

CAMPEONATO DE ASTURIAS DE FONDO 3000-2000 m
Oviedo, 14/12/2024

Prueba 2
14/12/2024 - 11:00

3000m Libre

15 años y mayores
Resultados

Puntos: FINA 2023

Clasificación	AN	Tempo	Pts
Senior Masculino, Masc.			
1. MENDEZ PUGA Mario	03 C.N. Santa Olaya	30:56.79	759
50m: 28.71 28.71	800m: 8:07.35 1:01.43	1600m: 16:23.47 1:02.01	2400m: 24:44.38 1:02.18
100m: 58.46 29.75	900m: 9:09.14 1:01.79	1700m: 17:26.13 1:02.66	2500m: 25:46.70 1:02.32
200m: 1:58.72 1:00.26	1000m: 10:11.16 1:02.02	1800m: 18:29.24 1:03.11	2600m: 26:49.27 1:02.57
300m: 2:59.60 1:00.88	1100m: 11:12.78 1:01.62	1900m: 19:32.23 1:02.99	2700m: 27:51.67 1:02.40
400m: 4:01.03 1:01.43	1200m: 12:15.67 1:02.89	2000m: 20:34.53 1:02.30	2800m: 28:54.50 1:02.83
500m: 5:03.04 1:02.01	1300m: 13:17.04 1:01.37	2100m: 21:36.92 1:02.39	2900m: 29:57.22 1:02.72
600m: 6:04.23 1:01.19	1400m: 14:19.87 1:02.83	2200m: 22:39.48 1:02.56	3000m: 30:56.79 59.57
700m: 7:05.92 1:01.69	1500m: 15:21.46 1:01.59	2300m: 23:42.20 1:02.72	
2. FERNANDEZ AMOR Aitor	04 C.N. Las Anclas Castrillon	34:32.15	546
50m: 32.04 32.04	800m: 9:07.44 1:09.12	1600m: 18:18.71 1:08.84	2400m: 27:36.36 1:09.80
100m: 1:05.28 33.24	900m: 10:16.40 1:08.96	1700m: 19:28.40 1:09.69	2500m: 28:46.03 1:09.67
200m: 2:13.07 1:07.79	1000m: 11:25.42 1:09.02	1800m: 20:38.22 1:09.82	2600m: 29:54.24 1:08.21
300m: 3:22.19 1:09.12	1100m: 12:34.06 1:08.64	1900m: 21:48.34 1:10.12	2700m: 31:03.46 1:09.22
400m: 4:31.43 1:09.24	1200m: 13:42.88 1:08.82	2000m: 22:58.27 1:09.93	2800m: 32:13.30 1:09.84
500m: 5:40.33 1:08.90	1300m: 14:51.84 1:08.96	2100m: 24:07.28 1:09.01	2900m: 33:23.19 1:09.89
600m: 6:49.46 1:09.13	1400m: 16:00.85 1:09.01	2200m: 25:16.94 1:09.66	3000m: 34:32.15 1:08.96
700m: 7:58.32 1:08.86	1500m: 17:09.87 1:09.02	2300m: 26:26.56 1:09.62	

Senior Femenino, Fem.

1. ALONSO ALVAREZ Blanca	04 C.N.Ciudad De Oviedo	37:28.41	527
50m: 34.84 34.84	800m: 9:52.46 1:15.10	1600m: 19:53.08 1:15.11	2400m: 29:56.84 1:15.30
100m: 1:10.70 35.86	900m: 11:07.17 1:14.71	1700m: 21:08.59 1:15.51	2500m: 31:12.21 1:15.37
200m: 2:24.33 1:13.63	1000m: 12:22.54 1:15.37	1800m: 22:24.01 1:15.42	2600m: 32:27.59 1:15.38
300m: 3:38.39 1:14.06	1100m: 13:37.59 1:15.05	1900m: 23:39.65 1:15.64	2700m: 33:43.40 1:15.81
400m: 4:53.10 1:14.71	1200m: 14:53.01 1:15.42	2000m: 24:55.07 1:15.42	2800m: 34:58.93 1:15.53
500m: 6:07.65 1:14.55	1300m: 16:07.77 1:14.76	2100m: 26:10.54 1:15.47	2900m: 36:14.61 1:15.68
600m: 7:22.27 1:14.62	1400m: 17:22.50 1:14.73	2200m: 27:25.84 1:15.30	3000m: 37:28.41 1:13.80
700m: 8:37.36 1:15.09	1500m: 18:37.97 1:15.47	2300m: 28:41.54 1:15.70	

Junior 1 Masculino, Masc.

1. VALLE DOMINGUEZ Pablo	08 R.G.C. Covadonga	35:55.09	485
50m: 34.36 34.36	800m: 9:32.79 1:12.43	1600m: 19:10.63 1:11.36	2400m: 28:45.54 1:12.22
100m: 1:09.07 34.71	900m: 10:44.96 1:12.17	1700m: 20:22.84 1:12.21	2500m: 29:57.91 1:12.37
200m: 2:20.20 1:11.13	1000m: 11:57.61 1:12.65	1800m: 21:34.21 1:11.37	2600m: 31:09.05 1:11.14
300m: 3:32.16 1:11.96	1100m: 13:09.97 1:12.36	1900m: 22:46.32 1:12.11	2700m: 32:21.16 1:12.11
400m: 4:44.88 1:12.72	1200m: 14:22.30 1:12.33	2000m: 23:58.90 1:12.58	2800m: 33:33.11 1:11.95
500m: 5:56.96 1:12.08	1300m: 15:34.03 1:11.73	2100m: 25:10.20 1:11.30	2900m: 34:44.77 1:11.66
600m: 7:08.90 1:11.94	1400m: 16:46.72 1:12.69	2200m: 26:21.85 1:11.65	3000m: 35:55.09 1:10.32
700m: 8:20.36 1:11.46	1500m: 17:59.27 1:12.55	2300m: 27:33.32 1:11.47	
2. FERNANDEZ CANELLA Alvaro	08 C.N. Cuencas Mineras	36:28.58	463
50m: 33.93 33.93	800m: 9:37.46 1:12.56	1600m: 19:19.61 1:13.34	2400m: 29:07.53 1:14.00
100m: 1:09.35 35.42	900m: 10:50.65 1:13.19	1700m: 20:33.42 1:13.81	2500m: 30:21.97 1:14.44
200m: 2:22.10 1:12.75	1000m: 12:03.84 1:13.19	1800m: 21:46.50 1:13.08	2600m: 31:35.72 1:13.75
300m: 3:34.54 1:12.44	1100m: 13:15.63 1:11.79	1900m: 22:59.96 1:13.46	2700m: 32:49.58 1:13.86
400m: 4:47.16 1:12.62	1200m: 14:27.47 1:11.84	2000m: 24:13.38 1:13.42	2800m: 34:03.81 1:14.23
500m: 5:59.49 1:12.33	1300m: 15:39.59 1:12.12	2100m: 25:27.02 1:13.64	2900m: 35:17.23 1:13.42
600m: 7:12.03 1:12.54	1400m: 16:52.51 1:12.92	2200m: 26:40.21 1:13.19	3000m: 36:28.58 1:11.35
700m: 8:24.90 1:12.87	1500m: 18:06.27 1:13.76	2300m: 27:53.53 1:13.32	

Piscina 25 m. / crono manual

CAMPEONATO DE ASTURIAS DE FONDO 3000-2000 m
Oviedo, 14/12/2024

Prueba 2, Masc., 3000m Libre, Junior 1 Masculino

Clasificación			AN							Tiempo	Pts	
3.	CERRO CASTRO Alvaro		09	E.N. Corvera						36:48.70	450	
	50m:	34.58	34.58	800m:	9:38.73	1:12.70	1600m:	19:27.13	1:14.17	2400m:	29:25.24	1:15.65
	100m:	1:10.27	35.69	900m:	10:51.76	1:13.03	1700m:	20:41.40	1:14.27	2500m:	30:40.38	1:15.14
	200m:	2:22.38	1:12.11	1000m:	12:04.58	1:12.82	1800m:	21:55.42	1:14.02	2600m:	31:54.71	1:14.33
	300m:	3:34.71	1:12.33	1100m:	13:18.27	1:13.69	1900m:	23:10.03	1:14.61	2700m:	33:09.10	1:14.39
	400m:	4:47.36	1:12.65	1200m:	14:31.90	1:13.63	2000m:	24:24.79	1:14.76	2800m:	34:23.82	1:14.72
	500m:	6:00.18	1:12.82	1300m:	15:45.49	1:13.59	2100m:	25:39.67	1:14.88	2900m:	35:37.40	1:13.58
	600m:	7:13.21	1:13.03	1400m:	16:59.16	1:13.67	2200m:	26:54.50	1:14.83	3000m:	36:48.70	1:11.30
	700m:	8:26.03	1:12.82	1500m:	18:12.96	1:13.80	2300m:	28:09.59	1:15.09			
4.	GONZÁLEZ GONZÁLEZ Lucas		08	C.N. Las Anclas Castrillon						41:39.91	311	
	50m:	34.05	34.05	800m:	10:35.45	1:23.69	1600m:	21:53.55	1:25.58	2400m:	33:18.63	1:27.14
	100m:	1:10.10	36.05	900m:	11:58.51	1:23.06	1700m:	23:18.47	1:24.92	2500m:	34:45.28	1:26.65
	200m:	2:26.54	1:16.44	1000m:	13:22.66	1:24.15	1800m:	24:44.53	1:26.06	2600m:	36:11.03	1:25.75
	300m:	3:44.88	1:18.34	1100m:	14:47.27	1:24.61	1900m:	26:09.59	1:25.06	2700m:	37:36.01	1:24.98
	400m:	5:05.51	1:20.63	1200m:	16:12.30	1:25.03	2000m:	27:36.00	1:26.41	2800m:	38:58.59	1:22.58
	500m:	6:27.30	1:21.79	1300m:	17:37.65	1:25.35	2100m:	29:00.52	1:24.52	2900m:	40:21.23	1:22.64
	600m:	7:49.23	1:21.93	1400m:	19:03.10	1:25.45	2200m:	30:25.54	1:25.02	3000m:	41:39.91	1:18.68
	700m:	9:11.76	1:22.53	1500m:	20:27.97	1:24.87	2300m:	31:51.49	1:25.95			

Junior 1 Femenino, Fem.

1.	BUSTO ALVAREZ Carla		09	C.N. Las Anclas Castrillon						36:10.35	586	
	50m:	33.50	33.50	800m:	9:28.96	1:11.56	1600m:	19:06.85	1:12.74	2450m:	29:29.24	1:49.74
	100m:	1:08.91	35.41	900m:	10:41.26	1:12.30	1700m:	20:20.07	1:13.22	2500m:	30:06.22	36.98
	200m:	2:20.40	1:11.49	1000m:	11:52.94	1:11.68	1800m:	21:33.21	1:13.14	2700m:	32:34.04	2:27.82
	300m:	3:31.87	1:11.47	1100m:	13:04.82	1:11.88	1900m:	22:46.36	1:13.15	2800m:	33:47.08	1:13.04
	400m:	4:43.17	1:11.30	1200m:	14:16.89	1:12.07	2000m:	23:59.50	1:13.14	2900m:	34:59.84	1:12.76
	500m:	5:54.26	1:11.09	1300m:	15:29.45	1:12.56	2100m:	25:13.20	1:13.70	3000m:	36:10.35	1:10.51
	600m:	7:05.65	1:11.39	1400m:	16:42.05	1:12.60	2200m:	26:26.50	1:13.30			
	700m:	8:17.40	1:11.75	1500m:	17:54.11	1:12.06	2300m:	27:39.50	1:13.00			
2.	GONZALEZ VAZQUEZ Maria		08	C.N. Las Anclas Castrillon						36:19.05	579	
	50m:	34.43	34.43	800m:	9:35.46	1:12.47	1600m:	19:14.36	1:12.75	2400m:	29:00.98	1:13.55
	100m:	1:09.48	35.05	900m:	10:47.24	1:11.78	1700m:	20:27.67	1:13.31	2500m:	30:15.05	1:14.07
	200m:	2:21.10	1:11.62	1000m:	11:59.39	1:12.15	1800m:	21:40.59	1:12.92	2600m:	31:28.30	1:13.25
	300m:	3:33.10	1:12.00	1100m:	13:11.11	1:11.72	1900m:	22:54.48	1:13.89	2700m:	32:41.61	1:13.31
	400m:	4:44.87	1:11.77	1200m:	14:23.65	1:12.54	2000m:	24:07.66	1:13.18	2800m:	33:54.41	1:12.80
	500m:	5:57.63	1:12.76	1300m:	15:36.21	1:12.56	2100m:	25:20.76	1:13.10	2900m:	35:07.54	1:13.13
	600m:	7:10.11	1:12.48	1400m:	16:49.02	1:12.81	2200m:	26:33.89	1:13.13	3000m:	36:19.05	1:11.51
	700m:	8:22.99	1:12.88	1500m:	18:01.61	1:12.59	2300m:	27:47.43	1:13.54			
3.	SUAREZ DIAZ Sara		09	R.G.C. Covadonga						38:25.70	488	
	50m:	35.28	35.28	800m:	10:07.94	1:16.23	1600m:	20:22.95	1:17.59	2400m:	30:43.78	1:17.64
	100m:	1:12.10	36.82	900m:	11:24.95	1:17.01	1700m:	21:40.22	1:17.27	2500m:	32:01.27	1:17.49
	200m:	2:27.52	1:15.42	1000m:	12:41.56	1:16.61	1800m:	22:57.70	1:17.48	2600m:	33:18.96	1:17.69
	300m:	3:43.32	1:15.80	1100m:	13:57.48	1:15.92	1900m:	24:15.02	1:17.32	2700m:	34:36.40	1:17.44
	400m:	4:59.07	1:15.75	1200m:	15:14.64	1:17.16	2000m:	25:32.87	1:17.85	2800m:	35:54.65	1:18.25
	500m:	6:16.16	1:17.09	1300m:	16:31.20	1:16.56	2100m:	26:50.69	1:17.82	2900m:	37:11.75	1:17.10
	600m:	7:34.46	1:18.30	1400m:	17:48.26	1:17.06	2200m:	28:08.70	1:18.01	3000m:	38:25.70	1:13.95
	700m:	8:51.71	1:17.25	1500m:	19:05.36	1:17.10	2300m:	29:26.14	1:17.44			
4.	VAN DER SANDEN CUESTA Lucia		09	R.G.C. Covadonga						40:12.48	426	
	50m:	36.28	36.28	800m:	10:28.76	1:20.04	1600m:	21:15.72	1:21.02	2400m:	32:13.61	1:22.75
	100m:	1:15.11	38.83	900m:	11:49.25	1:20.49	1700m:	22:37.51	1:21.79	2500m:	33:35.02	1:21.41
	200m:	2:33.04	1:17.93	1000m:	13:09.51	1:20.26	1800m:	23:58.90	1:21.39	2600m:	34:55.05	1:20.03
	300m:	3:51.03	1:17.99	1100m:	14:30.43	1:20.92	1900m:	25:21.49	1:22.59	2700m:	36:15.24	1:20.19
	400m:	5:09.75	1:18.72	1200m:	15:51.23	1:20.80	2000m:	26:43.70	1:22.21	2800m:	37:35.17	1:19.93
	500m:	6:29.43	1:19.68	1300m:	17:12.61	1:21.38	2100m:	28:06.34	1:22.64	2900m:	38:54.98	1:19.81
	600m:	7:48.97	1:19.54	1400m:	18:33.43	1:20.82	2200m:	29:28.70	1:22.36	3000m:	40:12.48	1:17.50
	700m:	9:08.72	1:19.75	1500m:	19:54.70	1:21.27	2300m:	30:50.86	1:22.16			

Piscina 25 m. / crono manual

CAMPEONATO DE ASTURIAS DE FONDO 3000-2000 m
Oviedo, 14/12/2024

Prueba 2, 3000m Libre

Junior 2 Masculino, Masc.

1. CERRO CASTRO Adrian	06	E.N. Corvera	36:03.02	480
50m: 33.46 33.46	800m: 9:27.47	1:11.83	1600m: 19:08.14	1:13.74
100m: 1:07.87 34.41	900m: 10:39.96	1:12.49	1700m: 20:20.84	1:12.70
200m: 2:18.78 1:10.91	1000m: 11:52.76	1:12.80	1800m: 21:33.93	1:13.09
300m: 3:30.03 1:11.25	1100m: 13:05.42	1:12.66	1900m: 22:46.42	1:12.49
400m: 4:41.05 1:11.02	1200m: 14:16.81	1:11.39	2000m: 23:59.28	1:12.86
500m: 5:52.66 1:11.61	1300m: 15:28.29	1:11.48	2100m: 25:12.22	1:12.94
600m: 7:03.84 1:11.18	1400m: 16:41.38	1:13.09	2200m: 26:25.41	1:13.19
700m: 8:15.64 1:11.80	1500m: 17:54.40	1:13.02	2300m: 27:38.33	1:12.92
			2400m: 28:50.54	1:12.21
			2500m: 30:02.81	1:12.27
			2600m: 31:15.25	1:12.44
			2700m: 32:28.01	1:12.76
			2800m: 33:40.65	1:12.64
			2900m: 34:52.04	1:11.39
			3000m: 36:03.02	1:10.98

Junior 2 Femenino, Fem.

1. SAN MARTIN IGLESIAS Carlota	07	C.N. Cuencas Mineras	34:18.65	686
50m: 32.84 32.84	800m: 9:07.67	1:09.00	1600m: 18:18.10	1:09.40
100m: 1:06.60 33.76	900m: 10:16.41	1:08.74	1700m: 19:27.34	1:09.24
200m: 2:15.03 1:08.43	1000m: 11:24.70	1:08.29	1800m: 20:36.02	1:08.68
300m: 3:23.45 1:08.42	1100m: 12:33.36	1:08.66	1900m: 21:44.81	1:08.79
400m: 4:31.74 1:08.29	1200m: 13:41.93	1:08.57	2000m: 22:54.16	1:09.35
500m: 5:40.92 1:09.18	1300m: 14:50.62	1:08.69	2100m: 24:02.58	1:08.42
600m: 6:49.93 1:09.01	1400m: 15:59.69	1:09.07	2200m: 25:11.27	1:08.69
700m: 7:58.67 1:08.74	1500m: 17:08.70	1:09.01	2300m: 26:20.13	1:08.86
			2400m: 27:29.23	1:09.10
			2500m: 28:38.19	1:08.96
			2600m: 29:46.87	1:08.68
			2700m: 30:55.57	1:08.70
			2800m: 32:04.21	1:08.64
			2900m: 33:12.63	1:08.42
			3000m: 34:18.65	1:06.02

Senior Masculino, Masc.

1. MENDEZ PUGA Mario	03	C.N. Santa Olaya	30:56.79	759
50m: 28.71 28.71	800m: 8:07.35	1:01.43	1600m: 16:23.47	1:02.01
100m: 58.46 29.75	900m: 9:09.14	1:01.79	1700m: 17:26.13	1:02.66
200m: 1:58.72 1:00.26	1000m: 10:11.16	1:02.02	1800m: 18:29.24	1:03.11
300m: 2:59.60 1:00.88	1100m: 11:12.78	1:01.62	1900m: 19:32.23	1:02.99
400m: 4:01.03 1:01.43	1200m: 12:15.67	1:02.89	2000m: 20:34.53	1:02.30
500m: 5:03.04 1:02.01	1300m: 13:17.04	1:01.37	2100m: 21:36.92	1:02.39
600m: 6:04.23 1:01.19	1400m: 14:19.87	1:02.83	2200m: 22:39.48	1:02.56
700m: 7:05.92 1:01.69	1500m: 15:21.46	1:01.59	2300m: 23:42.20	1:02.72
			2400m: 24:44.38	1:02.18
			2500m: 25:46.70	1:02.32
			2600m: 26:49.27	1:02.57
			2700m: 27:51.67	1:02.40
			2800m: 28:54.50	1:02.83
			2900m: 29:57.22	1:02.72
			3000m: 30:56.79	59.57
2. COSTA FERNANDEZ Lucas	98	C. N. Pontareas	34:27.13	550
50m: 31.54 31.54	800m: 8:59.49	1:09.88	1600m: 18:19.03	1:09.24
100m: 1:03.96 32.42	900m: 10:08.64	1:09.15	1700m: 19:28.21	1:09.18
200m: 2:10.81 1:06.85	1000m: 11:18.42	1:09.78	1800m: 20:37.81	1:09.60
300m: 3:18.08 1:07.27	1100m: 12:29.97	1:11.55	1900m: 21:48.20	1:10.39
400m: 4:25.58 1:07.50	1200m: 13:41.22	1:11.25	2000m: 22:58.78	1:10.58
500m: 5:33.36 1:07.78	1300m: 14:51.76	1:10.54	2100m: 24:07.58	1:08.80
600m: 6:40.91 1:07.55	1400m: 16:00.95	1:09.19	2200m: 25:17.04	1:09.46
700m: 7:49.61 1:08.70	1500m: 17:09.79	1:08.84	2300m: 26:27.70	1:10.66
			2400m: 27:36.11	1:08.41
			2500m: 28:44.96	1:08.85
			2600m: 29:53.07	1:08.11
			2700m: 31:01.26	1:08.19
			2800m: 32:09.35	1:08.09
			2900m: 33:18.05	1:08.70
			3000m: 34:27.13	1:09.08
3. FERNANDEZ AMOR Aitor	04	C.N. Las Anclas Castrillon	34:32.15	546
50m: 32.04 32.04	800m: 9:07.44	1:09.12	1600m: 18:18.71	1:08.84
100m: 1:05.28 33.24	900m: 10:16.40	1:08.96	1700m: 19:28.40	1:09.69
200m: 2:13.07 1:07.79	1000m: 11:25.42	1:09.02	1800m: 20:38.22	1:09.82
300m: 3:22.19 1:09.12	1100m: 12:34.06	1:08.64	1900m: 21:48.34	1:10.12
400m: 4:31.43 1:09.24	1200m: 13:42.88	1:08.82	2000m: 22:58.27	1:09.93
500m: 5:40.33 1:08.90	1300m: 14:51.84	1:08.96	2100m: 24:07.28	1:09.01
600m: 6:49.46 1:09.13	1400m: 16:00.85	1:09.01	2200m: 25:16.94	1:09.66
700m: 7:58.32 1:08.86	1500m: 17:09.87	1:09.02	2300m: 26:26.56	1:09.62
			2400m: 27:36.36	1:09.80
			2500m: 28:46.03	1:09.67
			2600m: 29:54.24	1:08.21
			2700m: 31:03.46	1:09.22
			2800m: 32:13.30	1:09.84
			2900m: 33:23.19	1:09.89
			3000m: 34:32.15	1:08.96

Piscina 25 m. / crono manual

CAMPEONATO DE ASTURIAS DE FONDO 3000-2000 m
Oviedo, 14/12/2024

Prueba 2, Masc., 3000m Libre, Senior Masculino

Clasificación			AN					Tiempo	Pts
4.	LARA RENUNCIÓ Jorge		00	C. N. Pontareas				37:24.81	429
	50m:	34.32	34.32	800m:	9:36.53	1:12.92	1600m:	19:35.66	1:16.17
	100m:	1:10.04	35.72	900m:	10:49.51	1:12.98	1700m:	20:52.81	1:17.15
	200m:	2:22.92	1:12.88	1000m:	12:02.81	1:13.30	1800m:	22:09.91	1:17.10
	300m:	3:34.74	1:11.82	1100m:	13:16.70	1:13.89	1900m:	23:26.65	1:16.74
	400m:	4:47.13	1:12.39	1200m:	14:31.60	1:14.90	2000m:	24:43.26	1:16.61
	500m:	5:58.53	1:11.40	1300m:	15:47.29	1:15.69	2100m:	25:59.76	1:16.50
	600m:	7:10.96	1:12.43	1400m:	17:03.30	1:16.01	2200m:	27:17.03	1:17.27
	700m:	8:23.61	1:12.65	1500m:	18:19.49	1:16.19	2300m:	28:33.21	1:16.18
							2400m:	29:50.21	1:17.00
							2500m:	31:06.76	1:16.55
							2600m:	32:24.10	1:17.34
							2700m:	33:40.87	1:16.77
							2800m:	34:57.87	1:17.00
							2900m:	36:14.27	1:16.40
							3000m:	37:24.81	1:10.54

Senior Femenino, Fem.

1.	ORTIZ DE GUINEA BASTON Alba		97	C. N. Pontareas				37:00.73	547
	50m:	33.54	33.54	800m:	9:33.49	1:12.99	1600m:	19:26.73	1:14.31
	100m:	1:09.38	35.84	900m:	10:47.17	1:13.68	1700m:	20:41.57	1:14.84
	200m:	2:19.14	1:09.76	1000m:	12:00.73	1:13.56	1800m:	21:56.76	1:15.19
	300m:	3:30.70	1:11.56	1100m:	13:14.36	1:13.63	1900m:	23:11.43	1:14.67
	400m:	4:42.49	1:11.79	1200m:	14:28.64	1:14.28	2000m:	24:26.73	1:15.30
	500m:	5:54.65	1:12.16	1300m:	15:42.87	1:14.23	2100m:	25:42.01	1:15.28
	600m:	7:07.51	1:12.86	1400m:	16:57.53	1:14.66	2200m:	26:57.48	1:15.47
	700m:	8:20.50	1:12.99	1500m:	18:12.42	1:14.89	2300m:	28:12.73	1:15.25
							2400m:	29:28.85	1:16.12
							2500m:	30:44.76	1:15.91
							2600m:	32:00.63	1:15.87
							2700m:	33:16.70	1:16.07
							2800m:	34:32.49	1:15.79
							2900m:	35:47.38	1:14.89
							3000m:	37:00.73	1:13.35
2.	ALONSO ALVAREZ Blanca		04	C.N.Ciudad De Oviedo				37:28.41	527
	50m:	34.84	34.84	800m:	9:52.46	1:15.10	1600m:	19:53.08	1:15.11
	100m:	1:10.70	35.86	900m:	11:07.17	1:14.71	1700m:	21:08.59	1:15.51
	200m:	2:24.33	1:13.63	1000m:	12:22.54	1:15.37	1800m:	22:24.01	1:15.42
	300m:	3:38.39	1:14.06	1100m:	13:37.59	1:15.05	1900m:	23:39.65	1:15.64
	400m:	4:53.10	1:14.71	1200m:	14:53.01	1:15.42	2000m:	24:55.07	1:15.42
	500m:	6:07.65	1:14.55	1300m:	16:07.77	1:14.76	2100m:	26:10.54	1:15.47
	600m:	7:22.27	1:14.62	1400m:	17:22.50	1:14.73	2200m:	27:25.84	1:15.30
	700m:	8:37.36	1:15.09	1500m:	18:37.97	1:15.47	2300m:	28:41.54	1:15.70
							2400m:	29:56.84	1:15.30
							2500m:	31:12.21	1:15.37
							2600m:	32:27.59	1:15.38
							2700m:	33:43.40	1:15.81
							2800m:	34:58.93	1:15.53
							2900m:	36:14.61	1:15.68
							3000m:	37:28.41	1:13.80