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These are the more important
races and results during my sport life
in all sports that I practice:

SKI DU FOND-LANGLAUF

- MARXA PIRINEU (28 km) 2005
5° place

Results: www.marxapirineu.com

- SKYMARATON TRANSPIRENE 2005

Results: www.beille.fr (Plateau de beille- French pirinee)
12° place



TRIATHLON-DUATHLON

- Spain Winter Championship triathlon 2005
6° place
- Winter triathlon -somport (French pirinee) 5-03-2005
5° Place
- Spain Championship duathlon Cross
year 2005 18° (city: Vitoria)
year 2006 21° (city: Zaragoza)
- World ITU winter Championship triathlon 2.003
Oberstaufen/Germany
3° Place in age group 20-25

ATHLETICS

- INTERNACIONAL CROSS “PUNTA PARAYAS” (Regional Teams championship ´05)
4° Place team
- **Spain Cross Country Championship by teams** (valladolid ´06)
32° Place team
- **Spain Single Championship cross country (12.000m)**
92° Place

MOUNTAIN BIKE

IRONBIKE 2.005– ITALIAN ALPES

General 4° Place and the best stages were the fifth (1 ° place couple) and the sixth (second Place)

TRANSALP 2.006–2.007

This is a race team by couples and it consist in 8 stages from Germany to Italy .

General 112° and the best stage result was in the sixth (51° Place)

YEAR 2011

ATHLETICS

- 5° place in mountain race (24km– 2.500 h.m.)
Langreo–Asturias
- 12° place in half–marathon official R.F.E.A. (1:16:05)
Baltanas–Palencia
- 14°place international vertical km of Fuente De–Cantabria