

Prueba 4
07/12/2025

Masc., 3000m Libre

16 - 98 años
Resultados

Clasificación

AN

Tiempo

JUNIOR 1

1.	TRUJILLO TURKEMAN, Edgar			09	C.N. Las Palmas				34:09.87	19,00		
	50m:	31.47	31.47	800m:	8:55.14	33.60	1550m:	17:30.37	34.74	2300m:	26:10.64	34.85
	100m:	1:03.85	32.38	850m:	9:29.01	33.87	1600m:	18:04.80	34.43	2350m:	26:45.33	34.69
	150m:	1:36.51	32.66	900m:	10:02.76	33.75	1650m:	18:39.54	34.74	2400m:	27:19.71	34.38
	200m:	2:09.65	33.14	950m:	10:36.80	34.04	1700m:	19:14.82	35.28	2450m:	27:53.94	34.23
	250m:	2:43.07	33.42	1000m:	11:10.72	33.92	1750m:	19:49.56	34.74	2500m:	28:28.50	34.56
	300m:	3:16.40	33.33	1050m:	11:44.93	34.21	1800m:	20:24.92	35.36	2550m:	29:02.98	34.48
	350m:	3:49.96	33.56	1100m:	12:19.16	34.23	1850m:	21:00.13	35.21	2600m:	29:37.32	34.34
	400m:	4:23.50	33.54	1150m:	12:53.40	34.24	1900m:	21:34.62	34.49	2650m:	30:11.83	34.51
	450m:	4:57.54	34.04	1200m:	13:28.07	34.67	1950m:	22:08.93	34.31	2700m:	30:45.99	34.16
	500m:	5:31.28	33.74	1250m:	14:02.47	34.40	2000m:	22:43.12	34.19	2750m:	31:20.43	34.44
	550m:	6:05.25	33.97	1300m:	14:36.55	34.08	2050m:	23:17.65	34.53	2800m:	31:54.58	34.15
	600m:	6:39.26	34.01	1350m:	15:11.16	34.61	2100m:	23:51.83	34.18	2850m:	32:28.46	33.88
	650m:	7:13.54	34.28	1400m:	15:45.97	34.81	2150m:	24:26.44	34.61	2900m:	33:02.09	33.63
	700m:	7:47.65	34.11	1450m:	16:20.56	34.59	2200m:	25:01.15	34.71	2950m:	33:36.16	34.07
	750m:	8:21.54	33.89	1500m:	16:55.63	35.07	2250m:	25:35.79	34.64	3000m:	34:09.87	33.71
2.	GOMEZ RODRIGUEZ, Daniel			09	C.N. Aguacan				35:33.62	16,00		
	50m:	31.92	31.92	800m:	9:11.65	35.11	1550m:	18:04.00	35.43	2300m:	27:05.81	36.29
	100m:	1:04.69	32.77	850m:	9:46.94	35.29	1600m:	18:39.20	35.20	2350m:	27:42.69	36.88
	150m:	1:38.20	33.51	900m:	10:22.07	35.13	1650m:	19:15.17	35.97	2400m:	28:19.09	36.40
	200m:	2:12.03	33.83	950m:	10:56.75	34.68	1700m:	19:51.25	36.08	2450m:	28:55.61	36.52
	250m:	2:46.31	34.28	1000m:	11:32.09	35.34	1750m:	20:27.45	36.20	2500m:	29:32.43	36.82
	300m:	3:20.72	34.41	1050m:	12:07.34	35.25	1800m:	21:03.39	35.94	2550m:	30:09.04	36.61
	350m:	3:55.44	34.72	1100m:	12:43.01	35.67	1850m:	21:39.55	36.16	2600m:	30:45.74	36.70
	400m:	4:30.53	35.09	1150m:	13:18.51	35.50	1900m:	22:15.83	36.28	2650m:	31:22.45	36.71
	450m:	5:05.85	35.32	1200m:	13:53.99	35.48	1950m:	22:52.08	36.25	2700m:	31:59.21	36.76
	500m:	5:40.78	34.93	1250m:	14:29.60	35.61	2000m:	23:28.20	36.12	2750m:	32:35.80	36.59
	550m:	6:15.97	35.19	1300m:	15:05.72	36.12	2050m:	24:04.18	35.98	2800m:	33:11.98	36.18
	600m:	6:51.31	35.34	1350m:	15:41.77	36.05	2100m:	24:39.91	35.73	2850m:	33:47.97	35.99
	650m:	7:26.67	35.36	1400m:	16:16.98	35.21	2150m:	25:16.28	36.37	2900m:	34:23.25	35.28
	700m:	8:01.58	34.91	1450m:	16:52.84	35.86	2200m:	25:52.94	36.66	2950m:	34:59.45	36.20
	750m:	8:36.54	34.96	1500m:	17:28.57	35.73	2250m:	26:29.52	36.58	3000m:	35:33.62	34.17
3.	DELGADO HERNANDEZ, Besay			10	C.D.N. Nadamas Santa Rosa				36:10.21	14,00		
	50m:	33.20	33.20	800m:	9:29.82	35.33	1550m:	18:35.95	36.61	2300m:	27:46.54	36.91
	100m:	1:08.68	35.48	850m:	10:06.40	36.58	1600m:	19:12.91	36.96	2350m:	28:23.17	36.63
	150m:	1:44.56	35.88	900m:	10:42.82	36.42	1650m:	19:50.07	37.16	2400m:	29:00.23	37.06
	200m:	2:21.12	36.56	950m:	11:19.44	36.62	1700m:	20:27.04	36.97	2450m:	29:37.20	36.97
	250m:	2:57.87	36.75	1000m:	11:56.38	36.94	1750m:	21:03.67	36.63	2500m:	30:14.22	37.02
	300m:	3:34.19	36.32	1050m:	12:32.67	36.29	1800m:	21:40.35	36.68	2550m:	30:50.89	36.67
	350m:	4:09.05	34.86	1100m:	13:09.16	36.49	1850m:	22:16.72	36.37	2600m:	31:26.10	35.21
	400m:	4:43.96	34.91	1150m:	13:45.83	36.67	1900m:	22:53.43	36.71	2650m:	32:02.58	36.48
	450m:	5:19.42	35.46	1200m:	14:22.43	36.60	1950m:	23:30.74	37.31	2700m:	32:38.91	36.33
	500m:	5:55.36	35.94	1250m:	14:58.58	36.15	2000m:	24:06.81	36.07	2750m:	33:15.39	36.48
	550m:	6:31.69	36.33	1300m:	15:34.37	35.79	2050m:	24:42.75	35.94	2800m:	33:51.53	36.14
	600m:	7:06.93	35.24	1350m:	16:11.24	36.87	2100m:	25:19.92	37.17	2850m:	34:27.32	35.79
	650m:	7:42.91	35.98	1400m:	16:46.77	35.53	2150m:	25:56.60	36.68	2900m:	35:03.42	36.10
	700m:	8:18.73	35.82	1450m:	17:22.99	36.22	2200m:	26:32.91	36.31	2950m:	35:40.82	37.40
	750m:	8:54.49	35.76	1500m:	17:59.34	36.35	2250m:	27:09.63	36.72	3000m:	36:10.21	29.39

Prueba 4, Masc., 3000m Libre, JUNIOR 1

Clasificación

AN

Tiempo

4.	KEY RAMIREZ, Octavio Jose			10	C.D. N. Bentacu-Laguna				36:58.47	13,00		
	50m:	33.32	33.32	800m:	9:40.16	36.39	1550m:	18:56.79	37.26	2300m:	28:18.20	37.31
	100m:	1:08.76	35.44	850m:	10:17.09	36.93	1600m:	19:33.78	36.99	2350m:	28:56.39	38.19
	150m:	1:44.63	35.87	900m:	10:54.25	37.16	1650m:	20:11.13	37.35	2400m:	29:33.97	37.58
	200m:	2:21.15	36.52	950m:	11:31.18	36.93	1700m:	20:48.22	37.09	2450m:	30:11.36	37.39
	250m:	2:57.62	36.47	1000m:	12:08.18	37.00	1750m:	21:25.74	37.52	2500m:	30:48.81	37.45
	300m:	3:34.12	36.50	1050m:	12:45.26	37.08	1800m:	22:03.02	37.28	2550m:	31:26.22	37.41
	350m:	4:10.33	36.21	1100m:	13:22.71	37.45	1850m:	22:40.48	37.46	2600m:	32:03.53	37.31
	400m:	4:46.79	36.46	1150m:	13:59.47	36.76	1900m:	23:17.89	37.41	2650m:	32:40.82	37.29
	450m:	5:23.30	36.51	1200m:	14:36.65	37.18	1950m:	23:55.16	37.27	2700m:	33:18.28	37.46
	500m:	5:59.95	36.65	1250m:	15:14.03	37.38	2000m:	24:32.93	37.77	2750m:	33:56.37	38.09
	550m:	6:36.62	36.67	1300m:	15:51.16	37.13	2050m:	25:10.65	37.72	2800m:	34:33.94	37.57
	600m:	7:13.55	36.93	1350m:	16:27.97	36.81	2100m:	25:48.36	37.71	2850m:	35:11.44	37.50
	650m:	7:50.19	36.64	1400m:	17:05.04	37.07	2150m:	26:25.67	37.31	2900m:	35:48.70	37.26
	700m:	8:26.69	36.50	1450m:	17:42.01	36.97	2200m:	27:03.25	37.58	2950m:	36:25.38	36.68
	750m:	9:03.77	37.08	1500m:	18:19.53	37.52	2250m:	27:40.89	37.64	3000m:	36:58.47	33.09
5.	QUIJADA PEREZ, Saul Alejandro			10	C.D. N. Bentacu-Laguna				37:04.42	12,00		
	50m:	31.73	31.73	800m:	9:40.43	37.48	1550m:	19:04.88	38.20	2300m:	28:26.56	37.48
	100m:	1:05.00	33.27	850m:	10:17.91	37.48	1600m:	19:43.12	38.24	2350m:	29:03.95	37.39
	150m:	1:40.66	35.66	900m:	10:55.84	37.93	1650m:	20:20.63	37.51	2400m:	29:41.46	37.51
	200m:	2:16.77	36.11	950m:	11:33.65	37.81	1700m:	20:58.16	37.53	2450m:	30:19.03	37.57
	250m:	2:52.80	36.03	1000m:	12:11.36	37.71	1750m:	21:35.47	37.31	2500m:	30:56.70	37.67
	300m:	3:29.08	36.28	1050m:	12:49.10	37.74	1800m:	22:12.59	37.12	2550m:	31:34.04	37.34
	350m:	4:05.91	36.83	1100m:	13:26.89	37.79	1850m:	22:50.71	38.12	2600m:	32:11.81	37.77
	400m:	4:42.69	36.78	1150m:	14:04.28	37.39	1900m:	23:27.51	36.80	2650m:	32:48.71	36.90
	450m:	5:19.37	36.68	1200m:	14:41.51	37.23	1950m:	24:04.70	37.19	2700m:	33:25.73	37.02
	500m:	5:56.04	36.67	1250m:	15:19.23	37.72	2000m:	24:41.65	36.95	2750m:	34:03.13	37.40
	550m:	6:33.21	37.17	1300m:	15:56.13	36.90	2050m:	25:19.24	37.59	2800m:	34:40.02	36.89
	600m:	7:10.66	37.45	1350m:	16:33.72	37.59	2100m:	25:56.59	37.35	2850m:	35:17.29	37.27
	650m:	7:48.29	37.63	1400m:	17:11.29	37.57	2150m:	26:33.86	37.27	2900m:	35:53.51	36.22
	700m:	8:25.32	37.03	1450m:	17:49.01	37.72	2200m:	27:11.26	37.40	2950m:	36:30.16	36.65
	750m:	9:02.95	37.63	1500m:	18:26.68	37.67	2250m:	27:49.08	37.82	3000m:	37:04.42	34.26
6.	CEDRES YANES, Eduardo			09	R.C. Naut. Tenerife				38:49.13	11,00		
	50m:	32.58	32.58	800m:	9:58.59	38.43	1550m:	19:34.08	39.24	2300m:	29:26.11	39.76
	100m:	1:07.84	35.26	850m:	10:35.46	36.87	1600m:	20:12.28	38.20	2350m:	30:07.50	41.39
	150m:	1:45.27	37.43	900m:	11:14.29	38.83	1650m:	20:52.10	39.82	2400m:	30:48.83	41.33
	200m:	2:22.24	36.97	950m:	11:52.32	38.03	1700m:	21:31.01	38.91	2450m:	31:28.57	39.74
	250m:	2:59.31	37.07	1000m:	12:30.79	38.47	1750m:	22:10.40	39.39	2500m:	32:09.30	40.73
	300m:	3:37.04	37.73	1050m:	13:10.05	39.26	1800m:	22:48.37	37.97	2550m:	32:49.15	39.85
	350m:	4:15.48	38.44	1100m:	13:48.26	38.21	1850m:	23:26.93	38.56	2600m:	33:30.89	41.74
	400m:	4:53.56	38.08	1150m:	14:26.22	37.96	1900m:	24:04.67	37.74	2650m:	34:11.69	40.80
	450m:	5:20.39	26.83	1200m:	15:05.29	39.07	1950m:	24:43.89	39.22	2700m:	34:52.11	40.42
	500m:	6:08.70	48.31	1250m:	15:43.20	37.91	2000m:	25:24.70	40.81	2750m:	35:32.14	40.03
	550m:	6:46.83	38.13	1300m:	16:20.75	37.55	2050m:	26:04.99	40.29	2800m:	36:12.25	40.11
	600m:	7:24.90	38.07	1350m:	16:59.48	38.73	2100m:	26:45.13	40.14	2850m:	36:52.11	39.86
	650m:	8:02.88	37.98	1400m:	17:37.73	38.25	2150m:	27:25.33	40.20	2900m:	37:31.49	39.38
	700m:	8:41.67	38.79	1450m:	18:14.65	36.92	2200m:	28:05.90	40.57	2950m:	38:10.51	39.02
	750m:	9:20.16	38.49	1500m:	18:54.84	40.19	2250m:	28:46.35	40.45	3000m:	38:49.13	38.62

Prueba 4, Masc., 3000m Libre

JUNIOR 2

1.	FERNANDEZ ALPERI, Herminio				08	C.D.N. Nadamas Santa Rosa				32:08.93	19,00	
	50m:	29.97	29.97	800m:	8:22.71	32.24	1550m:	16:28.85	32.28	2300m:	24:36.16	32.51
	100m:	1:00.58	30.61	850m:	8:54.89	32.18	1600m:	17:01.38	32.53	2350m:	25:08.80	32.64
	150m:	1:31.49	30.91	900m:	9:27.39	32.50	1650m:	17:34.05	32.67	2400m:	25:41.13	32.33
	200m:	2:01.71	30.22	950m:	9:59.87	32.48	1700m:	18:06.81	32.76	2450m:	26:14.11	32.98
	250m:	2:32.13	30.42	1000m:	10:32.20	32.33	1750m:	18:39.08	32.27	2500m:	26:46.52	32.41
	300m:	3:03.31	31.18	1050m:	11:05.18	32.98	1800m:	19:11.39	32.31	2550m:	27:18.90	32.38
	350m:	3:34.64	31.33	1100m:	11:37.61	32.43	1850m:	19:43.96	32.57	2600m:	27:51.52	32.62
	400m:	4:05.87	31.23	1150m:	12:09.55	31.94	1900m:	20:16.64	32.68	2650m:	28:24.10	32.58
	450m:	4:37.99	32.12	1200m:	12:42.21	32.66	1950m:	20:49.13	32.49	2700m:	28:56.51	32.41
	500m:	5:09.59	31.60	1250m:	13:14.62	32.41	2000m:	21:21.45	32.32	2750m:	29:29.05	32.54
	550m:	5:41.66	32.07	1300m:	13:47.48	32.86	2050m:	21:54.09	32.64	2800m:	30:01.43	32.38
	600m:	6:13.82	32.16	1350m:	14:19.60	32.12	2100m:	22:26.33	32.24	2850m:	30:33.95	32.52
	650m:	6:45.87	32.05	1400m:	14:52.23	32.63	2150m:	22:58.83	32.50	2900m:	31:06.43	32.48
	700m:	7:18.31	32.44	1450m:	15:24.37	32.14	2200m:	23:31.45	32.62	2950m:	31:38.44	32.01
	750m:	7:50.47	32.16	1500m:	15:56.57	32.20	2250m:	24:03.65	32.20	3000m:	32:08.93	30.49
2.	RAMIREZ MIRANDA, Marco				08	C.N. Las Palmas				34:38.84	16,00	
	50m:	31.16	31.16	850m:	9:31.57	34.47	1600m:	18:13.20	34.78	2350m:	27:01.39	35.36
	100m:	1:03.49	32.33	900m:	10:06.18	34.61	1650m:	18:48.20	35.00	2400m:	27:36.71	35.32
	150m:	1:36.17	32.68	950m:	10:40.85	34.67	1700m:	19:23.39	35.19	2450m:	28:12.06	35.35
	200m:	2:42.10	1:05.93	1000m:	11:15.67	34.82	1750m:	19:58.60	35.21	2500m:	28:47.27	35.21
	250m:	3:15.58	33.48	1050m:	11:50.12	34.45	1800m:	20:33.78	35.18	2550m:	29:22.58	35.31
	300m:	3:48.87	33.29	1100m:	12:25.06	34.94	1850m:	21:09.21	35.43	2600m:	29:57.93	35.35
	400m:	4:22.74	33.87	1150m:	12:59.89	34.83	1900m:	21:44.03	34.82	2650m:	30:33.45	35.52
	450m:	4:56.82	34.08	1200m:	13:34.74	34.85	1950m:	22:19.16	35.13	2700m:	31:09.08	35.63
	500m:	5:31.08	34.26	1250m:	14:09.17	34.43	2000m:	22:54.37	35.21	2750m:	31:44.54	35.46
	550m:	6:05.12	34.04	1300m:	14:44.06	34.89	2050m:	23:29.56	35.19	2800m:	32:20.35	35.81
	600m:	6:39.40	34.28	1350m:	15:19.14	35.08	2100m:	24:04.62	35.06	2850m:	32:55.56	35.21
	650m:	7:13.55	34.15	1400m:	15:54.12	34.98	2150m:	24:40.24	35.62	2900m:	33:30.15	34.59
	700m:	7:48.10	34.55	1450m:	16:28.95	34.83	2200m:	25:15.52	35.28	2950m:	34:05.85	35.70
	750m:	8:22.40	34.30	1500m:	17:03.73	34.78	2250m:	25:50.73	35.21	3000m:	34:38.84	32.99
	800m:	8:57.10	34.70	1550m:	17:38.42	34.69	2300m:	26:26.03	35.30			
3.	PADRON MIGUELEZ, Matias				08	C.D.N. Nadamas Santa Rosa				35:13.30	14,00	
	50m:	30.81	30.81	800m:	9:06.55	34.39	1550m:	17:56.38	35.96	2300m:	26:57.44	36.74
	100m:	1:03.02	32.21	850m:	9:41.29	34.74	1600m:	18:32.46	36.08	2350m:	27:33.05	35.61
	150m:	1:36.11	33.09	900m:	10:15.96	34.67	1650m:	19:10.51	38.05	2400m:	28:09.05	36.00
	200m:	2:09.84	33.73	950m:	10:50.92	34.96	1700m:	19:44.31	33.80	2450m:	28:45.32	36.27
	250m:	2:44.15	34.31	1000m:	11:25.86	34.94	1750m:	20:18.97	34.66	2500m:	29:21.21	35.89
	300m:	3:18.36	34.21	1050m:	12:00.29	34.43	1800m:	20:55.73	36.76	2550m:	29:57.47	36.26
	350m:	3:53.25	34.89	1100m:	12:36.27	35.98	1850m:	21:30.66	34.93	2600m:	30:33.58	36.11
	400m:	4:28.89	35.64	1150m:	13:11.34	35.07	1900m:	22:06.59	35.93	2650m:	31:09.60	36.02
	450m:	5:03.83	34.94	1200m:	13:46.64	35.30	1950m:	22:42.44	35.85	2700m:	31:44.93	35.33
	500m:	5:36.13	32.30	1250m:	14:20.40	33.76	2000m:	23:18.45	36.01	2750m:	32:20.52	35.59
	550m:	6:11.90	35.77	1300m:	14:56.83	36.43	2050m:	23:54.50	36.05	2800m:	32:55.20	34.68
	600m:	6:46.63	34.73	1350m:	15:33.18	36.35	2100m:	24:31.33	36.83	2850m:	33:30.21	35.01
	650m:	7:21.14	34.51	1400m:	16:06.28	33.10	2150m:	25:07.91	36.58	2900m:	34:05.04	34.83
	700m:	7:56.97	35.83	1450m:	16:43.81	37.53	2200m:	25:44.05	36.14	2950m:	34:38.92	33.88
	750m:	8:32.16	35.19	1500m:	17:20.42	36.61	2250m:	26:20.70	36.65	3000m:	35:13.30	34.38

Prueba 4, Masc., 3000m Libre, JUNIOR 2

Clasificación

AN

Tiempo

4.	CABALLERO RUIZ, Oscar				08	C.N. Las Palmas				36:24.59	13,00	
	50m:	33.39	33.39	800m:	9:31.66	36.72	1550m:	18:36.00	36.51	2300m:	27:43.56	36.61
	100m:	1:07.94	34.55	850m:	10:07.54	35.88	1600m:	19:12.95	36.95	2350m:	28:19.82	36.26
	150m:	1:42.31	34.37	900m:	10:43.61	36.07	1650m:	19:49.78	36.83	2400m:	28:56.24	36.42
	200m:	2:17.09	34.78	950m:	11:20.07	36.46	1700m:	20:25.89	36.11	2450m:	29:33.87	37.63
	250m:	2:52.85	35.76	1000m:	11:56.35	36.28	1750m:	21:02.10	36.21	2500m:	30:11.51	37.64
	300m:	3:28.80	35.95	1050m:	12:32.83	36.48	1800m:	21:39.11	37.01	2550m:	30:48.68	37.17
	350m:	4:05.16	36.36	1100m:	13:10.31	37.48	1850m:	22:15.80	36.69	2600m:	31:25.72	37.04
	400m:	4:41.64	36.48	1150m:	13:46.37	36.06	1900m:	22:52.19	36.39	2650m:	32:03.40	37.68
	450m:	5:17.54	35.90	1200m:	14:23.06	36.69	1950m:	23:29.04	36.85	2700m:	32:40.61	37.21
	500m:	5:53.59	36.05	1250m:	14:58.55	35.49	2000m:	24:05.63	36.59	2750m:	33:18.49	37.88
	550m:	6:29.61	36.02	1300m:	15:34.44	35.89	2050m:	24:41.45	35.82	2800m:	33:56.29	37.80
	600m:	7:05.81	36.20	1350m:	16:11.07	36.63	2100m:	25:18.00	36.55	2850m:	34:33.76	37.47
	650m:	7:42.24	36.43	1400m:	16:46.45	35.38	2150m:	25:54.09	36.09	2900m:	35:11.83	38.07
	700m:	8:18.69	36.45	1450m:	17:22.82	36.37	2200m:	26:30.23	36.14	2950m:	35:48.30	36.47
	750m:	8:54.94	36.25	1500m:	17:59.49	36.67	2250m:	27:06.95	36.72	3000m:	36:24.59	36.29

DSQ RODRIGUEZ DIAZ, Javier 08 C.N. Teneteide -
DND - Desc no realiar toda la distancia

SENIOR LD

1.	MACARIO MOLINA, Joan			05	C.N. Las Palmas					31:34.97	19,00	
	50m:	30.04	30.04	800m:	8:09.94	31.34	1550m:	16:05.50	31.77	2300m:	24:07.60	32.08
	100m:	1:00.15	30.11	850m:	8:41.31	31.37	1600m:	16:37.96	32.46	2350m:	24:39.72	32.12
	150m:	1:30.42	30.27	900m:	9:12.74	31.43	1650m:	17:10.33	32.37	2400m:	25:11.98	32.26
	200m:	2:00.62	30.20	950m:	9:44.25	31.51	1700m:	17:42.75	32.42	2450m:	25:44.40	32.42
	250m:	2:30.78	30.16	1000m:	10:15.88	31.63	1750m:	18:15.11	32.36	2500m:	26:16.83	32.43
	300m:	3:01.16	30.38	1050m:	10:47.73	31.85	1800m:	18:47.31	32.20	2550m:	26:49.05	32.22
	350m:	3:31.66	30.50	1100m:	11:19.40	31.67	1850m:	19:18.89	31.58	2600m:	27:21.44	32.39
	400m:	4:02.10	30.44	1150m:	11:50.78	31.38	1900m:	19:50.84	31.95	2650m:	27:53.75	32.31
	450m:	4:32.87	30.77	1200m:	12:22.58	31.80	1950m:	20:23.02	32.18	2700m:	28:25.81	32.06
	500m:	5:03.48	30.61	1250m:	12:54.14	31.56	2000m:	20:55.11	32.09	2750m:	28:57.91	32.10
	550m:	5:34.32	30.84	1300m:	13:25.79	31.65	2050m:	21:27.08	31.97	2800m:	29:29.93	32.02
	600m:	6:05.19	30.87	1350m:	13:57.73	31.94	2100m:	21:58.88	31.80	2850m:	30:01.45	31.52
	650m:	6:36.12	30.93	1400m:	14:29.68	31.95	2150m:	22:30.74	31.86	2900m:	30:33.19	31.74
	700m:	7:07.28	31.16	1450m:	15:01.85	32.17	2200m:	23:03.22	32.48	2950m:	31:04.34	31.15
	750m:	7:38.60	31.32	1500m:	15:33.73	31.88	2250m:	23:35.52	32.30	3000m:	31:34.97	30.63
2.	SANTANA SARMIENTO, Miguel			83	C.N..Faynagua C. Telde					35:11.58	16,00	
	50m:	35.17	35.17	800m:	9:23.12	34.81	1550m:	18:11.58	35.32	2300m:	26:59.55	35.06
	100m:	1:10.31	35.14	850m:	9:58.35	35.23	1600m:	18:46.79	35.21	2350m:	27:34.73	35.18
	150m:	1:45.20	34.89	900m:	10:33.49	35.14	1650m:	19:22.24	35.45	2400m:	28:10.37	35.64
	200m:	2:20.58	35.38	950m:	11:08.73	35.24	1700m:	19:57.57	35.33	2450m:	28:45.41	35.04
	250m:	2:55.63	35.05	1000m:	11:44.13	35.40	1750m:	20:32.83	35.26	2500m:	29:20.83	35.42
	300m:	3:31.09	35.46	1050m:	12:19.65	35.52	1800m:	21:08.12	35.29	2550m:	29:56.29	35.46
	350m:	4:06.60	35.51	1100m:	12:55.02	35.37	1850m:	21:43.14	35.02	2600m:	30:31.81	35.52
	400m:	4:41.42	34.82	1150m:	13:30.65	35.63	1900m:	22:18.40	35.26	2650m:	31:07.55	35.74
	450m:	5:16.96	35.54	1200m:	14:05.79	35.14	1950m:	22:53.76	35.36	2700m:	31:43.33	35.78
	500m:	5:51.87	34.91	1250m:	14:40.64	34.85	2000m:	23:28.88	35.12	2750m:	32:19.00	35.67
	550m:	6:27.28	35.41	1300m:	15:16.01	35.37	2050m:	24:03.96	35.08	2800m:	32:54.44	35.44
	600m:	7:02.73	35.45	1350m:	15:50.72	34.71	2100m:	24:39.09	35.13	2850m:	33:30.26	35.82
	650m:	7:38.12	35.39	1400m:	16:26.02	35.30	2150m:	25:14.05	34.96	2900m:	34:05.58	35.32
	700m:	8:13.45	35.33	1450m:	17:00.92	34.90	2200m:	25:49.29	35.24	2950m:	34:41.00	35.42
	750m:	8:48.31	34.86	1500m:	17:36.26	35.34	2250m:	26:24.49	35.20	3000m:	35:11.58	30.58

Prueba 4, Masc., 3000m Libre, SENIOR LD

Clasificación	AN				Tiempo			
3.	HENRIQUEZ HERNANDEZ, Rafael		87	C.N. Aguacan	37:11.53 14,00			
50m:	35.24	35.24	800m:	9:40.17	36.55	1550m:	19:00.71	38.00
100m:	1:10.73	35.49	850m:	10:17.31	37.14	1600m:	19:38.76	38.05
150m:	1:46.30	35.57	900m:	10:54.15	36.84	1650m:	20:16.75	37.99
200m:	2:22.10	35.80	950m:	11:31.33	37.18	1700m:	20:54.47	37.72
250m:	2:58.16	36.06	1000m:	12:08.34	37.01	1750m:	21:32.29	37.82
300m:	3:34.24	36.08	1050m:	12:45.55	37.21	1800m:	22:10.32	38.03
350m:	4:10.63	36.39	1100m:	13:23.06	37.51	1850m:	22:48.11	37.79
400m:	4:47.01	36.38	1150m:	14:00.39	37.33	1900m:	23:25.82	37.71
450m:	5:23.30	36.29	1200m:	14:37.49	37.10	1950m:	24:04.40	38.58
500m:	5:59.92	36.62	1250m:	15:14.81	37.32	2000m:	24:41.83	37.43
550m:	6:36.62	36.70	1300m:	15:52.46	37.65	2050m:	25:19.76	37.93
600m:	7:13.21	36.59	1350m:	16:29.68	37.22	2100m:	25:57.73	37.97
650m:	7:50.18	36.97	1400m:	17:07.27	37.59	2150m:	26:34.99	37.26
700m:	8:26.91	36.73	1450m:	17:44.78	37.51	2200m:	27:12.77	37.78
750m:	9:03.62	36.71	1500m:	18:22.71	37.93	2250m:	27:50.03	37.26
						2300m:	28:27.87	37.84
						2350m:	29:05.38	37.51
						2400m:	29:42.95	37.57
						2450m:	30:20.42	37.47
						2500m:	30:58.40	37.98
						2550m:	31:36.15	37.75
						2600m:	32:14.28	38.13
						2650m:	32:52.11	37.83
						2700m:	33:30.54	38.43
						2750m:	34:07.89	37.35
						2800m:	34:45.40	37.51
						2850m:	35:22.85	37.45
						2900m:	36:00.20	37.35
						2950m:	36:36.61	36.41
						3000m:	37:11.53	34.92