

# XXXIV CROSS DE LA CONSTITUCION

## SUB23 MASCULINO

### CLASIFICACION GENERAL



Concejalía de Deportes  
Aranda de Duero

Fecha: 01/12/2019

Distancia: 9470 ms

| Pos | Dorsal | Nombre                      | CLUB/EQUIPO                   | CONTROL 1 |             | CONTROL 2 |             | CONTROL 3 |             | CONTROL 4 |             | CONTROL 5 |             | TIEMPO  |             |       |
|-----|--------|-----------------------------|-------------------------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|---------|-------------|-------|
|     |        |                             |                               | 1.660     | RITMO       | 3.220     | RITMO       | 4.780     | RITMO       | 6.340     | RITMO       | 7.900     | RITMO       | OFICIAL | RITMO       | DIF.  |
| 1   | 1419   | FERNANDO RIAL CASTRO        | CELTA ATLETISMO               | 5:14      | 3:09 min/km | 10:18     | 3:12 min/km | 15:32     | 3:15 min/km | 20:51     | 3:17 min/km | 26:12     | 3:19 min/km | 31:22   | 3:18 min/km | +0    |
| 2   | 158    | CARLOS JIMÉNEZ PARDO        | CLUB ATLETISMO NUMANTINO      | 5:21      | 3:13 min/km | 10:37     | 3:17 min/km | 15:55     | 3:19 min/km | 21:10     | 3:20 min/km | 26:24     | 3:20 min/km | 31:33   | 3:19 min/km | +11   |
| 3   | 154    | VICTOR ILLERA SANTOS        | Image FDR                     | 5:14      | 3:09 min/km | 10:26     | 3:14 min/km | 15:42     | 3:17 min/km | 21:04     | 3:19 min/km | 26:27     | 3:20 min/km | 31:49   | 3:21 min/km | +26   |
| 4   | 150    | MARCOS ROJO MARTÍN          | Cayón Helios Dica             | 5:11      | 3:07 min/km | 10:14     | 3:10 min/km | 15:31     | 3:14 min/km | 21:07     | 3:19 min/km | 26:55     | 3:24 min/km | 31:57   | 3:22 min/km | +35   |
| 5   | 160    | JORGE FRESNILLO NUÑEZ       | ASOCIACION ATLETICA MORATALAZ | 5:20      | 3:13 min/km | 10:39     | 3:18 min/km | 16:17     | 3:24 min/km | 21:53     | 3:27 min/km | 27:31     | 3:29 min/km | 33:04   | 3:29 min/km | +1:41 |
| 6   | 152    | JUAN ANGEL MARTINEZ GARRIDO | CAMTO                         | 5:31      | 3:19 min/km | 11:05     | 3:26 min/km | 16:47     | 3:30 min/km | 22:35     | 3:33 min/km | 28:26     | 3:35 min/km | 34:13   | 3:36 min/km | +2:50 |
| 7   | 153    | ABRAHAM GARCÍA SANCHEZ      | CAMTO                         | 5:36      | 3:22 min/km | 11:15     | 3:29 min/km | 17:00     | 3:33 min/km | 22:47     | 3:35 min/km | 28:34     | 3:36 min/km | 34:44   | 3:40 min/km | +3:21 |



AYUNTAMIENTO  
**Aranda  
de Duero**



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Ciudad Europea  
del Vino 2020

