

Prueba 31
18/12/2022

400m Estilos

20 años y mayores
Resultados

Clasificación

AN

Tiempo

20+, Masc.

1.	CERPA CABALLERO, Jonay Salvador	99	Aguacan							4:51.06	19,00	
	50m:	29.79	29.79	150m:	1:42.60	37.93	250m:	3:00.29	40.20	350m:	4:17.17	35.37
	100m:	1:04.67	34.88	200m:	2:20.09	37.49	300m:	3:41.80	41.51	400m:	4:51.06	33.89
2.	CRUZ ARTILES, Antonio	02	Cn.Salinas							5:03.50	16,00	
	50m:	30.76	30.76	150m:	1:43.99	38.13	250m:	3:06.57	44.90	350m:	4:28.66	35.90
	100m:	1:05.86	35.10	200m:	2:21.67	37.68	300m:	3:52.76	46.19	400m:	5:03.50	34.84
3.	PADRON ASPAS, Daniel	01	Metropole							5:57.29	14,00	
	50m:	34.53	34.53	150m:	2:02.74	47.15	250m:	3:39.84	50.77	350m:	5:14.15	43.71
	100m:	1:15.59	41.06	200m:	2:49.07	46.33	300m:	4:30.44	50.60	400m:	5:57.29	43.14

30+, Masc.

1.	GARCIA CASTILLO, Jose Victor				88	TfMasters					5:08.27	19,00
	50m:	31.22	31.22	150m:	1:47.66	40.10	250m:	3:13.11	45.90	350m:	4:34.47	35.29
	100m:	1:07.56	36.34	200m:	2:27.21	39.55	300m:	3:59.18	46.07	400m:	5:08.27	33.80
2.	GARCIA FIERRO, Victor Manuel				88	Metropole					5:37.91	16,00
	50m:	35.95	35.95	150m:	2:04.33	44.17	250m:	3:35.26	46.03	350m:	5:01.21	37.41
	100m:	1:20.16	44.21	200m:	2:49.23	44.90	300m:	4:23.80	48.54	400m:	5:37.91	36.70

35+, Masc.

1.	HENRIQUEZ HERNANDEZ, Rafael		87	Aguacan						5:32.13	19,00	
	50m:	34.99	34.99	150m:	2:00.72	43.00	250m:	3:32.08	49.57	350m:	4:57.33	36.17
	100m:	1:17.72	42.73	200m:	2:42.51	41.79	300m:	4:21.16	49.08	400m:	5:32.13	34.80

40+, Masc.

1.	HERNANDEZ PEREZ, Jonathan				82	Cn.Salinas					5:41.60	19,00
	50m:	36.64	36.64	150m:	2:06.56	45.34	250m:	3:38.22	45.57	350m:	5:03.15	38.70
	100m:	1:21.22	44.58	200m:	2:52.65	46.09	300m:	4:24.45	46.23	400m:	5:41.60	38.45

45+, Masc.

1.	REINO ASCANIO, Abian			77	Metropole					5:13.92	19,00	
	50m:	31.70	31.70	150m:	1:46.78	39.12	250m:	3:13.56	46.98	350m:	4:38.06	37.21
	100m:	1:07.66	35.96	200m:	2:26.58	39.80	300m:	4:00.85	47.29	400m:	5:13.92	35.86

50+, Masc.

1.	VIÑUELA LLANOS, Antonio				68	TfMasters				6:32.07	19,00	
	50m:	42.23	42.23	150m:	2:22.88	52.81	250m:	4:10.83	53.81	350m:	5:49.34	44.74
	100m:	1:30.07	47.84	200m:	3:17.02	54.14	300m:	5:04.60	53.77	400m:	6:32.07	42.73

Prueba 31, 400m Estilos

65+, Masc.

1.	PIÑEIRO CALLEJA, Juan			54	Playuki						8:39.89	19,00
	50m:	59.70	59.70	150m:	3:15.09	1:05.86	250m:	5:33.07	1:11.64	350m:	7:42.49	58.91
	100m:	2:09.23	1:09.53	200m:	4:21.43	1:06.34	300m:	6:43.58	1:10.51	400m:	8:39.89	57.40

30+, Fem.

1.	ALEMÁN CABRERA, Idaira				90	Aguacan					6:19.72	19,00
	50m:	41.54	41.54	150m:	2:18.34	48.83	250m:	4:03.08	56.61	350m:	5:40.62	41.23
	100m:	1:29.51	47.97	200m:	3:06.47	48.13	300m:	4:59.39	56.31	400m:	6:19.72	39.10

40+, Fem.

Baja enf.	GUTIERREZ GARCIA, Noelia	78	TfMasters									-
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45+, Fem.

1.	CABAL ALVAREZ, Beatriz Mª				74	Metropole						8:00.54	19,00
	50m:	54.15	54.15	150m:	3:01.99	1:09.10	250m:	5:15.59	1:03.58	350m:	7:11.97	50.23	
	100m:	1:52.89	58.74	200m:	4:12.01	1:10.02	300m:	6:21.74	1:06.15	400m:	8:00.54	48.57	

55+, Fem.

1.	GONZALEZ RODRIGUEZ, Mercedes										67	TfMasters										7:52.84	19,00
	50m:	58.29	58.29	150m:	3:10.12	1:02.86	250m:	5:08.87	58.53	350m:	7:03.67	55.76											
	100m:	2:07.26	1:08.97	200m:	4:10.34	1:00.22	300m:	6:07.91	59.04	400m:	7:52.84	49.17											

65+, Fem.

1.	ARANEGA BENITEZ, Aranzazu				57	TfMasters					7:21.21	19,00
	50m:	51.01	51.01	150m:	2:46.74	56.83	250m:	4:44.25	1:02.41	400m:	7:21.21	1:35.11
	100m:	1:49.91	58.90	200m:	3:41.84	55.10	300m:	5:46.10	1:01.85			