

Prueba 4
12/12/2020

Masc., 3000m Libre

YOB 1921 - 2003
Resultados

Clasificación

AN

Marca

JUNIOR 2

1. MENDEZ PUGA, Mario	03	RBAIXAS	32:49.85	19,00
100m: 1:00.99 1:00.99	900m: 9:38.67 1:04.73	1700m: 18:25.89 1:07.07	2500m: 27:18.85 1:07.36	
200m: 2:05.28 1:04.29	1000m: 10:44.13 1:05.46	1800m: 19:32.19 1:06.30	2600m: 28:25.44 1:06.59	
300m: 3:09.78 1:04.50	1100m: 11:49.28 1:05.15	1900m: 20:38.40 1:06.21	2700m: 29:32.22 1:06.78	
400m: 4:14.32 1:04.54	1200m: 12:54.90 1:05.62	2000m: 21:44.38 1:05.98	2800m: 30:39.98 1:07.76	
500m: 5:19.33 1:05.01	1300m: 14:01.03 1:06.13	2100m: 22:52.45 1:08.07	2900m: 31:46.93 1:06.95	
600m: 6:24.15 1:04.82	1400m: 15:07.47 1:06.44	2200m: 23:58.43 1:05.98	3000m: 32:49.85 1:02.92	
700m: 7:29.36 1:05.21	1500m: 16:13.10 1:05.63	2300m: 25:04.81 1:06.38		
800m: 8:33.94 1:04.58	1600m: 17:18.82 1:05.72	2400m: 26:11.49 1:06.68		
2. MARTINEZ MARTINEZ, Marcos	03	PONTEA	39:21.94	16,00
100m: 1:09.05 1:09.05	900m: 11:13.87 1:16.18	1700m: 21:43.22 1:20.03	2500m: 32:39.81 1:21.89	
200m: 2:22.19 1:13.14	1000m: 12:31.16 1:17.29	1800m: 23:04.37 1:21.15	2600m: 34:01.37 1:21.56	
300m: 3:36.94 1:14.75	1100m: 13:48.94 1:17.78	1900m: 24:25.66 1:21.29	2700m: 35:22.44 1:21.07	
400m: 4:51.95 1:15.01	1200m: 15:06.94 1:18.00	2000m: 25:47.16 1:21.50	2800m: 36:42.94 1:20.50	
500m: 6:08.51 1:16.56	1300m: 16:25.16 1:18.22	2100m: 27:08.69 1:21.53	2900m: 38:03.69 1:20.75	
600m: 7:24.37 1:15.86	1400m: 17:43.79 1:18.63	2200m: 28:31.41 1:22.72	3000m: 39:21.94 1:18.25	
700m: 8:40.59 1:16.22	1500m: 19:03.16 1:19.37	2300m: 29:54.97 1:23.56		
800m: 9:57.69 1:17.10	1600m: 20:23.19 1:20.03	2400m: 31:17.92 1:22.95		

ABSOLUTO AA

1. MARTÍNEZ NOVOA, Miguel	00	RCNV	31:36.34	19,00
100m: 59.44 59.44	900m: 9:20.62 1:03.28	1700m: 17:42.62 1:02.28	2500m: 26:12.22 1:04.63	
200m: 2:01.51 1:02.07	1000m: 10:24.09 1:03.47	1800m: 18:46.22 1:03.60	2600m: 27:17.47 1:05.25	
300m: 3:04.30 1:02.79	1100m: 11:27.29 1:03.20	1900m: 19:48.28 1:02.06	2700m: 28:23.94 1:06.47	
400m: 4:07.18 1:02.88	1200m: 12:30.30 1:03.01	2000m: 20:51.59 1:03.31	2800m: 29:29.57 1:05.63	
500m: 5:09.78 1:02.60	1300m: 13:32.79 1:02.49	2100m: 21:54.68 1:03.09	2900m: 3:03.30	
600m: 6:11.87 1:02.09	1400m: 14:35.18 1:02.39	2200m: 22:59.58 1:04.90	3000m: 31:36.34 28:33.04	
700m: 7:14.84 1:02.97	1500m: 15:37.68 1:02.50	2300m: 24:03.12 1:03.54		
800m: 8:17.34 1:02.50	1600m: 16:40.34 1:02.66	2400m: 25:07.59 1:04.47		
2. GARCIA MORENO, Jorge	00	LICEO	32:10.11	16,00
100m: 1:00.83 1:00.83	900m: 9:35.20 1:04.40	1700m: 18:10.13 1:05.18	2500m: 26:47.41 1:04.93	
200m: 2:04.74 1:03.91	1000m: 10:39.43 1:04.23	1800m: 19:14.85 1:04.72	2600m: 27:52.49 1:05.08	
300m: 3:09.00 1:04.26	1100m: 11:43.37 1:03.94	1900m: 20:19.60 1:04.75	2700m: 28:57.32 1:04.83	
400m: 4:13.38 1:04.38	1200m: 12:47.73 1:04.36	2000m: 21:23.92 1:04.32	2800m: 30:01.79 1:04.47	
500m: 5:17.88 1:04.50	1300m: 13:52.14 1:04.41	2100m: 22:28.06 1:04.14	2900m: 31:06.06 1:04.27	
600m: 6:20.41 1:02.53	1400m: 14:56.10 1:03.96	2200m: 23:38.58 1:10.52	3000m: 32:10.11 1:04.05	
700m: 7:26.54 1:06.13	1500m: 16:00.33 1:04.23	2300m: 24:37.34 58.76		
800m: 8:30.80 1:04.26	1600m: 17:04.95 1:04.62	2400m: 25:42.48 1:05.14		
3. ANDRADE BUDIÑO, Gaspar	98	ARZUA	32:29.80	14,00
100m: 1:01.80 1:01.80	900m: 9:34.78 1:04.72	1700m: 18:14.54 1:06.46	2500m: 26:54.52 1:06.62	
200m: 2:05.37 1:03.57	1000m: 10:38.77 1:03.99	1800m: 19:18.75 1:04.21	2600m: 28:01.53 1:07.01	
300m: 3:09.14 1:03.77	1100m: 11:42.55 1:03.78	1900m: 20:23.02 1:04.27	2700m: 29:09.10 1:07.57	
400m: 4:13.12 1:03.98	1200m: 12:47.28 1:04.73	2000m: 21:27.62 1:04.60	2800m: 30:16.90 1:07.80	
500m: 5:17.38 1:04.26	1300m: 13:52.51 1:05.23	2100m: 22:31.47 1:03.85	2900m: 31:24.69 1:07.79	
600m: 6:21.15 1:03.77	1400m: 14:57.10 1:04.59	2200m: 23:36.53 1:05.06	3000m: 32:29.80 1:05.11	
700m: 7:25.77 1:04.62	1500m: 16:02.20 1:05.10	2300m: 24:42.47 1:05.94		
800m: 8:30.06 1:04.29	1600m: 17:08.08 1:05.88	2400m: 25:47.90 1:05.43		

Prueba 4, Masc., 3000m Libre, ABSOLUTO AA

Clasificación

AN

Marca

4.	COSTA FERNANDEZ, Lucas				98	PONTEA					32:49.49	13,00
	100m:	1:02.64	1:02.64	900m:	9:46.01	1:05.60	1700m:	18:30.47	1:04.58	2500m:	27:20.74	1:05.60
	200m:	2:08.03	1:05.39	1000m:	10:51.20	1:05.19	1800m:	19:36.25	1:05.78	2600m:	28:26.60	1:05.86
	300m:	3:13.86	1:05.83	1100m:	11:56.68	1:05.48	1900m:	20:42.65	1:06.40	2700m:	29:32.86	1:06.26
	400m:	4:19.41	1:05.55	1200m:	13:02.08	1:05.40	2000m:	21:49.33	1:06.68	2800m:	30:40.16	1:07.30
	500m:	5:24.82	1:05.41	1300m:	14:08.21	1:06.13	2100m:	22:55.83	1:06.50	2900m:	31:47.13	1:06.97
	600m:	6:29.93	1:05.11	1400m:	15:14.20	1:05.99	2200m:	24:02.15	1:06.32	3000m:	32:49.49	1:02.36
	700m:	7:35.16	1:05.23	1500m:	16:20.21	1:06.01	2300m:	25:08.76	1:06.61			
	800m:	8:40.41	1:05.25	1600m:	17:25.89	1:05.68	2400m:	26:15.14	1:06.38			
5.	FERNANDEZ NIETO, Cristian				92	GALAICO					33:44.13	12,00
	100m:	1:03.77	1:03.77	900m:	9:59.45	1:07.50	1700m:	19:02.38	1:07.78	2500m:	28:04.35	1:08.48
	200m:	2:09.85	1:06.08	1000m:	11:07.10	1:07.65	1800m:	20:09.52	1:07.14	2600m:	29:12.35	1:08.00
	300m:	3:16.13	1:06.28	1100m:	12:14.60	1:07.50	1900m:	21:17.25	1:07.73	2700m:	30:20.99	1:08.64
	400m:	4:22.60	1:06.47	1200m:	13:22.27	1:07.67	2000m:	22:24.60	1:07.35	2800m:	31:29.35	1:08.36
	500m:	5:29.60	1:07.00	1300m:	14:30.10	1:07.83	2100m:	23:32.45	1:07.85	2900m:	32:37.38	1:08.03
	600m:	6:37.06	1:07.46	1400m:	15:38.31	1:08.21	2200m:	24:39.74	1:07.29	3000m:	33:44.13	1:06.75
	700m:	7:11.45	34.39	1500m:	16:46.31	1:08.00	2300m:	25:47.85	1:08.11			
	800m:	8:51.95	1:40.50	1600m:	17:54.60	1:08.29	2400m:	26:55.87	1:08.02			
6.	GUIOTTO SANCHEZ, Marco				01	CDELMAR					34:09.30	11,00
	100m:	1:04.12	1:04.12	900m:	10:02.37	1:07.11	1700m:	19:04.62	1:07.71	2500m:	28:18.55	
	200m:	2:11.66	1:07.54	1000m:	11:09.84	1:07.47	1800m:	20:13.30	1:08.68	2600m:	29:29.19	1:10.64
	300m:	3:18.02	1:06.36	1100m:	12:17.62	1:07.78	1900m:	21:21.19	1:07.89	2700m:	30:39.87	1:10.68
	400m:	4:25.41	1:07.39	1200m:	13:25.41	1:07.79	2000m:	22:30.44	1:09.25	2800m:	31:50.44	1:10.57
	500m:	5:32.94	1:07.53	1300m:	14:32.62	1:07.21	2100m:	23:39.34	1:08.90	2900m:	33:00.79	1:10.35
	600m:	6:40.34	1:07.40	1400m:	15:10.76	38.14	2200m:	24:49.59	1:10.25	3000m:	34:09.30	1:08.51
	700m:	7:47.51	1:07.17	1500m:	16:48.91	1:38.15	2300m:	25:59.16	1:09.57			
	800m:	8:55.26	1:07.75	1600m:	17:56.91	1:08.00	2400m:	37:08.72	11:09.56			
7.	CARNEIRO VIQUEIRA, Xabier				00	CDELMAR					35:43.18	10,00
	100m:	1:04.75	1:04.75	900m:	10:24.36	1:09.43	1700m:	20:00.32	1:12.57	2500m:	29:39.57	1:14.92
	200m:	2:12.65	1:07.90	1000m:	11:36.90	1:12.54	1800m:	21:13.32	1:13.00	2600m:	30:53.25	1:13.68
	300m:	3:21.36	1:08.71	1100m:	12:49.72	1:12.82	1900m:	22:26.28	1:12.96	2700m:	32:05.82	1:12.57
	400m:	4:31.00	1:09.64	1200m:	14:00.25	1:10.53	2000m:	23:39.57	1:13.29	2800m:	32:41.78	35.96
	500m:	5:40.90	1:09.90	1300m:	15:12.40	1:12.15	2100m:	24:49.90	1:10.33	2900m:	33:55.25	1:13.47
	600m:	6:51.36	1:10.46	1400m:	16:24.28	1:11.88	2200m:	26:00.90	1:11.00	3000m:	35:43.18	1:47.93
	700m:	8:03.36	1:12.00	1500m:	17:36.78	1:12.50	2300m:	27:15.28	1:14.38			
	800m:	9:14.93	1:11.57	1600m:	18:47.75	1:10.97	2400m:	28:24.65	1:09.37			

DSQ ALONSO RODRIGUEZ, Javier 01 PONTEA
Viraje irregular