

Prueba 3  
22/10/2023

400m Estilos

20 - 89 años  
Resultados

Puntos: FINA 2023

Clasificación	AN				Tiempo	Pts
<b>20+, Masc.</b>						
1.	PEREZ SANCHEZ, Javier	02	C.N. Monteverde		<b>5:02.15</b>	469
	50m: 28.11 28.11	150m: 1:42.53	39.71	250m: 3:04.86	44.03	350m: 4:26.73 36.19
	100m: 1:02.82 34.71	200m: 2:20.83	38.30	300m: 3:50.54	45.68	400m: 5:02.15 35.42
2.	GÓMEZ SILES, Sergio	02	Cn Ugena		<b>5:22.13</b>	387
	50m: 31.13 31.13	150m: 1:50.85	41.46	250m: 3:17.61	46.40	350m: 4:46.53 40.38
	100m: 1:09.39 38.26	200m: 2:31.21	40.36	300m: 4:06.15	48.54	400m: 5:22.13 35.60
<b>20+, Fem.</b>						
1.	DE SANDE DE LA CRUZ, Dana	00	Cn Ugena		<b>6:19.45</b>	317
	50m: 39.29 39.29	150m: 2:15.47	47.88	250m: 3:58.31	55.09	350m: 5:37.31 42.41
	100m: 1:27.59 48.30	200m: 3:03.22	47.75	300m: 4:54.90	56.59	400m: 6:19.45 42.14
2.	GONZALEZ GALINDO, Raquel	01	C.N. Monteverde		<b>6:39.93</b>	271
	50m: 42.86 42.86	150m: 2:22.74	48.84	250m: 4:08.38	56.64	350m: 5:53.51 47.48
	100m: 1:33.90 51.04	200m: 3:11.74	49.00	300m: 5:06.03	57.65	400m: 6:39.93 46.42
<b>25+, Masc.</b>						
1.	SOTOS PIQUERAS, Andrés	98	C.N.Tritones-Talavera		<b>5:52.29</b>	296
	50m: 35.57 35.57	150m: 2:01.36	43.37	250m: 3:37.37	52.44	350m: 5:11.61 40.62
	100m: 1:17.99 42.42	200m: 2:44.93	43.57	300m: 4:30.99	53.62	400m: 5:52.29 40.68
<b>25+, Fem.</b>						
1.	REBOLLO LARA, Cristina	95	C.N. Monteverde		<b>6:49.17</b>	253
	50m: 44.45 44.45	150m: 2:29.13	53.15	250m: 4:16.52	57.08	350m: 6:02.40 49.69
	100m: 1:35.98 51.53	200m: 3:19.44	50.31	300m: 5:12.71	56.19	400m: 6:49.17 46.77
2.	DÍAZ MOLINA, Paula	95	Cn Ugena		<b>7:05.29</b>	225
	50m: 45.29 45.29	150m: 2:39.68	58.94	250m: 4:30.29	55.01	350m: 6:16.96 48.95
	100m: 1:40.74 55.45	200m: 3:35.28	55.60	300m: 5:28.01	57.72	400m: 7:05.29 48.33
<b>30+, Masc.</b>						
1.	RODRÍGUEZ GARCIA, Jesus	91	C.N. Monteverde		<b>5:44.26</b>	317
	50m: 34.05 34.05	150m: 1:58.66	44.47	250m: 3:33.05	50.37	350m: 5:05.18 40.45
	100m: 1:14.19 40.14	200m: 2:42.68	44.02	300m: 4:24.73	51.68	400m: 5:44.26 39.08
<b>35+, Masc.</b>						
1.	ARROYO FERNANDEZ, Alvaro	85	E.C. Ciudad De Talavera		<b>5:19.26</b>	397
	50m: 34.91 34.91	150m: 1:55.14	39.86	250m: 3:18.90	43.57	350m: 4:41.67 37.31
	100m: 1:15.28 40.37	200m: 2:35.33	40.19	300m: 4:04.36	45.46	400m: 5:19.26 37.59
<b>45+, Masc.</b>						
1.	ALONSO RODRIGUEZ, Moises	76	C.N. Monteverde		<b>7:12.73</b>	159
	50m: 47.32 47.32	150m: 2:37.82	56.61	250m: 4:37.16	1:04.16	350m: 6:45.71 1:06.96
	100m: 1:41.21 53.89	200m: 3:33.00	55.18	300m: 5:38.75	1:01.59	400m: 7:12.73 27.02

Comprometidos con la natación para toda la vida

## Prueba 3, 400m Estilos

## 50+, Masc.

1.	GÓMEZ LAGUNA, Antonio	69	Master Toledo 3 Culturas	<b>7:29.08</b>	142
	50m: 49.46 49.46	150m: 2:51.22 1:03.89	250m: 4:55.49 1:00.82	350m: 6:45.71 47.22	
	100m: 1:47.33 57.87	200m: 3:54.67 1:03.45	300m: 5:58.49 1:03.00	400m: 7:29.08 43.37	

## 55+, Fem.

1.	GARCIA MARTINEZ, Maria Ester	66	C.N. Monteverde	<b>8:20.61</b>	138
	50m: 56.87 56.87	150m: 3:10.69 1:07.45	250m: 5:18.78 1:03.82	350m: 7:24.15 59.62	
	100m: 2:03.24 1:06.37	200m: 4:14.96 1:04.27	300m: 6:24.53 1:05.75	400m: 8:20.61 56.46	
2.	ALONSO LÓPEZ, Rosa	67	Master Toledo 3 Culturas	<b>9:43.79</b>	87
	50m: 1:11.04 1:11.04	150m: 3:53.36 1:21.74	250m: 6:29.90 1:14.69	350m: 8:45.42 1:01.86	
	100m: 2:31.62 1:20.58	200m: 5:15.21 1:21.85	300m: 7:43.56 1:13.66	400m: 9:43.79 58.37	