

Prueba 1
10/12/2022

Masc., 2000m Libre

INFANTIL MASCULINO LD
Resultados

Clasificación	AN										Tiempo	
1. REGUERO RODRIGUEZ, Luis	08	C.N. Metropole										23:31.02
50m:	32.06	32.06	600m:	6:58.98	1:10.99	1200m:	14:05.24	1:10.98	1800m:	21:12.97	1:11.27	
100m:	1:05.42	33.36	700m:	8:09.88	1:10.90	1300m:	15:16.20	1:10.96	1900m:	22:24.04	1:11.07	
200m:	2:15.41	1:09.99	800m:	9:20.62	1:10.74	1400m:	16:27.08	1:10.88	2000m:	23:31.02	1:06.98	
300m:	3:26.04	1:10.63	900m:	10:31.73	1:11.11	1500m:	17:38.22	1:11.14				
400m:	4:36.84	1:10.80	1000m:	11:43.06	1:11.33	1600m:	18:49.94	1:11.72				
500m:	5:47.99	1:11.15	1100m:	12:54.26	1:11.20	1700m:	20:01.70	1:11.76				
2. GONZALEZ NEGRIN, Aquiles	08	C.N. Teneteide										23:33.68
50m:	32.24	32.24	600m:	7:03.53	1:10.81	1200m:	14:09.48	1:10.91	1800m:	21:15.32	1:10.54	
100m:	1:06.62	34.38	700m:	8:14.54	1:11.01	1300m:	15:20.98	1:11.50	1900m:	22:26.79	1:11.47	
200m:	2:17.53	1:10.91	800m:	9:25.01	1:10.47	1400m:	16:31.75	1:10.77	2000m:	23:33.68	1:06.89	
300m:	3:28.71	1:11.18	900m:	10:36.67	1:11.66	1500m:	17:42.45	1:10.70				
400m:	4:40.93	1:12.22	1000m:	11:47.53	1:10.86	1600m:	18:53.23	1:10.78				
500m:	5:52.72	1:11.79	1100m:	12:58.57	1:11.04	1700m:	20:04.78	1:11.55				
3. PADRON MIGUELEZ, Matias	08	C.D.N. Nadamas Las Marinas										23:34.21
50m:	33.14	33.14	600m:	7:02.31	1:10.83	1200m:	14:08.89	1:11.61	1800m:	21:14.96	1:10.45	
100m:	1:08.23	35.09	700m:	8:12.69	1:10.38	1300m:	15:19.42	1:10.53	1900m:	22:25.76	1:10.80	
200m:	2:18.88	1:10.65	800m:	9:23.74	1:11.05	1400m:	16:30.50	1:11.08	2000m:	23:34.21	1:08.45	
300m:	3:29.80	1:10.92	900m:	10:34.80	1:11.06	1500m:	17:42.16	1:11.66				
400m:	4:40.62	1:10.82	1000m:	11:45.78	1:10.98	1600m:	18:53.38	1:11.22				
500m:	5:51.48	1:10.86	1100m:	12:57.28	1:11.50	1700m:	20:04.51	1:11.13				
4. QUILES PEÑATE, Jose Antonio	09	C.N. Metropole										24:05.80
50m:	33.99	33.99	600m:	7:09.83	1:11.67	1200m:	14:24.25	1:13.21	1800m:	21:43.84	1:13.22	
100m:	1:09.78	35.79	700m:	8:21.77	1:11.94	1300m:	15:36.97	1:12.72	1900m:	22:56.78	1:12.94	
200m:	2:22.33	1:12.55	800m:	9:33.75	1:11.98	1400m:	16:50.70	1:13.73	2000m:	24:05.80	1:09.02	
300m:	3:34.51	1:12.18	900m:	10:46.23	1:12.48	1500m:	18:04.04	1:13.34				
400m:	4:46.78	1:12.27	1000m:	11:58.56	1:12.33	1600m:	19:17.46	1:13.42				
500m:	5:58.16	1:11.38	1100m:	13:11.04	1:12.48	1700m:	20:30.62	1:13.16				
5. FERNANDEZ ALPERI, Herminio	08	C.D.N. Nadamas Las Marinas										24:15.14
50m:	33.13	33.13	600m:	7:04.66	1:12.37	1200m:	14:25.78	1:13.90	1800m:	21:19.75	42.06	
100m:	1:07.97	34.84	700m:	8:17.15	1:12.49	1300m:	13:39.76		1900m:	23:03.42	1:43.67	
200m:	2:19.46	1:11.49	800m:	9:30.24	1:13.09	1400m:	16:54.43	3:14.67	2000m:	24:15.14	1:11.72	
300m:	3:30.26	1:10.80	900m:	10:43.47	1:13.23	1500m:	18:09.33	1:14.90				
400m:	4:41.41	1:11.15	1000m:	11:57.39	1:13.92	1600m:	19:23.61	1:14.28				
500m:	5:52.29	1:10.88	1100m:	13:11.88	1:14.49	1700m:	20:37.69	1:14.08				
6. SUAREZ NAVARRO, Liván José	08	C.N. Metropole										24:27.00
50m:	33.70	33.70	600m:	7:07.92	1:14.36	1200m:	14:33.06	1:14.73	1800m:	22:01.25	1:15.34	
100m:	1:07.69	33.99	700m:	8:22.29	1:14.37	1300m:	15:47.39	1:14.33	1900m:	23:16.22	1:14.97	
200m:	2:17.69	1:10.00	800m:	9:36.35	1:14.06	1400m:	17:01.40	1:14.01	2000m:	24:27.00	1:10.78	
300m:	3:28.93	1:11.24	900m:	10:50.32	1:13.97	1500m:	18:19.37	1:17.97				
400m:	4:40.52	1:11.59	1000m:	12:04.31	1:13.99	1600m:	19:30.41	1:11.04				
500m:	5:53.56	1:13.04	1100m:	13:18.33	1:14.02	1700m:	20:45.91	1:15.50				
7. VEGA LLAMAS, Carlos	09	C.N. Metropole										25:20.92
50m:	34.35	34.35	600m:	7:29.69	1:15.80	1200m:	15:06.83	1:16.41	1800m:	22:52.27	1:17.02	
100m:	1:10.95	36.60	700m:	8:45.23	1:15.54	1300m:	16:25.24	1:18.41	1900m:	24:07.50	1:15.23	
200m:	2:25.79	1:14.84	800m:	10:01.02	1:15.79	1400m:	17:41.85	1:16.61	2000m:	25:20.92	1:13.42	
300m:	3:41.91	1:16.12	900m:	11:17.83	1:16.81	1500m:	18:59.79	1:17.94				
400m:	4:57.78	1:15.87	1000m:	12:34.89	1:17.06	1600m:	20:17.23	1:17.44				
500m:	6:13.89	1:16.11	1100m:	13:50.42	1:15.53	1700m:	21:35.25	1:18.02				

Prueba 1, Masc., 2000m Libre, INFANTIL MASCULINO LD

Clasificación	AN		Tiempo	
8. SANTOS CABRERA, Daniel	09	C.N. Metropole	26:08.59	
50m: 35.66 35.66	600m: 7:50.13	1:19.03	1200m: 15:42.94	1:18.12
100m: 1:14.37 38.71	700m: 9:08.96	1:18.83	1300m: 17:00.79	1:17.85
200m: 2:33.30 1:18.93	800m: 10:28.06	1:19.10	1400m: 18:19.39	1:18.60
300m: 3:52.31 1:19.01	900m: 11:47.13	1:19.07	1500m: 19:38.33	1:18.94
400m: 5:11.55 1:19.24	1000m: 13:06.16	1:19.03	1600m: 20:57.44	1:19.11
500m: 6:31.10 1:19.55	1100m: 14:24.82	1:18.66	1700m: 22:16.10	1:18.66
1800m: 23:34.85			1:18.75	
1900m: 24:53.86			1:19.01	
2000m: 26:08.59			1:14.73	
9. SANTANA DEL PAZO, Daniel	09	C.N. Las Palmas	26:14.79	
50m: 37.22 37.22	600m: 7:52.62	1:19.72	1200m: 15:46.97	1:18.99
100m: 1:16.43 39.21	700m: 9:12.14	1:19.52	1300m: 17:05.79	1:18.82
200m: 2:35.49 1:19.06	800m: 10:31.22	1:19.08	1400m: 18:24.56	1:18.77
300m: 3:54.39 1:18.90	900m: 11:50.38	1:19.16	1500m: 19:43.54	1:18.98
400m: 5:13.75 1:19.36	1000m: 13:09.00	1:18.62	1600m: 21:02.66	1:19.12
500m: 6:32.90 1:19.15	1100m: 14:27.98	1:18.98	1700m: 22:21.81	1:19.15
1800m: 23:40.29			1:18.48	
1900m: 24:57.24			1:16.95	
2000m: 26:14.79			1:17.55	
10. SANTANA RAMIREZ, Adrian	08	Cn.Salinas Sta.Lucia	26:40.31	
50m: 35.99 35.99	600m: 7:55.15	1:20.21	1200m: 16:01.00	1:21.65
100m: 1:14.78 38.79	700m: 9:15.20	1:20.05	1300m: 17:22.59	1:21.59
200m: 2:34.78 1:20.00	800m: 10:36.54	1:21.34	1400m: 18:43.81	1:21.22
300m: 3:54.69 1:19.91	900m: 11:57.75	1:21.21	1500m: 20:05.77	1:21.96
400m: 5:14.88 1:20.19	1000m: 13:18.01	1:20.26	1600m: 21:25.62	1:19.85
500m: 6:34.94 1:20.06	1100m: 14:39.35	1:21.34	1700m: 22:45.78	1:20.16
1800m: 24:06.50			1:20.72	
1900m: 25:26.76			1:20.26	
2000m: 26:40.31			1:13.55	
11. VERA GARCIA, Alberto	09	C.N. Las Palmas	27:36.58	
50m: 36.95 36.95	600m: 8:11.79	1:23.23	1200m: 16:33.23	1:23.78
100m: 1:16.43 39.48	700m: 9:35.59	1:23.80	1300m: 17:56.85	1:23.62
200m: 2:38.92 1:22.49	800m: 10:58.62	1:23.03	1400m: 19:21.04	1:24.19
300m: 4:01.99 1:23.07	900m: 12:22.34	1:23.72	1500m: 20:45.59	1:24.55
400m: 5:24.84 1:22.85	1000m: 13:45.89	1:23.55	1600m: 22:09.69	1:24.10
500m: 6:48.56 1:23.72	1100m: 15:09.45	1:23.56	1700m: 23:33.58	1:23.89
1800m: 24:56.71			1:23.13	
1900m: 26:19.48			1:22.77	
2000m: 27:36.58			1:17.10	
12. GAURISHANKER NAVARRO, Elgin	08	Cn.Salinas Sta.Lucia	27:46.05	
50m: 38.04 38.04	600m: 8:12.73	1:23.98	1200m: 16:38.48	1:25.34
100m: 1:18.56 40.52	700m: 9:36.72	1:23.99	1300m: 18:02.65	1:24.17
200m: 2:41.13 1:22.57	800m: 11:00.15	1:23.43	1400m: 19:27.39	1:24.74
300m: 4:03.73 1:22.60	900m: 12:24.64	1:24.49	1500m: 20:51.23	1:23.84
400m: 5:26.32 1:22.59	1000m: 13:48.54	1:23.90	1600m: 22:15.73	1:24.50
500m: 6:48.75 1:22.43	1100m: 15:13.14	1:24.60	1700m: 23:40.95	1:25.22
1800m: 25:04.23			1:23.28	
1900m: 26:26.97			1:22.74	
2000m: 27:46.05			1:19.08	
13. KONIEV, Davyd	09	C.N. Las Palmas	28:52.87	
50m: 38.73 38.73	600m: 8:33.82	1:27.27	1200m: 17:19.95	1:28.70
100m: 1:21.10 42.37	700m: 10:01.02	1:27.20	1300m: 18:49.02	1:29.07
200m: 2:46.79 1:25.69	800m: 11:27.89	1:26.87	1400m: 20:17.40	1:28.38
300m: 4:12.57 1:25.78	900m: 12:55.20	1:27.31	1500m: 21:46.76	1:29.36
400m: 5:39.22 1:26.65	1000m: 14:22.45	1:27.25	1600m: 23:15.55	1:28.79
500m: 7:06.55 1:27.33	1100m: 15:51.25	1:28.80	1700m: 24:42.61	1:27.06
1800m: 26:08.96			1:26.35	
1900m: 27:35.60			1:26.64	
2000m: 28:52.87			1:17.27	
14. GARCIA LOTO, Javier	09	C.N. Las Palmas	30:25.56	
50m: 40.86 40.86	600m: 9:01.72	1:31.45	1200m: 18:19.41	1:33.16
100m: 1:24.88 44.02	700m: 10:34.16	1:32.44	1300m: 19:52.34	1:32.93
200m: 2:56.70 1:31.82	800m: 12:06.69	1:32.53	1400m: 21:35.44	1:43.10
300m: 4:29.19 1:32.49	900m: 13:39.29	1:32.60	1500m: 22:58.22	1:22.78
400m: 5:58.95 1:29.76	1000m: 15:12.17	1:32.88	1600m: 24:29.12	1:30.90
500m: 7:30.27 1:31.32	1100m: 16:46.25	1:34.08	1700m: 25:59.34	1:30.22
1800m: 27:29.03			1:29.69	
1900m: 28:58.95			1:29.92	
2000m: 30:25.56			1:26.61	
DSQ TUYA TAVIO, Javier	09	C.N. Metropole		
DNF RODRIGUEZ DIAZ, Javier	08	C.N. Teneteide		

Prueba 1, Masc., 2000m Libre, INFANTIL MASCULINO LD

Clasificación	AN	Tiempo
Baja enf. LEON ACOSTA, Hugo	09 C.N. Las Palmas	

Prueba 2
10/12/2022

Fem., 2000m Libre

INFANTIL FEMENINO LD
Resultados

Clasificación	AN	Tiempo
1. ULIBARRI SANCHEZ, Ines	09 C.N. Metropole	23:39.41
50m: 35.09 35.09	600m: 7:03.95 1:10.88	1200m: 14:10.99 1:10.46
100m: 1:09.93 34.84	700m: 8:14.98 1:11.03	1300m: 15:22.16 1:11.17
200m: 2:20.32 1:10.39	800m: 9:26.11 1:11.13	1400m: 16:33.07 1:10.91
300m: 3:30.91 1:10.59	900m: 10:37.50 1:11.39	1500m: 17:43.89 1:10.82
400m: 4:41.62 1:10.71	1000m: 11:49.31 1:11.81	1600m: 18:55.43 1:11.54
500m: 5:53.07 1:11.45	1100m: 13:00.53 1:11.22	1700m: 20:06.32 1:10.89
1800m: 21:17.87 1:11.55		
1900m: 22:29.23 1:11.36		
2000m: 23:39.41 1:10.18		
2. PEREZ MUÑOZ, Claudia	08 Esna Lanzarote	24:37.57
50m: 35.09 35.09	600m: 7:10.47 1:14.09	1200m: 14:36.03 1:14.31
100m: 1:10.03 34.94	700m: 8:24.61 1:14.14	1300m: 15:50.37 1:14.34
200m: 2:20.43 1:10.40	800m: 9:38.74 1:14.13	1400m: 17:05.42 1:15.05
300m: 3:31.44 1:11.01	900m: 10:53.03 1:14.29	1500m: 18:20.88 1:15.46
400m: 4:43.59 1:12.15	1000m: 12:07.50 1:14.47	1600m: 19:36.31 1:15.43
500m: 5:56.38 1:12.79	1100m: 13:21.72 1:14.22	1700m: 20:52.17 1:15.86
1800m: 22:08.65 1:16.48		
1900m: 23:24.53 1:15.88		
2000m: 24:37.57 1:13.04		
3. AGUIAR ESPINO, Olivia	09 C.N. Metropole	24:44.92
50m: 35.41 35.41	600m: 7:19.41 1:13.60	1200m: 14:48.53 1:15.12
100m: 1:11.75 36.34	700m: 8:33.71 1:14.30	1300m: 16:03.14 1:14.61
200m: 2:24.44 1:12.69	800m: 9:48.46 1:14.75	1400m: 17:17.68 1:14.54
300m: 3:37.39 1:12.95	900m: 11:03.31 1:14.85	1500m: 18:32.04 1:14.36
400m: 4:51.45 1:14.06	1000m: 12:18.64 1:15.33	1600m: 19:46.79 1:14.75
500m: 6:05.81 1:14.36	1100m: 13:33.41 1:14.77	1700m: 21:02.08 1:15.29
1800m: 22:17.11 1:15.03		
1900m: 23:31.45 1:14.34		
2000m: 24:44.92 1:13.47		
4. JAEN SERRA, Naira	08 C.D.N. Nadamas Las Marinas	24:58.94
50m: 33.25 33.25	600m: 7:15.25 1:13.99	1200m: 14:50.27 1:16.31
100m: 1:08.47 35.22	700m: 8:30.29 1:15.04	1300m: 16:07.18 1:16.91
200m: 2:20.68 1:12.21	800m: 9:45.48 1:15.19	1400m: 17:22.57 1:15.39
300m: 3:33.98 1:13.30	900m: 11:02.01 1:16.53	1500m: 18:38.56 1:15.99
400m: 4:47.55 1:13.57	1000m: 12:17.56 1:15.55	1600m: 19:54.41 1:15.85
500m: 6:01.26 1:13.71	1100m: 13:33.96 1:16.40	1700m: 21:10.59 1:16.18
1800m: 22:26.69 1:16.10		
1900m: 23:43.12 1:16.43		
2000m: 24:58.94 1:15.82		
5. PORRERO MARTIN, Lucia	08 C.N. Teneteide	25:34.76
50m: 36.77 36.77	600m: 7:40.10 1:16.69	1200m: 15:19.45 1:16.60
100m: 1:15.22 38.45	700m: 8:56.40 1:16.30	1300m: 16:36.20 1:16.75
200m: 2:32.71 1:17.49	800m: 10:12.71 1:16.31	1400m: 17:53.30 1:17.10
300m: 3:49.44 1:16.73	900m: 11:29.43 1:16.72	1500m: 19:10.63 1:17.33
400m: 5:06.88 1:17.44	1000m: 12:46.30 1:16.87	1600m: 20:28.27 1:17.64
500m: 6:23.41 1:16.53	1100m: 14:02.85 1:16.55	1700m: 21:45.72 1:17.45
1800m: 23:03.44 1:17.72		
1900m: 24:21.36 1:17.92		
2000m: 25:34.76 1:13.40		
6. GONZALEZ MONTELONGO, Julia	08 Esna Lanzarote	25:34.93
50m: 36.22 36.22	600m: 7:30.15 1:15.72	1200m: 15:13.37 1:17.49
100m: 1:13.05 36.83	700m: 8:46.06 1:15.91	1300m: 16:30.83 1:17.46
200m: 2:27.88 1:14.83	800m: 10:02.80 1:16.74	1400m: 17:48.50 1:17.67
300m: 3:43.09 1:15.21	900m: 11:20.16 1:17.36	1500m: 19:06.94 1:18.44
400m: 4:58.55 1:15.46	1000m: 12:32.30 1:12.14	1600m: 20:25.03 1:18.09
500m: 6:14.43 1:15.88	1100m: 13:55.88 1:23.58	1700m: 21:42.70 1:17.67
1800m: 23:00.14 1:17.44		
1900m: 24:18.17 1:18.03		
2000m: 25:34.93 1:16.76		

Prueba 2, Fem., 2000m Libre, INFANTIL FEMENINO LD

Clasificación			AN				Tiempo	
7. SCARPA, Barbara			08 C.N. Reales				25:50.52	
50m:	35.51	35.51	600m:	7:33.43	1:16.42	1200m:	15:18.00	1:16.87
100m:	1:12.28	36.77	700m:	8:51.17	1:17.74	1300m:	16:37.13	1:19.13
200m:	2:28.00	1:15.72	800m:	10:08.61	1:17.44	1400m:	17:56.70	1:19.57
300m:	3:43.82	1:15.82	900m:	11:26.91	1:18.30	1500m:	19:16.16	1:19.46
400m:	5:00.59	1:16.77	1000m:	12:44.96	1:18.05	1600m:	20:35.61	1:19.45
500m:	6:17.01	1:16.42	1100m:	14:01.13	1:16.17	1700m:	21:55.52	1:19.91
1800m:	23:15.14	1:19.62						
1900m:	24:33.25	1:18.11						
2000m:	25:50.52	1:17.27						
8. BASILI, Veronica			08 C.N. Teneteide				25:53.60	
50m:	34.29	34.29	600m:	7:22.34	1:15.08	1200m:	15:14.81	1:19.36
100m:	1:10.95	36.66	700m:	8:38.74	1:16.40	1300m:	16:34.82	1:20.01
200m:	2:24.83	1:13.88	800m:	9:56.71	1:17.97	1400m:	17:55.14	1:20.32
300m:	3:28.08	1:03.25	900m:	11:15.57	1:18.86	1500m:	19:16.17	1:21.03
400m:	4:52.49	1:24.41	1000m:	12:35.07	1:19.50	1600m:	20:35.96	1:19.79
500m:	6:07.26	1:14.77	1100m:	13:55.45	1:20.38	1700m:	21:55.29	1:19.33
1800m:	23:15.15	1:19.86						
1900m:	24:36.31	1:21.16						
2000m:	25:53.60	1:17.29						
9. GUADALUPE NEGRIN, Yumalai			08 C.N. Teneteide				26:05.89	
50m:	34.57	34.57	600m:	7:26.01	1:17.89	1200m:	15:23.35	1:20.14
100m:	1:10.87	36.30	700m:	8:45.62	1:19.61	1300m:	16:45.08	1:21.73
200m:	2:24.56	1:13.69	800m:	10:04.98	1:19.36	1400m:	18:05.40	1:20.32
300m:	3:38.15	1:13.59	900m:	11:24.33	1:19.35	1500m:	19:26.25	1:20.85
400m:	4:52.31	1:14.16	1000m:	12:43.74	1:19.41	1600m:	20:46.86	1:20.61
500m:	6:08.12	1:15.81	1100m:	14:03.21	1:19.47	1700m:	22:07.66	1:20.80
1800m:	23:28.07	1:20.41						
1900m:	24:48.08	1:20.01						
2000m:	26:05.89	1:17.81						
10. REINA LLAMAS, Arwen			08 C.N. Teneteide				26:11.00	
50m:	35.48	35.48	600m:	7:41.55	1:18.03	1200m:	15:37.92	1:19.85
100m:	1:12.88	37.40	700m:	9:00.68	1:19.13	1300m:	16:58.00	1:20.08
200m:	2:30.57	1:17.69	800m:	10:20.13	1:19.45	1400m:	18:18.28	1:20.28
300m:	3:47.97	1:17.40	900m:	11:39.61	1:19.48	1500m:	19:37.25	1:18.97
400m:	5:05.19	1:17.22	1000m:	12:58.76	1:19.15	1600m:	20:55.64	1:18.39
500m:	6:23.52	1:18.33	1100m:	14:18.07	1:19.31	1700m:	22:16.06	1:20.42
1800m:	23:35.55	1:19.49						
1900m:	24:55.82	1:20.27						
2000m:	26:11.00	1:15.18						
11. ACOSTA GONZALEZ, Carolina			08 C.N. Teneteide				26:11.01	
50m:	37.32	37.32	600m:	7:45.14	1:18.00	1200m:	15:38.83	1:20.08
100m:	1:15.51	38.19	700m:	9:03.40	1:18.26	1300m:	16:58.73	1:19.90
200m:	2:33.48	1:17.97	800m:	10:21.79	1:18.39	1400m:	18:18.30	1:19.57
300m:	3:50.91	1:17.43	900m:	11:41.19	1:19.40	1500m:	19:38.13	1:19.83
400m:	5:09.51	1:18.60	1000m:	12:59.99	1:18.80	1600m:	20:58.04	1:19.91
500m:	6:27.14	1:17.63	1100m:	14:18.75	1:18.76	1700m:	22:17.90	1:19.86
1800m:	23:37.96	1:20.06						
1900m:	24:58.15	1:20.19						
2000m:	26:11.01	1:12.86						
12. FERNANDEZ VIEIRA, Carolina			08 C.N. Teneteide				26:12.57	
50m:	38.05	38.05	600m:	7:44.69	1:17.42	1200m:	15:40.27	1:19.62
100m:	1:16.84	38.79	700m:	9:02.21	1:17.52	1300m:	17:00.03	1:19.76
200m:	2:34.62	1:17.78	800m:	10:21.04	1:18.83	1400m:	18:19.66	1:19.63
300m:	3:52.16	1:17.54	900m:	11:40.73	1:19.69	1500m:	19:38.43	1:18.77
400m:	5:09.65	1:17.49	1000m:	13:00.34	1:19.61	1600m:	20:57.94	1:19.51
500m:	6:27.27	1:17.62	1100m:	14:20.65	1:20.31	1700m:	22:18.16	1:20.22
1800m:	23:38.91	1:20.75						
1900m:	24:57.43	1:18.52						
2000m:	26:12.57	1:15.14						
13. IZAGUIRRE NESSI, Kassandra Isabel			08 C.N. Teneteide				26:32.53	
50m:	38.93	38.93	600m:	7:52.90	1:18.70	1200m:	15:52.93	1:20.29
100m:	1:18.57	39.64	700m:	9:12.23	1:19.33	1300m:	17:13.87	1:20.94
200m:	2:37.44	1:18.87	800m:	10:32.27	1:20.04	1400m:	18:34.06	1:20.19
300m:	3:56.68	1:19.24	900m:	11:52.32	1:20.05	1500m:	19:53.53	1:19.47
400m:	5:15.35	1:18.67	1000m:	13:12.71	1:20.39	1600m:	21:13.68	1:20.15
500m:	6:34.20	1:18.85	1100m:	14:32.64	1:19.93	1700m:	22:35.03	1:21.35
1800m:	23:55.93	1:20.90						
1900m:	25:17.23	1:21.30						
2000m:	26:32.53	1:15.30						

Prueba 2, Fem., 2000m Libre, INFANTIL FEMENINO LD

Clasificación	AN						Tiempo	
14.	CORREIA BLANCO, Camila Gabriela		09	C.N. Metropole				26:34.57
	50m:	36.63 36.63	600m:	7:49.02 1:19.37	1200m:	15:45.59 1:20.07	1800m:	23:53.71 1:22.52
	100m:	1:15.53 38.90	700m:	9:08.41 1:19.39	1300m:	17:06.07 1:20.48	1900m:	25:15.10 1:21.39
	200m:	2:33.42 1:17.89	800m:	10:27.54 1:19.13	1400m:	18:27.13 1:21.06	2000m:	26:34.57 1:19.47
	300m:	3:51.96 1:18.54	900m:	11:46.81 1:19.27	1500m:	19:48.39 1:21.26		
	400m:	5:10.68 1:18.72	1000m:	13:05.83 1:19.02	1600m:	21:09.43 1:21.04		
	500m:	6:29.65 1:18.97	1100m:	14:25.52 1:19.69	1700m:	22:31.19 1:21.76		
15.	LEON RAMOS, Sara		08	C.N. Metropole				26:35.29
	50m:	36.72 36.72	600m:	7:48.58 1:18.61	1200m:	15:49.19 1:20.56	1800m:	23:54.28 1:21.00
	100m:	1:14.67 37.95	700m:	9:08.49 1:19.91	1300m:	17:09.53 1:20.34	1900m:	25:15.97 1:21.69
	200m:	2:32.55 1:17.88	800m:	10:28.02 1:19.53	1400m:	18:29.93 1:20.40	2000m:	26:35.29 1:19.32
	300m:	3:52.23 1:19.68	900m:	11:48.01 1:19.99	1500m:	19:50.84 1:20.91		
	400m:	5:11.03 1:18.80	1000m:	13:08.32 1:20.31	1600m:	21:11.85 1:21.01		
	500m:	6:29.97 1:18.94	1100m:	14:28.63 1:20.31	1700m:	22:33.28 1:21.43		
16.	BELLO CODINA, Julia		08	C.N. Metropole				26:48.21
	50m:	37.56 37.56	600m:	7:55.26 1:20.31	1200m:	15:58.79 1:20.79	1800m:	24:08.48 1:22.62
	100m:	1:17.01 39.45	700m:	9:15.68 1:20.42	1300m:	17:20.24 1:21.45	1900m:	25:29.26 1:20.78
	200m:	2:36.47 1:19.46	800m:	10:36.04 1:20.36	1400m:	18:42.21 1:21.97	2000m:	26:48.21 1:18.95
	300m:	3:56.02 1:19.55	900m:	11:56.56 1:20.52	1500m:	20:04.41 1:22.20		
	400m:	5:15.35 1:19.33	1000m:	13:17.33 1:20.77	1600m:	21:24.90 1:20.49		
	500m:	6:34.95 1:19.60	1100m:	14:38.00 1:20.67	1700m:	22:45.86 1:20.96		
17.	LOPEZ SOSA, Carla		09	Cn.Salinas Sta.Lucia				27:47.88
	50m:	40.08 40.08	600m:	8:15.31 1:23.52	1200m:	16:38.13 1:23.20	1800m:	25:04.37 1:25.39
	100m:	1:20.89 40.81	700m:	9:39.16 1:23.85	1300m:	18:02.17 1:24.04	1900m:	26:28.06 1:23.69
	200m:	2:43.77 1:22.88	800m:	11:02.78 1:23.62	1400m:	19:26.47 1:24.30	2000m:	27:47.88 1:19.82
	300m:	4:06.36 1:22.59	900m:	12:27.13 1:24.35	1500m:	20:50.48 1:24.01		
	400m:	5:28.91 1:22.55	1000m:	13:51.38 1:24.25	1600m:	22:14.59 1:24.11		
	500m:	6:51.79 1:22.88	1100m:	15:14.93 1:23.55	1700m:	23:38.98 1:24.39		
18.	GABADZE MUSELIANI, Salome		08	C.N. Teneteide				28:31.33
	50m:	38.51 38.51	600m:	8:21.06 1:25.78	1200m:	17:01.44 1:27.43	1800m:	25:47.11 1:26.85
	100m:	1:18.25 39.74	700m:	9:47.43 1:26.37	1300m:	18:29.71 1:28.27	1900m:	27:10.15 1:23.04
	200m:	2:40.08 1:21.83	800m:	11:14.54 1:27.11	1400m:	19:56.56 1:26.85	2000m:	28:31.33 1:21.18
	300m:	4:04.37 1:24.29	900m:	12:41.72 1:27.18	1500m:	21:24.29 1:27.73		
	400m:	5:30.22 1:25.85	1000m:	14:07.40 1:25.68	1600m:	22:52.80 1:28.51		
	500m:	6:55.28 1:25.06	1100m:	15:34.01 1:26.61	1700m:	24:20.26 1:27.46		

Prueba 3
10/12/2022

Masc., 3000m Libre

16 - 98 años
Resultados

Clasificación	AN	Tiempo
JUNIOR 1		

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

Clasificación	AN								Tiempo	
1.	LORENÇO FERREIRA, Gustavo		06	C.D.N. Nadamas Las Marinas						33:23.43
	50m:	31.31 31.31	800m:	8:36.38	1:05.87	1600m:	17:29.31	1:06.53	2400m:	26:32.34 1:08.36
	100m:	1:03.35 32.04	900m:	9:41.93	1:05.55	1700m:	18:36.15	1:06.84	2500m:	27:39.60 1:07.26
	200m:	2:07.56 1:04.21	1000m:	10:48.75	1:06.82	1800m:	19:43.39	1:07.24	2600m:	28:48.68 1:09.08
	300m:	3:11.31 1:03.75	1100m:	11:55.31	1:06.56	1900m:	20:50.99	1:07.60	2700m:	29:58.45 1:09.77
	400m:	4:15.54 1:04.23	1200m:	13:02.18	1:06.87	2000m:	21:58.17	1:07.18	2800m:	31:08.00 1:09.55
	500m:	5:20.44 1:04.90	1300m:	14:08.66	1:06.48	2100m:	23:07.18	1:09.01	2900m:	32:17.47 1:09.47
	600m:	6:25.46 1:05.02	1400m:	15:15.78	1:07.12	2200m:	24:15.60	1:08.42	3000m:	33:23.43 1:05.96
	700m:	7:30.51 1:05.05	1500m:	16:22.78	1:07.00	2300m:	25:23.98	1:08.38		
2.	DE ARMAS DELGADO, Juan Jose		07	C.D.N. Nadamas Las Marinas						33:51.94
	50m:	30.94 30.94	800m:	8:52.52	1:07.35	1600m:	17:57.76	1:07.97	2400m:	27:08.72 1:09.33
	100m:	1:03.04 32.10	900m:	10:00.76	1:08.24	1700m:	19:05.47	1:07.71	2500m:	28:15.72 1:07.00
	200m:	2:08.61 1:05.57	1000m:	11:09.32	1:08.56	1800m:	20:13.92	1:08.45	2600m:	29:22.96 1:07.24
	300m:	3:15.67 1:07.06	1100m:	12:17.86	1:08.54	1900m:	21:22.14	1:08.22	2700m:	30:30.87 1:07.91
	400m:	4:22.81 1:07.14	1200m:	13:24.66	1:06.80	2000m:	22:30.94	1:08.80	2800m:	31:39.46 1:08.59
	500m:	5:28.41 1:05.60	1300m:	14:34.31	1:09.65	2100m:	23:40.88	1:09.94	2900m:	32:47.71 1:08.25
	600m:	6:36.25 1:07.84	1400m:	15:41.26	1:06.95	2200m:	24:50.51	1:09.63	3000m:	33:51.94 1:04.23
	700m:	7:45.17 1:08.92	1500m:	16:49.79	1:08.53	2300m:	25:59.39	1:08.88		
3.	JAEN SERRA, Andreu		06	C.D.N. Nadamas Las Marinas						34:51.06
	50m:	29.80 29.80	800m:	8:52.37	1:07.87	1600m:	18:03.13	1:10.12	2400m:	27:35.48 1:11.77
	100m:	1:01.64 31.84	900m:	1:00.71		1700m:	19:13.67	1:10.54	2500m:	28:48.25 1:12.77
	200m:	2:07.47 1:05.83	1000m:	11:09.62	10:08.91	1800m:	20:25.08	1:11.41	2600m:	30:00.74 1:12.49
	300m:	3:14.68 1:07.21	1100m:	12:18.01	1:08.39	1900m:	21:36.42	1:11.34	2700m:	31:14.04 1:13.30
	400m:	4:22.07 1:07.39	1200m:	13:25.02	1:07.01	2000m:	22:48.22	1:11.80	2800m:	32:26.70 1:12.66
	500m:	5:28.83 1:06.76	1300m:	14:34.40	1:09.38	2100m:	24:00.21	1:11.99	2900m:	33:39.25 1:12.55
	600m:	6:36.07 1:07.24	1400m:	15:43.10	1:08.70	2200m:	25:11.29	1:11.08	3000m:	34:51.06 1:11.81
	700m:	7:44.50 1:08.43	1500m:	16:53.01	1:09.91	2300m:	26:23.71	1:12.42		
4.	FERNANDEZ ACUÑA, Airam		07	C.N. Teneteide						34:51.71
	50m:	31.19 31.19	800m:	9:14.33	1:09.75	1600m:	18:37.52	1:09.07	2400m:	27:55.33 1:10.23
	100m:	1:05.64 34.45	900m:	10:25.00	1:10.67	1700m:	19:46.65	1:09.13	2500m:	29:05.72 1:10.39
	200m:	2:15.44 1:09.80	1000m:	11:35.69	1:10.69	1800m:	20:56.58	1:09.93	2600m:	30:15.82 1:10.10
	300m:	3:25.30 1:09.86	1100m:	12:46.40	1:10.71	1900m:	22:05.96	1:09.38	2700m:	31:25.89 1:10.07
	400m:	4:35.84 1:10.54	1200m:	13:57.63	1:11.23	2000m:	23:15.60	1:09.64	2800m:	32:35.95 1:10.06
	500m:	5:46.00 1:10.16	1300m:	15:08.40	1:10.77	2100m:	24:24.86	1:09.26	2900m:	33:45.66 1:09.71
	600m:	6:54.87 1:08.87	1400m:	16:18.05	1:09.65	2200m:	25:35.18	1:10.32	3000m:	34:51.71 1:06.05
	700m:	8:04.58 1:09.71	1500m:	17:28.45	1:10.40	2300m:	26:45.10	1:09.92		
5.	CHAVES RODRIGUEZ, Cristian		07	C.N. Teneteide						34:52.09
	50m:	32.53 32.53	800m:	9:14.05	1:09.46	1600m:	18:32.14	1:11.10	2400m:	27:55.62 1:10.32
	100m:	1:05.91 33.38	900m:	10:23.43	1:09.38	1700m:	19:42.35	1:10.21	2500m:	29:06.18 1:10.56
	200m:	2:15.47 1:09.56	1000m:	11:32.36	1:08.93	1800m:	20:53.22	1:10.87	2600m:	30:16.98 1:10.80
	300m:	3:24.97 1:09.50	1100m:	12:41.61	1:09.25	1900m:	22:04.45	1:11.23	2700m:	31:26.46 1:09.48
	400m:	4:35.25 1:10.28	1200m:	13:50.66	1:09.05	2000m:	23:15.55	1:11.10	2800m:	32:36.47 1:10.01
	500m:	5:45.23 1:09.98	1300m:	15:00.26	1:09.60	2100m:	24:25.03	1:09.48	2900m:	33:46.44 1:09.97
	600m:	6:54.97 1:09.74	1400m:	16:10.69	1:10.43	2200m:	25:35.37	1:10.34	3000m:	34:52.09 1:05.65
	700m:	8:04.59 1:09.62	1500m:	17:21.04	1:10.35	2300m:	26:45.30	1:09.93		

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

Clasificación	AN		Tiempo	
6. PORRERO MARTIN, Jorge	07	C.N. Teneteide	35:05.99	
50m: 32.61 32.61	800m: 9:22.48 1:10.75	1600m: 18:43.08 1:10.29	2400m: 28:09.17 1:10.59	
100m: 1:07.00 34.39	900m: 10:33.39 1:10.91	1700m: 19:53.26 1:10.18	2500m: 29:19.64 1:10.47	
200m: 2:16.89 1:09.89	1000m: 11:43.72 1:10.33	1800m: 21:04.11 1:10.85	2600m: 30:29.87 1:10.23	
300m: 3:26.83 1:09.94	1100m: 12:53.84 1:10.12	1900m: 22:14.93 1:10.82	2700m: 31:40.80 1:10.93	
400m: 4:37.80 1:10.97	1200m: 14:03.63 1:09.79	2000m: 23:24.83 1:09.90	2800m: 32:51.11 1:10.31	
500m: 5:49.19 1:11.39	1300m: 15:13.20 1:09.57	2100m: 24:36.84 1:12.01	2900m: 34:00.86 1:09.75	
600m: 7:00.55 1:11.36	1400m: 16:23.13 1:09.93	2200m: 25:47.83 1:10.99	3000m: 35:05.99 1:05.13	
700m: 8:11.73 1:11.18	1500m: 17:32.79 1:09.66	2300m: 26:58.58 1:10.75		
7. ELMAALOU FERNANDEZ, Tarek Oul06	C.N. Los Cristianos	35:30.32		
50m: 32.50 32.50	800m: 9:11.53 1:10.95	1600m: 18:39.36 1:11.24	2400m: 28:13.86 1:13.10	
100m: 1:05.78 33.28	900m: 10:21.72 1:10.19	1700m: 19:50.64 1:11.28	2500m: 29:26.35 1:12.49	
200m: 2:13.56 1:07.78	1000m: 11:33.68 1:11.96	1800m: 21:01.55 1:10.91	2600m: 30:39.68 1:13.33	
300m: 3:21.94 1:08.38	1100m: 12:45.06 1:11.38	1900m: 22:13.67 1:12.12	2700m: 31:53.39 1:13.71	
400m: 4:30.91 1:08.97	1200m: 13:56.35 1:11.29	2000m: 23:25.33 1:11.66	2800m: 33:07.24 1:13.85	
500m: 5:40.46 1:09.55	1300m: 15:07.45 1:11.10	2100m: 24:37.01 1:11.68	2900m: 34:20.39 1:13.15	
600m: 6:50.41 1:09.95	1400m: 16:17.08 1:09.63	2200m: 25:48.11 1:11.10	3000m: 35:30.32 1:09.93	
700m: 8:00.58 1:10.17	1500m: 17:28.12 1:11.04	2300m: 27:00.76 1:12.65		
8. NUÑEZ ALONSO, Javier	07	C.N. Metropole	35:43.09	
50m: 31.63 31.63	800m: 9:10.64 1:11.00	1600m: 18:35.05 1:10.01	2400m: 28:17.78 1:14.49	
100m: 1:04.21 32.58	900m: 10:21.26 1:10.62	1700m: 19:48.34 1:13.29	2500m: 29:32.79 1:15.01	
200m: 2:10.51 1:06.30	1000m: 11:33.88 1:12.62	1800m: 21:01.49 1:13.15	2600m: 30:48.16 1:15.37	
300m: 3:18.46 1:07.95	1100m: 12:44.91 1:11.03	1900m: 22:13.48 1:11.99	2700m: 32:02.95 1:14.79	
400m: 4:27.45 1:08.99	1200m: 13:55.86 1:10.95	2000m: 23:25.96 1:12.48	2800m: 33:17.98 1:15.03	
500m: 5:38.14 1:10.69	1300m: 15:07.07 1:11.21	2100m: 24:38.44 1:12.48	2900m: 34:30.24 1:12.26	
600m: 6:48.33 1:10.19	1400m: 16:15.83 1:08.76	2200m: 25:49.27 1:10.83	3000m: 35:43.09 1:12.85	
700m: 7:59.64 1:11.31	1500m: 17:25.04 1:09.21	2300m: 27:03.29 1:14.02		
9. AMARO HERNANDEZ, Eduardo Asdrub06	C.N. Teneteide	36:53.35		
50m: 33.68 33.68	800m: 9:49.67 1:13.50	1600m: 19:39.04 1:12.96	2400m: 29:33.92 1:14.75	
100m: 1:09.83 36.15	900m: 11:03.64 1:13.97	1700m: 20:53.07 1:14.03	2500m: 30:48.51 1:14.59	
200m: 2:23.28 1:13.45	1000m: 12:18.94 1:15.30	1800m: 22:07.18 1:14.11	2600m: 32:01.53 1:13.02	
300m: 3:36.45 1:13.17	1100m: 13:31.67 1:12.73	1900m: 23:22.20 1:15.02	2700m: 33:15.60 1:14.07	
400m: 4:51.11 1:14.66	1200m: 14:44.38 1:12.71	2000m: 24:36.74 1:14.54	2800m: 34:30.72 1:15.12	
500m: 6:05.91 1:14.80	1300m: 15:57.76 1:13.38	2100m: 25:50.49 1:13.75	2900m: 35:42.62 1:11.90	
600m: 7:20.96 1:15.05	1400m: 17:11.75 1:13.99	2200m: 27:05.39 1:14.90	3000m: 36:53.35 1:10.73	
700m: 8:36.17 1:15.21	1500m: 18:26.08 1:14.33	2300m: 28:19.17 1:13.78		
10. BORGIS, Marko	06	C.N. Teneteide	39:22.81	
50m: 33.66 33.66	800m: 10:06.57 1:18.17	1600m: 20:38.85 1:20.12	2400m: 31:28.21 1:20.40	
100m: 1:09.20 35.54	900m: 11:25.18 1:18.61	1700m: 21:59.86 1:21.01	2500m: 32:49.19 1:20.98	
200m: 2:24.34 1:15.14	1000m: 12:43.61 1:18.43	1800m: 23:20.99 1:21.13	2600m: 34:10.19 1:21.00	
300m: 3:40.89 1:16.55	1100m: 14:01.89 1:18.28	1900m: 24:42.77 1:21.78	2700m: 35:29.99 1:19.80	
400m: 4:54.84 1:13.95	1200m: 15:20.52 1:18.63	2000m: 26:04.02 1:21.25	2800m: 36:49.01 1:19.02	
500m: 6:12.46 1:17.62	1300m: 16:39.55 1:19.03	2100m: 27:25.05 1:21.03	2900m: 38:07.68 1:18.67	
600m: 7:30.75 1:18.29	1400m: 17:58.93 1:19.38	2200m: 28:46.21 1:21.16	3000m: 39:22.81 1:15.13	
700m: 8:48.40 1:17.65	1500m: 19:18.73 1:19.80	2300m: 30:07.81 1:21.60		
Baja enf. BOTELLO DE LA VEGA, Manuel	06	C.N. Los Cristianos		

Prueba 3, Masc., 3000m Libre

JUNIOR 2

1. MACARIO MOLINA, Joan	05	C.N. Metropole	31:23.66			
50m: 30.04 30.04	800m: 8:16.29	1:02.36	1600m: 16:39.28	1:02.66	2400m: 25:06.42	1:03.91
100m: 1:00.50 30.46	900m: 9:18.96	1:02.67	1700m: 17:42.39	1:03.11	2500m: 26:09.99	1:03.57
200m: 2:02.42 1:01.92	1000m: 10:22.06	1:03.10	1800m: 18:45.35	1:02.96	2600m: 27:13.01	1:03.02
300m: 3:04.58 1:02.16	1100m: 11:25.01	1:02.95	1900m: 19:48.73	1:03.38	2700m: 28:16.36	1:03.35
400m: 4:06.96 1:02.38	1200m: 12:28.02	1:03.01	2000m: 20:52.43	1:03.70	2800m: 29:19.49	1:03.13
500m: 5:09.42 1:02.46	1300m: 13:31.14	1:03.12	2100m: 21:55.71	1:03.28	2900m: 30:22.45	1:02.96
600m: 6:11.59 1:02.17	1400m: 14:34.02	1:02.88	2200m: 22:59.02	1:03.31	3000m: 31:23.66	1:01.21
700m: 7:13.93 1:02.34	1500m: 15:36.62	1:02.60	2300m: 24:02.51	1:03.49		

2. COCERA CORDON, Yare	05	C.N. Metropole	32:27.95			
50m: 31.31 31.31	800m: 8:33.65	1:04.70	1600m: 17:16.39	1:05.56	2400m: 25:59.45	1:05.20
100m: 1:03.09 31.78	900m: 9:38.60	1:04.95	1700m: 18:21.96	1:05.57	2500m: 27:04.63	1:05.18
200m: 2:06.79 1:03.70	1000m: 10:43.53	1:04.93	1800m: 19:27.35	1:05.39	2600m: 28:09.51	1:04.88
300m: 3:10.72 1:03.93	1100m: 11:48.74	1:05.21	1900m: 20:32.94	1:05.59	2700m: 29:14.61	1:05.10
400m: 4:15.38 1:04.66	1200m: 12:53.85	1:05.11	2000m: 21:38.76	1:05.82	2800m: 30:20.16	1:05.55
500m: 5:20.10 1:04.72	1300m: 13:59.31	1:05.46	2100m: 22:44.16	1:05.40	2900m: 31:24.68	1:04.52
600m: 6:24.77 1:04.67	1400m: 15:04.69	1:05.38	2200m: 23:49.32	1:05.16	3000m: 32:27.95	1:03.27
700m: 7:28.95 1:04.18	1500m: 16:10.83	1:06.14	2300m: 24:54.25	1:04.93		

3. VIZCAINO RIGOL, Carlos	05	C.D.N. Nadamas Las Marinas	32:53.11			
50m: 31.68 31.68	800m: 8:38.05	1:05.32	1600m: 17:23.81	1:05.47	2400m: 26:12.04	1:07.14
100m: 1:03.89 32.21	900m: 9:43.57	1:05.52	1700m: 18:29.41	1:05.60	2500m: 27:19.32	1:07.28
200m: 2:08.75 1:04.86	1000m: 10:48.82	1:05.25	1800m: 19:35.07	1:05.66	2600m: 28:26.65	1:07.33
300m: 3:13.64 1:04.89	1100m: 11:54.72	1:05.90	1900m: 20:40.87	1:05.80	2700m: 29:34.05	1:07.40
400m: 4:18.35 1:04.71	1200m: 13:00.69	1:05.97	2000m: 21:46.29	1:05.42	2800m: 30:41.43	1:07.38
500m: 5:22.74 1:04.39	1300m: 14:06.55	1:05.86	2100m: 22:52.15	1:05.86	2900m: 31:41.53	1:00.10
600m: 6:27.74 1:05.00	1400m: 15:12.56	1:06.01	2200m: 23:58.57	1:06.42	3000m: 32:53.11	1:11.58
700m: 7:32.73 1:04.99	1500m: 16:18.34	1:05.78	2300m: 25:04.90	1:06.33		

4. SANTANA RAMIREZ, Ángel	04	C.N. Metropole	34:13.60			
50m: 31.86 31.86	800m: 8:50.24	1:07.49	1600m: 17:58.40	1:09.28	2400m: 27:17.95	1:10.34
100m: 1:04.47 32.61	900m: 9:57.87	1:07.63	1700m: 19:07.74	1:09.34	2500m: 28:28.09	1:10.14
200m: 2:10.40 1:05.93	1000m: 11:06.04	1:08.17	1800m: 20:17.14	1:09.40	2600m: 29:38.79	1:10.70
300m: 3:16.20 1:05.80	1100m: 12:14.29	1:08.25	1900m: 21:26.52	1:09.38	2700m: 30:49.24	1:10.45
400m: 4:21.91 1:05.71	1200m: 13:22.24	1:07.95	2000m: 22:36.70	1:10.18	2800m: 31:58.17	1:08.93
500m: 5:28.36 1:06.45	1300m: 14:30.91	1:08.67	2100m: 23:47.01	1:10.31	2900m: 33:06.65	1:08.48
600m: 6:35.55 1:07.19	1400m: 15:39.70	1:08.79	2200m: 24:57.33	1:10.32	3000m: 34:13.60	1:06.95
700m: 7:42.75 1:07.20	1500m: 16:49.12	1:09.42	2300m: 26:07.61	1:10.28		

Baja enf. BARROSO MORATINOS, Fernando G. 04 C.N. Los Cristianos

SENIOR LD

1. MANNANOV, Eduard	86	C.N. Metropole	32:59.70			
50m: 31.14 31.14	800m: 8:31.58	1:04.38	1600m: 17:15.18	1:06.37	2400m: 26:14.99	1:07.84
100m: 1:03.09 31.95	900m: 9:36.16	1:04.58	1700m: 18:22.08	1:06.90	2500m: 27:22.86	1:07.87
200m: 2:07.33 1:04.24	1000m: 10:40.78	1:04.62	1800m: 19:29.03	1:06.95	2600m: 28:30.87	1:08.01
300m: 3:11.40 1:04.07	1100m: 11:45.96	1:05.18	1900m: 20:36.38	1:07.35	2700m: 29:38.83	1:07.96
400m: 4:15.14 1:03.74	1200m: 12:51.30	1:05.34	2000m: 21:43.85	1:07.47	2800m: 30:46.89	1:08.06
500m: 5:19.06 1:03.92	1300m: 13:56.86	1:05.56	2100m: 22:52.15	1:08.30	2900m: 31:53.68	1:06.79
600m: 6:23.34 1:04.28	1400m: 15:02.34	1:05.48	2200m: 23:59.54	1:07.39	3000m: 32:59.70	1:06.02
700m: 7:27.20 1:03.86	1500m: 16:08.81	1:06.47	2300m: 25:07.15	1:07.61		

Baja enf. CRUZ ARTILES, Antonio 02 Cn.Salinas Sta.Lucia

Prueba 4
10/12/2022

Fem., 3000m Libre

16 - 98 años
Resultados

Clasificación

AN

Tiempo

JUNIOR 1

1. NAVARRO MELGAR, Claudia	07	C.N. Metropole	36:25.04
50m: 33.43 33.43	800m: 9:32.40	1:12.72 1600m: 19:20.75	1:13.88 2400m: 29:10.88
100m: 1:08.74 35.31	900m: 10:45.23	1:12.83 1700m: 20:34.29	1:13.54 2500m: 30:24.30
200m: 2:20.02 1:11.28	1000m: 11:58.61	1:13.38 1800m: 21:48.66	1:14.37 2600m: 31:37.62
300m: 3:31.05 1:11.03	1100m: 13:11.76	1:13.15 1900m: 23:02.93	1:14.27 2700m: 32:51.33
400m: 4:42.32 1:11.27	1200m: 14:25.67	1:13.91 2000m: 24:17.68	1:14.75 2800m: 34:04.01
500m: 5:54.65 1:12.33	1300m: 15:39.10	1:13.43 2100m: 25:31.43	1:13.75 2900m: 35:16.55
600m: 7:07.36 1:12.71	1400m: 16:53.10	1:14.00 2200m: 26:44.72	1:13.29 3000m: 36:25.04
700m: 8:19.68 1:12.32	1500m: 18:06.87	1:13.77 2300m: 27:57.64	1:12.92 1:08.49
2. RUIZ REYES, Raquel	07	C.N. Metropole	36:55.25
50m: 33.69 33.69	800m: 9:35.51	1:13.19 1600m: 19:25.82	1:14.13 2400m: 29:24.41
100m: 1:08.67 34.98	900m: 10:48.98	1:13.47 1700m: 20:40.35	1:14.53 2500m: 30:39.95
200m: 2:19.92 1:11.25	1000m: 13:02.49	2:13.51 1800m: 21:54.99	1:14.64 2600m: 31:55.37
300m: 3:31.73 1:11.81	1100m: 13:16.38	13.89 1900m: 23:09.70	1:14.71 2700m: 33:11.28
400m: 4:44.13 1:12.40	1200m: 14:29.78	1:13.40 2000m: 24:24.16	1:14.46 2800m: 34:26.91
500m: 5:56.65 1:12.52	1300m: 15:43.62	1:13.84 2100m: 25:39.12	1:14.96 2900m: 35:41.59
600m: 7:09.33 1:12.68	1400m: 16:57.35	1:13.73 2200m: 26:54.16	1:15.04 3000m: 36:55.25
700m: 8:22.32 1:12.99	1500m: 18:11.69	1:14.34 2300m: 28:09.20	1:15.04 1:13.66
3. HENRIQUEZ HERNANDEZ, Nefertiri	06	C.N. Metropole	37:47.97
50m: 34.10 34.10	800m: 9:51.40	1:15.96 1600m: 19:56.32	1:14.37 2400m: 30:09.53
100m: 1:09.35 35.25	900m: 11:07.46	1:16.06 1700m: 21:12.31	1:15.99 2500m: 31:26.12
200m: 2:22.44 1:13.09	1000m: 12:23.35	1:15.89 1800m: 22:27.44	1:15.13 2600m: 32:42.84
300m: 3:35.63 1:13.19	1100m: 13:39.99	1:16.64 1900m: 23:41.81	1:14.37 2700m: 34:00.47
400m: 4:49.91 1:14.28	1200m: 14:55.54	1:15.55 2000m: 24:59.23	1:17.42 2800m: 35:17.96
500m: 6:04.75 1:14.84	1300m: 16:11.32	1:15.78 2100m: 26:16.14	1:16.91 2900m: 36:34.31
600m: 7:19.97 1:15.22	1400m: 17:25.72	1:14.40 2200m: 27:34.13	1:17.99 3000m: 37:47.97
700m: 8:35.44 1:15.47	1500m: 18:41.95	1:16.23 2300m: 28:52.33	1:18.20 1:13.66
4. MORENO ARMAS, Ainara	07	C.N. Teneteide	39:02.15
50m: 37.19 37.19	800m: 10:24.09	1:18.51 1600m: 20:53.25	1:18.93 2400m: 31:22.30
100m: 1:16.88 39.69	900m: 11:43.48	1:19.39 1700m: 22:11.62	1:18.37 2500m: 32:39.74
200m: 2:34.37 1:17.49	1000m: 13:02.47	1:18.99 1800m: 23:30.13	1:18.51 2600m: 33:57.41
300m: 3:51.75 1:17.38	1100m: 14:21.52	1:19.05 1900m: 24:48.42	1:18.29 2700m: 35:15.16
400m: 5:08.27 1:16.52	1200m: 15:39.66	1:18.14 2000m: 26:07.80	1:19.38 2800m: 36:33.13
500m: 6:27.67 1:19.40	1300m: 16:57.62	1:17.96 2100m: 27:28.81	1:21.01 2900m: 37:50.48
600m: 7:46.84 1:19.17	1400m: 18:16.13	1:18.51 2200m: 28:44.94	1:16.13 3000m: 39:02.15
700m: 9:05.58 1:18.74	1500m: 19:34.32	1:18.19 2300m: 30:03.48	1:18.54 1:11.67
5. BASILI, Eleonora	06	C.N. Teneteide	40:26.49
50m: 38.99 38.99	800m: 10:52.00	1:21.15 1600m: 21:42.14	1:21.23 2400m: 32:25.46
100m: 1:20.43 41.44	900m: 12:12.96	1:20.96 1700m: 23:03.31	1:21.17 2500m: 33:45.65
200m: 2:42.87 1:22.44	1000m: 13:33.85	1:20.89 1800m: 24:24.17	1:20.86 2600m: 35:04.57
300m: 4:05.72 1:22.85	1100m: 15:54.47	2:20.62 1900m: 25:45.66	1:21.49 2700m: 36:25.51
400m: 5:27.64 1:21.92	1200m: 16:15.75	21.28 2000m: 27:04.92	1:19.26 2800m: 37:47.47
500m: 6:48.73 1:21.09	1300m: 17:37.05	1:21.30 2100m: 28:25.17	1:20.25 2900m: 39:07.84
600m: 8:10.15 1:21.42	1400m: 18:58.97	1:21.92 2200m: 29:44.37	1:19.20 3000m: 40:26.49
700m: 9:30.85 1:20.70	1500m: 20:20.91	1:21.94 2300m: 31:04.94	1:20.57 1:18.65

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

Clasificación			AN					Tiempo	
6.	GARCIA BETHENCOURT, Raquel		07	C.N. Teneteide				41:13.14	
	50m:	38.18 38.18	800m:	10:52.29 1:20.79	1600m:	21:47.80 1:21.73	2400m:	32:57.57 1:23.10	
	100m:	1:19.30 41.12	900m:	12:13.49 1:21.20	1700m:	23:10.54 1:22.74	2500m:	34:21.54 1:23.97	
	200m:	2:42.70 1:23.40	1000m:	13:34.90 1:21.41	1800m:	24:34.36 1:23.82	2600m:	35:45.76 1:24.22	
	300m:	4:05.62 1:22.92	1100m:	14:57.33 1:22.43	1900m:	25:58.85 1:24.49	2700m:	37:10.56 1:24.80	
	400m:	5:27.84 1:22.22	1200m:	16:19.47 1:22.14	2000m:	27:22.40 1:23.55	2800m:	38:34.11 1:23.55	
	500m:	6:48.93 1:21.09	1300m:	17:42.22 1:22.75	2100m:	28:45.85 1:23.45	2900m:	39:54.29 1:20.18	
	600m:	8:10.38 1:21.45	1400m:	19:04.50 1:22.28	2200m:	30:10.19 1:24.34	3000m:	41:13.14 1:18.85	
	700m:	9:31.50 1:21.12	1500m:	20:26.07 1:21.57	2300m:	31:34.47 1:24.28			

JUNIOR 2

1.	MARTIN CHRISTIANSEN, Nadia		05	C.D.N. Nadamas Las Marinas				36:26.24	
	50m:	34.03 34.03	800m:	9:35.49 1:13.08	1600m:	19:24.57 1:13.24	2400m:	29:11.55 1:13.05	
	100m:	1:08.96 34.93	900m:	10:49.22 1:13.73	1700m:	20:38.02 1:13.45	2500m:	30:24.14 1:12.59	
	200m:	2:20.65 1:11.69	1000m:	12:02.46 1:13.24	1800m:	21:51.66 1:13.64	2600m:	31:36.67 1:12.53	
	300m:	3:32.43 1:11.78	1100m:	13:16.43 1:13.97	1900m:	23:05.38 1:13.72	2700m:	32:50.17 1:13.50	
	400m:	4:44.22 1:11.79	1200m:	14:29.98 1:13.55	2000m:	24:19.34 1:13.96	2800m:	34:03.32 1:13.15	
	500m:	5:56.71 1:12.49	1300m:	15:44.27 1:14.29	2100m:	25:32.77 1:13.43	2900m:	35:15.85 1:12.53	
	600m:	7:09.38 1:12.67	1400m:	16:57.53 1:13.26	2200m:	26:45.82 1:13.05	3000m:	36:26.24 1:10.39	
	700m:	8:22.41 1:13.03	1500m:	18:11.33 1:13.80	2300m:	27:58.50 1:12.68			

SENIOR LD

1.	ARTILES CARBALLO, Irene		96	C.N. Las Palmas				38:14.55	
	50m:	35.08 35.08	800m:	9:56.93 1:16.96	1600m:	20:17.30 1:17.56	2400m:	30:34.64 1:17.22	
	100m:	1:11.83 36.75	900m:	11:13.98 1:17.05	1700m:	21:34.30 1:17.00	2500m:	31:51.98 1:17.34	
	200m:	2:26.36 1:14.53	1000m:	12:32.41 1:18.43	1800m:	22:51.22 1:16.92	2600m:	33:09.51 1:17.53	
	300m:	3:40.26 1:13.90	1100m:	13:49.27 1:16.86	1900m:	24:08.63 1:17.41	2700m:	34:27.04 1:17.53	
	400m:	4:54.43 1:14.17	1200m:	15:06.82 1:17.55	2000m:	25:25.43 1:16.80	2800m:	35:44.97 1:17.93	
	500m:	6:09.00 1:14.57	1300m:	16:24.88 1:18.06	2100m:	26:42.44 1:17.01	2900m:	37:00.72 1:15.75	
	600m:	7:24.06 1:15.06	1400m:	17:42.28 1:17.40	2200m:	27:58.38 1:15.94	3000m:	38:14.55 1:13.83	
	700m:	8:39.97 1:15.91	1500m:	18:59.74 1:17.46	2300m:	29:17.42 1:19.04			