

COLMENAR 1500M DT IX JORNADA FONDO MASTER 23-24
COLMENAR - MADRID, 3/12/2023

Prueba 2 Masc., 1500m Libre 20 años y mayores
03/12/2023 Resultados

Clas.	Nombre	Año	Club	Marca
20+				
1.	SANCHEZ MILLAS, Jorge	00	00109 - C.N. Madrid Moscardo	20:00.00
	50m: 34.61 300m: 3:46.54 550m: 7:09.64 800m: 10:32.98 1050m: 13:57.11 1300m: 17:20.97			
	100m: 1:11.04 350m: 4:26.80 600m: 7:50.54 850m: 11:13.53 1100m: 14:38.09 1350m: 18:01.30			
	150m: 1:48.44 400m: 5:07.12 650m: 8:31.05 900m: 11:54.99 1150m: 15:19.22 1400m: 18:41.75			
	200m: 2:26.67 450m: 5:47.94 700m: 9:11.75 950m: 12:35.52 1200m: 16:00.12 1450m: 19:21.71			
	250m: 3:06.42 500m: 6:28.69 750m: 9:52.31 1000m: 13:16.07 1250m: 16:40.61 1500m: 20:00.00			
2.	MENA LASPRILLA, John Alejandro	01	00109 - C.N. Madrid Moscardo	21:18.53
	50m: 34.77 300m: 3:54.97 550m: 7:25.85 800m: 11:00.96 1050m: 14:37.93 1300m: 18:25.32			
	100m: 1:12.83 350m: 4:36.55 600m: 8:08.10 850m: 11:43.77 1100m: 15:22.53 1350m: 19:07.01			
	150m: 1:52.04 400m: 5:18.36 650m: 8:51.93 900m: 12:26.99 1150m: 16:07.40 1400m: 19:52.61			
	200m: 2:32.37 450m: 6:00.97 700m: 9:35.01 950m: 13:10.10 1200m: 16:52.74 1450m: 20:36.41			
	250m: 3:13.16 500m: 6:43.04 750m: 10:18.30 1000m: 13:52.92 1250m: 17:38.35 1500m: 21:18.53			
3.	SANTILLAN, Ignacio Gadiel	99	01767 - Cdb Natacion Swimtonic	22:41.85
	50m: 38.60 300m: 4:17.48 550m: 8:10.85 800m: 11:59.53 1050m: 15:50.40 1300m: 19:40.38			
	100m: 1:20.81 350m: 5:03.37 600m: 8:56.35 850m: 12:45.99 1100m: 16:36.37 1350m: 20:25.71			
	150m: 2:03.66 400m: 5:49.24 650m: 9:42.08 900m: 13:32.10 1150m: 17:22.50 1400m: 21:11.11			
	200m: 2:47.48 450m: 6:34.91 700m: 10:27.91 950m: 14:17.78 1200m: 18:08.37 1450m: 21:56.35			
	250m: 3:32.29 500m: 7:22.10 750m: 11:13.55 1000m: 15:04.59 1250m: 18:53.73 1500m: 22:41.85			
25+				
1.	LOPEZ GARCIA, Hector	94	P1206 - C.N. Villalba	19:29.30
	50m: 31.02 300m: 3:37.35 550m: 6:54.67 800m: 10:13.80 1050m: 13:34.10 1300m: 16:55.49			
	100m: 1:05.34 350m: 4:15.51 600m: 7:34.17 850m: 10:53.94 1100m: 14:14.64 1350m: 17:35.88			
	150m: 1:41.67 400m: 4:54.95 650m: 8:14.27 900m: 11:33.81 1150m: 14:54.50 1400m: 18:14.95			
	200m: 2:19.43 450m: 5:34.50 700m: 8:54.31 950m: 12:13.49 1200m: 15:34.84 1450m: 18:54.26			
	250m: 2:58.17 500m: 6:14.66 750m: 9:33.61 1000m: 12:53.63 1250m: 16:15.37 1500m: 19:29.30			
DQ	SÁNCHEZ CANO, Daniel	95	00561 - C.N. Tres Cantos	
30+				
1.	MARTIN DOMINGUEZ, Victor	90	00573 - C.N. Leganes	17:10.12
	50m: 29.75 300m: 3:18.00 550m: 6:10.24 800m: 9:03.36 1050m: 11:59.20 1300m: 14:55.79			
	100m: 1:02.16 350m: 3:52.73 600m: 6:44.58 850m: 9:39.01 1100m: 12:34.56 1350m: 15:30.51			
	150m: 1:35.67 400m: 4:27.10 650m: 7:19.27 900m: 10:14.31 1150m: 13:09.54 1400m: 16:04.39			
	200m: 2:09.36 450m: 5:01.37 700m: 7:53.50 950m: 10:49.10 1200m: 13:45.26 1450m: 16:37.18			
	250m: 2:43.45 500m: 5:36.06 750m: 8:28.36 1000m: 11:24.48 1250m: 14:20.10 1500m: 17:10.12			

Piscina 25 metros - Cronometraje manual

**COLMENAR 1500M DT IX JORNADA FONDO MASTER 23-24
COLMENAR - MADRID, 3/12/2023**

Prueba 2, Masc., 1500m Libre, 30+

Clas.	Nombre	Año	Club	Marca
2.	GONZALEZ BUSTIO, Francisco	89	00010 - A.D.N. Mostoles	22:00.33
	50m: 38.02	300m: 4:11.20	550m: 7:52.79	800m: 11:36.09
	100m: 1:18.66	350m: 4:55.50	600m: 8:37.41	850m: 12:20.85
	150m: 2:00.80	400m: 5:39.85	650m: 9:21.96	900m: 13:05.27
	200m: 2:43.77	450m: 6:23.64	700m: 10:06.71	950m: 13:50.00
	250m: 3:26.79	500m: 7:07.47	750m: 10:51.12	1000m: 14:35.22
				1050m: 15:20.14
				1100m: 16:05.20
				1150m: 16:49.53
				1200m: 17:34.47
				1250m: 18:19.38
				1300m: 19:03.97
				1350m: 19:48.71
				1400m: 20:33.52
				1450m: 21:17.27
				1500m: 22:00.33
3.	MARÑAS MOLANO, Juan	93	01121 - C.N. Colmenar Viejo	23:14.11
	50m: 39.45	300m: 4:22.94	550m: 8:19.73	800m: 12:17.94
	100m: 1:21.70	350m: 5:09.94	600m: 9:07.43	850m: 13:04.99
	150m: 2:05.81	400m: 5:57.63	650m: 9:55.63	900m: 13:52.35
	200m: 2:49.98	450m: 6:44.56	700m: 10:43.13	950m: 14:39.04
	250m: 3:35.26	500m: 7:32.10	750m: 11:29.63	1000m: 15:24.93
				1050m: 16:12.73
				1100m: 17:00.48
				1150m: 17:48.44
				1200m: 18:35.89
				1250m: 19:23.43
				1300m: 20:18.89
				1350m: 20:57.55
				1400m: 21:44.85
				1450m: 22:30.14
				1500m: 23:14.11

35+

1.	SANCHEZ MEDINA, Ricardo	84	00573 - C.N. Leganes	19:52.68
	50m: 34.56	300m: 3:49.23	550m: 7:07.81	800m: 10:29.20
	100m: 1:13.08	350m: 4:28.51	600m: 7:48.11	850m: 11:09.51
	150m: 1:51.82	400m: 5:08.16	650m: 8:28.50	900m: 11:49.68
	200m: 2:30.82	450m: 5:42.93	700m: 9:08.70	950m: 12:30.20
	250m: 3:10.13	500m: 6:27.76	750m: 9:48.62	1000m: 13:10.62
				1050m: 13:51.14
				1100m: 14:31.48
				1150m: 15:12.66
				1200m: 15:52.10
				1250m: 16:33.06
				1300m: 17:13.06
				1350m: 17:13.50
				1400m: 17:54.60
				1450m: 18:33.93
				1500m: 19:52.68
2.	LANE, Henry	88	01189 - C.N. Master Madrid	20:26.22
	50m: 36.10	300m: 3:55.21	550m: 7:19.36	800m: 10:45.74
	100m: 1:14.91	350m: 4:36.15	600m: 8:00.55	850m: 11:27.12
	150m: 1:54.90	400m: 5:17.13	650m: 8:41.93	900m: 12:08.11
	200m: 2:34.40	450m: 5:58.48	700m: 9:23.39	950m: 12:49.37
	250m: 3:14.62	500m: 6:39.06	750m: 10:04.59	1000m: 13:30.71
				1050m: 14:11.99
				1100m: 14:53.97
				1150m: 15:35.49
				1200m: 16:17.56
				1250m: 16:58.13
				1300m: 17:40.48
				1350m: 18:22.88
				1400m: 19:05.45
				1450m: 19:46.59
				1500m: 20:26.22
3.	RODRIGUEZ FERNANDEZ, David	86	00573 - C.N. Leganes	22:00.78
	50m: 37.16	300m: 4:11.92	550m: 7:52.98	800m: 11:36.73
	100m: 1:18.94	350m: 4:55.87	600m: 8:38.06	850m: 12:21.16
	150m: 2:01.48	400m: 5:39.98	650m: 9:22.92	900m: 13:06.54
	200m: 2:44.80	450m: 6:23.56	700m: 10:07.24	950m: 13:51.42
	250m: 3:28.42	500m: 7:08.03	750m: 10:52.12	1000m: 14:36.75
				1050m: 15:21.54
				1100m: 16:06.62
				1150m: 16:51.62
				1200m: 17:36.24
				1250m: 18:21.05
				1300m: 19:05.80
				1350m: 19:50.05
				1400m: 20:34.73
				1450m: 21:18.92
				1500m: 22:00.78
4.	GONZÁLEZ RODRIGUEZ, R.	84	01767 - Cdb Natacion Swimtonic	22:37.83
	50m: 38.77	300m: 4:15.12	550m: 8:00.80	800m: 11:52.46
	100m: 1:20.63	350m: 4:59.88	600m: 8:46.74	850m: 12:38.07
	150m: 2:03.63	400m: 5:44.88	650m: 9:32.44	900m: 13:24.61
	200m: 2:46.78	450m: 6:30.02	700m: 10:18.92	950m: 14:10.40
	250m: 3:31.00	500m: 7:15.58	750m: 11:05.92	1000m: 14:56.71
				1050m: 15:43.12
				1100m: 16:28.63
				1150m: 17:12.58
				1200m: 17:59.11
				1250m: 18:45.63
				1300m: 19:32.16
				1350m: 20:18.64
				1400m: 21:05.94
				1450m: 21:53.00
				1500m: 22:37.83

Piscina 25 metros - Cronometraje manual

COLMENAR 1500M DT IX JORNADA FONDO MASTER 23-24
COLMENAR - MADRID, 3/12/2023

Prueba 2, Masc., 1500m Libre

40+

1.	PUIG BENAVENTE, Alvaro	79	00150 - C.N. Jimenez	18:34.28		
	50m: 31.09	300m: 3:32.38	550m: 6:38.48	800m: 9:45.90	1050m: 12:54.84	1300m: 16:03.43
	100m: 1:06.21	350m: 4:09.71	600m: 7:15.78	850m: 10:23.78	1100m: 13:32.40	1350m: 16:41.65
	150m: 1:42.21	400m: 4:46.73	650m: 7:52.98	900m: 11:01.48	1150m: 14:09.91	1400m: 17:20.19
	200m: 2:18.84	450m: 5:26.02	700m: 8:30.73	950m: 11:39.14	1200m: 14:47.40	1450m: 17:58.34
	250m: 2:55.10	500m: 6:01.27	750m: 9:08.34	1000m: 12:16.78	1250m: 15:25.09	1500m: 18:34.28
2.	DIAZ ORALLO, Luis Enrique	80	00616 - C.N. Fuenlabrada	18:48.04		
	50m: 35.45	300m: 3:39.52	550m: 6:49.13	800m: 9:59.31	1050m: 13:09.57	1300m: 16:18.95
	100m: 1:09.90	350m: 4:17.26	600m: 7:27.08	850m: 10:37.59	1100m: 13:47.76	1350m: 16:57.01
	150m: 1:47.00	400m: 4:55.42	650m: 8:05.21	900m: 11:15.51	1150m: 14:25.66	1400m: 17:34.64
	200m: 2:24.32	450m: 5:33.24	700m: 8:42.93	950m: 11:53.51	1200m: 15:03.39	1450m: 18:12.01
	250m: 3:01.89	500m: 6:11.24	750m: 9:21.09	1000m: 12:31.55	1250m: 15:41.20	1500m: 18:48.04
3.	ZAPATERO DELGADO, Sergio Antonio	83	00006 - C.N. Cuatro Caminos	20:08.12		
	50m: 36.81	300m: 3:55.40	550m: 7:18.92	800m: 10:41.00	1050m: 14:02.60	1300m: 17:25.59
	100m: 1:14.62	350m: 4:35.84	600m: 7:59.46	850m: 11:21.36	1100m: 14:44.36	1350m: 18:06.50
	150m: 1:54.21	400m: 5:16.60	650m: 8:40.09	900m: 12:01.63	1150m: 15:23.50	1400m: 18:47.36
	200m: 2:34.37	450m: 5:57.60	700m: 9:20.40	950m: 12:41.75	1200m: 16:04.16	1450m: 19:28.42
	250m: 3:14.92	500m: 6:38.18	750m: 10:00.71	1000m: 13:21.80	1250m: 16:44.78	1500m: 20:08.12

45+

1.	OMANA PISANU, Oscar Alberto	78	01121 - C.N. Colmenar Viejo	21:30.54		
	50m: 36.95	300m: 4:05.06	550m: 7:38.70	800m: 11:17.93	1050m: 14:55.89	1300m: 18:37.43
	100m: 1:17.26	350m: 4:47.51	600m: 8:22.22	850m: 12:01.45	1100m: 15:39.12	1350m: 19:21.76
	150m: 1:58.12	400m: 5:30.05	650m: 10:07.86	900m: 12:44.97	1150m: 16:25.51	1400m: 20:05.70
	200m: 2:40.00	450m: 6:12.75	700m: 9:51.26	950m: 13:28.20	1200m: 17:09.51	1450m: 20:49.01
	250m: 3:22.62	500m: 6:56.05	750m: 10:34.56	1000m: 14:11.95	1250m: 17:53.56	1500m: 21:30.54
2.	KRULIC, Gregory	78	01152 - C.N. Las Rozas	22:37.12		
	50m: 39.80	300m: 4:25.24	550m: 8:11.97	800m: 12:00.94	1050m: 15:49.55	1300m: 19:37.80
	100m: 1:24.82	350m: 5:10.49	600m: 8:57.62	850m: 12:46.69	1100m: 16:36.11	1350m: 20:23.49
	150m: 2:10.01	400m: 5:55.86	650m: 9:42.36	900m: 13:32.55	1150m: 17:21.07	1400m: 21:08.11
	200m: 2:55.13	450m: 6:41.06	700m: 10:28.74	950m: 14:18.35	1200m: 18:06.91	1450m: 21:52.53
	250m: 3:40.49	500m: 7:26.61	750m: 11:14.56	1000m: 15:03.44	1250m: 18:52.01	1500m: 22:37.12
3.	PEREZ BULLIDO, CRISTIAN	74	01767 - Cdb Natacion Swimtonic	24:30.51		
	50m: 43.31	300m: 4:51.74	550m: 9:00.46	800m: 13:07.04	1050m: 17:11.88	1300m: 21:16.37
	100m: 1:32.38	350m: 5:41.77	600m: 9:49.95	850m: 13:55.77	1100m: 18:00.61	1350m: 22:03.75
	150m: 2:21.69	400m: 6:31.26	650m: 10:39.69	900m: 14:45.06	1150m: 18:49.12	1400m: 22:53.55
	200m: 3:12.12	450m: 7:21.61	700m: 11:29.12	950m: 15:34.06	1200m: 19:38.12	1450m: 23:42.47
	250m: 4:02.54	500m: 8:11.05	750m: 12:18.72	1000m: 16:23.70	1250m: 20:27.28	1500m: 24:30.51

Piscina 25 metros - Cronometraje manual

COLMENAR 1500M DT IX JORNADA FONDO MASTER 23-24
COLMENAR - MADRID, 3/12/2023

Prueba 2, Masc., 1500m Libre, 45+

Clas.	Nombre	Año	Club	Marca
4.	ESTEBAN CASTRO, Cesar	75	00053 - Real Canoe N.C.	26:40.52
	50m: 45.08	300m: 5:12.40	550m: 9:40.52	800m: 14:12.29
	100m: 1:36.23	350m: 6:06.72	600m: 10:35.21	850m: 15:05.96
	150m: 2:29.86	400m: 7:01.45	650m: 11:28.64	900m: 15:59.59
	200m: 3:24.86	450m: 7:54.96	700m: 12:23.60	950m: 16:53.54
	250m: 4:18.04	500m: 8:47.92	750m: 13:19.50	1000m: 17:48.59
			1050m: 18:42.10	1100m: 19:37.70
			1150m: 20:30.92	1200m: 21:23.50
			1250m: 22:15.59	1300m: 23:09.23
				1350m: 24:03.98
				1400m: 24:56.54
				1450m: 25:50.13
				1500m: 26:40.52

NP RAMOS MUÑOZ, Calixto 77 01189 - C.N. Master Madrid

50+

1.	GARCIA MOYANO, Oscar	71	00561 - C.N. Tres Cantos	18:44.31
	50m: 34.22	300m: 3:39.52	550m: 6:48.70	800m: 9:57.22
	100m: 1:10.53	350m: 4:17.27	600m: 7:26.75	850m: 10:34.58
	150m: 1:47.50	400m: 4:54.91	650m: 8:04.56	900m: 11:12.02
	200m: 2:24.59	450m: 5:32.70	700m: 8:42.20	950m: 11:49.47
	250m: 3:01.74	500m: 6:10.39	750m: 9:19.62	1000m: 12:26.81
			1050m: 13:04.49	1100m: 13:42.27
			1150m: 14:20.20	1200m: 14:58.00
			1250m: 15:35.74	1300m: 16:13.93
				1350m: 16:52.31
				1400m: 17:30.26
				1450m: 18:07.99
				1500m: 18:44.31
2.	JIMENEZ ALEN, Jesus	69	00616 - C.N. Fuenlabrada	23:08.15
	50m: 39.60	300m: 4:25.17	550m: 8:17.15	800m: 12:09.42
	100m: 1:22.84	350m: 5:11.28	600m: 9:03.30	850m: 12:55.74
	150m: 2:07.96	400m: 5:57.80	650m: 9:49.42	900m: 13:42.80
	200m: 2:53.52	450m: 6:43.89	700m: 10:35.90	950m: 14:30.28
	250m: 3:39.16	500m: 7:30.65	750m: 11:22.34	1000m: 15:17.36
			1050m: 16:04.59	1100m: 16:52.11
			1150m: 17:39.11	1200m: 18:26.17
			1250m: 19:14.15	1300m: 20:01.52
				1350m: 20:49.11
				1400m: 21:36.72
				1450m: 22:24.19
				1500m: 23:08.15
3.	FERNANDEZ GONZALEZ, Rafael Arseni	69	01152 - C.N. Las Rozas	24:19.45
	50m: 41.99	300m: 4:41.82	550m: 8:45.50	800m: 12:50.92
	100m: 1:28.35	350m: 5:30.57	600m: 9:34.77	850m: 13:39.24
	150m: 2:16.61	400m: 6:19.30	650m: 10:23.75	900m: 14:18.28
	200m: 3:04.94	450m: 7:08.48	700m: 11:12.53	950m: 15:17.19
	250m: 3:53.49	500m: 7:56.96	750m: 12:01.58	1000m: 16:05.79
			1050m: 16:55.13	1100m: 17:44.02
			1150m: 18:33.95	1200m: 19:23.51
			1250m: 20:13.88	1300m: 21:02.99
				1350m: 21:52.05
				1400m: 22:41.87
				1450m: 23:31.55
				1500m: 24:19.45
4.	DIEZ MELLADO, Francisco	73	01731 - Cden San Lorenzo De El Escorial	24:33.51
	50m: 45.56	300m: 4:47.37	550m: 8:54.81	800m: 13:00.01
	100m: 1:33.20	350m: 5:32.37	600m: 9:45.10	850m: 13:53.00
	150m: 2:20.93	400m: 6:26.54	650m: 10:34.57	900m: 14:42.64
	200m: 3:09.01	450m: 7:16.10	700m: 11:24.43	950m: 15:32.77
	250m: 3:57.83	500m: 8:05.26	750m: 12:13.87	1000m: 16:22.23
			1050m: 17:11.43	1100m: 18:01.56
			1150m: 18:51.93	1200m: 19:42.05
			1250m: 20:31.70	1300m: 21:20.81
				1350m: 22:10.16
				1400m: 23:00.00
				1450m: 23:46.87
				1500m: 24:33.51
5.	LUQUE CABO, Jorge Javier	73	01189 - C.N. Master Madrid	24:39.12
	50m: 42.77	300m: 4:47.02	550m: 9:00.52	800m: 13:11.19
	100m: 1:30.59	350m: 5:37.00	600m: 9:51.25	850m: 14:01.71
	150m: 2:19.20	400m: 6:28.00	650m: 10:41.32	900m: 14:51.59
	200m: 3:08.14	450m: 7:18.86	700m: 11:30.76	950m: 15:42.19
	250m: 3:57.56	500m: 8:09.38	750m: 12:20.76	1000m: 16:32.25
			1050m: 17:21.80	1100m: 18:12.00
			1150m: 19:02.02	1200m: 19:50.96
			1250m: 20:40.11	1300m: 21:19.56
				1350m: 22:19.38
				1400m: 23:08.12
				1450m: 23:55.76
				1500m: 24:39.12

Piscina 25 metros - Cronometraje manual

**COLMENAR 1500M DT IX JORNADA FONDO MASTER 23-24
COLMENAR - MADRID, 3/12/2023**

Prueba 2, Masc., 1500m Libre, 50+

Clas.	Nombre	Año	Club	Marca
6.	CALLES CERRADA, Rafael	72	00573 - C.N. Leganes	25:03.33
	50m: 41.88 300m: 4:49.09 550m: 9:00.18 800m: 13:13.78 1050m: 17:28.90 1300m: 21:44.32			
	100m: 1:30.19 350m: 5:39.24 600m: 9:51.18 850m: 14:04.17 1100m: 18:20.09 1350m: 22:35.76			
	150m: 2:20.21 400m: 6:29.70 650m: 10:41.01 900m: 14:55.00 1150m: 19:11.09 1400m: 23:26.52			
	200m: 3:09.78 450m: 7:19.44 700m: 11:31.76 950m: 15:46.57 1200m: 20:01.93 1450m: 24:16.94			
	250m: 3:54.76 500m: 8:09.40 750m: 12:22.51 1000m: 16:37.44 1250m: 20:52.94 1500m: 25:03.33			
7.	DE ABAJO BEDMAR, Mariano	72	00053 - Real Canoe N.C.	26:02.64
	50m: 47.25 300m: 5:09.58 550m: 9:27.30 800m: 13:50.38 1050m: 18:40.31 1300m: 22:37.88			
	100m: 1:35.80 350m: 5:56.67 600m: 10:20.05 850m: 14:43.31 1100m: 19:06.34 1350m: 23:30.75			
	150m: 2:27.62 400m: 6:34.28 650m: 11:12.31 900m: 15:35.71 1150m: 19:38.94 1400m: 24:23.25			
	200m: 3:19.64 450m: 7:41.88 700m: 12:05.18 950m: 16:27.83 1200m: 20:51.20 1450m: 25:15.38			
	250m: 4:11.75 500m: 8:34.69 750m: 12:37.51 1000m: 17:20.83 1250m: 21:40.25 1500m: 26:02.64			

55+

1.	RENTERO CABEDA, Jose Antonio	67	00010 - A.D.N. Mostoles	25:39.31
	50m: 40.90 300m: 4:51.26 550m: 9:10.18 800m: 13:31.64 1050m: 17:57.15 1300m: 22:18.01			
	100m: 1:27.45 350m: 5:42.89 600m: 10:02.62 850m: 14:24.78 1100m: 18:49.72 1350m: 23:10.66			
	150m: 2:17.13 400m: 6:34.28 650m: 10:55.34 900m: 15:18.15 1150m: 19:42.39 1400m: 24:03.70			
	200m: 3:07.96 450m: 7:26.81 700m: 11:47.43 950m: 16:12.08 1200m: 20:34.10 1450m: 24:55.24			
	250m: 3:59.65 500m: 8:18.26 750m: 12:39.53 1000m: 17:05.02 1250m: 21:26.36 1500m: 25:39.31			
2.	MELCHOR MARTIN DE LA SIERRA, Jos65uis00573 - C.N. Leganes			26:25.99
	50m: 43.72 300m: 5:00.50 550m: 9:30.74 800m: 13:58.88 1050m: 18:28.68 1300m: 22:56.06			
	100m: 1:32.28 350m: 5:54.80 600m: 10:24.38 850m: 14:53.04 1100m: 19:22.32 1350m: 23:49.47			
	150m: 2:22.24 400m: 6:49.25 650m: 11:17.68 900m: 15:46.76 1150m: 20:15.88 1400m: 24:42.41			
	200m: 3:13.74 450m: 7:42.99 700m: 12:11.74 950m: 16:40.72 1200m: 21:09.06 1450m: 25:35.72			
	250m: 4:06.76 500m: 8:36.61 750m: 13:05.53 1000m: 17:35.06 1250m: 22:02.30 1500m: 26:25.99			

65+

1.	MENENDEZ CUELLAR, Manuel	58	00006 - C.N. Cuatro Caminos	21:43.04
	50m: 37.28 300m: 4:11.05 550m: 7:51.84 800m: 11:33.53 1050m: 15:14.64 1300m: 18:54.17			
	100m: 1:18.47 350m: 4:55.15 600m: 8:36.28 850m: 12:17.55 1100m: 15:58.72 1350m: 19:37.23			
	150m: 2:00.72 400m: 5:39.09 650m: 9:20.72 900m: 13:01.53 1150m: 16:42.99 1400m: 20:20.02			
	200m: 2:43.04 450m: 6:22.91 700m: 10:04.78 950m: 13:45.57 1200m: 17:26.86 1450m: 21:02.36			
	250m: 3:27.22 500m: 7:07.34 750m: 10:49.39 1000m: 14:30.00 1250m: 18:10.66 1500m: 21:43.04			
2.	FERNANDEZ RODRIGUEZ, Rafael	54	00006 - C.N. Cuatro Caminos	22:21.22
	50m: 39.25 300m: 4:22.25 550m: 8:07.25 800m: 11:53.16 1050m: 15:38.76 1300m: 19:22.86			
	100m: 1:22.88 350m: 5:07.10 600m: 8:52.50 850m: 12:38.13 1100m: 16:23.44 1350m: 20:07.42			
	150m: 2:07.91 400m: 5:51.86 650m: 9:37.44 900m: 13:26.57 1150m: 17:08.85 1400m: 20:52.69			
	200m: 2:52.49 450m: 6:36.88 700m: 10:22.72 950m: 14:08.47 1200m: 17:53.41 1450m: 21:37.36			
	250m: 3:37.06 500m: 7:21.86 750m: 11:07.88 1000m: 14:53.55 1250m: 18:38.06 1500m: 22:21.22			

Piscina 25 metros - Cronometraje manual

COLMENAR 1500M DT IX JORNADA FONDO MASTER 23-24
COLMENAR - MADRID, 3/12/2023

Prueba 2, Masc., 1500m Libre, 65+


Clas.	Nombre	Año	Club	Marca
DQ	RUIZ ZAPATERO, Guillermo Gonzalo	58	00053 - Real Canoe N.C.	

75+

1.	VALLESPIN GOMEZ, Juan Manuel	48	01189 - C.N. Master Madrid	31:06.27							
50m:	49.64	300m:	5:23.41	550m:	10:15.58	800m:	15:20.27	1050m:	20:35.47	1300m:	27:11.18
100m:	1:42.75	350m:	6:19.55	600m:	11:14.56	850m:	16:21.31	1100m:	21:42.88	1350m:	28:09.40
150m:	2:36.93	400m:	7:17.30	650m:	12:15.63	900m:	17:24.44	1150m:	23:05.20	1400m:	29:08.46
200m:	3:31.67	450m:	8:16.66	700m:	13:17.27	950m:	18:28.20	1200m:	24:26.76	1450m:	30:08.49
250m:	4:27.58	500m:	9:16.23	750m:	14:18.74	1000m:	19:31.30	1250m:	25:47.38	1500m:	31:06.27

80+

1.	RGUEZ DE RIVERA RAMIREZ, Javier	41	00053 - Real Canoe N.C.	30:33.74							
50m:	53.43	300m:	5:56.55	550m:	11:02.52	800m:	16:11.86	1050m:	21:20.22	1300m:	26:29.52
100m:	1:53.53	350m:	6:57.06	600m:	12:03.74	850m:	17:13.52	1100m:	22:22.33	1350m:	27:31.30
150m:	2:54.22	400m:	7:57.97	650m:	13:05.72	900m:	18:14.79	1150m:	23:24.17	1400m:	28:32.33
200m:	3:54.86	450m:	9:00.33	700m:	14:08.33	950m:	19:15.91	1200m:	24:26.20	1450m:	29:34.20
250m:	4:55.30	500m:	10:01.11	750m:	15:10.51	1000m:	20:17.96	1250m:	25:27.30	1500m:	30:33.74

MARTIN SONEIRA, Abel	91	01767	01767 - Cdb Natacion Swimtonic	30+	 22:25.05 S*	SUST
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Piscina 25 metros - Cronometraje manual

Splash Meet Manager, 11.78108

Registered to Madrid

04/12/2023 8:54 - Página 6