



Nº ACTA: FACYLDDNMVA

ACTA DE LA COMPETICION.

- **NOMBRE DE LA COMPETICION.**
- FASE AUTONÓMICA CASTILLA Y LEÓN LARGA DISTANCIA N.MÁSTER VALLADOLID
- **FECHA DE LA CELEBRACION.**
22 NOVIEMBRE DE 2025 -
- **NOMBRE DE LA ENTIDAD ORGANIZADORA.**
FEDERACIÓN CASTILLA Y LEÓN DE NATACIÓN
- **LUGAR DE CELEBRACION.**
VALLADOLID
- **NOMBRE DE LA PISCINA.**
CEAR RÍO ESGUEVA
- **PISCINA DE 50 E. - 8 CALLES.**
- **CLUBES PARTICIPANTES**
SEGÚN HOJA

COMPOSICION DEL JURADO

JUEZ ÁRBITRO: AROA JIMÉNEZ

JUEZ DE SALIDAS:

JUECES DE VIRAJES / ESTILOS:

JEFE DE CRONOMETRADORES: ROSARIO LORENZO

CRONOMETRADORES:

JUAN DíEZ

RAÚL LÓPEZ

JORGE DOURAL

MANUEL RUÍNZ

MARCOS GONZÁLEZ

GEMA CAMINERO

NURIA GUERRA

ROSARIO CAPELLAN

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: AROA JIMÉNEZ



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER VALLADOLID
VALLADOLID, 22/11/2025

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	-	1	1	-	1	1	-	-	-
C.D.N. Zamora	01251	ESP	-	2	2	-	2	2	-	-	-
C.N. Triton Bierzo	01797	ESP	3	-	3	3	-	3	-	-	-
CD Upstream	01514	ESP	2	-	2	2	-	2	-	-	-
Club Benavente Natacion	P0909	ESP	1	1	2	1	1	2	-	-	-
Club Natacion Master Leon	01399	ESP	1	-	1	1	-	1	-	-	-
N. Casa De Asturias	00458	ESP	1	-	1	1	-	1	-	-	-
Número total de 8 clubes			11	6	17	10	6	16	-	-	-



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER VALLADOLID
VALLADOLID, 22/11/2025

Prueba 1
22/11/2025

3000m Libre

1 - 98 años
Resultados

Puntos: AQUA 2025

Clasificación	AN										Tiempo	Pts
1. LOPEZ PUYUELO, Pablo	98 C.D. Tizona Burgos										36:53.12	448
50m:	33.78	800m:	9:40.62	37.60	1550m:	18:58.46	36.74	2300m:	28:16.85	37.27		
100m:	1:08.41	850m:	10:17.88	37.26	1600m:	19:35.27	36.81	2350m:	28:54.26	37.41		
150m:	1:43.85	900m:	10:55.37	37.49	1650m:	20:12.43	37.16	2400m:	29:30.97	36.71		
200m:	2:19.60	950m:	11:32.41	37.04	1700m:	20:49.46	37.03	2450m:	30:08.46	37.49		
250m:	2:55.21	1000m:	12:09.64	37.23	1750m:	21:26.57	37.11	2500m:	30:45.54	37.08		
300m:	3:31.19	1050m:	12:46.68	37.04	1800m:	22:03.80	37.23	2550m:	31:22.98	37.44		
350m:	4:07.28	1100m:	13:23.58	36.90	1850m:	22:40.74	36.94	2600m:	32:00.03	37.05		
400m:	4:43.77	1150m:	14:00.76	37.18	1900m:	23:17.77	37.03	2650m:	32:37.09	37.06		
450m:	5:20.05	1200m:	14:37.74	36.98	1950m:	23:55.12	37.35	2700m:	33:14.10	37.01		
500m:	5:56.72	1250m:	15:14.88	37.14	2000m:	24:32.49	37.37	2750m:	33:51.10	37.00		
550m:	6:33.53	1300m:	15:52.47	37.59	2050m:	25:09.72	37.23	2800m:	34:27.75	36.65		
600m:	7:11.09	1350m:	16:29.90	37.43	2100m:	25:47.03	37.31	2850m:	35:04.49	36.74		
650m:	7:48.09	1400m:	17:06.96	37.06	2150m:	26:24.44	37.41	2900m:	35:41.23	36.74		
700m:	8:25.59	1450m:	17:44.12	37.16	2200m:	27:01.67	37.23	2950m:	36:17.02	35.79		
750m:	9:03.02	1500m:	18:21.72	37.60	2250m:	27:39.58	37.91	3000m:	36:53.12	36.10		
2. SERRANO SANZ, Ruben	80 C.N. Triton Bierzo										37:49.92	415
50m:	36.01	800m:	9:58.67	37.74	1550m:	19:28.86	38.23	2300m:	29:00.15	37.57		
100m:	1:12.24	850m:	10:36.71	38.04	1600m:	20:06.80	37.94	2350m:	29:38.21	38.06		
150m:	1:49.12	900m:	11:14.57	37.86	1650m:	20:45.09	38.29	2400m:	30:16.13	37.92		
200m:	2:26.10	950m:	11:52.56	37.99	1700m:	21:23.61	38.52	2450m:	30:54.33	38.20		
250m:	3:03.39	1000m:	12:30.59	38.03	1750m:	22:02.03	38.42	2500m:	31:32.38	38.05		
300m:	3:40.98	1050m:	13:08.45	37.86	1800m:	22:40.21	38.18	2550m:	32:10.87	38.49		
350m:	4:18.70	1100m:	13:46.48	38.03	1850m:	23:18.34	38.13	2600m:	32:48.54	37.67		
400m:	4:56.41	1150m:	14:24.03	37.55	1900m:	23:56.47	38.13	2650m:	33:26.92	38.38		
450m:	5:34.03	1200m:	15:02.11	38.08	1950m:	24:34.18	37.71	2700m:	34:05.16	38.24		
500m:	6:11.51	1250m:	15:40.09	37.98	2000m:	25:11.93	37.75	2750m:	34:43.29	38.13		
550m:	6:49.32	1300m:	16:18.20	38.11	2050m:	25:49.37	37.44	2800m:	35:21.37	38.08		
600m:	7:26.93	1350m:	16:56.41	38.21	2100m:	26:27.40	38.03	2850m:	35:59.60	38.23		
650m:	8:05.14	1400m:	17:34.58	38.17	2150m:	27:05.74	38.34	2900m:	36:37.50	37.90		
700m:	8:43.24	1450m:	18:12.77	38.19	2200m:	27:43.72	37.98	2950m:	37:15.47	37.97		
750m:	9:20.93	1500m:	18:50.63	37.86	2250m:	28:22.58	38.86	3000m:	37:49.92	34.45		
3. FERNANDEZ PEREZ, Sara	87 C.D. Tizona Burgos										40:21.38	422
50m:	37.15	800m:	10:38.68	40.43	1550m:	20:45.92	39.83	2300m:	30:54.05	40.63		
100m:	1:15.31	850m:	11:19.11	40.43	1600m:	21:25.67	39.75	2350m:	31:34.62	40.57		
150m:	1:54.96	900m:	11:59.64	40.53	1650m:	22:05.86	40.19	2400m:	32:15.03	40.41		
200m:	2:34.77	950m:	12:40.34	40.70	1700m:	22:46.54	40.68	2450m:	32:55.77	40.74		
250m:	3:15.46	1000m:	13:21.09	40.75	1750m:	23:26.66	40.12	2500m:	33:36.45	40.68		
300m:	3:55.61	1050m:	14:01.84	40.75	1800m:	24:07.36	40.70	2550m:	34:17.18	40.73		
350m:	4:35.38	1100m:	14:42.63	40.79	1850m:	24:47.93	40.57	2600m:	34:58.52	41.34		
400m:	5:15.23	1150m:	15:22.82	40.19	1900m:	25:28.60	40.67	2650m:	35:38.97	40.45		
450m:	5:55.27	1200m:	16:03.58	40.76	1950m:	26:09.16	40.56	2700m:	36:19.74	40.77		
500m:	6:35.62	1250m:	16:44.05	40.47	2000m:	26:49.75	40.59	2750m:	37:00.30	40.56		
550m:	7:15.91	1300m:	17:24.83	40.78	2050m:	27:30.44	40.69	2800m:	37:41.11	40.81		
600m:	7:56.32	1350m:	18:05.58	40.75	2100m:	28:11.21	40.77	2850m:	38:22.01	40.90		
650m:	8:37.07	1400m:	18:46.00	40.42	2150m:	28:51.90	40.69	2900m:	39:02.76	40.75		
700m:	9:18.08	1450m:	19:26.00	40.00	2200m:	29:32.81	40.91	2950m:	39:42.61	39.85		
750m:	9:58.25	1500m:	20:06.09	40.09	2250m:	30:13.42	40.61	3000m:	40:21.38	38.77		
4. SERRANO SANZ, Mario	81 C.N. Triton Bierzo										42:08.64	300
50m:	39.88	800m:	11:10.73	42.18	1550m:	21:51.69	42.80	2300m:	32:27.48	41.85		
100m:	1:20.72	850m:	11:53.33	42.60	1600m:	22:34.56	42.87	2350m:	33:09.15	41.67		
150m:	2:02.39	900m:	12:35.80	42.47	1650m:	23:17.28	42.72	2400m:	33:50.94	41.79		
200m:	2:44.21	950m:	13:18.25	42.45	1700m:	24:00.38	43.10	2450m:	34:33.46	42.52		
250m:	3:26.21	1000m:	14:01.18	42.93	1750m:	24:42.95	42.57	2500m:	35:15.32	41.86		
300m:	4:08.38	1050m:	14:43.95	42.77	1800m:	25:25.84	42.89	2550m:	35:58.30	42.98		
350m:	4:50.52	1100m:	15:26.58	42.63	1850m:	26:08.09	42.25	2600m:	36:40.48	42.28		
400m:	5:32.54	1150m:	16:09.37	42.79	1900m:	26:50.19	42.10	2650m:	37:21.73	41.15		
450m:	6:14.80	1200m:	16:52.35	42.98	1950m:	27:32.52	42.33	2700m:	38:03.09	41.36		
500m:	6:57.27	1250m:	17:35.28	42.93	2000m:	28:14.79	42.27	2750m:	38:44.15	41.06		
550m:	7:39.76	1300m:	18:17.93	42.65	2050m:	28:56.93	42.14	2800m:	39:26.09	41.94		
600m:	8:21.79	1350m:	19:00.68	42.75	2100m:	29:38.87	41.94	2850m:	40:07.41	41.32		
650m:	9:03.92	1400m:	19:43.18	42.50	2150m:	30:20.86	41.99	2900m:	40:48.95	41.54		
700m:	9:46.17	1450m:	20:25.94	42.76	2200m:	31:02.97	42.11	2950m:	41:29.58	40.63		
750m:	10:28.55	1500m:	21:08.89	42.95	2250m:	31:45.63	42.66	3000m:	42:08.64	39.06		



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER VALLADOLID
VALLADOLID, 22/11/2025

Prueba 1, Todos, 3000m Libre, 1 - 98 años

Clasificación	AN				Tiempo				Pts		
5. DOMINGO ALONSO, Alvaro	74				CD Upstream				45:53.47	232	
50m:	41.12	41.12	800m:	12:05.28	46.09	1550m:	23:37.98	46.49	2300m:	35:11.69	46.26
100m:	1:23.55	42.43	850m:	12:51.03	45.75	1600m:	24:24.65	46.67	2350m:	35:58.67	46.98
150m:	2:07.88	44.33	900m:	13:36.79	45.76	1650m:	25:11.00	46.35	2400m:	36:44.90	46.23
200m:	2:53.05	45.17	950m:	14:23.09	46.30	1700m:	25:57.60	46.60	2450m:	37:31.01	46.11
250m:	3:38.65	45.60	1000m:	15:08.88	45.79	1750m:	26:44.62	47.02	2500m:	38:17.48	46.47
300m:	4:24.50	45.85	1050m:	15:55.14	46.26	1800m:	27:30.66	46.04	2550m:	39:04.66	47.18
350m:	5:10.09	45.59	1100m:	16:41.04	45.90	1850m:	28:16.77	46.11	2600m:	39:51.00	46.34
400m:	5:55.75	45.66	1150m:	17:27.40	46.36	1900m:	29:02.53	45.76	2650m:	40:37.36	46.36
450m:	6:41.35	45.60	1200m:	18:13.20	45.80	1950m:	29:49.01	46.48	2700m:	41:22.81	45.45
500m:	7:27.76	46.41	1250m:	18:59.38	46.18	2000m:	30:34.75	45.74	2750m:	42:08.87	46.06
550m:	8:13.92	46.16	1300m:	19:45.67	46.29	2050m:	31:20.68	45.93	2800m:	42:55.17	46.30
600m:	9:00.14	46.22	1350m:	20:31.79	46.12	2100m:	32:07.21	46.53	2850m:	43:40.82	45.65
650m:	9:46.56	46.42	1400m:	21:18.50	46.71	2150m:	32:53.33	46.12	2900m:	44:27.27	46.45
700m:	10:33.02	46.46	1450m:	22:04.84	46.34	2200m:	33:39.35	46.02	2950m:	45:11.75	44.48
750m:	11:19.19	46.17	1500m:	22:51.49	46.65	2250m:	34:25.43	46.08	3000m:	45:53.47	41.72
6. GARCIA ALVAREZ, Maria Jose	71				Club Benavente Natacion				46:49.51	270	
50m:	46.94	46.94	800m:	12:25.05	47.05	1550m:	23:58.12	46.41	2300m:	35:42.33	46.40
100m:	1:32.89	45.95	850m:	13:11.79	46.74	1600m:	24:44.00	45.88	2350m:	36:29.69	47.36
150m:	2:19.82	46.93	900m:	13:57.22	45.43	1650m:	25:30.66	46.66	2400m:	37:17.08	47.39
200m:	3:05.99	46.17	950m:	14:43.85	46.63	1700m:	26:17.50	46.84	2450m:	38:04.73	47.65
250m:	3:52.85	46.86	1000m:	15:30.29	46.44	1750m:	27:03.37	45.87	2500m:	38:53.20	48.47
300m:	4:39.61	46.76	1050m:	16:17.27	46.98	1800m:	27:50.35	46.98	2550m:	39:41.19	47.99
350m:	5:25.91	46.30	1100m:	17:03.40	46.13	1850m:	28:38.16	47.81	2600m:	40:29.70	48.51
400m:	6:11.73	45.82	1150m:	17:48.96	45.56	1900m:	29:25.41	47.25	2650m:	41:17.85	48.15
450m:	6:58.84	47.11	1200m:	18:34.79	45.83	1950m:	30:12.04	46.63	2700m:	42:06.14	48.29
500m:	7:45.72	46.88	1250m:	19:20.13	45.34	2000m:	30:59.26	47.22	2750m:	42:54.40	48.26
550m:	8:32.02	46.30	1300m:	20:06.74	46.61	2050m:	31:47.13	47.87	2800m:	43:41.88	47.48
600m:	9:18.53	46.51	1350m:	20:53.23	46.49	2100m:	32:34.81	47.68	2850m:	44:29.53	47.65
650m:	10:04.75	46.22	1400m:	21:39.02	45.79	2150m:	33:21.64	46.83	2900m:	45:17.12	47.59
700m:	10:51.75	47.00	1450m:	22:25.08	46.06	2200m:	34:08.70	47.06	2950m:	46:04.44	47.32
750m:	11:38.00	46.25	1500m:	23:11.71	46.63	2250m:	34:55.93	47.23	3000m:	46:49.51	45.07
7. CARRANZA MARTIN, Paula	90				C.D. Tizona Burgos				47:09.34	264	
50m:	41.07	41.07	800m:	12:14.34	47.57	1550m:	23:59.16	46.74	2300m:	36:03.07	48.44
100m:	1:24.78	43.71	850m:	13:01.38	47.04	1600m:	24:45.33	46.17	2350m:	36:51.68	48.61
150m:	2:09.86	45.08	900m:	13:48.40	47.02	1650m:	25:32.91	47.58	2400m:	37:40.07	48.39
200m:	2:55.95	46.09	950m:	14:35.34	46.94	1700m:	26:20.52	47.61	2450m:	38:27.51	47.44
250m:	3:41.63	45.68	1000m:	15:22.95	47.61	1750m:	27:09.64	49.12	2500m:	39:14.68	47.17
300m:	4:27.77	46.14	1050m:	16:10.13	47.18	1800m:	27:58.31	48.67	2550m:	40:02.82	48.14
350m:	5:13.52	45.75	1100m:	16:57.16	47.03	1850m:	28:48.07	49.76	2600m:	40:50.46	47.64
400m:	6:00.06	46.54	1150m:	17:44.44	47.28	1900m:	29:37.76	49.69	2650m:	41:37.30	46.84
450m:	6:46.19	46.13	1200m:	18:32.46	48.02	1950m:	30:26.64	48.88	2700m:	42:24.90	47.60
500m:	7:32.09	45.90	1250m:	19:19.34	46.88	2000m:	31:15.74	49.10	2750m:	43:12.38	47.48
550m:	8:19.10	47.01	1300m:	20:06.24	46.90	2050m:	32:03.55	47.81	2800m:	43:59.76	47.38
600m:	9:05.42	46.32	1350m:	20:53.30	47.06	2100m:	32:51.16	47.61	2850m:	44:47.51	47.75
650m:	9:52.02	46.60	1400m:	21:39.81	46.51	2150m:	33:39.61	48.45	2900m:	45:35.20	47.69
700m:	10:39.26	47.24	1450m:	22:26.21	46.40	2200m:	34:27.15	47.54	2950m:	46:22.73	47.53
750m:	11:26.77	47.51	1500m:	23:12.42	46.21	2250m:	35:14.63	47.48	3000m:	47:09.34	46.61
8. GONZALEZ ALVAREZ, Jesus	93				C.N. Triton Bierzo				47:50.95	205	
50m:	44.06	44.06	800m:	12:27.86	48.47	1550m:	24:36.30	48.09	2300m:	36:50.14	50.18
100m:	1:27.28	43.22	850m:	13:16.01	48.15	1600m:	25:25.02	48.72	2350m:	37:39.15	49.01
150m:	2:11.82	44.54	900m:	14:02.74	46.73	1650m:	26:09.58	44.56	2400m:	38:26.47	47.32
200m:	2:57.75	45.93	950m:	14:50.88	48.14	1700m:	26:57.50	47.92	2450m:	39:13.52	47.05
250m:	3:44.16	46.41	1000m:	15:40.59	49.71	1750m:	27:47.33	49.83	2500m:	40:01.26	47.74
300m:	4:31.66	47.50	1050m:	16:28.95	48.36	1800m:	28:34.89	47.56	2550m:	40:48.49	47.23
350m:	5:18.50	46.84	1100m:	17:17.58	48.63	1850m:	29:22.67	47.78	2600m:	41:36.22	47.73
400m:	6:05.66	47.16	1150m:	18:03.71	46.13	1900m:	30:13.00	50.33	2650m:	42:24.82	48.60
450m:	6:53.07	47.41	1200m:	18:51.46	47.75	1950m:	31:01.28	48.28	2700m:	43:12.09	47.27
500m:	7:39.76	46.69	1250m:	19:41.60	50.14	2000m:	31:49.91	48.63	2750m:	43:57.69	45.60
550m:	8:25.82	46.06	1300m:	20:30.13	48.53	2050m:	32:39.69	49.78	2800m:	44:45.10	47.41
600m:	9:14.00	48.18	1350m:	21:20.32	50.19	2100m:	33:30.94	51.25	2850m:	45:32.80	47.70
650m:	10:01.83	47.83	1400m:	22:08.29	47.97	2150m:	34:22.59	51.65	2900m:	46:22.01	49.21
700m:	10:51.54	49.71	1450m:	22:57.29	49.00	2200m:	35:12.34	49.75	2950m:	47:09.21	47.20
750m:	11:39.39	47.85	1500m:	23:48.21	50.92	2250m:	35:59.96	47.62	3000m:	47:50.95	41.74
9. GALLEGU VICARIO, Roberto	69				Club Natacion Master Leon				48:57.94	191	
50m:	46.47	46.47	600m:	9:44.83	48.96	1150m:	18:43.16	49.46	1700m:	27:43.45	49.45
100m:	1:34.26	47.79	650m:	10:34.14	49.31	1200m:	19:32.12	48.96	1750m:	28:32.41	48.96
150m:	2:22.51	48.25	700m:	11:22.97	48.83	1250m:	20:21.18	49.06	1800m:	29:21.87	49.46
200m:	3:11.16	48.65	750m:	12:12.12	49.15	1300m:	21:10.20	49.02	1850m:	30:10.70	48.83
250m:	4:00.20	49.04	800m:	13:01.08	48.96	1350m:	21:59.37	49.17	1900m:	30:59.86	49.16
300m:	4:49.37	49.17	850m:	13:50.26	49.18	1400m:	22:48.10	48.73	1950m:	31:49.47	49.61
350m:	5:38.43	49.06	900m:	14:39.13	48.87	1450m:	23:37.73	49.63	2000m:	32:38.80	49.33
400m:	6:27.47	49.04	950m:	15:28.14	49.01	1500m:	24:26.99	49.26	2050m:	33:27.48	48.68
450m:	7:17.50	50.03	1000m:	16:16.45	48.31	1550m:	25:15.74	48.75	2100m:	34:16.04	48.56
500m:	8:06.87	49.37	1050m:	17:04.99	48.54	1600m:	26:05.04	49.30	2150m:	35:04.64	48.60
550m:	8:55.87	49.00	1100m:	17:53.70	48.71	1650m:	26:54.00	48.96	2200m:	35:53.28	48.64
2250m:	36:41.98	48.70	2400m:	39:09.08	49.17	2550m:	41:37.02	49.53	2700m:	44:02.73	48.22
2300m:	37:30.74	48.76	2450m:	39:58.35	49.27	2600m:	42:25.72	48.70	2750m:	44:51.40	48.67
2350m:	38:19.91	49.17	2500m:	40:47.49	49.14	2650m:	43:14.51	48.79	2800m:	45:41.42	50.02



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER VALLADOLID
VALLADOLID, 22/11/2025

Prueba 1, Todos, 3000m Libre, 1 - 98 años

Clasificación	AN										Tiempo	Pts	
	2850m:	46:30.82	49.40	2900m:	47:20.10	49.28	2950m:	48:10.26	50.16	3000m:	48:57.94	47.68	
10.	ESCOBAR SIERRA, Miguel Angel					65	N. Casa De Asturias					49:40.37	183
	50m:	46.70	46.70	800m:	13:01.45	49.79	1550m:	25:21.63	49.92	2300m:	37:55.30	51.89	
	100m:	1:34.16	47.46	850m:	13:50.77	49.32	1600m:	26:11.61	49.98	2350m:	38:46.11	50.81	
	150m:	2:22.44	48.28	900m:	14:39.91	49.14	1650m:	27:01.19	49.58	2400m:	39:36.95	50.84	
	200m:	3:10.42	47.98	950m:	15:29.01	49.10	1700m:	27:52.31	51.12	2450m:	40:26.68	49.73	
	250m:	3:59.48	49.06	1000m:	16:17.43	48.42	1750m:	28:41.51	49.20	2500m:	41:17.12	50.44	
	300m:	4:48.16	48.68	1050m:	17:06.29	48.86	1800m:	29:31.31	49.80	2550m:	42:07.73	50.61	
	350m:	5:37.73	49.57	1100m:	17:55.49	49.20	1850m:	30:21.65	50.34	2600m:	42:58.06	50.33	
	400m:	6:27.30	49.57	1150m:	18:45.41	49.92	1900m:	31:12.90	51.25	2650m:	43:48.64	50.58	
	450m:	7:16.79	49.49	1200m:	19:35.12	49.71	1950m:	32:02.16	49.26	2700m:	44:39.18	50.54	
	500m:	8:06.06	49.27	1250m:	20:24.14	49.02	2000m:	32:52.13	49.97	2750m:	45:31.31	52.13	
	550m:	8:55.71	49.65	1300m:	21:13.35	49.21	2050m:	33:42.17	50.04	2800m:	46:20.87	49.56	
	600m:	9:45.22	49.51	1350m:	22:02.89	49.54	2100m:	34:33.77	51.60	2850m:	47:11.93	51.06	
	650m:	10:33.91	48.69	1400m:	22:52.35	49.46	2150m:	35:23.00	49.23	2900m:	48:02.51	50.58	
	700m:	11:23.18	49.27	1450m:	23:41.72	49.37	2200m:	36:13.59	50.59	2950m:	48:53.21	50.70	
	750m:	12:11.66	48.48	1500m:	24:31.71	49.99	2250m:	37:03.41	49.82	3000m:	49:40.37	47.16	
11.	HERNANDEZ GONZALEZ, Jesus Mario					72	Club Benavente Natacion					49:54.77	180
	50m:	45.53	45.53	800m:	13:01.78	50.14	1550m:	25:36.09	49.64	2300m:	38:04.94	51.16	
	100m:	1:33.86	48.33	850m:	13:52.60	50.82	1600m:	26:26.38	50.29	2350m:	38:55.94	51.00	
	150m:	2:22.69	48.83	900m:	14:42.89	50.29	1650m:	27:16.59	50.21	2400m:	39:45.85	49.91	
	200m:	3:11.29	48.60	950m:	15:32.43	49.54	1700m:	28:05.73	49.14	2450m:	40:35.80	49.95	
	250m:	4:00.25	48.96	1000m:	16:22.57	50.14	1750m:	28:55.32	49.59	2500m:	41:26.69	50.89	
	300m:	4:49.00	48.75	1050m:	17:13.12	50.55	1800m:	29:44.54	49.22	2550m:	42:16.64	49.95	
	350m:	5:37.06	48.06	1100m:	18:03.74	50.62	1850m:	30:34.24	49.70	2600m:	43:06.71	50.07	
	400m:	6:25.35	48.29	1150m:	18:54.63	50.89	1900m:	31:23.48	49.24	2650m:	43:57.63	50.92	
	450m:	7:13.57	48.22	1200m:	19:45.35	50.72	1950m:	32:14.88	51.40	2700m:	44:48.63	51.00	
	500m:	8:01.69	48.12	1250m:	20:35.35	50.00	2000m:	33:05.28	50.40	2750m:	45:38.39	49.76	
	550m:	8:51.13	49.44	1300m:	21:25.70	50.35	2050m:	33:55.13	49.85	2800m:	46:31.56	53.17	
	600m:	9:40.61	49.48	1350m:	22:15.82	50.12	2100m:	34:44.71	49.58	2850m:	47:27.13	55.57	
	650m:	10:29.49	48.88	1400m:	23:05.74	49.92	2150m:	35:34.14	49.43	2900m:	48:18.78	51.65	
	700m:	11:18.66	49.17	1450m:	23:55.70	49.96	2200m:	36:23.81	49.67	2950m:	49:07.97	49.19	
	750m:	12:11.64	52.98	1500m:	24:46.45	50.75	2250m:	37:13.78	49.97	3000m:	49:54.77	46.80	
12.	ASENJO SANTAMARIA, Jose Luis					58	CD Upstream					50:27.27	175
	50m:	44.91	44.91	800m:	13:10.45	49.95	1550m:	25:48.38	50.85	2300m:	38:32.76	50.55	
	100m:	1:35.06	50.15	850m:	14:00.42	49.97	1600m:	26:39.30	50.92	2350m:	39:24.18	51.42	
	150m:	2:23.08	48.02	900m:	14:50.63	50.21	1650m:	27:30.72	51.42	2400m:	40:15.18	51.00	
	200m:	3:12.07	48.99	950m:	15:40.60	49.97	1700m:	28:21.77	51.05	2450m:	41:06.51	51.33	
	250m:	4:01.66	49.59	1000m:	16:30.95	50.35	1750m:	29:12.33	50.56	2500m:	41:57.88	51.37	
	300m:	4:51.02	49.36	1050m:	17:21.52	50.57	1800m:	30:03.26	50.93	2550m:	42:49.44	51.56	
	350m:	5:40.75	49.73	1100m:	18:11.97	50.45	1850m:	30:53.81	50.55	2600m:	43:40.89	51.45	
	400m:	6:30.74	49.99	1150m:	19:02.42	50.45	1900m:	31:45.02	51.21	2650m:	44:32.34	51.45	
	450m:	7:20.75	50.01	1200m:	19:53.40	50.98	1950m:	32:36.68	51.66	2700m:	45:23.31	50.97	
	500m:	8:10.60	49.85	1250m:	20:44.20	50.80	2000m:	33:28.21	51.53	2750m:	46:15.72	52.41	
	550m:	9:01.05	50.45	1300m:	21:35.17	50.97	2050m:	34:18.91	50.70	2800m:	47:06.33	50.61	
	600m:	9:50.96	49.91	1350m:	22:25.66	50.49	2100m:	35:09.69	50.78	2850m:	47:57.69	51.36	
	650m:	10:40.93	49.97	1400m:	23:16.20	50.54	2150m:	36:04.85	55.16	2900m:	48:48.62	50.93	
	700m:	11:30.76	49.83	1450m:	24:06.86	50.66	2200m:	36:51.46	46.61	2950m:	49:38.08	49.46	
	750m:	12:20.50	49.74	1500m:	24:57.53	50.67	2250m:	37:42.21	50.75	3000m:	50:27.27	49.19	
13.	BOAL FERNANDEZ, Laura					83	C.D. Torrelago Wellness					50:37.67	213
	50m:	44.93	44.93	800m:	13:06.78	49.67	1550m:	25:49.56	50.69	2300m:	38:34.90	50.72	
	100m:	1:32.58	47.65	850m:	13:57.90	51.12	1600m:	26:40.04	50.48	2350m:	39:26.03	51.13	
	150m:	2:21.94	49.36	900m:	14:48.03	50.13	1650m:	27:31.27	51.23	2400m:	40:16.98	50.95	
	200m:	3:10.22	48.28	950m:	15:39.48	51.45	1700m:	28:22.41	51.14	2450m:	41:08.45	51.47	
	250m:	4:00.22	50.00	1000m:	16:29.42	49.94	1750m:	29:13.20	50.79	2500m:	41:59.63	51.18	
	300m:	4:49.78	49.56	1050m:	17:20.06	50.64	1800m:	30:04.75	51.55	2550m:	42:51.30	51.67	
	350m:	5:39.66	49.88	1100m:	18:10.58	50.52	1850m:	30:55.58	50.83	2600m:	43:42.73	51.43	
	400m:	6:29.31	49.65	1150m:	19:01.95	51.37	1900m:	31:46.81	51.23	2650m:	44:34.97	52.24	
	450m:	7:18.41	49.10	1200m:	19:52.69	50.74	1950m:	32:38.16	51.35	2700m:	45:27.51	52.54	
	500m:	8:07.79	49.38	1250m:	20:43.47	50.78	2000m:	33:29.28	51.12	2750m:	46:19.44	51.93	
	550m:	8:58.03	50.24	1300m:	21:34.75	51.28	2050m:	34:20.13	50.85	2800m:	47:12.20	52.76	
	600m:	9:47.75	49.72	1350m:	22:25.80	51.05	2100m:	35:10.94	50.81	2850m:	48:05.71	53.51	
	650m:	10:37.96	50.21	1400m:	23:16.34	50.54	2150m:	36:02.16	51.22	2900m:	48:58.43	52.72	
	700m:	11:28.86	50.90	1450m:	24:08.09	51.75	2200m:	36:53.04	50.88	2950m:	49:51.00	52.57	
	750m:	12:17.11	48.25	1500m:	24:58.87	50.78	2250m:	37:44.18	51.14	3000m:	50:37.67	46.67	



F. AUTONÓMICA DE CYL LARGA DISTANCIA N. MÁSTER VALLADOLID
VALLADOLID, 22/11/2025

Prueba 1, Todos, 3000m Libre, 1 - 98 años

Clasificación	AN										Tiempo		Pts	
14. VELA GARCIA, Silvia	78										C.D.N. Zamora		51:57.70	197
50m:	47.15	47.15	800m:	13:32.26	52.13	1550m:	26:42.25	52.62	2300m:	39:54.98	52.90			
100m:	1:36.05	48.90	850m:	14:24.11	51.85	1600m:	27:36.14	53.89	2350m:	40:48.34	53.36			
150m:	2:26.54	50.49	900m:	15:16.32	52.21	1650m:	28:27.59	51.45	2400m:	41:41.27	52.93			
200m:	3:17.46	50.92	950m:	16:07.94	51.62	1700m:	29:20.85	53.26	2450m:	42:34.25	52.98			
250m:	4:08.67	51.21	1000m:	17:00.88	52.94	1750m:	30:13.64	52.79	2500m:	43:27.04	52.79			
300m:	4:59.09	50.42	1050m:	17:53.35	52.47	1800m:	31:06.25	52.61	2550m:	44:19.22	52.18			
350m:	5:49.83	50.74	1100m:	18:46.44	53.09	1850m:	31:59.10	52.85	2600m:	45:11.31	52.09			
400m:	6:40.86	51.03	1150m:	19:39.04	52.60	1900m:	32:51.71	52.61	2650m:	46:03.86	52.55			
450m:	7:31.50	50.64	1200m:	20:31.91	52.87	1950m:	33:44.44	52.73	2700m:	46:56.28	52.42			
500m:	8:22.53	51.03	1250m:	21:23.72	51.81	2000m:	34:37.43	52.99	2750m:	47:48.76	52.48			
550m:	9:13.80	51.27	1300m:	22:16.37	52.65	2050m:	35:29.93	52.50	2800m:	48:40.61	51.85			
600m:	10:05.23	51.43	1350m:	23:09.90	53.53	2100m:	36:22.87	52.94	2850m:	49:32.02	51.41			
650m:	10:56.54	51.31	1400m:	24:03.00	53.10	2150m:	37:16.13	53.26	2900m:	50:22.80	50.78			
700m:	11:47.82	51.28	1450m:	24:56.79	53.79	2200m:	38:09.00	52.87	2950m:	51:10.68	47.88			
750m:	12:40.13	52.31	1500m:	25:49.63	52.84	2250m:	39:02.08	53.08	3000m:	51:57.70	47.02			
15. HERNANDEZ ARRIBAS, Susana	76										C.D.N. Zamora		55:34.32	161
50m:	48.71	48.71	800m:	14:20.56	55.84	1550m:	28:11.72	56.14	2300m:	42:16.84	57.26			
100m:	1:38.68	49.97	850m:	15:15.08	54.52	1600m:	29:08.09	56.37	2350m:	43:14.49	57.65			
150m:	2:31.27	52.59	900m:	16:10.29	55.21	1650m:	30:03.37	55.28	2400m:	44:11.76	57.27			
200m:	3:24.53	53.26	950m:	17:03.84	53.55	1700m:	30:59.56	56.19	2450m:	45:08.70	56.94			
250m:	4:18.41	53.88	1000m:	17:58.91	55.07	1750m:	31:55.70	56.14	2500m:	46:07.76	59.06			
300m:	5:13.29	54.88	1050m:	18:54.71	55.80	1800m:	32:51.85	56.15	2550m:	47:04.37	56.61			
350m:	6:07.37	54.08	1100m:	19:49.95	55.24	1850m:	33:48.30	56.45	2600m:	48:01.37	57.00			
400m:	7:00.77	53.40	1150m:	20:44.54	54.59	1900m:	34:45.02	56.72	2650m:	48:58.59	57.22			
450m:	7:55.59	54.82	1200m:	21:39.95	55.41	1950m:	35:40.66	55.64	2700m:	49:56.17	57.58			
500m:	8:49.47	53.88	1250m:	22:36.54	56.59	2000m:	36:36.82	56.16	2750m:	50:52.38	56.21			
550m:	9:43.50	54.03	1300m:	23:32.47	55.93	2050m:	37:32.91	56.09	2800m:	51:48.82	56.44			
600m:	10:38.41	54.91	1350m:	24:27.36	54.89	2100m:	38:29.95	57.04	2850m:	52:45.76	56.94			
650m:	11:33.96	55.55	1400m:	25:23.63	56.27	2150m:	39:26.63	56.68	2900m:	53:43.35	57.59			
700m:	12:29.72	55.76	1450m:	26:19.43	55.80	2200m:	40:23.24	56.61	2950m:	54:39.78	56.43			
750m:	13:24.72	55.00	1500m:	27:15.58	56.15	2250m:	41:19.58	56.34	3000m:	55:34.32	54.54			
16. CARRANZA RODRIGUEZ, Luis Guillermo	57										C.D. Tizona Burgos		56:25.92	125
50m:	47.62	47.62	800m:	14:23.49	54.88	1550m:	28:29.36	57.15	2300m:	42:51.94	57.03			
100m:	1:38.81	51.19	850m:	15:17.64	54.15	1600m:	29:26.25	56.89	2350m:	43:50.01	58.07			
150m:	2:32.00	53.19	900m:	16:13.68	56.04	1650m:	30:23.19	56.94	2400m:	44:47.62	57.61			
200m:	3:25.78	53.78	950m:	17:09.46	55.78	1700m:	31:21.73	58.54	2450m:	45:46.18	58.56			
250m:	4:20.54	54.76	1000m:	18:05.77	56.31	1750m:	32:18.52	56.79	2500m:	46:45.71	59.53			
300m:	5:15.03	54.49	1050m:	19:02.10	56.33	1800m:	33:16.88	58.36	2550m:	47:44.16	58.45			
350m:	6:09.70	54.67	1100m:	19:57.77	55.67	1850m:	34:15.23	58.35	2600m:	48:42.50	58.34			
400m:	7:04.55	54.85	1150m:	20:53.58	55.81	1900m:	35:11.39	56.16	2650m:	49:40.51	58.01			
450m:	7:58.27	53.72	1200m:	21:50.48	56.90	1950m:	36:08.54	57.15	2700m:	50:38.58	58.07			
500m:	8:53.04	54.77	1250m:	22:47.52	57.04	2000m:	37:06.79	58.25	2750m:	51:36.45	57.87			
550m:	9:48.18	55.14	1300m:	23:44.23	56.71	2050m:	38:03.91	57.12	2800m:	52:34.54	58.09			
600m:	10:43.23	55.05	1350m:	24:41.26	57.03	2100m:	39:01.40	57.49	2850m:	53:33.13	58.59			
650m:	11:37.46	54.23	1400m:	25:39.30	58.04	2150m:	39:58.31	56.91	2900m:	54:31.04	57.91			
700m:	12:33.36	55.90	1450m:	26:36.07	56.77	2200m:	40:56.99	58.68	2950m:	55:28.99	57.95			
750m:	13:28.61	55.25	1500m:	27:32.21	56.14	2250m:	41:54.91	57.92	3000m:	56:25.92	56.93			