



X Open Castilla y León Natación Máster Verano Valladolid  
Valladolid, 2/6/2024

Prueba 113  
02/06/2024 - 11:05

Masc., 400m Libre

20 - 94 años  
Resultados

RM 75+	12:16.42	, JOSE JUAN QUINTANA PRIETO	FUERTEVENTURA	08/06/2013
RM 70+	7:49.58	, DOMINGO JIMENO IBAÑEZ	VALLADOLID	12/05/2018
RM 65+	6:45.17	, LUIS GUILLERMO CARRANZA RODRIG	Mataró	23/04/2022
RM 60+	6:03.45	, JOSE LUIS ASENJO SANTAMARIA	VALLADOLID	12/05/2018
RM 55+	5:09.90	, ENRIQUE SANCHEZ APARICIO	Oviedo	24/03/2024
RM 50+	5:03.10	, MAXIMO CARBAJO RUEDA	MADRID	26/06/2016
RM 45+	4:55.22	, ESAU GONZALEZ MAESO	VALLADOLID	04/06/2023
RM 40+	4:45.24	, PEDRO FERNANDEZ CARPINTERO	TARRAGONA	11/07/2019
RM 35+	4:45.44	, GUILLERMO SANCHEZ MAESTRO	OVIEDO	27/03/2010
RM 30+	4:53.82	, DAVID GARZON GONZALEZ	VALLADOLID	04/06/2023
RM 25+	4:26.15	, SERGIO MARTIN SALCEDO	Doha (QAT)	28/02/2024
RM 20+	4:50.25	, ALVARO DE FRUTOS DE PABLOS	VALLADOLID	13/05/2017

Puntos: FINA Master 2024

Clasificación	AN		Tiempo		Pts
<b>20+</b>					
1. GONZALEZ ALONSO, Julian	01	C.N. Leon	<b>4:42.98</b>	617	RM
50m: 31.66 31.66	150m: 1:43.67 36.44	250m: 31.66 36.00	350m: 4:42.98		
100m: 1:07.23 35.57	200m: 2:20.43 36.76	300m: 31.66 36.00	400m: 4:42.98		
2. LARA RENUNCIÓ, Jorge	00	C. Aquatico Aviles Solras	<b>4:45.64</b>	600	
50m: 30.79 30.79	150m: 1:41.50 36.00	250m: 2:55.87 37.20	350m: 4:10.98 37.69		
100m: 1:05.50 34.71	200m: 2:18.67 37.17	300m: 3:33.29 37.42	400m: 4:45.64 34.66		
3. GONZALEZ ALONSO, Mario	01	C.N. Leon	<b>4:49.93</b>	574	
50m: 30.37 30.37	150m: 1:42.52 37.12	250m: 2:59.36 38.46	350m: 4:15.73 37.71		
100m: 1:05.40 35.03	200m: 2:20.90 38.38	300m: 3:38.02 38.66	400m: 4:49.93 34.20		
4. ANTOÑANZAS BARCO, Ismael	00	Club Natación Rivalia	<b>6:05.70</b>	286	
50m: 38.92 38.92	150m: 2:07.16 45.53	250m: 3:42.10 48.02	350m: 5:18.15		
100m: 1:21.63 42.71	200m: 2:54.08 46.92	300m: 3:42.10 48.02	400m: 6:05.70 47.55		
<b>25+</b>					
1. PEREZ HERRERO, Jorge	99	C.N. Leon	<b>5:45.82</b>	338	
50m: 37.30 37.30	150m: 2:04.30 44.15	250m: 3:33.39 44.19	350m: 5:02.77 44.57		
100m: 1:20.15 42.85	200m: 2:49.20 44.90	300m: 4:18.20 44.81	400m: 5:45.82 43.05		
Baja ROSALES GONZÁLEZ, Carlos	95	Club Natacion Master Leon			
<b>30+</b>					
1. GARZON GONZALEZ, David	91	CD Upstream	<b>4:45.74</b>	578	RM
50m: 30.38 30.38	150m: 1:41.65 36.56	250m: 2:56.28 37.71	350m: 4:11.13 37.34		
100m: 1:05.09 34.71	200m: 2:18.57 36.92	300m: 3:33.79 37.51	400m: 4:45.74 34.61		
2. UCAR SEVILLANO, Guillermo	91	C.D. Tizona Burgos	<b>5:39.49</b>	345	
50m: 36.47 36.47	150m: 1:58.77 42.14	250m: 3:27.45 44.78	350m: 4:56.74		
100m: 1:16.63 40.16	200m: 2:42.67 43.90	300m: 3:30.00 42.75	400m: 5:39.49 42.75		
3. CANO BAQUERO, Carlos	93	C.D. Tizona Burgos	<b>5:54.58</b>	302	
50m: 38.40 38.40	150m: 2:06.58 44.84	250m: 3:38.61 45.79	350m: 5:11.33		
100m: 1:21.74 43.34	200m: 2:52.82 46.24	300m: 3:30.00 43.25	400m: 5:54.58 43.25		
4. GONZALEZ ALVAREZ, Jesus	93	C.N Tritón Bierzo	<b>6:10.65</b>	265	
50m: 36.52 36.52	150m: 2:05.49 47.07	250m: 3:30.00 46.28	350m: 5:24.37 49.89		
100m: 1:18.42 41.90	200m: 2:50.00 43.48	300m: 3:30.00 46.28	400m: 6:10.65 46.28		
5. FRAILE MUÑOZ, Pedro	93	C.D.N. Zamora	<b>6:12.52</b>	261	
50m: 41.49 41.49	150m: 2:12.98 46.33	250m: 3:30.00 49.02	350m: 5:26.29 49.02		
100m: 1:26.65 45.16	200m: 3:00.00 43.27	300m: 3:30.00 46.23	400m: 6:12.52 46.23		
<b>35+</b>					
1. SUAREZ MENDEZ, Alejandro	87	C.D. Jerez Natacion Master	<b>5:17.04</b>	466	
50m: 36.47 36.47	150m: 1:54.76 40.73	250m: 3:16.65 40.78	350m: 4:38.80 40.91		
100m: 1:14.03 37.56	200m: 2:35.87 41.11	300m: 3:57.89 41.24	400m: 5:17.04 38.24		



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Prueba 113, Masc., 400m Libre, 35+

Clasificación	AN	Club	Tiempo	Pts
2. GAMARRA OLMEDO, Jorge	85	CD Upstream	<b>5:28.29</b>	420
50m: 1:15.28	150m: 1:56.77	41.49	250m: 3:21.56	42.40
100m: 1:15.28	200m: 2:39.24	42.47	300m: 4:04.39	41.50
3. FERNÁNDEZ LÓPEZ, Javier	85	CD Upstream	<b>5:30.08</b>	413
50m: 1:17.28	150m: 1:59.14	41.86	250m: 3:24.69	42.45
100m: 1:17.28	200m: 2:41.75	42.61	300m: 4:07.94	39.69
Baja CABALLERO MARTÍNEZ, Rubén	89	Club Natacion Master Leon		

40+

1. SERRANO SANZ, Rubén	80	C.N Tritón Bierzo	<b>4:47.28</b>	633
50m: 1:08.63	150m: 1:44.91	36.28	250m: 2:58.37	36.79
100m: 1:08.63	200m: 2:21.70	36.79	300m: 3:35.41	35.08
2. FRAILE SEIJAS, Miguel Angel	81	C.N. Santurtzi	<b>5:10.24</b>	503
50m: 1:13.03	150m: 1:52.09	39.06	250m: 3:11.74	39.74
100m: 1:13.03	200m: 2:31.54	39.45	300m: 3:51.68	38.82
3. PELLEJERO ANTOLIN, Jose Javier	82	C.N. Palencia	<b>5:37.78</b>	389
50m: 35.13	150m: 1:57.51	42.34	250m: 3:26.37	44.75
100m: 1:15.17	200m: 2:41.62	44.11	300m: 3:26.37	42.39
4. PEREZ MARCOS, Manuel	84	C.N. Leon	<b>6:04.91</b>	309
50m: 40.29	150m: 2:11.90	47.13	250m: 3:46.34	46.71
100m: 1:24.77	200m: 2:59.35	47.45	300m: 4:33.69	44.51

45+

1. AGUILAR CARRETERO, David	75	Club Natacion Master Leon	<b>5:37.71</b>	410
50m: 37.25	150m: 2:02.28	43.40	250m: 3:30.41	44.35
100m: 1:18.88	200m: 2:46.06	43.78	300m: 3:30.41	40.15
2. HERRÁN DE LA MAZA, Pablo	77	CD Upstream	<b>5:57.72</b>	345
50m: 36.57	150m: 2:03.45	45.14	250m: 3:37.24	47.32
100m: 1:18.31	200m: 2:49.92	46.47	300m: 3:37.24	45.85
3. TIJERO VALLEJO, César	77	C.N. Palencia	<b>6:03.46</b>	329
50m: 39.31	150m: 2:09.47	46.08	250m: 3:43.97	47.13
100m: 1:23.39	200m: 2:56.44	46.97	300m: 4:32.36	43.97
4. SEGURADO HERNÁNDEZ, Rodrigo	79	C.D.N. Zamora	<b>7:00.73</b>	212
50m: 43.03	150m: 2:22.67	51.10	250m: 3:59.05	56.41
100m: 1:31.57	200m: 2:22.67	51.10	300m: 5:09.05	55.27

50+

1. MERINO GONZÁLEZ, Raúl	74	CD Upstream	<b>5:22.89</b>	497
50m: 35.48	150m: 1:56.31	41.24	250m: 3:18.80	41.11
100m: 1:15.07	200m: 2:37.69	41.38	300m: 3:18.80	41.25

55+

1. SANCHEZ APARICIO, Enrique	68	Club Natacion Master Leon	<b>5:02.66</b>	652	RM
50m: 1:12.30	150m: 1:51.07	38.77	250m: 3:09.05	38.57	38.22
100m: 1:12.30	200m: 2:30.48	39.41	300m: 3:48.19	39.14	36.25
2. GALLEGO VICARIO, Roberto	69	Club Natacion Master Leon	<b>5:54.13</b>	407	
50m: 41.14	150m: 2:12.49	45.58	250m: 3:43.71	45.26	5:13.11
100m: 1:26.91	200m: 2:58.45	45.96	300m: 3:43.71	45.26	5:54.13

60+

1. MARTIN-ANERO AVEDILLO, Norberto	63	C.D.N. Zamora	<b>6:20.31</b>	358
50m: 42.09	150m: 2:15.75	47.88	250m: 3:44.59	49.79
100m: 1:27.87	200m: 2:15.75	47.88	300m: 4:44.59	45.93

Baja AMADOR HERNANDEZ-SITO, Jaime 62 01566 - C.D.E. Natación Chi Boi



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65+

1.	CARRANZA RODRIGUEZ, Luis Guillermo	57	C.D. Tizona Burgos	<b>7:03.69</b>	281
	50m: 44.98 44.98 150m: 2:29.07	53.11	250m: 5:13.09	350m: 6:08.98	55.89
	100m: 1:35.96 50.98 200m:		300m:	400m: 7:03.69	54.71
Baja	ASENJO SANTAMARIA, Jose Luis	58	CD Upstream		