



X OPEN CYL NATACIÓN MÁSTER INVIERNO LEÓN LEÓN, 14/1/2023

Prueba 30
14/01/2023 - 17:36

Masc., 400m Libre

20 - 84 años
Resultados

RM 75+	10:35.82	, AGUSTIN ORTIZ PONCE	MALIAÑO	18/05/2013
RM 70+	7:23.91	, DOMINGO JIMENO IBAÑEZ	MALAGA	01/02/2018
RM 65+	6:30.42	, LUIS GUILLERMO CARRANZA RODRIG	LEÓN	15/01/2022
RM 60+	5:57.77	, JOSE LUIS ASENJO SANTAMARIA	BURGOS	14/04/2018
RM 55+	5:25.45	, DAVID LAZARO DELGADO	LEÓN	15/01/2022
RM 50+	4:46.13	, ENRIQUE SANCHEZ APARICIO	CASTELLÓN	09/04/2021
RM 45+	4:42.87	, ESAU GONZALEZ MAESO	LEÓN	15/01/2022
RM 40+	4:35.21	, RUBÉN SERRANO SANZ	CASTELLÓN	10/04/2021
RM 35+	4:28.65	, ALBERTO RIAÑO ALVAREZ	GIJON	03/12/2011
RM 30+	4:29.28	, DAVID MOREIRA GONZALEZ	GIJON	01/02/2014
RM 25+	4:18.32	, SERGIO MARTIN SALCEDO	CASTELLÓN	11/04/2021
RM 20+	4:19.82	, SERGIO MARTIN SALCEDO	LEÓN	18/01/2020

Puntos: DSV Masters 22

Clasificación

AN

Tiempo

Pts

20+

1. SANZ GARCÍA, Alejandro	02	C.D. Tizona Burgos	5:41.87	361
50m: 34.95 34.95	150m: 1:54.66 41.35	250m: 3:24.96 45.79	350m: 4:59.34 47.58	
100m: 1:13.31 38.36	200m: 2:39.17 44.51	300m: 4:11.76 46.80	400m: 5:41.87 42.53	
2. MARTIN FERRERO, Carlos	03	C.N. Leon	5:48.57	340
50m: 35.77 35.77	150m: 2:02.17 44.63	250m: 3:32.29 45.28	350m: 5:02.95 46.13	
100m: 1:17.54 41.77	200m: 2:47.01 44.84	300m: 4:16.82 44.53	400m: 5:48.57 45.62	
3. ROJAS BARRIO, Fernando	00	C.D. Tizona Burgos	6:12.17	280
50m: 36.50 36.50	150m: 2:05.77 46.59	250m: 3:44.64 50.29	350m: 5:25.39 49.73	
100m: 1:19.18 42.68	200m: 2:54.35 48.58	300m: 4:35.66 51.02	400m: 6:12.17 46.78	

25+

1. MARTIN SALCEDO, Sergio	96	C.N. Soriano	4:17.63	831 RM
50m: 28.10 28.10	150m: 1:30.36 31.75	250m: 2:36.48 33.23	350m: 3:44.39 34.07	
100m: 58.61 30.51	200m: 2:03.25 32.89	300m: 3:10.32 33.84	400m: 4:17.63 33.24	
2. GARCIA VELEZ, Jesus	98	C.N. Camargo	4:36.91	669
50m: 30.06 30.06	150m: 1:39.11 34.95	250m: 2:50.96 35.88	350m: 4:02.25 35.28	
100m: 1:04.16 34.10	200m: 2:15.08 35.97	300m: 3:26.97 36.01	400m: 4:36.91 34.66	

30+

1. ARROYO MARTINEZ, Felipe	93	C.N. Camargo	4:38.97	638
50m: 30.05 30.05	150m: 1:38.76 34.81	250m: 2:50.06 35.88	350m: 4:03.05 36.57	
100m: 1:03.95 33.90	200m: 2:14.18 35.42	300m: 3:26.48 36.42	400m: 4:38.97 35.92	
2. GARZON GONZALEZ, David	91	Cd Upstream	4:39.10	637
50m: 31.03 31.03	150m: 1:40.34 35.11	250m: 2:52.09 35.98	350m: 4:03.97 35.60	
100m: 1:05.23 34.20	200m: 2:16.11 35.77	300m: 3:28.37 36.28	400m: 4:39.10 35.13	
3. FRAILE MUÑOZ, Pedro	93	C.D.N. Zamora	6:28.97	235
50m: 42.26 42.26	150m: 2:16.53 48.08	250m: 3:56.83 50.41	350m: 5:39.58 51.71	
100m: 1:28.45 46.19	200m: 3:06.42 49.89	300m: 4:47.87 51.04	400m: 6:28.97 49.39	

35+

1. GARCIA MAYO, Alberto	88	S.D. La Venatoria	5:44.44	348
50m: 38.90 38.90	150m: 2:01.91 41.96	250m: 3:29.49 44.19	350m: 4:59.91 45.25	
100m: 1:19.95 41.05	200m: 2:45.30 43.39	300m: 4:14.66 45.17	400m: 5:44.44 44.53	

40+

1. SERRANO SANZ, Mario	81	C.D.F.Natacion Triton Bierzo	5:17.22	436
50m: 34.70 34.70	150m: 1:50.67 38.46	250m: 3:11.10 40.70	350m: 4:35.63 42.60	
100m: 1:12.21 37.51	200m: 2:30.40 39.73	300m: 3:53.03 41.93	400m: 5:17.22 41.59	
2. SEGURADO HERNÁNDEZ, Rodrigo	79	C.D.N. Zamora	6:58.63	190
50m: 40.59 40.59	150m: 2:13.18 49.11	250m: 4:04.79 58.64	350m: 6:04.03 56.94	
100m: 1:24.07 43.48	200m: 3:06.15 52.97	300m: 5:07.09 1:02.30	400m: 6:58.63 54.60	



X OPEN CYL NATACIÓN MÁSTER INVIERNO LEÓN LEÓN, 14/1/2023

Prueba 30, Masc., 400m Libre

45+

1.	GONZALEZ MAESO, Raul	78	C.D. Torrelago Wellness	4:39.96	677	RM
	50m: 31.95 31.95 150m: 1:43.57 36.13 250m: 2:55.33 35.66 350m: 4:05.79 34.90					
	100m: 1:07.44 35.49 200m: 2:19.67 36.10 300m: 3:30.89 35.56 400m: 4:39.96 34.17					
2.	GONZALEZ MAESO, Esau	77	C.D. Torrelago Wellness	4:46.37	633	
	50m: 31.99 31.99 150m: 1:41.72 35.03 250m: 2:53.72 36.58 350m: 4:05.91 35.68					
	100m: 1:06.69 34.70 200m: 2:17.14 35.42 300m: 3:30.23 36.51 400m: 4:46.37 40.46					
3.	MERINO GONZÁLEZ, Raúl	74	Cd Upstream	5:13.69	481	
	50m: 35.04 35.04 150m: 1:53.48 40.16 250m: 3:14.14 40.41 350m: 4:33.89 39.88					
	100m: 1:13.32 38.28 200m: 2:33.73 40.25 300m: 3:54.01 39.87 400m: 5:13.69 39.80					
4.	GIL MANSO, Luis	77	C.D.N. Zamora	5:39.02	381	
	50m: 37.54 37.54 150m: 2:02.21 43.35 250m: 3:30.00 43.51 350m: 4:57.77 44.33					
	100m: 1:18.86 41.32 200m: 2:46.49 44.28 300m: 4:13.44 43.44 400m: 5:39.02 41.25					
5.	AGUILAR CARRETERO, David	75	Club Natacion Master Leon	5:44.69	363	
	50m: 39.47 39.47 150m: 2:07.56 44.50 250m: 3:36.56 44.10 350m: 5:04.08 43.76					
	100m: 1:23.06 43.59 200m: 2:52.46 44.90 300m: 4:20.32 43.76 400m: 5:44.69 40.61					
6.	QUIJADA GIL, Alfonso	78	C.D.N. Zamora	5:50.82	344	
	50m: 36.24 36.24 150m: 2:00.26 43.66 250m: 3:30.43 45.43 350m: 5:04.14 47.45					
	100m: 1:16.60 40.36 200m: 2:45.00 44.74 300m: 4:16.69 46.26 400m: 5:50.82 46.68					

Baja enf. GONZALO GARCIA, Enrique 76 Casino De La Union

50+

1.	MORCHON FUENTES, Oscar J	72	Cd Upstream	5:42.77	438	
	50m: 36.92 36.92 150m: 2:00.94 42.82 250m: 3:29.13 44.19 350m: 4:59.29 45.26					
	100m: 1:18.12 41.20 200m: 2:44.94 44.00 300m: 4:14.03 44.90 400m: 5:42.77 43.48					
2.	GALLEGO VICARIO, Roberto	69	Club Natacion Master Leon	5:46.34	425	
	50m: 38.21 38.21 150m: 2:03.24 43.19 250m: 3:32.25 44.88 350m: 5:02.12 45.19					
	100m: 1:20.05 41.84 200m: 2:47.37 44.13 300m: 4:16.93 44.68 400m: 5:46.34 44.22					
3.	CENTENO FERNANDEZ, Jose Angel	72	C.D.N. Zamora	6:40.93	274	
	50m: 42.93 42.93 150m: 2:21.40 50.47 250m: 4:06.11 52.36 350m: 5:50.23 51.85					
	100m: 1:30.93 48.00 200m: 3:13.75 52.35 300m: 4:58.38 52.27 400m: 6:40.93 50.70					

55+

1.	SANCHEZ APARICIO, Enrique	68	Club Natacion Master Leon	4:55.70	759	RM
	50m: 33.73 33.73 150m: 1:48.27 37.74 250m: 3:04.29 37.95 350m: 4:19.90 37.71					
	100m: 1:10.53 36.80 200m: 2:26.34 38.07 300m: 3:42.19 37.90 400m: 4:55.70 35.80					
2.	ESCOBAR SIERRA, Miguel Ángel	65	C.N. Casa De Asturias	6:05.65	401	
	50m: 42.32 42.32 150m: 2:13.82 46.34 250m: 3:47.61 46.75 350m: 5:20.77 45.01					
	100m: 1:27.48 45.16 200m: 3:00.86 47.04 300m: 4:35.76 48.15 400m: 6:05.65 44.88					
DNF	BERZOSA SOLANO, Marco Antonio	66	C.D. Tizona Burgos			
	50m: 1:01.34 1:01.34 150m: 2:21.40 50.47 250m: 4:06.11 52.36 350m: 5:50.23 51.85					
	100m: 1:30.93 48.00 200m: 3:13.75 52.35 300m: 4:58.38 52.27 400m: 6:40.93 50.70					

60+

1.	MARTIN-ANERO AVEDILLO, Norberto	63	C.D.N. Zamora	6:27.06	425	
	50m: 42.30 42.30 150m: 2:17.53 48.71 250m: 3:57.02 50.09 350m: 5:38.11 50.44					
	100m: 1:28.82 46.52 200m: 3:06.93 49.40 300m: 4:47.67 50.65 400m: 6:27.06 48.95					

65+

1.	ASENJO SANTAMARIA, Jose Luis	58	Cd Upstream	6:03.39	591	RM
	50m: 41.89 41.89 150m: 2:13.59 46.65 250m: 3:47.54 47.21 350m: 5:20.84 46.81					
	100m: 1:26.94 45.05 200m: 3:00.33 46.74 300m: 4:34.03 46.49 400m: 6:03.39 42.55					
2.	CARRANZA RODRIGUEZ, Luis Guillermo	57	C.D. Tizona Burgos	6:34.94	460	
	50m: 44.35 44.35 150m: 2:22.62 49.76 250m: 4:03.90 50.36 350m: 5:45.42 50.78					
	100m: 1:32.86 48.51 200m: 3:13.54 50.92 300m: 4:54.64 50.74 400m: 6:34.94 49.52					