

XV CAIXABANK MEDIA MARATÓN CIUDAD DE SEGOVIA 2023 NACIONAL FEMENINO

Posición	Dorsal	Nombre	Apellidos	Categoría	Club	5KM	10K	15K	TIEMPO	5KM	10K	15K	TIEMPO NETO	RITMO
1	1202	Gema	Martin Borgas	VET A F	BILBAO ATLETISMO	00:18:22	00:35:55	00:55:30	01:18:18	3'40"/km	3'35"/km	00:55:30	01:18:18	3'42"/km
2	609	Cristina	Giurcanu Mihartescu	VET B F	SSREYES-C.MENORCA	00:18:38	00:36:33	00:56:36	01:20:16	3'43"/km	3'39"/km	00:56:36	01:20:16	3'48"/km
3	387	Claudia	Corral Hodar	SEN F	SPORTING SEGOVIA	00:19:15	00:37:13	00:57:20	01:21:17	3'51"/km	3'43"/km	00:57:20	01:21:17	3'51"/km
4	1234	Alba Maria	Reguillo Moreno	VET B F	GOIERRI GARAIA	00:19:40	00:38:31	00:59:53	01:25:03	3'56"/km	3'51"/km	00:59:53	01:25:02	4'01"/km
5	179	Jobina	Rodríguez Guijarro	VET C F	Independiente	00:24:13	00:46:59	01:11:47	01:40:32	4'50"/km	4'41"/km	01:11:47	01:40:25	4'45"/km
6	879	Rebeca	Merlo Perez	VET A F	Atletas tierra de pinares	00:24:25	00:47:19	01:12:25	01:41:44	4'53"/km	4'43"/km	01:12:25	01:41:15	4'49"/km
7	592	Eva	Fresnillo Barrio	VET C F	Independiente	00:25:01	00:47:49	01:12:59	01:41:46	5'00"/km	4'47"/km	01:12:59	01:41:26	4'49"/km
8	984	Miriam	De Frutos Prieto	VET B F	Independiente	00:23:54	00:46:47	01:12:24	01:41:51	4'46"/km	4'40"/km	01:12:24	01:41:46	4'49"/km
9	974	Charo	Diez Garcia	VET E F	Independiente	00:23:11	00:45:50	01:11:48	01:42:08	4'38"/km	4'35"/km	01:11:48	01:42:05	4'50"/km
10	499	M. Angeles	Fuentes Montes	VET C F	CAP MONTERESMA	00:25:17	00:47:50	01:12:59	01:42:20	5'03"/km	4'47"/km	01:12:59	01:41:24	4'51"/km
11	1241	Sonia	Zaruma Zaruma	VET D F	Ninguno	00:23:37	00:46:17	01:12:32	01:43:14	4'43"/km	4'37"/km	01:12:32	01:43:13	4'53"/km
12	730	Ana	Rincón Martin	VET B F	Independiente	00:24:10	00:47:21	01:14:07	01:44:57	4'50"/km	4'44"/km	01:14:07	01:44:57	4'58"/km
13	728	Raquel	Sanchez Rincón	SEN F	Independiente	00:24:10	00:47:21	01:14:06	01:44:58	4'50"/km	4'44"/km	01:14:06	01:44:57	4'58"/km
14	707	Mercedes	Jiménez Marcos	VET C F	Independiente	00:24:18	00:47:10	01:13:20	01:45:01	4'51"/km	4'43"/km	01:13:20	01:44:38	4'58"/km
15	1491	Maria	Bulnes Garzon	VET B F	Independiente	00:25:30	00:49:00	01:14:22	01:45:15	5'06"/km	4'54"/km	01:14:22	01:44:56	4'59"/km
16	41	Coral	García De La Puente	VET B F	Independiente	00:24:34	00:48:03	01:14:34	01:45:31	4'54"/km	4'48"/km	01:14:34	01:45:22	5'00"/km
17	296	Laura	Abad Gutiérrez	VET C F	C. A. Saborea 4 Cantones	00:25:37	00:49:59	01:15:29	01:45:52	5'07"/km	4'59"/km	01:15:29	01:45:46	5'01"/km
18	633	Esther	Martín Garrido	VET B F	lmd	00:26:25	00:50:13	01:16:12	01:46:04	5'17"/km	5'01"/km	01:16:12	01:45:52	5'01"/km
19	299	Teresa	De Las Heras García	VET D F	IMD	00:25:48	00:49:30	01:15:36	01:46:18	5'09"/km	4'57"/km	01:15:36	01:45:50	5'02"/km
20	1070	María	Peinador Ramirez	VET A F	Independiente	00:24:20	00:47:44	01:14:26	01:46:52	4'52"/km	4'46"/km	01:14:26	01:46:38	5'03"/km
21	422	Esther	Gozalo Palomo	VET C F	IMD Segovia	00:25:38	00:49:58	01:16:06	01:46:59	5'07"/km	4'59"/km	01:16:06	01:46:46	5'04"/km
22	620	Verónica	Llorente Rincón	VET B F	LLOSANA	00:24:57	00:48:35	01:15:15	01:47:04	4'59"/km	4'51"/km	01:15:15	01:46:53	5'04"/km
23	546	Emma	Aragón Herrero	VET B F	lmd	00:27:06	00:51:30	01:17:29	01:47:30	5'25"/km	5'09"/km	01:17:29	01:47:19	5'05"/km
24	445	Sara	De Diego Jurado	SEN F	C.D.E +qCorredores	00:25:16	00:49:45	01:16:13	01:47:32	5'03"/km	4'58"/km	01:16:13	01:47:28	5'05"/km
25	467	Ascensión	Mateo Gilsanz	VET D F	BEER RUNNERS NAVALMANZANO	00:25:37	00:49:31	01:16:13	01:47:43	5'07"/km	4'57"/km	01:16:13	01:47:36	5'06"/km
26	230	Sara	García Maestro	VET B F	BEER RUNNERS NAVALMANZANO	00:25:37	00:49:31	01:16:13	01:47:44	5'07"/km	4'57"/km	01:16:13	01:47:37	5'06"/km



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XV CAIXABANK MEDIA MARATÓN CIUDAD DE SEGOVIA 2023 NACIONAL FEMENINO

Posición	Dorsal	Nombre	Apellidos	Categoría	Club	5KM	10K	15K	TIEMPO	5KM	10K	15K	TIEMPO NETO	RITMO
27	31	Araceli	Balsa Vidal	VET E F	Independiente	00:25:53	00:50:36	01:17:01	01:47:56	5'10"/km	5'03"/km	01:17:01	01:47:16	5'07"/km
28	59	Belen	Díez Camacho	VET D F	Atletismo Caprus	00:25:21	00:49:40	01:17:27	01:48:47	5'04"/km	4'58"/km	01:17:27	01:48:41	5'09"/km
29	428	Rebeca	Álvaro Rodríguez	VET B F	IMD SEGOVIA	00:25:51	00:50:08	01:17:03	01:48:48	5'10"/km	5'00"/km	01:17:03	01:48:38	5'09"/km
30	1048	María	Verdejo García	SEN F	ACART	00:26:16	00:50:35	01:17:22	01:48:48	5'15"/km	5'03"/km	01:17:22	01:48:16	5'09"/km
31	1231	Beatriz	Llorente De Frutos	SEN F	Triatlón Lacerta	00:26:17	00:51:00	01:18:10	01:50:50	5'15"/km	5'06"/km	01:18:10	01:50:25	5'15"/km
32	608	Patricia	Serrano Caballero	VET D F	Independiente	00:26:11	00:50:51	01:18:30	01:51:28	5'14"/km	5'05"/km	01:18:30	01:51:15	5'17"/km
33	961	Raquel	Cano Garcia	VET E F	Independiente	00:27:32	00:52:29	01:20:02	01:51:40	5'30"/km	5'14"/km	01:20:02	01:51:07	5'17"/km
34	621	Cristina	Muñoz Cubero	VET B F	C.D. Atletismo Carbonero	00:25:49	00:50:44	01:19:19	01:51:55	5'09"/km	5'04"/km	01:19:19	01:51:45	5'18"/km
35	367	Ana María	Cantero Diaz	VET C F	Independiente	00:27:41	00:52:40	01:19:57	01:53:00	5'32"/km	5'16"/km	01:19:57	01:52:26	5'21"/km
36	294	María Elena	Mayo Smome Elena	VET C F	Club Atletismo Carbonero	00:25:48	00:50:50	01:19:20	01:53:04	5'09"/km	5'05"/km	01:19:20	01:52:53	5'21"/km
37	58	Silvia	Ventas Fabian	SEN F	Independiente	00:26:59	00:52:41	01:21:05	01:53:57	5'23"/km	5'16"/km	01:21:05	01:53:50	5'24"/km
38	149	Rosa Maria	Casado Delgado	VET E F	IMD SEGOVIA	00:27:11	00:52:50	01:20:47	01:54:12	5'26"/km	5'17"/km	01:20:47	01:54:01	5'24"/km
39	570	María	San Frutos González	SEN F	IMD	00:27:24	00:52:33	01:20:44	01:54:45	5'28"/km	5'15"/km	01:20:44	01:54:17	5'26"/km
40	904	Agueda	Granado Alonso	SEN F	Independiente	00:25:54	00:50:44	01:20:17	01:54:45	5'10"/km	5'04"/km	01:20:17	01:54:35	5'26"/km
41	1077	Laura	Tejedor Barbado	SEN F	Independiente	00:26:41	00:51:55	01:20:42	01:54:54	5'20"/km	5'11"/km	01:20:42	01:54:43	5'26"/km
42	1502	Alicia	Álvarez Torrasy	VET B F	Trigijon	00:27:26	00:53:13	01:21:35	01:55:22	5'29"/km	5'19"/km	01:21:35	01:54:58	5'28"/km
43	711	Milagros	Fernández Álvarez	VET C F	Atletas Populares Valle del Alagón	00:28:11	00:54:48	01:22:58	01:55:37	5'38"/km	5'28"/km	01:22:58	01:54:59	5'28"/km
44	124	Heidi Christina	Bessler	VET C F	Independiente	00:27:53	00:52:52	01:21:46	01:55:42	5'34"/km	5'17"/km	01:21:46	01:55:10	5'29"/km
45	507	Laura	Herrero Gonzalez	VET B F	Mt3 Madrid trail	00:29:11	00:55:07	01:23:04	01:56:04	5'50"/km	5'30"/km	01:23:04	01:55:06	5'30"/km
46	937	Janire	Peñalba Esteban	SEN F	Independiente	00:26:03	00:51:38	01:20:13	01:56:10	5'12"/km	5'09"/km	01:20:13	01:55:57	5'30"/km
47	833	Mari Luz	Mula Alvarez	VET E F	corredors.cat	00:27:52	00:53:24	01:22:46	01:56:22	5'34"/km	5'20"/km	01:22:46	01:55:44	5'30"/km
48	363	Irene	Séz González	VET B F	Independiente	00:27:13	00:53:26	01:22:09	01:56:38	5'26"/km	5'20"/km	01:22:09	01:56:10	5'31"/km
49	171	Inés	Florido Díaz	VET D F	DEPORTES MADRID RC	00:29:39	00:56:53	01:24:51	01:57:00	5'55"/km	5'41"/km	01:24:51	01:55:57	5'32"/km
50	253	Sira	Prada Lombera	VET C F	Independiente	00:27:41	00:53:58	01:23:12	01:57:02	5'32"/km	5'23"/km	01:23:12	01:56:35	5'32"/km
51	27	Noelia	Garrido Mate	SEN F	Independiente	00:26:28	00:52:14	01:22:39	01:57:18	5'17"/km	5'13"/km	01:22:39	01:57:06	5'33"/km
52	1225	Catalina	Herrero Mateo	VET B F	Independiente	00:28:10	00:55:38	01:28:38	01:57:30	5'38"/km	5'33"/km	01:28:38	01:56:52	5'34"/km
53	1485	Beatriz	Serrano Polo	VET B F	IMD Segovia	00:27:59	00:54:52	01:23:33	01:57:38	5'35"/km	5'29"/km	01:23:33	01:57:25	5'34"/km



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XV CAIXABANK MEDIA MARATÓN CIUDAD DE SEGOVIA 2023 NACIONAL FEMENINO

Posición	Dorsal	Nombre	Apellidos	Categoría	Club	5KM	10K	15K	TIEMPO	5KM	10K	15K	TIEMPO NETO	RITMO
54	678	Laura	Muñoz Fuentes	SEN F	Independiente	00:28:36	00:55:12	01:23:59	01:58:19	5'43"/km	5'31"/km	01:23:59	01:57:34	5'36"/km
55	1206	Raquel	Escribano Llorente	VET C F	Independiente	00:27:50	00:54:09	01:23:35	01:58:19	5'34"/km	5'24"/km	01:23:35	01:58:10	5'36"/km
56	369	Yolanda	Lucia Arcones	VET E F	IMD	00:28:17	00:55:07	01:24:22	01:58:31	5'39"/km	5'30"/km	01:24:22	01:58:25	5'37"/km
57	776	Elena	Cuesta Álvaro	SEN F	Maraton Desordenado	00:29:48	00:56:30	01:25:22	01:58:34	5'57"/km	5'39"/km	01:25:22	01:57:57	5'37"/km
58	358	Ana	Arribas Dominguez	VET B F	Independiente	00:27:38	00:53:36	01:23:16	01:58:35	5'31"/km	5'21"/km	01:23:16	01:58:18	5'37"/km
59	1075	Jennifer	Peñas Herranz	VET A F	Rumive team	00:28:13	00:54:34	01:23:53	01:58:37	5'38"/km	5'27"/km	01:23:53	01:58:05	5'37"/km
60	132	Ana Belen	Lopez Martinez	VET C F	Independiente	00:24:02	00:46:48	01:11:04	01:59:23	4'48"/km	4'40"/km	01:11:04	01:59:22	5'39"/km
61	637	Isa	Chaparro Navarrete	VET A F	PATERNA RUNNERS CLUB	00:28:35	00:55:29	01:25:28	01:59:52	5'43"/km	5'32"/km	01:25:28	01:59:29	5'40"/km
62	1039	Ana Belen	Lopez Lopez	SEN F	ACART	00:27:09	00:53:22	01:23:34	02:00:08	5'25"/km	5'20"/km	01:23:34	01:59:31	5'41"/km
63	1173	Eva María	Blas Ramirez	VET C F	CIVIL	00:26:28	00:52:19	01:22:53	02:00:18	5'17"/km	5'13"/km	01:22:53	02:00:03	5'42"/km
64	1433	Lydia	Sanchez Escribano	SEN F	BRIPAC	00:27:30	00:52:25	01:20:38	02:00:38	5'30"/km	5'14"/km	01:20:38	02:00:15	5'43"/km
65	381	Beatriz	Jimeno De Pablos	VET A F	IMD SEGOVIA	00:28:08	00:54:57	01:24:38	02:00:39	5'37"/km	5'29"/km	01:24:38	02:00:27	5'43"/km
66	233	Marina	Ruiz Gómez	SEN F	CURRE ET BEATUS ES	00:28:29	00:55:21	01:22:34	02:00:41	5'41"/km	5'32"/km	01:22:34	02:00:21	5'43"/km
67	385	Maria Del Valle	Hodar Egeda	VET C F	Independiente	00:25:59	00:52:10	01:23:16	02:00:52	5'11"/km	5'13"/km	01:23:16	02:00:52	5'43"/km
68	992	Virginia	Gutierrez Palomares	VET D F	INDIVIDUAL	00:28:46	00:55:39	01:25:58	02:01:07	5'45"/km	5'33"/km	01:25:58	02:00:37	5'44"/km
69	840	Cristina	Gonzalez Gonzalez	VET B F	CD ARÉVALO ATLETISMO	00:27:38	00:53:37	01:23:16	02:01:09	5'31"/km	5'21"/km	01:23:16	02:00:52	5'44"/km
70	65	Eva María	López García	VET C F	Independiente	00:28:07	00:54:59	01:25:30	02:01:29	5'37"/km	5'29"/km	01:25:30	02:00:58	5'45"/km
71	677	Irene	Herrero Herranz	SEN F	Independiente	00:28:36	00:55:12	01:25:53	02:01:51	5'43"/km	5'31"/km	01:25:53	02:01:05	5'46"/km
72	306	Eva	Garcia Maestro	VET B F	Beer Runners Navalmanzano			01:20:20	02:01:58			01:20:20	02:01:49	5'46"/km
73	754	Sofia	Garcia Herranz	VET B F	Beer runner navalmanzano			01:20:20	02:02:00			01:20:20	02:01:52	5'47"/km
74	269	Ana	Ruiz Gómez	VET C F	Independiente	00:28:02	00:54:40	01:25:18	02:02:32	5'36"/km	5'28"/km	01:25:18	02:02:07	5'48"/km
75	636	Silvia	Uzquiano Pozo	VET B F	Independiente	00:28:22	00:55:41	01:26:00	02:02:34	5'40"/km	5'34"/km	01:26:00	02:02:11	5'48"/km
76	1043	Maria Jesús	Jurado Cañaveras	VET A F	ACART	00:27:10	00:52:43	01:18:13	02:02:54	5'26"/km	5'16"/km	01:18:13	02:02:17	5'49"/km
77	1091	Ana	Cerezo Martin	VET D F	Independiente	00:28:34	00:55:29	01:25:24	02:03:16	5'42"/km	5'32"/km	01:25:24	02:02:24	5'50"/km
78	444	Rebeca	Aguilar Baeza	VET B F	Independiente	00:26:58	00:52:44	01:23:14	02:03:19	5'23"/km	5'16"/km	01:23:14	02:03:05	5'50"/km
79	1466	Almudena	Llorente Peris	SEN F	Independiente	00:30:05	00:58:24	01:28:21	02:03:23	6'01"/km	5'50"/km	01:28:21	02:02:41	5'50"/km



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XV CAIXABANK MEDIA MARATÓN CIUDAD DE SEGOVIA 2023 NACIONAL FEMENINO

Posición	Dorsal	Nombre	Apellidos	Categoría	Club	5KM	10K	15K	TIEMPO	5KM	10K	15K	TIEMPO NETO	RITMO
80	870	Olga	Morales Sanchez	VET C F	TRIBULS	00:29:57	00:57:29	01:28:39	02:03:38	5'59"/km	5'44"/km	01:28:39	02:02:32	5'51"/km
81	97	Carmen	Alvarez Villar	VET E F	Independiente	00:30:14	00:59:08	01:30:49	02:03:42	6'02"/km	5'54"/km	01:30:49	02:02:51	5'51"/km
82	378	Eva	Barrio Serrano	VET B F	IMD	00:28:53	00:57:01	01:28:30	02:04:59	5'46"/km	5'42"/km	01:28:30	02:04:46	5'55"/km
83	1133	Maria Isabel	Lujan Garcia	VET E F	Independiente	00:29:45	00:57:36	01:28:32	02:05:06	5'57"/km	5'45"/km	01:28:32	02:04:31	5'55"/km
84	800	Ana Maria	Nuñez Rojas	VET E F	PUERTA BISAGRA	00:29:45	00:57:37	01:28:32	02:05:06	5'57"/km	5'45"/km	01:28:32	02:04:33	5'55"/km
85	901	Sonia	Sebastián Antona	VET B F	Deportes Sanz	00:28:17	00:55:38	01:26:55	02:05:22	5'39"/km	5'33"/km	01:26:55	02:04:55	5'56"/km
86	1153	Maria Carmen	Martinez Herreros	SEN F	GACA XII	00:28:48	00:56:48	01:28:37	02:05:53	5'45"/km	5'40"/km	01:28:37	02:05:27	5'58"/km
87	1178	Andrea	Cueto Salas	SEN F	GACA XII	00:28:48	00:56:51	01:28:38	02:05:54	5'45"/km	5'41"/km	01:28:38	02:05:27	5'58"/km
88	307	Joaquina	Avila Juan	VET C F	RUN AND RUN	00:30:21	00:57:15	01:29:44	02:06:05	6'04"/km	5'43"/km	01:29:44	02:05:13	5'58"/km
89	162	Maria Del Mar	Martín Abolafia	VET D F	CLUB ATLETISMO EL CASAR	00:30:20	00:59:50	01:30:47	02:06:09	6'04"/km	5'59"/km	01:30:47	02:05:16	5'58"/km
90	692	María Luisa	Roldan Centeno	VET E F	Independiente	00:29:49	00:58:45	01:29:46	02:06:16	5'57"/km	5'52"/km	01:29:46	02:05:57	5'59"/km
91	853	Cristina	Gallego Palomo	SEN F	Independiente	00:28:41	00:55:11	01:26:41	02:06:20	5'44"/km	5'31"/km	01:26:41	02:05:41	5'59"/km
92	1071	Aitana	Tamayo	VET C F	Independiente	00:29:47	00:58:00	01:29:43	02:06:23	5'57"/km	5'48"/km	01:29:43	02:05:43	5'59"/km
93	799	Ana Belen	Alvarez Guio	VET D F	PUERTA BISAGRA	00:29:47	00:57:35	01:28:32	02:06:26	5'57"/km	5'45"/km	01:28:32	02:05:52	5'59"/km
94	289	Gema	De Miguel Gil	VET E F	Independiente	00:27:26	00:54:57	01:27:35	02:06:48	5'29"/km	5'29"/km	01:27:35	02:06:38	6'00"/km
95	1296	Almudena	Viedma Gallego	VET A F	GACAPAC VI	00:29:52	00:58:38	01:30:32	02:06:49	5'58"/km	5'51"/km	01:30:32	02:06:14	6'00"/km
96	1352	Denisa Estrella	Vladut Collado	SEN F	GACAPAC VI	00:29:53	00:58:40	01:30:33	02:06:51	5'58"/km	5'52"/km	01:30:33	02:06:14	6'00"/km
97	1405	Inmaculada	Medina Rimon	SEN F	GACAPAC VI	00:29:53	00:58:40	01:30:34	02:06:51	5'58"/km	5'52"/km	01:30:34	02:06:17	6'00"/km
98	1358	Ana	Pueyo Gonzalez	VET B F	GACAPAC VI	00:29:52	00:58:39	01:30:33	02:06:51	5'58"/km	5'51"/km	01:30:33	02:06:15	6'00"/km
99	1376	María	Sanchez Pardal	SEN F	GACAPAC VI	00:29:56	00:58:48	01:30:38	02:06:53	5'59"/km	5'52"/km	01:30:38	02:06:05	6'00"/km
100	1391	Virginia	Prieto Veiga	SEN F	GACAPAC VI	00:29:56	00:58:49	01:30:38	02:06:54	5'59"/km	5'52"/km	01:30:38	02:06:07	6'00"/km
101	1315	Jhovana	Barrezueta Loayza	SEN F	GACAPAC VI	00:30:06	00:59:14	01:30:46	02:07:01	6'01"/km	5'55"/km	01:30:46	02:05:56	6'01"/km
102	1289	Celia	Vargas Salazar	SEN F	GACAPAC VI	00:30:09	00:59:12	01:30:50	02:07:05	6'01"/km	5'55"/km	01:30:50	02:05:55	6'01"/km
103	1356	Dina Angelica	Rengifo Bocanegra	VET B F	GACAPAC VI	00:30:10	00:59:17	01:30:55	02:07:07	6'02"/km	5'55"/km	01:30:55	02:05:55	6'01"/km
104	1516	Susana	Hernandez Sanchez	VET C F	Independiente	00:30:40	00:59:24	01:31:05	02:07:15	6'08"/km	5'56"/km	01:31:05	02:06:44	6'01"/km
105	1479	Marta	Palacios Martín	VET C F	Independiente	00:30:39	00:59:26	01:31:03	02:07:15	6'07"/km	5'56"/km	01:31:03	02:06:47	6'01"/km
106	881	Cristina	Mateo María	VET C F	Zamarathón	00:29:42	00:57:54	01:29:39	02:07:19	5'56"/km	5'47"/km	01:29:39	02:06:51	6'02"/km
107	885	Patricia	Casar Diaz	VET B F	Independiente	00:30:30	00:59:18	01:31:08	02:07:38	6'06"/km	5'55"/km	01:31:08	02:06:41	6'03"/km



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R E S T A U R A N T E
C A S A R E S
A C U E D U C T O



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XV CAIXABANK MEDIA MARATÓN CIUDAD DE SEGOVIA 2023 NACIONAL FEMENINO

Posición	Dorsal	Nombre	Apellidos	Categoría	Club	5KM	10K	15K	TIEMPO	5KM	10K	15K	TIEMPO NETO	RITMO
108	602	Susana	Martín Herranz	VET A F	IMD	00:29:59	00:58:57	01:30:02	02:07:42	5'59"/km	5'53"/km	01:30:02	02:07:17	6'03"/km
109	513	Ainhoa	Otero Nieto	SEN F	Torreiglesias	00:31:20	01:00:13	01:31:33	02:08:05	6'16"/km	6'01"/km	01:31:33	02:07:21	6'04"/km
110	1143	Ascension	Gonzalez Ballesteros	VET D F	N	00:29:26	00:57:05	01:29:34	02:08:08	5'53"/km	5'42"/km	01:29:34	02:07:35	6'04"/km
111	525	Macarena	Santacruz Lopez	VET C F	BALDIOS RUNNING TEAM	00:30:15	00:59:08	01:31:09	02:08:20	6'03"/km	5'54"/km	01:31:09	02:07:22	6'05"/km
112	628	Elena	Roncero Aguado	VET B F	CLUB CORREDORES	00:30:15	00:59:10	01:31:09	02:08:20	6'03"/km	5'55"/km	01:31:09	02:07:22	6'05"/km
113	463	Marta	Muñoz Sancho	VET C F	Triatlón Cuéllar	00:30:00	00:58:10	01:29:56	02:08:52	6'00"/km	5'49"/km	01:29:56	02:08:09	6'06"/km
114	84	Marta	González Pascual	VET D F	CD TRIATLON LACERTA	00:30:29	00:59:33	01:31:35	02:09:14	6'05"/km	5'57"/km	01:31:35	02:09:06	6'07"/km
115	518	Begoña	De Pablos Arranz	VET E F	SI QUIERES PUEDES			01:31:32	02:09:15			01:31:32	02:09:15	6'07"/km
116	962	Elena	Femenia Santiago	SEN F	Independiente	00:31:23	01:00:56	01:32:47	02:09:18	6'16"/km	6'05"/km	01:32:47	02:08:31	6'07"/km
117	835	Estibaliz	Rodríguez Sanz	VET A F	Trimad	00:29:18	00:57:50	01:30:07	02:09:25	5'51"/km	5'47"/km	01:30:07	02:09:17	6'08"/km
118	377	Mariangeles	Martin Aguilera	VET E F	IMD SEGOVIA	00:30:44	00:59:38	01:31:56	02:10:18	6'08"/km	5'57"/km	01:31:56	02:09:47	6'10"/km
119	726	Ana Belen	Montero Reyes	VET B F	Independiente	00:29:41	00:57:51	01:31:05	02:10:49	5'56"/km	5'47"/km	01:31:05	02:10:27	6'12"/km
120	1463	Rosa	Martín Sacristán	VET D F	Cabezuela	00:30:29	00:59:33	01:31:36	02:10:55	6'05"/km	5'57"/km	01:31:36	02:10:46	6'12"/km
121	291	Virginia	Gomez	VET B F	Independiente	00:30:16	00:59:34	01:31:46	02:10:58	6'03"/km	5'57"/km	01:31:46	02:10:37	6'12"/km
122	503	Sol	Cuesta Albertos	VET D F	MARATON DESORDENADO	00:30:45	00:59:46	01:32:38	02:10:59	6'09"/km	5'58"/km	01:32:38	02:10:23	6'12"/km
123	737	Alicia	Vazquez Lobo	VET C F	Independiente	00:29:31	00:58:26	01:31:12	02:11:22	5'54"/km	5'50"/km	01:31:12	02:10:51	6'13"/km
124	72	María Victoria	Francesch Solloso	VET D F	Independiente	00:29:37	00:58:18	01:32:07	02:12:18	5'55"/km	5'49"/km	01:32:07	02:11:49	6'16"/km
125	684	Susana	Arechaga Usabiaga	VET F F	Clínica Menorca SS Reyes	00:30:12	00:59:55	01:32:45	02:12:21	6'02"/km	5'59"/km	01:32:45	02:11:35	6'16"/km
126	241	Clara Isabel	De Sigmaringa Bayon	VET D F	Independiente		00:59:48	01:32:43	02:12:43		5'58"/km	01:32:43	02:12:13	6'17"/km
127	1470	Cassandra	Huntley Pascual	SEN F	Independiente	00:31:48	01:01:22	01:33:57	02:12:57	6'21"/km	6'08"/km	01:33:57	02:12:21	6'18"/km
128	673	Alicia	García Plaza	SEN F	Independiente	00:29:41	00:57:31	01:30:27	02:12:59	5'56"/km	5'45"/km	01:30:27	02:12:10	6'18"/km
129	954	María	Alonso Pastor	VET F F	Independiente			01:29:28	02:13:15			01:29:28	02:12:44	6'18"/km
130	993	Cristina	Muñoz Moreno	VET D F	La Tapia	00:30:06	00:59:46	01:33:27	02:14:05	6'01"/km	5'58"/km	01:33:27	02:13:26	6'21"/km
131	451	María	Velasco Andrés	VET A F	Independiente	00:30:41	00:59:45	01:33:17	02:14:35	6'08"/km	5'58"/km	01:33:17	02:13:37	6'22"/km
132	1152	Irene	Jurado Garcia	SEN F	GACA XII	00:32:04	01:02:11	01:35:07	02:14:37	6'24"/km	6'13"/km	01:35:07	02:14:11	6'22"/km
133	1525	Ana	Gordo Callejo	SEN F	Independiente	00:29:13	00:58:18	01:32:31	02:14:37	5'50"/km	5'49"/km	01:32:31	02:14:12	6'22"/km



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T A B E R N A
R E S T A U R A N T E
C A Z A B E S
A C U E D U C T O



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XV CAIXABANK MEDIA MARATÓN CIUDAD DE SEGOVIA 2023 NACIONAL FEMENINO

Posición	Dorsal	Nombre	Apellidos	Categoría	Club	5KM	10K	15K	TIEMPO	5KM	10K	15K	TIEMPO NETO	RITMO
134	1505	Tamara	Conde Gonzalez	SEN F	Independiente	00:29:13	00:58:19	01:32:31	02:14:38	5'50"/km	5'49"/km	01:32:31	02:14:13	6'22"/km
135	517	Pilar	Jaimes Abaunza	VET A F	Independiente	00:31:02	01:00:04	01:33:50	02:14:45	6'12"/km	6'00"/km	01:33:50	02:14:27	6'23"/km
136	1368	Mirian Rosario	Malpica Tayca	SEN F	GACAPAC VI	00:29:52	00:58:39	01:30:33	02:14:54	5'58"/km	5'51"/km	01:30:33	02:14:20	6'23"/km
137	690	Ana	Gaspar Bujalance	VET B F	Independiente	00:29:14	00:58:21	01:32:51	02:15:22	5'50"/km	5'50"/km	01:32:51	02:15:03	6'25"/km
138	308	Elena	Hernanz Vila	VET E F	IMD	00:30:44	00:59:49	01:33:56	02:15:22	6'08"/km	5'58"/km	01:33:56	02:14:51	6'25"/km
139	1448	Veronica	Pons Andrade	VET B F	BRIPAC	00:30:01	00:59:04	01:31:15	02:15:58	6'00"/km	5'54"/km	01:31:15	02:14:59	6'26"/km
140	1449	Ana Mile	Naranjo Saldarriaga	SEN F	BRIPAC	00:30:01	00:58:56	01:31:15	02:15:59	6'00"/km	5'53"/km	01:31:15	02:15:00	6'26"/km
141	1472	Silvia	Roales Olivares	VET D F	TIGERS	00:32:31	01:02:58	01:36:44	02:15:59	6'30"/km	6'17"/km	01:36:44	02:15:22	6'26"/km
142	1443	Estefanía	Campello Martinez	SEN F	GACAPAC VI	00:30:02	00:58:59	01:31:18	02:16:02	6'00"/km	5'53"/km	01:31:18	02:15:03	6'26"/km
143	1169	Leidy Johanna	Gil Rayo	VET A F	GACA XII	00:28:47	00:56:48	01:29:14	02:17:49	5'45"/km	5'40"/km	01:29:14	02:17:32	6'31"/km
144	880	Amparo	Gómez Arranz	VET G F	Atletas tierra de pinares	00:31:47	01:03:02	01:37:21	02:17:56	6'21"/km	6'18"/km	01:37:21	02:17:31	6'32"/km
145	1467	Sandra	Arranz Luján	VET A F	Independiente	00:31:23	01:01:46	01:37:28	02:18:08	6'16"/km	6'10"/km	01:37:28	02:17:37	6'32"/km
146	447	Patricia	Herrero Gil	VET B F	Independiente	00:30:03	01:00:57	01:36:27	02:19:13	6'00"/km	6'05"/km	01:36:27	02:19:09	6'35"/km
147	260	Elena	Rico Lamadrid	VET B F	TRIMAD	00:32:29	01:03:11	01:38:00	02:19:30	6'29"/km	6'19"/km	01:38:00	02:19:19	6'36"/km
148	243	Lourdes	Gomez Santero	VET D F	Run and run	00:31:04	01:01:11	01:37:09	02:20:17	6'12"/km	6'07"/km	01:37:09	02:19:24	6'39"/km
149	392	Gabriele	Virviciute	SEN F	Independiente	00:33:01	01:04:18	01:39:44	02:21:24	6'36"/km	6'25"/km	01:39:44	02:20:55	6'42"/km
150	632	María Aranzazu	Llorente Esteban	VET C F	Independiente	00:33:17	01:04:21	01:39:44	02:21:37	6'39"/km	6'26"/km	01:39:44	02:20:39	6'42"/km
151	290	Gregoria	Pascual De Pintos	VET D F	Independiente	00:30:57	01:01:06	01:36:44	02:22:04	6'11"/km	6'06"/km	01:36:44	02:21:54	6'44"/km
152	682	Cristina	Martín Díaz	VET E F	Clínica Menorca SS Reyes	00:30:12	01:00:18	01:38:29	02:22:25	6'02"/km	6'01"/km	01:38:29	02:21:41	6'45"/km
153	76	Esmeralda	Hernán Alvarez	VET C F	Independiente	00:31:36	01:03:05	01:39:34	02:23:21	6'19"/km	6'18"/km	01:39:34	02:22:51	6'47"/km
154	448	Zoraida	Cerezo Martin	VET C F	Independiente	00:30:04	01:01:25	01:38:42	02:25:39	6'00"/km	6'08"/km	01:38:42	02:25:27	6'54"/km
155	686	Retchel	Gadingan Pajayat	SEN F	Independiente	00:31:10	01:03:55	01:40:55	02:25:58	6'14"/km	6'23"/km	01:40:55	02:25:14	6'55"/km
156	274	Beatriz	Rincón Melero	VET B F	IMD Segovia	00:30:48	01:01:40	01:39:22	02:26:09	6'09"/km	6'10"/km	01:39:22	02:25:40	6'55"/km
157	273	Marta	Bartolome Duque	VET C F	Independiente	00:30:49	01:01:42	01:39:23	02:26:11	6'09"/km	6'10"/km	01:39:23	02:25:41	6'55"/km
158	1363	Silvia	Aviles De La Torre	SEN F	GACAPAC VI	00:30:11	01:00:42	01:38:25	02:28:19	6'02"/km	6'04"/km	01:38:25	02:27:05	7'01"/km
159	717	Lara	Marin Lopez	VET A F	Independiente	00:30:26	01:00:48	01:40:39	02:29:22	6'05"/km	6'04"/km	01:40:39	02:28:26	7'04"/km
160	716	Raquel	Lopez Alvarez	VET B F	Independiente	00:30:26	01:00:43	01:40:39	02:29:22	6'05"/km	6'04"/km	01:40:39	02:28:25	7'04"/km



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R E S T A U R A N T E
C A Z A B E S
A C U E D U C T O



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XV CAIXABANK MEDIA MARATÓN CIUDAD DE SEGOVIA 2023 NACIONAL FEMENINO

Posición	Dorsal	Nombre	Apellidos	Categoría	Club	5KM	10K	15K	TIEMPO	5KM	10K	15K	TIEMPO NETO	RITMO
161	1130	María Jesus	Raimundo Rodriguez	VET D F	Independiente	00:33:29	01:05:32	01:41:09	02:30:08	6'41"/km	6'33"/km	01:41:09	02:29:28	7'06"/km
162	1165	Melany Gema	Davia Cuartero	SEN F	GACA XII	00:29:27	00:58:34	01:32:04	02:30:33	5'53"/km	5'51"/km	01:32:04	02:30:12	7'08"/km
163	1050	Rebeca Beatriz	Jaén Peinado	VET B F	ACART	00:33:56	01:09:46	01:50:02	02:37:05	6'47"/km	6'58"/km	01:50:02	02:36:37	7'26"/km
164	1182	Montse	Núñez Sanchez	VET C F	Independiente	00:35:27	01:12:08	01:43:44	02:38:55	7'05"/km	7'12"/km	01:43:44	02:38:23	7'31"/km



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R E S T A U R A N T E
C A Z A B E S
A C U E D U C T O



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