

Prueba 1
15/02/2025

1500m Libre

20 - 89 años
Resultados

Puntos: AQUA 2024

Clasificación

AN

Tiempo

Pts

20+, Masc.

| | | | | |
|---------------------------------|---------------------|-----------------------|-----------------------|-----|
| 1. CABRERA WINTER, Alvaro | 01 | Cn.Fainagua C. Telde | 16:37.58 | 611 |
| 50m: 30.46 30.46 | 450m: 4:56.47 33.30 | 850m: 9:22.19 33.36 | 1250m: 13:50.66 33.60 | |
| 100m: 1:03.41 32.95 | 500m: 5:29.67 33.20 | 900m: 9:55.73 33.54 | 1300m: 14:24.34 33.68 | |
| 150m: 1:36.93 33.52 | 550m: 6:02.83 33.16 | 950m: 10:29.07 33.34 | 1350m: 14:58.07 33.73 | |
| 200m: 2:09.85 32.92 | 600m: 6:35.89 33.06 | 1000m: 11:02.35 33.28 | 1400m: 15:32.08 34.01 | |
| 250m: 2:43.30 33.45 | 650m: 7:09.15 33.26 | 1050m: 11:36.07 33.72 | 1450m: 16:05.96 33.88 | |
| 300m: 3:16.59 33.29 | 700m: 7:42.40 33.25 | 1100m: 12:09.56 33.49 | 1500m: 16:37.58 31.62 | |
| 350m: 3:49.88 33.29 | 750m: 8:15.56 33.16 | 1150m: 12:43.00 33.44 | | |
| 400m: 4:23.17 33.29 | 800m: 8:48.83 33.27 | 1200m: 13:17.06 34.06 | | |
| 2. PEÑA RODRÍGUEZ, Jeremy Tomas | 04 | C.N. Las Palmas | 17:32.41 | 521 |
| 50m: 31.17 31.17 | 450m: 5:04.85 34.84 | 850m: 9:46.91 35.87 | 1250m: 14:33.96 36.17 | |
| 100m: 1:05.08 33.91 | 500m: 5:39.57 34.72 | 900m: 10:22.25 35.34 | 1300m: 15:09.91 35.95 | |
| 150m: 1:38.66 33.58 | 550m: 6:14.55 34.98 | 950m: 10:58.34 36.09 | 1350m: 15:46.70 36.79 | |
| 200m: 2:12.45 33.79 | 600m: 6:49.57 35.02 | 1000m: 11:33.62 35.28 | 1400m: 16:22.88 36.18 | |
| 250m: 2:46.66 34.21 | 650m: 7:24.56 34.99 | 1050m: 12:09.53 35.91 | 1450m: 16:58.08 35.20 | |
| 300m: 3:20.85 34.19 | 700m: 7:59.91 35.35 | 1100m: 12:45.39 35.86 | 1500m: 17:32.41 34.33 | |
| 350m: 3:55.43 34.58 | 750m: 8:35.51 35.60 | 1150m: 13:21.30 35.91 | | |
| 400m: 4:30.01 34.58 | 800m: 9:11.04 35.53 | 1200m: 13:57.79 36.49 | | |

30+, Masc.

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|----------------------------|---------------------|-----------------------|-----------------------|-----|
| 1. GONZALEZ GARCIA, Alvaro | 93 | Cn.Fainagua C. Telde | 18:47.46 | 423 |
| 50m: 34.66 34.66 | 450m: 5:36.30 37.78 | 850m: 10:37.07 37.48 | 1250m: 15:41.82 38.68 | |
| 100m: 1:11.65 36.99 | 500m: 6:13.96 37.66 | 900m: 11:14.45 37.38 | 1300m: 16:20.45 38.63 | |
| 150m: 1:49.30 37.65 | 550m: 6:51.02 37.06 | 950m: 11:52.36 37.91 | 1350m: 16:58.83 38.38 | |
| 200m: 2:27.22 37.92 | 600m: 7:28.65 37.63 | 1000m: 12:30.40 38.04 | 1400m: 17:37.23 38.40 | |
| 250m: 3:05.20 37.98 | 650m: 8:06.43 37.78 | 1050m: 13:07.98 37.58 | 1450m: 18:15.65 38.42 | |
| 300m: 3:42.02 36.82 | 700m: 8:44.27 37.84 | 1100m: 13:45.93 37.95 | 1500m: 18:47.46 31.81 | |
| 350m: 4:20.09 38.07 | 750m: 9:21.66 37.39 | 1150m: 14:24.64 38.71 | | |
| 400m: 4:58.52 38.43 | 800m: 9:59.59 37.93 | 1200m: 15:03.14 38.50 | | |

NP ORTIZ HERNANDEZ, Alvaro

92

C.N. Las Palmas

35+, Masc.

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|--------------------------------|---------------------|-----------------------|-----------------------|-----|
| 1. HENRIQUEZ HERNANDEZ, Rafael | 87 | Cn.Fainagua C. Telde | 18:23.15 | 452 |
| 50m: 33.77 33.77 | 450m: 5:26.29 36.89 | 850m: 10:21.95 37.36 | 1250m: 15:20.36 37.57 | |
| 100m: 1:09.86 36.09 | 500m: 6:03.43 37.14 | 900m: 10:58.91 36.96 | 1300m: 15:57.86 37.50 | |
| 150m: 1:46.22 36.36 | 550m: 6:39.98 36.55 | 950m: 11:36.28 37.37 | 1350m: 16:35.12 37.26 | |
| 200m: 2:22.73 36.51 | 600m: 7:17.11 37.13 | 1000m: 12:13.21 36.93 | 1400m: 17:12.26 37.14 | |
| 250m: 2:59.34 36.61 | 650m: 7:53.79 36.68 | 1050m: 12:50.97 37.76 | 1450m: 17:48.19 35.93 | |
| 300m: 3:36.02 36.68 | 700m: 8:30.76 36.97 | 1100m: 13:28.37 37.40 | 1500m: 18:23.15 34.96 | |
| 350m: 4:12.60 36.58 | 750m: 9:07.59 36.83 | 1150m: 14:05.25 36.88 | | |
| 400m: 4:49.40 36.80 | 800m: 9:44.59 37.00 | 1200m: 14:42.79 37.54 | | |

Prueba 1, Masc., 1500m Libre, 35+

| Clasificación | | | | AN | | | | Tiempo | | | | Pts | |
|---------------------------------|---------|-------|-------|----------|----------------------|--------|----------|--------|----------|----------|-------|-----|-----|
| 2. BAENAS NAVARRO, Pedro Angel | | | | 89 | C. Tenerife Masters | | | | 19:05.98 | | | | 403 |
| 50m: | 35.88 | 35.88 | 450m: | 5:40.94 | 38.34 | 850m: | 10:47.65 | 38.34 | 1250m: | 15:53.45 | 38.33 | | |
| 100m: | 1:13.71 | 37.83 | 500m: | 6:19.20 | 38.26 | 900m: | 11:25.74 | 38.09 | 1300m: | 16:31.55 | 38.10 | | |
| 150m: | 1:51.94 | 38.23 | 550m: | 6:57.43 | 38.23 | 950m: | 12:04.27 | 38.53 | 1350m: | 17:10.06 | 38.51 | | |
| 200m: | 2:29.67 | 37.73 | 600m: | 7:35.82 | 38.39 | 1000m: | 12:42.77 | 38.50 | 1400m: | 17:48.60 | 38.54 | | |
| 250m: | 3:07.68 | 38.01 | 650m: | 8:14.28 | 38.46 | 1050m: | 13:21.20 | 38.43 | 1450m: | 18:27.19 | 38.59 | | |
| 300m: | 3:45.78 | 38.10 | 700m: | 8:52.61 | 38.33 | 1100m: | 13:59.35 | 38.15 | 1500m: | 19:05.98 | 38.79 | | |
| 350m: | 4:24.25 | 38.47 | 750m: | 9:31.10 | 38.49 | 1150m: | 14:37.13 | 37.78 | | | | | |
| 400m: | 5:02.60 | 38.35 | 800m: | 10:09.31 | 38.21 | 1200m: | 15:15.12 | 37.99 | | | | | |
| 3. VELASCO CARBALLO, Nehemias | | | | 88 | C. Tenerife Masters | | | | 19:10.94 | | | | 398 |
| 50m: | 34.50 | 34.50 | 450m: | 5:41.75 | 38.33 | 850m: | 10:48.72 | 38.46 | 1250m: | 15:58.03 | 38.72 | | |
| 100m: | 1:12.45 | 37.95 | 500m: | 6:20.17 | 38.42 | 900m: | 11:27.37 | 38.65 | 1300m: | 16:37.45 | 39.42 | | |
| 150m: | 1:50.68 | 38.23 | 550m: | 6:58.12 | 37.95 | 950m: | 12:05.98 | 38.61 | 1350m: | 17:16.78 | 39.33 | | |
| 200m: | 2:29.05 | 38.37 | 600m: | 7:36.24 | 38.12 | 1000m: | 12:44.29 | 38.31 | 1400m: | 17:55.82 | 39.04 | | |
| 250m: | 3:07.74 | 38.69 | 650m: | 8:14.80 | 38.56 | 1050m: | 13:23.48 | 39.19 | 1450m: | 18:34.90 | 39.08 | | |
| 300m: | 3:46.32 | 38.58 | 700m: | 8:53.18 | 38.38 | 1100m: | 14:01.57 | 38.09 | 1500m: | 19:10.94 | 36.04 | | |
| 350m: | 4:24.77 | 38.45 | 750m: | 9:31.77 | 38.59 | 1150m: | 14:40.54 | 38.97 | | | | | |
| 400m: | 5:03.42 | 38.65 | 800m: | 10:10.26 | 38.49 | 1200m: | 15:19.31 | 38.77 | | | | | |
| 4. SARMIENTO LEON, Dailos | | | | 88 | Cn.Salinas Sta.Lucia | | | | 23:32.04 | | | | 215 |
| 50m: | 43.05 | 43.05 | 450m: | 6:59.24 | 47.94 | 850m: | 13:19.86 | 47.36 | 1250m: | 19:41.10 | 47.49 | | |
| 100m: | 1:27.92 | 44.87 | 500m: | 7:47.13 | 47.89 | 900m: | 14:07.42 | 47.56 | 1300m: | 20:28.12 | 47.02 | | |
| 150m: | 2:13.71 | 45.79 | 550m: | 8:34.55 | 47.42 | 950m: | 14:55.23 | 47.81 | 1350m: | 21:15.26 | 47.14 | | |
| 200m: | 3:00.51 | 46.80 | 600m: | 9:22.21 | 47.66 | 1000m: | 15:43.07 | 47.84 | 1400m: | 22:02.40 | 47.14 | | |
| 250m: | 3:47.69 | 47.18 | 650m: | 10:09.61 | 47.40 | 1050m: | 16:31.03 | 47.96 | 1450m: | 22:49.29 | 46.89 | | |
| 300m: | 4:35.52 | 47.83 | 700m: | 10:57.12 | 47.51 | 1100m: | 17:19.20 | 48.17 | 1500m: | 23:32.04 | 42.75 | | |
| 350m: | 5:23.53 | 48.01 | 750m: | 11:44.81 | 47.69 | 1150m: | 18:06.15 | 46.95 | | | | | |
| 400m: | 6:11.30 | 47.77 | 800m: | 12:32.50 | 47.69 | 1200m: | 18:53.61 | 47.46 | | | | | |
| NP GARCIA FIERRO, Víctor Manuel | | | | 88 | C.N. Metropole | | | | | | | | |
| 40+, Masc. | | | | | | | | | | | | | |
| 1. SANTANA SARMIENTO, Miguel | | | | 83 | Cn.Fainagua C. Telde | | | | 17:21.80 | | | | 537 |
| 50m: | 31.84 | 31.84 | 450m: | 5:04.60 | 34.70 | 850m: | 9:46.01 | 35.32 | 1250m: | 14:29.89 | 35.61 | | |
| 100m: | 1:04.80 | 32.96 | 500m: | 5:39.34 | 34.74 | 900m: | 10:21.19 | 35.18 | 1300m: | 15:05.43 | 35.54 | | |
| 150m: | 1:38.42 | 33.62 | 550m: | 6:14.31 | 34.97 | 950m: | 10:56.64 | 35.45 | 1350m: | 15:41.02 | 35.59 | | |
| 200m: | 2:12.29 | 33.87 | 600m: | 6:49.39 | 35.08 | 1000m: | 11:32.15 | 35.51 | 1400m: | 16:16.68 | 35.66 | | |
| 250m: | 2:46.36 | 34.07 | 650m: | 7:24.58 | 35.19 | 1050m: | 12:07.44 | 35.29 | 1450m: | 16:51.92 | 35.24 | | |
| 300m: | 3:20.76 | 34.40 | 700m: | 7:59.81 | 35.23 | 1100m: | 12:42.98 | 35.54 | 1500m: | 17:21.80 | 29.88 | | |
| 350m: | 3:55.29 | 34.53 | 750m: | 8:35.32 | 35.51 | 1150m: | 13:18.76 | 35.78 | | | | | |
| 400m: | 4:29.90 | 34.61 | 800m: | 9:10.69 | 35.37 | 1200m: | 13:54.28 | 35.52 | | | | | |
| 2. GONZALEZ DIAZ, Yeray | | | | 83 | Cn.Salinas Sta.Lucia | | | | 20:55.36 | | | | 307 |
| 50m: | 35.38 | 35.38 | 450m: | 6:01.82 | 41.90 | 850m: | 11:41.85 | 42.76 | 1250m: | 17:24.46 | 42.93 | | |
| 100m: | 1:13.82 | 38.44 | 500m: | 6:44.16 | 42.34 | 900m: | 12:24.32 | 42.47 | 1300m: | 18:08.78 | 44.32 | | |
| 150m: | 1:53.40 | 39.58 | 550m: | 7:26.25 | 42.09 | 950m: | 13:06.76 | 42.44 | 1350m: | 18:51.66 | 42.88 | | |
| 200m: | 2:33.89 | 40.49 | 600m: | 8:08.58 | 42.33 | 1000m: | 13:49.17 | 42.41 | 1400m: | 19:34.84 | 43.18 | | |
| 250m: | 3:14.73 | 40.84 | 650m: | 8:50.98 | 42.40 | 1050m: | 14:31.81 | 42.64 | 1450m: | 20:17.69 | 42.85 | | |
| 300m: | 3:56.10 | 41.37 | 700m: | 9:33.48 | 42.50 | 1100m: | 15:15.29 | 43.48 | 1500m: | 20:55.36 | 37.67 | | |
| 350m: | 4:37.94 | 41.84 | 750m: | 10:15.88 | 42.40 | 1150m: | 15:58.99 | 43.70 | | | | | |
| 400m: | 5:19.92 | 41.98 | 800m: | 10:59.09 | 43.21 | 1200m: | 16:41.53 | 42.54 | | | | | |

Prueba 1, Masc., 1500m Libre, 40+

| Clasificación | AN | | | | | | | | Tiempo | | Pts | |
|---------------|------------------------------|---------|-------|-------|----------|----------------------------|--------|----------|---------|----------|----------|---------|
| 3. | BONILLA AVILA, Zebensui | | | | 81 | C. Tenerife Masters | | | | 21:28.39 | 284 | |
| | 50m: | 32.36 | 32.36 | 450m: | 6:03.41 | 42.81 | 850m: | 11:56.53 | 44.31 | 1250m: | 17:50.86 | 44.00 |
| | 100m: | 1:10.32 | 37.96 | 500m: | 6:46.92 | 43.51 | 900m: | 12:40.78 | 44.25 | 1300m: | 18:35.29 | 44.43 |
| | 150m: | 1:50.10 | 39.78 | 550m: | 7:30.61 | 43.69 | 950m: | 13:24.60 | 43.82 | 1350m: | 19:19.79 | 44.50 |
| | 200m: | 2:30.93 | 40.83 | 600m: | 8:14.58 | 43.97 | 1000m: | 14:09.11 | 44.51 | 1400m: | 20:04.43 | 44.64 |
| | 250m: | 3:12.87 | 41.94 | 650m: | 8:59.02 | 44.44 | 1050m: | 14:53.50 | 44.39 | 1450m: | 20:48.95 | 44.52 |
| | 300m: | 3:54.89 | 42.02 | 700m: | 9:43.49 | 44.47 | 1100m: | 15:37.89 | 44.39 | 1500m: | 21:28.39 | 39.44 |
| | 350m: | 4:37.37 | 42.48 | 750m: | 10:28.60 | 45.11 | 1150m: | 16:22.43 | 44.54 | | | |
| | 400m: | 5:20.60 | 43.23 | 800m: | 11:12.22 | 43.62 | 1200m: | 17:06.86 | 44.43 | | | |
| 4. | DE ARMAS PAGADOR, Javier | | | | 85 | C.D. Jerez Natacion Master | | | | 21:53.52 | 268 | |
| | 50m: | 37.73 | 37.73 | 450m: | 6:24.97 | 44.34 | 850m: | 12:18.34 | 44.32 | 1250m: | 18:13.83 | 44.61 |
| | 100m: | 1:18.22 | 40.49 | 500m: | 7:09.14 | 44.17 | 900m: | 13:02.90 | 44.56 | 1300m: | 18:58.05 | 44.22 |
| | 150m: | 2:00.87 | 42.65 | 550m: | 7:53.22 | 44.08 | 950m: | 13:47.25 | 44.35 | 1350m: | 19:43.21 | 45.16 |
| | 200m: | 2:43.80 | 42.93 | 600m: | 8:37.21 | 43.99 | 1000m: | 14:31.49 | 44.24 | 1400m: | 20:27.45 | 44.24 |
| | 250m: | 3:27.12 | 43.32 | 650m: | 9:21.80 | 44.59 | 1050m: | 15:16.15 | 44.66 | 1450m: | 21:11.13 | 43.68 |
| | 300m: | 4:10.96 | 43.84 | 700m: | 10:06.18 | 44.38 | 1100m: | 16:00.67 | 44.52 | 1500m: | 21:53.52 | 42.39 |
| | 350m: | 4:55.90 | 44.94 | 750m: | 10:50.20 | 44.02 | 1150m: | 16:45.41 | 44.74 | | | |
| | 400m: | 5:40.63 | 44.73 | 800m: | 11:34.02 | 43.82 | 1200m: | 17:29.22 | 43.81 | | | |
| 5. | QUINTANA GARCIA, Daniel | | | | 85 | C.N. Las Palmas | | | | 22:21.72 | 251 | |
| | 50m: | 40.18 | 40.18 | 450m: | 6:36.98 | 44.54 | 850m: | 12:31.80 | 44.88 | 1250m: | 18:35.38 | 45.32 |
| | 100m: | 1:23.57 | 43.39 | 500m: | 7:20.97 | 43.99 | 900m: | 13:16.81 | 45.01 | 1300m: | 19:21.42 | 46.04 |
| | 150m: | 2:08.42 | 44.85 | 550m: | 8:04.61 | 43.64 | 950m: | 14:02.53 | 45.72 | 1350m: | 20:07.17 | 45.75 |
| | 200m: | 2:53.02 | 44.60 | 600m: | 8:48.62 | 44.01 | 1000m: | 14:48.14 | 45.61 | 1400m: | 20:52.37 | 45.20 |
| | 250m: | 3:37.59 | 44.57 | 650m: | 9:32.84 | 44.22 | 1050m: | 15:33.93 | 45.79 | 1450m: | 21:37.85 | 45.48 |
| | 300m: | 4:21.86 | 44.27 | 700m: | 10:17.48 | 44.64 | 1100m: | 16:19.39 | 45.46 | 1500m: | 22:21.72 | 43.87 |
| | 350m: | 5:07.37 | 45.51 | 750m: | 11:02.36 | 44.88 | 1150m: | 17:04.71 | 45.32 | | | |
| | 400m: | 5:52.44 | 45.07 | 800m: | 11:46.92 | 44.56 | 1200m: | 17:50.06 | 45.35 | | | |
| 6. | DEL PINO PADILLA, Kevin | | | | 81 | C.N. Plataforma 3 Oceano | | | | 23:05.97 | 228 | |
| | 50m: | 40.41 | 40.41 | 450m: | 6:46.40 | 46.74 | 850m: | 12:58.21 | 46.22 | 1250m: | 19:11.40 | 47.65 |
| | 100m: | 1:24.39 | 43.98 | 500m: | 7:32.77 | 46.37 | 900m: | 13:44.86 | 46.65 | 1300m: | 19:58.72 | 47.32 |
| | 150m: | 2:09.54 | 45.15 | 550m: | 8:19.97 | 47.20 | 950m: | 14:31.46 | 46.60 | 1350m: | 20:46.59 | 47.87 |
| | 200m: | 2:55.43 | 45.89 | 600m: | 9:06.38 | 46.41 | 1000m: | 15:17.90 | 46.44 | 1400m: | 21:33.88 | 47.29 |
| | 250m: | 3:42.05 | 46.62 | 650m: | 9:53.24 | 46.86 | 1050m: | 16:04.19 | 46.29 | 1450m: | 22:20.62 | 46.74 |
| | 300m: | 4:27.98 | 45.93 | 700m: | 10:39.57 | 46.33 | 1100m: | 16:50.23 | 46.04 | 1500m: | 23:05.97 | 45.35 |
| | 350m: | 5:13.89 | 45.91 | 750m: | 11:26.00 | 46.43 | 1150m: | 17:36.71 | 46.48 | | | |
| | 400m: | 5:59.66 | 45.77 | 800m: | 12:11.99 | 45.99 | 1200m: | 18:23.75 | 47.04 | | | |
| 7. | CHECA MERINO, Pablo | | | | 82 | C.N. Metropole | | | | 23:48.11 | 208 | |
| | 50m: | 43.68 | 43.68 | 400m: | 6:09.83 | 47.12 | 750m: | 11:42.13 | 47.10 | 1200m: | 18:09.39 | 47.59 |
| | 100m: | 1:28.62 | 44.94 | 450m: | 6:56.98 | 47.15 | 800m: | 12:30.88 | 48.75 | 1250m: | 18:59.12 | 49.73 |
| | 150m: | 2:14.72 | 46.10 | 500m: | 7:43.80 | 46.82 | 850m: | 14:07.91 | 1:37.03 | 1300m: | 19:48.14 | 49.02 |
| | 200m: | 3:01.41 | 46.69 | 550m: | 8:31.79 | 47.99 | 1000m: | 14:56.51 | 48.60 | 1350m: | 20:36.48 | 48.34 |
| | 250m: | 3:48.75 | 47.34 | 600m: | 9:18.97 | 47.18 | 1050m: | 15:45.24 | 48.73 | 1400m: | 21:25.75 | 49.27 |
| | 300m: | 4:35.60 | 46.85 | 650m: | 10:07.33 | 48.36 | 1100m: | 16:33.43 | 48.19 | 1450m: | 22:14.35 | 48.60 |
| | 350m: | 5:22.71 | 47.11 | 700m: | 10:55.03 | 47.70 | 1150m: | 17:21.80 | 48.37 | 1500m: | 23:48.11 | 1:33.76 |
| 8. | MARTIN PIELTAIN, Ione Manuel | | | | 83 | C.N. Aguacan | | | | 24:05.92 | 200 | |
| | 50m: | 42.80 | 42.80 | 450m: | 6:58.63 | 47.18 | 850m: | 13:27.67 | 49.61 | 1250m: | 20:02.13 | 48.82 |
| | 100m: | 1:28.33 | 45.53 | 500m: | 7:45.90 | 47.27 | 900m: | 14:16.83 | 49.16 | 1300m: | 20:51.69 | 49.56 |
| | 150m: | 2:15.24 | 46.91 | 550m: | 8:33.60 | 47.70 | 950m: | 15:06.46 | 49.63 | 1350m: | 21:41.52 | 49.83 |
| | 200m: | 3:02.79 | 47.55 | 600m: | 9:22.42 | 48.82 | 1000m: | 15:55.50 | 49.04 | 1400m: | 22:30.42 | 48.90 |
| | 250m: | 3:49.88 | 47.09 | 650m: | 10:11.20 | 48.78 | 1050m: | 16:44.88 | 49.38 | 1450m: | 23:19.28 | 48.86 |
| | 300m: | 4:37.05 | 47.17 | 700m: | 10:59.88 | 48.68 | 1100m: | 17:34.32 | 49.44 | 1500m: | 24:05.92 | 46.64 |
| | 350m: | 5:24.24 | 47.19 | 750m: | 11:48.91 | 49.03 | 1150m: | 18:24.16 | 49.84 | | | |
| | 400m: | 6:11.45 | 47.21 | 800m: | 12:38.06 | 49.15 | 1200m: | 19:13.31 | 49.15 | | | |

Prueba 1, 1500m Libre

45+, Masc.

| | | | | | | | | | | | | |
|------|----------------------------------|---------|-------|-------|--------------------------|-------|--------|----------|----------|--------|----------|-------|
| 1. | REINO ASCANIO, Abian | | | 77 | C.N. Metropole | | | | 17:47.55 | 499 | | |
| | 50m: | 33.30 | 33.30 | 450m: | 5:21.59 | 35.74 | 850m: | 10:06.54 | 35.86 | 1250m: | 14:51.28 | 35.77 |
| | 100m: | 1:09.41 | 36.11 | 500m: | 5:57.28 | 35.69 | 900m: | 10:41.93 | 35.39 | 1300m: | 15:27.00 | 35.72 |
| | 150m: | 1:45.80 | 36.39 | 550m: | 6:32.81 | 35.53 | 950m: | 11:17.38 | 35.45 | 1350m: | 16:02.88 | 35.88 |
| | 200m: | 2:22.19 | 36.39 | 600m: | 7:08.34 | 35.53 | 1000m: | 11:52.93 | 35.55 | 1400m: | 16:38.57 | 35.69 |
| | 250m: | 2:58.32 | 36.13 | 650m: | 7:43.97 | 35.63 | 1050m: | 12:28.63 | 35.70 | 1450m: | 17:14.02 | 35.45 |
| | 300m: | 3:34.27 | 35.95 | 700m: | 8:19.50 | 35.53 | 1100m: | 13:03.94 | 35.31 | 1500m: | 17:47.55 | 33.53 |
| | 350m: | 4:10.00 | 35.73 | 750m: | 8:55.22 | 35.72 | 1150m: | 13:39.61 | 35.67 | | | |
| | 400m: | 4:45.85 | 35.85 | 800m: | 9:30.68 | 35.46 | 1200m: | 14:15.51 | 35.90 | | | |
| 2. | RODRIGUEZ REYES, Miguel A | | | 77 | C.N. Las Palmas | | | | 20:05.32 | 346 | | |
| | 50m: | 36.10 | 36.10 | 450m: | 5:49.31 | 40.21 | 850m: | 11:15.57 | 40.89 | 1250m: | 16:42.53 | 41.28 |
| | 100m: | 1:13.34 | 37.24 | 500m: | 6:29.83 | 40.52 | 900m: | 11:56.12 | 40.55 | 1300m: | 17:23.59 | 41.06 |
| | 150m: | 1:51.32 | 37.98 | 550m: | 7:10.12 | 40.29 | 950m: | 12:36.81 | 40.69 | 1350m: | 18:05.15 | 41.56 |
| | 200m: | 2:30.04 | 38.72 | 600m: | 7:51.01 | 40.89 | 1000m: | 13:17.49 | 40.68 | 1400m: | 18:47.07 | 41.92 |
| | 250m: | 3:09.61 | 39.57 | 650m: | 8:31.69 | 40.68 | 1050m: | 13:57.53 | 40.04 | 1450m: | 19:27.51 | 40.44 |
| | 300m: | 3:49.23 | 39.62 | 700m: | 9:12.69 | 41.00 | 1100m: | 14:38.73 | 41.20 | 1500m: | 20:05.32 | 37.81 |
| | 350m: | 4:29.32 | 40.09 | 750m: | 9:53.88 | 41.19 | 1150m: | 15:19.96 | 41.23 | | | |
| | 400m: | 5:09.10 | 39.78 | 800m: | 10:34.68 | 40.80 | 1200m: | 16:01.25 | 41.29 | | | |
| 3. | MARTINEZ SANTOS, Ricardo Jose | | | 76 | C.N. Las Palmas | | | | 20:33.94 | 323 | | |
| | 50m: | 36.93 | 36.93 | 450m: | 6:08.15 | 41.96 | 850m: | 11:43.13 | 41.33 | 1250m: | 17:13.69 | 41.29 |
| | 100m: | 1:17.46 | 40.53 | 500m: | 6:50.60 | 42.45 | 900m: | 12:25.48 | 42.35 | 1300m: | 17:54.72 | 41.03 |
| | 150m: | 1:58.84 | 41.38 | 550m: | 7:32.79 | 42.19 | 950m: | 13:06.99 | 41.51 | 1350m: | 18:36.28 | 41.56 |
| | 200m: | 2:40.24 | 41.40 | 600m: | 8:14.50 | 41.71 | 1000m: | 13:48.21 | 41.22 | 1400m: | 19:16.17 | 39.89 |
| | 250m: | 3:21.92 | 41.68 | 650m: | 8:55.99 | 41.49 | 1050m: | 14:29.51 | 41.30 | 1450m: | 19:57.29 | 41.12 |
| | 300m: | 4:03.28 | 41.36 | 700m: | 9:37.78 | 41.79 | 1100m: | 15:10.58 | 41.07 | 1500m: | 20:33.94 | 36.65 |
| | 350m: | 4:44.69 | 41.41 | 750m: | 10:19.94 | 42.16 | 1150m: | 15:51.59 | 41.01 | | | |
| | 400m: | 5:26.19 | 41.50 | 800m: | 11:01.80 | 41.86 | 1200m: | 16:32.40 | 40.81 | | | |
| 4. | YANES BOWDEN, Geoffrey | | | 80 | C. Tenerife Masters | | | | 21:48.16 | 271 | | |
| | 50m: | 39.13 | 39.13 | 450m: | 6:29.71 | 44.51 | 850m: | 12:22.24 | 44.02 | 1250m: | 18:14.67 | 43.34 |
| | 100m: | 1:21.83 | 42.70 | 500m: | 7:13.47 | 43.76 | 900m: | 13:06.41 | 44.17 | 1300m: | 18:59.69 | 45.02 |
| | 150m: | 2:04.98 | 43.15 | 550m: | 7:57.05 | 43.58 | 950m: | 13:50.70 | 44.29 | 1350m: | 19:42.82 | 43.13 |
| | 200m: | 2:48.80 | 43.82 | 600m: | 8:41.62 | 44.57 | 1000m: | 14:34.86 | 44.16 | 1400m: | 20:26.93 | 44.11 |
| | 250m: | 3:32.55 | 43.75 | 650m: | 9:25.35 | 43.73 | 1050m: | 15:18.79 | 43.93 | 1450m: | 21:10.20 | 43.27 |
| | 300m: | 4:16.65 | 44.10 | 700m: | 10:09.15 | 43.80 | 1100m: | 16:02.86 | 44.07 | 1500m: | 21:48.16 | 37.96 |
| | 350m: | 5:00.81 | 44.16 | 750m: | 10:53.52 | 44.37 | 1150m: | 16:47.21 | 44.35 | | | |
| | 400m: | 5:45.20 | 44.39 | 800m: | 11:38.22 | 44.70 | 1200m: | 17:31.33 | 44.12 | | | |
| 5. | BENCOMO GONZALEZ, Carlos Agustin | | | 76 | C.N. Plataforma 3 Oceano | | | | 26:02.31 | 159 | | |
| | 50m: | 44.58 | 44.58 | 450m: | 7:39.51 | 52.68 | 850m: | 14:41.21 | 53.11 | 1250m: | 21:41.99 | 53.20 |
| | 100m: | 1:32.63 | 48.05 | 500m: | 8:33.07 | 53.56 | 900m: | 15:33.95 | 52.74 | 1300m: | 22:33.94 | 51.95 |
| | 150m: | 2:22.66 | 50.03 | 550m: | 9:26.27 | 53.20 | 950m: | 16:26.55 | 52.60 | 1350m: | 23:27.79 | 53.85 |
| | 200m: | 3:13.82 | 51.16 | 600m: | 10:18.63 | 52.36 | 1000m: | 17:19.44 | 52.89 | 1400m: | 24:21.52 | 53.73 |
| | 250m: | 4:06.51 | 52.69 | 650m: | 11:10.87 | 52.24 | 1050m: | 18:11.24 | 51.80 | 1450m: | 25:15.18 | 53.66 |
| | 300m: | 4:59.71 | 53.20 | 700m: | 12:02.89 | 52.02 | 1100m: | 19:02.97 | 51.73 | 1500m: | 26:02.31 | 47.13 |
| | 350m: | 5:53.48 | 53.77 | 750m: | 12:55.51 | 52.62 | 1150m: | 19:56.19 | 53.22 | | | |
| | 400m: | 6:46.83 | 53.35 | 800m: | 13:48.10 | 52.59 | 1200m: | 20:48.79 | 52.60 | | | |
| Baja | CANO GONZALEZ, Jonay | | | 79 | C.N. Los Cristianos | | | | | | | |

Prueba 1, 1500m Libre

50+, Masc.

| | | | | | | | | | | | | |
|----|------------------------------------|---------|-------|-------|-----------------------|-------|--------|----------|-------|--------|----------|-------|
| 1. | BAEZ GONZALEZ, Jose Carlos | | | 75 | C.N. Martianezy | | | 17:24.74 | | | 532 | |
| | 50m: | 31.38 | 31.38 | 450m: | 5:04.24 | 34.63 | 850m: | 9:45.78 | 35.12 | 1250m: | 14:29.84 | 35.73 |
| | 100m: | 1:04.53 | 33.15 | 500m: | 5:39.38 | 35.14 | 900m: | 10:21.25 | 35.47 | 1300m: | 15:05.57 | 35.73 |
| | 150m: | 1:38.21 | 33.68 | 550m: | 6:14.35 | 34.97 | 950m: | 10:56.63 | 35.38 | 1350m: | 15:41.06 | 35.49 |
| | 200m: | 2:12.13 | 33.92 | 600m: | 6:49.30 | 34.95 | 1000m: | 11:31.92 | 35.29 | 1400m: | 16:16.91 | 35.85 |
| | 250m: | 2:46.03 | 33.90 | 650m: | 7:24.51 | 35.21 | 1050m: | 12:07.31 | 35.39 | 1450m: | 16:51.87 | 34.96 |
| | 300m: | 3:20.40 | 34.37 | 700m: | 7:59.80 | 35.29 | 1100m: | 12:42.87 | 35.56 | 1500m: | 17:24.74 | 32.87 |
| | 350m: | 3:55.04 | 34.64 | 750m: | 8:35.19 | 35.39 | 1150m: | 13:18.55 | 35.68 | | | |
| | 400m: | 4:29.61 | 34.57 | 800m: | 9:10.66 | 35.47 | 1200m: | 13:54.11 | 35.56 | | | |
| 2. | RAMIREZ TEJERA, Victor | | | 71 | C.N. Metropole | | | 20:57.45 | | | 305 | |
| | 50m: | 37.50 | 37.50 | 450m: | 6:10.29 | 41.95 | 850m: | 11:48.91 | 42.58 | 1250m: | 17:27.62 | 42.33 |
| | 100m: | 1:17.72 | 40.22 | 500m: | 6:52.14 | 41.85 | 900m: | 12:31.38 | 42.47 | 1300m: | 18:10.08 | 42.46 |
| | 150m: | 1:58.64 | 40.92 | 550m: | 7:34.66 | 42.52 | 950m: | 13:13.44 | 42.06 | 1350m: | 18:52.21 | 42.13 |
| | 200m: | 2:40.53 | 41.89 | 600m: | 8:16.52 | 41.86 | 1000m: | 13:56.15 | 42.71 | 1400m: | 19:34.89 | 42.68 |
| | 250m: | 3:22.86 | 42.33 | 650m: | 8:58.86 | 42.34 | 1050m: | 14:38.15 | 42.00 | 1450m: | 20:17.49 | 42.60 |
| | 300m: | 4:04.35 | 41.49 | 700m: | 9:40.97 | 42.11 | 1100m: | 15:20.83 | 42.68 | 1500m: | 20:57.45 | 39.96 |
| | 350m: | 4:46.76 | 42.41 | 750m: | 10:23.66 | 42.69 | 1150m: | 16:03.23 | 42.40 | | | |
| | 400m: | 5:28.34 | 41.58 | 800m: | 11:06.33 | 42.67 | 1200m: | 16:45.29 | 42.06 | | | |
| 3. | CAMACHO SANTANA, Carlos | | | 74 | C.N. Las Palmas | | | 21:13.94 | | | 293 | |
| | 50m: | 37.55 | 37.55 | 450m: | 6:08.38 | 42.05 | 850m: | 11:45.21 | 42.33 | 1250m: | 17:33.00 | 44.66 |
| | 100m: | 1:18.18 | 40.63 | 500m: | 6:50.57 | 42.19 | 900m: | 12:27.67 | 42.46 | 1300m: | 18:17.70 | 44.70 |
| | 150m: | 1:59.14 | 40.96 | 550m: | 7:32.31 | 41.74 | 950m: | 13:10.55 | 42.88 | 1350m: | 19:02.16 | 44.46 |
| | 200m: | 2:40.36 | 41.22 | 600m: | 8:14.12 | 41.81 | 1000m: | 13:53.69 | 43.14 | 1400m: | 19:46.29 | 44.13 |
| | 250m: | 3:21.65 | 41.29 | 650m: | 8:56.38 | 42.26 | 1050m: | 14:36.97 | 43.28 | 1450m: | 20:30.10 | 43.81 |
| | 300m: | 4:03.02 | 41.37 | 700m: | 9:38.28 | 41.90 | 1100m: | 15:20.20 | 43.23 | 1500m: | 21:13.94 | 43.84 |
| | 350m: | 4:44.49 | 41.47 | 750m: | 10:20.34 | 42.06 | 1150m: | 16:04.30 | 44.10 | | | |
| | 400m: | 5:26.33 | 41.84 | 800m: | 11:02.88 | 42.54 | 1200m: | 16:48.34 | 44.04 | | | |
| 4. | DEL ROSARIO RODRIGUEZ, Jose Antc72 | | | 72 | C.N. Las Palmas | | | 21:50.79 | | | 269 | |
| | 50m: | 40.30 | 40.30 | 450m: | 6:26.84 | 43.82 | 850m: | 12:21.21 | 44.73 | 1250m: | 18:14.64 | 44.16 |
| | 100m: | 1:22.32 | 42.02 | 500m: | 7:10.69 | 43.85 | 900m: | 13:06.04 | 44.83 | 1300m: | 18:59.42 | 44.78 |
| | 150m: | 2:05.20 | 42.88 | 550m: | 7:54.98 | 44.29 | 950m: | 13:49.67 | 43.63 | 1350m: | 19:44.10 | 44.68 |
| | 200m: | 2:48.41 | 43.21 | 600m: | 8:38.76 | 43.78 | 1000m: | 14:33.90 | 44.23 | 1400m: | 20:28.56 | 44.46 |
| | 250m: | 3:31.69 | 43.28 | 650m: | 9:22.90 | 44.14 | 1050m: | 15:18.23 | 44.33 | 1450m: | 21:12.01 | 43.45 |
| | 300m: | 4:15.22 | 43.53 | 700m: | 10:07.56 | 44.66 | 1100m: | 16:02.27 | 44.04 | 1500m: | 21:50.79 | 38.78 |
| | 350m: | 4:58.93 | 43.71 | 750m: | 10:51.79 | 44.23 | 1150m: | 16:46.24 | 43.97 | | | |
| | 400m: | 5:43.02 | 44.09 | 800m: | 11:36.48 | 44.69 | 1200m: | 17:30.48 | 44.24 | | | |
| 5. | BILBAO SIEYRO, German | | | 73 | Club Deportivo Teimar | | | 22:51.09 | | | 235 | |
| | 50m: | 40.60 | 40.60 | 450m: | 6:51.02 | 46.59 | 850m: | 13:01.63 | 45.91 | 1250m: | 19:06.98 | 45.81 |
| | 100m: | 1:25.64 | 45.04 | 500m: | 7:37.76 | 46.74 | 900m: | 13:47.48 | 45.85 | 1300m: | 19:52.97 | 45.99 |
| | 150m: | 2:11.92 | 46.28 | 550m: | 8:24.26 | 46.50 | 950m: | 14:32.93 | 45.45 | 1350m: | 20:38.41 | 45.44 |
| | 200m: | 2:58.65 | 46.73 | 600m: | 9:10.40 | 46.14 | 1000m: | 15:18.84 | 45.91 | 1400m: | 21:24.06 | 45.65 |
| | 250m: | 3:45.16 | 46.51 | 650m: | 9:56.52 | 46.12 | 1050m: | 16:04.57 | 45.73 | 1450m: | 22:09.60 | 45.54 |
| | 300m: | 4:31.36 | 46.20 | 700m: | 10:42.78 | 46.26 | 1100m: | 16:50.36 | 45.79 | 1500m: | 22:51.09 | 41.49 |
| | 350m: | 5:17.67 | 46.31 | 750m: | 11:29.39 | 46.61 | 1150m: | 17:35.84 | 45.48 | | | |
| | 400m: | 6:04.43 | 46.76 | 800m: | 12:15.72 | 46.33 | 1200m: | 18:21.17 | 45.33 | | | |

Prueba 1, Masc., 1500m Libre, 50+

| Clasificación | AN | | | | | | | | Tiempo | | Pts | |
|---------------|-------------------------|---------|-------|-------|----------|----------------------|--------|----------|--------|----------|----------|-------|
| 6. | SEGARRA CARRANZA, Isaac | | | | 74 | Cn.Salinas Sta.Lucia | | | | 25:08.08 | 177 | |
| | 50m: | 44.82 | 44.82 | 450m: | 7:21.77 | 50.29 | 850m: | 14:06.05 | 50.65 | 1250m: | 20:58.50 | 51.27 |
| | 100m: | 1:33.57 | 48.75 | 500m: | 8:13.74 | 51.97 | 900m: | 14:57.28 | 51.23 | 1300m: | 21:50.08 | 51.58 |
| | 150m: | 2:23.36 | 49.79 | 550m: | 9:04.13 | 50.39 | 950m: | 15:47.99 | 50.71 | 1350m: | 22:41.10 | 51.02 |
| | 200m: | 3:12.50 | 49.14 | 600m: | 9:55.39 | 51.26 | 1000m: | 16:39.28 | 51.29 | 1400m: | 23:32.44 | 51.34 |
| | 250m: | 4:01.50 | 49.00 | 650m: | 10:45.56 | 50.17 | 1050m: | 17:29.94 | 50.66 | 1450m: | 24:24.09 | 51.65 |
| | 300m: | 4:51.78 | 50.28 | 700m: | 11:35.57 | 50.01 | 1100m: | 18:22.06 | 52.12 | 1500m: | 25:08.08 | 43.99 |
| | 350m: | 5:41.88 | 50.10 | 750m: | 12:25.07 | 49.50 | 1150m: | 19:14.01 | 51.95 | | | |
| | 400m: | 6:31.48 | 49.60 | 800m: | 13:15.40 | 50.33 | 1200m: | 20:07.23 | 53.22 | | | |

55+, Masc.

| | | | | | | | | | | |
|--------------------------------------|-------|-----------------------|-------|-----------------|-------|-----------------|-------|--|--|-----|
| 1. GUTIERREZ ASCANIO, Ciro | 70 | C.N. Metropole | | | | 18:53.30 | | | | 417 |
| 50m: 34.64 | 34.64 | 450m: 5:36.74 | 37.78 | 850m: 10:37.65 | 37.77 | 1250m: 15:42.46 | 38.68 | | | |
| 100m: 1:11.69 | 37.05 | 500m: 6:14.32 | 37.58 | 900m: 11:15.09 | 37.44 | 1300m: 16:20.75 | 38.29 | | | |
| 150m: 1:49.29 | 37.60 | 550m: 6:51.69 | 37.37 | 950m: 11:53.00 | 37.91 | 1350m: 16:59.28 | 38.53 | | | |
| 200m: 2:27.25 | 37.96 | 600m: 7:28.98 | 37.29 | 1000m: 12:30.79 | 37.79 | 1400m: 17:37.79 | 38.51 | | | |
| 250m: 3:05.49 | 38.24 | 650m: 8:06.46 | 37.48 | 1050m: 13:08.97 | 38.18 | 1450m: 18:16.66 | 38.87 | | | |
| 300m: 3:43.23 | 37.74 | 700m: 8:44.28 | 37.82 | 1100m: 13:46.99 | 38.02 | 1500m: 18:53.30 | 36.64 | | | |
| 350m: 4:21.01 | 37.78 | 750m: 9:22.06 | 37.78 | 1150m: 14:25.59 | 38.60 | | | | | |
| 400m: 4:58.96 | 37.95 | 800m: 9:59.88 | 37.82 | 1200m: 15:03.78 | 38.19 | | | | | |
| 2. LUZARDO RODRIGUEZ, Gustavo Adolfo | 66 | C.N. Metropole | | | | 21:01.99 | | | | 302 |
| 50m: 39.43 | 39.43 | 450m: 6:13.83 | 41.90 | 850m: 11:50.72 | 41.91 | 1250m: 17:29.90 | 42.74 | | | |
| 100m: 1:20.39 | 40.96 | 500m: 6:56.03 | 42.20 | 900m: 12:33.03 | 42.31 | 1300m: 18:12.08 | 42.18 | | | |
| 150m: 2:01.95 | 41.56 | 550m: 7:38.12 | 42.09 | 950m: 13:15.27 | 42.24 | 1350m: 18:55.08 | 43.00 | | | |
| 200m: 2:44.05 | 42.10 | 600m: 8:20.66 | 42.54 | 1000m: 13:56.98 | 41.71 | 1400m: 19:37.88 | 42.80 | | | |
| 250m: 3:25.63 | 41.58 | 650m: 9:02.83 | 42.17 | 1050m: 14:39.36 | 42.38 | 1450m: 20:20.48 | 42.60 | | | |
| 300m: 4:07.72 | 42.09 | 700m: 9:44.98 | 42.15 | 1100m: 15:22.19 | 42.83 | 1500m: 21:01.99 | 41.51 | | | |
| 350m: 4:49.59 | 41.87 | 750m: 10:26.76 | 41.78 | 1150m: 16:04.69 | 42.50 | | | | | |
| 400m: 5:31.93 | 42.34 | 800m: 11:08.81 | 42.05 | 1200m: 16:47.16 | 42.47 | | | | | |
| 3. MARTINEZ LLISO, Claudio | 66 | C.N. Metropole | | | | 21:44.99 | | | | 273 |
| 50m: 37.53 | 37.53 | 450m: 6:18.05 | 43.31 | 850m: 12:11.25 | 44.52 | 1250m: 18:06.08 | 45.12 | | | |
| 100m: 1:17.91 | 40.38 | 500m: 7:01.69 | 43.64 | 900m: 12:54.72 | 43.47 | 1300m: 18:51.21 | 45.13 | | | |
| 150m: 2:01.18 | 43.27 | 550m: 7:45.45 | 43.76 | 950m: 13:38.42 | 43.70 | 1350m: 19:36.57 | 45.36 | | | |
| 200m: 2:44.12 | 42.94 | 600m: 8:29.45 | 44.00 | 1000m: 14:23.14 | 44.72 | 1400m: 20:20.25 | 43.68 | | | |
| 250m: 3:26.05 | 41.93 | 650m: 9:14.10 | 44.65 | 1050m: 15:07.88 | 44.74 | 1450m: 21:03.31 | 43.06 | | | |
| 300m: 4:08.87 | 42.82 | 700m: 9:58.07 | 43.97 | 1100m: 15:51.66 | 43.78 | 1500m: 21:44.99 | 41.68 | | | |
| 350m: 4:51.39 | 42.52 | 750m: 10:42.62 | 44.55 | 1150m: 16:36.61 | 44.95 | | | | | |
| 400m: 5:34.74 | 43.35 | 800m: 11:26.73 | 44.11 | 1200m: 17:20.96 | 44.35 | | | | | |
| 4. DIAZ PEREZ, Ricardo | 68 | Club Deportivo Teimar | | | | 21:54.33 | | | | 267 |
| 50m: 39.98 | 39.98 | 450m: 6:31.22 | 43.86 | 850m: 12:24.29 | 44.40 | 1250m: 18:17.67 | 44.10 | | | |
| 100m: 1:22.63 | 42.65 | 500m: 7:15.56 | 44.34 | 900m: 13:08.25 | 43.96 | 1300m: 19:01.64 | 43.97 | | | |
| 150m: 2:06.54 | 43.91 | 550m: 7:59.70 | 44.14 | 950m: 13:52.46 | 44.21 | 1350m: 19:45.54 | 43.90 | | | |
| 200m: 2:50.75 | 44.21 | 600m: 8:43.57 | 43.87 | 1000m: 14:36.78 | 44.32 | 1400m: 20:29.75 | 44.21 | | | |
| 250m: 3:34.84 | 44.09 | 650m: 9:27.59 | 44.02 | 1050m: 15:20.89 | 44.11 | 1450m: 21:13.11 | 43.36 | | | |
| 300m: 4:18.95 | 44.11 | 700m: 10:11.41 | 43.82 | 1100m: 16:05.55 | 44.66 | 1500m: 21:54.33 | 41.22 | | | |
| 350m: 5:02.99 | 44.04 | 750m: 10:55.60 | 44.19 | 1150m: 16:49.72 | 44.17 | | | | | |
| 400m: 5:47.36 | 44.37 | 800m: 11:39.89 | 44.29 | 1200m: 17:33.57 | 43.85 | | | | | |

Prueba 1, Masc., 1500m Libre, 55+

| Clasificación | AN | | | | | | | | Tiempo | | Pts | |
|---------------|------------------------------|---------|-------|-------|----------|----------------------|--------|----------|--------|----------|----------|-------|
| 5. | NUEZ SANCHEZ, Carlos Luis | | | | 69 | C.N. Aguacan | | | | 23:22.07 | 220 | |
| | 50m: | 40.69 | 40.69 | 450m: | 6:49.23 | 46.65 | 850m: | 13:10.40 | 47.75 | 1250m: | 19:34.49 | 46.92 |
| | 100m: | 1:24.87 | 44.18 | 500m: | 7:36.53 | 47.30 | 900m: | 13:58.56 | 48.16 | 1300m: | 20:22.41 | 47.92 |
| | 150m: | 2:10.27 | 45.40 | 550m: | 8:23.88 | 47.35 | 950m: | 14:47.25 | 48.69 | 1350m: | 21:09.18 | 46.77 |
| | 200m: | 2:56.04 | 45.77 | 600m: | 9:11.20 | 47.32 | 1000m: | 15:35.56 | 48.31 | 1400m: | 21:55.07 | 45.89 |
| | 250m: | 3:42.49 | 46.45 | 650m: | 9:58.66 | 47.46 | 1050m: | 16:23.76 | 48.20 | 1450m: | 22:41.56 | 46.49 |
| | 300m: | 4:28.64 | 46.15 | 700m: | 10:47.25 | 48.59 | 1100m: | 17:11.93 | 48.17 | 1500m: | 23:22.07 | 40.51 |
| | 350m: | 5:15.76 | 47.12 | 750m: | 11:35.40 | 48.15 | 1150m: | 17:59.76 | 47.83 | | | |
| | 400m: | 6:02.58 | 46.82 | 800m: | 12:22.65 | 47.25 | 1200m: | 18:47.57 | 47.81 | | | |
| 6. | PEREZ MORENO, Fernando | | | | 66 | C. Tenerife Masters | | | | 23:43.79 | 210 | |
| | 50m: | 40.52 | 40.52 | 450m: | 6:53.84 | 46.84 | 850m: | 13:18.07 | 48.47 | 1250m: | 19:46.69 | 48.28 |
| | 100m: | 1:24.57 | 44.05 | 500m: | 7:41.34 | 47.50 | 900m: | 14:06.39 | 48.32 | 1300m: | 20:35.34 | 48.65 |
| | 150m: | 2:11.34 | 46.77 | 550m: | 8:28.91 | 47.57 | 950m: | 14:54.33 | 47.94 | 1350m: | 21:23.64 | 48.30 |
| | 200m: | 2:58.15 | 46.81 | 600m: | 9:17.52 | 48.61 | 1000m: | 15:42.44 | 48.11 | 1400m: | 22:12.20 | 48.56 |
| | 250m: | 3:45.63 | 47.48 | 650m: | 10:05.71 | 48.19 | 1050m: | 16:32.02 | 49.58 | 1450m: | 22:58.57 | 46.37 |
| | 300m: | 4:32.14 | 46.51 | 700m: | 10:53.41 | 47.70 | 1100m: | 17:20.52 | 48.50 | 1500m: | 23:43.79 | 45.22 |
| | 350m: | 5:19.26 | 47.12 | 750m: | 11:41.31 | 47.90 | 1150m: | 18:09.73 | 49.21 | | | |
| | 400m: | 6:07.00 | 47.74 | 800m: | 12:29.60 | 48.29 | 1200m: | 18:58.41 | 48.68 | | | |
| 7. | RODRIGUEZ SANTANA, Ernesto | | | | 70 | C.N. Valleverde | | | | 24:10.04 | 199 | |
| | 50m: | 45.22 | 45.22 | 450m: | 7:14.70 | 48.72 | 850m: | 13:44.88 | 48.26 | 1250m: | 20:14.32 | 47.60 |
| | 100m: | 1:32.78 | 47.56 | 500m: | 8:03.97 | 49.27 | 900m: | 14:34.02 | 49.14 | 1300m: | 21:02.16 | 47.84 |
| | 150m: | 2:21.07 | 48.29 | 550m: | 8:52.85 | 48.88 | 950m: | 15:23.22 | 49.20 | 1350m: | 21:49.94 | 47.78 |
| | 200m: | 3:09.67 | 48.60 | 600m: | 9:41.94 | 49.09 | 1000m: | 16:12.29 | 49.07 | 1400m: | 22:37.60 | 47.66 |
| | 250m: | 3:58.56 | 48.89 | 650m: | 10:31.13 | 49.19 | 1050m: | 17:00.97 | 48.68 | 1450m: | 23:25.54 | 47.94 |
| | 300m: | 4:47.88 | 49.32 | 700m: | 11:19.29 | 48.16 | 1100m: | 17:49.22 | 48.25 | 1500m: | 24:10.04 | 44.50 |
| | 350m: | 5:36.88 | 49.00 | 750m: | 12:07.93 | 48.64 | 1150m: | 18:38.06 | 48.84 | | | |
| | 400m: | 6:25.98 | 49.10 | 800m: | 12:56.62 | 48.69 | 1200m: | 19:26.72 | 48.66 | | | |
| 8. | QUESADA RODRIGUEZ, Francisco | | | | 67 | Cn.Salinas Sta.Lucia | | | | 26:54.65 | 144 | |
| | 50m: | 46.64 | 46.64 | 450m: | 8:04.49 | 54.05 | 850m: | 15:17.51 | 53.13 | 1250m: | 22:24.15 | 53.17 |
| | 100m: | 1:39.83 | 53.19 | 500m: | 8:58.08 | 53.59 | 900m: | 16:11.81 | 54.30 | 1300m: | 23:19.30 | 55.15 |
| | 150m: | 2:35.54 | 55.71 | 550m: | 9:53.02 | 54.94 | 950m: | 17:04.90 | 53.09 | 1350m: | 24:13.32 | 54.02 |
| | 200m: | 3:31.11 | 55.57 | 600m: | 10:47.46 | 54.44 | 1000m: | 17:57.91 | 53.01 | 1400m: | 25:06.53 | 53.21 |
| | 250m: | 4:26.28 | 55.17 | 650m: | 11:41.38 | 53.92 | 1050m: | 18:49.75 | 51.84 | 1450m: | 26:00.66 | 54.13 |
| | 300m: | 5:21.45 | 55.17 | 700m: | 12:36.81 | 55.43 | 1100m: | 19:42.75 | 53.00 | 1500m: | 26:54.65 | 53.99 |
| | 350m: | 6:16.15 | 54.70 | 750m: | 13:30.77 | 53.96 | 1150m: | 20:36.15 | 53.40 | | | |
| | 400m: | 7:10.44 | 54.29 | 800m: | 14:24.38 | 53.61 | 1200m: | 21:30.98 | 54.83 | | | |

60+, Masc.

| | | | | | | | | | | | |
|----------------------------|---------|-------|-------|---------------------|-------|--------|----------|----------|--------|----------|-------|
| 1. GONZALEZ PEREZ, Domingo | 61 | | | C. Tenerife Masters | | | | 20:59.68 | | 303 | |
| 50m: | 37.57 | 37.57 | 450m: | 6:06.71 | 42.00 | 850m: | 11:45.21 | 42.69 | 1250m: | 17:27.62 | 42.68 |
| 100m: | 1:17.71 | 40.14 | 500m: | 6:48.89 | 42.18 | 900m: | 12:27.70 | 42.49 | 1300m: | 18:10.35 | 42.73 |
| 150m: | 1:58.60 | 40.89 | 550m: | 7:30.93 | 42.04 | 950m: | 13:10.23 | 42.53 | 1350m: | 18:53.32 | 42.97 |
| 200m: | 2:39.70 | 41.10 | 600m: | 8:12.99 | 42.06 | 1000m: | 13:53.12 | 42.89 | 1400m: | 19:37.07 | 43.75 |
| 250m: | 3:20.80 | 41.10 | 650m: | 8:55.50 | 42.51 | 1050m: | 14:36.01 | 42.89 | 1450m: | 20:20.23 | 43.16 |
| 300m: | 4:01.87 | 41.07 | 700m: | 9:37.87 | 42.37 | 1100m: | 15:19.09 | 43.08 | 1500m: | 20:59.68 | 39.45 |
| 350m: | 4:43.05 | 41.18 | 750m: | 10:20.32 | 42.45 | 1150m: | 16:01.80 | 42.71 | | | |
| 400m: | 5:24.71 | 41.66 | 800m: | 11:02.52 | 42.20 | 1200m: | 16:44.94 | 43.14 | | | |

Prueba 1, Masc., 1500m Libre, 60+

| Clasificación | AN | | | | | | | | Tiempo | | Pts | |
|---------------|---------------------------------|---------|-------|-------|----------------|-------|--------|----------|-----------------|--------|----------|-------|
| 2. | JIMENEZ DE LA GUARDIA, Miguel A | | | 65 | C.D.N. Playuki | | | | 23:44.31 | | 210 | |
| | 50m: | 42.17 | 42.17 | 450m: | 6:59.37 | 47.16 | 850m: | 13:20.10 | 48.02 | 1250m: | 19:46.41 | 47.72 |
| | 100m: | 1:27.96 | 45.79 | 500m: | 7:46.65 | 47.28 | 900m: | 14:08.40 | 48.30 | 1300m: | 20:34.52 | 48.11 |
| | 150m: | 2:15.53 | 47.57 | 550m: | 8:34.19 | 47.54 | 950m: | 14:56.58 | 48.18 | 1350m: | 21:22.22 | 47.70 |
| | 200m: | 3:04.04 | 48.51 | 600m: | 9:21.93 | 47.74 | 1000m: | 15:44.78 | 48.20 | 1400m: | 22:10.91 | 48.69 |
| | 250m: | 3:51.30 | 47.26 | 650m: | 10:09.41 | 47.48 | 1050m: | 16:33.33 | 48.55 | 1450m: | 22:58.83 | 47.92 |
| | 300m: | 4:38.39 | 47.09 | 700m: | 10:56.79 | 47.38 | 1100m: | 17:21.73 | 48.40 | 1500m: | 23:44.31 | 45.48 |
| | 350m: | 5:25.23 | 46.84 | 750m: | 11:44.33 | 47.54 | 1150m: | 18:10.35 | 48.62 | | | |
| | 400m: | 6:12.21 | 46.98 | 800m: | 12:32.08 | 47.75 | 1200m: | 18:58.69 | 48.34 | | | |

65+, Masc.

| | | | | | | | | | | | |
|---------------------------|---------|-------|-------|---------------------|-------|--------|----------|-------|--------|----------|-------|
| 1. DIAZ DIAZ, Celso Julio | | | 59 | C. Tenerife Masters | | | | | | 23:39.42 | 212 |
| 50m: | 41.94 | 41.94 | 450m: | 6:56.01 | 47.17 | 850m: | 13:17.60 | 47.81 | 1250m: | 19:41.73 | 48.17 |
| 100m: | 1:26.82 | 44.88 | 500m: | 7:43.60 | 47.59 | 900m: | 14:05.70 | 48.10 | 1300m: | 20:29.87 | 48.14 |
| 150m: | 2:12.89 | 46.07 | 550m: | 8:31.10 | 47.50 | 950m: | 14:53.69 | 47.99 | 1350m: | 21:17.96 | 48.09 |
| 200m: | 3:00.49 | 47.60 | 600m: | 9:18.85 | 47.75 | 1000m: | 15:41.57 | 47.88 | 1400m: | 22:06.11 | 48.15 |
| 250m: | 3:47.57 | 47.08 | 650m: | 10:06.33 | 47.48 | 1050m: | 16:29.76 | 48.19 | 1450m: | 22:54.60 | 48.49 |
| 300m: | 4:34.88 | 47.31 | 700m: | 10:54.14 | 47.81 | 1100m: | 17:17.56 | 47.80 | 1500m: | 23:39.42 | 44.82 |
| 350m: | 5:21.59 | 46.71 | 750m: | 11:41.89 | 47.75 | 1150m: | 18:05.53 | 47.97 | | | |
| 400m: | 6:08.84 | 47.25 | 800m: | 12:29.79 | 47.90 | 1200m: | 18:53.56 | 48.03 | | | |

70+, Masc.

| | | | | | | | | | | | |
|-------------------------------|---------|-------|---------------------|----------|-------|--------|----------|-------|----------|----------|-------|
| 1. BARRIOS BORGES, Jose Ramon | 54 | | C. Tenerife Masters | | | | | | 22:49.93 | | 236 |
| 50m: | 42.10 | 42.10 | 450m: | 6:44.43 | 45.69 | 850m: | 12:47.78 | 45.73 | 1250m: | 18:57.10 | 46.57 |
| 100m: | 1:26.23 | 44.13 | 500m: | 7:30.27 | 45.84 | 900m: | 13:33.75 | 45.97 | 1300m: | 19:43.02 | 45.92 |
| 150m: | 2:11.43 | 45.20 | 550m: | 8:15.25 | 44.98 | 950m: | 14:19.35 | 45.60 | 1350m: | 20:29.95 | 46.93 |
| 200m: | 2:56.38 | 44.95 | 600m: | 9:00.62 | 45.37 | 1000m: | 15:04.88 | 45.53 | 1400m: | 21:17.41 | 47.46 |
| 250m: | 3:41.93 | 45.55 | 650m: | 9:46.21 | 45.59 | 1050m: | 15:51.26 | 46.38 | 1450m: | 22:04.82 | 47.41 |
| 300m: | 4:27.71 | 45.78 | 700m: | 10:31.12 | 44.91 | 1100m: | 16:37.75 | 46.49 | 1500m: | 22:49.93 | 45.11 |
| 350m: | 5:13.21 | 45.50 | 750m: | 11:16.59 | 45.47 | 1150m: | 17:24.45 | 46.70 | | | |
| 400m: | 5:58.74 | 45.53 | 800m: | 12:02.05 | 45.46 | 1200m: | 18:10.53 | 46.08 | | | |

75+, Masc.

| | | | | | | | | | | | | |
|---------------------------|---------|---------|-------|----------|---------------------|--------|----------|---------|--------|----------|---------|-----|
| 1. METZ, Michael Gustav | | | | 48 | C. Tenerife Masters | | | | | 28:14.29 | | 124 |
| 50m: | 53.42 | 53.42 | 450m: | 8:25.20 | 55.92 | 850m: | 16:01.25 | 56.18 | 1250m: | 23:35.99 | 58.20 | |
| 100m: | 1:50.32 | 56.90 | 500m: | 9:22.38 | 57.18 | 900m: | 16:56.86 | 55.61 | 1300m: | 24:33.53 | 57.54 | |
| 150m: | 2:45.59 | 55.27 | 550m: | 10:18.63 | 56.25 | 950m: | 17:51.96 | 55.10 | 1350m: | 25:30.72 | 57.19 | |
| 200m: | 3:42.59 | 57.00 | 600m: | 11:15.54 | 56.91 | 1000m: | 18:49.44 | 57.48 | 1400m: | 26:27.66 | 56.94 | |
| 250m: | 4:39.50 | 56.91 | 650m: | 12:13.35 | 57.81 | 1050m: | 19:46.04 | 56.60 | 1450m: | 27:22.93 | 55.27 | |
| 300m: | 5:35.34 | 55.84 | 700m: | 13:10.83 | 57.48 | 1100m: | 20:43.77 | 57.73 | 1500m: | 28:14.29 | 51.36 | |
| 350m: | 6:31.60 | 56.26 | 750m: | 14:07.93 | 57.10 | 1150m: | 21:40.90 | 57.13 | | | | |
| 400m: | 7:29.28 | 57.68 | 800m: | 15:05.07 | 57.14 | 1200m: | 22:37.79 | 56.89 | | | | |
| | | | | | | | | | | | | |
| 2. CHECA FAJARDO, Placido | | | | 50 | C.N. Metropole | | | | | 31:25.81 | | 90 |
| 50m: | 49.79 | 49.79 | 450m: | 9:05.15 | 1:03.75 | 850m: | 17:38.00 | 1:04.55 | 1250m: | 26:09.54 | 1:03.60 | |
| 100m: | 1:46.40 | 56.61 | 500m: | 10:09.10 | 1:03.95 | 900m: | 18:42.75 | 1:04.75 | 1300m: | 27:14.23 | 1:04.69 | |
| 150m: | 2:47.07 | 1:00.67 | 550m: | 11:12.17 | 1:03.07 | 950m: | 19:46.98 | 1:04.23 | 1350m: | 28:16.79 | 1:02.56 | |
| 200m: | 3:49.76 | 1:02.69 | 600m: | 12:16.39 | 1:04.22 | 1000m: | 20:50.70 | 1:03.72 | 1400m: | 29:19.95 | 1:03.16 | |
| 250m: | 4:51.68 | 1:01.92 | 650m: | 13:20.49 | 1:04.10 | 1050m: | 21:55.24 | 1:04.54 | 1450m: | 30:23.90 | 1:03.95 | |
| 300m: | 5:53.87 | 1:02.19 | 700m: | 14:24.10 | 1:03.61 | 1100m: | 22:57.98 | 1:02.74 | 1500m: | 31:25.81 | 1:01.91 | |
| 350m: | 6:57.78 | 1:03.91 | 750m: | 15:28.30 | 1:04.20 | 1150m: | 24:01.90 | 1:03.92 | | | | |
| 400m: | 8:01.40 | 1:03.62 | 800m: | 16:33.45 | 1:05.15 | 1200m: | 25:05.94 | 1:04.04 | | | | |

Prueba 1, 1500m Libre

20+, Fem.

| | | | | | | | | | | | | |
|----|-------------------------|---------|-------|-------|----------|-------------------------------------|--------|----------|-------|----------|----------|-------|
| 1. | SARMIENTO GUERRA, Elena | | | | 05 | Club Deportivo Swim&Train Maspaloma | | | | 19:02.64 | 502 | |
| | 50m: | 35.67 | 35.67 | 450m: | 5:37.78 | 38.06 | 850m: | 10:43.38 | 38.29 | 1250m: | 15:51.60 | 38.76 |
| | 100m: | 1:12.38 | 36.71 | 500m: | 6:15.54 | 37.76 | 900m: | 11:21.82 | 38.44 | 1300m: | 16:30.03 | 38.43 |
| | 150m: | 1:49.53 | 37.15 | 550m: | 6:53.11 | 37.57 | 950m: | 12:00.16 | 38.34 | 1350m: | 17:08.63 | 38.60 |
| | 200m: | 2:27.43 | 37.90 | 600m: | 7:31.30 | 38.19 | 1000m: | 12:38.74 | 38.58 | 1400m: | 17:47.62 | 38.99 |
| | 250m: | 3:05.67 | 38.24 | 650m: | 8:09.59 | 38.29 | 1050m: | 13:17.28 | 38.54 | 1450m: | 18:26.31 | 38.69 |
| | 300m: | 3:43.76 | 38.09 | 700m: | 8:48.08 | 38.49 | 1100m: | 13:55.54 | 38.26 | 1500m: | 19:02.64 | 36.33 |
| | 350m: | 4:21.46 | 37.70 | 750m: | 9:26.49 | 38.41 | 1150m: | 14:34.05 | 38.51 | | | |
| | 400m: | 4:59.72 | 38.26 | 800m: | 10:05.09 | 38.60 | 1200m: | 15:12.84 | 38.79 | | | |
| 2. | RIVERO GONZALEZ, Erika | | | | 01 | C.N. Las Palmas | | | | 20:20.10 | 412 | |
| | 50m: | 36.08 | 36.08 | 450m: | 5:59.51 | 41.44 | 850m: | 11:30.16 | 41.30 | 1250m: | 16:59.60 | 41.32 |
| | 100m: | 1:14.58 | 38.50 | 500m: | 6:41.26 | 41.75 | 900m: | 12:11.56 | 41.40 | 1300m: | 17:40.59 | 40.99 |
| | 150m: | 1:54.48 | 39.90 | 550m: | 7:22.17 | 40.91 | 950m: | 12:53.21 | 41.65 | 1350m: | 18:21.50 | 40.91 |
| | 200m: | 2:34.48 | 40.00 | 600m: | 8:03.69 | 41.52 | 1000m: | 13:34.00 | 40.79 | 1400m: | 19:02.83 | 41.33 |
| | 250m: | 3:15.33 | 40.85 | 650m: | 8:45.05 | 41.36 | 1050m: | 14:15.44 | 41.44 | 1450m: | 19:43.35 | 40.52 |
| | 300m: | 3:56.08 | 40.75 | 700m: | 9:26.63 | 41.58 | 1100m: | 14:56.54 | 41.10 | 1500m: | 20:20.10 | 36.75 |
| | 350m: | 4:36.71 | 40.63 | 750m: | 10:08.11 | 41.48 | 1150m: | 15:37.52 | 40.98 | | | |
| | 400m: | 5:18.07 | 41.36 | 800m: | 10:48.86 | 40.75 | 1200m: | 16:18.28 | 40.76 | | | |

25+, Fem.

| | | | | | | | | | | | | |
|----|-------------------------|---------|---------|-------|----------|-----------------|--------|----------|---------|----------|----------|---------|
| 1. | ARTILES CARBALLO, Irene | | | | 96 | C.N. Las Palmas | | | | 19:53.78 | 440 | |
| | 50m: | 34.59 | 34.59 | 450m: | 5:45.19 | 39.77 | 850m: | 11:05.74 | 40.78 | 1250m: | 16:35.25 | 41.55 |
| | 100m: | 1:12.03 | 37.44 | 500m: | 6:24.32 | 39.13 | 900m: | 11:46.31 | 40.57 | 1300m: | 17:15.31 | 40.06 |
| | 150m: | 1:50.65 | 38.62 | 550m: | 7:03.67 | 39.35 | 950m: | 12:27.73 | 41.42 | 1350m: | 17:54.97 | 39.66 |
| | 200m: | 2:29.24 | 38.59 | 600m: | 7:42.92 | 39.25 | 1000m: | 13:08.82 | 41.09 | 1400m: | 18:35.74 | 40.77 |
| | 250m: | 3:08.28 | 39.04 | 650m: | 8:23.04 | 40.12 | 1050m: | 13:49.84 | 41.02 | 1450m: | 19:15.40 | 39.66 |
| | 300m: | 3:47.36 | 39.08 | 700m: | 9:02.95 | 39.91 | 1100m: | 14:31.01 | 41.17 | 1500m: | 19:53.78 | 38.38 |
| | 350m: | 4:26.61 | 39.25 | 750m: | 9:43.62 | 40.67 | 1150m: | 15:12.23 | 41.22 | | | |
| | 400m: | 5:05.42 | 38.81 | 800m: | 10:24.96 | 41.34 | 1200m: | 15:53.70 | 41.47 | | | |
| 2. | GUILLEN CARRION, Andrea | | | | 00 | C.D.N. Playuki | | | | 29:34.31 | 134 | |
| | 50m: | 49.27 | 49.27 | 450m: | 8:36.90 | 58.50 | 850m: | 16:34.47 | 59.74 | 1250m: | 24:41.27 | 1:01.42 |
| | 100m: | 1:43.72 | 54.45 | 500m: | 9:34.99 | 58.09 | 900m: | 17:34.20 | 59.73 | 1300m: | 25:41.81 | 1:00.54 |
| | 150m: | 2:40.79 | 57.07 | 550m: | 10:33.66 | 58.67 | 950m: | 18:34.66 | 1:00.46 | 1350m: | 26:42.96 | 1:01.15 |
| | 200m: | 3:39.08 | 58.29 | 600m: | 11:33.39 | 59.73 | 1000m: | 19:34.89 | 1:00.23 | 1400m: | 27:43.24 | 1:00.28 |
| | 250m: | 4:38.40 | 59.32 | 650m: | 12:33.59 | 1:00.20 | 1050m: | 20:35.62 | 1:00.73 | 1450m: | 28:41.42 | 58.18 |
| | 300m: | 5:38.46 | 1:00.06 | 700m: | 13:34.15 | 1:00.56 | 1100m: | 21:36.36 | 1:00.74 | 1500m: | 29:34.31 | 52.89 |
| | 350m: | 6:39.03 | 1:00.57 | 750m: | 14:34.01 | 59.86 | 1150m: | 22:38.31 | 1:01.95 | | | |
| | 400m: | 7:38.40 | 59.37 | 800m: | 15:34.73 | 1:00.72 | 1200m: | 23:39.85 | 1:01.54 | | | |

30+, Fem.

| | | | | | | | | | | | |
|---------------------|---------|-------|-------|----------|----------------------|--------|----------|-------|----------|----------|-------|
| 1. BOUCHET, Sybille | | | | 93 | C.N. Vulcania Master | | | | 19:46.17 | 448 | |
| 50m: | 35.81 | 35.81 | 450m: | 5:48.51 | 39.96 | 850m: | 11:07.49 | 40.07 | 1250m: | 16:28.48 | 40.02 |
| 100m: | 1:13.88 | 38.07 | 500m: | 6:27.95 | 39.44 | 900m: | 11:47.69 | 40.20 | 1300m: | 17:08.88 | 40.40 |
| 150m: | 1:52.37 | 38.49 | 550m: | 7:07.93 | 39.98 | 950m: | 12:27.32 | 39.63 | 1350m: | 17:48.91 | 40.03 |
| 200m: | 2:31.64 | 39.27 | 600m: | 7:47.99 | 40.06 | 1000m: | 13:07.31 | 39.99 | 1400m: | 18:28.69 | 39.78 |
| 250m: | 3:10.75 | 39.11 | 650m: | 8:28.09 | 40.10 | 1050m: | 13:47.54 | 40.23 | 1450m: | 19:08.87 | 40.18 |
| 300m: | 3:49.68 | 38.93 | 700m: | 9:07.45 | 39.36 | 1100m: | 14:28.11 | 40.57 | 1500m: | 19:46.17 | 37.30 |
| 350m: | 4:29.17 | 39.49 | 750m: | 9:47.46 | 40.01 | 1150m: | 15:07.73 | 39.62 | | | |
| 400m: | 5:08.55 | 39.38 | 800m: | 10:27.42 | 39.96 | 1200m: | 15:48.46 | 40.73 | | | |

Prueba 1, Fem., 1500m Libre, 30+

| Clasificación | AN | | | | | | | | Tiempo | | Pts | |
|---------------|--------------------------------|---------|-------|-------|----------------------|-------|--------|----------|----------|--------|----------|-------|
| 2. | DELGADO MARTIN, Maria Elisabet | | | 94 | C.N. Vulcania Master | | | | 26:09.31 | | 193 | |
| | 50m: | 45.76 | 45.76 | 450m: | 7:38.53 | 53.03 | 850m: | 14:40.03 | 53.08 | 1250m: | 21:47.44 | 53.14 |
| | 100m: | 1:36.35 | 50.59 | 500m: | 8:31.01 | 52.48 | 900m: | 15:31.98 | 51.95 | 1300m: | 22:40.49 | 53.05 |
| | 150m: | 2:27.57 | 51.22 | 550m: | 9:22.69 | 51.68 | 950m: | 16:25.60 | 53.62 | 1350m: | 23:33.69 | 53.20 |
| | 200m: | 3:18.84 | 51.27 | 600m: | 10:14.74 | 52.05 | 1000m: | 17:18.86 | 53.26 | 1400m: | 24:26.80 | 53.11 |
| | 250m: | 4:08.95 | 50.11 | 650m: | 11:06.95 | 52.21 | 1050m: | 18:12.63 | 53.77 | 1450m: | 25:19.93 | 53.13 |
| | 300m: | 5:00.48 | 51.53 | 700m: | 11:59.94 | 52.99 | 1100m: | 19:06.16 | 53.53 | 1500m: | 26:09.31 | 49.38 |
| | 350m: | 5:52.28 | 51.80 | 750m: | 12:53.30 | 53.36 | 1150m: | 20:00.07 | 53.91 | | | |
| | 400m: | 6:45.50 | 53.22 | 800m: | 13:46.95 | 53.65 | 1200m: | 20:54.30 | 54.23 | | | |

35+, Fem.

| | | | | | | | | | | | |
|-------------------------------|---------|---------|-------|----------------------------|---------|--------|----------|---------|--------|----------|---------|
| 1. ROJAS ARJONA, Irene | | | 86 | C.N. Vulcania Master | | | | | | 23:21.71 | 272 |
| 50m: | 37.92 | 37.92 | 450m: | 6:45.82 | 47.86 | 850m: | 13:08.51 | 47.79 | 1250m: | 19:29.62 | 47.44 |
| 100m: | 1:19.30 | 41.38 | 500m: | 7:33.72 | 47.90 | 900m: | 13:56.58 | 48.07 | 1300m: | 20:17.50 | 47.88 |
| 150m: | 2:03.32 | 44.02 | 550m: | 8:21.65 | 47.93 | 950m: | 14:43.97 | 47.39 | 1350m: | 21:04.61 | 47.11 |
| 200m: | 2:49.07 | 45.75 | 600m: | 9:09.58 | 47.93 | 1000m: | 15:31.86 | 47.89 | 1400m: | 21:51.20 | 46.59 |
| 250m: | 3:35.90 | 46.83 | 650m: | 9:57.30 | 47.72 | 1050m: | 16:19.78 | 47.92 | 1450m: | 22:37.87 | 46.67 |
| 300m: | 4:22.92 | 47.02 | 700m: | 10:45.56 | 48.26 | 1100m: | 17:06.99 | 47.21 | 1500m: | 23:21.71 | 43.84 |
| 350m: | 5:10.45 | 47.53 | 750m: | 11:32.76 | 47.20 | 1150m: | 17:54.40 | 47.41 | | | |
| 400m: | 5:57.96 | 47.51 | 800m: | 12:20.72 | 47.96 | 1200m: | 18:42.18 | 47.78 | | | |
| 2. HERNANDEZ HERNANDEZ, Elena | | | 89 | C.D. Jerez Natacion Master | | | | | | 30:12.95 | 125 |
| 50m: | 48.32 | 48.32 | 450m: | 8:33.86 | 1:01.54 | 850m: | 16:46.05 | 1:03.43 | 1250m: | 25:08.68 | 1:03.13 |
| 100m: | 1:41.28 | 52.96 | 500m: | 9:34.84 | 1:00.98 | 900m: | 17:48.97 | 1:02.92 | 1300m: | 26:12.98 | 1:04.30 |
| 150m: | 2:36.91 | 55.63 | 550m: | 10:35.89 | 1:01.05 | 950m: | 18:50.46 | 1:01.49 | 1350m: | 27:16.23 | 1:03.25 |
| 200m: | 3:34.50 | 57.59 | 600m: | 11:37.14 | 1:01.25 | 1000m: | 19:52.98 | 1:02.52 | 1400m: | 28:18.18 | 1:01.95 |
| 250m: | 4:32.88 | 58.38 | 650m: | 12:38.72 | 1:01.58 | 1050m: | 20:56.02 | 1:03.04 | 1450m: | 29:19.91 | 1:01.73 |
| 300m: | 5:32.06 | 59.18 | 700m: | 13:40.07 | 1:01.35 | 1100m: | 21:58.13 | 1:02.11 | 1500m: | 30:12.95 | 53.04 |
| 350m: | 6:31.43 | 59.37 | 750m: | 14:41.04 | 1:00.97 | 1150m: | 23:00.26 | 1:02.13 | | | |
| 400m: | 7:32.32 | 1:00.89 | 800m: | 15:42.62 | 1:01.58 | 1200m: | 24:05.55 | 1:05.29 | | | |

40+, Fem.

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|-----------------|---------|-------|-------|----------|-------|---------------------|----------|-------|--------|----------|-------|--|--|-----|
| 1. CINCI, Elena | | | | | 82 | C. Tenerife Masters | | | | 23:33.28 | | | | 265 |
| 50m: | 42.39 | 42.39 | 450m: | 6:54.61 | 46.64 | 850m: | 13:13.26 | 47.39 | 1250m: | 19:37.21 | 48.22 | | | |
| 100m: | 1:28.46 | 46.07 | 500m: | 7:41.56 | 46.95 | 900m: | 14:00.99 | 47.73 | 1300m: | 20:25.26 | 48.05 | | | |
| 150m: | 2:14.45 | 45.99 | 550m: | 8:28.84 | 47.28 | 950m: | 14:48.52 | 47.53 | 1350m: | 21:12.90 | 47.64 | | | |
| 200m: | 3:01.52 | 47.07 | 600m: | 9:15.98 | 47.14 | 1000m: | 15:36.15 | 47.63 | 1400m: | 22:00.84 | 47.94 | | | |
| 250m: | 3:48.17 | 46.65 | 650m: | 10:02.81 | 46.83 | 1050m: | 16:24.16 | 48.01 | 1450m: | 22:48.17 | 47.33 | | | |
| 300m: | 4:35.40 | 47.23 | 700m: | 10:50.35 | 47.54 | 1100m: | 17:12.56 | 48.40 | 1500m: | 23:33.28 | 45.11 | | | |
| 350m: | 5:21.76 | 46.36 | 750m: | 11:37.81 | 47.46 | 1150m: | 18:00.63 | 48.07 | | | | | | |
| 400m: | 6:07.97 | 46.21 | 800m: | 12:25.87 | 48.06 | 1200m: | 18:48.99 | 48.36 | | | | | | |

45+, Fem.

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|--------------------------------|---------|-------|-----------------------|----------|-------|--------|----------|-------|----------|----------|-------|
| 1. GARCIA ALLO, Maria Victoria | 79 | | Club Deportivo Teimar | | | | | | 25:24.63 | | 211 |
| 50m: | 40.74 | 40.74 | 450m: | 7:17.98 | 50.93 | 850m: | 14:08.71 | 52.25 | 1250m: | 21:06.41 | 51.87 |
| 100m: | 1:26.36 | 45.62 | 500m: | 8:09.09 | 51.11 | 900m: | 15:00.01 | 51.30 | 1300m: | 21:59.00 | 52.59 |
| 150m: | 2:14.87 | 48.51 | 550m: | 9:00.46 | 51.37 | 950m: | 15:52.58 | 52.57 | 1350m: | 22:51.97 | 52.97 |
| 200m: | 3:05.20 | 50.33 | 600m: | 9:52.12 | 51.66 | 1000m: | 16:44.87 | 52.29 | 1400m: | 23:44.70 | 52.73 |
| 250m: | 3:55.59 | 50.39 | 650m: | 10:43.55 | 51.43 | 1050m: | 17:37.53 | 52.66 | 1450m: | 24:37.20 | 52.50 |
| 300m: | 4:45.21 | 49.62 | 700m: | 11:34.14 | 50.59 | 1100m: | 18:29.78 | 52.25 | 1500m: | 25:24.63 | 47.43 |
| 350m: | 5:36.50 | 51.29 | 750m: | 12:25.27 | 51.13 | 1150m: | 19:22.28 | 52.50 | | | |
| 400m: | 6:27.05 | 50.55 | 800m: | 13:16.46 | 51.19 | 1200m: | 20:14.54 | 52.26 | | | |

Prueba 1, Fem., 1500m Libre, 45+

| Clasificación | AN | | | | | | | | Tiempo | | Pts |
|---------------|--------------------------|-------|-------|----------|-------|---------------------|----------|-------|--------|----------|-------|
| 2. | RIZO OSUNA-MOYANO, Nuria | | | | 78 | C. Tenerife Masters | | | | 26:07.11 | 194 |
| 50m: | 42.25 | 42.25 | 450m: | 7:24.35 | 52.00 | 850m: | 14:34.05 | 53.53 | 1250m: | 21:42.76 | 52.98 |
| 100m: | 1:28.27 | 46.02 | 500m: | 8:17.73 | 53.38 | 900m: | 15:26.69 | 52.64 | 1300m: | 22:36.29 | 53.53 |
| 150m: | 2:16.77 | 48.50 | 550m: | 9:11.08 | 53.35 | 950m: | 16:21.57 | 54.88 | 1350m: | 23:31.09 | 54.80 |
| 200m: | 3:06.75 | 49.98 | 600m: | 10:05.62 | 54.54 | 1000m: | 17:16.02 | 54.45 | 1400m: | 24:24.53 | 53.44 |
| 250m: | 3:57.30 | 50.55 | 650m: | 10:58.97 | 53.35 | 1050m: | 18:10.43 | 54.41 | 1450m: | 25:16.69 | 52.16 |
| 300m: | 4:48.16 | 50.86 | 700m: | 11:52.49 | 53.52 | 1100m: | 19:03.56 | 53.13 | 1500m: | 26:07.11 | 50.42 |
| 350m: | 5:39.90 | 51.74 | 750m: | 12:46.41 | 53.92 | 1150m: | 19:56.36 | 52.80 | | | |
| 400m: | 6:32.35 | 52.45 | 800m: | 13:40.52 | 54.11 | 1200m: | 20:49.78 | 53.42 | | | |

50+, Fem.

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|----|-----------------------------|---------|---------|-------|---------------------|---------|--------|----------|----------|--------|----------|---------|
| 1. | GARCIA GARCIA, Maria Miriam | | | 72 | C. Tenerife Masters | | | | 21:39.86 | 341 | | |
| | 50m: | 38.92 | 38.92 | 450m: | 6:27.59 | 43.91 | 850m: | 12:17.51 | 44.10 | 1250m: | 18:05.68 | 43.28 |
| | 100m: | 1:21.58 | 42.66 | 500m: | 7:11.32 | 43.73 | 900m: | 13:01.23 | 43.72 | 1300m: | 18:48.97 | 43.29 |
| | 150m: | 2:04.75 | 43.17 | 550m: | 7:55.25 | 43.93 | 950m: | 13:44.87 | 43.64 | 1350m: | 19:32.12 | 43.15 |
| | 200m: | 2:48.46 | 43.71 | 600m: | 8:38.82 | 43.57 | 1000m: | 14:28.59 | 43.72 | 1400m: | 20:15.26 | 43.14 |
| | 250m: | 3:32.29 | 43.83 | 650m: | 9:22.53 | 43.71 | 1050m: | 15:12.16 | 43.57 | 1450m: | 20:59.18 | 43.92 |
| | 300m: | 4:16.12 | 43.83 | 700m: | 10:06.23 | 43.70 | 1100m: | 15:55.61 | 43.45 | 1500m: | 21:39.86 | 40.68 |
| | 350m: | 4:59.95 | 43.83 | 750m: | 10:49.97 | 43.74 | 1150m: | 16:39.15 | 43.54 | | | |
| | 400m: | 5:43.68 | 43.73 | 800m: | 11:33.41 | 43.44 | 1200m: | 17:22.40 | 43.25 | | | |
| 2. | RUIZ GARCIA, Olga | | | 73 | C.N. Valleverde | | | | 30:09.57 | 126 | | |
| | 50m: | 56.39 | 56.39 | 450m: | 8:53.55 | 59.75 | 850m: | 17:00.96 | 1:01.13 | 1250m: | 25:07.58 | 58.60 |
| | 100m: | 1:55.12 | 58.73 | 500m: | 9:54.58 | 1:01.03 | 900m: | 18:02.27 | 1:01.31 | 1300m: | 26:08.33 | 1:00.75 |
| | 150m: | 2:53.57 | 58.45 | 550m: | 10:55.18 | 1:00.60 | 950m: | 19:04.42 | 1:02.15 | 1350m: | 27:09.14 | 1:00.81 |
| | 200m: | 3:53.08 | 59.51 | 600m: | 11:55.43 | 1:00.25 | 1000m: | 20:06.48 | 1:02.06 | 1400m: | 28:10.33 | 1:01.19 |
| | 250m: | 4:52.89 | 59.81 | 650m: | 12:56.48 | 1:01.05 | 1050m: | 21:08.15 | 1:01.67 | 1450m: | 29:11.64 | 1:01.31 |
| | 300m: | 5:53.29 | 1:00.40 | 700m: | 13:57.52 | 1:01.04 | 1100m: | 22:09.90 | 1:01.75 | 1500m: | 30:09.57 | 57.93 |
| | 350m: | 6:53.51 | 1:00.22 | 750m: | 14:58.57 | 1:01.05 | 1150m: | 23:10.09 | 1:00.19 | | | |
| | 400m: | 7:53.80 | 1:00.29 | 800m: | 15:59.83 | 1:01.26 | 1200m: | 24:08.98 | 58.89 | | | |

55+, Fem.

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|---------------------------|---------|-------|-------|----------|---------------------|--------|----------|-------|----------|----------|-------|
| 1. NEGRIN FIGUEROA, Elena | 70 | | | | C. Tenerife Masters | | | | 21:51.19 | 332 | |
| 50m: | 39.84 | 39.84 | 450m: | 6:32.58 | 43.96 | 850m: | 12:22.71 | 43.34 | 1250m: | 18:14.75 | 44.24 |
| 100m: | 1:22.94 | 43.10 | 500m: | 7:16.81 | 44.23 | 900m: | 13:06.69 | 43.98 | 1300m: | 18:59.59 | 44.84 |
| 150m: | 2:06.83 | 43.89 | 550m: | 8:01.25 | 44.44 | 950m: | 13:50.63 | 43.94 | 1350m: | 19:43.97 | 44.38 |
| 200m: | 2:51.15 | 44.32 | 600m: | 8:44.99 | 43.74 | 1000m: | 14:34.45 | 43.82 | 1400m: | 20:27.94 | 43.97 |
| 250m: | 3:35.45 | 44.30 | 650m: | 9:28.65 | 43.66 | 1050m: | 15:18.11 | 43.66 | 1450m: | 21:11.26 | 43.32 |
| 300m: | 4:19.57 | 44.12 | 700m: | 10:11.91 | 43.26 | 1100m: | 16:02.12 | 44.01 | 1500m: | 21:51.19 | 39.93 |
| 350m: | 5:04.28 | 44.71 | 750m: | 10:55.37 | 43.46 | 1150m: | 16:46.11 | 43.99 | | | |
| 400m: | 5:48.62 | 44.34 | 800m: | 11:39.37 | 44.00 | 1200m: | 17:30.51 | 44.40 | | | |

60+, Fem.

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|------------------------------|---------|-------|----------------|----------|-------|--------|----------|-------|----------|----------|-------|
| 1. QUINTANILLA AYLLON, Elena | 65 | | C.N. Metropole | | | | | | 23:03.13 | 283 | |
| 50m: | 41.60 | 41.60 | 450m: | 6:46.67 | 45.72 | 850m: | 12:55.43 | 46.96 | 1250m: | 19:09.51 | 46.16 |
| 100m: | 1:25.87 | 44.27 | 500m: | 7:32.32 | 45.65 | 900m: | 13:42.58 | 47.15 | 1300m: | 19:56.37 | 46.86 |
| 150m: | 2:11.41 | 45.54 | 550m: | 8:18.15 | 45.83 | 950m: | 14:29.38 | 46.80 | 1350m: | 20:43.38 | 47.01 |
| 200m: | 2:57.56 | 46.15 | 600m: | 9:04.29 | 46.14 | 1000m: | 15:16.35 | 46.97 | 1400m: | 21:30.47 | 47.09 |
| 250m: | 3:43.61 | 46.05 | 650m: | 9:50.25 | 45.96 | 1050m: | 16:02.87 | 46.52 | 1450m: | 22:17.19 | 46.72 |
| 300m: | 4:29.39 | 45.78 | 700m: | 10:36.38 | 46.13 | 1100m: | 16:48.87 | 46.00 | 1500m: | 23:03.13 | 45.94 |
| 350m: | 5:15.16 | 45.77 | 750m: | 11:22.61 | 46.23 | 1150m: | 17:35.78 | 46.91 | | | |
| 400m: | 6:00.95 | 45.79 | 800m: | 12:08.47 | 45.86 | 1200m: | 18:23.35 | 47.57 | | | |

Prueba 1, 1500m Libre

65+, Fem.

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|------------------------------|---------|-------|---------------------|----------|-------|--------|----------|-------|--------|----------|-------|
| 1. ARANEGA BENITEZ, Aranzazu | 57 | | C. Tenerife Masters | | | | 24:43.92 | | 229 | | |
| 50m: | 45.26 | 45.26 | 450m: | 7:25.12 | 49.58 | 850m: | 14:03.85 | 49.27 | 1250m: | 20:39.81 | 49.14 |
| 100m: | 1:35.04 | 49.78 | 500m: | 8:14.73 | 49.61 | 900m: | 14:53.56 | 49.71 | 1300m: | 21:29.43 | 49.62 |
| 150m: | 2:24.76 | 49.72 | 550m: | 9:04.86 | 50.13 | 950m: | 15:43.30 | 49.74 | 1350m: | 22:18.82 | 49.39 |
| 200m: | 3:15.15 | 50.39 | 600m: | 9:54.59 | 49.73 | 1000m: | 16:32.88 | 49.58 | 1400m: | 23:08.37 | 49.55 |
| 250m: | 4:05.33 | 50.18 | 650m: | 10:44.21 | 49.62 | 1050m: | 17:22.91 | 50.03 | 1450m: | 23:56.46 | 48.09 |
| 300m: | 4:55.36 | 50.03 | 700m: | 11:34.20 | 49.99 | 1100m: | 18:11.96 | 49.05 | 1500m: | 24:43.92 | 47.46 |
| 350m: | 5:45.73 | 50.37 | 750m: | 12:23.90 | 49.70 | 1150m: | 19:01.23 | 49.27 | | | |
| 400m: | 6:35.54 | 49.81 | 800m: | 13:14.58 | 50.68 | 1200m: | 19:50.67 | 49.44 | | | |

75+, Fem.

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|----------------------------|-------|----------------------|----------|-----------------|-------|-----------------|-------|
| 1. SEGARRA PEÑARROYA, Rosa | 49 | C.N. Vulcania Master | 24:24.69 | 238 | | | |
| 50m: 45.69 | 45.69 | 450m: 7:16.15 | 48.52 | 850m: 13:45.80 | 50.16 | 1250m: 20:18.72 | 49.05 |
| 100m: 1:34.30 | 48.61 | 500m: 8:04.78 | 48.63 | 900m: 14:34.56 | 48.76 | 1300m: 21:08.24 | 49.52 |
| 150m: 2:23.12 | 48.82 | 550m: 8:53.19 | 48.41 | 950m: 15:23.55 | 48.99 | 1350m: 21:57.97 | 49.73 |
| 200m: 3:12.69 | 49.57 | 600m: 9:41.94 | 48.75 | 1000m: 16:12.60 | 49.05 | 1400m: 22:47.91 | 49.94 |
| 250m: 4:02.44 | 49.75 | 650m: 10:31.29 | 49.35 | 1050m: 17:02.29 | 49.69 | 1450m: 23:37.26 | 49.35 |
| 300m: 4:51.09 | 48.65 | 700m: 11:19.92 | 48.63 | 1100m: 17:51.87 | 49.58 | 1500m: 24:24.69 | 47.43 |
| 350m: 5:39.43 | 48.34 | 750m: 12:08.64 | 48.72 | 1150m: 18:40.62 | 48.75 | | |
| 400m: 6:27.63 | 48.20 | 800m: 12:55.64 | 47.00 | 1200m: 19:29.67 | 49.05 | | |