

Prueba 6
08/05/2022

Fem., 3000m Libre

20 años y mayores
Resultados

Clasificación	AN		Tiempo	
30+				
1.	SERRANO VAZQUEZ, Elvira	90	C.D.N. Cordoba	46:04.05 19,00
	100m: 1:25.07 1:25.07	900m: 13:37.63 1:32.69	1700m: 26:02.14 1:32.74	2500m: 38:29.64 1:33.73
	200m: 2:55.65 1:30.58	1000m: 15:10.76 1:33.13	1800m: 27:35.25 1:33.11	2600m: 40:02.05 1:32.41
	300m: 4:26.84 1:31.19	1100m: 16:43.44 1:32.68	1900m: 29:09.39 1:34.14	2700m: 41:34.77 1:32.72
	400m: 5:57.98 1:31.14	1200m: 18:16.70 1:33.26	2000m: 30:42.86 1:33.47	2800m: 43:06.53 1:31.76
	500m: 7:29.00 1:31.02	1300m: 19:50.43 1:33.73	2100m: 32:15.14 1:32.28	2900m: 44:36.97 1:30.44
	600m: 9:01.53 1:32.53	1400m: 21:24.40 1:33.97	2200m: 33:49.04 1:33.90	3000m: 46:04.05 1:27.08
	700m: 10:33.43 1:31.90	1500m: 22:56.48 1:32.08	2300m: 35:22.19 1:33.15	
	800m: 12:04.94 1:31.51	1600m: 24:29.40 1:32.92	2400m: 36:55.91 1:33.72	
2.	CORDERO RAMIREZ, Nerea	88	C.D.N. Inacua Malaga	55:49.01 16,00
	100m: 1:41.34 1:41.34	900m: 15:56.11 1:49.63	1700m: 30:41.36 1:50.39	2500m: 45:58.16 1:56.86
	200m: 3:25.98 1:44.64	1000m: 17:48.24 1:52.13	1800m: 32:32.81 1:51.45	2600m: 47:56.24 1:58.08
	300m: 5:10.95 1:44.97	1100m: 19:39.63 1:51.39	1900m: 34:26.21 1:53.40	2700m: 49:56.79 2:00.55
	400m: 6:57.02 1:46.07	1200m: 21:30.23 1:50.60	2000m: 36:21.59 1:55.38	2800m: 51:56.51 1:59.72
	500m: 8:43.56 1:46.54	1300m: 23:20.18 1:49.95	2100m: 38:14.66 1:53.07	2900m: 53:54.37 1:57.86
	600m: 10:30.24 1:46.68	1400m: 25:09.98 1:49.80	2200m: 40:07.47 1:52.81	3000m: 55:49.01 1:54.64
	700m: 12:18.16 1:47.92	1500m: 27:00.01 1:50.03	2300m: 42:03.72 1:56.25	
	800m: 14:06.48 1:48.32	1600m: 28:50.97 1:50.96	2400m: 44:01.30 1:57.58	
35+				
1.	BUENO DELGADO, Carmen Maria	85	C.D.N. Inacua Malaga	48:00.34 19,00
	100m: 1:27.10 1:27.10	900m: 13:57.98 1:36.44	1700m: 27:01.61 1:39.51	2500m: 39:56.97 1:35.81
	200m: 2:57.55 1:30.45	1000m: 15:34.77 1:36.79	1800m: 28:40.77 1:39.16	2600m: 41:33.01 1:36.04
	300m: 4:29.26 1:31.71	1100m: 17:11.42 1:36.65	1900m: 30:18.39 1:37.62	2700m: 43:10.81 1:37.80
	400m: 6:02.22 1:32.96	1200m: 18:49.52 1:38.10	2000m: 31:54.85 1:36.46	2800m: 44:48.47 1:37.66
	500m: 7:36.39 1:34.17	1300m: 20:26.96 1:37.44	2100m: 33:31.81 1:36.96	2900m: 46:25.30 1:36.83
	600m: 9:10.84 1:34.45	1400m: 22:05.00 1:38.04	2200m: 35:08.09 1:36.28	3000m: 48:00.34 1:35.04
	700m: 10:45.71 1:34.87	1500m: 23:43.50 1:38.50	2300m: 36:44.31 1:36.22	
	800m: 12:21.54 1:35.83	1600m: 25:22.10 1:38.60	2400m: 38:21.16 1:36.85	
2.	RODRÍGUEZ PRADOS, Laura	87	Universidad De Granada	51:30.90 16,00
	100m: 1:35.90 1:35.90	900m: 15:19.13 1:42.01	1700m: 29:08.63 1:44.84	2500m: 42:58.80 1:44.03
	200m: 3:18.25 1:42.35	1000m: 17:00.39 1:41.26	1800m: 30:51.82 1:43.19	2600m: 44:43.36 1:44.56
	300m: 5:01.78 1:43.53	1100m: 18:43.08 1:42.69	1900m: 32:36.06 1:44.24	2700m: 46:27.45 1:44.09
	400m: 6:44.76 1:42.98	1200m: 20:26.02 1:42.94	2000m: 34:20.32 1:44.26	2800m: 48:10.85 1:43.40
	500m: 8:26.67 1:41.91	1300m: 22:10.20 1:44.18	2100m: 36:04.09 1:43.77	2900m: 49:52.66 1:41.81
	600m: 10:09.85 1:43.18	1400m: 23:55.12 1:44.92	2200m: 37:47.76 1:43.67	3000m: 51:30.90 1:38.24
	700m: 11:53.98 1:44.13	1500m: 25:39.52 1:44.40	2300m: 39:30.81 1:43.05	
	800m: 13:37.12 1:43.14	1600m: 27:23.79 1:44.27	2400m: 41:14.77 1:43.96	
45+				
1.	CALVENTE NINATSAKI, Lidia	74	C.D. Swim Granada	53:13.40 19,00
	100m: 1:37.82 1:37.82	900m: 15:41.40 1:46.83	1700m: 29:59.30 1:46.92	2500m: 44:16.91 1:49.58
	200m: 3:21.18 1:43.36	1000m: 17:28.16 1:46.76	1800m: 31:44.38 1:45.08	2600m: 46:04.77 1:47.86
	300m: 5:06.09 1:44.91	1100m: 19:16.42 1:48.26	1900m: 33:30.01 1:45.63	2700m: 47:52.24 1:47.47
	400m: 6:51.20 1:45.11	1200m: 21:03.78 1:47.36	2000m: 35:15.03 1:45.02	2800m: 49:40.99 1:48.75
	500m: 8:36.69 1:45.49	1300m: 22:50.41 1:46.63	2100m: 37:03.23 1:48.20	2900m: 51:29.15 1:48.16
	600m: 10:23.92 1:47.23	1400m: 24:38.92 1:48.51	2200m: 38:50.25 1:47.02	3000m: 53:13.40 1:44.25
	700m: 12:09.69 1:45.77	1500m: 26:24.29 1:45.37	2300m: 40:39.59 1:49.34	
	800m: 13:54.57 1:44.88	1600m: 28:12.38 1:48.09	2400m: 42:27.33 1:47.74	

Prueba 6, Fem., 3000m Libre, 45+

Clasificación	AN		Tiempo	
2.	GIMENEZ ALOS, Maria Teresa	77	C.D. Jerez Natacion Master	54:26.17 16,00
	100m: 1:33.07 1:33.07	900m: 15:48.47 1:48.78	1700m: 30:32.43 1:50.44	2500m: 45:17.47 1:51.72
	200m: 3:14.89 1:41.82	1000m: 17:37.10 1:48.63	1800m: 32:20.82 1:48.39	2600m: 47:09.47 1:52.00
	300m: 5:00.25 1:45.36	1100m: 19:28.66 1:51.56	1900m: 34:11.26 1:50.44	2700m: 49:01.39 1:51.92
	400m: 6:47.60 1:47.35	1200m: 21:19.12 1:50.46	2000m: 36:00.56 1:49.30	2800m: 50:54.69 1:53.30
	500m: 8:35.46 1:47.86	1300m: 23:10.42 1:51.30	2100m: 37:50.84 1:50.28	2900m: 52:48.32 1:53.63
	600m: 10:23.20 1:47.74	1400m: 25:01.07 1:50.65	2200m: 39:41.32 1:50.48	3000m: 54:26.17 1:37.85
	700m: 12:11.28 1:48.08	1500m: 26:51.79 1:50.72	2300m: 41:34.04 1:52.72	
	800m: 13:59.69 1:48.41	1600m: 28:41.99 1:50.20	2400m: 43:25.75 1:51.71	
3.	GONZALEZ FERNANDEZ, Ana Maria	74	Universidad De Granada	55:55.06 14,00
	100m: 1:40.95 1:40.95	900m: 16:22.44 1:50.43	1700m: 31:24.49 1:54.78	2500m: 46:29.26 1:53.83
	200m: 3:29.30 1:48.35	1000m: 18:14.68 1:52.24	1800m: 33:17.30 1:52.81	2600m: 48:22.68 1:53.42
	300m: 5:19.03 1:49.73	1100m: 20:05.70 1:51.02	1900m: 35:10.33 1:53.03	2700m: 50:17.49 1:54.81
	400m: 7:09.41 1:50.38	1200m: 21:58.44 1:52.74	2000m: 37:02.17 1:51.84	2800m: 52:10.87 1:53.38
	500m: 8:59.51 1:50.10	1300m: 23:50.45 1:52.01	2100m: 38:53.95 1:51.78	2900m: 54:04.36 1:53.49
	600m: 10:50.08 1:50.57	1400m: 25:43.05 1:52.60	2200m: 40:47.33 1:53.38	3000m: 55:55.06 1:50.70
	700m: 12:40.74 1:50.66	1500m: 27:36.28 1:53.23	2300m: 42:41.14 1:53.81	
	800m: 14:32.01 1:51.27	1600m: 29:29.71 1:53.43	2400m: 44:35.43 1:54.29	
4.	RAMO REY-JOLY, Cristina	77	C.D. Jerez Natacion Master	1:02:17.04 13,00
	100m: 1:54.83 1:54.83	900m: 18:41.07 2:06.03	1700m: 35:25.86 2:05.69	2500m: 52:12.85 2:04.37
	200m: 3:59.68 2:04.85	1000m: 20:46.12 2:05.05	1800m: 37:31.13 2:05.27	2600m: 54:15.98 2:03.13
	300m: 6:06.01 2:06.33	1100m: 22:52.06 2:05.94	1900m: 39:36.66 2:05.53	2700m: 56:19.18 2:03.20
	400m: 8:11.90 2:05.89	1200m: 24:56.66 2:04.60	2000m: 41:42.54 2:05.88	2800m: 58:22.03 2:02.85
	500m: 10:17.00 2:05.10	1300m: 27:02.83 2:06.17	2100m: 43:49.93 2:07.39	2900m 1:00:22.64 2:00.61
	600m: 12:22.93 2:05.93	1400m: 29:07.89 2:05.06	2200m: 45:56.81 2:06.88	3000m 1:02:17.04 1:54.40
	700m: 14:29.14 2:06.21	1500m: 31:14.96 2:07.07	2300m: 48:03.06 2:06.25	
	800m: 16:35.04 2:05.90	1600m: 33:20.17 2:05.21	2400m: 50:08.48 2:05.42	

50+

1.	GIL GOMEZ, Magnolia	72	C.D.N. Cordoba	47:31.75 19,00
	100m: 1:25.34 1:25.34	900m: 13:51.78 1:35.22	1700m: 26:33.22 1:37.70	2500m: 39:34.34 1:36.36
	200m: 2:56.06 1:30.72	1000m: 15:26.83 1:35.05	1800m: 28:11.03 1:37.81	2600m: 41:10.64 1:36.30
	300m: 4:28.51 1:32.45	1100m: 17:02.25 1:35.42	1900m: 29:48.00 1:36.97	2700m: 42:48.44 1:37.80
	400m: 6:01.17 1:32.66	1200m: 18:37.96 1:35.71	2000m: 31:25.62 1:37.62	2800m: 44:26.82 1:38.38
	500m: 7:34.71 1:33.54	1300m: 20:11.71 1:33.75	2100m: 33:03.22 1:37.60	2900m: 46:02.35 1:35.53
	600m: 9:08.07 1:33.36	1400m: 21:44.44 1:32.73	2200m: 34:41.95 1:38.73	3000m: 47:31.75 1:29.40
	700m: 10:41.87 1:33.80	1500m: 23:19.46 1:35.02	2300m: 36:20.49 1:38.54	
	800m: 12:16.56 1:34.69	1600m: 24:55.52 1:36.06	2400m: 37:57.98 1:37.49	
2.	GRESSET, Christine	68	C.Kronos Natación Mijas	51:28.68 16,00
	100m: 1:37.26 1:37.26	900m: 15:20.74 1:41.54	1700m: 29:02.39 1:44.44	2500m: 42:56.06 1:44.71
	200m: 3:20.92 1:43.66	1000m: 17:02.66 1:41.92	1800m: 30:46.44 1:44.05	2600m: 44:41.20 1:45.14
	300m: 5:04.03 1:43.11	1100m: 18:44.10 1:41.44	1900m: 32:29.80 1:43.36	2700m: 46:26.14 1:44.94
	400m: 6:47.57 1:43.54	1200m: 20:26.95 1:42.85	2000m: 34:12.89 1:43.09	2800m: 48:10.94 1:44.80
	500m: 8:31.08 1:43.51	1300m: 22:09.99 1:43.04	2100m: 35:56.99 1:44.10	2900m: 49:53.38 1:42.44
	600m: 10:14.15 1:43.07	1400m: 23:53.02 1:43.03	2200m: 37:42.02 1:45.03	3000m: 51:28.68 1:35.30
	700m: 11:57.13 1:42.98	1500m: 25:35.24 1:42.22	2300m: 39:27.77 1:45.75	
	800m: 13:39.20 1:42.07	1600m: 27:17.95 1:42.71	2400m: 41:11.35 1:43.58	
3.	ASPINALL, Karen	69	C.N. Fuengirola	54:15.11 14,00
	100m: 1:35.81 1:35.81	900m: 15:44.89 1:45.88	1700m: 30:14.90 1:49.70	2500m: 45:03.86 1:52.45
	200m: 3:20.68 1:44.87	1000m: 17:33.28 1:48.39	1800m: 32:05.67 1:50.77	2600m: 46:56.16 1:52.30
	300m: 5:06.24 1:45.56	1100m: 19:19.02 1:45.74	1900m: 33:57.18 1:51.51	2700m: 48:47.90 1:51.74
	400m: 6:51.43 1:45.19	1200m: 21:07.97 1:48.95	2000m: 35:47.21 1:50.03	2800m: 50:39.55 1:51.65
	500m: 8:37.85 1:46.42	1300m: 22:57.61 1:49.64	2100m: 37:36.20 1:48.99	2900m: 52:30.54 1:50.99
	600m: 10:24.20 1:46.35	1400m: 24:46.31 1:48.70	2200m: 39:26.45 1:50.25	3000m: 54:15.11 1:44.57
	700m: 12:11.08 1:46.88	1500m: 26:36.27 1:49.96	2300m: 41:18.65 1:52.20	
	800m: 13:59.01 1:47.93	1600m: 28:25.20 1:48.93	2400m: 43:11.41 1:52.76	

Prueba 6, Fem., 3000m Libre, 50+

Clasificación	AN		Tiempo				
4. BARONE COBOS, Charo	70	C.D. Resist4	57:25.65	13,00			
100m: 1:47.17	1:47.17	900m: 16:50.16	1:53.50	1700m: 32:11.32	1:55.04	2500m: 47:41.59	1:56.75
200m: 3:37.61	1:50.44	1000m: 18:44.31	1:54.15	1800m: 34:05.93	1:54.61	2600m: 49:38.45	1:56.86
300m: 5:29.05	1:51.44	1100m: 20:37.01	1:52.70	1900m: 36:01.73	1:55.80	2700m: 51:36.21	1:57.76
400m: 7:24.12	1:55.07	1200m: 22:38.91	2:01.90	2000m: 37:58.50	1:56.77	2800m: 53:32.54	1:56.33
500m: 9:17.19	1:53.07	1300m: 24:31.80	1:52.89	2100m: 39:54.86	1:56.36	2900m: 55:30.72	1:58.18
600m: 11:10.49	1:53.30	1400m: 26:26.79	1:54.99	2200m: 41:50.49	1:55.63	3000m: 57:25.65	1:54.93
700m: 13:02.45	1:51.96	1500m: 28:21.05	1:54.26	2300m: 43:46.31	1:55.82		
800m: 14:56.66	1:54.21	1600m: 30:16.28	1:55.23	2400m: 45:44.84	1:58.53		

55+

1. RODRIGUEZ BANDERA, Olga	63	C.Kronos Natación Mijas	52:19.80	19,00			
100m: 1:36.08	1:36.08	900m: 15:21.41	1:42.46	1700m: 29:19.28	1:46.53	2500m: 43:33.89	1:47.50
200m: 3:19.30	1:43.22	1000m: 17:03.96	1:42.55	1800m: 31:05.84	1:46.56	2600m: 45:21.47	1:47.58
300m: 5:02.57	1:43.27	1100m: 18:47.47	1:43.51	1900m: 32:52.76	1:46.92	2700m: 47:08.49	1:47.02
400m: 6:45.16	1:42.59	1200m: 20:31.65	1:44.18	2000m: 34:39.40	1:46.64	2800m: 48:55.07	1:46.58
500m: 8:27.87	1:42.71	1300m: 22:16.27	1:44.62	2100m: 36:25.71	1:46.31	2900m: 50:43.93	1:48.86
600m: 10:11.97	1:44.10	1400m: 24:01.41	1:45.14	2200m: 38:12.02	1:46.31	3000m: 52:19.80	1:35.87
700m: 11:55.39	1:43.42	1500m: 25:46.69	1:45.28	2300m: 39:58.83	1:46.81		
800m: 13:38.95	1:43.56	1600m: 27:32.75	1:46.06	2400m: 41:46.39	1:47.56		