

ACTA DEL CAMPEONATO

5.000m Abs Masc

Final

| Pto | Dor | Nombre Club | F de Nac Lic | Orden | Marca |
|---------------------------------|-----|--|----------------------|-------|----------|
| Final A 20/03/2021 11:30 | | | | | |
| 1 | 436 | Jose Carlos Moran Bravo SS. Reyes - CC. Menorca | 27/10/1990 M5480 | 7 | 15:55.7- |
| 2 | 905 | Jesus Lungaran Gutierrez Atletismo Manchego | 10/11/1977 M4689 | 6 | 15:56.4- |
| 3 | 510 | Borja Rodriguez Echevarria A.A. Mostoles | 26/09/1994 M10575 | 4 | 16:04.0- |
| 4 | 887 | Santiago De La Fuente Martin A.A. Mostoles | 15/11/1974 M2106 | 2 | 16:10.6- |
| 5 | 470 | Luis Eduardo Sousa El Souki Club Corredores | 25/09/1988 M6458 | 1 | 16:29.7- |
| 6 | 88 | (t) Rodrigo Garcia Martin Ciudad de Rivas | 07/06/1996 M12745 | 9 | 16:32.2- |
| 7 | 836 | Jose Carlos Merinero Velez Club Corredores | 21/09/1983 M936 | 3 | 16:40.2- |
| 8 | 251 | (t) Enrique Romero Perales Canguro A.A.C. | 13/08/1988 M14493 | 8 | 16:52.8- |
| 9 | 266 | Miguel Angel Lozano Melero A.A. Mostoles | 05/09/1999 M7764 | 10 | 17:15.5- |
| 10 | 505 | (t) Carlos Manrique Juan Canguro A.A.C. | 27/09/1983 M8723 | 5 | 17:24.9- |
| Final B 20/03/2021 11:10 | | | | | |
| 1 | 358 | Ismael Allagui Diez SS. Reyes - CC. Menorca | 15/10/2002 M15381 | 8 | 16:31.1- |
| 2 | 271 | Luis Miguel Pelaez Rodriguez Atletismo Alcorcon | 19/01/1983 M1540 | 9 | 17:59.4- |
| 3 | 988 | Pedro Bravo Blazquez At Guadarrama | 27/03/1975 M5311 | 10 | 18:10.9- |
| 4 | 350 | (t) Jaime Arribas De Lara CD Paris | 18/09/1979 M5522 | 7 | 18:28.8- |

5.000m Sub 18 Masc

Final

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| Final A 20/03/2021 10:50 | | | | | |
| 1 | 257 | Guillermo Martinez-lage Marquina At. Arroyomolinos | 14/07/2004 M16310 | 5 | 16:14.6- |
| 2 | 484 | Esteban Patiño Ramirez Val. Martin Berlanas | 13/12/2004 M9138 | 3 | 16:16.3- |
| 3 | 273 | Aitor Garcia Calvo Atletismo Alcorcon | 15/03/2004 M11832 | 2 | 16:25.0- |
| 4 | 493 | (t) Jorge Jimenez Ojeda Grupo Oasis Tres Cantos | 30/03/2004 M4303 | 1 | 17:47.8- |
| 5 | 494 | (t) Alejandro Lopez De Juan Grupo Oasis Tres Cantos | 22/05/2005 M13989 | 8 | 19:14.7- |
| 6 | 398 | (t) Marcos Rivas Garvia A.A. Valdemoro | 14/12/2005 M6393 | 6 | 19:36.1- |
| 7 | 496 | (e) (t) Daniel Marques Taveira Grupo Oasis Tres Cantos | 28/03/2004 M4289 | 10 | 19:45.9- |
| 8 | 500 | (t) Arnau Moix Ujaldón Grupo Oasis Tres Cantos | 22/11/2005 M14662 | 7 | 19:46.3- |
| 9 | 18 | (t) Daniel Rodriguez Rodriguez At. Collado Villalba | 06/10/2004 M8856 | 4 | 20:32.2- |
| | 680 | Fernando Magano Aguado SS. Reyes - CC. Menorca | 13/08/2004 M1227 | 9 | NP |

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| Final B 20/03/2021 11:10 | | | | | |
| 1 | 250 | Izan Rodriguez Molinu At. Arroyomolinos | 23/08/2005 M2802 | 1 | 18:04.1- |
| 2 | 176 | (t) Juan Muñoz De La Espada Miguel At Pozuelo | 25/04/2005 M14719 | 6 | 19:46.4- |
| 3 | 498 | (t) Iván Martín González Grupo Oasis Tres Cantos | 02/09/2005 M13120 | 5 | 20:45.9- |
| 4 | 131 | (t) Daniel Garcia Rodriguez De Sepulveda Track Cross Road Team | 18/12/2004 M12115 | 4 | 20:52.4- |
| 5 | 811 | (t) Alejandro Lopez Ruiz Lynze Parla | 18/02/2004 M19710 | 3 | 21:41.2- |
| | 491 | (t) Sergio Guinea Gómez Grupo Oasis Tres Cantos | 15/04/2004 M14459 | 2 | NP |

10.000m Abs Masc

Final

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|---------------------------------|-----|---|----------------------|-------|----------|
| Final A 20/03/2021 12:40 | | | | | |
| 1 | 649 | Jose España Comendador ADA Calvia | 05/05/1986 M1717 | 4 | 29:59.9- |
| 2 | 944 | Francisco Javier Martinez Fernandez Clínica Menorca CAUG | 27/05/1977 M6537 | 1 | 31:40.3- |
| 3 | 316 | Pablo Villalobos Bazaga A.D. Marathon | 20/05/1978 M4560 | 5 | 31:46.5- |
| 4 | 433 | Borja Aragoneses Somoza SS. Reyes - CC. Menorca | 22/02/1987 M11983 | 8 | 31:51.4- |
| 5 | 558 | Rodrigo Mendoza Jimenez Atletismo Numantino | 30/04/1998 M4472 | 2 | 32:08.6- |
| 6 | 177 | Ramon Rodriguez Jimenez Canguro A.A.C. | 12/05/2001 M14722 | 6 | 32:24.3- |
| 7 | 98 | Alejandro Nogales Pavon At. Arroyomolinos | 16/04/1998 M5110 | 9 | 32:24.8- |
| 8 | 437 | Diego Perez Gonzalez SS. Reyes - CC. Menorca | 30/06/1993 M15921 | 7 | 32:48.3- |
| 9 | 100 | Alberto Sanchez-mariscal Martin At. Arroyomolinos | 25/01/1995 M973 | 10 | 34:43.8- |
| 10 | 921 | David Martinez Fernandez Clínica Menorca CAUG | 23/08/1981 M2664 | 3 | 34:51.1- |
| Final B 20/03/2021 13:15 | | | | | |
| 1 | 294 | (t) Sergio Jimenez Ojeda Grupo Oasis Tres Cantos | 13/10/1994 M7496 | 5 | 34:23.9- |
| 2 | 291 | Miguel Angel Cadenas Duran A.D. Marathon | 16/11/1972 M1035 | 10 | 34:31.9- |
| 3 | 908 | Juan Jose Garcia Pulido Ciudad de Rivas | 10/07/1973 M1790 | 3 | 35:30.8- |
| 4 | 104 | (t) Ruben Garcia Lopez Union Atletica Coslada | 07/02/1983 M14033 | 2 | 35:35.7- |
| 5 | 301 | David Gonzalez Cogolludo A.D. Marathon | 15/04/1976 M1172 | 9 | 35:56.0- |
| 6 | 94 | Jesus Diaz Del Campo Ruiz At. Arroyomolinos | 04/04/1998 M5681 | 7 | 35:57.6- |
| 7 | 351 | Daniel Redondo Muñoz Suanzes San Blas | 27/12/1990 M9762 | 1 | 35:57.8- |
| 8 | 278 | Jose Sanchez Vicente Atletismo Alcorcon | 14/10/1983 M8550 | 4 | 36:00.5- |
| 9 | 818 | Sergio Diaz Molinera Club Corredores | 04/12/1979 M15845 | 8 | 36:47.2- |
| | 236 | Robinson Carvajal Muñoz At. Arroyomolinos | 10/09/1984 M12526 | 6 | AB |

ACTA DEL CAMPEONATO

5.000m Abs Fem

Final

| Pto | Dor | Nombre Club | F de Nac Lic | Orden | Marca |
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| Final A 20/03/2021 10:25 | | | | | |
| 1 | 281 | Claudia Gomez Menendez Suanzes San Blas | 17/01/2002 M1858 | 8 | 18:23.4- |
| 2 | 359 | Anais Doñoro Gallardo A.D. Sprint | 15/02/1993 M1546 | 6 | 18:59.8- |
| 3 | 209 | Esther Fernandez Poblacion A.D. Sprint | 08/01/1999 M2260 | 9 | 19:27.1- |
| 4 | 267 | (e) Ivana Zagorac Club Corredores | 13/01/1986 M12918 | 4 | 19:29.8- |
| 5 | 459 | Maria Gonzalez Alvarez Club Corredores | 19/07/1997 M11335 | 2 | 19:29.9- |
| 6 | 270 | Raquel Moreno Sanchez Club Corredores | 01/07/1976 M6921 | 3 | 20:24.5- |
| 7 | 125 | Mariana Cantero Garcia-monco A.D. Marathon | 25/10/1983 M14796 | 10 | 20:29.3- |
| 8 | 613 | (t) Nataliia Nefedova Nefedova Grupo Oasis Tres Cantos | 22/03/1988 M436 | 1 | 21:29.1- |
| 9 | 614 | (t) Silvia Rodriguez De Munck Grupo Oasis Tres Cantos | 26/10/1995 M16754 | 7 | 23:52.7- |
| | 450 | Marta De La Cal Parlorio Club Corredores | 22/01/1989 M12786 | 5 | AB |
| Final B 20/03/2021 10:00 | | | | | |
| | 203 | (t) Megan Mishel Cifuentes Herrera A.A. Valdemoro | 04/01/2003 M16604 | 9 | NP |

5.000m Sub 18 Fem

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| Final 20/03/2021 10:00 | | | | | |
| 1 | 679 | Paula Martin Lopez SS. Reyes - CC. Menorca | 03/10/2004 M1181 | 6 | 19:46.4- |
| 2 | 433 | Rocio Plana Herranz Ardillas-Escorial | 29/06/2004 M679 | 4 | 20:01.5- |
| 3 | 177 | Angela Carolina Peco Wägner At Pozuelo | 02/12/2004 M10429 | 1 | 20:21.5- |
| 4 | 172 | (t) Clara Bergaz De Oteyza At Pozuelo | 18/04/2005 M13320 | 5 | 20:49.6- |
| 5 | 678 | Ana De La Iglesia Chavez SS. Reyes - CC. Menorca | 16/10/2004 M1708 | 2 | 21:19.8- |
| 6 | 829 | (t) Daria Cordero Kudrina MOTION | 03/11/2004 M19077 | 8 | 22:02.7- |
| 7 | 534 | Montserrat Luengo Hernandez Suanzes San Blas | 05/03/2005 M9834 | 7 | 22:40.3- |
| | 427 | Angie Aponte Garcia Ardillas-Escorial | 04/11/2005 M12825 | 3 | NP |

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| Final 20/03/2021 11:50 | | | | | |
| 1 | 15 | Tamara Sanfabio Rodriguez Running Pinto Seoane - Pampín | 14/03/1978 M16081 | 6 | 38:25.7- |
| 2 | 314 | Pilar Fernandez Rodriguez Deportivo Malagon | 11/10/1976 M1208 | 3 | 39:04.1- |
| 3 | 218 | Ana Noya Cano A.D. Sprint | 09/04/2000 M16492 | 2 | 39:50.5- |
| 4 | 943 | Katherine Ortiz Cevallos A.D. Sprint | 03/01/1990 M12858 | 7 | 40:44.3- |
| 5 | 576 | (t) Alicia Borja Alvarez At Pozuelo | 13/02/1995 M6581 | 4 | 41:20.5- |
| 6 | 306 | (t) Elena Menéndez Fernández Club Run For You | 11/08/1970 M19523 | 1 | 41:56.4- |
| 7 | 148 | (t) Marta Rodriguez Serrano CD Paris | 21/12/1970 M4358 | 5 | 44:50.4- |
| 8 | 103 | Lidia Arribas Sandonis At. Arroyomolinos | 14/01/1975 M15949 | 8 | 45:58.0- |