

Prueba 45
07/07/2019

Fem., 1500m Libre

Open
Resultados

Clasificación	Año				Club	Tiempo				Clas Abs	
INFANTIL FEM											
1.	RODRIGUEZ SANTAMARIA, Maria				04	C.N. Metropole				18:11.81 19,00 - 19,00MMR15	
	50m:	31.30	31.30	450m:	5:20.99	36.06	850m:	10:17.32	37.06	1250m:	15:09.99 36.85
	100m:	1:05.54	34.24	500m:	5:57.57	36.58	900m:	10:54.34	37.02	1300m:	15:46.77 36.78
	150m:	1:41.45	35.91	550m:	6:34.61	37.04	950m:	11:30.83	36.49	1350m:	16:23.66 36.89
	200m:	2:17.61	36.16	600m:	7:11.19	36.58	1000m:	12:07.16	36.33	1400m:	17:00.53 36.87
	250m:	2:54.63	37.02	650m:	7:48.40	37.21	1050m:	12:43.86	36.70	1450m:	17:36.62 36.09
	300m:	3:31.43	36.80	700m:	8:25.40	37.00	1100m:	13:19.93	36.07	1500m:	18:11.81 35.19
	350m:	4:08.49	37.06	750m:	9:02.94	37.54	1150m:	13:56.47	36.54		
	400m:	4:44.93	36.44	800m:	9:40.26	37.32	1200m:	14:33.14	36.67		
2.	ANTELA CASTELO, Lucia				04	C.N. Metropole				18:47.86 16,00 - 13,00	
	50m:	32.56	32.56	450m:	5:32.01	37.83	850m:	10:37.09	38.16	1250m:	15:41.20 38.30
	100m:	1:08.33	35.77	500m:	6:10.15	38.14	900m:	11:14.96	37.87	1300m:	16:19.57 38.37
	150m:	1:45.16	36.83	550m:	6:48.06	37.91	950m:	11:53.01	38.05	1350m:	16:57.11 37.54
	200m:	2:22.64	37.48	600m:	7:26.51	38.45	1000m:	12:31.04	38.03	1400m:	17:34.92 37.81
	250m:	3:00.24	37.60	650m:	8:04.67	38.16	1050m:	13:08.76	37.72	1450m:	18:11.79 36.87
	300m:	3:38.21	37.97	700m:	8:42.98	38.31	1100m:	13:46.94	38.18	1500m:	18:47.86 36.07
	350m:	4:15.95	37.74	750m:	9:21.08	38.10	1150m:	14:24.50	37.56		
	400m:	4:54.18	38.23	800m:	9:58.93	37.85	1200m:	15:02.90	38.40		
3.	BUSQUETS MARTINEZ, Marta				05	C.N. Las Palmas				19:13.85 14,00 - -	
	50m:	33.64	33.64	450m:	5:36.18	37.71	850m:	10:44.53	38.46	1250m:	15:59.49 39.64
	100m:	1:10.47	36.83	500m:	6:14.55	38.37	900m:	11:23.44	38.91	1300m:	16:38.70 39.21
	150m:	1:48.13	37.66	550m:	6:53.12	38.57	950m:	12:02.37	38.93	1350m:	17:17.72 39.02
	200m:	2:25.93	37.80	600m:	7:31.61	38.49	1000m:	12:42.14	39.77	1400m:	17:57.39 39.67
	250m:	3:03.77	37.84	650m:	8:10.01	38.40	1050m:	13:21.37	39.23	1450m:	18:35.40 38.01
	300m:	3:42.34	38.57	700m:	8:48.47	38.46	1100m:	14:00.66	39.29	1500m:	19:13.85 38.45
	350m:	4:20.43	38.09	750m:	9:27.06	38.59	1150m:	14:40.16	39.50		
	400m:	4:58.47	38.04	800m:	10:06.07	39.01	1200m:	15:19.85	39.69		
4.	PEREZ RODRIGUEZ, Carmen				04	C.N. Reales				19:14.89 13,00 - 9,00	
	50m:	34.24	34.24	500m:	6:19.29	38.58	900m:	11:30.76	38.71	1300m:	16:40.75 38.59
	100m:	1:11.29	37.05	550m:	6:58.13	38.84	950m:	12:09.42	38.66	1350m:	17:19.51 38.76
	150m:	1:49.39	38.10	600m:	7:37.11	38.98	1000m:	12:48.04	38.62	1400m:	17:58.18 38.67
	200m:	2:28.08	38.69	650m:	8:16.22	39.11	1050m:	13:26.67	38.63	1450m:	18:36.60 38.42
	250m:	3:06.85	38.77	700m:	8:55.15	38.93	1100m:	14:05.36	38.69	1500m:	19:14.89 38.29
	350m:	4:23.93	1:17.08	750m:	9:34.23	39.08	1150m:	14:44.26	38.90		
	400m:	5:02.10	38.17	800m:	10:13.11	38.88	1200m:	15:23.22	38.96		
	450m:	5:40.71	38.61	850m:	10:52.05	38.94	1250m:	16:02.16	38.94		
5.	GARCIA DE LA YEDRA FUENTES, Beñia				05	C.N. Metropole				19:56.44 - - -	
	50m:	32.38	32.38	450m:	5:34.93	40.47	850m:	10:59.36	43.60	1250m:	16:34.79 41.47
	100m:	1:08.17	35.79	500m:	6:15.52	40.59	900m:	11:41.76	42.40	1300m:	17:17.18 42.39
	150m:	1:45.52	37.35	550m:	6:54.72	39.20	950m:	12:24.02	42.26	1350m:	17:57.66 40.48
	200m:	2:22.44	36.92	600m:	7:35.20	40.48	1000m:	13:05.88	41.86	1400m:	18:38.81 41.15
	250m:	2:59.64	37.20	650m:	8:15.21	40.01	1050m:	13:47.72	41.84	1450m:	19:15.41 36.60
	300m:	3:37.82	38.18	700m:	8:55.92	40.71	1100m:	14:29.42	41.70	1500m:	19:56.44 41.03
	350m:	4:16.43	38.61	750m:	9:36.47	40.55	1150m:	15:10.76	41.34		
	400m:	4:54.46	38.03	800m:	10:15.76	39.29	1200m:	15:53.32	42.56		
6.	SUAREZ NAVARRO, Winema Maria				05	C.N. Metropole				20:16.72 - - -	
	50m:	34.82	34.82	450m:	5:52.04	40.15	850m:	11:16.22	40.92	1250m:	16:49.48 42.29
	100m:	1:13.63	38.81	500m:	6:32.00	39.96	900m:	11:56.86	40.64	1300m:	17:31.35 41.87
	150m:	1:53.72	40.09	550m:	7:12.41	40.41	950m:	12:39.43	42.57	1350m:	18:12.23 40.88
	200m:	2:33.46	39.74	600m:	7:52.10	39.69	1000m:	13:20.43	41.00	1400m:	18:53.53 41.30
	250m:	3:12.11	38.65	650m:	8:32.52	40.42	1050m:	14:02.42	41.99	1450m:	19:35.82 42.29
	300m:	3:51.58	39.47	700m:	9:13.61	41.09	1100m:	14:43.32	40.90	1500m:	20:16.72 40.90
	350m:	4:32.08	40.50	750m:	9:55.16	41.55	1150m:	15:25.35	42.03		
	400m:	5:11.89	39.81	800m:	10:35.30	40.14	1200m:	16:07.19	41.84		

Prueba 45, Fem., 1500m Libre

JUNIOR FEM

1.	HERNANDEZ MARTIN, Nerea			03	C.D.N. Schamann			18:51.41		19,00	12,00	
	50m:	33.66	33.66	450m:	5:37.13	38.51	850m:	10:41.75	38.15	1250m:	15:45.39	37.43
	100m:	1:10.67	37.01	500m:	6:15.74	38.61	900m:	11:19.71	37.96	1300m:	16:23.80	38.41
	150m:	1:47.94	37.27	550m:	6:53.63	37.89	950m:	11:57.70	37.99	1350m:	16:57.11	33.31
	200m:	2:25.58	37.64	600m:	7:32.31	38.68	1000m:	12:35.83	38.13	1400m:	17:39.93	42.82
	250m:	3:03.50	37.92	650m:	8:10.56	38.25	1050m:	13:14.19	38.36	1450m:	18:16.89	36.96
	300m:	3:41.74	38.24	700m:	8:48.33	37.77	1100m:	13:52.30	38.11	1500m:	18:51.41	34.52
	350m:	4:20.19	38.45	750m:	9:25.82	37.49	1150m:	14:29.77	37.47			
	400m:	4:58.62	38.43	800m:	10:03.60	37.78	1200m:	15:07.96	38.19			
2.	OTERO SANCHEZ, Iria			03	C.N. Metropole			18:51.58		16,00	-	
	50m:	34.54	34.54	450m:	5:38.81	37.96	850m:	10:42.59	37.83	1250m:	15:47.18	38.64
	100m:	1:11.88	37.34	500m:	6:17.10	38.29	900m:	11:20.46	37.87	1300m:	16:26.45	39.27
	150m:	1:49.84	37.96	550m:	6:55.19	38.09	950m:	11:58.60	38.14	1350m:	17:03.62	37.17
	200m:	2:28.39	38.55	600m:	7:33.22	38.03	1000m:	12:36.85	38.25	1400m:	17:40.77	37.15
	250m:	3:06.80	38.41	650m:	8:11.11	37.89	1050m:	13:14.59	37.74	1450m:	18:17.34	36.57
	300m:	3:45.71	38.91	700m:	8:49.16	38.05	1100m:	13:52.70	38.11	1500m:	18:51.58	34.24
	350m:	4:23.34	37.63	750m:	9:26.94	37.78	1150m:	14:30.91	38.21			
	400m:	5:00.85	37.51	800m:	10:04.76	37.82	1200m:	15:08.54	37.63			
3.	ELIAS GARCIA, Cristina			03	C.N. Las Palmas			18:52.57		14,00	-	
	50m:	34.74	34.74	450m:	5:41.24	38.26	850m:	10:43.42	37.49	1250m:	15:45.17	37.88
	100m:	1:12.44	37.70	500m:	6:19.13	37.89	900m:	11:21.26	37.84	1300m:	16:23.20	38.03
	150m:	1:50.64	38.20	550m:	6:57.15	38.02	950m:	11:58.99	37.73	1350m:	17:01.21	38.01
	200m:	2:28.90	38.26	600m:	7:35.27	38.12	1000m:	12:36.91	37.92	1400m:	17:39.04	37.83
	250m:	3:07.24	38.34	650m:	8:13.18	37.91	1050m:	13:14.27	37.36	1450m:	18:16.15	37.11
	300m:	3:45.98	38.74	700m:	8:50.79	37.61	1100m:	13:51.78	37.51	1500m:	18:52.57	36.42
	350m:	4:24.36	38.38	750m:	9:28.11	37.32	1150m:	14:29.34	37.56			
	400m:	5:02.98	38.62	800m:	10:05.93	37.82	1200m:	15:07.29	37.95			
4.	MATOS QUEVEDO, María			02	C.D.N. Schamann			19:10.31		13,00	10,00	
	50m:	34.27	34.27	450m:	5:43.35	39.34	850m:	10:51.76	38.31	1250m:	16:00.20	38.87
	100m:	1:11.97	37.70	500m:	6:22.23	38.88	900m:	11:30.31	38.55	1300m:	16:38.77	38.57
	150m:	1:50.35	38.38	550m:	7:00.91	38.68	950m:	12:08.65	38.34	1350m:	17:17.53	38.76
	200m:	2:29.04	38.69	600m:	7:39.51	38.60	1000m:	12:47.41	38.76	1400m:	17:56.44	38.91
	250m:	3:07.19	38.15	650m:	8:18.05	38.54	1050m:	13:25.88	38.47	1450m:	18:33.88	37.44
	300m:	3:46.00	38.81	700m:	8:56.72	38.67	1100m:	14:04.46	38.58	1500m:	19:10.31	36.43
	350m:	4:25.22	39.22	750m:	9:34.76	38.04	1150m:	14:42.73	38.27			
	400m:	5:04.01	38.79	800m:	10:13.45	38.69	1200m:	15:21.33	38.60			
5.	ROA BARRETO, Salome			03	C.D.N. Schamann			19:51.72		-	-	-
	50m:	35.53	35.53	450m:	5:51.52	39.78	850m:	11:10.94	40.07	1250m:	16:34.01	40.11
	100m:	1:14.19	38.66	500m:	6:31.54	40.02	900m:	11:51.27	40.33	1300m:	17:14.03	40.02
	150m:	1:53.52	39.33	550m:	7:11.70	40.16	950m:	12:31.70	40.43	1350m:	17:54.39	40.36
	200m:	2:32.99	39.47	600m:	7:51.11	39.41	1000m:	13:12.27	40.57	1400m:	18:34.48	40.09
	250m:	3:12.48	39.49	650m:	8:31.06	39.95	1050m:	13:52.44	40.17	1450m:	19:13.34	38.86
	300m:	3:52.13	39.65	700m:	9:11.09	40.03	1100m:	14:32.93	40.49	1500m:	19:51.72	38.38
	350m:	4:31.70	39.57	750m:	9:50.94	39.85	1150m:	15:13.61	40.68			
	400m:	5:11.74	40.04	800m:	10:30.87	39.93	1200m:	15:53.90	40.29			
6.	BLANCO GUERRA, Silvia			03	C.N. Metropole			20:46.73		-	-	-
	50m:	34.77	34.77	450m:	6:00.03	41.88	850m:	11:37.40	42.25	1250m:	17:18.61	42.46
	100m:	1:13.40	38.63	500m:	6:42.05	42.02	900m:	12:19.73	42.33	1300m:	18:01.04	42.43
	150m:	1:53.20	39.80	550m:	7:23.84	41.79	950m:	13:02.14	42.41	1350m:	18:43.52	42.48
	200m:	2:33.37	40.17	600m:	8:05.63	41.79	1000m:	13:44.60	42.46	1400m:	19:25.54	42.02
	250m:	3:13.85	40.48	650m:	8:48.23	42.60	1050m:	14:26.66	42.06	1450m:	20:06.36	40.82
	300m:	3:55.02	41.17	700m:	9:30.76	42.53	1100m:	15:09.69	43.03	1500m:	20:46.73	40.37
	350m:	4:36.28	41.26	750m:	10:12.83	42.07	1150m:	15:52.28	42.59			
	400m:	5:18.15	41.87	800m:	10:55.15	42.32	1200m:	16:36.15	43.87			

Prueba 45, Fem., 1500m Libre

Open

1.	RODRIGUEZ SANTAMARIA, Maria	04	C.N. Metropole	18:11.81	19,00	- 19,00MMR15
	50m: 31.30 31.30	450m: 5:20.99	36.06 850m: 10:17.32 37.06	1250m: 15:09.99	36.85	
	100m: 1:05.54 34.24	500m: 5:57.57	36.58 900m: 10:54.34 37.02	1300m: 15:46.77	36.78	
	150m: 1:41.45 35.91	550m: 6:34.61	37.04 950m: 11:30.83 36.49	1350m: 16:23.66	36.89	
	200m: 2:17.61 36.16	600m: 7:11.19	36.58 1000m: 12:07.16 36.33	1400m: 17:00.53	36.87	
	250m: 2:54.63 37.02	650m: 7:48.40	37.21 1050m: 12:43.86 36.70	1450m: 17:36.62	36.09	
	300m: 3:31.43 36.80	700m: 8:25.40	37.00 1100m: 13:19.93 36.07	1500m: 18:11.81	35.19	
	350m: 4:08.49 37.06	750m: 9:02.94	37.54 1150m: 13:56.47 36.54			
	400m: 4:44.93 36.44	800m: 9:40.26	37.32 1200m: 14:33.14 36.67			
2.	SANJUAN PERDOMO, Laura	98	C.N. Las Palmas	18:16.12	- - 16,00	
	50m: 33.59 33.59	450m: 5:26.36	36.75 850m: 10:21.71 37.07	1250m: 15:16.62	36.83	
	100m: 1:09.27 35.68	500m: 6:03.36	37.00 900m: 10:58.40 36.69	1300m: 15:53.23	36.61	
	150m: 1:46.10 36.83	550m: 6:40.43	37.07 950m: 11:35.28 36.88	1350m: 16:29.53	36.30	
	200m: 2:22.52 36.42	600m: 7:17.18	36.75 1000m: 12:12.49 37.21	1400m: 17:05.80	36.27	
	250m: 2:59.39 36.87	650m: 7:53.85	36.67 1050m: 12:49.38 36.89	1450m: 17:41.89	36.09	
	300m: 3:35.97 36.58	700m: 8:30.75	36.90 1100m: 13:25.94 36.56	1500m: 18:16.12	34.23	
	350m: 4:12.78 36.81	750m: 9:07.86	37.11 1150m: 14:02.84 36.90			
	400m: 4:49.61 36.83	800m: 9:44.64	36.78 1200m: 14:39.79 36.95			
3.	ARTILES CARBALLO, Irene	96	C.N. Las Palmas	18:17.81	- - 14,00	
	50m: 33.29 33.29	450m: 5:23.76	36.39 850m: 10:17.40 36.99	1250m: 15:14.33	36.97	
	100m: 1:08.74 35.45	500m: 6:00.48	36.72 900m: 10:54.56 37.16	1300m: 15:51.79	37.46	
	150m: 1:45.10 36.36	550m: 6:36.93	36.45 950m: 11:31.40 36.84	1350m: 16:29.12	37.33	
	200m: 2:21.66 36.56	600m: 7:13.63	36.70 1000m: 12:08.40 37.00	1400m: 17:06.11	36.99	
	250m: 2:57.96 36.30	650m: 7:50.14	36.51 1050m: 12:45.26 36.86	1450m: 17:42.41	36.30	
	300m: 3:34.41 36.45	700m: 8:26.81	36.67 1100m: 13:22.41 37.15	1500m: 18:17.81	35.40	
	350m: 4:10.71 36.30	750m: 9:03.38	36.57 1150m: 14:00.00 37.59			
	400m: 4:47.37 36.66	800m: 9:40.41	37.03 1200m: 14:37.36 37.36			
4.	ANTELA CASTELO, Lucia	04	C.N. Metropole	18:47.86	16,00 - 13,00	
	50m: 32.56 32.56	450m: 5:32.01	37.83 850m: 10:37.09 38.16	1250m: 15:41.20	38.30	
	100m: 1:08.33 35.77	500m: 6:10.15	38.14 900m: 11:14.96 37.87	1300m: 16:19.57	38.37	
	150m: 1:45.16 36.83	550m: 6:48.06	37.91 950m: 11:53.01 38.05	1350m: 16:57.11	37.54	
	200m: 2:22.64 37.48	600m: 7:26.51	38.45 1000m: 12:31.04 38.03	1400m: 17:34.92	37.81	
	250m: 3:00.24 37.60	650m: 8:04.67	38.16 1050m: 13:08.76 37.72	1450m: 18:11.79	36.87	
	300m: 3:38.21 37.97	700m: 8:42.98	38.31 1100m: 13:46.94 38.18	1500m: 18:47.86	36.07	
	350m: 4:15.95 37.74	750m: 9:21.08	38.10 1150m: 14:24.50 37.56			
	400m: 4:54.18 38.23	800m: 9:58.93	37.85 1200m: 15:02.90 38.40			
5.	HERNANDEZ MARTIN, Nerea	03	C.D.N. Schamann	18:51.41	19,00 12,00	
	50m: 33.66 33.66	450m: 5:37.13	38.51 850m: 10:41.75 38.15	1250m: 15:45.39	37.43	
	100m: 1:10.67 37.01	500m: 6:15.74	38.61 900m: 11:19.71 37.96	1300m: 16:23.80	38.41	
	150m: 1:47.94 37.27	550m: 6:53.63	37.89 950m: 11:57.70 37.99	1350m: 16:57.11	33.31	
	200m: 2:25.58 37.64	600m: 7:32.31	38.68 1000m: 12:35.83 38.13	1400m: 17:39.93	42.82	
	250m: 3:03.50 37.92	650m: 8:10.56	38.25 1050m: 13:14.19 38.36	1450m: 18:16.89	36.96	
	300m: 3:41.74 38.24	700m: 8:48.33	37.77 1100m: 13:52.30 38.11	1500m: 18:51.41	34.52	
	350m: 4:20.19 38.45	750m: 9:25.82	37.49 1150m: 14:29.77 37.47			
	400m: 4:58.62 38.43	800m: 10:03.60	37.78 1200m: 15:07.96 38.19			
6.	OTERO SANCHEZ, Iria	03	C.N. Metropole	18:51.58	16,00 -	
	50m: 34.54 34.54	450m: 5:38.81	37.96 850m: 10:42.59 37.83	1250m: 15:47.18	38.64	
	100m: 1:11.88 37.34	500m: 6:17.10	38.29 900m: 11:20.46 37.87	1300m: 16:26.45	39.27	
	150m: 1:49.84 37.96	550m: 6:55.19	38.09 950m: 11:58.60 38.14	1350m: 17:03.62	37.17	
	200m: 2:28.39 38.55	600m: 7:33.22	38.03 1000m: 12:36.85 38.25	1400m: 17:40.77	37.15	
	250m: 3:06.80 38.41	650m: 8:11.11	37.89 1050m: 13:14.59 37.74	1450m: 18:17.34	36.57	
	300m: 3:45.71 38.91	700m: 8:49.16	38.05 1100m: 13:52.70 38.11	1500m: 18:51.58	34.24	
	350m: 4:23.34 37.63	750m: 9:26.94	37.78 1150m: 14:30.91 38.21			
	400m: 5:00.85 37.51	800m: 10:04.76	37.82 1200m: 15:08.54 37.63			
7.	ELIAS GARCIA, Cristina	03	C.N. Las Palmas	18:52.57	14,00 -	
	50m: 34.74 34.74	450m: 5:41.24	38.26 850m: 10:43.42 37.49	1250m: 15:45.17	37.88	
	100m: 1:12.44 37.70	500m: 6:19.13	37.89 900m: 11:21.26 37.84	1300m: 16:23.20	38.03	
	150m: 1:50.64 38.20	550m: 6:57.15	38.02 950m: 11:58.99 37.73	1350m: 17:01.21	38.01	
	200m: 2:28.90 38.26	600m: 7:35.27	38.12 1000m: 12:36.91 37.92	1400m: 17:39.04	37.83	
	250m: 3:07.24 38.34	650m: 8:13.18	37.91 1050m: 13:14.27 37.36	1450m: 18:16.15	37.11	
	300m: 3:45.98 38.74	700m: 8:50.79	37.61 1100m: 13:51.78 37.51	1500m: 18:52.57	36.42	
	350m: 4:24.36 38.38	750m: 9:28.11	37.32 1150m: 14:29.34 37.56			
	400m: 5:02.98 38.62	800m: 10:05.93	37.82 1200m: 15:07.29 37.95			

Prueba 45, Fem., 1500m Libre, Open

Clasificación				Año	Club				Tiempo	Clas Abs
8.	RODRÍGUEZ PRADA, Ainhoa			00	Cn.Fainagua C. Telde				18:59.63	- - 11,00
	50m:	33.05	33.05	450m:	5:36.78	38.06	850m:	10:44.57	38.58	1250m: 15:48.83 38.18
	100m:	1:09.95	36.90	500m:	6:15.09	38.31	900m:	11:23.51	38.94	1300m: 16:27.24 38.41
	150m:	1:47.44	37.49	550m:	6:53.38	38.29	950m:	12:00.45	36.94	1350m: 17:05.84 38.60
	200m:	2:25.67	38.23	600m:	7:31.85	38.47	1000m:	12:38.16	37.71	1400m: 17:44.52 38.68
	250m:	3:03.34	37.67	650m:	8:10.37	38.52	1050m:	13:16.02	37.86	1450m: 18:23.14 38.62
	300m:	3:41.48	38.14	700m:	8:48.73	38.36	1100m:	13:54.32	38.30	1500m: 18:59.63 36.49
	350m:	4:20.08	38.60	750m:	9:27.16	38.43	1150m:	14:32.41	38.09	
	400m:	4:58.72	38.64	800m:	10:05.99	38.83	1200m:	15:10.65	38.24	
9.	MATOS QUEVEDO, María			02	C.D.N. Schamann				19:10.31	13,00 10,00
	50m:	34.27	34.27	450m:	5:43.35	39.34	850m:	10:51.76	38.31	1250m: 16:00.20 38.87
	100m:	1:11.97	37.70	500m:	6:22.23	38.88	900m:	11:30.31	38.55	1300m: 16:38.77 38.57
	150m:	1:50.35	38.38	550m:	7:00.91	38.68	950m:	12:08.65	38.34	1350m: 17:17.53 38.76
	200m:	2:29.04	38.69	600m:	7:39.51	38.60	1000m:	12:47.41	38.76	1400m: 17:56.44 38.91
	250m:	3:07.19	38.15	650m:	8:18.05	38.54	1050m:	13:25.88	38.47	1450m: 18:33.88 37.44
	300m:	3:46.00	38.81	700m:	8:56.72	38.67	1100m:	14:04.46	38.58	1500m: 19:10.31 36.43
	350m:	4:25.22	39.22	750m:	9:34.76	38.04	1150m:	14:42.73	38.27	
	400m:	5:04.01	38.79	800m:	10:13.45	38.69	1200m:	15:21.33	38.60	
10.	BUSQUETS MARTINEZ, Marta			05	C.N. Las Palmas				19:13.85	14,00 - -
	50m:	33.64	33.64	450m:	5:36.18	37.71	850m:	10:44.53	38.46	1250m: 15:59.49 39.64
	100m:	1:10.47	36.83	500m:	6:14.55	38.37	900m:	11:23.44	38.91	1300m: 16:38.70 39.21
	150m:	1:48.13	37.66	550m:	6:53.12	38.57	950m:	12:02.37	38.93	1350m: 17:17.72 39.02
	200m:	2:25.93	37.80	600m:	7:31.61	38.49	1000m:	12:42.14	39.77	1400m: 17:57.39 39.67
	250m:	3:03.77	37.84	650m:	8:10.01	38.40	1050m:	13:21.37	39.23	1450m: 18:35.40 38.01
	300m:	3:42.34	38.57	700m:	8:48.47	38.46	1100m:	14:00.66	39.29	1500m: 19:13.85 38.45
	350m:	4:20.43	38.09	750m:	9:27.06	38.59	1150m:	14:40.16	39.50	
	400m:	4:58.47	38.04	800m:	10:06.07	39.01	1200m:	15:19.85	39.69	
11.	PEREZ RODRIGUEZ, Carmen			04	C.N. Reales				19:14.89	13,00 - 9,00
	50m:	34.24	34.24	500m:	6:19.29	38.58	900m:	11:30.76	38.71	1300m: 16:40.75 38.59
	100m:	1:11.29	37.05	550m:	6:58.13	38.84	950m:	12:09.42	38.66	1350m: 17:19.51 38.76
	150m:	1:49.39	38.10	600m:	7:37.11	38.98	1000m:	12:48.04	38.62	1400m: 17:58.18 38.67
	200m:	2:28.08	38.69	650m:	8:16.22	39.11	1050m:	13:26.67	38.63	1450m: 18:36.60 38.42
	250m:	3:06.85	38.77	700m:	8:55.15	38.93	1100m:	14:05.36	38.69	1500m: 19:14.89 38.29
	300m:	4:23.93	1:17.08	750m:	9:34.23	39.08	1150m:	14:44.26	38.90	
	400m:	5:02.10	38.17	800m:	10:13.11	38.88	1200m:	15:23.22	38.96	
	450m:	5:40.71	38.61	850m:	10:52.05	38.94	1250m:	16:02.16	38.94	
12.	RIVERO GONZÁLEZ, Érika			01	C.N. Las Escuevas				19:24.89	- - 8,00
	50m:	34.89	34.89	450m:	5:39.08	38.69	850m:	10:52.43	39.54	1250m: 16:09.24 39.89
	100m:	1:12.25	37.36	500m:	6:17.53	38.45	900m:	11:32.41	39.98	1300m: 16:48.80 39.56
	150m:	1:50.20	37.95	550m:	6:56.47	38.94	950m:	12:12.00	39.59	1350m: 17:28.91 40.11
	200m:	2:28.16	37.96	600m:	7:35.18	38.71	1000m:	12:51.06	39.06	1400m: 18:07.95 39.04
	250m:	3:06.20	38.04	650m:	8:15.11	39.93	1050m:	13:31.06	40.00	1450m: 18:46.73 38.78
	300m:	3:44.19	37.99	700m:	8:54.12	39.01	1100m:	14:10.07	39.01	1500m: 19:24.89 38.16
	350m:	4:22.45	38.26	750m:	9:33.37	39.25	1150m:	14:49.76	39.69	
	400m:	5:00.39	37.94	800m:	10:12.89	39.52	1200m:	15:29.35	39.59	
13.	ROA BARRETO, Salome			03	C.D.N. Schamann				19:51.72	- - -
	50m:	35.53	35.53	450m:	5:51.52	39.78	850m:	11:10.94	40.07	1250m: 16:34.01 40.11
	100m:	1:14.19	38.66	500m:	6:31.54	40.02	900m:	11:51.27	40.33	1300m: 17:14.03 40.02
	150m:	1:53.52	39.33	550m:	7:11.70	40.16	950m:	12:31.70	40.43	1350m: 17:54.39 40.36
	200m:	2:32.99	39.47	600m:	7:51.11	39.41	1000m:	13:12.27	40.57	1400m: 18:34.48 40.09
	250m:	3:12.48	39.49	650m:	8:31.06	39.95	1050m:	13:52.44	40.17	1450m: 19:13.34 38.86
	300m:	3:52.13	39.65	700m:	9:11.09	40.03	1100m:	14:32.93	40.49	1500m: 19:51.72 38.38
	350m:	4:31.70	39.57	750m:	9:50.94	39.85	1150m:	15:13.61	40.68	
	400m:	5:11.74	40.04	800m:	10:30.87	39.93	1200m:	15:53.90	40.29	
14.	GARCIA DE LA YEDRA FUENTES, Be05ña				C.N. Metropole				19:56.44	- - -
	50m:	32.38	32.38	450m:	5:34.93	40.47	850m:	10:59.36	43.60	1250m: 16:34.79 41.47
	100m:	1:08.17	35.79	500m:	6:15.52	40.59	900m:	11:41.76	42.40	1300m: 17:17.18 42.39
	150m:	1:45.52	37.35	550m:	6:54.72	39.20	950m:	12:24.02	42.26	1350m: 17:57.66 40.48
	200m:	2:22.44	36.92	600m:	7:35.20	40.48	1000m:	13:05.88	41.86	1400m: 18:38.81 41.15
	250m:	2:59.64	37.20	650m:	8:15.21	40.01	1050m:	13:47.72	41.84	1450m: 19:15.41 36.60
	300m:	3:37.82	38.18	700m:	8:55.92	40.71	1100m:	14:29.42	41.70	1500m: 19:56.44 41.03
	350m:	4:16.43	38.61	750m:	9:36.47	40.55	1150m:	15:10.76	41.34	
	400m:	4:54.46	38.03	800m:	10:15.76	39.29	1200m:	15:53.32	42.56	

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Clasificación				Año	Club				Tiempo	Clas Abs		
15.	SUAREZ NAVARRO, Winema Maria			05	C.N. Metropole			20:16.72			-	-
	50m:	34.82	34.82	450m:	5:52.04	40.15	850m:	11:16.22	40.92	1250m:	16:49.48	42.29
	100m:	1:13.63	38.81	500m:	6:32.00	39.96	900m:	11:56.86	40.64	1300m:	17:31.35	41.87
	150m:	1:53.72	40.09	550m:	7:12.41	40.41	950m:	12:39.43	42.57	1350m:	18:12.23	40.88
	200m:	2:33.46	39.74	600m:	7:52.10	39.69	1000m:	13:20.43	41.00	1400m:	18:53.53	41.30
	250m:	3:12.11	38.65	650m:	8:32.52	40.42	1050m:	14:02.42	41.99	1450m:	19:35.82	42.29
	300m:	3:51.58	39.47	700m:	9:13.61	41.09	1100m:	14:43.32	40.90	1500m:	20:16.72	40.90
	350m:	4:32.08	40.50	750m:	9:55.16	41.55	1150m:	15:25.35	42.03			
	400m:	5:11.89	39.81	800m:	10:35.30	40.14	1200m:	16:07.19	41.84			
16.	BLANCO GUERRA, Silvia			03	C.N. Metropole			20:46.73			-	-
	50m:	34.77	34.77	450m:	6:00.03	41.88	850m:	11:37.40	42.25	1250m:	17:18.61	42.46
	100m:	1:13.40	38.63	500m:	6:42.05	42.02	900m:	12:19.73	42.33	1300m:	18:01.04	42.43
	150m:	1:53.20	39.80	550m:	7:23.84	41.79	950m:	13:02.14	42.41	1350m:	18:43.52	42.48
	200m:	2:33.37	40.17	600m:	8:05.63	41.79	1000m:	13:44.60	42.46	1400m:	19:25.54	42.02
	250m:	3:13.85	40.48	650m:	8:48.23	42.60	1050m:	14:26.66	42.06	1450m:	20:06.36	40.82
	300m:	3:55.02	41.17	700m:	9:30.76	42.53	1100m:	15:09.69	43.03	1500m:	20:46.73	40.37
	350m:	4:36.28	41.26	750m:	10:12.83	42.07	1150m:	15:52.28	42.59			
	400m:	5:18.15	41.87	800m:	10:55.15	42.32	1200m:	16:36.15	43.87			