

Prueba 1
14/02/2026

3000m Libre

20 - 89 años
Resultados

Puntos: AQUA 2025

Clasificación

AN

Tiempo

Pts

20+, Masc.

1.	PEÑA RODRÍGUEZ, Jeremy Tomas			04	Club Gloria Swimtrain Maspalomas			38:51.63	416			
	100m:	1:11.77	1:11.77	900m:	11:18.41	1:17.34	1700m:	21:47.13	1:17.32	2500m:	32:19.10	1:19.83
	200m:	2:24.62	1:12.85	1000m:	12:36.48	1:18.07	1800m:	23:04.92	1:17.79	2600m:	33:38.34	1:19.24
	300m:	3:37.60	1:12.98	1100m:	13:54.74	1:18.26	1900m:	24:23.39	1:18.47	2700m:	34:57.50	1:19.16
	400m:	4:52.79	1:15.19	1200m:	15:14.00	1:19.26	2000m:	25:42.88	1:19.49	2800m:	36:16.55	1:19.05
	500m:	6:09.39	1:16.60	1300m:	16:32.95	1:18.95	2100m:	27:02.33	1:19.45	2900m:	37:34.88	1:18.33
	600m:	7:26.52	1:17.13	1400m:	17:52.10	1:19.15	2200m:	28:21.94	1:19.61	3000m:	38:51.63	1:16.75
	700m:	8:43.54	1:17.02	1500m:	19:11.45	1:19.35	2300m:	29:41.16	1:19.22			
	800m:	10:01.07	1:17.53	1600m:	20:29.81	1:18.36	2400m:	30:59.27	1:18.11			
2.	OUBIÑA CORVALAN, Marcos A			05	C.D. Nonadamos			42:15.01	324			
	100m:	1:16.12	1:16.12	900m:	12:13.99	1:23.45	1700m:	23:19.12	1:26.00	2500m:	35:06.05	1:31.34
	200m:	2:35.16	1:19.04	1000m:	13:38.12	1:24.13	1800m:	24:44.95	1:25.83	2600m:	36:33.19	1:27.14
	300m:	3:56.76	1:21.60	1100m:	14:59.28	1:21.16	1900m:	26:11.60	1:26.65	2700m:	38:02.48	1:29.29
	400m:	5:18.49	1:21.73	1200m:	16:20.97	1:21.69	2000m:	27:40.04	1:28.44	2800m:	39:29.17	1:26.69
	500m:	6:39.69	1:21.20	1300m:	17:43.39	1:22.42	2100m:	29:08.11	1:28.07	2900m:	40:57.74	1:28.57
	600m:	8:03.06	1:23.37	1400m:	19:06.83	1:23.44	2200m:	30:36.06	1:27.95	3000m:	42:15.01	1:17.27
	700m:	9:26.31	1:23.25	1500m:	20:29.84	1:23.01	2300m:	32:04.74	1:28.68			
	800m:	10:50.54	1:24.23	1600m:	21:53.12	1:23.28	2400m:	33:34.71	1:29.97			
3.	AKOUDAD ZIZAOUI, Mohamed			05	Cn.Salinas Sta.Lucia			52:55.33	164			
	100m:	1:37.87	1:37.87	900m:	15:39.89	1:47.19	1700m:	29:44.15	1:44.82	2500m:	43:51.52	1:45.15
	200m:	3:20.26	1:42.39	1000m:	17:27.71	1:47.82	1800m:	31:28.79	1:44.64	2600m:	45:41.06	1:49.54
	300m:	5:03.63	1:43.37	1100m:	19:13.66	1:45.95	1900m:	33:13.19	1:44.40	2700m:	47:35.63	1:54.57
	400m:	6:46.72	1:43.09	1200m:	20:58.66	1:45.00	2000m:	35:00.32	1:47.13	2800m:	49:26.65	1:51.02
	500m:	8:33.34	1:46.62	1300m:	22:45.31	1:46.65	2100m:	36:48.59	1:48.27	2900m:	51:16.47	1:49.82
	600m:	10:19.22	1:45.88	1400m:	24:30.58	1:45.27	2200m:	38:34.87	1:46.28	3000m:	52:55.33	1:38.86
	700m:	12:05.68	1:46.46	1500m:	26:18.46	1:47.88	2300m:	40:18.57	1:43.70			
	800m:	13:52.70	1:47.02	1600m:	27:59.33	1:40.87	2400m:	42:06.37	1:47.80			

25+, Masc.

1.	CABRERA WINTER, Alvaro			01	C.N..Faynagua C. Telde				36:21.99	508		
	100m:	1:12.98	1:12.98	900m:	10:47.20	1:13.25	1700m:	20:30.45	1:12.66	2500m:	30:17.62	1:13.76
	200m:	2:24.86	1:11.88	1000m:	11:59.46	1:12.26	1800m:	21:43.30	1:12.85	2600m:	31:31.96	1:14.34
	300m:	3:37.18	1:12.32	1100m:	13:12.26	1:12.80	1900m:	22:57.09	1:13.79	2700m:	32:45.99	1:14.03
	400m:	4:48.71	1:11.53	1200m:	14:25.83	1:13.57	2000m:	24:10.13	1:13.04	2800m:	34:00.63	1:14.64
	500m:	5:59.16	1:10.45	1300m:	15:39.23	1:13.40	2100m:	25:23.50	1:13.37	2900m:	35:14.66	1:14.03
	600m:	7:10.05	1:10.89	1400m:	16:52.54	1:13.31	2200m:	26:37.15	1:13.65	3000m:	36:21.99	1:07.33
	700m:	8:21.74	1:11.69	1500m:	18:05.56	1:13.02	2300m:	27:50.21	1:13.06			
	800m:	9:33.95	1:12.21	1600m:	19:17.79	1:12.23	2400m:	29:03.86	1:13.65			
2.	PRIETO RODRIGUEZ, Daniel			00	C.N. Vulcania Master				37:07.11	477		
	100m:	1:08.21	1:08.21	900m:	10:53.79	1:14.09	1700m:	20:54.17	1:15.89	2500m:	30:58.12	1:14.73
	200m:	2:19.85	1:11.64	1000m:	12:08.49	1:14.70	1800m:	22:09.60	1:15.43	2600m:	32:13.45	1:15.33
	300m:	3:32.97	1:13.12	1100m:	13:23.12	1:14.63	1900m:	23:25.34	1:15.74	2700m:	33:28.47	1:15.02
	400m:	4:46.08	1:13.11	1200m:	14:38.39	1:15.27	2000m:	24:41.04	1:15.70	2800m:	34:43.81	1:15.34
	500m:	5:59.44	1:13.36	1300m:	15:53.12	1:14.73	2100m:	25:56.51	1:15.47	2900m:	35:58.86	1:15.05
	600m:	7:13.14	1:13.70	1400m:	17:08.11	1:14.99	2200m:	27:11.98	1:15.47	3000m:	37:07.11	1:08.25
	700m:	8:26.50	1:13.36	1500m:	18:22.17	1:14.06	2300m:	28:27.64	1:15.66			
	800m:	9:39.70	1:13.20	1600m:	19:38.28	1:16.11	2400m:	29:43.39	1:15.75			

Prueba 1, Masc., 3000m Libre, 25+

Clasificación	AN								Tiempo		Pts	
3.	AYALA MAESTRE, Alejandro			97	C.D. Jerez Natacion Master				41:14.16	348		
	100m:	1:14.20	1:14.20	900m:	12:01.78	1:21.88	1700m:	23:04.35	1:23.75	2500m:	34:19.89	1:25.54
	200m:	2:33.20	1:19.00	1000m:	13:23.93	1:22.15	1800m:	24:28.43	1:24.08	2600m:	35:44.83	1:24.94
	300m:	3:53.36	1:20.16	1100m:	14:47.04	1:23.11	1900m:	25:50.81	1:22.38	2700m:	37:09.16	1:24.33
	400m:	5:13.70	1:20.34	1200m:	16:10.02	1:22.98	2000m:	27:15.78	1:24.97	2800m:	38:31.94	1:22.78
	500m:	6:34.82	1:21.12	1300m:	17:32.27	1:22.25	2100m:	28:40.94	1:25.16	2900m:	39:54.39	1:22.45
	600m:	7:56.39	1:21.57	1400m:	18:54.40	1:22.13	2200m:	30:05.19	1:24.25	3000m:	41:14.16	1:19.77
	700m:	9:18.81	1:22.42	1500m:	20:16.22	1:21.82	2300m:	31:29.58	1:24.39			
	800m:	10:39.90	1:21.09	1600m:	21:40.60	1:24.38	2400m:	32:54.35	1:24.77			
4.	RODRIGUEZ RIVERO, Alejandro			99	Club Gloria Swimtrain Maspalomas				41:47.07	335		
	100m:	1:15.85	1:15.85	900m:	12:00.77	1:21.87	1700m:	23:11.98	1:25.01	2500m:	34:33.80	1:24.01
	200m:	2:35.74	1:19.89	1000m:	13:22.67	1:21.90	1800m:	24:35.79	1:23.81	2600m:	35:58.96	1:25.16
	300m:	3:56.39	1:20.65	1100m:	14:45.46	1:22.79	1900m:	26:00.52	1:24.73	2700m:	37:26.01	1:27.05
	400m:	5:16.40	1:20.01	1200m:	16:08.57	1:23.11	2000m:	27:25.61	1:25.09	2800m:	38:53.13	1:27.12
	500m:	6:36.55	1:20.15	1300m:	17:32.75	1:24.18	2100m:	28:50.48	1:24.87	2900m:	40:20.78	1:27.65
	600m:	7:57.01	1:20.46	1400m:	18:57.09	1:24.34	2200m:	30:17.52	1:27.04	3000m:	41:47.07	1:26.29
	700m:	9:17.62	1:20.61	1500m:	20:21.64	1:24.55	2300m:	31:43.78	1:26.26			
	800m:	10:38.90	1:21.28	1600m:	21:46.97	1:25.33	2400m:	33:09.79	1:26.01			
5.	ALVARADO RAMOS, Carlos			97	Cn.Salinas Sta.Lucia				45:12.64	264		
	100m:	1:26.74	1:26.74	900m:	13:49.33	1:34.63	1700m:	25:55.28	1:31.08	2500m:	37:55.10	1:27.81
	200m:	2:56.66	1:29.92	1000m:	15:24.13	1:34.80	1800m:	27:26.01	1:30.73	2600m:	39:23.15	1:28.05
	300m:	4:28.46	1:31.80	1100m:	16:53.41	1:29.28	1900m:	28:57.37	1:31.36	2700m:	40:51.19	1:28.04
	400m:	6:01.62	1:33.16	1200m:	18:22.93	1:29.52	2000m:	30:29.45	1:32.08	2800m:	42:20.23	1:29.04
	500m:	7:34.72	1:33.10	1300m:	19:53.06	1:30.13	2100m:	32:00.57	1:31.12	2900m:	43:49.32	1:29.09
	600m:	9:08.19	1:33.47	1400m:	21:22.29	1:29.23	2200m:	33:29.74	1:29.17	3000m:	45:12.64	1:23.32
	700m:	10:41.14	1:32.95	1500m:	22:53.34	1:31.05	2300m:	34:58.66	1:28.92			
	800m:	12:14.70	1:33.56	1600m:	24:24.20	1:30.86	2400m:	36:27.29	1:28.63			
6.	GARCIA FALCON, Alvaro			01	Cn.Salinas Sta.Lucia				51:44.78	176		
	100m:	1:36.09	1:36.09	900m:	15:25.37	1:47.02	1700m:	29:31.77	1:43.89	2500m:	43:25.36	1:43.26
	200m:	3:17.09	1:41.00	1000m:	17:10.24	1:44.87	1800m:	31:15.39	1:43.62	2600m:	45:07.42	1:42.06
	300m:	4:58.22	1:41.13	1100m:	18:57.11	1:46.87	1900m:	33:01.09	1:45.70	2700m:	46:47.47	1:40.05
	400m:	6:42.69	1:44.47	1200m:	20:43.72	1:46.61	2000m:	34:46.06	1:44.97	2800m:	48:29.86	1:42.39
	500m:	8:24.25	1:41.56	1300m:	22:28.58	1:44.86	2100m:	36:30.34	1:44.28	2900m:	50:11.21	1:41.35
	600m:	10:07.35	1:43.10	1400m:	24:15.02	1:46.44	2200m:	38:13.08	1:42.74	3000m:	51:44.78	1:33.57
	700m:	11:52.07	1:44.72	1500m:	26:02.05	1:47.03	2300m:	39:56.58	1:43.50			
	800m:	13:38.35	1:46.28	1600m:	27:47.88	1:45.83	2400m:	41:42.10	1:45.52			

30+, Masc.

1. GONZALEZ GARCIA, Alvaro	93	C.N. Metropole						40:58.88	355		
100m:	1:13.47	1:13.47	900m:	11:56.27	1:21.78	1700m:	22:56.00	1:23.01	2500m:	34:04.84	1:23.65
200m:	2:31.73	1:18.26	1000m:	13:17.68	1:21.41	1800m:	24:19.48	1:23.48	2600m:	35:30.09	1:25.25
300m:	3:51.23	1:19.50	1100m:	14:38.95	1:21.27	1900m:	25:42.40	1:22.92	2700m:	36:54.04	1:23.95
400m:	5:11.44	1:20.21	1200m:	16:01.13	1:22.18	2000m:	27:06.04	1:23.64	2800m:	38:17.99	1:23.95
500m:	6:31.46	1:20.02	1300m:	17:23.37	1:22.24	2100m:	28:29.99	1:23.95	2900m:	39:42.98	1:24.99
600m:	7:52.42	1:20.96	1400m:	18:46.37	1:23.00	2200m:	29:54.09	1:24.10	3000m:	40:58.88	1:15.90
700m:	9:13.44	1:21.02	1500m:	20:10.08	1:23.71	2300m:	31:17.11	1:23.02			
800m:	10:34.49	1:21.05	1600m:	21:32.99	1:22.91	2400m:	32:41.19	1:24.08			

Prueba 1, Masc., 3000m Libre, 30+

Clasificación	AN								Tiempo		Pts
2. ARBELO RODRIGUEZ, Nauzet	93 Cn.Salinas Sta.Lucia								45:25.02		260
100m:	1:23.85	1:23.85	900m:	13:13.36	1:31.26	1700m:	25:27.18	1:32.47	2500m:	37:48.99	1:33.04
200m:	2:50.71	1:26.86	1000m:	14:45.52	1:32.16	1800m:	26:59.32	1:32.14	2600m:	39:21.97	1:32.98
300m:	4:17.39	1:26.68	1100m:	16:17.15	1:31.63	1900m:	28:33.07	1:33.75	2700m:	40:52.49	1:30.52
400m:	5:45.92	1:28.53	1200m:	17:48.53	1:31.38	2000m:	30:06.98	1:33.91	2800m:	42:24.11	1:31.62
500m:	7:14.26	1:28.34	1300m:	19:19.20	1:30.67	2100m:	31:40.50	1:33.52	2900m:	43:56.14	1:32.03
600m:	8:41.96	1:27.70	1400m:	20:50.79	1:31.59	2200m:	33:12.69	1:32.19	3000m:	45:25.02	1:28.88
700m:	10:10.98	1:29.02	1500m:	22:22.79	1:32.00	2300m:	34:44.63	1:31.94			
800m:	11:42.10	1:31.12	1600m:	23:54.71	1:31.92	2400m:	36:15.95	1:31.32			

35+, Masc.

1. HENRIQUEZ HERNANDEZ, Rafael	87	C.N. Las Palmas					37:57.94					446
100m:	1:13.21	1:13.21	900m:	11:17.43	1:15.72	1700m:	21:28.83	1:16.59	2500m:	31:38.65	1:16.55	
200m:	2:27.92	1:14.71	1000m:	12:33.20	1:15.77	1800m:	22:44.90	1:16.07	2600m:	32:55.19	1:16.54	
300m:	3:42.70	1:14.78	1100m:	13:49.19	1:15.99	1900m:	24:00.58	1:15.68	2700m:	34:12.10	1:16.91	
400m:	4:58.43	1:15.73	1200m:	15:05.51	1:16.32	2000m:	25:16.64	1:16.06	2800m:	35:28.37	1:16.27	
500m:	6:14.70	1:16.27	1300m:	16:22.15	1:16.64	2100m:	26:32.72	1:16.08	2900m:	36:44.45	1:16.08	
600m:	7:30.52	1:15.82	1400m:	17:38.91	1:16.76	2200m:	27:49.24	1:16.52	3000m:	37:57.94	1:13.49	
700m:	8:46.20	1:15.68	1500m:	18:55.59	1:16.68	2300m:	29:05.67	1:16.43				
800m:	10:01.71	1:15.51	1600m:	20:12.24	1:16.65	2400m:	30:22.10	1:16.43				
2. GARCIA CATALA, Josue	87	C.N. Metropole					42:46.57					312
100m:	1:18.39	1:18.39	900m:	12:23.87	1:23.41	1700m:	23:47.48	1:27.75	2500m:	35:30.04	1:28.62	
200m:	2:40.38	1:21.99	1000m:	13:48.24	1:24.37	1800m:	25:15.19	1:27.71	2600m:	36:58.40	1:28.36	
300m:	4:03.45	1:23.07	1100m:	15:12.85	1:24.61	1900m:	26:42.27	1:27.08	2700m:	38:26.98	1:28.58	
400m:	5:26.90	1:23.45	1200m:	16:37.42	1:24.57	2000m:	28:09.60	1:27.33	2800m:	39:54.86	1:27.88	
500m:	6:49.69	1:22.79	1300m:	18:01.49	1:24.07	2100m:	29:36.96	1:27.36	2900m:	41:21.05	1:26.19	
600m:	8:13.56	1:23.87	1400m:	19:27.10	1:25.61	2200m:	31:05.07	1:28.11	3000m:	42:46.57	1:25.52	
700m:	9:36.84	1:23.28	1500m:	20:53.32	1:26.22	2300m:	32:32.97	1:27.90				
800m:	11:00.46	1:23.62	1600m:	22:19.73	1:26.41	2400m:	34:01.42	1:28.45				
3. SARMIENTO LEON, Dailos	88	Cn.Salinas Sta.Lucia					50:23.41					191
100m:	1:32.16	1:32.16	900m:	14:50.66	1:40.70	1700m:	28:14.85	1:41.61	2500m:	41:47.41	1:43.23	
200m:	3:08.45	1:36.29	1000m:	16:31.53	1:40.87	1800m:	29:57.29	1:42.44	2600m:	43:30.37	1:42.96	
300m:	4:47.25	1:38.80	1100m:	18:12.53	1:41.00	1900m:	31:37.96	1:40.67	2700m:	45:13.59	1:43.22	
400m:	6:27.11	1:39.86	1200m:	19:52.67	1:40.14	2000m:	33:19.73	1:41.77	2800m:	46:56.82	1:43.23	
500m:	8:07.49	1:40.38	1300m:	21:32.67	1:40.00	2100m:	35:00.67	1:40.94	2900m:	48:40.01	1:43.19	
600m:	9:48.24	1:40.75	1400m:	23:12.25	1:39.58	2200m:	36:41.52	1:40.85	3000m:	50:23.41	1:43.40	
700m:	11:28.92	1:40.68	1500m:	24:51.89	1:39.64	2300m:	38:22.38	1:40.86				
800m:	13:09.96	1:41.04	1600m:	26:33.24	1:41.35	2400m:	40:04.18	1:41.80				

Baja	QUEVEDO MEDINA, Ulises	90	C.D. Belen Maria
Baja	GARCIA FIERRO, Victor Manuel	88	C.N. Metropole

40+, Masc.

1. SANTANA SARMIENTO, Miguel	83	C.N..Faynagua C. Telde					36:21.01					508
100m:	1:12.10	1:12.10	900m:	10:52.02	1:12.89	1700m:	20:35.04	1:12.78	2500m:	30:21.96	1:12.80	
200m:	2:24.69	1:12.59	1000m:	12:04.95	1:12.93	1800m:	21:48.15	1:13.11	2600m:	31:35.83	1:13.87	
300m:	3:36.99	1:12.30	1100m:	13:18.16	1:13.21	1900m:	23:00.61	1:12.46	2700m:	32:48.51	1:12.68	
400m:	4:49.46	1:12.47	1200m:	14:31.26	1:13.10	2000m:	24:14.35	1:13.74	2800m:	34:01.77	1:13.26	
500m:	6:00.88	1:11.42	1300m:	15:43.92	1:12.66	2100m:	25:28.31	1:13.96	2900m:	35:15.12	1:13.35	
600m:	7:13.44	1:12.56	1400m:	16:56.96	1:13.04	2200m:	26:42.52	1:14.21	3000m:	36:21.01	1:05.89	
700m:	8:25.97	1:12.53	1500m:	18:09.75	1:12.79	2300m:	27:56.24	1:13.72				
800m:	9:39.13	1:13.16	1600m:	19:22.26	1:12.51	2400m:	29:09.16	1:12.92				

Prueba 1, Masc., 3000m Libre, 40+

Clasificación	AN								Tiempo		Pts	
2.	RODRIGUEZ VIERA, Jose Javier			82	C.N. Las Palmas				47:47.05		224	
	100m:	1:29.17	1:29.17	900m:	14:00.62	1:35.73	1700m:	26:50.63	1:37.35	2500m:	39:42.68	1:36.69
	200m:	3:02.47	1:33.30	1000m:	15:35.08	1:34.46	1800m:	28:27.64	1:37.01	2600m:	41:18.13	1:35.45
	300m:	4:36.07	1:33.60	1100m:	17:10.53	1:35.45	1900m:	30:04.17	1:36.53	2700m:	42:54.92	1:36.79
	400m:	6:08.66	1:32.59	1200m:	18:47.34	1:36.81	2000m:	31:40.29	1:36.12	2800m:	44:32.37	1:37.45
	500m:	7:41.67	1:33.01	1300m:	20:23.48	1:36.14	2100m:	33:16.00	1:35.71	2900m:	46:18.37	1:46.00
	600m:	9:15.89	1:34.22	1400m:	22:01.46	1:37.98	2200m:	34:53.67	1:37.67	3000m:	47:47.05	1:28.68
	700m:	10:49.50	1:33.61	1500m:	23:36.80	1:35.34	2300m:	36:28.92	1:35.25			
	800m:	12:24.89	1:35.39	1600m:	25:13.28	1:36.48	2400m:	38:05.99	1:37.07			
3.	MARTIN PIELTAIN, Ione Manuel			83	C.N. Aguacan				48:09.03		218	
	100m:	1:31.26	1:31.26	900m:	14:18.71	1:37.09	1700m:	27:16.44	1:37.88	2500m:	40:03.83	1:35.41
	200m:	3:06.59	1:35.33	1000m:	15:56.20	1:37.49	1800m:	28:53.58	1:37.14	2600m:	41:39.49	1:35.66
	300m:	4:42.04	1:35.45	1100m:	17:33.17	1:36.97	1900m:	30:29.58	1:36.00	2700m:	43:17.48	1:37.99
	400m:	6:17.57	1:35.53	1200m:	19:09.70	1:36.53	2000m:	32:05.05	1:35.47	2800m:	44:55.87	1:38.39
	500m:	7:53.23	1:35.66	1300m:	20:46.76	1:37.06	2100m:	33:41.03	1:35.98	2900m:	46:34.09	1:38.22
	600m:	9:28.75	1:35.52	1400m:	22:24.06	1:37.30	2200m:	35:17.32	1:36.29	3000m:	48:09.03	1:34.94
	700m:	11:05.04	1:36.29	1500m:	24:01.16	1:37.10	2300m:	36:52.49	1:35.17			
	800m:	12:41.62	1:36.58	1600m:	25:38.56	1:37.40	2400m:	38:28.42	1:35.93			
4.	QUINTANA GARCIA, Daniel			85	C.N. Las Palmas				48:16.95		217	
	100m:	1:28.76	1:28.76	900m:	14:19.03	1:37.38	1700m:	27:16.43	1:37.82	2500m:	40:16.85	1:37.39
	200m:	3:02.36	1:33.60	1000m:	15:55.73	1:36.70	1800m:	28:54.33	1:37.90	2600m:	41:54.88	1:38.03
	300m:	4:38.20	1:35.84	1100m:	17:32.69	1:36.96	1900m:	30:30.38	1:36.05	2700m:	43:33.74	1:38.86
	400m:	6:14.71	1:36.51	1200m:	19:09.55	1:36.86	2000m:	32:07.34	1:36.96	2800m:	45:11.38	1:37.64
	500m:	7:52.48	1:37.77	1300m:	20:46.43	1:36.88	2100m:	33:44.26	1:36.92	2900m:	46:46.72	1:35.34
	600m:	9:29.27	1:36.79	1400m:	22:23.75	1:37.32	2200m:	35:23.25	1:38.99	3000m:	48:16.95	1:30.23
	700m:	11:05.47	1:36.20	1500m:	24:01.30	1:37.55	2300m:	37:01.15	1:37.90			
	800m:	12:41.65	1:36.18	1600m:	25:38.61	1:37.31	2400m:	38:39.46	1:38.31			
5.	CHECA MERINO, Pablo			82	C.D. Belen Maria				51:36.63		177	
	100m:	1:30.91	1:30.91	900m:	14:50.37	1:44.06	1700m:	28:34.27	1:45.08	2500m:	42:46.96	1:46.66
	200m:	3:06.79	1:35.88	1000m:	16:30.35	1:39.98	1800m:	30:19.83	1:45.56	2600m:	44:34.44	1:47.48
	300m:	4:45.76	1:38.97	1100m:	18:14.15	1:43.80	1900m:	32:04.66	1:44.83	2700m:	46:22.68	1:48.24
	400m:	6:25.03	1:39.27	1200m:	19:55.64	1:41.49	2000m:	33:50.79	1:46.13	2800m:	48:08.14	1:45.46
	500m:	8:05.76	1:40.73	1300m:	21:38.91	1:43.27	2100m:	35:36.83	1:46.04	2900m:	49:53.68	1:45.54
	600m:	9:46.19	1:40.43	1400m:	23:21.67	1:42.76	2200m:	37:25.37	1:48.54	3000m:	51:36.63	1:42.95
	700m:	11:26.39	1:40.20	1500m:	25:03.27	1:41.60	2300m:	39:11.53	1:46.16			
	800m:	13:06.31	1:39.92	1600m:	26:49.19	1:45.92	2400m:	41:00.30	1:48.77			
Baja	BALSAS FALAGUERA, Jose Maria			84	C. Tenerife Masters							
45+, Masc.												
1.	PEREZ FLOREZ, Carlos Alberto			80	C.D.N. Baja Larga				38:21.75		432	
	100m:	1:11.39	1:11.39	900m:	11:21.53	1:17.56	1700m:	21:34.30	1:17.11	2500m:	31:57.75	1:18.24
	200m:	2:25.76	1:14.37	1000m:	12:37.76	1:16.23	1800m:	22:52.16	1:17.86	2600m:	33:14.52	1:16.77
	300m:	3:41.14	1:15.38	1100m:	13:53.75	1:15.99	1900m:	24:08.50	1:16.34	2700m:	34:33.01	1:18.49
	400m:	4:58.61	1:17.47	1200m:	15:10.46	1:16.71	2000m:	25:26.69	1:18.19	2800m:	35:50.53	1:17.52
	500m:	6:14.97	1:16.36	1300m:	16:27.33	1:16.87	2100m:	26:44.84	1:18.15	2900m:	37:09.05	1:18.52
	600m:	7:31.84	1:16.87	1400m:	17:44.03	1:16.70	2200m:	28:02.55	1:17.71	3000m:	38:21.75	1:12.70
	700m:	8:47.27	1:15.43	1500m:	19:00.27	1:16.24	2300m:	29:21.20	1:18.65			
	800m:	10:03.97	1:16.70	1600m:	20:17.19	1:16.92	2400m:	30:39.51	1:18.31			

Prueba 1, Masc., 3000m Libre, 45+

Clasificación	AN								Tiempo		Pts	
2.	EHRHARDT, Thomas			77	C.N. Metropole				41:32.07	341		
	100m:	1:16.61	1:16.61	900m:	12:02.31	1:21.17	1700m:	23:07.85	1:23.74	2500m:	34:26.84	1:25.56
	200m:	2:36.76	1:20.15	1000m:	13:24.61	1:22.30	1800m:	24:31.82	1:23.97	2600m:	35:51.86	1:25.02
	300m:	3:57.91	1:21.15	1100m:	14:47.13	1:22.52	1900m:	25:56.27	1:24.45	2700m:	37:17.16	1:25.30
	400m:	5:18.77	1:20.86	1200m:	16:10.01	1:22.88	2000m:	27:21.48	1:25.21	2800m:	38:42.79	1:25.63
	500m:	6:39.14	1:20.37	1300m:	17:33.15	1:23.14	2100m:	28:46.99	1:25.51	2900m:	40:07.93	1:25.14
	600m:	7:59.18	1:20.04	1400m:	18:56.65	1:23.50	2200m:	30:12.29	1:25.30	3000m:	41:32.07	1:24.14
	700m:	9:20.52	1:21.34	1500m:	20:20.28	1:23.63	2300m:	31:36.90	1:24.61			
	800m:	10:41.14	1:20.62	1600m:	21:44.11	1:23.83	2400m:	33:01.28	1:24.38			
3.	PEREZ GARCIA, Alejandro			77	C.D. Belen Maria				47:40.51	225		
	100m:	1:30.20	1:30.20	900m:	14:06.07	1:34.84	1700m:	26:50.16	1:36.54	2500m:	39:41.71	1:37.29
	200m:	3:03.33	1:33.13	1000m:	15:41.36	1:35.29	1800m:	28:26.30	1:36.14	2600m:	41:18.70	1:36.99
	300m:	4:38.19	1:34.86	1100m:	17:16.35	1:34.99	1900m:	30:02.08	1:35.78	2700m:	42:55.60	1:36.90
	400m:	6:12.55	1:34.36	1200m:	18:51.27	1:34.92	2000m:	31:38.19	1:36.11	2800m:	44:33.34	1:37.74
	500m:	7:46.74	1:34.19	1300m:	20:26.53	1:35.26	2100m:	33:14.83	1:36.64	2900m:	46:10.93	1:37.59
	600m:	9:21.47	1:34.73	1400m:	22:02.18	1:35.65	2200m:	34:50.89	1:36.06	3000m:	47:40.51	1:29.58
	700m:	10:56.17	1:34.70	1500m:	23:37.44	1:35.26	2300m:	36:27.49	1:36.60			
	800m:	12:31.23	1:35.06	1600m:	25:13.62	1:36.18	2400m:	38:04.42	1:36.93			
Baja	GARCIA MEDINA, Israel			78	C.D. Belen Maria							
50+, Masc.												
1.	MORALES RODRIGUEZ, Sergio			73	A.D. Santa Cruz				38:22.13	432		
	100m:	1:14.26	1:14.26	900m:	11:25.18	1:16.52	1700m:	21:37.40	1:17.25	2500m:	31:56.49	1:17.62
	200m:	2:30.44	1:16.18	1000m:	12:41.63	1:16.45	1800m:	22:54.63	1:17.23	2600m:	33:14.29	1:17.80
	300m:	3:46.98	1:16.54	1100m:	13:58.17	1:16.54	1900m:	24:11.96	1:17.33	2700m:	34:32.46	1:18.17
	400m:	5:03.95	1:16.97	1200m:	15:14.48	1:16.31	2000m:	25:29.41	1:17.45	2800m:	35:50.64	1:18.18
	500m:	6:20.10	1:16.15	1300m:	16:30.72	1:16.24	2100m:	26:46.99	1:17.58	2900m:	37:08.30	1:17.66
	600m:	7:36.17	1:16.07	1400m:	17:47.11	1:16.39	2200m:	28:04.35	1:17.36	3000m:	38:22.13	1:13.83
	700m:	8:51.97	1:15.80	1500m:	19:03.30	1:16.19	2300m:	29:21.19	1:16.84			
	800m:	10:08.66	1:16.69	1600m:	20:20.15	1:16.85	2400m:	30:38.87	1:17.68			
2.	CAMACHO SANTANA, Carlos			74	C.N. Las Palmas				46:14.62	247		
	100m:	1:24.48	1:24.48	900m:	13:24.06	1:32.05	1700m:	25:49.28	1:33.44	2500m:	38:24.57	1:34.90
	200m:	2:52.77	1:28.29	1000m:	14:57.01	1:32.95	1800m:	27:22.77	1:33.49	2600m:	39:59.08	1:34.51
	300m:	4:21.25	1:28.48	1100m:	16:29.66	1:32.65	1900m:	28:56.72	1:33.95	2700m:	41:32.86	1:33.78
	400m:	5:50.58	1:29.33	1200m:	18:01.78	1:32.12	2000m:	30:29.87	1:33.15	2800m:	43:07.25	1:34.39
	500m:	7:20.16	1:29.58	1300m:	19:35.37	1:33.59	2100m:	32:03.87	1:34.00	2900m:	44:42.02	1:34.77
	600m:	8:50.16	1:30.00	1400m:	21:08.97	1:33.60	2200m:	33:39.30	1:35.43	3000m:	46:14.62	1:32.60
	700m:	10:20.79	1:30.63	1500m:	22:42.74	1:33.77	2300m:	35:14.70	1:35.40			
	800m:	11:52.01	1:31.22	1600m:	24:15.84	1:33.10	2400m:	36:49.67	1:34.97			
3.	LEON QUINTERO, Jacob			72	C.D. Belen Maria				46:34.25	242		
	100m:	1:21.08	1:21.08	900m:	13:35.91	1:32.94	1700m:	26:01.56	1:34.71	2500m:	38:40.55	1:36.05
	200m:	2:49.49	1:28.41	1000m:	15:08.33	1:32.42	1800m:	27:35.71	1:34.15	2600m:	40:16.37	1:35.82
	300m:	4:20.91	1:31.42	1100m:	16:41.20	1:32.87	1900m:	29:10.63	1:34.92	2700m:	41:50.81	1:34.44
	400m:	5:52.47	1:31.56	1200m:	18:13.58	1:32.38	2000m:	30:45.28	1:34.65	2800m:	43:26.35	1:35.54
	500m:	7:25.18	1:32.71	1300m:	19:46.16	1:32.58	2100m:	32:19.80	1:34.52	2900m:	45:00.42	1:34.07
	600m:	8:57.63	1:32.45	1400m:	21:18.88	1:32.72	2200m:	33:54.75	1:34.95	3000m:	46:34.25	1:33.83
	700m:	10:30.49	1:32.86	1500m:	22:53.21	1:34.33	2300m:	35:29.73	1:34.98			
	800m:	12:02.97	1:32.48	1600m:	24:26.85	1:33.64	2400m:	37:04.50	1:34.77			

Prueba 1, Masc., 3000m Libre, 50+

Clasificación	AN								Tiempo		Pts	
4.	MARTIN ALMEIDA, Luis A.			76	C.D. Belen Maria				48:17.10	217		
	100m:	1:28.03	1:28.03	900m:	14:21.18	1:37.54	1700m:	27:13.19	1:37.91	2500m:	40:20.27	1:38.01
	200m:	3:02.37	1:34.34	1000m:	15:59.24	1:38.06	1800m:	28:51.36	1:38.17	2600m:	41:56.54	1:36.27
	300m:	4:39.07	1:36.70	1100m:	17:34.52	1:35.28	1900m:	30:29.47	1:38.11	2700m:	43:33.63	1:37.09
	400m:	6:16.29	1:37.22	1200m:	19:10.92	1:36.40	2000m:	32:07.50	1:38.03	2800m:	45:11.10	1:37.47
	500m:	7:53.08	1:36.79	1300m:	20:47.96	1:37.04	2100m:	33:46.32	1:38.82	2900m:	46:47.19	1:36.09
	600m:	9:29.87	1:36.79	1400m:	22:24.82	1:36.86	2200m:	35:24.70	1:38.38	3000m:	48:17.10	1:29.91
	700m:	11:06.49	1:36.62	1500m:	23:57.52	1:32.70	2300m:	37:03.10	1:38.40			
	800m:	12:43.64	1:37.15	1600m:	25:35.28	1:37.76	2400m:	38:42.26	1:39.16			
5.	ALVAREZ ALAMO, Emilio			74	Club Gloria Swimtrain Maspalomas				48:31.50	213		
	100m:	1:31.26	1:31.26	900m:	14:09.94	1:35.47	1700m:	27:01.96	1:37.52	2500m:	40:20.07	1:40.15
	200m:	3:03.99	1:32.73	1000m:	15:45.48	1:35.54	1800m:	28:40.21	1:38.25	2600m:	42:01.66	1:41.59
	300m:	4:38.15	1:34.16	1100m:	17:21.17	1:35.69	1900m:	30:19.41	1:39.20	2700m:	43:40.97	1:39.31
	400m:	6:12.54	1:34.39	1200m:	18:57.05	1:35.88	2000m:	31:59.29	1:39.88	2800m:	45:18.82	1:37.85
	500m:	7:47.71	1:35.17	1300m:	20:32.31	1:35.26	2100m:	33:39.60	1:40.31	2900m:	46:58.84	1:40.02
	600m:	9:23.25	1:35.54	1400m:	22:09.16	1:36.85	2200m:	35:18.72	1:39.12	3000m:	48:31.50	1:32.66
	700m:	10:58.17	1:34.92	1500m:	23:46.27	1:37.11	2300m:	36:59.62	1:40.90			
	800m:	12:34.47	1:36.30	1600m:	25:24.44	1:38.17	2400m:	38:39.92	1:40.30			
6.	GIL HENRIQUEZ, Jorge Juan			72	C.N. Las Palmas				49:08.21	206		
	100m:	1:31.81	1:31.81	900m:	14:36.92	1:40.45	1700m:	27:50.95	1:39.30	2500m:	41:07.36	1:39.58
	200m:	3:08.02	1:36.21	1000m:	16:14.99	1:38.07	1800m:	29:30.36	1:39.41	2600m:	42:45.09	1:37.73
	300m:	4:44.92	1:36.90	1100m:	17:52.95	1:37.96	1900m:	31:09.05	1:38.69	2700m:	44:23.69	1:38.60
	400m:	6:22.43	1:37.51	1200m:	19:31.03	1:38.08	2000m:	32:48.26	1:39.21	2800m:	46:00.56	1:36.87
	500m:	8:00.16	1:37.73	1300m:	21:11.03	1:40.00	2100m:	34:28.09	1:39.83	2900m:	47:36.43	1:35.87
	600m:	9:38.38	1:38.22	1400m:	22:51.55	1:40.52	2200m:	36:08.04	1:39.95	3000m:	49:08.21	1:31.78
	700m:	11:17.56	1:39.18	1500m:	24:31.58	1:40.03	2300m:	37:47.02	1:38.98			
	800m:	12:56.47	1:38.91	1600m:	26:11.65	1:40.07	2400m:	39:27.78	1:40.76			
7.	SEGARRA CARRANZA, Isaac			74	Cn.Salinas Sta.Lucia				53:37.77	158		
	100m:	1:41.27	1:41.27	900m:	15:52.77	1:46.10	1700m:	30:11.83	1:47.45	2500m:	44:38.16	1:46.59
	200m:	3:26.08	1:44.81	1000m:	17:39.32	1:46.55	1800m:	32:01.20	1:49.37	2600m:	46:25.29	1:47.13
	300m:	5:12.44	1:46.36	1100m:	19:27.10	1:47.78	1900m:	33:50.68	1:49.48	2700m:	48:15.35	1:50.06
	400m:	6:59.17	1:46.73	1200m:	21:13.81	1:46.71	2000m:	35:40.49	1:49.81	2800m:	50:06.34	1:50.99
	500m:	8:44.78	1:45.61	1300m:	23:00.92	1:47.11	2100m:	37:27.89	1:47.40	2900m:	51:55.36	1:49.02
	600m:	10:32.39	1:47.61	1400m:	24:49.12	1:48.20	2200m:	39:15.39	1:47.50	3000m:	53:37.77	1:42.41
	700m:	12:19.69	1:47.30	1500m:	26:37.68	1:48.56	2300m:	41:04.37	1:48.98			
	800m:	14:06.67	1:46.98	1600m:	28:24.38	1:46.70	2400m:	42:51.57	1:47.20			
8.	DE LEON LOPEZ, Ruben			75	C. Tenerife Masters				59:31.06	115		
	100m:	1:33.06	1:33.06	900m:	16:34.12	2:00.39	1700m:	32:11.06	2:01.09	2500m:	48:57.84	2:08.96
	200m:	3:20.46	1:47.40	1000m:	18:29.84	1:55.72	1800m:	34:14.17	2:03.11	2600m:	51:05.65	2:07.81
	300m:	5:12.73	1:52.27	1100m:	20:25.33	1:55.49	1900m:	36:16.52	2:02.35	2700m:	53:13.51	2:07.86
	400m:	7:03.57	1:50.84	1200m:	22:20.67	1:55.34	2000m:	38:18.77	2:02.25	2800m:	55:21.37	2:07.86
	500m:	8:59.08	1:55.51	1300m:	24:15.97	1:55.30	2100m:	40:25.31	2:06.54	2900m:	57:30.64	2:09.27
	600m:	10:51.34	1:52.26	1400m:	26:13.45	1:57.48	2200m:	42:32.75	2:07.44	3000m:	59:31.06	2:00.42
	700m:	12:43.80	1:52.46	1500m:	28:07.86	1:54.41	2300m:	44:39.35	2:06.60			
	800m:	14:33.73	1:49.93	1600m:	30:09.97	2:02.11	2400m:	46:48.88	2:09.53			

Prueba 1, 3000m Libre

55+, Masc.

1.	DOMINGUEZ CABRERA, Arnaudis 67			C.D. Belen Maria			40:18.93 373					
	100m:	1:15.64	1:15.64	900m:	11:56.71	1:20.50	1700m:	22:42.36	1:20.89	2500m:	33:36.31	1:22.29
	200m:	2:34.82	1:19.18	1000m:	13:17.15	1:20.44	1800m:	24:03.75	1:21.39	2600m:	34:58.57	1:22.26
	300m:	3:55.37	1:20.55	1100m:	14:37.30	1:20.15	1900m:	25:24.49	1:20.74	2700m:	36:21.00	1:22.43
	400m:	5:15.31	1:19.94	1200m:	15:56.55	1:19.25	2000m:	26:45.83	1:21.34	2800m:	37:42.75	1:21.75
	500m:	6:35.22	1:19.91	1300m:	17:17.43	1:20.88	2100m:	28:07.66	1:21.83	2900m:	39:04.20	1:21.45
	600m:	7:55.41	1:20.19	1400m:	18:38.88	1:21.45	2200m:	29:29.43	1:21.77	3000m:	40:18.93	1:14.73
	700m:	9:15.71	1:20.30	1500m:	20:00.00	1:21.12	2300m:	30:52.49	1:23.06			
	800m:	10:36.21	1:20.50	1600m:	21:21.47	1:21.47	2400m:	32:14.02	1:21.53			
2.	SANTANA MIRANDA, Antonio Manuel 67			C.N. Metropole			42:34.32 316					
	100m:	1:18.22	1:18.22	900m:	12:27.56	1:24.44	1700m:	23:47.95	1:25.00	2500m:	35:19.19	1:26.60
	200m:	2:40.63	1:22.41	1000m:	13:52.47	1:24.91	1800m:	25:12.84	1:24.89	2600m:	36:47.59	1:28.40
	300m:	4:03.68	1:23.05	1100m:	15:16.92	1:24.45	1900m:	26:38.34	1:25.50	2700m:	38:14.78	1:27.19
	400m:	5:27.04	1:23.36	1200m:	16:42.09	1:25.17	2000m:	28:04.82	1:26.48	2800m:	39:41.82	1:27.04
	500m:	6:50.59	1:23.55	1300m:	18:06.80	1:24.71	2100m:	29:31.20	1:26.38	2900m:	41:09.13	1:27.31
	600m:	8:14.47	1:23.88	1400m:	19:33.08	1:26.28	2200m:	30:59.82	1:28.62	3000m:	42:34.32	1:25.19
	700m:	9:38.76	1:24.29	1500m:	20:58.12	1:25.04	2300m:	32:26.02	1:26.20			
	800m:	11:03.12	1:24.36	1600m:	22:22.95	1:24.83	2400m:	33:52.59	1:26.57			
3.	HERNANDEZ RODRIGUEZ, Horacio 71			C.N. Metropole			47:30.71 227					
	100m:	1:32.24	1:32.24	900m:	14:23.08	1:36.23	1700m:	27:12.01	1:36.55	2500m:	39:52.52	1:34.98
	200m:	3:08.27	1:36.03	1000m:	15:59.63	1:36.55	1800m:	28:47.61	1:35.60	2600m:	41:26.15	1:33.63
	300m:	4:45.19	1:36.92	1100m:	17:35.85	1:36.22	1900m:	30:24.03	1:36.42	2700m:	42:59.46	1:33.31
	400m:	6:22.35	1:37.16	1200m:	19:11.88	1:36.03	2000m:	32:00.69	1:36.66	2800m:	44:32.16	1:32.70
	500m:	7:59.24	1:36.89	1300m:	20:48.66	1:36.78	2100m:	33:34.25	1:33.56	2900m:	46:03.98	1:31.82
	600m:	9:35.30	1:36.06	1400m:	22:23.90	1:35.24	2200m:	35:08.49	1:34.24	3000m:	47:30.71	1:26.73
	700m:	11:11.01	1:35.71	1500m:	23:59.57	1:35.67	2300m:	36:42.89	1:34.40			
	800m:	12:46.85	1:35.84	1600m:	25:35.46	1:35.89	2400m:	38:17.54	1:34.65			
4.	RODRIGUEZ SUAREZ, Juan Pedro 67			C.N. Metropole			47:42.37 225					
	100m:	1:29.66	1:29.66	900m:	14:05.65	1:35.08	1700m:	26:49.27	1:36.00	2500m:	39:41.60	1:37.37
	200m:	3:03.42	1:33.76	1000m:	15:41.10	1:35.45	1800m:	28:26.04	1:36.77	2600m:	41:19.55	1:37.95
	300m:	4:37.87	1:34.45	1100m:	17:16.18	1:35.08	1900m:	30:01.69	1:35.65	2700m:	42:56.46	1:36.91
	400m:	6:12.30	1:34.43	1200m:	18:51.06	1:34.88	2000m:	31:37.87	1:36.18	2800m:	44:33.77	1:37.31
	500m:	7:46.48	1:34.18	1300m:	20:26.52	1:35.46	2100m:	33:14.74	1:36.87	2900m:	46:11.40	1:37.63
	600m:	9:21.11	1:34.63	1400m:	22:02.43	1:35.91	2200m:	34:51.43	1:36.69	3000m:	47:42.37	1:30.97
	700m:	10:55.80	1:34.69	1500m:	23:37.45	1:35.02	2300m:	36:27.52	1:36.09			
	800m:	12:30.57	1:34.77	1600m:	25:13.27	1:35.82	2400m:	38:04.23	1:36.71			
5.	NUEZ SANCHEZ, Carlos Luis 69			C.N. Aguacan			49:16.93 204					
	100m:	1:29.25	1:29.25	900m:	14:34.58	1:39.95	1700m:	27:59.49	1:40.61	2500m:	41:18.08	1:39.76
	200m:	3:02.28	1:33.03	1000m:	16:15.15	1:40.57	1800m:	29:39.12	1:39.63	2600m:	42:56.09	1:38.01
	300m:	4:39.15	1:36.87	1100m:	17:55.44	1:40.29	1900m:	31:18.42	1:39.30	2700m:	44:33.41	1:37.32
	400m:	6:15.81	1:36.66	1200m:	19:35.74	1:40.30	2000m:	32:58.09	1:39.67	2800m:	46:11.07	1:37.66
	500m:	7:54.00	1:38.19	1300m:	21:16.66	1:40.92	2100m:	34:37.81	1:39.72	2900m:	47:38.99	1:27.92
	600m:	9:34.09	1:40.09	1400m:	22:57.36	1:40.70	2200m:	36:18.43	1:40.62	3000m:	49:16.93	1:37.94
	700m:	11:14.58	1:40.49	1500m:	24:37.90	1:40.54	2300m:	37:59.20	1:40.77			
	800m:	12:54.63	1:40.05	1600m:	26:18.88	1:40.98	2400m:	39:38.32	1:39.12			

Prueba 1, Masc., 3000m Libre, 55+

Clasificación	AN								Tiempo		Pts	
6.	SANTANA SANTANA, Gustavo Adolfo 67				Club Gloria Swimtrain Maspalomas				50:12.84	193		
	100m:	1:37.85	1:37.85	900m:	15:03.45	1:40.34	1700m:	28:24.63	1:41.18	2500m:	41:55.78	1:41.54
	200m:	3:20.88	1:43.03	1000m:	16:43.97	1:40.52	1800m:	30:05.73	1:41.10	2600m:	43:36.30	1:40.52
	300m:	5:02.51	1:41.63	1100m:	18:23.58	1:39.61	1900m:	31:47.54	1:41.81	2700m:	45:17.14	1:40.84
	400m:	6:44.56	1:42.05	1200m:	20:02.98	1:39.40	2000m:	33:29.00	1:41.46	2800m:	46:58.64	1:41.50
	500m:	8:24.79	1:40.23	1300m:	21:42.22	1:39.24	2100m:	35:10.82	1:41.82	2900m:	48:39.05	1:40.41
	600m:	10:04.32	1:39.53	1400m:	23:22.13	1:39.91	2200m:	36:51.90	1:41.08	3000m:	50:12.84	1:33.79
	700m:	11:43.27	1:38.95	1500m:	25:02.19	1:40.06	2300m:	38:32.95	1:41.05			
	800m:	13:23.11	1:39.84	1600m:	26:43.45	1:41.26	2400m:	40:14.24	1:41.29			
7.	RODRIGUEZ SANTANA, Ernesto 70				C.N. Valleverde				53:06.41	163		
	100m:	1:43.68	1:43.68	900m:	15:57.45	1:46.72	1700m:	30:10.22	1:47.33	2500m:	44:24.35	1:46.63
	200m:	3:28.38	1:44.70	1000m:	17:43.85	1:46.40	1800m:	31:56.82	1:46.60	2600m:	46:11.60	1:47.25
	300m:	5:14.01	1:45.63	1100m:	19:31.67	1:47.82	1900m:	33:44.48	1:47.66	2700m:	47:57.86	1:46.26
	400m:	7:01.54	1:47.53	1200m:	21:18.04	1:46.37	2000m:	35:30.96	1:46.48	2800m:	49:41.69	1:43.83
	500m:	8:48.74	1:47.20	1300m:	23:03.66	1:45.62	2100m:	37:18.53	1:47.57	2900m:	51:26.74	1:45.05
	600m:	10:37.36	1:48.62	1400m:	24:49.37	1:45.71	2200m:	39:04.26	1:45.73	3000m:	53:06.41	1:39.67
	700m:	12:23.98	1:46.62	1500m:	26:36.08	1:46.71	2300m:	40:49.93	1:45.67			
	800m:	14:10.73	1:46.75	1600m:	28:22.89	1:46.81	2400m:	42:37.72	1:47.79			

Baja QUESADA RODRIGUEZ, Francisco 67 Cn.Salinas Sta.Lucia

60+, Masc.

1. LUZARDO RODRIGUEZ, G.	66	C.N. Metropole	45:07.30	266			
100m: 1:27.25	1:27.25	900m: 13:24.56	1:29.14	1700m: 25:24.27	1:30.13	2500m: 37:35.67	1:32.37
200m: 2:56.69	1:29.44	1000m: 14:54.02	1:29.46	1800m: 26:54.65	1:30.38	2600m: 39:07.59	1:31.92
300m: 4:26.39	1:29.70	1100m: 16:24.14	1:30.12	1900m: 28:25.95	1:31.30	2700m: 40:40.20	1:32.61
400m: 5:56.71	1:30.32	1200m: 17:53.70	1:29.56	2000m: 29:57.03	1:31.08	2800m: 42:11.64	1:31.44
500m: 7:26.95	1:30.24	1300m: 19:23.16	1:29.46	2100m: 31:28.70	1:31.67	2900m: 43:41.32	1:29.68
600m: 8:56.98	1:30.03	1400m: 20:53.82	1:30.66	2200m: 32:59.90	1:31.20	3000m: 45:07.30	1:25.98
700m: 10:26.17	1:29.19	1500m: 22:23.27	1:29.45	2300m: 34:31.77	1:31.87		
800m: 11:55.42	1:29.25	1600m: 23:54.14	1:30.87	2400m: 36:03.30	1:31.53		
2. ROMERO LUJAN, Jose Luis	62	C.N. Metropole	47:50.92	223			
100m: 1:34.33	1:34.33	900m: 14:30.11	1:36.24	1700m: 27:16.70	1:35.56	2500m: 40:02.82	1:35.37
200m: 3:10.73	1:36.40	1000m: 16:06.94	1:36.83	1800m: 28:52.93	1:36.23	2600m: 41:37.39	1:34.57
300m: 4:47.66	1:36.93	1100m: 17:42.62	1:35.68	1900m: 30:28.51	1:35.58	2700m: 43:11.79	1:34.40
400m: 6:24.77	1:37.11	1200m: 19:18.08	1:35.46	2000m: 32:04.63	1:36.12	2800m: 44:46.00	1:34.21
500m: 8:01.95	1:37.18	1300m: 20:53.46	1:35.38	2100m: 33:40.77	1:36.14	2900m: 46:20.36	1:34.36
600m: 9:39.18	1:37.23	1400m: 22:28.84	1:35.38	2200m: 35:16.51	1:35.74	3000m: 47:50.92	1:30.56
700m: 11:16.34	1:37.16	1500m: 24:05.63	1:36.79	2300m: 36:51.63	1:35.12		
800m: 12:53.87	1:37.53	1600m: 25:41.14	1:35.51	2400m: 38:27.45	1:35.82		
3. ANTELA LOPEZ, Jose Carlos	64	C.N. Metropole	49:34.90	200			
100m: 1:31.36	1:31.36	900m: 14:34.68	1:38.07	1700m: 27:46.45	1:39.67	2500m: 41:08.30	1:41.58
200m: 3:09.48	1:38.12	1000m: 16:12.51	1:37.83	1800m: 29:25.17	1:38.72	2600m: 42:49.57	1:41.27
300m: 4:47.68	1:38.20	1100m: 17:50.53	1:38.02	1900m: 31:05.16	1:39.99	2700m: 44:31.17	1:41.60
400m: 6:25.43	1:37.75	1200m: 19:29.23	1:38.70	2000m: 32:44.81	1:39.65	2800m: 46:13.06	1:41.89
500m: 8:03.63	1:38.20	1300m: 21:07.70	1:38.47	2100m: 34:23.86	1:39.05	2900m: 47:53.34	1:40.28
600m: 9:41.07	1:37.44	1400m: 22:46.98	1:39.28	2200m: 36:04.23	1:40.37	3000m: 49:34.90	1:41.56
700m: 11:18.49	1:37.42	1500m: 24:26.50	1:39.52	2300m: 37:45.52	1:41.29		
800m: 12:56.61	1:38.12	1600m: 26:06.78	1:40.28	2400m: 39:26.72	1:41.20		

Prueba 1, Masc., 3000m Libre, 60+

Clasificación	AN								Tiempo		Pts
4. MARTIN LORENZO, Pablo	63 C.N. Metropole								58:20.26		123
100m:	1:44.86	1:44.86	900m:	17:22.29	1:59.64	1700m:	33:01.35	1:58.07	2500m:	48:40.03	1:59.71
200m:	3:41.35	1:56.49	1000m:	19:19.88	1:57.59	1800m:	34:57.25	1:55.90	2600m:	50:37.18	1:57.15
300m:	5:37.36	1:56.01	1100m:	21:18.06	1:58.18	1900m:	36:54.79	1:57.54	2700m:	52:34.49	1:57.31
400m:	7:34.06	1:56.70	1200m:	23:15.69	1:57.63	2000m:	38:51.70	1:56.91	2800m:	54:30.72	1:56.23
500m:	9:30.63	1:56.57	1300m:	25:12.51	1:56.82	2100m:	40:48.12	1:56.42	2900m:	56:26.46	1:55.74
600m:	11:29.63	1:59.00	1400m:	27:09.26	1:56.75	2200m:	42:45.85	1:57.73	3000m:	58:20.26	1:53.80
700m:	13:26.44	1:56.81	1500m:	29:06.52	1:57.26	2300m:	44:42.59	1:56.74			
800m:	15:22.65	1:56.21	1600m:	31:03.28	1:56.76	2400m:	46:40.32	1:57.73			

65+, Masc.

1. CHRISTIANSEN, Glen Robert			57	C. Tenerife Masters					45:14.13		264
100m:	1:23.91	1:23.91	900m:	13:18.40	1:30.15	1700m:	25:15.44	1:30.58	2500m:	37:35.05	1:33.04
200m:	2:53.39	1:29.48	1000m:	14:47.91	1:29.51	1800m:	26:47.39	1:31.95	2600m:	39:07.85	1:32.80
300m:	4:22.45	1:29.06	1100m:	16:17.16	1:29.25	1900m:	28:18.58	1:31.19	2700m:	40:40.51	1:32.66
400m:	5:51.23	1:28.78	1200m:	17:46.86	1:29.70	2000m:	29:51.12	1:32.54	2800m:	42:13.06	1:32.55
500m:	7:19.82	1:28.59	1300m:	19:16.69	1:29.83	2100m:	31:23.92	1:32.80	2900m:	43:45.53	1:32.47
600m:	8:48.87	1:29.05	1400m:	20:46.11	1:29.42	2200m:	32:56.49	1:32.57	3000m:	45:14.13	1:28.60
700m:	10:18.41	1:29.54	1500m:	22:15.64	1:29.53	2300m:	34:28.63	1:32.14			
800m:	11:48.25	1:29.84	1600m:	23:44.86	1:29.22	2400m:	36:02.01	1:33.38			
2. CABRERA GONZALEZ, Marcos			60	C. Tenerife Masters					48:31.30		213
100m:	1:31.81	1:31.81	900m:	14:18.58	1:37.69	1700m:	27:24.32	1:38.37	2500m:	40:26.11	1:37.35
200m:	3:07.92	1:36.11	1000m:	15:56.57	1:37.99	1800m:	29:01.03	1:36.71	2600m:	42:02.86	1:36.75
300m:	4:43.54	1:35.62	1100m:	17:32.95	1:36.38	1900m:	30:39.01	1:37.98	2700m:	43:39.33	1:36.47
400m:	6:18.75	1:35.21	1200m:	19:09.80	1:36.85	2000m:	32:16.89	1:37.88	2800m:	45:16.03	1:36.70
500m:	7:53.61	1:34.86	1300m:	20:46.89	1:37.09	2100m:	33:55.35	1:38.46	2900m:	46:53.18	1:37.15
600m:	9:28.93	1:35.32	1400m:	22:23.78	1:36.89	2200m:	35:33.04	1:37.69	3000m:	48:31.30	1:38.12
700m:	11:04.39	1:35.46	1500m:	24:01.16	1:37.38	2300m:	37:10.91	1:37.87			
800m:	12:40.89	1:36.50	1600m:	25:45.95	1:44.79	2400m:	38:48.76	1:37.85			
3. MORENO PEREZ, Jose Andres			58	C. Tenerife Masters					58:19.71		123
100m:	1:40.98	1:40.98	900m:	16:50.65	1:56.53	1700m:	32:23.84	1:59.77	2500m:	48:20.30	2:01.57
200m:	3:28.78	1:47.80	1000m:	18:45.34	1:54.69	1800m:	34:22.00	1:58.16	2600m:	50:19.63	1:59.33
300m:	5:20.33	1:51.55	1100m:	20:41.07	1:55.73	1900m:	36:21.29	1:59.29	2700m:	52:20.11	2:00.48
400m:	7:14.37	1:54.04	1200m:	22:36.57	1:55.50	2000m:	38:20.82	1:59.53	2800m:	54:18.84	1:58.73
500m:	9:07.81	1:53.44	1300m:	24:32.80	1:56.23	2100m:	40:19.14	1:58.32	2900m:	56:19.84	2:01.00
600m:	11:02.79	1:54.98	1400m:	26:29.15	1:56.35	2200m:	42:18.20	1:59.06	3000m:	58:19.71	1:59.87
700m:	12:58.51	1:55.72	1500m:	28:26.65	1:57.50	2300m:	44:18.23	2:00.03			
800m:	14:54.12	1:55.61	1600m:	30:24.07	1:57.42	2400m:	46:18.73	2:00.50			

70+, Masc.

1. RIVERO SANCHEZ, Sergio			54	C.N. Metropole					58:04.99	124	
100m:	1:44.67	1:44.67	900m:	16:50.51	1:54.59	1700m:	32:20.04	1:58.15	2500m:	48:09.90	1:59.47
200m:	3:32.86	1:48.19	1000m:	18:47.43	1:56.92	1800m:	34:17.71	1:57.67	2600m:	50:11.48	2:01.58
300m:	5:27.49	1:54.63	1100m:	20:41.79	1:54.36	1900m:	36:16.77	1:59.06	2700m:	52:11.10	1:59.62
400m:	7:22.55	1:55.06	1200m:	22:37.36	1:55.57	2000m:	38:16.54	1:59.77	2800m:	54:11.07	1:59.97
500m:	9:15.71	1:53.16	1300m:	24:33.00	1:55.64	2100m:	40:15.00	1:58.46	2900m:	56:09.56	1:58.49
600m:	11:08.95	1:53.24	1400m:	26:28.85	1:55.85	2200m:	42:11.85	1:56.85	3000m:	58:04.99	1:55.43
700m:	13:02.65	1:53.70	1500m:	28:22.43	1:53.58	2300m:	44:11.73	1:59.88			
800m:	14:55.92	1:53.27	1600m:	30:21.89	1:59.46	2400m:	46:10.43	1:58.70			

Prueba 1, 3000m Libre

75+, Masc.

1. METZ, Michael Gustav			48	C. Tenerife Masters				58:48.85	120		
100m:	1:51.86	1:51.86	900m:	17:14.47	1:55.48	1700m:	32:49.76	1:59.00	2500m:	48:47.10	2:00.47
200m:	3:47.35	1:55.49	1000m:	19:10.69	1:56.22	1800m:	34:49.21	1:59.45	2600m:	50:48.26	2:01.16
300m:	5:43.44	1:56.09	1100m:	21:06.19	1:55.50	1900m:	36:48.33	1:59.12	2700m:	52:48.93	2:00.67
400m:	7:39.39	1:55.95	1200m:	23:02.03	1:55.84	2000m:	38:47.07	1:58.74	2800m:	54:49.79	2:00.86
500m:	9:34.76	1:55.37	1300m:	24:58.78	1:56.75	2100m:	40:46.77	1:59.70	2900m:	56:51.11	2:01.32
600m:	11:30.15	1:55.39	1400m:	26:56.34	1:57.56	2200m:	42:46.50	1:59.73	3000m:	58:48.85	1:57.74
700m:	13:24.39	1:54.24	1500m:	28:52.87	1:56.53	2300m:	44:46.62	2:00.12			
800m:	15:18.99	1:54.60	1600m:	30:50.76	1:57.89	2400m:	46:46.63	2:00.01			

20+, Fem.

1.	SARMIENTO GUERRA, Elena				05	Club Gloria Swimtrain Maspalomas			40:09.21	446		
	100m:	1:18.20	1:18.20	900m:	11:58.90	1:20.25	1700m:	22:41.65	1:20.16	2500m:	33:29.72	1:21.62
	200m:	2:37.35	1:19.15	1000m:	13:18.76	1:19.86	1800m:	24:02.56	1:20.91	2600m:	34:50.32	1:20.60
	300m:	3:57.16	1:19.81	1100m:	14:38.81	1:20.05	1900m:	25:22.88	1:20.32	2700m:	36:11.72	1:21.40
	400m:	5:17.65	1:20.49	1200m:	15:59.45	1:20.64	2000m:	26:43.54	1:20.66	2800m:	37:32.44	1:20.72
	500m:	6:38.06	1:20.41	1300m:	17:20.21	1:20.76	2100m:	28:04.67	1:21.13	2900m:	38:52.87	1:20.43
	600m:	7:58.33	1:20.27	1400m:	18:40.97	1:20.76	2200m:	29:25.14	1:20.47	3000m:	40:09.21	1:16.34
	700m:	9:18.29	1:19.96	1500m:	20:01.21	1:20.24	2300m:	30:46.27	1:21.13			
	800m:	10:38.65	1:20.36	1600m:	21:21.49	1:20.28	2400m:	32:08.10	1:21.83			
2.	MATOS QUEVEDO, Maria				02	C.N. Las Palmas			40:13.41	443		
	100m:	1:14.64	1:14.64	900m:	11:52.96	1:19.90	1700m:	22:44.24	1:21.95	2500m:	33:30.97	1:21.44
	200m:	2:32.76	1:18.12	1000m:	13:14.42	1:21.46	1800m:	24:07.18	1:22.94	2600m:	34:52.59	1:21.62
	300m:	3:51.99	1:19.23	1100m:	14:35.45	1:21.03	1900m:	25:27.21	1:20.03	2700m:	36:14.54	1:21.95
	400m:	5:11.77	1:19.78	1200m:	15:56.17	1:20.72	2000m:	26:48.08	1:20.87	2800m:	37:36.60	1:22.06
	500m:	6:31.99	1:20.22	1300m:	17:16.48	1:20.31	2100m:	28:08.37	1:20.29	2900m:	38:57.23	1:20.63
	600m:	7:52.28	1:20.29	1400m:	18:38.37	1:21.89	2200m:	29:28.45	1:20.08	3000m:	40:13.41	1:16.18
	700m:	9:12.31	1:20.03	1500m:	20:00.81	1:22.44	2300m:	30:48.56	1:20.11			
	800m:	10:33.06	1:20.75	1600m:	21:22.29	1:21.48	2400m:	32:09.53	1:20.97			
3.	FELIPE RODRIGUEZ, Yaritza Nazaret				06	C.N. Las Palmas			50:53.16	219		
	100m:	1:28.29	1:28.29	900m:	14:50.55	1:41.74	1700m:	28:15.07	1:43.06	2500m:	42:14.67	1:47.45
	200m:	3:05.30	1:37.01	1000m:	16:31.81	1:41.26	1800m:	29:57.65	1:42.58	2600m:	44:03.30	1:48.63
	300m:	4:44.70	1:39.40	1100m:	18:11.01	1:39.20	1900m:	31:39.19	1:41.54	2700m:	45:48.78	1:45.48
	400m:	6:24.07	1:39.37	1200m:	19:49.58	1:38.57	2000m:	33:24.17	1:44.98	2800m:	47:32.84	1:44.06
	500m:	8:02.43	1:38.36	1300m:	21:28.27	1:38.69	2100m:	35:08.76	1:44.59	2900m:	49:11.73	1:38.89
	600m:	9:45.60	1:43.17	1400m:	23:09.29	1:41.02	2200m:	36:55.00	1:46.24	3000m:	50:53.16	1:41.43
	700m:	11:27.83	1:42.23	1500m:	24:47.83	1:38.54	2300m:	38:41.88	1:46.88			
	800m:	13:08.81	1:40.98	1600m:	26:32.01	1:44.18	2400m:	40:27.22	1:45.34			

25+, Fem.

1. FELIPE RODRIGUEZ, Y.				01	C.N. Las Palmas				55:37.99	167	
100m:	1:33.96	1:33.96	900m:	15:56.85	1:49.22	1700m:	30:59.80	1:51.85	2500m:	46:18.33	1:55.33
200m:	3:18.58	1:44.62	1000m:	17:47.41	1:50.56	1800m:	32:53.72	1:53.92	2600m:	48:09.24	1:50.91
300m:	5:04.61	1:46.03	1100m:	19:37.98	1:50.57	1900m:	34:45.40	1:51.68	2700m:	50:03.48	1:54.24
400m:	6:50.18	1:45.57	1200m:	21:31.14	1:53.16	2000m:	36:42.05	1:56.65	2800m:	51:56.55	1:53.07
500m:	8:38.07	1:47.89	1300m:	23:23.91	1:52.77	2100m:	38:37.39	1:55.34	2900m:	53:49.68	1:53.13
600m:	10:26.58	1:48.51	1400m:	25:20.60	1:56.69	2200m:	40:36.40	1:59.01	3000m:	55:37.99	1:48.31
700m:	12:16.28	1:49.70	1500m:	27:13.06	1:52.46	2300m:	42:30.57	1:54.17			
800m:	14:07.63	1:51.35	1600m:	29:07.95	1:54.89	2400m:	44:23.00	1:52.43			

Prueba 1, 3000m Libre

30+, Fem.

1. BOUCHET, Sybille	93				C.N. Metropole				41:30.08	404	
100m:	1:18.19	1:18.19	900m:	12:23.68	1:23.85	1700m:	23:30.16	1:23.33	2500m:	34:39.32	1:23.23
200m:	2:40.38	1:22.19	1000m:	13:47.90	1:24.22	1800m:	24:53.22	1:23.06	2600m:	36:02.67	1:23.35
300m:	4:03.45	1:23.07	1100m:	15:12.64	1:24.74	1900m:	26:17.01	1:23.79	2700m:	37:25.39	1:22.72
400m:	5:26.77	1:23.32	1200m:	16:37.28	1:24.64	2000m:	27:40.34	1:23.33	2800m:	38:47.91	1:22.52
500m:	6:49.35	1:22.58	1300m:	18:00.94	1:23.66	2100m:	29:03.97	1:23.63	2900m:	40:11.06	1:23.15
600m:	8:13.43	1:24.08	1400m:	19:22.77	1:21.83	2200m:	30:27.52	1:23.55	3000m:	41:30.08	1:19.02
700m:	9:36.77	1:23.34	1500m:	20:44.76	1:21.99	2300m:	31:51.36	1:23.84			
800m:	10:59.83	1:23.06	1600m:	22:06.83	1:22.07	2400m:	33:16.09	1:24.73			

40+, Fem.

1. ARMAS ROCA, Marta	83	C.N. Metropole	43:53.86	341			
100m: 1:27.88	1:27.88	900m: 13:16.87	1:28.54	1700m: 24:57.12	1:27.54	2500m: 36:38.62	1:27.47
200m: 2:56.51	1:28.63	1000m: 14:44.27	1:27.40	1800m: 26:24.97	1:27.85	2600m: 38:06.30	1:27.68
300m: 4:24.53	1:28.02	1100m: 16:11.21	1:26.94	1900m: 27:52.21	1:27.24	2700m: 39:34.03	1:27.73
400m: 5:52.96	1:28.43	1200m: 17:38.43	1:27.22	2000m: 29:19.73	1:27.52	2800m: 41:01.84	1:27.81
500m: 7:22.22	1:29.26	1300m: 19:06.60	1:28.17	2100m: 30:47.34	1:27.61	2900m: 42:29.15	1:27.31
600m: 8:51.08	1:28.86	1400m: 20:34.26	1:27.66	2200m: 32:15.41	1:28.07	3000m: 43:53.86	1:24.71
700m: 10:19.84	1:28.76	1500m: 22:02.12	1:27.86	2300m: 33:43.48	1:28.07		
800m: 11:48.33	1:28.49	1600m: 23:29.58	1:27.46	2400m: 35:11.15	1:27.67		
2. ROJAS ARJONA, Irene	86	C.N. Vulcania Master	47:58.52	261			
100m: 1:26.63	1:26.63	900m: 14:01.86	1:35.69	1700m: 26:48.71	1:35.50	2500m: 39:47.37	1:38.69
200m: 2:59.01	1:32.38	1000m: 15:36.92	1:35.06	1800m: 28:24.58	1:35.87	2600m: 41:25.65	1:38.28
300m: 4:32.72	1:33.71	1100m: 17:11.94	1:35.02	1900m: 30:01.52	1:36.94	2700m: 43:03.41	1:37.76
400m: 6:07.84	1:35.12	1200m: 18:46.81	1:34.87	2000m: 31:38.81	1:37.29	2800m: 44:42.24	1:38.83
500m: 7:42.34	1:34.50	1300m: 20:23.28	1:36.47	2100m: 33:15.76	1:36.95	2900m: 46:19.69	1:37.45
600m: 9:17.14	1:34.80	1400m: 21:59.18	1:35.90	2200m: 34:52.76	1:37.00	3000m: 47:58.52	1:38.83
700m: 10:51.60	1:34.46	1500m: 23:35.18	1:36.00	2300m: 36:29.87	1:37.11		
800m: 12:26.17	1:34.57	1600m: 25:13.21	1:38.03	2400m: 38:08.68	1:38.81		
3. CINCI, Elena	82	C. Tenerife Masters	48:57.36	246			
100m: 1:31.87	1:31.87	900m: 14:21.46	1:37.65	1700m: 27:28.05	1:38.12	2500m: 40:39.01	1:40.15
200m: 3:07.45	1:35.58	1000m: 15:59.15	1:37.69	1800m: 29:06.36	1:38.31	2600m: 42:19.28	1:40.27
300m: 4:42.78	1:35.33	1100m: 17:36.92	1:37.77	1900m: 30:44.61	1:38.25	2700m: 44:00.08	1:40.80
400m: 6:18.81	1:36.03	1200m: 19:14.72	1:37.80	2000m: 32:22.41	1:37.80	2800m: 45:40.53	1:40.45
500m: 7:55.25	1:36.44	1300m: 20:52.33	1:37.61	2100m: 33:59.80	1:37.39	2900m: 47:19.86	1:39.33
600m: 9:31.47	1:36.22	1400m: 22:31.35	1:39.02	2200m: 35:38.58	1:38.78	3000m: 48:57.36	1:37.50
700m: 11:07.61	1:36.14	1500m: 24:10.95	1:39.60	2300m: 37:19.17	1:40.59		
800m: 12:43.81	1:36.20	1600m: 25:49.93	1:38.98	2400m: 38:58.86	1:39.69		
4. DIAZ CORUÑA, Elizabeth	86	C.N. Las Palmas	52:53.48	195			
100m: 1:40.11	1:40.11	900m: 15:37.30	1:45.51	1700m: 29:49.20	1:48.06	2500m: 44:03.95	1:43.09
200m: 3:21.45	1:41.34	1000m: 17:23.50	1:46.20	1800m: 31:36.96	1:47.76	2600m: 45:50.90	1:46.95
300m: 5:04.01	1:42.56	1100m: 19:09.83	1:46.33	1900m: 33:24.09	1:47.13	2700m: 47:37.74	1:46.84
400m: 6:49.12	1:45.11	1200m: 20:56.64	1:46.81	2000m: 35:10.26	1:46.17	2800m: 49:23.88	1:46.14
500m: 8:34.63	1:45.51	1300m: 22:42.89	1:46.25	2100m: 36:58.18	1:47.92	2900m: 51:11.82	1:47.94
600m: 10:20.28	1:45.65	1400m: 24:28.51	1:45.62	2200m: 38:44.17	1:45.99	3000m: 52:53.48	1:41.66
700m: 12:06.29	1:46.01	1500m: 26:14.22	1:45.71	2300m: 40:30.48	1:46.31		
800m: 13:51.79	1:45.50	1600m: 28:01.14	1:46.92	2400m: 42:20.86	1:50.38		

Prueba 1, Fem., 3000m Libre, 40+

Clasificación	AN								Tiempo		Pts
5.	POMAR SARASA, Almudena				85	C.N. Vulcania Master				59:09.96	139
100m:	1:47.17	1:47.17	900m:	17:33.71	2:00.34	1700m:	33:27.25	1:58.98	2500m:	49:27.65	2:00.69
200m:	3:43.91	1:56.74	1000m:	19:32.15	1:58.44	1800m:	35:26.20	1:58.95	2600m:	51:26.07	1:58.42
300m:	5:41.80	1:57.89	1100m:	21:30.78	1:58.63	1900m:	37:26.17	1:59.97	2700m:	53:23.14	1:57.07
400m:	7:38.84	1:57.04	1200m:	23:28.74	1:57.96	2000m:	39:25.94	1:59.77	2800m:	55:20.11	1:56.97
500m:	9:37.44	1:58.60	1300m:	25:28.58	1:59.84	2100m:	41:26.64	2:00.70	2900m:	57:16.07	1:55.96
600m:	11:36.54	1:59.10	1400m:	27:28.41	1:59.83	2200m:	43:26.46	1:59.82	3000m:	59:09.96	1:53.89
700m:	13:35.31	1:58.77	1500m:	29:28.04	1:59.63	2300m:	45:26.35	1:59.89			
800m:	15:33.37	1:58.06	1600m:	31:28.27	2:00.23	2400m:	47:26.96	2:00.61			

50+, Fem.

1. VALIDO CARREÑO, Isabel	74				C.N. Las Palmas				42:26.96		377
100m:	1:18.56	1:18.56	900m:	12:23.94	1:24.45	1700m:	23:43.29	1:26.86	2500m:	35:12.76	1:26.29
200m:	2:40.46	1:21.90	1000m:	13:47.66	1:23.72	1800m:	25:09.53	1:26.24	2600m:	36:39.33	1:26.57
300m:	4:02.71	1:22.25	1100m:	15:11.90	1:24.24	1900m:	26:35.56	1:26.03	2700m:	38:07.07	1:27.74
400m:	5:25.74	1:23.03	1200m:	16:36.22	1:24.32	2000m:	28:01.89	1:26.33	2800m:	39:35.10	1:28.03
500m:	6:48.52	1:22.78	1300m:	18:00.71	1:24.49	2100m:	29:27.73	1:25.84	2900m:	41:01.99	1:26.89
600m:	8:11.78	1:23.26	1400m:	19:25.73	1:25.02	2200m:	30:52.66	1:24.93	3000m:	42:26.96	1:24.97
700m:	9:35.45	1:23.67	1500m:	20:50.79	1:25.06	2300m:	32:19.14	1:26.48			
800m:	10:59.49	1:24.04	1600m:	22:16.43	1:25.64	2400m:	33:46.47	1:27.33			
2. GARCIA GARCIA, Maria Miriam	72				C. Tenerife Masters				45:53.10		298
100m:	1:20.62	1:20.62	900m:	13:20.79	1:30.70	1700m:	25:37.92	1:32.53	2500m:	38:05.00	1:34.05
200m:	2:47.99	1:27.37	1000m:	14:51.39	1:30.60	1800m:	27:11.29	1:33.37	2600m:	39:39.86	1:34.86
300m:	4:17.53	1:29.54	1100m:	16:22.31	1:30.92	1900m:	28:43.50	1:32.21	2700m:	41:15.01	1:35.15
400m:	5:47.67	1:30.14	1200m:	17:54.10	1:31.79	2000m:	30:16.31	1:32.81	2800m:	42:48.52	1:33.51
500m:	7:17.57	1:29.90	1300m:	19:26.16	1:32.06	2100m:	31:50.37	1:34.06	2900m:	44:22.27	1:33.75
600m:	8:48.00	1:30.43	1400m:	20:59.32	1:33.16	2200m:	33:24.11	1:33.74	3000m:	45:53.10	1:30.83
700m:	10:19.01	1:31.01	1500m:	22:33.23	1:33.91	2300m:	34:57.74	1:33.63			
800m:	11:50.09	1:31.08	1600m:	24:05.39	1:32.16	2400m:	36:30.95	1:33.21			
3. GARCIA DELGADO, Yaiza	76				C.N. Metropole				49:25.51		239
100m:	1:36.91	1:36.91	900m:	14:43.44	1:38.40	1700m:	27:54.47	1:38.45	2500m:	41:06.85	1:39.43
200m:	3:15.85	1:38.94	1000m:	16:21.93	1:38.49	1800m:	29:32.64	1:38.17	2600m:	42:46.75	1:39.90
300m:	4:53.81	1:37.96	1100m:	18:01.52	1:39.59	1900m:	31:12.96	1:40.32	2700m:	44:29.55	1:42.80
400m:	6:32.54	1:38.73	1200m:	19:40.48	1:38.96	2000m:	32:51.28	1:38.32	2800m:	46:08.99	1:39.44
500m:	8:10.32	1:37.78	1300m:	21:20.51	1:40.03	2100m:	34:31.71	1:40.43	2900m:	47:49.20	1:40.21
600m:	9:48.18	1:37.86	1400m:	22:59.20	1:38.69	2200m:	36:10.53	1:38.82	3000m:	49:25.51	1:36.31
700m:	11:26.41	1:38.23	1500m:	24:37.60	1:38.40	2300m:	37:48.91	1:38.38			
800m:	13:05.04	1:38.63	1600m:	26:16.02	1:38.42	2400m:	39:27.42	1:38.51			
4. CABRERA RUIZ, Luz Marina	75				C.N. Vulcania Master				51:35.13		210
100m:	1:35.34	1:35.34	900m:	15:15.21	1:44.18	1700m:	29:02.59	1:43.51	2500m:	43:01.37	1:44.71
200m:	3:15.97	1:40.63	1000m:	16:57.22	1:42.01	1800m:	30:46.36	1:43.77	2600m:	44:45.90	1:44.53
300m:	4:59.44	1:43.47	1100m:	18:39.43	1:42.21	1900m:	32:31.06	1:44.70	2700m:	46:31.25	1:45.35
400m:	6:41.67	1:42.23	1200m:	20:23.03	1:43.60	2000m:	34:15.35	1:44.29	2800m:	48:15.51	1:44.26
500m:	8:23.67	1:42.00	1300m:	22:06.30	1:43.27	2100m:	35:59.74	1:44.39	2900m:	49:58.15	1:42.64
600m:	10:06.45	1:42.78	1400m:	23:49.06	1:42.76	2200m:	37:43.99	1:44.25	3000m:	51:35.13	1:36.98
700m:	11:49.20	1:42.75	1500m:	25:34.18	1:45.12	2300m:	39:29.79	1:45.80			
800m:	13:31.03	1:41.83	1600m:	27:19.08	1:44.90	2400m:	41:16.66	1:46.87			

Prueba 1, Fem., 3000m Libre, 50+

Clasificación	AN								Tiempo		Pts
5. CILLUFFO, Domenica	72 C.N. Metropole								54:13.71		181
100m:	1:40.63	1:40.63	900m:	15:56.54	1:48.10	1700m:	30:28.20	1:50.66	2500m:	45:13.64	1:49.64
200m:	3:25.79	1:45.16	1000m:	17:44.05	1:47.51	1800m:	32:18.47	1:50.27	2600m:	47:03.22	1:49.58
300m:	5:12.52	1:46.73	1100m:	19:32.78	1:48.73	1900m:	34:09.80	1:51.33	2700m:	48:51.99	1:48.77
400m:	6:59.63	1:47.11	1200m:	21:21.17	1:48.39	2000m:	35:59.77	1:49.97	2800m:	50:41.41	1:49.42
500m:	8:45.73	1:46.10	1300m:	23:09.52	1:48.35	2100m:	37:51.51	1:51.74	2900m:	52:29.84	1:48.43
600m:	10:33.44	1:47.71	1400m:	24:58.16	1:48.64	2200m:	39:42.33	1:50.82	3000m:	54:13.71	1:43.87
700m:	12:20.55	1:47.11	1500m:	26:47.48	1:49.32	2300m:	41:33.38	1:51.05			
800m:	14:08.44	1:47.89	1600m:	28:37.54	1:50.06	2400m:	43:24.00	1:50.62			

60+, Fem.

1. ESCATLLAR FDEZ. DE MISA, C.	66	C. Tenerife Masters	41:12.75	412			
100m: 1:17.08	1:17.08	900m: 12:07.87	1:20.81	1700m: 23:05.49	1:22.09	2500m: 34:10.10	1:23.85
200m: 2:38.65	1:21.57	1000m: 13:29.46	1:21.59	1800m: 24:27.59	1:22.10	2600m: 35:33.31	1:23.21
300m: 4:00.33	1:21.68	1100m: 14:52.18	1:22.72	1900m: 25:50.12	1:22.53	2700m: 36:58.30	1:24.99
400m: 5:21.67	1:21.34	1200m: 16:14.57	1:22.39	2000m: 27:12.97	1:22.85	2800m: 38:24.41	1:26.11
500m: 6:43.37	1:21.70	1300m: 17:36.95	1:22.38	2100m: 28:35.98	1:23.01	2900m: 39:49.65	1:25.24
600m: 8:05.04	1:21.67	1400m: 18:59.16	1:22.21	2200m: 29:58.85	1:22.87	3000m: 41:12.75	1:23.10
700m: 9:26.38	1:21.34	1500m: 20:21.18	1:22.02	2300m: 31:22.52	1:23.67		
800m: 10:47.06	1:20.68	1600m: 21:43.40	1:22.22	2400m: 32:46.25	1:23.73		
2. QUINTANILLA AYLLON, Elena	65	C.N. Metropole	47:49.31	264			
100m: 1:32.22	1:32.22	900m: 14:10.56	1:33.52	1700m: 26:48.24	1:34.04	2500m: 39:40.69	1:37.70
200m: 3:08.05	1:35.83	1000m: 15:44.89	1:34.33	1800m: 28:23.70	1:35.46	2600m: 41:18.61	1:37.92
300m: 4:43.38	1:35.33	1100m: 17:19.02	1:34.13	1900m: 29:58.78	1:35.08	2700m: 42:56.61	1:38.00
400m: 6:18.43	1:35.05	1200m: 18:53.26	1:34.24	2000m: 31:34.12	1:35.34	2800m: 44:34.54	1:37.93
500m: 7:53.26	1:34.83	1300m: 20:28.54	1:35.28	2100m: 33:10.71	1:36.59	2900m: 46:13.40	1:38.86
600m: 9:28.74	1:35.48	1400m: 22:03.29	1:34.75	2200m: 34:47.28	1:36.57	3000m: 47:49.31	1:35.91
700m: 11:03.55	1:34.81	1500m: 23:39.00	1:35.71	2300m: 36:24.69	1:37.41		
800m: 12:37.04	1:33.49	1600m: 25:14.20	1:35.20	2400m: 38:02.99	1:38.30		
3. RAMIREZ SANTANA, Cristina	65	C.N. Metropole	52:28.58	199			
100m: 1:37.61	1:37.61	900m: 15:02.01	1:39.52	1700m: 28:25.25	1:41.23	2600m: 45:26.13	1:43.14
200m: 3:19.68	1:42.07	1000m: 16:42.52	1:40.51	1800m: 30:06.01	1:40.76	2700m: 47:09.27	1:43.14
300m: 5:01.50	1:41.82	1100m: 18:23.02	1:40.50	1900m: 31:47.64	1:41.63	2800m: 48:52.39	1:43.12
400m: 6:42.54	1:41.04	1200m: 20:03.31	1:40.29	2100m: 36:22.21	4:34.57	2900m: 50:36.06	1:43.67
500m: 8:22.95	1:40.41	1300m: 21:43.25	1:39.94	2200m: 38:04.44	1:42.23	3000m: 52:28.58	1:52.52
600m: 10:02.53	1:39.58	1400m: 23:23.23	1:39.98	2300m: 39:46.91	1:42.47		
700m: 11:42.53	1:40.00	1500m: 25:03.19	1:39.96	2400m: 41:31.85	1:44.94		
800m: 13:22.49	1:39.96	1600m: 26:44.02	1:40.83	2500m: 43:42.99	2:11.14		

65+, Fem.

1. ARANEGA BENITEZ, Aranzazu	57	C. Tenerife Masters	53:21.58	190			
100m: 1:40.81	1:40.81	900m: 15:52.72	1:46.04	1700m: 30:10.12	1:47.20	2500m: 44:29.23	1:46.56
200m: 3:26.86	1:46.05	1000m: 17:40.07	1:47.35	1800m: 31:58.07	1:47.95	2600m: 46:16.76	1:47.53
300m: 5:16.30	1:49.44	1100m: 19:27.16	1:47.09	1900m: 33:45.52	1:47.45	2700m: 48:04.19	1:47.43
400m: 7:02.13	1:45.83	1200m: 21:14.19	1:47.03	2000m: 35:33.81	1:48.29	2800m: 49:51.20	1:47.01
500m: 8:48.33	1:46.20	1300m: 23:00.88	1:46.69	2100m: 37:20.98	1:47.17	2900m: 51:37.23	1:46.03
600m: 10:34.21	1:45.88	1400m: 24:48.78	1:47.90	2200m: 39:07.50	1:46.52	3000m: 53:21.58	1:44.35
700m: 12:20.02	1:45.81	1500m: 26:36.09	1:47.31	2300m: 40:54.23	1:46.73		
800m: 14:06.68	1:46.66	1600m: 28:22.92	1:46.83	2400m: 42:42.67	1:48.44		

Prueba 1, Fem., 3000m Libre, 65+

Clasificación	AN								Tiempo		Pts
2.	BAEZ CEJAS, Maria Mercedes				60	C. Tenerife Masters				1:00:16.33	131
100m:	1:50.06	1:50.06	900m:	17:38.19	2:01.64	1700m:	33:56.15	2:04.49	2500m:	50:11.89	2:01.98
200m:	3:44.69	1:54.63	1000m:	19:39.11	2:00.92	1800m:	35:57.86	2:01.71	2600m:	52:13.71	2:01.82
300m:	5:40.21	1:55.52	1100m:	21:40.84	2:01.73	1900m:	38:02.25	2:04.39	2700m:	54:16.21	2:02.50
400m:	7:38.13	1:57.92	1200m:	23:43.10	2:02.26	2000m:	40:03.53	2:01.28	2800m:	56:17.79	2:01.58
500m:	9:36.53	1:58.40	1300m:	25:44.79	2:01.69	2100m:	42:04.07	2:00.54	2900m:	58:19.07	2:01.28
600m:	11:35.05	1:58.52	1400m:	27:46.89	2:02.10	2200m:	44:05.54	2:01.47	3000m:	1:00:16.33	1:57.26
700m:	13:35.39	2:00.34	1500m:	29:49.15	2:02.26	2300m:	46:07.93	2:02.39			
800m:	15:36.55	2:01.16	1600m:	31:51.66	2:02.51	2400m:	48:09.91	2:01.98			