



Nº ACTA: FALDNMALE

ACTA DE LA COMPETICION.

- **NOMBRE DE LA COMPETICION.**
FASE AUTONÓMICA LARGA DISTANCIA NATACIÓN MÁSTER LEÓN
- **FECHA DE LA CELEBRACION.**
12 NOVIEMBRE 2023 -
- **NOMBRE DE LA ENTIDAD ORGANIZADORA.**
FEDERACIÓN CASTILLA Y LEÓN DE NATACIÓN
- **LUGAR DE CELEBRACION.**
LEÓN
- **NOMBRE DE LA PISCINA.**
- LA PALOMERA
- **PISCINA DE 25 E. - 8 CALLES.**
- **CLUBES PARTICIPANTES**

SEGÚN HOJA

COMPOSICION DEL JURADO

JUEZ ÁRBITRO: MARGARIA CRESPO

JUEZ DE SALIDAS: JOSÉ R. LLAMERA

JUECES DE VIRAJES / ESTILOS:

JEFE DE CRONOMETRADORES:

CRONOMETRADORES:

PAULA S. BLIZNAKOFF

MANUEL PÉREZ

MIRIAM SEQUERA

ANA RODRÍGUEZ

JORGE PÉREZ

CYNTHIA COUTO

JOSEFINA JIMÉNEZ

CARMEN MONTERO

CAMARA DE SALIDAS:

LOCUTOR:

PREMIACION:

DURACIÓN COMPETICIÓN:

CRONOMETRAJE ELECTRONICO: MANUEL CANO

SECRETARIA:

SECRETARIA DE RESULTADOS: NURIA RODRÍGUEZ

INCIDENCIAS DE LA COMPETICION

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

Fdo: MARGARITA CRESPO



FASE AUTONÓMICA LARGA DISTANCIA NATACIÓN MÁSTER LE
LEÓN, 12/11/2023

Sumario de inscritos

Todas las pruebas

Club	Código	Pais	Nadadores:			Individuales			Relevos		
			Masc.	Fem.	Total	Masc.	Fem.	Total	Masc.	Fem.	Total
C.D. Tizona Burgos	01358	ESP	3	2	5	2	2	4	-	-	-
C.D. Torrelago Wellness	01351	ESP	2	1	3	2	1	3	-	-	-
C.N Tritón Bierzo	01797	ESP	3	-	3	2	-	2	-	-	-
C.N. Casa De Asturias	00458	ESP	1	-	1	-	-	-	-	-	-
C.N. Leon	00480	ESP	1	1	2	1	1	2	-	-	-
CD Upstream	01514	ESP	2	-	2	2	-	2	-	-	-
Club Benavente Natacion	P0909	ESP	1	1	2	-	1	1	-	-	-
Club Natacion Master Leon	01399	ESP	2	-	2	2	-	2	-	-	-
Número total de 8 clubes			15	5	20	11	5	16	-	-	-



FASE AUTONÓMICA LARGA DISTANCIA NATACIÓN MÁSTER LE
LEÓN, 12/11/2023

Prueba 1
12/11/2023

3000m Libre

19 - 98 años
Resultados

Puntos: FINA 2023

Clasificación	AN		Tiempo		Pts
MASTER, Masc.					
1. SERRANO SANZ, Rubén	80		C.N Tritón Bierzo	37:52.45	414
50m: 36.45 36.45	800m: 9:53.23 37.50	1550m: 19:22.79 38.15	2300m: 28:58.66 38.71		
100m: 1:12.84 36.39	850m: 10:31.00 37.77	1600m: 20:00.94 38.15	2350m: 29:37.30 38.64		
150m: 1:49.06 36.22	900m: 11:09.03 38.03	1650m: 20:39.02 38.08	2400m: 30:15.85 38.55		
200m: 2:25.79 36.73	950m: 11:47.05 38.02	1700m: 21:17.33 38.31	2450m: 30:54.74 38.89		
250m: 3:02.69 36.90	1000m: 12:25.07 38.02	1750m: 21:55.58 38.25	2500m: 31:33.24 38.50		
300m: 3:39.12 36.43	1050m: 13:03.31 38.24	1800m: 22:34.01 38.43	2550m: 32:11.87 38.63		
350m: 4:16.07 36.95	1100m: 13:41.11 37.80	1850m: 23:12.34 38.33	2600m: 32:50.39 38.52		
400m: 4:53.10 37.03	1150m: 14:18.98 37.87	1900m: 23:50.76 38.42	2650m: 33:28.65 38.26		
450m: 5:29.97 36.87	1200m: 14:56.94 37.96	1950m: 24:29.23 38.47	2700m: 34:07.24 38.59		
500m: 6:07.27 37.30	1250m: 15:34.77 37.83	2000m: 25:07.77 38.54	2750m: 34:45.92 38.68		
550m: 6:44.77 37.50	1300m: 16:12.38 37.61	2050m: 25:46.01 38.24	2800m: 35:24.30 38.38		
600m: 7:22.35 37.58	1350m: 16:50.24 37.86	2100m: 26:24.43 38.42	2850m: 36:02.30 38.00		
650m: 7:59.86 37.51	1400m: 17:28.08 37.84	2150m: 27:02.87 38.44	2900m: 36:40.13 37.83		
700m: 8:37.64 37.78	1450m: 18:06.80 38.72	2200m: 27:41.33 38.46	2950m: 37:17.78 37.65		
750m: 9:15.73 38.09	1500m: 18:44.64 37.84	2250m: 28:19.95 38.62	3000m: 37:52.45 34.67		
2. GONZALEZ MAESO, Raul	78		C.D. Torrelago Wellness	38:30.07	394
50m: 35.36 35.36	800m: 9:59.92 38.45	1550m: 19:42.22 38.81	2300m: 29:26.43 38.68		
100m: 1:11.93 36.57	850m: 10:38.26 38.34	1600m: 20:21.09 38.87	2350m: 30:05.60 39.17		
150m: 1:48.98 37.05	900m: 11:16.72 38.46	1650m: 20:59.95 38.86	2400m: 30:44.87 39.27		
200m: 2:26.12 37.14	950m: 11:55.51 38.79	1700m: 21:39.25 39.30	2450m: 31:24.08 39.21		
250m: 3:03.31 37.19	1000m: 12:34.32 38.81	1750m: 22:17.73 38.48	2500m: 32:03.20 39.12		
300m: 3:40.45 37.14	1050m: 13:13.00 38.68	1800m: 22:56.54 38.81	2550m: 32:42.66 39.46		
350m: 4:17.94 37.49	1100m: 13:52.04 39.04	1850m: 23:35.22 38.68	2600m: 33:22.06 39.40		
400m: 4:55.44 37.50	1150m: 14:30.68 38.64	1900m: 24:14.15 38.93	2650m: 34:01.10 39.04		
450m: 5:33.12 37.68	1200m: 15:09.44 38.76	1950m: 24:53.37 39.22	2700m: 34:40.08 38.98		
500m: 6:10.74 37.62	1250m: 15:48.27 38.83	2000m: 25:32.88 39.51	2750m: 35:19.49 39.41		
550m: 6:48.64 37.90	1300m: 16:27.15 38.88	2050m: 26:12.08 39.20	2800m: 35:58.62 39.13		
600m: 7:26.78 38.14	1350m: 17:06.02 38.87	2100m: 26:51.24 39.16	2850m: 36:37.18 38.56		
650m: 8:04.36 37.58	1400m: 17:44.95 38.93	2150m: 27:29.90 38.66	2900m: 37:15.48 38.30		
700m: 8:43.07 38.71	1450m: 18:24.24 39.29	2200m: 28:08.38 38.48	2950m: 37:53.89 38.41		
750m: 9:21.47 38.40	1500m: 19:03.41 39.17	2250m: 28:47.75 39.37	3000m: 38:30.07 36.18		
3. GONZALEZ MAESO, Esau	77		C.D. Torrelago Wellness	39:21.72	368
50m: 36.70 36.70	800m: 10:06.26 39.06	1550m: 20:06.60 41.06	2300m: 30:10.18 39.88		
100m: 1:13.29 36.59	850m: 10:45.32 39.06	1600m: 20:46.93 40.33	2350m: 30:49.70 39.52		
150m: 1:49.87 36.58	900m: 11:24.95 39.63	1650m: 21:26.53 39.60	2400m: 31:29.42 39.72		
200m: 2:27.05 37.18	950m: 12:04.48 39.53	1700m: 22:06.48 39.95	2450m: 32:08.97 39.55		
250m: 3:04.02 36.97	1000m: 12:44.06 39.58	1750m: 22:47.95 41.47	2500m: 32:48.31 39.34		
300m: 3:41.66 37.64	1050m: 13:23.60 39.54	1800m: 23:27.89 39.94	2550m: 33:27.73 39.42		
350m: 4:19.30 37.64	1100m: 14:02.99 39.39	1850m: 24:08.04 40.15	2600m: 34:07.40 39.67		
400m: 4:57.26 37.96	1150m: 14:43.14 40.15	1900m: 24:48.23 40.19	2650m: 34:46.87 39.47		
450m: 5:35.10 37.84	1200m: 15:23.23 40.09	1950m: 25:28.29 40.06	2700m: 35:26.45 39.58		
500m: 6:13.26 38.16	1250m: 16:03.34 40.11	2000m: 26:09.12 40.83	2750m: 36:06.82 40.37		
550m: 6:51.66 38.40	1300m: 16:43.34 40.00	2050m: 26:49.45 40.33	2800m: 36:46.16 39.34		
600m: 7:30.41 38.75	1350m: 17:23.19 39.85	2100m: 27:29.40 39.95	2850m: 37:25.76 39.60		
650m: 8:09.34 38.93	1400m: 18:04.87 41.68	2150m: 28:09.69 40.29	2900m: 38:05.21 39.45		
700m: 8:48.26 38.92	1450m: 18:45.22 40.35	2200m: 28:50.19 40.50	2950m: 38:44.32 39.11		
750m: 9:27.20 38.94	1500m: 19:25.54 40.32	2250m: 29:30.30 40.11	3000m: 39:21.72 37.40		
4. MORENO CRESPO, Jonathan	99		C.N. Leon	39:31.68	364
50m: 36.81 36.81	800m: 10:27.82 40.02	1550m: 20:21.24 39.77	2300m: 30:19.80 40.36		
100m: 1:14.88 38.07	850m: 11:07.83 40.01	1600m: 21:01.32 40.08	2350m: 30:59.43 39.63		
150m: 1:53.76 38.88	900m: 11:47.44 39.61	1650m: 21:41.18 39.86	2400m: 31:39.45 40.02		
200m: 2:33.32 39.56	950m: 12:26.80 39.36	1700m: 22:21.17 39.99	2450m: 32:19.48 40.03		
250m: 3:13.11 39.79	1000m: 13:06.50 39.70	1750m: 23:01.07 39.90	2500m: 32:59.41 39.93		
300m: 3:52.65 39.54	1050m: 13:46.11 39.61	1800m: 23:40.55 39.48	2550m: 33:39.44 40.03		
350m: 4:32.48 39.83	1100m: 14:25.83 39.72	1850m: 24:20.09 39.54	2600m: 34:19.83 40.39		
400m: 5:12.28 39.80	1150m: 15:05.25 39.42	1900m: 25:00.09 40.00	2650m: 34:59.79 39.96		
450m: 5:51.88 39.60	1200m: 15:44.65 39.40	1950m: 25:39.51 39.42	2700m: 35:39.93 40.14		
500m: 6:31.31 39.43	1250m: 16:23.78 39.13	2000m: 26:19.81 40.30	2750m: 36:20.25 40.32		
550m: 7:10.82 39.51	1300m: 17:03.01 39.23	2050m: 26:59.42 39.61	2800m: 37:00.22 39.97		
600m: 7:50.00 39.18	1350m: 17:42.16 39.15	2100m: 27:39.63 40.21	2850m: 37:38.80 38.58		
650m: 8:29.14 39.14	1400m: 18:21.60 39.44	2150m: 28:19.17 39.54	2900m: 38:17.45 38.65		
700m: 9:08.35 39.21	1450m: 19:01.58 39.98	2200m: 29:00.96 41.79	2950m: 38:55.44 37.99		
750m: 9:47.80 39.45	1500m: 19:41.47 39.89	2250m: 29:39.44 38.48	3000m: 39:31.68 36.24		



FASE AUTONÓMICA LARGA DISTANCIA NATACIÓN MÁSTER LE
LEÓN, 12/11/2023

Prueba 1, Masc., 3000m Libre, MASTER

Clasificación	AN		Tiempo		Pts						
5. FERNANDEZ FERNANDEZ, Enrique	99		C.N Tritón Bierzo	40:40.81	334						
50m:	38.10	38.10	800m:	10:47.69	40.16	1550m:	20:58.93	41.24	2300m:	31:13.39	41.49
100m:	1:17.89	39.79	850m:	11:27.86	40.17	1600m:	21:39.79	40.86	2350m:	31:53.95	40.56
150m:	1:59.20	41.31	900m:	12:08.27	40.41	1650m:	22:20.70	40.91	2400m:	32:35.20	41.25
200m:	2:39.97	40.77	950m:	12:49.13	40.86	1700m:	23:02.36	41.66	2450m:	33:16.26	41.06
250m:	3:21.18	41.21	1000m:	13:29.79	40.66	1750m:	23:42.02	39.66	2500m:	33:58.18	41.92
300m:	4:01.38	40.20	1050m:	14:10.14	40.35	1800m:	24:23.45	41.43	2550m:	34:39.25	41.07
350m:	4:41.78	40.40	1100m:	14:50.40	40.26	1850m:	25:03.99	40.54	2600m:	35:19.90	40.65
400m:	5:22.49	40.71	1150m:	15:31.33	40.93	1900m:	25:44.11	40.12	2650m:	36:00.65	40.75
450m:	6:03.16	40.67	1200m:	16:11.75	40.42	1950m:	26:25.97	41.86	2700m:	36:41.56	40.91
500m:	6:43.91	40.75	1250m:	16:52.48	40.73	2000m:	27:07.45	41.48	2750m:	37:22.05	40.49
550m:	7:24.87	40.96	1300m:	17:33.52	41.04	2050m:	27:47.95	40.50	2800m:	38:02.85	40.80
600m:	8:05.75	40.88	1350m:	18:14.42	40.90	2100m:	28:29.19	41.24	2850m:	38:43.48	40.63
650m:	8:46.27	40.52	1400m:	18:55.34	40.92	2150m:	29:10.61	41.42	2900m:	39:23.62	40.14
700m:	9:26.61	40.34	1450m:	19:36.23	40.89	2200m:	29:51.27	40.66	2950m:	40:02.89	39.27
750m:	10:07.53	40.92	1500m:	20:17.69	41.46	2250m:	30:31.90	40.63	3000m:	40:40.81	37.92
6. SANCHEZ APARICIO, Enrique	68		Club Natacion Master Leon	40:47.16	331						
50m:	37.28	37.28	800m:	10:33.76	40.23	1550m:	20:47.28	41.55	2300m:	31:08.03	41.43
100m:	1:15.79	38.51	850m:	11:14.10	40.34	1600m:	21:28.55	41.27	2350m:	31:49.74	41.71
150m:	1:55.08	39.29	900m:	11:54.49	40.39	1650m:	22:09.89	41.34	2400m:	32:31.04	41.30
200m:	2:34.58	39.50	950m:	12:35.34	40.85	1700m:	22:51.03	41.14	2450m:	33:12.96	41.92
250m:	3:14.40	39.82	1000m:	13:15.92	40.58	1750m:	23:32.53	41.50	2500m:	33:54.62	41.66
300m:	3:54.01	39.61	1050m:	13:56.69	40.77	1800m:	24:14.21	41.68	2550m:	34:36.12	41.50
350m:	4:33.72	39.71	1100m:	14:37.39	40.70	1850m:	24:55.51	41.30	2600m:	35:17.54	41.42
400m:	5:13.55	39.83	1150m:	15:18.09	40.70	1900m:	25:37.52	42.01	2650m:	35:59.17	41.63
450m:	5:53.60	40.05	1200m:	15:59.14	41.05	1950m:	26:19.05	41.53	2700m:	36:40.63	41.46
500m:	6:33.31	39.71	1250m:	16:40.23	41.09	2000m:	26:59.63	40.58	2750m:	37:22.27	41.64
550m:	7:13.14	39.83	1300m:	17:21.22	40.99	2050m:	27:40.67	41.04	2800m:	38:03.78	41.51
600m:	7:52.91	39.77	1350m:	18:02.26	41.04	2100m:	28:22.08	41.41	2850m:	38:45.57	41.79
650m:	8:32.79	39.88	1400m:	18:43.23	40.97	2150m:	29:03.72	41.64	2900m:	39:26.79	41.22
700m:	9:13.06	40.27	1450m:	19:24.49	41.26	2200m:	29:45.10	41.38	2950m:	40:07.68	40.89
750m:	9:53.53	40.47	1500m:	20:05.73	41.24	2250m:	30:26.60	41.50	3000m:	40:47.16	39.48
7. MERINO GONZÁLEZ, Raúl	74		CD Upstream	42:53.37	285						
50m:	38.98	38.98	800m:	11:09.15	43.04	1550m:	21:52.52	43.33	2300m:	32:47.15	42.76
100m:	1:18.77	39.79	850m:	11:51.88	42.73	1600m:	22:36.71	44.19	2350m:	33:30.66	43.51
150m:	1:59.40	40.63	900m:	12:34.44	42.56	1650m:	23:20.36	43.65	2400m:	34:14.10	43.44
200m:	2:40.40	41.00	950m:	13:17.17	42.73	1700m:	24:05.02	44.66	2450m:	34:57.08	42.98
250m:	3:21.69	41.29	1000m:	13:59.45	42.28	1750m:	24:48.01	42.99	2500m:	35:39.28	42.20
300m:	4:03.40	41.71	1050m:	14:42.28	42.83	1800m:	25:31.00	42.99	2550m:	36:23.09	43.81
350m:	4:45.94	42.54	1100m:	15:24.68	42.40	1850m:	26:15.96	44.96	2600m:	37:06.41	43.32
400m:	5:28.26	42.32	1150m:	16:07.06	42.38	1900m:	26:59.48	43.52	2650m:	37:49.58	43.17
450m:	6:10.51	42.25	1200m:	16:50.12	43.06	1950m:	27:43.00	43.52	2700m:	38:33.40	43.82
500m:	6:53.14	42.63	1250m:	17:32.98	42.86	2000m:	28:26.89	43.89	2750m:	39:17.20	43.80
550m:	7:35.47	42.33	1300m:	18:16.03	43.05	2050m:	29:10.77	43.88	2800m:	40:00.70	43.50
600m:	8:17.72	42.25	1350m:	18:59.41	43.38	2100m:	29:55.39	44.62	2850m:	40:43.83	43.13
650m:	9:00.42	42.70	1400m:	19:42.98	43.57	2150m:	30:38.31	42.92	2900m:	41:27.16	43.33
700m:	9:43.49	43.07	1450m:	20:25.78	42.80	2200m:	31:21.15	42.84	2950m:	42:11.29	44.13
750m:	10:26.11	42.62	1500m:	21:09.19	43.41	2250m:	32:04.39	43.24	3000m:	42:53.37	42.08
8. LAZARO DELGADO, David	67		CD Upstream	42:56.21	284						
50m:	39.13	39.13	800m:	11:17.59	41.97	1550m:	22:05.83	42.67	2300m:	32:53.98	43.45
100m:	1:20.00	40.87	850m:	12:00.77	43.18	1600m:	22:49.57	43.74	2350m:	33:38.02	44.04
150m:	2:03.11	43.11	900m:	12:43.93	43.16	1650m:	23:32.27	42.70	2400m:	34:21.57	43.55
200m:	2:45.89	42.78	950m:	13:27.05	43.12	1700m:	24:14.51	42.24	2450m:	35:05.27	43.70
250m:	3:28.20	42.31	1000m:	14:10.57	43.52	1750m:	24:56.66	42.15	2500m:	35:49.18	43.91
300m:	4:11.43	43.23	1050m:	14:54.16	43.59	1800m:	25:39.28	42.62	2550m:	36:32.59	43.41
350m:	4:54.46	43.03	1100m:	15:37.65	43.49	1850m:	26:22.45	43.17	2600m:	37:16.02	43.43
400m:	5:37.47	43.01	1150m:	16:21.23	43.58	1900m:	27:06.66	44.21	2650m:	37:59.31	43.29
450m:	6:20.68	43.21	1200m:	17:05.16	43.93	1950m:	27:50.08	43.42	2700m:	38:42.15	42.84
500m:	7:03.50	42.82	1250m:	17:48.53	43.37	2000m:	28:33.69	43.61	2750m:	39:24.80	42.65
550m:	7:46.10	42.60	1300m:	18:31.93	43.40	2050m:	29:16.95	43.26	2800m:	40:07.62	42.82
600m:	8:29.39	43.29	1350m:	19:14.28	42.35	2100m:	30:00.21	43.26	2850m:	40:50.12	42.50
650m:	9:12.09	42.70	1400m:	19:57.10	42.82	2150m:	30:43.74	43.53	2900m:	41:33.25	43.13
700m:	9:53.97	41.88	1450m:	20:40.85	43.75	2200m:	31:26.75	43.01	2950m:	42:15.99	42.74
750m:	10:35.62	41.65	1500m:	21:23.16	42.31	2250m:	32:10.53	43.78	3000m:	42:56.21	40.22
9. GALLEGO VICARIO, Roberto	69		Club Natacion Master Leon	46:28.55	224						
50m:	43.51	43.51	600m:	9:06.06	46.33	1150m:	17:33.49	46.22	1700m:	26:05.61	46.34
100m:	1:28.47	44.96	650m:	9:52.25	46.19	1200m:	18:20.20	46.71	1750m:	26:52.08	46.47
150m:	2:14.50	46.03	700m:	10:38.16	45.91	1250m:	19:06.97	46.77	1800m:	27:38.29	46.21
200m:	3:00.65	46.15	750m:	11:24.21	46.05	1300m:	19:53.08	46.11	1850m:	28:24.54	46.25
250m:	3:47.06	46.41	800m:	12:10.15	45.94	1350m:	20:39.48	46.40	1900m:	29:11.05	46.51
300m:	4:32.63	45.57	850m:	12:56.48	46.33	1400m:	21:26.63	47.15	1950m:	29:57.60	46.55
350m:	5:17.37	44.74	900m:	13:42.60	46.12	1450m:	22:13.25	46.62	2000m:	30:44.50	46.90
400m:	6:02.20	44.83	950m:	14:28.65	46.05	1500m:	23:00.04	46.79	2050m:	31:31.60	47.10
450m:	6:47.90	45.70	1000m:	15:14.79	46.14	1550m:	23:46.26	46.22	2100m:	32:18.58	46.98
500m:	7:33.85	45.95	1050m:	16:01.48	46.69	1600m:	24:32.30	46.04	2150m:	33:05.52	46.94
550m:	8:19.73	45.88	1100m:	16:47.27	45.79	1650m:	25:19.27	46.97	2200m:	33:52.68	47.16
2250m:	34:40.08	47.40	2400m:	37:01.92	47.34	2550m:	39:24.24	47.46	2700m:	41:46.72	47.59
2300m:	35:27.30	47.22	2450m:	37:49.29	47.37	2600m:	40:11.62	47.38	2750m:	42:34.18	47.46
2350m:	36:14.58	47.28	2500m:	38:36.78	47.49	2650m:	40:59.13	47.51	2800m:	43:21.57	47.39



FASE AUTONÓMICA LARGA DISTANCIA NATACIÓN MÁSTER LE
LEÓN, 12/11/2023

Prueba 1, Masc., 3000m Libre, MASTER

Clasificación	AN						Tiempo						Pts
	2850m:	44:08.49	46.92	2900m:	44:56.01	47.52	2950m:	45:42.96	46.95	3000m:	46:28.55	45.59	
10.	DIAZ ALVAREZ, Victor						C.D. Tizona Burgos						216
	50m:	42.60	42.60	800m:	12:19.18	46.95	1550m:	24:05.52	47.48	2300m:	35:57.01	47.53	
	100m:	1:26.65	44.05	850m:	13:06.03	46.85	1600m:	24:53.16	47.64	2350m:	36:45.14	48.13	
	150m:	2:11.86	45.21	900m:	13:52.70	46.67	1650m:	25:40.43	47.27	2400m:	37:32.32	47.18	
	200m:	2:57.55	45.69	950m:	14:39.55	46.85	1700m:	26:27.90	47.47	2450m:	38:19.74	47.42	
	250m:	3:44.11	46.56	1000m:	15:26.74	47.19	1750m:	27:15.60	47.70	2500m:	39:06.92	47.18	
	300m:	4:30.74	46.63	1050m:	16:13.63	46.89	1800m:	28:03.35	47.75	2550m:	39:54.44	47.52	
	350m:	5:17.22	46.48	1100m:	17:00.33	46.70	1850m:	28:50.52	47.17	2600m:	40:42.35	47.91	
	400m:	6:04.27	47.05	1150m:	17:47.54	47.21	1900m:	29:37.62	47.10	2650m:	41:29.98	47.63	
	450m:	6:51.12	46.85	1200m:	18:34.60	47.06	1950m:	30:24.90	47.28	2700m:	42:17.60	47.62	
	500m:	7:38.05	46.93	1250m:	19:21.62	47.02	2000m:	31:12.50	47.60	2750m:	43:04.94	47.34	
	550m:	8:24.98	46.93	1300m:	20:08.69	47.07	2050m:	32:00.10	47.60	2800m:	43:52.98	48.04	
	600m:	9:11.71	46.73	1350m:	20:55.76	47.07	2100m:	32:46.91	46.81	2850m:	44:40.55	47.57	
	650m:	9:58.85	47.14	1400m:	21:43.30	47.54	2150m:	33:34.57	47.66	2900m:	45:27.96	47.41	
	700m:	10:45.34	46.49	1450m:	22:30.80	47.50	2200m:	34:22.13	47.56	2950m:	46:13.72	45.76	
	750m:	11:32.23	46.89	1500m:	23:18.04	47.24	2250m:	35:09.48	47.35	3000m:	46:58.60	44.88	
11.	CARRANZA RODRIGUEZ, Luis Guillermo						C.D. Tizona Burgos						129
	50m:	46.67	46.67	800m:	14:19.20	56.08	1550m:	28:16.80	56.06	2300m:	42:30.91	57.17	
	100m:	1:37.44	50.77	850m:	15:14.37	55.17	1600m:	29:13.13	56.33	2350m:	43:27.39	56.48	
	150m:	2:29.53	52.09	900m:	16:10.10	55.73	1650m:	30:09.39	56.26	2400m:	44:24.34	56.95	
	200m:	3:21.78	52.25	950m:	17:05.94	55.84	1700m:	31:07.05	57.66	2450m:	45:21.08	56.74	
	250m:	4:14.79	53.01	1000m:	18:01.73	55.79	1750m:	32:04.47	57.42	2500m:	46:17.31	56.23	
	300m:	5:08.65	53.86	1050m:	18:57.63	55.90	1800m:	33:01.33	56.86	2550m:	47:14.78	57.47	
	350m:	6:02.44	53.79	1100m:	19:53.02	55.39	1850m:	33:58.31	56.98	2600m:	48:11.28	56.50	
	400m:	6:56.89	54.45	1150m:	20:48.76	55.74	1900m:	34:54.58	56.27	2650m:	49:07.78	56.50	
	450m:	7:51.44	54.55	1200m:	21:45.08	56.32	1950m:	35:51.17	56.59	2700m:	50:05.38	57.60	
	500m:	8:46.69	55.25	1250m:	22:40.85	55.77	2000m:	36:48.27	57.10	2750m:	51:02.47	57.09	
	550m:	9:42.20	55.51	1300m:	23:37.74	56.89	2050m:	37:45.52	57.25	2800m:	51:59.91	57.44	
	600m:	10:37.27	55.07	1350m:	24:34.28	56.54	2100m:	38:42.74	57.22	2850m:	52:55.85	55.94	
	650m:	11:31.90	54.63	1400m:	25:29.38	55.10	2150m:	39:39.62	56.88	2900m:	53:52.98	57.13	
	700m:	12:27.49	55.59	1450m:	26:24.89	55.51	2200m:	40:36.98	57.36	2950m:	54:50.24	57.26	
	750m:	13:23.12	55.63	1500m:	27:20.74	55.85	2250m:	41:33.74	56.76	3000m:	55:46.43	56.19	

MASTER, Fem.

1.	MORENO CRESPO, Yaiza						C.N. Leon						356
	50m:	40.22	40.22	800m:	11:17.89	42.45	1550m:	21:56.88	42.81	2300m:	32:43.16	43.42	
	100m:	1:22.37	42.15	850m:	12:00.09	42.20	1600m:	22:40.06	43.18	2350m:	33:26.14	42.98	
	150m:	2:04.83	42.46	900m:	12:42.53	42.44	1650m:	23:22.52	42.46	2400m:	34:09.38	43.24	
	200m:	2:47.34	42.51	950m:	13:24.79	42.26	1700m:	24:05.62	43.10	2450m:	34:52.55	43.17	
	250m:	3:30.60	43.26	1000m:	14:07.57	42.78	1750m:	24:48.57	42.95	2500m:	35:35.69	43.14	
	300m:	4:13.25	42.65	1050m:	14:49.95	42.38	1800m:	25:31.69	43.12	2550m:	36:18.64	42.95	
	350m:	4:55.65	42.40	1100m:	15:32.36	42.41	1850m:	26:14.48	42.79	2600m:	37:01.92	43.28	
	400m:	5:38.76	43.11	1150m:	16:15.29	42.93	1900m:	26:57.49	43.01	2650m:	37:44.94	43.02	
	450m:	6:21.15	42.39	1200m:	16:57.63	42.34	1950m:	27:40.09	42.60	2700m:	38:28.47	43.53	
	500m:	7:03.62	42.47	1250m:	17:40.24	42.61	2000m:	28:24.09	44.00	2750m:	39:11.62	43.15	
	550m:	7:46.00	42.38	1300m:	18:23.23	42.99	2050m:	29:07.53	43.44	2800m:	39:54.73	43.11	
	600m:	8:28.38	42.38	1350m:	19:05.98	42.75	2100m:	29:50.94	43.41	2850m:	40:37.01	42.28	
	650m:	9:11.22	42.84	1400m:	19:48.44	42.46	2150m:	30:34.31	43.37	2900m:	41:19.16	42.15	
	700m:	9:53.39	42.17	1450m:	20:31.21	42.77	2200m:	31:17.41	43.10	2950m:	42:00.87	41.71	
	750m:	10:35.44	42.05	1500m:	21:14.07	42.86	2250m:	31:59.74	42.33	3000m:	42:40.93	40.06	
2.	GARCIA ALVAREZ, Maria Jose						Club Benavente Natacion						282
	50m:	44.97	44.97	800m:	12:26.88	46.85	1550m:	24:00.78	46.16	2300m:	35:32.16	46.75	
	100m:	1:29.49	44.52	850m:	13:14.32	47.44	1600m:	24:46.84	46.06	2350m:	36:17.85	45.69	
	150m:	2:14.30	44.81	900m:	14:00.79	46.47	1650m:	25:33.52	46.68	2400m:	37:04.63	46.78	
	200m:	3:00.23	45.93	950m:	14:47.63	46.84	1700m:	26:20.23	46.71	2450m:	37:50.81	46.18	
	250m:	3:46.42	46.19	1000m:	15:34.21	46.58	1750m:	27:07.13	46.90	2500m:	38:36.96	46.15	
	300m:	4:34.46	48.04	1050m:	16:20.43	46.22	1800m:	27:52.73	45.60	2550m:	39:22.53	45.57	
	350m:	5:20.55	46.09	1100m:	17:06.62	46.19	1850m:	28:38.53	45.80	2600m:	40:08.46	45.93	
	400m:	6:07.68	47.13	1150m:	17:52.84	46.22	1900m:	29:24.70	46.17	2650m:	40:54.92	46.46	
	450m:	6:55.10	47.42	1200m:	18:38.76	45.92	1950m:	30:10.63	45.93	2700m:	41:40.25	45.33	
	500m:	7:42.32	47.22	1250m:	19:24.20	45.44	2000m:	30:56.13	45.50	2750m:	42:26.88	46.63	
	550m:	8:30.48	48.16	1300m:	20:10.50	46.30	2050m:	31:42.02	45.89	2800m:	43:12.55	45.67	
	600m:	9:18.43	47.95	1350m:	20:56.66	46.16	2100m:	32:27.65	45.63	2850m:	43:58.26	45.71	
	650m:	10:05.92	47.49	1400m:	21:42.59	45.93	2150m:	33:13.55	45.90	2900m:	44:43.81	45.55	
	700m:	10:53.11	47.19	1450m:	22:28.32	45.73	2200m:	33:59.39	45.84	2950m:	45:27.95	44.14	
	750m:	11:40.03	46.92	1500m:	23:14.62	46.30	2250m:	34:45.41	46.02	3000m:	46:09.18	41.23	



FASE AUTONÓMICA LARGA DISTANCIA NATACIÓN MÁSTER LE
LEÓN, 12/11/2023

Prueba 1, Fem., 3000m Libre, MASTER

Clasificación	AN		Tiempo		Pts						
3. MARTINEZ ALARCON, Teresa	96		C.D. Tizona Burgos		46:57.87	267					
50m:	42.53	42.53	800m:	12:19.22	46.77	1550m:	24:05.79	47.51	2300m:	35:57.65	47.65
100m:	1:26.50	43.97	850m:	13:06.21	46.99	1600m:	24:53.62	47.83	2350m:	36:45.49	47.84
150m:	2:11.55	45.05	900m:	13:52.98	46.77	1650m:	25:40.83	47.21	2400m:	37:32.61	47.12
200m:	2:57.40	45.85	950m:	14:39.83	46.85	1700m:	26:28.27	47.44	2450m:	38:20.02	47.41
250m:	3:44.07	46.67	1000m:	15:26.93	47.10	1750m:	27:16.17	47.90	2500m:	39:07.69	47.67
300m:	4:30.64	46.57	1050m:	16:13.82	46.89	1800m:	28:03.54	47.37	2550m:	39:54.98	47.29
350m:	5:17.60	46.96	1100m:	17:00.86	47.04	1850m:	28:50.62	47.08	2600m:	40:42.04	47.06
400m:	6:04.55	46.95	1150m:	17:47.85	46.99	1900m:	29:38.29	47.67	2650m:	41:30.70	48.66
450m:	6:51.25	46.70	1200m:	18:34.88	47.03	1950m:	30:25.61	47.32	2700m:	42:18.41	47.71
500m:	7:37.93	46.68	1250m:	19:22.01	47.13	2000m:	31:12.96	47.35	2750m:	43:05.91	47.50
550m:	8:24.99	47.06	1300m:	20:09.04	47.03	2050m:	32:00.56	47.60	2800m:	43:53.64	47.73
600m:	9:12.23	47.24	1350m:	20:56.07	47.03	2100m:	32:47.62	47.06	2850m:	44:40.96	47.32
650m:	9:59.02	46.79	1400m:	21:43.53	47.46	2150m:	33:35.13	47.51	2900m:	45:27.94	46.98
700m:	10:45.63	46.61	1450m:	22:31.36	47.83	2200m:	34:22.48	47.35	2950m:	46:13.79	45.85
750m:	11:32.45	46.82	1500m:	23:18.28	46.92	2250m:	35:10.00	47.52	3000m:	46:57.87	44.08
4. BOAL FERNÁNDEZ, Laura	83		C.D. Torrelago Wellness		49:18.50	231					
50m:	42.92	42.92	800m:	12:51.84	48.73	1550m:	25:19.54	51.20	2300m:	37:44.81	49.65
100m:	1:29.41	46.49	850m:	13:41.16	49.32	1600m:	26:09.18	49.64	2350m:	38:34.98	50.17
150m:	2:16.96	47.55	900m:	14:30.51	49.35	1650m:	27:00.32	51.14	2400m:	39:24.57	49.59
200m:	3:04.81	47.85	950m:	15:20.14	49.63	1700m:	27:49.71	49.39	2450m:	40:14.30	49.73
250m:	3:53.54	48.73	1000m:	16:09.96	49.82	1750m:	28:38.72	49.01	2500m:	41:04.68	50.38
300m:	4:42.38	48.84	1050m:	16:59.01	49.05	1800m:	29:28.02	49.30	2550m:	41:54.55	49.87
350m:	5:31.21	48.83	1100m:	17:48.00	48.99	1850m:	30:17.50	49.48	2600m:	42:44.87	50.32
400m:	6:20.24	49.03	1150m:	18:37.74	49.74	1900m:	31:07.39	49.89	2650m:	43:33.87	49.00
450m:	7:08.42	48.18	1200m:	19:27.36	49.62	1950m:	31:56.85	49.46	2700m:	44:23.75	49.88
500m:	7:56.46	48.04	1250m:	20:17.46	50.10	2000m:	32:46.75	49.90	2750m:	45:13.58	49.83
550m:	8:45.28	48.82	1300m:	21:06.48	49.02	2050m:	33:36.52	49.77	2800m:	46:03.37	49.79
600m:	9:34.42	49.14	1350m:	21:57.06	50.58	2100m:	34:26.59	50.07	2850m:	46:53.81	50.44
650m:	10:23.95	49.53	1400m:	22:47.55	50.49	2150m:	35:15.93	49.34	2900m:	47:43.39	49.58
700m:	11:12.68	48.73	1450m:	23:37.74	50.19	2200m:	36:05.46	49.53	2950m:	48:32.14	48.75
750m:	12:03.11	50.43	1500m:	24:28.34	50.60	2250m:	36:55.16	49.70	3000m:	49:18.50	46.36
5. CARRANZA MARTIN, Paula	90		C.D. Tizona Burgos		53:38.37	179					
50m:	43.12	43.12	800m:	13:25.88	52.16	1550m:	26:41.49	53.71	2300m:	40:29.97	56.45
100m:	1:28.94	45.82	850m:	14:17.59	51.71	1600m:	27:36.01	54.52	2350m:	41:26.76	56.79
150m:	2:16.26	47.32	900m:	15:09.26	51.67	1650m:	28:29.00	52.99	2400m:	42:22.41	55.65
200m:	3:05.10	48.84	950m:	16:03.48	54.22	1700m:	29:23.05	54.05	2450m:	43:17.78	55.37
250m:	3:54.60	49.50	1000m:	16:55.06	51.58	1750m:	30:17.56	54.51	2500m:	44:13.59	55.81
300m:	4:44.38	49.78	1050m:	17:47.93	52.87	1800m:	31:10.50	52.94	2550m:	45:11.44	57.85
350m:	5:36.25	51.87	1100m:	18:39.87	51.94	1850m:	32:05.47	54.97	2600m:	46:06.52	55.08
400m:	6:27.19	50.94	1150m:	19:31.61	51.74	1900m:	33:02.56	57.09	2650m:	47:02.96	56.44
450m:	7:19.37	52.18	1200m:	20:24.54	52.93	1950m:	33:59.68	57.12	2700m:	48:00.47	57.51
500m:	8:12.04	52.67	1250m:	21:18.66	54.12	2000m:	34:55.40	55.72	2750m:	48:56.67	56.20
550m:	9:04.24	52.20	1300m:	22:12.52	53.86	2050m:	35:51.67	56.27	2800m:	49:52.48	55.81
600m:	9:56.99	52.75	1350m:	23:06.31	53.79	2100m:	36:47.32	55.65	2850m:	50:49.56	57.08
650m:	10:49.64	52.65	1400m:	23:59.82	53.51	2150m:	37:42.35	55.03	2900m:	51:46.78	57.22
700m:	11:42.30	52.66	1450m:	24:53.35	53.53	2200m:	38:38.08	55.73	2950m:	52:43.98	57.20
750m:	12:33.72	51.42	1500m:	25:47.78	54.43	2250m:	39:33.52	55.44	3000m:	53:38.37	54.39