

Prueba 1	Masc., 50m Mariposa			20 - 89 años
10/12/2022 - 10:30				Resultados
mm 75+	1:33.45	, IGNACIO CATALA BOVER	PONTEVEDRA	03/03/2022
mm 70+	58.45	, JOSE AVENDAÑO CEBRIAN	Albacete	22/05/2021
mm 65+	41.55	, ANTONIO MARQUES DEL POZO	Ugena	23/05/2021
mm 60+	38.24	, FRANCISCO LUESO SORDO	Almansa	23/10/2021
mm 55+	32.98	, FERNANDO TORRES PELAYO	LEÓN	15/01/2022
mm 50+	30.90	, DAVID OCAMPO GISBERT	BARCELONA	29/10/2022
mm 45+	29.39	, BALLESTER GURRICABEITIA E.	VALDEPEÑAS	13/05/2018
mm 40+	27.85	, FRANCISCO JAVIER PEÑA HIGUERA	PONTEVEDRA	03/03/2022
mm 35+	26.39	, XABIER LOPEZ GARCIA	PONTEVEDRA	03/03/2022
mm 30+	25.87	, DAVID IBORRA JIMENEZ	PONTEVEDRA	03/03/2022
mm 25+	25.51	, PAU BELTRAN CABEDO	Puertollano	26/02/2022
mm 20+	26.18	, PABLO LOPEZ SERRANO	Albacete	22/05/2021

Puntos: ESP Masters 21

Clasificación	AN		Tiempo	Pts	
<b>20+</b>					
1.	TAPETADO PEREZ-OLIVARES, Juan	99	C.N. Monteverde	<b>29.21</b>	509 19,00
2.	PEREZ PINERO, Alejandro	99	E.C. Ciudad De Talavera	<b>29.88</b>	475 16,00
3.	RUIZ TABAS, Alvaro	00	Cn Master Torrijos	<b>30.37</b>	453 14,00
4.	JIMENEZ RUESCAS, Javier	99	Dsc Albacete Swim	<b>30.44</b>	450 13,00
5.	CICUENDEZ PLAZA, Carlos	01	C.N. Criptana Gigantes	<b>32.48</b>	370 12,00
6.	BLAZQUEZ HERRERO, Ivan	99	E.C. Ciudad De Talavera	<b>34.86</b>	299 -
7.	SANCHEZ-GIL LEAL, Julian	01	C.N. Criptana Gigantes	<b>35.48</b>	284 -
8.	MANZANEQUE CARRASCO, José	98	C.N. Criptana Gigantes	<b>37.40</b>	242 -
9.	GARCIA SANTA MARIA, Fernando	00	C.N. Valdepeñas	<b>44.94</b>	139 11,00
<b>25+</b>					
1.	RODRIGUEZ BARBERO TERCERO, Jorg	97	C.N. Puertollano	<b>29.74</b>	482 19,00
2.	MORALES LOZANO, Guillermo	95	Master Natacion Tomelloso	<b>30.89</b>	430 16,00
3.	MARULANDA OREJUELA, sebastian	94	C.N. Ciudad Real	<b>35.09</b>	293 14,00
4.	SIMARRO MARTÍNEZ, Andrés	95	C.P. La Roda	<b>36.35</b>	264 13,00
5.	MOYA JIMÉNEZ, David	93	C.P. La Roda	<b>48.00</b>	114 -
<b>30+</b>					
1.	MORENO DIAZ, Roberto	92	C.N. Monteverde	<b>26.72</b>	627 19,00
2.	SANCHEZ-MAYORAL BLANCO, Danie	91	C.N. Monteverde	<b>29.34</b>	473 -
3.	CASTRO NAVARRO, David	89	C.N. Albacete	<b>30.84</b>	407 16,00
4.	LOMAS MORAGA, Manuel	89	Master Natacion Tomelloso	<b>36.32</b>	249 14,00
5.	DOMINGUEZ MARTINEZ, Jose Ignacio	90	C.N. Monteverde	<b>37.06</b>	235 -
6.	LUCAS-TORRES OLIVARES, Miguel Ar	91	C.N. Criptana Gigantes	<b>38.61</b>	207 13,00
7.	VALENTIN LÓPEZ, Óscar	89	C.D. Escuela Nadadores Tomelloso	<b>42.37</b>	157 12,00
8.	MOYA JIMÉNEZ, Francisco Jesús	88	C.P. La Roda	<b>43.27</b>	147 11,00
<b>35+</b>					
1.	GARCÍA GARRIDO, Ángel	85	C.N. Cuenca	<b>28.07</b>	558 19,00
2.	SANCHEZ RUANO, Jose	83	C.N. Almansa	<b>31.43</b>	398 16,00
3.	GARCÍA NIEVA, Javier	83	C.N. Cuenca	<b>34.68</b>	296 -
4.	GIL RODRIGUEZ, Alberto	84	Master Natacion Tomelloso	<b>36.18</b>	260 14,00
5.	DELGADO-CORREDOR MARTIN, M.	87	C.N. Monteverde	<b>46.28</b>	124 13,00

Prueba 1, Masc., 50m Mariposa

40+						
1.	TAMARAL MORENO, Rafael	82	C.N. Puertollano	<b>27.94</b>	644	19,00
2.	AGUADO ANDRÉS, Sergio	82	E.C. Ciudad De Talavera	<b>29.50</b>	547	16,00
3.	INIESTA ORTIZ, Fernando	78	C.N. Criptana Gigantes	<b>32.35</b>	415	14,00
4.	CRUZ APARICIO, Juan Antonio	79	C.N. Albacete	<b>33.66</b>	368	13,00
5.	AROCA FERNÁNDEZ, Vicente	81	C.P. La Roda	<b>34.80</b>	333	12,00
6.	PINTOR VIOLERO, Eduardo	78	C.N. Criptana Gigantes	<b>40.51</b>	211	-
45+						
1.	MARTINEZ LUCAS, Francisco	74	Dsc Albacete Swim	<b>31.14</b>	479	19,00
2.	GARCIA SANCHEZ, Oscar	73	E.C. Ciudad De Talavera	<b>31.81</b>	450	16,00
3.	GALINDO MORALES, Jesus	75	C.D. Escuela Nadadores Tomelloso	<b>32.77</b>	411	14,00
4.	CONTRERAS AMUNARRIZ, Pedro	74	C.N. Albacete	<b>34.08</b>	366	13,00
5.	OLIVARES PANADERO, Marco Antonio	75	C.N. Criptana Gigantes	<b>35.59</b>	321	12,00
6.	LOPEZ GOÑI, Diego	75	C.N. Monteverde	<b>35.88</b>	313	11,00
7.	ÁLVAREZ RODRÍGUEZ, Juan José	77	Club Velociraptor Mp Twinner	<b>38.18</b>	260	10,00
50+						
1.	AVILA CARRASCO, Julio	72	E.C. Ciudad De Talavera	<b>31.60</b>	524	19,00
2.	OCAMPO GISBERT, David	71	Cn Master Torrijos	<b>32.42</b>	486	16,00
3.	FONT RODRIGUEZ, Luis Miguel	69	Master Toledo 3 Culturas	<b>34.13</b>	416	14,00
4.	CAÑAS ALVAREZ, Jose Luis	71	C.N. Monteverde	<b>37.90</b>	304	13,00
5.	GONZÁLEZ CASTELLANOS, Alberto	71	C.N. Ciudad Real	<b>37.94</b>	303	12,00
6.	ALAMO FELIX, Oscar Jesus	69	C.N. Monteverde	<b>51.40</b>	121	-
55+						
1.	MUÑOZ PEREZ, Angel Andres	67	E.C. Ciudad De Talavera	<b>36.57</b>	378	19,00
2.	BETETA GARCIA, Juan Antonio	67	C.N. Monteverde	<b>40.42</b>	280	16,00
3.	HUERTAS HUERTAS, Carlos Javier	67	Master Natacion Tomelloso	<b>40.60</b>	276	14,00
4.	GUTIÉRREZ DOMÍNGUEZ, Enrique	66	Master Toledo 3 Culturas	<b>42.21</b>	246	13,00
5.	GOMEZ-BIEDMA GUTIERREZ, Simon	67	C.N. Almansa	<b>45.60</b>	195	12,00
6.	SÁNCHEZ-MANJAVACAS, Juan Carlos	67	C.N. Criptana Gigantes	<b>47.99</b>	167	11,00
7.	SANCHEZ GARCÍA, Manuel Ángel	65	Dsc Albacete Swim	<b>50.88</b>	140	10,00
60+						
1.	GIL CUENCA, Manuel	61	C.N. Almansa	<b>49.67</b>	156	19,00
2.	GÓMEZ AREVALO, Daniel	61	C.N. Monteverde	<b>1:16.69</b>	42	16,00
65+						
1.	EDELMAN, Arnoldo	56	Dsc Albacete Swim	<b>42.03</b>	316	19,00
70+						
1.	AVENDAÑO CEBRIAN, Jose	50	Dsc Albacete Swim	<b>1:01.94</b>	108	19,00
75+						
1.	CATALA BOVER, Ignacio	46	C.N. Monteverde	<b>1:22.11</b>	61	24,00mm

Prueba 2 Fem., 50m Mariposa 20 - 89 años  
10/12/2022 - 10:45 Resultados

mm 65+	1:12.50	, MARIA PILAR FERNANDEZ-TORIJA G	Ugena	23/05/2021
mm 60+	58.15	, BEATRIZ RODRIGUEZ PAÑOS	Albacete	22/05/2021
mm 55+	38.64	, MARIA JOSE TORRES PELAYO	LEÓN	18/01/2020
mm 50+	32.07	, CABAÑERO SANCHEZ-LEON Mª LUISA	GIJON	28/01/2016
mm 45+	32.26	, Mª LUISA CABAÑERO SANCHEZ-LEON	TOMELLOSO	11/05/2014
mm 40+	34.09	, SANTOS ARRIAGA REBECA	PALMA DE MALLORCA	04/02/2017
mm 35+	33.18	, BLANCA BIENVENIDO VILLALBA	TERUEL	05/04/2014
mm 30+	31.18	, MARTIN GONZALEZ Noelia	MALAGA	02/02/2018
mm 25+	29.15	, PATRICIA GONZALEZ MEGIA	PONTEVEDRA	05/03/2022
mm 20+	29.54	, PATRICIA GONZALEZ MEGIA	TOMELLOSO	06/06/2015

Puntos: ESP Masters 21

Clasificación	AN		Tiempo	Pts	
20+					
1.		GARCÍA-CASARRUBIOS VILLAFRAN(01., C. C.N. Albacete	<b>34.08</b>	451	19,00
25+					
1.	97	CONSTAN LOPEZ, Yolanda C.N. Albacete	<b>32.79</b>	506	19,00
2.	95	MARTIN DELGADO, Paula E.C. Ciudad De Talavera	<b>36.28</b>	374	16,00
3.	93	LÓPEZ PRIOR, Marta C.N. Cuenca	<b>41.66</b>	247	14,00
4.	97	QUIROS INIESTA, Maria Del Pilar C.N. Criptana Gigantes	<b>42.37</b>	234	13,00
30+					
1.	89	BRAOJOS FERNÁNDEZ, Alcazar C.N. Monteverde	<b>32.58</b>	574	19,00
2.	88	ALBERCA SERRANO, Irene Master Natacion Tomelloso	<b>38.86</b>	338	16,00
3.	88	MONTEAGUDO GONZÁLEZ, Laura C.N. Albacete	<b>42.80</b>	253	14,00
4.	90	MARTÍNEZ MAROTO, Tamara E.C. Ciudad De Talavera	<b>43.30</b>	244	13,00
35+					
1.	87	FERRER RUIZ, Esther C.P. La Roda	<b>35.32</b>	469	19,00
2.	84	VERBO PERULERO, Cristina C.N. Monteverde	<b>37.81</b>	382	16,00
3.	87	GARCIA JURADO-SALMERON, Leyre Dsc Albacete Swim	<b>41.15</b>	296	14,00
4.	87	GALLEGO NOVILLO, Laura Master Natacion Tomelloso	<b>44.54</b>	234	13,00
5.	87	LOPEZ MERLOS, Marina C.P. La Roda	<b>48.74</b>	178	-
40+					
1.	79	ZALDIVAR VERDU, Paloma C.N. Puertollano	<b>38.85</b>	382	19,00
2.	78	PARREÑO CAPARRÓS, Elena Dsc Albacete Swim	<b>39.53</b>	362	16,00
3.	81	MOYA QUEVEDO, Laura Master Natacion Tomelloso	<b>45.52</b>	237	14,00
4.	82	TOMAS CALERO, Gloria C.N. Almansa	<b>53.38</b>	147	13,00
45+					
1.	75	CUENCA SAEZ, Mª Asuncion C.N. Almansa	<b>45.19</b>	251	19,00
2.	77	LÓPEZ LARA, Fátima C.D. Escuela Nadadores Tomelloso	<b>51.91</b>	166	16,00
3.	75	GARCÍA RODRÍGUEZ, Inmaculada Master Natacion Tomelloso	<b>52.98</b>	156	14,00
4.	74	LOPEZ-VERA ZAFRILLA, Esther Dsc Albacete Swim	<b>55.48</b>	135	13,00
50+					
1.	72	VECINA SANCHEZ, Lucia Dsc Albacete Swim	<b>35.16</b>	575	19,00
2.	71	SEGARRA CAÑAMARES, María C.N. Cuenca	<b>43.22</b>	309	16,00
3.	72	ALFARO GARCÍA-ALMONACID, Palon C.P. La Roda	<b>50.29</b>	196	14,00

Prueba 2, Fem., 50m Mariposa, 50+

Clasificación	AN	Tiempo	Pts
4. TEBAR DELGADO, Maria Isabel	70 C.N. Albacete	<b>1:06.52</b>	85 13,00

55+

1. GARCIA OLIVAS, Rosario	64 Dsc Albacete Swim	<b>45.76</b>	264 19,00
2. ROJAS VARGAS, Diana Patricia	65 C.N. Monteverde	<b>1:10.65</b>	71 16,00

Prueba 3 Masc., 200m Espalda 20 - 89 años  
10/12/2022 - 10:50 Resultados

mm 70+	4:42.56	, DIMAS IBAÑEZ GARCIA	Quintanar	19/01/2020
mm 60+	3:43.74	, JOSE SEPULVEDA BUSTOS	Quintanar	19/01/2020
mm 55+	3:09.83	, FERNANDO TORRES PELAYO	Talavera de la Reina	16/01/2021
mm 50+	2:44.44	, VICTOR MANUEL MARTINEZ DEL PIN	ZARAGOZA (O)	15/01/2022
mm 45+	2:21.20	, LUIS ROSILLO GARCÍA	CASTELLÓN	10/04/2021
mm 40+	2:21.38	, ROSILLO GARCÍA LUIS	GIJON	29/01/2016
mm 35+	2:13.71	, DANIEL SAN ROMAN FERNANDEZ	CASTELLÓN	10/04/2021
mm 30+	2:05.08	, DAVID ALCOLADO DURANGO	PONTEVEDRA	06/03/2022
mm 25+	2:05.67	, PABLO LOPEZ SERRANO	PONTEVEDRA	06/03/2022
mm 20+	2:11.62	, ILLANA RIBAGORDA ALEJANDRO	GIJON	29/01/2016

Puntos: ESP Masters 21

Clasificación	AN	Tiempo	Pts
20+			
1. QUIROS INIESTA, Jose Manuel	02 C.N. Criptana Gigantes	<b>2:32.27</b>	444 19,00
50m: 34.94 34.94 100m: 1:12.99 38.05 150m: 1:53.14 40.15 200m: 2:32.27 39.13			
2. TAPETADO PEREZ-OLIVARES, Juan	99 C.N. Monteverde	<b>3:08.10</b>	235 16,00
50m: 40.21 40.21 100m: 1:26.97 46.76 150m: 2:17.01 50.04 200m: 3:08.10 51.09			
25+			
1. MORENO OJEDA, Javier	97 C.P. La Roda	<b>2:28.12</b>	483 19,00
50m: 34.71 34.71 100m: 1:11.72 37.01 150m: 1:49.63 37.91 200m: 2:28.12 38.49			
2. ZORNOZA VILLOLDO, Cristian	93 C.N. Albacete	<b>2:45.53</b>	346 16,00
50m: 39.48 39.48 100m: 1:22.09 42.61 150m: 2:04.31 42.22 200m: 2:45.53 41.22			
30+			
1. MARTIN PEREZ, Jorge	90 C.N. Monteverde	<b>2:41.27</b>	366 19,00
50m: 35.87 35.87 100m: 1:14.66 38.79 150m: 1:56.89 42.23 200m: 2:41.27 44.38			
35+			
1. AMORES GARCIA, David	84 C.P. La Roda	<b>3:08.80</b>	258 19,00
50m: 43.32 43.32 100m: 1:30.10 46.78 150m: 2:19.67 49.57 200m: 3:08.80 49.13			
2. CASTRO BECERRA, José Ángel	85 Master Natacion Tomelloso	<b>3:59.74</b>	126 16,00
50m: 49.54 49.54 100m: 1:50.20 1:00.66 150m: 2:58.98 1:08.78 200m: 3:59.74 1:00.76			
40+			
1. RAMOS ZAPATA, Hector	81 C.N. Alcazar	<b>2:45.14</b>	421 19,00
50m: 36.60 36.60 100m: 1:18.37 41.77 150m: 2:02.14 43.77 200m: 2:45.14 43.00			
2. CARRION SANCHEZ, Francisco	82 C.N. Albacete	<b>2:50.15</b>	385 16,00
50m: 40.05 40.05 100m: 1:22.29 42.24 150m: 2:06.39 44.10 200m: 2:50.15 43.76			

Prueba 3, Masc., 200m Espalda, 40+

Clasificación	AN			Tiempo			Pts	
3. SALAS MARTINEZ, Marc	78	Dsc Albacete Swim		<b>2:52.71</b>			368	14,00
50m: 40.63 40.63	100m: 1:24.37	43.74	150m: 2:10.07	45.70	200m: 2:52.71	42.64		
4. CEBRIAN REDONDO, Luis	80	C.P. La Roda		<b>3:02.95</b>			310	13,00
50m: 42.74 42.74	100m: 1:28.11	45.37	150m: 2:15.24	47.13	200m: 3:02.95	47.71		
45+								
1. MOLTO PRECIOSO, Javier	75	C.N. Albacete		<b>2:25.22</b>			646	19,00
50m: 34.34 34.34	100m: 1:11.48	37.14	150m: 1:48.66	37.18	200m: 2:25.22	36.56		
2. AMORES ESCRIBANO, Jose Ignacio	76	C.N. Criptana Gigantes		<b>2:38.60</b>			495	16,00
50m: 38.66 38.66	100m: 1:18.14	39.48	150m: 1:59.00	40.86	200m: 2:38.60	39.60		
3. ALONSO RODRIGUEZ, Moises	76	C.N. Monteverde		<b>3:15.05</b>			266	14,00
50m: 46.01 46.01	100m: 1:36.21	50.20	150m: 2:28.88	52.67	200m: 3:15.05	46.17		
50+								
1. GUALDA PICAZO, Juan Carlos	68	Dsc Albacete Swim		<b>3:02.89</b>			335	19,00
50m: 43.85 43.85	100m: 1:29.91	46.06	150m: 2:16.50	46.59	200m: 3:02.89	46.39		
2. FERNANDEZ LOZANO, Julio	70	Master Natacion Tomelloso		<b>3:14.17</b>			280	16,00
50m: 45.27 45.27	100m: 1:34.49	49.22	150m: 2:25.64	51.15	200m: 3:14.17	48.53		
55+								
1. NAVARRO AGUIRRE, Juan Carlos	65	C.N. Monteverde		<b>3:05.52</b>			388	24,00mm
50m: 45.31 45.31	100m: 1:32.99	47.68	150m: 2:21.15	48.16	200m: 3:05.52	44.37		
2. GOMEZ-BIEDMA GUTIERREZ, Simon	67	C.N. Almansa		<b>4:10.82</b>			157	16,00
50m: 56.31 56.31	100m: 1:57.40	1:01.09	150m: 3:03.46	1:06.06	200m: 4:10.82	1:07.36		
60+								
1. GARCÍA GARCÍA, José Julián	61	C.N. Valdepeñas		<b>4:26.90</b>			135	19,00
50m: 1:03.47 1:03.47	100m: 2:11.85	1:08.38	150m: 3:22.90	1:11.05	200m: 4:26.90	1:04.00		
65+								
1. EDELMAN, Arnoldo	56	Dsc Albacete Swim		<b>3:24.49</b>			401	19,00
50m: 46.42 46.42	100m: 1:37.72	51.30	150m: 2:31.84	54.12	200m: 3:24.49	52.65		
2. MARQUES DEL POZO, Antonio	56	C.N. Monteverde		<b>3:53.53</b>			269	16,00
50m: 51.84 51.84	100m: 1:50.80	58.96	150m: 2:54.10	1:03.30	200m: 3:53.53	59.43		

Prueba 4  
10/12/2022 - 11:05

Fem., 200m Espalda

20 - 89 años  
Resultados

mm 70+	6:13.38	, MERCEDES LOPEZ DE LA CRUZ	Madridejos	20/11/2022
mm 65+	4:36.52	, MARIA PILAR FERNANDEZ-TORIJA G	Tomelloso	19/01/2020
mm 60+	4:25.58	FERNANDEZ-TORIJA GARCIA, MARIA PILA	PONTEVEDRA	08/02/2019
mm 55+	3:20.91	, ROSARIO GARCIA OLIVAS	Albacete	13/01/2019
mm 50+	3:17.25	, ROSARIO GARCIA OLIVAS	PALMA DE MALLORCA	20/02/2014
mm 45+	2:45.50	, SORAYA PEREZ GALLINA	Cuenca	27/11/2021
mm 40+	2:30.37	, LAURA HIDALGO SANCHEZ	Quintanar	19/01/2020
mm 35+	2:50.85	, CRISTINA VERBO PERULERO	CASTELLÓN	10/04/2021
mm 30+	2:44.18	, NURIA MOYA QUEVEDO	Puertollano	21/05/2022
mm 25+	2:27.07	, PATRICIA GONZALEZ MEGIA	ZARAGOZA (C)	03/04/2022
mm 20+	2:26.71	, ALICIA GAMERO FUENTES	PONTEVEDRA	20/02/2015

Puntos: ESP Masters 21

Clasificación	AN				Tiempo	Pts	
<b>20+</b>							
1. MEZCUA JIMENA, Victoria	98	Master Natacion Tomelloso			<b>2:43.82</b>	533	19,00
50m: 37.93 37.93	100m: 1:19.74 41.81	150m: 2:01.92 42.18	200m: 2:43.82 41.90				
2. FUENTES PARRA, Maria	01	C.N. Albacete			<b>3:15.54</b>	313	16,00
50m: 45.80 45.80	100m: 1:35.00 49.20	150m: 2:26.18 51.18	200m: 3:15.54 49.36				
<b>25+</b>							
1. GONZALEZ MEGIA, Patricia	93	C.N. Monteverde			<b>2:28.93</b>	709	19,00
50m: 33.71 33.71	100m: 1:10.47 36.76	150m: 1:49.10 38.63	200m: 2:28.93 39.83				
2. TORRE MAROTO, Miriam De La	95	C.N. Albacete			<b>2:42.78</b>	543	16,00
50m: 38.19 38.19	100m: 1:19.04 40.85	150m: 2:01.08 42.04	200m: 2:42.78 41.70				
3. DÍAZ-ROPERO DÍAZ-PARREÑO, María	95	C.N. Criptana Gigantes			<b>3:14.74</b>	317	14,00
50m: 46.97 46.97	100m: 1:37.31 50.34	150m: 2:26.85 49.54	200m: 3:14.74 47.89				
DSQ MORENO LÓPEZ, Miriam	97	Master Natacion Tomelloso					-
<i>DLI - Llegada Irregular</i>							
<b>30+</b>							
1. MOYA QUEVEDO, Nuria	90	Master Natacion Tomelloso			<b>2:43.02</b>	529	24,00mm
50m: 38.28 38.28	100m: 1:19.80 41.52	150m: 2:01.87 42.07	200m: 2:43.02 41.15				
2. BARREDA RODRIGUEZ, Fiamma	91	C.N. Monteverde			<b>2:54.81</b>	429	16,00
50m: 39.83 39.83	100m: 1:23.56 43.73	150m: 2:09.40 45.84	200m: 2:54.81 45.41				
<b>35+</b>							
1. RUBIO PALOMARES, Helena	85	E.C. Ciudad De Talavera			<b>2:54.36</b>	447	19,00
50m: 41.52 41.52	100m: 1:26.38 44.86	150m: 2:11.65 45.27	200m: 2:54.36 42.71				
<b>40+</b>							
1. TORNERO JIMÉNEZ, Juana	79	C.N. Albacete			<b>3:43.92</b>	230	19,00
50m: 49.97 49.97	100m: 1:46.71 56.74	150m: 2:46.45 59.74	200m: 3:43.92 57.47				
<b>45+</b>							
1. ESCRIBANO VICTORIO, Monica	74	Dsc Albacete Swim			<b>4:21.06</b>	148	19,00
50m: 58.35 58.35	100m: 2:04.84 1:06.49	150m: 3:12.63 1:07.79	200m: 4:21.06 1:08.43				
2. MANCHO COLLADO, Esther	74	Master Natacion Tomelloso			<b>5:22.42</b>	78	16,00
50m: 1:10.35 1:10.35	100m: 2:32.16 1:21.81	150m: 3:58.93 1:26.77	200m: 5:22.42 1:23.49				



Prueba 4, Fem., 200m Espalda

50+

1. FERNÁNDEZ-PACHECO CALDERÓN, N72	C.N. Ciudad Real	<b>4:21.59</b>	161	19,00
50m: 59.39 59.39	100m: 2:05.98 1:06.59	150m: 3:14.72 1:08.74	200m: 4:21.59	1:06.87
2. ALFARO GARCÍA-ALMONACID, Palon72	C.P. La Roda	<b>4:29.39</b>	147	16,00
100m: 2:18.98 2:18.98	150m: 3:27.86 1:08.88	200m: 4:29.39	1:01.53	
3. MENDEZ QUESADA, Isabel	72 C.N. Monteverde	<b>4:48.64</b>	120	14,00
50m: 1:06.96 1:06.96	100m: 2:23.03 1:16.07	150m: 3:38.08 1:15.05	200m: 4:48.64	1:10.56
DSQ LOPEZ VILLALBA, Conchi	68 C.N. Almansa			-
<i>DVI - Viraje Irregular</i>				

55+

1. ROJAS VARGAS, Diana Patricia	65 C.N. Monteverde	<b>4:46.33</b>	130	19,00
50m: 1:07.84 1:07.84	100m: 2:20.14 1:12.30	150m: 3:36.31 1:16.17	200m: 4:46.33	1:10.02

60+

1. SANTA-MARÍA BLANCO, María Fe	61 C.N. Valdepeñas	<b>4:47.69</b>	158	19,00
50m: 1:07.90 1:07.90	100m: 2:19.83 1:11.93	150m: 3:35.10 1:15.27	200m: 4:47.69	1:12.59

70+

1. LOPEZ DE LA CRUZ, Mercedes	52 E.C. Ciudad De Talavera	<b>6:34.34</b>	102	19,00
50m: 1:29.04 1:29.04	100m: 3:08.08 1:39.04	150m: 4:47.59 1:39.51	200m: 6:34.34	1:46.75

Prueba 5  
10/12/2022 - 11:25

Masc., 100m Braza

20 - 89 años  
Resultados

mm 70+	2:04.03	, DIMAS IBAÑEZ GARCIA	Quintanar	19/01/2020
mm 65+	1:33.90	, LUIS A. ARDERIUS CHICHARRO	PALMA DE MALLORCA	22/02/2014
mm 60+	1:30.47	, FRANCISCO LUESO SORDO	Guadalajara	13/02/2022
mm 55+	1:25.59	, FERNANDO TORRES PELAYO	Ugena	06/06/2021
mm 50+	1:19.58	, JORGE BLANCO LUIS	Tomelloso	19/01/2020
mm 45+	1:12.53	, DAVID ROSELL ROSIQUE	Tomelloso	19/01/2020
mm 40+	1:10.32	, FERNANDO BAREA DE ORBE	Guadalajara	13/02/2022
mm 35+	1:08.67	, ROBERTO ALONSO CARRILLO	PONTEVEDRA	06/03/2022
mm 30+	1:09.02	, ALONSO CARRILLO ROBERTO	VALDEPEÑAS	13/05/2018
mm 25+	1:05.14	, RODRIGUEZ GARCIA CARLOS	GIJON	28/01/2016
mm 20+	1:04.31	, JOSE A. SANCHEZ RIVERO	PONTEVEDRA	22/02/2015

Puntos: ESP Masters 21

Clasificación AN Tiempo Pts

20+

1. PEREZ PINERO, Alejandro	99 E.C. Ciudad De Talavera	<b>1:13.54</b>	515	19,00
50m: 35.47 35.47	100m: 1:13.54 38.07			
2. HERNÁNDEZ GONZÁLEZ, Yoel	02 C.N. Albacete	<b>1:13.71</b>	511	16,00
50m: 34.31 34.31	100m: 1:13.71 39.40			
3. EXPOSITO PRADOS, Sergio	01 C.N. Monteverde	<b>1:17.70</b>	436	14,00
50m: 36.11 36.11	100m: 1:17.70 41.59			
4. BLAZQUEZ HERRERO, Ivan	99 E.C. Ciudad De Talavera	<b>1:22.32</b>	367	-
50m: 38.32 38.32	100m: 1:22.32 44.00			

## Prueba 5, Masc., 100m Braza

## 25+

1. CORNEJO GAROFANO, Kevin	96	C.N. Monteverde	<b>1:08.50</b>	637	19,00
50m:	31.87	31.87	100m:	1:08.50	36.63
2. MORENO OJEDA, Martin	95	C.P. La Roda	<b>1:08.96</b>	625	16,00
50m:	32.15	32.15	100m:	1:08.96	36.81
3. MANZANARES GARCÍA, Francisco Javier	97	C.N. Puertollano	<b>1:34.48</b>	243	14,00
50m:	44.35	44.35	100m:	1:34.48	50.13
4. ARNAU MORENO, Juan José	96	C.N. Almansa	<b>1:37.99</b>	217	13,00
50m:	43.94	43.94	100m:	1:37.99	54.05
5. MOYA JIMÉNEZ, David	93	C.P. La Roda	<b>1:47.69</b>	164	-
50m:	49.60	49.60	100m:	1:47.69	58.09

## 30+

1. FERNANDEZ CASQUERO, Carlos	91	C.N. Ciudad Real	<b>1:18.18</b>	432	19,00
50m:	36.69	36.69	100m:	1:18.18	41.49
2. SANCHEZ-MAYORAL BLANCO, Daniel	91	C.N. Monteverde	<b>1:18.62</b>	424	16,00
50m:	34.46	34.46	100m:	1:18.62	44.16
3. LOMAS MORAGA, Manuel	89	Master Natacion Tomelloso	<b>1:29.89</b>	284	14,00
50m:	41.86	41.86	100m:	1:29.89	48.03
4. RUIZ CEPEDA, Jose Vicente	92	C.D. Escuela Nadadores Tomelloso	<b>1:30.62</b>	277	13,00
50m:	43.10	43.10	100m:	1:30.62	47.52
5. MOYA JIMÉNEZ, Francisco Jesús	88	C.P. La Roda	<b>1:41.91</b>	195	12,00
50m:	46.98	46.98	100m:	1:41.91	54.93
6. FERMIN TENDERO, Jorge	90	C.N. Monteverde	<b>2:15.16</b>	83	-
50m:	1:00.06	1:00.06	100m:	2:15.16	1:15.10

## 35+

1. ALONSO CARRILLO, Roberto	84	C.N. Monteverde	<b>1:10.08</b>	646	19,00
50m:	33.22	33.22	100m:	1:10.08	36.86
2. PLAZA LÓPEZ, Miguel Angel	84	C.N. Cuenca	<b>1:27.77</b>	329	16,00
50m:	39.57	39.57	100m:	1:27.77	48.20
3. GIL RODRIGUEZ, Alberto	84	Master Natacion Tomelloso	<b>1:31.03</b>	295	14,00
50m:	43.01	43.01	100m:	1:31.03	48.02

## 40+

1. CARRION SANCHEZ, Francisco	82	C.N. Albacete	<b>1:21.67</b>	425	19,00
50m:	38.87	38.87	100m:	1:21.67	42.80
2. DEL POZO GONZALEZ, Rodrigo	82	C.N. Monteverde	<b>1:23.45</b>	398	16,00
50m:	39.80	39.80	100m:	1:23.45	43.65
3. ANDRES SORIA, Ruben	79	C.N. Cuenca	<b>1:33.59</b>	282	14,00
50m:	43.03	43.03	100m:	1:33.59	50.56
4. MITTERLE, Sebastian	82	C.N. Alarcos Ciudad Real	<b>1:34.00</b>	278	13,00
50m:	42.70	42.70	100m:	1:34.00	51.30
5. CAMPOS GOMEZ-FLOR, alberto	78	C.N. Criptana Gigantes	<b>1:39.52</b>	235	12,00
50m:	46.02	46.02	100m:	1:39.52	53.50
6. RUIZ VALENTIN, Jose Luis	79	Master Natacion Tomelloso	<b>1:42.52</b>	215	11,00
50m:	47.47	47.47	100m:	1:42.52	55.05



Prueba 5, Masc., 100m Braza

45+

1. GARCIA GARVIN, Demetrio Julian	74	E.C. Ciudad De Talavera	<b>1:20.98</b>	453	19,00
50m: 37.45 37.45	100m: 1:20.98 43.53				
2. TOBARRA GOMEZ, Carlos	77	Dsc Albacete Swim	<b>1:22.43</b>	430	16,00
50m: 38.74 38.74	100m: 1:22.43 43.69				
3. RUBIO MARIN, Luis Maria	74	C.N. Albacete	<b>1:27.21</b>	363	14,00
50m: 40.37 40.37	100m: 1:27.21 46.84				
4. CARRETÓN MADRID, Argimiro	77	C.D. Escuela Nadadores Tomelloso	<b>1:35.08</b>	280	13,00
50m: 43.38 43.38	100m: 1:35.08 51.70				
5. MORALEDA MATE, Carlos	74	Cn Ugena	<b>1:37.10</b>	263	12,00
50m: 45.31 45.31	100m: 1:37.10 51.79				
6. GONZÁLEZ SIMARRO, Oscar	73	Master Natacion Tomelloso	<b>1:44.65</b>	210	11,00
50m: 49.40 49.40	100m: 1:44.65 55.25				
7. CASAS HERRERA, Benjamin	76	C.N. Ciudad Real	<b>1:44.89</b>	208	10,00
50m: 50.57 50.57	100m: 1:44.89 54.32				
8. FLORES ORTEGA, Ramon	75	C.N. Criptana Gigantes	<b>1:48.57</b>	188	9,00
50m: 51.72 51.72	100m: 1:48.57 56.85				
DSQ GALINDO MORALES, Jesus	75	C.D. Escuela Nadadores Tomelloso			-
<i>DSA - Salida Anticipada</i>					

50+

1. PEREIRA DEL PINO, Cesar	72	C.N. Monteverde	<b>1:16.05</b>	603	24,00mm
50m: 35.62 35.62	100m: 1:16.05 40.43				
2. OSORIO SANCHEZ, Juan Ramon	69	Dsc Albacete Swim	<b>1:24.32</b>	443	16,00
50m: 39.40 39.40	100m: 1:24.32 44.92				
3. FONT RODRIGUEZ, Luis Miguel	69	Master Toledo 3 Culturas	<b>1:33.13</b>	328	14,00
50m: 44.22 44.22	100m: 1:33.13 48.91				
4. DELGADO ALVARO, Jose Antonio	71	Club Velociraptor Mp Twinner	<b>1:36.33</b>	297	13,00
50m: 46.53 46.53	100m: 1:36.33 49.80				
5. ALAMO FELIX, Oscar Jesus	69	C.N. Monteverde	<b>1:49.00</b>	205	-
50m: 52.70 52.70	100m: 1:49.00 56.30				

55+

1. TORRES PELAYO, Fernando	66	E.C. Ciudad De Talavera	<b>1:27.52</b>	395	19,00
50m: 40.52 40.52	100m: 1:27.52 47.00				
2. LOPEZ-TELLO GOMEZ, Francisco Javier	64	C.N. Albacete	<b>1:36.23</b>	297	16,00
50m: 44.55 44.55	100m: 1:36.23 51.68				
3. GÓMEZ-LUENGO CONDE, Juan José	65	Master Toledo 3 Culturas	<b>1:38.26</b>	279	14,00
50m: 47.23 47.23	100m: 1:38.26 51.03				
4. GONZÁLEZ NOVILLO, Alejandro	64	Master Natacion Tomelloso	<b>1:43.98</b>	236	13,00
50m: 50.52 50.52	100m: 1:43.98 53.46				
5. SESE GARCIA, Miguel Angel	67	C.N. Monteverde	<b>1:46.99</b>	216	12,00
50m: 49.91 49.91	100m: 1:46.99 57.08				

Prueba 5, Masc., 100m Braza

60+

1. LUESO SORDO, Francisco	61	C.P. La Roda	<b>1:31.19</b>	450	19,00
50m: 42.44 42.44	100m: 1:31.19	48.75			
2. RODRIGUEZ MARTIN-SONSECA, J.	59	Master Toledo 3 Culturas	<b>1:53.59</b>	233	16,00
50m: 53.64 53.64	100m: 1:53.59	59.95			
3. GÓMEZ AREVALO, Daniel	61	C.N. Monteverde	<b>2:14.42</b>	140	14,00
50m: 1:03.87 1:03.87	100m: 2:14.42	1:10.55			
4. SANCHEZ-MAYORAL MARTIN, Jesus	58	C.N. Monteverde	<b>2:43.45</b>	78	-
50m: 1:12.90 1:12.90	100m: 2:43.45	1:30.55			

65+

1. MARQUES DEL POZO, Antonio	56	C.N. Monteverde	<b>1:41.14</b>	358	19,00
50m: 47.13 47.13	100m: 1:41.14	54.01			

70+

1. AVENDAÑO CEBRIAN, Jose	50	Dsc Albacete Swim	<b>2:18.42</b>	186	19,00
50m: 1:02.17 1:02.17	100m: 2:18.42	1:16.25			
2. MARTINEZ VIZCAINO, Francisco	52	C.N. Albacete	<b>3:51.47</b>	39	16,00
50m: 1:40.51 1:40.51	100m: 3:51.47	2:10.96			

Prueba 6  
10/12/2022 - 11:50

Fem., 100m Braza

20 - 89 años  
Resultados

mm 75+	7:34.67	, MARIA-JESUS CAMARENA PARDO	Ugena	29/10/2022
mm 70+	3:44.16	, MARIA-JESUS CAMARENA PARDO	TOMELLOSO	15/05/2016
mm 65+	2:20.57	, JUANA MARIA MARTIN GARRIDO	Puertollano	29/10/2022
mm 60+	2:00.52	, MARIA DEL CARMEN VEGA BARROSO	Ugena	06/06/2021
mm 55+	1:31.44	TORRES PELAYO, MARIA JOSE	PONTEVEDRA	07/02/2019
mm 50+	1:30.59	, CABAÑERO SANCHEZ-LEON Mª LUISA	SESEÑA	22/04/2017
mm 45+	1:26.46	, SORAYA PEREZ GALLINA	Villarrobledo	12/03/2022
mm 40+	1:28.27	, SORAYA PEREZ GALLINA	Albacete	13/01/2019
mm 35+	1:25.68	, HELENA RUBIO PALOMARES	Talavera de la Reina	23/10/2021
mm 30+	1:23.76	, LAURA GARCIA FERNANDEZ	Navalmoral de la Mata	20/11/2021
mm 25+	1:12.08	GONZALEZ MEGIA, PATRICIA	PONTEVEDRA	07/02/2019
mm 20+	1:13.85	, GONZALEZ MEGIA PATRICIA	PALMA DE MALLORCA	04/02/2017

Puntos: ESP Masters 21

Clasificación AN Tiempo Pts

20+

1. MARTINEZ MARTINEZ, Candela	00	C.N. Albacete	<b>1:25.71</b>	474	19,00
50m: 40.33 40.33	100m: 1:25.71	45.38			
2. FERRER FERNÁNDEZ, Lydia	01	Master Natacion Tomelloso	<b>1:28.29</b>	433	16,00
50m: 40.79 40.79	100m: 1:28.29	47.50			
3. LOPEZ DIAZ, Carla	01	C.N. Monteverde	<b>1:37.48</b>	322	14,00
50m: 45.31 45.31	100m: 1:37.48	52.17			
4. RODRÍGUEZ MOZOS, Rocío	00	C.N. Puertollano	<b>1:40.66</b>	292	13,00
50m: 46.25 46.25	100m: 1:40.66	54.41			
5. VILLODRE CHARCO, Soledad	98	C.P. La Roda	<b>1:46.58</b>	246	12,00
50m: 49.17 49.17	100m: 1:46.58	57.41			

Prueba 6, Fem., 100m Braza

25+									
1.	SERNA GARCÍA, Cristina	95	Master Natacion Tomelloso	<b>1:39.65</b>	301	19,00			
	50m: 45.81 45.81	100m: 1:39.65 53.84							
30+									
1.	BRAOJOS FERNÁNDEZ, Alcazar	89	C.N. Monteverde	<b>1:19.39</b>	600	24,00mm			
	50m: 38.57 38.57	100m: 1:19.39 40.82							
2.	GRUESO NAVARRO, Elena	92	C.D. Escuela Nadadores Tomelloso	<b>1:44.98</b>	259	16,00			
	50m: 49.20 49.20	100m: 1:44.98 55.78							
3.	ALBERCA SERRANO, Irene	88	Master Natacion Tomelloso	<b>1:48.12</b>	237	14,00			
	50m: 51.69 51.69	100m: 1:48.12 56.43							
35+									
1.	PINO HERNÁNDEZ, Carmen	85	C.N. Monteverde	<b>1:34.83</b>	388	19,00			
	50m: 44.43 44.43	100m: 1:34.83 50.40							
2.	FERRER RUIZ, Esther	87	C.P. La Roda	<b>1:38.97</b>	341	16,00			
	50m: 46.34 46.34	100m: 1:38.97 52.63							
40+									
1.	LUENGO ALARCON, Sara	79	C.N. Puertollano	<b>1:43.90</b>	305	19,00			
	50m: 47.79 47.79	100m: 1:43.90 56.11							
2.	LOPEZ LOPEZ, Laura	79	C.N. Almansa	<b>1:47.31</b>	276	16,00			
	50m: 51.05 51.05	100m: 1:47.31 56.26							
3.	DE LAS HERAS GARCÍA, Natalia	80	Club Velociraptor Mp Twinner	<b>1:58.08</b>	207	14,00			
	50m: 56.90 56.90	100m: 1:58.08 1:01.18							
4.	TOMAS CALERO, Gloria	82	C.N. Almansa	<b>2:00.21</b>	197	-			
	50m: 57.66 57.66	100m: 2:00.21 1:02.55							
5.	GRUESO NAVARRO, Mayte	79	C.D. Escuela Nadadores Tomelloso	<b>2:11.68</b>	149	13,00			
	50m: 1:00.68 1:00.68	100m: 2:11.68 1:11.00							
6.	AGUADO TRIGOS, María Estefania	81	C.N. Monteverde	<b>2:27.89</b>	105	12,00			
	50m: 1:12.79 1:12.79	100m: 2:27.89 1:15.10							
45+									
1.	ALCOLADO PINTOR, Milagros	77	C.N. Criptana Gigantes	<b>1:41.19</b>	340	19,00			
	50m: 48.68 48.68	100m: 1:41.19 52.51							
2.	CUENCA SAEZ, Mª Asuncion	75	C.N. Almansa	<b>1:44.60</b>	307	16,00			
	50m: 49.07 49.07	100m: 1:44.60 55.53							
3.	LÓPEZ LARA, Fátima	77	C.D. Escuela Nadadores Tomelloso	<b>1:49.61</b>	267	14,00			
	50m: 52.04 52.04	100m: 1:49.61 57.57							
4.	CASARRUBIOS LUCERON, Cristina	76	C.N. Criptana Gigantes	<b>1:55.80</b>	226	-			
	50m: 54.34 54.34	100m: 1:55.80 1:01.46							
5.	LOPEZ-VERA ZAFRILLA, Esther	74	Dsc Albacete Swim	<b>1:56.66</b>	221	13,00			
	50m: 56.20 56.20	100m: 1:56.66 1:00.46							
6.	DE LA GUIA RAMOS, Ana Isabel	76	C.N. Criptana Gigantes	<b>2:11.93</b>	153	-			
	50m: 1:01.44 1:01.44	100m: 2:11.93 1:10.49							
7.	JIMENA MARTIN, Rocio	76	Master Natacion Tomelloso	<b>2:12.67</b>	150	12,00			
	50m: 1:00.22 1:00.22	100m: 2:12.67 1:12.45							

Prueba 6, Fem., 100m Braza

50+

1. CHARCOS BUENO, Remedios	71	Dsc Albacete Swim	<b>1:43.01</b>	386	19,00
50m: 48.84 48.84	100m: 1:43.01	54.17			
2. LOPEZ FAJARDO, Purificación	70	Club Velociraptor Mp Twinner	<b>1:46.81</b>	346	16,00
50m: 50.40 50.40	100m: 1:46.81	56.41			
3. ALCOBENDAS MAESTRO, Mónica	72	Master Toledo 3 Culturas	<b>1:47.36</b>	341	14,00
50m: 51.11 51.11	100m: 1:47.36	56.25			
4. GONZALEZ BALLESTEROS, Myriam	72	C.N. Monteverde	<b>2:02.74</b>	228	13,00
50m: 1:00.07 1:00.07	100m: 2:02.74	1:02.67			

55+

1. TORRES PELAYO, Maria Jose	64	E.C. Ciudad De Talavera	<b>1:37.35</b>	501	19,00
50m: 45.69 45.69	100m: 1:37.35	51.66			
2. YESTE RAMÍREZ, Juana María	66	Dsc Albacete Swim	<b>1:50.19</b>	346	16,00
50m: 51.66 51.66	100m: 1:50.19	58.53			
3. VEGA AMAYA, Alicia Gloria	67	C.N. Monteverde	<b>1:56.91</b>	289	14,00
50m: 56.06 56.06	100m: 1:56.91	1:00.85			
4. LÓPEZ HIDALGO, María Jesús	64	Master Toledo 3 Culturas	<b>2:16.93</b>	180	13,00
50m: 1:03.74 1:03.74	100m: 2:16.93	1:13.19			

60+

1. VALERO RUIZ, Edelmira	61	C.N. Albacete	<b>2:03.24</b>	278	19,00
50m: 57.50 57.50	100m: 2:03.24	1:05.74			
2. VEGA BARROSO, Maria Del Carmen	60	C.N. Monteverde	<b>2:34.65</b>	141	16,00
50m: 1:12.54 1:12.54	100m: 2:34.65	1:22.11			

Prueba 7

Masc., 400m Libre

20 - 89 años

10/12/2022 - 12:05

Resultados

mm 75+	7:12.37	, JOSE LUIS ESCOLAR FERNANDEZ AV	Cuenca	19/03/2022
mm 70+	7:12.68	, JOSE LUIS ESCOLAR FERNANDEZ AV	Toledo	16/11/2019
mm 65+	6:11.38	, ANTONIO MARQUES DEL POZO	CASTELLÓN	08/04/2021
mm 60+	5:35.43	, FRANCISCO LUESO SORDO	PONTEVEDRA	04/03/2022
mm 55+	5:20.81	, JUAN CARLOS NAVARRO AGUIRRE	Madridejos	20/11/2022
mm 50+	4:52.17	, JORDI SANCHIS I DOMENECH	PONTEVEDRA	04/03/2022
mm 45+	4:28.25	, JAVIER MOLTO PRECIOSO	PONTEVEDRA	04/03/2022
mm 40+	4:35.25	, FRANCISCO MARTINEZ LUCAS	ALMANSA	20/06/2015
mm 35+	4:06.51	, JAIME MARQUES VELASCO	PONTEVEDRA	04/03/2022
mm 35+	4:06.51	, JAIME MARQUES VELASCO	PONTEVEDRA	04/03/2022
mm 30+	4:03.24	, JAIME MARQUES VELASCO	CASTELLÓN	11/04/2021
mm 25+	4:09.72	, MARQUES VELASCO JAIME	GIJON	28/01/2016
mm 20+	4:15.52	, RODRÍGUEZ PÉREZ-CEJUELA ÁLVARO	PALMA DE MALLORCA	03/02/2017

Puntos: ESP Masters 21

Clasificación

AN

Tiempo

Pts

20+

1. ANDUJAR TEBAR, Esteban	99	C.N. Albacete	<b>4:38.72</b>	582	19,00
50m: 30.39 30.39	150m: 1:39.16	35.06	250m: 2:50.89	36.00	350m: 4:03.18
100m: 1:04.10	33.71	200m: 2:14.89	35.73	300m: 3:27.03	36.14
				400m: 4:38.72	35.54
2. RUIZ TABAS, Alvaro	00	Cn Master Torrijos	<b>4:44.28</b>	549	16,00
50m: 31.23 31.23	150m: 1:40.88	35.46	250m: 2:53.34	36.08	350m: 4:07.77
100m: 1:05.42	34.19	200m: 2:17.26	36.38	300m: 3:30.39	37.05
				400m: 4:44.28	36.51

Prueba 7, Masc., 400m Libre, 20+

Clasificación	AN		Tiempo		Pts	
3. QUIROS INIESTA, Jose Manuel	02	C.N. Criptana Gigantes	<b>4:47.39</b>	531	14,00	
50m: 32.43 32.43	150m: 1:45.02 36.87	250m: 2:58.31 36.71	350m: 4:12.52 37.12			
100m: 1:08.15 35.72	200m: 2:21.60 36.58	300m: 3:35.40 37.09	400m: 4:47.39 34.87			
4. CARPANZANO, Andrea	98	C.N. Puertollano	<b>4:50.23</b>	516	13,00	
50m: 34.07 34.07	150m: 1:46.57 36.67	250m: 3:00.31 36.94	350m: 4:13.66 37.05			
100m: 1:09.90 35.83	200m: 2:23.37 36.80	300m: 3:36.61 36.30	400m: 4:50.23 36.57			
5. CALERO ARNÉS, Carlos	01	C.N. Puertollano	<b>4:53.12</b>	501	-	
50m: 31.87 31.87	150m: 1:43.40 36.74	250m: 2:58.59 38.00	350m: 4:15.41 38.93			
100m: 1:06.66 34.79	200m: 2:20.59 37.19	300m: 3:36.48 37.89	400m: 4:53.12 37.71			
6. SANCHEZ-GIL LEAL, Julian	01	C.N. Criptana Gigantes	<b>5:21.20</b>	380	-	
50m: 36.72 36.72	150m: 1:55.89 40.33	250m: 3:19.01 41.58	350m: 4:41.69 41.37			
100m: 1:15.56 38.84	200m: 2:37.43 41.54	300m: 4:00.32 41.31	400m: 5:21.20 39.51			
7. ARGUDO CORPAS, Alejandro	99	Dsc Albacete Swim	<b>5:22.26</b>	377	12,00	
50m: 35.22 35.22	150m: 1:53.10 39.95	250m: 3:17.24 42.27	350m: 4:41.69 41.42			
100m: 1:13.15 37.93	200m: 2:34.97 41.87	300m: 4:00.27 43.03	400m: 5:22.26 40.57			
8. MANZANEQUE CARRASCO, José	98	C.N. Criptana Gigantes	<b>5:26.34</b>	363	-	
50m: 37.73 37.73	150m: 2:00.90 41.61	250m: 3:24.48 41.93	350m: 4:46.30 40.58			
100m: 1:19.29 41.56	200m: 2:42.55 41.65	300m: 4:05.72 41.24	400m: 5:26.34 40.04			
9. CICUENDEZ PLAZA, Carlos	01	C.N. Criptana Gigantes	<b>5:34.92</b>	335	-	
50m: 38.01 38.01	150m: 2:02.38 42.77	250m: 3:26.49 40.75	350m: 4:51.57 42.99			
100m: 1:19.61 41.60	200m: 2:45.74 43.36	300m: 4:08.58 42.09	400m: 5:34.92 43.35			
10. MARTÍNEZ SERRANO, Andrés	98	C.P. La Roda	<b>5:45.50</b>	306	11,00	
50m: 36.79 36.79	150m: 2:01.39 43.47	250m: 3:32.38 45.36	350m: 5:03.11 45.02			
100m: 1:17.92 41.13	200m: 2:47.02 45.63	300m: 4:18.09 45.71	400m: 5:45.50 42.39			
11. PEREZ LOPEZ, Borja	00	C.N. Monteverde	<b>6:57.07</b>	173	10,00	
50m: 42.45 42.45	150m: 2:23.26 53.31	250m: 4:10.70 54.05	350m: 5:59.59 53.56			
100m: 1:29.95 47.50	200m: 3:16.65 53.39	300m: 5:06.03 55.33	400m: 6:57.07 57.48			

25+

1. MADRID NOVILLO, Ismael	95	Master Natacion Tomelloso	<b>5:08.55</b>	429	19,00	
50m: 32.41 32.41	150m: 1:46.66 38.15	250m: 3:06.31 40.60	350m: 4:29.11 41.45			
100m: 1:08.51 36.10	200m: 2:25.71 39.05	300m: 3:47.66 41.35	400m: 5:08.55 39.44			
2. GARCIA LLORENA, Jesus	96	Cn Ugena	<b>5:27.69</b>	358	16,00	
50m: 36.21 36.21	150m: 1:55.61 40.48	250m: 3:19.08 41.82	350m: 4:44.69 43.05			
100m: 1:15.13 38.92	200m: 2:37.26 41.65	300m: 4:01.64 42.56	400m: 5:27.69 43.00			
3. SIMARRO MARTÍNEZ, Andrés	95	C.P. La Roda	<b>6:01.00</b>	268	14,00	
50m: 37.67 37.67	150m: 2:04.80 45.29	250m: 3:37.96 46.85	350m: 5:12.92 48.05			
100m: 1:19.51 41.84	200m: 2:51.11 46.31	300m: 4:24.87 46.91	400m: 6:01.00 48.08			

30+

1. DOMINGUEZ MARTINEZ, Jose Ignacio	90	C.N. Monteverde	<b>5:20.80</b>	378	19,00	
50m: 36.35 36.35	150m: 1:55.42 39.87	250m: 3:17.91 41.42	350m: 4:39.89 40.86			
100m: 1:15.55 39.20	200m: 2:36.49 41.07	300m: 3:59.03 41.12	400m: 5:20.80 40.91			
2. RUIZ GALERA, Francisco Javier	88	Master Natacion Tomelloso	<b>5:52.18</b>	285	16,00	
50m: 38.80 38.80	150m: 2:03.10 43.14	250m: 3:33.84 45.60	350m: 5:07.08 47.23			
100m: 1:19.96 41.16	200m: 2:48.24 45.14	300m: 4:19.85 46.01	400m: 5:52.18 45.10			
3. LUCAS-TORRES OLIVARES, Miguel	Ar91	C.N. Criptana Gigantes	<b>5:53.06</b>	283	14,00	
50m: 39.77 39.77	150m: 2:05.98 44.26	250m: 3:36.75 45.84	350m: 5:08.90 46.04			
100m: 1:21.72 41.95	200m: 2:50.91 44.93	300m: 4:22.86 46.11	400m: 5:53.06 44.16			

Prueba 7, Masc., 400m Libre, 30+

Clasificación	AN								Tiempo	Pts		
4. GÓMEZ SAEZ, Daniel	90	C.N. Monteverde								<b>6:17.47</b>	232	-
50m:	40.17	40.17	150m:	2:12.01	47.84	250m:	3:56.15	52.36	350m:	5:35.31	48.40	
100m:	1:24.17	44.00	200m:	3:03.79	51.78	300m:	4:46.91	50.76	400m:	6:17.47	42.16	
5. SANCHEZ SANCHEZ, Juan Carlos	88	C.N. Albacete								<b>7:20.03</b>	146	13,00
50m:	41.37	41.37	150m:	2:21.13	52.63	250m:	4:14.51	58.30	350m:	6:10.70	58.48	
100m:	1:28.50	47.13	200m:	3:16.21	55.08	300m:	5:12.22	57.71	400m:	7:20.03	1:09.33	

35+

1. ARROYO FERNANDEZ, Alvaro	85	E.C. Ciudad De Talavera								<b>4:27.18</b>	704	19,00
50m:	29.92	29.92	150m:	1:36.02	33.29	250m:	2:44.86	34.70	350m:	3:53.76	33.72	
100m:	1:02.73	32.81	200m:	2:10.16	34.14	300m:	3:20.04	35.18	400m:	4:27.18	33.42	
2. ATIENZA MEDINA, Carlos	86	C.N. Albacete								<b>5:47.92</b>	319	16,00
50m:	37.77	37.77	150m:	2:02.89	43.92	250m:	3:33.97	45.70	350m:	5:04.71	45.28	
100m:	1:18.97	41.20	200m:	2:48.27	45.38	300m:	4:19.43	45.46	400m:	5:47.92	43.21	
DSQ CASTRO BECERRA, José Ángel	85	Master Natacion Tomelloso										-
<i>Abandona antes de completar la prueba</i>												
DSQ DELGADO-CORREDOR MARTIN, M.	87	C.N. Monteverde								<b>7:02.06</b>		-
<i>Abandona antes de finalizar la prueba</i>												
50m:	43.62	43.62	150m:	2:26.89	54.94	250m:	4:26.89	1:02.54	350m:	6:31.37	1:02.23	
100m:	1:31.95	48.33	200m:	3:24.35	57.46	300m:	5:29.14	1:02.25	400m:	7:02.06	30.69	

40+

1. RODRÍGUEZ LÓPEZ, David	82	E.C. Ciudad De Talavera								<b>4:52.83</b>	555	19,00
50m:	31.58	31.58	150m:	1:42.43	36.15	250m:	2:57.89	38.28	350m:	4:15.68	38.55	
100m:	1:06.28	34.70	200m:	2:19.61	37.18	300m:	3:37.13	39.24	400m:	4:52.83	37.15	
2. INIESTA ORTIZ, Fernando	78	C.N. Criptana Gigantes								<b>5:12.42</b>	457	16,00
50m:	34.66	34.66	150m:	1:51.69	39.38	250m:	3:12.18	40.58	350m:	4:34.40	41.11	
100m:	1:12.31	37.65	200m:	2:31.60	39.91	300m:	3:53.29	41.11	400m:	5:12.42	38.02	
3. SESE GARCIA, Jorge	81	C.N. Monteverde								<b>5:12.75</b>	455	14,00
50m:	34.71	34.71	150m:	1:51.25	39.10	250m:	3:11.23	40.08	350m:	4:33.81	41.43	
100m:	1:12.15	37.44	200m:	2:31.15	39.90	300m:	3:52.38	41.15	400m:	5:12.75	38.94	
4. PINTOR VIOLERO, Eduardo	78	C.N. Criptana Gigantes								<b>5:21.31</b>	420	-
50m:	35.14	35.14	150m:	1:53.61	39.93	250m:	3:17.20	42.31	350m:	4:36.62	38.28	
100m:	1:13.68	38.54	200m:	2:34.89	41.28	300m:	3:58.34	41.14	400m:	5:21.31	44.69	
5. CEBRIAN REDONDO, Luis	80	C.P. La Roda								<b>5:36.45</b>	366	13,00
50m:	39.86	39.86	150m:	2:05.91	43.10	250m:	3:32.57	42.91	350m:	4:56.39	41.94	
100m:	1:22.81	42.95	200m:	2:49.66	43.75	300m:	4:14.45	41.88	400m:	5:36.45	40.06	
6. CRUZ APARICIO, Juan Antonio	79	C.N. Albacete								<b>5:48.47</b>	329	12,00
50m:	35.97	35.97	150m:	1:57.34	41.78	250m:	3:27.14	45.57	350m:	5:01.61	47.27	
100m:	1:15.56	39.59	200m:	2:41.57	44.23	300m:	4:14.34	47.20	400m:	5:48.47	46.86	
7. RUIZ VALENTIN, Jose Luis	79	Master Natacion Tomelloso								<b>5:58.20</b>	303	11,00
50m:	41.30	41.30	150m:	2:11.54	45.62	250m:	3:42.76	45.94	350m:	5:14.70	46.06	
100m:	1:25.92	44.62	200m:	2:56.82	45.28	300m:	4:28.64	45.88	400m:	5:58.20	43.50	
8. ANDRES SORIA, Ruben	79	C.N. Cuenca								<b>6:06.79</b>	282	10,00
50m:	37.65	37.65	150m:	2:02.12	43.64	250m:	3:36.96	48.55	350m:	5:17.06	50.46	
100m:	1:18.48	40.83	200m:	2:48.41	46.29	300m:	4:26.60	49.64	400m:	6:06.79	49.73	



Prueba 7, Masc., 400m Libre

45+

1. AMORES ESCRIBANO, Jose Ignacio	76	C.N. Criptana Gigantes	<b>4:48.03</b>	601	19,00
50m:	33.47	33.47	150m:	1:45.21	36.03
100m:	1:09.18	35.71	200m:	2:21.64	36.43
250m:	2:58.25	36.61	350m:	4:12.66	37.30
300m:	3:35.36	37.11	400m:	4:48.03	35.37
2. PRIETO SANCHEZ, Tomas	77	C.N. Monteverde	<b>5:20.35</b>	436	16,00
50m:	34.71	34.71	150m:	1:51.18	39.00
100m:	1:12.18	37.47	200m:	2:31.38	40.20
250m:	3:12.17	40.79	350m:	4:37.32	43.32
300m:	3:54.00	41.83	400m:	5:20.35	43.03
3. OLIVARES PANADERO, Marco Antonio	75	C.N. Criptana Gigantes	<b>5:51.71</b>	330	-
50m:	39.43	39.43	150m:	2:07.04	44.39
100m:	1:22.65	43.22	200m:	2:52.24	45.20
250m:	3:37.43	45.19	350m:	5:08.24	45.26
300m:	4:22.98	45.55	400m:	5:51.71	43.47
4. VALLE NUÑEZ, Carlos Alberto	74	Dsc Albacete Swim	<b>6:02.69</b>	301	14,00
50m:	38.95	38.95	150m:	2:07.57	45.40
100m:	1:22.17	43.22	200m:	2:54.09	46.52
250m:	3:41.78	47.69	350m:	5:16.72	47.67
300m:	4:29.05	47.27	400m:	6:02.69	45.97
5. FLORES ORTEGA, Ramon	75	C.N. Criptana Gigantes	<b>6:43.10</b>	219	-
50m:	42.19	42.19	150m:	2:20.75	50.79
100m:	1:29.96	47.77	200m:	3:13.90	53.15
250m:	4:06.18	52.28	350m:	5:53.01	52.28
300m:	5:00.73	54.55	400m:	6:43.10	50.09
6. CASAS HERRERA, Benjamin	76	C.N. Ciudad Real	<b>7:46.38</b>	141	13,00
50m:	45.81	45.81	150m:	2:35.61	56.69
100m:	1:38.92	53.11	200m:	3:35.76	1:00.15
250m:	4:37.32	1:01.56	350m:	6:46.79	1:05.82
300m:	5:40.97	1:03.65	400m:	7:46.38	59.59

50+

1. ANDUJAR TENDERO, Esteban	69	C.N. Albacete	<b>5:01.59</b>	532	19,00
50m:	34.34	34.34	150m:	1:49.51	38.01
100m:	1:11.50	37.16	200m:	2:28.08	38.57
250m:	3:06.46	38.38	350m:	4:23.82	38.87
300m:	3:44.95	38.49	400m:	5:01.59	37.77
2. OCAMPO GISBERT, David	71	Cn Master Torrijos	<b>5:06.86</b>	505	16,00
50m:	34.39	34.39	150m:	1:49.33	38.37
100m:	1:10.96	36.57	200m:	2:28.44	39.11
250m:	3:08.20	39.76	350m:	4:28.58	40.25
300m:	3:48.33	40.13	400m:	5:06.86	38.28
3. GONZÁLEZ CASTELLANOS, Alberto	71	C.N. Ciudad Real	<b>5:18.28</b>	453	14,00
50m:	36.16	36.16	150m:	1:54.97	40.26
100m:	1:14.71	38.55	200m:	2:35.76	40.79
250m:	3:17.34	41.58	350m:	4:39.56	40.70
300m:	3:58.86	41.52	400m:	5:18.28	38.72
4. GÓMEZ LAGUNA, Antonio	69	Master Toledo 3 Culturas	<b>5:58.42</b>	317	13,00
50m:	37.20	37.20	150m:	2:03.56	44.59
100m:	1:18.97	41.77	200m:	2:50.51	46.95
250m:	3:38.82	48.31	350m:	5:11.35	45.07
300m:	4:26.28	47.46	400m:	5:58.42	47.07

55+

1. MUÑOZ PEREZ, Angel Andres	67	E.C. Ciudad De Talavera	<b>5:45.80</b>	405	19,00
50m:	38.67	38.67	150m:	2:05.89	44.28
100m:	1:21.61	42.94	200m:	2:50.65	44.76
250m:	3:34.69	44.04	350m:	5:02.90	43.98
300m:	4:18.92	44.23	400m:	5:45.80	42.90
2. GONZÁLEZ NOVILLO, Alejandro	64	Master Natacion Tomelloso	<b>6:09.72</b>	332	16,00
50m:	42.00	42.00	150m:	2:16.39	47.08
100m:	1:29.31	47.31	200m:	3:04.54	48.15
250m:	3:52.63	48.09	350m:	5:26.82	46.75
300m:	4:40.07	47.44	400m:	6:09.72	42.90
DNF SÁNCHEZ-MANJAVACAS, Juan Carlos	67	C.N. Criptana Gigantes	-	-	-

60+

1. GÓMEZ AREVALO, Daniel	61	C.N. Monteverde	<b>8:35.99</b>	143	19,00
50m:	58.97	58.97	150m:	3:05.51	1:04.78
100m:	2:00.73	1:01.76	200m:	4:11.68	1:06.17
250m:	5:19.69	1:08.01	350m:	7:34.51	1:07.57
300m:	6:26.94	1:07.25	400m:	8:35.99	1:01.48

Prueba 7, Masc., 400m Libre

75+

1. CATALA BOVER, Ignacio	46	C.N. Monteverde	<b>10:28.78</b>	125	19,00
50m: 1:12.23 1:12.23	150m: 3:51.08 1:20.38	250m: 6:35.27 1:23.05	350m: 9:14.94 1:21.32		
100m: 2:30.70 1:18.47	200m: 5:12.22 1:21.14	300m: 7:53.62 1:18.35	400m: 10:28.78 1:13.84		

Prueba 8

Fem., 400m Libre

20 - 89 años

10/12/2022 - 13:00

Resultados

mm 75+	17:09.44	, ISABEL BARCO SORNEZ	TOMELLOSO	04/06/2017
mm 70+	11:56.59	, MERCEDES LOPEZ DE LA CRUZ	Madridejos	20/11/2022
mm 65+	8:28.09	, MARIA PILAR FERNANDEZ-TORIJA G	Cuenca	19/03/2022
mm 60+	7:46.06	, RODRIGUEZ PAÑOS Beatriz	MALAGA	02/02/2018
mm 55+	5:43.35	, Mª LUISA CABAÑERO SANCHEZ-LEON	Campo de Criptana	19/11/2022
mm 50+	5:12.28	, CABAÑERO SANCHEZ-LEON Mª LUISA	GIJON	28/01/2016
mm 45+	4:48.29	, SORAYA PEREZ GALLINA	CASTELLÓN	10/04/2021
mm 40+	4:38.39	, SANTOS ARRIAGA REBECA	PALMA DE MALLORCA	02/02/2017
mm 35+	4:52.41	, SORAYA PEREZ GALLINA	PALMA DE MALLORCA	22/02/2014
mm 30+	5:10.83	, LOPEZ MORENO ANA	TOMELLOSO	04/06/2017
mm 25+	4:42.85	, SAMANTHA REDONDO MARTIN	CASTELLÓN	11/04/2021
mm 20+	4:45.47	, BELEN SANCHEZ-ROJO HUERTAS	CASTELLÓN	11/04/2021

Puntos: ESP Masters 21

Clasificación

AN

Tiempo

Pts

20+

1. GARCÍA LLORENA, Pilar	00	Cn Ugena	<b>5:05.26</b>	588	19,00
50m: 34.94 34.94	150m: 1:51.12 38.59	250m: 3:08.79 38.84	350m: 4:27.01 39.20		
100m: 1:12.53 37.59	200m: 2:29.95 38.83	300m: 3:47.81 39.02	400m: 5:05.26 38.25		
2. MEDINA CAÑAS, Marta	00	Master Natacion Tomelloso	<b>5:32.74</b>	454	16,00
50m: 35.74 35.74	150m: 1:56.41 41.32	250m: 3:21.92 43.00	350m: 4:49.96 44.64		
100m: 1:15.09 39.35	200m: 2:38.92 42.51	300m: 4:05.32 43.40	400m: 5:32.74 42.78		
3. MARTIN CAMBRONERO, Alicia	02	C.N. Monteverde	<b>6:06.03</b>	341	14,00
50m: 38.92 38.92	150m: 2:07.86 45.25	250m: 3:41.61 47.62	350m: 5:17.62 47.63		
100m: 1:22.61 43.69	200m: 2:53.99 46.13	300m: 4:29.99 48.38	400m: 6:06.03 48.41		

25+

1. SANCHEZ-ROJO HUERTAS, Belen	97	C.N. Albacete	<b>4:55.72</b>	646	19,00
50m: 33.19 33.19	150m: 1:46.63 37.26	250m: 3:01.32 37.42	350m: 4:17.94 38.63		
100m: 1:09.37 36.18	200m: 2:23.90 37.27	300m: 3:39.31 37.99	400m: 4:55.72 37.78		
2. PADILLA ECHEVARRÍA, María	93	Master Natacion Tomelloso	<b>5:32.15</b>	456	16,00
50m: 35.22 35.22	150m: 1:56.12 41.20	250m: 3:22.04 43.12	350m: 4:50.15 44.21		
100m: 1:14.92 39.70	200m: 2:38.92 42.80	300m: 4:05.94 43.90	400m: 5:32.15 42.00		
3. FERNANDEZ CORROCHANO, Silvia	96	C.N. Monteverde	<b>5:56.39</b>	369	14,00
50m: 39.31 39.31	150m: 2:07.24 45.06	250m: 3:40.96 47.61	350m: 5:12.92 45.46		
100m: 1:22.18 42.87	200m: 2:53.35 46.11	300m: 4:27.46 46.50	400m: 5:56.39 43.47		
4. QUIROS INIESTA, Maria Del Pilar	97	C.N. Criptana Gigantes	<b>6:02.49</b>	351	13,00
50m: 40.24 40.24	150m: 2:13.71 48.08	250m: 3:47.88 47.20	350m: 5:21.04 46.52		
100m: 1:25.63 45.39	200m: 3:00.68 46.97	300m: 4:34.52 46.64	400m: 6:02.49 41.45		
5. DÍAZ-ROPERO DÍAZ-PARREÑO, María	95	C.N. Criptana Gigantes	<b>6:08.29</b>	334	-
50m: 41.93 41.93	150m: 2:16.11 48.38	250m: 3:51.05 47.53	350m: 5:25.20 46.57		
100m: 1:27.73 45.80	200m: 3:03.52 47.41	300m: 4:38.63 47.58	400m: 6:08.29 43.09		
6. CALERO JIMÉNEZ, Esther	97	C.N. Almansa	<b>6:10.44</b>	329	12,00
50m: 41.08 41.08	150m: 2:13.90 47.35	250m: 3:49.65 47.81	350m: 5:24.80 47.74		
100m: 1:26.55 45.47	200m: 3:01.84 47.94	300m: 4:37.06 47.41	400m: 6:10.44 45.64		

Prueba 8, Fem., 400m Libre, 25+

Clasificación	AN				Tiempo				Pts	
<b>7. LÓPEZ PRIOR, Marta</b>	<b>93</b>	<b>C.N. Cuenca</b>			<b>6:46.21</b>				<b>249</b>	<b>11,00</b>
50m: 40.99 40.99	150m: 2:19.70	51.72	250m: 4:06.46	53.72	350m: 5:53.64	53.68	400m: 6:46.21	52.57		
100m: 1:27.98 46.99	200m: 3:12.74	53.04	300m: 4:59.96	53.50						
<b>30+</b>										
<b>1. BARREDA RODRIGUEZ, Fiamma</b>	<b>91</b>	<b>C.N. Monteverde</b>			<b>5:57.39</b>				<b>361</b>	<b>19,00</b>
50m: 38.62 38.62	150m: 2:06.58	45.34	250m: 3:38.87	46.00	350m: 5:12.41	46.71	400m: 5:57.39	44.98		
100m: 1:21.24 42.62	200m: 2:52.87	46.29	300m: 4:25.70	46.83						
<b>2. MARTÍNEZ MAROTO, Tamara</b>	<b>90</b>	<b>E.C. Ciudad De Talavera</b>			<b>6:00.18</b>				<b>353</b>	<b>16,00</b>
50m: 40.04 40.04	150m: 2:08.38	45.03	250m: 3:40.35	46.42	350m: 5:14.35	47.19	400m: 6:00.18	45.83		
100m: 1:23.35 43.31	200m: 2:53.93	45.55	300m: 4:27.16	46.81						
<b>35+</b>										
<b>1. RUBIO PALOMARES, Helena</b>	<b>85</b>	<b>E.C. Ciudad De Talavera</b>			<b>5:31.40</b>				<b>497</b>	<b>19,00</b>
50m: 36.73 36.73	150m: 1:58.10	41.90	250m: 3:23.45	42.92	350m: 4:50.13	43.64	400m: 5:31.40	41.27		
100m: 1:16.20 39.47	200m: 2:40.53	42.43	300m: 4:06.49	43.04						
<b>2. GARCIA JURADO-SALMERON, Leyre</b>	<b>87</b>	<b>Dsc Albacete Swim</b>			<b>5:57.56</b>				<b>395</b>	<b>16,00</b>
50m: 40.06 40.06	150m: 2:08.89	45.23	250m: 3:40.56	45.97	350m: 5:12.97	45.69	400m: 5:57.56	44.59		
100m: 1:23.66 43.60	200m: 2:54.59	45.70	300m: 4:27.28	46.72						
<b>3. GALLEGNO NOVILLO, Laura</b>	<b>87</b>	<b>Master Natacion Tomelloso</b>			<b>6:01.74</b>				<b>382</b>	<b>14,00</b>
50m: 40.80 40.80	150m: 2:09.52	45.27	250m: 3:42.12	46.46	350m: 5:16.16	47.03	400m: 6:01.74	45.58		
100m: 1:24.25 43.45	200m: 2:55.66	46.14	300m: 4:29.13	47.01						
<b>4. SEGURA GÓMEZ, María</b>	<b>84</b>	<b>C.N. Cuenca</b>			<b>6:09.25</b>				<b>359</b>	<b>13,00</b>
50m: 40.07 40.07	150m: 2:10.66	46.28	250m: 3:47.24	48.90	350m: 5:24.10	48.11	400m: 6:09.25	45.15		
100m: 1:24.38 44.31	200m: 2:58.34	47.68	300m: 4:35.99	48.75						
<b>40+</b>										
<b>1. HIDALGO SANCHEZ, Laura</b>	<b>79</b>	<b>C.N. Puertollano</b>			<b>5:59.65</b>				<b>385</b>	<b>19,00</b>
50m: 37.75 37.75	150m: 2:05.11	44.73	250m: 3:39.47	47.58	350m: 5:15.19	47.55	400m: 5:59.65	44.46		
100m: 1:20.38 42.63	200m: 2:51.89	46.78	300m: 4:27.64	48.17						
<b>2. ADAN LAMA, M° Victoria</b>	<b>78</b>	<b>Master Natacion Tomelloso</b>			<b>5:59.77</b>				<b>385</b>	<b>16,00</b>
50m: 41.39 41.39	150m: 2:11.63	45.74	250m: 3:42.79	45.69	350m: 5:15.37	46.29	400m: 5:59.77	44.40		
100m: 1:25.89 44.50	200m: 2:57.10	45.47	300m: 4:29.08	46.29						
<b>3. CUENCA PERAL, Adela</b>	<b>80</b>	<b>C.N. Almansa</b>			<b>6:03.19</b>				<b>374</b>	<b>14,00</b>
50m: 39.04 39.04	150m: 2:09.83	46.43	250m: 3:43.65	46.73	350m: 5:18.29	46.87	400m: 6:03.19	44.90		
100m: 1:23.40 44.36	200m: 2:56.92	47.09	300m: 4:31.42	47.77						
<b>4. PARREÑO CAPARRÓS, Elena</b>	<b>78</b>	<b>Dsc Albacete Swim</b>			<b>6:16.34</b>				<b>336</b>	<b>13,00</b>
50m: 40.08 40.08	150m: 2:11.34	46.84	250m: 3:48.55	49.25	350m: 5:28.73	50.70	400m: 6:16.34	47.61		
100m: 1:24.50 44.42	200m: 2:59.30	47.96	300m: 4:38.03	49.48						
<b>5. LOPEZ LOPEZ, Laura</b>	<b>79</b>	<b>C.N. Almansa</b>			<b>6:59.88</b>				<b>242</b>	<b>-</b>
50m: 46.36 46.36	150m: 2:28.74	52.63	250m: 4:17.48	54.59	350m: 6:07.40	54.40	400m: 6:59.88	52.48		
100m: 1:36.11 49.75	200m: 3:22.89	54.15	300m: 5:13.00	55.52						
<b>6. AGUADO TRIGOS, María Estefania</b>	<b>81</b>	<b>C.N. Monteverde</b>			<b>8:30.84</b>				<b>134</b>	<b>12,00</b>
50m: 56.94 56.94	150m: 3:05.98	1:05.50	250m: 5:18.17	1:05.94	350m: 7:32.47	1:06.10	400m: 8:30.84	58.37		
100m: 2:00.48 1:03.54	200m: 4:12.23	1:06.25	300m: 6:26.37	1:08.20						

Prueba 8, Fem., 400m Libre

45+

1. PEREZ GALLINA, Soraya	76	Dsc Albacete Swim	<b>4:56.35</b>	717	19,00
50m: 34.69 34.69	150m: 1:47.81 36.83	250m: 3:02.82 37.48	350m: 4:19.12 38.22		
100m: 1:10.98 36.29	200m: 2:25.34 37.53	300m: 3:40.90 38.08	400m: 4:56.35 37.23		
2. CALVO HOYOS, Mª Angeles	73	C.N. Albacete	<b>6:39.96</b>	291	16,00
50m: 42.52 42.52	150m: 2:20.17 50.30	250m: 4:03.84 51.89	350m: 5:49.66 53.23		
100m: 1:29.87 47.35	200m: 3:11.95 51.78	300m: 4:56.43 52.59	400m: 6:39.96 50.30		
3. CASARRUBIOS LUCERON, Cristina	76	C.N. Criptana Gigantes	<b>7:26.56</b>	209	14,00
50m: 50.28 50.28	150m: 2:39.60 56.33	250m: 4:33.57 57.35	350m: 6:28.48 57.97		
100m: 1:43.27 52.99	200m: 3:36.22 56.62	300m: 5:30.51 56.94	400m: 7:26.56 58.08		
4. JIMENEZ PEREZ, Maria Eloisa	75	C.N. Cuenca	<b>7:40.34</b>	191	13,00
50m: 45.69 45.69	150m: 2:31.62 54.44	250m: 4:29.13 1:00.93	350m: 6:36.16 1:04.28		
100m: 1:37.18 51.49	200m: 3:28.20 56.58	300m: 5:31.88 1:02.75	400m: 7:40.34 1:04.18		
5. GALLEGO SANTOS OLMO, Maria Elena	73	C.D. Escuela Nadadores Tomelloso	<b>8:24.59</b>	145	12,00
50m: 55.90 55.90	150m: 3:03.51 1:04.91	250m: 5:12.71 1:03.68	350m: 7:22.70 1:05.05		
100m: 1:58.60 1:02.70	200m: 4:09.03 1:05.52	300m: 6:17.65 1:04.94	400m: 8:24.59 1:01.89		
6. GARCÍA RODRÍGUEZ, Inmaculada	75	Master Natacion Tomelloso	<b>8:39.48</b>	133	11,00
50m: 53.88 53.88	150m: 2:59.14 1:04.84	250m: 5:16.91 1:11.17	350m: 7:35.10 1:08.15		
100m: 1:54.30 1:00.42	200m: 4:05.74 1:06.60	300m: 6:26.95 1:10.04	400m: 8:39.48 1:04.38		

50+

1. LANILLOS NIETO, Belen	72	Club Velociraptor Mp Twinner	<b>6:12.34</b>	402	19,00
50m: 40.90 40.90	150m: 2:13.03 47.06	250m: 3:48.44 47.23	350m: 5:25.90 48.40		
100m: 1:25.97 45.07	200m: 3:01.21 48.18	300m: 4:37.50 49.06	400m: 6:12.34 46.44		
2. LEAL SCASSO, Eva	71	C.N. Albacete	<b>6:24.10</b>	366	16,00
50m: 41.16 41.16	150m: 2:14.78 47.82	250m: 3:54.31 50.65	350m: 5:35.55 50.61		
100m: 1:26.96 45.80	200m: 3:03.66 48.88	300m: 4:44.94 50.63	400m: 6:24.10 48.55		
3. GARCÍA ALFARO, Maria José	72	Dsc Albacete Swim	<b>7:20.87</b>	242	14,00
50m: 50.15 50.15	150m: 2:41.76 56.07	250m: 4:36.11 58.12	350m: 6:27.48 54.28		
100m: 1:45.69 55.54	200m: 3:37.99 56.23	300m: 5:33.20 57.09	400m: 7:20.87 53.39		
4. SANTOS-OLMO LÓPEZ ORTEGA, M.	71	C.D. Escuela Nadadores Tomelloso	<b>7:56.34</b>	192	13,00
50m: 54.11 54.11	150m: 2:54.80 1:00.41	250m: 4:58.02 1:01.12	350m: 7:01.01 1:00.78		
100m: 1:54.39 1:00.28	200m: 3:56.90 1:02.10	300m: 6:00.23 1:02.21	400m: 7:56.34 55.33		
5. GONZALEZ BALLESTEROS, Myriam	72	C.N. Monteverde	<b>8:48.53</b>	140	12,00
50m: 57.54 57.54	150m: 3:11.75 1:08.18	250m: 5:30.97 1:10.38	350m: 7:43.69 1:06.58		
100m: 2:03.57 1:06.03	200m: 4:20.59 1:08.84	300m: 6:37.11 1:06.14	400m: 8:48.53 1:04.84		

60+

1. VEGA BARROSO, Maria Del Carmen	60	C.N. Monteverde	<b>8:13.96</b>	209	19,00
50m: 55.13 55.13	150m: 2:59.96 1:02.64	250m: 5:07.12 1:03.88	350m: 7:11.02 1:03.31		
100m: 1:57.32 1:02.19	200m: 4:03.24 1:03.28	300m: 6:07.71 1:00.59	400m: 8:13.96 1:02.94		

70+

1. LOPEZ DE LA CRUZ, Mercedes	52	E.C. Ciudad De Talavera	<b>12:18.06</b>	88	29,00mm
50m: 1:18.81 1:18.81	150m: 4:25.03 1:34.47	250m: 7:34.81 1:34.69	350m: 10:45.26 1:34.67		
100m: 2:50.56 1:31.75	200m: 6:00.12 1:35.09	300m: 9:10.59 1:35.78	400m: 12:18.06 1:32.80		