

Prueba 5
26/03/2023 - 9:00

Masc., 3000m Libre

20+
Resultados

Clasificación	AN		Tiempo	
1. GAITÁN CANTOS, Ignacio	99	Natacion Sevilla Master, C.D.		38:29.84 24,00 RA
50m: 36.92	36.92	800m: 10:10.17	39.02	1550m: 19:52.02 39.29
100m: 1:14.92	38.00	850m: 10:48.83	38.66	1600m: 20:30.74 38.72
150m: 1:52.72	37.80	900m: 11:27.60	38.77	1650m: 21:09.62 38.88
200m: 2:30.96	38.24	950m: 12:06.42	38.82	1700m: 21:48.32 38.70
250m: 3:09.14	38.18	1000m: 12:45.15	38.73	1750m: 22:26.85 38.53
300m: 3:47.06	37.92	1050m: 13:24.06	38.91	1800m: 23:05.73 38.88
350m: 4:25.10	38.04	1100m: 14:02.17	38.11	1850m: 23:44.80 39.07
400m: 5:03.52	38.42	1150m: 14:40.65	38.48	1900m: 24:22.71 37.91
450m: 5:41.72	38.20	1200m: 15:19.20	38.55	1950m: 25:00.47 37.76
500m: 6:19.54	37.82	1250m: 15:57.55	38.35	2000m: 25:38.66 38.19
550m: 6:58.22	38.68	1300m: 16:36.87	39.32	2050m: 26:17.25 38.59
600m: 7:36.86	38.64	1350m: 17:15.66	38.79	2100m: 26:55.93 38.68
650m: 8:14.73	37.87	1400m: 17:55.06	39.40	2150m: 27:34.80 38.87
700m: 8:53.10	38.37	1450m: 18:33.58	38.52	2200m: 28:14.13 39.33
750m: 9:31.15	38.05	1500m: 19:12.73	39.15	2250m: 28:53.11 38.98
				2300m: 29:31.93 38.82
				2350m: 30:10.77 38.84
				2400m: 30:50.01 39.24
				2450m: 31:28.43 38.42
				2500m: 32:07.10 38.67
				2550m: 32:46.13 39.03
				2600m: 33:25.26 39.13
				2650m: 34:04.32 39.06
				2700m: 34:43.75 39.43
				2750m: 35:22.17 38.42
				2800m: 36:01.32 39.15
				2850m: 36:39.97 38.65
				2900m: 37:18.95 38.98
				2950m: 37:54.73 35.78
				3000m: 38:29.84 35.11
2. CARMONA SANCHEZ, Javier	99	C.N. Armilla		39:00.29 16,00
50m: 35.60	35.60	800m: 10:01.83	38.81	1550m: 19:48.97 39.41
100m: 1:10.72	35.12	850m: 10:41.97	40.14	1600m: 20:28.87 39.90
150m: 1:47.10	36.38	900m: 11:20.85	38.88	1650m: 21:08.77 39.90
200m: 2:23.90	36.80	950m: 11:59.51	38.66	1700m: 21:48.68 39.91
250m: 3:00.92	37.02	1000m: 12:38.33	38.82	1750m: 22:28.34 39.66
300m: 3:38.35	37.43	1050m: 13:17.91	39.58	1800m: 23:08.01 39.67
350m: 4:15.89	37.54	1100m: 13:57.01	39.10	1850m: 23:47.49 39.48
400m: 4:53.88	37.99	1150m: 14:36.50	39.49	1900m: 24:27.17 39.68
450m: 5:31.39	37.51	1200m: 15:15.19	38.69	1950m: 25:07.18 40.01
500m: 6:09.57	38.18	1250m: 15:53.71	38.52	2000m: 25:47.27 40.09
550m: 6:48.42	38.85	1300m: 16:32.38	38.67	2050m: 26:26.85 39.58
600m: 7:27.09	38.67	1350m: 17:11.81	39.43	2100m: 27:06.55 39.70
650m: 8:05.78	38.69	1400m: 17:50.45	38.64	2150m: 27:46.39 39.84
700m: 8:44.51	38.73	1450m: 18:29.72	39.27	2200m: 28:26.04 39.65
750m: 9:23.02	38.51	1500m: 19:09.56	39.84	2250m: 29:05.49 39.45
				2300m: 29:45.30 39.81
				2350m: 30:25.08 39.78
				2400m: 31:05.48 40.40
				2450m: 31:45.90 40.42
				2500m: 32:26.01 40.11
				2550m: 33:05.82 39.81
				2600m: 33:46.05 40.23
				2650m: 34:26.67 40.62
				2700m: 35:07.36 40.69
				2750m: 35:47.81 40.45
				2800m: 36:27.31 39.50
				2850m: 37:06.60 39.29
				2900m: 37:44.90 38.30
				2950m: 38:23.43 38.53
				3000m: 39:00.29 36.86
3. CUESTA DIAZ, David	02	C.D.N. Cordoba		44:46.94 19,00
50m: 38.54	38.54	800m: 11:39.44	45.25	1550m: 22:54.91 45.07
100m: 1:20.54	42.00	850m: 12:24.56	45.12	1600m: 23:39.37 44.46
150m: 2:03.43	42.89	900m: 13:09.72	45.16	1650m: 24:24.48 45.11
200m: 2:45.11	41.68	950m: 13:54.38	44.66	1700m: 25:08.29 43.81
250m: 3:29.16	44.05	1000m: 14:39.82	45.44	1750m: 25:52.79 44.50
300m: 4:13.48	44.32	1050m: 15:25.18	45.36	1800m: 26:37.48 44.69
350m: 4:58.54	45.06	1100m: 16:10.59	45.41	1850m: 27:22.58 45.10
400m: 5:43.57	45.03	1150m: 16:55.78	45.19	1900m: 28:07.43 44.85
450m: 6:28.32	44.75	1200m: 17:41.93	46.15	1950m: 28:52.52 45.09
500m: 7:13.13	44.81	1250m: 18:27.20	45.27	2000m: 29:38.01 45.49
550m: 7:58.22	45.09	1300m: 19:11.67	44.47	2050m: 30:23.45 45.44
600m: 8:43.55	45.33	1350m: 19:56.06	44.39	2100m: 31:08.89 45.44
650m: 9:26.82	43.27	1400m: 20:41.09	45.03	2150m: 31:54.55 45.66
700m: 10:09.95	43.13	1450m: 21:24.51	43.42	2200m: 32:37.09 42.54
750m: 10:54.19	44.24	1500m: 22:09.84	45.33	2250m: 33:22.08 44.99
				2300m: 34:09.23 47.15
				2350m: 34:55.17 45.94
				2400m: 35:40.74 45.57
				2450m: 36:28.24 47.50
				2500m: 37:14.93 46.69
				2550m: 38:01.49 46.56
				2600m: 38:47.74 46.25
				2650m: 39:34.68 46.94
				2700m: 40:21.88 47.20
				2750m: 41:07.72 45.84
				2800m: 41:54.31 46.59
				2850m: 42:40.25 45.94
				2900m: 43:25.16 44.91
				2950m: 44:10.14 44.98
				3000m: 44:46.94 36.80
4. MOLERO SANCHEZ, Santiago	02	C.D.N. Cordoba		45:27.57 13,00
50m: 40.88	40.88	600m: 8:50.98	45.53	1150m: 17:08.56 44.74
100m: 1:23.51	42.63	650m: 9:35.80	44.82	1200m: 17:53.01 44.45
150m: 2:07.14	43.63	700m: 10:20.81	45.01	1250m: 18:37.35 44.34
200m: 2:51.19	44.05	750m: 11:05.25	44.44	1300m: 19:21.77 44.42
250m: 3:35.40	44.21	800m: 11:50.16	44.91	1350m: 20:07.20 45.43
300m: 4:19.82	44.42	850m: 12:35.49	45.33	1400m: 20:52.21 45.01
350m: 5:05.19	45.37	900m: 13:20.67	45.18	1450m: 21:36.32 44.11
400m: 5:48.25	43.06	950m: 14:06.66	45.99	1500m: 22:20.94 44.62
450m: 6:33.69	45.44	1000m: 14:52.22	45.56	1550m: 23:07.52 46.58
500m: 7:19.51	45.82	1050m: 15:39.22	47.00	1600m: 23:53.38 45.86
550m: 8:05.45	45.94	1100m: 16:23.82	44.60	1650m: 24:38.58 45.20
				1700m: 25:24.52 45.94
				1750m: 26:11.70 47.18
				1800m: 26:57.78 46.08
				1850m: 27:43.46 45.68
				1900m: 28:29.25 45.79
				1950m: 29:15.20 45.95
				2000m: 30:01.83 46.63
				2050m: 30:47.17 45.34
				2100m: 31:32.77 45.60
				2150m: 32:18.87 46.10
				2200m: 33:05.30 46.43

Prueba 5, Masc., 3000m Libre, 20+

Clasificación	AN				Tiempo			
2250m: 33:51.57	46.27	2450m: 37:01.78	47.86	2650m: 40:09.37	47.63	2850m: 43:15.26	45.02	
2300m: 34:38.36	46.79	2500m: 37:48.51	46.73	2700m: 40:56.56	47.19	2900m: 44:00.91	45.65	
2350m: 35:25.00	46.64	2550m: 38:35.15	46.64	2750m: 41:44.65	48.09	2950m: 44:45.80	44.89	
2400m: 36:13.92	48.92	2600m: 39:21.74	46.59	2800m: 42:30.24	45.59	3000m: 45:27.57	41.77	

Prueba 5
26/03/2023 - 9:00

Masc., 3000m Libre

25+
Resultados

Clasificación	AN				Tiempo			
1. FLORES PORCUNA, Antonio	95	C.D.N. Cordoba	39:12.43	24,00	RA			
50m: 35.41	35.41	800m: 9:50.29	37.28	1550m: 19:15.09	38.79	2300m: 29:11.32	39.86	
100m: 1:10.82	35.41	850m: 10:27.15	36.86	1600m: 19:54.60	39.51	2350m: 29:53.40	42.08	
150m: 1:47.40	36.58	900m: 11:04.32	37.17	1650m: 20:35.30	40.70	2400m: 30:34.01	40.61	
200m: 2:23.94	36.54	950m: 11:41.58	37.26	1700m: 21:15.36	40.06	2450m: 31:15.17	41.16	
250m: 3:00.87	36.93	1000m: 12:18.61	37.03	1750m: 21:54.29	38.93	2500m: 31:55.95	40.78	
300m: 3:38.07	37.20	1050m: 12:55.88	37.27	1800m: 22:34.20	39.91	2550m: 32:37.00	41.05	
350m: 4:15.32	37.25	1100m: 13:33.11	37.23	1850m: 23:13.85	39.65	2600m: 33:19.41	42.41	
400m: 4:52.55	37.23	1150m: 14:10.34	37.23	1900m: 23:54.46	40.61	2650m: 34:02.32	42.91	
450m: 5:29.96	37.41	1200m: 14:47.85	37.51	1950m: 24:34.37	39.91	2700m: 34:45.55	43.23	
500m: 6:07.21	37.25	1250m: 15:25.56	37.71	2000m: 25:13.89	39.52	2750m: 35:29.16	43.61	
550m: 6:44.34	37.13	1300m: 16:03.31	37.75	2050m: 25:52.97	39.08	2800m: 36:14.17	45.01	
600m: 7:21.57	37.23	1350m: 16:40.85	37.54	2100m: 26:32.10	39.13	2850m: 36:58.52	44.35	
650m: 7:58.99	37.42	1400m: 17:18.97	38.12	2150m: 27:11.45	39.35	2900m: 37:43.23	44.71	
700m: 8:36.12	37.13	1450m: 17:57.71	38.74	2200m: 27:51.64	40.19	2950m: 38:27.99	44.76	
750m: 9:13.01	36.89	1500m: 18:36.30	38.59	2250m: 28:31.46	39.82	3000m: 39:12.43	44.44	
2. RUIZ MARTIN, Jesus	97	C.N. Utrera	41:07.51	16,00				
50m: 37.45	37.45	800m: 10:50.10	40.93	1550m: 21:06.43	41.22	2300m: 31:30.93	41.79	
100m: 1:17.69	40.24	850m: 11:31.20	41.10	1600m: 21:47.98	41.55	2350m: 32:12.79	41.86	
150m: 1:58.03	40.34	900m: 12:12.23	41.03	1650m: 22:29.58	41.60	2400m: 32:53.57	40.78	
200m: 2:38.63	40.60	950m: 12:53.10	40.87	1700m: 23:11.11	41.53	2450m: 33:34.66	41.09	
250m: 3:18.89	40.26	1000m: 13:34.32	41.22	1750m: 23:52.26	41.15	2500m: 34:16.41	41.75	
300m: 3:59.86	40.97	1050m: 14:15.10	40.78	1800m: 24:33.83	41.57	2550m: 34:57.58	41.17	
350m: 4:40.94	41.08	1100m: 14:55.91	40.81	1850m: 25:15.61	41.78	2600m: 35:39.09	41.51	
400m: 5:21.95	41.01	1150m: 15:36.77	40.86	1900m: 25:57.01	41.40	2650m: 36:20.38	41.29	
450m: 6:03.33	41.38	1200m: 16:18.11	41.34	1950m: 26:38.63	41.62	2700m: 37:02.02	41.64	
500m: 6:44.25	40.92	1250m: 16:58.99	40.88	2000m: 27:20.19	41.56	2750m: 37:43.81	41.79	
550m: 7:24.94	40.69	1300m: 17:40.06	41.07	2050m: 28:01.92	41.73	2800m: 38:25.67	41.86	
600m: 8:06.49	41.55	1350m: 18:21.42	41.36	2100m: 28:43.78	41.86	2850m: 39:07.81	42.14	
650m: 8:46.73	40.24	1400m: 19:02.56	41.14	2150m: 29:25.58	41.80	2900m: 39:49.41	41.60	
700m: 9:27.99	41.26	1450m: 19:43.94	41.38	2200m: 30:07.13	41.55	2950m: 40:29.97	40.56	
750m: 10:09.17	41.18	1500m: 20:25.21	41.27	2250m: 30:49.14	42.01	3000m: 41:07.51	37.54	
3. HUELVA LEAL, Jose Luis	95	C.D. Master Huelva	43:12.45	14,00				
50m: 38.67	38.67	800m: 11:08.68	42.71	1550m: 21:57.81	43.65	2300m: 32:56.63	43.91	
100m: 1:18.73	40.06	850m: 11:51.60	42.92	1600m: 22:41.05	43.24	2350m: 33:41.68	45.05	
150m: 1:59.80	41.07	900m: 12:33.62	42.02	1650m: 23:24.67	43.62	2400m: 34:26.88	45.20	
200m: 2:42.16	42.36	950m: 13:16.40	42.78	1700m: 24:09.54	44.87	2450m: 35:11.98	45.10	
250m: 3:24.73	42.57	1000m: 13:58.91	42.51	1750m: 24:54.86	45.32	2500m: 35:57.01	45.03	
300m: 4:07.60	42.87	1050m: 14:41.90	42.99	1800m: 25:39.05	44.19	2550m: 36:41.06	44.05	
350m: 4:49.43	41.83	1100m: 15:25.30	43.40	1850m: 26:24.87	45.82	2600m: 37:25.21	44.15	
400m: 5:32.29	42.86	1150m: 16:08.13	42.83	1900m: 27:09.98	45.11	2650m: 38:08.11	42.90	
450m: 6:14.46	42.17	1200m: 16:51.49	43.36	1950m: 27:55.12	45.14	2700m: 38:51.44	43.33	
500m: 6:56.80	42.34	1250m: 17:34.88	43.39	2000m: 28:37.10	41.98	2750m: 39:35.20	43.76	
550m: 7:38.15	41.35	1300m: 18:18.21	43.33	2050m: 29:20.34	43.24	2800m: 40:18.23	43.03	
600m: 8:20.11	41.96	1350m: 19:02.63	44.42	2100m: 30:03.66	43.32	2850m: 41:02.21	43.98	
650m: 9:01.98	41.87	1400m: 19:46.17	43.54	2150m: 30:46.50	42.84	2900m: 41:46.48	44.27	
700m: 9:43.55	41.57	1450m: 20:30.15	43.98	2200m: 31:29.47	42.97	2950m: 42:31.59	45.11	
750m: 10:25.97	42.42	1500m: 21:14.16	44.01	2250m: 32:12.72	43.25	3000m: 43:12.45	40.86	

Prueba 5, Masc., 3000m Libre, 25+

Clasificación	AN		Tiempo	
4. CALERO CASTRO, Francisco Jose	95	Natacion Sevilla Master, C.D.		45:39.07 13,00
50m: 40.79	40.79	800m: 11:52.84	45.16	1550m: 23:17.74
100m: 1:23.62	42.83	850m: 12:37.73	44.89	1600m: 24:03.74
150m: 2:07.72	44.10	900m: 13:23.08	45.35	1650m: 24:49.12
200m: 2:52.10	44.38	950m: 14:08.64	45.56	1700m: 25:34.65
250m: 3:36.93	44.83	1000m: 14:53.72	45.08	1750m: 26:19.65
300m: 4:21.79	44.86	1050m: 15:39.28	45.56	1800m: 27:05.40
350m: 5:06.30	44.51	1100m: 16:25.54	46.26	1850m: 27:51.83
400m: 5:51.49	45.19	1150m: 17:10.85	45.31	1900m: 28:38.58
450m: 6:36.27	44.78	1200m: 17:56.88	46.03	1950m: 29:24.77
500m: 7:21.22	44.95	1250m: 18:42.21	45.33	2000m: 30:12.03
550m: 8:06.72	45.50	1300m: 19:27.69	45.48	2050m: 30:59.24
600m: 8:51.54	44.82	1350m: 20:13.18	45.49	2100m: 31:45.76
650m: 9:36.47	44.93	1400m: 20:59.19	46.01	2150m: 32:33.33
700m: 10:22.00	45.53	1450m: 21:44.53	45.34	2200m: 33:19.19
750m: 11:07.68	45.68	1500m: 22:31.14	46.61	2250m: 34:05.21
				2300m: 34:51.39
				2350m: 35:38.79
				2400m: 36:25.65
				2450m: 37:12.12
				2500m: 37:58.14
				2550m: 38:44.66
				2600m: 39:30.74
				2650m: 40:17.63
				2700m: 41:04.15
				2750m: 41:50.35
				2800m: 42:37.53
				2850m: 43:24.44
				2900m: 44:11.55
				2950m: 44:58.37
				3000m: 45:39.07

Prueba 5
26/03/2023 - 9:00

Masc., 3000m Libre

30+
Resultados

Clasificación	AN		Tiempo	
1. SANCHEZ AVELLANO, Rafael	89	C.D.N. Cordoba		36:46.33 19,00
50m: 35.24	35.24	800m: 9:50.65	37.17	1550m: 19:06.64
100m: 1:10.77	35.53	850m: 10:27.34	36.69	1600m: 19:43.53
150m: 1:47.15	36.38	900m: 11:04.61	37.27	1650m: 20:20.13
200m: 2:23.68	36.53	950m: 11:41.71	37.10	1700m: 20:57.15
250m: 3:00.71	37.03	1000m: 12:18.64	36.93	1750m: 21:33.74
300m: 3:37.81	37.10	1050m: 12:55.79	37.15	1800m: 22:10.28
350m: 4:15.29	37.48	1100m: 13:32.80	37.01	1850m: 22:47.06
400m: 4:52.52	37.23	1150m: 14:10.13	37.33	1900m: 23:23.72
450m: 5:30.00	37.48	1200m: 14:47.24	37.11	1950m: 24:00.36
500m: 6:07.09	37.09	1250m: 15:24.64	37.40	2000m: 24:36.88
550m: 6:44.46	37.37	1300m: 16:01.66	37.02	2050m: 25:13.43
600m: 7:21.83	37.37	1350m: 16:38.83	37.17	2100m: 25:50.19
650m: 7:58.81	36.98	1400m: 17:15.74	36.91	2150m: 26:26.68
700m: 8:36.37	37.56	1450m: 17:52.69	36.95	2200m: 27:03.55
750m: 9:13.48	37.11	1500m: 18:29.72	37.03	2250m: 27:40.37
				2300m: 28:17.25
				2350m: 28:54.27
				2400m: 29:31.22
				2450m: 30:07.79
				2500m: 30:44.64
				2550m: 31:21.23
				2600m: 31:58.03
				2650m: 32:34.65
				2700m: 33:11.30
				2750m: 33:47.85
				2800m: 34:24.32
				2850m: 35:00.72
				2900m: 35:37.00
				2950m: 36:12.66
				3000m: 36:46.33
				31.00
				32.00
				33.00
				34.00
				35.00
				36.00
				37.00
				38.00
				39.00
				40.00
				41.00
				42.00
				43.00
				44.00
				45.00
				46.00
				47.00
				48.00
				49.00
				50.00
				51.00
				52.00
				53.00
				54.00
				55.00
				56.00
				57.00
				58.00
				59.00
				60.00
				61.00
				62.00
				63.00
				64.00
				65.00
				66.00
				67.00
				68.00
				69.00
				70.00
				71.00
				72.00
				73.00
				74.00
				75.00
				76.00
				77.00
				78.00
				79.00
				80.00
				81.00
				82.00
				83.00
				84.00
				85.00
				86.00
				87.00
				88.00
				89.00
				90.00
				91.00
				92.00
				93.00
				94.00
				95.00
				96.00
				97.00
				98.00
				99.00
				100.00

Prueba 5, Masc., 3000m Libre, 30+

Clasificación	AN		Tiempo									
3. ACEBES MORALES, Ramon	91		Natacion Sevilla Master, C.D.								44:08.12	14,00
50m:	38.66	38.66	800m:	11:16.48	43.69	1550m:	22:18.30	46.64	2300m:	33:54.15	45.42	
100m:	1:18.43	39.77	850m:	12:00.16	43.68	1600m:	23:05.91	47.61	2350m:	34:40.08	45.93	
150m:	1:59.85	41.42	900m:	12:42.71	42.55	1650m:	23:54.93	49.02	2400m:	35:24.71	44.63	
200m:	2:41.81	41.96	950m:	13:25.30	42.59	1700m:	24:39.99	45.06	2450m:	36:09.73	45.02	
250m:	3:23.73	41.92	1000m:	14:08.28	42.98	1750m:	25:25.30	45.31	2500m:	36:51.10	41.37	
300m:	4:05.73	42.00	1050m:	14:51.57	43.29	1800m:	26:09.60	44.30	2550m:	37:34.14	43.04	
350m:	4:48.44	42.71	1100m:	15:34.77	43.20	1850m:	26:54.03	44.43	2600m:	38:16.53	42.39	
400m:	5:32.31	43.87	1150m:	16:18.78	44.01	1900m:	27:39.74	45.71	2650m:	38:58.66	42.13	
450m:	6:14.47	42.16	1200m:	17:03.90	45.12	1950m:	28:27.62	47.88	2700m:	39:40.72	42.06	
500m:	6:56.30	41.83	1250m:	17:50.10	46.20	2000m:	29:14.66	47.04	2750m:	40:23.38	42.66	
550m:	7:39.58	43.28	1300m:	18:33.46	43.36	2050m:	30:01.04	46.38	2800m:	41:07.63	44.25	
600m:	8:21.98	42.40	1350m:	19:16.18	42.72	2100m:	30:49.32	48.28	2850m:	41:54.89	47.26	
650m:	9:05.25	43.27	1400m:	20:01.35	45.17	2150m:	31:35.61	46.29	2900m:	42:39.02	44.13	
700m:	9:48.51	43.26	1450m:	20:46.90	45.55	2200m:	32:21.90	46.29	2950m:	43:23.99	44.97	
750m:	10:32.79	44.28	1500m:	21:31.66	44.76	2250m:	33:08.73	46.83	3000m:	44:08.12	44.13	

Prueba 5
26/03/2023 - 9:00

Masc., 3000m Libre

35+
Resultados

Clasificación	AN		Tiempo									
1. ROJAS RIVILLA, Miguel Angel	84		Natacion Sevilla Master, C.D.								39:50.78	19,00
50m:	38.17	38.17	800m:	10:23.54	38.86	1550m:	20:21.63	40.03	2300m:	30:25.30	40.63	
100m:	1:16.79	38.62	850m:	11:02.94	39.40	1600m:	21:01.51	39.88	2350m:	31:06.46	41.16	
150m:	1:55.79	39.00	900m:	11:42.37	39.43	1650m:	21:42.50	40.99	2400m:	31:47.43	40.97	
200m:	2:34.93	39.14	950m:	12:22.48	40.11	1700m:	22:22.36	39.86	2450m:	32:27.94	40.51	
250m:	3:14.32	39.39	1000m:	13:02.19	39.71	1750m:	23:02.61	40.25	2500m:	33:09.64	41.70	
300m:	3:53.36	39.04	1050m:	13:42.04	39.85	1800m:	23:42.87	40.26	2550m:	33:50.53	40.89	
350m:	4:32.38	39.02	1100m:	14:21.80	39.76	1850m:	24:23.25	40.38	2600m:	34:30.89	40.36	
400m:	5:11.48	39.10	1150m:	15:01.98	40.18	1900m:	25:01.74	38.49	2650m:	35:11.47	40.58	
450m:	5:50.11	38.63	1200m:	15:41.47	39.49	1950m:	25:40.24	38.50	2700m:	35:52.23	40.76	
500m:	6:28.76	38.65	1250m:	16:21.19	39.72	2000m:	26:21.35	41.11	2750m:	36:33.32	41.09	
550m:	7:07.97	39.21	1300m:	17:01.17	39.98	2050m:	27:02.35	41.00	2800m:	37:13.76	40.44	
600m:	7:47.88	39.91	1350m:	17:41.20	40.03	2100m:	27:42.76	40.41	2850m:	37:54.27	40.51	
650m:	8:26.50	38.62	1400m:	18:21.03	39.83	2150m:	28:23.48	40.72	2900m:	38:34.11	39.84	
700m:	9:05.33	38.83	1450m:	19:01.26	40.23	2200m:	29:04.30	40.82	2950m:	39:12.52	38.41	
750m:	9:44.68	39.35	1500m:	19:41.60	40.34	2250m:	29:44.67	40.37	3000m:	39:50.78	38.26	
2. FERNANDEZ GONZALEZ, Carlos	87		Natacion Sevilla Master, C.D.								40:19.35	16,00
50m:	39.53	39.53	800m:	10:49.13	41.12	1550m:	20:56.81	40.09	2300m:	31:00.33	40.35	
100m:	1:19.87	40.34	850m:	11:30.19	41.06	1600m:	21:36.99	40.18	2350m:	31:40.72	40.39	
150m:	2:00.42	40.55	900m:	12:10.95	40.76	1650m:	22:17.50	40.51	2400m:	32:21.33	40.61	
200m:	2:40.59	40.17	950m:	12:52.09	41.14	1700m:	22:57.69	40.19	2450m:	33:01.74	40.41	
250m:	3:20.68	40.09	1000m:	13:33.12	41.03	1750m:	23:38.10	40.41	2500m:	33:42.41	40.67	
300m:	4:00.90	40.22	1050m:	14:13.75	40.63	1800m:	24:18.24	40.14	2550m:	34:22.65	40.24	
350m:	4:41.28	40.38	1100m:	14:54.27	40.52	1850m:	24:58.53	40.29	2600m:	35:02.56	39.91	
400m:	5:22.23	40.95	1150m:	15:34.49	40.22	1900m:	25:38.49	39.96	2650m:	35:42.87	40.31	
450m:	6:02.99	40.76	1200m:	16:14.74	40.25	1950m:	26:18.78	40.29	2700m:	36:22.97	40.10	
500m:	6:44.04	41.05	1250m:	16:54.90	40.16	2000m:	26:59.03	40.25	2750m:	37:02.89	39.92	
550m:	7:24.93	40.89	1300m:	17:35.40	40.50	2050m:	27:39.16	40.13	2800m:	37:43.01	40.12	
600m:	8:05.44	40.51	1350m:	18:15.49	40.09	2100m:	28:19.33	40.17	2850m:	38:23.50	40.49	
650m:	8:46.16	40.72	1400m:	18:55.80	40.31	2150m:	28:59.59	40.26	2900m:	39:04.21	40.71	
700m:	9:27.28	41.12	1450m:	19:36.32	40.52	2200m:	29:39.54	39.95	2950m:	39:44.47	40.26	
750m:	10:08.01	40.73	1500m:	20:16.72	40.40	2250m:	30:19.98	40.44	3000m:	40:19.35	34.88	

Prueba 5, Masc., 3000m Libre, 35+

Clasificación	AN		Tiempo	
3. CORONA FUENTES, Jose Joaquin	87	C.N. San Juan	42:16.92	14,00
50m: 39.36	39.36	800m: 11:07.34	41.56	1550m: 21:34.29
100m: 1:20.57	41.21	850m: 11:49.01	41.67	1600m: 22:16.59
150m: 2:02.01	41.44	900m: 12:30.43	41.42	1650m: 22:58.99
200m: 2:44.39	42.38	950m: 13:12.38	41.95	1700m: 23:42.22
250m: 3:26.66	42.27	1000m: 13:53.97	41.59	1750m: 24:24.78
300m: 4:09.24	42.58	1050m: 14:35.77	41.80	1800m: 25:07.67
350m: 4:51.67	42.43	1100m: 15:16.90	41.13	1850m: 25:51.64
400m: 5:33.83	42.16	1150m: 15:58.32	41.42	1900m: 26:34.95
450m: 6:15.61	41.78	1200m: 16:39.88	41.56	1950m: 27:18.14
500m: 6:57.33	41.72	1250m: 17:21.52	41.64	2000m: 28:00.96
550m: 7:39.36	42.03	1300m: 18:03.05	41.53	2050m: 28:44.37
600m: 8:20.91	41.55	1350m: 18:45.28	42.23	2100m: 29:27.24
650m: 9:02.32	41.41	1400m: 19:27.39	42.11	2150m: 30:09.91
700m: 9:43.96	41.64	1450m: 20:10.20	42.81	2200m: 30:52.83
750m: 10:25.78	41.82	1500m: 20:52.31	42.11	2250m: 31:35.79
DSQ GARCIA RODRIGUEZ, Alberto	85	Natacion Sevilla Master, C.D.	-	-

Prueba 5 Masc., 3000m Libre 40+
26/03/2023 - 9:00 Resultados

Clasificación	AN		Tiempo	
1. MAESTRA GARCIA, Cecilio	82	Bahia De Almeria N.C	39:56.02	19,00
50m: 36.75	36.75	800m: 10:37.00	39.87	1550m: 20:34.83
100m: 1:16.50	39.75	850m: 11:16.94	39.94	1600m: 21:15.23
150m: 1:56.01	39.51	900m: 11:56.91	39.97	1650m: 21:55.19
200m: 2:35.45	39.44	950m: 12:36.78	39.87	1700m: 22:34.58
250m: 3:14.85	39.40	1000m: 13:16.63	39.85	1750m: 23:14.64
300m: 3:54.39	39.54	1050m: 13:56.07	39.44	1800m: 23:54.49
350m: 4:34.56	40.17	1100m: 14:35.80	39.73	1850m: 24:34.30
400m: 5:14.78	40.22	1150m: 15:15.44	39.64	1900m: 25:13.88
450m: 5:55.16	40.38	1200m: 15:55.15	39.71	1950m: 25:54.28
500m: 6:35.37	40.21	1250m: 16:34.53	39.38	2000m: 26:34.93
550m: 7:15.82	40.45	1300m: 17:14.44	39.91	2050m: 27:14.42
600m: 7:56.19	40.37	1350m: 17:54.66	40.22	2100m: 27:54.34
650m: 8:36.74	40.55	1400m: 18:35.09	40.43	2150m: 28:34.36
700m: 9:17.12	40.38	1450m: 19:14.83	39.74	2200m: 29:15.07
750m: 9:57.13	40.01	1500m: 19:54.85	40.02	2250m: 29:55.54
2. MARTÍN NAVARRO, Andrés	82	C.N. Utrera	40:51.93	16,00
50m: 37.28	37.28	800m: 10:44.41	40.76	1550m: 21:02.65
100m: 1:15.21	37.93	850m: 11:25.35	40.94	1600m: 21:43.80
150m: 1:53.92	38.71	900m: 12:06.65	41.30	1650m: 22:24.62
200m: 2:33.66	39.74	950m: 12:48.37	41.72	1700m: 23:05.81
250m: 3:13.59	39.93	1000m: 13:29.16	40.79	1750m: 23:47.16
300m: 3:53.91	40.32	1050m: 14:10.05	40.89	1800m: 24:27.58
350m: 4:34.74	40.83	1100m: 14:50.66	40.61	1850m: 25:08.35
400m: 5:15.77	41.03	1150m: 15:31.65	40.99	1900m: 25:49.88
450m: 5:56.90	41.13	1200m: 16:12.75	41.10	1950m: 26:31.10
500m: 6:38.35	41.45	1250m: 16:54.00	41.25	2000m: 27:12.14
550m: 7:19.80	41.45	1300m: 17:34.87	40.87	2050m: 27:53.31
600m: 8:00.73	40.93	1350m: 18:16.26	41.39	2100m: 28:34.19
650m: 8:41.78	41.05	1400m: 18:57.64	41.38	2150m: 29:15.42
700m: 9:22.84	41.06	1450m: 19:39.32	41.68	2200m: 29:56.78
750m: 10:03.65	40.81	1500m: 20:20.79	41.47	2250m: 30:38.45

Prueba 5, Masc., 3000m Libre, 40+

Clasificación	AN		Tiempo			
3.	ALAMINOS FERRES, Samuel		82	C.N. Fuengirola	41:00.89	14,00
	50m: 38.33	38.33	800m: 10:49.45	41.30	1550m: 21:08.48	41.34
	100m: 1:17.75	39.42	850m: 11:30.77	41.32	1600m: 21:50.03	41.55
	150m: 1:57.56	39.81	900m: 12:11.93	41.16	1650m: 22:31.89	41.86
	200m: 2:37.93	40.37	950m: 12:53.00	41.07	1700m: 23:12.89	41.00
	250m: 3:18.77	40.84	1000m: 13:34.31	41.31	1750m: 23:54.89	42.00
	300m: 3:59.40	40.63	1050m: 14:15.59	41.28	1800m: 24:36.37	41.48
	350m: 4:40.30	40.90	1100m: 14:56.79	41.20	1850m: 25:17.97	41.60
	400m: 5:21.14	40.84	1150m: 15:37.84	41.05	1900m: 25:59.75	41.78
	450m: 6:02.22	41.08	1200m: 16:19.03	41.19	1950m: 26:41.22	41.47
	500m: 6:43.32	41.10	1250m: 17:00.18	41.15	2000m: 27:23.00	41.78
	550m: 7:24.24	40.92	1300m: 17:41.27	41.09	2050m: 28:04.72	41.72
	600m: 8:05.42	41.18	1350m: 18:22.81	41.54	2100m: 28:45.82	41.10
	650m: 8:46.08	40.66	1400m: 19:04.31	41.50	2150m: 29:27.26	41.44
	700m: 9:27.31	41.23	1450m: 19:45.54	41.23	2200m: 30:08.42	41.16
	750m: 10:08.15	40.84	1500m: 20:27.14	41.60	2250m: 30:49.60	41.18
					2300m: 31:30.71	41.11
					2350m: 32:11.51	40.80
					2400m: 32:52.45	40.94
					2450m: 33:33.88	41.43
					2500m: 34:14.90	41.02
					2550m: 34:55.77	40.87
					2600m: 35:36.89	41.12
					2650m: 36:18.06	41.17
					2700m: 36:59.16	41.10
					2750m: 37:40.28	41.12
					2800m: 38:21.21	40.93
					2850m: 39:02.16	40.95
					2900m: 39:42.82	40.66
					2950m: 40:22.53	39.71
					3000m: 41:00.89	38.36
4.	OCAÑA REDONDO, Manuel		83	C.N. Armilla	42:50.34	13,00
	50m: 38.79	38.79	800m: 11:16.26	42.84	1550m: 22:06.86	45.55
	100m: 1:19.82	41.03	850m: 11:59.05	42.79	1600m: 22:53.95	47.09
	150m: 2:01.54	41.72	900m: 12:42.19	43.14	1650m: 23:39.35	45.40
	200m: 2:43.98	42.44	950m: 13:24.54	42.35	1700m: 24:24.04	44.69
	250m: 3:26.28	42.30	1000m: 14:06.63	42.09	1750m: 25:08.99	44.95
	300m: 4:08.89	42.61	1050m: 14:47.65	41.02	1800m: 25:53.24	44.25
	350m: 4:51.91	43.02	1100m: 15:29.12	41.47	1850m: 26:37.32	44.08
	400m: 5:35.19	43.28	1150m: 16:12.44	43.32	1900m: 27:21.36	44.04
	450m: 6:18.00	42.81	1200m: 16:55.31	42.87	1950m: 28:05.82	44.46
	500m: 7:00.91	42.91	1250m: 17:38.71	43.40	2000m: 28:49.77	43.95
	550m: 7:43.28	42.37	1300m: 18:22.46	43.75	2050m: 29:31.56	41.79
	600m: 8:25.54	42.26	1350m: 19:07.79	45.33	2100m: 30:13.42	41.86
	650m: 9:07.76	42.22	1400m: 19:50.97	43.18	2150m: 30:55.22	41.80
	700m: 9:50.76	43.00	1450m: 20:35.67	44.70	2200m: 31:37.64	42.42
	750m: 10:33.42	42.66	1500m: 21:21.31	45.64	2250m: 32:19.49	41.85
					2300m: 33:00.76	41.27
					2350m: 33:42.77	42.01
					2400m: 34:24.83	42.06
					2450m: 35:07.43	42.60
					2500m: 35:49.64	42.21
					2550m: 36:32.15	42.51
					2600m: 37:14.30	42.15
					2650m: 37:56.35	42.05
					2700m: 38:39.14	42.79
					2750m: 39:20.57	41.43
					2800m: 40:03.20	42.63
					2850m: 40:44.66	41.46
					2900m: 41:27.34	42.68
					2950m: 42:09.27	41.93
					3000m: 42:50.34	41.07
5.	LAGARES GONZALEZ, Juan Manuel		83	C.D.N. Cordoba	43:29.11	12,00
	50m: 42.97	42.97	800m: 11:34.34	43.12	1550m: 22:32.47	43.17
	100m: 1:25.92	42.95	850m: 12:18.05	43.71	1600m: 23:15.98	43.51
	150m: 2:08.64	42.72	900m: 13:00.60	42.55	1650m: 24:00.38	44.40
	200m: 2:51.89	43.25	950m: 13:43.59	42.99	1700m: 24:44.18	43.80
	250m: 3:35.03	43.14	1000m: 14:27.94	44.35	1750m: 25:27.79	43.61
	300m: 4:18.27	43.24	1050m: 15:12.59	44.65	1800m: 26:11.54	43.75
	350m: 5:01.81	43.54	1100m: 15:56.88	44.29	1850m: 26:55.59	44.05
	400m: 5:44.99	43.18	1150m: 16:41.32	44.44	1900m: 27:39.46	43.87
	450m: 6:28.49	43.50	1200m: 17:25.49	44.17	1950m: 28:23.25	43.79
	500m: 7:12.25	43.76	1250m: 18:09.60	44.11	2000m: 29:07.15	43.90
	550m: 7:56.40	44.15	1300m: 18:54.00	44.40	2050m: 29:50.48	43.33
	600m: 8:40.32	43.92	1350m: 19:37.90	43.90	2100m: 30:33.52	43.04
	650m: 9:24.36	44.04	1400m: 20:21.41	43.51	2150m: 31:17.72	44.20
	700m: 10:07.90	43.54	1450m: 21:05.54	44.13	2200m: 32:01.45	43.73
	750m: 10:51.22	43.32	1500m: 21:49.30	43.76	2250m: 32:44.52	43.07
					2300m: 33:28.43	43.91
					2350m: 34:11.51	43.08
					2400m: 34:55.30	43.79
					2450m: 35:38.84	43.54
					2500m: 36:22.94	44.10
					2550m: 37:05.65	42.71
					2600m: 37:48.97	43.32
					2650m: 38:31.64	42.67
					2700m: 39:14.61	42.97
					2750m: 39:58.18	43.57
					2800m: 40:41.36	43.18
					2850m: 41:23.40	42.04
					2900m: 42:07.38	43.98
					2950m: 42:48.96	41.58
					3000m: 43:29.11	40.15

Prueba 5, Masc., 3000m Libre

Prueba 5
26/03/2023 - 9:00

Masc., 3000m Libre

45+
Resultados

Clasificación	AN		Tiempo		RA		
1. DAVIES, Hywel	78		C.D. Resist4		36:00.14		24,00
50m: 33.89	33.89	800m: 9:32.74	36.22	1550m: 18:32.96	36.20	2300m: 27:37.26	36.33
100m: 1:09.27	35.38	850m: 10:08.67	35.93	1600m: 19:09.11	36.15	2350m: 28:13.36	36.10
150m: 1:45.13	35.86	900m: 10:44.72	36.05	1650m: 19:45.15	36.04	2400m: 28:49.89	36.53
200m: 2:21.15	36.02	950m: 11:20.55	35.83	1700m: 20:21.31	36.16	2450m: 29:26.15	36.26
250m: 2:57.01	35.86	1000m: 11:56.45	35.90	1750m: 20:57.68	36.37	2500m: 30:02.42	36.27
300m: 3:33.42	36.41	1050m: 12:32.32	35.87	1800m: 21:34.23	36.55	2550m: 30:38.53	36.11
350m: 4:09.47	36.05	1100m: 13:08.49	36.17	1850m: 22:10.67	36.44	2600m: 31:14.60	36.07
400m: 4:45.43	35.96	1150m: 13:44.56	36.07	1900m: 22:46.84	36.17	2650m: 31:50.53	35.93
450m: 5:21.30	35.87	1200m: 14:20.64	36.08	1950m: 23:23.22	36.38	2700m: 32:26.78	36.25
500m: 5:57.30	36.00	1250m: 14:56.38	35.74	2000m: 23:59.59	36.37	2750m: 33:02.63	35.85
550m: 6:33.18	35.88	1300m: 15:32.44	36.06	2050m: 24:35.70	36.11	2800m: 33:38.73	36.10
600m: 7:09.36	36.18	1350m: 16:08.56	36.12	2100m: 25:12.03	36.33	2850m: 34:14.95	36.22
650m: 7:45.21	35.85	1400m: 16:44.56	36.00	2150m: 25:48.17	36.14	2900m: 34:51.08	36.13
700m: 8:21.02	35.81	1450m: 17:20.68	36.12	2200m: 26:24.54	36.37	2950m: 35:26.88	35.80
750m: 8:56.52	35.50	1500m: 17:56.76	36.08	2250m: 27:00.93	36.39	3000m: 36:00.14	33.26
2. MOLINA CAMPANO, Eduardo Manuel	76		C.N. Utrera		41:24.29		16,00
50m: 38.67	38.67	800m: 11:02.11	41.99	1550m: 21:24.84	41.19	2300m: 31:44.85	40.94
100m: 1:18.79	40.12	850m: 11:43.65	41.54	1600m: 22:06.28	41.44	2350m: 32:26.56	41.71
150m: 1:59.36	40.57	900m: 12:25.29	41.64	1650m: 22:47.41	41.13	2400m: 33:07.72	41.16
200m: 2:40.54	41.18	950m: 13:06.83	41.54	1700m: 23:28.97	41.56	2450m: 33:49.01	41.29
250m: 3:22.17	41.63	1000m: 13:48.11	41.28	1750m: 24:10.09	41.12	2500m: 34:30.29	41.28
300m: 4:04.18	42.01	1050m: 14:29.92	41.81	1800m: 24:51.23	41.14	2550m: 35:11.54	41.25
350m: 4:46.24	42.06	1100m: 15:11.62	41.70	1850m: 25:32.71	41.48	2600m: 35:52.72	41.18
400m: 5:28.15	41.91	1150m: 15:53.01	41.39	1900m: 26:13.92	41.21	2650m: 36:34.15	41.43
450m: 6:10.15	42.00	1200m: 16:34.58	41.57	1950m: 26:55.80	41.88	2700m: 37:15.91	41.76
500m: 6:51.70	41.55	1250m: 17:16.04	41.46	2000m: 27:37.04	41.24	2750m: 37:57.35	41.44
550m: 7:33.12	41.42	1300m: 17:57.08	41.04	2050m: 28:18.17	41.13	2800m: 38:38.74	41.39
600m: 8:14.91	41.79	1350m: 18:38.79	41.71	2100m: 28:59.82	41.65	2850m: 39:21.21	42.47
650m: 8:56.40	41.49	1400m: 19:20.35	41.56	2150m: 29:41.24	41.42	2900m: 40:03.51	42.30
700m: 9:38.24	41.84	1450m: 20:01.89	41.54	2200m: 30:22.54	41.30	2950m: 40:45.07	41.56
750m: 10:20.12	41.88	1500m: 20:43.65	41.76	2250m: 31:03.91	41.37	3000m: 41:24.29	39.22
3. MORENO SÁNCHEZ, Rubén	77		Natacion Sevilla Master, C.D.		45:56.78		14,00
50m: 40.81	40.81	800m: 12:01.45	44.76	1550m: 23:31.89	45.94	2300m: 35:12.32	47.87
100m: 1:24.37	43.56	850m: 12:47.51	46.06	1600m: 24:18.13	46.24	2350m: 35:59.24	46.92
150m: 2:09.23	44.86	900m: 13:33.60	46.09	1650m: 25:04.68	46.55	2400m: 36:46.15	46.91
200m: 2:54.20	44.97	950m: 14:20.04	46.44	1700m: 25:51.31	46.63	2450m: 37:33.33	47.18
250m: 3:39.56	45.36	1000m: 15:06.50	46.46	1750m: 26:38.18	46.87	2500m: 38:19.85	46.52
300m: 4:25.13	45.57	1050m: 15:52.80	46.30	1800m: 27:24.37	46.19	2550m: 39:06.40	46.55
350m: 5:10.90	45.77	1100m: 16:38.38	45.58	1850m: 28:11.13	46.76	2600m: 39:51.86	45.46
400m: 5:56.23	45.33	1150m: 17:24.14	45.76	1900m: 28:57.22	46.09	2650m: 40:38.57	46.71
450m: 6:42.49	46.26	1200m: 18:10.79	46.65	1950m: 29:44.08	46.86	2700m: 41:25.37	46.80
500m: 7:28.38	45.89	1250m: 18:56.87	46.08	2000m: 30:30.32	46.24	2750m: 42:10.86	45.49
550m: 8:14.55	46.17	1300m: 19:42.43	45.56	2050m: 31:17.10	46.78	2800m: 42:57.30	46.44
600m: 9:00.42	45.87	1350m: 20:28.44	46.01	2100m: 32:04.07	46.97	2850m: 43:43.24	45.94
650m: 9:45.88	45.46	1400m: 21:14.56	46.12	2150m: 32:50.84	46.77	2900m: 44:28.53	45.29
700m: 10:31.49	45.61	1450m: 22:00.29	45.73	2200m: 33:37.36	46.52	2950m: 45:13.65	45.12
750m: 11:16.69	45.20	1500m: 22:45.95	45.66	2250m: 34:24.45	47.09	3000m: 45:56.78	43.13

Prueba 5, Masc., 3000m Libre, 45+

Clasificación	AN		Tiempo	
4. PAÑOS ADILLO, Unai	78	Natacion Sevilla Master, C.D.		46:14.33 13,00
50m: 38.85	38.85	800m: 11:51.71	46.16	1550m: 23:26.53
100m: 1:19.94	41.09	850m: 12:37.42	45.71	1600m: 24:13.68
150m: 2:02.20	42.26	900m: 13:23.31	45.89	1650m: 25:00.30
200m: 2:46.38	44.18	950m: 14:09.19	45.88	1700m: 25:47.66
250m: 3:30.30	43.92	1000m: 14:55.17	45.98	1750m: 26:34.47
300m: 4:14.82	44.52	1050m: 15:41.51	46.34	1800m: 27:21.82
350m: 4:59.70	44.88	1100m: 16:27.78	46.27	1850m: 28:08.91
400m: 5:45.25	45.55	1150m: 17:13.84	46.06	1900m: 28:56.10
450m: 6:31.22	45.97	1200m: 18:00.21	46.37	1950m: 29:43.96
500m: 7:16.48	45.26	1250m: 18:46.70	46.49	2000m: 30:30.91
550m: 8:02.06	45.58	1300m: 19:33.01	46.31	2050m: 31:17.64
600m: 8:47.86	45.80	1350m: 20:19.70	46.69	2100m: 32:05.06
650m: 9:33.69	45.83	1400m: 21:06.22	46.52	2150m: 32:53.19
700m: 10:19.57	45.88	1450m: 21:52.76	46.54	2200m: 33:40.88
750m: 11:05.55	45.98	1500m: 22:34.85	42.09	2250m: 34:28.81
DSQ PALLARES GALLEGO, Alfredo	78	C.D. Swim Granada		-
WDR PEREZ DOMINGUEZ, Ignacio	74	Natacion Sevilla Master, C.D.		-

Prueba 5 Masc., 3000m Libre 50+
26/03/2023 - 9:00 Resultados

Clasificación	AN		Tiempo	
1. RAMIREZ DURAN, Antonio Luis	73	C.D.N. Cordoba		39:59.47 19,00
50m: 37.73	37.73	800m: 10:31.85	39.70	1550m: 20:36.55
100m: 1:16.33	38.60	850m: 11:12.29	40.44	1600m: 21:16.72
150m: 1:55.51	39.18	900m: 11:52.48	40.19	1650m: 21:56.78
200m: 2:34.63	39.12	950m: 12:32.86	40.38	1700m: 22:36.77
250m: 3:14.17	39.54	1000m: 13:12.67	39.81	1750m: 23:16.79
300m: 3:53.32	39.15	1050m: 13:52.85	40.18	1800m: 23:57.30
350m: 4:32.89	39.57	1100m: 14:32.65	39.80	1850m: 24:37.34
400m: 5:12.92	40.03	1150m: 15:12.99	40.34	1900m: 25:17.64
450m: 5:52.53	39.61	1200m: 15:53.40	40.41	1950m: 25:57.55
500m: 6:32.44	39.91	1250m: 16:33.57	40.17	2000m: 26:37.77
550m: 7:11.93	39.49	1300m: 17:14.41	40.84	2050m: 27:18.48
600m: 7:51.85	39.92	1350m: 17:54.80	40.39	2100m: 27:59.39
650m: 8:31.83	39.98	1400m: 18:35.47	40.67	2150m: 28:39.37
700m: 9:11.92	40.09	1450m: 19:15.55	40.08	2200m: 29:19.34
750m: 9:52.15	40.23	1500m: 19:56.11	40.56	2250m: 30:00.42
2. CASTILLA GOMEZ, Marco Antonio	73	C.D.N. Cordoba		43:29.66 16,00
50m: 38.67	38.67	800m: 11:14.81	42.08	1550m: 22:09.62
100m: 1:19.45	40.78	850m: 11:57.18	42.37	1600m: 22:53.83
150m: 2:01.20	41.75	900m: 12:40.34	43.16	1650m: 23:37.83
200m: 2:43.31	42.11	950m: 13:23.31	42.97	1700m: 24:21.08
250m: 3:24.48	41.17	1000m: 14:06.68	43.37	1750m: 25:05.64
300m: 4:06.46	41.98	1050m: 14:50.25	43.57	1800m: 25:49.62
350m: 4:49.31	42.85	1100m: 15:34.11	43.86	1850m: 26:33.88
400m: 5:32.01	42.70	1150m: 16:18.05	43.94	1900m: 27:18.20
450m: 6:15.41	43.40	1200m: 17:00.90	42.85	1950m: 28:02.30
500m: 6:58.29	42.88	1250m: 17:45.19	44.29	2000m: 28:46.97
550m: 7:41.26	42.97	1300m: 18:28.65	43.46	2050m: 29:31.45
600m: 8:24.42	43.16	1350m: 19:12.31	43.66	2100m: 30:16.07
650m: 9:07.25	42.83	1400m: 19:56.38	44.07	2150m: 31:00.60
700m: 9:49.69	42.44	1450m: 20:40.51	44.13	2200m: 31:44.93
750m: 10:32.73	43.04	1500m: 21:24.81	44.30	2250m: 32:29.54

Prueba 5, Masc., 3000m Libre, 50+

Clasificación	AN		Tiempo	
3. OLMEDO ROBLEDO, Eduardo	73	Natacion Sevilla Master, C.D.		43:54.01 14,00
50m: 39.94	39.94	800m: 11:39.51	43.21	1550m: 22:44.25
100m: 1:22.09	42.15	850m: 12:22.57	43.06	1600m: 23:28.31
150m: 2:05.86	43.77	900m: 13:06.54	43.97	1650m: 24:12.20
200m: 2:50.10	44.24	950m: 13:50.47	43.93	1700m: 24:56.02
250m: 3:34.35	44.25	1000m: 14:34.22	43.75	1750m: 25:39.84
300m: 4:18.78	44.43	1050m: 15:18.23	44.01	1800m: 26:24.05
350m: 5:03.02	44.24	1100m: 16:02.43	44.20	1850m: 27:08.12
400m: 5:47.49	44.47	1150m: 16:46.83	44.40	1900m: 27:51.60
450m: 6:32.04	44.55	1200m: 17:31.28	44.45	1950m: 28:35.10
500m: 7:16.49	44.45	1250m: 18:16.17	44.89	2000m: 29:18.46
550m: 8:01.04	44.55	1300m: 19:00.64	44.47	2050m: 30:02.32
600m: 8:45.12	44.08	1350m: 19:45.29	44.65	2100m: 30:46.82
650m: 9:29.41	44.29	1400m: 20:30.46	45.17	2150m: 31:30.84
700m: 10:12.96	43.55	1450m: 21:15.05	44.59	2200m: 32:15.29
750m: 10:56.30	43.34	1500m: 21:59.82	44.77	2250m: 33:00.06
				2300m: 33:45.10
				2350m: 34:30.09
				2400m: 35:14.70
				2450m: 35:59.41
				2500m: 36:44.16
				2550m: 37:29.04
				2600m: 38:13.35
				2650m: 38:56.28
				2700m: 39:39.58
				2750m: 40:22.73
				2800m: 41:05.44
				2850m: 41:48.52
				2900m: 42:31.16
				2950m: 43:13.91
				3000m: 43:54.01
				40.10
4. POLO ROMERO, German	69	C.N. Armilla		47:54.77 13,00
50m: 41.82	41.82	800m: 12:24.95	48.45	1550m: 24:23.45
100m: 1:26.31	44.49	850m: 13:12.20	47.25	1600m: 25:12.33
150m: 2:12.00	45.69	900m: 13:59.41	47.21	1650m: 26:01.42
200m: 2:58.64	46.64	950m: 14:46.70	47.29	1700m: 26:50.20
250m: 3:46.51	47.87	1000m: 15:34.02	47.32	1750m: 27:39.26
300m: 4:32.33	45.82	1050m: 16:20.68	46.66	1800m: 28:28.43
350m: 5:19.16	46.83	1100m: 17:08.96	48.28	1850m: 29:17.64
400m: 6:06.59	47.43	1150m: 17:56.63	47.67	1900m: 30:07.58
450m: 6:53.44	46.85	1200m: 18:44.71	48.08	1950m: 30:55.25
500m: 7:40.44	47.00	1250m: 19:32.72	48.01	2000m: 31:43.99
550m: 8:27.76	47.32	1300m: 20:21.69	48.97	2050m: 32:33.44
600m: 9:14.47	46.71	1350m: 21:09.06	47.37	2100m: 33:22.48
650m: 10:01.70	47.23	1400m: 21:58.01	48.95	2150m: 34:11.62
700m: 10:49.22	47.52	1450m: 22:46.32	48.31	2200m: 35:01.56
750m: 11:36.50	47.28	1500m: 23:35.13	48.81	2250m: 35:51.04
				2300m: 36:41.16
				2350m: 37:30.61
				2400m: 38:20.25
				2450m: 39:09.65
				2500m: 39:58.95
				2550m: 40:47.03
				2600m: 41:35.44
				2650m: 42:23.13
				2700m: 43:10.72
				2750m: 43:59.02
				2800m: 44:47.98
				2850m: 45:35.96
				2900m: 46:23.40
				2950m: 47:10.40
				3000m: 47:54.77
				44.37
5. GUILLEN MORENO, Francisco Jose	71	Natacion Sevilla Master, C.D.		48:23.82 12,00
50m: 43.67	43.67	800m: 12:38.25	47.55	1550m: 24:43.20
100m: 1:30.09	46.42	850m: 13:27.01	48.76	1600m: 25:31.68
150m: 2:17.16	47.07	900m: 14:15.14	48.13	1650m: 26:19.14
200m: 3:05.27	48.11	950m: 15:03.45	48.31	1700m: 27:07.17
250m: 3:53.26	47.99	1000m: 15:52.65	49.20	1750m: 27:55.79
300m: 4:41.30	48.04	1050m: 16:40.22	47.57	1800m: 28:44.85
350m: 5:28.05	46.75	1100m: 17:28.70	48.48	1850m: 29:34.92
400m: 6:15.19	47.14	1150m: 18:17.04	48.34	1900m: 30:22.79
450m: 7:03.40	48.21	1200m: 19:04.14	47.10	1950m: 31:13.22
500m: 7:52.46	49.06	1250m: 19:52.42	48.28	2000m: 32:03.80
550m: 8:39.29	46.83	1300m: 20:39.90	47.48	2050m: 32:53.34
600m: 9:27.90	48.61	1350m: 21:27.42	47.52	2100m: 33:42.62
650m: 10:15.24	47.34	1400m: 22:15.91	48.49	2150m: 34:31.75
700m: 11:02.62	47.38	1450m: 23:04.47	48.56	2200m: 35:20.62
750m: 11:50.70	48.08	1500m: 23:53.45	48.98	2250m: 36:10.95
				2300m: 37:01.23
				2350m: 37:49.03
				2400m: 38:37.81
				2450m: 39:25.31
				2500m: 40:14.26
				2550m: 41:03.27
				2600m: 41:52.32
				2650m: 42:41.09
				2700m: 43:29.97
				2750m: 44:18.38
				2800m: 45:07.51
				2850m: 45:56.10
				2900m: 46:47.41
				2950m: 47:37.21
				3000m: 48:23.82
				46.61
6. GARCIA CUEVAS, Rafael	70	C.D. Jerez Natacion Master		1:06:22.16 11,00
50m: 1:03.23	1:03.23	750m: 16:17.72	1:05.76	1450m: 31:45.72
100m: 2:07.72	1:04.49	800m: 17:22.80	1:05.08	1500m: 32:51.83
150m: 3:12.32	1:04.60	850m: 18:28.48	1:05.68	1550m: 33:58.16
200m: 4:18.28	1:05.96	900m: 19:34.50	1:06.02	1600m: 35:05.17
250m: 5:24.19	1:05.91	950m: 20:40.56	1:06.06	1650m: 36:12.79
300m: 6:30.34	1:06.15	1000m: 21:46.62	1:06.06	1700m: 37:20.12
350m: 7:36.66	1:06.32	1050m: 22:52.71	1:06.09	1750m: 38:26.59
400m: 8:42.03	1:05.37	1100m: 23:59.65	1:06.94	1800m: 39:33.62
450m: 9:45.79	1:03.76	1150m: 25:06.14	1:06.49	1850m: 40:41.20
500m: 10:50.90	1:05.11	1200m: 26:12.33	1:06.19	1900m: 41:48.91
550m: 11:56.57	1:05.67	1250m: 27:18.33	1:06.00	1950m: 42:56.57
600m: 13:01.38	1:04.81	1300m: 28:24.97	1:06.64	2000m: 44:04.82
650m: 14:06.75	1:05.37	1350m: 29:31.06	1:06.09	2050m: 45:12.39
700m: 15:11.96	1:05.21	1400m: 30:38.00	1:06.94	2100m: 46:19.50
				1:07.72
				1:06.11
				1:06.33
				1:07.01
				1:07.62
				1:07.33
				1:06.47
				1:07.03
				1:07.58
				1:07.71
				1:07.66
				1:08.25
				1:07.57
				1:07.11
				1:07.72
				1:06.11
				1:06.33
				1:07.01
				1:07.62
				1:07.33
				1:06.47
				1:07.03
				1:07.58
				1:07.71
				1:07.66
				1:08.25
				1:07.57
				1:07.11
				1:07.72
				1:06.11
				1:06.33
				1:07.01
				1:07.62
				1:07.33
				1:06.47
				1:07.03
				1:07.58
				1:07.71
				1:07.66
				1:08.25
				1:07.57
				1:07.11
				1:07.72
				1:06.11
				1:06.33
				1:07.01
				1:07.62
				1:07.33
				1:06.47
				1:07.03
				1:07.58
				1:07.71
				1:07.66
				1:08.25
				1:07.57
				1:07.11
				1:07.72
				1:06.11
				1:06.33
				1:07.01
				1:07.62
				1:07.33
				1:06.47
				1:07.03
				1:07.58
				1:07.71
				1:07.66
				1:08.25
				1:07.57
				1:07.11
				1:07.72
				1:06.11
				1:06.33
				1:07.01
				1:07.62
				1:07.33
				1:06.47
				1:07.03
				1:07.58
				1:07.71
				1:07.66
				1:08.25
				1:07.57
				1:07.11
				1:07.72
				1:06.11
				1:06.33
				1:07.01
				1:07.62
				1:07.33
				1:06.47
				1:07.03
				1:07.58
				1:07.71
				1:07.66
				1:08.25
				1:07.57
				1:07.11
				1:07.72
				1:06.11
				1:06.33
				1:07.01
				1:07.62

Prueba 5, Masc., 3000m Libre, 50+

Clasificación	AN		Tiempo	
	2850m1:03:04.65	1:05.79	2900m1:04:11.92	1:07.27
			2950m1:05:19.32	1:07.40
			3000m1:06:22.16	1:02.84
DNS	ERASO SIERRA, Roberto	73	C.N. Bahia De Cadiz	-
DNS	MEDINA GUTIÉRREZ, José Manuel	69	C.N. Bahia De Cadiz	-

Prueba 5 Masc., 3000m Libre 55+
26/03/2023 - 9:00 Resultados

Clasificación	AN		Tiempo	
1.	CASTAÑO CHACÓN, Alfonso José	68	C.N. Caballa - Ciudad De Ceuta	40:19.83 19,00
	50m: 42.05	42.05	800m: 10:58.61	40.67
	100m: 1:24.13	42.08	850m: 11:39.53	40.92
	150m: 2:06.63	42.50	900m: 12:20.31	40.78
	200m: 2:48.54	41.91	950m: 13:00.98	40.67
	250m: 3:30.37	41.83	1000m: 13:41.37	40.39
	300m: 4:11.17	40.80	1050m: 14:22.17	40.80
	350m: 4:52.96	41.79	1100m: 15:02.74	40.57
	400m: 5:33.75	40.79	1150m: 15:43.31	40.57
	450m: 6:14.38	40.63	1200m: 16:23.96	40.65
	500m: 6:55.45	41.07	1250m: 17:04.52	40.56
	550m: 7:35.92	40.47	1300m: 17:44.98	40.46
	600m: 8:16.37	40.45	1350m: 18:25.82	40.84
	650m: 8:56.62	40.25	1400m: 19:06.05	40.23
	700m: 9:37.23	40.61	1450m: 19:46.59	40.54
	750m: 10:17.94	40.71	1500m: 20:27.00	40.41
			1550m: 21:07.84	40.84
			1600m: 21:47.83	39.99
			1650m: 22:28.19	40.36
			1700m: 23:08.99	40.80
			1750m: 23:49.25	40.26
			1800m: 24:29.60	40.35
			1850m: 25:11.08	41.48
			1900m: 25:50.80	39.72
			1950m: 26:30.61	39.81
			2000m: 27:09.93	39.32
			2050m: 27:49.56	39.63
			2100m: 28:29.43	39.87
			2150m: 29:09.09	39.66
			2200m: 29:48.79	39.70
			2250m: 30:28.35	39.56
			2300m: 31:07.94	39.59
			2350m: 31:47.64	39.70
			2400m: 32:27.19	39.55
			2450m: 33:06.99	39.80
			2500m: 33:46.61	39.62
			2550m: 34:26.02	39.41
			2600m: 35:05.68	39.66
			2650m: 35:45.46	39.78
			2700m: 36:25.15	39.69
			2750m: 37:04.50	39.35
			2800m: 37:44.28	39.78
			2850m: 38:23.89	39.61
			2900m: 39:03.60	39.71
			2950m: 39:43.08	39.48
			3000m: 40:19.83	36.75
2.	IBAÑEZ ALMENDRO, Carlos	67	Natacion Sevilla Master, C.D.	53:35.00 16,00
	50m: 48.44	48.44	800m: 13:58.65	53.18
	100m: 1:38.25	49.81	850m: 14:51.84	53.19
	150m: 2:29.76	51.51	900m: 15:44.69	52.85
	200m: 3:22.87	53.11	950m: 16:38.13	53.44
	250m: 4:15.90	53.03	1000m: 17:31.70	53.57
	300m: 5:08.60	52.70	1050m: 18:25.14	53.44
	350m: 6:01.67	53.07	1100m: 19:18.76	53.62
	400m: 6:54.40	52.73	1150m: 20:12.20	53.44
	450m: 7:47.62	53.22	1200m: 21:05.88	53.68
	500m: 8:40.70	53.08	1250m: 22:00.49	54.61
	550m: 9:34.75	54.05	1300m: 22:53.88	53.39
	600m: 10:27.14	52.39	1350m: 23:47.63	53.75
	650m: 11:19.51	52.37	1400m: 24:40.96	53.33
	700m: 12:12.36	52.85	1450m: 25:35.33	54.37
	750m: 13:05.47	53.11	1500m: 26:29.18	53.85
			1550m: 27:23.78	54.60
			1600m: 28:17.77	53.99
			1650m: 29:12.50	54.73
			1700m: 30:06.09	53.59
			1750m: 31:00.19	54.10
			1800m: 31:54.74	54.55
			1850m: 32:49.35	54.61
			1900m: 33:44.26	54.91
			1950m: 34:41.69	57.43
			2000m: 35:35.86	54.17
			2050m: 36:30.15	54.29
			2100m: 37:24.20	54.05
			2150m: 38:18.73	54.53
			2200m: 39:12.77	54.04
			2250m: 40:06.50	53.73
			2300m: 41:00.12	53.62
			2350m: 41:53.91	53.79
			2400m: 42:47.13	53.22
			2450m: 43:41.26	54.13
			2500m: 44:36.09	54.83
			2550m: 45:30.40	54.31
			2600m: 46:24.47	54.07
			2650m: 47:18.38	53.91
			2700m: 48:12.28	53.90
			2750m: 49:06.45	54.17
			2800m: 50:00.88	54.43
			2850m: 50:55.69	54.81
			2900m: 51:50.60	54.91
			2950m: 52:44.62	54.02
			3000m: 53:35.00	50.38
3.	FERNANDEZ RODRIGUEZ, Laureano	65	C.N. Roquetas	1:11:39.66 14,00
	50m: 1:04.94	1:04.94	800m: 18:57.38	1:12.16
	100m: 2:14.01	1:09.07	850m: 20:10.98	1:13.60
	150m: 3:24.64	1:10.63	900m: 21:24.27	1:13.29
	200m: 4:36.93	1:12.29	950m: 22:36.99	1:12.72
	250m: 5:48.57	1:11.64	1000m: 23:50.04	1:13.05
	300m: 6:59.59	1:11.02	1050m: 25:02.00	1:11.96
	350m: 8:11.49	1:11.90	1100m: 26:13.51	1:11.51
	400m: 9:23.43	1:11.94	1150m: 27:26.17	1:12.66
	450m: 10:33.64	1:10.21	1200m: 28:39.45	1:13.28
	500m: 11:44.72	1:11.08	1250m: 29:53.93	1:14.48
	550m: 12:56.77	1:12.05	1300m: 31:08.13	1:14.20
	600m: 14:07.77	1:11.00	1350m: 32:22.15	1:14.02
	650m: 15:20.22	1:12.45	1400m: 33:35.66	1:13.51
	700m: 16:32.62	1:12.40	1450m: 34:50.50	1:14.84
	750m: 17:45.22	1:12.60	1500m: 36:03.09	1:12.59
			1550m: 37:16.35	1:13.26
			1600m: 38:29.36	1:13.01
			1650m: 39:41.93	1:12.57
			1700m: 40:54.86	1:12.93
			1750m: 42:06.39	1:11.53
			1800m: 43:18.53	1:12.14
			1850m: 44:32.93	1:14.40
			1900m: 45:45.37	1:12.44
			1950m: 46:55.02	1:09.65
			2000m: 48:07.57	1:12.55
			2050m: 49:18.77	1:11.20
			2100m: 50:32.35	1:13.58
			2150m: 51:43.54	1:11.19
			2200m: 52:52.98	1:09.44
			2250m: 54:04.28	1:11.30
			2300m: 55:15.98	1:11.70
			2350m: 56:26.65	1:10.67
			2400m: 57:36.57	1:09.92
			2450m: 58:49.82	1:13.25
			2500m: 59:59.58	1:09.76
			2550m 1:01:10.91	1:11.33
			2600m 1:02:21.78	1:10.87
			2650m 1:03:32.52	1:10.74
			2700m 1:04:43.57	1:11.05
			2750m 1:05:56.46	1:12.89
			2800m 1:07:06.76	1:10.30
			2850m 1:08:17.20	1:10.44
			2900m 1:09:26.48	1:09.28
			2950m 1:10:33.38	1:06.90
			3000m 1:11:39.66	1:06.28

Prueba 5, Masc., 3000m Libre

Prueba 5
26/03/2023 - 9:00

Masc., 3000m Libre

60+
Resultados

Clasificación	AN		Tiempo	
1. BLAZQUEZ DIEGUEZ, Angel	63	C.D. Swim Granada	47:02.42	24,00 RA
50m: 45.62	45.62	800m: 12:48.36	47.97	1550m: 24:43.19
100m: 1:32.88	47.26	850m: 13:36.01	47.65	1600m: 25:30.44
150m: 2:21.86	48.98	900m: 14:23.95	47.94	1650m: 26:18.07
200m: 3:11.94	50.08	950m: 15:11.23	47.28	1700m: 27:06.03
250m: 4:00.23	48.29	1000m: 15:58.95	47.72	1750m: 27:52.91
300m: 4:47.97	47.74	1050m: 16:46.79	47.84	1800m: 28:41.39
350m: 5:36.54	48.57	1100m: 17:34.27	47.48	1850m: 29:28.81
400m: 6:24.18	47.64	1150m: 18:21.97	47.70	1900m: 30:16.81
450m: 7:11.79	47.61	1200m: 19:09.59	47.62	1950m: 31:03.86
500m: 8:00.84	49.05	1250m: 19:57.31	47.72	2000m: 31:50.87
550m: 8:48.68	47.84	1300m: 20:44.92	47.61	2050m: 32:38.27
600m: 9:36.40	47.72	1350m: 21:32.50	47.58	2100m: 33:25.10
650m: 10:24.13	47.73	1400m: 22:19.86	47.36	2150m: 34:11.28
700m: 11:12.45	48.32	1450m: 23:07.69	47.83	2200m: 34:57.51
750m: 12:00.39	47.94	1500m: 23:55.00	47.31	2250m: 35:43.53
				2300m: 36:29.29
				2350m: 37:15.53
				2400m: 38:01.75
				2450m: 38:47.44
				2500m: 39:33.11
				2550m: 40:18.50
				2600m: 41:04.10
				2650m: 41:49.45
				2700m: 42:34.72
				2750m: 43:20.37
				2800m: 44:05.07
				2850m: 44:49.83
				2900m: 45:34.94
				2950m: 46:19.43
				3000m: 47:02.42
DNS RODRIGUEZ GESTOSO, Antonio	62	C.N. Bahia De Cadiz		-

Prueba 5
26/03/2023 - 9:00

Masc., 3000m Libre

65+
Resultados

Clasificación	AN		Tiempo	
1. NAVARRO MAYORGA, Francisco Carl	57	C.N. Caballa - Ciudad De Ceuta	46:44.54	19,00
50m: 44.51	44.51	800m: 12:15.78	45.69	1550m: 23:52.64
100m: 1:30.60	46.09	850m: 13:01.94	46.16	1600m: 24:39.95
150m: 2:17.57	46.97	900m: 13:48.15	46.21	1650m: 25:26.68
200m: 3:04.43	46.86	950m: 14:34.80	46.65	1700m: 26:13.06
250m: 3:51.24	46.81	1000m: 15:20.61	45.81	1750m: 26:59.82
300m: 4:36.61	45.37	1050m: 16:06.67	46.06	1800m: 27:47.27
350m: 5:22.39	45.78	1100m: 16:52.73	46.06	1850m: 28:33.84
400m: 6:08.00	45.61	1150m: 17:39.16	46.43	1900m: 29:20.95
450m: 6:53.30	45.30	1200m: 18:26.36	47.20	1950m: 30:07.98
500m: 7:39.20	45.90	1250m: 19:12.74	46.38	2000m: 30:55.18
550m: 8:25.07	45.87	1300m: 19:59.17	46.43	2050m: 31:41.90
600m: 9:11.15	46.08	1350m: 20:45.76	46.59	2100m: 32:28.58
650m: 9:57.32	46.17	1400m: 21:32.20	46.44	2150m: 33:16.07
700m: 10:43.22	45.90	1450m: 22:19.06	46.86	2200m: 34:03.83
750m: 11:30.09	46.87	1500m: 23:05.93	46.87	2250m: 34:51.99
				2300m: 35:40.17
				2350m: 36:28.28
				2400m: 37:15.50
				2450m: 38:03.05
				2500m: 38:51.49
				2550m: 39:39.42
				2600m: 40:27.53
				2650m: 41:15.66
				2700m: 42:03.18
				2750m: 42:50.73
				2800m: 43:37.41
				2850m: 44:24.88
				2900m: 45:12.95
				2950m: 46:01.36
				3000m: 46:44.54
2. DIAZ RIVERA, Javier	58	C.D. Jerez Natacion Master	49:43.49	16,00
50m: 46.79	46.79	800m: 13:10.37	49.68	1550m: 25:40.89
100m: 1:34.19	47.40	850m: 13:59.92	49.55	1600m: 26:30.48
150m: 2:24.19	50.00	900m: 14:49.69	49.77	1650m: 27:20.91
200m: 3:14.30	50.11	950m: 15:39.65	49.96	1700m: 28:10.71
250m: 4:04.71	50.41	1000m: 16:30.25	50.60	1750m: 29:00.58
300m: 4:54.13	49.42	1050m: 17:20.32	50.07	1800m: 29:50.09
350m: 5:43.63	49.50	1100m: 18:10.73	50.41	1850m: 30:39.91
400m: 6:33.29	49.66	1150m: 19:00.80	50.07	1900m: 31:29.63
450m: 7:23.56	50.27	1200m: 19:50.91	50.11	1950m: 32:18.81
500m: 8:13.42	49.86	1250m: 20:40.57	49.66	2000m: 33:09.04
550m: 9:02.93	49.51	1300m: 21:31.01	50.44	2050m: 33:58.90
600m: 9:52.95	50.02	1350m: 22:20.92	49.91	2100m: 34:49.29
650m: 10:42.26	49.31	1400m: 23:10.88	49.96	2150m: 35:39.32
700m: 11:31.61	49.35	1450m: 24:00.68	49.80	2200m: 36:28.53
750m: 12:20.69	49.08	1500m: 24:51.08	50.40	2250m: 37:18.81
				2300m: 38:09.31
				2350m: 38:58.17
				2400m: 39:48.01
				2450m: 40:38.19
				2500m: 41:27.90
				2550m: 42:17.44
				2600m: 43:07.91
				2650m: 43:58.28
				2700m: 44:48.32
				2750m: 45:38.67
				2800m: 46:28.61
				2850m: 47:19.54
				2900m: 48:07.00
				2950m: 48:59.16
				3000m: 49:43.49

Prueba 5, Masc., 3000m Libre, 65+

Clasificación	AN		Tiempo	
3. BILBAO GARAY, Pedro	55	C.N. Los Barrios	49:55.98	14,00
50m: 46.29 46.29	800m: 13:09.17 49.61	1550m: 25:41.48 50.04	2300m: 38:10.73 49.94	
100m: 1:34.53 48.24	850m: 13:59.27 50.10	1600m: 26:31.59 50.11	2350m: 39:00.07 49.34	
150m: 2:24.58 50.05	900m: 14:48.62 49.35	1650m: 27:21.61 50.02	2400m: 39:49.90 49.83	
200m: 3:15.17 50.59	950m: 15:38.73 50.11	1700m: 28:11.26 49.65	2450m: 40:39.70 49.80	
250m: 4:05.13 49.96	1000m: 16:28.98 50.25	1750m: 29:00.95 49.69	2500m: 41:29.87 50.17	
300m: 4:54.88 49.75	1050m: 17:19.51 50.53	1800m: 29:50.78 49.83	2550m: 42:20.02 50.15	
350m: 5:44.45 49.57	1100m: 18:09.74 50.23	1850m: 30:40.71 49.93	2600m: 43:10.48 50.46	
400m: 6:33.98 49.53	1150m: 18:59.75 50.01	1900m: 31:30.36 49.65	2650m: 44:01.36 50.88	
450m: 7:23.63 49.65	1200m: 19:49.89 50.14	1950m: 32:20.80 50.44	2700m: 44:51.35 49.99	
500m: 8:13.20 49.57	1250m: 20:40.34 50.45	2000m: 33:11.35 50.55	2750m: 45:40.82 49.47	
550m: 9:02.60 49.40	1300m: 21:30.05 49.71	2050m: 34:01.42 50.07	2800m: 46:31.98 51.16	
600m: 9:51.58 48.98	1350m: 22:20.72 50.67	2100m: 34:51.54 50.12	2850m: 47:21.18 49.20	
650m: 10:41.18 49.60	1400m: 23:11.31 50.59	2150m: 35:41.43 49.89	2900m: 48:06.14 44.96	
700m: 11:30.41 49.23	1450m: 24:01.55 50.24	2200m: 36:30.86 49.43	2950m: 49:07.58 1:01.44	
750m: 12:19.56 49.15	1500m: 24:51.44 49.89	2250m: 37:20.79 49.93	3000m: 49:55.98 48.40	
4. RIGUAL DE HEREDIA, Carlos	57	C.D. Jerez Natacion Master	50:29.25	13,00
50m: 49.96 49.96	800m: 13:22.24 49.85	1550m: 26:06.16 50.57	2300m: 38:48.96 50.80	
100m: 1:39.62 49.66	850m: 14:12.56 50.32	1600m: 26:56.72 50.56	2350m: 39:39.48 50.52	
150m: 2:29.51 49.89	900m: 15:03.66 51.10	1650m: 27:47.86 51.14	2400m: 40:30.85 51.37	
200m: 3:20.19 50.68	950m: 15:54.17 50.51	1700m: 28:38.43 50.57	2450m: 41:20.82 49.97	
250m: 4:10.68 50.49	1000m: 16:45.35 51.18	1750m: 29:29.42 50.99	2500m: 42:11.48 50.66	
300m: 5:00.80 50.12	1050m: 17:36.45 51.10	1800m: 30:20.33 50.91	2550m: 43:02.52 51.04	
350m: 5:50.85 50.05	1100m: 18:26.84 50.39	1850m: 31:11.10 50.77	2600m: 43:53.41 50.89	
400m: 6:40.84 49.99	1150m: 19:17.06 50.22	1900m: 32:02.00 50.90	2650m: 44:43.63 50.22	
450m: 7:31.08 50.24	1200m: 20:07.78 50.72	1950m: 32:53.35 51.35	2700m: 45:35.18 51.55	
500m: 8:21.39 50.31	1250m: 20:58.96 51.18	2000m: 33:44.59 51.24	2750m: 46:26.05 50.87	
550m: 9:11.31 49.92	1300m: 21:50.49 51.53	2050m: 34:35.39 50.80	2800m: 47:16.33 50.28	
600m: 10:01.52 50.21	1350m: 22:41.60 51.11	2100m: 35:26.10 50.71	2850m: 48:06.31 49.98	
650m: 10:51.85 50.33	1400m: 23:32.74 51.14	2150m: 36:16.60 50.50	2900m: 48:56.20 49.89	
700m: 11:42.47 50.62	1450m: 24:23.67 50.93	2200m: 37:07.39 50.79	2950m: 49:45.10 48.90	
750m: 12:32.39 49.92	1500m: 25:15.59 51.92	2250m: 37:58.16 50.77	3000m: 50:29.25 44.15	
5. MAESTRE DEUSTO, Francisco Javier	58	C.D. Jerez Natacion Master	1:03:52.88	12,00
50m: 52.10 52.10	800m: 16:02.05 1:03.21	1550m: 31:54.38 1:04.04	2300m: 48:35.03 1:07.70	
100m: 1:48.09 55.99	850m: 17:06.02 1:03.97	1600m: 32:59.71 1:05.33	2350m: 49:42.86 1:07.83	
150m: 2:47.00 58.91	900m: 18:09.30 1:03.28	1650m: 34:04.13 1:04.42	2400m: 50:49.03 1:06.17	
200m: 3:47.21 1:00.21	950m: 19:11.09 1:01.79	1700m: 35:09.45 1:05.32	2450m: 51:54.41 1:05.38	
250m: 4:47.24 1:00.03	1000m: 20:14.14 1:03.05	1750m: 36:15.19 1:05.74	2500m: 53:00.24 1:05.83	
300m: 5:48.55 1:01.31	1050m: 21:15.81 1:01.67	1800m: 37:22.32 1:07.13	2550m: 54:06.78 1:06.54	
350m: 6:49.14 1:00.59	1100m: 22:17.99 1:02.18	1850m: 38:28.07 1:05.75	2600m: 55:11.83 1:05.05	
400m: 7:48.91 59.77	1150m: 23:22.66 1:04.67	1900m: 39:35.14 1:07.07	2650m: 56:18.39 1:06.56	
450m: 8:50.78 1:01.87	1200m: 24:27.98 1:05.32	1950m: 40:44.60 1:09.46	2700m: 57:24.62 1:06.23	
500m: 9:51.24 1:00.46	1250m: 25:30.68 1:02.70	2000m: 41:54.62 1:10.02	2750m: 58:29.75 1:05.13	
550m: 10:53.21 1:01.97	1300m: 26:34.21 1:03.53	2050m: 43:01.54 1:06.92	2800m: 59:35.52 1:05.77	
600m: 11:54.42 1:01.21	1350m: 27:38.24 1:04.03	2100m: 44:10.13 1:08.59	2850m 1:00:42.00 1:06.48	
650m: 12:56.76 1:02.34	1400m: 28:43.36 1:05.12	2150m: 45:18.69 1:08.56	2900m 1:01:48.54 1:06.54	
700m: 13:57.17 1:00.41	1450m: 29:46.42 1:03.06	2200m: 46:23.13 1:04.44	2950m 1:02:54.20 1:05.66	
750m: 14:58.84 1:01.67	1500m: 30:50.34 1:03.92	2250m: 47:27.33 1:04.20	3000m 1:03:52.88 58.68	
WDR BONAL MUÑIZ, Jose Maria	57	Natacion Sevilla Master, C.D.		-