

CTO. DE GALICIA LARGA DISTANCIA P25
CARBALLO, 14/12/2019

Prueba 3
14/12/2019

Masc., 3000m Libre

JUNIOR 1
Resultados

Clasificación

AN

Marca

1. MENDEZ PUGA, Mario	03	C. N. Vigo Rías Baixas	32:29.16	19,00
50m: 30.33 30.33	800m: 8:30.99	32.08 1550m: 16:36.68	32.80 2300m: 24:46.28	32.92
100m: 1:01.74 31.41	850m: 9:03.32	32.33 1600m: 17:09.00	32.32 2350m: 25:19.28	33.00
150m: 1:33.32 31.58	900m: 9:35.49	32.17 1650m: 17:41.78	32.78 2400m: 25:52.44	33.16
200m: 2:05.19 31.87	950m: 10:07.72	32.23 1700m: 13:14.19		2:32.88
250m: 2:37.06 31.87	1000m: 10:39.88	32.16 1750m: 13:46.80	32.61 2500m: 26:58.38	
300m: 3:09.32 32.26	1050m: 11:11.94	32.06 1800m: 19:19.41	5:32.61 2550m: 27:31.25	32.87
350m: 3:41.47 32.15	1100m: 11:44.42	32.48 1850m: 19:52.24	32.83 2600m: 28:03.99	32.74
400m: 4:13.82 32.35	1150m: 12:16.61	32.19 1900m: 20:25.11	32.87 2650m: 28:37.25	33.26
450m: 4:46.38 32.56	1200m: 12:49.19	32.58 1950m: 20:57.24	32.13 2700m: 29:10.74	33.49
500m: 5:18.50 32.12	1250m: 13:21.76	32.57 2000m: 21:29.42	32.18 2750m: 29:43.78	33.04
550m: 5:50.63 32.13	1300m: 13:54.30	32.54 2050m: 22:01.94	32.52 2800m: 30:17.15	33.37
600m: 6:22.99 32.36	1350m: 14:26.70	32.40 2100m: 22:34.86	32.92 2850m: 30:50.44	33.29
650m: 6:54.88 31.89	1400m: 14:59.17	32.47 2150m: 23:07.50	32.64 2900m: 31:23.80	33.36
700m: 7:26.80 31.92	1450m: 15:31.38	32.21 2200m: 23:40.42	32.92 2950m: 31:56.76	32.96
750m: 7:58.91 32.11	1500m: 16:03.88	32.50 2250m: 24:13.36	32.94 3000m: 32:29.16	32.40
2. CABANA DEL AMO, Pablo	04	C. N. Pontearreas	32:42.51	16,00
50m: 29.59 29.59	800m: 8:30.40	32.03 1550m: 16:37.44	33.00 2300m: 24:54.40	33.14
100m: 1:00.65 31.06	850m: 9:02.49	32.09 1600m: 17:10.17	32.73 2350m: 25:27.88	33.48
150m: 1:32.34 31.69	900m: 9:34.43	31.94 1650m: 17:43.00	32.83 2400m: 26:01.30	33.42
200m: 2:04.34 32.00	950m: 10:06.91	32.48 1700m: 18:15.96	32.96 2450m: 26:34.71	33.41
250m: 2:36.40 32.06	1000m: 10:39.30	32.39 1750m: 18:49.09	33.13 2500m: 27:08.11	33.40
300m: 3:08.68 32.28	1050m: 11:11.44	32.14 1800m: 19:22.30	33.21 2550m: 27:41.71	33.60
350m: 3:41.09 32.41	1100m: 11:43.88	32.44 1850m: 19:55.46	33.16 2600m: 28:15.19	33.48
400m: 4:13.52 32.43	1150m: 12:16.13	32.25 1900m: 20:23.40	27.94 2650m: 28:48.68	33.49
450m: 4:45.90 32.38	1200m: 12:43.84	27.71 1950m: 21:01.46	38.06 2700m: 29:22.11	33.43
500m: 5:17.93 32.03	1250m: 13:21.38	37.54 2000m: 21:34.57	33.11 2750m: 29:55.59	33.48
550m: 5:50.14 32.21	1300m: 13:53.93	32.55 2050m: 22:07.74	33.17 2800m: 30:29.38	33.79
600m: 6:22.34 32.20	1350m: 14:26.38	32.45 2100m: 22:41.08	33.34 2850m: 31:03.09	33.71
650m: 6:54.28 31.94	1400m: 14:59.19	32.81 2150m: 23:14.51	33.43 2900m: 31:36.76	33.67
700m: 7:26.34 32.06	1450m: 15:31.71	32.52 2200m: 23:47.93	33.42 2950m: 32:10.32	33.56
750m: 7:58.37 32.03	1500m: 16:04.44	32.73 2250m: 24:21.26	33.33 3000m: 32:42.51	32.19
3. SOUTO VILAS, Carlos	03	C. Del Mar De San Amaro	33:31.20	14,00
50m: 31.35 31.35	800m: 8:44.00	33.50 1550m: 17:11.26	34.03 2300m: 25:42.13	33.95
100m: 1:03.18 31.83	850m: 9:17.50	33.50 1600m: 17:45.37	34.11 2350m: 26:16.24	34.11
150m: 1:35.36 32.18	900m: 9:51.16	33.66 1650m: 18:19.56	34.19 2400m: 26:50.06	33.82
200m: 2:07.56 32.20	950m: 10:24.75	33.59 1700m: 18:53.93	34.37 2450m: 27:24.39	34.33
250m: 2:40.16 32.60	1000m: 10:58.26	33.51 1750m: 19:28.32	34.39 2500m: 27:58.68	34.29
300m: 3:12.45 32.29	1050m: 11:31.96	33.70 1800m: 20:02.56	34.24 2550m: 28:32.50	33.82
350m: 3:45.16 32.71	1100m: 12:05.75	33.79 1850m: 20:36.98	34.42 2600m: 29:06.43	33.93
400m: 4:17.82 32.66	1150m: 12:39.37	33.62 1900m: 21:11.36	34.38 2650m: 29:40.37	33.94
450m: 4:50.57 32.75	1200m: 13:13.13	33.76 1950m: 21:45.56	34.20 2700m: 30:14.45	34.08
500m: 5:23.80 33.23	1250m: 13:47.23	34.10 2000m: 22:19.70	34.14 2750m: 30:48.45	34.00
550m: 5:57.12 33.32	1300m: 14:21.12	33.89 2050m: 22:53.70	34.00 2800m: 31:22.51	34.06
600m: 6:30.51 33.39	1350m: 14:55.08	33.96 2100m: 23:28.12	34.42 2850m: 31:56.06	33.55
650m: 7:03.70 33.19	1400m: 15:28.87	33.79 2150m: 24:01.27	33.15 2900m: 32:28.87	32.81
700m: 7:37.06 33.36	1450m: 16:03.08	34.21 2200m: 24:34.75	33.48 2950m: 33:01.24	32.37
750m: 8:10.50 33.44	1500m: 16:37.23	34.15 2250m: 25:08.18	33.43 3000m: 33:31.20	29.96

CTO. DE GALICIA LARGA DISTANCIA P25
CARBALLO, 14/12/2019

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

Clasificación	AN			Marca		
4. AVILES ZHUAVLEV, Santiago	04	C. Del Mar De San Amaro			34:21.48	13,00
50m: 31.29	31.29	800m: 9:00.16	34.20	1550m: 17:37.23	34.86	2300m: 26:20.12 35.02
100m: 1:04.73	33.44	850m: 9:34.52	34.36	1600m: 18:11.84	34.61	2350m: 26:55.00 34.88
150m: 1:38.56	33.83	900m: 10:08.12	33.60	1650m: 18:46.10	34.26	2400m: 27:29.80 34.80
200m: 2:12.48	33.92	950m: 10:42.59	34.47	1700m: 19:20.67	34.57	2450m: 28:04.23 34.43
250m: 2:46.12	33.64	1000m: 11:17.05	34.46	1750m: 19:55.60	34.93	2500m: 28:39.36 35.13
300m: 3:20.03	33.91	1050m: 11:51.24	34.19	1800m: 20:30.23	34.63	2550m: 29:13.92 34.56
350m: 3:53.81	33.78	1100m: 12:25.59	34.35	1850m: 21:05.06	34.83	2600m: 29:48.48 34.56
400m: 4:27.80	33.99	1150m: 13:00.12	34.53	1900m: 21:39.87	34.81	2650m: 30:23.65 35.17
450m: 5:01.60	33.80	1200m: 13:34.06	33.94	1950m: 22:15.06	35.19	2700m: 30:58.29 34.64
500m: 5:35.75	34.15	1250m: 14:08.73	34.67	2000m: 22:49.98	34.92	2750m: 31:33.42 35.13
550m: 6:09.80	34.05	1300m: 14:43.37	34.64	2050m: 23:24.86	34.88	2800m: 32:08.10 34.68
600m: 6:43.93	34.13	1350m: 15:18.21	34.84	2100m: 24:00.18	35.32	2850m: 32:43.24 35.14
650m: 7:17.80	33.87	1400m: 15:52.86	34.65	2150m: 24:35.00	34.82	2900m: 33:17.21 33.97
700m: 7:51.80	34.00	1450m: 16:27.67	34.81	2200m: 25:10.10	35.10	2950m: 33:50.56 33.35
750m: 8:25.96	34.16	1500m: 17:02.37	34.70	2250m: 25:45.10	35.00	3000m: 34:21.48 30.92
5. MALMIERCA JULIAN, Miguel Angel	03	C. N. Pontearreas			34:21.78	12,00
50m: 31.91	31.91	800m: 9:00.13	34.10	1550m: 17:37.45	34.69	2300m: 26:20.37 34.98
100m: 1:04.72	32.81	850m: 9:34.56	34.43	1600m: 18:12.37	34.92	2350m: 26:55.46 35.09
150m: 1:38.64	33.92	900m: 10:08.20	33.64	1650m: 18:46.52	34.15	2400m: 27:29.64 34.18
200m: 2:12.45	33.81	950m: 10:42.65	34.45	1700m: 19:20.70	34.18	2450m: 28:04.52 34.88
250m: 2:46.02	33.57	1000m: 11:17.13	34.48	1750m: 19:55.95	35.25	2500m: 28:39.34 34.82
300m: 3:20.00	33.98	1050m: 11:51.32	34.19	1800m: 20:30.64	34.69	2550m: 29:13.76 34.42
350m: 3:53.78	33.78	1100m: 12:25.62	34.30	1850m: 21:05.21	34.57	2600m: 29:48.15 34.39
400m: 4:27.70	33.92	1150m: 13:00.08	34.46	1900m: 21:40.26	35.05	2650m: 30:23.39 35.24
450m: 5:01.69	33.99	1200m: 13:34.26	34.18	1950m: 22:15.31	1:05.05	2700m: 30:58.01 34.62
500m: 5:35.82	34.13	1250m: 14:08.15	33.89	2000m: 22:50.39	5.08	2750m: 31:33.20 35.19
550m: 6:09.87	34.05	1300m: 14:43.57	35.42	2050m: 23:25.01	34.62	2800m: 32:07.84 34.64
600m: 6:44.01	34.14	1350m: 15:18.39	34.82	2100m: 24:00.29	35.28	2850m: 32:42.81 34.97
650m: 7:18.08	34.07	1400m: 15:52.96	34.57	2150m: 24:35.32	35.03	2900m: 33:16.95 34.14
700m: 7:51.87	33.79	1450m: 16:27.89	34.93	2200m: 25:10.46	35.14	2950m: 33:50.40 33.45
750m: 8:26.03	34.16	1500m: 17:02.76	34.87	2250m: 25:45.39	34.93	3000m: 34:21.78 31.38
6. ABELENDA PEREZ, Miguel Angel	04	Agrup. Dep. Fogar			34:21.99	11,00
50m: 30.19	30.19	800m: 8:53.39	34.01	1550m: 17:31.28	35.09	2300m: 26:17.68 34.99
100m: 1:03.07	32.88	850m: 9:27.44	34.05	1600m: 18:05.88	34.60	2350m: 26:52.74 35.06
150m: 1:36.19	33.12	900m: 10:01.42	33.98	1650m: 18:40.79	34.91	2400m: 27:27.97 35.23
200m: 2:09.72	33.53	950m: 10:35.56	34.14	1700m: 19:16.06	35.27	2450m: 28:02.85 34.88
250m: 2:43.11	33.39	1000m: 11:10.09	34.53	1750m: 19:51.22	35.16	2500m: 28:38.42 35.57
300m: 3:16.69	33.58	1050m: 11:45.19	35.10	1800m: 20:26.25	35.03	2550m: 29:17.04 38.62
350m: 3:50.06	33.37	1100m: 12:19.56	34.37	1850m: 21:01.29	35.04	2600m: 29:47.68 30.64
400m: 4:23.69	33.63	1150m: 12:53.63	34.07	1900m: 21:36.07	34.78	2650m: 30:22.41 34.73
450m: 4:57.57	33.88	1200m: 13:28.44	34.81	1950m: 22:11.00	34.93	2700m: 30:57.85 35.44
500m: 5:31.07	33.50	1250m: 14:02.86	34.42	2000m: 22:46.36	35.36	2750m: 31:32.61 34.76
550m: 6:04.47	33.40	1300m: 14:37.32	34.46	2050m: 23:21.56	35.20	2800m: 32:07.22 34.61
600m: 6:38.24	33.77	1350m: 15:11.94	34.62	2100m: 23:56.61	35.05	2850m: 32:41.44 34.22
650m: 7:11.94	33.70	1400m: 15:47.55	35.61	2150m: 24:32.24	35.63	2900m: 37:15.86 4:34.42
700m: 7:45.72	33.78	1450m: 16:21.92	34.37	2200m: 25:07.42	35.18	2950m: 33:50.24
750m: 8:19.38	33.66	1500m: 16:56.19	34.27	2250m: 25:42.69	35.27	3000m: 34:21.99 31.75

CTO. DE GALICIA LARGA DISTANCIA P25
CARBALLO, 14/12/2019

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

Clasificación	AN				Marca						
7. LUGO BLANCO, Carlos	04				C. Dep. N. Cidade De Santiago				35:17.44	10,00	
50m:	32.96		800m:	9:09.35	34.32	1550m:	17:52.09	35.24	2300m:	26:50.52	36.50
100m:	1:07.60	34.64	850m:	9:43.83	34.48	1600m:	18:27.53	35.44	2350m:	27:27.09	36.57
150m:	1:42.33	34.73	900m:	10:18.28	34.45	1650m:	14:03.16		2400m:	28:03.90	36.81
200m:	2:15.96	33.63	950m:	10:52.76	34.48	1700m:	14:38.72	35.56	2450m:	28:40.16	36.26
250m:	2:50.60	34.64	1000m:	11:27.50	34.74	1750m:	20:14.60	5:35.88	2500m:	29:16.33	36.17
300m:	3:25.46	34.86	1050m:	12:01.97	34.47	1800m:	20:50.56	35.96	2550m:	29:52.41	36.08
350m:	4:00.02	34.56	1100m:	12:36.58	34.61	1850m:	21:26.66	36.10	2600m:	30:28.90	36.49
400m:	5:08.85	1:08.83	1150m:	13:11.29	34.71	1900m:	22:02.54	35.88	2650m:	31:05.27	36.37
450m:	5:08.85		1200m:	13:45.85	34.56	1950m:	22:38.16	35.62	2700m:	31:41.53	36.26
500m:	5:43.52	34.67	1250m:	14:21.69	35.84	2000m:	23:14.22	36.06	2750m:	32:17.83	36.30
550m:	6:17.91	34.39	1300m:	14:56.09	34.40	2050m:	23:44.98	30.76	2800m:	32:54.27	36.44
600m:	6:52.44	34.53	1350m:	15:31.27	35.18	2100m:	24:25.90	40.92	2850m:	33:30.33	36.06
650m:	7:26.97	34.53	1400m:	16:06.50	35.23	2150m:	25:01.96	36.06	2900m:	39:06.60	5:36.27
700m:	8:01.00	34.03	1450m:	16:41.41	34.91	2200m:	25:32.90	30.94	2950m:	34:42.83	
750m:	8:35.03	34.03	1500m:	17:16.85	35.44	2250m:	26:14.02	41.12	3000m:	35:17.44	34.61
8. RODRIGUEZ DOMINGUEZ, F.	04				C. N. Pontearreas				36:04.30	-	
50m:	31.82	31.82	800m:	9:16.91	35.37	1550m:	18:18.76	36.33	2300m:	27:29.43	37.38
100m:	1:05.60	33.78	850m:	9:52.82	35.91	1600m:	18:55.66	36.90	2350m:	28:06.81	37.38
150m:	1:39.81	34.21	900m:	10:28.70	35.88	1650m:	19:31.74	36.08	2400m:	28:44.06	37.25
200m:	2:13.44	33.63	950m:	11:04.49	35.79	1700m:	20:09.44	37.70	2450m:	29:21.98	37.92
250m:	2:48.43	34.99	1000m:	11:40.11	35.62	1750m:	20:43.76	34.32	2500m:	29:56.06	34.08
300m:	3:25.39	36.96	1050m:	12:16.24	36.13	1800m:	21:20.30	36.54	2550m:	30:35.68	39.62
350m:	3:58.19	32.80	1100m:	12:52.71	36.47	1850m:	21:56.81	36.51	2600m:	31:12.37	36.69
400m:	4:33.04	34.85	1150m:	13:28.43	35.72	1900m:	22:33.88	37.07	2650m:	31:48.93	36.56
450m:	5:07.99	34.95	1200m:	14:04.87	36.44	1950m:	23:10.37	36.49	2700m:	32:25.41	36.48
500m:	5:43.47	35.48	1250m:	14:40.94	36.07	2000m:	23:47.13	36.76	2750m:	33:02.01	36.60
550m:	6:19.70	36.23	1300m:	15:17.17	36.23	2050m:	24:24.01	36.88	2800m:	33:38.14	36.13
600m:	6:55.06	35.36	1350m:	15:53.43	36.26	2100m:	25:01.06	37.05	2850m:	34:14.49	36.35
650m:	7:30.63	35.57	1400m:	16:29.62	36.19	2150m:	25:37.94	36.88	2900m:	34:50.49	36.00
700m:	8:06.19	35.56	1450m:	17:05.89	36.27	2200m:	26:15.33	37.39	2950m:	35:27.61	37.12
750m:	8:41.54	35.35	1500m:	17:42.43	36.54	2250m:	26:52.05	36.72	3000m:	36:04.30	36.69
9. REY PITA, Simon	04				C. Del Mar De San Amaro				36:12.28	-	
50m:	32.01	32.01	800m:	9:23.43	36.27	1550m:	18:33.81	36.69	2300m:	27:43.56	35.68
100m:	1:07.03	35.02	850m:	9:59.67	36.24	1600m:	19:10.62	36.81	2350m:	28:20.75	37.19
150m:	1:41.80	34.77	900m:	10:36.16	36.49	1650m:	19:47.96	37.34	2400m:	28:58.36	37.61
200m:	2:16.75	34.95	950m:	11:12.07	35.91	1700m:	20:24.18	36.22	2450m:	29:35.86	37.50
250m:	2:52.10	35.35	1000m:	11:49.78	37.71	1750m:	21:01.23	37.05	2500m:	30:13.03	37.17
300m:	3:27.48	35.38	1050m:	12:26.54	36.76	1800m:	21:37.80	36.57	2550m:	30:50.76	37.73
350m:	4:02.67	35.19	1100m:	13:02.56	36.02	1850m:	22:14.83	37.03	2600m:	31:27.54	36.78
400m:	4:38.05	35.38	1150m:	13:39.56	37.00	1900m:	22:52.34	37.51	2650m:	32:04.29	36.75
450m:	5:13.81	35.76	1200m:	14:16.48	36.92	1950m:	23:29.12	36.78	2700m:	32:40.80	36.51
500m:	5:49.15	35.34	1250m:	14:53.52	37.04	2000m:	24:05.00	35.88	2750m:	33:16.87	36.07
550m:	6:24.59	35.44	1300m:	15:30.34	36.82	2050m:	24:40.18	35.18	2800m:	33:53.56	36.69
600m:	7:00.18	35.59	1350m:	16:07.68	37.34	2100m:	25:17.23	37.05	2850m:	34:27.73	34.17
650m:	7:35.90	35.72	1400m:	16:45.69	38.01	2150m:	25:54.09	36.86	2900m:	35:03.62	35.89
700m:	8:11.18	35.28	1450m:	17:19.92	34.23	2200m:	26:30.56	36.47	2950m:	35:39.50	35.88
750m:	8:47.16	35.98	1500m:	17:57.12	37.20	2250m:	27:07.88	37.32	3000m:	36:12.28	32.78

CTO. DE GALICIA LARGA DISTANCIA P25
CARBALLO, 14/12/2019

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

Clasificación	AN				Marca			
10. MARTINEZ MARTINEZ, Marcos	03	C. N. Pontearreas				36:12.34	-	
50m: 32.70	32.70	800m: 9:23.23	36.13	1550m: 18:33.73	36.89	2300m: 27:43.29	35.84	
100m: 1:06.73	34.03	850m: 9:59.42	36.19	1600m: 19:10.49	36.76	2350m: 28:20.60	37.31	
150m: 1:41.45	34.72	900m: 10:35.86	36.44	1650m: 19:47.65	37.16	2400m: 28:58.30	37.70	
200m: 2:16.60	35.15	950m: 11:12.78	36.92	1700m: 20:24.28	36.63	2450m: 29:35.76	37.46	
250m: 2:52.04	35.44	1000m: 11:49.36	36.58	1750m: 21:00.96	36.68	2500m: 30:13.00	37.24	
300m: 3:27.20	35.16	1050m: 12:26.42	37.06	1800m: 21:37.84	36.88	2550m: 30:50.34	37.34	
350m: 4:02.23	35.03	1100m: 13:02.80	36.38	1850m: 22:14.96	37.12	2600m: 31:27.57	37.23	
400m: 4:37.73	35.50	1150m: 13:39.28	36.48	1900m: 22:52.29	37.33	2650m: 32:04.10	36.53	
450m: 5:13.10	35.37	1200m: 14:16.36	37.08	1950m: 23:28.70	36.41	2700m: 32:40.70	36.60	
500m: 5:48.67	35.57	1250m: 14:53.28	36.92	2000m: 24:05.04	36.34	2750m: 33:16.89	36.19	
550m: 6:24.32	35.65	1300m: 15:30.42	37.14	2050m: 24:10.46	5.42	2800m: 33:53.32	36.43	
600m: 6:59.92	35.60	1350m: 16:07.42	37.00	2100m: 25:16.92	1:06.46	2850m: 34:28.28	34.96	
650m: 7:35.42	35.50	1400m: 16:43.46	36.04	2150m: 25:53.76	36.84	2900m: 35:03.61	35.33	
700m: 8:10.98	35.56	1450m: 17:19.90	36.44	2200m: 26:30.80	37.04	2950m: 35:39.28	35.67	
750m: 8:47.10	36.12	1500m: 17:56.84	36.94	2250m: 27:07.45	36.65	3000m: 36:12.34	33.06	
11. FIGUEROA FERNANDEZ, Gabriel	04	Real C. Náutico De Vigo				37:57.92	9,00	
50m: 32.74	32.74	800m: 9:44.17	37.10	1550m: 19:10.74	38.36	2300m: 28:54.82	39.25	
100m: 1:07.97	35.23	850m: 10:21.86	37.69	1600m: 19:49.12	38.38	2350m: 29:33.94	39.12	
150m: 1:44.19	36.22	900m: 10:59.42	37.56	1650m: 20:28.19	39.07	2400m: 30:13.49	39.55	
200m: 2:20.28	36.09	950m: 11:37.38	37.96	1700m: 21:07.00	38.81	2450m: 30:52.76	39.27	
250m: 2:56.66	36.38	1000m: 12:15.28	37.90	1750m: 21:46.11	39.11	2500m: 31:31.94	39.18	
300m: 3:33.24	36.58	1050m: 12:52.80	37.52	1800m: 22:24.38	38.27	2550m: 32:10.88	38.94	
350m: 4:09.86	36.62	1100m: 13:30.42	37.62	1850m: 23:02.56	38.18	2600m: 32:49.82	38.94	
400m: 4:47.00	37.14	1150m: 14:07.92	37.50	1900m: 23:41.25	38.69	2650m: 33:21.76	31.94	
450m: 5:24.16	37.16	1200m: 14:45.82	37.90	1950m: 24:20.42	39.17	2700m: 34:07.72	45.96	
500m: 6:01.35	37.19	1250m: 15:23.26	37.44	2000m: 24:59.30	38.88	2750m: 34:46.61	38.89	
550m: 6:38.68	37.33	1300m: 16:01.06	37.80	2050m: 25:38.22	38.92	2800m: 35:25.32	38.71	
600m: 7:15.82	37.14	1350m: 16:39.32	38.26	2100m: 26:17.91	39.69	2850m: 36:03.55	38.23	
650m: 7:52.49	36.67	1400m: 17:16.99	37.67	2150m: 26:56.24	38.33	2900m: 36:41.82	38.27	
700m: 8:29.69	37.20	1450m: 17:54.35	37.36	2200m: 27:35.69	39.45	2950m: 37:20.19	38.37	
750m: 9:07.07	37.38	1500m: 18:32.38	38.03	2250m: 28:15.57	39.88	3000m: 37:57.92	37.73	
12. CARRIL SOUTO, JAVIER	03	C. N. Arteixo				38:25.86	8,00	
50m: 32.78	32.78	800m: 9:51.72	37.76	1550m: 19:31.60	39.32	2300m: 29:21.59	39.30	
100m: 1:07.34	34.56	850m: 10:30.98	39.26	1600m: 20:10.21	38.61	2350m: 30:01.29	39.70	
150m: 1:43.92	36.58	900m: 11:09.02	38.04	1650m: 20:49.92	39.71	2400m: 30:41.00	39.71	
200m: 2:19.61	35.69	950m: 11:47.96	38.94	1700m: 21:29.39	39.47	2450m: 31:20.80	39.80	
250m: 2:56.92	37.31	1000m: 12:26.92	38.96	1750m: 22:08.84	39.45	2500m: 32:01.04	40.24	
300m: 3:33.72	36.80	1050m: 13:05.20	38.28	1800m: 22:47.67	38.83	2550m: 32:39.84	38.80	
350m: 4:10.86	37.14	1100m: 13:42.23	37.03	1850m: 23:26.98	39.31	2600m: 33:18.10	38.26	
400m: 4:48.82	37.96	1150m: 14:21.86	39.63	1900m: 24:07.36	40.38	2650m: 33:57.20	39.10	
450m: 5:26.65	37.83	1200m: 15:00.08	38.22	1950m: 24:47.15	39.79	2700m: 34:35.90	38.70	
500m: 6:04.48	37.83	1250m: 15:38.96	38.88	2000m: 25:26.72	39.57	2750m: 35:14.23	38.33	
550m: 6:41.24	36.76	1300m: 16:17.65	38.69	2050m: 26:04.98	38.26	2800m: 35:33.05	18.82	
600m: 7:18.72	37.48	1350m: 16:56.40	38.75	2100m: 26:43.98	39.00	2850m: 36:11.54	58.49	
650m: 7:57.48	38.76	1400m: 17:38.59	42.19	2150m: 27:23.72	39.74	2900m: 37:10.08	38.54	
700m: 8:36.00	38.52	1450m: 18:12.86	34.27	2200m: 28:02.73	39.01	2950m: 37:47.98	37.90	
750m: 9:13.96	37.96	1500m: 18:52.28	39.42	2250m: 28:42.29	39.56	3000m: 38:25.86	37.88	