

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

Prueba 3
16/12/2023 - 16:30

Masc., 5000m Libre

Open
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	58:52.70+	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

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.

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

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				

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, 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

Open

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, Open

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.

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

Prueba 3, Masc., 5000m Libre, Open

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, Open

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.

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

Prueba 3, Masc., 5000m Libre, Open

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

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

Prueba 3, Masc., 5000m Libre, Open

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						

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Prueba 3, Masc., 5000m Libre, Open

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.

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Barcelona, 16/12/2023

Prueba 3, Masc., 5000m Libre, Open

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						

Piscina 50 m.

XV Cto. de España Larga Distancia P50
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Prueba 3, Masc., 5000m Libre, Open

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
				4000m: 48:00.74
				4100m: 49:12.30
				4200m: 50:25.03
				4300m: 51:38.13
				4400m: 52:51.60
				4500m: 54:05.26
				4600m: 55:18.13
				4700m: 56:31.68
				4800m: 57:45.97
				4900m: 58:59.32
				5000m: 1:00:09.41
				1:12.16
				1:11.56
				1:12.73
				1:13.10
				1:13.47
				1:13.66
				1:12.87
				1:13.55
				1:14.29
				1:13.35
				1:10.09
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
				4000m: 47:28.94
				4100m: 48:43.21
				4200m: 49:57.71
				4300m: 51:12.68
				4400m: 52:28.87
				4500m: 53:46.72
				4600m: 55:05.48
				4700m: 56:24.29
				4800m: 57:43.33
				4900m: 59:01.77
				5000m: 1:00:15.39
				1:14.65
				1:14.27
				1:14.50
				1:14.97
				1:16.19
				1:17.85
				1:18.76
				1:18.81
				1:19.04
				1:18.44
				1:13.62
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
				4000m: 47:59.08
				4100m: 49:13.19
				4200m: 50:28.23
				4300m: 51:43.19
				4400m: 52:57.85
				4500m: 54:13.79
				4600m: 55:29.64
				4700m: 56:44.22
				4800m: 57:58.13
				4900m: 59:10.50
				5000m: 1:00:18.29
				1:14.25
				1:14.11
				1:15.04
				1:14.96
				1:14.66
				1:15.94
				1:15.85
				1:14.58
				1:13.91
				1:12.37
				1:07.79
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
				3400m: 40:37.41
				3500m: 41:50.79
				3600m: 43:04.07
				3700m: 44:17.60
				3800m: 45:31.01
				3900m: 46:44.66
				4000m: 47:58.90
				4100m: 49:13.25
				4200m: 50:28.28
				4300m: 51:43.67
				4400m: 52:57.84
				1:13.04
				1:13.38
				1:13.28
				1:13.53
				1:13.41
				1:13.65
				1:14.24
				1:14.35
				1:15.03
				1:15.39
				1:14.17

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Prueba 3, Masc., 5000m Libre, Open

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			

Piscina 50 m.

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

Prueba 3, Masc., 5000m Libre, Open

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.