



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

Prueba 3  
23/02/2019

Masc., 5000m Libre

16 años y mayores  
Resultados

RE	52:50.96	SANTIAGO BETANCOR, RAUL		MATARO	18/02/2017
MMN 19	53:43.46	ESCRITS MAÑOSA, ALBERT		MATARO	18/02/2017
MMN 18	54:31.29	JULIA TOUS, Ferran	P0723	MATARO	24/02/2018
MMN 17	54:20.89	SANTISTEBAN ROMERO, SERGIO		MATARO	18/02/2017
MMN 16	56:45.93	YAGÜES ESCRIBA, Pol	00058	MATARO	24/02/2018

Clasificación

AN

Tiempo

JUNIOR 1

<b>1. YAGÜES ESCRIBA, Pol</b>	<b>02</b>	<b>C.N. Sabadell</b>	<b>55:23.85</b>	<b>13,00</b>
100m: 1:05.46 1:05.46	1400m: 15:33.56 1:06.21	2700m: 29:56.56 1:06.18	4000m: 44:18.91 1:06.34	
200m: 2:12.61 1:07.15	1500m: 16:39.76 1:06.20	2800m: 31:02.92 1:06.36	4100m: 45:25.07 1:06.16	
300m: 3:19.91 1:07.30	1600m: 17:46.28 1:06.52	2900m: 32:09.44 1:06.52	4200m: 46:31.82 1:06.75	
400m: 4:27.53 1:07.62	1700m: 18:52.53 1:06.25	3000m: 33:15.76 1:06.32	4300m: 47:38.45 1:06.63	
500m: 5:34.99 1:07.46	1800m: 19:59.07 1:06.54	3100m: 34:22.10 1:06.34	4400m: 48:45.09 1:06.64	
600m: 6:42.26 1:07.27	1900m: 21:05.65 1:06.58	3200m: 35:28.23 1:06.13	4500m: 49:51.64 1:06.55	
700m: 7:49.23 1:06.97	2000m: 22:12.16 1:06.51	3300m: 36:34.25 1:06.02	4600m: 50:58.10 1:06.46	
800m: 8:55.86 1:06.63	2100m: 23:19.02 1:06.86	3400m: 37:40.58 1:06.33	4700m: 52:04.80 1:06.70	
900m: 10:01.98 1:06.12	2200m: 24:25.28 1:06.26	3500m: 38:46.71 1:06.13	4800m: 53:11.50 1:06.70	
1000m: 11:07.90 1:05.92	2300m: 25:31.65 1:06.37	3600m: 39:53.27 1:06.56	4900m: 54:18.05 1:06.55	
1100m: 12:14.39 1:06.49	2400m: 26:37.50 1:05.85	3700m: 40:59.67 1:06.40	5000m: 55:23.85 1:05.80	
1200m: 13:20.80 1:06.41	2500m: 27:44.12 1:06.62	3800m: 42:05.93 1:06.26		
1300m: 14:27.35 1:06.55	2600m: 28:50.38 1:06.26	3900m: 43:12.57 1:06.64		
<b>2. DE OÑA RAMÍREZ, Angel</b>	<b>02</b>	<b>C.D.N. Inacua Malaga</b>	<b>56:10.58</b>	<b>10,00</b>
100m: 1:05.19 1:05.19	1400m: 15:35.14 1:06.96	2700m: 30:05.81 1:05.48	4000m: 44:43.29 1:08.37	
200m: 2:11.90 1:06.71	1500m: 16:42.26 1:07.12	2800m: 31:13.47 1:07.66	4100m: 45:51.79 1:08.50	
300m: 3:18.57 1:06.67	1600m: 17:49.41 1:07.15	2900m: 32:20.27 1:06.80	4200m: 47:00.97 1:09.18	
400m: 4:25.74 1:07.17	1700m: 18:56.31 1:06.90	3000m: 33:26.25 1:05.98	4300m: 48:09.61 1:08.64	
500m: 5:32.13 1:06.39	1800m: 20:03.69 1:07.38	3100m: 34:32.91 1:06.66	4400m: 49:18.45 1:08.84	
600m: 6:39.68 1:07.55	1900m: 21:10.06 1:06.37	3200m: 35:40.61 1:07.70	4500m: 50:28.29 1:09.84	
700m: 7:47.73 1:08.05	2000m: 22:16.88 1:06.82	3300m: 36:47.87 1:07.26	4600m: 51:37.29 1:09.00	
800m: 8:55.04 1:07.31	2100m: 23:24.74 1:07.86	3400m: 37:55.07 1:07.20	4700m: 52:46.13 1:08.84	
900m: 10:01.85 1:06.81	2200m: 24:31.39 1:06.65	3500m: 39:02.75 1:07.68	4800m: 53:54.65 1:08.52	
1000m: 11:08.56 1:06.71	2300m: 25:38.96 1:07.57	3600m: 40:10.84 1:08.09	4900m: 55:04.02 1:09.37	
1100m: 12:15.73 1:07.17	2400m: 26:45.13 1:06.17	3700m: 41:19.52 1:08.68	5000m: 56:10.58 1:06.56	
1200m: 13:21.86 1:06.13	2500m: 27:52.63 1:07.50	3800m: 42:26.34 1:06.82		
1300m: 14:28.18 1:06.32	2600m: 29:00.33 1:07.70	3900m: 43:34.92 1:08.58		
<b>3. GALAN VICENTE, Pablo</b>	<b>02</b>	<b>Club Del Mar</b>	<b>56:32.40</b>	<b>8,00</b>
100m: 1:05.65 1:05.65	1400m: 15:36.09 1:07.53	2700m: 30:06.32 1:06.12	4000m: 45:05.14 1:10.37	
200m: 2:12.47 1:06.82	1500m: 16:42.75 1:06.66	2800m: 31:14.50 1:08.18	4100m: 46:13.97 1:08.83	
300m: 3:19.19 1:06.72	1600m: 17:50.10 1:07.35	2900m: 32:22.15 1:07.65	4200m: 47:23.61 1:09.64	
400m: 4:26.46 1:07.27	1700m: 18:57.04 1:06.94	3000m: 33:30.66 1:08.51	4300m: 48:32.44 1:08.83	
500m: 5:32.79 1:06.33	1800m: 20:04.51 1:07.47	3100m: 34:39.69 1:09.03	4400m: 49:41.39 1:08.95	
600m: 6:40.03 1:07.24	1900m: 21:10.90 1:06.39	3200m: 35:49.00 1:09.31	4500m: 50:50.36 1:08.97	
700m: 7:48.12 1:08.09	2000m: 22:16.94 1:06.04	3300m: 36:57.75 1:08.75	4600m: 51:59.38 1:09.02	
800m: 8:55.37 1:07.25	2100m: 23:25.19 1:08.25	3400m: 38:07.15 1:09.40	4700m: 53:08.79 1:09.41	
900m: 10:02.22 1:06.85	2200m: 24:31.98 1:06.79	3500m: 39:15.94 1:08.79	4800m: 54:17.91 1:09.12	
1000m: 11:09.15 1:06.93	2300m: 25:39.41 1:07.43	3600m: 40:25.86 1:09.92	4900m: 55:25.49 1:07.58	
1100m: 12:16.22 1:07.07	2400m: 26:45.32 1:05.91	3700m: 41:35.32 1:09.46	5000m: 56:32.40 1:06.91	
1200m: 13:22.83 1:06.61	2500m: 27:52.06 1:06.74	3800m: 42:44.94 1:09.62		
1300m: 14:28.56 1:05.73	2600m: 29:00.20 1:08.14	3900m: 43:54.77 1:09.83		





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

Prueba 3, Masc, 5000m Libre, JUNIOR 1

Clasificación	AN		Tiempo				
<b>4. BLANCO MOLLA, Eduardo</b>	<b>02</b>	<b>C.N. Elche</b>	<b>56:35.67</b>	<b>7,00</b>			
100m: 1:06.73	1:06.73	1400m: 15:48.43	1:07.79	2700m: 30:37.56	1:08.63	4000m: 45:29.90	1:06.93
200m: 2:13.87	1:07.14	1500m: 16:56.03	1:07.60	2800m: 31:46.22	1:08.66	4100m: 46:37.34	1:07.44
300m: 3:21.15	1:07.28	1600m: 18:04.17	1:08.14	2900m: 32:55.37	1:09.15	4200m: 47:43.87	1:06.53
400m: 4:28.95	1:07.80	1700m: 19:12.99	1:08.82	3000m: 34:04.51	1:09.14	4300m: 48:51.59	1:07.72
500m: 5:36.84	1:07.89	1800m: 20:21.73	1:08.74	3100m: 35:14.12	1:09.61	4400m: 49:59.57	1:07.98
600m: 6:45.12	1:08.28	1900m: 21:30.64	1:08.91	3200m: 36:23.28	1:09.16	4500m: 51:06.02	1:06.45
700m: 7:53.29	1:08.17	2000m: 22:39.53	1:08.89	3300m: 37:31.37	1:08.09	4600m: 52:13.25	1:07.23
800m: 9:01.23	1:07.94	2100m: 23:48.36	1:08.83	3400m: 38:40.48	1:09.11	4700m: 53:19.48	1:06.23
900m: 10:09.26	1:08.03	2200m: 24:57.11	1:08.75	3500m: 39:49.07	1:08.59	4800m: 54:25.75	1:06.27
1000m: 11:17.10	1:07.84	2300m: 26:05.48	1:08.37	3600m: 40:57.22	1:08.15	4900m: 55:30.87	1:05.12
1100m: 12:25.07	1:07.97	2400m: 27:13.49	1:08.01	3700m: 42:05.60	1:08.38	5000m: 56:35.67	1:04.80
1200m: 13:32.83	1:07.76	2500m: 28:20.89	1:07.40	3800m: 43:14.47	1:08.87		
1300m: 14:40.64	1:07.81	2600m: 29:28.93	1:08.04	3900m: 44:22.97	1:08.50		
<b>5. GUTIERREZ RAMIREZ, Enrique</b>	<b>02</b>	<b>A.D. Manuel Llana</b>	<b>56:57.96</b>	<b>6,00</b>			
100m: 1:06.86	1:06.86	1400m: 15:49.02	1:08.04	2700m: 30:37.54	1:08.20	4000m: 45:30.81	1:07.41
200m: 2:14.42	1:07.56	1500m: 16:56.48	1:07.46	2800m: 31:46.20	1:08.66	4100m: 46:39.40	1:08.59
300m: 3:21.57	1:07.15	1600m: 18:04.25	1:07.77	2900m: 32:55.11	1:08.91	4200m: 47:47.89	1:08.49
400m: 4:29.26	1:07.69	1700m: 19:13.20	1:08.95	3000m: 34:04.41	1:09.30	4300m: 48:56.57	1:08.68
500m: 5:37.39	1:08.13	1800m: 20:21.44	1:08.24	3100m: 35:14.02	1:09.61	4400m: 50:05.09	1:08.52
600m: 6:44.76	1:07.37	1900m: 21:30.50	1:09.06	3200m: 36:23.25	1:09.23	4500m: 51:14.25	1:09.16
700m: 7:52.81	1:08.05	2000m: 22:39.41	1:08.91	3300m: 37:31.66	1:08.41	4600m: 52:23.89	1:09.64
800m: 9:01.00	1:08.19	2100m: 23:48.26	1:08.85	3400m: 38:40.32	1:08.66	4700m: 53:33.52	1:09.63
900m: 10:09.07	1:08.07	2200m: 24:56.99	1:08.73	3500m: 39:49.36	1:09.04	4800m: 54:43.59	1:10.07
1000m: 11:16.80	1:07.73	2300m: 26:05.72	1:08.73	3600m: 40:57.68	1:08.32	4900m: 55:52.51	1:08.92
1100m: 12:24.94	1:08.14	2400m: 27:14.14	1:08.42	3700m: 42:05.40	1:07.72	5000m: 56:57.96	1:05.45
1200m: 13:33.17	1:08.23	2500m: 28:21.47	1:07.33	3800m: 43:14.52	1:09.12		
1300m: 14:40.98	1:07.81	2600m: 29:29.34	1:07.87	3900m: 44:23.40	1:08.88		
<b>6. MALMIERCA JULIAN, Miguel Angel</b>	<b>03</b>	<b>C.N. Las Escuevas</b>	<b>57:21.81</b>	<b>5,00</b>			
100m: 1:08.29	1:08.29	1400m: 15:55.14	1:07.90	2700m: 30:48.80	1:09.07	4000m: 45:49.54	1:09.11
200m: 2:16.96	1:08.67	1500m: 17:03.67	1:08.53	2800m: 31:58.20	1:09.40	4100m: 46:58.95	1:09.41
300m: 3:25.76	1:08.80	1600m: 18:12.24	1:08.57	2900m: 33:06.80	1:08.60	4200m: 48:07.96	1:09.01
400m: 4:34.43	1:08.67	1700m: 19:20.69	1:08.45	3000m: 34:16.04	1:09.24	4300m: 49:17.37	1:09.41
500m: 5:42.99	1:08.56	1800m: 20:29.30	1:08.61	3100m: 35:24.94	1:08.90	4400m: 50:26.62	1:09.25
600m: 6:51.52	1:08.53	1900m: 21:38.11	1:08.81	3200m: 36:34.44	1:09.50	4500m: 51:36.33	1:09.71
700m: 7:59.77	1:08.25	2000m: 22:46.89	1:08.78	3300m: 37:43.24	1:08.80	4600m: 52:45.99	1:09.66
800m: 9:08.02	1:08.25	2100m: 23:55.48	1:08.59	3400m: 38:52.47	1:09.23	4700m: 53:55.78	1:09.79
900m: 10:16.17	1:08.15	2200m: 25:04.03	1:08.55	3500m: 40:02.08	1:09.61	4800m: 55:05.52	1:09.74
1000m: 11:24.25	1:08.08	2300m: 26:12.44	1:08.41	3600m: 41:11.73	1:09.65	4900m: 56:14.75	1:09.23
1100m: 12:31.98	1:07.73	2400m: 27:21.75	1:09.31	3700m: 42:21.48	1:09.75	5000m: 57:21.81	1:07.06
1200m: 13:39.41	1:07.43	2500m: 28:30.49	1:08.74	3800m: 43:31.08	1:09.60		
1300m: 14:47.24	1:07.83	2600m: 29:39.73	1:09.24	3900m: 44:40.43	1:09.35		
<b>7. RODRÍGUEZ SENOSIÁIN, Hugo</b>	<b>02</b>	<b>C.N. Iregua-Villamediana</b>	<b>57:58.91</b>	<b>4,00</b>			
100m: 1:08.11	1:08.11	1300m: 14:59.74	1:09.30	2500m: 28:58.05	1:09.93	3700m: 42:52.15	1:09.58
200m: 2:17.31	1:09.20	1400m: 16:09.46	1:09.72	2600m: 30:06.43	1:08.38	3800m: 44:01.39	1:09.24
300m: 3:27.15	1:09.84	1500m: 17:19.22	1:09.76	2700m: 31:15.46	1:09.03	3900m: 45:10.99	1:09.60
400m: 4:36.39	1:09.24	1600m: 18:28.93	1:09.71	2800m: 32:25.04	1:09.58	4000m: 46:20.82	1:09.83
500m: 5:46.39	1:10.00	1700m: 19:38.46	1:09.53	2900m: 33:34.44	1:09.40	4100m: 47:31.03	1:10.21
600m: 6:55.77	1:09.38	1800m: 20:48.27	1:09.81	3000m: 34:43.92	1:09.48	4200m: 48:40.84	1:09.81
700m: 8:05.10	1:09.33	1900m: 21:58.05	1:09.78	3100m: 35:53.79	1:09.87	4300m: 49:50.93	1:10.09
800m: 9:14.20	1:09.10	2000m: 23:07.76	1:09.71	3200m: 37:03.39	1:09.60	4400m: 51:01.60	1:10.67
900m: 10:23.31	1:09.11	2100m: 24:17.77	1:10.01	3300m: 38:12.87	1:09.48	4500m: 52:12.60	1:11.00
1000m: 11:32.64	1:09.33	2200m: 25:27.82	1:10.05	3400m: 39:22.74	1:09.87	4600m: 53:22.55	1:09.95
1100m: 12:41.02	1:08.38	2300m: 26:37.92	1:10.10	3500m: 40:32.74	1:10.00	4700m: 54:32.64	1:10.09
1200m: 13:50.44	1:09.42	2400m: 27:48.12	1:10.20	3600m: 41:42.57	1:09.83	4800m: 55:42.82	1:10.18





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

Prueba 3, Masc, 5000m Libre, JUNIOR 1

Clasificación	AN				Tiempo			
	4900m: 56:51.95	1:09.13	5000m: 57:58.91	1:06.96				
<b>8.</b>	<b>NAVAS DEL BLANCO, Victor</b>	<b>02</b>	<b>C.N. Iregua-Villamediana</b>	<b>58:19.09</b>	<b>3,00</b>			
	100m: 1:08.04	1:08.04	1400m: 16:09.48	1:09.34	2700m: 31:17.10	1:09.90	4000m: 46:36.15	1:10.68
	200m: 2:16.96	1:08.92	1500m: 17:19.45	1:09.97	2800m: 32:27.10	1:10.00	4100m: 47:46.26	1:10.11
	300m: 3:26.65	1:09.69	1600m: 18:28.94	1:09.49	2900m: 33:37.00	1:09.90	4200m: 48:57.41	1:11.15
	400m: 4:36.15	1:09.50	1700m: 19:38.62	1:09.68	3000m: 34:47.30	1:10.30	4300m: 50:08.90	1:11.49
	500m: 5:45.86	1:09.71	1800m: 20:48.26	1:09.64	3100m: 35:57.57	1:10.27	4400m: 51:19.62	1:10.72
	600m: 6:55.54	1:09.68	1900m: 21:57.92	1:09.66	3200m: 37:08.20	1:10.63	4500m: 52:30.20	1:10.58
	700m: 8:04.92	1:09.38	2000m: 23:07.65	1:09.73	3300m: 38:19.71	1:11.51	4600m: 53:41.39	1:11.19
	800m: 9:14.29	1:09.37	2100m: 24:17.85	1:10.20	3400m: 39:30.30	1:10.59	4700m: 54:51.71	1:10.32
	900m: 10:23.65	1:09.36	2200m: 25:27.85	1:10.00	3500m: 40:42.10	1:11.80	4800m: 56:01.40	1:09.69
	1000m: 11:32.80	1:09.15	2300m: 26:37.90	1:10.05	3600m: 41:52.75	1:10.65	4900m: 57:11.15	1:09.75
	1100m: 12:41.73	1:08.93	2400m: 27:48.02	1:10.12	3700m: 43:03.80	1:11.05	5000m: 58:19.09	1:07.94
	1200m: 13:51.08	1:09.35	2500m: 28:58.38	1:10.36	3800m: 44:15.14	1:11.34		
	1300m: 15:00.14	1:09.06	2600m: 30:07.20	1:08.82	3900m: 45:25.47	1:10.33		
<b>9.</b>	<b>MARTINEZ AMOROS, Alejandro</b>	<b>03</b>	<b>Club De Tennis Elche</b>	<b>59:06.22</b>	<b>2,00</b>			
	100m: 1:09.54	1:09.54	1400m: 15:57.89	1:09.59	2700m: 31:19.85	1:11.74	4000m: 47:06.12	1:15.11
	200m: 2:17.53	1:07.99	1500m: 17:07.84	1:09.95	2800m: 32:31.94	1:12.09	4100m: 48:18.95	1:12.83
	300m: 3:25.66	1:08.13	1600m: 18:17.50	1:09.66	2900m: 33:44.87	1:12.93	4200m: 49:31.96	1:13.01
	400m: 4:33.60	1:07.94	1700m: 19:27.79	1:10.29	3000m: 34:56.70	1:11.83	4300m: 50:44.12	1:12.16
	500m: 5:41.49	1:07.89	1800m: 20:38.73	1:10.94	3100m: 36:08.57	1:11.87	4400m: 51:57.28	1:13.16
	600m: 6:49.52	1:08.03	1900m: 21:48.89	1:10.16	3200m: 37:20.96	1:12.39	4500m: 53:08.84	1:11.56
	700m: 7:57.44	1:07.92	2000m: 22:59.29	1:10.40	3300m: 38:33.78	1:12.82	4600m: 54:21.53	1:12.69
	800m: 9:05.53	1:08.09	2100m: 24:09.99	1:10.70	3400m: 39:46.37	1:12.59	4700m: 55:33.09	1:11.56
	900m: 10:14.00	1:08.47	2200m: 25:20.88	1:10.89	3500m: 40:59.56	1:13.19	4800m: 56:45.31	1:12.22
	1000m: 11:22.41	1:08.41	2300m: 26:32.98	1:12.10	3600m: 42:12.94	1:13.38	4900m: 57:57.17	1:11.86
	1100m: 12:31.03	1:08.62	2400m: 27:44.57	1:11.59	3700m: 43:25.91	1:12.97	5000m: 59:06.22	1:09.05
	1200m: 13:39.80	1:08.77	2500m: 28:56.41	1:11.84	3800m: 44:39.73	1:13.82		
	1300m: 14:48.30	1:08.50	2600m: 30:08.11	1:11.70	3900m: 45:51.01	1:11.28		
<b>10.</b>	<b>DÍEZ RODELLINO, Òscar</b>	<b>02</b>	<b>C.N. Cervera</b>	<b>1:01:19.76</b>	<b>1,00</b>			
	100m: 1:13.87	1:13.87	1400m: 17:28.73	1:15.49	2700m: 33:33.30	1:14.29	4000m: 49:27.00	1:12.24
	200m: 2:29.44	1:15.57	1500m: 18:42.18	1:13.45	2800m: 34:46.87	1:13.57	4100m: 50:40.13	1:13.13
	300m: 3:44.55	1:15.11	1600m: 19:55.21	1:13.03	2900m: 36:00.91	1:14.04	4200m: 51:52.66	1:12.53
	400m: 4:59.55	1:15.00	1700m: 21:09.10	1:13.89	3000m: 37:14.17	1:13.26	4300m: 53:04.69	1:12.03
	500m: 6:15.72	1:16.17	1800m: 22:23.19	1:14.09	3100m: 38:28.26	1:14.09	4400m: 54:17.31	1:12.62
	600m: 7:30.15	1:14.43	1900m: 23:37.61	1:14.42	3200m: 39:42.28	1:14.02	4500m: 55:28.97	1:11.66
	700m: 8:44.78	1:14.63	2000m: 24:51.53	1:13.92	3300m: 40:55.93	1:13.65	4600m: 56:40.80	1:11.83
	800m: 10:00.11	1:15.33	2100m: 26:06.12	1:14.59	3400m: 42:09.58	1:13.65	4700m: 57:50.99	1:10.19
	900m: 11:15.03	1:14.92	2200m: 27:20.96	1:14.84	3500m: 43:23.08	1:13.50	4800m: 59:01.12	1:10.13
	1000m: 12:29.25	1:14.22	2300m: 28:35.10	1:14.14	3600m: 44:36.14	1:13.06	4900m: 1:00:11.07	1:09.95
	1100m: 13:44.08	1:14.83	2400m: 29:50.04	1:14.94	3700m: 45:48.62	1:12.48	5000m: 1:01:19.76	1:08.69
	1200m: 14:58.75	1:14.67	2500m: 31:01.12	1:11.08	3800m: 47:01.86	1:13.24		
	1300m: 16:13.24	1:14.49	2600m: 32:19.01	1:17.89	3900m: 48:14.76	1:12.90		

JUNIOR 2





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

Prueba 3, Masc., 5000m Libre, JUNIOR 2

Clasificación	AN		Tiempo				
<b>1. COMA PLANELLA, Roger</b>	<b>00</b>	<b>Torrot C.N. Mataró</b>	<b>54:27.71</b>	<b>13,00</b>			
100m: 1:04.44	1:04.44	1400m: 15:11.35	1:05.53	2700m: 29:24.34	1:05.80	4000m: 43:36.65	1:06.25
200m: 2:08.28	1:03.84	1500m: 16:16.70	1:05.35	2800m: 30:30.34	1:06.00	4100m: 44:42.53	1:05.88
300m: 3:13.04	1:04.76	1600m: 17:22.12	1:05.42	2900m: 31:35.57	1:05.23	4200m: 45:48.48	1:05.95
400m: 4:18.01	1:04.97	1700m: 18:27.74	1:05.62	3000m: 32:40.28	1:04.71	4300m: 46:54.35	1:05.87
500m: 5:23.45	1:05.44	1800m: 19:33.87	1:06.13	3100m: 33:44.89	1:04.61	4400m: 47:59.34	1:04.99
600m: 6:28.87	1:05.42	1900m: 20:39.87	1:06.00	3200m: 34:49.79	1:04.90	4500m: 49:03.66	1:04.32
700m: 7:33.78	1:04.91	2000m: 21:45.70	1:05.83	3300m: 35:55.27	1:05.48	4600m: 50:08.43	1:04.77
800m: 8:39.31	1:05.53	2100m: 22:51.24	1:05.54	3400m: 37:01.15	1:05.88	4700m: 51:14.05	1:05.62
900m: 9:44.78	1:05.47	2200m: 23:57.06	1:05.82	3500m: 38:07.02	1:05.87	4800m: 52:19.40	1:05.35
1000m: 10:49.83	1:05.05	2300m: 25:02.60	1:05.54	3600m: 39:12.71	1:05.69	4900m: 53:24.61	1:05.21
1100m: 11:55.27	1:05.44	2400m: 26:08.17	1:05.57	3700m: 40:18.48	1:05.77	5000m: 54:27.71	1:03.10
1200m: 13:00.42	1:05.15	2500m: 27:14.01	1:05.84	3800m: 41:24.48	1:06.00		
1300m: 14:05.82	1:05.40	2600m: 28:18.54	1:04.53	3900m: 42:30.40	1:05.92		
<b>2. JULIA TOUS, Ferran</b>	<b>00</b>	<b>C.E. Mediterrani</b>	<b>54:40.53</b>	<b>10,00</b>			
100m: 1:04.59	1:04.59	1400m: 15:08.93	1:05.06	2700m: 29:21.66	1:04.72	4000m: 43:33.36	1:06.50
200m: 2:10.26	1:05.67	1500m: 16:14.52	1:05.59	2800m: 30:27.07	1:05.41	4100m: 44:39.64	1:06.28
300m: 3:15.53	1:05.27	1600m: 17:20.05	1:05.53	2900m: 31:32.90	1:05.83	4200m: 45:45.96	1:06.32
400m: 4:20.23	1:04.70	1700m: 18:25.52	1:05.47	3000m: 32:38.47	1:05.57	4300m: 46:52.35	1:06.39
500m: 5:23.88	1:03.65	1800m: 19:31.18	1:05.66	3100m: 33:43.29	1:04.82	4400m: 47:58.92	1:06.57
600m: 6:28.52	1:04.64	1900m: 20:36.57	1:05.39	3200m: 34:47.79	1:04.50	4500m: 49:05.38	1:06.46
700m: 7:33.29	1:04.77	2000m: 21:42.47	1:05.90	3300m: 35:52.88	1:05.09	4600m: 50:12.27	1:06.89
800m: 8:37.23	1:03.94	2100m: 22:48.25	1:05.78	3400m: 36:58.05	1:05.17	4700m: 51:20.25	1:07.98
900m: 9:42.51	1:05.28	2200m: 23:54.55	1:06.30	3500m: 38:03.36	1:05.31	4800m: 52:28.29	1:08.04
1000m: 10:48.37	1:05.86	2300m: 25:00.31	1:05.76	3600m: 39:08.72	1:05.36	4900m: 53:35.82	1:07.53
1100m: 11:54.36	1:05.99	2400m: 26:05.81	1:05.50	3700m: 40:14.87	1:06.15	5000m: 54:40.53	1:04.71
1200m: 12:58.83	1:04.47	2500m: 27:11.66	1:05.85	3800m: 41:20.64	1:05.77		
1300m: 14:03.87	1:05.04	2600m: 28:16.94	1:05.28	3900m: 42:26.86	1:06.22		
<b>3. CORDERO JIMENA, Pablo</b>	<b>00</b>	<b>C.N.D. Fuengirola Swimming</b>	<b>55:53.64</b>	<b>8,00</b>			
100m: 1:04.40	1:04.40	1400m: 15:17.12	1:06.21	2700m: 29:50.99	1:07.28	4000m: 44:32.25	1:08.72
200m: 2:09.64	1:05.24	1500m: 16:23.55	1:06.43	2800m: 30:58.72	1:07.73	4100m: 45:41.37	1:09.12
300m: 3:15.92	1:06.28	1600m: 17:29.62	1:06.07	2900m: 32:06.08	1:07.36	4200m: 46:50.17	1:08.80
400m: 4:21.89	1:05.97	1700m: 18:36.20	1:06.58	3000m: 33:13.80	1:07.72	4300m: 47:59.25	1:09.08
500m: 5:27.70	1:05.81	1800m: 19:43.06	1:06.86	3100m: 34:20.45	1:06.65	4400m: 49:07.48	1:08.23
600m: 6:33.45	1:05.75	1900m: 20:50.26	1:07.20	3200m: 35:27.88	1:07.43	4500m: 50:16.26	1:08.78
700m: 7:38.72	1:05.27	2000m: 21:57.90	1:07.64	3300m: 36:35.43	1:07.55	4600m: 51:24.61	1:08.35
800m: 8:43.87	1:05.15	2100m: 23:05.58	1:07.68	3400m: 37:42.96	1:07.53	4700m: 52:32.23	1:07.62
900m: 9:48.50	1:04.63	2200m: 24:12.84	1:07.26	3500m: 38:50.91	1:07.95	4800m: 53:39.85	1:07.62
1000m: 10:53.66	1:05.16	2300m: 25:20.27	1:07.43	3600m: 39:59.58	1:08.67	4900m: 54:47.35	1:07.50
1100m: 11:59.35	1:05.69	2400m: 26:27.72	1:07.45	3700m: 41:07.65	1:08.07	5000m: 55:53.64	1:06.29
1200m: 13:04.89	1:05.54	2500m: 27:35.83	1:08.11	3800m: 42:15.87	1:08.22		
1300m: 14:10.91	1:06.02	2600m: 28:43.71	1:07.88	3900m: 43:23.53	1:07.66		
<b>4. VILAREGUT DE MINGO, Eric</b>	<b>01</b>	<b>Torrot C.N. Mataró</b>	<b>56:07.82</b>	<b>7,00</b>			
100m: 1:05.32	1:05.32	1300m: 14:28.36	1:06.86	2500m: 27:58.86	1:07.96	3700m: 41:32.22	1:08.31
200m: 2:10.81	1:05.49	1400m: 15:35.97	1:07.61	2600m: 29:07.18	1:08.32	3800m: 42:39.95	1:07.73
300m: 3:17.08	1:06.27	1500m: 16:43.39	1:07.42	2700m: 30:14.85	1:07.67	3900m: 43:47.74	1:07.79
400m: 4:24.15	1:07.07	1600m: 17:50.98	1:07.59	2800m: 31:23.45	1:08.60	4000m: 44:55.76	1:08.02
500m: 5:31.28	1:07.13	1700m: 18:57.87	1:06.89	2900m: 32:31.47	1:08.02	4100m: 46:03.25	1:07.49
600m: 6:38.43	1:07.15	1800m: 20:05.41	1:07.54	3000m: 33:39.80	1:08.33	4200m: 47:11.24	1:07.99
700m: 7:45.81	1:07.38	1900m: 21:12.77	1:07.36	3100m: 34:47.96	1:08.16	4300m: 48:19.43	1:08.19
800m: 8:52.59	1:06.78	2000m: 22:20.32	1:07.55	3200m: 35:56.03	1:08.07	4400m: 49:27.46	1:08.03
900m: 9:59.40	1:06.81	2100m: 23:28.08	1:07.76	3300m: 37:02.20	1:06.17	4500m: 50:35.28	1:07.82
1000m: 11:06.37	1:06.97	2200m: 24:35.48	1:07.40	3400m: 38:08.50	1:06.30	4600m: 51:42.46	1:07.18
1100m: 12:13.83	1:07.46	2300m: 25:43.33	1:07.85	3500m: 39:15.68	1:07.18	4700m: 52:50.05	1:07.59
1200m: 13:21.50	1:07.67	2400m: 26:50.90	1:07.57	3600m: 40:23.91	1:08.23	4800m: 53:57.85	1:07.80





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

Prueba 3, Masc., 5000m Libre, JUNIOR 2

Clasificación	AN				Tiempo						
	4900m: 55:03.84	1:05.99	5000m: 56:07.82	1:03.98							
<b>5. BENITEZ DOMINGUEZ, Pablo</b>	<b>00</b>	<b>C.N. Mijas</b>	<b>57:20.02</b>	<b>6,00</b>							
100m:	1:05.77	1:05.77	1400m:	15:36.30	1:07.25	2700m:	30:32.74	1:09.71	4000m:	45:44.72	1:10.94
200m:	2:12.31	1:06.54	1500m:	16:43.58	1:07.28	2800m:	31:42.29	1:09.55	4100m:	46:55.40	1:10.68
300m:	3:18.14	1:05.83	1600m:	17:51.31	1:07.73	2900m:	32:51.57	1:09.28	4200m:	48:06.09	1:10.69
400m:	4:24.94	1:06.80	1700m:	18:59.28	1:07.97	3000m:	34:00.75	1:09.18	4300m:	49:16.76	1:10.67
500m:	5:31.95	1:07.01	1800m:	20:07.73	1:08.45	3100m:	35:10.23	1:09.48	4400m:	50:26.37	1:09.61
600m:	6:39.03	1:07.08	1900m:	21:16.79	1:09.06	3200m:	36:19.98	1:09.75	4500m:	51:35.67	1:09.30
700m:	7:45.75	1:06.72	2000m:	22:25.40	1:08.61	3300m:	37:30.51	1:10.53	4600m:	52:44.88	1:09.21
800m:	8:52.33	1:06.58	2100m:	23:34.29	1:08.89	3400m:	38:40.94	1:10.43	4700m:	53:54.90	1:10.02
900m:	9:59.26	1:06.93	2200m:	24:43.72	1:09.43	3500m:	39:50.84	1:09.90	4800m:	55:03.58	1:08.68
1000m:	11:06.19	1:06.93	2300m:	25:53.33	1:09.61	3600m:	41:01.46	1:10.62	4900m:	56:12.69	1:09.11
1100m:	12:13.55	1:07.36	2400m:	27:02.82	1:09.49	3700m:	42:12.43	1:10.97	5000m:	57:20.02	1:07.33
1200m:	13:21.31	1:07.76	2500m:	28:13.09	1:10.27	3800m:	43:23.15	1:10.72			
1300m:	14:29.05	1:07.74	2600m:	29:23.03	1:09.94	3900m:	44:33.78	1:10.63			
<b>6. ZABALO ECHANIZ, Ander</b>	<b>01</b>	<b>C.N. Iregua-Villamediana</b>	<b>57:29.75</b>	<b>5,00</b>							
100m:	1:05.04	1:05.04	1400m:	15:42.50	1:08.49	2700m:	30:44.69	1:09.72	4000m:	45:54.33	1:09.48
200m:	2:10.89	1:05.85	1500m:	16:51.34	1:08.84	2800m:	31:54.51	1:09.82	4100m:	47:04.07	1:09.74
300m:	3:17.04	1:06.15	1600m:	18:00.23	1:08.89	2900m:	33:04.68	1:10.17	4200m:	48:13.57	1:09.50
400m:	4:23.13	1:06.09	1700m:	19:09.22	1:08.99	3000m:	34:14.72	1:10.04	4300m:	49:23.14	1:09.57
500m:	5:30.63	1:07.50	1800m:	20:18.53	1:09.31	3100m:	35:24.69	1:09.97	4400m:	50:32.66	1:09.52
600m:	6:38.33	1:07.70	1900m:	21:27.85	1:09.32	3200m:	36:34.38	1:09.69	4500m:	51:42.17	1:09.51
700m:	7:45.85	1:07.52	2000m:	22:37.25	1:09.40	3300m:	37:44.39	1:10.01	4600m:	52:51.92	1:09.75
800m:	8:53.56	1:07.71	2100m:	23:46.86	1:09.61	3400m:	38:54.14	1:09.75	4700m:	54:02.13	1:10.21
900m:	10:01.44	1:07.88	2200m:	24:56.35	1:09.49	3500m:	40:04.17	1:10.03	4800m:	55:12.20	1:10.07
1000m:	11:09.34	1:07.90	2300m:	26:06.00	1:09.65	3600m:	41:14.32	1:10.15	4900m:	56:21.76	1:09.56
1100m:	12:17.30	1:07.96	2400m:	27:15.65	1:09.65	3700m:	42:24.93	1:10.61	5000m:	57:29.75	1:07.99
1200m:	13:25.66	1:08.36	2500m:	28:25.26	1:09.61	3800m:	43:34.95	1:10.02			
1300m:	14:34.01	1:08.35	2600m:	29:34.97	1:09.71	3900m:	44:44.85	1:09.90			
<b>7. LAGES BRION, Alexandre</b>	<b>01</b>	<b>C.N. Galaico</b>	<b>58:54.44</b>	<b>4,00</b>							
100m:	1:04.81	1:04.81	1400m:	15:45.16	1:10.29	2700m:	31:10.88	1:12.28	4000m:	46:53.91	1:13.45
200m:	2:10.53	1:05.72	1500m:	16:55.83	1:10.67	2800m:	32:22.80	1:11.92	4100m:	48:07.83	1:13.92
300m:	3:15.76	1:05.23	1600m:	18:05.38	1:09.55	2900m:	33:36.33	1:13.53	4200m:	49:20.97	1:13.14
400m:	4:21.94	1:06.18	1700m:	19:13.66	1:08.28	3000m:	34:48.92	1:12.59	4300m:	50:34.21	1:13.24
500m:	5:29.64	1:07.70	1800m:	20:24.58	1:10.92	3100m:	36:01.35	1:12.43	4400m:	51:47.61	1:13.40
600m:	6:37.45	1:07.81	1900m:	21:35.02	1:10.44	3200m:	37:13.67	1:12.32	4500m:	52:59.16	1:11.55
700m:	7:44.59	1:07.14	2000m:	22:46.03	1:11.01	3300m:	38:26.47	1:12.80	4600m:	54:11.62	1:12.46
800m:	8:52.24	1:07.65	2100m:	23:57.36	1:11.33	3400m:	39:38.03	1:11.56	4700m:	55:23.91	1:12.29
900m:	9:59.61	1:07.37	2200m:	25:09.31	1:11.95	3500m:	40:48.43	1:10.40	4800m:	56:34.77	1:10.86
1000m:	11:06.95	1:07.34	2300m:	26:21.81	1:12.50	3600m:	41:59.79	1:11.36	4900m:	57:45.31	1:10.54
1100m:	12:15.47	1:08.52	2400m:	27:33.73	1:11.92	3700m:	43:11.41	1:11.62	5000m:	58:54.44	1:09.13
1200m:	13:25.19	1:09.72	2500m:	28:46.66	1:12.93	3800m:	44:27.14	1:15.73			
1300m:	14:34.87	1:09.68	2600m:	29:58.60	1:11.94	3900m:	45:40.46	1:13.32			
<b>8. DE LEON ARTEAGA, Gabriel</b>	<b>00</b>	<b>C.D.N. Schamann</b>	<b>58:56.62</b>	<b>3,00</b>							
100m:	1:04.80	1:04.80	1200m:	13:31.37	1:09.16	2300m:	26:31.08	1:11.74	3400m:	39:46.65	1:13.65
200m:	2:10.93	1:06.13	1300m:	14:41.13	1:09.76	2400m:	27:42.82	1:11.74	3500m:	40:59.54	1:12.89
300m:	3:17.94	1:07.01	1400m:	15:51.92	1:10.79	2500m:	28:54.82	1:12.00	3600m:	42:12.11	1:12.57
400m:	4:25.32	1:07.38	1500m:	17:03.07	1:11.15	2600m:	30:07.78	1:12.96	3700m:	43:24.73	1:12.62
500m:	5:33.10	1:07.78	1600m:	18:13.19	1:10.12	2700m:	31:21.51	1:13.73	3800m:	44:36.00	1:11.27
600m:	6:40.75	1:07.65	1700m:	19:24.17	1:10.98	2800m:	32:33.11	1:11.60	3900m:	45:47.55	1:11.55
700m:	7:48.48	1:07.73	1800m:	20:35.53	1:11.36	2900m:	33:44.11	1:11.00	4000m:	46:59.77	1:12.22
800m:	8:56.42	1:07.94	1900m:	21:46.88	1:11.35	3000m:	34:55.15	1:11.04	4100m:	48:10.89	1:11.12
900m:	10:04.65	1:08.23	2000m:	22:57.16	1:10.28	3100m:	36:07.14	1:11.99	4200m:	49:22.50	1:11.61
1000m:	11:13.56	1:08.91	2100m:	24:08.45	1:11.29	3200m:	37:20.35	1:13.21	4300m:	50:35.53	1:13.03
1100m:	12:22.21	1:08.65	2200m:	25:19.34	1:10.89	3300m:	38:33.00	1:12.65	4400m:	51:48.59	1:13.06





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MATARO, 23/2/2019

Prueba 3, Masc., 5000m Libre, JUNIOR 2

Clasificación	AN						Tiempo			
4500m: 53:00.87 1:12.28	4700m: 55:23.93 1:11.02	4900m: 57:46.23 1:10.82								
4600m: 54:12.91 1:12.04	4800m: 56:35.41 1:11.48	5000m: 58:56.62 1:10.39								
<b>9. DIAZ ROMERO, Carlos</b>	<b>01</b>	<b>C.N.Mairena Aljarafe</b>				<b>59:05.81</b>	<b>2,00</b>			
100m: 1:09.17 1:09.17	1400m: 16:02.82 1:09.57	2700m: 31:28.63 1:11.43	4000m: 47:08.80 1:12.91							
200m: 2:18.53 1:09.36	1500m: 17:12.98 1:10.16	2800m: 32:40.01 1:11.38	4100m: 48:21.24 1:12.44							
300m: 3:27.26 1:08.73	1600m: 18:22.72 1:09.74	2900m: 33:51.51 1:11.50	4200m: 49:32.80 1:11.56							
400m: 4:35.97 1:08.71	1700m: 19:33.19 1:10.47	3000m: 35:02.80 1:11.29	4300m: 50:45.15 1:12.35							
500m: 5:44.31 1:08.34	1800m: 20:43.73 1:10.54	3100m: 36:14.84 1:12.04	4400m: 51:57.86 1:12.71							
600m: 6:52.79 1:08.48	1900m: 21:54.66 1:10.93	3200m: 37:27.62 1:12.78	4500m: 53:10.12 1:12.26							
700m: 8:01.03 1:08.24	2000m: 23:05.86 1:11.20	3300m: 38:40.07 1:12.45	4600m: 54:21.91 1:11.79							
800m: 9:09.33 1:08.30	2100m: 24:17.21 1:11.35	3400m: 39:52.92 1:12.85	4700m: 55:33.97 1:12.06							
900m: 10:17.62 1:08.29	2200m: 25:29.29 1:12.08	3500m: 41:05.72 1:12.80	4800m: 56:45.40 1:11.43							
1000m: 11:26.29 1:08.67	2300m: 26:41.73 1:12.44	3600m: 42:18.24 1:12.52	4900m: 57:56.74 1:11.34							
1100m: 12:34.83 1:08.54	2400m: 27:54.09 1:12.36	3700m: 43:31.24 1:13.00	5000m: 59:05.81 1:09.07							
1200m: 13:43.97 1:09.14	2500m: 29:05.91 1:11.82	3800m: 44:43.12 1:11.88								
1300m: 14:53.25 1:09.28	2600m: 30:17.20 1:11.29	3900m: 45:55.89 1:12.77								
<b>10. NAVARRO BLASCO, Andreu</b>	<b>00</b>	<b>C.N. Vinaros</b>				<b>59:09.87</b>	<b>1,00</b>			
100m: 1:07.62 1:07.62	1400m: 16:14.43 1:10.49	2700m: 31:36.66 1:10.61	4000m: 47:11.86 1:12.23							
200m: 2:17.40 1:09.78	1500m: 17:25.29 1:10.86	2800m: 32:47.31 1:10.65	4100m: 48:25.21 1:13.35							
300m: 3:27.19 1:09.79	1600m: 18:36.73 1:11.44	2900m: 33:58.90 1:11.59	4200m: 49:37.46 1:12.25							
400m: 4:37.14 1:09.95	1700m: 19:47.12 1:10.39	3000m: 35:11.18 1:12.28	4300m: 50:49.54 1:12.08							
500m: 5:46.84 1:09.70	1800m: 20:57.67 1:10.55	3100m: 36:23.36 1:12.18	4400m: 52:01.77 1:12.23							
600m: 6:56.66 1:09.82	1900m: 22:09.64 1:11.97	3200m: 37:36.62 1:13.26	4500m: 53:13.91 1:12.14							
700m: 8:06.38 1:09.72	2000m: 23:20.37 1:10.73	3300m: 38:49.83 1:13.21	4600m: 54:25.93 1:12.02							
800m: 9:15.74 1:09.36	2100m: 24:30.13 1:09.76	3400m: 40:01.96 1:12.13	4700m: 55:39.01 1:13.08							
900m: 10:25.49 1:09.75	2200m: 25:40.79 1:10.66	3500m: 41:13.95 1:11.99	4800m: 56:51.15 1:12.14							
1000m: 11:35.23 1:09.74	2300m: 26:51.79 1:11.00	3600m: 42:25.27 1:11.32	4900m: 58:01.01 1:09.86							
1100m: 12:44.90 1:09.67	2400m: 28:03.70 1:11.91	3700m: 43:36.73 1:11.46	5000m: 59:09.87 1:08.86							
1200m: 13:54.21 1:09.31	2500m: 29:15.69 1:11.99	3800m: 44:48.12 1:11.39								
1300m: 15:03.94 1:09.73	2600m: 30:26.05 1:10.36	3900m: 45:59.63 1:11.51								

SENIOR

<b>1. ESCRITS MAÑOSA, Albert</b>	<b>98</b>	<b>C.N. Sant Andreu</b>				<b>52:48.14</b>	<b>13,00</b>		
<i>RE</i>									
100m: 1:03.01 1:03.01	1400m: 14:37.46 1:02.68	2700m: 28:15.89 1:02.42	4000m: 42:09.06 1:04.04						
200m: 2:05.25 1:02.24	1500m: 15:40.11 1:02.65	2800m: 29:19.23 1:03.34	4100m: 43:13.11 1:04.05						
300m: 3:08.00 1:02.75	1600m: 16:43.04 1:02.93	2900m: 30:22.90 1:03.67	4200m: 44:17.15 1:04.04						
400m: 4:10.92 1:02.92	1700m: 17:46.20 1:03.16	3000m: 31:26.24 1:03.34	4300m: 45:21.55 1:04.40						
500m: 5:13.81 1:02.89	1800m: 18:49.11 1:02.91	3100m: 32:30.29 1:04.05	4400m: 46:26.37 1:04.82						
600m: 6:16.72 1:02.91	1900m: 19:52.05 1:02.94	3200m: 33:34.67 1:04.38	4500m: 47:31.55 1:05.18						
700m: 7:19.74 1:03.02	2000m: 20:55.25 1:03.20	3300m: 34:38.83 1:04.16	4600m: 48:35.34 1:03.79						
800m: 8:22.68 1:02.94	2100m: 21:57.60 1:02.35	3400m: 35:43.25 1:04.42	4700m: 49:39.96 1:04.62						
900m: 9:25.36 1:02.68	2200m: 23:00.44 1:02.84	3500m: 36:47.65 1:04.40	4800m: 50:44.03 1:04.07						
1000m: 10:28.07 1:02.71	2300m: 24:03.56 1:03.12	3600m: 37:51.82 1:04.17	4900m: 51:46.58 1:02.55						
1100m: 11:30.10 1:02.03	2400m: 25:07.19 1:03.63	3700m: 38:56.24 1:04.42	5000m: 52:48.14 1:01.56						
1200m: 12:32.41 1:02.31	2500m: 26:10.65 1:03.46	3800m: 40:00.68 1:04.44							
1300m: 13:34.78 1:02.37	2600m: 27:13.47 1:02.82	3900m: 41:05.02 1:04.34							





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

Prueba 3, Masc., 5000m Libre, SENIOR

Clasificación	AN		Tiempo				
<b>2. GIL TARAZONA, Pol</b>	<b>96</b>	<b>Ucam C.N. Fuensanta</b>	<b>53:38.65</b>	<b>10,00</b>			
100m: 1:04.13	1:04.13	1400m: 14:49.16	1:03.72	2700m: 28:43.65	1:04.30	4000m: 42:45.12	1:04.95
200m: 2:07.50	1:03.37	1500m: 15:53.18	1:04.02	2800m: 29:48.34	1:04.69	4100m: 43:50.29	1:05.17
300m: 3:10.67	1:03.17	1600m: 16:57.18	1:04.00	2900m: 30:52.41	1:04.07	4200m: 44:55.48	1:05.19
400m: 4:14.15	1:03.48	1700m: 18:01.09	1:03.91	3000m: 31:56.61	1:04.20	4300m: 46:00.75	1:05.27
500m: 5:17.73	1:03.58	1800m: 19:05.46	1:04.37	3100m: 33:00.77	1:04.16	4400m: 47:05.98	1:05.23
600m: 6:21.08	1:03.35	1900m: 20:09.49	1:04.03	3200m: 34:05.48	1:04.71	4500m: 48:11.58	1:05.60
700m: 7:24.33	1:03.25	2000m: 21:13.61	1:04.12	3300m: 35:10.23	1:04.75	4600m: 49:17.69	1:06.11
800m: 8:27.45	1:03.12	2100m: 22:17.61	1:04.00	3400m: 36:15.12	1:04.89	4700m: 50:23.52	1:05.83
900m: 9:31.00	1:03.55	2200m: 23:21.82	1:04.21	3500m: 37:19.95	1:04.83	4800m: 51:29.06	1:05.54
1000m: 10:34.38	1:03.38	2300m: 24:26.06	1:04.24	3600m: 38:24.79	1:04.84	4900m: 52:35.13	1:06.07
1100m: 11:37.91	1:03.53	2400m: 25:30.52	1:04.46	3700m: 39:30.05	1:05.26	5000m: 53:38.65	1:03.52
1200m: 12:41.58	1:03.67	2500m: 26:34.95	1:04.43	3800m: 40:35.03	1:04.98		
1300m: 13:45.44	1:03.86	2600m: 27:39.35	1:04.40	3900m: 41:40.17	1:05.14		
<b>3. PUJOL BELMONTE, Guillem</b>	<b>97</b>	<b>Torrot C.N. Mataró</b>	<b>54:05.38</b>	<b>8,00</b>			
100m: 1:03.29	1:03.29	1400m: 15:07.94	1:05.47	2700m: 29:14.42	1:04.91	4000m: 43:21.58	1:04.32
200m: 2:07.01	1:03.72	1500m: 16:13.84	1:05.90	2800m: 30:19.34	1:04.92	4100m: 44:25.87	1:04.29
300m: 3:10.34	1:03.33	1600m: 17:19.63	1:05.79	2900m: 31:24.30	1:04.96	4200m: 45:29.75	1:03.88
400m: 4:14.62	1:04.28	1700m: 18:25.25	1:05.62	3000m: 32:29.14	1:04.84	4300m: 46:33.77	1:04.02
500m: 5:19.39	1:04.77	1800m: 19:30.27	1:05.02	3100m: 33:34.82	1:05.68	4400m: 47:37.82	1:04.05
600m: 6:24.53	1:05.14	1900m: 20:35.04	1:04.77	3200m: 34:39.83	1:05.01	4500m: 48:42.46	1:04.64
700m: 7:29.96	1:05.43	2000m: 21:40.02	1:04.98	3300m: 35:45.49	1:05.66	4600m: 49:47.70	1:05.24
800m: 8:35.37	1:05.41	2100m: 22:44.76	1:04.74	3400m: 36:50.66	1:05.17	4700m: 50:52.82	1:05.12
900m: 9:40.88	1:05.51	2200m: 23:49.64	1:04.88	3500m: 37:55.75	1:05.09	4800m: 51:58.16	1:05.34
1000m: 10:46.35	1:05.47	2300m: 24:54.27	1:04.63	3600m: 39:01.43	1:05.68	4900m: 53:02.89	1:04.73
1100m: 11:52.16	1:05.81	2400m: 25:59.38	1:05.11	3700m: 40:06.74	1:05.31	5000m: 54:05.38	1:02.49
1200m: 12:57.35	1:05.19	2500m: 27:04.54	1:05.16	3800m: 41:12.50	1:05.76		
1300m: 14:02.47	1:05.12	2600m: 28:09.51	1:04.97	3900m: 42:17.26	1:04.76		
<b>4. SANTIAGO BETANCOR, Raul</b>	<b>97</b>	<b>C.N. Metropole</b>	<b>54:13.13</b>	<b>7,00</b>			
100m: 1:04.86	1:04.86	1400m: 15:07.25	1:04.53	2700m: 29:19.22	1:05.24	4000m: 43:24.63	1:05.28
200m: 2:10.36	1:05.50	1500m: 16:12.09	1:04.84	2800m: 30:23.38	1:04.16	4100m: 44:29.44	1:04.81
300m: 3:15.69	1:05.33	1600m: 17:17.40	1:05.31	2900m: 31:27.65	1:04.27	4200m: 45:34.07	1:04.63
400m: 4:18.78	1:03.09	1700m: 18:23.04	1:05.64	3000m: 32:32.93	1:05.28	4300m: 46:38.63	1:04.56
500m: 5:23.04	1:04.26	1800m: 19:28.39	1:05.35	3100m: 33:38.39	1:05.46	4400m: 47:43.55	1:04.92
600m: 6:27.71	1:04.67	1900m: 20:34.09	1:05.70	3200m: 34:43.47	1:05.08	4500m: 48:48.74	1:05.19
700m: 7:32.23	1:04.52	2000m: 21:39.58	1:05.49	3300m: 35:48.59	1:05.12	4600m: 49:54.66	1:05.92
800m: 8:37.49	1:05.26	2100m: 22:45.07	1:05.49	3400m: 36:53.89	1:05.30	4700m: 51:00.04	1:05.38
900m: 9:42.86	1:05.37	2200m: 23:50.06	1:04.99	3500m: 37:58.97	1:05.08	4800m: 52:05.65	1:05.61
1000m: 10:48.46	1:05.60	2300m: 24:56.20	1:06.14	3600m: 39:04.09	1:05.12	4900m: 53:10.81	1:05.16
1100m: 11:53.50	1:05.04	2400m: 26:02.56	1:06.36	3700m: 40:09.02	1:04.93	5000m: 54:13.13	1:02.32
1200m: 12:57.95	1:04.45	2500m: 27:08.15	1:05.59	3800m: 41:14.23	1:05.21		
1300m: 14:02.72	1:04.77	2600m: 28:13.98	1:05.83	3900m: 42:19.35	1:05.12		
<b>5. ANDRADE BUDIÑO, Gaspar</b>	<b>98</b>	<b>C.N. Liceo</b>	<b>54:13.18</b>	<b>6,00</b>			
100m: 1:04.04	1:04.04	1300m: 13:57.04	1:05.08	2500m: 26:56.70	1:05.23	3700m: 39:59.26	1:05.36
200m: 2:08.15	1:04.11	1400m: 15:01.54	1:04.50	2600m: 28:01.60	1:04.90	3800m: 41:04.83	1:05.57
300m: 3:11.48	1:03.33	1500m: 16:06.31	1:04.77	2700m: 29:06.82	1:05.22	3900m: 42:10.62	1:05.79
400m: 4:15.61	1:04.13	1600m: 17:11.26	1:04.95	2800m: 30:11.73	1:04.91	4000m: 43:16.77	1:06.15
500m: 5:20.26	1:04.65	1700m: 18:16.10	1:04.84	2900m: 31:16.72	1:04.99	4100m: 44:21.83	1:05.06
600m: 6:25.04	1:04.78	1800m: 19:21.21	1:05.11	3000m: 32:22.38	1:05.66	4200m: 45:27.65	1:05.82
700m: 7:29.62	1:04.58	1900m: 20:26.01	1:04.80	3100m: 33:28.03	1:05.65	4300m: 46:33.84	1:06.19
800m: 8:34.17	1:04.55	2000m: 21:30.98	1:04.97	3200m: 34:33.64	1:05.61	4400m: 47:38.93	1:05.09
900m: 9:38.32	1:04.15	2100m: 22:35.92	1:04.94	3300m: 35:38.94	1:05.30	4500m: 48:45.01	1:06.08
1000m: 10:42.86	1:04.54	2200m: 23:41.03	1:05.11	3400m: 36:44.13	1:05.19	4600m: 49:51.40	1:06.39
1100m: 11:47.39	1:04.53	2300m: 24:46.57	1:05.54	3500m: 37:49.01	1:04.88	4700m: 50:57.63	1:06.23
1200m: 12:51.96	1:04.57	2400m: 25:51.47	1:04.90	3600m: 38:53.90	1:04.89	4800m: 52:03.82	1:06.19





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

Prueba 3, Masc., 5000m Libre, SENIOR

Clasificación	AN				Tiempo			
	4900m: 53:09.64	1:05.82	5000m: 54:13.18	1:03.54				
<b>6.</b>	<b>RIVERA GOMIS, Carlos</b>	<b>94</b>	<b>C.N. San Vicente</b>	<b>54:24.76</b>	<b>5,00</b>			
	100m: 1:04.75	1:04.75	1400m: 15:11.30	1:05.59	2700m: 29:24.26	1:05.82	4000m: 43:36.34	1:06.14
	200m: 2:09.44	1:04.69	1500m: 16:16.72	1:05.42	2800m: 30:30.05	1:05.79	4100m: 44:42.40	1:06.06
	300m: 3:13.97	1:04.53	1600m: 17:22.25	1:05.53	2900m: 31:34.98	1:04.93	4200m: 45:48.12	1:05.72
	400m: 4:18.67	1:04.70	1700m: 18:27.89	1:05.64	3000m: 32:39.28	1:04.30	4300m: 46:54.08	1:05.96
	500m: 5:23.47	1:04.80	1800m: 19:33.86	1:05.97	3100m: 33:44.50	1:05.22	4400m: 47:59.50	1:05.42
	600m: 6:28.89	1:05.42	1900m: 20:39.71	1:05.85	3200m: 34:49.73	1:05.23	4500m: 49:03.84	1:04.34
	700m: 7:33.97	1:05.08	2000m: 21:45.26	1:05.55	3300m: 35:55.39	1:05.66	4600m: 50:08.75	1:04.91
	800m: 8:39.45	1:05.48	2100m: 22:50.97	1:05.71	3400m: 37:01.05	1:05.66	4700m: 51:14.04	1:05.29
	900m: 9:44.72	1:05.27	2200m: 23:56.93	1:05.96	3500m: 38:06.84	1:05.79	4800m: 52:19.06	1:05.02
	1000m: 10:49.94	1:05.22	2300m: 25:02.41	1:05.48	3600m: 39:12.40	1:05.56	4900m: 53:23.52	1:04.46
	1100m: 11:55.27	1:05.33	2400m: 26:07.89	1:05.48	3700m: 40:18.15	1:05.75	5000m: 54:24.76	1:01.24
	1200m: 13:00.55	1:05.28	2500m: 27:13.93	1:06.04	3800m: 41:24.21	1:06.06		
	1300m: 14:05.71	1:05.16	2600m: 28:18.44	1:04.51	3900m: 42:30.20	1:05.99		
<b>7.</b>	<b>MARTINEZ MURCIA, Alberto</b>	<b>98</b>	<b>Club Natación Marina-Cartagena</b>	<b>54:37.08</b>	<b>4,00</b>			
	100m: 1:03.98	1:03.98	1400m: 14:52.47	1:04.51	2700m: 28:59.79	1:05.16	4000m: 43:20.85	1:06.56
	200m: 2:06.71	1:02.73	1500m: 15:57.35	1:04.88	2800m: 30:05.24	1:05.45	4100m: 44:27.38	1:06.53
	300m: 3:09.58	1:02.87	1600m: 17:01.75	1:04.40	2900m: 31:11.30	1:06.06	4200m: 45:34.08	1:06.70
	400m: 4:13.15	1:03.57	1700m: 18:06.60	1:04.85	3000m: 32:16.86	1:05.56	4300m: 46:41.32	1:07.24
	500m: 5:16.60	1:03.45	1800m: 19:11.07	1:04.47	3100m: 33:23.06	1:06.20	4400m: 47:49.06	1:07.74
	600m: 6:20.11	1:03.51	1900m: 20:16.31	1:05.24	3200m: 34:29.55	1:06.49	4500m: 48:57.31	1:08.25
	700m: 7:23.83	1:03.72	2000m: 21:21.60	1:05.29	3300m: 35:35.78	1:06.23	4600m: 50:05.66	1:08.35
	800m: 8:27.72	1:03.89	2100m: 22:26.94	1:05.34	3400m: 36:42.30	1:06.52	4700m: 51:14.12	1:08.46
	900m: 9:31.70	1:03.98	2200m: 23:32.43	1:05.49	3500m: 37:48.63	1:06.33	4800m: 52:22.95	1:08.83
	1000m: 10:35.76	1:04.06	2300m: 24:37.99	1:05.56	3600m: 38:54.42	1:05.79	4900m: 53:31.87	1:08.92
	1100m: 11:39.69	1:03.93	2400m: 25:43.65	1:05.66	3700m: 40:00.90	1:06.48	5000m: 54:37.08	1:05.21
	1200m: 12:43.74	1:04.05	2500m: 26:49.32	1:05.67	3800m: 41:07.31	1:06.41		
	1300m: 13:47.96	1:04.22	2600m: 27:54.63	1:05.31	3900m: 42:14.29	1:06.98		
<b>8.</b>	<b>HONRUBIA CERDA, Arnau</b>	<b>99</b>	<b>C.N. Sabadell</b>	<b>55:46.29</b>	<b>3,00</b>			
	100m: 1:05.12	1:05.12	1400m: 15:24.04	1:05.21	2700m: 29:50.78	1:07.59	4000m: 44:32.05	1:07.40
	200m: 2:10.59	1:05.47	1500m: 16:29.76	1:05.72	2800m: 30:58.60	1:07.82	4100m: 45:39.79	1:07.74
	300m: 3:16.69	1:06.10	1600m: 17:35.87	1:06.11	2900m: 32:05.90	1:07.30	4200m: 46:46.88	1:07.09
	400m: 4:22.39	1:05.70	1700m: 18:41.88	1:06.01	3000m: 33:13.14	1:07.24	4300m: 47:53.27	1:06.39
	500m: 5:28.36	1:05.97	1800m: 19:48.09	1:06.21	3100m: 34:20.97	1:07.83	4400m: 49:00.81	1:07.54
	600m: 6:34.22	1:05.86	1900m: 20:54.83	1:06.74	3200m: 35:28.54	1:07.57	4500m: 50:08.16	1:07.35
	700m: 7:40.62	1:06.40	2000m: 22:01.21	1:06.38	3300m: 36:36.77	1:08.23	4600m: 51:15.86	1:07.70
	800m: 8:46.81	1:06.19	2100m: 23:07.83	1:06.62	3400m: 37:44.52	1:07.75	4700m: 52:23.53	1:07.67
	900m: 9:53.13	1:06.32	2200m: 24:14.62	1:06.79	3500m: 38:52.94	1:08.42	4800m: 53:31.78	1:08.25
	1000m: 10:59.53	1:06.40	2300m: 25:21.55	1:06.93	3600m: 40:01.15	1:08.21	4900m: 54:39.73	1:07.95
	1100m: 12:06.58	1:07.05	2400m: 26:28.42	1:06.87	3700m: 41:08.88	1:07.73	5000m: 55:46.29	1:06.56
	1200m: 13:12.87	1:06.29	2500m: 27:35.45	1:07.03	3800m: 42:16.44	1:07.56		
	1300m: 14:18.83	1:05.96	2600m: 28:43.19	1:07.74	3900m: 43:24.65	1:08.21		
<b>9.</b>	<b>GODOY MARTINEZ, Marcos</b>	<b>99</b>	<b>C.N. Sabadell</b>	<b>55:57.42</b>	<b>2,00</b>			
	100m: 1:04.71	1:04.71	1200m: 13:11.47	1:07.20	2300m: 25:35.91	1:08.18	3400m: 37:57.79	1:08.16
	200m: 2:10.43	1:05.72	1300m: 14:18.51	1:07.04	2400m: 26:43.99	1:08.08	3500m: 39:05.83	1:08.04
	300m: 3:16.21	1:05.78	1400m: 15:25.17	1:06.66	2500m: 27:51.67	1:07.68	3600m: 40:13.27	1:07.44
	400m: 4:21.38	1:05.17	1500m: 16:32.39	1:07.22	2600m: 28:59.44	1:07.77	3700m: 41:20.42	1:07.15
	500m: 5:26.97	1:05.59	1600m: 17:39.72	1:07.33	2700m: 30:06.57	1:07.13	3800m: 42:27.22	1:06.80
	600m: 6:32.61	1:05.64	1700m: 18:47.42	1:07.70	2800m: 31:12.97	1:06.40	3900m: 43:34.12	1:06.90
	700m: 7:38.70	1:06.09	1800m: 19:55.32	1:07.90	2900m: 32:20.13	1:07.16	4000m: 44:40.78	1:06.66
	800m: 8:44.89	1:06.19	1900m: 21:02.88	1:07.56	3000m: 33:27.20	1:07.07	4100m: 45:48.14	1:07.36
	900m: 9:51.21	1:06.32	2000m: 22:11.08	1:08.20	3100m: 34:34.00	1:06.80	4200m: 46:55.83	1:07.69
	1000m: 10:57.69	1:06.48	2100m: 23:19.47	1:08.39	3200m: 35:41.94	1:07.94	4300m: 48:03.91	1:08.08
	1100m: 12:04.27	1:06.58	2200m: 24:27.73	1:08.26	3300m: 36:49.63	1:07.69	4400m: 49:12.70	1:08.79







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

Prueba 3, Masc., 5000m Libre, SENIOR

Clasificación	AN						Tiempo	
	4500m: 50:21.01	1:08.31	4700m: 52:36.65	1:07.81	4900m: 54:51.73	1:06.89		
	4600m: 51:28.84	1:07.83	4800m: 53:44.84	1:08.19	5000m: 55:57.42	1:05.69		
<b>10. RABASSA IGLESIAS, Roger</b>	<b>81</b>	<b>Torrot C.N. Mataro</b>				<b>56:19.49</b>	<b>1,00</b>	
100m:	1:05.51	1:05.51	1400m:	15:30.46	1:07.55	2700m:	30:09.13	1:07.88
200m:	2:11.71	1:06.20	1500m:	16:37.61	1:07.15	2800m:	31:16.75	1:07.62
300m:	3:17.23	1:05.52	1600m:	17:45.02	1:07.41	2900m:	32:24.18	1:07.43
400m:	4:22.90	1:05.67	1700m:	18:52.78	1:07.76	3000m:	33:32.07	1:07.89
500m:	5:28.83	1:05.93	1800m:	20:00.21	1:07.43	3100m:	34:39.85	1:07.78
600m:	6:35.01	1:06.18	1900m:	21:07.95	1:07.74	3200m:	35:47.37	1:07.52
700m:	7:41.51	1:06.50	2000m:	22:15.59	1:07.64	3300m:	36:54.98	1:07.61
800m:	8:48.14	1:06.63	2100m:	23:23.11	1:07.52	3400m:	38:03.12	1:08.14
900m:	9:54.87	1:06.73	2200m:	24:30.76	1:07.65	3500m:	39:11.60	1:08.48
1000m:	11:01.63	1:06.76	2300m:	25:38.22	1:07.46	3600m:	40:19.67	1:08.07
1100m:	12:08.51	1:06.88	2400m:	26:46.02	1:07.80	3700m:	41:27.65	1:07.98
1200m:	13:15.57	1:07.06	2500m:	27:53.61	1:07.59	3800m:	42:35.88	1:08.23
1300m:	14:22.91	1:07.34	2600m:	29:01.25	1:07.64	3900m:	43:44.31	1:08.43

