

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

Prueba 4  
14/12/2019

Masc., 3000m Libre

2002 y mayores  
Resultados

Clasificación

AN

Marca

JUNIOR 2

1. GALAN VICENTE, Pablo	02	C. Del Mar De San Amaro	<b>32:29.73</b>	19,00
50m: 29.85 29.85	800m: 8:26.16 32.73	1550m: 16:41.26 31.44	2300m: 24:53.99 32.31	
100m: 1:00.41 30.56	850m: 8:58.88 32.72	1600m: 17:14.01 32.75	2350m: 25:26.74 32.75	
150m: 1:31.88 31.47	900m: 9:32.48 33.60	1650m: 17:47.06 33.05	2400m: 25:59.38 32.64	
200m: 2:03.38 31.50	950m: 10:04.30 31.82	1700m: 18:19.62 32.56	2450m: 26:32.13 32.75	
250m: 2:34.68 31.30	1000m: 10:36.93 32.63	1750m: 18:52.35 32.73	2500m: 27:04.82 32.69	
300m: 3:05.68 31.00	1050m: 11:10.19 33.26	1800m: 19:24.94 32.59	2550m: 27:37.33 32.51	
350m: 3:37.43 31.75	1100m: 11:42.26 32.07	1850m: 19:58.08 33.14	2600m: 28:09.93 32.60	
400m: 4:09.37 31.94	1150m: 12:15.38 33.12	1900m: 20:30.95 32.87	2650m: 28:42.06 32.13	
450m: 4:41.48 32.11	1200m: 12:48.88 33.50	1950m: 21:04.11 33.16	2700m: 29:14.18 32.12	
500m: 5:12.91 31.43	1250m: 13:22.81 33.93	2000m: 21:37.13 33.02	2750m: 29:47.68 33.50	
550m: 5:45.06 32.15	1300m: 13:56.13 33.32	2050m: 22:10.19 33.06	2800m: 30:20.93 33.25	
600m: 6:16.99 31.93	1350m: 14:28.43 32.30	2100m: 22:43.55 33.36	2850m: 30:53.68 32.75	
650m: 6:48.55 31.56	1400m: 15:01.66 33.23	2150m: 23:16.26 32.71	2900m: 31:27.11 33.50	
700m: 7:20.87 32.32	1450m: 15:35.70 33.17	2200m: 23:49.43 33.17	2950m: 32:00.11 32.93	
750m: 7:53.43 32.56	1500m: 16:09.82 34.12	2250m: 24:21.68 32.25	3000m: 32:29.73 29.62	
2. GUIOTTO SANCHEZ, Marco	01	C. Del Mar De San Amaro	<b>32:50.14</b>	16,00
50m: 29.46 29.46	800m: 8:33.02 31.93	1550m: 16:41.96 32.48	2300m: 24:59.94 34.16	
100m: 1:00.63 31.17	850m: 9:05.52 32.50	1600m: 17:14.71 32.75	2350m: 25:32.90 32.96	
150m: 1:32.54 31.91	900m: 9:38.02 32.50	1650m: 17:47.54 32.83	2400m: 26:09.48 36.58	
200m: 2:04.54 32.00	950m: 10:10.58 32.56	1700m: 18:21.90 34.36	2450m: 26:42.90 33.42	
250m: 2:36.89 32.35	1000m: 10:42.85 32.27	1750m: 18:54.60 32.70	2500m: 27:16.54 33.64	
300m: 3:09.21 32.32	1050m: 11:15.91 33.06	1800m: 19:27.41 32.81	2550m: 27:30.40 13.86	
350m: 3:41.71 32.50	1100m: 11:48.09 32.18	1850m: 20:00.44 33.03	2600m: 28:24.29 53.89	
400m: 4:13.90 32.19	1150m: 12:20.78 32.69	1900m: 20:33.02 32.58	2650m: 28:57.91 33.62	
450m: 4:46.26 32.36	1200m: 12:53.27 32.49	1950m: 21:06.27 33.25	2700m: 29:31.52 33.61	
500m: 5:18.48 32.22	1250m: 13:25.96 32.69	2000m: 21:39.38 33.11	2750m: 30:05.58 34.06	
550m: 5:50.65 32.17	1300m: 13:58.66 32.70	2050m: 22:12.44 33.06	2800m: 30:39.32 33.74	
600m: 6:22.71 32.06	1350m: 14:31.32 32.66	2100m: 23:35.84 1:23.40	2850m: 21:12.71	
650m: 6:55.32 32.61	1400m: 15:04.21 32.89	2150m: 23:19.26	2900m: 31:45.73 10:33.02	
700m: 7:27.60 32.28	1450m: 15:36.80 32.59	2200m: 23:52.21 32.95	2950m: 32:18.73 33.00	
750m: 8:01.09 33.49	1500m: 16:09.48 32.68	2250m: 24:25.78 33.57	3000m: 32:50.14 31.41	
3. PARDO PERNAS, Martin	02	C. Fluvial De Lugo	<b>33:19.71</b>	14,00
50m: 30.67 30.67	800m: 8:42.81 33.04	1550m: 16:59.12 33.12	2300m: 25:22.36 33.91	
100m: 1:03.17 32.50	850m: 9:15.62 32.81	1600m: 17:32.33 33.21	2350m: 25:56.07 33.71	
150m: 1:35.75 32.58	900m: 9:48.62 33.00	1650m: 18:05.62 33.29	2400m: 26:29.81 33.74	
200m: 2:08.74 32.99	950m: 10:21.75 33.13	1700m: 18:38.95 33.33	2450m: 27:03.62 33.81	
250m: 2:41.74 33.00	1000m: 10:54.70 32.95	1750m: 19:12.38 33.43	2500m: 27:37.74 34.12	
300m: 3:14.75 33.01	1050m: 11:27.98 33.28	1800m: 19:45.81 33.43	2550m: 28:11.33 33.59	
350m: 3:47.64 32.89	1100m: 12:01.14 33.16	1850m: 20:19.31 33.50	2600m: 28:45.50 34.17	
400m: 4:20.48 32.84	1150m: 12:34.20 33.06	1900m: 20:52.58 33.27	2650m: 29:19.94 34.44	
450m: 4:53.33 32.85	1200m: 13:07.08 32.88	1950m: 21:26.26 33.68	2700m: 29:54.18 34.24	
500m: 5:26.02 32.69	1250m: 13:40.39 33.31	2000m: 22:00.14 33.88	2750m: 30:28.62 34.44	
550m: 5:58.88 32.86	1300m: 14:13.42 33.03	2050m: 22:33.92 33.78	2800m: 31:03.01 34.39	
600m: 6:31.64 32.76	1350m: 14:46.58 33.16	2100m: 23:07.48 33.56	2850m: 31:37.67 34.66	
650m: 7:04.18 32.54	1400m: 15:19.52 32.94	2150m: 23:41.31 33.83	2900m: 32:11.89 34.22	
700m: 7:37.00 32.82	1450m: 15:52.74 33.22	2200m: 24:15.00 33.69	2950m: 32:46.18 34.29	
750m: 8:09.77 32.77	1500m: 16:26.00 33.26	2250m: 24:48.45 33.45	3000m: 33:19.71 33.53	

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

Prueba 4, Masc., 3000m Libre, JUNIOR 2

Clasificación	AN						Marca					
4.	ALONSO RODRIGUEZ, Javier			01	C. N. Pontearreas					34:04.48	13,00	
	50m:	32.00	32.00	800m:	8:55.42	33.92	1550m:	17:17.54	33.79	2300m:	25:55.09	33.59
	100m:	1:04.00	32.00	850m:	9:29.56	34.14	1600m:	17:52.54	35.00	2350m:	26:30.68	35.59
	150m:	1:36.98	32.98	900m:	10:04.10	34.54	1650m:	18:26.31	33.77	2400m:	27:05.65	34.97
	200m:	2:10.62	33.64	950m:	10:36.65	32.55	1700m:	19:00.73	34.42	2450m:	27:40.46	34.81
	250m:	2:44.60	33.98	1000m:	11:10.05	33.40	1750m:	19:34.73	34.00	2500m:	28:14.93	34.47
	300m:	3:18.60	34.00	1050m:	11:43.48	33.43	1800m:	20:09.18	34.45	2550m:	29:30.16	1:15.23
	350m:	3:52.69	34.09	1100m:	12:15.80	32.32	1850m:	20:43.54	34.36	2600m:	29:25.18	
	400m:	4:27.05	34.36	1150m:	12:50.29	34.49	1900m:	21:18.68	35.14	2650m:	30:00.00	34.82
	450m:	5:00.63	33.58	1200m:	13:22.90	32.61	1950m:	21:53.96	35.28	2700m:	30:35.98	35.98
	500m:	5:33.46	32.83	1250m:	13:57.16	34.26	2000m:	22:28.92	34.96	2750m:	31:11.29	35.31
	550m:	6:07.15	33.69	1300m:	14:30.90	33.74	2050m:	23:03.96	35.04	2800m:	31:46.87	35.58
	600m:	6:40.73	33.58	1350m:	15:04.86	33.96	2100m:	23:39.88	35.92	2850m:	32:22.80	35.93
	650m:	7:14.56	33.83	1400m:	15:37.15	32.29	2150m:	24:14.48	34.60	2900m:	32:56.59	33.79
	700m:	7:47.73	33.17	1450m:	16:10.31	33.16	2200m:	24:47.58	33.10	2950m:	33:29.56	32.97
	750m:	8:21.50	33.77	1500m:	16:43.75	33.44	2250m:	25:21.50	33.92	3000m:	34:04.48	34.92
5.	DOMÍNGUEZ FERNÁNDEZ, Pablo			01	Real C. Náutico De Vigo					35:58.70	12,00	
	50m:	32.66	32.66	800m:	9:15.34	15.81	1550m:	18:18.00	36.42	2300m:	27:29.89	37.67
	100m:	1:06.00	33.34	850m:	9:51.25	35.91	1600m:	18:54.57	36.57	2350m:	28:06.70	36.81
	150m:	1:39.91	33.91	900m:	10:27.00	35.75	1650m:	19:30.88	36.31	2400m:	28:44.62	37.92
	200m:	2:14.14	34.23	950m:	11:02.39	35.39	1700m:	20:07.41	36.53	2450m:	29:20.77	36.15
	250m:	2:48.66	34.52	1000m:	11:38.83	36.44	1750m:	20:44.51	37.10	2500m:	29:56.97	36.20
	300m:	3:22.03	33.37	1050m:	12:14.68	35.85	1800m:	21:21.14	36.63	2550m:	30:33.94	36.97
	350m:	3:57.08	35.05	1100m:	12:50.97	36.29	1850m:	21:58.35	37.21	2600m:	31:10.08	36.14
	400m:	4:32.03	34.95	1150m:	13:26.91	35.94	1900m:	22:34.95	36.60	2650m:	31:46.00	35.92
	450m:	5:07.15	35.12	1200m:	14:03.00	36.09	1950m:	23:11.58	36.63	2700m:	32:22.83	36.83
	500m:	5:42.20	35.05	1250m:	14:39.26	36.26	2000m:	23:48.26	36.68	2750m:	32:59.43	36.60
	550m:	6:16.83	34.63	1300m:	15:15.89	36.63	2050m:	24:24.81	36.55	2800m:	33:35.64	36.21
	600m:	6:52.08	35.25	1350m:	15:52.62	36.73	2100m:	25:01.47	36.66	2850m:	34:11.81	36.17
	650m:	7:27.64	35.56	1400m:	16:28.95	36.33	2150m:	25:38.24	36.77	2900m:	34:47.72	35.91
	700m:	8:03.56	35.92	1450m:	17:06.00	37.05	2200m:	26:14.00	35.76	2950m:	35:24.01	36.29
	750m:	8:59.53	55.97	1500m:	17:41.58	35.58	2250m:	26:52.22	38.22	3000m:	35:58.70	34.69
6.	CIVEIRA CORRAL, Raul			02	C. N. Pabellón Ourense					36:33.06	11,00	
	50m:	32.76	32.76	800m:	9:23.84	36.52	1550m:	18:34.51	36.75	2300m:	27:55.18	37.86
	100m:	1:06.20	33.44	850m:	10:00.56	36.72	1600m:	19:11.64	37.13	2350m:	28:32.72	37.54
	150m:	1:40.97	34.77	900m:	10:37.20	36.64	1650m:	19:48.64	37.00	2400m:	29:10.28	37.56
	200m:	2:15.18	34.21	950m:	11:12.15	34.95	1700m:	20:26.02	37.38	2450m:	29:47.72	37.44
	250m:	2:50.45	35.27	1000m:	11:48.52	36.37	1750m:	21:08.82	42.80	2500m:	30:25.22	37.50
	300m:	3:25.64	35.19	1050m:	12:25.00	36.48	1800m:	21:41.50	32.68	2550m:	31:02.64	37.42
	350m:	4:01.06	35.42	1100m:	13:01.60	36.60	1850m:	22:19.57	38.07	2600m:	31:40.45	37.81
	400m:	4:36.32	35.26	1150m:	13:38.10	36.50	1900m:	22:56.65	37.08	2650m:	32:18.31	37.86
	450m:	5:11.55	35.23	1200m:	14:14.72	36.62	1950m:	23:38.95	42.30	2700m:	32:55.66	37.35
	500m:	5:47.35	35.80	1250m:	14:51.52	36.80	2000m:	24:11.26	32.31	2750m:	33:32.52	36.86
	550m:	6:23.39	36.04	1300m:	15:28.76	37.24	2050m:	24:48.84	37.58	2800m:	34:08.84	36.32
	600m:	6:58.43	35.04	1350m:	16:05.89	37.13	2100m:	25:25.70	36.86	2850m:	34:44.96	36.12
	650m:	7:34.65	36.22	1400m:	16:43.89	38.00	2150m:	26:02.70	37.00	2900m:	35:21.26	36.30
	700m:	8:11.02	36.37	1450m:	17:20.40	36.51	2200m:	26:39.89	37.19	2950m:	35:57.56	36.30
	750m:	8:47.32	36.30	1500m:	17:57.76	37.36	2250m:	27:17.32	37.43	3000m:	36:33.06	35.50

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

Prueba 4, Masc., 3000m Libre

SENIOR

<b>1. ANDRADE BUDIÑO, Gaspar</b>			<b>98</b>	<b>C. N. Liceo</b>			<b>31:53.08</b>	<b>19,00</b>
50m:	29.09	29.09	800m:	8:17.82	31.63	1550m:	16:20.82	32.33
100m:	59.44	30.35	850m:	8:49.58	31.76	1600m:	16:53.26	32.44
150m:	1:30.14	30.70	900m:	9:21.88	32.30	1650m:	17:25.88	32.62
200m:	2:00.78	30.64	950m:	9:53.96	32.08	1700m:	17:58.26	32.38
250m:	2:31.52	30.74	1000m:	10:26.18	32.22	1750m:	18:30.32	32.06
300m:	3:02.57	31.05	1050m:	10:58.21	32.03	1800m:	19:02.52	32.20
350m:	3:33.68	31.11	1100m:	11:30.34	32.13	1850m:	19:34.94	32.42
400m:	4:05.38	31.70	1150m:	12:02.57	32.23	1900m:	20:07.57	32.63
450m:	4:36.94	31.56	1200m:	12:34.81	32.24	1950m:	20:39.94	32.37
500m:	5:08.38	31.44	1250m:	13:06.52	31.71	2000m:	21:12.13	32.19
550m:	5:39.76	31.38	1300m:	13:38.09	31.57	2050m:	21:44.58	32.45
600m:	6:11.49	31.73	1350m:	14:10.57	32.48	2100m:	22:17.57	32.99
650m:	6:42.84	31.35	1400m:	14:43.21	32.64	2150m:	22:50.13	32.56
700m:	7:14.46	31.62	1450m:	15:16.01	32.80	2200m:	23:22.57	32.44
750m:	7:46.19	31.73	1500m:	15:48.49	32.48	2250m:	23:55.37	32.80
						2300m:	24:27.81	32.44
						2350m:	25:00.58	32.77
						2400m:	25:32.63	32.05
						2450m:	26:04.62	31.99
						2500m:	26:36.63	32.01
						2550m:	27:08.37	31.74
						2600m:	27:40.38	32.01
						2650m:	28:12.26	31.88
						2700m:	28:44.27	32.01
						2750m:	29:16.34	32.07
						2800m:	29:48.08	31.74
						2850m:	30:20.11	32.03
						2900m:	30:52.06	31.95
						2950m:	31:23.84	31.78
						3000m:	31:53.08	29.24
<b>2. GARCIA MORENO, Jorge</b>			<b>00</b>	<b>C. N. Liceo</b>			<b>32:23.09</b>	<b>16,00</b>
50m:	30.52	30.52	800m:	8:32.82	32.27	1550m:	16:44.01	32.93
100m:	1:01.46	30.94	850m:	9:05.19	32.37	1600m:	17:16.57	32.56
150m:	1:33.13	31.67	900m:	9:37.62	32.43	1650m:	17:49.21	32.64
200m:	2:04.78	31.65	950m:	10:10.02	32.40	1700m:	18:21.78	32.57
250m:	2:36.84	32.06	1000m:	10:42.52	32.50	1750m:	18:54.38	32.60
300m:	3:09.19	32.35	1050m:	11:15.08	32.56	1800m:	19:27.08	32.70
350m:	3:41.38	32.19	1100m:	11:47.71	32.63	1850m:	19:59.70	32.62
400m:	4:13.70	32.32	1150m:	12:20.38	32.67	1900m:	20:32.37	32.67
450m:	4:45.90	32.20	1200m:	12:53.01	32.63	1950m:	21:05.02	32.65
500m:	5:18.57	32.67	1250m:	13:25.90	32.89	2000m:	21:37.62	32.60
550m:	5:50.76	32.19	1300m:	13:58.88	32.98	2050m:	22:10.11	32.49
600m:	6:23.13	32.37	1350m:	14:32.13	33.25	2100m:	22:42.78	32.67
650m:	6:55.76	32.63	1400m:	15:05.24	33.11	2150m:	23:15.44	32.66
700m:	7:28.19	32.43	1450m:	15:38.18	32.94	2200m:	23:47.90	32.46
750m:	8:00.55	32.36	1500m:	16:11.08	32.90	2250m:	24:20.58	32.68
						2300m:	24:52.94	32.36
						2350m:	25:25.52	32.58
						2400m:	25:57.94	32.42
						2450m:	26:30.18	32.24
						2500m:	27:02.68	32.50
						2550m:	27:34.84	32.16
						2600m:	28:07.02	32.18
						2650m:	28:39.57	32.55
						2700m:	29:11.96	32.39
						2750m:	29:44.19	32.23
						2800m:	30:16.51	32.32
						2850m:	30:48.96	32.45
						2900m:	31:21.32	32.36
						2950m:	31:52.82	31.50
						3000m:	32:23.09	30.27
<b>3. MARTÍNEZ NOVOA, Miguel</b>			<b>00</b>	<b>Real C. Náutico De Vigo</b>			<b>32:27.95</b>	<b>14,00</b>
50m:	27.89	27.89	800m:	8:26.28	32.33	1550m:	19:39.51	3:29.87
100m:	58.84	30.95	850m:	8:58.94	32.66	1600m:	17:10.45	
150m:	1:30.33	31.49	900m:	9:31.43	32.49	1650m:	17:42.38	31.93
200m:	2:02.00	31.67	950m:	10:04.14	32.71	1700m:	18:14.70	32.32
250m:	2:33.41	31.41	1000m:	10:36.80	32.66	1750m:	18:46.83	32.13
300m:	3:04.43	31.02	1050m:	11:10.10	33.30	1800m:	19:19.66	32.83
350m:	3:36.47	32.04	1100m:	11:42.03	31.93	1850m:	19:51.77	32.11
400m:	4:09.78	33.31	1150m:	12:15.38	33.35	1900m:	20:23.91	32.14
450m:	4:42.08	32.30	1200m:	12:48.91	33.53	1950m:	20:56.51	32.60
500m:	5:13.70	31.62	1250m:	13:22.53	33.62	2000m:	21:28.78	32.27
550m:	5:45.58	31.88	1300m:	13:55.91	33.38	2050m:	22:01.25	32.47
600m:	6:17.64	32.06	1350m:	14:27.97	32.06	2100m:	22:34.51	33.26
650m:	6:44.20	26.56	1400m:	15:01.58	33.61	2150m:	23:08.14	33.63
700m:	7:21.41	37.21	1450m:	15:35.64	34.06	2200m:	23:41.03	32.89
750m:	7:53.95	32.54	1500m:	16:09.64	34.00	2250m:	24:14.14	33.11
						2300m:	24:47.83	33.69
						2350m:	25:21.12	
						2400m:	25:54.20	4:33.08
						2450m:	26:27.77	33.57
						2500m:	27:00.70	32.93
						2550m:	27:33.28	32.58
						2600m:	28:06.84	33.56
						2650m:	28:41.08	34.24
						2700m:	29:14.50	
						2750m:	29:47.81	33.31
						2800m:	30:21.08	5:33.27
						2850m:	30:52.97	31.89
						2900m:	31:27.20	34.23
						2950m:	32:00.03	32.83
						3000m:	32:27.95	27.92

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

Prueba 4, Masc., 3000m Libre, SENIOR

Clasificación	AN				Marca			
4. COSTA FERNANDEZ, Lucas	98				C. N. Pontearreas 33:30.47 13,00			
50m:	30.76	30.76	800m:	8:49.68	33.90	1550m:	17:14.13	33.23
100m:	1:02.84	32.08	850m:	9:28.02	38.34	1600m:	17:47.39	33.26
150m:	1:35.01	32.17	900m:	9:56.45	28.43	1650m:	18:20.97	33.58
200m:	2:07.70	32.69	950m:	10:29.93	33.48	1700m:	18:55.37	34.40
250m:	2:41.08	33.38	1000m:	11:03.45	33.52	1750m:	19:29.13	33.76
300m:	3:14.43	33.35	1050m:	11:37.08	33.63	1800m:	20:02.82	33.69
350m:	3:48.01	33.58	1100m:	12:10.51	33.43	1850m:	20:36.62	33.80
400m:	4:21.52	33.51	1150m:	12:44.03	33.52	1900m:	21:10.66	34.04
450m:	4:54.57	33.05	1200m:	13:17.95	33.92	1950m:	21:44.57	33.91
500m:	5:28.01	33.44	1250m:	13:51.59	33.64	2000m:	22:18.18	33.61
550m:	6:01.02	33.01	1300m:	14:25.39	33.80	2050m:	22:50.59	32.41
600m:	6:35.06	34.04	1350m:	14:59.46	34.07	2100m:	23:24.39	33.80
650m:	7:08.64	33.58	1400m:	15:33.26	33.80	2150m:	23:57.95	33.56
700m:	7:42.02	33.38	1450m:	16:07.03	33.77	2200m:	24:31.72	33.77
750m:	8:15.78	33.76	1500m:	16:40.90	33.87	2250m:	25:05.85	34.13
2300m:	25:40.28							
2350m:	26:14.18							
2400m:	26:47.66							
2450m:	27:21.59							
2500m:	27:55.32							
2550m:	28:29.26							
2600m:	29:03.08							
2650m:	29:36.70							
2700m:	30:10.39							
2750m:	30:44.37							
2800m:	31:18.12							
2850m:	31:51.84							
2900m:	31:25.68							
2950m:	32:56.74							1:31.06
3000m:	33:30.47							33.73
5. HAZ GARCIA, Adrian	00				Agrup. Dep. Fogar 34:30.12 12,00			
50m:	30.86	30.86	800m:	8:49.94	34.20	1550m:	17:26.74	34.82
100m:	1:03.24	32.38	850m:	9:24.09	34.15	1600m:	18:01.86	35.12
150m:	1:36.07	32.83	900m:	9:57.94	33.85	1650m:	18:57.55	55.69
200m:	2:08.94	32.87	950m:	10:32.04	34.10	1700m:	19:13.11	15.56
250m:	2:42.39	33.45	1000m:	11:06.12	34.08	1750m:	19:48.86	35.75
300m:	3:15.49	33.10	1050m:	11:40.50	34.38	1800m:	20:24.42	35.56
350m:	3:48.63	33.14	1100m:	12:15.10	34.60	1850m:	20:59.68	35.26
400m:	4:21.95	33.32	1150m:	12:49.94	34.84	1900m:	21:34.63	34.95
450m:	4:55.19	33.24	1200m:	13:24.88	34.94	1950m:	22:09.92	35.29
500m:	5:28.22	33.03	1250m:	13:08.86		2000m:	22:45.36	35.44
550m:	6:01.61	33.39	1300m:	14:32.79	1:23.93	2050m:	23:20.38	35.02
600m:	6:34.97	33.36	1350m:	15:07.22	34.43	2100m:	23:55.80	35.42
650m:	7:08.49	33.52	1400m:	15:48.12	40.90	2150m:	24:30.99	35.19
700m:	7:41.80	33.31	1450m:	16:17.04	28.92	2200m:	25:06.44	35.45
750m:	8:15.74	33.94	1500m:	16:51.92	34.88	2250m:	25:42.17	35.73
2300m:	26:17.82							
2350m:	26:53.49							
2400m:	27:28.60							
2450m:	28:04.07							
2500m:	28:40.06							
2550m:	29:14.92							
2600m:	29:50.24							
2650m:	30:20.68							
2700m:	31:01.38							
2750m:	31:37.12							
2800m:	32:12.76							
2850m:	32:48.30							
2900m:	33:22.80							
2950m:	33:57.25							
3000m:	34:30.12							32.87
6. VILA CID, Marcos	87				C. N. Pabellón Ourense 34:32.72 11,00			
50m:	32.34	32.34	800m:	9:02.09	34.50	1550m:	17:41.05	34.54
100m:	1:04.74	32.40	850m:	9:36.78	34.69	1600m:	18:15.37	34.32
150m:	1:37.53	32.79	900m:	10:11.28	34.50	1650m:	18:50.78	35.41
200m:	2:10.59	33.06	950m:	10:45.89	34.61	1700m:	19:25.83	35.05
250m:	2:44.54	33.95	1000m:	11:20.41	34.52	1750m:	20:00.89	35.06
300m:	3:18.34	33.80	1050m:	11:54.99	34.58	1800m:	20:35.68	34.79
350m:	3:52.86	34.52	1100m:	12:29.41	34.42	1850m:	21:10.22	34.54
400m:	4:27.26	34.40	1150m:	13:03.78	34.37	1900m:	21:45.04	34.82
450m:	5:01.02	33.76	1200m:	13:28.80	25.02	1950m:	22:19.92	34.88
500m:	5:35.34	34.32	1250m:	14:13.45	44.65	2000m:	22:54.84	34.92
550m:	6:09.47	34.13	1300m:	14:48.17	34.72	2050m:	23:29.49	34.65
600m:	6:44.04	34.57	1350m:	15:22.66	34.49	2100m:	24:04.28	34.79
650m:	7:18.53	34.49	1400m:	15:57.09	34.43	2150m:	24:38.95	34.67
700m:	7:53.08	34.55	1450m:	16:31.86	34.77	2200m:	25:13.74	34.79
750m:	8:27.59	34.51	1500m:	17:06.51	34.65	2250m:	25:48.86	35.12
2300m:	26:24.02							
2350m:	26:58.97							
2400m:	27:34.53							
2450m:	28:09.80							
2500m:	28:45.14							
2550m:	29:20.15							
2600m:	29:55.47							
2650m:	30:30.66							
2700m:	31:05.72							
2750m:	31:40.45							
2800m:	32:16.24							
2850m:	32:50.64							
2900m:	33:25.59							
2950m:	33:59.78							
3000m:	34:32.72							32.94