



CTO CyL Abso. Open IV Trofeo Ciudad de Valladolid Open N. Inclusiva  
Valladolid, 18 - 19/4/2026

Prueba 21  
19/04/2026 - 10:12

Masc., 400m Libre

Abs.  
Resultados Prelim

RA	3:56.59	JOSE ANTONIO ALONSO, TELLEZ	PALMA DE MALLORCA	06/04/2008
MMA 18	4:01.74	FABIO MARTIN, ROJO	LAS PALMAS DE G.C.	06/08/2021
MMA 17	4:00.67	MARCO RIVERA, MIRANDA	BARCELONA	04/08/2000
MMA 16	4:05.96	DIEGO DE LA FUENTE, ALONSO	LOGROÑO	28/07/2022
MMA 15	4:12.23	MARCOS TIERNO, RECIO	PALMA MALLORCA	02/03/2013
MMA 14	4:21.60	ALVAR CELA, CABAÑAS	Madrid	16/07/2023

Puntos: AQUA 2025

Clasificación	AN				Tempo	Pts
<b>Absoluto Masculino</b>						
1.	GUEVARA RODRIGUEZ, Ignacio	07	C.N. Mirasierra	<b>4:16.01</b>	635	
	50m: 28.56 28.56	150m: 1:31.88 31.96	250m: 2:37.02 32.32	350m: 3:43.38 33.10		
	100m: 59.92 31.36	200m: 2:04.70 32.82	300m: 3:10.28 33.26	400m: 4:16.01 32.63		
2.	LARA FONTECHA, Nuño	09	C.N. Castilla-Burgos	<b>4:19.40</b>	610	
	50m: 29.37 29.37	150m: 1:34.33 32.73	250m: 2:40.25 32.82	350m: 3:46.62 33.13		
	100m: 1:01.60 32.23	200m: 2:07.43 33.10	300m: 3:13.49 33.24	400m: 4:19.40 32.78		
3.	WEI ALBA, Pablo	09	FDNA	<b>4:25.48</b>	569	
	50m: 29.02 29.02	150m: 1:32.77 32.42	250m: 2:40.75 34.13	350m: 3:51.04 35.15		
	100m: 1:00.35 31.33	200m: 2:06.62 33.85	300m: 3:15.89 35.14	400m: 4:25.48 34.44		
4.	VALLE DOMINGUEZ, Pablo	08	FDNA	<b>4:27.39</b>	557	
	50m: 29.29 29.29	150m: 1:34.63 33.01	250m: 2:43.34 34.35	350m: 3:53.16 34.92		
	100m: 1:01.62 32.33	200m: 2:08.99 34.36	300m: 3:18.24 34.90	400m: 4:27.39 34.23		
5.	RUBIO LUBIAN, Nacho	08	FDNA	<b>4:27.79</b>	555	
	50m: 31.76 31.76	150m: 1:39.18 33.76	250m: 2:46.09 33.31	350m: 3:54.25 34.25		
	100m: 1:05.42 33.66	200m: 2:12.78 33.60	300m: 3:20.00 33.91	400m: 4:27.79 33.54		
6.	LOPEZ MARTIN, Alejandro	09	C.D.N. Zamora	<b>4:28.39</b>	551	
	50m: 30.44 30.44	150m: 1:37.34 33.92	250m: 2:46.64 34.44	350m: 3:55.81 33.81		
	100m: 1:03.42 32.98	200m: 2:12.20 34.86	300m: 3:22.00 35.36	400m: 4:28.39 32.58		
7.	RODRIGUEZ BLANCO, David	10	Club Natacion Master Leon	<b>4:28.79</b>	548	
	50m: 29.30 29.30	150m: 1:35.52 33.48	250m: 2:44.78 34.59	350m: 3:54.60 34.48		
	100m: 1:02.04 32.74	200m: 2:10.19 34.67	300m: 3:20.12 35.34	400m: 4:28.79 34.19		
8.	PARRONDO FERNANDEZ, Iker	11	C.D. Gredos San Diego	<b>4:29.51</b>	544	
	50m: 29.79 29.79	150m: 1:36.79 34.02	250m: 2:46.10 34.89	350m: 3:56.39 35.46		
	100m: 1:02.77 32.98	200m: 2:11.21 34.42	300m: 3:20.93 34.83	400m: 4:29.51 33.12		
9.	MARTINEZ SUAREZ, Olai	08	FDNA	<b>4:30.35</b>	539	
	50m: 30.05 30.05	150m: 1:37.18 34.11	250m: 2:46.34 34.37	350m: 3:56.13 34.91		
	100m: 1:03.07 33.02	200m: 2:11.97 34.79	300m: 3:21.22 34.88	400m: 4:30.35 34.22		
10.	GOMEZ DE LAS CASAS POLEY, Ivan	09	C.D. Gredos San Diego	<b>4:32.05</b>	529	
	50m: 29.63 29.63	150m: 1:36.30 33.61	250m: 2:45.95 34.55	350m: 3:56.98 36.02		
	100m: 1:02.69 33.06	200m: 2:11.40 35.10	300m: 3:20.96 35.01	400m: 4:32.05 35.07		
11.	BILBAO SEBASTIAN, Adrian	10	C.N. Castilla-Burgos	<b>4:32.41</b>	527	
	50m: 30.13 30.13	150m: 1:37.51 34.19	250m: 2:48.04 35.25	350m: 3:58.95 34.95		
	100m: 1:03.32 33.19	200m: 2:12.79 35.28	300m: 3:24.00 35.96	400m: 4:32.41 33.46		
12.	GOMES COCO, Alexandre	10	C.D.N. Zamora	<b>4:32.49</b>	526	
	50m: 30.89 30.89	150m: 1:38.62 33.89	250m: 2:48.34 35.02	350m: 3:58.49 34.37		
	100m: 1:04.73 33.84	200m: 2:13.32 34.70	300m: 3:24.12 35.78	400m: 4:32.49 34.00		
13.	DELGADO SANCHEZ, Juan	10	Club Natacion Ciudad De Avila	<b>4:34.66</b>	514	
	50m: 31.38 31.38	150m: 1:40.03 34.68	250m: 2:49.12 34.44	350m: 4:00.12 35.78		
	100m: 1:05.35 33.97	200m: 2:14.68 34.65	300m: 3:24.34 35.22	400m: 4:34.66 34.54		
14.	ALONSO LOPEZ, Ivan	08	C.N. Castilla-Burgos	<b>4:36.80</b>	502	
	50m: 29.01 29.01	150m: 1:37.05 34.30	250m: 2:48.23 35.16	350m: 4:00.78 36.21		
	100m: 1:02.75 33.74	200m: 2:13.07 36.02	300m: 3:24.57 36.34	400m: 4:36.80 36.02		
15.	NUÑEZ SOTO, Alejandro	10	C.D. Parquesol	<b>4:38.05</b>	495	
	50m: 31.04 31.04	150m: 1:39.48 34.70	250m: 2:50.85 36.13	350m: 4:03.19 37.02		
	100m: 1:04.78 33.74	200m: 2:14.72 35.24	300m: 3:26.17 35.32	400m: 4:38.05 34.86		
16.	NAVARRO MIGUEL, Carlos	08	C.N. Castilla-Burgos	<b>4:42.37</b>	473	
	50m: 31.20 31.20	150m: 1:40.81 35.40	250m: 2:52.88 35.99	350m: 4:05.59 35.76		
	100m: 1:05.41 34.21	200m: 2:16.89 36.08	300m: 3:29.83 36.95	400m: 4:42.37 36.78		
Baja	ALVAREZ MARTINEZ, Alvaro	10	FDNA			