



XXIX COPA DE CLUBES DE NATACIÓN SEGUNDA DIVISIÓN RFEN VA  
VALLADOLID, 2 - 3/12/2023

Prueba 44  
03/12/2023 - 18:22

Masc., 400m Libre

Abs.  
Resultados

RCYL	3:49.70	, ALONSO TELLEZ JOSE ANTONIO	CASTELLON	26/11/2009
MMT 18	3:57.97	, MARIO ARIAS DIEZ	Maliño	04/02/2023
MMT 17	3:54.67	, RIVERA MIRANDA MARCO	PALMA DE MALLORCA	23/12/2000
MMT 16	3:58.65	, DIEGO DE LA FUENTE ALONSO	Sabadell	17/12/2022
MMT 15	4:08.05	, DEL CAMPO DE LA CRUZ DAVID	VALLADOLID	22/04/1988
MMT 14	4:12.32	, DIEGO DE LA FUENTE ALONSO	VALLADOLID	05/12/2020
MMT 13	4:29.98	, TIERNO RECIO MARCOS	MADRID	10/12/2011

Puntos: FINA 2023

Clasificación	AN				Tiempo				Pts																			
1. DE LA FUENTE ALONSO, Diego	06	C.D. Torrelago Wellness	<b>4:08.06</b>	626	50m:	27.77	27.77	150m:	1:29.73	31.20	250m:	2:32.81	31.52	350m:	3:36.62	32.00	100m:	58.53	30.76	200m:	2:01.29	31.56	300m:	3:04.62	31.81	400m:	4:08.06	31.44
2. GALAN LOPEZ, Juan Antonio	08	C.N. Merida	<b>4:11.42</b>	601	50m:	28.03	28.03	150m:	1:29.89	31.50	250m:	2:34.36	32.55	350m:	3:39.59	32.59	100m:	58.39	30.36	200m:	2:01.81	31.92	300m:	3:07.00	32.64	400m:	4:11.42	31.83
3. PEREZ LEGIDO, Alejandro	07	C.D. Torrelago Wellness	<b>4:18.23</b>	555	50m:	29.08	29.08	150m:	1:33.25	32.48	250m:	2:39.49	33.11	350m:	3:45.39	32.90	100m:	1:00.77	31.69	200m:	2:06.38	33.13	300m:	3:12.49	33.00	400m:	4:18.23	32.84
4. LOBAN JIMENEZ, Hector	07	C.N. Castilla-Burgos	<b>4:22.47</b>	528	50m:	29.04	29.04	150m:	1:33.49	32.74	250m:	2:40.55	33.50	350m:	3:49.32	34.02	100m:	1:00.75	31.71	200m:	2:07.05	33.56	300m:	3:15.30	34.75	400m:	4:22.47	33.15
5. ALONSO DE LA CRUZ, Ivan	04	C.N. Parquesol	<b>4:25.68</b>	509	50m:	29.11	29.11	150m:	1:33.33	32.51	250m:	2:40.69	33.90	350m:	3:51.00	35.77	100m:	1:00.82	31.71	200m:	2:06.79	33.46	300m:	3:15.23	34.54	400m:	4:25.68	34.68
6. LÓPEZ MARTÍN, Alejandro	09	C.D.N. Zamora	<b>4:28.19</b>	495	50m:	30.37	30.37	150m:	1:36.83	33.80	250m:	2:45.79	34.52	350m:	3:54.15	34.17	100m:	1:03.03	32.66	200m:	2:11.27	34.44	300m:	3:19.98	34.19	400m:	4:28.19	34.04
7. PICADO GOMEZ, Sergio	06	C.Acuatico Salamanca	<b>4:29.79</b>	486	50m:	30.82	30.82	150m:	1:38.24	33.83	250m:	2:46.76	34.06	350m:	3:56.11	35.05	100m:	1:04.41	33.59	200m:	2:12.70	34.46	300m:	3:21.06	34.30	400m:	4:29.79	33.68
8. GALÁN VELA, Jorge	08	C.D.N. Zamora	<b>4:31.50</b>	477	50m:	30.22	30.22	150m:	1:38.33	34.73	250m:	2:48.63	35.37	350m:	3:58.82	34.48	100m:	1:03.60	33.38	200m:	2:13.26	34.93	300m:	3:24.34	35.71	400m:	4:31.50	32.68
9. LARA FONTECHA, Nuño	09	C.N. Castilla-Burgos	<b>4:33.19</b>	468	50m:	29.84	29.84	150m:	1:37.40	33.84	250m:	2:46.65	34.72	350m:	3:57.03	35.66	100m:	1:03.56	33.72	200m:	2:11.93	34.53	300m:	3:21.37	34.72	400m:	4:33.19	36.16
10. MARTINEZ MELENDEZ, Enrique	02	C.N. Parquesol	<b>4:33.68</b>	466	50m:	30.16	30.16	150m:	1:37.53	34.13	250m:	2:46.18	34.17	350m:	3:56.22	35.21	100m:	1:03.40	33.24	200m:	2:12.01	34.48	300m:	3:21.01	34.83	400m:	4:33.68	37.46
11. MIRANDA JIMENEZ, Alberto	07	C.N. Merida	<b>4:33.73</b>	466	50m:	31.01	31.01	150m:	1:39.42	34.59	250m:	2:49.49	35.07	350m:	3:59.85	34.84	100m:	1:04.83	33.82	200m:	2:14.42	35.00	300m:	3:25.01	35.52	400m:	4:33.73	33.88
12. FERNANDEZ FERNANDEZ, Enrique	99	CD Acuatico Leon	<b>4:33.95</b>	465	50m:	29.81	29.81	150m:	1:37.35	34.33	250m:	2:48.00	35.45	350m:	4:00.43	36.14	100m:	1:03.02	33.21	200m:	2:12.55	35.20	300m:	3:24.29	36.29	400m:	4:33.95	33.52
13. GARCIA RODRIGUEZ, Alberto	85	CD Acuatico Leon	<b>4:34.09</b>	464	50m:	31.35	31.35	150m:	1:40.08	34.79	250m:	2:49.60	34.86	350m:	3:59.65	34.89	100m:	1:05.29	33.94	200m:	2:14.74	34.66	300m:	3:24.76	35.16	400m:	4:34.09	34.44
14. GIMENO PINEDO, Jorge	01	C.N. Palencia	<b>4:35.86</b>	455	50m:	30.40	30.40	150m:	1:38.79	34.79	250m:	2:49.10	35.35	350m:	3:59.52	35.01	100m:	1:04.00	33.60	200m:	2:13.75	34.96	300m:	3:24.51	35.41	400m:	4:35.86	36.34
15. MARTIN SANTAMARIA, Eloy	07	C.N. Palencia	<b>4:43.19</b>	421	50m:	31.34	31.34	150m:	1:41.61	35.54	250m:	2:54.77	36.63	350m:	4:07.84	36.43	100m:	1:06.07	34.73	200m:	2:18.14	36.53	300m:	3:31.41	36.64	400m:	4:43.19	35.35
16. MONJE MENCIA, David	06	C.N. Leon	<b>4:58.39</b>	359	50m:	32.93	32.93	150m:	1:47.05	37.29	250m:	3:03.45	38.16	350m:	4:21.48	39.22	100m:	1:09.76	36.83	200m:	2:25.29	38.24	300m:	3:42.26	38.81	400m:	4:58.39	36.91
17. BERMÚDEZ BACHILLER, Daniel	08	El Perú Cáceres Wellness	<b>4:58.57</b>	359	50m:	32.94	32.94	150m:	1:47.11	37.45	250m:	3:03.96	38.45	350m:	4:21.52	38.99	100m:	1:09.66	36.72	200m:	2:25.51	38.40	300m:	3:42.53	38.57	400m:	4:58.57	37.05



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Clasificación					AN					Tiempo	Pts	
18.	CABALLERO BARAHONA, Guillermo				06	C.Acuatico Salamanca				<b>5:00.16</b>	353	
	50m:	32.68	32.68	150m:	1:45.32	37.26	250m:	3:02.94	39.17	350m:	4:21.71	38.81
	100m:	1:08.06	35.38	200m:	2:23.77	38.45	300m:	3:42.90	39.96	400m:	5:00.16	38.45
19.	RODRIGUEZ BLANCO, David				10	Club Natacion Master Leon				<b>5:01.12</b>	350	
	50m:	33.08	33.08	150m:	1:47.00	37.42	250m:	3:04.51	38.91	350m:	4:22.37	38.55
	100m:	1:09.58	36.50	200m:	2:25.60	38.60	300m:	3:43.82	39.31	400m:	5:01.12	38.75
20.	RUBIO MARTINEZ, Adrian				05	C.N. Soriano				<b>5:01.44</b>	349	
	50m:	32.85	32.85	150m:	1:46.61	37.80	250m:	3:04.05	38.81	350m:	4:22.68	39.74
	100m:	1:08.81	35.96	200m:	2:25.24	38.63	300m:	3:42.94	38.89	400m:	5:01.44	38.76
21.	MOREJUDO GONZALEZ, Daniel				08	C.N. Ciudad De Avila				<b>5:10.13</b>	320	
	50m:	33.82	33.82	150m:	1:52.34	40.43	250m:	3:11.60	39.29	350m:	4:32.49	40.20
	100m:	1:11.91	38.09	200m:	2:32.31	39.97	300m:	3:52.29	40.69	400m:	5:10.13	37.64
22.	PERAL GRIS, Marcos				07	C.D Triatlón Lacerta				<b>5:13.39</b>	310	
	50m:	34.33	34.33	150m:	1:53.74	40.70	250m:	3:13.82	38.93	350m:	4:34.51	39.33
	100m:	1:13.04	38.71	200m:	2:34.89	41.15	300m:	3:55.18	41.36	400m:	5:13.39	38.88
23.	CARRERAS JERONIMO, Rodrigo				08	C.D Triatlón Lacerta				<b>5:18.71</b>	295	
	50m:	34.45	34.45	150m:	1:53.63	40.43	250m:	3:14.83	40.05	350m:	4:38.70	42.48
	100m:	1:13.20	38.75	200m:	2:34.78	41.15	300m:	3:56.22	41.39	400m:	5:18.71	40.01
24.	GARCIA DEL POZO, Enrique				01	C.N. Ciudad De Avila				<b>5:21.79</b>	286	
	50m:	33.95	33.95	150m:	1:51.58	40.41	250m:	3:16.49	43.06	350m:	4:43.84	44.06
	100m:	1:11.17	37.22	200m:	2:33.43	41.85	300m:	3:59.78	43.29	400m:	5:21.79	37.95
25.	BELLO COCA, Diego				10	C.N. Bierzo-Ponferrada				<b>5:25.81</b>	276	
	50m:	35.15	35.15	150m:	1:56.26	41.61	250m:	3:20.55	42.65	350m:	4:46.11	43.01
	100m:	1:14.65	39.50	200m:	2:37.90	41.64	300m:	4:03.10	42.55	400m:	5:25.81	39.70
26.	AKHABAZ AOUCHAH, Adam				09	C.N. Riavall				<b>5:38.80</b>	245	
	50m:	37.72	37.72	150m:	2:02.41	43.34	250m:	3:29.73	43.82	350m:	4:56.56	43.46
	100m:	1:19.07	41.35	200m:	2:45.91	43.50	300m:	4:13.10	43.37	400m:	5:38.80	42.24
27.	RODRIGUEZ MARTINEZ, Oscar				08	C.N. Leon				<b>5:43.01</b>	236	
	50m:	34.67	34.67	150m:	1:58.49	43.18	250m:	3:28.15	45.29	350m:	4:58.46	44.90
	100m:	1:15.31	40.64	200m:	2:42.86	44.37	300m:	4:13.56	45.41	400m:	5:43.01	44.55
Baja	MANIAS SANTIAGO, Mateo				09	C.D.N. San Jose Obrero						