

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1  
06/02/2025 - 9:00

Masc., 400m Libre

20 años y mayores  
Resultados

Clasificación	AN		Tiempo			
<b>85+</b>						
1. HENDRIK DE BRUIJN, Frederik	38	C.N. Aquamasters	<b>6:56.75</b>	19,00	803	
50m: 49.52 49.52 150m: 2:33.15 52.87 250m: 4:19.92 53.40 350m: 6:05.37 52.46						
100m: 1:40.28 50.76 200m: 3:26.52 53.37 300m: 5:12.91 52.99 400m: 6:56.75 51.38						
<b>80+</b>						
1. UNION GUISADO, Manuel	43	C.D. Jerez Natacion Master	<b>7:48.80</b>	19,00	379	
50m: 52.36 52.36 150m: 2:50.38 1:00.05 250m: 4:52.76 1:01.36 350m: 6:54.00 1:00.78						
100m: 1:50.33 57.97 200m: 3:51.40 1:01.02 300m: 5:53.22 1:00.46 400m: 7:48.80 54.80						
Baja O SHANAHAN ROCA, Mauricio	42	C.N. Metropole			-	
<b>75+</b>						
1. METZ, Michael Gustav	48	C. Tenerife Masters	<b>7:06.39</b>	19,00	384	
50m: 48.00 48.00 150m: 2:35.54 53.84 250m: 4:25.42 54.64 350m: 6:14.83 54.57						
100m: 1:41.70 53.70 200m: 3:30.78 55.24 300m: 5:20.26 54.84 400m: 7:06.39 51.56						
2. FARRE GANDUXE, Josep	46	C.N. Sant Andreu	<b>7:21.57</b>	16,00	345	
50m: 47.92 47.92 150m: 2:37.59 55.28 250m: 4:28.92 55.84 350m: 6:24.07 57.99						
100m: 1:42.31 54.39 200m: 3:33.08 55.49 300m: 5:26.08 57.16 400m: 7:21.57 57.50						
3. RUIZ DE CASTAÑEDA DE LA LLAVE, I48acicC.D.E. Mako			<b>8:10.71</b>	14,00	251	
50m: 53.87 53.87 150m: 2:58.89 1:03.34 250m: 5:06.15 1:02.88 350m: 7:12.90 1:03.06						
100m: 1:55.55 1:01.68 200m: 4:03.27 1:04.38 300m: 6:09.84 1:03.69 400m: 8:10.71 57.81						
DSQ SANTAMARIA MORALES, Enrique	50	Marnaton			-	
<b>70+</b>						
1. BARRIOS BORGES, Jose Ramon	54	C. Tenerife Masters	<b>6:01.85</b>	19,00	497	
50m: 42.69 42.69 150m: 2:12.72 45.57 250m: 3:45.18 46.15 350m: 5:18.24 46.27						
100m: 1:27.15 44.46 200m: 2:59.03 46.31 300m: 4:31.97 46.79 400m: 6:01.85 43.61						
2. GARCIA COLOMO, Manuel Ramon	54	C.N. Pabellon Ourense	<b>6:15.35</b>	16,00	446	
50m: 43.73 43.73 150m: 2:19.71 48.86 250m: 3:55.19 47.92 350m: 5:30.17 47.62						
100m: 1:30.85 47.12 200m: 3:07.27 47.56 300m: 4:42.55 47.36 400m: 6:15.35 45.18						
3. PASCUAL DE LA PARTE, Jose Ignacio	53	Club Atlético Montemar	<b>7:02.60</b>	14,00	312	
50m: 46.82 46.82 150m: 2:35.43 55.58 250m: 4:26.39 55.23 350m: 6:14.43 53.70						
100m: 1:39.85 53.03 200m: 3:31.16 55.73 300m: 5:20.73 54.34 400m: 7:02.60 48.17						
4. DA SILVA PORTO, Carlos Manuel	51	C.D. Jerez Natacion Master	<b>7:49.87</b>	13,00	227	
50m: 52.54 52.54 150m: 2:48.36 58.01 250m: 4:50.83 1:01.86 350m: 6:50.84 59.35						
100m: 1:50.35 57.81 200m: 3:48.97 1:00.61 300m: 5:51.49 1:00.66 400m: 7:49.87 59.03						
DSQ URIBE ECHEVARRIA-FDEZ, Miguel	53	Club Natación Rivalia			-	
Baja BILBAO GARAY, Pedro	55	C.N. Los Barrios			-	

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Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre

65+

1.	MATA DIAZ, Enrique	60	C.D. Swim&Train Maspalomas	<b>4:46.60</b>	34,00	816
	<i>European Récord</i>					
	50m: 32.80 32.80	150m: 1:44.81 36.21	250m: 2:57.69 36.73	350m: 4:10.75 36.42		
	100m: 1:08.60 35.80	200m: 2:20.96 36.15	300m: 3:34.33 36.64	400m: 4:46.60 35.85		
2.	GILYAZOV, Rinat	59	Meisterujumise U-Klubi	<b>5:07.53</b>	-	661
	50m: 35.39 35.39	150m: 1:50.70 38.21	250m: 3:08.19 39.12	350m: 4:28.21 40.20		
	100m: 1:12.49 37.10	200m: 2:29.07 38.37	300m: 3:48.01 39.82	400m: 5:07.53 39.32		
3.	CASTELLO AUQUE, Antoni	58	C.N. Reus Ploms	<b>5:20.23</b>	16,00	585
	50m: 37.59 37.59	150m: 1:57.77 40.48	250m: 3:19.40 40.72	350m: 4:41.07 40.79		
	100m: 1:17.29 39.70	200m: 2:38.68 40.91	300m: 4:00.28 40.88	400m: 5:20.23 39.16		
4.	MENENDEZ CUELLAR, Manuel	58	C.N. Cuatro Caminos	<b>5:25.42</b>	14,00	557
	50m: 36.98 36.98	150m: 1:57.73 40.98	250m: 3:21.28 42.12	350m: 4:45.27 42.19		
	100m: 1:16.75 39.77	200m: 2:39.16 41.43	300m: 4:03.08 41.80	400m: 5:25.42 40.15		
5.	CODESIDO LOPEZ, Jose	59	C.D.N. Ciudad de Santiago	<b>5:50.22</b>	13,00	447
	50m: 37.91 37.91	150m: 2:03.85 44.18	250m: 3:34.23 45.78	350m: 5:05.19 45.24		
	100m: 1:19.67 41.76	200m: 2:48.45 44.60	300m: 4:19.95 45.72	400m: 5:50.22 45.03		
6.	DIAZ DIAZ, Celso Julio	59	C. Tenerife Masters	<b>6:02.72</b>	12,00	402
	50m: 39.37 39.37	150m: 2:07.98 45.76	250m: 3:40.77 46.64	350m: 5:15.53 47.65		
	100m: 1:22.22 42.85	200m: 2:54.13 46.15	300m: 4:27.88 47.11	400m: 6:02.72 47.19		
7.	RIGUAL DE HEREDIA, Carlos	57	C.D. Jerez Natacion Master	<b>6:07.97</b>	11,00	385
	50m: 44.57 44.57	150m: 2:17.75 47.39	250m: 3:52.11 47.12	350m: 5:23.71 45.30		
	100m: 1:30.36 45.79	200m: 3:04.99 47.24	300m: 4:38.41 46.30	400m: 6:07.97 44.26		
8.	MENENDEZ PEÑALOSA, Teodomiro	57	R.G.C. Covadonga	<b>6:32.39</b>	10,00	318
	50m: 43.12 43.12	150m: 2:22.39 51.08	250m: 4:02.96 50.62	350m: 5:45.55 52.50		
	100m: 1:31.31 48.19	200m: 3:12.34 49.95	300m: 4:53.05 50.09	400m: 6:32.39 46.84		
9.	MARQUES DEL POZO, Antonio	56	C.N. Monteverde	<b>6:51.75</b>	9,00	275
	50m: 44.51 44.51	150m: 2:27.20 52.34	250m: 4:13.94 53.19	350m: 6:00.44 53.53		
	100m: 1:34.86 50.35	200m: 3:20.75 53.55	300m: 5:06.91 52.97	400m: 6:51.75 51.31		
10.	FERNANDEZ NAVARRO, Juan Jose	59	C.D.E. Mako	<b>6:57.83</b>	8,00	263
	50m: 49.69 49.69	150m: 2:35.74 53.34	250m: 4:22.83 54.20	350m: 6:07.55 52.28		
	100m: 1:42.40 52.71	200m: 3:28.63 52.89	300m: 5:15.27 52.44	400m: 6:57.83 50.28		
11.	MORENO PEREZ, Jose Andres	58	C. Tenerife Masters	<b>7:16.73</b>	7,00	230
	50m: 47.40 47.40	150m: 2:35.85 55.16	250m: 4:29.91 57.00	350m: 6:23.31 56.13		
	100m: 1:40.69 53.29	200m: 3:32.91 57.06	300m: 5:27.18 57.27	400m: 7:16.73 53.42		
12.	DIAZ CASTRO, Jose Maria	57	C. Tenerife Masters	<b>7:25.04</b>	6,00	218
	50m: 50.35 50.35	150m: 2:44.55 57.49	250m: 4:38.47 56.48	350m: 6:30.48 56.10		
	100m: 1:47.06 56.71	200m: 3:41.99 57.44	300m: 5:34.38 55.91	400m: 7:25.04 54.56		

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Prueba 1, Masc., 400m Libre

60+

1.	ARRIBAS PUVILL, Albert	65	C.E. Mediterrani	<b>5:00.91</b>	19,00	703
	50m: 35.08 35.08 150m: 1:50.56 37.61 250m: 3:05.83 37.62 350m: 4:22.36 38.68					
	100m: 1:12.95 37.87 200m: 2:28.21 37.65 300m: 3:43.68 37.85 400m: 5:00.91 38.55					
2.	ARMENDIA MARTINEZ, Joseba Inaki	64	C.D.Resist4	<b>5:10.54</b>	16,00	639
	50m: 35.54 35.54 150m: 1:51.09 38.24 250m: 3:08.66 39.18 350m: 4:29.30 40.79					
	100m: 1:12.85 37.31 200m: 2:29.48 38.39 300m: 3:48.51 39.85 400m: 5:10.54 41.24					
3.	PARKES, Nicholas	61	Ucam C.N. Fuensanta	<b>5:10.99</b>	14,00	636
	50m: 34.75 34.75 150m: 1:52.53 39.70 250m: 3:12.60 39.92 350m: 4:32.15 39.59					
	100m: 1:12.83 38.08 200m: 2:32.68 40.15 300m: 3:52.56 39.96 400m: 5:10.99 38.84					
4.	MORALES RAMOS, Antonio	65	C.N. Pozuelo	<b>5:14.16</b>	13,00	617
	50m: 35.06 35.06 150m: 1:52.62 39.07 250m: 3:11.98 39.90 350m: 4:33.28 40.46					
	100m: 1:13.55 38.49 200m: 2:32.08 39.46 300m: 3:52.82 40.84 400m: 5:14.16 40.88					
5.	GONZALEZ PEREZ, Domingo	61	C. Tenerife Masters	<b>5:25.36</b>	12,00	556
	50m: 37.36 37.36 150m: 1:58.61 41.20 250m: 3:21.82 41.56 350m: 4:45.60 41.91					
	100m: 1:17.41 40.05 200m: 2:40.26 41.65 300m: 4:03.69 41.87 400m: 5:25.36 39.76					
6.	MANRUBIA MARTINEZ, Jose Maria	65	C.D. Santa Ana	<b>5:30.10</b>	11,00	532
	50m: 38.66 38.66 150m: 2:00.12 40.97 250m: 3:24.43 42.25 350m: 4:48.69 41.69					
	100m: 1:19.15 40.49 200m: 2:42.18 42.06 300m: 4:07.00 42.57 400m: 5:30.10 41.41					
7.	COSTAS ALGARA, Jose Luis	62	C. Tennis Chamartin	<b>5:34.42</b>	10,00	512
	50m: 38.15 38.15 150m: 2:04.08 43.30 250m: 3:29.85 42.71 350m: 4:54.78 42.31					
	100m: 1:20.78 42.63 200m: 2:47.14 43.06 300m: 4:12.47 42.62 400m: 5:34.42 39.64					
8.	SUÑER TORRES, Juan	62	C.N. Eivissa	<b>5:43.96</b>	9,00	470
	50m: 39.01 39.01 150m: 2:04.06 43.54 250m: 3:32.48 43.97 350m: 5:01.00 44.21					
	100m: 1:20.52 41.51 200m: 2:48.51 44.45 300m: 4:16.79 44.31 400m: 5:43.96 42.96					
9.	ETXEBESTE OTEGI, Javier	61	Swim Camp Getxo CD	<b>5:57.81</b>	8,00	418
	50m: 30.18 30.18 150m: 2:14.34 51.39 250m: 3:48.69 44.92 350m: 5:15.25 43.56					
	100m: 1:22.95 52.77 200m: 3:03.77 49.43 300m: 4:31.69 43.00 400m: 5:57.81 42.56					
10.	ETXEBARRIA KEREXETA, Pello	63	Swim Camp Getxo CD	<b>6:06.49</b>	7,00	389
	50m: 39.32 39.32 150m: 2:08.45 45.52 250m: 3:44.28 48.73 350m: 5:20.86 48.24					
	100m: 1:22.93 43.61 200m: 2:55.55 47.10 300m: 4:32.62 48.34 400m: 6:06.49 45.63					
11.	FERNANDEZ LAZARO, Fernando	63	Club Atlético Montemar	<b>6:11.46</b>	6,00	373
	50m: 43.10 43.10 150m: 2:15.88 46.62 250m: 3:51.99 48.92 350m: 5:26.76 47.64					
	100m: 1:29.26 46.16 200m: 3:03.07 47.19 300m: 4:39.12 47.13 400m: 6:11.46 44.70					
12.	MATEOS BATISTA, Francisco	62	C.N. Las Palmas	<b>6:12.85</b>	5,00	369
	50m: 40.67 40.67 150m: 2:13.28 47.62 250m: 3:50.62 48.97 350m: 5:27.77 48.40					
	100m: 1:25.66 44.99 200m: 3:01.65 48.37 300m: 4:39.37 48.75 400m: 6:12.85 45.08					
13.	SANCHEZ DE HARO, Jose Maria	64	C. Tennis Chamartin	<b>6:26.70</b>	4,00	331
	50m: 42.61 42.61 150m: 2:18.46 48.96 250m: 3:58.61 49.87 350m: 5:38.18 50.09					
	100m: 1:29.50 46.89 200m: 3:08.74 50.28 300m: 4:48.09 49.48 400m: 6:26.70 48.52					
14.	MELCHOR MARTIN DE LA SIERRA, J.	65	C.N. Leganes	<b>6:30.32</b>	3,00	322
	50m: 42.80 42.80 150m: 2:20.34 49.67 250m: 4:01.91 50.80 350m: 5:43.59 50.34					
	100m: 1:30.67 47.87 200m: 3:11.11 50.77 300m: 4:53.25 51.34 400m: 6:30.32 46.73					
15.	HEBRERO CUEVAS, Constantino	61	C.N. Cadiz	<b>6:31.47</b>	2,00	319
	50m: 43.09 43.09 150m: 2:20.62 49.53 250m: 4:01.90 50.81 350m: 5:43.21 50.62					
	100m: 1:31.09 48.00 200m: 3:11.09 50.47 300m: 4:52.59 50.69 400m: 6:31.47 48.26					

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Prueba 1, Masc., 400m Libre, 60+

Clasificación	AN	Race	Tiempo		
16. DE VICENTE MINGARRO, Inigo	61	Race	<b>6:34.47</b>	1,00	312
50m: 43.63 43.63 150m: 2:21.90 49.56 250m: 4:03.58 50.71 350m: 5:45.34 51.72					
100m: 1:32.34 48.71 200m: 3:12.87 50.97 300m: 4:53.62 50.04 400m: 6:34.47 49.13					
17. CALERO HERNANDEZ, Juan Carles	65	C.N. Swimfaster Salt	<b>6:42.95</b>	-	292
50m: 46.14 46.14 150m: 2:30.41 53.17 250m: 4:14.83 51.87 350m: 5:56.92 50.92					
100m: 1:37.24 51.10 200m: 3:22.96 52.55 300m: 5:06.00 51.17 400m: 6:42.95 46.03					
18. BLANCO PEREZ, Angel	64	C.N. Pabellon Ourense	<b>6:45.17</b>	-	288
50m: 46.78 46.78 150m: 2:29.50 52.53 250m: 4:14.75 52.34 350m: 5:57.26 50.71					
100m: 1:36.97 50.19 200m: 3:22.41 52.91 300m: 5:06.55 51.80 400m: 6:45.17 47.91					

55+

1. VORONIN, Nikolai	69	C.N. Torrevieja	<b>4:35.92</b>	27,00	798
<i>Récord de España</i>					
50m: 31.21 31.21 150m: 1:40.62 35.02 250m: 2:50.58 35.30 350m: 4:01.51 35.56					
100m: 1:05.60 34.39 200m: 2:15.28 34.66 300m: 3:25.95 35.37 400m: 4:35.92 34.41					
2. GUTIERREZ ASCANIO, Ciro	70	C.N. Metropole	<b>4:38.33</b>	16,00	778
50m: 32.22 32.22 150m: 1:42.47 35.10 250m: 2:53.34 35.28 350m: 4:03.63 35.07					
100m: 1:07.37 35.15 200m: 2:18.06 35.59 300m: 3:28.56 35.22 400m: 4:38.33 34.70					
3. SANCHEZ APARICIO, Enrique	68	C.N. Master Leon	<b>4:48.37</b>	14,00	699
50m: 32.86 32.86 150m: 1:45.03 36.70 250m: 2:59.03 36.88 350m: 4:12.50 36.40					
100m: 1:08.33 35.47 200m: 2:22.15 37.12 300m: 3:36.10 37.07 400m: 4:48.37 35.87					
4. GOMEZ RAMOS, Jesus	70	Real Canoe N.C.	<b>4:50.19</b>	13,00	686
50m: 33.01 33.01 150m: 1:45.37 36.27 250m: 2:59.40 36.99 350m: 4:13.43 37.09					
100m: 1:09.10 36.09 200m: 2:22.41 37.04 300m: 3:36.34 36.94 400m: 4:50.19 36.76					
5. SABATER REDONDO, Jorge	68	C.N. Cuatro Caminos	<b>4:51.43</b>	12,00	678
50m: 33.20 33.20 150m: 1:45.16 35.94 250m: 2:59.04 37.03 350m: 4:14.03 37.84					
100m: 1:09.22 36.02 200m: 2:22.01 36.85 300m: 3:36.19 37.15 400m: 4:51.43 37.40					
6. MATEU ADZERIAS, Oriol	70	C.N. Sabadell	<b>4:51.84</b>	11,00	675
50m: 33.81 33.81 150m: 1:47.20 37.20 250m: 3:01.29 36.45 350m: 4:14.87 36.74					
100m: 1:10.00 36.19 200m: 2:24.84 37.64 300m: 3:38.13 36.84 400m: 4:51.84 36.97					
7. VILLAGRA POVIÑA, German	67	C.D. Gredos San Diego	<b>4:52.55</b>	10,00	670
50m: 33.16 33.16 150m: 1:46.02 36.91 250m: 3:00.37 37.32 350m: 4:15.81 37.88					
100m: 1:09.11 35.95 200m: 2:23.05 37.03 300m: 3:37.93 37.56 400m: 4:52.55 36.74					
8. ANDUJAR TENDERO, Esteban	69	C.N. Albacete	<b>4:57.57</b>	9,00	636
50m: 34.20 34.20 150m: 1:47.49 37.18 250m: 3:03.71 38.36 350m: 4:20.31 38.31					
100m: 1:10.31 36.11 200m: 2:25.35 37.86 300m: 3:42.00 38.29 400m: 4:57.57 37.26					
9. LEUZA LABIANO, Ignacio	69	Anaitasuna S.C.D.R.	<b>5:17.05</b>	8,00	526
50m: 35.10 35.10 150m: 1:54.20 40.10 250m: 3:15.59 40.92 350m: 4:38.16 41.40					
100m: 1:14.10 39.00 200m: 2:34.67 40.47 300m: 3:56.76 41.17 400m: 5:17.05 38.89					
10. YÑIGO DE LOS RIOS, Miguel	68	C.N. Master Madrid	<b>5:18.45</b>	7,00	519
50m: 36.70 36.70 150m: 1:57.05 40.72 250m: 3:17.36 39.84 350m: 4:38.50 40.84					
100m: 1:16.33 39.63 200m: 2:37.52 40.47 300m: 3:57.66 40.30 400m: 5:18.45 39.95					

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Prueba 1, Masc., 400m Libre, 55+

Clasificación	AN		Tiempo										
11. RODRIGUEZ TEY, Rosendo	70	C.N. Cadiz	<b>5:23.26</b>	6,00	496	50m: 35.41	35.41	150m: 1:55.25	41.20	250m: 3:18.48	41.92	350m: 4:43.05	42.06
						100m: 1:14.05	38.64	200m: 2:36.56	41.31	300m: 4:00.99	42.51	400m: 5:23.26	40.21
12. MARTINEZ FAJARDO, Julio Enrique	70	A.D. Fogar	<b>5:23.78</b>	5,00	494	50m: 37.93	37.93	150m: 1:59.26	40.61	250m: 3:22.49	41.72	350m: 4:44.96	41.35
						100m: 1:18.65	40.72	200m: 2:40.77	41.51	300m: 4:03.61	41.12	400m: 5:23.78	38.82
13. CASTROVIEJO FERNANDEZ, Raul	68	Club Natación Rivalia	<b>5:24.49</b>	4,00	491	50m: 36.96	36.96	150m: 2:00.14	41.95	250m: 3:22.81	40.97	350m: 4:45.44	41.44
						100m: 1:18.19	41.23	200m: 2:41.84	41.70	300m: 4:04.00	41.19	400m: 5:24.49	39.05
14. UCHA DIAZ, Manuel Alejandro	68	C.D. Jerez Natacion Master	<b>5:24.73</b>	3,00	490	50m: 36.81	36.81	150m: 1:58.37	41.37	250m: 3:22.43	42.04	350m: 4:45.34	41.17
						100m: 1:17.00	40.19	200m: 2:40.39	42.02	300m: 4:04.17	41.74	400m: 5:24.73	39.39
15. PLAZA VALDES, Eduardo	67	C.N. Monteverde	<b>5:28.03</b>	2,00	475	50m: 34.76	34.76	150m: 1:54.60	40.94	250m: 3:18.68	42.62	350m: 4:45.52	43.55
						100m: 1:13.66	38.90	200m: 2:36.06	41.46	300m: 4:01.97	43.29	400m: 5:28.03	42.51
16. RAMON IBAÑEZ, Oscar	70	C. Aquatico Aviles Solras	<b>5:30.05</b>	1,00	466	50m: 36.91	36.91	150m: 1:57.81	41.13	250m: 3:22.46	42.55	350m: 4:47.31	42.66
						100m: 1:16.68	39.77	200m: 2:39.91	42.10	300m: 4:04.65	42.19	400m: 5:30.05	42.74
17. PEREZ ESCALANTE, David	70	C.N. Monteverde	<b>5:31.22</b>	-	461	50m: 37.64	37.64	150m: 1:59.25	42.02	250m: 3:25.47	43.13	350m: 4:50.45	42.58
						100m: 1:17.23	39.59	200m: 2:42.34	43.09	300m: 4:07.87	42.40	400m: 5:31.22	40.77
18. MARTINEZ DOMINGUEZ, David	70	C.N. Fuenlabrada	<b>5:32.06</b>	-	458	50m: 37.25	37.25	150m: 1:59.72	41.78	250m: 3:25.07	42.41	350m: 4:49.51	42.24
						100m: 1:17.94	40.69	200m: 2:42.66	42.94	300m: 4:07.27	42.20	400m: 5:32.06	42.55
19. MARTINEZ LLISO, Claudio	66	C.N. Metropole	<b>5:32.67</b>	-	455	50m: 36.26	36.26	150m: 1:58.39	41.79	250m: 3:24.04	42.80	350m: 4:50.19	43.22
						100m: 1:16.60	40.34	200m: 2:41.24	42.85	300m: 4:06.97	42.93	400m: 5:32.67	42.48
20. LARRUCEA CASTAÑEDA, Ramon Ang	69	C.N. Santurtzi	<b>5:45.23</b>	-	407	50m: 37.72	37.72	150m: 2:02.97	43.36	250m: 3:32.20	45.02	350m: 5:02.32	45.20
						100m: 1:19.61	41.89	200m: 2:47.18	44.21	300m: 4:17.12	44.92	400m: 5:45.23	42.91
21. RODRIGUEZ OLIVA, Jesus	69	C.D. Jerez Natacion Master	<b>5:47.98</b>	-	398	50m: 40.40	40.40	150m: 2:08.83	44.81	250m: 3:37.71	44.14	350m: 5:05.75	43.55
						100m: 1:24.02	43.62	200m: 2:53.57	44.74	300m: 4:22.20	44.49	400m: 5:47.98	42.23
22. INFANTE CABELLO, Pablo Carlos	69	C.N. Leganes	<b>6:06.42</b>	-	341	50m: 41.77	41.77	150m: 2:11.96	45.22	250m: 3:45.58	47.09	350m: 5:19.21	47.06
						100m: 1:26.74	44.97	200m: 2:58.49	46.53	300m: 4:32.15	46.57	400m: 6:06.42	47.21
Baja	66	C. Tenis Chamartin		-									
Baja	66	Casino de La Coruña		-									

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre

50+

1.	CABELLO VILLALONGA, Manuel	72	C.N. L' Hospitalet	<b>4:34.12</b>	19,00	709
	50m: 30.46 30.46 150m: 1:38.98 34.78 250m: 2:49.71 35.45 350m: 4:00.58 35.49					
	100m: 1:04.20 33.74 200m: 2:14.26 35.28 300m: 3:25.09 35.38 400m: 4:34.12 33.54					
2.	MORALES RODRIGUEZ, Sergio	73	C.N. Aquamasters	<b>4:37.46</b>	16,00	684
	50m: 31.70 31.70 150m: 1:40.76 34.96 250m: 2:51.47 35.32 350m: 4:02.77 35.67					
	100m: 1:05.80 34.10 200m: 2:16.15 35.39 300m: 3:27.10 35.63 400m: 4:37.46 34.69					
3.	GARACH GOMEZ, Manuel	74	Universidad de Granada	<b>4:40.69</b>	14,00	660
	50m: 31.33 31.33 150m: 1:41.47 35.61 250m: 2:53.57 36.20 350m: 4:05.91 35.93					
	100m: 1:05.86 34.53 200m: 2:17.37 35.90 300m: 3:29.98 36.41 400m: 4:40.69 34.78					
4.	DEL AMO GALAN, Ruben	75	A.D. Rivas Natación	<b>4:42.13</b>	13,00	650
	50m: 31.50 31.50 150m: 1:40.17 34.81 250m: 2:51.69 36.12 350m: 4:05.45 36.87					
	100m: 1:05.36 33.86 200m: 2:15.57 35.40 300m: 3:28.58 36.89 400m: 4:42.13 36.68					
5.	MUÑOZ LEGORBURU, Mikel	75	C.N. Santurtzi	<b>4:45.41</b>	12,00	628
	50m: 32.37 32.37 150m: 1:43.03 35.75 250m: 2:53.82 35.41 350m: 4:07.83 37.67					
	100m: 1:07.28 34.91 200m: 2:18.41 35.38 300m: 3:30.16 36.34 400m: 4:45.41 37.58					
6.	BOLOS SANTANA, Jose Angel	73	Sopela Igeriketa Swim	<b>4:54.37</b>	11,00	572
	50m: 33.63 33.63 150m: 1:46.24 36.83 250m: 3:00.88 37.57 350m: 4:17.00 38.28					
	100m: 1:09.41 35.78 200m: 2:23.31 37.07 300m: 3:38.72 37.84 400m: 4:54.37 37.37					
7.	BARROSO BARBA, Jesus	75	C. Padel Arena Alicante	<b>4:54.39</b>	10,00	572
	50m: 34.27 34.27 150m: 1:47.90 37.08 250m: 3:03.03 37.40 350m: 4:18.49 37.46					
	100m: 1:10.82 36.55 200m: 2:25.63 37.73 300m: 3:41.03 38.00 400m: 4:54.39 35.90					
8.	RUIZ GUTIERREZ, Mariano	74	Universidad de Granada	<b>4:59.50</b>	9,00	543
	50m: 33.00 33.00 150m: 1:46.44 37.21 250m: 3:04.09 38.80 350m: 4:21.78 38.84					
	100m: 1:09.23 36.23 200m: 2:25.29 38.85 300m: 3:42.94 38.85 400m: 4:59.50 37.72					
9.	ORTEGA REQUE, Marcos	73	C.N. Alcobendas	<b>5:09.14</b>	8,00	494
	50m: 36.87 36.87 150m: 1:54.21 38.97 250m: 3:13.88 39.66 350m: 4:31.27 38.44					
	100m: 1:15.24 38.37 200m: 2:34.22 40.01 300m: 3:52.83 38.95 400m: 5:09.14 37.87					
10.	MARTINEZ GONZALEZ, Raul	72	C.N. Ovimaster	<b>5:12.32</b>	7,00	479
	50m: 35.27 35.27 150m: 1:52.62 39.26 250m: 3:12.18 39.82 350m: 4:32.87 40.56					
	100m: 1:13.36 38.09 200m: 2:32.36 39.74 300m: 3:52.31 40.13 400m: 5:12.32 39.45					
11.	LASTRA RODRIGUEZ, Fernando	71	C.N. Santa Olaya	<b>5:12.99</b>	6,00	476
	50m: 35.96 35.96 150m: 1:54.53 39.63 250m: 3:13.81 39.40 350m: 4:33.19 39.86					
	100m: 1:14.90 38.94 200m: 2:34.41 39.88 300m: 3:53.33 39.52 400m: 5:12.99 39.80					
12.	DE LA GANDARA SAINZ, Andres	73	C.N. Alcobendas	<b>5:16.27</b>	5,00	461
	50m: 35.98 35.98 150m: 1:54.03 39.83 250m: 3:12.92 39.74 350m: 4:31.13 38.92					
	100m: 1:14.20 38.22 200m: 2:33.18 39.15 300m: 3:52.21 39.29 400m: 5:16.27 45.14					
13.	MOURIÑO ORTIGUERA, Roberto C.	74	C.N. Vulcania Master	<b>5:19.75</b>	4,00	446
	50m: 35.39 35.39 150m: 1:54.76 40.19 250m: 3:16.86 41.26 350m: 4:39.41 41.64					
	100m: 1:14.57 39.18 200m: 2:35.60 40.84 300m: 3:57.77 40.91 400m: 5:19.75 40.34					
14.	GOMEZ PEREZ, Francisco Javier	72	R.G.C. Covadonga	<b>5:21.43</b>	3,00	440
	50m: 37.45 37.45 150m: 1:57.52 40.61 250m: 3:18.84 40.69 350m: 4:41.38 41.48					
	100m: 1:16.91 39.46 200m: 2:38.15 40.63 300m: 3:59.90 41.06 400m: 5:21.43 40.05					
15.	SANTORUM PEREZ, Arturo	74	C.N. Ovimaster	<b>5:21.73</b>	2,00	438
	50m: 36.76 36.76 150m: 1:55.19 38.94 250m: 3:16.26 40.89 350m: 4:39.76 42.02					
	100m: 1:16.25 39.49 200m: 2:35.37 40.18 300m: 3:57.74 41.48 400m: 5:21.73 41.97					

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre, 50+

Clasificación	AN	Equipo	Tiempo	1,00	349
16. CUETO ALVAREZ, Elias	75	C.D.N. Ciudad de Santiago	<b>5:47.07</b>	1,00	349
50m: 38.25 38.25	150m: 2:03.31	43.90	250m: 3:33.11	45.12	350m: 5:04.40
100m: 1:19.41 41.16	200m: 2:47.99	44.68	300m: 4:18.91	45.80	400m: 5:47.07
17. OLIVA NIETO, David	75	C.N. Fuenlabrada	<b>5:55.44</b>	-	325
50m: 36.97 36.97	150m: 2:02.19	44.76	250m: 3:35.73	47.14	350m: 5:10.17
100m: 1:17.43 40.46	200m: 2:48.59	46.40	300m: 4:22.99	47.26	400m: 5:55.44
18. LORENZO FERNANDEZ, Jose Manuel	72	C.N. Rias Baixas	<b>6:08.84</b>	-	291
50m: 40.89 40.89	150m: 2:13.13	46.70	250m: 3:47.96	47.34	350m: 5:23.54
100m: 1:26.43 45.54	200m: 3:00.62	47.49	300m: 4:36.03	48.07	400m: 6:08.84
19. LUPIAÑEZ RIBAS, Enrique	74	C.N. Terrassa	<b>6:13.71</b>	-	279
50m: 39.51 39.51	150m: 2:10.92	46.84	250m: 3:47.15	48.09	350m: 5:25.71
100m: 1:24.08 44.57	200m: 2:59.06	48.14	300m: 4:36.62	49.47	400m: 6:13.71

45+

1. VERDEJO BARROETA, Guillermo	78	Swim Camp Getxo CD	<b>4:16.74</b>	19,00	848
50m: 29.45 29.45	150m: 1:34.46	32.98	250m: 2:40.18	32.75	350m: 3:45.31
100m: 1:01.48 32.03	200m: 2:07.43	32.97	300m: 3:12.73	32.55	400m: 4:16.74
2. PELLICER MARTINEZ, Juan Antonio	79	C.N. Vulcania Master	<b>4:28.72</b>	16,00	740
50m: 30.77 30.77	150m: 1:37.17	33.15	250m: 2:44.40	33.86	350m: 3:53.78
100m: 1:04.02 33.25	200m: 2:10.54	33.37	300m: 3:18.62	34.22	400m: 4:28.72
3. CANTADOR MARINA, Juan	78	C.N. Jimenez	<b>4:37.07</b>	14,00	675
50m: 30.28 30.28	150m: 1:37.78	34.41	250m: 2:48.79	35.77	350m: 4:01.51
100m: 1:03.37 33.09	200m: 2:13.02	35.24	300m: 3:24.68	35.89	400m: 4:37.07
4. SERRANO SANZ, Ruben	80	C.N. Triton Bierzo	<b>4:38.95</b>	13,00	661
50m: 31.63 31.63	150m: 1:41.09	35.10	250m: 2:53.09	36.12	350m: 4:04.62
100m: 1:05.99 34.36	200m: 2:16.97	35.88	300m: 3:28.95	35.86	400m: 4:38.95
5. GONZALEZ MAESO, Esau	77	C.D. Torrelago Wellness	<b>4:42.88</b>	12,00	634
50m: 32.14 32.14	150m: 1:43.05	35.79	250m: 2:54.68	35.54	350m: 4:07.29
100m: 1:07.26 35.12	200m: 2:19.14	36.09	300m: 3:30.75	36.07	400m: 4:42.88
6. MARCELLAN PEREZ, Eduardo	78	Club Natación Rivalia	<b>4:45.91</b>	11,00	614
50m: 32.83 32.83	150m: 1:44.04	35.90	250m: 2:56.42	36.46	350m: 4:10.16
100m: 1:08.14 35.31	200m: 2:19.96	35.92	300m: 3:33.28	36.86	400m: 4:45.91
7. LASHERAS MORENO, Carlos	76	Tenis Pamplona C.	<b>4:49.09</b>	10,00	594
50m: 32.83 32.83	150m: 1:45.05	36.48	250m: 2:58.99	37.26	350m: 4:13.67
100m: 1:08.57 35.74	200m: 2:21.73	36.68	300m: 3:36.42	37.43	400m: 4:49.09
8. MOLIST CANIVELL, Joan	76	C.N. Swimfaster Salt	<b>4:50.79</b>	9,00	584
50m: 30.87 30.87	150m: 1:40.17	35.44	250m: 2:54.86	37.80	350m: 4:12.17
100m: 1:04.73 33.86	200m: 2:17.06	36.89	300m: 3:33.47	38.61	400m: 4:50.79
9. FLORES TABARES, Roberto	76	Sopela Igeriketa Swim	<b>4:52.13</b>	8,00	576
50m: 33.05 33.05	150m: 1:46.83	37.23	250m: 3:02.06	37.44	350m: 4:15.88
100m: 1:09.60 36.55	200m: 2:24.62	37.79	300m: 3:38.96	36.90	400m: 4:52.13
10. DE LA VIESCA SANTAFE, Carlos	78	Real Canoe N.C.	<b>4:52.30</b>	7,00	575
50m: 34.15 34.15	150m: 1:46.53	36.72	250m: 3:01.42	37.72	350m: 4:16.22
100m: 1:09.81 35.66	200m: 2:23.70	37.17	300m: 3:38.68	37.26	400m: 4:52.30

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre, 45+

Clasificación	AN		Tiempo			
11. YAGUE ANDRES, Jorge	77	C.N. Master Madrid	<b>5:05.64</b>	6,00	503	
50m: 34.50 34.50	150m: 1:51.04	38.79 250m: 3:09.75	39.65	350m: 4:28.11	38.91	
100m: 1:12.25 37.75	200m: 2:30.10	39.06 300m: 3:49.20	39.45	400m: 5:05.64	37.53	
12. YANES BOWDEN, Geoffrey	80	C. Tenerife Masters	<b>5:20.81</b>	5,00	435	
50m: 36.69 36.69	150m: 1:56.44	40.47 250m: 3:18.02	40.85	350m: 4:40.20	41.37	
100m: 1:15.97 39.28	200m: 2:37.17	40.73 300m: 3:58.83	40.81	400m: 5:20.81	40.61	
13. RANGEL MENDEZ, Luis Alberto	78	C.N. Ovimaster	<b>5:24.16</b>	4,00	421	
50m: 36.46 36.46	150m: 1:58.34	41.67 250m: 3:21.87	41.72	350m: 4:44.98	41.31	
100m: 1:16.67 40.21	200m: 2:40.15	41.81 300m: 4:03.67	41.80	400m: 5:24.16	39.18	
14. SANCHEZ LLOPIS, Ramon	80	C.N. Fuenlabrada	<b>5:26.94</b>	3,00	411	
50m: 35.53 35.53	150m: 1:52.94	39.72 250m: 3:16.56	42.17	350m: 4:43.32	43.92	
100m: 1:13.22 37.69	200m: 2:34.39	41.45 300m: 3:59.40	42.84	400m: 5:26.94	43.62	
15. RODRIGUEZ GARDUÑO, Jorge	76	C.D. Jerez Natacion Master	<b>5:29.30</b>	2,00	402	
50m: 38.53 38.53	150m: 1:59.95	41.81 250m: 3:24.08	42.73	350m: 4:49.23	42.66	
100m: 1:18.14 39.61	200m: 2:41.35	41.40 300m: 4:06.57	42.49	400m: 5:29.30	40.07	
16. PLATA FERNANDEZ, Joaquin	80	Universidad de Granada	<b>5:35.17</b>	1,00	381	
50m: 37.78 37.78	150m: 1:59.95	41.67 250m: 3:25.68	43.14	350m: 4:52.50	43.62	
100m: 1:18.28 40.50	200m: 2:42.54	42.59 300m: 4:08.88	43.20	400m: 5:35.17	42.67	
17. MENENDEZ MAGDALENA, Ovidio	77	C.N. Linares	<b>5:39.27</b>	-	367	
50m: 36.83 36.83	150m: 1:58.86	41.91 250m: 3:25.21	43.62	350m: 4:54.08	44.85	
100m: 1:16.95 40.12	200m: 2:41.59	42.73 300m: 4:09.23	44.02	400m: 5:39.27	45.19	
18. MINGUEZ CUENCA, Guillermo	79	C.N. Mediterraneo Valencia	<b>5:44.79</b>	-	350	
50m: 37.84 37.84	150m: 2:00.61	42.62 250m: 3:31.37	45.28	350m: 5:02.60	45.49	
100m: 1:17.99 40.15	200m: 2:46.09	45.48 300m: 4:17.11	45.74	400m: 5:44.79	42.19	
19. JEREZ GONZALEZ, Eduardo	79	C.N. Alcobendas	<b>5:45.07</b>	-	349	
50m: 36.98 36.98	150m: 2:02.74	43.85 250m: 3:32.70	45.46	350m: 5:01.28	44.16	
100m: 1:18.89 41.91	200m: 2:47.24	44.50 300m: 4:17.12	44.42	400m: 5:45.07	43.79	

40+

1. FERNANDEZ FERNANDEZ, Jose Maria	85	Universidad de Granada	<b>4:12.27</b>	19,00	868	
50m: 29.42 29.42	150m: 1:34.11	32.40 250m: 2:38.33	31.87	350m: 3:41.35	30.98	
100m: 1:01.71 32.29	200m: 2:06.46	32.35 300m: 3:10.37	32.04	400m: 4:12.27	30.92	
2. SERRANO VAZQUEZ, Pedro	84	C.D.N. Cordoba	<b>4:16.30</b>	16,00	827	
50m: 29.24 29.24	150m: 1:33.16	32.30 250m: 2:38.39	32.57	350m: 3:44.13	32.81	
100m: 1:00.86 31.62	200m: 2:05.82	32.66 300m: 3:11.32	32.93	400m: 4:16.30	32.17	
3. SANTANA SARMIENTO, Miguel	83	C.N. Fainagua C. Telde	<b>4:23.33</b>	14,00	763	
50m: 30.76 30.76	150m: 1:37.30	33.17 250m: 2:43.23	32.52	350m: 3:49.67	33.41	
100m: 1:04.13 33.37	200m: 2:10.71	33.41 300m: 3:16.26	33.03	400m: 4:23.33	33.66	
4. HERRERA MARTINEZ, Francisco Jose	82	C.D. Jerez Natacion Master	<b>4:31.56</b>	13,00	696	
50m: 30.24 30.24	150m: 1:36.34	33.47 250m: 2:44.82	34.43	350m: 3:56.00	35.79	
100m: 1:02.87 32.63	200m: 2:10.39	34.05 300m: 3:20.21	35.39	400m: 4:31.56	35.56	
5. GARCIA RODRIGUEZ, Alberto	85	Natacion Sevilla Master, C.D.	<b>4:31.81</b>	12,00	694	
50m: 30.87 30.87	150m: 1:38.79	34.31 250m: 2:48.45	34.85	350m: 3:57.89	34.38	
100m: 1:04.48 33.61	200m: 2:13.60	34.81 300m: 3:23.51	35.06	400m: 4:31.81	33.92	



XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre, 40+

Clasificación	AN		Tiempo			
6.	LOPEZ ECHAZARRETA, Inaki	82	C.N. Judizmendi	<b>4:35.54</b>	11,00	666
	50m: 31.77 31.77	150m: 1:40.95 34.84	250m: 2:49.98 34.40	350m: 3:59.61 35.13		
	100m: 1:06.11 34.34	200m: 2:15.58 34.63	300m: 3:24.48 34.50	400m: 4:35.54 35.93		
7.	AUBERT, Julien	82	Univ. Politecnica Valencia	<b>4:42.58</b>	10,00	617
	50m: 31.25 31.25	150m: 1:41.28 35.55	250m: 2:52.89 36.01	350m: 4:05.84 36.76		
	100m: 1:05.73 34.48	200m: 2:16.88 35.60	300m: 3:29.08 36.19	400m: 4:42.58 36.74		
8.	NAVASCUES FERNANDEZ-TORIJA, G82nan	C.N. Fuenlabrada	<b>4:44.42</b>	9,00	605	
	50m: 31.92 31.92	150m: 1:41.65 35.27	250m: 2:54.69 36.92	350m: 4:09.01 37.09		
	100m: 1:06.38 34.46	200m: 2:17.77 36.12	300m: 3:31.92 37.23	400m: 4:44.42 35.41		
9.	SUAREZ-LLEDO ORTEA, Claudio	85	R.G.C. Covadonga	<b>4:47.27</b>	8,00	588
	50m: 31.78 31.78	150m: 1:42.93 35.93	250m: 2:56.72 36.91	350m: 4:11.03 37.19		
	100m: 1:07.00 35.22	200m: 2:19.81 36.88	300m: 3:33.84 37.12	400m: 4:47.27 36.24		
10.	RODRIGUEZ LOPEZ, David	82	E.C. Ciudad de Talavera	<b>4:47.80</b>	7,00	584
	50m: 31.00 31.00	150m: 1:40.31 35.39	250m: 2:53.99 37.11	350m: 4:09.63 38.04		
	100m: 1:04.92 33.92	200m: 2:16.88 36.57	300m: 3:31.59 37.60	400m: 4:47.80 38.17		
11.	SANCHEZ MEDINA, Ricardo	84	C.N. Leganes	<b>4:51.03</b>	6,00	565
	50m: 32.68 32.68	150m: 1:45.21 36.72	250m: 2:59.95 37.66	350m: 4:14.83 37.34		
	100m: 1:08.49 35.81	200m: 2:22.29 37.08	300m: 3:37.49 37.54	400m: 4:51.03 36.20		
12.	GARCIA RODRIGUEZ, Sergio	81	Club Hercules Termaria	<b>4:52.77</b>	5,00	555
	50m: 32.80 32.80	150m: 1:45.41 36.57	250m: 2:59.81 37.14	350m: 4:15.83 38.17		
	100m: 1:08.84 36.04	200m: 2:22.67 37.26	300m: 3:37.66 37.85	400m: 4:52.77 36.94		
13.	HERNANDEZ ALONSO, Aitor	85	C.N. Vulcania Master	<b>4:54.78</b>	4,00	544
	50m: 31.75 31.75	150m: 1:43.69 36.71	250m: 2:59.29 38.04	350m: 4:17.24 38.73		
	100m: 1:06.98 35.23	200m: 2:21.25 37.56	300m: 3:38.51 39.22	400m: 4:54.78 37.54		
14.	GARMENDIA BERASATEGI, Benat	84	C.D. Jerez Natacion Master	<b>5:02.68</b>	3,00	502
	50m: 34.46 34.46	150m: 1:50.17 38.31	250m: 3:07.48 38.64	350m: 4:25.23 38.82		
	100m: 1:11.86 37.40	200m: 2:28.84 38.67	300m: 3:46.41 38.93	400m: 5:02.68 37.45		
15.	GARCIA CUESTA, Fernando	84	A.D.N. Mostoles	<b>5:10.31</b>	2,00	466
	50m: 34.93 34.93	150m: 1:52.83 39.49	250m: 3:13.09 40.20	350m: 4:32.79 39.69		
	100m: 1:13.34 38.41	200m: 2:32.89 40.06	300m: 3:53.10 40.01	400m: 5:10.31 37.52		
16.	LAGARES GONZALEZ, Juan Manuel	83	C.D.N. Cordoba	<b>5:21.82</b>	1,00	418
	50m: 36.37 36.37	150m: 1:56.47 40.39	250m: 3:18.86 41.56	350m: 4:42.59 42.05		
	100m: 1:16.08 39.71	200m: 2:37.30 40.83	300m: 4:00.54 41.68	400m: 5:21.82 39.23		
17.	PEREZ BOIX, Juan Antonio	84	C.N. Fuenlabrada	<b>5:26.05</b>	-	402
	50m: 35.13 35.13	150m: 1:55.86 41.50	250m: 3:18.56 41.56	350m: 4:44.50 42.66		
	100m: 1:14.36 39.23	200m: 2:37.00 41.14	300m: 4:01.84 43.28	400m: 5:26.05 41.55		
18.	MARTINEZ YAÑEZ, Daniel	81	C.N. Fuenlabrada	<b>5:40.35</b>	-	353
	50m: 35.08 35.08	150m: 1:57.87 42.50	250m: 3:26.42 44.30	350m: 4:56.42 44.40		
	100m: 1:15.37 40.29	200m: 2:42.12 44.25	300m: 4:12.02 45.60	400m: 5:40.35 43.93		

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre

35+

1.	RODRIGUEZ RAMOS, Cristian	86	C.N. Swimfaster Salt	<b>4:16.56</b>	19,00	795
	50m: 29.64 29.64 150m: 1:34.76 32.65 250m: 2:40.19 32.41 350m: 3:45.44 32.81					
	100m: 1:02.11 32.47 200m: 2:07.78 33.02 300m: 3:12.63 32.44 400m: 4:16.56 31.12					
2.	BARRUTIA URRUTICOECHEA, Mikel	90	C.D. Bilbao	<b>4:23.90</b>	16,00	731
	50m: 29.61 29.61 150m: 1:35.32 33.18 250m: 2:43.16 33.92 350m: 3:51.18 34.04					
	100m: 1:02.14 32.53 200m: 2:09.24 33.92 300m: 3:17.14 33.98 400m: 4:23.90 32.72					
3.	SANCHEZ AVELLANO, Rafael	89	C.D.N. Cordoba	<b>4:30.68</b>	14,00	677
	50m: 30.69 30.69 150m: 1:38.38 34.00 250m: 2:47.36 34.49 350m: 3:57.46 35.02					
	100m: 1:04.38 33.69 200m: 2:12.87 34.49 300m: 3:22.44 35.08 400m: 4:30.68 33.22					
4.	BAÑÓN ALFARO, Javier	89	C.N. Albacete	<b>4:39.11</b>	13,00	618
	50m: 32.27 32.27 150m: 1:42.58 35.52 250m: 2:54.24 35.40 350m: 4:04.73 34.22					
	100m: 1:07.06 34.79 200m: 2:18.84 36.26 300m: 3:30.51 36.27 400m: 4:39.11 34.38					
5.	BERMEJO ALBERO, Sergio	88	C.N. Mediterraneo Valencia	<b>4:55.79</b>	12,00	519
	50m: 31.68 31.68 150m: 1:42.43 35.90 250m: 2:57.47 38.18 350m: 4:16.21 39.04					
	100m: 1:06.53 34.85 200m: 2:19.29 36.86 300m: 3:37.17 39.70 400m: 4:55.79 39.58					
6.	LANE, Henry	88	C.N. Master Madrid	<b>4:59.31</b>	11,00	501
	50m: 33.85 33.85 150m: 1:49.99 38.45 250m: 3:06.91 38.05 350m: 4:23.03 38.03					
	100m: 1:11.54 37.69 200m: 2:28.86 38.87 300m: 3:45.00 38.09 400m: 4:59.31 36.28					
7.	CASTRO NAVARRO, David	89	C.N. Albacete	<b>5:00.37</b>	10,00	496
	50m: 32.96 32.96 150m: 1:48.38 38.44 250m: 3:06.36 39.29 350m: 4:23.82 38.62					
	100m: 1:09.94 36.98 200m: 2:27.07 38.69 300m: 3:45.20 38.84 400m: 5:00.37 36.55					
8.	SUAREZ MENDEZ, Alejandro	87	C.D. Jerez Natacion Master	<b>5:15.54</b>	9,00	427
	50m: 33.84 33.84 150m: 1:53.13 39.84 250m: 3:14.73 41.14 350m: 4:36.84 40.99					
	100m: 1:13.29 39.45 200m: 2:33.59 40.46 300m: 3:55.85 41.12 400m: 5:15.54 38.70					
9.	DE LA ZARZA MERCHAN, Jorge	89	C.N. Leganes	<b>5:23.58</b>	8,00	396
	50m: 34.94 34.94 150m: 1:54.63 40.97 250m: 3:18.73 42.45 350m: 4:43.05 42.79					
	100m: 1:13.66 38.72 200m: 2:36.28 41.65 300m: 4:00.26 41.53 400m: 5:23.58 40.53					

30+

1.	CARRION BALLESTER, Jose Luis	93	Cst-Cst Costa Azahar	<b>4:15.06</b>	19,00	719
	50m: 29.62 29.62 150m: 1:32.53 31.49 250m: 2:36.98 32.16 350m: 3:43.41 33.39					
	100m: 1:01.04 31.42 200m: 2:04.82 32.29 300m: 3:10.02 33.04 400m: 4:15.06 31.65					
2.	VICENTE TORNERO, Santiago	94	C.N. Mediterraneo Valencia	<b>4:22.40</b>	16,00	660
	50m: 29.63 29.63 150m: 1:35.44 33.26 250m: 2:42.22 33.44 350m: 3:49.78 33.61					
	100m: 1:02.18 32.55 200m: 2:08.78 33.34 300m: 3:16.17 33.95 400m: 4:22.40 32.62					
3.	RUIZ GARCIA, Enrique	91	C.N. Monteverde	<b>4:28.14</b>	14,00	619
	50m: 30.74 30.74 150m: 1:37.85 33.81 250m: 2:45.75 34.04 350m: 3:54.64 34.37					
	100m: 1:04.04 33.30 200m: 2:11.71 33.86 300m: 3:20.27 34.52 400m: 4:28.14 33.50					
4.	VILLANUEVA MORCILLO, Victor	94	Ucam C.N. Fuensanta	<b>4:28.50</b>	13,00	616
	50m: 30.71 30.71 150m: 1:37.33 33.30 250m: 2:45.77 34.33 350m: 3:55.00 34.67					
	100m: 1:04.03 33.32 200m: 2:11.44 34.11 300m: 3:20.33 34.56 400m: 4:28.50 33.50					
5.	FLORES PORCUNA, Antonio	95	C.N. Monteverde	<b>4:29.07</b>	12,00	612
	50m: 30.21 30.21 150m: 1:36.47 33.67 250m: 2:45.91 34.82 350m: 3:56.30 35.25					
	100m: 1:02.80 32.59 200m: 2:11.09 34.62 300m: 3:21.05 35.14 400m: 4:29.07 32.77					

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre, 30+

Clasificación	AN		Tiempo										
6. DOMINGUEZ OCHOA, Luis Eduardo	94	C.N. Cuatro Caminos	<b>4:30.62</b>	11,00	602	50m: 30.59	30.59	150m: 1:37.88	33.91	250m: 2:46.51	34.37	350m: 3:56.10	34.82
						100m: 1:03.97	33.38	200m: 2:12.14	34.26	300m: 3:21.28	34.77	400m: 4:30.62	34.52
7. COLORADO SANCHEZ, Raul	92	C.E. Panteres Grogues	<b>4:31.54</b>	10,00	596	50m: 30.27	30.27	150m: 1:36.40	33.64	250m: 2:45.34	34.80	350m: 3:56.42	35.81
						100m: 1:02.76	32.49	200m: 2:10.54	34.14	300m: 3:20.61	35.27	400m: 4:31.54	35.12
8. LOPEZ DE TEJADA IRIZO, Pablo De Je93s	93	C.N. Alcobendas	<b>4:33.10</b>	9,00	586	50m: 30.05	30.05	150m: 1:36.25	33.70	250m: 2:46.05	35.15	350m: 3:57.67	35.87
						100m: 1:02.55	32.50	200m: 2:10.90	34.65	300m: 3:21.80	35.75	400m: 4:33.10	35.43
9. CANO LOPEZ, Manuel	91	Amistat-Novomarhotel	<b>4:42.55</b>	8,00	529	50m: 29.40	29.40	150m: 1:37.26	34.44	250m: 2:49.07	36.13	350m: 4:04.69	38.62
						100m: 1:02.82	33.42	200m: 2:12.94	35.68	300m: 3:26.07	37.00	400m: 4:42.55	37.86
10. MORALES PULIDO, Kevin Jesus	93	C.N. Vulcania Master	<b>4:45.93</b>	7,00	510	50m: 31.12	31.12	150m: 1:38.83	34.22	250m: 2:50.94	36.38	350m: 4:06.71	38.56
						100m: 1:04.61	33.49	200m: 2:14.56	35.73	300m: 3:28.15	37.21	400m: 4:45.93	39.22
11. MARTIN RUIZ, Miguel	91	C.D. Jerez Natacion Master	<b>4:56.21</b>	6,00	459	50m: 32.78	32.78	150m: 1:43.33	35.87	250m: 2:59.02	38.40	350m: 4:17.68	39.19
						100m: 1:07.46	34.68	200m: 2:20.62	37.29	300m: 3:38.49	39.47	400m: 4:56.21	38.53
12. SALVADOR RAMIREZ, Angel	92	Club Natación Rivalia	<b>4:56.53</b>	5,00	457	50m: 33.16	33.16	150m: 1:46.29	36.98	250m: 3:02.28	38.23	350m: 4:19.23	38.41
						100m: 1:09.31	36.15	200m: 2:24.05	37.76	300m: 3:40.82	38.54	400m: 4:56.53	37.30
13. CAGIGA VILA, Ignacio	94	C.N. Alcobendas	<b>5:03.89</b>	4,00	425	50m: 33.52	33.52	150m: 1:48.68	38.57	250m: 3:05.81	38.78	350m: 4:24.31	39.67
						100m: 1:10.11	36.59	200m: 2:27.03	38.35	300m: 3:44.64	38.83	400m: 5:03.89	39.58
14. LOPEZ DIEZ, Carlos	95	C.D.E. Mako	<b>5:22.12</b>	3,00	357	50m: 32.56	32.56	150m: 1:50.12	39.61	250m: 3:11.78	41.65	350m: 4:38.85	44.49
						100m: 1:10.51	37.95	200m: 2:30.13	40.01	300m: 3:54.36	42.58	400m: 5:22.12	43.27

25+

1. MARTIN SALCEDO, Sergio	96	C.D.F. Acuatico Soriano	<b>4:10.25</b>	19,00	805	50m: 28.20	28.20	150m: 1:29.87	31.11	250m: 2:33.50	31.93	350m: 3:38.19	32.48
						100m: 58.76	30.56	200m: 2:01.57	31.70	300m: 3:05.71	32.21	400m: 4:10.25	32.06
2. PANKRATOV, Artem	98	C.N. Calvia	<b>4:17.45</b>	16,00	739	50m: 29.63	29.63	150m: 1:33.26	31.94	250m: 2:37.55	31.90	350m: 3:43.97	33.68
						100m: 1:01.32	31.69	200m: 2:05.65	32.39	300m: 3:10.29	32.74	400m: 4:17.45	33.48
3. RUIZ SEIJO, Brais	98	C.N. Vulcania Master	<b>4:21.26</b>	14,00	707	50m: 28.50	28.50	150m: 1:32.66	32.34	250m: 2:38.95	33.38	350m: 3:48.05	34.39
						100m: 1:00.32	31.82	200m: 2:05.57	32.91	300m: 3:13.66	34.71	400m: 4:21.26	33.21
4. PICAZO VERGARA, Felipe	96	C.N. Albacete	<b>4:24.08</b>	13,00	685	50m: 29.53	29.53	150m: 1:35.45	33.13	250m: 2:42.97	34.05	350m: 3:50.66	33.78
						100m: 1:02.32	32.79	200m: 2:08.92	33.47	300m: 3:16.88	33.91	400m: 4:24.08	33.42
5. FERNANDEZ MENENDEZ, Rodrigo	99	C.N. Ovimaster	<b>4:25.51</b>	12,00	674	50m: 29.62	29.62	150m: 1:35.02	33.39	250m: 2:42.03	33.82	350m: 3:50.97	34.49
						100m: 1:01.63	32.01	200m: 2:08.21	33.19	300m: 3:16.48	34.45	400m: 4:25.51	34.54

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre, 25+

Clasificación	AN				Tiempo						
6. CORBALAN HERNANDEZ, Enrique	98	Ucam C.N. Fuensanta	<b>4:31.83</b>	11,00	628						
50m:	30.70	30.70	150m:	1:37.51	33.73	250m:	2:46.02	34.19	350m:	3:56.41	35.37
100m:	1:03.78	33.08	200m:	2:11.83	34.32	300m:	3:21.04	35.02	400m:	4:31.83	35.42
7. CHAPARRO GOMEZ, Vicente	98	C.N. Delfin	<b>4:35.32</b>	10,00	604						
50m:	30.95	30.95	150m:	1:38.98	34.06	250m:	2:48.88	35.14	350m:	4:00.03	35.82
100m:	1:04.92	33.97	200m:	2:13.74	34.76	300m:	3:24.21	35.33	400m:	4:35.32	35.29
8. AYALA MAESTRE, Alejandro	97	C.D. Jerez Natacion Master	<b>4:36.25</b>	9,00	598						
50m:	31.27	31.27	150m:	1:39.00	34.16	250m:	2:49.42	35.30	350m:	4:01.27	35.91
100m:	1:04.84	33.57	200m:	2:14.12	35.12	300m:	3:25.36	35.94	400m:	4:36.25	34.98
9. GUILLEM NAVAJAS, Carlos	97	C. Valenciano	<b>4:40.76</b>	8,00	570						
50m:	30.27	30.27	150m:	1:38.27	34.83	250m:	2:50.89	36.19	350m:	4:04.91	36.83
100m:	1:03.44	33.17	200m:	2:14.70	36.43	300m:	3:28.08	37.19	400m:	4:40.76	35.85
10. PINELA GOYA, Iker	99	C.D.E. Mako	<b>4:45.47</b>	7,00	542						
50m:	31.77	31.77	150m:	1:41.72	35.55	250m:	2:54.87	36.72	350m:	4:09.17	37.34
100m:	1:06.17	34.40	200m:	2:18.15	36.43	300m:	3:31.83	36.96	400m:	4:45.47	36.30
11. SALABERRIA GARCIA, Ander	98	Eibar Igerixan	<b>4:51.64</b>	6,00	508						
50m:	32.90	32.90	150m:	1:45.62	36.68	250m:	2:59.81	37.05	350m:	4:15.59	37.94
100m:	1:08.94	36.04	200m:	2:22.76	37.14	300m:	3:37.65	37.84	400m:	4:51.64	36.05
12. FERNANDEZ SUAREZ, Juan Antonio	98	C.N. Cuencas Mineras	<b>4:51.87</b>	5,00	507						
50m:	32.24	32.24	150m:	1:43.05	36.16	250m:	2:57.16	37.35	350m:	4:13.95	38.50
100m:	1:06.89	34.65	200m:	2:19.81	36.76	300m:	3:35.45	38.29	400m:	4:51.87	37.92
13. LOPES FRANCO, Joao Nuno	00	C.N. Leganes	<b>4:54.30</b>	4,00	495						
50m:	32.08	32.08	150m:	1:45.74	37.00	250m:	3:01.69	38.25	350m:	4:17.88	37.99
100m:	1:08.74	36.66	200m:	2:23.44	37.70	300m:	3:39.89	38.20	400m:	4:54.30	36.42
14. SANCHEZ MILLAS, Jorge	00	C.N. Madrid Moscardo	<b>4:58.08</b>	3,00	476						
50m:	32.10	32.10	150m:	1:45.78	37.61	250m:	3:02.17	38.34	350m:	4:20.37	39.09
100m:	1:08.17	36.07	200m:	2:23.83	38.05	300m:	3:41.28	39.11	400m:	4:58.08	37.71

20+

1. BLANES FRIGOLA, Aleix	04	C.D. Jerez Natacion Master	<b>4:06.97</b>	19,00	837						
50m:	28.38	28.38	150m:	1:30.29	31.03	250m:	2:33.40	31.70	350m:	3:36.49	31.45
100m:	59.26	30.88	200m:	2:01.70	31.41	300m:	3:05.04	31.64	400m:	4:06.97	30.48
2. MORENO PABLOS, Sergio	05	C.N. Las Anclas Castrillon	<b>4:07.37</b>	16,00	833						
50m:	28.02	28.02	150m:	1:29.67	31.11	250m:	2:32.68	31.79	350m:	3:37.12	32.40
100m:	58.56	30.54	200m:	2:00.89	31.22	300m:	3:04.72	32.04	400m:	4:07.37	30.25
3. FERNANDEZ AMOR, Aitor	04	C.N. Las Anclas Castrillon	<b>4:07.52</b>	14,00	832						
50m:	28.26	28.26	150m:	1:29.88	31.13	250m:	2:32.96	31.58	350m:	3:36.61	31.68
100m:	58.75	30.49	200m:	2:01.38	31.50	300m:	3:04.93	31.97	400m:	4:07.52	30.91
4. RODRIGUEZ SEGOVIA, Samuel	03	C.P. La Roda	<b>4:16.12</b>	13,00	751						
50m:	28.49	28.49	150m:	1:31.97	32.20	250m:	2:37.61	33.06	350m:	3:44.10	33.20
100m:	59.77	31.28	200m:	2:04.55	32.58	300m:	3:10.90	33.29	400m:	4:16.12	32.02
5. CABRERA WINTER, Alvaro	01	C.N. Fainagua C. Telde	<b>4:17.79</b>	12,00	736						
50m:	30.24	30.24	150m:	1:34.61	32.48	250m:	2:40.29	32.58	350m:	3:45.91	32.89
100m:	1:02.13	31.89	200m:	2:07.71	33.10	300m:	3:13.02	32.73	400m:	4:17.79	31.88

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 1, Masc., 400m Libre, 20+

Clasificación	AN				Tiempo					
6. MARTI HOLGADO, Tomas	05	C.N. Medio Cudeyo	<b>4:22.27</b>	11,00	699					
50m: 30.04 30.04	150m: 1:35.82	33.44	250m: 2:42.97	34.03	350m: 3:50.51	33.53				
100m: 1:02.38 32.34	200m: 2:08.94	33.12	300m: 3:16.98	34.01	400m: 4:22.27	31.76				
7. ADELL HORRACH, Esteve	04	C.N. Calvia	<b>4:30.53</b>	10,00	637					
50m: 29.39 29.39	150m: 1:36.33	34.36	250m: 2:47.22	35.68	350m: 3:57.97	34.86				
100m: 1:01.97 32.58	200m: 2:11.54	35.21	300m: 3:23.11	35.89	400m: 4:30.53	32.56				
8. JORGE SANTAMARIA, Joel	02	C.N. Camargo	<b>4:34.49</b>	9,00	610					
50m: 29.86 29.86	150m: 1:38.21	34.72	250m: 2:49.28	35.69	350m: 4:00.66	35.67				
100m: 1:03.49 33.63	200m: 2:13.59	35.38	300m: 3:24.99	35.71	400m: 4:34.49	33.83				
9. PEREZ HERNANDEZ, Ismael	05	C.D. Jerez Natacion Master	<b>4:35.51</b>	8,00	603					
50m: 31.01 31.01	150m: 1:39.48	34.66	250m: 2:49.81	35.28	350m: 4:01.04	35.19				
100m: 1:04.82 33.81	200m: 2:14.53	35.05	300m: 3:25.85	36.04	400m: 4:35.51	34.47				
10. LOPEZ JIMENEZ, Mario	02	C.N. Alcobendas	<b>4:45.92</b>	7,00	539					
50m: 30.91 30.91	150m: 1:39.72	35.19	250m: 2:53.33	37.12	350m: 4:08.04	37.47				
100m: 1:04.53 33.62	200m: 2:16.21	36.49	300m: 3:30.57	37.24	400m: 4:45.92	37.88				
11. SAGRERA ESCRIBA, Marti	04	C. Tennis Chamartin	<b>4:49.37</b>	6,00	520					
50m: 32.26 32.26	150m: 1:43.09	35.86	250m: 2:58.14	37.91	350m: 4:14.15	37.72				
100m: 1:07.23 34.97	200m: 2:20.23	37.14	300m: 3:36.43	38.29	400m: 4:49.37	35.22				
12. RODRIGUEZ GARCIA, Javier	01	C.D.E. Mako	<b>5:27.92</b>	5,00	357					
50m: 33.78 33.78	150m: 1:51.51	40.24	250m: 3:16.13	42.84	350m: 4:44.13	44.42				
100m: 1:11.27 37.49	200m: 2:33.29	41.78	300m: 3:59.71	43.58	400m: 5:27.92	43.79				