

Prueba 2
15/01/2022

Fem., 3000m Libre

20 - 94 años
Resultados

Clasificación

AÑO

Tiempo

25+

1.	BOUCHET, Sybille			93	Club Natación Vulcania Master						42:40.08
100m:	1:18.94	600m:	8:26.27	1100m:	15:40.47	1600m:	22:48.65	2100m:	30:00.05	2600m:	37:07.87
200m:	2:42.24	700m:	9:53.38	1200m:	17:05.53	1700m:	24:14.70	2200m:	31:25.89	2700m:	38:33.00
300m:	4:08.11	800m:	11:20.26	1300m:	18:31.13	1800m:	25:40.97	2300m:	32:50.97	2800m:	39:56.90
400m:	5:34.19	900m:	12:47.74	1400m:	19:55.89	1900m:	27:06.62	2400m:	34:16.48	2900m:	41:20.74
500m:	7:00.08	1000m:	14:14.57	1500m:	21:21.93	2000m:	28:34.30	2500m:	35:41.96	3000m:	42:40.08

40+

Baja enf. GUTIERREZ GARCIA, Noelia 78 C. Tenerife Masters

50+

1.	NEGRIN FIGUEROA, Elena			70	C. Tenerife Masters				45:08.10		
100m:	1:25.27	600m:	8:55.91	1100m:	16:26.21	1600m:	23:56.38	2100m:	31:30.58	2600m:	39:07.93
200m:	2:55.47	700m:	10:26.46	1200m:	17:56.36	1700m:	25:26.87	2200m:	33:02.05	2700m:	40:39.23
300m:	4:25.22	800m:	11:55.88	1300m:	19:26.26	1800m:	26:57.14	2300m:	34:33.21	2800m:	42:10.83
400m:	5:55.39	900m:	13:25.82	1400m:	20:56.36	1900m:	28:27.88	2400m:	36:04.71	2900m:	43:41.23
500m:	7:25.71	1000m:	14:56.30	1500m:	22:26.37	2000m:	29:59.15	2500m:	37:36.45	3000m:	45:08.10

55+

1.	QUINTANILLA AYLLON, Elena			65	C.N. Metropole				48:20.16		
100m:	1:29.66	600m:	9:18.38	1100m:	17:14.38	1600m:	25:17.71	2100m:	33:28.82	2600m:	41:45.61
200m:	3:02.86	700m:	10:53.66	1200m:	18:50.01	1700m:	26:53.10	2200m:	35:07.59	2700m:	43:24.11
300m:	4:36.82	800m:	12:28.13	1300m:	20:27.09	1800m:	28:30.28	2300m:	36:46.73	2800m:	45:03.88
400m:	6:10.16	900m:	14:03.85	1400m:	22:04.30	1900m:	30:11.01	2400m:	38:26.81	2900m:	46:42.85
500m:	7:44.00	1000m:	15:39.69	1500m:	23:41.06	2000m:	31:49.75	2500m:	40:06.49	3000m:	48:20.16

60+

1.	LARRODE GARCIA, Pilar			59	C. Tenerife Masters			1:04:39.84			
100m:	2:04.30	600m:	12:48.42	1100m:	23:34.00	1600m:	34:22.23	2100m:	45:17.29	2600m:	56:12.18
200m:	4:11.32	700m:	14:57.97	1200m:	25:43.01	1700m:	36:32.75	2200m:	47:27.63	2700m:	58:22.90
300m:	6:20.38	800m:	17:07.45	1300m:	27:52.20	1800m:	38:42.85	2300m:	49:38.16	2800m:	1:00:29.71
400m:	8:28.45	900m:	19:15.51	1400m:	30:01.41	1900m:	40:54.30	2400m:	51:50.51	2900m:	1:02:37.79
500m:	10:37.63	1000m:	21:23.99	1500m:	32:12.11	2000m:	43:06.00	2500m:	54:01.00	3000m:	1:04:39.84

65+

1.	ARANEGA BENITEZ, Aranzazu			57	C. Tenerife Masters					52:04.53	
100m:	1:38.32	600m:	10:10.46	1100m:	18:47.78	1600m:	27:31.69	2100m:	36:16.79	2600m:	45:03.29
200m:	3:20.22	700m:	11:53.20	1200m:	20:31.70	1700m:	29:16.80	2200m:	38:01.97	2700m:	46:48.97
300m:	5:02.84	800m:	13:36.60	1300m:	22:16.96	1800m:	31:02.16	2300m:	39:47.15	2800m:	48:34.14
400m:	6:45.03	900m:	15:20.30	1400m:	24:02.13	1900m:	32:47.04	2400m:	41:31.52	2900m:	50:19.84
500m:	8:27.42	1000m:	17:04.24	1500m:	25:46.97	2000m:	34:31.96	2500m:	43:16.72	3000m:	52:04.53

Prueba 2, Fem., 3000m Libre

70+

1. SEGARRA PEÑARROYA, Rosa	49	Club Natación Vulcania Master	50:22.34
100m: 1:33.87	600m: 9:46.39	1100m: 18:02.62	1600m: 26:25.49
200m: 3:13.10	700m: 11:25.05	1200m: 19:42.21	1700m: 28:07.08
300m: 4:51.08	800m: 13:02.21	1300m: 21:21.35	1800m: 29:48.70
400m: 6:30.03	900m: 14:44.42	1400m: 23:04.09	1900m: 31:29.86
500m: 8:08.50	1000m: 16:23.53	1500m: 24:45.08	2000m: 33:11.42
		2100m: 34:53.81	2600m: 43:29.55
		2200m: 36:36.54	2700m: 45:12.61
		2300m: 38:19.28	2800m: 46:57.15
		2400m: 40:02.45	2900m: 48:40.83
		2500m: 41:45.93	3000m: 50:22.34

Prueba 3
15/01/2022

Masc., 3000m Libre

20 - 94 años
Resultados

Clasificación

AÑO

Tiempo

25+

1. GONZALEZ GARCIA, Alvaro	93	C.N. Metropole	41:03.67
100m: 1:10.95	600m: 7:49.27	1100m: 14:37.73	1600m: 21:35.79
200m: 2:28.10	700m: 9:11.14	1200m: 16:00.14	1700m: 22:59.58
300m: 3:46.85	800m: 10:32.43	1300m: 17:23.03	1800m: 24:23.56
400m: 5:07.22	900m: 11:53.07	1400m: 18:48.07	1900m: 25:47.38
500m: 6:27.24	1000m: 13:15.38	1500m: 20:12.72	2000m: 27:10.57
		2100m: 28:34.64	2600m: 35:34.61
		2200m: 29:57.61	2700m: 36:57.22
		2300m: 31:21.66	2800m: 38:20.26
		2400m: 32:46.30	2900m: 39:42.84
		2500m: 34:10.57	3000m: 41:03.67

2. CARRETERO SANTANA, Airam	94	C. Tenerife Masters	42:13.84
100m: 1:17.43	600m: 8:17.80	1100m: 15:19.11	1600m: 22:20.65
200m: 2:39.69	700m: 9:42.55	1200m: 16:43.20	1700m: 23:45.38
300m: 4:03.48	800m: 11:07.31	1300m: 18:07.97	1800m: 25:10.17
400m: 5:28.28	900m: 12:31.04	1400m: 19:32.30	1900m: 26:35.52
500m: 6:53.09	1000m: 13:54.94	1500m: 20:56.67	2000m: 28:00.87
		2100m: 29:26.17	2600m: 36:36.20
		2200m: 30:51.72	2700m: 38:02.34
		2300m: 32:17.46	2800m: 39:27.57
		2400m: 33:43.70	2900m: 40:53.06
		2500m: 35:10.64	3000m: 42:13.84

30+

1. BAENAS NAVARRO, Pedro Angel	89	C. Tenerife Masters	40:11.01
100m: 1:16.43	600m: 7:52.28	1100m: 14:29.70	1600m: 21:08.80
200m: 2:35.10	700m: 9:11.38	1200m: 15:49.36	1700m: 22:29.42
300m: 3:53.43	800m: 10:31.01	1300m: 17:09.79	1800m: 23:50.13
400m: 5:12.89	900m: 11:50.61	1400m: 18:29.31	1900m: 25:10.19
500m: 6:32.47	1000m: 13:10.37	1500m: 19:48.78	2000m: 26:30.99
		2100m: 27:52.62	2600m: 34:42.13
		2200m: 29:14.25	2700m: 36:04.08
		2300m: 30:36.58	2800m: 37:27.81
		2400m: 31:57.69	2900m: 38:49.12
		2500m: 33:19.49	3000m: 40:11.01

35+

1. HENRIQUEZ HERNANDEZ, Rafael	87	C.N. Aguacan	43:53.28
100m: 1:24.53	600m: 8:40.37	1100m: 16:01.45	1600m: 23:18.90
200m: 2:51.18	700m: 10:08.43	1200m: 17:27.84	1700m: 24:47.93
300m: 4:18.53	800m: 11:36.50	1300m: 18:54.79	1800m: 26:16.57
400m: 5:46.23	900m: 13:05.59	1400m: 20:22.12	1900m: 27:44.82
500m: 7:13.13	1000m: 14:33.96	1500m: 21:49.77	2000m: 29:13.60
		2100m: 30:40.00	2600m: 38:02.19
		2200m: 32:07.82	2700m: 39:31.19
		2300m: 33:36.83	2800m: 40:59.36
		2400m: 35:05.63	2900m: 42:26.16
		2500m: 36:33.69	3000m: 43:53.28

40+

Baja enf. FERRERA GIRONY, Adrian
Baja enf. GARCIA MEDINA, Israel

82 Club Deportivo Swim&Train Maspalomas
78 C.D. Belen Maria

Prueba 3, Masc., 3000m Libre

45+

1.	REINO ASCANIO, Abian			77	C.N. Metropole				37:39.59		
100m:	1:13.68	600m:	7:32.44	1100m:	13:46.80	1600m:	20:01.86	2100m:	26:19.37	2600m:	32:39.70
200m:	2:29.13	700m:	8:47.81	1200m:	15:01.67	1700m:	21:17.25	2200m:	27:35.17	2700m:	33:55.42
300m:	3:45.44	800m:	10:02.67	1300m:	16:16.75	1800m:	22:32.54	2300m:	28:51.24	2800m:	35:11.64
400m:	5:01.32	900m:	11:17.53	1400m:	17:32.09	1900m:	23:48.38	2400m:	30:07.16	2900m:	36:27.13
500m:	6:17.04	1000m:	12:32.21	1500m:	18:46.99	2000m:	25:03.59	2500m:	31:23.44	3000m:	37:39.59

50+

1.	LEON QUINTERO, Jacob			72	C.D. Belen Maria			45:07.88			
100m:	1:18.79	600m:	8:39.96	1100m:	16:07.72	1600m:	23:38.31	2100m:	31:16.90	2600m:	39:01.43
200m:	2:44.65	700m:	10:09.16	1200m:	17:37.19	1700m:	25:09.94	2200m:	32:49.97	2700m:	40:32.75
300m:	4:13.22	800m:	11:38.87	1300m:	19:06.57	1800m:	26:41.95	2300m:	34:22.64	2800m:	42:04.58
400m:	5:41.38	900m:	13:08.12	1400m:	20:35.10	1900m:	28:13.43	2400m:	35:55.82	2900m:	43:36.70
500m:	7:10.44	1000m:	14:37.80	1500m:	22:05.80	2000m:	29:44.99	2500m:	37:28.78	3000m:	45:07.88

Baja enf. GIL HENRIQUEZ, Jorge Juan 72 C.N. Metropole
Baja enf. GUTIERREZ ASCANIO, Ciro 70 C.N. Metropole

55+

1.	DOMINGUEZ CABRERA, Arnaudis			67	C.N. Metropole						39:20.05	
	100m:	1:14.51	600m:	7:35.32	1100m:	13:55.47	1600m:	20:22.84	2100m:	27:01.78	2600m:	33:50.65
	200m:	2:30.88	700m:	8:51.28	1200m:	15:12.50	1700m:	21:42.63	2200m:	28:21.81	2700m:	35:13.14
	300m:	3:47.27	800m:	10:07.67	1300m:	16:30.07	1800m:	23:01.73	2300m:	29:42.23	2800m:	36:36.09
	400m:	5:03.48	900m:	11:23.22	1400m:	17:47.56	1900m:	24:21.80	2400m:	31:04.10	2900m:	37:58.15
	500m:	6:19.47	1000m:	12:39.20	1500m:	19:05.26	2000m:	25:41.35	2500m:	32:26.45	3000m:	39:20.05
2.	RODRIGUEZ SUAREZ, Juan Pedro			67	C.N. Metropole						48:47.81	
	100m:	1:28.12	600m:	9:22.81	1100m:	17:24.16	1600m:	25:31.78	2100m:	33:46.65	2600m:	42:08.24
	200m:	3:02.96	700m:	10:58.91	1200m:	18:59.87	1700m:	27:10.15	2200m:	35:26.84	2700m:	43:49.19
	300m:	4:37.91	800m:	12:34.85	1300m:	20:37.54	1800m:	28:49.15	2300m:	37:06.75	2800m:	45:29.72
	400m:	6:12.46	900m:	14:10.68	1400m:	22:14.64	1900m:	30:28.62	2400m:	38:47.27	2900m:	47:09.89
	500m:	7:47.76	1000m:	15:46.56	1500m:	23:53.04	2000m:	32:07.11	2500m:	40:27.55	3000m:	48:47.81

Baja enf. HERNANDEZ BENTO, Enrique Francisco 64 C.D. Belen Maria

60+

1.	MATA DÍAZ, Enrique			60	Club Deportivo Swim&Train Maspaloma							39:32.67
100m:	1:16.07	600m:	7:53.67	1100m:	14:30.58	1600m:	21:06.75	2100m:	27:40.21	2600m:	34:17.29	
200m:	2:35.13	700m:	9:13.33	1200m:	15:49.88	1700m:	22:25.60	2200m:	28:59.44	2700m:	35:37.49	
300m:	3:55.11	800m:	10:33.39	1300m:	17:09.39	1800m:	23:44.17	2300m:	30:18.74	2800m:	36:57.61	
400m:	5:14.88	900m:	11:53.05	1400m:	18:27.98	1900m:	25:02.32	2400m:	31:37.84	2900m:	38:16.41	
500m:	6:34.26	1000m:	13:11.65	1500m:	19:47.07	2000m:	26:21.51	2500m:	32:57.49	3000m:	39:32.67	

Baja enf. HENRIQUEZ CORREA, Sixto 59 C.N. Las Palmas

65+

1.	CHRISTIANSEN, Glen Robert			57	C. Tenerife Masters					43:12.40	
100m:	1:22.51	600m:	8:36.89	1100m:	15:48.11	1600m:	23:00.49	2100m:	30:13.51	2600m:	37:28.48
200m:	2:49.56	700m:	10:03.78	1200m:	17:14.49	1700m:	24:27.12	2200m:	31:40.36	2700m:	38:55.42
300m:	4:16.83	800m:	11:29.93	1300m:	18:41.18	1800m:	25:52.99	2300m:	33:07.99	2800m:	40:21.85
400m:	5:44.17	900m:	12:55.83	1400m:	20:07.35	1900m:	27:20.12	2400m:	34:35.24	2900m:	41:48.03
500m:	7:11.02	1000m:	14:22.04	1500m:	21:34.03	2000m:	28:46.26	2500m:	36:02.29	3000m:	43:12.40

Prueba 3, Masc., 3000m Libre

70+

1. RIERA MONTAL, Agustin	49	C. Tenerife Masters	1:02:48.75
100m: 1:47.45	600m: 11:48.65	1100m: 22:10.61	1600m: 32:48.65
200m: 3:42.45	700m: 13:51.20	1200m: 24:16.92	1700m: 34:57.48
300m: 5:41.41	800m: 15:55.21	1300m: 26:24.90	1800m: 37:05.04
400m: 7:43.35	900m: 17:59.79	1400m: 28:32.26	1900m: 39:12.58
500m: 9:45.28	1000m: 20:05.64	1500m: 30:40.67	2000m: 41:22.45
		2100m: 43:31.91	2600m: 54:15.09
		2200m: 45:39.98	2700m: 56:22.34
		2300m: 47:48.24	2800m: 58:31.40
		2400m: 49:56.83	2900m: 1:00:42.16
		2500m: 52:06.23	3000m: 1:02:48.75