

Prueba 1
18/11/2023

Fem., 2000m Libre

Infantil Femenino
Resultados

Clasificación

AN

Tiempo

1. ULIBARRI SANCHEZ, Ines	09	C.N. Las Palmas	23:43.40	19,00
50m: 32.27 32.27	600m: 7:00.08 1:10.93	1200m: 14:09.48 1:11.81	1800m: 21:20.67 1:11.30	
100m: 1:07.48 35.21	700m: 8:10.89 1:10.81	1300m: 15:20.93 1:11.45	1900m: 22:33.08 1:12.41	
200m: 2:17.41 1:09.93	800m: 9:22.54 1:11.65	1400m: 16:32.91 1:11.98	2000m: 23:43.40 1:10.32	
300m: 3:27.31 1:09.90	900m: 10:34.29 1:11.75	1500m: 17:45.18 1:12.27		
400m: 4:37.79 1:10.48	1000m: 11:46.27 1:11.98	1600m: 18:57.48 1:12.30		
500m: 5:49.15 1:11.36	1100m: 12:57.67 1:11.40	1700m: 20:09.37 1:11.89		
2. AGUIAR ESPINO, Olivia	09	C.N. Metropole	24:27.27	16,00
50m: 33.20 33.20	600m: 7:04.92 1:13.08	1200m: 14:30.33 1:15.30	1800m: 21:59.13 1:15.30	
100m: 1:07.53 34.33	700m: 8:18.65 1:13.73	1300m: 15:45.31 1:14.98	1900m: 23:14.03 1:14.90	
200m: 2:17.38 1:09.85	800m: 9:32.66 1:14.01	1400m: 17:00.86 1:15.55	2000m: 24:27.27 1:13.24	
300m: 3:28.15 1:10.77	900m: 10:46.71 1:14.05	1500m: 18:15.53 1:14.67		
400m: 4:39.55 1:11.40	1000m: 12:00.79 1:14.08	1600m: 19:29.71 1:14.18		
500m: 5:51.84 1:12.29	1100m: 13:15.03 1:14.24	1700m: 20:43.83 1:14.12		
3. MORALES FAJARDO, Nora	10	C.D.N. Nadamas Las Marinas	24:58.77	14,00
50m: 34.32 34.32	600m: 7:23.47 1:14.43	1200m: 14:55.82 1:15.57	1800m: 22:30.90 1:15.83	
100m: 1:10.09 35.77	700m: 8:38.42 1:14.95	1300m: 16:11.51 1:15.69	1900m: 23:46.57 1:15.67	
200m: 2:23.70 1:13.61	800m: 9:53.53 1:15.11	1400m: 17:28.03 1:16.52	2000m: 24:58.77 1:12.20	
300m: 3:38.89 1:15.19	900m: 11:08.73 1:15.20	1500m: 18:43.47 1:15.44		
400m: 4:53.97 1:15.08	1000m: 12:24.16 1:15.43	1600m: 19:59.10 1:15.63		
500m: 6:09.04 1:15.07	1100m: 13:40.25 1:16.09	1700m: 21:15.07 1:15.97		
4. BENITEZ BRITO, ana	10	C.N. Metropole	25:30.61	13,00
50m: 34.92 34.92	600m: 7:31.44 1:16.66	1200m: 15:14.98 1:17.65	1800m: 23:00.45 1:18.12	
100m: 1:11.59 36.67	700m: 8:48.21 1:16.77	1300m: 16:32.96 1:17.98	1900m: 24:17.78 1:17.33	
200m: 2:26.94 1:15.35	800m: 10:03.68 1:15.47	1400m: 17:51.37 1:18.41	2000m: 25:30.61 1:12.83	
300m: 3:42.56 1:15.62	900m: 11:21.84 1:18.16	1500m: 19:07.43 1:16.06		
400m: 4:58.40 1:15.84	1000m: 12:39.63 1:17.79	1600m: 20:25.98 1:18.55		
500m: 6:14.78 1:16.38	1100m: 13:57.33 1:17.70	1700m: 21:42.33 1:16.35		
5. PULIDO SOSA, Valeria	10	C.N. Las Palmas	26:06.17	12,00
50m: 35.99 35.99	600m: 7:42.97 1:17.70	1200m: 15:37.18 1:19.97	1800m: 23:31.68 1:19.04	
100m: 1:13.50 37.51	700m: 9:01.59 1:18.62	1300m: 16:56.43 1:19.25	1900m: 24:50.47 1:18.79	
200m: 2:30.35 1:16.85	800m: 10:19.81 1:18.22	1400m: 18:15.57 1:19.14	2000m: 26:06.17 1:15.70	
300m: 3:48.24 1:17.89	900m: 11:38.86 1:19.05	1500m: 19:34.33 1:18.76		
400m: 5:06.89 1:18.65	1000m: 12:58.06 1:19.20	1600m: 20:52.53 1:18.20		
500m: 6:25.27 1:18.38	1100m: 14:17.21 1:19.15	1700m: 22:12.64 1:20.11		
6. PEREZ RAMOS, Alba	10	C.N. Metropole	26:16.66	-
50m: 35.44 35.44	600m: 7:48.44 1:19.28	1200m: 15:43.47 1:19.22	1800m: 23:41.54 1:20.49	
100m: 1:13.32 37.88	700m: 9:07.55 1:19.11	1300m: 17:02.80 1:19.33	1900m: 25:00.44 1:18.90	
200m: 2:30.75 1:17.43	800m: 10:27.03 1:19.48	1400m: 18:21.85 1:19.05	2000m: 26:16.66 1:16.22	
300m: 3:49.39 1:18.64	900m: 11:46.25 1:19.22	1500m: 19:41.19 1:19.34		
400m: 5:09.10 1:19.71	1000m: 13:05.67 1:19.42	1600m: 21:01.06 1:19.87		
500m: 6:29.16 1:20.06	1100m: 14:24.25 1:18.58	1700m: 22:21.05 1:19.99		
7. CORREIA BLANCO, Camila Gabriela	09	C.N. Metropole	26:20.80	-
50m: 34.83 34.83	600m: 7:39.05 1:18.27	1200m: 15:40.64 1:20.81	1800m: 23:45.81 1:20.77	
100m: 1:11.13 36.30	700m: 8:58.39 1:19.34	1300m: 17:01.62 1:20.98	1900m: 25:05.95 1:20.14	
200m: 2:26.74 1:15.61	800m: 10:18.27 1:19.88	1400m: 18:22.95 1:21.33	2000m: 26:20.80 1:14.85	
300m: 3:43.74 1:17.00	900m: 11:38.11 1:19.84	1500m: 19:43.11 1:20.16		
400m: 5:01.64 1:17.90	1000m: 12:58.68 1:20.57	1600m: 21:03.95 1:20.84		
500m: 6:20.78 1:19.14	1100m: 14:19.83 1:21.15	1700m: 22:25.04 1:21.09		

Prueba 1, Fem., 2000m Libre, Infantil Femenino

Clasificación

AN

Tiempo

8.	SUÁREZ MACÍAS, Gabriela	09	C.N. Aguacan					26:21.99	11,00	FJ 1
	50m: 37.85 37.85	600m: 7:55.69	1:20.03	1200m: 15:56.40	1:19.97	1800m: 23:50.89	1:18.20			
	100m: 1:17.44 39.59	700m: 9:15.84	1:20.15	1300m: 17:16.71	1:20.31	1900m: 25:08.42	1:17.53			
	200m: 2:36.06 1:18.62	800m: 10:36.33	1:20.49	1400m: 18:36.07	1:19.36	2000m: 26:21.99	1:13.57			
	300m: 3:55.71 1:19.65	900m: 11:57.05	1:20.72	1500m: 19:55.65	1:19.58					
	400m: 5:15.57 1:19.86	1000m: 13:17.12	1:20.07	1600m: 21:14.05	1:18.40					
	500m: 6:35.66 1:20.09	1100m: 14:36.43	1:19.31	1700m: 22:32.69	1:18.64					
9.	LOPEZ SOSA, Carla	09	Cn.Salinas Sta.Lucia					26:21.99	10,00	FJ 2
	50m: 37.38 37.38	600m: 7:55.28	1:20.34	1200m: 15:56.35	1:20.30	1800m: 23:50.74	1:17.96			
	100m: 1:16.53 39.15	700m: 9:14.90	1:19.62	1300m: 17:16.38	1:20.03	1900m: 25:08.65	1:17.91			
	200m: 2:36.19 1:19.66	800m: 10:35.61	1:20.71	1400m: 18:36.00	1:19.62	2000m: 26:21.99	1:13.34			
	300m: 3:55.19 1:19.00	900m: 11:56.59	1:20.98	1500m: 19:55.71	1:19.71					
	400m: 5:14.99 1:19.80	1000m: 13:16.59	1:20.00	1600m: 21:14.04	1:18.33					
	500m: 6:34.94 1:19.95	1100m: 14:36.05	1:19.46	1700m: 22:32.78	1:18.74					
10.	ANDREWS, holly Annie	10	C.D.N. Nadamas Las Marinas					26:39.11	9,00	
	50m: 34.31 34.31	600m: 7:51.56	1:19.95	1200m: 15:55.01	1:20.28	1800m: 24:01.20	1:21.66			
	100m: 1:12.45 38.14	700m: 9:12.04	1:20.48	1300m: 17:16.25	1:21.24	1900m: 25:20.25	1:19.05			
	200m: 2:31.73 1:19.28	800m: 10:32.83	1:20.79	1400m: 18:37.30	1:21.05	2000m: 26:39.11	1:18.86			
	300m: 3:51.55 1:19.82	900m: 11:53.85	1:21.02	1500m: 19:57.19	1:19.89					
	400m: 5:11.21 1:19.66	1000m: 13:14.36	1:20.51	1600m: 21:17.82	1:20.63					
	500m: 6:31.61 1:20.40	1100m: 14:34.73	1:20.37	1700m: 22:39.54	1:21.72					
11.	GONZÁLEZ GONZÁLEZ, Janeth	10	C.N. Aguacan					27:13.56	8,00	
	50m: 36.29 36.29	600m: 7:55.86	1:20.95	1200m: 16:12.00	1:25.31	1800m: 24:33.19	1:22.15			
	100m: 1:14.63 38.34	700m: 9:16.79	1:20.93	1300m: 17:35.35	1:23.35	1900m: 25:56.02	1:22.83			
	200m: 2:33.48 1:18.85	800m: 10:38.95	1:22.16	1400m: 18:58.43	1:23.08	2000m: 27:13.56	1:17.54			
	300m: 3:53.69 1:20.21	900m: 12:01.48	1:22.53	1500m: 20:22.16	1:23.73					
	400m: 5:14.38 1:20.69	1000m: 13:24.00	1:22.52	1600m: 21:47.06	1:24.90					
	500m: 6:34.91 1:20.53	1100m: 14:46.69	1:22.69	1700m: 23:11.04	1:23.98					

Prueba 2
18/11/2023

Masc., 2000m Libre

Infantil Masculino
Resultados

Clasificación

AN

Tiempo

1.	QUILES PEÑATE, Jose Antonio				09	C.N. Metropole				22:32.75		19,00
	50m:	31.15	31.15	600m:	6:41.67	1:07.74	1200m:	13:30.45	1:08.10	1800m:	20:18.67	1:08.12
	100m:	1:04.26	33.11	700m:	7:50.02	1:08.35	1300m:	14:38.57	1:08.12	1900m:	21:26.26	1:07.59
	200m:	2:11.15	1:06.89	800m:	8:57.92	1:07.90	1400m:	15:46.87	1:08.30	2000m:	22:32.75	1:06.49
	300m:	3:18.08	1:06.93	900m:	10:06.04	1:08.12	1500m:	16:55.01	1:08.14			
	400m:	4:26.15	1:08.07	1000m:	11:14.34	1:08.30	1600m:	18:02.94	1:07.93			
	500m:	5:33.93	1:07.78	1100m:	12:22.35	1:08.01	1700m:	19:10.55	1:07.61			
2.	SANTOS CABRERA, Daniel				09	C.N. Metropole				23:22.86		16,00
	50m:	30.96	30.96	600m:	6:51.32	1:10.69	1200m:	13:55.58	1:11.39	1800m:	21:03.42	1:11.67
	100m:	1:04.14	33.18	700m:	8:01.67	1:10.35	1300m:	15:07.21	1:11.63	1900m:	22:14.26	1:10.84
	200m:	2:12.43	1:08.29	800m:	9:12.13	1:10.46	1400m:	16:18.48	1:11.27	2000m:	23:22.86	1:08.60
	300m:	3:21.48	1:09.05	900m:	10:22.49	1:10.36	1500m:	17:29.59	1:11.11			
	400m:	4:30.85	1:09.37	1000m:	11:33.23	1:10.74	1600m:	18:40.32	1:10.73			
	500m:	5:40.63	1:09.78	1100m:	12:44.19	1:10.96	1700m:	19:51.75	1:11.43			

Prueba 2, Masc., 2000m Libre, Infantil Masculino

Clasificación

AN

Tiempo

3.	FUENTES MONTES, Pablo	10	C.N. Las Palmas	23:40.82	14,00
	50m: 33.89 33.89	600m: 7:04.34	1:10.87	1200m: 14:11.52	1:11.27
	100m: 1:08.33 34.44	700m: 8:15.54	1:11.20	1300m: 15:22.89	1:11.37
	200m: 2:19.74 1:11.41	800m: 9:26.41	1:10.87	1400m: 16:34.44	1:11.55
	300m: 3:31.13 1:11.39	900m: 10:37.37	1:10.96	1500m: 17:45.68	1:11.24
	400m: 4:42.88 1:11.75	1000m: 11:48.58	1:11.21	1600m: 18:57.43	1:11.75
	500m: 5:53.47 1:10.59	1100m: 13:00.25	1:11.67	1700m: 20:09.02	1:11.59
4.	ALEMAN LOPEZ, Hugo	09	C.N. Metropole	23:48.00	-
	50m: 32.80 32.80	600m: 7:02.50	1:02.81	1200m: 14:12.53	1:11.69
	100m: 1:06.68 33.88	700m: 8:14.75	1:12.25	1300m: 15:23.83	1:11.30
	200m: 2:17.07 1:10.39	800m: 9:26.10	1:11.35	1400m: 16:35.57	1:11.74
	300m: 3:28.03 1:10.96	900m: 10:37.11	1:11.01	1500m: 17:47.41	1:11.84
	400m: 4:39.25 1:11.22	1000m: 11:49.42	1:12.31	1600m: 18:59.88	1:12.47
	500m: 5:59.69 1:20.44	1100m: 13:00.84	1:11.42	1700m: 20:11.53	1:11.65
5.	SANCHEZ FERNANDEZ, Gregory	09	C.N. Los Cristianos	24:06.22	13,00
	50m: 32.77 32.77	600m: 7:04.06	1:12.12	1200m: 14:17.96	1:12.94
	100m: 1:06.95 34.18	700m: 8:16.39	1:12.33	1300m: 15:30.94	1:12.98
	200m: 2:16.89 1:09.94	800m: 9:27.74	1:11.35	1400m: 16:44.82	1:13.88
	300m: 3:28.24 1:11.35	900m: 10:39.61	1:11.87	1500m: 17:58.94	1:14.12
	400m: 4:40.20 1:11.96	1000m: 11:52.39	1:12.78	1600m: 19:12.99	1:14.05
	500m: 5:51.94 1:11.74	1100m: 13:05.02	1:12.63	1700m: 20:27.38	1:14.39
6.	QUIJADA PÉREZ, Saúl Alejandro	10	C.D. N. Bentacu-Laguna	24:33.95	12,00
	50m: 31.66 31.66	600m: 7:12.68	1:13.84	1200m: 14:41.55	1:15.32
	100m: 1:05.57 33.91	700m: 8:26.99	1:14.31	1300m: 15:56.43	1:14.88
	200m: 2:17.43 1:11.86	800m: 9:41.86	1:14.87	1400m: 17:11.23	1:14.80
	300m: 3:30.53 1:13.10	900m: 10:57.20	1:15.34	1500m: 18:26.01	1:14.78
	400m: 4:44.47 1:13.94	1000m: 12:11.84	1:14.64	1600m: 19:40.40	1:14.39
	500m: 5:58.84 1:14.37	1100m: 13:26.23	1:14.39	1700m: 20:55.01	1:14.61
7.	GARCIA CARRETERO, Nicolas	09	C.N. Metropole	24:35.87	-
	50m: 34.10 34.10	600m: 7:20.78	1:15.10	1200m: 14:49.43	1:14.50
	100m: 1:09.50 35.40	700m: 8:35.14	1:14.36	1300m: 16:03.79	1:14.36
	200m: 2:22.21 1:12.71	800m: 9:50.73	1:15.59	1400m: 17:18.12	1:14.33
	300m: 3:35.64 1:13.43	900m: 11:05.15	1:14.42	1500m: 18:32.85	1:14.73
	400m: 4:50.03 1:14.39	1000m: 12:20.33	1:15.18	1600m: 19:47.73	1:14.88
	500m: 6:05.68 1:15.65	1100m: 13:34.93	1:14.60	1700m: 21:02.21	1:14.48
8.	DÍAZ PÉREZ, Arión	10	C.N. Las Palmas	24:58.03	11,00
	50m: 35.27 35.27	600m: 7:31.94	1:16.19	1200m: 15:01.44	1:13.98
	100m: 1:11.96 36.69	700m: 8:48.02	1:16.08	1300m: 16:15.99	1:14.55
	200m: 2:27.84 1:15.88	800m: 10:03.52	1:15.50	1400m: 17:30.35	1:14.36
	300m: 3:43.34 1:15.50	900m: 11:18.00	1:14.48	1500m: 18:44.63	1:14.28
	400m: 4:58.98 1:15.64	1000m: 12:23.29	1:05.29	1600m: 19:58.71	1:14.08
	500m: 6:15.75 1:16.77	1100m: 13:47.46	1:24.17	1700m: 21:14.60	1:15.89
9.	GOMEZ RODRIGUEZ, Daniel	09	C.N. Aguacan	25:20.86	10,00
	50m: 34.38 34.38	600m: 7:26.47	1:16.62	1200m: 15:02.59	1:15.24
	100m: 1:10.73 36.35	700m: 8:42.51	1:16.04	1300m: 16:19.07	1:16.48
	200m: 2:24.44 1:13.71	800m: 9:58.15	1:15.64	1400m: 17:35.50	1:16.43
	300m: 3:38.85 1:14.41	900m: 11:14.43	1:16.28	1500m: 18:53.25	1:17.75
	400m: 4:54.73 1:15.88	1000m: 12:31.47	1:17.04	1600m: 20:11.24	1:17.99
	500m: 6:09.85 1:15.12	1100m: 13:47.35	1:15.88	1700m: 21:29.58	1:18.34

Prueba 2, Masc., 2000m Libre, Infantil Masculino

Clasificación	AN								Tiempo			
10.	BRISSON DELGADO, David				10	C.N. Metropole				25:49.41	-	
	50m:	35.69	35.69	600m:	7:37.71	1:17.84	1200m:	15:26.12	1:17.78	1800m:	23:18.08	1:19.42
	100m:	1:13.04	37.35	700m:	8:55.55	1:17.84	1300m:	16:43.15	1:17.03	1900m:	24:35.67	1:17.59
	200m:	2:29.57	1:16.53	800m:	10:13.54	1:17.99	1400m:	18:01.38	1:18.23	2000m:	25:49.41	1:13.74
	300m:	3:45.10	1:15.53	900m:	11:32.02	1:18.48	1500m:	19:20.08	1:18.70			
	400m:	5:02.03	1:16.93	1000m:	12:50.21	1:18.19	1600m:	20:39.03	1:18.95			
	500m:	6:19.87	1:17.84	1100m:	14:08.34	1:18.13	1700m:	21:58.66	1:19.63			
11.	KEY RAMIREZ, Octavio Jose				10	C.D. N. Bentacu-Laguna				26:33.41	9,00	
	50m:	34.48	34.48	600m:	7:51.07	1:19.90	1200m:	15:54.82	1:20.22	1800m:	24:00.76	1:21.49
	100m:	1:12.66	38.18	700m:	9:11.85	1:20.78	1300m:	17:16.25	1:21.43	1900m:	25:18.45	1:17.69
	200m:	2:31.44	1:18.78	800m:	10:32.81	1:20.96	1400m:	18:37.38	1:21.13	2000m:	26:33.41	1:14.96
	300m:	3:51.60	1:20.16	900m:	11:53.45	1:20.64	1500m:	19:56.50	1:19.12			
	400m:	5:10.90	1:19.30	1000m:	13:14.17	1:20.72	1600m:	21:18.04	1:21.54			
	500m:	6:31.17	1:20.27	1100m:	14:34.60	1:20.43	1700m:	22:39.27	1:21.23			
12.	ALASTUEY MARCELO, Hugo				10	C.N. Metropole				26:54.55	-	
	50m:	36.97	36.97	600m:	7:59.07	1:21.06	1200m:	16:07.95	1:21.23	1800m:	24:17.00	1:20.32
	100m:	1:15.64	38.67	700m:	9:20.85	1:21.78	1300m:	17:29.75	1:21.80	1900m:	25:37.29	1:20.29
	200m:	2:35.35	1:19.71	800m:	10:42.30	1:21.45	1400m:	18:51.71	1:21.96	2000m:	26:54.55	1:17.26
	300m:	3:56.04	1:20.69	900m:	12:03.78	1:21.48	1500m:	20:12.71	1:21.00			
	400m:	5:16.19	1:20.15	1000m:	13:25.51	1:21.73	1600m:	21:34.87	1:22.16			
	500m:	6:38.01	1:21.82	1100m:	14:46.72	1:21.21	1700m:	22:56.68	1:21.81			

Prueba 3 Fem., 3000m Libre 16 - 98 años
18/11/2023 Resultados

Clasificación	AN										Tiempo	
JUNIOR 1												
1. JAEN SERRA, Naira			08		C.D.N. Nadamas Las Marinas					35:46.05 19,00		
50m:	32.80	32.80	800m:	9:19.57	1:11.25	1600m:	18:51.37	1:11.35	2400m:	28:28.20	1:13.47	
100m:	1:06.59	33.79	900m:	10:31.38	1:11.81	1700m:	20:02.87	1:11.50	2500m:	29:41.58	1:13.38	
200m:	2:15.39	1:08.80	1000m:	11:42.29	1:10.91	1800m:	21:14.43	1:11.56	2600m:	30:54.97	1:13.39	
300m:	3:25.49	1:10.10	1100m:	12:51.54	1:09.25	1900m:	22:26.15	1:11.72	2700m:	32:08.22	1:13.25	
400m:	4:35.75	1:10.26	1200m:	14:03.33	1:11.79	2000m:	23:37.93	1:11.78	2800m:	33:21.24	1:13.02	
500m:	5:46.75	1:11.00	1300m:	15:15.33	1:12.00	2100m:	24:50.39	1:12.46	2900m:	34:34.43	1:13.19	
600m:	6:57.11	1:10.36	1400m:	16:27.87	1:12.54	2200m:	26:02.17	1:11.78	3000m:	35:46.05	1:11.62	
700m:	8:08.32	1:11.21	1500m:	17:40.02	1:12.15	2300m:	27:14.73	1:12.56				
2. RUIZ REYES, Raquel			07		C.N. Las Palmas					36:42.19 16,00		
50m:	33.58	33.58	800m:	9:36.02	1:13.30	1600m:	19:27.11	1:13.10	2400m:	29:18.69	1:14.70	
100m:	1:07.89	34.31	900m:	10:49.54	1:13.52	1700m:	20:39.27	1:12.16	2500m:	30:33.69	1:15.00	
200m:	2:19.50	1:11.61	1000m:	12:03.38	1:13.84	1800m:	21:51.68	1:12.41	2600m:	31:47.87	1:14.18	
300m:	3:31.76	1:12.26	1100m:	13:16.82	1:13.44	1900m:	23:05.12	1:13.44	2700m:	33:01.76	1:13.89	
400m:	4:44.15	1:12.39	1200m:	14:30.76	1:13.94	2000m:	24:19.74	1:14.62	2800m:	34:15.32	1:13.56	
500m:	5:56.88	1:12.73	1300m:	15:45.23	1:14.47	2100m:	25:34.74	1:15.00	2900m:	35:29.50	1:14.18	
600m:	7:09.77	1:12.89	1400m:	16:59.54	1:14.31	2200m:	26:49.17	1:14.43	3000m:	36:42.19	1:12.69	
700m:	8:22.72	1:12.95	1500m:	18:14.01	1:14.47	2300m:	28:03.99	1:14.82				

Prueba 3, Fem., 3000m Libre, JUNIOR 1

Clasificación

AN

Tiempo

3.	SASU BODARNEA, Natalia Emilia			08	C.D.N. Nadamas Las Marinas				39:37.69	14,00		
	50m:	35.45	35.45	800m:	10:13.69	1:17.22	1600m:	21:00.53	1:20.73	2400m:	31:42.65	1:20.03
	100m:	1:12.47	37.02	900m:	11:33.53	1:19.84	1700m:	22:21.27	1:20.74	2500m:	33:03.02	1:20.37
	200m:	2:29.89	1:17.42	1000m:	12:54.57	1:21.04	1800m:	23:42.32	1:21.05	2600m:	34:22.49	1:19.47
	300m:	3:46.65	1:16.76	1100m:	14:15.05	1:20.48	1900m:	25:01.50	1:19.18	2700m:	35:42.67	1:20.18
	400m:	5:03.79	1:17.14	1200m:	15:36.16	1:21.11	2000m:	26:21.79	1:20.29	2800m:	37:02.36	1:19.69
	500m:	6:20.94	1:17.15	1300m:	16:57.37	1:21.21	2100m:	27:43.00	1:21.21	2900m:	38:20.74	1:18.38
	600m:	7:38.53	1:17.59	1400m:	18:18.77	1:21.40	2200m:	29:02.90	1:19.90	3000m:	39:37.69	1:16.95
	700m:	8:56.47	1:17.94	1500m:	19:39.80	1:21.03	2300m:	30:22.62	1:19.72			
4.	CALZADILLA SOCAS, Rebeca			08	C.D. N. Bentacu-Laguna				44:13.69	13,00		
	50m:	37.88	37.88	800m:	11:29.84	1:26.84	1600m:	23:22.71	1:29.71	2400m:	35:22.62	1:30.22
	100m:	1:19.22	41.34	900m:	12:58.71	1:28.87	1700m:	24:53.21	1:30.50	2500m:	36:50.62	1:28.00
	200m:	2:46.24	1:27.02	1000m:	14:27.30	1:28.59	1800m:	26:24.38	1:31.17	2600m:	38:19.80	1:29.18
	300m:	4:12.82	1:26.58	1100m:	15:57.71	1:30.41	1900m:	27:54.65	1:30.27	2700m:	39:50.71	1:30.91
	400m:	5:40.25	1:27.43	1200m:	17:25.40	1:27.69	2000m:	29:23.62	1:28.97	2800m:	41:19.49	1:28.78
	500m:	7:07.66	1:27.41	1300m:	18:53.78	1:28.38	2100m:	30:53.74	1:30.12	2900m:	42:48.68	1:29.19
	600m:	8:35.81	1:28.15	1400m:	20:23.90	1:30.12	2200m:	32:23.15	1:29.41	3000m:	44:13.69	1:25.01
	700m:	10:03.00	1:27.19	1500m:	21:53.00	1:29.10	2300m:	33:52.40	1:29.25			

NP LEON RAMOS, Sara 08 C.N. Metropole -

JUNIOR 2

1.	DENBY, Kennedy Hope			05	C.D.N. Nadamas Las Marinas				34:08.23	19,00	
50m:	31.91	31.91	800m:	8:53.96	1:07.10	1600m:	17:59.36	1:08.72	2400m:	27:11.61	1:09.54
100m:	1:04.80	32.89	900m:	10:01.36	1:07.40	1700m:	19:08.08	1:08.72	2500m:	28:21.24	1:09.63
200m:	2:11.76	1:06.96	1000m:	11:08.60	1:07.24	1800m:	20:16.94	1:08.86	2600m:	29:30.68	1:09.44
300m:	3:18.91	1:07.15	1100m:	12:16.41	1:07.81	1900m:	21:25.91	1:08.97	2700m:	30:40.32	1:09.64
400m:	4:25.82	1:06.91	1200m:	13:24.58	1:08.17	2000m:	22:34.73	1:08.82	2800m:	31:50.09	1:09.77
500m:	5:32.99	1:07.17	1300m:	14:33.48	1:08.90	2100m:	23:43.86	1:09.13	2900m:	32:59.70	1:09.61
600m:	6:39.99	1:07.00	1400m:	15:41.95	1:08.47	2200m:	24:53.02	1:09.16	3000m:	34:08.23	1:08.53
700m:	7:46.86	1:06.87	1500m:	16:50.64	1:08.69	2300m:	26:02.07	1:09.05			

SENIOR LD

1.	DE CASTRO URQUIOLA, Helena			04	C.N. Aguacan				40:22.63	19,00	
50m:	35.33	35.33	800m:	10:27.38	1:19.52	1600m:	21:11.86	1:20.80	2400m:	32:10.32	1:23.05
100m:	1:13.37	38.04	900m:	11:47.53	1:20.15	1700m:	22:33.75	1:21.89	2500m:	33:32.85	1:22.53
200m:	2:31.88	1:18.51	1000m:	13:07.22	1:19.69	1800m:	23:55.72	1:21.97	2600m:	34:55.27	1:22.42
300m:	3:51.15	1:19.27	1100m:	14:27.22	1:20.00	1900m:	25:17.85	1:22.13	2700m:	36:18.05	1:22.78
400m:	5:09.85	1:18.70	1200m:	15:47.49	1:20.27	2000m:	26:40.18	1:22.33	2800m:	37:41.08	1:23.03
500m:	6:29.80	1:19.95	1300m:	17:08.55	1:21.06	2100m:	28:02.77	1:22.59	2900m:	39:03.00	1:21.92
600m:	7:48.71	1:18.91	1400m:	18:30.06	1:21.51	2200m:	29:24.91	1:22.14	3000m:	40:22.63	1:19.63
700m:	9:07.86	1:19.15	1500m:	19:51.06	1:21.00	2300m:	30:47.27	1:22.36			

Prueba 4
18/11/2023

Masc., 3000m Libre

16 - 98 años
Resultados

Clasificación

AN

Tiempo

JUNIOR 1

1.	DE ARMAS DELGADO, Juan Jose	07	C.D.N. Nadamas Las Marinas	33:05.79	19,00
	50m: 31.15 31.15	800m: 8:44.27 1:05.41	1600m: 17:35.33 1:06.46	2350m: 26:29.80 1:06.99	
	100m: 1:02.97 31.82	900m: 9:50.07 1:05.80	1650m: 18:42.87 1:07.54	2450m: 27:36.63 1:06.83	
	200m: 2:07.68 1:04.71	1000m: 10:55.98 1:05.91	1750m: 19:49.07 1:06.20	2550m: 28:43.67 1:07.04	
	300m: 3:13.33 1:05.65	1100m: 12:02.07 1:06.09	1850m: 20:55.21 1:06.14	2650m: 29:50.79 1:07.12	
	400m: 4:20.08 1:06.75	1200m: 13:08.35 1:06.28	1950m: 22:01.67 1:06.46	2750m: 30:57.99 1:07.20	
	500m: 5:26.17 1:06.09	1300m: 14:15.14 1:06.79	2050m: 23:08.74 1:07.07	2850m: 32:04.66 1:06.67	
	600m: 6:32.28 1:06.11	1400m: 15:21.98 1:06.84	2150m: 24:15.08 1:06.34	3000m: 33:05.79 1:01.13	
	700m: 7:38.86 1:06.58	1500m: 16:28.87 1:06.89	2250m: 25:22.81 1:07.73		
2.	RODRIGUEZ DIAZ, Javier	08	C.D. Teneteide	33:59.68	16,00
	50m: 32.21 32.21	800m: 9:04.49 1:08.57	1600m: 18:08.44 1:08.26	2400m: 27:12.78 1:07.72	
	100m: 1:05.76 33.55	900m: 10:12.71 1:08.22	1700m: 19:16.47 1:08.03	2500m: 28:14.98 1:02.20	
	200m: 2:13.45 1:07.69	1000m: 11:20.58 1:07.87	1800m: 20:25.04 1:08.57	2600m: 29:27.72 1:12.74	
	300m: 3:22.30 1:08.85	1100m: 12:28.72 1:08.14	1900m: 21:33.65 1:08.61	2700m: 30:35.92 1:08.20	
	400m: 4:30.71 1:08.41	1200m: 13:36.82 1:08.10	2000m: 22:41.36 1:07.71	2800m: 31:44.58 1:08.66	
	500m: 5:39.13 1:08.42	1300m: 14:45.34 1:08.52	2100m: 23:48.89 1:07.53	2900m: 32:53.38 1:08.80	
	600m: 6:47.51 1:08.38	1400m: 15:53.02 1:07.68	2200m: 24:57.41 1:08.52	3000m: 33:59.68 1:06.30	
	700m: 7:55.92 1:08.41	1500m: 17:00.18 1:07.16	2300m: 26:05.06 1:07.65		
3.	PADRON MIGUELEZ, Matias	08	C.D.N. Nadamas Las Marinas	34:18.65	14,00
	50m: 32.67 32.67	800m: 9:06.06 1:07.49	1600m: 18:07.58 1:08.56	2400m: 27:19.69 1:10.32	
	100m: 1:06.06 33.39	900m: 10:13.30 1:07.24	1700m: 19:16.37 1:08.79	2500m: 28:30.27 1:10.58	
	200m: 2:14.69 1:08.63	1000m: 11:20.31 1:07.01	1800m: 20:25.01 1:08.64	2600m: 29:41.04 1:10.77	
	300m: 3:23.95 1:09.26	1100m: 12:27.45 1:07.14	1900m: 21:33.68 1:08.67	2700m: 30:52.42 1:11.38	
	400m: 4:33.41 1:09.46	1200m: 13:35.10 1:07.65	2000m: 22:41.56 1:07.88	2800m: 32:02.97 1:10.55	
	500m: 5:42.65 1:09.24	1300m: 14:42.75 1:07.65	2100m: 23:50.37 1:08.81	2900m: 33:13.14 1:10.17	
	600m: 6:50.89 1:08.24	1400m: 15:51.21 1:08.46	2200m: 24:59.16 1:08.79	3000m: 34:18.65 1:05.51	
	700m: 7:58.57 1:07.68	1500m: 16:59.02 1:07.81	2300m: 26:09.37 1:10.21		
4.	FERNANDEZ ALPERI, Herminio	08	C.D.N. Nadamas Las Marinas	34:54.21	-
	50m: 32.44 32.44	800m: 9:09.57 1:08.98	1600m: 18:30.54 1:10.51	2400m: 27:51.88 1:09.77	
	100m: 1:06.65 34.21	900m: 10:19.40 1:09.83	1700m: 19:40.71 1:10.17	2500m: 29:02.81 1:10.93	
	200m: 2:15.85 1:09.20	1000m: 11:29.53 1:10.13	1800m: 20:51.30 1:10.59	2600m: 30:13.41 1:10.60	
	300m: 3:24.69 1:08.84	1100m: 12:39.06 1:09.53	1900m: 22:01.74 1:10.44	2700m: 31:23.97 1:10.56	
	400m: 4:33.47 1:08.78	1200m: 13:49.37 1:10.31	2000m: 23:12.00 1:10.26	2800m: 32:35.04 1:11.07	
	500m: 5:43.13 1:09.66	1300m: 14:59.13 1:09.76	2100m: 24:22.03 1:10.03	2900m: 33:46.07 1:11.03	
	600m: 6:52.02 1:08.89	1400m: 16:09.11 1:09.98	2200m: 25:31.69 1:09.66	3000m: 34:54.21 1:08.14	
	700m: 8:00.59 1:08.57	1500m: 17:20.03 1:10.92	2300m: 26:42.11 1:10.42		
5.	RAMIREZ MIRANDA, Marco	08	C.N. Las Palmas	35:34.72	13,00
	50m: 32.79 32.79	500m: 5:44.19 1:10.22	1000m: 11:37.41 1:10.72	1500m: 17:34.74 1:11.78	
	100m: 1:06.91 34.12	600m: 6:54.57 1:10.38	1100m: 12:48.08 1:10.67	1600m: 18:46.23 1:11.49	
	200m: 2:15.96 1:09.05	700m: 8:05.74 1:11.17	1200m: 13:59.54 1:11.46	2800m: 33:12.88 14:26.65	
	300m: 3:24.96 1:09.00	800m: 9:16.08 1:10.34	1300m: 15:11.23 1:11.69	2900m: 34:21.61 1:08.73	
	400m: 4:33.97 1:09.01	900m: 10:26.69 1:10.61	1400m: 16:22.96 1:11.73	3000m: 35:34.72 1:13.11	

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

Clasificación

AN

Tiempo

6.	SUAREZ NAVARRO, Liván José			08	C.N. Metropole				37:04.89	12,00		
	50m:	33.90	33.90	800m:	9:34.32	1:13.72	1600m:	19:27.69	1:15.27	2400m:	29:31.52	1:15.73
	100m:	1:07.68	33.78	900m:	10:47.61	1:13.29	1700m:	20:42.99	1:15.30	2500m:	30:47.73	1:16.21
	200m:	2:17.69	1:10.01	1000m:	12:01.21	1:13.60	1800m:	21:58.75	1:15.76	2600m:	32:03.39	1:15.66
	300m:	3:29.59	1:11.90	1100m:	13:15.26	1:14.05	1900m:	23:13.89	1:15.14	2700m:	33:19.13	1:15.74
	400m:	4:42.08	1:12.49	1200m:	14:39.13	1:23.87	2000m:	24:29.36	1:15.47	2800m:	34:34.84	1:15.71
	500m:	5:54.91	1:12.83	1300m:	15:43.04	1:03.91	2100m:	25:44.82	1:15.46	2900m:	35:49.82	1:14.98
	600m:	7:07.70	1:12.79	1400m:	16:57.82	1:14.78	2200m:	26:59.86	1:15.04	3000m:	37:04.89	1:15.07
	700m:	8:20.60	1:12.90	1500m:	18:12.42	1:14.60	2300m:	28:15.79	1:15.93			
7.	SANTANA RAMIREZ, Adrian			08	Cn.Salinas Sta.Lucia				37:33.74	11,00		
	50m:	32.81	32.81	800m:	9:46.69	1:14.78	1600m:	19:44.99	1:14.06	2400m:	29:54.96	1:17.02
	100m:	1:08.20	35.39	900m:	11:02.08	1:15.39	1700m:	21:00.61	1:15.62	2500m:	31:12.42	1:17.46
	200m:	2:21.23	1:13.03	1000m:	12:16.44	1:14.36	1800m:	22:15.87	1:15.26	2600m:	32:30.64	1:18.22
	300m:	3:35.16	1:13.93	1100m:	13:31.08	1:14.64	1900m:	23:32.25	1:16.38	2700m:	33:48.09	1:17.45
	400m:	4:49.40	1:14.24	1200m:	14:45.75	1:14.67	2000m:	24:48.56	1:16.31	2800m:	35:05.17	1:17.08
	500m:	6:02.71	1:13.31	1300m:	15:59.97	1:14.22	2100m:	26:04.71	1:16.15	2900m:	36:21.20	1:16.03
	600m:	7:17.18	1:14.47	1400m:	17:15.69	1:15.72	2200m:	27:21.24	1:16.53	3000m:	37:33.74	1:12.54
	700m:	8:31.91	1:14.73	1500m:	18:30.93	1:15.24	2300m:	28:37.94	1:16.70			
8.	GAURISHANKER NAVARRO, Elgin			08	Cn.Salinas Sta.Lucia				39:00.43	10,00		
	50m:	34.66	34.66	800m:	10:14.72	1:18.39	1600m:	20:40.59	1:17.33	2400m:	31:09.33	1:18.49
	100m:	1:11.43	36.77	900m:	11:34.23	1:19.51	1700m:	21:58.04	1:17.45	2500m:	32:27.96	1:18.63
	200m:	2:27.56	1:16.13	1000m:	12:52.48	1:18.25	1800m:	23:16.91	1:18.87	2600m:	33:47.33	1:19.37
	300m:	3:44.64	1:17.08	1100m:	14:10.96	1:18.48	1900m:	24:36.04	1:19.13	2700m:	35:05.47	1:18.14
	400m:	5:02.56	1:17.92	1200m:	15:28.28	1:17.32	2000m:	25:54.85	1:18.81	2800m:	36:24.29	1:18.82
	500m:	6:20.29	1:17.73	1300m:	16:46.71	1:18.43	2100m:	27:13.79	1:18.94	2900m:	37:42.42	1:18.13
	600m:	7:38.34	1:18.05	1400m:	18:04.46	1:17.75	2200m:	28:33.18	1:19.39	3000m:	39:00.43	1:18.01
	700m:	8:56.33	1:17.99	1500m:	19:23.26	1:18.80	2300m:	29:50.84	1:17.66			
9.	ACOSTA ARMAS, Agoney			07	C.N. Metropole				39:46.34	9,00		
	50m:	32.83	32.83	800m:	10:10.43	1:19.17	1600m:	20:56.44	1:20.90	2400m:	31:48.60	1:21.77
	100m:	1:07.66	34.83	900m:	11:30.52	1:20.09	1700m:	22:18.02	1:21.58	2500m:	33:10.13	1:21.53
	200m:	2:21.34	1:13.68	1000m:	12:52.66	1:22.14	1800m:	23:38.67	1:20.65	2600m:	34:30.22	1:20.09
	300m:	3:36.79	1:15.45	1100m:	14:12.64	1:19.98	1900m:	25:00.53	1:21.86	2700m:	35:49.69	1:19.47
	400m:	4:53.79	1:17.00	1200m:	15:32.79	1:20.15	2000m:	26:21.53	1:21.00	2800m:	37:10.04	1:20.35
	500m:	6:11.97	1:18.18	1300m:	16:53.62	1:20.83	2100m:	27:43.71	1:22.18	2900m:	38:29.07	1:19.03
	600m:	7:31.32	1:19.35	1400m:	18:14.83	1:21.21	2200m:	29:04.96	1:21.25	3000m:	39:46.34	1:17.27
	700m:	8:51.26	1:19.94	1500m:	19:35.54	1:20.71	2300m:	30:26.83	1:21.87			

JUNIOR 2

1.	MACARIO MOLINA, Joan			05	C.N. Las Palmas				31:13.77	19,00	
50m:	29.93	29.93	800m:	8:11.18	1:01.79	1600m:	16:30.93	1:02.24	2400m:	24:54.93	1:03.44
100m:	1:00.46	30.53	900m:	9:13.50	1:02.32	1700m:	17:33.84	1:02.91	2500m:	25:58.41	1:03.48
200m:	2:01.45	1:00.99	1000m:	10:15.88	1:02.38	1800m:	18:36.67	1:02.83	2600m:	27:01.50	1:03.09
300m:	3:02.62	1:01.17	1100m:	11:18.29	1:02.41	1900m:	19:39.61	1:02.94	2700m:	28:04.93	1:03.43
400m:	4:04.16	1:01.54	1200m:	12:20.76	1:02.47	2000m:	20:42.52	1:02.91	2800m:	29:08.00	1:03.07
500m:	5:05.59	1:01.43	1300m:	13:23.13	1:02.37	2100m:	21:45.30	1:02.78	2900m:	30:11.61	1:03.61
600m:	6:07.40	1:01.81	1400m:	14:25.97	1:02.84	2200m:	22:48.22	1:02.92	3000m:	31:13.77	1:02.16
700m:	7:09.39	1:01.99	1500m:	15:28.69	1:02.72	2300m:	23:51.49	1:03.27			

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

Clasificación

AN

Tiempo

2.	COCERA CORDON, Yare			05	C.N. Metropole				32:05.33	16,00		
	50m:	30.45	30.45	800m:	8:27.89	1:04.51	1600m:	17:06.12	1:05.16	2400m:	25:43.16	1:04.49
	100m:	1:01.66	31.21	900m:	9:32.48	1:04.59	1700m:	18:11.15	1:05.03	2500m:	26:47.74	1:04.58
	200m:	2:04.73	1:03.07	1000m:	10:36.86	1:04.38	1800m:	19:15.89	1:04.74	2600m:	27:51.83	1:04.09
	300m:	3:08.04	1:03.31	1100m:	11:41.61	1:04.75	1900m:	20:20.86	1:04.97	2700m:	28:55.98	1:04.15
	400m:	4:11.76	1:03.72	1200m:	12:46.64	1:05.03	2000m:	21:25.43	1:04.57	2800m:	29:59.67	1:03.69
	500m:	5:15.20	1:03.44	1300m:	13:51.14	1:04.50	2100m:	22:29.98	1:04.55	2900m:	31:03.83	1:04.16
	600m:	6:18.98	1:03.78	1400m:	14:55.98	1:04.84	2200m:	23:34.38	1:04.40	3000m:	32:05.33	1:01.50
	700m:	7:23.38	1:04.40	1500m:	16:00.96	1:04.98	2300m:	24:38.67	1:04.29			
3.	LORENÇO FERREIRA, Gustavo			06	C.D.N. Nadamas Las Marinas				33:05.67	14,00		
	50m:	30.43	30.43	800m:	8:41.90	1:06.41	1600m:	17:35.84	1:06.47	2400m:	26:28.36	1:06.85
	100m:	1:01.80	31.37	900m:	9:48.34	1:06.44	1700m:	18:42.69	1:06.85	2500m:	27:34.72	1:06.36
	200m:	2:05.84	1:04.04	1000m:	10:54.76	1:06.42	1800m:	19:48.88	1:06.19	2600m:	28:41.53	1:06.81
	300m:	3:11.03	1:05.19	1100m:	12:01.29	1:06.53	1900m:	20:55.19	1:06.31	2700m:	29:48.66	1:07.13
	400m:	4:16.57	1:05.54	1200m:	13:07.93	1:06.64	2000m:	22:01.27	1:06.08	2800m:	30:55.67	1:07.01
	500m:	5:22.49	1:05.92	1300m:	14:15.14	1:07.21	2100m:	23:08.19	1:06.92	2900m:	32:02.29	1:06.62
	600m:	6:28.94	1:06.45	1400m:	15:22.44	1:07.30	2200m:	24:14.82	1:06.63	3000m:	33:05.67	1:03.38
	700m:	7:35.49	1:06.55	1500m:	16:29.37	1:06.93	2300m:	25:21.51	1:06.69			
4.	JAEN SERRA, Andreu			06	C.D.N. Nadamas Las Marinas				33:33.18	13,00		
	50m:	30.44	30.44	800m:	8:42.02	1:06.50	1600m:	17:36.29	1:06.96	2400m:	26:37.92	1:09.11
	100m:	1:02.24	31.80	900m:	9:48.28	1:06.26	1700m:	18:42.95	1:06.66	2500m:	27:47.58	1:09.66
	200m:	2:06.28	1:04.04	1000m:	10:54.79	1:06.51	1800m:	19:49.68	1:06.73	2600m:	28:56.87	1:09.29
	300m:	3:11.34	1:05.06	1100m:	12:01.40	1:06.61	1900m:	20:56.54	1:06.86	2700m:	30:06.77	1:09.90
	400m:	4:16.85	1:05.51	1200m:	13:07.82	1:06.42	2000m:	22:04.60	1:08.06	2800m:	31:16.69	1:09.92
	500m:	5:22.76	1:05.91	1300m:	14:15.07	1:07.25	2100m:	23:12.96	1:08.36	2900m:	32:25.27	1:08.58
	600m:	6:28.66	1:05.90	1400m:	15:22.30	1:07.23	2200m:	24:20.33	1:07.37	3000m:	33:33.18	1:07.91
	700m:	7:35.52	1:06.86	1500m:	16:29.33	1:07.03	2300m:	25:28.81	1:08.48			
5.	ELMAALOU FERNANDEZ, Tarek Ouk06				C.N. Los Cristianos				34:28.51	12,00		
	50m:	30.71	30.71	800m:	8:53.38	1:08.12	1600m:	18:09.54	1:08.51	2400m:	27:21.70	1:10.81
	100m:	1:03.75	33.04	900m:	10:02.32	1:08.94	1700m:	19:17.09	1:07.55	2500m:	28:32.57	1:10.87
	200m:	2:09.28	1:05.53	1000m:	11:11.55	1:09.23	1800m:	20:22.88	1:05.79	2600m:	29:44.56	1:11.99
	300m:	3:15.22	1:05.94	1100m:	12:21.22	1:09.67	1900m:	21:30.20	1:07.32	2700m:	30:56.02	1:11.46
	400m:	4:22.33	1:07.11	1200m:	13:30.71	1:09.49	2000m:	22:38.25	1:08.05	2800m:	32:06.80	1:10.78
	500m:	5:29.66	1:07.33	1300m:	14:40.83	1:10.12	2100m:	23:47.96	1:09.71	2900m:	33:18.58	1:11.78
	600m:	6:37.02	1:07.36	1400m:	15:51.05	1:10.22	2200m:	24:59.21	1:11.25	3000m:	34:28.51	1:09.93
	700m:	7:45.26	1:08.24	1500m:	17:01.03	1:09.98	2300m:	26:10.89	1:11.68			
6.	LIÑAN DEL ROSARIO, Carlos			06	C.N. Metropole				35:51.72	11,00		
	50m:	33.23	33.23	800m:	9:15.19	1:10.99	1600m:	18:49.91	1:11.97	2400m:	28:33.23	1:12.25
	100m:	1:07.19	33.96	900m:	10:26.09	1:10.90	1700m:	20:02.23	1:12.32	2500m:	29:46.75	1:13.52
	200m:	2:16.04	1:08.85	1000m:	11:37.61	1:11.52	1800m:	21:15.23	1:13.00	2600m:	31:00.83	1:14.08
	300m:	3:25.54	1:09.50	1100m:	12:49.54	1:11.93	1900m:	22:27.92	1:12.69	2700m:	32:13.10	1:12.27
	400m:	4:34.98	1:09.44	1200m:	14:00.85	1:11.31	2000m:	23:41.12	1:13.20	2800m:	33:26.25	1:13.15
	500m:	5:44.25	1:09.27	1300m:	15:13.03	1:12.18	2100m:	24:54.20	1:13.08	2900m:	34:39.07	1:12.82
	600m:	6:54.05	1:09.80	1400m:	16:25.38	1:12.35	2200m:	26:07.37	1:13.17	3000m:	35:51.72	1:12.65
	700m:	8:04.20	1:10.15	1500m:	17:37.94	1:12.56	2300m:	27:20.98	1:13.61			

SENIOR LD

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

Clasificación	AN										Tiempo	
1. GARCIA MORENO, Jorge	00 C.D.N. Nadamas Las Marinas										33:35.05	19,00
50m:	30.46	30.46	800m:	8:59.25	1:06.99	1600m:	18:00.13	1:07.57	2400m:	26:54.92	1:07.25	
100m:	1:04.18	33.72	900m:	10:07.45	1:08.20	1700m:	19:07.70	1:07.57	2500m:	28:01.94	1:07.02	
200m:	2:11.95	1:07.77	1000m:	11:15.54	1:08.09	1800m:	20:14.79	1:07.09	2600m:	29:08.83	1:06.89	
300m:	3:19.17	1:07.22	1100m:	12:22.61	1:07.07	1900m:	21:21.28	1:06.49	2700m:	30:15.77	1:06.94	
400m:	4:27.33	1:08.16	1200m:	13:30.44	1:07.83	2000m:	22:28.18	1:06.90	2800m:	31:22.43	1:06.66	
500m:	5:35.73	1:08.40	1300m:	14:38.11	1:07.67	2100m:	23:35.02	1:06.84	2900m:	32:28.96	1:06.53	
600m:	6:44.29	1:08.56	1400m:	15:45.65	1:07.54	2200m:	24:41.23	1:06.21	3000m:	33:35.05	1:06.09	
700m:	7:52.26	1:07.97	1500m:	16:52.56	1:06.91	2300m:	25:47.67	1:06.44				
2. CARRASCOSA HESTER, Tomas	04 C.D.N. Nadamas Las Marinas										33:52.07	16,00
50m:	32.34	32.34	800m:	9:04.55	1:08.37	1600m:	18:08.82	1:08.39	2400m:	27:12.31	1:07.53	
100m:	1:06.13	33.79	900m:	10:12.57	1:08.02	1700m:	19:16.87	1:08.05	2500m:	28:19.96	1:07.65	
200m:	2:14.23	1:08.10	1000m:	11:20.82	1:08.25	1800m:	20:25.12	1:08.25	2600m:	29:27.65	1:07.69	
300m:	3:22.44	1:08.21	1100m:	12:28.67	1:07.85	1900m:	21:33.63	1:08.51	2700m:	30:35.82	1:08.17	
400m:	4:30.87	1:08.43	1200m:	13:36.97	1:08.30	2000m:	22:41.18	1:07.55	2800m:	31:43.19	1:07.37	
500m:	5:39.11	1:08.24	1300m:	14:45.25	1:08.28	2100m:	23:48.37	1:07.19	2900m:	32:49.59	1:06.40	
600m:	6:47.71	1:08.60	1400m:	15:53.42	1:08.17	2200m:	24:57.07	1:08.70	3000m:	33:52.07	1:02.48	
700m:	7:56.18	1:08.47	1500m:	17:00.43	1:07.01	2300m:	26:04.78	1:07.71				