

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1
21/03/2025 - 10:00

3000m Libre

20 años y mayores
Resultados

Clasificación

AN

Tiempo

75+, Masc.

1. FARRE GANDUXE, Josep	46	C.N. Sant Andreu	58:28.40	19,00
100m: 1:53.62 1:53.62	900m: 17:35.10 1:57.71	1700m: 33:09.17 1:56.91	2500m: 48:44.90 1:58.32	
200m: 3:51.02 1:57.40	1000m: 19:33.39 1:58.29	1800m: 35:05.69 1:56.52	2600m: 50:42.96 1:58.06	
300m: 5:49.84 1:58.82	1100m: 21:30.58 1:57.19	1900m: 37:03.08 1:57.39	2700m: 52:40.75 1:57.79	
400m: 7:48.31 1:58.47	1200m: 23:26.51 1:55.93	2000m: 39:00.27 1:57.19	2800m: 54:38.09 1:57.34	
500m: 9:45.58 1:57.27	1300m: 25:23.93 1:57.42	2100m: 40:56.59 1:56.32	2900m: 56:34.20 1:56.11	
600m: 11:42.89 1:57.31	1400m: 27:19.93 1:56.00	2200m: 42:53.28 1:56.69	3000m: 58:28.40 1:54.20	
700m: 13:39.90 1:57.01	1500m: 29:16.44 1:56.51	2300m: 44:50.02 1:56.74		
800m: 15:37.39 1:57.49	1600m: 31:12.26 1:55.82	2400m: 46:46.58 1:56.56		
2. RIERA MONTAL, Agustin	49	C. Tenerife Masters	1:04:29.61	16,00
100m: 1:53.34 1:53.34	900m: 18:26.38 2:06.41	1700m: 35:43.84 2:10.32	2500m: 53:26.98 2:13.59	
200m: 3:53.32 1:59.98	1000m: 20:31.50 2:05.12	1800m: 37:56.65 2:12.81	2600m: 55:40.35 2:13.37	
300m: 5:56.38 2:03.06	1100m: 22:38.28 2:06.78	1900m: 40:08.24 2:11.59	2700m: 57:54.36 2:14.01	
400m: 7:59.53 2:03.15	1200m: 24:46.59 2:08.31	2000m: 42:19.54 2:11.30	2800m 1:00:06.92 2:12.56	
500m: 10:03.72 2:04.19	1300m: 26:57.30 2:10.71	2100m: 44:33.68 2:14.14	2900m 1:02:19.71 2:12.79	
600m: 12:10.42 2:06.70	1400m: 29:06.35 2:09.05	2200m: 46:47.33 2:13.65	3000m 1:04:29.61 2:09.90	
700m: 14:15.26 2:04.84	1500m: 31:19.10 2:12.75	2300m: 49:00.04 2:12.71		
800m: 16:19.97 2:04.71	1600m: 33:33.52 2:14.42	2400m: 51:13.39 2:13.35		
3. MONROY FERNANDEZ, Manuel	50	C.N. Pontareas	1:05:00.31	14,00
100m: 2:02.01 2:02.01	900m: 18:54.81 2:06.93	1700m: 36:07.96 2:09.75	2500m: 53:55.15 2:17.80	
200m: 4:10.55 2:08.54	1000m: 21:01.35 2:06.54	1800m: 38:19.00 2:11.04	2600m: 56:10.94 2:15.79	
300m: 6:18.30 2:07.75	1100m: 23:07.91 2:06.56	1900m: 40:31.06 2:12.06	2700m: 58:24.27 2:13.33	
400m: 8:24.80 2:06.50	1200m: 25:17.13 2:09.22	2000m: 42:43.30 2:12.24	2800m 1:00:37.37 2:13.10	
500m: 10:30.37 2:05.57	1300m: 27:27.83 2:10.70	2100m: 44:54.63 2:11.33	2900m 1:02:51.86 2:14.49	
600m: 12:35.59 2:05.22	1400m: 29:39.81 2:11.98	2200m: 47:08.39 2:13.76	3000m 1:05:00.31 2:08.45	
700m: 14:41.95 2:06.36	1500m: 31:47.95 2:08.14	2300m: 49:20.95 2:12.56		
800m: 16:47.88 2:05.93	1600m: 33:58.21 2:10.26	2400m: 51:37.35 2:16.40		
4. FORCAT GLEZ, Ricardo	47	C.N. Master Madrid	1:08:11.58	13,00
100m: 1:56.45 1:56.45	900m: 19:40.33 2:17.04	1700m: 38:20.24 2:21.84	2500m: 57:15.92 2:13.92	
200m: 4:04.45 2:08.00	1000m: 21:56.56 2:16.23	1800m: 40:42.02 2:21.78	2600m: 59:30.81 2:14.89	
300m: 6:16.41 2:11.96	1100m: 24:14.53 2:17.97	1900m: 43:05.79 2:23.77	2700m 1:01:44.98 2:14.17	
400m: 8:28.04 2:11.63	1200m: 26:33.00 2:18.47	2000m: 45:29.49 2:23.70	2800m 1:03:59.12 2:14.14	
500m: 10:39.97 2:11.93	1300m: 28:53.38 2:20.38	2100m: 47:54.60 2:25.11	2900m 1:06:13.30 2:14.18	
600m: 12:52.20 2:12.23	1400m: 31:14.44 2:21.06	2200m: 50:17.58 2:22.98	3000m 1:08:11.58 1:58.28	
700m: 15:07.02 2:14.82	1500m: 33:35.26 2:20.82	2300m: 52:39.97 2:22.39		
800m: 17:23.29 2:16.27	1600m: 35:58.40 2:23.14	2400m: 55:02.00 2:22.03		

70+, Masc.

1. GARCIA COLOMO, Manuel Ramon	54	C.N. Pabellon Ourense	51:11.72	19,00
100m: 1:37.97 1:37.97	900m: 15:17.81 1:41.54	1700m: 28:55.80 1:44.94	2500m: 42:42.56 1:42.00	
200m: 3:20.39 1:42.42	1000m: 17:00.16 1:42.35	1800m: 30:40.63 1:44.83	2600m: 44:25.34 1:42.78	
300m: 5:04.26 1:43.87	1100m: 18:41.61 1:41.45	1900m: 32:23.56 1:42.93	2700m: 46:07.91 1:42.57	
400m: 6:46.93 1:42.67	1200m: 20:23.52 1:41.91	2000m: 34:08.24 1:44.68	2800m: 47:51.07 1:43.16	
500m: 8:29.22 1:42.29	1300m: 22:04.89 1:41.37	2100m: 35:51.71 1:43.47	2900m: 49:32.69 1:41.62	
600m: 10:11.82 1:42.60	1400m: 23:46.88 1:41.99	2200m: 37:34.79 1:43.08	3000m: 51:11.72 1:39.03	
700m: 11:53.76 1:41.94	1500m: 25:24.32 1:37.44	2300m: 39:17.44 1:42.65		
800m: 13:36.27 1:42.51	1600m: 27:10.86 1:46.54	2400m: 41:00.56 1:43.12		

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, Masc., 3000m Libre, 70+

Clasificación	AN		Tiempo	
2.	SUANZES PEREZ, Fernando	53	Club Hercules Ternaria	52:24.25 16,00
	100m: 1:38.78 1:38.78	900m: 15:24.21 1:44.17	1700m: 29:23.57 1:45.96	2500m: 43:34.15 1:46.76
	200m: 3:20.37 1:41.59	1000m: 17:08.53 1:44.32	1800m: 31:09.14 1:45.57	2600m: 45:21.24 1:47.09
	300m: 5:03.63 1:43.26	1100m: 18:53.22 1:44.69	1900m: 32:52.70 1:43.56	2700m: 47:09.48 1:48.24
	400m: 6:46.93 1:43.30	1200m: 20:37.87 1:44.65	2000m: 34:39.06 1:46.36	2800m: 48:57.47 1:47.99
	500m: 8:30.32 1:43.39	1300m: 22:22.54 1:44.67	2100m: 36:24.94 1:45.88	2900m: 50:44.67 1:47.20
	600m: 10:12.84 1:42.52	1400m: 24:07.06 1:44.52	2200m: 38:11.86 1:46.92	3000m: 52:24.25 1:39.58
	700m: 11:56.48 1:43.64	1500m: 25:52.50 1:45.44	2300m: 39:59.62 1:47.76	
	800m: 13:40.04 1:43.56	1600m: 27:37.61 1:45.11	2400m: 41:47.39 1:47.77	
3.	BILBAO GARAY, Pedro	55	C.N. Los Barrios	54:13.08 14,00
	100m: 1:42.43 1:42.43	900m: 16:01.20 1:46.89	1700m: 30:30.14 1:50.35	2500m: 45:08.14 1:49.74
	200m: 3:30.01 1:47.58	1000m: 17:49.06 1:47.86	1800m: 32:19.04 1:48.90	2600m: 46:57.98 1:49.84
	300m: 5:16.51 1:46.50	1100m: 19:36.38 1:47.32	1900m: 34:09.71 1:50.67	2700m: 48:48.90 1:50.92
	400m: 7:04.40 1:47.89	1200m: 21:24.41 1:48.03	2000m: 35:59.75 1:50.04	2800m: 50:40.24 1:51.34
	500m: 8:51.60 1:47.20	1300m: 23:12.41 1:48.00	2100m: 37:48.97 1:49.22	2900m: 52:29.88 1:49.64
	600m: 10:39.43 1:47.83	1400m: 25:01.20 1:48.79	2200m: 39:38.18 1:49.21	3000m: 54:13.08 1:43.20
	700m: 12:27.40 1:47.97	1500m: 26:50.87 1:49.67	2300m: 41:28.20 1:50.02	
	800m: 14:14.31 1:46.91	1600m: 28:39.79 1:48.92	2400m: 43:18.40 1:50.20	
4.	MARTIN MARTINEZ, Juan Jesus	54	C.N. Fuenlabrada	55:21.53 13,00
	100m: 1:37.39 1:37.39	900m: 15:59.55 1:48.60	1700m: 30:47.15 1:51.54	2500m: 45:48.13 1:53.16
	200m: 3:25.22 1:47.83	1000m: 17:48.63 1:49.08	1800m: 32:37.53 1:50.38	2600m: 47:43.37 1:55.24
	300m: 5:11.12 1:45.90	1100m: 19:40.69 1:52.06	1900m: 34:28.36 1:50.83	2700m: 49:37.59 1:54.22
	400m: 6:56.15 1:45.03	1200m: 21:30.99 1:50.30	2000m: 36:21.59 1:53.23	2800m: 51:33.05 1:55.46
	500m: 8:42.98 1:46.83	1300m: 23:21.54 1:50.55	2100m: 38:15.30 1:53.71	2900m: 53:26.81 1:53.76
	600m: 10:30.82 1:47.84	1400m: 25:13.34 1:51.80	2200m: 40:09.27 1:53.97	3000m: 55:21.53 1:54.72
	700m: 12:20.02 1:49.20	1500m: 27:05.22 1:51.88	2300m: 42:02.21 1:52.94	
	800m: 14:10.95 1:50.93	1600m: 28:55.61 1:50.39	2400m: 43:54.97 1:52.76	
5.	ARDERIUS CHICHARRO, Luis Antonio	54	C.N. Master Madrid	57:49.86 12,00
	100m: 1:50.21 1:50.21	900m: 17:28.21 1:54.35	1700m: 33:02.24 1:56.96	2500m: 48:38.52 1:56.70
	200m: 3:51.30 2:01.09	1000m: 19:23.80 1:55.59	1800m: 35:00.49 1:58.25	2600m: 50:34.41 1:55.89
	300m: 5:49.67 1:58.37	1100m: 21:19.76 1:55.96	1900m: 36:57.51 1:57.02	2700m: 52:30.23 1:55.82
	400m: 7:49.03 1:59.36	1200m: 23:16.92 1:57.16	2000m: 38:53.75 1:56.24	2800m: 54:24.19 1:53.96
	500m: 9:47.03 1:58.00	1300m: 25:13.37 1:56.45	2100m: 40:51.15 1:57.40	2900m: 56:15.84 1:51.65
	600m: 11:43.04 1:56.01	1400m: 27:10.08 1:56.71	2200m: 42:47.04 1:55.89	3000m: 57:49.86 1:34.02
	700m: 13:37.39 1:54.35	1500m: 29:06.67 1:56.59	2300m: 44:44.87 1:57.83	
	800m: 15:33.86 1:56.47	1600m: 31:05.28 1:58.61	2400m: 46:41.82 1:56.95	
6.	URIBE ECHEVARRIA-FDEZ, Miguel	53	Club Natación Rivalia	1:00:35.44 11,00
	100m: 1:48.39 1:48.39	900m: 17:40.46 1:59.31	1700m: 33:48.74 2:02.37	2500m: 50:22.95 2:06.17
	200m: 3:45.11 1:56.72	1000m: 19:40.38 1:59.92	1800m: 35:51.27 2:02.53	2600m: 52:27.95 2:05.00
	300m: 5:43.16 1:58.05	1100m: 21:40.60 2:00.22	1900m: 37:54.37 2:03.10	2700m: 54:33.05 2:05.10
	400m: 7:41.80 1:58.64	1200m: 23:40.70 2:00.10	2000m: 39:57.56 2:03.19	2800m: 56:37.32 2:04.27
	500m: 9:41.97 2:00.17	1300m: 25:41.62 2:00.92	2100m: 42:01.42 2:03.86	2900m: 58:40.34 2:03.02
	600m: 11:41.55 1:59.58	1400m: 27:41.91 2:00.29	2200m: 44:06.16 2:04.74	3000m: 1:00:35.44 1:55.10
	700m: 13:41.04 1:59.49	1500m: 29:43.77 2:01.86	2300m: 46:11.44 2:05.28	
	800m: 15:41.15 2:00.11	1600m: 31:46.37 2:02.60	2400m: 48:16.78 2:05.34	

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, 3000m Libre

65+, Masc.

1. DIAZ DIAZ, Celso Julio	59	C. Tenerife Masters	51:23.07	19,00
100m: 1:29.73 1:29.73	900m: 14:53.03	1:41.68	1700m: 28:33.19	1:44.06
200m: 3:07.94 1:38.21	1000m: 16:34.41	1:41.38	1800m: 30:16.70	1:43.51
300m: 4:47.88 1:39.94	1100m: 18:15.97	1:41.56	1900m: 32:01.74	1:45.04
400m: 6:27.64 1:39.76	1200m: 19:57.82	1:41.85	2000m: 33:45.26	1:43.52
500m: 8:07.80 1:40.16	1300m: 21:39.98	1:42.16	2100m: 35:30.92	1:45.66
600m: 9:48.72 1:40.92	1400m: 23:24.26	1:44.28	2200m: 37:14.35	1:43.43
700m: 11:29.65 1:40.93	1500m: 25:06.38	1:42.12	2300m: 38:59.31	1:44.96
800m: 13:11.35 1:41.70	1600m: 26:49.13	1:42.75	2400m: 40:47.17	1:47.86
2. QUIROS GIL, Ricardo	60	C.N. Master Murcia	52:01.55	16,00
100m: 1:36.65 1:36.65	900m: 15:32.38	1:45.17	1700m: 29:30.70	1:45.37
200m: 3:19.37 1:42.72	1000m: 17:16.77	1:44.39	1800m: 31:15.69	1:44.99
300m: 5:04.37 1:45.00	1100m: 19:01.16	1:44.39	1900m: 32:58.58	1:42.89
400m: 6:48.81 1:44.44	1200m: 20:45.28	1:44.12	2000m: 34:42.95	1:44.37
500m: 8:33.29 1:44.48	1300m: 22:30.55	1:45.27	2100m: 36:28.30	1:45.35
600m: 10:18.09 1:44.80	1400m: 24:15.02	1:44.47	2200m: 38:13.92	1:45.62
700m: 12:02.34 1:44.25	1500m: 26:00.17	1:45.15	2300m: 40:01.49	1:47.57
800m: 13:47.21 1:44.87	1600m: 27:45.33	1:45.16	2400m: 41:46.12	1:44.63
3. ALVAREZ CARABALLO, Pedro	56	Sopela Igeriketa Swim	54:26.14	14,00
100m: 1:43.03 1:43.03	900m: 16:08.60	1:48.19	1700m: 30:45.43	1:49.84
200m: 3:30.54 1:47.51	1000m: 17:57.36	1:48.76	1800m: 32:36.12	1:50.69
300m: 5:18.86 1:48.32	1100m: 19:47.00	1:49.64	1900m: 34:26.66	1:50.54
400m: 7:06.45 1:47.59	1200m: 21:36.55	1:49.55	2000m: 36:16.16	1:49.50
500m: 8:54.32 1:47.87	1300m: 23:26.22	1:49.67	2100m: 38:05.33	1:49.17
600m: 10:41.95 1:47.63	1400m: 25:15.80	1:49.58	2200m: 39:55.22	1:49.89
700m: 12:31.52 1:49.57	1500m: 27:05.45	1:49.65	2300m: 41:45.28	1:50.06
800m: 14:20.41 1:48.89	1600m: 28:55.59	1:50.14	2400m: 43:35.38	1:50.10
4. CARRANZA RODRIGUEZ, Luis Guillerm57	57	C.D. Tizona Burgos	54:43.07	13,00
100m: 1:39.78 1:39.78	900m: 15:52.56	1:47.78	1700m: 30:25.42	1:50.37
200m: 3:24.34 1:44.56	1000m: 17:40.66	1:48.10	1800m: 32:14.72	1:49.30
300m: 5:10.28 1:45.94	1100m: 19:29.16	1:48.50	1900m: 34:06.25	1:51.53
400m: 6:56.20 1:45.92	1200m: 21:17.27	1:48.11	2000m: 35:58.33	1:52.08
500m: 8:41.42 1:45.22	1300m: 23:05.53	1:48.26	2100m: 37:51.05	1:52.72
600m: 10:29.32 1:47.90	1400m: 24:54.71	1:49.18	2200m: 39:44.08	1:53.03
700m: 12:16.82 1:47.50	1500m: 26:44.00	1:49.29	2300m: 41:37.07	1:52.99
800m: 14:04.78 1:47.96	1600m: 28:35.05	1:51.05	2400m: 43:29.53	1:52.46

60+, Masc.

1. COSTAS ALGARA, Jose Luis	62	C. Tennis Chamartin	47:57.19	19,00
100m: 1:30.07 1:30.07	900m: 14:12.28	1:35.69	1700m: 26:59.61	1:36.30
200m: 3:04.08 1:34.01	1000m: 15:48.43	1:36.15	1800m: 28:35.90	1:36.29
300m: 4:39.23 1:35.15	1100m: 17:24.18	1:35.75	1900m: 30:12.56	1:36.66
400m: 6:15.17 1:35.94	1200m: 18:59.58	1:35.40	2000m: 31:48.77	1:36.21
500m: 7:50.29 1:35.12	1300m: 20:35.36	1:35.78	2100m: 33:24.93	1:36.16
600m: 9:25.98 1:35.69	1400m: 22:11.65	1:36.29	2200m: 35:02.44	1:37.51
700m: 11:01.28 1:35.30	1500m: 23:47.62	1:35.97	2300m: 36:38.55	1:36.11
800m: 12:36.59 1:35.31	1600m: 25:23.31	1:35.69	2400m: 38:15.97	1:37.42

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, Masc., 3000m Libre, 60+

Clasificación	AN		Tiempo	
2. MEJIA MARTINEZ, William	63	C.N. Master Madrid	49:25.23	16,00
100m: 1:28.31 1:28.31	900m: 14:16.45 1:37.50	1700m: 27:22.94 1:39.26	2500m: 40:51.41 1:42.30	
200m: 3:00.72 1:32.41	1000m: 15:53.38 1:36.93	1800m: 29:03.44 1:40.50	2600m: 42:34.48 1:43.07	
300m: 4:36.05 1:35.33	1100m: 17:30.86 1:37.48	1900m: 30:44.07 1:40.63	2700m: 44:17.72 1:43.24	
400m: 6:11.74 1:35.69	1200m: 19:08.36 1:37.50	2000m: 32:24.63 1:40.56	2800m: 46:00.28 1:42.56	
500m: 7:48.15 1:36.41	1300m: 20:46.53 1:38.17	2100m: 34:04.59 1:39.96	2900m: 47:42.35 1:42.07	
600m: 9:24.88 1:36.73	1400m: 22:25.27 1:38.74	2200m: 35:45.47 1:40.88	3000m: 49:25.23 1:42.88	
700m: 11:02.04 1:37.16	1500m: 24:03.81 1:38.54	2300m: 37:27.72 1:42.25		
800m: 12:38.95 1:36.91	1600m: 25:43.68 1:39.87	2400m: 39:09.11 1:41.39		
3. FERNANDEZ LAZARO, Fernando	63	Club Atlético Montemar	52:00.66	14,00
100m: 1:43.30 1:43.30	900m: 15:35.55 1:42.45	1700m: 29:29.71 1:44.64	2500m: 43:28.19 1:44.23	
200m: 3:29.24 1:45.94	1000m: 17:18.47 1:42.92	1800m: 31:14.67 1:44.96	2600m: 45:12.33 1:44.14	
300m: 5:15.06 1:45.82	1100m: 19:01.11 1:42.64	1900m: 33:00.11 1:45.44	2700m: 46:57.08 1:44.75	
400m: 6:59.42 1:44.36	1200m: 20:44.71 1:43.60	2000m: 34:45.00 1:44.89	2800m: 48:41.50 1:44.42	
500m: 8:43.18 1:43.76	1300m: 22:28.83 1:44.12	2100m: 36:30.44 1:45.44	2900m: 50:24.79 1:43.29	
600m: 10:25.82 1:42.64	1400m: 24:13.99 1:45.16	2200m: 38:15.70 1:45.26	3000m: 52:00.66 1:35.87	
700m: 12:09.34 1:43.52	1500m: 26:00.06 1:46.07	2300m: 39:59.87 1:44.17		
800m: 13:53.10 1:43.76	1600m: 27:45.07 1:45.01	2400m: 41:43.96 1:44.09		
4. MELCHOR MARTIN DE LA SIERRA, J. 65	C.N. Leganes	57:03.91	13,00	
100m: 1:42.13 1:42.13	900m: 16:45.66 1:55.15	1700m: 32:17.24 1:55.46	2500m: 47:39.89 1:55.79	
200m: 3:31.26 1:49.13	1000m: 18:40.76 1:55.10	1800m: 34:11.57 1:54.33	2600m: 49:35.18 1:55.29	
300m: 5:22.01 1:50.75	1100m: 20:36.48 1:55.72	1900m: 36:06.60 1:55.03	2700m: 51:29.79 1:54.61	
400m: 7:14.81 1:52.80	1200m: 22:32.93 1:56.45	2000m: 38:03.26 1:56.66	2800m: 53:22.40 1:52.61	
500m: 9:08.12 1:53.31	1300m: 24:28.70 1:55.77	2100m: 39:58.00 1:54.74	2900m: 55:14.63 1:52.23	
600m: 11:01.57 1:53.45	1400m: 26:24.56 1:55.86	2200m: 41:53.69 1:55.69	3000m: 57:03.91 1:49.28	
700m: 12:56.46 1:54.89	1500m: 28:27.16 2:02.60	2300m: 43:49.12 1:55.43		
800m: 14:50.51 1:54.05	1600m: 30:21.78 1:54.62	2400m: 45:44.10 1:54.98		

55+, Masc.

1. SANCHEZ APARICIO, Enrique	68	Club Natacion Master Leon	40:42.37	19,00
100m: 1:17.76 1:17.76	900m: 12:05.65 1:20.84	1700m: 22:57.00 1:21.76	2500m: 33:55.00 1:23.09	
200m: 2:38.60 1:20.84	1000m: 13:26.32 1:20.67	1800m: 24:18.79 1:21.79	2600m: 35:16.93 1:21.93	
300m: 4:00.41 1:21.81	1100m: 14:47.46 1:21.14	1900m: 25:40.92 1:22.13	2700m: 36:40.21 1:23.28	
400m: 5:22.03 1:21.62	1200m: 16:08.79 1:21.33	2000m: 27:02.92 1:22.00	2800m: 38:02.51 1:22.30	
500m: 6:43.10 1:21.07	1300m: 17:30.01 1:21.22	2100m: 28:25.40 1:22.48	2900m: 39:23.61 1:21.10	
600m: 8:03.63 1:20.53	1400m: 18:51.28 1:21.27	2200m: 29:47.60 1:22.20	3000m: 40:42.37 1:18.76	
700m: 9:24.06 1:20.43	1500m: 20:13.05 1:21.77	2300m: 31:09.86 1:22.26		
800m: 10:44.81 1:20.75	1600m: 21:35.24 1:22.19	2400m: 32:31.91 1:22.05		
2. GOMEZ RAMOS, Jesus	70	Real Canoe N.C.	41:20.82	16,00
100m: 1:18.34 1:18.34	900m: 12:15.39 1:22.75	1700m: 23:17.42 1:22.68	2500m: 34:27.64 1:24.55	
200m: 2:38.98 1:20.64	1000m: 13:38.21 1:22.82	1800m: 24:41.22 1:23.80	2600m: 35:50.69 1:23.05	
300m: 4:01.04 1:22.06	1100m: 15:00.50 1:22.29	1900m: 26:04.66 1:23.44	2700m: 37:14.08 1:23.39	
400m: 5:23.04 1:22.00	1200m: 16:23.40 1:22.90	2000m: 27:28.33 1:23.67	2800m: 38:37.50 1:23.42	
500m: 6:44.89 1:21.85	1300m: 17:46.18 1:22.78	2100m: 28:51.67 1:23.34	2900m: 40:01.28 1:23.78	
600m: 8:07.29 1:22.40	1400m: 19:09.34 1:23.16	2200m: 30:15.18 1:23.51	3000m: 41:20.82 1:19.54	
700m: 9:29.79 1:22.50	1500m: 20:31.96 1:22.62	2300m: 31:39.03 1:23.85		
800m: 10:52.64 1:22.85	1600m: 21:54.74 1:22.78	2400m: 33:03.09 1:24.06		

VIII Cto. de España "OPEN" de Fondo Masters
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Prueba 1, Masc., 3000m Libre, 55+

Clasificación	AN		Tiempo
3. CARBAJO RUEDA, Maximo	66	C.N. Master Madrid	42:06.54 14,00
100m: 1:20.53 1:20.53	900m: 12:24.89 1:23.84	1700m: 23:40.44 1:25.20	2500m: 35:01.30 1:25.14
200m: 2:42.06 1:21.53	1000m: 13:48.33 1:23.44	1800m: 25:05.29 1:24.85	2600m: 36:26.20 1:24.90
300m: 4:04.16 1:22.10	1100m: 15:12.01 1:23.68	1900m: 26:31.21 1:25.92	2700m: 37:52.11 1:25.91
400m: 5:27.71 1:23.55	1200m: 16:36.18 1:24.17	2000m: 27:56.87 1:25.66	2800m: 39:18.02 1:25.91
500m: 6:50.96 1:23.25	1300m: 18:00.46 1:24.28	2100m: 29:22.59 1:25.72	2900m: 40:44.35 1:26.33
600m: 8:14.43 1:23.47	1400m: 19:24.88 1:24.42	2200m: 30:47.32 1:24.73	3000m: 42:06.54 1:22.19
700m: 9:37.98 1:23.55	1500m: 20:49.89 1:25.01	2300m: 32:11.76 1:24.44	
800m: 11:01.05 1:23.07	1600m: 22:15.24 1:25.35	2400m: 33:36.16 1:24.40	
4. YÑIGO DE LOS RIOS, Miguel	68	C.N. Master Madrid	43:58.12 13,00
100m: 1:24.39 1:24.39	900m: 12:59.90 1:27.64	1700m: 24:40.52 1:27.73	2500m: 36:31.11 1:28.48
200m: 2:50.63 1:26.24	1000m: 14:27.44 1:27.54	1800m: 26:09.41 1:28.89	2600m: 38:01.67 1:30.56
300m: 4:16.96 1:26.33	1100m: 15:55.46 1:28.02	1900m: 27:38.27 1:28.86	2700m: 39:31.88 1:30.21
400m: 5:43.18 1:26.22	1200m: 17:23.44 1:27.98	2000m: 29:06.52 1:28.25	2800m: 41:02.46 1:30.58
500m: 7:10.09 1:26.91	1300m: 18:50.73 1:27.29	2100m: 30:35.23 1:28.71	2900m: 42:29.79 1:27.33
600m: 8:37.29 1:27.20	1400m: 20:18.61 1:27.88	2200m: 32:03.05 1:27.82	3000m: 43:58.12 1:28.33
700m: 10:04.65 1:27.36	1500m: 21:45.77 1:27.16	2300m: 33:32.37 1:29.32	
800m: 11:32.26 1:27.61	1600m: 23:12.79 1:27.02	2400m: 35:02.63 1:30.26	
5. LEUZA LABIANO, Ignacio	69	Anaitasuna S.C.D.R.	44:17.16 12,00
100m: 1:26.02 1:26.02	900m: 13:06.92 1:27.69	1700m: 24:53.36 1:28.53	2500m: 36:50.38 1:29.35
200m: 2:53.31 1:27.29	1000m: 14:35.10 1:28.18	1800m: 26:21.99 1:28.63	2600m: 38:20.17 1:29.79
300m: 4:20.92 1:27.61	1100m: 16:03.35 1:28.25	1900m: 27:50.94 1:28.95	2700m: 39:50.01 1:29.84
400m: 5:48.43 1:27.51	1200m: 17:31.50 1:28.15	2000m: 29:20.17 1:29.23	2800m: 41:19.96 1:29.95
500m: 7:15.96 1:27.53	1300m: 18:59.42 1:27.92	2100m: 30:49.61 1:29.44	2900m: 42:49.58 1:29.62
600m: 8:43.80 1:27.84	1400m: 20:27.95 1:28.53	2200m: 32:19.04 1:29.43	3000m: 44:17.16 1:27.58
700m: 10:11.61 1:27.81	1500m: 21:56.23 1:28.28	2300m: 33:51.91 1:32.87	
800m: 11:39.23 1:27.62	1600m: 23:24.83 1:28.60	2400m: 35:21.03 1:29.12	
6. CORREDOR NASARRE, Oscar	68	Anaitasuna S.C.D.R.	44:48.74 11,00
100m: 1:24.78 1:24.78	900m: 13:10.44 1:27.39	1700m: 25:01.03 1:29.97	2500m: 37:11.02 1:31.91
200m: 2:53.37 1:28.59	1000m: 14:38.94 1:28.50	1800m: 26:31.90 1:30.87	2600m: 38:41.80 1:30.78
300m: 4:22.41 1:29.04	1100m: 16:06.68 1:27.74	1900m: 28:02.54 1:30.64	2700m: 40:13.62 1:31.82
400m: 5:50.57 1:28.16	1200m: 17:34.43 1:27.75	2000m: 29:34.33 1:31.79	2800m: 41:47.07 1:33.45
500m: 7:18.42 1:27.85	1300m: 19:02.87 1:28.44	2100m: 31:04.61 1:30.28	2900m: 43:20.42 1:33.35
600m: 8:46.18 1:27.76	1400m: 20:32.65 1:29.78	2200m: 32:36.80 1:32.19	3000m: 44:48.74 1:28.32
700m: 10:14.60 1:28.42	1500m: 22:01.47 1:28.82	2300m: 34:07.87 1:31.07	
800m: 11:43.05 1:28.45	1600m: 23:31.06 1:29.59	2400m: 35:39.11 1:31.24	
7. MARTINEZ LLISO, Claudio	66	C.N. Metropole	47:47.38 10,00
100m: 1:26.87 1:26.87	900m: 14:02.94 1:35.43	1700m: 26:47.61 1:35.33	2500m: 39:47.10 1:37.49
200m: 2:56.73 1:29.86	1000m: 15:38.81 1:35.87	1800m: 28:24.55 1:36.94	2600m: 41:22.97 1:35.87
300m: 4:29.41 1:32.68	1100m: 17:14.89 1:36.08	1900m: 30:01.18 1:36.63	2700m: 43:02.29 1:39.32
400m: 6:04.11 1:34.70	1200m: 18:50.59 1:35.70	2000m: 31:39.08 1:37.90	2800m: 44:39.79 1:37.50
500m: 7:39.42 1:35.31	1300m: 20:26.19 1:35.60	2100m: 33:16.23 1:37.15	2900m: 46:16.38 1:36.59
600m: 9:15.71 1:36.29	1400m: 22:02.90 1:36.71	2200m: 34:54.02 1:37.79	3000m: 47:47.38 1:31.00
700m: 10:51.02 1:35.31	1500m: 23:36.16 1:33.26	2300m: 36:31.79 1:37.77	
800m: 12:27.51 1:36.49	1600m: 25:12.28 1:36.12	2400m: 38:09.61 1:37.82	

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Clasificación	AN		Tiempo				
8. RODRIGUEZ SUAREZ, Juan Pedro	67	C.N. Metropole	48:31.41	9,00			
100m: 1:29.37	1:29.37	1000m: 15:51.72	1:35.37	1800m: 28:49.93	1:39.17	2600m: 42:02.10	1:39.59
300m: 4:38.78	3:09.41	1100m: 17:28.72	1:37.00	1900m: 30:29.13	1:39.20	2700m: 43:39.80	1:37.70
400m: 6:14.15	1:35.37	1200m: 19:05.42	1:36.70	2000m: 32:08.51	1:39.38	2800m: 45:17.13	1:37.33
500m: 7:50.54	1:36.39	1300m: 20:42.63	1:37.21	2100m: 33:47.31	1:38.80	2900m: 46:54.97	1:37.84
600m: 9:26.62	1:36.08	1400m: 22:19.24	1:36.61	2200m: 35:25.74	1:38.43	3000m: 48:31.41	1:36.44
700m: 11:03.34	1:36.72	1500m: 23:56.33	1:37.09	2300m: 37:05.26	1:39.52		
800m: 12:39.45	1:36.11	1600m: 25:32.94	1:36.61	2400m: 38:43.92	1:38.66		
900m: 14:16.35	1:36.90	1700m: 27:10.76	1:37.82	2500m: 40:22.51	1:38.59		
9. MARTINEZ DOMINGUEZ, David	70	C.N. Fuenlabrada	49:33.00	8,00			
100m: 1:26.82	1:26.82	900m: 14:10.13	1:36.89	1700m: 27:16.66	1:39.62	2500m: 40:51.27	1:43.73
200m: 2:58.03	1:31.21	1000m: 15:46.69	1:36.56	1800m: 28:56.80	1:40.14	2600m: 42:34.92	1:43.65
300m: 4:32.86	1:34.83	1100m: 17:24.01	1:37.32	1900m: 30:36.67	1:39.87	2700m: 44:19.57	1:44.65
400m: 6:07.29	1:34.43	1200m: 19:02.34	1:38.33	2000m: 32:17.29	1:40.62	2800m: 46:05.00	1:45.43
500m: 7:42.65	1:35.36	1300m: 20:39.89	1:37.55	2100m: 33:58.85	1:41.56	2900m: 47:48.93	1:43.93
600m: 9:19.03	1:36.38	1400m: 22:18.42	1:38.53	2200m: 35:41.18	1:42.33	3000m: 49:33.00	1:44.07
700m: 10:56.17	1:37.14	1500m: 23:57.41	1:38.99	2300m: 37:24.45	1:43.27		
800m: 12:33.24	1:37.07	1600m: 25:37.04	1:39.63	2400m: 39:07.54	1:43.09		
10. BANDERAS MORENO, Javier	67	C.N. Master Madrid	49:43.60	7,00			
100m: 1:29.69	1:29.69	900m: 14:13.20	1:35.80	1700m: 27:06.79	1:41.08	2500m: 40:57.52	1:46.88
200m: 3:04.12	1:34.43	1000m: 15:49.10	1:35.90	1800m: 28:48.50	1:41.71	2600m: 42:43.41	1:45.89
300m: 4:39.42	1:35.30	1100m: 17:24.75	1:35.65	1900m: 30:32.08	1:43.58	2700m: 44:29.27	1:45.86
400m: 6:15.95	1:36.53	1200m: 19:00.28	1:35.53	2000m: 32:15.29	1:43.21	2800m: 46:15.88	1:46.61
500m: 7:51.15	1:35.20	1300m: 20:36.65	1:36.37	2100m: 33:58.40	1:43.11	2900m: 48:00.99	1:45.11
600m: 9:26.92	1:35.77	1400m: 22:13.08	1:36.43	2200m: 35:41.50	1:43.10	3000m: 49:43.60	1:42.61
700m: 11:01.92	1:35.00	1500m: 23:49.36	1:36.28	2300m: 37:26.11	1:44.61		
800m: 12:37.40	1:35.48	1600m: 25:25.71	1:36.35	2400m: 39:10.64	1:44.53		
11. MERLO GARCIA, Francisco Manuel	70	C.N. Fuenlabrada	50:13.85	6,00			
100m: 1:27.71	1:27.71	900m: 14:37.47	1:40.86	1700m: 28:01.27	1:40.92	2500m: 41:40.36	1:44.00
200m: 2:58.82	1:31.11	1000m: 16:17.64	1:40.17	1800m: 29:42.54	1:41.27	2600m: 43:22.61	1:42.25
300m: 4:33.67	1:34.85	1100m: 17:58.40	1:40.76	1900m: 31:23.62	1:41.08	2700m: 45:04.95	1:42.34
400m: 6:11.66	1:37.99	1200m: 19:38.36	1:39.96	2000m: 33:05.31	1:41.69	2800m: 46:47.75	1:42.80
500m: 7:51.43	1:39.77	1300m: 21:18.16	1:39.80	2100m: 34:46.83	1:41.52	2900m: 48:30.89	1:43.14
600m: 9:32.62	1:41.19	1400m: 22:58.87	1:40.71	2200m: 36:29.35	1:42.52	3000m: 50:13.85	1:42.96
700m: 11:15.20	1:42.58	1500m: 24:39.22	1:40.35	2300m: 38:12.58	1:43.23		
800m: 12:56.61	1:41.41	1600m: 26:20.35	1:41.13	2400m: 39:56.36	1:43.78		
12. LARRUCEA CASTAÑEDA, Ramon Ang	69	C.N. Santurtzi	50:51.70	5,00			
100m: 1:31.78	1:31.78	900m: 14:55.96	1:42.33	1700m: 28:34.50	1:43.20	2500m: 42:21.85	1:43.18
200m: 3:09.84	1:38.06	1000m: 16:38.01	1:42.05	1800m: 30:17.95	1:43.45	2600m: 44:05.09	1:43.24
300m: 4:49.98	1:40.14	1100m: 18:20.27	1:42.26	1900m: 32:01.07	1:43.12	2700m: 45:48.43	1:43.34
400m: 6:30.00	1:40.02	1200m: 20:02.04	1:41.77	2000m: 33:44.95	1:43.88	2800m: 47:31.16	1:42.73
500m: 8:10.36	1:40.36	1300m: 21:44.11	1:42.07	2100m: 35:28.10	1:43.15	2900m: 49:12.69	1:41.53
600m: 9:51.35	1:40.99	1400m: 23:26.37	1:42.26	2200m: 37:11.15	1:43.05	3000m: 50:51.70	1:39.01
700m: 11:32.26	1:40.91	1500m: 25:08.26	1:41.89	2300m: 38:55.20	1:44.05		
800m: 13:13.63	1:41.37	1600m: 26:51.30	1:43.04	2400m: 40:38.67	1:43.47		

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Clasificación	AN	Equipo	Tiempo								
13.	FERNANDEZ GARRIDO, Fernando	70 A.D. Plasencia 96	53:31.16 4,00								
100m:	1:34.23	1:34.23	900m:	15:13.28	1:42.48	1700m:	29:17.20	1:47.23	2500m:	44:15.87	1:49.02
200m:	3:14.73	1:40.50	1000m:	16:56.25	1:42.97	1800m:	31:04.66	1:47.46	2600m:	46:06.23	1:50.36
300m:	4:57.26	1:42.53	1100m:	18:39.73	1:43.48	1900m:	32:52.81	1:48.15	2700m:	48:01.63	1:55.40
400m:	6:41.14	1:43.88	1200m:	20:24.87	1:45.14	2000m:	34:38.61	1:45.80	2800m:	49:52.37	1:50.74
500m:	8:23.97	1:42.83	1300m:	22:10.71	1:45.84	2100m:	36:35.44	1:56.83	2900m:	51:42.55	1:50.18
600m:	10:06.06	1:42.09	1400m:	23:55.67	1:44.96	2200m:	38:48.36	2:12.92	3000m:	53:31.16	1:48.61
700m:	11:48.21	1:42.15	1500m:	25:42.11	1:46.44	2300m:	40:37.74	1:49.38			
800m:	13:30.80	1:42.59	1600m:	27:29.97	1:47.86	2400m:	42:26.85	1:49.11			

Baja GARCIA CABAS, Fernando 69 C.N. Aquamasters -

50+, Masc.

1.	PIJUAN ORO, Lluís	72	CN. Master Torrijos	37:00.41	27,00						
<i>Récord de España</i>											
100m:	1:08.90	1:08.90	900m:	10:52.48	1:13.01	1700m:	20:43.08	1:14.73	2500m:	30:45.70	1:15.61
200m:	2:21.31	1:12.41	1000m:	12:06.28	1:13.80	1800m:	21:58.51	1:15.43	2600m:	32:01.00	1:15.30
300m:	3:34.58	1:13.27	1100m:	13:19.34	1:13.06	1900m:	23:13.59	1:15.08	2700m:	33:15.93	1:14.93
400m:	4:47.47	1:12.89	1200m:	14:32.64	1:13.30	2000m:	24:29.91	1:16.32	2800m:	34:31.41	1:15.48
500m:	6:00.26	1:12.79	1300m:	15:46.72	1:14.08	2100m:	25:44.47	1:14.56	2900m:	35:47.09	1:15.68
600m:	7:13.24	1:12.98	1400m:	17:00.60	1:13.88	2200m:	26:59.68	1:15.21	3000m:	37:00.41	1:13.32
700m:	8:26.22	1:12.98	1500m:	18:14.44	1:13.84	2300m:	28:14.79	1:15.11			
800m:	9:39.47	1:13.25	1600m:	19:28.35	1:13.91	2400m:	29:30.09	1:15.30			
2.	DEL AMO GALAN, Ruben	75	A.D. Rivas Natación	39:49.51	16,00						
100m:	1:14.90	1:14.90	900m:	11:45.25	1:19.52	1700m:	22:25.20	1:20.20	2500m:	33:07.14	1:19.94
200m:	2:31.87	1:16.97	1000m:	13:04.78	1:19.53	1800m:	23:45.80	1:20.60	2600m:	34:28.33	1:21.19
300m:	3:49.98	1:18.11	1100m:	14:24.42	1:19.64	1900m:	25:06.52	1:20.72	2700m:	35:49.17	1:20.84
400m:	5:09.00	1:19.02	1200m:	15:44.38	1:19.96	2000m:	26:27.42	1:20.90	2800m:	37:10.17	1:21.00
500m:	6:27.70	1:18.70	1300m:	17:04.77	1:20.39	2100m:	27:47.10	1:19.68	2900m:	38:31.23	1:21.06
600m:	7:47.39	1:19.69	1400m:	18:24.96	1:20.19	2200m:	29:07.05	1:19.95	3000m:	39:49.51	1:18.28
700m:	9:06.52	1:19.13	1500m:	19:45.07	1:20.11	2300m:	30:26.86	1:19.81			
800m:	10:25.73	1:19.21	1600m:	21:05.00	1:19.93	2400m:	31:47.20	1:20.34			
3.	BOLOS SANTANA, Jose Angel	73	Sopela Igeriketa Swim	43:30.40	14,00						
100m:	1:19.76	1:19.76	900m:	12:44.76	1:27.19	1700m:	24:21.94	1:27.15	2500m:	36:08.48	1:29.12
200m:	2:42.57	1:22.81	1000m:	14:11.46	1:26.70	1800m:	25:49.15	1:27.21	2600m:	37:37.77	1:29.29
300m:	4:06.68	1:24.11	1100m:	15:38.54	1:27.08	1900m:	27:16.93	1:27.78	2700m:	39:07.51	1:29.74
400m:	5:32.68	1:26.00	1200m:	17:05.28	1:26.74	2000m:	28:44.96	1:28.03	2800m:	40:36.54	1:29.03
500m:	6:58.83	1:26.15	1300m:	18:33.02	1:27.74	2100m:	30:12.77	1:27.81	2900m:	42:05.92	1:29.38
600m:	8:25.03	1:26.20	1400m:	20:00.07	1:27.05	2200m:	31:41.46	1:28.69	3000m:	43:30.40	1:24.48
700m:	9:50.75	1:25.72	1500m:	21:27.45	1:27.38	2300m:	33:10.89	1:29.43			
800m:	11:17.57	1:26.82	1600m:	22:54.79	1:27.34	2400m:	34:39.36	1:28.47			
4.	TRUEBA AGUIRRE, Francisco Javier	74	C.N. Santurtzi	43:59.05	13,00						
100m:	1:24.53	1:24.53	900m:	13:07.27	1:27.79	1700m:	24:51.40	1:28.04	2500m:	36:40.16	1:27.61
200m:	2:51.58	1:27.05	1000m:	14:34.92	1:27.65	1800m:	26:19.82	1:28.42	2600m:	38:08.89	1:28.73
300m:	4:19.60	1:28.02	1100m:	16:02.50	1:27.58	1900m:	27:48.12	1:28.30	2700m:	39:37.86	1:28.97
400m:	5:48.37	1:28.77	1200m:	17:30.38	1:27.88	2000m:	29:16.53	1:28.41	2800m:	41:06.78	1:28.92
500m:	7:16.79	1:28.42	1300m:	18:58.38	1:28.00	2100m:	30:45.47	1:28.94	2900m:	42:35.41	1:28.63
600m:	8:44.59	1:27.80	1400m:	20:26.73	1:28.35	2200m:	32:14.55	1:29.08	3000m:	43:59.05	1:23.64
700m:	10:11.79	1:27.20	1500m:	21:55.05	1:28.32	2300m:	33:43.74	1:29.19			
800m:	11:39.48	1:27.69	1600m:	23:23.36	1:28.31	2400m:	35:12.55	1:28.81			

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Clasificación	AN		Tiempo	
5.	MOURIÑO ORTIGUERA, Roberto C.	74	C.N. Vulcania Master	44:24.21 12,00
	100m: 1:22.72	1:22.72	900m: 13:03.48	1:27.80
	200m: 2:49.06	1:26.34	1000m: 14:31.87	1:28.39
	300m: 4:15.94	1:26.88	1100m: 15:59.43	1:27.56
	400m: 5:44.05	1:28.11	1200m: 17:28.20	1:28.77
	500m: 7:12.38	1:28.33	1300m: 18:56.82	1:28.62
	600m: 8:40.12	1:27.74	1400m: 20:25.62	1:28.80
	700m: 10:08.25	1:28.13	1500m: 21:53.99	1:28.37
	800m: 11:35.68	1:27.43	1600m: 23:23.16	1:29.17
			1700m: 24:52.48	1:29.32
			1800m: 26:22.80	1:30.32
			1900m: 27:52.54	1:29.74
			2000m: 29:22.29	1:29.75
			2100m: 30:52.15	1:29.86
			2200m: 32:22.59	1:30.44
			2300m: 33:53.40	1:30.81
			2400m: 35:24.91	1:31.51
6.	NUÑEZ PEREZ, Francisco Javier	72	Club Arriacense Natacion	44:56.28 11,00
	100m: 1:22.24	1:22.24	900m: 13:07.77	1:29.44
	200m: 2:49.59	1:27.35	1000m: 14:37.79	1:30.02
	300m: 4:16.83	1:27.24	1100m: 16:07.46	1:29.67
	400m: 5:43.78	1:26.95	1200m: 17:37.52	1:30.06
	500m: 7:11.45	1:27.67	1300m: 19:07.81	1:30.29
	600m: 8:39.49	1:28.04	1400m: 20:37.90	1:30.09
	700m: 10:08.56	1:29.07	1500m: 22:09.33	1:31.43
	800m: 11:38.33	1:29.77	1600m: 23:39.77	1:30.44
			1700m: 25:10.85	1:31.08
			1800m: 26:42.03	1:31.18
			1900m: 28:13.32	1:31.29
			2000m: 29:45.65	1:32.33
			2100m: 31:17.82	1:32.17
			2200m: 32:48.09	1:30.27
			2300m: 34:19.40	1:31.31
			2400m: 35:50.24	1:30.84
7.	MARTINEZ GONZALEZ, Raul	72	C.N. Ovimaster	45:02.62 10,00
	100m: 1:24.88	1:24.88	900m: 13:11.35	1:29.09
	200m: 2:52.35	1:27.47	1000m: 14:40.15	1:28.80
	300m: 4:19.90	1:27.55	1100m: 16:09.52	1:29.37
	400m: 5:48.54	1:28.64	1200m: 17:39.07	1:29.55
	500m: 7:17.16	1:28.62	1300m: 19:08.86	1:29.79
	600m: 8:45.77	1:28.61	1400m: 20:39.05	1:30.19
	700m: 10:13.89	1:28.12	1500m: 22:08.68	1:29.63
	800m: 11:42.26	1:28.37	1600m: 23:39.19	1:30.51
			1700m: 25:09.54	1:30.35
			1800m: 26:40.34	1:30.80
			1900m: 28:11.93	1:31.59
			2000m: 29:43.23	1:31.30
			2100m: 31:15.06	1:31.83
			2200m: 32:46.83	1:31.77
			2300m: 34:18.86	1:32.03
			2400m: 35:51.24	1:32.38
8.	CASTILLA GOMEZ, Marco Antonio	73	C.D.N. Cordoba	45:40.14 9,00
	100m: 1:19.32	1:19.32	900m: 12:54.09	1:30.26
	200m: 2:42.81	1:23.49	1000m: 14:24.87	1:30.78
	300m: 4:07.69	1:24.88	1100m: 15:56.84	1:31.97
	400m: 5:33.90	1:26.21	1200m: 17:29.78	1:32.94
	500m: 7:00.54	1:26.64	1300m: 19:01.82	1:32.04
	600m: 8:27.61	1:27.07	1400m: 20:35.00	1:33.18
	700m: 9:54.90	1:27.29	1500m: 22:08.24	1:33.24
	800m: 11:23.83	1:28.93	1600m: 23:40.94	1:32.70
			1700m: 25:14.30	1:33.36
			1800m: 26:49.41	1:35.11
			1900m: 28:23.25	1:33.84
			2000m: 29:58.06	1:34.81
			2100m: 31:32.07	1:34.01
			2200m: 33:06.31	1:34.24
			2300m: 34:42.34	1:36.03
			2400m: 36:18.73	1:36.39
9.	CUADRADO VIÑAS, Fernando	74	C.N. Fuenlabrada	46:12.02 8,00
	100m: 1:22.65	1:22.65	900m: 13:07.25	1:30.80
	200m: 2:49.19	1:26.54	1000m: 14:41.05	1:33.80
	300m: 4:17.28	1:28.09	1100m: 16:14.03	1:32.98
	400m: 5:45.03	1:27.75	1200m: 17:49.07	1:35.04
	500m: 7:12.32	1:27.29	1300m: 19:23.04	1:33.97
	600m: 8:40.01	1:27.69	1400m: 20:57.09	1:34.05
	700m: 10:07.36	1:27.35	1500m: 22:32.03	1:34.94
	800m: 11:36.45	1:29.09	1600m: 24:05.98	1:33.95
			1700m: 25:41.97	1:35.99
			1800m: 27:18.50	1:36.53
			1900m: 28:53.66	1:35.16
			2000m: 30:31.51	1:37.85
			2100m: 32:06.64	1:35.13
			2200m: 33:40.38	1:33.74
			2300m: 35:13.89	1:33.51
			2400m: 36:48.84	1:34.95

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Clasificación	AN		Tiempo	
10. SANTORUM PEREZ, Arturo	74	C.N. Ovimaster	48:59.70	7,00
100m: 1:31.29 1:31.29	900m: 14:20.71 1:37.20	1700m: 27:30.21 1:39.33	2500m: 40:52.53 1:39.69	
200m: 3:04.42 1:33.13	1000m: 15:58.18 1:37.47	1800m: 29:09.38 1:39.17	2600m: 42:32.38 1:39.85	
300m: 4:38.65 1:34.23	1100m: 17:36.45 1:38.27	1900m: 30:48.95 1:39.57	2700m: 44:11.73 1:39.35	
400m: 6:15.12 1:36.47	1200m: 19:15.48 1:39.03	2000m: 32:28.54 1:39.59	2800m: 45:49.35 1:37.62	
500m: 7:51.21 1:36.09	1300m: 20:54.34 1:38.86	2100m: 34:08.23 1:39.69	2900m: 47:26.66 1:37.31	
600m: 9:27.29 1:36.08	1400m: 22:32.93 1:38.59	2200m: 35:49.27 1:41.04	3000m: 48:59.70 1:33.04	
700m: 11:05.23 1:37.94	1500m: 24:12.09 1:39.16	2300m: 37:31.89 1:42.62		
800m: 12:43.51 1:38.28	1600m: 25:50.88 1:38.79	2400m: 39:12.84 1:40.95		
11. OLIVA NIETO, David	75	C.N. Fuenlabrada	50:01.63	6,00
100m: 1:31.94 1:31.94	900m: 14:50.45 1:40.68	1700m: 28:23.01 1:40.84	2500m: 41:39.90 1:38.79	
200m: 3:09.38 1:37.44	1000m: 16:31.83 1:41.38	1800m: 30:04.20 1:41.19	2600m: 43:20.23 1:40.33	
300m: 4:49.27 1:39.89	1100m: 18:12.69 1:40.86	1900m: 31:44.77 1:40.57	2700m: 45:00.25 1:40.02	
400m: 6:30.26 1:40.99	1200m: 19:54.70 1:42.01	2000m: 33:23.16 1:38.39	2800m: 46:41.49 1:41.24	
500m: 8:09.65 1:39.39	1300m: 21:37.05 1:42.35	2100m: 35:01.24 1:38.08	2900m: 48:22.68 1:41.19	
600m: 9:49.61 1:39.96	1400m: 23:19.01 1:41.96	2200m: 36:40.91 1:39.67	3000m: 50:01.63 1:38.95	
700m: 11:29.73 1:40.12	1500m: 25:01.11 1:42.10	2300m: 38:21.62 1:40.71		
800m: 13:09.77 1:40.04	1600m: 26:42.17 1:41.06	2400m: 40:01.11 1:39.49		
12. REYES VELO, Francisco Javier	74	C.N. Fuenlabrada	50:38.40	5,00
100m: 1:26.01 1:26.01	900m: 14:29.37 1:39.01	1700m: 28:09.28 1:44.78	2500m: 42:08.26 1:43.89	
200m: 3:00.14 1:34.13	1000m: 16:09.07 1:39.70	1800m: 29:50.37 1:41.09	2600m: 43:52.16 1:43.90	
300m: 4:37.32 1:37.18	1100m: 17:50.53 1:41.46	1900m: 31:34.96 1:44.59	2700m: 45:35.41 1:43.25	
400m: 6:15.99 1:38.67	1200m: 19:33.77 1:43.24	2000m: 33:20.20 1:45.24	2800m: 47:20.62 1:45.21	
500m: 7:56.07 1:40.08	1300m: 21:16.83 1:43.06	2100m: 35:07.00 1:46.80	2900m: 49:03.84 1:43.22	
600m: 9:34.56 1:38.49	1400m: 22:57.53 1:40.70	2200m: 36:53.81 1:46.81	3000m: 50:38.40 1:34.56	
700m: 11:12.15 1:37.59	1500m: 24:40.74 1:43.21	2300m: 38:39.74 1:45.93		
800m: 12:50.36 1:38.21	1600m: 26:24.50 1:43.76	2400m: 40:24.37 1:44.63		
13. LUQUE CABO, Jorge Javier	73	C.N. Master Madrid	51:18.10	4,00
100m: 1:35.28 1:35.28	900m: 15:02.89 1:41.73	1700m: 28:43.33 1:42.90	2500m: 42:38.88 1:45.39	
200m: 3:14.99 1:39.71	1000m: 16:44.28 1:41.39	1800m: 30:26.79 1:43.46	2600m: 44:25.32 1:46.44	
300m: 4:56.58 1:41.59	1100m: 18:26.38 1:42.10	1900m: 32:11.18 1:44.39	2700m: 46:11.40 1:46.08	
400m: 6:37.51 1:40.93	1200m: 20:09.28 1:42.90	2000m: 33:54.70 1:43.52	2800m: 47:57.18 1:45.78	
500m: 8:17.50 1:39.99	1300m: 21:52.50 1:43.22	2100m: 35:39.44 1:44.74	2900m: 49:42.77 1:45.59	
600m: 9:59.28 1:41.78	1400m: 23:35.05 1:42.55	2200m: 37:23.98 1:44.54	3000m: 51:18.10 1:35.33	
700m: 11:40.44 1:41.16	1500m: 25:16.82 1:41.77	2300m: 39:08.50 1:44.52		
800m: 13:21.16 1:40.72	1600m: 27:00.43 1:43.61	2400m: 40:53.49 1:44.99		
14. LORENZO FERNANDEZ, Jose Manuel	72	C.N. Rias Baixas	52:39.45	3,00
100m: 1:38.58 1:38.58	900m: 15:40.69 1:46.08	1700m: 29:51.62 1:46.42	2500m: 44:00.92 1:44.96	
200m: 3:21.90 1:43.32	1000m: 17:27.63 1:46.94	1800m: 31:37.74 1:46.12	2600m: 45:46.77 1:45.85	
300m: 5:07.98 1:46.08	1100m: 19:14.19 1:46.56	1900m: 33:24.66 1:46.92	2700m: 47:32.97 1:46.20	
400m: 6:53.17 1:45.19	1200m: 21:00.61 1:46.42	2000m: 35:10.73 1:46.07	2800m: 49:17.63 1:44.66	
500m: 8:38.97 1:45.80	1300m: 22:47.53 1:46.92	2100m: 36:56.90 1:46.17	2900m: 51:00.97 1:43.34	
600m: 10:24.29 1:45.32	1400m: 24:32.62 1:45.09	2200m: 38:43.52 1:46.62	3000m: 52:39.45 1:38.48	
700m: 12:09.06 1:44.77	1500m: 26:18.89 1:46.27	2300m: 40:29.73 1:46.21		
800m: 13:54.61 1:45.55	1600m: 28:05.20 1:46.31	2400m: 42:15.96 1:46.23		

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1.	CANTADOR MARINA, Juan	78	C.N. Jimenez	39:19.36	19,00			
	100m: 1:12.34	1:12.34	900m: 11:34.24	1:18.36	1700m: 22:07.20	1:19.62	2500m: 32:43.90	1:20.27
	200m: 2:29.05	1:16.71	1000m: 12:52.54	1:18.30	1800m: 23:27.09	1:19.89	2600m: 34:03.81	1:19.91
	300m: 3:46.76	1:17.71	1100m: 14:11.15	1:18.61	1900m: 24:47.16	1:20.07	2700m: 35:23.36	1:19.55
	400m: 5:04.40	1:17.64	1200m: 15:30.24	1:19.09	2000m: 26:06.95	1:19.79	2800m: 36:42.83	1:19.47
	500m: 6:22.26	1:17.86	1300m: 16:49.47	1:19.23	2100m: 27:26.66	1:19.71	2900m: 38:02.09	1:19.26
	600m: 7:39.61	1:17.35	1400m: 18:08.72	1:19.25	2200m: 28:45.88	1:19.22	3000m: 39:19.36	1:17.27
	700m: 8:57.57	1:17.96	1500m: 19:27.91	1:19.19	2300m: 30:04.60	1:18.72		
	800m: 10:15.88	1:18.31	1600m: 20:47.58	1:19.67	2400m: 31:23.63	1:19.03		
2.	SERRANO SANZ, Ruben	80	C.N. Triton Bierzo	40:21.99	16,00			
	100m: 1:13.90	1:13.90	900m: 11:41.31	1:19.82	1700m: 22:28.36	1:21.63	2500m: 33:32.98	1:24.71
	200m: 2:30.31	1:16.41	1000m: 13:02.02	1:20.71	1800m: 23:51.01	1:22.65	2600m: 34:56.79	1:23.81
	300m: 3:47.78	1:17.47	1100m: 14:22.67	1:20.65	1900m: 25:12.79	1:21.78	2700m: 36:19.70	1:22.91
	400m: 5:05.47	1:17.69	1200m: 15:43.01	1:20.34	2000m: 26:35.41	1:22.62	2800m: 37:42.33	1:22.63
	500m: 6:23.67	1:18.20	1300m: 17:03.16	1:20.15	2100m: 27:58.01	1:22.60	2900m: 39:03.87	1:21.54
	600m: 7:42.54	1:18.87	1400m: 18:24.00	1:20.84	2200m: 29:21.43	1:23.42	3000m: 40:21.99	1:18.12
	700m: 9:01.73	1:19.19	1500m: 19:45.28	1:21.28	2300m: 30:44.96	1:23.53		
	800m: 10:21.49	1:19.76	1600m: 21:06.73	1:21.45	2400m: 32:08.27	1:23.31		
3.	YAGUE ANDRES, Jorge	77	C.N. Master Madrid	42:14.87	14,00			
	100m: 1:19.06	1:19.06	900m: 12:33.93	1:24.44	1700m: 23:53.45	1:25.83	2500m: 35:22.49	1:25.50
	200m: 2:41.59	1:22.53	1000m: 13:59.00	1:25.07	1800m: 25:19.77	1:26.32	2600m: 36:47.03	1:24.54
	300m: 4:05.84	1:24.25	1100m: 15:23.02	1:24.02	1900m: 26:46.35	1:26.58	2700m: 38:11.39	1:24.36
	400m: 5:30.56	1:24.72	1200m: 16:47.98	1:24.96	2000m: 28:12.48	1:26.13	2800m: 39:36.43	1:25.04
	500m: 6:55.38	1:24.82	1300m: 18:12.83	1:24.85	2100m: 29:39.15	1:26.67	2900m: 40:58.85	1:22.42
	600m: 8:19.86	1:24.48	1400m: 19:37.40	1:24.57	2200m: 31:05.52	1:26.37	3000m: 42:14.87	1:16.02
	700m: 9:44.48	1:24.62	1500m: 21:02.50	1:25.10	2300m: 32:31.52	1:26.00		
	800m: 11:09.49	1:25.01	1600m: 22:27.62	1:25.12	2400m: 33:56.99	1:25.47		
4.	RODRIGUEZ FARALDOS, Carlos	77	CN. Master Torrijos	42:18.76	13,00			
	100m: 1:18.73	1:18.73	900m: 12:29.08	1:24.86	1700m: 23:49.89	1:25.42	2500m: 35:18.03	1:25.95
	200m: 2:41.12	1:22.39	1000m: 13:53.69	1:24.61	1800m: 25:15.52	1:25.63	2600m: 36:44.12	1:26.09
	300m: 4:03.84	1:22.72	1100m: 15:18.72	1:25.03	1900m: 26:41.95	1:26.43	2700m: 38:09.28	1:25.16
	400m: 5:28.05	1:24.21	1200m: 16:43.38	1:24.66	2000m: 28:07.77	1:25.82	2800m: 39:34.60	1:25.32
	500m: 6:51.89	1:23.84	1300m: 18:08.28	1:24.90	2100m: 29:34.16	1:26.39	2900m: 40:58.95	1:24.35
	600m: 8:16.06	1:24.17	1400m: 19:34.00	1:25.72	2200m: 31:00.09	1:25.93	3000m: 42:18.76	1:19.81
	700m: 9:40.30	1:24.24	1500m: 20:59.03	1:25.03	2300m: 32:26.09	1:26.00		
	800m: 11:04.22	1:23.92	1600m: 22:24.47	1:25.44	2400m: 33:52.08	1:25.99		
5.	RIVERO RAMIREZ, Jose Javier	78	C.N. Master Madrid	43:39.69	12,00			
	100m: 1:24.24	1:24.24	900m: 13:00.07	1:27.89	1700m: 24:39.03	1:27.56	2500m: 36:23.98	1:27.50
	200m: 2:50.06	1:25.82	1000m: 14:27.53	1:27.46	1800m: 26:08.00	1:28.97	2600m: 37:52.66	1:28.68
	300m: 4:16.22	1:26.16	1100m: 15:55.28	1:27.75	1900m: 27:36.39	1:28.39	2700m: 39:20.79	1:28.13
	400m: 5:42.49	1:26.27	1200m: 17:23.58	1:28.30	2000m: 29:04.14	1:27.75	2800m: 40:49.21	1:28.42
	500m: 7:09.94	1:27.45	1300m: 18:50.45	1:26.87	2100m: 30:31.82	1:27.68	2900m: 42:16.53	1:27.32
	600m: 8:36.53	1:26.59	1400m: 20:18.10	1:27.65	2200m: 31:58.85	1:27.03	3000m: 43:39.69	1:23.16
	700m: 10:04.33	1:27.80	1500m: 21:45.05	1:26.95	2300m: 33:28.02	1:29.17		
	800m: 11:32.18	1:27.85	1600m: 23:11.47	1:26.42	2400m: 34:56.48	1:28.46		

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, Masc., 3000m Libre, 45+

Clasificación	AN		Tiempo	
6. PEREZ DIAZ, Alberto	80	CN. Master Torrijos	45:28.28	11,00
100m: 1:23.64 1:23.64	900m: 13:29.68 1:31.20	1700m: 25:44.68 1:31.74	2500m: 37:57.82 1:32.63	
200m: 2:52.15 1:28.51	1000m: 15:00.96 1:31.28	1800m: 27:16.61 1:31.93	2600m: 39:31.59 1:33.77	
300m: 4:22.85 1:30.70	1100m: 16:32.48 1:31.52	1900m: 28:47.50 1:30.89	2700m: 41:01.77 1:30.18	
400m: 5:54.27 1:31.42	1200m: 18:03.95 1:31.47	2000m: 30:18.13 1:30.63	2800m: 42:31.71 1:29.94	
500m: 7:25.43 1:31.16	1300m: 19:35.87 1:31.92	2100m: 31:48.84 1:30.71	2900m: 44:01.77 1:30.06	
600m: 8:56.48 1:31.05	1400m: 21:08.68 1:32.81	2200m: 33:20.49 1:31.65	3000m: 45:28.28 1:26.51	
700m: 10:27.30 1:30.82	1500m: 22:41.05 1:32.37	2300m: 34:52.52 1:32.03		
800m: 11:58.48 1:31.18	1600m: 24:12.94 1:31.89	2400m: 36:25.19 1:32.67		
7. RANGEL MENDEZ, Luis Alberto	78	C.N. Ovimaster	45:43.20	10,00
100m: 1:23.47 1:23.47	900m: 13:19.80 1:31.11	1700m: 25:35.69 1:32.02	2500m: 38:01.67 1:33.42	
200m: 2:51.21 1:27.74	1000m: 14:51.48 1:31.68	1800m: 27:09.00 1:33.31	2600m: 39:35.42 1:33.75	
300m: 4:19.44 1:28.23	1100m: 16:22.36 1:30.88	1900m: 28:42.60 1:33.60	2700m: 41:08.85 1:33.43	
400m: 5:48.72 1:29.28	1200m: 17:53.90 1:31.54	2000m: 30:16.04 1:33.44	2800m: 42:41.50 1:32.65	
500m: 7:18.30 1:29.58	1300m: 19:26.23 1:32.33	2100m: 31:49.06 1:33.02	2900m: 44:13.41 1:31.91	
600m: 8:48.18 1:29.88	1400m: 20:58.67 1:32.44	2200m: 33:22.10 1:33.04	3000m: 45:43.20 1:29.79	
700m: 10:18.03 1:29.85	1500m: 22:31.32 1:32.65	2300m: 34:54.87 1:32.77		
800m: 11:48.69 1:30.66	1600m: 24:03.67 1:32.35	2400m: 36:28.25 1:33.38		
8. SANCHEZ LLOPIS, Ramon	80	C.N. Fuenlabrada	51:59.62	9,00
100m: 1:27.13 1:27.13	900m: 14:21.01 1:39.70	1700m: 27:57.96 1:45.07	2500m: 42:32.48 1:51.55	
200m: 2:59.05 1:31.92	1000m: 16:01.24 1:40.23	1800m: 29:42.89 1:44.93	2600m: 44:26.71 1:54.23	
300m: 4:33.40 1:34.35	1100m: 17:41.21 1:39.97	1900m: 31:28.50 1:45.61	2700m: 46:19.25 1:52.54	
400m: 6:08.64 1:35.24	1200m: 19:22.44 1:41.23	2000m: 33:15.74 1:47.24	2800m: 48:13.54 1:54.29	
500m: 7:45.52 1:36.88	1300m: 21:04.41 1:41.97	2100m: 35:06.59 1:50.85	2900m: 50:07.13 1:53.59	
600m: 9:23.66 1:38.14	1400m: 22:46.32 1:41.91	2200m: 36:58.72 1:52.13	3000m: 51:59.62 1:52.49	
700m: 11:02.30 1:38.64	1500m: 24:29.17 1:42.85	2300m: 38:51.09 1:52.37		
800m: 12:41.31 1:39.01	1600m: 26:12.89 1:43.72	2400m: 40:40.93 1:49.84		

40+, Masc.

1. ALVAREZ ORDOÑEZ, Noe	83	C.N. Cuencas Mineras	39:06.10	19,00
100m: 1:08.42 1:08.42	900m: 11:17.52 1:17.80	1700m: 21:47.84 1:20.18	2500m: 32:31.00 1:20.33	
200m: 2:21.73 1:13.31	1000m: 12:35.52 1:18.00	1800m: 23:06.49 1:18.65	2600m: 33:52.28 1:21.28	
300m: 3:36.69 1:14.96	1100m: 13:53.94 1:18.42	1900m: 24:25.90 1:19.41	2700m: 35:11.98 1:19.70	
400m: 4:51.95 1:15.26	1200m: 15:12.35 1:18.41	2000m: 25:45.26 1:19.36	2800m: 36:32.18 1:20.20	
500m: 6:08.26 1:16.31	1300m: 16:31.17 1:18.82	2100m: 27:06.18 1:20.92	2900m: 37:51.47 1:19.29	
600m: 7:25.18 1:16.92	1400m: 17:50.14 1:18.97	2200m: 28:27.64 1:21.46	3000m: 39:06.10 1:14.63	
700m: 8:42.53 1:17.35	1500m: 19:08.63 1:18.49	2300m: 29:49.11 1:21.47		
800m: 9:59.72 1:17.19	1600m: 20:27.66 1:19.03	2400m: 31:10.67 1:21.56		
2. CHURNIN, Stephen Henry	81	C.N. Master Madrid	39:39.46	16,00
100m: 1:12.74 1:12.74	900m: 11:31.45 1:18.15	1700m: 22:07.74 1:20.43	2500m: 32:55.10 1:20.93	
200m: 2:29.05 1:16.31	1000m: 12:50.30 1:18.85	1800m: 23:28.04 1:20.30	2600m: 34:16.48 1:21.38	
300m: 3:45.68 1:16.63	1100m: 14:09.34 1:19.04	1900m: 24:48.43 1:20.39	2700m: 35:37.69 1:21.21	
400m: 5:02.84 1:17.16	1200m: 15:28.88 1:19.54	2000m: 26:09.75 1:21.32	2800m: 36:58.67 1:20.98	
500m: 6:20.42 1:17.58	1300m: 16:48.37 1:19.49	2100m: 27:30.65 1:20.90	2900m: 38:20.41 1:21.74	
600m: 7:37.59 1:17.17	1400m: 18:08.07 1:19.70	2200m: 28:51.36 1:20.71	3000m: 39:39.46 1:19.05	
700m: 8:54.99 1:17.40	1500m: 19:27.97 1:19.90	2300m: 30:12.32 1:20.96		
800m: 10:13.30 1:18.31	1600m: 20:47.31 1:19.34	2400m: 31:34.17 1:21.85		

VIII Cto. de España "OPEN" de Fondo Masters
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Prueba 1, Masc., 3000m Libre, 40+

Clasificación	AN		Tiempo				
3. GARCIA CUESTA, Fernando	84	A.D.N. Mostoles	43:40.38	14,00			
100m: 1:24.80	1:24.80	900m: 13:00.14	1:27.75	1700m: 24:40.74	1:27.77	2500m: 36:29.03	1:26.99
200m: 2:50.83	1:26.03	1000m: 14:27.65	1:27.51	1800m: 26:09.16	1:28.42	2600m: 37:56.59	1:27.56
300m: 4:16.84	1:26.01	1100m: 15:55.39	1:27.74	1900m: 27:38.34	1:29.18	2700m: 39:24.47	1:27.88
400m: 5:43.17	1:26.33	1200m: 17:23.79	1:28.40	2000m: 29:06.62	1:28.28	2800m: 40:52.18	1:27.71
500m: 7:10.25	1:27.08	1300m: 18:50.82	1:27.03	2100m: 30:35.25	1:28.63	2900m: 42:19.87	1:27.69
600m: 8:37.43	1:27.18	1400m: 20:18.59	1:27.77	2200m: 32:04.31	1:29.06	3000m: 43:40.38	1:20.51
700m: 10:04.62	1:27.19	1500m: 21:46.22	1:27.63	2300m: 33:33.08	1:28.77		
800m: 11:32.39	1:27.77	1600m: 23:12.97	1:26.75	2400m: 35:02.04	1:28.96		
4. MANZANO GUTIERREZ, Sergio	83	C.D.E. Mako	43:50.82	13,00			
100m: 1:21.67	1:21.67	900m: 13:04.93	1:27.30	1700m: 24:47.23	1:28.29	2500m: 36:33.79	1:28.51
200m: 2:48.60	1:26.93	1000m: 14:32.32	1:27.39	1800m: 26:15.80	1:28.57	2600m: 38:01.52	1:27.73
300m: 4:17.24	1:28.64	1100m: 15:59.64	1:27.32	1900m: 27:44.75	1:28.95	2700m: 39:30.03	1:28.51
400m: 5:46.01	1:28.77	1200m: 17:27.24	1:27.60	2000m: 29:12.63	1:27.88	2800m: 40:57.86	1:27.83
500m: 7:14.10	1:28.09	1300m: 18:55.01	1:27.77	2100m: 30:40.75	1:28.12	2900m: 42:25.55	1:27.69
600m: 8:42.07	1:27.97	1400m: 20:22.57	1:27.56	2200m: 32:08.85	1:28.10	3000m: 43:50.82	1:25.27
700m: 10:09.94	1:27.87	1500m: 21:50.17	1:27.60	2300m: 33:37.65	1:28.80		
800m: 11:37.63	1:27.69	1600m: 23:18.94	1:28.77	2400m: 35:05.28	1:27.63		
5. FERNANDEZ LOPEZ, Javier	85	C.D. Jerez Natacion Master	43:57.74	12,00			
100m: 1:23.15	1:23.15	900m: 13:07.24	1:27.69	1700m: 24:52.25	1:28.55	2500m: 36:39.97	1:27.66
200m: 2:50.73	1:27.58	1000m: 14:35.04	1:27.80	1800m: 26:20.26	1:28.01	2600m: 38:08.87	1:28.90
300m: 4:19.83	1:29.10	1100m: 16:02.65	1:27.61	1900m: 27:49.32	1:29.06	2700m: 39:37.80	1:28.93
400m: 5:48.76	1:28.93	1200m: 17:30.64	1:27.99	2000m: 29:17.12	1:27.80	2800m: 41:06.94	1:29.14
500m: 7:16.72	1:27.96	1300m: 18:58.62	1:27.98	2100m: 30:45.85	1:28.73	2900m: 42:35.67	1:28.73
600m: 8:44.30	1:27.58	1400m: 20:26.86	1:28.24	2200m: 32:14.97	1:29.12	3000m: 43:57.74	1:22.07
700m: 10:11.65	1:27.35	1500m: 21:55.37	1:28.51	2300m: 33:43.73	1:28.76		
800m: 11:39.55	1:27.90	1600m: 23:23.70	1:28.33	2400m: 35:12.31	1:28.58		
6. FERNANDEZ PEREZ, Victor	85	C.D. Tizona Burgos	44:40.12	11,00			
100m: 1:19.20	1:19.20	900m: 13:18.59	1:30.29	1700m: 25:20.89	1:30.39	2500m: 37:22.42	1:30.48
200m: 2:45.52	1:26.32	1000m: 14:48.20	1:29.61	1800m: 26:51.15	1:30.26	2600m: 38:51.85	1:29.43
300m: 4:14.46	1:28.94	1100m: 16:17.74	1:29.54	1900m: 28:20.69	1:29.54	2700m: 40:21.35	1:29.50
400m: 5:44.36	1:29.90	1200m: 17:47.86	1:30.12	2000m: 29:51.06	1:30.37	2800m: 41:49.74	1:28.39
500m: 7:15.08	1:30.72	1300m: 19:19.66	1:31.80	2100m: 31:22.07	1:31.01	2900m: 43:16.74	1:27.00
600m: 8:46.17	1:31.09	1400m: 20:49.23	1:29.57	2200m: 32:52.52	1:30.45	3000m: 44:40.12	1:23.38
700m: 10:17.15	1:30.98	1500m: 22:20.06	1:30.83	2300m: 34:22.23	1:29.71		
800m: 11:48.30	1:31.15	1600m: 23:50.50	1:30.44	2400m: 35:51.94	1:29.71		
7. LAGARES GONZALEZ, Juan Manuel	83	C.D.N. Cordoba	45:24.57	10,00			
100m: 1:23.20	1:23.20	900m: 13:16.61	1:29.12	1700m: 25:29.23	1:33.96	2500m: 37:46.62	1:32.04
200m: 2:50.22	1:27.02	1000m: 14:46.76	1:30.15	1800m: 27:00.79	1:31.56	2600m: 39:19.47	1:32.85
300m: 4:20.03	1:29.81	1100m: 16:17.16	1:30.40	1900m: 28:33.95	1:33.16	2700m: 40:50.89	1:31.42
400m: 5:49.40	1:29.37	1200m: 17:48.86	1:31.70	2000m: 30:05.11	1:31.16	2800m: 42:21.99	1:31.10
500m: 7:18.48	1:29.08	1300m: 19:19.92	1:31.06	2100m: 31:35.26	1:30.15	2900m: 43:52.99	1:31.00
600m: 8:47.50	1:29.02	1400m: 20:51.14	1:31.22	2200m: 33:05.28	1:30.02	3000m: 45:24.57	1:31.58
700m: 10:17.80	1:30.30	1500m: 22:23.32	1:32.18	2300m: 34:36.43	1:31.15		
800m: 11:47.49	1:29.69	1600m: 23:55.27	1:31.95	2400m: 36:14.58	1:38.15		

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OVIEDO, 21 - 23/3/2025

Prueba 1, Masc., 3000m Libre, 40+

Clasificación	AN		Tiempo	
8. MARTINEZ YAÑEZ, Daniel	81	C.N. Fuenlabrada	48:18.71	9,00
100m: 1:22.54 1:22.54	900m: 14:00.10 1:35.95	1700m: 26:54.52 1:38.05	2500m: 40:06.41 1:40.86	
200m: 2:53.55 1:31.01	1000m: 15:35.73 1:35.63	1800m: 28:33.16 1:38.64	2600m: 41:45.22 1:38.81	
300m: 4:26.91 1:33.36	1100m: 17:12.10 1:36.37	1900m: 30:11.18 1:38.02	2700m: 43:23.36 1:38.14	
400m: 6:01.53 1:34.62	1200m: 18:48.22 1:36.12	2000m: 31:49.36 1:38.18	2800m: 45:01.92 1:38.56	
500m: 7:36.74 1:35.21	1300m: 20:24.78 1:36.56	2100m: 33:27.22 1:37.86	2900m: 46:40.51 1:38.59	
600m: 9:11.61 1:34.87	1400m: 22:01.61 1:36.83	2200m: 35:06.40 1:39.18	3000m: 48:18.71 1:38.20	
700m: 10:46.82 1:35.21	1500m: 23:38.51 1:36.90	2300m: 36:45.98 1:39.58		
800m: 12:24.15 1:37.33	1600m: 25:16.47 1:37.96	2400m: 38:25.55 1:39.57		
9. FONDEVILA SANCHEZ, Xavier	85	C.E.N. Cabrera De Mar	48:43.50	8,00
100m: 1:26.74 1:26.74	900m: 14:16.02 1:37.20	1700m: 27:21.84 1:39.02	2500m: 40:38.53 1:41.14	
200m: 3:00.01 1:33.27	1000m: 15:52.79 1:36.77	1800m: 29:01.40 1:39.56	2600m: 42:18.38 1:39.85	
300m: 4:35.95 1:35.94	1100m: 17:30.10 1:37.31	1900m: 30:40.36 1:38.96	2700m: 43:57.20 1:38.82	
400m: 6:11.72 1:35.77	1200m: 19:07.93 1:37.83	2000m: 32:19.69 1:39.33	2800m: 45:35.97 1:38.77	
500m: 7:48.09 1:36.37	1300m: 20:46.30 1:38.37	2100m: 33:58.80 1:39.11	2900m: 47:13.32 1:37.35	
600m: 9:24.70 1:36.61	1400m: 22:24.50 1:38.20	2200m: 35:38.09 1:39.29	3000m: 48:43.50 1:30.18	
700m: 11:01.39 1:36.69	1500m: 24:03.12 1:38.62	2300m: 37:17.24 1:39.15		
800m: 12:38.82 1:37.43	1600m: 25:42.82 1:39.70	2400m: 38:57.39 1:40.15		

35+, Masc.

1. MANNANOV, Eduard	86	C.D. Halegatos	33:52.58	19,00
100m: 1:05.63 1:05.63	900m: 10:08.84 1:07.77	1700m: 19:09.96 1:07.64	2500m: 28:14.91 1:08.79	
200m: 2:12.86 1:07.23	1000m: 11:16.55 1:07.71	1800m: 20:17.82 1:07.86	2600m: 29:23.22 1:08.31	
300m: 3:20.92 1:08.06	1100m: 12:24.33 1:07.78	1900m: 21:25.75 1:07.93	2700m: 30:31.50 1:08.28	
400m: 4:29.24 1:08.32	1200m: 13:31.87 1:07.54	2000m: 22:33.51 1:07.76	2800m: 31:39.50 1:08.00	
500m: 5:37.21 1:07.97	1300m: 14:39.50 1:07.63	2100m: 23:41.38 1:07.87	2900m: 32:47.56 1:08.06	
600m: 6:45.33 1:08.12	1400m: 15:46.88 1:07.38	2200m: 24:49.57 1:08.19	3000m: 33:52.58 1:05.02	
700m: 7:53.21 1:07.88	1500m: 16:54.55 1:07.67	2300m: 25:57.57 1:08.00		
800m: 9:01.07 1:07.86	1600m: 18:02.32 1:07.77	2400m: 27:06.12 1:08.55		
2. HORCADA IRIARTE, Pablo	89	Pamplona C.N.	37:26.21	16,00
100m: 1:13.76 1:13.76	900m: 11:22.72 1:15.78	1700m: 21:25.60 1:14.77	2500m: 31:20.18 1:14.45	
200m: 2:29.06 1:15.30	1000m: 12:38.75 1:16.03	1800m: 22:40.09 1:14.49	2600m: 32:34.66 1:14.48	
300m: 3:45.76 1:16.70	1100m: 13:54.20 1:15.45	1900m: 23:54.26 1:14.17	2700m: 33:48.88 1:14.22	
400m: 5:02.50 1:16.74	1200m: 15:09.71 1:15.51	2000m: 25:07.80 1:13.54	2800m: 35:02.76 1:13.88	
500m: 6:18.83 1:16.33	1300m: 16:25.19 1:15.48	2100m: 26:21.71 1:13.91	2900m: 36:16.01 1:13.25	
600m: 7:34.87 1:16.04	1400m: 17:41.01 1:15.82	2200m: 27:36.39 1:14.68	3000m: 37:26.21 1:10.20	
700m: 8:50.87 1:16.00	1500m: 18:55.95 1:14.94	2300m: 28:51.26 1:14.87		
800m: 10:06.94 1:16.07	1600m: 20:10.83 1:14.88	2400m: 30:05.73 1:14.47		
3. ANSO SUPERVIA, Alejandro	86	Triatlón Cierzo	39:48.74	14,00
100m: 1:14.40 1:14.40	900m: 11:46.05 1:18.81	1700m: 22:21.55 1:19.21	2500m: 33:11.01 1:21.96	
200m: 2:31.83 1:17.43	1000m: 13:05.75 1:19.70	1800m: 23:41.15 1:19.60	2600m: 34:32.71 1:21.70	
300m: 3:50.23 1:18.40	1100m: 14:25.24 1:19.49	1900m: 25:01.38 1:20.23	2700m: 35:53.85 1:21.14	
400m: 5:09.86 1:19.63	1200m: 15:44.74 1:19.50	2000m: 26:22.44 1:21.06	2800m: 37:14.14 1:20.29	
500m: 6:29.24 1:19.38	1300m: 17:04.68 1:19.94	2100m: 27:44.39 1:21.95	2900m: 38:33.25 1:19.11	
600m: 7:48.98 1:19.74	1400m: 18:24.03 1:19.35	2200m: 29:06.05 1:21.66	3000m: 39:48.74 1:15.49	
700m: 9:08.40 1:19.42	1500m: 19:43.55 1:19.52	2300m: 30:28.07 1:22.02		
800m: 10:27.24 1:18.84	1600m: 21:02.34 1:18.79	2400m: 31:49.05 1:20.98		

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OVIEDO, 21 - 23/3/2025

Prueba 1, Masc., 3000m Libre, 35+

Clasificación	AN		Tiempo
4.	SANCHEZ AVELLANO, Rafael	89 C.D.N. Cordoba	40:46.27 13,00
	100m: 1:14.26 1:14.26	900m: 11:55.30 1:20.91	1700m: 22:48.97 1:22.31
	200m: 2:31.19 1:16.93	1000m: 13:16.14 1:20.84	1800m: 24:11.38 1:22.41
	300m: 3:50.53 1:19.34	1100m: 14:37.49 1:21.35	1900m: 25:33.54 1:22.16
	400m: 5:11.22 1:20.69	1200m: 15:58.81 1:21.32	2000m: 26:56.15 1:22.61
	500m: 6:32.15 1:20.93	1300m: 17:20.16 1:21.35	2100m: 28:19.37 1:23.22
	600m: 7:52.63 1:20.48	1400m: 18:42.20 1:22.04	2200m: 29:42.08 1:22.71
	700m: 9:13.31 1:20.68	1500m: 20:03.96 1:21.76	2300m: 31:05.10 1:23.02
	800m: 10:34.39 1:21.08	1600m: 21:26.66 1:22.70	2400m: 32:28.29 1:23.19
5.	BERMEJO ALBERO, Sergio	88 C.N. Mediterraneo Valencia	45:34.27 12,00
	100m: 1:21.57 1:21.57	900m: 13:25.90 1:31.78	1700m: 25:41.52 1:32.63
	200m: 2:48.57 1:27.00	1000m: 14:57.89 1:31.99	1800m: 27:14.23 1:32.71
	300m: 4:17.23 1:28.66	1100m: 16:29.21 1:31.32	1900m: 28:47.72 1:33.49
	400m: 5:46.06 1:28.83	1200m: 18:01.20 1:31.99	2000m: 30:19.60 1:31.88
	500m: 7:17.43 1:31.37	1300m: 19:32.62 1:31.42	2100m: 31:49.73 1:30.13
	600m: 8:49.79 1:32.36	1400m: 21:05.10 1:32.48	2200m: 33:20.47 1:30.74
	700m: 10:22.43 1:32.64	1500m: 22:36.73 1:31.63	2300m: 34:52.79 1:32.32
	800m: 11:54.12 1:31.69	1600m: 24:08.89 1:32.16	2400m: 36:24.40 1:31.61

30+, Masc.

1.	SALVADOR RAMIREZ, Angel	92 Club Natación Rivalia	41:21.54 19,00
	100m: 1:16.65 1:16.65	900m: 12:15.04 1:22.88	1700m: 23:17.21 1:22.77
	200m: 2:35.58 1:18.93	1000m: 13:37.80 1:22.76	1800m: 24:40.47 1:23.26
	300m: 3:57.16 1:21.58	1100m: 15:00.30 1:22.50	1900m: 26:04.02 1:23.55
	400m: 5:20.07 1:22.91	1200m: 16:22.75 1:22.45	2000m: 27:27.26 1:23.24
	500m: 6:43.06 1:22.99	1300m: 17:45.58 1:22.83	2100m: 28:50.87 1:23.61
	600m: 8:05.81 1:22.75	1400m: 19:08.52 1:22.94	2200m: 30:14.52 1:23.65
	700m: 9:28.79 1:22.98	1500m: 20:31.78 1:23.26	2300m: 31:38.16 1:23.64
	800m: 10:52.16 1:23.37	1600m: 21:54.44 1:22.66	2400m: 33:02.49 1:24.33
2.	CURTO PAYA, Jordi	95 C.N. Benicarlo	41:53.01 16,00
	100m: 1:18.15 1:18.15	900m: 12:13.64 1:23.62	1700m: 23:24.63 1:24.41
	200m: 2:36.56 1:18.41	1000m: 13:37.03 1:23.39	1800m: 24:49.79 1:25.16
	300m: 3:57.03 1:20.47	1100m: 15:00.48 1:23.45	1900m: 26:14.79 1:25.00
	400m: 5:18.70 1:21.67	1200m: 16:24.23 1:23.75	2000m: 27:41.41 1:26.62
	500m: 6:41.15 1:22.45	1300m: 17:48.49 1:24.26	2100m: 29:07.04 1:25.63
	600m: 8:04.43 1:23.28	1400m: 19:12.00 1:23.51	2200m: 30:33.02 1:25.98
	700m: 9:26.66 1:22.23	1500m: 20:36.09 1:24.09	2300m: 31:58.80 1:25.78
	800m: 10:50.02 1:23.36	1600m: 22:00.22 1:24.13	2400m: 33:23.75 1:24.95
3.	DIAZ CASTAÑO, Christopher	91 Club Natación Elda	42:37.81 14,00
	100m: 1:15.34 1:15.34	900m: 12:24.39 1:24.74	1700m: 23:40.69 1:25.77
	200m: 2:37.16 1:21.82	1000m: 13:48.39 1:24.00	1800m: 25:06.18 1:25.49
	300m: 3:59.02 1:21.86	1100m: 15:12.42 1:24.03	1900m: 26:31.95 1:25.77
	400m: 5:23.37 1:24.35	1200m: 16:36.76 1:24.34	2000m: 27:57.96 1:26.01
	500m: 6:47.42 1:24.05	1300m: 18:00.78 1:24.02	2100m: 29:24.12 1:26.16
	600m: 8:11.50 1:24.08	1400m: 19:25.12 1:24.34	2200m: 30:51.32 1:27.20
	700m: 9:35.82 1:24.32	1500m: 20:50.15 1:25.03	2300m: 32:19.17 1:27.85
	800m: 10:59.65 1:23.83	1600m: 22:14.92 1:24.77	2400m: 33:48.03 1:28.86

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, Masc., 3000m Libre, 30+

Clasificación	AN		Tiempo	
4. REYES SERRANO, Borja	91	C.N. Leganes	43:24.20	13,00
100m: 1:18.94	1:18.94	900m: 12:52.61	1:27.57	1700m: 24:22.54
200m: 2:43.38	1:24.44	1000m: 14:20.05	1:27.44	1800m: 25:49.35
300m: 4:09.50	1:26.12	1100m: 15:46.88	1:26.83	1900m: 27:16.74
400m: 5:35.84	1:26.34	1200m: 17:13.05	1:26.17	2000m: 28:43.89
500m: 7:03.02	1:27.18	1300m: 18:39.04	1:25.99	2100m: 30:10.91
600m: 8:29.83	1:26.81	1400m: 20:04.22	1:25.18	2200m: 31:38.05
700m: 9:57.56	1:27.73	1500m: 21:30.46	1:26.24	2300m: 33:04.52
800m: 11:25.04	1:27.48	1600m: 22:56.28	1:25.82	2400m: 34:33.24
				2500m: 36:01.71
				2600m: 37:30.63
				2700m: 38:59.42
				2800m: 40:28.31
				2900m: 41:56.52
				3000m: 43:24.20

25+, Masc.

1. LOPEZ PUYUELO, Pablo	98	C.D. Tizona Burgos	36:43.14	19,00
100m: 1:09.55	1:09.55	900m: 10:52.86	1:14.38	1700m: 20:38.88
200m: 2:20.54	1:10.99	1000m: 12:06.50	1:13.64	1800m: 21:52.69
300m: 3:32.89	1:12.35	1100m: 13:19.71	1:13.21	1900m: 23:06.13
400m: 4:44.98	1:12.09	1200m: 14:33.18	1:13.47	2000m: 24:19.77
500m: 5:57.78	1:12.80	1300m: 15:46.37	1:13.19	2100m: 25:33.20
600m: 7:10.87	1:13.09	1400m: 16:59.63	1:13.26	2200m: 26:47.32
700m: 8:24.53	1:13.66	1500m: 18:12.43	1:12.80	2300m: 28:01.09
800m: 9:38.48	1:13.95	1600m: 19:25.46	1:13.03	2400m: 29:15.83

20+, Masc.

1. FERNANDEZ AMOR, Aitor	04	C.N. Las Anclas Castrillon	35:46.40	19,00
100m: 1:06.74	1:06.74	900m: 10:32.39	1:11.67	1700m: 20:05.92
200m: 2:16.11	1:09.37	1000m: 11:44.02	1:11.63	1800m: 21:18.07
300m: 3:25.65	1:09.54	1100m: 12:55.51	1:11.49	1900m: 22:30.76
400m: 4:35.91	1:10.26	1200m: 14:07.32	1:11.81	2000m: 23:42.82
500m: 5:47.07	1:11.16	1300m: 15:18.96	1:11.64	2100m: 24:55.18
600m: 6:58.37	1:11.30	1400m: 16:30.37	1:11.41	2200m: 26:07.97
700m: 8:08.94	1:10.57	1500m: 17:42.32	1:11.95	2300m: 27:20.43
800m: 9:20.72	1:11.78	1600m: 18:53.98	1:11.66	2400m: 28:33.15
2. BOU BERNABEU, Miguel	03	Vila-Swim Fondistas Club Natación	36:14.29	16,00
100m: 1:07.08	1:07.08	900m: 10:31.92	1:11.81	1700m: 20:13.38
200m: 2:16.10	1:09.02	1000m: 11:44.32	1:12.40	1800m: 21:27.08
300m: 3:25.91	1:09.81	1100m: 12:56.76	1:12.44	1900m: 22:40.15
400m: 4:35.94	1:10.03	1200m: 14:09.20	1:12.44	2000m: 23:53.81
500m: 5:46.89	1:10.95	1300m: 15:21.66	1:12.46	2100m: 25:08.40
600m: 6:57.66	1:10.77	1400m: 16:34.38	1:12.72	2200m: 26:22.70
700m: 8:08.48	1:10.82	1500m: 17:46.73	1:12.35	2300m: 27:36.85
800m: 9:20.11	1:11.63	1600m: 19:00.25	1:13.52	2400m: 28:51.65
3. MARTI HOLGADO, Tomas	05	C.N. Medio Cudeyo	39:06.51	14,00
100m: 1:13.27	1:13.27	900m: 11:41.00	1:19.26	1700m: 22:13.52
200m: 2:29.91	1:16.64	1000m: 13:00.76	1:19.76	1800m: 23:30.81
300m: 3:47.53	1:17.62	1100m: 14:20.39	1:19.63	1900m: 24:48.70
400m: 5:05.74	1:18.21	1200m: 15:40.64	1:20.25	2000m: 26:05.33
500m: 6:25.19	1:19.45	1300m: 16:59.83	1:19.19	2100m: 27:23.05
600m: 7:43.94	1:18.75	1400m: 18:19.36	1:19.53	2200m: 28:41.55
700m: 9:03.08	1:19.14	1500m: 19:37.33	1:17.97	2300m: 30:00.23
800m: 10:21.74	1:18.66	1600m: 20:55.72	1:18.39	2400m: 31:19.30

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Prueba 1, 3000m Libre

75+, Fem.

1. SEGARRA PEÑARROYA, Rosa	49	C.N. Vulcania Master	54:47.16	27,00
<i>Récord de España</i>				
100m: 1:40.72	1:40.72	900m: 15:27.10	1:47.06	1700m: 29:58.97
200m: 3:24.55	1:43.83	1000m: 17:12.67	1:45.57	1800m: 31:51.23
300m: 5:07.28	1:42.73	1100m: 18:58.79	1:46.12	1900m: 33:42.83
400m: 6:49.45	1:42.17	1200m: 20:47.14	1:48.35	2000m: 35:35.52
500m: 8:31.42	1:41.97	1300m: 22:36.25	1:49.11	2100m: 37:28.96
600m: 10:14.09	1:42.67	1400m: 24:25.34	1:49.09	2200m: 39:23.00
700m: 11:57.06	1:42.97	1500m: 26:13.77	1:48.43	2300m: 41:17.38
800m: 13:40.04	1:42.98	1600m: 28:06.25	1:52.48	2400m: 43:11.73
				1:52.72
				2500m: 45:07.07
				1:55.34
				2600m: 47:02.87
				1:55.80
				2700m: 48:58.59
				1:55.72
				2800m: 50:55.89
				1:57.30
				2900m: 52:52.53
				1:56.64
				3000m: 54:47.16
				1:54.63

70+, Fem.

1. IRAIZOZ SANZOL, Natividad	55	Pamplona C.N.	49:33.32	27,00
<i>Récord de España</i>				
100m: 1:37.69	1:37.69	900m: 14:43.34	1:38.19	1700m: 27:53.68
200m: 3:17.60	1:39.91	1000m: 16:21.80	1:38.46	1800m: 29:33.34
300m: 4:55.99	1:38.39	1100m: 18:00.38	1:38.58	1900m: 31:13.14
400m: 6:33.96	1:37.97	1200m: 19:38.87	1:38.49	2000m: 32:52.63
500m: 8:11.87	1:37.91	1300m: 21:17.97	1:39.10	2100m: 34:31.67
600m: 9:49.51	1:37.64	1400m: 22:57.10	1:39.13	2200m: 36:11.43
700m: 11:26.84	1:37.33	1500m: 24:35.73	1:38.63	2300m: 37:51.57
800m: 13:05.15	1:38.31	1600m: 26:14.58	1:38.85	2400m: 39:31.21
				1:39.10
				2500m: 41:11.54
				1:40.33
				2600m: 42:52.35
				1:40.81
				2700m: 44:33.39
				1:41.04
				2800m: 46:14.19
				1:40.80
				2900m: 47:55.24
				1:41.05
				3000m: 49:33.32
				1:38.08

65+, Fem.

1. GUILLEN MUÑOZ, Ma Ramona	59	Cn.Palma De Mallorca	45:38.50	27,00
<i>Récord de España</i>				
100m: 1:23.59	1:23.59	900m: 13:19.43	1:30.81	1700m: 25:34.10
200m: 2:50.53	1:26.94	1000m: 14:50.50	1:31.07	1800m: 27:06.53
300m: 4:19.40	1:28.87	1100m: 16:21.83	1:31.33	1900m: 28:38.72
400m: 5:48.75	1:29.35	1200m: 17:53.32	1:31.49	2000m: 30:10.90
500m: 7:18.49	1:29.74	1300m: 19:25.64	1:32.32	2100m: 31:43.03
600m: 8:48.36	1:29.87	1400m: 20:57.37	1:31.73	2200m: 33:15.49
700m: 10:18.24	1:29.88	1500m: 22:28.79	1:31.42	2300m: 34:47.86
800m: 11:48.62	1:30.38	1600m: 24:01.37	1:32.58	2400m: 36:20.86
				1:32.73
				2500m: 37:53.64
				1:32.78
				2600m: 39:26.81
				1:33.17
				2700m: 41:00.34
				1:33.53
				2800m: 42:33.41
				1:33.07
				2900m: 44:06.99
				1:33.58
				3000m: 45:38.50
				1:31.51

2. NAVARRO ALCARAZ, Marina	59	C.N. Master Naturalswim Petrer	52:40.71	16,00
100m: 1:37.46	1:37.46	900m: 15:28.83	1:43.27	1700m: 29:28.59
200m: 3:21.72	1:44.26	1000m: 17:12.50	1:43.67	1800m: 31:15.44
300m: 5:06.35	1:44.63	1100m: 18:56.74	1:44.24	1900m: 33:02.09
400m: 6:50.63	1:44.28	1200m: 20:41.29	1:44.55	2000m: 34:48.97
500m: 8:33.99	1:43.36	1300m: 22:26.53	1:45.24	2100m: 36:35.97
600m: 10:17.39	1:43.40	1400m: 24:11.64	1:45.11	2200m: 38:23.43
700m: 12:01.94	1:44.55	1500m: 25:57.20	1:45.56	2300m: 40:10.26
800m: 13:45.56	1:43.62	1600m: 27:43.14	1:45.94	2400m: 41:57.63
				1:45.45
				2500m: 43:46.06
				1:48.43
				2600m: 45:34.33
				1:48.27
				2700m: 47:21.95
				1:47.62
				2800m: 49:10.13
				1:48.18
				2900m: 50:58.36
				1:48.23
				3000m: 52:40.71
				1:42.35

VIII Cto. de España "OPEN" de Fondo Masters
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Prueba 1, Fem., 3000m Libre, 65+

Clasificación	AN		Tiempo
3.	ARANEGA BENITEZ, Aranzazu	57 C. Tenerife Masters	54:40.61 14,00
	100m: 1:44.85 1:44.85	900m: 16:18.79 1:47.94	1700m: 30:58.60 1:50.09
	200m: 3:33.54 1:48.69	1000m: 18:08.40 1:49.61	1800m: 32:48.41 1:49.81
	300m: 5:22.64 1:49.10	1100m: 19:57.14 1:48.74	1900m: 34:37.73 1:49.32
	400m: 7:11.54 1:48.90	1200m: 21:47.37 1:50.23	2000m: 36:27.15 1:49.42
	500m: 9:00.60 1:49.06	1300m: 23:37.92 1:50.55	2100m: 38:17.79 1:50.64
	600m: 10:50.79 1:50.19	1400m: 25:28.01 1:50.09	2200m: 40:08.00 1:50.21
	700m: 12:40.74 1:49.95	1500m: 27:18.15 1:50.14	2300m: 41:58.14 1:50.14
	800m: 14:30.85 1:50.11	1600m: 29:08.51 1:50.36	2400m: 43:48.27 1:50.13
4.	GONZALEZ MORENO, Maria	58 C.N. Master Madrid	56:53.24 13,00
	100m: 1:43.24 1:43.24	900m: 16:44.98 1:52.99	1700m: 31:49.46 1:54.91
	200m: 3:32.92 1:49.68	1000m: 18:37.97 1:52.99	1800m: 33:44.07 1:54.61
	300m: 5:24.53 1:51.61	1100m: 20:30.25 1:52.28	1900m: 35:38.41 1:54.34
	400m: 7:17.33 1:52.80	1200m: 22:21.78 1:51.53	2000m: 37:33.74 1:55.33
	500m: 9:10.31 1:52.98	1300m: 24:15.12 1:53.34	2100m: 39:27.50 1:53.76
	600m: 11:04.04 1:53.73	1400m: 26:08.83 1:53.71	2200m: 41:22.49 1:54.99
	700m: 12:58.54 1:54.50	1500m: 28:01.92 1:53.09	2300m: 43:18.96 1:56.47
	800m: 14:51.99 1:53.45	1600m: 29:54.55 1:52.63	2400m: 45:15.57 1:56.61
5.	DIEZ PERELLON, Belen	58 C.N. Villa De Navia	1:06:43.54 12,00
	100m: 2:01.22 2:01.22	900m: 19:26.02 2:12.22	1700m: 37:03.99 2:13.48
	200m: 4:09.63 2:08.41	1000m: 21:37.21 2:11.19	1800m: 39:18.29 2:14.30
	300m: 6:19.74 2:10.11	1100m: 23:49.30 2:12.09	1900m: 41:33.27 2:14.98
	400m: 8:28.65 2:08.91	1200m: 26:01.75 2:12.45	2000m: 43:47.58 2:14.31
	500m: 10:39.62 2:10.97	1300m: 28:14.92 2:13.17	2100m: 46:01.36 2:13.78
	600m: 12:51.69 2:12.07	1400m: 30:26.25 2:11.33	2200m: 48:17.20 2:15.84
	700m: 15:03.27 2:11.58	1500m: 32:38.63 2:12.38	2300m: 50:34.55 2:17.35
	800m: 17:13.80 2:10.53	1600m: 34:50.51 2:11.88	2400m: 52:53.38 2:18.83

60+, Fem.

1.	QUINTANILLA AYLLON, Elena	65 C.N. Metropole	48:52.66 19,00
	100m: 1:30.44 1:30.44	900m: 14:24.17 1:36.89	1700m: 27:24.62 1:37.13
	200m: 3:06.38 1:35.94	1000m: 16:01.50 1:37.33	1800m: 29:03.33 1:38.71
	300m: 4:41.75 1:35.37	1100m: 17:37.57 1:36.07	1900m: 30:41.57 1:38.24
	400m: 6:18.43 1:36.68	1200m: 19:14.65 1:37.08	2000m: 32:21.29 1:39.72
	500m: 7:55.80 1:37.37	1300m: 20:53.16 1:38.51	2100m: 34:00.15 1:38.86
	600m: 9:32.67 1:36.87	1400m: 22:31.57 1:38.41	2200m: 35:39.55 1:39.40
	700m: 11:10.44 1:37.77	1500m: 24:10.00 1:38.43	2300m: 37:18.39 1:38.84
	800m: 12:47.28 1:36.84	1600m: 25:47.49 1:37.49	2400m: 38:59.39 1:41.00
2.	MARTIN CRESPO, Mercedes	62 C.D. Jerez Natacion Master	56:54.46 16,00
	100m: 1:44.11 1:44.11	900m: 16:18.62 1:51.13	1700m: 31:28.81 1:55.59
	200m: 3:31.45 1:47.34	1000m: 18:10.05 1:51.43	1800m: 33:24.97 1:56.16
	300m: 5:19.79 1:48.34	1100m: 20:02.73 1:52.68	1900m: 35:21.01 1:56.04
	400m: 7:08.21 1:48.42	1200m: 21:55.35 1:52.62	2000m: 37:18.04 1:57.03
	500m: 8:56.93 1:48.72	1300m: 23:49.04 1:53.69	2100m: 39:14.46 1:56.42
	600m: 10:46.44 1:49.51	1400m: 25:42.43 1:53.39	2200m: 41:11.31 1:56.85
	700m: 12:36.72 1:50.28	1500m: 27:37.74 1:55.31	2300m: 43:10.37 1:59.06
	800m: 14:27.49 1:50.77	1600m: 29:33.22 1:55.48	2400m: 45:08.63 1:58.26

Baja CASTRO SANTANA, Maria Jose 63 A.D. Santa Cruz -

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, 3000m Libre

55+, Fem.

1. SNELL, Carol	66	C.N. Mediterraneo Valencia	45:03.11	19,00			
100m: 1:25.47	1:25.47	900m: 13:15.54	1:29.09	1700m: 25:13.82	1:30.44	2500m: 37:25.95	1:31.18
200m: 2:53.96	1:28.49	1000m: 14:44.79	1:29.25	1800m: 26:44.42	1:30.60	2600m: 38:58.23	1:32.28
300m: 4:22.62	1:28.66	1100m: 16:13.08	1:28.29	1900m: 28:15.61	1:31.19	2700m: 40:29.96	1:31.73
400m: 5:50.81	1:28.19	1200m: 17:41.40	1:28.32	2000m: 29:47.09	1:31.48	2800m: 42:01.44	1:31.48
500m: 7:18.93	1:28.12	1300m: 19:11.62	1:30.22	2100m: 31:18.89	1:31.80	2900m: 43:33.09	1:31.65
600m: 8:47.22	1:28.29	1400m: 20:42.08	1:30.46	2200m: 32:51.42	1:32.53	3000m: 45:03.11	1:30.02
700m: 10:17.53	1:30.31	1500m: 22:11.95	1:29.87	2300m: 34:23.12	1:31.70		
800m: 11:46.45	1:28.92	1600m: 23:43.38	1:31.43	2400m: 35:54.77	1:31.65		
2. ALFONSO BLANES, Ma Del Carmen	67	Cn.Palma De Mallorca	50:31.10	16,00			
100m: 1:29.76	1:29.76	900m: 14:34.92	1:39.11	1700m: 27:59.49	1:42.43	2500m: 41:49.70	1:45.88
200m: 3:06.89	1:37.13	1000m: 16:13.62	1:38.70	1800m: 29:41.57	1:42.08	2600m: 43:35.67	1:45.97
300m: 4:44.40	1:37.51	1100m: 17:53.79	1:40.17	1900m: 31:25.58	1:44.01	2700m: 45:21.15	1:45.48
400m: 6:21.84	1:37.44	1200m: 19:33.59	1:39.80	2000m: 33:07.92	1:42.34	2800m: 47:06.98	1:45.83
500m: 7:59.60	1:37.76	1300m: 21:14.18	1:40.59	2100m: 34:51.12	1:43.20	2900m: 48:52.14	1:45.16
600m: 9:37.74	1:38.14	1400m: 22:54.54	1:40.36	2200m: 36:35.29	1:44.17	3000m: 50:31.10	1:38.96
700m: 11:17.17	1:39.43	1500m: 24:35.58	1:41.04	2300m: 38:18.77	1:43.48		
800m: 12:55.81	1:38.64	1600m: 26:17.06	1:41.48	2400m: 40:03.82	1:45.05		
3. PINTO SALVADOR, Ma Teresa	67	C.N. Albacora	52:34.26	14,00			
100m: 1:41.85	1:41.85	900m: 15:30.35	1:42.88	1700m: 29:16.61	1:43.39	2500m: 43:36.15	1:49.72
200m: 3:27.06	1:45.21	1000m: 17:13.67	1:43.32	1800m: 31:00.15	1:43.54	2600m: 45:25.35	1:49.20
300m: 5:11.83	1:44.77	1100m: 18:57.50	1:43.83	1900m: 32:45.08	1:44.93	2700m: 47:13.40	1:48.05
400m: 6:54.87	1:43.04	1200m: 20:41.32	1:43.82	2000m: 34:31.51	1:46.43	2800m: 49:01.07	1:47.67
500m: 8:38.59	1:43.72	1300m: 22:24.16	1:42.84	2100m: 36:17.46	1:45.95	2900m: 50:49.88	1:48.81
600m: 10:21.62	1:43.03	1400m: 24:07.85	1:43.69	2200m: 38:05.76	1:48.30	3000m: 52:34.26	1:44.38
700m: 12:04.78	1:43.16	1500m: 25:50.14	1:42.29	2300m: 39:54.38	1:48.62		
800m: 13:47.47	1:42.69	1600m: 27:33.22	1:43.08	2400m: 41:46.43	1:52.05		
4. CALVIÑO CANCELA, Maria Cristina	68	C.N. Pontareas	54:13.20	13,00			
100m: 1:40.47	1:40.47	900m: 16:10.24	1:49.73	1700m: 30:35.36	1:48.74	2500m: 45:12.66	1:49.05
200m: 3:27.87	1:47.40	1000m: 17:58.32	1:48.08	1800m: 32:24.66	1:49.30	2600m: 47:00.49	1:47.83
300m: 5:16.53	1:48.66	1100m: 19:48.94	1:50.62	1900m: 34:13.77	1:49.11	2700m: 48:48.84	1:48.35
400m: 7:05.91	1:49.38	1200m: 21:35.57	1:46.63	2000m: 36:03.16	1:49.39	2800m: 50:37.00	1:48.16
500m: 8:53.53	1:47.62	1300m: 23:22.38	1:46.81	2100m: 37:53.92	1:50.76	2900m: 52:27.13	1:50.13
600m: 10:42.74	1:49.21	1400m: 25:09.72	1:47.34	2200m: 39:44.22	1:50.30	3000m: 54:13.20	1:46.07
700m: 12:31.84	1:49.10	1500m: 26:58.85	1:49.13	2300m: 41:34.02	1:49.80		
800m: 14:20.51	1:48.67	1600m: 28:46.62	1:47.77	2400m: 43:23.61	1:49.59		
5. SANCHEZ SANTA BARBARA, Natalia	70	C.N. Ovimaster	56:50.27	12,00			
100m: 1:46.32	1:46.32	900m: 16:45.31	1:52.58	1700m: 31:51.37	1:54.60	2500m: 47:13.63	1:56.79
200m: 3:39.31	1:52.99	1000m: 18:38.30	1:52.99	1800m: 33:46.52	1:55.15	2600m: 49:10.94	1:57.31
300m: 5:32.70	1:53.39	1100m: 20:31.90	1:53.60	1900m: 35:41.10	1:54.58	2700m: 51:08.08	1:57.14
400m: 7:25.48	1:52.78	1200m: 22:24.53	1:52.63	2000m: 37:35.51	1:54.41	2800m: 53:04.71	1:56.63
500m: 9:17.54	1:52.06	1300m: 24:17.12	1:52.59	2100m: 39:30.51	1:55.00	2900m: 55:01.78	1:57.07
600m: 11:08.57	1:51.03	1400m: 26:10.96	1:53.84	2200m: 41:25.03	1:54.52	3000m: 56:50.27	1:48.49
700m: 13:00.75	1:52.18	1500m: 28:03.43	1:52.47	2300m: 43:21.04	1:56.01		
800m: 14:52.73	1:51.98	1600m: 29:56.77	1:53.34	2400m: 45:16.84	1:55.80		

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, Fem., 3000m Libre, 55+

Clasificación	AN		Tiempo
6.	MONTESINOS RODENAS, Maria Jose	68 C.N. Master Murcia	1:07:57.25 11,00
	100m: 2:00.30 2:00.30	900m: 19:37.82 2:16.03	1700m: 37:57.08 2:19.32
	200m: 4:09.14 2:08.84	1000m: 21:53.64 2:15.82	1800m: 40:16.56 2:19.48
	300m: 6:19.71 2:10.57	1100m: 24:08.33 2:14.69	1900m: 42:37.60 2:21.04
	400m: 8:31.18 2:11.47	1200m: 26:26.25 2:17.92	2000m: 44:56.08 2:18.48
	500m: 10:42.35 2:11.17	1300m: 28:42.77 2:16.52	2100m: 47:14.55 2:18.47
	600m: 12:55.14 2:12.79	1400m: 31:02.23 2:19.46	2200m: 49:33.71 2:19.16
	700m: 15:07.63 2:12.49	1500m: 33:20.12 2:17.89	2300m: 51:54.33 2:20.62
	800m: 17:21.79 2:14.16	1600m: 35:37.76 2:17.64	2400m: 54:14.35 2:20.02
Baja	MAS AGUILAR, Anna	69 C.N. VIC-Etb	-
Baja	BOTO LLERA, Maria Jesus	70 R.G.C. Covadonga	-

50+, Fem.

1.	GONZALEZ SANTAMARTA, Cristina	75 C.N. Leganes	45:15.78 19,00
	100m: 1:21.71 1:21.71	900m: 13:16.78 1:30.07	1700m: 25:27.35 1:31.72
	200m: 2:49.53 1:27.82	1000m: 14:46.99 1:30.21	1800m: 26:58.39 1:31.04
	300m: 4:18.53 1:29.00	1100m: 16:17.11 1:30.12	1900m: 28:30.23 1:31.84
	400m: 5:48.39 1:29.86	1200m: 17:48.08 1:30.97	2000m: 30:01.77 1:31.54
	500m: 7:17.71 1:29.32	1300m: 19:19.42 1:31.34	2100m: 31:33.76 1:31.99
	600m: 8:47.76 1:30.05	1400m: 20:49.45 1:30.03	2200m: 33:05.46 1:31.70
	700m: 10:17.67 1:29.91	1500m: 22:19.58 1:30.13	2300m: 34:36.91 1:31.45
	800m: 11:46.71 1:29.04	1600m: 23:55.63 1:36.05	2400m: 36:09.66 1:32.75
2.	HERNANDEZ ALFAGEME, Rita	71 C.N. Galaico	47:04.80 16,00
	100m: 1:29.37 1:29.37	900m: 13:47.91 1:32.48	1700m: 26:18.16 1:34.38
	200m: 3:01.00 1:31.63	1000m: 15:20.74 1:32.83	1800m: 27:52.78 1:34.62
	300m: 4:33.64 1:32.64	1100m: 16:53.57 1:32.83	1900m: 29:27.53 1:34.75
	400m: 6:05.94 1:32.30	1200m: 18:26.37 1:32.80	2000m: 31:02.31 1:34.78
	500m: 7:38.48 1:32.54	1300m: 20:00.09 1:33.72	2100m: 32:37.79 1:35.48
	600m: 9:10.35 1:31.87	1400m: 21:34.02 1:33.93	2200m: 34:12.91 1:35.12
	700m: 10:42.78 1:32.43	1500m: 23:08.83 1:34.81	2300m: 35:49.00 1:36.09
	800m: 12:15.43 1:32.65	1600m: 24:43.78 1:34.95	2400m: 37:25.27 1:36.27
3.	VARELA REDONDO, Veronica	75 C.N. Ponteareas	51:20.93 14,00
	100m: 1:33.62 1:33.62	900m: 14:51.09 1:41.27	1700m: 28:27.64 1:43.13
	200m: 3:11.81 1:38.19	1000m: 16:31.53 1:40.44	1800m: 30:10.14 1:42.50
	300m: 4:51.13 1:39.32	1100m: 18:12.44 1:40.91	1900m: 31:54.04 1:43.90
	400m: 6:30.55 1:39.42	1200m: 19:53.14 1:40.70	2000m: 33:37.40 1:43.36
	500m: 8:10.10 1:39.55	1300m: 21:35.96 1:42.82	2100m: 35:21.32 1:43.92
	600m: 9:50.11 1:40.01	1400m: 23:19.27 1:43.31	2200m: 37:05.85 1:44.53
	700m: 11:29.02 1:38.91	1500m: 25:03.07 1:43.80	2300m: 38:51.19 1:45.34
	800m: 13:09.82 1:40.80	1600m: 26:44.51 1:41.44	2400m: 40:40.43 1:49.24
4.	ROZAS REYES, Paloma	74 R.G.C. Covadonga	51:42.37 13,00
	100m: 1:36.02 1:36.02	900m: 15:13.02 1:41.74	1700m: 29:00.19 1:43.50
	200m: 3:17.44 1:41.42	1000m: 16:55.52 1:42.50	1800m: 30:45.10 1:44.91
	300m: 4:59.60 1:42.16	1100m: 18:39.12 1:43.60	1900m: 32:29.72 1:44.62
	400m: 6:42.57 1:42.97	1200m: 20:22.40 1:43.28	2000m: 34:14.16 1:44.44
	500m: 8:24.53 1:41.96	1300m: 22:06.59 1:44.19	2100m: 35:57.89 1:43.73
	600m: 10:07.13 1:42.60	1400m: 23:50.09 1:43.50	2200m: 37:41.87 1:43.98
	700m: 11:48.96 1:41.83	1500m: 25:33.32 1:43.23	2300m: 39:25.99 1:44.12
	800m: 13:31.28 1:42.32	1600m: 27:16.69 1:43.37	2400m: 41:10.05 1:44.06

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, Fem., 3000m Libre, 50+

Clasificación	AN		Tiempo	
5. PEREZ KENNEDY, Elisa	75	C.N. Master Madrid	53:18.92	12,00
100m: 1:44.06 1:44.06	900m: 15:56.74 1:46.69	1700m: 30:16.63 1:47.67	2500m: 44:30.76 1:46.94	
200m: 3:30.76 1:46.70	1000m: 17:43.98 1:47.24	1800m: 32:03.36 1:46.73	2600m: 46:17.16 1:46.40	
300m: 5:17.91 1:47.15	1100m: 19:31.72 1:47.74	1900m: 33:50.16 1:46.80	2700m: 48:03.96 1:46.80	
400m: 7:04.54 1:46.63	1200m: 21:18.88 1:47.16	2000m: 35:36.83 1:46.67	2800m: 49:50.05 1:46.09	
500m: 8:51.13 1:46.59	1300m: 23:06.28 1:47.40	2100m: 37:23.45 1:46.62	2900m: 51:35.26 1:45.21	
600m: 10:37.63 1:46.50	1400m: 24:53.67 1:47.39	2200m: 39:09.75 1:46.30	3000m: 53:18.92 1:43.66	
700m: 12:23.46 1:45.83	1500m: 26:41.21 1:47.54	2300m: 40:56.93 1:47.18		
800m: 14:10.05 1:46.59	1600m: 28:28.96 1:47.75	2400m: 42:43.82 1:46.89		

45+, Fem.

1. CAÑADAS LOPEZ, Maria Isabel	78	C.D. Jerez Natacion Master	45:34.98	19,00
100m: 1:28.08 1:28.08	900m: 13:29.11 1:30.06	1700m: 25:37.37 1:30.49	2500m: 37:55.60 1:33.02	
200m: 2:58.23 1:30.15	1000m: 14:59.94 1:30.83	1800m: 27:08.99 1:31.62	2600m: 39:28.99 1:33.39	
300m: 4:28.17 1:29.94	1100m: 16:30.93 1:30.99	1900m: 28:41.44 1:32.45	2700m: 41:00.84 1:31.85	
400m: 5:58.14 1:29.97	1200m: 18:00.62 1:29.69	2000m: 30:13.66 1:32.22	2800m: 42:34.06 1:33.22	
500m: 7:27.79 1:29.65	1300m: 19:32.18 1:31.56	2100m: 31:46.79 1:33.13	2900m: 44:05.70 1:31.64	
600m: 8:59.16 1:31.37	1400m: 21:02.91 1:30.73	2200m: 33:17.87 1:31.08	3000m: 45:34.98 1:29.28	
700m: 10:28.84 1:29.68	1500m: 22:34.65 1:31.74	2300m: 34:50.28 1:32.41		
800m: 11:59.05 1:30.21	1600m: 24:06.88 1:32.23	2400m: 36:22.58 1:32.30		
2. BRETO PRATS, Paula	79	C.N. Benicarlo	46:46.23	16,00
100m: 1:26.81 1:26.81	900m: 13:44.31 1:33.75	1700m: 26:18.88 1:34.40	2500m: 39:00.13 1:35.49	
200m: 2:55.63 1:28.82	1000m: 15:18.00 1:33.69	1800m: 27:52.05 1:33.17	2600m: 40:33.10 1:32.97	
300m: 4:25.92 1:30.29	1100m: 16:50.69 1:32.69	1900m: 29:24.94 1:32.89	2700m: 42:08.06 1:34.96	
400m: 5:57.53 1:31.61	1200m: 18:24.86 1:34.17	2000m: 31:00.10 1:35.16	2800m: 43:44.15 1:36.09	
500m: 7:29.30 1:31.77	1300m: 19:59.85 1:34.99	2100m: 32:35.07 1:34.97	2900m: 45:17.36 1:33.21	
600m: 9:02.52 1:33.22	1400m: 21:35.27 1:35.42	2200m: 34:11.69 1:36.62	3000m: 46:46.23 1:28.87	
700m: 10:36.87 1:34.35	1500m: 23:11.04 1:35.77	2300m: 35:48.01 1:36.32		
800m: 12:10.56 1:33.69	1600m: 24:44.48 1:33.44	2400m: 37:24.64 1:36.63		
3. ARAMBURU ZUÑIGA, Patricia	77	C. Aquatico Aviles Solras	49:25.34	14,00
100m: 1:30.09 1:30.09	900m: 14:20.58 1:37.46	1700m: 27:31.17 1:39.67	2500m: 40:57.50 1:40.92	
200m: 3:04.20 1:34.11	1000m: 15:57.98 1:37.40	1800m: 29:11.32 1:40.15	2600m: 42:40.02 1:42.52	
300m: 4:39.97 1:35.77	1100m: 17:35.84 1:37.86	1900m: 30:50.54 1:39.22	2700m: 44:22.43 1:42.41	
400m: 6:15.53 1:35.56	1200m: 19:14.46 1:38.62	2000m: 32:32.05 1:41.51	2800m: 46:03.39 1:40.96	
500m: 7:52.05 1:36.52	1300m: 20:53.30 1:38.84	2100m: 34:12.99 1:40.94	2900m: 47:46.96 1:43.57	
600m: 9:28.93 1:36.88	1400m: 22:32.50 1:39.20	2200m: 35:53.56 1:40.57	3000m: 49:25.34 1:38.38	
700m: 11:05.72 1:36.79	1500m: 24:11.15 1:38.65	2300m: 37:34.45 1:40.89		
800m: 12:43.12 1:37.40	1600m: 25:51.50 1:40.35	2400m: 39:16.58 1:42.13		
4. VELA GARCIA, Silvia	78	C.D.N. Zamora	54:41.93	13,00
100m: 1:41.54 1:41.54	900m: 15:51.16 1:48.31	1700m: 30:28.61 1:50.97	2500m: 45:28.41 1:53.41	
200m: 3:26.40 1:44.86	1000m: 17:39.60 1:48.44	1800m: 32:20.45 1:51.84	2600m: 47:22.01 1:53.60	
300m: 5:12.92 1:46.52	1100m: 19:28.08 1:48.48	1900m: 34:12.34 1:51.89	2700m: 49:14.44 1:52.43	
400m: 6:58.67 1:45.75	1200m: 21:18.46 1:50.38	2000m: 36:04.39 1:52.05	2800m: 51:07.36 1:52.92	
500m: 8:44.01 1:45.34	1300m: 23:07.97 1:49.51	2100m: 37:56.68 1:52.29	2900m: 52:59.08 1:51.72	
600m: 10:30.37 1:46.36	1400m: 24:57.58 1:49.61	2200m: 39:49.27 1:52.59	3000m: 54:41.93 1:42.85	
700m: 12:15.74 1:45.37	1500m: 26:47.67 1:50.09	2300m: 41:42.13 1:52.86		
800m: 14:02.85 1:47.11	1600m: 28:37.64 1:49.97	2400m: 43:35.00 1:52.87		

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, 3000m Libre

40+, Fem.

1. CARBONELL SEGUER, Maria	85	Marnaton	44:02.93	19,00
100m: 1:22.92	1:22.92	900m: 13:07.60	1:28.12	1700m: 24:52.19
200m: 2:50.58	1:27.66	1000m: 14:35.22	1:27.62	1800m: 26:20.36
300m: 4:19.86	1:29.28	1100m: 16:02.63	1:27.41	1900m: 27:49.28
400m: 5:48.86	1:29.00	1200m: 17:30.66	1:28.03	2000m: 29:17.20
500m: 7:16.88	1:28.02	1300m: 18:58.94	1:28.28	2100m: 30:46.28
600m: 8:43.81	1:26.93	1400m: 20:27.06	1:28.12	2200m: 32:15.17
700m: 10:11.77	1:27.96	1500m: 21:55.41	1:28.35	2300m: 33:44.11
800m: 11:39.48	1:27.71	1600m: 23:23.77	1:28.36	2400m: 35:12.90
				2500m: 36:41.07
				2600m: 38:09.34
				2700m: 39:38.10
				2800m: 41:07.13
				2900m: 42:35.83
				3000m: 44:02.93
				1:28.17
				1:28.27
				1:28.76
				1:29.03
				1:28.70
				1:27.10
2. CASTRO CAMARERO, Raquel	84	C.N. Master Madrid	45:32.71	16,00
100m: 1:24.17	1:24.17	900m: 13:30.20	1:30.91	1700m: 25:37.45
200m: 2:52.42	1:28.25	1000m: 14:59.70	1:29.50	1800m: 27:09.41
300m: 4:23.26	1:30.84	1100m: 16:30.77	1:31.07	1900m: 28:40.43
400m: 5:54.05	1:30.79	1200m: 18:01.30	1:30.53	2000m: 30:11.56
500m: 7:25.95	1:31.90	1300m: 19:32.01	1:30.71	2100m: 31:44.82
600m: 8:58.00	1:32.05	1400m: 21:03.20	1:31.19	2200m: 33:16.91
700m: 10:28.53	1:30.53	1500m: 22:35.44	1:32.24	2300m: 34:49.90
800m: 11:59.29	1:30.76	1600m: 24:07.58	1:32.14	2400m: 36:22.63
				1:29.87
				1:31.96
				1:31.02
				1:31.13
				1:33.26
				1:32.09
				1:32.99
				1:32.73
				2500m: 37:54.70
				2600m: 39:27.23
				2700m: 40:59.69
				2800m: 42:32.25
				2900m: 44:04.41
				3000m: 45:32.71
				1:32.07
				1:32.53
				1:32.46
				1:32.56
				1:32.16
				1:28.30
3. ARGOTE ROSADO, Concepcion	83	C.N. Las Rozas	46:07.74	14,00
100m: 1:23.13	1:23.13	900m: 13:37.30	1:32.31	1700m: 25:57.71
200m: 2:51.79	1:28.66	1000m: 15:09.48	1:32.18	1800m: 27:30.86
300m: 4:23.70	1:31.91	1100m: 16:40.99	1:31.51	1900m: 29:02.97
400m: 5:56.01	1:32.31	1200m: 18:13.29	1:32.30	2000m: 30:36.35
500m: 7:28.56	1:32.55	1300m: 19:46.01	1:32.72	2100m: 32:09.32
600m: 9:00.46	1:31.90	1400m: 21:18.80	1:32.79	2200m: 33:42.91
700m: 10:32.48	1:32.02	1500m: 22:52.24	1:33.44	2300m: 35:17.37
800m: 12:04.99	1:32.51	1600m: 24:25.05	1:32.81	2400m: 36:51.46
				1:32.66
				1:33.15
				1:32.11
				1:33.38
				1:32.97
				1:33.59
				1:34.46
				1:34.09
				2500m: 38:25.53
				2600m: 39:59.10
				2700m: 41:32.82
				2800m: 43:05.45
				2900m: 44:38.46
				3000m: 46:07.74
				1:34.07
				1:33.57
				1:33.72
				1:32.63
				1:33.01
				1:29.28
4. MARTINEZ FERRI, Marina	82	C.N. Master Madrid	47:57.32	13,00
100m: 1:29.56	1:29.56	900m: 14:12.55	1:35.73	1700m: 26:58.97
200m: 3:03.74	1:34.18	1000m: 15:48.27	1:35.72	1800m: 28:35.28
300m: 4:39.13	1:35.39	1100m: 17:23.94	1:35.67	1900m: 30:12.41
400m: 6:15.16	1:36.03	1200m: 18:59.16	1:35.22	2000m: 31:48.60
500m: 7:50.29	1:35.13	1300m: 20:35.55	1:36.39	2100m: 33:24.78
600m: 9:25.61	1:35.32	1400m: 22:11.44	1:35.89	2200m: 35:01.94
700m: 11:01.27	1:35.66	1500m: 23:46.97	1:35.53	2300m: 36:38.25
800m: 12:36.82	1:35.55	1600m: 25:22.66	1:35.69	2400m: 38:15.70
				1:36.31
				1:36.31
				1:37.13
				1:36.19
				1:36.18
				1:37.16
				1:36.31
				1:37.45
				2500m: 39:53.79
				2600m: 41:31.31
				2700m: 43:10.70
				2800m: 44:47.94
				2900m: 46:24.67
				3000m: 47:57.32
				1:38.09
				1:37.52
				1:39.39
				1:37.24
				1:36.73
				1:32.65
5. SENTRE DOMINGO, Barbara	83	Triatlón Cierzo	51:02.25	12,00
100m: 1:32.35	1:32.35	900m: 14:42.30	1:39.66	1700m: 28:13.99
200m: 3:08.70	1:36.35	1000m: 16:22.65	1:40.35	1800m: 29:57.62
300m: 4:46.49	1:37.79	1100m: 18:03.54	1:40.89	1900m: 31:41.40
400m: 6:25.11	1:38.62	1200m: 19:44.88	1:41.34	2000m: 33:25.99
500m: 8:04.16	1:39.05	1300m: 21:25.93	1:41.05	2100m: 35:10.97
600m: 9:43.35	1:39.19	1400m: 23:06.91	1:40.98	2200m: 36:56.02
700m: 11:22.68	1:39.33	1500m: 24:48.75	1:41.84	2300m: 38:41.17
800m: 13:02.64	1:39.96	1600m: 26:31.16	1:42.41	2400m: 40:26.14
				1:42.83
				1:43.63
				1:43.78
				1:44.59
				1:44.98
				1:45.05
				1:45.15
				1:44.97
				2500m: 42:11.50
				2600m: 43:57.00
				2700m: 45:43.51
				2800m: 47:29.61
				2900m: 49:16.62
				3000m: 51:02.25
				1:45.36
				1:45.50
				1:46.51
				1:46.10
				1:47.01
				1:45.63

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, Fem., 3000m Libre, 40+

Clasificación	AN		Tiempo	
6. RUBIO GOMEZ, Diana	82	C.N. Santurtzi	51:37.58	11,00
100m: 1:32.94 1:32.94	900m: 15:02.65 1:43.64	1700m: 28:50.69 1:45.24	2500m: 42:50.07 1:46.51	
200m: 3:09.98 1:37.04	1000m: 16:46.10 1:43.45	1800m: 30:36.30 1:45.61	2600m: 44:35.19 1:45.12	
300m: 4:49.72 1:39.74	1100m: 18:29.53 1:43.43	1900m: 32:20.18 1:43.88	2700m: 46:21.63 1:46.44	
400m: 6:31.10 1:41.38	1200m: 20:10.76 1:41.23	2000m: 34:05.17 1:44.99	2800m: 48:09.50 1:47.87	
500m: 8:11.33 1:40.23	1300m: 21:54.39 1:43.63	2100m: 35:50.30 1:45.13	2900m: 49:56.25 1:46.75	
600m: 9:52.71 1:41.38	1400m: 23:36.75 1:42.36	2200m: 37:33.93 1:43.63	3000m: 51:37.58 1:41.33	
700m: 11:36.23 1:43.52	1500m: 25:21.85 1:45.10	2300m: 39:18.92 1:44.99		
800m: 13:19.01 1:42.78	1600m: 27:05.45 1:43.60	2400m: 41:03.56 1:44.64		
7. BERMUDEZ BLANCO, Esther	84	C.N. Ovimaster	54:08.66	10,00
100m: 1:38.91 1:38.91	900m: 15:53.26 1:46.61	1700m: 30:18.30 1:51.73	2500m: 44:59.65 1:50.90	
200m: 3:23.44 1:44.53	1000m: 17:40.97 1:47.71	1800m: 32:07.58 1:49.28	2600m: 46:53.07 1:53.42	
300m: 5:10.72 1:47.28	1100m: 19:26.24 1:45.27	1900m: 33:57.40 1:49.82	2700m: 48:45.42 1:52.35	
400m: 6:57.81 1:47.09	1200m: 21:14.48 1:48.24	2000m: 35:47.93 1:50.53	2800m: 50:34.13 1:48.71	
500m: 8:44.87 1:47.06	1300m: 23:04.15 1:49.67	2100m: 37:38.20 1:50.27	2900m: 52:22.93 1:48.80	
600m: 10:32.44 1:47.57	1400m: 24:51.18 1:47.03	2200m: 39:28.45 1:50.25	3000m: 54:08.66 1:45.73	
700m: 12:18.73 1:46.29	1500m: 26:38.44 1:47.26	2300m: 41:18.85 1:50.40		
800m: 14:06.65 1:47.92	1600m: 28:26.57 1:48.13	2400m: 43:08.75 1:49.90		

35+, Fem.

1. BUGALLO PEREZ, Estibaliz	90	C.N. Galaico	42:00.54	19,00
100m: 1:19.19 1:19.19	900m: 12:20.79 1:23.06	1700m: 23:29.13 1:24.10	2500m: 34:51.12 1:26.08	
200m: 2:41.82 1:22.63	1000m: 13:43.88 1:23.09	1800m: 24:53.40 1:24.27	2600m: 36:17.05 1:25.93	
300m: 4:03.98 1:22.16	1100m: 15:07.15 1:23.27	1900m: 26:18.36 1:24.96	2700m: 37:43.41 1:26.36	
400m: 5:26.38 1:22.40	1200m: 16:30.36 1:23.21	2000m: 27:43.55 1:25.19	2800m: 39:09.94 1:26.53	
500m: 6:48.91 1:22.53	1300m: 17:53.82 1:23.46	2100m: 29:08.85 1:25.30	2900m: 40:36.17 1:26.23	
600m: 8:11.51 1:22.60	1400m: 19:17.49 1:23.67	2200m: 30:33.56 1:24.71	3000m: 42:00.54 1:24.37	
700m: 9:34.51 1:23.00	1500m: 20:41.08 1:23.59	2300m: 31:59.24 1:25.68		
800m: 10:57.73 1:23.22	1600m: 22:05.03 1:23.95	2400m: 33:25.04 1:25.80		
2. FERNANDEZ PEREZ, Sara	87	C.D. Tizona Burgos	42:03.07	16,00
100m: 1:22.32 1:22.32	900m: 12:40.23 1:25.18	1700m: 23:59.22 1:24.04	2500m: 35:12.38 1:24.39	
200m: 2:46.20 1:23.88	1000m: 14:05.39 1:25.16	1800m: 25:23.38 1:24.16	2600m: 36:35.33 1:22.95	
300m: 4:10.59 1:24.39	1100m: 15:30.77 1:25.38	1900m: 26:48.20 1:24.82	2700m: 37:58.75 1:23.42	
400m: 5:34.88 1:24.29	1200m: 16:55.82 1:25.05	2000m: 28:12.56 1:24.36	2800m: 39:21.31 1:22.56	
500m: 6:59.93 1:25.05	1300m: 18:21.15 1:25.33	2100m: 29:35.77 1:23.21	2900m: 40:43.71 1:22.40	
600m: 8:24.97 1:25.04	1400m: 19:46.54 1:25.39	2200m: 30:59.59 1:23.82	3000m: 42:03.07 1:19.36	
700m: 9:50.07 1:25.10	1500m: 21:11.96 1:25.42	2300m: 32:24.09 1:24.50		
800m: 11:15.05 1:24.98	1600m: 22:35.18 1:23.22	2400m: 33:47.99 1:23.90		
3. MARTINEZ SAN JOSE, Ana	88	A.D.N. Mostoles	47:43.34	14,00
100m: 1:26.64 1:26.64	900m: 13:56.65 1:34.23	1700m: 26:40.25 1:37.62	2500m: 39:36.66 1:38.27	
200m: 2:58.17 1:31.53	1000m: 15:30.30 1:33.65	1800m: 28:16.32 1:36.07	2600m: 41:13.32 1:36.66	
300m: 4:32.04 1:33.87	1100m: 17:04.68 1:34.38	1900m: 29:53.03 1:36.71	2700m: 42:52.38 1:39.06	
400m: 6:05.49 1:33.45	1200m: 18:39.38 1:34.70	2000m: 31:28.64 1:35.61	2800m: 44:30.77 1:38.39	
500m: 7:40.08 1:34.59	1300m: 20:15.26 1:35.88	2100m: 33:05.22 1:36.58	2900m: 46:09.14 1:38.37	
600m: 9:14.26 1:34.18	1400m: 21:52.14 1:36.88	2200m: 34:41.72 1:36.50	3000m: 47:43.34 1:34.20	
700m: 10:48.16 1:33.90	1500m: 23:27.33 1:35.19	2300m: 36:19.61 1:37.89		
800m: 12:22.42 1:34.26	1600m: 25:02.63 1:35.30	2400m: 37:58.39 1:38.78		

VIII Cto. de España "OPEN" de Fondo Masters
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Prueba 1, Fem., 3000m Libre, 35+

Clasificación	AN		Tiempo	
4. CARRANZA MARTIN, Paula	90	C.D. Tizona Burgos	48:51.76	13,00
100m: 1:26.86 1:26.86	900m: 14:17.55 1:37.70	1700m: 27:22.75 1:39.31	2500m: 40:40.32 1:41.31	
200m: 3:01.80 1:34.94	1000m: 15:54.45 1:36.90	1800m: 29:03.25 1:40.50	2600m: 42:19.38 1:39.06	
300m: 4:36.61 1:34.81	1100m: 17:31.47 1:37.02	1900m: 30:41.78 1:38.53	2700m: 43:55.97 1:36.59	
400m: 6:12.82 1:36.21	1200m: 19:09.55 1:38.08	2000m: 32:21.17 1:39.39	2800m: 45:34.38 1:38.41	
500m: 7:48.89 1:36.07	1300m: 20:47.52 1:37.97	2100m: 33:59.89 1:38.72	2900m: 47:13.09 1:38.71	
600m: 9:26.12 1:37.23	1400m: 22:26.33 1:38.81	2200m: 35:39.66 1:39.77	3000m: 48:51.76 1:38.67	
700m: 11:02.94 1:36.82	1500m: 24:04.46 1:38.13	2300m: 37:18.58 1:38.92		
800m: 12:39.85 1:36.91	1600m: 25:43.44 1:38.98	2400m: 38:59.01 1:40.43		
5. MARIN RUEDA, Melania	88	C.N. Albacete	49:37.99	12,00
100m: 1:27.48 1:27.48	900m: 14:34.43 1:38.87	1700m: 27:54.44 1:40.10	2500m: 41:17.33 1:41.69	
200m: 3:03.85 1:36.37	1000m: 16:13.57 1:39.14	1800m: 29:35.26 1:40.82	2600m: 43:00.35 1:43.02	
300m: 4:40.44 1:36.59	1100m: 17:52.41 1:38.84	1900m: 31:15.61 1:40.35	2700m: 44:42.20 1:41.85	
400m: 6:18.07 1:37.63	1200m: 19:30.73 1:38.32	2000m: 32:55.11 1:39.50	2800m: 46:23.60 1:41.40	
500m: 7:57.12 1:39.05	1300m: 21:11.43 1:40.70	2100m: 34:32.92 1:37.81	2900m: 48:01.69 1:38.09	
600m: 9:36.47 1:39.35	1400m: 22:51.87 1:40.44	2200m: 36:13.57 1:40.65	3000m: 49:37.99 1:36.30	
700m: 11:16.32 1:39.85	1500m: 24:32.68 1:40.81	2300m: 37:54.38 1:40.81		
800m: 12:55.56 1:39.24	1600m: 26:14.34 1:41.66	2400m: 39:35.64 1:41.26		

30+, Fem.

1. REVUELTA RENALES, Sofia Carmen	95	C.D. Halegatos	43:29.80	19,00
100m: 1:16.95 1:16.95	900m: 12:48.03 1:27.60	1700m: 24:24.98 1:27.08	2500m: 36:12.27 1:28.79	
200m: 2:40.38 1:23.43	1000m: 14:15.04 1:27.01	1800m: 25:52.01 1:27.03	2600m: 37:40.69 1:28.42	
300m: 4:06.74 1:26.36	1100m: 15:41.65 1:26.61	1900m: 27:20.41 1:28.40	2700m: 39:09.55 1:28.86	
400m: 5:33.35 1:26.61	1200m: 17:08.87 1:27.22	2000m: 28:49.18 1:28.77	2800m: 40:38.75 1:29.20	
500m: 7:00.68 1:27.33	1300m: 18:36.49 1:27.62	2100m: 30:17.66 1:28.48	2900m: 42:07.49 1:28.74	
600m: 8:27.43 1:26.75	1400m: 20:03.63 1:27.14	2200m: 31:45.83 1:28.17	3000m: 43:29.80 1:22.31	
700m: 9:53.91 1:26.48	1500m: 21:30.75 1:27.12	2300m: 33:14.18 1:28.35		
800m: 11:20.43 1:26.52	1600m: 22:57.90 1:27.15	2400m: 34:43.48 1:29.30		
2. VISINI, Martina	92	C.N. Master Madrid	44:15.80	16,00
100m: 1:24.81 1:24.81	900m: 13:14.65 1:28.59	1700m: 25:01.85 1:29.17	2500m: 36:52.34 1:28.35	
200m: 2:52.83 1:28.02	1000m: 14:43.62 1:28.97	1800m: 26:31.30 1:29.45	2600m: 38:21.02 1:28.68	
300m: 4:20.78 1:27.95	1100m: 16:11.79 1:28.17	1900m: 28:00.13 1:28.83	2700m: 39:50.03 1:29.01	
400m: 5:49.37 1:28.59	1200m: 17:39.37 1:27.58	2000m: 29:29.15 1:29.02	2800m: 41:19.60 1:29.57	
500m: 7:18.48 1:29.11	1300m: 19:07.32 1:27.95	2100m: 30:57.57 1:28.42	2900m: 42:49.27 1:29.67	
600m: 8:47.44 1:28.96	1400m: 20:35.08 1:27.76	2200m: 32:26.44 1:28.87	3000m: 44:15.80 1:26.53	
700m: 10:16.99 1:29.55	1500m: 22:03.64 1:28.56	2300m: 33:55.13 1:28.69		
800m: 11:46.06 1:29.07	1600m: 23:32.68 1:29.04	2400m: 35:23.99 1:28.86		
3. LAMAS HERNANDEZ, Jessica Gabriela	94	C.N. Sant Andreu	46:52.52	14,00
100m: 1:24.79 1:24.79	900m: 13:34.67 1:32.72	1700m: 26:03.56 1:33.83	2500m: 38:54.21 1:35.73	
200m: 2:52.69 1:27.90	1000m: 15:07.81 1:33.14	1800m: 27:38.68 1:35.12	2600m: 40:30.78 1:36.57	
300m: 4:22.52 1:29.83	1100m: 16:40.69 1:32.88	1900m: 29:14.75 1:36.07	2700m: 42:06.65 1:35.87	
400m: 5:53.08 1:30.56	1200m: 18:14.32 1:33.63	2000m: 30:51.03 1:36.28	2800m: 43:43.97 1:37.32	
500m: 7:23.84 1:30.76	1300m: 19:48.68 1:34.36	2100m: 32:27.00 1:35.97	2900m: 45:18.60 1:34.63	
600m: 8:56.45 1:32.61	1400m: 21:22.73 1:34.05	2200m: 34:03.95 1:36.95	3000m: 46:52.52 1:33.92	
700m: 10:28.84 1:32.39	1500m: 22:57.09 1:34.36	2300m: 35:41.65 1:37.70		
800m: 12:01.95 1:33.11	1600m: 24:29.73 1:32.64	2400m: 37:18.48 1:36.83		

VIII Cto. de España "OPEN" de Fondo Masters
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Prueba 1, 3000m Libre

25+, Fem.

1. LULJAK, Julia	00	C.D. Halegatos	41:20.53	19,00			
100m: 1:18.63	1:18.63	900m: 12:15.53	1:22.98	1700m: 23:17.59	1:22.87	2500m: 34:27.41	1:24.33
200m: 2:39.22	1:20.59	1000m: 13:38.39	1:22.86	1800m: 24:41.10	1:23.51	2600m: 35:50.09	1:22.68
300m: 4:01.20	1:21.98	1100m: 15:00.64	1:22.25	1900m: 26:04.53	1:23.43	2700m: 37:13.11	1:23.02
400m: 5:23.23	1:22.03	1200m: 16:23.46	1:22.82	2000m: 27:27.93	1:23.40	2800m: 38:37.02	1:23.91
500m: 6:45.16	1:21.93	1300m: 17:46.30	1:22.84	2100m: 28:51.41	1:23.48	2900m: 40:00.80	1:23.78
600m: 8:07.20	1:22.04	1400m: 19:09.30	1:23.00	2200m: 30:15.17	1:23.76	3000m: 41:20.53	1:19.73
700m: 9:29.52	1:22.32	1500m: 20:32.07	1:22.77	2300m: 31:38.84	1:23.67		
800m: 10:52.55	1:23.03	1600m: 21:54.72	1:22.65	2400m: 33:03.08	1:24.24		
2. FERNANDEZ BAGUES, Maria	98	C.N. Cuencas Mineras	42:50.00	16,00			
100m: 1:18.16	1:18.16	900m: 12:30.04	1:24.55	1700m: 23:59.30	1:24.98	2500m: 35:36.23	1:28.11
200m: 2:40.66	1:22.50	1000m: 13:55.77	1:25.73	1800m: 25:26.08	1:26.78	2600m: 37:04.20	1:27.97
300m: 4:03.63	1:22.97	1100m: 15:21.72	1:25.95	1900m: 26:53.09	1:27.01	2700m: 38:32.51	1:28.31
400m: 5:27.32	1:23.69	1200m: 16:47.97	1:26.25	2000m: 28:19.90	1:26.81	2800m: 39:59.15	1:26.64
500m: 6:50.88	1:23.56	1300m: 18:14.80	1:26.83	2100m: 29:45.95	1:26.05	2900m: 41:25.51	1:26.36
600m: 8:15.51	1:24.63	1400m: 19:39.93	1:25.13	2200m: 31:14.49	1:28.54	3000m: 42:50.00	1:24.49
700m: 9:40.59	1:25.08	1500m: 21:05.91	1:25.98	2300m: 32:40.94	1:26.45		
800m: 11:05.49	1:24.90	1600m: 22:34.32	1:28.41	2400m: 34:08.12	1:27.18		
3. GONZALEZ LOPEZ, Susana	96	C.N. Las Anclas Castrillon	44:47.99	14,00			
100m: 1:23.04	1:23.04	900m: 13:15.03	1:28.15	1700m: 25:08.16	1:30.23	2500m: 37:11.07	1:30.12
200m: 2:51.05	1:28.01	1000m: 14:43.01	1:27.98	1800m: 26:38.25	1:30.09	2600m: 38:43.63	1:32.56
300m: 4:19.97	1:28.92	1100m: 16:12.81	1:29.80	1900m: 28:07.49	1:29.24	2700m: 40:17.37	1:33.74
400m: 5:49.64	1:29.67	1200m: 17:41.53	1:28.72	2000m: 29:37.61	1:30.12	2800m: 41:51.06	1:33.69
500m: 7:18.57	1:28.93	1300m: 19:10.48	1:28.95	2100m: 31:08.25	1:30.64	2900m: 43:22.80	1:31.74
600m: 8:48.14	1:29.57	1400m: 20:39.29	1:28.81	2200m: 32:39.95	1:31.70	3000m: 44:47.99	1:25.19
700m: 10:17.46	1:29.32	1500m: 22:08.32	1:29.03	2300m: 34:10.35	1:30.40		
800m: 11:46.88	1:29.42	1600m: 23:37.93	1:29.61	2400m: 35:40.95	1:30.60		

20+, Fem.

1. SARMIENTO GUERRA, Elena	05	Club Gloria Swimtrain Maspalomas	40:30.90	19,00			
100m: 1:18.03	1:18.03	900m: 12:00.23	1:20.43	1700m: 22:49.20	1:21.99	2500m: 33:48.28	1:20.30
200m: 2:37.64	1:19.61	1000m: 13:20.84	1:20.61	1800m: 24:11.49	1:22.29	2600m: 35:08.44	1:20.16
300m: 3:58.40	1:20.76	1100m: 14:41.73	1:20.89	1900m: 25:33.61	1:22.12	2700m: 36:29.70	1:21.26
400m: 5:18.41	1:20.01	1200m: 16:02.51	1:20.78	2000m: 26:56.08	1:22.47	2800m: 37:51.35	1:21.65
500m: 6:38.78	1:20.37	1300m: 17:23.42	1:20.91	2100m: 28:19.26	1:23.18	2900m: 39:13.00	1:21.65
600m: 7:58.88	1:20.10	1400m: 18:45.12	1:21.70	2200m: 29:41.78	1:22.52	3000m: 40:30.90	1:17.90
700m: 9:19.24	1:20.36	1500m: 20:06.54	1:21.42	2300m: 31:04.86	1:23.08		
800m: 10:39.80	1:20.56	1600m: 21:27.21	1:20.67	2400m: 32:27.98	1:23.12		
2. LOPEZ CORNEJO, Lucia	04	C.N. Astillero	41:52.12	16,00			
100m: 1:15.20	1:15.20	900m: 12:16.19	1:23.48	1700m: 23:26.08	1:23.92	2500m: 34:47.27	1:26.66
200m: 2:34.91	1:19.71	1000m: 13:39.36	1:23.17	1800m: 24:49.72	1:23.64	2600m: 36:13.49	1:26.22
300m: 3:57.63	1:22.72	1100m: 15:02.97	1:23.61	1900m: 26:12.96	1:23.24	2700m: 37:41.02	1:27.53
400m: 5:20.55	1:22.92	1200m: 16:26.65	1:23.68	2000m: 27:36.53	1:23.57	2800m: 39:05.36	1:24.34
500m: 6:43.49	1:22.94	1300m: 17:50.87	1:24.22	2100m: 29:02.14	1:25.61	2900m: 40:30.35	1:24.99
600m: 8:06.57	1:23.08	1400m: 19:15.20	1:24.33	2200m: 30:27.30	1:25.16	3000m: 41:52.12	1:21.77
700m: 9:29.44	1:22.87	1500m: 20:39.47	1:24.27	2300m: 31:53.51	1:26.21		
800m: 10:52.71	1:23.27	1600m: 22:02.16	1:22.69	2400m: 33:20.61	1:27.10		

VIII Cto. de España "OPEN" de Fondo Masters
OVIEDO, 21 - 23/3/2025

Prueba 1, Fem., 3000m Libre, 20+

Clasificación	AN		Tiempo	
3. FALCES MENA, Mar	04	C.N. Los Barrios	48:08.10	14,00
100m: 1:29.15 1:29.15	900m: 14:09.75 1:37.15	1700m: 27:08.01 1:36.93	2500m: 40:09.07 1:37.43	
200m: 3:01.91 1:32.76	1000m: 15:46.07 1:36.32	1800m: 28:45.71 1:37.70	2600m: 41:45.51 1:36.44	
300m: 4:35.27 1:33.36	1100m: 17:23.29 1:37.22	1900m: 30:22.37 1:36.66	2700m: 43:23.54 1:38.03	
400m: 6:09.05 1:33.78	1200m: 19:01.33 1:38.04	2000m: 32:00.06 1:37.69	2800m: 44:59.80 1:36.26	
500m: 7:44.28 1:35.23	1300m: 20:38.59 1:37.26	2100m: 33:37.07 1:37.01	2900m: 46:31.07 1:31.27	
600m: 9:19.98 1:35.70	1400m: 22:16.20 1:37.61	2200m: 35:14.60 1:37.53	3000m: 48:08.10 1:37.03	
700m: 10:56.90 1:36.92	1500m: 23:53.62 1:37.42	2300m: 36:53.61 1:39.01		
800m: 12:32.60 1:35.70	1600m: 25:31.08 1:37.46	2400m: 38:31.64 1:38.03		

INSTITUCIONALES



INSTITUCIONES LOCALES



SPONSOR PLATINO



SPONSOR ORO



SPONSOR TÉCNICO



MECENAZGO



PARTNER



PARTNER SALUD DEPORTIVA



RSC PARTNER



MEDICALSPONSOR



PARTNER MOVILIDAD

