N° ACTA: FACYLLDNMZA

ACTA DE LA COMPETICION.

- **NOMBRE DE LA COMPETICION.**
- FASE AUTONÓMICA CASTILLA Y LEÓN LARGA DISTANCIA NATACIÓN ZAMORA
- **FECHA DE LA CELEBRACION.**
  22 NOVIEMBRE DE 2026 -
- **NOMBRE DE LA ENTIDAD ORGANIZADORA.**
  FEDERACIÓN CASTILLA Y LEÓN DE NATACIÓN
  LUGAR DE CELEBRACION.
- ZAMORA
- **NOMBRE DE LA PISCINA.**
  LOS ALMENDROS
- **PISCINA DE 25 E. – 8 CALLES.**
- **CLUBES PARTICIPANTES**
  SEGÚN HOJA

COMPOSICION DEL JURADO

JUEZ ÁRBITRO: SERGIO GÓMEZ
JUEZ DE SALIDAS: SUSANA HERNÁNDEZ
JUECES DE VIRAJES / ESTILOS:
JEFE DE CRONOMETRADORES:
CRONOMETRADORES:

PAZ TEJERO	GERARD VÁZQUEZ
JUAN CHIMENO	LUCÍA GALÁN
HUGO FERNÁNDEZ	CLAUDIA CHIMENO
ADRIÁN SILVA	ÁLVARO MARTÍN

CAMARA DE SALIDAS:
LOCUTOR:
PREMIACION:
DURACIÓN COMPETICIÓN:
CRONOMETRAJE ELECTRONICO: MANUEL CANO
SECRETARIA: SONIA MASERO
SECRETARIA DE RESULTADOS: SILVIA GONZÁLEZ

INCIDENCIAS DE LA COMPETICION

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

Fdo: SERGIO GÓMEZ

Sumario de inscritos

Todas las pruebas

Club	Código	Pais	Nadadores:			Individuales			Relevos		
			Masc.	Fem.	Total	Masc.	Fem.	Total	Masc.	Fem.	Total
C.Acuatico Salamanca	01002	ESP	4	3	7	4	3	7	-	-	-
C.D.N. San Jose Obrero	01502	ESP	-	1	1	-	1	1	-	-	-
C.D.N. Zamora	01251	ESP	5	2	7	5	2	7	-	-	-
C.N. Castilla-Burgos	00727	ESP	5	6	11	5	6	11	-	-	-
Club Benavente Natacion	P0909	ESP	2	1	3	2	1	3	-	-	-
Club Natacion Ciudad De Avila	P0906	ESP	1	-	1	1	-	1	-	-	-
Número total de 6 clubes			17	13	30	17	13	30	-	-	-

Prueba 1 — 3000m Libre — 15 - 98 años
22/11/2026 - 11:30 — Resultados

Puntos: AQUA 2026

Clasificación — AN — Tiempo — Pts

ABSOLUTO MASCULINO, Masc.

1. CASADO RODRIGUEZ, Fernando — 07 — Club Benavente Natacion — **38:13.88** — 402

50m:	33.22	33.22	800m:	9:51.42	38.41	1550m:	19:27.41	39.02	2300m:	29:11.86	39.89
100m:	1:07.86	34.64	850m:	10:28.60	37.18	1600m:	20:06.54	39.13	2350m:	29:52.10	40.24
150m:	1:44.08	36.22	900m:	11:05.64	37.04	1650m:	20:42.99	36.45	2400m:	30:32.43	40.33
200m:	2:20.36	36.28	950m:	11:44.18	38.54	1700m:	21:19.47	36.48	2450m:	31:12.03	39.60
250m:	2:57.36	37.00	1000m:	12:22.27	38.09	1750m:	21:58.78	39.31	2500m:	31:51.97	39.94
300m:	3:33.46	36.10	1050m:	13:02.48	40.21	1800m:	22:39.01	40.23	2550m:	32:30.99	39.02
350m:	4:09.78	36.32	1100m:	13:41.30	38.82	1850m:	23:17.74	38.73	2600m:	33:09.69	38.70
400m:	4:46.34	36.56	1150m:	14:20.07	38.77	1900m:	23:57.65	39.91	2650m:	33:47.35	37.66
450m:	5:24.04	37.70	1200m:	14:58.57	38.50	1950m:	24:38.08	40.43	2700m:	34:25.12	37.77
500m:	6:02.26	38.22	1250m:	15:36.96	38.39	2000m:	25:16.37	38.29	2750m:	35:04.87	39.75
550m:	6:40.03	37.77	1300m:	16:13.96	37.00	2050m:	25:56.76	40.39	2800m:	35:43.38	38.51
600m:	7:18.64	38.61	1350m:	16:52.69	38.73	2100m:	26:37.09	40.33	2850m:	36:21.58	38.20
650m:	7:56.54	37.90	1400m:	17:31.47	38.78	2150m:	27:15.93	38.84	2900m:	37:00.01	38.43
700m:	8:34.37	37.83	1450m:	18:10.73	39.26	2200m:	27:53.89	37.96	2950m:	37:37.75	37.74
750m:	9:13.01	38.64	1500m:	18:48.39	37.66	2250m:	28:31.97	38.08	3000m:	38:13.88	36.13

2. ELVIRA HERNANDEZ, Marcos — 07 — Club Benavente Natacion — **48:08.69** — 201

50m:	42.91	42.91	800m:	12:25.90	47.78	1550m:	24:25.52	48.24	2300m:	36:38.35	49.73
100m:	1:27.00	44.09	850m:	13:14.26	48.36	1600m:	25:13.29	47.77	2350m:	37:28.66	50.31
150m:	2:11.92	44.92	900m:	14:02.04	47.78	1650m:	26:01.54	48.25	2400m:	38:18.26	49.60
200m:	2:58.48	46.56	950m:	14:50.15	48.11	1700m:	26:49.73	48.19	2450m:	39:08.56	50.30
250m:	3:44.90	46.42	1000m:	15:37.63	47.48	1750m:	27:38.34	48.61	2500m:	39:59.66	51.10
300m:	4:31.17	46.27	1050m:	16:25.83	48.20	1800m:	28:26.96	48.62	2550m:	40:49.59	49.93
350m:	5:18.28	47.11	1100m:	17:13.61	47.78	1850m:	29:15.97	49.01	2600m:	41:39.64	50.05
400m:	6:05.31	47.03	1150m:	18:01.48	47.87	1900m:	30:04.63	48.66	2650m:	42:29.30	49.66
450m:	6:52.37	47.06	1200m:	18:48.95	47.47	1950m:	30:52.89	48.26	2700m:	43:17.52	48.22
500m:	7:39.71	47.34	1250m:	19:36.68	47.73	2000m:	31:41.96	49.07	2750m:	44:06.84	49.32
550m:	8:27.47	47.76	1300m:	20:24.41	47.73	2050m:	32:31.11	49.15	2800m:	44:56.18	49.34
600m:	9:14.84	47.37	1350m:	21:12.61	48.20	2100m:	33:20.07	48.96	2850m:	45:45.46	49.28
650m:	10:02.22	47.38	1400m:	22:01.03	48.42	2150m:	34:09.26	49.19	2900m:	46:34.54	49.08
700m:	10:50.22	48.00	1450m:	22:49.25	48.22	2200m:	34:58.70	49.44	2950m:	47:21.74	47.20
750m:	11:38.12	47.90	1500m:	23:37.28	48.03	2250m:	35:48.62	49.92	3000m:	48:08.69	46.95

JUNIOR 2 MASCULINO, Masc.

1. FERNANDEZ HERNANDEZ, Diego — 09 — C.D.N. Zamora — **36:56.30** — 446

50m:	31.99	31.99	800m:	9:14.16	35.51	1550m:	18:14.63	37.16	2300m:	27:45.19	41.31
100m:	1:05.30	33.31	850m:	9:49.29	35.13	1600m:	18:51.75	37.12	2350m:	28:26.94	41.75
150m:	1:39.47	34.17	900m:	10:24.76	35.47	1650m:	19:28.36	36.61	2400m:	29:07.07	40.13
200m:	2:14.13	34.66	950m:	11:00.68	35.92	1700m:	20:05.34	36.98	2450m:	29:48.01	40.94
250m:	2:48.89	34.76	1000m:	11:35.93	35.25	1750m:	20:42.29	36.95	2500m:	30:28.85	40.84
300m:	3:23.40	34.51	1050m:	12:11.17	35.24	1800m:	21:19.00	36.71	2550m:	31:09.05	40.20
350m:	3:58.36	34.96	1100m:	12:46.57	35.40	1850m:	21:55.60	36.60	2600m:	31:50.00	40.95
400m:	4:33.01	34.65	1150m:	13:22.42	35.85	1900m:	22:32.59	36.99	2650m:	32:29.81	39.81
450m:	5:08.13	35.12	1200m:	13:58.19	35.77	1950m:	23:08.97	36.38	2700m:	33:08.57	38.76
500m:	5:43.36	35.23	1250m:	14:34.30	36.11	2000m:	23:46.59	37.62	2750m:	33:48.05	39.48
550m:	6:18.41	35.05	1300m:	15:10.27	35.97	2050m:	24:25.09	38.50	2800m:	34:26.44	38.39
600m:	6:53.50	35.09	1350m:	15:46.34	36.07	2100m:	25:03.70	38.61	2850m:	35:04.59	38.15
650m:	7:28.61	35.11	1400m:	16:23.04	36.70	2150m:	25:42.53	38.83	2900m:	35:42.36	37.77
700m:	8:03.44	34.83	1450m:	17:00.32	37.28	2200m:	26:23.07	40.54	2950m:	36:19.43	37.07
750m:	8:38.65	35.21	1500m:	17:37.47	37.15	2250m:	27:03.88	40.81	3000m:	36:56.30	36.87

JUNIOR 2 FEMENINO, Fem.

1. DELGADO NISTAL, Nadia — 09 — C.N. Castilla-Burgos — **39:09.92** — 461

50m:	36.11	36.11	700m:	8:59.94	39.24	1350m:	17:31.73	39.72	2000m:	26:06.14	39.18
100m:	1:13.10	36.99	750m:	9:39.01	39.07	1400m:	18:11.12	39.39	2050m:	26:45.58	39.44
150m:	1:51.06	37.96	800m:	10:17.99	38.98	1450m:	18:50.74	39.62	2100m:	27:24.91	39.33
200m:	2:29.04	37.98	850m:	10:57.79	39.80	1500m:	19:30.52	39.78	2150m:	28:04.72	39.81
250m:	3:07.45	38.41	900m:	11:36.83	39.04	1550m:	20:09.96	39.44	2200m:	28:44.40	39.68
300m:	3:46.15	38.70	950m:	12:16.07	39.24	1600m:	20:49.51	39.55	2250m:	29:24.83	40.43
350m:	4:25.24	39.09	1000m:	12:56.02	39.95	1650m:	21:29.37	39.86	2300m:	30:03.02	38.19
400m:	5:04.29	39.05	1050m:	13:35.30	39.28	1700m:	22:09.03	39.66	2350m:	30:41.89	38.87
450m:	5:43.61	39.32	1100m:	14:15.62	40.32	1750m:	22:48.71	39.68	2400m:	31:21.36	39.47
500m:	6:22.63	39.02	1150m:	14:54.66	39.04	1800m:	23:27.59	38.88	2450m:	32:00.52	39.16
550m:	7:01.85	39.22	1200m:	15:33.78	39.12	1850m:	24:07.05	39.46	2500m:	32:39.89	39.37
600m:	7:41.27	39.42	1250m:	16:13.08	39.30	1900m:	24:46.88	39.83	2550m:	33:18.44	38.55
650m:	8:20.70	39.43	1300m:	16:52.01	38.93	1950m:	25:26.96	40.08	2600m:	33:57.38	38.94
2650m:	34:36.80	39.42	2750m:	35:55.78	37.24	2850m:	37:13.84	38.04	2950m:	38:31.39	38.68
2700m:	35:18.54	41.74	2800m:	36:35.80	40.02	2900m:	37:52.71	38.87	3000m:	39:09.92	38.53

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

Clasificación		AN			Tiempo	Pts
2.	JIMENEZ GARCIA, Erika	09	Club Benavente Natacion		**41:20.38**	392

50m:	35.88	35.88	800m:	10:27.81	41.02	1550m:	20:51.69	42.49	2300m:	31:30.08	43.31
100m:	1:12.67	36.79	850m:	11:07.44	39.63	1600m:	21:34.42	42.73	2350m:	32:13.45	43.37
150m:	1:50.90	38.23	900m:	11:49.57	42.13	1650m:	22:16.25	41.83	2400m:	32:56.90	43.45
200m:	2:30.08	39.18	950m:	12:30.41	40.84	1700m:	22:58.62	42.37	2450m:	33:40.16	43.26
250m:	3:09.22	39.14	1000m:	13:11.42	41.01	1750m:	23:41.03	42.41	2500m:	34:23.84	43.68
300m:	3:48.21	38.99	1050m:	13:53.07	41.65	1800m:	24:23.09	42.06	2550m:	35:07.00	43.16
350m:	4:27.66	39.45	1100m:	14:34.66	41.59	1850m:	25:04.89	41.80	2600m:	35:49.53	42.53
400m:	5:06.69	39.03	1150m:	15:15.97	41.31	1900m:	25:47.60	42.71	2650m:	36:30.97	41.44
450m:	5:46.50	39.81	1200m:	15:57.79	41.82	1950m:	26:30.30	42.70	2700m:	37:13.56	42.59
500m:	6:26.21	39.71	1250m:	16:39.81	42.02	2000m:	27:12.49	42.19	2750m:	37:56.12	42.56
550m:	7:05.17	38.96	1300m:	17:21.59	41.78	2050m:	27:54.92	42.43	2800m:	38:36.96	40.84
600m:	7:45.82	40.65	1350m:	18:03.27	41.68	2100m:	28:37.88	42.96	2850m:	39:17.93	40.97
650m:	8:25.80	39.98	1400m:	18:45.25	41.98	2150m:	29:20.95	43.07	2900m:	39:59.15	41.22
700m:	9:06.30	40.50	1450m:	19:27.06	41.81	2200m:	30:04.54	43.59	2950m:	40:40.23	41.08
750m:	9:46.79	40.49	1500m:	20:09.20	42.14	2250m:	30:46.77	42.23	3000m:	41:20.38	40.15

JUNIOR 1 MASCULINO, Masc.

1.	BILBAO SEBASTIAN, Adrian	10	C.N. Castilla-Burgos		**34:46.92**	534

50m:	32.34	32.34	800m:	9:14.25	35.18	1550m:	18:02.11	35.42	2300m:	26:46.32	34.75
100m:	1:05.56	33.22	850m:	9:49.69	35.44	1600m:	18:37.13	35.02	2350m:	27:21.63	35.31
150m:	1:39.90	34.34	900m:	10:25.01	35.32	1650m:	19:12.59	35.46	2400m:	27:55.73	34.10
200m:	2:14.57	34.67	950m:	11:00.22	35.21	1700m:	19:47.72	35.13	2450m:	28:30.51	34.78
250m:	2:49.35	34.78	1000m:	11:35.17	34.95	1750m:	20:22.31	34.59	2500m:	29:04.86	34.35
300m:	3:23.90	34.55	1050m:	12:10.37	35.20	1800m:	20:57.54	35.23	2550m:	29:39.60	34.74
350m:	3:58.90	35.00	1100m:	12:45.37	35.00	1850m:	21:32.53	34.99	2600m:	30:14.98	35.38
400m:	4:33.57	34.67	1150m:	13:20.00	34.63	1900m:	22:07.32	34.79	2650m:	30:48.83	33.85
450m:	5:08.88	35.31	1200m:	13:55.33	35.33	1950m:	22:42.55	35.23	2700m:	31:23.11	34.28
500m:	5:43.98	35.10	1250m:	14:30.50	35.17	2000m:	23:17.17	34.62	2750m:	31:57.95	34.84
550m:	6:18.79	34.81	1300m:	15:05.80	35.30	2050m:	23:51.90	34.73	2800m:	32:31.80	33.85
600m:	6:54.13	35.34	1350m:	15:41.08	35.28	2100m:	24:27.08	35.18	2850m:	33:06.16	34.36
650m:	7:28.93	34.80	1400m:	16:16.21	35.13	2150m:	25:01.96	34.88	2900m:	33:40.83	34.67
700m:	8:04.10	35.17	1450m:	16:51.24	35.03	2200m:	25:36.77	34.81	2950m:	34:14.42	33.59
750m:	8:39.07	34.97	1500m:	17:26.69	35.45	2250m:	26:11.57	34.80	3000m:	34:46.92	32.50

2.	SECO DIEZ, Nuño	11	C.N. Castilla-Burgos		**35:59.03**	482

50m:	34.15	34.15	800m:	9:33.85	36.50	1550m:	18:37.04	35.74	2300m:	27:35.12	36.68
100m:	1:09.02	34.87	850m:	10:09.91	36.06	1600m:	19:12.54	35.50	2350m:	28:11.04	35.92
150m:	1:44.49	35.47	900m:	10:46.39	36.48	1650m:	19:47.80	35.26	2400m:	28:47.05	36.01
200m:	2:20.56	36.07	950m:	11:22.65	36.26	1700m:	20:23.05	35.25	2450m:	29:23.54	36.49
250m:	2:56.86	36.30	1000m:	11:59.19	36.54	1750m:	20:58.21	35.16	2500m:	29:59.75	36.21
300m:	3:32.53	35.67	1050m:	12:35.58	36.39	1800m:	21:33.59	35.38	2550m:	30:36.52	36.77
350m:	4:08.31	35.78	1100m:	13:11.71	36.13	1850m:	22:09.24	35.65	2600m:	31:12.96	36.44
400m:	4:44.19	35.88	1150m:	13:48.06	36.35	1900m:	22:44.98	35.74	2650m:	31:49.42	36.46
450m:	5:20.47	36.28	1200m:	14:24.54	36.48	1950m:	23:21.19	36.21	2700m:	32:25.84	36.42
500m:	5:56.46	35.99	1250m:	14:59.67	35.13	2000m:	23:57.35	36.16	2750m:	33:02.37	36.53
550m:	6:32.22	35.76	1300m:	15:35.45	35.78	2050m:	24:33.47	36.12	2800m:	33:39.04	36.67
600m:	7:08.46	36.24	1350m:	16:12.00	36.55	2100m:	25:09.79	36.32	2850m:	34:14.50	35.46
650m:	7:44.73	36.27	1400m:	16:48.24	36.24	2150m:	25:46.38	36.59	2900m:	34:50.11	35.61
700m:	8:21.05	36.32	1450m:	17:24.89	36.65	2200m:	26:21.99	35.61	2950m:	35:26.00	35.89
750m:	8:57.35	36.30	1500m:	18:01.30	36.41	2250m:	26:58.44	36.45	3000m:	35:59.03	33.03

3.	GUERRA SAN MARTIN, Hugo	11	C.D.N. Zamora		**37:07.90**	439

50m:	32.97	32.97	800m:	9:29.40	36.39	1550m:	18:46.53	36.55	2300m:	28:14.84	38.04
100m:	1:07.15	34.18	850m:	10:06.40	37.00	1600m:	19:24.11	37.58	2350m:	28:53.55	38.71
150m:	1:41.80	34.65	900m:	10:43.35	36.95	1650m:	20:02.21	38.10	2400m:	29:32.26	38.71
200m:	2:16.94	35.14	950m:	11:19.84	36.49	1700m:	20:40.12	37.91	2450m:	30:10.31	38.05
250m:	2:51.84	34.90	1000m:	11:56.36	36.52	1750m:	21:18.20	38.08	2500m:	30:48.95	38.64
300m:	3:27.01	35.17	1050m:	12:33.10	36.74	1800m:	21:54.67	36.47	2550m:	31:27.05	38.10
350m:	4:02.78	35.77	1100m:	13:10.37	37.27	1850m:	22:31.55	36.88	2600m:	32:05.16	38.11
400m:	4:38.40	35.62	1150m:	13:47.58	37.21	1900m:	23:09.01	37.46	2650m:	32:44.03	38.87
450m:	5:14.50	36.10	1200m:	14:24.88	37.30	1950m:	23:47.20	38.19	2700m:	33:22.25	38.22
500m:	5:50.22	35.72	1250m:	15:02.14	37.26	2000m:	24:26.15	38.95	2750m:	34:01.00	38.75
550m:	6:26.32	36.10	1300m:	15:40.32	38.18	2050m:	25:03.96	37.81	2800m:	34:39.09	38.09
600m:	7:02.47	36.15	1350m:	16:17.17	36.85	2100m:	25:42.26	38.30	2850m:	35:16.95	37.86
650m:	7:39.16	36.69	1400m:	16:54.60	37.43	2150m:	26:21.18	38.92	2900m:	35:54.74	37.79
700m:	8:16.22	37.06	1450m:	17:32.49	37.89	2200m:	26:58.95	37.77	2950m:	36:31.92	37.18
750m:	8:53.01	36.79	1500m:	18:09.98	37.49	2250m:	27:36.80	37.85	3000m:	37:07.90	35.98

NOS IMPULSA Junta de Castilla y León TURBO UEMC Universidad Europea Miguel de Cervantes AFEDECYL ASOCIACIÓN DE FEDERACIONES DEPORTIVAS DE CASTILLA Y LEÓN

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

Clasificación		AN		Tiempo	Pts
4.	HERNANDEZ PIRIZ, Damaso	11	C.Acuatico Salamanca	**38:17.46**	400

50m:	36.21	36.21	800m:	10:07.73	38.73	1550m:	19:46.15	38.23	2300m:	29:22.67	38.40
100m:	1:13.08	36.87	850m:	10:46.04	38.31	1600m:	20:24.94	38.79	2350m:	30:01.29	38.62
150m:	1:50.45	37.37	900m:	11:24.62	38.58	1650m:	21:03.46	38.52	2400m:	30:39.47	38.18
200m:	2:28.03	37.58	950m:	12:03.53	38.91	1700m:	21:42.21	38.75	2450m:	31:17.86	38.39
250m:	3:05.81	37.78	1000m:	12:42.32	38.79	1750m:	22:20.65	38.44	2500m:	31:55.90	38.04
300m:	3:43.56	37.75	1050m:	13:20.93	38.61	1800m:	22:59.18	38.53	2550m:	32:34.45	38.55
350m:	4:21.49	37.93	1100m:	13:59.02	38.09	1850m:	23:37.54	38.36	2600m:	33:13.20	38.75
400m:	4:59.43	37.94	1150m:	14:37.33	38.31	1900m:	24:15.91	38.37	2650m:	33:51.48	38.28
450m:	5:37.75	38.32	1200m:	15:16.20	38.87	1950m:	24:53.66	37.75	2700m:	34:29.61	38.13
500m:	6:16.07	38.32	1250m:	15:54.52	38.32	2000m:	25:31.68	38.02	2750m:	35:08.18	38.57
550m:	6:54.62	38.55	1300m:	16:33.23	38.71	2050m:	26:10.24	38.56	2800m:	35:46.96	38.78
600m:	7:32.93	38.31	1350m:	17:12.00	38.77	2100m:	26:48.43	38.19	2850m:	36:24.43	37.47
650m:	8:11.52	38.59	1400m:	17:50.37	38.37	2150m:	27:26.96	38.53	2900m:	37:02.42	37.99
700m:	8:50.30	38.78	1450m:	18:29.19	38.82	2200m:	28:05.56	38.60	2950m:	37:40.17	37.75
750m:	9:29.00	38.70	1500m:	19:07.92	38.73	2250m:	28:44.27	38.71	3000m:	38:17.46	37.29

5.	LOPEZ MARTIN, Pablo	11	C.D.N. Zamora	**40:20.25**	342						
50m:	35.71	35.71	800m:	10:24.71	40.12	1550m:	20:27.69	41.11	2300m:	30:45.81	41.28
100m:	1:13.36	37.65	850m:	11:04.60	39.89	1600m:	21:08.83	41.14	2350m:	31:27.36	41.55
150m:	1:51.69	38.33	900m:	11:44.28	39.68	1650m:	21:49.55	40.72	2400m:	32:08.96	41.60
200m:	2:30.20	38.51	950m:	12:23.75	39.47	1700m:	22:30.48	40.93	2450m:	32:50.99	42.03
250m:	3:09.19	38.99	1000m:	13:03.46	39.71	1750m:	23:11.34	40.86	2500m:	33:32.56	41.57
300m:	3:47.51	38.32	1050m:	13:42.97	39.51	1800m:	23:52.09	40.75	2550m:	34:13.87	41.31
350m:	4:26.87	39.36	1100m:	14:22.58	39.61	1850m:	24:33.11	41.02	2600m:	34:55.17	41.30
400m:	5:06.25	39.38	1150m:	15:02.59	40.01	1900m:	25:14.43	41.32	2650m:	35:36.36	41.19
450m:	5:45.52	39.27	1200m:	15:42.66	40.07	1950m:	25:55.79	41.36	2700m:	36:18.05	41.69
500m:	6:25.79	40.27	1250m:	16:23.43	40.77	2000m:	26:36.62	40.83	2750m:	36:59.00	40.95
550m:	7:05.69	39.90	1300m:	17:03.92	40.49	2050m:	27:17.78	41.16	2800m:	37:40.23	41.23
600m:	7:45.79	40.10	1350m:	17:44.33	40.41	2100m:	27:59.85	42.07	2850m:	38:21.59	41.36
650m:	8:25.32	39.53	1400m:	18:24.74	40.41	2150m:	28:41.16	41.31	2900m:	39:02.55	40.96
700m:	9:04.81	39.49	1450m:	19:06.19	41.45	2200m:	29:22.66	41.50	2950m:	39:42.01	39.46
750m:	9:44.59	39.78	1500m:	19:46.58	40.39	2250m:	30:04.53	41.87	3000m:	40:20.25	38.24

6.	RAMOS JIMENEZ, Hector	11	Club Natacion Ciudad De Avila	**41:44.67**	309						
50m:	34.90	34.90	800m:	10:23.63	41.75	1550m:	21:04.44	44.25	2300m:	31:53.17	42.23
100m:	1:10.80	35.90	850m:	11:05.04	41.41	1600m:	21:47.45	43.01	2350m:	32:35.17	42.00
150m:	1:48.62	37.82	900m:	11:47.53	42.49	1650m:	22:29.89	42.44	2400m:	33:19.09	43.92
200m:	2:26.73	38.11	950m:	12:29.61	42.08	1700m:	23:12.49	42.60	2450m:	34:01.30	42.21
250m:	3:05.05	38.32	1000m:	13:11.67	42.06	1750m:	23:55.26	42.77	2500m:	34:44.11	42.81
300m:	3:42.98	37.93	1050m:	13:54.45	42.78	1800m:	24:37.91	42.65	2550m:	35:27.66	43.55
350m:	4:21.35	38.37	1100m:	14:37.05	42.60	1850m:	25:21.14	43.23	2600m:	36:10.94	43.28
400m:	5:00.31	38.96	1150m:	15:20.55	43.50	1900m:	26:05.33	44.19	2650m:	36:54.13	43.19
450m:	5:38.64	38.33	1200m:	16:04.55	44.00	1950m:	26:48.38	43.05	2700m:	37:36.98	42.85
500m:	6:18.86	40.22	1250m:	16:47.40	42.85	2000m:	27:31.58	43.20	2750m:	38:18.62	41.64
550m:	6:58.88	40.02	1300m:	17:30.59	43.19	2050m:	28:16.06	44.48	2800m:	39:00.91	42.29
600m:	7:38.93	40.05	1350m:	18:12.79	42.20	2100m:	28:59.19	43.13	2850m:	39:42.22	41.31
650m:	8:19.82	40.89	1400m:	18:54.67	41.88	2150m:	29:42.37	43.18	2900m:	40:24.38	42.16
700m:	9:00.96	41.14	1450m:	19:37.77	43.10	2200m:	30:26.90	44.53	2950m:	41:04.79	40.41
750m:	9:41.88	40.92	1500m:	20:20.19	42.42	2250m:	31:10.94	44.04	3000m:	41:44.67	39.88

7.	SANCHEZ GASCON, Samuel	11	C.Acuatico Salamanca	**41:58.82**	304						
50m:	41.47	41.47	800m:	11:21.84	42.38	1550m:	22:07.15	43.07	2300m:	32:38.52	41.11
100m:	1:23.48	42.01	850m:	12:04.59	42.75	1600m:	22:52.14	44.99	2350m:	33:18.94	40.42
150m:	2:05.70	42.22	900m:	12:47.61	43.02	1650m:	23:35.81	43.67	2400m:	33:58.37	39.43
200m:	2:48.53	42.83	950m:	13:31.40	43.79	1700m:	24:20.61	44.80	2450m:	34:39.31	40.94
250m:	3:31.20	42.67	1000m:	14:14.55	43.15	1750m:	25:02.55	41.94	2500m:	35:19.84	40.53
300m:	4:14.27	43.07	1050m:	14:57.78	43.23	1800m:	25:45.43	42.88	2550m:	36:00.43	40.59
350m:	4:56.82	42.55	1100m:	15:40.66	42.88	1850m:	26:27.84	42.41	2600m:	36:41.16	40.73
400m:	5:39.19	42.37	1150m:	16:22.80	42.14	1900m:	27:10.79	42.95	2650m:	37:22.19	41.03
450m:	6:21.24	42.05	1200m:	17:05.51	42.71	1950m:	27:51.40	40.61	2700m:	38:02.93	40.74
500m:	7:03.82	42.58	1250m:	17:48.53	43.02	2000m:	28:32.75	41.35	2750m:	38:42.80	39.87
550m:	7:46.77	42.95	1300m:	18:31.24	42.71	2050m:	29:13.11	40.36	2800m:	39:22.38	39.58
600m:	8:29.72	42.95	1350m:	19:13.91	42.67	2100m:	29:54.59	41.48	2850m:	40:03.18	40.80
650m:	9:12.81	43.09	1400m:	19:57.48	43.57	2150m:	30:35.81	41.22	2900m:	40:44.19	41.01
700m:	9:55.78	42.97	1450m:	20:40.44	42.96	2200m:	31:16.27	40.46	2950m:	41:21.61	37.42
750m:	10:39.46	43.68	1500m:	21:24.08	43.64	2250m:	31:57.41	41.14	3000m:	41:58.82	37.21

Baja	MORENO LORENZO, Miguel	10	C.N. Castilla-Burgos

JUNIOR 1 FEMENINO, Fem.

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

Clasificación		AN		Tiempo	Pts
1.	GARCIA MARTIN, Raquel Carmen	10	C.D.N. San Jose Obrero	**42:46.55**	354

50m:	39.97	39.97	800m:	11:21.91	43.40	1550m:	22:11.23	42.89	2300m:	32:57.33	42.85
100m:	1:21.05	41.08	850m:	12:04.97	43.06	1600m:	22:54.40	43.17	2350m:	33:40.39	43.06
150m:	2:03.53	42.48	900m:	12:47.95	42.98	1650m:	23:37.74	43.34	2400m:	34:23.40	43.01
200m:	2:46.02	42.49	950m:	13:31.14	43.19	1700m:	24:20.22	42.48	2450m:	35:06.33	42.93
250m:	3:28.98	42.96	1000m:	14:14.73	43.59	1750m:	25:03.46	43.24	2500m:	35:48.97	42.64
300m:	4:11.85	42.87	1050m:	14:58.01	43.28	1800m:	25:46.63	43.17	2550m:	36:30.02	41.05
350m:	4:54.35	42.50	1100m:	15:40.85	42.84	1850m:	26:29.51	42.88	2600m:	37:12.74	42.72
400m:	5:36.99	42.64	1150m:	16:24.14	43.29	1900m:	27:12.98	43.47	2650m:	37:55.35	42.61
450m:	6:20.27	43.28	1200m:	17:07.30	43.16	1950m:	27:56.16	43.18	2700m:	38:38.51	43.16
500m:	7:03.09	42.82	1250m:	17:50.66	43.36	2000m:	28:39.63	43.47	2750m:	39:20.78	42.27
550m:	7:46.14	43.05	1300m:	18:34.31	43.65	2050m:	29:22.03	42.40	2800m:	40:03.71	42.93
600m:	8:29.38	43.24	1350m:	19:17.55	43.24	2100m:	30:05.53	43.50	2850m:	40:44.19	40.48
650m:	9:12.47	43.09	1400m:	20:01.34	43.79	2150m:	30:47.95	42.42	2900m:	41:26.15	41.96
700m:	9:55.38	42.91	1450m:	20:45.14	43.80	2200m:	31:31.18	43.23	2950m:	42:07.45	41.30
750m:	10:38.51	43.13	1500m:	21:28.34	43.20	2250m:	32:14.48	43.30	3000m:	42:46.55	39.10

2.	GONZALEZ NAVARRO, Iara	11	C.N. Castilla-Burgos	**45:25.66**	295

50m:	40.70	40.70	800m:	11:47.17	45.22	1550m:	23:16.44	46.24	2300m:	34:46.02	46.63
100m:	1:23.22	42.52	850m:	12:33.01	45.84	1600m:	24:02.95	46.51	2350m:	35:32.40	46.38
150m:	2:06.26	43.04	900m:	13:19.57	46.56	1650m:	24:48.98	46.03	2400m:	36:18.34	45.94
200m:	2:49.81	43.55	950m:	14:05.72	46.15	1700m:	25:35.13	46.15	2450m:	37:04.59	46.25
250m:	3:33.22	43.41	1000m:	14:51.75	46.03	1750m:	26:21.51	46.38	2500m:	37:51.53	46.94
300m:	4:17.38	44.16	1050m:	15:37.20	45.45	1800m:	27:07.25	45.74	2550m:	38:36.88	45.35
350m:	5:01.09	43.71	1100m:	16:23.12	45.92	1850m:	27:53.15	45.90	2600m:	39:22.82	45.94
400m:	5:45.33	44.24	1150m:	17:08.67	45.55	1900m:	28:38.65	45.50	2650m:	40:09.14	46.32
450m:	6:29.82	44.49	1200m:	17:55.04	46.37	1950m:	29:24.54	45.89	2700m:	40:55.79	46.65
500m:	7:15.39	45.57	1250m:	18:41.18	46.14	2000m:	30:10.67	46.13	2750m:	41:42.15	46.36
550m:	8:00.87	45.48	1300m:	19:27.04	45.86	2050m:	30:56.02	45.35	2800m:	42:26.77	44.62
600m:	8:46.00	45.13	1350m:	20:12.85	45.81	2100m:	31:41.68	45.66	2850m:	43:12.93	46.16
650m:	9:31.32	45.32	1400m:	20:58.53	45.68	2150m:	32:27.59	45.91	2900m:	43:58.90	45.97
700m:	10:16.20	44.88	1450m:	21:44.23	45.70	2200m:	33:13.47	45.88	2950m:	44:43.71	44.81
750m:	11:01.95	45.75	1500m:	22:30.20	45.97	2250m:	33:59.39	45.92	3000m:	45:25.66	41.95

Baja	RAMOS VILUMBRALES, Nuria	11	C.N. Castilla-Burgos

Prueba 2 — 1500m Libre — 13 - 14 años
22/11/2026 - 12:54 — Resultados

Puntos: AQUA 2026

Clasificación		AN		Tiempo	Pts

INFANTIL MASCULINO, Masc.

1.	VIERA MORAGA, Mario	12	C.N. Castilla-Burgos	**17:13.21**	550

50m:	33.81	33.81	450m:	5:09.39	34.57	850m:	9:45.99	34.76	1250m:	14:23.15	34.87
100m:	1:07.52	33.71	500m:	5:43.74	34.35	900m:	10:20.71	34.72	1300m:	14:57.36	34.21
150m:	1:41.74	34.22	550m:	6:18.27	34.53	950m:	10:55.55	34.84	1350m:	15:31.52	34.16
200m:	2:16.36	34.62	600m:	6:52.99	34.72	1000m:	11:30.26	34.71	1400m:	16:05.83	34.31
250m:	2:51.10	34.74	650m:	7:27.48	34.49	1050m:	12:04.76	34.50	1450m:	16:40.00	34.17
300m:	3:25.85	34.75	700m:	8:01.93	34.45	1100m:	12:39.41	34.65	1500m:	17:13.21	33.21
350m:	4:00.27	34.42	750m:	8:36.62	34.69	1150m:	13:13.79	34.38			
400m:	4:34.82	34.55	800m:	9:11.23	34.61	1200m:	13:48.28	34.49			

2.	MORALES LEBEDEVA, Pavel	12	C.Acuatico Salamanca	**18:37.38**	435

50m:	33.80	33.80	500m:	6:03.38	37.97	900m:	11:06.94	38.29	1300m:	16:09.15	37.82
150m:	1:41.46	1:07.66	550m:	6:41.30	37.92	950m:	11:47.34	40.40	1350m:	16:46.56	37.41
200m:	2:18.08	36.62	600m:	7:19.72	38.42	1000m:	12:22.10	34.76	1400m:	17:23.45	36.89
250m:	2:55.29	37.21	650m:	7:57.56	37.84	1050m:	12:59.98	37.88	1450m:	18:00.45	37.00
300m:	3:32.53	37.24	700m:	8:36.25	38.69	1100m:	13:38.17	38.19	1500m:	18:37.38	36.93
350m:	4:10.33	37.80	750m:	9:13.42	37.17	1150m:	14:15.78	37.61			
400m:	4:47.88	37.55	800m:	9:51.14	37.72	1200m:	14:54.09	38.31			
450m:	5:25.41	37.53	850m:	10:28.65	37.51	1250m:	15:31.33	37.24			

3.	MORALES LEBEDEVA, Maxim	12	C.Acuatico Salamanca	**18:49.00**	422

50m:	34.41	34.41	450m:	5:28.43	38.05	850m:	10:35.71	39.15	1250m:	15:43.24	39.44
100m:	1:09.69	35.28	500m:	6:06.27	37.84	900m:	11:13.99	38.28	1300m:	16:21.68	38.44
150m:	1:44.95	35.26	550m:	6:45.14	38.87	950m:	11:52.30	38.31	1350m:	16:59.29	37.61
200m:	2:20.81	35.86	600m:	7:23.36	38.22	1000m:	12:31.10	38.80	1400m:	17:37.51	38.22
250m:	2:58.04	37.23	650m:	8:01.90	38.54	1050m:	13:09.78	38.68	1450m:	18:15.03	37.52
300m:	3:35.40	37.36	700m:	8:40.22	38.32	1100m:	13:47.78	38.00	1500m:	18:49.00	33.97
350m:	4:12.70	37.30	750m:	9:18.28	38.06	1150m:	14:25.75	37.97			
400m:	4:50.38	37.68	800m:	9:56.56	38.28	1200m:	15:03.80	38.05			

NOS IMPULSA · Junta de Castilla y León · TURBO · UEMC Universidad Europea Miguel de Cervantes · AFEDECYL Asociación de Federaciones Deportivas de Castilla y León

Prueba 2, Masc., 1500m Libre, INFANTIL MASCULINO

Clasificación		AN		Tiempo	Pts
4.	SERRANO DOMINGUEZ, Hugo	12	C.D.N. Zamora	**19:08.99**	400

50m:	34.38	34.38	450m:	5:38.64	38.75	850m:	10:48.69	39.29	1250m:	16:01.10	39.05
100m:	1:11.21	36.83	500m:	6:17.04	38.40	900m:	11:27.85	39.16	1300m:	16:39.33	38.23
150m:	1:48.37	37.16	550m:	6:54.67	37.63	950m:	12:05.90	38.05	1350m:	17:17.32	37.99
200m:	2:26.31	37.94	600m:	7:33.50	38.83	1000m:	12:45.62	39.72	1400m:	17:55.99	38.67
250m:	3:04.19	37.88	650m:	8:12.57	39.07	1050m:	13:25.88	40.26	1450m:	18:32.87	36.88
300m:	3:42.37	38.18	700m:	8:51.37	38.80	1100m:	14:05.07	39.19	1500m:	19:08.99	36.12
350m:	4:21.26	38.89	750m:	9:30.13	38.76	1150m:	14:43.18	38.11			
400m:	4:59.89	38.63	800m:	10:09.40	39.27	1200m:	15:22.05	38.87			

5.	MARTINEZ DEL RIO, Eloy	13	C.N. Castilla-Burgos	**21:08.60**	297						
50m:	38.06	38.06	450m:	6:12.53	42.01	850m:	11:50.95	42.19	1250m:	17:37.26	43.36
100m:	1:18.68	40.62	500m:	6:55.09	42.56	900m:	12:33.57	42.62	1300m:	18:20.63	43.37
150m:	1:59.23	40.55	550m:	7:37.23	42.14	950m:	13:16.51	42.94	1350m:	19:02.64	42.01
200m:	2:41.52	42.29	600m:	8:19.36	42.13	1000m:	14:00.25	43.74	1400m:	19:45.94	43.30
250m:	3:23.99	42.47	650m:	9:01.80	42.44	1050m:	14:43.89	43.64	1450m:	20:28.44	42.50
300m:	4:06.34	42.35	700m:	9:43.68	41.88	1100m:	15:26.46	42.57	1500m:	21:08.60	40.16
350m:	4:49.25	42.91	750m:	10:25.91	42.23	1150m:	16:09.76	43.30			
400m:	5:30.52	41.27	800m:	11:08.76	42.85	1200m:	16:53.90	44.14			

6.	SUTIL MARTIN, Alejandro	12	C.D.N. Zamora	**22:01.87**	262						
50m:	40.55	40.55	450m:	6:28.51	45.22	850m:	12:28.74	45.15	1250m:	18:26.81	45.05
100m:	1:22.16	41.61	500m:	7:13.79	45.28	900m:	13:13.67	44.93	1300m:	19:12.32	45.51
150m:	2:04.90	42.74	550m:	7:58.48	44.69	950m:	13:58.45	44.78	1350m:	19:55.27	42.95
200m:	2:47.82	42.92	600m:	8:43.43	44.95	1000m:	14:42.73	44.28	1400m:	20:39.76	44.49
250m:	3:30.68	42.86	650m:	9:27.94	44.51	1050m:	15:27.04	44.31	1450m:	21:22.18	42.42
300m:	4:14.15	43.47	700m:	10:12.71	44.77	1100m:	16:11.78	44.74	1500m:	22:01.87	39.69
350m:	4:58.70	44.55	750m:	10:57.91	45.20	1150m:	16:56.53	44.75			
400m:	5:43.29	44.59	800m:	11:43.59	45.68	1200m:	17:41.76	45.23			

INFANTIL FEMENINO, Fem.

1.	MARTINEZ MARTIN, Paula	13	C.Acuatico Salamanca	**20:06.32**	426

50m:	38.28	38.28	450m:	5:58.90	40.11	850m:	11:17.91	39.69	1250m:	16:40.42	38.81
100m:	1:18.09	39.81	500m:	6:38.91	40.01	900m:	11:58.25	40.34	1300m:	17:21.86	41.44
150m:	1:57.79	39.70	550m:	7:18.92	40.01	950m:	12:38.44	40.19	1350m:	18:02.78	40.92
200m:	2:37.89	40.10	600m:	7:58.72	39.80	1000m:	13:19.09	40.65	1400m:	18:43.76	40.98
250m:	3:18.44	40.55	650m:	8:38.94	40.22	1050m:	13:59.56	40.47	1450m:	19:25.56	41.80
300m:	3:58.17	39.73	700m:	9:18.85	39.91	1100m:	14:39.58	40.02	1500m:	20:06.32	40.76
350m:	4:38.29	40.12	750m:	9:58.54	39.69	1150m:	15:19.96	40.38			
400m:	5:18.79	40.50	800m:	10:38.22	39.68	1200m:	16:01.61	41.65			

2.	PEREZ LAFUENTE, Mencia	12	C.D.N. Zamora	**20:09.99**	422						
50m:	36.60	36.60	450m:	5:56.55	40.90	850m:	11:21.01	40.70	1250m:	16:46.56	40.97
100m:	1:15.01	38.41	500m:	6:37.14	40.59	900m:	12:01.29	40.28	1300m:	17:27.87	41.31
150m:	1:54.74	39.73	550m:	7:17.64	40.50	950m:	12:41.52	40.23	1350m:	18:08.89	41.02
200m:	2:34.52	39.78	600m:	7:58.20	40.56	1000m:	13:22.13	40.61	1400m:	18:50.51	41.62
250m:	3:14.68	40.16	650m:	8:38.64	40.44	1050m:	14:03.05	40.92	1450m:	19:30.84	40.33
300m:	3:55.02	40.34	700m:	9:19.48	40.84	1100m:	14:43.43	40.38	1500m:	20:09.99	39.15
350m:	4:35.25	40.23	750m:	9:59.91	40.43	1150m:	15:24.57	41.14			
400m:	5:15.65	40.40	800m:	10:40.31	40.40	1200m:	16:05.59	41.02			

3.	BAUTISTA TAPIA, Carla	12	C.Acuatico Salamanca	**21:13.67**	362						
50m:	39.81	39.81	450m:	6:17.33	42.31	850m:	11:55.97	42.60	1250m:	17:39.10	43.83
100m:	1:20.91	41.10	500m:	6:59.46	42.13	900m:	12:38.69	42.72	1300m:	18:22.95	43.85
150m:	2:02.87	41.96	550m:	7:41.25	41.79	950m:	13:21.50	42.81	1350m:	19:05.88	42.93
200m:	2:45.32	42.45	600m:	8:23.60	42.35	1000m:	14:04.83	43.33	1400m:	19:47.87	41.99
250m:	3:27.67	42.35	650m:	9:05.53	41.93	1050m:	14:47.31	42.48	1450m:	20:30.50	42.63
300m:	4:09.99	42.32	700m:	9:48.26	42.73	1100m:	15:29.76	42.45	1500m:	21:13.67	43.17
350m:	4:52.39	42.40	750m:	10:31.01	42.75	1150m:	16:12.58	42.82			
400m:	5:35.02	42.63	800m:	11:13.37	42.36	1200m:	16:55.27	42.69			

4.	PELAEZ SERRANO, Aroa	12	C.N. Castilla-Burgos	**21:34.75**	345						
50m:	38.67	38.67	450m:	6:14.28	42.19	850m:	12:04.69	45.27	1250m:	18:00.42	45.50
100m:	1:19.61	40.94	500m:	6:57.24	42.96	900m:	12:49.95	45.26	1300m:	18:45.26	44.84
150m:	2:00.79	41.18	550m:	7:40.86	43.62	950m:	13:34.19	44.24	1350m:	19:28.17	42.91
200m:	2:42.36	41.57	600m:	8:24.65	43.79	1000m:	14:18.53	44.34	1400m:	20:12.85	44.68
250m:	3:24.07	41.71	650m:	9:07.55	42.90	1050m:	15:02.63	44.10	1450m:	20:56.09	43.24
300m:	4:06.77	42.70	700m:	9:51.55	44.00	1100m:	15:47.02	44.39	1500m:	21:34.75	38.66
350m:	4:49.44	42.67	750m:	10:35.79	44.24	1150m:	16:31.37	44.35			
400m:	5:32.09	42.65	800m:	11:19.42	43.63	1200m:	17:14.92	43.55			

Prueba 2, Fem., 1500m Libre, INFANTIL FEMENINO

Clasificación		AN		Tiempo	Pts
5.	FERNANDEZ GOMULKA, Maria	12	C.Acuatico Salamanca	**21:55.13**	329

50m:	40.21	40.21	450m:	6:27.08	43.15	850m:	12:20.15	45.27	1250m:	18:16.56	44.25
100m:	1:21.91	41.70	500m:	7:10.43	43.35	900m:	13:04.24	44.09	1300m:	19:01.17	44.61
150m:	2:04.61	42.70	550m:	7:53.73	43.30	950m:	13:48.92	44.68	1350m:	19:45.08	43.91
200m:	2:47.68	43.07	600m:	8:37.06	43.33	1000m:	14:33.38	44.46	1400m:	20:30.04	44.96
250m:	3:31.57	43.89	650m:	9:21.51	44.45	1050m:	15:18.42	45.04	1450m:	21:12.75	42.71
300m:	4:15.83	44.26	700m:	10:06.06	44.55	1100m:	16:03.40	44.98	1500m:	21:55.13	42.38
350m:	4:59.59	43.76	750m:	10:50.48	44.42	1150m:	16:48.61	45.21			
400m:	5:43.93	44.34	800m:	11:34.88	44.40	1200m:	17:32.31	43.70			

6.	PORTAS ROBADOR, Silvia	12	C.N. Castilla-Burgos	**22:09.21**	319					
50m:	39.85	39.85	450m:	6:28.46	45.16	850m:	12:28.28	44.67	1250m:	18:26.86	44.92
100m:	1:20.88	41.03	500m:	7:13.13	44.67	900m:	13:12.74	44.46	1300m:	19:12.16	45.30
150m:	2:03.42	42.54	550m:	7:58.19	45.06	950m:	13:58.01	45.27	1350m:	19:57.49	45.33
200m:	2:46.53	43.11	600m:	8:42.78	44.59	1000m:	14:42.47	44.46	1400m:	20:43.76	46.27
250m:	3:29.92	43.39	650m:	9:27.90	45.12	1050m:	15:26.65	44.18	1450m:	21:28.47	44.71
300m:	4:13.76	43.84	700m:	10:12.06	44.16	1100m:	16:11.76	45.11	1500m:	22:09.21	40.74
350m:	4:58.33	44.57	750m:	10:58.24	46.18	1150m:	16:56.61	44.85			
400m:	5:43.30	44.97	800m:	11:43.61	45.37	1200m:	17:41.94	45.33			

7.	CASTRO RUIZ, Maria	13	C.N. Castilla-Burgos	**23:10.76**	278					
50m:	43.51	43.51	450m:	6:48.17	46.60	850m:	13:02.65	46.90	1250m:	19:19.81	47.38
100m:	1:27.85	44.34	500m:	7:35.10	46.93	900m:	13:50.50	47.85	1300m:	20:07.20	47.39
150m:	2:13.14	45.29	550m:	8:21.26	46.16	950m:	14:37.30	46.80	1350m:	20:54.09	46.89
200m:	2:57.74	44.60	600m:	9:08.17	46.91	1000m:	15:24.69	47.39	1400m:	21:40.86	46.77
250m:	3:43.21	45.47	650m:	9:54.88	46.71	1050m:	16:10.96	46.27	1450m:	22:26.84	45.98
300m:	4:29.11	45.90	700m:	10:41.99	47.11	1100m:	16:58.20	47.24	1500m:	23:10.76	43.92
350m:	5:15.16	46.05	750m:	11:29.13	47.14	1150m:	17:44.43	46.23			
400m:	6:01.57	46.41	800m:	12:15.75	46.62	1200m:	18:32.43	48.00			

DSQ	REFOYO MARTIN, Africa	12	C.D.N. Zamora