



Prueba 4
21/12/2024

400m Libre

20 - 89 años
Resultados

Puntos: FINA 2023

Clasificación	AN		Tiempo		Pts
20+, Masc.					
1.	FERNÁNDEZ-BERMEJO ORTIZ, F.	00	C.N. Cuenca	4:49.34	394
	50m: 31.45 31.45	150m: 1:42.95	36.61	250m: 2:57.13	37.00
	100m: 1:06.34 34.89	200m: 2:20.13	37.18	300m: 3:34.38	37.25
				350m: 4:12.31	37.93
				400m: 4:49.34	37.03
25+, Masc.					
1.	GUERRA GARCÍA, Daniel	97	C.N. Cuenca	4:51.59	385
	50m: 32.38 32.38	150m: 1:44.27	36.97	250m: 2:59.09	37.44
	100m: 1:07.30 34.92	200m: 2:21.65	37.38	300m: 3:36.91	37.82
				350m: 4:14.64	37.73
				400m: 4:51.59	36.95
30+, Masc.					
1.	RODRÍGUEZ GARCIA, Jesus	91	C.D. Toledo Monteverde	4:49.73	393
	50m: 31.73 31.73	150m: 1:43.62	36.75	250m: 2:57.68	37.24
	100m: 1:06.87 35.14	200m: 2:20.44	36.82	300m: 3:35.29	37.61
				350m: 4:12.45	37.16
				400m: 4:49.73	37.28
2.	GÓMEZ SAEZ, Daniel	90	C.D. Toledo Monteverde	6:02.10	201
	50m: 40.42 40.42	150m: 2:13.28	47.58	250m: 3:47.23	46.69
	100m: 1:25.70 45.28	200m: 3:00.54	47.26	300m: 4:33.62	46.39
				350m: 5:19.84	46.22
				400m: 6:02.10	42.26
3.	RAMÍREZ LÓPEZ-REY, Alfonso	92	C.N. Los Yébenes	6:28.77	162
	50m: 39.83 39.83	150m: 2:12.31	47.04	250m: 3:53.01	51.73
	100m: 1:25.27 45.44	200m: 3:01.28	48.97	300m: 4:45.54	52.53
				350m: 5:38.68	53.14
				400m: 6:28.77	50.09
35+, Masc.					
1.	ARROYO FERNANDEZ, Alvaro	85	E.C. Ciudad De Talavera	4:46.38	407
	50m: 30.19 30.19	150m: 1:39.91	35.27	250m: 2:53.56	37.11
	100m: 1:04.64 34.45	200m: 2:16.45	36.54	300m: 3:30.61	37.05
				350m: 4:08.31	37.70
				400m: 4:46.38	38.07
2.	SALINERO TAPIA, Jose Manuel	87	C.D. Toledo Monteverde	5:22.32	285
	50m: 35.87 35.87	150m: 1:57.93	41.47	250m: 3:23.04	43.19
	100m: 1:16.46 40.59	200m: 2:39.85	41.92	300m: 4:04.43	41.39
				350m: 4:41.85	37.42
				400m: 5:22.32	40.47
45+, Masc.					
1.	ANDRÉS BLANCO, Daniel	77	Club Velociraptor Mp Twinner	6:02.62	200
	50m: 41.68 41.68	150m: 2:14.06	46.94	250m: 3:47.45	46.43
	100m: 1:27.12 45.44	200m: 3:01.02	46.96	300m: 4:34.53	47.08
				350m: 5:23.03	48.50
				400m: 6:02.62	39.59
2.	LOPEZ MOYA, Francisco Javier	79	C.D. Toledo Monteverde	6:11.27	186
	50m: 40.66 40.66	150m: 2:14.47	47.59	250m: 3:49.59	47.59
	100m: 1:26.88 46.22	200m: 3:02.00	47.53	300m: 4:35.10	45.51
				350m: 5:16.70	41.60
				400m: 6:11.27	54.57
3.	BRAVO, Dioni	78	C.N. Los Yébenes	8:05.23	83
	50m: 50.52 50.52	150m: 2:47.12	1:00.22	250m: 4:52.62	1:03.83
	100m: 1:46.90 56.38	200m: 3:48.79	1:01.67	300m: 5:56.99	1:04.37
				350m: 7:01.53	1:04.54
				400m: 8:05.23	1:03.70
50+, Masc.					
1.	GARCIA GARVIN, Demetrio Julian	74	E.C. Ciudad De Talavera	5:25.45	277
	50m: 36.36 36.36	150m: 1:58.61	42.20	250m: 3:21.86	41.64
	100m: 1:16.41 40.05	200m: 2:40.22	41.61	300m: 4:04.20	42.34
				350m: 4:43.19	38.99
				400m: 5:25.45	42.26

Comprometidos con la natación para toda la vida



Prueba 4, Masc., 400m Libre, 50+

Clasificación	AN								Tiempo	Pts	
2. DELGADO ALVARO, Jose Antonio	71	Club Velociraptor Mp Twinner							6:02.08	201	
50m:	41.96	41.96	150m:	2:14.46	46.84	250m:	3:46.39	47.18	350m:	5:16.02	47.71
100m:	1:27.62	45.66	200m:	2:59.21	44.75	300m:	4:28.31	41.92	400m:	6:02.08	46.06
3. PEREZ ESCALANTE, David	70	C.D. Toledo Monteverde							6:19.95	174	
50m:	43.58	43.58	150m:	2:13.76	46.70	250m:	3:50.80	48.95	350m:	5:31.57	50.13
100m:	1:27.06	43.48	200m:	3:01.85	48.09	300m:	4:41.44	50.64	400m:	6:19.95	48.38
4. CUERVA DÍAZ, Emiliano Jesús	74	Master Toledo 3 Culturas							7:05.13	124	
50m:	48.15	48.15	150m:	2:34.99	54.10	250m:	4:24.72	54.57	350m:	6:12.97	54.89
100m:	1:40.89	52.74	200m:	3:30.15	55.16	300m:	5:18.08	53.36	400m:	7:05.13	52.16
5. PÉREZ OSMA, Santiago	71	C.N. Cuenca							7:24.11	109	
50m:	47.56	47.56	150m:	2:35.42	55.55	250m:	4:31.11	57.67	350m:	6:28.51	58.63
100m:	1:39.87	52.31	200m:	3:33.44	58.02	300m:	5:29.88	58.77	400m:	7:24.11	55.60

50+, Fem.

1. MADRID FERREIRAS, Maite	72	C.D. Toledo Monteverde							7:00.02	167	
50m:	49.13	49.13	150m:	2:33.31	52.87	250m:	4:24.16	56.01	350m:	6:10.16	52.75
100m:	1:40.44	51.31	200m:	3:28.15	54.84	300m:	5:17.41	53.25	400m:	7:00.02	49.86

55+, Masc.

1. GÓMEZ LAGUNA, ANTONIO	69	Master Toledo 3 Culturas							6:02.28	201	
50m:	40.94	40.94	150m:	2:12.81	46.67	250m:	3:46.22	46.01	350m:	5:18.58	45.68
100m:	1:26.14	45.20	200m:	3:00.21	47.40	300m:	4:32.90	46.68	400m:	6:02.28	43.70