



Campeonato de Castilla-La Mancha de Larga Distancia 23/24
Tomelloso, 5/11/2023



Prueba 1
05/11/2023

Masc., 3000m Libre

16 - 90 años
Resultados

RLD	32:07.36	MARTIN ESTEBAN, Alberto	00604	Tomelloso	19/12/2021
MM Jun2	33:20.24	GONZÁLEZ RODERO, Alonso			
MM Jun1	32:07.36	MARTIN ESTEBAN, Alberto	00604	Tomelloso	19/12/2021

Clasificación

AN

Tiempo

Pts

JUNIOR 1

1. MUÑOZ SÁNCHEZ, Marcos		07	C.N. Valdepeñas		34:53.28	19,00
50m:	31.15	31.15	800m:	9:09.64	34.40	1550m: 17:52.97 35.48
100m:	1:04.52	33.37	850m:	9:43.54	33.90	1600m: 18:28.58 35.61
150m:	1:38.65	34.13	900m:	10:17.75	34.21	1650m: 19:04.37 35.79
200m:	2:12.64	33.99	950m:	10:51.98	34.23	1700m: 19:39.66 35.29
250m:	2:46.78	34.14	1000m:	11:26.31	34.33	1750m: 20:15.35 35.69
300m:	3:21.54	34.76	1050m:	12:00.68	34.37	1800m: 20:50.73 35.38
350m:	3:55.99	34.45	1100m:	12:35.06	34.38	1850m: 21:26.18 35.45
400m:	4:31.05	35.06	1150m:	13:09.82	34.76	1900m: 22:01.36 35.18
450m:	5:05.64	34.59	1200m:	13:44.91	35.09	1950m: 22:36.26 34.90
500m:	5:40.52	34.88	1250m:	14:20.17	35.26	2000m: 23:11.23 34.97
550m:	6:15.39	34.87	1300m:	14:55.55	35.38	2050m: 23:46.07 34.84
600m:	6:50.72	35.33	1350m:	15:30.77	35.22	2100m: 24:20.97 34.90
650m:	7:25.77	35.05	1400m:	16:06.14	35.37	2150m: 24:56.58 35.61
700m:	8:00.68	34.91	1450m:	16:41.96	35.82	2200m: 25:31.97 35.39
750m:	8:35.24	34.56	1500m:	17:17.49	35.53	2250m: 26:07.20 35.23
						2300m: 26:42.45 35.25
						2350m: 27:17.63 35.18
						2400m: 27:52.89 35.26
						2450m: 28:28.54 35.65
						2500m: 29:04.12 35.58
						2550m: 29:40.24 36.12
						2600m: 30:16.22 35.98
						2650m: 30:51.45 35.23
						2700m: 31:27.66 36.21
						2750m: 32:02.15 34.49
						2800m: 32:37.42 35.27
						2850m: 33:11.97 34.55
						2900m: 33:47.30 35.33
						2950m: 34:21.81 34.51
						3000m: 34:53.28 31.47
2. GUTIERREZ VELDUQUE, Enrique		07	Club Natacion Daimiel		35:29.81	16,00
50m:	30.15	30.15	800m:	9:12.74	34.61	1550m: 18:05.48 35.51
100m:	1:03.43	33.28	850m:	9:48.12	35.38	1600m: 18:41.41 35.93
150m:	1:37.79	34.36	900m:	10:23.38	35.26	1650m: 19:16.26 34.85
200m:	2:12.45	34.66	950m:	10:59.23	35.85	1700m: 19:51.52 35.26
250m:	2:47.63	35.18	1000m:	11:34.75	35.52	1750m: 20:27.24 35.72
300m:	3:22.95	35.32	1050m:	12:10.45	35.70	1800m: 21:02.99 35.75
350m:	3:57.87	34.92	1100m:	12:45.62	35.17	1850m: 21:39.58 36.59
400m:	4:32.84	34.97	1150m:	13:20.75	35.13	1900m: 22:15.30 35.72
450m:	5:07.54	34.70	1200m:	13:56.03	35.28	1950m: 22:51.57 36.27
500m:	5:42.42	34.88	1250m:	14:31.86	35.83	2000m: 23:28.79 37.22
550m:	6:17.60	35.18	1300m:	15:07.50	35.64	2050m: 24:05.98 37.19
600m:	6:53.17	35.57	1350m:	15:42.86	35.36	2100m: 24:42.51 36.53
650m:	7:27.95	34.78	1400m:	16:18.53	35.67	2150m: 25:18.35 35.84
700m:	8:03.01	35.06	1450m:	16:54.63	36.10	2200m: 25:55.05 36.70
750m:	8:38.13	35.12	1500m:	17:29.97	35.34	2250m: 26:31.54 36.49
						2300m: 27:08.01 36.47
						2350m: 27:44.86 36.85
						2400m: 28:21.53 36.67
						2450m: 28:58.10 36.57
						2500m: 29:33.58 35.48
						2550m: 30:09.72 36.14
						2600m: 30:46.02 36.30
						2650m: 31:23.11 37.09
						2700m: 31:59.46 36.35
						2750m: 32:34.20 34.74
						2800m: 33:08.96 34.76
						2850m: 33:46.43 37.47
						2900m: 34:23.50 37.07
						2950m: 34:57.60 34.10
						3000m: 35:29.81 32.21
3. GOMEZ LOPEZ, Rodrigo		08	C.N.S.Oriol Imperial		36:03.94	14,00
50m:	32.51	32.51	800m:	9:26.27	35.84	1550m: 18:25.76 36.22
100m:	1:07.20	34.69	850m:	10:02.13	35.86	1600m: 19:01.88 36.12
150m:	1:42.46	35.26	900m:	10:37.94	35.81	1650m: 19:38.02 36.14
200m:	2:17.88	35.42	950m:	11:13.78	35.84	1700m: 20:14.44 36.42
250m:	2:53.41	35.53	1000m:	11:49.67	35.89	1750m: 20:50.92 36.48
300m:	3:28.97	35.56	1050m:	12:25.28	35.61	1800m: 21:27.27 36.35
350m:	4:04.77	35.80	1100m:	13:00.99	35.71	1850m: 22:03.81 36.54
400m:	4:40.00	35.23	1150m:	13:37.02	36.03	1900m: 22:40.17 36.36
450m:	5:15.56	35.56	1200m:	14:12.72	35.70	1950m: 23:16.52 36.35
500m:	5:51.07	35.51	1250m:	14:48.53	35.81	2000m: 23:52.79 36.27
550m:	6:27.05	35.98	1300m:	15:24.80	36.27	2050m: 24:28.94 36.15
600m:	7:02.81	35.76	1350m:	16:00.83	36.03	2100m: 25:05.09 36.15
650m:	7:38.80	35.99	1400m:	16:37.08	36.25	2150m: 25:41.44 36.35
700m:	8:14.59	35.79	1450m:	17:13.29	36.21	2200m: 26:18.05 36.61
750m:	8:50.43	35.84	1500m:	17:49.54	36.25	2250m: 26:54.43 36.38
						2300m: 27:31.15 36.72
						2350m: 28:07.62 36.47
						2400m: 28:44.24 36.62
						2450m: 29:21.09 36.85
						2500m: 29:57.92 36.83
						2550m: 30:34.45 36.53
						2600m: 31:11.37 36.92
						2650m: 31:48.66 37.29
						2700m: 32:25.69 37.03
						2750m: 33:03.04 37.35
						2800m: 33:40.34 37.30
						2850m: 34:16.56 36.22
						2900m: 34:52.94 36.38
						2950m: 35:29.10 36.16
						3000m: 36:03.94 34.84

Comprometidos con la natación para toda la vida





Prueba 1, Masc., 3000m Libre, JUNIOR 1

Clasificación			AN						Tiempo	Pts		
4.	LOPEZ SOTOCA, Daniel		08	E.C. Ciudad De Talavera					36:30.95	13,00		
	50m:	33.00	33.00	800m:	9:31.55	36.67	1550m:	18:39.91	36.54	2300m:	27:52.09	36.88
	100m:	1:08.23	35.23	850m:	10:08.23	36.68	1600m:	19:16.47	36.56	2350m:	28:29.05	36.96
	150m:	1:43.69	35.46	900m:	10:44.49	36.26	1650m:	19:53.04	36.57	2400m:	29:05.78	36.73
	200m:	2:18.33	34.64	950m:	11:21.11	36.62	1700m:	20:29.52	36.48	2450m:	29:42.85	37.07
	250m:	2:54.15	35.82	1000m:	11:57.87	36.76	1750m:	21:06.13	36.61	2500m:	30:20.21	37.36
	300m:	3:29.63	35.48	1050m:	12:34.37	36.50	1800m:	21:42.92	36.79	2550m:	30:57.63	37.42
	350m:	4:05.27	35.64	1100m:	13:10.77	36.40	1850m:	22:19.97	37.05	2600m:	31:34.92	37.29
	400m:	4:41.25	35.98	1150m:	13:46.89	36.12	1900m:	22:56.44	36.47	2650m:	32:12.38	37.46
	450m:	5:16.97	35.72	1200m:	14:23.40	36.51	1950m:	23:33.41	36.97	2700m:	32:49.80	37.42
	500m:	5:53.09	36.12	1250m:	14:59.96	36.56	2000m:	24:10.36	36.95	2750m:	33:27.20	37.40
	550m:	6:29.38	36.29	1300m:	15:36.73	36.77	2050m:	24:47.26	36.90	2800m:	34:04.19	36.99
	600m:	7:05.72	36.34	1350m:	16:13.44	36.71	2100m:	25:24.05	36.79	2850m:	34:41.28	37.09
	650m:	7:42.06	36.34	1400m:	16:50.24	36.80	2150m:	26:00.90	36.85	2900m:	35:18.36	37.08
	700m:	8:18.41	36.35	1450m:	17:26.83	36.59	2200m:	26:37.93	37.03	2950m:	35:55.02	36.66
	750m:	8:54.88	36.47	1500m:	18:03.37	36.54	2250m:	27:15.21	37.28	3000m:	36:30.95	35.93
5.	LOPEZ RUIZ, David		08	C.N. Alarcos Ciudad Real					36:33.50	12,00		
	50m:	31.77	31.77	800m:	9:29.72	36.26	1550m:	18:39.15	36.86	2300m:	27:56.37	37.28
	100m:	1:05.81	34.04	850m:	10:06.07	36.35	1600m:	19:16.07	36.92	2350m:	28:33.70	37.33
	150m:	1:40.74	34.93	900m:	10:42.66	36.59	1650m:	19:52.62	36.55	2400m:	29:11.29	37.59
	200m:	2:16.09	35.35	950m:	11:19.06	36.40	1700m:	20:30.27	37.65	2450m:	29:48.38	37.09
	250m:	2:51.60	35.51	1000m:	11:55.75	36.69	1750m:	21:07.29	37.02	2500m:	30:26.45	38.07
	300m:	3:27.35	35.75	1050m:	12:32.07	36.32	1800m:	21:44.39	37.10	2550m:	31:03.49	37.04
	350m:	4:03.24	35.89	1100m:	13:08.53	36.46	1850m:	22:21.41	37.02	2600m:	31:40.59	37.10
	400m:	4:38.97	35.73	1150m:	13:45.20	36.67	1900m:	22:58.99	37.58	2650m:	32:18.05	37.46
	450m:	5:15.13	36.16	1200m:	14:22.34	37.14	1950m:	23:36.15	37.16	2700m:	32:55.16	37.11
	500m:	5:51.30	36.17	1250m:	14:58.91	36.57	2000m:	24:13.70	37.55	2750m:	33:32.04	36.88
	550m:	6:27.61	36.31	1300m:	15:35.69	36.78	2050m:	24:50.67	36.97	2800m:	34:09.51	37.47
	600m:	7:03.75	36.14	1350m:	16:12.11	36.42	2100m:	25:27.56	36.89	2850m:	34:46.57	37.06
	650m:	7:40.23	36.48	1400m:	16:48.72	36.61	2150m:	26:04.66	37.10	2900m:	35:23.41	36.84
	700m:	8:16.80	36.57	1450m:	17:25.51	36.79	2200m:	26:41.90	37.24	2950m:	35:59.38	35.97
	750m:	8:53.46	36.66	1500m:	18:02.29	36.78	2250m:	27:19.09	37.19	3000m:	36:33.50	34.12
6.	ANDRADE FRAILE, David		08	Club Natación Sonseca					36:50.93	11,00		
	50m:	32.29	32.29	800m:	9:31.49	36.69	1550m:	18:44.57	37.50	2300m:	28:07.43	38.07
	100m:	1:07.05	34.76	850m:	10:07.96	36.47	1600m:	19:22.05	37.48	2350m:	28:45.59	38.16
	150m:	1:42.45	35.40	900m:	10:44.52	36.56	1650m:	19:59.40	37.35	2400m:	29:23.51	37.92
	200m:	2:18.12	35.67	950m:	11:21.23	36.71	1700m:	20:36.89	37.49	2450m:	30:01.94	38.43
	250m:	2:53.84	35.72	1000m:	11:58.10	36.87	1750m:	21:14.18	37.29	2500m:	30:39.88	37.94
	300m:	3:29.50	35.66	1050m:	12:34.71	36.61	1800m:	21:51.72	37.54	2550m:	31:17.82	37.94
	350m:	4:05.49	35.99	1100m:	13:11.30	36.59	1850m:	22:27.83	36.11	2600m:	31:56.31	38.49
	400m:	4:41.53	36.04	1150m:	13:47.85	36.55	1900m:	23:04.91	37.08	2650m:	32:33.84	37.53
	450m:	5:17.52	35.99	1200m:	14:24.83	36.98	1950m:	23:43.17	38.26	2700m:	33:12.17	38.33
	500m:	5:53.48	35.96	1250m:	15:01.77	36.94	2000m:	24:21.17	38.00	2750m:	33:50.45	38.28
	550m:	6:29.71	36.23	1300m:	15:38.77	37.00	2050m:	24:58.39	37.22	2800m:	34:28.01	37.56
	600m:	7:06.13	36.42	1350m:	16:15.62	36.85	2100m:	25:35.61	37.22	2850m:	35:04.66	36.65
	650m:	7:42.55	36.42	1400m:	16:53.09	37.47	2150m:	26:13.14	37.53	2900m:	35:41.81	37.15
	700m:	8:18.71	36.16	1450m:	17:29.90	36.81	2200m:	26:51.09	37.95	2950m:	36:18.27	36.46
	750m:	8:54.80	36.09	1500m:	18:07.07	37.17	2250m:	27:29.36	38.27	3000m:	36:50.93	32.66
7.	TORRES MARTÍN, Pablo		08	C.D.Alcarreño De S.					36:53.73	10,00		
	50m:	33.94	33.94	750m:	9:11.12	36.84	1450m:	17:47.81	36.63	2150m:	26:28.85	37.12
	100m:	1:10.45	36.51	800m:	9:47.99	36.87	1500m:	18:24.90	37.09	2200m:	27:06.16	37.31
	150m:	1:47.00	36.55	850m:	10:25.07	37.08	1550m:	19:02.20	37.30	2250m:	27:43.02	36.86
	200m:	2:23.74	36.74	900m:	11:02.33	37.26	1600m:	19:39.31	37.11	2300m:	28:19.90	36.88
	250m:	3:00.84	37.10	950m:	11:38.87	36.54	1650m:	20:16.77	37.46	2350m:	28:56.95	37.05
	300m:	3:37.58	36.74	1000m:	12:15.69	36.82	1700m:	20:54.19	37.42	2400m:	29:33.66	36.71
	350m:	4:14.58	37.00	1050m:	12:52.37	36.68	1750m:	21:31.40	37.21	2450m:	30:10.53	36.87
	400m:	4:51.79	37.21	1100m:	13:29.22	36.85	1800m:	22:08.52	37.12	2500m:	30:47.68	37.15
	450m:	5:29.01	37.22	1150m:	14:06.27	37.05	1850m:	22:45.63	37.11	2550m:	31:24.14	36.46
	500m:	6:06.03	37.02	1200m:	14:43.06	36.79	1900m:	23:23.30	37.67	2600m:	32:01.17	37.03
	550m:	6:43.23	37.20	1250m:	15:19.94	36.88	1950m:	24:00.06	36.76	2650m:	32:37.85	36.68
	600m:	7:20.47	37.24	1300m:	15:57.06	37.12	2000m:	24:37.09	37.03	2700m:	33:14.58	36.73
	650m:	7:57.11	36.64	1350m:	16:33.72	36.66	2050m:	25:14.44	37.35	2750m:	33:51.59	37.01
	700m:	8:34.28	37.17	1400m:	17:11.18	37.46	2100m:	25:51.73	37.29	2800m:	34:28.32	36.73

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 3000m Libre, JUNIOR 1

Clasificación	AN		Tiempo		Pts			
	2850m: 35:04.95	36.63	2900m: 35:41.72	36.77	2950m: 36:18.51	36.79	3000m: 36:53.73	35.22
8.	GONZALEZ GOMEZ DE AGÜERO, Sergio 08		C.N.S.Oriol Imperial		37:35.39	9,00		
	50m: 33.33	33.33	800m: 9:53.90	37.41	1550m: 19:23.14	38.42	2300m: 28:51.10	37.47
	100m: 1:09.01	35.68	850m: 10:31.34	37.44	1600m: 20:01.19	38.05	2350m: 29:28.82	37.72
	150m: 1:45.91	36.90	900m: 11:09.06	37.72	1650m: 20:39.28	38.09	2400m: 30:06.75	37.93
	200m: 2:22.64	36.73	950m: 11:46.94	37.88	1700m: 21:17.32	38.04	2450m: 30:44.98	38.23
	250m: 3:00.23	37.59	1000m: 12:25.06	38.12	1750m: 21:55.44	38.12	2500m: 31:23.08	38.10
	300m: 3:37.75	37.52	1050m: 13:01.70	36.64	1800m: 22:34.23	38.79	2550m: 32:00.25	37.17
	350m: 4:15.55	37.80	1100m: 13:38.93	37.23	1850m: 23:12.90	38.67	2600m: 32:37.83	37.58
	400m: 4:53.24	37.69	1150m: 14:16.90	37.97	1900m: 23:51.96	39.06	2650m: 33:15.68	37.85
	450m: 5:30.66	37.42	1200m: 14:55.13	38.23	1950m: 24:28.87	36.91	2700m: 33:53.51	37.83
	500m: 6:08.37	37.71	1250m: 15:33.33	38.20	2000m: 25:05.87	37.00	2750m: 34:31.30	37.79
	550m: 6:46.11	37.74	1300m: 16:11.40	38.07	2050m: 25:43.37	37.50	2800m: 35:08.96	37.66
	600m: 7:23.89	37.78	1350m: 16:49.95	38.55	2100m: 26:20.83	37.46	2850m: 35:46.44	37.48
	650m: 8:01.71	37.82	1400m: 17:28.52	38.57	2150m: 26:58.29	37.46	2900m: 36:23.39	36.95
	700m: 8:38.92	37.21	1450m: 18:06.42	37.90	2200m: 27:36.05	37.76	2950m: 36:59.63	36.24
	750m: 9:16.49	37.57	1500m: 18:44.72	38.30	2250m: 28:13.63	37.58	3000m: 37:35.39	35.76
9.	OLIVARES MANJAVACAS, Fernando 07		C.N. Criptana Gigantes		38:44.44	8,00		
	50m: 32.56	32.56	800m: 9:46.45	38.58	1550m: 19:31.95	39.50	2300m: 29:31.17	40.12
	100m: 1:08.15	35.59	850m: 10:24.57	38.12	1600m: 20:12.01	40.06	2350m: 30:11.46	40.29
	150m: 1:43.80	35.65	900m: 11:03.40	38.83	1650m: 20:52.04	40.03	2400m: 30:50.64	39.18
	200m: 2:19.92	36.12	950m: 11:42.73	39.33	1700m: 21:32.22	40.18	2450m: 31:30.09	39.45
	250m: 2:56.07	36.15	1000m: 12:21.52	38.79	1750m: 22:11.51	39.29	2500m: 32:09.87	39.78
	300m: 3:32.31	36.24	1050m: 13:00.56	39.04	1800m: 22:50.51	39.00	2550m: 32:49.47	39.60
	350m: 4:08.78	36.47	1100m: 13:39.80	39.24	1850m: 23:29.55	39.04	2600m: 33:29.20	39.73
	400m: 4:45.35	36.57	1150m: 14:18.85	39.05	1900m: 24:09.55	40.00	2650m: 34:09.56	40.36
	450m: 5:22.17	36.82	1200m: 14:57.30	38.45	1950m: 24:49.76	40.21	2700m: 34:50.13	40.57
	500m: 5:59.28	37.11	1250m: 15:36.40	39.10	2000m: 25:29.71	39.95	2750m: 35:30.98	40.85
	550m: 6:36.88	37.60	1300m: 16:15.49	39.09	2050m: 26:09.06	39.35	2800m: 36:11.68	40.70
	600m: 7:14.67	37.79	1350m: 16:54.38	38.89	2100m: 26:49.63	40.57	2850m: 36:50.73	39.05
	650m: 7:52.23	37.56	1400m: 17:33.43	39.05	2150m: 27:30.22	40.59	2900m: 37:29.25	38.52
	700m: 8:29.83	37.60	1450m: 18:12.54	39.11	2200m: 28:11.00	40.78	2950m: 38:07.54	38.29
	750m: 9:07.87	38.04	1500m: 18:52.45	39.91	2250m: 28:51.05	40.05	3000m: 38:44.44	36.90
DNF	GARCIA MARTINEZ, Omar 07		C.N. Valdepeñas					-
	50m: 34.42	34.42	600m: 7:43.84	40.40	1150m: 15:15.99	41.84	1700m: 22:56.55	42.13
	100m: 1:12.35	37.93	650m: 8:24.38	40.54	1200m: 15:57.38	41.39	1750m: 23:38.79	42.24
	150m: 1:51.37	39.02	700m: 9:05.48	41.10	1250m: 16:38.72	41.34	1800m: 24:21.62	42.83
	200m: 2:29.93	38.56	750m: 9:46.25	40.77	1300m: 17:20.64	41.92	1850m: 25:04.13	42.51
	250m: 3:08.37	38.44	800m: 10:27.38	41.13	1350m: 18:02.54	41.90	1900m: 25:46.86	42.73
	300m: 3:47.08	38.71	850m: 11:08.78	41.40	1400m: 18:44.35	41.81	1950m: 26:29.76	42.90
	350m: 4:26.41	39.33	900m: 11:49.50	40.72	1450m: 19:26.65	42.30	2000m: 27:12.30	42.54
	400m: 5:05.53	39.12	950m: 12:30.37	40.87	1500m: 20:08.80	42.15	2050m: 27:55.34	43.04
	450m: 5:44.69	39.16	1000m: 13:11.79	41.42	1550m: 20:50.91	42.11	2100m: 28:38.79	43.45
	500m: 6:23.91	39.22	1050m: 13:52.56	40.77	1600m: 21:32.61	41.70	2150m: 29:22.12	43.33
	550m: 7:03.44	39.53	1100m: 14:34.15	41.59	1650m: 22:14.42	41.81	2200m: 30:05.05	42.93

JUNIOR 2

1.	DIMITROV, Daniel 06		C.N. Albacete		35:57.30	19,00		
	50m: 32.61	32.61	700m: 8:19.43	36.29	1350m: 16:11.37	35.96	2000m: 24:01.40	35.93
	100m: 1:07.46	34.85	750m: 8:55.50	36.07	1400m: 16:47.38	36.01	2050m: 24:37.52	36.12
	150m: 1:42.74	35.28	800m: 9:31.77	36.27	1450m: 17:23.44	36.06	2100m: 25:13.75	36.23
	200m: 2:18.44	35.70	850m: 10:08.11	36.34	1500m: 17:59.89	36.45	2150m: 25:49.83	36.08
	250m: 2:54.02	35.58	900m: 10:44.34	36.23	1550m: 18:36.14	36.25	2200m: 26:26.00	36.17
	300m: 3:29.98	35.96	950m: 11:21.08	36.74	1600m: 19:12.17	36.03	2250m: 27:02.34	36.34
	350m: 4:06.10	36.12	1000m: 11:57.57	36.49	1650m: 19:48.28	36.11	2300m: 27:38.64	36.30
	400m: 4:42.15	36.05	1050m: 12:34.17	36.60	1700m: 20:24.35	36.07	2350m: 28:14.88	36.24
	450m: 5:18.40	36.25	1100m: 13:10.14	35.97	1750m: 21:00.64	36.29	2400m: 28:51.13	36.25
	500m: 5:54.41	36.01	1150m: 13:46.39	36.25	1800m: 21:36.87	36.23	2450m: 29:27.24	36.11
	550m: 6:30.53	36.12	1200m: 14:22.64	36.25	1850m: 22:13.25	36.38	2500m: 30:03.47	36.23
	600m: 7:06.71	36.18	1250m: 14:58.97	36.33	1900m: 22:49.25	36.00	2550m: 30:39.21	35.74
	650m: 7:43.14	36.43	1300m: 15:35.41	36.44	1950m: 23:25.47	36.22	2600m: 31:15.01	35.80

Comprometidos con la natación para toda la vida



Campeonato de Castilla-La Mancha de Larga Distancia 23/24
Tomelloso, 5/11/2023



Prueba 1, Masc., 3000m Libre, JUNIOR 2

Clasificación	AN		Tiempo		Pts						
2650m:	31:50.80	35.79	2750m:	33:02.02	35.65	2850m:	34:13.17	35.68	2950m:	35:24.40	35.44
2700m:	32:26.37	35.57	2800m:	33:37.49	35.47	2900m:	34:48.96	35.79	3000m:	35:57.30	32.90
2. MENENDEZ FLORES, Juan		06	C.N. Criptana Gigantes						41:30.43		16,00
50m:	34.77	34.77	800m:	10:51.67	40.93	1550m:	21:18.62	42.90	2300m:	31:55.23	40.96
100m:	1:12.75	37.98	850m:	11:33.19	41.52	1600m:	22:01.11	42.49	2350m:	32:37.21	41.98
150m:	1:52.56	39.81	900m:	12:15.30	42.11	1650m:	22:42.68	41.57	2400m:	33:18.65	41.44
200m:	2:33.00	40.44	950m:	12:56.74	41.44	1700m:	23:24.69	42.01	2450m:	34:01.75	43.10
250m:	3:13.21	40.21	1000m:	13:37.82	41.08	1750m:	24:07.32	42.63	2500m:	34:44.43	42.68
300m:	3:53.71	40.50	1050m:	14:16.42	38.60	1800m:	24:49.57	42.25	2550m:	35:27.07	42.64
350m:	4:34.59	40.88	1100m:	14:57.69	41.27	1850m:	25:32.20	42.63	2600m:	36:08.75	41.68
400m:	5:16.14	41.55	1150m:	15:39.23	41.54	1900m:	26:15.27	43.07	2650m:	36:48.73	39.98
450m:	5:57.72	41.58	1200m:	16:21.41	42.18	1950m:	26:58.16	42.89	2700m:	37:28.66	39.93
500m:	6:39.67	41.95	1250m:	17:03.68	42.27	2000m:	27:41.71	43.55	2750m:	38:08.91	40.25
550m:	7:21.61	41.94	1300m:	17:45.80	42.12	2050m:	28:24.84	43.13	2800m:	38:49.05	40.14
600m:	8:03.95	42.34	1350m:	18:28.05	42.25	2100m:	29:08.23	43.39	2850m:	39:29.22	40.17
650m:	8:45.91	41.96	1400m:	19:10.48	42.43	2150m:	29:50.84	42.61	2900m:	40:09.09	39.87
700m:	9:27.96	42.05	1450m:	19:53.26	42.78	2200m:	30:33.01	42.17	2950m:	40:49.37	40.28
750m:	10:10.74	42.78	1500m:	20:35.72	42.46	2250m:	31:14.27	41.26	3000m:	41:30.43	41.06

Absoluto Masculino

1. ANDUJAR TEBAR, Esteban		99	C.N. Albacete					36:35.52		19,00	
50m:	32.41	32.41	800m:	9:39.93	36.34	1550m:	18:54.65	37.29	2300m:	28:05.80	36.14
100m:	1:08.59	36.18	850m:	10:15.99	36.06	1600m:	19:31.66	37.01	2350m:	28:42.29	36.49
150m:	1:44.87	36.28	900m:	10:53.22	37.23	1650m:	20:08.96	37.30	2400m:	29:18.85	36.56
200m:	2:21.40	36.53	950m:	11:29.63	36.41	1700m:	20:45.78	36.82	2450m:	29:55.79	36.94
250m:	2:58.08	36.68	1000m:	12:06.42	36.79	1750m:	21:22.84	37.06	2500m:	30:32.14	36.35
300m:	3:34.53	36.45	1050m:	12:43.41	36.99	1800m:	21:59.96	37.12	2550m:	31:08.63	36.49
350m:	4:11.20	36.67	1100m:	13:20.29	36.88	1850m:	22:37.03	37.07	2600m:	31:45.36	36.73
400m:	4:47.78	36.58	1150m:	13:57.49	37.20	1900m:	23:13.94	36.91	2650m:	32:21.70	36.34
450m:	5:24.63	36.85	1200m:	14:33.98	36.49	1950m:	23:50.10	36.16	2700m:	32:57.99	36.29
500m:	6:01.46	36.83	1250m:	15:11.49	37.51	2000m:	24:26.85	36.75	2750m:	33:34.61	36.62
550m:	6:38.10	36.64	1300m:	15:48.13	36.64	2050m:	25:03.68	36.83	2800m:	34:11.06	36.45
600m:	7:14.34	36.24	1350m:	16:25.43	37.30	2100m:	25:40.13	36.45	2850m:	34:47.47	36.41
650m:	7:50.61	36.27	1400m:	17:02.92	37.49	2150m:	26:16.98	36.85	2900m:	35:23.98	36.51
700m:	8:27.10	36.49	1450m:	17:39.94	37.02	2200m:	26:53.44	36.46	2950m:	36:00.69	36.71
750m:	9:03.59	36.49	1500m:	18:17.36	37.42	2250m:	27:29.66	36.22	3000m:	36:35.52	34.83
2. RODRÍGUEZ PÉREZ-CEJUELA, Álvaro		93	C.N.S.Oriol Imperial					36:48.18		16,00	
50m:	32.63	32.63	800m:	9:32.93	36.38	1550m:	18:40.99	37.19	2300m:	27:59.99	37.68
100m:	1:08.23	35.60	850m:	10:09.05	36.12	1600m:	19:17.86	36.87	2350m:	28:37.79	37.80
150m:	1:44.57	36.34	900m:	10:45.55	36.50	1650m:	19:54.93	37.07	2400m:	29:15.75	37.96
200m:	2:20.73	36.16	950m:	11:21.74	36.19	1700m:	20:31.98	37.05	2450m:	29:53.65	37.90
250m:	2:56.73	36.00	1000m:	11:58.38	36.64	1750m:	21:09.11	37.13	2500m:	30:31.79	38.14
300m:	3:33.04	36.31	1050m:	12:34.57	36.19	1800m:	21:46.18	37.07	2550m:	31:09.00	37.21
350m:	4:09.01	35.97	1100m:	13:11.07	36.50	1850m:	22:23.31	37.13	2600m:	31:45.62	36.62
400m:	4:45.08	36.07	1150m:	13:47.50	36.43	1900m:	23:00.54	37.23	2650m:	32:22.81	37.19
450m:	5:20.69	35.61	1200m:	14:23.66	36.16	1950m:	23:37.97	37.43	2700m:	33:00.79	37.98
500m:	5:56.45	35.76	1250m:	15:00.20	36.54	2000m:	24:15.35	37.38	2750m:	33:38.63	37.84
550m:	6:32.39	35.94	1300m:	15:36.90	36.70	2050m:	24:52.45	37.10	2800m:	34:16.67	38.04
600m:	7:08.22	35.83	1350m:	16:13.53	36.63	2100m:	25:29.90	37.45	2850m:	34:54.87	38.20
650m:	7:44.25	36.03	1400m:	16:50.07	36.54	2150m:	26:07.34	37.44	2900m:	35:32.85	37.98
700m:	8:20.47	36.22	1450m:	17:26.89	36.82	2200m:	26:44.69	37.35	2950m:	36:10.66	37.81
750m:	8:56.55	36.08	1500m:	18:03.80	36.91	2250m:	27:22.31	37.62	3000m:	36:48.18	37.52

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 3000m Libre, Absoluto Masculino

Clasificación	AN		04		C.N. Albacete		Tiempo		Pts		
3. SAEZ GARCIA, Marcos			04		C.N. Albacete		38:11.14		14,00		
50m:	33.24	33.24	800m:	9:47.17	37.13	1550m:	19:18.35	38.49	2300m:	29:04.16	39.36
100m:	1:08.59	35.35	850m:	10:24.34	37.17	1600m:	19:56.55	38.20	2350m:	29:43.48	39.32
150m:	1:45.58	36.99	900m:	11:02.14	37.80	1650m:	20:35.38	38.83	2400m:	30:22.95	39.47
200m:	2:22.07	36.49	950m:	11:39.70	37.56	1700m:	21:14.14	38.76	2450m:	31:02.20	39.25
250m:	2:58.51	36.44	1000m:	12:17.52	37.82	1750m:	21:53.50	39.36	2500m:	31:41.28	39.08
300m:	3:35.35	36.84	1050m:	12:55.51	37.99	1800m:	22:32.40	38.90	2550m:	32:20.52	39.24
350m:	4:12.15	36.80	1100m:	13:33.50	37.99	1850m:	23:11.17	38.77	2600m:	32:59.82	39.30
400m:	4:48.89	36.74	1150m:	14:11.76	38.26	1900m:	23:50.26	39.09	2650m:	33:39.44	39.62
450m:	5:25.89	37.00	1200m:	14:50.43	38.67	1950m:	24:29.12	38.86	2700m:	34:19.11	39.67
500m:	6:03.34	37.45	1250m:	15:28.77	38.34	2000m:	25:08.25	39.13	2750m:	34:58.41	39.30
550m:	6:40.79	37.45	1300m:	16:07.19	38.42	2050m:	25:47.13	38.88	2800m:	35:37.51	39.10
600m:	7:18.00	37.21	1350m:	16:45.25	38.06	2100m:	26:26.49	39.36	2850m:	36:16.81	39.30
650m:	7:55.54	37.54	1400m:	17:23.13	37.88	2150m:	27:05.99	39.50	2900m:	36:55.80	38.99
700m:	8:32.90	37.36	1450m:	18:01.40	38.27	2200m:	27:45.50	39.51	2950m:	37:33.48	37.68
750m:	9:10.04	37.14	1500m:	18:39.86	38.46	2250m:	28:24.80	39.30	3000m:	38:11.14	37.66
4. QUIROS INIESTA, Jose Manuel			02		C.N. Criptana Gigantes		40:10.78		13,00		
50m:	33.71	33.71	800m:	10:25.77	38.97	1550m:	20:21.91	40.80	2300m:	30:36.91	40.14
100m:	1:11.38	37.67	850m:	11:04.85	39.08	1600m:	21:03.46	41.55	2350m:	31:17.61	40.70
150m:	1:50.45	39.07	900m:	11:43.62	38.77	1650m:	21:44.91	41.45	2400m:	31:58.42	40.81
200m:	2:29.97	39.52	950m:	12:22.42	38.80	1700m:	22:26.30	41.39	2450m:	32:38.85	40.43
250m:	3:09.70	39.73	1000m:	13:01.60	39.18	1750m:	23:07.34	41.04	2500m:	33:19.96	41.11
300m:	3:48.95	39.25	1050m:	13:40.72	39.12	1800m:	23:48.29	40.95	2550m:	34:00.95	40.99
350m:	4:28.59	39.64	1100m:	14:19.74	39.02	1850m:	24:29.87	41.58	2600m:	34:42.60	41.65
400m:	5:08.21	39.62	1150m:	14:58.55	38.81	1900m:	25:10.86	40.99	2650m:	35:25.61	43.01
450m:	5:47.61	39.40	1200m:	15:37.70	39.15	1950m:	25:52.80	41.94	2700m:	36:08.00	42.39
500m:	6:28.05	40.44	1250m:	16:17.25	39.55	2000m:	26:34.74	41.94	2750m:	36:49.46	41.46
550m:	7:07.99	39.94	1300m:	16:56.94	39.69	2050m:	27:15.77	41.03	2800m:	37:29.89	40.43
600m:	7:48.26	40.27	1350m:	17:37.26	40.32	2100m:	27:56.29	40.52	2850m:	38:10.10	40.21
650m:	8:28.15	39.89	1400m:	18:18.91	41.65	2150m:	28:36.49	40.20	2900m:	38:50.39	40.29
700m:	9:07.96	39.81	1450m:	19:00.91	42.00	2200m:	29:16.71	40.22	2950m:	39:30.48	40.09
750m:	9:46.80	38.84	1500m:	19:41.11	40.20	2250m:	29:56.77	40.06	3000m:	40:10.78	40.30