

4 - 3ª jornada, 1ª sesión

21/12/2025

Prueba 29
21/12/2025

400m Estilos

20 años y mayores
Resultados

Clasificación	AN								Tiempo		RT
20+, Masc.											
1.	PEÑA RODRÍGUEZ, Jeremy Tomas	04	Club Gloria Swimtrain Maspalomas						5:09.53	19,00	+0,71
	50m: 30.37 30.37	150m: 1:47.02	40.28 250m: 3:11.72	46.10	350m: 4:35.11	36.44					
	100m: 1:06.74 36.37	200m: 2:25.62	38.60 300m: 3:58.67	46.95	400m: 5:09.53	34.42					
2.	CABALLERO PEÑATE, Angel Jose	01	C.D. Jescagua						6:37.61	16,00	+0,90
	50m: 41.54 41.54	150m: 2:22.80	53.56 250m: 4:10.87	55.86	350m: 5:54.12	46.46					
	100m: 1:29.24 47.70	200m: 3:15.01	52.21 300m: 5:07.66	56.79	400m: 6:37.61	43.49					
25+, Masc.											
1.	RUIZ SEIJO, Brais	98	C.N. Vulcania Master						4:53.23	19,00	+0,78
	50m: 28.23 28.23	150m: 1:39.12	37.94 250m: 2:58.87	41.83	350m: 4:18.18	35.91					
	100m: 1:01.18 32.95	200m: 2:17.04	37.92 300m: 3:42.27	43.40	400m: 4:53.23	35.05					
35+, Masc.											
1.	GARCIA FIERRO, Victor Manuel	88	C.N. Metropole						5:21.01	19,00	+0,95
	50m: 33.87 33.87	150m: 1:56.96	43.83 250m: 3:23.14	43.25	350m: 4:45.10	37.89					
	100m: 1:13.13 39.26	200m: 2:39.89	42.93 300m: 4:07.21	44.07	400m: 5:21.01	35.91					
2.	GARCIA CATALA, Josue	87	C.N. Metropole						6:06.64	16,00	+0,97
	50m: 36.17 36.17	150m: 2:11.68	52.08 250m: 3:53.63	51.24	350m: 5:26.74	41.72					
	100m: 1:19.60 43.43	200m: 3:02.39	50.71 300m: 4:45.02	51.39	400m: 6:06.64	39.90					
3.	MENDEZ PEREZ, Neftali	86	Cn.Salinas Sta.Lucia						6:28.01	14,00	+0,90
	50m: 39.30 39.30	150m: 2:15.00	49.68 250m: 4:00.97	57.04	350m: 5:44.91	46.68					
	100m: 1:25.32 46.02	200m: 3:03.93	48.93 300m: 4:58.23	57.26	400m: 6:28.01	43.10					
DSQ	HENRIQUEZ HERNANDEZ, Rafael	87	C.N. Las Palmas								-
<i>DVI - Desc Viraje Irregular</i>											
40+, Masc.											
1.	SANTANA SARMIENTO, Miguel	83	C.N..Faynagua C. Telde						5:07.18	19,00	+0,95
	50m: 35.37 35.37	150m: 1:53.70	40.42 250m: 3:17.36	44.31	350m: 4:36.92	34.44					
	100m: 1:13.28 37.91	200m: 2:33.05	39.35 300m: 4:02.48	45.12	400m: 5:07.18	30.26					
2.	GONZALEZ DIAZ, Yeray	83	Cn.Salinas Sta.Lucia						5:38.92	16,00	+0,88
	50m: 34.90 34.90	150m: 1:58.10	43.26 250m: 3:30.51	50.38	350m: 4:59.80	40.27					
	100m: 1:14.84 39.94	200m: 2:40.13	42.03 300m: 4:19.53	49.02	400m: 5:38.92	39.12					
3.	MERLO CANO, Joaquin	82	C. Tenerife Masters						7:18.32	14,00	+1,09
	50m: 50.78 50.78	150m: 2:48.73	59.33 250m: 4:45.30	56.64	350m: 6:31.06	48.01					
	100m: 1:49.40 58.62	200m: 3:48.66	59.93 300m: 5:43.05	57.75	400m: 7:18.32	47.26					
Baja	GONZALEZ RODRIGUEZ, Enrique	84	C.N. Las Palmas								-

Prueba 29, 400m Estilos

45+, Masc.

1.	PEREZ GARCIA, Jonay	77	C. Tenerife Masters	5:09.63	19,00	+0,86
	50m: 32.92 32.92	150m: 1:53.50	42.70 250m: 3:18.05	43.32 350m: 4:37.00	35.54	
	100m: 1:10.80 37.88	200m: 2:34.73	41.23 300m: 4:01.46	43.41 400m: 5:09.63	32.63	
2.	GUEDES ALONSO, Francisco Yeray	80	C.N. Valleverde	6:45.71	16,00	+1,16
	50m: 45.12 45.12	150m: 2:33.05	55.37 250m: 4:22.70	55.82 350m: 6:03.98	44.55	
	100m: 1:37.68 52.56	200m: 3:26.88	53.83 300m: 5:19.43	56.73 400m: 6:45.71	41.73	

50+, Masc.

1.	MORALES RODRIGUEZ, Sergio	73	A.D. Santa Cruz	5:26.21	19,00	+1,06
	50m: 34.20 34.20	150m: 1:55.21	42.84 250m: 3:25.48	48.80 350m: 4:51.10	36.69	
	100m: 1:12.37 38.17	200m: 2:36.68	41.47 300m: 4:14.41	48.93 400m: 5:26.21	35.11	
2.	GIL HENRIQUEZ, Jorge Juan	72	C.N. Las Palmas	7:27.29	16,00	+1,10
	50m: 49.10 49.10	150m: 2:43.79	58.79 250m: 4:51.90	1:11.37 350m: 6:46.00	41.89	
	100m: 1:45.00 55.90	200m: 3:40.53	56.74 300m: 6:04.11	1:12.21 400m: 7:27.29	41.29	

55+, Masc.

1.	ARENCIBIA AFONSO, Alfredo	68	C.N. Las Palmas	6:25.59	19,00	+1,02
	50m: 38.84 38.84	150m: 2:17.01	51.46 250m: 4:01.32	55.01 350m: 5:43.89	46.00	
	100m: 1:25.55 46.71	200m: 3:06.31	49.30 300m: 4:57.89	56.57 400m: 6:25.59	41.70	

60+, Masc.

1.	FERNANDEZ LOVERA, Juan	65	C.N. Carucagua	7:58.16	19,00	+1,35
	50m: 51.50 51.50	150m: 2:57.32	58.27 250m: 5:09.42	1:14.92 350m: 7:12.04	48.46	
	100m: 1:59.05 1:07.55	200m: 3:54.50	57.18 300m: 6:23.58	1:14.16 400m: 7:58.16	46.12	

75+, Masc.

1.	METZ, Michael Gustav	48	C. Tenerife Masters	8:48.26	19,00	+1,25
	50m: 1:07.76 1:07.76	150m: 3:36.01	1:12.76 250m: 5:54.66	1:09.10 350m: 7:56.93	54.98	
	100m: 2:23.25 1:15.49	200m: 4:45.56	1:09.55 300m: 7:01.95	1:07.29 400m: 8:48.26	51.33	

40+, Fem.

1.	BERNARDOS CRUZ, Idoia	83	C.N. Metropole	6:27.94	27,00RR+1,00TE	
	50m: 40.00 40.00	150m: 2:19.32	51.57 250m: 4:04.57	53.62 350m: 5:45.81	46.15	
	100m: 1:27.75 47.75	200m: 3:10.95	51.63 300m: 4:59.66	55.09 400m: 6:27.94	42.13	

55+, Fem.

1.	NEGRIN FIGUEROA, Elena	70	C. Tenerife Masters	6:55.70	19,00	+1,02
	50m: 50.91 50.91	150m: 2:41.89	50.52 250m: 4:29.24	57.39 350m: 6:13.25	45.51	
	100m: 1:51.37 1:00.46	200m: 3:31.85	49.96 300m: 5:27.74	58.50 400m: 6:55.70	42.45	

Prueba 29, 400m Estilos

60+, Fem.

1.	RAMIREZ SANTANA, Cristina				65	C.N. Metropole				6:56.21	27,00RR+1,03TE	
	50m:	39.93	39.93	150m:	2:24.38	57.12	250m:	4:20.36	1:01.53	350m:	6:09.87	47.05
	100m:	1:27.26	47.33	200m:	3:18.83	54.45	300m:	5:22.82	1:02.46	400m:	6:56.21	46.34