



Nº ACTA: FALDNMPA

ACTA DE LA COMPETICION.

- **NOMBRE DE LA COMPETICION.**
- F. AUTONÓMICA LARGA DISTANCIA NATACIÓN MASTER PALENCIA
- **FECHA DE LA CELEBRACION.**
24 NOVIEMBRE DE 2024 -
- **NOMBRE DE LA ENTIDAD ORGANIZADORA.**
FEDERACIÓN CASTILLA Y LEÓN DE NATACIÓN
- **LUGAR DE CELEBRACION.**
- PALENCIA
- **NOMBRE DE LA PISCINA.**
CAMPOS GÓTICOS
- **PISCINA DE 25 E. - 6 CALLES.**
- **CLUBES PARTICIPANTES**
SEGÚN HOJA

COMPOSICION DEL JURADO

JUEZ ÁRBITRO: OLGA SÁNCHEZ
JUEZ DE SALIDAS:
JUECES DE VIRAJES / ESTILOS:
JEFE DE CRONOMETRADORES: OLGA SÁNCHEZ
CRONOMETRADORES:

LUCÍA FERNÁNDEZ	ANA M ^a ANDRÉS
ÓSCAR GARCÍA	ÓSCAR ARROYO
ALFREDO VALCARCE	M ^a LUZ VIAN

CAMARA DE SALIDAS:

LOCUTOR:

PREMIACION:

DURACIÓN COMPETICIÓN:

CRONOMETRAJE ELECTRONICO: PAULA ALONSO

SECRETARIA:

SECRETARIA DE RESULTADOS: SILVIA_GONZÁLEZ

INCIDENCIAS DE LA COMPETICION

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

Fdo: OLGA SÁNCHEZ



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER PALENCIA
PALENCIA, 24/11/2024

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	4	3	7	4	3	7	-	-	-
C.D. Torrelago Wellness	01351	ESP	2	1	3	2	1	3	-	-	-
C.D.N. Zamora	01251	ESP	-	1	1	-	1	1	-	-	-
C.N Tritón Bierzo	01797	ESP	3	-	3	3	-	3	-	-	-
C.N. Ciudad de Ávila	P0906	ESP	-	1	1	-	1	1	-	-	-
Club Benavente Natacion	P0909	ESP	1	1	2	1	1	2	-	-	-
Número total de 6 clubes			10	7	17	10	7	17	-	-	-



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER PALENCIA
PALENCIA, 24/11/2024

Prueba 1
24/11/2024

3000m Libre

Abs.
Resultados

Puntos: AQUA 2024

Clasificación	AN		Tiempo		Pts						
Abs., Masc.											
1. LOPEZ PUYUELO, Pablo	98		C.D. Tizona Burgos		36:18.44	470					
50m:	33.03	33.03	800m:	9:27.16	36.37	1550m:	18:39.46	37.87	2300m:	27:51.25	36.74
100m:	1:07.18	34.15	850m:	10:03.96	36.80	1600m:	19:17.10	37.64	2350m:	28:28.02	36.77
150m:	1:41.72	34.54	900m:	10:40.92	36.96	1650m:	19:53.29	36.19	2400m:	29:04.82	36.80
200m:	2:16.39	34.67	950m:	11:17.65	36.73	1700m:	20:30.30	37.01	2450m:	29:41.72	36.90
250m:	2:51.54	35.15	1000m:	11:54.25	36.60	1750m:	21:06.85	36.55	2500m:	30:18.45	36.73
300m:	3:26.82	35.28	1050m:	12:31.25	37.00	1800m:	21:43.71	36.86	2550m:	30:55.07	36.62
350m:	4:02.39	35.57	1100m:	13:07.97	36.72	1850m:	22:20.30	36.59	2600m:	31:31.15	36.08
400m:	4:38.01	35.62	1150m:	13:44.90	36.93	1900m:	22:57.04	36.74	2650m:	32:08.06	36.91
450m:	5:13.42	35.41	1200m:	14:21.80	36.90	1950m:	23:33.60	36.56	2700m:	32:44.59	36.53
500m:	5:49.58	36.16	1250m:	14:58.68	36.88	2000m:	24:10.44	36.84	2750m:	33:20.51	35.92
550m:	6:25.40	35.82	1300m:	15:35.12	36.44	2050m:	24:47.17	36.73	2800m:	33:56.61	36.10
600m:	7:01.36	35.96	1350m:	16:11.70	36.58	2100m:	25:23.77	36.60	2850m:	34:32.31	35.70
650m:	7:37.95	36.59	1400m:	16:48.43	36.73	2150m:	26:00.61	36.84	2900m:	35:08.21	35.90
700m:	8:14.28	36.33	1450m:	17:25.07	36.64	2200m:	26:37.67	37.06	2950m:	35:43.50	35.29
750m:	8:50.79	36.51	1500m:	18:01.59	36.52	2250m:	27:14.51	36.84	3000m:	36:18.44	34.94
2. SERRANO SANZ, Rubén	80		C.N Tritón Bierzo		38:14.76		402				
50m:	35.59	35.59	800m:	9:54.28	37.83	1550m:	19:28.19	39.06	2300m:	29:12.41	39.31
100m:	1:11.26	35.67	850m:	10:31.91	37.63	1600m:	20:06.72	38.53	2350m:	29:51.71	39.30
150m:	1:47.48	36.22	900m:	11:09.79	37.88	1650m:	20:45.54	38.82	2400m:	30:30.89	39.18
200m:	2:24.55	37.07	950m:	11:47.74	37.95	1700m:	21:24.39	38.85	2450m:	31:10.33	39.44
250m:	3:01.61	37.06	1000m:	12:25.79	38.05	1750m:	22:03.46	39.07	2500m:	31:49.87	39.54
300m:	3:38.99	37.38	1050m:	13:03.93	38.14	1800m:	22:42.66	39.20	2550m:	32:29.37	39.50
350m:	4:16.62	37.63	1100m:	13:42.11	38.18	1850m:	23:21.65	38.99	2600m:	33:08.99	39.62
400m:	4:54.20	37.58	1150m:	14:20.21	38.10	1900m:	24:00.56	38.91	2650m:	33:47.46	38.47
450m:	5:31.68	37.48	1200m:	14:58.35	38.14	1950m:	24:39.17	38.61	2700m:	34:26.09	38.63
500m:	6:09.25	37.57	1250m:	15:36.47	38.12	2000m:	25:18.26	39.09	2750m:	35:05.06	38.97
550m:	6:46.45	37.20	1300m:	16:14.97	38.50	2050m:	25:56.82	38.56	2800m:	35:43.83	38.77
600m:	7:23.84	37.39	1350m:	16:53.29	38.32	2100m:	26:36.56	39.74	2850m:	36:22.97	39.14
650m:	8:01.41	37.57	1400m:	17:32.13	38.84	2150m:	27:15.44	38.88	2900m:	37:01.89	38.92
700m:	8:38.87	37.46	1450m:	18:10.52	38.39	2200m:	27:54.10	38.66	2950m:	37:39.59	37.70
750m:	9:16.45	37.58	1500m:	18:49.13	38.61	2250m:	28:33.10	39.00	3000m:	38:14.76	35.17
3. GONZALEZ MAESO, Raul	78		C.D. Torrelago Wellness		39:02.85		377				
50m:	35.96	35.96	800m:	10:00.47	38.81	1550m:	19:50.88	39.97	2350m:	30:29.10	39.79
100m:	1:11.97	36.01	850m:	10:39.33	38.86	1600m:	20:30.93	40.05	2400m:	31:09.21	40.11
150m:	1:48.54	36.57	900m:	11:18.14	38.81	1650m:	21:10.29	39.36	2450m:	31:49.87	40.66
200m:	2:25.51	36.97	950m:	11:57.25	39.11	1700m:	21:50.35	40.06	2500m:	32:29.69	39.82
250m:	3:02.37	36.86	1000m:	12:36.23	38.98	1800m:	23:10.26	1:19.91	2550m:	33:09.47	39.78
300m:	3:39.77	37.40	1050m:	13:15.62	39.39	1850m:	23:50.22	39.96	2600m:	33:48.53	39.06
350m:	4:17.15	37.38	1100m:	13:55.07	39.45	1900m:	24:30.15	39.93	2650m:	34:29.04	40.51
400m:	4:54.69	37.54	1150m:	14:34.47	39.40	1950m:	25:10.08	39.93	2700m:	35:09.04	40.00
450m:	5:32.35	37.66	1200m:	15:13.90	39.43	2000m:	25:50.23	40.15	2750m:	35:48.71	39.67
500m:	6:10.22	37.87	1250m:	15:53.35	39.45	2050m:	26:29.86	39.63	2800m:	36:28.36	39.65
550m:	6:47.64	37.42	1300m:	16:32.84	39.49	2100m:	27:09.74	39.88	2850m:	37:07.91	39.55
600m:	7:25.78	38.14	1350m:	17:12.39	39.55	2150m:	27:49.67	39.93	2900m:	37:48.10	40.19
650m:	8:03.91	38.13	1400m:	17:51.93	39.54	2200m:	28:29.68	40.01	2950m:	38:27.26	39.16
700m:	8:42.57	38.66	1450m:	18:31.36	39.43	2250m:	29:09.61	39.93	3000m:	39:02.85	35.59
750m:	9:21.66	39.09	1500m:	19:10.91	39.55	2300m:	29:49.31	39.70			
4. GONZALEZ MAESO, Esau	77		C.D. Torrelago Wellness		39:40.07		360				
50m:	36.22	36.22	800m:	10:15.06	39.36	1550m:	20:15.86	40.55	2300m:	30:26.31	40.38
100m:	1:13.26	37.04	850m:	10:54.95	39.89	1600m:	20:56.00	40.14	2350m:	31:07.10	40.79
150m:	1:51.19	37.93	900m:	11:34.90	39.95	1650m:	21:36.75	40.75	2400m:	31:46.92	39.82
200m:	2:29.52	38.33	950m:	12:14.90	40.00	1700m:	22:16.18	39.43	2450m:	32:26.58	39.66
250m:	3:07.42	37.90	1000m:	12:54.35	39.45	1750m:	22:56.26	40.08	2500m:	33:05.98	39.40
300m:	3:45.58	38.16	1050m:	13:34.52	40.17	1800m:	23:36.24	39.98	2550m:	33:46.72	40.74
350m:	4:23.78	38.20	1100m:	14:14.32	39.80	1850m:	24:16.14	39.90	2600m:	34:27.08	40.36
400m:	5:02.62	38.84	1150m:	14:54.57	40.25	1900m:	24:56.64	40.50	2650m:	35:08.09	41.01
450m:	5:41.27	38.65	1200m:	15:34.63	40.06	1950m:	25:38.68	42.04	2700m:	35:47.83	39.74
500m:	6:19.99	38.72	1250m:	16:14.65	40.02	2000m:	26:20.63	41.95	2750m:	36:28.11	40.28
550m:	6:58.89	38.90	1300m:	16:54.99	40.34	2050m:	27:02.36	41.73	2800m:	37:07.48	39.37
600m:	7:37.94	39.05	1350m:	17:34.41	39.42	2100m:	27:43.30	40.94	2850m:	37:47.03	39.55
650m:	8:17.01	39.07	1400m:	18:14.49	40.08	2150m:	28:24.37	41.07	2900m:	38:26.53	39.50
700m:	8:56.16	39.15	1450m:	18:55.32	40.83	2200m:	29:05.32	40.95	2950m:	39:03.77	37.24
750m:	9:35.70	39.54	1500m:	19:35.31	39.99	2250m:	29:45.93	40.61	3000m:	39:40.07	36.30



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER PALENCIA
PALENCIA, 24/11/2024

Prueba 1, Masc., 3000m Libre, Abs.

Clasificación	AN				Tiempo				Pts		
5. SERRANO SANZ, Mario	81				C.N Tritón Bierzo				41:34.58	313	
50m:	38.75	38.75	800m:	10:57.31	41.97	1550m:	21:25.45	41.92	2300m:	31:55.62	41.45
100m:	1:18.42	39.67	850m:	11:39.15	41.84	1600m:	22:07.66	42.21	2350m:	32:37.46	41.84
150m:	1:58.41	39.99	900m:	12:21.12	41.97	1650m:	22:49.60	41.94	2400m:	33:19.42	41.96
200m:	2:38.88	40.47	950m:	13:02.90	41.78	1700m:	23:31.75	42.15	2450m:	34:01.04	41.62
250m:	3:19.39	40.51	1000m:	13:44.67	41.77	1750m:	24:13.57	41.82	2500m:	34:42.94	41.90
300m:	4:00.70	41.31	1050m:	14:26.51	41.84	1800m:	24:56.06	42.49	2550m:	35:24.70	41.76
350m:	4:41.94	41.24	1100m:	15:08.31	41.80	1850m:	25:38.57	42.51	2600m:	36:06.58	41.88
400m:	5:23.14	41.20	1150m:	15:50.02	41.71	1900m:	26:20.87	42.30	2650m:	36:48.65	42.07
450m:	6:04.21	41.07	1200m:	16:31.95	41.93	1950m:	27:03.24	42.37	2700m:	37:30.72	42.07
500m:	6:45.89	41.68	1250m:	17:13.82	41.87	2000m:	27:45.39	42.15	2750m:	38:12.10	41.38
550m:	7:27.77	41.88	1300m:	17:56.26	42.44	2050m:	28:27.38	41.99	2800m:	38:53.70	41.60
600m:	8:09.45	41.68	1350m:	18:38.09	41.83	2100m:	29:08.97	41.59	2850m:	39:34.45	40.75
650m:	8:51.32	41.87	1400m:	19:19.94	41.85	2150m:	29:50.79	41.82	2900m:	40:15.03	40.58
700m:	9:33.24	41.92	1450m:	20:01.62	41.68	2200m:	30:32.55	41.76	2950m:	40:55.71	40.68
750m:	10:15.34	42.10	1500m:	20:43.53	41.91	2250m:	31:14.17	41.62	3000m:	41:34.58	38.87
6. FERNANDEZ PEREZ, Victor	85				C.D. Tizona Burgos				44:06.20	262	
50m:	37.97	37.97	800m:	11:28.26	44.57	1550m:	22:30.44	44.90	2300m:	33:43.93	45.53
100m:	1:17.95	39.98	850m:	12:12.00	43.74	1600m:	23:14.93	44.49	2350m:	34:28.54	44.61
150m:	1:59.24	41.29	900m:	12:56.18	44.18	1650m:	23:59.32	44.39	2400m:	35:12.99	44.45
200m:	2:41.55	42.31	950m:	13:40.30	44.12	1700m:	24:46.59	47.27	2450m:	35:58.95	45.96
250m:	3:23.82	42.27	1000m:	14:24.17	43.87	1750m:	25:29.53	42.94	2500m:	36:44.39	45.44
300m:	4:07.49	43.67	1050m:	15:06.98	42.81	1800m:	26:14.21	44.68	2550m:	37:28.97	44.58
350m:	4:51.35	43.86	1100m:	15:50.66	43.68	1850m:	26:58.70	44.49	2600m:	38:14.45	45.48
400m:	5:35.15	43.80	1150m:	16:34.30	43.64	1900m:	27:43.48	44.78	2650m:	38:59.86	45.41
450m:	6:19.71	44.56	1200m:	17:18.55	44.25	1950m:	28:29.07	45.59	2700m:	39:44.45	44.59
500m:	7:03.78	44.07	1250m:	18:03.20	44.65	2000m:	29:13.91	44.84	2750m:	40:28.97	44.52
550m:	7:47.38	43.60	1300m:	18:47.78	44.58	2050m:	29:58.79	44.88	2800m:	41:13.00	44.03
600m:	8:31.59	44.21	1350m:	19:32.06	44.28	2100m:	30:43.48	44.69	2850m:	41:57.17	44.17
650m:	9:15.84	44.25	1400m:	20:16.37	44.31	2150m:	31:28.53	45.05	2900m:	42:41.54	44.37
700m:	9:59.76	43.92	1450m:	21:00.84	44.47	2200m:	32:14.01	45.48	2950m:	43:25.28	43.74
750m:	10:43.69	43.93	1500m:	21:45.54	44.70	2250m:	32:58.40	44.39	3000m:	44:06.20	40.92
7. MARCIO MANZANO, Miguel	74				C.D. Tizona Burgos				46:25.29	224	
50m:	42.56	42.56	800m:	12:08.31	45.53	1550m:	23:51.88	47.08	2350m:	36:27.17	46.48
100m:	1:27.37	44.81	850m:	12:54.72	46.41	1600m:	24:38.26	46.38	2400m:	37:13.24	46.07
150m:	2:13.07	45.70	900m:	13:41.11	46.39	1650m:	25:26.34	48.08	2450m:	38:00.82	47.58
200m:	2:58.32	45.25	950m:	14:27.90	46.79	1700m:	26:13.89	47.55	2500m:	38:47.89	47.07
250m:	3:44.53	46.21	1000m:	15:14.77	46.87	1750m:	27:01.46	47.57	2550m:	39:34.48	46.59
300m:	4:29.95	45.42	1050m:	16:01.63	46.86	1800m:	27:48.78	47.32	2600m:	40:21.93	47.45
350m:	5:15.39	45.44	1100m:	16:48.41	46.78	1850m:	28:36.07	47.29	2650m:	41:08.96	47.03
400m:	6:00.43	45.04	1150m:	17:34.99	46.58	1900m:	29:22.67	46.60	2700m:	41:55.90	46.94
450m:	6:45.99	45.56	1200m:	18:22.04	47.05	1950m:	30:09.55	46.88	2750m:	42:42.32	46.42
500m:	7:31.88	45.89	1250m:	19:09.22	47.18	2000m:	30:57.00	47.45	2800m:	43:28.83	46.51
550m:	8:17.81	45.93	1300m:	19:56.18	46.96	2050m:	31:44.64	47.64	2850m:	44:15.23	46.40
600m:	9:03.61	45.80	1350m:	20:42.73	46.55	2100m:	32:31.87	47.23	2900m:	45:01.37	46.14
650m:	9:50.10	46.49	1400m:	21:30.33	47.60	2150m:	33:19.32	47.45	3000m:	46:25.29	1:23.92
700m:	10:36.59	46.49	1450m:	22:17.94	47.61	2250m:	34:53.55	1:34.23			
750m:	11:22.78	46.19	1500m:	23:04.80	46.86	2300m:	35:40.69	47.14			
8. GONZALEZ ALVAREZ, Jesus	93				C.N Tritón Bierzo				47:34.71	208	
50m:	41.90	41.90	800m:	12:05.12	47.00	1550m:	24:09.12	50.81	2300m:	36:40.00	49.50
100m:	1:26.04	44.14	850m:	12:52.37	47.25	1600m:	24:59.78	50.66	2350m:	37:28.30	48.30
150m:	2:10.79	44.75	900m:	13:39.87	47.50	1650m:	25:48.83	49.05	2400m:	38:16.40	48.10
200m:	2:55.99	45.20	950m:	14:27.57	47.70	1700m:	26:39.18	50.35	2450m:	39:03.11	46.71
250m:	3:41.54	45.55	1000m:	15:16.38	48.81	1750m:	27:29.09	49.91	2500m:	39:49.03	45.92
300m:	4:27.36	45.82	1050m:	16:04.62	48.24	1800m:	28:21.53	52.44	2550m:	40:34.96	45.93
350m:	5:13.09	45.73	1100m:	16:52.04	47.42	1850m:	29:10.89	49.36	2600m:	41:21.48	46.52
400m:	5:58.70	45.61	1150m:	17:41.30	49.26	1900m:	30:01.11	50.22	2650m:	42:06.92	45.44
450m:	6:45.22	46.52	1200m:	18:29.85	48.55	1950m:	30:51.34	50.23	2700m:	42:52.64	45.72
500m:	7:30.86	45.64	1250m:	19:18.86	49.01	2000m:	31:41.22	49.88	2750m:	43:39.02	46.38
550m:	8:16.18	45.32	1300m:	20:06.99	48.13	2050m:	32:30.65	49.43	2800m:	44:26.35	47.33
600m:	9:01.52	45.34	1350m:	20:55.54	48.55	2100m:	33:19.28	48.63	2850m:	45:14.88	48.53
650m:	9:46.79	45.27	1400m:	21:44.00	48.46	2150m:	34:09.16	49.88	2900m:	46:04.35	49.47
700m:	10:31.74	44.95	1450m:	22:30.36	46.36	2200m:	35:00.76	51.60	2950m:	46:50.99	46.64
750m:	11:18.12	46.38	1500m:	23:18.31	47.95	2250m:	35:50.50	49.74	3000m:	47:34.71	43.72
9. HERNANDEZ GONZALEZ, Jesus Mario	72				Club Benavente Natacion				49:43.90	182	
50m:	42.67	42.67	600m:	9:14.57	47.46	1150m:	18:11.89	50.25	1700m:	27:26.45	50.88
100m:	1:27.82	45.15	650m:	10:02.32	47.75	1200m:	19:02.00	50.11	1750m:	28:17.21	50.76
150m:	2:14.23	46.41	700m:	10:50.92	48.60	1250m:	19:51.56	49.56	1800m:	29:07.58	50.37
200m:	3:00.47	46.24	750m:	11:38.99	48.07	1300m:	20:41.09	49.53	1850m:	29:59.53	51.95
250m:	3:46.69	46.22	800m:	12:27.42	48.43	1350m:	21:31.39	50.30	1900m:	30:51.23	51.70
300m:	4:32.95	46.26	850m:	13:16.09	48.67	1400m:	22:21.93	50.54	1950m:	31:42.51	51.28
350m:	5:19.02	46.07	900m:	14:04.13	48.04	1450m:	23:12.36	50.43	2000m:	32:33.70	51.19
400m:	6:05.44	46.42	950m:	14:53.37	49.24	1500m:	24:02.98	50.62	2050m:	33:25.41	51.71
450m:	6:52.20	46.76	1000m:	15:42.63	49.26	1550m:	24:54.08	51.10	2100m:	34:16.35	50.94
500m:	7:39.49	47.29	1050m:	16:31.96	49.33	1600m:	25:44.45	50.37	2150m:	35:07.15	50.80
550m:	8:27.11	47.62	1100m:	17:21.64	49.68	1650m:	26:35.57	51.12	2200m:	35:58.80	51.65
2250m:	36:50.26	51.46	2400m:	39:25.37	52.12	2550m:	42:00.78	51.81	2700m:	44:35.68	51.32
2300m:	37:41.92	51.66	2450m:	40:17.14	51.77	2600m:	42:52.54	51.76	2750m:	45:27.68	52.00
2350m:	38:33.25	51.33	2500m:	41:08.97	51.83	2650m:	43:44.36	51.82	2800m:	46:19.00	51.32



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER PALENCIA
PALENCIA, 24/11/2024

Prueba 1, Masc., 3000m Libre, Abs.

Clasificación	AN						Tiempo						Pts		
	2850m:	47:09.85	50.85	2900m:	48:01.32	51.47	2950m:	48:51.78	50.46	3000m:	49:43.90	52.12			
10.	CARRANZA RODRIGUEZ, Luis Guillermo						57						C.D. Tizona Burgos	55:34.94	131
	100m:	1:41.01	1:41.01	900m:	16:21.09	54.87	1650m:	30:17.65	55.96	2400m:	44:24.04	57.14			
	150m:	2:34.12	53.11	950m:	17:16.87	55.78	1700m:	31:12.72	55.07	2450m:	45:19.40	55.36			
	200m:	3:28.46	54.34	1000m:	18:12.88	56.01	1750m:	32:07.99	55.27	2500m:	46:17.09	57.69			
	250m:	4:22.33	53.87	1050m:	19:08.64	55.76	1800m:	33:04.25	56.26	2550m:	47:14.21	57.12			
	300m:	5:18.21	55.88	1100m:	20:04.90	56.26	1850m:	34:00.46	56.21	2600m:	48:10.52	56.31			
	350m:	6:13.04	54.83	1150m:	21:00.35	55.45	1900m:	34:57.15	56.69	2650m:	49:06.46	55.94			
	400m:	7:08.58	55.54	1200m:	21:56.18	55.83	1950m:	35:56.00	58.85	2700m:	50:02.45	55.99			
	500m:	8:58.90	1:50.32	1250m:	22:51.61	55.43	2000m:	36:52.00	56.00	2750m:	50:58.49	56.04			
	550m:	9:55.04	56.14	1300m:	23:47.28	55.67	2050m:	37:47.52	55.52	2800m:	51:54.07	55.58			
	600m:	10:51.09	56.05	1350m:	24:43.61	56.33	2100m:	38:42.50	54.98	2850m:	52:49.40	55.33			
	650m:	11:45.99	54.90	1400m:	25:39.36	55.75	2150m:	39:40.07	57.57	2900m:	53:44.68	55.28			
	700m:	12:41.47	55.48	1450m:	26:35.13	55.77	2200m:	40:37.40	57.33	2950m:	54:40.59	55.91			
	750m:	13:36.85	55.38	1500m:	27:30.55	55.42	2250m:	41:33.15	55.75	3000m:	55:34.94	54.35			
	800m:	14:31.08	54.23	1550m:	28:27.19	56.64	2300m:	42:29.90	56.75						
	850m:	15:26.22	55.14	1600m:	29:21.69	54.50	2350m:	43:26.90	57.00						

Abs., Fem.

1.	FERNANDEZ PEREZ, Sara						87						C.D. Tizona Burgos	41:30.50	388
	50m:	38.97	38.97	800m:	10:59.88	41.81	1550m:	21:26.57	41.28	2300m:	31:55.07	42.16			
	100m:	1:18.63	39.66	850m:	11:41.73	41.85	1600m:	22:08.00	41.43	2350m:	32:37.01	41.94			
	150m:	1:59.17	40.54	900m:	12:23.93	42.20	1650m:	22:49.66	41.66	2400m:	33:18.56	41.55			
	200m:	2:40.06	40.89	950m:	13:06.02	42.09	1700m:	23:31.87	42.21	2450m:	34:00.62	42.06			
	250m:	3:21.08	41.02	1000m:	13:48.14	42.12	1750m:	24:13.87	42.00	2500m:	34:41.92	41.30			
	300m:	4:02.47	41.39	1050m:	14:30.12	41.98	1800m:	24:56.33	42.46	2550m:	35:23.71	41.79			
	350m:	4:43.82	41.35	1100m:	15:12.28	42.16	1850m:	25:39.05	42.72	2600m:	36:05.04	41.33			
	400m:	5:25.85	42.03	1150m:	15:53.79	41.51	1900m:	26:21.15	42.10	2650m:	36:46.30	41.26			
	450m:	6:07.16	41.31	1200m:	16:35.47	41.68	1950m:	27:02.73	41.58	2700m:	37:27.91	41.61			
	500m:	6:49.17	42.01	1250m:	17:17.36	41.89	2000m:	27:44.05	41.32	2750m:	38:09.23	41.32			
	550m:	7:30.34	41.17	1300m:	17:58.77	41.41	2050m:	28:25.40	41.35	2800m:	38:50.89	41.66			
	600m:	8:12.41	42.07	1350m:	18:40.51	41.74	2100m:	29:07.22	41.82	2850m:	39:31.61	40.72			
	650m:	8:54.08	41.67	1400m:	19:22.18	41.67	2150m:	29:48.79	41.57	2900m:	40:11.89	40.28			
	700m:	9:36.14	42.06	1450m:	20:04.09	41.91	2200m:	30:30.69	41.90	2950m:	40:52.29	40.40			
	750m:	10:18.07	41.93	1500m:	20:45.29	41.20	2250m:	31:12.91	42.22	3000m:	41:30.50	38.21			
2.	ABAD JÍMENEZ, Ángela						02						C.N. Ciudad de Ávila	43:11.56	344
	50m:	39.54	39.54	800m:	11:17.91	42.84	1550m:	22:10.08	44.37	2300m:	33:05.91	44.60			
	100m:	1:20.17	40.63	850m:	12:01.13	43.22	1600m:	22:53.58	43.50	2350m:	33:49.85	43.94			
	150m:	2:02.08	41.91	900m:	12:44.53	43.40	1650m:	23:37.43	43.85	2400m:	34:34.21	44.36			
	200m:	2:44.17	42.09	950m:	13:27.32	42.79	1700m:	24:22.87	45.44	2450m:	35:18.38	44.17			
	250m:	3:26.43	42.26	1000m:	14:10.91	43.59	1750m:	25:04.80	41.93	2500m:	36:01.72	43.34			
	300m:	4:08.85	42.42	1050m:	14:54.00	43.09	1800m:	25:48.90	44.10	2550m:	36:45.37	43.65			
	350m:	4:51.52	42.67	1100m:	15:37.34	43.34	1850m:	26:31.89	42.99	2600m:	37:28.78	43.41			
	400m:	5:34.05	42.53	1150m:	16:20.93	43.59	1900m:	27:14.99	43.10	2650m:	38:12.25	43.47			
	450m:	6:16.72	42.67	1200m:	17:03.82	42.89	1950m:	27:58.90	43.91	2700m:	38:55.40	43.15			
	500m:	6:59.14	42.42	1250m:	17:47.68	43.86	2000m:	28:43.12	44.22	2750m:	39:39.23	43.83			
	550m:	7:42.30	43.16	1300m:	18:31.15	43.47	2050m:	29:26.48	43.36	2800m:	40:22.49	43.26			
	600m:	8:25.25	42.95	1350m:	19:14.69	43.54	2100m:	30:10.41	43.93	2850m:	41:05.44	42.95			
	650m:	9:08.34	43.09	1400m:	19:58.42	43.73	2150m:	30:53.99	43.58	2900m:	41:48.36	42.92			
	700m:	9:51.97	43.63	1450m:	20:42.27	43.85	2200m:	31:37.46	43.47	2950m:	42:30.84	42.48			
	750m:	10:35.07	43.10	1500m:	21:25.71	43.44	2250m:	32:21.31	43.85	3000m:	43:11.56	40.72			
3.	GARCIA ALVAREZ, Maria Jose						71						Club Benavente Natacion	45:09.38	301
	50m:	45.69	45.69	800m:	12:00.33	44.79	1550m:	23:14.07	45.04	2300m:	34:31.00	44.86			
	100m:	1:31.35	45.66	850m:	12:44.75	44.42	1600m:	23:59.88	45.81	2350m:	35:16.29	45.29			
	150m:	2:17.39	46.04	900m:	13:29.25	44.50	1650m:	24:44.60	44.72	2400m:	36:01.49	45.20			
	200m:	3:02.50	45.11	950m:	14:14.30	45.05	1700m:	25:31.05	46.45	2450m:	36:46.18	44.69			
	250m:	3:47.66	45.16	1000m:	14:59.77	45.47	1750m:	26:15.57	44.52	2500m:	37:31.59	45.41			
	300m:	4:32.76	45.10	1050m:	15:44.69	44.92	1800m:	27:00.52	44.95	2550m:	38:17.32	45.73			
	350m:	5:17.85	45.09	1100m:	16:29.78	45.09	1850m:	27:45.80	45.28	2600m:	39:03.37	46.05			
	400m:	6:02.31	44.46	1150m:	17:14.55	44.77	1900m:	28:30.95	45.15	2650m:	39:48.80	45.43			
	450m:	6:46.82	44.51	1200m:	17:59.58	45.03	1950m:	29:16.41	45.46	2700m:	40:34.78	45.98			
	500m:	7:32.05	45.23	1250m:	18:43.99	44.41	2000m:	30:01.26	44.85	2750m:	41:21.01	46.23			
	550m:	8:16.95	44.90	1300m:	19:29.48	45.49	2050m:	30:46.38	45.12	2800m:	42:06.74	45.73			
	600m:	9:01.65	44.70	1350m:	20:14.38	44.90	2100m:	31:31.71	45.33	2850m:	42:52.30	45.56			
	650m:	9:46.40	44.75	1400m:	20:59.07	44.69	2150m:	32:16.64	44.93	2900m:	43:37.98	45.68			
	700m:	10:31.33	44.93	1450m:	21:44.09	45.02	2200m:	33:01.58	44.94	2950m:	44:23.89	45.91			
	750m:	11:15.54	44.21	1500m:	22:29.03	44.94	2250m:	33:46.14	44.56	3000m:	45:09.38	45.49			



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER PALENCIA
PALENCIA, 24/11/2024

Prueba 1, Fem., 3000m Libre, Abs.

Clasificación			AN			Tiempo	Pts	
4.	RODRÍGUEZ NIDAGUILA, M ^a Mar		69	C.D. Tizona Burgos		45:17.41	298	
	150m: 2:11.33	2:11.33	900m: 13:28.05	44.89	1650m: 24:44.60	45.33	2400m: 36:04.97	45.77
	200m: 2:56.36	45.03	950m: 14:12.96	44.91	1700m: 25:29.66	45.06	2450m: 36:50.93	45.96
	250m: 3:41.67	45.31	1000m: 14:58.14	45.18	1750m: 26:15.11	45.45	2500m: 37:36.77	45.84
	300m: 4:27.46	45.79	1050m: 15:43.50	45.36	1800m: 27:00.43	45.32	2550m: 38:22.86	46.09
	350m: 5:12.74	45.28	1100m: 16:28.65	45.15	1850m: 27:45.34	44.91	2600m: 39:09.00	46.14
	400m: 5:58.24	45.50	1150m: 17:13.60	44.95	1900m: 28:31.23	45.89	2650m: 39:54.23	45.23
	450m: 6:44.00	45.76	1200m: 17:58.79	45.19	1950m: 29:16.07	44.84	2700m: 40:40.89	46.66
	500m: 7:29.21	45.21	1250m: 18:43.69	44.90	2000m: 30:01.34	45.27	2750m: 41:26.94	46.05
	550m: 8:14.45	45.24	1300m: 19:28.72	45.03	2050m: 30:46.64	45.30	2800m: 42:12.64	45.70
	600m: 8:58.98	44.53	1350m: 20:13.99	45.27	2100m: 31:31.96	45.32	2850m: 42:59.55	46.91
	650m: 9:43.89	44.91	1400m: 20:59.02	45.03	2150m: 32:17.68	45.72	2900m: 43:46.17	46.62
	700m: 10:28.81	44.92	1450m: 21:44.08	45.06	2200m: 33:02.51	44.83	2950m: 44:32.49	46.32
	750m: 11:13.43	44.62	1500m: 22:29.03	44.95	2250m: 33:48.33	45.82	3000m: 45:17.41	44.92
	800m: 11:58.44	45.01	1550m: 23:14.41	45.38	2300m: 34:33.89	45.56		
	850m: 12:43.16	44.72	1600m: 23:59.27	44.86	2350m: 35:19.20	45.31		
5.	CARRANZA MARTIN, Paula		90	C.D. Tizona Burgos		48:08.53	248	
	50m: 40.77	40.77	800m: 12:28.64	48.62	1550m: 24:36.05	48.95	2300m: 36:48.26	49.03
	100m: 1:24.83	44.06	850m: 13:17.29	48.65	1600m: 25:22.78	46.73	2350m: 37:36.99	48.73
	150m: 2:10.57	45.74	900m: 14:05.48	48.19	1650m: 26:12.02	49.24	2400m: 38:25.64	48.65
	200m: 2:57.22	46.65	950m: 14:53.91	48.43	1700m: 27:01.18	49.16	2450m: 39:13.64	48.00
	250m: 3:44.21	46.99	1000m: 15:41.62	47.71	1750m: 27:49.84	48.66	2500m: 40:03.34	49.70
	300m: 4:31.15	46.94	1050m: 16:29.56	47.94	1800m: 28:39.59	49.75	2550m: 40:52.59	49.25
	350m: 5:18.27	47.12	1100m: 17:17.80	48.24	1850m: 29:28.57	48.98	2600m: 41:43.00	50.41
	400m: 6:05.55	47.28	1150m: 18:05.70	47.90	1900m: 30:17.96	49.39	2650m: 42:32.24	49.24
	450m: 6:53.03	47.48	1200m: 18:54.72	49.02	1950m: 31:07.40	49.44	2700m: 43:20.72	48.48
	500m: 7:40.50	47.47	1250m: 19:43.27	48.55	2000m: 31:56.40	49.00	2750m: 44:09.42	48.70
	550m: 8:28.64	48.14	1300m: 20:31.75	48.48	2050m: 32:44.65	48.25	2800m: 44:58.74	49.32
	600m: 9:15.63	46.99	1350m: 21:20.51	48.76	2100m: 33:33.34	48.69	2850m: 45:46.71	47.97
	650m: 10:03.83	48.20	1400m: 22:09.13	48.62	2150m: 34:21.83	48.49	2900m: 46:35.42	48.71
	700m: 10:51.36	47.53	1450m: 22:58.65	49.52	2200m: 35:11.15	49.32	2950m: 47:22.20	46.78
	750m: 11:40.02	48.66	1500m: 23:47.10	48.45	2250m: 35:59.23	48.08	3000m: 48:08.53	46.33
6.	BOAL FERNÁNDEZ, Laura		83	C.D. Torrelago Wellness		52:37.67	190	
	50m: 45.16	45.16	850m: 14:22.61	52.21	1600m: 27:39.33	52.98	2350m: 41:06.49	55.19
	100m: 1:33.19	48.03	900m: 15:15.34	52.73	1650m: 28:32.19	52.86	2400m: 41:59.10	52.61
	150m: 2:23.24	50.05	950m: 16:08.46	53.12	1700m: 29:25.43	53.24	2450m: 42:54.15	55.05
	200m: 3:14.28	51.04	1000m: 17:00.88	52.42	1750m: 30:17.67	52.24	2500m: 43:49.30	55.15
	250m: 4:04.49	50.21	1050m: 17:52.79	51.91	1800m: 31:11.35	53.68	2550m: 44:43.94	54.64
	300m: 4:55.91	51.42	1100m: 18:45.55	52.76	1850m: 32:05.63	54.28	2600m: 45:38.11	54.17
	350m: 5:47.12	51.21	1150m: 19:38.08	52.53	1900m: 33:00.63	55.00	2650m: 46:31.83	53.72
	400m: 6:37.84	50.72	1200m: 20:30.87	52.79	1950m: 33:53.92	53.29	2700m: 47:25.63	53.80
	450m: 7:29.39	51.55	1250m: 21:24.37	53.50	2000m: 34:48.32	54.40	2750m: 48:18.30	52.67
	500m: 8:20.22	50.83	1300m: 22:17.62	53.25	2050m: 35:42.31	53.99	2800m: 49:10.73	52.43
	600m: 10:02.97	1:42.75	1350m: 23:12.64	55.02	2100m: 36:36.98	54.67	2850m: 50:02.81	52.08
	650m: 10:55.00	52.03	1400m: 24:05.95	53.31	2150m: 37:31.07	54.09	2900m: 50:56.14	53.33
	700m: 11:46.65	51.65	1450m: 24:59.35	53.40	2200m: 38:24.60	53.53	2950m: 51:48.74	52.60
	750m: 12:38.67	52.02	1500m: 25:52.49	53.14	2250m: 39:18.53	53.93	3000m: 52:37.67	48.93
	800m: 13:30.40	51.73	1550m: 26:46.35	53.86	2300m: 40:11.30	52.77		
7.	VELA GARCÍA, Sílvia		78	C.D.N. Zamora		54:35.55	170	
	50m: 46.56	46.56	800m: 13:51.73	52.75	1550m: 27:31.47	55.13	2300m: 41:40.11	56.17
	100m: 1:36.17	49.61	850m: 14:45.36	53.63	1600m: 28:27.53	56.06	2350m: 42:36.93	56.82
	150m: 2:27.37	51.20	900m: 15:39.79	54.43	1650m: 29:23.78	56.25	2400m: 43:33.04	56.11
	200m: 3:19.04	51.67	950m: 16:33.50	53.71	1700m: 30:20.99	57.21	2450m: 44:29.82	56.78
	250m: 4:11.24	52.20	1000m: 17:27.18	53.68	1750m: 31:18.10	57.11	2500m: 45:25.43	55.61
	300m: 5:03.29	52.05	1050m: 18:22.05	54.87	1800m: 32:13.78	55.68	2550m: 46:20.98	55.55
	350m: 5:55.92	52.63	1100m: 19:16.50	54.45	1850m: 33:10.50	56.72	2600m: 47:17.11	56.13
	400m: 6:47.85	51.93	1150m: 20:11.37	54.87	1900m: 34:08.38	57.88	2650m: 48:12.31	55.20
	450m: 7:41.46	53.61	1200m: 21:06.13	54.76	1950m: 35:04.90	56.52	2700m: 49:07.13	54.82
	500m: 8:34.64	53.18	1250m: 22:01.42	55.29	2000m: 36:00.83	55.93	2750m: 50:03.21	56.08
	550m: 9:26.73	52.09	1300m: 22:58.02	56.60	2050m: 36:56.51	55.68	2800m: 50:58.61	55.40
	600m: 10:19.50	52.77	1350m: 23:52.37	54.35	2100m: 37:52.72	56.21	2850m: 51:54.46	55.85
	650m: 11:12.22	52.72	1400m: 24:46.47	54.10	2150m: 38:48.34	55.62	2900m: 52:50.47	56.01
	700m: 12:05.47	53.25	1450m: 25:41.56	55.09	2200m: 39:44.69	56.35	3000m: 54:35.55	1:45.08
	750m: 12:58.98	53.51	1500m: 26:36.34	54.78	2250m: 40:43.94	59.25		