

MEJORES MARCAS LARGA DISTANCIA 11/01/20

SERGIO	NIETO PARDO	C.N. LAS NORIAS	2000 LIBRE	15A	11/01/2020	LOGROÑO	22:58.88
ANDER	ZABALO ECHANIZ	C.N. IREGUA	3000 LIBRE	19A	11/01/2020	LOGROÑO	32:59.41
SARA	ANSOTEGUI FERNANDEZ	C.N. LAS NORIAS	3000 LIBRE	19A	11/01/2020	LOGROÑO	39:53.30

Prueba 1
11/01/2020

Masc., 2000m Libre

Open
Resultados

Clasificación			AN					Tiempo			
1. NIETO PARDO Sergio			05	C.N. Las Norias				22:58.88			
50m:	32.58	32.58	550m:	6:19.92	34.61	1050m:	12:07.63	34.43	1550m:	17:52.98	33.87
100m:	1:07.75	35.17	600m:	6:54.50	34.58	1100m:	12:42.07	34.44	1600m:	18:27.40	34.42
150m:	1:42.75	35.00	650m:	7:29.05	34.55	1150m:	13:16.65	34.58	1650m:	19:01.62	34.22
200m:	2:17.75	35.00	700m:	8:03.72	34.67	1200m:	13:51.18	34.53	1700m:	19:36.15	34.53
250m:	2:52.44	34.69	750m:	8:38.44	34.72	1250m:	14:25.83	34.65	1750m:	20:10.27	34.12
300m:	3:26.96	34.52	800m:	9:13.36	34.92	1300m:	15:00.77	34.94	1800m:	20:44.75	34.48
350m:	4:01.63	34.67	850m:	9:48.52	35.16	1350m:	15:35.37	34.60	1850m:	21:19.26	34.51
400m:	4:36.52	34.89	900m:	10:23.61	35.09	1400m:	16:09.81	34.44	1900m:	21:53.30	34.04
450m:	5:11.28	34.76	950m:	10:58.75	35.14	1450m:	16:44.43	34.62	1950m:	22:26.97	33.67
500m:	5:45.31	34.03	1000m:	11:33.20	34.45	1500m:	17:19.11	34.68	2000m:	22:58.88	31.91
2. ALONSO LÓPEZ Marcos			05	C.N. Iregua-Villamediana				23:24.21			
50m:	33.03	33.03	550m:	6:19.68	34.67	1050m:	12:13.22	35.75	1550m:	18:09.03	34.75
100m:	1:07.29	34.26	600m:	6:54.65	34.97	1100m:	12:48.64	35.42	1600m:	18:43.92	34.89
150m:	1:42.06	34.77	650m:	7:29.37	34.72	1150m:	13:24.84	36.20	1650m:	19:19.47	35.55
200m:	2:16.83	34.77	700m:	8:04.85	35.48	1200m:	14:00.42	35.58	1700m:	19:54.54	35.07
250m:	2:51.84	35.01	750m:	8:40.16	35.31	1250m:	14:35.51	35.09	1750m:	20:30.10	35.56
300m:	3:26.87	35.03	800m:	9:15.55	35.39	1300m:	15:11.48	35.97	1800m:	21:05.82	35.72
350m:	4:01.49	34.62	850m:	9:51.18	35.63	1350m:	15:47.42	35.94	1850m:	21:40.21	34.39
400m:	4:36.27	34.78	900m:	10:26.58	35.40	1400m:	16:23.09	35.67	1900m:	22:15.78	35.57
450m:	5:10.59	34.32	950m:	11:02.01	35.43	1450m:	16:59.20	36.11	1950m:	22:50.75	34.97
500m:	5:45.01	34.42	1000m:	11:37.47	35.46	1500m:	17:34.28	35.08	2000m:	23:24.21	33.46
3. MARTINEZ BARRIO Alejandro			06	C.N. Logroño				25:08.38			
50m:	34.85	34.85	550m:	6:58.68	37.08	1050m:	13:16.71	37.98	1550m:	19:32.88	37.62
100m:	1:12.38	37.53	600m:	7:36.77	38.09	1100m:	13:54.74	38.03	1600m:	20:10.79	37.91
150m:	1:51.08	38.70	650m:	8:14.48	37.71	1150m:	14:31.99	37.25	1650m:	20:48.20	37.41
200m:	2:29.79	38.71	700m:	8:52.28	37.80	1200m:	15:10.18	38.19	1700m:	21:23.58	35.38
250m:	3:08.65	38.86	750m:	9:29.95	37.67	1250m:	15:48.08	37.90	1750m:	22:00.66	37.08
300m:	3:47.23	38.58	800m:	10:07.51	37.56	1300m:	16:25.56	37.48	1800m:	22:38.59	37.93
350m:	4:25.92	38.69	850m:	10:45.17	37.66	1350m:	17:02.38	36.82	1850m:	23:16.60	38.01
400m:	5:04.94	39.02	900m:	11:23.10	37.93	1400m:	17:40.06	37.68	1900m:	23:53.54	36.94
450m:	5:43.84	38.90	950m:	12:00.70	37.60	1450m:	18:17.89	37.83	1950m:	24:31.15	37.61
500m:	6:21.60	37.76	1000m:	12:38.73	38.03	1500m:	18:55.26	37.37	2000m:	25:08.38	37.23
4. LANGARICA CABREDO Juan			06	C.N. Las Norias				25:15.56			
50m:	36.45	36.45	550m:	6:57.82	36.92	1050m:	13:15.60	38.02	1550m:	19:32.20	37.43
100m:	1:13.96	37.51	600m:	7:35.76	37.94	1100m:	13:53.62	38.02	1600m:	20:10.42	38.22
150m:	1:52.56	38.60	650m:	8:13.47	37.71	1150m:	14:30.95	37.33	1650m:	20:48.01	37.59
200m:	2:31.52	38.96	700m:	8:51.35	37.88	1200m:	15:09.13	38.18	1700m:	21:25.85	37.84
250m:	3:10.15	38.63	750m:	9:29.10	37.75	1250m:	15:46.93	37.80	1750m:	22:04.16	38.31
300m:	3:48.80	38.65	800m:	10:06.42	37.32	1300m:	16:25.03	38.10	1800m:	22:42.81	38.65
350m:	4:26.87	38.07	850m:	10:44.38	37.96	1350m:	17:01.79	36.76	1850m:	23:21.19	38.38
400m:	5:04.54	37.67	900m:	11:22.19	37.81	1400m:	17:39.04	37.25	1900m:	24:00.07	38.88
450m:	5:42.98	38.44	950m:	11:59.76	37.57	1450m:	18:17.03	37.99	1950m:	24:38.23	38.16
500m:	6:20.90	37.92	1000m:	12:37.58	37.82	1500m:	18:54.77	37.74	2000m:	25:15.56	37.33
5. GARCIA FERNANDEZ Erik			06	C.N. Las Norias				27:17.08			
50m:	37.63	37.63	550m:	7:20.33	40.69	1050m:	14:08.91	40.57	1550m:	21:02.22	41.19
100m:	1:16.76	39.13	600m:	8:01.37	41.04	1100m:	14:50.32	41.41	1600m:	21:44.68	42.46
150m:	1:56.17	39.41	650m:	8:41.91	40.54	1150m:	15:32.09	41.77	1650m:	22:26.55	41.87
200m:	2:35.93	39.76	700m:	9:22.39	40.48	1200m:	16:12.87	40.78	1700m:	23:09.00	42.45
250m:	3:15.71	39.78	750m:	10:03.55	41.16	1250m:	16:54.29	41.42	1750m:	23:51.15	42.15
300m:	3:56.47	40.76	800m:	10:44.74	41.19	1300m:	17:35.24	40.95	1800m:	24:33.47	42.32
350m:	4:37.39	40.92	850m:	11:24.86	40.12	1350m:	18:16.60	41.36	1850m:	25:14.64	41.17
400m:	5:17.97	40.58	900m:	12:06.17	41.31	1400m:	18:57.63	41.03	1900m:	25:56.18	41.54
450m:	5:58.89	40.92	950m:	12:47.32	41.15	1450m:	19:39.10	41.47	1950m:	26:37.23	41.05
500m:	6:39.64	40.75	1000m:	13:28.34	41.02	1500m:	20:21.03	41.93	2000m:	27:17.08	39.85

Prueba 1, Masc., 2000m Libre, Open

Clasificación			AN					Tiempo				
6.	ALEXANDRU Victor Valentin		06	C.N. Las Norias				27:51.32				
	50m:	37.94	37.94	550m:	7:25.54	41.79	1050m:	14:27.06	42.45	1550m:	21:37.05	42.73
	100m:	1:17.80	39.86	600m:	8:07.17	41.63	1100m:	15:09.51	42.45	1600m:	22:20.48	43.43
	150m:	1:58.35	40.55	650m:	8:49.20	42.03	1150m:	15:52.58	43.07	1650m:	23:03.19	42.71
	200m:	2:39.02	40.67	700m:	9:31.39	42.19	1200m:	16:36.19	43.61	1700m:	23:45.38	42.19
	250m:	3:19.43	40.41	750m:	10:13.78	42.39	1250m:	17:18.94	42.75	1750m:	24:28.16	42.78
	300m:	4:00.53	41.10	800m:	10:56.03	42.25	1300m:	18:01.53	42.59	1800m:	25:10.90	42.74
	350m:	4:41.73	41.20	850m:	11:37.98	41.95	1350m:	18:44.69	43.16	1850m:	25:52.69	41.79
	400m:	5:23.01	41.28	900m:	12:20.38	42.40	1400m:	19:27.96	43.27	1900m:	26:32.71	40.02
	450m:	6:02.67	39.66	950m:	13:02.12	41.74	1450m:	20:11.38	43.42	1950m:	27:13.00	40.29
	500m:	6:43.75	41.08	1000m:	13:44.61	42.49	1500m:	20:54.32	42.94	2000m:	27:51.32	38.32

Prueba 2
11/01/2020

Fem., 2000m Libre

Open
Resultados

Clasificación			AN					Tiempo				
1.	MUÑOZ JUBERA Carolina		06	C.N. Las Norias				26:24.88				
	50m:	37.24	37.24	550m:	7:09.67	40.09	1050m:	13:47.29	40.28	1550m:	20:30.79	39.57
	100m:	1:15.85	38.61	600m:	7:49.02	39.35	1100m:	14:27.70	40.41	1600m:	21:11.30	40.51
	150m:	1:54.36	38.51	650m:	8:28.75	39.73	1150m:	15:08.21	40.51	1650m:	21:50.85	39.55
	200m:	2:33.71	39.35	700m:	9:08.23	39.48	1200m:	15:48.74	40.53	1700m:	22:30.51	39.66
	250m:	3:12.72	39.01	750m:	9:47.44	39.21	1250m:	16:29.26	40.52	1750m:	23:10.07	39.56
	300m:	3:52.07	39.35	800m:	10:26.91	39.47	1300m:	17:09.48	40.22	1800m:	23:50.02	39.95
	350m:	4:31.07	39.00	850m:	11:06.65	39.74	1350m:	17:49.91	40.43	1850m:	24:29.19	39.17
	400m:	5:10.30	39.23	900m:	11:47.05	40.40	1400m:	18:30.60	40.69	1900m:	25:08.94	39.75
	450m:	5:49.91	39.61	950m:	12:27.24	40.19	1450m:	19:11.17	40.57	1950m:	25:48.25	39.31
	500m:	6:29.58	39.67	1000m:	13:07.01	39.77	1500m:	19:51.22	40.05	2000m:	26:24.88	36.63
2.	PASCUAL RUIZ Julia		05	C.N. Las Norias				26:50.47				
	50m:	35.48	35.48	550m:	7:07.41	40.28	1050m:	13:51.54	40.90	1550m:	20:41.09	40.81
	100m:	1:12.83	37.35	600m:	7:47.72	40.31	1100m:	14:32.15	40.61	1600m:	21:22.53	41.44
	150m:	1:51.06	38.23	650m:	8:27.77	40.05	1150m:	15:13.25	41.10	1650m:	22:04.11	41.58
	200m:	2:29.47	38.41	700m:	9:07.66	39.89	1200m:	15:54.55	41.30	1700m:	22:45.08	40.97
	250m:	3:08.35	38.88	750m:	9:48.11	40.45	1250m:	16:35.50	40.95	1750m:	23:26.10	41.02
	300m:	3:47.69	39.34	800m:	10:28.13	40.02	1300m:	17:16.93	41.43	1800m:	24:07.19	41.09
	350m:	4:27.02	39.33	850m:	11:08.30	40.17	1350m:	17:58.64	41.71	1850m:	24:48.52	41.33
	400m:	5:06.84	39.82	900m:	11:49.17	40.87	1400m:	18:39.28	40.64	1900m:	25:29.79	41.27
	450m:	5:47.00	40.16	950m:	12:29.82	40.65	1450m:	19:19.94	40.66	1950m:	26:10.04	40.25
	500m:	6:27.13	40.13	1000m:	13:10.64	40.82	1500m:	20:00.28	40.34	2000m:	26:50.47	40.43
3.	OLMO SANTAMARIA Raquel		05	C.N. Logroño				26:53.18				
	50m:	35.55	35.55	550m:	7:14.71	40.87	1050m:	13:58.29	40.24	1550m:	20:47.81	40.26
	100m:	1:13.50	37.95	600m:	7:55.34	40.63	1100m:	14:39.14	40.85	1600m:	21:28.98	41.17
	150m:	1:52.21	38.71	650m:	8:35.61	40.27	1150m:	15:20.00	40.86	1650m:	22:09.79	40.81
	200m:	2:31.54	39.33	700m:	9:15.34	39.73	1200m:	16:01.46	41.46	1700m:	22:50.70	40.91
	250m:	3:11.28	39.74	750m:	9:55.25	39.91	1250m:	16:42.67	41.21	1750m:	23:31.57	40.87
	300m:	3:51.48	40.20	800m:	10:34.81	39.56	1300m:	17:24.02	41.35	1800m:	24:13.36	41.79
	350m:	4:31.72	40.24	850m:	11:15.66	40.85	1350m:	18:05.12	41.10	1850m:	24:54.98	41.62
	400m:	5:12.10	40.38	900m:	11:56.53	40.87	1400m:	18:45.38	40.26	1900m:	25:36.24	41.26
	450m:	5:53.13	41.03	950m:	12:36.80	40.27	1450m:	19:26.11	40.73	1950m:	26:16.54	40.30
	500m:	6:33.84	40.71	1000m:	13:18.05	41.25	1500m:	20:07.55	41.44	2000m:	26:53.18	36.64

Prueba 2, Fem., 2000m Libre, Open

Clasificación	AN		Tiempo	
4. GONZALEZ ANGUIANO Agata	05	C.N. Logroño	27:38.60	
50m: 35.73	35.73	550m: 7:11.71	40.88	1050m: 14:09.53
100m: 1:13.55	37.82	600m: 7:52.95	41.24	1100m: 14:51.52
150m: 1:52.01	38.46	650m: 8:33.98	41.03	1150m: 15:33.44
200m: 2:30.86	38.85	700m: 9:16.08	42.10	1200m: 16:15.27
250m: 3:10.09	39.23	750m: 9:58.14	42.06	1250m: 16:57.49
300m: 3:49.43	39.34	800m: 10:39.83	41.69	1300m: 17:39.91
350m: 4:29.03	39.60	850m: 11:21.99	42.16	1350m: 18:23.29
400m: 5:09.15	40.12	900m: 12:04.34	42.35	1400m: 19:06.47
450m: 5:49.94	40.79	950m: 12:46.44	42.10	1450m: 19:49.29
500m: 6:30.83	40.89	1000m: 13:27.82	41.38	1500m: 20:31.93
				1550m: 21:14.55
				1600m: 21:57.93
				1650m: 22:41.08
				1700m: 23:24.60
				1750m: 24:08.08
				1800m: 24:51.06
				1850m: 25:33.89
				1900m: 26:16.84
				1950m: 26:57.77
				2000m: 27:38.60
5. LEGASA MIRANDA Carmen	05	C.N. Logroño	28:48.08	
50m: 38.18	38.18	550m: 7:38.30	42.61	1050m: 14:54.17
100m: 1:18.61	40.43	600m: 8:21.51	43.21	1100m: 15:38.36
150m: 1:59.77	41.16	650m: 9:05.02	43.51	1150m: 16:21.55
200m: 2:40.78	41.01	700m: 9:49.09	44.07	1200m: 17:05.88
250m: 3:22.24	41.46	750m: 10:31.61	42.52	1250m: 17:50.17
300m: 4:04.63	42.39	800m: 11:15.18	43.57	1300m: 18:34.74
350m: 4:46.68	42.05	850m: 11:57.21	42.03	1350m: 19:19.45
400m: 5:29.21	42.53	900m: 12:41.32	44.11	1400m: 20:04.12
450m: 6:12.65	43.44	950m: 13:25.53	44.21	1450m: 20:49.53
500m: 6:55.69	43.04	1000m: 14:09.90	44.37	1500m: 21:33.75
				1550m: 22:18.12
				1600m: 23:01.71
				1650m: 23:45.23
				1700m: 24:29.06
				1750m: 25:12.37
				1800m: 25:55.36
				1850m: 26:39.04
				1900m: 27:23.45
				1950m: 28:06.64
				2000m: 28:48.08
6. RUIZ LOPEZ Lucia	05	C.N. Logroño	29:05.69	
50m: 38.21	38.21	550m: 7:46.27	43.09	1050m: 15:04.09
100m: 1:19.55	41.34	600m: 8:29.68	43.41	1100m: 15:47.83
150m: 2:01.84	42.29	650m: 9:12.69	43.01	1150m: 16:31.20
200m: 2:44.36	42.52	700m: 9:56.59	43.90	1200m: 17:15.38
250m: 3:27.05	42.69	750m: 10:40.09	43.50	1250m: 17:59.61
300m: 4:10.00	42.95	800m: 11:24.11	44.02	1300m: 18:44.36
350m: 4:53.16	43.16	850m: 12:07.91	43.80	1350m: 19:28.74
400m: 5:36.52	43.36	900m: 12:51.83	43.92	1400m: 20:13.47
450m: 6:19.38	42.86	950m: 13:35.92	44.09	1450m: 20:58.07
500m: 7:03.18	43.80	1000m: 14:20.48	44.56	1500m: 21:43.08
				1550m: 22:27.83
				1600m: 23:11.63
				1650m: 23:56.07
				1700m: 24:40.56
				1750m: 25:24.77
				1800m: 26:09.36
				1850m: 26:53.80
				1900m: 27:38.18
				1950m: 28:22.44
				2000m: 29:05.69
DSQ LÓPEZ FERNÁNDEZ DE LUCO Inés	05	C.N. Logroño		
DSA - DESC. SALIDA ANTICIPADA				

Prueba 3
11/01/2020

Masc., 3000m Libre

Open
Resultados

Clasificación	AN		Tiempo	
1. ZABALO ECHANIZ Ander	01	C.N. Iregua-Villamediana	32:59.41	
50m: 31.14	31.14	800m: 8:42.88	32.74	1550m: 16:57.36
100m: 1:03.64	32.50	850m: 9:15.60	32.72	1600m: 17:30.47
150m: 1:36.60	32.96	900m: 9:48.19	32.59	1650m: 18:03.74
200m: 2:09.57	32.97	950m: 10:21.13	32.94	1700m: 18:37.10
250m: 2:42.51	32.94	1000m: 10:54.07	32.94	1750m: 19:10.53
300m: 3:15.47	32.96	1050m: 11:26.80	32.73	1800m: 19:43.66
350m: 3:48.25	32.78	1100m: 11:59.55	32.75	1850m: 20:16.91
400m: 4:21.18	32.93	1150m: 12:32.58	33.03	1900m: 20:50.08
450m: 4:54.05	32.87	1200m: 13:05.50	32.92	1950m: 21:23.47
500m: 5:26.88	32.83	1250m: 13:38.50	33.00	2000m: 21:56.76
550m: 5:59.41	32.53	1300m: 14:11.64	33.14	2050m: 22:29.98
600m: 6:32.09	32.68	1350m: 14:44.82	33.18	2100m: 23:03.16
650m: 7:04.85	32.76	1400m: 15:17.98	33.16	2150m: 23:36.38
700m: 7:37.44	32.59	1450m: 15:51.18	33.20	2200m: 24:09.59
750m: 8:10.14	32.70	1500m: 16:24.28	33.10	2250m: 24:42.76
				2300m: 25:15.94
				2350m: 25:49.14
				2400m: 26:22.46
				2450m: 26:55.74
				2500m: 27:29.04
				2550m: 28:01.96
				2600m: 28:35.11
				2650m: 29:08.34
				2700m: 29:41.53
				2750m: 30:14.67
				2800m: 30:47.81
				2850m: 31:21.01
				2900m: 31:54.26
				2950m: 32:27.42
				3000m: 32:59.41

Prueba 3, Masc., 3000m Libre, Open

Clasificación	AN		Tiempo	
2. NAVAS DEL BLANCO Victor	02	C.N. Iregua-Villamediana	33:08.23	
50m: 31.29	31.29	800m: 8:46.11	33.27	1550m: 17:03.86
100m: 1:03.74	32.45	850m: 9:19.01	32.90	1600m: 17:37.08
150m: 1:36.74	33.00	900m: 9:52.11	33.10	1650m: 18:10.12
200m: 2:09.81	33.07	950m: 10:25.11	33.00	1700m: 18:43.28
250m: 2:42.82	33.01	1000m: 10:58.13	33.02	1750m: 19:16.49
300m: 3:15.66	32.84	1050m: 11:31.07	32.94	1800m: 19:49.69
350m: 3:48.60	32.94	1100m: 12:04.50	33.43	1850m: 20:22.84
400m: 4:21.73	33.13	1150m: 12:37.59	33.09	1900m: 20:56.36
450m: 4:54.72	32.99	1200m: 13:10.83	33.24	1950m: 21:29.71
500m: 5:27.52	32.80	1250m: 13:44.47	33.64	2000m: 22:02.93
550m: 6:00.67	33.15	1300m: 14:17.68	33.21	2050m: 22:36.27
600m: 6:33.46	32.79	1350m: 14:51.00	33.32	2100m: 23:09.53
650m: 7:06.37	32.91	1400m: 15:24.24	33.24	2150m: 23:42.79
700m: 7:39.59	33.22	1450m: 15:57.45	33.21	2200m: 24:15.94
750m: 8:12.84	33.25	1500m: 16:30.75	33.30	2250m: 24:49.10
				2300m: 25:22.32
				2350m: 25:55.41
				2400m: 26:28.82
				2450m: 27:02.23
				2500m: 27:35.48
				2550m: 28:08.23
				2600m: 28:41.68
				2650m: 29:15.17
				2700m: 29:48.44
				2750m: 30:22.09
				2800m: 30:55.58
				2850m: 31:29.05
				2900m: 32:02.42
				2950m: 32:35.82
				3000m: 33:08.23
				33.22
				33.09
				33.41
				33.41
				33.25
				32.75
				33.45
				33.49
				33.27
				33.65
				33.49
				33.47
				33.37
				33.40
				32.41
3. EZQUERRO CALLE Alejandro	03	C.N. Iregua-Villamediana	33:37.33	
50m: 32.10	32.10	800m: 8:59.64	33.42	1550m: 17:24.90
100m: 1:05.89	33.79	850m: 9:33.51	33.87	1600m: 17:58.38
150m: 1:39.72	33.83	900m: 10:07.29	33.78	1650m: 18:31.61
200m: 2:13.54	33.82	950m: 10:41.38	34.09	1700m: 19:04.99
250m: 2:47.50	33.96	1000m: 11:15.32	33.94	1750m: 19:38.63
300m: 3:21.46	33.96	1050m: 11:49.03	33.71	1800m: 20:12.13
350m: 3:55.29	33.83	1100m: 12:22.71	33.68	1850m: 20:45.82
400m: 4:29.21	33.92	1150m: 12:56.28	33.57	1900m: 21:19.29
450m: 5:03.12	33.91	1200m: 13:29.70	33.42	1950m: 21:52.89
500m: 5:36.94	33.82	1250m: 14:03.26	33.56	2000m: 22:26.54
550m: 6:10.75	33.81	1300m: 14:36.83	33.57	2050m: 23:00.10
600m: 6:44.66	33.91	1350m: 15:10.13	33.30	2100m: 23:33.50
650m: 7:18.37	33.71	1400m: 15:43.80	33.67	2150m: 24:06.92
700m: 7:52.20	33.83	1450m: 16:17.62	33.82	2200m: 24:40.40
750m: 8:26.22	34.02	1500m: 16:51.29	33.67	2250m: 25:14.06
				2300m: 25:47.51
				2350m: 26:21.02
				2400m: 26:54.59
				2450m: 27:28.51
				2500m: 28:01.90
				2550m: 28:35.50
				2600m: 29:09.24
				2650m: 29:43.06
				2700m: 30:16.93
				2750m: 30:50.78
				2800m: 31:24.55
				2850m: 31:58.53
				2900m: 32:32.24
				2950m: 33:05.80
				3000m: 33:37.33
				33.45
				33.51
				33.57
				33.92
				33.39
				33.60
				33.74
				33.82
				33.87
				33.85
				33.77
				33.98
				33.71
				33.56
				31.53
4. ADÁN BARRAGÁN Sergio	00	C.N. Logroño	35:14.26	
50m: 32.95	32.95	800m: 9:13.66	35.28	1550m: 18:01.48
100m: 1:06.93	33.98	850m: 9:48.49	34.83	1600m: 18:36.75
150m: 1:41.28	34.35	900m: 10:23.16	34.67	1650m: 19:12.49
200m: 2:16.42	35.14	950m: 10:58.08	34.92	1700m: 19:48.01
250m: 2:51.17	34.75	1000m: 11:33.06	34.98	1750m: 20:23.38
300m: 3:26.52	35.35	1050m: 12:08.03	34.97	1800m: 20:58.96
350m: 4:01.68	35.16	1100m: 12:43.01	34.98	1850m: 21:34.52
400m: 4:36.27	34.59	1150m: 13:18.22	35.21	1900m: 22:10.33
450m: 5:10.98	34.71	1200m: 13:53.37	35.15	1950m: 22:46.14
500m: 5:45.16	34.18	1250m: 14:28.37	35.00	2000m: 23:22.29
550m: 6:19.72	34.56	1300m: 15:03.82	35.45	2050m: 23:58.07
600m: 6:54.11	34.39	1350m: 15:39.29	35.47	2100m: 24:33.77
650m: 7:28.58	34.47	1400m: 16:14.86	35.57	2150m: 25:09.34
700m: 8:03.44	34.86	1450m: 16:50.40	35.54	2200m: 25:45.00
750m: 8:38.38	34.94	1500m: 17:26.17	35.77	2250m: 26:20.66
				2300m: 26:56.27
				2350m: 27:32.03
				2400m: 28:07.89
				2450m: 28:44.00
				2500m: 29:19.68
				2550m: 29:55.27
				2600m: 30:31.24
				2650m: 31:06.69
				2700m: 31:41.92
				2750m: 32:17.80
				2800m: 32:53.82
				2850m: 33:29.34
				2900m: 34:04.36
				2950m: 34:39.66
				3000m: 35:14.26
				35.61
				35.76
				35.86
				36.11
				35.68
				35.59
				35.97
				35.45
				35.23
				35.88
				36.02
				35.52
				35.02
				35.30
				34.60
5. BENITO, CASTELLANOS Miguel	03	C.N. Logroño	35:54.73	
50m: 32.50	32.50	650m: 7:38.04	35.83	1250m: 14:52.26
100m: 1:06.42	33.92	700m: 8:14.52	36.48	1300m: 15:27.92
150m: 1:40.47	34.05	750m: 8:50.38	35.86	1350m: 16:02.99
200m: 2:15.02	34.55	800m: 9:26.47	36.09	1400m: 16:38.84
250m: 2:50.61	35.59	850m: 10:02.83	36.36	1450m: 17:14.08
300m: 3:26.27	35.66	900m: 10:39.31	36.48	1500m: 17:50.09
350m: 4:02.13	35.86	950m: 11:15.55	36.24	1550m: 18:26.07
400m: 4:37.82	35.69	1000m: 11:51.90	36.35	1600m: 19:02.01
450m: 5:13.85	36.03	1050m: 12:27.81	35.91	1650m: 19:38.04
500m: 5:49.97	36.12	1100m: 13:03.97	36.16	1700m: 20:14.50
550m: 6:26.15	36.18	1150m: 13:40.16	36.19	1750m: 20:51.02
600m: 7:02.21	36.06	1200m: 14:16.56	36.40	1800m: 21:27.13
				1850m: 22:03.65
				1900m: 22:39.77
				1950m: 23:16.57
				2000m: 23:52.44
				2050m: 24:28.52
				2100m: 25:04.91
				2150m: 25:40.89
				2200m: 26:17.25
				2250m: 26:53.44
				2300m: 27:29.45
				2350m: 28:05.54
				2400m: 28:41.85
				36.52
				36.12
				36.80
				35.87
				36.08
				36.39
				35.98
				36.36
				36.19
				36.01
				36.09
				36.31

Prueba 3, Masc., 3000m Libre, Open

Clasificación	AN				Tiempo						
2450m:	29:18.45	36.60	2600m:	31:07.35	36.49	2750m:	32:56.15	36.02	2900m:	34:44.18	35.58
2500m:	29:54.75	36.30	2650m:	31:43.84	36.49	2800m:	33:32.85	36.70	2950m:	35:19.77	35.59
2550m:	30:30.86	36.11	2700m:	32:20.13	36.29	2850m:	34:08.60	35.75	3000m:	35:54.73	34.96
6. DEL ALAMO MARTINEZ Marcos			03	C.N. Logroño					36:31.24		
50m:	33.98	33.98	200m:	2:22.26	1:12.70	800m:	9:43.42	4:53.70	2000m:	24:26.00	6:05.08
100m:	1:09.56	35.58	400m:	4:49.72	2:27.46	1500m:	18:20.92	8:37.50	3000m:	36:31.24	12:05.24
7. MARTINEZ MARTINEZ Alberto			04	C.N. Las Norias					37:32.83		
50m:	33.73	33.73	800m:	9:52.94	37.62	1550m:	19:18.22	37.56	2300m:	28:49.30	38.12
100m:	1:08.63	34.90	850m:	10:30.75	37.81	1600m:	19:56.24	38.02	2350m:	29:27.57	38.27
150m:	1:45.05	36.42	900m:	11:08.86	38.11	1650m:	20:34.37	38.13	2400m:	30:06.02	38.45
200m:	2:21.54	36.49	950m:	11:46.74	37.88	1700m:	21:12.83	38.46	2450m:	30:44.27	38.25
250m:	2:58.58	37.04	1000m:	12:24.64	37.90	1750m:	21:50.94	38.11	2500m:	31:22.58	38.31
300m:	3:36.03	37.45	1050m:	13:02.09	37.45	1800m:	22:29.18	38.24	2550m:	32:01.27	38.69
350m:	4:13.46	37.43	1100m:	13:39.89	37.80	1850m:	23:07.25	38.07	2600m:	32:39.84	38.57
400m:	4:51.49	38.03	1150m:	14:16.35	36.46	1900m:	23:45.66	38.41	2650m:	33:16.38	36.54
450m:	5:29.19	37.70	1200m:	14:52.80	36.45	1950m:	24:24.32	38.66	2700m:	33:54.24	37.86
500m:	6:06.89	37.70	1250m:	15:30.35	37.55	2000m:	25:02.29	37.97	2750m:	34:31.19	36.95
550m:	6:44.86	37.97	1300m:	16:08.40	38.05	2050m:	25:39.98	37.69	2800m:	35:08.46	37.27
600m:	7:22.64	37.78	1350m:	16:46.89	38.49	2100m:	26:17.40	37.42	2850m:	35:44.88	36.42
650m:	8:00.15	37.51	1400m:	17:25.04	38.15	2150m:	26:54.48	37.08	2900m:	36:21.48	36.60
700m:	8:37.70	37.55	1450m:	18:02.92	37.88	2200m:	27:32.85	38.37	2950m:	36:57.70	36.22
750m:	9:15.32	37.62	1500m:	18:40.66	37.74	2250m:	28:11.18	38.33	3000m:	37:32.83	35.13
8. LINTEAN Valentin			01	C.N. Las Norias					37:54.00		
50m:	34.83	34.83	200m:	2:26.83	1:15.44	800m:	9:57.61	4:58.40	2000m:	25:02.68	6:20.75
100m:	1:11.39	36.56	400m:	4:59.21	2:32.38	1500m:	18:41.93	8:44.32	3000m:	37:54.00	12:51.32
9. GARCIA EZQUERRO Simón			03	C.N. Logroño					37:54.60		
50m:	35.48	35.48	800m:	10:03.99	37.59	1550m:	19:26.27	38.10	2300m:	28:59.96	38.20
100m:	1:12.65	37.17	850m:	10:40.04	36.05	1600m:	20:04.26	37.99	2350m:	29:37.94	37.98
150m:	1:50.37	37.72	900m:	11:16.78	36.74	1650m:	20:42.35	38.09	2400m:	30:16.24	38.30
200m:	2:27.96	37.59	950m:	11:53.99	37.21	1700m:	21:20.33	37.98	2450m:	30:54.81	38.57
250m:	3:05.68	37.72	1000m:	12:31.57	37.58	1750m:	21:58.53	38.20	2500m:	31:33.47	38.66
300m:	3:43.86	38.18	1050m:	13:09.31	37.74	1800m:	22:37.13	38.60	2550m:	32:12.32	38.85
350m:	4:22.07	38.21	1100m:	13:46.36	37.05	1850m:	23:15.73	38.60	2600m:	32:50.25	37.93
400m:	5:00.32	38.25	1150m:	14:23.38	37.02	1900m:	23:54.18	38.45	2650m:	33:28.42	38.17
450m:	5:38.33	38.01	1200m:	15:01.18	37.80	1950m:	24:33.16	38.98	2700m:	34:06.84	38.42
500m:	6:16.58	38.25	1250m:	15:38.60	37.42	2000m:	25:11.60	38.44	2750m:	34:45.63	38.79
550m:	6:54.52	37.94	1300m:	16:16.44	37.84	2050m:	25:49.46	37.86	2800m:	35:24.33	38.70
600m:	7:32.40	37.88	1350m:	16:54.00	37.56	2100m:	26:27.80	38.34	2850m:	36:01.87	37.54
650m:	8:10.46	38.06	1400m:	17:32.00	38.00	2150m:	27:06.16	38.36	2900m:	36:39.73	37.86
700m:	8:48.71	38.25	1450m:	18:10.12	38.12	2200m:	27:44.10	37.94	2950m:	37:17.70	37.97
750m:	9:26.40	37.69	1500m:	18:48.17	38.05	2250m:	28:21.76	37.66	3000m:	37:54.60	36.90
10. BLANCO MARTINEZ Luis			04	C.N. Las Norias					38:14.65		
50m:	35.87	35.87	800m:	10:04.34	37.61	1550m:	19:41.79	39.58	2300m:	29:23.66	38.68
100m:	1:13.31	37.44	850m:	10:41.95	37.61	1600m:	20:20.39	38.60	2350m:	30:01.78	38.12
150m:	1:51.26	37.95	900m:	11:19.90	37.95	1650m:	20:59.09	38.70	2400m:	30:40.07	38.29
200m:	2:29.19	37.93	950m:	11:57.95	38.05	1700m:	21:37.86	38.77	2450m:	31:18.54	38.47
250m:	3:06.62	37.43	1000m:	12:36.06	38.11	1750m:	22:16.63	38.77	2500m:	31:56.48	37.94
300m:	3:45.00	38.38	1050m:	13:14.63	38.57	1800m:	22:55.57	38.94	2550m:	32:34.62	38.14
350m:	4:22.96	37.96	1100m:	13:52.58	37.95	1850m:	23:34.31	38.74	2600m:	33:12.66	38.04
400m:	5:01.33	38.37	1150m:	14:31.16	38.58	1900m:	24:13.09	38.78	2650m:	33:50.46	37.80
450m:	5:39.05	37.72	1200m:	15:09.51	38.35	1950m:	24:51.65	38.56	2700m:	34:28.71	38.25
500m:	6:16.87	37.82	1250m:	15:48.05	38.54	2000m:	25:30.30	38.65	2750m:	35:06.08	37.37
550m:	6:54.83	37.96	1300m:	16:27.14	39.09	2050m:	26:09.28	38.98	2800m:	35:44.15	38.07
600m:	7:32.64	37.81	1350m:	17:06.36	39.22	2100m:	26:48.27	38.99	2850m:	36:22.27	38.12
650m:	8:10.95	38.31	1400m:	17:44.91	38.55	2150m:	27:27.44	39.17	2900m:	37:00.09	37.82
700m:	8:48.80	37.85	1450m:	18:23.56	38.65	2200m:	28:06.38	38.94	2950m:	37:37.67	37.58
750m:	9:26.73	37.93	1500m:	19:02.21	38.65	2250m:	28:44.98	38.60	3000m:	38:14.65	36.98

Prueba 3, Masc., 3000m Libre, Open

Clasificación	AN		Tiempo	
11. VALLEJO MIRANDA Diego	04	C.N. Las Norias	38:42.57	
50m: 36.31 36.31	800m: 10:20.48	39.78	1550m: 20:12.11	39.10
100m: 1:13.84 37.53	850m: 10:59.50	39.02	1600m: 20:50.78	38.67
150m: 1:52.67 38.83	900m: 11:38.58	39.08	1650m: 21:29.78	39.00
200m: 2:31.23 38.56	950m: 12:18.41	39.83	1700m: 22:08.62	38.84
250m: 3:09.84 38.61	1000m: 12:58.25	39.84	1750m: 22:48.63	40.01
300m: 3:48.84 39.00	1050m: 13:37.89	39.64	1800m: 23:27.65	39.02
350m: 4:27.62 38.78	1100m: 14:18.05	40.16	1850m: 24:06.46	38.81
400m: 5:06.58 38.96	1150m: 14:58.46	40.41	1900m: 24:45.93	39.47
450m: 5:46.64 40.06	1200m: 15:37.71	39.25	1950m: 25:24.80	38.87
500m: 6:25.46 38.82	1250m: 16:17.51	39.80	2000m: 26:03.79	38.99
550m: 7:04.07 38.61	1300m: 16:56.43	38.92	2050m: 26:41.46	37.67
600m: 7:42.83 38.76	1350m: 17:36.41	39.98	2100m: 27:20.14	38.68
650m: 8:21.81 38.98	1400m: 18:16.40	39.99	2150m: 27:57.68	37.54
700m: 9:01.48 39.67	1450m: 18:54.63	38.23	2200m: 28:35.64	37.96
750m: 9:40.70 39.22	1500m: 19:33.01	38.38	2250m: 29:13.50	37.86
			2300m: 29:50.60	37.10
			2350m: 30:28.31	37.71
			2400m: 31:06.35	38.04
			2450m: 31:43.79	37.44
			2500m: 32:20.82	37.03
			2550m: 32:58.64	37.82
			2600m: 33:36.38	37.74
			2650m: 34:13.91	37.53
			2700m: 34:52.33	38.42
			2750m: 35:31.44	39.11
			2800m: 36:09.65	38.21
			2850m: 36:48.47	38.82
			2900m: 37:27.15	38.68
			2950m: 38:05.07	37.92
			3000m: 38:42.57	37.50
12. GARCIA IRRIBARRIA Miguel	03	C.N. Logroño	41:56.77	
50m: 35.93 35.93	200m: 2:28.91	1:16.04	800m: 10:30.52	5:24.61
100m: 1:12.87 36.94	400m: 5:05.91	2:37.00	1500m: 20:29.65	9:59.13
			2000m: 27:38.67	7:09.02
			3000m: 41:56.77	14:18.10
DNS OTEIZA LACALLE Francisco	76	C.N. Iregua-Villamediana		

Prueba 4
11/01/2020

Fem., 3000m Libre

Open
Resultados

Clasificación	AN		Tiempo	
1. MORRAS LUNA Andrea	03	C.N. Logroño	38:23.62	
50m: 36.43 36.43	800m: 9:56.54	37.17	1550m: 19:33.67	39.89
100m: 1:13.83 37.40	850m: 10:33.44	36.90	1600m: 20:12.46	38.79
150m: 1:51.48 37.65	900m: 11:10.45	37.01	1650m: 20:51.73	39.27
200m: 2:29.29 37.81	950m: 11:47.59	37.14	1700m: 21:31.22	39.49
250m: 3:06.76 37.47	1000m: 12:24.79	37.20	1750m: 22:10.83	39.61
300m: 3:44.21 37.45	1050m: 13:02.46	37.67	1800m: 22:49.98	39.15
350m: 4:21.74 37.53	1100m: 13:40.16	37.70	1850m: 23:29.36	39.38
400m: 4:59.13 37.39	1150m: 14:18.56	38.40	1900m: 24:08.86	39.50
450m: 5:36.73 37.60	1200m: 14:57.10	38.54	1950m: 24:48.31	39.45
500m: 6:13.88 37.15	1250m: 15:36.23	39.13	2000m: 25:27.41	39.10
550m: 6:51.19 37.31	1300m: 16:15.73	39.50	2050m: 26:06.63	39.22
600m: 7:28.23 37.04	1350m: 16:55.18	39.45	2100m: 26:45.86	39.23
650m: 8:05.12 36.89	1400m: 17:34.76	39.58	2150m: 27:24.67	38.81
700m: 8:42.19 37.07	1450m: 18:14.54	39.78	2200m: 28:03.51	38.84
750m: 9:19.37 37.18	1500m: 18:53.78	39.24	2250m: 28:42.51	39.00
			2300m: 29:21.55	39.04
			2350m: 30:00.90	39.35
			2400m: 30:39.89	38.99
			2450m: 31:18.66	38.77
			2500m: 31:57.68	39.02
			2550m: 32:36.53	38.85
			2600m: 33:15.06	38.53
			2650m: 33:53.26	38.20
			2700m: 34:31.76	38.50
			2750m: 35:10.37	38.61
			2800m: 35:49.25	38.88
			2850m: 36:28.27	39.02
			2900m: 37:07.38	39.11
			2950m: 37:45.94	38.56
			3000m: 38:23.62	37.68
2. ANSOTEGUI FERNANDEZ Sara	01	C.N. Las Norias	39:53.30	
50m: 37.10 37.10	800m: 10:23.21	39.53	1550m: 20:26.22	41.00
100m: 1:15.20 38.10	850m: 11:02.85	39.64	1600m: 21:06.25	40.03
150m: 1:53.76 38.56	900m: 11:42.52	39.67	1650m: 21:46.77	40.52
200m: 2:32.30 38.54	950m: 12:22.94	40.42	1700m: 22:26.79	40.02
250m: 3:11.35 39.05	1000m: 13:02.57	39.63	1750m: 23:07.65	40.86
300m: 3:50.48 39.13	1050m: 13:42.43	39.86	1800m: 23:47.69	40.04
350m: 4:29.51 39.03	1100m: 14:22.46	40.03	1850m: 24:28.07	40.38
400m: 5:08.41 38.90	1150m: 15:02.80	40.34	1900m: 25:07.91	39.84
450m: 5:47.40 38.99	1200m: 15:42.88	40.08	1950m: 25:48.60	40.69
500m: 6:26.55 39.15	1250m: 16:22.63	39.75	2000m: 26:28.67	40.07
550m: 7:05.18 38.63	1300m: 17:03.12	40.49	2050m: 27:08.20	39.53
600m: 7:44.54 39.36	1350m: 17:43.45	40.33	2100m: 27:48.21	40.01
650m: 8:24.24 39.70	1400m: 18:24.23	40.78	2150m: 28:28.26	40.05
700m: 9:04.10 39.86	1450m: 19:04.57	40.34	2200m: 29:08.26	40.00
750m: 9:43.68 39.58	1500m: 19:45.22	40.65	2250m: 29:49.14	40.88
			2300m: 30:29.49	40.35
			2350m: 31:10.24	40.75
			2400m: 31:51.41	41.17
			2450m: 32:31.96	40.55
			2500m: 33:12.31	40.35
			2550m: 33:51.98	39.67
			2600m: 34:32.34	40.36
			2650m: 35:12.50	40.16
			2700m: 35:53.60	41.10
			2750m: 36:33.98	40.38
			2800m: 37:14.17	40.19
			2850m: 37:54.28	40.11
			2900m: 38:34.60	40.32
			2950m: 39:14.24	39.64
			3000m: 39:53.30	39.06

Prueba 4, Fem., 3000m Libre, Open

Clasificación	AN	Tiempo
DNF GIL LOBO Irene	02 C.N. Las Norias	