

Prueba 3  
27/01/2023 - 18:56

Masc., 400m Estilos

20 años y mayores  
Resultados

Clasificación	AN		Tiempo				Puntos
<b>20+</b>							
1.	PEREZ GOMEZ, Javier	01	C.D. Master Huelva	<b>5:17.89</b>	19,00		
	50m: 34.51 34.51	150m: 1:59.53	44.86	250m: 3:22.70	39.47	350m: 4:40.97	38.86
	100m: 1:14.67 40.16	200m: 2:43.23	43.70	300m: 4:02.11	39.41	400m: 5:17.89	36.92
2.	GOMEZ MACIAS, Miguel	02	C.N. Utrera	<b>5:32.01</b>	16,00		
	50m: 31.73 31.73	150m: 1:51.79	42.42	250m: 3:22.13	48.86	350m: 4:53.42	42.03
	100m: 1:09.37 37.64	200m: 2:33.27	41.48	300m: 4:11.39	49.26	400m: 5:32.01	38.59
3.	CUESTA DIAZ, David	02	C.D.N. Cordoba	<b>5:51.25</b>	14,00		
	50m: 34.90 34.90	150m: 2:04.08	47.82	250m: 3:39.11	48.09	350m: 5:12.45	42.45
	100m: 1:16.26 41.36	200m: 2:51.02	46.94	300m: 4:30.00	50.89	400m: 5:51.25	38.80
4.	FIGUEROA PEREZ - MARIN, Miguel	00	C.D. Master Huelva	<b>5:51.90</b>	13,00		
	50m: 31.77 31.77	150m: 1:57.28	46.55	250m: 3:32.47	49.67	350m: 5:09.23	45.56
	100m: 1:10.73 38.96	200m: 2:42.80	45.52	300m: 4:23.67	51.20	400m: 5:51.90	42.67
<b>25+</b>							
1.	SALAS PEREZ, Jose Maria	94	00573 - C.N. Leganes	<b>5:06.42</b>	19,00		
	50m: 30.54 30.54	150m: 1:44.70	39.22	250m: 3:08.00	43.88	350m: 4:30.35	36.44
	100m: 1:05.48 34.94	200m: 2:24.12	39.42	300m: 3:53.91	45.91	400m: 5:06.42	36.07
2.	SERRANO CANO, Isidoro	96	C.D.N. Cordoba	<b>5:07.56</b>	16,00		
	50m: 31.67 31.67	150m: 1:49.59	40.97	250m: 3:12.29	42.72	350m: 4:32.48	37.32
	100m: 1:08.62 36.95	200m: 2:29.57	39.98	300m: 3:55.16	42.87	400m: 5:07.56	35.08
3.	GAMIZ CARMONA, Victor Manuel	95	C.D. Indea	<b>5:15.05</b>	14,00		
	50m: 30.97 30.97	150m: 1:48.17	42.02	250m: 3:15.93	46.04	350m: 4:39.77	36.46
	100m: 1:06.15 35.18	200m: 2:29.89	41.72	300m: 4:03.31	47.38	400m: 5:15.05	35.28
4.	AYALA MAESTRE, Alejandro	97	C.D. Jerez Natacion Master	<b>5:37.85</b>	13,00		
	50m: 33.57 33.57	150m: 2:01.40	46.84	250m: 3:32.77	46.38	350m: 4:59.68	39.58
	100m: 1:14.56 40.99	200m: 2:46.39	44.99	300m: 4:20.10	47.33	400m: 5:37.85	38.17
5.	HERNANDEZ PEREGRINA, Pedro	96	Bahia De Almeria N.C	<b>5:46.41</b>	12,00		
	50m: 32.06 32.06	150m: 1:53.91	44.58	250m: 3:27.33	49.90	350m: 5:04.72	44.04
	100m: 1:09.33 37.27	200m: 2:37.43	43.52	300m: 4:20.68	53.35	400m: 5:46.41	41.69
<b>30+</b>							
1.	SANCHEZ AVELLANO, Rafael	89	C.D.N. Cordoba	<b>5:22.47</b>	19,00		
	50m: 33.01 33.01	150m: 1:54.18	44.29	250m: 3:24.44	46.56	350m: 4:47.61	36.82
	100m: 1:09.89 36.88	200m: 2:37.88	43.70	300m: 4:10.79	46.35	400m: 5:22.47	34.86
2.	MORENO PONTES, Pedro Jose	89	Natacion Sevilla Master, C.D.	<b>5:36.07</b>	16,00		
	50m: 33.03 33.03	150m: 1:56.34	44.82	250m: 3:29.51	48.84	350m: 4:58.88	39.47
	100m: 1:11.52 38.49	200m: 2:40.67	44.33	300m: 4:19.41	49.90	400m: 5:36.07	37.19
3.	MERCADO COLMENERO, Jorge	91	C.N. Master Jaen	<b>5:42.75</b>	14,00		
	50m: 33.08 33.08	150m: 1:57.57	45.21	250m: 3:29.76	48.60	350m: 5:03.14	43.28
	100m: 1:12.36 39.28	200m: 2:41.16	43.59	300m: 4:19.86	50.10	400m: 5:42.75	39.61
4.	ALVAREZ BLANCO, Marcos	91	C.D. Indea	<b>5:49.02</b>	13,00		
	50m: 38.29 38.29	150m: 2:08.37	45.75	250m: 3:43.54	49.46	350m: 5:12.05	37.98
	100m: 1:22.62 44.33	200m: 2:54.08	45.71	300m: 4:34.07	50.53	400m: 5:49.02	36.97
WDR	ALBEROLA CEBRIÁN, Sergio	90	C.D. Indea		-		

Prueba 3, Masc., 400m Estilos

35+

1.	SERRANO VAZQUEZ, Pedro	84	C.D.N. Cordoba	<b>4:50.48</b>	19,00
	50m: 30.20 30.20 150m: 1:41.58 37.46 250m: 3:01.72 42.77 350m: 4:18.16 33.42				
	100m: 1:04.12 33.92 200m: 2:18.95 37.37 300m: 3:44.74 43.02 400m: 4:50.48 32.32				
2.	ALARCÓN RODRIGUEZ, Juan Antonio	87	C.Kronos Natación Mijas	<b>5:19.06</b>	16,00
	50m: 33.64 33.64 150m: 1:54.33 41.40 250m: 3:20.30 45.48 350m: 4:44.34 37.90				
	100m: 1:12.93 39.29 200m: 2:34.82 40.49 300m: 4:06.44 46.14 400m: 5:19.06 34.72				
3.	GALERA PEREZ, Francisco	87	C.N. Utrera	<b>5:25.08</b>	14,00
	50m: 34.52 34.52 150m: 2:00.59 46.34 250m: 3:26.98 42.27 350m: 4:47.61 38.55				
	100m: 1:14.25 39.73 200m: 2:44.71 44.12 300m: 4:09.06 42.08 400m: 5:25.08 37.47				
4.	AROSTEGUI RAMIREZ, Manuel	84	C.D. Jerez Natacion Master	<b>5:41.67</b>	13,00
	50m: 36.16 36.16 150m: 2:04.07 43.72 250m: 3:34.79 48.94 350m: 5:04.53 38.73				
	100m: 1:20.35 44.19 200m: 2:45.85 41.78 300m: 4:25.80 51.01 400m: 5:41.67 37.14				
5.	MARTINEZ ROMERO, Francisco	88	C.N. Master Jaen	<b>5:55.37</b>	12,00
	50m: 36.93 36.93 150m: 2:08.98 46.68 250m: 3:43.60 49.93 350m: 5:17.77 43.14				
	100m: 1:22.30 45.37 200m: 2:53.67 44.69 300m: 4:34.63 51.03 400m: 5:55.37 37.60				
6.	LUZON GARRIDO, Antonio Jose	88	C.D. Swim Granada	<b>7:18.68</b>	11,00
	50m: 40.51 40.51 150m: 2:30.13 56.94 250m: 4:32.19 1:04.01 350m: 6:27.84 49.73				
	100m: 1:33.19 52.68 200m: 3:28.18 58.05 300m: 5:38.11 1:05.92 400m: 7:18.68 50.84				

40+

1.	NUÑEZ MOLANO, Javier	83	C.D. Jerez Natacion Master	<b>4:48.64</b>	24,00 RA
	50m: 30.03 30.03 150m: 1:41.64 37.13 250m: 2:59.01 40.17 350m: 4:15.82 34.43				
	100m: 1:04.51 34.48 200m: 2:18.84 37.20 300m: 3:41.39 42.38 400m: 4:48.64 32.82				
2.	RODRIGUEZ RUIZ, Carlos	80	C.D.N. Ciudad De Algeciras	<b>4:49.20</b>	16,00
	50m: 30.55 30.55 150m: 1:44.91 38.76 250m: 3:03.44 39.79 350m: 4:17.36 33.82				
	100m: 1:06.15 35.60 200m: 2:23.65 38.74 300m: 3:43.54 40.10 400m: 4:49.20 31.84				
3.	ALAMINOS FERRES, Samuel	82	C.N. Fuengirola	<b>5:43.02</b>	14,00
	50m: 37.65 37.65 150m: 2:04.90 43.57 250m: 3:38.57 51.09 350m: 5:08.08 38.22				
	100m: 1:21.33 43.68 200m: 2:47.48 42.58 300m: 4:29.86 51.29 400m: 5:43.02 34.94				

45+

1.	RODRIGUEZ GARCIA, German	77	Bahia De Almeria N.C	<b>5:14.28</b>	19,00
	50m: 33.00 33.00 150m: 1:52.19 40.65 250m: 3:18.73 47.45 350m: 4:40.45 35.20				
	100m: 1:11.54 38.54 200m: 2:31.28 39.09 300m: 4:05.25 46.52 400m: 5:14.28 33.83				
2.	LÓPEZ LUQUE, José María	77	C.D.N. Cordoba	<b>5:31.15</b>	16,00
	50m: 34.16 34.16 150m: 1:52.25 40.70 250m: 3:22.54 49.94 350m: 4:53.00 39.01				
	100m: 1:11.55 37.39 200m: 2:32.60 40.35 300m: 4:13.99 51.45 400m: 5:31.15 38.15				
3.	PASTOR RODRIGUEZ, Manuel	76	C.N. Caballa - Ciudad De Ceuta	<b>5:45.72</b>	14,00
	50m: 33.32 33.32 150m: 1:59.71 47.14 250m: 3:36.36 50.70 350m: 5:07.88 40.60				
	100m: 1:12.57 39.25 200m: 2:45.66 45.95 300m: 4:27.28 50.92 400m: 5:45.72 37.84				
4.	PAÑOS ADILLO, Unai	78	Natacion Sevilla Master, C.D.	<b>5:58.10</b>	13,00
	50m: 35.95 35.95 150m: 2:04.56 46.70 250m: 3:40.42 49.95 350m: 5:15.41 44.38				
	100m: 1:17.86 41.91 200m: 2:50.47 45.91 300m: 4:31.03 50.61 400m: 5:58.10 42.69				
5.	DE LA VEGA GIMÉNEZ, Joan	77	C.D. Jerez Natacion Master	<b>6:02.99</b>	12,00
	50m: 37.83 37.83 150m: 2:13.45 50.28 250m: 3:51.65 50.52 350m: 5:23.83 41.50				
	100m: 1:23.17 45.34 200m: 3:01.13 47.68 300m: 4:42.33 50.68 400m: 6:02.99 39.16				
6.	SOTILLO AVILA, Jose Carlos	76	C.D.N. Cordoba	<b>6:08.83</b>	11,00
	50m: 40.56 40.56 150m: 2:20.28 53.57 250m: 3:58.66 44.76 350m: 5:28.46 43.18				
	100m: 1:26.71 46.15 200m: 3:13.90 53.62 300m: 4:45.28 46.62 400m: 6:08.83 40.37				

Prueba 3, Masc., 400m Estilos, 45+

Clasificación	AN									Tiempo	Puntos
7.	MONREAL GALAN, German Luis	78	C.D. Jerez Natacion Master							<b>6:12.77</b>	10,00
	50m: 41.15	41.15	150m: 2:19.37	48.93	250m: 4:00.68	54.28	350m: 5:35.04	41.04			
	100m: 1:30.44	49.29	200m: 3:06.40	47.03	300m: 4:54.00	53.32	400m: 6:12.77	37.73			
8.	BARRANCO NUÑEZ, Ivan	76	C.N. Los Barrios							<b>6:38.78</b>	9,00
	50m: 42.48	42.48	150m: 2:20.84	51.41	250m: 4:09.98	57.96	350m: 5:53.58	46.76			
	100m: 1:29.43	46.95	200m: 3:12.02	51.18	300m: 5:06.82	56.84	400m: 6:38.78	45.20			
9.	RODRIGUEZ GARCIA, Raul	78	C.D. Jerez Natacion Master							<b>6:43.39</b>	8,00
	50m: 42.52	42.52	150m: 2:26.93	53.04	250m: 4:17.68	59.35	350m: 6:00.20	44.68			
	100m: 1:33.89	51.37	200m: 3:18.33	51.40	300m: 5:15.52	57.84	400m: 6:43.39	43.19			
10.	GALLEGO GUTIEREZ, David	77	C.D. Master Huelva							<b>6:47.89</b>	7,00
	50m: 40.17	40.17	150m: 2:25.76	55.96	250m: 4:18.30	56.87	350m: 6:01.93	47.14			
	100m: 1:29.80	49.63	200m: 3:21.43	55.67	300m: 5:14.79	56.49	400m: 6:47.89	45.96			
11.	FERNANDEZ VELA, Jose Antonio	74	C.D. Master Huelva							<b>7:17.98</b>	6,00
	50m: 50.26	50.26	150m: 2:45.60	59.09	250m: 4:36.92	54.18	350m: 6:26.89	54.39			
	100m: 1:46.51	56.25	200m: 3:42.74	57.14	300m: 5:32.50	55.58	400m: 7:17.98	51.09			
DSQ	MARTINEZ FENOY, Juan Rafael	75	Bahia De Almeria N.C								-

50+

1.	DE LA VEGA GIMÉNEZ, Rafael	69	C.D. Jerez Natacion Master							<b>6:06.93</b>	19,00
	50m: 36.64	36.64	150m: 2:09.12	48.28	250m: 3:48.23	51.86	350m: 5:25.73	43.85			
	100m: 1:20.84	44.20	200m: 2:56.37	47.25	300m: 4:41.88	53.65	400m: 6:06.93	41.20			
2.	CASTILLA GOMEZ, Marco Antonio	73	C.D.N. Cordoba							<b>6:19.22</b>	16,00
	50m: 32.65	32.65	150m: 2:12.47	1:02.36	250m: 4:01.86	53.37	350m: 5:37.62	41.73			
	100m: 1:10.11	37.46	200m: 3:08.49	56.02	300m: 4:55.89	54.03	400m: 6:19.22	41.60			
3.	SILVA GALLOSO, Ismael	73	C.D. Jerez Natacion Master							<b>6:27.99</b>	14,00
	50m: 42.22	42.22	150m: 2:21.51	50.62	250m: 4:05.76	53.95	350m: 5:44.99	43.96			
	100m: 1:30.89	48.67	200m: 3:11.81	50.30	300m: 5:01.03	55.27	400m: 6:27.99	43.00			
4.	GUILLEN MORENO, Francisco Jose	71	Natacion Sevilla Master, C.D.							<b>6:31.57</b>	13,00
	50m: 39.32	39.32	150m: 2:22.21	51.55	250m: 4:06.19	53.42	350m: 5:46.51	45.31			
	100m: 1:30.66	51.34	200m: 3:12.77	50.56	300m: 5:01.20	55.01	400m: 6:31.57	45.06			
5.	SALINAS VILLEGAS, Rafael	71	Natacion Sevilla Master, C.D.							<b>6:50.52</b>	12,00
	50m: 40.83	40.83	150m: 2:21.82	51.48	250m: 4:10.01	58.07	350m: 6:01.32	50.68			
	100m: 1:30.34	49.51	200m: 3:11.94	50.12	300m: 5:10.64	1:00.63	400m: 6:50.52	49.20			
6.	DE LA CALLE SANCHEZ DEIBARGÜE I70M.		C.D. Jerez Natacion Master							<b>7:13.10</b>	11,00
	50m: 48.75	48.75	150m: 2:43.54	56.78	250m: 4:38.57	58.44	350m: 6:26.67	50.43			
	100m: 1:46.76	58.01	200m: 3:40.13	56.59	300m: 5:36.24	57.67	400m: 7:13.10	46.43			

55+

1.	NAGL, Norbert	68	Sc - Hakooh - wien							<b>5:58.84</b>	19,00
	50m: 40.51	40.51	150m: 2:13.13	46.01	250m: 3:48.60	50.25	350m: 5:20.00	39.80			
	100m: 1:27.12	46.61	200m: 2:58.35	45.22	300m: 4:40.20	51.60	400m: 5:58.84	38.84			
2.	CASTAÑO CHACON, Alejandro	66	C.N. Fuengirola							<b>6:13.80</b>	16,00
	50m: 39.07	39.07	150m: 2:14.75	49.09	250m: 3:56.50	53.62	350m: 5:33.46	42.19			
	100m: 1:25.66	46.59	200m: 3:02.88	48.13	300m: 4:51.27	54.77	400m: 6:13.80	40.34			
3.	UCHA DIAZ, Manuel Alejandro	68	C.D. Jerez Natacion Master							<b>6:14.71</b>	14,00
	50m: 36.45	36.45	150m: 2:11.38	54.05	250m: 3:58.14	54.74	350m: 5:35.17	42.14			
	100m: 1:17.33	40.88	200m: 3:03.40	52.02	300m: 4:53.03	54.89	400m: 6:14.71	39.54			
4.	SOTO GONZALEZ, Juan Manuel	65	C.D. Jerez Natacion Master							<b>7:17.32</b>	13,00
	50m: 46.08	46.08	150m: 2:39.66	59.37	250m: 4:41.98	1:02.24	350m: 6:32.05	47.48			
	100m: 1:40.29	54.21	200m: 3:39.74	1:00.08	300m: 5:44.57	1:02.59	400m: 7:17.32	45.27			

Prueba 3, Masc., 400m Estilos, 55+

Clasificación	AN		Tiempo	Puntos
5.	HERNANDEZ CORTES, Pedro Manuel	65 Bahía De Almería N.C	<b>7:19.58</b>	12,00
	50m: 44.09 44.09 150m: 2:38.93 1:02.64 250m: 4:41.17 1:00.96 350m: 6:31.63 48.16			
	100m: 1:36.29 52.20 200m: 3:40.21 1:01.28 300m: 5:43.47 1:02.30 400m: 7:19.58 47.95			
6.	GOMEZ SANTANA, Juan Carlos	65 C.D. Master Huelva	<b>8:03.14</b>	11,00
	50m: 54.14 54.14 150m: 3:06.46 1:04.54 250m: 5:17.71 1:06.48 350m: 7:15.57 50.50			
	100m: 2:01.92 1:07.78 200m: 4:11.23 1:04.77 300m: 6:25.07 1:07.36 400m: 8:03.14 47.57			
WDR	IBAÑEZ ALMENDRO, Carlos	67 Natación Sevilla Master, C.D.		-

60+

1.	CLAUDIN MORALES, Victor	63 R.C. Mediterraneo	<b>6:50.61</b>	19,00
	50m: 47.02 47.02 150m: 2:36.37 55.25 250m: 4:24.38 53.35 350m: 6:07.59 47.19			
	100m: 1:41.12 54.10 200m: 3:31.03 54.66 300m: 5:20.40 56.02 400m: 6:50.61 43.02			
2.	FERNANDEZ-PRADA ARIAS, Miguel Ángel	63 Natación Sevilla Master, C.D.	<b>7:16.05</b>	16,00
	50m: 46.23 46.23 150m: 2:40.87 59.05 250m: 4:39.26 1:03.64 350m: 6:31.25 48.16			
	100m: 1:41.82 55.59 200m: 3:35.62 54.75 300m: 5:43.09 1:03.83 400m: 7:16.05 44.80			
3.	JUNQUERA APARICIO, Aquilino	60 C.N. San Fernando	<b>7:51.65</b>	14,00
	50m: 51.16 51.16 150m: 2:56.82 1:05.03 250m: 5:04.85 1:07.18 350m: 7:00.28 50.72			
	100m: 1:51.79 1:00.63 200m: 3:57.67 1:00.85 300m: 6:09.56 1:04.71 400m: 7:51.65 51.37			

65+

1.	DE VALDES BACHS, Rafael	57 C.Kronos Natación Mijas	<b>6:36.77</b>	24,00	RA
	50m: 42.90 42.90 150m: 2:24.52 51.88 250m: 4:10.91 57.69 350m: 5:53.58 44.42				
	100m: 1:32.64 49.74 200m: 3:13.22 48.70 300m: 5:09.16 58.25 400m: 6:36.77 43.19				
2.	BILBAO GARAY, Pedro	55 C.N. Los Barrios	<b>7:16.64</b>	16,00	
	50m: 49.26 49.26 150m: 2:42.21 55.33 250m: 4:39.59 1:02.40 350m: 6:31.22 48.68				
	100m: 1:46.88 57.62 200m: 3:37.19 54.98 300m: 5:42.54 1:02.95 400m: 7:16.64 45.42				
3.	RIGUAL DE HEREDIA, Carlos	57 C.D. Jerez Natación Master	<b>7:53.33</b>	14,00	
	50m: 59.37 59.37 150m: 3:09.45 1:04.99 250m: 5:16.95 1:06.14 350m: 7:09.58 47.72				
	100m: 2:04.46 1:05.09 200m: 4:10.81 1:01.36 300m: 6:21.86 1:04.91 400m: 7:53.33 43.75				
4.	MARTÍN LÓPEZ, José	57 C.D.N. Inacua Málaga	<b>8:04.91</b>	13,00	
	50m: 55.55 55.55 150m: 3:08.95 1:03.45 250m: 5:16.77 1:05.82 350m: 7:15.08 51.85				
	100m: 2:05.50 1:09.95 200m: 4:10.95 1:02.00 300m: 6:23.23 1:06.46 400m: 8:04.91 49.83				
5.	ALVAREZ GUERRERO, Fernando	58 C.D. Jerez Natación Master	<b>8:37.16</b>	12,00	
	50m: 1:02.63 1:02.63 150m: 3:17.31 1:07.76 250m: 5:25.37 1:02.62 350m: 7:33.09 1:04.85				
	100m: 2:09.55 1:06.92 200m: 4:22.75 1:05.44 300m: 6:28.24 1:02.87 400m: 8:37.16 1:04.07				