

Prueba 5
09/11/2019

Masc., 400m Libre

Absoluto Masculino
Resultados

| | | | | |
|-------|---------|----------------------------------|----------------------|------------|
| RCTO | 4:00.94 | GONZÁLEZ RODERO, ALONSO | TOMELLOSO | 23/03/2019 |
| R | 3:52.00 | , PHOLIE PHILIPPE SYSTERMANS * | PALMA DE MALLORCA | 01/12/2012 |
| MM 18 | 4:03.44 | , LAGUNA GÓMEZ MANUEL | TALAVERA DE LA REINA | 14/02/2016 |
| MM 17 | 4:05.37 | , DEL CERRO MARTÍN-ONDARZA JAIME | PALMA | 18/12/2005 |
| MM 16 | 4:01.01 | , ALONSO GONZALEZ RODERO | M86_MADRID | 26/10/2019 |
| MM 15 | 4:01.36 | , GONZALEZ RODERO Alonso | BARCELONA | 15/11/2018 |
| MM 15 | 4:01.36 | , GONZALEZ RODERO Alonso | BARCELONA | 15/11/2018 |
| MM 14 | 4:16.41 | , GONZALEZ RODERO ALONSO | M86_MADRID | 04/11/2017 |
| MM 13 | 4:31.08 | , ALCAIDE HITA ROBERTO | TOMELLOSO | 10/11/2018 |

Clasificación AN Tiempo Abs GE

Alevín Masculino

| | | | | | |
|-------------------------------|---------------------|------------------------|---------------------|------|-------|
| 1. PEREZ SANCHEZ, Lucas | 06 | C.N. El Cisne | 4:39.37 | - | 27,00 |
| 50m: 30.58 30.58 | 150m: 1:40.13 35.53 | 250m: 2:52.45 35.74 | 350m: 4:04.53 35.90 | | |
| 100m: 1:04.60 34.02 | 200m: 2:16.71 36.58 | 300m: 3:28.63 36.18 | 400m: 4:39.37 34.84 | | |
| 2. MENENDEZ FLORES, Juan | 06 | C.N. Criptana Gigantes | 4:44.50 | 6,00 | 25,00 |
| 50m: 33.11 33.11 | 150m: 1:46.51 37.26 | 250m: 2:57.56 35.56 | 350m: 4:09.81 37.10 | | |
| 100m: 1:09.25 36.14 | 200m: 2:22.00 35.49 | 300m: 3:32.71 35.15 | 400m: 4:44.50 34.69 | | |
| 3. CUTILLAS MORENO, Miguel | 06 | C.N. Albacete | 4:51.85 | - | 23,00 |
| 50m: 31.28 31.28 | 150m: 1:42.09 36.28 | 250m: 2:57.42 37.64 | 350m: 4:14.64 38.27 | | |
| 100m: 1:05.81 34.53 | 200m: 2:19.78 37.69 | 300m: 3:36.37 38.95 | 400m: 4:51.85 37.21 | | |
| 4. POLO BASTANTE, Miguel | 06 | Club Natacion Daimiel | 5:09.13 | 1,00 | 21,00 |
| 50m: 33.45 33.45 | 150m: 1:51.67 40.05 | 250m: 3:12.29 40.59 | 350m: 4:32.77 39.98 | | |
| 100m: 1:11.62 38.17 | 200m: 2:31.70 40.03 | 300m: 3:52.79 40.50 | 400m: 5:09.13 36.36 | | |
| 5. CHARCO DE LA BANDA, Pablo | 07 | C.P. La Roda | 5:10.32 | - | 20,00 |
| 50m: 34.96 34.96 | 150m: 1:54.61 40.67 | 250m: 3:14.07 39.53 | 350m: 4:33.44 39.04 | | |
| 100m: 1:13.94 38.98 | 200m: 2:34.54 39.93 | 300m: 3:54.40 40.33 | 400m: 5:10.32 36.88 | | |
| 6. MECHO DE SANTIAGO, Rodrigo | 06 | C.N. Almansa | 5:19.11 | - | 19,00 |
| 50m: 34.15 34.15 | 150m: 1:51.04 39.69 | 250m: 3:13.50 41.45 | 350m: 4:37.77 41.75 | | |
| 100m: 1:11.35 37.20 | 200m: 2:32.05 41.01 | 300m: 3:56.02 42.52 | 400m: 5:19.11 41.34 | | |
| 7. SERNA ORDOÑEZ, Javier | 06 | C.N. Tomelloso | 5:21.44 | - | 18,00 |
| 50m: 35.62 35.62 | 150m: 1:57.45 41.81 | 250m: 3:22.99 42.60 | 350m: 4:45.42 40.74 | | |
| 100m: 1:15.64 40.02 | 200m: 2:40.39 42.94 | 300m: 4:04.68 41.69 | 400m: 5:21.44 36.02 | | |
| 8. MUÑOZ SÁNCHEZ, Marcos | 07 | C.N. Valdepeñas | 5:41.66 | - | 17,00 |
| 50m: 37.45 37.45 | 150m: 2:04.03 44.06 | 250m: 3:33.77 44.92 | 350m: 5:01.10 43.44 | | |
| 100m: 1:19.97 42.52 | 200m: 2:48.85 44.82 | 300m: 4:17.66 43.89 | 400m: 5:41.66 40.56 | | |

Infantil Masculino

| | | | | | |
|---|---------------------|-------------------------|---------------------|-------|-------|
| 1. GARCIA DE LA GALANA GALLEGO, #04jand | 04 | Club Natacion Daimiel | 4:08.72 | 23,00 | 27,00 |
| 50m: 28.43 28.43 | 150m: 1:29.41 30.82 | 250m: 2:32.66 31.98 | 350m: 3:37.05 32.07 | | |
| 100m: 58.59 30.16 | 200m: 2:00.68 31.27 | 300m: 3:04.98 32.32 | 400m: 4:08.72 31.67 | | |
| 2. ALCAIDE HITA, Roberto | 05 | C.N. El Cisne | 4:21.13 | 19,00 | 25,00 |
| 50m: 29.56 29.56 | 150m: 1:33.89 32.59 | 250m: 2:41.19 33.61 | 350m: 3:48.61 33.31 | | |
| 100m: 1:01.30 31.74 | 200m: 2:07.58 33.69 | 300m: 3:15.30 34.11 | 400m: 4:21.13 32.52 | | |
| 3. NEATA SAGHIN, Radu Valentin | 05 | C.N. Ciudad Real | 4:21.44 | 18,00 | 23,00 |
| 50m: 29.79 29.79 | 150m: 1:35.01 32.93 | 250m: 2:42.06 33.72 | 350m: 3:49.48 33.60 | | |
| 100m: 1:02.08 32.29 | 200m: 2:08.34 33.33 | 300m: 3:15.88 33.82 | 400m: 4:21.44 31.96 | | |
| 4. RAMIREZ PALOMARES, Jaime | 05 | E.C. Ciudad De Talavera | 4:25.12 | 13,00 | 21,00 |
| 50m: 29.06 29.06 | 150m: 1:34.08 33.61 | 250m: 2:42.08 34.16 | 350m: 3:51.25 34.57 | | |
| 100m: 1:00.47 31.41 | 200m: 2:07.92 33.84 | 300m: 3:16.68 34.60 | 400m: 4:25.12 33.87 | | |
| 5. RUIZ NIETO, Gonzalo | 04 | C.N. Toledo | 4:31.48 | - | 20,00 |
| 50m: 31.45 31.45 | 150m: 1:39.26 34.08 | 250m: 2:48.65 34.53 | 350m: 3:58.90 35.44 | | |
| 100m: 1:05.18 33.73 | 200m: 2:14.12 34.86 | 300m: 3:23.46 34.81 | 400m: 4:31.48 32.58 | | |



Prueba 5, Masc., 400m Libre, Infantil Masculino

| Clasificación | AN | | Tiempo | | | | Abs | GE | | | |
|---------------------------------|---------|--------------------------|----------------|---------|-------|-------|---------|-------|-------|---------|-------|
| 6. LOPEZ GALLEGO, Pablo | 05 | C.P. La Roda | 4:31.75 | | | | 11,00 | 19,00 | | | |
| 50m: | 31.00 | 31.00 | 150m: | 1:39.65 | 34.20 | 250m: | 2:48.58 | 34.43 | 350m: | 3:58.24 | 35.00 |
| 100m: | 1:05.45 | 34.45 | 200m: | 2:14.15 | 34.50 | 300m: | 3:23.24 | 34.66 | 400m: | 4:31.75 | 33.51 |
| 7. LARA MARTIN, Ruben | 04 | C.N. Tomelloso | 4:35.59 | | | | 9,00 | 18,00 | | | |
| 50m: | 32.78 | 32.78 | 150m: | 1:42.35 | 35.27 | 250m: | 2:50.94 | 34.05 | 350m: | 4:00.60 | 34.57 |
| 100m: | 1:07.08 | 34.30 | 200m: | 2:16.89 | 34.54 | 300m: | 3:26.03 | 35.09 | 400m: | 4:35.59 | 34.99 |
| 8. NOBLEJAS TORROBA, Juan Felix | 04 | C.N. Alarcos Ciudad Real | 4:45.74 | | | | - | 17,00 | | | |
| 50m: | 32.19 | 32.19 | 150m: | 1:43.14 | 36.06 | 250m: | 2:56.65 | 36.53 | 350m: | 4:10.55 | 37.12 |
| 100m: | 1:07.08 | 34.89 | 200m: | 2:20.12 | 36.98 | 300m: | 3:33.43 | 36.78 | 400m: | 4:45.74 | 35.19 |
| 9. MUÑOZ LUCAS-TORRES, Jesus | 04 | C.N. Criptana Gigantes | 4:55.99 | | | | - | 16,00 | | | |
| 50m: | 34.10 | 34.10 | 150m: | 1:49.31 | 37.87 | 250m: | 3:04.30 | 37.66 | 350m: | 4:19.00 | 37.38 |
| 100m: | 1:11.44 | 37.34 | 200m: | 2:26.64 | 37.33 | 300m: | 3:41.62 | 37.32 | 400m: | 4:55.99 | 36.99 |
| 10. AMOROS NAVALON, Guillermo | 04 | C.N. Almansa | 4:59.94 | | | | 3,00 | 15,00 | | | |
| 50m: | 31.46 | 31.46 | 150m: | 1:43.51 | 36.86 | 250m: | 3:00.75 | 39.18 | 350m: | 4:20.04 | 40.08 |
| 100m: | 1:06.65 | 35.19 | 200m: | 2:21.57 | 38.06 | 300m: | 3:39.96 | 39.21 | 400m: | 4:59.94 | 39.90 |
| 11. SOGUERO TORRES, Victor | 04 | C.N. Valdepeñas | 5:02.22 | | | | 2,00 | 14,00 | | | |
| 50m: | 32.78 | 32.78 | 150m: | 1:47.34 | 38.26 | 250m: | 3:06.09 | 39.13 | 350m: | 4:24.49 | 39.16 |
| 100m: | 1:09.08 | 36.30 | 200m: | 2:26.96 | 39.62 | 300m: | 3:45.33 | 39.24 | 400m: | 5:02.22 | 37.73 |

Junior Masculino

| | | | | | | | | | | | |
|-----------------------------------|---------|--------------------------|----------------|---------|-------|-------|---------|----------|-------|---------|-------|
| 1. GONZALEZ RODERO, Alonso | 03 | C.N. Alarcos Ciudad Real | 3:59.72 | | | | 37,00 | 32,00 rc | | | |
| 50m: | 28.02 | 28.02 | 150m: | 1:27.86 | 29.79 | 250m: | 2:28.52 | 30.38 | 350m: | 3:29.81 | 30.73 |
| 100m: | 58.07 | 30.05 | 200m: | 1:58.14 | 30.28 | 300m: | 2:59.08 | 30.56 | 400m: | 3:59.72 | 29.91 |
| 2. PEREZ SANCHEZ, Javier | 02 | C.N. Toledo | 4:07.53 | | | | 25,00 | 25,00 | | | |
| 50m: | 28.35 | 28.35 | 150m: | 1:29.54 | 30.85 | 250m: | 2:33.03 | 31.75 | 350m: | 3:36.77 | 31.88 |
| 100m: | 58.69 | 30.34 | 200m: | 2:01.28 | 31.74 | 300m: | 3:04.89 | 31.86 | 400m: | 4:07.53 | 30.76 |
| 3. MACHUCA PEREZ-HIGUERAS, Aitor | 03 | C.N. El Cisne | 4:10.68 | | | | 21,00 | 23,00 | | | |
| 50m: | 27.30 | 27.30 | 150m: | 1:27.82 | 30.55 | 250m: | 2:30.32 | 31.44 | 350m: | 3:37.11 | 33.50 |
| 100m: | 57.27 | 29.97 | 200m: | 1:58.88 | 31.06 | 300m: | 3:03.61 | 33.29 | 400m: | 4:10.68 | 33.57 |
| 4. RODRIGUEZ SEGOVIA, Samuel | 03 | C.P. La Roda | 4:21.72 | | | | 17,00 | 21,00 | | | |
| 50m: | 29.40 | 29.40 | 150m: | 1:34.43 | 32.68 | 250m: | 2:41.74 | 33.91 | 350m: | 3:49.52 | 33.58 |
| 100m: | 1:01.75 | 32.35 | 200m: | 2:07.83 | 33.40 | 300m: | 3:15.94 | 34.20 | 400m: | 4:21.72 | 32.20 |
| 5. MANJON FERNANDEZ, Antonio | 03 | C.N. Albacete | 4:24.92 | | | | 14,00 | 20,00 | | | |
| 50m: | 30.23 | 30.23 | 150m: | 1:36.02 | 33.24 | 250m: | 2:43.77 | 34.11 | 350m: | 3:52.23 | 34.19 |
| 100m: | 1:02.78 | 32.55 | 200m: | 2:09.66 | 33.64 | 300m: | 3:18.04 | 34.27 | 400m: | 4:24.92 | 32.69 |
| 6. QUIROS INIESTA, Jose Manuel | 02 | C.N. Criptana Gigantes | 4:28.84 | | | | 12,00 | 19,00 | | | |
| 50m: | 29.81 | 29.81 | 150m: | 1:35.89 | 33.56 | 250m: | 2:44.45 | 34.48 | 350m: | 3:54.41 | 35.06 |
| 100m: | 1:02.33 | 32.52 | 200m: | 2:09.97 | 34.08 | 300m: | 3:19.35 | 34.90 | 400m: | 4:28.84 | 34.43 |
| 7. GARCIA FERNANDEZ, Daniel | 03 | E.C. Ciudad De Talavera | 4:29.83 | | | | - | 18,00 | | | |
| 50m: | 30.31 | 30.31 | 150m: | 1:37.04 | 33.58 | 250m: | 2:46.04 | 34.49 | 350m: | 3:55.95 | 34.90 |
| 100m: | 1:03.46 | 33.15 | 200m: | 2:11.55 | 34.51 | 300m: | 3:21.05 | 35.01 | 400m: | 4:29.83 | 33.88 |
| 8. ALCAZAR GOMEZ-LIMON, Juan | 03 | C.N. Tomelloso | 4:37.20 | | | | 8,00 | 17,00 | | | |
| 50m: | 31.35 | 31.35 | 150m: | 1:41.10 | 35.03 | 250m: | 2:51.94 | 34.85 | 350m: | 4:02.48 | 34.64 |
| 100m: | 1:06.07 | 34.72 | 200m: | 2:17.09 | 35.99 | 300m: | 3:27.84 | 35.90 | 400m: | 4:37.20 | 34.72 |
| 9. MIRA VALIENTE, Jose Luis | 02 | C.N. Almansa | 4:37.46 | | | | 7,00 | 16,00 | | | |
| 50m: | 31.59 | 31.59 | 150m: | 1:39.57 | 34.37 | 250m: | 2:50.30 | 35.68 | 350m: | 4:02.18 | 35.96 |
| 100m: | 1:05.20 | 33.61 | 200m: | 2:14.62 | 35.05 | 300m: | 3:26.22 | 35.92 | 400m: | 4:37.46 | 35.28 |
| 10. VELASCO PEREA, Francisco Jose | 02 | C.N. Ciudad Real | 4:50.90 | | | | 4,00 | 15,00 | | | |
| 50m: | 33.59 | 33.59 | 150m: | 1:46.93 | 37.12 | 250m: | 3:01.52 | 36.84 | 350m: | 4:15.36 | 37.00 |
| 100m: | 1:09.81 | 36.22 | 200m: | 2:24.68 | 37.75 | 300m: | 3:38.36 | 36.84 | 400m: | 4:50.90 | 35.54 |





Prueba 5, Masc., 400m Libre

Senior Masculino

| | | | | | |
|------------------------------|---------------------|--------------------------|---------------------|---------------------|-------|
| 1. MARQUES VELASCO, Jaime | 87 | C.N. Toledo | 4:11.64 | 20,00 | 27,00 |
| 50m: 29.16 29.16 | 150m: 1:31.70 31.66 | 250m: 2:35.71 32.07 | 350m: 3:40.23 31.79 | 400m: 4:11.64 31.41 | |
| 100m: 1:00.04 30.88 | 200m: 2:03.64 31.94 | 300m: 3:08.44 32.73 | | | |
| 2. ANDUJAR TEBAR, Esteban | 99 | C.N. Albacete | 4:23.10 | 16,00 | 25,00 |
| 50m: 30.10 30.10 | 150m: 1:36.82 33.74 | 250m: 2:44.43 33.68 | 350m: 3:51.22 33.33 | 400m: 4:23.10 31.88 | |
| 100m: 1:03.08 32.98 | 200m: 2:10.75 33.93 | 300m: 3:17.89 33.46 | | | |
| 3. ARROYO FERNANDEZ, ALVARO | 85 | E.C. Ciudad De Talavera | 4:23.45 | 15,00 | 23,00 |
| 50m: 29.51 29.51 | 150m: 1:35.24 33.63 | 250m: 2:43.31 34.14 | 350m: 3:51.85 34.06 | 400m: 4:23.45 31.60 | |
| 100m: 1:01.61 32.10 | 200m: 2:09.17 33.93 | 300m: 3:17.79 34.48 | | | |
| 4. SAENZ BALLESTEROS, Martin | 98 | C.N. Alarcos Ciudad Real | 4:32.55 | 10,00 | 21,00 |
| 50m: 29.03 29.03 | 150m: 1:34.27 33.20 | 250m: 2:43.93 35.42 | 350m: 3:56.63 36.60 | 400m: 4:32.55 35.92 | |
| 100m: 1:01.07 32.04 | 200m: 2:08.51 34.24 | 300m: 3:20.03 36.10 | | | |
| 5. GOMEZ ALVAREZ, Alvaro | 00 | C.N. Valdepeñas | 4:46.90 | 5,00 | 20,00 |
| 50m: 30.81 30.81 | 150m: 1:39.01 34.96 | 250m: 2:52.95 37.24 | 350m: 4:09.85 38.43 | 400m: 4:46.90 37.05 | |
| 100m: 1:04.05 33.24 | 200m: 2:15.71 36.70 | 300m: 3:31.42 38.47 | | | |
| 6. VELOSO DELGADO, Oscar | 01 | C.N. Ciudad Real | 4:59.52 | - | 19,00 |
| 50m: 33.99 33.99 | 150m: 1:52.17 39.30 | 250m: 3:08.31 36.06 | 350m: 4:25.57 39.23 | 400m: 4:59.52 33.95 | |
| 100m: 1:12.87 38.88 | 200m: 2:32.25 40.08 | 300m: 3:46.34 38.03 | | | |
| 7. MARTIN MANTERO, Adrian | 01 | Club Natacion Daimiel | 5:40.02 | - | 18,00 |
| 50m: 36.46 36.46 | 150m: 1:58.37 41.89 | 250m: 3:26.60 44.57 | 350m: 4:57.58 45.21 | 400m: 5:40.02 42.44 | |
| 100m: 1:16.48 40.02 | 200m: 2:42.03 43.66 | 300m: 4:12.37 45.77 | | | |

Absoluto Masculino

| | | | | | |
|---|---------------------|--------------------------|---------------------|---------------------|----------|
| 1. GONZALEZ RODERO, Alonso | 03 | C.N. Alarcos Ciudad Real | 3:59.72 | 37,00 | 32,00 rc |
| 50m: 28.02 28.02 | 150m: 1:27.86 29.79 | 250m: 2:28.52 30.38 | 350m: 3:29.81 30.73 | 400m: 3:59.72 29.91 | |
| 100m: 58.07 30.05 | 200m: 1:58.14 30.28 | 300m: 2:59.08 30.56 | | | |
| 2. PEREZ SANCHEZ, Javier | 02 | C.N. Toledo | 4:07.53 | 25,00 | 25,00 |
| 50m: 28.35 28.35 | 150m: 1:29.54 30.85 | 250m: 2:33.03 31.75 | 350m: 3:36.77 31.88 | 400m: 4:07.53 30.76 | |
| 100m: 58.69 30.34 | 200m: 2:01.28 31.74 | 300m: 3:04.89 31.86 | | | |
| 3. GARCIA DE LA GALANA GALLEGO, /04jand | 04 | Club Natacion Daimiel | 4:08.72 | 23,00 | 27,00 |
| 50m: 28.43 28.43 | 150m: 1:29.41 30.82 | 250m: 2:32.66 31.98 | 350m: 3:37.05 32.07 | 400m: 4:08.72 31.67 | |
| 100m: 58.59 30.16 | 200m: 2:00.68 31.27 | 300m: 3:04.98 32.32 | | | |
| 4. MACHUCA PEREZ-HIGUERAS, Aitor | 03 | C.N. El Cisne | 4:10.68 | 21,00 | 23,00 |
| 50m: 27.30 27.30 | 150m: 1:27.82 30.55 | 250m: 2:30.32 31.44 | 350m: 3:37.11 33.50 | 400m: 4:10.68 33.57 | |
| 100m: 57.27 29.97 | 200m: 1:58.88 31.06 | 300m: 3:03.61 33.29 | | | |
| 5. MARQUES VELASCO, Jaime | 87 | C.N. Toledo | 4:11.64 | 20,00 | 27,00 |
| 50m: 29.16 29.16 | 150m: 1:31.70 31.66 | 250m: 2:35.71 32.07 | 350m: 3:40.23 31.79 | 400m: 4:11.64 31.41 | |
| 100m: 1:00.04 30.88 | 200m: 2:03.64 31.94 | 300m: 3:08.44 32.73 | | | |
| 6. ALCAIDE HITTA, Roberto | 05 | C.N. El Cisne | 4:21.13 | 19,00 | 25,00 |
| 50m: 29.56 29.56 | 150m: 1:33.89 32.59 | 250m: 2:41.19 33.61 | 350m: 3:48.61 33.31 | 400m: 4:21.13 32.52 | |
| 100m: 1:01.30 31.74 | 200m: 2:07.58 33.69 | 300m: 3:15.30 34.11 | | | |
| 7. NEATA SAGHIN, Radu Valentin | 05 | C.N. Ciudad Real | 4:21.44 | 18,00 | 23,00 |
| 50m: 29.79 29.79 | 150m: 1:35.01 32.93 | 250m: 2:42.06 33.72 | 350m: 3:49.48 33.60 | 400m: 4:21.44 31.96 | |
| 100m: 1:02.08 32.29 | 200m: 2:08.34 33.33 | 300m: 3:15.88 33.82 | | | |
| 8. RODRIGUEZ SEGOVIA, Samuel | 03 | C.P. La Roda | 4:21.72 | 17,00 | 21,00 |
| 50m: 29.40 29.40 | 150m: 1:34.43 32.68 | 250m: 2:41.74 33.91 | 350m: 3:49.52 33.58 | 400m: 4:21.72 32.20 | |
| 100m: 1:01.75 32.35 | 200m: 2:07.83 33.40 | 300m: 3:15.94 34.20 | | | |
| 9. ANDUJAR TEBAR, Esteban | 99 | C.N. Albacete | 4:23.10 | 16,00 | 25,00 |
| 50m: 30.10 30.10 | 150m: 1:36.82 33.74 | 250m: 2:44.43 33.68 | 350m: 3:51.22 33.33 | 400m: 4:23.10 31.88 | |
| 100m: 1:03.08 32.98 | 200m: 2:10.75 33.93 | 300m: 3:17.89 33.46 | | | |

Prueba 5, Masc., 400m Libre, Absoluto Masculino

| Clasificación | AN | | Tiempo | | Abs | GE | | | | | |
|-----------------------------------|---------|--------------------------|----------------|---------|-------|-------|---------|-------|-------|---------|-------|
| 10. ARROYO FERNANDEZ, ALVARO | 85 | E.C. Ciudad De Talavera | 4:23.45 | 15,00 | 23,00 | | | | | | |
| 50m: | 29.51 | 29.51 | 150m: | 1:35.24 | 33.63 | 250m: | 2:43.31 | 34.14 | 350m: | 3:51.85 | 34.06 |
| 100m: | 1:01.61 | 32.10 | 200m: | 2:09.17 | 33.93 | 300m: | 3:17.79 | 34.48 | 400m: | 4:23.45 | 31.60 |
| 11. MANJON FERNANDEZ, Antonio | 03 | C.N. Albacete | 4:24.92 | 14,00 | 20,00 | | | | | | |
| 50m: | 30.23 | 30.23 | 150m: | 1:36.02 | 33.24 | 250m: | 2:43.77 | 34.11 | 350m: | 3:52.23 | 34.19 |
| 100m: | 1:02.78 | 32.55 | 200m: | 2:09.66 | 33.64 | 300m: | 3:18.04 | 34.27 | 400m: | 4:24.92 | 32.69 |
| 12. RAMIREZ PALOMARES, Jaime | 05 | E.C. Ciudad De Talavera | 4:25.12 | 13,00 | 21,00 | | | | | | |
| 50m: | 29.06 | 29.06 | 150m: | 1:34.08 | 33.61 | 250m: | 2:42.08 | 34.16 | 350m: | 3:51.25 | 34.57 |
| 100m: | 1:00.47 | 31.41 | 200m: | 2:07.92 | 33.84 | 300m: | 3:16.68 | 34.60 | 400m: | 4:25.12 | 33.87 |
| 13. QUIROS INIESTA, Jose Manuel | 02 | C.N. Criptana Gigantes | 4:28.84 | 12,00 | 19,00 | | | | | | |
| 50m: | 29.81 | 29.81 | 150m: | 1:35.89 | 33.56 | 250m: | 2:44.45 | 34.48 | 350m: | 3:54.41 | 35.06 |
| 100m: | 1:02.33 | 32.52 | 200m: | 2:09.97 | 34.08 | 300m: | 3:19.35 | 34.90 | 400m: | 4:28.84 | 34.43 |
| 14. GARCIA FERNANDEZ, Daniel | 03 | E.C. Ciudad De Talavera | 4:29.83 | - | 18,00 | | | | | | |
| 50m: | 30.31 | 30.31 | 150m: | 1:37.04 | 33.58 | 250m: | 2:46.04 | 34.49 | 350m: | 3:55.95 | 34.90 |
| 100m: | 1:03.46 | 33.15 | 200m: | 2:11.55 | 34.51 | 300m: | 3:21.05 | 35.01 | 400m: | 4:29.83 | 33.88 |
| 15. RUIZ NIETO, Gonzalo | 04 | C.N. Toledo | 4:31.48 | - | 20,00 | | | | | | |
| 50m: | 31.45 | 31.45 | 150m: | 1:39.26 | 34.08 | 250m: | 2:48.65 | 34.53 | 350m: | 3:58.90 | 35.44 |
| 100m: | 1:05.18 | 33.73 | 200m: | 2:14.12 | 34.86 | 300m: | 3:23.46 | 34.81 | 400m: | 4:31.48 | 32.58 |
| 16. LOPEZ GALLEGO, Pablo | 05 | C.P. La Roda | 4:31.75 | 11,00 | 19,00 | | | | | | |
| 50m: | 31.00 | 31.00 | 150m: | 1:39.65 | 34.20 | 250m: | 2:48.58 | 34.43 | 350m: | 3:58.24 | 35.00 |
| 100m: | 1:05.45 | 34.45 | 200m: | 2:14.15 | 34.50 | 300m: | 3:23.24 | 34.66 | 400m: | 4:31.75 | 33.51 |
| 17. SAENZ BALLESTEROS, Martin | 98 | C.N. Alarcos Ciudad Real | 4:32.55 | 10,00 | 21,00 | | | | | | |
| 50m: | 29.03 | 29.03 | 150m: | 1:34.27 | 33.20 | 250m: | 2:43.93 | 35.42 | 350m: | 3:56.63 | 36.60 |
| 100m: | 1:01.07 | 32.04 | 200m: | 2:08.51 | 34.24 | 300m: | 3:20.03 | 36.10 | 400m: | 4:32.55 | 35.92 |
| 18. LARA MARTIN, Ruben | 04 | C.N. Tomelloso | 4:35.59 | 9,00 | 18,00 | | | | | | |
| 50m: | 32.78 | 32.78 | 150m: | 1:42.35 | 35.27 | 250m: | 2:50.94 | 34.05 | 350m: | 4:00.60 | 34.57 |
| 100m: | 1:07.08 | 34.30 | 200m: | 2:16.89 | 34.54 | 300m: | 3:26.03 | 35.09 | 400m: | 4:35.59 | 34.99 |
| 19. ALCAZAR GOMEZ-LIMON, Juan | 03 | C.N. Tomelloso | 4:37.20 | 8,00 | 17,00 | | | | | | |
| 50m: | 31.35 | 31.35 | 150m: | 1:41.10 | 35.03 | 250m: | 2:51.94 | 34.85 | 350m: | 4:02.48 | 34.64 |
| 100m: | 1:06.07 | 34.72 | 200m: | 2:17.09 | 35.99 | 300m: | 3:27.84 | 35.90 | 400m: | 4:37.20 | 34.72 |
| 20. MIRA VALIENTE, Jose Luis | 02 | C.N. Almansa | 4:37.46 | 7,00 | 16,00 | | | | | | |
| 50m: | 31.59 | 31.59 | 150m: | 1:39.57 | 34.37 | 250m: | 2:50.30 | 35.68 | 350m: | 4:02.18 | 35.96 |
| 100m: | 1:05.20 | 33.61 | 200m: | 2:14.62 | 35.05 | 300m: | 3:26.22 | 35.92 | 400m: | 4:37.46 | 35.28 |
| 21. PEREZ SANCHEZ, Lucas | 06 | C.N. El Cisne | 4:39.37 | - | 27,00 | | | | | | |
| 50m: | 30.58 | 30.58 | 150m: | 1:40.13 | 35.53 | 250m: | 2:52.45 | 35.74 | 350m: | 4:04.53 | 35.90 |
| 100m: | 1:04.60 | 34.02 | 200m: | 2:16.71 | 36.58 | 300m: | 3:28.63 | 36.18 | 400m: | 4:39.37 | 34.84 |
| 22. MENENDEZ FLORES, Juan | 06 | C.N. Criptana Gigantes | 4:44.50 | 6,00 | 25,00 | | | | | | |
| 50m: | 33.11 | 33.11 | 150m: | 1:46.51 | 37.26 | 250m: | 2:57.56 | 35.56 | 350m: | 4:09.81 | 37.10 |
| 100m: | 1:09.25 | 36.14 | 200m: | 2:22.00 | 35.49 | 300m: | 3:32.71 | 35.15 | 400m: | 4:44.50 | 34.69 |
| 23. NOBLEJAS TORROBA, Juan Felix | 04 | C.N. Alarcos Ciudad Real | 4:45.74 | - | 17,00 | | | | | | |
| 50m: | 32.19 | 32.19 | 150m: | 1:43.14 | 36.06 | 250m: | 2:56.65 | 36.53 | 350m: | 4:10.55 | 37.12 |
| 100m: | 1:07.08 | 34.89 | 200m: | 2:20.12 | 36.98 | 300m: | 3:33.43 | 36.78 | 400m: | 4:45.74 | 35.19 |
| 24. GOMEZ ALVAREZ, Alvaro | 00 | C.N. Valdepeñas | 4:46.90 | 5,00 | 20,00 | | | | | | |
| 50m: | 30.81 | 30.81 | 150m: | 1:39.01 | 34.96 | 250m: | 2:52.95 | 37.24 | 350m: | 4:09.85 | 38.43 |
| 100m: | 1:04.05 | 33.24 | 200m: | 2:15.71 | 36.70 | 300m: | 3:31.42 | 38.47 | 400m: | 4:46.90 | 37.05 |
| 25. VELASCO PEREA, Francisco Jose | 02 | C.N. Ciudad Real | 4:50.90 | 4,00 | 15,00 | | | | | | |
| 50m: | 33.59 | 33.59 | 150m: | 1:46.93 | 37.12 | 250m: | 3:01.52 | 36.84 | 350m: | 4:15.36 | 37.00 |
| 100m: | 1:09.81 | 36.22 | 200m: | 2:24.68 | 37.75 | 300m: | 3:38.36 | 36.84 | 400m: | 4:50.90 | 35.54 |
| 26. CUTILLAS MORENO, Miguel | 06 | C.N. Albacete | 4:51.85 | - | 23,00 | | | | | | |
| 50m: | 31.28 | 31.28 | 150m: | 1:42.09 | 36.28 | 250m: | 2:57.42 | 37.64 | 350m: | 4:14.64 | 38.27 |
| 100m: | 1:05.81 | 34.53 | 200m: | 2:19.78 | 37.69 | 300m: | 3:36.37 | 38.95 | 400m: | 4:51.85 | 37.21 |

Prueba 5, Masc., 400m Libre, Absoluto Masculino

| Clasificación | AN | | | | | | Tiempo | Abs | GE | | |
|--------------------------------|---------|------------------------|-------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 27. MUÑOZ LUCAS-TORRES, Jesus | 04 | C.N. Criptana Gigantes | | | | | 4:55.99 | - | 16,00 | | |
| 50m: | 34.10 | 34.10 | 150m: | 1:49.31 | 37.87 | 250m: | 3:04.30 | 37.66 | 350m: | 4:19.00 | 37.38 |
| 100m: | 1:11.44 | 37.34 | 200m: | 2:26.64 | 37.33 | 300m: | 3:41.62 | 37.32 | 400m: | 4:55.99 | 36.99 |
| 28. VELOSO DELGADO, Oscar | 01 | C.N. Ciudad Real | | | | | 4:59.52 | - | 19,00 | | |
| 50m: | 33.99 | 33.99 | 150m: | 1:52.17 | 39.30 | 250m: | 3:08.31 | 36.06 | 350m: | 4:25.57 | 39.23 |
| 100m: | 1:12.87 | 38.88 | 200m: | 2:32.25 | 40.08 | 300m: | 3:46.34 | 38.03 | 400m: | 4:59.52 | 33.95 |
| 29. AMOROS NAVALON, Guillermo | 04 | C.N. Almansa | | | | | 4:59.94 | 3,00 | 15,00 | | |
| 50m: | 31.46 | 31.46 | 150m: | 1:43.51 | 36.86 | 250m: | 3:00.75 | 39.18 | 350m: | 4:20.04 | 40.08 |
| 100m: | 1:06.65 | 35.19 | 200m: | 2:21.57 | 38.06 | 300m: | 3:39.96 | 39.21 | 400m: | 4:59.94 | 39.90 |
| 30. SOGUERO TORRES, Victor | 04 | C.N. Valdepeñas | | | | | 5:02.22 | 2,00 | 14,00 | | |
| 50m: | 32.78 | 32.78 | 150m: | 1:47.34 | 38.26 | 250m: | 3:06.09 | 39.13 | 350m: | 4:24.49 | 39.16 |
| 100m: | 1:09.08 | 36.30 | 200m: | 2:26.96 | 39.62 | 300m: | 3:45.33 | 39.24 | 400m: | 5:02.22 | 37.73 |
| 31. POLO BASTANTE, Miguel | 06 | Club Natacion Daimiel | | | | | 5:09.13 | 1,00 | 21,00 | | |
| 50m: | 33.45 | 33.45 | 150m: | 1:51.67 | 40.05 | 250m: | 3:12.29 | 40.59 | 350m: | 4:32.77 | 39.98 |
| 100m: | 1:11.62 | 38.17 | 200m: | 2:31.70 | 40.03 | 300m: | 3:52.79 | 40.50 | 400m: | 5:09.13 | 36.36 |
| 32. CHARCO DE LA BANDA, Pablo | 07 | C.P. La Roda | | | | | 5:10.32 | - | 20,00 | | |
| 50m: | 34.96 | 34.96 | 150m: | 1:54.61 | 40.67 | 250m: | 3:14.07 | 39.53 | 350m: | 4:33.44 | 39.04 |
| 100m: | 1:13.94 | 38.98 | 200m: | 2:34.54 | 39.93 | 300m: | 3:54.40 | 40.33 | 400m: | 5:10.32 | 36.88 |
| 33. MECHO DE SANTIAGO, Rodrigo | 06 | C.N. Almansa | | | | | 5:19.11 | - | 19,00 | | |
| 50m: | 34.15 | 34.15 | 150m: | 1:51.04 | 39.69 | 250m: | 3:13.50 | 41.45 | 350m: | 4:37.77 | 41.75 |
| 100m: | 1:11.35 | 37.20 | 200m: | 2:32.05 | 41.01 | 300m: | 3:56.02 | 42.52 | 400m: | 5:19.11 | 41.34 |
| 34. SERNA ORDOÑEZ, Javier | 06 | C.N. Tomelloso | | | | | 5:21.44 | - | 18,00 | | |
| 50m: | 35.62 | 35.62 | 150m: | 1:57.45 | 41.81 | 250m: | 3:22.99 | 42.60 | 350m: | 4:45.42 | 40.74 |
| 100m: | 1:15.64 | 40.02 | 200m: | 2:40.39 | 42.94 | 300m: | 4:04.68 | 41.69 | 400m: | 5:21.44 | 36.02 |
| 35. MARTIN MANTERO, Adrian | 01 | Club Natacion Daimiel | | | | | 5:40.02 | - | 18,00 | | |
| 50m: | 36.46 | 36.46 | 150m: | 1:58.37 | 41.89 | 250m: | 3:26.60 | 44.57 | 350m: | 4:57.58 | 45.21 |
| 100m: | 1:16.48 | 40.02 | 200m: | 2:42.03 | 43.66 | 300m: | 4:12.37 | 45.77 | 400m: | 5:40.02 | 42.44 |
| 36. MUÑOZ SÁNCHEZ, Marcos | 07 | C.N. Valdepeñas | | | | | 5:41.66 | - | 17,00 | | |
| 50m: | 37.45 | 37.45 | 150m: | 2:04.03 | 44.06 | 250m: | 3:33.77 | 44.92 | 350m: | 5:01.10 | 43.44 |
| 100m: | 1:19.97 | 42.52 | 200m: | 2:48.85 | 44.82 | 300m: | 4:17.66 | 43.89 | 400m: | 5:41.66 | 40.56 |