

Prueba 1	Masc., 1500m Libre	20 - 89 años
20/01/2024		Resultados
R 75+	27:28.10 , JOSE LUIS ESCOLAR FERNANDEZ AV	Cuenca 19/03/2022
R 70+	27:44.64 , JOSE LUIS ESCOLAR FERNANDEZ AV	Toledo 16/11/2019
R 65+	24:43.68 , ANTONIO MARQUES DEL POZO	VALLADOLID 15/05/2021
R 60+	22:40.34 , FRANCISCO LUESO SORDO	Cuenca 19/03/2022
R 55+	21:30.73 , JUAN CARLOS NAVARRO AGUIRRE	ZARAGOZA (O) 15/01/2023
R 50+	19:14.96 , JUAN LUIS ALAEZ FARRERES	Cuenca 19/03/2022
R 45+	17:55.00 , JAVIER MOLTO PRECIOSO	Cuenca 19/03/2022
R 40+	17:49.33 , MARTINEZ LUCAS FRANCISCO	ALBACETE 27/11/2015
R 35+	17:29.36 , OBREGON IMAZ CESAR	ASTILLERO 20/01/2018
R 30+	16:16.24 , JAIME MARQUES VELASCO	VALLADOLID 15/05/2021
R 25+	17:15.01 , MARQUES VELASCO JAIME	ALBACETE 19/11/2016
R 20+	17:27.29 , SAMUEL RODRIGUEZ SEGOVIA	La Roda 07/01/2023

Clasificación	AN	Tempo	Pts
20+			
1. RODRIGUEZ SEGOVIA, Samuel	03 C.P.N. La Roda	18:07.91	19,00
50m: 31.96 31.96 450m: 5:12.19 36.59 850m: 10:10.96 37.48 1250m: 15:06.29 35.34			
100m: 1:04.92 32.96 500m: 5:49.07 36.88 900m: 10:48.77 37.81 1300m: 15:41.61 35.32			
150m: 1:38.91 33.99 550m: 6:25.80 36.73 950m: 11:26.69 37.92 1350m: 16:18.49 36.88			
200m: 2:13.45 34.54 600m: 7:03.07 37.27 1000m: 12:03.19 36.50 1400m: 16:54.74 36.25			
250m: 2:48.67 35.22 650m: 7:40.95 37.88 1050m: 12:40.81 37.62 1450m: 17:30.81 36.07			
300m: 3:24.15 35.48 700m: 8:18.72 37.77 1100m: 13:17.72 36.91 1500m: 18:07.91 37.10			
350m: 3:59.85 35.70 750m: 8:56.35 37.63 1150m: 13:54.52 36.80			
400m: 4:35.60 35.75 800m: 9:33.48 37.13 1200m: 14:30.95 36.43			
2. OSMA VILLAJOS, Jorge	02 Cn Master Torrijos	19:14.94	16,00
50m: 34.20 34.20 450m: 5:33.35 38.40 850m: 10:46.01 39.60 1250m: 16:00.45 39.63			
100m: 1:08.75 34.55 500m: 6:12.00 38.65 900m: 11:24.62 38.61 1300m: 16:40.21 39.76			
150m: 1:45.28 36.53 550m: 6:50.64 38.64 950m: 12:04.04 39.42 1350m: 17:19.01 38.80			
200m: 2:22.05 36.77 600m: 7:29.76 39.12 1000m: 12:42.95 38.91 1400m: 17:58.54 39.53			
250m: 2:59.91 37.86 650m: 8:09.00 39.24 1050m: 13:22.03 39.08 1450m: 18:38.01 39.47			
300m: 3:38.09 38.18 700m: 8:47.67 38.67 1100m: 14:01.28 39.25 1500m: 19:14.94 36.93			
350m: 4:16.28 38.19 750m: 9:27.07 39.40 1150m: 14:41.27 39.99			
400m: 4:54.95 38.67 800m: 10:06.41 39.34 1200m: 15:20.82 39.55			
3. FERNÁNDEZ-BERMEJO ORTIZ, F.	00 C.N. Cuenca	19:17.69	14,00
50m: 34.00 34.00 450m: 5:30.44 38.20 850m: 10:47.03 40.54 1250m: 16:06.80 39.49			
100m: 1:08.88 34.88 500m: 6:08.69 38.25 900m: 11:27.78 40.75 1300m: 16:45.81 39.01			
150m: 1:45.01 36.13 550m: 6:47.14 38.45 950m: 12:07.35 39.57 1350m: 17:24.65 38.84			
200m: 2:21.90 36.89 600m: 7:25.81 38.67 1000m: 12:47.27 39.92 1400m: 18:02.52 37.87			
250m: 2:59.22 37.32 650m: 8:05.07 39.26 1050m: 13:27.58 40.31 1450m: 18:40.78 38.26			
300m: 3:36.75 37.53 700m: 8:44.99 39.92 1100m: 14:07.49 39.91 1500m: 19:17.69 36.91			
350m: 4:14.38 37.63 750m: 9:25.63 40.64 1150m: 14:47.63 40.14			
400m: 4:52.24 37.86 800m: 10:06.49 40.86 1200m: 15:27.31 39.68			
4. GONZÁLEZ LLORENTE, Adrián	00 C.N. Albacete	26:00.65	13,00
50m: 44.02 44.02 450m: 7:26.00 49.19 850m: 14:27.26 54.08 1250m: 21:33.53 52.47			
100m: 1:31.29 47.27 500m: 8:16.84 50.84 900m: 15:21.06 53.80 1300m: 22:27.02 53.49			
150m: 2:19.97 48.68 550m: 9:09.73 52.89 950m: 16:14.37 53.31 1350m: 23:20.06 53.04			
200m: 3:10.18 50.21 600m: 10:02.84 53.11 1000m: 17:07.58 53.21 1400m: 24:12.59 52.53			
250m: 3:59.99 49.81 650m: 10:55.40 52.56 1050m: 17:59.86 52.28 1450m: 25:07.03 54.44			
300m: 4:50.93 50.94 700m: 11:47.24 51.84 1100m: 18:53.00 53.14 1500m: 26:00.65 53.62			
350m: 5:42.74 51.81 750m: 12:40.72 53.48 1150m: 19:47.03 54.03			
400m: 6:36.81 54.07 800m: 13:33.18 52.46 1200m: 20:41.06 54.03			
5. GARCIA SANTA MARIA, Fernando	00 C.N. Valdepeñas	30:29.60	12,00
50m: 43.98 43.98 450m: 8:40.70 1:02.16 850m: 16:56.24 1:02.24 1250m: 25:22.27 1:04.99			
100m: 1:34.49 50.51 500m: 9:43.79 1:03.09 900m: 17:58.43 1:02.19 1300m: 26:25.50 1:03.23			
150m: 2:32.61 58.12 550m: 10:46.62 1:02.83 950m: 19:00.27 1:01.84 1350m: 27:27.94 1:02.44			
200m: 3:30.74 58.13 600m: 11:48.97 1:02.35 1000m: 20:03.19 1:02.92 1400m: 28:29.79 1:01.85			
250m: 4:32.34 1:01.60 650m: 12:51.57 1:02.60 1050m: 21:05.38 1:02.19 1450m: 29:31.10 1:01.31			
300m: 5:34.52 1:02.18 700m: 13:52.61 1:01.04 1100m: 22:08.46 1:03.08 1500m: 30:29.60 58.50			
350m: 6:37.57 1:03.05 750m: 14:52.85 1:00.24 1150m: 23:14.41 1:05.95			
400m: 7:38.54 1:00.97 800m: 15:54.00 1:01.15 1200m: 24:17.28 1:02.87			

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre

25+

1. PICAZO VERGARA, Felipe	96	C.N. Albacete	17:40.66	19,00
50m: 32.06 32.06	450m: 5:09.70	35.40 850m: 9:55.43	36.18 1250m: 14:42.85	35.98
100m: 1:05.27 33.21	500m: 5:45.14	35.44 900m: 10:31.45	36.02 1300m: 15:18.57	35.72
150m: 1:39.18 33.91	550m: 6:20.23	35.09 950m: 11:07.43	35.98 1350m: 15:54.31	35.74
200m: 2:13.99 34.81	600m: 6:55.72	35.49 1000m: 11:43.33	35.90 1400m: 16:30.64	36.33
250m: 2:48.82 34.83	650m: 7:31.32	35.60 1050m: 12:19.37	36.04 1450m: 17:05.98	35.34
300m: 3:23.92 35.10	700m: 8:07.04	35.72 1100m: 12:55.01	35.64 1500m: 17:40.66	34.68
350m: 3:59.13 35.21	750m: 8:43.12	36.08 1150m: 13:30.83	35.82	
400m: 4:34.30 35.17	800m: 9:19.25	36.13 1200m: 14:06.87	36.04	
2. FERNANDEZ RODRIGO, Pablo	99	C.N. Monteverde	18:33.76	16,00
50m: 30.47 30.47	450m: 5:13.07	35.97 850m: 10:54.06	37.26 1250m: 16:02.03	36.44
100m: 1:04.25 33.78	500m: 5:49.20	36.13 900m: 11:33.05	38.99 1300m: 16:39.87	37.84
150m: 1:39.10 34.85	550m: 6:25.91	36.71 950m: 12:12.93	39.88 1350m: 17:17.26	37.39
200m: 2:14.41 35.31	600m: 7:04.31	38.40 1000m: 12:49.89	36.96 1400m: 17:54.70	37.44
250m: 2:49.89 35.48	650m: 7:41.96	1:17.65 1050m: 13:29.11	39.22 1450m: 18:33.76	39.06
300m: 3:25.60 35.71	700m: 8:18.35	38.39 1100m: 14:09.06	39.95 1500m: 18:33.76	
350m: 4:01.36 35.76	750m: 8:54.29	36.94 1150m: 14:46.36	37.30	
400m: 4:37.10 35.74	800m: 9:30.80	39.51 1200m: 15:25.59	39.23	
3. MORENO OJEDA, Martin	95	C.P.N. La Roda	18:57.14	14,00
50m: 32.97 32.97	450m: 5:20.06	37.50 850m: 10:34.11	39.58 1250m: 15:48.64	39.50
100m: 1:06.95 33.98	500m: 5:58.18	38.12 900m: 11:12.88	38.77 1300m: 16:27.72	39.08
150m: 1:41.46 34.51	550m: 6:37.62	39.44 950m: 11:52.09	39.21 1350m: 17:06.01	38.29
200m: 2:16.02 34.56	600m: 7:16.39	38.77 1000m: 12:31.75	39.66 1400m: 17:44.16	38.15
250m: 2:52.20 36.18	650m: 7:55.57	39.18 1050m: 13:10.65	38.90 1450m: 18:21.77	37.61
300m: 3:29.06 36.86	700m: 8:35.50	39.93 1100m: 13:49.32	38.67 1500m: 18:57.14	35.37
350m: 4:05.26 36.20	750m: 9:14.87	39.37 1150m: 14:29.35	40.03	
400m: 4:42.56 37.30	800m: 9:54.53	39.66 1200m: 15:09.14	39.79	
4. ARGUDO CORPAS, Alejandro	99	Albacete Swim	20:37.31	13,00
50m: 37.60 37.60	450m: 6:02.58	41.44 850m: 11:38.49	42.28 1250m: 17:14.73	41.94
100m: 1:17.34 39.74	500m: 6:44.10	41.52 900m: 12:19.69	41.20 1300m: 17:56.67	41.94
150m: 1:57.55 40.21	550m: 7:25.21	41.11 950m: 13:01.10	41.41 1350m: 18:39.57	42.90
200m: 2:38.01 40.46	600m: 8:07.72	42.51 1000m: 13:43.14	42.04 1400m: 19:19.95	40.38
250m: 3:18.95 40.94	650m: 8:49.98	42.26 1050m: 14:24.94	41.80 1450m: 19:59.79	39.84
300m: 3:59.65 40.70	700m: 9:32.91	42.93 1100m: 15:07.24	42.30 1500m: 20:37.31	37.52
350m: 4:40.43 40.78	750m: 10:14.72	41.81 1150m: 15:50.42	43.18	
400m: 5:21.14 40.71	800m: 10:56.21	41.49 1200m: 16:32.79	42.37	
5. CHACÓN CANO, Rubén	98	Master Natacion Tomelloso	22:32.01	12,00
50m: 41.14 41.14	450m: 7:30.11	46.42 850m: 13:37.23	45.30 1250m: 19:40.37	44.87
100m: 1:24.18 43.04	500m: 8:16.52	46.41 900m: 14:23.53	46.30 1300m: 20:24.28	43.91
150m: 2:53.38 1:29.20	550m: 9:03.36	46.84 950m: 15:09.56	46.03 1350m: 21:08.15	43.87
200m: 3:38.17 44.79	600m: 9:49.49	46.13 1000m: 15:55.27	45.71 1400m: 21:50.55	42.40
250m: 4:24.14 45.97	650m: 10:34.90	45.41 1050m: 16:40.51	45.24 1450m: 22:32.01	41.46
300m: 5:10.47 46.33	700m: 11:20.07	45.17 1100m: 17:25.57	45.06 1500m: 22:32.01	
350m: 5:57.18 46.71	750m: 12:05.80	45.73 1150m: 18:10.65	45.08	
400m: 6:43.69 46.51	800m: 12:51.93	46.13 1200m: 18:55.50	44.85	

30+

1. DOMINGUEZ MARTINEZ, Jose Ignacio	90	C.N. Monteverde	19:42.12	19,00
50m: 36.93 36.93	450m: 5:48.15	39.25 850m: 11:05.26	39.93 1250m: 16:25.07	40.32
100m: 1:14.51 37.58	500m: 6:27.66	39.51 900m: 11:45.32	40.06 1300m: 17:05.46	40.39
150m: 1:52.43 37.92	550m: 7:07.02	39.36 950m: 12:25.08	39.76 1350m: 17:45.29	39.83
200m: 2:31.15 38.72	600m: 7:47.09	40.07 1000m: 13:05.18	40.10 1400m: 18:25.35	40.06
250m: 3:10.55 39.40	650m: 8:26.49	39.40 1050m: 13:45.22	40.04 1450m: 19:05.17	39.82
300m: 3:50.14 39.59	700m: 9:05.95	39.46 1100m: 14:25.01	39.79 1500m: 19:42.12	36.95
350m: 4:29.64 39.50	750m: 9:45.54	39.59 1150m: 15:04.85	39.84	
400m: 5:08.90 39.26	800m: 10:25.33	39.79 1200m: 15:44.75	39.90	

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre, 30+

Clasificación	AN		Tiempo		Pts	
2. SÁNCHEZ BAÑOS, Jaime	94		Master Natacion Tomelloso		22:37.02	16,00
50m: 40.24 40.24	450m: 7:29.43 46.22	850m: 13:35.38 45.92	1250m: 19:39.03 45.91			
100m: 1:23.64 43.40	500m: 8:16.13 46.70	900m: 14:20.71 45.33	1300m: 20:25.11 46.08			
150m: 2:07.97 44.33	550m: 9:02.42 46.29	950m: 15:06.24 45.53	1350m: 21:11.77 46.66			
200m: 2:52.76 44.79	600m: 9:48.14 45.72	1000m: 15:50.61 44.37	1400m: 21:56.05 44.28			
250m: 3:37.99 45.23	650m: 10:34.09 45.95	1050m: 16:36.07 45.46	1450m: 22:37.02 40.97			
300m: 4:23.89 45.90	700m: 11:19.10 46.95	1100m: 17:21.27 45.20	1500m: 22:37.02			
350m: 5:57.08 1:33.19	750m: 12:04.57 45.47	1150m: 18:07.68 46.41				
400m: 6:43.21 46.13	800m: 12:49.46 44.89	1200m: 18:53.12 45.44				
3. PALOMO SERRANO, Héctor	92		C.N. Alcazar		23:06.36	14,00
50m: 45.32 45.32	450m: 7:01.68 47.18	850m: 13:16.91 46.86	1250m: 19:33.96 47.61			
100m: 1:32.60 47.28	500m: 7:49.43 47.75	900m: 14:03.11 46.20	1300m: 20:20.40 46.44			
150m: 2:19.52 46.92	550m: 8:37.03 47.60	950m: 14:50.97 47.86	1350m: 21:02.81 42.41			
200m: 3:07.18 47.66	600m: 9:23.60 46.57	1000m: 15:36.68 45.71	1400m: 21:46.00 43.19			
250m: 3:53.98 46.80	650m: 10:10.48 46.88	1050m: 16:24.91 48.23	1450m: 22:29.32 43.32			
300m: 4:40.91 46.93	700m: 10:57.43 46.95	1100m: 17:11.56 46.65	1500m: 23:06.36 37.04			
350m: 5:27.48 46.57	750m: 11:43.09 45.66	1150m: 17:59.02 47.46				
400m: 6:14.50 47.02	800m: 12:30.05 46.96	1200m: 18:46.35 47.33				
4. RETANA RIBEIRO, David	93		Cn Ugena		26:15.23	13,00
50m: 47.14 47.14	450m: 7:43.05 53.36	850m: 14:49.51 52.88	1250m: 21:55.13 54.69			
100m: 1:35.99 48.85	500m: 8:36.90 53.85	900m: 15:42.64 53.13	1300m: 22:46.77 51.64			
150m: 2:26.56 50.57	550m: 9:30.56 53.66	950m: 16:36.52 53.88	1350m: 23:39.23 52.46			
200m: 3:17.52 50.96	600m: 10:24.96 54.40	1000m: 17:29.87 53.35	1400m: 24:32.11 52.88			
250m: 4:09.48 51.96	650m: 11:18.67 53.71	1050m: 18:22.68 52.81	1450m: 25:24.87 52.76			
300m: 5:02.71 53.23	700m: 12:11.47 52.80	1100m: 19:15.29 52.61	1500m: 26:15.23 50.36			
350m: 5:57.19 54.48	750m: 13:04.49 53.02	1150m: 20:07.96 52.67				
400m: 6:49.69 52.50	800m: 13:56.63 52.14	1200m: 21:00.44 52.48				
5. RAMÍREZ LÓPEZ-REY, Alfonso	92		C.N. Los Yebenes		29:06.47	12,00
50m: 45.42 45.42	450m: 8:15.56 1:00.48	850m: 16:15.26 59.50	1250m: 24:14.83 59.83			
100m: 1:35.74 50.32	500m: 9:15.77 1:00.21	900m: 17:14.62 59.36	1300m: 25:14.11 59.28			
150m: 2:28.47 52.73	550m: 10:14.03 58.26	950m: 18:15.26 1:00.64	1350m: 26:13.76 59.65			
200m: 3:22.84 54.37	600m: 11:12.68 58.65	1000m: 19:14.91 59.65	1400m: 27:14.37 1:00.61			
250m: 4:19.77 56.93	650m: 12:12.94 1:00.26	1050m: 20:16.23 1:01.32	1450m: 28:12.69 58.32			
300m: 5:16.76 56.99	700m: 13:13.30 1:00.36	1100m: 21:15.18 58.95	1500m: 29:06.47 53.78			
350m: 6:15.78 59.02	750m: 14:14.71 1:01.41	1150m: 22:14.81 59.63				
400m: 7:15.08 59.30	800m: 15:15.76 1:01.05	1200m: 23:15.00 1:00.19				
6. FERMIN TENDERO, Jorge	90		C.N. Monteverde		35:09.89	-
50m: 57.74 57.74	450m: 9:57.68 1:09.21	850m: 19:30.64 1:12.21	1250m: 29:12.68 1:13.60			
100m: 2:00.44 1:02.70	500m: 11:06.71 1:09.03	900m: 20:43.50 1:12.86	1300m: 30:25.15 1:12.47			
150m: 3:00.54 1:00.10	550m: 12:17.16 1:10.45	950m: 21:57.84 1:14.34	1350m: 31:38.55 1:13.40			
200m: 4:11.78 1:11.24	600m: 13:28.04 1:10.88	1000m: 23:10.74 1:12.90	1400m: 32:52.35 1:13.80			
250m: 5:19.41 1:07.63	650m: 14:42.34 1:14.30	1050m: 24:22.03 1:11.29	1450m: 34:05.81 1:13.46			
300m: 6:27.67 1:08.26	700m: 15:54.29 1:11.95	1100m: 25:35.06 1:13.03	1500m: 35:09.89 1:04.08			
350m: 7:39.06 1:11.39	750m: 17:06.23 1:11.94	1150m: 26:47.69 1:12.63				
400m: 8:48.47 1:09.41	800m: 18:18.43 1:12.20	1200m: 27:59.08 1:11.39				
1. MARQUES VELASCO, Jaime	87		C.N. Monteverde		16:43.43	29,00 mm
50m: 31.71 31.71	450m: 4:58.22 33.60	850m: 9:27.37 33.50	1250m: 13:56.97 33.90			
100m: 1:04.33 32.62	500m: 5:31.99 33.77	900m: 10:00.88 33.51	1300m: 14:30.94 33.97			
150m: 1:37.37 33.04	550m: 6:05.79 33.80	950m: 10:34.48 33.60	1350m: 15:04.64 33.70			
200m: 2:10.70 33.33	600m: 6:39.39 33.60	1000m: 11:07.94 33.46	1400m: 15:38.30 33.66			
250m: 2:44.02 33.32	650m: 7:12.85 33.46	1050m: 11:41.50 33.56	1450m: 16:12.36 34.06			
300m: 3:17.36 33.34	700m: 7:46.44 33.59	1100m: 12:15.32 33.82	1500m: 16:43.43 31.07			
350m: 3:51.01 33.65	750m: 8:20.18 33.74	1150m: 12:49.33 34.01				
400m: 4:24.62 33.61	800m: 8:53.87 33.69	1200m: 13:23.07 33.74				

35+

Prueba 1, Masc., 1500m Libre, 35+

Clasificación			AN							Tiempo	Pts	
2.	GARCÍA GARRIDO, Ángel		85	C.N. Cuenca						23:09.23	16,00	
	50m:	38.85	38.85	450m:	6:22.66	45.81	850m:	12:40.82	47.29	1250m:	19:10.65	49.05
	100m:	1:18.28	39.43	500m:	7:09.50	46.84	900m:	13:28.62	47.80	1300m:	19:59.67	49.02
	150m:	1:59.39	41.11	550m:	7:56.34	46.84	950m:	14:16.88	48.26	1350m:	20:47.81	48.14
	200m:	2:40.87	41.48	600m:	8:43.75	47.41	1000m:	15:05.28	48.40	1400m:	21:36.45	48.64
	250m:	3:23.60	42.73	650m:	9:31.04	47.29	1050m:	15:54.33	49.05	1450m:	22:23.89	47.44
	300m:	4:07.46	43.86	700m:	10:18.27	47.23	1100m:	16:43.72	49.39	1500m:	23:09.23	45.34
	350m:	4:51.68	44.22	750m:	11:05.66	47.39	1150m:	17:32.68	48.96			
	400m:	5:36.85	45.17	800m:	11:53.53	47.87	1200m:	18:21.60	48.92			
3.	GARCIA RONCERO, David		86	C.N. Valdepeñas						25:16.18	14,00	
	50m:	43.60	43.60	450m:	7:27.24	51.51	850m:	14:19.64	51.24	1250m:	21:12.50	51.70
	100m:	1:30.80	47.20	500m:	8:19.03	51.79	900m:	15:10.22	50.58	1300m:	22:03.52	51.02
	150m:	2:19.86	49.06	550m:	9:10.94	51.91	950m:	16:01.82	51.60	1350m:	22:52.93	49.41
	200m:	3:09.90	50.04	600m:	10:02.80	51.86	1000m:	16:53.36	51.54	1400m:	23:42.31	49.38
	250m:	4:00.74	50.84	650m:	10:54.30	51.50	1050m:	17:44.76	51.40	1450m:	24:31.17	48.86
	300m:	4:51.22	50.48	700m:	11:45.07	50.77	1100m:	18:36.04	51.28	1500m:	25:16.18	45.01
	350m:	5:43.48	52.26	750m:	12:36.70	51.63	1150m:	19:28.20	52.16			
	400m:	6:35.73	52.25	800m:	13:28.40	51.70	1200m:	20:20.80	52.60			
4.	NAVARRO SECADURA, Antonio Jose		89	C.D. Escuela Nadadores Tomelloso						26:41.68	13,00	
	50m:	47.06	47.06	450m:	7:58.32	54.01	850m:	15:17.48	54.54	1250m:	22:26.40	52.76
	100m:	1:38.88	51.82	500m:	8:54.33	56.01	900m:	16:11.55	54.07	1300m:	23:20.13	53.73
	150m:	2:31.93	53.05	550m:	9:48.70	54.37	950m:	17:06.44	54.89	1350m:	24:12.70	52.57
	200m:	3:24.96	53.03	600m:	10:44.00	55.30	1000m:	18:00.56	54.12	1400m:	25:04.12	51.42
	250m:	4:19.89	54.93	650m:	11:38.73	54.73	1050m:	18:54.57	54.01	1450m:	25:54.89	50.77
	300m:	5:14.65	54.76	700m:	12:33.88	55.15	1100m:	19:47.18	52.61	1500m:	26:41.68	46.79
	350m:	6:09.32	54.67	750m:	13:27.90	54.02	1150m:	20:40.42	53.24			
	400m:	7:04.31	54.99	800m:	14:22.94	55.04	1200m:	21:33.64	53.22			
5.	CONTRERAS MOLINA, Jesús		88	Albacete Swim						26:58.37	12,00	
	50m:	48.66	48.66	450m:	7:52.11	53.50	850m:	15:08.91	55.39	1250m:	22:27.22	54.21
	100m:	1:40.25	51.59	500m:	8:46.51	54.40	900m:	16:04.30	55.39	1300m:	23:22.12	54.90
	150m:	2:32.16	51.91	550m:	9:40.37	53.86	950m:	16:59.99	55.69	1350m:	24:17.10	54.98
	200m:	3:24.53	52.37	600m:	10:34.99	54.62	1000m:	17:54.85	54.86	1400m:	25:11.69	54.59
	250m:	4:17.67	53.14	650m:	11:29.38	54.39	1050m:	18:49.92	55.07	1450m:	26:05.73	54.04
	300m:	5:11.26	53.59	700m:	12:23.75	54.37	1100m:	19:44.74	54.82	1500m:	26:58.37	52.64
	350m:	6:04.81	53.55	750m:	13:18.41	54.66	1150m:	20:38.45	53.71			
	400m:	6:58.61	53.80	800m:	14:13.52	55.11	1200m:	21:33.01	54.56			
6.	GUTIERREZ JURADO, Jose Enrique		85	C.N. Monteverde						28:50.90	-	
	50m:	52.65	52.65	450m:	8:30.69	57.48	850m:	16:16.28	1:00.21	1250m:	24:05.35	59.39
	100m:	1:48.98	56.33	500m:	9:27.39	56.70	900m:	17:16.42	1:00.14	1300m:	25:02.59	57.24
	150m:	2:46.72	57.74	550m:	10:23.65	56.26	950m:	18:14.60	58.18	1350m:	26:01.40	58.81
	200m:	3:45.90	59.18	600m:	11:20.89	57.24	1000m:	19:12.59	57.99	1400m:	27:01.20	59.80
	250m:	4:42.69	56.79	650m:	12:18.76	57.87	1050m:	20:11.37	58.78	1450m:	27:58.63	57.43
	300m:	5:38.32	55.63	700m:	13:18.07	59.31	1100m:	21:09.76	58.39	1500m:	28:50.90	52.27
	350m:	6:36.62	58.30	750m:	14:16.76	58.69	1150m:	22:08.49	58.73			
	400m:	7:33.21	56.59	800m:	15:16.07	59.31	1200m:	23:05.96	57.47			
7.	GONZALEZ MARTINEZ, Paco		86	C.D. Escuela Nadadores Tomelloso						33:10.47	-	
	50m:	52.09	52.09	450m:	9:33.47	1:07.50	850m:	18:43.93	1:09.16	1250m:	27:51.72	1:07.10
	100m:	1:51.90	59.81	500m:	10:43.17	1:09.70	900m:	19:53.35	1:09.42	1300m:	28:58.97	1:07.25
	150m:	2:52.99	1:01.09	550m:	11:51.23	1:08.06	950m:	21:02.85	1:09.50	1350m:	30:00.97	1:02.00
	200m:	3:36.29	43.30	600m:	12:59.96	1:08.73	1000m:	22:12.02	1:09.17	1400m:	31:05.02	1:04.05
	250m:	5:02.40	1:26.11	650m:	14:08.45	1:08.49	1050m:	23:20.93	1:08.91	1450m:	32:09.55	1:04.53
	300m:	6:10.06	1:07.66	700m:	15:15.06	1:06.61	1100m:	24:29.03	1:08.10	1500m:	33:10.47	1:00.92
	350m:	7:17.04	1:06.98	750m:	16:24.51	1:09.45	1150m:	25:37.09	1:08.06			
	400m:	8:25.97	1:08.93	800m:	17:34.77	1:10.26	1200m:	26:44.62	1:07.53			

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre

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1. MARQUÉS VELASCO, Alberto	84	C.N. Monteverde	19:05.11	19,00
50m: 35.15 35.15	450m: 5:36.24	37.96 850m: 10:43.34	38.62 1250m: 15:54.60	39.00
100m: 1:11.36 36.21	500m: 6:14.53	38.29 900m: 11:21.92	38.58 1300m: 16:33.75	39.15
150m: 1:48.69 37.33	550m: 6:53.20	38.67 950m: 12:00.43	38.51 1350m: 17:12.52	38.77
200m: 2:27.66 38.97	600m: 7:31.55	38.35 1000m: 12:39.58	39.15 1400m: 17:51.51	38.99
250m: 3:04.92 37.26	650m: 8:09.69	38.14 1050m: 13:18.63	39.05 1450m: 18:29.18	37.67
300m: 3:42.50 37.58	700m: 8:47.87	38.18 1100m: 13:57.19	38.56 1500m: 19:05.11	35.93
350m: 4:20.39 37.89	750m: 9:25.91	38.04 1150m: 14:36.26	39.07	
400m: 4:58.28 37.89	800m: 10:04.72	38.81 1200m: 15:15.60	39.34	
2. PEREZ DIAZ, Alberto	80	Cn Master Torrijos	20:37.23	16,00
50m: 38.12 38.12	450m: 6:03.94	41.42 850m: 11:38.26	42.33 1250m: 17:13.42	42.26
100m: 1:17.77 39.65	500m: 6:45.39	41.45 900m: 12:20.43	42.17 1300m: 17:54.37	40.95
150m: 1:58.22 40.45	550m: 7:26.65	41.26 950m: 13:01.93	41.50 1350m: 18:35.00	40.63
200m: 2:38.34 40.12	600m: 8:08.64	41.99 1000m: 13:43.68	41.75 1400m: 19:16.17	41.17
250m: 3:18.82 40.48	650m: 8:50.44	41.80 1050m: 14:25.33	41.65 1450m: 19:58.12	41.95
300m: 3:59.80 40.98	700m: 9:32.12	41.68 1100m: 15:07.14	41.81 1500m: 20:37.23	39.11
350m: 4:41.16 41.36	750m: 10:13.85	41.73 1150m: 15:49.21	42.07	
400m: 5:22.52 41.36	800m: 10:55.93	42.08 1200m: 16:31.16	41.95	
3. SESE GARCIA, Jorge	81	C.N. Monteverde	21:24.09	-
50m: 36.67 36.67	450m: 6:03.20	42.81 850m: 11:51.64	43.39 1250m: 17:45.13	44.27
100m: 1:14.71 38.04	500m: 6:46.20	43.00 900m: 12:36.03	44.39 1300m: 18:29.65	44.52
150m: 1:54.33 39.62	550m: 7:29.89	43.69 950m: 13:20.21	44.18 1350m: 19:14.83	45.18
200m: 2:34.18 39.85	600m: 8:13.54	43.65 1000m: 14:04.66	44.45 1400m: 19:58.58	43.75
250m: 3:14.60 40.42	650m: 8:57.10	43.56 1050m: 14:48.62	43.96 1450m: 20:42.47	43.89
300m: 3:55.90 41.30	700m: 9:40.75	43.65 1100m: 15:32.59	43.97 1500m: 21:24.09	41.62
350m: 4:37.66 41.76	750m: 10:24.41	43.66 1150m: 16:16.20	43.61	
400m: 5:20.39 42.73	800m: 11:08.25	43.84 1200m: 17:00.86	44.66	
4. RAMOS ZAPATA, Hector	81	C.N. Alcazar	22:11.08	14,00
50m: 38.09 38.09	450m: 6:21.21	44.05 850m: 12:21.19	45.07 1250m: 18:27.44	45.65
100m: 1:18.25 40.16	500m: 7:05.64	44.43 900m: 13:06.54	45.35 1300m: 19:13.89	46.45
150m: 2:00.12 41.87	550m: 7:50.44	44.80 950m: 13:52.59	46.05 1350m: 19:59.75	45.86
200m: 2:42.48 42.36	600m: 8:35.25	44.81 1000m: 14:38.41	45.82 1400m: 20:44.40	44.65
250m: 3:25.41 42.93	650m: 9:20.29	45.04 1050m: 15:24.59	46.18 1450m: 21:28.90	44.50
300m: 4:09.25 43.84	700m: 10:05.55	45.26 1100m: 16:10.27	45.68 1500m: 22:11.08	42.18
350m: 4:52.91 43.66	750m: 10:51.26	45.71 1150m: 16:56.16	45.89	
400m: 5:37.16 44.25	800m: 11:36.12	44.86 1200m: 17:41.79	45.63	
5. SANCHEZ RUANO, Jose	83	C.N. Almansa	22:38.44	13,00
50m: 38.88 38.88	450m: 6:25.66	44.77 850m: 12:35.09	47.55 1250m: 18:49.47	45.99
100m: 1:19.53 40.65	500m: 7:11.16	45.50 900m: 13:21.78	46.69 1300m: 19:36.02	46.55
150m: 2:01.68 42.15	550m: 7:56.69	45.53 950m: 14:08.98	47.20 1350m: 20:22.34	46.32
200m: 2:44.50 42.82	600m: 8:42.41	45.72 1000m: 14:56.52	47.54 1400m: 21:08.14	45.80
250m: 3:28.01 43.51	650m: 9:27.78	45.37 1050m: 15:44.02	47.50 1450m: 21:54.55	46.41
300m: 4:11.32 43.31	700m: 10:14.37	46.59 1100m: 16:30.97	46.95 1500m: 22:38.44	43.89
350m: 4:55.74 44.42	750m: 11:01.29	46.92 1150m: 17:17.03	46.06	
400m: 5:40.89 45.15	800m: 11:47.54	46.25 1200m: 18:03.48	46.45	
6. SERRANO NUÑEZ, Jose Luis	82	C.N. Alcazar	22:52.20	-
50m: 39.42 39.42	450m: 6:33.26	46.03 850m: 12:48.09	47.05 1250m: 19:02.14	45.84
100m: 1:20.99 41.57	500m: 7:19.91	46.65 900m: 13:34.87	46.78 1300m: 19:48.56	46.42
150m: 2:03.58 42.59	550m: 8:06.60	46.69 950m: 14:22.27	47.40 1350m: 20:34.89	46.33
200m: 2:47.41 43.83	600m: 8:53.26	46.66 1000m: 15:09.72	47.45 1400m: 21:21.73	46.84
250m: 3:31.68 44.27	650m: 9:40.35	47.09 1050m: 15:57.00	47.28 1450m: 22:07.69	45.96
300m: 4:16.34 44.66	700m: 10:27.37	47.02 1100m: 16:43.68	46.68 1500m: 22:52.20	44.51
350m: 5:01.71 45.37	750m: 11:14.19	46.82 1150m: 17:29.90	46.22	
400m: 5:47.23 45.52	800m: 12:01.04	46.85 1200m: 18:16.30	46.40	

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre, 40+

Clasificación			AN					Tiempo	Pts			
7.	DIAZ ESCALONA, David		81	C.N. Los Yébenes				25:47.72	12,00			
	50m:	48.88	48.88	450m:	7:30.62	51.69	850m:	14:30.19	52.96	1250m:	21:31.62	53.07
	100m:	1:37.71	48.83	500m:	8:22.30	51.68	900m:	15:23.19	53.00	1300m:	22:23.02	51.40
	150m:	2:27.12	49.41	550m:	9:12.95	50.65	950m:	16:16.74	53.55	1350m:	23:15.83	52.81
	200m:	3:16.58	49.46	600m:	10:05.51	52.56	1000m:	17:09.57	52.83	1400m:	24:08.53	52.70
	250m:	4:07.34	50.76	650m:	10:58.03	52.52	1050m:	18:02.62	53.05	1450m:	24:59.35	50.82
	300m:	4:57.59	50.25	700m:	11:49.94	51.91	1100m:	18:55.29	52.67	1500m:	25:47.72	48.37
	350m:	5:48.32	50.73	750m:	12:44.11	54.17	1150m:	19:46.45	51.16			
	400m:	6:38.93	50.61	800m:	13:37.23	53.12	1200m:	20:38.55	52.10			
8.	SEVILLA TEBAR, David		82	C.N. Valdepeñas				26:49.62	11,00			
	50m:	46.21	46.21	450m:	7:41.63	53.51	850m:	14:58.22	54.61	1250m:	22:20.44	56.71
	100m:	1:34.53	48.32	500m:	8:35.90	54.27	900m:	15:53.33	55.11	1300m:	23:15.93	55.49
	150m:	2:25.54	51.01	550m:	9:30.41	54.51	950m:	16:47.82	54.49	1350m:	24:11.19	55.26
	200m:	3:17.33	51.79	600m:	10:25.09	54.68	1000m:	17:42.57	54.75	1400m:	25:06.15	54.96
	250m:	4:09.46	52.13	650m:	11:19.41	54.32	1050m:	18:38.09	55.52	1450m:	26:01.54	55.39
	300m:	5:01.80	52.34	700m:	12:14.55	55.14	1100m:	19:33.38	55.29	1500m:	26:49.62	48.08
	350m:	5:54.66	52.86	750m:	13:09.48	54.93	1150m:	20:28.83	55.45			
	400m:	6:48.12	53.46	800m:	14:03.61	54.13	1200m:	21:23.73	54.90			

45+

1.	RODRIGUEZ FARALDOS, Carlos		77	Cn Master Torrijos				19:53.66	19,00			
	50m:	37.45	37.45	450m:	5:52.75	39.32	850m:	11:13.32	39.98	1250m:	16:34.48	40.39
	100m:	1:15.67	38.22	500m:	6:32.48	39.73	900m:	11:53.55	40.23	1300m:	17:14.36	39.88
	150m:	1:54.23	38.56	550m:	7:12.76	40.28	950m:	12:33.57	40.02	1350m:	17:54.42	40.06
	200m:	2:33.69	39.46	600m:	7:52.70	39.94	1000m:	13:13.43	39.86	1400m:	18:34.32	39.90
	250m:	3:13.67	39.98	650m:	8:32.99	40.29	1050m:	13:53.15	39.72	1450m:	19:14.56	40.24
	300m:	3:53.61	39.94	700m:	9:13.08	40.09	1100m:	14:33.70	40.55	1500m:	19:53.66	39.10
	350m:	4:33.49	39.88	750m:	9:53.31	40.23	1150m:	15:14.16	40.46			
	400m:	5:13.43	39.94	800m:	10:33.34	40.03	1200m:	15:54.09	39.93			
2.	TOBARRA GOMEZ, Carlos		77	Albacete Swim				21:49.17	16,00			
	50m:	40.21	40.21	450m:	6:29.34	43.84	850m:	12:23.01	44.43	1250m:	18:13.43	44.10
	100m:	1:23.01	42.80	500m:	7:13.74	44.40	900m:	13:06.83	43.82	1300m:	18:57.86	44.43
	150m:	2:06.08	43.07	550m:	7:57.93	44.19	950m:	13:50.60	43.77	1350m:	19:41.58	43.72
	200m:	2:49.75	43.67	600m:	8:42.01	44.08	1000m:	14:34.05	43.45	1400m:	20:24.18	42.60
	250m:	3:33.78	44.03	650m:	9:26.10	44.09	1050m:	15:17.66	43.61	1450m:	21:07.59	43.41
	300m:	4:17.82	44.04	700m:	10:10.14	44.04	1100m:	16:01.55	43.89	1500m:	21:49.17	41.58
	350m:	5:02.21	44.39	750m:	10:54.62	44.48	1150m:	16:45.52	43.97			
	400m:	5:45.50	43.29	800m:	11:38.58	43.96	1200m:	17:29.33	43.81			
3.	SEDEÑO LAFUENTE, Gonzalo		77	Cn Master Torrijos				22:03.61	-			
	50m:	39.27	39.27	450m:	6:24.67	44.64	850m:	12:23.53	44.87	1250m:	18:21.95	45.44
	100m:	1:20.14	40.87	500m:	7:09.56	44.89	900m:	13:08.48	44.95	1300m:	19:07.49	45.54
	150m:	2:02.21	42.07	550m:	7:53.85	44.29	950m:	13:52.75	44.27	1350m:	19:51.96	44.47
	200m:	2:45.68	43.47	600m:	8:38.31	44.46	1000m:	14:37.56	44.81	1400m:	20:37.25	45.29
	250m:	3:29.00	43.32	650m:	9:23.35	45.04	1050m:	15:22.62	45.06	1450m:	21:20.41	43.16
	300m:	4:12.46	43.46	700m:	10:08.84	45.49	1100m:	16:08.07	45.45	1500m:	22:03.61	43.20
	350m:	4:56.10	43.64	750m:	10:54.07	45.23	1150m:	16:52.71	44.64			
	400m:	5:40.03	43.93	800m:	11:38.66	44.59	1200m:	17:36.51	43.80			
4.	GALLEGO YUGO, Pedro		79	Cn Ugena				22:09.53	14,00			
	50m:	37.98	37.98	450m:	6:30.91	45.07	850m:	12:30.85	44.83	1250m:	18:27.57	44.98
	100m:	1:18.92	40.94	500m:	7:16.02	45.11	900m:	13:15.99	45.14	1300m:	19:11.52	43.95
	150m:	2:01.90	42.98	550m:	8:01.23	45.21	950m:	14:00.72	44.73	1350m:	19:56.65	45.13
	200m:	2:46.14	44.24	600m:	8:46.15	44.92	1000m:	14:45.56	44.84	1400m:	20:41.27	44.62
	250m:	3:30.56	44.42	650m:	9:31.31	45.16	1050m:	15:30.44	44.88	1450m:	21:25.93	44.66
	300m:	4:15.24	44.68	700m:	10:15.96	44.65	1100m:	16:14.58	44.14	1500m:	22:09.53	43.60
	350m:	5:00.31	45.07	750m:	11:01.27	45.31	1150m:	16:58.83	44.25			
	400m:	5:45.84	45.53	800m:	11:46.02	44.75	1200m:	17:42.59	43.76			

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre, 45+

Clasificación			AN					Tiempo	Pts			
5.	MORENO MARTINEZ, Jorge		77	Albacete Swim				23:41.15	-			
	50m:	42.85	42.85	450m:	6:59.62	47.48	850m:	13:20.04	49.18	1250m:	19:44.45	48.84
	100m:	1:27.50	44.65	500m:	7:46.36	46.74	900m:	14:07.44	47.40	1300m:	20:32.89	48.44
	150m:	2:14.47	46.97	550m:	8:33.50	47.14	950m:	14:56.03	48.59	1350m:	21:21.39	48.50
	200m:	3:01.82	47.35	600m:	9:20.33	46.83	1000m:	15:44.42	48.39	1400m:	22:09.94	48.55
	250m:	3:49.55	47.73	650m:	10:07.85	47.52	1050m:	16:31.57	47.15	1450m:	22:58.28	48.34
	300m:	4:37.18	47.63	700m:	10:55.17	47.32	1100m:	17:19.10	47.53	1500m:	23:41.15	42.87
	350m:	5:25.10	47.92	750m:	11:43.09	47.92	1150m:	18:07.14	48.04			
	400m:	6:12.14	47.04	800m:	12:30.86	47.77	1200m:	18:55.61	48.47			
6.	RUIZ VALENTIN, Jose Luis		79	Master Natacion Tomelloso				23:56.45	13,00			
	50m:	43.06	43.06	450m:	7:07.73	49.34	850m:	13:37.62	48.81	1250m:	20:02.81	47.45
	100m:	1:29.40	46.34	500m:	7:56.89	49.16	900m:	14:26.74	49.12	1300m:	20:51.10	48.29
	150m:	2:16.79	47.39	550m:	8:44.78	47.89	950m:	15:15.00	48.26	1350m:	21:38.49	47.39
	200m:	3:04.61	47.82	600m:	9:33.08	48.30	1000m:	16:02.97	47.97	1400m:	22:27.08	48.59
	250m:	3:52.49	47.88	650m:	10:22.01	48.93	1050m:	16:49.59	46.62	1450m:	23:13.91	46.83
	300m:	4:41.13	48.64	700m:	11:10.59	48.58	1100m:	17:38.45	48.86	1500m:	23:56.45	42.54
	350m:	5:29.82	48.69	750m:	11:59.83	49.24	1150m:	18:27.12	48.67			
	400m:	6:18.39	48.57	800m:	12:48.81	48.98	1200m:	19:15.36	48.24			
7.	LOPEZ GOÑI, Diego		75	C.N. Monteverde				24:29.33	12,00			
	50m:	43.05	43.05	450m:	7:06.33	48.76	850m:	13:41.14	49.35	1250m:	20:21.89	50.52
	100m:	1:28.85	45.80	500m:	7:56.02	49.69	900m:	14:30.48	49.34	1300m:	21:12.42	50.53
	150m:	2:15.44	46.59	550m:	8:45.44	49.42	950m:	15:19.93	49.45	1350m:	22:02.55	50.13
	200m:	3:02.75	47.31	600m:	9:34.64	49.20	1000m:	16:11.17	51.24	1400m:	22:51.58	49.03
	250m:	3:50.93	48.18	650m:	10:23.91	49.27	1050m:	17:00.69	49.52	1450m:	23:42.99	51.41
	300m:	4:40.08	49.15	700m:	11:13.82	49.91	1100m:	17:50.46	49.77	1500m:	24:29.33	46.34
	350m:	5:28.91	48.83	750m:	12:02.24	48.42	1150m:	18:41.30	50.84			
	400m:	6:17.57	48.66	800m:	12:51.79	49.55	1200m:	19:31.37	50.07			
8.	ANDRÉS BLANCO, Daniel		77	Club Velociraptor Mp Twinner				24:39.65	11,00			
	50m:	41.30	41.30	450m:	7:09.84	50.01	850m:	13:51.99	49.60	1250m:	20:33.16	50.07
	100m:	1:26.50	45.20	500m:	7:59.98	50.14	900m:	14:41.83	49.84	1300m:	21:22.88	49.72
	150m:	2:13.28	46.78	550m:	8:50.58	50.60	950m:	15:32.20	50.37	1350m:	22:12.64	49.76
	200m:	3:01.79	48.51	600m:	9:40.48	49.90	1000m:	16:22.01	49.81	1400m:	23:02.68	50.04
	250m:	3:50.68	48.89	650m:	10:31.02	50.54	1050m:	17:12.19	50.18	1450m:	23:53.30	50.62
	300m:	4:40.22	49.54	700m:	11:21.16	50.14	1100m:	18:03.05	50.86	1500m:	24:39.65	46.35
	350m:	5:30.03	49.81	750m:	12:11.63	50.47	1150m:	18:53.37	50.32			
	400m:	6:19.83	49.80	800m:	13:02.39	50.76	1200m:	19:43.09	49.72			
9.	ALONSO RODRIGUEZ, Moises		76	C.N. Monteverde				25:09.28	-			
	50m:	43.37	43.37	450m:	7:19.33	50.99	850m:	14:06.97	50.11	1250m:	21:01.17	51.79
	100m:	1:29.61	46.24	500m:	8:09.95	50.62	900m:	14:59.70	52.73	1300m:	21:53.40	52.23
	150m:	2:17.21	47.60	550m:	9:00.93	50.98	950m:	15:51.97	52.27	1350m:	22:44.64	51.24
	200m:	3:06.76	49.55	600m:	9:52.20	51.27	1000m:	16:43.34	51.37	1400m:	23:33.65	49.01
	250m:	3:56.83	50.07	650m:	10:44.10	51.90	1050m:	17:34.75	51.41	1450m:	24:22.87	49.22
	300m:	4:47.09	50.26	700m:	11:35.49	51.39	1100m:	18:26.90	52.15	1500m:	25:09.28	46.41
	350m:	5:37.38	50.29	750m:	12:26.25	50.76	1150m:	19:18.60	51.70			
	400m:	6:28.34	50.96	800m:	13:16.86	50.61	1200m:	20:09.38	50.78			
10.	JIMENEZ DIAZ, Jorge		79	C.N. Valdepeñas				25:36.76	10,00			
	50m:	42.84	42.84	450m:	7:31.76	54.17	850m:	14:48.49	54.36	1250m:	21:58.63	53.42
	100m:	1:28.85	46.01	500m:	8:26.67	54.91	900m:	15:41.87	53.38	1300m:	22:53.70	55.07
	150m:	2:16.85	48.00	550m:	9:21.38	54.71	950m:	16:35.50	53.63	1350m:	23:48.30	54.60
	200m:	3:07.32	50.47	600m:	10:15.26	53.88	1000m:	17:29.28	53.78	1400m:	24:42.37	54.07
	250m:	3:57.70	50.38	650m:	11:10.78	55.52	1050m:	18:22.88	53.60	1450m:	25:36.76	54.39
	300m:	4:50.22	52.52	700m:	12:04.70	53.92	1100m:	19:17.33	54.45	1500m:	25:36.76	
	350m:	5:43.82	53.60	750m:	12:58.99	54.29	1150m:	20:12.04	54.71			
	400m:	6:37.59	53.77	800m:	13:54.13	55.14	1200m:	21:05.21	53.17			

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre, 45+

Clasificación			AN					Tiempo	Pts			
11.	CABALLERO MAYO, Daniel		79	Cn Ugena				25:57.69	-			
	50m:	45.70	45.70	450m:	7:41.71	53.18	850m:	14:47.78	52.76	1250m:	21:49.64	52.17
	100m:	1:34.53	48.83	500m:	8:35.65	53.94	900m:	15:40.60	52.82	1300m:	22:40.82	51.18
	150m:	2:25.96	51.43	550m:	9:29.76	54.11	950m:	16:33.67	53.07	1350m:	23:32.21	51.39
	200m:	3:17.61	51.65	600m:	10:23.12	53.36	1000m:	17:26.74	53.07	1400m:	24:23.63	51.42
	250m:	4:09.04	51.43	650m:	11:16.79	53.67	1050m:	18:19.04	52.30	1450m:	25:13.81	50.18
	300m:	5:02.17	53.13	700m:	12:09.97	53.18	1100m:	19:12.11	53.07	1500m:	25:57.69	43.88
	350m:	5:55.65	53.48	750m:	13:02.66	52.69	1150m:	20:04.56	52.45			
	400m:	6:48.53	52.88	800m:	13:55.02	52.36	1200m:	20:57.47	52.91			
12.	CARRETÓN MADRID, Argimiro		77	C.D. Escuela Nadadores Tomelloso				26:37.31	9,00			
	50m:	49.81	49.81	450m:	7:51.57	53.22	850m:	15:03.62	53.00	1250m:	22:15.10	53.62
	100m:	1:41.06	51.25	500m:	8:45.35	53.78	900m:	15:58.90	55.28	1300m:	23:09.73	54.63
	150m:	2:32.99	51.93	550m:	9:39.13	53.78	950m:	16:52.73	53.83	1350m:	24:03.48	53.75
	200m:	3:25.42	52.43	600m:	10:33.46	54.33	1000m:	17:47.22	54.49	1400m:	24:56.74	53.26
	250m:	4:18.68	53.26	650m:	11:27.80	54.34	1050m:	18:41.33	54.11	1450m:	25:49.64	52.90
	300m:	5:11.73	53.05	700m:	12:22.46	54.66	1100m:	19:35.38	54.05	1500m:	26:37.31	47.67
	350m:	6:05.27	53.54	750m:	13:16.39	53.93	1150m:	20:28.88	53.50			
	400m:	6:58.35	53.08	800m:	14:10.62	54.23	1200m:	21:21.48	52.60			
13.	PARRA PEREZ, Pablo		79	Albacete Swim				27:49.95	-			
	50m:	54.82	54.82	450m:	8:22.08	55.86	850m:	15:47.88	56.63	1250m:	23:14.67	56.22
	100m:	1:50.03	55.21	500m:	9:18.76	56.68	900m:	16:42.55	54.67	1300m:	24:10.38	55.71
	150m:	2:44.91	54.88	550m:	10:15.39	56.63	950m:	17:38.21	55.66	1350m:	25:06.55	56.17
	200m:	3:41.56	56.65	600m:	11:10.14	54.75	1000m:	18:33.92	55.71	1400m:	26:02.13	55.58
	250m:	4:36.95	55.39	650m:	12:05.54	55.40	1050m:	19:29.76	55.84	1450m:	26:57.97	55.84
	300m:	5:33.45	56.50	700m:	13:01.09	55.55	1100m:	20:25.99	56.23	1500m:	27:49.95	51.98
	350m:	6:29.82	56.37	750m:	13:55.88	54.79	1150m:	21:22.11	56.12			
	400m:	7:26.22	56.40	800m:	14:51.25	55.37	1200m:	22:18.45	56.34			

50+

1.	MARTINEZ LUCAS, Francisco		74	Albacete Swim				19:23.11	19,00			
	50m:	36.39	36.39	450m:	5:42.82	38.50	850m:	10:55.35	39.07	1250m:	16:09.33	39.26
	100m:	1:13.91	37.52	500m:	6:21.85	39.03	900m:	11:34.34	38.99	1300m:	16:48.52	39.19
	150m:	1:51.97	38.06	550m:	7:01.23	39.38	950m:	12:13.37	39.03	1350m:	17:27.67	39.15
	200m:	2:30.47	38.50	600m:	7:40.77	39.54	1000m:	12:52.49	39.12	1400m:	18:06.63	38.96
	250m:	3:08.95	38.48	650m:	8:19.68	38.91	1050m:	13:31.67	39.18	1450m:	18:45.69	39.06
	300m:	3:47.40	38.45	700m:	8:58.57	38.89	1100m:	14:10.80	39.13	1500m:	19:23.11	37.42
	350m:	4:25.66	38.26	750m:	9:37.52	38.95	1150m:	14:50.61	39.81			
	400m:	5:04.32	38.66	800m:	10:16.28	38.76	1200m:	15:30.07	39.46			
2.	HERNÁNDEZ REDONDO, Alberto		71	C.N. Monteverde				20:26.73	16,00			
	50m:	39.16	39.16	450m:	6:01.28	40.93	850m:	11:30.79	41.68	1250m:	17:01.04	40.78
	100m:	1:18.53	39.37	500m:	6:41.65	40.37	900m:	12:12.76	41.97	1300m:	17:42.72	41.68
	150m:	1:58.58	40.05	550m:	7:22.55	40.90	950m:	12:54.78	42.02	1350m:	18:24.35	41.63
	200m:	2:39.52	40.94	600m:	8:03.20	40.65	1000m:	13:37.17	42.39	1400m:	19:06.22	41.87
	250m:	3:19.65	40.13	650m:	8:44.34	41.14	1050m:	14:18.78	41.61	1450m:	19:47.78	41.56
	300m:	3:59.54	39.89	700m:	9:25.66	41.32	1100m:	14:58.63	39.85	1500m:	20:26.73	38.95
	350m:	4:39.82	40.28	750m:	10:07.37	41.71	1150m:	15:39.36	40.73			
	400m:	5:20.35	40.53	800m:	10:49.11	41.74	1200m:	16:20.26	40.90			
3.	PÉREZ MANZANAL, David		74	Cn Master Torrijos				20:28.13	14,00			
	50m:	36.90	36.90	450m:	5:54.04	40.83	850m:	11:23.79	41.51	1250m:	16:59.09	42.06
	100m:	1:14.65	37.75	500m:	6:35.06	41.02	900m:	12:05.47	41.68	1300m:	17:41.32	42.23
	150m:	1:53.65	39.00	550m:	7:16.38	41.32	950m:	12:46.95	41.48	1350m:	18:24.29	42.97
	200m:	2:33.02	39.37	600m:	7:57.12	40.74	1000m:	13:29.38	42.43	1400m:	19:06.16	41.87
	250m:	3:12.50	39.48	650m:	8:38.17	41.05	1050m:	14:11.46	42.08	1450m:	19:48.38	42.22
	300m:	3:52.61	40.11	700m:	9:19.38	41.21	1100m:	14:53.14	41.68	1500m:	20:28.13	39.75
	350m:	4:32.58	39.97	750m:	10:00.58	41.20	1150m:	15:35.00	41.86			
	400m:	5:13.21	40.63	800m:	10:42.28	41.70	1200m:	16:17.03	42.03			

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre, 50+

Clasificación			AN					Tiempo	Pts			
4.	GONZALEZ DE LA ALEJA LOPEZ, V.		70	C.N. Valdepeñas				26:44.09	13,00			
	50m:	45.86	45.86	450m:	7:42.02	53.97	850m:	14:59.75	55.38	1250m:	22:18.73	55.04
	100m:	1:33.33	47.47	500m:	8:37.13	55.11	900m:	15:55.05	55.30	1300m:	23:14.38	55.65
	150m:	2:23.02	49.69	550m:	9:33.34	56.21	950m:	16:50.30	55.25	1350m:	24:07.61	53.23
	200m:	3:14.02	51.00	600m:	10:27.63	54.29	1000m:	17:43.79	53.49	1400m:	25:01.42	53.81
	250m:	4:06.60	52.58	650m:	11:21.64	54.01	1050m:	18:38.41	54.62	1450m:	25:54.29	52.87
	300m:	4:58.85	52.25	700m:	12:16.14	54.50	1100m:	19:33.11	54.70	1500m:	26:44.09	49.80
	350m:	5:53.18	54.33	750m:	13:10.13	53.99	1150m:	20:28.18	55.07			
	400m:	6:48.05	54.87	800m:	14:04.37	54.24	1200m:	21:23.69	55.51			
5.	MORALEDA MATE, Carlos		74	Cn Ugena				26:58.32	12,00			
	50m:	45.38	45.38	450m:	7:58.15	54.96	850m:	15:13.56	55.40	1250m:	22:32.74	55.56
	100m:	1:35.02	49.64	500m:	8:55.04	56.89	900m:	16:09.01	55.45	1300m:	23:27.73	54.99
	150m:	2:28.50	53.48	550m:	9:48.84	53.80	950m:	17:04.09	55.08	1350m:	24:20.74	53.01
	200m:	3:23.36	54.86	600m:	10:42.04	53.20	1000m:	17:57.56	53.47	1400m:	25:15.16	54.42
	250m:	4:18.93	55.57	650m:	11:35.65	53.61	1050m:	18:52.01	54.45	1450m:	26:08.17	53.01
	300m:	5:14.50	55.57	700m:	12:29.83	54.18	1100m:	19:46.48	54.47	1500m:	26:58.32	50.15
	350m:	6:09.38	54.88	750m:	13:23.40	53.57	1150m:	20:42.07	55.59			
	400m:	7:03.19	53.81	800m:	14:18.16	54.76	1200m:	21:37.18	55.11			
6.	VICARIO ESPINOSA, Carlos		70	Master Toledo 3 Culturas				27:07.16	11,00			
	50m:	48.52	48.52	450m:	8:06.98	55.28	850m:	15:27.75	54.74	1250m:	22:40.29	53.85
	100m:	1:42.77	54.25	500m:	9:02.28	55.30	900m:	16:22.26	54.51	1300m:	23:34.30	54.01
	150m:	2:38.09	55.32	550m:	9:57.39	55.11	950m:	17:16.48	54.22	1350m:	24:28.72	54.42
	200m:	3:32.57	54.48	600m:	10:52.49	55.10	1000m:	18:11.15	54.67	1400m:	25:22.74	54.02
	250m:	4:27.11	54.54	650m:	11:47.39	54.90	1050m:	19:05.65	54.50	1450m:	26:16.79	54.05
	300m:	5:22.00	54.89	700m:	12:42.91	55.52	1100m:	19:59.79	54.14	1500m:	27:07.16	50.37
	350m:	6:16.57	54.57	750m:	13:38.23	55.32	1150m:	20:53.49	53.70			
	400m:	7:11.70	55.13	800m:	14:33.01	54.78	1200m:	21:46.44	52.95			
7.	MARTINEZ PERAL, Carlos		73	Albacete Swim				27:15.32	-			
	50m:	51.82	51.82	450m:	8:04.83	54.95	850m:	15:22.43	54.45	1250m:	22:41.18	54.47
	100m:	1:44.78	52.96	500m:	8:59.15	54.32	900m:	16:17.75	55.32	1300m:	23:37.57	56.39
	150m:	2:38.95	54.17	550m:	9:53.41	54.26	950m:	17:11.30	53.55	1350m:	24:31.91	54.34
	200m:	3:32.25	53.30	600m:	10:47.46	54.05	1000m:	18:05.72	54.42	1400m:	25:28.93	57.02
	250m:	4:25.92	53.67	650m:	11:41.72	54.26	1050m:	19:00.48	54.76	1450m:	26:24.57	55.64
	300m:	5:19.83	53.91	700m:	12:37.66	55.94	1100m:	19:56.89	56.41	1500m:	27:15.32	50.75
	350m:	6:14.10	54.27	750m:	13:33.76	56.10	1150m:	20:52.58	55.69			
	400m:	7:09.88	55.78	800m:	14:27.98	54.22	1200m:	21:46.71	54.13			
8.	DEL RIO GORRIS, Carlos		74	Master Toledo 3 Culturas				27:33.08	-			
	50m:	49.82	49.82	450m:	8:12.72	56.37	850m:	15:33.49	55.41	1250m:	22:58.81	55.93
	100m:	1:42.80	52.98	500m:	9:07.44	54.72	900m:	16:28.41	54.92	1300m:	23:54.14	55.33
	150m:	2:37.03	54.23	550m:	10:01.93	54.49	950m:	17:23.68	55.27	1350m:	24:50.07	55.93
	200m:	3:33.03	56.00	600m:	10:57.18	55.25	1000m:	18:20.42	56.74	1400m:	25:46.74	56.67
	250m:	4:28.83	55.80	650m:	11:52.38	55.20	1050m:	19:16.08	55.66	1450m:	26:42.04	55.30
	300m:	5:24.75	55.92	700m:	12:48.54	56.16	1100m:	20:12.17	56.09	1500m:	27:33.08	51.04
	350m:	6:20.89	56.14	750m:	13:43.74	55.20	1150m:	21:08.26	56.09			
	400m:	7:16.35	55.46	800m:	14:38.08	54.34	1200m:	22:02.88	54.62			
9.	GONZÁLEZ SIMARRO, Oscar		73	Master Natacion Tomelloso				27:54.33	10,00			
	50m:	44.68	44.68	450m:	7:51.28	54.36	850m:	15:23.23	56.21	1250m:	23:05.90	58.06
	100m:	1:33.55	48.87	500m:	8:46.76	55.48	900m:	16:20.53	57.30	1300m:	24:04.28	58.38
	150m:	2:24.87	51.32	550m:	9:42.69	55.93	950m:	17:17.45	56.92	1350m:	25:00.50	56.22
	200m:	3:18.88	54.01	600m:	10:39.82	57.13	1000m:	18:15.67	58.22	1400m:	25:58.58	58.08
	250m:	4:12.55	53.67	650m:	11:36.76	56.94	1050m:	19:13.20	57.53	1450m:	26:57.59	59.01
	300m:	5:08.25	55.70	700m:	12:32.59	55.83	1100m:	20:11.12	57.92	1500m:	27:54.33	56.74
	350m:	6:02.38	54.13	750m:	13:29.82	57.23	1150m:	21:08.22	57.10			
	400m:	6:56.92	54.54	800m:	14:27.02	57.20	1200m:	22:07.84	59.62			

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre, 50+

Clasificación			AN			Tiempo	Pts					
10.	MARTINEZ, Luis José		70	Albacete Swim		29:18.68	-					
	50m:	51.37	51.37	450m:	8:41.77	59.19	850m:	16:34.64	59.48	1250m:	24:29.96	56.65
	100m:	1:49.53	58.16	500m:	9:41.96	1:00.19	900m:	17:33.59	58.95	1300m:	25:29.60	59.64
	150m:	2:48.53	59.00	550m:	10:40.60	58.64	950m:	18:34.18	1:00.59	1350m:	26:29.17	59.57
	200m:	3:47.53	59.00	600m:	11:38.28	57.68	1000m:	19:33.06	58.88	1400m:	27:29.17	1:00.00
	250m:	4:47.31	59.78	650m:	12:37.64	59.36	1050m:	20:32.69	59.63	1450m:	28:26.07	56.90
	300m:	5:46.25	58.94	700m:	13:36.40	58.76	1100m:	21:31.24	58.55	1500m:	29:18.68	52.61
	350m:	6:34.45	48.20	750m:	14:35.27	58.87	1150m:	22:31.04	59.80			
	400m:	7:42.58	1:08.13	800m:	15:35.16	59.89	1200m:	23:33.31	1:02.27			
11.	DE MESA BUIGUES, Jeronimo		72	C.N. Monteverde		31:18.29	-					
	50m:	50.40	50.40	450m:	8:56.83	1:02.65	850m:	17:27.94	1:04.60	1250m:	26:03.52	1:04.68
	100m:	1:47.44	57.04	500m:	10:00.43	1:03.60	900m:	18:32.33	1:04.39	1300m:	27:08.88	1:05.36
	150m:	2:46.09	58.65	550m:	11:03.20	1:02.77	950m:	19:36.46	1:04.13	1350m:	28:12.46	1:03.58
	200m:	3:46.65	1:00.56	600m:	12:06.06	1:02.86	1000m:	20:40.90	1:04.44	1400m:	29:16.27	1:03.81
	250m:	4:48.58	1:01.93	650m:	13:09.96	1:03.90	1050m:	21:45.08	1:04.18	1450m:	30:18.62	1:02.35
	300m:	5:50.71	1:02.13	700m:	14:13.53	1:03.57	1100m:	22:49.13	1:04.05	1500m:	31:18.29	59.67
	350m:	6:52.09	1:01.38	750m:	15:18.40	1:04.87	1150m:	23:53.69	1:04.56			
	400m:	7:54.18	1:02.09	800m:	16:23.34	1:04.94	1200m:	24:58.84	1:05.15			

55+

1.	ANDUJAR TENDERO, Esteban		69	C.N. Albacete		19:53.70	34,00	mm				
	50m:	38.09	38.09	450m:	5:56.75	40.11	850m:	11:15.86	40.14	1250m:	16:36.32	39.84
	100m:	1:16.87	38.78	500m:	6:37.21	40.46	900m:	11:56.05	40.19	1300m:	17:16.46	40.14
	150m:	1:56.07	39.20	550m:	7:17.22	40.01	950m:	12:36.34	40.29	1350m:	17:56.39	39.93
	200m:	2:35.93	39.86	600m:	7:56.82	39.60	1000m:	13:16.38	40.04	1400m:	18:36.85	40.46
	250m:	3:16.18	40.25	650m:	8:36.05	39.23	1050m:	13:56.84	40.46	1450m:	19:17.08	40.23
	300m:	3:56.64	40.46	700m:	9:15.96	39.91	1100m:	14:36.46	39.62	1500m:	19:53.70	36.62
	350m:	4:36.48	39.84	750m:	9:55.71	39.75	1150m:	15:16.60	40.14			
	400m:	5:16.64	40.16	800m:	10:35.72	40.01	1200m:	15:56.48	39.88			
2.	DOMINGUEZ ALCAZAR, Pedro Jesus		69	C.P.N. La Roda		22:39.40	16,00					
	50m:	41.93	41.93	450m:	6:38.22	45.66	850m:	12:43.89	44.82	1250m:	18:58.10	45.22
	100m:	1:24.79	42.86	500m:	7:24.05	45.83	900m:	13:29.06	45.17	1300m:	19:43.17	45.07
	150m:	2:08.67	43.88	550m:	8:10.08	46.03	950m:	14:13.99	44.93	1350m:	20:28.44	45.27
	200m:	2:52.75	44.08	600m:	8:55.53	45.45	1000m:	14:59.20	45.21	1400m:	21:13.62	45.18
	250m:	3:38.07	45.32	650m:	9:41.64	46.11	1050m:	15:59.32	1:00.12	1450m:	21:58.02	44.40
	300m:	4:22.90	44.83	700m:	10:27.68	46.04	1100m:	16:42.75	43.43	1500m:	22:39.40	41.38
	350m:	5:07.46	44.56	750m:	11:13.70	46.02	1150m:	17:26.88	44.13			
	400m:	5:52.56	45.10	800m:	11:59.07	45.37	1200m:	18:12.88	46.00			
3.	GÓMEZ LAGUNA, Antonio		69	Master Toledo 3 Culturas		23:55.78	14,00					
	50m:	43.88	43.88	450m:	7:05.91	47.78	850m:	13:30.40	47.75	1250m:	20:00.55	49.22
	100m:	1:32.51	48.63	500m:	7:53.72	47.81	900m:	14:18.48	48.08	1300m:	20:49.72	49.17
	150m:	2:19.49	46.98	550m:	8:41.86	48.14	950m:	15:06.53	48.05	1350m:	21:38.56	48.84
	200m:	3:07.25	47.76	600m:	9:30.05	48.19	1000m:	15:54.91	48.38	1400m:	22:25.54	46.98
	250m:	3:54.83	47.58	650m:	10:18.36	48.31	1050m:	16:43.98	49.07	1450m:	23:12.24	46.70
	300m:	4:42.48	47.65	700m:	11:06.63	48.27	1100m:	17:33.30	49.32	1500m:	23:55.78	43.54
	350m:	5:30.46	47.98	750m:	11:54.50	47.87	1150m:	18:22.97	49.67			
	400m:	6:18.13	47.67	800m:	12:42.65	48.15	1200m:	19:11.33	48.36			
4.	STEPHENSON, Samuel Heath		69	Master Toledo 3 Culturas		24:44.58	-					
	50m:	45.97	45.97	450m:	7:16.88	49.44	850m:	13:53.24	49.94	1250m:	20:38.01	51.23
	100m:	1:33.17	47.20	500m:	8:06.65	49.77	900m:	14:43.19	49.95	1300m:	21:27.71	49.70
	150m:	2:21.50	48.33	550m:	8:55.31	48.66	950m:	15:33.20	50.01	1350m:	22:18.80	51.09
	200m:	3:10.52	49.02	600m:	9:44.89	49.58	1000m:	16:23.59	50.39	1400m:	23:09.22	50.42
	250m:	3:59.53	49.01	650m:	10:34.16	49.27	1050m:	17:13.94	50.35	1450m:	23:58.77	49.55
	300m:	4:48.67	49.14	700m:	11:23.65	49.49	1100m:	18:05.13	51.19	1500m:	24:44.58	45.81
	350m:	5:37.28	48.61	750m:	12:13.87	50.22	1150m:	18:56.03	50.90			
	400m:	6:27.44	50.16	800m:	13:03.30	49.43	1200m:	19:46.78	50.75			

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre, 55+

Clasificación			AN					Tiempo	Pts			
5.	GONZALEZ HITA, Jose Maria		69	Albacete Swim				27:41.34	13,00			
	50m:	50.08	50.08	450m:	8:01.88	53.87	850m:	15:25.43	56.53	1250m:	23:00.32	58.06
	100m:	1:42.16	52.08	500m:	8:57.31	55.43	900m:	16:22.55	57.12	1300m:	23:57.95	57.63
	150m:	2:35.26	53.10	550m:	9:51.66	54.35	950m:	17:19.26	56.71	1350m:	24:54.96	57.01
	200m:	3:29.63	54.37	600m:	10:45.86	54.20	1000m:	18:15.81	56.55	1400m:	25:50.98	56.02
	250m:	4:23.32	53.69	650m:	11:40.87	55.01	1050m:	19:11.43	55.62	1450m:	26:48.72	57.74
	300m:	5:18.50	55.18	700m:	12:37.58	56.71	1100m:	20:09.29	57.86	1500m:	27:41.34	52.62
	350m:	6:12.66	54.16	750m:	13:33.26	55.68	1150m:	21:05.42	56.13			
	400m:	7:08.01	55.35	800m:	14:28.90	55.64	1200m:	22:02.26	56.84			
6.	DIAZ MERINO, Oscar		67	C.N. Valdepeñas				28:25.50	12,00			
	50m:	47.93	47.93	450m:	8:30.00	59.87	850m:	16:09.91	58.73	1250m:	23:55.03	1:02.68
	100m:	1:39.97	52.04	500m:	9:28.32	58.32	900m:	17:07.85	57.94	1300m:	24:51.96	56.93
	150m:	2:37.38	57.41	550m:	10:24.85	56.53	950m:	18:03.93	56.08	1350m:	25:46.01	54.05
	200m:	3:34.49	57.11	600m:	11:20.50	55.65	1000m:	19:00.32	56.39	1400m:	26:40.46	54.45
	250m:	4:33.46	58.97	650m:	12:17.73	57.23	1050m:	19:58.09	57.77	1450m:	27:33.84	53.38
	300m:	5:32.27	58.81	700m:	13:14.46	56.73	1100m:	20:56.28	58.19	1500m:	28:25.50	51.66
	350m:	6:31.98	59.71	750m:	14:12.81	58.35	1150m:	21:53.34	57.06			
	400m:	7:30.13	58.15	800m:	15:11.18	58.37	1200m:	22:52.35	59.01			
7.	SAEZ HONRUBIA, Antonio		67	C.N. Almansa				29:04.93	11,00			
	50m:	53.75	53.75	450m:	8:35.23	58.25	850m:	16:26.77	59.40	1250m:	24:17.15	59.03
	100m:	1:49.80	56.05	500m:	9:33.85	58.62	900m:	17:26.14	59.37	1300m:	25:15.85	58.70
	150m:	2:47.41	57.61	550m:	10:32.33	58.48	950m:	18:24.56	58.42	1350m:	26:14.24	58.39
	200m:	3:45.22	57.81	600m:	11:30.88	58.55	1000m:	19:23.85	59.29	1400m:	27:11.89	57.65
	250m:	4:43.25	58.03	650m:	12:29.43	58.55	1050m:	20:21.97	58.12	1450m:	28:09.59	57.70
	300m:	5:41.21	57.96	700m:	13:28.62	59.19	1100m:	21:20.33	58.36	1500m:	29:04.93	55.34
	350m:	6:38.94	57.73	750m:	14:28.35	59.73	1150m:	22:19.15	58.82			
	400m:	7:36.98	58.04	800m:	15:27.37	59.02	1200m:	23:18.12	58.97			
8.	GOMEZ-BIEDMA GUTIERREZ, Simon		67	C.N. Almansa				31:35.37	-			
	50m:	54.76	54.76	450m:	9:13.74	1:04.44	850m:	17:49.98	1:04.55	1250m:	26:19.98	1:02.49
	100m:	1:52.89	58.13	500m:	10:17.96	1:04.22	900m:	18:55.10	1:05.12	1300m:	27:23.13	1:03.15
	150m:	2:52.70	59.81	550m:	11:22.75	1:04.79	950m:	19:59.28	1:04.18	1350m:	28:27.05	1:03.92
	200m:	3:54.69	1:01.99	600m:	12:27.23	1:04.48	1000m:	21:03.24	1:03.96	1400m:	29:30.68	1:03.63
	250m:	4:57.39	1:02.70	650m:	13:31.61	1:04.38	1050m:	22:07.09	1:03.85	1450m:	30:33.41	1:02.73
	300m:	6:00.33	1:02.94	700m:	14:36.34	1:04.73	1100m:	23:10.59	1:03.50	1500m:	31:35.37	1:01.96
	350m:	7:04.53	1:04.20	750m:	15:40.63	1:04.29	1150m:	24:14.28	1:03.69			
	400m:	8:09.30	1:04.77	800m:	16:45.43	1:04.80	1200m:	25:17.49	1:03.21			

60+

1.	LUESO SORDO, Francisco		61	C.P.N. La Roda				23:00.46	19,00			
	50m:	47.99	47.99	450m:	6:55.98	45.61	850m:	13:04.95	46.73	1250m:	19:12.58	45.63
	100m:	1:33.49	45.50	500m:	7:42.05	46.07	900m:	13:51.32	46.37	1300m:	19:58.18	45.60
	150m:	2:18.80	45.31	550m:	8:28.52	46.47	950m:	14:37.22	45.90	1350m:	20:44.14	45.96
	200m:	3:04.81	46.01	600m:	9:14.57	46.05	1000m:	15:23.46	46.24	1400m:	21:30.52	46.38
	250m:	3:50.83	46.02	650m:	10:00.27	45.70	1050m:	16:09.65	46.19	1450m:	22:17.24	46.72
	300m:	4:37.28	46.45	700m:	10:46.14	45.87	1100m:	16:55.19	45.54	1500m:	23:00.46	43.22
	350m:	5:24.32	47.04	750m:	11:32.48	46.34	1150m:	17:41.23	46.04			
	400m:	6:10.37	46.05	800m:	12:18.22	45.74	1200m:	18:26.95	45.72			
2.	RODRIGUEZ CASTEDO, Alexis		62	Cn Master Torrijos				23:13.12	16,00			
	50m:	43.52	43.52	450m:	6:52.69	46.38	850m:	13:04.11	46.95	1250m:	19:22.51	47.83
	100m:	1:29.00	45.48	500m:	7:38.80	46.11	900m:	13:50.94	46.83	1300m:	20:09.87	47.36
	150m:	2:15.77	46.77	550m:	8:24.65	45.85	950m:	14:37.97	47.03	1350m:	20:56.93	47.06
	200m:	3:02.10	46.33	600m:	9:10.87	46.22	1000m:	15:25.04	47.07	1400m:	21:44.28	47.35
	250m:	3:48.13	46.03	650m:	9:57.11	46.24	1050m:	16:12.51	47.47	1450m:	22:30.99	46.71
	300m:	4:34.43	46.30	700m:	10:43.95	46.84	1100m:	16:59.89	47.38	1500m:	23:13.12	42.13
	350m:	5:20.32	45.89	750m:	11:30.90	46.95	1150m:	17:47.32	47.43			
	400m:	6:06.31	45.99	800m:	12:17.16	46.26	1200m:	18:34.68	47.36			

Comprometidos con la natación para toda la vida

Prueba 1, Masc., 1500m Libre, 60+

Clasificación			AN					Tiempo	Pts			
3.	GONZÁLEZ NOVILLO, Alejandro		64	Master Natacion Tomelloso				24:17.72	14,00			
	50m:	44.48	44.48	450m:	7:16.28	48.51	850m:	13:49.86	49.25	1250m:	20:20.39	48.63
	100m:	1:32.48	48.00	500m:	8:05.81	49.53	900m:	14:38.33	48.47	1300m:	21:09.52	49.13
	150m:	2:21.50	49.02	550m:	8:55.08	49.27	950m:	15:29.67	51.34	1350m:	21:57.11	47.59
	200m:	3:10.18	48.68	600m:	9:43.67	48.59	1000m:	16:15.94	46.27	1400m:	22:45.85	48.74
	250m:	4:00.34	50.16	650m:	10:33.00	49.33	1050m:	17:05.03	49.09	1450m:	23:33.02	47.17
	300m:	4:49.40	49.06	700m:	11:22.11	49.11	1100m:	17:53.93	48.90	1500m:	24:17.72	44.70
	350m:	5:38.53	49.13	750m:	12:10.88	48.77	1150m:	18:42.82	48.89			
	400m:	6:27.77	49.24	800m:	13:00.61	49.73	1200m:	19:31.76	48.94			
4.	GARCÍA GARCÍA, José Julián		61	C.N. Valdepeñas				32:56.96	13,00			
	50m:	52.95	52.95	450m:	9:34.87	1:05.80	850m:	18:29.09	1:07.31	1250m:	27:24.13	1:07.26
	100m:	1:53.98	1:01.03	500m:	10:41.42	1:06.55	900m:	19:35.64	1:06.55	1300m:	28:32.29	1:08.16
	150m:	2:57.12	1:03.14	550m:	11:48.87	1:07.45	950m:	20:42.27	1:06.63	1350m:	29:38.28	1:05.99
	200m:	4:03.56	1:06.44	600m:	12:54.97	1:06.10	1000m:	21:49.65	1:07.38	1400m:	30:46.09	1:07.81
	250m:	5:10.04	1:06.48	650m:	14:00.18	1:05.21	1050m:	22:57.34	1:07.69	1450m:	31:54.15	1:08.06
	300m:	6:16.90	1:06.86	700m:	15:06.88	1:06.70	1100m:	24:04.15	1:06.81	1500m:	32:56.96	1:02.81
	350m:	7:22.70	1:05.80	750m:	16:14.40	1:07.52	1150m:	25:10.59	1:06.44			
	400m:	8:29.07	1:06.37	800m:	17:21.78	1:07.38	1200m:	26:16.87	1:06.28			

65+

1.	EDELMAN, Arnoldo		56	Albacete Swim				25:36.20	19,00			
	50m:	45.85	45.85	450m:	7:19.94	49.63	850m:	14:05.21	52.04	1250m:	21:10.60	53.75
	100m:	1:33.04	47.19	500m:	8:09.04	49.10	900m:	14:58.67	53.46	1300m:	22:04.60	54.00
	150m:	2:21.20	48.16	550m:	8:59.58	50.54	950m:	15:52.12	53.45	1350m:	22:58.07	53.47
	200m:	3:10.76	49.56	600m:	9:49.68	50.10	1000m:	16:44.76	52.64	1400m:	23:51.63	53.56
	250m:	4:00.53	49.77	650m:	10:40.42	50.74	1050m:	17:37.15	52.39	1450m:	24:45.13	53.50
	300m:	4:50.51	49.98	700m:	11:30.89	50.47	1100m:	18:29.96	52.81	1500m:	25:36.20	51.07
	350m:	5:40.90	50.39	750m:	12:21.05	50.16	1150m:	19:23.00	53.04			
	400m:	6:30.31	49.41	800m:	13:13.17	52.12	1200m:	20:16.85	53.85			
2.	MARQUES DEL POZO, Antonio		56	C.N. Monteverde				25:47.71	16,00			
	50m:	43.72	43.72	450m:	7:38.12	52.32	850m:	14:32.41	51.36	1250m:	21:28.64	52.24
	100m:	1:32.25	48.53	500m:	8:30.22	52.10	900m:	15:23.50	51.09	1300m:	22:20.59	51.95
	150m:	2:24.79	52.54	550m:	9:21.47	51.25	950m:	16:15.23	51.73	1350m:	23:13.19	52.60
	200m:	3:15.72	50.93	600m:	10:13.40	51.93	1000m:	17:07.47	52.24	1400m:	24:05.81	52.62
	250m:	4:07.88	52.16	650m:	11:05.14	51.74	1050m:	17:58.93	51.46	1450m:	24:58.36	52.55
	300m:	5:00.74	52.86	700m:	11:57.29	52.15	1100m:	18:51.04	52.11	1500m:	25:47.71	49.35
	350m:	5:53.35	52.61	750m:	12:48.84	51.55	1150m:	19:44.03	52.99			
	400m:	6:45.80	52.45	800m:	13:41.05	52.21	1200m:	20:36.40	52.37			
3.	PINA MORENO, Ricardo		57	Cn Master Torrijos				28:09.02	14,00			
	50m:	49.11	49.11	450m:	8:06.55	55.76	850m:	15:39.73	56.66	1250m:	23:18.84	57.95
	100m:	1:41.31	52.20	500m:	9:02.00	55.45	900m:	16:36.29	56.56	1300m:	24:17.42	58.58
	150m:	2:34.56	53.25	550m:	9:58.28	56.28	950m:	17:33.71	57.42	1350m:	25:16.32	58.90
	200m:	3:28.23	53.67	600m:	10:55.29	57.01	1000m:	18:30.23	56.52	1400m:	26:14.79	58.47
	250m:	4:24.44	56.21	650m:	11:52.06	56.77	1050m:	19:27.66	57.43	1450m:	27:12.97	58.18
	300m:	5:19.85	55.41	700m:	12:48.99	56.93	1100m:	20:25.42	57.76	1500m:	28:09.02	56.05
	350m:	6:14.75	54.90	750m:	13:45.81	56.82	1150m:	21:23.04	57.62			
	400m:	7:10.79	56.04	800m:	14:43.07	57.26	1200m:	22:20.89	57.85			
4.	LOPEZ ALMARCHA, Alfonso		58	C.D. Escuela Nadadores Tomelloso				35:08.37	13,00			
	50m:	56.86	56.86	450m:	10:00.27	1:10.63	850m:	19:29.46	1:10.34	1250m:	29:11.17	1:14.52
	100m:	1:54.74	57.88	500m:	11:11.20	1:10.93	900m:	20:41.46	1:12.00	1300m:	30:24.92	1:13.75
	150m:	3:01.94	1:07.20	550m:	12:23.33	1:12.13	950m:	21:53.69	1:12.23	1350m:	31:37.89	1:12.97
	200m:	4:08.29	1:06.35	600m:	13:32.98	1:09.65	1000m:	23:06.69	1:13.00	1400m:	32:49.97	1:12.08
	250m:	5:16.75	1:08.46	650m:	14:44.29	1:11.31	1050m:	24:16.90	1:10.21	1450m:	33:59.72	1:09.75
	300m:	6:27.69	1:10.94	700m:	15:56.42	1:12.13	1100m:	25:29.09	1:12.19	1500m:	35:08.37	1:08.65
	350m:	7:37.49	1:09.80	750m:	17:07.87	1:11.45	1150m:	26:44.24	1:15.15			
	400m:	8:49.64	1:12.15	800m:	18:19.12	1:11.25	1200m:	27:56.65	1:12.41			

Comprometidos con la natación para toda la vida

Prueba 2	Fem., 1500m Libre			20 - 89 años
20/01/2024				Resultados
R 65+	33:14.81	, MARIA PILAR FERNANDEZ-TORIJA G	Toledo	06/03/2021
R 60+	30:43.74	, MARIA ISABEL FERNANDEZ FERNAND	Toledo	16/11/2019
R 55+	23:16.14	, MARIA JOSE TORRES PELAYO	VALLADOLID	15/05/2021
R 50+	23:16.71	, LUCIA VECINA SANCHEZ	Cuenca	19/03/2022
R 45+	18:51.01	, REBECA SANTOS ARRIAGA	Cuenca	19/03/2022
R 40+	19:46.01	, SORAYA PEREZ GALLINA	Toledo	16/11/2019
R 35+	19:32.78	, PEREZ GALLINA SORAYA	ALBACETE	27/11/2015
R 30+	22:01.50	, MARIETA MARTINEZ ACACIO MONEDE	Toledo	16/11/2019
R 25+	19:14.89	, ORTEGA DE MIGUEL MARIA	ALBACETE	19/11/2016
R 20+	19:17.03	, GONZALEZ MEGIA PATRICIA	ALBACETE	19/11/2016

Clasificación AN Tiempo Pts

20+

1. TORREJON SANCHEZ, Lucia	03	Cn Ugena	23:06.80	19,00
50m: 42.36 42.36	450m: 6:44.75 46.56	850m: 13:00.20 47.95	1250m: 19:18.87 47.03	
100m: 1:25.45 43.09	500m: 7:30.84 46.09	900m: 13:47.90 47.70	1300m: 20:05.08 46.21	
150m: 2:09.44 43.99	550m: 8:16.72 45.88	950m: 14:35.91 48.01	1350m: 20:51.32 46.24	
200m: 2:54.48 45.04	600m: 9:03.15 46.43	1000m: 15:23.37 47.46	1400m: 21:37.78 46.46	
250m: 3:40.43 45.95	650m: 9:49.98 46.83	1050m: 16:11.63 48.26	1450m: 22:23.61 45.83	
300m: 4:25.91 45.48	700m: 10:37.29 47.31	1100m: 16:59.15 47.52	1500m: 23:06.80 43.19	
350m: 5:12.01 46.10	750m: 11:24.94 47.65	1150m: 17:45.79 46.64		
400m: 5:58.19 46.18	800m: 12:12.25 47.31	1200m: 18:31.84 46.05		
2. GONZALEZ GALINDO, Raquel	01	C.N. Monteverde	23:28.57	16,00
50m: 40.39 40.39	450m: 6:47.31 47.07	850m: 13:12.50 48.19	1250m: 19:28.93 47.91	
100m: 1:23.42 43.03	500m: 7:34.10 46.79	900m: 14:00.76 48.26	1300m: 20:16.91 47.98	
150m: 2:07.99 44.57	550m: 8:22.29 48.19	950m: 14:48.30 47.54	1350m: 21:04.86 47.95	
200m: 2:53.91 45.92	600m: 9:10.37 48.08	1000m: 15:34.93 46.63	1400m: 21:52.97 48.11	
250m: 3:40.40 46.49	650m: 9:58.91 48.54	1050m: 16:21.28 46.35	1450m: 22:41.00 48.03	
300m: 4:26.86 46.46	700m: 10:47.35 48.44	1100m: 17:06.70 45.42	1500m: 23:28.57 47.57	
350m: 5:13.42 46.56	750m: 11:35.70 48.35	1150m: 17:53.39 46.69		
400m: 6:00.24 46.82	800m: 12:24.31 48.61	1200m: 18:41.02 47.63		
3. MARTIN CAMBRONERO, Alicia	02	C.N. Monteverde	26:06.94	-
50m: 44.83 44.83	450m: 7:27.27 51.63	850m: 14:33.99 53.80	1250m: 21:46.35 53.55	
100m: 1:33.02 48.19	500m: 8:19.10 51.83	900m: 15:27.17 53.18	1300m: 22:39.72 53.37	
150m: 2:22.53 49.51	550m: 9:11.43 52.33	950m: 16:21.70 54.53	1350m: 23:32.55 52.83	
200m: 3:12.74 50.21	600m: 10:04.58 53.15	1000m: 17:15.96 54.26	1400m: 24:26.25 53.70	
250m: 4:03.41 50.67	650m: 10:58.15 53.57	1050m: 18:09.47 53.51	1450m: 25:19.06 52.81	
300m: 4:53.79 50.38	700m: 11:52.15 54.00	1100m: 19:03.83 54.36	1500m: 26:06.94 47.88	
350m: 5:44.70 50.91	750m: 12:45.88 53.73	1150m: 19:58.84 55.01		
400m: 6:35.64 50.94	800m: 13:40.19 54.31	1200m: 20:52.80 53.96		

25+

1. BAEZ DIEGUEZ, Silvia	98	C.N. Monteverde	22:36.57	19,00
50m: 40.01 40.01	450m: 6:36.58 46.10	850m: 12:42.42 45.77	1250m: 18:49.80 45.26	
100m: 1:23.05 43.04	500m: 7:22.28 45.70	900m: 13:28.44 46.02	1300m: 19:35.94 46.14	
150m: 2:06.90 43.85	550m: 8:08.25 45.97	950m: 14:13.91 45.47	1350m: 20:21.38 45.44	
200m: 2:50.91 44.01	600m: 8:54.12 45.87	1000m: 14:59.75 45.84	1400m: 21:07.02 45.64	
250m: 3:35.36 44.45	650m: 9:39.76 45.64	1050m: 15:45.28 45.53	1450m: 21:52.58 45.56	
300m: 4:20.37 45.01	700m: 10:25.57 45.81	1100m: 16:31.81 46.53	1500m: 22:36.57 43.99	
350m: 5:05.56 45.19	750m: 11:11.06 45.49	1150m: 17:18.28 46.47		
400m: 5:50.48 44.92	800m: 11:56.65 45.59	1200m: 18:04.54 46.26		

Comprometidos con la natación para toda la vida

Prueba 2, Fem., 1500m Libre, 25+

Clasificación			AN				Tiempo		Pts			
2.	DÍAZ MOLINA, Paula		95		Cn Ugena		25:06.46		16,00			
	50m:	44.80	44.80	450m:	7:26.50	51.59	850m:	14:17.94	51.79	1250m:	21:02.29	49.61
	100m:	1:31.77	46.97	500m:	8:17.92	51.42	900m:	15:10.39	52.45	1300m:	21:52.26	49.97
	150m:	2:20.55	48.78	550m:	9:09.56	51.64	950m:	16:01.71	51.32	1350m:	22:42.85	50.59
	200m:	3:11.18	50.63	600m:	10:01.45	51.89	1000m:	16:52.51	50.80	1400m:	23:31.75	48.90
	250m:	4:01.82	50.64	650m:	10:52.90	51.45	1050m:	17:43.11	50.60	1450m:	24:19.99	48.24
	300m:	4:52.65	50.83	700m:	11:43.75	50.85	1100m:	18:33.09	49.98	1500m:	25:06.46	46.47
	350m:	5:43.12	50.47	750m:	12:34.84	51.09	1150m:	19:22.59	49.50			
	400m:	6:34.91	51.79	800m:	13:26.15	51.31	1200m:	20:12.68	50.09			
30+												
1.	REDONDO MARTIN, Samantha		93		C.N. Monteverde		19:30.07		29,00	mm		
	50m:	34.84	34.84	450m:	5:44.92	39.91	850m:	11:02.84	39.41	1250m:	16:16.88	39.12
	100m:	1:11.59	36.75	500m:	6:24.74	39.82	900m:	11:41.82	38.98	1300m:	16:55.91	39.03
	150m:	1:49.41	37.82	550m:	7:04.63	39.89	950m:	12:21.58	39.76	1350m:	17:34.62	38.71
	200m:	2:27.65	38.24	600m:	7:44.11	39.48	1000m:	13:00.91	39.33	1400m:	18:13.94	39.32
	250m:	3:06.27	38.62	650m:	8:24.01	39.90	1050m:	13:40.30	39.39	1450m:	18:52.34	38.40
	300m:	3:45.73	39.46	700m:	9:04.16	40.15	1100m:	14:19.58	39.28	1500m:	19:30.07	37.73
	350m:	4:25.19	39.46	750m:	9:43.97	39.81	1150m:	14:58.64	39.06			
	400m:	5:05.01	39.82	800m:	10:23.43	39.46	1200m:	15:37.76	39.12			
2.	GONZALEZ MORALES, Natalia		94		C.N. Valdepeñas		28:31.27		16,00			
	50m:	42.87	42.87	450m:	7:50.95	56.26	850m:	15:34.95	58.75	1250m:	23:35.93	1:00.50
	100m:	1:29.73	46.86	500m:	8:49.08	58.13	900m:	16:35.32	1:00.37	1300m:	24:35.85	59.92
	150m:	2:20.14	50.41	550m:	9:45.16	56.08	950m:	17:36.23	1:00.91	1350m:	25:36.24	1:00.39
	200m:	3:12.05	51.91	600m:	10:43.69	58.53	1000m:	18:36.57	1:00.34	1400m:	26:35.41	59.17
	250m:	4:06.03	53.98	650m:	11:41.80	58.11	1050m:	19:36.25	59.68	1450m:	27:34.98	59.57
	300m:	5:01.19	55.16	700m:	12:40.55	58.75	1100m:	20:36.68	1:00.43	1500m:	28:31.27	56.29
	350m:	5:57.07	55.88	750m:	13:38.78	58.23	1150m:	21:36.30	59.62			
	400m:	6:54.69	57.62	800m:	14:36.20	57.42	1200m:	22:35.43	59.13			
35+												
1.	GARCIA JURADO-SALMERON, Leyre		87		Albacete Swim		22:21.25		19,00			
	50m:	40.87	40.87	450m:	6:38.44	44.92	850m:	12:39.15	45.39	1250m:	18:41.24	45.28
	100m:	1:23.98	43.11	500m:	7:23.77	45.33	900m:	13:24.39	45.24	1300m:	19:26.62	45.38
	150m:	2:08.15	44.17	550m:	8:08.56	44.79	950m:	14:09.74	45.35	1350m:	20:11.01	44.39
	200m:	2:53.21	45.06	600m:	8:53.69	45.13	1000m:	14:54.87	45.13	1400m:	20:55.53	44.52
	250m:	3:38.76	45.55	650m:	9:39.06	45.37	1050m:	15:40.04	45.17	1450m:	21:39.83	44.30
	300m:	4:23.80	45.04	700m:	10:23.53	44.47	1100m:	16:24.84	44.80	1500m:	22:21.25	41.42
	350m:	5:08.37	44.57	750m:	11:08.51	44.98	1150m:	17:10.07	45.23			
	400m:	5:53.52	45.15	800m:	11:53.76	45.25	1200m:	17:55.96	45.89			
2.	RUBIO PALOMARES, Helena		85		E.C. Ciudad De Talavera		22:21.32		16,00			
	50m:	40.80	40.80	450m:	6:38.11	45.37	850m:	12:42.19	45.43	1250m:	18:42.58	45.26
	100m:	1:22.79	41.99	500m:	7:23.51	45.40	900m:	13:27.49	45.30	1300m:	19:28.10	45.52
	150m:	2:06.76	43.97	550m:	8:08.76	45.25	950m:	14:12.37	44.88	1350m:	20:12.93	44.83
	200m:	2:51.31	44.55	600m:	8:53.89	45.13	1000m:	14:57.33	44.96	1400m:	20:57.21	44.28
	250m:	3:36.46	45.15	650m:	9:39.88	45.99	1050m:	15:42.09	44.76	1450m:	21:40.37	43.16
	300m:	4:21.70	45.24	700m:	10:25.77	45.89	1100m:	16:27.01	44.92	1500m:	22:21.32	40.95
	350m:	5:07.32	45.62	750m:	11:11.16	45.39	1150m:	17:11.99	44.98			
	400m:	5:52.74	45.42	800m:	11:56.76	45.60	1200m:	17:57.32	45.33			
3.	GALLEGO NOVILLO, Laura		87		Master Natacion Tomelloso		23:23.83		14,00			
	50m:	42.33	42.33	450m:	6:57.94	47.53	850m:	13:16.41	46.95	1250m:	19:32.80	46.82
	100m:	1:26.82	44.49	500m:	7:45.38	47.44	900m:	14:03.03	46.62	1300m:	20:19.17	46.37
	150m:	2:12.27	45.45	550m:	8:32.81	47.43	950m:	14:49.74	46.71	1350m:	21:05.66	46.49
	200m:	2:59.16	46.89	600m:	9:19.89	47.08	1000m:	15:36.73	46.99	1400m:	21:52.32	46.66
	250m:	3:46.97	47.81	650m:	10:07.52	47.63	1050m:	16:24.07	47.34	1450m:	22:38.71	46.39
	300m:	4:34.72	47.75	700m:	10:55.34	47.82	1100m:	17:11.42	47.35	1500m:	23:23.83	45.12
	350m:	5:22.20	47.48	750m:	11:42.46	47.12	1150m:	17:58.74	47.32			
	400m:	6:10.41	48.21	800m:	12:29.46	47.00	1200m:	18:45.98	47.24			

Comprometidos con la natación para toda la vida

Prueba 2, Fem., 1500m Libre, 35+

Clasificación			AN							Tiempo	Pts	
4.	MARIN RUEDA, Melania		88	C.N. Albacete						23:32.48	13,00	
	50m:	40.33	40.33	450m:	6:56.56	46.39	850m:	13:18.69	48.24	1250m:	19:37.24	46.77
	100m:	1:26.04	45.71	500m:	7:43.88	47.32	900m:	14:06.48	47.79	1300m:	20:24.80	47.56
	150m:	2:12.62	46.58	550m:	8:30.85	46.97	950m:	14:53.70	47.22	1350m:	21:11.77	46.97
	200m:	3:00.01	47.39	600m:	9:18.60	47.75	1000m:	15:41.29	47.59	1400m:	21:59.02	47.25
	250m:	3:47.84	47.83	650m:	10:06.18	47.58	1050m:	16:29.28	47.99	1450m:	22:45.36	46.34
	300m:	4:35.56	47.72	700m:	10:54.33	48.15	1100m:	17:16.16	46.88	1500m:	23:32.48	47.12
	350m:	5:22.56	47.00	750m:	11:42.74	48.41	1150m:	18:03.35	47.19			
	400m:	6:10.17	47.61	800m:	12:30.45	47.71	1200m:	18:50.47	47.12			
5.	LOPEZ MERLOS, Marina		87	C.P.N. La Roda						31:21.31	12,00	
	50m:	50.82	50.82	450m:	9:05.28	1:03.20	850m:	17:42.76	1:04.98	1250m:	26:11.05	1:04.54
	100m:	1:46.36	55.54	500m:	10:10.38	1:05.10	900m:	18:47.52	1:04.76	1300m:	27:14.91	1:03.86
	150m:	2:46.61	1:00.25	550m:	11:14.75	1:04.37	950m:	19:51.39	1:03.87	1350m:	28:19.04	1:04.13
	200m:	3:48.15	1:01.54	600m:	12:19.04	1:04.29	1000m:	20:54.55	1:03.16	1400m:	29:21.77	1:02.73
	250m:	4:52.29	1:04.14	650m:	13:23.29	1:04.25	1050m:	21:56.76	1:02.21	1450m:	30:23.67	1:01.90
	300m:	5:55.37	1:03.08	700m:	14:27.66	1:04.37	1100m:	22:59.26	1:02.50	1500m:	31:21.31	57.64
	350m:	6:58.88	1:03.51	750m:	15:32.80	1:05.14	1150m:	24:02.49	1:03.23			
	400m:	8:02.08	1:03.20	800m:	16:37.78	1:04.98	1200m:	25:06.51	1:04.02			

40+

1.	SEGURA GÓMEZ, María		84	C.N. Cuenca						24:58.89	19,00	
	50m:	44.88	44.88	450m:	7:19.67	50.35	850m:	14:08.32	51.05	1250m:	20:53.65	50.75
	100m:	1:31.76	46.88	500m:	8:09.92	50.25	900m:	14:59.41	51.09	1300m:	21:43.98	50.33
	150m:	2:20.26	48.50	550m:	9:01.29	51.37	950m:	15:50.16	50.75	1350m:	22:33.88	49.90
	200m:	3:09.87	49.61	600m:	9:52.06	50.77	1000m:	16:40.98	50.82	1400m:	23:23.91	50.03
	250m:	3:59.51	49.64	650m:	10:43.01	50.95	1050m:	17:31.96	50.98	1450m:	24:13.24	49.33
	300m:	4:49.43	49.92	700m:	11:34.55	51.54	1100m:	18:23.06	51.10	1500m:	24:58.89	45.65
	350m:	5:39.10	49.67	750m:	12:25.75	51.20	1150m:	19:13.29	50.23			
	400m:	6:29.32	50.22	800m:	13:17.27	51.52	1200m:	20:02.90	49.61			
2.	ABAD SOTO, Veronica		80	Cn Ugena						27:42.77	16,00	
	50m:	49.72	49.72	450m:	8:04.49	56.62	850m:	15:35.88	57.74	1250m:	23:08.46	56.23
	100m:	1:40.76	51.04	500m:	8:59.75	55.26	900m:	16:32.62	56.74	1300m:	24:05.77	57.31
	150m:	2:35.11	54.35	550m:	9:55.40	55.65	950m:	17:29.23	56.61	1350m:	25:01.87	56.10
	200m:	3:29.34	54.23	600m:	10:51.28	55.88	1000m:	18:24.38	55.15	1400m:	25:57.70	55.83
	250m:	4:23.56	54.22	650m:	11:46.69	55.41	1050m:	19:20.54	56.16	1450m:	26:51.36	53.66
	300m:	5:17.56	54.00	700m:	12:44.68	57.99	1100m:	20:17.38	56.84	1500m:	27:42.77	51.41
	350m:	6:12.37	54.81	750m:	13:41.73	57.05	1150m:	21:14.69	57.31			
	400m:	7:07.87	55.50	800m:	14:38.14	56.41	1200m:	22:12.23	57.54			

45+

1.	ALEMAÑY MARTINEZ, Aurelia		76	Albacete Swim						24:20.74	19,00	
	50m:	42.87	42.87	450m:	7:12.30	47.84	850m:	13:44.73	48.60	1250m:	20:17.55	47.65
	100m:	1:29.97	47.10	500m:	8:02.26	49.96	900m:	14:34.39	49.66	1300m:	21:05.69	48.14
	150m:	2:19.40	49.43	550m:	8:51.73	49.47	950m:	15:24.43	50.04	1350m:	21:54.48	48.79
	200m:	3:07.61	48.21	600m:	9:40.52	48.79	1000m:	16:13.46	49.03	1400m:	22:43.97	49.49
	250m:	3:55.63	48.02	650m:	10:28.83	48.31	1050m:	17:01.89	48.43	1450m:	23:32.28	48.31
	300m:	4:45.71	50.08	700m:	11:19.01	50.18	1100m:	17:50.36	48.47	1500m:	24:20.74	48.46
	350m:	5:34.61	48.90	750m:	12:07.85	48.84	1150m:	18:40.93	50.57			
	400m:	6:24.46	49.85	800m:	12:56.13	48.28	1200m:	19:29.90	48.97			
2.	MARTINEZ GONZALEZ, Montserrat		75	Master Natacion Tomelloso						26:37.12	16,00	
	50m:	50.51	50.51	450m:	7:54.03	54.23	850m:	15:04.65	52.92	1250m:	22:12.32	53.62
	100m:	1:42.13	51.62	500m:	8:48.33	54.30	900m:	15:58.22	53.57	1300m:	23:06.73	54.41
	150m:	2:34.44	52.31	550m:	9:42.31	53.98	950m:	16:51.54	53.32	1350m:	23:59.97	53.24
	200m:	3:26.53	52.09	600m:	10:36.13	53.82	1000m:	17:45.12	53.58	1400m:	24:53.26	53.29
	250m:	4:18.87	52.34	650m:	11:29.82	53.69	1050m:	18:38.50	53.38	1450m:	25:46.00	52.74
	300m:	5:12.28	53.41	700m:	12:24.37	54.55	1100m:	19:32.00	53.50	1500m:	26:37.12	51.12
	350m:	6:05.95	53.67	750m:	13:18.05	53.68	1150m:	20:25.01	53.01			
	400m:	6:59.80	53.85	800m:	14:11.73	53.68	1200m:	21:18.70	53.69			

Comprometidos con la natación para toda la vida

Prueba 2, Fem., 1500m Libre, 45+

Clasificación			AN					Tiempo	Pts			
3.	LOPEZ LOPEZ, Laura		79	C.N. Almansa				28:01.58	14,00			
	50m:	49.84	49.84	450m:	8:09.69	56.47	850m:	15:49.34	57.20	1250m:	23:29.35	56.47
	100m:	1:41.31	51.47	500m:	9:07.34	57.65	900m:	16:46.44	57.10	1300m:	24:24.95	55.60
	150m:	2:34.19	52.88	550m:	10:05.41	58.07	950m:	17:44.75	58.31	1350m:	25:19.72	54.77
	200m:	3:28.20	54.01	600m:	11:03.39	57.98	1000m:	18:43.08	58.33	1400m:	26:14.83	55.11
	250m:	4:23.51	55.31	650m:	12:00.78	57.39	1050m:	19:40.87	57.79	1450m:	27:09.62	54.79
	300m:	5:19.72	56.21	700m:	12:57.99	57.21	1100m:	20:38.40	57.53	1500m:	28:01.58	51.96
	350m:	6:16.64	56.92	750m:	13:55.11	57.12	1150m:	21:36.03	57.63			
	400m:	7:13.22	56.58	800m:	14:52.14	57.03	1200m:	22:32.88	56.85			
4.	CUENCA SAEZ, M ^a Asuncion		75	C.N. Almansa				30:49.33	-			
	50m:	51.75	51.75	450m:	8:47.89	1:00.45	850m:	17:11.41	1:03.59	1250m:	25:32.21	1:03.31
	100m:	1:46.01	54.26	500m:	9:51.92	1:04.03	900m:	18:15.14	1:03.73	1300m:	26:33.34	1:01.13
	150m:	2:45.27	59.26	550m:	10:54.83	1:02.91	950m:	19:19.93	1:04.79	1350m:	27:37.04	1:03.70
	200m:	3:45.59	1:00.32	600m:	11:56.99	1:02.16	1000m:	20:20.74	1:00.81	1400m:	28:42.22	1:05.18
	250m:	4:45.72	1:00.13	650m:	12:59.15	1:02.16	1050m:	21:22.67	1:01.93	1450m:	29:44.91	1:02.69
	300m:	5:45.90	1:00.18	700m:	14:01.45	1:02.30	1100m:	22:26.55	1:03.88	1500m:	30:49.33	1:04.42
	350m:	6:47.71	1:01.81	750m:	15:04.69	1:03.24	1150m:	23:28.37	1:01.82			
	400m:	7:47.44	59.73	800m:	16:07.82	1:03.13	1200m:	24:28.90	1:00.53			
5.	GARCIA MEJIAS, Cristina		77	C.N. Monteverde				32:23.25	13,00			
	50m:	56.64	56.64	450m:	9:22.44	1:05.00	850m:	18:12.11	1:05.68	1250m:	27:01.39	1:04.41
	100m:	1:56.47	59.83	500m:	10:27.63	1:05.19	900m:	19:19.38	1:07.27	1300m:	28:06.67	1:05.28
	150m:	2:59.69	1:03.22	550m:	11:32.02	1:04.39	950m:	20:25.63	1:06.25	1350m:	29:12.09	1:05.42
	200m:	4:02.48	1:02.79	600m:	12:39.38	1:07.36	1000m:	21:31.08	1:05.45	1400m:	30:16.20	1:04.11
	250m:	5:05.40	1:02.92	650m:	13:45.05	1:05.67	1050m:	22:38.19	1:07.11	1450m:	31:21.97	1:05.77
	300m:	6:09.22	1:03.82	700m:	14:52.58	1:07.53	1100m:	23:43.00	1:04.81	1500m:	32:23.25	1:01.28
	350m:	7:13.38	1:04.16	750m:	16:00.23	1:07.65	1150m:	24:50.53	1:07.53			
	400m:	8:17.44	1:04.06	800m:	17:06.43	1:06.20	1200m:	25:56.98	1:06.45			
Baja	GARCÍA RODRÍGUEZ, Inmaculada		75	Master Natacion Tomelloso					-			
50+												
1.	DELGADO DE LA CASA, Monica		74	Albacete Swim				25:19.68	19,00			
	50m:	48.93	48.93	450m:	7:34.68	50.16	850m:	14:18.53	50.83	1250m:	21:07.23	49.05
	100m:	1:39.79	50.86	500m:	8:25.29	50.61	900m:	15:09.52	50.99	1300m:	21:58.12	50.89
	150m:	2:30.20	50.41	550m:	9:15.97	50.68	950m:	16:00.91	51.39	1350m:	22:49.01	50.89
	200m:	3:21.21	51.01	600m:	10:06.03	50.06	1000m:	16:51.95	51.04	1400m:	23:40.10	51.09
	250m:	4:12.31	51.10	650m:	10:56.29	50.26	1050m:	17:42.80	50.85	1450m:	24:30.82	50.72
	300m:	5:03.13	50.82	700m:	11:46.58	50.29	1100m:	18:34.43	51.63	1500m:	25:19.68	48.86
	350m:	5:54.25	51.12	750m:	12:36.77	50.19	1150m:	19:25.74	51.31			
	400m:	6:44.52	50.27	800m:	13:27.70	50.93	1200m:	20:18.18	52.44			
2.	LEAL SCASSO, Eva		71	C.N. Albacete				25:41.08	16,00			
	50m:	45.14	45.14	450m:	7:35.09	51.63	850m:	14:27.90	52.12	1250m:	21:22.32	51.69
	100m:	1:33.95	48.81	500m:	8:26.44	51.35	900m:	15:19.88	51.98	1300m:	22:13.99	51.67
	150m:	2:24.77	50.82	550m:	9:18.29	51.85	950m:	16:11.94	52.06	1350m:	23:05.84	51.85
	200m:	3:16.47	51.70	600m:	10:09.34	51.05	1000m:	17:03.49	51.55	1400m:	23:57.53	51.69
	250m:	4:08.26	51.79	650m:	11:01.18	51.84	1050m:	17:55.28	51.79	1450m:	24:49.75	52.22
	300m:	4:58.91	50.65	700m:	11:51.85	50.67	1100m:	18:46.53	51.25	1500m:	25:41.08	51.33
	350m:	5:51.41	52.50	750m:	12:43.89	52.04	1150m:	19:38.14	51.61			
	400m:	6:43.46	52.05	800m:	13:35.78	51.89	1200m:	20:30.63	52.49			
3.	DELGADO MOYA, Begoña		72	C.N. Valdepeñas				27:05.38	14,00			
	50m:	45.11	45.11	450m:	7:39.52	54.32	850m:	15:00.52	54.82	1250m:	22:27.86	56.30
	100m:	1:32.19	47.08	500m:	8:33.83	54.31	900m:	15:56.93	56.41	1300m:	23:24.22	56.36
	150m:	2:21.27	49.08	550m:	9:28.91	55.08	950m:	16:53.32	56.39	1350m:	24:19.25	55.03
	200m:	3:11.08	49.81	600m:	10:23.87	54.96	1000m:	17:48.67	55.35	1400m:	25:15.13	55.88
	250m:	4:02.95	51.87	650m:	11:19.05	55.18	1050m:	18:43.80	55.13	1450m:	26:10.60	55.47
	300m:	4:56.62	53.67	700m:	12:14.84	55.79	1100m:	19:40.29	56.49	1500m:	27:05.38	54.78
	350m:	5:50.15	53.53	750m:	13:10.19	55.35	1150m:	20:35.77	55.48			
	400m:	6:45.20	55.05	800m:	14:05.70	55.51	1200m:	21:31.56	55.79			

Comprometidos con la natación para toda la vida

Prueba 2, Fem., 1500m Libre, 50+

Clasificación			AN					Tiempo	Pts
4.	ALCOBENDAS MAESTRO, Mónica		72	Master Toledo 3 Culturas				29:27.18	13,00
	50m:	49.82	49.82	450m:	8:34.79	58.87	850m:	16:29.66	59.90
	100m:	1:44.29	54.47	500m:	9:34.40	59.61	900m:	17:29.60	59.94
	150m:	2:40.47	56.18	550m:	10:33.36	58.96	950m:	18:29.29	59.69
	200m:	3:38.71	58.24	600m:	11:32.71	59.35	1000m:	19:29.62	1:00.33
	250m:	4:38.08	59.37	650m:	12:32.36	59.65	1050m:	20:28.65	59.03
	300m:	5:37.18	59.10	700m:	13:31.40	59.04	1100m:	21:27.85	59.20
	350m:	6:36.80	59.62	750m:	14:30.37	58.97	1150m:	22:28.42	1:00.57
	400m:	7:35.92	59.12	800m:	15:29.76	59.39	1200m:	23:28.70	1:00.28
5.	DUEÑAS RUIZ, Ines		72	Master Natacion Tomelloso				29:54.30	12,00
	50m:	53.17	53.17	450m:	8:50.27	1:01.61	850m:	16:54.40	1:01.06
	100m:	1:50.26	57.09	500m:	9:49.47	59.20	900m:	17:54.33	59.93
	150m:	2:48.31	58.05	550m:	10:50.23	1:00.76	950m:	18:54.70	1:00.37
	200m:	3:47.85	59.54	600m:	11:50.38	1:00.15	1000m:	19:55.14	1:00.44
	250m:	4:47.32	59.47	650m:	12:51.47	1:01.09	1050m:	20:53.79	58.65
	300m:	5:45.01	57.69	700m:	13:51.75	1:00.28	1100m:	21:55.93	1:02.14
	350m:	6:48.26	1:03.25	750m:	14:52.93	1:01.18	1150m:	22:55.32	59.39
	400m:	7:48.66	1:00.40	800m:	15:53.34	1:00.41	1200m:	23:54.47	59.15
6.	GONZALEZ BALLESTEROS, Myriam		72	C.N. Monteverde				34:31.22	11,00
	50m:	58.18	58.18	450m:	10:03.46	1:09.49	850m:	19:15.01	1:11.63
	100m:	2:02.46	1:04.28	500m:	11:09.88	1:06.42	900m:	20:25.31	1:10.30
	150m:	3:10.46	1:08.00	550m:	12:17.31	1:07.43	950m:	21:37.40	1:12.09
	200m:	4:18.16	1:07.70	600m:	13:23.51	1:06.20	1000m:	22:47.32	1:09.92
	250m:	5:27.13	1:08.97	650m:	14:33.21	1:09.70	1050m:	23:55.53	1:08.21
	300m:	6:36.29	1:09.16	700m:	15:43.97	1:10.76	1100m:	25:05.90	1:10.37
	350m:	7:45.46	1:09.17	750m:	16:54.72	1:10.75	1150m:	26:14.09	1:08.19
	400m:	8:53.97	1:08.51	800m:	18:03.38	1:08.66	1200m:	27:26.11	1:12.02
7.	GALLEGO SANTOS OLMO, Maria Elena		73	C.D. Escuela Nadadores Tomelloso				35:52.08	10,00
	50m:	1:03.93	1:03.93	450m:	10:22.92	1:11.89	850m:	20:00.31	1:13.97
	100m:	2:12.45	1:08.52	500m:	11:34.80	1:11.88	900m:	21:12.77	1:12.46
	150m:	3:22.82	1:10.37	550m:	12:46.06	1:11.26	950m:	22:25.48	1:12.71
	200m:	4:32.88	1:10.06	600m:	13:58.34	1:12.28	1000m:	23:40.37	1:14.89
	250m:	5:40.39	1:07.51	650m:	15:10.65	1:12.31	1050m:	24:52.95	1:12.58
	300m:	6:50.25	1:09.86	700m:	16:22.05	1:11.40	1100m:	26:06.75	1:13.80
	350m:	7:59.96	1:09.71	750m:	17:32.59	1:10.54	1150m:	27:20.15	1:13.40
	400m:	9:11.03	1:11.07	800m:	18:46.34	1:13.75	1200m:	28:34.27	1:14.12

55+

1.	LOPEZ VILLALBA, Conchi		68	C.N. Almansa				28:56.02	19,00
	50m:	52.56	52.56	450m:	8:27.70	58.42	850m:	16:13.54	58.80
	100m:	1:47.73	55.17	500m:	9:25.71	58.01	900m:	17:13.17	59.63
	150m:	2:43.93	56.20	550m:	10:23.82	58.11	950m:	18:12.75	59.58
	200m:	3:39.98	56.05	600m:	11:22.28	58.46	1000m:	19:11.88	59.13
	250m:	4:36.71	56.73	650m:	12:19.48	57.20	1050m:	20:11.16	59.28
	300m:	5:33.66	56.95	700m:	13:17.84	58.36	1100m:	21:10.21	59.05
	350m:	6:31.09	57.43	750m:	14:15.87	58.03	1150m:	22:11.06	1:00.85
	400m:	7:29.28	58.19	800m:	15:14.74	58.87	1200m:	23:12.04	1:00.98
2.	VEGA AMAYA, Alicia Gloria		67	C.N. Monteverde				30:07.50	16,00
	50m:	55.07	55.07	450m:	8:55.56	1:00.32	850m:	17:00.30	1:00.64
	100m:	1:52.97	57.90	500m:	9:56.07	1:00.51	900m:	18:01.71	1:01.41
	150m:	2:53.25	1:00.28	550m:	10:55.76	59.69	950m:	19:01.83	1:00.12
	200m:	3:53.74	1:00.49	600m:	11:55.98	1:00.22	1000m:	20:02.53	1:00.70
	250m:	4:53.33	59.59	650m:	12:56.32	1:00.34	1050m:	21:02.78	1:00.25
	300m:	5:53.81	1:00.48	700m:	13:57.24	1:00.92	1100m:	22:03.80	1:01.02
	350m:	6:54.51	1:00.70	750m:	14:58.13	1:00.89	1150m:	23:05.44	1:01.64
	400m:	7:55.24	1:00.73	800m:	15:59.66	1:01.53	1200m:	24:05.91	1:00.47

Comprometidos con la natación para toda la vida

Prueba 2, Fem., 1500m Libre

60+

1.	TORRES PELAYO, Maria Jose	64	E.C. Ciudad De Talavera	23:17.22	49,00	mm
	50m: 44.29	44.29	450m: 6:56.06	46.50	850m: 13:09.11	46.29
	100m: 1:29.54	45.25	500m: 7:42.52	46.46	900m: 13:55.47	46.36
	150m: 2:16.11	46.57	550m: 8:29.31	46.79	950m: 14:41.95	46.48
	200m: 3:02.87	46.76	600m: 9:15.92	46.61	1000m: 15:29.00	47.05
	250m: 3:49.16	46.29	650m: 10:02.54	46.62	1050m: 16:15.74	46.74
	300m: 4:36.21	47.05	700m: 10:49.38	46.84	1100m: 17:03.15	47.41
	350m: 5:23.04	46.83	750m: 11:35.83	46.45	1150m: 17:50.00	46.85
	400m: 6:09.56	46.52	800m: 12:22.82	46.99	1200m: 18:36.47	46.47
2.	MARTINEZ DOMINGUEZ, Maria Jose	64	C.N. Almansa	27:05.87	36,00	
	50m: 49.91	49.91	450m: 8:00.72	54.71	850m: 15:16.26	54.03
	100m: 1:41.66	51.75	500m: 8:54.77	54.05	900m: 16:11.22	54.96
	150m: 2:34.68	53.02	550m: 9:49.97	55.20	950m: 17:04.91	53.69
	200m: 3:28.15	53.47	600m: 10:43.91	53.94	1000m: 17:59.16	54.25
	250m: 4:22.48	54.33	650m: 11:38.59	54.68	1050m: 18:54.20	55.04
	300m: 5:16.76	54.28	700m: 12:33.17	54.58	1100m: 19:48.94	54.74
	350m: 6:11.52	54.76	750m: 13:27.62	54.45	1150m: 20:44.18	55.24
	400m: 7:06.01	54.49	800m: 14:22.23	54.61	1200m: 21:38.71	54.53
3.	VEGA BARROSO, Maria Del Carmen	60	C.N. Monteverde	32:37.55	14,00	
	50m: 57.84	57.84	450m: 9:32.40	1:05.32	850m: 18:17.56	1:06.74
	100m: 1:59.91	1:02.07	500m: 10:38.16	1:05.76	900m: 19:23.54	1:05.98
	150m: 3:03.73	1:03.82	550m: 11:43.24	1:05.08	950m: 20:30.32	1:06.78
	200m: 4:08.10	1:04.37	600m: 12:49.17	1:05.93	1000m: 21:36.54	1:06.22
	250m: 5:11.84	1:03.74	650m: 13:53.93	1:04.76	1050m: 22:43.10	1:06.56
	300m: 6:16.80	1:04.96	700m: 15:00.07	1:06.14	1100m: 23:48.58	1:05.48
	350m: 7:21.87	1:05.07	750m: 16:05.91	1:05.84	1150m: 24:55.36	1:06.78
	400m: 8:27.08	1:05.21	800m: 17:10.82	1:04.91	1200m: 26:01.54	1:06.18
4.	SANTA-MARÍA BLANCO, María Fe	61	C.N. Valdepeñas	33:10.26	13,00	
	50m: 55.45	55.45	450m: 9:47.53	1:07.62	850m: 18:43.17	1:05.48
	100m: 1:58.34	1:02.89	500m: 10:53.98	1:06.45	900m: 19:48.82	1:05.65
	150m: 3:03.62	1:05.28	550m: 12:01.13	1:07.15	950m: 20:54.64	1:05.82
	200m: 4:10.08	1:06.46	600m: 13:07.31	1:06.18	1000m: 22:02.01	1:07.37
	250m: 5:17.68	1:07.60	650m: 14:14.77	1:07.46	1050m: 23:08.78	1:06.77
	300m: 6:24.83	1:07.15	700m: 15:22.67	1:07.90	1100m: 24:16.43	1:07.65
	350m: 7:32.85	1:08.02	750m: 16:31.04	1:08.37	1150m: 25:24.78	1:08.35
	400m: 8:39.91	1:07.06	800m: 17:37.69	1:06.65	1200m: 26:33.01	1:08.23

Prueba 3
21/01/2024

Masc., 800m Libre

20 - 89 años
Resultados

R 75+	14:23.81	, JOSE LUIS ESCOLAR FERNANDEZ AV	Cuenca	19/03/2022
R 70+	14:26.07	, JOSE LUIS ESCOLAR FERNANDEZ AV	Toledo	16/11/2019
R 65+	12:53.94	, ANTONIO MARQUES DEL POZO	VALLADOLID	16/05/2021
R 60+	11:38.68	, FRANCISCO LUESO SORDO	VALLADOLID	16/05/2021
R 55+	10:35.72	ANDUJAR TENDERO, Esteban 00470	Cuenca	20/01/2024
R 50+	9:49.18	, CESAR PEREIRA DEL PINO	Cuenca	11/03/2023
R 45+	9:23.69	, JAVIER MOLTO PRECIOSO	Cuenca	11/03/2023
R 40+	8:57.91	, MARTINEZ LUCAS FRANCISCO	ALBACETE	25/11/2018
R 35+	8:53.87	MARQUES VELASCO, Jaime 01554	Cuenca	20/01/2024
R 30+	8:29.10	, MARQUES VELASCO JAIME	PALMA DE MALLORCA	02/02/2017
R 25+	8:33.17	, MARQUES VELASCO JAIME	GIJON	30/01/2016
R 20+	8:50.46	, RODRÍGUEZ PÉREZ-CEJUELA ÁLVARO	PALMA DE MALLORCA	02/02/2017

Clasificación

AN

Tiempo

Pts

20+									Tiempo	Pts		
1. PEREZ SANCHEZ, Javier	02	C.N. Monteverde									8:46.59	24,00 mm
50m:	30.62	30.62	250m:	2:42.91	33.44	450m:	4:57.63	33.55	650m:	7:12.77	33.57	
100m:	1:03.30	32.68	300m:	3:16.64	33.73	500m:	5:31.31	33.68	700m:	7:44.48	31.71	
150m:	1:36.37	33.07	350m:	3:50.42	33.78	550m:	6:05.22	33.91	750m:	8:15.63	31.15	
200m:	2:09.47	33.10	400m:	4:24.08	33.66	600m:	6:39.20	33.98	800m:	8:46.59	30.96	
2. RODRIGUEZ SEGOVIA, Samuel	03	C.P.N. La Roda									9:13.21	16,00
50m:	30.93	30.93	250m:	2:44.77	34.17	450m:	5:04.90	35.96	650m:	7:29.08	35.42	
100m:	1:03.53	32.60	300m:	3:19.07	34.30	500m:	5:41.53	36.63	700m:	8:04.67	35.59	
150m:	1:36.71	33.18	350m:	3:53.66	34.59	550m:	6:17.54	36.01	750m:	8:39.80	35.13	
200m:	2:10.60	33.89	400m:	4:28.94	35.28	600m:	6:53.66	36.12	800m:	9:13.21	33.41	
3. LEÓN OLMEDO, Jorge	01	Master Natacion Tomelloso									10:11.73	14,00
50m:	33.65	33.65	250m:	3:07.80	40.63	450m:	5:57.47	43.05	650m:	8:45.49	39.72	
100m:	1:10.40	36.75	300m:	3:49.65	41.85	500m:	6:40.62	43.15	700m:	9:04.69	19.20	
150m:	1:48.15	37.75	350m:	4:31.54	41.89	550m:	7:23.97	43.35	750m:	9:23.72	19.03	
200m:	2:27.17	39.02	400m:	5:14.42	42.88	600m:	8:05.77	41.80	800m:	10:11.73	48.01	
4. JIMENEZ ELIPE, Manuel	00	C.N. Manzamaster									12:09.27	13,00
50m:	39.67	39.67	250m:	3:38.30	46.82	450m:	6:47.81	47.85	650m:	9:55.19	46.67	
100m:	1:21.70	42.03	300m:	4:25.50	47.20	500m:	7:35.40	47.59	700m:	10:42.62	47.43	
150m:	2:06.21	44.51	350m:	5:12.73	47.23	550m:	8:21.96	46.56	750m:	11:27.22	44.60	
200m:	2:51.48	45.27	400m:	5:59.96	47.23	600m:	9:08.52	46.56	800m:	12:09.27	42.05	
5. GARCIA SANTA MARIA, Fernando	00	C.N. Valdepeñas									15:12.27	12,00
50m:	45.18	45.18	250m:	4:30.26	57.92	450m:	8:33.14	1:01.40	650m:	12:35.85	1:00.82	
100m:	1:36.83	51.65	300m:	5:29.35	59.09	500m:	9:34.58	1:01.44	700m:	13:35.60	59.75	
150m:	2:33.84	57.01	350m:	6:31.27	1:01.92	550m:	10:34.76	1:00.18	750m:	14:34.09	58.49	
200m:	3:32.34	58.50	400m:	7:31.74	1:00.47	600m:	11:35.03	1:00.27	800m:	15:12.27	38.18	

25+

1. PICAZO VERGARA, Felipe	96	C.N. Albacete									9:20.23	19,00
50m:	31.57	31.57	250m:	2:49.47	35.25	450m:	5:11.26	35.51	650m:	7:34.23	35.40	
100m:	1:05.18	33.61	300m:	3:24.82	35.35	500m:	5:47.30	36.04	700m:	8:09.75	35.52	
150m:	1:39.43	34.25	350m:	4:00.06	35.24	550m:	6:23.00	35.70	750m:	8:45.47	35.72	
200m:	2:14.22	34.79	400m:	4:35.75	35.69	600m:	6:58.83	35.83	800m:	9:20.23	34.76	
2. FERNANDEZ RODRIGO, Pablo	99	C.N. Monteverde									9:22.84	16,00
50m:	31.33	31.33	250m:	2:51.08	35.41	450m:	5:12.20	35.54	650m:	7:36.47	36.13	
100m:	1:05.55	34.22	300m:	3:26.29	35.21	500m:	5:48.34	36.14	700m:	8:12.61	36.14	
150m:	1:40.30	34.75	350m:	4:01.43	35.14	550m:	6:24.22	35.88	750m:	8:48.82	36.21	
200m:	2:15.67	35.37	400m:	4:36.66	35.23	600m:	7:00.34	36.12	800m:	9:22.84	34.02	

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 25+

Clasificación			AN							Tiempo	Pts	
3.	MORENO OJEDA, Martin		95	C.P.N. La Roda						9:50.33	14,00	
	50m:	31.73	31.73	250m:	2:49.78	35.50	450m:	5:18.79	38.38	650m:	7:54.14	38.68
	100m:	1:04.91	33.18	300m:	3:26.44	36.66	500m:	5:57.70	38.91	700m:	8:33.34	39.20
	150m:	1:39.37	34.46	350m:	4:03.26	36.82	550m:	6:35.74	38.04	750m:	9:13.20	39.86
	200m:	2:14.28	34.91	400m:	4:40.41	37.15	600m:	7:15.46	39.72	800m:	9:50.33	37.13
4.	GUERRA GARCÍA, Daniel		97	C.N. Cuenca						10:10.66	13,00	
	50m:	33.97	33.97	250m:	3:07.55	39.08	450m:	5:42.29	38.47	650m:	8:17.22	38.92
	100m:	1:11.00	37.03	300m:	3:46.02	38.47	500m:	6:20.99	38.70	700m:	8:55.62	38.40
	150m:	1:49.50	38.50	350m:	4:25.05	39.03	550m:	6:59.70	38.71	750m:	9:34.43	38.81
	200m:	2:28.47	38.97	400m:	5:03.82	38.77	600m:	7:38.30	38.60	800m:	10:10.66	36.23
5.	ARGUDO CORPAS, Alejandro		99	Albacete Swim						10:39.23	12,00	
	50m:	37.16	37.16	250m:	3:18.90	41.24	450m:	6:01.78	40.12	650m:	8:41.68	40.22
	100m:	1:16.07	38.91	300m:	4:00.30	41.40	500m:	6:42.02	40.24	700m:	9:21.80	40.12
	150m:	1:56.55	40.48	350m:	4:41.16	40.86	550m:	7:21.72	39.70	750m:	10:02.01	40.21
	200m:	2:37.66	41.11	400m:	5:21.66	40.50	600m:	8:01.46	39.74	800m:	10:39.23	37.22
6.	DE LA CRUZ SANZ, Mario		99	C.N. Albacete						11:17.53	-	
	50m:	34.45	34.45	250m:	3:13.95	42.37	450m:	6:06.51	42.81	650m:	9:06.24	44.89
	100m:	1:11.60	37.15	300m:	3:55.85	41.90	500m:	6:50.82	44.31	700m:	9:51.58	45.34
	150m:	1:50.94	39.34	350m:	4:39.60	43.75	550m:	7:35.37	44.55	750m:	10:36.48	44.90
	200m:	2:31.58	40.64	400m:	5:23.70	44.10	600m:	8:21.35	45.98	800m:	11:17.53	41.05
7.	MORALES LOZANO, Guillermo		95	Master Natacion Tomelloso						11:23.23	11,00	
	50m:	36.99	36.99	250m:	3:19.82	42.19	450m:	6:14.72	44.21	650m:	9:14.26	44.75
	100m:	1:15.76	38.77	300m:	4:02.59	42.77	500m:	6:58.97	44.25	700m:	9:58.90	44.64
	150m:	1:55.86	40.10	350m:	4:46.40	43.81	550m:	7:44.12	45.15	750m:	10:42.79	43.89
	200m:	2:37.63	41.77	400m:	5:30.51	44.11	600m:	8:29.51	45.39	800m:	11:23.23	40.44
8.	SOTOS PIQUERAS, Andrés		98	C.N. Tritones-Talavera						11:38.63	10,00	
	50m:	38.18	38.18	250m:	3:22.55	43.72	450m:	6:22.06	45.01	650m:	9:24.78	46.06
	100m:	1:17.29	39.11	300m:	4:06.65	44.10	500m:	7:08.12	46.06	700m:	10:10.63	45.85
	150m:	1:57.83	40.54	350m:	4:51.95	45.30	550m:	7:52.91	44.79	750m:	10:56.30	45.67
	200m:	2:38.83	41.00	400m:	5:37.05	45.10	600m:	8:38.72	45.81	800m:	11:38.63	42.33
9.	SIMARRO MARTÍNEZ, Andrés		95	C.P.N. La Roda						12:06.36	-	
	50m:	41.72	41.72	250m:	3:42.31	46.06	450m:	6:45.66	45.68	650m:	9:49.03	46.80
	100m:	1:26.03	44.31	300m:	4:27.81	45.50	500m:	7:31.54	45.88	700m:	10:35.55	46.52
	150m:	2:11.15	45.12	350m:	5:13.66	45.85	550m:	8:17.01	45.47	750m:	11:22.18	46.63
	200m:	2:56.25	45.10	400m:	5:59.98	46.32	600m:	9:02.23	45.22	800m:	12:06.36	44.18
10.	LOZANO BRAVO, Adrian		97	C.N. Los Yébenes						12:23.26	9,00	
	50m:	40.55	40.55	250m:	3:38.46	45.59	450m:	6:47.38	47.23	650m:	9:59.34	48.00
	100m:	1:23.92	43.37	300m:	4:24.99	46.53	500m:	7:34.86	47.48	700m:	10:48.09	48.75
	150m:	2:08.09	44.17	350m:	5:12.26	47.27	550m:	8:23.25	48.39	750m:	11:36.75	48.66
	200m:	2:52.87	44.78	400m:	6:00.15	47.89	600m:	9:11.34	48.09	800m:	12:23.26	46.51
30+	1. RODRÍGUEZ GARCIA, Jesus		91	C.N. Monteverde						10:05.07	19,00	
	50m:	34.69	34.69	250m:	3:04.08	38.67	450m:	5:36.81	38.04	650m:	8:11.23	38.58
	100m:	1:10.62	35.93	300m:	3:42.62	38.54	500m:	6:15.11	38.30	700m:	8:50.08	38.85
	150m:	1:47.82	37.20	350m:	4:20.71	38.09	550m:	6:53.79	38.68	750m:	9:27.70	37.62
	200m:	2:25.41	37.59	400m:	4:58.77	38.06	600m:	7:32.65	38.86	800m:	10:05.07	37.37
	2. CONSTAN LOPEZ, Alfonso		92	C.N. Albacete						10:35.92	16,00	
	50m:	34.66	34.66	250m:	3:08.33	39.44	450m:	5:50.20	40.06	650m:	8:34.49	41.28
	100m:	1:11.45	36.79	300m:	3:48.42	40.09	500m:	6:31.06	40.86	700m:	9:15.05	40.56
	150m:	1:50.04	38.59	350m:	4:29.05	40.63	550m:	7:12.02	40.96	750m:	9:55.58	40.53
	200m:	2:28.89	38.85	400m:	5:10.14	41.09	600m:	7:53.21	41.19	800m:	10:35.92	40.34

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 30+

Clasificación			AN					Tiempo	Pts		
3.	PERONA OGALLAR, Javier		92	C.N. Valdepeñas				10:50.35	14,00		
	50m:	35.77 35.77	250m:	3:12.33	40.92	450m:	5:56.91	41.58	650m:	8:46.21	42.72
	100m:	1:12.76 36.99	300m:	3:52.64	40.31	500m:	6:38.98	42.07	700m:	9:28.12	41.91
	150m:	1:51.67 38.91	350m:	4:33.91	41.27	550m:	7:21.27	42.29	750m:	10:10.29	42.17
	200m:	2:31.41 39.74	400m:	5:15.33	41.42	600m:	8:03.49	42.22	800m:	10:50.35	40.06
4.	RUIZ ROMERO, Francisco		94	C.N. Ciudad Real				10:54.86	13,00		
	50m:	38.03 38.03	250m:	3:20.45	41.21	450m:	6:08.89	42.44	650m:	8:55.87	41.48
	100m:	1:17.77 39.74	300m:	4:02.54	42.09	500m:	6:51.44	42.55	700m:	9:36.49	40.62
	150m:	1:58.41 40.64	350m:	4:44.46	41.92	550m:	7:33.08	41.64	750m:	10:16.43	39.94
	200m:	2:39.24 40.83	400m:	5:26.45	41.99	600m:	8:14.39	41.31	800m:	10:54.86	38.43
5.	DUQUE GARCIA, Jesus		93	C.N. Puertollano				11:18.72	12,00		
	50m:	36.02 36.02	250m:	3:18.09	42.34	450m:	6:11.30	43.23	650m:	9:08.70	45.23
	100m:	1:14.58 38.56	300m:	4:01.51	43.42	500m:	6:54.35	43.05	700m:	9:53.79	45.09
	150m:	1:54.41 39.83	350m:	4:44.84	43.33	550m:	7:39.08	44.73	750m:	10:38.78	44.99
	200m:	2:35.75 41.34	400m:	5:28.07	43.23	600m:	8:23.47	44.39	800m:	11:18.72	39.94
6.	PALOMO SERRANO, Héctor		92	C.N. Alcazar				11:34.29	11,00		
	50m:	41.34 41.34	250m:	3:39.05	45.25	450m:	6:40.87	44.34	650m:	9:32.19	42.06
	100m:	1:25.27 43.93	300m:	4:25.39	46.34	500m:	7:24.79	43.92	700m:	10:13.90	41.71
	150m:	2:09.20 43.93	350m:	5:10.58	45.19	550m:	8:07.93	43.14	750m:	10:55.19	41.29
	200m:	2:53.80 44.60	400m:	5:56.53	45.95	600m:	8:50.13	42.20	800m:	11:34.29	39.10
7.	SÁNCHEZ BAÑOS, Jaime		94	Master Natacion Tomelloso				11:39.51	10,00		
	50m:	38.94 38.94	250m:	3:28.49	43.84	450m:	6:28.55	44.87	650m:	9:30.87	44.50
	100m:	1:19.64 40.70	300m:	4:13.08	44.59	500m:	7:14.34	45.79	700m:	10:15.36	44.49
	150m:	2:01.75 42.11	350m:	4:58.30	45.22	550m:	8:00.12	45.78	750m:	10:59.23	43.87
	200m:	2:44.65 42.90	400m:	5:43.68	45.38	600m:	8:46.37	46.25	800m:	11:39.51	40.28
8.	MARULANDA OREJUELA, sebastian		94	C.N. Ciudad Real				11:51.50	-		
	50m:	39.69 39.69	250m:	3:33.39	41.64	450m:	6:35.25	44.87	650m:	9:40.52	45.39
	100m:	1:22.49 42.80	300m:	4:19.50	46.11	500m:	7:22.12	46.87	700m:	10:26.97	46.45
	150m:	2:07.14 44.65	350m:	5:04.92	45.42	550m:	8:08.35	46.23	750m:	11:12.44	45.47
	200m:	2:51.75 44.61	400m:	5:50.38	45.46	600m:	8:55.13	46.78	800m:	11:51.50	39.06
9.	RODRÍGUEZ MESA, Antonio José		90	C.P.N. La Roda				12:07.87	9,00		
	50m:	38.12 38.12	250m:	4:20.56	1:32.67	450m:	7:29.11	47.98	650m:	10:37.46	46.56
	100m:	1:19.24 41.12	300m:	5:06.97	46.41	500m:	8:16.59	47.48	700m:	11:24.78	47.32
	150m:	2:02.88 43.64	350m:	5:54.21	47.24	550m:	9:04.37	47.78	750m:	12:07.87	43.09
	200m:	2:47.89 45.01	400m:	6:41.13	46.92	600m:	9:50.90	46.53	800m:	12:07.87	
10.	GONZÁLEZ - ROMÁN BELLÓN, Gabriel		91	C.N. Manzamaster				12:45.73	8,00		
	50m:	39.14 39.14	250m:	3:42.76	47.81	450m:	7:00.79	49.82	650m:	10:21.81	51.16
	100m:	1:22.02 42.88	300m:	4:31.72	48.96	500m:	7:50.76	49.97	700m:	11:10.83	49.02
	150m:	2:07.41 45.39	350m:	5:21.08	49.36	550m:	8:40.94	50.18	750m:	11:58.97	48.14
	200m:	2:54.95 47.54	400m:	6:10.97	49.89	600m:	9:30.65	49.71	800m:	12:45.73	46.76
11.	GÓMEZ SAEZ, Daniel		90	C.N. Monteverde				12:56.54	-		
	50m:	44.38 44.38	250m:	3:58.13	50.12	450m:	7:20.00	50.01	650m:	10:39.46	50.16
	100m:	1:30.42 46.04	300m:	4:48.89	50.76	500m:	8:09.39	49.39	700m:	11:28.15	48.69
	150m:	2:18.59 48.17	350m:	5:39.04	50.15	550m:	8:59.03	49.64	750m:	12:14.56	46.41
	200m:	3:08.01 49.42	400m:	6:29.99	50.95	600m:	9:49.30	50.27	800m:	12:56.54	41.98
12.	GARCIA DIAZ, Apelio		91	C.N. Los Yebenes				12:58.68	7,00		
	50m:	44.29 44.29	250m:	3:44.27	48.68	450m:	7:07.55	51.99	650m:	10:36.07	50.64
	100m:	1:23.24 38.95	300m:	4:33.52	49.25	500m:	8:00.64	53.09	700m:	11:27.00	50.93
	150m:	2:08.35 45.11	350m:	5:24.28	50.76	550m:	8:53.17	52.53	750m:	12:16.79	49.79
	200m:	2:55.59 47.24	400m:	6:15.56	51.28	600m:	9:45.43	52.26	800m:	12:58.68	41.89
13.	RETANA RIBEIRO, David		93	Cn Ugena				13:34.01	6,00		
	50m:	44.17 44.17	250m:	4:01.01	50.17	450m:	7:30.58	53.12	650m:	11:00.15	51.54
	100m:	1:30.39 46.22	300m:	4:52.69	51.68	500m:	8:23.29	52.71	700m:	11:52.84	52.69
	150m:	2:19.87 49.48	350m:	5:44.79	52.10	550m:	9:16.23	52.94	750m:	12:44.88	52.04
	200m:	3:10.84 50.97	400m:	6:37.46	52.67	600m:	10:08.61	52.38	800m:	13:34.01	49.13

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 30+

Clasificación

	AN						Tiempo	Pts
14. FABUEL LOPEZ, Hugo	92		C.P.N. La Roda				13:37.70	-
50m:	48.00	48.00	250m:	4:10.44	51.95	450m:	7:42.58	53.03
100m:	1:37.53	49.53	300m:	5:02.98	52.54	500m:	8:35.26	52.68
150m:	2:27.92	50.39	350m:	5:56.33	53.35	550m:	9:27.87	52.61
200m:	3:18.49	50.57	400m:	6:49.55	53.22	600m:	10:20.24	52.37
						650m:	11:12.38	52.14
						700m:	12:03.75	51.37
						750m:	12:53.64	49.89
						800m:	13:37.70	44.06
15. DORARO PÉREZ, Manuel	93		C.N. Los Yebenes				14:37.94	-
50m:	37.51	37.51	250m:	4:10.85	57.07	450m:	8:03.73	58.25
100m:	1:24.12	46.61	300m:	5:09.20	58.35	500m:	9:01.84	58.11
150m:	2:16.78	52.66	350m:	6:07.49	58.29	550m:	9:58.37	56.53
200m:	3:13.78	57.00	400m:	7:05.48	57.99	600m:	10:55.96	57.59
						650m:	11:54.97	59.01
						700m:	12:53.40	58.43
						750m:	13:52.99	59.59
						800m:	14:37.94	44.95
16. LÓPEZ MORENO, Sergio	94		Master Natacion Tomelloso				14:43.67	-
50m:	48.68	48.68	250m:	4:22.28	55.60	450m:	8:12.13	57.85
100m:	1:40.47	51.79	300m:	5:19.06	56.78	500m:	9:10.56	58.43
150m:	2:34.06	53.59	350m:	6:17.00	57.94	550m:	10:06.79	56.23
200m:	3:26.68	52.62	400m:	7:14.28	57.28	600m:	11:04.63	57.84
						650m:	12:00.95	56.32
						700m:	12:56.03	55.08
						750m:	13:50.96	54.93
						800m:	14:43.67	52.71
17. RUIZ CEPEDA, Jose Vicente	92		C.D. Escuela Nadadores Tomelloso				15:39.68	5,00
50m:	44.45	44.45	250m:	4:29.31	59.07	450m:	8:33.87	1:01.24
100m:	1:34.98	50.53	300m:	5:30.72	1:01.41	500m:	9:36.12	1:02.25
150m:	2:31.06	56.08	350m:	6:30.11	59.39	550m:	10:34.29	58.17
200m:	3:30.24	59.18	400m:	7:32.63	1:02.52	600m:	11:36.74	1:02.45
						650m:	12:43.46	1:06.72
						700m:	13:45.25	1:01.79
						750m:	14:44.04	58.79
						800m:	15:39.68	55.64
18. MOYA MADRID, Angel Carlos	90		C.D. Escuela Nadadores Tomelloso				16:10.60	-
50m:	48.40	48.40	250m:	4:34.39	1:01.12	450m:	8:52.40	1:07.60
100m:	1:39.47	51.07	300m:	5:36.45	1:02.06	500m:	9:54.66	1:02.26
150m:	2:34.33	54.86	350m:	6:40.20	1:03.75	550m:	10:59.10	1:04.44
200m:	3:33.27	58.94	400m:	7:44.80	1:04.60	600m:	12:03.54	1:04.44
						650m:	13:07.79	1:04.25
						700m:	14:10.35	1:02.56
						750m:	15:11.99	1:01.64
						800m:	16:10.60	58.61
19. FERMIN TENDERO, Jorge	90		C.N. Monteverde				17:23.68	-
50m:	57.73	57.73	250m:	5:12.58	1:05.52	450m:	9:39.65	1:08.09
100m:	1:59.31	1:01.58	300m:	6:18.66	1:06.08	500m:	10:48.81	1:09.16
150m:	3:03.81	1:04.50	350m:	7:25.05	1:06.39	550m:	11:56.18	1:07.37
200m:	4:07.06	1:03.25	400m:	8:31.56	1:06.51	600m:	13:03.68	1:07.50
						650m:	14:10.02	1:06.34
						700m:	15:16.40	1:06.38
						750m:	16:22.01	1:05.61
						800m:	17:23.68	1:01.67

35+

1. MARQUES VELASCO, Jaime	87		C.N. Monteverde				8:48.31	24,00	mm		
50m:	31.17	31.17	250m:	2:42.80	33.51	450m:	4:58.28	33.36	650m:	7:13.15	33.14
100m:	1:03.21	32.04	300m:	3:16.86	34.06	500m:	5:32.19	33.91	700m:	7:45.75	32.60
150m:	1:36.05	32.84	350m:	3:50.85	33.99	550m:	6:05.76	33.57	750m:	8:16.69	30.94
200m:	2:09.29	33.24	400m:	4:24.92	34.07	600m:	6:40.01	34.25	800m:	8:48.31	31.62
2. ARROYO FERNANDEZ, Alvaro	85		E.C. Ciudad De Talavera				9:51.56	16,00			
50m:	34.31	34.31	250m:	3:02.24	37.46	450m:	5:32.55	38.05	650m:	8:04.38	38.17
100m:	1:10.51	36.20	300m:	3:39.46	37.22	500m:	6:10.35	37.80	700m:	8:39.43	35.05
150m:	1:47.37	36.86	350m:	4:16.92	37.46	550m:	6:48.21	37.86	750m:	9:14.90	35.47
200m:	2:24.78	37.41	400m:	4:54.50	37.58	600m:	7:26.21	38.00	800m:	9:51.56	36.66
3. PÁRRAGA GARCÍA, Julián	87		Cn Master Torrijos				11:28.08	14,00			
50m:	37.88	37.88	250m:	3:23.14	42.69	450m:	6:19.46	44.03	650m:	9:17.55	44.93
100m:	1:17.36	39.48	300m:	4:06.70	43.56	500m:	7:03.70	44.24	700m:	10:02.10	44.55
150m:	1:58.69	41.33	350m:	4:51.22	44.52	550m:	7:47.76	44.06	750m:	10:46.19	44.09
200m:	2:40.45	41.76	400m:	5:35.43	44.21	600m:	8:32.62	44.86	800m:	11:28.08	41.89
4. CASTRO NAVARRO, David	89		C.N. Albacete				11:43.71	13,00			
50m:	38.94	38.94	250m:	3:29.66	43.87	450m:	6:28.06	45.68	650m:	9:30.57	46.66
100m:	1:19.50	40.56	300m:	4:13.45	43.79	500m:	7:13.08	45.02	700m:	10:16.51	45.94
150m:	2:01.74	42.24	350m:	4:57.93	44.48	550m:	7:58.45	45.37	750m:	11:02.64	46.13
200m:	2:45.79	44.05	400m:	5:42.38	44.45	600m:	8:43.91	45.46	800m:	11:43.71	41.07

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 35+

Clasificación			AN							Tiempo	Pts	
5.	GARCÍA GARRIDO, Ángel		85	C.N. Cuenca						12:00.41	12,00	
	50m:	36.86	36.86	250m:	3:25.97	44.56	450m:	6:33.63	47.86	650m:	9:46.01	48.76
	100m:	1:16.50	39.64	300m:	4:11.48	45.51	500m:	7:19.66	46.03	700m:	10:34.30	48.29
	150m:	1:58.23	41.73	350m:	4:58.54	47.06	550m:	8:09.35	49.69	750m:	11:20.68	46.38
	200m:	2:41.41	43.18	400m:	5:45.77	47.23	600m:	8:57.25	47.90	800m:	12:00.41	39.73
6.	PINES DEL FRESNO, Adolfo		87	C.N. Valdepeñas						12:42.04	11,00	
	50m:	40.47	40.47	250m:	3:43.73	48.58	450m:	7:01.38	49.26	650m:	10:18.07	49.68
	100m:	1:23.09	42.62	300m:	4:32.24	48.51	500m:	7:50.53	49.15	700m:	11:07.10	49.03
	150m:	2:08.32	45.23	350m:	5:22.23	49.99	550m:	8:39.24	48.71	750m:	11:55.65	48.55
	200m:	2:55.15	46.83	400m:	6:12.12	49.89	600m:	9:28.39	49.15	800m:	12:42.04	46.39
7.	NAVARRO SECADURA, Antonio Jose		89	C.D. Escuela Nadadores Tomelloso						13:38.43	10,00	
	50m:	48.60	48.60	250m:	4:09.68	52.23	450m:	7:39.86	52.70	650m:	11:09.74	52.22
	100m:	1:36.03	47.43	300m:	5:01.78	52.10	500m:	8:32.76	52.90	700m:	12:02.32	52.58
	150m:	2:25.91	49.88	350m:	5:54.04	52.26	550m:	9:25.03	52.27	750m:	12:52.47	50.15
	200m:	3:17.45	51.54	400m:	6:47.16	53.12	600m:	10:17.52	52.49	800m:	13:38.43	45.96
8.	JIMÉNEZ ROMERA, Marcos		89	Club Velociraptor Mp Twinner						13:51.63	9,00	
	50m:	41.64	41.64	250m:	3:55.05	51.73	450m:	7:29.40	55.11	650m:	11:10.42	56.07
	100m:	1:25.76	44.12	300m:	4:47.97	52.92	500m:	8:24.00	54.60	700m:	12:05.42	55.00
	150m:	2:13.12	47.36	350m:	5:41.05	53.08	550m:	9:19.77	55.77	750m:	13:01.06	55.64
	200m:	3:03.32	50.20	400m:	6:34.29	53.24	600m:	10:14.35	54.58	800m:	13:51.63	50.57
9.	PEÑALVER MENÉNDEZ, Aniel		85	C.N. Los Yebenes						14:14.92	8,00	
	50m:	45.39	45.39	250m:	4:00.38	51.03	450m:	7:39.91	55.47	650m:	11:24.70	55.54
	100m:	1:31.49	46.10	300m:	4:53.94	53.56	500m:	8:37.20	57.29	700m:	12:22.90	58.20
	150m:	2:19.07	47.58	350m:	5:48.00	54.06	550m:	9:32.38	55.18	750m:	13:19.47	56.57
	200m:	3:09.35	50.28	400m:	6:44.44	56.44	600m:	10:29.16	56.78	800m:	14:14.92	55.45
10.	MOYA JIMÉNEZ, Francisco Jesús		88	C.P.N. La Roda						14:26.88	7,00	
	50m:	49.50	49.50	250m:	4:24.53	55.24	450m:	8:07.47	54.69	650m:	11:48.56	54.67
	100m:	1:41.83	52.33	300m:	5:20.94	56.41	500m:	9:03.34	55.87	700m:	12:43.40	54.84
	150m:	2:34.98	53.15	350m:	6:16.72	55.78	550m:	9:59.16	55.82	750m:	13:37.51	54.11
	200m:	3:29.29	54.31	400m:	7:12.78	56.06	600m:	10:53.89	54.73	800m:	14:26.88	49.37
11.	MOLERO PERULERO, Víctor Manuel		85	C.N. Los Yebenes						15:08.47	-	
	50m:	50.00	50.00	250m:	4:30.13	57.02	450m:	8:25.23	1:01.15	650m:	12:16.18	56.50
	100m:	1:42.71	52.71	300m:	5:27.36	57.23	500m:	9:23.30	58.07	700m:	13:15.46	59.28
	150m:	2:36.48	53.77	350m:	6:25.20	57.84	550m:	10:20.63	57.33	750m:	14:14.39	58.93
	200m:	3:33.11	56.63	400m:	7:24.08	58.88	600m:	11:19.68	59.05	800m:	15:08.47	54.08
12.	GONZALEZ MARTINEZ, Paco		86	C.D. Escuela Nadadores Tomelloso						16:51.35	-	
	50m:	51.42	51.42	250m:	4:54.76	1:04.08	450m:	9:18.77	1:05.68	650m:	13:43.98	1:03.38
	100m:	1:47.36	55.94	300m:	6:01.20	1:06.44	500m:	10:27.93	1:09.16	700m:	14:47.17	1:03.19
	150m:	2:47.78	1:00.42	350m:	7:05.43	1:04.23	550m:	11:35.81	1:07.88	750m:	15:46.03	58.86
	200m:	3:50.68	1:02.90	400m:	8:13.09	1:07.66	600m:	12:40.60	1:04.79	800m:	16:51.35	1:05.32
40+	1. PEREZ DIAZ, Alberto		80	Cn Master Torrijos						10:53.23	19,00	
	50m:	37.10	37.10	250m:	3:18.18	40.74	450m:	6:04.31	41.92	650m:	8:52.02	41.82
	100m:	1:16.87	39.77	300m:	3:59.58	41.40	500m:	6:46.41	42.10	700m:	9:33.50	41.48
	150m:	1:57.65	40.78	350m:	4:40.73	41.15	550m:	7:28.67	42.26	750m:	10:13.63	40.13
	200m:	2:37.44	39.79	400m:	5:22.39	41.66	600m:	8:10.20	41.53	800m:	10:53.23	39.60
2.	SESE GARCIA, Jorge		81	C.N. Monteverde						11:03.72	16,00	
	50m:	36.65	36.65	250m:	3:20.00	41.90	450m:	6:11.38	42.68	650m:	9:00.33	41.49
	100m:	1:16.21	39.56	300m:	4:02.87	42.87	500m:	6:54.44	43.06	700m:	9:42.40	42.07
	150m:	1:56.93	40.72	350m:	4:45.69	42.82	550m:	7:37.19	42.75	750m:	10:24.37	41.97
	200m:	2:38.10	41.17	400m:	5:28.70	43.01	600m:	8:18.84	41.65	800m:	11:03.72	39.35

Prueba 3, Masc., 800m Libre, 40+

Clasificación			AN							Tiempo	Pts	
3.	AGUADO ANDRÉS, Sergio		82	E.C. Ciudad De Talavera						11:11.05	14,00	
	50m:	34.37	34.37	250m:	3:15.25	42.76	450m:	6:10.22	43.69	650m:	9:06.57	43.54
	100m:	1:11.57	37.20	300m:	3:58.27	43.02	500m:	6:55.24	45.02	700m:	9:49.15	42.58
	150m:	1:51.19	39.62	350m:	4:42.38	44.11	550m:	7:39.43	44.19	750m:	10:31.04	41.89
	200m:	2:32.49	41.30	400m:	5:26.53	44.15	600m:	8:23.03	43.60	800m:	11:11.05	40.01
4.	RAMOS ZAPATA, Hector		81	C.N. Alcazar						11:29.97	13,00	
	50m:	38.21	38.21	250m:	3:24.45	42.59	450m:	6:19.83	44.24	650m:	9:19.78	45.53
	100m:	1:18.40	40.19	300m:	4:07.49	43.04	500m:	7:04.82	44.99	700m:	10:04.67	44.89
	150m:	1:59.44	41.04	350m:	4:51.22	43.73	550m:	7:49.60	44.78	750m:	10:48.74	44.07
	200m:	2:41.86	42.42	400m:	5:35.59	44.37	600m:	8:34.25	44.65	800m:	11:29.97	41.23
5.	SERRANO NUÑEZ, Jose Luis		82	C.N. Alcazar						11:50.66	-	
	50m:	36.66	36.66	250m:	3:20.71	43.17	450m:	6:23.61	47.67	650m:	9:32.16	47.11
	100m:	1:15.04	38.38	300m:	4:04.34	43.63	500m:	7:11.02	47.41	700m:	10:18.72	46.56
	150m:	1:55.51	40.47	350m:	4:49.50	45.16	550m:	7:57.98	46.96	750m:	11:05.05	46.33
	200m:	2:37.54	42.03	400m:	5:35.94	46.44	600m:	8:45.05	47.07	800m:	11:50.66	45.61
6.	GARCÍA NIEVA, Javier		83	C.N. Cuenca						11:52.90	12,00	
	50m:	38.70	38.70	250m:	3:30.41	44.30	450m:	6:31.68	45.36	650m:	9:35.12	46.32
	100m:	1:20.27	41.57	300m:	4:15.18	44.77	500m:	7:16.84	45.16	700m:	10:21.43	46.31
	150m:	2:03.00	42.73	350m:	5:00.79	45.61	550m:	8:02.56	45.72	750m:	11:07.50	46.07
	200m:	2:46.11	43.11	400m:	5:46.32	45.53	600m:	8:48.80	46.24	800m:	11:52.90	45.40
7.	CEBRIAN REDONDO, Luis		80	C.P.N. La Roda						12:14.77	11,00	
	50m:	42.45	42.45	250m:	3:44.77	46.13	450m:	6:49.21	45.46	650m:	9:55.30	46.74
	100m:	1:26.33	43.88	300m:	4:30.73	45.96	500m:	7:35.37	46.16	700m:	10:43.64	48.34
	150m:	2:12.41	46.08	350m:	5:17.70	46.97	550m:	8:22.23	46.86	750m:	11:30.57	46.93
	200m:	2:58.64	46.23	400m:	6:03.75	46.05	600m:	9:08.56	46.33	800m:	12:14.77	44.20
8.	DEL POZO GONZALEZ, Rodrigo		82	C.N. Monteverde						12:28.18	-	
	50m:	42.81	42.81	250m:	3:44.33	46.93	450m:	6:58.33	50.45	650m:	10:11.45	47.03
	100m:	1:26.04	43.23	300m:	4:30.96	46.63	500m:	7:47.27	48.94	700m:	10:57.58	46.13
	150m:	2:11.21	45.17	350m:	5:19.46	48.50	550m:	8:35.85	48.58	750m:	11:44.58	47.00
	200m:	2:57.40	46.19	400m:	6:07.88	48.42	600m:	9:24.42	48.57	800m:	12:28.18	43.60
9.	AMORES GARCIA, David		84	C.P.N. La Roda						12:37.46	-	
	50m:	43.76	43.76	250m:	3:45.81	45.85	450m:	6:53.66	47.35	650m:	10:09.70	49.37
	100m:	1:27.94	44.18	300m:	4:32.28	46.47	500m:	7:42.05	48.39	700m:	10:59.75	50.05
	150m:	2:13.75	45.81	350m:	5:18.91	46.63	550m:	8:30.78	48.73	750m:	11:49.04	49.29
	200m:	2:59.96	46.21	400m:	6:06.31	47.40	600m:	9:20.33	49.55	800m:	12:37.46	48.42
10.	BLÁZQUEZ MORENO, Bernardo		81	C.N. Albacete						13:39.29	10,00	
	50m:	45.54	45.54	250m:	4:05.99	50.10	450m:	7:32.33	52.44	650m:	12:01.91	53.83
	100m:	1:33.54	48.00	300m:	4:57.01	51.02	500m:	8:25.46	53.13	700m:	12:54.77	52.86
	150m:	2:23.93	50.39	350m:	5:48.59	51.58	550m:	9:20.75	55.29	750m:	13:39.29	44.52
	200m:	3:15.89	51.96	400m:	6:39.89	51.30	600m:	11:08.08	1:47.33	800m:	13:39.29	
11.	SEVILLA TEBAR, David		82	C.N. Valdepeñas						14:07.61	9,00	
	50m:	45.23	45.23	250m:	4:07.19	52.20	450m:	7:45.43	55.36	650m:	11:26.45	55.64
	100m:	1:33.34	48.11	300m:	5:00.81	53.62	500m:	8:40.04	54.61	700m:	12:21.72	55.27
	150m:	2:24.04	50.70	350m:	5:55.22	54.41	550m:	9:35.06	55.02	750m:	13:16.55	54.83
	200m:	3:14.99	50.95	400m:	6:50.07	54.85	600m:	10:30.81	55.75	800m:	14:07.61	51.06
12.	PLAZA LÓPEZ, Miguel Angel		84	C.N. Cuenca						14:23.49	-	
	50m:	42.69	42.69	250m:	3:58.26	51.57	450m:	7:45.39	57.91	650m:	11:36.87	57.23
	100m:	1:27.76	45.07	300m:	4:53.79	55.53	500m:	8:43.52	58.13	700m:	12:36.79	59.92
	150m:	2:16.31	48.55	350m:	5:50.92	57.13	550m:	9:41.25	57.73	750m:	13:30.44	53.65
	200m:	3:06.69	50.38	400m:	6:47.48	56.56	600m:	10:39.64	58.39	800m:	14:23.49	53.05
13.	GUTIÉRREZ FERNÁNDEZ, Jose Antonio		81	C.N. Los Yébenes						15:48.68	8,00	
	50m:	48.43	48.43	250m:	4:46.86	59.89	450m:	8:52.71	1:02.09	650m:	12:54.86	58.96
	100m:	1:45.25	56.82	300m:	5:49.47	1:02.61	500m:	9:53.25	1:00.54	700m:	13:53.43	58.57
	150m:	2:45.87	1:00.62	350m:	6:50.62	1:01.15	550m:	10:55.68	1:02.43	750m:	14:51.07	57.64
	200m:	3:46.97	1:01.10	400m:	7:50.62	1:00.00	600m:	11:55.90	1:00.22	800m:	15:48.68	57.61

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 40+

Clasificación			AN					Tiempo	Pts			
14.	NAVARRO BLASCO, Eugenio		80	C.P.N. La Roda				16:18.67	-			
	50m:	52.35	52.35	250m:	4:58.57	1:02.99	450m:	9:11.20	1:02.79	650m:	13:20.25	1:03.21
	100m:	1:51.54	59.19	300m:	6:02.37	1:03.80	500m:	10:12.98	1:01.78	700m:	14:22.15	1:01.90
	150m:	2:52.69	1:01.15	350m:	7:05.85	1:03.48	550m:	11:14.79	1:01.81	750m:	15:21.96	59.81
	200m:	3:55.58	1:02.89	400m:	8:08.41	1:02.56	600m:	12:17.04	1:02.25	800m:	16:18.67	56.71
15.	RODRIGO TOLEDO, Rafael		83	C.D. Escuela Nadadores Tomelloso				16:30.67	7,00			
	50m:	50.64	50.64	250m:	5:04.17	1:04.55	450m:	9:18.43	1:03.10	650m:	13:29.90	1:02.95
	100m:	1:52.45	1:01.81	300m:	6:08.44	1:04.27	500m:	10:21.44	1:03.01	700m:	14:31.42	1:01.52
	150m:	2:56.63	1:04.18	350m:	7:11.12	1:02.68	550m:	11:24.82	1:03.38	750m:	15:34.37	1:02.95
	200m:	3:59.62	1:02.99	400m:	8:15.33	1:04.21	600m:	12:26.95	1:02.13	800m:	16:30.67	56.30
16.	PELAEZ ORDÓÑEZ, Daniel		82	C.N. Valdepeñas				16:35.71	-			
	50m:	53.37	53.37	250m:	5:02.46	1:03.07	450m:	9:25.46	1:08.21	650m:	13:39.41	1:03.01
	100m:	1:50.15	56.78	300m:	6:06.84	1:04.38	500m:	10:27.25	1:01.79	700m:	14:43.62	1:04.21
	150m:	2:51.56	1:01.41	350m:	7:12.95	1:06.11	550m:	11:32.09	1:04.84	750m:	15:44.39	1:00.77
	200m:	3:59.39	1:07.83	400m:	8:17.25	1:04.30	600m:	12:36.40	1:04.31	800m:	16:35.71	51.32
17.	ANTONA HONRADO, Alfonso		82	C.N. Los Yebenes				21:50.81	-			
	50m:	1:00.55	1:00.55	250m:	6:23.22	1:27.81	450m:	12:06.93	1:26.17	650m:	17:48.51	1:22.49
	100m:	2:10.76	1:10.21	300m:	7:48.95	1:25.73	500m:	13:32.45	1:25.52	700m:	19:10.88	1:22.37
	150m:	3:29.42	1:18.66	350m:	9:15.22	1:26.27	550m:	14:58.33	1:25.88	750m:	20:31.98	1:21.10
	200m:	4:55.41	1:25.99	400m:	10:40.76	1:25.54	600m:	16:26.02	1:27.69	800m:	21:50.81	1:18.83
45+												
1.	RODRIGUEZ FARALDOS, Carlos		77	Cn Master Torrijos				10:24.71	19,00			
	50m:	36.40	36.40	250m:	3:12.91	39.92	450m:	5:51.00	39.15	650m:	8:29.20	39.81
	100m:	1:14.08	37.68	300m:	3:52.89	39.98	500m:	6:30.16	39.16	700m:	9:08.74	39.54
	150m:	1:52.86	38.78	350m:	4:32.28	39.39	550m:	7:09.75	39.59	750m:	9:48.07	39.33
	200m:	2:32.99	40.13	400m:	5:11.85	39.57	600m:	7:49.39	39.64	800m:	10:24.71	36.64
2.	ROSELL ROSIQUE, David		75	C.P.N. La Roda				10:46.84	16,00			
	50m:	34.01	34.01	250m:	3:11.85	52.61	450m:	5:55.54	40.42	650m:	8:43.08	41.88
	100m:	1:11.30	37.29	300m:	3:52.63	40.78	500m:	6:38.41	42.87	700m:	9:25.33	42.25
	150m:	1:34.04	22.74	350m:	4:33.57	40.94	550m:	7:19.96	41.55	750m:	9:49.82	24.49
	200m:	2:19.24	45.20	400m:	5:15.12	41.55	600m:	8:01.20	41.24	800m:	10:46.84	57.02
3.	SALAS MARTINEZ, Marc		78	Albacete Swim				10:50.28	14,00			
	50m:	38.55	38.55	250m:	3:17.88	40.24	450m:	6:00.77	40.96	650m:	8:46.20	41.18
	100m:	1:18.25	39.70	300m:	3:58.20	40.32	500m:	6:41.92	41.15	700m:	9:28.25	42.05
	150m:	1:57.78	39.53	350m:	4:39.15	40.95	550m:	7:23.44	41.52	750m:	10:10.27	42.02
	200m:	2:37.64	39.86	400m:	5:19.81	40.66	600m:	8:05.02	41.58	800m:	10:50.28	40.01
4.	GARCÍA GARCÍA, José Antonio		76	Albacete Swim				10:51.95	-			
	50m:	37.51	37.51	250m:	3:18.32	40.96	450m:	6:01.88	40.92	650m:	8:48.14	41.87
	100m:	1:16.56	39.05	300m:	3:58.98	40.66	500m:	6:43.05	41.17	700m:	9:30.22	42.08
	150m:	1:56.84	40.28	350m:	4:40.14	41.16	550m:	7:24.55	41.50	750m:	10:11.72	41.50
	200m:	2:37.36	40.52	400m:	5:20.96	40.82	600m:	8:06.27	41.72	800m:	10:51.95	40.23
5.	RICO JIMENEZ, Juan Angel		78	C.P.N. La Roda				11:24.12	-			
	50m:	40.31	40.31	250m:	3:26.26	43.01	450m:	6:17.71	43.05	650m:	9:14.63	44.27
	100m:	1:21.14	40.83	300m:	4:08.93	42.67	500m:	7:01.46	43.75	700m:	9:58.92	44.29
	150m:	2:01.44	40.30	350m:	4:52.06	43.13	550m:	7:46.03	44.57	750m:	10:42.52	43.60
	200m:	2:43.25	41.81	400m:	5:34.66	42.60	600m:	8:30.36	44.33	800m:	11:24.12	41.60
6.	BRAVO HERMIDA, Rafael		78	Master Natacion Tomelloso				11:52.73	13,00			
	50m:	40.28	40.28	250m:	3:37.93	45.37	450m:	6:39.10	44.99	650m:	9:40.51	45.81
	100m:	1:23.64	43.36	300m:	4:23.49	45.56	500m:	7:24.40	45.30	700m:	10:25.88	45.37
	150m:	2:07.82	44.18	350m:	5:09.12	45.63	550m:	8:09.54	45.14	750m:	11:11.07	45.19
	200m:	2:52.56	44.74	400m:	5:54.11	44.99	600m:	8:54.70	45.16	800m:	11:52.73	41.66

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 45+

Clasificación			AN				Tiempo		Pts
7.	LOPEZ GOÑI, Diego		75		C.N. Monteverde		12:31.67		12,00
	50m:	42.22 42.22	250m:	3:47.84 47.66	450m:	6:58.43 48.02	650m:	10:11.06 48.63	
	100m:	1:26.57 44.35	300m:	4:35.15 47.31	500m:	7:46.42 47.99	700m:	10:58.75 47.69	
	150m:	2:13.01 46.44	350m:	5:22.52 47.37	550m:	8:34.47 48.05	750m:	11:46.60 47.85	
	200m:	3:00.18 47.17	400m:	6:10.41 47.89	600m:	9:22.43 47.96	800m:	12:31.67 45.07	
8.	LOPEZ MOYA, Francisco Javier		79		C.N. Monteverde		12:37.44		-
	50m:	40.86 40.86	250m:	4:34.92 1:37.23	450m:	7:52.17 49.42	650m:	11:04.77 46.39	
	100m:	1:24.51 43.65	300m:	5:23.94 49.02	500m:	8:41.17 49.00	700m:	11:52.44 47.67	
	150m:	2:09.89 45.38	350m:	6:13.25 49.31	550m:	9:29.50 48.33	750m:	12:37.44 45.00	
	200m:	2:57.69 47.80	400m:	7:02.75 49.50	600m:	10:18.38 48.88	800m:	12:37.44	
9.	ANDRÉS BLANCO, Daniel		77		Club Velociraptor Mp Twinner		12:49.24		11,00
	50m:	41.90 41.90	250m:	3:50.24 47.76	450m:	7:07.00 49.54	650m:	10:24.86 49.61	
	100m:	1:26.79 44.89	300m:	4:39.36 49.12	500m:	7:56.25 49.25	700m:	11:14.19 49.33	
	150m:	2:13.77 46.98	350m:	5:28.55 49.19	550m:	8:48.56 52.31	750m:	12:03.78 49.59	
	200m:	3:02.48 48.71	400m:	6:17.46 48.91	600m:	9:35.25 46.69	800m:	12:49.24 45.46	
10.	LÓPEZ USANO, Alberto		79		Club Velociraptor Mp Twinner		12:59.09		-
	50m:	44.36 44.36	250m:	3:54.81 49.26	450m:	7:14.43 51.15	650m:	10:35.65 49.45	
	100m:	1:30.19 45.83	300m:	4:43.85 49.04	500m:	8:04.90 50.47	700m:	11:25.67 50.02	
	150m:	2:17.17 46.98	350m:	5:33.24 49.39	550m:	8:55.66 50.76	750m:	12:14.68 49.01	
	200m:	3:05.55 48.38	400m:	6:23.28 50.04	600m:	9:46.20 50.54	800m:	12:59.09 44.41	
11.	ALONSO RODRIGUEZ, Moises		76		C.N. Monteverde		13:02.06		-
	50m:	46.84 46.84	250m:	4:00.61 49.21	450m:	7:21.52 49.51	650m:	10:41.51 50.36	
	100m:	1:33.62 46.78	300m:	4:51.72 51.11	500m:	8:11.47 49.95	700m:	11:31.60 50.09	
	150m:	2:22.35 48.73	350m:	5:41.77 50.05	550m:	9:00.66 49.19	750m:	12:20.09 48.49	
	200m:	3:11.40 49.05	400m:	6:32.01 50.24	600m:	9:51.15 50.49	800m:	13:02.06 41.97	
12.	MOYA GÁLVEZ, Francisco		76		Club Velociraptor Mp Twinner		13:23.31		-
	50m:	46.75 46.75	250m:	4:03.96 50.08	450m:	7:28.50 51.47	650m:	10:52.57 51.25	
	100m:	1:35.16 48.41	300m:	4:55.16 51.20	500m:	8:20.28 51.78	700m:	11:43.70 51.13	
	150m:	2:23.91 48.75	350m:	5:46.29 51.13	550m:	9:10.82 50.54	750m:	12:34.63 50.93	
	200m:	3:13.88 49.97	400m:	6:37.03 50.74	600m:	10:01.32 50.50	800m:	13:23.31 48.68	
13.	CABALLERO MAYO, Daniel		79		Cn Ugena		13:32.34		10,00
	50m:	47.94 47.94	250m:	4:13.26 52.37	450m:	7:43.05 53.15	650m:	11:08.03 50.92	
	100m:	1:38.52 50.58	300m:	5:04.69 51.43	500m:	8:36.01 52.96	700m:	11:59.84 51.81	
	150m:	2:29.91 51.39	350m:	5:57.86 53.17	550m:	9:27.68 51.67	750m:	12:48.50 48.66	
	200m:	3:20.89 50.98	400m:	6:49.90 52.04	600m:	10:17.11 49.43	800m:	13:32.34 43.84	
14.	CARRETÓN MADRID, Argimiro		77		C.D. Escuela Nadadores Tomelloso		13:40.29		9,00
	50m:	47.18 47.18	250m:	4:09.66 51.59	450m:	7:40.20 52.01	650m:	11:09.85 51.69	
	100m:	1:35.61 48.43	300m:	5:01.15 51.49	500m:	8:33.40 53.20	700m:	12:02.67 52.82	
	150m:	2:26.01 50.40	350m:	5:54.22 53.07	550m:	9:25.52 52.12	750m:	12:53.40 50.73	
	200m:	3:18.07 52.06	400m:	6:48.19 53.97	600m:	10:18.16 52.64	800m:	13:40.29 46.89	
15.	LÓPEZ ALVÁREZ, Javier		76		C.D. Escuela Nadadores Tomelloso		14:22.28		-
	50m:	48.52 48.52	250m:	4:17.69 54.52	450m:	7:59.06 56.00	650m:	11:39.68 56.17	
	100m:	1:38.46 49.94	300m:	5:11.92 54.23	500m:	8:38.17 39.11	700m:	12:35.02 55.34	
	150m:	2:29.74 51.28	350m:	6:01.96 50.04	550m:	9:48.24 1:10.07	750m:	13:31.91 56.89	
	200m:	3:23.17 53.43	400m:	7:03.06 1:01.10	600m:	10:43.51 55.27	800m:	14:22.28 50.37	
16.	PARRA PEREZ, Pablo		79		Albacete Swim		14:49.78		-
	50m:	52.77 52.77	250m:	4:32.88 55.75	450m:	8:18.80 56.79	650m:	12:06.18 56.49	
	100m:	1:46.65 53.88	300m:	5:29.50 56.62	500m:	9:16.32 57.52	700m:	13:01.55 55.37	
	150m:	2:41.32 54.67	350m:	6:25.72 56.22	550m:	10:11.85 55.53	750m:	13:59.11 57.56	
	200m:	3:37.13 55.81	400m:	7:22.01 56.29	600m:	11:09.69 57.84	800m:	14:49.78 50.67	
17.	LOPEZ EXPOSITO, Fermin		76		C.N. Valdepeñas		15:03.12		8,00
	50m:	45.14 45.14	250m:	4:09.77 55.30	450m:	8:02.28 59.70	650m:	12:06.54 1:00.80	
	100m:	1:31.90 46.76	300m:	5:05.82 56.05	500m:	9:02.86 1:00.58	700m:	13:06.92 1:00.38	
	150m:	2:22.02 50.12	350m:	6:04.08 58.26	550m:	10:03.25 1:00.39	750m:	14:06.37 59.45	
	200m:	3:14.47 52.45	400m:	7:02.58 58.50	600m:	11:05.74 1:02.49	800m:	15:03.12 56.75	

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 45+

Clasificación	AN		Tiempo		Pts
18. SANCHEZ, Jose Antonio	76	Albacete Swim	19:24.78	-	
50m: 50.87 50.87	250m: 5:35.90 1:16.08	450m: 10:43.07 1:16.21	650m: 15:51.32 1:14.88		
100m: 1:56.04 1:05.17	300m: 6:52.28 1:16.38	500m: 12:03.66 1:20.59	700m: 17:04.20 1:12.88		
150m: 3:07.35 1:11.31	350m: 8:11.15 1:18.87	550m: 13:20.17 1:16.51	750m: 18:20.12 1:15.92		
200m: 4:19.82 1:12.47	400m: 9:26.86 1:15.71	600m: 14:36.44 1:16.27	800m: 19:24.78 1:04.66		
19. BRAVO, Dioni	78	C.N. Los Yébenes	20:17.30	7,00	
50m: 57.90 57.90	250m: 5:47.89 1:16.52	450m: 11:07.34 1:20.79	650m: 16:25.74 1:18.22		
100m: 2:06.29 1:08.39	300m: 7:05.78 1:17.89	500m: 12:29.86 1:22.52	700m: 17:44.01 1:18.27		
150m: 3:17.67 1:11.38	350m: 8:25.48 1:19.70	550m: 13:50.73 1:20.87	750m: 19:00.76 1:16.75		
200m: 4:31.37 1:13.70	400m: 9:46.55 1:21.07	600m: 15:07.52 1:16.79	800m: 20:17.30 1:16.54		
50+					
1. MARTINEZ LUCAS, Francisco	74	Albacete Swim	10:16.01	19,00	
50m: 35.50 35.50	250m: 3:13.88 37.91	450m: 5:48.14 38.45	650m: 8:23.05 38.55		
100m: 1:12.77 37.27	300m: 3:52.17 38.29	500m: 6:27.41 39.27	700m: 9:01.48 38.43		
150m: 1:50.83 38.06	350m: 4:30.79 38.62	550m: 7:05.94 38.53	750m: 9:39.25 37.77		
200m: 2:35.97 45.14	400m: 5:09.69 38.90	600m: 7:44.50 38.56	800m: 10:16.01 36.76		
2. GARCIA GARVIN, Demetrio Julian	74	E.C. Ciudad De Talavera	10:59.21	16,00	
50m: 37.49 37.49	250m: 3:21.47 41.35	450m: 6:08.06 40.81	650m: 8:55.28 41.44		
100m: 1:17.60 40.11	300m: 4:02.69 41.22	500m: 6:49.60 41.54	700m: 9:36.77 41.49		
150m: 1:58.65 41.05	350m: 4:44.72 42.03	550m: 7:31.43 41.83	750m: 10:18.88 42.11		
200m: 2:40.12 41.47	400m: 5:27.25 42.53	600m: 8:13.84 42.41	800m: 10:59.21 40.33		
3. GONZÁLEZ CASTELLANOS, Alberto	71	C.N. Ciudad Real	11:04.02	14,00	
50m: 38.98 38.98	250m: 3:24.76 41.58	450m: 6:11.95 41.76	650m: 8:59.63 41.75		
100m: 1:19.05 40.07	300m: 4:06.63 41.87	500m: 6:54.49 42.54	700m: 9:42.16 42.53		
150m: 2:00.77 41.72	350m: 4:48.36 41.73	550m: 7:36.04 41.55	750m: 10:24.13 41.97		
200m: 2:43.18 42.41	400m: 5:30.19 41.83	600m: 8:17.88 41.84	800m: 11:04.02 39.89		
4. TRUJILLO MORA, Jose Ramon	74	C.N. Puertollano	11:48.39	13,00	
50m: 41.85 41.85	250m: 3:38.27 44.68	450m: 6:37.96 44.64	650m: 9:37.80 44.86		
100m: 1:24.98 43.13	300m: 4:23.14 44.87	500m: 7:22.89 44.93	700m: 10:22.13 44.33		
150m: 2:09.05 44.07	350m: 5:07.97 44.83	550m: 8:08.01 45.12	750m: 11:05.92 43.79		
200m: 2:53.59 44.54	400m: 5:53.32 45.35	600m: 8:52.94 44.93	800m: 11:48.39 42.47		
5. CAÑAS ALVAREZ, Jose Luis	71	C.N. Monteverde	12:23.29	12,00	
50m: 40.58 40.58	250m: 3:37.13 46.61	450m: 6:50.31 48.58	650m: 10:03.53 47.70		
100m: 1:22.24 41.66	300m: 4:24.80 47.67	500m: 7:39.58 49.27	700m: 10:51.05 47.52		
150m: 2:05.58 43.34	350m: 5:13.62 48.82	550m: 8:27.92 48.34	750m: 11:39.10 48.05		
200m: 2:50.52 44.94	400m: 6:01.73 48.11	600m: 9:15.83 47.91	800m: 12:23.29 44.19		
6. FERNANDEZ LOZANO, Julio	70	Master Natacion Tomelloso	12:31.86	11,00	
50m: 43.44 43.44	250m: 3:50.71 47.14	450m: 7:00.66 47.10	650m: 10:08.87 47.98		
100m: 1:29.54 46.10	300m: 4:38.13 47.42	500m: 7:47.95 47.29	700m: 10:56.48 47.61		
150m: 2:16.80 47.26	350m: 5:26.07 47.94	550m: 8:34.37 46.42	750m: 11:45.04 48.56		
200m: 3:03.57 46.77	400m: 6:13.56 47.49	600m: 9:20.89 46.52	800m: 12:31.86 46.82		
7. GONZALEZ DE LA ALEJA LOPEZ, V.	70	C.N. Valdepeñas	13:58.46	10,00	
50m: 43.54 43.54	250m: 4:10.34 53.49	450m: 7:46.67 52.69	650m: 11:20.46 53.99		
100m: 1:31.48 47.94	300m: 5:05.66 55.32	500m: 8:39.40 52.73	700m: 12:13.95 53.49		
150m: 2:23.95 52.47	350m: 6:00.19 54.53	550m: 9:33.09 53.69	750m: 13:07.80 53.85		
200m: 3:16.85 52.90	400m: 6:53.98 53.79	600m: 10:26.47 53.38	800m: 13:58.46 50.66		
8. VICARIO ESPINOSA, Carlos	70	Master Toledo 3 Culturas	13:59.01	9,00	
50m: 45.41 45.41	250m: 4:13.90 52.88	450m: 7:46.23 53.10	650m: 11:21.30 54.09		
100m: 1:35.78 50.37	300m: 5:06.92 53.02	500m: 8:39.59 53.36	700m: 12:15.25 53.95		
150m: 2:28.07 52.29	350m: 6:00.05 53.13	550m: 9:33.31 53.72	750m: 13:09.09 53.84		
200m: 3:21.02 52.95	400m: 6:53.13 53.08	600m: 10:27.21 53.90	800m: 13:59.01 49.92		

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 50+

Clasificación

			AN				Tiempo		Pts
9.	MORALEDA MATE, Carlos		74		Cn Ugena		14:09.96		8,00
	50m:	45.94 45.94	250m:	4:15.48 53.62	450m:	7:54.87 54.79	650m:	11:33.21 54.15	
	100m:	1:35.95 50.01	300m:	5:09.82 54.34	500m:	8:49.57 54.70	700m:	12:27.49 54.28	
	150m:	2:28.66 52.71	350m:	6:05.08 55.26	550m:	9:44.07 54.50	750m:	13:20.56 53.07	
	200m:	3:21.86 53.20	400m:	7:00.08 55.00	600m:	10:39.06 54.99	800m:	14:09.96 49.40	
10.	DEL RIO GORRIS, Carlos		74		Master Toledo 3 Culturas		14:22.26		-
	50m:	47.98 47.98	250m:	4:19.12 54.56	450m:	8:00.91 55.43	650m:	11:41.12 55.45	
	100m:	1:38.85 50.87	300m:	5:14.47 55.35	500m:	8:55.20 54.29	700m:	12:36.46 55.34	
	150m:	2:31.12 52.27	350m:	6:10.57 56.10	550m:	9:50.40 55.20	750m:	13:31.31 54.85	
	200m:	3:24.56 53.44	400m:	7:05.48 54.91	600m:	10:45.67 55.27	800m:	14:22.26 50.95	
11.	CHUMILLAS NAVARRO, Carlos		70		C.N. Cuenca		14:37.02		7,00
	50m:	48.61 48.61	250m:	4:26.67 56.77	450m:	8:10.72 54.61	650m:	11:52.84 55.48	
	100m:	1:39.15 50.54	300m:	5:21.37 54.70	500m:	9:06.47 55.75	700m:	12:48.47 55.63	
	150m:	2:33.67 54.52	350m:	6:17.27 55.90	550m:	10:02.31 55.84	750m:	13:42.65 54.18	
	200m:	3:29.90 56.23	400m:	7:16.11 58.84	600m:	10:57.36 55.05	800m:	14:37.02 54.37	
12.	PÉREZ OSMA, Santiago		71		C.N. Cuenca		14:54.30		-
	50m:	47.24 47.24	250m:	4:26.82 56.74	450m:	8:15.19 55.41	650m:	12:04.03 56.86	
	100m:	1:38.44 51.20	300m:	5:24.32 57.50	500m:	9:12.74 57.55	700m:	13:01.93 57.90	
	150m:	2:33.44 55.00	350m:	6:21.81 57.49	550m:	10:09.80 57.06	750m:	13:59.45 57.52	
	200m:	3:30.08 56.64	400m:	7:19.78 57.97	600m:	11:07.17 57.37	800m:	14:54.30 54.85	
13.	DE LA DUEÑA NAVARRO, Jose Alberto		74		Master Natacion Tomelloso		15:37.93		-
	50m:	49.36 49.36	250m:	4:38.46 59.30	450m:	8:38.27 59.93	650m:	12:42.84 1:01.29	
	100m:	1:43.25 53.89	300m:	5:38.56 1:00.10	500m:	9:38.89 1:00.62	700m:	13:43.29 1:00.45	
	150m:	2:40.49 57.24	350m:	6:38.00 59.44	550m:	10:39.51 1:00.62	750m:	14:43.27 59.98	
	200m:	3:39.16 58.67	400m:	7:38.34 1:00.34	600m:	11:41.55 1:02.04	800m:	15:37.93 54.66	
14.	VILLAR POZO, Juan		71		Albacete Swim		16:01.68		-
	50m:	50.20 50.20	250m:	4:44.65 1:01.21	450m:	8:52.09 1:02.69	650m:	13:01.05 1:05.89	
	100m:	1:46.52 56.32	300m:	5:45.70 1:01.05	500m:	9:54.51 1:02.42	700m:	14:02.20 1:01.15	
	150m:	2:44.84 58.32	350m:	6:48.18 1:02.48	550m:	10:55.74 1:01.23	750m:	15:04.32 1:02.12	
	200m:	3:43.44 58.60	400m:	7:49.40 1:01.22	600m:	11:55.16 59.42	800m:	16:01.68 57.36	
15.	DOMINGO CASTILLO, Jacinto		71		C.P.N. La Roda		16:55.20		6,00
	50m:	46.73 46.73	250m:	4:54.10 1:04.44	450m:	9:16.02 1:04.74	650m:	13:47.79 1:06.10	
	100m:	1:41.03 54.30	300m:	6:00.28 1:06.18	500m:	10:24.90 1:08.88	700m:	14:53.54 1:05.75	
	150m:	2:46.94 1:05.91	350m:	7:05.48 1:05.20	550m:	11:31.79 1:06.89	750m:	15:58.27 1:04.73	
	200m:	3:49.66 1:02.72	400m:	8:11.28 1:05.80	600m:	12:41.69 1:09.90	800m:	16:55.20 56.93	

55+

1.	ANDUJAR TENDERO, Esteban		69		C.N. Albacete		10:20.83		29,00	mm
	50m:	38.15 38.15	250m:	3:13.99 39.53	450m:	5:49.36 38.35	650m:	8:25.36 39.19		
	100m:	1:16.60 38.45	300m:	3:53.19 39.20	500m:	6:27.94 38.58	700m:	9:04.08 38.72		
	150m:	1:55.27 38.67	350m:	4:31.99 38.80	550m:	7:07.11 39.17	750m:	9:42.85 38.77		
	200m:	2:34.46 39.19	400m:	5:11.01 39.02	600m:	7:46.17 39.06	800m:	10:20.83 37.98		
2.	GUALDA PICAZO, Juan Carlos		68		Albacete Swim		11:47.42		16,00	
	50m:	41.03 41.03	250m:	3:39.64 44.78	450m:	7:23.22 44.54	650m:	10:19.54 44.82		
	100m:	1:25.38 44.35	300m:	5:08.81 1:29.17	500m:	8:06.89 43.67	700m:	11:04.14 44.60		
	150m:	2:10.27 44.89	350m:	5:53.35 44.54	550m:	8:50.46 43.57	750m:	11:47.42 43.28		
	200m:	2:54.86 44.59	400m:	6:38.68 45.33	600m:	9:34.72 44.26	800m:	11:47.42		
3.	DOMINGUEZ ALCAZAR, Pedro Jesus		69		C.P.N. La Roda		11:48.24		14,00	
	50m:	41.61 41.61	250m:	3:34.31 44.77	450m:	6:35.15 44.51	650m:	9:36.78 44.91		
	100m:	1:23.30 41.69	300m:	4:19.27 44.96	500m:	7:20.45 45.30	700m:	10:21.88 45.10		
	150m:	2:06.35 43.05	350m:	5:04.72 45.45	550m:	8:06.11 45.66	750m:	11:06.34 44.46		
	200m:	2:49.54 43.19	400m:	5:50.64 45.92	600m:	8:51.87 45.76	800m:	11:48.24 41.90		

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 55+

Clasificación	AN		Tiempo		Pts
4. MUÑOZ PEREZ, Angel Andres	67	E.C. Ciudad De Talavera	12:28.70	13,00	
50m:	41.25	41.25	250m:	3:44.32	46.07
100m:	1:25.00	43.75	300m:	4:31.72	47.40
150m:	2:11.25	46.25	350m:	5:19.10	47.38
200m:	2:58.25	47.00	400m:	6:06.69	47.59
			450m:	6:54.60	47.91
			500m:	7:42.21	47.61
			550m:	8:30.12	47.91
			600m:	9:18.35	48.23
			650m:	10:06.55	48.20
			700m:	10:53.91	47.36
			750m:	11:42.21	48.30
			800m:	12:28.70	46.49
5. RUBIA RODRÍGUEZ, Juan Daniel	69	C.N. Ciudad Real	12:37.90	12,00	
50m:	44.64	44.64	250m:	3:55.52	45.82
100m:	1:31.01	46.37	300m:	4:41.62	46.10
150m:	2:19.84	48.83	350m:	5:28.90	47.28
200m:	3:09.70	49.86	400m:	6:17.01	48.11
			450m:	7:04.37	47.36
			500m:	7:52.39	48.02
			550m:	8:41.57	49.18
			600m:	9:30.12	48.55
			650m:	10:18.44	48.32
			700m:	11:06.36	47.92
			750m:	11:53.96	47.60
			800m:	12:37.90	43.94
6. STEPHENSON, Samuel Heath	69	Master Toledo 3 Culturas	12:54.98	11,00	
50m:	47.73	47.73	250m:	4:05.33	48.96
100m:	1:36.81	49.08	300m:	4:54.52	49.19
150m:	2:26.49	49.68	350m:	5:43.70	49.18
200m:	3:16.37	49.88	400m:	6:32.13	48.43
			450m:	7:20.28	48.15
			500m:	8:09.19	48.91
			550m:	8:57.54	48.35
			600m:	9:45.59	48.05
			650m:	10:33.08	47.49
			700m:	11:22.26	49.18
			750m:	12:11.34	49.08
			800m:	12:54.98	43.64
7. DIAZ MERINO, Oscar	67	C.N. Valdepeñas	14:49.06	10,00	
50m:	48.79	48.79	250m:	4:34.10	57.82
100m:	1:43.29	54.50	300m:	5:30.38	56.28
150m:	2:39.96	56.67	350m:	6:26.85	56.47
200m:	3:36.28	56.32	400m:	7:23.43	56.58
			450m:	8:19.38	55.95
			500m:	9:17.38	58.00
			550m:	10:13.95	56.57
			600m:	11:10.68	56.73
			650m:	12:06.69	56.01
			700m:	13:04.36	57.67
			750m:	13:58.80	54.44
			800m:	14:49.06	50.26
8. RODRIGUEZ YESTE, Elias	67	C.P.N. La Roda	15:12.86	-	
50m:	48.79	48.79	250m:	4:39.85	58.73
100m:	1:43.57	54.78	300m:	5:38.84	58.99
150m:	2:41.54	57.97	350m:	6:38.96	1:00.12
200m:	3:41.12	59.58	400m:	7:38.21	59.25
			450m:	8:37.98	59.77
			500m:	9:37.44	59.46
			550m:	10:35.70	58.26
			600m:	11:32.06	56.36
			650m:	12:28.88	56.82
			700m:	13:24.81	55.93
			750m:	14:23.21	58.40
			800m:	15:12.86	49.65

DSQ ROSELL GUZMAN, Vicente	67	C.N. Los Yebenes	-	-	
<i>DSA - Salida Anticipada</i>					
50m:	34.27	34.27	100m:	1:37.97	1:03.70
			150m:	2:46.74	1:08.77

60+

1. LUESO SORDO, Francisco	61	C.P.N. La Roda	12:03.04	19,00	
50m:	47.78	47.78	250m:	3:48.72	44.86
100m:	1:33.90	46.12	300m:	4:33.83	45.11
150m:	2:19.24	45.34	350m:	5:18.71	44.88
200m:	3:03.86	44.62	400m:	6:04.60	45.89
			450m:	6:49.80	45.20
			500m:	7:35.33	45.53
			550m:	8:20.45	45.12
			600m:	9:04.95	44.50
			650m:	9:49.74	44.79
			700m:	10:35.39	45.65
			750m:	11:20.49	45.10
			800m:	12:03.04	42.55
2. RODRIGUEZ CASTEDO, Alexis	62	Cn Master Torrijos	12:18.65	16,00	
50m:	41.51	41.51	250m:	3:45.02	46.78
100m:	1:26.63	45.12	300m:	4:31.84	46.82
150m:	2:12.16	45.53	350m:	5:18.75	46.91
200m:	2:58.24	46.08	400m:	6:05.41	46.66
			450m:	6:51.96	46.55
			500m:	7:39.05	47.09
			550m:	8:26.23	47.18
			600m:	9:13.29	47.06
			650m:	10:00.49	47.20
			700m:	10:47.49	47.00
			750m:	11:35.13	47.64
			800m:	12:18.65	43.52
3. SANCHEZ DIEZ, Jose Carlos	62	C.N. Monteverde	13:38.24	14,00	
50m:	44.40	44.40	250m:	4:02.45	51.64
100m:	1:31.20	46.80	300m:	4:54.78	52.33
150m:	2:20.55	49.35	350m:	5:47.21	52.43
200m:	3:10.81	50.26	400m:	6:39.94	52.73
			450m:	7:32.63	52.69
			500m:	8:26.49	53.86
			550m:	9:20.28	53.79
			600m:	10:12.00	51.72
			650m:	11:04.66	52.66
			700m:	11:57.75	53.09
			750m:	12:49.59	51.84
			800m:	13:38.24	48.65
4. PERONA SANCHEZ, Ramon	64	C.N. Valdepeñas	15:06.29	13,00	
50m:	49.62	49.62	250m:	4:36.20	59.72
100m:	1:43.27	53.65	300m:	5:34.80	58.60
150m:	2:40.07	56.80	350m:	6:32.69	57.89
200m:	3:36.48	56.41	400m:	7:31.29	58.60
			450m:	8:29.10	57.81
			500m:	9:26.10	57.00
			550m:	10:23.52	57.42
			600m:	11:20.28	56.76
			650m:	12:18.61	58.33
			700m:	13:16.30	57.69
			750m:	14:13.32	57.02
			800m:	15:06.29	52.97

Comprometidos con la natación para toda la vida

Prueba 3, Masc., 800m Libre, 60+

Clasificación	AN		Tiempo		Pts
5. GARCÍA GARCÍA, José Julián	61	C.N. Valdepeñas	17:13.80	-	
50m:	55.55	55.55	250m:	5:16.27	1:06.34
100m:	1:59.64	1:04.09	300m:	6:22.71	1:06.44
150m:	3:03.88	1:04.24	350m:	7:28.03	1:05.32
200m:	4:09.93	1:06.05	400m:	8:35.02	1:06.99
			450m:	9:39.61	1:04.59
			500m:	10:45.99	1:06.38
			550m:	11:52.05	1:06.06
			600m:	12:56.97	1:04.92
			650m:	14:03.79	1:06.82
			700m:	15:09.94	1:06.15
			750m:	16:13.71	1:03.77
			800m:	17:13.80	1:00.09
6. GÓMEZ AREVALO, Daniel	61	C.N. Monteverde	18:11.75	-	
50m:	1:00.02	1:00.02	250m:	5:33.39	1:09.58
100m:	2:06.26	1:06.24	300m:	6:42.06	1:08.67
150m:	3:14.20	1:07.94	350m:	7:50.66	1:08.60
200m:	4:23.81	1:09.61	400m:	8:58.82	1:08.16
			450m:	10:07.35	1:08.53
			500m:	11:16.53	1:09.18
			550m:	12:27.69	1:11.16
			600m:	13:39.01	1:11.32
			650m:	14:48.00	1:08.99
			700m:	15:58.14	1:10.14
			750m:	17:07.76	1:09.62
			800m:	18:11.75	1:03.99

65+

1. EDELMAN, Arnoldo	56	Albacete Swim	13:15.14	19,00
50m:	46.48	46.48	250m:	3:59.81
100m:	1:33.83	47.35	300m:	4:49.42
150m:	2:21.73	47.90	350m:	5:39.50
200m:	3:10.39	48.66	400m:	6:29.81
			450m:	7:19.48
			500m:	8:10.64
			550m:	9:01.21
			600m:	9:52.33
			650m:	10:43.76
			700m:	11:35.20
			750m:	12:26.12
			800m:	13:15.14
2. MARQUES DEL POZO, Antonio	56	C.N. Monteverde	13:44.25	16,00
50m:	43.12	43.12	250m:	4:08.31
100m:	1:31.81	48.69	300m:	5:00.53
150m:	2:23.53	51.72	350m:	5:54.06
200m:	3:15.65	52.12	400m:	6:46.74
			450m:	7:39.47
			500m:	8:32.51
			550m:	9:25.87
			600m:	10:18.65
			650m:	11:11.03
			700m:	12:03.90
			750m:	12:55.19
			800m:	13:44.25
3. PINA MORENO, Ricardo	57	Cn Master Torrijos	14:55.53	14,00
50m:	49.40	49.40	250m:	4:28.26
100m:	1:41.98	52.58	300m:	5:24.65
150m:	2:36.67	54.69	350m:	6:21.26
200m:	3:32.26	55.59	400m:	7:18.85
			450m:	8:15.58
			500m:	9:12.18
			550m:	10:09.47
			600m:	11:07.27
			650m:	12:04.16
			700m:	13:01.90
			750m:	13:59.12
			800m:	14:55.53
4. JUAREZ RUBIO, Galo	57	Master Natacion Tomelloso	15:56.10	13,00
50m:	50.47	50.47	250m:	4:47.38
100m:	1:46.51	56.04	300m:	5:48.34
150m:	2:45.19	58.68	350m:	6:49.37
200m:	3:45.77	1:00.58	400m:	7:50.08
			450m:	8:51.28
			500m:	9:52.61
			550m:	10:52.71
			600m:	11:52.99
			650m:	12:54.93
			700m:	13:56.71
			750m:	14:57.35
			800m:	15:56.10
5. HERNANDEZ PEREZ, Antonio	58	Albacete Swim	17:15.70	-
50m:	1:03.32	1:03.32	250m:	5:27.86
100m:	2:09.06	1:05.74	300m:	6:32.80
150m:	3:14.82	1:05.76	350m:	7:37.89
200m:	4:20.87	1:06.05	400m:	8:43.08
			450m:	9:47.49
			500m:	10:52.08
			550m:	11:55.49
			600m:	13:01.73
			650m:	14:05.12
			700m:	15:08.62
			750m:	16:11.78
			800m:	17:15.70
6. LOPEZ ALMARCHA, Alfonso	58	C.D. Escuela Nadadores Tomelloso	18:12.25	12,00
50m:	52.83	52.83	250m:	5:16.71
100m:	1:51.68	58.85	300m:	6:28.27
150m:	2:55.46	1:03.78	350m:	7:39.46
200m:	4:05.56	1:10.10	400m:	8:52.15
			450m:	10:04.55
			500m:	11:15.86
			550m:	12:27.12
			600m:	13:37.13
			650m:	14:47.64
			700m:	15:56.42
			750m:	17:07.23
			800m:	18:12.25

70+

1. AVENDAÑO CEBRIAN, Jose	50	Albacete Swim	19:09.73	19,00
50m:	1:00.62	1:00.62	250m:	5:38.59
100m:	2:06.84	1:06.22	300m:	6:51.75
150m:	3:16.24	1:09.40	350m:	8:05.28
200m:	4:27.71	1:11.47	400m:	9:20.79
			450m:	10:33.45
			500m:	11:46.59
			550m:	13:00.18
			600m:	14:14.51
			650m:	15:28.67
			700m:	16:42.60
			750m:	17:56.13
			800m:	19:09.73

Comprometidos con la natación para toda la vida

Prueba 4	Fem., 800m Libre			20 - 89 años
21/01/2024				Resultados
R 70+	34:32.89	, MARIA-JESUS CAMARENA PARDO	ALBACETE	19/11/2016
R 65+	17:03.03	, MARIA PILAR FERNANDEZ-TORIIJA G	Cuenca	19/03/2022
R 60+	12:22.82	TORRES Pelayo, Maria Jose 00764	Cuenca	20/01/2024
R 55+	12:05.88	, MARIA JOSE TORRES Pelayo	VALLADOLID	16/05/2021
R 50+	11:54.01	, LUCIA VECINA SANCHEZ	Cuenca	11/03/2023
R 45+	9:54.91	, SORAYA PEREZ GALLINA	VALLADOLID	16/05/2021
R 40+	9:25.42	, SANTOS ARRIAGA REBECA	PALMA DE MALLORCA	03/02/2017
R 35+	10:05.67	, SORAYA PEREZ GALLINA	PONTEVEDRA	15/02/2015
R 30+	10:23.43	REDONDO MARTIN, Samantha 01554	Cuenca	20/01/2024
R 25+	9:50.27	, PATRICIA GONZALEZ MEGIA	VALLADOLID	16/05/2021
R 20+	9:59.89	, RAQUEL LUENGO VAZQUEZ	PALMA DE MALLORCA	20/02/2014

Clasificación	AN		Tiempo		Pts
20+					
1. PÉREZ INIESTA, Anabel	02	C.N. Albacete	12:06.72	19,00	
50m: 40.77 40.77	250m: 3:41.89 46.31	450m: 6:48.17 46.55	650m: 9:53.45 45.24		
100m: 1:24.38 43.61	300m: 4:28.55 46.66	500m: 7:34.89 46.72	700m: 10:39.29 45.84		
150m: 2:08.92 44.54	350m: 5:15.05 46.50	550m: 8:21.16 46.27	750m: 11:24.90 45.61		
200m: 2:55.58 46.66	400m: 6:01.62 46.57	600m: 9:08.21 47.05	800m: 12:06.72 41.82		
2. TORREJON SANCHEZ, Lucia	03	Cn Ugena	12:20.68	16,00	
50m: 41.78 41.78	250m: 3:46.10 47.17	450m: 6:54.99 47.47	650m: 10:03.59 46.63		
100m: 1:25.86 44.08	300m: 4:33.08 46.98	500m: 7:42.51 47.52	700m: 10:50.33 46.74		
150m: 2:12.04 46.18	350m: 5:20.19 47.11	550m: 8:29.82 47.31	750m: 11:36.36 46.03		
200m: 2:58.93 46.89	400m: 6:07.52 47.33	600m: 9:16.96 47.14	800m: 12:20.68 44.32		
3. MEDINA CAÑAS, Marta	00	Master Natacion Tomelloso	12:21.18	14,00	
50m: 39.82 39.82	250m: 3:34.71 45.02	450m: 6:41.30 47.70	650m: 9:56.47 48.84		
100m: 1:22.32 42.50	300m: 4:20.39 45.68	500m: 7:29.95 48.65	700m: 10:45.43 48.96		
150m: 2:05.26 42.94	350m: 5:06.17 45.78	550m: 8:19.06 49.11	750m: 11:34.43 49.00		
200m: 2:49.69 44.43	400m: 5:53.60 47.43	600m: 9:07.63 48.57	800m: 12:21.18 46.75		
4. LOPEZ DIAZ, Carla	01	C.N. Monteverde	12:54.37	13,00	
50m: 39.91 39.91	250m: 3:44.87 48.51	450m: 7:04.04 50.56	650m: 10:26.65 50.32		
100m: 1:23.44 43.53	300m: 4:33.72 48.85	500m: 7:55.29 51.25	700m: 11:17.22 50.57		
150m: 2:09.18 45.74	350m: 5:23.35 49.63	550m: 8:45.33 50.04	750m: 12:07.99 50.77		
200m: 2:56.36 47.18	400m: 6:13.48 50.13	600m: 9:36.33 51.00	800m: 12:54.37 46.38		
5. MARTIN CAMBRONERO, Alicia	02	C.N. Monteverde	13:33.85	-	
50m: 43.82 43.82	250m: 4:02.50 51.50	450m: 7:30.48 52.14	650m: 11:00.89 52.38		
100m: 1:30.85 47.03	300m: 4:54.63 52.13	500m: 8:23.33 52.85	700m: 11:53.73 52.84		
150m: 2:20.10 49.25	350m: 5:46.83 52.20	550m: 9:16.00 52.67	750m: 12:46.20 52.47		
200m: 3:11.00 50.90	400m: 6:38.34 51.51	600m: 10:08.51 52.51	800m: 13:33.85 47.65		
6. REDONDO MUÑOZ, Sonia	01	Master Natacion Tomelloso	14:00.26	-	
50m: 45.51 45.51	250m: 4:09.93 53.32	450m: 7:47.64 55.24	650m: 11:24.35 54.75		
100m: 1:33.73 48.22	300m: 5:04.02 54.09	500m: 8:41.54 53.90	700m: 12:18.90 54.55		
150m: 2:24.36 50.63	350m: 5:57.88 53.86	550m: 9:35.34 53.80	750m: 13:10.95 52.05		
200m: 3:16.61 52.25	400m: 6:52.40 54.52	600m: 10:29.60 54.26	800m: 14:00.26 49.31		
7. MARTINEZ CASTILLO, Irene	01	C.P.N. La Roda	14:15.52	12,00	
50m: 45.17 45.17	250m: 4:10.81 53.64	450m: 7:52.10 55.95	650m: 11:35.47 56.29		
100m: 1:33.54 48.37	300m: 5:05.01 54.20	500m: 8:48.06 55.96	700m: 12:31.09 55.62		
150m: 2:24.60 51.06	350m: 6:00.73 55.72	550m: 9:44.16 56.10	750m: 13:25.44 54.35		
200m: 3:17.17 52.57	400m: 6:56.15 55.42	600m: 10:39.18 55.02	800m: 14:15.52 50.08		

Comprometidos con la natación para toda la vida

Prueba 4, Fem., 800m Libre

25+

1.	OLMEDO LEON, Lourdes	96	C.N. Valdepeñas	10:41.21	19,00
	50m: 34.91 34.91	250m: 3:11.81	40.46	450m: 5:55.93	41.00
	100m: 1:12.72 37.81	300m: 3:52.59	40.78	500m: 6:37.48	41.55
	150m: 1:51.99 39.27	350m: 4:33.44	40.85	550m: 7:19.32	41.84
	200m: 2:31.35 39.36	400m: 5:14.93	41.49	600m: 8:00.86	41.54
				650m: 8:41.99	41.13
				700m: 9:23.44	41.45
				750m: 10:03.41	39.97
				800m: 10:41.21	37.80
2.	RODRIGUEZ CORVILLO, M ^a Del Rocio	97	C.N. Monteverde	10:44.71	16,00
	50m: 34.24 34.24	250m: 3:10.91	40.68	450m: 5:55.40	41.14
	100m: 1:11.83 37.59	300m: 3:51.75	40.84	500m: 6:36.96	41.56
	150m: 1:50.58 38.75	350m: 4:34.12	42.37	550m: 7:18.62	41.66
	200m: 2:30.23 39.65	400m: 5:14.26	40.14	600m: 8:00.69	42.07
				650m: 8:42.87	42.18
				700m: 9:24.71	41.84
				750m: 10:05.94	41.23
				800m: 10:44.71	38.77
3.	GONZALEZ ROJO, Ainhoa	98	C.N. Ciudad Real	11:00.59	14,00
	50m: 37.16 37.16	250m: 3:19.28	41.11	450m: 6:07.99	42.51
	100m: 1:16.69 39.53	300m: 4:00.63	41.35	500m: 6:50.32	42.33
	150m: 1:57.20 40.51	350m: 4:43.31	42.68	550m: 7:32.75	42.43
	200m: 2:38.17 40.97	400m: 5:25.48	42.17	600m: 8:15.44	42.69
				650m: 8:57.85	42.41
				700m: 9:40.00	42.15
				750m: 10:21.24	41.24
				800m: 11:00.59	39.35
4.	MEZCUA JIMENA, Victoria	98	Master Natacion Tomelloso	11:19.03	13,00
	50m: 38.52 38.52	250m: 3:27.57	42.78	450m: 6:21.48	43.48
	100m: 1:19.19 40.67	300m: 4:10.92	43.35	500m: 7:04.98	43.50
	150m: 2:01.35 42.16	350m: 4:53.78	42.86	550m: 7:48.13	43.15
	200m: 2:44.79 43.44	400m: 5:38.00	44.22	600m: 8:31.07	42.94
				650m: 9:13.57	42.50
				700m: 9:55.99	42.42
				750m: 10:38.34	42.35
				800m: 11:19.03	40.69
5.	BAEZ DIEGUEZ, Silvia	98	C.N. Monteverde	11:58.26	-
	50m: 39.25 39.25	250m: 3:37.46	45.23	450m: 6:40.57	45.68
	100m: 1:23.21 43.96	300m: 4:23.49	46.03	500m: 7:26.29	45.72
	150m: 2:07.93 44.72	350m: 5:08.33	44.84	550m: 8:11.63	45.34
	200m: 2:52.23 44.30	400m: 5:54.89	46.56	600m: 8:57.84	46.21
				650m: 9:44.02	46.18
				700m: 10:29.88	45.86
				750m: 11:14.97	45.09
				800m: 11:58.26	43.29
6.	CONSTAN LOPEZ, Yolanda	97	C.N. Albacete	12:03.66	12,00
	50m: 38.84 38.84	250m: 3:30.68	44.05	450m: 6:36.69	47.32
	100m: 1:20.05 41.21	300m: 4:16.39	45.71	500m: 7:24.05	47.36
	150m: 2:02.70 42.65	350m: 5:02.56	46.17	550m: 8:11.63	47.58
	200m: 2:46.63 43.93	400m: 5:49.37	46.81	600m: 8:58.85	47.22
				650m: 9:46.25	47.40
				700m: 10:33.40	47.15
				750m: 11:20.20	46.80
				800m: 12:03.66	43.46
7.	GÓMEZ-CALCERRADA TAJUELO, M.	97	C.N. Alcazar	12:35.39	11,00
	50m: 38.82 38.82	250m: 3:39.02	47.39	450m: 6:52.62	48.85
	100m: 1:20.34 41.52	300m: 4:26.85	47.83	500m: 7:42.77	50.15
	150m: 2:04.99 44.65	350m: 5:15.69	48.84	550m: 8:33.28	50.51
	200m: 2:51.63 46.64	400m: 6:03.77	48.08	600m: 9:22.06	48.78
				650m: 10:10.81	48.75
				700m: 10:59.60	48.79
				750m: 11:48.49	48.89
				800m: 12:35.39	46.90
8.	DÍAZ MOLINA, Paula	95	Cn Ugena	12:45.83	10,00
	50m: 43.44 43.44	250m: 3:55.48	48.90	450m: 7:10.78	48.51
	100m: 1:30.33 46.89	300m: 4:43.95	48.47	500m: 7:59.72	48.94
	150m: 2:17.83 47.50	350m: 5:32.92	48.97	550m: 8:47.99	48.27
	200m: 3:06.58 48.75	400m: 6:22.27	49.35	600m: 9:36.53	48.54
				650m: 10:24.73	48.20
				700m: 11:13.36	48.63
				750m: 12:00.73	47.37
				800m: 12:45.83	45.10
9.	MORENO LÓPEZ, Miriam	97	Master Natacion Tomelloso	13:07.05	-
	50m: 43.49 43.49	250m: 3:56.66	50.25	450m: 7:20.40	50.74
	100m: 1:29.77 46.28	300m: 4:47.34	50.68	500m: 8:11.67	51.27
	150m: 2:17.36 47.59	350m: 5:38.62	51.28	550m: 9:02.72	51.05
	200m: 3:06.41 49.05	400m: 6:29.66	51.04	600m: 9:52.86	50.14
				650m: 10:42.57	49.71
				700m: 11:31.71	49.14
				750m: 12:20.76	49.05
				800m: 13:07.05	46.29
10.	PAZ DE LA FLOR, Maria De La Concepcio	95	C.N. Puertollano	13:31.69	9,00
	50m: 43.45 43.45	250m: 3:54.71	51.11	450m: 7:24.99	52.68
	100m: 1:27.73 44.28	300m: 4:46.73	52.02	500m: 8:18.62	53.63
	150m: 2:15.11 47.38	350m: 5:39.46	52.73	550m: 9:14.14	55.52
	200m: 3:03.60 48.49	400m: 6:32.31	52.85	600m: 10:07.13	52.99
				650m: 11:00.27	53.14
				700m: 11:52.71	52.44
				750m: 12:43.82	51.11
				800m: 13:31.69	47.87
11.	PICAZO TENDERO, Ana Isabel	97	C.P.N. La Roda	14:43.60	8,00
	50m: 51.67 51.67	250m: 4:32.63	57.01	450m: 8:19.88	57.82
	100m: 1:43.91 52.24	300m: 5:29.34	56.71	500m: 9:17.96	58.08
	150m: 2:39.30 55.39	350m: 6:25.84	56.50	550m: 10:14.04	56.08
	200m: 3:35.62 56.32	400m: 7:22.06	56.22	600m: 11:10.07	56.03
				650m: 12:07.14	57.07
				700m: 13:02.78	55.64
				750m: 13:55.89	53.11
				800m: 14:43.60	47.71

Comprometidos con la natación para toda la vida

Prueba 4, Fem., 800m Libre, 25+

Clasificación

AN

Tiempo

Pts

12.	VILLODRE CHARCO, Soledad	98	C.P.N. La Roda	15:59.79	-
	50m: 50.77 50.77	250m: 4:38.31 59.30	450m: 8:44.39 1:02.40	650m: 12:56.57 1:02.60	
	100m: 1:44.62 53.85	300m: 5:39.43 1:01.12	500m: 9:47.87 1:03.48	700m: 13:58.21 1:01.64	
	150m: 2:41.12 56.50	350m: 6:41.11 1:01.68	550m: 10:51.08 1:03.21	750m: 14:59.77 1:01.56	
	200m: 3:39.01 57.89	400m: 7:41.99 1:00.88	600m: 11:53.97 1:02.89	800m: 15:59.79 1:00.02	

30+

1.	GONZALEZ MEGIA, Patricia	93	C.N. Monteverde	10:08.18	24,00 nm
	50m: 31.26 31.26	250m: 3:04.08 39.38	450m: 5:40.96 39.37	650m: 8:16.46 38.22	
	100m: 1:04.89 33.63	300m: 3:43.02 38.94	500m: 6:20.34 39.38	700m: 8:53.06 36.60	
	150m: 1:46.11 41.22	350m: 4:22.07 39.05	550m: 6:59.39 39.05	750m: 9:30.67 37.61	
	200m: 2:24.70 38.59	400m: 5:01.59 39.52	600m: 7:38.24 38.85	800m: 10:08.18 37.51	
2.	DEL CERRO MARTIN-ONDARZA, Ana	90	C.N. Ciudad Real	11:31.36	16,00
	50m: 37.90 37.90	250m: 3:32.78 44.89	450m: 6:31.28 44.29	650m: 9:27.15 43.17	
	100m: 1:18.92 41.02	300m: 4:17.80 45.02	500m: 7:16.07 44.79	700m: 10:09.90 42.75	
	150m: 2:03.21 44.29	350m: 5:02.59 44.79	550m: 8:00.18 44.11	750m: 10:52.03 42.13	
	200m: 2:47.89 44.68	400m: 5:46.99 44.40	600m: 8:43.98 43.80	800m: 11:31.36 39.33	
3.	ILLANAS CALVO, Sonia	93	C.N. Ciudad Real	12:21.58	-
	50m: 41.08 41.08	250m: 3:42.68 46.45	450m: 6:50.28 47.30	650m: 10:01.31 47.93	
	100m: 1:24.29 43.21	300m: 4:29.49 46.81	500m: 7:37.79 47.51	700m: 10:48.76 47.45	
	150m: 2:09.41 45.12	350m: 5:15.65 46.16	550m: 8:25.68 47.89	750m: 11:36.19 47.43	
	200m: 2:56.23 46.82	400m: 6:02.98 47.33	600m: 9:13.38 47.70	800m: 12:21.58 45.39	
4.	GONZALEZ MORALES, Natalia	94	C.N. Valdepeñas	14:30.17	14,00
	50m: 43.21 43.21	250m: 4:09.22 54.65	450m: 7:55.10 57.46	650m: 11:43.62 56.87	
	100m: 1:30.92 47.71	300m: 5:04.70 55.48	500m: 8:51.84 56.74	700m: 12:40.62 57.00	
	150m: 2:21.86 50.94	350m: 6:00.80 56.10	550m: 9:49.35 57.51	750m: 13:37.18 56.56	
	200m: 3:14.57 52.71	400m: 6:57.64 56.84	600m: 10:46.75 57.40	800m: 14:30.17 52.99	
5.	GRUESO NAVARRO, Elena	92	C.D. Escuela Nadadores Tomelloso	16:55.51	13,00
	50m: 50.51 50.51	250m: 4:58.14 1:06.35	450m: 9:19.15 1:05.41	650m: 13:42.21 1:03.58	
	100m: 1:47.87 57.36	300m: 6:06.50 1:08.36	500m: 10:28.61 1:09.46	700m: 14:52.33 1:10.12	
	150m: 2:48.14 1:00.27	350m: 7:10.16 1:03.66	550m: 11:34.09 1:05.48	750m: 15:55.07 1:02.74	
	200m: 3:51.79 1:03.65	400m: 8:13.74 1:03.58	600m: 12:38.63 1:04.54	800m: 16:55.51 1:00.44	

35+

1.	RUBIO PALOMARES, Helena	85	E.C. Ciudad De Talavera	11:31.70	19,00
	50m: 39.15 39.15	250m: 3:30.22 43.84	450m: 6:27.31 44.32	650m: 9:23.69 44.19	
	100m: 1:20.02 40.87	300m: 4:15.00 44.78	500m: 7:11.25 43.94	700m: 10:07.98 44.29	
	150m: 2:02.48 42.46	350m: 4:58.79 43.79	550m: 7:54.76 43.51	750m: 10:50.64 42.66	
	200m: 2:46.38 43.90	400m: 5:42.99 44.20	600m: 8:39.50 44.74	800m: 11:31.70 41.06	
2.	GARCIA JURADO-SALMERON, Leyre	87	Albacete Swim	11:41.75	16,00
	50m: 41.04 41.04	250m: 3:35.05 44.22	450m: 6:32.74 44.61	650m: 9:31.45 44.76	
	100m: 1:23.47 42.43	300m: 4:19.60 44.55	500m: 7:17.26 44.52	700m: 10:15.71 44.26	
	150m: 2:06.99 43.52	350m: 5:03.68 44.08	550m: 8:02.06 44.80	750m: 10:59.66 43.95	
	200m: 2:50.83 43.84	400m: 5:48.13 44.45	600m: 8:46.69 44.63	800m: 11:41.75 42.09	
3.	GARCIA GUERRERO, Irene	89	E.C. Ciudad De Talavera	12:04.00	-
	50m: 40.52 40.52	250m: 3:41.59 46.61	450m: 6:46.07 45.95	650m: 9:50.72 46.36	
	100m: 1:23.87 43.35	300m: 4:28.21 46.62	500m: 7:32.30 46.23	700m: 10:37.17 46.45	
	150m: 2:08.96 45.09	350m: 5:13.43 45.22	550m: 8:18.23 45.93	750m: 11:22.45 45.28	
	200m: 2:54.98 46.02	400m: 6:00.12 46.69	600m: 9:04.36 46.13	800m: 12:04.00 41.55	
4.	MARIN RUEDA, Melania	88	C.N. Albacete	12:12.56	14,00
	50m: 37.85 37.85	250m: 3:42.44 47.28	450m: 6:48.33 46.90	650m: 9:54.54 46.37	
	100m: 1:21.93 44.08	300m: 4:29.64 47.20	500m: 7:34.82 46.49	700m: 10:41.47 46.93	
	150m: 2:08.03 46.10	350m: 5:15.45 45.81	550m: 8:21.36 46.54	750m: 11:26.77 45.30	
	200m: 2:55.16 47.13	400m: 6:01.43 45.98	600m: 9:08.17 46.81	800m: 12:12.56 45.79	

Comprometidos con la natación para toda la vida

Prueba 4, Fem., 800m Libre, 35+

Clasificación			AN					Tiempo	Pts			
5.	GIL ESTEPA, Pilar		88	C.N. Monteverde				12:54.28	13,00			
	50m:	43.02	43.02	250m:	3:52.65	49.17	450m:	7:11.25	49.49	650m:	10:29.21	49.36
	100m:	1:28.19	45.17	300m:	4:42.23	49.58	500m:	8:00.73	49.48	700m:	11:18.21	49.00
	150m:	2:15.41	47.22	350m:	5:31.64	49.41	550m:	8:50.51	49.78	750m:	12:07.29	49.08
	200m:	3:03.48	48.07	400m:	6:21.76	50.12	600m:	9:39.85	49.34	800m:	12:54.28	46.99
6.	MASANET BERENGUER, Janira		87	Club Velociraptor Mp Twinner				13:30.64	12,00			
	50m:	41.44	41.44	250m:	3:57.83	51.29	450m:	7:27.82	53.71	650m:	10:59.46	52.87
	100m:	1:27.96	46.52	300m:	4:49.86	52.03	500m:	8:20.81	52.99	700m:	11:51.75	52.29
	150m:	2:16.30	48.34	350m:	5:41.56	51.70	550m:	9:13.41	52.60	750m:	12:42.80	51.05
	200m:	3:06.54	50.24	400m:	6:34.11	52.55	600m:	10:06.59	53.18	800m:	13:30.64	47.84
7.	VOZMEDIANO RODILLA, Alba		88	C.N. Puertollano				15:06.15	11,00			
	50m:	46.73	46.73	250m:	4:28.53	57.75	450m:	8:19.74	57.95	650m:	12:15.63	58.29
	100m:	1:38.06	51.33	300m:	5:25.36	56.83	500m:	9:19.03	59.29	700m:	13:12.71	57.08
	150m:	2:33.49	55.43	350m:	6:23.81	58.45	550m:	10:19.21	1:00.18	750m:	14:12.35	59.64
	200m:	3:30.78	57.29	400m:	7:21.79	57.98	600m:	11:17.34	58.13	800m:	15:06.15	53.80
8.	TÁRRAGA VILLORA, Almudena		85	C.P.N. La Roda				17:46.35	10,00			
	50m:	43.76	43.76	250m:	4:58.14	1:08.37	450m:	9:40.26	1:10.38	650m:	14:26.56	1:11.61
	100m:	1:39.09	55.33	300m:	6:06.97	1:08.83	500m:	10:50.80	1:10.54	700m:	15:36.57	1:10.01
	150m:	2:42.82	1:03.73	350m:	7:17.96	1:10.99	550m:	12:03.13	1:12.33	750m:	16:44.32	1:07.75
	200m:	3:49.77	1:06.95	400m:	8:29.88	1:11.92	600m:	13:14.95	1:11.82	800m:	17:46.35	1:02.03

40+

1.	MOTILLA JUAN, Maria Jose		82	Cn Master Torrijos				12:32.15	19,00			
	50m:	41.25	41.25	250m:	3:46.24	47.35	450m:	6:58.89	47.80	650m:	10:11.23	48.31
	100m:	1:26.09	44.84	300m:	4:34.11	47.87	500m:	7:47.00	48.11	700m:	10:59.02	47.79
	150m:	2:12.57	46.48	350m:	5:22.56	48.45	550m:	8:35.48	48.48	750m:	11:46.63	47.61
	200m:	2:58.89	46.32	400m:	6:11.09	48.53	600m:	9:22.92	47.44	800m:	12:32.15	45.52
2.	SEGURA GÓMEZ, María		84	C.N. Cuenca				12:56.13	16,00			
	50m:	43.72	43.72	250m:	3:53.31	48.23	450m:	7:11.69	50.16	650m:	10:29.05	49.48
	100m:	1:29.81	46.09	300m:	4:42.23	48.92	500m:	8:01.14	49.45	700m:	11:18.55	49.50
	150m:	2:16.81	47.00	350m:	5:31.51	49.28	550m:	8:50.29	49.15	750m:	12:08.33	49.78
	200m:	3:05.08	48.27	400m:	6:21.53	50.02	600m:	9:39.57	49.28	800m:	12:56.13	47.80
3.	ABAD SOTO, Veronica		80	Cn Ugena				14:20.54	14,00			
	50m:	50.91	50.91	250m:	4:27.56	56.11	450m:	8:07.06	54.66	650m:	11:41.66	53.41
	100m:	1:42.91	52.00	300m:	5:22.22	54.66	500m:	9:00.32	53.26	700m:	12:36.74	55.08
	150m:	2:37.16	54.25	350m:	6:17.41	55.19	550m:	9:54.03	53.71	750m:	13:30.16	53.42
	200m:	3:31.45	54.29	400m:	7:12.40	54.99	600m:	10:48.25	54.22	800m:	14:20.54	50.38

45+

1.	PEREZ GALLINA, Soraya		76	Albacete Swim				10:15.77	19,00			
	50m:	36.18	36.18	250m:	3:08.63	38.40	450m:	5:44.17	38.77	650m:	8:19.73	39.28
	100m:	1:13.49	37.31	300m:	3:47.54	38.91	500m:	6:23.28	39.11	700m:	8:58.56	38.83
	150m:	1:51.88	38.39	350m:	4:26.65	39.11	550m:	7:01.71	38.43	750m:	9:37.49	38.93
	200m:	2:30.23	38.35	400m:	5:05.40	38.75	600m:	7:40.45	38.74	800m:	10:15.77	38.28
2.	HIDALGO SANCHEZ, Laura		79	C.N. Puertollano				12:15.41	16,00			
	50m:	42.63	42.63	250m:	3:46.43	46.38	450m:	6:52.31	46.56	650m:	9:59.44	46.97
	100m:	1:27.37	44.74	300m:	4:33.06	46.63	500m:	7:38.79	46.48	700m:	10:46.02	46.58
	150m:	2:13.40	46.03	350m:	5:19.24	46.18	550m:	8:25.78	46.99	750m:	11:32.59	46.57
	200m:	3:00.05	46.65	400m:	6:05.75	46.51	600m:	9:12.47	46.69	800m:	12:15.41	42.82
3.	CASTAÑO MOREIRA, Beatriz		79	C.N. Monteverde				13:34.71	14,00			
	50m:	45.49	45.49	250m:	4:08.92	52.52	450m:	7:39.13	52.47	650m:	11:06.04	51.13
	100m:	1:35.54	50.05	300m:	5:01.96	53.04	500m:	8:31.78	52.65	700m:	11:57.02	50.98
	150m:	2:26.59	51.05	350m:	5:54.35	52.39	550m:	9:23.31	51.53	750m:	12:47.63	50.61
	200m:	3:16.40	49.81	400m:	6:46.66	52.31	600m:	10:14.91	51.60	800m:	13:34.71	47.08

Comprometidos con la natación para toda la vida

Prueba 4, Fem., 800m Libre, 45+

Clasificación			AN							Tiempo	Pts	
4.	RAMIREZ CORCOLES, Silvia		75	C.N. Albacete						14:38.16	13,00	
	50m:	52.36	52.36	250m:	4:35.56	55.76	450m:	8:17.20	55.45	650m:	11:56.96	54.42
	100m:	1:46.81	54.45	300m:	5:31.29	55.73	500m:	9:12.38	55.18	700m:	12:51.40	54.44
	150m:	2:42.84	56.03	350m:	6:26.31	55.02	550m:	10:07.50	55.12	750m:	13:46.34	54.94
	200m:	3:39.80	56.96	400m:	7:21.75	55.44	600m:	11:02.54	55.04	800m:	14:38.16	51.82
5.	LORIDO TIERZ, Laura		79	C.N. Puertollano						15:16.69	-	
	50m:	50.52	50.52	250m:	4:34.92	58.14	450m:	8:30.00	59.01	650m:	12:27.88	58.32
	100m:	1:43.47	52.95	300m:	5:33.62	58.70	500m:	9:28.90	58.90	700m:	13:27.82	59.94
	150m:	2:39.34	55.87	350m:	6:32.63	59.01	550m:	10:29.12	1:00.22	750m:	14:25.54	57.72
	200m:	3:36.78	57.44	400m:	7:30.99	58.36	600m:	11:29.56	1:00.44	800m:	15:16.69	51.15
6.	MARTINEZ CANO, Esther		75	C.P.N. La Roda						15:29.31	12,00	
	50m:	51.51	51.51	250m:	4:40.40	59.43	450m:	8:38.30	1:00.16	650m:	12:37.16	59.65
	100m:	1:45.29	53.78	300m:	5:39.10	58.70	500m:	9:37.88	59.58	700m:	13:36.25	59.09
	150m:	2:42.10	56.81	350m:	6:38.38	59.28	550m:	10:37.47	59.59	750m:	14:33.72	57.47
	200m:	3:40.97	58.87	400m:	7:38.14	59.76	600m:	11:37.51	1:00.04	800m:	15:29.31	55.59
7.	POZA HERNANDEZ, Paloma		75	C.N. Monteverde						15:44.71	-	
	50m:	50.79	50.79	250m:	4:48.49	1:03.51	450m:	8:46.72	1:02.10	650m:	12:51.36	1:00.28
	100m:	1:46.98	56.19	300m:	5:44.76	56.27	500m:	9:49.34	1:02.62	700m:	13:52.24	1:00.88
	150m:	2:45.50	58.52	350m:	6:49.41	1:04.65	550m:	10:50.56	1:01.22	750m:	14:51.53	59.29
	200m:	3:44.98	59.48	400m:	7:44.62	55.21	600m:	11:51.08	1:00.52	800m:	15:44.71	53.18
8.	LÓPEZ LARA, Fátima		77	Master Natacion Tomelloso						16:00.73	11,00	
	50m:	52.45	52.45	250m:	4:49.72	59.67	450m:	8:51.35	1:00.80	650m:	12:57.56	1:06.76
	100m:	1:50.28	57.83	300m:	5:49.94	1:00.22	500m:	9:52.75	1:01.40	700m:	13:59.48	1:01.92
	150m:	2:49.71	59.43	350m:	6:50.12	1:00.18	550m:	10:53.66	1:00.91	750m:	15:00.42	1:00.94
	200m:	3:50.05	1:00.34	400m:	7:50.55	1:00.43	600m:	11:50.80	57.14	800m:	16:00.73	1:00.31
9.	OCAÑA ARENAS, Vanessa		79	C.D. Escuela Nadadores Tomelloso						16:11.43	10,00	
	50m:	51.37	51.37	250m:	4:54.18	1:01.99	450m:	9:01.47	1:02.05	650m:	13:11.49	1:01.40
	100m:	1:50.62	59.25	300m:	5:56.29	1:02.11	500m:	10:05.93	1:04.46	700m:	14:12.35	1:00.86
	150m:	2:51.21	1:00.59	350m:	6:57.49	1:01.20	550m:	11:08.62	1:02.69	750m:	15:13.56	1:01.21
	200m:	3:52.19	1:00.98	400m:	7:59.42	1:01.93	600m:	12:10.09	1:01.47	800m:	16:11.43	57.87
10.	ARCOS ALBIOL, Silvia		75	C.N. Los Yebenes						17:51.72	9,00	
	50m:	53.35	53.35	250m:	5:21.73	1:09.17	450m:	9:55.27	1:07.31	650m:	14:32.30	1:08.48
	100m:	1:56.39	1:03.04	300m:	6:30.24	1:08.51	500m:	11:06.03	1:10.76	700m:	15:41.02	1:08.72
	150m:	3:04.02	1:07.63	350m:	7:40.38	1:10.14	550m:	12:14.55	1:08.52	750m:	16:49.87	1:08.85
	200m:	4:12.56	1:08.54	400m:	8:47.96	1:07.58	600m:	13:23.82	1:09.27	800m:	17:51.72	1:01.85
11.	GRUESO NAVARRO, Mayte		79	C.D. Escuela Nadadores Tomelloso						19:55.27	-	
	50m:	1:02.92	1:02.92	250m:	6:10.55	1:17.00	450m:	11:15.81	1:15.47	650m:	16:15.71	1:11.14
	100m:	2:16.95	1:14.03	300m:	7:28.64	1:18.09	500m:	12:31.99	1:16.18	700m:	17:30.76	1:15.05
	150m:	3:36.41	1:19.46	350m:	8:45.24	1:16.60	550m:	13:46.68	1:14.69	750m:	18:44.80	1:14.04
	200m:	4:53.55	1:17.14	400m:	10:00.34	1:15.10	600m:	15:04.57	1:17.89	800m:	19:55.27	1:10.47
12.	MUÑOZ SALMERÓN, María Del Rosario		76	C.P.N. La Roda						21:03.24	-	
	50m:	1:09.25	1:09.25	250m:	6:27.39	1:21.73	450m:	11:48.16	1:20.92	650m:	17:08.59	1:18.36
	100m:	2:27.04	1:17.79	300m:	7:46.97	1:19.58	500m:	13:08.36	1:20.20	700m:	18:27.53	1:18.94
	150m:	3:44.84	1:17.80	350m:	9:06.16	1:19.19	550m:	14:28.96	1:20.60	750m:	19:44.89	1:17.36
	200m:	5:05.66	1:20.82	400m:	10:27.24	1:21.08	600m:	15:50.23	1:21.27	800m:	21:03.24	1:18.35
50+	VECINA SANCHEZ, Lucia		72	Albacete Swim						11:48.09	24,00 mm	
	50m:	40.09	40.09	250m:	3:33.34	44.33	450m:	6:33.16	45.57	650m:	9:35.52	45.87
	100m:	1:22.17	42.08	300m:	4:18.18	44.84	500m:	7:18.64	45.48	700m:	10:21.41	45.89
	150m:	2:05.25	43.08	350m:	5:03.02	44.84	550m:	8:04.33	45.69	750m:	11:06.20	44.79
	200m:	2:49.01	43.76	400m:	5:47.59	44.57	600m:	8:49.65	45.32	800m:	11:48.09	41.89

Comprometidos con la natación para toda la vida

Prueba 4, Fem., 800m Libre, 50+

Clasificación			AN							Tiempo	Pts	
2.	INIESTA MARTINEZ, Anabel		73	C.N. Albacete						13:00.94	16,00	
	50m:	41.74	41.74	250m:	3:50.58	49.09	450m:	7:11.05	50.41	650m:	10:32.53	50.33
	100m:	1:26.19	44.45	300m:	4:40.32	49.74	500m:	8:01.80	50.75	700m:	11:22.93	50.40
	150m:	2:13.22	47.03	350m:	5:30.21	49.89	550m:	8:51.88	50.08	750m:	12:13.54	50.61
	200m:	3:01.49	48.27	400m:	6:20.64	50.43	600m:	9:42.20	50.32	800m:	13:00.94	47.40
3.	LANILLOS NIETO, Belen		72	Club Velociraptor Mp Twinner						13:27.20	14,00	
	50m:	43.93	43.93	250m:	4:02.80	51.25	450m:	7:29.38	52.02	650m:	10:57.18	51.21
	100m:	1:31.44	47.51	300m:	4:53.92	51.12	500m:	8:22.34	52.96	700m:	11:48.34	51.16
	150m:	2:21.73	50.29	350m:	5:45.42	51.50	550m:	9:14.38	52.04	750m:	12:39.03	50.69
	200m:	3:11.55	49.82	400m:	6:37.36	51.94	600m:	10:05.97	51.59	800m:	13:27.20	48.17
4.	LEAL SCASSO, Eva		71	C.N. Albacete						13:31.43	-	
	50m:	45.98	45.98	250m:	4:08.34	51.33	450m:	7:32.42	51.03	650m:	10:58.55	51.77
	100m:	1:35.48	49.50	300m:	4:59.99	51.65	500m:	8:23.04	50.62	700m:	11:50.11	51.56
	150m:	2:25.89	50.41	350m:	5:50.75	50.76	550m:	9:15.00	51.96	750m:	12:41.87	51.76
	200m:	3:17.01	51.12	400m:	6:41.39	50.64	600m:	10:06.78	51.78	800m:	13:31.43	49.56
5.	DELGADO MOYA, Begoña		72	C.N. Valdepeñas						13:34.27	13,00	
	50m:	47.57	47.57	250m:	4:07.44	51.01	450m:	7:34.64	52.08	650m:	11:02.87	51.72
	100m:	1:35.85	48.28	300m:	4:58.53	51.09	500m:	8:26.68	52.04	700m:	11:54.55	51.68
	150m:	2:25.73	49.88	350m:	5:50.42	51.89	550m:	9:18.56	51.88	750m:	12:46.63	52.08
	200m:	3:16.43	50.70	400m:	6:42.56	52.14	600m:	10:11.15	52.59	800m:	13:34.27	47.64
6.	CALVO HOYOS, M ^a Angeles		73	C.N. Albacete						13:41.35	-	
	50m:	46.44	46.44	250m:	4:09.09	53.00	450m:	7:37.72	51.88	650m:	11:07.85	53.32
	100m:	1:34.62	48.18	300m:	5:01.24	52.15	500m:	8:29.61	51.89	700m:	12:00.64	52.79
	150m:	2:25.33	50.71	350m:	5:53.63	52.39	550m:	9:21.89	52.28	750m:	12:53.00	52.36
	200m:	3:16.09	50.76	400m:	6:45.84	52.21	600m:	10:14.53	52.64	800m:	13:41.35	48.35
7.	MADRID FERREIRAS, Maite		72	C.N. Monteverde						13:43.12	12,00	
	50m:	50.98	50.98	250m:	4:17.99	52.81	450m:	7:48.12	50.55	650m:	11:12.37	50.48
	100m:	1:41.08	50.10	300m:	5:10.76	52.77	500m:	8:39.14	51.02	700m:	12:01.39	49.02
	150m:	2:31.73	50.65	350m:	6:05.20	54.44	550m:	9:30.77	51.63	750m:	12:55.36	53.97
	200m:	3:25.18	53.45	400m:	6:57.57	52.37	600m:	10:21.89	51.12	800m:	13:43.12	47.76
8.	GARCÍA ALFARO, Maria José		72	Albacete Swim						14:37.83	-	
	50m:	50.19	50.19	250m:	4:33.37	55.22	450m:	8:12.51	54.04	650m:	11:54.85	55.35
	100m:	1:45.75	55.56	300m:	5:28.32	54.95	500m:	9:08.09	55.58	700m:	12:50.57	55.72
	150m:	2:42.59	56.84	350m:	6:23.27	54.95	550m:	10:03.72	55.63	750m:	13:45.12	54.55
	200m:	3:38.15	55.56	400m:	7:18.47	55.20	600m:	10:59.50	55.78	800m:	14:37.83	52.71
9.	ARIAS MARTINEZ, Mercedes		74	C.N. Alcazar						14:44.77	11,00	
	50m:	49.32	49.32	250m:	4:31.09	55.78	450m:	8:16.03	56.92	650m:	11:59.83	55.39
	100m:	1:43.88	54.56	300m:	5:26.82	55.73	500m:	9:12.69	56.66	700m:	12:56.06	56.23
	150m:	2:39.60	55.72	350m:	6:22.79	55.97	550m:	10:08.94	56.25	750m:	13:51.62	55.56
	200m:	3:35.31	55.71	400m:	7:19.11	56.32	600m:	11:04.44	55.50	800m:	14:44.77	53.15
10.	SEGARRA CAÑAMARES, María		71	C.N. Cuenca						14:47.51	10,00	
	50m:	46.73	46.73	250m:	4:24.94	56.74	450m:	8:14.91	56.96	650m:	12:02.68	56.06
	100m:	1:37.80	51.07	300m:	5:22.56	57.62	500m:	9:12.32	57.41	700m:	12:58.98	56.30
	150m:	2:32.13	54.33	350m:	6:18.82	56.26	550m:	10:09.46	57.14	750m:	13:54.67	55.69
	200m:	3:28.20	56.07	400m:	7:17.95	59.13	600m:	11:06.62	57.16	800m:	14:47.51	52.84
11.	ALCOBENDAS MAESTRO, Mónica		72	Master Toledo 3 Culturas						15:14.52	9,00	
	50m:	50.34	50.34	250m:	4:34.88	58.70	450m:	8:29.50	59.48	650m:	12:21.62	57.74
	100m:	1:42.68	52.34	300m:	5:33.50	58.62	500m:	9:27.15	57.65	700m:	13:19.99	58.37
	150m:	2:38.25	55.57	350m:	6:31.45	57.95	550m:	10:25.88	58.73	750m:	14:18.23	58.24
	200m:	3:36.18	57.93	400m:	7:30.02	58.57	600m:	11:23.88	58.00	800m:	15:14.52	56.29
12.	ESCRIBANO VICTORIO, Monica		74	Albacete Swim						15:48.36	-	
	50m:	54.37	54.37	250m:	4:51.91	1:00.03	450m:	8:53.22	1:01.28	650m:	12:53.67	59.33
	100m:	1:51.90	57.53	300m:	5:49.57	57.66	500m:	9:51.89	58.67	700m:	13:53.66	59.99
	150m:	2:51.94	1:00.04	350m:	6:51.12	1:01.55	550m:	10:52.82	1:00.93	750m:	14:52.87	59.21
	200m:	3:51.88	59.94	400m:	7:51.94	1:00.82	600m:	11:54.34	1:01.52	800m:	15:48.36	55.49

Comprometidos con la natación para toda la vida

Prueba 4, Fem., 800m Libre, 50+

Clasificación			AN					Tiempo	Pts
13.	MORA, TOMÁS, Paloma		72	Club Velociraptor Mp Twinner				15:55.98	-
	50m:	53.63	53.63	250m:	4:50.95	1:01.22	450m:	8:56.14	1:01.55
	100m:	1:51.09	57.46	300m:	5:51.78	1:00.83	500m:	9:57.76	1:01.62
	150m:	2:50.14	59.05	350m:	6:52.92	1:01.14	550m:	10:58.92	1:01.16
	200m:	3:49.73	59.59	400m:	7:54.59	1:01.67	600m:	12:00.31	1:01.39
							700m:	13:01.77	1:01.46
							800m:	14:02.80	1:01.03
								15:02.63	59.83
								16:03.57	53.35
14.	SANTOS-OLMO LÓPEZ ORTEGA, M.		71	Master Natacion Tomelloso				16:05.97	8,00
	50m:	53.88	53.88	250m:	4:56.09	1:01.19	450m:	9:04.22	1:02.58
	100m:	1:52.81	58.93	300m:	5:57.40	1:01.31	500m:	10:06.77	1:02.55
	150m:	2:54.13	1:01.32	350m:	6:59.74	1:02.34	550m:	11:08.80	1:02.03
	200m:	3:54.90	1:00.77	400m:	8:01.64	1:01.90	600m:	12:10.07	1:01.27
							700m:	13:10.33	1:00.26
							800m:	14:10.51	1:00.18
								15:09.54	59.03
								16:05.97	56.43
15.	FERNÁNDEZ-PACHECO CALDERÓN, N.		72	C.N. Ciudad Real				16:53.98	7,00
	50m:	53.23	53.23	250m:	5:09.05	1:04.85	450m:	9:26.83	1:03.71
	100m:	1:53.32	1:00.09	300m:	6:14.09	1:05.04	500m:	10:30.03	1:03.20
	150m:	2:57.39	1:04.07	350m:	7:18.50	1:04.41	550m:	11:34.29	1:04.26
	200m:	4:04.20	1:06.81	400m:	8:23.12	1:04.62	600m:	12:37.92	1:03.63
							700m:	13:42.31	1:04.39
							800m:	14:46.59	1:04.28
								15:51.74	1:05.15
								16:53.98	1:02.24
16.	GALLEGO SANTOS OLMO, Maria Elena		73	C.D. Escuela Nadadores Tomelloso				17:58.93	6,00
	50m:	1:01.29	1:01.29	250m:	5:34.05	1:08.90	450m:	10:05.15	1:08.59
	100m:	2:08.46	1:07.17	300m:	6:42.18	1:08.13	500m:	11:12.91	1:07.76
	150m:	3:16.73	1:08.27	350m:	7:49.51	1:07.33	550m:	12:21.07	1:08.16
	200m:	4:25.15	1:08.42	400m:	8:56.56	1:07.05	600m:	13:30.16	1:09.09
							700m:	14:37.60	1:07.44
							800m:	15:45.18	1:07.58
								16:52.80	1:07.62
								17:58.93	1:06.13
17.	GONZALEZ DE LA OBRA, Ana		71	C.N. Ciudad Real				18:58.03	-
	50m:	1:01.81	1:01.81	250m:	5:51.05	1:14.45	450m:	10:41.62	1:11.15
	100m:	2:11.20	1:09.39	300m:	7:03.63	1:12.58	500m:	11:53.60	1:11.98
	150m:	3:23.53	1:12.33	350m:	8:17.37	1:13.74	550m:	13:07.38	1:13.78
	200m:	4:36.60	1:13.07	400m:	9:30.47	1:13.10	600m:	14:19.89	1:12.51
							700m:	15:31.72	1:11.83
							800m:	16:43.15	1:11.43
								17:54.14	1:10.99
								18:58.03	1:03.89

55+

1.	CORDERO RODRÍGUEZ, María Pilar		66	E.C. Ciudad De Talavera				14:13.27	19,00
	50m:	47.36	47.36	250m:	4:21.79	55.39	450m:	8:00.35	54.38
	100m:	1:38.70	51.34	300m:	5:16.46	54.67	500m:	8:54.34	53.99
	150m:	2:31.95	53.25	350m:	6:11.55	55.09	550m:	9:47.87	53.53
	200m:	3:26.40	54.45	400m:	7:05.97	54.42	600m:	10:41.61	53.74
							700m:	11:35.49	53.88
							800m:	12:29.92	54.43
								13:23.48	53.56
								14:13.27	49.79
2.	GARCIA MARTINEZ, Maria Ester		66	C.N. Monteverde				14:51.19	16,00
	50m:	49.66	49.66	250m:	4:38.63	57.74	450m:	8:26.66	55.83
	100m:	1:44.96	55.30	300m:	5:36.65	58.02	500m:	9:22.42	55.76
	150m:	2:42.30	57.34	350m:	6:34.60	57.95	550m:	10:18.73	56.31
	200m:	3:40.89	58.59	400m:	7:30.83	56.23	600m:	11:15.03	56.30
							700m:	12:11.42	56.39
							800m:	13:06.83	55.41
								14:00.72	53.89
								14:51.19	50.47
3.	VEGA AMAYA, Alicia Gloria		67	C.N. Monteverde				16:21.51	-
	50m:	54.25	54.25	250m:	4:59.06	1:03.14	450m:	9:10.03	1:00.56
	100m:	1:52.96	58.71	300m:	6:02.03	1:02.97	500m:	10:12.81	1:02.78
	150m:	2:54.27	1:01.31	350m:	7:06.61	1:04.58	550m:	11:14.60	1:01.79
	200m:	3:55.92	1:01.65	400m:	8:09.47	1:02.86	600m:	12:16.87	1:02.27
							700m:	13:17.92	1:01.05
							800m:	14:18.72	1:00.80
								15:20.88	1:02.16
								16:21.51	1:00.63
4.	MORALEDA PEREZ, Maria Del Carmen		68	C.N. Los Yebenes				16:45.11	14,00
	50m:	56.97	56.97	250m:	5:07.05	1:04.31	450m:	9:22.16	1:04.16
	100m:	1:55.95	58.98	300m:	6:10.27	1:03.22	500m:	10:25.38	1:03.22
	150m:	2:59.24	1:03.29	350m:	7:13.82	1:03.55	550m:	11:28.27	1:02.89
	200m:	4:02.74	1:03.50	400m:	8:18.00	1:04.18	600m:	12:30.89	1:02.62
							700m:	13:33.12	1:02.23
							800m:	14:36.66	1:03.54
								15:37.80	1:01.14
								16:45.11	1:07.31
5.	ROJAS VARGAS, Diana Patricia		65	C.N. Monteverde				20:15.72	-
	50m:	1:01.14	1:01.14	250m:	6:02.76	1:17.57	450m:	11:14.17	1:16.58
	100m:	2:11.94	1:10.80	300m:	7:22.08	1:19.32	500m:	12:30.90	1:16.73
	150m:	3:26.91	1:14.97	350m:	8:40.71	1:18.63	550m:	13:48.49	1:17.59
	200m:	4:45.19	1:18.28	400m:	9:57.59	1:16.88	600m:	15:06.05	1:17.56
							700m:	16:23.72	1:17.67
							800m:	17:41.02	1:17.30
								18:59.83	1:18.81
								20:15.72	1:15.89

Comprometidos con la natación para toda la vida

Prueba 4, Fem., 800m Libre

60+

1.	TORRES PELAYO, Maria Jose	64	E.C. Ciudad De Talavera	12:17.78	44,00	nm	
	50m: 42.63 42.63	250m: 3:45.32	46.43	450m: 6:49.01	46.01	650m: 9:56.91	47.54
	100m: 1:26.70 44.07	300m: 4:31.06	45.74	500m: 7:36.10	47.09	700m: 10:44.62	47.71
	150m: 2:12.61 45.91	350m: 5:17.09	46.03	550m: 8:22.36	46.26	750m: 11:32.24	47.62
	200m: 2:58.89 46.28	400m: 6:03.00	45.91	600m: 9:09.37	47.01	800m: 12:17.78	45.54
2.	GARCIA OLIVAS, Rosario	64	Albacete Swim	12:47.89	16,00		
	50m: 46.65 46.65	250m: 3:56.34	47.50	450m: 7:07.32	47.90	650m: 10:21.73	49.38
	100m: 1:33.20 46.55	300m: 4:43.89	47.55	500m: 7:55.33	48.01	700m: 11:10.03	48.30
	150m: 2:20.83 47.63	350m: 5:31.65	47.76	550m: 8:43.52	48.19	750m: 11:59.42	49.39
	200m: 3:08.84 48.01	400m: 6:19.42	47.77	600m: 9:32.35	48.83	800m: 12:47.89	48.47
3.	VEGA BARROSO, Maria Del Carmen	60	C.N. Monteverde	17:07.36	14,00		
	50m: 58.96 58.96	250m: 5:16.24	1:04.22	450m: 9:34.41	1:04.94	650m: 13:54.09	1:05.13
	100m: 2:02.50 1:03.54	300m: 6:20.14	1:03.90	500m: 10:39.47	1:05.06	700m: 14:58.72	1:04.63
	150m: 3:07.25 1:04.75	350m: 7:24.31	1:04.17	550m: 11:44.17	1:04.70	750m: 16:03.18	1:04.46
	200m: 4:12.02 1:04.77	400m: 8:29.47	1:05.16	600m: 12:48.96	1:04.79	800m: 17:07.36	1:04.18
4.	SANTA-MARÍA BLANCO, María Fe	61	C.N. Valdepeñas	17:15.95	13,00		
	50m: 55.12 55.12	250m: 5:15.72	1:03.59	450m: 9:38.13	1:08.49	650m: 14:04.96	1:06.81
	100m: 1:59.33 1:04.21	300m: 6:19.42	1:03.70	500m: 10:44.35	1:06.22	700m: 15:11.11	1:06.15
	150m: 3:05.54 1:06.21	350m: 7:23.96	1:04.54	550m: 11:51.20	1:06.85	750m: 16:15.63	1:04.52
	200m: 4:12.13 1:06.59	400m: 8:29.64	1:05.68	600m: 12:58.15	1:06.95	800m: 17:15.95	1:00.32
5.	VALERO RUIZ, Edelmira	61	C.N. Albacete	17:47.81	12,00		
	50m: 58.09 58.09	250m: 5:27.09	1:07.37	450m: 9:52.19	1:06.50	650m: 14:27.78	1:08.51
	100m: 2:04.52 1:06.43	300m: 6:33.44	1:06.35	500m: 11:01.47	1:09.28	700m: 15:35.22	1:07.44
	150m: 3:12.69 1:08.17	350m: 7:38.68	1:05.24	550m: 12:10.90	1:09.43	750m: 16:42.78	1:07.56
	200m: 4:19.72 1:07.03	400m: 8:45.69	1:07.01	600m: 13:19.27	1:08.37	800m: 17:47.81	1:05.03
6.	HERREROS, Antonia	62	Albacete Swim	18:08.86	-		
	50m: 58.79 58.79	250m: 5:25.95	1:06.91	450m: 10:01.82	1:09.45	650m: 14:38.44	1:09.84
	100m: 2:03.52 1:04.73	300m: 6:33.99	1:08.04	500m: 11:13.00	1:11.18	700m: 15:49.24	1:10.80
	150m: 3:10.60 1:07.08	350m: 7:44.09	1:10.10	550m: 12:19.14	1:06.14	750m: 16:59.10	1:09.86
	200m: 4:19.04 1:08.44	400m: 8:52.37	1:08.28	600m: 13:28.60	1:09.46	800m: 18:08.86	1:09.76

65+

1.	MARTIN GARRIDO, Juana Maria	55	C.N. Valdepeñas	17:34.10	19,00		
	50m: 1:00.61 1:00.61	250m: 5:20.82	1:06.18	450m: 9:50.86	1:07.53	650m: 14:16.65	1:04.51
	100m: 2:04.19 1:03.58	300m: 6:27.60	1:06.78	500m: 10:57.42	1:06.56	700m: 15:23.10	1:06.45
	150m: 3:09.35 1:05.16	350m: 7:35.19	1:07.59	550m: 12:04.48	1:07.06	750m: 16:28.97	1:05.87
	200m: 4:14.64 1:05.29	400m: 8:43.33	1:08.14	600m: 13:12.14	1:07.66	800m: 17:34.10	1:05.13

70+

1.	LOPEZ DE LA CRUZ, Mercedes	52	E.C. Ciudad De Talavera	25:27.18	24,00	nm	
	50m: 1:24.79 1:24.79	250m: 7:45.80	1:36.20	450m: 14:13.56	1:39.20	650m: 20:39.29	1:35.78
	100m: 2:57.82 1:33.03	300m: 9:22.39	1:36.59	500m: 15:50.78	1:37.22	700m: 22:16.25	1:36.96
	150m: 4:33.78 1:35.96	350m: 10:58.71	1:36.32	550m: 17:27.30	1:36.52	750m: 23:51.98	1:35.73
	200m: 6:09.60 1:35.82	400m: 12:34.36	1:35.65	600m: 19:03.51	1:36.21	800m: 25:27.18	1:35.20

Prueba 5	Mixto, 4 x 200m Libre				AG 80 - 399
21/01/2024					Resultados
RR +240	14:28.02	ALBACETE SWIM	Cuenca	11/03/2023	
RR +240	14:28.02	ALBACETE SWIM	Cuenca	11/03/2023	
RR +200	10:04.47	ALBACETE SWIM	Cuenca	11/03/2023	
RR +200	10:04.47	ALBACETE SWIM	Cuenca	11/03/2023	
RR +160	10:10.08	CN MASTER TORRIJOS	Cuenca	11/03/2023	
RR +160	10:10.08	CN MASTER TORRIJOS	Cuenca	11/03/2023	
RR +120	10:47.20	C.N. CUENCA	Cuenca	11/03/2023	
RR +120	10:47.20	C.N. CUENCA	Cuenca	11/03/2023	
RR +100	8:54.57	C.N. ALBACETE	Cuenca	11/03/2023	
RR +100	8:54.57	C.N. ALBACETE	Cuenca	11/03/2023	
RR +80	10:16.78	C.N. Albacete		11/03/2023	

Clasificación					Tiempo	Pts	
+80							
1.	C.N. Monteverde 1	C.N. Monteverde	9:54.43	38,00	mm		
	LOPEZ MEDINA, DANIEL	04	31.94	33.86	34.14	33.03	2:12.97
	LOPEZ DIAZ, Carla	01	36.50	41.59	44.97	45.60	2:48.66
	MARTIN CAMBRONERO, Alicia	02	38.66	43.90	47.21	46.89	2:56.66
	PEREZ SANCHEZ, Javier	02	26.54	29.18	29.79	30.63	1:56.14
2.	Master Natacion Tomelloso 1	Master Natacion Tomelloso	10:15.28	32,00			
	MEDINA CAÑAS, Marta	00	35.61	38.86	42.22	43.70	2:40.39
	CHACÓN CANO, Rubén	98	31.32	35.58	36.35	37.01	2:20.26
	REDONDO MUÑOZ, Sonia	01	39.71	45.08	48.79	48.88	3:02.46
	LEÓN OLMEDO, Jorge	01	28.12	32.05	35.30	36.70	2:12.17
3.	C.P.N. La Roda 2	C.P.N. La Roda	11:13.56	28,00			
	VILLODRE CHARCO, Soledad	98	45.22	51.22	55.71	56.22	3:28.37
	SIMARRO MARTÍNEZ, Andrés	95	33.54	38.86	40.10	40.76	2:33.26
	MARTINEZ CASTILLO, Irene	01	41.72	46.90	50.67	50.34	3:09.63
	RODRIGUEZ SEGOVIA, Samuel	03	27.52	31.20	31.75	31.83	2:02.30
+100							
1.	C.P.N. La Roda 1	C.P.N. La Roda	8:45.59	53,00	mm		
	JIMÉNEZ TOBOSO, Ángela	92	30.02	32.98	35.12	36.46	2:14.58
	MORENO OJEDA, Javier	97	28.23	31.88	34.39	34.05	2:08.55
	FERRERO FERNÁNDEZ, Sara	99	30.71	34.66	36.32	36.68	2:18.37
	MORENO OJEDA, Martín	95	27.67	30.72	32.61	33.09	2:04.09
DSQ	Master Natacion Tomelloso 2	Master Natacion Tomelloso					-
	<i>DSA - Salida Anticipada, S.A. TERCER RELEVISTA</i>						
	MORENO LÓPEZ, Miriam	97	37.83	42.57	45.93	46.72	2:53.05
	MORALES LOZANO, Guillermo	95	29.27	34.65	37.78	38.29	2:19.99
	MEZCUA JIMENA, Victoria	98	35.75	40.41	40.82		
	SÁNCHEZ BAÑOS, Jaime	94					
Baja	C.N. Monteverde 2	C.N. Monteverde					-

Prueba 5, Mixto, 4 x 200m Libre

+120

1.	C.N. Monteverde 3		C.N. Monteverde		8:26.07	58,00	nm
	MARQUES VELASCO, Jaime	87	28.48	30.22	30.64	30.06	1:59.40
	GONZALEZ MEGIA, Patricia	93	28.39	31.90	34.12	36.12	2:10.53
	REDONDO MARTIN, Samantha	93	30.91	34.35	34.87	34.76	2:14.89
	FERNANDEZ RODRIGO, Pablo	99	26.97	31.49	32.14	30.65	2:01.25
2.	E.C. Ciudad De Talavera 1		E.C. Ciudad De Talavera		9:42.41	32,00	
	AGUADO ANDRÉS, Sergio	82	31.05	34.76	37.20	38.13	2:21.14
	GARCIA GUERRERO, Irene	89	36.26	39.71	43.24	41.59	2:40.80
	RUBIO PALOMARES, Helena	85	35.89	38.97	40.87	40.38	2:36.11
	ARROYO FERNANDEZ, Alvaro	85	27.87	32.25	32.99	31.25	2:04.36
3.	C.N. Albacete 1		C.N. Albacete		9:50.83	28,00	
	PICAZO VERGARA, Felipe	96	28.90	31.73	32.28	32.00	2:04.91
	CONSTAN LOPEZ, Yolanda	97	32.54	38.15	41.77	42.62	2:35.08
	CONSTAN LOPEZ, Alfonso	92	29.99	34.30	36.30	36.34	2:16.93
	MARIN RUEDA, Melania	88	37.47	45.34	46.32	44.78	2:53.91
4.	Albacete Swim 1		Albacete Swim		10:05.28	26,00	
	GARCIA JURADO-SALMERON, Leyre	87	37.45	40.69	42.98	40.69	2:41.81
	ARGUDO CORPAS, Alejandro	99	31.17	34.91	36.74	37.48	2:20.30
	PARREÑO, ELENA	78	36.99	41.35	44.11	43.14	2:45.59
	RUESCAS, JAVIER	99	30.03	33.07	35.68	38.80	2:17.58
5.	C.N. Ciudad Real 1		C.N. Ciudad Real		10:25.02	24,00	
	MARULANDA OREJUELA, sebastian	94	32.42	39.02	42.76	41.57	2:35.77
	RUIZ ROMERO, Francisco	94	34.96	38.57	39.81	38.86	2:32.20
	ILLANAS CALVO, Sonia	93	36.70	40.95	43.65	42.86	2:44.16
	DEL CERRO MARTIN-ONDARZA, Ana	90	35.04	38.68	40.57	38.60	2:32.89
6.	C.N. Valdepeñas 3		C.N. Valdepeñas		10:38.99	22,00	
	PERONA OGALLAR, Javier	92	32.02	36.21	38.25	38.08	2:24.56
	PINES DEL FRESNO, Adolfo	87	36.35	39.45	42.35	42.74	2:40.89
	GONZALEZ MORALES, Natalia	94	37.51	44.71	50.49	53.64	3:06.35
	OLMEDO LEON, Lourdes	96	32.42	37.40	39.05	38.32	2:27.19
Baja	C.D. Escuela Nadadores Tomelloso 1		C.D. Escuela Nadadores Tomelloso				-
Baja	C.N. Cuenca 1		C.N. Cuenca				-
Baja	C.P.N. La Roda 3		C.P.N. La Roda				-

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1.	Albacete Swim 2		Albacete Swim		10:59.39	38,00	
	GARCÍA GARCÍA, José Antonio	76	33.55	36.31	38.41	38.84	2:27.11
	DIAZ ROMERO, CONSUELO	78	41.99	47.48	48.90	47.44	3:05.81
	DELGADO DE LA CASA, Monica	74	31.49	56.72	48.04	46.49	3:02.74
	SALAS MARTINEZ, Marc	78	33.97	36.92	37.39	35.45	2:23.73
2.	C.N. Alcazar 1		C.N. Alcazar		10:59.87	32,00	
	SERRANO NUÑEZ, Jose Luis	82	31.49	35.60	39.01	40.87	2:26.97
	ARIAS MARTINEZ, Mercedes	74	46.17	53.85	55.52	54.27	3:29.81
	GÓMEZ-CALCERRADA TAJUELO, María Isa	97	34.81	40.42	43.92	43.86	2:43.01
	RAMOS ZAPATA, Hector	81	31.47	35.73	36.96	35.92	2:20.08
3.	C.N. Monteverde 4		C.N. Monteverde		11:14.54	28,00	
	SESE GARCIA, Jorge	81	33.16	35.93	37.49	37.30	2:23.88
	CASTAÑO MOREIRA, Beatriz	79	41.86	45.92	48.78	50.00	3:06.56
	DEL POZO GONZALEZ, Rodrigo	82	35.93	38.44	40.68	39.44	2:34.49
	MADRID FERREIRAS, Maite	72	45.27	48.80	49.85	45.69	3:09.61
4.	C.N. Puertollano 1		C.N. Puertollano		11:15.34	26,00	
	TRUJILLO MORA, Jose Ramon	74	37.12	40.06	42.59	41.91	2:41.68
	LORIDO TIERZ, Laura	79	20.32	22.72	2:31.39	33.46	3:47.89
	DUQUE GARCIA, Jesus	93	38.76	40.89	39.29	36.32	2:35.26
	HIDALGO SANCHEZ, Laura	79	42.17	45.34	43.02		2:10.51

Comprometidos con la natación para toda la vida

Prueba 5, Mixto, 4 x 200m Libre, +160

Clasificación

						Tiempo	Pts
5.	C.N. Cuenca 2		C.N. Cuenca			11:19.76	24,00
	GARCÍA NIEVA, Javier	83	33.97	38.31	40.21	39.90	2:32.39
	SEGARRA CAÑAMARES, María	71	38.96	47.17	54.01	56.19	3:16.33
	SEGURA GÓMEZ, María	84	37.50	41.66	44.59	45.21	2:48.96
	PLAZA LÓPEZ, Miguel Angel	84	32.20	38.87	45.03	45.98	2:42.08
6.	Club Velociraptor Mp Twinner 1		Club Velociraptor Mp Twinner			11:28.08	22,00
	LANILLOS NIETO, Belen	72	38.89	44.13	46.61	46.88	2:56.51
	MASANET BERENGUER, Janira	87	39.04	44.94	46.96	45.04	2:55.98
	LÓPEZ USANO, Alberto	79	38.34	42.77	44.24	42.73	2:48.08
	JIMÉNEZ ROMERA, Marcos	89	37.25	43.01	45.00	42.25	2:47.51
7.	C.P.N. La Roda 4		C.P.N. La Roda			11:35.67	20,00
	PICAZO TENDERO, Ana Isabel	97	45.63	49.17	50.38	47.94	3:13.12
	CEBRIAN REDONDO, Luis	80	36.48	39.70	39.24	38.90	2:34.32
	MARTINEZ CANO, Esther	75	47.33	51.32	55.22	53.05	3:26.92
	ROSELL ROSIQUE, David	75	32.64	36.79	37.08	34.80	2:21.31
8.	Cn Ugena 1		Cn Ugena			12:33.66	18,00
	DÍAZ MOLINA, Paula	95	40.97	46.84	49.36	48.30	3:05.47
	MORALEDA MATE, Carlos	74	41.42	48.70	52.32	50.50	3:12.94
	ABAD SOTO, Veronica	80	46.36	51.68	53.44	52.08	3:23.56
	CABALLERO MAYO, Daniel	79	37.43	43.23	46.29	44.74	2:51.69
9.	C.N. Los Yebenes 2		C.N. Los Yebenes			13:34.35	16,00
	PEÑALVER MENÉNDEZ, Aniel	85	33.92	41.80	49.09	54.08	2:58.89
	LOZANO BRAVO, Adrian	97	35.46	39.86	40.67	38.78	2:34.77
	ARCOS ALBIOL, Silvia	75	53.09	1:01.82	1:04.01	1:09.20	4:08.12
	MORALEDA PEREZ, Maria Del Carmen	68	51.07	58.02	1:01.48	1:02.00	3:52.57
10.	C.D. Escuela Nadadores Tomelloso 2		C.D. Escuela Nadadores Tomelloso			14:02.30	14,00
	,		41.21	44.65	46.80	44.22	2:56.88
	,		38.31	45.18	51.17	50.19	3:04.85
	,		59.10	1:06.64	1:08.74	1:07.08	4:21.56
	,		46.17	55.24	1:00.21	57.39	3:39.01
+200							
1.	Albacete Swim 3		Albacete Swim			10:26.77	38,00
	GUALDA PICAZO, Juan Carlos	68	34.07	38.99	42.86	44.67	2:40.59
	ALEMAÑY MARTINEZ, Aurelia	76	38.98	45.76	48.87	48.84	3:02.45
	PEREZ GALLINA, Soraya	76	33.59	35.60	36.49	36.29	2:21.97
	MARTINEZ LUCAS, Francisco	74	32.10	35.72	37.88	36.06	2:21.76
2.	E.C. Ciudad De Talavera 2		E.C. Ciudad De Talavera			11:07.53	47,00
	TORRES PELAYO, Maria Jose	64	38.23	42.43	43.96	43.67	2:48.29
	GARCIA GARVIN, Demetrio Julian	74	32.36	36.06	38.26	37.95	2:24.63
	CORDERO RODRÍGUEZ, María Pilar	66	42.21	48.45	50.37	49.72	3:10.75
	MUÑOZ PEREZ, Angel Andres	67	37.87	42.84	42.61	40.54	2:43.86
3.	C.N. Albacete 3		C.N. Albacete			12:15.35	33,00
	ANDUJAR TENDERO, Esteban	69	32.60	35.28	36.98	36.91	2:21.77
	VALERO RUIZ, Edelmira	61	52.88	1:05.67	1:11.41	1:11.19	4:21.15
	CASTRO NAVARRO, David	89	31.92	37.17	39.12	40.08	2:28.29
	LEAL SCASSO, Eva	71	41.70	46.33	48.25	47.86	3:04.14
4.	C.N. Monteverde 5		C.N. Monteverde			12:38.78	26,00
	POZA HERNANDEZ, Paloma	75	45.05	52.58	1:00.11	54.62	3:32.36
	LOPEZ MOYA, Francisco Javier	79	37.59	42.09	43.63	40.92	2:44.23
	GARCIA MARTINEZ, Maria Ester	66	47.01	54.64	56.96	51.25	3:29.86
	LOPEZ GOÑI, Diego	75	36.31	42.61	46.11	47.30	2:52.33

Comprometidos con la natación para toda la vida

Prueba 5, Mixto, 4 x 200m Libre, +200

Clasificación

							Tiempo	Pts
5.	C.N. Valdepeñas 2		C.N. Valdepeñas				13:12.27	24,00
	SEVILLA TEBAR, David	82	38.07	43.65	48.11	48.70	2:58.53	
	SANTA-MARÍA BLANCO, María Fe	61	50.78	59.02	1:03.54	1:04.67	3:58.01	
	GONZALEZ DE LA ALEJA LOPEZ, Victor D70el		40.77	48.25	51.37	47.76	3:08.15	
	DELGADO MOYA, Begoña	72	42.97	47.06	49.42	48.13	3:07.58	
6.	C.N. Ciudad Real 2		C.N. Ciudad Real				13:25.94	22,00
	GONZÁLEZ CASTELLANOS, Alberto	71	34.04	36.62	38.29	38.22	2:27.17	
	RUBIA RODRÍGUEZ, Juan Daniel	69	36.50	41.34	44.71	43.37	2:45.92	
	GONZALEZ DE LA OBRA, Ana	71	53.54	1:04.08	1:09.69	1:05.54	4:12.85	
	FERNÁNDEZ-PACHECO CALDERÓN, Noem72		51.63	1:03.46	1:05.03	59.88	4:00.00	
7.	Master Natacion Tomelloso 4		Master Natacion Tomelloso				13:54.61	20,00
	SANTOS-OLMO LÓPEZ ORTEGA, María Del71lar		50.32	57.01	1:01.31	55.55	3:44.19	
	JUAREZ RUBIO, Galo	57	47.77	1:00.95	1:01.62	30.18	3:20.52	
	LÓPEZ LARA, Fátima	77	29.33	50.38	55.57	1:57.80	4:13.08	
	BRAVO HERMIDA, Rafael	78	33.85	38.69	41.26	43.02	2:36.82	
DSQ	C.P.N. La Roda 5		C.P.N. La Roda					-
	<i>DLI - Llegada Irregular, EL SEGUNDO RELEVISTA NO SALE EN SU TURNO</i>							
	MUÑOZ SALMERÓN, María Del Rosario	76	1:04.55	1:14.60	1:18.14	1:16.98	4:54.27	
	RODRIGUEZ YESTE, Elias	67	47.28	51.51	55.49	52.60	3:26.88	
	TÁRRAGA VILLORA, Almudena	85	1:00.14	41.51	56.08			
	LUESO SORDO, Francisco	61						
Baja	C.D. Escuela Nadadores Tomelloso 3		C.D. Escuela Nadadores Tomelloso					-

+240

1.	Albacete Swim 4		Albacete Swim				12:07.58	38,00 mm
	VECINA SANCHEZ, Lucia	72	35.56	38.88	40.91	40.12	2:35.47	
	EDELMAN, Arnoldo	56	39.32	45.67	47.98	46.72	2:59.69	
	ESPINOSA, RAFAEL	63	49.31	57.21	54.36	55.56	3:36.44	
	GARCIA OLIVAS, Rosario	64	41.38	44.59	44.84	45.17	2:55.98	
2.	C.N. Monteverde 6		C.N. Monteverde				13:55.26	32,00
	SANCHEZ DIEZ, Jose Carlos	62	37.65	41.93	46.10	48.75	2:54.43	
	MARQUES DEL POZO, Antonio	56	40.52	48.05	52.15	49.75	3:10.47	
	VEGA BARROSO, Maria Del Carmen	60	53.03	1:00.38	1:02.86	1:00.24	3:56.51	
	VEGA AMAYA, Alicia Gloria	67	52.78	59.30	1:01.95	59.82	3:53.85	
3.	C.N. Valdepeñas 1		C.N. Valdepeñas				15:22.84	28,00
	MARTIN GARRIDO, Juana Maria	55	59.02	1:03.39	1:03.69	1:01.72	4:07.82	
	PERONA SANCHEZ, Ramon	64	42.01	50.11	54.54	53.44	3:20.10	
	BALLESTEROS DE LA TORRE, Isabel	74	52.14	59.36	1:02.94	1:03.81	3:58.25	
	GARCÍA GARCÍA, José Julián	61	51.68	59.98	1:04.52	1:00.49	3:56.67	

+280

Baja	C.N. Monteverde 7		C.N. Monteverde					-
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Comprometidos con la natación para toda la vida

Prueba 6
20/01/2024

Masc., 200m Libre

20+
Resultados

Clasificación	AN								Tiempo	Pts	
1. CARRILERO ALARCÓN, Guillermo	04	C.P.N. La Roda							2:52.84	-	
50m:	27.99	27.99	100m:	1:17.04	49.05	150m:	2:04.94	47.90	200m:	2:52.84	47.90

Prueba 7
20/01/2024

Masc., 200m Estilos

20+
Resultados

Clasificación	AN								Tiempo	Pts	
1. MARTÍNEZ POSADAS, Raúl	04	C.P.N. La Roda							2:24.79	-	
50m:	30.66	30.66	100m:	1:06.59	35.93	150m:	1:49.81	43.22	200m:	2:24.79	34.98

Prueba 8
20/01/2024

Masc., 200m Braza

20+
Resultados

Clasificación	AN								Tiempo	Pts	
1. CARRILERO ALARCÓN, Guillermo	04	C.P.N. La Roda							3:32.87	-	
50m:	43.49	43.49	100m:	1:36.46	52.97	150m:	2:33.69	57.23	200m:	3:32.87	59.18

Prueba 9
20/01/2024

Masc., 200m Espalda

20+
Resultados

Clasificación	AN								Tiempo	Pts	
1. MARTÍNEZ POSADAS, Raúl	04	C.P.N. La Roda							3:32.87	-	
50m:	43.49	43.49	100m:	1:36.46	52.97	150m:	2:33.69	57.23	200m:	3:32.87	59.18