



Nº ACTA: VIIIIFLNVA

ACTA DE LA COMPETICION.

- **NOMBRE DE LA COMPETICION.**
- VIII FASE LARGA DISTANCIA NATACIÓN VA
- **FECHA DE LA CELEBRACION.**
12 DICIEMBRE 2021 -
- **NOMBRE DE LA ENTIDAD ORGANIZADORA.**
FEDERACIÓN CASTILLA Y LEÓN DE NATACIÓN
- **LUGAR DE CELEBRACION.**
- VALLADOLID
- **NOMBRE DE LA PISCINA.**
- CEAR RIO ESGUEVA
- **PISCINA DE 25 M. - 8 CALLES.**
- **CLUBES PARTICIPANTES**
SEGÚN HOJA

COMPOSICION DEL JURADO

JUEZ ÁRBITRO: JUAN DÍEZ

JUEZ DE SALIDAS:

JUECES DE VIRAJES / ESTILOS:

JEFE DE CRONOMETRADORES:

CRONO VOLANTE:

CRONOMETRADORES:

JUAN C. ORTEGA

JORGE DOURAL

GEMA CAMINERO

INES MORAN

ROBUSTIANO CANO

LOURDES GRIJALBA

JULIO URIZARNA

JAVIER IBAÑEZ

DAVINIA GUERRA

ESTHER SASETA

AURORA RAMOS

ROSARIO CAPELLAN

CONCHI SÁEZ

MARIA CANO

BEATRIZ BARRIO

NIEVES ALONSO

CAMARA DE SALIDAS:

LOCUTOR:

PREMIACION:

DURACIÓN COMPETICIÓN:

CRONOMETRAJE ELECTRONICO:

SECRETARIA: ANTONIO GARCÍA

SECRETARIA DE RESULTADOS:

INCIDENCIAS DE LA COMPETICION

- **CERTIFICO LA VERACIDAD DE LOS RESULTADOS EL JUEZ ARBITRO**

Fdo: JUAN DÍEZ



VIII F. AUTONÓMICA CYL LARGA DISTANCIA NATACIÓN
VALLADOLID, 12/12/2021

Sumario de inscritos

Todas las pruebas

Club	Código	Pais	Nadadores:			Individuales			Relevos		
			Masc.	Fem.	Total	Masc.	Fem.	Total	Masc.	Fem.	Total
C.D Triatlón Lacerta	01753	ESP	-	1	1	-	1	1	-	-	-
C.D. Torrelago Wellness	01351	ESP	6	2	8	6	2	8	-	-	-
C.N. Bierzo-Ponferrada	00814	ESP	2	-	2	2	-	2	-	-	-
C.N. Castilla-Burgos	00727	ESP	1	4	5	1	4	5	-	-	-
C.N. Ciudad De Avila	P0906	ESP	1	1	2	1	1	2	-	-	-
C.N. Leon	00480	ESP	1	-	1	1	-	1	-	-	-
C.N. Parquesol	P0904	ESP	3	7	10	3	7	10	-	-	-
C.N. Riavall	01005	ESP	-	1	1	-	1	1	-	-	-
Cd Acuatico Leon	01483	ESP	-	1	1	-	1	1	-	-	-
Club Benavente Natacion	P0909	ESP	-	1	1	-	1	1	-	-	-
Número total de 10 clubes			14	18	32	14	18	32	-	-	-



VIII F. AUTONÓMICA CYL LARGA DISTANCIA NATACIÓN VALLADOLID, 12/12/2021

Prueba 1
12/12/2021

2000m Libre

1 - 80 años
Resultados

Puntos: FINA 2021

Clasificación	AN		Tiempo		Pts
1. CANO GONZALEZ, Guillermo (2000)	07	C.D. Torrelago Wellness	23:27.11	518	
50m: 31.46 31.46	550m: 31.46	1050m: 12:49.66	1550m: 18:45.51		
100m: 1:05.19 33.73	600m: 6:56.37	1100m: 12:49.66	1600m: 18:45.51		
150m: 2:15.24	650m: 8:07.40	1150m: 14:01.07	1650m: 19:57.06		
200m: 3:24.49	700m: 9:17.63	1200m: 15:11.92	1700m: 21:08.25		
250m: 4:30.19	750m: 10:29.08	1250m: 16:23.19	1750m: 22:18.64		
300m: 5:45.40	800m: 11:38.81	1300m: 17:34.24	1800m: 23:27.11		
350m: 31.46	850m: 11:38.81	1350m: 17:34.24	1850m: 23:27.11		
400m: 4:30.19	900m: 11:38.81	1400m: 17:34.24	1900m: 23:27.11		
450m: 5:45.40	950m: 11:38.81	1450m: 17:34.24	1950m: 23:27.11		
500m: 5:45.40	1000m: 11:38.81	1500m: 17:34.24	2000m: 23:27.11		
2. PINEDA LOPEZ, Nayara	08	C.D. Torrelago Wellness	24:44.47	560	
50m: 35.33 35.33	600m: 7:20.99	1:14.04 1200m: 14:48.14	1:15.11 1800m: 22:16.76	1:15.08	
100m: 1:11.65 36.32	700m: 8:35.26	1:14.27 1300m: 16:02.58	1:14.44 1900m: 23:32.34	1:15.58	
200m: 2:25.01 1:13.36	800m: 9:49.93	1:14.67 1400m: 17:17.46	1:14.88 2000m: 24:44.47	1:12.13	
300m: 3:38.68 1:13.67	900m: 11:03.90	1:13.97 1500m: 18:32.07	1:14.61		
400m: 4:52.85 1:14.17	1000m: 12:18.47	1:14.57 1600m: 19:46.81	1:14.74		
500m: 6:06.95 1:14.10	1100m: 13:33.03	1:14.56 1700m: 21:01.68	1:14.87		
3. SANCHEZ GONZALEZ, Gabriela	07	C.N. Parquesol	25:01.13	542	
50m: 35.41 35.41	600m: 7:20.90	1:14.32 1200m: 14:55.88	1:17.19 1800m: 22:33.44	1:16.42	
100m: 1:11.19 35.78	700m: 8:35.74	1:14.84 1300m: 16:11.73	1:15.85 1900m: 23:49.81	1:16.37	
200m: 2:25.06 1:13.87	800m: 9:50.56	1:14.82 1400m: 17:28.31	1:16.58 2000m: 25:01.13	1:11.32	
300m: 3:38.66 1:13.60	900m: 11:06.23	1:15.67 1500m: 18:43.91	1:15.60		
400m: 4:52.41 1:13.75	1000m: 12:22.23	1:16.00 1600m: 20:00.41	1:16.50		
500m: 6:06.58 1:14.17	1100m: 13:38.69	1:16.46 1700m: 21:17.02	1:16.61		
4. GONZALEZ ARAUZO, Natalia	08	C.N. Castilla-Burgos	25:55.12	487	
50m: 37.72 37.72	600m: 7:40.60	1:16.76 1200m: 15:23.32	1:17.82 1800m: 23:20.62	1:20.70	
100m: 1:16.02 38.30	700m: 8:57.55	1:16.95 1300m: 16:41.60	1:18.28 1900m: 24:39.46	1:18.84	
200m: 2:33.30 1:17.28	800m: 10:14.21	1:16.66 1400m: 18:01.06	1:19.46 2000m: 25:55.12	1:15.66	
300m: 3:50.29 1:16.99	900m: 11:31.04	1:16.83 1500m: 19:20.43	1:19.37		
400m: 5:07.16 1:16.87	1000m: 12:48.08	1:17.04 1600m: 20:40.06	1:19.63		
500m: 6:23.84 1:16.68	1100m: 14:05.50	1:17.42 1700m: 21:59.92	1:19.86		
5. SANZ GOBERNADO, Laura	07	C.N. Riavall	25:55.46	487	
50m: 35.90 35.90	600m: 7:40.58	1:18.23 1200m: 15:29.86	1:18.41 1800m: 23:23.00	1:18.39	
100m: 1:13.29 37.39	700m: 8:57.83	1:17.25 1300m: 16:48.83	1:18.97 1900m: 24:40.81	1:17.81	
200m: 2:29.88 1:16.59	800m: 10:15.64	1:17.81 1400m: 18:08.12	1:19.29 2000m: 25:55.46	1:14.65	
300m: 3:47.67 1:17.79	900m: 11:34.29	1:18.65 1500m: 19:27.25	1:19.13		
400m: 5:05.06 1:17.39	1000m: 12:52.62	1:18.33 1600m: 20:46.26	1:19.01		
500m: 6:22.35 1:17.29	1100m: 14:11.45	1:18.83 1700m: 22:04.61	1:18.35		
6. AREVALO VELASCO, Berta	07	C.N. Parquesol	26:14.40	469	
50m: 36.44 36.44	600m: 7:46.19	1:18.62 1200m: 15:40.61	1:19.34 1800m: 23:39.61	1:20.54	
100m: 1:14.04 37.60	700m: 9:04.41	1:18.22 1300m: 17:00.66	1:20.05 1900m: 24:58.40	1:18.79	
200m: 2:30.63 1:16.59	800m: 10:23.02	1:18.61 1400m: 18:21.25	1:20.59 2000m: 26:14.40	1:16.00	
300m: 3:50.03 1:19.40	900m: 11:42.44	1:19.42 1500m: 19:40.24	1:18.99		
400m: 5:08.94 1:18.91	1000m: 13:02.17	1:19.73 1600m: 20:59.43	1:19.19		
500m: 6:27.57 1:18.63	1100m: 14:21.27	1:19.10 1700m: 22:19.07	1:19.64		
7. IBAÑEZ MUÑOZ, Irene	07	C.N. Castilla-Burgos	26:30.65	455	
50m: 38.28 38.28	600m: 7:51.07	1:19.14 1200m: 15:48.92	1:19.94 1800m: 23:52.62	1:20.60	
100m: 1:16.85 38.57	700m: 9:10.67	1:19.60 1300m: 17:08.76	1:19.84 1900m: 25:13.08	1:20.46	
200m: 2:35.63 1:18.78	800m: 10:31.07	1:20.40 1400m: 18:29.63	1:20.87 2000m: 26:30.65	1:17.57	
300m: 3:54.19 1:18.56	900m: 11:50.26	1:19.19 1500m: 19:51.40	1:21.77		
400m: 5:12.79 1:18.60	1000m: 13:10.07	1:19.81 1600m: 21:11.79	1:20.39		
500m: 6:31.93 1:19.14	1100m: 14:28.98	1:18.91 1700m: 22:32.02	1:20.23		
8. VIVAR VITORES, Sara	07	C.N. Parquesol	26:33.15	453	
50m: 37.35 37.35	600m: 7:53.92	1:18.86 1200m: 15:51.24	1:20.03 1800m: 23:54.51	1:20.67	
100m: 1:16.44 39.09	700m: 9:13.21	1:19.29 1300m: 17:11.12	1:19.88 1900m: 25:14.92	1:20.41	
200m: 2:36.05 1:19.61	800m: 10:32.52	1:19.31 1400m: 18:31.73	1:20.61 2000m: 26:33.15	1:18.23	
300m: 3:56.03 1:19.98	900m: 11:52.85	1:20.33 1500m: 19:53.00	1:21.27		
400m: 5:16.02 1:19.99	1000m: 13:12.43	1:19.58 1600m: 21:13.29	1:20.29		
500m: 6:35.06 1:19.04	1100m: 14:31.21	1:18.78 1700m: 22:33.84	1:20.55		
9. YAGUE ALONSO, Lucia	07	C.N. Parquesol	28:03.26	384	
50m: 38.14 38.14	600m: 8:13.46	1:23.83 1200m: 16:39.78	1:24.79 1800m: 25:15.06	1:25.64	
100m: 1:18.29 40.15	700m: 9:37.48	1:24.02 1300m: 18:05.49	1:25.71 1900m: 26:39.61	1:24.55	
200m: 2:40.46 1:22.17	800m: 11:01.14	1:23.66 1400m: 19:30.49	1:25.00 2000m: 28:03.26	1:23.65	
300m: 4:03.64 1:23.18	900m: 12:24.53	1:23.39 1500m: 20:56.63	1:26.14		
400m: 5:26.87 1:23.23	1000m: 13:49.39	1:24.86 1600m: 22:23.16	1:26.53		
500m: 6:49.63 1:22.76	1100m: 15:14.99	1:25.60 1700m: 23:49.42	1:26.26		



VIII F. AUTONÓMICA CYL LARGA DISTANCIA NATACIÓN
VALLADOLID, 12/12/2021

Prueba 2
12/12/2021

3000m Libre

1 - 80 años
Resultados

Puntos: FINA 2021

Clasificación			AN			Tiempo	Pts
1.	ARIAS DIEZ, Mario		05	C.D. Torrelago Wellness		32:44.37	643
	50m:	30.43	800m:	8:29.99	1550m:	2300m:	24:55.90
	100m:	1:01.77	850m:		1600m:	17:08.86	2350m:
	150m:		900m:	9:33.38	1650m:		2400m:
	200m:	2:05.58	950m:		1700m:	18:14.65	2450m:
	250m:		1000m:	10:38.21	1750m:		2500m:
	300m:	3:09.93	1050m:		1800m:	19:20.77	2550m:
	350m:		1100m:	11:42.50	1850m:		2600m:
	400m:	4:14.31	1150m:		1900m:	20:27.32	2650m:
	450m:		1200m:	12:46.83	1950m:		2700m:
	500m:	5:18.45	1250m:		2000m:	21:34.57	2750m:
	550m:		1300m:	13:52.76	2050m:		2800m:
	600m:	6:22.21	1350m:		2100m:	22:40.88	2850m:
	650m:		1400m:	14:57.97	2150m:		2900m:
	700m:	7:26.31	1450m:		2200m:	23:49.08	2950m:
	750m:		1500m:	16:04.02	2250m:		3000m:
							32:44.37
2.	DE LA FUENTE ALONSO, Diego		06	C.D. Torrelago Wellness		32:50.51	637
	50m:	30.18	800m:	8:28.96	1550m:	2300m:	24:59.36
	100m:	1:01.30	850m:		1600m:	17:08.54	2350m:
	150m:		900m:	9:32.30	1650m:		2400m:
	200m:	2:05.97	950m:		1700m:	18:15.02	2450m:
	250m:		1000m:	10:36.33	1750m:		2500m:
	300m:	3:10.11	1050m:		1800m:	19:21.92	2550m:
	350m:		1100m:	11:40.40	1850m:		2600m:
	400m:	4:14.35	1150m:		1900m:	20:29.38	2650m:
	450m:		1200m:	12:45.12	1950m:		2700m:
	500m:	5:18.38	1250m:		2000m:	21:37.25	2750m:
	550m:		1300m:	13:50.52	2050m:		2800m:
	600m:	6:22.04	1350m:		2100m:	22:45.19	2850m:
	650m:		1400m:	14:56.23	2150m:		2900m:
	700m:	7:25.87	1450m:		2200m:	23:52.03	2950m:
	750m:		1500m:	16:02.32	2250m:		3000m:
							32:50.51
3.	MARCOS PICADO, Samuel		05	C.D. Torrelago Wellness		33:39.62	592
	50m:	29.08	800m:	8:53.00	1550m:	2300m:	25:46.53
	100m:	1:01.07	850m:		1600m:	17:51.68	2350m:
	150m:		900m:	10:00.79	1650m:		2400m:
	200m:	2:07.10	950m:		1700m:	18:59.15	2450m:
	250m:		1000m:	11:08.52	1750m:		2500m:
	300m:	3:14.69	1050m:		1800m:	20:06.92	2550m:
	350m:		1100m:	12:14.33	1850m:		2600m:
	400m:	4:22.02	1150m:		1900m:	21:15.17	2650m:
	450m:		1200m:	13:21.60	1950m:		2700m:
	500m:	5:30.13	1250m:		2000m:	22:22.58	2750m:
	550m:		1300m:	14:29.00	2050m:		2800m:
	600m:	6:38.46	1350m:		2100m:	23:30.37	2850m:
	650m:		1400m:	15:35.86	2150m:		2900m:
	700m:	7:45.69	1450m:		2200m:	24:37.82	2950m:
	750m:		1500m:	16:43.83	2250m:		3000m:
							33:39.62
4.	CUENA PAJARES, Mario		06	C.N. Parquesol		34:39.78	542
	50m:	34.01	800m:	9:32.69	1550m:	2300m:	27:29.85
	100m:	1:09.30	850m:		1600m:	19:08.28	2350m:
	150m:		900m:	10:44.72	1650m:		2400m:
	200m:	2:20.47	950m:		1700m:	20:18.21	2450m:
	250m:		1000m:	11:56.76	1750m:		2500m:
	300m:	3:32.45	1050m:		1800m:	21:28.76	2550m:
	350m:		1100m:	13:08.93	1850m:		2600m:
	400m:	4:44.25	1150m:		1900m:	22:40.64	2650m:
	450m:		1200m:	14:20.58	1950m:		2700m:
	500m:	5:56.42	1250m:		2000m:	23:53.20	2750m:
	550m:		1300m:	15:32.83	2050m:		2800m:
	600m:	7:08.83	1350m:		2100m:	25:05.28	2850m:
	650m:		1400m:	16:45.10	2150m:		2900m:
	700m:	8:20.43	1450m:		2200m:	26:17.46	2950m:
	750m:		1500m:	17:57.05	2250m:		3000m:
							34:39.78

VIII F. AUTONÓMICA CYL LARGA DISTANCIA NATACIÓN
VALLADOLID, 12/12/2021

Prueba 2, Todos, 3000m Libre, 1 - 80 años

Clasificación				AN				Tiempo	Pts
5.	GANGOSO OROBON, Pablo			06	C.N. Parquesol			35:04.18	523
	50m:	33.00	33.00	800m:	9:27.64	1550m:		2300m:	27:04.31
	100m:	1:07.97	34.97	850m:		1600m:	18:54.98	2350m:	
	150m:			900m:	10:39.37	1650m:		2400m:	28:14.40
	200m:	2:19.10		950m:		1700m:	20:06.09	2450m:	
	250m:			1000m:	11:50.76	1750m:		2500m:	29:23.99
	300m:	3:30.29		1050m:		1800m:	21:16.58	2550m:	
	350m:			1100m:	13:01.95	1850m:		2600m:	30:32.74
	400m:	4:40.98		1150m:		1900m:	22:26.31	2650m:	
	450m:			1200m:	14:12.02	1950m:		2700m:	31:42.47
	500m:	5:52.87		1250m:		2000m:	23:36.08	2750m:	
	550m:			1300m:	15:22.95	2050m:		2800m:	32:50.32
	600m:	7:04.72		1350m:		2100m:	24:45.27	2850m:	
	650m:			1400m:	16:34.26	2150m:		2900m:	33:59.07
	700m:	8:16.27		1450m:		2200m:	25:55.08	2950m:	
	750m:			1500m:	17:44.69	2250m:		3000m:	35:04.18
6.	ALVAREZ REPARAZ, Alejandro			04	C.N. Bierzo-Ponferrada			35:12.34	517
	50m:	33.37	33.37	800m:	9:18.26	1550m:		2300m:	26:56.87
	100m:	1:07.59	34.22	850m:		1600m:	18:41.97	2350m:	
	150m:			900m:	10:28.44	1650m:		2400m:	28:08.55
	200m:	2:17.44		950m:		1700m:	19:51.79	2450m:	
	250m:			1000m:	11:38.72	1750m:		2500m:	29:20.05
	300m:	3:27.26		1050m:		1800m:	21:02.30	2550m:	
	350m:			1100m:	12:49.12	1850m:		2600m:	30:31.69
	400m:	4:37.34		1150m:		1900m:	22:13.19	2650m:	
	450m:			1200m:	13:59.47	1950m:		2700m:	31:43.66
	500m:	5:47.34		1250m:		2000m:	23:23.47	2750m:	
	550m:			1300m:	15:09.76	2050m:		2800m:	32:53.69
	600m:	6:57.55		1350m:		2100m:	24:34.34	2850m:	
	650m:			1400m:	16:20.15	2150m:		2900m:	34:04.30
	700m:	8:08.22		1450m:		2200m:	25:45.19	2950m:	
	750m:			1500m:	17:30.64	2250m:		3000m:	35:12.34
7.	PÉREZ ARBE, Julen			04	C.D. Torrelago Wellness			35:31.50	503
	50m:	31.38	31.38	800m:	9:18.36	1550m:		2300m:	27:15.13
	100m:	1:05.29	33.91	850m:		1600m:	18:55.22	2350m:	
	150m:			900m:	10:30.31	1650m:		2400m:	28:27.18
	200m:	2:15.12		950m:		1700m:	20:06.29	2450m:	
	250m:			1000m:	11:42.68	1750m:		2500m:	29:39.07
	300m:	3:24.13		1050m:		1800m:	21:17.72	2550m:	
	350m:			1100m:	12:54.21	1850m:		2600m:	30:50.60
	400m:	4:34.06		1150m:		1900m:	22:28.79	2650m:	
	450m:			1200m:	14:06.60	1950m:		2700m:	32:02.63
	500m:	5:44.57		1250m:		2000m:	23:40.20	2750m:	
	550m:			1300m:	15:18.51	2050m:		2800m:	33:12.52
	600m:	6:55.84		1350m:		2100m:	24:52.15	2850m:	
	650m:			1400m:	16:31.54	2150m:		2900m:	34:22.67
	700m:	8:07.11		1450m:		2200m:	26:04.28	2950m:	
	750m:			1500m:	17:42.95	2250m:		3000m:	35:31.50
8.	SALVADOR LOPEZ, Alicia Anastasia			04	Club Benavente Natacion			35:42.72	629
	50m:	33.90	33.90	800m:	9:22.70	1550m:		2300m:	27:17.30
	100m:	1:08.87	34.97	850m:		1600m:	18:53.62	2350m:	
	150m:			900m:	10:33.40	1650m:		2400m:	28:29.44
	200m:	2:19.43		950m:		1700m:	20:05.82	2450m:	
	250m:			1000m:	11:44.51	1750m:		2500m:	29:41.68
	300m:	3:30.45		1050m:		1800m:	21:17.30	2550m:	
	350m:			1100m:	12:55.76	1850m:		2600m:	30:54.26
	400m:	4:40.72		1150m:		1900m:	22:29.64	2650m:	
	450m:			1200m:	14:07.07	1950m:		2700m:	32:06.90
	500m:	5:51.04		1250m:		2000m:	23:41.37	2750m:	
	550m:			1300m:	15:18.28	2050m:		2800m:	33:20.12
	600m:	7:00.95		1350m:		2100m:	24:53.76	2850m:	
	650m:			1400m:	16:30.35	2150m:		2900m:	34:31.79
	700m:	8:11.84		1450m:		2200m:	26:05.53	2950m:	
	750m:			1500m:	17:41.90	2250m:		3000m:	35:42.72
9.	RENEDO SAEZ, Hector			05	C.D. Torrelago Wellness			35:45.52	494
	50m:	32.71	32.71	600m:	7:00.22	1150m:		1700m:	20:12.43
	100m:	1:07.08	34.37	650m:		1200m:	14:05.91	1750m:	
	150m:			700m:	8:10.87	1250m:		1800m:	21:26.72
	200m:	2:17.78		750m:		1300m:	15:18.73	1850m:	
	250m:			800m:	9:21.61	1350m:		1900m:	22:39.03
	300m:	3:28.92		850m:		1400m:	16:32.06	1950m:	
	350m:			900m:	10:32.39	1450m:		2000m:	23:51.66
	400m:	4:39.82		950m:		1500m:	17:44.43	2050m:	
	450m:			1000m:	11:41.98	1550m:		2100m:	25:03.53
	500m:	5:50.41		1050m:		1600m:	18:58.22	2150m:	
	550m:			1100m:	12:53.56	1650m:		2200m:	26:15.94
	2250m:			2400m:	28:41.11	2550m:		2700m:	32:18.24
	2300m:	27:28.46		2450m:		2600m:	31:05.76	2750m:	
	2350m:			2500m:	29:53.47	2650m:		2800m:	33:28.84



VIII F. AUTONÓMICA CYL LARGA DISTANCIA NATACIÓN
VALLADOLID, 12/12/2021

Prueba 2, Todos, 3000m Libre, 1 - 80 años

Clasificación	2850m:			2900m:			AN	2950m:			3000m:			Tiempo	Pts
10. RIVAS BALBOA, Lucas	50m: 34.50	34.50	800m: 10:44.74	34:38.85	05	C.N. Bierzo-Ponferrada	1550m: 27:30.11	35:52.40	489						
	100m: 1:10.11	35.61	850m: 11:56.53				2300m: 27:30.11								
	150m: 2:21.12		900m: 13:08.57				2350m: 28:42.66								
	200m: 4:44.46		950m: 14:20.22				2400m: 28:42.66								
	250m: 3:32.51		1000m: 15:32.67				2450m: 29:55.21								
	300m: 5:56.15		1050m: 16:44.96				2500m: 29:55.21								
	350m: 7:08.20		1100m: 17:57.00				2550m: 31:08.08								
	400m: 8:20.63		1150m: 19:09.14				2600m: 31:08.08								
	450m: 9:32.77		1200m: 20:21.28				2650m: 32:20.69								
	500m: 10:44.91		1250m: 21:33.42				2700m: 32:20.69								
	550m: 11:57.05		1300m: 22:45.56				2750m: 33:30.76								
	600m: 13:09.19		1350m: 23:57.70				2800m: 33:30.76								
	650m: 14:21.33		1400m: 25:09.84				2850m: 34:41.62								
	700m: 15:33.47		1450m: 26:21.98				2900m: 34:41.62								
	750m: 16:45.61		1500m: 27:34.12				2950m: 35:52.40								
							3000m: 35:52.40								
11. JIMENEZ OBREGON, Hector	50m: 32.49	32.49	800m: 10:37.61	9:25.12	04	C.N. Castilla-Burgos	1550m: 27:38.43	36:10.06	477						
	100m: 1:07.18	34.69	850m: 11:51.08				2300m: 27:38.43								
	150m: 2:17.65		900m: 13:03.00				2350m: 28:52.53								
	200m: 3:28.47		950m: 14:14.49				2400m: 28:52.53								
	250m: 4:39.50		1000m: 15:27.12				2450m: 30:06.85								
	300m: 5:50.85		1050m: 16:39.11				2500m: 30:06.85								
	350m: 7:01.92		1100m: 17:51.36				2550m: 31:20.33								
	400m: 8:13.50		1150m: 19:03.86				2600m: 31:20.33								
	450m: 9:25.54		1200m: 20:16.40				2650m: 32:34.19								
	500m: 10:37.58		1250m: 21:28.94				2700m: 32:34.19								
	550m: 11:49.62		1300m: 22:41.48				2750m: 33:47.06								
	600m: 13:01.66		1350m: 23:54.02				2800m: 33:47.06								
	650m: 14:13.70		1400m: 25:06.56				2850m: 34:59.84								
	700m: 15:25.74		1450m: 26:19.10				2900m: 34:59.84								
	750m: 16:37.78		1500m: 27:31.64				2950m: 36:10.06								
							3000m: 36:10.06								
12. URIZARNA GRIJALBA, Carlota	50m: 34.62	34.62	800m: 10:47.57	9:35.58	04	C.N. Castilla-Burgos	1550m: 27:50.87	36:28.69	590						
	100m: 1:10.55	35.93	850m: 12:00.46				2300m: 27:50.87								
	150m: 2:23.10		900m: 13:13.03				2350m: 29:06.44								
	200m: 3:35.73		950m: 14:25.32				2400m: 29:06.44								
	250m: 4:48.26		1000m: 15:38.15				2450m: 30:20.13								
	300m: 6:00.55		1050m: 16:50.82				2500m: 30:20.13								
	350m: 7:12.42		1100m: 18:03.31				2550m: 31:33.70								
	400m: 8:23.89		1150m: 19:15.85				2600m: 31:33.70								
	450m: 9:35.36		1200m: 20:28.39				2650m: 32:47.06								
	500m: 10:47.80		1250m: 21:40.93				2700m: 32:47.06								
	550m: 12:00.24		1300m: 22:53.47				2750m: 34:02.03								
	600m: 13:12.68		1350m: 24:06.01				2800m: 34:02.03								
	650m: 14:25.12		1400m: 25:18.55				2850m: 35:15.98								
	700m: 15:37.56		1450m: 26:31.09				2900m: 35:15.98								
	750m: 16:50.00		1500m: 27:43.63				2950m: 36:28.69								
							3000m: 36:28.69								
13. GARRIDO REBOLLO, Yara	50m: 35.50	35.50	800m: 11:03.70	9:50.29	05	Cd Acuatico Leon	1550m: 28:22.42	37:09.51	558						
	100m: 1:12.05	36.55	850m: 12:17.53				2300m: 28:22.42								
	150m: 2:25.80		900m: 13:31.12				2350m: 29:37.49								
	200m: 3:39.10		950m: 14:44.33				2400m: 29:37.49								
	250m: 4:53.63		1000m: 15:58.02				2450m: 30:52.48								
	300m: 6:07.02		1050m: 17:11.75				2500m: 30:52.48								
	350m: 7:22.25		1100m: 18:26.48				2550m: 32:08.17								
	400m: 8:36.32		1150m: 19:41.21				2600m: 32:08.17								
	450m: 9:50.36		1200m: 20:55.94				2650m: 33:23.76								
	500m: 11:04.40		1250m: 22:10.67				2700m: 33:23.76								
	550m: 12:18.44		1300m: 23:25.40				2750m: 34:39.63								
	600m: 13:32.48		1350m: 24:40.13				2800m: 34:39.63								
	650m: 14:46.52		1400m: 25:54.86				2850m: 35:54.32								
	700m: 16:00.56		1450m: 27:09.59				2900m: 35:54.32								
	750m: 17:14.60		1500m: 28:24.32				2950m: 37:09.51								
							3000m: 37:09.51								



VIII F. AUTONÓMICA CYL LARGA DISTANCIA NATACIÓN
VALLADOLID, 12/12/2021

Prueba 2, Todos, 3000m Libre, 1 - 80 años

Clasificación	AN		Tiempo		Pts
14. TORNERO TEJERINA, Alejandra	05		C.N. Parquesol	37:12.41	556
50m: 35.29	35.29	800m: 9:44.61	1550m: 2300m: 28:24.56		
100m: 1:11.07	35.78	850m: 10:59.54	1600m: 19:40.84	2350m: 29:40.31	
150m: 2:23.43		900m: 12:14.50	1650m: 20:55.41	2400m: 30:55.91	
200m: 3:36.01		950m: 13:28.71	1700m: 22:09.01	2450m: 32:10.61	
250m: 4:48.59		1000m: 14:43.25	1750m: 23:23.56	2500m: 33:27.55	
300m: 6:01.73		1050m: 15:57.35	1800m: 24:37.97	2550m: 34:42.05	
350m: 7:15.61		1100m: 17:11.61	1850m: 25:52.69	2600m: 35:57.85	
400m: 8:29.98		1150m: 18:27.62	1900m: 27:08.87	2650m: 37:12.41	
450m: 34.62	34.62	1200m: 9:54.95	1950m: 20:00.40	2700m: 30:04.64	1:15.64
500m: 1:12.27	37.65	900m: 11:10.16	1:16.73	1600m: 21:15.95	1:15.55
100m: 2:26.64	1:14.37	950m: 12:25.29	1:15.21	1700m: 22:31.90	1:15.95
150m: 3:41.25	1:14.61	1000m: 13:41.43	1:15.13	1800m: 23:47.85	1:15.95
200m: 4:54.63	1:13.38	1100m: 14:56.59	1:16.14	1900m: 25:03.74	1:15.89
250m: 6:08.85	1:14.22	1200m: 16:13.33	1:15.16	2000m: 26:17.85	1:14.11
300m: 7:23.32	1:14.47	1300m: 17:28.64	1:16.74	2100m: 27:33.21	1:15.36
350m: 8:38.22	1:14.90	1400m: 18:43.45	1:15.31	2200m: 28:49.00	1:15.79
400m: 35.30	35.30	1500m: 10:02.06	1:14.81	2300m: 29:04.71	
100m: 1:12.41	37.11	850m: 11:17.99	1550m: 20:12.50	2350m: 30:20.60	
150m: 2:27.42		900m: 12:34.26	1600m: 21:28.41	2400m: 31:36.73	
200m: 3:42.11		950m: 13:50.07	1650m: 22:43.54	2450m: 32:52.78	
250m: 4:57.82		1000m: 15:06.64	1700m: 24:00.55	2500m: 34:09.85	
300m: 6:13.87		1050m: 16:23.01	1750m: 25:17.26	2550m: 35:28.18	
350m: 7:29.94		1100m: 17:39.46	1800m: 26:33.69	2600m: 36:45.89	
400m: 8:46.11		1150m: 18:56.03	1850m: 27:49.02	2650m: 38:00.38	
450m: 35.40	35.40	1200m: 9:52.78	1900m: 29:04.71	2700m: 39:15.89	
100m: 1:12.39	36.99	850m: 11:07.75	1550m: 20:01.58	2750m: 40:31.40	
150m: 2:26.54		900m: 12:23.38	1600m: 21:19.29	2800m: 41:46.91	
200m: 3:41.01		950m: 13:39.39	1650m: 22:36.06	2850m: 43:02.42	
250m: 4:55.10		1000m: 14:55.14	1700m: 23:53.43	2900m: 44:17.93	
300m: 6:09.61		1050m: 16:11.29	1750m: 25:11.84	2950m: 45:33.44	
350m: 7:23.88		1100m: 17:27.78	1800m: 26:29.83	3000m: 46:48.95	
400m: 8:38.39		1150m: 18:45.09	1850m: 27:46.98		
450m: 31.74	31.74	1200m: 10:03.29	1900m: 29:04.71		
100m: 1:07.74	36.00	850m: 11:22.21	1550m: 20:34.78		
150m: 2:20.71		900m: 12:42.00	1600m: 21:53.62		
200m: 3:34.92		950m: 14:01.10	1650m: 23:12.78		
250m: 4:50.76		1000m: 15:20.12	1700m: 24:32.68		
300m: 6:07.84		1050m: 16:39.46	1750m: 25:52.96		
350m: 7:25.83		1100m: 17:58.65	1800m: 27:11.20		
400m: 8:44.41		1150m: 19:16.64	1850m: 28:29.04		
450m: 31.74	31.74	1200m: 10:03.29	1900m: 29:47.78		
100m: 1:07.74	36.00	850m: 11:22.21	1550m: 20:34.78		
150m: 2:20.71		900m: 12:42.00	1600m: 21:53.62		
200m: 3:34.92		950m: 14:01.10	1650m: 23:12.78		
250m: 4:50.76		1000m: 15:20.12	1700m: 24:32.68		
300m: 6:07.84		1050m: 16:39.46	1750m: 25:52.96		
350m: 7:25.83		1100m: 17:58.65	1800m: 27:11.20		
400m: 8:44.41		1150m: 19:16.64	1850m: 28:29.04		
450m: 31.74	31.74	1200m: 10:03.29	1900m: 29:47.78		
100m: 1:07.74	36.00	850m: 11:22.21	1550m: 20:34.78		
150m: 2:20.71		900m: 12:42.00	1600m: 21:53.62		
200m: 3:34.92		950m: 14:01.10	1650m: 23:12.78		
250m: 4:50.76		1000m: 15:20.12	1700m: 24:32.68		
300m: 6:07.84		1050m: 16:39.46	1750m: 25:52.96		
350m: 7:25.83		1100m: 17:58.65	1800m: 27:11.20		
400m: 8:44.41		1150m: 19:16.64	1850m: 28:29.04		
450m: 31.74	31.74	1200m: 10:03.29	1900m: 29:47.78		
100m: 1:07.74	36.00	850m: 11:22.21	1550m: 20:34.78		
150m: 2:20.71		900m: 12:42.00	1600m: 21:53.62		
200m: 3:34.92		950m: 14:01.10	1650m: 23:12.78		
250m: 4:50.76		1000m: 15:20.12	1700m: 24:32.68		
300m: 6:07.84		1050m: 16:39.46	1750m: 25:52.96		
350m: 7:25.83		1100m: 17:58.65	1800m: 27:11.20		
400m: 8:44.41		1150m: 19:16.64	1850m: 28:29.04		
450m: 31.74	31.74	1200m: 10:03.29	1900m: 29:47.78		



VIII F. AUTONÓMICA CYL LARGA DISTANCIA NATACIÓN
VALLADOLID, 12/12/2021

Prueba 2, Todos, 3000m Libre, 1 - 80 años

Clasificación					AN					Tiempo	Pts	
19.	JIMENEZ GARAY, Aroa				01	C.D. Torrelago Wellness				39:19.46	471	
	50m:	35.60	35.60	800m:	10:14.06	1550m:		2300m:	30:03.85			
	100m:	1:12.99	37.39	850m:		1600m:	20:46.72	2350m:				
	150m:			900m:	11:32.69	1650m:		2400m:	31:23.86			
	200m:	2:28.00		950m:		1700m:	22:06.13	2450m:				
	250m:			1000m:	12:52.72	1750m:		2500m:	32:44.01			
	300m:	3:44.97		1050m:		1800m:	23:25.18	2550m:				
	350m:			1100m:	14:11.25	1850m:		2600m:	34:03.90			
	400m:	5:01.88		1150m:		1900m:	24:44.81	2650m:				
	450m:			1200m:	15:30.20	1950m:		2700m:	35:23.91			
	500m:	6:19.77		1250m:		2000m:	26:04.56	2750m:				
	550m:			1300m:	16:49.82	2050m:		2800m:	36:42.48			
	600m:	7:37.34		1350m:		2100m:	27:24.35	2850m:				
	650m:			1400m:	18:08.84	2150m:		2900m:	38:02.45			
	700m:	8:55.41		1450m:		2200m:	28:43.84	2950m:				
	750m:			1500m:	19:27.54	2250m:		3000m:	39:19.46			
20.	REVILLA PEREZ, Paula				06	C.N. Parquesol				40:41.19	425	
	50m:	37.16	37.16	800m:	10:23.03	1550m:		2300m:	30:56.24			
	100m:	1:15.55	38.39	850m:		1600m:	21:14.68	2350m:				
	150m:			900m:	11:43.55	1650m:		2400m:	32:20.35			
	200m:	2:32.48		950m:		1700m:	22:37.23	2450m:				
	250m:			1000m:	13:04.38	1750m:		2500m:	33:44.38			
	300m:	3:49.03		1050m:		1800m:	23:59.86	2550m:				
	350m:			1100m:	14:25.01	1850m:		2600m:	35:09.05			
	400m:	5:06.64		1150m:		1900m:	25:20.12	2650m:				
	450m:			1200m:	15:46.86	1950m:		2700m:	36:33.28			
	500m:	6:24.91		1250m:		2000m:	26:42.79	2750m:				
	550m:			1300m:	17:08.31	2050m:		2800m:	37:57.09			
	600m:	7:44.10		1350m:		2100m:	28:08.42	2850m:				
	650m:			1400m:	18:30.14	2150m:		2900m:	39:20.74			
	700m:	9:03.31		1450m:		2200m:	29:31.47	2950m:				
	750m:			1500m:	19:52.11	2250m:		3000m:	40:41.19			
21.	CECILIA GARCIA, Carlota				06	C.D Triatlón Lacerta				42:47.04	365	
	50m:	36.70	36.70	800m:	11:01.43	1:25.02	1600m:	22:27.79	1:28.31	2400m:	34:09.23	1:28.45
	100m:	1:16.05	39.35	900m:	12:25.56	1:24.13	1700m:	23:54.44	1:26.65	2500m:	35:39.28	1:30.05
	200m:	2:36.92	1:20.87	1000m:	13:50.19	1:24.63	1800m:	25:22.29	1:27.85	2600m:	37:07.35	1:28.07
	300m:	3:59.51	1:22.59	1100m:	15:15.18	1:24.99	1900m:	26:50.32	1:28.03	2700m:	38:34.80	1:27.45
	400m:	5:23.18	1:23.67	1200m:	16:40.95	1:25.77	2000m:	28:17.99	1:27.67	2800m:	41:27.31	2:52.51
	500m:	6:47.95	1:24.77	1300m:	18:07.30	1:26.35	2100m:	29:45.40	1:27.41	3000m:	42:47.04	1:19.73
	600m:	8:11.94	1:23.99	1400m:	19:34.21	1:26.91	2200m:	31:13.37	1:27.97			
	700m:	9:36.41	1:24.47	1500m:	20:59.48	1:25.27	2300m:	32:40.78	1:27.41			
22.	MEDIAVILLA APARICIO, Alejandro				91	C.N. Ciudad De Avila				46:59.02	217	
	50m:	39.02	39.02	900m:	13:51.89	1:34.34	1700m:	26:33.22	1:36.38	2500m:	39:16.61	1:34.56
	100m:	1:20.82	41.80	1000m:	15:26.81	1:34.92	1800m:	28:10.85	1:37.63	2600m:	40:51.34	1:34.73
	200m:	2:50.60	1:29.78	1100m:	17:02.53	1:35.72	1900m:	29:46.42	1:35.57	2700m:	42:24.26	1:32.92
	400m:	5:57.14	3:06.54	1200m:	18:38.73	1:36.20	2000m:	31:20.54	1:34.12	2800m:	43:58.12	1:33.86
	500m:	7:31.51	1:34.37	1300m:	20:14.67	1:35.94	2100m:	32:57.35	1:36.81	2900m:	45:31.72	1:33.60
	600m:	9:05.93	1:34.42	1400m:	21:48.50	1:33.83	2200m:	34:31.64	1:34.29	3000m:	46:59.02	1:27.30
	700m:	10:42.13	1:36.20	1500m:	23:21.45	1:32.95	2300m:	36:07.46	1:35.82			
	800m:	12:17.55	1:35.42	1600m:	24:56.84	1:35.39	2400m:	37:42.05	1:34.59			
Baja enf.	VALENCIANO MIGUELEZ, Adrian				04	C.N. Leon						