

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 1
10/12/2022

Masc, 2000m Libre

INFANTIL MASCULINO LD FMN
Resultados

Clas.	Nombre	Año	Club	Marca
1.	GARCIA PANIAGUA, Andoni	08	MOSCA - C.N. Madrid Moscardo	24:29.48
	50m: 33.80 400m: 4:47.06 750m: 9:04.58 1100m: 13:22.34 1450m: 17:40.00 1800m: 22:00.16			
	100m: 1:09.62 450m: 5:23.69 800m: 9:41.76 1150m: 13:58.58 1500m: 18:16.88 1850m: 22:37.78			
	150m: 1:44.42 500m: 6:00.25 850m: 10:18.57 1200m: 14:35.51 1550m: 18:55.33 1900m: 23:14.56			
	200m: 2:20.80 550m: 6:37.39 900m: 10:55.02 1250m: 15:12.68 1600m: 19:32.04 1950m: 23:51.46			
	250m: 2:57.85 600m: 7:14.28 950m: 11:30.49 1300m: 15:49.58 1650m: 20:08.83 2000m: 24:29.48			
	300m: 3:34.84 650m: 7:50.61 1000m: 12:07.91 1350m: 16:25.97 1700m: 20:46.24			
	350m: 4:11.24 700m: 8:27.67 1050m: 12:44.72 1400m: 17:03.39 1750m: 21:22.37			
2.	MENDOZA GOMEZ, Andres	09	SBLAS - C.N. San Blas	24:37.54
	50m: 35.00 400m: 4:52.76 750m: 9:14.66 1100m: 13:34.46 1450m: 17:53.76 1800m: 22:14.38			
	100m: 1:10.79 450m: 5:30.28 800m: 9:51.89 1150m: 14:11.35 1500m: 18:31.15 1850m: 22:51.43			
	150m: 1:47.36 500m: 6:08.01 850m: 10:29.10 1200m: 14:48.22 1550m: 19:08.80 1900m: 23:28.66			
	200m: 2:24.19 550m: 6:45.56 900m: 11:05.89 1250m: 15:25.19 1600m: 19:46.15 1950m: 24:04.18			
	250m: 3:00.99 600m: 7:22.84 950m: 11:43.40 1300m: 16:02.17 1650m: 20:23.40 2000m: 24:37.54			
	300m: 3:38.13 650m: 7:59.88 1000m: 12:20.49 1350m: 16:39.49 1700m: 21:00.39			
	350m: 4:15.73 700m: 8:37.12 1050m: 12:57.67 1400m: 17:16.37 1750m: 21:37.79			
3.	BRAGULAT LOZANO, Daniel	08	ALCOB - C.N. Alcobendas	24:39.50
	50m: 33.63 400m: 4:47.72 750m: 9:04.73 1100m: 13:24.34 1450m: 17:46.88 1800m: 22:11.52			
	100m: 1:09.28 450m: 5:23.64 800m: 9:41.84 1150m: 14:01.35 1500m: 18:24.35 1850m: 22:48.75			
	150m: 1:45.46 500m: 6:00.48 850m: 10:18.61 1200m: 14:38.24 1550m: 19:02.69 1900m: 23:26.21			
	200m: 2:22.02 550m: 6:37.23 900m: 10:55.24 1250m: 15:15.72 1600m: 19:40.67 1950m: 24:03.42			
	250m: 2:58.84 600m: 7:13.95 950m: 11:32.08 1300m: 15:52.98 1650m: 20:18.35 2000m: 24:39.50			
	300m: 3:35.19 650m: 7:50.72 1000m: 12:08.81 1350m: 16:31.37 1700m: 20:56.42			
	350m: 4:11.61 700m: 8:27.57 1050m: 12:46.53 1400m: 17:09.90 1750m: 21:34.42			
4.	VADILLO ROMERO, Jorge	08	VALLE - C.D. El Valle	26:18.53
	50m: 35.77 400m: 5:07.76 750m: 9:45.61 1100m: 14:25.07 1450m: 19:03.84 1800m: 23:43.12			
	100m: 1:12.61 450m: 5:47.49 800m: 10:25.74 1150m: 15:04.87 1500m: 19:43.85 1850m: 24:22.61			
	150m: 1:50.68 500m: 6:27.09 850m: 11:05.13 1200m: 15:44.79 1550m: 20:23.90 1900m: 25:02.25			
	200m: 2:29.47 550m: 7:06.95 900m: 11:44.69 1250m: 16:24.66 1600m: 21:03.96 1950m: 25:40.80			
	250m: 3:08.35 600m: 7:46.67 950m: 12:24.43 1300m: 17:04.04 1650m: 21:43.75 2000m: 26:18.53			
	300m: 3:47.97 650m: 8:26.31 1000m: 13:04.89 1350m: 17:43.65 1700m: 22:23.78			
	350m: 4:27.92 700m: 9:06.07 1050m: 13:44.93 1400m: 18:23.93 1750m: 23:03.60			
5.	LLINARES CARDENAL, Alvaro	08	ALCOB - C.N. Alcobendas	26:48.90
	50m: 36.29 400m: 5:13.42 750m: 9:59.15 1100m: 14:44.44 1450m: 19:28.11 1800m: 24:08.72			
	100m: 1:14.61 450m: 5:53.69 800m: 10:39.40 1150m: 15:24.68 1500m: 20:08.50 1850m: 24:48.98			
	150m: 1:54.59 500m: 6:34.19 850m: 11:20.27 1200m: 16:05.40 1550m: 20:48.07 1900m: 25:29.41			
	200m: 2:34.18 550m: 7:14.97 900m: 12:00.96 1250m: 16:46.42 1600m: 21:28.09 1950m: 26:09.05			
	250m: 3:13.50 600m: 7:55.40 950m: 12:41.44 1300m: 17:26.67 1650m: 22:08.40 2000m: 26:48.90			
	300m: 3:53.67 650m: 8:36.72 1000m: 13:22.82 1350m: 18:07.40 1700m: 22:48.47			
	350m: 4:33.55 700m: 9:18.00 1050m: 14:03.13 1400m: 18:47.93 1750m: 23:28.39			

25 metros - cronometraje manual

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 1, Masc, 2000m Libre, INFANTIL MASCULINO LD FMN

Clas.	Nombre	Año	Club	Marca
6.	CARRACEDO ABEJON, Diego	09	SAFA - Safa Madrid	27:06.32
	50m: 34.50	400m: 5:12.72	750m: 9:55.80	1100m: 14:41.34
	100m: 1:11.74	450m: 5:53.11	800m: 10:36.08	1150m: 15:22.13
	150m: 1:50.77	500m: 6:33.62	850m: 11:16.76	1200m: 16:04.25
	200m: 2:31.06	550m: 7:14.31	900m: 11:57.62	1250m: 16:45.58
	250m: 3:11.19	600m: 7:55.03	950m: 12:38.96	1300m: 17:26.71
	300m: 3:51.60	650m: 8:35.71	1000m: 13:20.57	1350m: 18:08.34
	350m: 4:32.30	700m: 9:15.38	1050m: 14:01.14	1400m: 18:50.03
			1100m: 19:31.83	1450m: 19:31.83
			1150m: 20:13.80	1500m: 20:13.80
			1200m: 20:55.41	1550m: 20:55.41
			1250m: 21:37.06	1600m: 21:37.06
			1300m: 22:19.75	1650m: 22:19.75
			1350m: 23:00.78	1700m: 23:00.78
			1400m: 23:42.55	1750m: 23:42.55
			1450m: 24:24.08	1800m: 24:24.08
			1500m: 25:05.88	1850m: 25:05.88
			1550m: 25:46.41	1900m: 25:46.41
			1600m: 26:26.72	1950m: 26:26.72
			1650m: 27:06.32	2000m: 27:06.32
7.	OCAÑA MARTIN, Pedro	09	SAFA - Safa Madrid	28:09.31
	50m: 36.58	400m: 5:24.90	750m: 10:26.27	1100m: 15:23.70
	100m: 1:15.67	450m: 6:07.82	800m: 11:08.53	1150m: 16:06.83
	150m: 1:55.85	500m: 6:52.17	850m: 11:50.94	1200m: 16:48.76
	200m: 2:36.56	550m: 7:34.57	900m: 12:33.13	1250m: 17:30.80
	250m: 3:17.65	600m: 8:17.18	950m: 13:16.21	1300m: 18:13.08
	300m: 3:59.32	650m: 8:59.62	1000m: 13:58.58	1350m: 18:55.62
	350m: 4:41.92	700m: 9:42.90	1050m: 14:40.95	1400m: 19:39.20
			1100m: 20:22.32	1450m: 20:22.32
			1150m: 21:05.18	1500m: 21:05.18
			1200m: 21:47.84	1550m: 21:47.84
			1250m: 22:30.69	1600m: 22:30.69
			1300m: 23:13.91	1650m: 23:13.91
			1350m: 23:56.70	1700m: 23:56.70
			1400m: 24:39.12	1750m: 24:39.12
			1450m: 25:21.69	1800m: 25:21.69
			1500m: 26:06.00	1850m: 26:06.00
			1550m: 26:48.63	1900m: 26:48.63
			1600m: 27:29.67	1950m: 27:29.67
			1650m: 28:09.31	2000m: 28:09.31
8.	MENDEZ MENDEZ, Jose Andres	09	MIRAS - C.N. Mirasierra	28:09.47
	50m: 37.80	400m: 5:32.49	750m: 10:30.01	1100m: 15:26.07
	100m: 1:18.27	450m: 6:15.19	800m: 11:12.14	1150m: 16:08.98
	150m: 1:59.25	500m: 6:58.00	850m: 11:54.65	1200m: 16:51.51
	200m: 2:41.69	550m: 7:40.35	900m: 12:36.45	1250m: 17:33.97
	250m: 3:24.03	600m: 8:22.87	950m: 13:19.23	1300m: 18:16.71
	300m: 4:06.75	650m: 9:05.19	1000m: 14:01.66	1350m: 18:59.47
	350m: 4:50.00	700m: 9:47.44	1050m: 14:43.49	1400m: 19:41.99
			1100m: 20:24.07	1450m: 20:24.07
			1150m: 21:06.64	1500m: 21:06.64
			1200m: 21:49.06	1550m: 21:49.06
			1250m: 22:32.07	1600m: 22:32.07
			1300m: 23:14.87	1650m: 23:14.87
			1350m: 23:57.11	1700m: 23:57.11
			1400m: 24:40.00	1750m: 24:40.00
9.	BRAVO ALCALDE, Hugo	09	GSD - C.D. Gredos San Diego	28:26.69
	50m: 37.33	400m: 5:31.62	750m: 10:31.34	1100m: 15:33.65
	100m: 1:17.21	450m: 6:13.35	800m: 11:14.17	1150m: 16:14.99
	150m: 1:58.70	500m: 6:55.63	850m: 11:57.39	1200m: 16:58.97
	200m: 2:42.11	550m: 7:37.49	900m: 12:40.90	1250m: 17:41.29
	250m: 3:25.43	600m: 8:20.75	950m: 13:23.85	1300m: 18:24.13
	300m: 4:09.29	650m: 9:04.10	1000m: 14:06.91	1350m: 19:07.85
	350m: 4:51.66	700m: 9:47.92	1050m: 14:50.30	1400m: 19:51.62
			1100m: 20:35.38	1450m: 20:35.38
			1150m: 21:19.61	1500m: 21:19.61
			1200m: 22:02.77	1550m: 22:02.77
			1250m: 22:45.84	1600m: 22:45.84
			1300m: 23:29.85	1650m: 23:29.85
			1350m: 24:13.62	1700m: 24:13.62
			1400m: 24:57.27	1750m: 24:57.27
10.	NUÑEZ CALERO, Gabriel	09	MALVA - C.D.E. Malvar	29:57.29
	50m: 38.78	400m: 5:42.96	750m: 10:58.10	1100m: 16:15.72
	100m: 1:20.65	450m: 6:27.81	800m: 11:43.24	1150m: 17:01.42
	150m: 2:03.88	500m: 7:12.80	850m: 12:28.93	1200m: 17:47.35
	200m: 2:47.22	550m: 7:57.54	900m: 13:14.61	1250m: 18:33.37
	250m: 3:30.64	600m: 8:42.77	950m: 14:00.23	1300m: 19:19.10
	300m: 4:14.44	650m: 9:27.41	1000m: 14:45.99	1350m: 20:05.30
	350m: 4:58.35	700m: 10:12.86	1050m: 15:31.38	1400m: 20:51.12
			1100m: 21:37.58	1450m: 21:37.58
			1150m: 22:23.77	1500m: 22:23.77
			1200m: 23:09.51	1550m: 23:09.51
			1250m: 23:55.81	1600m: 23:55.81
			1300m: 24:41.61	1650m: 24:41.61
			1350m: 25:27.73	1700m: 25:27.73
			1400m: 26:13.46	1750m: 26:13.46

25 metros - cronometraje manual

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 2
10/12/2022

Fem, 2000m Libre

INFANTIL FEMENINO LD FMN
Resultados

Clas.	Nombre	Año	Club	Marca
1.	COSTA DE VICENTE, Sara	09	GSD - C.D. Gredos San Diego	24:28.22
	50m: 33.85	400m: 4:51.39	750m: 9:06.51	1100m: 13:23.04
	100m: 1:09.82	450m: 5:27.17	800m: 9:43.07	1150m: 14:00.16
	150m: 1:46.48	500m: 6:04.04	850m: 10:19.78	1200m: 14:37.36
	200m: 2:23.29	550m: 6:40.38	900m: 10:56.90	1250m: 15:13.80
	250m: 2:59.97	600m: 7:17.13	950m: 11:33.35	1300m: 15:51.10
	300m: 3:36.71	650m: 7:53.64	1000m: 12:10.32	1350m: 16:28.27
	350m: 4:13.84	700m: 8:30.25	1050m: 12:46.64	1400m: 17:05.07
			1450m: 17:42.59	1450m: 17:42.59
			1500m: 18:19.77	1500m: 18:19.77
			1550m: 18:56.34	1550m: 18:56.34
			1600m: 19:33.66	1600m: 19:33.66
			1650m: 20:10.48	1650m: 20:10.48
			1700m: 20:47.96	1700m: 20:47.96
			1750m: 21:25.38	1750m: 21:25.38
2.	RECUERO DIAZ, Laura	08	GSD - C.D. Gredos San Diego	25:07.21
	50m: 35.07	400m: 4:54.12	750m: 9:16.61	1100m: 13:41.82
	100m: 1:11.30	450m: 5:32.01	800m: 9:53.90	1150m: 14:19.61
	150m: 1:48.25	500m: 6:09.39	850m: 10:31.46	1200m: 14:57.59
	200m: 2:25.19	550m: 6:47.09	900m: 11:09.52	1250m: 15:36.01
	250m: 3:02.32	600m: 7:24.42	950m: 11:47.56	1300m: 16:14.27
	300m: 3:39.72	650m: 8:02.05	1000m: 12:25.83	1350m: 16:52.89
	350m: 4:16.78	700m: 8:39.31	1050m: 13:04.06	1400m: 17:30.82
			1450m: 18:09.30	1450m: 18:09.30
			1500m: 18:47.73	1500m: 18:47.73
			1550m: 19:25.70	1550m: 19:25.70
			1600m: 20:03.39	1600m: 20:03.39
			1650m: 20:41.63	1650m: 20:41.63
			1700m: 21:19.81	1700m: 21:19.81
			1750m: 21:58.21	1750m: 21:58.21
3.	ALVAREZ FERNANDEZ, Cecilia	09	CANOE - Real Canoe N.C.	25:32.64
	50m: 37.43	400m: 5:05.57	750m: 9:31.09	1100m: 13:58.88
	100m: 1:15.46	450m: 5:43.26	800m: 10:09.28	1150m: 14:37.68
	150m: 1:53.64	500m: 6:21.05	850m: 10:47.37	1200m: 15:16.87
	200m: 2:31.78	550m: 6:59.05	900m: 11:25.58	1250m: 15:55.30
	250m: 3:10.27	600m: 7:36.90	950m: 12:03.77	1300m: 16:33.91
	300m: 3:48.84	650m: 8:14.81	1000m: 12:42.11	1350m: 17:12.52
	350m: 4:27.31	700m: 8:52.92	1050m: 13:20.40	1400m: 17:50.76
			1450m: 18:29.52	1450m: 18:29.52
			1500m: 19:08.09	1500m: 19:08.09
			1550m: 19:46.62	1550m: 19:46.62
			1600m: 20:25.40	1600m: 20:25.40
			1650m: 21:04.25	1650m: 21:04.25
			1700m: 21:42.30	1700m: 21:42.30
			1750m: 22:21.45	1750m: 22:21.45
4.	LLEDO PADOVA, Alicia	08	CANOE - Real Canoe N.C.	25:32.73
	50m: 37.31	400m: 5:02.29	750m: 9:25.41	1100m: 13:51.14
	100m: 1:14.86	450m: 5:39.95	800m: 10:03.06	1150m: 14:29.64
	150m: 1:52.45	500m: 6:17.52	850m: 10:40.61	1200m: 15:08.42
	200m: 2:30.76	550m: 6:55.28	900m: 11:18.45	1250m: 15:46.98
	250m: 3:08.64	600m: 7:33.02	950m: 11:56.42	1300m: 16:25.52
	300m: 3:46.65	650m: 8:10.31	1000m: 12:34.61	1350m: 17:04.35
	350m: 4:24.50	700m: 8:47.89	1050m: 13:12.91	1400m: 17:43.18
			1450m: 18:22.20	1450m: 18:22.20
			1500m: 19:01.41	1500m: 19:01.41
			1550m: 19:40.59	1550m: 19:40.59
			1600m: 20:19.90	1600m: 20:19.90
			1650m: 20:59.03	1650m: 20:59.03
			1700m: 21:38.25	1700m: 21:38.25
			1750m: 22:17.63	1750m: 22:17.63
5.	MEZQUITA REQUENA, Claudia	08	MOSCA - C.N. Madrid Moscardo	25:45.08
	50m: 36.45	400m: 5:05.69	750m: 9:35.53	1100m: 14:06.33
	100m: 1:13.92	450m: 5:43.79	800m: 10:14.00	1150m: 14:45.08
	150m: 1:52.65	500m: 6:22.44	850m: 10:52.69	1200m: 15:24.13
	200m: 2:31.34	550m: 7:01.08	900m: 11:31.49	1250m: 16:02.96
	250m: 3:09.90	600m: 7:40.18	950m: 12:10.34	1300m: 16:41.83
	300m: 3:48.38	650m: 8:18.32	1000m: 12:48.98	1350m: 17:21.16
	350m: 4:26.95	700m: 8:56.91	1050m: 13:27.55	1400m: 18:00.55
			1450m: 18:39.61	1450m: 18:39.61
			1500m: 19:18.85	1500m: 19:18.85
			1550m: 19:57.66	1550m: 19:57.66
			1600m: 20:36.75	1600m: 20:36.75
			1650m: 21:16.61	1650m: 21:16.61
			1700m: 21:56.17	1700m: 21:56.17
			1750m: 22:35.77	1750m: 22:35.77

25 metros - cronometraje manual

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 2, Fem, 2000m Libre, INFANTIL FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca
6.	DE LA CALLE IBAÑEZ, Isabel	09	CANOE - Real Canoe N.C.	25:56.82
	50m: 37.31	400m: 5:06.46	750m: 9:40.07	1100m: 14:13.13
	100m: 1:15.17	450m: 5:45.31	800m: 10:19.12	1150m: 14:52.48
	150m: 1:53.25	500m: 6:24.53	850m: 10:57.34	1200m: 15:31.61
	200m: 2:31.43	550m: 7:03.37	900m: 11:36.01	1250m: 16:11.02
	250m: 3:10.06	600m: 7:42.71	950m: 12:15.49	1300m: 16:50.39
	300m: 3:48.62	650m: 8:21.72	1000m: 12:54.79	1350m: 17:29.67
	350m: 4:27.81	700m: 9:00.98	1050m: 13:34.10	1400m: 18:09.08
			1450m: 18:48.37	1450m: 18:48.37
			1500m: 19:26.98	1500m: 19:26.98
			1550m: 20:06.53	1550m: 20:06.53
			1600m: 20:45.87	1600m: 20:45.87
			1650m: 21:25.41	1650m: 21:25.41
			1700m: 22:04.92	1700m: 22:04.92
			1750m: 22:44.57	1750m: 22:44.57
			1800m: 23:23.85	1800m: 23:23.85
			1850m: 24:02.78	1850m: 24:02.78
			1900m: 24:42.03	1900m: 24:42.03
			1950m: 25:20.24	1950m: 25:20.24
			2000m: 25:56.82	2000m: 25:56.82
7.	TIBACU, Izabela Andreea	09	GSD - C.D. Gredos San Diego	26:05.19
	50m: 36.84	400m: 5:07.31	750m: 9:38.91	1100m: 14:15.09
	100m: 1:14.93	450m: 5:46.05	800m: 10:18.20	1150m: 14:54.94
	150m: 1:53.37	500m: 6:24.80	850m: 10:57.56	1200m: 15:35.07
	200m: 2:32.19	550m: 7:03.76	900m: 11:36.76	1250m: 16:15.07
	250m: 3:11.10	600m: 7:42.69	950m: 12:16.22	1300m: 16:54.42
	300m: 3:49.53	650m: 8:21.51	1000m: 12:55.74	1350m: 17:33.93
	350m: 4:28.23	700m: 9:00.10	1050m: 13:35.41	1400m: 18:13.38
			1450m: 18:53.05	1450m: 18:53.05
			1500m: 19:32.41	1500m: 19:32.41
			1550m: 20:11.64	1550m: 20:11.64
			1600m: 20:51.04	1600m: 20:51.04
			1650m: 21:30.39	1650m: 21:30.39
			1700m: 22:09.63	1700m: 22:09.63
			1750m: 22:48.98	1750m: 22:48.98
			1800m: 23:28.44	1800m: 23:28.44
			1850m: 24:07.89	1850m: 24:07.89
			1900m: 24:47.27	1900m: 24:47.27
			1950m: 25:26.61	1950m: 25:26.61
			2000m: 26:05.19	2000m: 26:05.19
8.	BARRIOS RUBIA, Paula	09	MOSTO - A.D.N. Mostoles	26:11.75
	50m: 37.19	400m: 5:10.32	750m: 9:45.07	1100m: 14:21.14
	100m: 1:15.79	450m: 5:49.77	800m: 10:24.25	1150m: 15:01.04
	150m: 1:54.68	500m: 6:28.84	850m: 11:03.34	1200m: 15:40.46
	200m: 2:33.71	550m: 7:07.88	900m: 11:43.07	1250m: 16:20.06
	250m: 3:13.25	600m: 7:47.15	950m: 12:22.29	1300m: 16:59.49
	300m: 3:52.36	650m: 8:26.39	1000m: 13:01.97	1350m: 17:39.10
	350m: 4:31.20	700m: 9:05.69	1050m: 13:41.31	1400m: 18:19.12
			1450m: 18:58.74	1450m: 18:58.74
			1500m: 19:38.58	1500m: 19:38.58
			1550m: 20:18.42	1550m: 20:18.42
			1600m: 20:58.51	1600m: 20:58.51
			1650m: 21:38.61	1650m: 21:38.61
			1700m: 22:18.61	1700m: 22:18.61
			1750m: 22:58.40	1750m: 22:58.40
			1800m: 23:37.81	1800m: 23:37.81
			1850m: 24:17.05	1850m: 24:17.05
			1900m: 24:56.42	1900m: 24:56.42
			1950m: 25:34.91	1950m: 25:34.91
			2000m: 26:11.75	2000m: 26:11.75
9.	INFANTES GARAY, Lucia	08	VALLE - C.D. El Valle	26:12.07
	50m: 37.45	400m: 5:09.82	750m: 9:45.08	1100m: 14:20.94
	100m: 1:15.58	450m: 5:49.29	800m: 10:24.02	1150m: 15:00.61
	150m: 1:54.49	500m: 6:28.34	850m: 11:03.60	1200m: 15:40.83
	200m: 2:33.53	550m: 7:07.33	900m: 11:42.68	1250m: 16:19.90
	250m: 3:12.64	600m: 7:47.08	950m: 12:22.20	1300m: 16:59.87
	300m: 3:51.73	650m: 8:26.22	1000m: 13:01.87	1350m: 17:38.97
	350m: 4:30.47	700m: 9:05.68	1050m: 13:41.48	1400m: 18:19.09
			1450m: 18:58.81	1450m: 18:58.81
			1500m: 19:38.44	1500m: 19:38.44
			1550m: 20:18.23	1550m: 20:18.23
			1600m: 20:58.26	1600m: 20:58.26
			1650m: 21:38.52	1650m: 21:38.52
			1700m: 22:18.33	1700m: 22:18.33
			1750m: 22:58.47	1750m: 22:58.47
			1800m: 23:37.91	1800m: 23:37.91
			1850m: 24:17.54	1850m: 24:17.54
			1900m: 24:56.09	1900m: 24:56.09
			1950m: 25:36.19	1950m: 25:36.19
			2000m: 26:12.07	2000m: 26:12.07
10.	PEREZ RODRIGUEZ, Irene	08	LEGAN - C.N. Leganes	26:13.64
	50m: 37.99	400m: 5:09.57	750m: 9:43.97	1100m: 14:20.52
	100m: 1:16.07	450m: 5:48.55	800m: 10:23.46	1150m: 15:00.17
	150m: 1:54.63	500m: 6:27.57	850m: 11:02.85	1200m: 15:39.59
	200m: 2:33.58	550m: 7:06.77	900m: 11:42.47	1250m: 16:19.11
	250m: 3:12.42	600m: 7:45.96	950m: 12:21.92	1300m: 16:58.43
	300m: 3:51.47	650m: 8:25.17	1000m: 13:01.42	1350m: 17:38.33
	350m: 4:30.54	700m: 9:04.44	1050m: 13:41.00	1400m: 18:18.10
			1450m: 18:58.18	1450m: 18:58.18
			1500m: 19:38.50	1500m: 19:38.50
			1550m: 20:18.60	1550m: 20:18.60
			1600m: 20:57.97	1600m: 20:57.97
			1650m: 21:37.59	1650m: 21:37.59
			1700m: 22:17.52	1700m: 22:17.52
			1750m: 22:57.53	1750m: 22:57.53
			1800m: 23:37.06	1800m: 23:37.06
			1850m: 24:16.48	1850m: 24:16.48
			1900m: 24:56.17	1900m: 24:56.17
			1950m: 25:35.46	1950m: 25:35.46
			2000m: 26:13.64	2000m: 26:13.64

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**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 3
10/12/2022

Masc., 3000m Libre

16 años y mayores
Resultados

Clas.	Nombre	Año	Club	Marca
JUNIOR MASCULINO LD FMN				
1.	DÍEZ CANO, Isaac	06	VALLE - C.D. El Valle	33:16.70
	50m: 30.21	550m: 6:00.17	1050m: 11:33.37	1550m: 17:06.51
	100m: 1:02.15	600m: 6:33.76	1100m: 12:06.76	1600m: 17:40.05
	150m: 1:35.00	650m: 7:06.85	1150m: 12:40.40	1650m: 18:13.54
	200m: 2:07.94	700m: 7:40.34	1200m: 13:13.52	1700m: 18:47.29
	250m: 2:40.95	750m: 8:13.71	1250m: 13:46.80	1750m: 19:20.97
	300m: 3:14.07	800m: 8:47.04	1300m: 14:19.81	1800m: 19:54.50
	350m: 3:47.27	850m: 9:20.62	1350m: 14:53.02	1850m: 20:28.18
	400m: 4:20.30	900m: 9:53.90	1400m: 15:26.54	1900m: 21:02.18
	450m: 4:53.65	950m: 10:27.10	1450m: 15:59.84	1950m: 21:35.94
	500m: 5:27.20	1000m: 11:00.53	1500m: 16:33.19	2000m: 22:09.28
				2050m: 22:42.48
				2100m: 23:16.17
				2150m: 23:49.81
				2200m: 24:23.19
				2250m: 24:56.71
				2300m: 25:30.28
				2350m: 26:03.61
				2400m: 26:37.40
				2450m: 27:10.81
				2500m: 27:44.10
				2550m: 28:17.22
				2600m: 28:50.68
				2650m: 29:24.37
				2700m: 29:57.93
				2750m: 30:31.42
				2800m: 31:04.93
				2850m: 31:38.09
				2900m: 32:11.89
				2950m: 32:45.03
				3000m: 33:16.70
2.	MARTÍNEZ SANZ, Sergio	06	VALLE - C.D. El Valle	33:58.42
	50m: 32.14	550m: 6:16.71	1050m: 12:01.45	1550m: 17:36.77
	100m: 1:05.29	600m: 6:51.79	1100m: 12:35.23	1600m: 18:09.51
	150m: 1:39.22	650m: 7:26.52	1150m: 13:09.26	1650m: 18:42.83
	200m: 2:13.91	700m: 8:00.87	1200m: 13:43.12	1700m: 19:16.28
	250m: 2:48.00	750m: 8:35.71	1250m: 14:16.27	1750m: 19:50.03
	300m: 3:22.64	800m: 9:10.86	1300m: 14:50.00	1800m: 20:24.04
	350m: 3:57.19	850m: 9:45.51	1350m: 15:23.55	1850m: 20:58.26
	400m: 4:32.10	900m: 10:19.82	1400m: 15:56.53	1900m: 21:32.15
	450m: 5:06.94	950m: 10:53.97	1450m: 16:30.18	1950m: 22:05.82
	500m: 5:41.89	1000m: 11:27.96	1500m: 17:03.42	2000m: 22:40.11
				2050m: 23:14.10
				2100m: 23:48.38
				2150m: 24:21.71
				2200m: 24:55.32
				2250m: 25:29.16
				2300m: 26:03.24
				2350m: 26:37.05
				2400m: 27:10.81
				2450m: 27:44.10
				2500m: 28:17.16
				2550m: 28:50.51
				2600m: 29:25.12
				2650m: 29:59.51
				2700m: 30:33.59
				2750m: 31:08.32
				2800m: 31:42.91
				2850m: 32:17.26
				2900m: 32:51.71
				2950m: 33:26.03
				3000m: 33:58.42
3.	LÓPEZ DÍAZ, Antonio Luis	05	GSD - C.D. Gredos San Diego	34:18.87
	50m: 30.75	550m: 6:06.89	1050m: 11:51.02	1550m: 17:36.40
	100m: 1:03.07	600m: 6:41.20	1100m: 12:25.43	1600m: 18:11.10
	150m: 1:36.01	650m: 7:15.52	1150m: 12:59.67	1650m: 18:45.37
	200m: 2:09.52	700m: 7:50.04	1200m: 13:33.99	1700m: 19:20.04
	250m: 2:43.04	750m: 8:23.98	1250m: 14:08.66	1750m: 19:54.62
	300m: 3:16.67	800m: 8:57.82	1300m: 14:43.67	1800m: 20:29.07
	350m: 3:50.36	850m: 9:32.10	1350m: 15:18.04	1850m: 21:03.49
	400m: 4:24.57	900m: 10:06.75	1400m: 15:53.05	1900m: 21:38.15
	450m: 4:58.53	950m: 10:41.45	1450m: 16:27.37	1950m: 22:12.83
	500m: 5:32.69	1000m: 11:16.20	1500m: 17:02.04	2000m: 22:47.66
				2050m: 23:21.88
				2100m: 23:56.48
				2150m: 24:31.26
				2200m: 25:05.96
				2250m: 25:40.90
				2300m: 26:15.73
				2350m: 26:50.17
				2400m: 27:25.06
				2450m: 27:59.83
				2500m: 28:34.86
				2550m: 29:09.37
				2600m: 29:44.00
				2650m: 30:18.06
				2700m: 30:53.26
				2750m: 31:27.84
				2800m: 32:02.70
				2850m: 32:37.16
				2900m: 33:11.91
				2950m: 33:46.27
				3000m: 34:18.87

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**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 3, Masc., 3000m Libre, JUNIOR MASCULINO LD FMN

Clas.	Nombre	Año	Club	Marca
4.	ALVAREZ GONZALEZ, Unai	07	GSD - C.D. Gredos San Diego	34:50.54
	50m: 31.28	550m: 6:06.91	1050m: 11:51.44	1550m: 17:39.24
	100m: 1:03.85	600m: 6:41.28	1100m: 12:25.92	1600m: 18:15.20
	150m: 1:37.03	650m: 7:15.65	1150m: 13:00.18	1650m: 18:51.11
	200m: 2:10.27	700m: 7:50.13	1200m: 13:34.83	1700m: 19:26.60
	250m: 2:43.87	750m: 8:24.26	1250m: 14:09.50	1750m: 20:02.65
	300m: 3:17.45	800m: 8:58.36	1300m: 14:44.17	1800m: 20:38.60
	350m: 3:51.19	850m: 9:32.35	1350m: 15:18.83	1850m: 21:14.49
	400m: 4:24.92	900m: 10:07.11	1400m: 15:53.89	1900m: 21:50.62
	450m: 4:58.94	950m: 10:41.73	1450m: 16:28.82	1950m: 22:26.89
	500m: 5:32.82	1000m: 11:16.74	1500m: 17:03.97	2000m: 23:02.73
				2050m: 23:38.74
				2100m: 24:14.75
				2150m: 24:50.94
				2200m: 25:25.84
				2250m: 26:01.23
				2300m: 26:37.20
				2350m: 27:11.63
				2400m: 27:46.49
				2450m: 28:22.30
				2500m: 28:58.37
				2550m: 29:33.34
				2600m: 30:08.80
				2650m: 30:44.35
				2700m: 31:20.25
				2750m: 31:55.52
				2800m: 32:31.54
				2850m: 33:07.31
				2900m: 33:42.57
				2950m: 34:17.41
				3000m: 34:50.54
5.	ROMERO VARAS, Carlos	06	GSD - C.D. Gredos San Diego	35:08.29
	50m: 32.56	550m: 6:21.75	1050m: 12:13.13	1550m: 18:05.91
	100m: 1:06.17	600m: 6:57.13	1100m: 12:48.19	1600m: 18:41.45
	150m: 1:41.00	650m: 7:31.96	1150m: 13:23.29	1650m: 19:16.38
	200m: 2:15.95	700m: 8:06.83	1200m: 13:58.52	1700m: 19:51.30
	250m: 2:50.86	750m: 8:41.88	1250m: 14:33.79	1750m: 20:26.82
	300m: 3:25.86	800m: 9:17.48	1300m: 15:09.07	1800m: 21:02.71
	350m: 4:00.73	850m: 9:52.57	1350m: 15:44.38	1850m: 21:38.18
	400m: 4:35.55	900m: 10:27.69	1400m: 16:19.61	1900m: 22:13.93
	450m: 5:10.87	950m: 11:02.89	1450m: 16:55.06	1950m: 22:49.37
	500m: 5:46.48	1000m: 11:38.12	1500m: 17:30.50	2000m: 23:24.91
				2050m: 24:00.42
				2100m: 24:35.86
				2150m: 25:11.28
				2200m: 25:46.74
				2250m: 26:22.26
				2300m: 26:57.68
				2350m: 27:32.88
				2400m: 28:08.47
				2450m: 28:43.97
				2500m: 29:19.07
				2550m: 29:54.39
				2600m: 30:29.88
				2650m: 31:05.25
				2700m: 31:40.35
				2750m: 32:15.52
				2800m: 32:50.75
				2850m: 33:25.81
				2900m: 34:01.19
				2950m: 34:35.90
				3000m: 35:08.29
6.	LOPEZ QUINTERO, Serjio	06	GSD - C.D. Gredos San Diego	35:08.92
	50m: 32.43	550m: 6:17.82	1050m: 12:13.32	1550m: 18:08.41
	100m: 1:06.61	600m: 6:52.97	1100m: 12:48.30	1600m: 18:43.92
	150m: 1:41.25	650m: 7:28.59	1150m: 13:23.45	1650m: 19:19.36
	200m: 2:15.91	700m: 8:03.81	1200m: 13:59.47	1700m: 19:54.34
	250m: 2:50.41	750m: 8:39.48	1250m: 14:34.94	1750m: 20:29.53
	300m: 3:24.95	800m: 9:14.99	1300m: 15:10.89	1800m: 21:04.54
	350m: 3:59.81	850m: 9:50.46	1350m: 15:47.19	1850m: 21:39.93
	400m: 4:34.23	900m: 10:26.07	1400m: 16:21.71	1900m: 22:15.91
	450m: 5:08.89	950m: 11:01.74	1450m: 16:56.67	1950m: 22:50.95
	500m: 5:43.55	1000m: 11:37.41	1500m: 17:32.66	2000m: 23:26.17
				2050m: 24:02.08
				2100m: 24:37.36
				2150m: 25:12.22
				2200m: 25:48.28
				2250m: 26:23.61
				2300m: 26:58.97
				2350m: 27:34.41
				2400m: 28:09.86
				2450m: 28:45.41
				2500m: 29:20.66
				2550m: 29:55.64
				2600m: 30:30.80
				2650m: 31:05.70
				2700m: 31:40.80
				2750m: 32:15.42
				2800m: 32:50.41
				2850m: 33:24.92
				2900m: 33:59.09
				2950m: 34:34.51
				3000m: 35:08.92
7.	GARNICA ESCALANTE, Luis David	07	LEGAN - C.N. Leganes	36:30.98
	50m: 32.66	550m: 6:32.40	1050m: 12:35.49	1550m: 18:43.79
	100m: 1:07.05	600m: 7:08.53	1100m: 13:12.21	1600m: 19:20.19
	150m: 1:42.39	650m: 7:44.81	1150m: 13:48.92	1650m: 19:56.32
	200m: 2:18.16	700m: 8:21.77	1200m: 14:25.31	1700m: 20:32.89
	250m: 2:54.19	750m: 8:57.78	1250m: 15:02.15	1750m: 21:09.71
	300m: 3:30.19	800m: 9:33.71	1300m: 15:39.01	1800m: 21:46.97
	350m: 4:06.76	850m: 10:09.87	1350m: 16:15.80	1850m: 22:23.71
	400m: 4:43.41	900m: 10:45.70	1400m: 16:52.50	1900m: 23:00.63
	450m: 5:19.19	950m: 11:22.31	1450m: 17:29.59	1950m: 23:37.19
	500m: 5:55.74	1000m: 11:58.94	1500m: 18:06.62	2000m: 24:13.89
				2050m: 24:50.67
				2100m: 25:26.76
				2150m: 26:04.18
				2200m: 26:41.12
				2250m: 27:18.06
				2300m: 27:54.57
				2350m: 28:31.44
				2400m: 29:08.63
				2450m: 29:45.72
				2500m: 30:22.09
				2550m: 30:58.90
				2600m: 31:36.22
				2650m: 32:13.58
				2700m: 32:50.63
				2750m: 33:28.62
				2800m: 34:05.73
				2850m: 34:42.51
				2900m: 35:18.54
				2950m: 35:54.70
				3000m: 36:30.98

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XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022

Prueba 3, Masc., 3000m Libre, JUNIOR MASCULINO LD FMN

Clas.	Nombre	Año	Club	Marca
8.	DE CASTRO CATIVIELA, Eneko	05	ALCOB - C.N. Alcobendas	36:36.45
	50m: 33.71	550m: 6:30.97	1050m: 12:36.20	1550m: 18:42.05
	100m: 1:07.87	600m: 7:07.50	1100m: 13:12.61	1600m: 19:18.58
	150m: 1:43.11	650m: 7:43.80	1150m: 13:48.97	1650m: 19:55.42
	200m: 2:18.76	700m: 8:20.34	1200m: 14:25.49	1700m: 20:32.12
	250m: 2:54.53	750m: 8:56.75	1250m: 15:01.89	1750m: 21:08.83
	300m: 3:30.09	800m: 9:33.26	1300m: 15:38.34	1800m: 21:45.91
	350m: 4:06.06	850m: 10:09.81	1350m: 16:15.14	1850m: 22:22.43
	400m: 4:41.90	900m: 10:46.46	1400m: 16:51.82	1900m: 22:59.41
	450m: 5:17.99	950m: 11:23.15	1450m: 17:28.94	1950m: 23:36.60
	500m: 5:54.59	1000m: 11:59.72	1500m: 18:05.66	2000m: 24:13.62
				2050m: 24:50.85
				2100m: 25:27.40
				2150m: 26:04.59
				2200m: 26:41.49
				2250m: 27:18.13
				2300m: 27:55.48
				2350m: 28:33.00
				2400m: 29:10.37
				2450m: 29:47.86
				2500m: 30:24.91
				2550m: 31:02.40
				2600m: 31:39.66
				2650m: 32:17.09
				2700m: 32:54.26
				2750m: 33:31.35
				2800m: 34:08.39
				2850m: 34:45.69
				2900m: 35:22.82
				2950m: 35:59.78
				3000m: 36:36.45
9.	PIQUERAS MIGUEL, Pedro Manuel	06	COSLA - C.N. Coslada	37:01.25
	50m: 34.30	550m: 6:37.59	1050m: 12:50.52	1550m: 19:03.87
	100m: 1:09.68	600m: 7:14.61	1100m: 13:28.00	1600m: 19:41.16
	150m: 1:45.20	650m: 7:51.12	1150m: 14:04.99	1650m: 20:18.38
	200m: 2:21.19	700m: 8:28.13	1200m: 14:41.74	1700m: 20:55.83
	250m: 2:57.75	750m: 9:05.15	1250m: 15:19.37	1750m: 21:33.19
	300m: 3:34.43	800m: 9:42.91	1300m: 15:56.78	1800m: 22:10.95
	350m: 4:11.07	850m: 10:20.39	1350m: 16:34.20	1850m: 22:48.04
	400m: 4:47.54	900m: 10:57.85	1400m: 17:11.59	1900m: 23:25.91
	450m: 5:24.32	950m: 11:35.55	1450m: 17:49.06	1950m: 24:03.36
	500m: 6:00.87	1000m: 12:13.48	1500m: 18:26.38	2000m: 24:40.61
				2050m: 25:18.35
				2100m: 25:55.54
				2150m: 26:32.30
				2200m: 27:09.01
				2250m: 27:46.14
				2300m: 28:23.38
				2350m: 29:00.76
				2400m: 29:37.98
				2450m: 30:15.06
				2500m: 30:52.88
				2550m: 31:29.73
				2600m: 32:06.76
				2650m: 32:44.51
				2700m: 33:21.57
				2750m: 33:58.53
				2800m: 34:35.40
				2850m: 35:12.66
				2900m: 35:49.44
				2950m: 36:25.80
				3000m: 37:01.25
10.	ROJO GOMARA, Hector	06	ALCOB - C.N. Alcobendas	38:04.48
	50m: 36.44	550m: 7:02.20	1050m: 13:18.29	1550m: 19:25.39
	100m: 1:13.91	600m: 7:40.05	1100m: 13:55.32	1600m: 20:02.01
	150m: 1:52.77	650m: 8:17.74	1150m: 14:32.66	1650m: 20:38.50
	200m: 2:31.64	700m: 8:56.12	1200m: 15:09.41	1700m: 21:14.40
	250m: 3:10.17	750m: 9:34.41	1250m: 15:46.28	1750m: 21:50.64
	300m: 3:49.16	800m: 10:12.33	1300m: 16:22.89	1800m: 22:27.12
	350m: 4:28.02	850m: 10:50.18	1350m: 16:59.76	1850m: 23:04.04
	400m: 5:07.09	900m: 11:27.53	1400m: 17:36.33	1900m: 23:40.61
	450m: 5:46.44	950m: 12:05.42	1450m: 18:13.14	1950m: 24:17.73
	500m: 6:25.22	1000m: 12:41.70	1500m: 18:49.63	2000m: 24:53.80
				2050m: 25:30.56
				2100m: 26:07.32
				2150m: 26:43.18
				2200m: 27:19.59
				2250m: 27:56.02
				2300m: 28:33.65
				2350m: 29:11.03
				2400m: 29:48.32
				2450m: 30:25.54
				2500m: 31:02.75
				2550m: 31:40.49
				2600m: 32:19.38
				2650m: 32:59.56
				2700m: 33:42.07
				2750m: 34:25.78
				2800m: 35:08.13
				2850m: 35:49.92
				2900m: 36:31.91
				2950m: 37:08.46
				3000m: 38:04.48
11.	VELASCO RIOS, Mario	07	ALCOB - C.N. Alcobendas	38:14.28
	50m: 35.04	550m: 6:47.91	1050m: 13:07.62	1550m: 19:35.18
	100m: 1:11.23	600m: 7:25.36	1100m: 13:46.09	1600m: 20:14.31
	150m: 1:48.25	650m: 8:02.71	1150m: 14:25.11	1650m: 20:53.00
	200m: 2:25.45	700m: 8:40.50	1200m: 15:03.73	1700m: 21:31.70
	250m: 3:03.29	750m: 9:18.19	1250m: 15:41.78	1750m: 22:11.39
	300m: 3:40.34	800m: 9:56.32	1300m: 16:20.53	1800m: 22:49.58
	350m: 4:17.66	850m: 10:34.45	1350m: 16:59.37	1850m: 23:28.50
	400m: 4:55.58	900m: 11:12.65	1400m: 17:38.43	1900m: 24:06.98
	450m: 5:33.32	950m: 11:51.38	1450m: 18:16.41	1950m: 24:46.28
	500m: 6:10.23	1000m: 12:29.75	1500m: 18:56.16	2000m: 25:26.10
				2050m: 26:05.28
				2100m: 26:43.64
				2150m: 27:22.49
				2200m: 28:01.33
				2250m: 28:40.22
				2300m: 29:18.27
				2350m: 29:57.39
				2400m: 30:37.16
				2450m: 31:14.87
				2500m: 31:53.30
				2550m: 32:31.70
				2600m: 33:11.02
				2650m: 33:48.79
				2700m: 34:27.72
				2750m: 35:07.17
				2800m: 35:46.27
				2850m: 36:23.85
				2900m: 37:01.33
				2950m: 37:39.35
				3000m: 38:14.28

25 metros - cronometraje manual

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022****Prueba 3, Masc., 3000m Libre, JUNIOR MASCULINO LD FMN**

Clas.	Nombre	Año	Club	Marca
DQ	GUEVARA RODRÍGUEZ, Ignacio	07	MIRAS - C.N. Mirasierra	
DQ	MANZANARES MARTÍNEZ, Hugo	07	VALLE - C.D. El Valle	
BAJA	CASTELLÓ BLASCO, Erik	06	SBLAS - C.N. San Blas	
BAJA	AGÜERO MONTERO, Javier	04	MIRAS - C.N. Mirasierra	

SENIOR MASCULINO LD FMN

1.	ALCOLADO DURANGO, David	90	MOSCA - C.N. Madrid Moscardo	33:42.23							
50m:	32.15	550m:	6:11.11	1050m:	11:50.98	1550m:	17:27.69	2050m:	23:04.15	2550m:	28:41.36
100m:	1:05.56	600m:	6:45.16	1100m:	12:24.75	1600m:	18:01.19	2100m:	23:38.00	2600m:	29:14.78
150m:	1:39.17	650m:	7:19.23	1150m:	12:58.71	1650m:	18:34.99	2150m:	24:11.85	2650m:	29:48.34
200m:	2:13.22	700m:	7:53.16	1200m:	13:32.40	1700m:	19:08.75	2200m:	24:46.01	2700m:	30:22.01
250m:	2:47.17	750m:	8:27.32	1250m:	14:06.14	1750m:	19:42.44	2250m:	25:19.62	2750m:	30:55.46
300m:	3:21.37	800m:	9:01.26	1300m:	14:39.98	1800m:	20:16.13	2300m:	25:53.40	2800m:	31:29.07
350m:	3:55.50	850m:	9:35.46	1350m:	15:13.70	1850m:	20:49.66	2350m:	26:27.33	2850m:	32:02.45
400m:	4:29.50	900m:	10:09.58	1400m:	15:47.08	1900m:	21:23.47	2400m:	27:00.91	2900m:	32:35.89
450m:	5:03.41	950m:	10:43.27	1450m:	16:20.78	1950m:	21:56.95	2450m:	27:34.32	2950m:	33:09.52
500m:	5:37.36	1000m:	11:17.19	1500m:	16:54.25	2000m:	22:30.52	2500m:	28:07.80	3000m:	33:42.23

2.	MUÑOZ MEJUTO, Angel	96	MOSCA - C.N. Madrid Moscardo	34:00.11							
50m:	32.66	550m:	6:10.06	1050m:	11:49.33	1550m:	17:28.92	2050m:	23:08.63	2550m:	28:52.70
100m:	1:05.82	600m:	6:43.92	1100m:	12:23.26	1600m:	18:02.79	2100m:	23:43.20	2600m:	29:27.13
150m:	1:39.40	650m:	7:17.76	1150m:	12:57.39	1650m:	18:36.54	2150m:	24:17.53	2650m:	30:01.97
200m:	2:13.23	700m:	7:51.70	1200m:	13:31.13	1700m:	19:10.67	2200m:	24:52.12	2700m:	30:36.14
250m:	2:47.13	750m:	8:25.41	1250m:	14:05.08	1750m:	19:44.72	2250m:	25:26.04	2750m:	31:10.58
300m:	3:20.98	800m:	8:59.57	1300m:	14:39.11	1800m:	20:18.64	2300m:	26:00.42	2800m:	31:44.65
350m:	3:54.94	850m:	9:33.85	1350m:	15:13.11	1850m:	20:52.69	2350m:	26:34.91	2850m:	32:18.92
400m:	4:28.78	900m:	10:07.85	1400m:	15:47.32	1900m:	21:26.76	2400m:	27:09.46	2900m:	32:53.12
450m:	5:02.45	950m:	10:41.79	1450m:	16:21.12	1950m:	22:00.99	2450m:	27:44.40	2950m:	33:27.18
500m:	5:36.22	1000m:	11:15.53	1500m:	16:55.02	2000m:	22:34.81	2500m:	28:18.84	3000m:	34:00.11

3.	IZAGUIRRE GARCIA, Francisco Javier	92	MOSCA - C.N. Madrid Moscardo	35:23.25							
50m:	34.72	550m:	6:29.41	1050m:	12:23.57	1550m:	18:17.26	2050m:	24:10.98	2550m:	30:05.84
100m:	1:09.54	600m:	7:04.93	1100m:	12:58.89	1600m:	18:52.49	2100m:	24:46.47	2600m:	30:41.33
150m:	1:44.53	650m:	7:40.48	1150m:	13:34.26	1650m:	19:27.73	2150m:	25:22.06	2650m:	31:16.76
200m:	2:19.94	700m:	8:15.88	1200m:	14:09.59	1700m:	20:02.96	2200m:	25:57.54	2700m:	31:52.23
250m:	2:55.27	750m:	8:51.31	1250m:	14:45.36	1750m:	20:38.45	2250m:	26:32.98	2750m:	32:27.57
300m:	3:31.05	800m:	9:26.62	1300m:	15:21.14	1800m:	21:13.79	2300m:	27:08.27	2800m:	33:03.12
350m:	4:06.70	850m:	10:02.13	1350m:	15:56.56	1850m:	21:49.11	2350m:	27:43.87	2850m:	33:38.64
400m:	4:42.31	900m:	10:37.62	1400m:	16:31.31	1900m:	22:24.60	2400m:	28:19.25	2900m:	34:14.13
450m:	5:17.95	950m:	11:13.22	1450m:	17:06.68	1950m:	23:00.14	2450m:	28:54.76	2950m:	34:49.27
500m:	5:53.78	1000m:	11:48.52	1500m:	17:42.04	2000m:	23:35.51	2500m:	29:30.53	3000m:	35:23.25

25 metros - cronometraje manual

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 3, Masc., 3000m Libre, SENIOR MASCULINO LD FMN

Clas.	Nombre	Año	Club	Marca
4.	NUÑEZ CALERO, Hector	03	MALVA - C.D.E. Malvar	37:07.11
	50m: 33.22	550m: 6:32.68	1050m: 12:44.78	1550m: 18:56.72
	100m: 1:08.69	600m: 7:09.55	1100m: 13:21.86	1600m: 19:35.04
	150m: 1:43.69	650m: 7:46.18	1150m: 13:59.46	1650m: 20:12.27
	200m: 2:19.63	700m: 8:23.69	1200m: 14:36.99	1700m: 20:49.96
	250m: 2:55.46	750m: 9:01.08	1250m: 15:14.03	1750m: 21:27.08
	300m: 3:31.39	800m: 9:38.53	1300m: 15:49.62	1800m: 22:04.25
	350m: 4:07.26	850m: 10:15.65	1350m: 16:27.38	1850m: 22:42.49
	400m: 4:43.24	900m: 10:52.74	1400m: 17:05.54	1900m: 23:19.73
	450m: 5:19.20	950m: 11:30.18	1450m: 17:42.73	1950m: 23:57.88
	500m: 5:55.84	1000m: 12:07.73	1500m: 18:19.51	2000m: 24:35.81
				2050m: 25:13.10
				2100m: 25:51.02
				2150m: 26:28.47
				2200m: 27:06.12
				2250m: 27:44.13
				2300m: 28:21.83
				2350m: 28:59.73
				2400m: 29:37.07
				2450m: 30:15.10
				2500m: 30:52.36
				2550m: 31:30.56
				2600m: 32:08.87
				2650m: 32:46.48
				2700m: 33:23.38
				2750m: 34:00.95
				2800m: 34:38.75
				2850m: 35:16.39
				2900m: 35:54.03
				2950m: 36:31.52
				3000m: 37:07.11
5.	IZAGUIRRE GARCIA, Adrian	94	MOSCA - C.N. Madrid Moscardo	39:55.01
	50m: 34.61	550m: 6:49.83	1050m: 13:28.65	1550m: 20:14.96
	100m: 1:10.29	600m: 7:29.50	1100m: 14:08.91	1600m: 20:55.89
	150m: 1:46.72	650m: 8:08.95	1150m: 14:49.41	1650m: 21:36.13
	200m: 2:23.81	700m: 8:48.71	1200m: 15:29.73	1700m: 22:17.11
	250m: 3:00.86	750m: 9:28.36	1250m: 16:10.51	1750m: 22:58.27
	300m: 3:38.50	800m: 10:08.27	1300m: 16:51.21	1800m: 23:40.00
	350m: 4:16.23	850m: 10:48.45	1350m: 17:32.06	1850m: 24:20.73
	400m: 4:54.13	900m: 11:28.14	1400m: 18:12.89	1900m: 25:01.88
	450m: 5:32.46	950m: 12:08.26	1450m: 18:53.49	1950m: 25:42.68
	500m: 6:10.97	1000m: 12:48.32	1500m: 19:34.00	2000m: 26:23.84
				2050m: 27:04.10
				2100m: 27:44.54
				2150m: 28:25.44
				2200m: 29:05.98
				2250m: 29:47.09
				2300m: 30:27.97
				2350m: 31:09.32
				2400m: 31:50.36
				2450m: 32:31.35
				2500m: 33:12.65
				2550m: 33:54.19
				2600m: 34:35.63
				2650m: 35:16.06
				2700m: 35:56.68
				2750m: 36:37.22
				2800m: 37:17.33
				2850m: 37:57.61
				2900m: 38:37.55
				2950m: 39:16.78
				3000m: 39:55.01

**Prueba 4
10/12/2022**

Fem., 3000m Libre

**16 años y mayores
Resultados**

Clas.	Nombre	Año	Club	Marca
JUNIOR FEMENINO LD FMN				
1.	TEJEDOR SANCHEZ, Lucia	07	CANOE - Real Canoe N.C.	37:19.66
	50m: 35.02	550m: 6:34.83	1050m: 12:40.34	1550m: 18:53.63
	100m: 1:11.00	600m: 7:10.74	1100m: 13:17.07	1600m: 19:31.51
	150m: 1:46.88	650m: 7:47.39	1150m: 13:54.25	1650m: 20:09.02
	200m: 2:22.80	700m: 8:24.28	1200m: 14:31.03	1700m: 20:46.56
	250m: 2:59.06	750m: 9:00.57	1250m: 15:08.17	1750m: 21:24.33
	300m: 3:34.89	800m: 9:37.15	1300m: 15:45.34	1800m: 22:02.30
	350m: 4:10.79	850m: 10:13.89	1350m: 16:22.64	1850m: 22:40.29
	400m: 4:46.47	900m: 10:50.69	1400m: 17:00.43	1900m: 23:18.50
	450m: 5:22.07	950m: 11:27.18	1450m: 17:38.14	1950m: 23:56.75
	500m: 5:58.20	1000m: 12:03.54	1500m: 18:15.73	2000m: 24:34.88
				2050m: 25:12.55
				2100m: 25:49.95
				2150m: 26:27.74
				2200m: 27:05.72
				2250m: 27:44.30
				2300m: 28:22.86
				2350m: 29:01.29
				2400m: 29:39.64
				2450m: 30:18.21
				2500m: 30:56.76
				2550m: 31:35.19
				2600m: 32:13.93
				2650m: 32:52.73
				2700m: 33:31.43
				2750m: 34:09.96
				2800m: 34:48.46
				2850m: 35:27.31
				2900m: 36:06.46
				2950m: 36:43.51
				3000m: 37:19.66

25 metros - cronometraje manual

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 4, Fem., 3000m Libre, JUNIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca
2.	MARTIN RUIZ, Carla	05	RIVAS - A.D. Rivas Natación	38:42.87
	50m: 36.22	550m: 6:55.93	1050m: 13:22.11	1550m: 19:52.36
	100m: 1:13.59	600m: 7:34.39	1100m: 14:01.28	1600m: 20:30.27
	150m: 1:51.66	650m: 8:12.26	1150m: 14:40.24	1650m: 21:09.36
	200m: 2:30.10	700m: 8:51.20	1200m: 15:19.31	1700m: 21:48.18
	250m: 3:08.06	750m: 9:29.57	1250m: 15:58.56	1750m: 22:27.96
	300m: 3:44.92	800m: 10:07.90	1300m: 16:37.57	1800m: 23:08.15
	350m: 4:22.40	850m: 10:46.64	1350m: 17:16.05	1850m: 23:47.86
	400m: 5:00.85	900m: 11:25.31	1400m: 17:54.77	1900m: 24:27.43
	450m: 5:39.27	950m: 12:04.43	1450m: 18:33.91	1950m: 25:05.87
	500m: 6:17.72	1000m: 12:43.03	1500m: 19:13.04	2000m: 25:45.20
				2050m: 26:24.39
				2100m: 27:03.03
				2150m: 27:41.58
				2200m: 28:20.62
				2250m: 28:59.74
				2300m: 29:38.23
				2350m: 30:17.78
				2400m: 30:57.38
				2450m: 31:36.50
				2500m: 32:15.80
				2550m: 32:53.92
				2600m: 33:32.55
				2650m: 34:11.52
				2700m: 34:50.42
				2750m: 35:29.98
				2800m: 36:09.40
				2850m: 36:48.50
				2900m: 37:27.36
				2950m: 38:05.98
				3000m: 38:42.87
3.	VARELA ALONSO, Lucía	05	VALLE - C.D. El Valle	39:04.31
	50m: 36.60	550m: 7:01.56	1050m: 13:34.68	1550m: 20:09.02
	100m: 1:14.03	600m: 7:40.74	1100m: 14:14.07	1600m: 20:48.36
	150m: 1:52.03	650m: 8:20.06	1150m: 14:52.68	1650m: 21:27.64
	200m: 2:30.40	700m: 8:59.39	1200m: 15:32.13	1700m: 22:06.74
	250m: 3:08.51	750m: 9:39.04	1250m: 16:11.16	1750m: 22:46.00
	300m: 3:47.16	800m: 10:18.30	1300m: 16:50.47	1800m: 23:25.49
	350m: 4:26.06	850m: 10:56.99	1350m: 17:30.23	1850m: 24:04.23
	400m: 5:04.86	900m: 11:36.59	1400m: 18:09.93	1900m: 24:43.34
	450m: 5:43.61	950m: 12:15.86	1450m: 18:49.52	1950m: 25:22.39
	500m: 6:22.50	1000m: 12:55.69	1500m: 19:29.37	2000m: 26:01.63
				2050m: 26:39.25
				2100m: 27:17.40
				2150m: 27:57.01
				2200m: 28:36.19
				2250m: 29:15.56
				2300m: 29:54.59
				2350m: 30:33.61
				2400m: 31:13.06
				2450m: 31:52.25
				2500m: 32:31.57
				2550m: 33:10.56
				2600m: 33:49.87
				2650m: 34:29.64
				2700m: 35:09.46
				2750m: 35:49.21
				2800m: 36:28.81
				2850m: 37:08.45
				2900m: 37:47.78
				2950m: 38:26.99
				3000m: 39:04.31
4.	FERNANDEZ VALERO, Lucia	07	RIVAS - A.D. Rivas Natación	39:19.06
	50m: 35.45	550m: 6:50.07	1050m: 13:24.48	1550m: 20:07.60
	100m: 1:12.37	600m: 7:28.56	1100m: 14:04.53	1600m: 20:46.85
	150m: 1:49.28	650m: 8:07.68	1150m: 14:44.96	1650m: 21:26.45
	200m: 2:26.18	700m: 8:46.61	1200m: 15:25.03	1700m: 22:06.38
	250m: 3:03.30	750m: 9:25.98	1250m: 16:05.78	1750m: 22:46.97
	300m: 3:40.33	800m: 10:05.04	1300m: 16:46.01	1800m: 23:26.93
	350m: 4:18.11	850m: 10:44.48	1350m: 17:26.46	1850m: 24:07.79
	400m: 4:55.44	900m: 11:24.32	1400m: 18:06.62	1900m: 24:49.01
	450m: 5:33.36	950m: 12:04.05	1450m: 18:47.67	1950m: 25:29.15
	500m: 6:11.64	1000m: 12:44.65	1500m: 19:27.68	2000m: 26:10.00
				2050m: 26:50.20
				2100m: 27:29.91
				2150m: 28:10.17
				2200m: 28:49.48
				2250m: 29:29.39
				2300m: 30:08.78
				2350m: 30:48.53
				2400m: 31:28.40
				2450m: 32:08.19
				2500m: 32:48.50
				2550m: 33:28.05
				2600m: 34:07.28
				2650m: 34:46.64
				2700m: 35:25.76
				2750m: 36:04.88
				2800m: 36:44.59
				2850m: 37:23.76
				2900m: 38:03.35
				2950m: 38:41.54
				3000m: 39:19.06
5.	ORTIZ MESONES, Gema	05	ROZAS - C.N. Las Rozas	40:54.71
	50m: 38.49	550m: 7:24.82	1050m: 14:12.70	1550m: 21:04.89
	100m: 1:17.59	600m: 8:05.04	1100m: 14:53.66	1600m: 21:45.12
	150m: 1:58.46	650m: 8:44.97	1150m: 15:34.93	1650m: 22:26.67
	200m: 2:39.58	700m: 9:25.53	1200m: 16:16.59	1700m: 23:07.94
	250m: 3:20.87	750m: 10:06.45	1250m: 16:57.57	1750m: 23:49.15
	300m: 4:01.95	800m: 10:47.28	1300m: 17:39.31	1800m: 24:30.01
	350m: 4:42.16	850m: 11:28.43	1350m: 18:20.50	1850m: 25:11.89
	400m: 5:23.22	900m: 12:09.44	1400m: 19:01.68	1900m: 25:54.01
	450m: 6:03.73	950m: 12:51.11	1450m: 19:43.20	1950m: 26:34.96
	500m: 6:44.56	1000m: 13:31.64	1500m: 20:24.15	2000m: 27:16.58
				2050m: 27:57.24
				2100m: 28:38.37
				2150m: 29:18.47
				2200m: 29:59.71
				2250m: 30:41.11
				2300m: 31:22.70
				2350m: 32:03.53
				2400m: 32:44.72
				2450m: 33:26.54
				2500m: 34:07.88
				2550m: 34:48.40
				2600m: 35:29.94
				2650m: 36:11.76
				2700m: 36:55.32
				2750m: 37:36.10
				2800m: 38:15.46
				2850m: 38:56.36
				2900m: 39:37.12
				2950m: 40:16.46
				3000m: 40:54.71

25 metros - cronometraje manual

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 4, Fem., 3000m Libre, JUNIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca
6.	FERNANDEZ GOMEZ, Iria	07	MALVA - C.D.E. Malvar	43:00.63
	50m: 39.04	550m: 7:40.49	1050m: 14:49.94	1550m: 22:03.88
	100m: 1:19.92	600m: 8:22.85	1100m: 15:33.15	1600m: 22:47.65
	150m: 2:01.60	650m: 9:05.17	1150m: 16:16.12	1650m: 23:31.77
	200m: 2:43.35	700m: 9:47.75	1200m: 16:59.24	1700m: 24:15.50
	250m: 3:25.62	750m: 10:30.74	1250m: 17:42.65	1750m: 24:59.69
	300m: 4:07.49	800m: 11:14.08	1300m: 18:25.64	1800m: 25:43.53
	350m: 4:50.30	850m: 11:57.06	1350m: 19:08.53	1850m: 26:27.14
	400m: 5:32.65	900m: 12:40.64	1400m: 19:51.81	1900m: 27:11.97
	450m: 6:15.50	950m: 13:23.72	1450m: 20:35.91	1950m: 27:55.32
	500m: 6:58.47	1000m: 14:06.68	1500m: 21:20.10	2000m: 28:38.19
				2050m: 29:20.59
				2100m: 30:03.52
				2150m: 30:46.78
				2200m: 31:29.90
				2250m: 32:12.67
				2300m: 32:55.47
				2350m: 33:38.73
				2400m: 34:22.00
				2450m: 35:05.69
				2500m: 35:49.62
				2550m: 36:32.66
				2600m: 37:16.96
				2650m: 38:00.97
				2700m: 38:45.08
				2750m: 39:29.05
				2800m: 40:12.55
				2850m: 40:55.85
				2900m: 41:38.80
				2950m: 42:20.37
				3000m: 43:00.63
7.	GOMEZ BROCHAT, Jimena	06	MIRAS - C.N. Mirasierra	43:01.68
	50m: 37.76	550m: 7:20.95	1050m: 14:11.21	1550m: 21:18.50
	100m: 1:16.66	600m: 8:01.85	1100m: 14:52.93	1600m: 22:02.74
	150m: 1:57.13	650m: 8:42.37	1150m: 15:34.31	1650m: 22:47.76
	200m: 2:37.41	700m: 9:22.97	1200m: 16:16.94	1700m: 23:30.89
	250m: 3:17.69	750m: 10:03.40	1250m: 16:59.09	1750m: 24:14.74
	300m: 3:58.21	800m: 10:44.06	1300m: 17:42.08	1800m: 24:58.09
	350m: 4:38.90	850m: 11:24.70	1350m: 18:24.79	1850m: 25:41.06
	400m: 5:19.28	900m: 12:05.83	1400m: 19:07.90	1900m: 26:25.34
	450m: 5:59.93	950m: 12:47.04	1450m: 19:51.23	1950m: 27:09.44
	500m: 6:40.20	1000m: 13:28.89	1500m: 20:35.07	2000m: 27:53.92
				2050m: 28:36.12
				2100m: 29:18.23
				2150m: 30:01.61
				2200m: 30:46.20
				2250m: 31:30.37
				2300m: 32:14.92
				2350m: 32:59.17
				2400m: 33:43.55
				2450m: 34:28.85
				2500m: 35:12.86
				2550m: 35:55.66
				2600m: 36:38.17
				2650m: 37:20.02
				2700m: 38:03.22
				2750m: 38:47.00
				2800m: 39:30.73
				2850m: 40:13.50
				2900m: 40:56.61
				2950m: 41:42.28
				3000m: 43:01.68
8.	MENDEZ MENDEZ, Agueda	07	MIRAS - C.N. Mirasierra	44:30.77
	50m: 38.21	550m: 7:41.96	1050m: 15:01.32	1550m: 22:33.40
	100m: 1:19.00	600m: 8:24.70	1100m: 15:46.59	1600m: 23:18.40
	150m: 2:00.74	650m: 9:07.06	1150m: 16:30.69	1650m: 24:03.53
	200m: 2:43.28	700m: 9:50.64	1200m: 17:15.75	1700m: 24:48.50
	250m: 3:25.26	750m: 10:34.96	1250m: 18:01.04	1750m: 25:33.43
	300m: 4:07.71	800m: 11:19.08	1300m: 18:46.72	1800m: 26:18.50
	350m: 4:50.15	850m: 12:03.51	1350m: 19:31.95	1850m: 27:04.37
	400m: 5:32.78	900m: 12:47.38	1400m: 20:17.88	1900m: 27:50.04
	450m: 6:15.98	950m: 13:31.23	1450m: 21:02.78	1950m: 28:35.40
	500m: 6:59.91	1000m: 14:16.80	1500m: 21:47.72	2000m: 29:20.99
				2050m: 30:05.01
				2100m: 30:50.16
				2150m: 31:34.80
				2200m: 32:19.76
				2250m: 33:05.75
				2300m: 33:51.30
				2350m: 34:37.25
				2400m: 35:22.06
				2450m: 36:09.09
				2500m: 36:54.67
				2550m: 37:40.12
				2600m: 38:26.07
				2650m: 39:11.26
				2700m: 39:56.12
				2750m: 40:41.80
				2800m: 41:27.96
				2850m: 42:14.10
				2900m: 42:59.34
				2950m: 43:44.77
				3000m: 44:30.77
9.	MENDEZ HERRERO, Cristina	07	ROZAS - C.N. Las Rozas	44:38.04
	50m: 39.94	550m: 7:50.93	1050m: 15:07.30	1550m: 22:37.21
	100m: 1:21.68	600m: 8:34.48	1100m: 15:52.38	1600m: 23:22.68
	150m: 2:04.52	650m: 9:18.57	1150m: 16:38.06	1650m: 24:08.89
	200m: 2:47.67	700m: 10:02.09	1200m: 17:23.05	1700m: 24:54.64
	250m: 3:31.81	750m: 10:45.97	1250m: 18:08.40	1750m: 25:40.50
	300m: 4:15.06	800m: 11:27.95	1300m: 18:52.72	1800m: 26:25.30
	350m: 4:58.50	850m: 12:11.51	1350m: 19:37.92	1850m: 27:10.44
	400m: 5:41.11	900m: 12:55.55	1400m: 20:22.77	1900m: 27:54.41
	450m: 6:24.40	950m: 13:38.98	1450m: 21:05.63	1950m: 28:38.80
	500m: 7:07.58	1000m: 14:22.78	1500m: 21:51.80	2000m: 29:22.63
				2050m: 30:07.85
				2100m: 30:53.52
				2150m: 31:38.73
				2200m: 32:24.04
				2250m: 33:09.31
				2300m: 33:54.34
				2350m: 34:39.86
				2400m: 35:24.96
				2450m: 36:10.06
				2500m: 36:53.66
				2550m: 37:38.24
				2600m: 38:22.91
				2650m: 39:08.29
				2700m: 39:52.69
				2750m: 40:37.36
				2800m: 41:21.97
				2850m: 42:04.94
				2900m: 42:49.14
				2950m: 43:29.84
				3000m: 44:38.04

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**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022**

Prueba 4, Fem., 3000m Libre, JUNIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca
10.	RODRIGUEZ ALGUACIL, Maria	05	ROZAS - C.N. Las Rozas	45:35.04
	50m: 38.57	550m: 7:50.89	1050m: 15:22.58	1550m: 22:58.64
	100m: 1:19.34	600m: 8:35.40	1100m: 16:08.65	1600m: 23:45.69
	150m: 2:01.38	650m: 9:20.34	1150m: 16:53.73	1650m: 24:31.73
	200m: 2:44.01	700m: 10:05.25	1200m: 17:38.32	1700m: 25:18.17
	250m: 3:26.94	750m: 10:49.82	1250m: 18:23.31	1750m: 26:04.73
	300m: 4:10.75	800m: 11:35.10	1300m: 19:07.88	1800m: 26:51.38
	350m: 4:55.13	850m: 12:20.26	1350m: 19:54.34	1850m: 27:38.74
	400m: 5:38.71	900m: 13:05.76	1400m: 20:40.54	1900m: 28:26.32
	450m: 6:22.95	950m: 13:51.16	1450m: 21:26.26	1950m: 29:13.32
	500m: 7:07.03	1000m: 14:36.69	1500m: 22:12.41	2000m: 30:00.04
				2050m: 30:46.49
				2100m: 31:33.76
				2150m: 32:21.33
				2200m: 33:08.43
				2250m: 33:55.31
				2300m: 34:41.90
				2350m: 35:29.05
				2400m: 36:16.09
				2450m: 37:02.73
				2500m: 37:49.52
				2550m: 38:36.60
				2600m: 39:23.93
				2650m: 40:10.87
				2700m: 40:57.96
				2750m: 41:44.99
				2800m: 42:32.69
				2850m: 43:20.10
				2900m: 44:06.22
				2950m: 44:52.41
				3000m: 45:35.04
11.	LOPEZ CEDIEL, Blanca	07	MALVA - C.D.E. Malvar	46:47.43
	50m: 42.45	550m: 8:18.62	1050m: 15:56.48	1550m: 23:50.40
	100m: 1:26.53	600m: 9:04.36	1100m: 16:43.66	1600m: 24:37.39
	150m: 2:11.89	650m: 9:50.31	1150m: 17:30.39	1650m: 25:24.50
	200m: 2:57.71	700m: 10:35.59	1200m: 18:18.41	1700m: 26:12.69
	250m: 3:44.35	750m: 11:20.80	1250m: 19:05.51	1750m: 27:01.30
	300m: 4:29.21	800m: 12:05.90	1300m: 19:52.65	1800m: 27:49.06
	350m: 5:15.05	850m: 12:52.00	1350m: 20:39.74	1850m: 28:36.05
	400m: 6:00.62	900m: 13:38.25	1400m: 21:27.06	1900m: 29:23.89
	450m: 6:47.27	950m: 14:23.79	1450m: 22:14.47	1950m: 30:11.59
	500m: 7:32.91	1000m: 15:09.34	1500m: 23:03.20	2000m: 31:00.32
				2050m: 31:48.29
				2100m: 32:37.03
				2150m: 33:25.45
				2200m: 34:12.98
				2250m: 35:00.74
				2300m: 35:47.55
				2350m: 36:34.34
				2400m: 37:22.05
				2450m: 38:10.99
				2500m: 38:58.98
				2550m: 39:46.55
				2600m: 40:35.06
				2650m: 41:23.57
				2700m: 42:10.38
				2750m: 42:59.02
				2800m: 43:45.68
				2850m: 44:33.10
				2900m: 45:19.82
				2950m: 46:03.72
				3000m: 46:47.43
DQ	HERRANZ PRESA, Laura	07	ROZAS - C.N. Las Rozas	
BAJA	CASTELLO BLASCO, Sue	07	SBLAS - C.N. San Blas	
BAJA	CASTELLÓ BLASCO, Lydia	07	SBLAS - C.N. San Blas	
BAJA	CASTELLÓ BLASCO, Lucía	07	SBLAS - C.N. San Blas	

SENIOR FEMENINO LD FMN

1.	UNGO QUERO, Susana	01	VALLE - C.D. El Valle	36:19.56
	50m: 35.12	550m: 6:34.20	1050m: 12:35.63	1550m: 18:41.06
	100m: 1:10.90	600m: 7:10.11	1100m: 13:12.13	1600m: 19:17.83
	150m: 1:47.06	650m: 7:46.06	1150m: 13:48.60	1650m: 19:54.64
	200m: 2:23.05	700m: 8:22.14	1200m: 14:24.93	1700m: 20:31.08
	250m: 2:58.93	750m: 8:57.97	1250m: 15:01.39	1750m: 21:07.45
	300m: 3:34.81	800m: 9:34.01	1300m: 15:38.13	1800m: 21:43.72
	350m: 4:10.61	850m: 10:10.32	1350m: 16:14.72	1850m: 22:20.38
	400m: 4:46.39	900m: 10:46.63	1400m: 16:51.40	1900m: 22:56.98
	450m: 5:22.30	950m: 11:22.83	1450m: 17:28.09	1950m: 23:33.55
	500m: 5:58.31	1000m: 11:59.19	1500m: 18:04.62	2000m: 24:10.26
				2050m: 24:46.96
				2100m: 25:23.75
				2150m: 26:00.04
				2200m: 26:36.73
				2250m: 27:13.47
				2300m: 27:49.91
				2350m: 28:26.61
				2400m: 29:03.10
				2450m: 29:39.58
				2500m: 30:16.26
				2550m: 30:52.73
				2600m: 31:29.00
				2650m: 32:05.32
				2700m: 32:42.10
				2750m: 33:18.86
				2800m: 33:55.41
				2850m: 34:31.60
				2900m: 35:07.81
				2950m: 35:43.90
				3000m: 36:19.56

25 metros - cronometraje manual

**XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022****Prueba 4, Fem., 3000m Libre, SENIOR FEMENINO LD FMN**

Clas.	Nombre	Año	Club	Marca		
2.	SAEZ GONZALEZ, Lourdes	96	MOSCA - C.N. Madrid Moscardo	37:41.90		
	50m: 36.14	550m: 6:47.08	1050m: 13:00.57	1550m: 19:19.20	2050m: 25:39.01	2550m: 32:02.05
	100m: 1:12.92	600m: 7:24.21	1100m: 13:38.97	1600m: 19:57.12	2100m: 26:16.67	2600m: 32:40.21
	150m: 1:50.03	650m: 8:01.58	1150m: 14:16.63	1650m: 20:34.95	2150m: 26:55.39	2650m: 33:18.37
	200m: 2:27.21	700m: 8:38.68	1200m: 14:54.47	1700m: 21:13.31	2200m: 27:33.46	2700m: 33:56.13
	250m: 3:04.27	750m: 9:15.82	1250m: 15:31.73	1750m: 21:51.67	2250m: 28:11.83	2750m: 34:34.49
	300m: 3:41.14	800m: 9:52.80	1300m: 16:09.42	1800m: 22:29.64	2300m: 28:50.40	2800m: 35:12.54
	350m: 4:18.17	850m: 10:30.21	1350m: 16:47.16	1850m: 23:07.12	2350m: 29:28.98	2850m: 35:50.94
	400m: 4:55.27	900m: 11:07.53	1400m: 17:25.29	1900m: 23:44.97	2400m: 30:07.38	2900m: 36:29.01
	450m: 5:32.70	950m: 11:45.12	1450m: 18:03.41	1950m: 24:23.10	2450m: 30:45.97	2950m: 37:06.30
	500m: 6:09.85	1000m: 12:22.84	1500m: 18:41.36	2000m: 25:00.95	2500m: 31:23.84	3000m: 37:41.90
3.	FERNANDEZ MARTINEZ, Vanessa	95	MALVA - C.D.E. Malvar	41:52.48		
	50m: 38.12	550m: 7:27.95	1050m: 14:27.37	1550m: 21:28.39	2050m: 28:31.49	2550m: 35:35.02
	100m: 1:17.53	600m: 8:09.65	1100m: 15:09.37	1600m: 22:10.66	2100m: 29:13.74	2600m: 36:17.16
	150m: 1:57.44	650m: 8:51.60	1150m: 15:51.49	1650m: 22:52.86	2150m: 29:56.26	2650m: 36:59.17
	200m: 2:37.75	700m: 9:33.43	1200m: 16:33.99	1700m: 23:35.24	2200m: 30:38.69	2700m: 37:41.62
	250m: 3:18.58	750m: 10:15.59	1250m: 17:16.35	1750m: 24:17.47	2250m: 31:20.94	2750m: 38:24.21
	300m: 3:59.32	800m: 10:57.31	1300m: 17:58.49	1800m: 24:59.77	2300m: 32:03.31	2800m: 39:06.87
	350m: 4:40.92	850m: 11:39.29	1350m: 18:40.55	1850m: 25:42.13	2350m: 32:45.34	2850m: 39:48.91
	400m: 5:22.56	900m: 12:21.62	1400m: 19:22.73	1900m: 26:24.13	2400m: 33:27.72	2900m: 40:31.26
	450m: 6:04.34	950m: 13:03.60	1450m: 20:04.79	1950m: 27:06.51	2450m: 34:10.40	2950m: 41:13.01
	500m: 6:46.23	1000m: 13:45.33	1500m: 20:46.56	2000m: 27:48.89	2500m: 34:52.89	3000m: 41:52.48
4.	LÓPEZ CEDIÉL, Paula	03	MALVA - C.D.E. Malvar	45:00.91		
	50m: 40.71	550m: 7:56.97	1050m: 15:23.60	1550m: 22:52.59	2050m: 30:30.17	2550m: 38:10.48
	100m: 1:22.69	600m: 8:41.31	1100m: 16:08.12	1600m: 23:37.52	2100m: 31:16.37	2600m: 38:56.07
	150m: 2:05.48	650m: 9:26.27	1150m: 16:52.53	1650m: 24:22.98	2150m: 32:02.32	2650m: 39:41.90
	200m: 2:48.89	700m: 10:10.64	1200m: 17:37.12	1700m: 25:08.50	2200m: 32:48.38	2700m: 40:27.86
	250m: 3:32.20	750m: 10:54.93	1250m: 18:22.41	1750m: 25:55.04	2250m: 33:34.53	2750m: 41:13.78
	300m: 4:15.44	800m: 11:40.24	1300m: 19:07.43	1800m: 26:40.58	2300m: 34:21.28	2800m: 41:59.88
	350m: 4:59.42	850m: 12:24.91	1350m: 19:52.41	1850m: 27:26.37	2350m: 35:06.98	2850m: 42:45.26
	400m: 5:43.55	900m: 13:09.62	1400m: 20:37.75	1900m: 28:12.47	2400m: 35:53.19	2900m: 43:30.39
	450m: 6:27.92	950m: 13:54.15	1450m: 21:22.90	1950m: 28:58.35	2450m: 36:39.10	2950m: 44:15.77
	500m: 7:12.71	1000m: 14:38.95	1500m: 22:07.93	2000m: 29:44.49	2500m: 37:25.00	3000m: 45:00.91

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Splash Meet Manager, 11.75236

Registered to Madrid

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XIV CAMPEONATO OPEN MADRID INVIERNO LARGA DISTANCIA 22-23
MADRID, 10/12/2022

Prueba 4, Fem., 3000m Libre

Clas.	Nombre	Año	Club	Marca							
INC	LAPEÑA RUIZ, Julia	07	HELIO - C.N. Helios	36:07.44							
50m:	34.12	550m:	6:28.81	1050m:	12:29.16	1550m:	18:33.69	2050m:	24:37.46	2550m:	30:41.00
100m:	1:09.04	600m:	7:04.24	1100m:	13:05.80	1600m:	19:09.91	2100m:	25:13.65	2600m:	31:17.28
150m:	1:43.96	650m:	7:40.22	1150m:	13:42.21	1650m:	19:46.76	2150m:	25:50.23	2650m:	31:53.99
200m:	2:19.31	700m:	8:16.90	1200m:	14:18.17	1700m:	20:22.88	2200m:	26:26.51	2700m:	32:30.45
250m:	2:54.70	750m:	8:52.34	1250m:	14:54.56	1750m:	20:58.74	2250m:	27:03.03	2750m:	33:06.92
300m:	3:30.38	800m:	9:28.43	1300m:	15:31.21	1800m:	21:34.83	2300m:	27:39.32	2800m:	33:43.86
350m:	4:06.03	850m:	10:04.28	1350m:	16:07.47	1850m:	22:11.47	2350m:	28:15.46	2850m:	34:20.43
400m:	4:41.58	900m:	10:40.20	1400m:	16:44.18	1900m:	22:48.40	2400m:	28:51.75	2900m:	34:56.86
450m:	5:17.51	950m:	11:16.42	1450m:	17:20.86	1950m:	23:24.55	2450m:	29:28.25	2950m:	35:32.93
500m:	5:53.10	1000m:	11:52.60	1500m:	17:57.29	2000m:	24:01.07	2500m:	30:04.73	3000m:	36:07.44

25 metros - cronometraje manual

Splash Meet Manager, 11.75236

Registered to Madrid

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