

Prueba 3
21/10/2023

400m Estilos

20 - 89 años
Resultados

Puntos: FINA 2023

Clasificación	AN			Tiempo	Pts
20+, Masc.					
1.	LEÓN OLMEDO, Jorge	01	Master Natacion Tomelloso	5:27.26	369
	50m: 31.96 31.96 150m: 1:51.49 42.36 250m: 3:20.48 47.83 350m: 4:49.90 39.70				
	100m: 1:09.13 37.17 200m: 2:32.65 41.16 300m: 4:10.20 49.72 400m: 5:27.26 37.36				
2.	QUIROS INIESTA, Jose Manuel	02	C.N. Criptana Gigantes	5:29.65	361
	50m: 32.84 32.84 150m: 1:55.65 42.09 250m: 3:26.04 49.23 350m: 4:53.99 37.79				
	100m: 1:13.56 40.72 200m: 2:36.81 41.16 300m: 4:16.20 50.16 400m: 5:29.65 35.66				
20+, Fem.					
1.	FERRER FERNÁNDEZ, Lydia	01	Master Natacion Tomelloso	6:28.55	295
	50m: 39.18 39.18 150m: 2:19.59 50.88 250m: 4:02.79 51.70 350m: 5:45.86 47.43				
	100m: 1:28.71 49.53 200m: 3:11.09 51.50 300m: 4:58.43 55.64 400m: 6:28.55 42.69				
25+, Masc.					
1.	MORALES LOZANO, Guillermo	95	Master Natacion Tomelloso	6:03.68	269
	50m: 33.91 33.91 150m: 2:00.49 46.40 250m: 3:41.02 55.05 350m: 5:21.37 44.15				
	100m: 1:14.09 40.18 200m: 2:45.97 45.48 300m: 4:37.22 56.20 400m: 6:03.68 42.31				
2.	MANZANEQUE CARRASCO, José	98	C.N. Criptana Gigantes	6:38.77	204
	50m: 43.30 43.30 150m: 2:29.62 56.41 250m: 4:18.90 56.07 350m: 5:57.30 43.58				
	100m: 1:33.21 49.91 200m: 3:22.83 53.21 300m: 5:13.72 54.82 400m: 6:38.77 41.47				
25+, Fem.					
1.	MEZCUA JIMENA, Victoria	98	Master Natacion Tomelloso	5:45.43	421
	50m: 35.08 35.08 150m: 2:00.78 42.68 250m: 3:35.18 51.79 350m: 5:07.24 40.10				
	100m: 1:18.10 43.02 200m: 2:43.39 42.61 300m: 4:27.14 51.96 400m: 5:45.43 38.19				
2.	OLMEDO LEON, Lourdes	96	C.N. Valdepeñas	5:54.42	389
	50m: 34.37 34.37 150m: 2:03.75 48.22 250m: 3:42.01 51.46 350m: 5:15.23 41.60				
	100m: 1:15.53 41.16 200m: 2:50.55 46.80 300m: 4:33.63 51.62 400m: 5:54.42 39.19				
30+, Masc.					
1.	FERNANDEZ CASQUERO, Carlos	91	C.N. Ciudad Real	6:39.65	202
	50m: 39.09 39.09 150m: 2:20.09 54.64 250m: 4:10.77 54.36 350m: 5:55.24 47.05				
	100m: 1:25.45 46.36 200m: 3:16.41 56.32 300m: 5:08.19 57.42 400m: 6:39.65 44.41				
2.	NAVARRO SECADURA, Antonio Jose	89	C.D. Escuela Nadadores Tomelloso	7:19.57	152
	50m: 47.58 47.58 150m: 2:41.90 59.81 250m: 4:41.50 57.82 350m: 6:34.54 52.27				
	100m: 1:42.09 54.51 200m: 3:43.68 1:01.78 300m: 5:42.27 1:00.77 400m: 7:19.57 45.03				
30+, Fem.					
1.	GONZALEZ MEGIA, Patricia	93	C.N. Monteverde	5:20.61	526
	50m: 33.03 33.03 150m: 1:53.43 43.09 250m: 3:21.59 44.65 350m: 4:45.39 37.80				
	100m: 1:10.34 37.31 200m: 2:36.94 43.51 300m: 4:07.59 46.00 400m: 5:20.61 35.22				
2.	ILLANAS CALVO, Sonia	93	C.N. Ciudad Real	6:51.02	250
	50m: 41.39 41.39 150m: 2:25.93 52.21 250m: 4:14.35 57.74 350m: 6:03.34 48.47				
	100m: 1:33.72 52.33 200m: 3:16.61 50.68 300m: 5:14.87 1:00.52 400m: 6:51.02 47.68				

Comprometidos con la natación para toda la vida

Prueba 3, 400m Estilos

40+, Masc.

1. SEVILLA TEBAR, David	82	C.N. Valdepeñas	7:59.10	117
50m: 49.54 49.54	150m: 2:54.06	59.00 250m: 4:59.20	1:07.55 350m: 7:05.65	56.03
100m: 1:55.06 1:05.52	200m: 3:51.65	57.59 300m: 6:09.62	1:10.42 400m: 7:59.10	53.45

45+, Masc.

1. INIESTA ORTIZ, Fernando	78	C.N. Criptana Gigantes	6:19.11	237
50m: 38.13 38.13	150m: 2:15.67	51.36 250m: 4:01.04	55.57 350m: 5:39.18	43.21
100m: 1:24.31 46.18	200m: 3:05.47	49.80 300m: 4:55.97	54.93 400m: 6:19.11	39.93
2. CIFUENTES VELEZ, Jose Maria	75	C.N. Valdepeñas	6:30.04	218
50m: 42.81 42.81	150m: 2:24.42	51.17 250m: 4:03.46	49.74 350m: 5:43.58	49.71
100m: 1:33.25 50.44	200m: 3:13.72	49.30 300m: 4:53.87	50.41 400m: 6:30.04	46.46
3. OLIVARES PANADERO, Marco Antonio	75	C.N. Criptana Gigantes	6:55.15	180
50m: 42.97 42.97	150m: 2:25.16	52.57 250m: 4:14.78	56.54 350m: 6:08.66	48.92
100m: 1:32.59 49.62	200m: 3:18.24	53.08 300m: 5:19.74	1:04.96 400m: 6:55.15	46.49
4. CARRETÓN MADRID, Argimiro	77	C.D. Escuela Nadadores Tomelloso	8:08.47	111
50m: 51.87 51.87	150m: 2:57.87	1:04.27 250m: 5:09.60	1:06.19 350m: 7:13.29	58.41
100m: 1:53.60 1:01.73	200m: 4:03.41	1:05.54 300m: 6:14.88	1:05.28 400m: 8:08.47	55.18

45+, Fem.

1. GARCÍA RODRÍGUEZ, Inmaculada	75	Master Natacion Tomelloso	9:36.94	90
50m: 56.65 56.65	150m: 3:11.61	1:09.17 250m: 5:56.92	1:34.71 350m: 8:33.93	1:05.00
100m: 2:02.44 1:05.79	200m: 4:22.21	1:10.60 300m: 7:28.93	1:32.01 400m: 9:36.94	1:03.01

50+, Masc.

1. GONZÁLEZ CASTELLANOS, Alberto	71	C.N. Ciudad Real	6:43.60	196
50m: 43.00 43.00	150m: 2:31.15	56.17 250m: 4:22.66	57.48 350m: 6:04.22	42.75
100m: 1:34.98 51.98	200m: 3:25.18	54.03 300m: 5:21.47	58.81 400m: 6:43.60	39.38
2. FERNANDEZ LOZANO, Julio	70	Master Natacion Tomelloso	7:07.72	165
50m: 48.57 48.57	150m: 2:40.33	58.05 250m: 4:34.65	1:00.46 350m: 6:23.43	46.90
100m: 1:42.28 53.71	200m: 3:34.19	53.86 300m: 5:36.53	1:01.88 400m: 7:07.72	44.29
3. GONZALEZ DE LA ALEJA LOPEZ, V.	70	C.N. Valdepeñas	7:37.04	135
50m: 47.87 47.87	150m: 2:45.46	57.19 250m: 4:49.20	1:07.78 350m: 6:50.73	51.88
100m: 1:48.27 1:00.40	200m: 3:41.42	55.96 300m: 5:58.85	1:09.65 400m: 7:37.04	46.31

50+, Fem.

1. DUEÑAS RUIZ, Ines	72	Master Natacion Tomelloso	8:23.37	136
50m: 57.81 57.81	150m: 3:13.26	1:08.76 250m: 5:25.98	1:09.87 350m: 7:30.78	53.92
100m: 2:04.50 1:06.69	200m: 4:16.11	1:02.85 300m: 6:36.86	1:10.88 400m: 8:23.37	52.59

55+, Masc.

1. HUERTAS HUERTAS, Carlos Javier	67	Master Natacion Tomelloso	7:36.74	135
50m: 49.66 49.66	150m: 2:49.37	1:00.83 250m: 4:57.22	1:06.19 350m: 6:49.99	49.09
100m: 1:48.54 58.88	200m: 3:51.03	1:01.66 300m: 6:00.90	1:03.68 400m: 7:36.74	46.75
2. DIAZ MERINO, Oscar	67	C.N. Valdepeñas	8:22.20	102
50m: 52.35 52.35	150m: 3:06.00	1:14.50 250m: 5:19.00	56.85 350m: 7:29.03	1:05.63
100m: 1:51.50 59.15	200m: 4:22.15	1:16.15 300m: 6:23.40	1:04.40 400m: 8:22.20	53.17