



## XI OPEN CYL NATACIÓN MÁSTER INVIERNO LE LEÓN, 20/1/2024

Prueba 30  
20/01/2024 - 18:14

Masc., 400m Libre

20 - 84 años  
Resultados

RMCYL 75+	10:35.82	, AGUSTIN ORTIZ PONCE	MALIAÑO	18/05/2013
RMCYL 70+	7:23.91	, DOMINGO JIMENO IBAÑEZ	MALAGA	01/02/2018
RMCYL 65+	6:03.39	, JOSE LUIS ASENJO SANTAMARIA	LEÓN	14/01/2023
RMCYL 60+	5:57.77	, JOSE LUIS ASENJO SANTAMARIA	BURGOS	14/04/2018
RMCYL 55+	4:48.98	, ENRIQUE SANCHEZ APARICIO	CASTELLON	17/02/2023
RMCYL 50+	4:46.13	, ENRIQUE SANCHEZ APARICIO	CASTELLÓN	09/04/2021
RMCYL 45+	4:39.96	, RAUL GONZALEZ MAESO	LEÓN	14/01/2023
RMCYL 40+	4:35.21	, RUBÉN SERRANO SANZ	CASTELLÓN	10/04/2021
RMCYL 35+	4:28.65	, ALBERTO RIAÑO ALVAREZ	GIJON	03/12/2011
RMCYL 30+	4:29.28	, DAVID MOREIRA GONZALEZ	GIJON	01/02/2014
RMCYL 25+	4:10.36	, SERGIO MARTIN SALCEDO	Funchal	22/11/2023
RMCYL 20+	4:19.82	, SERGIO MARTIN SALCEDO	LEÓN	18/01/2020

Clasificación

AN

Tiempo

Pts

20+

1.	GIMENO PINEDO, Jorge	01	C.N. Palencia	<b>4:39.39</b>	10,00
	50m: 30.20 30.20	150m: 1:40.18 35.40	250m: 2:52.35 35.99	350m: 4:04.05 35.58	
	100m: 1:04.78 34.58	200m: 2:16.36 36.18	300m: 3:28.47 36.12	400m: 4:39.39 35.34	
2.	MARTINEZ MARTINEZ, Alberto	04	C.N. Las Norias	<b>4:43.36</b>	8,00
	50m: 30.97 30.97	150m: 1:40.36 35.33	250m: 2:52.98 36.48	350m: 4:08.36 38.26	
	100m: 1:05.03 34.06	200m: 2:16.50 36.14	300m: 3:30.10 37.12	400m: 4:43.36 35.00	
3.	IZQUIERDO IRUELA, Oscar	03	C.N. Soriano	<b>5:04.52</b>	6,00
	50m: 34.86 34.86	150m: 1:51.00 38.50	250m: 3:08.24 38.87	350m: 4:26.23 38.85	
	100m: 1:12.50 37.64	200m: 2:29.37 38.37	300m: 3:47.38 39.14	400m: 5:04.52 38.29	
4.	SANZ GARCÍA, Alejandro	02	C.D. Tizona Burgos	<b>5:33.42</b>	4,00
	50m: 34.77 34.77	150m: 1:55.07 41.12	250m: 3:21.81 43.60	350m: 4:53.03 45.53	
	100m: 1:13.95 39.18	200m: 2:38.21 43.14	300m: 4:07.50 45.69	400m: 5:33.42 40.39	
5.	FERNANDEZ GARCIA, Pedro	03	C.D. Tizona Burgos	<b>5:39.42</b>	2,00
	50m: 35.67 35.67	150m: 2:01.01 43.85	250m: 3:29.60 44.26	350m: 4:57.27 44.36	
	100m: 1:17.16 41.49	200m: 2:45.34 44.33	300m: 4:12.91 43.31	400m: 5:39.42 42.15	

Baja LARA RENUNCIIO, Jorge

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C. Aquatico Aviles Solras

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30+

1.	SACRISTÁN SALAZAR, Victor	93	C.N. Iregua-Villamediana	<b>5:33.16</b>	10,00	337
	50m: 35.63 35.63	150m: 1:57.34 41.67	250m: 3:23.79 43.90	350m: 4:51.89 44.17		
	100m: 1:15.67 40.04	200m: 2:39.89 42.55	300m: 4:07.72 43.93	400m: 5:33.16 41.27		
2.	UCAR SEVILLANO, Guillermo	91	C.D. Tizona Burgos	<b>5:33.30</b>	8,00	337
	50m: 37.41 37.41	150m: 1:59.83 42.02	250m: 3:24.78 42.53	350m: 4:51.04 43.50		
	100m: 1:17.81 40.40	200m: 2:42.25 42.42	300m: 4:07.54 42.76	400m: 5:33.30 42.26		
3.	CANO BAQUERO, Carlos	93	C.D. Tizona Burgos	<b>5:49.13</b>	6,00	293
	50m: 39.52 39.52	150m: 2:03.84 43.07	250m: 3:34.55 45.72	350m: 5:06.39 45.88		
	100m: 1:20.77 41.25	200m: 2:48.83 44.99	300m: 4:20.51 45.96	400m: 5:49.13 42.74		
4.	PRIETO MONEDERO, Victor	92	CD Upstream	<b>5:54.91</b>	4,00	279
	50m: 36.74 36.74	150m: 1:59.71 43.35	250m: 3:33.03 47.24	350m: 5:08.37 47.34		
	100m: 1:16.36 39.62	200m: 2:45.79 46.08	300m: 4:21.03 48.00	400m: 5:54.91 46.54		

35+

1.	FERNÁNDEZ LÓPEZ, Javier	85	CD Upstream	<b>5:09.02</b>	10,00	455
	50m: 34.53 34.53	150m: 1:51.36 38.89	250m: 3:10.99 39.90	350m: 4:31.07 39.79		
	100m: 1:12.47 37.94	200m: 2:31.09 39.73	300m: 3:51.28 40.29	400m: 5:09.02 37.95		

Baja SAN MIGUEL BALBOA, Jose Antonio

85

C.N. Bierzo-Ponferrada

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40+

1.	SERRANO SANZ, Mario	81	C.N Tritón Bierzo	<b>5:10.92</b>	10,00	463
	50m: 35.29 35.29	150m: 1:52.31 38.95	250m: 3:11.65 39.84	350m: 4:31.85 40.27		
	100m: 1:13.36 38.07	200m: 2:31.81 39.50	300m: 3:51.58 39.93	400m: 5:10.92 39.07		



## XI OPEN CYL NATACIÓN MÁSTER INVIERNO LE LEÓN, 20/1/2024

### Prueba 30, Masc., 400m Libre, 40+

Clasificación	AN	Club	Tiempo	Pts
2.	82	C.N. Palencia	<b>5:26.61</b>	8,00 400
		50m: 34.60 34.60 150m: 1:54.78 41.36 250m: 3:19.89 42.83 350m: 4:45.49 42.66		
		100m: 1:13.42 38.82 200m: 2:37.06 42.28 300m: 4:02.83 42.94 400m: 5:26.61 41.12		
3.	83	Club Benavente Natacion	<b>5:45.37</b>	6,00 338
		50m: 38.16 38.16 150m: 2:01.99 42.04 250m: 3:30.95 44.04 350m: 5:01.45 44.89		
		100m: 1:19.95 41.79 200m: 2:46.91 44.92 300m: 4:16.56 45.61 400m: 5:45.37 43.92		

### 45+

1.	77	C.D. Torrelago Wellness	<b>4:49.29</b>	10,00 593
		50m: 32.35 32.35 150m: 1:43.22 35.73 250m: 2:56.88 37.03 350m: 4:12.44 37.84		
		100m: 1:07.49 35.14 200m: 2:19.85 36.63 300m: 3:34.60 37.72 400m: 4:49.29 36.85		
2.	75	C.D Triatlón Lacerta	<b>5:26.44</b>	8,00 412
		50m: 36.74 36.74 150m: 1:57.76 40.94 250m: 3:21.22 42.00 350m: 4:45.27 42.01		
		100m: 1:16.82 40.08 200m: 2:39.22 41.46 300m: 4:03.26 42.04 400m: 5:26.44 41.17		
3.	75	R.G.C. Covadonga	<b>5:29.72</b>	6,00 400
		50m: 36.69 36.69 150m: 1:58.11 41.12 250m: 3:22.80 42.78 350m: 4:48.57 42.81		
		100m: 1:16.99 40.30 200m: 2:40.02 41.91 300m: 4:05.76 42.96 400m: 5:29.72 41.15		
4.	77	CD Upstream	<b>5:32.91</b>	4,00 389
		50m: 35.38 35.38 150m: 1:56.64 41.36 250m: 3:22.74 43.46 350m: 4:50.86 43.73		
		100m: 1:15.28 39.90 200m: 2:39.28 42.64 300m: 4:07.13 44.39 400m: 5:32.91 42.05		
5.	77	C.D.N. Zamora	<b>5:54.85</b>	2,00 321
		50m: 39.21 39.21 150m: 2:06.13 43.90 250m: 3:37.87 46.16 350m: 5:11.28 46.59		
		100m: 1:22.23 43.02 200m: 2:51.71 45.58 300m: 4:24.69 46.82 400m: 5:54.85 43.57		
6.	76	Casino De La Union	<b>6:18.51</b>	1,00 264
		50m: 38.75 38.75 150m: 2:10.10 47.47 250m: 3:48.09 49.23 350m: 5:29.53 51.21		
		100m: 1:22.63 43.88 200m: 2:58.86 48.76 300m: 4:38.32 50.23 400m: 6:18.51 48.98		
7.	79	C.D.N. Zamora	<b>7:09.52</b>	- 181
		50m: 45.99 45.99 150m: 2:29.67 53.49 250m: 4:23.11 57.10 350m: 6:15.89 55.37		
		100m: 1:36.18 50.19 200m: 3:26.01 56.34 300m: 5:20.52 57.41 400m: 7:09.52 53.63		

### 50+

1.	74	CD Upstream	<b>5:19.53</b>	10,00 447
		50m: 34.64 34.64 150m: 1:53.97 40.71 250m: 3:18.13 42.61 350m: 4:39.86 40.43		
		100m: 1:13.26 38.62 200m: 2:35.52 41.55 300m: 3:59.43 41.30 400m: 5:19.53 39.67		
2.	74	CD Upstream	<b>5:48.73</b>	8,00 344
		50m: 39.18 39.18 150m: 2:07.18 44.35 250m: 3:37.63 45.49 350m: 5:08.80 45.15		
		100m: 1:22.83 43.65 200m: 2:52.14 44.96 300m: 4:23.65 46.02 400m: 5:48.73 39.93		
3.	72	C.D.N. Zamora	<b>6:29.70</b>	6,00 246
		50m: 40.48 40.48 150m: 2:16.16 49.81 250m: 3:57.88 51.26 350m: 5:39.91 51.15		
		100m: 1:26.35 45.87 200m: 3:06.62 50.46 300m: 4:48.76 50.88 400m: 6:29.70 49.79		

### 55+

1.	68	00006 - C.N. Cuatro Caminos	<b>4:57.58</b>	10,00 636
		50m: 34.01 34.01 150m: 1:48.05 37.58 250m: 3:04.27 38.02 350m: 4:21.02 38.30		
		100m: 1:10.47 36.46 200m: 2:26.25 38.20 300m: 3:42.72 38.45 400m: 4:57.58 36.56		
2.	69	Club Natacion Master Leon	<b>5:48.64</b>	8,00 396
		50m: 38.05 38.05 150m: 2:03.00 43.46 250m: 3:33.37 45.40 350m: 5:04.70 46.60		
		100m: 1:19.54 41.49 200m: 2:47.97 44.97 300m: 4:19.10 45.73 400m: 5:48.64 43.94		
3.	65	C.N. Casa De Asturias	<b>6:09.31</b>	6,00 333
		50m: 41.36 41.36 150m: 2:13.52 46.60 250m: 3:47.63 47.24 350m: 5:23.14 47.77		
		100m: 1:26.92 45.56 200m: 3:00.39 46.87 300m: 4:35.37 47.74 400m: 6:09.31 46.17		
4.	69	Club Natacion Mungia	<b>6:14.40</b>	4,00 319
		50m: 41.02 41.02 150m: 2:11.81 46.44 250m: 3:48.41 48.94 350m: 5:26.78 49.16		
		100m: 1:25.37 44.35 200m: 2:59.47 47.66 300m: 4:37.62 49.21 400m: 6:14.40 47.62		
5.	66	C.D. Tizona Burgos	<b>6:24.51</b>	2,00 295
		50m: 42.44 42.44 150m: 2:17.38 48.61 250m: 3:56.48 49.52 350m: 5:36.85 50.03		
		100m: 1:28.77 46.33 200m: 3:06.96 49.58 300m: 4:46.82 50.34 400m: 6:24.51 47.66		



XI OPEN CYL NATACIÓN MÁSTER INVIERNO LE  
LEÓN, 20/1/2024

Prueba 30, Masc., 400m Libre

65+

1.	ASENJO SANTAMARIA, Jose Luis				58	CD Upstream				<b>6:11.05</b>	10,00	376
	50m:	42.08	42.08	150m:	2:15.72	47.48	250m:	3:51.43	47.74	350m:	5:26.37	47.68
	100m:	1:28.24	46.16	200m:	3:03.69	47.97	300m:	4:38.69	47.26	400m:	6:11.05	44.68
2.	CARRANZA RODRIGUEZ, Luis Guillermo				57	C.D. Tizona Burgos				<b>6:39.51</b>	8,00	301
	50m:	43.34	43.34	150m:	2:22.05	50.65	250m:	4:04.55	51.25	350m:	5:49.57	52.91
	100m:	1:31.40	48.06	200m:	3:13.30	51.25	300m:	4:56.66	52.11	400m:	6:39.51	49.94