



100 KM PEDESTRES EN RUTA REGION DE MURCIA - LOS ALCA

100k (100000 m) - 09-03-2019

Clasificación General

Pos	Dor	Nombre	Categoría	S	PC	Club	T. Oficial	Ritmo	
1	3	ARREBORG HANSEN, BRIAN	100k-M35	H	1	SPARTA COPENHAGEN	07:21:11	04:24	
1 - 00:21:43	(04:20 min/k)	2 - 00:21:50	(04:22 min/k)	3 - 00:22:06	(04:25 min/k)	4 - 00:21:23	(04:16 min/k)	5 - 00:21:38	(04:19 min/k)
6 - 00:21:36	(04:19 min/k)	7 - 00:21:39	(04:19 min/k)	8 - 00:21:32	(04:18 min/k)	9 - 00:21:34	(04:18 min/k)	10 - 00:21:32	(04:18 min/k)
11 - 00:21:44	(04:20 min/k)	12 - 00:21:57	(04:23 min/k)	13 - 00:22:03	(04:24 min/k)	14 - 00:22:17	(04:27 min/k)	15 - 00:22:13	(04:26 min/k)
16 - 00:22:26	(04:29 min/k)	17 - 00:22:48	(04:33 min/k)	18 - 00:23:02	(04:36 min/k)	19 - 00:23:20	(04:40 min/k)	20 - 00:23:04	(04:36 min/k)
2	33	SORIANO RUBIO, FERNANDO	100k-M40	H	1	CLUB ULTRA TRAIL HUELVA	07:43:56	04:38	
1 - 00:22:16	(04:27 min/k)	2 - 00:21:28	(04:17 min/k)	3 - 00:21:29	(04:17 min/k)	4 - 00:21:16	(04:15 min/k)	5 - 00:21:15	(04:15 min/k)
6 - 00:21:37	(04:19 min/k)	7 - 00:21:23	(04:16 min/k)	8 - 00:21:29	(04:17 min/k)	9 - 00:22:26	(04:29 min/k)	10 - 00:21:59	(04:23 min/k)
11 - 00:22:56	(04:35 min/k)	12 - 00:24:51	(04:58 min/k)	13 - 00:23:26	(04:41 min/k)	14 - 00:23:47	(04:45 min/k)	15 - 00:24:42	(04:56 min/k)
16 - 00:25:32	(05:06 min/k)	17 - 00:25:45	(05:09 min/k)	18 - 00:26:16	(05:15 min/k)	19 - 00:26:27	(05:17 min/k)	20 - 00:23:52	(04:46 min/k)
3	12	GÓMEZ LÓPEZ, JESÚS	100k-M55	H	1	ULTRAFONDO CANTABRIA	08:09:58	04:53	
1 - 00:23:12	(04:38 min/k)	2 - 00:23:21	(04:40 min/k)	3 - 00:23:26	(04:41 min/k)	4 - 00:23:22	(04:40 min/k)	5 - 00:23:25	(04:41 min/k)
6 - 00:23:26	(04:41 min/k)	7 - 00:23:45	(04:45 min/k)	8 - 00:23:37	(04:43 min/k)	9 - 00:24:10	(04:50 min/k)	10 - 00:23:57	(04:47 min/k)
11 - 00:24:29	(04:53 min/k)	12 - 00:24:12	(04:50 min/k)	13 - 00:24:36	(04:55 min/k)	14 - 00:24:53	(04:58 min/k)	15 - 00:25:43	(05:08 min/k)
16 - 00:26:00	(05:12 min/k)	17 - 00:26:26	(05:17 min/k)	18 - 00:26:05	(05:13 min/k)	19 - 00:26:36	(05:19 min/k)	20 - 00:25:34	(05:06 min/k)
4	16	LISE FRIIS, LISE FRIIS	100k-M45	M	1	ASICS FRONTRUNNERS DENMARK	08:19:12	04:59	
1 - 00:24:12	(04:50 min/k)	2 - 00:23:27	(04:41 min/k)	3 - 00:23:51	(04:46 min/k)	4 - 00:24:20	(04:52 min/k)	5 - 00:24:42	(04:56 min/k)
6 - 00:24:20	(04:52 min/k)	7 - 00:24:37	(04:55 min/k)	8 - 00:24:03	(04:48 min/k)	9 - 00:24:22	(04:52 min/k)	10 - 00:24:46	(04:57 min/k)
11 - 00:24:44	(04:56 min/k)	12 - 00:24:27	(04:53 min/k)	13 - 00:25:06	(05:01 min/k)	14 - 00:26:14	(05:14 min/k)	15 - 00:24:58	(04:59 min/k)
16 - 00:26:23	(05:16 min/k)	17 - 00:26:36	(05:19 min/k)	18 - 00:26:22	(05:16 min/k)	19 - 00:26:34	(05:18 min/k)	20 - 00:25:27	(05:05 min/k)
5	22	PAREDES MOLINA, JOSÉ	100k-M45	H	1		08:24:22	05:02	
1 - 00:23:14	(04:38 min/k)	2 - 00:23:32	(04:42 min/k)	3 - 00:23:46	(04:45 min/k)	4 - 00:23:17	(04:39 min/k)	5 - 00:23:50	(04:46 min/k)
6 - 00:22:35	(04:31 min/k)	7 - 00:22:58	(04:35 min/k)	8 - 00:23:16	(04:39 min/k)	9 - 00:23:46	(04:45 min/k)	10 - 00:24:16	(04:51 min/k)
11 - 00:24:15	(04:51 min/k)	12 - 00:25:23	(05:04 min/k)	13 - 00:26:03	(05:12 min/k)	14 - 00:27:16	(05:27 min/k)	15 - 00:27:06	(05:25 min/k)
16 - 00:28:28	(05:41 min/k)	17 - 00:27:24	(05:28 min/k)	18 - 00:28:29	(05:41 min/k)	19 - 00:27:55	(05:35 min/k)	20 - 00:27:51	(05:34 min/k)
6	1	ABAD MARTINEZ, RICARDO	100k-M45	H	2	TRIATLON ZONA MEDIA	08:42:34	05:13	
1 - 00:23:13	(04:38 min/k)	2 - 00:23:20	(04:40 min/k)	3 - 00:23:34	(04:42 min/k)	4 - 00:23:46	(04:45 min/k)	5 - 00:24:13	(04:50 min/k)
6 - 00:24:24	(04:52 min/k)	7 - 00:24:36	(04:55 min/k)	8 - 00:25:28	(05:05 min/k)	9 - 00:26:05	(05:13 min/k)	10 - 00:24:42	(04:56 min/k)
11 - 00:26:25	(05:17 min/k)	12 - 00:26:31	(05:18 min/k)	13 - 00:26:04	(05:12 min/k)	14 - 00:28:22	(05:40 min/k)	15 - 00:28:47	(05:45 min/k)



100 KM PEDESTRES EN RUTA REGION DE MURCIA - LOS ALCA

100k (100000 m) - 09-03-2019

Clasificación General

Pos	Dor	Nombre	Categoría	S	PC	Club	T. Oficial	Ritmo											
7	8	CONTRERAS SOTO, JUAN FRANCISCO	100k-M35	H	2	CLUB KAMPAMENTO BASE	09:05:41	05:27											
1 - 00:25:00 .(05:00 min/k)	2 - 00:24:19 .(04:51 min/k)	3 - 00:24:53 .(04:58 min/k)	4 - 00:24:26 .(04:53 min/k)	5 - 00:25:24 .(05:04 min/k)	6 - 00:24:44 .(04:56 min/k)	7 - 00:25:42 .(05:08 min/k)	8 - 00:26:05 .(05:13 min/k)	9 - 00:27:09 .(05:25 min/k)	10 - 00:26:26 .(05:17 min/k)	11 - 00:26:47 .(05:21 min/k)	12 - 00:26:50 .(05:22 min/k)	13 - 00:28:59 .(05:47 min/k)	14 - 00:29:38 .(05:55 min/k)	15 - 00:30:27 .(06:05 min/k)	16 - 00:30:22 .(06:04 min/k)	17 - 00:30:57 .(06:11 min/k)	18 - 00:30:52 .(06:10 min/k)	19 - 00:28:47 .(05:45 min/k)	20 - 00:28:12 .(05:38 min/k)
8	23	PÉREZ CÓRDOBA, FRANCISCO JAVIER	100k-M45	H	3	C.A. ELS SITGES	09:59:47	05:59											
1 - 00:24:50 .(04:58 min/k)	2 - 00:23:12 .(04:38 min/k)	3 - 00:23:00 .(04:36 min/k)	4 - 00:23:27 .(04:41 min/k)	5 - 00:24:06 .(04:49 min/k)	6 - 00:24:21 .(04:52 min/k)	7 - 00:25:05 .(05:01 min/k)	8 - 00:26:22 .(05:16 min/k)	9 - 00:31:31 .(06:18 min/k)	10 - 00:31:02 .(06:12 min/k)	11 - 00:36:14 .(07:14 min/k)	12 - 00:29:18 .(05:51 min/k)	13 - 00:35:24 .(07:04 min/k)	14 - 00:36:58 .(07:23 min/k)	15 - 00:33:39 .(06:43 min/k)	16 - 00:46:18 .(09:15 min/k)	17 - 00:29:24 .(05:52 min/k)	18 - 00:32:41 .(06:32 min/k)	19 - 00:32:45 .(06:33 min/k)	20 - 00:30:24 .(06:04 min/k)
9	4	AZUAGA GOMEZ, EMILIO	100k-M50	H	1	GUADALHORCE-ALORA	10:18:53	06:11											
1 - 00:23:13 .(04:38 min/k)	2 - 00:23:20 .(04:40 min/k)	3 - 00:23:33 .(04:42 min/k)	4 - 00:23:49 .(04:45 min/k)	5 - 00:24:25 .(04:53 min/k)	6 - 00:25:05 .(05:01 min/k)	7 - 00:25:20 .(05:04 min/k)	8 - 00:25:50 .(05:10 min/k)	9 - 00:27:20 .(05:28 min/k)	10 - 00:29:53 .(05:58 min/k)	11 - 00:30:42 .(06:08 min/k)	12 - 00:32:51 .(06:34 min/k)	13 - 00:33:51 .(06:46 min/k)	14 - 00:41:47 .(08:21 min/k)	15 - 00:32:46 .(06:33 min/k)	16 - 00:35:23 .(07:04 min/k)	17 - 00:40:28 .(08:05 min/k)	18 - 00:41:15 .(08:15 min/k)	19 - 00:39:53 .(07:58 min/k)	20 - 00:38:25 .(07:41 min/k)
10	11	GARCIA RUIZ, CARMELO	100k-M40	H	2	CLUB SENDERISMO CABEZO DE TORRES	10:22:09	06:13											
1 - 00:25:38 .(05:07 min/k)	2 - 00:26:38 .(05:19 min/k)	3 - 00:26:34 .(05:18 min/k)	4 - 00:25:51 .(05:10 min/k)	5 - 00:25:30 .(05:06 min/k)	6 - 00:26:45 .(05:21 min/k)	7 - 00:27:48 .(05:33 min/k)	8 - 00:28:05 .(05:37 min/k)	9 - 00:29:47 .(05:57 min/k)	10 - 00:29:47 .(05:57 min/k)	11 - 00:30:46 .(06:09 min/k)	12 - 00:33:21 .(06:40 min/k)	13 - 00:34:26 .(06:53 min/k)	14 - 00:33:59 .(06:47 min/k)	15 - 00:43:18 .(08:39 min/k)	16 - 00:33:04 .(06:36 min/k)	17 - 00:38:28 .(07:41 min/k)	18 - 00:32:38 .(06:31 min/k)	19 - 00:35:10 .(07:02 min/k)	20 - 00:34:53 .(06:58 min/k)
11	18	MARTÍ MARÍN, JORGE	100k-M40	H	3	C.A. AJOS XÁTIVA	10:30:04	06:18											
1 - 00:22:46 .(04:33 min/k)	2 - 00:23:14 .(04:38 min/k)	3 - 00:23:17 .(04:39 min/k)	4 - 00:23:05 .(04:37 min/k)	5 - 00:23:19 .(04:39 min/k)	6 - 00:23:34 .(04:42 min/k)	7 - 00:24:02 .(04:48 min/k)	8 - 00:27:08 .(05:25 min/k)	9 - 00:25:00 .(05:00 min/k)	10 - 00:35:20 .(07:04 min/k)	11 - 00:40:37 .(08:07 min/k)	12 - 00:52:57 .(10:35 min/k)	13 - 00:30:33 .(06:06 min/k)	14 - 00:34:52 .(06:58 min/k)	15 - 00:36:58 .(07:23 min/k)	16 - 00:37:43 .(07:32 min/k)	17 - 00:31:21 .(06:16 min/k)	18 - 00:39:23 .(07:52 min/k)	19 - 00:38:27 .(07:41 min/k)	20 - 00:36:45 .(07:21 min/k)
12	15	KROGH BJÖRKLUND, PERNILLE	100k-Senior	M	1	KLUB 100 MARATHON DANMARK	10:46:42	06:28											
1 - 00:26:30 .(05:18 min/k)	2 - 00:26:53 .(05:22 min/k)	3 - 00:27:40 .(05:32 min/k)	4 - 00:28:19 .(05:39 min/k)	5 - 00:28:43 .(05:44 min/k)															



100 KM PEDESTRES EN RUTA REGION DE MURCIA - LOS ALCA

100k (100000 m) - 09-03-2019

Clasificación General

Pos	Dor	Nombre	Categoría	S	PC	Club	T. Oficial	Ritmo						
6	00:28:44	(05:44 min/k)	7	00:29:35	(05:55 min/k)	8	00:33:15	(06:39 min/k)	9	00:30:39	(06:07 min/k)	10	00:32:05	(06:25 min/k)
11	00:33:00	(06:36 min/k)	12	00:32:45	(06:33 min/k)	13	00:38:35	(07:43 min/k)	14	00:34:02	(06:48 min/k)	15	00:35:57	(07:11 min/k)
16	00:36:09	(07:13 min/k)	17	00:40:07	(08:01 min/k)	18	00:35:08	(07:01 min/k)	19	00:34:52	(06:58 min/k)	20	00:34:03	(06:48 min/k)
13	9	COSTILLA GARCIA, ALBERTO	100k-M60	H	1	42195.ES	12:08:30	07:17						
1	00:32:52	(06:34 min/k)	2	00:31:42	(06:20 min/k)	3	00:31:07	(06:13 min/k)	4	00:31:31	(06:18 min/k)	5	00:32:38	(06:31 min/k)
6	00:36:11	(07:14 min/k)	7	00:35:04	(07:00 min/k)	8	00:34:51	(06:58 min/k)	9	00:37:14	(07:26 min/k)	10	00:36:19	(07:15 min/k)
11	00:36:34	(07:18 min/k)	12	00:38:13	(07:38 min/k)	13	00:38:00	(07:36 min/k)	14	00:44:31	(08:54 min/k)	15	00:37:46	(07:33 min/k)
16	00:39:39	(07:55 min/k)	17	00:39:00	(07:48 min/k)	18	00:39:10	(07:50 min/k)	19	00:38:28	(07:41 min/k)	20	00:37:54	(07:34 min/k)
14	32	SEWELL MACHADO, SANDRA	100k-M40	M	1		12:21:32	07:24						
1	00:28:46	(05:45 min/k)	2	00:27:56	(05:35 min/k)	3	00:28:50	(05:46 min/k)	4	00:29:19	(05:51 min/k)	5	00:30:17	(06:03 min/k)
6	00:35:59	(07:11 min/k)	7	00:37:54	(07:34 min/k)	8	00:39:01	(07:48 min/k)	9	00:41:08	(08:13 min/k)	10	00:40:36	(08:07 min/k)
11	00:37:05	(07:25 min/k)	12	00:38:56	(07:47 min/k)	13	00:38:26	(07:41 min/k)	14	00:41:07	(08:13 min/k)	15	00:36:00	(07:12 min/k)
16	00:46:46	(09:21 min/k)	17	00:41:04	(08:12 min/k)	18	00:43:31	(08:42 min/k)	19	00:39:34	(07:54 min/k)	20	00:39:32	(07:54 min/k)
15	25	PRADA FERNANDEZ, ALBERTO	100k-M45	H	4	BITEC TRI IMPULSO TEAMGUSI	12:29:53	07:29						
1	00:25:36	(05:07 min/k)	2	00:26:15	(05:15 min/k)	3	00:26:42	(05:20 min/k)	4	00:27:09	(05:25 min/k)	5	00:27:53	(05:34 min/k)
6	00:28:28	(05:41 min/k)	7	00:30:22	(06:04 min/k)	8	00:37:52	(07:34 min/k)	9	00:36:24	(07:16 min/k)	10	00:40:22	(08:04 min/k)
11	00:49:52	(09:58 min/k)	12	00:37:29	(07:29 min/k)	13	00:44:17	(08:51 min/k)	14	00:45:35	(09:07 min/k)	15	00:40:05	(08:01 min/k)
16	00:40:58	(08:11 min/k)	17	00:49:23	(09:52 min/k)	18	00:48:12	(09:38 min/k)	19	00:48:44	(09:44 min/k)	20	00:38:34	(07:42 min/k)
16	5	BRAVO RIQUELME, FRANCISCO	100k-M40	H	4		13:29:30	08:05						
1	00:25:09	(05:01 min/k)	2	00:26:30	(05:18 min/k)	3	00:26:06	(05:13 min/k)	4	00:27:50	(05:34 min/k)	5	00:26:31	(05:18 min/k)
6	00:28:45	(05:45 min/k)	7	00:33:31	(06:42 min/k)	8	00:34:52	(06:58 min/k)	9	00:34:45	(06:57 min/k)	10	00:56:59	(11:23 min/k)
11	00:46:44	(09:20 min/k)	12	00:45:08	(09:01 min/k)	13	00:45:14	(09:02 min/k)	14	00:50:48	(10:09 min/k)	15	00:48:55	(09:47 min/k)
16	00:44:33	(08:54 min/k)	17	00:57:27	(11:29 min/k)	18	00:48:09	(09:37 min/k)	19	00:50:55	(10:11 min/k)	20	00:50:55	(10:11 min/k)