

# I Carrera popular Espinardo

## Carrera Absoluta (5k) (5000 m) - 24-06-2023

### PODIOS POR CATEGORÍA

| Pos                          | Dor | Nombre                          | Categoría | S | PC | Club                      | Tiempo   | Ritmo |
|------------------------------|-----|---------------------------------|-----------|---|----|---------------------------|----------|-------|
| <b>Sub23 - MASCULINO</b>     |     |                                 |           |   |    |                           |          |       |
| 26                           | 126 | LAX CERMEÑO, PABLO              | Sub23     | H | 1  |                           | 00:18:43 | 03:44 |
| 74                           | 63  | ESPINOSA PARRA, JOSE JAVIER     | Sub23     | H | 2  | CASICORREDORES            | 00:20:56 | 04:11 |
| 224                          | 269 | TRELLES YANZA, ERIC             | Sub23     | H | 3  |                           | 00:31:28 | 06:17 |
| <b>Sub23 - FEMENINO</b>      |     |                                 |           |   |    |                           |          |       |
| 117                          | 189 | PANIAGUA HERNÁNDEZ, MARÍA       | Sub23     | M | 1  |                           | 00:23:12 | 04:38 |
| 206                          | 20  | BASTIDA ESPIN, MILAGROS         | Sub23     | M | 2  | CUATRO SANTOS             | 00:28:59 | 05:47 |
| 233                          | 12  | ARANA FRANCO, ALEJANDRA         | Sub23     | M | 3  | LOS TRACTORES             | 00:32:23 | 06:28 |
| <b>Master 35 - MASCULINO</b> |     |                                 |           |   |    |                           |          |       |
| 5                            | 281 | ZARAGOZA ARENAS, JUAN FRANCISCO | Master 35 | H | 1  | PAN MORENO                | 00:17:13 | 03:26 |
| 6                            | 16  | AVILÉS BALSALOBRE, FRANCISCO    | Master 35 | H | 2  | RAJAOS RUNNERS            | 00:17:15 | 03:27 |
| 11                           | 264 | TOLEDO GARCIA, ANTONIO          | Master 35 | H | 3  | CIUDAD DE MULA            | 00:17:49 | 03:33 |
| <b>Master 35 - FEMENINO</b>  |     |                                 |           |   |    |                           |          |       |
| 111                          | 224 | RODRÍGUEZ MORENO, ARANZAZU      | Master 35 | M | 1  | PAN MORENO                | 00:22:53 | 04:34 |
| 116                          | 220 | RODA JIMÉNEZ, MARIA DE LA CRUZ  | Master 35 | M | 2  | TRIATL?N ARCHENA SIPCAM   | 00:23:09 | 04:37 |
| 155                          | 243 | RUIZ FAJARDO, ANA MARÍA         | Master 35 | M | 3  | AD LLANO DE BRUJAS        | 00:25:15 | 05:03 |
| <b>Master 40 - MASCULINO</b> |     |                                 |           |   |    |                           |          |       |
| 7                            | 86  | GARCIA FERNANDEZ, CHEMI         | Master 40 | H | 1  | GRUPO ALCARAZ             | 00:17:25 | 03:29 |
| 8                            | 275 | VICENTE SALINAS, LUIS           | Master 40 | H | 2  | PAN MORENO                | 00:17:27 | 03:29 |
| 9                            | 230 | ROMERO GIMÉNEZ, IBÁN            | Master 40 | H | 3  | PAN MORENO                | 00:17:28 | 03:29 |
| <b>Master 40 - FEMENINO</b>  |     |                                 |           |   |    |                           |          |       |
| 36                           | 5   | ALMELA BERNAL, ANA              | Master 40 | M | 1  | FONDISTAS DE ALCANTARILLA | 00:19:28 | 03:53 |
| 79                           | 262 | SOLER LAJARIN, ANA MARIA        | Master 40 | M | 2  |                           | 00:21:24 | 04:16 |
| 102                          | 144 | MARTÍN RAMOS, CRISTINA          | Master 40 | M | 3  | MOLINA-AVESCO             | 00:22:15 | 04:27 |
| <b>Master 45 - MASCULINO</b> |     |                                 |           |   |    |                           |          |       |
| 4                            | 125 | LASO GARCIA, MIGUEL ANGEL       | Master 45 | H | 1  | ALHAMA COYM               | 00:17:11 | 03:26 |
| 15                           | 177 | NAVARRO MARTINEZ, BENJAMIN      | Master 45 | H | 2  | RAJAOS RUNNERS            | 00:18:12 | 03:38 |
| 25                           | 228 | RODRÍGUEZ LAGUNA, JAVIER        | Master 45 | H | 3  | PAN MORENO                | 00:18:43 | 03:44 |
| <b>Master 45 - FEMENINO</b>  |     |                                 |           |   |    |                           |          |       |
| 37                           | 7   | ALMELA BERNAL, RESU             | Master 45 | M | 1  | INDEPENDIENTE             | 00:19:31 | 03:54 |
| 76                           | 69  | FERNANDEZ DIAZ, ANA ISABEL      | Master 45 | M | 2  | RAJAOS RUNNERS            | 00:21:01 | 04:12 |
| 95                           | 287 | NOGUERA MORENO, MARIA DOLORES   | Master 45 | M | 3  | RAJAOS RUNNERS            | 00:22:01 | 04:24 |
| <b>Master 50 - MASCULINO</b> |     |                                 |           |   |    |                           |          |       |
| 33                           | 190 | PEREDES MARTINEZ, PEDRO         | Master 50 | H | 1  | LA SIMA                   | 00:19:14 | 03:50 |
| 46                           | 133 | LOPEZ LORENTE, ANGEL            | Master 50 | H | 2  | C.A.C. JACINTO BENAVENTE  | 00:19:56 | 03:59 |
| 48                           | 138 | LORENTE BERNAL, GUILLERMO       | Master 50 | H | 3  | TRIALHAMA                 | 00:20:02 | 04:00 |
| <b>Master 50 - FEMENINO</b>  |     |                                 |           |   |    |                           |          |       |
| 114                          | 35  | CÁNOVAS MARTÍNEZ, PILAR         | Master 50 | M | 1  | PAN MORENO                | 00:23:07 | 04:37 |
| 146                          | 181 | NOGUERA SÁNCHEZ, ANA            | Master 50 | M | 2  | CORREBIRRAS               | 00:24:50 | 04:58 |
| 180                          | 91  | GARCIA RAMIREZ, VIVIAN SIGMENA  | Master 50 | M | 3  | PAN MORENO                | 00:27:00 | 05:24 |

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## Carrera Absoluta (5k) (5000 m) - 24-06-2023

### PODIOS POR CATEGORÍA

| Pos                          | Dor | Nombre                           | Categoría | S | PC | Club                     | Tiempo   | Ritmo |
|------------------------------|-----|----------------------------------|-----------|---|----|--------------------------|----------|-------|
| <b>Master 55 - MASCULINO</b> |     |                                  |           |   |    |                          |          |       |
| 16                           | 33  | GALLEGOS GUAYAQUIL, WILSON       | Master 55 | H | 1  | RAJAOS RUNNERS           | 00:18:17 | 03:39 |
| 30                           | 80  | GARCIA BALLESTER , FRANCISCO     | Master 55 | H | 2  | RAJAOS RUNNERS           | 00:19:00 | 03:48 |
| 45                           | 291 | TOVAR NAVARRO, DIEGO             | Master 55 | H | 3  | RAJAOS RUNNERS           | 00:19:46 | 03:57 |
| <b>Master 55 - FEMENINO</b>  |     |                                  |           |   |    |                          |          |       |
| 127                          | 283 | PANALES LOPEZ, NURIA             | Master 55 | M | 1  | INDEPENDIENTE            | 00:23:45 | 04:45 |
| 152                          | 24  | BERMEJO GONZALEZ , ENCARNA MARI  | Master 55 | M | 2  | CUATRO SANTOS            | 00:25:03 | 05:00 |
| 171                          | 97  | GIMENEZ HERNANDEZ, INMACULADA    | Master 55 | M | 3  | INDEPENDIENTE            | 00:26:18 | 05:15 |
| <b>Master 60 - MASCULINO</b> |     |                                  |           |   |    |                          |          |       |
| 49                           | 60  | ESCOLAR SAURA, EDUARDO           | Master 60 | H | 1  | C.D. RUNTRITON CARTAGENA | 00:20:04 | 04:00 |
| 52                           | 85  | GARCIA BELMONTE, JUAN FRANCISCO  | Master 60 | H | 2  | LA CABRA MECANICA        | 00:20:12 | 04:02 |
| 72                           | 156 | MARTÍNEZ MORENO, LÁZARO          | Master 60 | H | 3  | CLUB MOLINA AVESCO       | 00:20:52 | 04:10 |
| <b>Master 60 - FEMENINO</b>  |     |                                  |           |   |    |                          |          |       |
| 106                          | 1   | ABAD IZQUIERDO, SUSANA           | Master 60 | M | 1  | PAN MORENO               | 00:22:25 | 04:29 |
| <b>Master 65 - MASCULINO</b> |     |                                  |           |   |    |                          |          |       |
| 63                           | 29  | BUENDIA GARRIDO, JOAQUIN ANTONIC | Master 65 | H | 1  | INDEPENDIENTE            | 00:20:33 | 04:06 |
| 84                           | 325 | RODRÍGUEZ LAGO, ALBERTO          | Master 65 | H | 2  | VISTA ALEGRE TRAIL       | 00:21:37 | 04:19 |
| 97                           | 124 | LARROSA GONZÁLEZ, MIGUEL COSME   | Master 65 | H | 3  |                          | 00:22:09 | 04:25 |
| <b>Master 65 - FEMENINO</b>  |     |                                  |           |   |    |                          |          |       |
| 240                          | 234 | RUIPEREZ BALSALOBRE, ANTONIA     | Master 65 | M | 1  | C.A.C. JACINTO BENAVENTE | 00:33:55 | 06:47 |
| <b>Senior - MASCULINO</b>    |     |                                  |           |   |    |                          |          |       |
| 1                            | 286 | HERNANDEZ ILLAN, IVAN            | Senior    | H | 1  | 100% TRAIL MURCIA        | 00:16:44 | 03:20 |
| 2                            | 276 | VIDAL GUIRAO, MOISÉS             | Senior    | H | 2  | RAJAOS RUNNERS           | 00:16:53 | 03:22 |
| 3                            | 225 | RODRÍGUEZ GIL, JORGE             | Senior    | H | 3  | TRINATURAL ADM           | 00:17:08 | 03:25 |
| <b>Senior - FEMENINO</b>     |     |                                  |           |   |    |                          |          |       |
| 123                          | 187 | OSUNA GALISTEO, LEIRE            | Senior    | M | 1  |                          | 00:23:37 | 04:43 |
| 138                          | 142 | MAESTRE ESPINOSA, MARINA         | Senior    | M | 2  | PAN MORENO               | 00:24:24 | 04:52 |
| 153                          | 100 | GOMEZ ALEMAN, ANA                | Senior    | M | 3  |                          | 00:25:08 | 05:01 |

### GENERAL FEMENINO

| Pos | Dor | Nombre                     | Categoría | S | PC | Club                      | Tiempo   | Ritmo |
|-----|-----|----------------------------|-----------|---|----|---------------------------|----------|-------|
| 36  | 5   | ALMELA BERNAL, ANA         | Master 40 | M | 1  | FONDISTAS DE ALCANTARILLA | 00:19:28 | 03:53 |
| 37  | 7   | ALMELA BERNAL, RESU        | Master 45 | M | 1  | INDEPENDIENTE             | 00:19:31 | 03:54 |
| 76  | 69  | FERNANDEZ DIAZ, ANA ISABEL | Master 45 | M | 2  | RAJAOS RUNNERS            | 00:21:01 | 04:12 |

### GENERAL MASCULINO

| Pos | Dor | Nombre                | Categoría | S | PC | Club              | Tiempo   | Ritmo |
|-----|-----|-----------------------|-----------|---|----|-------------------|----------|-------|
| 1   | 286 | HERNANDEZ ILLAN, IVAN | Senior    | H | 1  | 100% TRAIL MURCIA | 00:16:44 | 03:20 |
| 2   | 276 | VIDAL GUIRAO, MOISÉS  | Senior    | H | 2  | RAJAOS RUNNERS    | 00:16:53 | 03:22 |
| 3   | 225 | RODRÍGUEZ GIL, JORGE  | Senior    | H | 3  | TRINATURAL ADM    | 00:17:08 | 03:25 |

### LOCALES FEMENINO

| Pos | Dor | Nombre                    | Categoría | S | PC | Club                  | Tiempo   | Ritmo |
|-----|-----|---------------------------|-----------|---|----|-----------------------|----------|-------|
| 1   | 262 | SOLER LAJARIN, ANA MARIA  | Master 40 | M | 2  |                       | 00:21:24 | 04:16 |
| 2   | 250 | SÁNCHEZ RODENAS, GEMA     | Master 40 | M | 4  | JAVIER ALMARCHA COACH | 00:24:29 | 04:53 |
| 3   | 192 | PASTOR PIÑERA, ALBA MARIA | Senior    | M | 7  |                       | 00:27:33 | 05:30 |

### LOCALES MASCULINO

| Pos | Dor | Nombre               | Categoría | S | PC | Club                   | Tiempo   | Ritmo |
|-----|-----|----------------------|-----------|---|----|------------------------|----------|-------|
| 1   | 288 | ROCA VICENTE, JAVIER | Master 40 | H | 4  | SPOR-TI                | 00:17:36 | 03:31 |
| 2   | 180 | NICOLAS VERDU, JESUS | Master 40 | H | 5  |                        | 00:17:54 | 03:34 |
| 3   | 245 | RUIZ RIOS, JUAN JOSE | Master 35 | H | 9  | UCAM FUENSANTA IMPULSO | 00:20:01 | 04:00 |

### REGIONAL FEMENINO

| Pos | Dor | Nombre                     | Categoría | S | PC | Club           | Tiempo   | Ritmo |
|-----|-----|----------------------------|-----------|---|----|----------------|----------|-------|
| 8   | 69  | FERNANDEZ DIAZ, ANA ISABEL | Master 45 | M | 2  | RAJAOS RUNNERS | 00:21:01 | 04:12 |
| 8   | 262 | SOLER LAJARIN, ANA MARIA   | Master 40 | M | 2  |                | 00:21:24 | 04:16 |
| 8   | 187 | OSUNA GALISTEO, LEIRE      | Senior    | M | 1  |                | 00:23:37 | 04:43 |

### REGIONAL MASCULINO

| Pos | Dor | Nombre                      | Categoría | S | PC | Club               | Tiempo   | Ritmo |
|-----|-----|-----------------------------|-----------|---|----|--------------------|----------|-------|
| 8   | 177 | NAVARRO MARTINEZ, BENJAMIN  | Master 45 | H | 2  | RAJAOS RUNNERS     | 00:18:12 | 03:38 |
| 8   | 134 | LÓPEZ MIÑANO, JESÚS         | Master 35 | H | 5  | AD LLANO DE BRUJAS | 00:18:36 | 03:43 |
| 8   | 191 | PÁRRAGA FUNES, JUAN ANTONIO | Master 40 | H | 11 |                    | 00:20:14 | 04:02 |

### FFSS FEMENINO

| Pos | Dor | Nombre                     | Categoría | S | PC | Club                      | Tiempo   | Ritmo |
|-----|-----|----------------------------|-----------|---|----|---------------------------|----------|-------|
| 8   | 5   | ALMELA BERNAL, ANA         | Master 40 | M | 1  | FONDISTAS DE ALCANTARILLA | 00:19:28 | 03:53 |
| 8   | 7   | ALMELA BERNAL, RESU        | Master 45 | M | 1  | INDEPENDIENTE             | 00:19:31 | 03:54 |
| 8   | 69  | FERNANDEZ DIAZ, ANA ISABEL | Master 45 | M | 2  | RAJAOS RUNNERS            | 00:21:01 | 04:12 |

### FFSS MASCULINO

| Pos | Dor | Nombre                     | Categoría | S | PC | Club           | Tiempo   | Ritmo |
|-----|-----|----------------------------|-----------|---|----|----------------|----------|-------|
| 8   | 276 | VIDAL GUIRAO, MOISÉS       | Senior    | H | 2  | RAJAOS RUNNERS | 00:16:53 | 03:22 |
| 8   | 225 | RODRÍGUEZ GIL, JORGE       | Senior    | H | 3  | TRINATURAL ADM | 00:17:08 | 03:25 |
| 8   | 125 | LASSO GARCIA, MIGUEL ANGEL | Master 45 | H | 1  | ALHAMA COYM    | 00:17:11 | 03:26 |

### MINIMALISTA FEMENINO

| Pos | Dor | Nombre                  | Categoría | S | PC | Club          | Tiempo   | Ritmo |
|-----|-----|-------------------------|-----------|---|----|---------------|----------|-------|
| 1   | 7   | ALMELA BERNAL, RESU     | Master 45 | M | 1  | INDEPENDIENTE | 00:19:31 | 03:54 |
| 1   | 144 | MARTÍN RAMOS, CRISTINA  | Master 40 | M | 3  | MOLINA-AVESCO | 00:22:15 | 04:27 |
| 1   | 239 | RUIZ VALERO, ROSA MARÍA | Master 45 | M | 4  | PAN MORENO    | 00:22:26 | 04:29 |

### MINIMALISTA MASCULINO

| Pos | Dor | Nombre                      | Categoría | S | PC | Club           | Tiempo   | Ritmo |
|-----|-----|-----------------------------|-----------|---|----|----------------|----------|-------|
| 1   | 86  | GARCIA FERNANDEZ, CHEMI     | Master 40 | H | 1  | GRUPO ALCARAZ  | 00:17:25 | 03:29 |
| 1   | 180 | NICOLAS VERDU, JESUS        | Master 40 | H | 5  |                | 00:17:54 | 03:34 |
| 1   | 80  | GARCIA BALLESTER, FRANCISCO | Master 55 | H | 2  | RAJAOS RUNNERS | 00:19:00 | 03:48 |