

Prueba 1
18/11/2023

Fem., 200m Estilos

20 - 94 años
Resultados

Clasificación	AN						Tiempo	
20+								
1.	SANTANA FLORES, Ainhoa	01	Cn.Faynagua C. Telde				2:49.46	19,00
	50m: 38.28 38.28 200m: 2:49.46 2:11.18							
2.	DIAZ RODRIGUEZ, Grisela	02	Cn.Faynagua C. Telde				2:51.65	16,00
	50m: 35.41 35.41 200m: 2:51.65 2:16.24							
DSQ	FELIPE RODRIGUEZ, Ylenia Del Carme	01	C.N. Las Palmas				-	12
25+								
1.	HORTIGÜELA PINTADO, Marta	95	C.N. Las Palmas				3:15.77	19,00
	50m: 44.75 44.75 200m: 3:15.77 2:31.02							
2.	ESTUPIÑAN CABRERA, Paula	97	Cn.Salinas Sta.Lucia				3:37.08	16,00
	50m: 45.04 45.04 200m: 3:37.08 2:52.04							
Baja	QUESADA ROSARIO, Yvette	98	C.D.N. Playuki				-	
30+								
1.	VELASCO PEREZ, Adriana	93	C.N. Las Palmas				3:16.47	19,00
	50m: 42.02 42.02 200m: 3:16.47 2:34.45							
Baja	CASIMIRO SUAREZ, Maria Melania	89	C.N. Las Palmas				-	
35+								
1.	DIAZ CORUÑA, Elizabeth	86	C.N. Las Palmas				3:32.74	19,00
	50m: 43.38 43.38 200m: 3:32.74 2:49.36							
40+								
DSQ	LEON SIERRA, Cristina	80	C.N. Las Palmas				-	
	DVI - Desc Viraje Irregular							
45+								
1.	MARCANO MARIN, Ana Josefina	77	Cn.Salinas Sta.Lucia				3:19.94	19,00
	50m: 44.76 44.76 200m: 3:19.94 2:35.18							
2.	DIAZ SANTANA, Luz Marina	76	C.D.N. Playuki				3:51.22	16,00
	50m: 47.83 47.83 200m: 3:51.22 3:03.39							
50+								
1.	WÄGNER FAHLLIN, Ana Maria	71	C.N. Metropole				3:05.67	19,00
	50m: 40.75 40.75 200m: 3:05.67 2:24.92							

Prueba 1, Fem., 200m Estilos

55+

- | | | | | |
|------------------------------------|---------|----------------------|----------------|-------|
| 1. BENITEZ GONZALEZ, Maria Dolores | 66 | Cn.Salinas Sta.Lucia | 4:52.43 | 19,00 |
| 50m: 1:07.96 | 1:07.96 | 200m: 4:52.43 | 3:44.47 | |

Prueba 2
18/11/2023

Masc., 200m Estilos

20 - 94 años
Resultados

Clasificación

AN

Tiempo

20+

- | | | | | |
|---------------------------------|-------|----------------------|----------------|-------|
| 1. RAMIREZ MORALES, Sergio C. | 03 | Cn.Faynagua C. Telde | 2:31.86 | 19,00 |
| 50m: 31.81 | 31.81 | 200m: 2:31.86 | 2:00.05 | |
| 2. QUESADA ROSARIO, Yoel | 99 | C.D.N. Playuki | 2:43.21 | 16,00 |
| 50m: 31.77 | 31.77 | 200m: 2:43.21 | 2:11.44 | |
| 3. ROSALES DIAZ, Nestor | 01 | C.D. Solventia | 2:54.60 | 14,00 |
| 50m: 36.15 | 36.15 | 200m: 2:54.60 | 2:18.45 | |
| Baja FABREGAS FLORES, Luis | 99 | C.N. Las Palmas | | - |
| Baja CARDENES RODRIGUEZ, Cristo | 02 | Cn.Faynagua C. Telde | | - |

25+

- | | | | | |
|------------------------------------|-------|-----------------|----------------|-------|
| 1. SANTANA HERNANDEZ, Adrian Manue | 95 | C.N. Las Palmas | 2:32.22 | 19,00 |
| 50m: 33.67 | 33.67 | 200m: 2:32.22 | 1:58.55 | |
| 2. SUAREZ GARCIA, Adrian | 96 | C.N. Las Palmas | 2:43.81 | 16,00 |
| 50m: 33.45 | 33.45 | 200m: 2:43.81 | 2:10.36 | |
| 3. DAVILA RODRIGUEZ, Roberto | 97 | C.N. Carucagua | 3:10.63 | 14,00 |
| 50m: 40.46 | 40.46 | 200m: 3:10.63 | 2:30.17 | |

30+

- | | | | | |
|----------------------------|-------|----------------|----------------|-------|
| 1. GONZALEZ GARCIA, Alvaro | 93 | C.N. Metropole | 2:37.45 | 19,00 |
| 50m: 32.04 | 32.04 | 200m: 2:37.45 | 2:05.41 | |

35+

- | | | | | |
|--------------------------------|-------|----------------------|----------------|-------|
| 1. SARMIENTO LEON, Dailos | 88 | Cn.Salinas Sta.Lucia | 3:04.81 | 19,00 |
| 50m: 40.34 | 40.34 | 200m: 3:04.81 | 2:24.47 | |
| 2. RODRIGO CAÑAS, Juan Miguel | 87 | Cn.Salinas Sta.Lucia | 3:10.91 | 16,00 |
| 50m: 37.43 | 37.43 | 200m: 3:10.91 | 2:33.48 | |
| 3. WINTER MARTIN, Carlos | 86 | C.N. Metropole | 3:12.93 | 14,00 |
| 50m: 39.44 | 39.44 | 200m: 3:12.93 | 2:33.49 | |
| 4. REBULL LOPEZ, Jorge Alberto | 88 | C.D.N. Playuki | 3:19.33 | 13,00 |
| 50m: 36.63 | 36.63 | 200m: 3:19.33 | 2:42.70 | |

Prueba 2, Masc., 200m Estilos, 35+

Clasificación	AN				Tiempo	
5. GONZALEZ RODRIGUEZ, Enrique	84	C.N. Las Palmas			4:00.32	12,00
50m: 58.43 58.43 200m: 4:00.32 3:01.89						
Baja GARCIA FIERRO, Victor Manuel	88	C.N. Metropole				-
40+						
1. HERNANDEZ PEREZ, Jonathan	82	Cn.Salinas Sta.Lucia			2:34.68	19,00
50m: 31.13 31.13 200m: 2:34.68 2:03.55						
2. GONZALEZ DIAZ, Yeray	83	Cn.Salinas Sta.Lucia			2:35.59	16,00
50m: 32.55 32.55 200m: 2:35.59 2:03.04						
3. VAZQUEZ MORALES, Hector	82	C.N. Las Palmas			3:02.51	14,00
50m: 36.62 36.62 200m: 3:02.51 2:25.89						
4. RODRIGUEZ VIERA, Jose Javier	82	C.N. Las Palmas			3:05.44	13,00
50m: 38.60 38.60 200m: 3:05.44 2:26.84						
5. GUEDES ALONSO, Francisco Yeray	80	Club Natacion Valleverde			3:09.95	12,00
50m: 39.65 39.65 200m: 3:09.95 2:30.30						
DSQ CHECA MERINO, Pablo	82	C.N. Metropole				-
DNI - Desc Nado Irregular						
45+						
1. BOADELLA, Emiliano	75	C.N. Metropole			2:38.97	19,00
50m: 33.79 33.79 200m: 2:38.97 2:05.18						
2. GARCIA PEREZ, Alexis	75	C.N. Las Palmas			2:53.31	16,00
50m: 36.29 36.29 200m: 2:53.31 2:17.02						
Baja PEREZ RODRIGUEZ, David C	77	C.D.N. Playuki				-
Baja CAMACHO SANTANA, Carlos	74	C.N. Las Palmas				-
50+						
1. ESPINO MORILLAS, Juan Luis	72	C.N. Aguacan			3:01.44	19,00
50m: 34.61 34.61 200m: 3:01.44 2:26.83						
2. HERNANDEZ CABRERA, Javier	70	C.N. Las Palmas			3:27.14	16,00
50m: 40.99 40.99 200m: 3:27.14 2:46.15						
Baja COLINA GIRALDA, Raul	71	C.N. Las Palmas				-
55+						
1. PÉREZ CABRERA, Elio	68	C.N. Aguacan			3:19.78	19,00
50m: 39.49 39.49 200m: 3:19.78 2:40.29						
DSQ MARTINEZ LLISO, Claudio	66	C.N. Metropole				-
DVI - Desc Viraje Irregular						

Prueba 2, Masc., 200m Estilos

60+

- | | | | | | |
|----|---------------------------|---------------|-----------------|----------------|-------|
| 1. | CARDENES SILVA, Juan Jose | 63 | C.N. Las Palmas | 3:07.61 | 19,00 |
| | 50m: 39.79 39.79 | 200m: 3:07.61 | 2:27.82 | | |
| 2. | HENRIQUEZ CORREA, Sixto | 59 | C.N. Las Palmas | 3:11.94 | 16,00 |
| | 50m: 38.60 38.60 | 200m: 3:11.94 | 2:33.34 | | |

65+

- | | | | | | |
|-----|----------------------------------|---------------|----------------------|----------------|-------|
| 1. | GOMEZ-GUILLAMON ARRABAL, Luis | 57 | C.N. Las Palmas | 3:43.01 | 19,00 |
| | 50m: 53.34 53.34 | 200m: 3:43.01 | 2:49.67 | | |
| DSQ | RIVERO SANCHEZ, Sergio | 54 | Cn.Salinas Sta.Lucia | | - 3 |
| | <i>DNI - Desc Nado Irregular</i> | | | | |

Prueba 3
18/11/2023

Fem., 100m Braza

20 - 94 años
Resultados

Clasificación

AN

Tiempo

20+

- | | | | | | |
|----|------------------------------------|---------------|-----------------|----------------|-------|
| 1. | CERPA CABALLERO, Xiomara Mª | 01 | C.N. Aguacan | 1:22.17 | 19,00 |
| | 50m: 38.11 38.11 | 100m: 1:22.17 | 44.06 | | |
| 2. | GIRALDEZ OSORIO, Marta | 00 | C.D. Solventia | 1:35.39 | 16,00 |
| | 50m: 45.11 45.11 | 100m: 1:35.39 | 50.28 | | |
| 3. | FELIPE RODRIGUEZ, Ylenia Del Carme | 01 | C.N. Las Palmas | 1:39.57 | 14,00 |
| | 50m: 48.22 48.22 | 100m: 1:39.57 | 51.35 | | |

25+

- | | | | | | |
|------|--------------------------|---------------|--------------------------|----------------|-------|
| 1. | SALAS NAVARRO, Marta | 95 | Cn.Faynagua C. Telde | 1:55.66 | 19,00 |
| | 50m: 53.84 53.84 | 100m: 1:55.66 | 1:01.82 | | |
| 2. | GONZALEZ RAMOS, Raquel | 95 | C.D.N. Playuki | 1:59.53 | 16,00 |
| | 50m: 55.22 55.22 | 100m: 1:59.53 | 1:04.31 | | |
| Baja | ARENCIBIA PERERA, Miriam | 97 | Club Natacion Valleverde | | - |

30+

- | | | | | | |
|----|------------------------|---------------|----------------------|----------------|-------|
| 1. | ALONSO RAVELO, Beatriz | 93 | Cn.Faynagua C. Telde | 1:39.57 | 19,00 |
| | 50m: 45.60 45.60 | 100m: 1:39.57 | 53.97 | | |

35+

- | | | | | | |
|----|------------------------|---------------|-----------------|----------------|-------|
| 1. | SANTANA MARTIN, Ylenia | 85 | C.N. Las Palmas | 1:48.52 | 19,00 |
| | 50m: 52.63 52.63 | 100m: 1:48.52 | 55.89 | | |

Prueba 3, Fem., 100m Braza

40+

1.	FERNANDEZ MEJIAS, Tamara	81	C.D.N. Playuki	1:33.65	19,00
	50m: 43.65 43.65 100m: 1:33.65		50.00		
2.	CORTES ALVAREZ, Elisa	82	C.D. Jescagua	1:46.81	16,00
	50m: 50.39 50.39 100m: 1:46.81		56.42		
3.	LEON CAZORLA, Benayga	83	Cn.Salinas Sta.Lucia	1:57.16	14,00
	50m: 55.73 55.73 100m: 1:57.16		1:01.43		
DSQ	LAZZARATO, Giorgia	81	Cn.Salinas Sta.Lucia		-
	<i>DNI - Desc Nado Irregular</i>				
Baja	GORDILLO CORONADO, Laura	81	Cn.Salinas Sta.Lucia		-
Baja	LOPEZ REYES, Yurena M ^a	83	Cn.Salinas Sta.Lucia		-

45+

1.	RODRIGUEZ BETANCOR, Otilia Rosa	78	C.D.N. Playuki	2:17.88	19,00
	50m: 1:04.54 1:04.54 100m: 2:17.88		1:13.34		
2.	ROMERA GARCIA, Elisa Isabel	76	Cn.Salinas Sta.Lucia	2:19.74	16,00
	50m: 1:02.79 1:02.79 100m: 2:19.74		1:16.95		
DSQ	GARCIA HASSAN, Nafisa	78	Cn.Salinas Sta.Lucia		-
	<i>DNI - Desc Nado Irregular</i>				
Baja	CABAL ALVAREZ, Beatriz M ^a	74	C.N. Metropole		-

50+

1.	GUILLEN GARCIA, Maria Delia	71	C.N. Las Palmas	1:58.55	19,00
	50m: 57.83 57.83 100m: 1:58.55		1:00.72		
2.	ASPAS PALACIOS, Rosa Maria	70	C.N. Metropole	1:59.02	16,00
	50m: 57.38 57.38 100m: 1:59.02		1:01.64		
3.	HAMPLOVA, Eva	72	Cn.Salinas Sta.Lucia	2:13.58	14,00
	50m: 1:01.53 1:01.53 100m: 2:13.58		1:12.05		
4.	PULIDO CASTELLANO, Agueda	69	Club Natacion Valleverde	2:30.36	13,00
	50m: 1:11.84 1:11.84 100m: 2:30.36		1:18.52		

55+

1.	PEREZ SANTANA, Aranzazu	66	Club Natacion Valleverde	2:10.11	19,00
	50m: 1:03.96 1:03.96 100m: 2:10.11		1:06.15		
Baja	MENDEZ PEÑATE, Lourdes	66	C.D. Jescagua		-

60+

1.	MARRERO CASERES, Sonia Rosa	61	Cn.Salinas Sta.Lucia	3:07.19	19,00
	50m: 1:26.82 1:26.82 100m: 3:07.19		1:40.37		

Prueba 4
18/11/2023

Masc., 100m Braza

20 - 94 años
Resultados

Clasificación	AN				Tiempo	
20+						
1.	CERPA CABALLERO, Jonay Salvador	99	C.N. Aguacan	1:08.03	19,00	
	50m: 31.88 31.88 100m:		36.15			
2.	MEDINA DEL MORAL, Ignacio	00	C.N. Las Palmas	1:16.98	16,00	
	50m: 35.71 35.71 100m:		41.27			
3.	GHOSN ACOSTA, Mario	99	C.D.N. Playuki	1:24.31	14,00	
	50m: 39.19 39.19 100m:		45.12			
4.	CABALLERO PEÑATE, Ángel José	01	C.D. Jescagua	1:30.24	13,00	
	50m: 42.09 42.09 100m:		48.15			
Baja	CARDENES RODRIGUEZ, Cristo	02	Cn.Faynagua C. Telde			-
Baja	LEON TRUJILLO, Ernesto	01	Cn.Salinas Sta.Lucia			-
25+						
1.	LOPEZ GARCIA, Andreas	98	Cn.Salinas Sta.Lucia	1:15.58	19,00	
	50m: 36.03 36.03 100m:		39.55			
2.	DAVILA RODRIGUEZ, Roberto	97	C.N. Carucagua	1:31.47	16,00	
	50m: 43.61 43.61 100m:		47.86			
3.	OROPEZA OROPEZA, Raul Alejandro	96	Cn.Salinas Sta.Lucia	1:38.99	14,00	
	50m: 47.05 47.05 100m:		51.94			
Baja	RODRIGUEZ GONZALEZ, sergio	94	C.D. Jescagua			-
Baja	URIO ECHEVERRIA, Iker	94	C.N. Metropole			-
30+						
1.	SANTANA LOPEZ, Yosias	89	C.N. Las Palmas	1:15.01	19,00	
	50m: 34.27 34.27 100m:		40.74			
2.	HERNANDEZ GONZALEZ, Enrique	89	C.N. Aguacan	1:17.68	16,00	
	50m: 36.53 36.53 100m:		41.15			
3.	SOLIS CRUZ, Alejandro	91	C.N. Las Palmas	1:19.90	14,00	
	50m: 37.09 37.09 100m:		42.81			
Baja	ARENCIBIA HERNANDEZ, Pedro	91	C.N. Metropole			-
35+						
1.	PEREZ LIRIA, Ancor	84	Cn.Salinas Sta.Lucia	1:32.81	19,00	
	50m: 40.32 40.32 100m:		52.49			
2.	QUINTANA GARCIA, Daniel	85	C.N. Las Palmas	1:37.70	16,00	
	50m: 47.29 47.29 100m:		50.41			
3.	ORTEGA MONTERO, Jorge	84	Club Natacion Valleverde	2:05.56	14,00	
	50m: 1:00.58 1:00.58 100m:		1:04.98			

Prueba 4, Masc., 100m Braza, 35+

Clasificación	AN	Tiempo
4. MARICHAL, Ivanosky	86 C.N. Las Palmas	2:07.79 13,00
50m: 50.29 50.29 100m: 2:07.79 1:17.50		

Baja GARCIA FIERRO, Victor Manuel 88 C.N. Metropole -

40+

1. NIETO ARIAS, Oscar	81 Cn.Salinas Sta.Lucia	1:19.69 19,00
50m: 36.93 36.93 100m: 1:19.69 42.76		
2. CHECA MERINO, Pablo	82 C.N. Metropole	1:31.66 16,00
50m: 43.89 43.89 100m: 1:31.66 47.77		
3. ARENCIBIA DE LA CRUZ, Alejandro	81 C.N. Aguacan	1:33.03 14,00
50m: 43.11 43.11 100m: 1:33.03 49.92		
4. GOMEZ GOMEZ DE CADIÑANOS, Alberto	80 Cn.Salinas Sta.Lucia	1:37.45 13,00
50m: 47.01 47.01 100m: 1:37.45 50.44		
5. VAZQUEZ MORALES, Hector	82 C.N. Las Palmas	1:38.05 12,00
50m: 44.37 44.37 100m: 1:38.05 53.68		
6. MOSLER, Roman	81 C.N. Las Palmas	1:40.40 11,00
50m: 47.09 47.09 100m: 1:40.40 53.31		
7. YAMAGUCHI PADILLA, Masahiro	83 C.N. Las Palmas	2:25.32 10,00
50m: 1:08.67 1:08.67 100m: 2:25.32 1:16.65		

45+

1. MARTINEZ SANTOS, Ricardo Jose	76 C.N. Las Palmas	1:29.78 19,00
50m: 40.81 40.81 100m: 1:29.78 48.97		
2. BOLEAS GUTIERREZ, David	78 C.D.N. Playuki	1:40.43 16,00
50m: 46.54 46.54 100m: 1:40.43 53.89		
3. ALVARADO GARCIA, Pablo	77 C.D.N. Playuki	1:43.91 14,00
50m: 49.85 49.85 100m: 1:43.91 54.06		
DSQ SEGARRA CARRANZA, Isaac	74 Cn.Salinas Sta.Lucia	-
<i>DNI - Desc Nado Irregular</i>		
Baja PEREZ RODRIGUEZ, David C	77 C.D.N. Playuki	-

50+

1. ST. MARY, Francisco	70 C.N. Las Palmas	1:17.82 19,00
50m: 36.39 36.39 100m: 1:17.82 41.43		
2. MELIAN VILLALOBOS, Jose	73 C.N. Las Palmas	1:33.89 16,00
50m: 44.72 44.72 100m: 1:33.89 49.17		
3. GONZALEZ SANCHEZ, Marcial	73 Cn.Faynagua C. Telde	1:36.07 14,00
50m: 45.28 45.28 100m: 1:36.07 50.79		
4. NUEZ SÁNCHEZ, Carlos Luis	69 C.N. Aguacan	1:36.09 13,00
50m: 44.34 44.34 100m: 1:36.09 51.75		

Prueba 4, Masc., 100m Braza, 50+

Clasificación	AN		Tiempo
5. MARTINEZ IBORT, David	71	C.N. Las Palmas	1:48.59 12,00
50m: 50.75 50.75 100m: 1:48.59		57.84	
DSQ TORRES BETANCOR, Francisco Javier	71	C.D.N. Playuki	-
<i>DLI - Desc Llegada Irregular</i>			
Baja COLINA GIRALDA, Raul	71	C.N. Las Palmas	-
55+			
1. HENDRIKUS VREEKAMP, Remko	67	C.D.N. Playuki	1:31.04 19,00
50m: 44.86 44.86 100m: 1:31.04		46.18	
2. GIL TRUJILLO, Pedro	67	Cn.Salinas Sta.Lucia	1:32.15 16,00
50m: 43.79 43.79 100m: 1:32.15		48.36	
3. RIVERA VIÑA, Francisco Manuel	66	C.D. Jescagua	1:39.51 14,00
50m: 47.24 47.24 100m: 1:39.51		52.27	
4. RODRIGUEZ HENRIQUEZ, Jose Manue	64	C.D.N. Playuki	1:48.67 13,00
50m: 50.77 50.77 100m: 1:48.67		57.90	
5. SUAREZ RODRIGUEZ, Manuel	66	C.D.N. Playuki	2:06.83 12,00
50m: 1:01.87 1:01.87 100m: 2:06.83		1:04.96	
Baja QUEVEDO HERNANDEZ, Rafael	64	C.D. Jescagua	-
Baja MARTIN HERNANDEZ, Alejandro	67	C.N. Las Palmas	-
Baja OJEDA GONZALEZ-POSADA, Pablo	67	C.N. Metropole	-
60+			
1. CARDENES SILVA, Juan Jose	63	C.N. Las Palmas	1:34.42 19,00
50m: 46.11 46.11 100m: 1:34.42		48.31	
2. BRAVO DE LAGUNA SOCORRO, Albe	62	C.N. Las Palmas	2:17.64 16,00
50m: 1:04.64 1:04.64 100m: 2:17.64		1:13.00	
DSQ MORALES AYALA, Juanjo	63	C.N. Aguacan	-
<i>DVI - Desc Viraje Irregular</i>			
65+			
1. GOMEZ-GUILLAMON ARRABAL, Luis	57	C.N. Las Palmas	1:48.22 19,00
50m: 51.21 51.21 100m: 1:48.22		57.01	
2. CARBALLO CAMINO, Fco Javier	57	C.D.N. Playuki	2:02.34 16,00
50m: 57.56 57.56 100m: 2:02.34		1:04.78	
70+			
1. CHECA FAJARDO, Placido	50	C.N. Metropole	2:00.43 19,00
50m: 55.86 55.86 100m: 2:00.43		1:04.57	

Prueba 4, Masc., 100m Braza

75+

1. CABRERA BARBUZANO, Fernando 48 Cn.Salinas Sta.Lucia **2:01.29** 19,00
50m: 58.22 58.22 100m: 2:01.29 1:03.07

85+

1. ROCA SUAREZ, Daniel 37 C.N. Metropole **2:19.38** 19,00
50m: 1:06.86 1:06.86 100m: 2:19.38 1:12.52

Prueba 5
18/11/2023

200m Mariposa

20 - 94 años
Resultados

Clasificación

AN

Tiempo

20+, Fem.

1. PEREZ SUAREZ, Laura 01 C.N. Las Palmas **3:09.89** 19,00
50m: 39.88 39.88 100m: 1:26.71 46.83 200m: 3:09.89 1:43.18

25+, Fem.

1. ARTILES CARBALLO, Irene 96 C.N. Las Palmas **2:45.39** 19,00
50m: 37.34 37.34 100m: 1:18.88 41.54 200m: 2:45.39 1:26.51
2. RIVERO SANTANA, Sheila 96 C.N. Las Palmas **3:35.87** 16,00
50m: 44.26 44.26 100m: 1:38.54 54.28 200m: 3:35.87 1:57.33

50+, Fem.

1. RUIZ GARCIA, Olga 73 Club Natacion Valleverde **5:45.41** 19,00
50m: 1:17.92 1:17.92 100m: 2:45.33 1:27.41 200m: 5:45.41 3:00.08

25+, Masc.

1. RUBIALES CACERES, Daniel 97 C.N. Las Palmas **2:28.87** 19,00
50m: 32.33 32.33 100m: 1:09.08 36.75 200m: 2:28.87 1:19.79

45+, Masc.

1. REINO ASCANIO, Abian 77 C.N. Metropole **2:25.19** 19,00
50m: 33.62 33.62 100m: 1:11.10 37.48 150m: 1:48.82 37.72 200m: 2:25.19 36.37
2. RODRIGUEZ REYES, Miguel A 77 C.N. Las Palmas **2:58.47** 16,00
50m: 40.17 40.17 100m: 1:24.34 44.17 200m: 2:58.47 1:34.13

Prueba 5, 200m Mariposa

50+, Masc.

1.	BILBAO SIEYRO, German	73	Club Deportivo Teimar	3:27.57	19,00
	50m: 44.36 44.36 100m: 1:37.62		53.26 200m: 3:27.57 1:49.95		
2.	GIL HENRIQUEZ, Jorge Juan	72	C.N. Las Palmas	3:43.52	16,00
	50m: 47.34 47.34 100m: 1:43.45		56.11 200m: 3:43.52 2:00.07		

55+, Masc.

1.	CRESPO GARCIA, Alvaro	67	Club Natacion Valleverde	4:30.03	19,00
	50m: 56.18 56.18 100m: 2:05.91		1:09.73 200m: 4:30.03 2:24.12		

Prueba 6
18/11/2023

Fem., 100m Espalda

20 - 94 años
Resultados

Clasificación

AN

Tiempo

20+

1.	HERNÁNDEZ CASTRILLO, Yessica	00	C.N. Aguacan	1:13.64	19,00
	50m: 34.81 34.81 100m: 1:13.64		38.83		
2.	ESPINEL ALEMÁN, Nerea	03	C.D.N. Playuki	1:33.10	16,00
	50m: 44.85 44.85 100m: 1:33.10		48.25		
3.	BRITO PÉREZ, Laura	99	C.D. Solventia	2:07.56	14,00
	50m: 59.73 59.73 100m: 2:07.56		1:07.83		

25+

1.	MEDINA SANTANA, Beatriz	95	C.D.N. Playuki	1:28.75	19,00
	50m: 43.53 43.53 100m: 1:28.75		45.22		
2.	HORTIGÜELA PINTADO, Marta	95	C.N. Las Palmas	1:30.70	16,00
	50m: 44.75 44.75 100m: 1:30.70		45.95		
3.	PERERA SUAREZ, Ylenia	96	C.N. Las Palmas	1:43.62	14,00
	50m: 51.00 51.00 100m: 1:43.62		52.62		

30+

1.	SANTANA ALMEIDA, Ester	92	C.N. Aguacan	1:27.25	19,00
	50m: 42.35 42.35 100m: 1:27.25		44.90		
2.	VELASCO PEREZ, Adriana	93	C.N. Las Palmas	1:30.18	16,00
	50m: 45.02 45.02 100m: 1:30.18		45.16		
3.	MATOS MEJIAS, Sara	93	Cn.Faynagua C. Telde	1:37.15	14,00
	50m: 45.56 45.56 100m: 1:37.15		51.59		
4.	BAEZ PULIDO, Laura	92	C.N. Las Palmas	2:14.85	13,00
	50m: 1:04.87 1:04.87 100m: 2:14.85		1:09.98		

Prueba 6, Fem., 100m Espalda

35+

- | | | | | | |
|----|-----------------------------------|---------------|--------------------------|----------------|-------|
| 1. | MENDOZA MARTIN, Maria Jose | 87 | Club Natacion Valleverde | 1:42.25 | 19,00 |
| | 50m: 51.05 51.05 | 100m: 1:42.25 | 51.20 | | |
| 2. | ALONSO MILLAN, Lourdes Del Carmen | 85 | Cn.Salinas Sta.Lucia | 2:39.23 | 16,00 |
| | 50m: 1:10.07 1:10.07 | 100m: 2:39.23 | 1:29.16 | | |

40+

- | | | | | | |
|------|------------------------|---------------|----------------------|----------------|-------|
| 1. | CORTES ALVAREZ, Elisa | 82 | C.D. Jescagua | 1:43.30 | 19,00 |
| | 50m: 50.98 50.98 | 100m: 1:43.30 | 52.32 | | |
| 2. | FERNANDEZ MONROY, Nira | 81 | C.D.N. Playuki | 2:11.40 | 16,00 |
| | 50m: 1:03.94 1:03.94 | 100m: 2:11.40 | 1:07.46 | | |
| Baja | LOPEZ REYES, Yurena Mª | 83 | Cn.Salinas Sta.Lucia | | - |

45+

- | | | | | | |
|----|-----------------------------|---------------|--------------------------|----------------|-------|
| 1. | MARCANO MARIN, Ana Josefina | 77 | Cn.Salinas Sta.Lucia | 1:26.29 | 19,00 |
| | 50m: 42.95 42.95 | 100m: 1:26.29 | 43.34 | | |
| 2. | GONZALES RAMIRES, Silvia | 76 | Cn.Salinas Sta.Lucia | 1:55.36 | 16,00 |
| | 50m: 52.63 52.63 | 100m: 1:55.36 | 1:02.73 | | |
| 3. | MONZON MEDINA, Gloria Maria | 76 | Cn.Salinas Sta.Lucia | 1:56.86 | 14,00 |
| | 50m: 55.51 55.51 | 100m: 1:56.86 | 1:01.35 | | |
| 4. | JIMENEZ JIMENEZ, Leticia | 77 | Club Natacion Valleverde | 2:04.79 | 13,00 |
| | 50m: 58.16 58.16 | 100m: 2:04.79 | 1:06.63 | | |

50+

- | | | | | | |
|------|-------------------------------|---------------|--------------------------|----------------|-------|
| 1. | MORALES LOZANO, Gloria | 72 | C.D. Jescagua | 1:50.66 | 19,00 |
| | 50m: 54.46 54.46 | 100m: 1:50.66 | 56.20 | | |
| 2. | ROSALES AROCHA, Ana Esther | 69 | Cn.Salinas Sta.Lucia | 2:36.02 | 16,00 |
| | 50m: 1:14.18 1:14.18 | 100m: 2:36.02 | 1:21.84 | | |
| Baja | SANTANA GUERRA, Maria Dolores | 69 | Club Natacion Valleverde | | - |

55+

- | | | | | | |
|----|---------------------------------|---------------|--------------------------|----------------|-------|
| 1. | PEREZ SANTANA, Aranzazu | 66 | Club Natacion Valleverde | 1:54.30 | 19,00 |
| | 50m: 57.07 57.07 | 100m: 1:54.30 | 57.23 | | |
| 2. | BENITEZ GONZALEZ, Maria Dolores | 66 | Cn.Salinas Sta.Lucia | 2:23.28 | 16,00 |
| | 50m: 1:10.38 1:10.38 | 100m: 2:23.28 | 1:12.90 | | |

60+

- | | | | | | |
|----|-------------------------------------|---------------|-----------------|----------------|-------|
| 1. | ROMERO PADRON, Francisca | 62 | C.N. Las Palmas | 1:48.52 | 19,00 |
| | 50m: 52.72 52.72 | 100m: 1:48.52 | 55.80 | | |
| 2. | MONTESDEOCA OJEDA, Maria Del Ca60en | | C.N. Las Palmas | 1:56.58 | 16,00 |
| | 50m: 54.52 54.52 | 100m: 1:56.58 | 1:02.06 | | |

Prueba 6, Fem., 100m Espalda, 60+

Clasificación	AN			Tiempo
Baja	GONZALEZ LOPEZ, Mª Del Carmen	63	C.N. Las Palmas	-
70+				
1.	ALONSO CARDENES, Maria Del Pino	49	C.D.N. Playuki	3:14.56 19,00
	50m: 1:34.57 1:34.57 100m: 3:14.56 1:39.99			
2.	GALBAN BENITEZ, Teresa Ana	52	Cn.Salinas Sta.Lucia	3:19.88 16,00
	50m: 1:20.08 1:20.08 100m: 3:19.88 1:59.80			
Baja	GONZÁLEZ MARTEL, Andrea	51	C.D. Jescagua	-
80+				
1.	OJEDA GARCIA, Mª Dolores	42	C.D.N. Playuki	3:00.08 19,00
	50m: 1:29.76 1:29.76 100m: 3:00.08 1:30.32			

Prueba 7
18/11/2023

Masc., 100m Espalda

20 - 94 años
Resultados

Clasificación	AN					Tiempo	
20+							
1.	PEREZ ALVAREZ, Ivan Carlo	99	C.N. Las Palmas	1:15.36	19,00		
	50m: 36.13 36.13 100m: 1:15.36		39.23				
2.	CABALLERO PEÑATE, Ángel José	01	C.D. Jescagua	1:34.26	16,00		
	50m: 46.61 46.61 100m: 1:34.26		47.65				
DSQ	ESPINOSA GONZALES, Daniel	02	Cn.Salinas Sta.Lucia			-	
25+							
1.	LOPEZ GARCIA, Andreas	98	Cn.Salinas Sta.Lucia	1:04.81	19,00		
	50m: 32.42 32.42 100m: 1:04.81		32.39				
2.	FALCON LORENZO, Javier	94	Cn.Faynagua C. Telde	1:10.70	16,00		
	50m: 34.49 34.49 100m: 1:10.70		36.21				
Baja	RODRÍGUEZ LÓPEZ, Héctor	95	Club Natacion Valleverde			-	
30+							
1.	RODRIGUEZ PULIDO, Daniel	89	Club Natacion Valleverde	1:18.76	19,00		
	50m: 36.95 36.95 100m: 1:18.76		41.81				
2.	MONTESDEOCA RIOS, Gabriel	92	C.N. Las Palmas	1:44.07	16,00		
	50m: 51.81 51.81 100m: 1:44.07		52.26				
3.	DIAZ VERA, Ivor Jose	93	Cn.Salinas Sta.Lucia	1:57.40	14,00		
	50m: 56.44 56.44 100m: 1:57.40		1:00.96				

Prueba 7, Masc., 100m Espalda, 30+

Clasificación				AN	Tiempo	
DSQ	MONTELONGO MANRIQUE DE LARA,93			C.N. Las Palmas	- 3	
DNI - Desc Nado Irregular						
35+						
1.	WINTER MARTIN, Carlos			86	C.N. Metropole	1:26.32 19,00
	50m:	41.25	41.25	100m:	1:26.32	45.07
2.	PEREZ LIRIA, Ancor			84	Cn.Salinas Sta.Lucia	1:29.77 16,00
	50m:	43.56	43.56	100m:	1:29.77	46.21
40+						
1.	GONZALEZ DIAZ, Yeray			83	Cn.Salinas Sta.Lucia	1:12.95 19,00
	50m:	35.80	35.80	100m:	1:12.95	37.15
2.	ROJO ORTEGA, Daniel			80	C.N. Las Palmas	1:13.21 16,00
	50m:	36.05	36.05	100m:	1:13.21	37.16
3.	GOMEZ GOMEZ DE CADIÑANOS, Alberto			80	Cn.Salinas Sta.Lucia	1:32.43 14,00
	50m:	45.63	45.63	100m:	1:32.43	46.80
4.	MONZÓN VAN DER LOO, Guillermo			82	C.N. Aguacan	1:37.89 13,00
	50m:	46.90	46.90	100m:	1:37.89	50.99
Baja	GARCIA HERNANDEZ, Marcos			80	C.D.N. Playuki	-
45+						
1.	SANCHEZ HENRIQUEZ, Fco Javier			76	C.D.N. Playuki	1:18.06 19,00
	50m:	37.43	37.43	100m:	1:18.06	40.63
2.	ARENCIBIA QUINTANA, Jose Luis			74	Club Natacion Valleverde	2:03.52 16,00
	50m:	37.79	37.79	100m:	2:03.52	1:25.73
50+						
1.	BILBAO SIEYRO, German			73	Club Deportivo Teimar	1:28.46 19,00
	50m:	43.20	43.20	100m:	1:28.46	45.26
2.	ALAMO MARTINEZ, Fernando			69	C.D.N. Playuki	1:41.56 16,00
	50m:	48.85	48.85	100m:	1:41.56	52.71
3.	PANAL HERNANDEZ, Juan			70	C.D.N. Playuki	2:07.88 14,00
	50m:	1:04.06	1:04.06	100m:	2:07.88	1:03.82
55+						
1.	RIVERA VIÑA, Francisco Manuel			66	C.D. Jescagua	1:31.71 19,00
	50m:	44.81	44.81	100m:	1:31.71	46.90
2.	RODRIGUEZ SANTANA, Jose Jesus			65	Cn.Salinas Sta.Lucia	1:42.29 16,00
	50m:	50.22	50.22	100m:	1:42.29	52.07

Prueba 7, Masc., 100m Espalda, 55+

Clasificación	AN	Tiempo
3. QUESADA RODRIGUEZ, Francisco	67 Cn.Salinas Sta.Lucia	1:55.32 14,00
50m: 56.03 56.03 100m: 1:55.32	59.29	
4. SUAREZ RODRIGUEZ, Manuel	66 C.D.N. Playuki	2:05.13 13,00
50m: 1:02.98 1:02.98 100m: 2:05.13	1:02.15	

65+

1. AROCHA DE LEON, Sebastian Fernanc	54 C.N. Metropole	1:33.92 19,00
50m: 45.33 45.33 100m: 1:33.92	48.59	
Baja CABALLERO MADERA, Guillermo	55 C.N. Metropole	-

Prueba 8
18/11/2023

Fem., 50m Libre

20 - 94 años
Resultados

Clasificación	AN	Tiempo
20+		
1. HERNÁNDEZ CASTRILLO, Yessica	00 C.N. Aguacan	30.18 19,00
2. SANTANA FLORES, Ainhoa	01 Cn.Faynagua C. Telde	30.28 16,00
3. CERPA CABALLERO, Xiomara Mª	01 C.N. Aguacan	30.34 14,00
4. DIAZ RODRIGUEZ, Grisela	02 Cn.Faynagua C. Telde	31.20 13,00
5. PEREZ SUAREZ, Laura	01 C.N. Las Palmas	33.48 12,00
6. ESPINEL ALEMÁN, Nerea	03 C.D.N. Playuki	37.06 11,00
7. GIRALDEZ OSORIO, Marta	00 C.D. Solventia	37.21 10,00
8. BRITO PÉREZ, Laura	99 C.D. Solventia	44.38 9,00
9. GUILLEN CARRION, Andrea	00 C.D.N. Playuki	46.87 8,00
Baja JIMENEZ QUINTANA, Esther	01 C.D.N. Playuki	-
25+		
1. ROMERO BASTERRECHEA, Paula	97 C.N. Aguacan	27.51 19,00
2. VEGA SANTANA, Ana	97 C.D.N. Playuki	31.51 16,00
3. MEDINA SANTANA, Beatriz	95 C.D.N. Playuki	33.08 14,00
4. RIVERO SANTANA, Sheila	96 C.N. Las Palmas	36.94 13,00
5. SALAS NAVARRO, Marta	95 Cn.Faynagua C. Telde	41.50 12,00
6. GONZALEZ RAMOS, Raquel	95 C.D.N. Playuki	44.46 11,00
Baja ARENCIBIA PERERA, Miriam	97 Club Natacion Valleverde	-
Baja PULIDO MAYOR, Sheila	98 Cn.Faynagua C. Telde	-
30+		
1. ROMERO BASTERRECHEA, Andrea	93 C.N. Aguacan	30.17 19,00
2. ALONSO RAVELO, Beatriz	93 Cn.Faynagua C. Telde	35.57 16,00
3. SANTANA ALMEIDA, Ester	92 C.N. Aguacan	35.73 14,00
4. CABRERA RODRÍGUEZ, Paula	91 C.D.N. Playuki	47.73 13,00

Prueba 8, Fem., 50m Libre, 30+

Clasificación	AN		Tiempo
5. BAEZ PULIDO, Laura	92	C.N. Las Palmas	50.06 12,00
35+			
1. DIAZ CORUÑA, Elizabeth	86	C.N. Las Palmas	38.92 19,00
2. SANTANA MARTIN, Ylenia	85	C.N. Las Palmas	40.60 16,00
3. MENDOZA MARTIN, Maria Jose	87	Club Natacion Valleverde	46.87 14,00
4. BLANCO BETANCOR, Cristina	86	Cn.Salinas Sta.Lucia	52.07 13,00
5. ALONSO MILLAN, Lourdes Del Carmen	85	Cn.Salinas Sta.Lucia	59.03 12,00
40+			
1. FERNANDEZ MEJIAS, Tamara	81	C.D.N. Playuki	34.38 19,00
2. LEON CAZORLA, Benayga	83	Cn.Salinas Sta.Lucia	40.07 16,00
3. FERNANDEZ MONROY, Nira	81	C.D.N. Playuki	55.54 14,00
Baja GORDILLO CORONADO, Laura	81	Cn.Salinas Sta.Lucia	-
45+			
1. MONZON MEDINA, Gloria Maria	76	Cn.Salinas Sta.Lucia	38.95 19,00
2. DIAZ SANTANA, Luz Marina	76	C.D.N. Playuki	40.36 16,00
3. JIMENEZ JIMENEZ, Leticia	77	Club Natacion Valleverde	43.75 14,00
4. GARCIA HASSAN, Nafisa	78	Cn.Salinas Sta.Lucia	48.07 13,00
5. RODRIGUEZ BETANCOR, Otilia Rosa	78	C.D.N. Playuki	50.03 12,00
6. ROMERA GARCIA, Elisa Isabel	76	Cn.Salinas Sta.Lucia	50.18 11,00
7. SEIJO PEREIRA, Patricia	74	C.N. Metropole	52.11 10,00
Baja CABAL ALVAREZ, Beatriz Mª	74	C.N. Metropole	-
Baja GUERRA ALEMAN, Raquel	76	Club Natacion Valleverde	-
50+			
1. WÄGNER FAHLLIN, Ana Maria	71	C.N. Metropole	32.74 19,00
2. MORALES LOZANO, Gloria	72	C.D. Jescagua	40.72 16,00
3. GUILLEN GARCIA, Maria Delia	71	C.N. Las Palmas	41.70 14,00
4. ASPAS PALACIOS, Rosa Maria	70	C.N. Metropole	48.51 13,00
5. ROSALES AROCHA, Ana Esther	69	Cn.Salinas Sta.Lucia	54.01 12,00
6. CANTO VALLE, Susana	71	C.D.N. Playuki	54.09 11,00
7. HAMPLOVA, Eva	72	Cn.Salinas Sta.Lucia	55.27 10,00
8. PULIDO CASTELLANO, Agueda	69	Club Natacion Valleverde	1:06.95 9,00
Baja SANTANA GUERRA, Maria Dolores	69	Club Natacion Valleverde	-
55+			
1. CARAMES PEREZ, Carmen Dolores	68	Cn.Faynagua C. Telde	39.48 19,00
Baja MENDEZ PEÑATE, Lourdes	66	C.D. Jescagua	-
Baja SANTANA MATOS, Elidia	65	Cn.Salinas Sta.Lucia	-

Prueba 8, Fem., 50m Libre

60+

1.	MONTESDEOCA OJEDA, Maria Del Ca60en	C.N. Las Palmas	41.95	19,00
2.	ROMERO PADRON, Francisca	62 C.N. Las Palmas	43.18	16,00
3.	MARRERO CASERES, Sonia Rosa	61 Cn.Salinas Sta.Lucia	59.50	14,00

70+

1.	GALBAN BENITEZ, Teresa Ana	52 Cn.Salinas Sta.Lucia	1:02.94	19,00
2.	ALONSO CARDENES, Maria Del Pino	49 C.D.N. Playuki	1:33.80	16,00
Baja	GONZÁLEZ MARTEL, Andrea	51 C.D. Jescagua		-

80+

1.	OJEDA GARCIA, Mª Dolores	42 C.D.N. Playuki	1:10.61	19,00
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Prueba 9
18/11/2023

Masc., 50m Libre

20 - 94 años
Resultados

Clasificación	AN	Tiempo
20+		
1.	CERPA CABALLERO, Jonay Salvador	99 C.N. Aguacan 26.05 19,00
2.	RAMIREZ MORALES, Sergio C.	03 Cn.Faynagua C. Telde 26.42 16,00
3.	MEDINA DEL MORAL, Ignacio	00 C.N. Las Palmas 26.79 14,00
4.	QUESADA ROSARIO, Yoel	99 C.D.N. Playuki 27.37 13,00
5.	GHOSN ACOSTA, Mario	99 C.D.N. Playuki 29.92 12,00
6.	PORTALES JULIÀ, Pedro	03 C.D.N. Playuki 32.35 11,00
7.	ESPINOSA GONZALES, Daniel	02 Cn.Salinas Sta.Lucia 33.19 10,00
8.	PEREZ ALVAREZ, Ivan Carlo	99 C.N. Las Palmas 34.29 9,00
9.	MARRERO PONCE, Miguel	03 C.N. Carucagua 34.71 8,00
Baja	FABREGAS FLORES, Luis	99 C.N. Las Palmas -
Baja	LEON TRUJILLO, Ernesto	01 Cn.Salinas Sta.Lucia -
25+		
1.	FALCON LORENZO, Javier	94 Cn.Faynagua C. Telde 27.37 19,00
2.	RUBIALES CACERES, Daniel	97 C.N. Las Palmas 30.60 16,00
3.	ACOSTA DE LEON, Santiago	96 C.D.N. Playuki 34.23 14,00
4.	OROPEZA OROPEZA, Raul Alejandro	96 Cn.Salinas Sta.Lucia 38.35 13,00
Baja	RODRIGUEZ GONZALEZ, sergio	94 C.D. Jescagua -
Baja	URIO ECHEVERRIA, Iker	94 C.N. Metropole -
Baja	RODRÍGUEZ LÓPEZ, Héctor	95 Club Natacion Valleverde -

Prueba 9, Masc., 50m Libre

30+

1.	SOLIS CRUZ, Alejandro	91	C.N. Las Palmas	26.05	19,00
2.	HERNANDEZ GONZALEZ, Enrique	89	C.N. Aguacan	28.99	16,00
3.	CAMPOS CUTILLAS, Eulogio Omar	93	Cn.Faynagua C. Telde	32.08	14,00
4.	MONTESDEOCA RIOS, Gabriel	92	C.N. Las Palmas	38.85	13,00
5.	MONTELONGO MANRIQUE DE LARA,93	93	C.N. Las Palmas	48.90	12,00
6.	DIAZ VERA, Ivor Jose	93	Cn.Salinas Sta.Lucia	55.80	11,00
Baja	SANTANA LOPEZ, Yosias	89	C.N. Las Palmas		-
Baja	ARENCIBIA HERNANDEZ, Pedro	91	C.N. Metropole		-

35+

1.	HENRIQUEZ HERNANDEZ, Rafael	87	C.N. Aguacan	29.38	19,00
2.	RODRIGO CAÑAS, Juan Miguel	87	Cn.Salinas Sta.Lucia	31.31	16,00
3.	NAVARRO PEREZ, Josymar	86	Club Natacion Valleverde	39.12	14,00
4.	ORTEGA MONTERO, Jorge	84	Club Natacion Valleverde	45.31	13,00
Baja	SUAREZ LOPEZ, Alejandro	86	C.D.N. Playuki		-

40+

1.	CAPELLA DE LAS HERAS, Daniel	80	C.N. Metropole	26.97	19,00
2.	SANTANA SARMIENTO, Miguel	83	Cn.Faynagua C. Telde	27.48	16,00
3.	ROJO ORTEGA, Daniel	80	C.N. Las Palmas	27.81	14,00
4.	NIETO ARIAS, Oscar	81	Cn.Salinas Sta.Lucia	28.57	13,00
5.	NAVARRO FARIAS, Santiago	81	Cn.Faynagua C. Telde	30.26	12,00
6.	HERRERA QUEVEDO, Evaristo	79	C.N. Metropole	30.94	11,00
7.	ARENCIBIA DE LA CRUZ, Alejandro	81	C.N. Aguacan	31.73	10,00
8.	CABRERA PESTANA, Alejandro	80	C.N. Las Palmas	31.79	9,00
9.	MONZÓN VAN DER LOO, Guillermo	82	C.N. Aguacan	33.91	8,00
10.	SUAREZ VEGA, Ariel	79	C.D.N. Playuki	34.98	7,00
11.	SILVA ELVIRA, Aday	81	C.N. Las Palmas	35.37	6,00
12.	GUERRA PEREZ, Daniel	82	C.N. Metropole	36.67	5,00
13.	MOSLER, Roman	81	C.N. Las Palmas	38.29	4,00
14.	YAMAGUCHI PADILLA, Masahiro	83	C.N. Las Palmas	43.19	3,00
Baja	IZQUIERDO MAYOR, Andres	81	C.D. Jescagua		-
Baja	GARCIA HERNANDEZ, Marcos	80	C.D.N. Playuki		-

45+

1.	GARCIA BORJA, Raul	78	C.N. Swimfaster Salt	25.08	-
2.	GARCIA PEREZ, Alexis	75	C.N. Las Palmas	29.88	19,00
3.	SANCHEZ HENRIQUEZ, Fco Javier	76	C.D.N. Playuki	30.90	16,00
4.	BOLEAS GUTIERREZ, David	78	C.D.N. Playuki	35.44	14,00
5.	ALVARADO GARCIA, Pablo	77	C.D.N. Playuki	37.00	13,00
6.	ARENCIBIA QUINTANA, Jose Luis	74	Club Natacion Valleverde	43.50	12,00

Prueba 9, Masc., 50m Libre

50+

1.	ESPINO MORILLAS, Juan Luis	72	C.N. Aguacan	30.32	19,00	
2.	ST. MARY, Francisco	70	C.N. Las Palmas	30.59	16,00	
3.	FARÍAS OROPESA, Juan Jesús	70	Cn.Faynagua C. Telde	30.92	14,00	
4.	MELIAN VILLALOBOS, Jose	73	C.N. Las Palmas	31.02	13,00	
5.	ALZOLA MEDINA, Victor	69	Cn.Faynagua C. Telde	32.79	12,00	
6.	NUEZ SÁNCHEZ, Carlos Luis	69	C.N. Aguacan	33.14	11,00	
7.	GONZALEZ SANCHEZ, Marcial	73	Cn.Faynagua C. Telde	34.73	10,00	
8.	RODRIGUEZ SANTANA, Ernesto	70	Club Natacion Valleverde	36.22	9,00	
9.	ALAMO MARTINEZ, Fernando	69	C.D.N. Playuki	37.19	8,00	
10.	TORRES BETANCOR, Francisco Javier	71	C.D.N. Playuki	39.36	7,00	FJ 1
11.	PANAL HERNANDEZ, Juan	70	C.D.N. Playuki	39.36	6,00	FJ 2

55+

1.	HENDRIKUS VREEKAMP, Remko	67	C.D.N. Playuki	30.60	19,00	
2.	ARIAS FEBLES, Jose Manuel	64	C.N. Metropole	31.50	16,00	
3.	GIL TRUJILLO, Pedro	67	Cn.Salinas Sta.Lucia	32.25	14,00	
4.	PÉREZ CABRERA, Elio	68	C.N. Aguacan	33.98	13,00	
5.	RODRIGUEZ SANTANA, Jose Jesus	65	Cn.Salinas Sta.Lucia	35.80	12,00	
6.	GUTIÉRREZ ROMERO, Ricardo	64	Cn.Faynagua C. Telde	36.16	11,00	
7.	RODRIGUEZ HENRIQUEZ, Jose Manue	64	C.D.N. Playuki	37.14	10,00	
8.	FERNÁNDEZ SÁNCHEZ, Jose Antonio	65	C.N. Aguacan	41.08	9,00	
Baja	QUEVEDO HERNANDEZ, Rafael	64	C.D. Jescagua	-	-	
Baja	MARTIN HERNANDEZ, Alejandro	67	C.N. Las Palmas	-	-	
Baja	OJEDA GONZALEZ-POSADA, Pablo	67	C.N. Metropole	-	-	

60+

1.	MORALES AYALA, Juanjo	63	C.N. Aguacan	32.95	19,00	
2.	HENRIQUEZ CORREA, Sixto	59	C.N. Las Palmas	33.37	16,00	
3.	BRAVO DE LAGUNA SOCORRO, Albe	62	C.N. Las Palmas	48.11	14,00	

65+

1.	WINTER ALTHAUS, Gabriel	57	C.N. Metropole	30.92	19,00	
2.	AROCHA DE LEON, Sebastian Fernanc	54	C.N. Metropole	37.92	16,00	
3.	CARBALLO CAMINO, Fco Javier	57	C.D.N. Playuki	46.60	14,00	
Baja	CABALLERO MADERA, Guillermo	55	C.N. Metropole	-	-	

70+

1.	CHECA FAJARDO, Placido	50	C.N. Metropole	42.76	19,00	
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75+

1.	CABRERA BARBUZANO, Fernando	48	Cn.Salinas Sta.Lucia	37.56	19,00	
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Prueba 9, Masc., 50m Libre

80+

DSQ O'SHANAHAN ROCA, Mauricio 42 C.N. Metropole - 1
DSA - Desc Salida Anticipada

85+

1. ROCA SUAREZ, Daniel 37 C.N. Metropole **44.66** 19,00

Prueba 10
18/11/2023

400m Libre

20 - 94 años
Resultados

Clasificación

AN

Tiempo

25+, Fem.

1. ARTILES CARBALLO, Irene 96 C.N. Las Palmas **4:59.76** 19,00
50m: 34.31 34.31 200m: 2:28.29 1:16.35 400m: 4:59.76 1:15.09
100m: 1:11.94 37.63 300m: 3:44.67 1:16.38

2. PERERA SUAREZ, Ylenia 96 C.N. Las Palmas **6:36.71** 16,00
50m: 45.04 45.04 200m: 3:14.02 1:40.66 400m: 6:36.71 1:40.03
100m: 1:33.36 48.32 300m: 4:56.68 1:42.66

3. ESTUPIÑAN CABRERA, Paula 97 Cn.Salinas Sta.Lucia **7:00.54** 14,00
50m: 42.54 42.54 200m: 3:16.27 1:44.80 400m: 7:00.54 1:50.81
100m: 1:31.47 48.93 300m: 5:09.73 1:53.46

30+, Fem.

Baja CASIMIRO SUAREZ, Maria Melania 89 C.N. Las Palmas -

35+, Fem.

1. BLANCO BETANCOR, Cristina 86 Cn.Salinas Sta.Lucia **9:21.21** 19,00
50m: 1:03.38 1:03.38 200m: 4:38.24 2:25.79 400m: 9:21.21 2:14.86
100m: 2:12.45 1:09.07 300m: 7:06.35 2:28.11

40+, Fem.

1. LAZZARATO, Giorgia 81 Cn.Salinas Sta.Lucia **7:20.13** 19,00
50m: 43.79 43.79 200m: 3:29.21 1:53.92 400m: 7:20.13 1:53.15
100m: 1:35.29 51.50 300m: 5:26.98 1:57.77

Baja LEON SIERRA, Cristina 80 C.N. Las Palmas -

45+, Fem.

1. GONZALES RAMIRES, Silvia 76 Cn.Salinas Sta.Lucia **7:39.77** 19,00
50m: 46.57 46.57 200m: 3:37.02 1:56.66 400m: 7:39.77 2:01.57
100m: 1:40.36 53.79 300m: 5:38.20 2:01.18

Prueba 10, 400m Libre

50+, Fem.

1. RUIZ GARCIA, Olga	73	Club Natacion Valleverde	8:09.66	19,00
50m: 58.61 58.61	200m: 4:04.34 2:03.74	400m: 8:09.66 2:01.47		
100m: 2:00.60 1:01.99	300m: 6:08.19 2:03.85			

20+, Masc.

1. ROSALES DIAZ, Nestor	01	C.D. Solventia	5:28.52	19,00
50m: 36.63 36.63	200m: 2:40.75 1:24.47	400m: 5:28.52 1:24.50		
100m: 1:16.28 39.65	300m: 4:04.02 1:23.27			

25+, Masc.

1. SANTANA HERNANDEZ, Adrian Manue	95	C.N. Las Palmas	4:42.90	19,00
50m: 30.90 30.90	200m: 2:16.31 1:10.76	400m: 4:42.90 1:14.65		
100m: 1:05.55 34.65	300m: 3:28.25 1:11.94			
2. SUAREZ GARCIA, Adrian	96	C.N. Las Palmas	5:02.27	16,00
50m: 35.21 35.21	200m: 2:29.59 1:17.11	400m: 5:02.27 1:17.15		
100m: 1:12.48 37.27	300m: 3:45.12 1:15.53			
3. ACOSTA DE LEON, Santiago	96	C.D.N. Playuki	6:14.38	14,00
50m: 41.24 41.24	200m: 2:54.14 1:31.04	400m: 6:14.38 1:41.20		
100m: 1:23.10 41.86	300m: 4:33.18 1:39.04			

30+, Masc.

1. GONZALEZ GARCIA, Alvaro	93	C.N. Metropole	4:49.91	19,00
50m: 32.08 32.08	200m: 2:20.11 1:12.50	400m: 4:49.91 1:13.73		
100m: 1:07.61 35.53	300m: 3:36.18 1:16.07			

35+, Masc.

1. HENRIQUEZ HERNANDEZ, Rafael	87	C.N. Aguacan	4:40.71	19,00
50m: 32.82 32.82	200m: 2:18.54 1:10.73	400m: 4:40.71 1:11.38		
100m: 1:07.81 34.99	300m: 3:29.33 1:10.79			
2. SARMIENTO LEON, Dailos	88	Cn.Salinas Sta.Lucia	5:42.35	16,00
50m: 36.71 36.71	200m: 2:43.87 1:27.30	400m: 5:42.35 1:30.07		
100m: 1:16.57 39.86	300m: 4:12.28 1:28.41			
3. QUINTANA GARCIA, Daniel	85	C.N. Las Palmas	5:46.75	14,00
50m: 39.35 39.35	200m: 2:49.24 1:27.79	400m: 5:46.75 1:27.87		
100m: 1:21.45 42.10	300m: 4:18.88 1:29.64			
4. MARICHAL, Ivanosky	86	C.N. Las Palmas	6:13.70	13,00
50m: 42.93 42.93	200m: 3:01.47 1:33.09	400m: 6:13.70 1:36.66		
100m: 1:28.38 45.45	300m: 4:37.04 1:35.57			
5. NAVARRO PEREZ, Josymar	86	Club Natacion Valleverde	6:23.79	12,00
50m: 44.14 44.14	200m: 3:07.70 1:36.79	400m: 6:23.79 1:37.62		
100m: 1:30.91 46.77	300m: 4:46.17 1:38.47			

Prueba 10, Masc., 400m Libre, 35+

Clasificación	AN		Tiempo	
6. POCHO BARRERA, Andrés	86	C.N. Aguacan	6:27.77	11,00
50m: 46.80 46.80 200m: 3:31.64 1:50.42 400m: 6:27.77 1:13.71				
100m: 1:41.22 54.42 300m: 5:14.06 1:42.42				
7. GONZALEZ RODRIGUEZ, Enrique	84	C.N. Las Palmas	7:00.65	10,00
50m: 53.57 53.57 200m: 3:36.46 1:48.21 400m: 7:00.65 1:39.84				
100m: 1:48.25 54.68 300m: 5:20.81 1:44.35				

40+, Masc.

1. SANTANA SARMIENTO, Miguel	83	Cn.Faynagua C. Telde	4:37.35	19,00
50m: 34.02 34.02 200m: 2:21.31 1:11.43 400m: 4:37.35 1:06.55				
100m: 1:09.88 35.86 300m: 3:30.80 1:09.49				
2. HERNANDEZ PEREZ, Jonathan	82	Cn.Salinas Sta.Lucia	4:56.87	16,00
50m: 32.28 32.28 200m: 2:25.26 1:16.46 400m: 4:56.87 1:14.78				
100m: 1:08.80 36.52 300m: 3:42.09 1:16.83				
3. NAVARRO FARIAS, Santiago	81	Cn.Faynagua C. Telde	5:23.64	14,00
50m: 36.60 36.60 200m: 2:36.53 1:21.14 400m: 5:23.64 1:22.51				
100m: 1:15.39 38.79 300m: 4:01.13 1:24.60				
4. RODRIGUEZ VIERA, Jose Javier	82	C.N. Las Palmas	5:40.16	13,00
50m: 36.53 36.53 200m: 2:42.44 1:25.78 400m: 5:40.16 1:28.07				
100m: 1:16.66 40.13 300m: 4:12.09 1:29.65				
5. GUEDES ALONSO, Francisco Yeray	80	Club Natacion Valleverde	5:51.34	12,00
50m: 38.11 38.11 200m: 2:52.65 1:31.32 400m: 5:51.34 1:27.02				
100m: 1:21.33 43.22 300m: 4:24.32 1:31.67				
6. SILVA ELVIRA, Aday	81	C.N. Las Palmas	5:59.08	11,00
50m: 39.55 39.55 200m: 2:53.45 1:31.36 400m: 5:59.08 1:33.39				
100m: 1:22.09 42.54 300m: 4:25.69 1:32.24				
7. CABRERA PESTANA, Alejandro	80	C.N. Las Palmas	6:21.90	10,00
50m: 39.62 39.62 200m: 3:02.39 1:38.25 400m: 6:21.90 1:40.27				
100m: 1:24.14 44.52 300m: 4:41.63 1:39.24				
8. SUAREZ VEGA, Ariel	79	C.D.N. Playuki	6:23.08	9,00
50m: 44.08 44.08 200m: 3:03.64 1:34.75 400m: 6:23.08 1:40.73				
100m: 1:28.89 44.81 300m: 4:42.35 1:38.71				

45+, Masc.

1. REINO ASCANIO, Abian	77	C.N. Metropole	4:33.61	19,00
50m: 32.52 32.52 200m: 2:17.62 1:09.99 400m: 4:33.61 1:07.19				
100m: 1:07.63 35.11 300m: 3:26.42 1:08.80				
2. RODRIGUEZ REYES, Miguel A	77	C.N. Las Palmas	5:07.45	16,00
50m: 34.67 34.67 200m: 2:29.55 1:17.72 400m: 5:07.45 1:19.08				
100m: 1:11.83 37.16 300m: 3:48.37 1:18.82				
3. MARTINEZ SANTOS, Ricardo Jose	76	C.N. Las Palmas	5:36.53	14,00
50m: 37.08 37.08 200m: 2:41.15 1:24.60 400m: 5:36.53 1:27.74				
100m: 1:16.55 39.47 300m: 4:08.79 1:27.64				

Prueba 10, Masc., 400m Libre, 45+

Clasificación	AN	Tiempo
4. SEGARRA CARRANZA, Isaac	74 Cn.Salinas Sta.Lucia	6:42.43 13,00
50m: 46.62 46.62 200m: 3:18.83 1:42.60 400m: 6:42.43 1:40.28		
100m: 1:36.23 49.61 300m: 5:02.15 1:43.32		
Baja CAMACHO SANTANA, Carlos	74 C.N. Las Palmas	-

50+, Masc.

1. GIL HENRIQUEZ, Jorge Juan	72 C.N. Las Palmas	5:43.39 19,00
50m: 39.45 39.45 200m: 2:50.45 1:28.70 400m: 5:43.39 1:24.36		
100m: 1:21.75 42.30 300m: 4:19.03 1:28.58		
2. HERNANDEZ CABRERA, Javier	70 C.N. Las Palmas	5:51.34 16,00
50m: 36.92 36.92 200m: 2:47.51 1:29.99 400m: 5:51.34 1:31.56		
100m: 1:17.52 40.60 300m: 4:19.78 1:32.27		
3. MARTINEZ IBORT, David	71 C.N. Las Palmas	6:04.14 14,00
50m: 36.59 36.59 200m: 2:49.85 1:31.28 400m: 6:04.14 1:38.71		
100m: 1:18.57 41.98 300m: 4:25.43 1:35.58		
4. RODRIGUEZ SANTANA, Ernesto	70 Club Natacion Valleverde	6:35.07 13,00
50m: 42.57 42.57 200m: 3:06.32 1:38.06 400m: 6:35.07 1:46.03		
100m: 1:28.26 45.69 300m: 4:49.04 1:42.72		

55+, Masc.

1. ARIAS FEBLES, Jose Manuel	64 C.N. Metropole	5:41.54 19,00
50m: 38.96 38.96 200m: 2:47.82 1:26.83 400m: 5:41.54 1:25.32		
100m: 1:20.99 42.03 300m: 4:16.22 1:28.40		
2. MARTINEZ LLISO, Claudio	66 C.N. Metropole	5:43.87 16,00
50m: 36.52 36.52 200m: 2:45.61 1:28.63 400m: 5:43.87 1:28.15		
100m: 1:16.98 40.46 300m: 4:15.72 1:30.11		
3. CRESPO GARCIA, Alvaro	67 Club Natacion Valleverde	6:54.15 14,00
50m: 46.22 46.22 200m: 3:24.86 1:47.99 400m: 6:54.15 1:41.83		
100m: 1:36.87 50.65 300m: 5:12.32 1:47.46		
4. QUESADA RODRIGUEZ, Francisco	67 Cn.Salinas Sta.Lucia	7:07.40 13,00
50m: 46.65 46.65 200m: 3:34.02 1:54.22 400m: 7:07.40 1:44.40		
100m: 1:39.80 53.15 300m: 5:23.00 1:48.98		
5. FERNÁNDEZ SÁNCHEZ, Jose Antonio	65 C.N. Aguacan	7:11.31 12,00
50m: 47.62 47.62 200m: 3:29.35 1:48.97 400m: 7:11.31 1:52.72		
100m: 1:40.38 52.76 300m: 5:18.59 1:49.24		

65+, Masc.

1. RIVERO SANCHEZ, Sergio	54 Cn.Salinas Sta.Lucia	7:04.30 19,00
50m: 45.86 45.86 200m: 3:23.40 1:47.35 400m: 7:04.30 1:50.45		
100m: 1:36.05 50.19 300m: 5:13.85 1:50.45		

Prueba 10, 400m Libre

80+, Masc.

1.	O'SHANAHAN ROCA, Mauricio	42	C.N. Metropole	8:38.05	19,00
	50m: 57.91 57.91	200m: 4:16.16 2:12.07	400m: 8:38.05 2:05.01		
	100m: 2:04.09 1:06.18	300m: 6:33.04 2:16.88			

Prueba 11
18/11/2023

Fem., 4 x 50m Estilos

AG 80 - 399
Resultados

Clasificación

Tiempo

+80 (PRE-MASTER)

1.	C.D.N. Playuki 80		C.D.N. Playuki	2:59.32	38,00
	GUILLEN CARRION, Andrea 00		51.83 ESPINEL ALEMÁN, Nerea 03		41.77
	GONZALEZ RAMOS, Raquel 95		54.31 VEGA SANTANA, Ana 97		31.41

+100

Baja	C.D.N. Playuki 100		C.D.N. Playuki		-
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+120

1.	Cn.Faynagua C. Telde 120		Cn.Faynagua C. Telde	2:53.76	38,00
	MATOS MEJIAS, Sara 93		44.09 SALAS NAVARRO, Marta 95		46.60
	ALONSO RAVELO, Beatriz 93		43.79 CARAMES PEREZ, Carmen Dolores68		39.28
2.	C.D.N. Playuki 120		C.D.N. Playuki	3:07.34	32,00
	FERNANDEZ MONROY, Nira 81		59.58 MEDINA SANTANA, Beatriz 95		36.49
	FERNANDEZ MEJIAS, Tamara 81		42.07 CABRERA RODRÍGUEZ, Paula 91		49.20
3.	Cn.Salinas Sta.Lucia 120		Cn.Salinas Sta.Lucia	3:45.16	28,00
	ESTUPIÑAN CABRERA, Paula 97		51.79 BLANCO BETANCOR, Cristina 86		1:08.97
	LEON CAZORLA, Benayga 83		50.80 ALONSO MILLAN, Lourdes Del Car85n		53.60

Baja	C.N. Metropole 120		C.N. Metropole		-
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+160

1.	Club Natacion Valleverde 160		Club Natacion Valleverde	3:41.66	38,00
	MENDOZA MARTIN, Maria Jose 87		47.85 RUIZ GARCIA, Olga 73		1:14.65
	PEREZ SANTANA, Aranzazu 66		56.53 JIMENEZ JIMENEZ, Leticia 77		42.63

Baja	C.D.N. Playuki 160		C.D.N. Playuki		-
Baja	C.N. Metropole 160		C.N. Metropole		-
Baja	Cn.Salinas Sta.Lucia 160		Cn.Salinas Sta.Lucia		-

Prueba 11, Fem., 4 x 50m Estilos

+200

1.	Cn.Salinas Sta.Lucia 200		Cn.Salinas Sta.Lucia	3:54.53	38,00
	GARCIA HASSAN, Nafisa	78	1:06.87 SANTANA MATOS, Elidia	65	51.87
	GONZALES RAMIRES, Silvia	76	1:01.80 HAMPLOVA, Eva	72	53.99
Baja	C.D. Jescagua 200		C.D. Jescagua		-
Baja	C.D.N. Playuki 200		C.D.N. Playuki		-
Baja	C.N. Las Palmas 200		C.N. Las Palmas		-
Baja	C.N. Metropole 200		C.N. Metropole		-
Baja	Club Natacion Valleverde 200		Club Natacion Valleverde		-

+240

1.	Cn.Salinas Sta.Lucia 240		Cn.Salinas Sta.Lucia	4:38.55	38,00
	GALBAN BENITEZ, Teresa Ana	52	1:22.35 BENITEZ GONZALEZ, Maria Dolore	66	1:07.58
	ROSALES AROCHA, Ana Esther	69	1:11.86 MARRERO CASERES, Sonia Rosa	61	56.76
2.	C.D.N. Playuki 240		C.D.N. Playuki	5:09.61	32,00
	ALONSO CARDENES, Maria Del Pir	49	1:28.66 DIAZ SANTANA, Luz Marina	76	47.58
	OJEDA GARCIA, Mª Dolores	42	1:59.13 CANTO VALLE, Susana	71	54.24

Prueba 12
18/11/2023

Masc., 4 x 50m Estilos

AG 80 - 399
Resultados

Clasificación

Tiempo

+80 (PRE-MASTER)

1.	Cn.Salinas Sta.Lucia 80		Cn.Salinas Sta.Lucia	2:18.39	38,00
	ESPINOSA GONZALES, Daniel	02	39.13 LOPEZ GARCIA, Andreas	98	27.71
	LEON TRUJILLO, Ernesto	01	34.07 OROPEZA OROPEZA, Raul Alejan	96	37.48
2.	C.D.N. Playuki 80		C.D.N. Playuki	2:19.79	32,00
	ACOSTA DE LEON, Santiago	96	41.54 QUESADA ROSARIO, Yoel	99	30.02
	GHOSN ACOSTA, Mario	99	36.83 PORTALES JULIA, Pedro	03	31.40

+120

1.	C.N. Metropole 120		C.N. Metropole	2:09.08	38,00
	WINTER MARTIN, Carlos	86	35.43 REINO ASCANIO, Abian	77	30.63
	CAPELLA DE LAS HERAS, Daniel	80	33.86 GONZALEZ GARCIA, Alvaro	93	29.16
2.	Cn.Salinas Sta.Lucia 120		Cn.Salinas Sta.Lucia	2:35.83	32,00
	PEREZ LIRIA, Ancor	84	40.14 RODRIGO CAÑAS, Juan Miguel	87	35.24
	SARMIENTO LEON, Dailos	88	42.61 SEGARRA CARRANZA, Isaac	74	37.84
Baja	C.D.N. Playuki 120		C.D.N. Playuki		-
Baja	C.N. Aguacan 120		C.N. Aguacan		-
Baja	Club Natacion Valleverde 120		Club Natacion Valleverde		-

Prueba 12, Masc., 4 x 50m Estilos

+160

1.	C.N. Aguacan 160		C.N. Aguacan	2:15.03	38,00
	HENRIQUEZ HERNANDEZ, Rafael 87		36.54 ESPINO MORILLAS, Juan Luis 72		32.34
	HERNANDEZ GONZALEZ, Enrique 89		34.65 ARENCIBIA DE LA CRUZ, Alejandro 81		31.50
2.	C.D.N. Playuki 160		C.D.N. Playuki	2:32.36	30,00
	SANCHEZ HENRIQUEZ, Fco Javier 76		36.31 GARCIA HERNANDEZ, Marcos 80		31.83
	ALVARADO GARCIA, Pablo 77		46.78 SUAREZ VEGA, Ariel 79		37.44
	Cn.Faynagua C. Telde 160		Cn.Faynagua C. Telde	2:32.36	30,00
	FALCON LORENZO, Javier 94		32.83 GUTIÉRREZ ROMERO, Ricardo 64		44.84
	GONZALEZ SANCHEZ, Marcial 73		42.58 ALZOLA MEDINA, Víctor 69		32.11
4.	C.N. Las Palmas 160		C.N. Las Palmas	2:44.98	26,00
	MOSLER, Roman 81		48.87 MONTESDEOCA RIOS, Gabriel 92		
	MARTINEZ IBORT, David 71		47.70 ROJO ORTEGA, Daniel 80		
Baja	C.D. Jescagua 160		C.D. Jescagua		-
Baja	C.N. Metropole 160		C.N. Metropole		-
Baja	Club Natacion Valleverde 160		Club Natacion Valleverde		-
Baja	Cn.Salinas Sta.Lucia 160		Cn.Salinas Sta.Lucia		-

+200

1.	C.N. Aguacan 200		C.N. Aguacan	2:33.61	38,00
	NUEZ SÁNCHEZ, Carlos Luis 69		41.95 MORALES AYALA, Juanjo 63		38.59
	PÉREZ CABRERA, Elio 68		40.24 MONZÓN VAN DER LOO, Guillermo 82		32.83
2.	C.D.N. Playuki 200		C.D.N. Playuki	2:55.22	32,00
	ALAMO MARTINEZ, Fernando 69		44.33 TORRES BETANCOR, Francisco Javier 71		51.50
	HENDRIKUS VREEKAMP, Remko 67		41.84 PANAL HERNANDEZ, Juan 70		37.55
3.	Club Natacion Valleverde 200		Club Natacion Valleverde	3:07.06	28,00
	RODRIGUEZ SANTANA, Ernesto 70		58.26 GUEDES ALONSO, Francisco Yera 80		38.51
	CRESPO GARCIA, Alvaro 67		47.41 ARENCIBIA QUINTANA, Jose Luis 74		42.88
DSQ	C.N. Las Palmas 200		C.N. Las Palmas		- 3
	<i>DNI - Desc Nado Irregular</i>				
	GOMEZ-GUILLAMON ARRABAL, Luis, CARDENES SILVA, Juan Jose, GIL HENRIQUEZ, Jorge Juan, SILVA ELVIRA, Aday				

+240

1.	Cn.Salinas Sta.Lucia 240		Cn.Salinas Sta.Lucia	3:05.29	38,00
	QUESADA RODRIGUEZ, Francisco 67		50.54 RIVERO SANCHEZ, Sergio 54		58.02
	GIL TRUJILLO, Pedro 67		39.81 CABRERA BARBUZANO, Fernando 48		36.92
Baja	C.D.N. Playuki 240		C.D.N. Playuki		-
Baja	C.N. Las Palmas 240		C.N. Las Palmas		-
Baja	C.N. Metropole 240		C.N. Metropole		-

+280

1.	C.N. Metropole 280		C.N. Metropole	3:27.97	38,00
	AROCHA DE LEON, Sebastian Ferrn 54		45.44 ROCA SUAREZ, Daniel 37		1:00.14
	CHECA FAJARDO, Placido 50		52.71 O'SHANAHAN ROCA, Mauricio 42		49.68

Prueba 12, Masc., 4 x 50m Estilos

+320

Baja C.N. Metropole 320

C.N. Metropole

-

Prueba 13
18/11/2023

Fem., 4 x 100m Estilos

AG 80 - 399
Resultados

Clasificación

Tiempo

+100

1.	C.N. Las Palmas 100			C.N. Las Palmas	5:57.10	38,00
	PERERA SUAREZ, Ylenia	96	31.66	ARTILES CARBALLO, Irene	96	1:18.17
	HORTIGÜELA PINTADO, Marta	95		VELASCO PEREZ, Adriana	93	1:17.75

+120

1.	C.N. Las Palmas 120			C.N. Las Palmas	6:55.92	38,00
	DIAZ CORUÑA, Elizabeth	86	51.42	RIVERO SANTANA, Sheila	96	1:34.81
	SANTANA MARTIN, Ylenia	85		BAEZ PULIDO, Laura	92	1:48.81

Baja C.N. Metropole 120

C.N. Metropole

-

+160

Baja C.N. Metropole 160

C.N. Metropole

-

Baja Cn.Salinas Sta.Lucia 160

Cn.Salinas Sta.Lucia

-

+200

Baja C.N. Metropole 200

C.N. Metropole

-

Prueba 14
18/11/2023

Masc., 4 x 100m Estilos

AG 80 - 399
Resultados

Clasificación

Tiempo

+100

Baja C.N. Las Palmas 100

C.N. Las Palmas

-

+120

1.	C.N. Las Palmas 120			C.N. Las Palmas	7:03.08	38,00
	CABRERA PESTANA, Alejandro	80	51.12	GONZALEZ RODRIGUEZ, Enrique	84	2:06.03
	QUINTANA GARCIA, Daniel	85		MARICHAL, Ivanosky	86	1:27.34

Baja C.N. Metropole 120

C.N. Metropole

-

Prueba 14, Masc., 4 x 100m Estilos

+160

1.	Cn.Salinas Sta.Lucia 160				Cn.Salinas Sta.Lucia		5:13.75	38,00
	GONZALEZ DIAZ, Yeray	83	45.53	1:30.41	HERNANDEZ PEREZ, Jonathan	82		1:15.08
	NIETO ARIAS, Oscar	81		1:18.12	GOMEZ GOMEZ DE CADIÑANOS, Roberto			1:10.14
2.	C.N. Las Palmas 160				C.N. Las Palmas		5:21.66	32,00
	RODRIGUEZ VIERA, Jose Javier	82	42.04	1:26.07	HENRIQUEZ CORREA, Sixto	59		1:24.58
	SOLIS CRUZ, Alejandro	91		1:21.36	MELIAN VILLALOBOS, Jose	73		1:09.65
3.	C.D.N. Playuki 160				C.D.N. Playuki		6:40.21	28,00
	SUAREZ RODRIGUEZ, Manuel	66	59.13	2:02.45	REBULL LOPEZ, Jorge Alberto	88		1:28.25
	RODRIGUEZ HENRIQUEZ, Jose Manuel	64		1:48.37	BOLEAS GUTIERREZ, David	78		1:21.14

Baja C.N. Metropole 160

C.N. Metropole

-

+200

1.	C.N. Las Palmas 200				C.N. Las Palmas		5:14.61	38,00
	GARCIA PEREZ, Alexis	75	39.45	1:21.36	RODRIGUEZ REYES, Miguel A	77		1:14.61
	ST. MARY, Francisco	70		1:21.82	HERNANDEZ CABRERA, Javier	70		1:16.82

Baja C.N. Metropole 200

C.N. Metropole

-

+240

Baja C.N. Metropole 240

C.N. Metropole

-

+280

Baja C.N. Metropole 280

C.N. Metropole

-

+320

Baja C.N. Metropole 320

C.N. Metropole

-

Prueba 15
18/11/2023

Mixto, 4 x 100m Estilos

AG 80 - 399
Resultados

Clasificación

Tiempo

+120

Baja C.N. Metropole 120

C.N. Metropole

-

Baja Cn.Faynagua C. Telde 120

Cn.Faynagua C. Telde

-

Prueba 15, Mixto, 4 x 100m Estilos

+160

Baja	C.N. Metropole 160	C.N. Metropole	-
Baja	Cn.Faynagua C. Telde 160	Cn.Faynagua C. Telde	-
Baja	Cn.Salinas Sta.Lucia 160	Cn.Salinas Sta.Lucia	-

+200

Baja	C.N. Metropole 200	C.N. Metropole	-
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+240

Baja	C.N. Metropole 240	C.N. Metropole	-
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+280

Baja	C.N. Metropole 280	C.N. Metropole	-
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