



Nº ACTA: FALDNZA

## ACTA DE LA COMPETICION.

- **NOMBRE DE LA COMPETICION.**  
FASE AUTONÓMICA LARGA DISTANCIA NATACIÓN ZAMORA
- **FECHA DE LA CELEBRACION.**  
11 NOVIEMBRE 2023 -
- **NOMBRE DE LA ENTIDAD ORGANIZADORA.**  
FEDERACIÓN CASTILLA Y LEÓN DE NATACIÓN
- **LUGAR DE CELEBRACION.**  
ZAMORA
- **NOMBRE DE LA PISCINA.**
- PM LOS ALMENDROS
- **PISCINA DE 25 E. - 8 CALLES.**
- **CLUBES PARTICIPANTES**

SEGÚN HOJA

### COMPOSICION DEL JURADO

**JUEZ ÁRBITRO:** SONIA VÁZQUEZ

**JUEZ DE SALIDAS:** SONIA VÁZQUEZ

**JUECES DE VIRAJES / ESTILOS:**

**JEFE DE CRONOMETRADORES:** ÁNGEL GONZÁLEZ

**CRONOMETRADORES:**

PAULA SOGO  
M<sup>a</sup> JOSÉ ALONSO  
ESTHER SASETA  
NIEVES ALONSO

ÓSCAR PÉREZ  
MODESTO MATILLA  
VICTOR CABEZAS

**CAMARA DE SALIDAS:**

**LOCUTOR:**

**PREMIACION:**

**DURACIÓN COMPETICIÓN:**

**CRONOMETRAJE ELECTRONICO:** MANUEL CANO

**SECRETARIA:**

**SECRETARIA DE RESULTADOS:** SILVIA GONZÁLEZ

### INCIDENCIAS DE LA COMPETICION

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

Fdo: SONIA VÁZQUEZ



Fase Autonómica Larga Distancia Natación ZA  
Zamora, 11/11/2023

Sumario de inscritos

Todas las pruebas

Club	Código	Pais	Nadadores:			Individuales			Relevos		
			Masc.	Fem.	Total	Masc.	Fem.	Total	Masc.	Fem.	Total
C.D. Torrelago Wellness	01351	ESP	6	4	10	6	4	10	-	-	-
C.N. Bierzo-Ponferrada	00814	ESP	2	3	5	2	3	5	-	-	-
C.N. Ciudad De Avila	P0906	ESP	1	2	3	1	2	3	-	-	-
C.N. Palencia	00431	ESP	-	1	1	-	1	1	-	-	-
C.N. Parquesol	P0904	ESP	-	2	2	-	2	2	-	-	-
Club Benavente Natacion	P0909	ESP	-	1	1	-	1	1	-	-	-
Club Natacion Master Leon	01399	ESP	1	-	1	1	-	1	-	-	-
Número total de 7 clubes			10	13	23	10	13	23	-	-	-



## Fase Autonómica Larga Distancia Natación ZA Zamora, 11/11/2023

**Prueba 1**  
**11/11/2023**

**3000m Libre**

**15 años y mayores**  
**Resultados**

Puntos: FINA 2023

Clasificación	AN		Tiempo		Pts						
<b>19 años y mayores, Masc.</b>											
<b>1. VIÑUELA GONZALEZ, Kevin Tarek</b>	<b>95</b>		<b>Club Natacion Master Leon</b>		<b>33:14.15</b>	<b>612</b>					
50m:	31.23	31.23	800m:	8:47.10	33.00	1550m:	17:04.99	33.15	2300m:	25:25.64	33.03
100m:	1:03.49	32.26	850m:	9:20.54	33.44	1600m:	17:38.40	33.41	2350m:	25:59.18	33.54
150m:	1:36.17	32.68	900m:	9:52.71	32.17	1650m:	18:11.67	33.27	2400m:	26:32.39	33.21
200m:	2:09.30	33.13	950m:	10:26.90	34.19	1700m:	18:44.88	33.21	2450m:	27:05.97	33.58
250m:	2:42.21	32.91	1000m:	11:00.22	33.32	1750m:	19:18.37	33.49	2500m:	27:39.33	33.36
300m:	3:15.68	33.47	1050m:	11:33.40	33.18	1800m:	19:51.71	33.34	2550m:	28:12.96	33.63
350m:	3:48.95	33.27	1100m:	12:06.58	33.18	1850m:	20:24.82	33.11	2600m:	28:46.31	33.35
400m:	4:21.97	33.02	1150m:	12:39.61	33.03	1900m:	20:58.10	33.28	2650m:	29:20.71	34.40
450m:	4:55.20	33.23	1200m:	13:12.62	33.01	1950m:	21:31.75	33.65	2700m:	29:54.25	33.54
500m:	5:28.20	33.00	1250m:	13:45.89	33.27	2000m:	22:05.21	33.46	2750m:	30:27.79	33.54
550m:	6:01.38	33.18	1300m:	14:19.08	33.19	2050m:	22:39.09	33.88	2800m:	31:01.31	33.52
600m:	6:34.50	33.12	1350m:	14:52.65	33.57	2100m:	23:12.68	33.59	2850m:	31:34.97	33.66
650m:	7:07.73	33.23	1400m:	15:25.77	33.12	2150m:	23:45.71	33.03	2900m:	32:08.57	33.60
700m:	7:41.05	33.32	1450m:	15:58.72	32.95	2200m:	24:19.05	33.34	2950m:	32:41.18	32.61
750m:	8:14.10	33.05	1500m:	16:31.84	33.12	2250m:	24:52.61	33.56	3000m:	33:14.15	32.97

**19 años y mayores, Fem.**

<b>1. SEGOVIA MORENO, Silvia</b>	<b>04</b>		<b>C.D. Torrelago Wellness</b>		<b>45:31.97</b>	<b>293</b>					
50m:	40.61	40.61	800m:	11:59.85	46.15	1550m:	23:27.64	45.52	2300m:	35:04.97	46.41
100m:	1:24.10	43.49	850m:	12:45.57	45.72	1600m:	24:13.53	45.89	2350m:	35:49.75	44.78
150m:	2:09.27	45.17	900m:	13:31.27	45.70	1650m:	24:59.86	46.33	2400m:	36:36.48	46.73
200m:	2:53.64	44.37	950m:	14:17.30	46.03	1700m:	25:46.02	46.16	2450m:	37:22.12	45.64
250m:	3:37.32	43.68	1000m:	15:02.82	45.52	1750m:	26:32.79	46.77	2500m:	38:07.82	45.70
300m:	4:22.68	45.36	1050m:	15:48.59	45.77	1800m:	27:19.66	46.87	2550m:	38:53.06	45.24
350m:	5:07.35	44.67	1100m:	16:34.88	46.29	1850m:	28:06.98	47.32	2600m:	39:38.65	45.59
400m:	5:53.48	46.13	1150m:	17:20.70	45.82	1900m:	28:54.07	47.09	2650m:	40:24.33	45.68
450m:	6:39.31	45.83	1200m:	18:07.09	46.39	1950m:	29:40.72	46.65	2700m:	41:10.01	45.68
500m:	7:25.39	46.08	1250m:	18:53.17	46.08	2000m:	30:26.65	45.93	2750m:	41:54.13	44.12
550m:	8:11.28	45.89	1300m:	19:38.89	45.72	2050m:	31:13.17	46.52	2800m:	42:39.30	45.17
600m:	8:56.68	45.40	1350m:	20:24.83	45.94	2100m:	32:00.35	47.18	2850m:	43:23.85	44.55
650m:	9:41.99	45.31	1400m:	21:10.98	46.15	2150m:	32:46.22	45.87	2900m:	44:08.67	44.82
700m:	10:27.87	45.88	1450m:	21:56.56	45.58	2200m:	33:32.64	46.42	3000m:	45:31.97	1:23.30
750m:	11:13.70	45.83	1500m:	22:42.12	45.56	2250m:	34:18.56	45.92			

**JUNIOR 2 MASCULINO, Masc.**

<b>1. DE LA FUENTE ALONSO, Diego</b>	<b>06</b>		<b>C.D. Torrelago Wellness</b>		<b>33:03.06</b>	<b>623</b>					
50m:	30.86	30.86	800m:	8:46.01	33.06	1550m:	17:02.47	32.78	2400m:	26:59.04	1:39.61
100m:	1:03.23	32.37	850m:	9:18.62	32.61	1600m:	17:35.54	33.07	2450m:	27:32.87	33.83
150m:	1:36.31	33.08	900m:	9:51.59	32.97	1650m:	18:08.88	33.34	2500m:	28:05.91	33.04
200m:	2:09.18	32.87	950m:	10:24.74	33.15	1700m:	18:41.97	33.09	2600m:	28:39.24	33.33
250m:	2:42.68	33.50	1000m:	10:57.85	33.11	1750m:	19:14.92	32.95	2650m:	29:12.41	33.17
300m:	3:15.60	32.92	1050m:	11:30.51	32.66	1800m:	19:48.15	33.23	2700m:	29:45.55	33.14
350m:	3:48.62	33.02	1100m:	12:03.40	32.89	1850m:	20:21.20	33.05	2750m:	30:18.63	33.08
400m:	4:21.54	32.92	1150m:	12:36.63	33.23	1900m:	20:54.38	33.18	2800m:	30:51.73	33.10
450m:	4:54.62	33.08	1200m:	13:10.02	33.39	1950m:	21:27.18	32.80	2850m:	31:24.34	32.61
500m:	5:27.74	33.12	1250m:	13:43.30	33.28	2000m:	22:00.32	33.14	2900m:	31:57.21	32.87
550m:	6:00.71	32.97	1300m:	14:16.47	33.17	2050m:	22:33.20	32.88	2950m:	32:30.66	33.45
600m:	6:33.69	32.98	1350m:	14:49.83	33.36	2100m:	23:05.92	32.72	3000m:	33:03.06	32.40
650m:	7:06.65	32.96	1400m:	15:23.05	33.22	2150m:	23:38.79	32.87			
700m:	7:39.77	33.12	1450m:	15:56.17	33.12	2200m:	24:11.96	33.17			
750m:	8:12.95	33.18	1500m:	16:29.69	33.52	2300m:	25:19.43	1:07.47			
<b>2. ARIAS DIEZ, Mario</b>	<b>05</b>		<b>C.D. Torrelago Wellness</b>		<b>33:27.64</b>	<b>600</b>					
50m:	31.14	31.14	700m:	7:41.71	33.08	1350m:	14:59.81	33.44	2000m:	22:18.02	33.90
100m:	1:03.67	32.53	750m:	8:15.02	33.31	1400m:	15:33.37	33.56	2050m:	22:51.42	33.40
150m:	1:36.58	32.91	800m:	8:48.52	33.50	1450m:	16:06.92	33.55	2100m:	23:25.12	33.70
200m:	2:09.72	33.14	850m:	9:22.01	33.49	1500m:	16:40.65	33.73	2150m:	23:59.14	34.02
250m:	2:43.19	33.47	900m:	9:56.05	34.04	1550m:	17:14.26	33.61	2200m:	24:32.67	33.53
300m:	3:16.20	33.01	950m:	10:30.28	34.23	1600m:	17:47.73	33.47	2250m:	25:06.52	33.85
350m:	3:49.61	33.41	1000m:	11:04.11	33.83	1650m:	18:21.78	34.05	2300m:	25:40.18	33.66
400m:	4:22.98	33.37	1050m:	11:37.96	33.85	1700m:	18:55.41	33.63	2350m:	26:14.05	33.87
450m:	4:56.71	33.73	1100m:	12:11.47	33.51	1750m:	19:28.96	33.55	2400m:	26:48.14	34.09
500m:	5:29.93	33.22	1150m:	12:45.30	33.83	1800m:	20:02.69	33.73	2450m:	27:22.01	33.87
550m:	6:02.58	32.65	1200m:	13:19.14	33.84	1850m:	20:36.57	33.88	2500m:	27:55.75	33.74
600m:	6:35.47	32.89	1250m:	13:52.90	33.76	1900m:	21:10.11	33.54	2550m:	28:29.51	33.76
650m:	7:08.63	33.16	1300m:	14:26.37	33.47	1950m:	21:44.12	34.01	2600m:	29:03.06	33.55
2650m:	29:36.44	33.38	2750m:	30:44.10	33.63	2850m:	31:50.70	33.37	2950m:	32:54.98	30.99
2700m:	30:10.47	34.03	2800m:	31:17.33	33.23	2900m:	32:23.99	33.29	3000m:	33:27.64	32.66



## Fase Autonómica Larga Distancia Natación ZA Zamora, 11/11/2023

### Prueba 1, Masc., 3000m Libre, JUNIOR 2 MASCULINO

Clasificación				AN				Tiempo	Pts		
3.	RIVAS BALBOA, Lucas			05	C.N. Bierzo-Ponferrada			<b>33:46.62</b>	583		
50m:	31.76	31.76	800m:	8:54.52	33.77	1600m:	17:55.77	33.44	2350m:	26:24.15	34.10
100m:	1:04.44	32.68	850m:	9:28.99	34.47	1650m:	18:29.57	33.80	2400m:	26:58.43	34.28
150m:	1:37.74	33.30	900m:	10:02.28	33.29	1700m:	19:03.29	33.72	2450m:	27:32.64	34.21
200m:	2:10.76	33.02	1000m:	11:09.78	1:07.50	1750m:	19:37.04	33.75	2500m:	28:06.79	34.15
250m:	2:44.36	33.60	1050m:	11:45.83	36.05	1800m:	20:10.92	33.88	2550m:	28:40.85	34.06
300m:	3:17.96	33.60	1100m:	12:17.45	31.62	1850m:	20:44.90	33.98	2600m:	29:15.32	34.47
350m:	3:51.33	33.37	1150m:	12:51.11	33.66	1900m:	21:18.83	33.93	2650m:	29:49.58	34.26
400m:	4:24.45	33.12	1200m:	13:25.16	34.05	1950m:	21:52.66	33.83	2700m:	30:23.67	34.09
450m:	4:58.45	34.00	1250m:	13:58.91	33.75	2000m:	22:26.31	33.65	2750m:	30:58.18	34.51
500m:	5:31.71	33.26	1300m:	14:32.79	33.88	2050m:	23:00.14	33.83	2800m:	31:32.32	34.14
550m:	6:05.52	33.81	1350m:	15:06.79	34.00	2100m:	23:34.07	33.93	2850m:	32:06.68	34.36
600m:	6:39.31	33.79	1400m:	15:40.45	33.66	2150m:	24:07.96	33.89	2900m:	32:40.86	34.18
650m:	7:13.17	33.86	1450m:	16:14.23	33.78	2200m:	24:41.54	33.58	2950m:	33:15.00	34.14
700m:	7:46.56	33.39	1500m:	16:48.29	34.06	2250m:	25:15.84	34.30	3000m:	33:46.62	31.62
750m:	8:20.75	34.19	1550m:	17:22.33	34.04	2300m:	25:50.05	34.21			
4.	MARCOS PICADO, Samuel			05	C.D. Torrelago Wellness			<b>34:31.59</b>	546		
50m:	32.60	32.60	800m:	9:03.26	34.16	1550m:	17:40.09	35.16	2300m:	26:27.99	35.69
100m:	1:04.95	32.35	850m:	9:37.71	34.45	1600m:	18:15.34	35.25	2350m:	27:02.90	34.91
150m:	1:37.90	32.95	900m:	10:12.53	34.82	1650m:	18:50.65	35.31	2400m:	27:38.61	35.71
200m:	2:11.66	33.76	950m:	10:46.71	34.18	1700m:	19:25.74	35.09	2450m:	28:12.07	33.46
250m:	2:46.00	34.34	1000m:	11:21.05	34.34	1750m:	20:01.20	35.46	2500m:	28:47.28	35.21
300m:	3:20.11	34.11	1050m:	11:55.42	34.37	1800m:	20:36.21	35.01	2550m:	29:22.36	35.08
350m:	3:54.15	34.04	1100m:	12:29.78	34.36	1850m:	21:10.50	34.29	2600m:	29:57.25	34.89
400m:	4:28.94	34.79	1150m:	13:04.81	35.03	1900m:	21:45.62	35.12	2650m:	30:32.16	34.91
450m:	5:03.60	34.66	1200m:	13:39.75	34.94	1950m:	22:20.28	34.66	2700m:	31:06.57	34.41
500m:	5:38.02	34.42	1250m:	14:14.66	34.91	2000m:	22:55.79	35.51	2750m:	31:41.04	34.47
550m:	6:13.02	35.00	1300m:	14:48.87	34.21	2050m:	23:30.65	34.86	2800m:	32:15.64	34.60
600m:	6:46.87	33.85	1350m:	15:22.32	33.45	2100m:	24:06.26	35.61	2850m:	32:50.93	35.29
650m:	7:20.49	33.62	1400m:	15:55.89	33.57	2150m:	24:41.54	35.28	2900m:	33:25.57	34.64
700m:	7:55.16	34.67	1450m:	16:29.80	33.91	2200m:	25:16.88	35.34	2950m:	33:58.74	33.17
750m:	8:29.10	33.94	1500m:	17:04.93	35.13	2250m:	25:52.30	35.42	3000m:	34:31.59	32.85

### JUNIOR 2 FEMENINO, Fem.

1.	TORNERO TEJERINA, Alejandra			05	C.N. Parquesol			<b>36:29.83</b>	570		
50m:	35.40	35.40	800m:	9:38.78	36.11	1550m:	18:44.96	35.99	2300m:	27:52.04	36.92
100m:	1:11.48	36.08	850m:	10:15.10	36.32	1600m:	19:21.27	36.31	2350m:	28:29.14	37.10
150m:	1:47.31	35.83	900m:	10:51.39	36.29	1650m:	19:57.92	36.65	2400m:	29:06.22	37.08
200m:	2:23.16	35.85	950m:	11:27.79	36.40	1700m:	20:34.32	36.40	2450m:	29:43.59	37.37
250m:	2:59.32	36.16	1000m:	12:04.37	36.58	1750m:	21:10.32	36.00	2500m:	30:20.77	37.18
300m:	3:35.64	36.32	1050m:	12:40.74	36.37	1800m:	21:46.97	36.65	2550m:	30:57.71	36.94
350m:	4:11.89	36.25	1100m:	13:16.91	36.17	1850m:	22:23.88	36.91	2600m:	31:34.33	36.62
400m:	4:48.12	36.23	1150m:	13:53.47	36.56	1900m:	23:00.60	36.72	2650m:	32:11.57	37.24
450m:	5:24.57	36.45	1200m:	14:30.05	36.58	1950m:	23:37.16	36.56	2700m:	32:48.83	37.26
500m:	6:01.19	36.62	1250m:	15:06.16	36.11	2000m:	24:13.37	36.21	2750m:	33:25.93	37.10
550m:	6:37.78	36.59	1300m:	15:42.38	36.22	2050m:	24:49.66	36.29	2800m:	34:02.90	36.97
600m:	7:14.00	36.22	1350m:	16:18.87	36.49	2100m:	25:26.20	36.54	2850m:	34:39.85	36.95
650m:	7:50.31	36.31	1400m:	16:55.27	36.40	2150m:	26:02.53	36.33	2900m:	35:16.98	37.13
700m:	8:26.49	36.18	1450m:	17:32.31	37.04	2200m:	26:39.22	36.69	2950m:	35:53.62	36.64
750m:	9:02.67	36.18	1500m:	18:08.97	36.66	2250m:	27:15.12	35.90	3000m:	36:29.83	36.21
2.	GARRIDO REBOLLO, Yara			05	C.N. Parquesol			<b>36:53.98</b>	552		
50m:	36.11	36.11	800m:	9:47.15	36.62	1550m:	18:57.60	36.30	2300m:	28:10.83	37.10
100m:	1:12.26	36.15	850m:	10:23.94	36.79	1600m:	19:33.86	36.26	2350m:	28:48.03	37.20
150m:	1:48.75	36.49	900m:	11:00.58	36.64	1650m:	20:10.33	36.47	2400m:	29:24.88	36.85
200m:	2:25.06	36.31	950m:	11:37.63	37.05	1700m:	20:47.09	36.76	2450m:	30:02.33	37.45
250m:	3:01.65	36.59	1000m:	12:14.14	36.51	1750m:	21:23.89	36.80	2500m:	30:39.63	37.30
300m:	3:38.21	36.56	1050m:	12:50.90	36.76	1800m:	22:00.85	36.96	2550m:	31:16.95	37.32
350m:	4:15.07	36.86	1100m:	13:28.09	37.19	1850m:	22:37.75	36.90	2600m:	31:54.51	37.56
400m:	4:51.81	36.74	1150m:	14:05.17	37.08	1900m:	23:14.95	37.20	2650m:	32:31.67	37.16
450m:	5:28.86	37.05	1200m:	14:41.77	36.60	1950m:	23:52.16	37.21	2700m:	33:09.02	37.35
500m:	6:05.85	36.99	1250m:	15:18.00	36.23	2000m:	24:28.84	36.68	2750m:	33:46.53	37.51
550m:	6:42.77	36.92	1300m:	15:54.77	36.77	2050m:	25:05.87	37.03	2800m:	34:24.11	37.58
600m:	7:19.55	36.78	1350m:	16:31.60	36.83	2100m:	25:42.82	36.95	2850m:	35:01.92	37.81
650m:	7:56.65	37.10	1400m:	17:08.40	36.80	2150m:	26:19.84	37.02	2900m:	35:39.69	37.77
700m:	8:33.51	36.86	1450m:	17:45.00	36.60	2200m:	26:56.71	36.87	2950m:	36:17.24	37.55
750m:	9:10.53	37.02	1500m:	18:21.30	36.30	2250m:	27:33.73	37.02	3000m:	36:53.98	36.74



Fase Autonómica Larga Distancia Natación ZA  
Zamora, 11/11/2023

Prueba 1, Fem., 3000m Libre, JUNIOR 2 FEMENINO

Clasificación	AN		Tiempo		Pts						
3. CECILIA GARCIA, Carlota	06		Club Benavente Natacion		<b>40:32.46</b>	416					
50m:	36.70	36.70	800m:	10:28.02	39.95	1550m:	20:35.83	41.44	2300m:	30:55.92	41.64
100m:	1:14.19	37.49	850m:	11:07.99	39.97	1600m:	21:16.90	41.07	2350m:	31:37.88	41.96
150m:	1:53.11	38.92	900m:	11:48.36	40.37	1650m:	21:57.92	41.02	2400m:	32:19.05	41.17
200m:	2:32.35	39.24	950m:	12:29.04	40.68	1700m:	22:39.05	41.13	2450m:	33:00.91	41.86
250m:	3:11.85	39.50	1000m:	13:09.38	40.34	1750m:	23:19.87	40.82	2500m:	33:42.37	41.46
300m:	3:50.95	39.10	1050m:	13:49.81	40.43	1800m:	24:00.52	40.65	2550m:	34:23.69	41.32
350m:	4:30.25	39.30	1100m:	14:30.13	40.32	1850m:	24:42.12	41.60	2600m:	35:04.93	41.24
400m:	5:09.62	39.37	1150m:	15:10.73	40.60	1900m:	25:22.84	40.72	2650m:	35:46.50	41.57
450m:	5:49.41	39.79	1200m:	15:51.36	40.63	1950m:	26:03.97	41.13	2700m:	36:27.72	41.22
500m:	6:28.94	39.53	1250m:	16:31.38	40.02	2000m:	26:45.58	41.61	2750m:	37:09.02	41.30
550m:	7:08.61	39.67	1300m:	17:11.62	40.24	2050m:	27:27.51	41.93	2800m:	37:50.60	41.58
600m:	7:48.21	39.60	1350m:	17:51.96	40.34	2100m:	28:09.37	41.86	2850m:	38:31.60	41.00
650m:	8:27.92	39.71	1400m:	18:32.20	40.24	2150m:	28:50.57	41.20	2900m:	39:12.67	41.07
700m:	9:08.19	40.27	1450m:	19:13.42	41.22	2200m:	29:32.37	41.80	2950m:	39:53.37	40.70
750m:	9:48.07	39.88	1500m:	19:54.39	40.97	2250m:	30:14.28	41.91	3000m:	40:32.46	39.09

Baja SACEDO PARIS, Maria

05 C.N. Ciudad De Avila

JUNIOR 1 MASCULINO, Masc.

1. PEREZ LEGIDO, Alejandro	07		C.D. Torrelago Wellness		<b>34:30.05</b>	547					
50m:	33.42	33.42	800m:	9:11.70	34.86	1550m:	17:51.06	34.42	2300m:	26:29.60	34.17
100m:	1:07.10	33.68	850m:	9:46.15	34.45	1600m:	18:25.57	34.51	2350m:	27:03.55	33.95
150m:	1:40.94	33.84	900m:	10:20.90	34.75	1650m:	19:00.30	34.73	2400m:	27:37.72	34.17
200m:	2:15.23	34.29	950m:	10:55.47	34.57	1700m:	19:35.05	34.75	2450m:	28:12.32	34.60
250m:	2:49.78	34.55	1000m:	11:30.11	34.64	1750m:	20:09.58	34.53	2500m:	28:47.17	34.85
300m:	3:24.24	34.46	1050m:	12:04.57	34.46	1800m:	20:44.18	34.60	2550m:	29:22.26	35.09
350m:	3:59.04	34.80	1100m:	12:39.58	35.01	1850m:	21:18.68	34.50	2600m:	29:57.18	34.92
400m:	4:33.95	34.91	1150m:	13:14.19	34.61	1900m:	21:53.57	34.89	2650m:	30:32.05	34.87
450m:	5:08.70	34.75	1200m:	13:49.02	34.83	1950m:	22:28.26	34.69	2700m:	31:06.80	34.75
500m:	5:43.34	34.64	1250m:	14:23.48	34.46	2000m:	23:02.99	34.73	2750m:	31:41.43	34.63
550m:	6:18.18	34.84	1300m:	14:58.28	34.80	2050m:	23:37.44	34.45	2800m:	32:15.81	34.38
600m:	6:52.70	34.52	1350m:	15:32.76	34.48	2100m:	24:12.26	34.82	2850m:	32:50.64	34.83
650m:	7:27.56	34.86	1400m:	16:07.29	34.53	2150m:	24:46.67	34.41	2900m:	33:24.72	34.08
700m:	8:02.21	34.65	1450m:	16:42.07	34.78	2200m:	25:21.12	34.45	2950m:	33:58.60	33.88
750m:	8:36.84	34.63	1500m:	17:16.64	34.57	2250m:	25:55.43	34.31	3000m:	34:30.05	31.45

2. MAROTO GARCIA, Jorge

08 C.N. Ciudad De Avila

JUNIOR 1 FEMENINO, Fem.

1. ARIAS HERAS, Beatriz	07		C.N. Bierzo-Ponferrada		<b>44:09.54</b>	322					
50m:	38.85	38.85	800m:	11:30.21	44.31	1550m:	22:39.31	45.02	2300m:	33:47.92	44.98
100m:	1:20.27	41.42	850m:	12:14.44	44.23	1600m:	23:23.02	43.71	2350m:	34:32.85	44.93
150m:	2:03.01	42.74	900m:	12:58.89	44.45	1650m:	24:07.38	44.36	2400m:	35:17.84	44.99
200m:	2:45.84	42.83	950m:	13:43.31	44.42	1700m:	24:51.56	44.18	2450m:	36:02.58	44.74
250m:	3:28.30	42.46	1000m:	14:28.03	44.72	1750m:	25:36.62	45.06	2500m:	36:47.82	45.24
300m:	4:11.77	43.47	1050m:	15:12.32	44.29	1800m:	26:21.46	44.84	2550m:	37:32.76	44.94
350m:	4:55.54	43.77	1100m:	15:56.68	44.36	1850m:	27:06.10	44.64	2600m:	38:16.79	44.03
400m:	5:39.47	43.93	1150m:	16:40.96	44.28	1900m:	27:50.22	44.12	2650m:	39:01.62	44.83
450m:	6:22.70	43.23	1200m:	17:25.59	44.63	1950m:	28:34.60	44.38	2700m:	39:46.55	44.93
500m:	7:06.22	43.52	1250m:	18:10.68	45.09	2000m:	29:19.19	44.59	2750m:	40:31.33	44.78
550m:	7:50.28	44.06	1300m:	18:55.52	44.84	2050m:	30:03.94	44.75	2800m:	41:15.99	44.66
600m:	8:34.22	43.94	1350m:	19:40.22	44.70	2100m:	30:48.63	44.69	2850m:	42:00.09	44.10
650m:	9:18.05	43.83	1400m:	20:25.12	44.90	2150m:	31:33.38	44.75	2900m:	42:44.66	44.57
700m:	10:02.12	44.07	1450m:	21:09.51	44.39	2200m:	32:18.32	44.94	2950m:	43:27.82	43.16
750m:	10:45.90	43.78	1500m:	21:54.29	44.78	2250m:	33:02.94	44.62	3000m:	44:09.54	41.72



Fase Autonómica Larga Distancia Natación ZA  
Zamora, 11/11/2023

Prueba 2  
11/11/2023

2000m Libre

13 - 14 años  
Resultados

Puntos: FINA 2023

Clasificación	AN		Tiempo		Pts
<b>INFANTIL MASCULINO, Masc.</b>					
1. CELA CABAÑAS, Alvar	09		C.D. Torrelago Wellness		<b>22:29.35</b> 586
50m: 31.67 31.67	550m: 6:07.57 33.71	1050m: 11:47.10 34.01	1550m: 17:28.37 33.77		
100m: 1:04.92 33.25	600m: 6:41.57 34.00	1100m: 12:21.13 34.03	1600m: 18:02.05 33.68		
150m: 1:38.44 33.52	650m: 7:15.31 33.74	1150m: 12:55.31 34.18	1650m: 18:35.77 33.72		
200m: 2:11.90 33.46	700m: 7:49.11 33.80	1200m: 13:29.52 34.21	1700m: 19:09.58 33.81		
250m: 2:45.29 33.39	750m: 8:23.19 34.08	1250m: 14:03.67 34.15	1750m: 19:43.43 33.85		
300m: 3:19.02 33.73	800m: 8:57.24 34.05	1300m: 14:37.71 34.04	1800m: 20:17.18 33.75		
350m: 3:52.58 33.56	850m: 9:31.18 33.94	1350m: 15:12.12 34.41	1850m: 20:50.85 33.67		
400m: 4:26.30 33.72	900m: 10:05.19 34.01	1400m: 15:46.21 34.09	1900m: 21:24.14 33.29		
450m: 5:00.18 33.88	950m: 10:39.01 33.82	1450m: 16:20.39 34.18	1950m: 21:57.96 33.82		
500m: 5:33.86 33.68	1000m: 11:13.09 34.08	1500m: 16:54.60 34.21	2000m: 22:29.35 31.39		
2. ALVAREZ FERNANDEZ, Mario	09		C.D. Torrelago Wellness		<b>23:30.29</b> 513
50m: 33.68 33.68	550m: 6:30.15 35.70	1050m: 12:24.78 35.66	1550m: 18:21.45 35.04		
100m: 1:09.35 35.67	600m: 7:05.93 35.78	1100m: 13:00.59 35.81	1600m: 18:56.36 34.91		
150m: 1:44.63 35.28	650m: 7:41.50 35.57	1150m: 13:35.95 35.36	1650m: 19:31.23 34.87		
200m: 2:19.76 35.13	700m: 8:17.44 35.94	1200m: 14:12.00 36.05	1700m: 20:05.70 34.47		
250m: 2:55.27 35.51	750m: 8:53.52 36.08	1250m: 14:47.62 35.62	1750m: 20:40.11 34.41		
300m: 3:30.71 35.44	800m: 9:29.21 35.69	1300m: 15:23.69 36.07	1800m: 21:14.50 34.39		
350m: 4:06.45 35.74	850m: 10:05.08 35.87	1350m: 15:59.42 35.73	1850m: 21:49.06 34.56		
400m: 4:42.22 35.77	900m: 10:39.40 34.32	1400m: 16:35.16 35.74	1900m: 22:22.84 33.78		
450m: 5:18.29 36.07	950m: 11:13.80 34.40	1450m: 17:10.78 35.62	1950m: 22:56.64 33.80		
500m: 5:54.45 36.16	1000m: 11:49.12 35.32	1500m: 17:46.41 35.63	2000m: 23:30.29 33.65		
3. LÓPEZ FERNÁNDEZ, Álex	10		C.N. Bierzo-Ponferrada		<b>29:38.17</b> 256
50m: 38.06 38.06	550m: 8:03.20 44.67	1050m: 15:33.72 45.92	1550m: 23:01.66 44.27		
100m: 1:19.64 41.58	600m: 8:50.11 46.91	1100m: 16:19.15 45.43	1600m: 23:47.50 45.84		
150m: 2:02.50 42.86	650m: 9:32.91 42.80	1150m: 17:04.14 44.99	1650m: 24:31.13 43.63		
200m: 2:46.54 44.04	700m: 10:18.15 45.24	1200m: 17:49.58 45.44	1700m: 25:14.42 43.29		
250m: 3:30.72 44.18	750m: 11:01.73 43.58	1250m: 18:33.64 44.06	1750m: 25:59.37 44.95		
300m: 4:16.01 45.29	800m: 11:47.69 45.96	1300m: 19:19.11 45.47	1800m: 26:44.04 44.67		
350m: 5:01.64 45.63	850m: 12:32.41 44.72	1350m: 20:03.44 44.33	1850m: 27:26.75 42.71		
400m: 5:47.40 45.76	900m: 13:17.45 45.04	1400m: 20:47.79 44.35	1900m: 28:12.08 45.33		
450m: 6:32.98 45.58	950m: 14:02.98 45.53	1450m: 21:32.46 44.67	1950m: 28:56.25 44.17		
500m: 7:18.53 45.55	1000m: 14:47.80 44.82	1500m: 22:17.39 44.93	2000m: 29:38.17 41.92		

**INFANTIL FEMENINO, Fem.**

1. CARLON DE FUENTES, Irene	10		C.D. Torrelago Wellness		<b>24:29.50</b> 559
50m: 35.37 35.37	550m: 6:41.38 36.69	1050m: 12:49.48 37.02	1550m: 19:00.02 36.57		
100m: 1:11.30 35.93	600m: 7:18.13 36.75	1100m: 13:26.32 36.84	1600m: 19:36.95 36.93		
150m: 1:48.04 36.74	650m: 7:55.04 36.91	1150m: 14:03.45 37.13	1650m: 20:13.99 37.04		
200m: 2:24.91 36.87	700m: 8:31.90 36.86	1200m: 14:40.98 37.53	1700m: 20:50.90 36.91		
250m: 3:01.62 36.71	750m: 9:08.57 36.67	1250m: 15:17.82 36.84	1750m: 21:28.33 37.43		
300m: 3:38.26 36.64	800m: 9:45.35 36.78	1300m: 15:55.21 37.39	1800m: 22:04.94 36.61		
350m: 4:14.84 36.58	850m: 10:22.31 36.96	1350m: 16:32.02 36.81	1850m: 22:41.77 36.83		
400m: 4:51.69 36.85	900m: 10:58.90 36.59	1400m: 17:08.78 36.76	1900m: 23:18.26 36.49		
450m: 5:28.27 36.58	950m: 11:35.59 36.69	1450m: 17:46.08 37.30	1950m: 23:55.03 36.77		
500m: 6:04.69 36.42	1000m: 12:12.46 36.87	1500m: 18:23.45 37.37	2000m: 24:29.50 34.47		
2. GONZALEZ SAÑUDO, Daniela	10		C.D. Torrelago Wellness		<b>25:20.23</b> 505
50m: 35.91 35.91	550m: 6:48.86 37.79	1050m: 13:10.83 37.91	1550m: 19:39.88 38.76		
100m: 1:12.80 36.89	600m: 7:27.02 38.16	1100m: 13:48.81 37.98	1600m: 20:18.73 38.85		
150m: 1:49.72 36.92	650m: 8:05.24 38.22	1150m: 14:27.87 39.06	1650m: 20:57.86 39.13		
200m: 2:26.50 36.78	700m: 8:43.48 38.24	1200m: 15:06.49 38.62	1700m: 21:35.35 37.49		
250m: 3:03.33 36.83	750m: 9:21.45 37.97	1250m: 15:45.42 38.93	1750m: 22:13.80 38.45		
300m: 3:40.59 37.26	800m: 9:59.78 38.33	1300m: 16:24.24 38.82	1800m: 22:52.10 38.30		
350m: 4:17.85 37.26	850m: 10:38.34 38.56	1350m: 17:03.55 39.31	1850m: 23:29.68 37.58		
400m: 4:55.35 37.50	900m: 11:16.91 38.57	1400m: 17:42.83 39.28	1900m: 24:08.25 38.57		
450m: 5:33.27 37.92	950m: 11:55.45 38.54	1450m: 18:22.12 39.29	1950m: 24:45.89 37.64		
500m: 6:11.07 37.80	1000m: 12:32.92 37.47	1500m: 19:01.12 39.00	2000m: 25:20.23 34.34		



Fase Autonómica Larga Distancia Natación ZA  
Zamora, 11/11/2023

Prueba 2, Fem., 2000m Libre, INFANTIL FEMENINO

Clasificación	AN			Tiempo			Pts				
<b>3. REDONDO DIEZ, Ana</b>	<b>09</b>			<b>C.N. Palencia</b>			<b>25:52.78</b>	<b>474</b>			
50m:	35.46	35.46	550m:	6:50.20	37.84	1050m:	13:24.01	39.70	1550m:	20:00.93	39.52
100m:	1:11.89	36.43	600m:	7:28.50	38.30	1100m:	14:03.84	39.83	1600m:	20:40.42	39.49
150m:	1:48.68	36.79	650m:	8:07.25	38.75	1150m:	14:43.63	39.79	1650m:	21:20.23	39.81
200m:	2:25.51	36.83	700m:	8:46.41	39.16	1200m:	15:23.84	40.21	1700m:	21:59.85	39.62
250m:	3:02.44	36.93	750m:	9:25.92	39.51	1250m:	16:03.71	39.87	1750m:	22:39.26	39.41
300m:	3:39.80	37.36	800m:	10:05.41	39.49	1300m:	16:43.62	39.91	1800m:	23:18.38	39.12
350m:	4:17.41	37.61	850m:	10:45.20	39.79	1350m:	17:23.07	39.45	1850m:	23:57.38	39.00
400m:	4:55.49	38.08	900m:	11:24.97	39.77	1400m:	18:02.69	39.62	1900m:	24:35.89	38.51
450m:	5:33.95	38.46	950m:	12:04.43	39.46	1450m:	18:41.99	39.30	2000m:	25:52.78	1:16.89
500m:	6:12.36	38.41	1000m:	12:44.31	39.88	1500m:	19:21.41	39.42			
<b>4. CARLON FUENTES, Elisa</b>	<b>10</b>			<b>C.D. Torrelago Wellness</b>			<b>26:38.04</b>	<b>435</b>			
50m:	37.45	37.45	550m:	7:11.15	39.54	1050m:	13:50.98	40.03	1550m:	20:36.52	40.33
100m:	1:15.35	37.90	600m:	7:50.57	39.42	1100m:	14:31.29	40.31	1600m:	21:16.91	40.39
150m:	1:54.21	38.86	650m:	8:30.44	39.87	1150m:	15:11.50	40.21	1650m:	21:57.79	40.88
200m:	2:33.24	39.03	700m:	9:10.52	40.08	1200m:	15:51.69	40.19	1700m:	22:38.09	40.30
250m:	3:12.82	39.58	750m:	9:50.46	39.94	1250m:	16:31.72	40.03	1750m:	23:18.66	40.57
300m:	3:52.63	39.81	800m:	10:30.69	40.23	1300m:	17:12.22	40.50	1800m:	23:59.43	40.77
350m:	4:32.12	39.49	850m:	11:10.85	40.16	1350m:	17:53.58	41.36	1850m:	24:39.25	39.82
400m:	5:11.92	39.80	900m:	11:50.99	40.14	1400m:	18:34.43	40.85	1900m:	25:18.85	39.60
450m:	5:51.75	39.83	950m:	12:30.76	39.77	1450m:	19:15.45	41.02	1950m:	25:58.88	40.03
500m:	6:31.61	39.86	1000m:	13:10.95	40.19	1500m:	19:56.19	40.74	2000m:	26:38.04	39.16
<b>5. ALVAREZ REPARAZ, Olga</b>	<b>10</b>			<b>C.N. Bierzo-Ponferrada</b>			<b>27:57.32</b>	<b>376</b>			
50m:	36.96	36.96	550m:	7:27.67	41.82	1050m:	14:32.88	42.12	1550m:	21:40.03	42.88
100m:	1:16.10	39.14	600m:	8:10.06	42.39	1100m:	15:14.53	41.65	1600m:	22:22.89	42.86
150m:	1:56.23	40.13	650m:	8:52.36	42.30	1150m:	15:57.15	42.62	1650m:	23:06.14	43.25
200m:	2:36.89	40.66	700m:	9:35.46	43.10	1200m:	16:39.61	42.46	1700m:	23:49.43	43.29
250m:	3:17.75	40.86	750m:	10:17.66	42.20	1250m:	17:22.43	42.82	1750m:	24:32.02	42.59
300m:	3:58.79	41.04	800m:	10:59.92	42.26	1300m:	18:05.42	42.99	1800m:	25:14.21	42.19
350m:	4:40.16	41.37	850m:	11:42.71	42.79	1350m:	18:48.42	43.00	1850m:	25:55.87	41.66
400m:	5:21.98	41.82	900m:	12:25.48	42.77	1400m:	19:31.11	42.69	1900m:	26:37.03	41.16
450m:	6:03.81	41.83	950m:	13:07.91	42.43	1450m:	20:14.35	43.24	1950m:	27:18.30	41.27
500m:	6:45.85	42.04	1000m:	13:50.76	42.85	1500m:	20:57.15	42.80	2000m:	27:57.32	39.02
<b>6. RODRÍGUEZ RODRÍGUEZ, Celia</b>	<b>09</b>			<b>C.N. Bierzo-Ponferrada</b>			<b>28:11.40</b>	<b>367</b>			
50m:	37.16	37.16	550m:	7:31.69	41.95	1050m:	14:39.01	43.02	1550m:	21:51.26	43.81
100m:	1:16.20	39.04	600m:	8:14.16	42.47	1100m:	15:21.46	42.45	1600m:	22:34.66	43.40
150m:	1:56.62	40.42	650m:	8:57.25	43.09	1150m:	16:04.81	43.35	1650m:	23:18.13	43.47
200m:	2:37.44	40.82	700m:	9:40.36	43.11	1200m:	16:47.66	42.85	1700m:	24:01.60	43.47
250m:	3:19.30	41.86	750m:	10:22.67	42.31	1250m:	17:31.25	43.59	1750m:	24:43.52	41.92
300m:	4:00.95	41.65	800m:	11:05.27	42.60	1300m:	18:14.90	43.65	1800m:	25:25.83	42.31
350m:	4:42.82	41.87	850m:	11:48.24	42.97	1350m:	18:58.02	43.12	1850m:	26:08.24	42.41
400m:	5:25.46	42.64	900m:	12:30.42	42.18	1400m:	19:40.79	42.77	1900m:	26:50.14	41.90
450m:	6:07.08	41.62	950m:	13:13.02	42.60	1450m:	20:24.89	44.10	1950m:	27:30.80	40.66
500m:	6:49.74	42.66	1000m:	13:55.99	42.97	1500m:	21:07.45	42.56	2000m:	28:11.40	40.60
<b>7. GARCIA CARRERA, Paula</b>	<b>09</b>			<b>C.N. Ciudad De Avila</b>			<b>28:34.21</b>	<b>352</b>			
50m:	36.78	36.78	550m:	7:49.73	44.47	1050m:	15:05.64	43.37	1550m:	22:16.50	42.17
100m:	1:16.69	39.91	600m:	8:33.97	44.24	1100m:	15:49.69	44.05	1600m:	22:58.99	42.49
150m:	1:58.07	41.38	650m:	9:17.27	43.30	1150m:	16:33.42	43.73	1650m:	23:41.20	42.21
200m:	2:40.06	41.99	700m:	10:01.10	43.83	1200m:	17:16.85	43.43	1700m:	24:23.71	42.51
250m:	3:23.11	43.05	750m:	10:44.37	43.27	1250m:	18:00.45	43.60	1750m:	25:05.71	42.00
300m:	4:07.58	44.47	800m:	11:28.32	43.95	1300m:	18:43.45	43.00	1800m:	25:47.84	42.13
350m:	4:51.87	44.29	850m:	12:12.39	44.07	1350m:	19:26.48	43.03	1850m:	26:30.29	42.45
400m:	5:36.73	44.86	900m:	12:55.97	43.58	1400m:	20:09.72	43.24	1900m:	27:11.63	41.34
450m:	6:21.21	44.48	950m:	13:39.34	43.37	1450m:	20:51.80	42.08	1950m:	27:50.30	38.67
500m:	7:05.26	44.05	1000m:	14:22.27	42.93	1500m:	21:34.33	42.53	2000m:	28:34.21	43.91