

3 - 3ª JORNADA - DOMINGO 22 DE ABRIL DE 2018

22/04/2018 - 8:30

Prueba 6 3000m Libre 20 - 84 años  
22/04/2018 - 8:30 Resultados

RE 75+	50:30.00	JOAQUIN Mª CANALES DE MENDOZA	MATARO
RE 70+	50:03.84	FARRE GANDUXE JOSEP	MATARO
RE 65+	44:54.22	MIGUEL PEREZ CARLOS A.	MATARO
RE 60+	45:20.98	ALVAREZ CARABALLO PEDRO	BADIA DEL VALLÈS
RE 55+	40:14.08	TELLEZ ECHEANDIA FERNANDO	MATARO
RE 50+	38:32.24	FERRARI LAGIER FABIAN RAMIRO	SABADELL
RE 45+	36:40.16	MORENO VIDAL VICTOR MANUEL	ELCHE
RE 40+	37:00.64	GOÑI IRADI LUIS	MATARO
RE 35+	34:41.17	HERVAS JODAR FRANCISCO JOSE	MATARO
RE 30+	37:35.09	LARROSA CHORRO JOSE LUIS	ELCHE
RE 25+	33:55.16	CABANILLAS QUINTANILLA RAFAEL	MATARO
RE 65+	1:20:00.00		
RE 60+	55:39.51	BALBUENA ESPARZA MARGARITA	MATARO
RE 55+	44:17.45	BALBUENA ESPARZA LOLI	BADIA DEL VALLÈS
RE 50+	48:32.24	PORT CASAMITJANA ADRIANA	MATARO
RE 45+	42:48.27	VILANOVA BELMONTE CINTA	MATARO
RE 40+	42:06.13	PEREZ MAYORGAS ESTIBALIZ	MATARO
RE 35+	39:07.49	GOMEZ ALBAREDA MIREIA	MATARO
RE 30+	39:37.80	PICHEL GARCIA DE SEAREZ M.E.	MATARO
RE 25+	39:44.39	RUIZ MELGUIZO SONIA	MATARO

Clasificación

AN

Tiempo

20+, Masc.

1. CONDE ALVAREZ Joaquin	98	C.N. Camargo	<b>39:12.55</b>	19,00
100m: 1:12.72 1:12.72	900m: 11:30.32 1:19.28	1700m: 22:04.69 1:20.56	2500m: 32:38.96 1:20.70	
200m: 2:29.49 1:16.77	1000m: 12:49.00 1:18.68	1800m: 23:23.24 1:18.55	2600m: 33:58.65 1:19.69	
300m: 3:46.72 1:17.23	1100m: 14:07.66 1:18.66	1900m: 24:40.82 1:17.58	2700m: 35:18.88 1:20.23	
400m: 5:02.38 1:15.66	1200m: 15:25.84 1:18.18	2000m: 26:01.09 1:20.27	2800m: 36:38.79 1:19.91	
500m: 6:19.32 1:16.94	1300m: 16:45.43 1:19.59	2100m: 27:19.80 1:18.71	2900m: 37:57.13 1:18.34	
600m: 7:36.44 1:17.12	1400m: 18:04.86 1:19.43	2200m: 28:38.93 1:19.13	3000m: 39:12.55 1:15.42	
700m: 8:53.97 1:17.53	1500m: 19:23.95 1:19.09	2300m: 29:58.82 1:19.89		
800m: 10:11.04 1:17.07	1600m: 20:44.13 1:20.18	2400m: 31:18.26 1:19.44		
2. CONTRERAS GARCÍA Rafael	94	C.N. Almansa	<b>40:53.90</b>	16,00
100m: 1:17.74 1:17.74	900m: 12:09.20 1:22.74	1700m: 23:15.67 1:23.26	2500m: 34:19.04 1:21.31	
200m: 2:37.54 1:19.80	1000m: 13:32.16 1:22.96	1800m: 24:39.29 1:23.62	2600m: 35:39.55 1:20.51	
300m: 3:58.24 1:20.70	1100m: 14:55.60 1:23.44	1900m: 26:03.16 1:23.87	2700m: 37:01.70 1:22.15	
400m: 5:19.84 1:21.60	1200m: 16:18.54 1:22.94	2000m: 27:26.92 1:23.76	2800m: 38:20.02 1:18.32	
500m: 6:41.38 1:21.54	1300m: 17:41.59 1:23.05	2100m: 28:50.79 1:23.87	2900m: 39:41.51 1:21.49	
600m: 8:02.42 1:21.04	1400m: 19:05.14 1:23.55	2200m: 30:14.09 1:23.30	3000m: 40:53.90 1:12.39	
700m: 9:24.13 1:21.71	1500m: 20:29.01 1:23.87	2300m: 31:35.78 1:21.69		
800m: 10:46.46 1:22.33	1600m: 21:52.41 1:23.40	2400m: 32:57.73 1:21.95		
3. GAMIZ CARMONA Víctor Manuel	95	C.D. Indea	<b>40:56.75</b>	14,00
100m: 1:16.67 1:16.67	900m: 12:09.26 1:22.66	1700m: 23:15.94 1:23.50	2500m: 34:19.72 1:21.56	
200m: 2:36.10 1:19.43	1000m: 13:32.49 1:23.23	1800m: 24:39.52 1:23.58	2600m: 35:39.74 1:20.02	
300m: 3:57.19 1:21.09	1100m: 14:55.49 1:23.00	1900m: 26:03.19 1:23.67	2700m: 37:01.92 1:22.18	
400m: 5:19.56 1:22.37	1200m: 16:18.41 1:22.92	2000m: 27:27.07 1:23.88	2800m: 38:20.53 1:18.61	
500m: 6:41.30 1:21.74	1300m: 17:41.92 1:23.51	2100m: 28:50.88 1:23.81	2900m: 39:41.75 1:21.22	
600m: 8:02.75 1:21.45	1400m: 19:05.38 1:23.46	2200m: 30:14.34 1:23.46	3000m: 40:56.75 1:15.00	
700m: 9:24.48 1:21.73	1500m: 20:29.06 1:23.68	2300m: 31:36.19 1:21.85		
800m: 10:46.60 1:22.12	1600m: 21:52.44 1:23.38	2400m: 32:58.16 1:21.97		

Prueba 6, Masc., 3000m Libre, 20+

Clasificación

AN

Tiempo

4. HERCE LORA Millan	96	Natacion Sevilla Master, C.D.	<b>45:06.46</b>	13,00
100m: 1:18.36 1:18.36	900m: 12:55.90 1:28.64	1700m: 25:00.54 1:29.54	2500m: 37:25.78 1:45.75	
200m: 2:42.15 1:23.79	1000m: 14:25.87 1:29.97	1800m: 26:30.05 1:29.51	2600m: 39:00.70 1:34.92	
300m: 4:08.19 1:26.04	1100m: 15:55.92 1:30.05	1900m: 27:58.85 1:28.80	2700m: 40:34.11 1:33.41	
400m: 5:34.82 1:26.63	1200m: 17:26.18 1:30.26	2000m: 29:28.39 1:29.54	2800m: 42:07.90 1:33.79	
500m: 7:01.52 1:26.70	1300m: 18:57.09 1:30.91	2100m: 30:58.61 1:30.22	2900m: 43:39.92 1:32.02	
600m: 8:29.41 1:27.89	1400m: 20:28.29 1:31.20	2200m: 32:29.80 1:31.19	3000m: 45:06.46 1:26.54	
700m: 9:57.91 1:28.50	1500m: 22:00.20 1:31.91	2300m: 34:01.14 1:31.34		
800m: 11:27.26 1:29.35	1600m: 23:31.00 1:30.80	2400m: 35:40.03 1:38.89		
5. ROS MARTI Pablo	97	C.N. Vila-Real	<b>46:06.29</b>	12,00
100m: 1:26.56 1:26.56	900m: 13:27.65 1:31.04	1700m: 25:47.60 1:35.37	2500m: 38:23.01 1:34.15	
200m: 2:56.84 1:30.28	1000m: 14:58.29 1:30.64	1800m: 27:21.97 1:34.37	2600m: 39:57.81 1:34.80	
300m: 4:27.09 1:30.25	1100m: 16:28.85 1:30.56	1900m: 28:57.26 1:35.29	2700m: 41:33.52 1:35.71	
400m: 5:56.91 1:29.82	1200m: 17:59.41 1:30.56	2000m: 30:31.95 1:34.69	2800m: 43:09.41 1:35.89	
500m: 7:25.31 1:28.40	1300m: 19:31.19 1:31.78	2100m: 32:06.80 1:34.85	2900m: 44:40.77 1:31.36	
600m: 8:55.45 1:30.14	1400m: 21:03.84 1:32.65	2200m: 33:41.97 1:35.17	3000m: 46:06.29 1:25.52	
700m: 10:26.34 1:30.89	1500m: 22:37.51 1:33.67	2300m: 35:15.42 1:33.45		
800m: 11:56.61 1:30.27	1600m: 24:12.23 1:34.72	2400m: 36:48.86 1:33.44		
6. VERA GUZMAN Alex	96	C.N. Vilanova	<b>47:09.01</b>	11,00
100m: 1:29.21 1:29.21	900m: 14:05.11 1:34.71	1700m: 26:40.29 1:33.63	2500m: 39:17.78 1:39.16	
200m: 3:01.37 1:32.16	1000m: 15:40.46 1:35.35	1800m: 28:14.34 1:34.05	2600m: 40:52.91 1:35.13	
300m: 4:34.92 1:33.55	1100m: 17:14.02 1:33.56	1900m: 29:48.09 1:33.75	2700m: 42:28.85 1:35.94	
400m: 6:10.45 1:35.53	1200m: 18:48.00 1:33.98	2000m: 31:23.11 1:35.02	2800m: 44:01.96 1:33.11	
500m: 7:45.26 1:34.81	1300m: 20:22.57 1:34.57	2100m: 32:57.67 1:34.56	2900m: 45:34.89 1:32.93	
600m: 9:20.86 1:35.60	1400m: 21:56.71 1:34.14	2200m: 34:33.14 1:35.47	3000m: 47:09.01 1:34.12	
700m: 10:56.03 1:35.17	1500m: 23:31.28 1:34.57	2300m: 36:07.78 1:34.64		
800m: 12:30.40 1:34.37	1600m: 25:06.66 1:35.38	2400m: 37:38.62 1:30.84		

25+, Masc.

1. ARANGUREN FUERTES Haigor	89	Kairoscore	<b>34:19.41</b>	19,00
100m: 1:07.09 1:07.09	900m: 10:14.54 1:08.20	1700m: 19:21.26 1:08.49	2500m: 28:34.00 1:09.38	
200m: 2:15.25 1:08.16	1000m: 11:22.94 1:08.40	1800m: 20:30.06 1:08.80	2600m: 29:43.43 1:09.43	
300m: 3:23.97 1:08.72	1100m: 12:30.85 1:07.91	1900m: 21:38.58 1:08.52	2700m: 30:52.83 1:09.40	
400m: 4:33.10 1:09.13	1200m: 13:39.08 1:08.23	2000m: 22:47.82 1:09.24	2800m: 32:02.50 1:09.67	
500m: 5:41.65 1:08.55	1300m: 14:47.48 1:08.40	2100m: 23:56.62 1:08.80	2900m: 33:11.87 1:09.37	
600m: 6:50.06 1:08.41	1400m: 15:55.95 1:08.47	2200m: 25:05.97 1:09.35	3000m: 34:19.41 1:07.54	
700m: 7:58.31 1:08.25	1500m: 17:04.37 1:08.42	2300m: 26:15.51 1:09.54		
800m: 9:06.34 1:08.03	1600m: 18:12.77 1:08.40	2400m: 27:24.62 1:09.11		
2. ROJAS RODRIGUEZ Santiago	90	C.N. Carmona	<b>40:01.58</b>	16,00
100m: 1:12.21 1:12.21	900m: 11:42.80 1:19.96	1700m: 22:26.02 1:20.85	2500m: 33:18.96 1:21.26	
200m: 2:28.68 1:16.47	1000m: 13:02.89 1:20.09	1800m: 23:47.37 1:21.35	2600m: 34:40.18 1:21.22	
300m: 3:46.48 1:17.80	1100m: 14:22.40 1:19.51	1900m: 25:09.43 1:22.06	2700m: 36:02.17 1:21.99	
400m: 5:04.74 1:18.26	1200m: 15:42.56 1:20.16	2000m: 26:31.34 1:21.91	2800m: 37:24.36 1:22.19	
500m: 6:23.86 1:19.12	1300m: 17:02.84 1:20.28	2100m: 27:52.60 1:21.26	2900m: 38:44.89 1:20.53	
600m: 7:43.40 1:19.54	1400m: 18:23.11 1:20.27	2200m: 29:14.27 1:21.67	3000m: 40:01.58 1:16.69	
700m: 9:02.92 1:19.52	1500m: 19:44.00 1:20.89	2300m: 30:35.97 1:21.70		
800m: 10:22.84 1:19.92	1600m: 21:05.17 1:21.17	2400m: 31:57.70 1:21.73		

Prueba 6, Masc., 3000m Libre, 25+

Clasificación

AN

Tiempo

<b>3. SANCHEZ AVELLANO Rafael</b>	<b>89</b>	<b>C.D. Natacion Cordoba</b>	<b>40:33.31</b>	<b>14,00</b>
100m: 1:16.09 1:16.09	900m: 12:01.02 1:21.07	1700m: 22:48.47 1:21.14	2500m: 33:46.28 1:23.26	
200m: 2:34.80 1:18.71	1000m: 13:21.83 1:20.81	1800m: 24:09.85 1:21.38	2600m: 35:09.34 1:23.06	
300m: 3:55.80 1:21.00	1100m: 14:42.62 1:20.79	1900m: 25:31.56 1:21.71	2700m: 36:32.33 1:22.99	
400m: 5:17.54 1:21.74	1200m: 16:03.63 1:21.01	2000m: 26:53.54 1:21.98	2800m: 37:54.87 1:22.54	
500m: 6:38.97 1:21.43	1300m: 17:24.31 1:20.68	2100m: 28:15.65 1:22.11	2900m: 39:16.29 1:21.42	
600m: 7:59.24 1:20.27	1400m: 18:45.23 1:20.92	2200m: 29:37.54 1:21.89	3000m: 40:33.31 1:17.02	
700m: 9:19.35 1:20.11	1500m: 20:06.01 1:20.78	2300m: 31:00.28 1:22.74		
800m: 10:39.95 1:20.60	1600m: 21:27.33 1:21.32	2400m: 32:23.02 1:22.74		
<b>4. ORTIZ CAÑAS Hector</b>	<b>91</b>	<b>C.N. Master Murcia</b>	<b>41:16.51</b>	<b>13,00</b>
100m: 1:18.96 1:18.96	900m: 12:26.19 1:24.12	1700m: 23:39.27 1:22.44	2500m: 34:32.53 1:21.36	
200m: 2:40.26 1:21.30	1000m: 13:50.71 1:24.52	1800m: 25:01.44 1:22.17	2600m: 35:53.33 1:20.80	
300m: 4:02.66 1:22.40	1100m: 15:14.89 1:24.18	1900m: 26:24.43 1:22.99	2700m: 37:15.09 1:21.76	
400m: 5:26.07 1:23.41	1200m: 16:39.31 1:24.42	2000m: 27:46.47 1:22.04	2800m: 38:36.63 1:21.54	
500m: 6:50.09 1:24.02	1300m: 18:03.79 1:24.48	2100m: 29:07.13 1:20.66	2900m: 39:57.97 1:21.34	
600m: 8:14.34 1:24.25	1400m: 19:28.51 1:24.72	2200m: 30:28.75 1:21.62	3000m: 41:16.51 1:18.54	
700m: 9:37.95 1:23.61	1500m: 20:53.39 1:24.88	2300m: 31:50.01 1:21.26		
800m: 11:02.07 1:24.12	1600m: 22:16.83 1:23.44	2400m: 33:11.17 1:21.16		
<b>5. GARCIA BARJOLLO Miguel</b>	<b>90</b>	<b>C.N. Badajoz</b>	<b>45:30.11</b>	<b>12,00</b>
100m: 1:24.92 1:24.92	900m: 13:26.76 1:29.10	1700m: 25:33.41 1:30.01	2500m: 37:49.86 1:32.46	
200m: 2:53.38 1:28.46	1000m: 14:58.60 1:31.84	1800m: 27:05.02 1:31.61	2600m: 39:22.76 1:32.90	
300m: 4:22.98 1:29.60	1100m: 16:29.53 1:30.93	1900m: 28:36.81 1:31.79	2700m: 40:56.31 1:33.55	
400m: 5:53.94 1:30.96	1200m: 18:00.25 1:30.72	2000m: 30:09.39 1:32.58	2800m: 42:28.98 1:32.67	
500m: 7:25.18 1:31.24	1300m: 19:32.09 1:31.84	2100m: 31:38.27 1:28.88	2900m: 44:01.40 1:32.42	
600m: 8:56.24 1:31.06	1400m: 21:02.46 1:30.37	2200m: 33:15.23 1:36.96	3000m: 45:30.11 1:28.71	
700m: 10:26.79 1:30.55	1500m: 22:33.37 1:30.91	2300m: 34:46.03 1:30.80		
800m: 11:57.66 1:30.87	1600m: 24:03.40 1:30.03	2400m: 36:17.40 1:31.37		
<b>6. BUJALANCE LUNA Carlos</b>	<b>93</b>	<b>C.N. Vilanova</b>	<b>50:28.29</b>	<b>11,00</b>
100m: 1:34.49 1:34.49	900m: 14:58.38 1:41.95	1700m: 28:37.17 1:42.55	2500m: 42:08.27 1:39.30	
200m: 3:13.92 1:39.43	1000m: 16:40.56 1:42.18	1800m: 30:19.49 1:42.32	2600m: 43:49.28 1:41.01	
300m: 4:54.39 1:40.47	1100m: 18:22.42 1:41.86	1900m: 32:02.17 1:42.68	2700m: 45:30.41 1:41.13	
400m: 6:35.31 1:40.92	1200m: 20:04.65 1:42.23	2000m: 33:43.86 1:41.69	2800m: 47:10.87 1:40.46	
500m: 8:15.95 1:40.64	1300m: 21:47.17 1:42.52	2100m: 35:26.35 1:42.49	2900m: 48:50.07 1:39.20	
600m: 9:56.58 1:40.63	1400m: 23:29.40 1:42.23	2200m: 37:07.14 1:40.79	3000m: 50:28.29 1:38.22	
700m: 11:36.24 1:39.66	1500m: 25:11.85 1:42.45	2300m: 38:47.60 1:40.46		
800m: 13:16.43 1:40.19	1600m: 26:54.62 1:42.77	2400m: 40:28.97 1:41.37		

30+, Masc.

<b>1. SAN MARTIN TRESOLS Luis</b>	<b>88</b>	<b>C.N. Vilanova</b>	<b>40:26.44</b>	<b>19,00</b>
100m: 1:12.75 1:12.75	900m: 11:43.64 1:19.92	1700m: 22:31.33 1:21.48	2500m: 33:33.03 1:24.88	
200m: 2:29.40 1:16.65	1000m: 13:04.19 1:20.55	1800m: 23:53.11 1:21.78	2600m: 34:57.63 1:24.60	
300m: 3:47.09 1:17.69	1100m: 14:25.03 1:20.84	1900m: 25:15.04 1:21.93	2700m: 36:22.68 1:25.05	
400m: 5:05.78 1:18.69	1200m: 15:46.06 1:21.03	2000m: 26:37.11 1:22.07	2800m: 37:48.20 1:25.52	
500m: 6:25.28 1:19.50	1300m: 17:06.01 1:19.95	2100m: 28:00.15 1:23.04	2900m: 39:10.27 1:22.07	
600m: 7:44.61 1:19.33	1400m: 18:27.23 1:21.22	2200m: 29:23.00 1:22.85	3000m: 40:26.44 1:16.17	
700m: 9:04.03 1:19.42	1500m: 19:48.21 1:20.98	2300m: 30:45.16 1:22.16		
800m: 10:23.72 1:19.69	1600m: 21:09.85 1:21.64	2400m: 32:08.15 1:22.99		

## Prueba 6, Masc., 3000m Libre, 30+

## Clasificación

## AN

## Tiempo

2.	GARCIA RODRIGUEZ Roberto			87	C.D. Jerez Natacion Master					40:34.91	16,00	
	100m:	1:18.70	1:18.70	900m:	12:01.80	1:21.02	1700m:	22:50.94	1:20.98	2500m:	33:44.64	1:21.85
	200m:	2:40.08	1:21.38	1000m:	13:22.35	1:20.55	1800m:	24:11.85	1:20.91	2600m:	35:06.63	1:21.99
	300m:	4:01.28	1:21.20	1100m:	14:43.16	1:20.81	1900m:	25:34.11	1:22.26	2700m:	36:31.28	1:24.65
	400m:	5:21.46	1:20.18	1200m:	16:04.88	1:21.72	2000m:	26:55.40	1:21.29	2800m:	37:55.54	1:24.26
	500m:	6:41.20	1:19.74	1300m:	17:26.52	1:21.64	2100m:	28:17.06	1:21.66	2900m:	39:18.03	1:22.49
	600m:	8:00.89	1:19.69	1400m:	18:47.63	1:21.11	2200m:	29:39.59	1:22.53	3000m:	40:34.91	1:16.88
	700m:	9:21.06	1:20.17	1500m:	20:08.89	1:21.26	2300m:	31:01.90	1:22.31			
	800m:	10:40.78	1:19.72	1600m:	21:29.96	1:21.07	2400m:	32:22.79	1:20.89			
3.	MIGUEL CORTÉS Ramon			84	C.N. Vila-Real					41:29.78	14,00	
	100m:	1:14.01	1:14.01	900m:	12:11.05	1:24.21	1700m:	23:17.37	1:22.99	2500m:	34:31.80	1:25.92
	200m:	2:32.52	1:18.51	1000m:	13:32.90	1:21.85	1800m:	24:39.53	1:22.16	2600m:	35:56.96	1:25.16
	300m:	3:53.70	1:21.18	1100m:	14:57.46	1:24.56	1900m:	26:03.38	1:23.85	2700m:	37:20.64	1:23.68
	400m:	5:15.30	1:21.60	1200m:	16:20.97	1:23.51	2000m:	27:26.68	1:23.30	2800m:	38:45.68	1:25.04
	500m:	6:37.57	1:22.27	1300m:	17:44.04	1:23.07	2100m:	28:50.87	1:24.19	2900m:	40:08.86	1:23.18
	600m:	8:00.29	1:22.72	1400m:	19:06.52	1:22.48	2200m:	30:15.27	1:24.40	3000m:	41:29.78	1:20.92
	700m:	9:24.27	1:23.98	1500m:	20:29.23	1:22.71	2300m:	31:40.77	1:25.50			
	800m:	10:46.84	1:22.57	1600m:	21:54.38	1:25.15	2400m:	33:05.88	1:25.11			
4.	FERNÁNDEZ CAÑETE Aldir			84	C.D. Indea					41:52.84	13,00	
	100m:	1:18.28	1:18.28	900m:	12:33.74	1:26.18	1700m:	23:50.21	1:24.49	2500m:	34:59.73	1:23.88
	200m:	2:39.94	1:21.66	1000m:	14:00.08	1:26.34	1800m:	25:14.42	1:24.21	2600m:	36:23.22	1:23.49
	300m:	4:02.98	1:23.04	1100m:	15:23.31	1:23.23	1900m:	26:38.26	1:23.84	2700m:	37:46.60	1:23.38
	400m:	5:27.26	1:24.28	1200m:	16:47.45	1:24.14	2000m:	28:01.86	1:23.60	2800m:	39:10.45	1:23.85
	500m:	6:51.50	1:24.24	1300m:	18:12.58	1:25.13	2100m:	29:25.54	1:23.68	2900m:	40:34.73	1:24.28
	600m:	8:16.58	1:25.08	1400m:	19:37.05	1:24.47	2200m:	30:48.96	1:23.42	3000m:	41:52.84	1:18.11
	700m:	9:42.27	1:25.69	1500m:	21:01.68	1:24.63	2300m:	32:12.47	1:23.51			
	800m:	11:07.56	1:25.29	1600m:	22:25.72	1:24.04	2400m:	33:35.85	1:23.38			
5.	CORONA FUENTES Jose Joaquin			87	Club Natacion San Juan					43:17.48	12,00	
	100m:	1:18.87	1:18.87	900m:	12:34.53	1:26.38	1700m:	24:03.97	1:30.16	2500m:	35:54.24	1:29.89
	200m:	2:40.24	1:21.37	1000m:	14:01.27	1:26.74	1800m:	25:34.14	1:30.17	2600m:	37:24.44	1:30.20
	300m:	4:03.17	1:22.93	1100m:	15:23.75	1:22.48	1900m:	27:03.24	1:29.10	2700m:	38:53.83	1:29.39
	400m:	5:25.65	1:22.48	1200m:	16:48.42	1:24.67	2000m:	28:34.91	1:31.67	2800m:	40:22.71	1:28.88
	500m:	6:49.57	1:23.92	1300m:	18:13.86	1:25.44	2100m:	30:04.94	1:30.03	2900m:	41:50.46	1:27.75
	600m:	8:16.88	1:27.31	1400m:	19:38.49	1:24.63	2200m:	31:31.20	1:26.26	3000m:	43:17.48	1:27.02
	700m:	9:42.70	1:25.82	1500m:	21:04.20	1:25.71	2300m:	32:57.89	1:26.69			
	800m:	11:08.15	1:25.45	1600m:	22:33.81	1:29.61	2400m:	34:24.35	1:26.46			
6.	BERNAL AGUADO Jesus			84	C.D. Jerez Natacion Master					44:49.36	11,00	
	100m:	1:24.26	1:24.26	900m:	13:26.35	1:29.89	1700m:	25:33.80	1:30.41	2500m:	37:29.01	1:29.59
	200m:	2:52.56	1:28.30	1000m:	14:57.74	1:31.39	1800m:	27:04.82	1:31.02	2600m:	38:57.84	1:28.83
	300m:	4:22.56	1:30.00	1100m:	16:28.96	1:31.22	1900m:	28:36.77	1:31.95	2700m:	40:26.48	1:28.64
	400m:	5:53.11	1:30.55	1200m:	18:00.10	1:31.14	2000m:	30:09.35	1:32.58	2800m:	41:54.18	1:27.70
	500m:	7:24.60	1:31.49	1300m:	19:31.65	1:31.55	2100m:	31:36.05	1:26.70	2900m:	43:22.19	1:28.01
	600m:	8:54.97	1:30.37	1400m:	21:02.39	1:30.74	2200m:	33:03.35	1:27.30	3000m:	44:49.36	1:27.17
	700m:	10:25.87	1:30.90	1500m:	22:33.39	1:31.00	2300m:	34:30.81	1:27.46			
	800m:	11:56.46	1:30.59	1600m:	24:03.39	1:30.00	2400m:	35:59.42	1:28.61			
7.	LLOPIS ORTIZ Antonio			87	C.N. Cadiz					46:52.05	10,00	
	100m:	1:20.56	1:20.56	900m:	13:23.31	1:34.91	1700m:	26:06.59	1:35.98	2500m:	38:53.60	1:34.36
	200m:	2:45.82	1:25.26	1000m:	14:58.70	1:35.39	1800m:	27:42.15	1:35.56	2600m:	40:30.24	1:36.64
	300m:	4:12.83	1:27.01	1100m:	16:34.62	1:35.92	1900m:	29:17.71	1:35.56	2700m:	42:06.53	1:36.29
	400m:	5:40.63	1:27.80	1200m:	18:10.25	1:35.63	2000m:	30:53.44	1:35.73	2800m:	43:41.85	1:35.32
	500m:	7:11.83	1:31.20	1300m:	19:45.71	1:35.46	2100m:	32:29.34	1:35.90	2900m:	45:15.46	1:33.61
	600m:	8:42.36	1:30.53	1400m:	21:19.85	1:34.14	2200m:	34:04.86	1:35.52	3000m:	46:52.05	1:36.59
	700m:	10:14.34	1:31.98	1500m:	22:55.10	1:35.25	2300m:	35:41.27	1:36.41			
	800m:	11:48.40	1:34.06	1600m:	24:30.61	1:35.51	2400m:	37:19.24	1:37.97			

Prueba 6, Masc., 3000m Libre, 30+

Clasificación

AN

Tiempo

8. VELEZ PATINO Daniel	84	Vila-Swim Fondistas Club Natac	<b>58:02.72</b>	9,00
100m: 1:38.18 1:38.18	900m: 16:40.43 1:54.36	1700m: 32:10.21 1:59.62	2500m: 48:12.06 1:59.85	
200m: 3:29.27 1:51.09	1000m: 18:34.94 1:54.51	1800m: 34:10.50 2:00.29	2600m: 50:12.74 2:00.68	
300m: 5:22.36 1:53.09	1100m: 20:23.99 1:49.05	1900m: 36:08.93 1:58.43	2700m: 52:15.93 2:03.19	
400m: 7:16.35 1:53.99	1200m: 22:19.72 1:55.73	2000m: 38:10.33 2:01.40	2800m: 54:17.38 2:01.45	
500m: 9:07.65 1:51.30	1300m: 24:17.67 1:57.95	2100m: 40:08.40 1:58.07	2900m: 56:20.43 2:03.05	
600m: 10:58.91 1:51.26	1400m: 26:13.89 1:56.22	2200m: 42:10.57 2:02.17	3000m: 58:02.72 1:42.29	
700m: 12:52.44 1:53.53	1500m: 28:11.21 1:57.32	2300m: 44:11.11 2:00.54		
800m: 14:46.07 1:53.63	1600m: 30:10.59 1:59.38	2400m: 46:12.21 2:01.10		

Baja VALLEJO REBOLLO Francisco	88	C.N. Fuente Alamo	-	
Baja ROJAS RIVILLA Miguel Angel	84	C. Nautico Sevilla	-	
Baja MARTI BLAZQUEZ Agustin	88	C.N. Vila-Real	-	

35+, Masc.

1. HERVAS JODAR Francisco Jose	81	Vila-Swim Fondistas Club Natac	<b>34:27.63</b>	34,00	RE
100m: 1:06.85 1:06.85	900m: 10:19.11 1:09.24	1700m: 19:30.93 1:08.46	2500m: 28:43.07 1:08.71		
200m: 2:15.49 1:08.64	1000m: 11:28.52 1:09.41	1800m: 20:40.03 1:09.10	2600m: 29:51.99 1:08.92		
300m: 3:24.52 1:09.03	1100m: 12:37.32 1:08.80	1900m: 21:49.18 1:09.15	2700m: 31:01.27 1:09.28		
400m: 4:33.61 1:09.09	1200m: 13:46.26 1:08.94	2000m: 22:58.24 1:09.06	2800m: 32:10.30 1:09.03		
500m: 5:42.77 1:09.16	1300m: 14:55.46 1:09.20	2100m: 24:07.57 1:09.33	2900m: 33:19.54 1:09.24		
600m: 6:51.84 1:09.07	1400m: 16:04.59 1:09.13	2200m: 25:16.65 1:09.08	3000m: 34:27.63 1:08.09		
700m: 8:00.77 1:08.93	1500m: 17:13.64 1:09.05	2300m: 26:25.37 1:08.72			
800m: 9:09.87 1:09.10	1600m: 18:22.47 1:08.83	2400m: 27:34.36 1:08.99			
2. OBREGON IMAZ Cesar	80	Cn Master Torrijos	<b>37:11.44</b>	16,00	
100m: 1:12.32 1:12.32	900m: 10:59.70 1:13.25	1700m: 20:54.83 1:14.82	2500m: 31:00.99 1:16.06		
200m: 2:25.40 1:13.08	1000m: 12:13.23 1:13.53	1800m: 22:09.94 1:15.11	2600m: 32:16.32 1:15.33		
300m: 3:39.23 1:13.83	1100m: 13:27.76 1:14.53	1900m: 23:25.59 1:15.65	2700m: 33:31.96 1:15.64		
400m: 4:53.25 1:14.02	1200m: 14:41.63 1:13.87	2000m: 24:41.29 1:15.70	2800m: 34:46.80 1:14.84		
500m: 6:06.90 1:13.65	1300m: 15:55.91 1:14.28	2100m: 25:56.62 1:15.33	2900m: 36:02.02 1:15.22		
600m: 7:20.15 1:13.25	1400m: 17:10.59 1:14.68	2200m: 27:12.84 1:16.22	3000m: 37:11.44 1:09.42		
700m: 8:33.22 1:13.07	1500m: 18:25.47 1:14.88	2300m: 28:28.66 1:15.82			
800m: 9:46.45 1:13.23	1600m: 19:40.01 1:14.54	2400m: 29:44.93 1:16.27			
3. JUSTO QUINTAIROS Francisco	82	C. Tenis Chamartin	<b>37:52.08</b>	14,00	
100m: 1:12.28 1:12.28	900m: 11:19.40 1:15.51	1700m: 21:21.81 1:16.13	2500m: 31:29.98 1:16.63		
200m: 2:28.54 1:16.26	1000m: 12:35.22 1:15.82	1800m: 22:37.56 1:15.75	2600m: 32:46.82 1:16.84		
300m: 3:45.47 1:16.93	1100m: 13:50.53 1:15.31	1900m: 23:53.37 1:15.81	2700m: 34:03.97 1:17.15		
400m: 5:01.52 1:16.05	1200m: 15:05.23 1:14.70	2000m: 25:08.45 1:15.08	2800m: 35:21.37 1:17.40		
500m: 6:17.40 1:15.88	1300m: 16:20.49 1:15.26	2100m: 26:24.45 1:16.00	2900m: 36:38.69 1:17.32		
600m: 7:32.58 1:15.18	1400m: 17:35.10 1:14.61	2200m: 27:40.30 1:15.85	3000m: 37:52.08 1:13.39		
700m: 8:48.10 1:15.52	1500m: 18:50.24 1:15.14	2300m: 28:56.75 1:16.45			
800m: 10:03.89 1:15.79	1600m: 20:05.68 1:15.44	2400m: 30:13.35 1:16.60			
4. HERRERA MARTINEZ Francisco Jose	82	C.N. Vilanova	<b>38:46.04</b>	13,00	
100m: 1:10.91 1:10.91	900m: 11:28.91 1:17.27	1700m: 21:52.49 1:18.21	2500m: 32:21.04 1:18.71		
200m: 2:27.36 1:16.45	1000m: 12:46.70 1:17.79	1800m: 23:10.52 1:18.03	2600m: 33:39.39 1:18.35		
300m: 3:44.07 1:16.71	1100m: 14:04.53 1:17.83	1900m: 24:28.77 1:18.25	2700m: 34:57.14 1:17.75		
400m: 5:01.44 1:17.37	1200m: 15:22.10 1:17.57	2000m: 25:46.94 1:18.17	2800m: 36:15.13 1:17.99		
500m: 6:18.89 1:17.45	1300m: 16:39.56 1:17.46	2100m: 27:05.91 1:18.97	2900m: 37:32.48 1:17.35		
600m: 7:36.45 1:17.56	1400m: 17:57.90 1:18.34	2200m: 28:24.14 1:18.23	3000m: 38:46.04 1:13.56		
700m: 8:53.99 1:17.54	1500m: 19:16.23 1:18.33	2300m: 29:42.83 1:18.69			
800m: 10:11.64 1:17.65	1600m: 20:34.28 1:18.05	2400m: 31:02.33 1:19.50			



Prueba 6, Masc., 3000m Libre, 35+

Clasificación

AN

Tiempo

5.	FERNANDEZ GORGOJO Mario	79	C.N. Villa De Navia	40:28.39	12,00
	100m: 1:18.02 1:18.02	900m: 12:03.64 1:20.99	1700m: 22:50.85 1:20.96	2500m: 33:45.58 1:21.83	
	200m: 2:37.35 1:19.33	1000m: 13:24.53 1:20.89	1800m: 24:12.04 1:21.19	2600m: 35:06.80 1:21.22	
	300m: 3:58.04 1:20.69	1100m: 14:45.01 1:20.48	1900m: 25:33.69 1:21.65	2700m: 36:27.92 1:21.12	
	400m: 5:18.96 1:20.92	1200m: 16:05.59 1:20.58	2000m: 26:55.27 1:21.58	2800m: 37:48.77 1:20.85	
	500m: 6:39.96 1:21.00	1300m: 17:26.49 1:20.90	2100m: 28:16.96 1:21.69	2900m: 39:09.42 1:20.65	
	600m: 8:00.78 1:20.82	1400m: 18:47.40 1:20.91	2200m: 29:39.45 1:22.49	3000m: 40:28.39 1:18.97	
	700m: 9:21.63 1:20.85	1500m: 20:08.57 1:21.17	2300m: 31:01.14 1:21.69		
	800m: 10:42.65 1:21.02	1600m: 21:29.89 1:21.32	2400m: 32:23.75 1:22.61		
6.	PEREZ DIAZ Alberto	80	Cn Master Torrijos	40:50.60	11,00
	100m: 1:15.18 1:15.18	900m: 12:07.36 1:22.27	1700m: 23:08.68 1:23.10	2500m: 34:08.39 1:21.59	
	200m: 2:35.72 1:20.54	1000m: 13:29.64 1:22.28	1800m: 24:31.76 1:23.08	2600m: 35:30.18 1:21.79	
	300m: 3:56.71 1:20.99	1100m: 14:52.25 1:22.61	1900m: 25:54.38 1:22.62	2700m: 36:51.99 1:21.81	
	400m: 5:18.28 1:21.57	1200m: 16:14.96 1:22.71	2000m: 27:17.20 1:22.82	2800m: 38:13.59 1:21.60	
	500m: 6:39.85 1:21.57	1300m: 17:37.37 1:22.41	2100m: 28:40.17 1:22.97	2900m: 39:33.77 1:20.18	
	600m: 8:01.34 1:21.49	1400m: 18:59.79 1:22.42	2200m: 30:02.29 1:22.12	3000m: 40:50.60 1:16.83	
	700m: 9:23.10 1:21.76	1500m: 20:22.46 1:22.67	2300m: 31:24.46 1:22.17		
	800m: 10:45.09 1:21.99	1600m: 21:45.58 1:23.12	2400m: 32:46.80 1:22.34		
7.	GARCIA-BAQUERO GARCIA DE	82	C.N. Cadiz	41:10.05	10,00
	100m: 1:17.72 1:17.72	900m: 12:09.70 1:22.14	1700m: 23:10.30 1:22.61	2500m: 34:12.96 1:23.73	
	200m: 2:39.81 1:22.09	1000m: 13:32.09 1:22.39	1800m: 24:32.05 1:21.75	2600m: 35:36.74 1:23.78	
	300m: 4:00.55 1:20.74	1100m: 14:54.20 1:22.11	1900m: 25:54.56 1:22.51	2700m: 37:01.65 1:24.91	
	400m: 5:21.07 1:20.52	1200m: 16:16.29 1:22.09	2000m: 27:17.71 1:23.15	2800m: 38:26.91 1:25.26	
	500m: 6:42.15 1:21.08	1300m: 17:39.54 1:23.25	2100m: 28:41.25 1:23.54	2900m: 39:49.78 1:22.87	
	600m: 8:03.89 1:21.74	1400m: 19:02.31 1:22.77	2200m: 30:03.67 1:22.42	3000m: 41:10.05 1:20.27	
	700m: 9:25.35 1:21.46	1500m: 20:24.82 1:22.51	2300m: 31:26.07 1:22.40		
	800m: 10:47.56 1:22.21	1600m: 21:47.69 1:22.87	2400m: 32:49.23 1:23.16		
8.	GONZÁLEZ-AQUIÑO Jaime	79	Cd Upstream	43:31.61	9,00
	100m: 1:22.49 1:22.49	900m: 12:57.00 1:27.12	1700m: 24:35.52 1:27.45	2500m: 36:15.38 1:27.87	
	200m: 2:49.49 1:27.00	1000m: 14:23.79 1:26.79	1800m: 26:03.02 1:27.50	2600m: 37:42.78 1:27.40	
	300m: 4:15.58 1:26.09	1100m: 15:51.23 1:27.44	1900m: 27:30.21 1:27.19	2700m: 39:10.70 1:27.92	
	400m: 5:42.73 1:27.15	1200m: 17:18.25 1:27.02	2000m: 28:57.84 1:27.63	2800m: 40:38.34 1:27.64	
	500m: 7:10.11 1:27.38	1300m: 18:45.46 1:27.21	2100m: 30:24.96 1:27.12	2900m: 42:05.29 1:26.95	
	600m: 8:37.08 1:26.97	1400m: 20:12.64 1:27.18	2200m: 31:51.78 1:26.82	3000m: 43:31.61 1:26.32	
	700m: 10:03.32 1:26.24	1500m: 21:40.51 1:27.87	2300m: 33:19.69 1:27.91		
	800m: 11:29.88 1:26.56	1600m: 23:08.07 1:27.56	2400m: 34:47.51 1:27.82		
9.	ALAMINOS FERRES Samuel	82	C.N.D. Fuengirola Swimming	44:24.82	8,00
	100m: 1:19.46 1:19.46	900m: 12:56.14 1:28.05	1700m: 24:51.86 1:30.51	2500m: 36:51.99 1:30.60	
	200m: 2:43.58 1:24.12	1000m: 14:24.70 1:28.56	1800m: 26:21.82 1:29.96	2600m: 38:25.09 1:33.10	
	300m: 4:09.58 1:26.00	1100m: 15:55.21 1:30.51	1900m: 27:50.94 1:29.12	2700m: 39:55.72 1:30.63	
	400m: 5:36.85 1:27.27	1200m: 17:25.25 1:30.04	2000m: 29:20.58 1:29.64	2800m: 41:27.29 1:31.57	
	500m: 7:04.13 1:27.28	1300m: 18:50.14 1:24.89	2100m: 30:50.55 1:29.97	2900m: 43:00.38 1:33.09	
	600m: 8:31.64 1:27.51	1400m: 20:20.71 1:30.57	2200m: 32:20.94 1:30.39	3000m: 44:24.82 1:24.44	
	700m: 9:59.27 1:27.63	1500m: 21:50.11 1:29.40	2300m: 33:50.16 1:29.22		
	800m: 11:28.09 1:28.82	1600m: 23:21.35 1:31.24	2400m: 35:21.39 1:31.23		
10.	PEREZ MARCANO Victor	80	C.N. Camargo	45:03.76	7,00
	100m: 1:26.03 1:26.03	900m: 13:27.32 1:30.41	1700m: 25:29.66 1:30.27	2500m: 37:34.99 1:30.22	
	200m: 2:55.90 1:29.87	1000m: 14:57.65 1:30.33	1800m: 27:01.19 1:31.53	2600m: 39:04.26 1:29.27	
	300m: 4:27.20 1:31.30	1100m: 16:27.44 1:29.79	1900m: 28:32.86 1:31.67	2700m: 40:34.16 1:29.90	
	400m: 5:58.25 1:31.05	1200m: 17:57.07 1:29.63	2000m: 30:03.22 1:30.36	2800m: 42:05.06 1:30.90	
	500m: 7:27.23 1:28.98	1300m: 19:26.88 1:29.81	2100m: 31:34.30 1:31.08	2900m: 43:36.53 1:31.47	
	600m: 8:57.54 1:30.31	1400m: 20:58.61 1:31.73	2200m: 33:04.99 1:30.69	3000m: 45:03.76 1:27.23	
	700m: 10:27.64 1:30.10	1500m: 22:28.78 1:30.17	2300m: 34:34.78 1:29.79		
	800m: 11:56.91 1:29.27	1600m: 23:59.39 1:30.61	2400m: 36:04.77 1:29.99		

Prueba 6, Masc., 3000m Libre, 35+

Clasificación

AN

Tiempo

11. AROCA HENARES Antonio	79	C.D.Turaniana	<b>45:36.62</b>	6,00
100m: 1:23.68 1:23.68	900m: 13:29.39 1:30.08	1700m: 25:39.31 1:32.20	2500m: 38:00.54 1:31.99	
200m: 2:52.62 1:28.94	1000m: 15:00.52 1:31.13	1800m: 27:11.37 1:32.06	2600m: 39:33.28 1:32.74	
300m: 4:23.79 1:31.17	1100m: 16:31.45 1:30.93	1900m: 28:43.92 1:32.55	2700m: 41:05.57 1:32.29	
400m: 5:54.97 1:31.18	1200m: 18:02.35 1:30.90	2000m: 30:17.20 1:33.28	2800m: 42:37.80 1:32.23	
500m: 7:26.94 1:31.97	1300m: 19:33.53 1:31.18	2100m: 31:50.78 1:33.58	2900m: 44:09.64 1:31.84	
600m: 8:58.55 1:31.61	1400m: 21:04.77 1:31.24	2200m: 33:24.27 1:33.49	3000m: 45:36.62 1:26.98	
700m: 10:29.08 1:30.53	1500m: 22:35.62 1:30.85	2300m: 34:56.71 1:32.44		
800m: 11:59.31 1:30.23	1600m: 24:07.11 1:31.49	2400m: 36:28.55 1:31.84		
12. RUIZ MARTINEZ Emilio Jose	79	Club Natacion San Juan	<b>50:10.67</b>	5,00
100m: 1:34.40 1:34.40	900m: 15:10.84 1:40.11	1700m: 28:34.07 1:40.01	2500m: 41:52.18 1:40.73	
200m: 3:15.95 1:41.55	1000m: 16:52.06 1:41.22	1800m: 30:14.11 1:40.04	2600m: 43:32.34 1:40.16	
300m: 4:59.57 1:43.62	1100m: 18:33.22 1:41.16	1900m: 31:53.39 1:39.28	2700m: 45:11.28 1:38.94	
400m: 6:43.60 1:44.03	1200m: 20:13.67 1:40.45	2000m: 33:32.98 1:39.59	2800m: 46:50.96 1:39.68	
500m: 8:26.12 1:42.52	1300m: 21:53.89 1:40.22	2100m: 35:12.11 1:39.13	2900m: 48:31.33 1:40.37	
600m: 10:07.72 1:41.60	1400m: 23:34.37 1:40.48	2200m: 36:51.63 1:39.52	3000m: 50:10.67 1:39.34	
700m: 11:48.95 1:41.23	1500m: 25:13.80 1:39.43	2300m: 38:31.71 1:40.08		
800m: 13:30.73 1:41.78	1600m: 26:54.06 1:40.26	2400m: 40:11.45 1:39.74		

40+, Masc.

1. DAVIES Hywel	78	C.D.Resist4	<b>39:50.38</b>	19,00
100m: 1:15.63 1:15.63	900m: 12:00.80 1:20.21	1700m: 22:42.42 1:19.48	2500m: 33:16.42 1:19.70	
200m: 2:35.52 1:19.89	1000m: 13:21.26 1:20.46	1800m: 24:01.81 1:19.39	2600m: 34:35.92 1:19.50	
300m: 3:56.14 1:20.62	1100m: 14:42.16 1:20.90	1900m: 25:21.93 1:20.12	2700m: 35:55.06 1:19.14	
400m: 5:17.23 1:21.09	1200m: 16:02.27 1:20.11	2000m: 26:41.23 1:19.30	2800m: 37:15.20 1:20.14	
500m: 6:38.74 1:21.51	1300m: 17:22.83 1:20.56	2100m: 28:00.47 1:19.24	2900m: 38:34.21 1:19.01	
600m: 7:59.70 1:20.96	1400m: 18:43.42 1:20.59	2200m: 29:19.04 1:18.57	3000m: 39:50.38 1:16.17	
700m: 9:20.37 1:20.67	1500m: 20:03.31 1:19.89	2300m: 30:37.95 1:18.91		
800m: 10:40.59 1:20.22	1600m: 21:22.94 1:19.63	2400m: 31:56.72 1:18.77		
2. YAGÜE ANDRÉS Jorge	77	C.N. Master Madrid	<b>41:52.24</b>	16,00
100m: 1:18.55 1:18.55	900m: 12:33.48 1:23.80	1700m: 23:40.35 1:23.98	2500m: 35:02.04 1:25.12	
200m: 2:41.35 1:22.80	1000m: 13:57.22 1:23.74	1800m: 25:05.43 1:25.08	2600m: 36:27.10 1:25.06	
300m: 4:06.16 1:24.81	1100m: 15:20.73 1:23.51	1900m: 26:31.18 1:25.75	2700m: 37:50.70 1:23.60	
400m: 5:31.20 1:25.04	1200m: 16:43.37 1:22.64	2000m: 27:54.92 1:23.74	2800m: 39:14.15 1:23.45	
500m: 6:56.17 1:24.97	1300m: 18:05.72 1:22.35	2100m: 29:20.26 1:25.34	2900m: 40:33.99 1:19.84	
600m: 8:20.75 1:24.58	1400m: 19:29.08 1:23.36	2200m: 30:45.57 1:25.31	3000m: 41:52.24 1:18.25	
700m: 9:45.40 1:24.65	1500m: 20:53.13 1:24.05	2300m: 32:11.14 1:25.57		
800m: 11:09.68 1:24.28	1600m: 22:16.37 1:23.24	2400m: 33:36.92 1:25.78		
3. RODRIGUEZ TAMAYO Ruben	77	Bahia De Almeria N.C	<b>42:28.95</b>	14,00
100m: 1:18.13 1:18.13	900m: 12:37.00 1:24.75	1700m: 24:00.71 1:24.91	2500m: 35:28.73 1:25.69	
200m: 2:41.17 1:23.04	1000m: 14:02.04 1:25.04	1800m: 25:26.65 1:25.94	2600m: 36:54.23 1:25.50	
300m: 4:05.77 1:24.60	1100m: 15:27.57 1:25.53	1900m: 26:52.20 1:25.55	2700m: 38:18.73 1:24.50	
400m: 5:31.94 1:26.17	1200m: 16:52.78 1:25.21	2000m: 28:18.47 1:26.27	2800m: 39:42.92 1:24.19	
500m: 6:57.61 1:25.67	1300m: 18:18.59 1:25.81	2100m: 29:44.48 1:26.01	2900m: 41:05.51 1:22.59	
600m: 8:22.49 1:24.88	1400m: 19:43.99 1:25.40	2200m: 31:10.74 1:26.26	3000m: 42:28.95 1:23.44	
700m: 9:47.03 1:24.54	1500m: 21:09.69 1:25.70	2300m: 32:36.50 1:25.76		
800m: 11:12.25 1:25.22	1600m: 22:35.80 1:26.11	2400m: 34:03.04 1:26.54		

## Prueba 6, Masc., 3000m Libre, 40+

## Clasificación

## AN

## Tiempo

4.	RODRIGUEZ FARALDOS Carlos	77	Cn Master Torrijos				<b>42:39.05</b>	13,00
	100m: 1:19.45	1:19.45	900m: 12:42.01	1:25.08	1700m: 24:04.70	1:25.55	2500m: 35:34.46	1:27.06
	200m: 2:43.03	1:23.58	1000m: 14:07.45	1:25.44	1800m: 25:29.91	1:25.21	2600m: 37:00.72	1:26.26
	300m: 4:08.40	1:25.37	1100m: 15:32.00	1:24.55	1900m: 26:55.85	1:25.94	2700m: 38:27.28	1:26.56
	400m: 5:34.17	1:25.77	1200m: 16:57.31	1:25.31	2000m: 28:22.09	1:26.24	2800m: 39:53.10	1:25.82
	500m: 7:00.71	1:26.54	1300m: 18:22.32	1:25.01	2100m: 29:48.55	1:26.46	2900m: 41:18.63	1:25.53
	600m: 8:26.29	1:25.58	1400m: 19:48.35	1:26.03	2200m: 31:15.03	1:26.48	3000m: 42:39.05	1:20.42
	700m: 9:51.50	1:25.21	1500m: 21:13.07	1:24.72	2300m: 32:40.77	1:25.74		
	800m: 11:16.93	1:25.43	1600m: 22:39.15	1:26.08	2400m: 34:07.40	1:26.63		
5.	MERINO GONZÁLEZ Raúl	74	Cd Upstream				<b>42:58.35</b>	12,00
	100m: 1:20.74	1:20.74	900m: 12:46.49	1:25.74	1700m: 24:11.12	1:25.81	2500m: 35:43.75	1:27.92
	200m: 2:45.60	1:24.86	1000m: 14:11.88	1:25.39	1800m: 25:37.05	1:25.93	2600m: 37:10.86	1:27.11
	300m: 4:12.67	1:27.07	1100m: 15:37.16	1:25.28	1900m: 27:02.99	1:25.94	2700m: 38:39.01	1:28.15
	400m: 5:39.10	1:26.43	1200m: 17:02.95	1:25.79	2000m: 28:29.69	1:26.70	2800m: 40:06.60	1:27.59
	500m: 7:04.79	1:25.69	1300m: 18:27.69	1:24.74	2100m: 29:56.56	1:26.87	2900m: 41:33.46	1:26.86
	600m: 8:30.91	1:26.12	1400m: 19:53.10	1:25.41	2200m: 31:22.84	1:26.28	3000m: 42:58.35	1:24.89
	700m: 9:55.73	1:24.82	1500m: 21:19.30	1:26.20	2300m: 32:49.21	1:26.37		
	800m: 11:20.75	1:25.02	1600m: 22:45.31	1:26.01	2400m: 34:15.83	1:26.62		
6.	SEDEÑO LAFUENTE Gonzalo	77	C.D. Halegatos				<b>44:01.24</b>	11,00
	100m: 1:22.32	1:22.32	900m: 12:52.35	1:26.42	1700m: 24:36.87	1:28.90	2500m: 36:36.06	1:29.47
	200m: 2:48.56	1:26.24	1000m: 14:18.95	1:26.60	1800m: 26:06.58	1:29.71	2600m: 38:06.22	1:30.16
	300m: 4:15.21	1:26.65	1100m: 15:47.45	1:28.50	1900m: 27:36.00	1:29.42	2700m: 39:36.33	1:30.11
	400m: 5:42.39	1:27.18	1200m: 17:15.21	1:27.76	2000m: 29:05.78	1:29.78	2800m: 41:06.29	1:29.96
	500m: 7:08.89	1:26.50	1300m: 18:43.21	1:28.00	2100m: 30:35.48	1:29.70	2900m: 42:34.47	1:28.18
	600m: 8:33.92	1:25.03	1400m: 20:10.96	1:27.75	2200m: 32:05.90	1:30.42	3000m: 44:01.24	1:26.77
	700m: 9:59.88	1:25.96	1500m: 21:39.25	1:28.29	2300m: 33:36.04	1:30.14		
	800m: 11:25.93	1:26.05	1600m: 23:07.97	1:28.72	2400m: 35:06.59	1:30.55		
7.	CASTAÑO MALLORCA Raul	77	Natacion Sevilla Master, C.D.				<b>44:09.44</b>	10,00
	100m: 1:14.68	1:14.68	900m: 12:26.36	1:25.85	1700m: 23:50.58	1:27.84	2600m: 37:55.06	1:39.75
	200m: 2:37.08	1:22.40	1000m: 13:53.10	1:26.74	1800m: 25:18.86	1:28.28	2700m: 39:32.19	1:37.13
	300m: 4:00.14	1:23.06	1100m: 15:17.77	1:24.67	1900m: 26:47.99	1:29.13	2800m: 41:04.34	1:32.15
	400m: 5:23.18	1:23.04	1200m: 16:42.37	1:24.60	2000m: 28:15.49	1:27.50	2900m: 42:37.72	1:33.38
	500m: 6:47.21	1:24.03	1300m: 18:07.47	1:25.10	2100m: 29:46.45	1:30.96	3000m: 44:09.44	1:31.72
	600m: 8:11.64	1:24.43	1400m: 19:31.61	1:24.14	2200m: 31:30.49	1:44.04		
	700m: 9:36.11	1:24.47	1500m: 20:55.90	1:24.29	2400m: 34:28.76	2:58.27		
	800m: 11:00.51	1:24.40	1600m: 22:22.74	1:26.84	2500m: 36:15.31	1:46.55		
8.	VINUESA GODOY Carlos	75	C.N. Cadiz				<b>46:21.15</b>	9,00
	100m: 1:28.23	1:28.23	900m: 13:50.92	1:32.77	1700m: 26:17.47	1:33.09	2500m: 38:42.46	1:32.91
	200m: 2:59.80	1:31.57	1000m: 15:23.86	1:32.94	1800m: 27:50.75	1:33.28	2600m: 40:15.86	1:33.40
	300m: 4:33.40	1:33.60	1100m: 16:56.60	1:32.74	1900m: 29:23.36	1:32.61	2700m: 41:48.97	1:33.11
	400m: 6:06.88	1:33.48	1200m: 18:29.97	1:33.37	2000m: 30:56.99	1:33.63	2800m: 43:23.19	1:34.22
	500m: 7:39.58	1:32.70	1300m: 20:02.89	1:32.92	2100m: 32:29.41	1:32.42	2900m: 44:54.91	1:31.72
	600m: 9:12.95	1:33.37	1400m: 21:37.45	1:34.56	2200m: 34:02.55	1:33.14	3000m: 46:21.15	1:26.24
	700m: 10:45.19	1:32.24	1500m: 23:10.93	1:33.48	2300m: 35:36.55	1:34.00		
	800m: 12:18.15	1:32.96	1600m: 24:44.38	1:33.45	2400m: 37:09.55	1:33.00		
9.	ERKIAGA GIL Patxi	77	C.D.Resist4				<b>47:09.13</b>	8,00
	100m: 1:28.41	1:28.41	900m: 13:57.96	1:33.82	1700m: 26:34.14	1:35.26	2500m: 39:16.00	1:35.87
	200m: 3:01.48	1:33.07	1000m: 15:31.98	1:34.02	1800m: 28:08.92	1:34.78	2600m: 40:50.64	1:34.64
	300m: 4:35.59	1:34.11	1100m: 17:06.01	1:34.03	1900m: 29:44.98	1:36.06	2700m: 42:25.63	1:34.99
	400m: 6:09.90	1:34.31	1200m: 18:40.33	1:34.32	2000m: 31:19.53	1:34.55	2800m: 44:02.42	1:36.79
	500m: 7:44.42	1:34.52	1300m: 20:14.60	1:34.27	2100m: 32:54.00	1:34.47	2900m: 45:37.88	1:35.46
	600m: 9:17.54	1:33.12	1400m: 21:49.29	1:34.69	2200m: 34:28.92	1:34.92	3000m: 47:09.13	1:31.25
	700m: 10:50.82	1:33.28	1500m: 23:24.51	1:35.22	2300m: 36:04.31	1:35.39		
	800m: 12:24.14	1:33.32	1600m: 24:58.88	1:34.37	2400m: 37:40.13	1:35.82		



Prueba 6, Masc., 3000m Libre, 40+

Clasificación

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Tiempo

10.	FRANCO CUEVAS Ivan				75	C.D. Jerez Natacion Master				48:21.34		7,00
	100m:	1:29.18	1:29.18	900m:	14:23.30	1:36.80	1700m:	27:21.85	1:39.10	2500m:	40:25.13	1:37.62
	200m:	3:04.73	1:35.55	1000m:	15:58.47	1:35.17	1800m:	28:59.57	1:37.72	2600m:	42:05.08	1:39.95
	300m:	4:42.30	1:37.57	1100m:	17:37.25	1:38.78	1900m:	30:38.66	1:39.09	2700m:	43:41.79	1:36.71
	400m:	6:19.42	1:37.12	1200m:	19:15.03	1:37.78	2000m:	32:14.84	1:36.18	2800m:	45:17.14	1:35.35
	500m:	7:56.59	1:37.17	1300m:	20:50.34	1:35.31	2100m:	33:54.55	1:39.71	2900m:	46:50.97	1:33.83
	600m:	9:33.51	1:36.92	1400m:	22:26.82	1:36.48	2200m:	35:31.34	1:36.79	3000m:	48:21.34	1:30.37
	700m:	11:09.67	1:36.16	1500m:	24:01.99	1:35.17	2300m:	37:08.44	1:37.10			
	800m:	12:46.50	1:36.83	1600m:	25:42.75	1:40.76	2400m:	38:47.51	1:39.07			
11.	RÍOS MUÑOZ Francisco Javier				75	C.D. Halegatos				52:40.06		6,00
	100m:	1:31.98	1:31.98	900m:	15:15.06	1:44.58	1700m:	29:26.52	1:45.75	2500m:	43:40.89	1:47.87
	200m:	3:12.20	1:40.22	1000m:	16:58.68	1:43.62	1800m:	31:12.75	1:46.23	2600m:	45:30.28	1:49.39
	300m:	4:54.02	1:41.82	1100m:	18:44.44	1:45.76	1900m:	33:00.03	1:47.28	2700m:	47:18.28	1:48.00
	400m:	6:36.04	1:42.02	1200m:	20:31.86	1:47.42	2000m:	34:44.57	1:44.54	2800m:	49:06.41	1:48.13
	500m:	8:18.72	1:42.68	1300m:	22:18.83	1:46.97	2100m:	36:31.78	1:47.21	2900m:	50:54.67	1:48.26
	600m:	10:01.97	1:43.25	1400m:	24:03.55	1:44.72	2200m:	38:17.06	1:45.28	3000m:	52:40.06	1:45.39
	700m:	11:45.87	1:43.90	1500m:	25:51.81	1:48.26	2300m:	40:04.30	1:47.24			
	800m:	13:30.48	1:44.61	1600m:	27:40.77	1:48.96	2400m:	41:53.02	1:48.72			

45+, Masc.

1.	GOÑI IRADI Luis	73	Kairoscore	37:22.41	19,00			
	100m: 1:10.54	1:10.54	900m: 10:55.84	1:13.27	1700m: 20:54.26	1:15.80	2500m: 31:00.52	1:16.79
	200m: 2:23.22	1:12.68	1000m: 12:10.00	1:14.16	1800m: 22:09.57	1:15.31	2600m: 32:16.93	1:16.41
	300m: 3:36.64	1:13.42	1100m: 13:24.05	1:14.05	1900m: 23:25.17	1:15.60	2700m: 33:34.40	1:17.47
	400m: 4:49.85	1:13.21	1200m: 14:38.79	1:14.74	2000m: 24:40.29	1:15.12	2800m: 34:50.36	1:15.96
	500m: 6:02.93	1:13.08	1300m: 15:53.60	1:14.81	2100m: 25:55.70	1:15.41	2900m: 36:03.95	1:13.59
	600m: 7:15.82	1:12.89	1400m: 17:08.16	1:14.56	2200m: 27:10.18	1:14.48	3000m: 37:22.41	1:18.46
	700m: 8:29.32	1:13.50	1500m: 18:23.41	1:15.25	2300m: 28:26.74	1:16.56		
	800m: 9:42.57	1:13.25	1600m: 19:38.46	1:15.05	2400m: 29:43.73	1:16.99		
2.	SEGLAR VALIENTE Miguel Angel	72	Vila-Swim Fondistas Club Natac	42:21.81	16,00			
	100m: 1:20.12	1:20.12	900m: 12:32.53	1:24.33	1700m: 23:50.16	1:25.11	2500m: 35:14.29	1:25.72
	200m: 2:43.59	1:23.47	1000m: 13:57.38	1:24.85	1800m: 25:15.39	1:25.23	2600m: 36:39.41	1:25.12
	300m: 4:07.47	1:23.88	1100m: 15:21.84	1:24.46	1900m: 26:40.85	1:25.46	2700m: 38:05.87	1:26.46
	400m: 5:31.65	1:24.18	1200m: 16:46.31	1:24.47	2000m: 28:06.23	1:25.38	2800m: 39:31.52	1:25.65
	500m: 6:55.32	1:23.67	1300m: 18:10.80	1:24.49	2100m: 29:31.56	1:25.33	2900m: 40:57.00	1:25.48
	600m: 8:19.50	1:24.18	1400m: 19:35.38	1:24.58	2200m: 30:57.14	1:25.58	3000m: 42:21.81	1:24.81
	700m: 9:43.87	1:24.37	1500m: 21:00.56	1:25.18	2300m: 32:23.25	1:26.11		
	800m: 11:08.20	1:24.33	1600m: 22:25.05	1:24.49	2400m: 33:48.57	1:25.32		
3.	GOMEZ RAMOS Jesús	70	Real Canoe N.C.	42:25.03	14,00			
	100m: 1:16.94	1:16.94	900m: 12:26.22	1:24.79	1700m: 23:43.40	1:24.13	2500m: 35:13.04	1:26.56
	200m: 2:37.85	1:20.91	1000m: 13:50.73	1:24.51	1800m: 25:09.26	1:25.86	2600m: 36:39.54	1:26.50
	300m: 3:59.88	1:22.03	1100m: 15:15.42	1:24.69	1900m: 26:34.69	1:25.43	2700m: 38:06.52	1:26.98
	400m: 5:23.22	1:23.34	1200m: 16:39.71	1:24.29	2000m: 28:00.02	1:25.33	2800m: 39:33.75	1:27.23
	500m: 6:47.83	1:24.61	1300m: 18:04.66	1:24.95	2100m: 29:26.60	1:26.58	2900m: 41:00.30	1:26.55
	600m: 8:12.31	1:24.48	1400m: 19:29.04	1:24.38	2200m: 30:52.51	1:25.91	3000m: 42:25.03	1:24.73
	700m: 9:37.11	1:24.80	1500m: 20:54.13	1:25.09	2300m: 32:19.52	1:27.01		
	800m: 11:01.43	1:24.32	1600m: 22:19.27	1:25.14	2400m: 33:46.48	1:26.96		

Prueba 6, Masc., 3000m Libre, 45+

Clasificación

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Tiempo

4.	PERTIÑEZ GOMEZ Manuel	69	C.N.D. Fuengirola Swimming	42:36.19	13,00
	100m: 1:22.10 1:22.10	900m: 12:39.25	1:24.90 1700m: 24:01.37	1:25.29 2500m: 35:33.95	1:26.94
	200m: 2:44.97 1:22.87	1000m: 14:04.81	1:25.56 1800m: 25:27.25	1:25.88 2600m: 37:00.48	1:26.53
	300m: 4:08.79 1:23.82	1100m: 15:30.78	1:25.97 1900m: 26:52.85	1:25.60 2700m: 38:25.66	1:25.18
	400m: 5:34.24 1:25.45	1200m: 16:56.14	1:25.36 2000m: 28:18.70	1:25.85 2800m: 39:51.81	1:26.15
	500m: 6:58.82 1:24.58	1300m: 18:21.19	1:25.05 2100m: 29:46.00	1:27.30 2900m: 41:17.80	1:25.99
	600m: 8:23.94 1:25.12	1400m: 19:47.15	1:25.96 2200m: 31:13.01	1:27.01 3000m: 42:36.19	1:18.39
	700m: 9:48.71 1:24.77	1500m: 21:11.20	1:24.05 2300m: 32:40.24	1:27.23	
	800m: 11:14.35 1:25.64	1600m: 22:36.08	1:24.88 2400m: 34:07.01	1:26.77	
5.	CLEMENTE PESUDO Pere Xavier	69	Vila-Swim Fondistas Club Natac	43:33.86	12,00
	100m: 1:22.72 1:22.72	900m: 13:00.29	1:27.61 1700m: 24:37.52	1:27.83 2500m: 36:20.00	1:27.30
	200m: 2:48.92 1:26.20	1000m: 14:27.74	1:27.45 1800m: 26:05.73	1:28.21 2600m: 37:47.47	1:27.47
	300m: 4:15.85 1:26.93	1100m: 15:55.06	1:27.32 1900m: 27:33.94	1:28.21 2700m: 39:15.15	1:27.68
	400m: 5:42.69 1:26.84	1200m: 17:21.30	1:26.24 2000m: 29:02.02	1:28.08 2800m: 40:42.91	1:27.76
	500m: 7:10.34 1:27.65	1300m: 18:48.73	1:27.43 2100m: 30:30.15	1:28.13 2900m: 42:10.21	1:27.30
	600m: 8:38.16 1:27.82	1400m: 20:15.30	1:26.57 2200m: 31:57.56	1:27.41 3000m: 43:33.86	1:23.65
	700m: 10:05.43 1:27.27	1500m: 21:42.39	1:27.09 2300m: 33:25.53	1:27.97	
	800m: 11:32.68 1:27.25	1600m: 23:09.69	1:27.30 2400m: 34:52.70	1:27.17	
6.	OLMEDO ROBLEDO Eduardo	73	C.N. Cadiz	44:52.57	11,00
	100m: 1:19.91 1:19.91	900m: 13:07.62	1:29.36 1700m: 25:08.58	1:31.73 2500m: 37:19.82	1:30.89
	200m: 2:45.94 1:26.03	1000m: 14:37.44	1:29.82 1800m: 26:40.24	1:31.66 2600m: 38:50.71	1:30.89
	300m: 4:13.72 1:27.78	1100m: 16:06.64	1:29.20 1900m: 28:11.71	1:31.47 2700m: 40:21.89	1:31.18
	400m: 5:42.73 1:29.01	1200m: 17:37.35	1:30.71 2000m: 29:42.93	1:31.22 2800m: 41:54.33	1:32.44
	500m: 7:11.73 1:29.00	1300m: 19:06.96	1:29.61 2100m: 31:14.71	1:31.78 2900m: 43:26.21	1:31.88
	600m: 8:39.79 1:28.06	1400m: 20:36.56	1:29.60 2200m: 32:45.88	1:31.17 3000m: 44:52.57	1:26.36
	700m: 10:08.95 1:29.16	1500m: 22:05.85	1:29.29 2300m: 34:17.20	1:31.32	
	800m: 11:38.26 1:29.31	1600m: 23:36.85	1:31.00 2400m: 35:48.93	1:31.73	
7.	DIAZ SALIDO Salvador	69	C.D. Jerez Natacion Master	46:43.76	10,00
	100m: 1:23.49 1:23.49	900m: 13:37.51	1:32.96 1700m: 26:06.17	1:31.91 2500m: 38:49.83	1:35.95
	200m: 2:51.99 1:28.50	1000m: 15:10.37	1:32.86 1800m: 27:39.01	1:32.84 2600m: 40:26.60	1:36.77
	300m: 4:22.99 1:31.00	1100m: 16:43.05	1:32.68 1900m: 29:16.75	1:37.74 2700m: 42:02.45	1:35.85
	400m: 5:55.86 1:32.87	1200m: 18:16.96	1:33.91 2000m: 30:51.16	1:34.41 2800m: 43:37.94	1:35.49
	500m: 7:28.74 1:32.88	1300m: 19:50.51	1:33.55 2100m: 32:26.87	1:35.71 2900m: 45:12.26	1:34.32
	600m: 8:59.88 1:31.14	1400m: 21:25.66	1:35.15 2200m: 34:02.06	1:35.19 3000m: 46:43.76	1:31.50
	700m: 10:31.61 1:31.73	1500m: 23:00.59	1:34.93 2300m: 35:38.59	1:36.53	
	800m: 12:04.55 1:32.94	1600m: 24:34.26	1:33.67 2400m: 37:13.88	1:35.29	
8.	ALVAREZ SANCHEZ Cesar	70	Cd Upstream	47:03.46	9,00
	100m: 1:27.50 1:27.50	900m: 14:04.54	1:33.95 1700m: 26:41.88	1:34.54 2500m: 39:17.21	1:33.34
	200m: 3:01.51 1:34.01	1000m: 15:39.58	1:35.04 1800m: 28:16.07	1:34.19 2600m: 40:50.49	1:33.28
	300m: 4:36.47 1:34.96	1100m: 17:13.68	1:34.10 1900m: 29:51.59	1:35.52 2700m: 42:25.40	1:34.91
	400m: 6:11.53 1:35.06	1200m: 18:48.56	1:34.88 2000m: 31:26.08	1:34.49 2800m: 43:59.05	1:33.65
	500m: 7:46.51 1:34.98	1300m: 20:23.46	1:34.90 2100m: 33:01.17	1:35.09 2900m: 45:32.67	1:33.62
	600m: 9:21.97 1:35.46	1400m: 21:57.75	1:34.29 2200m: 34:35.56	1:34.39 3000m: 47:03.46	1:30.79
	700m: 10:56.61 1:34.64	1500m: 23:32.93	1:35.18 2300m: 36:10.82	1:35.26	
	800m: 12:30.59 1:33.98	1600m: 25:07.34	1:34.41 2400m: 37:43.87	1:33.05	
9.	INFANTE CABELLO Pablo Carlos	69	C.D. Halegatos	49:26.34	8,00
	100m: 1:36.76 1:36.76	900m: 14:48.91	1:39.39 1700m: 28:02.16	1:39.37 2500m: 41:08.11	1:37.45
	200m: 3:14.18 1:37.42	1000m: 16:27.69	1:38.78 1800m: 29:42.16	1:40.00 2600m: 42:46.51	1:38.40
	300m: 4:54.17 1:39.99	1100m: 18:06.01	1:38.32 1900m: 31:21.74	1:39.58 2700m: 44:25.56	1:39.05
	400m: 6:34.21 1:40.04	1200m: 19:44.71	1:38.70 2000m: 33:00.13	1:38.39 2800m: 46:06.67	1:41.11
	500m: 8:13.24 1:39.03	1300m: 21:23.48	1:38.77 2100m: 34:38.70	1:38.57 2900m: 47:48.33	1:41.66
	600m: 9:52.64 1:39.40	1400m: 23:02.94	1:39.46 2200m: 36:16.56	1:37.86 3000m: 49:26.34	1:38.01
	700m: 11:30.80 1:38.16	1500m: 24:43.51	1:40.57 2300m: 37:53.25	1:36.69	
	800m: 13:09.52 1:38.72	1600m: 26:22.79	1:39.28 2400m: 39:30.66	1:37.41	

Prueba 6, Masc., 3000m Libre, 45+

Clasificación

AN

Tiempo

10. FERNANDEZ MOYA Octavio	71	C.N. Master Murcia	<b>52:32.74</b>	7,00
100m: 1:37.25 1:37.25	900m: 15:33.34 1:45.52	1700m: 29:39.90 1:46.31	2500m: 43:50.23 1:45.53	
200m: 3:20.26 1:43.01	1000m: 17:18.73 1:45.39	1800m: 31:26.14 1:46.24	2600m: 45:35.32 1:45.09	
300m: 5:03.21 1:42.95	1100m: 19:04.07 1:45.34	1900m: 33:13.32 1:47.18	2700m: 47:19.24 1:43.92	
400m: 6:47.97 1:44.76	1200m: 20:49.66 1:45.59	2000m: 35:01.38 1:48.06	2800m: 49:04.58 1:45.34	
500m: 8:32.91 1:44.94	1300m: 22:35.55 1:45.89	2100m: 36:46.36 1:44.98	2900m: 50:50.95 1:46.37	
600m: 10:17.68 1:44.77	1400m: 24:21.14 1:45.59	2200m: 38:33.02 1:46.66	3000m: 52:32.74 1:41.79	
700m: 12:02.50 1:44.82	1500m: 26:07.49 1:46.35	2300m: 40:19.60 1:46.58		
800m: 13:47.82 1:45.32	1600m: 27:53.59 1:46.10	2400m: 42:04.70 1:45.10		
11. GARCIA CUEVAS Rafael	70	C.D. Jerez Natacion Master	<b>1:03:28.03</b>	6,00
100m: 2:03.89 2:03.89	900m: 19:00.75 2:06.95	1700m: 36:08.21 2:10.17	2500m: 53:06.00 2:07.96	
200m: 4:09.68 2:05.79	1000m: 21:08.05 2:07.30	1800m: 38:15.02 2:06.81	2600m: 55:13.68 2:07.68	
300m: 6:16.88 2:07.20	1100m: 23:15.95 2:07.90	1900m: 40:22.45 2:07.43	2700m: 57:20.64 2:06.96	
400m: 8:23.20 2:06.32	1200m: 25:24.49 2:08.54	2000m: 42:29.99 2:07.54	2800m: 59:25.70 2:05.06	
500m: 10:31.24 2:08.04	1300m: 27:34.41 2:09.92	2100m: 44:37.37 2:07.38	2900m: 1:01:31.53 2:05.83	
600m: 12:40.03 2:08.79	1400m: 29:41.86 2:07.45	2200m: 46:42.50 2:05.13	3000m: 1:03:28.03 1:56.50	
700m: 14:46.49 2:06.46	1500m: 31:49.79 2:07.93	2300m: 48:50.33 2:07.83		
800m: 16:53.80 2:07.31	1600m: 33:58.04 2:08.25	2400m: 50:58.04 2:07.71		

50+, Masc.

1. ROMACHO VARGAS Joaquin	68	C.N. Vilanova	<b>38:04.21</b>	34,00	RE
100m: 1:13.18 1:13.18	900m: 11:23.40 1:16.54	1700m: 21:30.97 1:15.82	2500m: 31:42.44 1:16.44		
200m: 2:29.48 1:16.30	1000m: 12:39.41 1:16.01	1800m: 22:47.12 1:16.15	2600m: 32:59.08 1:16.64		
300m: 3:46.06 1:16.58	1100m: 13:55.37 1:15.96	1900m: 24:03.43 1:16.31	2700m: 34:15.71 1:16.63		
400m: 5:02.29 1:16.23	1200m: 15:11.47 1:16.10	2000m: 25:19.62 1:16.19	2800m: 35:32.25 1:16.54		
500m: 6:18.88 1:16.59	1300m: 16:27.46 1:15.99	2100m: 26:36.01 1:16.39	2900m: 36:48.54 1:16.29		
600m: 7:34.78 1:15.90	1400m: 17:43.24 1:15.78	2200m: 27:52.47 1:16.46	3000m: 38:04.21 1:15.67		
700m: 8:51.26 1:16.48	1500m: 18:59.02 1:15.78	2300m: 29:08.66 1:16.19			
800m: 10:06.86 1:15.60	1600m: 20:15.15 1:16.13	2400m: 30:26.00 1:17.34			
2. MUNAR CAMINALS Bartolome	67	C. Padel Arena Alicante	<b>40:22.18</b>	16,00	
100m: 1:17.77 1:17.77	900m: 12:04.73 1:20.69	1700m: 22:53.10 1:20.85	2500m: 33:43.71 1:21.84		
200m: 2:39.00 1:21.23	1000m: 13:25.36 1:20.63	1800m: 24:14.67 1:21.57	2600m: 35:05.54 1:21.83		
300m: 4:00.45 1:21.45	1100m: 14:46.18 1:20.82	1900m: 25:35.70 1:21.03	2700m: 36:27.21 1:21.67		
400m: 5:21.60 1:21.15	1200m: 16:06.82 1:20.64	2000m: 26:57.29 1:21.59	2800m: 37:48.73 1:21.52		
500m: 6:41.91 1:20.31	1300m: 17:27.97 1:21.15	2100m: 28:18.06 1:20.77	2900m: 39:08.77 1:20.04		
600m: 8:02.32 1:20.41	1400m: 18:49.43 1:21.46	2200m: 29:39.48 1:21.42	3000m: 40:22.18 1:13.41		
700m: 9:22.96 1:20.64	1500m: 20:11.09 1:21.66	2300m: 31:00.55 1:21.07			
800m: 10:44.04 1:21.08	1600m: 21:32.25 1:21.16	2400m: 32:21.87 1:21.32			
3. CARBAJO RUEDA Maximo	66	C.N. Master Madrid	<b>40:24.54</b>	14,00	
100m: 1:17.83 1:17.83	900m: 12:04.37 1:20.77	1700m: 22:52.65 1:21.14	2500m: 33:43.18 1:21.46		
200m: 2:38.95 1:21.12	1000m: 13:24.97 1:20.60	1800m: 24:14.22 1:21.57	2600m: 35:05.10 1:21.92		
300m: 4:00.35 1:21.40	1100m: 14:45.82 1:20.85	1900m: 25:35.48 1:21.26	2700m: 36:26.75 1:21.65		
400m: 5:21.60 1:21.25	1200m: 16:06.31 1:20.49	2000m: 26:56.82 1:21.34	2800m: 37:48.30 1:21.55		
500m: 6:41.73 1:20.13	1300m: 17:27.64 1:21.33	2100m: 28:18.06 1:21.24	2900m: 39:09.03 1:20.73		
600m: 8:02.42 1:20.69	1400m: 18:49.00 1:21.36	2200m: 29:39.02 1:20.96	3000m: 40:24.54 1:15.51		
700m: 9:22.83 1:20.41	1500m: 20:10.39 1:21.39	2300m: 31:00.25 1:21.23			
800m: 10:43.60 1:20.77	1600m: 21:31.51 1:21.12	2400m: 32:21.72 1:21.47			

Prueba 6, Masc., 3000m Libre, 50+

Clasificación

AN

Tiempo

4.	FARRONA CLAVERO Manuel	65	C.N. Master Murcia	40:50.92	13,00			
	100m: 1:14.36	1:14.36	900m: 12:07.26	1:22.11	1700m: 23:05.99	1:22.25	2500m: 34:09.12	1:21.90
	200m: 2:32.47	1:18.11	1000m: 13:29.68	1:22.42	1800m: 24:29.16	1:23.17	2600m: 35:31.35	1:22.23
	300m: 3:53.68	1:21.21	1100m: 14:51.84	1:22.16	1900m: 25:51.33	1:22.17	2700m: 36:52.48	1:21.13
	400m: 5:15.06	1:21.38	1200m: 16:13.89	1:22.05	2000m: 27:14.92	1:23.59	2800m: 38:13.71	1:21.23
	500m: 6:36.97	1:21.91	1300m: 17:36.75	1:22.86	2100m: 28:38.05	1:23.13	2900m: 39:34.54	1:20.83
	600m: 7:59.85	1:22.88	1400m: 18:58.98	1:22.23	2200m: 30:01.85	1:23.80	3000m: 40:50.92	1:16.38
	700m: 9:22.16	1:22.31	1500m: 20:21.54	1:22.56	2300m: 31:24.67	1:22.82		
	800m: 10:45.15	1:22.99	1600m: 21:43.74	1:22.20	2400m: 32:47.22	1:22.55		
5.	SANCHEZ APARICIO Enrique	68	A.D. Manuel Llaneza	41:22.42	12,00			
	100m: 1:18.04	1:18.04	900m: 12:13.74	1:22.45	1700m: 23:18.58	1:23.72	2500m: 34:30.05	1:24.13
	200m: 2:39.25	1:21.21	1000m: 13:36.47	1:22.73	1800m: 24:42.10	1:23.52	2600m: 35:53.66	1:23.61
	300m: 4:00.85	1:21.60	1100m: 14:59.56	1:23.09	1900m: 26:05.85	1:23.75	2700m: 37:17.61	1:23.95
	400m: 5:22.02	1:21.17	1200m: 16:22.42	1:22.86	2000m: 27:29.36	1:23.51	2800m: 38:41.86	1:24.25
	500m: 6:44.04	1:22.02	1300m: 17:45.40	1:22.98	2100m: 28:53.43	1:24.07	2900m: 40:05.61	1:23.75
	600m: 8:06.30	1:22.26	1400m: 19:08.28	1:22.88	2200m: 30:17.52	1:24.09	3000m: 41:22.42	1:16.81
	700m: 9:28.90	1:22.60	1500m: 20:31.44	1:23.16	2300m: 31:42.03	1:24.51		
	800m: 10:51.29	1:22.39	1600m: 21:54.86	1:23.42	2400m: 33:05.92	1:23.89		
6.	ARMENDIA MARTINEZ Joseba Iñaki	64	C.D.Resist4	43:24.51	11,00			
	100m: 1:23.24	1:23.24	900m: 12:56.71	1:26.90	1700m: 24:36.09	1:28.06	2500m: 36:14.78	1:27.90
	200m: 2:49.63	1:26.39	1000m: 14:23.64	1:26.93	1800m: 26:03.17	1:27.08	2600m: 37:42.26	1:27.48
	300m: 4:15.69	1:26.06	1100m: 15:50.63	1:26.99	1900m: 27:30.38	1:27.21	2700m: 39:09.94	1:27.68
	400m: 5:42.96	1:27.27	1200m: 17:18.18	1:27.55	2000m: 28:57.68	1:27.30	2800m: 40:37.54	1:27.60
	500m: 7:09.94	1:26.98	1300m: 18:45.25	1:27.07	2100m: 30:24.62	1:26.94	2900m: 42:03.80	1:26.26
	600m: 8:36.95	1:27.01	1400m: 20:12.72	1:27.47	2200m: 31:51.81	1:27.19	3000m: 43:24.51	1:20.71
	700m: 10:03.15	1:26.20	1500m: 21:40.53	1:27.81	2300m: 33:19.64	1:27.83		
	800m: 11:29.81	1:26.66	1600m: 23:08.03	1:27.50	2400m: 34:46.88	1:27.24		
7.	CASTAÑO CHACON Alejandro	66	C.N.D. Fuengirola Swimming	44:13.75	10,00			
	100m: 1:23.44	1:23.44	900m: 13:16.16	1:30.01	1700m: 25:09.64	1:27.32	2500m: 37:00.10	1:28.74
	200m: 2:51.13	1:27.69	1000m: 14:45.41	1:29.25	1800m: 26:37.35	1:27.71	2600m: 38:28.01	1:27.91
	300m: 4:19.05	1:27.92	1100m: 16:14.72	1:29.31	1900m: 28:06.26	1:28.91	2700m: 39:54.38	1:26.37
	400m: 5:48.11	1:29.06	1200m: 17:44.34	1:29.62	2000m: 29:35.61	1:29.35	2800m: 41:21.32	1:26.94
	500m: 7:17.38	1:29.27	1300m: 19:14.68	1:30.34	2100m: 31:04.36	1:28.75	2900m: 42:48.26	1:26.94
	600m: 8:47.16	1:29.78	1400m: 20:43.94	1:29.26	2200m: 32:33.09	1:28.73	3000m: 44:13.75	1:25.49
	700m: 10:16.52	1:29.36	1500m: 22:13.57	1:29.63	2300m: 34:01.93	1:28.84		
	800m: 11:46.15	1:29.63	1600m: 23:42.32	1:28.75	2400m: 35:31.36	1:29.43		
8.	BARQUERO SERRANO Antonio	68	C.D. Indea	44:34.76	9,00			
	100m: 1:20.72	1:20.72	900m: 13:08.63	1:29.68	1700m: 25:01.33	1:28.62	2500m: 37:00.42	1:31.20
	200m: 2:46.58	1:25.86	1000m: 14:38.37	1:29.74	1800m: 26:29.94	1:28.61	2600m: 38:31.90	1:31.48
	300m: 4:14.54	1:27.96	1100m: 16:07.88	1:29.51	1900m: 27:58.65	1:28.71	2700m: 40:02.43	1:30.53
	400m: 5:43.56	1:29.02	1200m: 17:38.55	1:30.67	2000m: 29:28.47	1:29.82	2800m: 41:33.56	1:31.13
	500m: 7:12.41	1:28.85	1300m: 19:07.33	1:28.78	2100m: 30:58.04	1:29.57	2900m: 43:05.45	1:31.89
	600m: 8:40.64	1:28.23	1400m: 20:36.51	1:29.18	2200m: 32:27.00	1:28.96	3000m: 44:34.76	1:29.31
	700m: 10:10.03	1:29.39	1500m: 22:04.62	1:28.11	2300m: 33:57.37	1:30.37		
	800m: 11:38.95	1:28.92	1600m: 23:32.71	1:28.09	2400m: 35:29.22	1:31.85		
9.	MARTIN SERRANO Francisco Jose	68	C.D. Jerez Natacion Master	46:04.17	8,00			
	100m: 1:31.49	1:31.49	900m: 13:55.97	1:32.41	1700m: 26:05.69	1:31.19	2500m: 38:24.82	1:32.72
	200m: 3:04.52	1:33.03	1000m: 15:28.48	1:32.51	1800m: 27:37.53	1:31.84	2600m: 39:57.72	1:32.90
	300m: 4:38.81	1:34.29	1100m: 17:00.17	1:31.69	1900m: 29:09.70	1:32.17	2700m: 41:30.54	1:32.82
	400m: 6:13.29	1:34.48	1200m: 18:30.25	1:30.08	2000m: 30:42.17	1:32.47	2800m: 43:02.79	1:32.25
	500m: 7:46.69	1:33.40	1300m: 20:01.32	1:31.07	2100m: 32:14.27	1:32.10	2900m: 44:35.46	1:32.67
	600m: 9:19.17	1:32.48	1400m: 21:32.63	1:31.31	2200m: 33:46.88	1:32.61	3000m: 46:04.17	1:28.71
	700m: 10:51.08	1:31.91	1500m: 23:03.82	1:31.19	2300m: 35:19.65	1:32.77		
	800m: 12:23.56	1:32.48	1600m: 24:34.50	1:30.68	2400m: 36:52.10	1:32.45		

Prueba 6, Masc., 3000m Libre, 50+

Clasificación

AN

Tiempo

10.	COMINERO GARCIA Eduardo			67	Cn Master Torrijos				<b>46:58.84</b>		7,00	
	100m:	1:30.18	1:30.18	900m:	14:02.32	1:34.16	1700m:	26:39.40	1:34.39	2500m:	39:14.28	1:33.69
	200m:	3:03.72	1:33.54	1000m:	15:37.44	1:35.12	1800m:	28:13.18	1:33.78	2600m:	40:48.12	1:33.84
	300m:	4:37.39	1:33.67	1100m:	17:12.02	1:34.58	1900m:	29:47.32	1:34.14	2700m:	42:22.55	1:34.43
	400m:	6:11.31	1:33.92	1200m:	18:46.59	1:34.57	2000m:	31:22.26	1:34.94	2800m:	43:56.38	1:33.83
	500m:	7:45.40	1:34.09	1300m:	20:20.76	1:34.17	2100m:	32:57.39	1:35.13	2900m:	45:29.04	1:32.66
	600m:	9:18.87	1:33.47	1400m:	21:56.12	1:35.36	2200m:	34:33.03	1:35.64	3000m:	46:58.84	1:29.80
	700m:	10:53.36	1:34.49	1500m:	23:30.80	1:34.68	2300m:	36:06.34	1:33.31			
	800m:	12:28.16	1:34.80	1600m:	25:05.01	1:34.21	2400m:	37:40.59	1:34.25			
11.	UCHA DIAZ Manuel Alejandro			68	C.D. Jerez Natacion Master				<b>48:28.11</b>		6,00	
	100m:	1:28.08	1:28.08	900m:	14:09.91	1:35.92	1700m:	27:09.19	1:37.32	2500m:	40:18.36	1:40.44
	200m:	3:04.20	1:36.12	1000m:	15:46.32	1:36.41	1800m:	28:45.62	1:36.43	2600m:	41:58.34	1:39.98
	300m:	4:35.88	1:31.68	1100m:	17:23.34	1:37.02	1900m:	30:24.08	1:38.46	2700m:	43:37.46	1:39.12
	400m:	6:12.27	1:36.39	1200m:	19:00.14	1:36.80	2000m:	32:02.34	1:38.26	2800m:	45:16.94	1:39.48
	500m:	7:48.17	1:35.90	1300m:	20:37.62	1:37.48	2100m:	33:40.62	1:38.28	2900m:	46:55.63	1:38.69
	600m:	9:24.69	1:36.52	1400m:	22:15.78	1:38.16	2200m:	35:19.99	1:39.37	3000m:	48:28.11	1:32.48
	700m:	10:59.79	1:35.10	1500m:	23:54.44	1:38.66	2300m:	36:59.17	1:39.18			
	800m:	12:33.99	1:34.20	1600m:	25:31.87	1:37.43	2400m:	38:37.92	1:38.75			
12.	PÉREZ GARCÍA Ginés Francisco			68	C.D.Turaniana				<b>49:33.57</b>		5,00	
	100m:	1:29.44	1:29.44	900m:	14:26.77	1:37.70	1700m:	27:34.77	1:39.05	2500m:	41:03.10	1:44.47
	200m:	3:04.93	1:35.49	1000m:	16:04.13	1:37.36	1800m:	29:14.37	1:39.60	2600m:	42:45.72	1:42.62
	300m:	4:42.42	1:37.49	1100m:	17:42.75	1:38.62	1900m:	30:52.83	1:38.46	2700m:	44:33.31	1:47.59
	400m:	6:20.12	1:37.70	1200m:	19:20.24	1:37.49	2000m:	32:34.15	1:41.32	2800m:	46:17.98	1:44.67
	500m:	7:56.63	1:36.51	1300m:	20:58.92	1:38.68	2100m:	34:13.87	1:39.72	2900m:	47:58.66	1:40.68
	600m:	9:33.85	1:37.22	1400m:	22:37.74	1:38.82	2200m:	35:57.24	1:43.37	3000m:	49:33.57	1:34.91
	700m:	11:11.09	1:37.24	1500m:	24:17.07	1:39.33	2300m:	37:37.07	1:39.83			
	800m:	12:49.07	1:37.98	1600m:	25:55.72	1:38.65	2400m:	39:18.63	1:41.56			
13.	LOPEZ-FUENSALIDA NAVARRO Eulog7			67	Real Canoe N.C.				<b>49:48.80</b>		4,00	
	100m:	1:27.25	1:27.25	900m:	14:49.36	1:40.79	1700m:	28:19.69	1:40.93	2500m:	41:42.76	1:39.04
	200m:	3:02.83	1:35.58	1000m:	16:30.03	1:40.67	1800m:	29:59.94	1:40.25	2600m:	43:23.75	1:40.99
	300m:	4:42.29	1:39.46	1100m:	18:10.60	1:40.57	1900m:	31:40.90	1:40.96	2700m:	45:03.36	1:39.61
	400m:	6:23.55	1:41.26	1200m:	19:51.84	1:41.24	2000m:	33:22.02	1:41.12	2800m:	46:44.22	1:40.86
	500m:	8:04.37	1:40.82	1300m:	21:33.90	1:42.06	2100m:	35:01.99	1:39.97	2900m:	48:23.48	1:39.26
	600m:	9:44.85	1:40.48	1400m:	23:15.94	1:42.04	2200m:	36:44.93	1:42.94	3000m:	49:48.80	1:25.32
	700m:	11:26.70	1:41.85	1500m:	24:58.21	1:42.27	2300m:	38:24.08	1:39.15			
	800m:	13:08.57	1:41.87	1600m:	26:38.76	1:40.55	2400m:	40:03.72	1:39.64			
14.	IBAÑEZ ALMENDRO Carlos			67	Natacion Sevilla Master, C.D.				<b>51:44.44</b>		3,00	
	100m:	1:32.24	1:32.24	900m:	15:14.40	1:43.70	1700m:	28:57.32	1:44.62	2500m:	42:59.35	1:46.53
	200m:	3:12.60	1:40.36	1000m:	16:55.76	1:41.36	1800m:	30:43.21	1:45.89	2600m:	44:45.05	1:45.70
	300m:	4:56.29	1:43.69	1100m:	18:37.33	1:41.57	1900m:	32:27.37	1:44.16	2700m:	46:31.95	1:46.90
	400m:	6:40.03	1:43.74	1200m:	20:19.74	1:42.41	2000m:	34:13.02	1:45.65	2800m:	48:18.18	1:46.23
	500m:	8:23.19	1:43.16	1300m:	22:02.85	1:43.11	2100m:	35:57.10	1:44.08	2900m:	50:02.72	1:44.54
	600m:	10:05.88	1:42.69	1400m:	23:46.68	1:43.83	2200m:	37:41.73	1:44.63	3000m:	51:44.44	1:41.72
	700m:	11:48.50	1:42.62	1500m:	25:29.45	1:42.77	2300m:	39:26.64	1:44.91			
	800m:	13:30.70	1:42.20	1600m:	27:12.70	1:43.25	2400m:	41:12.82	1:46.18			

55+, Masc.



Prueba 6, Masc., 3000m Libre, 55+

Clasificación

AN

Tiempo

1. RUIZ LÓPEZ Javier	61	C.N. Playa Salve	<b>40:09.68</b>	34,00	RE
100m: 1:15.31	1:15.31	900m: 12:03.86	1:21.52	1700m: 22:48.15	1:20.43
200m: 2:35.76	1:20.45	1000m: 13:24.32	1:20.46	1800m: 24:09.27	1:21.12
300m: 3:57.03	1:21.27	1100m: 14:45.23	1:20.91	1900m: 25:29.78	1:20.51
400m: 5:17.93	1:20.90	1200m: 16:05.71	1:20.48	2000m: 26:51.31	1:21.53
500m: 6:38.51	1:20.58	1300m: 17:25.90	1:20.19	2100m: 28:11.93	1:20.62
600m: 8:00.08	1:21.57	1400m: 18:46.12	1:20.22	2200m: 29:33.20	1:21.27
700m: 9:20.86	1:20.78	1500m: 20:06.99	1:20.87	2300m: 30:54.53	1:21.33
800m: 10:42.34	1:21.48	1600m: 21:27.72	1:20.73	2400m: 32:15.70	1:21.17
2. MORALES LIMIA Jose Luis	60	C.N. Master Murcia	<b>45:36.02</b>	16,00	
100m: 1:26.36	1:26.36	900m: 13:28.20	1:29.19	1700m: 25:39.29	1:30.95
200m: 2:56.74	1:30.38	1000m: 14:58.52	1:30.32	1800m: 27:10.38	1:31.09
300m: 4:27.20	1:30.46	1100m: 16:29.52	1:31.00	1900m: 28:42.30	1:31.92
400m: 5:57.54	1:30.34	1200m: 18:02.26	1:32.74	2000m: 30:13.54	1:31.24
500m: 7:27.89	1:30.35	1300m: 19:33.69	1:31.43	2100m: 31:45.86	1:32.32
600m: 9:00.37	1:32.48	1400m: 21:04.86	1:31.17	2200m: 33:18.39	1:32.53
700m: 10:30.11	1:29.74	1500m: 22:36.86	1:32.00	2300m: 34:49.92	1:31.53
800m: 11:59.01	1:28.90	1600m: 24:08.34	1:31.48	2400m: 36:22.99	1:33.07
3. BLAZQUEZ DIEGUEZ Angel	63	C.N.Inacua Huetor Vega	<b>46:57.77</b>	14,00	
100m: 1:29.68	1:29.68	900m: 14:07.81	1:34.27	1700m: 26:43.68	1:34.65
200m: 3:02.82	1:33.14	1000m: 15:42.23	1:34.42	1800m: 28:17.77	1:34.09
300m: 4:37.39	1:34.57	1100m: 17:16.58	1:34.35	1900m: 29:52.34	1:34.57
400m: 6:13.05	1:35.66	1200m: 18:51.52	1:34.94	2000m: 31:26.83	1:34.49
500m: 7:48.09	1:35.04	1300m: 20:25.72	1:34.20	2100m: 33:01.85	1:35.02
600m: 9:23.54	1:35.45	1400m: 22:00.46	1:34.74	2200m: 34:36.18	1:34.33
700m: 10:58.75	1:35.21	1500m: 23:35.03	1:34.57	2300m: 36:10.28	1:34.10
800m: 12:33.54	1:34.79	1600m: 25:09.03	1:34.00	2400m: 37:45.28	1:35.00
4. GARCIA MALDONADO Adrian Alfonso	60	Bahia De Almeria N.C	<b>46:58.39</b>	13,00	
100m: 1:27.25	1:27.25	900m: 14:04.35	1:34.20	1700m: 26:41.77	1:34.99
200m: 3:01.20	1:33.95	1000m: 15:39.37	1:35.02	1800m: 28:15.82	1:34.05
300m: 4:36.56	1:35.36	1100m: 17:13.31	1:33.94	1900m: 29:50.96	1:35.14
400m: 6:11.60	1:35.04	1200m: 18:48.36	1:35.05	2000m: 31:25.88	1:34.92
500m: 7:46.87	1:35.27	1300m: 20:23.01	1:34.65	2100m: 33:00.79	1:34.91
600m: 9:21.74	1:34.87	1400m: 21:57.51	1:34.50	2200m: 34:35.46	1:34.67
700m: 10:56.49	1:34.75	1500m: 23:32.92	1:35.41	2300m: 36:10.44	1:34.98
800m: 12:30.15	1:33.66	1600m: 25:06.78	1:33.86	2400m: 37:43.21	1:32.77
5. HEBRERO CUEVAS Constantino	61	C.N. Cadiz	<b>50:22.93</b>	12,00	
100m: 1:34.73	1:34.73	900m: 14:51.08	1:39.79	1700m: 28:12.76	1:41.42
200m: 3:14.19	1:39.46	1000m: 16:30.28	1:39.20	1800m: 29:53.88	1:41.12
300m: 4:54.01	1:39.82	1100m: 18:09.84	1:39.56	1900m: 31:35.86	1:41.98
400m: 6:33.99	1:39.98	1200m: 19:48.96	1:39.12	2000m: 33:17.81	1:41.95
500m: 8:13.32	1:39.33	1300m: 21:29.26	1:40.30	2100m: 35:00.09	1:42.28
600m: 9:53.01	1:39.69	1400m: 23:09.73	1:40.47	2200m: 36:42.75	1:42.66
700m: 11:32.38	1:39.37	1500m: 24:50.12	1:40.39	2300m: 38:24.72	1:41.97
800m: 13:11.29	1:38.91	1600m: 26:31.34	1:41.22	2400m: 40:07.18	1:42.46
6. FERNANDEZ-PRADA ARIAS Miguel An63l		C.N. Portuense	<b>52:58.23</b>	11,00	
100m: 1:37.17	1:37.17	900m: 15:32.28	1:44.40	1700m: 29:38.02	1:46.56
200m: 3:21.28	1:44.11	1000m: 17:16.41	1:44.13	1800m: 31:25.23	1:47.21
300m: 5:05.45	1:44.17	1100m: 19:01.74	1:45.33	1900m: 33:12.94	1:47.71
400m: 6:50.33	1:44.88	1200m: 20:47.54	1:45.80	2000m: 35:00.16	1:47.22
500m: 8:34.86	1:44.53	1300m: 22:33.63	1:46.09	2100m: 36:46.08	1:45.92
600m: 10:19.66	1:44.80	1400m: 24:18.68	1:45.05	2200m: 38:32.82	1:46.74
700m: 12:04.33	1:44.67	1500m: 26:04.84	1:46.16	2300m: 40:22.33	1:49.51
800m: 13:47.88	1:43.55	1600m: 27:51.46	1:46.62	2400m: 42:10.74	1:48.41

Prueba 6, Masc., 3000m Libre, 55+

Clasificación

AN

Tiempo

7. RODRIGUEZ GESTOSO Antonio	62	C.N. Cadiz	53:21.66	10,00			
100m: 1:40.78	1:40.78	900m: 16:09.50	1:48.01	1700m: 30:23.22	1:45.65	2500m: 44:36.60	1:46.85
200m: 3:28.84	1:48.06	1000m: 17:58.07	1:48.57	1800m: 32:08.93	1:45.71	2600m: 46:20.45	1:43.85
300m: 5:16.92	1:48.08	1100m: 19:46.07	1:48.00	1900m: 33:54.73	1:45.80	2700m: 48:05.59	1:45.14
400m: 7:05.93	1:49.01	1200m: 21:33.55	1:47.48	2000m: 35:43.08	1:48.35	2800m: 49:50.93	1:45.34
500m: 8:55.10	1:49.17	1300m: 23:19.63	1:46.08	2100m: 37:28.13	1:45.05	2900m: 51:37.71	1:46.78
600m: 10:43.54	1:48.44	1400m: 25:05.33	1:45.70	2200m: 39:15.66	1:47.53	3000m: 53:21.66	1:43.95
700m: 12:32.72	1:49.18	1500m: 26:51.71	1:46.38	2300m: 41:02.86	1:47.20		
800m: 14:21.49	1:48.77	1600m: 28:37.57	1:45.86	2400m: 42:49.75	1:46.89		

60+, Masc.

1.	RIGUAL DE HEREDIA Carlos	57	C.D. Jerez Natacion Master	<b>48:19.61</b>	19,00			
	100m: 1:33.05	1:33.05	900m: 14:24.59	1:36.96	1700m: 27:21.90	1:36.41	2500m: 40:21.31	1:36.97
	200m: 3:07.96	1:34.91	1000m: 16:01.09	1:36.50	1800m: 28:59.33	1:37.43	2600m: 41:58.93	1:37.62
	300m: 4:44.63	1:36.67	1100m: 17:37.90	1:36.81	1900m: 30:36.82	1:37.49	2700m: 43:37.02	1:38.09
	400m: 6:21.28	1:36.65	1200m: 19:15.69	1:37.79	2000m: 32:14.47	1:37.65	2800m: 45:13.39	1:36.37
	500m: 7:56.83	1:35.55	1300m: 20:52.28	1:36.59	2100m: 33:52.40	1:37.93	2900m: 46:48.57	1:35.18
	600m: 9:33.79	1:36.96	1400m: 22:30.14	1:37.86	2200m: 35:29.05	1:36.65	3000m: 48:19.61	1:31.04
	700m: 11:10.93	1:37.14	1500m: 24:08.20	1:38.06	2300m: 37:06.18	1:37.13		
	800m: 12:47.63	1:36.70	1600m: 25:45.49	1:37.29	2400m: 38:44.34	1:38.16		
2.	PASCUAL DE RIQUELME Y TERRER	58	C.N. Master Murcia	<b>49:00.26</b>	16,00			
	100m: 1:35.41	1:35.41	900m: 14:43.08	1:39.74	1700m: 28:01.40	1:38.68	2500m: 41:01.32	1:37.03
	200m: 3:12.63	1:37.22	1000m: 16:21.84	1:38.76	1800m: 29:40.89	1:39.49	2600m: 42:38.92	1:37.60
	300m: 4:51.44	1:38.81	1100m: 18:00.96	1:39.12	1900m: 31:19.13	1:38.24	2700m: 44:16.48	1:37.56
	400m: 6:29.82	1:38.38	1200m: 19:41.16	1:40.20	2000m: 32:56.56	1:37.43	2800m: 45:53.22	1:36.74
	500m: 8:08.57	1:38.75	1300m: 21:21.42	1:40.26	2100m: 34:33.29	1:36.73	2900m: 47:28.52	1:35.30
	600m: 9:46.56	1:37.99	1400m: 23:02.91	1:41.49	2200m: 36:10.33	1:37.04	3000m: 49:00.26	1:31.74
	700m: 11:23.80	1:37.24	1500m: 24:43.04	1:40.13	2300m: 37:47.52	1:37.19		
	800m: 13:03.34	1:39.54	1600m: 26:22.72	1:39.68	2400m: 39:24.29	1:36.77		
3.	BILBAO GARAY Julian	57	C.N. San Roque	<b>50:16.76</b>	14,00			
	100m: 1:37.77	1:37.77	900m: 15:19.67	1:43.15	1700m: 28:41.72	1:39.32	2500m: 42:02.83	1:39.28
	200m: 3:17.11	1:39.34	1000m: 17:00.81	1:41.14	1800m: 30:20.82	1:39.10	2600m: 43:43.42	1:40.59
	300m: 5:00.25	1:43.14	1100m: 18:41.45	1:40.64	1900m: 32:01.08	1:40.26	2700m: 45:24.60	1:41.18
	400m: 6:44.23	1:43.98	1200m: 20:21.87	1:40.42	2000m: 33:41.54	1:40.46	2800m: 47:03.18	1:38.58
	500m: 8:28.63	1:44.40	1300m: 22:02.02	1:40.15	2100m: 35:22.76	1:41.22	2900m: 48:42.12	1:38.94
	600m: 10:12.26	1:43.63	1400m: 23:42.50	1:40.48	2200m: 37:04.40	1:41.64	3000m: 50:16.76	1:34.64
	700m: 11:54.47	1:42.21	1500m: 25:22.53	1:40.03	2300m: 38:44.48	1:40.08		
	800m: 13:36.52	1:42.05	1600m: 27:02.40	1:39.87	2400m: 40:23.55	1:39.07		
4.	DIAZ RIVERA Javier	58	C.D. Jerez Natacion Master	<b>50:38.57</b>	13,00			
	100m: 1:33.64	1:33.64	900m: 15:13.48	1:42.11	1700m: 28:51.52	1:41.35	2500m: 42:24.53	1:40.54
	200m: 3:15.04	1:41.40	1000m: 16:55.68	1:42.20	1800m: 30:33.64	1:42.12	2600m: 44:03.73	1:39.20
	300m: 4:58.26	1:43.22	1100m: 18:38.25	1:42.57	1900m: 32:15.35	1:41.71	2700m: 45:44.42	1:40.69
	400m: 6:40.86	1:42.60	1200m: 20:21.18	1:42.93	2000m: 33:56.57	1:41.22	2800m: 47:23.78	1:39.36
	500m: 8:22.88	1:42.02	1300m: 22:02.07	1:40.89	2100m: 35:37.65	1:41.08	2900m: 49:00.44	1:36.66
	600m: 10:05.99	1:43.11	1400m: 23:44.79	1:42.72	2200m: 37:20.40	1:42.75	3000m: 50:38.57	1:38.13
	700m: 11:49.00	1:43.01	1500m: 25:27.44	1:42.65	2300m: 39:02.12	1:41.72		
	800m: 13:31.37	1:42.37	1600m: 27:10.17	1:42.73	2400m: 40:43.99	1:41.87		

Prueba 6, Masc., 3000m Libre, 60+

Clasificación

AN

Tiempo

5. BILBAO GARAY Pedro	55	Linense Tennis C.	<b>50:48.58</b>	12,00
100m: 1:38.17 1:38.17	900m: 15:14.03 1:41.63	1700m: 28:44.23 1:41.45	2500m: 42:20.44 1:43.88	
200m: 3:21.26 1:43.09	1000m: 16:55.40 1:41.37	1800m: 30:24.79 1:40.56	2600m: 44:03.86 1:43.42	
300m: 5:03.37 1:42.11	1100m: 18:35.76 1:40.36	1900m: 32:05.64 1:40.85	2700m: 45:46.34 1:42.48	
400m: 6:45.21 1:41.84	1200m: 20:16.72 1:40.96	2000m: 33:47.99 1:42.35	2800m: 47:28.86 1:42.52	
500m: 8:26.96 1:41.75	1300m: 21:57.98 1:41.26	2100m: 35:29.74 1:41.75	2900m: 49:11.10 1:42.24	
600m: 10:09.07 1:42.11	1400m: 23:39.45 1:41.47	2200m: 37:12.46 1:42.72	3000m: 50:48.58 1:37.48	
700m: 11:51.35 1:42.28	1500m: 25:21.43 1:41.98	2300m: 38:54.57 1:42.11		
800m: 13:32.40 1:41.05	1600m: 27:02.78 1:41.35	2400m: 40:36.56 1:41.99		
6. CANO GUERAO José Miguel	57	C.N. Master Murcia	<b>54:21.34</b>	11,00
100m: 1:49.43 1:49.43	900m: 16:38.35 1:49.14	1700m: 31:06.76 1:48.26	2500m: 45:32.28 1:48.39	
200m: 3:41.85 1:52.42	1000m: 18:25.60 1:47.25	1800m: 32:54.54 1:47.78	2600m: 47:19.40 1:47.12	
300m: 5:32.90 1:51.05	1100m: 20:13.96 1:48.36	1900m: 34:43.09 1:48.55	2700m: 49:07.98 1:48.58	
400m: 7:24.52 1:51.62	1200m: 22:02.52 1:48.56	2000m: 36:31.19 1:48.10	2800m: 50:57.47 1:49.49	
500m: 9:16.06 1:51.54	1300m: 23:53.55 1:51.03	2100m: 38:19.46 1:48.27	2900m: 52:44.07 1:46.60	
600m: 11:07.61 1:51.55	1400m: 25:42.51 1:48.96	2200m: 40:07.42 1:47.96	3000m: 54:21.34 1:37.27	
700m: 13:00.09 1:52.48	1500m: 27:30.48 1:47.97	2300m: 41:56.03 1:48.61		
800m: 14:49.21 1:49.12	1600m: 29:18.50 1:48.02	2400m: 43:43.89 1:47.86		
7. PARRADO RAMOS Antonio	56	C.N. Cadiz	<b>1:00:15.98</b>	10,00
100m: 1:50.35 1:50.35	900m: 17:50.31 2:00.70	1700m: 33:51.53 1:58.77	2500m: 50:03.84 2:02.87	
200m: 3:48.94 1:58.59	1000m: 19:51.19 2:00.88	1800m: 35:51.83 2:00.30	2600m: 52:05.15 2:01.31	
300m: 5:50.60 2:01.66	1100m: 21:54.52 2:03.33	1900m: 37:53.88 2:02.05	2700m: 54:09.31 2:04.16	
400m: 7:51.96 2:01.36	1200m: 23:57.56 2:03.04	2000m: 39:52.32 1:58.44	2800m: 56:15.20 2:05.89	
500m: 9:52.21 2:00.25	1300m: 25:58.83 2:01.27	2100m: 41:55.06 2:02.74	2900m: 58:16.27 2:01.07	
600m: 11:50.87 1:58.66	1400m: 27:53.21 1:54.38	2200m: 43:56.35 2:01.29	3000m 1:00:15.98 1:59.71	
700m: 13:50.52 1:59.65	1500m: 29:49.91 1:56.70	2300m: 45:56.91 2:00.56		
800m: 15:49.61 1:59.09	1600m: 31:52.76 2:02.85	2400m: 48:00.97 2:04.06		

65+, Masc.

1. GARCIA PEREZ Tomas	51	C.N.D. Fuengirola Swimming	<b>1:04:28.00</b>	19,00
100m: 1:59.13 1:59.13	900m: 18:49.17 2:08.58	1700m: 35:57.47 2:09.87	2500m: 53:27.33 2:14.04	
200m: 4:03.83 2:04.70	1000m: 20:58.07 2:08.90	1800m: 38:06.28 2:08.81	2600m: 55:41.45 2:14.12	
300m: 6:09.61 2:05.78	1100m: 23:05.18 2:07.11	1900m: 40:17.26 2:10.98	2700m: 57:52.79 2:11.34	
400m: 8:14.15 2:04.54	1200m: 25:12.69 2:07.51	2000m: 42:29.12 2:11.86	2800m 1:00:06.11 2:13.32	
500m: 10:19.73 2:05.58	1300m: 27:20.08 2:07.39	2100m: 44:37.99 2:08.87	2900m 1:02:17.44 2:11.33	
600m: 12:25.76 2:06.03	1400m: 29:28.51 2:08.43	2200m: 46:49.02 2:11.03	3000m 1:04:28.00 2:10.56	
700m: 14:32.72 2:06.96	1500m: 31:38.22 2:09.71	2300m: 49:00.35 2:11.33		
800m: 16:40.59 2:07.87	1600m: 33:47.60 2:09.38	2400m: 51:13.29 2:12.94		
2. IBAÑEZ GARCIA Dimas	50	C.N. Monteverde	<b>1:14:59.34</b>	16,00
100m: 2:05.37 2:05.37	900m: 21:11.93 2:25.64	1700m: 41:15.67 2:32.52	2500m 1:01:50.05 2:34.14	
200m: 4:25.12 2:19.75	1000m: 23:40.66 2:28.73	1800m: 43:47.07 2:31.40	2600m 1:04:27.81 2:37.76	
300m: 6:48.56 2:23.44	1100m: 26:10.22 2:29.56	1900m: 46:21.48 2:34.41	2700m 1:07:01.74 2:33.93	
400m: 9:10.50 2:21.94	1200m: 28:38.67 2:28.45	2000m: 48:54.81 2:33.33	2800m 1:09:42.31 2:40.57	
500m: 11:31.07 2:20.57	1300m: 31:08.76 2:30.09	2100m: 51:30.70 2:35.89	2900m 1:12:22.91 2:40.60	
600m: 13:54.59 2:23.52	1400m: 33:41.08 2:32.32	2200m: 54:05.32 2:34.62	3000m 1:14:59.34 2:36.43	
700m: 16:18.52 2:23.93	1500m: 36:15.31 2:34.23	2300m: 56:39.13 2:33.81		
800m: 18:46.29 2:27.77	1600m: 38:43.15 2:27.84	2400m: 59:15.91 2:36.78		

70+, Masc.

Prueba 6, Masc., 3000m Libre, 70+

Clasificación

AN

Tiempo

1. MURILLO SANZ Alberto	44	Bahia De Almeria N.C	<b>52:17.27</b>	19,00
100m: 1:41.18 1:41.18	900m: 15:28.73 1:41.95	1700m: 29:21.42 1:45.02	2500m: 43:32.88 1:46.74	
200m: 3:28.04 1:46.86	1000m: 17:10.07 1:41.34	1800m: 31:06.76 1:45.34	2600m: 45:20.16 1:47.28	
300m: 5:14.11 1:46.07	1100m: 18:53.10 1:43.03	1900m: 32:54.02 1:47.26	2700m: 47:05.90 1:45.74	
400m: 6:56.54 1:42.43	1200m: 20:37.23 1:44.13	2000m: 34:39.36 1:45.34	2800m: 48:51.00 1:45.10	
500m: 8:38.98 1:42.44	1300m: 22:21.14 1:43.91	2100m: 36:25.94 1:46.58	2900m: 50:35.63 1:44.63	
600m: 10:21.28 1:42.30	1400m: 24:05.86 1:44.72	2200m: 38:13.04 1:47.10	3000m: 52:17.27 1:41.64	
700m: 12:03.92 1:42.64	1500m: 25:51.15 1:45.29	2300m: 39:59.63 1:46.59		
800m: 13:46.78 1:42.86	1600m: 27:36.40 1:45.25	2400m: 41:46.14 1:46.51		
2. MESTRES MORALES Manuel	45	C.D. Jerez Natacion Master	<b>1:07:04.82</b>	16,00
100m: 1:50.89 1:50.89	900m: 19:10.90 2:10.80	1700m: 37:05.60 2:16.54	2500m: 55:32.23 2:18.27	
200m: 3:55.20 2:04.31	1000m: 21:24.01 2:13.11	1800m: 39:25.64 2:20.04	2600m: 57:52.13 2:19.90	
300m: 6:02.92 2:07.72	1100m: 23:37.15 2:13.14	1900m: 41:44.31 2:18.67	2700m 1:00:13.16 2:21.03	
400m: 8:11.87 2:08.95	1200m: 25:50.54 2:13.39	2000m: 44:02.91 2:18.60	2800m 1:02:34.48 2:21.32	
500m: 10:22.78 2:10.91	1300m: 28:05.99 2:15.45	2100m: 46:22.68 2:19.77	2900m 1:04:53.55 2:19.07	
600m: 12:34.26 2:11.48	1400m: 30:20.61 2:14.62	2200m: 48:40.20 2:17.52	3000m 1:07:04.82 2:11.27	
700m: 14:46.33 2:12.07	1500m: 32:34.32 2:13.71	2300m: 50:57.41 2:17.21		
800m: 17:00.10 2:13.77	1600m: 34:49.06 2:14.74	2400m: 53:13.96 2:16.55		
3. ALVAREZ PENALVA Fernando	46	C.N. Cadiz	<b>1:12:39.80</b>	14,00
100m: 2:13.68 2:13.68	900m: 22:06.76 2:26.98	1700m: 41:35.59 2:25.39	2500m 1:00:54.06 2:23.66	
200m: 4:42.49 2:28.81	1000m: 24:32.32 2:25.56	1800m: 44:02.12 2:26.53	2600m 1:03:18.92 2:24.86	
300m: 7:14.06 2:31.57	1100m: 26:59.84 2:27.52	1900m: 46:27.92 2:25.80	2700m 1:05:43.10 2:24.18	
400m: 9:45.28 2:31.22	1200m: 29:25.65 2:25.81	2000m: 48:53.22 2:25.30	2800m 1:08:07.34 2:24.24	
500m: 12:13.95 2:28.67	1300m: 31:52.20 2:26.55	2100m: 51:16.99 2:23.77	2900m 1:10:29.48 2:22.14	
600m: 14:42.66 2:28.71	1400m: 34:18.73 2:26.53	2200m: 53:41.94 2:24.95	3000m 1:12:39.80 2:10.32	
700m: 17:10.88 2:28.22	1500m: 36:44.71 2:25.98	2300m: 56:06.02 2:24.08		
800m: 19:39.78 2:28.90	1600m: 39:10.20 2:25.49	2400m: 58:30.40 2:24.38		
4. CATALA BOVER Ignacio	46	C.N. Monteverde	<b>1:18:33.29</b>	13,00
100m: 2:15.31 2:15.31	900m: 23:10.68 2:34.37	1700m: 44:04.30 2:38.19	2500m 1:04:52.06 2:37.95	
200m: 4:50.28 2:34.97	1000m: 25:48.36 2:37.68	1800m: 46:41.62 2:37.32	2600m 1:07:39.78 2:47.72	
300m: 7:27.37 2:37.09	1100m: 28:26.93 2:38.57	1900m: 49:18.06 2:36.44	2700m 1:10:21.68 2:41.90	
400m: 10:04.06 2:36.69	1200m: 31:05.65 2:38.72	2000m: 51:54.34 2:36.28	2800m 1:13:05.97 2:44.29	
500m: 12:44.07 2:40.01	1300m: 33:42.81 2:37.16	2100m: 54:30.98 2:36.64	2900m 1:15:51.08 2:45.11	
600m: 15:21.64 2:37.57	1400m: 36:13.30 2:30.49	2200m: 57:02.77 2:31.79	3000m 1:18:33.29 2:42.21	
700m: 17:57.93 2:36.29	1500m: 38:48.70 2:35.40	2300m: 59:41.81 2:39.04		
800m: 20:36.31 2:38.38	1600m: 41:26.11 2:37.41	2400m 1:02:14.11 2:32.30		

75+, Masc.

1. CANALES DE MENDOZA Joaquin M <sup>a</sup>	40	R.C. Mediterraneo	<b>50:06.46</b>	34,00	RE
100m: 1:36.99 1:36.99	900m: 15:20.56 1:42.10	1700m: 28:46.99 1:40.39	2500m: 42:03.46 1:38.99		
200m: 3:18.19 1:41.20	1000m: 17:02.58 1:42.02	1800m: 30:25.77 1:38.78	2600m: 43:41.13 1:37.67		
300m: 5:01.13 1:42.94	1100m: 18:43.61 1:41.03	1900m: 32:06.91 1:41.14	2700m: 45:18.51 1:37.38		
400m: 6:45.24 1:44.11	1200m: 20:24.22 1:40.61	2000m: 33:47.97 1:41.06	2800m: 46:56.41 1:37.90		
500m: 8:29.34 1:44.10	1300m: 22:05.25 1:41.03	2100m: 35:27.26 1:39.29	2900m: 48:34.22 1:37.81		
600m: 10:13.20 1:43.86	1400m: 23:45.66 1:40.41	2200m: 37:07.50 1:40.24	3000m: 50:06.46 1:32.24		
700m: 11:56.25 1:43.05	1500m: 25:25.67 1:40.01	2300m: 38:45.73 1:38.23			
800m: 13:38.46 1:42.21	1600m: 27:06.60 1:40.93	2400m: 40:24.47 1:38.74			

Prueba 6, Masc., 3000m Libre, 75+

Clasificación

AN

Tiempo

2. RGUEZ DE RIVERA RAMIREZ Javier	41	Real Canoe N.C.	1:06:41.26	16,00			
100m: 2:06.64	2:06.64	900m: 20:00.30	2:12.71	1700m: 37:59.24	2:14.39	2500m: 55:47.77	2:12.20
200m: 4:20.79	2:14.15	1000m: 22:16.14	2:15.84	1800m: 40:13.82	2:14.58	2600m: 57:59.41	2:11.64
300m: 6:36.70	2:15.91	1100m: 24:30.88	2:14.74	1900m: 42:27.73	2:13.91	2700m 1:00:10.40	2:10.99
400m: 8:49.32	2:12.62	1200m: 26:45.25	2:14.37	2000m: 44:41.52	2:13.79	2800m 1:02:23.11	2:12.71
500m: 11:02.26	2:12.94	1300m: 29:01.13	2:15.88	2100m: 46:56.44	2:14.92	2900m 1:04:35.55	2:12.44
600m: 13:18.11	2:15.85	1400m: 31:15.67	2:14.54	2200m: 49:09.37	2:12.93	3000m 1:06:41.26	2:05.71
700m: 15:32.12	2:14.01	1500m: 33:31.28	2:15.61	2300m: 51:21.80	2:12.43		
800m: 17:47.59	2:15.47	1600m: 35:44.85	2:13.57	2400m: 53:35.57	2:13.77		

20+, Fem.

1.	FERNANDEZ DIAZ Andrea	97	C. Aquatico Aviles Solras					<b>40:43.69</b>	19,00
	100m: 1:14.76	1:14.76	900m: 12:04.09	1:21.11	1700m: 23:00.60	1:23.43	2500m: 34:01.26	1:22.56	
	200m: 2:34.26	1:19.50	1000m: 13:25.40	1:21.31	1800m: 24:23.69	1:23.09	2600m: 35:24.11	1:22.85	
	300m: 3:54.67	1:20.41	1100m: 14:47.46	1:22.06	1900m: 25:46.15	1:22.46	2700m: 36:44.85	1:20.74	
	400m: 5:16.28	1:21.61	1200m: 16:08.98	1:21.52	2000m: 27:08.11	1:21.96	2800m: 38:05.42	1:20.57	
	500m: 6:37.62	1:21.34	1300m: 17:30.43	1:21.45	2100m: 28:30.97	1:22.86	2900m: 39:25.53	1:20.11	
	600m: 8:00.52	1:22.90	1400m: 18:51.96	1:21.53	2200m: 29:53.31	1:22.34	3000m: 40:43.69	1:18.16	
	700m: 9:21.62	1:21.10	1500m: 20:14.40	1:22.44	2300m: 31:15.63	1:22.32			
	800m: 10:42.98	1:21.36	1600m: 21:37.17	1:22.77	2400m: 32:38.70	1:23.07			
2.	MANCERA REINA Ana	94	C.N. Carmona					<b>44:51.97</b>	16,00
	100m: 1:23.73	1:23.73	900m: 13:17.72	1:30.33	1700m: 25:22.84	1:31.22	2500m: 37:30.19	1:30.98	
	200m: 2:51.94	1:28.21	1000m: 14:48.33	1:30.61	1800m: 26:52.45	1:29.61	2600m: 39:00.45	1:30.26	
	300m: 4:20.67	1:28.73	1100m: 16:17.59	1:29.26	1900m: 28:23.35	1:30.90	2700m: 40:30.24	1:29.79	
	400m: 5:49.63	1:28.96	1200m: 17:47.11	1:29.52	2000m: 29:54.94	1:31.59	2800m: 41:59.08	1:28.84	
	500m: 7:19.08	1:29.45	1300m: 19:17.46	1:30.35	2100m: 31:25.13	1:30.19	2900m: 43:26.23	1:27.15	
	600m: 8:48.77	1:29.69	1400m: 20:48.02	1:30.56	2200m: 32:56.20	1:31.07	3000m: 44:51.97	1:25.74	
	700m: 10:18.39	1:29.62	1500m: 22:20.47	1:32.45	2300m: 34:27.90	1:31.70			
	800m: 11:47.39	1:29.00	1600m: 23:51.62	1:31.15	2400m: 35:59.21	1:31.31			
3.	ESCOBAR FERNANDEZ Lourdes	95	C.N.Inacua Huetor Vega					<b>45:13.51</b>	14,00
	100m: 1:22.95	1:22.95	900m: 13:20.39	1:29.17	1700m: 25:22.82	1:30.27	2500m: 37:35.98	1:32.14	
	200m: 2:50.80	1:27.85	1000m: 14:50.45	1:30.06	1800m: 26:52.69	1:29.87	2600m: 39:09.24	1:33.26	
	300m: 4:19.68	1:28.88	1100m: 16:19.27	1:28.82	1900m: 28:24.38	1:31.69	2700m: 40:42.98	1:33.74	
	400m: 5:50.23	1:30.55	1200m: 17:49.75	1:30.48	2000m: 29:56.03	1:31.65	2800m: 42:16.34	1:33.36	
	500m: 7:20.50	1:30.27	1300m: 19:20.27	1:30.52	2100m: 31:27.54	1:31.51	2900m: 43:48.49	1:32.15	
	600m: 8:51.40	1:30.90	1400m: 20:50.69	1:30.42	2200m: 32:58.86	1:31.32	3000m: 45:13.51	1:25.02	
	700m: 10:21.91	1:30.51	1500m: 22:22.05	1:31.36	2300m: 34:30.93	1:32.07			
	800m: 11:51.22	1:29.31	1600m: 23:52.55	1:30.50	2400m: 36:03.84	1:32.91			
4.	RUBIO CONTRERAS Diana	94	Natacion Sevilla Master, C.D.					<b>49:50.09</b>	13,00
	100m: 1:30.40	1:30.40	900m: 14:35.17	1:41.21	1700m: 27:56.22	1:38.17	2500m: 41:25.19	1:42.59	
	200m: 3:05.91	1:35.51	1000m: 16:16.31	1:41.14	1800m: 29:37.72	1:41.50	2600m: 43:09.46	1:44.27	
	300m: 4:41.02	1:35.11	1100m: 17:51.12	1:34.81	1900m: 31:21.19	1:43.47	2700m: 44:50.09	1:40.63	
	400m: 6:17.12	1:36.10	1200m: 19:31.20	1:40.08	2000m: 32:57.88	1:36.69	2800m: 46:30.66	1:40.57	
	500m: 7:56.51	1:39.39	1300m: 21:11.19	1:39.99	2100m: 34:33.65	1:35.77	2900m: 48:10.53	1:39.87	
	600m: 9:35.24	1:38.73	1400m: 22:54.10	1:42.91	2200m: 36:16.12	1:42.47	3000m: 49:50.09	1:39.56	
	700m: 11:13.66	1:38.42	1500m: 24:38.16	1:44.06	2300m: 37:59.55	1:43.43			
	800m: 12:53.96	1:40.30	1600m: 26:18.05	1:39.89	2400m: 39:42.60	1:43.05			



Prueba 6, Fem., 3000m Libre, 20+

Clasificación

AN

Tiempo

5.	LOPEZ MORALES Mª Del Carmen			98	C.N. Moralo				<b>51:43.09</b>		12,00
100m:	1:29.75	1:29.75	900m:	14:51.12	1:40.15	1700m:	29:00.39	1:50.55	2500m:	43:16.22	1:46.65
200m:	3:08.77	1:39.02	1000m:	16:30.70	1:39.58	1800m:	30:49.66	1:49.27	2600m:	45:02.14	1:45.92
300m:	4:51.26	1:42.49	1100m:	18:12.00	1:41.30	1900m:	32:38.70	1:49.04	2700m:	46:46.64	1:44.50
400m:	6:33.39	1:42.13	1200m:	19:58.84	1:46.84	2000m:	34:27.07	1:48.37	2800m:	48:29.73	1:43.09
500m:	8:12.88	1:39.49	1300m:	21:45.47	1:46.63	2100m:	36:14.14	1:47.07	2900m:	50:09.00	1:39.27
600m:	9:52.62	1:39.74	1400m:	23:34.13	1:48.66	2200m:	37:59.01	1:44.87	3000m:	51:43.09	1:34.09
700m:	11:32.68	1:40.06	1500m:	25:22.69	1:48.56	2300m:	39:43.49	1:44.48			
800m:	13:10.97	1:38.29	1600m:	27:09.84	1:47.15	2400m:	41:29.57	1:46.08			

25+, Fem.

1.	SOUISSI AYUSO Fatima			93	C.N. Cadiz				<b>38:06.43</b>	34,00	RE	
	100m:	1:10.96	1:10.96	900m:	11:12.19	1:15.51	1700m:	21:22.61	1:16.22	2500m:	31:40.93	1:17.74
	200m:	2:25.06	1:14.10	1000m:	12:28.69	1:16.50	1800m:	22:39.38	1:16.77	2600m:	32:58.63	1:17.70
	300m:	3:39.89	1:14.83	1100m:	13:44.69	1:16.00	1900m:	23:56.49	1:17.11	2700m:	34:16.59	1:17.96
	400m:	4:55.01	1:15.12	1200m:	15:01.43	1:16.74	2000m:	25:13.91	1:17.42	2800m:	35:34.94	1:18.35
	500m:	6:10.35	1:15.34	1300m:	16:17.43	1:16.00	2100m:	26:30.50	1:16.59	2900m:	36:52.89	1:17.95
	600m:	7:25.80	1:15.45	1400m:	17:33.59	1:16.16	2200m:	27:47.67	1:17.17	3000m:	38:06.41	1:13.52
	700m:	8:41.13	1:15.33	1500m:	18:50.02	1:16.43	2300m:	29:05.60	1:17.93			
	800m:	9:56.68	1:15.55	1600m:	20:06.39	1:16.37	2400m:	30:23.19	1:17.59			
2.	LASTRA PEREZ Rocio			90	C.N. Camargo				<b>41:21.82</b>	16,00		
	100m:	1:18.02	1:18.02	900m:	12:14.23	1:22.78	1700m:	23:18.76	1:23.49	2500m:	34:30.21	1:24.36
	200m:	2:39.39	1:21.37	1000m:	13:37.03	1:22.80	1800m:	24:42.40	1:23.64	2600m:	35:54.17	1:23.96
	300m:	4:00.84	1:21.45	1100m:	14:59.90	1:22.87	1900m:	26:05.88	1:23.48	2700m:	37:17.54	1:23.37
	400m:	5:22.50	1:21.66	1200m:	16:22.65	1:22.75	2000m:	27:29.46	1:23.58	2800m:	38:41.90	1:24.36
	500m:	6:44.38	1:21.88	1300m:	17:45.91	1:23.26	2100m:	28:53.57	1:24.11	2900m:	40:05.70	1:23.80
	600m:	8:06.35	1:21.97	1400m:	19:08.83	1:22.92	2200m:	30:17.85	1:24.28	3000m:	41:21.82	1:16.12
	700m:	9:29.33	1:22.98	1500m:	20:31.76	1:22.93	2300m:	31:42.00	1:24.15			
	800m:	10:51.45	1:22.12	1600m:	21:55.27	1:23.51	2400m:	33:05.85	1:23.85			
3.	RUIZ MORENO Irene			89	C.D. Jerez Natacion Master				<b>56:21.43</b>	14,00		
	100m:	1:38.29	1:38.29	900m:	15:52.27	1:48.55	1700m:	30:22.38	1:50.44	2500m:	45:48.91	2:00.37
	200m:	3:22.60	1:44.31	1000m:	17:40.80	1:48.53	1800m:	32:12.58	1:50.20	2600m:	47:54.46	2:05.55
	300m:	5:07.43	1:44.83	1100m:	19:29.53	1:48.73	1900m:	34:03.73	1:51.15	2700m:	49:59.63	2:05.17
	400m:	6:54.75	1:47.32	1200m:	21:18.66	1:49.13	2000m:	35:57.46	1:53.73	2800m:	52:07.90	2:08.27
	500m:	8:41.65	1:46.90	1300m:	23:07.40	1:48.74	2100m:	37:53.03	1:55.57	2900m:	54:14.38	2:06.48
	600m:	10:28.48	1:46.83	1400m:	24:54.81	1:47.41	2200m:	39:50.66	1:57.63	3000m:	56:21.43	2:07.05
	700m:	12:16.01	1:47.53	1500m:	26:42.55	1:47.74	2300m:	41:49.09	1:58.43			
	800m:	14:03.72	1:47.71	1600m:	28:31.94	1:49.39	2400m:	43:48.54	1:59.45			

30+, Fem.

1.	VILAR ALCAMI Ione			85	C.N. Vila-Real				40:08.14	19,00	
100m:	1:16.22	1:16.22	900m:	12:04.17	1:21.21	1700m:	22:43.66	1:20.66	2500m:	33:27.66	1:21.33
200m:	2:34.86	1:18.64	1000m:	13:24.86	1:20.69	1800m:	24:04.05	1:20.39	2600m:	34:48.94	1:21.28
300m:	3:54.95	1:20.09	1100m:	14:44.66	1:19.80	1900m:	25:24.44	1:20.39	2700m:	36:09.38	1:20.44
400m:	5:16.70	1:21.75	1200m:	16:04.10	1:19.44	2000m:	26:44.76	1:20.32	2800m:	37:30.02	1:20.64
500m:	6:38.06	1:21.36	1300m:	17:23.43	1:19.33	2100m:	28:05.29	1:20.53	2900m:	38:50.36	1:20.34
600m:	8:00.21	1:22.15	1400m:	18:43.06	1:19.63	2200m:	29:25.62	1:20.33	3000m:	40:08.14	1:17.78
700m:	9:21.66	1:21.45	1500m:	20:02.99	1:19.93	2300m:	30:44.83	1:19.21			
800m:	10:42.96	1:21.30	1600m:	21:23.00	1:20.01	2400m:	32:06.33	1:21.50			

Prueba 6, Fem., 3000m Libre, 30+

Clasificación

AN

Tiempo

2. VILANOVA GONZALEZ Paula	85	Cn Master Torrijos	<b>45:56.30</b>	16,00
100m: 1:29.69 1:29.69	900m: 13:52.84 1:32.90	1700m: 26:06.80 1:31.96	2500m: 38:26.96 1:34.25	
200m: 3:02.20 1:32.51	1000m: 15:24.96 1:32.12	1800m: 27:38.47 1:31.67	2600m: 39:57.07 1:30.11	
300m: 4:35.16 1:32.96	1100m: 16:56.86 1:31.90	1900m: 29:10.40 1:31.93	2700m: 41:27.66 1:30.59	
400m: 6:08.40 1:33.24	1200m: 18:28.03 1:31.17	2000m: 30:42.07 1:31.67	2800m: 42:58.06 1:30.40	
500m: 7:41.39 1:32.99	1300m: 19:59.81 1:31.78	2100m: 32:14.58 1:32.51	2900m: 44:28.92 1:30.86	
600m: 9:14.65 1:33.26	1400m: 21:31.28 1:31.47	2200m: 33:47.01 1:32.43	3000m: 45:56.30 1:27.38	
700m: 10:47.80 1:33.15	1500m: 23:03.08 1:31.80	2300m: 35:20.07 1:33.06		
800m: 12:19.94 1:32.14	1600m: 24:34.84 1:31.76	2400m: 36:52.71 1:32.64		
3. SASTRE GARCIA Nuria	87	C. Aquatico Aviles Solras	<b>51:22.32</b>	14,00
100m: 1:33.69 1:33.69	900m: 14:57.37 1:41.65	1700m: 28:42.46 1:44.08	2500m: 42:42.26 1:44.90	
200m: 3:11.53 1:37.84	1000m: 16:39.33 1:41.96	1800m: 30:27.70 1:45.24	2600m: 44:27.55 1:45.29	
300m: 4:50.71 1:39.18	1100m: 18:21.61 1:42.28	1900m: 32:12.50 1:44.80	2700m: 46:12.57 1:45.02	
400m: 6:31.34 1:40.63	1200m: 20:04.10 1:42.49	2000m: 33:57.88 1:45.38	2800m: 47:57.28 1:44.71	
500m: 8:11.45 1:40.11	1300m: 21:46.05 1:41.95	2100m: 35:43.33 1:45.45	2900m: 49:41.81 1:44.53	
600m: 9:52.56 1:41.11	1400m: 23:31.32 1:44.41	2200m: 37:27.74 1:44.41	3000m: 51:22.32 1:40.51	
700m: 11:33.90 1:41.34	1500m: 25:14.86 1:43.54	2300m: 39:12.57 1:44.83		
800m: 13:15.72 1:41.82	1600m: 26:58.38 1:43.52	2400m: 40:57.36 1:44.79		

35+, Fem.

1.	RUIZ LARRAMENDI FERNANDEZ Ainhç79				C.D.Turaniana				46:32.06		19,00	
	100m:	1:26.44	1:26.44	900m:	13:45.00	1:32.81	1700m:	26:17.06	1:34.54	2500m:	38:50.03	1:33.46
	200m:	2:57.55	1:31.11	1000m:	15:18.41	1:33.41	1800m:	27:51.92	1:34.86	2600m:	40:23.67	1:33.64
	300m:	4:29.57	1:32.02	1100m:	16:51.56	1:33.15	1900m:	29:26.10	1:34.18	2700m:	41:57.87	1:34.20
	400m:	6:01.30	1:31.73	1200m:	18:25.31	1:33.75	2000m:	31:00.62	1:34.52	2800m:	43:30.55	1:32.68
	500m:	7:33.88	1:32.58	1300m:	19:58.36	1:33.05	2100m:	32:34.50	1:33.88	2900m:	45:03.78	1:33.23
	600m:	9:06.19	1:32.31	1400m:	21:33.27	1:34.91	2200m:	34:08.36	1:33.86	3000m:	46:32.06	1:28.28
	700m:	10:38.68	1:32.49	1500m:	23:07.72	1:34.45	2300m:	35:42.42	1:34.06			
	800m:	12:12.19	1:33.51	1600m:	24:42.52	1:34.80	2400m:	37:16.57	1:34.15			
2.	MATESANZ BARRON Christina Barbara79				C.D.Resist4				46:40.72		16,00	
	100m:	1:31.59	1:31.59	900m:	13:57.02	1:34.03	1700m:	26:20.15	1:33.52	2500m:	38:53.57	1:34.63
	200m:	3:04.83	1:33.24	1000m:	15:30.26	1:33.24	1800m:	27:54.08	1:33.93	2600m:	40:28.58	1:35.01
	300m:	4:38.23	1:33.40	1100m:	17:03.19	1:32.93	1900m:	29:28.18	1:34.10	2700m:	42:03.70	1:35.12
	400m:	6:10.92	1:32.69	1200m:	18:35.50	1:32.31	2000m:	31:02.14	1:33.96	2800m:	43:38.26	1:34.56
	500m:	7:43.45	1:32.53	1300m:	20:08.18	1:32.68	2100m:	32:35.98	1:33.84	2900m:	45:12.50	1:34.24
	600m:	9:15.90	1:32.45	1400m:	21:41.45	1:33.27	2200m:	34:10.20	1:34.22	3000m:	46:40.72	1:28.22
	700m:	10:49.18	1:33.28	1500m:	23:14.45	1:33.00	2300m:	35:45.05	1:34.85			
	800m:	12:22.99	1:33.81	1600m:	24:46.63	1:32.18	2400m:	37:18.94	1:33.89			

40+, Fem.

1. SANTOS ARRIAGA Rebeca	77	Cn Master Torrijos	<b>36:56.98</b>	34,00	RE
100m: 1:12.02 1:12.02	900m: 11:01.72 1:13.60	1700m: 20:53.35 1:13.83	2500m: 30:47.75 1:14.45		
200m: 2:25.50 1:13.48	1000m: 12:15.69 1:13.97	1800m: 22:07.38 1:14.03	2600m: 32:02.19 1:14.44		
300m: 3:39.35 1:13.85	1100m: 13:29.67 1:13.98	1900m: 23:21.11 1:13.73	2700m: 33:16.63 1:14.44		
400m: 4:53.54 1:14.19	1200m: 14:43.39 1:13.72	2000m: 24:35.38 1:14.27	2800m: 34:30.76 1:14.13		
500m: 6:07.51 1:13.97	1300m: 15:57.24 1:13.85	2100m: 25:49.68 1:14.30	2900m: 35:44.46 1:13.70		
600m: 7:20.93 1:13.42	1400m: 17:11.44 1:14.20	2200m: 27:04.08 1:14.40	3000m: 36:56.98 1:12.52		
700m: 8:34.48 1:13.55	1500m: 18:25.51 1:14.07	2300m: 28:18.85 1:14.77			
800m: 9:48.12 1:13.64	1600m: 19:39.52 1:14.01	2400m: 29:33.30 1:14.45			

Prueba 6, Fem., 3000m Libre, 40+

Clasificación

AN

Tiempo

2. PEREZ MAYORGAS Estibaliz	75	R.C. Mediterraneo	<b>41:58.42</b>	31,00
100m: 1:18.51 1:18.51	900m: 12:17.89 1:23.77	1700m: 23:32.35 1:25.54	2500m: 34:57.18 1:25.84	
200m: 2:39.69 1:21.18	1000m: 13:41.67 1:23.78	1800m: 24:58.02 1:25.67	2600m: 36:22.60 1:25.42	
300m: 4:01.15 1:21.46	1100m: 15:05.91 1:24.24	1900m: 26:23.51 1:25.49	2700m: 37:47.42 1:24.82	
400m: 5:21.85 1:20.70	1200m: 16:30.07 1:24.16	2000m: 27:48.70 1:25.19	2800m: 39:12.38 1:24.96	
500m: 6:43.92 1:22.07	1300m: 17:54.21 1:24.14	2100m: 29:13.96 1:25.26	2900m: 40:35.82 1:23.44	
600m: 8:06.96 1:23.04	1400m: 19:18.64 1:24.43	2200m: 30:39.80 1:25.84	3000m: 41:58.42 1:22.60	
700m: 9:30.56 1:23.60	1500m: 20:43.01 1:24.37	2300m: 32:05.99 1:26.19		
800m: 10:54.12 1:23.56	1600m: 22:06.81 1:23.80	2400m: 33:31.34 1:25.35		
3. VIDAL SILVESTRE Nuria	78	C.N. Vila-Real	<b>42:56.08</b>	14,00
100m: 1:24.77 1:24.77	900m: 12:54.46 1:25.51	1700m: 24:21.98 1:26.55	2500m: 35:53.76 1:25.80	
200m: 2:50.97 1:26.20	1000m: 14:20.19 1:25.73	1800m: 25:48.80 1:26.82	2600m: 37:20.04 1:26.28	
300m: 4:17.24 1:26.27	1100m: 15:45.84 1:25.65	1900m: 27:15.38 1:26.58	2700m: 38:46.76 1:26.72	
400m: 5:43.75 1:26.51	1200m: 17:10.91 1:25.07	2000m: 28:41.58 1:26.20	2800m: 40:12.57 1:25.81	
500m: 7:10.83 1:27.08	1300m: 18:36.81 1:25.90	2100m: 30:07.87 1:26.29	2900m: 41:35.90 1:23.33	
600m: 8:37.41 1:26.58	1400m: 20:02.79 1:25.98	2200m: 31:35.14 1:27.27	3000m: 42:56.08 1:20.18	
700m: 10:03.47 1:26.06	1500m: 21:28.67 1:25.88	2300m: 33:01.57 1:26.43		
800m: 11:28.95 1:25.48	1600m: 22:55.43 1:26.76	2400m: 34:27.96 1:26.39		
4. GOMEZ GOMEZ Miriam	75	C. Nautico Sevilla	<b>47:07.07</b>	13,00
100m: 1:29.27 1:29.27	900m: 14:07.70 1:34.21	1700m: 26:43.78 1:34.63	2500m: 39:18.98 1:33.94	
200m: 3:02.70 1:33.43	1000m: 15:41.76 1:34.06	1800m: 28:17.77 1:33.99	2600m: 40:54.00 1:35.02	
300m: 4:36.96 1:34.26	1100m: 17:16.49 1:34.73	1900m: 29:52.37 1:34.60	2700m: 42:28.04 1:34.04	
400m: 6:12.96 1:36.00	1200m: 18:51.51 1:35.02	2000m: 31:26.66 1:34.29	2800m: 44:00.97 1:32.93	
500m: 7:47.77 1:34.81	1300m: 20:25.64 1:34.13	2100m: 33:02.25 1:35.59	2900m: 45:33.99 1:33.02	
600m: 9:23.27 1:35.50	1400m: 22:00.45 1:34.81	2200m: 34:36.00 1:33.75	3000m: 47:07.07 1:33.08	
700m: 10:58.52 1:35.25	1500m: 23:34.85 1:34.40	2300m: 36:10.61 1:34.61		
800m: 12:33.49 1:34.97	1600m: 25:09.15 1:34.30	2400m: 37:45.04 1:34.43		
5. PERAL PEREZ Maria Del Pilar	78	C.D. Jerez Natacion Master	<b>51:13.13</b>	12,00
100m: 1:34.30 1:34.30	900m: 15:19.97 1:44.16	1700m: 29:05.70 1:43.43	2500m: 42:50.14 1:42.61	
200m: 3:15.61 1:41.31	1000m: 17:03.56 1:43.59	1800m: 30:48.27 1:42.57	2600m: 44:31.32 1:41.18	
300m: 4:58.79 1:43.18	1100m: 18:46.80 1:43.24	1900m: 32:31.23 1:42.96	2700m: 46:13.15 1:41.83	
400m: 6:41.87 1:43.08	1200m: 20:28.58 1:41.78	2000m: 34:14.80 1:43.57	2800m: 47:54.61 1:41.46	
500m: 8:25.01 1:43.14	1300m: 22:11.36 1:42.78	2100m: 35:58.80 1:44.00	2900m: 49:36.49 1:41.88	
600m: 10:09.14 1:44.13	1400m: 23:55.40 1:44.04	2200m: 37:41.98 1:43.18	3000m: 51:13.13 1:36.64	
700m: 11:52.71 1:43.57	1500m: 25:38.57 1:43.17	2300m: 39:25.61 1:43.63		
800m: 13:35.81 1:43.10	1600m: 27:22.27 1:43.70	2400m: 41:07.53 1:41.92		
6. GIMENEZ ALOS Maria Teresa	77	C.D. Jerez Natacion Master	<b>57:23.07</b>	11,00
100m: 1:38.99 1:38.99	900m: 16:35.38 1:54.42	1700m: 32:09.99 1:57.22	2500m: 47:49.38 1:56.43	
200m: 3:26.82 1:47.83	1000m: 18:31.80 1:56.42	1800m: 34:07.43 1:57.44	2600m: 49:47.70 1:58.32	
300m: 5:17.53 1:50.71	1100m: 20:27.90 1:56.10	1900m: 36:05.66 1:58.23	2700m: 51:46.23 1:58.53	
400m: 7:08.60 1:51.07	1200m: 22:25.35 1:57.45	2000m: 38:04.75 1:59.09	2800m: 53:41.66 1:55.43	
500m: 9:00.67 1:52.07	1300m: 24:20.78 1:55.43	2100m: 40:04.97 2:00.22	2900m: 55:37.89 1:56.23	
600m: 10:53.18 1:52.51	1400m: 26:16.47 1:55.69	2200m: 42:01.48 1:56.51	3000m: 57:23.07 1:45.18	
700m: 12:46.73 1:53.55	1500m: 28:13.31 1:56.84	2300m: 43:56.77 1:55.29		
800m: 14:40.96 1:54.23	1600m: 30:12.77 1:59.46	2400m: 45:52.95 1:56.18		

45+, Fem.

## Prueba 6, Fem., 3000m Libre, 45+

Clasificación

AN

Tiempo

1. MARCHANTE LUJAN Yolanda	73	Vila-Swim Fondistas Club Natac	42:17.44	34,00	RE
100m: 1:22.38 1:22.38	900m: 12:35.64 1:24.35	1700m: 23:55.42 1:25.60	2500m: 35:14.98 1:24.97		
200m: 2:46.35 1:23.97	1000m: 14:00.29 1:24.65	1800m: 25:20.40 1:24.98	2600m: 36:40.15 1:25.17		
300m: 4:09.82 1:23.47	1100m: 15:25.34 1:25.05	1900m: 26:45.54 1:25.14	2700m: 38:05.09 1:24.94		
400m: 5:33.75 1:23.93	1200m: 16:50.03 1:24.69	2000m: 28:10.15 1:24.61	2800m: 39:30.06 1:24.97		
500m: 6:57.86 1:24.11	1300m: 18:14.75 1:24.72	2100m: 29:34.96 1:24.81	2900m: 40:54.74 1:24.68		
600m: 8:22.22 1:24.36	1400m: 19:39.57 1:24.82	2200m: 30:59.82 1:24.86	3000m: 42:17.44 1:22.70		
700m: 9:46.70 1:24.48	1500m: 21:04.80 1:25.23	2300m: 32:24.86 1:25.04			
800m: 11:11.29 1:24.59	1600m: 22:29.82 1:25.02	2400m: 33:50.01 1:25.15			
2. OLMEDO ROBLEDO Isabel	69	C.N. Cadiz	46:41.28	16,00	
100m: 1:28.52 1:28.52	900m: 13:52.81 1:33.01	1700m: 26:19.80 1:33.20	2500m: 38:53.86 1:34.48		
200m: 3:00.90 1:32.38	1000m: 15:26.68 1:33.87	1800m: 27:53.76 1:33.96	2600m: 40:28.66 1:34.80		
300m: 4:34.32 1:33.42	1100m: 17:00.65 1:33.97	1900m: 29:28.05 1:34.29	2700m: 42:03.30 1:34.64		
400m: 6:07.66 1:33.34	1200m: 18:34.21 1:33.56	2000m: 31:01.93 1:33.88	2800m: 43:38.09 1:34.79		
500m: 7:40.64 1:32.98	1300m: 20:08.06 1:33.85	2100m: 32:36.12 1:34.19	2900m: 45:12.34 1:34.25		
600m: 9:13.69 1:33.05	1400m: 21:41.27 1:33.21	2200m: 34:10.21 1:34.09	3000m: 46:41.28 1:28.94		
700m: 10:46.69 1:33.00	1500m: 23:14.18 1:32.91	2300m: 35:45.17 1:34.96			
800m: 12:19.80 1:33.11	1600m: 24:46.60 1:32.42	2400m: 37:19.38 1:34.21			
3. SANCHEZ BENDALA Ana	71	Natacion Sevilla Master, C.D.	46:43.44	14,00	
100m: 1:25.80 1:25.80	900m: 13:45.20 1:32.83	1700m: 26:15.08 1:53.11	2500m: 38:52.57 1:34.96		
200m: 2:56.13 1:30.33	1000m: 15:19.14 1:33.94	1800m: 27:48.91 1:33.83	2600m: 40:27.58 1:35.01		
300m: 4:27.77 1:31.64	1100m: 16:52.23 1:33.09	1900m: 29:23.76 1:34.85	2700m: 42:03.35 1:35.77		
400m: 6:00.58 1:32.81	1200m: 18:25.83 1:33.60	2000m: 30:58.27 1:34.51	2800m: 43:39.81 1:36.46		
500m: 7:32.93 1:32.35	1300m: 20:00.33 1:34.50	2100m: 32:32.49 1:34.22	2900m: 45:12.85 1:33.04		
600m: 9:06.12 1:33.19	1400m: 21:33.26 1:32.93	2200m: 34:07.32 1:34.83	3000m: 46:43.44 1:30.59		
700m: 10:38.71 1:32.59	1500m: 23:06.79 1:33.53	2300m: 35:42.41 1:35.09			
800m: 12:12.37 1:33.66	1600m: 24:21.97 1:15.18	2400m: 37:17.61 1:35.20			
4. GARCIA ALVAREZ Maria Jose	71	Club Benavente Natacion	47:25.51	13,00	
100m: 1:33.78 1:33.78	900m: 14:12.24 1:33.07	1700m: 26:53.41 1:34.60	2500m: 39:35.94 1:35.54		
200m: 3:08.39 1:34.61	1000m: 15:47.23 1:34.99	1800m: 28:28.59 1:35.18	2600m: 41:10.26 1:34.32		
300m: 4:45.13 1:36.74	1100m: 17:21.95 1:34.72	1900m: 30:03.34 1:34.75	2700m: 42:44.89 1:34.63		
400m: 6:21.34 1:36.21	1200m: 18:55.91 1:33.96	2000m: 31:39.09 1:35.75	2800m: 44:19.99 1:35.10		
500m: 7:55.94 1:34.60	1300m: 20:30.83 1:34.92	2100m: 33:13.98 1:34.89	2900m: 45:54.28 1:34.29		
600m: 9:30.92 1:34.98	1400m: 22:07.25 1:36.42	2200m: 34:49.38 1:35.40	3000m: 47:25.51 1:31.23		
700m: 11:05.19 1:34.27	1500m: 23:42.85 1:35.60	2300m: 36:24.50 1:35.12			
800m: 12:39.17 1:33.98	1600m: 25:18.81 1:35.96	2400m: 38:00.40 1:35.90			
5. DEL RIO REDONDO Emma	69	Real Canoe N.C.	49:14.67	12,00	
100m: 1:30.35 1:30.35	900m: 14:24.44 1:37.24	1700m: 27:36.93 1:39.86	2500m: 40:53.27 1:40.28		
200m: 3:04.46 1:34.11	1000m: 16:01.83 1:37.39	1800m: 29:16.23 1:39.30	2600m: 42:33.44 1:40.17		
300m: 4:41.49 1:37.03	1100m: 17:40.09 1:38.26	1900m: 30:55.22 1:38.99	2700m: 44:14.45 1:41.01		
400m: 6:19.11 1:37.62	1200m: 19:18.92 1:38.83	2000m: 32:35.13 1:39.91	2800m: 45:56.44 1:41.99		
500m: 7:56.42 1:37.31	1300m: 20:57.19 1:38.27	2100m: 34:15.11 1:39.98	2900m: 47:37.42 1:40.98		
600m: 9:33.25 1:36.83	1400m: 22:36.72 1:39.53	2200m: 35:53.93 1:38.82	3000m: 49:14.67 1:37.25		
700m: 11:10.60 1:37.35	1500m: 24:16.57 1:39.85	2300m: 37:33.27 1:39.34			
800m: 12:47.20 1:36.60	1600m: 25:57.07 1:40.50	2400m: 39:12.99 1:39.72			
6. BARONE COBOS Charo	70	C.D.Resist4	56:23.65	11,00	
100m: 1:45.71 1:45.71	900m: 16:35.14 1:48.67	1700m: 31:41.62 1:53.33	2500m: 46:59.53 1:58.20		
200m: 3:34.92 1:49.21	1000m: 18:26.20 1:51.06	1800m: 33:36.54 1:54.92	2600m: 48:53.51 1:53.98		
300m: 5:26.38 1:51.46	1100m: 20:17.52 1:51.32	1900m: 35:29.73 1:53.19	2700m: 50:47.30 1:53.79		
400m: 7:17.57 1:51.19	1200m: 22:10.80 1:53.28	2000m: 37:23.35 1:53.62	2800m: 52:41.30 1:54.00		
500m: 9:10.06 1:52.49	1300m: 24:07.68 1:56.88	2100m: 39:22.70 1:59.35	2900m: 54:32.65 1:51.35		
600m: 11:03.40 1:53.34	1400m: 26:00.32 1:52.64	2200m: 41:13.88 1:51.18	3000m: 56:23.65 1:51.00		
700m: 12:53.91 1:50.51	1500m: 27:53.93 1:53.61	2300m: 43:07.98 1:54.10			
800m: 14:46.47 1:52.56	1600m: 29:48.29 1:54.36	2400m: 45:01.33 1:53.35			

## Prueba 6, Fem., 3000m Libre, 45+

## Clasificación

## AN

## Tiempo

7. RODRIGUEZ PRADO Gracia	69	C.N. Carmona	1:00:07.28	10,00			
100m: 1:53.20	1:53.20	900m: 17:57.18	2:00.79	1700m: 34:11.19	2:01.42	2500m: 50:17.14	2:02.36
200m: 3:53.42	2:00.22	1000m: 19:58.98	2:01.80	1800m: 36:10.69	1:59.50	2600m: 52:17.58	2:00.44
300m: 5:53.84	2:00.42	1100m: 22:00.12	2:01.14	1900m: 38:08.83	1:58.14	2700m: 54:17.52	1:59.94
400m: 7:53.99	2:00.15	1200m: 24:02.01	2:01.89	2000m: 40:08.17	1:59.34	2800m: 56:18.12	2:00.60
500m: 9:54.05	2:00.06	1300m: 26:05.77	2:03.76	2100m: 42:10.17	2:02.00	2900m: 58:16.93	1:58.81
600m: 11:53.64	1:59.59	1400m: 28:07.41	2:01.64	2200m: 44:12.23	2:02.06	3000m: 1:00:07.28	1:50.35
700m: 13:55.33	2:01.69	1500m: 30:09.47	2:02.06	2300m: 46:13.22	2:00.99		
800m: 15:56.39	2:01.06	1600m: 32:09.77	2:00.30	2400m: 48:14.78	2:01.56		

Baja HIDALGO DALMAS Rosario 69 R.C. Mediterraneo -

## 50+, Fem.

1.	TEIXIDOR LEGOUX Aurelia	68	G.E. I.E.G.	45:24.23	34,00	RE		
	100m: 1:27.13	1:27.13	900m: 13:32.06	1:31.12	1700m: 25:38.60	1:32.06	2500m: 37:47.34	1:30.51
	200m: 2:57.24	1:30.11	1000m: 15:02.45	1:30.39	1800m: 27:09.12	1:30.52	2600m: 39:18.72	1:31.38
	300m: 4:27.65	1:30.41	1100m: 16:33.29	1:30.84	1900m: 28:40.03	1:30.91	2700m: 40:50.52	1:31.80
	400m: 5:57.80	1:30.15	1200m: 18:03.71	1:30.42	2000m: 30:10.34	1:30.31	2800m: 42:22.06	1:31.54
	500m: 7:27.69	1:29.89	1300m: 19:34.63	1:30.92	2100m: 31:41.51	1:31.17	2900m: 43:54.02	1:31.96
	600m: 8:58.58	1:30.89	1400m: 21:04.89	1:30.26	2200m: 33:13.89	1:32.38	3000m: 45:24.23	1:30.21
	700m: 10:29.56	1:30.98	1500m: 22:35.89	1:31.00	2300m: 34:45.85	1:31.96		
	800m: 12:00.94	1:31.38	1600m: 24:06.54	1:30.65	2400m: 36:16.83	1:30.98		
2.	PINTO SALVADOR Mª Teresa	67	C.N. Albacora	52:41.18	16,00			
	100m: 1:39.23	1:39.23	900m: 15:40.46	1:44.87	1700m: 29:38.60	1:44.69	2500m: 43:46.57	1:47.71
	200m: 3:25.79	1:46.56	1000m: 17:24.74	1:44.28	1800m: 31:23.19	1:44.59	2600m: 45:33.86	1:47.29
	300m: 5:11.83	1:46.04	1100m: 19:09.96	1:45.22	1900m: 33:08.88	1:45.69	2700m: 47:21.48	1:47.62
	400m: 6:57.79	1:45.96	1200m: 20:54.93	1:44.97	2000m: 34:55.13	1:46.25	2800m: 49:09.50	1:48.02
	500m: 8:42.62	1:44.83	1300m: 22:38.99	1:44.06	2100m: 36:41.31	1:46.18	2900m: 50:57.22	1:47.72
	600m: 10:26.98	1:44.36	1400m: 24:23.98	1:44.99	2200m: 38:26.97	1:45.66	3000m: 52:41.18	1:43.96
	700m: 12:11.36	1:44.38	1500m: 26:09.26	1:45.28	2300m: 40:12.15	1:45.18		
	800m: 13:55.59	1:44.23	1600m: 27:53.91	1:44.65	2400m: 41:58.86	1:46.71		
3.	CORDAL CASTRO Mª Angeles	66	C.N. Portuense	55:46.97	14,00			
	100m: 1:47.50	1:47.50	900m: 17:02.26	1:53.30	1700m: 31:59.46	1:50.00	2500m: 46:44.59	1:53.31
	200m: 3:39.94	1:52.44	1000m: 18:56.68	1:54.42	1800m: 33:50.71	1:51.25	2600m: 48:35.30	1:50.71
	300m: 5:34.91	1:54.97	1100m: 20:50.06	1:53.38	1900m: 35:41.67	1:50.96	2700m: 50:25.04	1:49.74
	400m: 7:31.99	1:57.08	1200m: 22:42.78	1:52.72	2000m: 37:31.35	1:49.68	2800m: 52:14.96	1:49.92
	500m: 9:27.10	1:55.11	1300m: 24:35.73	1:52.95	2100m: 39:21.28	1:49.93	2900m: 54:04.12	1:49.16
	600m: 11:22.25	1:55.15	1400m: 26:28.04	1:52.31	2200m: 41:10.48	1:49.20	3000m: 55:46.97	1:42.85
	700m: 13:15.81	1:53.56	1500m: 28:18.78	1:50.74	2300m: 43:01.13	1:50.65		
	800m: 15:08.96	1:53.15	1600m: 30:09.46	1:50.68	2400m: 44:51.28	1:50.15		
4.	BALLESTA GARCIA Inmaculada	64	C.N. Portuense	1:01:02.78	13,00			
	100m: 1:52.83	1:52.83	900m: 17:56.99	2:01.14	1700m: 34:11.65	2:01.55	2500m: 50:47.50	2:08.22
	200m: 3:51.94	1:59.11	1000m: 19:59.14	2:02.15	1800m: 36:13.95	2:02.30	2600m: 52:52.74	2:05.24
	300m: 5:52.69	2:00.75	1100m: 22:00.81	2:01.67	1900m: 38:14.27	2:00.32	2700m: 55:00.39	2:07.65
	400m: 7:53.17	2:00.48	1200m: 24:03.05	2:02.24	2000m: 40:15.97	2:01.70	2800m: 57:04.58	2:04.19
	500m: 9:53.65	2:00.48	1300m: 26:05.72	2:02.67	2100m: 42:19.15	2:03.18	2900m: 59:07.41	2:02.83
	600m: 11:53.54	1:59.89	1400m: 28:07.05	2:01.33	2200m: 44:24.32	2:05.17	3000m: 1:01:02.78	1:55.37
	700m: 13:55.42	2:01.88	1500m: 30:08.10	2:01.05	2300m: 46:31.00	2:06.68		
	800m: 15:55.85	2:00.43	1600m: 32:10.10	2:02.00	2400m: 48:39.28	2:08.28		



Prueba 6, Fem., 3000m Libre, 50+

Clasificación

AN

Tiempo

5. IBÁÑEZ PÉREZ Eva María	66	C.N. Master Murcia	<b>1:01:16.03</b>	12,00
100m: 1:57.18 1:57.18	900m: 17:41.80 1:57.94	1700m: 34:03.18 2:01.59	2500m: 50:46.36 2:07.59	
200m: 3:53.96 1:56.78	1000m: 19:41.59 1:59.79	1800m: 36:07.08 2:03.90	2600m: 52:54.06 2:07.70	
300m: 5:50.05 1:56.09	1100m: 21:42.78 2:01.19	1900m: 38:11.77 2:04.69	2700m: 55:01.15 2:07.09	
400m: 7:46.71 1:56.66	1200m: 23:45.43 2:02.65	2000m: 40:17.09 2:05.32	2800m: 57:07.16 2:06.01	
500m: 9:44.01 1:57.30	1300m: 25:49.74 2:04.31	2100m: 42:21.66 2:04.57	2900m: 59:14.05 2:06.89	
600m: 11:42.39 1:58.38	1400m: 27:54.51 2:04.77	2200m: 44:26.42 2:04.76	3000m 1:01:16.03 2:01.98	
700m: 13:43.25 2:00.86	1500m: 29:57.42 2:02.91	2300m: 46:31.88 2:05.46		
800m: 15:43.86 2:00.61	1600m: 32:01.59 2:04.17	2400m: 48:38.77 2:06.89		
6. GARCIA GARCIA Rocio	67	C.N. Portuense	<b>1:05:30.82</b>	11,00
100m: 1:50.17 1:50.17	900m: 18:29.21 2:05.01	1700m: 35:53.73 2:13.77	2500m: 54:01.04 2:21.48	
200m: 3:53.26 2:03.09	1000m: 20:36.94 2:07.73	1800m: 38:06.78 2:13.05	2600m: 56:18.20 2:17.16	
300m: 5:56.73 2:03.47	1100m: 22:44.42 2:07.48	1900m: 40:20.26 2:13.48	2700m: 58:40.25 2:22.05	
400m: 8:00.58 2:03.85	1200m: 24:53.09 2:08.67	2000m: 42:35.55 2:15.29	2800m 1:01:02.36 2:22.11	
500m: 10:05.49 2:04.91	1300m: 27:04.57 2:11.48	2100m: 44:49.49 2:13.94	2900m 1:03:21.84 2:19.48	
600m: 12:10.79 2:05.30	1400m: 29:16.71 2:12.14	2200m: 47:06.24 2:16.75	3000m 1:05:30.82 2:08.98	
700m: 14:17.15 2:06.36	1500m: 31:27.92 2:11.21	2300m: 49:22.46 2:16.22		
800m: 16:24.20 2:07.05	1600m: 33:39.96 2:12.04	2400m: 51:39.56 2:17.10		

55+, Fem.

1. GARCIA COLOMO Maria Cristina	62	C.N. Pabellon Ourense	<b>48:08.15</b>	19,00
100m: 1:27.22 1:27.22	900m: 13:58.80 1:33.35	1700m: 26:45.38 1:37.09	2500m: 39:48.01 1:38.80	
200m: 2:59.71 1:32.49	1000m: 15:33.20 1:34.40	1800m: 28:22.20 1:36.82	2600m: 41:30.60 1:42.59	
300m: 4:34.74 1:35.03	1100m: 17:08.46 1:35.26	1900m: 29:58.79 1:36.59	2700m: 43:10.45 1:39.85	
400m: 6:09.02 1:34.28	1200m: 18:43.70 1:35.24	2000m: 31:34.90 1:36.11	2800m: 44:50.68 1:40.23	
500m: 7:43.77 1:34.75	1300m: 20:19.82 1:36.12	2100m: 33:13.13 1:38.23	2900m: 46:32.34 1:41.66	
600m: 9:18.15 1:34.38	1400m: 21:55.84 1:36.02	2200m: 34:51.35 1:38.22	3000m: 48:08.15 1:35.81	
700m: 10:51.92 1:33.77	1500m: 23:32.51 1:36.67	2300m: 36:30.07 1:38.72		
800m: 12:25.45 1:33.53	1600m: 25:08.29 1:35.78	2400m: 38:09.21 1:39.14		
2. RODRIGUEZ BANDERA Olga	63	C.N.D. Fuengirola Swimming	<b>48:55.19</b>	16,00
100m: 1:32.71 1:32.71	900m: 14:37.95 1:38.50	1700m: 27:43.80 1:38.20	2500m: 40:49.95 1:39.69	
200m: 3:11.12 1:38.41	1000m: 16:15.56 1:37.61	1800m: 29:21.58 1:37.78	2600m: 42:28.56 1:38.61	
300m: 4:48.93 1:37.81	1100m: 17:53.24 1:37.68	1900m: 30:59.52 1:37.94	2700m: 44:07.89 1:39.33	
400m: 6:26.94 1:38.01	1200m: 19:31.01 1:37.77	2000m: 32:36.93 1:37.41	2800m: 45:46.47 1:38.58	
500m: 8:04.77 1:37.83	1300m: 21:09.36 1:38.35	2100m: 34:14.20 1:37.27	2900m: 47:23.57 1:37.10	
600m: 9:42.75 1:37.98	1400m: 22:47.69 1:38.33	2200m: 35:51.59 1:37.39	3000m: 48:55.19 1:31.62	
700m: 11:21.36 1:38.61	1500m: 24:27.22 1:39.53	2300m: 37:30.53 1:38.94		
800m: 12:59.45 1:38.09	1600m: 26:05.60 1:38.38	2400m: 39:10.26 1:39.73		
3. MARTÍN CRESPO Mercedes	62	C.D. Halegatos	<b>56:16.90</b>	14,00
100m: 1:40.53 1:40.53	900m: 16:03.20 1:49.90	1700m: 30:58.75 1:53.94	2500m: 46:25.51 1:59.09	
200m: 3:26.75 1:46.22	1000m: 17:53.23 1:50.03	1800m: 32:52.84 1:54.09	2600m: 48:23.59 1:58.08	
300m: 5:13.02 1:46.27	1100m: 19:43.40 1:50.17	1900m: 34:46.54 1:53.70	2700m: 50:22.58 1:58.99	
400m: 6:59.62 1:46.60	1200m: 21:34.36 1:50.96	2000m: 36:41.46 1:54.92	2800m: 52:21.40 1:58.82	
500m: 8:46.29 1:46.67	1300m: 23:25.88 1:51.52	2100m: 38:37.07 1:55.61	2900m: 54:20.43 1:59.03	
600m: 10:34.82 1:48.53	1400m: 25:17.51 1:51.63	2200m: 40:33.52 1:56.45	3000m: 56:16.90 1:56.47	
700m: 12:23.95 1:49.13	1500m: 27:11.28 1:53.77	2300m: 42:29.59 1:56.07		
800m: 14:13.30 1:49.35	1600m: 29:04.81 1:53.53	2400m: 44:26.42 1:56.83		

## Prueba 6, Fem., 3000m Libre, 55+

## Clasificación

## AN

## Tiempo

4.	MARFIL PEREZ DE LA LASTRA Magda60a	C.N. Portuense	56:35.18	13,00							
100m:	1:39.75	1:39.75	900m:	16:28.91	1:51.96	1700m:	31:35.16	1:54.13	2500m:	46:57.13	1:56.85
200m:	3:27.78	1:48.03	1000m:	18:21.23	1:52.32	1800m:	33:29.70	1:54.54	2600m:	48:52.72	1:55.59
300m:	5:17.97	1:50.19	1100m:	20:14.42	1:53.19	1900m:	35:24.52	1:54.82	2700m:	50:49.87	1:57.15
400m:	7:08.59	1:50.62	1200m:	22:07.19	1:52.77	2000m:	37:19.24	1:54.72	2800m:	52:46.30	1:56.43
500m:	9:00.18	1:51.59	1300m:	23:59.82	1:52.63	2100m:	39:13.91	1:54.67	2900m:	54:43.16	1:56.86
600m:	10:51.85	1:51.67	1400m:	25:53.76	1:53.94	2200m:	41:08.04	1:54.13	3000m:	56:35.18	1:52.02
700m:	12:44.40	1:52.55	1500m:	27:47.53	1:53.77	2300m:	43:05.15	1:57.11			
800m:	14:36.95	1:52.55	1600m:	29:41.03	1:53.50	2400m:	45:00.28	1:55.13			
5.	SANGUINO ALONSO Irene	61	C.D. Jerez Natacion Master	57:11.09	12,00						
100m:	1:45.09	1:45.09	900m:	16:47.40	1:55.66	1700m:	32:11.08	1:55.11	2500m:	47:35.44	1:55.33
200m:	3:36.17	1:51.08	1000m:	18:43.41	1:56.01	1800m:	34:05.94	1:54.86	2600m:	49:30.03	1:54.59
300m:	5:27.95	1:51.78	1100m:	20:38.62	1:55.21	1900m:	35:59.95	1:54.01	2700m:	51:25.67	1:55.64
400m:	7:20.75	1:52.80	1200m:	22:33.64	1:55.02	2000m:	37:55.34	1:55.39	2800m:	53:21.29	1:55.62
500m:	9:13.21	1:52.46	1300m:	24:27.94	1:54.30	2100m:	39:49.78	1:54.44	2900m:	55:17.34	1:56.05
600m:	11:06.58	1:53.37	1400m:	26:23.41	1:55.47	2200m:	41:46.64	1:56.86	3000m:	57:11.09	1:53.75
700m:	13:00.48	1:53.90	1500m:	28:19.75	1:56.34	2300m:	43:43.29	1:56.65			
800m:	14:51.74	1:51.26	1600m:	30:15.97	1:56.22	2400m:	45:40.11	1:56.82			
6.	JARQUE MULERO Elena	61	C.N. Portuense	58:45.14	11,00						
100m:	1:45.74	1:45.74	900m:	17:07.84	1:56.72	1700m:	32:49.44	1:58.23	2500m:	48:48.68	2:00.16
200m:	3:40.66	1:54.92	1000m:	19:03.17	1:55.33	1800m:	34:48.17	1:58.73	2600m:	50:48.61	1:59.93
300m:	5:35.53	1:54.87	1100m:	21:02.26	1:59.09	1900m:	36:48.38	2:00.21	2700m:	52:47.09	1:58.48
400m:	7:30.16	1:54.63	1200m:	22:59.60	1:57.34	2000m:	38:49.03	2:00.65	2800m:	54:48.29	2:01.20
500m:	9:24.83	1:54.67	1300m:	24:56.06	1:56.46	2100m:	40:47.47	1:58.44	2900m:	56:49.29	2:01.00
600m:	11:19.23	1:54.40	1400m:	26:54.08	1:58.02	2200m:	42:47.18	1:59.71	3000m:	58:45.14	1:55.85
700m:	13:14.38	1:55.15	1500m:	28:53.22	1:59.14	2300m:	44:48.24	2:01.06			
800m:	15:11.12	1:56.74	1600m:	30:51.21	1:57.99	2400m:	46:48.52	2:00.28			

## 60+, Fem.

1.	ECHEVARRIA GONZALEZ Maria Merce57:s			C.N.D. Fuengirola Swimming			<b>55:30.79</b>		34,00	RE		
	100m:	1:43.17	1:43.17	900m:	16:13.26	1:49.90	1700m:	30:57.14	1:51.69	2500m:	45:59.08	1:53.34
	200m:	3:31.41	1:48.24	1000m:	18:02.55	1:49.29	1800m:	32:50.88	1:53.74	2600m:	47:56.29	1:57.21
	300m:	5:19.60	1:48.19	1100m:	19:51.94	1:49.39	1900m:	34:42.20	1:51.32	2700m:	49:49.66	1:53.37
	400m:	7:07.54	1:47.94	1200m:	21:42.41	1:50.47	2000m:	36:32.77	1:50.57	2800m:	51:43.68	1:54.02
	500m:	8:54.42	1:46.88	1300m:	23:32.85	1:50.44	2100m:	38:25.66	1:52.89	2900m:	53:38.75	1:55.07
	600m:	10:42.88	1:48.46	1400m:	25:23.96	1:51.11	2200m:	40:20.33	1:54.67	3000m:	55:30.79	1:52.04
	700m:	12:32.53	1:49.65	1500m:	27:14.88	1:50.92	2300m:	42:13.34	1:53.01			
	800m:	14:23.36	1:50.83	1600m:	29:05.45	1:50.57	2400m:	44:05.74	1:52.40			
2.	POLONIO CASADO Dolores			58	C.D. Jerez Natacion Master			<b>56:06.63</b>		16,00		
	100m:	1:44.33	1:44.33	900m:	16:31.88	1:52.49	1700m:	31:34.12	1:54.49	2500m:	46:43.41	1:53.36
	200m:	3:32.97	1:48.64	1000m:	18:24.49	1:52.61	1800m:	33:29.30	1:55.18	2600m:	48:37.31	1:53.90
	300m:	5:22.77	1:49.80	1100m:	20:17.13	1:52.64	1900m:	35:24.22	1:54.92	2700m:	50:32.05	1:54.74
	400m:	7:13.31	1:50.54	1200m:	22:09.18	1:52.05	2000m:	37:17.66	1:53.44	2800m:	52:25.42	1:53.37
	500m:	9:04.08	1:50.77	1300m:	24:00.76	1:51.58	2100m:	39:10.59	1:52.93	2900m:	54:17.79	1:52.37
	600m:	10:55.55	1:51.47	1400m:	25:53.78	1:53.02	2200m:	41:03.85	1:53.26	3000m:	56:06.63	1:48.84
	700m:	12:47.48	1:51.93	1500m:	27:46.70	1:52.92	2300m:	42:57.63	1:53.78			
	800m:	14:39.39	1:51.91	1600m:	29:39.63	1:52.93	2400m:	44:50.05	1:52.42			

Prueba 6, Fem., 3000m Libre, 60+

Clasificación

AN

Tiempo

3.	FERNANDEZ-TORIJA GARCIA Maria Pi55				C.N. Monteverde				1:14:10.53	14,00	
100m:	2:06.55	2:06.55	900m:	21:18.53	2:28.57	1700m:	41:35.65	2:37.74	2500m	1:01:59.67	2:35.10
200m:	4:28.02	2:21.47	1000m:	23:47.72	2:29.19	1800m:	44:08.45	2:32.80	2600m	1:04:33.30	2:33.63
300m:	6:47.61	2:19.59	1100m:	26:19.16	2:31.44	1900m:	46:40.75	2:32.30	2700m	1:06:59.78	2:26.48
400m:	9:09.77	2:22.16	1200m:	28:49.68	2:30.52	2000m:	49:15.57	2:34.82	2800m	1:09:32.99	2:33.21
500m:	11:33.11	2:23.34	1300m:	31:22.59	2:32.91	2100m:	51:49.88	2:34.31	2900m	1:11:56.19	2:23.20
600m:	13:55.49	2:22.38	1400m:	33:53.83	2:31.24	2200m:	54:23.19	2:33.31	3000m	1:14:10.53	2:14.34
700m:	16:21.87	2:26.38	1500m:	36:25.00	2:31.17	2300m:	56:50.35	2:27.16			
800m:	18:49.96	2:28.09	1600m:	38:57.91	2:32.91	2400m:	59:24.57	2:34.22			

65+, Fem.

1.	ASENSIO ALCAIDE Maria Del Carmen 51				C.D. Jerez Natacion Master				1:14:01.54		34,00	RE
ESTABLECE RE												
100m:	2:15.83	2:15.83	900m:	21:28.78	2:25.93	1700m:	41:15.71	2:32.14	2500m	1:01:29.58	2:32.12	
200m:	4:37.28	2:21.45	1000m:	23:55.60	2:26.82	1800m:	43:47.33	2:31.62	2600m	1:04:03.19	2:33.61	
300m:	6:59.12	2:21.84	1100m:	26:23.80	2:28.20	1900m:	46:19.07	2:31.74	2700m	1:06:33.88	2:30.69	
400m:	9:22.37	2:23.25	1200m:	28:48.06	2:24.26	2000m:	48:49.06	2:29.99	2800m	1:09:03.65	2:29.77	
500m:	11:46.24	2:23.87	1300m:	31:15.60	2:27.54	2100m:	51:18.53	2:29.47	2900m	1:11:36.72	2:33.07	
600m:	14:10.13	2:23.89	1400m:	33:43.95	2:28.35	2200m:	53:50.78	2:32.25	3000m	1:14:01.54	2:24.82	
700m:	16:34.50	2:24.37	1500m:	36:13.75	2:29.80	2300m:	56:23.25	2:32.47				
800m:	19:02.85	2:28.35	1600m:	38:43.57	2:29.82	2400m:	58:57.46	2:34.21				