



IV CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORÍAS INFANTIL- JUNIOR - SENIOR

Organiza: Club Natació Terrassa
Piscina: C.N. Terrassa, 50 metros, 10 calles
Terrassa (Bcn), 16 de febrero de 2013



Prueba nº 1 - 3000 metros - Categoría INFANTIL MASCULINO

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Puesto	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º	11º	BAJA	BAJA
Apellidos	PUJOL BELMONTE	SANTIAGO BETANCOR	ALVAREZ GARCIA	MARIÑO DIAZ	MARTINEZ MURCIA	HERRANZ CABALLERO	MENCHACA MOSTEIRO	BORDES ADELL	RAMOS ROJAS	PLAZA SUCH	MIRANDA TOVAR	BRENES MOLINA	ANDRADE BUDIÑO
Nombre	GUILLEM	RAUL	MANUEL A.	DIEGO	ALBERTO	SERGIO	CARLOS	XAVIER	ALEX	LUIS	DAVID	CARLOS JAVIER	GASPAR
Año	1997	1997	1997	1998	1998	1997	1998	1998	1998	1997	1997	1997	1998
Licencia	045967744	045364292	071904700	078808914	023313530	002567447	071903291	020903944	045934114	077141616	047936263	029514668	046097678
Club	CN LLORET DE MAR	CN LAS PALMAS	CN LAS ANCLAS	CN LAS ANCLAS	AD ANCORA	CN MADRID MOSC.	CN LAS ANCLAS	CN VINAROS	CN TERRASSA	UCAM FUENSANTA	CN VINAROS	CN MAIRENA ALJ.	CN ARZUA
Serie-Calle-Ld	3-DR	4-DR	5-DR	6-DR	7-DR	0-DR	1-DR	2-DR	0-IZQ	8-IZQ	8-DR	9-DR	---

Tiempo	33:44,60	33:58,59	34:26,99	34:29,82	35:23,06	35:52,20	35:53,01	36:25,71	36:27,71	36:42,59	38:47,47	BAJA	BAJA
Puntos	19	16	14	12	11	10	---	9	8	7	6		

MEJOR MARCA NACIONAL
16 AÑOS, ANT. 33:51,97

MEJOR MARCA NACIONAL
15 AÑOS, ANT. 35:01,82

100									1:10,80	1:10,14			
200	2:08,12	2:13,75	2:15,24	2:18,88	2:18,64	2:20,22	2:23,46	2:14,89	2:23,26	2:20,83	2:25,16		
400	4:20,46	4:30,50	4:31,69	4:35,89	4:37,57	4:44,06	4:48,28	4:39,11	4:48,84	4:45,61	4:52,32		
500	5:26,53	5:38,29	5:40,02	5:44,48	5:47,32	5:55,71	5:58,95	5:43,70	6:00,70	5:58,86	6:06,29		
800	8:44,67	9:00,84	9:04,40	9:09,88	9:16,80	9:30,58	9:29,82	9:16,71	9:39,59	9:39,39	9:52,25		
1000	10:58,00	11:15,34	11:21,40	11:26,50	11:37,53	11:54,04	11:50,61	11:41,67	12:05,69	12:07,16	12:23,16		
1500	16:34,11	16:55,06	17:06,53	17:09,40	17:31,55	17:55,68	17:49,25	17:48,95	18:08,21	18:10,57	18:48,62		
2000	22:16,44	22:38,68	22:54,82	22:54,92	23:26,99	23:58,43	23:53,94	23:57,46	24:13,24	24:24,37	25:26,07		
2500	28:05,83	28:15,76	28:45,16	28:43,25	29:28,93	29:57,85	29:57,92	29:59,12	30:20,30	30:34,50	32:09,74		
3000	33:44,60	33:58,59	34:26,99	34:29,82	35:23,06	35:52,20	35:53,01	36:25,71	36:27,71	36:42,59	38:47,47		

500	5:26,53	5:38,29	5:40,02	5:44,48	5:47,32	5:55,71	5:58,95	5:43,70	6:00,70	5:58,86	6:06,29		
1000	5:31,47	5:37,05	5:41,38	5:42,02	5:50,21	5:58,33	5:51,66	5:57,97	6:04,99	6:08,30	6:16,87		
1500	5:36,11	5:39,72	5:45,13	5:42,90	5:54,02	6:01,64	5:58,64	6:07,28	6:02,52	6:03,41	6:25,46		
2000	5:42,33	5:43,62	5:48,29	5:45,52	5:55,44	6:02,75	6:04,69	6:08,51	6:05,03	6:13,80	6:37,45		
2500	5:49,39	5:37,08	5:50,34	5:48,33	6:01,94	5:59,42	6:03,98	6:01,66	6:07,06	6:10,13	6:43,67		
3000	5:38,77	5:42,83	5:41,83	5:46,57	5:54,13	5:54,35	5:55,09	6:26,59	6:07,41	6:08,09	6:37,73		

1000	10:58,00	11:15,34	11:21,40	11:26,50	11:37,53	11:54,04	11:50,61	11:41,67	12:05,69	12:07,16	12:23,16	0:00,00	
2000	11:18,44	11:23,34	11:33,42	11:28,42	11:49,46	12:04,39	12:03,33	12:15,79	12:07,55	12:17,21	13:02,91	0:00,00	
3000	11:28,16	11:19,91	11:32,17	11:34,90	11:56,07	11:53,77	11:59,07	12:28,25	12:14,47	12:18,22	13:21,40	0:00,00	

prom./1000	3	11:14,87	11:19,53	11:29,00	11:29,94	11:47,69	11:57,40	11:57,67	12:08,57	12:09,24	12:14,20	12:55,82	0:00,00
prom./500	6	5:37,43	5:39,77	5:44,50	5:44,97	5:53,84	5:58,70	5:58,83	6:04,29	6:04,62	6:07,10	6:27,91	0:00,00
prom./100	30	1:07,49	1:07,95	1:08,90	1:08,99	1:10,77	1:11,74	1:11,77	1:12,86	1:12,92	1:13,42	1:17,58	0:00,00



Ajuntament



de Terrassa





IV CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORÍAS INFANTIL- JUNIOR - SENIOR

Organiza: Club Natació Terrassa
Piscina: C.N. Terrassa, 50 metros, 10 calles
Terrassa (Bcn), 16 de febrero de 2013



Prueba nº 2 - 3000 metros - Categoría INFANTIL FEMENINO

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Puesto	1ª	2ª	3ª	4ª	5ª	6ª	BAJA						
Apellidos	PRADAS MEDINA	TOBARUELA DIAZ	ARANGUREN ABEIGON	GALINDO VIVES	NAVARRO VEGA	MOLINA HERREROS	MARIN GAYTE						
Nombre	CAROLINA	STELLA PALOMA	ITZIAR	MARTA	VERONICA	ANA	ISABEL						
Año	1997	1997	1997	1997	1997	1997	1998						
Licencia	044892757	047228319	077409512	018957828	054148780	099160042	030698012						
Club	CST-CST COSTA AZAHAR	CD COVIBAR RIVAS	CN GALAICO	CST-CST COSTA AZAHAR	CN LAS PALMAS	CN VILA-REAL	CN MAIRENA ALJR.						
Serie-Calle-Ld	3-IZQ	5-IZQ	4-IZQ	7-IZQ	2-IZQ	6-IZQ	1-IZQ						

Tiempo	36:34,10	36:37,62	36:50,90	37:28,65	38:05,98	38:12,12	BAJA						
Puntos	19	16	14	12	11	10							

100	1:07,27	1:11,01	1:10,13	1:11,07	1:12,34	1:10,93							
200	2:17,78	2:23,39	2:22,29	2:23,10	2:26,44	2:23,60							
400	4:40,61	4:48,53	4:48,13	4:49,60	4:55,93	4:51,19							
500	5:52,55	6:01,10	6:00,81	6:02,97	6:10,85	6:05,00							
800	9:29,73	9:40,39	9:39,34	9:44,67	9:57,83	9:48,75							
1000	11:56,25	12:07,93	12:07,67	12:14,03	12:29,41	12:19,47							
1500	18:06,06	18:18,27	18:18,09	18:32,90	18:48,86	18:42,99							
2000	24:16,01	24:29,96	24:29,99	24:53,69	25:14,49	25:10,96							
2500	30:29,99	30:38,85	30:39,01	31:10,56	31:44,38	31:41,76							
3000	36:34,10	36:37,62	36:50,90	37:28,65	38:05,98	38:12,12							

500	5:52,55	6:01,10	6:00,81	6:02,97	6:10,85	6:05,00							
1000	6:03,70	6:06,83	6:06,86	6:11,06	6:18,56	6:14,47							
1500	6:09,81	6:10,34	6:10,42	6:18,87	6:19,45	6:23,52							
2000	6:09,95	6:11,69	6:11,90	6:20,79	6:25,63	6:27,97							
2500	6:13,98	6:08,89	6:09,02	6:16,87	6:29,89	6:30,80							
3000	6:04,11	5:58,77	6:11,89	6:18,09	6:21,60	6:30,36							

1000	11:56,25	12:07,93	12:07,67	12:14,03	12:29,41	12:19,47							
2000	12:19,76	12:22,03	12:22,32	12:39,66	12:45,08	12:51,49							
3000	12:18,09	12:07,66	12:20,91	12:34,96	12:51,49	13:01,16							

prom./1000	3	12:11,37	12:12,54	12:16,97	12:29,55	12:41,99	12:44,04						
prom./500	6	6:05,68	6:06,27	6:08,48	6:14,78	6:21,00	6:22,02						
prom./100	30	1:13,14	1:13,25	1:13,70	1:14,96	1:16,20	1:16,40						



Ajuntament



de Terrassa



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Piscina: C.N. Terrassa, 50 metros, 10 calles
Terrassa (Bcn), 16 de febrero de 2013



Prueba nº 3 (1) - 5000 metros - Categoría JUNIOR MASCULINO

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Puesto	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º	11º			
Apellidos	GIL TARAZONA	VICTORIA CAMPILLO	CONTRERAS GONZALEZ	RICO CABRERA	ESQUITINO GARRIDO	DONOSO RUBIO	DOMENECH AZPITARTE	GARCIA DIAZ	GONZALEZ RODRIGUEZ	LADISLAO MARRERO	RAMIREZ VERDYGUER			
Nombre	POL	PABLO	ANTONIO	JAVIER	ALBERTO	LEONARDO	ADRIAN	FRANCISCO JOSE	BORJA	JOSE MARIA	MIGUEL			
Año	1996	1996	1996	1995	1995	1995	1995	1995	1995	1996	1996			
Licencia	047893607	048700856	030258471	077183032	P10350028	015412876	076629687	053353676	044497467	045349264	051500578			
Club	CN VALLIRANA	UCAM FUENSANTA	C. NTCO. SEVILLA	RC MEDITERRANEO	CN CHURRIANA	CN ALCALA	CDU GRANADA	CN MAIRENA ALJ.F.	CN PAB.OURENSE	CN LAS PALMAS	GREDOS S. DIEGO			
Serie-Calle-Ld	8-DR	3-DR	4-DR	1-DR	0-DR	6-DR	2-DR	9-DR	5-DR	7-DR	(2) 4-DR			

Tiempo	57:03,73	57:26,24	57:50,00	58:11,14	58:19,63	58:25,37	59:21,12	59:25,51	59:31,73	1:00:08,02	1:02:18,93			
Puntos	19	16	14	12	11	10	9	8	7	6	5			

100	1:07,64	1:06,16	1:06,19	1:07,47	1:07,45	1:06,16	1:06,97	1:06,85	1:06,65	1:07,21	1:07,20			
200	2:15,33	2:13,43	2:14,73	2:16,24	2:16,12	2:12,78	2:15,81	2:15,04	2:15,05	2:14,95	2:17,32			
400	4:30,80	4:27,89	4:34,16	4:35,01	4:33,85	4:26,63	4:34,41	4:31,86	4:33,68	4:33,18	4:38,68			
500	5:38,62	5:34,92	5:43,61	5:44,56	5:42,36	5:33,54	5:44,08	5:40,21	5:43,29	5:42,49	5:50,22			
800	9:01,46	8:55,52	9:13,46	9:11,93	9:08,68	8:57,01	9:12,10	9:07,64	9:13,10	9:12,70	9:27,68			
1000	11:16,17	11:09,66	11:34,12	11:29,93	11:26,46	11:13,08	11:30,43	11:27,17	11:33,44	11:34,63	11:52,62			
1500	16:54,54	16:47,08	17:19,74	17:16,43	17:11,37	16:54,78	17:18,98	17:22,52	17:27,03	17:33,98	17:58,39			
2000	22:35,72	22:28,23	23:06,46	23:11,15	22:58,30	22:41,39	23:10,83	23:23,40	23:20,85	23:33,71	24:08,28			
2500	28:17,91	28:12,32	28:52,70	29:04,85	28:46,60	28:31,41	29:07,08	29:21,35	29:17,00	29:35,37	30:21,30			
3000	34:00,30	33:59,46	34:43,10	34:55,44	34:36,08	34:26,26	35:00,35	35:19,08	35:12,67	35:37,82	36:34,79			
3500	39:42,85	39:44,75	40:31,61	40:46,35	40:27,67	40:21,36	41:02,49	41:19,40	41:15,14	41:45,38	42:51,48			
4000	45:28,76	45:34,35	46:16,89	46:38,73	46:21,96	46:20,93	47:06,24	47:20,91	47:19,00	47:53,22	49:16,27			
4500	51:16,10	51:29,44	52:05,09	52:27,50	52:21,46	52:25,91	53:13,77	53:25,70	53:24,63	54:03,91	55:46,65			
5000	57:03,73	57:26,24	57:50,00	58:11,14	58:19,63	58:25,37	59:21,12	0:59:25,51	59:31,73	1:00:08,02	1:02:18,93			

500	5:38,62	5:34,92	5:43,61	5:44,56	5:42,36	5:33,54	5:44,08	5:40,21	5:43,29	5:42,49	5:50,22			
1000	5:37,55	5:34,74	5:50,51	5:45,37	5:44,10	5:39,54	5:46,35	5:46,96	5:50,15	5:52,14	6:02,40			
1500	5:38,37	5:37,42	5:45,62	5:46,50	5:44,91	5:41,70	5:48,55	5:55,35	5:53,59	5:59,35	6:05,77			
2000	5:41,18	5:41,15	5:46,72	5:54,72	5:46,93	5:46,61	5:51,85	6:00,88	5:53,82	5:59,73	6:09,89			
2500	5:42,19	5:44,09	5:46,24	5:53,70	5:48,30	5:50,02	5:56,25	5:57,95	5:56,15	6:01,66	6:13,02			
3000	5:42,39	5:47,14	5:50,40	5:50,59	5:49,48	5:54,85	5:53,27	5:57,73	5:55,67	6:02,45	6:13,49			
3500	5:42,55	5:45,29	5:48,51	5:50,91	5:51,59	5:55,10	6:02,14	6:00,32	6:02,47	6:07,56	6:16,69			
4000	5:45,91	5:49,60	5:45,28	5:52,38	5:54,29	5:59,57	6:03,75	6:01,51	6:03,86	6:07,84	6:24,79			
4500	5:47,34	5:55,09	5:48,20	5:48,77	5:59,50	6:04,98	6:07,53	6:04,79	6:05,63	6:10,69	6:30,38			
5000	5:47,63	5:56,80	5:44,91	5:43,64	5:58,17	5:59,46	6:07,35	5:59,81	6:07,10	6:04,11	6:32,28			

1000	11:16,17	11:09,66	11:34,12	11:29,93	11:26,46	11:13,08	11:30,43	11:27,17	11:33,44	11:34,63	11:52,62			
2000	11:19,55	11:18,57	11:32,34	11:41,22	11:31,84	11:28,31	11:40,40	11:56,23	11:47,41	11:59,08	12:15,66			
3000	11:24,58	11:31,23	11:36,64	11:44,29	11:37,78	11:44,87	11:49,52	11:55,68	11:51,82	12:04,11	12:26,51			
4000	11:33,25	11:44,69	11:33,48	11:41,15	11:53,79	12:04,55	12:11,28	12:06,30	12:09,49	12:18,53	12:55,17			
5000	11:34,97	11:51,89	11:33,11	11:32,41	11:57,67	12:04,44	12:14,88	12:04,60	12:12,73	12:14,80	13:02,66			

prom./1000	5	11:24,75	11:29,25	11:34,00	11:38,23	11:39,93	11:41,07	11:52,22	11:53,10	11:54,35	12:01,60	12:27,79			
prom./500	10	5:42,37	5:44,62	5:47,00	5:49,11	5:49,96	5:50,54	5:56,11	5:56,55	5:57,17	6:00,80	6:13,89			
prom./100	50	1:08,47	1:08,92	1:09,40	1:09,82	1:09,99	1:10,11	1:11,22	1:11,31	1:11,43	1:12,16	1:14,78			



Ajuntament



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Piscina: C.N. Terrassa, 50 metros, 10 calles
Terrassa (Bcn), 16 de febrero de 2013



Prueba nº 3 (2) - 5000 metros - Categoría SENIOR MASCULINO

página: 04 de 09

Puesto	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º	11º	12º	13º	14º	BAJA
Apellidos	SANCHEZ TORRENS	RUIZ PEREZ	SNELSON KILBRIDE	MUÑOZ ILLANA	PARRILLA PONCE	CASTET MADRONA	RIVERA GOMIS	BOSCH PLANAS	CIURANA ROCA	ORENES SALAZAR	FERNANDEZ NIETO	MORALES PULIDO	MORA SERRANO	CASTRO VALLE	BAUTISTA BORRAS
Nombre	MARC	HECTOR	THOMAS	ADRIA	ALBERTO	YONATAN	CARLOS	JORDI	MARC	VICTOR	CRISTIAN	KEVIN JESUS	ALEJANDRO	HECTOR	MIGUEL
Año	1992	1991	1990	1990	1994	1990	1994	1994	1992	1991	1992	1993	1993	1993	1994
Licencia	043182823	041555996	026261165	045640215	047251939	047170244	099164696	047440881	039932520	048656774	077404524	042245223	050128751	076136671	P00088031
Club	CN SABADELL	CN MATARO	RC MEDITERRANEO	CN TERRASSA	CN SABADELL	CN VILA-REAL	CN SAN VICENTE	CN SANT ANDREU	CN PAB OURENSE	UCAM FUENSANTA	CN GALAICO	CN LAS PALMAS	CN MADRID MOSC.	CN PLASENCIA	CN MAIRENA ALJF.
Serie-Calle-Ld	4-IZQ	3-IZQ	5-IZQ	2-IZQ	9-IZQ	7-IZQ	6-IZQ	(2) 3-DR	8-IZQ	(2) 5-DR	0-IZQ	1-IZQ	(2) 4-IZQ	(2) 3-IZQ	(2) 5-IZQ

Tiempo	53:57,56	55:01,25	55:32,59	56:09,34	56:47,74	56:49,25	57:00,26	57:08,55	57:50,23	57:54,69	58:32,67	59:47,12	1:00:05,32	1:01:04,90	BAJA
Puntos	19	16	14	12	11	10	9	8	7	6	5	4	3	2	

RECORD ESPAÑA
RECORD CAMPTO.
ANT. 54:50,65

100	1:03,98	1:05,58	1:06,09	1:06,65	1:06,76	1:06,79	1:06,06	1:04,37	1:06,75	1:05,27	1:07,22	1:06,90	1:07,51	1:05,74	
200	2:09,93	2:10,82	2:12,38	2:14,61	2:15,07	2:13,00	2:12,79	2:10,56	2:13,94	2:11,84	2:15,92	2:16,02	2:16,90	2:13,28	
400	4:22,39	4:22,36	4:24,85	4:27,96	4:31,75	4:26,89	4:26,35	4:25,38	4:27,76	4:26,15	4:33,60	4:34,72	4:36,93	4:33,20	
500	5:27,86	5:28,12	5:31,01	5:33,74	5:38,56	5:34,11	5:33,32	5:33,05	5:34,69	5:34,03	5:41,20	5:44,06	5:47,55	5:43,70	
800	8:45,04	8:45,32	8:49,30	8:52,50	8:59,04	8:56,54	8:56,67	8:56,49	8:56,60	8:59,81	9:03,32	9:09,14	9:19,22	9:18,71	
1000	10:56,64	10:56,62	11:01,73	11:05,31	11:12,56	11:12,41	11:12,61	11:12,14	11:12,25	11:17,92	11:19,28	11:27,20	11:40,86	11:42,17	
1500	16:21,93	16:24,66	16:32,41	16:38,77	16:49,48	16:50,73	16:54,70	16:52,44	16:49,93	17:04,26	17:01,92	17:16,74	17:39,24	17:48,25	
2000	21:48,23	21:54,55	22:05,27	22:13,54	22:26,41	22:29,36	22:41,33	22:34,98	22:29,42	22:51,19	22:49,22	23:11,21	23:42,13	23:59,16	
2500	27:14,35	27:22,56	27:37,80	27:48,18	28:04,79	28:06,96	28:25,17	28:18,87	28:11,25	28:41,23	28:39,17	29:07,28	29:44,58	30:09,06	
3000	32:37,00	32:52,47	33:10,54	33:27,13	33:49,03	33:47,03	34:10,97	34:02,98	33:57,74	34:32,28	34:32,11	35:08,03	35:46,96	36:29,40	
3500	37:59,00	38:23,60	38:45,04	39:09,17	39:33,82	39:29,06	39:57,45	39:48,91	39:49,02	40:22,41	40:27,90	41:07,82	41:54,26	42:44,42	
4000	43:20,48	43:56,85	44:21,00	44:49,35	45:17,18	45:14,75	45:40,35	45:36,77	45:45,31	46:16,37	46:26,64	47:14,84	48:01,46	48:58,67	
4500	48:39,20	49:32,00	49:59,43	50:31,38	51:03,74	51:05,31	51:21,56	51:24,02	51:45,83	52:08,88	52:30,91	53:33,09	54:07,80	55:04,78	
5000	53:57,56	55:01,25	55:32,59	56:09,34	56:47,74	56:49,25	57:00,26	57:08,55	57:50,23	57:54,69	58:32,67	59:47,12	1:00:05,32	1:01:04,90	

500	5:27,86	5:28,12	5:31,01	5:33,74	5:38,56	5:34,11	5:33,32	5:33,05	5:34,69	5:34,03	5:41,20	5:44,06	5:47,55	5:43,70	
1000	5:28,78	5:28,50	5:30,72	5:31,57	5:34,00	5:38,30	5:39,29	5:37,56	5:43,89	5:38,08	5:43,14	5:53,31	5:58,47	5:58,47	
1500	5:25,29	5:28,04	5:30,68	5:33,46	5:36,92	5:38,32	5:42,09	5:40,30	5:37,68	5:46,34	5:42,64	5:49,54	5:58,38	6:06,08	
2000	5:26,30	5:29,89	5:32,86	5:34,77	5:36,93	5:38,63	5:46,63	5:42,54	5:39,49	5:46,93	5:47,30	5:54,47	6:02,89	6:10,91	
2500	5:26,12	5:28,01	5:32,53	5:34,64	5:38,38	5:37,60	5:43,84	5:43,89	5:41,83	5:50,04	5:49,95	5:56,07	6:02,45	6:09,90	
3000	5:22,65	5:29,91	5:32,74	5:38,95	5:44,24	5:40,07	5:45,80	5:44,11	5:46,49	5:51,05	5:52,94	6:00,75	6:02,38	6:20,34	
3500	5:22,00	5:31,13	5:34,50	5:42,04	5:44,79	5:42,03	5:46,48	5:45,93	5:51,28	5:50,13	5:55,79	5:59,79	6:07,30	6:15,02	
4000	5:21,48	5:33,25	5:35,96	5:40,18	5:43,36	5:45,69	5:42,90	5:47,86	5:56,29	5:53,96	5:58,74	6:07,02	6:07,20	6:14,25	
4500	5:18,72	5:35,15	5:38,43	5:42,03	5:46,56	5:50,56	5:41,21	5:47,25	6:00,52	5:52,51	6:04,27	6:18,25	6:06,34	6:06,11	
5000	5:18,36	5:29,25	5:33,16	5:37,96	5:44,00	5:43,94	5:38,70	5:44,53	6:04,40	5:45,81	6:01,76	6:14,03	5:57,52	6:00,12	

1000	10:56,64	10:56,62	11:01,73	11:05,31	11:12,56	11:12,41	11:12,61	11:12,14	11:12,25	11:17,92	11:19,28	11:27,20	11:40,86	11:42,17	
2000	10:51,59	10:57,93	11:03,54	11:08,23	11:13,85	11:16,95	11:28,72	11:22,84	11:17,17	11:33,27	11:29,94	11:44,01	12:01,27	12:16,99	
3000	10:48,77	10:57,92	11:05,27	11:13,59	11:22,62	11:17,67	11:29,64	11:28,00	11:28,32	11:41,09	11:42,89	11:56,82	12:04,83	12:30,24	
4000	10:40,20	11:08,40	11:14,39	11:22,21	11:29,92	11:36,25	11:24,11	11:35,11	11:56,81	11:46,47	12:03,01	12:25,27	12:13,54	12:20,36	
5000	10:37,08	11:04,40	11:11,59	11:19,99	11:30,56	11:34,50	11:19,91	11:31,78	12:04,92	11:38,32	12:06,03	12:32,28	12:03,86	12:06,23	

prom./1000	5	10:47,51	11:00,25	11:06,52	11:13,87	11:21,55	11:21,85	11:24,05	11:25,71	11:34,05	11:34,94	11:42,53	11:57,42	12:01,06	12:12,98	
prom./500	10	5:23,76	5:30,13	5:33,26	5:36,93	5:40,77	5:40,93	5:42,03	5:42,86	5:47,02	5:47,47	5:51,27	5:58,71	6:00,53	6:06,49	
prom./100	50	1:04,75	1:06,03	1:06,65	1:07,39	1:08,15	1:08,19	1:08,41	1:08,57	1:09,40	1:09,49	1:10,25	1:11,74	1:12,11	1:13,30	



Ajuntament



de Terrassa





IV CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORÍAS INFANTIL- JUNIOR - SENIOR

Organiza: Club Natació Terrassa
Piscina: C.N. Terrassa, 50 metros, 10 calles
Terrassa (Bcn), 16 de febrero de 2013



Prueba nº 4 (1) - 5000 metros - Categoría JUNIOR FEMENINO

página: 05 de 09

Puesto	1ª	2ª	3ª	4ª	5ª	6ª	7ª								
Apellidos	HERRADON MORENO	BERTRAN IZQUIERDO	CHAVES MATELLANES	SANTISO PRADO	MUÑOZ COLINO	LUIS HERRERO	SANCHEZ JEREZ								
Nombre	CARMEN	AIDA	ANGELA	ANA MARIA	LUCIA	ANABEL	ANA								
Año	1996	1996	1995	1996	1996	1995	1996								
Licencia	049097038	047329264	053770425	044659381	047542223	047320292	075931980								
Club	CN MADRID MOSC.	CE MEDITERRANI	CN MAIRENA ALJF.	CN PAB. OURENSE	ADN MOSTOLES	ATC. BARCELONETA	CDU GRANADA								
Serie-Calle-Ld	4-DR	3-DR	5-DR	2-DR	6-DR	7-DR	1-DR								

Tiempo	1:00:18,53	1:00:58,86	1:02:51,88	1:04:49,55	1:06:37,80	1:08:37,23	1:10:03,35								
Puntos	19	16	14	12	11	10	9								

100	1:10,22	1:10,26	1:10,39	1:13,72	1:11,76	1:14,31	1:14,83								
200	2:21,86	2:21,78	2:22,01	2:29,38	2:26,92	2:32,64	2:33,06								
400	4:44,47	4:44,43	4:45,86	5:01,22	4:59,64	5:09,78	5:14,95								
500	5:55,84	5:55,96	5:58,68	6:17,16	6:15,95	6:28,87	6:36,50								
800	9:30,47	9:30,40	9:38,51	11:21,56	10:06,71	10:27,98	10:40,24								
1000	11:53,21	11:53,27	12:06,40	12:37,84	12:41,09	13:09,98	13:23,35								
1500	17:53,27	17:52,87	18:18,3	19:03,56	19:13,90	19:57,03	20:15,90								
2000	23:51,69	23:54,62	24:29,98	25:27,90	25:48,11	26:49,52	27:14,51								
2500	29:52,11	29:57,87	30:46,09	31:56,78	32:26,97	33:45,52	34:16,97								
3000	35:53,40	36:05,14	37:08,29	38:28,26	39:10,04	40:42,14	41:21,46								
3500	41:53,23	42:15,59	43:29,00	45:02,55	46:03,58	47:45,30	48:29,83								
4000	47:58,87	48:29,79	49:56,10	51:38,85	52:59,11	54:46,35	55:44,28								
4500	54:08,50	54:45,35	56:26,79	58:14,89	59:53,05	1:01:44,60	1:02:57,03								
5000	1:00:18,53	1:00:58,86	1:02:51,88	1:04:49,55	1:06:37,80	1:08:37,23	1:10:03,35								

500	5:55,84	5:55,96	5:58,68	6:17,16	6:15,95	6:28,87	6:36,50								
1000	5:57,37	5:57,31	6:07,72	6:20,68	6:25,14	6:41,11	6:46,85								
1500	6:00,06	6:05,60	6:11,86	6:25,72	6:32,81	6:47,05	6:52,55								
2000	6:58,42	6:01,75	6:11,72	6:24,34	6:34,21	6:52,49	6:58,61								
2500	6:00,42	6:03,25	6:16,11	6:28,88	6:38,86	6:56,00	7:02,46								
3000	6:01,29	6:07,27	6:22,20	6:31,48	6:43,07	6:56,62	7:04,49								
3500	5:59,83	6:10,45	6:20,71	6:34,29	6:53,54	7:03,16	7:08,37								
4000	6:05,64	6:14,20	6:27,10	6:36,30	6:55,53	7:01,05	7:14,45								
4500	6:09,63	6:15,56	6:30,69	6:36,04	6:53,94	6:58,25	7:12,75								
5000	6:10,03	6:13,51	6:25,09	6:34,66	6:44,75	6:52,63	7:06,32								

1000	11:53,21	11:53,27	12:06,40	12:37,84	12:41,09	13:09,98	13:23,35								
2000	11:58,48	12:01,35	12:23,58	12:50,06	13:07,02	13:39,54	13:51,16								
3000	12:01,71	12:10,52	12:38,31	13:00,36	13:21,93	13:52,62	14:06,95								
4000	12:15,27	12:29,76	12:57,79	13:12,34	13:49,47	13:59,30	14:27,20								
5000	12:19,66	12:29,07	12:55,78	13:10,70	13:38,69	13:50,88	14:19,07								

prom./1000	5	12:03,71	12:11,77	12:34,38	12:57,91	13:19,56	13:43,45	14:00,67							
prom./500	10	6:01,85	6:05,89	6:17,19	6:28,96	6:39,78	6:51,72	7:00,33							
prom./100	50	1:12,37	1:13,18	1:15,44	1:17,79	1:19,96	1:22,34	1:24,07							



Ajuntament de Terrassa





IV CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORÍAS INFANTIL- JUNIOR - SENIOR

Organiza: Club Natació Terrassa
Piscina: C.N. Terrassa, 50 metros, 10 calles
Terrassa (Bcn), 16 de febrero de 2013



Prueba nº 4 (2) - 5000 metros - Categoría SENIOR FEMENINO

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Puesto	1ª	2ª	3ª	4ª	5ª	6ª	7ª	8ª	9ª	10ª	11ª	RETIRADA	BAJA	BAJA
Apellidos	DASCA ROMEU	MORALES GIL	REQUENA JUAREZ	GARCIA PARDAVILA	PIMENTEL PEREZ	CIURO BOIXADERA	TENA QUINTILLA	MONTES PEREZ	MENDIA GARCIA	SEVILLANO AREVALC	PEREZ PEREZ	OROZCO DE PARAMOS	DOMINGUEZ CABEZAS	GARCIA GUERRERO
Nombre	CLAUDIA	LUISA MAR	YUREMA	IRIA	LAURA	NURIA	LAIA	LAURA PAOLA	IRATI	SUSANA	RAQUEL	ESTELA	MARGARITA	BELEN
Año	1994	1994	1983	1991	1993	1993	1992	1991	1994	1984	1994	1992	1987	1990
Licencia	047422464	042226434	05337623	044733600	044659339	047415104	047415104	039498243	072500934	046978313	053520480	075169454	023045572	028839477
Club	CN SABADELL	CN LAS PALMAS	CN VILA-REAL	CN GALAICO	CN PAB. OURENSE	CN SANT ANDREU	CN SABADELL	CN GALAICO	CDN BIDASOA XXI	CN PORTUS	CN VILLA DE NAVIA	CN NAZARI	AD ANCORÀ	CN MAIRENA ALJF.
Serie-Calle-Ld	4-IZQ	5-IZQ	2-IZQ	6-IZQ	3-IZQ	0-IZQ	9-DR	1-IZQ	7-IZQ	8-IZQ	0-DR	8-DR	----	----

Tiempo	56:49,05	58:31,32	59:45,39	59:54,83	59:58,43	1:00:35,57	1:00:50,36	1:01:35,83	1:01:45,77	1:02:47,45	1:05:08,72	RETIRADA 2500	BAJA	BAJA
Puntos	19	16	14	12	11	10	9	8	7	6	5			

RECORD ESPAÑA
RECORD CAMPTO.
ANTR. 56:55,97

100	1:04,99	1:07,37	1:10,77	1:08,19	1:10,12	1:11,65	1:10,71	1:12,69	1:09,89	1:11,13	1:12,82			
200	2:11,79	2:15,40	2:22,99	2:18,77	2:21,72	2:23,89	2:23,21	2:25,52	2:22,08	2:23,95	2:28,56			
400	4:26,01	4:33,54	4:47,17	4:40,51	4:44,03	4:46,08	4:49,40	4:52,26	4:46,08	4:49,82	5:00,93			
500	5:33,13	5:43,15	5:59,01	5:51,54	5:55,45	5:57,37	6:03,48	6:05,67	5:57,37	6:03,78	6:16,55			
800	8:54,63	9:13,33	9:34,74	10:35,97	9:29,96	9:35,56	9:46,35	9:45,17	9:31,69	9:47,13	10:05,41			
1000	11:09,70	11:33,32	11:56,88	11:47,29	11:52,63	11:59,48	12:14,49	12:12,51	11:55,05	12:15,33	12:38,02			
1500	16:49,00	17:26,09	17:54,34	17:42,56	17:53,07	18:01,98	18:16,14	18:21,89	17:56,00	18:26,80	19:03,64			
2000	22:28,90	23:18,66	23:54,34	23:40,07	23:51,50	24:06,02	24:16,97	24:32,78	23:59,05	24:45,62	25:30,79			
2500	28:12,19	29:12,22	29:53,55	29:37,12	29:51,91	30:09,67	30:21,08	30:45,80	30:04,45	31:06,59	32:02,04			
3000	33:54,26	35:07,28	35:53,47	35:37,79	35:53,18	36:13,61	36:28,53	36:55,84	36:12,47	37:27,47	38:39,69			
3500	39:37,42	41:00,84	41:48,24	41:38,26	41:50,89	42:17,71	42:37,09	43:07,29	42:23,12	43:45,22	45:13,53			
4000	45:21,09	46:58,16	47:44,33	47:39,66	47:54,46	48:24,35	48:41,25	49:19,12	48:40,32	50:06,92	51:51,61			
4500	51:05,38	52:48,07	53:44,17	53:42,82	53:55,37	54:32,68	54:44,06	55:30,15	55:06,92	56:31,16	58:31,70			
5000	56:49,05	58:31,32	59:45,39	59:54,83	59:58,43	1:00:35,57	1:00:50,36	1:01:35,83	1:01:45,77	1:02:47,45	1:05:08,72			

500	5:33,13	5:43,15	5:59,01	5:51,54	5:55,45	5:57,37	6:03,48	6:05,67	5:57,37	6:03,78	6:16,55			
1000	5:36,57	5:50,17	5:57,87	5:55,75	5:57,18	6:02,11	6:11,01	6:06,84	5:57,68	6:11,55	6:21,47			
1500	5:39,30	5:52,77	5:57,46	5:55,27	6:00,44	6:02,50	6:01,65	6:09,38	6:00,95	6:11,47	6:25,62			
2000	5:39,90	5:52,57	6:00,00	5:57,51	5:58,43	6:04,04	6:00,83	6:10,89	6:03,05	6:18,82	6:27,15			
2500	5:43,29	5:53,56	5:59,21	5:57,05	6:00,41	6:03,65	6:04,11	6:13,02	6:05,40	6:20,97	6:31,25			
3000	5:42,07	5:55,06	5:59,92	6:00,67	6:01,27	6:03,94	6:07,45	6:10,04	6:08,02	6:20,88	6:37,65			
3500	5:43,16	5:53,56	5:54,77	6:00,47	5:57,71	6:04,10	6:08,56	6:11,45	6:10,65	6:17,75	6:33,84			
4000	5:43,67	5:57,32	5:56,09	6:01,40	6:03,57	6:06,64	6:04,16	6:11,83	6:17,20	6:21,70	6:38,08			
4500	5:44,29	5:49,91	5:59,84	6:03,16	6:00,91	6:08,33	6:02,81	6:11,03	6:26,60	6:24,24	6:40,09			
5000	5:43,67	5:43,25	6:01,22	6:12,01	6:03,06	6:02,89	6:06,30	6:05,68	6:38,85	6:16,29	6:37,02			

1000	11:09,70	11:33,32	11:56,88	11:47,29	11:52,63	11:59,48	12:14,49	12:12,51	11:55,05	12:15,33	12:38,02			
2000	11:19,20	11:45,34	11:57,46	11:52,78	11:58,87	12:06,54	12:02,48	12:20,27	12:04,00	12:30,29	12:52,77			
3000	11:25,36	11:48,62	11:59,13	11:57,72	12:01,68	12:07,59	12:11,56	12:23,06	12:13,42	12:41,85	13:08,90			
4000	11:27,96	11:47,23	11:55,93	12:04,56	12:04,48	12:14,97	12:06,97	12:22,86	12:43,80	12:45,94	13:18,17			
5000	11:27,96	11:33,16	12:01,06	12:15,17	12:03,97	12:11,22	12:09,11	12:16,71	13:05,45	12:40,53	13:17,11			

prom./1000	5	11:21,81	11:42,26	11:57,08	11:58,97	11:59,69	12:07,11	12:10,07	12:19,17	12:21,15	12:33,49	13:01,74			
prom./500	10	5:40,91	5:51,13	5:58,54	5:59,48	5:59,84	6:03,56	6:05,04	6:09,58	6:10,58	6:16,75	6:30,87			
prom./100	50	1:08,18	1:10,23	1:11,71	1:11,90	1:11,97	1:12,71	1:13,01	1:13,92	1:14,12	1:15,35	1:18,17			



Ajuntament



de Terrassa





IV CAMPEONATO DE ESPAÑA LARGA DISTANCIA P50

Categorías INFANTIL, JUNIOR y SENIOR

Organiza: Club Natació Terrassa

Piscina: C.N. Terrassa 50 metros, 10 calles
Terrassa (Bcn), 16 de febrero de 2013



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CLASIFICACIÓN FINAL POR EQUIPOS - CATEGORIA MASCULINA

Clasif.	CLUB	INFANTIL	JUNIOR	SENIOR	TOTAL	
01	00058 C.N. SABADELL			30	30	
02	00298 UCAM C.N. FUENSANTA	7	16	6	29	
03	00060 C.N. LAS PALMAS	16	6	4	26	(1:2°)
EXQ	P0304 C.N. LAS ANCLAS CASTRILLON	26			26	(1:3°, 1:4°)
EXQ	00110 R.C. MEDITERRANEO		12	14	26	(1:3°)
06	00057 C.N. TERRASSA	08		12	20	
07	00176 C.N. VALLIRANA		19		19	
EXQ	01412 CLUB NATACIÓ LLORET DE MAR	19			19	
09	00106 C.N. MATARO			16	16	
10	00416 C.N. VINAROS	15			15	
11	00101 C.N. PABELLON OURENSE		7	7	14	
EXQ	00316 C. NAUTICO SEVILLA		14		14	
13	00109 C.N. MADRID MOSCARDO	10		3	13	
14	00713 A.D. ANCORA	11			11	
EXQ	01035 C.N. CHURRIANA		11		11	
16	00376 C.N. VILA-REAL			10	10	
EXQ	00563 C.N. ALCALA		10		10	
18	00362 C.N. SAN VICENTE			9	9	
EXQ	00602 C.D.U. GRANADA		9		9	
20	00061 C.N. SANT ANDREU			8	8	
EXQ	00088 C.N. MAIRENA ALJARAFE		8		8	
22	00784 C.N. GALAICO			5	5	
EXQ	P1202 C.D. GREDOS SAN DIEGO		5		5	
24	00369 C.N. PLASENCIA			2	2	
	P1112 C.N. ARZUA					

CLASIFICACIÓN FINAL POR EQUIPOS - CATEGORIA FEMENINA

Clasif.	CLUB	INFANTIL	JUNIOR	SENIOR	TOTAL	
01	00784 C.N. GALAICO	14		20	34	
02	00183 CST-CST COSTA AZAHAR	31			31	
03	00058 C.N. SABADELL			28	28	
04	00060 C.N. LAS PALMAS	11		16	27	
05	00376 C.N. VILA-REAL	10		14	24	
06	00101 C.N. PABELLON OURENSE		12	11	23	
07	00109 C.N. MADRID MOSCARDO		19		19	
08	00076 C.E. MEDITERRANI		16		16	
EXQ	00826 C.D. COVIBAR RIVAS	16			16	
10	00088 C.N. MAIRENA ALJARAFE		14		14	
11	00010 A.D.N. MOSTOLES		11		11	
12	00061 C.N. SANT ANDREU			10	10	
EXQ	00063 C.N. ATLETIC-BARCELONETA		10		10	
14	00602 C.D.U. GRANADA		9		9	
15	00612 C.D.N. BIDASOA XXI			07	7	
16	00682 C.N. VILLA DE NAVIA			06	6	
EXQ	01345 C.N. PORTUS			06	6	
	00713 A.D. ANCORA					
	01299 C.N. NAZARI					



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