

1 - 1ª jornada, 1ª sesión

29/05/2026

Prueba 1
29/05/2026

800m Libre

20 años y mayores
Resultados

Clasificación

AN

Tiempo

RT

20+, Masc.

1. AKOUDAD ZIZAOUI, Mohamed 05 C.N. Salinas Sta. Lu **13:04.52** 19,00
 100m: 1:30.62 1:30.62 300m: 4:45.61 1:39.35 500m: 8:03.26 1:39.36 700m: 11:25.35 1:40.60
 200m: 3:06.26 1:35.64 400m: 6:23.90 1:38.29 600m: 9:44.75 1:41.49 800m: 13:04.52 1:39.17

25+, Masc.

1. AYALA MAESTRE, Alejandro 97 C.D. Jerez Natacion **10:23.95** -
 100m: 1:09.81 1:09.81 300m: 3:42.49 1:17.62 500m: 6:22.58 1:20.39 700m: 9:04.76 1:22.21
 200m: 2:24.87 1:15.06 400m: 5:02.19 1:19.70 600m: 7:42.55 1:19.97 800m: 10:23.95 1:19.19
2. MENESES MEDERO, Alejandro 99 A.D. Santa Cruz **10:33.82** 19,00
 100m: 1:11.49 1:11.49 300m: 3:50.19 1:23.32 500m: 6:32.10 1:20.64 700m: 9:14.30 1:20.86
 200m: 2:26.87 1:15.38 400m: 5:11.46 1:21.27 600m: 7:53.44 1:21.34 800m: 10:33.82 1:19.52
3. GARCIA FALCON, Alvaro 01 C.N. Salinas Sta. Lu **12:42.83** 16,00
 100m: 1:28.37 1:28.37 300m: 4:45.07 1:38.37 500m: 8:02.56 1:37.16 700m: 11:14.18 1:35.32
 200m: 3:06.70 1:38.33 400m: 6:25.40 1:40.33 600m: 9:38.86 1:36.30 800m: 12:42.83 1:28.65

30+, Masc.

1. SUAREZ GARCIA, Adrian 96 C.D. Belen Maria **10:46.83** 19,00
 100m: 1:15.49 1:15.49 300m: 3:57.08 1:21.67 500m: 6:43.31 1:23.63 700m: 9:29.57 1:22.69
 200m: 2:35.41 1:19.92 400m: 5:19.68 1:22.60 600m: 8:06.88 1:23.57 800m: 10:46.83 1:17.26
2. ARBELO RODRIGUEZ, Nautzet 93 C.N. Salinas Sta. Lu **10:59.84** 16,00
 100m: 1:17.90 1:17.90 300m: 4:05.08 1:23.81 500m: 6:53.19 1:24.12 700m: 9:40.31 1:22.91
 200m: 2:41.27 1:23.37 400m: 5:29.07 1:23.99 600m: 8:17.40 1:24.21 800m: 10:59.84 1:19.53

35+, Masc.

1. HENRIQUEZ HERNANDEZ, Rafael 87 C.N. Las Palmas **10:14.61** 19,00
 100m: 1:11.96 1:11.96 300m: 3:45.99 1:17.39 500m: 6:22.24 1:19.06 700m: 8:58.19 1:17.56
 200m: 2:28.60 1:16.64 400m: 5:03.18 1:17.19 600m: 7:40.63 1:18.39 800m: 10:14.61 1:16.42

40+, Masc.

1. HERNANDEZ ALONSO, Aitor 85 C.N. Vulcania Maste **10:42.13** 19,00
 100m: 1:09.54 1:09.54 300m: 3:49.61 1:21.30 500m: 6:35.89 1:23.18 700m: 9:22.53 1:22.67
 200m: 2:28.31 1:18.77 400m: 5:12.71 1:23.10 600m: 7:59.86 1:23.97 800m: 10:42.13 1:19.60
2. RODRIGUEZ VIERA, Jose Javier 82 C.N. Las Palmas **11:58.98** 16,00
 100m: 1:20.42 1:20.42 300m: 4:19.62 1:31.49 500m: 7:24.11 1:33.00 700m: 10:29.53 1:33.46
 200m: 2:48.13 1:27.71 400m: 5:51.11 1:31.49 600m: 8:56.07 1:31.96 800m: 11:58.98 1:29.45
3. CHECA MERINO, Pablo 82 C.D. Belen Maria **12:55.98** 14,00
 100m: 1:28.03 1:28.03 300m: 4:41.87 1:38.19 500m: 7:59.01 1:39.68 700m: 11:18.97 1:40.33
 200m: 3:03.68 1:35.65 400m: 6:19.33 1:37.46 600m: 9:38.64 1:39.63 800m: 12:55.98 1:37.01

Baja TAMAJON MARTIN, Melecio 83 C.N. Martianez Coral Hotels -

Prueba 1, 800m Libre

60+, Masc.

1.	VALLEJO ARROYO, Juan Carlos	63	C.N. Vulcania Master	9:55.37	19,00						
	100m:	1:08.31	1:08.31	300m:	3:35.14	1:13.95	500m:	6:07.12	1:16.41	700m:	8:40.54 1:16.72
	200m:	2:21.19	1:12.88	400m:	4:50.71	1:15.57	600m:	7:23.82	1:16.70	800m:	9:55.37 1:14.83
2.	LUZARDO RODRIGUEZ, Gustavo Adolfo	66	C.N. Metropole	11:07.16	16,00						
	100m:	1:17.55	1:17.55	300m:	4:05.19	1:24.45	500m:	6:53.53	1:24.34	700m:	9:44.12 1:25.83
	200m:	2:40.74	1:23.19	400m:	5:29.19	1:24.00	600m:	8:18.29	1:24.76	800m:	11:07.16 1:23.04
3.	HERNANDEZ BENTO, Enrique Francisco	64	C.D. Belen Maria	11:43.88	14,00						
	100m:	1:19.61	1:19.61	300m:	4:15.72	1:29.11	500m:	7:15.21	1:30.25	700m:	10:17.06 1:31.00
	200m:	2:46.61	1:27.00	400m:	5:44.96	1:29.24	600m:	8:46.06	1:30.85	800m:	11:43.88 1:26.82
4.	MARTIN LORENZO, Pablo	63	C.N. Metropole	15:24.21	13,00						
	100m:	1:41.73	1:41.73	300m:	5:32.00	1:56.89	500m:	9:25.42	1:56.81	700m:	13:25.01 2:00.72
	200m:	3:35.11	1:53.38	400m:	7:28.61	1:56.61	600m:	11:24.29	1:58.87	800m:	15:24.21 1:59.20

65+, Masc.

1.	MORENO PEREZ, Jose Andres	58	C. Tenerife Masters	15:41.61	19,00						
	100m:	1:40.21	1:40.21	300m:	5:32.78	1:59.22	500m:	9:35.41	2:02.48	700m:	13:41.50 2:03.07
	200m:	3:33.56	1:53.35	400m:	7:32.93	2:00.15	600m:	11:38.43	2:03.02	800m:	15:41.61 2:00.11

20+, Fem.

Baja	MATOS QUEVEDO, Maria	02	C.N. Las Palmas	-							
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30+, Fem.

1.	ARTILES CARBALLO, Irene	96	C.N. Las Palmas	10:53.77	19,00						
	100m:	1:15.20	1:15.20	300m:	3:58.23	1:22.85	500m:	6:43.37	1:22.78	700m:	9:31.93 1:23.44
	200m:	2:35.38	1:20.18	400m:	5:20.59	1:22.36	600m:	8:08.49	1:25.12	800m:	10:53.77 1:21.84

40+, Fem.

1.	ARMAS ROCA, Marta	83	C.N. Metropole	10:54.14	19,00						
	100m:	1:14.42	1:14.42	300m:	4:02.05	1:24.00	500m:	6:47.93	1:22.42	700m:	9:32.19 1:21.98
	200m:	2:38.05	1:23.63	400m:	5:25.51	1:23.46	600m:	8:10.21	1:22.28	800m:	10:54.14 1:21.95

45+, Fem.

1.	RIZO OSUNA-MOYANO, Nuria	78	C. Tenerife Masters	13:37.94	19,00						
	100m:	1:32.63	1:32.63	300m:	4:58.65	1:43.36	500m:	8:25.60	1:43.98	700m:	11:54.46 1:44.82
	200m:	3:15.29	1:42.66	400m:	6:41.62	1:42.97	600m:	10:09.64	1:44.04	800m:	13:37.94 1:43.48
2.	CARBALLO RODRIGUEZ, Eloina	81	Club Deportivo Teima	17:10.53	16,00						
	100m:	2:00.38	2:00.38	300m:	6:18.49	2:10.39	500m:	10:39.90	2:11.00	700m:	15:02.59 2:11.40
	200m:	4:08.10	2:07.72	400m:	8:28.90	2:10.41	600m:	12:51.19	2:11.29	800m:	17:10.53 2:07.94

50+, Fem.

1.	DELGADO MARTIN, Montserrat	75	C.N. Los Cristianos	13:04.63	19,00						
	100m:	1:31.16	1:31.16	300m:	4:51.86	1:40.12	500m:	8:12.36	1:40.20	700m:	11:31.93 1:39.89
	200m:	3:11.74	1:40.58	400m:	6:32.16	1:40.30	600m:	9:52.04	1:39.68	800m:	13:04.63 1:32.70

55+, Fem.

1.	NEGRIN FIGUEROA, Elena	70	C. Tenerife Masters	12:08.00	19,00						
	100m:	1:24.85	1:24.85	300m:	4:27.77	1:31.87	500m:	7:32.79	1:32.22	700m:	10:36.88 1:32.10
	200m:	2:55.90	1:31.05	400m:	6:00.57	1:32.80	600m:	9:04.78	1:31.99	800m:	12:08.00 1:31.12

Prueba 1, Fem., 800m Libre, 55+

Clasificación	AN				Tiempo				RT	
2. GONZALEZ ARIAS, Rosa Maria	71				C. Tenerife Masters 15:15.34				16,00	
100m:	1:40.68	1:40.68	300m:	5:30.37	1:55.57	500m:	9:24.37	1:56.31	700m:	13:18.68 1:57.76
200m:	3:34.80	1:54.12	400m:	7:28.06	1:57.69	600m:	11:20.92	1:56.55	800m:	15:15.34 1:56.66

60+, Fem.

1. KHAN, Stephanie Jean	64				C. Tenerife Masters 13:26.99				19,00	
100m:	1:32.16	1:32.16	300m:	4:57.36	1:42.71	500m:	8:21.57	1:41.84	700m:	11:45.11 1:42.05
200m:	3:14.65	1:42.49	400m:	6:39.73	1:42.37	600m:	10:03.06	1:41.49	800m:	13:26.99 1:41.88
2. PEREZ SANTANA, Aranzazu	66				C.N. Valleverde 16:55.76				16,00	
100m:	1:59.40	1:59.40	300m:	6:14.63	2:08.28	500m:	10:31.73	2:07.86	700m:	14:49.99 2:08.07
200m:	4:06.35	2:06.95	400m:	8:23.87	2:09.24	600m:	12:41.92	2:10.19	800m:	16:55.76 2:05.77