38.45	1:08.29
700m: 8:10.96	1:11.64	1500m: 17:37.42	1:11.40	2300m: 27:16.25	1:13.58		
800m: 9:21.72	1:10.76	1600m: 18:49.49	1:12.07	2400m: 28:29.74	1:13.49		
<b>8. CARRASCOSA HESTER, Tomas</b>	<b>04</b>	<b>C.N. Las Escuevas</b>	<b>35:39.39</b>	<b>3,00</b>			
100m: 1:05.69	1:05.69	900m: 10:27.81	1:11.92	1700m: 20:08.17	1:12.93	2500m: 29:47.82	1:11.39
200m: 2:13.08	1:07.39	1000m: 11:40.32	1:12.51	1800m: 21:20.98	1:12.81	2600m: 30:59.05	1:11.23
300m: 3:22.62	1:09.54	1100m: 12:52.18	1:11.86	1900m: 22:34.27	1:13.29	2700m: 32:10.49	1:11.44
400m: 4:32.46	1:09.84	1200m: 14:04.15	1:11.97	2000m: 23:47.41	1:13.14	2800m: 33:21.11	1:10.62
500m: 5:42.59	1:10.13	1300m: 15:17.50	1:13.35	2100m: 24:59.93	1:12.52	2900m: 34:31.59	1:10.48
600m: 6:53.20	1:10.61	1400m: 16:29.66	1:12.16	2200m: 26:12.77	1:12.84	3000m: 35:39.39	1:07.80
700m: 8:04.22	1:11.02	1500m: 17:42.16	1:12.50	2300m: 27:25.59	1:12.82		
800m: 9:15.89	1:11.67	1600m: 18:55.24	1:13.08	2400m: 28:36.43	1:10.84		
<b>9. CLEMENTE MARTINEZ, Danel</b>	<b>04</b>	<b>C.N. Aquàtic Les Marines</b>	<b>35:42.13</b>	<b>2,00</b>			
100m: 1:09.97	1:09.97	900m: 10:37.10	1:11.55	1700m: 20:13.03	1:12.38	2500m: 29:47.88	1:11.97
200m: 2:19.36	1:09.39	1000m: 11:48.81	1:11.71	1800m: 21:25.01	1:11.98	2600m: 30:59.50	1:11.62
300m: 3:29.96	1:10.60	1100m: 13:00.24	1:11.43	1900m: 22:37.53	1:12.52	2700m: 32:11.10	1:11.60
400m: 4:40.37	1:10.41	1200m: 14:11.95	1:11.71	2000m: 23:49.51	1:11.98	2800m: 33:21.03	1:09.93
500m: 5:51.71	1:11.34	1300m: 15:24.10	1:12.15	2100m: 25:01.18	1:11.67	2900m: 34:29.02	1:07.99
600m: 7:03.16	1:11.45	1400m: 16:36.24	1:12.14	2200m: 26:12.55	1:11.37	3000m: 35:42.13	1:13.11
700m: 8:14.34	1:11.18	1500m: 17:47.97	1:11.73	2300m: 27:24.38	1:11.83		
800m: 9:25.55	1:11.21	1600m: 19:00.65	1:12.68	2400m: 28:35.91	1:11.53		
<b>10. BARREDA GONZALEZ, Guillermo</b>	<b>04</b>	<b>Club Deportivo Nados Castellon</b>	<b>36:00.45</b>	<b>1,00</b>			
100m: 1:09.88	1:09.88	900m: 10:42.40	1:14.02	1700m: 20:17.02	1:12.81	2500m: 30:02.64	1:14.13
200m: 2:20.15	1:10.27	1000m: 11:53.34	1:10.94	1800m: 21:29.67	1:12.65	2600m: 31:15.67	1:13.03
300m: 3:31.77	1:11.62	1100m: 13:04.38	1:11.04	1900m: 22:42.67	1:13.00	2700m: 32:28.04	1:12.37
400m: 4:42.87	1:11.10	1200m: 14:15.55	1:11.17	2000m: 23:55.55	1:12.88	2800m: 33:39.24	1:11.20
500m: 5:53.91	1:11.04	1300m: 15:26.67	1:11.12	2100m: 25:08.23	1:12.68	2900m: 34:50.94	1:11.70
600m: 7:05.28	1:11.37	1400m: 16:38.99	1:12.32	2200m: 26:21.73	1:13.50	3000m: 36:00.45	1:09.51
700m: 8:16.96	1:11.68	1500m: 17:51.49	1:12.50	2300m: 27:35.28	1:13.55		
800m: 9:28.38	1:11.42	1600m: 19:04.21	1:12.72	2400m: 28:48.51	1:13.23		

