



Fecha: 30/03/2019

Distancia: 50.000 ms

MARCHA CARRERA

CLASIFICACION GENERAL

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		CONTROL 4		TIEMPO		DIF.
				22.000	RITMO	35.500	RITMO	43.000	RITMO	46.000	RITMO	OFICIAL	RITMO	
1	24	RUBEN DELGADO GIL	ASCARI HARMAN TRAIL RUNNING	1:40:47	4:01 min/km	2:36:24	4:11 min/km	3:02:28	4:08 min/km	3:20:29	4:06 min/km	3:27:32	4:09 min/km	+0
2	1488	DANIEL CORDON TOSCANO	EPA MIGUEL RIOS	1:45:11	4:12 min/km	2:44:09	4:24 min/km	3:11:49	4:21 min/km	3:30:06	4:18 min/km	3:37:11	4:20 min/km	+9:39
3	513	AHMED MOHAMED KARROUM	TRAIL RUNNING MELILLA	1:41:48	4:04 min/km	2:43:39	4:23 min/km	3:11:42	4:21 min/km	3:31:08	4:19 min/km	3:38:20	4:22 min/km	+10:47
4	695	MIGUEL ANGEL TELLEZ SEGURA	CLUB ATLETICO MELILLA	1:43:22	4:08 min/km	2:44:38	4:25 min/km	3:13:27	4:23 min/km	3:32:29	4:20 min/km	3:39:34	4:23 min/km	+12:02
5	252	JUAN CARLOS COELLO SANCHEZ	CA ANTORCHA	1:39:40	3:59 min/km	2:38:59	4:16 min/km	3:10:26	4:19 min/km	3:32:17	4:20 min/km	3:40:52	4:25 min/km	+13:20
6	1588	MUSTAFA MOHAMED ABDERRAHAMAN	INDEPENDIENTE	1:41:04	4:02 min/km	2:41:55	4:20 min/km	3:12:38	4:22 min/km	3:34:49	4:23 min/km	3:43:41	4:28 min/km	+16:08
7	1292	NEBIL DRISS HAMED	INDEPENDIENTE	1:51:52	4:28 min/km	2:49:10	4:32 min/km	3:16:49	4:28 min/km	3:37:54	4:27 min/km	3:45:05	4:30 min/km	+17:33
8	317	JOSE MANZANO SANTIAGO	GADOR CORRE CON EL BUEN PASTOR	1:45:26	4:13 min/km	2:49:26	4:32 min/km	3:19:03	4:31 min/km	3:40:50	4:31 min/km	3:49:32	4:35 min/km	+21:59
9	900	AZIZ LARZI	HTRAINER	1:51:53	4:28 min/km	2:54:40	4:41 min/km	3:23:49	4:37 min/km	3:43:31	4:34 min/km	3:50:22	4:36 min/km	+22:49
10	998	JOSE ANTONIO MORENO PALACIOS	CLUB ATLETISMO LOS 100 METROS DE	1:47:35	4:18 min/km	2:50:04	4:33 min/km	3:20:45	4:33 min/km	3:43:24	4:34 min/km	3:51:15	4:37 min/km	+23:42
11	1528	MANUEL FUENTES BARRIENTOS	PENA CEUTI 100 KM	1:49:22	4:22 min/km	2:52:52	4:38 min/km	3:23:40	4:37 min/km	3:44:12	4:35 min/km	3:51:24	4:37 min/km	+23:52
12	1337	JOSPIN ERLOR MECDEM	INDEPENDIENTE	1:43:42	4:08 min/km	2:48:32	4:31 min/km	3:19:03	4:31 min/km	3:42:42	4:33 min/km	3:51:27	4:37 min/km	+23:55
13	1662	ROBERTO CUESTA CALVO		1:48:17	4:19 min/km	2:52:54	4:38 min/km	3:24:40	4:39 min/km	3:46:18	4:37 min/km	3:54:10	4:41 min/km	+26:37
14	395	FRANCISCO RIOS GARCIA	POLICIA NACIONAL	1:48:15	4:19 min/km	2:53:59	4:40 min/km	3:26:46	4:41 min/km	3:51:57	4:44 min/km	4:00:14	4:48 min/km	+32:42
15	429	ANTONIO JESUS IBAÑEZ DE LA ROSA	EPA MIGUEL RIOS	1:48:13	4:19 min/km	2:53:59	4:40 min/km	3:26:46	4:41 min/km	3:51:59	4:44 min/km	4:00:14	4:48 min/km	+32:42
16	1475	MOHAMED AHMED MOHAMED	PENA CEUTI 100 KM	1:57:58	4:43 min/km	3:05:43	4:59 min/km	3:34:37	4:52 min/km	3:53:49	4:47 min/km	4:00:18	4:48 min/km	+32:45
17	202	RAFAEL MARTIN MARTIN	CLUB ATLETISMO RINCÓN DE LA VICTOF	1:54:24	4:34 min/km	3:01:16	4:51 min/km	3:33:23	4:50 min/km	3:53:49	4:47 min/km	4:01:29	4:49 min/km	+33:56
18	1669	MOHAMED EL HAMMOUTI		1:45:36	4:13 min/km	2:57:56	4:46 min/km	3:32:55	4:50 min/km	3:53:52	4:47 min/km	4:02:08	4:50 min/km	+34:35
19	1018	ABDELKADER MANKOUCH	INDEPENDIENTE	1:48:01	4:19 min/km	2:56:22	4:44 min/km	3:31:24	4:48 min/km	3:54:57	4:48 min/km	4:03:15	4:51 min/km	+35:42
20	1501	RAFAEL PEREZ IDRICIA	TERLEG 1	1:52:04	4:28 min/km	2:58:51	4:48 min/km	3:30:37	4:47 min/km	3:53:47	4:47 min/km	4:03:15	4:51 min/km	+35:43
21	944	OMAR DRIS MAANAN	TRAIL RUNNING MELILLA	1:52:04	4:28 min/km	2:57:57	4:46 min/km	3:30:37	4:47 min/km	3:54:19	4:47 min/km	4:03:31	4:52 min/km	+35:59
22	1592	HECTOR GOMEZ SANCHEZ	INDEPENDIENTE									4:04:09	4:52 min/km	+36:36
23	253	ANTONIO BARREIRO GARCIA	LINEA DE META	1:54:22	4:34 min/km	2:59:49	4:49 min/km	3:32:45	4:50 min/km	3:56:54	4:50 min/km	4:05:14	4:54 min/km	+37:41
24	923	JOSE PABLO ALDAMA GUILLEN	ALHAMA COYM	1:53:36	4:32 min/km	3:01:36	4:52 min/km	3:37:09	4:56 min/km	4:00:38	4:55 min/km	4:10:30	5:00 min/km	+42:57
25	677	JORGE HERGUIDO GARRIDO	CD AQUEATACAMOS	1:54:50	4:35 min/km	3:08:18	5:03 min/km	3:41:12	5:01 min/km	4:03:04	4:58 min/km	4:10:41	5:00 min/km	+43:08
26	540	ENRIQUE GOMEZ RUIZ	INDEPENDIENTE	1:57:49	4:42 min/km	3:08:31	5:03 min/km	3:40:08	5:00 min/km	4:02:53	4:58 min/km	4:11:02	5:01 min/km	+43:29
27	575	SALVADOR PEÑAFLOK AKBERT	INDEPENDIENTE	1:54:20	4:34 min/km	3:05:01	4:58 min/km	3:37:47	4:56 min/km	4:01:52	4:57 min/km	4:11:16	5:01 min/km	+43:43
28	869	FALI ALCAIDE RIVAS	TRAIL RUNNING MELILLA	1:58:30	4:44 min/km	3:08:55	5:04 min/km	3:41:29	5:02 min/km	4:03:50	4:59 min/km	4:11:57	5:02 min/km	+44:24





Fecha: 30/03/2019

Distancia: 50.000 ms

MARCHA CARRERA

CLASIFICACION GENERAL

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		CONTROL 4		TIEMPO		DIF.
				22.000	RITMO	35.500	RITMO	43.000	RITMO	46.000	RITMO	OFICIAL	RITMO	
841	242	JOSE RAMON MARTINEZ VELASCO	INDEPENDIENTE	3:18:21	7:56 min/km	5:27:48	8:48 min/km	6:21:01	8:39 min/km	6:56:47	8:31 min/km	7:11:11	8:37 min/km	+3:43:39
842	411	JOSE MIGUEL MARTINEZ VELASCO	INDEPENDIENTE	3:18:21	7:56 min/km	5:27:48	8:48 min/km	6:21:03	8:39 min/km	6:56:45	8:31 min/km	7:11:20	8:37 min/km	+3:43:47
843	297	JESUS FERNANDEZ HERNANDEZ	INDEPENDIENTE	3:27:18	8:17 min/km	5:20:52	8:36 min/km	6:18:09	8:35 min/km	6:57:49	8:33 min/km	7:11:39	8:37 min/km	+3:44:07
844	167	RAMON SANCHEZ REYES	C.D. TROTANOCHES GUADIX	3:25:37	8:13 min/km	5:20:52	8:36 min/km	6:18:12	8:35 min/km	6:57:48	8:33 min/km	7:11:42	8:38 min/km	+3:44:10
845	96	EDUARDO LEON MAINE	CARMONA PAEZ	3:20:57	8:02 min/km	5:27:17	8:47 min/km	6:21:09	8:39 min/km	6:57:14	8:32 min/km	7:12:32	8:39 min/km	+3:44:59
846	290	MARIBEL GUIJO POLAN	INDEPENDIENTE	3:22:19	8:05 min/km	5:27:53	8:48 min/km	6:21:37	8:40 min/km	6:57:48	8:33 min/km	7:12:32	8:39 min/km	+3:45:00
847	77	MANUEL LOZANO RODA	CARMONA PAEZ	3:21:00	8:02 min/km	5:27:04	8:46 min/km	6:21:10	8:39 min/km	6:57:17	8:32 min/km	7:12:33	8:39 min/km	+3:45:00
848	311	KIKO GALEANO CERRO	INDEPENDIENTE	3:22:20	8:05 min/km	5:27:54	8:48 min/km	6:21:34	8:40 min/km	6:57:43	8:33 min/km	7:12:33	8:39 min/km	+3:45:01
849	276	ISABEL M GARCIA BENASACH	CARMONA PAEZ	3:22:18	8:05 min/km	5:27:52	8:48 min/km	6:21:34	8:40 min/km	6:57:41	8:33 min/km	7:12:34	8:39 min/km	+3:45:01
850	1247	ALEJANDRO GORDILLO MUÑOZ	REGULARES DE MELILLAME ATREVO	3:07:25	7:29 min/km	5:23:44	8:41 min/km	6:19:51	8:37 min/km	7:00:09	8:36 min/km	7:12:53	8:39 min/km	+3:45:20
851	721	RAFAEL CARBAYEDA GONZALEZ	ASOCIACIÓN DE VETERANOS PARACAID	3:13:06	7:43 min/km	5:22:57	8:40 min/km	6:21:02	8:39 min/km	7:00:28	8:36 min/km	7:13:00	8:39 min/km	+3:45:27
852	698	ANTONIO PEREZ DE URETA MANZANA	INDEPENDIENTE	3:31:04	8:26 min/km	5:27:24	8:47 min/km	6:23:18	8:42 min/km	6:59:04	8:34 min/km	7:13:06	8:39 min/km	+3:45:34
853	454	MIGUEL SORIANO PADILLO	HTRAINER	3:07:16	7:29 min/km	5:20:07	8:35 min/km	6:20:01	8:38 min/km	6:59:00	8:34 min/km	7:13:07	8:39 min/km	+3:45:34
854	1313	PEDRO JESUS GARCIA MOHAND	BONCG/CIAT18	3:14:42	7:47 min/km	5:20:25	8:36 min/km	6:18:00	8:35 min/km	6:56:10	8:31 min/km	7:13:49	8:40 min/km	+3:46:16
855	1177	MOHAMED KICHOUH ABDELKADER	INDEPENDIENTE	3:01:44	7:16 min/km	5:16:33	8:29 min/km	6:17:56	8:35 min/km	7:00:28	8:36 min/km	7:13:53	8:40 min/km	+3:46:20
856	1573	MUSTAFA AL-LUCH MOHAMED	INDEPENDIENTE	3:06:47	7:28 min/km	5:15:50	8:28 min/km	6:16:04	8:32 min/km	6:58:19	8:33 min/km	7:14:02	8:40 min/km	+3:46:29
857	622	GINES ESPINO CESPEDES	INDEPENDIENTE	3:06:07	7:26 min/km	5:17:35	8:31 min/km	6:16:15	8:33 min/km	6:58:54	8:34 min/km	7:14:08	8:40 min/km	+3:46:35
858	1100	JUAN PEDRO PEREZ MUÑOZ	CLUB UNIVERSITARIO DE MONTAÑA DE I	3:01:06	7:14 min/km	5:25:52	8:44 min/km	6:23:54	8:43 min/km	7:00:50	8:36 min/km	7:14:11	8:41 min/km	+3:46:38
859	1377	REBECA FERROL CALERO	HTRAINER	3:17:18	7:53 min/km	5:28:30	8:49 min/km	6:23:47	8:43 min/km	7:02:04	8:38 min/km	7:14:32	8:41 min/km	+3:46:59
860	530	FCO.AURELIO DEL CASTILLO ALBALADI BMR		3:01:49	7:16 min/km	5:14:41	8:26 min/km	6:19:04	8:36 min/km	7:00:56	8:37 min/km	7:15:10	8:42 min/km	+3:47:38
861	585	JAVIER ALEJOS SERRANO	GREEN POWER ST	3:11:32	7:39 min/km	5:19:39	8:34 min/km	6:23:10	8:42 min/km	7:03:13	8:39 min/km	7:15:34	8:42 min/km	+3:48:01
862	1249	JOSE HERNANDEZ CALVO	HORMIGAS VERDES	3:15:05	7:48 min/km	5:28:29	8:49 min/km	6:25:25	8:45 min/km	7:03:01	8:39 min/km	7:15:48	8:42 min/km	+3:48:15
863	1164	JUAN CARLOS RUIZ RUIZ (REQUENA)	HORMIGAS VERDES	3:15:00	7:48 min/km	5:28:30	8:49 min/km	6:25:27	8:45 min/km	7:03:03	8:39 min/km	7:15:48	8:42 min/km	+3:48:15
864	1170	DIONISIO GARCIA SANCHEZ	HORMIGAS VERDES	3:15:58	7:50 min/km	5:28:31	8:49 min/km	6:25:35	8:45 min/km	7:03:01	8:39 min/km	7:15:48	8:42 min/km	+3:48:15
865	883	FRANCISCO BADILLO CENTENO	HORMIGAS VERDES	3:15:15	7:48 min/km	5:28:33	8:49 min/km	6:25:32	8:45 min/km	7:03:01	8:39 min/km	7:15:49	8:42 min/km	+3:48:17
866	1416	THELMA ESTRELLA ARIÑEZ ANTEZANA	INDEPENDIENTE	3:08:15	7:31 min/km	5:27:45	8:47 min/km	6:28:42	8:50 min/km	7:03:25	8:40 min/km	7:15:49	8:42 min/km	+3:48:17
867	97	FRANCISCO TORRES SANCHEZ	INDEPENDIENTE	3:14:49	7:47 min/km	5:22:11	8:38 min/km	6:21:48	8:40 min/km	7:02:02	8:38 min/km	7:16:05	8:43 min/km	+3:48:32
868	902	HARRY GARCIA GARCIA	INDEPENDIENTE	3:13:52	7:45 min/km	5:24:47	8:43 min/km	6:21:46	8:40 min/km	7:02:32	8:38 min/km	7:16:06	8:43 min/km	+3:48:34





Fecha: 30/03/2019

Distancia: 50.000 ms

MARCHA CARRERA

CLASIFICACION GENERAL

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		CONTROL 4		TIEMPO		DIF.
				22.000	RITMO	35.500	RITMO	43.000	RITMO	46.000	RITMO	OFICIAL	RITMO	
1317	1543	ALBERTO ESTELLER SEVILLA	INDEPENDIENTE	4:15:20	10:12 min/km	6:51:59	11:03 min/km	8:01:13	10:56 min/km	8:53:14	10:54 min/km	9:17:12	11:08 min/km	+5:49:40
1318	207	MARIA INMACULADA CANTOS DURAN	ANYERA	4:11:42	10:04 min/km	6:57:39	11:12 min/km	8:09:16	11:07 min/km	8:59:13	11:02 min/km	9:17:18	11:08 min/km	+5:49:46
1319	309	MAYCA EGIO LOPEZ	INDEPENDIENTE	4:19:58	10:23 min/km	7:00:43	11:17 min/km	8:11:03	11:09 min/km	8:58:34	11:01 min/km	9:19:11	11:11 min/km	+5:51:39
1320	949	AGUSTIN GALIANA FERNANDEZ	INDEPENDIENTE	4:17:20	10:17 min/km	7:02:20	11:20 min/km	8:15:09	11:15 min/km	9:04:42	11:09 min/km	9:24:58	11:17 min/km	+5:57:25
1321	951	DULCENOMBRE DE MARIA RUIZ GONZA	INDEPENDIENTE	4:17:49	10:18 min/km	7:02:23	11:20 min/km	8:15:09	11:15 min/km	9:04:40	11:08 min/km	9:24:59	11:17 min/km	+5:57:26
1322	761	REMEDIOS GALVEZ GONZALEZ	INDEPENDIENTE	4:12:28	10:05 min/km	6:43:13	10:49 min/km	8:04:41	11:00 min/km	9:09:41	11:15 min/km	9:26:46	11:20 min/km	+5:59:13
1323	578	CLARA HARO ORTEGA	INDEPENDIENTE	4:22:07	10:29 min/km	7:00:16	11:16 min/km	8:14:53	11:14 min/km	9:06:49	11:11 min/km	9:28:39	11:22 min/km	+6:01:06
1324	1235	MARUJA GONZALEZ REIGAZA	INDEPENDIENTE	4:17:45	10:18 min/km	6:54:56	11:08 min/km	8:09:26	11:07 min/km	9:06:26	11:11 min/km	9:28:47	11:22 min/km	+6:01:14
1325	576	ANGEL IÑIGUEZ RAMON	INDEPENDIENTE	4:22:06	10:29 min/km	7:00:17	11:16 min/km	8:14:51	11:14 min/km	9:06:51	11:11 min/km	9:28:53	11:22 min/km	+6:01:21
1326	784	GEMA LOPEZ SERRANO	INDEPENDIENTE	4:14:28	10:10 min/km	7:01:02	11:18 min/km	8:16:51	11:17 min/km	9:08:55	11:14 min/km	9:29:14	11:23 min/km	+6:01:42
1327	1509	SALVADOR LOPEZ SERRANO	INDEPENDIENTE	4:14:31	10:10 min/km	7:01:03	11:18 min/km	8:16:52	11:17 min/km	9:08:57	11:14 min/km	9:29:17	11:23 min/km	+6:01:44
1328	504	MARIA DEL PILAR CABEZA LOPEZ	INDEPENDIENTE	4:20:01	10:24 min/km	7:02:01	11:19 min/km	8:14:30	11:14 min/km	9:08:11	11:13 min/km	9:29:51	11:23 min/km	+6:02:19
1329	361	JUAN CARLOS PEREZ MARTOS	FERTILIDAD RINCON VELEZ	4:07:50	9:54 min/km	6:55:11	11:08 min/km	8:15:00	11:15 min/km	9:10:28	11:16 min/km	9:30:58	11:25 min/km	+6:03:25
1330	1587	MARIO CUESTA SALVADOR	INDEPENDIENTE	4:08:18	9:55 min/km	7:10:48	11:33 min/km	8:29:56	11:35 min/km	9:15:36	11:22 min/km	9:33:10	11:27 min/km	+6:05:37
1331	1151	ARANCHA GOMEZ	INDEPENDIENTE	4:11:27	10:03 min/km	7:02:14	11:20 min/km	8:23:41	11:26 min/km	9:17:05	11:24 min/km	9:33:29	11:28 min/km	+6:05:57
1332	1101	LUIS CANTO VALTIERRA	INDEPENDIENTE	4:26:07	10:38 min/km	7:08:42	11:30 min/km	8:25:16	11:29 min/km	9:20:05	11:27 min/km	9:39:49	11:35 min/km	+6:12:17
1333	405	CRISTIAN MARTY ALAMO	RUTEROS BIKES MELILLA	4:21:25	10:27 min/km	7:03:03	11:21 min/km	8:25:02	11:28 min/km	9:21:57	11:30 min/km	9:44:48	11:41 min/km	+6:17:15
1334	1433	MANUEL JODAR	INDEPENDIENTE			7:03:03	11:21 min/km					9:44:48	11:41 min/km	+6:17:15
1335	1318	DOLORES ALAMO GARCIA	INDEPENDIENTE	4:21:26	10:27 min/km	7:03:05	11:21 min/km	8:25:03	11:28 min/km	9:21:59	11:30 min/km	9:44:49	11:41 min/km	+6:17:16
1336	456	ELOISA GARCIA VARGAS	INDEPENDIENTE	4:24:08	10:33 min/km	7:19:27	11:47 min/km	8:33:52	11:40 min/km	9:25:44	11:34 min/km	9:44:59	11:41 min/km	+6:17:26
1337	496	GERMAN LUIS SEGURA LOPEZ	INDEPENDIENTE	4:14:25	10:10 min/km	7:19:28	11:47 min/km	8:33:50	11:40 min/km	9:25:44	11:34 min/km	9:45:04	11:42 min/km	+6:17:31
1338	386	ISABEL MARTIN RAMIREZ	CONFECCIONES SOLER	4:32:41	10:54 min/km	7:25:25	11:57 min/km	8:39:28	11:48 min/km	9:28:29	11:38 min/km	9:47:19	11:44 min/km	+6:19:47
1339	200	PAQUI SEMPERE ROBLES	INDEPENDIENTE	4:32:42	10:54 min/km	7:25:25	11:57 min/km	8:39:27	11:48 min/km	9:28:29	11:38 min/km	9:47:20	11:44 min/km	+6:19:47
1340	1187	ALFONSO GARCIA TEJEO	INDEPENDIENTE	4:35:19	11:00 min/km	7:19:40	11:48 min/km	8:37:00	11:45 min/km	9:28:53	11:38 min/km	9:48:28	11:46 min/km	+6:20:56
1341	1181	LATIFA SALAH MOHAMED	INDEPENDIENTE	4:35:20	11:00 min/km	7:19:40	11:48 min/km	8:37:00	11:45 min/km	9:28:52	11:38 min/km	9:48:29	11:46 min/km	+6:20:56
1342	219	MERCEDES GARCIA PAINE	INDEPENDIENTE	4:42:33	11:18 min/km	7:26:18	11:58 min/km	8:40:40	11:50 min/km	9:31:10	11:41 min/km	9:49:59	11:47 min/km	+6:22:26
1343	378	FRANCISCO VALLE BURREZO	NINGUNO	4:42:31	11:18 min/km	7:26:18	11:58 min/km	8:40:40	11:50 min/km	9:31:09	11:41 min/km	9:50:00	11:48 min/km	+6:22:27
	448	ELENA MARIA MARIN JUAN	INDEPENDIENTE	4:15:55	10:14 min/km									





Fecha: 30/03/2019

Distancia: 50.000 ms

MARCHA CARRERA

CLASIFICACION GENERAL

Pos	Dorsal	Nombre	CLUB/EQUIPO	CONTROL 1		CONTROL 2		CONTROL 3		CONTROL 4		TIEMPO		DIF.
				22.000	RITMO	35.500	RITMO	43.000	RITMO	46.000	RITMO	OFICIAL	RITMO	
1390		JESUS ANDUJAR AVIÑON	TRAIL RUNNING MELILLA											
1661		SERGIO ALDEGUER JOYA		2:37:03	6:16 min/km									
1541		DANIELA PEREZ MESAUD	INDEPENDIENTE											
1562		ALBA CREUS GUILLEN	CLUB NATACION MELILLA											
1563		MARINA SILVA CUEVAS	INDEPENDIENTE	4:24:15	10:34 min/km	7:26:35	11:59 min/km							
1564		IRENE CRUZ HERNANDEZ	INDEPENDIENTE	4:24:15	10:34 min/km	7:26:33	11:59 min/km							
1578		JOSE MANUEL PEREZ MARTINEZ	REGULARES DE MELILLA...ME ATREVO	2:49:33	6:46 min/km									

