

Prueba 4
21/04/2024 - 8:30

3000m Libre

20 años y mayores
Resultados

Clasificación	AN	Tempo	Puntos
20+, Fem.			
1.	MARCO BARRIGUETE, Isabel 01	C.N. Valencia Masters Sedavi	48:15.73 19,00
	100m: 1:26.19 1:26.19 900m: 13:37.45 1:32.83 1700m: 26:25.28 1:38.55 2500m: 39:47.92 1:42.64		
	200m: 2:59.42 1:33.23 1000m: 15:12.40 1:34.95 1800m: 28:03.24 1:37.96 2600m: 41:32.20 1:44.28		
	300m: 4:31.07 1:31.65 1100m: 16:46.10 1:33.70 1900m: 29:40.00 1:36.76 2700m: 43:15.20 1:43.00		
	400m: 6:01.39 1:30.32 1200m: 18:20.81 1:34.71 2000m: 31:19.36 1:39.36 2800m: 44:55.36 1:40.16		
	500m: 7:31.02 1:29.63 1300m: 19:56.53 1:35.72 2100m: 32:58.50 1:39.14 2900m: 46:34.48 1:39.12		
	600m: 9:01.03 1:30.01 1400m: 21:33.64 1:37.11 2200m: 34:39.59 1:41.09 3000m: 48:15.73 1:41.25		
	700m: 10:32.53 1:31.50 1500m: 23:10.38 1:36.74 2300m: 36:21.93 1:42.34		
	800m: 12:04.62 1:32.09 1600m: 24:46.73 1:36.35 2400m: 38:05.28 1:43.35		
2.	CABO ORTS, Nerea 00	C.N. Mediterraneo Valencia	1:02:06.21 16,00
	100m: 1:38.62 1:38.62 900m: 17:30.48 1:58.89 1700m: 34:10.16 2:08.81 2500m: 51:23.13 2:10.03		
	200m: 3:33.91 1:55.29 1000m: 19:30.95 2:00.47 1800m: 36:20.75 2:10.59 2600m: 53:31.84 2:08.71		
	300m: 5:33.60 1:59.69 1100m: 21:32.40 2:01.45 1900m: 38:28.79 2:08.04 2700m: 55:41.76 2:09.92		
	400m: 7:33.70 2:00.10 1200m: 23:36.55 2:04.15 2000m: 40:37.54 2:08.75 2800m: 57:51.20 2:09.44		
	500m: 9:34.11 2:00.41 1300m: 25:41.19 2:04.64 2100m: 42:45.78 2:08.24 2900m: 59:59.22 2:08.02		
	600m: 11:34.42 2:00.31 1400m: 27:48.47 2:07.28 2200m: 44:55.37 2:09.59 3000m: 1:02:06.21 2:06.99		
	700m: 13:32.75 1:58.33 1500m: 29:53.88 2:05.41 2300m: 47:04.44 2:09.07		
	800m: 15:31.59 1:58.84 1600m: 32:01.35 2:07.47 2400m: 49:13.10 2:08.66		
20+, Masc.			
1.	BOU BERNABEU, Miguel 03	Vila-Swim Fondistas Club Natación	36:09.22 19,00
	100m: 1:06.37 1:06.37 900m: 10:42.35 1:12.93 1700m: 20:24.48 1:13.33 2500m: 30:09.72 1:12.83		
	200m: 2:17.20 1:10.83 1000m: 11:55.10 1:12.75 1800m: 21:37.30 1:12.82 2600m: 31:22.94 1:13.22		
	300m: 3:29.17 1:11.97 1100m: 13:07.45 1:12.35 1900m: 22:50.51 1:13.21 2700m: 32:35.95 1:13.01		
	400m: 4:41.57 1:12.40 1200m: 14:20.56 1:13.11 2000m: 24:04.51 1:14.00 2800m: 33:48.55 1:12.60		
	500m: 5:53.12 1:11.55 1300m: 15:32.22 1:11.66 2100m: 25:17.39 1:12.88 2900m: 35:00.87 1:12.32		
	600m: 7:05.22 1:12.10 1400m: 16:45.26 1:13.04 2200m: 26:30.57 1:13.18 3000m: 36:09.22 1:08.35		
	700m: 8:17.24 1:12.02 1500m: 17:57.97 1:12.71 2300m: 27:43.88 1:13.31		
	800m: 9:29.42 1:12.18 1600m: 19:11.15 1:13.18 2400m: 28:56.89 1:13.01		
2.	VIDAL PERPIÑA, Jose 03	C.N. Trencaones Alzira	41:02.03 16,00
	100m: 1:13.99 1:13.99 900m: 12:08.36 1:21.60 1700m: 23:00.76 1:22.37 2500m: 34:08.94 1:23.74		
	200m: 2:35.67 1:21.68 1000m: 13:29.34 1:20.98 1800m: 24:24.93 1:24.17 2600m: 35:33.23 1:24.29		
	300m: 3:57.81 1:22.14 1100m: 14:50.89 1:21.55 1900m: 25:50.18 1:25.25 2700m: 36:57.21 1:23.98		
	400m: 5:19.56 1:21.75 1200m: 16:12.77 1:21.88 2000m: 27:13.77 1:23.59 2800m: 38:20.82 1:23.61		
	500m: 6:42.03 1:22.47 1300m: 17:33.26 1:20.49 2100m: 28:36.82 1:23.05 2900m: 39:42.21 1:21.39		
	600m: 8:03.75 1:21.72 1400m: 18:54.76 1:21.50 2200m: 29:59.85 1:23.03 3000m: 41:02.03 1:19.82		
	700m: 9:25.72 1:21.97 1500m: 20:16.57 1:21.81 2300m: 31:21.86 1:22.01		
	800m: 10:46.76 1:21.04 1600m: 21:38.39 1:21.82 2400m: 32:45.20 1:23.34		
3.	GIMENO MATEO, Carlos 04	C.N. Ferca-San Jose	41:08.23 14,00
	100m: 1:16.06 1:16.06 900m: 12:09.94 1:22.35 1700m: 23:16.64 1:22.15 2500m: 34:28.82 1:23.02		
	200m: 2:37.36 1:21.30 1000m: 13:32.43 1:22.49 1800m: 24:42.97 1:26.33 2600m: 35:49.89 1:21.07		
	300m: 3:59.70 1:22.34 1100m: 14:55.54 1:23.11 1900m: 26:07.53 1:24.56 2700m: 37:11.32 1:21.43		
	400m: 5:20.11 1:20.41 1200m: 16:19.32 1:23.78 2000m: 27:31.45 1:23.92 2800m: 38:31.55 1:20.23		
	500m: 6:41.61 1:21.50 1300m: 17:43.01 1:23.69 2100m: 28:53.71 1:22.26 2900m: 39:52.47 1:20.92		
	600m: 8:02.30 1:20.69 1400m: 19:07.09 1:24.08 2200m: 30:18.36 1:24.65 3000m: 41:08.23 1:15.76		
	700m: 9:25.70 1:23.40 1500m: 20:31.61 1:24.52 2300m: 31:41.68 1:23.32		
	800m: 10:47.59 1:21.89 1600m: 21:54.49 1:22.88 2400m: 33:05.80 1:24.12		
Baja	SANCHO MAYOR, Lucas 00	C.N. Mediterraneo Valencia	-

Prueba 4, 3000m Libre

25+, Fem.

1. DOPICO ESPADA, Clara	95	C.N. Mediterraneo Valencia	47:16.26	19,00
100m: 1:22.72	1:22.72	900m: 13:37.69	1:32.82	1700m: 26:15.90
200m: 2:53.00	1:30.28	1000m: 15:11.73	1:34.04	1800m: 27:51.93
300m: 4:23.93	1:30.93	1100m: 16:45.63	1:33.90	1900m: 29:27.61
400m: 5:55.70	1:31.77	1200m: 18:19.58	1:33.95	2000m: 31:04.04
500m: 7:28.29	1:32.59	1300m: 19:53.88	1:34.30	2100m: 32:40.29
600m: 9:01.07	1:32.78	1400m: 21:29.54	1:35.66	2200m: 34:17.92
700m: 10:33.18	1:32.11	1500m: 23:05.34	1:35.80	2300m: 35:54.29
800m: 12:04.87	1:31.69	1600m: 24:40.21	1:34.87	2400m: 37:30.60
2500m: 39:07.80	1:37.20	2600m: 40:45.32	1:37.52	2700m: 42:23.27
2800m: 44:00.86	1:37.59	2900m: 45:37.71	1:36.85	3000m: 47:16.26
3000m: 47:16.26	1:38.55			
2. FIGUEROA HERNANDEZ, Irene	98	C.N. Mediterraneo Valencia	55:41.39	16,00
100m: 1:39.57	1:39.57	900m: 16:25.06	1:53.10	1700m: 31:28.58
200m: 3:29.55	1:49.98	1000m: 18:17.63	1:52.57	1800m: 33:23.19
300m: 5:18.80	1:49.25	1100m: 20:07.65	1:50.02	1900m: 35:16.95
400m: 7:08.59	1:49.79	1200m: 21:59.94	1:52.29	2000m: 37:12.54
500m: 8:58.55	1:49.96	1300m: 23:50.95	1:51.01	2100m: 39:05.58
600m: 10:48.58	1:50.03	1400m: 25:45.24	1:54.29	2200m: 40:57.11
700m: 12:39.86	1:51.28	1500m: 27:39.37	1:54.13	2300m: 42:49.24
800m: 14:31.96	1:52.10	1600m: 29:33.57	1:54.20	2400m: 44:42.56
2500m: 46:34.27	1:51.71	2600m: 48:26.23	1:51.96	2700m: 50:18.63
2800m: 52:11.35	1:52.72	2900m: 54:01.82	1:50.47	3000m: 55:41.39
3000m: 55:41.39	1:39.57			

25+, Masc.

1. CURTO PAYA, Jordi	95	C.N. Benicarlo	42:03.74	19,00
100m: 1:15.79	1:15.79	900m: 12:22.39	1:26.52	1700m: 23:39.74
200m: 2:37.99	1:22.20	1000m: 13:47.47	1:25.08	1800m: 25:03.87
300m: 3:57.45	1:19.46	1100m: 15:11.80	1:24.33	1900m: 26:29.56
400m: 5:19.18	1:21.73	1200m: 16:35.97	1:24.17	2000m: 27:54.63
500m: 6:41.97	1:22.79	1300m: 17:59.78	1:23.81	2100m: 29:19.84
600m: 8:05.63	1:23.66	1400m: 19:24.44	1:24.66	2200m: 30:44.48
700m: 9:30.50	1:24.87	1500m: 20:48.91	1:24.47	2300m: 32:09.64
800m: 10:55.87	1:25.37	1600m: 22:14.34	1:25.43	2400m: 33:34.81
2500m: 35:00.35	1:25.54	2600m: 36:25.97	1:25.62	2700m: 37:51.93
2800m: 39:17.73	1:25.80	2900m: 40:43.31	1:25.58	3000m: 42:03.74
3000m: 42:03.74	1:20.43			
2. CURTO PAYA, David	99	C.N. Benicarlo	42:21.27	16,00
100m: 1:14.30	1:14.30	900m: 12:37.39	1:26.79	1700m: 23:53.16
200m: 2:37.09	1:22.79	1000m: 14:04.68	1:27.29	1800m: 25:18.39
300m: 4:01.55	1:24.46	1100m: 15:26.96	1:22.28	1900m: 26:43.79
400m: 5:26.87	1:25.32	1200m: 16:51.59	1:24.63	2000m: 28:11.35
500m: 6:52.30	1:25.43	1300m: 18:16.25	1:24.66	2100m: 29:37.49
600m: 8:17.98	1:25.68	1400m: 19:41.15	1:24.90	2200m: 31:03.32
700m: 9:44.33	1:26.35	1500m: 21:06.40	1:25.25	2300m: 32:27.47
800m: 11:10.60	1:26.27	1600m: 22:30.02	1:23.62	2400m: 33:54.10
2500m: 35:19.35	1:25.25	2600m: 36:44.70	1:25.35	2700m: 38:09.36
2800m: 39:34.57	1:25.21	2900m: 40:59.48	1:24.91	3000m: 42:21.27
3000m: 42:21.27	1:21.79			
3. MONTINS FONT DE MORA, Victor	98	Vila-Swim Fondistas Club Natación	44:24.82	14,00
100m: 1:24.23	1:24.23	900m: 13:29.64	1:29.88	1700m: 25:23.58
200m: 2:53.12	1:28.89	1000m: 14:59.36	1:29.72	1800m: 26:53.26
300m: 4:22.74	1:29.62	1100m: 16:28.32	1:28.96	1900m: 28:22.85
400m: 5:53.97	1:31.23	1200m: 17:57.20	1:28.88	2000m: 29:53.09
500m: 7:25.66	1:31.69	1300m: 19:25.63	1:28.43	2100m: 31:22.29
600m: 8:57.58	1:31.92	1400m: 20:54.97	1:29.34	2200m: 32:50.66
700m: 10:29.06	1:31.48	1500m: 22:24.52	1:29.55	2300m: 34:18.35
800m: 11:59.76	1:30.70	1600m: 23:54.28	1:29.76	2400m: 35:44.96
2500m: 37:12.45	1:27.49	2600m: 38:40.62	1:28.17	2700m: 40:09.21
2800m: 41:38.04	1:28.83	2900m: 43:06.48	1:28.44	3000m: 44:24.82
3000m: 44:24.82	1:18.34			
4. AHIS ARNAU, Enric	96	C.N. Albacora	51:09.11	13,00
100m: 1:33.93	1:33.93	900m: 15:18.37	1:42.70	1700m: 29:06.34
200m: 3:15.17	1:41.24	1000m: 17:01.42	1:43.05	1800m: 30:49.94
300m: 4:58.90	1:43.73	1100m: 18:45.56	1:44.14	1900m: 32:33.12
400m: 6:42.12	1:43.22	1200m: 20:28.26	1:42.70	2000m: 34:16.03
500m: 8:25.95	1:43.83	1300m: 22:12.00	1:43.74	2100m: 35:58.63
600m: 10:10.22	1:44.27	1400m: 23:56.16	1:44.16	2200m: 37:41.99
700m: 11:52.98	1:42.76	1500m: 25:39.66	1:43.50	2300m: 39:25.14
800m: 13:35.67	1:42.69	1600m: 27:22.49	1:42.83	2400m: 41:08.77
2500m: 42:51.28	1:42.51	2600m: 44:33.92	1:42.64	2700m: 46:17.19
2800m: 47:58.82	1:41.63	2900m: 49:40.21	1:41.39	3000m: 51:09.11
3000m: 51:09.11	1:28.90			

Prueba 4, Masc., 3000m Libre, 25+

Clasificación		AN		Tiempo	Puntos
Baja	PALLARES MARCO, Rafael	97	C. Valenciano		-

30+, Fem.

1.	CHINER PEIRO, Rosa Maria	92	C.N. Mediterraneo Valencia	59:44.91	19,00
	100m: 1:52.17 1:52.17	900m: 17:49.73 1:59.74	1700m: 33:43.84 1:59.74	2500m: 49:47.72 2:00.72	
	200m: 3:52.40 2:00.23	1000m: 19:49.08 1:59.35	1800m: 35:44.60 2:00.76	2600m: 51:47.34 1:59.62	
	300m: 5:52.07 1:59.67	1100m: 21:47.95 1:58.87	1900m: 37:45.36 2:00.76	2700m: 53:48.59 2:01.25	
	400m: 7:53.10 2:01.03	1200m: 23:45.95 1:58.00	2000m: 39:44.98 1:59.62	2800m: 55:49.82 2:01.23	
	500m: 9:52.40 1:59.30	1300m: 25:45.10 1:59.15	2100m: 41:45.64 2:00.66	2900m: 57:49.56 1:59.74	
	600m: 11:51.84 1:59.44	1400m: 27:45.56 2:00.46	2200m: 43:46.90 2:01.26	3000m: 59:44.91 1:55.35	
	700m: 13:51.18 1:59.34	1500m: 29:44.42 1:58.86	2300m: 45:46.51 1:59.61		
	800m: 15:49.99 1:58.81	1600m: 31:44.10 1:59.68	2400m: 47:47.00 2:00.49		

30+, Masc.

1.	ALDABE BOMSTAD, Oscar	90	C. Padel Arena Alicante	37:06.09	19,00
	<i>Récord Autonómico M</i>				
	100m: 1:06.38 1:06.38	900m: 10:59.87 1:14.65	1700m: 20:58.14 1:15.13	2500m: 30:56.74 1:14.29	
	200m: 2:18.96 1:12.58	1000m: 12:14.84 1:14.97	1800m: 22:13.15 1:15.01	2600m: 32:11.77 1:15.03	
	300m: 3:32.51 1:13.55	1100m: 13:29.30 1:14.46	1900m: 23:27.72 1:14.57	2700m: 33:25.45 1:13.68	
	400m: 4:46.99 1:14.48	1200m: 14:43.83 1:14.53	2000m: 24:42.93 1:15.21	2800m: 34:40.52 1:15.07	
	500m: 6:00.99 1:14.00	1300m: 15:58.72 1:14.89	2100m: 25:56.55 1:13.62	2900m: 35:54.35 1:13.83	
	600m: 7:15.41 1:14.42	1400m: 17:13.85 1:15.13	2200m: 27:12.17 1:15.62	3000m: 37:06.09 1:11.74	
	700m: 8:30.09 1:14.68	1500m: 18:28.53 1:14.68	2300m: 28:27.04 1:14.87		
	800m: 9:45.22 1:15.13	1600m: 19:43.01 1:14.48	2400m: 29:42.45 1:15.41		

NP	RUDENKO, Denny	94	C. Padel Arena Alicante		-
NP	CUELLAR SANCHEZ, Daniel	92	Cst-Cst Costa Azahar		-

35+, Fem.

Baja	SERRANO SANCHEZ, Maria Paz	87	C.N. Master Naturaswim Petrer		-
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35+, Masc.

1.	BERMEJO ALBERO, Sergio	88	C.N. Mediterraneo Valencia	46:30.70	19,00
	100m: 1:19.40 1:19.40	900m: 13:37.98 1:31.99	1700m: 26:03.37 1:33.62	2500m: 38:35.96 1:34.13	
	200m: 2:46.98 1:27.58	1000m: 15:11.87 1:33.89	1800m: 27:36.77 1:33.40	2600m: 40:11.42 1:35.46	
	300m: 4:18.33 1:31.35	1100m: 16:46.31 1:34.44	1900m: 29:11.87 1:35.10	2700m: 41:46.27 1:34.85	
	400m: 5:51.20 1:32.87	1200m: 18:20.55 1:34.24	2000m: 30:45.61 1:33.74	2800m: 43:20.77 1:34.50	
	500m: 7:25.59 1:34.39	1300m: 19:53.91 1:33.36	2100m: 32:18.60 1:32.99	2900m: 44:54.79 1:34.02	
	600m: 8:59.65 1:34.06	1400m: 21:25.65 1:31.74	2200m: 33:52.07 1:33.47	3000m: 46:30.70 1:35.91	
	700m: 10:33.02 1:33.37	1500m: 22:57.41 1:31.76	2300m: 35:26.43 1:34.36		
	800m: 12:05.99 1:32.97	1600m: 24:29.75 1:32.34	2400m: 37:01.83 1:35.40		
2.	ROS PÉREZ, Enrique	89	C.N. Mediterraneo Valencia	54:31.65	16,00
	100m: 1:33.57 1:33.57	900m: 16:10.73 1:52.47	1700m: 31:28.84 1:56.32	2500m: 46:06.45 1:45.49	
	200m: 3:18.01 1:44.44	1000m: 18:04.41 1:53.68	1800m: 33:23.40 1:54.56	2600m: 47:51.28 1:44.83	
	300m: 5:06.93 1:48.92	1100m: 19:58.12 1:53.71	1900m: 35:16.57 1:53.17	2700m: 49:36.02 1:44.74	
	400m: 6:57.31 1:50.38	1200m: 21:52.30 1:54.18	2000m: 37:06.47 1:49.90	2800m: 51:20.12 1:44.10	
	500m: 8:45.33 1:48.02	1300m: 23:47.03 1:54.73	2100m: 38:55.90 1:49.43	2900m: 53:05.04 1:44.92	
	600m: 10:35.60 1:50.27	1400m: 25:42.41 1:55.38	2200m: 40:43.34 1:47.44	3000m: 54:31.65 1:26.61	
	700m: 12:26.38 1:50.78	1500m: 27:36.99 1:54.58	2300m: 42:32.78 1:49.44		
	800m: 14:18.26 1:51.88	1600m: 29:32.52 1:55.53	2400m: 44:20.96 1:48.18		

Prueba 4, 3000m Libre

40+, Fem.

1. HERNÁNDEZ MICO, MARÍA DEL CARM84N	C. Valenciano	53:58.75	19,00
100m: 1:36.13	1:36.13	900m: 15:58.46	1:45.54
200m: 3:22.07	1:45.94	1000m: 17:45.59	1:47.13
300m: 5:10.42	1:48.35	1100m: 19:33.44	1:47.85
400m: 6:58.47	1:48.05	1200m: 21:20.68	1:47.24
500m: 8:47.38	1:48.91	1300m: 23:09.59	1:48.91
600m: 10:36.95	1:49.57	1400m: 24:56.92	1:47.33
700m: 12:25.14	1:48.19	1500m: 26:45.93	1:49.01
800m: 14:12.92	1:47.78	1600m: 28:33.85	1:47.92
		1700m: 30:22.10	1:48.25
		1800m: 32:09.42	1:47.32
		1900m: 33:58.51	1:49.09
		2000m: 35:47.64	1:49.13
		2100m: 37:36.26	1:48.62
		2200m: 39:25.52	1:49.26
		2300m: 41:16.63	1:51.11
		2400m: 43:06.63	1:50.00
		2500m: 44:55.73	1:49.10
		2600m: 46:44.12	1:48.39
		2700m: 48:34.57	1:50.45
		2800m: 50:24.33	1:49.76
		2900m: 52:13.97	1:49.64
		3000m: 53:58.75	1:44.78

40+, Masc.

1. SÁNCHEZ RODRÍGUEZ, Miguel Ángel 81	C.N. Master Naturaswim Petrer	40:09.25	19,00
100m: 1:11.08	1:11.08	900m: 11:43.64	1:20.80
200m: 2:28.36	1:17.28	1000m: 13:03.84	1:20.20
300m: 3:46.65	1:18.29	1100m: 14:25.53	1:21.69
400m: 5:04.94	1:18.29	1200m: 15:46.80	1:21.27
500m: 6:23.56	1:18.62	1300m: 17:08.54	1:21.74
600m: 7:42.76	1:19.20	1400m: 18:29.90	1:21.36
700m: 9:02.70	1:19.94	1500m: 19:51.28	1:21.38
800m: 10:22.84	1:20.14	1600m: 21:13.13	1:21.85
		1700m: 22:35.14	1:22.01
		1800m: 23:56.39	1:21.25
		1900m: 25:18.16	1:21.77
		2000m: 26:39.12	1:20.96
		2100m: 28:00.90	1:21.78
		2200m: 29:23.35	1:22.45
		2300m: 30:45.64	1:22.29
		2400m: 32:08.45	1:22.81
		2500m: 33:29.09	1:20.64
		2600m: 34:50.61	1:21.52
		2700m: 36:11.36	1:20.75
		2800m: 37:32.44	1:21.08
		2900m: 38:53.04	1:20.60
		3000m: 40:09.25	1:16.21
2. MUÑOZ ALARCON, Alberto Raul 80	Club Natación Pichón Elche	40:54.25	16,00
100m: 1:15.43	1:15.43	900m: 12:04.60	1:21.88
200m: 2:35.85	1:20.42	1000m: 13:26.62	1:22.02
300m: 3:56.37	1:20.52	1100m: 14:48.89	1:22.27
400m: 5:17.39	1:21.02	1200m: 16:11.05	1:22.16
500m: 6:38.51	1:21.12	1300m: 17:32.52	1:21.47
600m: 8:00.00	1:21.49	1400m: 18:55.10	1:22.58
700m: 9:21.13	1:21.13	1500m: 20:17.37	1:22.27
800m: 10:42.72	1:21.59	1600m: 21:40.06	1:22.69
		1700m: 23:01.96	1:21.90
		1800m: 24:24.30	1:22.34
		1900m: 25:47.90	1:23.60
		2000m: 27:11.61	1:23.71
		2100m: 28:34.10	1:22.49
		2200m: 29:56.31	1:22.21
		2300m: 31:19.40	1:23.09
		2400m: 32:42.73	1:23.33
		2500m: 34:05.81	1:23.08
		2600m: 35:28.63	1:22.82
		2700m: 36:50.76	1:22.13
		2800m: 38:13.93	1:23.17
		2900m: 39:35.65	1:21.72
		3000m: 40:54.25	1:18.60
3. LLORET TOMÁS, Javier 80	Vila-Swim Fondistas Club Natación	42:22.81	14,00
100m: 1:23.14	1:23.14	900m: 12:50.04	1:25.06
200m: 2:50.08	1:26.94	1000m: 14:14.72	1:24.68
300m: 4:17.21	1:27.13	1100m: 15:39.53	1:24.81
400m: 5:43.12	1:25.91	1200m: 17:04.17	1:24.64
500m: 7:08.69	1:25.57	1300m: 18:28.56	1:24.39
600m: 8:34.08	1:25.39	1400m: 19:52.46	1:23.90
700m: 9:59.69	1:25.61	1500m: 21:16.97	1:24.51
800m: 11:24.98	1:25.29	1600m: 22:43.11	1:26.14
		1700m: 24:11.03	1:27.92
		1800m: 25:34.65	1:23.62
		1900m: 26:58.78	1:24.13
		2000m: 28:22.34	1:23.56
		2100m: 29:46.26	1:23.92
		2200m: 31:10.02	1:23.76
		2300m: 32:33.89	1:23.87
		2400m: 33:57.98	1:24.09
		2500m: 35:23.03	1:25.05
		2600m: 36:48.10	1:25.07
		2700m: 38:12.01	1:23.91
		2800m: 39:36.45	1:24.44
		2900m: 41:01.17	1:24.72
		3000m: 42:22.81	1:21.64
4. OLMEDA FRESNEDA, Jose 83	C.N. Master Naturaswim Petrer	45:13.62	13,00
100m: 1:22.10	1:22.10	900m: 13:20.73	1:30.55
200m: 2:49.46	1:27.36	1000m: 14:51.63	1:30.90
300m: 4:18.77	1:29.31	1100m: 16:22.50	1:30.87
400m: 5:49.00	1:30.23	1200m: 17:53.37	1:30.87
500m: 7:19.52	1:30.52	1300m: 19:23.70	1:30.33
600m: 8:49.34	1:29.82	1400m: 20:53.98	1:30.28
700m: 10:20.01	1:30.67	1500m: 22:24.35	1:30.37
800m: 11:50.18	1:30.17	1600m: 23:55.39	1:31.04
		1700m: 25:26.55	1:31.16
		1800m: 26:57.87	1:31.32
		1900m: 28:29.62	1:31.75
		2000m: 30:00.17	1:30.55
		2100m: 31:31.88	1:31.71
		2200m: 33:03.57	1:31.69
		2300m: 34:35.59	1:32.02
		2400m: 36:07.18	1:31.59
		2500m: 37:39.37	1:32.19
		2600m: 39:12.16	1:32.79
		2700m: 40:44.15	1:31.99
		2800m: 42:16.47	1:32.32
		2900m: 43:48.54	1:32.07
		3000m: 45:13.62	1:25.08
5. RABADÁN GINÉS, Carlos 82	C.N. Valencia Masters Sedavi	52:08.70	12,00
100m: 1:37.71	1:37.71	900m: 15:44.75	1:44.53
200m: 3:24.82	1:47.11	1000m: 17:30.35	1:45.60
300m: 5:12.72	1:47.90	1100m: 19:15.24	1:44.89
400m: 7:01.23	1:48.51	1200m: 20:58.73	1:43.49
500m: 8:46.09	1:44.86	1300m: 22:42.93	1:44.20
600m: 10:30.92	1:44.83	1400m: 24:28.52	1:45.59
700m: 12:15.62	1:44.70	1500m: 26:14.45	1:45.93
800m: 14:00.22	1:44.60	1600m: 27:58.62	1:44.17
		1700m: 29:42.21	1:43.59
		1800m: 31:26.78	1:44.57
		1900m: 33:10.29	1:43.51
		2000m: 34:52.93	1:42.64
		2100m: 36:36.49	1:43.56
		2200m: 38:22.44	1:45.95
		2300m: 40:10.18	1:47.74
		2400m: 41:52.97	1:42.79
		2500m: 43:37.88	1:44.91
		2600m: 45:20.78	1:42.90
		2700m: 47:03.56	1:42.78
		2800m: 48:46.95	1:43.39
		2900m: 50:28.55	1:41.60
		3000m: 52:08.70	1:40.15

Prueba 4, Masc., 3000m Libre, 40+

Clasificación		AN		Tiempo	Puntos
Baja	ESPEJO BUITRAGO, Jose Gines	81	C. Valenciano		-

45+, Fem.

1.	BRETÓ PRATS, Paula	79	C.N. Benicarlo	45:56.29	19,00
	100m: 1:26.64 1:26.64	900m: 13:34.66 1:31.07	1700m: 25:53.49 1:34.03	2500m: 38:18.42 1:34.06	
	200m: 2:56.95 1:30.31	1000m: 15:05.64 1:30.98	1800m: 27:27.10 1:33.61	2600m: 39:50.35 1:31.93	
	300m: 4:27.73 1:30.78	1100m: 16:36.38 1:30.74	1900m: 29:01.21 1:34.11	2700m: 41:24.00 1:33.65	
	400m: 5:59.15 1:31.42	1200m: 18:08.47 1:32.09	2000m: 30:34.66 1:33.45	2800m: 42:56.86 1:32.86	
	500m: 7:30.20 1:31.05	1300m: 19:40.47 1:32.00	2100m: 32:06.34 1:31.68	2900m: 44:30.03 1:33.17	
	600m: 9:00.03 1:29.83	1400m: 21:12.46 1:31.99	2200m: 33:37.72 1:31.38	3000m: 45:56.29 1:26.26	
	700m: 10:31.87 1:31.84	1500m: 22:45.92 1:33.46	2300m: 35:10.86 1:33.14		
	800m: 12:03.59 1:31.72	1600m: 24:19.46 1:33.54	2400m: 36:44.36 1:33.50		
2.	VALENCIANO BARBA, Raquel	75	C.N. Mediterraneo Valencia	53:33.38	16,00
	100m: 1:37.62 1:37.62	900m: 15:53.74 1:47.63	1700m: 30:18.39 1:48.30	2500m: 44:45.62 1:48.24	
	200m: 3:24.00 1:46.38	1000m: 17:41.23 1:47.49	1800m: 32:06.56 1:48.17	2600m: 46:32.69 1:47.07	
	300m: 5:11.90 1:47.90	1100m: 19:30.10 1:48.87	1900m: 33:55.12 1:48.56	2700m: 48:19.62 1:46.93	
	400m: 6:57.77 1:45.87	1200m: 21:17.61 1:47.51	2000m: 35:43.57 1:48.45	2800m: 50:07.11 1:47.49	
	500m: 8:46.33 1:48.56	1300m: 23:05.61 1:48.00	2100m: 37:32.48 1:48.91	2900m: 51:52.85 1:45.74	
	600m: 10:31.84 1:45.51	1400m: 24:53.28 1:47.67	2200m: 39:21.47 1:48.99	3000m: 53:33.38 1:40.53	
	700m: 12:18.46 1:46.62	1500m: 26:41.52 1:48.24	2300m: 41:10.32 1:48.85		
	800m: 14:06.11 1:47.65	1600m: 28:30.09 1:48.57	2400m: 42:57.38 1:47.06		
3.	RUBIO AMADOR, Raquel	76	C. Valenciano	54:13.53	14,00
	100m: 1:40.63 1:40.63	900m: 16:12.33 1:48.70	1700m: 30:48.91 1:50.11	2500m: 45:22.59 1:47.76	
	200m: 3:30.55 1:49.92	1000m: 18:02.79 1:50.46	1800m: 32:37.99 1:49.08	2600m: 47:10.24 1:47.65	
	300m: 5:20.53 1:49.98	1100m: 19:52.04 1:49.25	1900m: 34:29.16 1:51.17	2700m: 48:58.51 1:48.27	
	400m: 7:08.64 1:48.11	1200m: 21:40.75 1:48.71	2000m: 36:17.36 1:48.20	2800m: 50:45.17 1:46.66	
	500m: 8:58.07 1:49.43	1300m: 23:29.43 1:48.68	2100m: 38:06.94 1:49.58	2900m: 52:32.54 1:47.37	
	600m: 10:48.07 1:50.00	1400m: 25:19.46 1:50.03	2200m: 39:55.88 1:48.94	3000m: 54:13.53 1:40.99	
	700m: 12:35.92 1:47.85	1500m: 27:09.69 1:50.23	2300m: 41:45.86 1:49.98		
	800m: 14:23.63 1:47.71	1600m: 28:58.80 1:49.11	2400m: 43:34.83 1:48.97		
4.	UHDEN MONLEON, Victoria	79	C. Valenciano	1:02:17.34	13,00
	100m: 1:50.83 1:50.83	900m: 18:08.69 2:01.92	1700m: 34:55.93 2:05.12	2500m: 51:43.66 2:07.17	
	200m: 3:52.44 2:01.61	1000m: 20:14.88 2:06.19	1800m: 37:00.60 2:04.67	2600m: 53:50.49 2:06.83	
	300m: 5:52.93 2:00.49	1100m: 22:19.17 2:04.29	1900m: 39:05.18 2:04.58	2700m: 55:59.19 2:08.70	
	400m: 7:54.35 2:01.42	1200m: 24:26.33 2:07.16	2000m: 41:12.43 2:07.25	2800m: 58:06.76 2:07.57	
	500m: 9:57.47 2:03.12	1300m: 26:31.35 2:05.02	2100m: 43:19.27 2:06.84	2900m1:00:14.24 2:07.48	
	600m: 11:59.80 2:02.33	1400m: 28:37.61 2:06.26	2200m: 45:24.37 2:05.10	3000m1:02:17.34 2:03.10	
	700m: 14:05.18 2:05.38	1500m: 30:43.35 2:05.74	2300m: 47:31.25 2:06.88		
	800m: 16:06.77 2:01.59	1600m: 32:50.81 2:07.46	2400m: 49:36.49 2:05.24		
5.	WERNER, Simone	75	C. Valenciano	1:13:24.30	-
	100m: 2:07.86 2:07.86	900m: 21:31.68 2:26.28	1700m: 41:20.11 2:27.07	2500m1:01:11.14 2:25.94	
	200m: 4:30.25 2:22.39	1000m: 23:57.78 2:26.10	1800m: 43:50.85 2:30.74	2600m1:03:38.42 2:27.28	
	300m: 6:56.07 2:25.82	1100m: 26:25.57 2:27.79	1900m: 46:20.93 2:30.08	2700m1:06:04.82 2:26.40	
	400m: 9:22.90 2:26.83	1200m: 28:53.43 2:27.86	2000m: 48:48.35 2:27.42	2800m1:08:35.96 2:31.14	
	500m: 11:48.59 2:25.69	1300m: 31:22.40 2:28.97	2100m: 51:16.21 2:27.86	2900m1:11:01.35 2:25.39	
	600m: 14:12.75 2:24.16	1400m: 33:52.49 2:30.09	2200m: 53:45.90 2:29.69	3000m1:13:24.30 2:22.95	
	700m: 16:40.30 2:27.55	1500m: 36:19.56 2:27.07	2300m: 56:14.90 2:29.00		
	800m: 19:05.40 2:25.10	1600m: 38:53.04 2:33.48	2400m: 58:45.20 2:30.30		

Prueba 4, 3000m Libre

45+, Masc.

1. EZNARRIAGA GUTIÉRREZ, Antonio Mi	76	Club Atletismo Apol-Ana	42:37.30	19,00			
100m: 1:23.71	1:23.71	900m: 12:56.86	1:25.38	1700m: 24:20.34	1:24.87	2500m: 35:37.01	1:24.42
200m: 2:50.17	1:26.46	1000m: 14:22.67	1:25.81	1800m: 25:45.39	1:25.05	2600m: 37:02.02	1:25.01
300m: 4:17.87	1:27.70	1100m: 15:48.42	1:25.75	1900m: 27:10.21	1:24.82	2700m: 38:26.74	1:24.72
400m: 5:45.60	1:27.73	1200m: 17:13.98	1:25.56	2000m: 28:34.83	1:24.62	2800m: 39:51.34	1:24.60
500m: 7:13.09	1:27.49	1300m: 18:39.17	1:25.19	2100m: 29:59.13	1:24.30	2900m: 41:15.15	1:23.81
600m: 8:39.11	1:26.02	1400m: 20:04.49	1:25.32	2200m: 31:23.95	1:24.82	3000m: 42:37.30	1:22.15
700m: 10:05.26	1:26.15	1500m: 21:29.97	1:25.48	2300m: 32:48.43	1:24.48		
800m: 11:31.48	1:26.22	1600m: 22:55.47	1:25.50	2400m: 34:12.59	1:24.16		

2. PINA MURCIA, Oscar	77	Club Natación Pichón Elche	42:46.51	16,00			
100m: 1:17.78	1:17.78	900m: 12:30.77	1:25.73	1700m: 23:55.55	1:26.05	2500m: 35:33.95	1:27.80
200m: 2:38.66	1:20.88	1000m: 13:55.71	1:24.94	1800m: 25:21.35	1:25.80	2600m: 37:01.99	1:28.04
300m: 4:01.84	1:23.18	1100m: 15:20.89	1:25.18	1900m: 26:49.21	1:27.86	2700m: 38:28.43	1:26.44
400m: 5:25.69	1:23.85	1200m: 16:46.02	1:25.13	2000m: 28:17.21	1:28.00	2800m: 39:55.72	1:27.29
500m: 6:49.56	1:23.87	1300m: 18:11.39	1:25.37	2100m: 29:44.82	1:27.61	2900m: 41:22.25	1:26.53
600m: 8:14.46	1:24.90	1400m: 19:36.67	1:25.28	2200m: 31:11.91	1:27.09	3000m: 42:46.51	1:24.26
700m: 9:39.94	1:25.48	1500m: 21:03.22	1:26.55	2300m: 32:38.66	1:26.75		
800m: 11:05.04	1:25.10	1600m: 22:29.50	1:26.28	2400m: 34:06.15	1:27.49		

3. GONZALEZ LLOPIS, Samuel	76	C.N. La Costera	44:09.49	14,00			
100m: 1:25.62	1:25.62	900m: 13:06.69	1:27.97	1700m: 24:56.09	1:29.04	2500m: 36:46.80	1:28.61
200m: 2:53.39	1:27.77	1000m: 14:35.33	1:28.64	1800m: 26:25.36	1:29.27	2600m: 38:15.37	1:28.57
300m: 4:21.27	1:27.88	1100m: 16:03.89	1:28.56	1900m: 27:54.07	1:28.71	2700m: 39:44.31	1:28.94
400m: 5:48.62	1:27.35	1200m: 17:31.74	1:27.85	2000m: 29:22.44	1:28.37	2800m: 41:13.96	1:29.65
500m: 7:15.94	1:27.32	1300m: 19:00.59	1:28.85	2100m: 30:50.42	1:27.98	2900m: 42:44.78	1:30.82
600m: 8:43.07	1:27.13	1400m: 20:29.42	1:28.83	2200m: 32:19.85	1:29.43	3000m: 44:09.49	1:24.71
700m: 10:10.85	1:27.78	1500m: 21:57.61	1:28.19	2300m: 33:49.35	1:29.50		
800m: 11:38.72	1:27.87	1600m: 23:27.05	1:29.44	2400m: 35:18.19	1:28.84		

4. LAFOZ GARCÍA, Jorge	78	C.N. Albacora	49:11.19	13,00			
100m: 1:26.63	1:26.63	900m: 14:20.54	1:36.65	1700m: 27:22.86	1:37.19	2500m: 40:42.75	1:39.75
200m: 3:03.43	1:36.80	1000m: 15:57.02	1:36.48	1800m: 29:01.07	1:38.21	2600m: 42:23.07	1:40.32
300m: 4:39.31	1:35.88	1100m: 17:34.23	1:37.21	1900m: 30:39.92	1:38.85	2700m: 44:05.76	1:42.69
400m: 6:16.06	1:36.75	1200m: 19:11.79	1:37.56	2000m: 32:19.83	1:39.91	2800m: 45:48.83	1:43.07
500m: 7:53.66	1:37.60	1300m: 20:49.68	1:37.89	2100m: 34:00.30	1:40.47	2900m: 47:30.77	1:41.94
600m: 9:30.17	1:36.51	1400m: 22:28.40	1:38.72	2200m: 35:40.76	1:40.46	3000m: 49:11.19	1:40.42
700m: 11:06.87	1:36.70	1500m: 24:07.17	1:38.77	2300m: 37:21.79	1:41.03		
800m: 12:43.89	1:37.02	1600m: 25:45.67	1:38.50	2400m: 39:03.00	1:41.21		

5. BEYER, Stefan	77	C.N. Mediterraneo Valencia	51:34.27	12,00			
100m: 1:20.49	1:20.49	900m: 14:38.37	2:01.56	1700m: 28:46.24	1:46.32	2500m: 42:49.03	1:46.81
200m: 2:55.25	1:34.76	1000m: 16:26.43	1:48.06	1800m: 30:30.65	1:44.41	2600m: 44:34.42	1:45.39
300m: 4:31.14	1:35.89	1100m: 18:12.87	1:46.44	1900m: 32:15.03	1:44.38	2700m: 46:20.78	1:46.36
400m: 6:08.97	1:37.83	1200m: 19:57.20	1:44.33	2000m: 34:00.68	1:45.65	2800m: 48:06.54	1:45.76
500m: 7:47.21	1:38.24	1300m: 21:44.04	1:46.84	2100m: 35:44.79	1:44.11	2900m: 49:51.66	1:45.12
600m: 9:25.26	1:38.05	1400m: 23:28.16	1:44.12	2200m: 37:28.90	1:44.11	3000m: 51:34.27	1:42.61
700m: 11:02.51	1:37.25	1500m: 25:14.19	1:46.03	2300m: 39:15.55	1:46.65		
800m: 12:36.81	1:34.30	1600m: 26:59.92	1:45.73	2400m: 41:02.22	1:46.67		

NP BARROSO BARBA, Jesus	75	C. Padel Arena Alicante	-	-
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50+, Fem.

Prueba 4, Fem., 3000m Libre, 50+

Clasificación	AN		Tiempo Puntos	
1. NAVARRO SIMON, Esperanza	73	C. Valenciano	46:34.11	19,00
100m: 1:29.98	1:29.98	900m: 13:59.60	1:33.60	1700m: 26:27.10
200m: 3:05.67	1:35.69	1000m: 15:33.06	1:33.46	1800m: 28:00.26
300m: 4:39.23	1:33.56	1100m: 17:06.26	1:33.20	1900m: 29:33.31
400m: 6:12.67	1:33.44	1200m: 18:39.61	1:33.35	2000m: 31:06.14
500m: 7:46.04	1:33.37	1300m: 20:12.92	1:33.31	2100m: 32:39.34
600m: 9:19.31	1:33.27	1400m: 21:46.58	1:33.66	2200m: 34:12.54
700m: 10:52.55	1:33.24	1500m: 23:20.55	1:33.97	2300m: 35:45.52
800m: 12:26.00	1:33.45	1600m: 24:54.07	1:33.52	2400m: 37:18.23
				1:32.71
2. GAONA CASABONA, Eugenia	70	C.N. Mediterraneo Valencia	47:00.36	16,00
100m: 1:29.47	1:29.47	900m: 14:02.43	1:33.31	1700m: 26:29.54
200m: 3:05.84	1:36.37	1000m: 15:35.55	1:33.12	1800m: 28:03.41
300m: 4:41.10	1:35.26	1100m: 17:08.44	1:32.89	1900m: 29:37.41
400m: 6:15.09	1:33.99	1200m: 18:41.33	1:32.89	2000m: 31:12.16
500m: 7:48.38	1:33.29	1300m: 20:14.82	1:33.49	2100m: 32:47.57
600m: 9:21.86	1:33.48	1400m: 21:47.95	1:33.13	2200m: 34:22.68
700m: 10:55.25	1:33.39	1500m: 23:22.63	1:34.68	2300m: 35:56.98
800m: 12:29.12	1:33.87	1600m: 24:56.07	1:33.44	2400m: 37:32.65
				1:35.67
3. JORDA LLONA, Edurne	71	C.N. Mediterraneo Valencia	54:02.49	14,00
100m: 1:42.74	1:42.74	900m: 16:19.60	1:48.88	1700m: 30:46.07
200m: 3:31.90	1:49.16	1000m: 18:07.84	1:48.24	1800m: 32:34.18
300m: 5:21.43	1:49.53	1100m: 19:56.41	1:48.57	1900m: 34:22.76
400m: 7:11.59	1:50.16	1200m: 21:44.37	1:47.96	2000m: 36:11.03
500m: 9:01.69	1:50.10	1300m: 23:32.67	1:48.30	2100m: 37:59.73
600m: 10:51.68	1:49.99	1400m: 25:20.99	1:48.32	2200m: 39:47.40
700m: 12:41.81	1:50.13	1500m: 27:09.20	1:48.21	2300m: 41:36.35
800m: 14:30.72	1:48.91	1600m: 28:58.10	1:48.90	2400m: 43:24.50
				1:48.15
4. ZARZO MANZANO, Ana	74	C. Valenciano	55:25.99	13,00
100m: 1:40.35	1:40.35	900m: 16:10.05	1:50.14	1700m: 30:56.93
200m: 3:28.96	1:48.61	1000m: 18:00.09	1:50.04	1800m: 32:49.37
300m: 5:16.65	1:47.69	1100m: 19:49.22	1:49.13	1900m: 34:41.15
400m: 7:05.39	1:48.74	1200m: 21:39.62	1:50.40	2000m: 36:33.01
500m: 8:53.56	1:48.17	1300m: 23:30.35	1:50.73	2100m: 38:25.55
600m: 10:41.50	1:47.94	1400m: 25:21.79	1:51.44	2200m: 40:17.39
700m: 12:30.35	1:48.85	1500m: 27:13.31	1:51.52	2300m: 42:09.60
800m: 14:19.91	1:49.56	1600m: 29:05.09	1:51.78	2400m: 44:03.58
				1:53.98
5. RUIZ MARTINEZ, Maria Josep	71	C. Valenciano	55:48.88	-
100m: 1:42.38	1:42.38	900m: 16:14.87	1:49.66	1700m: 31:07.79
200m: 3:31.24	1:48.86	1000m: 18:05.43	1:50.56	1800m: 33:00.67
300m: 5:19.37	1:48.13	1100m: 19:56.57	1:51.14	1900m: 34:54.11
400m: 7:07.09	1:47.72	1200m: 21:47.71	1:51.14	2000m: 36:47.54
500m: 8:56.67	1:49.58	1300m: 23:39.77	1:52.06	2100m: 38:42.74
600m: 10:46.02	1:49.35	1400m: 25:31.48	1:51.71	2200m: 40:38.04
700m: 12:35.04	1:49.02	1500m: 27:24.15	1:52.67	2300m: 42:32.68
800m: 14:25.21	1:50.17	1600m: 29:15.79	1:51.64	2400m: 44:27.39
				1:54.71
6. GARCIA SAVEDRA, Maribel	72	Club Atletismo Apol-Ana	56:34.03	12,00
100m: 1:43.87	1:43.87	900m: 16:42.74	1:51.78	1700m: 31:45.85
200m: 3:36.58	1:52.71	1000m: 18:35.94	1:53.20	1800m: 33:39.18
300m: 5:29.72	1:53.14	1100m: 20:27.21	1:51.27	1900m: 35:33.30
400m: 7:22.78	1:53.06	1200m: 22:19.79	1:52.58	2000m: 37:27.68
500m: 9:14.75	1:51.97	1300m: 24:13.19	1:53.40	2100m: 39:22.11
600m: 11:06.98	1:52.23	1400m: 26:04.59	1:51.40	2200m: 41:17.45
700m: 12:59.42	1:52.44	1500m: 27:58.50	1:53.91	2300m: 43:11.22
800m: 14:50.96	1:51.54	1600m: 29:52.86	1:54.36	2400m: 45:06.73
				1:55.51
Baja ANDRES ESPARZA, Sofia	71	C.N. Xativa		-

Prueba 4, 3000m Libre

50+, Masc.

1.	MORENO VIDAL, Víctor Manuel	72	C. Valenciano	37:46.05	19,00
	100m: 1:10.06	1:10.06	900m: 11:10.01	1:15.06	1700m: 21:15.33
	200m: 2:24.83	1:14.77	1000m: 12:24.86	1:14.85	1800m: 22:31.50
	300m: 3:39.42	1:14.59	1100m: 13:40.04	1:15.18	1900m: 23:48.18
	400m: 4:54.96	1:15.54	1200m: 14:55.06	1:15.02	2000m: 25:05.23
	500m: 6:10.18	1:15.22	1300m: 16:10.60	1:15.54	2100m: 26:21.17
	600m: 7:25.11	1:14.93	1400m: 17:25.80	1:15.20	2200m: 27:37.21
	700m: 8:40.09	1:14.98	1500m: 18:42.19	1:16.39	2300m: 28:53.49
	800m: 9:54.95	1:14.86	1600m: 19:58.17	1:15.98	2400m: 30:09.47
2.	JIMENEZ JAEN, Felix	72	C.N. Master Naturaswim Petrer	42:03.44	16,00
	100m: 1:17.56	1:17.56	900m: 12:23.62	1:23.94	1700m: 23:38.54
	200m: 2:39.44	1:21.88	1000m: 13:47.49	1:23.87	1800m: 25:03.45
	300m: 4:02.27	1:22.83	1100m: 15:10.99	1:23.50	1900m: 26:28.69
	400m: 5:25.25	1:22.98	1200m: 16:34.61	1:23.62	2000m: 27:53.75
	500m: 6:48.24	1:22.99	1300m: 17:58.81	1:24.20	2100m: 29:19.20
	600m: 8:12.07	1:23.83	1400m: 19:23.67	1:24.86	2200m: 30:44.62
	700m: 9:35.97	1:23.90	1500m: 20:48.90	1:25.23	2300m: 32:09.99
	800m: 10:59.68	1:23.71	1600m: 22:13.52	1:24.62	2400m: 33:35.75
3.	GÓMEZ MARTÍNEZ, David	74	Vila-Swim Fondistas Club Natación	43:24.63	14,00
	100m: 1:20.76	1:20.76	900m: 12:56.59	1:27.42	1700m: 24:28.72
	200m: 2:46.98	1:26.22	1000m: 14:22.84	1:26.25	1800m: 25:55.91
	300m: 4:13.96	1:26.98	1100m: 15:48.58	1:25.74	1900m: 27:23.38
	400m: 5:40.62	1:26.66	1200m: 17:14.94	1:26.36	2000m: 28:52.34
	500m: 7:07.42	1:26.80	1300m: 18:41.50	1:26.56	2100m: 30:20.73
	600m: 8:34.49	1:27.07	1400m: 20:07.41	1:25.91	2200m: 31:47.52
	700m: 10:01.76	1:27.27	1500m: 21:34.40	1:26.99	2300m: 33:15.52
	800m: 11:29.17	1:27.41	1600m: 23:01.69	1:27.29	2400m: 34:43.08
4.	GUTIERREZ CAPISTRANO, Carlos Ma	72el	C. Padel Arena Alicante	45:50.37	13,00
	100m: 1:27.26	1:27.26	900m: 13:52.33	1:33.40	1700m: 26:10.83
	200m: 3:01.54	1:34.28	1000m: 15:25.26	1:32.93	1800m: 27:41.54
	300m: 4:35.58	1:34.04	1100m: 16:58.31	1:33.05	1900m: 29:12.80
	400m: 6:08.43	1:32.85	1200m: 18:32.26	1:33.95	2000m: 30:45.08
	500m: 7:40.83	1:32.40	1300m: 20:05.26	1:33.00	2100m: 32:15.43
	600m: 9:12.94	1:32.11	1400m: 21:36.90	1:31.64	2200m: 33:46.42
	700m: 10:46.10	1:33.16	1500m: 23:08.99	1:32.09	2300m: 35:16.59
	800m: 12:18.93	1:32.83	1600m: 24:40.01	1:31.02	2400m: 36:47.91
5.	ESCUADERO SÁNCHEZ, Toni	74	C. Valenciano	47:00.82	12,00
	100m: 1:27.26	1:27.26	900m: 13:56.89	1:33.71	1700m: 26:26.55
	200m: 3:01.44	1:34.18	1000m: 15:30.52	1:33.63	1800m: 28:00.76
	300m: 4:35.89	1:34.45	1100m: 17:02.77	1:32.25	1900m: 29:35.11
	400m: 6:09.05	1:33.16	1200m: 18:36.31	1:33.54	2000m: 31:09.91
	500m: 7:42.56	1:33.51	1300m: 20:10.17	1:33.86	2100m: 32:45.11
	600m: 9:16.00	1:33.44	1400m: 21:43.25	1:33.08	2200m: 34:18.68
	700m: 10:49.78	1:33.78	1500m: 23:17.06	1:33.81	2300m: 35:53.25
	800m: 12:23.18	1:33.40	1600m: 24:51.38	1:34.32	2400m: 37:28.28
6.	SANTA MARCO, José Maria	73	C.N. Master Naturaswim Petrer	47:44.13	11,00
	100m: 1:28.20	1:28.20	900m: 14:20.25	1:36.34	1700m: 27:04.64
	200m: 3:03.75	1:35.55	1000m: 15:55.93	1:35.68	1800m: 28:40.02
	300m: 4:39.93	1:36.18	1100m: 17:31.82	1:35.89	1900m: 30:15.29
	400m: 6:16.97	1:37.04	1200m: 19:07.60	1:35.78	2000m: 31:50.71
	500m: 7:53.93	1:36.96	1300m: 20:42.75	1:35.15	2100m: 33:25.83
	600m: 9:30.29	1:36.36	1400m: 22:17.99	1:35.24	2200m: 35:01.43
	700m: 11:06.87	1:36.58	1500m: 23:53.60	1:35.61	2300m: 36:36.80
	800m: 12:43.91	1:37.04	1600m: 25:29.07	1:35.47	2400m: 38:12.43

Prueba 4, Masc., 3000m Libre, 50+

Clasificación	AN		Tiempo Puntos				
7. TRULLAS ARIAS, Jorge	74	CD.Un.Polit.Valencia	47:50.01	10,00			
100m: 1:28.45	1:28.45	900m: 14:23.95	1:36.67	1700m: 27:12.66	1:34.93	2500m: 39:56.79	1:35.86
200m: 3:04.76	1:36.31	1000m: 16:00.58	1:36.63	1800m: 28:49.66	1:37.00	2600m: 41:32.33	1:35.54
300m: 4:42.71	1:37.95	1100m: 17:36.65	1:36.07	1900m: 30:25.63	1:35.97	2700m: 43:07.74	1:35.41
400m: 6:20.53	1:37.82	1200m: 19:13.32	1:36.67	2000m: 32:01.53	1:35.90	2800m: 44:44.78	1:37.04
500m: 7:57.56	1:37.03	1300m: 20:49.72	1:36.40	2100m: 33:37.59	1:36.06	2900m: 46:20.29	1:35.51
600m: 9:34.54	1:36.98	1400m: 22:26.07	1:36.35	2200m: 35:13.76	1:36.17	3000m: 47:50.01	1:29.72
700m: 11:11.25	1:36.71	1500m: 24:02.61	1:36.54	2300m: 36:47.73	1:33.97		
800m: 12:47.28	1:36.03	1600m: 25:37.73	1:35.12	2400m: 38:20.93	1:33.20		
8. SORIANO VIDAL, Ricard	73	C.N. Xativa	48:10.28	9,00			
100m: 1:24.60	1:24.60	900m: 14:17.59	1:36.39	1700m: 27:10.09	1:37.97	2500m: 40:11.27	1:37.34
200m: 2:59.86	1:35.26	1000m: 15:54.09	1:36.50	1800m: 28:47.23	1:37.14	2600m: 41:48.59	1:37.32
300m: 4:36.59	1:36.73	1100m: 17:30.28	1:36.19	1900m: 30:24.72	1:37.49	2700m: 43:25.79	1:37.20
400m: 6:14.12	1:37.53	1200m: 19:06.59	1:36.31	2000m: 32:02.36	1:37.64	2800m: 45:01.74	1:35.95
500m: 7:51.89	1:37.77	1300m: 20:42.37	1:35.78	2100m: 33:40.11	1:37.75	2900m: 46:37.54	1:35.80
600m: 9:28.35	1:36.46	1400m: 22:18.09	1:35.72	2200m: 35:18.50	1:38.39	3000m: 48:10.28	1:32.74
700m: 11:04.61	1:36.26	1500m: 23:54.90	1:36.81	2300m: 36:56.07	1:37.57		
800m: 12:41.20	1:36.59	1600m: 25:32.12	1:37.22	2400m: 38:33.93	1:37.86		
9. GONZALVO PERETE, Fernando	72	C.N. Albacora	55:14.48	8,00			
100m: 1:37.31	1:37.31	900m: 16:12.85	1:48.58	1700m: 30:50.01	1:51.63	2500m: 45:51.69	1:54.74
200m: 3:22.97	1:45.66	1000m: 18:02.48	1:49.63	1800m: 32:41.73	1:51.72	2600m: 47:44.85	1:53.16
300m: 5:13.45	1:50.48	1100m: 19:51.17	1:48.69	1900m: 34:33.92	1:52.19	2700m: 49:37.17	1:52.32
400m: 7:02.93	1:49.48	1200m: 21:40.36	1:49.19	2000m: 36:26.06	1:52.14	2800m: 51:31.02	1:53.85
500m: 8:53.70	1:50.77	1300m: 23:28.56	1:48.20	2100m: 38:17.56	1:51.50	2900m: 53:25.45	1:54.43
600m: 10:43.10	1:49.40	1400m: 25:17.32	1:48.76	2200m: 40:10.33	1:52.77	3000m: 55:14.48	1:49.03
700m: 12:34.62	1:51.52	1500m: 27:07.35	1:50.03	2300m: 42:04.29	1:53.96		
800m: 14:24.27	1:49.65	1600m: 28:58.38	1:51.03	2400m: 43:56.95	1:52.66		
10. FELIX GARCIA, Carlos	74	C. Valenciano	55:18.76	-			
100m: 1:40.27	1:40.27	900m: 16:16.36	1:51.14	1700m: 31:13.38	1:54.49	2500m: 46:15.55	1:50.80
200m: 3:27.42	1:47.15	1000m: 18:06.96	1:50.60	1800m: 33:06.77	1:53.39	2600m: 48:07.29	1:51.74
300m: 5:15.30	1:47.88	1100m: 19:59.52	1:52.56	1900m: 35:01.63	1:54.86	2700m: 49:59.04	1:51.75
400m: 7:03.29	1:47.99	1200m: 21:50.64	1:51.12	2000m: 36:54.80	1:53.17	2800m: 51:47.32	1:48.28
500m: 8:53.38	1:50.09	1300m: 23:42.42	1:51.78	2100m: 38:47.59	1:52.79	2900m: 53:35.01	1:47.69
600m: 10:43.72	1:50.34	1400m: 25:34.33	1:51.91	2200m: 40:40.02	1:52.43	3000m: 55:18.76	1:43.75
700m: 12:33.94	1:50.22	1500m: 27:26.72	1:52.39	2300m: 42:32.07	1:52.05		
800m: 14:25.22	1:51.28	1600m: 29:18.89	1:52.17	2400m: 44:24.75	1:52.68		
11. CONESA BOU, Angel	72	C.N. Albacora	56:42.43	7,00			
100m: 1:47.25	1:47.25	900m: 16:56.61	1:51.66	1700m: 31:59.47	1:54.16	2500m: 47:09.46	1:55.85
200m: 3:39.36	1:52.11	1000m: 18:48.61	1:52.00	1800m: 33:51.34	1:51.87	2600m: 49:06.19	1:56.73
300m: 5:32.25	1:52.89	1100m: 20:41.37	1:52.76	1900m: 35:43.71	1:52.37	2700m: 51:00.77	1:54.58
400m: 7:24.26	1:52.01	1200m: 22:33.81	1:52.44	2000m: 37:35.13	1:51.42	2800m: 52:53.38	1:52.61
500m: 9:20.44	1:56.18	1300m: 24:25.27	1:51.46	2100m: 39:28.96	1:53.83	2900m: 54:49.20	1:55.82
600m: 11:15.14	1:54.70	1400m: 26:18.48	1:53.21	2200m: 41:23.70	1:54.74	3000m: 56:42.43	1:53.23
700m: 13:11.46	1:56.32	1500m: 28:11.60	1:53.12	2300m: 43:18.12	1:54.42		
800m: 15:04.95	1:53.49	1600m: 30:05.31	1:53.71	2400m: 45:13.61	1:55.49		
12. HERNÁNDEZ PARDO, JOSÉ RAFAEL	72	C. Valenciano	58:45.46	-			
100m: 1:49.61	1:49.61	900m: 17:59.22	2:00.35	1700m: 33:49.88	1:57.33	2500m: 49:11.32	1:55.03
200m: 3:51.59	2:01.98	1000m: 19:59.72	2:00.50	1800m: 35:45.64	1:55.76	2600m: 51:06.81	1:55.49
300m: 5:53.94	2:02.35	1100m: 21:58.70	1:58.98	1900m: 37:41.42	1:55.78	2700m: 53:00.74	1:53.93
400m: 7:57.84	2:03.90	1200m: 23:57.66	1:58.96	2000m: 39:36.24	1:54.82	2800m: 54:59.10	1:58.36
500m: 9:58.69	2:00.85	1300m: 25:56.51	1:58.85	2100m: 41:30.46	1:54.22	2900m: 56:55.10	1:56.00
600m: 11:58.72	2:00.03	1400m: 27:55.75	1:59.24	2200m: 43:26.37	1:55.91	3000m: 58:45.46	1:50.36
700m: 13:59.12	2:00.40	1500m: 29:54.10	1:58.35	2300m: 45:20.82	1:54.45		
800m: 15:58.87	1:59.75	1600m: 31:52.55	1:58.45	2400m: 47:16.29	1:55.47		

Prueba 4, Masc., 3000m Libre, 50+

Clasificación	AN		Tiempo Puntos				
13. RAZUREL, Pascal	73	Club Atletismo Apol-Ana	59:56.94	6,00			
100m: 1:51.02	1:51.02	900m: 18:04.49	2:02.63	1700m: 34:17.93	2:00.54	2500m: 50:10.82	1:58.91
200m: 3:51.48	2:00.46	1000m: 20:07.60	2:03.11	1800m: 36:17.15	1:59.22	2600m: 52:09.87	1:59.05
300m: 5:53.42	2:01.94	1100m: 22:11.17	2:03.57	1900m: 38:16.57	1:59.42	2700m: 54:09.00	1:59.13
400m: 7:56.03	2:02.61	1200m: 24:12.58	2:01.41	2000m: 40:15.46	1:58.89	2800m: 56:08.31	1:59.31
500m: 9:57.82	2:01.79	1300m: 26:14.64	2:02.06	2100m: 42:16.09	2:00.63	2900m: 58:05.70	1:57.39
600m: 11:58.93	2:01.11	1400m: 28:15.93	2:01.29	2200m: 44:15.45	1:59.36	3000m: 59:56.94	1:51.24
700m: 13:59.18	2:00.25	1500m: 30:15.72	1:59.79	2300m: 46:12.47	1:57.02		
800m: 16:01.86	2:02.68	1600m: 32:17.39	2:01.67	2400m: 48:11.91	1:59.44		

Baja FERNANDEZ SABATE, Manuel 71 C. Valenciano -

55+, Fem.

1. PINTO SALVADOR, M ^a Teresa	67	C.N. Albacora	51:13.43	19,00			
100m: 1:40.25	1:40.25	900m: 15:23.25	1:41.48	1700m: 28:57.73	1:42.39	2500m: 42:38.58	1:44.19
200m: 3:26.36	1:46.11	1000m: 17:04.42	1:41.17	1800m: 30:39.48	1:41.75	2600m: 44:22.27	1:43.69
300m: 5:09.63	1:43.27	1100m: 18:46.50	1:42.08	1900m: 32:21.62	1:42.14	2700m: 46:05.33	1:43.06
400m: 6:52.80	1:43.17	1200m: 20:28.04	1:41.54	2000m: 34:02.83	1:41.21	2800m: 47:48.83	1:43.50
500m: 8:35.58	1:42.78	1300m: 22:09.98	1:41.94	2100m: 35:45.87	1:43.04	2900m: 49:32.32	1:43.49
600m: 10:18.16	1:42.58	1400m: 23:51.58	1:41.60	2200m: 37:29.31	1:43.44	3000m: 51:13.43	1:41.11
700m: 12:00.15	1:41.99	1500m: 25:33.23	1:41.65	2300m: 39:11.40	1:42.09		
800m: 13:41.77	1:41.62	1600m: 27:15.34	1:42.11	2400m: 40:54.39	1:42.99		

2. CONEJOS SANZ, Elena	65	C. Valenciano	1:01:24.67	16,00			
100m: 1:53.05	1:53.05	900m: 18:10.66	2:02.78	1700m: 34:50.66	2:05.36	2500m: 51:24.92	2:03.40
200m: 3:53.10	2:00.05	1000m: 20:15.84	2:05.18	1800m: 36:56.19	2:05.53	2600m: 53:25.87	2:00.95
300m: 5:53.69	2:00.59	1100m: 22:19.63	2:03.79	1900m: 39:00.40	2:04.21	2700m: 55:27.40	2:01.53
400m: 7:55.39	2:01.70	1200m: 24:24.12	2:04.49	2000m: 41:05.93	2:05.53	2800m: 57:29.54	2:02.14
500m: 9:58.34	2:02.95	1300m: 26:28.68	2:04.56	2100m: 43:10.59	2:04.66	2900m: 59:31.34	2:01.80
600m: 11:59.84	2:01.50	1400m: 28:34.12	2:05.44	2200m: 45:13.76	2:03.17	3000m: 1:01:24.67	1:53.33
700m: 14:03.62	2:03.78	1500m: 30:39.93	2:05.81	2300m: 47:18.42	2:04.66		
800m: 16:07.88	2:04.26	1600m: 32:45.30	2:05.37	2400m: 49:21.52	2:03.10		

55+, Masc.

1. FORNER PALAU, Jose	69	CD.Un.Polit.Valencia	46:36.59	19,00			
<i>Récord Autonómico M</i>							
100m: 1:28.80	1:28.80	900m: 13:44.61	1:31.75	1700m: 26:12.45	1:33.41	2500m: 38:46.55	1:34.32
200m: 3:00.64	1:31.84	1000m: 15:16.81	1:32.20	1800m: 27:46.61	1:34.16	2600m: 40:19.67	1:33.12
300m: 4:31.88	1:31.24	1100m: 16:50.05	1:33.24	1900m: 29:20.51	1:33.90	2700m: 41:52.29	1:32.62
400m: 6:03.88	1:32.00	1200m: 18:23.42	1:33.37	2000m: 30:54.75	1:34.24	2800m: 43:26.06	1:33.77
500m: 7:36.27	1:32.39	1300m: 19:56.71	1:33.29	2100m: 32:29.23	1:34.48	2900m: 45:01.67	1:35.61
600m: 9:08.53	1:32.26	1400m: 21:31.10	1:34.39	2200m: 34:04.19	1:34.96	3000m: 46:36.59	1:34.92
700m: 10:40.47	1:31.94	1500m: 23:04.51	1:33.41	2300m: 35:39.04	1:34.85		
800m: 12:12.86	1:32.39	1600m: 24:39.04	1:34.53	2400m: 37:12.23	1:33.19		

2. CARVAJAL LERA, Javier	69	C.N. Mediterraneo Valencia	47:55.83	16,00			
100m: 1:24.74	1:24.74	900m: 13:59.62	1:34.48	1700m: 26:52.68	1:36.84	2500m: 39:51.89	1:38.48
200m: 2:57.60	1:32.86	1000m: 15:35.65	1:36.03	1800m: 28:29.13	1:36.45	2600m: 41:30.20	1:38.31
300m: 4:30.90	1:33.30	1100m: 17:12.58	1:36.93	1900m: 30:06.10	1:36.97	2700m: 43:06.46	1:36.26
400m: 6:04.73	1:33.83	1200m: 18:48.92	1:36.34	2000m: 31:43.94	1:37.84	2800m: 44:43.64	1:37.18
500m: 7:39.26	1:34.53	1300m: 20:25.70	1:36.78	2100m: 33:19.61	1:35.67	2900m: 46:21.54	1:37.90
600m: 9:13.49	1:34.23	1400m: 22:02.21	1:36.51	2200m: 34:58.00	1:38.39	3000m: 47:55.83	1:34.29
700m: 10:48.98	1:35.49	1500m: 23:38.75	1:36.54	2300m: 36:36.03	1:38.03		
800m: 12:25.14	1:36.16	1600m: 25:15.84	1:37.09	2400m: 38:13.41	1:37.38		

Prueba 4, Masc., 3000m Libre, 55+

Clasificación	AN		Tiempo Puntos	
3.	MONTES LATORRE, Jose Manuel	69	C.N. Mediterraneo Valencia	48:11.85 14,00
	100m: 1:31.29 1:31.29	900m: 14:23.22 1:36.63	1700m: 27:17.93 1:36.57	2500m: 40:14.57 1:37.30
	200m: 3:07.23 1:35.94	1000m: 15:59.91 1:36.69	1800m: 28:55.09 1:37.16	2600m: 41:51.37 1:36.80
	300m: 4:43.32 1:36.09	1100m: 17:36.32 1:36.41	1900m: 30:32.00 1:36.91	2700m: 43:28.20 1:36.83
	400m: 6:19.80 1:36.48	1200m: 19:13.03 1:36.71	2000m: 32:08.02 1:36.02	2800m: 45:04.19 1:35.99
	500m: 7:56.56 1:36.76	1300m: 20:50.64 1:37.61	2100m: 33:45.73 1:37.71	2900m: 46:40.01 1:35.82
	600m: 9:33.41 1:36.85	1400m: 22:27.35 1:36.71	2200m: 35:23.12 1:37.39	3000m: 48:11.85 1:31.84
	700m: 11:10.08 1:36.67	1500m: 24:04.53 1:37.18	2300m: 37:00.13 1:37.01	
	800m: 12:46.59 1:36.51	1600m: 25:41.36 1:36.83	2400m: 38:37.27 1:37.14	
4.	ALEDO VIVES, Rafael	67	Club Atlético Montemar	50:37.01 13,00
	100m: 1:31.59 1:31.59	900m: 15:05.71 1:43.99	1700m: 28:43.81 1:40.30	2500m: 42:21.82 1:41.93
	200m: 3:12.38 1:40.79	1000m: 16:49.23 1:43.52	1800m: 30:26.75 1:42.94	2600m: 44:04.74 1:42.92
	300m: 4:52.34 1:39.96	1100m: 18:33.64 1:44.41	1900m: 32:08.49 1:41.74	2700m: 45:44.63 1:39.89
	400m: 6:33.92 1:41.58	1200m: 20:17.17 1:43.53	2000m: 33:51.45 1:42.96	2800m: 47:24.09 1:39.46
	500m: 8:15.02 1:41.10	1300m: 21:59.91 1:42.74	2100m: 35:33.63 1:42.18	2900m: 49:03.21 1:39.12
	600m: 9:56.46 1:41.44	1400m: 23:42.19 1:42.28	2200m: 37:17.18 1:43.55	3000m: 50:37.01 1:33.80
	700m: 11:38.99 1:42.53	1500m: 25:23.04 1:40.85	2300m: 38:59.05 1:41.87	
	800m: 13:21.72 1:42.73	1600m: 27:03.51 1:40.47	2400m: 40:39.89 1:40.84	
5.	IBAÑEZ MASIP, Antonio Jaime	68	C.N. Benicarlo	56:24.52 12,00
	100m: 1:48.92 1:48.92	900m: 16:59.52 1:50.03	1700m: 32:01.80 1:54.20	2500m: 47:11.56 1:55.55
	200m: 3:43.82 1:54.90	1000m: 18:51.95 1:52.43	1800m: 33:53.75 1:51.95	2600m: 49:08.10 1:56.54
	300m: 5:39.31 1:55.49	1100m: 20:42.99 1:51.04	1900m: 35:45.96 1:52.21	2700m: 51:00.13 1:52.03
	400m: 7:35.33 1:56.02	1200m: 22:35.65 1:52.66	2000m: 37:37.54 1:51.58	2800m: 52:47.95 1:47.82
	500m: 9:29.70 1:54.37	1300m: 24:27.00 1:51.35	2100m: 39:31.09 1:53.55	2900m: 54:37.77 1:49.82
	600m: 11:23.11 1:53.41	1400m: 26:20.23 1:53.23	2200m: 41:25.60 1:54.51	3000m: 56:24.52 1:46.75
	700m: 13:17.76 1:54.65	1500m: 28:14.05 1:53.82	2300m: 43:20.27 1:54.67	
	800m: 15:09.49 1:51.73	1600m: 30:07.60 1:53.55	2400m: 45:16.01 1:55.74	
6.	PUERTAS MARTINEZ, Pedro	65	C.N. Albacora	1:06:08.09 11,00
	100m: 1:53.32 1:53.32	900m: 19:03.04 2:08.36	1700m: 36:49.07 2:14.32	2500m: 55:04.56 2:15.80
	200m: 4:01.84 2:08.52	1000m: 21:13.34 2:10.30	1800m: 39:04.98 2:15.91	2600m: 57:19.10 2:14.54
	300m: 6:10.23 2:08.39	1100m: 23:27.55 2:14.21	1900m: 41:23.21 2:18.23	2700m: 59:36.54 2:17.44
	400m: 8:18.01 2:07.78	1200m: 25:39.16 2:11.61	2000m: 43:38.99 2:15.78	2800m1:01:53.06 2:16.52
	500m: 10:28.60 2:10.59	1300m: 27:53.38 2:14.22	2100m: 45:56.66 2:17.67	2900m1:04:04.09 2:11.03
	600m: 12:38.47 2:09.87	1400m: 30:05.32 2:11.94	2200m: 48:12.47 2:15.81	3000m1:06:08.09 2:04.00
	700m: 14:46.74 2:08.27	1500m: 32:20.74 2:15.42	2300m: 50:29.97 2:17.50	
	800m: 16:54.68 2:07.94	1600m: 34:34.75 2:14.01	2400m: 52:48.76 2:18.79	
NP	DURICH MUÑOZ, Fernando David	66	C.N. Mediterraneo Valencia	-

60+, Fem.

1.	CONRADY, Claudia	60	C.N. Albacora	54:53.72 19,00
	100m: 1:37.40 1:37.40	900m: 15:59.60 1:48.34	1700m: 30:31.25 1:49.94	2500m: 45:22.35 1:52.52
	200m: 3:23.87 1:46.47	1000m: 17:48.24 1:48.64	1800m: 32:21.16 1:49.91	2600m: 47:15.92 1:53.57
	300m: 5:10.79 1:46.92	1100m: 19:36.57 1:48.33	1900m: 34:11.65 1:50.49	2700m: 49:10.04 1:54.12
	400m: 6:58.46 1:47.67	1200m: 21:24.91 1:48.34	2000m: 36:02.70 1:51.05	2800m: 51:03.76 1:53.72
	500m: 8:46.39 1:47.93	1300m: 23:14.24 1:49.33	2100m: 37:53.62 1:50.92	2900m: 52:59.10 1:55.34
	600m: 10:34.74 1:48.35	1400m: 25:02.76 1:48.52	2200m: 39:44.24 1:50.62	3000m: 54:53.72 1:54.62
	700m: 12:23.60 1:48.86	1500m: 26:51.79 1:49.03	2300m: 41:37.48 1:53.24	
	800m: 14:11.26 1:47.66	1600m: 28:41.31 1:49.52	2400m: 43:29.83 1:52.35	

Prueba 4, 3000m Libre

60+, Masc.

1.	FURIO BELTRAN, Alvaro Alberto	63	C. Valenciano	47:21.05	19,00			
	100m: 1:22.58	1:22.58	900m: 13:51.37	1:34.56	1700m: 26:28.99	1:34.70	2500m: 39:16.48	1:35.87
	200m: 2:54.97	1:32.39	1000m: 15:24.65	1:33.28	1800m: 28:05.34	1:36.35	2600m: 40:52.45	1:35.97
	300m: 4:28.21	1:33.24	1100m: 16:59.39	1:34.74	1900m: 29:40.95	1:35.61	2700m: 42:29.92	1:37.47
	400m: 6:02.98	1:34.77	1200m: 18:33.40	1:34.01	2000m: 31:16.68	1:35.73	2800m: 44:06.33	1:36.41
	500m: 7:35.63	1:32.65	1300m: 20:07.75	1:34.35	2100m: 32:52.22	1:35.54	2900m: 45:43.59	1:37.26
	600m: 9:08.57	1:32.94	1400m: 21:43.80	1:36.05	2200m: 34:29.09	1:36.87	3000m: 47:21.05	1:37.46
	700m: 10:42.27	1:33.70	1500m: 23:19.00	1:35.20	2300m: 36:05.20	1:36.11		
	800m: 12:16.81	1:34.54	1600m: 24:54.29	1:35.29	2400m: 37:40.61	1:35.41		

2.	MONERRIS APARICI, Cecili	63	C. Aquatic De Alicante	51:36.23	16,00			
	100m: 1:37.54	1:37.54	900m: 15:22.87	1:43.54	1700m: 29:16.11	1:44.65	2500m: 43:09.71	1:43.50
	200m: 3:21.22	1:43.68	1000m: 17:06.61	1:43.74	1800m: 31:00.47	1:44.36	2600m: 44:52.48	1:42.77
	300m: 5:04.32	1:43.10	1100m: 18:50.29	1:43.68	1900m: 32:45.49	1:45.02	2700m: 46:36.35	1:43.87
	400m: 6:48.19	1:43.87	1200m: 20:34.89	1:44.60	2000m: 34:31.28	1:45.79	2800m: 48:18.33	1:41.98
	500m: 8:30.68	1:42.49	1300m: 22:18.43	1:43.54	2100m: 36:16.08	1:44.80	2900m: 49:59.52	1:41.19
	600m: 10:13.55	1:42.87	1400m: 24:02.79	1:44.36	2200m: 37:59.96	1:43.88	3000m: 51:36.23	1:36.71
	700m: 11:56.67	1:43.12	1500m: 25:47.07	1:44.28	2300m: 39:42.96	1:43.00		
	800m: 13:39.33	1:42.66	1600m: 27:31.46	1:44.39	2400m: 41:26.21	1:43.25		

3.	RUIZ CRESPO, Arturo	62	Club Natacio Denia	53:24.02	14,00			
	100m: 1:44.70	1:44.70	900m: 16:19.22	1:47.16	1700m: 30:36.78	1:46.48	2500m: 44:44.96	1:46.63
	200m: 3:34.71	1:50.01	1000m: 18:07.49	1:48.27	1800m: 32:23.80	1:47.02	2600m: 46:30.91	1:45.95
	300m: 5:25.74	1:51.03	1100m: 19:55.66	1:48.17	1900m: 34:09.64	1:45.84	2700m: 48:16.27	1:45.36
	400m: 7:15.71	1:49.97	1200m: 21:43.10	1:47.44	2000m: 35:55.37	1:45.73	2800m: 50:01.15	1:44.88
	500m: 9:05.61	1:49.90	1300m: 23:29.73	1:46.63	2100m: 37:41.67	1:46.30	2900m: 51:44.15	1:43.00
	600m: 10:54.95	1:49.34	1400m: 25:16.92	1:47.19	2200m: 39:27.27	1:45.60	3000m: 53:24.02	1:39.87
	700m: 12:43.15	1:48.20	1500m: 27:03.50	1:46.58	2300m: 41:12.92	1:45.65		
	800m: 14:32.06	1:48.91	1600m: 28:50.30	1:46.80	2400m: 42:58.33	1:45.41		

4.	CLAVERO SERRANO, Mario	63	Club Atletismo Apol-Ana	56:36.68	13,00			
	100m: 1:41.59	1:41.59	900m: 16:39.06	1:55.01	1700m: 31:54.37	1:55.69	2500m: 47:11.79	1:54.24
	200m: 3:29.84	1:48.25	1000m: 18:33.72	1:54.66	1800m: 33:48.69	1:54.32	2600m: 49:08.24	1:56.45
	300m: 5:21.10	1:51.26	1100m: 20:28.65	1:54.93	1900m: 35:42.68	1:53.99	2700m: 51:02.65	1:54.41
	400m: 7:13.37	1:52.27	1200m: 22:23.54	1:54.89	2000m: 37:38.79	1:56.11	2800m: 52:59.37	1:56.72
	500m: 9:04.14	1:50.77	1300m: 24:17.71	1:54.17	2100m: 39:32.47	1:53.68	2900m: 54:51.52	1:52.15
	600m: 10:57.47	1:53.33	1400m: 26:10.83	1:53.12	2200m: 41:27.04	1:54.57	3000m: 56:36.68	1:45.16
	700m: 12:50.69	1:53.22	1500m: 28:04.24	1:53.41	2300m: 43:22.04	1:55.00		
	800m: 14:44.05	1:53.36	1600m: 29:58.68	1:54.44	2400m: 45:17.55	1:55.51		

Baja SILVENTE ORTEGA, Juan 64 C.N. Master Naturaswim Petrer -

65+, Fem.

1.	VALDERAS MUÑOZ, Amparo	55	C.N. Ferca-San Jose	57:52.21	19,00			
	<i>Récord Autonómico F</i>							
	100m: 1:44.59	1:44.59	900m: 16:23.40	1:50.65	1700m: 31:45.81	1:56.49	2500m: 47:41.55	2:01.21
	200m: 3:34.02	1:49.43	1000m: 18:15.39	1:51.99	1800m: 33:44.34	1:58.53	2600m: 49:42.47	2:00.92
	300m: 5:23.50	1:49.48	1100m: 20:07.94	1:52.55	1900m: 35:43.13	1:58.79	2700m: 51:46.25	2:03.78
	400m: 7:12.53	1:49.03	1200m: 22:03.21	1:55.27	2000m: 37:41.48	1:58.35	2800m: 53:48.44	2:02.19
	500m: 9:02.46	1:49.93	1300m: 23:59.02	1:55.81	2100m: 39:41.34	1:59.86	2900m: 55:51.28	2:02.84
	600m: 10:52.26	1:49.80	1400m: 25:55.46	1:56.44	2200m: 41:39.62	1:58.28	3000m: 57:52.21	2:00.93
	700m: 12:42.50	1:50.24	1500m: 27:52.07	1:56.61	2300m: 43:40.66	2:01.04		
	800m: 14:32.75	1:50.25	1600m: 29:49.32	1:57.25	2400m: 45:40.34	1:59.68		

Prueba 4, 3000m Libre

70+, Masc.

1. AULET MARRERO, Luis Javier	52	C.N. Valencia Masters Sedavi	1:08:10.58	19,00			
100m: 2:08.62	2:08.62	900m: 20:33.40	2:20.69	1700m: 38:56.57	2:13.92	2500m: 56:50.39	2:10.26
200m: 4:26.37	2:17.75	1000m: 22:55.22	2:21.82	1800m: 41:11.06	2:14.49	2600m: 59:09.00	2:18.61
300m: 6:43.27	2:16.90	1100m: 25:10.49	2:15.27	1900m: 43:25.72	2:14.66	2700m1:01:26.77	2:17.77
400m: 9:00.04	2:16.77	1200m: 27:33.65	2:23.16	2000m: 45:38.82	2:13.10	2800m1:03:42.69	2:15.92
500m: 11:17.54	2:17.50	1300m: 29:50.68	2:17.03	2100m: 47:49.12	2:10.30	2900m1:06:01.81	2:19.12
600m: 13:35.61	2:18.07	1400m: 32:09.16	2:18.48	2200m: 50:06.12	2:17.00	3000m1:08:10.58	2:08.77
700m: 15:53.71	2:18.10	1500m: 34:25.26	2:16.10	2300m: 52:23.89	2:17.77		
800m: 18:12.71	2:19.00	1600m: 36:42.65	2:17.39	2400m: 54:40.13	2:16.24		