

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

Prueba 5  
14/12/2019

Fem., 3000m Libre

JUNIOR 1  
Resultados

Clasificación	AN				Marca			
1. OTERO FERNANDEZ, Paula	04	C. N. Arteixo			<b>34:06.56</b>	19,00		
50m: 33.85	33.85	800m: 8:54.54	33.58	1550m: 17:25.64	34.55	2300m: 26:02.40	34.60	
100m: 1:07.14	33.29	850m: 9:28.27	33.73	1600m: 18:00.33	34.69	2350m: 26:37.27	34.87	
150m: 1:40.66	33.52	900m: 10:01.91	33.64	1650m: 18:35.02	34.69	2400m: 27:11.88	34.61	
200m: 2:14.07	33.41	950m: 10:35.72	33.81	1700m: 19:09.52	34.50	2450m: 27:46.20	34.32	
250m: 2:47.46	33.39	1000m: 11:09.76	34.04	1750m: 19:44.09	34.57	2500m: 28:20.77	34.57	
300m: 3:20.77	33.31	1050m: 11:43.58	33.82	1800m: 20:18.33	34.24	2550m: 28:55.60	34.83	
350m: 3:54.09	33.32	1100m: 12:16.90	33.32	1850m: 20:53.03	34.70	2600m: 29:30.42	34.82	
400m: 4:27.20	33.11	1150m: 12:51.91	35.01	1900m: 21:27.53	34.50	2650m: 30:05.20	34.78	
450m: 5:00.28	33.08	1200m: 13:24.96	33.05	1950m: 22:02.28	34.75	2700m: 30:40.20	35.00	
500m: 5:33.50	33.22	1250m: 13:59.27	34.31	2000m: 22:37.22	34.94	2750m: 31:15.27	35.07	
550m: 6:06.52	33.02	1300m: 14:33.64	34.37	2050m: 23:11.66	34.44	2800m: 31:50.03	34.76	
600m: 6:40.12	33.60	1350m: 15:08.20	34.56	2100m: 23:40.09	28.43	2850m: 32:24.77	34.74	
650m: 7:13.63	33.51	1400m: 15:42.52	34.32	2150m: 24:19.63	39.54	2900m: 32:59.09	34.32	
700m: 7:47.20	33.57	1450m: 16:16.79	34.27	2200m: 24:53.60	33.97	2950m: 33:33.40	34.31	
750m: 8:20.96	33.76	1500m: 16:51.09	34.30	2250m: 25:27.80	34.20	3000m: 34:06.56	33.16	
2. DOMINGUEZ CASABELLA, Andrea	03	C. N. Pontearreas			<b>35:40.34</b>	16,00		
50m: 33.80	33.80	800m: 9:20.70	35.53	1550m: 18:20.59	36.12	2300m: 27:19.89	35.92	
100m: 1:08.11	34.31	850m: 9:56.54	35.84	1600m: 18:56.51	35.92	2350m: 27:55.78	35.89	
150m: 1:42.89	34.78	900m: 10:31.84	35.30	1650m: 19:32.61	36.10	2400m: 28:31.61	35.83	
200m: 2:18.15	35.26	950m: 11:07.58	35.74	1700m: 20:09.04	36.43	2450m: 29:07.54	35.93	
250m: 2:53.14	34.99	1000m: 11:43.61	36.03	1750m: 20:45.05	36.01	2500m: 29:43.54	36.00	
300m: 3:27.97	34.83	1050m: 12:19.48	35.87	1800m: 21:21.14	36.09	2550m: 30:19.22	35.68	
350m: 4:03.04	35.07	1100m: 12:55.30	35.82	1850m: 21:58.04	36.90	2600m: 30:54.86	35.64	
400m: 4:38.17	35.13	1150m: 13:30.91	35.61	1900m: 22:34.30	36.26	2650m: 31:30.84	35.98	
450m: 5:13.48	35.31	1200m: 14:06.92	36.01	1950m: 23:09.84	35.54	2700m: 32:06.89	36.05	
500m: 5:48.74	46:35.26	1250m: 14:43.17	36.25	2000m: 23:45.54	35.70	2750m: 32:43.15	36.26	
550m: 6:23.89		1300m: 15:18.95	35.78	2050m: 24:20.77	35.23	2800m: 33:19.20	36.05	
600m: 6:58.97	35.08	1350m: 15:55.00	36.05	2100m: 24:56.41	35.64	2850m: 33:54.80	35.60	
650m: 7:34.30	35.33	1400m: 16:31.55	36.55	2150m: 25:32.18	35.77	2900m: 34:30.36	35.56	
700m: 8:09.54	35.24	1450m: 17:07.74	36.19	2200m: 26:08.20	36.02	2950m: 35:05.70	35.34	
750m: 8:45.17	35.63	1500m: 17:44.47	36.73	2250m: 26:43.97	35.77	3000m: 35:40.34	34.64	
3. CERNADAS GONZALEZ, Ana	04	C. Fluvial De Lugo			<b>35:55.88</b>	14,00		
50m: 34.50	34.50	800m: 9:29.50	35.70	1550m: 18:29.67	36.29	2300m: 27:32.92	1:36.81	
100m: 1:09.78	35.28	850m: 10:05.12	35.62	1600m: 19:05.80	36.13	2350m: 28:08.76	35.84	
150m: 1:45.42	35.64	900m: 10:41.32	36.20	1650m: 19:41.61	8.81	2400m: 28:45.00	36.24	
200m: 2:21.17	35.75	950m: 11:17.12	35.80	1700m: 20:17.54	1:02.93	2450m: 29:20.94	35.94	
250m: 25:56.92	23:35.75	1000m: 11:53.36	36.24	1750m: 20:53.42	35.88	2500m: 29:57.32	36.38	
300m: 3:32.62		1050m: 12:29.23	35.87	1800m: 21:29.80	36.38	2550m: 30:33.23	35.91	
350m: 4:08.36	35.74	1100m: 13:04.91	35.68	1850m: 22:06.25	36.45	2600m: 31:09.38	36.15	
400m: 4:44.12	35.76	1150m: 13:40.44	35.53	1900m: 22:42.48	36.23	2650m: 31:45.48	36.10	
450m: 5:20.12	36.00	1200m: 14:16.25	35.81	1950m: 23:18.86	36.38	2700m: 32:21.92	36.44	
500m: 5:56.05	35.93	1250m: 14:52.18	35.93	2000m: 23:55.30	36.44	2750m: 32:58.23	36.31	
550m: 6:31.81	35.76	1300m: 15:28.38	36.20	2050m: 24:31.18	35.88	2800m: 33:34.25	36.02	
600m: 7:07.30	35.49	1350m: 16:04.56	36.18	2100m: 25:07.23	36.05	2850m: 34:10.23	35.98	
650m: 7:42.64	35.34	1400m: 16:40.74	36.18	2150m: 25:43.34	36.11	2900m: 34:46.81	36.58	
700m: 8:18.18	35.54	1450m: 17:17.11	36.37	2200m: 26:19.67	36.33	2950m: 35:21.97	35.16	
750m: 8:53.80	35.62	1500m: 17:53.38	36.27	2250m: 25:56.11		3000m: 35:55.88	33.91	

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

Prueba 5, Fem., 3000m Libre, JUNIOR 1

Clasificación	AN				Marca						
4. DOSIL PEREZ, Marta Qin	03				C. Del Mar De San Amaro				37:00.80	13,00	
50m:	34.24	34.24	800m:	9:34.81	37.05	1550m:	18:50.92	37.42	2300m:	28:14.24	37.24
100m:	1:09.45	35.21	850m:	10:11.57	36.76	1600m:	19:28.51	37.59	2350m:	28:52.37	38.13
150m:	1:44.89	35.44	900m:	10:48.66	37.09	1650m:	20:05.95	37.44	2400m:	29:30.68	38.31
200m:	2:20.73	35.84	950m:	11:25.89	37.23	1700m:	20:43.26	37.31	2450m:	30:08.95	38.27
250m:	2:56.51	35.78	1000m:	12:03.00	37.11	1750m:	21:20.57	37.31	2500m:	30:46.70	37.75
300m:	3:32.60	36.09	1050m:	12:39.73	36.73	1800m:	21:57.70	37.13	2550m:	31:23.89	37.19
350m:	4:08.50	35.90	1100m:	13:17.48	37.75	1850m:	22:35.05	37.35	2600m:	32:01.89	38.00
400m:	4:44.37	35.87	1150m:	13:54.50	37.02	1900m:	23:12.68	37.63	2650m:	32:39.81	37.92
450m:	5:20.67	36.30	1200m:	14:31.76	37.26	1950m:	23:50.12	37.44	2700m:	33:17.60	37.79
500m:	5:56.62	35.95	1250m:	15:08.29	36.53	2000m:	24:28.05	37.93	2750m:	33:55.24	37.64
550m:	6:32.51	35.89	1300m:	15:45.39	37.10	2050m:	25:05.50	37.45	2800m:	34:33.18	37.94
600m:	7:08.51	36.00	1350m:	16:22.70	37.31	2100m:	25:43.45	37.95	2850m:	35:10.56	37.38
650m:	7:44.89	36.38	1400m:	16:59.60	36.90	2150m:	26:21.23	37.78	2900m:	35:48.12	37.56
700m:	8:21.31	36.42	1450m:	17:36.73	37.13	2200m:	26:58.95	37.72	2950m:	36:25.16	37.04
750m:	8:57.76	36.45	1500m:	18:13.50	36.77	2250m:	27:37.00	38.05	3000m:	37:00.80	35.64
5. MARIN MARTINEZ, Rosalia	04				C. N. Coruña				38:01.68	12,00	
50m:	35.78	35.78	800m:	10:11.91	39.20	1550m:	20:01.11	39.67	2300m:	29:08.91	37.83
100m:	14:12.53	13:36.75	850m:	10:50.81	38.90	1600m:	20:40.68	39.57	2350m:	29:47.06	38.15
150m:	1:49.94		900m:	11:29.81	39.00	1650m:	20:40.68		2400m:	30:24.68	37.62
200m:	2:27.73	37.79	950m:	12:09.18	39.37	1700m:	21:59.87	1:19.19	2450m:	31:01.85	37.17
250m:	3:05.66	37.93	1000m:	12:48.49	39.31	1750m:	21:59.87		2500m:	31:39.24	37.39
300m:	3:43.66	38.00	1050m:	13:27.69	39.20	1800m:	22:39.50	39.63	2550m:	32:17.29	38.05
350m:	4:21.87	38.21	1100m:	14:06.93	39.24	1850m:	23:19.06	39.56	2600m:	32:55.41	38.12
400m:	5:00.14	38.27	1150m:	14:46.24	39.31	1900m:	23:58.85	39.79	2650m:	33:33.62	38.21
450m:	5:38.87	38.73	1200m:	15:25.27	39.03	1950m:	24:38.30	39.45	2700m:	34:12.29	38.67
500m:	6:17.68	38.81	1250m:	16:04.47	39.20	2000m:	35:18.16	10:39.86	2750m:	34:50.85	38.56
550m:	6:56.46	38.78	1300m:	16:43.81	39.34	2050m:	25:57.49		2800m:	35:28.99	38.14
600m:	7:35.48	39.02	1350m:	17:23.08	39.27	2100m:	26:36.68	39.19	2850m:	36:07.41	38.42
650m:	8:14.29	38.81	1400m:	18:02.68	39.60	2150m:	27:15.46	38.78	2900m:	36:45.49	38.08
700m:	8:53.43	39.14	1450m:	18:42.18	39.50	2200m:	27:53.74	38.28	2950m:	37:23.52	38.03
750m:	9:32.71	39.28	1500m:	19:21.44	39.26	2250m:	28:31.08	37.34	3000m:	38:01.68	38.16
6. CAL FERNÁNDEZ, Lucía	03				Real C. Náutico De Vigo				38:05.89	11,00	
50m:	34.30	34.30	800m:	9:49.37	37.72	1550m:	19:24.10	38.53	2300m:	29:05.78	38.76
100m:	1:09.89	35.59	850m:	10:27.31	37.94	1600m:	20:02.39	38.29	2350m:	29:44.20	38.42
150m:	1:46.01	36.12	900m:	11:05.64	38.33	1650m:	20:39.90	37.51	2400m:	30:23.57	39.37
200m:	2:22.21	36.20	950m:	11:43.95	38.31	1700m:	21:18.13	38.23	2450m:	31:02.89	39.32
250m:	2:58.46	36.25	1000m:	12:22.15	38.20	1750m:	21:56.08	37.95	2500m:	31:41.46	38.57
300m:	3:35.22	36.76	1050m:	13:00.02	37.87	1800m:	22:35.20	39.12	2550m:	32:20.70	39.24
350m:	4:12.15	36.93	1100m:	13:38.10	38.08	1850m:	23:13.89	38.69	2600m:	32:59.96	39.26
400m:	4:49.20	37.05	1150m:	14:16.28	38.18	1900m:	23:53.08	39.19	2650m:	33:38.64	38.68
450m:	5:26.45	37.25	1200m:	14:54.65	38.37	1950m:	24:31.41	38.33	2700m:	34:16.89	38.25
500m:	6:04.10	37.65	1250m:	15:32.97	38.32	2000m:	25:10.82	39.41	2750m:	34:55.40	38.51
550m:	6:44.76	40.66	1300m:	16:11.13	38.16	2050m:	25:50.01	39.19	2800m:	35:34.00	38.60
600m:	7:19.12	34.36	1350m:	16:49.90	38.77	2100m:	26:29.26	39.25	2850m:	26:12.21	
650m:	7:56.52	37.40	1400m:	17:28.82	38.92	2150m:	27:08.59	39.33	2900m:	36:50.64	10:38.43
700m:	8:34.31	37.79	1450m:	18:07.18	38.36	2200m:	27:47.74	39.15	2950m:	37:29.26	38.62
750m:	9:11.65	37.34	1500m:	18:45.57	38.39	2250m:	28:27.02	39.28	3000m:	38:05.89	36.63

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

Prueba 5, Fem., 3000m Libre, JUNIOR 1

Clasificación				AN				Marca				
7.	VISO VARELA, Lucia			04	C. Del Mar De San Amaro			38:57.99	10,00			
	50m:	36.30	36.30	800m:	10:11.55	38.97	1550m:	20:00.97	39.36	2300m:	29:51.20	39.34
	100m:	1:12.14	35.84	850m:	10:50.54	38.99	1600m:	20:40.53	39.56	2350m:	30:30.34	39.14
	150m:	1:49.48	37.34	900m:	11:29.54	39.00	1650m:	21:20.04	39.51	2400m:	31:09.43	39.09
	200m:	2:27.22	37.74	950m:	12:08.74	39.20	1700m:	21:59.61	39.57	2450m:	31:48.72	39.29
	250m:	3:05.39	38.17	1000m:	12:48.23	39.49	1750m:	22:39.30	39.69	2500m:	32:28.23	39.51
	300m:	3:43.53	38.14	1050m:	13:27.59	39.36	1800m:	23:19.06	39.76	2550m:	33:07.30	39.07
	350m:	4:25.83	42.30	1100m:	14:06.74	39.15	1850m:	23:58.77	39.71	2600m:	33:46.61	39.31
	400m:	5:00.89	35.06	1150m:	14:45.80	39.06	1900m:	24:38.11	39.34	2650m:	34:25.47	38.86
	450m:	5:38.86	37.97	1200m:	15:24.97	39.17	1950m:	25:17.97	39.86	2700m:	35:04.72	39.25
	500m:	6:17.53	38.67	1250m:	16:04.20	39.23	2000m:	25:57.15	39.18	2750m:	35:44.11	39.39
	550m:	6:56.28	38.75	1300m:	16:43.53	39.33	2050m:	26:36.58	39.43	2800m:	36:23.20	39.09
	600m:	7:35.24	38.96	1350m:	17:22.91	39.38	2100m:	27:15.36	38.78	2850m:	37:02.34	39.14
	650m:	8:14.11	38.87	1400m:	18:02.41	39.50	2150m:	27:53.86	38.50	2900m:	37:41.84	39.50
	700m:	8:53.34	39.23	1450m:	18:42.09	39.68	2200m:	28:32.72	38.86	2950m:	38:20.97	39.13
	750m:	9:32.58	39.24	1500m:	19:21.61	39.52	2250m:	29:11.86	39.14	3000m:	38:57.99	37.02
8.	EIRIS GARCIA, Marta			03	C. N. Coruña			39:04.97	9,00			
	50m:	35.85	35.85	800m:	10:00.01	38.10	1550m:	19:40.32	38.76	2300m:	29:42.90	39.48
	100m:	1:12.85	37.00	850m:	10:38.53	38.52	1600m:	20:19.40	39.08	2350m:	30:23.09	40.19
	150m:	1:50.20	37.35	900m:	11:16.56	38.03	1650m:	20:58.91	39.51	2400m:	31:03.03	39.94
	200m:	2:27.77	37.57	950m:	11:55.28	38.72	1700m:	21:39.27	40.36	2450m:	31:43.16	40.13
	250m:	3:05.71	37.94	1000m:	12:33.85	38.57	1750m:	22:18.64	39.37	2500m:	32:23.60	40.44
	300m:	3:43.60	37.89	1050m:	13:12.58	38.73	1800m:	22:58.66	40.02	2550m:	33:04.09	40.49
	350m:	4:21.20	37.60	1100m:	13:51.20	38.62	1850m:	23:39.09	40.43	2600m:	33:43.90	39.81
	400m:	4:58.41	37.21	1150m:	14:29.41	38.21	1900m:	24:19.96	40.87	2650m:	34:23.35	39.45
	450m:	5:35.28	36.87	1200m:	15:08.33	38.92	1950m:	25:00.91	40.95	2700m:	35:03.22	39.87
	500m:	6:12.40	37.12	1250m:	15:47.46	39.13	2000m:	25:41.39	40.48	2750m:	35:42.47	39.25
	550m:	6:50.19	37.79	1300m:	16:26.03	38.57	2050m:	26:21.44	40.05	2800m:	36:22.20	39.73
	600m:	7:27.69	37.50	1350m:	17:05.14	39.11	2100m:	27:01.64	40.20	2850m:	37:03.64	41.44
	650m:	8:05.72	38.03	1400m:	17:44.46	39.32	2150m:	27:42.32	40.68	2900m:	37:44.25	40.61
	700m:	8:43.52	37.80	1450m:	18:23.02	38.56	2200m:	28:23.33	41.01	2950m:	38:24.90	40.65
	750m:	9:21.91	38.39	1500m:	19:01.56	38.54	2250m:	29:03.42	40.09	3000m:	39:04.97	40.07
9.	TOURIÑAN BARBEITO, Adriana			04	C. N. Coruña			39:18.89	-			
	50m:	35.89	35.89	800m:	10:11.92	39.18	1550m:	20:01.00	39.50	2300m:	29:33.69	19.92
	100m:	1:12.98	37.09	850m:	10:50.88	38.96	1600m:	20:40.64	39.64	2350m:	30:34.00	1:00.31
	150m:	1:50.31	37.33	900m:	11:29.88	39.00	1650m:	21:20.25	39.61	2400m:	31:13.81	39.81
	200m:	2:27.69	37.38	950m:	13:09.07	1:39.19	1700m:	21:59.81	39.56	2450m:	31:54.12	40.31
	250m:	3:05.75	38.06	1000m:	12:48.31		1750m:	22:39.31	39.50	2500m:	32:34.75	40.63
	300m:	3:43.67	37.92	1050m:	13:27.77	39.46	1800m:	23:18.92	39.61	2550m:	33:15.18	40.43
	350m:	4:21.75	38.08	1100m:	14:06.77	39.00	1850m:	23:58.83	39.91	2600m:	33:55.69	40.51
	400m:	5:00.26	38.51	1150m:	14:46.18	39.41	1900m:	24:38.30	39.47	2650m:	34:36.17	40.48
	450m:	5:38.83	38.57	1200m:	15:25.30	39.12	1950m:	25:18.11	3:39.81	2700m:	25:17.17	
	500m:	6:17.62	38.79	1250m:	16:04.75	39.45	2000m:	25:57.38		2750m:	35:58.05	10:40.88
	550m:	6:56.45	38.83	1300m:	16:43.94	39.19	2050m:	26:36.83	39.45	2800m:	36:38.75	40.70
	600m:	7:35.40	38.95	1350m:	17:23.08	39.14	2100m:	27:15.75	38.92	2850m:	37:19.80	41.05
	650m:	8:14.33	38.93	1400m:	18:02.64	39.56	2150m:	27:54.81	39.06	2900m:	37:59.89	40.09
	700m:	8:53.44	39.11	1450m:	18:42.08	39.44	2200m:	28:34.08	39.27	2950m:	38:40.39	40.50
	750m:	9:32.74	39.30	1500m:	19:21.50	39.42	2250m:	29:13.77	39.69	3000m:	39:18.89	38.50

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

Prueba 5, Fem., 3000m Libre, JUNIOR 1

Clasificación	AN			Marca		
10. ESTEVEZ CRESPO, Aldara	04	C. N. Pabellón Ourense	39:22.52	8,00		
50m: 35.19 35.19	800m: 10:09.24	39.24 1550m: 20:04.44	39.44 2300m: 30:03.15	40.77		
100m: 1:12.38 37.19	850m: 10:48.83	39.59 1600m: 20:44.33	39.89 2350m: 30:43.46	40.31		
150m: 1:50.38 38.00	900m: 11:28.15	39.32 1650m: 21:23.90	39.57 2400m: 31:23.52	40.06		
200m: 2:28.19 37.81	950m: 12:07.32	39.17 1700m: 22:03.38	39.48 2450m: 32:04.02	40.50		
250m: 3:05.76 37.57	1000m: 12:48.78	41.46 1750m: 22:43.44	40.06 2500m: 32:44.46	40.44		
300m: 3:43.69 37.93	1050m: 13:26.38	37.60 1800m: 23:22.94	39.50 2550m: 33:23.90	39.44		
350m: 4:21.56 37.87	1100m: 14:05.88	39.50 1850m: 24:02.69	39.75 2600m: 34:04.07	40.17		
400m: 44:59.77 40:38.21	1150m: 14:45.42	39.54 1900m: 24:42.19	39.50 2650m: 34:44.52	40.45		
450m: 5:37.61	1200m: 15:25.12	39.70 1950m: 25:52.30	1:10.11 2700m: 35:24.76	40.24		
500m: 6:15.82 38.21	1250m: 16:05.12	40.00 2000m: 26:02.44	10.14 2750m: 36:04.52	39.76		
550m: 6:54.11 38.29	1300m: 16:44.82	39.70 2050m: 26:42.12	39.68 2800m: 36:44.56	40.04		
600m: 7:32.83 38.72	1350m: 17:24.42	39.60 2100m: 27:22.00	39.88 2850m: 37:24.86	40.30		
650m: 8:11.63 38.80	1400m: 18:04.38	39.96 2150m: 28:01.76	39.76 2900m: 38:04.68	39.82		
700m: 8:50.33 38.70	1450m: 18:44.61	40.23 2200m: 28:42.07	40.31 2950m: 38:44.32	39.64		
750m: 9:30.00 39.67	1500m: 19:25.00	40.39 2250m: 29:22.38	40.31 3000m: 39:22.52	38.20		
11. BABARRO LOPEZ, Xiana	03	C. N. Pabellón Ourense	39:47.11	7,00		
50m: 35.93 35.93	800m: 10:27.39	40.20 1550m: 20:29.08	40.65 2300m: 30:25.63	39.44		
100m: 1:13.32 37.39	850m: 11:07.66	40.27 1600m: 21:08.29	39.21 2350m: 31:05.74	40.11		
150m: 1:51.74 38.42	900m: 11:47.48	39.82 1650m: 21:48.55	40.26 2400m: 31:46.11	40.37		
200m: 2:30.82 39.08	950m: 12:27.62	40.14 1700m: 22:28.55	40.00 2450m: 32:25.88	39.77		
250m: 3:09.93 39.11	1000m: 13:07.89	40.27 1750m: 23:08.20	39.65 2500m: 33:05.74	39.86		
300m: 3:49.70 39.77	1050m: 13:48.38	40.49 1800m: 23:48.49	40.29 2550m: 33:45.16	39.42		
350m: 4:28.57 38.87	1100m: 14:28.93	40.55 1850m: 23:28.57		2600m: 34:25.13	39.97	
400m: 5:07.51 38.94	1150m: 15:08.08	39.15 1900m: 25:08.13	1:39.56 2650m: 25:05.24			
450m: 5:46.98 39.47	1200m: 15:47.39	39.31 1950m: 25:47.93	39.80 2700m: 35:45.55	10:40.31		
500m: 6:26.99 40.01	1250m: 16:26.60	39.21 2000m: 26:27.76	39.83 2750m: 36:26.04	40.49		
550m: 7:07.06 40.07	1300m: 17:06.73	40.13 2050m: 27:07.32	39.56 2800m: 37:06.44	40.40		
600m: 7:47.49 40.43	1350m: 17:47.38	40.65 2100m: 27:47.32	40.00 2850m: 37:47.19	40.75		
650m: 8:27.26 39.77	1400m: 18:27.99	40.61 2150m: 28:27.08	39.76 2900m: 38:27.82	40.63		
700m: 9:07.20 39.94	1450m: 19:08.62	40.63 2200m: 29:06.44	39.36 2950m: 39:08.11	40.29		
750m: 9:47.19 39.99	1500m: 19:48.43	39.81 2250m: 29:46.19	39.75 3000m: 39:47.11	39.00		
12. CIVEIRA CORRAL, Nerea	04	C. N. Pabellón Ourense	40:40.12	-		
50m: 36.11 36.11	800m: 10:31.12	38.87 1550m: 20:41.92	40.95 2300m: 31:03.50	41.70		
100m: 1:15.38 39.27	850m: 11:11.30	40.18 1600m: 21:23.04	41.12 2350m: 31:45.56	42.06		
150m: 1:54.53 39.15	900m: 11:51.86	40.56 1650m: 21:04.32		2400m: 32:27.06	41.50	
200m: 2:34.47 39.94	950m: 12:32.24	40.38 1700m: 22:45.35	1:41.03 2450m: 33:08.42	41.36		
250m: 3:13.08 38.61	1000m: 13:13.01	40.77 1750m: 23:26.99	41.64 2500m: 33:49.55	41.13		
300m: 3:53.42 40.34	1050m: 13:53.55	40.54 1800m: 24:09.11	42.12 2550m: 34:30.74	41.19		
350m: 4:44.50 51.08	1100m: 14:33.82	40.27 1850m: 24:50.50	41.39 2600m: 35:12.30	41.56		
400m: 5:12.44 27.94	1150m: 15:14.04	40.22 1900m: 25:32.68	42.18 2650m: 35:53.55	41.25		
450m: 5:52.76 40.32	1200m: 15:54.79	40.75 1950m: 26:14.00	41.32 2700m: 36:34.66	41.11		
500m: 6:32.61 39.85	1250m: 16:35.76	40.97 2000m: 26:55.24	41.24 2750m: 37:16.60	41.94		
550m: 7:11.99 39.38	1300m: 17:16.70	40.94 2050m: 27:36.30	41.06 2800m: 37:57.69	41.09		
600m: 7:51.51 39.52	1350m: 17:57.80	41.10 2100m: 28:17.42	41.12 2850m: 38:38.88	41.19		
650m: 8:31.38 39.87	1400m: 18:38.86	41.06 2150m: 28:59.50	42.08 2900m: 39:19.66	40.78		
700m: 9:11.16 39.78	1450m: 19:19.92	41.06 2200m: 29:40.42	40.92 2950m: 40:00.12	40.46		
750m: 9:52.25 41.09	1500m: 20:00.97	41.05 2250m: 30:21.80	41.38 3000m: 40:40.12	40.00		