

Campeonato Autonómico Larga Distancia 2020
Las Palmas de G.C., 18/1/2020

Prueba 1
18/01/2020

Masc., 2000m Libre

Infantil Masculino LD
Resultados

Puntos: FINA 2019

| Clasificación | AN | | | | | | | | Tiempo | | Pts | |
|---------------|----------------------------|---------|---------|--------|--------------------------------------|---------|--------|----------|----------|--------|----------|---------|
| 1. | MACARIO MOLINA, Joan | | | 05 | C.N. Metropole | | | | 22:32.78 | 583 | | |
| | 100m: | 1:07.24 | 1:07.24 | 600m: | 6:44.53 | 1:07.53 | 1100m: | 12:22.36 | 1:07.90 | 1600m: | 18:04.25 | 1:08.20 |
| | 200m: | 2:14.52 | 1:07.28 | 700m: | 7:51.84 | 1:07.31 | 1200m: | 13:30.52 | 1:08.16 | 1700m: | 19:11.84 | 1:07.59 |
| | 300m: | 3:22.16 | 1:07.64 | 800m: | 8:59.38 | 1:07.54 | 1300m: | 14:39.06 | 1:08.54 | 1800m: | 20:16.46 | 1:04.62 |
| | 400m: | 4:29.61 | 1:07.45 | 900m: | 10:07.01 | 1:07.63 | 1400m: | 15:47.43 | 1:08.37 | 1900m: | 21:26.49 | 1:10.03 |
| | 500m: | 5:37.00 | 1:07.39 | 1000m: | 11:14.46 | 1:07.45 | 1500m: | 16:56.05 | 1:08.62 | 2000m: | 22:32.78 | 1:06.29 |
| 2. | RAMOS DELGADO, Gabriel | | | 05 | C.N. Reales | | | | 22:44.81 | 568 | | |
| | 100m: | 1:09.04 | 1:09.04 | 600m: | 6:44.14 | 1:07.98 | 1100m: | 12:25.10 | 1:08.89 | 1600m: | 18:08.49 | 1:08.74 |
| | 200m: | 2:15.35 | 1:06.31 | 700m: | 7:51.93 | 1:07.79 | 1200m: | 13:33.42 | 1:08.32 | 1700m: | 19:17.06 | 1:08.57 |
| | 300m: | 3:22.06 | 1:06.71 | 800m: | 8:59.79 | 1:07.86 | 1300m: | 14:42.33 | 1:08.91 | 1800m: | 20:26.88 | 1:09.82 |
| | 400m: | 4:28.66 | 1:06.60 | 900m: | 10:07.89 | 1:08.10 | 1400m: | 15:50.88 | 1:08.55 | 1900m: | 21:37.02 | 1:10.14 |
| | 500m: | 5:36.16 | 1:07.50 | 1000m: | 11:16.21 | 1:08.32 | 1500m: | 16:59.75 | 1:08.87 | 2000m: | 22:44.81 | 1:07.79 |
| 3. | VIZCAINO RIGOL, Carlos | | | 05 | C.D.N. Nadamas Las Marinas | | | | 23:00.31 | 549 | | |
| | 100m: | 1:09.30 | 1:09.30 | 600m: | 6:53.01 | 1:08.38 | 1100m: | 12:37.78 | 1:09.46 | 1600m: | 18:22.93 | 1:09.93 |
| | 200m: | 2:18.78 | 1:09.48 | 700m: | 8:01.71 | 1:08.70 | 1200m: | 13:46.29 | 1:08.51 | 1700m: | 19:32.77 | 1:09.84 |
| | 300m: | 3:27.14 | 1:08.36 | 800m: | 9:10.59 | 1:08.88 | 1300m: | 14:54.65 | 1:08.36 | 1800m: | 20:42.77 | 1:10.00 |
| | 400m: | 4:35.93 | 1:08.79 | 900m: | 10:19.31 | 1:08.72 | 1400m: | 16:03.87 | 1:09.22 | 1900m: | 21:52.15 | 1:09.38 |
| | 500m: | 5:44.63 | 1:08.70 | 1000m: | 11:28.32 | 1:09.01 | 1500m: | 17:13.00 | 1:09.13 | 2000m: | 23:00.31 | 1:08.16 |
| 4. | IBARRA PAREDES, Alejandro | | | 05 | C.D.N. Nadamas Las Marinas | | | | 23:59.66 | 484 | | |
| | 100m: | 1:08.75 | 1:08.75 | 600m: | 7:01.03 | 1:11.78 | 1100m: | 13:05.24 | 1:13.39 | 1600m: | 19:10.38 | 1:12.77 |
| | 200m: | 2:17.82 | 1:09.07 | 700m: | 8:13.25 | 1:12.22 | 1200m: | 14:18.71 | 1:13.47 | 1700m: | 20:22.81 | 1:12.43 |
| | 300m: | 3:27.51 | 1:09.69 | 800m: | 9:26.07 | 1:12.82 | 1300m: | 15:31.34 | 1:12.63 | 1800m: | 21:35.69 | 1:12.88 |
| | 400m: | 4:37.59 | 1:10.08 | 900m: | 10:39.68 | 1:13.61 | 1400m: | 16:44.32 | 1:12.98 | 1900m: | 22:48.69 | 1:13.00 |
| | 500m: | 5:49.25 | 1:11.66 | 1000m: | 11:51.85 | 1:12.17 | 1500m: | 17:57.61 | 1:13.29 | 2000m: | 23:59.66 | 1:10.97 |
| 5. | VEGA SOSA, Juan Iriney | | | 05 | C.D.N. Schamann | | | | 25:00.68 | 427 | | |
| | 100m: | 1:11.70 | 1:11.70 | 600m: | 7:27.15 | 1:14.66 | 1100m: | 13:46.90 | 1:15.28 | 1600m: | 20:06.05 | 1:15.99 |
| | 200m: | 2:26.20 | 1:14.50 | 700m: | 8:43.78 | 1:16.63 | 1200m: | 15:02.94 | 1:16.04 | 1700m: | 21:21.71 | 1:15.66 |
| | 300m: | 3:41.66 | 1:15.46 | 800m: | 9:59.47 | 1:15.69 | 1300m: | 16:19.11 | 1:16.17 | 1800m: | 22:37.15 | 1:15.44 |
| | 400m: | 4:57.48 | 1:15.82 | 900m: | 11:15.26 | 1:15.79 | 1400m: | 17:35.57 | 1:16.46 | 1900m: | 23:51.28 | 1:14.13 |
| | 500m: | 6:12.49 | 1:15.01 | 1000m: | 12:31.62 | 1:16.36 | 1500m: | 18:50.06 | 1:14.49 | 2000m: | 25:00.68 | 1:09.40 |
| 6. | MARTIN VELAZQUEZ, Iker | | | 05 | C.N. Los Cristianos | | | | 25:01.50 | 427 | | |
| | 100m: | 1:12.12 | 1:12.12 | 600m: | 7:28.13 | 1:14.86 | 1100m: | 13:47.38 | 1:14.82 | 1600m: | 20:06.56 | 1:15.84 |
| | 200m: | 2:26.93 | 1:14.81 | 700m: | 8:44.33 | 1:16.20 | 1200m: | 15:03.35 | 1:15.97 | 1700m: | 21:22.11 | 1:15.55 |
| | 300m: | 3:42.09 | 1:15.16 | 800m: | 9:59.60 | 1:15.27 | 1300m: | 16:19.39 | 1:16.04 | 1800m: | 22:37.50 | 1:15.39 |
| | 400m: | 4:57.98 | 1:15.89 | 900m: | 11:16.02 | 1:16.42 | 1400m: | 17:36.27 | 1:16.88 | 1900m: | 23:51.78 | 1:14.28 |
| | 500m: | 6:13.27 | 1:15.29 | 1000m: | 12:32.56 | 1:16.54 | 1500m: | 18:50.72 | 1:14.45 | 2000m: | 25:01.50 | 1:09.72 |
| 7. | BOTELLO DE LA VEGA, Manuel | | | 06 | C.N. Los Cristianos | | | | 26:55.49 | 342 | | |
| | 100m: | 1:14.39 | 1:14.39 | 600m: | 8:01.13 | 1:22.07 | 1100m: | 14:46.07 | 1:21.75 | 1600m: | 21:35.78 | 1:21.65 |
| | 200m: | 2:34.29 | 1:19.90 | 700m: | 9:21.25 | 1:20.12 | 1200m: | 16:07.61 | 1:21.54 | 1700m: | 22:57.35 | 1:21.57 |
| | 300m: | 3:55.11 | 1:20.82 | 800m: | 10:42.30 | 1:21.05 | 1300m: | 17:30.18 | 1:22.57 | 1800m: | 24:18.91 | 1:21.56 |
| | 400m: | 5:17.13 | 1:22.02 | 900m: | 12:03.14 | 1:20.84 | 1400m: | 18:52.42 | 1:22.24 | 1900m: | 25:38.77 | 1:19.86 |
| | 500m: | 6:39.06 | 1:21.93 | 1000m: | 13:24.32 | 1:21.18 | 1500m: | 20:14.13 | 1:21.71 | 2000m: | 26:55.49 | 1:16.72 |
| 8. | VADILLO PEREIRA, Sergio | | | 05 | U.D. Breñamen Las Playitas Club Depo | | | | 27:50.11 | 310 | | |
| | 100m: | 1:14.44 | 1:14.44 | 600m: | 8:01.59 | 1:22.00 | 1100m: | 15:00.68 | 1:25.56 | 1600m: | 22:12.21 | 1:26.21 |
| | 200m: | 2:34.59 | 1:20.15 | 700m: | 9:23.44 | 1:21.85 | 1200m: | 16:26.28 | 1:25.60 | 1700m: | 23:37.91 | 1:25.70 |
| | 300m: | 3:55.83 | 1:21.24 | 800m: | 10:46.19 | 1:22.75 | 1300m: | 17:53.59 | 1:27.31 | 1800m: | 25:01.80 | 1:23.89 |
| | 400m: | 5:17.34 | 1:21.51 | 900m: | 12:10.75 | 1:24.56 | 1400m: | 19:18.30 | 1:24.71 | 1900m: | 26:25.59 | 1:23.79 |
| | 500m: | 6:39.59 | 1:22.25 | 1000m: | 13:35.12 | 1:24.37 | 1500m: | 20:46.00 | 1:27.70 | 2000m: | 27:50.11 | 1:24.52 |

Campeonato Autonómico Larga Distancia 2020
Las Palmas de G.C., 18/1/2020

Prueba 2
18/01/2020

Fem., 2000m Libre

Infantil Femenino LD
Resultados

Puntos: FINA 2019

| Clasificación | AN | | | | | | | | Tiempo | Pts |
|-------------------------------------|-------------------------------|---------|--------|----------|---------|--------|----------|---------|-----------------|------------------|
| 1. DENBY, Kennedy Hope | 05 C.D.N. Nadamas Las Marinas | | | | | | | | 24:02.90 | 613 |
| 100m: | 1:07.87 | 1:07.87 | 600m: | 7:08.40 | 1:12.29 | 1100m: | 13:09.51 | 1:12.20 | 1600m: | 19:12.29 1:12.61 |
| 200m: | 2:19.55 | 1:11.68 | 700m: | 8:20.81 | 1:12.41 | 1200m: | 14:21.50 | 1:11.99 | 1700m: | 20:25.08 1:12.79 |
| 300m: | 3:31.73 | 1:12.18 | 800m: | 9:33.50 | 1:12.69 | 1300m: | 15:33.73 | 1:12.23 | 1800m: | 21:37.82 1:12.74 |
| 400m: | 4:44.04 | 1:12.31 | 900m: | 10:45.35 | 1:11.85 | 1400m: | 16:46.94 | 1:13.21 | 1900m: | 22:51.43 1:13.61 |
| 500m: | 5:56.11 | 1:12.07 | 1000m: | 11:57.31 | 1:11.96 | 1500m: | 17:59.68 | 1:12.74 | 2000m: | 24:02.90 1:11.47 |
| 2. MARTIN CHRISTIANSEN, Nadia | 05 C.D.N. Nadamas Las Marinas | | | | | | | | 24:53.70 | 553 |
| 100m: | 1:08.41 | 1:08.41 | 600m: | 7:18.25 | 1:14.42 | 1100m: | 13:33.93 | 1:15.72 | 1600m: | 19:52.29 1:15.56 |
| 200m: | 2:21.33 | 1:12.92 | 700m: | 8:32.76 | 1:14.51 | 1200m: | 14:49.63 | 1:15.70 | 1700m: | 21:08.12 1:15.83 |
| 300m: | 3:34.94 | 1:13.61 | 800m: | 9:47.67 | 1:14.91 | 1300m: | 16:05.04 | 1:15.41 | 1800m: | 22:24.17 1:16.05 |
| 400m: | 4:49.51 | 1:14.57 | 900m: | 11:02.88 | 1:15.21 | 1400m: | 17:20.75 | 1:15.71 | 1900m: | 23:40.47 1:16.30 |
| 500m: | 6:03.83 | 1:14.32 | 1000m: | 12:18.21 | 1:15.33 | 1500m: | 18:36.73 | 1:15.98 | 2000m: | 24:53.70 1:13.23 |
| 3. LABRADOR CASTILLA, Paula Daopin | 05 C.N. Reales | | | | | | | | 25:55.38 | 490 |
| 100m: | 1:12.19 | 1:12.19 | 600m: | 7:31.00 | 1:17.17 | 1100m: | 14:03.63 | 1:19.21 | 1600m: | 20:42.55 1:20.32 |
| 200m: | 2:26.69 | 1:14.50 | 700m: | 8:48.67 | 1:17.67 | 1200m: | 15:21.69 | 1:18.06 | 1700m: | 22:02.89 1:20.34 |
| 300m: | 3:41.83 | 1:15.14 | 800m: | 10:06.54 | 1:17.87 | 1300m: | 16:41.63 | 1:19.94 | 1800m: | 23:23.63 1:20.74 |
| 400m: | 4:57.73 | 1:15.90 | 900m: | 11:25.16 | 1:18.62 | 1400m: | 18:02.06 | 1:20.43 | 1900m: | 24:41.27 1:17.64 |
| 500m: | 6:13.83 | 1:16.10 | 1000m: | 12:44.42 | 1:19.26 | 1500m: | 19:22.23 | 1:20.17 | 2000m: | 25:55.38 1:14.11 |
| 4. VAZQUEZ HDEZ, Lucia | 06 C.D.N. Nadamas Las Marinas | | | | | | | | 26:33.63 | 455 |
| 100m: | 1:11.81 | 1:11.81 | 600m: | 7:38.79 | 1:20.58 | 1100m: | 14:20.79 | 1:20.12 | 1600m: | 21:12.59 1:22.03 |
| 200m: | 2:27.66 | 1:15.85 | 700m: | 8:59.71 | 1:20.92 | 1200m: | 15:42.58 | 1:21.79 | 1700m: | 22:34.58 1:21.99 |
| 300m: | 3:43.04 | 1:15.38 | 800m: | 10:19.94 | 1:20.23 | 1300m: | 17:04.42 | 1:21.84 | 1800m: | 23:56.29 1:21.71 |
| 400m: | 4:58.73 | 1:15.69 | 900m: | 11:39.92 | 1:19.98 | 1400m: | 18:27.48 | 1:23.06 | 1900m: | 25:17.34 1:21.05 |
| 500m: | 6:18.21 | 1:19.48 | 1000m: | 13:00.67 | 1:20.75 | 1500m: | 19:50.56 | 1:23.08 | 2000m: | 26:33.63 1:16.29 |
| 5. SARMIENTO GUERRA, Elena | 05 Cn.Salinas Sta.Lucia | | | | | | | | 26:48.75 | 442 |
| 100m: | 1:13.68 | 1:13.68 | 600m: | 7:47.73 | 1:19.08 | 1100m: | 14:31.34 | 1:21.48 | 1600m: | 21:22.46 1:23.10 |
| 200m: | 2:30.92 | 1:17.24 | 700m: | 9:06.98 | 1:19.25 | 1200m: | 15:53.26 | 1:21.92 | 1700m: | 22:44.88 1:22.42 |
| 300m: | 3:49.69 | 1:18.77 | 800m: | 10:27.21 | 1:20.23 | 1300m: | 17:14.97 | 1:21.71 | 1800m: | 24:07.94 1:23.06 |
| 400m: | 5:08.69 | 1:19.00 | 900m: | 11:48.20 | 1:20.99 | 1400m: | 18:36.99 | 1:22.02 | 1900m: | 25:29.56 1:21.62 |
| 500m: | 6:28.65 | 1:19.96 | 1000m: | 13:09.86 | 1:21.66 | 1500m: | 19:59.36 | 1:22.37 | 2000m: | 26:48.75 1:19.19 |
| 6. MARTIN MUÑOZ, Yanelly | 06 C.D.N. Schamann | | | | | | | | 27:22.97 | 415 |
| 100m: | 1:16.84 | 1:16.84 | 600m: | 7:55.04 | 1:21.24 | 1100m: | 14:44.78 | 1:21.47 | 1600m: | 21:50.70 1:25.77 |
| 200m: | 2:34.39 | 1:17.55 | 700m: | 9:16.61 | 1:21.57 | 1200m: | 16:09.33 | 1:24.55 | 1700m: | 23:14.71 1:24.01 |
| 300m: | 3:53.53 | 1:19.14 | 800m: | 10:38.32 | 1:21.71 | 1300m: | 17:33.97 | 1:24.64 | 1800m: | 24:39.58 1:24.87 |
| 400m: | 5:13.61 | 1:20.08 | 900m: | 11:59.90 | 1:21.58 | 1400m: | 18:59.39 | 1:25.42 | 1900m: | 26:04.38 1:24.80 |
| 500m: | 6:33.80 | 1:20.19 | 1000m: | 13:23.31 | 1:23.41 | 1500m: | 20:24.93 | 1:25.54 | 2000m: | 27:22.97 1:18.59 |
| 7. CAPLLONCH DE UÑA, Lucia | 05 C.N. Los Cristianos | | | | | | | | 27:46.65 | 398 |
| 100m: | 1:16.40 | 1:16.40 | 600m: | 8:10.31 | 1:22.87 | 1100m: | 15:05.69 | 1:24.26 | 1600m: | 22:08.96 1:24.49 |
| 200m: | 2:32.90 | 1:16.50 | 700m: | 9:34.36 | 1:24.05 | 1200m: | 16:29.75 | 1:24.06 | 1700m: | 23:34.31 1:25.35 |
| 300m: | 4:00.57 | 1:27.67 | 800m: | 10:58.29 | 1:23.93 | 1300m: | 17:54.35 | 1:24.60 | 1800m: | 25:00.33 1:26.02 |
| 400m: | 5:23.80 | 1:23.23 | 900m: | 12:20.52 | 1:22.23 | 1400m: | 19:19.40 | 1:25.05 | 1900m: | 26:25.83 1:25.50 |
| 500m: | 6:47.44 | 1:23.64 | 1000m: | 13:41.43 | 1:20.91 | 1500m: | 20:44.47 | 1:25.07 | 2000m: | 27:46.65 1:20.82 |
| 8. BONILLA BORDON, Ines | 06 C.D.N. Schamann | | | | | | | | 28:30.28 | 368 |
| 100m: | 1:20.28 | 1:20.28 | 600m: | 8:26.13 | 1:25.76 | 1100m: | 15:37.72 | 1:26.10 | 1600m: | 22:52.96 1:24.74 |
| 200m: | 2:44.09 | 1:23.81 | 700m: | 9:52.99 | 1:26.86 | 1200m: | 17:04.49 | 1:26.77 | 1700m: | 24:18.54 1:25.58 |
| 300m: | 4:09.26 | 1:25.17 | 800m: | 11:19.02 | 1:26.03 | 1300m: | 18:32.08 | 1:27.59 | 1800m: | 25:45.60 1:27.06 |
| 400m: | 5:34.96 | 1:25.70 | 900m: | 12:45.88 | 1:26.86 | 1400m: | 20:00.90 | 1:28.82 | 1900m: | 27:10.29 1:24.69 |
| 500m: | 7:00.37 | 1:25.41 | 1000m: | 14:11.62 | 1:25.74 | 1500m: | 21:28.22 | 1:27.32 | 2000m: | 28:30.28 1:19.99 |
| 9. MATHINOS SALAZAR, Maria Fernanda | 05 C.N. Los Cristianos | | | | | | | | 28:38.36 | 363 |
| 100m: | 1:19.86 | 1:19.86 | 600m: | 8:26.95 | 1:26.10 | 1100m: | 15:38.35 | 1:26.02 | 1600m: | 22:54.35 1:25.33 |
| 200m: | 2:44.36 | 1:24.50 | 700m: | 9:53.74 | 1:26.79 | 1200m: | 17:05.51 | 1:27.16 | 1700m: | 24:21.75 1:27.40 |
| 300m: | 4:09.41 | 1:25.05 | 800m: | 11:19.74 | 1:26.00 | 1300m: | 18:32.96 | 1:27.45 | 1800m: | 25:49.43 1:27.68 |
| 400m: | 5:35.30 | 1:25.89 | 900m: | 12:46.65 | 1:26.91 | 1400m: | 20:01.39 | 1:28.43 | 1900m: | 27:15.68 1:26.25 |
| 500m: | 7:00.85 | 1:25.55 | 1000m: | 14:12.33 | 1:25.68 | 1500m: | 21:29.02 | 1:27.63 | 2000m: | 28:38.36 1:22.68 |

Campeonato Autonómico Larga Distancia 2020
Las Palmas de G.C., 18/1/2020

Prueba 2, Fem., 2000m Libre, Infantil Femenino LD

| Clasificación | AN | Tiempo | Pts |
|---------------------------------|--------------------|--------|-----|
| Baja enf. TEJERA SANTANA, Lucia | 05 C.D.N. Schamann | | |

Prueba 3
18/01/2020

Masc., 3000m Libre

16 - 100 años
Resultados

Puntos: FINA 2019

| Clasificación | AN | Tiempo | Pts |
|---------------|----|--------|-----|
| Junior 1 | | | |

| | | | | | | | | |
|----|-----------------------------|---------|----------------------------|----------|-----------------|---------|-----------------|---------|
| 1. | CARRASCOSA HESTER, Tomas | 04 | C.N. Las Escuevas | 33:40.21 | 591 | | | |
| | 100m: 1:04.04 | 1:04.04 | 900m: 9:56.81 | 1:07.26 | 1700m: 18:59.28 | 1:08.20 | 2500m: 28:05.39 | 1:07.92 |
| | 200m: 2:09.94 | 1:05.90 | 1000m: 11:04.08 | 1:07.27 | 1800m: 20:07.77 | 1:08.49 | 2600m: 29:13.31 | 1:07.92 |
| | 300m: 3:15.77 | 1:05.83 | 1100m: 12:11.48 | 1:07.40 | 1900m: 21:15.69 | 1:07.92 | 2700m: 30:20.86 | 1:07.55 |
| | 400m: 4:21.40 | 1:05.63 | 1200m: 13:18.56 | 1:07.08 | 2000m: 22:23.21 | 1:07.52 | 2800m: 31:28.43 | 1:07.57 |
| | 500m: 5:28.05 | 1:06.65 | 1300m: 14:26.31 | 1:07.75 | 2100m: 23:31.83 | 1:08.62 | 2900m: 32:36.11 | 1:07.68 |
| | 600m: 6:35.35 | 1:07.30 | 1400m: 15:34.72 | 1:08.41 | 2200m: 24:39.99 | 1:08.16 | 3000m: 33:40.21 | 1:04.10 |
| | 700m: 7:42.37 | 1:07.02 | 1500m: 16:42.59 | 1:07.87 | 2300m: 25:48.96 | 1:08.97 | | |
| | 800m: 8:49.55 | 1:07.18 | 1600m: 17:51.08 | 1:08.49 | 2400m: 26:57.47 | 1:08.51 | | |
| 2. | BETANCORT RODRIGUEZ, Javier | 03 | C.D.N. Nadamas Las Marinas | 34:29.94 | 550 | | | |
| | 100m: 1:04.78 | 1:04.78 | 900m: 10:05.71 | 1:07.84 | 1700m: 19:17.01 | 1:10.05 | 2500m: 28:39.93 | 1:11.20 |
| | 200m: 2:11.93 | 1:07.15 | 1000m: 11:13.31 | 1:07.60 | 1800m: 20:27.12 | 1:10.11 | 2600m: 29:50.22 | 1:10.29 |
| | 300m: 3:19.77 | 1:07.84 | 1100m: 12:21.33 | 1:08.02 | 1900m: 21:37.20 | 1:10.08 | 2700m: 31:01.03 | 1:10.81 |
| | 400m: 4:27.49 | 1:07.72 | 1200m: 13:29.84 | 1:08.51 | 2000m: 22:47.12 | 1:09.92 | 2800m: 32:11.80 | 1:10.77 |
| | 500m: 5:35.46 | 1:07.97 | 1300m: 14:38.81 | 1:08.97 | 2100m: 23:57.40 | 1:10.28 | 2900m: 33:21.99 | 1:10.19 |
| | 600m: 6:42.72 | 1:07.26 | 1400m: 15:47.48 | 1:08.67 | 2200m: 25:07.45 | 1:10.05 | 3000m: 34:29.94 | 1:07.95 |
| | 700m: 7:50.21 | 1:07.49 | 1500m: 16:56.90 | 1:09.42 | 2300m: 26:17.55 | 1:10.10 | | |
| | 800m: 8:57.87 | 1:07.66 | 1600m: 18:06.96 | 1:10.06 | 2400m: 27:28.73 | 1:11.18 | | |
| 3. | ORTEGA VELAZQUEZ, Sergio | 04 | C.N. Metropole | 35:00.24 | 526 | | | |
| | 100m: 1:03.85 | 1:03.85 | 900m: 10:05.29 | 1:09.96 | 1700m: 19:29.17 | 1:11.74 | 2500m: 29:01.69 | 1:12.64 |
| | 200m: 2:09.17 | 1:05.32 | 1000m: 11:14.64 | 1:09.35 | 1800m: 20:40.84 | 1:11.67 | 2600m: 30:14.68 | 1:12.99 |
| | 300m: 3:15.38 | 1:06.21 | 1100m: 12:24.78 | 1:10.14 | 1900m: 21:51.24 | 1:10.40 | 2700m: 31:26.73 | 1:12.05 |
| | 400m: 4:21.45 | 1:06.07 | 1200m: 13:34.83 | 1:10.05 | 2000m: 23:03.11 | 1:11.87 | 2800m: 32:38.68 | 1:11.95 |
| | 500m: 5:28.81 | 1:07.36 | 1300m: 14:45.53 | 1:10.70 | 2100m: 24:15.56 | 1:12.45 | 2900m: 33:49.24 | 1:10.56 |
| | 600m: 6:37.02 | 1:08.21 | 1400m: 15:56.29 | 1:10.76 | 2200m: 25:28.37 | 1:12.81 | 3000m: 35:00.24 | 1:11.00 |
| | 700m: 7:46.01 | 1:08.99 | 1500m: 17:06.94 | 1:10.65 | 2300m: 26:38.61 | 1:10.24 | | |
| | 800m: 8:55.33 | 1:09.32 | 1600m: 18:17.43 | 1:10.49 | 2400m: 27:49.05 | 1:10.44 | | |
| 4. | MARTIN LEMES, Oscar | 03 | C.D.N. Nadamas Las Marinas | 35:17.41 | 513 | | | |
| | 100m: 1:04.08 | 1:04.08 | 900m: 10:20.33 | 1:10.31 | 1700m: 19:52.09 | 1:11.26 | 2500m: 29:21.30 | 1:10.76 |
| | 200m: 2:12.21 | 1:08.13 | 1000m: 11:31.74 | 1:11.41 | 1800m: 21:03.86 | 1:11.77 | 2600m: 30:33.46 | 1:12.16 |
| | 300m: 3:21.20 | 1:08.99 | 1100m: 12:42.96 | 1:11.22 | 1900m: 22:15.77 | 1:11.91 | 2700m: 31:45.03 | 1:11.57 |
| | 400m: 4:30.21 | 1:09.01 | 1200m: 13:55.30 | 1:12.34 | 2000m: 23:27.43 | 1:11.66 | 2800m: 32:56.71 | 1:11.68 |
| | 500m: 5:39.05 | 1:08.84 | 1300m: 15:07.21 | 1:11.91 | 2100m: 24:38.16 | 1:10.73 | 2900m: 34:07.24 | 1:10.53 |
| | 600m: 6:48.68 | 1:09.63 | 1400m: 16:18.62 | 1:11.41 | 2200m: 25:49.42 | 1:11.26 | 3000m: 35:17.41 | 1:10.17 |
| | 700m: 7:59.42 | 1:10.74 | 1500m: 17:29.89 | 1:11.27 | 2300m: 26:59.29 | 1:09.87 | | |
| | 800m: 9:10.02 | 1:10.60 | 1600m: 18:40.83 | 1:10.94 | 2400m: 28:10.54 | 1:11.25 | | |
| 5. | PÉREZ SOCORRO, Borja | 03 | C.N. Las Escuevas | 35:39.52 | 498 | | | |
| | 100m: 1:03.27 | 1:03.27 | 900m: 10:18.01 | 1:11.33 | 1700m: 20:01.42 | 1:12.08 | 2500m: 29:42.21 | 1:13.05 |
| | 200m: 2:09.94 | 1:06.67 | 1000m: 11:31.31 | 1:13.30 | 1800m: 21:13.76 | 1:12.34 | 2600m: 30:55.23 | 1:13.02 |
| | 300m: 3:16.94 | 1:07.00 | 1100m: 12:43.92 | 1:12.61 | 1900m: 22:26.84 | 1:13.08 | 2700m: 32:09.24 | 1:14.01 |
| | 400m: 4:24.65 | 1:07.71 | 1200m: 13:57.01 | 1:13.09 | 2000m: 23:38.81 | 1:11.97 | 2800m: 33:21.52 | 1:12.28 |
| | 500m: 5:33.37 | 1:08.72 | 1300m: 15:10.09 | 1:13.08 | 2100m: 24:50.20 | 1:11.39 | 2900m: 34:29.40 | 1:07.88 |
| | 600m: 6:43.05 | 1:09.68 | 1400m: 16:22.15 | 1:12.06 | 2200m: 26:02.43 | 1:12.23 | 3000m: 35:39.52 | 1:10.12 |
| | 700m: 7:54.53 | 1:11.48 | 1500m: 17:35.88 | 1:13.73 | 2300m: 27:15.85 | 1:13.42 | | |
| | 800m: 9:06.68 | 1:12.15 | 1600m: 18:49.34 | 1:13.46 | 2400m: 28:29.16 | 1:13.31 | | |
| 6. | PÉREZ SOCORRO, Aaron | 03 | C.N. Las Escuevas | 36:42.04 | 456 | | | |
| | 100m: 1:05.55 | 1:05.55 | 900m: 10:33.70 | 1:13.90 | 1700m: 20:27.39 | 1:14.73 | 2500m: 30:31.81 | 1:16.00 |
| | 200m: 2:13.89 | 1:08.34 | 1000m: 11:47.40 | 1:13.70 | 1800m: 21:41.76 | 1:14.37 | 2600m: 31:47.65 | 1:15.84 |
| | 300m: 3:23.26 | 1:09.37 | 1100m: 13:00.58 | 1:13.18 | 1900m: 22:57.65 | 1:15.89 | 2700m: 33:04.69 | 1:17.04 |
| | 400m: 4:33.44 | 1:10.18 | 1200m: 14:14.68 | 1:14.10 | 2000m: 24:13.45 | 1:15.80 | 2800m: 34:18.79 | 1:14.10 |
| | 500m: 5:43.51 | 1:10.07 | 1300m: 15:29.46 | 1:14.78 | 2100m: 25:28.83 | 1:15.38 | 2900m: 35:32.61 | 1:13.82 |
| | 600m: 6:54.65 | 1:11.14 | 1400m: 16:43.88 | 1:14.42 | 2200m: 26:44.62 | 1:15.79 | 3000m: 36:42.04 | 1:09.43 |
| | 700m: 8:07.08 | 1:12.43 | 1500m: 17:58.27 | 1:14.39 | 2300m: 28:00.18 | 1:15.56 | | |
| | 800m: 9:19.80 | 1:12.72 | 1600m: 19:12.66 | 1:14.39 | 2400m: 29:15.81 | 1:15.63 | | |

Campeonato Autonómico Larga Distancia 2020
Las Palmas de G.C., 18/1/2020

Prueba 3, Masc., 3000m Libre, Junior 1

| Clasificación | AN | | | | | | Tiempo | Pts |
|--|-----------|---|-----------------|-----------------|---------|-----------------|---------|-----|
| 7. WHITE GARCIA, Leopoldo | 04 | C.N. Los Cristianos | 37:50.42 | 416 | | | | |
| 100m: 1:06.14 | 1:06.14 | 900m: 11:00.76 | 1:16.78 | 1700m: 21:18.19 | 1:14.31 | 2500m: 31:23.09 | 1:17.07 | |
| 200m: 2:17.13 | 1:10.99 | 1000m: 12:19.14 | 1:18.38 | 1800m: 22:33.00 | 1:14.81 | 2600m: 32:41.73 | 1:18.64 | |
| 300m: 3:29.00 | 1:11.87 | 1100m: 13:38.92 | 1:19.78 | 1900m: 23:47.22 | 1:14.22 | 2700m: 33:57.14 | 1:15.41 | |
| 400m: 4:43.38 | 1:14.38 | 1200m: 14:54.38 | 1:15.46 | 2000m: 25:00.89 | 1:13.67 | 2800m: 35:15.39 | 1:18.25 | |
| 500m: 5:56.74 | 1:13.36 | 1300m: 16:15.73 | 1:21.35 | 2100m: 26:15.89 | 1:15.00 | 2900m: 36:32.79 | 1:17.40 | |
| 600m: 7:12.10 | 1:15.36 | 1400m: 17:31.69 | 1:15.96 | 2200m: 27:31.82 | 1:15.93 | 3000m: 37:50.42 | 1:17.63 | |
| 700m: 8:28.05 | 1:15.95 | 1500m: 18:48.05 | 1:16.36 | 2300m: 28:48.27 | 1:16.45 | | | |
| 800m: 9:43.98 | 1:15.93 | 1600m: 20:03.88 | 1:15.83 | 2400m: 30:06.02 | 1:17.75 | | | |
| 8. BARROSO MARATINOS, Fernando G. | 04 | C.N. Los Cristianos | 37:58.98 | 412 | | | | |
| 100m: 1:06.14 | 1:06.14 | 900m: 11:01.17 | 1:15.77 | 1700m: 21:11.31 | 1:16.26 | 2500m: 31:32.39 | 1:19.54 | |
| 200m: 2:16.92 | 1:10.78 | 1000m: 12:17.02 | 1:15.85 | 1800m: 22:27.90 | 1:16.59 | 2600m: 32:50.93 | 1:18.54 | |
| 300m: 3:29.18 | 1:12.26 | 1100m: 13:32.39 | 1:15.37 | 1900m: 23:45.19 | 1:17.29 | 2700m: 34:09.52 | 1:18.59 | |
| 400m: 4:42.38 | 1:13.20 | 1200m: 14:48.20 | 1:15.81 | 2000m: 25:02.37 | 1:17.18 | 2800m: 35:27.08 | 1:17.56 | |
| 500m: 5:56.81 | 1:14.43 | 1300m: 16:04.30 | 1:16.10 | 2100m: 26:19.73 | 1:17.36 | 2900m: 36:44.42 | 1:17.34 | |
| 600m: 7:11.72 | 1:14.91 | 1400m: 17:20.54 | 1:16.24 | 2200m: 27:37.96 | 1:18.23 | 3000m: 37:58.98 | 1:14.56 | |
| 700m: 8:26.98 | 1:15.26 | 1500m: 18:37.99 | 1:17.45 | 2300m: 28:55.53 | 1:17.57 | | | |
| 800m: 9:45.40 | 1:18.42 | 1600m: 19:55.05 | 1:17.06 | 2400m: 30:12.85 | 1:17.32 | | | |
| 9. ÁVILA GOPAR, Álvaro | 03 | U.D. Breñamen Las Playitas Club Depo | 41:55.83 | 306 | | | | |
| 100m: 1:09.15 | 1:09.15 | 900m: 12:16.11 | 1:26.36 | 1700m: 23:34.07 | 1:26.78 | 2500m: 34:52.33 | 1:28.14 | |
| 200m: 2:28.96 | 1:19.81 | 1000m: 13:38.64 | 1:22.53 | 1800m: 24:56.71 | 1:22.64 | 2600m: 36:18.28 | 1:25.95 | |
| 300m: 3:52.01 | 1:23.05 | 1100m: 15:03.03 | 1:24.39 | 1900m: 26:18.00 | 1:21.29 | 2700m: 37:45.87 | 1:27.59 | |
| 400m: 5:14.98 | 1:22.97 | 1200m: 16:28.21 | 1:25.18 | 2000m: 27:40.96 | 1:22.96 | 2800m: 39:09.88 | 1:24.01 | |
| 500m: 6:36.72 | 1:21.74 | 1300m: 17:53.31 | 1:25.10 | 2100m: 29:06.51 | 1:25.55 | 2900m: 40:35.55 | 1:25.67 | |
| 600m: 8:00.27 | 1:23.55 | 1400m: 19:18.55 | 1:25.24 | 2200m: 30:33.93 | 1:27.42 | 3000m: 41:55.83 | 1:20.28 | |
| 700m: 9:25.03 | 1:24.76 | 1500m: 20:42.23 | 1:23.68 | 2300m: 31:59.33 | 1:25.40 | | | |
| 800m: 10:49.75 | 1:24.72 | 1600m: 22:07.29 | 1:25.06 | 2400m: 33:24.19 | 1:24.86 | | | |

Baja enf. RODRIGUEZ GARCIA, Jeremy Tomas 04 C.D.N. Schamann

Junior 2

| | | | | | | | | |
|---------------------------------|-----------|-----------------------------|-----------------|-----------------|---------|-----------------|---------|--|
| 1. CRUZ ARTILES, Antonio | 02 | Cn.Salinas Sta.Lucia | 35:23.26 | 509 | | | | |
| 100m: 1:04.19 | 1:04.19 | 900m: 10:09.83 | 1:08.94 | 1700m: 19:31.88 | 1:11.93 | 2500m: 29:14.70 | 1:13.10 | |
| 200m: 2:11.61 | 1:07.42 | 1000m: 11:18.94 | 1:09.11 | 1800m: 20:43.69 | 1:11.81 | 2600m: 30:28.22 | 1:13.52 | |
| 300m: 3:19.23 | 1:07.62 | 1100m: 12:28.24 | 1:09.30 | 1900m: 21:55.94 | 1:12.25 | 2700m: 31:43.31 | 1:15.09 | |
| 400m: 4:27.55 | 1:08.32 | 1200m: 13:37.37 | 1:09.13 | 2000m: 23:08.56 | 1:12.62 | 2800m: 32:57.26 | 1:13.95 | |
| 500m: 5:35.77 | 1:08.22 | 1300m: 14:47.54 | 1:10.17 | 2100m: 24:21.01 | 1:12.45 | 2900m: 34:10.66 | 1:13.40 | |
| 600m: 6:44.31 | 1:08.54 | 1400m: 15:58.41 | 1:10.87 | 2200m: 25:34.26 | 1:13.25 | 3000m: 35:23.26 | 1:12.60 | |
| 700m: 7:52.27 | 1:07.96 | 1500m: 17:09.07 | 1:10.66 | 2300m: 26:47.46 | 1:13.20 | | | |
| 800m: 9:00.89 | 1:08.62 | 1600m: 18:19.95 | 1:10.88 | 2400m: 28:01.60 | 1:14.14 | | | |

Prueba 4
18/01/2020

Fem., 3000m Libre

16 - 100 años
Resultados

Puntos: FINA 2019

| Clasificación | AN | | | | | | Tiempo | Pts |
|-------------------------------|-----------|------------------------|-----------------|-----------------|---------|-----------------|---------|-----|
| Junior 1 | | | | | | | | |
| 1. ROA BARRETO, Salome | 03 | C.D.N. Schamann | 42:45.34 | 368 | | | | |
| 100m: 1:21.51 | 1:21.51 | 900m: 12:34.52 | 1:24.46 | 1700m: 24:03.82 | 1:26.51 | 2500m: 35:40.72 | 1:27.05 | |
| 200m: 2:44.35 | 1:22.84 | 1000m: 14:00.36 | 1:25.84 | 1800m: 25:30.65 | 1:26.83 | 2600m: 37:07.04 | 1:26.32 | |
| 300m: 4:08.02 | 1:23.67 | 1100m: 15:26.36 | 1:26.00 | 1900m: 26:58.05 | 1:27.40 | 2700m: 38:32.55 | 1:25.51 | |
| 400m: 5:31.39 | 1:23.37 | 1200m: 16:52.50 | 1:26.14 | 2000m: 28:25.54 | 1:27.49 | 2800m: 39:57.37 | 1:24.82 | |
| 500m: 6:55.36 | 1:23.97 | 1300m: 18:18.22 | 1:25.72 | 2100m: 29:52.86 | 1:27.32 | 2900m: 41:22.20 | 1:24.83 | |
| 600m: 8:20.27 | 1:24.91 | 1400m: 19:44.21 | 1:25.99 | 2200m: 31:19.72 | 1:26.86 | 3000m: 42:45.34 | 1:23.14 | |
| 700m: 9:45.29 | 1:25.02 | 1500m: 21:11.72 | 1:27.51 | 2300m: 32:45.98 | 1:26.26 | | | |
| 800m: 11:10.06 | 1:24.77 | 1600m: 22:37.31 | 1:25.59 | 2400m: 34:13.67 | 1:27.69 | | | |

Campeonato Autonómico Larga Distancia 2020
Las Palmas de G.C., 18/1/2020

Prueba 4, Fem., 3000m Libre

Junior 2

| | | | | | | | | | | | |
|-------------------------|----------|---------|--------|-----------------|---------|--------|----------|----------|--------|----------|---------|
| 1. MATOS QUEVEDO, María | | | 02 | C.D.N. Schamann | | | | 39:57.82 | | 451 | |
| 100m: | 1:16.39 | 1:16.39 | 900m: | 11:49.21 | 1:19.32 | 1700m: | 22:32.52 | 1:20.80 | 2500m: | 33:20.35 | 1:21.57 |
| 200m: | 2:35.34 | 1:18.95 | 1000m: | 13:09.25 | 1:20.04 | 1800m: | 23:53.74 | 1:21.22 | 2600m: | 34:42.94 | 1:22.59 |
| 300m: | 3:53.68 | 1:18.34 | 1100m: | 14:30.20 | 1:20.95 | 1900m: | 25:14.05 | 1:20.31 | 2700m: | 36:03.94 | 1:21.00 |
| 400m: | 5:13.05 | 1:19.37 | 1200m: | 15:52.07 | 1:21.87 | 2000m: | 26:35.07 | 1:21.02 | 2800m: | 37:23.52 | 1:19.58 |
| 500m: | 6:31.49 | 1:18.44 | 1300m: | 17:10.49 | 1:18.42 | 2100m: | 27:55.72 | 1:20.65 | 2900m: | 38:40.91 | 1:17.39 |
| 600m: | 7:50.26 | 1:18.77 | 1400m: | 18:30.43 | 1:19.94 | 2200m: | 29:16.96 | 1:21.24 | 3000m: | 39:57.82 | 1:16.91 |
| 700m: | 9:09.65 | 1:19.39 | 1500m: | 19:51.19 | 1:20.76 | 2300m: | 30:37.69 | 1:20.73 | | | |
| 800m: | 10:29.89 | 1:20.24 | 1600m: | 21:11.72 | 1:20.53 | 2400m: | 31:58.78 | 1:21.09 | | | |

Senior

| | | | | | | | | | | | | |
|----|-------------------------|---------|---------|--------|----------|-----------------|--------|----------|---------|-----------------|----------|---------|
| 1. | ARTILES CARBALLO, Irene | | | | 96 | C.N. Las Palmas | | | | 37:02.64 | 566 | |
| | 100m: | 1:09.05 | 1:09.05 | 900m: | 10:52.16 | 1:14.78 | 1700m: | 20:51.34 | 1:14.51 | 2500m: | 30:50.78 | 1:15.17 |
| | 200m: | 2:20.15 | 1:11.10 | 1000m: | 12:07.00 | 1:14.84 | 1800m: | 22:05.97 | 1:14.63 | 2600m: | 32:06.13 | 1:15.35 |
| | 300m: | 3:31.92 | 1:11.77 | 1100m: | 13:21.97 | 1:14.97 | 1900m: | 23:20.37 | 1:14.40 | 2700m: | 33:21.10 | 1:14.97 |
| | 400m: | 4:43.76 | 1:11.84 | 1200m: | 14:37.22 | 1:15.25 | 2000m: | 24:35.10 | 1:14.73 | 2800m: | 34:36.07 | 1:14.97 |
| | 500m: | 5:56.82 | 1:13.06 | 1300m: | 15:52.38 | 1:15.16 | 2100m: | 25:49.34 | 1:14.24 | 2900m: | 35:50.02 | 1:13.95 |
| | 600m: | 7:09.78 | 1:12.96 | 1400m: | 17:07.04 | 1:14.66 | 2200m: | 27:04.16 | 1:14.82 | 3000m: | 37:02.64 | 1:12.62 |
| | 700m: | 8:23.63 | 1:13.85 | 1500m: | 18:22.07 | 1:15.03 | 2300m: | 28:20.23 | 1:16.07 | | | |
| | 800m: | 9:37.38 | 1:13.75 | 1600m: | 19:36.83 | 1:14.76 | 2400m: | 29:35.61 | 1:15.38 | | | |

| | | | | | | | | | | | | |
|----|------------------------------|----------|---------|--------|----------|--------------|--------|----------|---------|-----------------|----------|---------|
| 2. | HERNÁNDEZ CASTRILLO, Yessica | | | | 00 | C.N. Aguacan | | | | 39:20.65 | 473 | |
| | 100m: | 1:16.85 | 1:16.85 | 900m: | 11:41.03 | 1:17.77 | 1700m: | 22:11.36 | 1:18.78 | 2500m: | 32:44.51 | 1:18.89 |
| | 200m: | 2:35.19 | 1:18.34 | 1000m: | 12:59.33 | 1:18.30 | 1800m: | 23:30.12 | 1:18.76 | 2600m: | 34:04.33 | 1:19.82 |
| | 300m: | 3:54.11 | 1:18.92 | 1100m: | 14:18.27 | 1:18.94 | 1900m: | 24:49.23 | 1:19.11 | 2700m: | 35:24.14 | 1:19.81 |
| | 400m: | 5:13.09 | 1:18.98 | 1200m: | 15:37.24 | 1:18.97 | 2000m: | 26:08.51 | 1:19.28 | 2800m: | 36:43.34 | 1:19.20 |
| | 500m: | 6:31.07 | 1:17.98 | 1300m: | 16:56.13 | 1:18.89 | 2100m: | 27:27.31 | 1:18.80 | 2900m: | 38:02.99 | 1:19.65 |
| | 600m: | 7:48.40 | 1:17.33 | 1400m: | 18:15.44 | 1:19.31 | 2200m: | 28:47.91 | 1:20.60 | 3000m: | 39:20.65 | 1:17.66 |
| | 700m: | 9:05.69 | 1:17.29 | 1500m: | 19:34.08 | 1:18.64 | 2300m: | 30:07.55 | 1:19.64 | | | |
| | 800m: | 10:23.26 | 1:17.57 | 1600m: | 20:52.58 | 1:18.50 | 2400m: | 31:25.62 | 1:18.07 | | | |