

Prueba 1
25/02/2023

800m Libre

20 años y mayores
Resultados

Puntos: FINA 2023

Clasificación

AN

Tiempo

Pts

20+, Masc.

1.	ELVIRA GLAUBITZ, Alejandro	00	C.D. Nonadamos	9:54.28
	50m: 32.74 32.74 300m: 3:37.13 1:15.01 600m: 7:23.86 1:15.93			
	100m: 1:08.33 35.59 400m: 4:52.40 1:15.27 700m: 8:40.33 1:16.47			
	200m: 2:22.12 1:13.79 500m: 6:07.93 1:15.53 800m: 9:54.28 1:13.95			
2.	MENESES MEDERO, Alejandro	99	A.D. Santa Cruz	10:28.40
	50m: 33.05 33.05 300m: 3:44.55 1:18.67 600m: 7:46.50 1:21.22			
	100m: 1:09.47 36.42 400m: 5:04.68 1:20.13 700m: 9:07.34 1:20.84			
	200m: 2:25.88 1:16.41 500m: 6:25.28 1:20.60 800m: 10:28.40 1:21.06			

25+, Masc.

1.	CARRETERO SANTANA, Airam	94	C. Tenerife Masters	9:33.76
	50m: 31.97 31.97 300m: 3:33.69 1:14.31 600m: 7:13.03 1:13.21			
	100m: 1:06.68 34.71 400m: 4:46.94 1:13.25 700m: 8:25.65 1:12.62			
	200m: 2:19.38 1:12.70 500m: 5:59.82 1:12.88 800m: 9:33.76 1:08.11			
2.	DIAZ VEGA, Cristian Jose	96	C.D. Jescagua	10:13.93
	50m: 34.42 34.42 300m: 3:48.76 1:19.53 600m: 7:38.84 1:16.92			
	100m: 1:11.91 37.49 400m: 5:06.84 1:18.08 700m: 8:55.63 1:16.79			
	200m: 2:29.23 1:17.32 500m: 6:21.92 1:15.08 800m: 10:13.93 1:18.30			
3.	SUAREZ GARCIA, Adrian	96	C.N. Las Palmas	11:31.92
	50m: 36.49 36.49 300m: 4:03.22 1:24.49 600m: 8:37.47 1:37.10			
	100m: 1:15.62 39.13 400m: 5:29.99 1:26.77 700m: 10:06.84 1:29.37			
	200m: 2:38.73 1:23.11 500m: 7:00.37 1:30.38 800m: 11:31.92 1:25.08			
4.	ACOSTA DE LEON, Santiago	96	C.D.N. Playuki	12:19.46
	50m: 40.78 40.78 300m: 4:26.06 1:32.59 600m: 9:09.87 1:35.31			
	100m: 1:23.66 42.88 400m: 5:59.40 1:33.34 700m: 10:46.22 1:36.35			
	200m: 2:53.47 1:29.81 500m: 7:34.56 1:35.16 800m: 12:19.46 1:33.24			

30+, Masc.

1.	MARTÍNEZ, PELLÓN, Gustavo	93	C.D. Jescagua	9:43.34
	50m: 32.95 32.95 300m: 3:35.91 1:14.22 600m: 7:16.12 1:13.42			
	100m: 1:08.67 35.72 400m: 4:49.64 1:13.73 700m: 8:30.28 1:14.16			
	200m: 2:21.69 1:13.02 500m: 6:02.70 1:13.06 800m: 9:43.34 1:13.06			
2.	CASTRO TARAJANO, Pedro Juan	93	Cn.Salinas Sta.Lucia	9:47.38
	50m: 32.26 32.26 300m: 3:32.73 1:14.26 600m: 7:17.74 1:15.53			
	100m: 1:06.77 34.51 400m: 4:47.06 1:14.33 700m: 8:34.43 1:16.69			
	200m: 2:18.47 1:11.70 500m: 6:02.21 1:15.15 800m: 9:47.38 1:12.95			
3.	GONZALEZ GARCIA, Alvaro	93	C.N. Las Palmas	10:04.08
	50m: 31.29 31.29 300m: 3:36.76 1:15.13 600m: 7:28.56 1:19.01			
	100m: 1:07.03 35.74 400m: 4:52.38 1:15.62 700m: 8:48.64 1:20.08			
	200m: 2:21.63 1:14.60 500m: 6:09.55 1:17.17 800m: 10:04.08 1:15.44			

Prueba 1, Masc., 800m Libre, 30+

Clasificación	AN		Tiempo		Pts
4. RAMIREZ O'SHANAHAM, Leopoldo	91	C.D. Jescagua	10:24.99		
50m: 33.33 33.33 300m: 3:42.34 1:15.88 600m: 7:33.93 1:18.57					
100m: 1:10.53 37.20 400m: 4:58.65 1:16.31 700m: 8:58.21 1:24.28					
200m: 2:26.46 1:15.93 500m: 6:15.36 1:16.71 800m: 10:24.99 1:26.78					
5. LOPEZ MENTADO, Marco A.	91	C.N. Metropole	10:36.07		
50m: 34.35 34.35 300m: 3:47.97 1:19.46 600m: 7:53.71 1:22.69					
100m: 1:11.48 37.13 400m: 5:08.88 1:20.91 700m: 9:16.77 1:23.06					
200m: 2:28.51 1:17.03 500m: 6:31.02 1:22.14 800m: 10:36.07 1:19.30					
6. NAVAS OJEDA, Angel luis	93	C.D. Jescagua	11:04.43		
50m: 35.45 35.45 300m: 3:58.41 1:24.17 600m: 8:18.09 1:26.97					
100m: 1:13.75 38.30 400m: 5:24.65 1:26.24 700m: 9:44.35 1:26.26					
200m: 2:34.24 1:20.49 500m: 6:51.12 1:26.47 800m: 11:04.43 1:20.08					
7. SANTANA ALMEIDA, Sergio	91	C.N. Aguacan	11:10.09		
50m: 36.33 36.33 300m: 4:03.82 1:24.51 600m: 8:22.26 1:25.67					
100m: 1:16.25 39.92 400m: 5:29.37 1:25.55 700m: 9:48.28 1:26.02					
200m: 2:39.31 1:23.06 500m: 6:56.59 1:27.22 800m: 11:10.09 1:21.81					
8. OJEDA AFONSO, Jose Antonio	93	Club Natacion Valleverde	14:15.38		
50m: 38.37 38.37 300m: 5:04.69 1:50.20 600m: 10:40.56 1:53.05					
100m: 1:25.67 47.30 400m: 6:53.76 1:49.07 700m: 12:31.55 1:50.99					
200m: 3:14.49 1:48.82 500m: 8:47.51 1:53.75 800m: 14:15.38 1:43.83					
9. GARCIA DE LA HOZ, Adrian Cipriano	93	C.D. Nonadamos	14:16.61		
50m: 41.61 41.61 300m: 4:57.96 1:47.00 600m: 10:34.71 1:52.52					
100m: 1:28.48 46.87 400m: 6:51.21 1:53.25 700m: 12:29.25 1:54.54					
200m: 3:10.96 1:42.48 500m: 8:42.19 1:50.98 800m: 14:16.61 1:47.36					

35+, Masc.

1. GARCIA CASTILLO, Jose Victor	88	C. Tenerife Masters	9:12.81		
50m: 29.82 29.82 300m: 3:20.47 1:09.59 600m: 6:51.24 1:10.79					
100m: 1:02.86 33.04 400m: 4:30.69 1:10.22 700m: 8:02.06 1:10.82					
200m: 2:10.88 1:08.02 500m: 5:40.45 1:09.76 800m: 9:12.81 1:10.75					
2. HENRIQUEZ HERNANDEZ, Rafael	87	C.N. Aguacan	9:39.90		
50m: 32.50 32.50 300m: 3:28.33 1:11.33 600m: 7:10.45 1:15.22					
100m: 1:06.73 34.23 400m: 4:41.39 1:13.06 700m: 8:26.08 1:15.63					
200m: 2:17.00 1:10.27 500m: 5:55.23 1:13.84 800m: 9:39.90 1:13.82					
3. QUINTANA GARCIA, Daniel	85	C.N. Las Palmas	11:32.76		
50m: 39.25 39.25 300m: 4:16.93 1:27.85 600m: 8:41.91 1:28.26					
100m: 1:21.75 42.50 400m: 5:45.71 1:28.78 700m: 10:09.96 1:28.05					
200m: 2:49.08 1:27.33 500m: 7:13.65 1:27.94 800m: 11:32.76 1:22.80					
4. SARMIENTO LEON, Dailos	88	Cn.Salinas Sta.Lucia	12:29.63		
50m: 36.28 36.28 300m: 4:24.35 1:34.95 600m: 9:15.75 1:38.01					
100m: 1:18.63 42.35 400m: 6:00.87 1:36.52 700m: 10:54.13 1:38.38					
200m: 2:49.40 1:30.77 500m: 7:37.74 1:36.87 800m: 12:29.63 1:35.50					
5. RODRIGO CAÑAS, Juan Miguel	87	Cn.Salinas Sta.Lucia	12:32.93		
50m: 40.31 40.31 300m: 4:37.51 1:35.90 600m: 9:23.88 1:36.80					
100m: 1:25.98 45.67 400m: 6:13.36 1:35.85 700m: 10:59.66 1:35.78					
200m: 3:01.61 1:35.63 500m: 7:47.08 1:33.72 800m: 12:32.93 1:33.27					

Prueba 1, Masc., 800m Libre, 35+

Clasificación	AN		Tiempo	Pts
6. SANTANA PERDOMO, Ayoze	88	Cn.Salinas Sta.Lucia	13:47.59	
50m: 42.93 42.93	300m: 4:57.88 1:45.94	600m: 10:22.09 1:47.90		
100m: 1:30.49 47.56	400m: 6:45.96 1:48.08	700m: 12:10.48 1:48.39		
200m: 3:11.94 1:41.45	500m: 8:34.19 1:48.23	800m: 13:47.59 1:37.11		
7. ARBELO GUEDES, Adexe	85	Cn.Salinas Sta.Lucia	14:58.97	
50m: 43.99 43.99	300m: 5:12.89 1:54.58	600m: 11:03.98 1:58.19		
100m: 1:32.01 48.02	400m: 7:09.07 1:56.18	700m: 13:01.36 1:57.38		
200m: 3:18.31 1:46.30	500m: 9:05.79 1:56.72	800m: 14:58.97 1:57.61		

Baja enf. NAVARRO PEREZ, Josymar 86 Club Natacion Valleverde

40+, Masc.

1. JIMENEZ CASAS, Ignacio	79	C.D. Nonadamos	10:23.07	
50m: 33.48 33.48	300m: 3:42.36 1:16.40	600m: 7:40.71 1:21.32		
100m: 1:10.07 36.59	400m: 5:00.39 1:18.03	700m: 9:02.77 1:22.06		
200m: 2:25.96 1:15.89	500m: 6:19.39 1:19.00	800m: 10:23.07 1:20.30		
2. GUEDES ALONSO, Francisco Yeray	80	C.D. Nonadamos	12:05.59	
50m: 39.97 39.97	300m: 4:21.98 1:30.67	600m: 9:01.61 1:34.65		
100m: 1:21.83 41.86	400m: 5:53.79 1:31.81	700m: 10:36.74 1:35.13		
200m: 2:51.31 1:29.48	500m: 7:26.96 1:33.17	800m: 12:05.59 1:28.85		
3. QUINTANA PRIORI, Alexis	80	C.D. Jescagua	12:16.52	
50m: 40.17 40.17	300m: 4:24.66 1:30.98	600m: 9:07.55 1:35.46		
100m: 1:23.57 43.40	400m: 5:57.64 1:32.98	700m: 10:43.35 1:35.80		
200m: 2:53.68 1:30.11	500m: 7:32.09 1:34.45	800m: 12:16.52 1:33.17		
4. ARENCIBIA DE LA CRUZ, Alejandro	81	C.N. Aguacan	12:43.83	
50m: 39.49 39.49	300m: 4:33.83 1:36.70	600m: 9:27.77 1:38.98		
100m: 1:23.33 43.84	400m: 6:10.62 1:36.79	700m: 11:07.03 1:39.26		
200m: 2:57.13 1:33.80	500m: 7:48.79 1:38.17	800m: 12:43.83 1:36.80		
5. GOMEZ GOMEZ DE CADIÑANOS, Alberto	80	Cn.Salinas Sta.Lucia	13:04.08	
50m: 45.35 45.35	300m: 4:53.96 1:39.88	600m: 9:49.07 1:39.26		
100m: 1:35.00 49.65	400m: 6:32.81 1:38.85	700m: 11:27.84 1:38.77		
200m: 3:14.08 1:39.08	500m: 8:09.81 1:37.00	800m: 13:04.08 1:36.24		
6. CHECA MERINO, Pablo	82	C.N. Metropole	13:45.91	
50m: 45.03 45.03	300m: 4:56.64 1:43.13	600m: 10:15.99 1:48.53		
100m: 1:33.13 48.10	400m: 6:41.73 1:45.09	700m: 12:02.61 1:46.62		
200m: 3:13.51 1:40.38	500m: 8:27.46 1:45.73	800m: 13:45.91 1:43.30		

Baja enf. HEREDIA MUÑOZ, Daniel 83 C.N. Aguacan

45+, Masc.

1. GARCIA MEDINA, Israel	78	C.D. Belen Maria	10:49.62	
50m: 34.28 34.28	300m: 3:52.34 1:21.70	600m: 8:03.56 1:24.13		
100m: 1:11.57 37.29	400m: 5:15.59 1:23.25	700m: 9:28.28 1:24.72		
200m: 2:30.64 1:19.07	500m: 6:39.43 1:23.84	800m: 10:49.62 1:21.34		
2. CAMACHO SANTANA, Carlos	74	C.N. Las Palmas	10:58.79	
50m: 36.96 36.96	300m: 4:02.18 1:22.85	600m: 8:14.15 1:24.75		
100m: 1:17.17 40.21	400m: 5:25.12 1:22.94	700m: 9:38.04 1:23.89		
200m: 2:39.33 1:22.16	500m: 6:49.40 1:24.28	800m: 10:58.79 1:20.75		

Prueba 1, Masc., 800m Libre, 45+

Clasificación	AN		Tiempo	Pts
3. SÁNCHEZ JIMÉNEZ, Sergio	76	Cn.Salinas Sta.Lucia	11:38.63	
50m: 36.63 36.63	300m: 4:10.54 1:27.83	600m: 8:41.58 1:30.90		
100m: 1:17.11 40.48	400m: 5:39.96 1:29.42	700m: 10:13.58 1:32.00		
200m: 2:42.71 1:25.60	500m: 7:10.68 1:30.72	800m: 11:38.63 1:25.05		
4. QUINTANA RODRIGUEZ, Alvaro	74	C.N. Aguacan	11:43.43	
50m: 41.18 41.18	300m: 4:22.94 1:29.40	600m: 8:49.86 1:28.54		
100m: 1:24.67 43.49	400m: 5:52.06 1:29.12	700m: 10:18.61 1:28.75		
200m: 2:53.54 1:28.87	500m: 7:21.32 1:29.26	800m: 11:43.43 1:24.82		
5. SEGARRA CARRANZA, Isaac	74	Cn.Salinas Sta.Lucia	14:22.39	
50m: 48.65 48.65	300m: 5:20.60 1:50.44	600m: 10:19.75 1:20.80		
100m: 1:10.75 22.10	400m: 7:09.86 1:49.26	700m: 12:38.87 2:19.12		
200m: 3:30.16 2:19.41	500m: 8:58.95 1:49.09	800m: 14:22.39 1:43.52		
6. GUTIERREZ ROMERO, Rolando Jorge	75	Cn.Salinas Sta.Lucia	14:26.96	
50m: 48.73 48.73	300m: 5:17.77 1:50.00	600m: 10:50.13 1:52.39		
100m: 1:41.03 52.30	400m: 7:07.64 1:49.87	700m: 12:42.46 1:52.33		
200m: 3:27.77 1:46.74	500m: 8:57.74 1:50.10	800m: 14:26.96 1:44.50		

50+, Masc.

1. GONZALEZ DIAZ DE FEDERICO, Juan 72	susC.N. Metropole	10:43.65
50m: 34.84 34.84	300m: 3:49.89 1:19.74	600m: 7:58.21 1:22.88
100m: 1:12.21 37.37	400m: 5:11.30 1:21.41	700m: 9:21.61 1:23.40
200m: 2:30.15 1:17.94	500m: 6:35.33 1:24.03	800m: 10:43.65 1:22.04
2. FERNANDEZ SOSA, Juan Carlos	73 C.N. Las Palmas	10:58.86
50m: 37.07 37.07	300m: 4:01.88 1:23.06	600m: 8:14.45 1:23.97
100m: 1:17.22 40.15	400m: 5:25.98 1:24.10	700m: 9:38.25 1:23.80
200m: 2:38.82 1:21.60	500m: 6:50.48 1:24.50	800m: 10:58.86 1:20.61
3. LOPEZ TREJO RODRIGUEZ, Victor Ma 70	el C.N. Las Palmas	11:21.43
50m: 38.88 38.88	300m: 4:09.19 1:25.28	600m: 8:29.89 1:27.68
100m: 1:19.53 40.65	400m: 5:34.97 1:25.78	700m: 9:57.89 1:28.00
200m: 2:43.91 1:24.38	500m: 7:02.21 1:27.24	800m: 11:21.43 1:23.54
4. COLINA GIRALDA, Raul	71 C.N. Las Palmas	11:35.53
50m: 36.76 36.76	300m: 4:06.06 1:26.16	600m: 8:35.33 1:33.10
100m: 1:16.50 39.74	400m: 5:33.13 1:27.07	700m: 10:08.80 1:33.47
200m: 2:39.90 1:23.40	500m: 7:02.23 1:29.10	800m: 11:35.53 1:26.73
5. DEL ROSARIO RODRÍGUEZ, José Antc 72	o C.N. Las Palmas	11:39.72
50m: 39.65 39.65	300m: 4:16.94 1:28.36	600m: 8:43.31 1:30.35
100m: 1:22.03 42.38	400m: 5:44.68 1:27.74	700m: 10:14.30 1:30.99
200m: 2:48.58 1:26.55	500m: 7:12.96 1:28.28	800m: 11:39.72 1:25.42
6. ESPINO MORILLAS, Juan Luis	72 C.N. Aguacan	12:40.44
50m: 39.21 39.21	300m: 4:29.01 1:35.74	600m: 9:21.96 1:38.57
100m: 1:21.91 42.70	400m: 6:05.71 1:36.70	700m: 11:02.04 1:40.08
200m: 2:53.27 1:31.36	500m: 7:43.39 1:37.68	800m: 12:40.44 1:38.40
7. RODRIGUEZ SANTANA, Ernesto	70 Club Natacion Valleverde	13:41.69
50m: 45.66 45.66	300m: 5:03.36 1:45.18	600m: 10:15.92 1:44.66
100m: 1:35.48 49.82	400m: 6:47.55 1:44.19	700m: 12:01.17 1:45.25
200m: 3:18.18 1:42.70	500m: 8:31.26 1:43.71	800m: 13:41.69 1:40.52

Prueba 1, Masc., 800m Libre, 50+

Clasificación AN Tiempo Pts

8. PEREZ ARAÑA, Juan Manuel 72 Cn.Salinas Sta.Lucia 14:10.70

50m: 49.58 49.58 300m: 5:17.69 1:49.48 600m: 10:38.80 1:46.87
100m: 1:41.86 52.28 400m: 7:07.02 1:49.33 700m: 12:26.43 1:47.63
200m: 3:28.21 1:46.35 500m: 8:51.93 1:44.91 800m: 14:10.70 1:44.27

Baja enf. NUEZ SÁNCHEZ, Carlos Luis 69 C.N. Aguacan

55+, Masc.

1. DOMINGUEZ CABRERA, Arnaudis 67 Club Natación Vulcania Master 10:08.63

50m: 32.70 32.70 300m: 3:33.75 1:14.49 600m: 7:26.86 1:19.94
100m: 1:07.16 34.46 400m: 4:49.10 1:15.35 700m: 8:47.57 1:20.71
200m: 2:19.26 1:12.10 500m: 6:06.92 1:17.82 800m: 10:08.63 1:21.06

2. RODRIGUEZ SUAREZ, Juan Pedro 67 C.N. Metropole 11:21.98

50m: 39.44 39.44 300m: 4:10.65 1:26.16 600m: 8:30.18 1:26.55
100m: 1:19.72 40.28 400m: 5:36.70 1:26.05 700m: 9:56.13 1:25.95
200m: 2:44.49 1:24.77 500m: 7:03.63 1:26.93 800m: 11:21.98 1:25.85

3. LUZARDO RODRIGUEZ, Gustavo Adolf 66 C.D. Jescagua 11:28.38

50m: 37.11 37.11 300m: 4:09.17 1:26.89 600m: 8:33.88 1:28.48
100m: 1:18.00 40.89 400m: 5:37.13 1:27.96 700m: 10:02.68 1:28.80
200m: 2:42.28 1:24.28 500m: 7:05.40 1:28.27 800m: 11:28.38 1:25.70

4. FRANCO QUINTANA, Pedro 64 Cn.Salinas Sta.Lucia 12:39.52

50m: 41.55 41.55 300m: 4:37.73 1:35.55 600m: 9:28.93 1:37.64
100m: 1:27.71 46.16 400m: 6:13.93 1:36.20 700m: 11:05.93 1:37.00
200m: 3:02.18 1:34.47 500m: 7:51.29 1:37.36 800m: 12:39.52 1:33.59

5. GARCÍA OSSORIO, José Luís 65 C. Tenerife Masters 13:32.90

50m: 45.08 45.08 300m: 4:57.91 1:44.46 600m: 10:11.90 1:43.82
100m: 1:33.75 48.67 400m: 6:43.00 1:45.09 700m: 11:55.69 1:43.79
200m: 3:13.45 1:39.70 500m: 8:28.08 1:45.08 800m: 13:32.90 1:37.21

6. FERNÁNDEZ SÁNCHEZ, Jose Antonio 65 C.N. Aguacan 14:13.01

50m: 48.50 48.50 300m: 5:12.55 1:47.93 600m: 10:38.43 1:47.39
100m: 1:38.71 50.21 400m: 7:01.36 1:48.81 700m: 12:28.28 1:49.85
200m: 3:24.62 1:45.91 500m: 8:51.04 1:49.68 800m: 14:13.01 1:44.73

7. QUESADA RODRIGUEZ, Francisco 67 Cn.Salinas Sta.Lucia 14:28.85

50m: 44.24 44.24 300m: 5:27.53 1:52.44 600m: 10:56.46 1:49.31
100m: 1:38.32 54.08 400m: 7:17.52 1:49.99 700m: 12:46.14 1:49.68
200m: 3:35.09 1:56.77 500m: 9:07.15 1:49.63 800m: 14:28.85 1:42.71

Baja enf. DE SMAELE, Christophe 66 C.N. Las Palmas

60+, Masc.

1. MORALES AYALA, Juanjo 63 C.N. Aguacan 12:27.86

50m: 40.52 40.52 300m: 4:33.03 1:34.52 600m: 9:20.36 1:35.56
100m: 1:25.53 45.01 400m: 6:08.83 1:35.80 700m: 10:56.11 1:35.75
200m: 2:58.51 1:32.98 500m: 7:44.80 1:35.97 800m: 12:27.86 1:31.75

Prueba 1, 800m Libre

65+, Masc.

1.	RIVERO SANCHEZ, Sergio	54	Cn.Salinas Sta.Lucia	14:56.03
	50m: 46.85 46.85	300m: 5:26.92 1:55.89	600m: 11:08.11 1:52.91	
	100m: 1:39.42 52.57	400m: 7:21.85 1:54.93	700m: 13:02.97 1:54.86	
	200m: 3:31.03 1:51.61	500m: 9:15.20 1:53.35	800m: 14:56.03 1:53.06	

70+, Masc.

1.	ELGUE GRANDI, Juan Carlos	52	C.N. Aguacan	12:14.37
	50m: 40.61 40.61	300m: 4:25.13 1:30.92	600m: 9:06.00 1:35.53	
	100m: 1:12.43 37.70	400m: 5:56.87 1:31.74	700m: 10:41.89 1:35.89	
	200m: 2:54.21 1:29.38	500m: 7:30.47 1:33.60	800m: 12:14.37 1:32.48	

20+, Fem.

1.	HERNÁNDEZ CASTRILLO, Yessica	00	C.N. Aguacan	9:55.38
	50m: 34.73 34.73	300m: 3:43.17 1:15.00	600m: 7:25.76 1:14.23	
	100m: 1:12.43 37.70	400m: 4:57.99 1:14.82	700m: 8:40.36 1:14.60	
	200m: 2:28.17 1:15.74	500m: 6:11.53 1:13.54	800m: 9:55.38 1:15.02	
2.	GONZALEZ BORGES, Maria	01	C.D. Nonadamos	12:27.48
	50m: 42.07 42.07	300m: 4:35.76 1:34.33	600m: 9:20.84 1:35.44	
	100m: 1:27.93 45.86	400m: 6:10.26 1:34.50	700m: 10:55.76 1:34.92	
	200m: 3:01.43 1:33.50	500m: 7:45.40 1:35.14	800m: 12:27.48 1:31.72	

25+, Fem.

1.	PICOS HERNÁNDEZ, Laura	97	C.D. Nonadamos	13:32.34
	50m: 44.49 44.49	300m: 5:03.25 1:45.75	600m: 10:11.43 1:41.79	
	100m: 1:34.07 49.58	400m: 6:47.53 1:44.28	700m: 11:53.84 1:42.41	
	200m: 3:17.50 1:43.43	500m: 8:29.64 1:42.11	800m: 13:32.34 1:38.50	
2.	GONZALEZ BORGES, Davina	97	C.D. Nonadamos	13:56.56
	50m: 46.02 46.02	300m: 5:06.68 1:46.19	600m: 10:25.01 1:46.55	
	100m: 1:36.46 50.44	400m: 6:52.99 1:46.31	700m: 12:14.37 1:49.36	
	200m: 3:20.49 1:44.03	500m: 8:38.46 1:45.47	800m: 13:56.56 1:42.19	
3.	ESTUPIÑAN CABRERA, Paula	97	Cn.Salinas Sta.Lucia	15:28.36
	50m: 45.85 45.85	300m: 5:21.73 1:56.34	600m: 11:27.85 2:02.34	
	100m: 1:36.11 50.26	400m: 7:23.54 2:01.81	700m: 13:29.62 2:01.77	
	200m: 3:25.39 1:49.28	500m: 9:25.51 2:01.97	800m: 15:28.36 1:58.74	

30+, Fem.

1.	ALEMÁN CABRERA, Idaira	90	C.N. Aguacan	10:50.63
	50m: 36.81 36.81	300m: 3:59.72 1:21.79	600m: 8:09.97 1:23.61	
	100m: 1:16.30 39.49	400m: 5:22.74 1:23.02	700m: 9:33.49 1:23.52	
	200m: 2:37.93 1:21.63	500m: 6:46.36 1:23.62	800m: 10:50.63 1:17.14	
2.	MARRERO PEREZ, Ester	92	C.N. Las Palmas	11:41.34
	50m: 40.17 40.17	300m: 4:18.80 1:28.94	600m: 8:47.27 1:29.06	
	100m: 1:22.26 42.09	400m: 5:47.88 1:29.08	700m: 10:17.19 1:29.92	
	200m: 2:49.86 1:27.60	500m: 7:18.21 1:30.33	800m: 11:41.34 1:24.15	

Prueba 1, 800m Libre

35+, Fem.

1.	DIAZ CORUÑA, Elizabeth	86	C.N. Las Palmas	12:52.13
	50m: 42.96 42.96	300m: 4:44.74 1:36.27	600m: 9:42.02 1:39.75	
	100m: 1:31.02 48.06	400m: 6:23.54 1:38.80	700m: 11:20.35 1:38.33	
	200m: 3:08.47 1:37.45	500m: 8:02.27 1:38.73	800m: 12:52.13 1:31.78	
2.	MENDOZA MARTIN, Maria Jose	87	Club Natacion Valleverde	15:10.36
	50m: 45.44 45.44	300m: 5:23.93 1:55.87	600m: 11:10.34 1:54.76	
	100m: 1:36.93 51.49	400m: 7:19.29 1:55.36	700m: 13:06.82 1:56.48	
	200m: 3:28.06 1:51.13	500m: 9:15.58 1:56.29	800m: 15:10.36 2:03.54	

40+, Fem.

1.	ROBAYNA FERNANDEZ, Ana	80	C.N. Las Palmas	11:11.76
	50m: 38.23 38.23	300m: 4:06.96 1:24.55	600m: 8:22.76 1:25.29	
	100m: 1:19.03 40.80	400m: 5:32.14 1:25.18	700m: 9:48.66 1:25.90	
	200m: 2:42.41 1:23.38	500m: 6:57.47 1:25.33	800m: 11:11.76 1:23.10	
2.	DIAZ IZKOA, Marta	80	C.N. Las Palmas	12:34.24
	50m: 40.55 40.55	300m: 4:34.54 1:36.02	600m: 9:26.06 1:37.77	
	100m: 1:25.16 44.61	400m: 6:11.66 1:37.12	700m: 11:02.26 1:36.20	
	200m: 2:58.52 1:33.36	500m: 7:48.29 1:36.63	800m: 12:34.24 1:31.98	
3.	LEON SIERRA, Cristina	80	C.N. Las Palmas	12:40.02
	50m: 42.19 42.19	300m: 4:39.23 1:36.68	600m: 9:28.21 1:36.18	
	100m: 1:27.36 45.17	400m: 6:16.23 1:37.00	700m: 11:05.36 1:37.15	
	200m: 3:02.55 1:35.19	500m: 7:52.03 1:35.80	800m: 12:40.02 1:34.66	

45+, Fem.

1.	VALIDO CARREÑO, Isabel	74	C.N. Metropole	10:27.81
	50m: 34.98 34.98	300m: 3:50.01 1:18.94	600m: 7:49.29 1:20.15	
	100m: 1:12.92 37.94	400m: 5:09.77 1:19.76	700m: 9:09.50 1:20.21	
	200m: 2:31.07 1:18.15	500m: 6:29.14 1:19.37	800m: 10:27.81 1:18.31	

50+, Fem.

1.	GLAUBITZ, Susanne	70	C.D. Nonadamos	13:57.01
	50m: 45.98 45.98	300m: 5:06.01 1:45.75	600m: 10:25.04 1:46.97	
	100m: 1:35.88 49.90	400m: 6:52.08 1:46.07	700m: 12:13.49 1:48.45	
	200m: 3:20.26 1:44.38	500m: 8:38.07 1:45.99	800m: 13:57.01 1:43.52	
2.	RUIZ GARCIA, Olga	73	Club Natacion Valleverde	16:19.12
	50m: 57.87 57.87	300m: 6:04.94 2:02.51	600m: 12:13.43 2:04.44	
	100m: 1:58.80 1:00.93	400m: 8:06.99 2:02.05	700m: 14:18.53 2:05.10	
	200m: 4:02.43 2:03.63	500m: 10:08.99 2:02.00	800m: 16:19.12 2:00.59	
3.	OJEDA QUINTANA, Gloria Esther	69	Cn.Salinas Sta.Lucia	16:39.71
	50m: 55.02 55.02	300m: 6:08.28 2:07.72	600m: 12:30.43 2:08.34	
	100m: 1:55.79 1:00.77	400m: 8:14.69 2:06.41	700m: 14:36.81 2:06.38	
	200m: 4:00.56 2:04.77	500m: 10:22.09 2:07.40	800m: 16:39.71 2:02.90	

Baja enf. GUILLEN GARCIA, Maria Delia 71 C.N. Las Palmas

Prueba 1, 800m Libre

55+, Fem.

1. PEREZ SANTANA, Aranzazu	66	Club Natacion Valleverde	15:57.15		
50m: 58.29	58.29	300m: 6:01.59	2:01.84	600m: 12:02.72	1:58.53
100m: 1:58.61	1:00.32	400m: 8:02.79	2:01.20	700m: 14:01.20	1:58.48
200m: 3:59.75	2:01.14	500m: 10:04.19	2:01.40	800m: 15:57.15	1:55.95

60+, Fem.

1. CASTRO SANTANA, María José	63	A.D. Santa Cruz	12:25.16		
50m: 43.33	43.33	300m: 4:37.18	1:34.07	600m: 9:19.58	1:33.52
100m: 1:29.52	46.19	400m: 6:12.12	1:34.94	700m: 10:53.49	1:33.91
200m: 3:03.11	1:33.59	500m: 7:46.06	1:33.94	800m: 12:25.16	1:31.67

65+, Fem.

1. ARANEGA BENITEZ, Aranzazu	57	C. Tenerife Masters	12:53.23		
50m: 43.61	43.61	300m: 4:47.68	1:38.04	600m: 9:41.65	1:37.55
100m: 1:31.57	47.96	400m: 6:25.91	1:38.23	700m: 11:18.40	1:36.75
200m: 3:09.64	1:38.07	500m: 8:04.10	1:38.19	800m: 12:53.23	1:34.83