# I Carrera nocturna Run&Rock

Carrera 10k (10000 m) - 19-11-2016

## PODIOS POR CATEGORÍA

| Pos | Dor | Nombre | Categoria | S | PC | Club | Tiempo | Ritmo |
|---|---|---|---|---|---|---|---|---|
| **Abs 10k - MASCULINO** | | | | | | | | |
| 1 | 529 | GONZÁLEZ IBÁÑEZ, JOSÉ | Abs 10k | H | 1 | CLUB TRIATLÓN CARAVACA | 00:34:58 | 03:29 |
| 2 | 637 | MOSCOSO SÁNCHEZ, FRANCISCO JAVI | Abs 10k | H | 2 | AAMORATALAZ | 00:34:59 | 03:29 |
| 3 | 469 | CHACON PEREZ, MATEO JAVIER | Abs 10k | H | 3 | HERMANOS NOGUERA | 00:35:08 | 03:30 |
| **Abs 10k - FEMENINO** | | | | | | | | |
| 40 | 680 | PEÑALVER BALLESTEROS, TOÑI | Abs 10k | M | 1 | CLUB TRIATLON GUERRITA ALCANTARI | 00:41:29 | 04:08 |
| 65 | 480 | DOLERA PALAZON, PAQUI | Abs 10k | M | 2 | A.D.ERGOBIKEMANUBIKE | 00:43:10 | 04:19 |
| 70 | 583 | MARTÍNEZ CALVIÑO, MELISA | Abs 10k | M | 3 | CLUB TRIATLÓN MURCIA | 00:43:37 | 04:21 |

## GENERAL FEMENINO

| Pos | Dor | Nombre | Categoria | S | PC | Club | Tiempo | Ritmo |
|---|---|---|---|---|---|---|---|---|
| 40 | 680 | PEÑALVER BALLESTEROS, TOÑI | Abs 10k | M | 1 | CLUB TRIATLON GUERRITA ALCANTARI | 00:41:29 | 04:08 |
| 65 | 480 | DOLERA PALAZON, PAQUI | Abs 10k | M | 2 | A.D.ERGOBIKEMANUBIKE | 00:43:10 | 04:19 |
| 70 | 583 | MARTÍNEZ CALVIÑO, MELISA | Abs 10k | M | 3 | CLUB TRIATLÓN MURCIA | 00:43:37 | 04:21 |

## GENERAL MASCULINO

| Pos | Dor | Nombre | Categoria | S | PC | Club | Tiempo | Ritmo |
|---|---|---|---|---|---|---|---|---|
| 1 | 529 | GONZÁLEZ IBÁÑEZ, JOSÉ | Abs 10k | H | 1 | CLUB TRIATLÓN CARAVACA | 00:34:58 | 03:29 |
| 2 | 637 | MOSCOSO SÁNCHEZ, FRANCISCO JAVI | Abs 10k | H | 2 | AAMORATALAZ | 00:34:59 | 03:29 |
| 3 | 469 | CHACON PEREZ, MATEO JAVIER | Abs 10k | H | 3 | HERMANOS NOGUERA | 00:35:08 | 03:30 |