



**XII OPEN CASTILLA Y LEÓN NATACIÓN MÁSTER INVIERNO VALLADOLID**  
VALLADOLID, 11/1/2025

Prueba 28  
11/01/2025 - 18:01

Masc., 400m Libre

20 años y mayores  
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+	5:02.66	, ENRIQUE SANCHEZ APARICIO	Valladolid	02/06/2024
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+	4:45.74	, DAVID GARZON GONZALEZ	Valladolid	02/06/2024
RM 25+	4:26.15	, SERGIO MARTIN SALCEDO	Doha (QAT)	28/02/2024
RM 20+	4:42.98	, JULIAN GONZALEZ ALONSO	Valladolid	02/06/2024

Puntos: AQUA Master 2024

Clasificación	AN								Tiempo	Pts			
<b>25+</b>													
1. MARTINEZ RUIZ, Adria	96								01571 - C.D.E. Mako		<b>6:08.53</b>	10,00	279
50m:	39.47	39.47	150m:	2:09.53	46.00	250m:	3:45.21	47.99	350m:	5:22.06	48.22		
100m:	1:23.53	44.06	200m:	2:57.22	47.69	300m:	4:33.84	48.63	400m:	6:08.53	46.47		
<b>30+</b>													
1. GONZALEZ ALVAREZ, Jesus	93								C.N Tritón Bierzo		<b>6:08.34</b>	10,00	270
50m:	40.65	40.65	150m:	2:09.77	45.28	250m:	3:44.58	47.73	350m:	5:22.57	49.02		
100m:	1:24.49	43.84	200m:	2:56.85	47.08	300m:	4:33.55	48.97	400m:	6:08.34	45.77		
<b>35+</b>													
1. HERRAEZ RODRIGUEZ, Carlos	87								C.D.N. Zamora		<b>4:58.42</b>	10,00	559
50m:	32.97	32.97	150m:	1:48.76	38.69	250m:	3:06.31	38.86	350m:	4:23.57	38.73		
100m:	1:10.07	37.10	200m:	2:27.45	38.69	300m:	3:44.84	38.53	400m:	4:58.42	34.85		
<b>40+</b>													
1. GARCIA RODRIGUEZ, Alberto	85								Natacion Sevilla Master, C.D.		<b>4:46.53</b>	10,00	638
50m:	31.90	31.90	150m:	1:43.91	36.61	250m:	2:57.22	36.67	350m:	4:11.03	36.68		
100m:	1:07.30	35.40	200m:	2:20.55	36.64	300m:	3:34.35	37.13	400m:	4:46.53	35.50		
2. FERNANDEZ PEREZ, Victor	85								C.D. Tizona Burgos		<b>5:45.25</b>	8,00	365
50m:	35.63	35.63	150m:	1:59.10	43.00	250m:	3:29.90	45.74	350m:	5:02.34	46.45		
100m:	1:16.10	40.47	200m:	2:44.16	45.06	300m:	4:15.89	45.99	400m:	5:45.25	42.91		
3. GARCIA GARCIA, Hugo	82								C.N. Leon		<b>6:48.52</b>	6,00	220
50m:	43.03	43.03	150m:	2:22.15	51.28	250m:	4:09.78	54.36	350m:	5:57.74	54.02		
100m:	1:30.87	47.84	200m:	3:15.42	53.27	300m:	5:03.72	53.94	400m:	6:48.52	50.78		
Baja PEREZ MARCOS, Manuel	84								C.N. Leon				
<b>45+</b>													
1. GONZALEZ MAESO, Esau	77								C.D. Torrelago Wellness		<b>4:58.31</b>	10,00	596
50m:	34.41	34.41	150m:	1:50.07	38.02	250m:	3:06.26	37.85	350m:	4:22.26	37.76		
100m:	1:12.05	37.64	200m:	2:28.41	38.34	300m:	3:44.50	38.24	400m:	4:58.31	36.05		
2. GIL MANSO, Luis	77								C.D.N. Zamora		<b>5:49.58</b>	8,00	370
50m:	38.90	38.90	150m:	2:06.79	44.23	250m:	3:37.13	44.98	350m:	5:07.15	44.64		
100m:	1:22.56	43.66	200m:	2:52.15	45.36	300m:	4:22.51	45.38	400m:	5:49.58	42.43		
3. TIJERO VALLEJO, César	77								C.N. Palencia		<b>6:22.37</b>	6,00	283
50m:	39.23	39.23	150m:	2:12.34	47.21	250m:	3:52.54	50.63	350m:	5:33.51	49.81		
100m:	1:25.13	45.90	200m:	3:01.91	49.57	300m:	4:43.70	51.16	400m:	6:22.37	48.86		
4. GONZALO GARCIA, Enrique	76								Casino De La Union		<b>6:31.65</b>	4,00	263
50m:	41.07	41.07	150m:	2:17.59	49.80	250m:	3:59.55	50.69	350m:	5:42.48	52.00		
100m:	1:27.79	46.72	200m:	3:08.86	51.27	300m:	4:50.48	50.93	400m:	6:31.65	49.17		



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**50+**

1.	MERINO GONZÁLEZ, Raúl	74	CD Upstream	<b>5:36.55</b>	10,00	439
	50m: 36.93 36.93 150m: 2:00.53 42.54 250m: 3:26.80 42.72 350m: 4:53.55 42.64					
	100m: 1:17.99 41.06 200m: 2:44.08 43.55 300m: 4:10.91 44.11 400m: 5:36.55 43.00					
2.	AGUILAR CARRETERO, David	75	Club Natacion Master Leon	<b>5:45.41</b>	8,00	406
	50m: 37.41 37.41 150m: 2:05.66 44.85 250m: 3:36.33 45.19 350m: 5:04.50 43.74					
	100m: 1:20.81 43.40 200m: 2:51.14 45.48 300m: 4:20.76 44.43 400m: 5:45.41 40.91					
3.	GÓMEZ PÉREZ, Francisco Javier	72	R.G.C. Covadonga	<b>5:45.69</b>	6,00	405
	50m: 39.96 39.96 150m: 2:06.63 44.01 250m: 3:35.14 44.53 350m: 5:02.96 43.60					
	100m: 1:22.62 42.66 200m: 2:50.61 43.98 300m: 4:19.36 44.22 400m: 5:45.69 42.73					
4.	DOMINGO ALONSO, Alvaro	74	CD Upstream	<b>5:51.91</b>	4,00	384
	50m: 39.12 39.12 150m: 2:08.80 45.87 250m: 3:41.02 46.53 350m: 5:12.63 45.74					
	100m: 1:22.93 43.81 200m: 2:54.49 45.69 300m: 4:26.89 45.87 400m: 5:51.91 39.28					
5.	CENTENO FERNANDEZ, Jose Angel	72	C.D.N. Zamora	<b>6:35.49</b>	2,00	270
	50m: 42.05 42.05 150m: 2:18.79 49.57 250m: 4:01.98 51.69 350m: 5:46.96 52.23					
	100m: 1:29.22 47.17 200m: 3:10.29 51.50 300m: 4:54.73 52.75 400m: 6:35.49 48.53					

**55+**

1.	SANCHEZ APARICIO, Enrique	68	Club Natacion Master Leon	<b>5:06.51</b>	10,00	628
	50m: 35.12 35.12 150m: 1:53.62 39.41 250m: 3:12.31 38.53 350m: 4:29.63 38.19					
	100m: 1:14.21 39.09 200m: 2:33.78 40.16 300m: 3:51.44 39.13 400m: 5:06.51 36.88					
2.	ALVAREZ GARCIA, Fernando	67	00171 - C. Tennis Chamartin	<b>5:55.42</b>	8,00	402
	50m: 41.39 41.39 150m: 2:13.26 46.54 250m: 3:42.60 44.42 350m: 5:11.65 44.03					
	100m: 1:26.72 45.33 200m: 2:58.18 44.92 300m: 4:27.62 45.02 400m: 5:55.42 43.77					
3.	LARRUCEA CASTAÑEDA, Ramon Angel	69	C.N. Santurtzi	<b>6:18.65</b>	6,00	333
	50m: 41.48 41.48 150m: 2:15.98 47.44 250m: 3:53.74 48.50 350m: 5:31.42 47.87					
	100m: 1:28.54 47.06 200m: 3:05.24 49.26 300m: 4:43.55 49.81 400m: 6:18.65 47.23					
4.	SOLA CASAS, Marcel	67	C.D. Tizona Burgos	<b>6:52.09</b>	4,00	258
	50m: 46.25 46.25 150m: 2:28.75 51.38 250m: 4:10.16 51.38 350m: 6:03.50 53.34					
	100m: 1:37.37 51.12 200m: 3:21.54 52.79 300m: 4:54.16 51.16 400m: 6:52.09 48.59					

**60+**

1.	UTRERA SÁNCHEZ, Francisco Javier	65	00171 - C. Tennis Chamartin	<b>6:17.51</b>	10,00	366
	50m: 41.26 41.26 150m: 2:16.93 48.87 250m: 3:54.88 49.11 350m: 5:34.18 49.09					
	100m: 1:28.06 46.80 200m: 3:05.77 48.84 300m: 4:45.09 50.21 400m: 6:17.51 43.33					

**65+**

1.	ASENJO SANTAMARIA, Jose Luis	58	CD Upstream	<b>6:23.92</b>	10,00	378
	50m: 42.87 42.87 150m: 2:19.84 49.27 250m: 4:00.13 50.00 350m: 5:39.01 49.11					
	100m: 1:30.57 47.70 200m: 3:10.13 50.29 300m: 4:49.90 49.77 400m: 6:23.92 44.91					
2.	CARRANZA RODRIGUEZ, Luis Guillermo	57	C.D. Tizona Burgos	<b>6:51.97</b>	8,00	306
	50m: 44.32 44.32 150m: 2:26.30 51.57 250m: 4:12.71 53.08 350m: 6:00.63 54.29					
	100m: 1:34.73 50.41 200m: 3:19.63 53.33 300m: 5:06.34 53.63 400m: 6:51.97 51.34					
3.	FERNANDEZ NAVARRO, Juan Jose	59	01571 - C.D.E. Mako	<b>7:08.25</b>	6,00	272
	50m: 49.15 49.15 150m: 2:38.52 54.78 250m: 4:27.89 54.57 350m: 6:16.67 54.33					
	100m: 1:43.74 54.59 200m: 3:33.32 54.80 300m: 5:22.34 54.45 400m: 7:08.25 51.58					

**70+**

1.	FERNANDEZ RODRIGUEZ, Rafael	54	00006 - C.N. Cuatro Caminos	<b>5:46.61</b>	10,00	634
	50m: 38.11 38.11 150m: 2:04.87 44.17 250m: 3:35.21 45.16 350m: 5:04.94 44.44					
	100m: 1:20.70 42.59 200m: 2:50.05 45.18 300m: 4:20.50 45.29 400m: 5:46.61 41.67					