

Event 5
09/11/2019

Men, 400m Freestyle

Absoluto Masculino
Results

RCTO	4:00.94	GONZÁLEZ RODERO, ALONSO	TOMELLOSO	23/03/2019
R	3:52.00	, PHOLIE PHILIPPE SYSTEMMANS *	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

Rank YB Time 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 ORDONEZ, 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. MUNOZ SANCHEZ, Marcos	07	C.N. Valdepenas	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		



Event 5, Boys, 400m Freestyle, Infantil Masculino

Rank	Name		YB	Club		Time		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.	MUNOZ 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. Valdepenas		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



Event 5, Men, 400m Freestyle

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. Valdepenas	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 GALLEG0, /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			

Event 5, Men, 400m Freestyle, Absoluto Masculino

Rank			YB			Time	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. Valdepenas		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

Event 5, Men, 400m Freestyle, Absoluto Masculino

Rank							Time	Abs	GE
27.	MUNOZ 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.	SOQUERO TORRES, Victor	04	C.N. Valdepenas			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 ORDONEZ, 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.	MUNOZ SANCHEZ, Marcos	07	C.N. Valdepenas			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					