Prueba 90 | Masc., 400m Libre | 20 - 94 años
14/12/2019 | Resultados

Clasificación		AN		Tiempo	
20+					
1.	MENESES MEDERO, Alejandro	99	A.D. Santa Cruz	**4:59.23**	19,00
	50m: 32.63 32.63 150m: 1:44.73 36.97 250m: 3:02.43 39.78 350m: 4:20.86 39.15				
	100m: 1:07.76 35.13 200m: 2:22.65 37.92 300m: 3:41.71 39.28 400m: 4:59.23 38.37				
2.	DAVILA RODRIGUEZ, Roberto	97	Club Natacion Valleverde	**5:55.66**	16,00
	50m: 41.14 41.14 150m: 2:10.66 45.22 250m: 3:41.56 45.56 350m: 5:13.69 46.16				
	100m: 1:25.44 44.30 200m: 2:56.00 45.34 300m: 4:27.53 45.97 400m: 5:55.66 41.97				
3.	ACOSTA DE LEON, Santiago	96	C.D.N. Schamann	**5:59.19**	14,00
	50m: 41.73 41.73 150m: 2:10.55 45.05 250m: 3:41.89 45.64 350m: 5:14.59 46.43				
	100m: 1:25.50 43.77 200m: 2:56.25 45.70 300m: 4:28.16 46.27 400m: 5:59.19 44.60				
25+					
1.	GONZALEZ GARCIA, Alvaro	93	C.N. Las Palmas	**4:49.55**	19,00
	50m: 30.38 30.38 150m: 1:41.56 36.30 250m: 2:56.15 37.50 350m: 4:12.89 38.66				
	100m: 1:05.26 34.88 200m: 2:18.65 37.09 300m: 3:34.23 38.08 400m: 4:49.55 36.66				
2.	GARCIA RODRIGUEZ, Javier	93	C.D. Jescagua	**5:40.02**	16,00
	50m: 35.62 35.62 150m: 1:55.72 41.38 250m: 3:23.01 43.99 350m: 4:55.02 46.32				
	100m: 1:14.34 38.72 200m: 2:39.02 43.30 300m: 4:08.70 45.69 400m: 5:40.02 45.00				
3.	MEROI BIANCONI, Guido	94	C.D. Nonadamos	**6:10.66**	14,00
	50m: 37.80 37.80 150m: 2:07.17 46.23 250m: 3:44.32 49.30 350m: 5:22.66 49.44				
	100m: 1:20.94 43.14 200m: 2:55.02 47.85 300m: 4:33.22 48.90 400m: 6:10.66 48.00				
4.	ROJAS CABRERA, Alejandro Yared	93	C.D. Belen Maria	**6:24.42**	13,00
	50m: 40.48 40.48 150m: 2:10.83 46.76 250m: 3:49.75 49.90 350m: 5:32.81 51.65				
	100m: 1:24.07 43.59 200m: 2:59.85 49.02 300m: 4:41.16 51.41 400m: 6:24.42 51.61				
30+					
1.	SANCHEZ DIAZ, Daniel	85	Cn.Salinas Sta.Lucia	**4:19.15**	19,00
	50m: 31.27 31.27 150m: 1:36.07 32.23 250m: 2:40.70 32.07 350m: 3:46.63 33.05				
	100m: 1:03.84 32.57 200m: 2:08.63 32.56 300m: 3:13.58 32.88 400m: 4:19.15 32.52				
2.	DE CASTRO MONTERO, Borja	89	C.N. Las Palmas	**5:33.51**	16,00
	50m: 35.60 35.60 150m: 1:56.79 41.20 250m: 3:23.71 43.32 350m: 4:53.13 44.50				
	100m: 1:15.59 39.99 200m: 2:40.39 43.60 300m: 4:08.63 44.92 400m: 5:33.51 40.38				
3.	SARMIENTO LEON, Dailos	88	Cn.Salinas Sta.Lucia	**5:58.27**	14,00
	50m: 41.77 41.77 150m: 2:12.37 45.85 250m: 3:45.29 46.79 350m: 5:15.98 44.80				
	100m: 1:26.52 44.75 200m: 2:58.50 46.13 300m: 4:31.18 45.89 400m: 5:58.27 42.29				
4.	QUINTANA GARCIA, Daniel	85	C.N. Las Palmas	**6:08.10**	13,00
	50m: 40.35 40.35 150m: 2:12.55 47.17 250m: 3:49.77 49.20 350m: 5:24.86 47.19				
	100m: 1:25.38 45.03 200m: 3:00.57 48.02 300m: 4:37.67 47.90 400m: 6:08.10 43.24				
Baja enf.	MUNTONI, Sebastian	87	C.N. Las Palmas		-
35+					
1.	SANTANA SARMIENTO, Miguel	83	Cn.Fainagua C. Telde	**4:31.80**	19,00
	50m: 32.84 32.84 150m: 1:41.83 34.62 250m: 2:50.23 33.90 350m: 3:59.21 34.58				
	100m: 1:07.21 34.37 200m: 2:16.33 34.50 300m: 3:24.63 34.40 400m: 4:31.80 32.59				

Prueba 90, Masc., 400m Libre, 35+

Clasificación		AN		Tiempo	
2.	RODRIGUEZ VIERA, Jose Javier	82	C.N. Las Palmas	**5:39.06**	16,00

50m:	37.00	37.00	150m:	1:58.64	41.51	250m:	3:25.25	44.24	350m:	4:55.08	44.69
100m:	1:17.13	40.13	200m:	2:41.01	42.37	300m:	4:10.39	45.14	400m:	5:39.06	43.98

40+

1.	TONELLI, Marcello	75	C.N. Metropole	**4:19.65**	19,00
2.	PUGA MUJICA, David Jose	79	C.D.N. Schamann	**6:09.80**	16,00
Baja enf.	CABALLERO RODRIGUEZ, Marcos	77	Club Deportivo Raguos De Maspalomas		-

50m:	30.45	30.45	150m:	1:36.71	33.10	250m:	2:42.49	33.09	350m:	3:48.70	33.13
100m:	1:03.61	33.16	200m:	2:09.40	32.69	300m:	3:15.57	33.08	400m:	4:19.65	30.95
50m:	39.60	39.60	150m:	2:09.60	45.71	250m:	3:45.54	48.68	350m:	5:22.40	49.09
100m:	1:23.89	44.29	200m:	2:56.86	47.26	300m:	4:33.31	47.77	400m:	6:09.80	47.40

45+

1.	GUTIERREZ ASCANIO, Ciro	70	C.N. Metropole	**4:33.15**	19,00
2.	LOPEZ TREJO RODRIGUEZ, Victor Ma	70el	C.N. Las Palmas	**5:16.81**	16,00
3.	CAMACHO SANTANA, Carlos	74	C.N. Las Palmas	**5:24.15**	14,00
4.	DUQUE DORTA, Felix	71	Club Natación Vulcania Master	**5:41.76**	13,00
5.	RODRIGUEZ HERNANDEZ, Marcos	71	Club Deportivo Raguos De Maspalomas	**6:03.11**	12,00
6.	SÁNCHEZ GARCÍA, Claudio	73	C.D. Jescagua	**6:07.47**	11,00

50m:	34.34	34.34	150m:	1:51.04	39.35	250m:	3:11.90	40.78	350m:	4:35.79	42.36
100m:	1:11.69	37.35	200m:	2:31.12	40.08	300m:	3:53.43	41.53	400m:	5:16.81	41.02
50m:	37.30	37.30	150m:	1:58.62	41.41	250m:	3:22.23	41.92	350m:	4:44.46	40.80
100m:	1:17.21	39.91	200m:	2:40.31	41.69	300m:	4:03.66	41.43	400m:	5:24.15	39.69
50m:	37.62	37.62	150m:	2:01.62	43.17	250m:	3:30.31	44.89	350m:	5:00.05	44.72
100m:	1:18.45	40.83	200m:	2:45.42	43.80	300m:	4:15.33	45.02	400m:	5:41.76	41.71
50m:	40.01	40.01	150m:	2:08.22	45.25	250m:	3:41.84	46.95	350m:	5:18.36	49.10
100m:	1:22.97	42.96	200m:	2:54.89	46.67	300m:	4:29.26	47.42	400m:	6:03.11	44.75
50m:	41.27	41.27	150m:	2:12.10	46.55	250m:	3:47.24	47.48	350m:	5:21.75	47.07
100m:	1:25.55	44.28	200m:	2:59.76	47.66	300m:	4:34.68	47.44	400m:	6:07.47	45.72

50+

1.	BRUSCOLOTTI, Fabio	68	C. Tenerife Masters	**4:33.45**	19,00
2.	DOMINGUEZ CABRERA, Arnaudis	67	C.N. Metropole	**4:34.90**	16,00
3.	LUZARDO RODRIGUEZ, Gustavo Adolfo	66	C.D. Jescagua	**5:28.79**	14,00
4.	GOMEZ GUINDAL, Jose Antonio	67	Club Natación Vulcania Master	**5:32.59**	13,00
5.	DE SMAELE, Christophe	66	Cn.Fainagua C. Telde	**5:43.96**	12,00

50m:	31.66	31.66	150m:	1:39.44	34.17	250m:	2:48.90	34.61	350m:	3:59.02	35.08
100m:	1:05.27	33.61	200m:	2:14.29	34.85	300m:	3:23.94	35.04	400m:	4:33.45	34.43
50m:	30.65	30.65	150m:	1:38.42	34.33	250m:	2:48.06	34.89	350m:	3:59.33	35.83
100m:	1:04.09	33.44	200m:	2:13.17	34.75	300m:	3:23.50	35.44	400m:	4:34.90	35.57
50m:	37.34	37.34	150m:	1:58.02	41.40	250m:	3:22.57	42.34	350m:	4:48.02	43.03
100m:	1:16.62	39.28	200m:	2:40.23	42.21	300m:	4:04.99	42.42	400m:	5:28.79	40.77
50m:	37.04	37.04	150m:	1:59.81	42.08	250m:	3:25.91	42.98	350m:	4:51.90	43.03
100m:	1:17.73	40.69	200m:	2:42.93	43.12	300m:	4:08.87	42.96	400m:	5:32.59	40.69
50m:	38.60	38.60	150m:	2:03.17	43.19	250m:	3:30.41	43.96	350m:	4:59.09	44.26
100m:	1:19.98	41.38	200m:	2:46.45	43.28	300m:	4:14.83	44.42	400m:	5:43.96	44.87

Prueba 90, Masc., 400m Libre, 50+

Clasificación		AN		Tiempo	
6.	PERERA LOZANO, Rafael	67	C.N. Metropole	**5:43.99**	11,00
	50m: 37.71 37.71 150m: 2:00.93 42.31 250m: 3:28.39 44.12 350m: 4:59.67 45.56				
	100m: 1:18.62 40.91 200m: 2:44.27 43.34 300m: 4:14.11 45.72 400m: 5:43.99 44.32				
7.	ALAMO SUAREZ, Sebastian	66	C.D.N. Schamann	**6:41.64**	10,00
	50m: 43.68 43.68 150m: 2:18.55 48.07 250m: 4:02.99 52.69 350m: 5:49.51 54.54				
	100m: 1:30.48 46.80 200m: 3:10.30 51.75 300m: 4:54.97 51.98 400m: 6:41.64 52.13				

55+

1.	ARIAS FEBLES, Jose Manuel	64	C.N. Metropole	**5:15.23**	19,00
	50m: 36.41 36.41 150m: 1:55.13 39.41 250m: 3:15.29 40.34 350m: 4:36.67 40.58				
	100m: 1:15.72 39.31 200m: 2:34.95 39.82 300m: 3:56.09 40.80 400m: 5:15.23 38.56				
2.	GONZALEZ PEREZ, Domingo	61	C. Tenerife Masters	**5:15.54**	16,00
	50m: 35.65 35.65 150m: 1:53.32 39.48 250m: 3:13.95 40.27 350m: 4:35.39 40.55				
	100m: 1:13.84 38.19 200m: 2:33.68 40.36 300m: 3:54.84 40.89 400m: 5:15.54 40.15				
3.	CARDENES SILVA, Juan Jose	63	C.N. Las Palmas	**5:32.72**	14,00
	50m: 39.47 39.47 150m: 2:02.70 41.97 250m: 3:27.86 42.39 350m: 4:52.37 41.91				
	100m: 1:20.73 41.26 200m: 2:45.47 42.77 300m: 4:10.46 42.60 400m: 5:32.72 40.35				
4.	ESPINO ESTUPIÑAN, Juan	63	C.D. Jescagua	**6:50.95**	13,00
	50m: 43.78 43.78 150m: 2:23.47 50.92 250m: 4:08.90 53.71 350m: 5:57.50 54.78				
	100m: 1:32.55 48.77 200m: 3:15.19 51.72 300m: 5:02.72 53.82 400m: 6:50.95 53.45				
5.	SANTANA MILAN, Jose	60	C.D. Jescagua	**6:55.10**	12,00
	50m: 45.70 45.70 150m: 2:28.57 52.94 250m: 4:15.99 53.86 350m: 6:03.06 53.37				
	100m: 1:35.63 49.93 200m: 3:22.13 53.56 300m: 5:09.69 53.70 400m: 6:55.10 52.04				

65+

1.	ELGUE GRANDI, Juan Carlos	52	C.D. Belen Maria	**5:37.74**	19,00
	50m: 38.66 38.66 150m: 2:03.36 43.09 250m: 3:29.76 43.72 350m: 4:56.70 43.21				
	100m: 1:20.27 41.61 200m: 2:46.04 42.68 300m: 4:13.49 43.73 400m: 5:37.74 41.04				
2.	BARRIOS BORGES, Jose Ramon	54	C. Tenerife Masters	**6:08.75**	16,00
	50m: 42.60 42.60 150m: 2:14.31 46.37 250m: 3:45.71 46.21 350m: 5:21.60 49.45				
	100m: 1:27.94 45.34 200m: 2:59.50 45.19 300m: 4:32.15 46.44 400m: 6:08.75 47.15				
3.	GARCIA LA ESPADA, Jose	53	C. Tenerife Masters	**11:47.84**	14,00
	50m: 1:19.12 1:19.12 150m: 4:16.98 1:29.24 250m: 7:19.40 1:32.01 350m: 10:22.95 1:30.65				
	100m: 2:47.74 1:28.62 200m: 5:47.39 1:30.41 300m: 8:52.30 1:32.90 400m: 11:47.84 1:24.89				

75+

1.	O´SHANAHAN ROCA, Mauricio	42	C.N. Metropole	**7:21.55**	19,00
	50m: 49.17 49.17 150m: 2:43.87 57.65 250m: 4:37.36 57.82 350m: 6:30.23 55.85				
	100m: 1:46.22 57.05 200m: 3:39.54 55.67 300m: 5:34.38 57.02 400m: 7:21.55 51.32				