



III CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORIAS INFANTIL- JUNIOR - SENIOR

Organiza: Federación Madrileña de Natación
Piscina: Centro M⁸⁶, 50 metros, 10 calles
Madrid, 11 de febrero de 2012



Prueba nº 1 - 3000 metros - Categoría INFANTIL MASCULINO

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Puesto	1º	2º	3º	4º	5º								
Apellidos	VICTORIA CAMPILLO	CEPEDANO ARCONES	BLANCO MOLLA	MARTINEZ ROCAMORA	GALENDE FDEZ.	SUAREZ PUERTA							
Nombre	PABLO	CESAR	LUCIO	OSCAR	ALBERTO	BORJA							
Año	1996	1997	1996	1996	1997	1996							
Licencia	48700856	5262117	48725030	48693967	52004909	43208474							
Club	CN FUENSANTA	R CANOE NC	CN ELCHE	CN FUENSANTA	R CANOE NC	CN PALMA MALLORCA							
Serie-Calle-Ld	1-5-DR	1-7-DR	1-6-DR	1-4-DR	1-3-DR								

Tiempo	34:45,99	35:01,82	35:17,61	36:05,58	36:10,11	BAJA							
Puntos	19	16	14	12	11								

100	1:09,34	1:09,04	1:09,11	1:10,71	1:08,99								
200	2:20,63	2:20,71	2:20,57	2:22,51	2:20,53								
400	4:41,00	4:42,31	4:41,96	4:45,97	4:42,56								
500	5:51,12	5:52,67	5:52,91	5:57,16	5:54,34								
800	9:19,24	9:25,30	9:24,74	9:31,86	9:28,89								
1000	11:37,99	11:45,70	11:45,22	11:55,42	11:51,91								
1500	17:23,18	17:35,03	17:36,54	17:52,89	17:52,77								
2000	23:09,82	23:23,81	23:31,34	23:53,13	23:56,33								
2500	28:58,12	29:14,04	29:26,12	29:59,89	30:05,25								
3000	34:45,99	35:01,82	35:17,61	36:05,58	36:10,11								
3500													
4000													
4500													
5000													

500	5:51,12	5:52,67	5:52,91	5:57,16	5:54,34								
1000	5:46,87	5:53,03	5:52,31	5:58,26	5:57,57								
1500	5:45,19	5:49,33	5:51,32	5:57,47	6:00,86								
2000	5:46,64	5:48,78	5:54,80	6:00,24	6:03,56								
2500	5:48,30	5:50,23	5:54,78	6:06,76	6:08,92								
3000	5:47,87	5:47,78	5:51,49	6:05,69	6:04,86								
3500													
4000													
4500													
5000													

1000	11:37,99	11:45,70	11:45,22	11:55,42	11:51,91								
2000	11:31,83	11:38,11	11:46,12	11:57,71	12:04,42								
3000	11:36,17	11:38,01	11:46,27	12:12,45	12:13,78								
4000													
5000													

prom./1000	3	11:35,33	11:40,61	11:45,87	12:01,86	12:03,37							
prom./500	6	5:47,66	5:50,30	5:52,94	6:00,93	6:01,69							
prom./100	30	1:09,53	1:10,06	1:10,59	1:12,19	1:12,34							





III CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORIAS INFANTIL- JUNIOR - SENIOR

Organiza: Federación Madrileña de Natación
Piscina: Centro M°86, 50 metros, 10 calles
Madrid, 11 de febrero de 2012



Prueba nº 2 - 3000 metros - Categoría INFANTIL FEMENINO

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Puesto	1º	2º	3º	4º	5º	6º	7º	8º	9º			
Apellidos	HERRADON MORENO	ARANGUREN A.	PEREZ BLANCO	BERTRAN IZQUIERDO	RUIZ DOMINGUEZ	GOLOBARDAS R.	SANTISO PRADO	COLLADO GAMIZ	ALEDO CARMONA	TOBARUELA DIAZ		
Nombre	CARMEN	ITZIAR	JIMENA	AIDA	MARTA	AIHHOA	ANA MARIAS	TATIANA	SOFIA	PALOMA		
Año	1996	1997	1997	1996	1996	1997	1996	1997	1997	1997		
Licencia	49097038	77409512	2566129	47329264	2299420	77412731	44659381	48202783	74387831	47228319		
Club	CN MADRID MOSC.	CN GALAICO	CN GREDOS S.D.	CE MEDITERRANI	CN MADRID MOSC.	CN GALAICO	CN P. OURENSE	CN MADRID MOSC.	C TENIS ELCHE	CD COVIBAR RIVAS		
Serie-Calle-Ld	1-6-IZ	1-4-IZ	1-3-IZ	1-8-IZ	1-5-IZ	1-7-IZ	1-2-IZ	1-9-IZ	1-2-DR			

Tiempo	36:22,52	36:37,57	37:06,79	38:05,10	38:21,78	38:37,04	38:55,18	39:24,07	39:27,89	BAJA		
Puntos	19	16	14	12	11	10	9	8	7			

100	1:09,54	1:11,14	1:11,52	1:12,46	1:09,68	1:12,65	1:13,68	1:14,34	1:13,23			
200	2:21,10	2:23,11	2:23,84	2:27,17	2:21,75	2:27,01	2:29,79	2:30,68	2:29,77			
400	4:43,67	4:46,33	4:49,42	4:57,05	4:47,90	4:56,86	5:03,17	5:04,61	5:04,15			
500	5:55,33	5:57,77	6:02,34	6:12,45	6:02,49	6:12,25	6:19,10	6:22,06	6:22,45			
800	9:32,26	9:35,54	9:43,62	9:59,91	9:52,24	10:00,03	10:08,89	10:15,51	10:17,23			
1000	11:56,63	12:02,08	12:12,19	12:31,91	12:28,18	12:32,28	12:43,56	12:51,99	12:56,00			
1500	18:00,01	18:09,96	18:28,42	18:49,55	18:47,41	18:58,84	19:14,92	19:28,25	19:33,20			
2000	24:07,21	24:21,82	24:41,94	25:10,84	25:25,44	25:30,44	25:46,93	26:07,54	26:12,12			
2500	30:17,58	30:29,81	30:52,38	31:36,58	31:54,80	32:04,22	32:20,61	32:46,30	32:55,61			
3000	36:22,52	36:37,57	37:06,79	38:05,10	38:21,78	38:37,04	38:55,18	39:24,07	39:27,89			
3500												
4000												
4500												
5000												

500	5:55,33	5:57,77	6:02,34	6:12,45	6:02,49	6:12,25	6:19,10	6:22,06	6:22,45			
1000	6:01,30	6:04,31	6:09,85	6:19,46	6:25,69	6:20,03	6:24,46	6:29,93	6:33,55			
1500	6:03,38	6:07,88	6:16,23	6:17,64	6:19,23	6:26,56	6:31,36	6:36,26	6:37,20			
2000	6:07,20	6:11,86	6:13,52	6:21,29	6:38,03	6:31,60	6:32,01	6:39,29	6:38,92			
2500	6:10,37	6:07,99	6:10,44	6:25,74	6:29,36	6:33,78	6:33,68	6:38,76	6:43,49			
3000	6:04,94	6:07,76	6:14,41	6:28,52	6:26,98	6:32,82	6:34,57	6:37,77	6:32,28			
3500												
4000												
4500												
5000												

1000	11:56,63	12:02,08	12:12,19	12:31,91	12:28,18	12:32,28	12:43,56	12:51,99	12:56,00			
2000	12:10,58	12:19,74	12:29,75	12:38,93	12:57,26	12:58,16	13:03,37	13:15,55	13:16,12			
3000	12:15,31	12:15,75	12:24,85	12:54,26	12:56,34	13:06,60	13:08,25	13:16,53	13:15,77			
4000												
5000												

prom./1000	3	12:07,51	12:12,52	12:22,26	12:41,70	12:47,26	12:52,35	12:58,39	13:08,02	13:09,30		
prom./500	6	6:03,75	6:06,26	6:11,13	6:20,85	6:23,63	6:26,17	6:29,20	6:34,01	6:34,65		
prom./100	30	1:12,75	1:13,25	1:14,23	1:16,17	1:16,73	1:17,23	1:17,84	1:18,80	1:18,93		





III CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORIAS INFANTIL- JUNIOR - SENIOR

Organiza: Federación Madrileña de Natación
Piscina: Centro M⁸⁶, 50 metros, 10 calles
Madrid, 11 de febrero de 2012



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	12º	13º
Apellidos	TOLOSA OLAZABAL	DONOSO RUBIO	BOSCH PLANAS	PULIDO GARCIA	BAUTISTA BORRAS	GARCIA DIAZ	FERRER ESTELLER	GIL PEREZ	BONZALEZ RODRIGUEZ	CANOVAS JUAREZ	SAVONI AREVALO	LOPEZ JIMENEZ	ALSINA TRALLERO
Nombre	JUAN	LEONARDO	JORDI	JESUS	MIGUEL	FRANCISCO JOSE	FERNANDO	PABLO	BORJA	VICTOR	SERGIO	PABLO	VICTOR
Año	1994	1995	1994	1994	1994	1995	1994	1994	1995	1994	1995	1994	1994
Licencia	44569950	15412876	47440881	49120606	P00088031	53353676	53787536	48693844	44497467	77824258	2309722	3142123	47924657
Club	CDN BIDASOA XXI	CN ALCALA-TECYSU	CN SANT ANDREU	CN UTRERA	CN MAIRENA ALJ.	CN MAIRENA ALJ.	CN VILA-REAL	CN FUENSANTA	CN PAB. OURENSE	CN MAIRENA ALJ.	SAFA MADRID	GUADALAJARA CN	MAÑANET CN
Serie-Calle-Ld	2-3-DR	2-5-DR	2-6-DR	2-4-DR	2-2-DR	2-0-DR	2-7-DR	2-9-DR	2-1-DR	2-8-DR	1-1-DR	1-0-IZ	1-1-IZ

Tiempo	56:41,41	57:00,49	57:36,82	57:36,92	58:37,47	59:52,51	59:53,84	1:00:35,52	1:00:46,81	1:01:00,31	1:02:31,82	1:07:58,77	1:08:23,45
Puntos	19	16	14	12	11	10	9	8	7	6	5	4	3

100	1:05,75	1:05,00	1:05,05	1:05,49	1:06,85	1:05,48	1:08,32	1:10,84	1:07,81	1:07,93	1:10,46	1:10,62	1:10,35
200	2:12,44	2:11,66	2:12,35	2:12,18	2:14,75	2:13,37	2:17,88	2:22,58	2:17,82	2:25,62	2:25,13	2:26,19	2:26,19
400	4:26,05	4:25,64	4:28,22	4:23,72	4:29,53	4:30,31	4:36,32	4:46,34	4:38,35	4:37,04	4:54,55	4:55,00	5:00,60
500	5:33,77	5:33,12	5:36,12	5:29,96	5:38,07	5:38,92	5:45,52	5:58,33	5:49,12	5:48,34	6:08,48	6:09,03	6:17,75
800	8:56,53	8:56,39	9:00,35	8:49,44	9:03,77	9:07,76	9:15,27	9:35,60	9:20,70	9:21,21	9:53,07	9:53,59	10:13,33
1000	11:12,43	11:11,72	11:16,48	11:02,68	11:22,88	11:29,06	11:35,41	12:00,74	11:42,31	11:43,87	12:20,83	12:24,70	12:49,72
1500	16:53,75	16:49,90	16:55,62	16:41,37	17:14,37	17:28,02	17:30,75	18:04,26	17:43,69	17:43,34	18:31,82	18:53,79	19:28,04
2000	22:37,19	22:31,93	22:33,55	22:22,89	23:06,14	23:31,27	23:34,51	24:09,80	23:43,96	23:49,94	24:46,94	25:26,69	26:12,56
2500	28:20,17	28:12,93	28:16,52	28:05,80	28:54,93	29:34,45	29:40,13	30:13,15	29:45,65	29:57,69	31:01,80	32:02,18	32:55,21
3000	34:02,35	33:57,42	34:16,89	34:46,82	35:39,83	35:45,57	36:17,29	36:52,05	36:07,75	36:17,99	37:17,99	38:47,46	39:28,05
3500	39:38,88	39:37,28	40:16,43	39:39,53	40:46,61	41:45,67	41:47,37	42:20,68	42:00,65	42:22,60	43:35,37	45:44,24	46:20,19
4000	45:19,96	45:20,55	46:06,82	45:35,69	46:48,70	47:51,31	47:47,98	48:17,80	48:13,00	48:40,66	49:57,83	52:57,25	53:27,25
4500	51:01,93	51:09,97	51:56,34	51:36,15	52:45,13	53:57,84	53:48,24	54:23,93	54:29,87	54:51,26	56:17,20	1:00:29,50	1:00:51,65
5000	56:41,41	57:00,49	57:36,82	57:36,92	58:37,47	59:52,51	59:53,84	1:00:35,52	1:00:46,81	1:01:00,31	1:02:31,82	1:07:58,77	1:08:23,45

500	5:33,77	5:33,12	5:36,12	5:29,96	5:38,07	5:38,92	5:45,52	5:58,33	5:49,12	5:48,34	6:08,48	6:09,03	6:17,75
1000	5:38,66	5:38,60	5:40,36	5:32,72	5:44,81	5:50,14	5:49,89	6:02,41	5:53,19	5:55,53	6:12,35	6:15,67	6:31,97
1500	5:41,32	5:38,18	5:39,14	5:38,69	5:51,49	5:58,96	5:55,34	6:03,52	6:01,38	6:05,47	6:10,99	6:29,09	6:38,32
2000	5:43,44	5:42,03	5:37,93	5:41,52	5:51,77	6:03,25	6:03,76	6:05,54	6:00,27	6:06,60	6:15,12	6:32,90	6:44,52
2500	5:42,98	5:41,00	5:42,97	5:42,91	5:48,79	6:03,18	6:05,62	6:03,35	6:01,69	6:07,75	6:14,86	6:35,49	6:42,65
3000	5:42,18	5:44,49	6:00,37	5:44,80	5:51,89	6:05,38	6:05,44	6:04,14	6:06,40	6:10,06	6:16,19	6:45,28	6:32,84
3500	5:36,53	5:39,86	6:05,54	5:48,93	5:59,79	6:05,84	6:01,80	6:03,39	6:08,60	6:14,85	6:17,38	6:56,78	6:52,14
4000	5:41,08	5:43,27	5:50,39	5:56,16	6:02,09	6:05,64	6:00,61	5:57,12	6:12,35	6:18,06	6:22,46	7:13,01	7:07,06
4500	5:41,97	5:49,42	5:49,52	6:00,46	5:56,43	6:06,53	6:00,26	6:06,13	6:16,87	6:10,60	6:19,37	7:32,25	7:24,40
5000	5:39,48	5:50,52	5:40,48	6:00,77	5:52,34	5:54,67	6:05,60	6:11,59	6:16,94	6:09,05	6:14,62	7:29,27	7:31,80

1000	11:12,43	11:11,72	11:16,48	11:02,68	11:22,88	11:29,06	11:35,41	12:00,74	11:42,31	11:43,87	12:20,83	12:24,70	12:49,72
2000	11:24,76	11:20,21	11:17,07	11:20,21	11:43,26	12:02,21	11:59,10	12:09,06	12:01,65	12:06,07	12:26,11	13:01,99	13:22,84
3000	11:25,16	11:25,49	11:43,34	11:27,71	11:40,68	12:08,56	12:11,06	12:07,49	12:08,09	12:17,81	12:31,05	13:20,77	13:15,49
4000	11:23,05	11:32,69	11:39,91	11:56,62	11:58,52	12:12,17	12:00,87	12:03,25	12:19,22	12:28,66	14:41,83	14:45,26	14:31,46
5000	11:21,45	11:39,94	11:30,00	12:01,23	11:48,77	12:01,20	12:05,86	12:17,72	12:33,81	12:19,65	12:33,99	15:01,52	14:56,20

prom./1000	5	11:20,28	11:24,10	11:31,36	11:31,38	11:43,49	11:58,50	11:58,77	12:07,10	12:09,36	12:12,06	12:30,36	13:35,75	13:40,69
prom./500	10	5:40,14	5:42,05	5:45,68	5:45,69	5:51,75	5:59,25	5:59,38	6:03,55	6:04,68	6:06,03	6:15,18	6:47,88	6:50,35
prom./100	50	1:08,03	1:08,41	1:09,14	1:09,14	1:10,35	1:11,85	1:11,88	1:12,71	1:12,94	1:13,21	1:15,04	1:21,58	1:22,07





III CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORIAS INFANTIL- JUNIOR - SENIOR

Organiza: Federación Madrileña de Natación
Piscina: Centro M^o86, 50 metros, 10 calles
Madrid, 11 de febrero de 2012



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

Puesto	1º	2º	3º	4º	5º	6º	7º						
Apellidos	MORALES GIL	MENDIA GARCIA	CHAVES MATELLANES	VOGUEROLAS BLANCO	MARTINEZ GARZON	BENITEZ RODRIGUEZ	LUIS HERRERO	SANCHEZ GARCIA					
Nombre	LUISA MAR	IRATI	ANGELA	CRISTINA	LUCIA	MARTA	ANABEL	ELVIRA					
Año	1994	1994	1995	1995	1995	1995	1995	1994					
Licencia	42226434	72500934	53770425	47669837	77139650	20090180	P00063033	23064625					
Club	CN LAS PALMAS	CDN BIDASOA XXI	CN SEVILLA	CN SANT ANDREU	CN CHURRIANA	CN ALCALA-TECSU	CN ATC BARCELONETA	AD ANCORA					
Serie-Calle-Ld	3-7-DR	3-5-DR	3-2-DR	3-3-DR	3-1-DR	3-6-DR	3-8-DR	3-4-DR					
Tiempo	1:00:07,72	1:02:52,33	1:02:54,75	1:03:32,29	1:03:41,47	1:04:13,02	1:06:02,58	DQ					
Puntos	19	16	14	12	11	10	9						
100	1:09,61	1:08,70	1:11,18	1:11,60	1:11,05	1:10,53	1:15,04						
200	2:20,55	2:19,51	2:24,95	2:24,60	2:24,98	2:24,69	2:32,82						
400	4:43,46	4:43,38	4:52,39	4:51,93	4:51,69	4:55,16	5:08,58						
500	5:54,97	5:55,62	6:05,87	6:06,14	6:05,23	6:11,81	6:26,52						
800	9:30,97	9:29,88	9:47,43	9:49,85	9:47,05	10:00,79	10:22,04						
1000	11:53,66	11:53,59	12:15,18	12:20,69	12:14,74	12:34,05	12:59,85						
1500	17:52,35	17:59,06	18:26,77	18:41,60	18:28,05	18:53,66	19:37,34						
2000	23:53,11	24:15,52	24:43,98	25:06,57	24:42,98	25:21,16	26:15,71						
2500	29:54,79	30:32,94	30:55,83	31:31,82	31:03,07	31:46,24	32:53,79						
3000	35:58,53	36:55,92	37:18,86	37:57,25	37:29,31	38:11,20	39:33,88						
3500	42:00,91	43:20,40	43:42,06	44:24,42	43:59,31	44:38,68	46:15,80						
4000	48:04,91	49:48,71	50:06,87	50:48,95	50:26,69	51:07,33	52:53,14						
4500	54:10,49	56:21,94	56:32,24	57:13,79	57:06,23	57:39,05	59:30,79						
5000	1:00:07,72	1:02:52,33	1:02:54,75	1:03:32,29	1:03:41,47	1:04:13,02	1:06:02,58	DQ					
500	5:54,97	5:55,62	6:05,87	6:06,14	6:05,23	6:11,81	6:26,52						
1000	5:58,69	5:57,97	6:09,31	6:14,55	6:09,51	6:22,24	6:33,33						
1500	5:58,69	6:05,47	6:11,59	6:20,91	6:13,31	6:19,61	6:37,49						
2000	6:00,76	6:16,46	6:17,21	6:24,97	6:14,93	6:27,50	6:38,37						
2500	6:01,68	6:17,42	6:11,85	6:25,25	6:20,09	6:25,08	6:38,08						
3000	6:03,74	6:22,98	6:23,03	6:25,43	6:26,24	6:24,96	6:40,09						
3500	6:02,38	6:24,48	6:23,20	6:27,17	6:30,00	6:27,48	6:41,92						
4000	6:04,00	6:28,31	6:24,81	6:24,53	6:27,38	6:28,65	6:37,34						
4500	6:05,58	6:33,23	6:25,37	6:24,84	6:39,54	6:31,72	6:37,65						
5000	5:57,23	6:30,39	6:22,51	6:18,50	6:35,24	6:33,97	6:31,79						
1000	11:53,66	11:53,59	12:15,18	12:20,69	12:14,74	12:34,05	12:59,85						
2000	11:59,45	12:21,93	12:28,80	12:45,88	12:28,24	12:47,11	13:15,86						
3000	12:05,42	12:40,40	12:34,88	12:50,68	12:46,33	12:50,04	13:18,17						
4000	12:09,58	13:01,54	12:50,18	12:49,37	13:06,92	13:00,37	13:14,99						
5000	12:02,81	13:03,62	12:47,88	12:43,34	13:14,78	13:05,69	13:09,44						
prom./1000	12:01,54	12:34,47	12:34,95	12:42,46	12:44,29	12:50,60	13:12,52						
prom./500	6:00,77	6:17,23	6:17,48	6:21,23	6:22,15	6:25,30	6:36,26						
prom./100	1:12,15	1:15,45	1:15,50	1:16,25	1:16,43	1:17,06	1:19,25						





III CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORIAS INFANTIL- JUNIOR - SENIOR

Organiza: Federación Madrileña de Natación
Piscina: Centro M^o86, 50 metros, 10 calles
Madrid, 11 de febrero de 2012



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

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Puesto	1º	2º	3º	4º	5º	6º	7º	8º	9º				
Apellidos	SNELSON KILBRIDE	MUÑOZ ILLANA	CIURANA ROCA	CASTET MADRONA	ORENES SALAZAR	MARTINEZ REAL	MORA SERRANO	MORALES PULIDO	CASTRO VALLE	FERNANDEZ NIETO	HERVAS JODAR	RUIZ PEREZ	ALEMANY MORA
Nombre	THOMAS	ADRIA	MARC	YONATAN	VICTOR	JOSUE	ALEJANDRO	KEVIN JESUS	HECTOR	CRISTIAN	FRANCISCO JOSE	HECTOR	ALBERT
Año	1990	1990	1992	1990	1991	1993	1993	1993	1993	1992	1981	1991	1993
Licencia	26261165	45640215	3932520	47170244	48656774	50908392	50128751	42245223	76136671	77404524	52629935	41555996	
Club	RC MEDITERRANEO	CN TERRASSA	CN SABADELL	CN SABADELL	CN MURCIA	R CANOE NC	CN MADRID MOSC.	CN LAS PALMAS	CN PLASENCIA	CN GALAICO	CE MEDITERRANI	CN MATARO	CE MEDITERRANI
Serie-Calle-Ld	2-4-IZ	2-7-IZ	2-8-IZ	2-5-IZ	2-2-IZ	2-1-IZ	2-0-IZ	2-6-IZ	2-9-IZ	2-3-IZ			
Tiempo	55:43,64	56:30,78	57:31,89	58:24,23	58:32,13	59:15,59	59:52,21	1:00:26,57	1:00:47,90	DQ	BAJA	BAJA	BAJA
Puntos	19	16	14	12	11	10	9	8	7				
100	1:05,35	1:08,17	1:07,71	1:05,31	1:07,06	1:08,13	1:08,47	1:08,41	1:10,67				
200	2:11,38	2:16,50	2:15,15	2:12,12	2:15,41	2:17,76	2:17,99	2:17,30	2:22,40				
400	4:23,43	4:31,61	4:30,67	4:25,72	4:32,57	4:38,42	4:38,72	4:36,20	4:46,34				
500	5:29,59	5:38,75	5:38,96	5:33,34	5:41,49	5:49,23	5:49,56	5:46,01	5:58,20				
800	8:48,06	9:02,26	9:02,77	8:56,92	9:09,72	9:20,55	9:20,47	8:16,50	9:35,63				
1000	11:00,91	11:18,48	11:19,28	11:12,17	11:30,55	11:40,58	11:40,64	11:38,34	12:00,67				
1500	16:23,09	16:55,75	16:57,45	16:50,68	17:20,48	17:30,17	17:31,86	17:38,76	18:04,29				
2000	22:04,14	22:32,01	22:44,53	22:32,92	23:05,97	23:22,24	23:31,25	23:40,57	24:10,04				
2500	27:37,81	28:10,12	28:29,83	28:27,84	28:54,75	29:18,57	29:34,51	29:40,29	30:13,31				
3000	33:13,56	33:48,80	34:15,02	34:22,87	34:46,87	35:16,57	35:39,99	35:46,04	36:17,73				
3500	38:49,74	39:28,54	39:58,58	40:16,16	40:46,97	41:16,34	41:45,90	41:51,97	42:21,63				
4000	44:27,40	45:12,09	45:46,95	46:20,56	46:48,81	47:15,36	47:51,42	48:01,83	48:28,43				
4500	50:06,99	50:53,69	51:40,17	52:22,27	52:44,72	53:15,68	53:58,13	54:17,58	54:39,83				
5000	55:43,64	56:30,78	57:31,89	58:24,23	58:32,13	59:15,59	59:52,21	1:00:26,57	1:00:47,90	DQ			
500	5:29,59	5:38,75	5:38,96	5:33,34	5:41,49	5:49,23	5:49,56	5:46,01	5:58,20				
1000	5:31,32	5:39,73	5:40,32	5:38,83	5:49,06	5:51,35	5:51,08	5:52,33	6:02,47				
1500	5:22,18	5:37,27	5:38,17	5:38,51	5:49,93	5:49,59	5:51,22	6:00,42	6:03,62				
2000	5:41,05	5:36,26	5:47,08	5:42,24	5:45,49	5:52,07	5:59,39	6:01,81	6:05,75				
2500	5:33,67	5:38,11	5:45,30	5:54,92	5:48,78	5:56,33	6:03,26	5:59,72	6:03,27				
3000	5:35,75	5:38,68	5:45,19	5:55,03	5:52,12	5:58,00	6:05,48	6:05,75	6:04,42				
3500	5:36,18	5:39,74	5:43,56	5:53,29	6:00,10	5:59,77	6:05,91	6:05,93	6:03,90				
4000	5:37,66	5:43,55	5:48,37	6:04,40	6:01,84	5:59,02	6:05,52	6:09,86	6:06,80				
4500	5:39,59	5:41,60	5:53,22	6:01,71	5:55,91	6:00,32	6:06,71	6:15,75	6:11,40				
5000	5:36,65	5:37,09	5:51,72	6:01,96	5:47,41	5:59,91	5:54,08	6:08,99	6:08,07				
1000	11:00,91	11:18,48	11:19,28	11:12,17	11:30,55	11:40,58	11:40,64	11:38,34	12:00,67				
2000	11:03,23	11:13,53	11:25,25	11:20,75	11:35,42	11:41,66	11:50,61	12:02,23	12:09,37				
3000	11:09,42	11:16,79	11:30,49	11:49,95	11:40,90	11:54,33	12:08,74	12:05,47	12:07,69				
4000	11:17,25	11:25,15	11:41,59	12:06,11	11:57,75	12:19,34	12:12,23	12:25,61	12:18,20				
5000	11:16,24	11:18,69	11:44,94	12:03,67	11:43,32	12:00,23	12:00,79	12:24,74	12:19,47				
prom./1000	5 11:08,73	11:18,16	11:30,38	11:40,85	11:42,43	11:51,12	11:58,44	12:05,31	12:09,58				
prom./500	10 5:34,36	5:39,08	5:45,19	5:50,42	5:51,21	5:55,56	5:59,22	6:02,66	6:04,79				
prom./100	50 1:06,87	1:07,82	1:09,04	1:10,08	1:10,24	1:11,11	1:11,84	1:12,53	1:12,96				





III CAMPEONATO DE ESPAÑA LARGA DISTANCIA

CATEGORIAS INFANTIL- JUNIOR - SENIOR

Organiza: Federación Madrileña de Natación
Piscina: Centro M'86, 50 metros, 10 calles
Madrid, 11 de febrero de 2012



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

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Puesto	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º	11º	12º	
Apellidos	VILLAECIJA GARCIA	DOMINGUEZ CABEZAS	REQUENA JUAREZ	PIMENTEL PEREZ	GARCIA PARDAVILA	VILARINO GARCIA	MONTES PEREZ	TORNE SANCHEZ	CIURO BOIXADERA	NUNEZ REDONDO	GONZALEZ PEREZ	GARCIA CALLE	
Nombre	ERIKA	MARGARITA	YUREMA	LAURA	IRIA	XENIA	PAOLA	HELENA	NURIA	YOLANDA	ELENA	RUTH	
Año	1984	1987	1983	1993	1991	1991	1991	1993	1993	1993	1992	1993	
Licencia	44021228	23045572	53377623	44659339	44733600	77420795	39498243	41010106	47417071	2291742	53518285	70260327	
Club	CN SANT ANDREU	AD ANCORA	CN VILA-REAL	CN PAB OURENSE	CN GALAICO	CN MATARO	CN GALAICO	CN MATARO	CN TERRASSA	CN MADRID MOSC.	C TENIS ELCHE	CN MIRASIERRA	
Serie-Calle-Ld	3-5-IZ	3-4-IZ	3-3-IZ	3-6-IZ	3-2-IZ	3-7-IZ	3-1-IZ	3-0-DR	3-8-IZ	3-0-IZ	3-9-DR	3-9-IZ	
Tiempo	0:57:38,79	0:59:13,15	0:59:36,24	0:59:47,59	0:59:51,11	1:00:12,73	1:01:36,63	1:02:35,42	1:02:44,02	1:04:57,24	1:05:52,06	1:11:25,14	
Puntos	19	16	14	12	11	10	9	8	7	6	5	4	
100	1:08,70	1:10,51	1:11,35	1:10,13	1:08,09	1:10,05	1:11,77	1:12,38	1:14,43	1:12,43	1:14,34	1:18,09	
200	2:17,12	2:21,32	2:23,21	2:21,51	2:18,13	2:20,69	2:25,30	2:26,56	2:29,36	2:26,88	2:29,95	2:39,79	
400	4:34,56	4:44,00	4:46,55	4:43,61	4:40,07	4:43,49	4:51,34	4:56,05	4:58,93	4:56,50	5:03,24	5:22,50	
500	5:43,08	5:55,59	5:57,85	5:54,43	5:51,18	5:55,37	6:03,75	6:11,16	6:13,84	6:11,59	6:20,56	6:44,32	
800	9:08,14	9:30,09	9:32,95	9:25,94	9:24,33	9:31,09	9:42,96	9:56,95	9:58,03	9:57,68	10:12,16	10:50,40	
1000	11:25,01	11:53,57	11:57,05	11:47,03	11:46,98	11:53,56	12:09,46	12:28,29	12:28,47	12:28,82	12:46,76	13:36,16	
1500	17:07,96	17:50,11	17:56,28	17:41,28	17:44,47	17:48,62	18:16,61	18:46,45	18:43,09	18:47,16	19:13,57	20:30,89	
2000	22:52,80	23:47,58	23:54,29	23:39,99	23:42,60	23:49,27	24:27,47	25:01,91	24:59,33	25:17,15	25:45,38	27:28,68	
2500	28:37,98	29:40,41	29:52,30	29:40,04	29:40,78	29:52,97	30:38,54	31:18,21	31:15,55	31:50,70	32:21,78	34:31,00	
3000	34:23,93	35:34,99	35:46,92	35:40,31	35:59,15	36:48,59	37:34,45	37:34,17	37:34,17	38:27,04	38:55,06	41:44,38	
3500	40:12,57	41:29,02	41:40,63	41:39,71	41:41,15	42:01,73	43:00,65	43:48,77	43:51,80	45:04,71	45:31,54	49:00,98	
4000	46:01,61	47:21,70	47:35,36	47:38,72	47:45,65	48:05,12	49:13,72	50:04,09	50:09,34	51:46,55	52:12,20	56:25,82	
4500	51:52,79	53:15,62	53:33,43	53:42,02	53:47,30	54:10,69	55:27,31	56:21,13	56:28,31	58:26,17	59:06,14	1:03:58,52	
5000	0:57:38,79	0:59:13,15	0:59:36,24	0:59:47,59	0:59:51,11	1:00:12,73	1:01:36,63	1:02:35,42	1:02:44,02	1:04:57,24	1:05:52,06	1:11:25,14	
500	5:43,08	5:55,59	5:57,85	5:54,43	5:51,18	5:55,37	6:03,75	6:11,16	6:13,84	6:11,59	6:20,56	6:44,32	
1000	5:41,93	5:57,98	5:59,20	5:52,60	5:55,80	5:58,19	6:05,71	6:17,13	6:14,63	6:17,23	6:26,20	6:51,84	
1500	5:42,95	5:56,54	5:59,23	5:54,25	5:57,49	5:55,06	6:07,15	6:18,16	6:14,62	6:18,34	6:26,81	6:54,73	
2000	5:44,84	5:57,47	5:58,01	5:58,71	5:58,13	6:00,65	6:10,86	6:15,46	6:16,24	6:29,99	6:31,81	6:57,79	
2500	5:45,18	5:52,83	5:58,01	6:00,05	5:58,18	6:03,70	6:11,07	6:16,30	6:16,22	6:33,55	6:36,40	7:02,32	
3000	5:45,95	5:54,58	5:54,62	6:00,27	6:00,13	6:06,18	6:10,05	6:16,24	6:18,62	6:36,34	6:33,28	7:13,38	
3500	5:48,64	5:54,03	5:53,71	5:59,40	6:00,24	6:02,58	6:12,06	6:14,32	6:17,63	6:37,67	6:36,48	7:16,60	
4000	5:49,04	5:52,68	5:54,73	5:59,01	6:04,50	6:03,39	6:13,07	6:15,32	6:17,54	6:41,84	6:40,66	7:24,84	
4500	5:51,18	5:53,92	5:58,07	6:03,30	6:01,65	6:05,57	6:13,59	6:17,04	6:18,97	6:39,62	6:53,94	7:32,70	
5000	5:46,00	5:57,53	6:02,81	6:05,57	6:03,81	6:02,04	6:09,32	6:14,29	6:15,71	6:31,07	6:45,92	7:26,62	
1000	11:25,01	11:53,57	11:57,05	11:47,03	11:46,98	11:53,56	12:09,46	12:28,29	12:28,47	12:28,82	12:46,76	13:36,16	
2000	11:27,79	11:54,01	11:57,24	11:52,96	11:55,62	11:55,71	12:18,01	12:33,62	12:30,86	12:48,33	12:58,62	13:52,52	
3000	11:31,13	11:47,41	11:52,63	12:00,32	11:58,31	12:09,88	12:21,12	12:32,54	12:34,84	13:09,89	13:09,68	14:15,70	
4000	11:40,22	11:46,60	11:52,80	12:02,31	12:06,15	12:08,96	12:26,66	12:32,36	12:36,51	13:21,46	13:34,60	14:57,54	
5000	11:37,18	11:51,45	12:00,88	12:08,87	12:05,46	12:07,61	12:22,91	12:31,33	12:34,68	13:10,69	13:39,86	14:59,32	
prom./1000	5 11:31,76	11:50,63	11:55,25	11:57,52	11:58,22	12:02,55	12:19,33	12:31,08	12:32,80	12:59,45	13:10,41	14:17,03	
prom./500	# 5:45,88	5:55,31	5:57,62	5:58,76	5:59,11	6:01,27	6:09,66	6:15,54	6:16,40	6:29,72	6:35,21	7:08,51	
prom./100	# 1:09,18	1:11,06	1:11,52	1:11,75	1:11,82	1:12,25	1:13,93	1:15,11	1:15,28	1:17,94	1:19,04	1:25,70	