

#CtoESPLargaDistancia2023

XV CAMPEONATO DE ESPAÑA LARGA DISTANCIA

16 DE DICIEMBRE
DE 2023

CLUB NATACIÓ
BARCELONA



INSTITUCIONALES



SPONSOR PLATINO



SPONSOR ORO



SPONSOR TÉCNICO



MECENAZGO



PARTNER



PARTNER INNOVACIÓN



PARTNER SALUD DEPORTIVA



RSC PARTNER



MEDICALSPONSOR



PARTNER MOVILIDAD



1 - Jornada única - Sábado

16/12/2023 - 15:00

Prueba 1	Masc., 3000m Libre	INFANTIL
16/12/2023 - 15:00		Resultados
MMN 15	33:17.72 CABANA DEL AMO PABLO	MATARO 23/02/2019
MMN 14	34:13.88 PUEBLA MARTINEZ ALEJANDRO	MATARO 13/02/2016

Clasificación	AN	Tempo
1. JUAREZ LIANAS Siro	09 C.N. Sabadell	34:47.38 13,00
100m: 1:06.61 1:06.61	900m: 10:14.52 1:08.96	1700m: 19:30.76 1:10.21
200m: 2:13.96 1:07.35	1000m: 11:23.02 1:08.50	1800m: 20:41.14 1:10.38
300m: 3:22.15 1:08.19	1100m: 12:32.05 1:09.03	1900m: 21:51.71 1:10.57
400m: 4:30.88 1:08.73	1200m: 13:41.33 1:09.28	2000m: 23:02.22 1:10.51
500m: 5:39.25 1:08.37	1300m: 14:50.95 1:09.62	2100m: 24:12.73 1:10.51
600m: 6:48.12 1:08.87	1400m: 16:00.48 1:09.53	2200m: 25:23.88 1:11.15
700m: 7:56.73 1:08.61	1500m: 17:10.42 1:09.94	2300m: 26:34.64 1:10.76
800m: 9:05.56 1:08.83	1600m: 18:20.55 1:10.13	2400m: 27:45.62 1:10.98
2. GOMARIZ LINERO Rodrigo	09 C.N. Tennis Elche	34:54.03 + 6.65 10,00
100m: 1:07.19 1:07.19	900m: 10:16.73 1:08.91	1700m: 19:37.06 1:10.75
200m: 2:14.82 1:07.63	1000m: 11:25.90 1:09.17	1800m: 20:47.99 1:10.93
300m: 3:23.31 1:08.49	1100m: 12:35.34 1:09.44	1900m: 21:59.10 1:11.11
400m: 4:32.13 1:08.82	1200m: 13:45.09 1:09.75	2000m: 23:10.08 1:10.98
500m: 5:41.05 1:08.92	1300m: 14:55.26 1:10.17	2100m: 24:20.87 1:10.79
600m: 6:50.04 1:08.99	1400m: 16:05.28 1:10.02	2200m: 25:31.33 1:10.46
700m: 7:59.10 1:09.06	1500m: 17:15.58 1:10.30	2300m: 26:42.22 1:10.89
800m: 9:07.82 1:08.72	1600m: 18:26.31 1:10.73	2400m: 27:53.26 1:11.04
3. ROLDÁN CABEZA Fernando	09 C.N. Alcala-Social Energy	34:56.13 + 8.75 8,00
100m: 1:07.53 1:07.53	900m: 10:27.71 1:10.74	1700m: 19:51.95 1:10.24
200m: 2:15.26 1:07.73	1000m: 11:38.42 1:10.71	1800m: 21:02.37 1:10.42
300m: 3:23.83 1:08.57	1100m: 12:48.03 1:09.61	1900m: 22:13.10 1:10.73
400m: 4:33.22 1:09.39	1200m: 13:59.35 1:11.32	2000m: 23:24.31 1:11.21
500m: 5:43.39 1:10.17	1300m: 15:10.39 1:11.04	2100m: 24:35.39 1:11.08
600m: 6:54.47 1:11.08	1400m: 16:21.08 1:10.69	2200m: 25:46.22 1:10.83
700m: 8:05.88 1:11.41	1500m: 17:31.40 1:10.32	2300m: 26:57.33 1:11.11
800m: 9:16.97 1:11.09	1600m: 18:41.71 1:10.31	2400m: 28:08.63 1:11.30
4. BARRANQUERO RUIZ Alex	10 Club Natacion C.M.D. Horadada	35:34.68 + 47.30 7,00
100m: 1:06.42 1:06.42	900m: 10:31.83 1:11.24	1700m: 20:05.80 1:11.21
200m: 2:16.22 1:09.80	1000m: 11:43.17 1:11.34	1800m: 21:17.64 1:11.84
300m: 3:26.41 1:10.19	1100m: 12:55.46 1:12.29	1900m: 22:28.83 1:11.19
400m: 4:36.93 1:10.52	1200m: 14:07.24 1:11.78	2000m: 23:39.54 1:10.71
500m: 5:48.08 1:11.15	1300m: 15:18.80 1:11.56	2100m: 24:50.26 1:10.72
600m: 6:59.33 1:11.25	1400m: 16:31.21 1:12.41	2200m: 26:01.61 1:11.35
700m: 8:10.13 1:10.80	1500m: 17:43.27 1:12.06	2300m: 27:13.50 1:11.89
800m: 9:20.59 1:10.46	1600m: 18:54.59 1:11.32	2400m: 28:25.51 1:12.01
5. AMADO PEREZ Yerai	10 C.N. San Fernando	35:35.08 + 47.70 6,00
100m: 1:06.02 1:06.02	900m: 10:30.58 1:10.76	1700m: 20:03.39 1:11.82
200m: 2:16.02 1:10.00	1000m: 11:41.25 1:10.67	1800m: 21:15.49 1:12.10
300m: 3:26.22 1:10.20	1100m: 12:53.16 1:11.91	1900m: 22:27.87 1:12.38
400m: 4:36.66 1:10.44	1200m: 14:04.84 1:11.68	2000m: 23:39.43 1:11.56
500m: 5:47.81 1:11.15	1300m: 15:15.77 1:10.93	2100m: 24:51.50 1:12.07
600m: 6:59.09 1:11.28	1400m: 16:28.16 1:12.39	2200m: 26:04.99 1:13.49
700m: 8:09.62 1:10.53	1500m: 17:40.27 1:12.11	2300m: 27:18.54 1:13.55
800m: 9:19.82 1:10.20	1600m: 18:51.57 1:11.30	2400m: 28:30.54 1:12.00

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 1, Masc., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo	
6. QUILES PEÑATE Jose Antonio	09	C.N. Metropole	35:35.38	+ 48.00 5,00
100m: 1:07.57 1:07.57	900m: 10:29.72 1:10.75	1700m: 20:02.44 1:12.19	2500m: 29:37.11 1:11.81	
200m: 2:16.30 1:08.73	1000m: 11:40.75 1:11.03	1800m: 21:14.36 1:11.92	2600m: 30:49.86 1:12.75	
300m: 3:25.92 1:09.62	1100m: 12:51.96 1:11.21	1900m: 22:26.50 1:12.14	2700m: 32:02.04 1:12.18	
400m: 4:36.43 1:10.51	1200m: 14:03.21 1:11.25	2000m: 23:38.26 1:11.76	2800m: 33:14.46 1:12.42	
500m: 5:46.98 1:10.55	1300m: 15:14.87 1:11.66	2100m: 24:49.85 1:11.59	2900m: 34:26.23 1:11.77	
600m: 6:57.61 1:10.63	1400m: 16:26.23 1:11.36	2200m: 26:01.21 1:11.36	3000m: 35:35.38 1:09.15	
700m: 8:08.19 1:10.58	1500m: 17:38.32 1:12.09	2300m: 27:13.51 1:12.30		
800m: 9:18.97 1:10.78	1600m: 18:50.25 1:11.93	2400m: 28:25.30 1:11.79		
7. CELA CABAÑAS Alvar	09	C.D. Torrelago Wellness	35:41.68	+ 54.30 4,00
100m: 1:06.21 1:06.21	900m: 10:28.77 1:11.15	1700m: 20:07.58 1:11.57	2500m: 29:44.99 1:11.86	
200m: 2:14.13 1:07.92	1000m: 11:40.42 1:11.65	1800m: 21:18.99 1:11.41	2600m: 30:56.81 1:11.82	
300m: 3:23.36 1:09.23	1100m: 12:52.76 1:12.34	1900m: 22:30.56 1:11.57	2700m: 32:09.21 1:12.40	
400m: 4:33.33 1:09.97	1200m: 14:05.10 1:12.34	2000m: 23:42.80 1:12.24	2800m: 33:21.85 1:12.64	
500m: 5:44.27 1:10.94	1300m: 15:17.82 1:12.72	2100m: 24:55.39 1:12.59	2900m: 34:33.88 1:12.03	
600m: 6:55.40 1:11.13	1400m: 16:30.58 1:12.76	2200m: 26:08.36 1:12.97	3000m: 35:41.68 1:07.80	
700m: 8:06.54 1:11.14	1500m: 17:43.27 1:12.69	2300m: 27:20.56 1:12.20		
800m: 9:17.62 1:11.08	1600m: 18:56.01 1:12.74	2400m: 28:33.13 1:12.57		
8. GARCIA GARNIKA Unai	09	C.N. Logroño	36:02.76+	1:15.38 3,00
100m: 1:08.39 1:08.39	900m: 10:47.04 1:12.26	1700m: 20:24.96 1:12.35	2500m: 30:06.55 1:12.75	
200m: 2:19.84 1:11.45	1000m: 11:59.55 1:12.51	1800m: 21:37.39 1:12.43	2600m: 31:18.31 1:11.76	
300m: 3:32.12 1:12.28	1100m: 13:11.89 1:12.34	1900m: 22:50.47 1:13.08	2700m: 32:30.10 1:11.79	
400m: 4:44.56 1:12.44	1200m: 14:24.58 1:12.69	2000m: 24:03.37 1:12.90	2800m: 33:42.76 1:12.66	
500m: 5:57.00 1:12.44	1300m: 15:36.98 1:12.40	2100m: 25:15.52 1:12.15	2900m: 34:54.02 1:11.26	
600m: 7:09.77 1:12.77	1400m: 16:48.90 1:11.92	2200m: 26:28.30 1:12.78	3000m: 36:02.76 1:08.74	
700m: 8:22.29 1:12.52	1500m: 18:00.30 1:11.40	2300m: 27:41.27 1:12.97		
800m: 9:34.78 1:12.49	1600m: 19:12.61 1:12.31	2400m: 28:53.80 1:12.53		
9. VELA OBIOLS Roc	10	C.N. Tarraco	36:10.47+	1:23.09 2,00
100m: 1:06.92 1:06.92	900m: 10:34.34 1:12.18	1700m: 20:22.17 1:13.20	2500m: 30:06.27 1:12.94	
200m: 2:16.51 1:09.59	1000m: 11:46.37 1:12.03	1800m: 21:35.31 1:13.14	2600m: 31:18.75 1:12.48	
300m: 3:26.86 1:10.35	1100m: 12:59.18 1:12.81	1900m: 22:48.66 1:13.35	2700m: 32:32.33 1:13.58	
400m: 4:37.23 1:10.37	1200m: 14:12.56 1:13.38	2000m: 24:02.16 1:13.50	2800m: 33:45.56 1:13.23	
500m: 5:47.97 1:10.74	1300m: 15:26.41 1:13.85	2100m: 25:14.09 1:11.93	2900m: 34:58.18 1:12.62	
600m: 6:58.91 1:10.94	1400m: 16:40.05 1:13.64	2200m: 26:27.49 1:13.40	3000m: 36:10.47 1:12.29	
700m: 8:10.60 1:11.69	1500m: 17:54.22 1:14.17	2300m: 27:41.13 1:13.64		
800m: 9:22.16 1:11.56	1600m: 19:08.97 1:14.75	2400m: 28:53.33 1:12.20		
10. LOPEZ JODAR Angel	09	C.N. Aguilas	36:12.41+	1:25.03 1,00
100m: 1:08.01 1:08.01	900m: 10:40.82 1:11.94	1700m: 20:26.22 1:13.41	2500m: 30:08.81 1:12.64	
200m: 2:17.98 1:09.97	1000m: 11:53.76 1:12.94	1800m: 21:39.53 1:13.31	2600m: 31:21.72 1:12.91	
300m: 3:29.59 1:11.61	1100m: 13:06.23 1:12.47	1900m: 22:52.65 1:13.12	2700m: 32:34.64 1:12.92	
400m: 4:40.68 1:11.09	1200m: 14:19.10 1:12.87	2000m: 24:05.49 1:12.84	2800m: 33:48.41 1:13.77	
500m: 5:52.63 1:11.95	1300m: 15:31.96 1:12.86	2100m: 25:18.37 1:12.88	2900m: 35:00.79 1:12.38	
600m: 7:04.56 1:11.93	1400m: 16:45.19 1:13.23	2200m: 26:31.40 1:13.03	3000m: 36:12.41 1:11.62	
700m: 8:16.32 1:11.76	1500m: 17:59.41 1:14.22	2300m: 27:43.85 1:12.45		
800m: 9:28.88 1:12.56	1600m: 19:12.81 1:13.40	2400m: 28:56.17 1:12.32		

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 1, Masc., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo		
11. VIDAL GARCIA Adrian	09	C.N. Trencaones Alzira	36:13.26+	1:25.88	-
100m: 1:07.94 1:07.94	900m: 10:42.13 1:12.73	1700m: 20:30.60 1:13.94	2500m: 30:19.74 1:13.93		
200m: 2:18.76 1:10.82	1000m: 11:55.23 1:13.10	1800m: 21:44.87 1:14.27	2600m: 31:31.24 1:11.50		
300m: 3:30.17 1:11.41	1100m: 13:08.24 1:13.01	1900m: 22:59.01 1:14.14	2700m: 32:42.53 1:11.29		
400m: 4:41.79 1:11.62	1200m: 14:21.93 1:13.69	2000m: 24:13.07 1:14.06	2800m: 33:54.16 1:11.63		
500m: 5:53.20 1:11.41	1300m: 15:36.01 1:14.08	2100m: 25:24.49 1:11.42	2900m: 35:05.42 1:11.26		
600m: 7:04.67 1:11.47	1400m: 16:49.38 1:13.37	2200m: 26:37.21 1:12.72	3000m: 36:13.26 1:07.84		
700m: 8:17.07 1:12.40	1500m: 18:02.75 1:13.37	2300m: 27:51.71 1:14.50			
800m: 9:29.40 1:12.33	1600m: 19:16.66 1:13.91	2400m: 29:05.81 1:14.10			
12. CORDOBA MARTOS Cristian	09	C.N. Sabadell	36:13.70+	1:26.32	-
100m: 1:08.75 1:08.75	900m: 10:37.55 1:11.27	1700m: 20:14.59 1:13.64	2500m: 30:06.10 1:13.39		
200m: 2:19.54 1:10.79	1000m: 11:49.14 1:11.59	1800m: 21:29.40 1:14.81	2600m: 31:19.24 1:13.14		
300m: 3:30.96 1:11.42	1100m: 13:01.10 1:11.96	1900m: 22:44.05 1:14.65	2700m: 32:34.36 1:15.12		
400m: 4:41.74 1:10.78	1200m: 14:12.74 1:11.64	2000m: 23:58.33 1:14.28	2800m: 33:49.80 1:15.44		
500m: 5:52.67 1:10.93	1300m: 15:24.22 1:11.48	2100m: 25:12.00 1:13.67	2900m: 35:03.09 1:13.29		
600m: 7:04.07 1:11.40	1400m: 16:36.52 1:12.30	2200m: 26:25.41 1:13.41	3000m: 36:13.70 1:10.61		
700m: 8:14.96 1:10.89	1500m: 17:48.72 1:12.20	2300m: 27:39.39 1:13.98			
800m: 9:26.28 1:11.32	1600m: 19:00.95 1:12.23	2400m: 28:52.71 1:13.32			
13. CANDELA PATIÑO Pablo	09	C.N. Villena Alto Vinalopo	36:22.95+	1:35.57	-
100m: 1:08.52 1:08.52	900m: 10:46.18 1:12.67	1700m: 20:29.16 1:12.95	2500m: 30:16.96 1:13.79		
200m: 2:19.21 1:10.69	1000m: 11:58.45 1:12.27	1800m: 21:42.11 1:12.95	2600m: 31:30.98 1:14.02		
300m: 3:28.40 1:11.54	1100m: 13:10.98 1:12.53	1900m: 22:55.63 1:13.52	2700m: 32:45.20 1:14.22		
400m: 4:42.61 1:11.86	1200m: 14:23.63 1:12.65	2000m: 24:09.42 1:13.79	2800m: 33:59.40 1:14.20		
500m: 5:55.14 1:12.53	1300m: 15:36.67 1:13.04	2100m: 25:22.82 1:13.40	2900m: 35:12.85 1:13.45		
600m: 7:07.83 1:12.69	1400m: 16:50.05 1:13.38	2200m: 26:35.95 1:13.13	3000m: 36:22.95 1:10.10		
700m: 8:20.58 1:12.75	1500m: 18:03.05 1:13.00	2300m: 27:49.45 1:13.50			
800m: 9:33.51 1:12.93	1600m: 19:16.21 1:13.16	2400m: 29:03.17 1:13.72			
14. LOPEZ JODAR Victor	09	C.N. Aguilas	36:25.48+	1:38.10	-
100m: 1:07.49 1:07.49	900m: 10:39.09 1:10.89	1700m: 20:14.23 1:12.94	2500m: 30:12.21 1:16.41		
200m: 2:16.58 1:09.09	1000m: 11:49.96 1:10.87	1800m: 21:26.92 1:12.69	2600m: 31:28.93 1:16.72		
300m: 3:28.40 1:11.82	1100m: 13:01.27 1:11.31	1900m: 22:40.16 1:13.24	2700m: 32:44.95 1:16.02		
400m: 4:40.92 1:12.52	1200m: 14:12.96 1:11.69	2000m: 23:53.95 1:13.79	2800m: 34:00.38 1:15.43		
500m: 5:53.06 1:12.14	1300m: 15:24.50 1:11.54	2100m: 25:08.19 1:14.24	2900m: 35:14.56 1:14.18		
600m: 7:04.82 1:11.76	1400m: 16:36.22 1:11.72	2200m: 26:23.16 1:14.97	3000m: 36:25.48 1:10.92		
700m: 8:16.43 1:11.61	1500m: 17:48.52 1:12.30	2300m: 27:39.11 1:15.95			
800m: 9:28.20 1:11.77	1600m: 19:01.29 1:12.77	2400m: 28:55.80 1:16.69			
15. ALVAREZ VAZQUEZ Sergio	09	C.N. Rias Baixas	36:28.36+	1:40.98	-
100m: 1:10.03 1:10.03	900m: 10:50.92 1:12.86	1700m: 20:34.98 1:12.93	2500m: 30:19.94 1:14.24		
200m: 2:21.55 1:11.52	1000m: 12:04.14 1:13.22	1800m: 21:47.15 1:12.17	2600m: 31:34.00 1:14.06		
300m: 3:33.62 1:12.07	1100m: 13:17.62 1:13.48	1900m: 22:59.65 1:12.50	2700m: 32:48.65 1:14.65		
400m: 4:46.71 1:13.09	1200m: 14:30.78 1:13.16	2000m: 24:12.52 1:12.87	2800m: 34:02.81 1:14.16		
500m: 5:59.34 1:12.63	1300m: 15:44.21 1:13.43	2100m: 25:25.63 1:13.11	2900m: 35:16.76 1:13.95		
600m: 7:12.43 1:13.09	1400m: 16:56.79 1:12.58	2200m: 26:38.48 1:12.85	3000m: 36:28.36 1:11.60		
700m: 8:25.61 1:13.18	1500m: 18:09.33 1:12.54	2300m: 27:52.04 1:13.56			
800m: 9:38.06 1:12.45	1600m: 19:22.05 1:12.72	2400m: 29:05.70 1:13.66			

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 1, Masc., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo	
16. SAMBRUNO SAEZ Fabio	09	C.N. Granollers	36:35.48+	1:48.10
100m: 1:10.59 1:10.59	900m: 10:51.84 1:13.03	1700m: 20:35.79 1:13.76	2500m: 30:24.97 1:14.81	
200m: 2:23.55 1:12.96	1000m: 12:04.88 1:13.04	1800m: 21:48.63 1:12.84	2600m: 31:39.62 1:14.65	
300m: 3:36.10 1:12.55	1100m: 13:17.39 1:12.51	1900m: 23:02.26 1:13.63	2700m: 32:53.90 1:14.28	
400m: 4:48.54 1:12.44	1200m: 14:29.08 1:11.69	2000m: 24:15.78 1:13.52	2800m: 34:08.31 1:14.41	
500m: 6:00.95 1:12.41	1300m: 15:42.25 1:13.17	2100m: 25:29.18 1:13.40	2900m: 35:22.42 1:14.11	
600m: 7:13.60 1:12.65	1400m: 16:55.68 1:13.43	2200m: 26:42.08 1:12.90	3000m: 36:35.48 1:13.06	
700m: 8:26.38 1:12.78	1500m: 18:08.73 1:13.05	2300m: 27:55.89 1:13.81		
800m: 9:38.81 1:12.43	1600m: 19:22.03 1:13.30	2400m: 29:10.16 1:14.27		
17. VILLEN MORENO Sergio	10	C.N. Churriana	36:44.08+	1:56.70
100m: 1:08.24 1:08.24	900m: 10:50.68 1:12.82	1700m: 20:36.33 1:14.40	2500m: 30:28.35 1:16.13	
200m: 2:18.63 1:10.39	1000m: 12:03.81 1:13.13	1800m: 21:50.33 1:14.00	2600m: 31:44.42 1:16.07	
300m: 3:31.39 1:12.76	1100m: 13:17.31 1:13.50	1900m: 23:03.44 1:13.11	2700m: 33:00.11 1:15.69	
400m: 4:43.94 1:12.55	1200m: 14:29.88 1:12.57	2000m: 24:17.87 1:14.43	2800m: 34:15.98 1:15.87	
500m: 5:57.43 1:13.49	1300m: 15:43.44 1:13.56	2100m: 25:31.77 1:13.90	2900m: 35:30.31 1:14.33	
600m: 7:10.58 1:13.15	1400m: 16:56.02 1:12.58	2200m: 26:43.53 1:11.76	3000m: 36:44.08 1:13.77	
700m: 8:24.63 1:14.05	1500m: 18:08.95 1:12.93	2300m: 27:57.32 1:13.79		
800m: 9:37.86 1:13.23	1600m: 19:21.93 1:12.98	2400m: 29:12.22 1:14.90		
18. SANTOS CABRERA Daniel	09	C.N. Metropole	37:09.06+	2:21.68
100m: 1:08.48 1:08.48	900m: 10:47.92 1:13.94	1700m: 20:48.65 1:15.33	2500m: 30:57.92 1:16.08	
200m: 2:18.64 1:10.16	1000m: 12:02.25 1:14.33	1800m: 22:04.68 1:16.03	2600m: 32:14.12 1:16.20	
300m: 3:29.82 1:11.18	1100m: 13:16.75 1:14.50	1900m: 23:20.35 1:15.67	2700m: 33:30.25 1:16.13	
400m: 4:41.12 1:11.30	1200m: 14:31.19 1:14.44	2000m: 24:36.43 1:16.08	2800m: 34:44.03 1:13.78	
500m: 5:53.74 1:12.62	1300m: 15:46.51 1:15.32	2100m: 25:53.48 1:17.05	2900m: 35:57.50 1:13.47	
600m: 7:06.61 1:12.87	1400m: 17:01.75 1:15.24	2200m: 27:09.83 1:16.35	3000m: 37:09.06 1:11.56	
700m: 8:20.09 1:13.48	1500m: 18:17.43 1:15.68	2300m: 28:25.96 1:16.13		
800m: 9:33.98 1:13.89	1600m: 19:33.32 1:15.89	2400m: 29:41.84 1:15.88		
19. PACHÓN HERRERA Jesus	10	C.N. Alcala-Social Energy	37:22.82+	2:35.44
100m: 1:09.10 1:09.10	900m: 10:50.99 1:13.05	1700m: 20:37.69 1:14.13	2500m: 30:52.25 1:17.30	
200m: 2:21.24 1:12.14	1000m: 12:03.69 1:12.70	1800m: 21:52.34 1:14.65	2600m: 32:10.27 1:18.02	
300m: 3:33.01 1:11.77	1100m: 13:15.57 1:11.88	1900m: 23:08.33 1:15.99	2700m: 33:30.01 1:19.74	
400m: 4:46.28 1:13.27	1200m: 14:28.10 1:12.53	2000m: 24:25.35 1:17.02	2800m: 34:48.98 1:18.97	
500m: 5:59.21 1:12.93	1300m: 15:41.90 1:13.80	2100m: 25:41.79 1:16.44	2900m: 36:07.41 1:18.43	
600m: 7:11.99 1:12.78	1400m: 16:56.64 1:14.74	2200m: 26:58.90 1:17.11	3000m: 37:22.82 1:15.41	
700m: 8:25.90 1:13.91	1500m: 18:09.75 1:13.11	2300m: 28:16.46 1:17.56		
800m: 9:37.94 1:12.04	1600m: 19:23.56 1:13.81	2400m: 29:34.95 1:18.49		
20. FUENTES MONTES Pablo	10	C.N. Las Palmas	38:28.24+	3:40.86
100m: 1:12.34 1:12.34	900m: 11:15.55 1:16.16	1700m: 21:31.13 1:17.72	2500m: 32:00.15 1:19.09	
200m: 2:27.21 1:14.87	1000m: 12:32.25 1:16.70	1800m: 22:49.15 1:18.02	2600m: 33:19.43 1:19.28	
300m: 3:41.90 1:14.69	1100m: 13:48.64 1:16.39	1900m: 24:07.30 1:18.15	2700m: 34:38.62 1:19.19	
400m: 4:57.39 1:15.49	1200m: 15:05.18 1:16.54	2000m: 25:25.93 1:18.63	2800m: 35:56.32 1:17.70	
500m: 6:12.34 1:14.95	1300m: 16:21.53 1:16.35	2100m: 26:44.98 1:19.05	2900m: 37:13.38 1:17.06	
600m: 7:27.93 1:15.59	1400m: 17:38.34 1:16.81	2200m: 28:03.74 1:18.76	3000m: 38:28.24 1:14.86	
700m: 8:43.48 1:15.55	1500m: 18:55.80 1:17.46	2300m: 29:22.42 1:18.68		
800m: 9:59.39 1:15.91	1600m: 20:13.41 1:17.61	2400m: 30:41.06 1:18.64		
Baja MATEO ARTACHO Alan	09	G.E. I E.G.		

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 2
16/12/2023 - 15:45

Fem., 3000m Libre

INFANTIL
Resultados

MMN 15	35:12.63	SILVA FIDALGO AROA	MATARO	18/02/2017
MMN 14	35:33.60	RUBIO VILLORIA ALBA	MADRID	28/01/2023

Clasificación

AN

Tiempo

1. RUBIO VILLORIA Alba 09 C.N. Marina-Cartagena "Ancora" **34:51.73** 18,00
Mejor Marca Nacional

100m:	1:07.25	1:07.25	900m:	10:26.81	1:10.30	1700m:	19:45.54	1:09.96	2500m:	29:07.59	1:09.44
200m:	2:16.29	1:09.04	1000m:	11:36.74	1:09.93	1800m:	20:55.57	1:10.03	2600m:	30:17.17	1:09.58
300m:	3:26.25	1:09.96	1100m:	12:46.37	1:09.63	1900m:	22:05.62	1:10.05	2700m:	31:26.86	1:09.69
400m:	4:36.08	1:09.83	1200m:	13:56.20	1:09.83	2000m:	23:15.93	1:10.31	2800m:	32:36.67	1:09.81
500m:	5:46.04	1:09.96	1300m:	15:06.37	1:10.17	2100m:	24:26.92	1:10.99	2900m:	33:45.85	1:09.18
600m:	6:56.26	1:10.22	1400m:	16:16.08	1:09.71	2200m:	25:37.36	1:10.44	3000m:	34:51.73	1:05.88
700m:	8:06.25	1:09.99	1500m:	17:25.72	1:09.64	2300m:	26:48.05	1:10.69			
800m:	9:16.51	1:10.26	1600m:	18:35.58	1:09.86	2400m:	27:58.15	1:10.10			

2. ROSELL DIEZ Ona 09 C.N. Tarraco **35:54.16+** 1:02.43 10,00

100m:	1:09.32	1:09.32	900m:	10:42.36	1:12.63	1700m:	20:16.49	1:12.81	2500m:	29:53.34	1:14.41
200m:	2:19.57	1:10.25	1000m:	11:54.76	1:12.40	1800m:	21:28.41	1:11.92	2600m:	31:08.47	1:15.13
300m:	3:30.77	1:11.20	1100m:	13:06.48	1:11.72	1900m:	22:39.69	1:11.28	2700m:	32:22.21	1:13.74
400m:	4:42.37	1:11.60	1200m:	14:17.52	1:11.04	2000m:	23:51.25	1:11.56	2800m:	33:35.02	1:12.81
500m:	5:53.59	1:11.22	1300m:	15:28.56	1:11.04	2100m:	25:01.15	1:09.90	2900m:	34:45.41	1:10.39
600m:	7:05.78	1:12.19	1400m:	16:41.13	1:12.57	2200m:	26:11.66	1:10.51	3000m:	35:54.16	1:08.75
700m:	8:17.75	1:11.97	1500m:	17:52.39	1:11.26	2300m:	27:24.94	1:13.28			
800m:	9:29.73	1:11.98	1600m:	19:03.68	1:11.29	2400m:	28:38.93	1:13.99			

3. DEL RIO DECABO Carlota 09 C.N. Granollers **36:27.04+** 1:35.31 8,00

100m:	1:12.91	1:12.91	900m:	10:50.91	1:12.21	1700m:	20:31.16	1:12.78	2500m:	30:19.10	1:14.27
200m:	2:25.54	1:12.63	1000m:	12:03.22	1:12.31	1800m:	21:43.92	1:12.76	2600m:	31:32.98	1:13.88
300m:	3:37.83	1:12.29	1100m:	13:14.78	1:11.56	1900m:	22:57.64	1:13.72	2700m:	32:47.72	1:14.74
400m:	4:49.94	1:12.11	1200m:	14:26.23	1:11.45	2000m:	24:11.21	1:13.57	2800m:	34:03.15	1:15.43
500m:	6:02.68	1:12.74	1300m:	15:38.88	1:12.65	2100m:	25:24.40	1:13.19	2900m:	35:16.30	1:13.15
600m:	7:14.55	1:11.87	1400m:	16:51.86	1:12.98	2200m:	26:36.95	1:12.55	3000m:	36:27.04	1:10.74
700m:	8:26.88	1:12.33	1500m:	18:04.86	1:13.00	2300m:	27:50.75	1:13.80			
800m:	9:38.70	1:11.82	1600m:	19:18.38	1:13.52	2400m:	29:04.83	1:14.08			

4. MEDINA MARTIN Julia 09 C.N. Churriana **36:31.88+** 1:40.15 7,00

100m:	1:11.21	1:11.21	900m:	10:51.53	1:12.61	1700m:	20:35.48	1:13.62	2500m:	30:26.57	1:14.55
200m:	2:24.44	1:13.23	1000m:	12:03.98	1:12.45	1800m:	21:49.29	1:13.81	2600m:	31:41.09	1:14.52
300m:	3:37.72	1:13.28	1100m:	13:15.75	1:11.77	1900m:	23:02.89	1:13.60	2700m:	32:55.27	1:14.18
400m:	4:50.72	1:13.00	1200m:	14:28.44	1:12.69	2000m:	24:17.14	1:14.25	2800m:	34:08.76	1:13.49
500m:	6:03.48	1:12.76	1300m:	15:41.47	1:13.03	2100m:	25:30.95	1:13.81	2900m:	35:22.47	1:13.71
600m:	7:14.35	1:10.87	1400m:	16:54.75	1:13.28	2200m:	26:44.18	1:13.23	3000m:	36:31.88	1:09.41
700m:	8:26.46	1:12.11	1500m:	18:08.63	1:13.88	2300m:	27:57.97	1:13.79			
800m:	9:38.92	1:12.46	1600m:	19:21.86	1:13.23	2400m:	29:12.02	1:14.05			

5. PORTELA GUERRERO Olaya 09 C.N. Marina-Cartagena "Ancora" **36:58.54+** 2:06.81 6,00

100m:	1:10.38	1:10.38	900m:	10:51.24	1:12.76	1700m:	20:37.93	1:13.91	2500m:	30:35.31	1:17.06
200m:	2:22.08	1:11.70	1000m:	12:04.14	1:12.90	1800m:	21:51.93	1:14.00	2600m:	31:52.60	1:17.29
300m:	3:35.17	1:13.09	1100m:	13:16.78	1:12.64	1900m:	23:05.77	1:13.84	2700m:	33:10.29	1:17.69
400m:	4:48.55	1:13.38	1200m:	14:29.60	1:12.82	2000m:	24:19.91	1:14.14	2800m:	34:27.06	1:16.77
500m:	6:01.34	1:12.79	1300m:	15:42.99	1:13.39	2100m:	25:33.05	1:13.14	2900m:	35:43.01	1:15.95
600m:	7:13.21	1:11.87	1400m:	16:56.25	1:13.26	2200m:	26:47.02	1:13.97	3000m:	36:58.54	1:15.53
700m:	8:25.49	1:12.28	1500m:	18:10.10	1:13.85	2300m:	28:02.30	1:15.28			
800m:	9:38.48	1:12.99	1600m:	19:24.02	1:13.92	2400m:	29:18.25	1:15.95			

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 2, Fem., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo		
6. COSTA GONZALEZ Marina	09	C.N. Marina-Cartagena "Ancora"	37:02.35+	2:10.62	-
100m: 1:12.55 1:12.55	900m: 10:52.48 1:12.55	1700m: 20:51.12 1:15.66	2500m: 30:54.20 1:12.14		
200m: 2:25.30 1:12.75	1000m: 12:06.27 1:13.79	1800m: 22:06.39 1:15.27	2600m: 32:08.93 1:14.73		
300m: 3:37.69 1:12.39	1100m: 13:21.02 1:14.75	1900m: 23:21.71 1:15.32	2700m: 33:24.12 1:15.19		
400m: 4:49.95 1:12.26	1200m: 14:35.51 1:14.49	2000m: 24:37.86 1:16.15	2800m: 34:38.60 1:14.48		
500m: 6:02.64 1:12.69	1300m: 15:49.98 1:14.47	2100m: 25:53.94 1:16.08	2900m: 35:50.64 1:12.04		
600m: 7:14.90 1:12.26	1400m: 17:04.91 1:14.93	2200m: 27:10.95 1:17.01	3000m: 37:02.35 1:11.71		
700m: 8:27.38 1:12.48	1500m: 18:19.73 1:14.82	2300m: 28:27.09 1:16.14			
800m: 9:39.93 1:12.55	1600m: 19:35.46 1:15.73	2400m: 29:42.06 1:14.97			
7. GARCIA RAMIREZ Sofia	09	C.N. Dos Hermanas	37:35.20+	2:43.47	5,00
100m: 1:10.02 1:10.02	900m: 10:58.63 1:14.73	1700m: 21:04.15 1:17.12	2500m: 31:18.42 1:16.13		
200m: 2:21.99 1:11.97	1000m: 12:13.77 1:15.14	1800m: 22:20.94 1:16.79	2600m: 32:34.22 1:15.80		
300m: 3:35.28 1:13.29	1100m: 13:28.99 1:15.22	1900m: 23:37.37 1:16.43	2700m: 33:50.33 1:16.11		
400m: 4:48.61 1:13.33	1200m: 14:44.70 1:15.71	2000m: 24:53.67 1:16.30	2800m: 35:06.44 1:16.11		
500m: 6:01.92 1:13.31	1300m: 16:00.41 1:15.71	2100m: 26:10.63 1:16.96	2900m: 36:21.55 1:15.11		
600m: 7:15.39 1:13.47	1400m: 17:16.23 1:15.82	2200m: 27:27.44 1:16.81	3000m: 37:35.20 1:13.65		
700m: 8:29.11 1:13.72	1500m: 18:31.74 1:15.51	2300m: 28:45.08 1:17.64			
800m: 9:43.90 1:14.79	1600m: 19:47.03 1:15.29	2400m: 30:02.29 1:17.21			
8. BUSTO ALVAREZ Carla	09	C.N. Las Anclas Castrillon	37:35.83+	2:44.10	4,00
100m: 1:12.70 1:12.70	900m: 11:14.42 1:15.50	1700m: 21:17.34 1:15.92	2500m: 31:22.11 1:15.89		
200m: 2:27.27 1:14.57	1000m: 12:29.49 1:15.07	1800m: 22:33.67 1:16.33	2600m: 32:37.97 1:15.86		
300m: 3:42.31 1:15.04	1100m: 13:45.05 1:15.56	1900m: 23:49.39 1:15.72	2700m: 33:53.18 1:15.21		
400m: 4:57.36 1:15.05	1200m: 15:00.67 1:15.62	2000m: 25:05.39 1:16.00	2800m: 35:08.38 1:15.20		
500m: 6:12.58 1:15.22	1300m: 16:15.34 1:14.67	2100m: 26:21.05 1:15.66	2900m: 36:23.32 1:14.94		
600m: 7:28.31 1:15.73	1400m: 17:30.02 1:14.68	2200m: 27:36.08 1:15.03	3000m: 37:35.83 1:12.51		
700m: 8:43.66 1:15.35	1500m: 18:46.12 1:16.10	2300m: 28:50.69 1:14.61			
800m: 9:58.92 1:15.26	1600m: 20:01.42 1:15.30	2400m: 30:06.22 1:15.53			
9. FRANCO TOLEDO Maria	09	C.N. San Vicente	37:36.84+	2:45.11	3,00
100m: 1:08.74 1:08.74	900m: 10:57.22 1:16.81	1700m: 21:14.36 1:18.06	2500m: 31:27.98 1:14.75		
200m: 2:19.48 1:10.74	1000m: 12:14.63 1:17.41	1800m: 22:32.09 1:17.73	2600m: 32:43.40 1:15.42		
300m: 3:31.19 1:11.71	1100m: 13:31.15 1:16.52	1900m: 23:49.95 1:17.86	2700m: 33:58.63 1:15.23		
400m: 4:43.58 1:12.39	1200m: 14:48.34 1:17.19	2000m: 25:07.18 1:17.23	2800m: 35:11.82 1:13.19		
500m: 5:56.58 1:13.00	1300m: 16:04.54 1:16.20	2100m: 26:23.85 1:16.67	2900m: 36:25.08 1:13.26		
600m: 7:09.84 1:13.26	1400m: 17:21.03 1:16.49	2200m: 27:39.79 1:15.94	3000m: 37:36.84 1:11.76		
700m: 8:24.82 1:14.98	1500m: 18:38.42 1:17.39	2300m: 28:56.37 1:16.58			
800m: 9:40.41 1:15.59	1600m: 19:56.30 1:17.88	2400m: 30:13.23 1:16.86			
10. ORTEGA BAENA Irene	10	C.N.Mairena Aljarafe	37:42.00+	2:50.27	2,00
100m: 1:12.74 1:12.74	900m: 11:13.89 1:16.54	1700m: 21:23.95 1:14.74	2500m: 31:33.30 1:14.10		
200m: 2:25.76 1:13.02	1000m: 12:30.04 1:16.15	1800m: 22:40.40 1:16.45	2600m: 32:47.70 1:14.40		
300m: 3:38.52 1:12.76	1100m: 13:45.61 1:15.57	1900m: 23:56.75 1:16.35	2700m: 34:03.28 1:15.58		
400m: 4:54.50 1:15.98	1200m: 15:02.47 1:16.86	2000m: 25:12.65 1:15.90	2800m: 35:16.93 1:13.65		
500m: 6:10.42 1:15.92	1300m: 16:19.28 1:16.81	2100m: 26:28.18 1:15.53	2900m: 36:30.93 1:14.00		
600m: 7:25.72 1:15.30	1400m: 17:37.36 1:18.08	2200m: 27:45.81 1:17.63	3000m: 37:42.00 1:11.07		
700m: 8:42.06 1:16.34	1500m: 18:54.82 1:17.46	2300m: 29:04.73 1:18.92			
800m: 9:57.35 1:15.29	1600m: 20:09.21 1:14.39	2400m: 30:19.20 1:14.47			

Piscina 50 m.

INSTITUCIONALES 		SPONSOR PLATINO 		SPONSOR ORO 		SPONSOR TÉCNICO 		MECENAZGO 		PARTNER 			
PARTNER INNOVACIÓN 		PARTNER SALUD DEPORTIVA 						RSC PARTNER 		MEDICALSPONSOR 		PARTNER MOVILIDAD 	

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 2, Fem., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo	
11. CARLON DE FUENTES Irene	10	C.D. Torrelago Wellness	37:42.24+	2:50.51 1,00
100m: 1:12.40 1:12.40	900m: 11:11.94 1:16.38	1700m: 21:25.49 1:15.65	2500m: 31:28.58 1:14.20	
200m: 2:25.41 1:13.01	1000m: 12:29.32 1:17.38	1800m: 22:41.92 1:16.43	2600m: 32:43.00 1:14.42	
300m: 3:38.25 1:12.84	1100m: 13:46.41 1:17.09	1900m: 23:57.06 1:15.14	2700m: 33:59.35 1:16.35	
400m: 4:52.07 1:13.82	1200m: 15:03.10 1:16.69	2000m: 25:12.49 1:15.43	2800m: 35:15.68 1:16.33	
500m: 6:08.53 1:16.46	1300m: 16:20.77 1:17.67	2100m: 26:27.57 1:15.08	2900m: 36:31.39 1:15.71	
600m: 7:24.76 1:16.23	1400m: 17:38.70 1:17.93	2200m: 27:42.74 1:15.17	3000m: 37:42.24 1:10.85	
700m: 8:39.49 1:14.73	1500m: 18:55.98 1:17.28	2300m: 28:58.58 1:15.84		
800m: 9:55.56 1:16.07	1600m: 20:09.84 1:13.86	2400m: 30:14.38 1:15.80		
12. CARNERO ZAPATA Avril	09	C.N. Marina-Cartagena "Ancora"	37:45.56+	2:53.83 -
100m: 1:13.69 1:13.69	900m: 11:11.25 1:14.82	1700m: 21:12.99 1:15.56	2500m: 31:18.92 1:16.42	
200m: 2:28.34 1:14.65	1000m: 12:25.98 1:14.73	1800m: 22:27.65 1:14.66	2600m: 32:37.44 1:18.52	
300m: 3:42.98 1:14.64	1100m: 13:41.25 1:15.27	1900m: 23:43.22 1:15.57	2700m: 33:55.93 1:18.49	
400m: 4:57.71 1:14.73	1200m: 14:56.10 1:14.85	2000m: 24:58.50 1:15.28	2800m: 35:12.96 1:17.03	
500m: 6:12.33 1:14.62	1300m: 16:10.90 1:14.80	2100m: 26:14.27 1:15.77	2900m: 36:30.72 1:17.76	
600m: 7:26.86 1:14.53	1400m: 17:26.79 1:15.89	2200m: 27:30.66 1:16.39	3000m: 37:45.56 1:14.84	
700m: 8:41.56 1:14.70	1500m: 18:42.28 1:15.49	2300m: 28:46.68 1:16.02		
800m: 9:56.43 1:14.87	1600m: 19:57.43 1:15.15	2400m: 30:02.50 1:15.82		
13. ULIBARRI SANCHEZ Ines	09	C.N. Las Palmas	37:48.18+	2:56.45 -
100m: 1:11.40 1:11.40	900m: 11:02.59 1:14.84	1700m: 21:12.83 1:16.63	2500m: 31:23.84 1:16.17	
200m: 2:23.05 1:11.65	1000m: 12:18.06 1:15.47	1800m: 22:30.48 1:17.65	2600m: 32:40.06 1:16.22	
300m: 3:45.00 1:12.95	1100m: 13:32.65 1:14.59	1900m: 23:47.82 1:17.34	2700m: 33:56.84 1:16.78	
400m: 4:49.61 1:13.61	1200m: 14:49.10 1:16.45	2000m: 25:04.79 1:16.97	2800m: 35:13.66 1:16.82	
500m: 6:03.03 1:13.42	1300m: 16:05.93 1:16.83	2100m: 26:20.63 1:15.84	2900m: 36:31.49 1:17.83	
600m: 7:16.91 1:13.88	1400m: 17:22.61 1:16.68	2200m: 27:35.48 1:14.85	3000m: 37:48.18 1:16.69	
700m: 8:32.45 1:15.54	1500m: 18:39.33 1:16.72	2300m: 28:50.93 1:15.45		
800m: 9:47.75 1:15.30	1600m: 19:56.20 1:16.87	2400m: 30:07.67 1:16.74		
14. LOPEZ PEÑALVER Irene	09	C.N. Marina-Cartagena "Ancora"	38:12.77+	3:21.04 -
100m: 1:13.54 1:13.54	900m: 11:17.78 1:14.73	1700m: 21:25.80 1:16.41	2500m: 31:42.25 1:18.13	
200m: 2:29.06 1:15.52	1000m: 12:32.42 1:14.64	1800m: 22:42.66 1:16.86	2600m: 33:00.25 1:18.00	
300m: 3:45.16 1:16.10	1100m: 13:47.70 1:15.28	1900m: 24:00.04 1:17.38	2700m: 34:18.45 1:18.20	
400m: 5:01.19 1:16.03	1200m: 15:03.06 1:15.36	2000m: 25:16.14 1:16.10	2800m: 35:36.75 1:18.30	
500m: 6:16.59 1:15.40	1300m: 16:18.72 1:15.66	2100m: 26:33.00 1:16.86	2900m: 36:55.15 1:18.40	
600m: 7:32.15 1:15.56	1400m: 17:35.25 1:16.53	2200m: 27:50.06 1:17.06	3000m: 38:12.77 1:17.62	
700m: 8:47.76 1:15.61	1500m: 18:52.30 1:17.05	2300m: 29:06.83 1:16.77		
800m: 10:03.05 1:15.29	1600m: 20:09.39 1:17.09	2400m: 30:24.12 1:17.29		
15. MIRANDA MELIÁ Olivia	09	C.N. Delfin	38:26.02+	3:34.29 -
100m: 1:13.62 1:13.62	900m: 11:24.04 1:17.22	1700m: 21:42.42 1:17.93	2500m: 32:02.79 1:16.24	
200m: 2:29.89 1:16.27	1000m: 12:40.21 1:16.17	1800m: 23:00.66 1:18.24	2600m: 33:19.64 1:16.85	
300m: 3:45.91 1:16.02	1100m: 13:57.25 1:17.04	1900m: 24:18.65 1:17.99	2700m: 34:37.47 1:17.83	
400m: 5:02.24 1:16.33	1200m: 15:14.02 1:16.77	2000m: 25:36.81 1:18.16	2800m: 35:54.74 1:17.27	
500m: 6:18.59 1:16.35	1300m: 16:31.42 1:17.40	2100m: 26:55.38 1:18.57	2900m: 37:11.63 1:16.89	
600m: 7:34.66 1:16.07	1400m: 17:48.98 1:17.56	2200m: 28:12.76 1:17.38	3000m: 38:26.02 1:14.39	
700m: 8:50.70 1:16.04	1500m: 19:06.61 1:17.63	2300m: 29:30.08 1:17.32		
800m: 10:06.82 1:16.12	1600m: 20:24.49 1:17.88	2400m: 30:46.55 1:16.47		

Piscina 50 m.

INSTITUCIONALES 		SPONSOR PLATINO 		SPONSOR ORO 		SPONSOR TÉCNICO 		MECENAZGO 		PARTNER 			
PARTNER INNOVACIÓN 		PARTNER SALUD DEPORTIVA 						RSC PARTNER 		MEDICALSPONSOR 		PARTNER MOVILIDAD 	

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 2, Fem., 3000m Libre, INFANTIL

Clasificación	AN		Tiempo		
16. PARDILLOS FERNANDEZ Marta	09	C.N. Tarraco	38:39.85+ 3:48.12		-
100m: 1:13.39 1:13.39	900m: 11:28.60 1:17.31	1700m: 21:48.72 1:18.20	2500m: 32:15.05 1:18.08		
200m: 2:30.23 1:16.84	1000m: 12:45.57 1:16.97	1800m: 23:06.87 1:18.15	2600m: 33:32.16 1:17.11		
300m: 3:47.13 1:16.90	1100m: 14:02.28 1:16.71	1900m: 24:25.69 1:18.82	2700m: 34:49.85 1:17.69		
400m: 5:03.77 1:16.64	1200m: 15:19.28 1:17.00	2000m: 25:44.64 1:18.95	2800m: 36:07.72 1:17.87		
500m: 6:20.53 1:16.76	1300m: 16:37.55 1:18.27	2100m: 27:02.97 1:18.33	2900m: 37:24.79 1:17.07		
600m: 7:36.82 1:16.29	1400m: 17:54.95 1:17.40	2200m: 28:20.94 1:17.97	3000m: 38:39.85 1:15.06		
700m: 8:54.15 1:17.33	1500m: 19:12.83 1:17.88	2300m: 29:38.72 1:17.78			
800m: 10:11.29 1:17.14	1600m: 20:30.52 1:17.69	2400m: 30:56.97 1:18.25			
17. CASTILLO ACERO Helena	10	C.D.N. Cordoba	38:42.33+ 3:50.60		-
100m: 1:11.74 1:11.74	900m: 11:08.37 1:15.48	1700m: 21:23.53 1:18.01	2500m: 32:02.94 1:19.63		
200m: 2:24.52 1:12.78	1000m: 12:24.30 1:15.93	1800m: 22:41.71 1:18.18	2600m: 33:23.04 1:20.10		
300m: 3:38.09 1:13.57	1100m: 13:40.86 1:16.56	1900m: 24:00.37 1:18.66	2700m: 34:43.46 1:20.42		
400m: 4:52.29 1:14.20	1200m: 14:57.45 1:16.59	2000m: 25:19.92 1:19.55	2800m: 36:04.32 1:20.86		
500m: 6:06.87 1:14.58	1300m: 16:13.91 1:16.46	2100m: 26:40.73 1:20.81	2900m: 37:25.51 1:21.19		
600m: 7:21.82 1:14.95	1400m: 17:30.45 1:16.54	2200m: 28:01.29 1:20.56	3000m: 38:42.33 1:16.82		
700m: 8:37.33 1:15.51	1500m: 18:47.65 1:17.20	2300m: 29:21.91 1:20.62			
800m: 9:52.89 1:15.56	1600m: 20:05.52 1:17.87	2400m: 30:43.31 1:21.40			
18. MOSQUERA SORIANO Paula	10	C.N. Granollers	38:44.11+ 3:52.38		-
100m: 1:15.80 1:15.80	900m: 11:24.60 1:15.91	1700m: 21:42.50 1:17.65	2500m: 32:13.87 1:20.34		
200m: 2:31.94 1:16.14	1000m: 12:40.73 1:16.13	1800m: 23:01.23 1:18.73	2600m: 33:33.11 1:19.24		
300m: 3:44.94 1:16.00	1100m: 13:56.51 1:15.78	1900m: 24:17.74 1:16.51	2700m: 34:51.75 1:18.64		
400m: 5:04.34 1:16.40	1200m: 15:12.74 1:16.23	2000m: 25:36.10 1:18.36	2800m: 36:10.48 1:18.73		
500m: 6:21.15 1:16.81	1300m: 16:29.92 1:17.18	2100m: 26:54.92 1:18.82	2900m: 37:29.71 1:19.23		
600m: 7:37.30 1:16.15	1400m: 17:48.21 1:18.29	2200m: 28:14.01 1:19.09	3000m: 38:44.11 1:14.40		
700m: 8:52.65 1:15.35	1500m: 19:06.71 1:18.50	2300m: 29:33.31 1:19.30			
800m: 10:08.69 1:16.04	1600m: 20:24.85 1:18.14	2400m: 30:53.53 1:20.22			
19. CERVANTES GARCIA Nicoleta	10	C.N.Cartagonova Cartagena	38:46.67+ 3:54.94		-
100m: 1:14.13 1:14.13	900m: 11:24.06 1:17.03	1700m: 21:47.76 1:18.43	2500m: 32:18.50 1:19.45		
200m: 2:29.52 1:15.39	1000m: 12:41.49 1:17.43	1800m: 23:06.82 1:19.06	2600m: 33:38.24 1:19.74		
300m: 3:44.50 1:14.98	1100m: 13:59.24 1:17.75	1900m: 24:25.38 1:18.56	2700m: 34:56.58 1:18.34		
400m: 5:00.56 1:16.06	1200m: 15:16.86 1:17.62	2000m: 25:44.09 1:18.71	2800m: 36:14.59 1:18.01		
500m: 6:17.21 1:16.65	1300m: 16:34.30 1:17.44	2100m: 27:02.50 1:18.41	2900m: 37:31.85 1:17.26		
600m: 7:33.44 1:16.23	1400m: 17:52.83 1:18.53	2200m: 28:21.03 1:18.53	3000m: 38:46.67 1:14.82		
700m: 8:50.25 1:16.81	1500m: 19:10.57 1:17.74	2300m: 29:39.85 1:18.82			
800m: 10:07.03 1:16.78	1600m: 20:29.33 1:18.76	2400m: 30:59.05 1:19.20			
20. UZABAL RIVERA Irene	10	C.N. Logroño	39:35.17+ 4:43.44		-
100m: 1:13.31 1:13.31	900m: 11:29.36 1:18.85	1700m: 22:07.82 1:20.67	2500m: 32:55.06 1:20.83		
200m: 2:29.90 1:16.59	1000m: 12:48.01 1:18.65	1800m: 23:29.18 1:21.36	2600m: 34:16.53 1:21.47		
300m: 3:45.67 1:15.77	1100m: 14:07.64 1:19.63	1900m: 24:50.57 1:21.39	2700m: 35:37.64 1:21.11		
400m: 5:01.37 1:15.70	1200m: 15:26.60 1:18.96	2000m: 26:11.06 1:20.49	2800m: 36:58.95 1:21.31		
500m: 6:18.79 1:17.42	1300m: 16:46.87 1:20.27	2100m: 27:31.94 1:20.88	2900m: 38:18.43 1:19.48		
600m: 7:36.06 1:17.27	1400m: 18:07.69 1:20.82	2200m: 28:51.62 1:19.68	3000m: 39:35.17 1:16.74		
700m: 8:53.41 1:17.35	1500m: 19:27.13 1:19.44	2300m: 30:12.87 1:21.25			
800m: 10:10.51 1:17.10	1600m: 20:47.15 1:20.02	2400m: 31:34.23 1:21.36			

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3
16/12/2023 - 16:30

Masc., 5000m Libre

Abs.
Resultados

RE	52:46.52	PUEBLA MARTINEZ ALEJANDRO	Sant Cugat	31/01/2021
MMN 19	52:46.52	PUEBLA MARTINEZ ALEJANDRO	Sant Cugat	31/01/2021
MMN 18	53:29.32	GARACH BENITO CARLOS	BARCELONA	30/01/2022
MMN 17	54:20.89	SANTISTEBAN ROMERO SERGIO	MATARO	18/02/2017
MMN 16	55:49.87	GRANADO MARTIN PABLO	BARCELONA	22/02/2020
RC	52:46.52	PUEBLA MARTINEZ ALEJANDRO	Sant Cugat	31/01/2021

Clasificación

AN

Tiempo

JUNIOR 1

1. MARTINEZ PALOP Pablo 07 C.N. Ferca-San Jose **54:54.05** 18,00
Mejor Marca Nacional

100m:	1:03.24	1:03.24	1400m:	15:06.15	1:06.18	2700m:	29:17.00	1:05.67	4000m:	43:37.99	1:07.66
200m:	2:07.50	1:04.26	1500m:	16:11.71	1:05.56	2800m:	30:22.84	1:05.84	4100m:	44:46.12	1:08.13
300m:	3:12.03	1:04.53	1600m:	17:17.16	1:05.45	2900m:	31:27.64	1:04.80	4200m:	45:53.99	1:07.87
400m:	4:16.48	1:04.45	1700m:	18:22.17	1:05.01	3000m:	32:33.40	1:05.76	4300m:	47:02.06	1:08.07
500m:	5:20.75	1:04.27	1800m:	19:27.97	1:05.80	3100m:	33:38.76	1:05.36	4400m:	48:10.15	1:08.09
600m:	6:24.96	1:04.21	1900m:	20:33.06	1:05.09	3200m:	34:44.48	1:05.72	4500m:	49:17.94	1:07.79
700m:	7:29.56	1:04.60	2000m:	21:38.83	1:05.77	3300m:	35:49.87	1:05.39	4600m:	50:25.42	1:07.48
800m:	8:34.10	1:04.54	2100m:	22:44.64	1:05.81	3400m:	36:55.58	1:05.71	4700m:	51:32.97	1:07.55
900m:	9:38.95	1:04.85	2200m:	23:50.03	1:05.39	3500m:	38:01.53	1:05.95	4800m:	52:40.77	1:07.80
1000m:	10:44.09	1:05.14	2300m:	24:54.84	1:04.81	3600m:	39:08.62	1:07.09	4900m:	53:48.15	1:07.38
1100m:	11:48.99	1:04.90	2400m:	26:00.09	1:05.25	3700m:	40:15.33	1:06.71	5000m:	54:54.05	1:05.90
1200m:	12:54.57	1:05.58	2500m:	27:05.44	1:05.35	3800m:	41:22.65	1:07.32			
1300m:	13:59.97	1:05.40	2600m:	28:11.33	1:05.89	3900m:	42:30.33	1:07.68			

2. VARGAS TRUJILLO Cristobal 07 C.N. Dos Hermanas **55:21.41 + 27.36** 10,00

100m:	1:04.12	1:04.12	1400m:	15:17.38	1:06.34	2700m:	29:43.79	1:06.64	4000m:	44:12.32	1:07.54
200m:	2:09.04	1:04.92	1500m:	16:23.88	1:06.50	2800m:	30:50.68	1:06.89	4100m:	45:19.83	1:07.51
300m:	3:13.63	1:04.59	1600m:	17:30.31	1:06.43	2900m:	31:57.76	1:07.08	4200m:	46:27.39	1:07.56
400m:	4:18.09	1:04.46	1700m:	18:36.76	1:06.45	3000m:	33:04.32	1:06.56	4300m:	47:35.07	1:07.68
500m:	5:23.43	1:05.34	1800m:	19:43.73	1:06.97	3100m:	34:11.57	1:07.25	4400m:	48:41.42	1:06.35
600m:	6:29.29	1:05.86	1900m:	20:51.22	1:07.49	3200m:	35:17.79	1:06.22	4500m:	49:48.65	1:07.23
700m:	7:35.01	1:05.72	2000m:	21:57.86	1:06.64	3300m:	36:24.31	1:06.52	4600m:	50:55.66	1:07.01
800m:	8:40.74	1:05.73	2100m:	23:04.07	1:06.21	3400m:	37:30.90	1:06.59	4700m:	52:01.70	1:06.04
900m:	9:46.87	1:06.13	2200m:	24:11.84	1:07.77	3500m:	38:37.35	1:06.45	4800m:	53:08.52	1:06.82
1000m:	10:52.90	1:06.03	2300m:	25:17.37	1:05.53	3600m:	39:43.50	1:06.15	4900m:	54:15.61	1:07.09
1100m:	11:58.82	1:05.92	2400m:	26:23.66	1:06.29	3700m:	40:50.42	1:06.92	5000m:	55:21.41	1:05.80
1200m:	13:04.69	1:05.87	2500m:	27:30.53	1:06.87	3800m:	41:57.14	1:06.72			
1300m:	14:11.04	1:06.35	2600m:	28:37.15	1:06.62	3900m:	43:04.78	1:07.64			

3. FURONES GIMENO Victor 07 C.N. Ferca-San Jose **56:34.20+** 1:40.15 8,00

100m:	1:03.54	1:03.54	1400m:	15:37.09	1:07.81	2700m:	30:24.50	1:08.02	4000m:	45:07.79	1:07.68
200m:	2:08.59	1:05.05	1500m:	16:45.14	1:08.05	2800m:	31:33.38	1:08.88	4100m:	46:15.72	1:07.93
300m:	3:14.19	1:05.60	1600m:	17:52.76	1:07.62	2900m:	32:42.28	1:08.90	4200m:	47:24.13	1:08.41
400m:	4:20.29	1:06.10	1700m:	19:00.99	1:08.23	3000m:	33:49.79	1:07.51	4300m:	48:33.49	1:09.36
500m:	5:28.11	1:07.82	1800m:	20:09.65	1:08.66	3100m:	34:57.75	1:07.96	4400m:	49:42.98	1:09.49
600m:	6:34.83	1:06.72	1900m:	21:17.64	1:07.99	3200m:	36:05.02	1:07.27	4500m:	50:52.41	1:09.43
700m:	7:42.30	1:07.47	2000m:	22:25.93	1:08.29	3300m:	37:12.48	1:07.46	4600m:	52:01.93	1:09.52
800m:	8:49.55	1:07.25	2100m:	23:34.22	1:08.29	3400m:	38:21.72	1:09.24	4700m:	53:11.68	1:09.75
900m:	9:56.98	1:07.43	2200m:	24:42.45	1:08.23	3500m:	39:30.12	1:08.40	4800m:	54:20.39	1:08.71
1000m:	11:05.12	1:08.14	2300m:	25:51.77	1:09.32	3600m:	40:37.54	1:07.42	4900m:	55:28.17	1:07.78
1100m:	12:12.83	1:07.71	2400m:	26:59.04	1:07.27	3700m:	41:44.88	1:07.34	5000m:	56:34.20	1:06.03
1200m:	13:21.18	1:08.35	2500m:	28:08.08	1:09.04	3800m:	42:52.80	1:07.92			
1300m:	14:29.28	1:08.10	2600m:	29:16.48	1:08.40	3900m:	44:00.11	1:07.31			

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN		Tiempo		
4. PARRA ESTRADÉ Arnau	07	C.N. Athletic-Barceloneta	56:52.70+	1:58.65	7,00
100m: 1:05.97	1:05.97	1400m: 15:43.75	1:08.16	2700m: 30:28.15	1:08.14
200m: 2:11.51	1:05.54	1500m: 16:52.11	1:08.36	2800m: 31:36.06	1:07.91
300m: 3:17.96	1:06.45	1600m: 18:00.42	1:08.31	2900m: 32:43.90	1:07.84
400m: 4:24.57	1:06.61	1700m: 19:08.46	1:08.04	3000m: 33:51.50	1:07.60
500m: 5:32.26	1:07.69	1800m: 20:16.99	1:08.53	3100m: 34:58.83	1:07.33
600m: 6:39.70	1:07.44	1900m: 21:25.71	1:08.72	3200m: 36:06.68	1:07.85
700m: 7:47.72	1:08.02	2000m: 22:33.66	1:07.95	3300m: 37:15.16	1:08.48
800m: 8:55.79	1:08.07	2100m: 23:40.92	1:07.26	3400m: 38:23.92	1:08.76
900m: 10:03.36	1:07.57	2200m: 24:48.50	1:07.58	3500m: 39:32.81	1:08.89
1000m: 11:11.45	1:08.09	2300m: 25:55.67	1:07.17	3600m: 40:41.76	1:08.95
1100m: 12:19.24	1:07.79	2400m: 27:03.49	1:07.82	3700m: 41:51.14	1:09.38
1200m: 13:27.32	1:08.08	2500m: 28:11.60	1:08.11	3800m: 43:01.13	1:09.99
1300m: 14:35.59	1:08.27	2600m: 29:20.01	1:08.41	3900m: 44:11.09	1:09.96
5. DE ARMAS DELGADO Juan Jose	07	C.D.N. Nadamas Las Marinas	58:18.64+	3:24.59	6,00
100m: 1:04.76	1:04.76	1400m: 16:03.31	1:10.52	2700m: 31:10.66	1:10.77
200m: 2:10.24	1:05.48	1500m: 17:13.60	1:10.29	2800m: 32:21.22	1:10.56
300m: 3:17.37	1:07.13	1600m: 18:24.22	1:10.62	2900m: 33:31.68	1:10.46
400m: 4:25.86	1:08.49	1700m: 19:33.66	1:09.44	3000m: 34:42.19	1:10.51
500m: 5:35.01	1:09.15	1800m: 20:43.09	1:09.43	3100m: 35:52.69	1:10.50
600m: 6:44.28	1:09.27	1900m: 21:52.66	1:09.57	3200m: 37:03.44	1:10.75
700m: 7:53.45	1:09.17	2000m: 23:02.48	1:09.82	3300m: 38:13.43	1:09.99
800m: 9:02.93	1:09.48	2100m: 24:12.41	1:09.93	3400m: 39:23.47	1:10.04
900m: 10:12.64	1:09.71	2200m: 25:18.66	1:06.25	3500m: 40:34.69	1:11.22
1000m: 11:22.39	1:09.75	2300m: 26:28.48	1:09.82	3600m: 41:45.31	1:10.62
1100m: 12:32.62	1:10.23	2400m: 27:38.68	1:10.20	3700m: 42:53.52	1:08.21
1200m: 13:42.42	1:09.80	2500m: 28:48.78	1:10.10	3800m: 44:04.72	1:11.20
1300m: 14:52.79	1:10.37	2600m: 29:59.89	1:11.11	3900m: 45:16.73	1:12.01
6. FERNANDEZ LOPEZ Juan Francisco	08	C.N.Cartagonova Cartagena	58:46.62+	3:52.57	5,00
100m: 1:06.51	1:06.51	1400m: 16:05.69	1:09.13	2700m: 31:14.33	1:10.96
200m: 2:14.82	1:08.31	1500m: 17:15.14	1:09.45	2800m: 32:24.57	1:10.24
300m: 3:24.10	1:09.28	1600m: 18:24.49	1:09.35	2900m: 33:35.37	1:10.80
400m: 4:33.23	1:09.13	1700m: 19:33.67	1:09.18	3000m: 34:46.25	1:10.88
500m: 5:42.24	1:09.01	1800m: 20:43.04	1:09.37	3100m: 35:57.52	1:11.27
600m: 6:51.20	1:08.96	1900m: 21:52.35	1:09.31	3200m: 37:08.67	1:11.15
700m: 8:00.61	1:09.41	2000m: 23:02.09	1:09.74	3300m: 38:19.26	1:10.59
800m: 9:09.95	1:09.34	2100m: 24:12.21	1:10.12	3400m: 39:30.70	1:11.44
900m: 10:19.62	1:09.67	2200m: 25:21.67	1:09.46	3500m: 40:42.55	1:11.85
1000m: 11:28.74	1:09.12	2300m: 26:31.61	1:09.94	3600m: 41:54.26	1:11.71
1100m: 12:38.23	1:09.49	2400m: 27:41.68	1:10.07	3700m: 43:05.97	1:11.71
1200m: 13:47.32	1:09.09	2500m: 28:52.48	1:10.80	3800m: 44:17.91	1:11.94
1300m: 14:56.56	1:09.24	2600m: 30:03.37	1:10.89	3900m: 45:29.52	1:11.61
7. NIEVAS GARCÍA Lucas	07	C.N. Iregua-Villamediana	59:10.92+	4:16.87	4,00
100m: 1:07.53	1:07.53	1200m: 13:57.86	1:10.30	2300m: 26:57.57	1:10.86
200m: 2:17.59	1:10.06	1300m: 15:08.50	1:10.64	2400m: 28:08.70	1:11.13
300m: 3:27.92	1:10.33	1400m: 16:19.32	1:10.82	2500m: 29:19.80	1:11.10
400m: 4:37.84	1:09.92	1500m: 17:29.98	1:10.66	2600m: 30:30.66	1:10.86
500m: 5:47.80	1:09.96	1600m: 18:40.61	1:10.63	2700m: 31:41.88	1:11.22
600m: 6:57.84	1:10.04	1700m: 19:51.51	1:10.90	2800m: 32:53.07	1:11.19
700m: 8:08.00	1:10.16	1800m: 21:02.64	1:11.13	2900m: 34:04.30	1:11.23
800m: 9:17.94	1:09.94	1900m: 22:14.26	1:11.62	3000m: 35:15.60	1:11.30
900m: 10:28.04	1:10.10	2000m: 23:25.02	1:10.76	3100m: 36:26.55	1:10.95
1000m: 11:37.53	1:09.49	2100m: 24:35.81	1:10.79	3200m: 37:37.80	1:11.25
1100m: 12:47.56	1:10.03	2200m: 25:46.71	1:10.90	3300m: 38:49.94	1:12.14
				3400m: 40:02.53	1:12.59
				3500m: 41:14.72	1:12.19
				3600m: 42:26.70	1:11.98
				3700m: 43:38.66	1:11.96
				3800m: 44:51.00	1:12.34
				3900m: 46:03.54	1:12.54
				4000m: 47:16.06	1:12.52
				4100m: 48:28.36	1:12.30
				4200m: 49:40.07	1:11.71
				4300m: 50:52.28	1:12.21
				4400m: 52:05.35	1:13.07

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN				Tiempo			
4500m: 53:18.30 1:12.95	4700m: 55:41.76 1:11.70	4900m: 58:04.38 1:13.44						
4600m: 54:30.06 1:11.76	4800m: 56:50.94 1:09.18	5000m: 59:10.92 1:06.54						
8. RODRIGUEZ DIAZ Javier	08	C.N. Teneteide	59:36.93+	4:42.88	3,00			
100m: 1:06.06 1:06.06	1400m: 16:30.32 1:12.48	2700m: 32:03.36 1:10.84	4000m: 47:33.61 1:12.12					
200m: 2:14.57 1:08.51	1500m: 17:43.02 1:12.70	2800m: 33:13.92 1:10.56	4100m: 48:46.17 1:12.56					
300m: 3:24.63 1:10.06	1600m: 18:55.86 1:12.84	2900m: 34:25.00 1:11.08	4200m: 49:58.88 1:12.71					
400m: 4:34.85 1:10.22	1700m: 20:07.55 1:11.69	3000m: 35:36.10 1:11.10	4300m: 51:12.06 1:13.18					
500m: 5:45.56 1:10.71	1800m: 21:19.94 1:12.39	3100m: 36:47.47 1:11.37	4400m: 52:24.14 1:12.08					
600m: 6:56.19 1:10.63	1900m: 22:32.21 1:12.27	3200m: 37:58.95 1:11.48	4500m: 53:37.30 1:13.16					
700m: 8:07.33 1:11.14	2000m: 23:44.99 1:12.78	3300m: 39:10.17 1:11.22	4600m: 54:48.84 1:11.54					
800m: 9:19.22 1:11.89	2100m: 24:56.88 1:11.89	3400m: 40:21.78 1:11.61	4700m: 56:00.97 1:12.13					
900m: 10:31.24 1:12.02	2200m: 26:09.50 1:12.62	3500m: 41:33.35 1:11.57	4800m: 57:12.85 1:11.88					
1000m: 11:42.50 1:11.26	2300m: 27:21.01 1:11.51	3600m: 42:45.61 1:12.26	4900m: 58:24.58 1:11.73					
1100m: 12:53.89 1:11.39	2400m: 28:30.49 1:09.48	3700m: 43:56.99 1:11.38	5000m: 59:36.93 1:12.35					
1200m: 14:06.32 1:12.43	2500m: 29:41.34 1:10.85	3800m: 45:09.26 1:12.27						
1300m: 15:17.84 1:11.52	2600m: 30:52.52 1:11.18	3900m: 46:21.49 1:12.23						
9. SERRANO RODRIGUEZ Pedro	08	C.N.Cartagonova Cartagena	1:00:09.41+	5:15.36	2,00			
100m: 1:10.35 1:10.35	1400m: 16:35.79 1:12.82	2700m: 32:12.91 1:13.08	4000m: 48:00.74 1:12.16					
200m: 2:19.72 1:09.37	1500m: 17:49.05 1:13.26	2800m: 33:26.08 1:13.17	4100m: 49:12.30 1:11.56					
300m: 3:30.94 1:11.22	1600m: 19:01.43 1:12.38	2900m: 34:38.64 1:12.56	4200m: 50:25.03 1:12.73					
400m: 4:42.21 1:11.27	1700m: 20:14.31 1:12.88	3000m: 35:50.55 1:11.91	4300m: 51:38.13 1:13.10					
500m: 5:53.16 1:10.95	1800m: 21:25.67 1:11.36	3100m: 37:02.44 1:11.89	4400m: 52:51.60 1:13.47					
600m: 7:04.23 1:11.07	1900m: 22:36.96 1:11.29	3200m: 38:15.16 1:12.72	4500m: 54:05.26 1:13.66					
700m: 8:14.67 1:10.44	2000m: 23:48.40 1:11.44	3300m: 39:27.57 1:12.41	4600m: 55:18.13 1:12.87					
800m: 9:24.52 1:09.85	2100m: 24:59.65 1:11.25	3400m: 40:40.52 1:12.95	4700m: 56:31.68 1:13.55					
900m: 10:35.33 1:10.81	2200m: 26:10.89 1:11.24	3500m: 41:54.29 1:13.77	4800m: 57:45.97 1:14.29					
1000m: 11:46.94 1:11.61	2300m: 27:23.06 1:12.17	3600m: 43:07.54 1:13.25	4900m: 58:59.32 1:13.35					
1100m: 12:58.26 1:11.32	2400m: 28:35.44 1:12.38	3700m: 44:21.17 1:13.63	5000m: 1:00:09.41 1:10.09					
1200m: 14:10.10 1:11.84	2500m: 29:47.86 1:12.42	3800m: 45:35.43 1:14.26						
1300m: 15:22.97 1:12.87	2600m: 30:59.83 1:11.97	3900m: 46:48.58 1:13.15						
10. MASSO ROIG Martin	07	C.N. Rias Baixas	1:00:18.29+	5:24.24	1,00			
100m: 1:08.69 1:08.69	1400m: 16:34.81 1:11.68	2700m: 32:06.33 1:10.91	4000m: 47:59.08 1:14.25					
200m: 2:18.94 1:10.25	1500m: 17:46.95 1:12.14	2800m: 33:18.76 1:12.43	4100m: 49:13.19 1:14.11					
300m: 3:30.58 1:11.64	1600m: 18:58.56 1:11.61	2900m: 34:31.77 1:13.01	4200m: 50:28.23 1:15.04					
400m: 4:41.67 1:11.09	1700m: 20:09.98 1:11.42	3000m: 35:45.19 1:13.42	4300m: 51:43.19 1:14.96					
500m: 5:53.32 1:11.65	1800m: 21:21.05 1:11.07	3100m: 36:58.94 1:13.75	4400m: 52:57.85 1:14.66					
600m: 7:04.92 1:11.60	1900m: 22:32.43 1:11.38	3200m: 38:11.94 1:13.00	4500m: 54:13.79 1:15.94					
700m: 8:16.55 1:11.63	2000m: 23:44.83 1:12.40	3300m: 39:24.91 1:12.97	4600m: 55:29.64 1:15.85					
800m: 9:28.32 1:11.77	2100m: 24:57.68 1:12.85	3400m: 40:37.92 1:13.01	4700m: 56:44.22 1:14.58					
900m: 10:40.07 1:11.75	2200m: 26:09.46 1:11.78	3500m: 41:51.21 1:13.29	4800m: 57:58.13 1:13.91					
1000m: 11:50.92 1:10.85	2300m: 27:21.27 1:11.81	3600m: 43:04.48 1:13.27	4900m: 59:10.50 1:12.37					
1100m: 13:00.81 1:09.89	2400m: 28:31.96 1:10.69	3700m: 44:17.97 1:13.49	5000m: 1:00:18.29 1:07.79					
1200m: 14:11.23 1:10.42	2500m: 29:44.16 1:12.20	3800m: 45:31.04 1:13.07						
1300m: 15:23.13 1:11.90	2600m: 30:55.42 1:11.26	3900m: 46:44.83 1:13.79						

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN		Tiempo	
11. NAVARRO ORTS Jorge	07	C.N. Marina-Cartagena "Ancora"	1:00:27.29+	5:33.24
100m: 1:08.61 1:08.61	1400m: 16:35.11 1:12.11	2700m: 32:05.54 1:10.55	4000m: 47:58.90 1:14.24	
200m: 2:18.69 1:10.08	1500m: 17:46.64 1:11.53	2800m: 33:18.44 1:12.90	4100m: 49:13.25 1:14.35	
300m: 3:30.31 1:11.62	1600m: 18:58.17 1:11.53	2900m: 34:31.44 1:13.00	4200m: 50:28.28 1:15.03	
400m: 4:41.46 1:11.15	1700m: 20:09.61 1:11.44	3000m: 35:45.02 1:13.58	4300m: 51:43.67 1:15.39	
500m: 5:53.20 1:11.74	1800m: 21:20.45 1:10.84	3100m: 36:58.68 1:13.66	4400m: 52:57.84 1:14.17	
600m: 7:04.70 1:11.50	1900m: 22:32.21 1:11.76	3200m: 38:11.46 1:12.78	4500m: 54:14.16 1:16.32	
700m: 8:16.27 1:11.57	2000m: 23:44.63 1:12.42	3300m: 39:24.37 1:12.91	4600m: 55:29.96 1:15.80	
800m: 9:28.08 1:11.81	2100m: 24:57.49 1:12.86	3400m: 40:37.41 1:13.04	4700m: 56:44.77 1:14.81	
900m: 10:39.53 1:11.45	2200m: 26:08.98 1:11.49	3500m: 41:50.79 1:13.38	4800m: 57:59.80 1:15.03	
1000m: 11:50.34 1:10.81	2300m: 27:20.70 1:11.72	3600m: 43:04.07 1:13.28	4900m: 59:13.16 1:13.36	
1100m: 13:00.22 1:09.88	2400m: 28:31.58 1:10.88	3700m: 44:17.60 1:13.53	5000m: 1:00:27.29 1:14.13	
1200m: 14:10.46 1:10.24	2500m: 29:43.43 1:11.85	3800m: 45:31.01 1:13.41		
1300m: 15:23.00 1:12.54	2600m: 30:54.99 1:11.56	3900m: 46:44.66 1:13.65		
12. ALVAREZ GONZALEZ Unai	07	C.D. Gredos San Diego	1:00:35.46+	5:41.41
100m: 1:06.62 1:06.62	1400m: 16:40.19 1:12.90	2700m: 32:16.62 1:13.09	4000m: 48:17.22 1:16.20	
200m: 2:17.17 1:10.55	1500m: 17:53.35 1:13.16	2800m: 33:30.19 1:13.57	4100m: 49:32.48 1:15.26	
300m: 3:27.83 1:10.66	1600m: 19:05.60 1:12.25	2900m: 34:43.93 1:13.74	4200m: 50:48.35 1:15.87	
400m: 4:39.21 1:11.38	1700m: 20:17.86 1:12.26	3000m: 35:58.16 1:14.23	4300m: 52:02.71 1:14.36	
500m: 5:50.92 1:11.71	1800m: 21:29.61 1:11.75	3100m: 37:09.86 1:11.70	4400m: 53:17.27 1:14.56	
600m: 7:02.61 1:11.69	1900m: 22:40.63 1:11.02	3200m: 38:22.77 1:12.91	4500m: 54:29.83 1:12.56	
700m: 8:15.03 1:12.42	2000m: 23:53.03 1:12.40	3300m: 39:35.67 1:12.90	4600m: 55:41.85 1:12.02	
800m: 9:26.60 1:11.57	2100m: 25:04.19 1:11.16	3400m: 40:48.71 1:13.04	4700m: 56:54.58 1:12.73	
900m: 10:38.92 1:12.32	2200m: 26:15.40 1:11.21	3500m: 42:02.43 1:13.72	4800m: 58:08.91 1:14.33	
1000m: 11:50.86 1:11.94	2300m: 27:26.75 1:11.35	3600m: 43:15.75 1:13.32	4900m: 59:23.66 1:14.75	
1100m: 13:02.75 1:11.89	2400m: 28:38.38 1:11.63	3700m: 44:30.56 1:14.81	5000m: 1:00:35.46 1:11.80	
1200m: 14:14.60 1:11.85	2500m: 29:50.59 1:12.21	3800m: 45:45.43 1:14.87		
1300m: 15:27.29 1:12.69	2600m: 31:03.53 1:12.94	3900m: 47:01.02 1:15.59		
13. ALONSO VIDAL Teo	07	C.N. Rias Baixas	1:01:32.94+	6:38.89
100m: 1:05.84 1:05.84	1400m: 16:30.32 1:12.43	2700m: 32:11.12 1:12.83	4000m: 48:30.12 1:17.44	
200m: 2:14.62 1:08.78	1500m: 17:42.97 1:12.65	2800m: 33:24.21 1:13.09	4100m: 49:49.38 1:19.26	
300m: 3:24.56 1:09.94	1600m: 18:55.71 1:12.74	2900m: 34:37.53 1:13.32	4200m: 51:07.58 1:18.20	
400m: 4:34.66 1:10.10	1700m: 20:07.55 1:11.84	3000m: 35:51.70 1:14.17	4300m: 52:26.69 1:19.11	
500m: 5:45.38 1:10.72	1800m: 21:19.76 1:12.21	3100m: 37:06.41 1:14.71	4400m: 53:46.56 1:19.87	
600m: 6:55.91 1:10.53	1900m: 22:32.03 1:12.27	3200m: 38:20.92 1:14.51	4500m: 55:05.30 1:18.74	
700m: 8:07.21 1:11.30	2000m: 23:44.92 1:12.89	3300m: 39:36.09 1:15.17	4600m: 56:23.81 1:18.51	
800m: 9:19.18 1:11.97	2100m: 24:57.12 1:12.20	3400m: 40:51.16 1:15.07	4700m: 57:41.84 1:18.03	
900m: 10:30.98 1:11.80	2200m: 26:09.39 1:12.27	3500m: 42:06.39 1:15.23	4800m: 58:59.59 1:17.75	
1000m: 11:42.42 1:11.44	2300m: 27:21.65 1:12.26	3600m: 43:22.41 1:16.02	4900m: 1:00:16.62 1:17.03	
1100m: 12:53.94 1:11.52	2400m: 28:33.64 1:11.99	3700m: 44:38.40 1:15.99	5000m: 1:01:32.94 1:16.32	
1200m: 14:06.46 1:12.52	2500m: 29:45.73 1:12.09	3800m: 45:55.05 1:16.65		
1300m: 15:17.89 1:11.43	2600m: 30:58.29 1:12.56	3900m: 47:12.68 1:17.63		
14. MARTIN DE LA TORRE Felipe	08	C.N. Churrriana	1:01:55.49+	7:01.44
100m: 1:09.69 1:09.69	1200m: 14:29.04 1:11.83	2300m: 27:59.10 1:11.62	3400m: 41:27.37 1:16.70	
200m: 2:21.45 1:11.76	1300m: 15:40.89 1:11.85	2400m: 29:10.75 1:11.65	3500m: 42:44.83 1:17.46	
300m: 3:35.12 1:13.67	1400m: 16:52.77 1:11.88	2500m: 30:22.11 1:11.36	3600m: 44:01.81 1:16.98	
400m: 4:47.05 1:11.93	1500m: 18:05.35 1:12.58	2600m: 31:34.08 1:11.97	3700m: 45:19.22 1:17.41	
500m: 5:59.99 1:12.94	1600m: 19:18.13 1:12.78	2700m: 32:46.82 1:12.74	3800m: 46:38.29 1:19.07	
600m: 7:13.68 1:13.69	1700m: 20:32.59 1:14.46	2800m: 33:57.91 1:11.09	3900m: 47:56.42 1:18.13	
700m: 8:26.48 1:12.80	1800m: 21:46.19 1:13.60	2900m: 35:08.94 1:11.03	4000m: 49:13.12 1:16.70	
800m: 9:39.87 1:13.39	1900m: 23:01.19 1:15.00	3000m: 36:21.42 1:12.48	4100m: 50:30.29 1:17.17	
900m: 10:52.63 1:12.76	2000m: 24:16.88 1:15.69	3100m: 37:36.10 1:14.68	4200m: 51:44.50 1:14.21	
1000m: 12:05.32 1:12.69	2100m: 25:32.64 1:15.76	3200m: 38:53.29 1:17.19	4300m: 53:00.06 1:15.56	
1100m: 13:17.21 1:11.89	2200m: 26:47.48 1:14.84	3300m: 40:10.67 1:17.38	4400m: 54:15.24 1:15.18	

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, JUNIOR 1

Clasificación	AN				Tiempo			
4500m: 55:34.47	1:19.23	4700m: 58:10.47	1:18.43	4900m: 1:00:41.74	1:16.70			
4600m: 56:52.04	1:17.57	4800m: 59:25.04	1:14.57	5000m: 1:01:55.49	1:13.75			
15. PADRON MIGUELEZ Matias	08	C.D.N. Nadamas Las Marinas	1:02:08.41+	7:14.36				
100m: 1:09.20	1:09.20	1400m: 16:29.97	1:11.04	2700m: 32:10.73	1:13.59	4000m: 48:39.23	1:19.62	
200m: 2:19.36	1:10.16	1500m: 17:41.84	1:11.87	2800m: 33:23.84	1:13.11	4100m: 49:59.69	1:20.46	
300m: 3:30.44	1:11.08	1600m: 18:53.34	1:11.50	2900m: 34:37.33	1:13.49	4200m: 51:19.49	1:19.80	
400m: 4:42.09	1:11.65	1700m: 20:05.00	1:11.66	3000m: 35:51.29	1:13.96	4300m: 52:39.81	1:20.32	
500m: 5:52.08	1:09.99	1800m: 21:16.56	1:11.56	3100m: 37:05.68	1:14.39	4400m: 54:01.47	1:21.66	
600m: 7:03.57	1:11.49	1900m: 22:28.95	1:12.39	3200m: 38:20.82	1:15.14	4500m: 55:24.33	1:22.86	
700m: 8:14.25	1:10.68	2000m: 23:41.47	1:12.52	3300m: 39:36.01	1:15.19	4600m: 56:47.36	1:23.03	
800m: 9:24.72	1:10.47	2100m: 24:54.13	1:12.66	3400m: 40:52.05	1:16.04	4700m: 58:09.28	1:21.92	
900m: 10:35.42	1:10.70	2200m: 26:06.29	1:12.16	3500m: 42:07.42	1:15.37	4800m: 59:29.42	1:20.14	
1000m: 11:46.40	1:10.98	2300m: 27:19.27	1:12.98	3600m: 43:23.88	1:16.46	4900m: 1:00:49.68	1:20.26	
1100m: 12:57.37	1:10.97	2400m: 28:31.68	1:12.41	3700m: 44:41.69	1:17.81	5000m: 1:02:08.41	1:18.73	
1200m: 14:08.04	1:10.67	2500m: 29:44.39	1:12.71	3800m: 46:00.33	1:18.64			
1300m: 15:18.93	1:10.89	2600m: 30:57.14	1:12.75	3900m: 47:19.61	1:19.28			
16. HURTADO CUESTA Jesus	07	C.N. Churriana	1:02:16.32+	7:22.27				
100m: 1:08.18	1:08.18	1400m: 16:35.55	1:12.29	2700m: 32:33.87	1:14.88	4000m: 49:20.27	1:17.34	
200m: 2:18.55	1:10.37	1500m: 17:47.91	1:12.36	2800m: 33:49.34	1:15.47	4100m: 50:38.13	1:17.86	
300m: 3:30.30	1:11.75	1600m: 19:00.11	1:12.20	2900m: 35:05.43	1:16.09	4200m: 51:56.04	1:17.91	
400m: 4:41.29	1:10.99	1700m: 20:13.76	1:13.65	3000m: 36:22.19	1:16.76	4300m: 53:13.39	1:17.35	
500m: 5:53.09	1:11.80	1800m: 21:27.51	1:13.75	3100m: 37:40.89	1:18.70	4400m: 54:31.63	1:18.24	
600m: 7:04.60	1:11.51	1900m: 22:40.99	1:13.48	3200m: 38:59.40	1:18.51	4500m: 55:49.63	1:18.00	
700m: 8:16.25	1:11.65	2000m: 23:55.36	1:14.37	3300m: 40:18.09	1:18.69	4600m: 57:07.46	1:17.83	
800m: 9:28.22	1:11.97	2100m: 25:07.77	1:12.41	3400m: 41:35.65	1:17.56	4700m: 58:25.56	1:18.10	
900m: 10:39.72	1:11.50	2200m: 26:21.29	1:13.52	3500m: 42:52.84	1:17.19	4800m: 59:44.11	1:18.55	
1000m: 11:49.71	1:09.99	2300m: 27:34.73	1:13.44	3600m: 44:09.99	1:17.15	4900m: 1:01:00.38	1:16.27	
1100m: 12:59.68	1:09.97	2400m: 28:48.83	1:14.10	3700m: 45:26.77	1:16.78	5000m: 1:02:16.32	1:15.94	
1200m: 14:10.04	1:10.36	2500m: 30:03.87	1:15.04	3800m: 46:44.74	1:17.97			
1300m: 15:23.26	1:13.22	2600m: 31:18.99	1:15.12	3900m: 48:02.93	1:18.19			
NP CUBEIRO ROSENDE Xoel	07	C.N. Liceo						-
NP TALAVERA DELGADO Jeronimo	07	C.N. San Vicente						-

JUNIOR 2

1. GARCÍA CASTRO Mateo	05	C.N. Arteixo	54:34.49	13,00				
100m: 1:04.69	1:04.69	1400m: 15:07.76	1:05.20	2700m: 29:23.94	1:05.69	4000m: 43:42.80	1:06.10	
200m: 2:10.10	1:05.41	1500m: 16:12.96	1:05.20	2800m: 30:29.57	1:05.63	4100m: 44:48.87	1:06.07	
300m: 3:14.52	1:04.42	1600m: 17:18.42	1:05.46	2900m: 31:35.18	1:05.61	4200m: 45:54.62	1:05.75	
400m: 4:18.22	1:03.70	1700m: 18:24.42	1:06.00	3000m: 32:41.26	1:06.08	4300m: 47:00.31	1:05.69	
500m: 5:22.75	1:04.53	1800m: 19:30.02	1:05.60	3100m: 33:47.36	1:06.10	4400m: 48:05.47	1:05.16	
600m: 6:27.33	1:04.58	1900m: 20:35.75	1:05.73	3200m: 34:53.55	1:06.19	4500m: 49:11.79	1:06.32	
700m: 7:31.89	1:04.56	2000m: 21:41.55	1:05.80	3300m: 36:00.02	1:06.47	4600m: 50:17.10	1:05.31	
800m: 8:36.89	1:05.00	2100m: 22:47.87	1:06.32	3400m: 37:06.43	1:06.41	4700m: 51:22.00	1:04.90	
900m: 9:41.76	1:04.87	2200m: 23:53.66	1:05.79	3500m: 38:12.20	1:05.77	4800m: 52:27.19	1:05.19	
1000m: 10:46.72	1:04.96	2300m: 24:59.80	1:06.14	3600m: 39:18.53	1:06.33	4900m: 53:31.83	1:04.64	
1100m: 11:52.08	1:05.36	2400m: 26:06.22	1:06.42	3700m: 40:24.61	1:06.08	5000m: 54:34.49	1:02.66	
1200m: 12:57.12	1:05.04	2500m: 27:12.31	1:06.09	3800m: 41:31.02	1:06.41			
1300m: 14:02.56	1:05.44	2600m: 28:18.25	1:05.94	3900m: 42:36.70	1:05.68			

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

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

Clasificación	AN		Tiempo	
2. MACARIO MOLINA Joan	05	C.N. Las Palmas	56:09.20+	1:34.71 10,00
100m: 1:03.48 1:03.48	1400m: 15:15.96 1:06.44	2700m: 29:51.74 1:08.27	4000m: 44:43.60 1:08.92	
200m: 2:07.86 1:04.38	1500m: 16:22.53 1:06.57	2800m: 31:00.34 1:08.60	4100m: 45:52.50 1:08.90	
300m: 3:12.69 1:04.83	1600m: 17:29.10 1:06.57	2900m: 32:08.54 1:08.20	4200m: 47:01.39 1:08.89	
400m: 4:17.67 1:04.98	1700m: 18:36.06 1:06.96	3000m: 33:16.85 1:08.31	4300m: 48:09.81 1:08.42	
500m: 5:22.65 1:04.98	1800m: 19:42.91 1:06.85	3100m: 34:25.25 1:08.40	4400m: 49:18.68 1:08.87	
600m: 6:28.05 1:05.40	1900m: 20:50.13 1:07.22	3200m: 35:33.34 1:08.09	4500m: 50:28.11 1:09.43	
700m: 7:33.41 1:05.36	2000m: 21:57.43 1:07.30	3300m: 36:41.76 1:08.42	4600m: 51:36.63 1:08.52	
800m: 8:39.39 1:05.98	2100m: 23:04.59 1:07.16	3400m: 37:50.37 1:08.61	4700m: 52:45.28 1:08.65	
900m: 9:45.11 1:05.72	2200m: 24:12.08 1:07.49	3500m: 38:58.89 1:08.52	4800m: 53:53.99 1:08.71	
1000m: 10:50.97 1:05.86	2300m: 25:19.48 1:07.40	3600m: 40:07.95 1:09.06	4900m: 55:02.17 1:08.18	
1100m: 11:57.15 1:06.18	2400m: 26:27.49 1:08.01	3700m: 41:16.79 1:08.84	5000m: 56:09.20 1:07.03	
1200m: 13:03.34 1:06.19	2500m: 27:34.92 1:07.43	3800m: 42:25.73 1:08.94		
1300m: 14:09.52 1:06.18	2600m: 28:43.47 1:08.55	3900m: 43:34.68 1:08.95		
3. GARCIA FERNANDEZ Erik	06	C.N. Las Norias	56:44.26+	2:09.77 8,00
100m: 1:05.55 1:05.55	1400m: 15:32.90 1:07.40	2700m: 30:20.46 1:08.79	4000m: 45:12.98 1:08.69	
200m: 2:11.47 1:05.92	1500m: 16:40.26 1:07.36	2800m: 31:29.23 1:08.77	4100m: 46:21.76 1:08.78	
300m: 3:17.52 1:06.05	1600m: 17:47.75 1:07.49	2900m: 32:38.01 1:08.78	4200m: 47:30.99 1:09.23	
400m: 4:24.04 1:06.52	1700m: 18:55.25 1:07.50	3000m: 33:47.72 1:09.71	4300m: 48:40.27 1:09.28	
500m: 5:30.71 1:06.67	1800m: 20:02.73 1:07.48	3100m: 34:57.20 1:09.48	4400m: 49:50.31 1:10.04	
600m: 6:37.42 1:06.71	1900m: 21:10.17 1:07.44	3200m: 36:05.69 1:08.49	4500m: 51:00.78 1:10.47	
700m: 7:44.34 1:06.92	2000m: 22:18.11 1:07.94	3300m: 37:14.07 1:08.38	4600m: 52:11.03 1:10.25	
800m: 8:51.35 1:07.01	2100m: 23:27.11 1:09.00	3400m: 38:22.42 1:08.35	4700m: 53:20.70 1:09.67	
900m: 9:58.13 1:06.78	2200m: 24:36.07 1:08.96	3500m: 39:30.38 1:07.96	4800m: 54:30.16 1:09.46	
1000m: 11:04.85 1:06.72	2300m: 25:45.11 1:09.04	3600m: 40:38.60 1:08.22	4900m: 55:39.54 1:09.38	
1100m: 12:11.78 1:06.93	2400m: 26:53.75 1:08.64	3700m: 41:46.74 1:08.14	5000m: 56:44.26 1:04.72	
1200m: 13:18.68 1:06.90	2500m: 28:02.68 1:08.93	3800m: 42:55.27 1:08.53		
1300m: 14:25.50 1:06.82	2600m: 29:11.67 1:08.99	3900m: 44:04.29 1:09.02		
4. CASALS MAS Èric	06	C.N. VIC-Etb	57:03.11+	2:28.62 7,00
100m: 1:05.66 1:05.66	1400m: 15:46.81 1:07.83	2700m: 30:36.44 1:08.77	4000m: 45:38.39 1:10.11	
200m: 2:12.75 1:07.09	1500m: 16:55.15 1:08.34	2800m: 31:45.56 1:09.12	4100m: 46:48.23 1:09.84	
300m: 3:19.76 1:07.01	1600m: 18:02.78 1:07.63	2900m: 32:54.71 1:09.15	4200m: 47:57.72 1:09.49	
400m: 4:27.56 1:07.80	1700m: 19:10.27 1:07.49	3000m: 34:04.57 1:09.86	4300m: 49:06.74 1:09.02	
500m: 5:35.26 1:07.70	1800m: 20:17.90 1:07.63	3100m: 35:14.10 1:09.53	4400m: 50:15.60 1:08.86	
600m: 6:43.24 1:07.98	1900m: 21:25.93 1:08.03	3200m: 36:23.48 1:09.38	4500m: 51:25.19 1:09.59	
700m: 7:51.44 1:08.20	2000m: 22:34.02 1:08.09	3300m: 37:33.21 1:09.73	4600m: 52:34.00 1:08.81	
800m: 8:59.13 1:07.69	2100m: 23:42.53 1:08.51	3400m: 38:43.21 1:10.00	4700m: 53:42.43 1:08.43	
900m: 10:07.16 1:08.03	2200m: 24:51.07 1:08.54	3500m: 39:53.19 1:09.98	4800m: 54:49.76 1:07.33	
1000m: 11:15.08 1:07.92	2300m: 26:00.78 1:09.71	3600m: 41:01.79 1:08.60	4900m: 55:57.54 1:07.78	
1100m: 12:22.98 1:07.90	2400m: 27:09.89 1:09.11	3700m: 42:10.45 1:08.66	5000m: 57:03.11 1:05.57	
1200m: 13:30.91 1:07.93	2500m: 28:18.76 1:08.87	3800m: 43:18.93 1:08.48		
1300m: 14:38.98 1:08.07	2600m: 29:27.67 1:08.91	3900m: 44:28.28 1:09.35		
5. DE LA FUENTE ALONSO Diego	06	C.D. Torrelago Wellness	57:10.03+	2:35.54 6,00
100m: 1:03.19 1:03.19	1200m: 13:08.90 1:07.03	2300m: 25:39.72 1:08.14	3400m: 38:12.90 1:08.40	
200m: 2:07.63 1:04.44	1300m: 14:16.73 1:07.83	2400m: 26:47.75 1:08.03	3500m: 39:21.35 1:08.45	
300m: 3:12.18 1:04.55	1400m: 15:24.05 1:07.32	2500m: 27:55.50 1:07.75	3600m: 40:30.27 1:08.92	
400m: 4:16.94 1:04.76	1500m: 16:32.15 1:08.10	2600m: 29:03.47 1:07.97	3700m: 41:39.07 1:08.80	
500m: 5:22.13 1:05.19	1600m: 17:39.94 1:07.79	2700m: 30:11.59 1:08.12	3800m: 42:48.84 1:09.77	
600m: 6:27.97 1:05.84	1700m: 18:48.27 1:08.33	2800m: 31:20.51 1:08.92	3900m: 43:58.49 1:09.65	
700m: 7:33.91 1:05.94	1800m: 19:56.78 1:08.51	2900m: 32:28.69 1:08.18	4000m: 45:07.88 1:09.39	
800m: 8:40.52 1:06.61	1900m: 21:05.57 1:08.79	3000m: 33:38.02 1:09.33	4100m: 46:17.91 1:10.03	
900m: 9:47.19 1:06.67	2000m: 22:14.03 1:08.46	3100m: 34:46.44 1:08.42	4200m: 47:29.90 1:11.99	
1000m: 10:54.35 1:07.16	2100m: 23:22.95 1:08.92	3200m: 35:55.76 1:09.32	4300m: 48:42.36 1:12.46	
1100m: 12:01.87 1:07.52	2200m: 24:31.58 1:08.63	3300m: 37:04.50 1:08.74	4400m: 49:55.49 1:13.13	

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

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

Clasificación	AN				Tiempo			
4500m: 51:09.42	1:13.93	4700m: 53:37.97	1:14.29	4900m: 56:03.86	1:12.35			
4600m: 52:23.68	1:14.26	4800m: 54:51.51	1:13.54	5000m: 57:10.03	1:06.17			
6. COCERA CORDON Yare	05	C.N. Metropole		57:15.04+	2:40.55	5,00		
100m: 1:03.73	1:03.73	1400m: 15:29.46	1:07.30	2700m: 30:18.36	1:08.85	4000m: 45:24.73	1:11.18	
200m: 2:09.36	1:05.63	1500m: 16:36.38	1:06.92	2800m: 31:25.57	1:07.21	4100m: 46:36.67	1:11.94	
300m: 3:15.11	1:05.75	1600m: 17:44.73	1:08.35	2900m: 32:34.52	1:08.95	4200m: 47:47.91	1:11.24	
400m: 4:21.02	1:05.91	1700m: 18:52.56	1:07.83	3000m: 33:43.01	1:08.49	4300m: 48:59.54	1:11.63	
500m: 5:27.51	1:06.49	1800m: 20:00.64	1:08.08	3100m: 34:52.43	1:09.42	4400m: 50:10.38	1:10.84	
600m: 6:34.43	1:06.92	1900m: 21:09.44	1:08.80	3200m: 36:02.54	1:10.11	4500m: 51:21.65	1:11.27	
700m: 7:41.34	1:06.91	2000m: 22:17.80	1:08.36	3300m: 37:12.62	1:10.08	4600m: 52:32.46	1:10.81	
800m: 8:48.34	1:07.00	2100m: 23:25.38	1:07.58	3400m: 38:23.32	1:10.70	4700m: 53:44.45	1:11.99	
900m: 9:54.43	1:06.09	2200m: 24:33.40	1:08.02	3500m: 39:32.85	1:09.53	4800m: 54:56.26	1:11.81	
1000m: 11:00.83	1:06.40	2300m: 25:42.33	1:08.93	3600m: 40:42.34	1:09.49	4900m: 56:06.36	1:10.10	
1100m: 12:07.38	1:06.55	2400m: 26:51.03	1:08.70	3700m: 41:51.87	1:09.53	5000m: 57:15.04	1:08.68	
1200m: 13:14.51	1:07.13	2500m: 28:00.12	1:09.09	3800m: 43:01.81	1:09.94			
1300m: 14:22.16	1:07.65	2600m: 29:09.51	1:09.39	3900m: 44:13.55	1:11.74			
7. BLANCO SANCHEZ David	05	C.N. Ferca-San Jose		58:00.80+	3:26.31	4,00		
100m: 1:04.67	1:04.67	1400m: 15:39.98	1:08.38	2700m: 30:43.09	1:10.72	4000m: 46:05.03	1:11.41	
200m: 2:10.29	1:05.62	1500m: 16:48.08	1:08.10	2800m: 31:54.07	1:10.98	4100m: 47:16.02	1:10.99	
300m: 3:16.01	1:05.72	1600m: 17:56.20	1:08.12	2900m: 33:04.74	1:10.67	4200m: 48:27.66	1:11.64	
400m: 4:22.88	1:06.87	1700m: 19:04.63	1:08.43	3000m: 34:14.66	1:09.92	4300m: 49:39.16	1:11.50	
500m: 5:30.33	1:07.45	1800m: 20:13.30	1:08.67	3100m: 35:25.41	1:10.75	4400m: 50:50.55	1:11.39	
600m: 6:37.97	1:07.64	1900m: 21:22.49	1:09.19	3200m: 36:35.48	1:10.07	4500m: 52:02.48	1:11.93	
700m: 7:45.47	1:07.50	2000m: 22:32.52	1:10.03	3300m: 37:45.71	1:10.23	4600m: 53:14.21	1:11.73	
800m: 8:52.79	1:07.32	2100m: 23:42.02	1:09.50	3400m: 38:56.12	1:10.41	4700m: 54:26.31	1:12.10	
900m: 10:00.45	1:07.66	2200m: 24:51.71	1:09.69	3500m: 40:07.04	1:10.92	4800m: 55:38.47	1:12.16	
1000m: 11:07.99	1:07.54	2300m: 26:01.60	1:09.89	3600m: 41:18.42	1:11.38	4900m: 56:50.81	1:12.34	
1100m: 12:15.59	1:07.60	2400m: 27:12.30	1:10.70	3700m: 42:30.21	1:11.79	5000m: 58:00.80	1:09.99	
1200m: 13:23.55	1:07.96	2500m: 28:21.76	1:09.46	3800m: 43:41.90	1:11.69			
1300m: 14:31.60	1:08.05	2600m: 29:32.37	1:10.61	3900m: 44:53.62	1:11.72			
8. GALLEN SABATER Albert	05	C.E. Mediterrani		58:08.24+	3:33.75	3,00		
100m: 1:07.02	1:07.02	1400m: 15:59.35	1:09.47	2700m: 31:01.65	1:09.75	4000m: 46:18.85	1:11.21	
200m: 2:14.98	1:07.96	1500m: 17:08.31	1:08.96	2800m: 32:11.96	1:10.31	4100m: 47:30.38	1:11.53	
300m: 3:23.17	1:08.19	1600m: 18:17.74	1:09.43	2900m: 33:22.34	1:10.38	4200m: 48:41.31	1:10.93	
400m: 4:31.50	1:08.33	1700m: 19:26.57	1:08.83	3000m: 34:32.46	1:10.12	4300m: 49:51.75	1:10.44	
500m: 5:39.81	1:08.31	1800m: 20:35.46	1:08.89	3100m: 35:42.71	1:10.25	4400m: 51:02.87	1:11.12	
600m: 6:48.67	1:08.86	1900m: 21:44.56	1:09.10	3200m: 36:52.83	1:10.12	4500m: 52:14.34	1:11.47	
700m: 7:57.55	1:08.88	2000m: 22:54.07	1:09.51	3300m: 38:02.52	1:09.69	4600m: 53:25.66	1:11.32	
800m: 9:06.18	1:08.63	2100m: 24:03.35	1:09.28	3400m: 39:13.49	1:10.97	4700m: 54:37.58	1:11.92	
900m: 10:14.52	1:08.34	2200m: 25:13.08	1:09.73	3500m: 40:24.08	1:10.59	4800m: 55:49.47	1:11.89	
1000m: 11:23.35	1:08.83	2300m: 26:22.15	1:09.07	3600m: 41:34.92	1:10.84	4900m: 57:00.36	1:10.89	
1100m: 12:32.06	1:08.71	2400m: 27:32.25	1:10.10	3700m: 42:45.73	1:10.81	5000m: 58:08.24	1:07.88	
1200m: 13:40.87	1:08.81	2500m: 28:41.79	1:09.54	3800m: 43:56.61	1:10.88			
1300m: 14:49.88	1:09.01	2600m: 29:51.90	1:10.11	3900m: 45:07.64	1:11.03			

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XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

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

Clasificación	AN		Tiempo		
9. LORENÇO FERREIRA Gustavo	06	C.D.N. Nadamas Las Marinas	58:26.95+	3:52.46	2,00
100m: 1:05.04	1:05.04	1400m: 15:40.00	1:10.36	2700m: 31:07.77	1:13.44
200m: 2:10.61	1:05.57	1500m: 16:49.74	1:09.74	2800m: 32:20.48	1:12.71
300m: 3:16.29	1:05.68	1600m: 18:00.63	1:10.89	2900m: 33:31.78	1:11.30
400m: 4:22.29	1:06.00	1700m: 19:10.67	1:10.04	3000m: 34:43.18	1:11.40
500m: 5:28.02	1:05.73	1800m: 20:20.68	1:10.01	3100m: 35:54.35	1:11.17
600m: 6:34.94	1:06.92	1900m: 21:31.97	1:11.29	3200m: 37:04.66	1:10.31
700m: 7:41.76	1:06.82	2000m: 22:43.24	1:11.27	3300m: 38:15.90	1:11.24
800m: 8:48.89	1:07.13	2100m: 23:54.29	1:11.05	3400m: 39:27.47	1:11.57
900m: 9:55.34	1:06.45	2200m: 25:05.06	1:10.77	3500m: 40:38.94	1:11.47
1000m: 11:02.53	1:07.19	2300m: 26:17.00	1:11.94	3600m: 41:51.69	1:12.75
1100m: 12:10.76	1:08.23	2400m: 27:29.59	1:12.59	3700m: 43:02.40	1:10.71
1200m: 13:20.11	1:09.35	2500m: 28:41.96	1:12.37	3800m: 44:13.84	1:11.44
1300m: 14:29.64	1:09.53	2600m: 29:54.33	1:12.37	3900m: 45:25.30	1:11.46
10. DÍEZ CANO Isaac	06	C.D. El Valle	59:05.56+	4:31.07	1,00
100m: 1:09.16	1:09.16	1400m: 16:23.41	1:10.11	2700m: 31:51.01	1:11.91
200m: 2:19.55	1:10.39	1500m: 17:33.49	1:10.08	2800m: 33:02.26	1:11.25
300m: 3:30.45	1:10.90	1600m: 18:43.87	1:10.38	2900m: 34:13.46	1:11.20
400m: 4:41.76	1:11.31	1700m: 19:55.36	1:11.49	3000m: 35:25.05	1:11.59
500m: 5:52.34	1:10.58	1800m: 21:06.53	1:11.17	3100m: 36:36.28	1:11.23
600m: 7:03.32	1:10.98	1900m: 22:16.51	1:09.98	3200m: 37:47.88	1:11.60
700m: 8:12.74	1:09.42	2000m: 23:28.00	1:11.49	3300m: 38:58.87	1:10.99
800m: 9:22.32	1:09.58	2100m: 24:39.27	1:11.27	3400m: 40:10.44	1:11.57
900m: 10:32.52	1:10.20	2200m: 25:51.41	1:12.14	3500m: 41:22.02	1:11.58
1000m: 11:43.07	1:10.55	2300m: 27:03.21	1:11.80	3600m: 42:33.40	1:11.38
1100m: 12:53.18	1:10.11	2400m: 28:15.24	1:12.03	3700m: 43:44.39	1:10.99
1200m: 14:03.19	1:10.01	2500m: 29:27.40	1:12.16	3800m: 44:55.66	1:11.27
1300m: 15:13.30	1:10.11	2600m: 30:39.10	1:11.70	3900m: 46:07.08	1:11.42
11. REDONDO SORIA Iker	06	C.N. Granollers	59:12.92+	4:38.43	-
100m: 1:07.12	1:07.12	1400m: 16:16.22	1:10.15	2700m: 31:38.45	1:11.58
200m: 2:16.05	1:08.93	1500m: 17:26.34	1:10.12	2800m: 32:50.31	1:11.86
300m: 3:25.32	1:09.27	1600m: 18:36.39	1:10.05	2900m: 34:02.12	1:11.81
400m: 4:34.86	1:09.54	1700m: 19:46.36	1:09.97	3000m: 35:13.76	1:11.64
500m: 5:44.17	1:09.31	1800m: 20:57.33	1:10.97	3100m: 36:26.09	1:12.33
600m: 6:53.99	1:09.82	1900m: 22:08.06	1:10.73	3200m: 37:37.66	1:11.57
700m: 8:04.05	1:10.06	2000m: 23:19.18	1:11.12	3300m: 38:49.76	1:12.10
800m: 9:14.47	1:10.42	2100m: 24:30.48	1:11.30	3400m: 40:02.36	1:12.60
900m: 10:24.91	1:10.44	2200m: 25:42.07	1:11.59	3500m: 41:14.42	1:12.06
1000m: 11:35.41	1:10.50	2300m: 26:53.09	1:11.02	3600m: 42:26.50	1:12.08
1100m: 12:45.69	1:10.28	2400m: 28:04.12	1:11.03	3700m: 43:38.47	1:11.97
1200m: 13:56.04	1:10.35	2500m: 29:15.50	1:11.38	3800m: 44:50.79	1:12.32
1300m: 15:06.07	1:10.03	2600m: 30:26.87	1:11.37	3900m: 46:03.29	1:12.50
12. MARTÍNEZ SANZ Sergio	06	C.D. El Valle	59:39.51+	5:05.02	-
100m: 1:06.87	1:06.87	1200m: 14:02.29	1:10.43	2300m: 27:08.57	1:12.83
200m: 2:15.63	1:08.76	1300m: 15:13.76	1:11.47	2400m: 28:21.65	1:13.08
300m: 3:25.87	1:10.24	1400m: 16:25.38	1:11.62	2500m: 29:34.10	1:12.45
400m: 4:36.72	1:10.85	1500m: 17:37.30	1:11.92	2600m: 30:46.48	1:12.38
500m: 5:48.54	1:11.82	1600m: 18:49.65	1:12.35	2700m: 31:58.85	1:12.37
600m: 6:59.06	1:10.52	1700m: 20:01.87	1:12.22	2800m: 33:10.82	1:11.97
700m: 8:09.68	1:10.62	1800m: 21:09.92	1:08.05	2900m: 34:23.10	1:12.28
800m: 9:20.26	1:10.58	1900m: 22:19.98	1:10.06	3000m: 35:35.96	1:12.86
900m: 10:30.85	1:10.59	2000m: 23:32.43	1:12.45	3100m: 36:48.80	1:12.84
1000m: 11:41.65	1:10.80	2100m: 24:44.00	1:11.57	3200m: 38:01.86	1:13.06
1100m: 12:51.86	1:10.21	2200m: 25:55.74	1:11.74	3300m: 39:14.22	1:12.36

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

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

Clasificación	AN				Tiempo			
4500m: 53:41.36 1:12.66	4700m: 56:06.81 1:12.77	4900m: 58:29.70 1:10.74						
4600m: 54:54.04 1:12.68	4800m: 57:18.96 1:12.15	5000m: 59:39.51 1:09.81						
13. JUAN MONTAGUT Alvaro	06	C.N. Ferca-San Jose					1:00:15.39+	5:40.90
100m: 1:08.22 1:08.22	1400m: 16:15.19 1:10.06	2700m: 31:37.36 1:11.26	4000m: 47:28.94 1:14.65					
200m: 2:16.37 1:08.15	1500m: 17:25.49 1:10.30	2800m: 32:49.14 1:11.78	4100m: 48:43.21 1:14.27					
300m: 3:25.08 1:08.71	1600m: 18:36.15 1:10.66	2900m: 34:01.08 1:11.94	4200m: 49:57.71 1:14.50					
400m: 4:35.18 1:10.10	1700m: 19:46.39 1:10.24	3000m: 35:13.23 1:12.15	4300m: 51:12.68 1:14.97					
500m: 5:45.50 1:10.32	1800m: 20:57.52 1:11.13	3100m: 36:25.59 1:12.36	4400m: 52:28.87 1:16.19					
600m: 6:56.15 1:10.65	1900m: 22:08.74 1:11.22	3200m: 37:38.15 1:12.56	4500m: 53:46.72 1:17.85					
700m: 8:05.53 1:09.38	2000m: 23:19.44 1:10.70	3300m: 38:50.53 1:12.38	4600m: 55:05.48 1:18.76					
800m: 9:15.71 1:10.18	2100m: 24:30.58 1:11.14	3400m: 40:04.02 1:13.49	4700m: 56:24.29 1:18.81					
900m: 10:25.82 1:10.11	2200m: 25:41.98 1:11.40	3500m: 41:17.44 1:13.42	4800m: 57:43.33 1:19.04					
1000m: 11:35.78 1:09.96	2300m: 26:52.81 1:10.83	3600m: 42:31.53 1:14.09	4900m: 59:01.77 1:18.44					
1100m: 12:45.42 1:09.64	2400m: 28:03.57 1:10.76	3700m: 43:45.90 1:14.37	5000m: 1:00:15.39 1:13.62					
1200m: 13:55.26 1:09.84	2500m: 29:14.79 1:11.22	3800m: 44:59.60 1:13.70						
1300m: 15:05.13 1:09.87	2600m: 30:26.10 1:11.31	3900m: 46:14.29 1:14.69						

SENIOR

1. MENDEZ PUGA Mario	03	C.N. Rias Baixas			54:07.13	13,00
100m: 1:02.85 1:02.85	1400m: 15:05.73 1:05.97	2700m: 29:16.66 1:05.86	4000m: 43:21.25 1:04.25			
200m: 2:07.11 1:04.26	1500m: 16:11.40 1:05.67	2800m: 30:22.25 1:05.59	4100m: 44:24.22 1:02.97			
300m: 3:11.56 1:04.45	1600m: 17:16.71 1:05.31	2900m: 31:27.23 1:04.98	4200m: 45:27.67 1:03.45			
400m: 4:15.95 1:04.39	1700m: 18:21.70 1:04.99	3000m: 32:32.93 1:05.70	4300m: 46:31.53 1:03.86			
500m: 5:20.29 1:04.34	1800m: 19:27.34 1:05.64	3100m: 33:38.36 1:05.43	4400m: 47:36.38 1:04.85			
600m: 6:24.58 1:04.29	1900m: 20:32.61 1:05.27	3200m: 34:43.93 1:05.57	4500m: 48:41.72 1:05.34			
700m: 7:29.11 1:04.53	2000m: 21:38.41 1:05.80	3300m: 35:49.41 1:05.48	4600m: 49:46.79 1:05.07			
800m: 8:33.75 1:04.64	2100m: 22:44.09 1:05.68	3400m: 36:55.00 1:05.59	4700m: 50:52.23 1:05.44			
900m: 9:38.64 1:04.89	2200m: 23:49.42 1:05.33	3500m: 37:59.63 1:04.63	4800m: 51:58.09 1:05.86			
1000m: 10:43.51 1:04.87	2300m: 24:54.36 1:04.94	3600m: 39:04.35 1:04.72	4900m: 53:03.06 1:04.97			
1100m: 11:48.65 1:05.14	2400m: 25:59.52 1:05.16	3700m: 40:09.22 1:04.87	5000m: 54:07.13 1:04.07			
1200m: 12:54.17 1:05.52	2500m: 27:04.83 1:05.31	3800m: 41:13.24 1:04.02				
1300m: 13:59.76 1:05.59	2600m: 28:10.80 1:05.97	3900m: 42:17.00 1:03.76				
2. PUEBLA MARTINEZ Alejandro	02	C.N.Cartagonova Cartagena			54:11.68	+ 4.55 10,00
100m: 1:02.84 1:02.84	1400m: 15:01.84 1:04.95	2700m: 29:10.77 1:05.95	4000m: 43:18.14 1:05.36			
200m: 2:06.98 1:04.14	1500m: 16:06.95 1:05.11	2800m: 30:16.05 1:05.28	4100m: 44:23.14 1:05.00			
300m: 3:11.83 1:04.85	1600m: 17:10.85 1:03.90	2900m: 31:20.78 1:04.73	4200m: 45:28.60 1:05.46			
400m: 4:16.75 1:04.92	1700m: 18:14.79 1:03.94	3000m: 32:26.17 1:05.39	4300m: 46:33.54 1:04.94			
500m: 5:21.14 1:04.39	1800m: 19:19.02 1:04.23	3100m: 33:31.55 1:05.38	4400m: 47:38.49 1:04.95			
600m: 6:26.17 1:05.03	1900m: 20:23.83 1:04.81	3200m: 34:36.76 1:05.21	4500m: 48:44.48 1:05.99			
700m: 7:30.48 1:04.31	2000m: 21:29.35 1:05.52	3300m: 35:42.33 1:05.57	4600m: 49:50.56 1:06.08			
800m: 8:34.84 1:04.36	2100m: 22:35.34 1:05.99	3400m: 36:47.53 1:05.20	4700m: 50:56.28 1:05.72			
900m: 9:39.18 1:04.34	2200m: 23:41.51 1:06.17	3500m: 37:52.59 1:05.06	4800m: 52:02.40 1:06.12			
1000m: 10:43.27 1:04.09	2300m: 24:47.40 1:05.89	3600m: 38:57.50 1:04.91	4900m: 53:08.38 1:05.98			
1100m: 11:47.60 1:04.33	2400m: 25:53.21 1:05.81	3700m: 40:02.42 1:04.92	5000m: 54:11.68 1:03.30			
1200m: 12:52.26 1:04.66	2500m: 26:58.38 1:05.17	3800m: 41:07.37 1:04.95				
1300m: 13:56.89 1:04.63	2600m: 28:04.82 1:06.44	3900m: 42:12.78 1:05.41				

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, SENIOR

Clasificación	AN		Tiempo	
3. ORTIZ MARTINEZ Carlos	04	C.E. Mediterrani	54:21.82	+ 14.69 8,00
100m: 1:01.95 1:01.95	1400m: 15:02.15 1:05.06	2700m: 29:10.71 1:05.92	4000m: 43:25.15 1:05.23	
200m: 2:05.98 1:04.03	1500m: 16:07.47 1:05.32	2800m: 30:16.93 1:06.22	4100m: 44:30.93 1:05.78	
300m: 3:11.22 1:05.24	1600m: 17:11.73 1:04.26	2900m: 31:22.43 1:05.50	4200m: 45:35.84 1:04.91	
400m: 4:16.32 1:05.10	1700m: 18:16.23 1:04.50	3000m: 32:27.93 1:05.50	4300m: 46:41.33 1:05.49	
500m: 5:20.84 1:04.52	1800m: 19:20.61 1:04.38	3100m: 33:33.61 1:05.68	4400m: 47:47.00 1:05.67	
600m: 6:24.82 1:03.98	1900m: 20:24.88 1:04.27	3200m: 34:39.11 1:05.50	4500m: 48:53.11 1:06.11	
700m: 7:29.09 1:04.27	2000m: 21:30.27 1:05.39	3300m: 35:44.46 1:05.35	4600m: 49:58.97 1:05.86	
800m: 8:33.41 1:04.32	2100m: 22:35.74 1:05.47	3400m: 36:50.14 1:05.68	4700m: 51:05.54 1:06.57	
900m: 9:38.15 1:04.74	2200m: 23:41.71 1:05.97	3500m: 37:55.46 1:05.32	4800m: 52:11.82 1:06.28	
1000m: 10:42.42 1:04.27	2300m: 24:47.59 1:05.88	3600m: 39:01.05 1:05.59	4900m: 53:17.73 1:05.91	
1100m: 11:46.87 1:04.45	2400m: 25:53.07 1:05.48	3700m: 40:07.30 1:06.25	5000m: 54:21.82 1:04.09	
1200m: 12:51.93 1:05.06	2500m: 26:58.12 1:05.05	3800m: 41:13.81 1:06.51		
1300m: 13:57.09 1:05.16	2600m: 28:04.79 1:06.67	3900m: 42:19.92 1:06.11		
4. MARTINEZ MURCIA Alberto	98	C.N. Barcelona	56:31.54+	2:24.41 7,00
100m: 1:03.57 1:03.57	1400m: 15:30.07 1:07.55	2700m: 30:18.53 1:08.84	4000m: 45:04.18 1:09.13	
200m: 2:08.89 1:05.32	1500m: 16:37.34 1:07.27	2800m: 31:24.62 1:06.09	4100m: 46:13.92 1:09.74	
300m: 3:14.90 1:06.01	1600m: 17:44.95 1:07.61	2900m: 32:30.85 1:06.23	4200m: 47:23.25 1:09.33	
400m: 4:21.04 1:06.14	1700m: 18:52.41 1:07.46	3000m: 33:38.60 1:07.75	4300m: 48:33.10 1:09.85	
500m: 5:27.47 1:06.43	1800m: 20:00.71 1:08.30	3100m: 34:46.65 1:08.05	4400m: 49:42.51 1:09.41	
600m: 6:34.28 1:06.81	1900m: 21:09.50 1:08.79	3200m: 35:54.34 1:07.69	4500m: 50:52.05 1:09.54	
700m: 7:41.31 1:07.03	2000m: 22:18.08 1:08.58	3300m: 37:02.54 1:08.20	4600m: 52:01.97 1:09.92	
800m: 8:48.12 1:06.81	2100m: 23:25.90 1:07.82	3400m: 38:10.88 1:08.34	4700m: 53:12.19 1:10.22	
900m: 9:54.25 1:06.13	2200m: 24:33.75 1:07.85	3500m: 39:19.31 1:08.43	4800m: 54:20.14 1:07.95	
1000m: 11:00.41 1:06.16	2300m: 25:42.40 1:08.65	3600m: 40:28.05 1:08.74	4900m: 55:28.53 1:08.39	
1100m: 12:07.14 1:06.73	2400m: 26:51.27 1:08.87	3700m: 41:37.11 1:09.06	5000m: 56:31.54 1:03.01	
1200m: 13:14.79 1:07.65	2500m: 28:00.51 1:09.24	3800m: 42:46.11 1:09.00		
1300m: 14:22.52 1:07.73	2600m: 29:09.69 1:09.18	3900m: 43:55.05 1:08.94		
5. FRANCO CEGARRA Alfonso	03	C.N.Cartagonova Cartagena	56:42.04+	2:34.91 6,00
100m: 1:05.31 1:05.31	1400m: 15:38.21 1:07.57	2700m: 30:22.54 1:08.34	4000m: 45:17.90 1:09.10	
200m: 2:11.99 1:06.68	1500m: 16:45.82 1:07.61	2800m: 31:30.31 1:07.77	4100m: 46:27.53 1:09.63	
300m: 3:18.79 1:06.80	1600m: 17:53.22 1:07.40	2900m: 32:37.91 1:07.60	4200m: 47:37.10 1:09.57	
400m: 4:25.82 1:07.03	1700m: 19:00.44 1:07.22	3000m: 33:45.77 1:07.86	4300m: 48:46.53 1:09.43	
500m: 5:32.63 1:06.81	1800m: 20:08.13 1:07.69	3100m: 34:54.34 1:08.57	4400m: 49:55.38 1:08.85	
600m: 6:39.34 1:06.71	1900m: 21:16.14 1:08.01	3200m: 36:03.18 1:08.84	4500m: 51:04.66 1:09.28	
700m: 7:46.27 1:06.93	2000m: 22:24.02 1:07.88	3300m: 37:11.94 1:08.76	4600m: 52:13.97 1:09.31	
800m: 8:53.41 1:07.14	2100m: 23:32.32 1:08.30	3400m: 38:21.14 1:09.20	4700m: 53:23.06 1:09.09	
900m: 10:00.60 1:07.19	2200m: 24:40.84 1:08.52	3500m: 39:30.50 1:09.36	4800m: 54:31.59 1:08.53	
1000m: 11:07.81 1:07.21	2300m: 25:49.32 1:08.48	3600m: 40:40.94 1:10.44	4900m: 55:39.39 1:07.80	
1100m: 12:15.14 1:07.33	2400m: 26:58.81 1:09.49	3700m: 41:51.02 1:10.08	5000m: 56:42.04 1:02.65	
1200m: 13:22.79 1:07.65	2500m: 28:06.80 1:07.99	3800m: 42:59.78 1:08.76		
1300m: 14:30.64 1:07.85	2600m: 29:14.20 1:07.40	3900m: 44:08.80 1:09.02		
6. MANNANOV Eduard	86	C.N. Metropole	56:42.07+	2:34.94 5,00
100m: 1:04.99 1:04.99	1200m: 13:23.03 1:07.52	2300m: 25:48.97 1:08.25	3400m: 38:23.81 1:08.74	
200m: 2:11.20 1:06.21	1300m: 14:30.32 1:07.29	2400m: 26:57.47 1:08.50	3500m: 39:32.28 1:08.47	
300m: 3:18.16 1:06.96	1400m: 15:37.75 1:07.43	2500m: 28:05.34 1:07.87	3600m: 40:41.17 1:08.89	
400m: 4:25.29 1:07.13	1500m: 16:45.20 1:07.45	2600m: 29:13.71 1:08.37	3700m: 41:50.09 1:08.92	
500m: 5:32.51 1:07.22	1600m: 17:52.74 1:07.54	2700m: 30:22.50 1:08.79	3800m: 42:59.08 1:08.99	
600m: 6:39.76 1:07.25	1700m: 19:00.40 1:07.66	2800m: 31:30.93 1:08.43	3900m: 44:08.05 1:08.97	
700m: 7:46.90 1:07.14	1800m: 20:08.10 1:07.70	2900m: 32:39.52 1:08.59	4000m: 45:17.08 1:09.03	
800m: 8:54.10 1:07.20	1900m: 21:16.14 1:08.04	3000m: 33:48.07 1:08.55	4100m: 46:26.77 1:09.69	
900m: 10:01.31 1:07.21	2000m: 22:24.26 1:08.12	3100m: 34:57.12 1:09.05	4200m: 47:36.25 1:09.48	
1000m: 11:08.45 1:07.14	2100m: 23:32.48 1:08.22	3200m: 36:06.24 1:09.12	4300m: 48:45.60 1:09.35	
1100m: 12:15.51 1:07.06	2200m: 24:40.72 1:08.24	3300m: 37:15.07 1:08.83	4400m: 49:54.59 1:08.99	

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, SENIOR

Clasificación	AN				Tiempo			
4500m: 51:03.81 1:09.22	4700m: 53:21.30 1:08.85	4900m: 55:37.53 1:08.07						
4600m: 52:12.45 1:08.64	4800m: 54:29.46 1:08.16	5000m: 56:42.07 1:04.54						
7. ELIES VAZQUEZ Pau	03	C.N. Athletic-Barceloneta	58:57.07+	4:49.94	4,00			
100m: 1:08.29 1:08.29	1400m: 16:08.09 1:10.17	2700m: 31:35.16 1:12.24	4000m: 47:04.40 1:11.13					
200m: 2:16.64 1:08.35	1500m: 17:18.56 1:10.47	2800m: 32:46.97 1:11.81	4100m: 48:16.12 1:11.72					
300m: 3:25.28 1:08.64	1600m: 18:29.58 1:11.02	2900m: 33:57.56 1:10.59	4200m: 49:27.93 1:11.81					
400m: 4:34.42 1:09.14	1700m: 19:40.48 1:10.90	3000m: 35:09.44 1:11.88	4300m: 50:39.51 1:11.58					
500m: 5:43.72 1:09.30	1800m: 20:51.04 1:10.56	3100m: 36:21.21 1:11.77	4400m: 51:50.78 1:11.27					
600m: 6:52.45 1:08.73	1900m: 22:02.08 1:11.04	3200m: 37:32.69 1:11.48	4500m: 53:02.55 1:11.77					
700m: 8:01.21 1:08.76	2000m: 23:13.61 1:11.53	3300m: 38:43.83 1:11.14	4600m: 54:15.20 1:12.65					
800m: 9:10.54 1:09.33	2100m: 24:25.47 1:11.86	3400m: 39:55.05 1:11.22	4700m: 55:27.14 1:11.94					
900m: 10:19.81 1:09.27	2200m: 25:37.32 1:11.85	3500m: 41:06.47 1:11.42	4800m: 56:38.21 1:11.07					
1000m: 11:29.43 1:09.62	2300m: 26:48.70 1:11.38	3600m: 42:17.86 1:11.39	4900m: 57:49.67 1:11.46					
1100m: 12:38.78 1:09.35	2400m: 27:59.57 1:10.87	3700m: 43:29.87 1:12.01	5000m: 58:57.07 1:07.40					
1200m: 13:48.25 1:09.47	2500m: 29:11.14 1:11.57	3800m: 44:41.46 1:11.59						
1300m: 14:57.92 1:09.67	2600m: 30:22.92 1:11.78	3900m: 45:53.27 1:11.81						
8. IBAÑEZ PINA Nil	03	C.N. Athletic-Barceloneta	59:21.02+	5:13.89	3,00			
100m: 1:07.36 1:07.36	1400m: 16:30.72 1:12.21	2700m: 31:57.97 1:11.83	4000m: 47:30.93 1:12.12					
200m: 2:17.60 1:10.24	1500m: 17:43.17 1:12.45	2800m: 33:10.13 1:12.16	4100m: 48:42.17 1:11.24					
300m: 3:27.85 1:10.25	1600m: 18:55.25 1:12.08	2900m: 34:21.45 1:11.32	4200m: 49:53.43 1:11.26					
400m: 4:37.23 1:09.38	1700m: 20:05.96 1:10.71	3000m: 35:32.98 1:11.53	4300m: 51:05.53 1:12.10					
500m: 5:47.26 1:10.03	1800m: 21:17.33 1:11.37	3100m: 36:44.72 1:11.74	4400m: 52:17.76 1:12.23					
600m: 6:57.58 1:10.32	1900m: 22:28.28 1:10.95	3200m: 37:56.42 1:11.70	4500m: 53:29.53 1:11.77					
700m: 8:08.11 1:10.53	2000m: 23:39.38 1:11.10	3300m: 39:08.24 1:11.82	4600m: 54:41.23 1:11.70					
800m: 9:19.48 1:11.37	2100m: 24:50.40 1:11.02	3400m: 40:20.31 1:12.07	4700m: 55:53.09 1:11.86					
900m: 10:30.66 1:11.18	2200m: 26:00.68 1:10.28	3500m: 41:31.83 1:11.52	4800m: 57:03.32 1:10.23					
1000m: 11:42.48 1:11.82	2300m: 27:11.64 1:10.96	3600m: 42:43.27 1:11.44	4900m: 58:12.65 1:09.33					
1100m: 12:54.43 1:11.95	2400m: 28:23.17 1:11.53	3700m: 43:54.60 1:11.33	5000m: 59:21.02 1:08.37					
1200m: 14:06.79 1:12.36	2500m: 29:34.71 1:11.54	3800m: 45:06.82 1:12.22						
1300m: 15:18.51 1:11.72	2600m: 30:46.14 1:11.43	3900m: 46:18.81 1:11.99						
9. LLORCA ANTON Sergi	00	C.N. Ferca-San Jose	1:00:39.17+	6:32.04	2,00			
100m: 1:08.23 1:08.23	1400m: 16:35.65 1:12.43	2700m: 32:29.84 1:13.50	4000m: 48:24.77 1:14.13					
200m: 2:18.29 1:10.06	1500m: 17:47.73 1:12.08	2800m: 33:43.00 1:13.16	4100m: 49:39.31 1:14.54					
300m: 3:29.62 1:11.33	1600m: 19:00.68 1:12.95	2900m: 34:56.05 1:13.05	4200m: 50:53.76 1:14.45					
400m: 4:40.54 1:10.92	1700m: 20:14.19 1:13.51	3000m: 36:08.81 1:12.76	4300m: 52:08.25 1:14.49					
500m: 5:51.08 1:10.54	1800m: 21:27.05 1:12.86	3100m: 37:22.14 1:13.33	4400m: 53:22.80 1:14.55					
600m: 7:01.24 1:10.16	1900m: 22:40.29 1:13.24	3200m: 38:36.39 1:14.25	4500m: 54:36.05 1:13.25					
700m: 8:11.40 1:10.16	2000m: 23:53.86 1:13.57	3300m: 39:50.34 1:13.95	4600m: 55:50.49 1:14.44					
800m: 9:22.10 1:10.70	2100m: 25:08.15 1:14.29	3400m: 41:04.51 1:14.17	4700m: 57:05.07 1:14.58					
900m: 10:33.04 1:10.94	2200m: 26:21.85 1:13.70	3500m: 42:17.50 1:12.99	4800m: 58:18.81 1:13.74					
1000m: 11:44.72 1:11.68	2300m: 27:36.08 1:14.23	3600m: 43:30.60 1:13.10	4900m: 59:31.41 1:12.60					
1100m: 12:56.86 1:12.14	2400m: 28:49.65 1:13.57	3700m: 44:43.75 1:13.15	5000m: 1:00:39.17 1:07.76					
1200m: 14:10.00 1:13.14	2500m: 30:02.36 1:12.71	3800m: 45:56.99 1:13.24						
1300m: 15:23.22 1:13.22	2600m: 31:16.34 1:13.98	3900m: 47:10.64 1:13.65						

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre

Abs.

1. MENDEZ PUGA Mario	03	C.N. Rias Baixas	54:07.13	13,00
100m: 1:02.85 1:02.85	1400m: 15:05.73 1:05.97	2700m: 29:16.66 1:05.86	4000m: 43:21.25 1:04.25	
200m: 2:07.11 1:04.26	1500m: 16:11.40 1:05.67	2800m: 30:22.25 1:05.59	4100m: 44:24.22 1:02.97	
300m: 3:11.56 1:04.45	1600m: 17:16.71 1:05.31	2900m: 31:27.23 1:04.98	4200m: 45:27.67 1:03.45	
400m: 4:15.95 1:04.39	1700m: 18:21.70 1:04.99	3000m: 32:32.93 1:05.70	4300m: 46:31.53 1:03.86	
500m: 5:20.29 1:04.34	1800m: 19:27.34 1:05.64	3100m: 33:38.36 1:05.43	4400m: 47:36.38 1:04.85	
600m: 6:24.58 1:04.29	1900m: 20:32.61 1:05.27	3200m: 34:43.93 1:05.57	4500m: 48:41.72 1:05.34	
700m: 7:29.11 1:04.53	2000m: 21:38.41 1:05.80	3300m: 35:49.41 1:05.48	4600m: 49:46.79 1:05.07	
800m: 8:33.75 1:04.64	2100m: 22:44.09 1:05.68	3400m: 36:55.00 1:05.59	4700m: 50:52.23 1:05.44	
900m: 9:38.64 1:04.89	2200m: 23:49.42 1:05.33	3500m: 37:59.63 1:04.63	4800m: 51:58.09 1:05.86	
1000m: 10:43.51 1:04.87	2300m: 24:54.36 1:04.94	3600m: 39:04.35 1:04.72	4900m: 53:03.06 1:04.97	
1100m: 11:48.65 1:05.14	2400m: 25:59.52 1:05.16	3700m: 40:09.22 1:04.87	5000m: 54:07.13 1:04.07	
1200m: 12:54.17 1:05.52	2500m: 27:04.83 1:05.31	3800m: 41:13.24 1:04.02		
1300m: 13:59.76 1:05.59	2600m: 28:10.80 1:05.97	3900m: 42:17.00 1:03.76		
2. PUEBLA MARTINEZ Alejandro	02	C.N.Cartagonova Cartagena	54:11.68	+ 4.55 10,00
100m: 1:02.84 1:02.84	1400m: 15:01.84 1:04.95	2700m: 29:10.77 1:05.95	4000m: 43:18.14 1:05.36	
200m: 2:06.98 1:04.14	1500m: 16:06.95 1:05.11	2800m: 30:16.05 1:05.28	4100m: 44:23.14 1:05.00	
300m: 3:11.83 1:04.85	1600m: 17:10.85 1:03.90	2900m: 31:20.78 1:04.73	4200m: 45:28.60 1:05.46	
400m: 4:16.75 1:04.92	1700m: 18:14.79 1:03.94	3000m: 32:26.17 1:05.39	4300m: 46:33.54 1:04.94	
500m: 5:21.14 1:04.39	1800m: 19:19.02 1:04.23	3100m: 33:31.55 1:05.38	4400m: 47:38.49 1:04.95	
600m: 6:26.17 1:05.03	1900m: 20:23.83 1:04.81	3200m: 34:36.76 1:05.21	4500m: 48:44.48 1:05.99	
700m: 7:30.48 1:04.31	2000m: 21:29.35 1:05.52	3300m: 35:42.33 1:05.57	4600m: 49:50.56 1:06.08	
800m: 8:34.84 1:04.36	2100m: 22:35.34 1:05.99	3400m: 36:47.53 1:05.20	4700m: 50:56.28 1:05.72	
900m: 9:39.18 1:04.34	2200m: 23:41.51 1:06.17	3500m: 37:52.59 1:05.06	4800m: 52:02.40 1:06.12	
1000m: 10:43.27 1:04.09	2300m: 24:47.40 1:05.89	3600m: 38:57.50 1:04.91	4900m: 53:08.38 1:05.98	
1100m: 11:47.60 1:04.33	2400m: 25:53.21 1:05.81	3700m: 40:02.42 1:04.92	5000m: 54:11.68 1:03.30	
1200m: 12:52.26 1:04.66	2500m: 26:58.38 1:05.17	3800m: 41:07.37 1:04.95		
1300m: 13:56.89 1:04.63	2600m: 28:04.82 1:06.44	3900m: 42:12.78 1:05.41		
3. ORTIZ MARTINEZ Carlos	04	C.E. Mediterrani	54:21.82	+ 14.69 8,00
100m: 1:01.95 1:01.95	1400m: 15:02.15 1:05.06	2700m: 29:10.71 1:05.92	4000m: 43:25.15 1:05.23	
200m: 2:05.98 1:04.03	1500m: 16:07.47 1:05.32	2800m: 30:16.93 1:06.22	4100m: 44:30.93 1:05.78	
300m: 3:11.22 1:05.24	1600m: 17:11.73 1:04.26	2900m: 31:22.43 1:05.50	4200m: 45:35.84 1:04.91	
400m: 4:16.32 1:05.10	1700m: 18:16.23 1:04.50	3000m: 32:27.93 1:05.50	4300m: 46:41.33 1:05.49	
500m: 5:20.84 1:04.52	1800m: 19:20.61 1:04.38	3100m: 33:33.61 1:05.68	4400m: 47:47.00 1:05.67	
600m: 6:24.82 1:03.98	1900m: 20:24.88 1:04.27	3200m: 34:39.11 1:05.50	4500m: 48:53.11 1:06.11	
700m: 7:29.09 1:04.27	2000m: 21:30.27 1:05.39	3300m: 35:44.46 1:05.35	4600m: 49:58.97 1:05.86	
800m: 8:33.41 1:04.32	2100m: 22:35.74 1:05.47	3400m: 36:50.14 1:05.68	4700m: 51:05.54 1:06.57	
900m: 9:38.15 1:04.74	2200m: 23:41.71 1:05.97	3500m: 37:55.46 1:05.32	4800m: 52:11.82 1:06.28	
1000m: 10:42.42 1:04.27	2300m: 24:47.59 1:05.88	3600m: 39:01.05 1:05.59	4900m: 53:17.73 1:05.91	
1100m: 11:46.87 1:04.45	2400m: 25:53.07 1:05.48	3700m: 40:07.30 1:06.25	5000m: 54:21.82 1:04.09	
1200m: 12:51.93 1:05.06	2500m: 26:58.12 1:05.05	3800m: 41:13.81 1:06.51		
1300m: 13:57.09 1:05.16	2600m: 28:04.79 1:06.67	3900m: 42:19.92 1:06.11		
4. GARCÍA CASTRO Mateo	05	C.N. Arteixo	54:34.49	+ 27.36 13,00
100m: 1:04.69 1:04.69	1200m: 12:57.12 1:05.04	2300m: 24:59.80 1:06.14	3400m: 37:06.43 1:06.41	
200m: 2:10.10 1:05.41	1300m: 14:02.56 1:05.44	2400m: 26:06.22 1:06.42	3500m: 38:12.20 1:05.77	
300m: 3:14.52 1:04.42	1400m: 15:07.76 1:05.20	2500m: 27:12.31 1:06.09	3600m: 39:18.53 1:06.33	
400m: 4:18.22 1:03.70	1500m: 16:12.96 1:05.20	2600m: 28:18.25 1:05.94	3700m: 40:24.61 1:06.08	
500m: 5:22.75 1:04.53	1600m: 17:18.42 1:05.46	2700m: 29:23.94 1:05.69	3800m: 41:31.02 1:06.41	
600m: 6:27.33 1:04.58	1700m: 18:24.42 1:06.00	2800m: 30:29.57 1:05.63	3900m: 42:36.70 1:05.68	
700m: 7:31.89 1:04.56	1800m: 19:30.02 1:05.60	2900m: 31:35.18 1:05.61	4000m: 43:42.80 1:06.10	
800m: 8:36.89 1:05.00	1900m: 20:35.75 1:05.73	3000m: 32:41.26 1:06.08	4100m: 44:48.87 1:06.07	
900m: 9:41.76 1:04.87	2000m: 21:41.55 1:05.80	3100m: 33:47.36 1:06.10	4200m: 45:54.62 1:05.75	
1000m: 10:46.72 1:04.96	2100m: 22:47.87 1:06.32	3200m: 34:53.55 1:06.19	4300m: 47:00.31 1:05.69	
1100m: 11:52.08 1:05.36	2200m: 23:53.66 1:05.79	3300m: 36:00.02 1:06.47	4400m: 48:05.47 1:05.16	

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, Abs.

Clasificación	AN						Tiempo			
4500m: 49:11.79 1:06.32	4700m: 51:22.00 1:04.90	4900m: 53:31.83 1:04.64								
4600m: 50:17.10 1:05.31	4800m: 52:27.19 1:05.19	5000m: 54:34.49 1:02.66								
5. MARTINEZ PALOP Pablo	07	C.N. Ferca-San Jose				54:54.05 + 46.92 18,00				
<i>Mejor Marca Nacional</i>										
100m: 1:03.24 1:03.24	1400m: 15:06.15 1:06.18	2700m: 29:17.00 1:05.67	4000m: 43:37.99 1:07.66							
200m: 2:07.50 1:04.26	1500m: 16:11.71 1:05.56	2800m: 30:22.84 1:05.84	4100m: 44:46.12 1:08.13							
300m: 3:12.03 1:04.53	1600m: 17:17.16 1:05.45	2900m: 31:27.64 1:04.80	4200m: 45:53.99 1:07.87							
400m: 4:16.48 1:04.45	1700m: 18:22.17 1:05.01	3000m: 32:33.40 1:05.76	4300m: 47:02.06 1:08.07							
500m: 5:20.75 1:04.27	1800m: 19:27.97 1:05.80	3100m: 33:38.76 1:05.36	4400m: 48:10.15 1:08.09							
600m: 6:24.96 1:04.21	1900m: 20:33.06 1:05.09	3200m: 34:44.48 1:05.72	4500m: 49:17.94 1:07.79							
700m: 7:29.56 1:04.60	2000m: 21:38.83 1:05.77	3300m: 35:49.87 1:05.39	4600m: 50:25.42 1:07.48							
800m: 8:34.10 1:04.54	2100m: 22:44.64 1:05.81	3400m: 36:55.58 1:05.71	4700m: 51:32.97 1:07.55							
900m: 9:38.95 1:04.85	2200m: 23:50.03 1:05.39	3500m: 38:01.53 1:05.95	4800m: 52:40.77 1:07.80							
1000m: 10:44.09 1:05.14	2300m: 24:54.84 1:04.81	3600m: 39:08.62 1:07.09	4900m: 53:48.15 1:07.38							
1100m: 11:48.99 1:04.90	2400m: 26:00.09 1:05.25	3700m: 40:15.33 1:06.71	5000m: 54:54.05 1:05.90							
1200m: 12:54.57 1:05.58	2500m: 27:05.44 1:05.35	3800m: 41:22.65 1:07.32								
1300m: 13:59.97 1:05.40	2600m: 28:11.33 1:05.89	3900m: 42:30.33 1:07.68								
6. VARGAS TRUJILLO Cristobal	07	C.N. Dos Hermanas				55:21.41+ 1:14.28 10,00				
100m: 1:04.12 1:04.12	1400m: 15:17.38 1:06.34	2700m: 29:43.79 1:06.64	4000m: 44:12.32 1:07.54							
200m: 2:09.04 1:04.92	1500m: 16:23.88 1:06.50	2800m: 30:50.68 1:06.89	4100m: 45:19.83 1:07.51							
300m: 3:13.63 1:04.59	1600m: 17:30.31 1:06.43	2900m: 31:57.76 1:07.08	4200m: 46:27.39 1:07.56							
400m: 4:18.09 1:04.46	1700m: 18:36.76 1:06.45	3000m: 33:04.32 1:06.56	4300m: 47:35.07 1:07.68							
500m: 5:23.43 1:05.34	1800m: 19:43.73 1:06.97	3100m: 34:11.57 1:07.25	4400m: 48:41.42 1:06.35							
600m: 6:29.29 1:05.86	1900m: 20:51.22 1:07.49	3200m: 35:17.79 1:06.22	4500m: 49:48.65 1:07.23							
700m: 7:35.01 1:05.72	2000m: 21:57.86 1:06.64	3300m: 36:24.31 1:06.52	4600m: 50:55.66 1:07.01							
800m: 8:40.74 1:05.73	2100m: 23:04.07 1:06.21	3400m: 37:30.90 1:06.59	4700m: 52:01.70 1:06.04							
900m: 9:46.87 1:06.13	2200m: 24:11.84 1:07.77	3500m: 38:37.35 1:06.45	4800m: 53:08.52 1:06.82							
1000m: 10:52.90 1:06.03	2300m: 25:17.37 1:05.53	3600m: 39:43.50 1:06.15	4900m: 54:15.61 1:07.09							
1100m: 11:58.82 1:05.92	2400m: 26:23.66 1:06.29	3700m: 40:50.42 1:06.92	5000m: 55:21.41 1:05.80							
1200m: 13:04.69 1:05.87	2500m: 27:30.53 1:06.87	3800m: 41:57.14 1:06.72								
1300m: 14:11.04 1:06.35	2600m: 28:37.15 1:06.62	3900m: 43:04.78 1:07.64								
7. MACARIO MOLINA Joan	05	C.N. Las Palmas				56:09.20+ 2:02.07 10,00				
100m: 1:03.48 1:03.48	1400m: 15:15.96 1:06.44	2700m: 29:51.74 1:08.27	4000m: 44:43.60 1:08.92							
200m: 2:07.86 1:04.38	1500m: 16:22.53 1:06.57	2800m: 31:00.34 1:08.60	4100m: 45:52.50 1:08.90							
300m: 3:12.69 1:04.83	1600m: 17:29.10 1:06.57	2900m: 32:08.54 1:08.20	4200m: 47:01.39 1:08.89							
400m: 4:17.67 1:04.98	1700m: 18:36.06 1:06.96	3000m: 33:16.85 1:08.31	4300m: 48:09.81 1:08.42							
500m: 5:22.65 1:04.98	1800m: 19:42.91 1:06.85	3100m: 34:25.25 1:08.40	4400m: 49:18.68 1:08.87							
600m: 6:28.05 1:05.40	1900m: 20:50.13 1:07.22	3200m: 35:33.34 1:08.09	4500m: 50:28.11 1:09.43							
700m: 7:33.41 1:05.36	2000m: 21:57.43 1:07.30	3300m: 36:41.76 1:08.42	4600m: 51:36.63 1:08.52							
800m: 8:39.39 1:05.98	2100m: 23:04.59 1:07.16	3400m: 37:50.37 1:08.61	4700m: 52:45.28 1:08.65							
900m: 9:45.11 1:05.72	2200m: 24:12.08 1:07.49	3500m: 38:58.89 1:08.52	4800m: 53:53.99 1:08.71							
1000m: 10:50.97 1:05.86	2300m: 25:19.48 1:07.40	3600m: 40:07.95 1:09.06	4900m: 55:02.17 1:08.18							
1100m: 11:57.15 1:06.18	2400m: 26:27.49 1:08.01	3700m: 41:16.79 1:08.84	5000m: 56:09.20 1:07.03							
1200m: 13:03.34 1:06.19	2500m: 27:34.92 1:07.43	3800m: 42:25.73 1:08.94								
1300m: 14:09.52 1:06.18	2600m: 28:43.47 1:08.55	3900m: 43:34.68 1:08.95								

Piscina 50 m.

INSTITUCIONALES 		SPONSOR PLATINO 		SPONSOR ORO 		SPONSOR TÉCNICO 		MECENAZGO 		PARTNER 			
PARTNER INNOVACIÓN 		PARTNER SALUD DEPORTIVA 						RSC PARTNER 		MEDICALSPONSOR 		PARTNER MOVILIDAD 	

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, Abs.

Clasificación	AN		Tiempo		
8. MARTINEZ MURCIA Alberto	98	C.N. Barcelona	56:31.54+	2:24.41	7,00
100m: 1:03.57	1:03.57	1400m: 15:30.07	1:07.55	2700m: 30:18.53	1:08.84
200m: 2:08.89	1:05.32	1500m: 16:37.34	1:07.27	2800m: 31:24.62	1:06.09
300m: 3:14.90	1:06.01	1600m: 17:44.95	1:07.61	2900m: 32:30.85	1:06.23
400m: 4:21.04	1:06.14	1700m: 18:52.41	1:07.46	3000m: 33:38.60	1:07.75
500m: 5:27.47	1:06.43	1800m: 20:00.71	1:08.30	3100m: 34:46.65	1:08.05
600m: 6:34.28	1:06.81	1900m: 21:09.50	1:08.79	3200m: 35:54.34	1:07.69
700m: 7:41.31	1:07.03	2000m: 22:18.08	1:08.58	3300m: 37:02.54	1:08.20
800m: 8:48.12	1:06.81	2100m: 23:25.90	1:07.82	3400m: 38:10.88	1:08.34
900m: 9:54.25	1:06.13	2200m: 24:33.75	1:07.85	3500m: 39:19.31	1:08.43
1000m: 11:00.41	1:06.16	2300m: 25:42.40	1:08.65	3600m: 40:28.05	1:08.74
1100m: 12:07.14	1:06.73	2400m: 26:51.27	1:08.87	3700m: 41:37.11	1:09.06
1200m: 13:14.79	1:07.65	2500m: 28:00.51	1:09.24	3800m: 42:46.11	1:09.00
1300m: 14:22.52	1:07.73	2600m: 29:09.69	1:09.18	3900m: 43:55.05	1:08.94
9. FURONES GIMENO Victor	07	C.N. Ferca-San Jose	56:34.20+	2:27.07	8,00
100m: 1:03.54	1:03.54	1400m: 15:37.09	1:07.81	2700m: 30:24.50	1:08.02
200m: 2:08.59	1:05.05	1500m: 16:45.14	1:08.05	2800m: 31:33.38	1:08.88
300m: 3:14.19	1:05.60	1600m: 17:52.76	1:07.62	2900m: 32:42.28	1:08.90
400m: 4:20.29	1:06.10	1700m: 19:00.99	1:08.23	3000m: 33:49.79	1:07.51
500m: 5:28.11	1:07.82	1800m: 20:09.65	1:08.66	3100m: 34:57.75	1:07.96
600m: 6:34.83	1:06.72	1900m: 21:17.64	1:07.99	3200m: 36:05.02	1:07.27
700m: 7:42.30	1:07.47	2000m: 22:25.93	1:08.29	3300m: 37:12.48	1:07.46
800m: 8:49.55	1:07.25	2100m: 23:34.22	1:08.29	3400m: 38:21.72	1:09.24
900m: 9:56.98	1:07.43	2200m: 24:42.45	1:08.23	3500m: 39:30.12	1:08.40
1000m: 11:05.12	1:08.14	2300m: 25:51.77	1:09.32	3600m: 40:37.54	1:07.42
1100m: 12:12.83	1:07.71	2400m: 26:59.04	1:07.27	3700m: 41:44.88	1:07.34
1200m: 13:21.18	1:08.35	2500m: 28:08.08	1:09.04	3800m: 42:52.80	1:07.92
1300m: 14:29.28	1:08.10	2600m: 29:16.48	1:08.40	3900m: 44:00.11	1:07.31
10. FRANCO CEGARRA Alfonso	03	C.N.Cartagonova Cartagena	56:42.04+	2:34.91	6,00
100m: 1:05.31	1:05.31	1400m: 15:38.21	1:07.57	2700m: 30:22.54	1:08.34
200m: 2:11.99	1:06.68	1500m: 16:45.82	1:07.61	2800m: 31:30.31	1:07.77
300m: 3:18.79	1:06.80	1600m: 17:53.22	1:07.40	2900m: 32:37.91	1:07.60
400m: 4:25.82	1:07.03	1700m: 19:00.44	1:07.22	3000m: 33:45.77	1:07.86
500m: 5:32.63	1:06.81	1800m: 20:08.13	1:07.69	3100m: 34:54.34	1:08.57
600m: 6:39.34	1:06.71	1900m: 21:16.14	1:08.01	3200m: 36:03.18	1:08.84
700m: 7:46.27	1:06.93	2000m: 22:24.02	1:07.88	3300m: 37:11.94	1:08.76
800m: 8:53.41	1:07.14	2100m: 23:32.32	1:08.30	3400m: 38:21.14	1:09.20
900m: 10:00.60	1:07.19	2200m: 24:40.84	1:08.52	3500m: 39:30.50	1:09.36
1000m: 11:07.81	1:07.21	2300m: 25:49.32	1:08.48	3600m: 40:40.94	1:10.44
1100m: 12:15.14	1:07.33	2400m: 26:58.81	1:09.49	3700m: 41:51.02	1:10.08
1200m: 13:22.79	1:07.65	2500m: 28:06.80	1:07.99	3800m: 42:59.78	1:08.76
1300m: 14:30.64	1:07.85	2600m: 29:14.20	1:07.40	3900m: 44:08.80	1:09.02
11. MANNANOV Eduard	86	C.N. Metropole	56:42.07+	2:34.94	5,00
100m: 1:04.99	1:04.99	1200m: 13:23.03	1:07.52	2300m: 25:48.97	1:08.25
200m: 2:11.20	1:06.21	1300m: 14:30.32	1:07.29	2400m: 26:57.47	1:08.50
300m: 3:18.16	1:06.96	1400m: 15:37.75	1:07.43	2500m: 28:05.34	1:07.87
400m: 4:25.29	1:07.13	1500m: 16:45.20	1:07.45	2600m: 29:13.71	1:08.37
500m: 5:32.51	1:07.22	1600m: 17:52.74	1:07.54	2700m: 30:22.50	1:08.79
600m: 6:39.76	1:07.25	1700m: 19:00.40	1:07.66	2800m: 31:30.93	1:08.43
700m: 7:46.90	1:07.14	1800m: 20:08.10	1:07.70	2900m: 32:39.52	1:08.59
800m: 8:54.10	1:07.20	1900m: 21:16.14	1:08.04	3000m: 33:48.07	1:08.55
900m: 10:01.31	1:07.21	2000m: 22:24.26	1:08.12	3100m: 34:57.12	1:09.05
1000m: 11:08.45	1:07.14	2100m: 23:32.48	1:08.22	3200m: 36:06.24	1:09.12
1100m: 12:15.51	1:07.06	2200m: 24:40.72	1:08.24	3300m: 37:15.07	1:08.83

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, Abs.

Clasificación	AN						Tiempo					
4500m:	51:03.81	1:09.22	4700m:	53:21.30	1:08.85	4900m:	55:37.53	1:08.07				
4600m:	52:12.45	1:08.64	4800m:	54:29.46	1:08.16	5000m:	56:42.07	1:04.54				
12.	GARCIA FERNANDEZ Erik						06	C.N. Las Norias		56:44.26+	2:37.13	8,00
100m:	1:05.55	1:05.55	1400m:	15:32.90	1:07.40	2700m:	30:20.46	1:08.79	4000m:	45:12.98	1:08.69	
200m:	2:11.47	1:05.92	1500m:	16:40.26	1:07.36	2800m:	31:29.23	1:08.77	4100m:	46:21.76	1:08.78	
300m:	3:17.52	1:06.05	1600m:	17:47.75	1:07.49	2900m:	32:38.01	1:08.78	4200m:	47:30.99	1:09.23	
400m:	4:24.04	1:06.52	1700m:	18:55.25	1:07.50	3000m:	33:47.72	1:09.71	4300m:	48:40.27	1:09.28	
500m:	5:30.71	1:06.67	1800m:	20:02.73	1:07.48	3100m:	34:57.20	1:09.48	4400m:	49:50.31	1:10.04	
600m:	6:37.42	1:06.71	1900m:	21:10.17	1:07.44	3200m:	36:05.69	1:08.49	4500m:	51:00.78	1:10.47	
700m:	7:44.34	1:06.92	2000m:	22:18.11	1:07.94	3300m:	37:14.07	1:08.38	4600m:	52:11.03	1:10.25	
800m:	8:51.35	1:07.01	2100m:	23:27.11	1:09.00	3400m:	38:22.42	1:08.35	4700m:	53:20.70	1:09.67	
900m:	9:58.13	1:06.78	2200m:	24:36.07	1:08.96	3500m:	39:30.38	1:07.96	4800m:	54:30.16	1:09.46	
1000m:	11:04.85	1:06.72	2300m:	25:45.11	1:09.04	3600m:	40:38.60	1:08.22	4900m:	55:39.54	1:09.38	
1100m:	12:11.78	1:06.93	2400m:	26:53.75	1:08.64	3700m:	41:46.74	1:08.14	5000m:	56:44.26	1:04.72	
1200m:	13:18.68	1:06.90	2500m:	28:02.68	1:08.93	3800m:	42:55.27	1:08.53				
1300m:	14:25.50	1:06.82	2600m:	29:11.67	1:08.99	3900m:	44:04.29	1:09.02				
13.	PARRA ESTRADÉ Arnau						07	C.N. Athletic-Barceloneta		56:52.70+	2:45.57	7,00
100m:	1:05.97	1:05.97	1400m:	15:43.75	1:08.16	2700m:	30:28.15	1:08.14	4000m:	45:20.17	1:09.08	
200m:	2:11.51	1:05.54	1500m:	16:52.11	1:08.36	2800m:	31:36.06	1:07.91	4100m:	46:29.95	1:09.78	
300m:	3:17.96	1:06.45	1600m:	18:00.42	1:08.31	2900m:	32:43.90	1:07.84	4200m:	47:39.50	1:09.55	
400m:	4:24.57	1:06.61	1700m:	19:08.46	1:08.04	3000m:	33:51.50	1:07.60	4300m:	48:49.51	1:10.01	
500m:	5:32.26	1:07.69	1800m:	20:16.99	1:08.53	3100m:	34:58.83	1:07.33	4400m:	49:58.81	1:09.30	
600m:	6:39.70	1:07.44	1900m:	21:25.71	1:08.72	3200m:	36:06.68	1:07.85	4500m:	51:07.08	1:08.27	
700m:	7:47.72	1:08.02	2000m:	22:33.66	1:07.95	3300m:	37:15.16	1:08.48	4600m:	52:16.28	1:09.20	
800m:	8:55.79	1:08.07	2100m:	23:40.92	1:07.26	3400m:	38:23.92	1:08.76	4700m:	53:26.25	1:09.97	
900m:	10:03.36	1:07.57	2200m:	24:48.50	1:07.58	3500m:	39:32.81	1:08.89	4800m:	54:36.51	1:10.26	
1000m:	11:11.45	1:08.09	2300m:	25:55.67	1:07.17	3600m:	40:41.76	1:08.95	4900m:	55:46.29	1:09.78	
1100m:	12:19.24	1:07.79	2400m:	27:03.49	1:07.82	3700m:	41:51.14	1:09.38	5000m:	56:52.70	1:06.41	
1200m:	13:27.32	1:08.08	2500m:	28:11.60	1:08.11	3800m:	43:01.13	1:09.99				
1300m:	14:35.59	1:08.27	2600m:	29:20.01	1:08.41	3900m:	44:11.09	1:09.96				
14.	CASALS MAS Èric						06	C.N. VIC-Etb		57:03.11+	2:55.98	7,00
100m:	1:05.66	1:05.66	1400m:	15:46.81	1:07.83	2700m:	30:36.44	1:08.77	4000m:	45:38.39	1:10.11	
200m:	2:12.75	1:07.09	1500m:	16:55.15	1:08.34	2800m:	31:45.56	1:09.12	4100m:	46:48.23	1:09.84	
300m:	3:19.76	1:07.01	1600m:	18:02.78	1:07.63	2900m:	32:54.71	1:09.15	4200m:	47:57.72	1:09.49	
400m:	4:27.56	1:07.80	1700m:	19:10.27	1:07.49	3000m:	34:04.57	1:09.86	4300m:	49:06.74	1:09.02	
500m:	5:35.26	1:07.70	1800m:	20:17.90	1:07.63	3100m:	35:14.10	1:09.53	4400m:	50:15.60	1:08.86	
600m:	6:43.24	1:07.98	1900m:	21:25.93	1:08.03	3200m:	36:23.48	1:09.38	4500m:	51:25.19	1:09.59	
700m:	7:51.44	1:08.20	2000m:	22:34.02	1:08.09	3300m:	37:33.21	1:09.73	4600m:	52:34.00	1:08.81	
800m:	8:59.13	1:07.69	2100m:	23:42.53	1:08.51	3400m:	38:43.21	1:10.00	4700m:	53:42.43	1:08.43	
900m:	10:07.16	1:08.03	2200m:	24:51.07	1:08.54	3500m:	39:53.19	1:09.98	4800m:	54:49.76	1:07.33	
1000m:	11:15.08	1:07.92	2300m:	26:00.78	1:09.71	3600m:	41:01.79	1:08.60	4900m:	55:57.54	1:07.78	
1100m:	12:22.98	1:07.90	2400m:	27:09.89	1:09.11	3700m:	42:10.45	1:08.66	5000m:	57:03.11	1:05.57	
1200m:	13:30.91	1:07.93	2500m:	28:18.76	1:08.87	3800m:	43:18.93	1:08.48				
1300m:	14:38.98	1:08.07	2600m:	29:27.67	1:08.91	3900m:	44:28.28	1:09.35				

Piscina 50 m.

INSTITUCIONALES 		SPONSOR PLATINO 		SPONSOR ORO 		SPONSOR TÉCNICO 		MECENAZGO 		PARTNER 			
PARTNER INNOVACIÓN 		PARTNER SALUD DEPORTIVA 						RSC PARTNER 		MEDICALSPONSOR 		PARTNER MOVILIDAD 	

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, Abs.

Clasificación	AN		Tiempo		
15. DE LA FUENTE ALONSO Diego	06	C.D. Torrelago Wellness	57:10.03+	3:02.90	6,00
100m: 1:03.19	1:03.19	1400m: 15:24.05	1:07.32	2700m: 30:11.59	1:08.12
200m: 2:07.63	1:04.44	1500m: 16:32.15	1:08.10	2800m: 31:20.51	1:08.92
300m: 3:12.18	1:04.55	1600m: 17:39.94	1:07.79	2900m: 32:28.69	1:08.18
400m: 4:16.94	1:04.76	1700m: 18:48.27	1:08.33	3000m: 33:38.02	1:09.33
500m: 5:22.13	1:05.19	1800m: 19:56.78	1:08.51	3100m: 34:46.44	1:08.42
600m: 6:27.97	1:05.84	1900m: 21:05.57	1:08.79	3200m: 35:55.76	1:09.32
700m: 7:33.91	1:05.94	2000m: 22:14.03	1:08.46	3300m: 37:04.50	1:08.74
800m: 8:40.52	1:06.61	2100m: 23:22.95	1:08.92	3400m: 38:12.90	1:08.40
900m: 9:47.19	1:06.67	2200m: 24:31.58	1:08.63	3500m: 39:21.35	1:08.45
1000m: 10:54.35	1:07.16	2300m: 25:39.72	1:08.14	3600m: 40:30.27	1:08.92
1100m: 12:01.87	1:07.52	2400m: 26:47.75	1:08.03	3700m: 41:39.07	1:08.80
1200m: 13:08.90	1:07.03	2500m: 27:55.50	1:07.75	3800m: 42:48.84	1:09.77
1300m: 14:16.73	1:07.83	2600m: 29:03.47	1:07.97	3900m: 43:58.49	1:09.65
16. COCERA CORDON Yare	05	C.N. Metropole	57:15.04+	3:07.91	5,00
100m: 1:03.73	1:03.73	1400m: 15:29.46	1:07.30	2700m: 30:18.36	1:08.85
200m: 2:09.36	1:05.63	1500m: 16:36.38	1:06.92	2800m: 31:25.57	1:07.21
300m: 3:15.11	1:05.75	1600m: 17:44.73	1:08.35	2900m: 32:34.52	1:08.95
400m: 4:21.02	1:05.91	1700m: 18:52.56	1:07.83	3000m: 33:43.01	1:08.49
500m: 5:27.51	1:06.49	1800m: 20:00.64	1:08.08	3100m: 34:52.43	1:09.42
600m: 6:34.43	1:06.92	1900m: 21:09.44	1:08.80	3200m: 36:02.54	1:10.11
700m: 7:41.34	1:06.91	2000m: 22:17.80	1:08.36	3300m: 37:12.62	1:10.08
800m: 8:48.34	1:07.00	2100m: 23:25.38	1:07.58	3400m: 38:23.32	1:10.70
900m: 9:54.43	1:06.09	2200m: 24:33.40	1:08.02	3500m: 39:32.85	1:09.53
1000m: 11:00.83	1:06.40	2300m: 25:42.33	1:08.93	3600m: 40:42.34	1:09.49
1100m: 12:07.38	1:06.55	2400m: 26:51.03	1:08.70	3700m: 41:51.87	1:09.53
1200m: 13:14.51	1:07.13	2500m: 28:00.12	1:09.09	3800m: 43:01.81	1:09.94
1300m: 14:22.16	1:07.65	2600m: 29:09.51	1:09.39	3900m: 44:13.55	1:11.74
17. BLANCO SANCHEZ David	05	C.N. Ferca-San Jose	58:00.80+	3:53.67	4,00
100m: 1:04.67	1:04.67	1400m: 15:39.98	1:08.38	2700m: 30:43.09	1:10.72
200m: 2:10.29	1:05.62	1500m: 16:48.08	1:08.10	2800m: 31:54.07	1:10.98
300m: 3:16.01	1:05.72	1600m: 17:56.20	1:08.12	2900m: 33:04.74	1:10.67
400m: 4:22.88	1:06.87	1700m: 19:04.63	1:08.43	3000m: 34:14.66	1:09.92
500m: 5:30.33	1:07.45	1800m: 20:13.30	1:08.67	3100m: 35:25.41	1:10.75
600m: 6:37.97	1:07.64	1900m: 21:22.49	1:09.19	3200m: 36:35.48	1:10.07
700m: 7:45.47	1:07.50	2000m: 22:32.52	1:10.03	3300m: 37:45.71	1:10.23
800m: 8:52.79	1:07.32	2100m: 23:42.02	1:09.50	3400m: 38:56.12	1:10.41
900m: 10:00.45	1:07.66	2200m: 24:51.71	1:09.69	3500m: 40:07.04	1:10.92
1000m: 11:07.99	1:07.54	2300m: 26:01.60	1:09.89	3600m: 41:18.42	1:11.38
1100m: 12:15.59	1:07.60	2400m: 27:12.30	1:10.70	3700m: 42:30.21	1:11.79
1200m: 13:23.55	1:07.96	2500m: 28:21.76	1:09.46	3800m: 43:41.90	1:11.69
1300m: 14:31.60	1:08.05	2600m: 29:32.37	1:10.61	3900m: 44:53.62	1:11.72
18. GALLEN SABATER Albert	05	C.E. Mediterrani	58:08.24+	4:01.11	3,00
100m: 1:07.02	1:07.02	1200m: 13:40.87	1:08.81	2300m: 26:22.15	1:09.07
200m: 2:14.98	1:07.96	1300m: 14:49.88	1:09.01	2400m: 27:32.25	1:10.10
300m: 3:23.17	1:08.19	1400m: 15:59.35	1:09.47	2500m: 28:41.79	1:09.54
400m: 4:31.50	1:08.33	1500m: 17:08.31	1:08.96	2600m: 29:51.90	1:10.11
500m: 5:39.81	1:08.31	1600m: 18:17.74	1:09.43	2700m: 31:01.65	1:09.75
600m: 6:48.67	1:08.86	1700m: 19:26.57	1:08.83	2800m: 32:11.96	1:10.31
700m: 7:57.55	1:08.88	1800m: 20:35.46	1:08.89	2900m: 33:22.34	1:10.38
800m: 9:06.18	1:08.63	1900m: 21:44.56	1:09.10	3000m: 34:32.46	1:10.12
900m: 10:14.52	1:08.34	2000m: 22:54.07	1:09.51	3100m: 35:42.71	1:10.25
1000m: 11:23.35	1:08.83	2100m: 24:03.35	1:09.28	3200m: 36:52.83	1:10.12
1100m: 12:32.06	1:08.71	2200m: 25:13.08	1:09.73	3300m: 38:02.52	1:09.69

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, Abs.

Clasificación	AN						Tiempo					
	4500m: 52:14.34	1:11.47	4700m: 54:37.58	1:11.92	4900m: 57:00.36	1:10.89						
	4600m: 53:25.66	1:11.32	4800m: 55:49.47	1:11.89	5000m: 58:08.24	1:07.88						
19.	DE ARMAS DELGADO Juan Jose 07 C.D.N. Nadamas Las Marinas						58:18.64+ 4:11.51 6,00					
	100m: 1:04.76	1:04.76	1400m: 16:03.31	1:10.52	2700m: 31:10.66	1:10.77	4000m: 46:28.11	1:11.38				
	200m: 2:10.24	1:05.48	1500m: 17:13.60	1:10.29	2800m: 32:21.22	1:10.56	4100m: 47:36.18	1:08.07				
	300m: 3:17.37	1:07.13	1600m: 18:24.22	1:10.62	2900m: 33:31.68	1:10.46	4200m: 48:47.20	1:11.02				
	400m: 4:25.86	1:08.49	1700m: 19:33.66	1:09.44	3000m: 34:42.19	1:10.51	4300m: 49:59.46	1:12.26				
	500m: 5:35.01	1:09.15	1800m: 20:43.09	1:09.43	3100m: 35:52.69	1:10.50	4400m: 51:11.82	1:12.36				
	600m: 6:44.28	1:09.27	1900m: 21:52.66	1:09.57	3200m: 37:03.44	1:10.75	4500m: 52:24.03	1:12.21				
	700m: 7:53.45	1:09.17	2000m: 23:02.48	1:09.82	3300m: 38:13.43	1:09.99	4600m: 53:36.49	1:12.46				
	800m: 9:02.93	1:09.48	2100m: 24:12.41	1:09.93	3400m: 39:23.47	1:10.04	4700m: 54:49.46	1:12.97				
	900m: 10:12.64	1:09.71	2200m: 25:18.66	1:06.25	3500m: 40:34.69	1:11.22	4800m: 55:59.84	1:10.38				
	1000m: 11:22.39	1:09.75	2300m: 26:28.48	1:09.82	3600m: 41:45.31	1:10.62	4900m: 57:10.94	1:11.10				
	1100m: 12:32.62	1:10.23	2400m: 27:38.68	1:10.20	3700m: 42:53.52	1:08.21	5000m: 58:18.64	1:07.70				
	1200m: 13:42.42	1:09.80	2500m: 28:48.78	1:10.10	3800m: 44:04.72	1:11.20						
	1300m: 14:52.79	1:10.37	2600m: 29:59.89	1:11.11	3900m: 45:16.73	1:12.01						
20.	LORENÇO FERREIRA Gustavo 06 C.D.N. Nadamas Las Marinas						58:26.95+ 4:19.82 2,00					
	100m: 1:05.04	1:05.04	1400m: 15:40.00	1:10.36	2700m: 31:07.77	1:13.44	4000m: 46:36.99	1:11.69				
	200m: 2:10.61	1:05.57	1500m: 16:49.74	1:09.74	2800m: 32:20.48	1:12.71	4100m: 47:48.38	1:11.39				
	300m: 3:16.29	1:05.68	1600m: 18:00.63	1:10.89	2900m: 33:31.78	1:11.30	4200m: 49:00.20	1:11.82				
	400m: 4:22.29	1:06.00	1700m: 19:10.67	1:10.04	3000m: 34:43.18	1:11.40	4300m: 50:11.02	1:10.82				
	500m: 5:28.02	1:05.73	1800m: 20:20.68	1:10.01	3100m: 35:54.35	1:11.17	4400m: 51:22.23	1:11.21				
	600m: 6:34.94	1:06.92	1900m: 21:31.97	1:11.29	3200m: 37:04.66	1:10.31	4500m: 52:33.31	1:11.08				
	700m: 7:41.76	1:06.82	2000m: 22:43.24	1:11.27	3300m: 38:15.90	1:11.24	4600m: 53:44.87	1:11.56				
	800m: 8:48.89	1:07.13	2100m: 23:54.29	1:11.05	3400m: 39:27.47	1:11.57	4700m: 54:56.88	1:12.01				
	900m: 9:55.34	1:06.45	2200m: 25:05.06	1:10.77	3500m: 40:38.94	1:11.47	4800m: 56:07.72	1:10.84				
	1000m: 11:02.53	1:07.19	2300m: 26:17.00	1:11.94	3600m: 41:51.69	1:12.75	4900m: 57:17.61	1:09.89				
	1100m: 12:10.76	1:08.23	2400m: 27:29.59	1:12.59	3700m: 43:02.40	1:10.71	5000m: 58:26.95	1:09.34				
	1200m: 13:20.11	1:09.35	2500m: 28:41.96	1:12.37	3800m: 44:13.84	1:11.44						
	1300m: 14:29.64	1:09.53	2600m: 29:54.33	1:12.37	3900m: 45:25.30	1:11.46						
21.	FERNANDEZ LOPEZ Juan Francisco 08 C.N.Cartagonova Cartagena						58:46.62+ 4:39.49 5,00					
	100m: 1:06.51	1:06.51	1400m: 16:05.69	1:09.13	2700m: 31:14.33	1:10.96	4000m: 46:41.07	1:11.55				
	200m: 2:14.82	1:08.31	1500m: 17:15.14	1:09.45	2800m: 32:24.57	1:10.24	4100m: 47:52.81	1:11.74				
	300m: 3:24.10	1:09.28	1600m: 18:24.49	1:09.35	2900m: 33:35.37	1:10.80	4200m: 49:04.95	1:12.14				
	400m: 4:33.23	1:09.13	1700m: 19:33.67	1:09.18	3000m: 34:46.25	1:10.88	4300m: 50:17.40	1:12.45				
	500m: 5:42.24	1:09.01	1800m: 20:43.04	1:09.37	3100m: 35:57.52	1:11.27	4400m: 51:30.15	1:12.75				
	600m: 6:51.20	1:08.96	1900m: 21:52.35	1:09.31	3200m: 37:08.67	1:11.15	4500m: 52:43.65	1:13.50				
	700m: 8:00.61	1:09.41	2000m: 23:02.09	1:09.74	3300m: 38:19.26	1:10.59	4600m: 53:56.66	1:13.01				
	800m: 9:09.95	1:09.34	2100m: 24:12.21	1:10.12	3400m: 39:30.70	1:11.44	4700m: 55:10.03	1:13.37				
	900m: 10:19.62	1:09.67	2200m: 25:21.67	1:09.46	3500m: 40:42.55	1:11.85	4800m: 56:22.79	1:12.76				
	1000m: 11:28.74	1:09.12	2300m: 26:31.61	1:09.94	3600m: 41:54.26	1:11.71	4900m: 57:35.14	1:12.35				
	1100m: 12:38.23	1:09.49	2400m: 27:41.68	1:10.07	3700m: 43:05.97	1:11.71	5000m: 58:46.62	1:11.48				
	1200m: 13:47.32	1:09.09	2500m: 28:52.48	1:10.80	3800m: 44:17.91	1:11.94						
	1300m: 14:56.56	1:09.24	2600m: 30:03.37	1:10.89	3900m: 45:29.52	1:11.61						

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, Abs.

Clasificación	AN		Tiempo		
22. ELIES VAZQUEZ Pau	03	C.N. Athletic-Barceloneta	58:57.07+	4:49.94	4,00
100m: 1:08.29 1:08.29	1400m: 16:08.09 1:10.17	2700m: 31:35.16 1:12.24	4000m: 47:04.40 1:11.13		
200m: 2:16.64 1:08.35	1500m: 17:18.56 1:10.47	2800m: 32:46.97 1:11.81	4100m: 48:16.12 1:11.72		
300m: 3:25.28 1:08.64	1600m: 18:29.58 1:11.02	2900m: 33:57.56 1:10.59	4200m: 49:27.93 1:11.81		
400m: 4:34.42 1:09.14	1700m: 19:40.48 1:10.90	3000m: 35:09.44 1:11.88	4300m: 50:39.51 1:11.58		
500m: 5:43.72 1:09.30	1800m: 20:51.04 1:10.56	3100m: 36:21.21 1:11.77	4400m: 51:50.78 1:11.27		
600m: 6:52.45 1:08.73	1900m: 22:02.08 1:11.04	3200m: 37:32.69 1:11.48	4500m: 53:02.55 1:11.77		
700m: 8:01.21 1:08.76	2000m: 23:13.61 1:11.53	3300m: 38:43.83 1:11.14	4600m: 54:15.20 1:12.65		
800m: 9:10.54 1:09.33	2100m: 24:25.47 1:11.86	3400m: 39:55.05 1:11.22	4700m: 55:27.14 1:11.94		
900m: 10:19.81 1:09.27	2200m: 25:37.32 1:11.85	3500m: 41:06.47 1:11.42	4800m: 56:38.21 1:11.07		
1000m: 11:29.43 1:09.62	2300m: 26:48.70 1:11.38	3600m: 42:17.86 1:11.39	4900m: 57:49.67 1:11.46		
1100m: 12:38.78 1:09.35	2400m: 27:59.57 1:10.87	3700m: 43:29.87 1:12.01	5000m: 58:57.07 1:07.40		
1200m: 13:48.25 1:09.47	2500m: 29:11.14 1:11.57	3800m: 44:41.46 1:11.59			
1300m: 14:57.92 1:09.67	2600m: 30:22.92 1:11.78	3900m: 45:53.27 1:11.81			
23. DÍEZ CANO Isaac	06	C.D. El Valle	59:05.56+	4:58.43	1,00
100m: 1:09.16 1:09.16	1400m: 16:23.41 1:10.11	2700m: 31:51.01 1:11.91	4000m: 47:17.74 1:10.66		
200m: 2:19.55 1:10.39	1500m: 17:33.49 1:10.08	2800m: 33:02.26 1:11.25	4100m: 48:29.81 1:12.07		
300m: 3:30.45 1:10.90	1600m: 18:43.87 1:10.38	2900m: 34:13.46 1:11.20	4200m: 49:41.00 1:11.19		
400m: 4:41.76 1:11.31	1700m: 19:55.36 1:11.49	3000m: 35:25.05 1:11.59	4300m: 50:51.86 1:10.86		
500m: 5:52.34 1:10.58	1800m: 21:06.53 1:11.17	3100m: 36:36.28 1:11.23	4400m: 52:02.72 1:10.86		
600m: 7:03.32 1:10.98	1900m: 22:16.51 1:09.98	3200m: 37:47.88 1:11.60	4500m: 53:13.57 1:10.85		
700m: 8:12.74 1:09.42	2000m: 23:28.00 1:11.49	3300m: 38:58.87 1:10.99	4600m: 54:24.76 1:11.19		
800m: 9:22.32 1:09.58	2100m: 24:39.27 1:11.27	3400m: 40:10.44 1:11.57	4700m: 55:35.79 1:11.03		
900m: 10:32.52 1:10.20	2200m: 25:51.41 1:12.14	3500m: 41:22.02 1:11.58	4800m: 56:47.21 1:11.42		
1000m: 11:43.07 1:10.55	2300m: 27:03.21 1:11.80	3600m: 42:33.40 1:11.38	4900m: 57:58.32 1:11.11		
1100m: 12:53.18 1:10.11	2400m: 28:15.24 1:12.03	3700m: 43:44.39 1:10.99	5000m: 59:05.56 1:07.24		
1200m: 14:03.19 1:10.01	2500m: 29:27.40 1:12.16	3800m: 44:55.66 1:11.27			
1300m: 15:13.30 1:10.11	2600m: 30:39.10 1:11.70	3900m: 46:07.08 1:11.42			
24. NIEVAS GARCÍA Lucas	07	C.N. Iregua-Villamediana	59:10.92+	5:03.79	4,00
100m: 1:07.53 1:07.53	1400m: 16:19.32 1:10.82	2700m: 31:41.88 1:11.22	4000m: 47:16.06 1:12.52		
200m: 2:17.59 1:10.06	1500m: 17:29.98 1:10.66	2800m: 32:53.07 1:11.19	4100m: 48:28.36 1:12.30		
300m: 3:27.92 1:10.33	1600m: 18:40.61 1:10.63	2900m: 34:04.30 1:11.23	4200m: 49:40.07 1:11.71		
400m: 4:37.84 1:09.92	1700m: 19:51.51 1:10.90	3000m: 35:15.60 1:11.30	4300m: 50:52.28 1:12.21		
500m: 5:47.80 1:09.96	1800m: 21:02.64 1:11.13	3100m: 36:26.55 1:10.95	4400m: 52:05.35 1:13.07		
600m: 6:57.84 1:10.04	1900m: 22:14.26 1:11.62	3200m: 37:37.80 1:11.25	4500m: 53:18.30 1:12.95		
700m: 8:08.00 1:10.16	2000m: 23:25.02 1:10.76	3300m: 38:49.94 1:12.14	4600m: 54:30.06 1:11.76		
800m: 9:17.94 1:09.94	2100m: 24:35.81 1:10.79	3400m: 40:02.53 1:12.59	4700m: 55:41.76 1:11.70		
900m: 10:28.04 1:10.10	2200m: 25:46.71 1:10.90	3500m: 41:14.72 1:12.19	4800m: 56:50.94 1:09.18		
1000m: 11:37.53 1:09.49	2300m: 26:57.57 1:10.86	3600m: 42:26.70 1:11.98	4900m: 58:04.38 1:13.44		
1100m: 12:47.56 1:10.03	2400m: 28:08.70 1:11.13	3700m: 43:38.66 1:11.96	5000m: 59:10.92 1:06.54		
1200m: 13:57.86 1:10.30	2500m: 29:19.80 1:11.10	3800m: 44:51.00 1:12.34			
1300m: 15:08.50 1:10.64	2600m: 30:30.66 1:10.86	3900m: 46:03.54 1:12.54			
25. REDONDO SORIA Iker	06	C.N. Granollers	59:12.92+	5:05.79	-
100m: 1:07.12 1:07.12	1200m: 13:56.04 1:10.35	2300m: 26:53.09 1:11.02	3400m: 40:02.36 1:12.60		
200m: 2:16.05 1:08.93	1300m: 15:06.07 1:10.03	2400m: 28:04.12 1:11.03	3500m: 41:14.42 1:12.06		
300m: 3:25.32 1:09.27	1400m: 16:16.22 1:10.15	2500m: 29:15.50 1:11.38	3600m: 42:26.50 1:12.08		
400m: 4:34.86 1:09.54	1500m: 17:26.34 1:10.12	2600m: 30:26.87 1:11.37	3700m: 43:38.47 1:11.97		
500m: 5:44.17 1:09.31	1600m: 18:36.39 1:10.05	2700m: 31:38.45 1:11.58	3800m: 44:50.79 1:12.32		
600m: 6:53.99 1:09.82	1700m: 19:46.36 1:09.97	2800m: 32:50.31 1:11.86	3900m: 46:03.29 1:12.50		
700m: 8:04.05 1:10.06	1800m: 20:57.33 1:10.97	2900m: 34:02.12 1:11.81	4000m: 47:15.87 1:12.58		
800m: 9:14.47 1:10.42	1900m: 22:08.06 1:10.73	3000m: 35:13.76 1:11.64	4100m: 48:28.33 1:12.46		
900m: 10:24.91 1:10.44	2000m: 23:19.18 1:11.12	3100m: 36:26.09 1:12.33	4200m: 49:40.10 1:11.77		
1000m: 11:35.41 1:10.50	2100m: 24:30.48 1:11.30	3200m: 37:37.66 1:11.57	4300m: 50:52.30 1:12.20		
1100m: 12:45.69 1:10.28	2200m: 25:42.07 1:11.59	3300m: 38:49.76 1:12.10	4400m: 52:05.41 1:13.11		

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, Abs.

Clasificación	AN				Tiempo			
4500m: 53:18.04 1:12.63	4700m: 55:41.72 1:11.75	4900m: 58:04.64 1:13.48						
4600m: 54:29.97 1:11.93	4800m: 56:51.16 1:09.44	5000m: 59:12.92 1:08.28						
26. IBAÑEZ PINA Nil	03	C.N. Athletic-Barceloneta	59:21.02+	5:13.89	3,00			
100m: 1:07.36 1:07.36	1400m: 16:30.72 1:12.21	2700m: 31:57.97 1:11.83	4000m: 47:30.93 1:12.12					
200m: 2:17.60 1:10.24	1500m: 17:43.17 1:12.45	2800m: 33:10.13 1:12.16	4100m: 48:42.17 1:11.24					
300m: 3:27.85 1:10.25	1600m: 18:55.25 1:12.08	2900m: 34:21.45 1:11.32	4200m: 49:53.43 1:11.26					
400m: 4:37.23 1:09.38	1700m: 20:05.96 1:10.71	3000m: 35:32.98 1:11.53	4300m: 51:05.53 1:12.10					
500m: 5:47.26 1:10.03	1800m: 21:17.33 1:11.37	3100m: 36:44.72 1:11.74	4400m: 52:17.76 1:12.23					
600m: 6:57.58 1:10.32	1900m: 22:28.28 1:10.95	3200m: 37:56.42 1:11.70	4500m: 53:29.53 1:11.77					
700m: 8:08.11 1:10.53	2000m: 23:39.38 1:11.10	3300m: 39:08.24 1:11.82	4600m: 54:41.23 1:11.70					
800m: 9:19.48 1:11.37	2100m: 24:50.40 1:11.02	3400m: 40:20.31 1:12.07	4700m: 55:53.09 1:11.86					
900m: 10:30.66 1:11.18	2200m: 26:00.68 1:10.28	3500m: 41:31.83 1:11.52	4800m: 57:03.32 1:10.23					
1000m: 11:42.48 1:11.82	2300m: 27:11.64 1:10.96	3600m: 42:43.27 1:11.44	4900m: 58:12.65 1:09.33					
1100m: 12:54.43 1:11.95	2400m: 28:23.17 1:11.53	3700m: 43:54.60 1:11.33	5000m: 59:21.02 1:08.37					
1200m: 14:06.79 1:12.36	2500m: 29:34.71 1:11.54	3800m: 45:06.82 1:12.22						
1300m: 15:18.51 1:11.72	2600m: 30:46.14 1:11.43	3900m: 46:18.81 1:11.99						
27. RODRIGUEZ DIAZ Javier	08	C.N. Teneteide	59:36.93+	5:29.80	3,00			
100m: 1:06.06 1:06.06	1400m: 16:30.32 1:12.48	2700m: 32:03.36 1:10.84	4000m: 47:33.61 1:12.12					
200m: 2:14.57 1:08.51	1500m: 17:43.02 1:12.70	2800m: 33:13.92 1:10.56	4100m: 48:46.17 1:12.56					
300m: 3:24.63 1:10.06	1600m: 18:55.86 1:12.84	2900m: 34:25.00 1:11.08	4200m: 49:58.88 1:12.71					
400m: 4:34.85 1:10.22	1700m: 20:07.55 1:11.69	3000m: 35:36.10 1:11.10	4300m: 51:12.06 1:13.18					
500m: 5:45.56 1:10.71	1800m: 21:19.94 1:12.39	3100m: 36:47.47 1:11.37	4400m: 52:24.14 1:12.08					
600m: 6:56.19 1:10.63	1900m: 22:32.21 1:12.27	3200m: 37:58.95 1:11.48	4500m: 53:37.30 1:13.16					
700m: 8:07.33 1:11.14	2000m: 23:44.99 1:12.78	3300m: 39:10.17 1:11.22	4600m: 54:48.84 1:11.54					
800m: 9:19.22 1:11.89	2100m: 24:56.88 1:11.89	3400m: 40:21.78 1:11.61	4700m: 56:00.97 1:12.13					
900m: 10:31.24 1:12.02	2200m: 26:09.50 1:12.62	3500m: 41:33.35 1:11.57	4800m: 57:12.85 1:11.88					
1000m: 11:42.50 1:11.26	2300m: 27:21.01 1:11.51	3600m: 42:45.61 1:12.26	4900m: 58:24.58 1:11.73					
1100m: 12:53.89 1:11.39	2400m: 28:30.49 1:09.48	3700m: 43:56.99 1:11.38	5000m: 59:36.93 1:12.35					
1200m: 14:06.32 1:12.43	2500m: 29:41.34 1:10.85	3800m: 45:09.26 1:12.27						
1300m: 15:17.84 1:11.52	2600m: 30:52.52 1:11.18	3900m: 46:21.49 1:12.23						
28. MARTÍNEZ SANZ Sergio	06	C.D. El Valle	59:39.51+	5:32.38	-			
100m: 1:06.87 1:06.87	1400m: 16:25.38 1:11.62	2700m: 31:58.85 1:12.37	4000m: 47:39.94 1:12.71					
200m: 2:15.63 1:08.76	1500m: 17:37.30 1:11.92	2800m: 33:10.82 1:11.97	4100m: 48:52.24 1:12.30					
300m: 3:25.87 1:10.24	1600m: 18:49.65 1:12.35	2900m: 34:23.10 1:12.28	4200m: 50:03.74 1:11.50					
400m: 4:36.72 1:10.85	1700m: 20:01.87 1:12.22	3000m: 35:35.96 1:12.86	4300m: 51:15.80 1:12.06					
500m: 5:48.54 1:11.82	1800m: 21:09.92 1:08.05	3100m: 36:48.80 1:12.84	4400m: 52:28.70 1:12.90					
600m: 6:59.06 1:10.52	1900m: 22:19.98 1:10.06	3200m: 38:01.86 1:13.06	4500m: 53:41.36 1:12.66					
700m: 8:09.68 1:10.62	2000m: 23:32.43 1:12.45	3300m: 39:14.22 1:12.36	4600m: 54:54.04 1:12.68					
800m: 9:20.26 1:10.58	2100m: 24:44.00 1:11.57	3400m: 40:25.84 1:11.62	4700m: 56:06.81 1:12.77					
900m: 10:30.85 1:10.59	2200m: 25:55.74 1:11.74	3500m: 41:38.38 1:12.54	4800m: 57:18.96 1:12.15					
1000m: 11:41.65 1:10.80	2300m: 27:08.57 1:12.83	3600m: 42:51.60 1:13.22	4900m: 58:29.70 1:10.74					
1100m: 12:51.86 1:10.21	2400m: 28:21.65 1:13.08	3700m: 44:04.04 1:12.44	5000m: 59:39.51 1:09.81					
1200m: 14:02.29 1:10.43	2500m: 29:34.10 1:12.45	3800m: 45:13.74 1:09.70						
1300m: 15:13.76 1:11.47	2600m: 30:46.48 1:12.38	3900m: 46:27.23 1:13.49						

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Clasificación	AN		Tiempo	
29. SERRANO RODRIGUEZ Pedro	08	C.N.Cartagonova Cartagena	1:00:09.41+	6:02.28 2,00
100m: 1:10.35	1:10.35	1400m: 16:35.79	1:12.82	2700m: 32:12.91
200m: 2:19.72	1:09.37	1500m: 17:49.05	1:13.26	2800m: 33:26.08
300m: 3:30.94	1:11.22	1600m: 19:01.43	1:12.38	2900m: 34:38.64
400m: 4:42.21	1:11.27	1700m: 20:14.31	1:12.88	3000m: 35:50.55
500m: 5:53.16	1:10.95	1800m: 21:25.67	1:11.36	3100m: 37:02.44
600m: 7:04.23	1:11.07	1900m: 22:36.96	1:11.29	3200m: 38:15.16
700m: 8:14.67	1:10.44	2000m: 23:48.40	1:11.44	3300m: 39:27.57
800m: 9:24.52	1:09.85	2100m: 24:59.65	1:11.25	3400m: 40:40.52
900m: 10:35.33	1:10.81	2200m: 26:10.89	1:11.24	3500m: 41:54.29
1000m: 11:46.94	1:11.61	2300m: 27:23.06	1:12.17	3600m: 43:07.54
1100m: 12:58.26	1:11.32	2400m: 28:35.44	1:12.38	3700m: 44:21.17
1200m: 14:10.10	1:11.84	2500m: 29:47.86	1:12.42	3800m: 45:35.43
1300m: 15:22.97	1:12.87	2600m: 30:59.83	1:11.97	3900m: 46:48.58
30. JUAN MONTAGUT Alvaro	06	C.N. Ferca-San Jose	1:00:15.39+	6:08.26 -
100m: 1:08.22	1:08.22	1400m: 16:15.19	1:10.06	2700m: 31:37.36
200m: 2:16.37	1:08.15	1500m: 17:25.49	1:10.30	2800m: 32:49.14
300m: 3:25.08	1:08.71	1600m: 18:36.15	1:10.66	2900m: 34:01.08
400m: 4:35.18	1:10.10	1700m: 19:46.39	1:10.24	3000m: 35:13.23
500m: 5:45.50	1:10.32	1800m: 20:57.52	1:11.13	3100m: 36:25.59
600m: 6:56.15	1:10.65	1900m: 22:08.74	1:11.22	3200m: 37:38.15
700m: 8:05.53	1:09.38	2000m: 23:19.44	1:10.70	3300m: 38:50.53
800m: 9:15.71	1:10.18	2100m: 24:30.58	1:11.14	3400m: 40:04.02
900m: 10:25.82	1:10.11	2200m: 25:41.98	1:11.40	3500m: 41:17.44
1000m: 11:35.78	1:09.96	2300m: 26:52.81	1:10.83	3600m: 42:31.53
1100m: 12:45.42	1:09.64	2400m: 28:03.57	1:10.76	3700m: 43:45.90
1200m: 13:55.26	1:09.84	2500m: 29:14.79	1:11.22	3800m: 44:59.60
1300m: 15:05.13	1:09.87	2600m: 30:26.10	1:11.31	3900m: 46:14.29
31. MASSO ROIG Martin	07	C.N. Rias Baixas	1:00:18.29+	6:11.16 1,00
100m: 1:08.69	1:08.69	1400m: 16:34.81	1:11.68	2700m: 32:06.33
200m: 2:18.94	1:10.25	1500m: 17:46.95	1:12.14	2800m: 33:18.76
300m: 3:30.58	1:11.64	1600m: 18:58.56	1:11.61	2900m: 34:31.77
400m: 4:41.67	1:11.09	1700m: 20:09.98	1:11.42	3000m: 35:45.19
500m: 5:53.32	1:11.65	1800m: 21:21.05	1:11.07	3100m: 36:58.94
600m: 7:04.92	1:11.60	1900m: 22:32.43	1:11.38	3200m: 38:11.94
700m: 8:16.55	1:11.63	2000m: 23:44.83	1:12.40	3300m: 39:24.91
800m: 9:28.32	1:11.77	2100m: 24:57.68	1:12.85	3400m: 40:37.92
900m: 10:40.07	1:11.75	2200m: 26:09.46	1:11.78	3500m: 41:51.21
1000m: 11:50.92	1:10.85	2300m: 27:21.27	1:11.81	3600m: 43:04.48
1100m: 13:00.81	1:09.89	2400m: 28:31.96	1:10.69	3700m: 44:17.97
1200m: 14:11.23	1:10.42	2500m: 29:44.16	1:12.20	3800m: 45:31.04
1300m: 15:23.13	1:11.90	2600m: 30:55.42	1:11.26	3900m: 46:44.83
32. NAVARRO ORTS Jorge	07	C.N. Marina-Cartagena "Ancora"	1:00:27.29+	6:20.16 -
100m: 1:08.61	1:08.61	1200m: 14:10.46	1:10.24	2300m: 27:20.70
200m: 2:18.69	1:10.08	1300m: 15:23.00	1:12.54	2400m: 28:31.58
300m: 3:30.31	1:11.62	1400m: 16:35.11	1:12.11	2500m: 29:43.43
400m: 4:41.46	1:11.15	1500m: 17:46.64	1:11.53	2600m: 30:54.99
500m: 5:53.20	1:11.74	1600m: 18:58.17	1:11.53	2700m: 32:05.54
600m: 7:04.70	1:11.50	1700m: 20:09.61	1:11.44	2800m: 33:18.44
700m: 8:16.27	1:11.57	1800m: 21:20.45	1:10.84	2900m: 34:31.44
800m: 9:28.08	1:11.81	1900m: 22:32.21	1:11.76	3000m: 35:45.02
900m: 10:39.53	1:11.45	2000m: 23:44.63	1:12.42	3100m: 36:58.68
1000m: 11:50.34	1:10.81	2100m: 24:57.49	1:12.86	3200m: 38:11.46
1100m: 13:00.22	1:09.88	2200m: 26:08.98	1:11.49	3300m: 39:24.37

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Clasificación	AN				Tiempo			
4500m: 54:14.16	1:16.32	4700m: 56:44.77	1:14.81	4900m: 59:13.16	1:13.36			
4600m: 55:29.96	1:15.80	4800m: 57:59.80	1:15.03	5000m: 1:00:27.29	1:14.13			
33. ALVAREZ GONZALEZ Unai	07	C.D. Gredos San Diego		1:00:35.46+	6:28.33	-		
100m: 1:06.62	1:06.62	1400m: 16:40.19	1:12.90	2700m: 32:16.62	1:13.09	4000m: 48:17.22	1:16.20	
200m: 2:17.17	1:10.55	1500m: 17:53.35	1:13.16	2800m: 33:30.19	1:13.57	4100m: 49:32.48	1:15.26	
300m: 3:27.83	1:10.66	1600m: 19:05.60	1:12.25	2900m: 34:43.93	1:13.74	4200m: 50:48.35	1:15.87	
400m: 4:39.21	1:11.38	1700m: 20:17.86	1:12.26	3000m: 35:58.16	1:14.23	4300m: 52:02.71	1:14.36	
500m: 5:50.92	1:11.71	1800m: 21:29.61	1:11.75	3100m: 37:09.86	1:11.70	4400m: 53:17.27	1:14.56	
600m: 7:02.61	1:11.69	1900m: 22:40.63	1:11.02	3200m: 38:22.77	1:12.91	4500m: 54:29.83	1:12.56	
700m: 8:15.03	1:12.42	2000m: 23:53.03	1:12.40	3300m: 39:35.67	1:12.90	4600m: 55:41.85	1:12.02	
800m: 9:26.60	1:11.57	2100m: 25:04.19	1:11.16	3400m: 40:48.71	1:13.04	4700m: 56:54.58	1:12.73	
900m: 10:38.92	1:12.32	2200m: 26:15.40	1:11.21	3500m: 42:02.43	1:13.72	4800m: 58:08.91	1:14.33	
1000m: 11:50.86	1:11.94	2300m: 27:26.75	1:11.35	3600m: 43:15.75	1:13.32	4900m: 59:23.66	1:14.75	
1100m: 13:02.75	1:11.89	2400m: 28:38.38	1:11.63	3700m: 44:30.56	1:14.81	5000m: 1:00:35.46	1:11.80	
1200m: 14:14.60	1:11.85	2500m: 29:50.59	1:12.21	3800m: 45:45.43	1:14.87			
1300m: 15:27.29	1:12.69	2600m: 31:03.53	1:12.94	3900m: 47:01.02	1:15.59			
34. LLORCA ANTON Sergi	00	C.N. Ferca-San Jose		1:00:39.17+	6:32.04	2,00		
100m: 1:08.23	1:08.23	1400m: 16:35.65	1:12.43	2700m: 32:29.84	1:13.50	4000m: 48:24.77	1:14.13	
200m: 2:18.29	1:10.06	1500m: 17:47.73	1:12.08	2800m: 33:43.00	1:13.16	4100m: 49:39.31	1:14.54	
300m: 3:29.62	1:11.33	1600m: 19:00.68	1:12.95	2900m: 34:56.05	1:13.05	4200m: 50:53.76	1:14.45	
400m: 4:40.54	1:10.92	1700m: 20:14.19	1:13.51	3000m: 36:08.81	1:12.76	4300m: 52:08.25	1:14.49	
500m: 5:51.08	1:10.54	1800m: 21:27.05	1:12.86	3100m: 37:22.14	1:13.33	4400m: 53:22.80	1:14.55	
600m: 7:01.24	1:10.16	1900m: 22:40.29	1:13.24	3200m: 38:36.39	1:14.25	4500m: 54:36.05	1:13.25	
700m: 8:11.40	1:10.16	2000m: 23:53.86	1:13.57	3300m: 39:50.34	1:13.95	4600m: 55:50.49	1:14.44	
800m: 9:22.10	1:10.70	2100m: 25:08.15	1:14.29	3400m: 41:04.51	1:14.17	4700m: 57:05.07	1:14.58	
900m: 10:33.04	1:10.94	2200m: 26:21.85	1:13.70	3500m: 42:17.50	1:12.99	4800m: 58:18.81	1:13.74	
1000m: 11:44.72	1:11.68	2300m: 27:36.08	1:14.23	3600m: 43:30.60	1:13.10	4900m: 59:31.41	1:12.60	
1100m: 12:56.86	1:12.14	2400m: 28:49.65	1:13.57	3700m: 44:43.75	1:13.15	5000m: 1:00:39.17	1:07.76	
1200m: 14:10.00	1:13.14	2500m: 30:02.36	1:12.71	3800m: 45:56.99	1:13.24			
1300m: 15:23.22	1:13.22	2600m: 31:16.34	1:13.98	3900m: 47:10.64	1:13.65			
35. ALONSO VIDAL Teo	07	C.N. Rias Baixas		1:01:32.94+	7:25.81	-		
100m: 1:05.84	1:05.84	1400m: 16:30.32	1:12.43	2700m: 32:11.12	1:12.83	4000m: 48:30.12	1:17.44	
200m: 2:14.62	1:08.78	1500m: 17:42.97	1:12.65	2800m: 33:24.21	1:13.09	4100m: 49:49.38	1:19.26	
300m: 3:24.56	1:09.94	1600m: 18:55.71	1:12.74	2900m: 34:37.53	1:13.32	4200m: 51:07.58	1:18.20	
400m: 4:34.66	1:10.10	1700m: 20:07.55	1:11.84	3000m: 35:51.70	1:14.17	4300m: 52:26.69	1:19.11	
500m: 5:45.38	1:10.72	1800m: 21:19.76	1:12.21	3100m: 37:06.41	1:14.71	4400m: 53:46.56	1:19.87	
600m: 6:55.91	1:10.53	1900m: 22:32.03	1:12.27	3200m: 38:20.92	1:14.51	4500m: 55:05.30	1:18.74	
700m: 8:07.21	1:11.30	2000m: 23:44.92	1:12.89	3300m: 39:36.09	1:15.17	4600m: 56:23.81	1:18.51	
800m: 9:19.18	1:11.97	2100m: 24:57.12	1:12.20	3400m: 40:51.16	1:15.07	4700m: 57:41.84	1:18.03	
900m: 10:30.98	1:11.80	2200m: 26:09.39	1:12.27	3500m: 42:06.39	1:15.23	4800m: 58:59.59	1:17.75	
1000m: 11:42.42	1:11.44	2300m: 27:21.65	1:12.26	3600m: 43:22.41	1:16.02	4900m: 1:00:16.62	1:17.03	
1100m: 12:53.94	1:11.52	2400m: 28:33.64	1:11.99	3700m: 44:38.40	1:15.99	5000m: 1:01:32.94	1:16.32	
1200m: 14:06.46	1:12.52	2500m: 29:45.73	1:12.09	3800m: 45:55.05	1:16.65			
1300m: 15:17.89	1:11.43	2600m: 30:58.29	1:12.56	3900m: 47:12.68	1:17.63			

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INSTITUCIONALES 		SPONSOR PLATINO 		SPONSOR ORO 		SPONSOR TÉCNICO 		MECENAZGO 		PARTNER 			
PARTNER INNOVACIÓN 		PARTNER SALUD DEPORTIVA 						RSC PARTNER 		MEDICALSPONSOR 		PARTNER MOVILIDAD 	

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Clasificación	AN		Tiempo	
36. MARTIN DE LA TORRE Felipe	08	C.N. Churriana	1:01:55.49+	7:48.36
100m: 1:09.69 1:09.69	1400m: 16:52.77 1:11.88	2700m: 32:46.82 1:12.74	4000m: 49:13.12 1:16.70	
200m: 2:21.45 1:11.76	1500m: 18:05.35 1:12.58	2800m: 33:57.91 1:11.09	4100m: 50:30.29 1:17.17	
300m: 3:35.12 1:13.67	1600m: 19:18.13 1:12.78	2900m: 35:08.94 1:11.03	4200m: 51:44.50 1:14.21	
400m: 4:47.05 1:11.93	1700m: 20:32.59 1:14.46	3000m: 36:21.42 1:12.48	4300m: 53:00.06 1:15.56	
500m: 5:59.99 1:12.94	1800m: 21:46.19 1:13.60	3100m: 37:36.10 1:14.68	4400m: 54:15.24 1:15.18	
600m: 7:13.68 1:13.69	1900m: 23:01.19 1:15.00	3200m: 38:53.29 1:17.19	4500m: 55:34.47 1:19.23	
700m: 8:26.48 1:12.80	2000m: 24:16.88 1:15.69	3300m: 40:10.67 1:17.38	4600m: 56:52.04 1:17.57	
800m: 9:39.87 1:13.39	2100m: 25:32.64 1:15.76	3400m: 41:27.37 1:16.70	4700m: 58:10.47 1:18.43	
900m: 10:52.63 1:12.76	2200m: 26:47.48 1:14.84	3500m: 42:44.83 1:17.46	4800m: 59:25.04 1:14.57	
1000m: 12:05.32 1:12.69	2300m: 27:59.10 1:11.62	3600m: 44:01.81 1:16.98	4900m: 1:00:41.74 1:16.70	
1100m: 13:17.21 1:11.89	2400m: 29:10.75 1:11.65	3700m: 45:19.22 1:17.41	5000m: 1:01:55.49 1:13.75	
1200m: 14:29.04 1:11.83	2500m: 30:22.11 1:11.36	3800m: 46:38.29 1:19.07		
1300m: 15:40.89 1:11.85	2600m: 31:34.08 1:11.97	3900m: 47:56.42 1:18.13		
37. PADRON MIGUELEZ Matias	08	C.D.N. Nadamas Las Marinas	1:02:08.41+	8:01.28
100m: 1:09.20 1:09.20	1400m: 16:29.97 1:11.04	2700m: 32:10.73 1:13.59	4000m: 48:39.23 1:19.62	
200m: 2:19.36 1:10.16	1500m: 17:41.84 1:11.87	2800m: 33:23.84 1:13.11	4100m: 49:59.69 1:20.46	
300m: 3:30.44 1:11.08	1600m: 18:53.34 1:11.50	2900m: 34:37.33 1:13.49	4200m: 51:19.49 1:19.80	
400m: 4:42.09 1:11.65	1700m: 20:05.00 1:11.66	3000m: 35:51.29 1:13.96	4300m: 52:39.81 1:20.32	
500m: 5:52.08 1:09.99	1800m: 21:16.56 1:11.56	3100m: 37:05.68 1:14.39	4400m: 54:01.47 1:21.66	
600m: 7:03.57 1:11.49	1900m: 22:28.95 1:12.39	3200m: 38:20.82 1:15.14	4500m: 55:24.33 1:22.86	
700m: 8:14.25 1:10.68	2000m: 23:41.47 1:12.52	3300m: 39:36.01 1:15.19	4600m: 56:47.36 1:23.03	
800m: 9:24.72 1:10.47	2100m: 24:54.13 1:12.66	3400m: 40:52.05 1:16.04	4700m: 58:09.28 1:21.92	
900m: 10:35.42 1:10.70	2200m: 26:06.29 1:12.16	3500m: 42:07.42 1:15.37	4800m: 59:29.42 1:20.14	
1000m: 11:46.40 1:10.98	2300m: 27:19.27 1:12.98	3600m: 43:23.88 1:16.46	4900m: 1:00:49.68 1:20.26	
1100m: 12:57.37 1:10.97	2400m: 28:31.68 1:12.41	3700m: 44:41.69 1:17.81	5000m: 1:02:08.41 1:18.73	
1200m: 14:08.04 1:10.67	2500m: 29:44.39 1:12.71	3800m: 46:00.33 1:18.64		
1300m: 15:18.93 1:10.89	2600m: 30:57.14 1:12.75	3900m: 47:19.61 1:19.28		
38. HURTADO CUESTA Jesus	07	C.N. Churriana	1:02:16.32+	8:09.19
100m: 1:08.18 1:08.18	1400m: 16:35.55 1:12.29	2700m: 32:33.87 1:14.88	4000m: 49:20.27 1:17.34	
200m: 2:18.55 1:10.37	1500m: 17:47.91 1:12.36	2800m: 33:49.34 1:15.47	4100m: 50:38.13 1:17.86	
300m: 3:30.30 1:11.75	1600m: 19:00.11 1:12.20	2900m: 35:05.43 1:16.09	4200m: 51:56.04 1:17.91	
400m: 4:41.29 1:10.99	1700m: 20:13.76 1:13.65	3000m: 36:22.19 1:16.76	4300m: 53:13.39 1:17.35	
500m: 5:53.09 1:11.80	1800m: 21:27.51 1:13.75	3100m: 37:40.89 1:18.70	4400m: 54:31.63 1:18.24	
600m: 7:04.60 1:11.51	1900m: 22:40.99 1:13.48	3200m: 38:59.40 1:18.51	4500m: 55:49.63 1:18.00	
700m: 8:16.25 1:11.65	2000m: 23:55.36 1:14.37	3300m: 40:18.09 1:18.69	4600m: 57:07.46 1:17.83	
800m: 9:28.22 1:11.97	2100m: 25:07.77 1:12.41	3400m: 41:35.65 1:17.56	4700m: 58:25.56 1:18.10	
900m: 10:39.72 1:11.50	2200m: 26:21.29 1:13.52	3500m: 42:52.84 1:17.19	4800m: 59:44.11 1:18.55	
1000m: 11:49.71 1:09.99	2300m: 27:34.73 1:13.44	3600m: 44:09.99 1:17.15	4900m: 1:01:00.38 1:16.27	
1100m: 12:59.68 1:09.97	2400m: 28:48.83 1:14.10	3700m: 45:26.77 1:16.78	5000m: 1:02:16.32 1:15.94	
1200m: 14:10.04 1:10.36	2500m: 30:03.87 1:15.04	3800m: 46:44.74 1:17.97		
1300m: 15:23.26 1:13.22	2600m: 31:18.99 1:15.12	3900m: 48:02.93 1:18.19		
NP CUBEIRO ROSENDE Xoel	07	C.N. Liceo		
NP TALAVERA DELGADO Jeronimo	07	C.N. San Vicente		

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4
16/12/2023 - 18:40

Fem., 5000m Libre

Abs.
Resultados

RE	55:34.81	PEREZ BLANCO JIMENA	Sant Cugat	31/01/2021
MMN 19	55:45.97	PEREZ BLANCO JIMENA	MATARO	13/02/2016
MMN 18	57:11.05	PEREZ BLANCO JIMENA	SABADELL	07/02/2015
MMN 17	58:20.18	LEBLIC GARCIA SYDNEY	BARCELONA	30/01/2022
MMN 16	57:46.02	OTERO FERNANDEZ PAULA	BARCELONA	22/02/2020
RC	55:34.81	PEREZ BLANCO JIMENA	Sant Cugat	31/01/2021

Clasificación

AN

Tiempo

JUNIOR 1

1. MARTIN ARGENTE Noa 07 C.N. Ferca-San Jose **57:35.11** 18,00
Mejor Marca Nacional

100m:	1:05.76	1:05.76	1400m:	15:56.08	1:08.60	2700m:	30:52.25	1:09.67	4000m:	45:56.93	1:10.44
200m:	2:13.51	1:07.75	1500m:	17:04.97	1:08.89	2800m:	32:01.56	1:09.31	4100m:	47:06.68	1:09.75
300m:	3:21.22	1:07.71	1600m:	18:13.70	1:08.73	2900m:	33:11.22	1:09.66	4200m:	48:16.38	1:09.70
400m:	4:29.34	1:08.12	1700m:	19:22.33	1:08.63	3000m:	34:20.29	1:09.07	4300m:	49:26.15	1:09.77
500m:	5:37.48	1:08.14	1800m:	20:30.93	1:08.60	3100m:	35:29.54	1:09.25	4400m:	50:36.53	1:10.38
600m:	6:45.89	1:08.41	1900m:	21:39.71	1:08.78	3200m:	36:39.21	1:09.67	4500m:	51:46.61	1:10.08
700m:	7:54.68	1:08.79	2000m:	22:48.69	1:08.98	3300m:	37:48.76	1:09.55	4600m:	52:56.85	1:10.24
800m:	9:03.52	1:08.84	2100m:	23:57.69	1:09.00	3400m:	38:58.63	1:09.87	4700m:	54:07.26	1:10.41
900m:	10:12.46	1:08.94	2200m:	25:06.82	1:09.13	3500m:	40:08.64	1:10.01	4800m:	55:17.53	1:10.27
1000m:	11:20.92	1:08.46	2300m:	26:15.71	1:08.89	3600m:	41:18.61	1:09.97	4900m:	56:27.14	1:09.61
1100m:	12:29.89	1:08.97	2400m:	27:24.65	1:08.94	3700m:	42:28.85	1:10.24	5000m:	57:35.11	1:07.97
1200m:	13:38.70	1:08.81	2500m:	28:33.61	1:08.96	3800m:	43:37.75	1:08.90			
1300m:	14:47.48	1:08.78	2600m:	29:42.58	1:08.97	3900m:	44:46.49	1:08.74			

2. MOURENZA ROCHA Ines 07 C.N. Portamiña Lugo **58:32.57 + 57.46** 10,00

100m:	1:07.50	1:07.50	1400m:	16:10.75	1:09.59	2700m:	31:27.79	1:10.45	4000m:	46:45.52	1:10.21
200m:	2:16.30	1:08.80	1500m:	17:20.72	1:09.97	2800m:	32:38.70	1:10.91	4100m:	47:55.71	1:10.19
300m:	3:25.13	1:08.83	1600m:	18:30.70	1:09.98	2900m:	33:49.87	1:11.17	4200m:	49:06.12	1:10.41
400m:	4:34.19	1:09.06	1700m:	19:41.07	1:10.37	3000m:	35:01.22	1:11.35	4300m:	50:17.21	1:11.09
500m:	5:43.18	1:08.99	1800m:	20:51.38	1:10.31	3100m:	36:12.16	1:10.94	4400m:	51:28.38	1:11.17
600m:	6:52.73	1:09.55	1900m:	22:01.93	1:10.55	3200m:	37:22.69	1:10.53	4500m:	52:39.91	1:11.53
700m:	8:02.15	1:09.42	2000m:	23:12.85	1:10.92	3300m:	38:33.63	1:10.94	4600m:	53:50.96	1:11.05
800m:	9:12.07	1:09.92	2100m:	24:23.22	1:10.37	3400m:	39:44.18	1:10.55	4700m:	55:01.92	1:10.96
900m:	10:21.71	1:09.64	2200m:	25:33.91	1:10.69	3500m:	40:54.15	1:09.97	4800m:	56:12.85	1:10.93
1000m:	11:31.27	1:09.56	2300m:	26:44.92	1:11.01	3600m:	42:04.53	1:10.38	4900m:	57:23.37	1:10.52
1100m:	12:41.32	1:10.05	2400m:	27:55.89	1:10.97	3700m:	43:14.69	1:10.16	5000m:	58:32.57	1:09.20
1200m:	13:51.23	1:09.91	2500m:	29:06.67	1:10.78	3800m:	44:24.78	1:10.09			
1300m:	15:01.16	1:09.93	2600m:	30:17.34	1:10.67	3900m:	45:35.31	1:10.53			

3. MARTINEZ DE SALINAS PEÑA Clara 07 E.M. El Olivar **59:29.11+ 1:54.00** 8,00

100m:	1:06.46	1:06.46	1400m:	16:10.86	1:09.94	2700m:	31:29.66	1:11.72	4000m:	47:15.40	1:13.38
200m:	2:15.02	1:08.56	1500m:	17:20.73	1:09.87	2800m:	32:41.16	1:11.50	4100m:	48:28.38	1:12.98
300m:	3:24.03	1:09.01	1600m:	18:30.45	1:09.72	2900m:	33:53.25	1:12.09	4200m:	49:41.56	1:13.18
400m:	4:33.95	1:09.92	1700m:	19:40.40	1:09.95	3000m:	35:04.70	1:11.45	4300m:	50:54.84	1:13.28
500m:	5:43.04	1:09.09	1800m:	20:50.49	1:10.09	3100m:	36:17.36	1:12.66	4400m:	52:08.26	1:13.42
600m:	6:52.44	1:09.40	1900m:	22:01.25	1:10.76	3200m:	37:29.50	1:12.14	4500m:	53:21.81	1:13.55
700m:	8:01.80	1:09.36	2000m:	23:12.08	1:10.83	3300m:	38:42.54	1:13.04	4600m:	54:35.87	1:14.06
800m:	9:11.32	1:09.52	2100m:	24:23.22	1:10.53	3400m:	39:55.51	1:12.97	4700m:	55:50.18	1:14.31
900m:	10:20.68	1:09.36	2200m:	25:33.73	1:11.12	3500m:	41:08.90	1:13.39	4800m:	57:04.69	1:14.51
1000m:	11:30.24	1:09.56	2300m:	26:44.84	1:11.11	3600m:	42:22.70	1:13.80	4900m:	58:18.41	1:13.72
1100m:	12:40.11	1:09.87	2400m:	27:55.85	1:11.01	3700m:	43:35.51	1:12.81	5000m:	59:29.11	1:10.70
1200m:	13:50.40	1:10.29	2500m:	29:06.93	1:11.08	3800m:	44:48.42	1:12.91			
1300m:	15:00.92	1:10.52	2600m:	30:17.94	1:11.01	3900m:	46:02.02	1:13.60			

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, JUNIOR 1

Clasificación	AN		Tiempo		
4. COLL MARTI Júlia	07	C.N. Olot	59:56.18+	2:21.07	7,00
100m: 1:08.39 1:08.39	1400m: 16:22.55 1:10.92	2700m: 31:54.53 1:12.47	4000m: 47:39.92 1:13.35		
200m: 2:18.29 1:09.90	1500m: 17:33.28 1:10.73	2800m: 33:06.20 1:11.67	4100m: 48:53.35 1:13.43		
300m: 3:28.50 1:10.21	1600m: 18:44.23 1:10.95	2900m: 34:18.70 1:12.50	4200m: 50:07.03 1:13.68		
400m: 4:38.77 1:10.27	1700m: 19:55.49 1:11.26	3000m: 35:30.65 1:11.95	4300m: 51:20.66 1:13.63		
500m: 5:48.76 1:09.99	1800m: 21:06.93 1:11.44	3100m: 36:42.67 1:12.02	4400m: 52:34.44 1:13.78		
600m: 6:58.96 1:10.20	1900m: 22:18.56 1:11.63	3200m: 37:54.63 1:11.96	4500m: 53:48.86 1:14.42		
700m: 8:08.83 1:09.87	2000m: 23:30.38 1:11.82	3300m: 39:07.26 1:12.63	4600m: 55:03.03 1:14.17		
800m: 9:18.74 1:09.91	2100m: 24:42.19 1:11.81	3400m: 40:19.62 1:12.36	4700m: 56:17.01 1:13.98		
900m: 10:29.35 1:10.61	2200m: 25:54.47 1:12.28	3500m: 41:32.73 1:13.11	4800m: 57:31.44 1:14.43		
1000m: 11:40.12 1:10.77	2300m: 27:06.57 1:12.10	3600m: 42:46.12 1:13.39	4900m: 58:44.79 1:13.35		
1100m: 12:50.69 1:10.57	2400m: 28:18.18 1:11.61	3700m: 43:59.18 1:13.06	5000m: 59:56.18 1:11.39		
1200m: 14:00.90 1:10.21	2500m: 29:30.10 1:11.92	3800m: 45:13.14 1:13.96			
1300m: 15:11.63 1:10.73	2600m: 30:42.06 1:11.96	3900m: 46:26.57 1:13.43			
5. RODRIGUEZ RODRIGUEZ Lucia	08	R.G.C. Covadonga	1:03:06.78+	5:31.67	6,00
100m: 1:12.25 1:12.25	1400m: 17:19.70 1:15.40	2700m: 33:49.14 1:17.03	4000m: 50:25.83 1:17.58		
200m: 2:25.71 1:13.46	1500m: 18:34.98 1:15.28	2800m: 35:05.77 1:16.63	4100m: 51:42.26 1:16.43		
300m: 3:39.41 1:13.70	1600m: 19:50.67 1:15.69	2900m: 36:22.45 1:16.68	4200m: 52:59.52 1:17.26		
400m: 4:53.28 1:13.87	1700m: 21:06.83 1:16.16	3000m: 37:38.65 1:16.20	4300m: 54:16.24 1:16.72		
500m: 6:07.39 1:14.11	1800m: 22:22.82 1:15.99	3100m: 38:54.62 1:15.97	4400m: 55:33.15 1:16.91		
600m: 7:21.62 1:14.23	1900m: 23:38.82 1:16.00	3200m: 40:10.97 1:16.35	4500m: 56:49.92 1:16.77		
700m: 8:35.85 1:14.23	2000m: 24:55.20 1:16.38	3300m: 41:27.97 1:17.00	4600m: 58:06.38 1:16.46		
800m: 9:50.27 1:14.42	2100m: 26:10.95 1:15.75	3400m: 42:44.73 1:16.76	4700m: 59:22.76 1:16.38		
900m: 11:05.27 1:15.00	2200m: 27:27.12 1:16.17	3500m: 44:01.34 1:16.61	4800m: 1:00:39.16 1:16.40		
1000m: 12:19.48 1:14.21	2300m: 28:42.89 1:15.77	3600m: 45:18.05 1:16.71	4900m: 1:01:54.90 1:15.74		
1100m: 13:34.17 1:14.69	2400m: 29:59.27 1:16.38	3700m: 46:34.64 1:16.59	5000m: 1:03:06.78 1:11.88		
1200m: 14:48.96 1:14.79	2500m: 31:15.54 1:16.27	3800m: 47:51.27 1:16.63			
1300m: 16:04.30 1:15.34	2600m: 32:32.11 1:16.57	3900m: 49:08.25 1:16.98			
6. RUIZ REYES Raquel	07	C.N. Las Palmas	1:04:09.13+	6:34.02	5,00
100m: 1:10.61 1:10.61	1400m: 17:27.86 1:16.13	2700m: 34:01.91 1:16.99	4000m: 50:57.58 1:18.52		
200m: 2:24.28 1:13.67	1500m: 18:43.95 1:16.09	2800m: 35:18.96 1:17.05	4100m: 52:16.43 1:18.85		
300m: 3:37.49 1:13.21	1600m: 19:59.99 1:16.04	2900m: 36:36.58 1:17.62	4200m: 53:35.09 1:18.66		
400m: 4:51.51 1:14.02	1700m: 21:16.15 1:16.16	3000m: 37:54.62 1:18.04	4300m: 54:54.35 1:19.26		
500m: 6:06.27 1:14.76	1800m: 22:31.97 1:15.82	3100m: 39:12.13 1:17.51	4400m: 56:13.85 1:19.50		
600m: 7:20.97 1:14.70	1900m: 23:47.97 1:16.00	3200m: 40:29.95 1:17.82	4500m: 57:33.34 1:19.49		
700m: 8:36.19 1:15.22	2000m: 25:03.93 1:15.96	3300m: 41:47.79 1:17.84	4600m: 58:53.50 1:20.16		
800m: 9:51.61 1:15.42	2100m: 26:20.71 1:16.78	3400m: 43:05.98 1:18.19	4700m: 1:00:12.95 1:19.45		
900m: 11:07.26 1:15.65	2200m: 27:37.61 1:16.90	3500m: 44:24.28 1:18.30	4800m: 1:01:32.71 1:19.76		
1000m: 12:22.69 1:15.43	2300m: 28:54.24 1:16.63	3600m: 45:42.67 1:18.39	4900m: 1:02:51.24 1:18.53		
1100m: 13:39.16 1:16.47	2400m: 30:11.18 1:16.94	3700m: 47:01.41 1:18.74	5000m: 1:04:09.13 1:17.89		
1200m: 14:55.65 1:16.49	2500m: 31:27.65 1:16.47	3800m: 48:20.18 1:18.77			
1300m: 16:11.73 1:16.08	2600m: 32:44.92 1:17.27	3900m: 49:39.06 1:18.88			
7. GONZALEZ VAZQUEZ Maria	08	C.N. Las Anclas Castrillon	1:04:43.05+	7:07.94	4,00
100m: 1:14.66 1:14.66	1200m: 15:05.13 1:16.41	2300m: 29:14.58 1:17.74	3400m: 43:41.89 1:18.14		
200m: 2:29.98 1:15.32	1300m: 16:20.87 1:15.74	2400m: 30:33.13 1:18.55	3500m: 44:59.72 1:17.83		
300m: 3:45.72 1:15.74	1400m: 17:37.22 1:16.35	2500m: 31:51.42 1:18.29	3600m: 46:18.68 1:18.96		
400m: 5:01.13 1:15.41	1500m: 18:53.71 1:16.49	2600m: 33:09.85 1:18.43	3700m: 47:37.16 1:18.48		
500m: 6:15.83 1:14.70	1600m: 20:10.36 1:16.65	2700m: 34:28.54 1:18.69	3800m: 48:55.23 1:18.07		
600m: 7:30.44 1:14.61	1700m: 21:27.51 1:17.15	2800m: 35:48.07 1:19.53	3900m: 50:14.32 1:19.09		
700m: 8:45.63 1:15.19	1800m: 22:45.00 1:17.49	2900m: 37:06.81 1:18.74	4000m: 51:33.66 1:19.34		
800m: 10:00.89 1:15.26	1900m: 24:03.07 1:18.07	3000m: 38:25.96 1:19.15	4100m: 52:52.53 1:18.87		
900m: 11:16.47 1:15.58	2000m: 25:20.91 1:17.84	3100m: 39:45.68 1:19.72	4200m: 54:11.58 1:19.05		
1000m: 12:32.19 1:15.72	2100m: 26:39.06 1:18.15	3200m: 41:04.80 1:19.12	4300m: 55:30.39 1:18.81		
1100m: 13:48.72 1:16.53	2200m: 27:56.84 1:17.78	3300m: 42:23.75 1:18.95	4400m: 56:50.12 1:19.73		

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, JUNIOR 1

Clasificación	AN				Tiempo			
4500m: 58:09.89	1:19.77	4700m1:00:49.86	1:19.67	4900m1:03:27.22	1:17.76			
4600m: 59:30.19	1:20.30	4800m1:02:09.46	1:19.60	5000m1:04:43.05	1:15.83			
8. AYET GONZALEZ Natalia	08	C.N. Churriana	1:04:52.39+			7:17.28	3,00	
100m: 1:12.78	1:12.78	1400m: 17:22.02	1:16.00	2700m: 34:14.24	1:19.25	4000m: 51:27.49	1:20.80	
200m: 2:26.33	1:13.55	1500m: 18:38.45	1:16.43	2800m: 35:32.89	1:18.65	4100m: 52:48.20	1:20.71	
300m: 3:40.17	1:13.84	1600m: 19:55.11	1:16.66	2900m: 36:51.56	1:18.67	4200m: 54:09.18	1:20.98	
400m: 4:53.79	1:13.62	1700m: 21:11.65	1:16.54	3000m: 38:10.60	1:19.04	4300m: 55:30.21	1:21.03	
500m: 6:07.93	1:14.14	1800m: 22:29.01	1:17.36	3100m: 39:29.63	1:19.03	4400m: 56:51.38	1:21.17	
600m: 7:22.22	1:14.29	1900m: 23:46.46	1:17.45	3200m: 40:48.98	1:19.35	4500m: 58:12.45	1:21.07	
700m: 8:36.38	1:14.16	2000m: 25:03.86	1:17.40	3300m: 42:08.33	1:19.35	4600m: 59:33.16	1:20.71	
800m: 9:50.71	1:14.33	2100m: 26:21.52	1:17.66	3400m: 43:28.19	1:19.86	4700m: 1:00:53.51	1:20.35	
900m: 11:05.55	1:14.84	2200m: 27:39.79	1:18.27	3500m: 44:47.15	1:18.96	4800m: 1:02:13.82	1:20.31	
1000m: 12:20.07	1:14.52	2300m: 28:58.70	1:18.91	3600m: 46:06.52	1:19.37	4900m: 1:03:34.18	1:20.36	
1100m: 13:35.04	1:14.97	2400m: 30:17.11	1:18.41	3700m: 47:26.41	1:19.89	5000m: 1:04:52.39	1:18.21	
1200m: 14:50.37	1:15.33	2500m: 31:35.83	1:18.72	3800m: 48:46.39	1:19.98			
1300m: 16:06.02	1:15.65	2600m: 32:54.99	1:19.16	3900m: 50:06.69	1:20.30			
9. URBINA LOZADA Ana	08	C.N. Alcala-Social Energy	1:05:30.55+			7:55.44	2,00	
100m: 1:10.64	1:10.64	1400m: 17:28.63	1:16.22	2700m: 34:14.31	1:17.95	4000m: 51:40.28	1:22.24	
200m: 2:24.39	1:13.75	1500m: 18:45.18	1:16.55	2800m: 35:32.80	1:18.49	4100m: 53:02.80	1:22.52	
300m: 3:38.07	1:13.68	1600m: 20:02.65	1:17.47	2900m: 36:51.28	1:18.48	4200m: 54:25.60	1:22.80	
400m: 4:53.25	1:15.18	1700m: 21:19.39	1:16.74	3000m: 38:10.87	1:19.59	4300m: 55:48.81	1:23.21	
500m: 6:08.27	1:15.02	1800m: 22:36.23	1:16.84	3100m: 39:30.69	1:19.82	4400m: 57:12.22	1:23.41	
600m: 7:23.42	1:15.15	1900m: 23:53.65	1:17.42	3200m: 40:50.57	1:19.88	4500m: 58:35.99	1:23.77	
700m: 8:38.47	1:15.05	2000m: 25:11.18	1:17.53	3300m: 42:10.51	1:19.94	4600m: 59:59.77	1:23.78	
800m: 9:53.71	1:15.24	2100m: 26:28.92	1:17.74	3400m: 43:31.40	1:20.89	4700m: 1:01:23.38	1:23.61	
900m: 11:09.29	1:15.58	2200m: 27:47.06	1:18.14	3500m: 44:52.36	1:20.96	4800m: 1:02:47.27	1:23.89	
1000m: 12:24.70	1:15.41	2300m: 29:04.98	1:17.92	3600m: 46:13.17	1:20.81	4900m: 1:04:09.98	1:22.71	
1100m: 13:40.08	1:15.38	2400m: 30:23.05	1:18.07	3700m: 47:34.72	1:21.55	5000m: 1:05:30.55	1:20.57	
1200m: 14:56.18	1:16.10	2500m: 31:38.73	1:15.68	3800m: 48:56.18	1:21.46			
1300m: 16:12.41	1:16.23	2600m: 32:56.36	1:17.63	3900m: 50:18.04	1:21.86			
10. JAEN SERRA Naira	08	C.D.N. Nadamas Las Marinas	1:05:33.51+			7:58.40	1,00	
100m: 1:10.60	1:10.60	1400m: 17:25.78	1:17.23	2700m: 34:15.67	1:18.85	4000m: 51:55.06	1:22.67	
200m: 2:22.68	1:12.08	1500m: 18:42.16	1:16.38	2800m: 35:35.06	1:19.39	4100m: 53:18.33	1:23.27	
300m: 3:35.35	1:12.67	1600m: 19:59.68	1:17.52	2900m: 36:54.75	1:19.69	4200m: 54:41.09	1:22.76	
400m: 4:48.80	1:13.45	1700m: 21:17.69	1:18.01	3000m: 38:15.22	1:20.47	4300m: 56:03.56	1:22.47	
500m: 6:02.46	1:13.66	1800m: 22:33.80	1:16.11	3100m: 39:35.79	1:20.57	4400m: 57:26.08	1:22.52	
600m: 7:16.99	1:14.53	1900m: 23:51.74	1:17.94	3200m: 40:56.87	1:21.08	4500m: 58:48.54	1:22.46	
700m: 8:32.85	1:15.86	2000m: 25:09.59	1:17.85	3300m: 42:18.32	1:21.45	4600m: 1:00:10.91	1:22.37	
800m: 9:48.20	1:15.35	2100m: 26:27.31	1:17.72	3400m: 43:39.68	1:21.36	4700m: 1:01:33.02	1:22.11	
900m: 11:03.97	1:15.77	2200m: 27:45.70	1:18.39	3500m: 45:01.92	1:22.24	4800m: 1:02:54.39	1:21.37	
1000m: 12:19.88	1:15.91	2300m: 29:02.57	1:16.87	3600m: 46:23.94	1:22.02	4900m: 1:04:14.69	1:20.30	
1100m: 13:35.71	1:15.83	2400m: 30:20.63	1:18.06	3700m: 47:46.75	1:22.81	5000m: 1:05:33.51	1:18.82	
1200m: 14:51.79	1:16.08	2500m: 31:38.49	1:17.86	3800m: 49:09.59	1:22.84			
1300m: 16:08.55	1:16.76	2600m: 32:56.82	1:18.33	3900m: 50:32.39	1:22.80			

Piscina 50 m.

INSTITUCIONALES 		SPONSOR PLATINO 		SPONSOR ORO 		SPONSOR TÉCNICO 		MECENAZGO 		PARTNER 			
PARTNER INNOVACIÓN 		PARTNER SALUD DEPORTIVA 						RSC PARTNER 		MEDICALSPONSOR 		PARTNER MOVILIDAD 	

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, JUNIOR 1

Clasificación	AN	Equipo	Tempo	
11.	CAMPILLO GARRIDO Gabriela	08 C.N. San Javier Mar Menor	1:05:52.40+	8:17.29 -
	100m: 1:16.48 1:16.48	1400m: 17:56.06 1:17.08	2700m: 34:46.37 1:18.49	4000m: 52:08.90 1:22.68
	200m: 2:32.64 1:16.16	1500m: 19:12.61 1:16.55	2800m: 36:06.01 1:19.64	4100m: 53:30.99 1:22.09
	300m: 3:49.84 1:17.20	1600m: 20:29.88 1:17.27	2900m: 37:24.97 1:18.96	4200m: 54:53.02 1:22.03
	400m: 5:06.70 1:16.86	1700m: 21:46.54 1:16.66	3000m: 38:44.24 1:19.27	4300m: 56:15.57 1:22.55
	500m: 6:23.53 1:16.83	1800m: 23:03.33 1:16.79	3100m: 40:03.54 1:19.30	4400m: 57:38.30 1:22.73
	600m: 7:40.01 1:16.48	1900m: 24:20.91 1:17.58	3200m: 41:23.40 1:19.86	4500m: 59:00.99 1:22.69
	700m: 8:56.48 1:16.47	2000m: 25:38.66 1:17.75	3300m: 42:42.47 1:19.07	4600m: 1:00:24.27 1:23.28
	800m: 10:13.39 1:16.91	2100m: 26:56.87 1:18.21	3400m: 44:01.78 1:19.31	4700m: 1:01:47.36 1:23.09
	900m: 11:30.73 1:17.34	2200m: 28:15.11 1:18.24	3500m: 45:22.29 1:20.51	4800m: 1:03:10.20 1:22.84
	1000m: 12:47.89 1:17.16	2300m: 29:33.40 1:18.29	3600m: 46:42.77 1:20.48	4900m: 1:04:32.26 1:22.06
	1100m: 14:05.09 1:17.20	2400m: 30:50.97 1:17.57	3700m: 48:03.70 1:20.93	5000m: 1:05:52.40 1:20.14
	1200m: 15:22.03 1:16.94	2500m: 32:09.43 1:18.46	3800m: 49:25.05 1:21.35	
	1300m: 16:38.98 1:16.95	2600m: 33:27.88 1:18.45	3900m: 50:46.22 1:21.17	
DSQ	MALO MORENO Ariadna	08 C.D. Amaya		-
Baja	LLORACH FUSTES Martina	08 C.N. Igualada		-
Baja	SAENZ RAMIREZ Lidia	08 C.N. Logroño		-
Baja	RIVERO ESPILDORA Cayetana	08 C.N. Mijas		-

JUNIOR 2

1.	DENBY Kennedy Hope	05 C.D.N. Nadamas Las Marinas	59:24.63	13,00
	100m: 1:07.41 1:07.41	1400m: 16:10.08 1:10.44	2700m: 31:31.24 1:11.82	4000m: 47:18.10 1:13.71
	200m: 2:15.92 1:08.51	1500m: 17:21.29 1:11.21	2800m: 32:43.25 1:12.01	4100m: 48:31.93 1:13.83
	300m: 3:24.42 1:08.50	1600m: 18:31.08 1:09.79	2900m: 33:55.69 1:12.44	4200m: 49:45.59 1:13.66
	400m: 4:33.26 1:08.84	1700m: 19:41.54 1:10.46	3000m: 35:07.91 1:12.22	4300m: 50:59.30 1:13.71
	500m: 5:42.15 1:08.89	1800m: 20:51.97 1:10.43	3100m: 36:20.81 1:12.90	4400m: 52:12.81 1:13.51
	600m: 6:50.95 1:08.80	1900m: 22:02.54 1:10.57	3200m: 37:33.78 1:12.97	4500m: 53:25.21 1:12.40
	700m: 8:00.39 1:09.44	2000m: 23:13.28 1:10.74	3300m: 38:46.13 1:12.35	4600m: 54:37.69 1:12.48
	800m: 9:09.98 1:09.59	2100m: 24:23.76 1:10.48	3400m: 39:59.02 1:12.89	4700m: 55:49.51 1:11.82
	900m: 10:19.75 1:09.77	2200m: 25:34.29 1:10.53	3500m: 41:12.50 1:13.48	4800m: 57:00.69 1:11.18
	1000m: 11:29.48 1:09.73	2300m: 26:45.59 1:11.30	3600m: 42:26.24 1:13.74	4900m: 58:12.68 1:11.99
	1100m: 12:39.63 1:10.15	2400m: 27:56.42 1:10.83	3700m: 43:38.25 1:12.01	5000m: 59:24.63 1:11.95
	1200m: 13:49.50 1:09.87	2500m: 29:07.82 1:11.40	3800m: 44:51.10 1:12.85	
	1300m: 14:59.64 1:10.14	2600m: 30:19.42 1:11.60	3900m: 46:04.39 1:13.29	
2.	CARMONA VILLAPLANA Marta	05 C.N. Albacete	1:00:17.82	+ 53.19 10,00
	100m: 1:10.28 1:10.28	1400m: 16:38.35 1:11.85	2700m: 32:17.59 1:12.79	4000m: 48:05.80 1:13.01
	200m: 2:21.10 1:10.82	1500m: 17:49.90 1:11.55	2800m: 33:30.80 1:13.21	4100m: 49:18.38 1:12.58
	300m: 3:32.06 1:10.96	1600m: 19:01.35 1:11.45	2900m: 34:44.10 1:13.30	4200m: 50:31.31 1:12.93
	400m: 4:42.87 1:10.81	1700m: 20:12.69 1:11.34	3000m: 35:57.72 1:13.62	4300m: 51:43.72 1:12.41
	500m: 5:53.78 1:10.91	1800m: 21:24.74 1:12.05	3100m: 37:11.14 1:13.42	4400m: 52:56.08 1:12.36
	600m: 7:05.05 1:11.27	1900m: 22:36.62 1:11.88	3200m: 38:24.36 1:13.22	4500m: 54:09.02 1:12.94
	700m: 8:16.46 1:11.41	2000m: 23:48.38 1:11.76	3300m: 39:37.47 1:13.11	4600m: 55:22.71 1:13.69
	800m: 9:27.67 1:11.21	2100m: 25:00.58 1:12.20	3400m: 40:50.79 1:13.32	4700m: 56:37.02 1:14.31
	900m: 10:39.71 1:12.04	2200m: 26:13.36 1:12.78	3500m: 42:03.46 1:12.67	4800m: 57:51.35 1:14.33
	1000m: 11:51.15 1:11.44	2300m: 27:25.95 1:12.59	3600m: 43:15.74 1:12.28	4900m: 59:04.93 1:13.58
	1100m: 13:02.73 1:11.58	2400m: 28:38.63 1:12.68	3700m: 44:28.62 1:12.88	5000m: 1:00:17.82 1:12.89
	1200m: 14:14.60 1:11.87	2500m: 29:52.09 1:13.46	3800m: 45:40.71 1:12.09	
	1300m: 15:26.50 1:11.90	2600m: 31:04.80 1:12.71	3900m: 46:52.79 1:12.08	

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, JUNIOR 2

Clasificación	AN			Tiempo			
3. MORA FERRANDIS Ariadna	06	C.N. Ferca-San Jose	1:00:44.20+	1:19.57	8,00		
100m: 1:08.43	1:08.43	1400m: 16:31.78	1:11.85	2700m: 32:12.26	1:14.12	4000m: 48:17.53	1:15.14
200m: 2:18.37	1:09.94	1500m: 17:43.55	1:11.77	2800m: 33:26.27	1:14.01	4100m: 49:32.11	1:14.58
300m: 3:28.47	1:10.10	1600m: 18:55.04	1:11.49	2900m: 34:40.64	1:14.37	4200m: 50:45.85	1:13.74
400m: 4:39.30	1:10.83	1700m: 20:06.35	1:11.31	3000m: 35:54.82	1:14.18	4300m: 52:00.17	1:14.32
500m: 5:50.21	1:10.91	1800m: 21:17.14	1:10.79	3100m: 37:09.31	1:14.49	4400m: 53:14.90	1:14.73
600m: 7:01.07	1:10.86	1900m: 22:28.19	1:11.05	3200m: 38:23.70	1:14.39	4500m: 54:29.99	1:15.09
700m: 8:11.86	1:10.79	2000m: 23:40.50	1:12.31	3300m: 39:38.45	1:14.75	4600m: 55:45.00	1:15.01
800m: 9:23.18	1:11.32	2100m: 24:52.63	1:12.13	3400m: 40:53.17	1:14.72	4700m: 57:00.23	1:15.23
900m: 10:34.66	1:11.48	2200m: 26:04.87	1:12.24	3500m: 42:04.73	1:11.56	4800m: 58:15.55	1:15.32
1000m: 11:45.90	1:11.24	2300m: 27:17.60	1:12.73	3600m: 43:17.83	1:13.10	4900m: 59:30.35	1:14.80
1100m: 12:57.27	1:11.37	2400m: 28:30.74	1:13.14	3700m: 44:32.63	1:14.80	5000m: 1:00:44.20	1:13.85
1200m: 14:08.69	1:11.42	2500m: 29:44.55	1:13.81	3800m: 45:47.45	1:14.82		
1300m: 15:19.93	1:11.24	2600m: 30:58.14	1:13.59	3900m: 47:02.39	1:14.94		
4. LOPEZ SIMON Aitana	06	C.N. Ferca-San Jose	1:01:06.22+	1:41.59	7,00		
100m: 1:10.80	1:10.80	1400m: 16:55.51	1:13.61	2700m: 32:50.84	1:13.17	4000m: 48:51.14	1:13.76
200m: 2:23.83	1:13.03	1500m: 18:08.83	1:13.32	2800m: 34:05.13	1:14.29	4100m: 50:04.53	1:13.39
300m: 3:36.02	1:12.19	1600m: 19:21.75	1:12.92	2900m: 35:19.32	1:14.19	4200m: 51:18.03	1:13.50
400m: 4:47.97	1:11.95	1700m: 20:35.22	1:13.47	3000m: 36:33.27	1:13.95	4300m: 52:32.35	1:14.32
500m: 5:59.80	1:11.83	1800m: 21:48.40	1:13.18	3100m: 37:46.71	1:13.44	4400m: 53:46.66	1:14.31
600m: 7:12.25	1:12.45	1900m: 23:01.69	1:13.29	3200m: 39:00.38	1:13.67	4500m: 55:00.68	1:14.02
700m: 8:24.21	1:11.96	2000m: 24:15.25	1:13.56	3300m: 40:13.79	1:13.41	4600m: 56:14.47	1:13.79
800m: 9:36.59	1:12.38	2100m: 25:28.78	1:13.53	3400m: 41:27.76	1:13.97	4700m: 57:28.48	1:14.01
900m: 10:48.83	1:12.24	2200m: 26:42.22	1:13.44	3500m: 42:41.16	1:13.40	4800m: 58:42.50	1:14.02
1000m: 12:01.62	1:12.79	2300m: 27:54.49	1:12.27	3600m: 43:55.24	1:14.08	4900m: 59:55.65	1:13.15
1100m: 13:14.87	1:13.25	2400m: 29:08.57	1:14.08	3700m: 45:09.46	1:14.22	5000m: 1:01:06.22	1:10.57
1200m: 14:28.43	1:13.56	2500m: 30:22.84	1:14.27	3800m: 46:24.13	1:14.67		
1300m: 15:41.90	1:13.47	2600m: 31:37.67	1:14.83	3900m: 47:37.38	1:13.25		
5. ROCA FORTUNY Marina	05	C.N. Barcelona	1:04:00.68+	4:36.05	6,00		
100m: 1:12.02	1:12.02	1400m: 17:19.11	1:15.43	2700m: 33:54.97	1:16.77	4000m: 50:54.65	1:18.56
200m: 2:25.69	1:13.67	1500m: 18:35.06	1:15.95	2800m: 35:12.44	1:17.47	4100m: 52:12.67	1:18.02
300m: 3:39.99	1:14.30	1600m: 19:52.04	1:16.98	2900m: 36:30.04	1:17.60	4200m: 53:31.04	1:18.37
400m: 4:53.14	1:13.15	1700m: 21:08.56	1:16.52	3000m: 37:47.96	1:17.92	4300m: 54:49.98	1:18.94
500m: 6:07.65	1:14.51	1800m: 22:25.10	1:16.54	3100m: 39:06.01	1:18.05	4400m: 56:09.02	1:19.04
600m: 7:21.85	1:14.20	1900m: 23:42.22	1:17.12	3200m: 40:24.51	1:18.50	4500m: 57:28.74	1:19.72
700m: 8:35.68	1:13.83	2000m: 24:59.35	1:17.13	3300m: 41:43.30	1:18.79	4600m: 58:47.53	1:18.79
800m: 9:49.84	1:14.16	2100m: 26:16.28	1:16.93	3400m: 43:02.51	1:19.21	4700m: 1:00:06.32	1:18.79
900m: 11:04.57	1:14.73	2200m: 27:32.81	1:16.53	3500m: 44:21.50	1:18.99	4800m: 1:01:25.43	1:19.11
1000m: 12:18.96	1:14.39	2300m: 28:48.72	1:15.91	3600m: 45:39.96	1:18.46	4900m: 1:02:43.88	1:18.45
1100m: 13:33.55	1:14.59	2400m: 30:04.64	1:15.92	3700m: 46:58.88	1:18.92	5000m: 1:04:00.68	1:16.80
1200m: 14:48.63	1:15.08	2500m: 31:21.16	1:16.52	3800m: 48:17.10	1:18.22		
1300m: 16:03.68	1:15.05	2600m: 32:38.20	1:17.04	3900m: 49:36.09	1:18.99		
6. DEL AGUILA MARTIN Carmen	06	C.N. Churriana	1:04:58.45+	5:33.82	5,00		
100m: 1:11.81	1:11.81	1200m: 15:20.34	1:17.93	2300m: 29:46.73	1:19.16	3400m: 44:12.31	1:17.39
200m: 2:25.64	1:13.83	1300m: 16:38.78	1:18.44	2400m: 31:05.46	1:18.73	3500m: 45:30.40	1:18.09
300m: 3:41.20	1:15.56	1400m: 17:57.25	1:18.47	2500m: 32:24.35	1:18.89	3600m: 46:48.21	1:17.81
400m: 4:57.95	1:16.75	1500m: 19:16.22	1:18.97	2600m: 33:43.66	1:19.31	3700m: 48:06.50	1:18.29
500m: 6:15.31	1:17.36	1600m: 20:35.45	1:19.23	2700m: 35:02.51	1:18.85	3800m: 49:23.99	1:17.49
600m: 7:32.36	1:17.05	1700m: 21:52.98	1:17.53	2800m: 36:21.27	1:18.76	3900m: 50:41.75	1:17.76
700m: 8:50.77	1:18.41	1800m: 23:12.10	1:19.12	2900m: 37:40.13	1:18.86	4000m: 51:59.55	1:17.80
800m: 10:09.09	1:18.32	1900m: 24:31.58	1:19.48	3000m: 38:59.48	1:19.35	4100m: 53:17.64	1:18.09
900m: 11:27.16	1:18.07	2000m: 25:49.81	1:18.23	3100m: 40:18.39	1:18.91	4200m: 54:36.21	1:18.57
1000m: 12:45.18	1:18.02	2100m: 27:08.77	1:18.96	3200m: 41:36.91	1:18.52	4300m: 55:54.72	1:18.51
1100m: 14:02.41	1:17.23	2200m: 28:27.57	1:18.80	3300m: 42:54.92	1:18.01	4400m: 57:13.53	1:18.81

Piscina 50 m.

INSTITUCIONALES 		SPONSOR PLATINO 		SPONSOR ORO 		SPONSOR TÉCNICO 		MECENAZGO 		PARTNER 			
PARTNER INNOVACIÓN 		PARTNER SALUD DEPORTIVA 						RSC PARTNER 		MEDICALSPONSOR 		PARTNER MOVILIDAD 	

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, JUNIOR 2

Clasificación	AN				Tiempo			
4500m:	58:32.23	1:18.70	4700m1:	01:08.35	1:17.60	4900m1:	03:43.25	1:16.91
4600m:	59:50.75	1:18.52	4800m1:	02:26.34	1:17.99	5000m1:	04:58.45	1:15.20

SENIOR

1.	BRAMONT ARIAS GARCÍA Maria Aleja99a	C. Nautico Sevilla	59:44.80	13,00							
100m:	1:08.63	1:08.63	1400m:	16:13.99	1:09.67	2700m:	31:27.45	1:10.63	4000m:	46:56.89	1:15.69
200m:	2:18.12	1:09.49	1500m:	17:23.71	1:09.72	2800m:	32:39.85	1:12.40	4100m:	48:13.82	1:16.93
300m:	3:26.78	1:08.66	1600m:	18:33.99	1:10.28	2900m:	33:50.46	1:10.61	4200m:	49:31.24	1:17.42
400m:	4:35.59	1:08.81	1700m:	19:44.03	1:10.04	3000m:	35:01.44	1:10.98	4300m:	50:48.15	1:16.91
500m:	5:44.60	1:09.01	1800m:	20:54.26	1:10.23	3100m:	36:11.72	1:10.28	4400m:	52:05.39	1:17.24
600m:	6:54.31	1:09.71	1900m:	22:05.06	1:10.80	3200m:	37:22.59	1:10.87	4500m:	53:21.98	1:16.59
700m:	8:04.61	1:10.30	2000m:	23:15.53	1:10.47	3300m:	38:33.79	1:11.20	4600m:	54:38.51	1:16.53
800m:	9:15.07	1:10.46	2100m:	24:26.67	1:11.14	3400m:	39:44.08	1:10.29	4700m:	55:55.75	1:17.24
900m:	10:25.22	1:10.15	2200m:	25:37.91	1:11.24	3500m:	40:53.49	1:09.41	4800m:	57:12.78	1:17.03
1000m:	11:35.39	1:10.17	2300m:	26:47.72	1:09.81	3600m:	42:04.46	1:10.97	4900m:	58:30.00	1:17.22
1100m:	12:45.30	1:09.91	2400m:	27:57.58	1:09.86	3700m:	43:16.16	1:11.70	5000m:	59:44.80	1:14.80
1200m:	13:54.66	1:09.36	2500m:	29:07.20	1:09.62	3800m:	44:27.75	1:11.59			
1300m:	15:04.32	1:09.66	2600m:	30:16.82	1:09.62	3900m:	45:41.20	1:13.45			
2.	GIRALT PIDEMONT Claudia	01 C.N. L´ Hospitalet	1:00:48.47+	1:03.67	10,00						
100m:	1:08.41	1:08.41	1400m:	16:28.84	1:13.24	2700m:	32:22.79	1:13.79	4000m:	48:27.92	1:15.14
200m:	2:17.34	1:08.93	1500m:	17:40.89	1:12.05	2800m:	33:36.16	1:13.37	4100m:	49:41.46	1:13.54
300m:	3:26.63	1:09.29	1600m:	18:54.06	1:13.17	2900m:	34:49.07	1:12.91	4200m:	50:55.18	1:13.72
400m:	4:36.16	1:09.53	1700m:	20:07.23	1:13.17	3000m:	36:01.93	1:12.86	4300m:	52:09.32	1:14.14
500m:	5:46.47	1:10.31	1800m:	21:20.81	1:13.58	3100m:	37:15.56	1:13.63	4400m:	53:23.85	1:14.53
600m:	6:56.53	1:10.06	1900m:	22:34.67	1:13.86	3200m:	38:29.91	1:14.35	4500m:	54:38.03	1:14.18
700m:	8:07.08	1:10.55	2000m:	23:48.34	1:13.67	3300m:	39:44.32	1:14.41	4600m:	55:52.57	1:14.54
800m:	9:18.42	1:11.34	2100m:	25:02.13	1:13.79	3400m:	40:58.76	1:14.44	4700m:	57:07.26	1:14.69
900m:	10:29.49	1:11.07	2200m:	26:15.74	1:13.61	3500m:	42:13.48	1:14.72	4800m:	58:22.03	1:14.77
1000m:	11:40.42	1:10.93	2300m:	27:29.04	1:13.30	3600m:	43:28.16	1:14.68	4900m:	59:36.42	1:14.39
1100m:	12:51.50	1:11.08	2400m:	28:42.46	1:13.42	3700m:	44:42.91	1:14.75	5000m:	1:00:48.47	1:12.05
1200m:	14:03.17	1:11.67	2500m:	29:55.48	1:13.02	3800m:	45:57.27	1:14.36			
1300m:	15:15.60	1:12.43	2600m:	31:09.00	1:13.52	3900m:	47:12.78	1:15.51			
3.	PEINADO MORALES Irene	94 C.N. San Fernando	1:02:42.13+	2:57.33	8,00						
100m:	1:10.50	1:10.50	1400m:	17:04.90	1:13.90	2700m:	33:19.46	1:15.80	4000m:	49:49.53	1:17.11
200m:	2:23.11	1:12.61	1500m:	18:19.12	1:14.22	2800m:	34:35.19	1:15.73	4100m:	51:06.58	1:17.05
300m:	3:35.72	1:12.61	1600m:	19:33.59	1:14.47	2900m:	35:50.85	1:15.66	4200m:	52:23.62	1:17.04
400m:	4:48.62	1:12.90	1700m:	20:48.42	1:14.83	3000m:	37:06.61	1:15.76	4300m:	53:40.57	1:16.95
500m:	6:01.82	1:13.20	1800m:	22:03.25	1:14.83	3100m:	38:22.46	1:15.85	4400m:	54:57.73	1:17.16
600m:	7:14.75	1:12.93	1900m:	23:17.97	1:14.72	3200m:	39:38.11	1:15.65	4500m:	56:15.03	1:17.30
700m:	8:28.16	1:13.41	2000m:	24:32.80	1:14.83	3300m:	40:53.69	1:15.58	4600m:	57:32.41	1:17.38
800m:	9:41.64	1:13.48	2100m:	25:47.97	1:15.17	3400m:	42:09.88	1:16.19	4700m:	58:50.06	1:17.65
900m:	10:55.59	1:13.95	2200m:	27:02.19	1:14.22	3500m:	43:26.07	1:16.19	4800m:	1:00:08.07	1:18.01
1000m:	12:09.15	1:13.56	2300m:	28:17.10	1:14.91	3600m:	44:42.36	1:16.29	4900m:	1:01:25.53	1:17.46
1100m:	13:22.78	1:13.63	2400m:	29:32.49	1:15.39	3700m:	45:59.14	1:16.78	5000m:	1:02:42.13	1:16.60
1200m:	14:36.97	1:14.19	2500m:	30:47.98	1:15.49	3800m:	47:15.72	1:16.58			
1300m:	15:51.00	1:14.03	2600m:	32:03.66	1:15.68	3900m:	48:32.42	1:16.70			

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, SENIOR

Clasificación	AN		Tiempo		
4. MAESTRO LORENZO Alba	02	C.N. L' Hospitalet	1:03:48.35+	4:03.55	7,00
100m: 1:12.73	1:12.73	1400m: 17:36.98	1:15.81	2700m: 34:12.66	1:17.45
200m: 2:27.53	1:14.80	1500m: 18:53.87	1:16.89	2800m: 35:29.45	1:16.79
300m: 3:42.84	1:15.31	1600m: 20:09.91	1:16.04	2900m: 36:46.79	1:17.34
400m: 4:58.22	1:15.38	1700m: 21:25.42	1:15.51	3000m: 38:03.35	1:16.56
500m: 6:13.66	1:15.44	1800m: 22:42.29	1:16.87	3100m: 39:21.12	1:17.77
600m: 7:29.12	1:15.46	1900m: 23:57.59	1:15.30	3200m: 40:38.89	1:17.77
700m: 8:45.19	1:16.07	2000m: 25:13.86	1:16.27	3300m: 41:56.52	1:17.63
800m: 10:01.34	1:16.15	2100m: 26:31.27	1:17.41	3400m: 43:14.16	1:17.64
900m: 11:17.36	1:16.02	2200m: 27:47.74	1:16.47	3500m: 44:30.89	1:16.73
1000m: 12:33.59	1:16.23	2300m: 29:03.99	1:16.25	3600m: 45:48.40	1:17.51
1100m: 13:49.86	1:16.27	2400m: 30:20.42	1:16.43	3700m: 47:05.97	1:17.57
1200m: 15:06.26	1:16.40	2500m: 31:37.38	1:16.96	3800m: 48:23.81	1:17.84
1300m: 16:21.17	1:14.91	2600m: 32:55.21	1:17.83	3900m: 49:41.96	1:18.15
5. ORTIZ MARTINEZ Ainhoa	03	C.N. L' Hospitalet	1:05:23.65+	5:38.85	-
100m: 1:12.69	1:12.69	1400m: 17:51.35	1:18.21	2700m: 34:42.64	1:16.01
200m: 2:27.37	1:14.68	1500m: 19:09.50	1:18.15	2800m: 36:00.24	1:17.60
300m: 3:42.71	1:15.34	1600m: 20:27.33	1:17.83	2900m: 37:18.52	1:18.28
400m: 4:58.60	1:15.89	1700m: 21:45.32	1:17.99	3000m: 38:36.84	1:18.32
500m: 6:14.80	1:16.20	1800m: 23:02.91	1:17.59	3100m: 39:55.59	1:18.75
600m: 7:31.82	1:17.02	1900m: 24:20.50	1:17.59	3200m: 41:14.19	1:18.60
700m: 8:48.43	1:16.61	2000m: 25:38.16	1:17.66	3300m: 42:32.74	1:18.55
800m: 10:04.98	1:16.55	2100m: 26:56.25	1:18.09	3400m: 43:51.70	1:18.96
900m: 11:22.34	1:17.36	2200m: 28:14.59	1:18.34	3500m: 45:11.03	1:19.33
1000m: 12:40.34	1:18.00	2300m: 29:32.87	1:18.28	3600m: 46:30.47	1:19.44
1100m: 13:58.17	1:17.83	2400m: 30:50.47	1:17.60	3700m: 47:50.06	1:19.59
1200m: 15:15.49	1:17.32	2500m: 32:08.75	1:18.28	3800m: 49:09.46	1:19.40
1300m: 16:33.14	1:17.65	2600m: 33:26.63	1:17.88	3900m: 50:29.40	1:19.94

Abs.

1. MARTIN ARGENTE Noa	07	C.N. Ferca-San Jose	57:35.11	18,00	
<i>Mejor Marca Nacional</i>					
100m: 1:05.76	1:05.76	1400m: 15:56.08	1:08.60	2700m: 30:52.25	1:09.67
200m: 2:13.51	1:07.75	1500m: 17:04.97	1:08.89	2800m: 32:01.56	1:09.31
300m: 3:21.22	1:07.71	1600m: 18:13.70	1:08.73	2900m: 33:11.22	1:09.66
400m: 4:29.34	1:08.12	1700m: 19:22.33	1:08.63	3000m: 34:20.29	1:09.07
500m: 5:37.48	1:08.14	1800m: 20:30.93	1:08.60	3100m: 35:29.54	1:09.25
600m: 6:45.89	1:08.41	1900m: 21:39.71	1:08.78	3200m: 36:39.21	1:09.67
700m: 7:54.68	1:08.79	2000m: 22:48.69	1:08.98	3300m: 37:48.76	1:09.55
800m: 9:03.52	1:08.84	2100m: 23:57.69	1:09.00	3400m: 38:58.63	1:09.87
900m: 10:12.46	1:08.94	2200m: 25:06.82	1:09.13	3500m: 40:08.64	1:10.01
1000m: 11:20.92	1:08.46	2300m: 26:15.71	1:08.89	3600m: 41:18.61	1:09.97
1100m: 12:29.89	1:08.97	2400m: 27:24.65	1:08.94	3700m: 42:28.85	1:10.24
1200m: 13:38.70	1:08.81	2500m: 28:33.61	1:08.96	3800m: 43:37.75	1:08.90
1300m: 14:47.48	1:08.78	2600m: 29:42.58	1:08.97	3900m: 44:46.49	1:08.74

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN		Tiempo	
2. MOURENZA ROCHA Ines	07	C.N. Portamiña Lugo	58:32.57	+ 57.46 10,00
100m: 1:07.50 1:07.50	1400m: 16:10.75 1:09.59	2700m: 31:27.79 1:10.45	4000m: 46:45.52 1:10.21	
200m: 2:16.30 1:08.80	1500m: 17:20.72 1:09.97	2800m: 32:38.70 1:10.91	4100m: 47:55.71 1:10.19	
300m: 3:25.13 1:08.83	1600m: 18:30.70 1:09.98	2900m: 33:49.87 1:11.17	4200m: 49:06.12 1:10.41	
400m: 4:34.19 1:09.06	1700m: 19:41.07 1:10.37	3000m: 35:01.22 1:11.35	4300m: 50:17.21 1:11.09	
500m: 5:43.18 1:08.99	1800m: 20:51.38 1:10.31	3100m: 36:12.16 1:10.94	4400m: 51:28.38 1:11.17	
600m: 6:52.73 1:09.55	1900m: 22:01.93 1:10.55	3200m: 37:22.69 1:10.53	4500m: 52:39.91 1:11.53	
700m: 8:02.15 1:09.42	2000m: 23:12.85 1:10.92	3300m: 38:33.63 1:10.94	4600m: 53:50.96 1:11.05	
800m: 9:12.07 1:09.92	2100m: 24:23.22 1:10.37	3400m: 39:44.18 1:10.55	4700m: 55:01.92 1:10.96	
900m: 10:21.71 1:09.64	2200m: 25:33.91 1:10.69	3500m: 40:54.15 1:09.97	4800m: 56:12.85 1:10.93	
1000m: 11:31.27 1:09.56	2300m: 26:44.92 1:11.01	3600m: 42:04.53 1:10.38	4900m: 57:23.37 1:10.52	
1100m: 12:41.32 1:10.05	2400m: 27:55.89 1:10.97	3700m: 43:14.69 1:10.16	5000m: 58:32.57 1:09.20	
1200m: 13:51.23 1:09.91	2500m: 29:06.67 1:10.78	3800m: 44:24.78 1:10.09		
1300m: 15:01.16 1:09.93	2600m: 30:17.34 1:10.67	3900m: 45:35.31 1:10.53		
3. DENBY Kennedy Hope	05	C.D.N. Nadamas Las Marinas	59:24.63+	1:49.52 13,00
100m: 1:07.41 1:07.41	1400m: 16:10.08 1:10.44	2700m: 31:31.24 1:11.82	4000m: 47:18.10 1:13.71	
200m: 2:15.92 1:08.51	1500m: 17:21.29 1:11.21	2800m: 32:43.25 1:12.01	4100m: 48:31.93 1:13.83	
300m: 3:24.42 1:08.50	1600m: 18:31.08 1:09.79	2900m: 33:55.69 1:12.44	4200m: 49:45.59 1:13.66	
400m: 4:33.26 1:08.84	1700m: 19:41.54 1:10.46	3000m: 35:07.91 1:12.22	4300m: 50:59.30 1:13.71	
500m: 5:42.15 1:08.89	1800m: 20:51.97 1:10.43	3100m: 36:20.81 1:12.90	4400m: 52:12.81 1:13.51	
600m: 6:50.95 1:08.80	1900m: 22:02.54 1:10.57	3200m: 37:33.78 1:12.97	4500m: 53:25.21 1:12.40	
700m: 8:00.39 1:09.44	2000m: 23:13.28 1:10.74	3300m: 38:46.13 1:12.35	4600m: 54:37.69 1:12.48	
800m: 9:09.98 1:09.59	2100m: 24:23.76 1:10.48	3400m: 39:59.02 1:12.89	4700m: 55:49.51 1:11.82	
900m: 10:19.75 1:09.77	2200m: 25:34.29 1:10.53	3500m: 41:12.50 1:13.48	4800m: 57:00.69 1:11.18	
1000m: 11:29.48 1:09.73	2300m: 26:45.59 1:11.30	3600m: 42:26.24 1:13.74	4900m: 58:12.68 1:11.99	
1100m: 12:39.63 1:10.15	2400m: 27:56.42 1:10.83	3700m: 43:38.25 1:12.01	5000m: 59:24.63 1:11.95	
1200m: 13:49.50 1:09.87	2500m: 29:07.82 1:11.40	3800m: 44:51.10 1:12.85		
1300m: 14:59.64 1:10.14	2600m: 30:19.42 1:11.60	3900m: 46:04.39 1:13.29		
4. MARTINEZ DE SALINAS PEÑA Clara	07	E.M. El Olivar	59:29.11+	1:54.00 8,00
100m: 1:06.46 1:06.46	1400m: 16:10.86 1:09.94	2700m: 31:29.66 1:11.72	4000m: 47:15.40 1:13.38	
200m: 2:15.02 1:08.56	1500m: 17:20.73 1:09.87	2800m: 32:41.16 1:11.50	4100m: 48:28.38 1:12.98	
300m: 3:24.03 1:09.01	1600m: 18:30.45 1:09.72	2900m: 33:53.25 1:12.09	4200m: 49:41.56 1:13.18	
400m: 4:33.95 1:09.92	1700m: 19:40.40 1:09.95	3000m: 35:04.70 1:11.45	4300m: 50:54.84 1:13.28	
500m: 5:43.04 1:09.09	1800m: 20:50.49 1:10.09	3100m: 36:17.36 1:12.66	4400m: 52:08.26 1:13.42	
600m: 6:52.44 1:09.40	1900m: 22:01.25 1:10.76	3200m: 37:29.50 1:12.14	4500m: 53:21.81 1:13.55	
700m: 8:01.80 1:09.36	2000m: 23:12.08 1:10.83	3300m: 38:42.54 1:13.04	4600m: 54:35.87 1:14.06	
800m: 9:11.32 1:09.52	2100m: 24:22.61 1:10.53	3400m: 39:55.51 1:12.97	4700m: 55:50.18 1:14.31	
900m: 10:20.68 1:09.36	2200m: 25:33.73 1:11.12	3500m: 41:08.90 1:13.39	4800m: 57:04.69 1:14.51	
1000m: 11:30.24 1:09.56	2300m: 26:44.84 1:11.11	3600m: 42:22.70 1:13.80	4900m: 58:18.41 1:13.72	
1100m: 12:40.11 1:09.87	2400m: 27:55.85 1:11.01	3700m: 43:35.51 1:12.81	5000m: 59:29.11 1:10.70	
1200m: 13:50.40 1:10.29	2500m: 29:06.93 1:11.08	3800m: 44:48.42 1:12.91		
1300m: 15:00.92 1:10.52	2600m: 30:17.94 1:11.01	3900m: 46:02.02 1:13.60		
5. BRAMONT ARIAS GARCÍA Maria Aleja99a		C. Nautico Sevilla	59:44.80+	2:09.69 13,00
100m: 1:08.63 1:08.63	1200m: 13:54.66 1:09.36	2300m: 26:47.72 1:09.81	3400m: 39:44.08 1:10.29	
200m: 2:18.12 1:09.49	1300m: 15:04.32 1:09.66	2400m: 27:57.58 1:09.86	3500m: 40:53.49 1:09.41	
300m: 3:26.78 1:08.66	1400m: 16:13.99 1:09.67	2500m: 29:07.20 1:09.62	3600m: 42:04.46 1:10.97	
400m: 4:35.59 1:08.81	1500m: 17:23.71 1:09.72	2600m: 30:16.82 1:09.62	3700m: 43:16.16 1:11.70	
500m: 5:44.60 1:09.01	1600m: 18:33.99 1:10.28	2700m: 31:27.45 1:10.63	3800m: 44:27.75 1:11.59	
600m: 6:54.31 1:09.71	1700m: 19:44.03 1:10.04	2800m: 32:39.85 1:12.40	3900m: 45:41.20 1:13.45	
700m: 8:04.61 1:10.30	1800m: 20:54.26 1:10.23	2900m: 33:50.46 1:10.61	4000m: 46:56.89 1:15.69	
800m: 9:15.07 1:10.46	1900m: 22:05.06 1:10.80	3000m: 35:01.44 1:10.98	4100m: 48:13.82 1:16.93	
900m: 10:25.22 1:10.15	2000m: 23:15.53 1:10.47	3100m: 36:11.72 1:10.28	4200m: 49:31.24 1:17.42	
1000m: 11:35.39 1:10.17	2100m: 24:26.67 1:11.14	3200m: 37:22.59 1:10.87	4300m: 50:48.15 1:16.91	
1100m: 12:45.30 1:09.91	2200m: 25:37.91 1:11.24	3300m: 38:33.79 1:11.20	4400m: 52:05.39 1:17.24	

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN				Tiempo			
4500m: 53:21.98	1:16.59	4700m: 55:55.75	1:17.24	4900m: 58:30.00	1:17.22			
4600m: 54:38.51	1:16.53	4800m: 57:12.78	1:17.03	5000m: 59:44.80	1:14.80			
6. COLL MARTI Júlia	07	C.N. Olot		59:56.18+	2:21.07	7,00		
100m: 1:08.39	1:08.39	1400m: 16:22.55	1:10.92	2700m: 31:54.53	1:12.47	4000m: 47:39.92	1:13.35	
200m: 2:18.29	1:09.90	1500m: 17:33.28	1:10.73	2800m: 33:06.20	1:11.67	4100m: 48:53.35	1:13.43	
300m: 3:28.50	1:10.21	1600m: 18:44.23	1:10.95	2900m: 34:18.70	1:12.50	4200m: 50:07.03	1:13.68	
400m: 4:38.77	1:10.27	1700m: 19:55.49	1:11.26	3000m: 35:30.65	1:11.95	4300m: 51:20.66	1:13.63	
500m: 5:48.76	1:09.99	1800m: 21:06.93	1:11.44	3100m: 36:42.67	1:12.02	4400m: 52:34.44	1:13.78	
600m: 6:58.96	1:10.20	1900m: 22:18.56	1:11.63	3200m: 37:54.63	1:11.96	4500m: 53:48.86	1:14.42	
700m: 8:08.83	1:09.87	2000m: 23:30.38	1:11.82	3300m: 39:07.26	1:12.63	4600m: 55:03.03	1:14.17	
800m: 9:18.74	1:09.91	2100m: 24:42.19	1:11.81	3400m: 40:19.62	1:12.36	4700m: 56:17.01	1:13.98	
900m: 10:29.35	1:10.61	2200m: 25:54.47	1:12.28	3500m: 41:32.73	1:13.11	4800m: 57:31.44	1:14.43	
1000m: 11:40.12	1:10.77	2300m: 27:06.57	1:12.10	3600m: 42:46.12	1:13.39	4900m: 58:44.79	1:13.35	
1100m: 12:50.69	1:10.57	2400m: 28:18.18	1:11.61	3700m: 43:59.18	1:13.06	5000m: 59:56.18	1:11.39	
1200m: 14:00.90	1:10.21	2500m: 29:30.10	1:11.92	3800m: 45:13.14	1:13.96			
1300m: 15:11.63	1:10.73	2600m: 30:42.06	1:11.96	3900m: 46:26.57	1:13.43			
7. CARMONA VILLAPLANA Marta	05	C.N. Albacete		1:00:17.82+	2:42.71	10,00		
100m: 1:10.28	1:10.28	1400m: 16:38.35	1:11.85	2700m: 32:17.59	1:12.79	4000m: 48:05.80	1:13.01	
200m: 2:21.10	1:10.82	1500m: 17:49.90	1:11.55	2800m: 33:30.80	1:13.21	4100m: 49:18.38	1:12.58	
300m: 3:32.06	1:10.96	1600m: 19:01.35	1:11.45	2900m: 34:44.10	1:13.30	4200m: 50:31.31	1:12.93	
400m: 4:42.87	1:10.81	1700m: 20:12.69	1:11.34	3000m: 35:57.72	1:13.62	4300m: 51:43.72	1:12.41	
500m: 5:53.78	1:10.91	1800m: 21:24.74	1:12.05	3100m: 37:11.14	1:13.42	4400m: 52:56.08	1:12.36	
600m: 7:05.05	1:11.27	1900m: 22:36.62	1:11.88	3200m: 38:24.36	1:13.22	4500m: 54:09.02	1:12.94	
700m: 8:16.46	1:11.41	2000m: 23:48.38	1:11.76	3300m: 39:37.47	1:13.11	4600m: 55:22.71	1:13.69	
800m: 9:27.67	1:11.21	2100m: 25:00.58	1:12.20	3400m: 40:50.79	1:13.32	4700m: 56:37.02	1:14.31	
900m: 10:39.71	1:12.04	2200m: 26:13.36	1:12.78	3500m: 42:03.46	1:12.67	4800m: 57:51.35	1:14.33	
1000m: 11:51.15	1:11.44	2300m: 27:25.95	1:12.59	3600m: 43:15.74	1:12.28	4900m: 59:04.93	1:13.58	
1100m: 13:02.73	1:11.58	2400m: 28:38.63	1:12.68	3700m: 44:28.62	1:12.88	5000m: 1:00:17.82	1:12.89	
1200m: 14:14.60	1:11.87	2500m: 29:52.09	1:13.46	3800m: 45:40.71	1:12.09			
1300m: 15:26.50	1:11.90	2600m: 31:04.80	1:12.71	3900m: 46:52.79	1:12.08			
8. MORA FERRANDIS Ariadna	06	C.N. Ferca-San Jose		1:00:44.20+	3:09.09	8,00		
100m: 1:08.43	1:08.43	1400m: 16:31.78	1:11.85	2700m: 32:12.26	1:14.12	4000m: 48:17.53	1:15.14	
200m: 2:18.37	1:09.94	1500m: 17:43.55	1:11.77	2800m: 33:26.27	1:14.01	4100m: 49:32.11	1:14.58	
300m: 3:28.47	1:10.10	1600m: 18:55.04	1:11.49	2900m: 34:40.64	1:14.37	4200m: 50:45.85	1:13.74	
400m: 4:39.30	1:10.83	1700m: 20:06.35	1:11.31	3000m: 35:54.82	1:14.18	4300m: 52:00.17	1:14.32	
500m: 5:50.21	1:10.91	1800m: 21:17.14	1:10.79	3100m: 37:09.31	1:14.49	4400m: 53:14.90	1:14.73	
600m: 7:01.07	1:10.86	1900m: 22:28.19	1:11.05	3200m: 38:23.70	1:14.39	4500m: 54:29.99	1:15.09	
700m: 8:11.86	1:10.79	2000m: 23:40.50	1:12.31	3300m: 39:38.45	1:14.75	4600m: 55:45.00	1:15.01	
800m: 9:23.18	1:11.32	2100m: 24:52.63	1:12.13	3400m: 40:53.17	1:14.72	4700m: 57:00.23	1:15.23	
900m: 10:34.66	1:11.48	2200m: 26:04.87	1:12.24	3500m: 42:04.73	1:11.56	4800m: 58:15.55	1:15.32	
1000m: 11:45.90	1:11.24	2300m: 27:17.60	1:12.73	3600m: 43:17.83	1:13.10	4900m: 59:30.35	1:14.80	
1100m: 12:57.27	1:11.37	2400m: 28:30.74	1:13.14	3700m: 44:32.63	1:14.80	5000m: 1:00:44.20	1:13.85	
1200m: 14:08.69	1:11.42	2500m: 29:44.55	1:13.81	3800m: 45:47.45	1:14.82			
1300m: 15:19.93	1:11.24	2600m: 30:58.14	1:13.59	3900m: 47:02.39	1:14.94			

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN		Tiempo		
9. GIRALT PIDEMONT Claudia	01	C.N. L' Hospitalet	1:00:48.47+	3:13.36	10,00
100m: 1:08.41	1:08.41	1400m: 16:28.84	1:13.24	2700m: 32:22.79	1:13.79
200m: 2:17.34	1:08.93	1500m: 17:40.89	1:12.05	2800m: 33:36.16	1:13.37
300m: 3:26.63	1:09.29	1600m: 18:54.06	1:13.17	2900m: 34:49.07	1:12.91
400m: 4:36.16	1:09.53	1700m: 20:07.23	1:13.17	3000m: 36:01.93	1:12.86
500m: 5:46.47	1:10.31	1800m: 21:20.81	1:13.58	3100m: 37:15.56	1:13.63
600m: 6:56.53	1:10.06	1900m: 22:34.67	1:13.86	3200m: 38:29.91	1:14.35
700m: 8:07.08	1:10.55	2000m: 23:48.34	1:13.67	3300m: 39:44.32	1:14.41
800m: 9:18.42	1:11.34	2100m: 25:02.13	1:13.79	3400m: 40:58.76	1:14.44
900m: 10:29.49	1:11.07	2200m: 26:15.74	1:13.61	3500m: 42:13.48	1:14.72
1000m: 11:40.42	1:10.93	2300m: 27:29.04	1:13.30	3600m: 43:28.16	1:14.68
1100m: 12:51.50	1:11.08	2400m: 28:42.46	1:13.42	3700m: 44:42.91	1:14.75
1200m: 14:03.17	1:11.67	2500m: 29:55.48	1:13.02	3800m: 45:57.27	1:14.36
1300m: 15:15.60	1:12.43	2600m: 31:09.00	1:13.52	3900m: 47:12.78	1:15.51
10. LOPEZ SIMON Aitana	06	C.N. Ferca-San Jose	1:01:06.22+	3:31.11	7,00
100m: 1:10.80	1:10.80	1400m: 16:55.51	1:13.61	2700m: 32:50.84	1:13.17
200m: 2:23.83	1:13.03	1500m: 18:08.83	1:13.32	2800m: 34:05.13	1:14.29
300m: 3:36.02	1:12.19	1600m: 19:21.75	1:12.92	2900m: 35:19.32	1:14.19
400m: 4:47.97	1:11.95	1700m: 20:35.22	1:13.47	3000m: 36:33.27	1:13.95
500m: 5:59.80	1:11.83	1800m: 21:48.40	1:13.18	3100m: 37:46.71	1:13.44
600m: 7:12.25	1:12.45	1900m: 23:01.69	1:13.29	3200m: 39:00.38	1:13.67
700m: 8:24.21	1:11.96	2000m: 24:15.25	1:13.56	3300m: 40:13.79	1:13.41
800m: 9:36.59	1:12.38	2100m: 25:28.78	1:13.53	3400m: 41:27.76	1:13.97
900m: 10:48.83	1:12.24	2200m: 26:42.22	1:13.44	3500m: 42:41.16	1:13.40
1000m: 12:01.62	1:12.79	2300m: 27:54.49	1:12.27	3600m: 43:55.24	1:14.08
1100m: 13:14.87	1:13.25	2400m: 29:08.57	1:14.08	3700m: 45:09.46	1:14.22
1200m: 14:28.43	1:13.56	2500m: 30:22.84	1:14.27	3800m: 46:24.13	1:14.67
1300m: 15:41.90	1:13.47	2600m: 31:37.67	1:14.83	3900m: 47:37.38	1:13.25
11. PEINADO MORALES Irene	94	C.N. San Fernando	1:02:42.13+	5:07.02	8,00
100m: 1:10.50	1:10.50	1400m: 17:04.90	1:13.90	2700m: 33:19.46	1:15.80
200m: 2:23.11	1:12.61	1500m: 18:19.12	1:14.22	2800m: 34:35.19	1:15.73
300m: 3:35.72	1:12.61	1600m: 19:33.59	1:14.47	2900m: 35:50.85	1:15.66
400m: 4:48.62	1:12.90	1700m: 20:48.42	1:14.83	3000m: 37:06.61	1:15.76
500m: 6:01.82	1:13.20	1800m: 22:03.25	1:14.83	3100m: 38:22.46	1:15.85
600m: 7:14.75	1:12.93	1900m: 23:17.97	1:14.72	3200m: 39:38.11	1:15.65
700m: 8:28.16	1:13.41	2000m: 24:32.80	1:14.83	3300m: 40:53.69	1:15.58
800m: 9:41.64	1:13.48	2100m: 25:47.97	1:15.17	3400m: 42:09.88	1:16.19
900m: 10:55.59	1:13.95	2200m: 27:02.19	1:14.22	3500m: 43:26.07	1:16.19
1000m: 12:09.15	1:13.56	2300m: 28:17.10	1:14.91	3600m: 44:42.36	1:16.29
1100m: 13:22.78	1:13.63	2400m: 29:32.49	1:15.39	3700m: 45:59.14	1:16.78
1200m: 14:36.97	1:14.19	2500m: 30:47.98	1:15.49	3800m: 47:15.72	1:16.58
1300m: 15:51.00	1:14.03	2600m: 32:03.66	1:15.68	3900m: 48:32.42	1:16.70
12. RODRIGUEZ RODRIGUEZ Lucia	08	R.G.C. Covadonga	1:03:06.78+	5:31.67	6,00
100m: 1:12.25	1:12.25	1200m: 14:48.96	1:14.79	2300m: 28:42.89	1:15.77
200m: 2:25.71	1:13.46	1300m: 16:04.30	1:15.34	2400m: 29:59.27	1:16.38
300m: 3:39.41	1:13.70	1400m: 17:19.70	1:15.40	2500m: 31:15.54	1:16.27
400m: 4:53.28	1:13.87	1500m: 18:34.98	1:15.28	2600m: 32:32.11	1:16.57
500m: 6:07.39	1:14.11	1600m: 19:50.67	1:15.69	2700m: 33:49.14	1:17.03
600m: 7:21.62	1:14.23	1700m: 21:06.83	1:16.16	2800m: 35:05.77	1:16.63
700m: 8:35.85	1:14.23	1800m: 22:22.82	1:15.99	2900m: 36:22.45	1:16.68
800m: 9:50.27	1:14.42	1900m: 23:38.82	1:16.00	3000m: 37:38.65	1:16.20
900m: 11:05.27	1:15.00	2000m: 24:55.20	1:16.38	3100m: 38:54.62	1:15.97
1000m: 12:19.48	1:14.21	2100m: 26:10.95	1:15.75	3200m: 40:10.97	1:16.35
1100m: 13:34.17	1:14.69	2200m: 27:27.12	1:16.17	3300m: 41:27.97	1:17.00

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XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN						Tiempo					
	4500m: 56:49.92	1:16.77	4700m: 59:22.76	1:16.38	4900m: 1:01:54.90	1:15.74						
	4600m: 58:06.38	1:16.46	4800m: 1:00:39.16	1:16.40	5000m: 1:03:06.78	1:11.88						
13. MAESTRO LORENZO Alba	02 C.N. L' Hospitalet						1:03:48.35+ 6:13.24 7,00					
100m:	1:12.73	1:12.73	1400m:	17:36.98	1:15.81	2700m:	34:12.66	1:17.45	4000m:	50:59.83	1:17.87	
200m:	2:27.53	1:14.80	1500m:	18:53.87	1:16.89	2800m:	35:29.45	1:16.79	4100m:	52:17.04	1:17.21	
300m:	3:42.84	1:15.31	1600m:	20:09.91	1:16.04	2900m:	36:46.79	1:17.34	4200m:	53:34.00	1:16.96	
400m:	4:58.22	1:15.38	1700m:	21:25.42	1:15.51	3000m:	38:03.35	1:16.56	4300m:	54:51.26	1:17.26	
500m:	6:13.66	1:15.44	1800m:	22:42.29	1:16.87	3100m:	39:21.12	1:17.77	4400m:	56:08.70	1:17.44	
600m:	7:29.12	1:15.46	1900m:	23:57.59	1:15.30	3200m:	40:38.89	1:17.77	4500m:	57:24.77	1:16.07	
700m:	8:45.19	1:16.07	2000m:	25:13.86	1:16.27	3300m:	41:56.52	1:17.63	4600m:	58:41.94	1:17.17	
800m:	10:01.34	1:16.15	2100m:	26:31.27	1:17.41	3400m:	43:14.16	1:17.64	4700m:	59:59.11	1:17.17	
900m:	11:17.36	1:16.02	2200m:	27:47.74	1:16.47	3500m:	44:30.89	1:16.73	4800m:	1:01:15.77	1:16.66	
1000m:	12:33.59	1:16.23	2300m:	29:03.99	1:16.25	3600m:	45:48.40	1:17.51	4900m:	1:02:33.17	1:17.40	
1100m:	13:49.86	1:16.27	2400m:	30:20.42	1:16.43	3700m:	47:05.97	1:17.57	5000m:	1:03:48.35	1:15.18	
1200m:	15:06.26	1:16.40	2500m:	31:37.38	1:16.96	3800m:	48:23.81	1:17.84				
1300m:	16:21.17	1:14.91	2600m:	32:55.21	1:17.83	3900m:	49:41.96	1:18.15				
14. ROCA FORTUNY Marina	05 C.N. Barcelona						1:04:00.68+ 6:25.57 6,00					
100m:	1:12.02	1:12.02	1400m:	17:19.11	1:15.43	2700m:	33:54.97	1:16.77	4000m:	50:54.65	1:18.56	
200m:	2:25.69	1:13.67	1500m:	18:35.06	1:15.95	2800m:	35:12.44	1:17.47	4100m:	52:12.67	1:18.02	
300m:	3:39.99	1:14.30	1600m:	19:52.04	1:16.98	2900m:	36:30.04	1:17.60	4200m:	53:31.04	1:18.37	
400m:	4:53.14	1:13.15	1700m:	21:08.56	1:16.52	3000m:	37:47.96	1:17.92	4300m:	54:49.98	1:18.94	
500m:	6:07.65	1:14.51	1800m:	22:25.10	1:16.54	3100m:	39:06.01	1:18.05	4400m:	56:09.02	1:19.04	
600m:	7:21.85	1:14.20	1900m:	23:42.22	1:17.12	3200m:	40:24.51	1:18.50	4500m:	57:28.74	1:19.72	
700m:	8:35.68	1:13.83	2000m:	24:59.35	1:17.13	3300m:	41:43.30	1:18.79	4600m:	58:47.53	1:18.79	
800m:	9:49.84	1:14.16	2100m:	26:16.28	1:16.93	3400m:	43:02.51	1:19.21	4700m:	1:00:06.32	1:18.79	
900m:	11:04.57	1:14.73	2200m:	27:32.81	1:16.53	3500m:	44:21.50	1:18.99	4800m:	1:01:25.43	1:19.11	
1000m:	12:18.96	1:14.39	2300m:	28:48.72	1:15.91	3600m:	45:39.96	1:18.46	4900m:	1:02:43.88	1:18.45	
1100m:	13:33.55	1:14.59	2400m:	30:04.64	1:15.92	3700m:	46:58.88	1:18.92	5000m:	1:04:00.68	1:16.80	
1200m:	14:48.63	1:15.08	2500m:	31:21.16	1:16.52	3800m:	48:17.10	1:18.22				
1300m:	16:03.68	1:15.05	2600m:	32:38.20	1:17.04	3900m:	49:36.09	1:18.99				
15. RUIZ REYES Raquel	07 C.N. Las Palmas						1:04:09.13+ 6:34.02 5,00					
100m:	1:10.61	1:10.61	1400m:	17:27.86	1:16.13	2700m:	34:01.91	1:16.99	4000m:	50:57.58	1:18.52	
200m:	2:24.28	1:13.67	1500m:	18:43.95	1:16.09	2800m:	35:18.96	1:17.05	4100m:	52:16.43	1:18.85	
300m:	3:37.49	1:13.21	1600m:	19:59.99	1:16.04	2900m:	36:36.58	1:17.62	4200m:	53:35.09	1:18.66	
400m:	4:51.51	1:14.02	1700m:	21:16.15	1:16.16	3000m:	37:54.62	1:18.04	4300m:	54:54.35	1:19.26	
500m:	6:06.27	1:14.76	1800m:	22:31.97	1:15.82	3100m:	39:12.13	1:17.51	4400m:	56:13.85	1:19.50	
600m:	7:20.97	1:14.70	1900m:	23:47.97	1:16.00	3200m:	40:29.95	1:17.82	4500m:	57:33.34	1:19.49	
700m:	8:36.19	1:15.22	2000m:	25:03.93	1:15.96	3300m:	41:47.79	1:17.84	4600m:	58:53.50	1:20.16	
800m:	9:51.61	1:15.42	2100m:	26:20.71	1:16.78	3400m:	43:05.98	1:18.19	4700m:	1:00:12.95	1:19.45	
900m:	11:07.26	1:15.65	2200m:	27:37.61	1:16.90	3500m:	44:24.28	1:18.30	4800m:	1:01:32.71	1:19.76	
1000m:	12:22.69	1:15.43	2300m:	28:54.24	1:16.63	3600m:	45:42.67	1:18.39	4900m:	1:02:51.24	1:18.53	
1100m:	13:39.16	1:16.47	2400m:	30:11.18	1:16.94	3700m:	47:01.41	1:18.74	5000m:	1:04:09.13	1:17.89	
1200m:	14:55.65	1:16.49	2500m:	31:27.65	1:16.47	3800m:	48:20.18	1:18.77				
1300m:	16:11.73	1:16.08	2600m:	32:44.92	1:17.27	3900m:	49:39.06	1:18.88				

Piscina 50 m.

INSTITUCIONALES 		SPONSOR PLATINO 		SPONSOR ORO 		SPONSOR TÉCNICO 		MECENAZGO 		PARTNER 			
PARTNER INNOVACIÓN 		PARTNER SALUD DEPORTIVA 						RSC PARTNER 		MEDICALSPONSOR 		PARTNER MOVILIDAD 	

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN						Tiempo					
16. GONZALEZ VAZQUEZ Maria	08	C.N. Las Anclas Castrillon						1:04:43.05+	7:07.94	4,00		
100m: 1:14.66	1:14.66	1400m: 17:37.22	1:16.35	2700m: 34:28.54	1:18.69	4000m: 51:33.66	1:19.34					
200m: 2:29.98	1:15.32	1500m: 18:53.71	1:16.49	2800m: 35:48.07	1:19.53	4100m: 52:52.53	1:18.87					
300m: 3:45.72	1:15.74	1600m: 20:10.36	1:16.65	2900m: 37:06.81	1:18.74	4200m: 54:11.58	1:19.05					
400m: 5:01.13	1:15.41	1700m: 21:27.51	1:17.15	3000m: 38:25.96	1:19.15	4300m: 55:30.39	1:18.81					
500m: 6:15.83	1:14.70	1800m: 22:45.00	1:17.49	3100m: 39:45.68	1:19.72	4400m: 56:50.12	1:19.73					
600m: 7:30.44	1:14.61	1900m: 24:03.07	1:18.07	3200m: 41:04.80	1:19.12	4500m: 58:09.89	1:19.77					
700m: 8:45.63	1:15.19	2000m: 25:20.91	1:17.84	3300m: 42:23.75	1:18.95	4600m: 59:30.19	1:20.30					
800m: 10:00.89	1:15.26	2100m: 26:39.06	1:18.15	3400m: 43:41.89	1:18.14	4700m: 1:00:49.86	1:19.67					
900m: 11:16.47	1:15.58	2200m: 27:56.84	1:17.78	3500m: 44:59.72	1:17.83	4800m: 1:02:09.46	1:19.60					
1000m: 12:32.19	1:15.72	2300m: 29:14.58	1:17.74	3600m: 46:18.68	1:18.96	4900m: 1:03:27.22	1:17.76					
1100m: 13:48.72	1:16.53	2400m: 30:33.13	1:18.55	3700m: 47:37.16	1:18.48	5000m: 1:04:43.05	1:15.83					
1200m: 15:05.13	1:16.41	2500m: 31:51.42	1:18.29	3800m: 48:55.23	1:18.07							
1300m: 16:20.87	1:15.74	2600m: 33:09.85	1:18.43	3900m: 50:14.32	1:19.09							
17. AYET GONZALEZ Natalia	08	C.N. Churriana						1:04:52.39+	7:17.28	3,00		
100m: 1:12.78	1:12.78	1400m: 17:22.02	1:16.00	2700m: 34:14.24	1:19.25	4000m: 51:27.49	1:20.80					
200m: 2:26.33	1:13.55	1500m: 18:38.45	1:16.43	2800m: 35:32.89	1:18.65	4100m: 52:48.20	1:20.71					
300m: 3:40.17	1:13.84	1600m: 19:55.11	1:16.66	2900m: 36:51.56	1:18.67	4200m: 54:09.18	1:20.98					
400m: 4:53.79	1:13.62	1700m: 21:11.65	1:16.54	3000m: 38:10.60	1:19.04	4300m: 55:30.21	1:21.03					
500m: 6:07.93	1:14.14	1800m: 22:29.01	1:17.36	3100m: 39:29.63	1:19.03	4400m: 56:51.38	1:21.17					
600m: 7:22.22	1:14.29	1900m: 23:46.46	1:17.45	3200m: 40:48.98	1:19.35	4500m: 58:12.45	1:21.07					
700m: 8:36.38	1:14.16	2000m: 25:03.86	1:17.40	3300m: 42:08.33	1:19.35	4600m: 59:33.16	1:20.71					
800m: 9:50.71	1:14.33	2100m: 26:21.52	1:17.66	3400m: 43:28.19	1:19.86	4700m: 1:00:53.51	1:20.35					
900m: 11:05.55	1:14.84	2200m: 27:39.79	1:18.27	3500m: 44:47.15	1:18.96	4800m: 1:02:13.82	1:20.31					
1000m: 12:20.07	1:14.52	2300m: 28:58.70	1:18.91	3600m: 46:06.52	1:19.37	4900m: 1:03:34.18	1:20.36					
1100m: 13:35.04	1:14.97	2400m: 30:17.11	1:18.41	3700m: 47:26.41	1:19.89	5000m: 1:04:52.39	1:18.21					
1200m: 14:50.37	1:15.33	2500m: 31:35.83	1:18.72	3800m: 48:46.39	1:19.98							
1300m: 16:06.02	1:15.65	2600m: 32:54.99	1:19.16	3900m: 50:06.69	1:20.30							
18. DEL AGUILA MARTIN Carmen	06	C.N. Churriana						1:04:58.45+	7:23.34	5,00		
100m: 1:11.81	1:11.81	1400m: 17:57.25	1:18.47	2700m: 35:02.51	1:18.85	4000m: 51:59.55	1:17.80					
200m: 2:25.64	1:13.83	1500m: 19:16.22	1:18.97	2800m: 36:21.27	1:18.76	4100m: 53:17.64	1:18.09					
300m: 3:41.20	1:15.56	1600m: 20:35.45	1:19.23	2900m: 37:40.13	1:18.86	4200m: 54:36.21	1:18.57					
400m: 4:57.95	1:16.75	1700m: 21:52.98	1:17.53	3000m: 38:59.48	1:19.35	4300m: 55:54.72	1:18.51					
500m: 6:15.31	1:17.36	1800m: 23:12.10	1:19.12	3100m: 40:18.39	1:18.91	4400m: 57:13.53	1:18.81					
600m: 7:32.36	1:17.05	1900m: 24:31.58	1:19.48	3200m: 41:36.91	1:18.52	4500m: 58:32.23	1:18.70					
700m: 8:50.77	1:18.41	2000m: 25:49.81	1:18.23	3300m: 42:54.92	1:18.01	4600m: 59:50.75	1:18.52					
800m: 10:09.09	1:18.32	2100m: 27:08.77	1:18.96	3400m: 44:12.31	1:17.39	4700m: 1:01:08.35	1:17.60					
900m: 11:27.16	1:18.07	2200m: 28:27.57	1:18.80	3500m: 45:30.40	1:18.09	4800m: 1:02:26.34	1:17.99					
1000m: 12:45.18	1:18.02	2300m: 29:46.73	1:19.16	3600m: 46:48.21	1:17.81	4900m: 1:03:43.25	1:16.91					
1100m: 14:02.41	1:17.23	2400m: 31:05.46	1:18.73	3700m: 48:06.50	1:18.29	5000m: 1:04:58.45	1:15.20					
1200m: 15:20.34	1:17.93	2500m: 32:24.35	1:18.89	3800m: 49:23.99	1:17.49							
1300m: 16:38.78	1:18.44	2600m: 33:43.66	1:19.31	3900m: 50:41.75	1:17.76							
19. ORTIZ MARTINEZ Ainhoa	03	C.N. L' Hospitalet						1:05:23.65+	7:48.54	-		
100m: 1:12.69	1:12.69	1200m: 15:15.49	1:17.32	2300m: 29:32.87	1:18.28	3400m: 43:51.70	1:18.96					
200m: 2:27.37	1:14.68	1300m: 16:33.14	1:17.65	2400m: 30:50.47	1:17.60	3500m: 45:11.03	1:19.33					
300m: 3:42.71	1:15.34	1400m: 17:51.35	1:18.21	2500m: 32:08.75	1:18.28	3600m: 46:30.47	1:19.44					
400m: 4:58.60	1:15.89	1500m: 19:09.50	1:18.15	2600m: 33:26.63	1:17.88	3700m: 47:50.06	1:19.59					
500m: 6:14.80	1:16.20	1600m: 20:27.33	1:17.83	2700m: 34:42.64	1:16.01	3800m: 49:09.46	1:19.40					
600m: 7:31.82	1:17.02	1700m: 21:45.32	1:17.99	2800m: 36:00.24	1:17.60	3900m: 50:29.40	1:19.94					
700m: 8:48.43	1:16.61	1800m: 23:02.91	1:17.59	2900m: 37:18.52	1:18.28	4000m: 51:50.46	1:21.06					
800m: 10:04.98	1:16.55	1900m: 24:20.50	1:17.59	3000m: 38:36.84	1:18.32	4100m: 53:11.51	1:21.05					
900m: 11:22.34	1:17.36	2000m: 25:38.16	1:17.66	3100m: 39:55.59	1:18.75	4200m: 54:32.85	1:21.34					
1000m: 12:40.34	1:18.00	2100m: 26:56.25	1:18.09	3200m: 41:14.19	1:18.60	4300m: 55:54.37	1:21.52					
1100m: 13:58.17	1:17.83	2200m: 28:14.59	1:18.34	3300m: 42:32.74	1:18.55	4400m: 57:15.82	1:21.45					

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

Prueba 4, Fem., 5000m Libre, Abs.

Clasificación	AN				Tiempo			
4500m: 58:37.60 1:21.78	4700m1:01:21.26	1:21.93	4900m1:04:04.15	1:21.51				
4600m: 59:59.33 1:21.73	4800m1:02:42.64	1:21.38	5000m1:05:23.65	1:19.50				
20. URBINA LOZADA Ana	08	C.N. Alcalá-Social Energy	1:05:30.55+	7:55.44	2,00			
100m: 1:10.64 1:10.64	1400m: 17:28.63	1:16.22	2700m: 34:14.31	1:17.95	4000m: 51:40.28	1:22.24		
200m: 2:24.39 1:13.75	1500m: 18:45.18	1:16.55	2800m: 35:32.80	1:18.49	4100m: 53:02.80	1:22.52		
300m: 3:38.07 1:13.68	1600m: 20:02.65	1:17.47	2900m: 36:51.28	1:18.48	4200m: 54:25.60	1:22.80		
400m: 4:53.25 1:15.18	1700m: 21:19.39	1:16.74	3000m: 38:10.87	1:19.59	4300m: 55:48.81	1:23.21		
500m: 6:08.27 1:15.02	1800m: 22:36.23	1:16.84	3100m: 39:30.69	1:19.82	4400m: 57:12.22	1:23.41		
600m: 7:23.42 1:15.15	1900m: 23:53.65	1:17.42	3200m: 40:50.57	1:19.88	4500m: 58:35.99	1:23.77		
700m: 8:38.47 1:15.05	2000m: 25:11.18	1:17.53	3300m: 42:10.51	1:19.94	4600m: 59:59.77	1:23.78		
800m: 9:53.71 1:15.24	2100m: 26:28.92	1:17.74	3400m: 43:31.40	1:20.89	4700m: 1:01:23.38	1:23.61		
900m: 11:09.29 1:15.58	2200m: 27:47.06	1:18.14	3500m: 44:52.36	1:20.96	4800m: 1:02:47.27	1:23.89		
1000m: 12:24.70 1:15.41	2300m: 29:04.98	1:17.92	3600m: 46:13.17	1:20.81	4900m: 1:04:09.98	1:22.71		
1100m: 13:40.08 1:15.38	2400m: 30:23.05	1:18.07	3700m: 47:34.72	1:21.55	5000m: 1:05:30.55	1:20.57		
1200m: 14:56.18 1:16.10	2500m: 31:38.73	1:15.68	3800m: 48:56.18	1:21.46				
1300m: 16:12.41 1:16.23	2600m: 32:56.36	1:17.63	3900m: 50:18.04	1:21.86				
21. JAEN SERRA Naira	08	C.D.N. Nadamas Las Marinas	1:05:33.51+	7:58.40	1,00			
100m: 1:10.60 1:10.60	1400m: 17:25.78	1:17.23	2700m: 34:15.67	1:18.85	4000m: 51:55.06	1:22.67		
200m: 2:22.68 1:12.08	1500m: 18:42.16	1:16.38	2800m: 35:35.06	1:19.39	4100m: 53:18.33	1:23.27		
300m: 3:35.35 1:12.67	1600m: 19:59.68	1:17.52	2900m: 36:54.75	1:19.69	4200m: 54:41.09	1:22.76		
400m: 4:48.80 1:13.45	1700m: 21:17.69	1:18.01	3000m: 38:15.22	1:20.47	4300m: 56:03.56	1:22.47		
500m: 6:02.46 1:13.66	1800m: 22:33.80	1:16.11	3100m: 39:35.79	1:20.57	4400m: 57:26.08	1:22.52		
600m: 7:16.99 1:14.53	1900m: 23:51.74	1:17.94	3200m: 40:56.87	1:21.08	4500m: 58:48.54	1:22.46		
700m: 8:32.85 1:15.86	2000m: 25:09.59	1:17.85	3300m: 42:18.32	1:21.45	4600m: 1:00:10.91	1:22.37		
800m: 9:48.20 1:15.35	2100m: 26:27.31	1:17.72	3400m: 43:39.68	1:21.36	4700m: 1:01:33.02	1:22.11		
900m: 11:03.97 1:15.77	2200m: 27:45.70	1:18.39	3500m: 45:01.92	1:22.24	4800m: 1:02:54.39	1:21.37		
1000m: 12:19.88 1:15.91	2300m: 29:02.57	1:16.87	3600m: 46:23.94	1:22.02	4900m: 1:04:14.69	1:20.30		
1100m: 13:35.71 1:15.83	2400m: 30:20.63	1:18.06	3700m: 47:46.75	1:22.81	5000m: 1:05:33.51	1:18.82		
1200m: 14:51.79 1:16.08	2500m: 31:38.49	1:17.86	3800m: 49:09.59	1:22.84				
1300m: 16:08.55 1:16.76	2600m: 32:56.82	1:18.33	3900m: 50:32.39	1:22.80				
22. CAMPILLO GARRIDO Gabriela	08	C.N. San Javier Mar Menor	1:05:52.40+	8:17.29	-			
100m: 1:16.48 1:16.48	1400m: 17:56.06	1:17.08	2700m: 34:46.37	1:18.49	4000m: 52:08.90	1:22.68		
200m: 2:32.64 1:16.16	1500m: 19:12.61	1:16.55	2800m: 36:06.01	1:19.64	4100m: 53:30.99	1:22.09		
300m: 3:49.84 1:17.20	1600m: 20:29.88	1:17.27	2900m: 37:24.97	1:18.96	4200m: 54:53.02	1:22.03		
400m: 5:06.70 1:16.86	1700m: 21:46.54	1:16.66	3000m: 38:44.24	1:19.27	4300m: 56:15.57	1:22.55		
500m: 6:23.53 1:16.83	1800m: 23:03.33	1:16.79	3100m: 40:03.54	1:19.30	4400m: 57:38.30	1:22.73		
600m: 7:40.01 1:16.48	1900m: 24:20.91	1:17.58	3200m: 41:23.40	1:19.86	4500m: 59:00.99	1:22.69		
700m: 8:56.48 1:16.47	2000m: 25:38.66	1:17.75	3300m: 42:42.47	1:19.07	4600m: 1:00:24.27	1:23.28		
800m: 10:13.39 1:16.91	2100m: 26:56.87	1:18.21	3400m: 44:01.78	1:19.31	4700m: 1:01:47.36	1:23.09		
900m: 11:30.73 1:17.34	2200m: 28:15.11	1:18.24	3500m: 45:22.29	1:20.51	4800m: 1:03:10.20	1:22.84		
1000m: 12:47.89 1:17.16	2300m: 29:33.40	1:18.29	3600m: 46:42.77	1:20.48	4900m: 1:04:32.26	1:22.06		
1100m: 14:05.09 1:17.20	2400m: 30:50.97	1:17.57	3700m: 48:03.70	1:20.93	5000m: 1:05:52.40	1:20.14		
1200m: 15:22.03 1:16.94	2500m: 32:09.43	1:18.46	3800m: 49:25.05	1:21.35				
1300m: 16:38.98 1:16.95	2600m: 33:27.88	1:18.45	3900m: 50:46.22	1:21.17				
DSQ MALO MORENO Ariadna	08	C.D. Amaya						
Baja LLORACH FUSTES Martina	08	C.N. Igualada						
Baja SAENZ RAMIREZ Lidia	08	C.N. Logroño						
Baja RIVERO ESPILDORA Cayetana	08	C.N. Mijas						

Piscina 50 m.

CLASIFICACIÓN CLUBES

Todas las pruebas

Masc., Open

1. C.N. Ferca-San Jose	00074	32,00
2. C.N. Cartagonova Cartagena	00600	23,00
3. C.N. Metropole	00054	15,00
4. C.N. Rias Baixas	00765	14,00
C.N. Athletic-Barceloneta	00063	14,00
6. C.N. Sabadell	00058	13,00
C.N. Arteixo	01133	13,00
8. C.E. Mediterrani	00076	11,00
9. C.N. Las Palmas	00060	10,00
C.N. Dos Hermanas	00603	10,00
C.N. Tennis Elche	01100	10,00
C.D. Torrelago Wellness	01351	10,00
13. C.N. Alcala-Social Energy	00563	8,00
C.N. Las Norias	00222	8,00
C.D.N. Nadamas Las Marinas	P0502	8,00
16. C.N. Barcelona	00051	7,00
C.N. VIC-Etb	00250	7,00
Club Natacion C.M.D. Horadada	01094	7,00
19. C.N. San Fernando	00490	6,00
20. C.N. Iregua-Villamediana	01255	4,00
21. C.N. Logroño	00823	3,00
C.N. Teneteide	00100	3,00
23. C.N. Tarraco	00064	2,00
24. C.D. El Valle	01203	1,00
C.N. Aguilas	01154	1,00

Fem., Open

1. C.N. Ferca-San Jose	00074	33,00
2. C.N. Marina-Cartagena "Ancora"	00713	24,00
3. C.N. L´ Hospitalet	00069	17,00
4. C.N. Churriana	01035	15,00
5. C.D.N. Nadamas Las Marinas	P0502	14,00
6. C. Nautico Sevilla	00316	13,00
7. C.N. Tarraco	00064	10,00
C.N. Portamiña Lugo	01156	10,00
C.N. Albacete	00470	10,00
10. C.N. Granollers	00099	8,00
C.N. San Fernando	00490	8,00
E.M. El Olivar	00136	8,00
C.N. Las Anclas Castrillon	P0304	8,00
14. C.N. Olot	00075	7,00
15. C.N. Barcelona	00051	6,00
R.G.C. Covadonga	00093	6,00
17. C.N. Las Palmas	00060	5,00
C.N. Dos Hermanas	00603	5,00
19. C.N. San Vicente	00362	3,00
20. C.N. Alcala-Social Energy	00563	2,00
C.N. Mairena Aljarafe	00088	2,00

Piscina 50 m.

XV Cto. de España Larga Distancia P50
Barcelona, 16/12/2023

22. C.D. Torrelago Wellness	01351	1,00
Masc., SENIOR		
1. C.N.Cartagonova Cartagena	00600	16,00
2. C.N. Rias Baixas	00765	13,00
3. C.E. Mediterrani	00076	8,00
4. C.N. Barcelona	00051	7,00
C.N. Athletic-Barceloneta	00063	7,00
6. C.N. Metropole	00054	5,00
7. C.N. Ferca-San Jose	00074	2,00
Fem., SENIOR		
1. C.N. L´ Hospitalet	00069	17,00
2. C. Nautico Sevilla	00316	13,00
3. C.N. San Fernando	00490	8,00
Masc., JUNIOR 2		
1. C.N. Arteixo	01133	13,00
2. C.N. Las Palmas	00060	10,00
3. C.N. Las Norias	00222	8,00
4. C.N. VIC-Etb	00250	7,00
5. C.D. Torrelago Wellness	01351	6,00
6. C.N. Metropole	00054	5,00
7. C.N. Ferca-San Jose	00074	4,00
8. C.E. Mediterrani	00076	3,00
9. C.D.N. Nadamas Las Marinas	P0502	2,00
10. C.D. El Valle	01203	1,00
Fem., JUNIOR 2		
1. C.N. Ferca-San Jose	00074	15,00
2. C.D.N. Nadamas Las Marinas	P0502	13,00
3. C.N. Albacete	00470	10,00
4. C.N. Barcelona	00051	6,00
5. C.N. Churriana	01035	5,00
Masc., JUNIOR 1		
1. C.N. Ferca-San Jose	00074	26,00
2. C.N. Dos Hermanas	00603	10,00
3. C.N. Athletic-Barceloneta	00063	7,00
C.N.Cartagonova Cartagena	00600	7,00
5. C.D.N. Nadamas Las Marinas	P0502	6,00
6. C.N. Iregua-Villamediana	01255	4,00
7. C.N. Teneteide	00100	3,00
8. C.N. Rias Baixas	00765	1,00

Piscina 50 m.

Splash Meet Manager, 11.77033

Registered to Real Federacion Española de Natacion

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Fem., JUNIOR 1

1. C.N. Ferca-San Jose	00074	18,00
2. C.N. Portamiña Lugo	01156	10,00
3. E.M. El Olivar	00136	8,00
4. C.N. Olot	00075	7,00
5. R.G.C. Covadonga	00093	6,00
6. C.N. Las Palmas	00060	5,00
7. C.N. Las Anclas Castrillon	P0304	4,00
8. C.N. Churriana	01035	3,00
9. C.N. Alcala-Social Energy	00563	2,00
10. C.D.N. Nadamas Las Marinas	P0502	1,00

Masc., INFANTIL

1. C.N. Sabadell	00058	13,00
2. C.N. Tennis Elche	01100	10,00
3. C.N. Alcala-Social Energy	00563	8,00
4. Club Natacion C.M.D. Horadada	01094	7,00
5. C.N. San Fernando	00490	6,00
6. C.N. Metropole	00054	5,00
7. C.D. Torrelago Wellness	01351	4,00
8. C.N. Logroño	00823	3,00
9. C.N. Tarraco	00064	2,00
10. C.N. Aguilas	01154	1,00

Fem., INFANTIL

1. C.N. Marina-Cartagena "Ancora"	00713	24,00
2. C.N. Tarraco	00064	10,00
3. C.N. Granollers	00099	8,00
4. C.N. Churriana	01035	7,00
5. C.N. Dos Hermanas	00603	5,00
6. C.N. Las Anclas Castrillon	P0304	4,00
7. C.N. San Vicente	00362	3,00
8. C.N. Mairena Aljarafe	00088	2,00
9. C.D. Torrelago Wellness	01351	1,00

Piscina 50 m.

Splash Meet Manager, 11.77033

Registered to Real Federacion Española de Natacion

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Récords batidos por prueba...

Todas las pruebas

Masc., 5000m Libre

3. Serie 4 Martinez Palop Pablo 07 00074 54:54.05 Mejor Marca Nacional 16

Fem., 3000m Libre

2. Serie 2 Rubio Villoria Alba 09 00713 34:51.73 Mejor Marca Nacional 14

Fem., 5000m Libre

4. Serie 3 Martin Argente Noa 07 00074 57:35.11 Mejor Marca Nacional 16

Piscina 50 m.

Splash Meet Manager, 11.77033

Registered to Real Federacion Española de Natacion

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FICHA TÉCNICA

COMPETICIÓN	XV CTO. DE ESPAÑA LARGA DISTANCIA P50
FECHAS	16 de diciembre de 2023
LUGAR DE CELEBRACIÓN	Barcelona
ENTIDAD ORGANIZADORA	CN Barcelona Real Federación Española de Natación
PISCINA	CN Barcelona - 50 m. 10 calles Crono Electrónico (Quantum)
TEMPERATURA DEL AGUA	26,5° C. Agua dulce
COMPOSICIÓN DEL JURADO	Según hoja adjunta.
EQUIPOS PARTICIPANTES	Según hoja adjunta.

Certificamos la veracidad de los datos reflejados en la mencionada competición.

Madrid, 16 de diciembre de 2023



Fdo.: Marta Solé Bonich
Juez Árbitro Pruebas Masculinas



Fdo.: Ivette María Tato
Juez Árbitro Pruebas Femeninas

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COMPOSICIÓN DEL JURADO

JUEZ ÁRBITRO PRUEBAS MASC.	Marta Solé Bonich		
JUEZ ÁRBITRO PRUEBAS FEM.	Ivette María Tato		
JUEZ SALIDAS PRUEBAS MASC.	Francesca Marcé Gil		
JUEZ SALIDAS PRUEBAS FEM.	Anna García Ribas		
LOCUTOR	Marc Vez		
JEFE DE CRONOS	María Arnedo		
PRECÁMARA DE SALIDAS	Mar Eguiguren		
CAMARA DE SALIDAS	David Benlloch		
JUECES DE LLEGADAS	Joaquim Piqueres	Aleix Janer	
CRONOMETRADORES	Eloi Tejedor Aixa García Anabel Gimbert Judith Torres Ariadna Amat Martina Roda Pau Caballero	Kayley Pacaareu Pol Gareta Paula Gil Andreu Mir Julia García Marc Vez Luna Esteve	Noa García Ismael Fajardo Julia Heredia Paula Martín Héctor Forner Laura Rodríguez
DIRECTOR DE COMPETICIÓN	Sergio de la Calle		
CRONOMETRAJE ELECTRÓNICO	Alicia Solá	Ester Ejarque	Xavier Cenzano
GESTIÓN DE RESULTADOS RFEN	Marcos Zarza		
COORDINACIÓN GENERAL FMN	Rubén Reguart		

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