

1 - 1ª jornada, 1ª sesión

19/12/2025

Prueba 3
19/12/2025

400m Libre

20 años y mayores
Resultados

Clasificación	AN								Tiempo		RT
20+, Masc.											
1. BLANES FRIGOLA, Aleix	04	C.D. Jerez Natacion Master							4:13.10	-	+0,80
50m: 28.82 28.82	150m: 1:31.99	31.97	250m: 2:36.99	32.62	350m: 3:41.49	31.89					
100m: 1:00.02 31.20	200m: 2:04.37	32.38	300m: 3:09.60	32.61	400m: 4:13.10	31.61					
2. CABRERA ROBAINA, Pablo	05	C.N. Las Palmas							5:04.62	19,00	+13,60
50m: 34.08 34.08	150m: 1:49.61	38.00	250m: 3:06.48	38.70	350m: 4:26.07	39.75					
100m: 1:11.61 37.53	200m: 2:27.78	38.17	300m: 3:46.32	39.84	400m: 5:04.62	38.55					
3. AKOUDAD ZIZAOUI, Mohamed	05	Cn.Salinas Sta.Lucia							6:23.36	16,00	+8,69
50m: 41.60 41.60	150m: 2:14.62	47.85	250m: 3:51.57	48.79	350m: 5:31.52	48.94					
100m: 1:26.77 45.17	200m: 3:02.78	48.16	300m: 4:42.58	51.01	400m: 6:23.36	51.84					
NP GUILLEN PEÑA, Victor	02	A.D. Santa Cruz								-	
25+, Masc.											
1. AYALA MAESTRE, Alejandro	97	C.D. Jerez Natacion Master							4:35.82	-	+1,11
50m: 31.07 31.07	150m: 1:39.08	34.73	250m: 2:50.14	35.82	350m: 4:01.16	35.35					
100m: 1:04.35 33.28	200m: 2:14.32	35.24	300m: 3:25.81	35.67	400m: 4:35.82	34.66					
2. ELVIRA GLAUBITZ, Alejandro	00	C.D. Nonadamos							5:05.60	19,00	+0,86
50m: 34.47 34.47	150m: 1:49.92	38.37	250m: 3:08.13	39.15	350m: 4:27.57	39.56					
100m: 1:11.55 37.08	200m: 2:28.98	39.06	300m: 3:48.01	39.88	400m: 5:05.60	38.03					
3. SUAREZ GARCIA, Adrian	96	C.D. Belen Maria							5:15.13	16,00	+1,00
50m: 34.62 34.62	150m: 1:49.95	38.16	250m: 3:08.31	39.83	350m: 4:34.88	44.64					
100m: 1:11.79 37.17	200m: 2:28.48	38.53	300m: 3:50.24	41.93	400m: 5:15.13	40.25					
4. CIRUGEDA LOPEZ, Aythami	97	C.N. Vulcania Master							5:19.73	14,00	+1,92
50m: 35.80 35.80	150m: 1:53.69	39.49	250m: 3:15.70	41.12	350m: 4:39.54	41.34					
100m: 1:14.20 38.40	200m: 2:34.58	40.89	300m: 3:58.20	42.50	400m: 5:19.73	40.19					
30+, Masc.											
1. GONZALEZ GARCIA, Alvaro	93	C.N. Metropole							4:49.40	19,00	+0,99
50m: 32.43 32.43	150m: 1:44.31	36.31	250m: 2:59.00	37.65	350m: 4:14.71	38.07					
100m: 1:08.00 35.57	200m: 2:21.35	37.04	300m: 3:36.64	37.64	400m: 4:49.40	34.69					
2. ARBELO RODRIGUEZ, Nauzet	93	Cn.Salinas Sta.Lucia							5:02.34	16,00	+0,89
50m: 33.74 33.74	150m: 1:47.37	37.18	250m: 3:04.83	39.03	350m: 4:23.71	39.56					
100m: 1:10.19 36.45	200m: 2:25.80	38.43	300m: 3:44.15	39.32	400m: 5:02.34	38.63					
NP ARENCIBIA DIAZ, Victor	92	C.D. Belen Maria								-	

Prueba 3, 400m Libre

35+, Masc.

1.	HENRIQUEZ HERNANDEZ, Rafael	87	C.N. Las Palmas	4:34.65	19,00	+0,91
	50m: 31.28 31.28 150m: 1:38.94 34.35 250m: 2:49.88 35.59 350m: 4:00.65 35.39					
	100m: 1:04.59 33.31 200m: 2:14.29 35.35 300m: 3:25.26 35.38 400m: 4:34.65 34.00					
2.	GARCIA CASTILLO, Jose Victor	88	C. Tenerife Masters	5:09.24	16,00	+1,03
	50m: 31.87 31.87 150m: 1:43.75 36.69 250m: 3:04.50 41.16 350m: 4:28.40 42.16					
	100m: 1:07.06 35.19 200m: 2:23.34 39.59 300m: 3:46.24 41.74 400m: 5:09.24 40.84					
3.	QUEVEDO MEDINA, Ulises	90	C.D. Belen Maria	5:41.26	14,00	+0,91
	50m: 35.50 35.50 150m: 1:58.31 42.95 250m: 3:26.66 44.46 350m: 4:57.04 45.83					
	100m: 1:15.36 39.86 200m: 2:42.20 43.89 300m: 4:11.21 44.55 400m: 5:41.26 44.22					
4.	LOPEZ DEL PINO, Miguel	89	C.N..Faynagua C. Telde	5:43.13	13,00	
	50m: 39.74 39.74 150m: 2:04.73 43.31 250m: 3:31.71 43.38 350m: 4:59.73 44.02					
	100m: 1:21.42 41.68 200m: 2:48.33 43.60 300m: 4:15.71 44.00 400m: 5:43.13 43.40					
5.	MARICHAL, Ivanosky	86	C.N. Las Palmas	5:46.44	12,00	+0,98
	50m: 38.55 38.55 150m: 2:03.87 43.61 250m: 3:32.26 44.60 350m: 5:02.42 45.27					
	100m: 1:20.26 41.71 200m: 2:47.66 43.79 300m: 4:17.15 44.89 400m: 5:46.44 44.02					
6.	NAVARRO PEREZ, Josymar	86	C.N. Valleverde	6:32.77	11,00	
	50m: 42.20 42.20 150m: 2:17.34 48.33 250m: 4:00.00 51.69 350m: 5:42.90 51.34					
	100m: 1:29.01 46.81 200m: 3:08.31 50.97 300m: 4:51.56 51.56 400m: 6:32.77 49.87					
DSQ	MEDINA LORENZO, Saul	89	C.N. Carucagua			-
	DSA - Desc Salida Anticipada					

40+, Masc.

1.	SANTANA SARMIENTO, Miguel	83	C.N..Faynagua C. Telde	4:16.81	27,00RR+0,93TE	
	50m: 30.96 30.96 150m: 1:35.64 32.45 250m: 2:40.44 32.50 350m: 3:45.37 32.50					
	100m: 1:03.19 32.23 200m: 2:07.94 32.30 300m: 3:12.87 32.43 400m: 4:16.81 31.44					
2.	HERNANDEZ PEREZ, Jonathan	82	Cn.Salinas Sta.Lucia	5:14.63	16,00	+1,41
	50m: 34.04 34.04 150m: 1:52.98 40.30 250m: 3:13.40 40.21 350m: 4:35.05 40.96					
	100m: 1:12.68 38.64 200m: 2:33.19 40.21 300m: 3:54.09 40.69 400m: 5:14.63 39.58					
3.	VICIOSO RODRIGUEZ, Pablo	82	Club Deportivo Teimar	5:16.25	14,00	+1,05
	50m: 34.87 34.87 150m: 1:52.00 39.12 250m: 3:11.97 40.28 350m: 4:34.95 41.71					
	100m: 1:12.88 38.01 200m: 2:31.69 39.69 300m: 3:53.24 41.27 400m: 5:16.25 41.30					
4.	RODRIGUEZ VIERA, Jose Javier	82	C.N. Las Palmas	5:33.79	13,00	
	50m: 35.77 35.77 150m: 1:55.82 41.10 250m: 3:21.77 43.03 350m: 4:50.66 45.24					
	100m: 1:14.72 38.95 200m: 2:38.74 42.92 300m: 4:05.42 43.65 400m: 5:33.79 43.13					
5.	SILVA ELVIRA, Aday	81	C.N. Las Palmas	5:43.07	12,00	+12,44
	50m: 36.51 36.51 150m: 2:00.04 42.64 250m: 3:29.29 45.03 350m: 4:59.18 44.76					
	100m: 1:17.40 40.89 200m: 2:44.26 44.22 300m: 4:14.42 45.13 400m: 5:43.07 43.89					
6.	CHECA MERINO, Pablo	82	C.D. Belen Maria	5:59.66	11,00	+1,28
	50m: 41.31 41.31 150m: 2:09.66 45.10 250m: 3:42.12 46.30 350m: 5:16.15 47.31					
	100m: 1:24.56 43.25 200m: 2:55.82 46.16 300m: 4:28.84 46.72 400m: 5:59.66 43.51					

Prueba 3, 400m Libre

45+, Masc.

1.	SANCHEZ LAZARO, Luis Acayro	76	C. Tenerife Masters	4:40.13	19,00	+3,01
	50m: 31.84 31.84 150m: 1:41.76 35.36 250m: 2:53.16 35.73 350m: 4:05.45 36.14					
	100m: 1:06.40 34.56 200m: 2:17.43 35.67 300m: 3:29.31 36.15 400m: 4:40.13 34.68					
2.	EHRHARDT, Thomas	77	C.N. Metropole	4:48.30	16,00	+0,87
	50m: 32.84 32.84 150m: 1:45.99 36.63 250m: 2:59.05 36.38 350m: 4:11.85 36.30					
	100m: 1:09.36 36.52 200m: 2:22.67 36.68 300m: 3:35.55 36.50 400m: 4:48.30 36.45					
3.	RODRIGUEZ REYES, Miguel A	77	C.N. Las Palmas	5:06.63	14,00	+0,92
	50m: 34.76 34.76 150m: 1:49.69 37.76 250m: 3:06.98 39.06 350m: 4:26.78 39.85					
	100m: 1:11.93 37.17 200m: 2:27.92 38.23 300m: 3:46.93 39.95 400m: 5:06.63 39.85					

50+, Masc.

1.	QUINTANA RODRIGUEZ, Alvaro	74	C. Tenerife Masters	5:12.87	19,00	+0,88
	50m: 35.52 35.52 150m: 1:53.21 39.35 250m: 3:13.25 40.12 350m: 4:33.58 40.18					
	100m: 1:13.86 38.34 200m: 2:33.13 39.92 300m: 3:53.40 40.15 400m: 5:12.87 39.29					
2.	SUAREZ GUZMAN, Alexis Leon	75	C.D. Belen Maria	5:13.24	16,00	+0,97
	50m: 35.66 35.66 150m: 1:53.22 39.07 250m: 3:13.14 40.28 350m: 4:33.94 40.65					
	100m: 1:14.15 38.49 200m: 2:32.86 39.64 300m: 3:53.29 40.15 400m: 5:13.24 39.30					
3.	CAMACHO SANTANA, Carlos	74	C.N. Las Palmas	5:20.91	14,00	+1,94
	50m: 36.77 36.77 150m: 1:57.59 41.07 250m: 3:19.24 40.50 350m: 4:41.36 41.30					
	100m: 1:16.52 39.75 200m: 2:38.74 41.15 300m: 4:00.06 40.82 400m: 5:20.91 39.55					
4.	FERNANDEZ SOSA, Juan Carlos	73	C.N. Las Palmas	5:23.19	13,00	
	50m: 36.63 36.63 150m: 1:56.67 40.71 250m: 3:19.90 41.72 350m: 4:42.94 41.44					
	100m: 1:15.96 39.33 200m: 2:38.18 41.51 300m: 4:01.50 41.60 400m: 5:23.19 40.25					
5.	GARCIA FLORIDO, Manuel Javier	72	Cn.Salinas Sta.Lucia	5:54.82	12,00	+1,24
	50m: 38.34 38.34 150m: 2:06.59 44.69 250m: 3:37.77 45.89 350m: 5:11.06 46.93					
	100m: 1:21.90 43.56 200m: 2:51.88 45.29 300m: 4:24.13 46.36 400m: 5:54.82 43.76					
6.	SEGARRA CARRANZA, Isaac	74	Cn.Salinas Sta.Lucia	6:26.32	11,00	+8,54
	50m: 43.12 43.12 150m: 2:19.26 48.73 250m: 3:57.44 49.32 350m: 5:37.75 50.54					
	100m: 1:30.53 47.41 200m: 3:08.12 48.86 300m: 4:47.21 49.77 400m: 6:26.32 48.57					
7.	DE LEON LOPEZ, Ruben	75	C. Tenerife Masters	6:53.87	10,00	+0,99
	50m: 43.09 43.09 150m: 2:19.26 48.73 250m: 3:57.44 49.32 350m: 5:37.75 50.54					
	100m: 1:30.06 46.97 200m: 3:16.11 48.86 300m: 4:47.21 49.77 400m: 6:53.87 50.96					
NP	MARTINEZ IBORT, David	71	C.N. Las Palmas		-	
Baja	DEL ROSARIO RODRIGUEZ, Jose Antc72	72	C.N. Las Palmas		-	

55+, Masc.

1.	MARVELLI, Andres	68	C.N. Las Palmas	5:09.73	19,00	+1,00
	50m: 35.04 35.04 150m: 1:52.99 39.60 250m: 3:12.35 39.33 350m: 4:30.92 39.32					
	100m: 1:13.39 38.35 200m: 2:33.02 40.03 300m: 3:51.60 39.25 400m: 5:09.73 38.81					
2.	MARTINEZ LLISO, Claudio	66	C.N. Metropole	5:22.10	16,00	
	50m: 35.99 35.99 150m: 1:56.91 41.00 250m: 3:20.03 41.65 350m: 4:42.15 40.56					
	100m: 1:15.91 39.92 200m: 2:38.38 41.47 300m: 4:01.59 41.56 400m: 5:22.10 39.95					

Prueba 3, Masc., 400m Libre, 55+

Clasificación	AN							Tiempo	RT
3. NUEZ SANCHEZ, Carlos Luis	69	C.N. Aguacan						5:34.33 14,00	+1,04
50m: 37.20 37.20 150m:		250m:		350m:					
100m: 1:17.01 39.81 200m: 2:40.71		300m: 4:08.07		400m: 5:34.33					
4. GIL TRUJILLO, Pedro	67	Cn.Salinas Sta.Lucia						5:41.73 13,00	
50m: 38.66 38.66 150m: 2:01.84		42.51 250m: 3:28.81 43.85		350m: 4:57.95 45.23					
100m: 1:19.33 40.67 200m: 2:44.96		43.12 300m: 4:12.72 43.91		400m: 5:41.73 43.78					
5. SANTANA SANTANA, Gustavo Adolfo	67	Club Gloria Swimtrain Maspalomas						5:57.08 12,00	+1,08
50m: 40.26 40.26 150m: 2:09.12		44.94 250m: 3:39.23 45.59		350m: 5:12.91 47.22					
100m: 1:24.18 43.92 200m: 2:53.64		44.52 300m: 4:25.69 46.46		400m: 5:57.08 44.17					
6. AMOZA IRIGOYEN, Andres	67	C.N. Vulcania Master						6:03.20 11,00	
50m: 39.88 39.88 150m: 2:07.97		44.98 250m: 3:41.93 47.53		400m: 6:03.20 1:33.58					
100m: 1:22.99 43.11 200m: 2:54.40		46.43 300m: 4:29.62 47.69							
7. RODRIGUEZ SANTANA, Ernesto	70	C.N. Valleverde						6:12.94 10,00	+0,89
50m: 44.13 44.13 150m: 2:16.72		46.73 250m: 3:51.35 47.78		350m: 5:26.10 47.11					
100m: 1:29.99 45.86 200m: 3:03.57		46.85 300m: 4:38.99 47.64		400m: 6:12.94 46.84					
8. SANTANA CABALLERO, Jose	69	C.D. Belen Maria						6:14.68 9,00	+1,21
50m: 37.85 37.85 150m: 2:06.68		46.71 250m: 3:44.70 49.42		350m: 5:24.91 50.03					
100m: 1:19.97 42.12 200m: 2:55.28		48.60 300m: 4:34.88 50.18		400m: 6:14.68 49.77					
9. QUESADA RODRIGUEZ, Francisco	67	Cn.Salinas Sta.Lucia						6:59.67 8,00	+1,01
50m: 45.35 45.35 150m: 2:34.88		55.25 250m: 4:22.09 53.75		350m: 6:08.39 53.53					
100m: 1:39.63 54.28 200m: 3:28.34		53.46 300m: 5:14.86 52.77		400m: 6:59.67 51.28					

60+, Masc.

1. ARIAS FEBLES, Jose Manuel	64	C.N. Metropole						5:18.59 19,00	+0,97
50m: 36.22 36.22 150m: 1:56.70		40.48 250m: 3:18.22 40.90		350m: 4:39.91 40.48					
100m: 1:16.22 40.00 200m: 2:37.32		40.62 300m: 3:59.43 41.21		400m: 5:18.59 38.68					
2. HERNANDEZ BENTO, Enrique Francisco	64	C.D. Belen Maria						5:41.08 16,00	+0,98
50m: 38.21 38.21 150m: 2:02.91		43.04 250m: 3:31.12 44.26		350m: 4:59.70 44.65					
100m: 1:19.87 41.66 200m: 2:46.86		43.95 300m: 4:15.05 43.93		400m: 5:41.08 41.38					
3. ROMERO LUJAN, Jose Luis	62	C.N. Metropole						5:59.37 14,00	+1,16
50m: 41.45 41.45 150m: 2:11.83		45.97 250m: 3:45.54 46.60		350m: 5:17.59 45.83					
100m: 1:25.86 44.41 200m: 2:58.94		47.11 300m: 4:31.76 46.22		400m: 5:59.37 41.78					
4. ANTELA LOPEZ, Jose Carlos	64	C.N. Metropole						6:10.82 13,00	
50m: 40.91 40.91 150m: 2:11.88		46.33 250m: 3:47.41 48.23		350m: 5:22.94 47.82					
100m: 1:25.55 44.64 200m: 2:59.18		47.30 300m: 4:35.12 47.71		400m: 6:10.82 47.88					
5. ALVAREZ MORALES, Antonio Jose	63	C.D. Belen Maria						6:31.08 12,00	+1,09
50m: 39.98 39.98 150m: 2:15.91		49.75 250m: 3:57.34 50.94		350m: 5:41.13 51.75					
100m: 1:26.16 46.18 200m: 3:06.40		50.49 300m: 4:49.38 52.04		400m: 6:31.08 49.95					
6. MOREIRAS DELLA-VENTURA, F.	64	C.N. Metropole						6:46.91 11,00	+1,10
50m: 44.40 44.40 150m: 2:26.00		52.18 250m: 4:12.59 53.06		350m: 5:58.15 52.35					
100m: 1:33.82 49.42 200m: 3:19.53		53.53 300m: 5:05.80 53.21		400m: 6:46.91 48.76					
Baja VACCARI, Pierluigi	64	C.N. Metropole						-	

Prueba 3, 400m Libre

65+, Masc.

1.	CABALLERO MADERA, Enrique	57	C.N. Metropole	5:55.31	19,00	
	50m: 40.00 40.00 150m: 2:06.21 43.59 250m: 3:34.43 43.83 400m: 5:55.31 1:34.80					
	100m: 1:22.62 42.62 200m: 2:50.60 44.39 300m: 4:20.51 46.08					
2.	DIAZ CASTRO, Jose Maria	57	C. Tenerife Masters	7:12.56	16,00	
	50m: 48.77 48.77 150m: 2:34.41 54.17 250m: 4:24.05 54.93 350m: 6:12.79 53.45					
	100m: 1:40.24 51.47 200m: 3:29.12 54.71 300m: 5:19.34 55.29 400m: 7:12.56 59.77					

70+, Masc.

1.	BARRIOS BORGES, Jose Ramon	54	C. Tenerife Masters	5:58.10	19,00	+1,19
	50m: 40.44 40.44 150m: 2:07.80 44.40 250m: 3:39.55 45.85 350m: 5:12.76 46.88					
	100m: 1:23.40 42.96 200m: 2:53.70 45.90 300m: 4:25.88 46.33 400m: 5:58.10 45.34					
2.	CHANTADA FERNANDEZ, Luis	55	C.N. Vulcania Master	6:15.86	16,00	+1,35
	50m: 43.55 43.55 150m: 2:17.97 47.71 250m: 3:53.10 48.13 350m: 5:29.64 48.25					
	100m: 1:30.26 46.71 200m: 3:04.97 47.00 300m: 4:41.39 48.29 400m: 6:15.86 46.22					
3.	CABALLERO MADERA, Guillermo	55	C.N. Metropole	6:52.84	14,00	
	50m: 44.43 44.43 150m: 2:25.02 51.46 250m: 4:11.31 53.39 350m: 5:58.80 53.80					
	100m: 1:33.56 49.13 200m: 3:17.92 52.90 300m: 5:05.00 53.69 400m: 6:52.84 54.04					
4.	GARCIA LA ESPADA, Jose	53	C. Tenerife Masters	11:27.48	13,00	+2,33
	50m: 1:19.13 1:19.13 150m: 4:12.24 1:29.10 250m: 7:09.28 1:28.28 350m: 10:09.18 1:29.78					
	100m: 2:43.14 1:24.01 200m: 5:41.00 1:28.76 300m: 8:39.40 1:30.12 400m: 11:27.48 1:18.30					

80+, Masc.

1.	O SHANAHAN ROCA, Mauricio	42	C.N. Metropole	8:10.93	19,00	+1,44
	50m: 56.61 56.61 150m: 3:03.40 1:04.06 250m: 5:09.48 1:02.60 350m: 7:13.73 1:01.96					
	100m: 1:59.34 1:02.73 200m: 4:06.88 1:03.48 300m: 6:11.77 1:02.29 400m: 8:10.93 57.20					

20+, Fem.

1.	EXPOSITO AFONSO, Maria	02	C.D. Jerez Natacion Master	4:43.27	-	+0,89
	50m: 32.10 32.10 150m: 1:42.52 35.69 250m: 2:55.12 36.44 350m: 4:07.76 36.70					
	100m: 1:06.83 34.73 200m: 2:18.68 36.16 300m: 3:31.06 35.94 400m: 4:43.27 35.51					
2.	MATOS QUEVEDO, Maria	02	C.N. Las Palmas	5:02.16	19,00	+0,88
	50m: 34.73 34.73 150m: 1:50.07 37.96 250m: 3:07.06 38.42 350m: 4:24.74 38.29					
	100m: 1:12.11 37.38 200m: 2:28.64 38.57 300m: 3:46.45 39.39 400m: 5:02.16 37.42					
3.	VEGA IBRAHIM, Ainhoa	05	C.D.N. Playuki	8:02.15	16,00	+8,13
	50m: 52.59 52.59 150m: 2:51.33 1:01.10 250m: 4:58.15 1:04.88 350m: 7:05.32 1:03.63					
	100m: 1:50.23 57.64 200m: 3:53.27 1:01.94 300m: 6:01.69 1:03.54 400m: 8:02.15 56.83					

NP RIVERO GONZALEZ, Erika 01 C.N. Las Palmas -

25+, Fem.

1.	ARTILES CARBALLO, Irene	96	C.N. Las Palmas	5:05.84	19,00	+0,97
	50m: 34.19 34.19 150m: 1:49.55 38.19 250m: 3:07.73 39.57 350m: 4:27.29 39.89					
	100m: 1:11.36 37.17 200m: 2:28.16 38.61 300m: 3:47.40 39.67 400m: 5:05.84 38.55					

Prueba 3, Fem., 400m Libre, 25+

Clasificación				AN				Tiempo				RT			
2. TRUJILLO MORENO, Sara				97				C.N. Metropole				5:46.45	16,00	+0,95	
50m:		36.80	36.80	150m:		2:00.13	42.84	250m:		3:29.40	45.03	350m:		5:02.15	46.73
100m:		1:17.29	40.49	200m:		2:44.37	44.24	300m:		4:15.42	46.02	400m:		5:46.45	44.30

30+, Fem.

1. RAMOS ROJAS, Gisela	94	C.N. Vulcania Master			5:01.08	19,00		+8,85
50m: 33.09 33.09	150m: 1:48.08	37.98	250m: 3:04.80	38.36	350m: 4:23.01	39.14		
100m: 1:10.10 37.01	200m: 2:26.44	38.36	300m: 3:43.87	39.07	400m: 5:01.08	38.07		
2. BOUCHET, Sybille	93	C.N. Metropole			5:03.45	16,00		
50m: 35.02 35.02	150m: 1:50.61	38.22	250m: 3:08.05	38.71	350m: 4:25.37	38.72		
100m: 1:12.39 37.37	200m: 2:29.34	38.73	300m: 3:46.65	38.60	400m: 5:03.45	38.08		
3. DELGADO MARTIN, Maria Elisabet	94	C.D. Nonadamos			6:27.81	14,00		+0,96
50m: 41.52 41.52	150m: 2:14.79	47.68	250m: 3:54.96	50.63	350m: 5:37.51	51.44		
100m: 1:27.11 45.59	200m: 3:04.33	49.54	300m: 4:46.07	51.11	400m: 6:27.81	50.30		

35+, Fem.

1. ROJAS ARJONA, Irene	86	C.N. Vulcania Master			5:36.45	19,00		+1,08
50m: 37.46 37.46	150m: 1:59.87	42.02	250m: 3:26.43	43.52	350m: 4:53.86	43.77		
100m: 1:17.85 40.39	200m: 2:42.91	43.04	300m: 4:10.09	43.66	400m: 5:36.45	42.59		
2. QUINTERO QUINTERO, Katihusca	87	C. Tenerife Masters			5:41.39	16,00		+1,09
50m: 38.79 38.79	150m: 2:03.74	43.07	250m: 3:30.67	43.36	350m: 4:57.62	43.57		
100m: 1:20.67 41.88	200m: 2:47.31	43.57	300m: 4:14.05	43.38	400m: 5:41.39	43.77		
3. HIJAR JIMENEZ, Maria	90	C.N. Vulcania Master			5:54.59	14,00		+1,00
50m: 39.96 39.96	150m: 2:08.37	44.88	250m: 3:39.38	45.50	350m: 5:10.50	45.50		
100m: 1:23.49 43.53	200m: 2:53.88	45.51	300m: 4:25.00	45.62	400m: 5:54.59	44.09		
4. HERNANDEZ HERNANDEZ, Elena	89	C.D. Jerez Natacion Master			6:39.30	-		+0,87
50m: 41.00 41.00	150m: 2:16.46	49.23	250m: 4:00.49	53.69	350m: 5:42.79	48.47		
100m: 1:27.23 46.23	200m: 3:06.80	50.34	300m: 4:54.32	53.83	400m: 6:39.30	56.51		
5. RIVERO RIVERO, Natalia Del Carmen	86	C.D. Solventia			7:47.18	13,00		+1,48
50m: 53.29 53.29	150m: 2:49.52	59.01	250m: 4:49.38	1:00.85	350m: 6:48.81	1:00.11		
100m: 1:50.51 57.22	200m: 3:48.53	59.01	300m: 5:48.70	59.32	400m: 7:47.18	58.37		

40+, Fem.

1. ARANTZAMENDI LLULL, Jamila	81	C. Tenerife Masters			5:39.35	19,00		+0,90
50m: 36.65 36.65	150m: 2:00.72	43.05	250m: 3:29.42	44.33	350m: 4:57.58	44.19		
100m: 1:17.67 41.02	200m: 2:45.09	44.37	300m: 4:13.39	43.97	400m: 5:39.35	41.77		
2. BERNARDOS CRUZ, Idoia	83	C.N. Metropole			5:39.96	16,00		+1,01
50m: 38.07 38.07	150m: 2:02.25	43.02	250m: 3:29.22	43.64	350m: 4:56.88	44.03		
100m: 1:19.23 41.16	200m: 2:45.58	43.33	300m: 4:12.85	43.63	400m: 5:39.96	43.08		
3. FERNANDEZ MEJIAS, Tamara	81	C.D.N. Playuki			5:58.07	14,00		+1,00
50m: 38.80 38.80	150m: 2:05.46	44.27	250m: 3:37.51	46.29	350m: 5:11.30	47.13		
100m: 1:21.19 42.39	200m: 2:51.22	45.76	300m: 4:24.17	46.66	400m: 5:58.07	46.77		

Prueba 3, Fem., 400m Libre, 40+

Clasificación	AN										Tiempo		RT
4.	CARBALLO RODRIGUEZ, Eloina				81	Club Deportivo Teimar					8:17.10	13,00	+1,44
	50m:	57.20	57.20	150m:	3:02.16	1:03.24	250m:	5:10.21	1:03.91	350m:	7:17.87	1:03.59	
	100m:	1:58.92	1:01.72	200m:	4:06.30	1:04.14	300m:	6:14.28	1:04.07	400m:	8:17.10	59.23	

45+, Fem.

1. GARCIA DELGADO, Yaiza	76	C.N. Metropole								5:55.52	19,00	+1,05
50m:	41.03	41.03	150m:	2:12.39	45.95	250m:	3:43.44	45.08	350m:	5:12.14	44.11	
100m:	1:26.44	45.41	200m:	2:58.36	45.97	300m:	4:28.03	44.59	400m:	5:55.52	43.38	

50+, Fem.

1. DELGADO MARTIN, Montserrat	75	C.N. Los Cristianos								6:00.87	19,00	+1,18
50m:	41.46	41.46	150m:	2:12.73	46.60	250m:	3:45.32	46.44	350m:	5:17.56	46.36	
100m:	1:26.13	44.67	200m:	2:58.88	46.15	300m:	4:31.20	45.88	400m:	6:00.87	43.31	
2. CILLUFFO, Domenica	72	C.N. Metropole								6:39.93	16,00	+1,46
50m:	45.41	45.41	150m:	2:26.24	51.42	250m:	4:08.93	51.87	350m:	5:50.46	50.82	
100m:	1:34.82	49.41	200m:	3:17.06	50.82	300m:	4:59.64	50.71	400m:	6:39.93	49.47	
3. GONZALEZ ARIAS, Rosa Maria	71	C. Tenerife Masters								7:01.37	14,00	+0,99
50m:	44.73	44.73	150m:	2:25.51	50.98	250m:	4:15.43	55.25	350m:	6:06.17	55.61	
100m:	1:34.53	49.80	200m:	3:20.18	54.67	300m:	5:10.56	55.13	400m:	7:01.37	55.20	
4. PEÑA CAVALLERO, Maria Del Carmen	75	C.N. Metropole								7:09.51	13,00	+2,02
50m:	48.52	48.52	150m:	2:39.58	57.27	250m:	4:30.01	55.00	350m:	6:18.17	52.94	
100m:	1:42.31	53.79	200m:	3:35.01	55.43	300m:	5:25.23	55.22	400m:	7:09.51	51.34	
5. UNGER, Caroline	72	C.D.N. Playuki								7:22.51	12,00	+1,51
50m:	44.84	44.84	150m:	2:32.70	56.18	250m:	4:28.34	58.08	350m:	6:25.49	58.37	
100m:	1:36.52	51.68	200m:	3:30.26	57.56	300m:	5:27.12	58.78	400m:	7:22.51	57.02	

55+, Fem.

1. NEGRIN FIGUEROA, Elena	70	C. Tenerife Masters								5:40.87	19,00	+9,60
50m:	38.81	38.81	150m:	2:04.18	43.08	250m:	3:29.99	42.93	350m:	4:56.57	42.89	
100m:	1:21.10	42.29	200m:	2:47.06	42.88	300m:	4:13.68	43.69	400m:	5:40.87	44.30	
2. BERNDTSSON, Ann Mari	70	C.N. Vulcania Master								6:30.91	16,00	+1,26
50m:	44.81	44.81	150m:	2:23.01	50.08	250m:	4:03.82	50.95	350m:	5:42.73	48.34	
100m:	1:32.93	48.12	200m:	3:12.87	49.86	300m:	4:54.39	50.57	400m:	6:30.91	48.18	
3. ALBERICHE RUANO, Maria Del Pino	66	C.N. Metropole								6:40.00	14,00	
50m:	44.62	44.62	150m:	2:23.30	50.12	250m:	4:05.63	51.57	350m:	5:50.09	52.36	
100m:	1:33.18	48.56	200m:	3:14.06	50.76	300m:	4:57.73	52.10	400m:	6:40.00	49.91	
4. GLAUBITZ, Susanne	70	C.D. Nonadamos								7:06.57	13,00	+1,19
50m:	48.46	48.46	150m:	2:36.41	54.34	250m:	4:25.72	54.66	350m:	6:14.58	54.78	
100m:	1:42.07	53.61	200m:	3:31.06	54.65	300m:	5:19.80	54.08	400m:	7:06.57	51.99	

Prueba 3, 400m Libre

60+, Fem.

1.	KHAN, Stephanie Jean				64	C. Tenerife Masters					6:41.47	19,00	+1,18
	50m:	42.50	42.50	150m:	2:21.42	50.79	250m:	4:04.68	52.01	350m:	5:49.75	52.75	
	100m:	1:30.63	48.13	200m:	3:12.67	51.25	300m:	4:57.00	52.32	400m:	6:41.47	51.72	
2.	PEREZ HERNANDEZ, Ma Victoria				64	Club Deportivo Teimar					7:47.92	16,00	+1,52
	50m:	52.82	52.82	150m:	2:50.70	1:00.24	250m:	4:51.84	1:00.70	350m:	6:49.58	58.86	
	100m:	1:50.46	57.64	200m:	3:51.14	1:00.44	300m:	5:50.72	58.88	400m:	7:47.92	58.34	

65+, Fem.

1.	FERNANDEZ PEREZ, Ana Maria				58	C.N. Metropole					7:26.45	19,00	+1,40
	50m:	46.01	46.01	150m:	2:38.22	56.86	250m:	4:33.75	58.09	350m:	6:30.24	57.53	
	100m:	1:41.36	55.35	200m:	3:35.66	57.44	300m:	5:32.71	58.96	400m:	7:26.45	56.21	
2.	LARRODE GARCIA, Pilar				59	C. Tenerife Masters					8:11.99	16,00	+1,37
	50m:	57.31	57.31	150m:	3:01.67	1:02.73	250m:	5:07.45	1:02.82	350m:	7:12.41	1:02.28	
	100m:	1:58.94	1:01.63	200m:	4:04.63	1:02.96	300m:	6:10.13	1:02.68	400m:	8:11.99	59.58	