

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11	Masc., 400m Libre			95+
09/02/2024 - 10:00				Resultados
RE	10:39.55	JUAN FRANCISCO DOMINGUEZ FERNÁ	PONTEVEDRA	04/03/2022

Clasificación	AN			Tiempo	
1. DOMINGUEZ FERNÁNDEZ Juan Franci27o	C.N. Master Madrid	<b>12:29.70</b>	19,00	285	
50m: 1:32.35 1:32.35	150m: 4:47.47 1:37.59	250m: 7:58.05 1:34.15	350m: 11:02.61 1:33.17		
100m: 3:09.88 1:37.53	200m: 6:23.90 1:36.43	300m: 9:29.44 1:31.39	400m: 12:29.70 1:27.09		

Prueba 11	Masc., 400m Libre			80+
09/02/2024 - 10:00				Resultados
RE	5:56.77	ALBERICHE NAVARRO ROBERTO	CASTELLON	28/01/2012

Clasificación	AN			Tiempo	
1. UNION GUISADO Manuel	43	C.D. Jerez Natacion Master	<b>7:12.66</b>	19,00	482
50m: 47.73 47.73	150m: 2:38.99 57.07	250m: 4:31.77 55.83	350m: 6:20.75 53.05		
100m: 1:41.92 54.19	200m: 3:35.94 56.95	300m: 5:27.70 55.93	400m: 7:12.66 51.91		

Prueba 11	Masc., 400m Libre			75+
09/02/2024 - 10:00				Resultados
RE	5:44.36	CANALES DE MENDOZA JOAQUIN Mª	MALLORCA	02/04/2016

Clasificación	AN			Tiempo	
1. FARRE GANDUXE Josep	46	C.N. Sant Andreu	<b>6:45.13</b>	19,00	447
50m: 45.31 45.31	150m: 2:27.73 51.91	250m: 4:12.21 52.54	350m: 5:55.21 51.10		
100m: 1:35.82 50.51	200m: 3:19.67 51.94	300m: 5:04.11 51.90	400m: 6:45.13 49.92		
2. DE MOURA DOS SANTOS BATISTA A49	C.D. Jerez Natacion Master	<b>7:22.52</b>	16,00	343	
50m: 43.67 43.67	150m: 2:30.05 55.27	250m: 4:26.79 58.33	350m: 6:24.56 59.12		
100m: 1:34.78 51.11	200m: 3:28.46 58.41	300m: 5:25.44 58.65	400m: 7:22.52 57.96		
3. RIERA MONTAL Agustin	49	C. Tenerife Masters	<b>7:26.35</b>	14,00	334
50m: 46.89 46.89	150m: 2:36.24 55.91	250m: 4:31.22 57.60	350m: 6:28.84 59.10		
100m: 1:40.33 53.44	200m: 3:33.62 57.38	300m: 5:29.74 58.52	400m: 7:26.35 57.51		
4. VALLESPIN GOMEZ Juan Manuel	48	C.N. Master Madrid	<b>7:28.52</b>	13,00	330
50m: 48.68 48.68	150m: 2:37.86 55.42	250m: 4:32.18 57.75	350m: 6:30.00 58.86		
100m: 1:42.44 53.76	200m: 3:34.43 56.57	300m: 5:31.14 58.96	400m: 7:28.52 58.52		

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre

Prueba 11 Masc., 400m Libre 70+  
09/02/2024 - 10:00 Resultados

RE 5:24.68 DIEGO ROJAS ROMERO LOS BARRIOS 27/01/2023

Clasificación	AN	Nombre	Equipo	50m	100m	150m	200m	250m	300m	350m	400m	Tiempo	Resultado
1.	51	MIGUEL PEREZ Carlos A.	C.N. Alcobendas	37.03	1:18.08	2:00.28	2:43.05	3:26.18	4:08.61	4:51.34	5:32.06	19,00	644
2.	51	EYMAR ALONSO Carlos	C.N. Master Madrid	40.65	1:24.02	2:08.58	2:54.11	3:39.70	4:26.66	5:12.83	5:57.09	16,00	517
3.	54	BARRIOS BORGES Jose Ramon	C. Tenerife Masters	41.76	1:26.72	2:11.93	2:57.46	3:43.33	4:28.73	5:14.04	5:57.52	14,00	516
4.	54	GARCIA COLOMO Manuel Ramon	C.N. Pabellon Ourense	43.89	1:30.44	2:17.41	3:04.81	3:52.25	4:39.22	5:25.86	6:09.52	13,00	467
5.	54	LIGIOIZ VAZQUEZ Juan Luis	Natacion Sevilla Master, C.D.	44.49	1:31.78	2:20.51	3:09.25	3:58.22	4:46.60	5:34.54	6:20.76	12,00	427
6.	53	URIBE ECHEVARRIA-FDEZ Miguel	Club Natación Rivalia	44.62	1:33.54	2:24.67	3:17.35	4:11.05	5:04.97	5:58.81	6:51.72	11,00	337
7.	50	MONROY FERNÁNDEZ Manuel	C.N. Ponteareas	52.00	1:48.04	2:45.35	3:42.00	4:38.92	5:38.28	6:36.09	7:32.45	10,00	254

Prueba 11 Masc., 400m Libre 65+  
09/02/2024 - 10:00 Resultados

RE 5:00.65 ROJAS ROMERO Diego MALAGA 01/02/2018

Clasificación	AN	Nombre	Equipo	50m	100m	150m	200m	250m	300m	350m	400m	Tiempo	Resultado
1.	58	MENENDEZ CUELLAR Manuel	C.N. Cuatro Caminos	36.33	1:15.86	1:56.17	2:37.16	3:17.87	4:01.33	4:38.83	5:17.37	19,00	601
2.	57	DE VALDES BACHS Rafael	C.N. Mijas	39.55	1:21.88	2:05.39	2:48.73	3:32.36	4:15.87	4:59.64	5:42.92	16,00	476
3.	59	CODESIDO LOPEZ José	C.D.N. Ciudad de Santiago	38.21	1:19.99	2:03.43	2:47.39	3:32.45	4:18.39	5:04.19	5:49.31	14,00	451
4.	56	ELIZALDE AZKUE Victor	C.N. Zubi-Aurre	40.60	1:24.34	2:10.15	2:56.61	3:44.23	4:32.15	5:18.78	6:03.94	13,00	398

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 65+

Clasificación	AN									Tiempo										
5. RIGUAL DE HEREDIA Carlos	57	C.D. Jerez Natacion Master	<b>6:09.04</b>	12,00	382	50m:	42.16	42.16	150m:	2:12.22	46.12	250m:	3:47.71	48.14	350m:	5:23.37	47.73	400m:	6:09.04	45.67
6. MARQUES DEL POZO Antonio	56	C.N. Monteverde	<b>6:29.85</b>	11,00	324	50m:	40.86	40.86	150m:	2:17.73	49.95	250m:	3:59.39	51.30	350m:	5:40.73	50.22	400m:	6:29.85	49.12
7. MORENO PÉREZ José Andrés	58	C. Tenerife Masters	<b>6:56.41</b>	10,00	266	50m:	45.03	45.03	150m:	2:24.25	50.99	250m:	4:13.20	55.53	350m:	6:01.88	54.29	400m:	6:56.41	54.53
8. FERNANDEZ NAVARRO Juan Jose	59	C.D.E. Mako	<b>7:14.62</b>	9,00	234	50m:	50.29	50.29	150m:	2:41.07	56.99	250m:	4:31.15	54.39	350m:	6:21.63	56.00	400m:	7:14.62	52.99
9. DIAZ CASTRO Jose Maria	57	C. Tenerife Masters	<b>7:16.45</b>	8,00	231	50m:	51.52	51.52	150m:	2:41.34	55.48	250m:	4:32.45	55.47	350m:	6:24.09	55.91	400m:	7:16.45	52.36
10. MAESTRE DEUSTO Francisco Javier	58	C.D. Jerez Natacion Master	<b>7:45.95</b>	7,00	190	50m:	42.25	42.25	150m:	2:32.27	57.37	250m:	4:35.12	1:00.76	350m:	6:42.90	1:05.04	400m:	7:45.95	1:03.05
Baja CASTELLO AUQUE Antoni	58	C.N. Reus Ploms	-	-	-															

Prueba 11 Masc., 400m Libre 60+ Resultados

09/02/2024 - 10:00 RE 4:29.95 JUAN CARLOS VALLEJO ARROYO CASTELLON 17/02/2023

Clasificación	AN									Tiempo										
1. MATA DÍAZ Enrique	60	C.D. Swim&Train Maspalomas	<b>4:46.51</b>	19,00	814	50m:	33.43	33.43	150m:	1:46.01	36.32	250m:	2:58.26	35.99	350m:	4:11.15	36.28	400m:	4:46.51	35.36
2. BETHENCOURT IGLESIAS Sergio	63	C.N. Galaico	<b>5:33.23</b>	16,00	517	50m:	37.66	37.66	150m:	2:02.48	42.50	250m:	3:27.53	42.37	350m:	4:52.82	42.69	400m:	5:33.23	40.41
3. SUÑER TORRES Juan	62	C.N. Eivissa	<b>5:41.84</b>	14,00	479	50m:	38.56	38.56	150m:	2:04.26	43.88	250m:	3:32.16	43.92	350m:	4:59.96	43.84	400m:	5:41.84	41.88
4. FERNANDEZ LAZARO Fernando	63	Club Atlético Montemar	<b>6:13.78</b>	13,00	366	50m:	42.74	42.74	150m:	2:15.60	47.25	250m:	3:52.84	48.46	350m:	5:28.87	48.08	400m:	6:13.78	44.91
5. HEBRERO CUEVAS Constantino	61	C.N. Cadiz	<b>6:24.17</b>	12,00	337	50m:	41.16	41.16	150m:	2:18.09	48.90	250m:	3:58.22	50.67	350m:	5:37.45	49.43	400m:	6:24.17	46.72
6. DE VICENTE MINGARRO Íñigo	61	Race	<b>6:24.92</b>	11,00	335	50m:	42.83	42.83	150m:	2:17.41	48.39	250m:	3:57.74	50.80	350m:	5:37.54	49.70	400m:	6:24.92	47.38

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 60+

Clasificación	AN	Nombre	Equipo	Tempo	Puntos
7.	62	HERNANZ MORAL Fausto	C.N. Rias Baixas	<b>6:30.24</b> 10,00	322
		50m: 44.68 44.68 150m: 2:22.64 49.33 250m: 4:02.53 50.38 350m: 5:42.08 49.36			
		100m: 1:33.31 48.63 200m: 3:12.15 49.51 300m: 4:52.72 50.19 400m: 6:30.24 48.16			
8.	62	MATEOS BATISTA Francisco	C.N. Las Palmas	<b>6:36.30</b> 9,00	307
		50m: 44.44 44.44 150m: 2:22.28 49.50 250m: 4:06.81 53.39 350m: 5:48.87 50.75			
		100m: 1:32.78 48.34 200m: 3:13.42 51.14 300m: 4:58.12 51.31 400m: 6:36.30 47.43			
9.	61	DELAGE DARNAUDE Juan Bosco	C.D. Jerez Natacion Master	<b>6:39.47</b> 8,00	300
		50m: 46.06 46.06 150m: 2:23.12 49.81 250m: 4:05.03 51.68 350m: 5:49.11 52.18			
		100m: 1:33.31 47.25 200m: 3:13.35 50.23 300m: 4:56.93 51.90 400m: 6:39.47 50.36			
10.	64	BLANCO PEREZ Angel	C.N. Pabellon Ourense	<b>6:43.06</b> 7,00	292
		50m: 44.57 44.57 150m: 2:26.40 52.20 250m: 4:10.31 52.04 350m: 5:53.98 51.69			
		100m: 1:34.20 49.63 200m: 3:18.27 51.87 300m: 5:02.29 51.98 400m: 6:43.06 49.08			
11.	62	MOMBLANT MARTÍNEZ José	Natacion Sevilla Master, C.D.	<b>6:51.59</b> 6,00	274
		50m: 45.25 45.25 150m: 2:25.10 50.89 250m: 4:10.13 52.43 350m: 5:56.65 53.28			
		100m: 1:34.21 48.96 200m: 3:17.70 52.60 300m: 5:03.37 53.24 400m: 6:51.59 54.94			
Baja	64	SANCHEZ DE HARO Jose Maria	C. Tenis Chamartin	-	-

Prueba 11

Masc., 400m Libre

55+

09/02/2024 - 10:00

Resultados

RE 4:37.87 FABIO BRUSCOLOTTI CASTELLON 17/02/2023

Clasificación	AN	Nombre	Equipo	Tempo	Puntos
1.	68	SABATER REDONDO Jorge	C.N. Cuatro Caminos	<b>4:51.49</b> 19,00	677
		50m: 33.67 33.67 150m: 1:45.89 36.43 250m: 2:59.98 37.02 350m: 4:14.68 37.31			
		100m: 1:09.46 35.79 200m: 2:22.96 37.07 300m: 3:37.37 37.39 400m: 4:51.49 36.81			
2.	68	SANCHEZ APARICIO Enrique	C.N. Master Leon	<b>4:52.22</b> 16,00	672
		50m: 33.42 33.42 150m: 1:46.61 37.39 250m: 3:01.68 37.55 350m: 4:16.07 36.98			
		100m: 1:09.22 35.80 200m: 2:24.13 37.52 300m: 3:39.09 37.41 400m: 4:52.22 36.15			
3.	69	CARRIERE JORDANA Xesco	Marnaton	<b>5:01.70</b> 14,00	611
		50m: 33.57 33.57 150m: 1:47.71 37.54 250m: 3:05.93 39.26 350m: 4:23.28 38.37			
		100m: 1:10.17 36.60 200m: 2:26.67 38.96 300m: 3:44.91 38.98 400m: 5:01.70 38.42			
4.	66	RIVAS FEAL Antonio	Casino de La Coruña	<b>5:08.67</b> 13,00	570
		50m: 36.14 36.14 150m: 1:53.82 38.94 250m: 3:11.14 38.37 350m: 4:29.51 39.00			
		100m: 1:14.88 38.74 200m: 2:32.77 38.95 300m: 3:50.51 39.37 400m: 5:08.67 39.16			
5.	65	ARRIBAS PUVILL Albert	C.E. Mediterrani	<b>5:14.50</b> 12,00	539
		50m: 36.78 36.78 150m: 1:56.66 40.57 250m: 3:17.52 40.58 350m: 4:36.79 39.17			
		100m: 1:16.09 39.31 200m: 2:36.94 40.28 300m: 3:57.62 40.10 400m: 5:14.50 37.71			
6.	68	UCHA DIAZ Manuel Alejandro	C.D. Jerez Natacion Master	<b>5:16.54</b> 11,00	529
		50m: 37.45 37.45 150m: 1:57.36 40.17 250m: 3:18.55 40.59 350m: 4:38.92 39.93			
		100m: 1:17.19 39.74 200m: 2:37.96 40.60 300m: 3:58.99 40.44 400m: 5:16.54 37.62			
7.	68	YÑIGO DE LOS RIOS Miguel	C.N. Master Madrid	<b>5:17.38</b> 10,00	524
		50m: 35.05 35.05 150m: 1:54.66 40.65 250m: 3:16.01 40.45 350m: 4:36.79 40.21			
		100m: 1:14.01 38.96 200m: 2:35.56 40.90 300m: 3:56.58 40.57 400m: 5:17.38 40.59			

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 55+

Clasificación	AN		Tiempo			
8. JIMENEZ CASCALLANA Fernando	66	C. Tenis Chamartin	<b>5:19.34</b>	9,00	515	
50m: 35.75 35.75 150m: 1:56.96	40.35	250m: 3:18.73	40.90	350m: 4:39.81	40.21	
100m: 1:16.61 40.86 200m: 2:37.83	40.87	300m: 3:59.60	40.87	400m: 5:19.34	39.53	
9. MARTINEZ LLISO Claudio	66	C.N. Metropole	<b>5:34.11</b>	8,00	449	
50m: 36.24 36.24 150m: 2:00.69	43.62	250m: 3:28.49	43.57	350m: 4:54.59	42.67	
100m: 1:17.07 40.83 200m: 2:44.92	44.23	300m: 4:11.92	43.43	400m: 5:34.11	39.52	
10. RODRIGUEZ OLIVA Jesus	69	C.D. Jerez Natacion Master	<b>5:42.46</b>	7,00	417	
50m: 38.78 38.78 150m: 2:02.93	43.04	250m: 3:30.89	44.62	350m: 4:59.46	44.51	
100m: 1:19.89 41.11 200m: 2:46.27	43.34	300m: 4:14.95	44.06	400m: 5:42.46	43.00	
11. CASTROVIEJO FERNANDEZ Raul	68	Club Natación Rivalia	<b>5:45.47</b>	6,00	407	
50m: 37.08 37.08 150m: 2:00.26	42.60	250m: 3:29.74	45.17	350m: 5:01.01	45.15	
100m: 1:17.66 40.58 200m: 2:44.57	44.31	300m: 4:15.86	46.12	400m: 5:45.47	44.46	
12. UTRERA SÁNCHEZ Francisco Javier	65	C. Tenis Chamartin	<b>5:54.90</b>	5,00	375	
50m: 40.09 40.09 150m: 2:10.63	46.31	250m: 3:43.30	46.27	350m: 5:12.57	44.10	
100m: 1:24.32 44.23 200m: 2:57.03	46.40	300m: 4:28.47	45.17	400m: 5:54.90	42.33	
13. PEREZ MORENO Fernando	66	C. Tenerife Masters	<b>6:04.13</b>	4,00	347	
50m: 40.08 40.08 150m: 2:08.87	45.81	250m: 3:42.46	47.04	350m: 5:17.46	47.64	
100m: 1:23.06 42.98 200m: 2:55.42	46.55	300m: 4:29.82	47.36	400m: 6:04.13	46.67	
14. INFANTE CABELLO Pablo Carlos	69	C.N. Leganes	<b>6:04.74</b>	3,00	345	
50m: 42.50 42.50 150m: 2:13.08	46.13	250m: 3:46.92	47.09	350m: 5:19.41	46.29	
100m: 1:26.95 44.45 200m: 2:59.83	46.75	300m: 4:33.12	46.20	400m: 6:04.74	45.33	
15. LARRUCEA CASTAÑEDA Ramon Ange	69	Club Natacion Mungia	<b>6:16.30</b>	2,00	314	
50m: 42.88 42.88 150m: 2:16.30	47.34	250m: 3:51.88	47.73	350m: 5:25.50	45.73	
100m: 1:28.96 46.08 200m: 3:04.15	47.85	300m: 4:39.77	47.89	400m: 6:16.30	50.80	
16. DELGADO DIEZ Gonzalo	66	C. Tenis Chamartin	<b>6:19.40</b>	1,00	307	
50m: 44.15 44.15 150m: 2:18.04	47.29	250m: 3:54.75	48.37	350m: 5:32.32	48.24	
100m: 1:30.75 46.60 200m: 3:06.38	48.34	300m: 4:44.08	49.33	400m: 6:19.40	47.08	
17. MELCHOR MARTIN DE LA SIERRA Jo	65	C.N. Leganes	<b>6:30.88</b>	-	281	
50m: 42.12 42.12 150m: 2:18.07	49.38	250m: 3:59.30	51.15	350m: 5:42.01	51.62	
100m: 1:28.69 46.57 200m: 3:08.15	50.08	300m: 4:50.39	51.09	400m: 6:30.88	48.87	
18. GIL GUILLEN Marcos	69	Echavacoiz S.D.C.	<b>6:43.74</b>	-	255	
50m: 45.00 45.00 150m: 2:24.95	50.64	250m: 4:10.06	52.76	350m: 5:54.73	52.34	
100m: 1:34.31 49.31 200m: 3:17.30	52.35	300m: 5:02.39	52.33	400m: 6:43.74	49.01	

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre

Prueba 11 Masc., 400m Libre 50+ Resultados  
09/02/2024 - 10:00

RE 4:23.48 LLUIS PIJUAN ORO LLEIDA 04/03/2023

Clasificación	AN	Tempo		
1. RUBIO RUBIRA Ivan	74	C.N. Arteixo	<b>4:26.07</b>	19,00 775
50m: 30.40 30.40 150m: 1:36.63 33.30 250m: 2:44.48 34.11 350m: 3:52.86 34.14				
100m: 1:03.33 32.93 200m: 2:10.37 33.74 300m: 3:18.72 34.24 400m: 4:26.07 33.21				
2. CABELLO VILLALONGA Manuel	72	C.N. L´ Hospitalet	<b>4:36.71</b>	16,00 689
50m: 31.49 31.49 150m: 1:39.46 34.53 250m: 2:50.05 35.32 350m: 4:01.93 36.10				
100m: 1:04.93 33.44 200m: 2:14.73 35.27 300m: 3:25.83 35.78 400m: 4:36.71 34.78				
3. GUTIERREZ ASCANIO Ciro	70	C.N. Metropole	<b>4:39.34</b>	14,00 670
50m: 31.98 31.98 150m: 1:41.18 34.80 250m: 2:52.91 35.82 350m: 4:04.18 35.65				
100m: 1:06.38 34.40 200m: 2:17.09 35.91 300m: 3:28.53 35.62 400m: 4:39.34 35.16				
4. MORALES RODRÍGUEZ Sergio	73	C.N. Aquamasters	<b>4:42.63</b>	13,00 647
50m: 32.45 32.45 150m: 1:42.50 35.36 250m: 2:53.88 35.97 350m: 4:06.56 36.70				
100m: 1:07.14 34.69 200m: 2:17.91 35.41 300m: 3:29.86 35.98 400m: 4:42.63 36.07				
5. GARACH GOMEZ Manuel	74	Universidad de Granada	<b>4:44.89</b>	12,00 631
50m: 31.94 31.94 150m: 1:42.30 35.80 250m: 2:55.52 36.88 350m: 4:09.97 37.11				
100m: 1:06.50 34.56 200m: 2:18.64 36.34 300m: 3:32.86 37.34 400m: 4:44.89 34.92				
6. BOLOS SANTANA Jose Angel	73	Sopela Igeriketa Swim	<b>4:55.18</b>	11,00 568
50m: 33.60 33.60 150m: 1:47.54 37.32 250m: 3:03.51 38.03 350m: 4:19.13 37.68				
100m: 1:10.22 36.62 200m: 2:25.48 37.94 300m: 3:41.45 37.94 400m: 4:55.18 36.05				
7. GOMEZ RAMOS Jesús	70	C.D. Gredos San Diego	<b>4:58.66</b>	10,00 548
50m: 34.18 34.18 150m: 1:48.28 37.11 250m: 3:05.11 38.79 350m: 4:21.95 38.06				
100m: 1:11.17 36.99 200m: 2:26.32 38.04 300m: 3:43.89 38.78 400m: 4:58.66 36.71				
8. DE LA GANDARA SAINZ Andres	73	C.N. Alcobendas	<b>5:15.52</b>	9,00 465
50m: 34.19 34.19 150m: 1:50.93 39.34 250m: 3:11.68 40.58 350m: 4:34.59 41.83				
100m: 1:11.59 37.40 200m: 2:31.10 40.17 300m: 3:52.76 41.08 400m: 5:15.52 40.93				
9. PORTELLA DEL CARMEN Luis	71	C.N. Monteverde	<b>5:17.61</b>	8,00 456
50m: 36.13 36.13 150m: 1:53.77 39.65 250m: 3:15.70 41.16 350m: 4:37.88 40.76				
100m: 1:14.12 37.99 200m: 2:34.54 40.77 300m: 3:57.12 41.42 400m: 5:17.61 39.73				
10. JAQUE GARCIA Francisco	71	Real Canoe N.C.	<b>5:18.53</b>	7,00 452
50m: 37.25 37.25 150m: 2:00.55 41.94 250m: 3:22.28 40.39 350m: 4:41.90 39.08				
100m: 1:18.61 41.36 200m: 2:41.89 41.34 300m: 4:02.82 40.54 400m: 5:18.53 36.63				
11. GARCIA CASTIÑEIRA Daniel	74	C.N. Galaico	<b>5:23.64</b>	6,00 431
50m: 36.89 36.89 150m: 2:00.32 42.29 250m: 3:22.54 40.73 350m: 4:43.36 40.27				
100m: 1:18.03 41.14 200m: 2:41.81 41.49 300m: 4:03.09 40.55 400m: 5:23.64 40.28				
12. ESTIVALIS TORRENT Luis	74	C. Valenciano	<b>5:27.61</b>	5,00 415
50m: 36.92 36.92 150m: 2:00.60 42.87 250m: 3:23.92 41.77 350m: 4:46.75 40.98				
100m: 1:17.73 40.81 200m: 2:42.15 41.55 300m: 4:05.77 41.85 400m: 5:27.61 40.86				
13. SILVA GALLOSO Ismael	73	C.D. Jerez Natacion Master	<b>5:45.16</b>	4,00 355
50m: 38.84 38.84 150m: 2:03.75 43.13 250m: 3:33.16 44.86 350m: 5:02.25 44.59				
100m: 1:20.62 41.78 200m: 2:48.30 44.55 300m: 4:17.66 44.50 400m: 5:45.16 42.91				

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 50+

Clasificación	AN	Equipo	Tiempo	Puntos
14. GIL HENRIQUEZ Jorge Juan	72	C.N. Las Palmas	<b>5:45.49</b>	3,00 354
50m: 38.27 38.27 150m: 2:04.18 44.17 250m: 3:33.63 45.08 350m: 5:03.46 44.32				
100m: 1:20.01 41.74 200m: 2:48.55 44.37 300m: 4:19.14 45.51 400m: 5:45.49 42.03				
15. PEREZ DELGADO Javier	71	C.N. Mediterraneo Valencia	<b>6:05.53</b>	2,00 299
50m: 37.32 37.32 150m: 2:01.21 42.97 250m: 3:34.12 47.28 350m: 5:12.78 50.78				
100m: 1:18.24 40.92 200m: 2:46.84 45.63 300m: 4:22.00 47.88 400m: 6:05.53 52.75				
16. ORTEGA CANDIL Oscar	73	C. Tenis Chamartin	<b>6:07.59</b>	1,00 294
50m: 41.14 41.14 150m: 2:09.47 45.27 250m: 3:43.62 47.41 350m: 5:20.53 48.48				
100m: 1:24.20 43.06 200m: 2:56.21 46.74 300m: 4:32.05 48.43 400m: 6:07.59 47.06				
17. RODRIGUEZ ORTEGA Alejandro	74	C.N. Santurtzi	<b>6:24.54</b>	- 256
50m: 38.81 38.81 150m: 2:11.68 47.86 250m: 3:50.53 49.87 350m: 5:33.52 51.51				
100m: 1:23.82 45.01 200m: 3:00.66 48.98 300m: 4:42.01 51.48 400m: 6:24.54 51.02				
Baja QUINTAS BARROS Jesus C.	73	C.N. Escualos	-	-

Prueba 11 Masc., 400m Libre 45+  
09/02/2024 - 10:00 Resultados

RE	4:16.16	SERRA VERDAGUER DANIEL	BARCELONA	09/02/2013
----	---------	------------------------	-----------	------------

Clasificación	AN	Equipo	Tiempo	Puntos
1. DEL AMO GALAN Ruben	75	A.D. Rivas Natación	<b>4:45.32</b>	19,00 618
50m: 31.88 31.88 150m: 1:42.42 35.96 250m: 2:55.54 36.81 350m: 4:09.90 37.40				
100m: 1:06.46 34.58 200m: 2:18.73 36.31 300m: 3:32.50 36.96 400m: 4:45.32 35.42				
2. SANCHEZ GORDON Roman	78	C.N. Rias Baixas	<b>4:47.11</b>	16,00 607
50m: 32.07 32.07 150m: 1:42.62 35.99 250m: 2:56.24 37.08 350m: 4:10.63 37.15				
100m: 1:06.63 34.56 200m: 2:19.16 36.54 300m: 3:33.48 37.24 400m: 4:47.11 36.48				
3. MARCELLAN PEREZ Eduardo	78	Club Natación Rivalia	<b>4:47.31</b>	14,00 605
50m: 32.58 32.58 150m: 1:45.47 36.89 250m: 2:59.47 37.18 350m: 4:12.79 36.20				
100m: 1:08.58 36.00 200m: 2:22.29 36.82 300m: 3:36.59 37.12 400m: 4:47.31 34.52				
4. FLORES TABARES Roberto	76	Sopela Igeriketa Swim	<b>4:54.94</b>	13,00 559
50m: 31.52 31.52 150m: 1:43.16 36.80 250m: 2:59.69 38.70 350m: 4:16.89 38.57				
100m: 1:06.36 34.84 200m: 2:20.99 37.83 300m: 3:38.32 38.63 400m: 4:54.94 38.05				
5. IGLESIAS GOMEZ Gonzalo	79	Club Hercules Termaria	<b>4:55.32</b>	12,00 557
50m: 32.34 32.34 150m: 1:44.71 36.92 250m: 3:01.57 38.78 350m: 4:18.81 38.66				
100m: 1:07.79 35.45 200m: 2:22.79 38.08 300m: 3:40.15 38.58 400m: 4:55.32 36.51				
6. BARROSO BARBA Jesus	75	C. Padel Arena Alicante	<b>4:56.97</b>	11,00 548
50m: 33.74 33.74 150m: 1:48.17 37.96 250m: 3:05.61 38.69 350m: 4:21.40 37.58				
100m: 1:10.21 36.47 200m: 2:26.92 38.75 300m: 3:43.82 38.21 400m: 4:56.97 35.57				
7. DE LA VIESCA SANTAFE Carlos	78	Real Canoe N.C.	<b>4:58.89</b>	10,00 538
50m: 33.44 33.44 150m: 1:47.29 37.26 250m: 3:03.23 37.99 350m: 4:21.47 39.44				
100m: 1:10.03 36.59 200m: 2:25.24 37.95 300m: 3:42.03 38.80 400m: 4:58.89 37.42				
8. BELTRAN DIAZ Emilio	77	C.N. Monforte de Lemos	<b>4:59.31</b>	9,00 535
50m: 33.80 33.80 150m: 1:49.15 38.31 250m: 3:05.49 38.27 350m: 4:21.70 38.33				
100m: 1:10.84 37.04 200m: 2:27.22 38.07 300m: 3:43.37 37.88 400m: 4:59.31 37.61				

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 45+

Clasificación	AN		Tempo		
9. ALCALA ORDOÑEZ German	78	C.D. Jerez Natacion Master	<b>5:07.32</b>	8,00	494
50m: 34.55 34.55 150m: 1:49.01 37.51 250m: 3:06.37 39.17 350m: 4:26.05 40.43					
100m: 1:12.50 36.95 200m: 2:27.20 38.19 300m: 3:45.62 39.25 400m: 5:07.32 41.27					
10. MARTINEZ SANTOS Ricardo Jose	76	C.N. Las Palmas	<b>5:20.01</b>	7,00	438
50m: 34.76 34.76 150m: 1:51.20 39.10 250m: 3:13.31 41.70 350m: 4:36.86 42.08					
100m: 1:12.10 37.34 200m: 2:31.61 40.41 300m: 3:54.78 41.47 400m: 5:20.01 43.15					
11. LINARES NAVARRO Daniel	77	C.N. Santurtzi	<b>5:23.31</b>	6,00	425
50m: 35.30 35.30 150m: 1:55.20 40.42 250m: 3:18.39 41.54 350m: 4:41.85 41.73					
100m: 1:14.78 39.48 200m: 2:36.85 41.65 300m: 4:00.12 41.73 400m: 5:23.31 41.46					
12. MINGUEZ CUENCA Guillermo	79	C.N. Mediterraneo Valencia	<b>5:34.31</b>	5,00	384
50m: 36.78 36.78 150m: 2:00.01 42.37 250m: 3:26.86 43.01 350m: 4:50.47 42.07					
100m: 1:17.64 40.86 200m: 2:43.85 43.84 300m: 4:08.40 41.54 400m: 5:34.31 43.84					
13. OLIVA NIETO David	75	C.N. Fuenlabrada	<b>5:41.84</b>	4,00	359
50m: 37.14 37.14 150m: 1:59.76 42.50 250m: 3:28.46 44.76 350m: 4:58.60 45.08					
100m: 1:17.26 40.12 200m: 2:43.70 43.94 300m: 4:13.52 45.06 400m: 5:41.84 43.24					
14. GUIASOLA FERNANDEZ Iñigo	75	C.N. Santurtzi	<b>5:53.46</b>	3,00	325
50m: 39.12 39.12 150m: 2:07.03 44.51 250m: 3:37.46 45.41 350m: 5:09.15 45.91					
100m: 1:22.52 43.40 200m: 2:52.05 45.02 300m: 4:23.24 45.78 400m: 5:53.46 44.31					
15. ROJO SAN JUAN Alberto	77	C.N. Santurtzi	<b>6:03.30</b>	2,00	299
50m: 40.22 40.22 150m: 2:12.24 46.84 250m: 3:45.51 46.74 350m: 5:18.05 45.91					
100m: 1:25.40 45.18 200m: 2:58.77 46.53 300m: 4:32.14 46.63 400m: 6:03.30 45.25					

Prueba 11 Masc., 400m Libre 40+ Resultados

09/02/2024 - 10:00 RE 4:09.52 MECA MEDINA DAVID MADRID 11/05/2014

Clasificación	AN		Tempo		
1. SERRANO VAZQUEZ Pedro	84	C.D.N. Cordoba	<b>4:15.94</b>	19,00	831
50m: 29.05 29.05 150m: 1:32.81 32.29 250m: 2:38.41 33.03 350m: 3:43.87 32.64					
100m: 1:00.52 31.47 200m: 2:05.38 32.57 300m: 3:11.23 32.82 400m: 4:15.94 32.07					
2. HERVAS JODAR Francisco Jose	81	Vila-Swim Fondistas C.N.	<b>4:16.47</b>	16,00	826
50m: 29.96 29.96 150m: 1:33.75 32.17 250m: 2:38.76 32.64 350m: 3:44.34 32.64					
100m: 1:01.58 31.62 200m: 2:06.12 32.37 300m: 3:11.70 32.94 400m: 4:16.47 32.13					
3. RODRÍGUEZ LÓPEZ David	82	E.C. Ciudad De Talavera	<b>4:42.33</b>	14,00	619
50m: 31.39 31.39 150m: 1:39.95 34.65 250m: 2:52.87 36.61 350m: 4:07.43 37.44					
100m: 1:05.30 33.91 200m: 2:16.26 36.31 300m: 3:29.99 37.12 400m: 4:42.33 34.90					
4. SANCHEZ MEDINA Ricardo	84	C.N. Leganes	<b>4:51.45</b>	13,00	563
50m: 32.32 32.32 150m: 1:44.38 36.61 250m: 2:59.46 37.87 350m: 4:14.80 37.47					
100m: 1:07.77 35.45 200m: 2:21.59 37.21 300m: 3:37.33 37.87 400m: 4:51.45 36.65					
5. PEREZ BOIX Juan Antonio	84	C.N. Fuenlabrada	<b>5:11.22</b>	12,00	462
50m: 34.67 34.67 150m: 1:50.94 38.92 250m: 3:10.75 39.89 350m: 4:31.85 40.67					
100m: 1:12.02 37.35 200m: 2:30.86 39.92 300m: 3:51.18 40.43 400m: 5:11.22 39.37					



XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 40+

Clasificación	AN	Equipo	Tempo		
6. MARTINEZ YAÑEZ Daniel	81	C.N. Fuenlabrada	<b>5:13.25</b>	11,00	453
50m: 33.92 33.92 150m: 1:50.90 39.42 250m: 3:11.78 40.57 350m: 4:33.69 41.26					
100m: 1:11.48 37.56 200m: 2:31.21 40.31 300m: 3:52.43 40.65 400m: 5:13.25 39.56					
7. CARBALLA BARROSO Rogelio Manuel	81	C.N. Galaico	<b>5:35.51</b>	10,00	369
50m: 38.13 38.13 150m: 2:01.39 42.22 250m: 3:27.89 43.28 350m: 4:53.84 42.37					
100m: 1:19.17 41.04 200m: 2:44.61 43.22 300m: 4:11.47 43.58 400m: 5:35.51 41.67					
8. DOMINGUEZ PHILOCREON Ticiano	81	C.D.N. Ciudad de Santiago	<b>5:57.88</b>	9,00	304
50m: 37.70 37.70 150m: 2:03.47 44.29 250m: 3:37.71 47.46 350m: 5:12.74 47.57					
100m: 1:19.18 41.48 200m: 2:50.25 46.78 300m: 4:25.17 47.46 400m: 5:57.88 45.14					
9. SANCHEZ LLOPIS Ramon	80	C.N. Fuenlabrada	<b>6:01.11</b>	8,00	296
50m: 41.53 41.53 150m: 2:10.27 45.18 250m: 3:41.96 46.29 350m: 5:14.85 46.68					
100m: 1:25.09 43.56 200m: 2:55.67 45.40 300m: 4:28.17 46.21 400m: 6:01.11 46.26					
DSQ GARCÍA MARTÍNEZ Jose Luís	84	Vila-Swim Fondistas C.N.		-	

Prueba 11

Masc., 400m Libre

35+

09/02/2024 - 10:00

Resultados

RE	4:02.71	RABASSA IGLESIAS ROGER	VILAFRANCA PENEDÈS	24/03/2018
----	---------	------------------------	--------------------	------------

Clasificación	AN	Equipo	Tempo		
1. CABANILLAS QUINTANILLA Rafael	87	Marnaton	<b>4:07.48</b>	19,00	886
50m: 29.44 29.44 150m: 1:32.15 31.45 250m: 2:35.61 31.69 350m: 3:38.02 31.10					
100m: 1:00.70 31.26 200m: 2:03.92 31.77 300m: 3:06.92 31.31 400m: 4:07.48 29.46					
2. MARQUES VELASCO Jaime	87	C.N. Monteverde	<b>4:08.34</b>	16,00	877
50m: 29.29 29.29 150m: 1:32.30 31.74 250m: 2:35.92 31.68 350m: 3:38.40 30.86					
100m: 1:00.56 31.27 200m: 2:04.24 31.94 300m: 3:07.54 31.62 400m: 4:08.34 29.94					
3. RODRIGUEZ RAMOS Cristian	86	C.N. Swimfaster Salt	<b>4:18.41</b>	14,00	779
50m: 28.86 28.86 150m: 1:32.54 32.25 250m: 2:38.12 32.79 350m: 3:45.95 34.51					
100m: 1:00.29 31.43 200m: 2:05.33 32.79 300m: 3:11.44 33.32 400m: 4:18.41 32.46					
4. RODRIGUEZ LAGO David	86	C.D.N. Ciudad de Santiago	<b>4:22.57</b>	13,00	742
50m: 29.60 29.60 150m: 1:35.36 33.10 250m: 2:42.31 33.12 350m: 3:50.05 34.05					
100m: 1:02.26 32.66 200m: 2:09.19 33.83 300m: 3:16.00 33.69 400m: 4:22.57 32.52					
5. DELEPINE Romain	87	Lille Université Club	<b>4:30.78</b>	-	677
50m: 29.84 29.84 150m: 1:35.62 33.43 250m: 2:44.96 34.83 350m: 3:55.78 35.41					
100m: 1:02.19 32.35 200m: 2:10.13 34.51 300m: 3:20.37 35.41 400m: 4:30.78 35.00					
6. FARO MOLINA Victor	85	C.N. Terrassa	<b>4:45.48</b>	12,00	577
50m: 32.23 32.23 150m: 1:43.72 35.93 250m: 2:56.83 36.82 350m: 4:09.90 36.28					
100m: 1:07.79 35.56 200m: 2:20.01 36.29 300m: 3:33.62 36.79 400m: 4:45.48 35.58					
7. HERNANDEZ ALONSO Aitor	85	C.N. Vulcania Master	<b>4:45.54</b>	11,00	577
50m: 29.56 29.56 150m: 1:38.74 35.38 250m: 2:53.08 37.69 350m: 4:08.66 37.68					
100m: 1:03.36 33.80 200m: 2:15.39 36.65 300m: 3:30.98 37.90 400m: 4:45.54 36.88					
8. BERMEJO ALBERO Sergio	88	C.N. Mediterraneo Valencia	<b>4:51.55</b>	10,00	542
50m: 31.41 31.41 150m: 1:41.37 35.61 250m: 2:54.83 37.07 350m: 4:12.60 39.08					
100m: 1:05.76 34.35 200m: 2:17.76 36.39 300m: 3:33.52 38.69 400m: 4:51.55 38.95					

INSTITUCIONALES



SPONSORS PLATINO



SPONSORS ORO



MECENAZGO



MEDICAL SPONSOR



SPONSORS TÉCNICOS



RSC PARTNERS



PARTNER



PARTNER INNOVACIÓN



SPONSOR OFICIAL MOVILIDAD



PARTNERS SALUD DEPORTIVA



INSTITUCIONES



SPONSOR LOCAL



XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 35+

Clasificación	AN	Equipo	Tempo		
9. TORRENTE LLAMAS Victor	88	C.N. Santa Perpetua	<b>4:53.99</b>	9,00	529
50m: 33.46 33.46 150m: 1:47.38 37.67 250m: 3:01.87 37.10 350m: 4:17.96 37.88					
100m: 1:09.71 36.25 200m: 2:24.77 37.39 300m: 3:40.08 38.21 400m: 4:53.99 36.03					
10. PAZOS ALONSO Josue	86	C.N. Escualos	<b>4:57.94</b>	8,00	508
50m: 32.50 32.50 150m: 1:45.57 37.22 250m: 3:02.48 38.51 350m: 4:21.20 39.06					
100m: 1:08.35 35.85 200m: 2:23.97 38.40 300m: 3:42.14 39.66 400m: 4:57.94 36.74					
11. LANE Henry	88	C.N. Master Madrid	<b>4:58.40</b>	7,00	505
50m: 32.84 32.84 150m: 1:46.32 37.34 250m: 3:02.33 37.82 350m: 4:19.59 38.73					
100m: 1:08.98 36.14 200m: 2:24.51 38.19 300m: 3:40.86 38.53 400m: 4:58.40 38.81					
12. ABUIN ARES Manuel	87	C.D.N. Ciudad de Santiago	<b>5:20.55</b>	6,00	408
50m: 35.29 35.29 150m: 1:56.65 41.64 250m: 3:20.69 42.10 350m: 4:41.26 40.39					
100m: 1:15.01 39.72 200m: 2:38.59 41.94 300m: 4:00.87 40.18 400m: 5:20.55 39.29					
13. DE LA ZARZA MERCHAN Jorge	89	C.N. Leganes	<b>5:26.32</b>	5,00	386
50m: 35.07 35.07 150m: 1:54.66 40.71 250m: 3:19.39 42.93 350m: 4:45.93 42.65					
100m: 1:13.95 38.88 200m: 2:36.46 41.80 300m: 4:03.28 43.89 400m: 5:26.32 40.39					
14. MOTA MARCOS Cristian	87	C.N. Fuenlabrada	<b>5:33.71</b>	4,00	361
50m: 36.67 36.67 150m: 2:01.39 43.13 250m: 3:28.61 43.47 350m: 4:53.71 42.33					
100m: 1:18.26 41.59 200m: 2:45.14 43.75 300m: 4:11.38 42.77 400m: 5:33.71 40.00					
15. GOMEZ MUDARRA Francisco Alonso	88	C.N. Santa Perpetua	<b>5:39.73</b>	3,00	342
50m: 35.34 35.34 150m: 1:57.98 42.65 250m: 3:27.23 44.93 350m: 4:56.25 44.00					
100m: 1:15.33 39.99 200m: 2:42.30 44.32 300m: 4:12.25 45.02 400m: 5:39.73 43.48					
Baja GARCIA RODRIGUEZ Alberto	85	Natacion Sevilla Master, C.D.	-		

Prueba 11 Masc., 400m Libre 30+ Resultados

09/02/2024 - 10:00 RE 4:03.02 CABANILLAS QUINTANILLA RAFAEL ONDA 13/05/2017

Clasificación	AN	Equipo	Tempo		
1. ZORNOZA VILLOLDO Alejandro	91	C.N. Albacete	<b>4:13.01</b>	19,00	737
50m: 28.58 28.58 150m: 1:31.96 32.19 250m: 2:37.08 32.41 350m: 3:42.25 32.70					
100m: 59.77 31.19 200m: 2:04.67 32.71 300m: 3:09.55 32.47 400m: 4:13.01 30.76					
2. CARRION BALLESTER Jose Luis	93	Cst-Cst Costa Azahar	<b>4:13.06</b>	16,00	736
50m: 29.19 29.19 150m: 1:32.40 31.36 250m: 2:36.57 31.84 350m: 3:41.65 32.20					
100m: 1:01.04 31.85 200m: 2:04.73 32.33 300m: 3:09.45 32.88 400m: 4:13.06 31.41					
3. MARTIN DOMINGUEZ Victor	90	C.N. Leganes	<b>4:13.08</b>	14,00	736
50m: 29.25 29.25 150m: 1:33.38 32.29 250m: 2:38.63 32.74 350m: 3:42.84 32.03					
100m: 1:01.09 31.84 200m: 2:05.89 32.51 300m: 3:10.81 32.18 400m: 4:13.08 30.24					
4. DEL RIO REGUEIRA Marcos	93	C.N. Arteixo	<b>4:14.80</b>	13,00	721
50m: 29.30 29.30 150m: 1:32.97 32.13 250m: 2:38.24 32.78 350m: 3:43.38 32.48					
100m: 1:00.84 31.54 200m: 2:05.46 32.49 300m: 3:10.90 32.66 400m: 4:14.80 31.42					
5. ZAPATERO DE MURGA Gonzalo	91	C. Tenis Chamartin	<b>4:24.54</b>	12,00	644
50m: 29.22 29.22 150m: 1:33.29 32.63 250m: 2:41.13 34.23 350m: 3:50.71 34.34					
100m: 1:00.66 31.44 200m: 2:06.90 33.61 300m: 3:16.37 35.24 400m: 4:24.54 33.83					

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 30+

Clasificación	AN		Tiempo			
6. PEREZ CIDRIAIN Adonai	91	S. Lagunak Barañain	<b>4:26.08</b>	11,00	633	
50m: 29.32 29.32	150m: 1:35.36	33.48	250m: 2:43.86	34.11	350m: 3:53.43	35.03
100m: 1:01.88 32.56	200m: 2:09.75	34.39	300m: 3:18.40	34.54	400m: 4:26.08	32.65
7. DOMINGUEZ OCHOA Luis Eduardo	94	C.N. Cuatro Caminos	<b>4:26.65</b>	10,00	629	
50m: 30.30 30.30	150m: 1:36.36	33.30	250m: 2:44.64	34.21	350m: 3:52.96	33.86
100m: 1:03.06 32.76	200m: 2:10.43	34.07	300m: 3:19.10	34.46	400m: 4:26.65	33.69
8. MARTIN DOMINGUEZ Adrian	94	C.N. Leganes	<b>4:26.89</b>	9,00	627	
50m: 29.15 29.15	150m: 1:33.26	32.63	250m: 2:42.45	34.89	350m: 3:52.60	34.51
100m: 1:00.63 31.48	200m: 2:07.56	34.30	300m: 3:18.09	35.64	400m: 4:26.89	34.29
9. VILLANUEVA MORCILLO Victor	94	UCAM C.N. Fuensanta	<b>4:28.46</b>	8,00	616	
50m: 30.18 30.18	150m: 1:36.34	33.58	250m: 2:44.62	34.61	350m: 3:54.82	35.06
100m: 1:02.76 32.58	200m: 2:10.01	33.67	300m: 3:19.76	35.14	400m: 4:28.46	33.64
10. RUIZ GARCIA Enrique	91	C.N. Monteverde	<b>4:29.00</b>	7,00	613	
50m: 30.95 30.95	150m: 1:38.19	33.92	250m: 2:45.86	33.93	350m: 3:54.87	34.54
100m: 1:04.27 33.32	200m: 2:11.93	33.74	300m: 3:20.33	34.47	400m: 4:29.00	34.13
11. LOPEZ DE TEJADA IRIZO Pablo De Je	93	C.N. Alcobendas	<b>4:40.10</b>	6,00	543	
50m: 29.26 29.26	150m: 1:35.11	33.65	250m: 2:45.58	35.90	350m: 4:02.15	39.25
100m: 1:01.46 32.20	200m: 2:09.68	34.57	300m: 3:22.90	37.32	400m: 4:40.10	37.95
12. VÉLEZ REZNAK Juan	93	C. Tennis Chamartin	<b>4:43.33</b>	5,00	524	
50m: 31.86 31.86	150m: 1:42.92	36.14	250m: 2:56.74	36.89	350m: 4:11.08	37.03
100m: 1:06.78 34.92	200m: 2:19.85	36.93	300m: 3:34.05	37.31	400m: 4:43.33	32.25
13. CONSTAN LOPEZ Alfonso	92	C.N. Albacete	<b>4:49.30</b>	4,00	492	
50m: 31.86 31.86	150m: 1:42.77	36.14	250m: 2:56.40	36.98	350m: 4:12.65	38.51
100m: 1:06.63 34.77	200m: 2:19.42	36.65	300m: 3:34.14	37.74	400m: 4:49.30	36.65
14. CANO LOPEZ Manuel	91	Amistat-Novomarhotel	<b>4:54.69</b>	3,00	466	
50m: 31.65 31.65	150m: 1:42.64	36.30	250m: 2:58.72	38.63	350m: 4:16.95	39.22
100m: 1:06.34 34.69	200m: 2:20.09	37.45	300m: 3:37.73	39.01	400m: 4:54.69	37.74
15. SALVADOR RAMIREZ Ángel	92	Club Natación Rivalia	<b>4:59.50</b>	2,00	444	
50m: 32.44 32.44	150m: 1:46.11	37.52	250m: 3:04.10	39.26	350m: 4:22.35	38.94
100m: 1:08.59 36.15	200m: 2:24.84	38.73	300m: 3:43.41	39.31	400m: 4:59.50	37.15
16. CAGIGA VILA Ignacio	94	C.N. Alcobendas	<b>5:08.18</b>	1,00	407	
50m: 33.50 33.50	150m: 1:49.41	38.63	250m: 3:08.89	39.94	350m: 4:29.14	39.77
100m: 1:10.78 37.28	200m: 2:28.95	39.54	300m: 3:49.37	40.48	400m: 5:08.18	39.04
17. CASAS GONZALEZ Daniel	93	C.N. Mediterraneo Valencia	<b>5:12.15</b>	-	392	
50m: 33.64 33.64	150m: 1:50.35	39.11	250m: 3:10.49	39.85	350m: 4:31.88	41.16
100m: 1:11.24 37.60	200m: 2:30.64	40.29	300m: 3:50.72	40.23	400m: 5:12.15	40.27
18. PACHECO PARRA Samuel	90	C.N. Badajoz	<b>5:20.11</b>	-	363	
50m: 35.51 35.51	150m: 1:54.80	40.49	250m: 3:16.91	41.20	350m: 4:39.63	41.39
100m: 1:14.31 38.80	200m: 2:35.71	40.91	300m: 3:58.24	41.33	400m: 5:20.11	40.48

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre

Prueba 11

Masc., 400m Libre

25+

09/02/2024 - 10:00

Resultados

RE 4:00.38 CARLOS RIVERA GOMIS Vila-Real 14/12/2019

Clasificación	AN		Tiempo										
1. MARTIN SALCEDO Sergio	96	C.N. Soriano	<b>4:15.87</b>	19,00	753	50m: 28.38	28.38	150m: 1:31.41	32.15	250m: 2:36.55	32.45	350m: 3:42.93	33.16
			100m: 59.26	30.88	200m: 2:04.10	32.69	300m: 3:09.77	33.22	400m: 4:15.87	32.94			
2. PASTORIZA SANTACLARA Jorge	97	C.N. Rias Baixas	<b>4:16.88</b>	16,00	744	50m: 29.19	29.19	150m: 1:32.23	31.84	250m: 2:38.00	33.03	350m: 3:44.14	33.09
			100m: 1:00.39	31.20	200m: 2:04.97	32.74	300m: 3:11.05	33.05	400m: 4:16.88	32.74			
3. PICAZO VERGARA Felipe	96	C.N. Albacete	<b>4:23.12</b>	14,00	692	50m: 29.22	29.22	150m: 1:35.11	33.36	250m: 2:42.30	34.00	350m: 3:50.47	34.23
			100m: 1:01.75	32.53	200m: 2:08.30	33.19	300m: 3:16.24	33.94	400m: 4:23.12	32.65			
4. ANDUJAR TEBAR Esteban	99	C.N. Albacete	<b>4:26.92</b>	13,00	663	50m: 29.91	29.91	150m: 1:38.00	34.48	250m: 2:46.37	34.04	350m: 3:54.51	34.17
			100m: 1:03.52	33.61	200m: 2:12.33	34.33	300m: 3:20.34	33.97	400m: 4:26.92	32.41			
5. FLORES PORCUNA Antonio	95	C.N. Monteverde	<b>4:27.17</b>	12,00	661	50m: 29.61	29.61	150m: 1:36.68	33.79	250m: 2:45.20	34.33	350m: 3:55.17	34.90
			100m: 1:02.89	33.28	200m: 2:10.87	34.19	300m: 3:20.27	35.07	400m: 4:27.17	32.00			
6. CORBALÁN HERNÁNDEZ Enrique	98	UCAM C.N. Fuensanta	<b>4:28.62</b>	11,00	651	50m: 30.13	30.13	150m: 1:37.52	34.29	250m: 2:46.11	34.29	350m: 3:54.71	34.32
			100m: 1:03.23	33.10	200m: 2:11.82	34.30	300m: 3:20.39	34.28	400m: 4:28.62	33.91			
7. CONDE ALVAREZ Joaquin	98	C.N. Camargo	<b>4:34.79</b>	10,00	608	50m: 28.86	28.86	150m: 1:35.30	34.40	250m: 2:46.22	35.36	350m: 3:58.44	36.13
			100m: 1:00.90	32.04	200m: 2:10.86	35.56	300m: 3:22.31	36.09	400m: 4:34.79	36.35			
8. FONSECA CADIZ Yamel	99	C.N. Alcobendas	<b>4:34.97</b>	9,00	607	50m: 28.73	28.73	150m: 1:33.96	33.44	250m: 2:45.19	35.84	350m: 3:59.45	37.35
			100m: 1:00.52	31.79	200m: 2:09.35	35.39	300m: 3:22.10	36.91	400m: 4:34.97	35.52			
9. AYALA MAESTRE Alejandro	97	C.D. Jerez Natacion Master	<b>4:41.30</b>	8,00	567	50m: 31.74	31.74	150m: 1:41.23	35.39	250m: 2:53.72	36.58	350m: 4:06.79	36.22
			100m: 1:05.84	34.10	200m: 2:17.14	35.91	300m: 3:30.57	36.85	400m: 4:41.30	34.51			
10. MORALES HURTADO Adrian	95	U.E. Horta	<b>4:41.31</b>	7,00	566	50m: 31.67	31.67	150m: 1:42.65	35.96	250m: 2:55.12	35.87	350m: 4:07.18	36.06
			100m: 1:06.69	35.02	200m: 2:19.25	36.60	300m: 3:31.12	36.00	400m: 4:41.31	34.13			
11. PINELA GOYA Iker	99	C.D.E. Mako	<b>4:41.36</b>	6,00	566	50m: 31.63	31.63	150m: 1:41.12	35.36	250m: 2:52.31	35.78	350m: 4:04.82	36.59
			100m: 1:05.76	34.13	200m: 2:16.53	35.41	300m: 3:28.23	35.92	400m: 4:41.36	36.54			
12. GUILLEM NAVAJAS Carlos	97	C. Valenciano	<b>4:41.51</b>	5,00	565	50m: 31.08	31.08	150m: 1:38.90	34.35	250m: 2:51.11	36.80	350m: 4:05.38	37.11
			100m: 1:04.55	33.47	200m: 2:14.31	35.41	300m: 3:28.27	37.16	400m: 4:41.51	36.13			
13. ESTEVE BARBERÁ Josep	98	C.D. Jerez Natacion Master	<b>4:45.04</b>	4,00	545	50m: 31.72	31.72	150m: 1:41.80	35.73	250m: 2:53.56	35.88	350m: 4:07.58	37.44
			100m: 1:06.07	34.35	200m: 2:17.68	35.88	300m: 3:30.14	36.58	400m: 4:45.04	37.46			

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 25+

Clasificación	AN	Equipo	Tiempo	Puntos
14. ANDER-EGG AGUILAR Ricardo	95	C.N. Albacete	<b>5:04.86</b>	3,00 445
50m: 25.03 25.03 150m: 1:41.90 49.25 250m: 3:03.93 40.23 350m: 4:26.40 41.06				
100m: 52.65 27.62 200m: 2:23.70 41.80 300m: 3:45.34 41.41 400m: 5:04.86 38.46				
15. SEQUERA CARO Victor	95	C.N. Las Norias	<b>5:06.11</b>	2,00 440
50m: 34.14 34.14 150m: 1:49.64 38.63 250m: 3:06.18 37.93 350m: 4:26.00 40.59				
100m: 1:11.01 36.87 200m: 2:28.25 38.61 300m: 3:45.41 39.23 400m: 5:06.11 40.11				
16. SÁNCHEZ CANO Daniel	95	C.N. Tres Cantos	<b>5:07.60</b>	1,00 433
50m: 32.73 32.73 150m: 1:46.80 37.75 250m: 3:04.85 39.63 350m: 4:27.40 41.43				
100m: 1:09.05 36.32 200m: 2:25.22 38.42 300m: 3:45.97 41.12 400m: 5:07.60 40.20				
17. TRILLO RODRIGUEZ Adrian	97	C.N. Mos	<b>5:09.52</b>	- 425
50m: 33.81 33.81 150m: 1:50.07 39.17 250m: 3:09.63 40.18 350m: 4:29.65 40.21				
100m: 1:10.90 37.09 200m: 2:29.45 39.38 300m: 3:49.44 39.81 400m: 5:09.52 39.87				
Baja ARGUDO CORPAS Alejandro	99	C.D. Albacete Swim	-	-

Prueba 11 Masc., 400m Libre 20+  
09/02/2024 - 10:00 Resultados

Clasificación	AN	Equipo	Tiempo	Puntos
1. BOU BERNABEU Miguel	03	Vila-Swim Fondistas C.N.	<b>4:10.66</b>	19,00 801
50m: 28.71 28.71 150m: 1:32.09 32.11 250m: 2:36.06 31.94 350m: 3:39.69 31.85				
100m: 59.98 31.27 200m: 2:04.12 32.03 300m: 3:07.84 31.78 400m: 4:10.66 30.97				
2. RODRIGUEZ SEGOVIA Samuel	03	C.P. La Roda	<b>4:15.65</b>	16,00 755
50m: 28.33 28.33 150m: 1:32.67 32.59 250m: 2:38.75 32.94 350m: 3:44.02 32.67				
100m: 1:00.08 31.75 200m: 2:05.81 33.14 300m: 3:11.35 32.60 400m: 4:15.65 31.63				
3. RODRIGUEZ CAMPO Oscar	03	C.N. Camargo	<b>4:27.86</b>	14,00 656
50m: 31.38 31.38 150m: 1:38.57 33.66 250m: 2:46.61 33.93 350m: 3:55.29 34.33				
100m: 1:04.91 33.53 200m: 2:12.68 34.11 300m: 3:20.96 34.35 400m: 4:27.86 32.57				
4. ADELL HORRACH Esteve	04	C.N. Calvia	<b>4:31.65</b>	13,00 629
50m: 28.20 28.20 150m: 1:34.57 33.88 250m: 2:45.79 35.72 350m: 3:59.14 36.66				
100m: 1:00.69 32.49 200m: 2:10.07 35.50 300m: 3:22.48 36.69 400m: 4:31.65 32.51				
5. SAEZ GARCIA Marcos	04	C.N. Albacete	<b>4:32.73</b>	12,00 622
50m: 30.73 30.73 150m: 1:39.44 34.82 250m: 2:49.27 34.88 350m: 3:59.31 35.29				
100m: 1:04.62 33.89 200m: 2:14.39 34.95 300m: 3:24.02 34.75 400m: 4:32.73 33.42				
6. CABRERA WINTER Álvaro	01	C.N. Metropole	<b>4:38.21</b>	11,00 586
50m: 31.43 31.43 150m: 1:38.20 33.39 250m: 2:48.11 35.24 350m: 4:01.22 36.97				
100m: 1:04.81 33.38 200m: 2:12.87 34.67 300m: 3:24.25 36.14 400m: 4:38.21 36.99				
7. RODRIGUEZ GARCIA Javier	01	C.D.E. Mako	<b>5:03.51</b>	10,00 451
50m: 33.83 33.83 150m: 1:49.14 38.08 250m: 3:05.78 38.52 350m: 4:24.69 39.65				
100m: 1:11.06 37.23 200m: 2:27.26 38.12 300m: 3:45.04 39.26 400m: 5:03.51 38.82				
8. SAGRERA ESCRIBA Marti	04	C. Tenis Chamartin	<b>5:09.04</b>	9,00 427
50m: 33.70 33.70 150m: 1:49.30 39.08 250m: 3:09.49 39.95 350m: 4:30.76 40.37				
100m: 1:10.22 36.52 200m: 2:29.54 40.24 300m: 3:50.39 40.90 400m: 5:09.04 38.28				

XXIX Cto. de España "Open" Masters de Invierno  
Pontevedra, 8 - 11/2/2024

Prueba 11, Masc., 400m Libre, 20+

Clasificación	AN		Tiempo			
9. DIAZ ALVAREZ Manuel	03	C.N. Cuencas Mineras	<b>5:12.36</b>	8,00	414	
50m: 31.67 31.67	150m: 1:43.88	37.47	250m: 3:04.36	40.93	350m: 4:29.59	43.04
100m: 1:06.41 34.74	200m: 2:23.43	39.55	300m: 3:46.55	42.19	400m: 5:12.36	42.77