

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

Prueba 21  
08/02/2025 - 8:30

Masc., 400m Estilos

20 años y mayores  
Resultados

Clasificación	AN		Tiempo			
<b>75+</b>						
1. LESTIDEAU, Jean Claude	46	C. Tenerife Masters	<b>7:03.43</b>	19,00	758	
50m: 48.50 48.50	150m: 2:37.10 52.33	250m: 4:31.26 1:02.49	350m: 6:18.41 45.40			
100m: 1:44.77 56.27	200m: 3:28.77 51.67	300m: 5:33.01 1:01.75	400m: 7:03.43 45.02			
2. METZ, Michael Gustav	48	C. Tenerife Masters	<b>9:05.33</b>	16,00	354	
50m: 1:09.52 1:09.52	150m: 3:40.33 1:09.48	250m: 6:03.35 1:14.55	350m: 8:14.11 55.55			
100m: 2:30.85 1:21.33	200m: 4:48.80 1:08.47	300m: 7:18.56 1:15.21	400m: 9:05.33 51.22			
<b>70+</b>						
1. FERNANDEZ RODRIGUEZ, Rafael	54	C.N. Cuatro Caminos	<b>6:51.38</b>	19,00	597	
50m: 40.92 40.92	150m: 2:24.26 55.15	250m: 4:19.96 1:00.88	350m: 6:07.64 45.27			
100m: 1:29.11 48.19	200m: 3:19.08 54.82	300m: 5:22.37 1:02.41	400m: 6:51.38 43.74			
2. SUANZES PEREZ, Fernando	53	Club Hercules Termaria	<b>7:39.18</b>	16,00	429	
50m: 49.70 49.70	150m: 2:49.01 1:02.93	250m: 4:54.98 1:04.22	350m: 6:52.10 52.52			
100m: 1:46.08 56.38	200m: 3:50.76 1:01.75	300m: 5:59.58 1:04.60	400m: 7:39.18 47.08			
Baja	BILBAO GARAY, Pedro	55	C.N. Los Barrios		-	
<b>65+</b>						
1. GILYAZOV, Rinat	59	Meisterujumise U-Klubi	<b>5:52.99</b>	-	634	
50m: 39.12 39.12	150m: 2:09.21 46.98	250m: 3:45.12 50.64	350m: 5:14.64 39.16			
100m: 1:22.23 43.11	200m: 2:54.48 45.27	300m: 4:35.48 50.36	400m: 5:52.99 38.35			
2. ILYAEV, Sergey	59	C. Tenerife Masters	<b>6:08.10</b>	19,00	559	
50m: 43.53 43.53	150m: 2:19.94 47.25	250m: 3:56.48 50.36	350m: 5:28.42 41.37			
100m: 1:32.69 49.16	200m: 3:06.12 46.18	300m: 4:47.05 50.57	400m: 6:08.10 39.68			
3. BARRO ORDOVAS, Alvaro Maria	59	C. Esports Masters	<b>6:16.70</b>	16,00	522	
50m: 39.41 39.41	150m: 2:16.98 50.09	250m: 3:59.71 53.98	350m: 5:35.45 42.52			
100m: 1:26.89 47.48	200m: 3:05.73 48.75	300m: 4:52.93 53.22	400m: 6:16.70 41.25			
4. SALOM RODRIGUEZ, Josep	60	C.N. Ovimaster	<b>6:32.93</b>	14,00	460	
50m: 45.15 45.15	150m: 2:29.30 53.25	250m: 4:13.74 51.96	350m: 5:48.73 44.70			
100m: 1:36.05 50.90	200m: 3:21.78 52.48	300m: 5:04.03 50.29	400m: 6:32.93 44.20			
5. JAURRIETA SANCHEZ, Ricardo	60	C. Tennis Chamartin	<b>7:20.39</b>	13,00	326	
50m: 50.01 50.01	150m: 2:48.28 1:00.92	250m: 4:44.75 58.54	350m: 6:31.95 51.52			
100m: 1:47.36 57.35	200m: 3:46.21 57.93	300m: 5:40.43 55.68	400m: 7:20.39 48.44			
6. MURUZABAL SITGES, Tomas	56	C. Tennis Chamartin	<b>7:43.70</b>	12,00	279	
50m: 49.71 49.71	150m: 2:47.32 56.32	250m: 4:53.44 1:12.75	350m: 6:57.02 50.12			
100m: 1:51.00 1:01.29	200m: 3:40.69 53.37	300m: 6:06.90 1:13.46	400m: 7:43.70 46.68			
7. TALLON AVILES, Jose Maria	56	C.D.N. Bidasoa XXI	<b>7:50.50</b>	11,00	267	
50m: 50.95 50.95	150m: 3:00.80 1:08.64	250m: 5:04.99 1:01.19	350m: 7:00.35 52.73			
100m: 1:52.16 1:01.21	200m: 4:03.80 1:03.00	300m: 6:07.62 1:02.63	400m: 7:50.50 50.15			
8. RIGUAL DE HEREDIA, Carlos	57	C.D. Jerez Natacion Master	<b>8:03.08</b>	10,00	247	
50m: 59.73 59.73	150m: 3:13.22 1:07.14	250m: 5:25.44 1:06.87	350m: 7:18.82 48.53			
100m: 2:06.08 1:06.35	200m: 4:18.57 1:05.35	300m: 6:30.29 1:04.85	400m: 8:03.08 44.26			

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Prueba 21, Masc., 400m Estilos, 65+

Clasificación	AN	Equipo	Tempo		
9.	FERNANDEZ NAVARRO, Juan Jose	59 C.D.E. Mako	<b>8:41.35</b>	9,00	196
	50m: 56.13 56.13 150m: 3:12.39 1:11.00 250m: 5:39.99 1:18.90 350m: 7:51.19 53.99				
	100m: 2:01.39 1:05.26 200m: 4:21.09 1:08.70 300m: 6:57.20 1:17.21 400m: 8:41.35 50.16				
NP	QUIROS GIL, Ricardo	60 C.N. Master Murcia	-		

60+

1.	VALLEJO ARROYO, Juan Carlos	63 C.N. Vulcania Master	<b>5:35.26</b>	27,00	749
	<i>Récord de España</i>				
	50m: 34.70 34.70 150m: 1:58.09 43.41 250m: 3:30.98 50.04 350m: 5:00.50 36.66				
	100m: 1:14.68 39.98 200m: 2:40.94 42.85 300m: 4:23.84 52.86 400m: 5:35.26 34.76				
2.	RUIZ CALVO, Juan Antonio	63 A.D. Rivas Natación	<b>6:01.21</b>	16,00	599
	50m: 38.12 38.12 150m: 2:10.66 48.54 250m: 3:49.54 51.74 350m: 5:21.60 40.67				
	100m: 1:22.12 44.00 200m: 2:57.80 47.14 300m: 4:40.93 51.39 400m: 6:01.21 39.61				
3.	NAVARRO AGUIRRE, Juan Carlos	65 Sopela Igeriketa Swim	<b>6:09.58</b>	14,00	559
	50m: 40.52 40.52 150m: 2:17.84 52.31 250m: 3:59.92 52.70 350m: 5:32.04 39.83				
	100m: 1:25.53 45.01 200m: 3:07.22 49.38 300m: 4:52.21 52.29 400m: 6:09.58 37.54				
4.	GONZALEZ PEREZ, Domingo	61 C. Tenerife Masters	<b>6:16.13</b>	13,00	530
	50m: 40.44 40.44 150m: 2:17.42 47.25 250m: 3:57.74 55.28 350m: 5:36.72 43.28				
	100m: 1:30.17 49.73 200m: 3:02.46 45.04 300m: 4:53.44 55.70 400m: 6:16.13 39.41				
5.	LUESO SORDO, Francisco	61 C.P. La Roda	<b>6:41.28</b>	12,00	437
	50m: 47.08 47.08 150m: 2:36.30 57.44 250m: 4:23.26 51.73 350m: 6:00.85 45.53				
	100m: 1:38.86 51.78 200m: 3:31.53 55.23 300m: 5:15.32 52.06 400m: 6:41.28 40.43				
6.	ALUTIZ DUARTE, Santiago	62 C.N. Iregua-Villamediana	<b>7:21.41</b>	11,00	328
	50m: 45.73 45.73 150m: 2:41.33 1:02.95 250m: 4:45.02 1:02.89 350m: 6:36.09 47.79				
	100m: 1:38.38 52.65 200m: 3:42.13 1:00.80 300m: 5:48.30 1:03.28 400m: 7:21.41 45.32				
7.	MELCHOR MARTIN DE LA SIERRA, J.	65 C.N. Leganes	<b>7:31.07</b>	10,00	307
	50m: 48.25 48.25 150m: 2:50.52 1:00.73 250m: 4:49.42 1:02.34 350m: 6:44.33 51.93				
	100m: 1:49.79 1:01.54 200m: 3:47.08 56.56 300m: 5:52.40 1:02.98 400m: 7:31.07 46.74				
8.	SILVENTE ORTEGA, Juan	64 C.N. Master Naturalswim Petrer	<b>7:38.30</b>	9,00	293
	50m: 49.17 49.17 150m: 2:53.16 58.20 250m: 4:57.96 1:07.53 350m: 6:52.06 49.35				
	100m: 1:54.96 1:05.79 200m: 3:50.43 57.27 300m: 6:02.71 1:04.75 400m: 7:38.30 46.24				
9.	HEBRERO CUEVAS, Constantino	61 C.N. Cadiz	<b>8:31.69</b>	8,00	210
	50m: 55.52 55.52 150m: 3:16.55 1:15.29 250m: 5:38.62 1:07.00 350m: 7:39.71 53.73				
	100m: 2:01.26 1:05.74 200m: 4:31.62 1:15.07 300m: 6:45.98 1:07.36 400m: 8:31.69 51.98				

DSQ MOCHOLI MARTIN, Juan 63 Univ. Politecnica Valencia -

55+

1.	GOMEZ RAMOS, Jesus	70 Real Canoe N.C.	<b>5:43.46</b>	19,00	601
	50m: 35.83 35.83 150m: 2:04.06 46.10 250m: 3:39.17 50.26 350m: 5:06.46 37.67				
	100m: 1:17.96 42.13 200m: 2:48.91 44.85 300m: 4:28.79 49.62 400m: 5:43.46 37.00				
2.	LOPEZ LINARES, Luis	69 C.D. Halegatos	<b>5:46.87</b>	16,00	583
	50m: 38.39 38.39 150m: 2:07.14 45.87 250m: 3:38.27 46.21 350m: 5:07.01 41.07				
	100m: 1:21.27 42.88 200m: 2:52.06 44.92 300m: 4:25.94 47.67 400m: 5:46.87 39.86				

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Clasificación	AN	Equipo	Tempo		
3.	ANDUJAR TENDERO, Esteban	69 C.N. Albacete	<b>5:50.75</b>	14,00	564
	50m: 37.53 37.53 150m: 2:06.59 45.83 250m: 3:43.23 51.44 350m: 5:13.05 39.41				
	100m: 1:20.76 43.23 200m: 2:51.79 45.20 300m: 4:33.64 50.41 400m: 5:50.75 37.70				
4.	DE LA VEGA GIMENEZ, Rafael	69 C.D. Jerez Natacion Master	<b>6:15.31</b>	13,00	460
	50m: 39.19 39.19 150m: 2:16.91 50.67 250m: 3:59.15 54.00 350m: 5:36.78 43.31				
	100m: 1:26.24 47.05 200m: 3:05.15 48.24 300m: 4:53.47 54.32 400m: 6:15.31 38.53				
5.	FORNER PALAU, Jose	69 Univ. Politecnica Valencia	<b>6:15.58</b>	12,00	459
	50m: 39.45 39.45 150m: 2:14.63 48.70 250m: 3:57.57 54.85 350m: 5:35.14 42.34				
	100m: 1:25.93 46.48 200m: 3:02.72 48.09 300m: 4:52.80 55.23 400m: 6:15.58 40.44				
6.	ALVAREZ GARCIA, Fernando	67 C. Tenis Chamartin	<b>6:21.89</b>	11,00	437
	50m: 42.19 42.19 150m: 2:23.82 51.99 250m: 4:07.98 52.39 350m: 5:41.61 41.33				
	100m: 1:31.83 49.64 200m: 3:15.59 51.77 300m: 5:00.28 52.30 400m: 6:21.89 40.28				
7.	MARTINEZ FAJARDO, Julio Enrique	70 A.D. Fogar	<b>6:22.01</b>	10,00	436
	50m: 35.90 35.90 150m: 2:09.87 51.66 250m: 4:00.15 57.86 350m: 5:40.89 43.80				
	100m: 1:18.21 42.31 200m: 3:02.29 52.42 300m: 4:57.09 56.94 400m: 6:22.01 41.12				
8.	VIÑUELA LLANOS, Antonio	68 C. Tenerife Masters	<b>6:32.95</b>	9,00	401
	50m: 43.49 43.49 150m: 2:25.76 52.45 250m: 4:11.03 53.76 350m: 5:49.85 44.49				
	100m: 1:33.31 49.82 200m: 3:17.27 51.51 300m: 5:05.36 54.33 400m: 6:32.95 43.10				
9.	UCHA DIAZ, Manuel Alejandro	68 C.D. Jerez Natacion Master	<b>6:33.74</b>	8,00	398
	50m: 40.94 40.94 150m: 2:27.64 57.58 250m: 4:18.89 56.47 350m: 5:54.79 40.03				
	100m: 1:30.06 49.12 200m: 3:22.42 54.78 300m: 5:14.76 55.87 400m: 6:33.74 38.95				
10.	LLINAS BOSCH, Pablo	70 Club Natacion Triswim	<b>6:33.81</b>	7,00	398
	50m: 45.59 45.59 150m: 2:28.03 51.07 250m: 4:15.11 56.68 350m: 5:52.63 42.75				
	100m: 1:36.96 51.37 200m: 3:18.43 50.40 300m: 5:09.88 54.77 400m: 6:33.81 41.18				
11.	MARTINEZ DOMINGUEZ, David	70 C.N. Fuenlabrada	<b>6:49.36</b>	6,00	355
	50m: 43.49 43.49 150m: 2:29.05 53.88 250m: 4:20.29 58.04 350m: 6:04.34 44.67				
	100m: 1:35.17 51.68 200m: 3:22.25 53.20 300m: 5:19.67 59.38 400m: 6:49.36 45.02				
12.	CASTROVIEJO FERNANDEZ, Raul	68 Club Natación Rivalia	<b>6:52.46</b>	5,00	347
	50m: 44.83 44.83 150m: 2:35.05 1:00.33 250m: 4:29.62 56.34 350m: 6:12.19 46.06				
	100m: 1:34.72 49.89 200m: 3:33.28 58.23 300m: 5:26.13 56.51 400m: 6:52.46 40.27				
13.	MARTINEZ LLISO, Claudio	66 C.N. Metropole	<b>7:20.52</b>	4,00	284
	50m: 48.45 48.45 150m: 2:48.46 59.32 250m: 4:51.87 1:03.91 350m: 6:38.53 43.44				
	100m: 1:49.14 1:00.69 200m: 3:47.96 59.50 300m: 5:55.09 1:03.22 400m: 7:20.52 41.99				
14.	FERREIRA GONZALEZ, Xose Anxo	66 C.N. Redondela	<b>7:56.32</b>	3,00	225
	50m: 50.42 50.42 150m: 2:51.10 1:01.95 250m: 5:05.30 1:11.05 350m: 7:09.03 52.46				
	100m: 1:49.15 58.73 200m: 3:54.25 1:03.15 300m: 6:16.57 1:11.27 400m: 7:56.32 47.29				

50+

1.	CABRERA PERONA, Javier	75 C.N. Alcobendas	<b>5:16.51</b>	19,00	616
	50m: 32.39 32.39 150m: 1:52.39 41.68 250m: 3:16.95 44.15 350m: 4:39.88 38.07				
	100m: 1:10.71 38.32 200m: 2:32.80 40.41 300m: 4:01.81 44.86 400m: 5:16.51 36.63				
2.	MORALES RODRIGUEZ, Sergio	73 C.N. Aquamasters	<b>5:21.63</b>	16,00	587
	50m: 34.02 34.02 150m: 1:54.61 43.18 250m: 3:23.10 46.64 350m: 4:46.93 36.59				
	100m: 1:11.43 37.41 200m: 2:36.46 41.85 300m: 4:10.34 47.24 400m: 5:21.63 34.70				

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Prueba 21, Masc., 400m Estilos, 50+

Clasificación	AN	Equipo	Tiempo		
3.	GARCIA GARVIN, Demetrio Julian	74	E.C. Ciudad de Talavera	<b>5:41.68</b>	14,00 489
	50m: 36.23 36.23 150m: 2:03.09		44.34 250m: 3:33.42 46.93	350m: 5:02.54 41.55	
	100m: 1:18.75 42.52 200m: 2:46.49		43.40 300m: 4:20.99 47.57	400m: 5:41.68 39.14	
4.	LACUNZA CAMARA, Etor	74	G.E. I.E.G.	<b>6:00.44</b>	13,00 417
	50m: 37.05 37.05 150m: 2:08.26		49.24 250m: 3:47.05 52.31	350m: 5:22.43 42.69	
	100m: 1:19.02 41.97 200m: 2:54.74		46.48 300m: 4:39.74 52.69	400m: 6:00.44 38.01	
5.	MARTINEZ GONZALEZ, Raul	72	C.N. Ovimaster	<b>6:21.81</b>	12,00 351
	50m: 40.93 40.93 150m: 2:20.53		50.42 250m: 4:04.72 55.19	350m: 5:43.39 40.58	
	100m: 1:30.11 49.18 200m: 3:09.53		49.00 300m: 5:02.81 58.09	400m: 6:21.81 38.42	
6.	AGUIAR OJEDA, Jose Carlos	74	C.N. Triatlón Barajas	<b>7:02.03</b>	11,00 259
	50m: 44.00 44.00 150m: 2:33.68		57.13 250m: 4:31.39 1:03.16	350m: 6:18.32 45.81	
	100m: 1:36.55 52.55 200m: 3:28.23		54.55 300m: 5:32.51 1:01.12	400m: 7:02.03 43.71	
7.	SANTAÑES MOLINA, Jordi	74	Fed. Andorrana	<b>7:28.77</b>	10,00 216
	50m: 49.70 49.70 150m: 2:40.80		55.33 250m: 4:41.58 1:05.24	350m: 6:37.06 51.18	
	100m: 1:45.47 55.77 200m: 3:36.34		55.54 300m: 5:45.88 1:04.30	400m: 7:28.77 51.71	
Baja	MOURIÑO ORTIGUERA, Roberto C.	74	C.N. Vulcania Master	-	

45+

1.	RODRIGUEZ RUIZ, Carlos	80	C.D.N. Ciudad de Algeciras	<b>4:51.65</b>	19,00 805
	50m: 30.56 30.56 150m: 1:45.44		39.75 250m: 3:03.13 39.61	350m: 4:19.05 35.10	
	100m: 1:05.69 35.13 200m: 2:23.52		38.08 300m: 3:43.95 40.82	400m: 4:51.65 32.60	
2.	ASARTA PEDRAZA, Carlos J.	78	C.N. Fanatic Swim Castellon	<b>4:59.00</b>	16,00 747
	50m: 31.95 31.95 150m: 1:48.35		40.26 250m: 3:08.08 40.09	350m: 4:24.97 35.87	
	100m: 1:08.09 36.14 200m: 2:27.99		39.64 300m: 3:49.10 41.02	400m: 4:59.00 34.03	
3.	AGRA AGUINAGA, Jesus Ignacio	80	C.E. Panteres Grogues	<b>5:02.50</b>	14,00 721
	50m: 31.75 31.75 150m: 1:48.52		40.69 250m: 3:11.64 42.52	350m: 4:28.83 34.40	
	100m: 1:07.83 36.08 200m: 2:29.12		40.60 300m: 3:54.43 42.79	400m: 5:02.50 33.67	
4.	REINO ASCANIO, Abian	77	C.N. Metropole	<b>5:13.07</b>	13,00 651
	50m: 31.53 31.53 150m: 1:50.50		42.59 250m: 3:16.84 45.51	350m: 4:39.61 37.00	
	100m: 1:07.91 36.38 200m: 2:31.33		40.83 300m: 4:02.61 45.77	400m: 5:13.07 33.46	
5.	VICENTE BULLON, Alejandro	78	C.N. Santurtzi	<b>5:25.95</b>	12,00 577
	50m: 33.05 33.05 150m: 1:55.84		44.48 250m: 3:25.12 45.65	350m: 4:49.41 37.78	
	100m: 1:11.36 38.31 200m: 2:39.47		43.63 300m: 4:11.63 46.51	400m: 5:25.95 36.54	
6.	MARCELLAN PEREZ, Eduardo	78	Club Natación Rivalia	<b>5:31.43</b>	11,00 548
	50m: 33.80 33.80 150m: 1:59.11		45.41 250m: 3:30.48 47.01	350m: 4:56.01 37.71	
	100m: 1:13.70 39.90 200m: 2:43.47		44.36 300m: 4:18.30 47.82	400m: 5:31.43 35.42	
7.	YERPES MURGUI, Juan Carlos	77	C. Valenciano	<b>5:32.62</b>	10,00 542
	50m: 33.14 33.14 150m: 1:55.69		42.90 250m: 3:25.58 46.51	350m: 4:53.41 40.24	
	100m: 1:12.79 39.65 200m: 2:39.07		43.38 300m: 4:13.17 47.59	400m: 5:32.62 39.21	
8.	PERALTA PEREZ, Israel	79	C.D.N. Zamora	<b>5:45.42</b>	9,00 484
	50m: 36.03 36.03 150m: 2:08.55		47.38 250m: 3:41.95 48.33	350m: 5:09.41 38.64	
	100m: 1:21.17 45.14 200m: 2:53.62		45.07 300m: 4:30.77 48.82	400m: 5:45.42 36.01	

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Prueba 21, Masc., 400m Estilos, 45+

Clasificación	AN		Tiempo			
9. YAGUE ANDRES, Jorge	77	C.N. Master Madrid	<b>5:47.36</b>	8,00	476	
50m: 38.55 38.55	150m: 2:07.61 45.70	250m: 3:42.78 49.78	350m: 5:09.99 38.04			
100m: 1:21.91 43.36	200m: 2:53.00 45.39	300m: 4:31.95 49.17	400m: 5:47.36 37.37			
10. SALDISE ARGUÑARIZ, Eneko	80	Lagunak S.M.	<b>5:49.27</b>	7,00	468	
50m: 35.76 35.76	150m: 2:03.46 44.11	250m: 3:37.71 50.22	350m: 5:10.04 41.83			
100m: 1:19.35 43.59	200m: 2:47.49 44.03	300m: 4:28.21 50.50	400m: 5:49.27 39.23			
11. JIMENEZ BARRERO, Alberto	78	Real Canoe N.C.	<b>5:53.23</b>	6,00	453	
50m: 35.01 35.01	150m: 2:04.30 47.63	250m: 3:41.44 50.98	350m: 5:14.77 40.65			
100m: 1:16.67 41.66	200m: 2:50.46 46.16	300m: 4:34.12 52.68	400m: 5:53.23 38.46			
12. TOS IBAÑEZ, Xavi	78	C. Valenciano	<b>5:53.71</b>	5,00	451	
50m: 36.49 36.49	150m: 2:09.13 48.54	250m: 3:45.57 48.46	350m: 5:14.88 41.11			
100m: 1:20.59 44.10	200m: 2:57.11 47.98	300m: 4:33.77 48.20	400m: 5:53.71 38.83			
13. RUBIO ALVAREZ, Armando	78	C. Tennis Chamartin	<b>6:11.72</b>	4,00	389	
50m: 40.53 40.53	150m: 2:17.34 48.03	250m: 3:56.32 51.63	350m: 5:32.10 43.10			
100m: 1:29.31 48.78	200m: 3:04.69 47.35	300m: 4:49.00 52.68	400m: 6:11.72 39.62			
14. GUEDES ALONSO, Francisco Yeray	80	C.N. Valleverde	<b>7:00.54</b>	3,00	268	
50m: 46.87 46.87	150m: 2:41.74 58.04	250m: 4:34.61 55.96	350m: 6:17.27 45.66			
100m: 1:43.70 56.83	200m: 3:38.65 56.91	300m: 5:31.61 57.00	400m: 7:00.54 43.27			

40+

1. CALLE FACAL, Telmo	83	C.D.N. Ciudad de Santiago	<b>4:55.41</b>	19,00	769	
50m: 30.53 30.53	150m: 1:45.52 38.79	250m: 3:04.99 41.58	350m: 4:21.94 35.12			
100m: 1:06.73 36.20	200m: 2:23.41 37.89	300m: 3:46.82 41.83	400m: 4:55.41 33.47			
2. ARROYO FERNANDEZ, Alvaro	85	E.C. Ciudad de Talavera	<b>4:55.71</b>	16,00	766	
50m: 32.36 32.36	150m: 1:47.81 38.09	250m: 3:08.64 42.13	350m: 4:24.61 32.33			
100m: 1:09.72 37.36	200m: 2:26.51 38.70	300m: 3:52.28 43.64	400m: 4:55.71 31.10			
3. SERRANO VAZQUEZ, Pedro	84	C.D.N. Cordoba	<b>4:56.53</b>	14,00	760	
50m: 30.20 30.20	150m: 1:43.18 38.77	250m: 3:05.67 43.23	350m: 4:23.77 33.56			
100m: 1:04.41 34.21	200m: 2:22.44 39.26	300m: 3:50.21 44.54	400m: 4:56.53 32.76			
4. GARCIA MORENO, Alvaro	84	A.D. Waterpolo Santoña	<b>4:57.06</b>	13,00	756	
50m: 30.07 30.07	150m: 1:43.64 38.09	250m: 3:05.55 45.01	350m: 4:24.03 33.19			
100m: 1:05.55 35.48	200m: 2:20.54 36.90	300m: 3:50.84 45.29	400m: 4:57.06 33.03			
5. NUÑEZ MOLANO, Javier	83	C.N. Swimfaster Salt	<b>5:09.17</b>	12,00	671	
50m: 30.18 30.18	150m: 1:45.20 39.16	250m: 3:11.05 45.85	350m: 4:34.39 37.01			
100m: 1:06.04 35.86	200m: 2:25.20 40.00	300m: 3:57.38 46.33	400m: 5:09.17 34.78			
6. CHURNIN, Stephen Henry	81	C.N. Master Madrid	<b>5:10.96</b>	11,00	659	
50m: 32.37 32.37	150m: 1:50.31 40.95	250m: 3:13.47 42.96	350m: 4:35.11 38.15			
100m: 1:09.36 36.99	200m: 2:30.51 40.20	300m: 3:56.96 43.49	400m: 5:10.96 35.85			
7. SANCHEZ MEDINA, Ricardo	84	C.N. Leganes	<b>5:20.56</b>	10,00	602	
50m: 33.57 33.57	150m: 1:53.30 41.41	250m: 3:20.37 46.11	350m: 4:44.41 37.13			
100m: 1:11.89 38.32	200m: 2:34.26 40.96	300m: 4:07.28 46.91	400m: 5:20.56 36.15			
8. CARRANZA ABADIA, Javier	81	C.D. Jerez Natacion Master	<b>6:04.95</b>	9,00	408	
50m: 39.59 39.59	150m: 2:14.26 48.94	250m: 3:52.19 50.62	350m: 5:24.95 43.06			
100m: 1:25.32 45.73	200m: 3:01.57 47.31	300m: 4:41.89 49.70	400m: 6:04.95 40.00			

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

Prueba 21, Masc., 400m Estilos

35+

1.	GUTIERREZ MARTINEZ, Javier	90	C.N. Swimfaster Salt	<b>4:53.96</b>	19,00	690
	50m: 30.79 30.79 150m: 1:45.52 39.08 250m: 3:04.76 40.19 350m: 4:20.00 35.26					
	100m: 1:06.44 35.65 200m: 2:24.57 39.05 300m: 3:44.74 39.98 400m: 4:53.96 33.96					
2.	GARCIA GASCON, Angel Luis	90	C.N. Albacete	<b>4:58.16</b>	16,00	661
	50m: 31.75 31.75 150m: 1:46.73 38.70 250m: 3:07.00 41.99 350m: 4:24.25 34.48					
	100m: 1:08.03 36.28 200m: 2:25.01 38.28 300m: 3:49.77 42.77 400m: 4:58.16 33.91					
3.	HORCADA IRIARTE, Pablo	89	Pamplona C.N.	<b>4:59.16</b>	14,00	654
	50m: 31.30 31.30 150m: 1:45.85 39.43 250m: 3:08.15 43.89 350m: 4:26.29 34.66					
	100m: 1:06.42 35.12 200m: 2:24.26 38.41 300m: 3:51.63 43.48 400m: 4:59.16 32.87					
4.	RUBIO MANCEBO, Marcos	90	C.D. Halegatos	<b>5:01.53</b>	13,00	639
	50m: 30.12 30.12 150m: 1:46.19 40.27 250m: 3:05.11 40.13 350m: 4:23.95 36.74					
	100m: 1:05.92 35.80 200m: 2:24.98 38.79 300m: 3:47.21 42.10 400m: 5:01.53 37.58					
5.	SAN MARTIN TRESOLS, Luis	88	C.D. Jerez Natacion Master	<b>5:15.26</b>	12,00	559
	50m: 32.58 32.58 150m: 1:53.87 41.77 250m: 3:19.04 44.51 350m: 4:41.09 36.78					
	100m: 1:12.10 39.52 200m: 2:34.53 40.66 300m: 4:04.31 45.27 400m: 5:15.26 34.17					
6.	SOCHACKYJ LEDEZMA, Glen Tomas	90	Amaya C.D.	<b>5:16.42</b>	11,00	553
	50m: 31.58 31.58 150m: 1:48.78 40.61 250m: 3:14.69 45.21 350m: 4:40.17 38.51					
	100m: 1:08.17 36.59 200m: 2:29.48 40.70 300m: 4:01.66 46.97 400m: 5:16.42 36.25					
7.	DIAZ ALVAREZ, Daniel	90	R.G.C. Covadonga	<b>5:19.08</b>	10,00	539
	50m: 33.86 33.86 150m: 1:55.21 42.24 250m: 3:21.32 44.82 350m: 4:43.17 37.11					
	100m: 1:12.97 39.11 200m: 2:36.50 41.29 300m: 4:06.06 44.74 400m: 5:19.08 35.91					
8.	GARCIA BARJOLLO, Miguel	90	C.N. Badajoz	<b>5:29.00</b>	9,00	492
	50m: 33.08 33.08 150m: 1:56.70 43.83 250m: 3:26.10 46.97 350m: 4:52.56 39.12					
	100m: 1:12.87 39.79 200m: 2:39.13 42.43 300m: 4:13.44 47.34 400m: 5:29.00 36.44					
9.	RUIZ SOLARTE, Eduardo	90	Universidad de Granada	<b>5:29.31</b>	8,00	490
	50m: 33.96 33.96 150m: 1:54.80 42.55 250m: 3:24.75 47.80 350m: 4:52.49 39.07					
	100m: 1:12.25 38.29 200m: 2:36.95 42.15 300m: 4:13.42 48.67 400m: 5:29.31 36.82					
10.	BERMEJO ALBERO, Sergio	88	C.N. Mediterraneo Valencia	<b>5:42.22</b>	7,00	437
	50m: 33.97 33.97 150m: 2:01.46 43.23 250m: 3:34.26 49.21 350m: 5:04.13 39.79					
	100m: 1:18.23 44.26 200m: 2:45.05 43.59 300m: 4:24.34 50.08 400m: 5:42.22 38.09					
11.	LANE, Henry	88	C.N. Master Madrid	<b>5:47.70</b>	6,00	417
	50m: 35.06 35.06 150m: 2:02.24 46.13 250m: 3:39.35 51.11 350m: 5:09.08 39.21					
	100m: 1:16.11 41.05 200m: 2:48.24 46.00 300m: 4:29.87 50.52 400m: 5:47.70 38.62					
12.	MAQUEDA SOLVES, Raul	88	Univ. Politecnica Valencia	<b>6:10.16</b>	5,00	345
	50m: 38.66 38.66 150m: 2:09.59 48.71 250m: 3:50.29 56.19 350m: 5:29.16 42.84					
	100m: 1:20.88 42.22 200m: 2:54.10 44.51 300m: 4:46.32 56.03 400m: 6:10.16 41.00					
Baja	MARTINEZ MARTINEZ, Angel	86	Club Natacion Thiar Horadada	-		

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

Prueba 21, Masc., 400m Estilos

30+

1.	CARRION BALLESTER, Jose Luis	93	Cst-Cst Costa Azahar	<b>4:44.65</b>	19,00	727
	50m: 29.51 29.51	150m: 1:39.54	37.82 250m: 2:57.87	41.06	350m: 4:12.94	32.98
	100m: 1:01.72 32.21	200m: 2:16.81	37.27 300m: 3:39.96	42.09	400m: 4:44.65	31.71
2.	ZORNOZA VILLOLDO, Alejandro	91	C.N. Albacete	<b>4:46.57</b>	16,00	713
	50m: 30.20 30.20	150m: 1:41.73	37.96 250m: 3:00.53	40.76	350m: 4:15.19	33.92
	100m: 1:03.77 33.57	200m: 2:19.77	38.04 300m: 3:41.27	40.74	400m: 4:46.57	31.38
3.	MARTIN DOMINGUEZ, Adrian	94	C.N. Leganes	<b>4:59.05</b>	14,00	627
	50m: 31.56 31.56	150m: 1:46.51	38.42 250m: 3:07.13	41.42	350m: 4:25.33	35.77
	100m: 1:08.09 36.53	200m: 2:25.71	39.20 300m: 3:49.56	42.43	400m: 4:59.05	33.72
4.	COLORADO SANCHEZ, Raul	92	C.E. Panteres Grogues	<b>4:59.17</b>	13,00	627
	50m: 31.35 31.35	150m: 1:45.89	38.88 250m: 3:07.79	43.08	350m: 4:26.00	34.89
	100m: 1:07.01 35.66	200m: 2:24.71	38.82 300m: 3:51.11	43.32	400m: 4:59.17	33.17
5.	VICENTE TORNERO, Santiago	94	C.N. Mediterraneo Valencia	<b>5:02.64</b>	12,00	605
	50m: 31.67 31.67	150m: 1:49.64	41.64 250m: 3:12.95	42.35	350m: 4:30.00	34.15
	100m: 1:08.00 36.33	200m: 2:30.60	40.96 300m: 3:55.85	42.90	400m: 5:02.64	32.64
6.	CEBALLOS SANCHEZ, Martin	91	C.N. Vulcania Master	<b>5:04.30</b>	11,00	595
	50m: 31.46 31.46	150m: 1:46.76	39.23 250m: 3:09.18	42.55	350m: 4:29.39	36.52
	100m: 1:07.53 36.07	200m: 2:26.63	39.87 300m: 3:52.87	43.69	400m: 5:04.30	34.91
7.	SALAS PEREZ, Jose Maria	94	C.N. Leganes	<b>5:05.72</b>	10,00	587
	50m: 31.11 31.11	150m: 1:45.68	38.89 250m: 3:08.04	43.03	350m: 4:29.30	36.46
	100m: 1:06.79 35.68	200m: 2:25.01	39.33 300m: 3:52.84	44.80	400m: 5:05.72	36.42
8.	PEÑALVER GUIJOSA, Julio Alberto	92	C.D.E. Mako	<b>5:05.79</b>	9,00	587
	50m: 31.07 31.07	150m: 1:47.54	40.36 250m: 3:10.96	44.20	350m: 4:31.35	36.15
	100m: 1:07.18 36.11	200m: 2:26.76	39.22 300m: 3:55.20	44.24	400m: 5:05.79	34.44
9.	RUIZ GARCIA, Enrique	91	C.N. Monteverde	<b>5:14.55</b>	8,00	539
	50m: 33.69 33.69	150m: 1:53.02	40.17 250m: 3:18.58	46.13	350m: 4:39.95	35.95
	100m: 1:12.85 39.16	200m: 2:32.45	39.43 300m: 4:04.00	45.42	400m: 5:14.55	34.60
10.	LOPEZ GARCIA, Hector	94	C.N. Villalba	<b>5:16.57</b>	7,00	529
	50m: 31.74 31.74	150m: 1:51.92	42.53 250m: 3:17.85	45.88	350m: 4:41.83	36.94
	100m: 1:09.39 37.65	200m: 2:31.97	40.05 300m: 4:04.89	47.04	400m: 5:16.57	34.74
11.	REYES SERRANO, Borja	91	C.N. Leganes	<b>5:36.89</b>	6,00	439
	50m: 35.22 35.22	150m: 2:01.43	44.76 250m: 3:30.91	46.35	350m: 4:58.79	40.45
	100m: 1:16.67 41.45	200m: 2:44.56	43.13 300m: 4:18.34	47.43	400m: 5:36.89	38.10
12.	PASCUAL ADELL, Carlos	91	C. Tennis Chamartin	<b>5:53.85</b>	5,00	378
	50m: 35.06 35.06	150m: 2:00.11	42.46 250m: 3:36.12	53.38	350m: 5:12.20	42.49
	100m: 1:17.65 42.59	200m: 2:42.74	42.63 300m: 4:29.71	53.59	400m: 5:53.85	41.65
Baja	PORTILLA TORAYA, Jose Manuel	92	A.D. Waterpolo Santoña	-	-	-

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

Prueba 21, Masc., 400m Estilos

25+

1.	SEGURA SANCHEZ, Javier	98	C.D. Santa Ana	<b>4:49.92</b>	19,00	676
	50m: 30.15 30.15 150m: 1:43.10 38.41 250m: 3:01.74 40.21 350m: 4:16.74 34.41					
	100m: 1:04.69 34.54 200m: 2:21.53 38.43 300m: 3:42.33 40.59 400m: 4:49.92 33.18					
2.	RUIZ SEIJO, Brais	98	C.N. Vulcania Master	<b>4:50.02</b>	16,00	675
	50m: 30.70 30.70 150m: 1:44.78 39.11 250m: 3:03.14 40.30 350m: 4:18.01 33.57					
	100m: 1:05.67 34.97 200m: 2:22.84 38.06 300m: 3:44.44 41.30 400m: 4:50.02 32.01					
3.	PICAZO VERGARA, Felipe	96	C.N. Albacete	<b>4:52.72</b>	14,00	657
	50m: 30.80 30.80 150m: 1:48.04 40.44 250m: 3:05.48 38.90 350m: 4:19.89 34.04					
	100m: 1:07.60 36.80 200m: 2:26.58 38.54 300m: 3:45.85 40.37 400m: 4:52.72 32.83					
4.	CORBALAN HERNANDEZ, Enrique	98	Ucam C.N. Fuensanta	<b>4:56.03</b>	13,00	635
	50m: 30.85 30.85 150m: 1:44.56 38.15 250m: 3:05.19 43.13 350m: 4:22.04 34.05					
	100m: 1:06.41 35.56 200m: 2:22.06 37.50 300m: 3:47.99 42.80 400m: 4:56.03 33.99					
5.	LOPEZ PUYUELO, Pablo	98	C.D. Tizona Burgos	<b>4:59.04</b>	12,00	616
	50m: 30.45 30.45 150m: 1:45.70 40.10 250m: 3:07.37 42.00 350m: 4:25.76 35.39					
	100m: 1:05.60 35.15 200m: 2:25.37 39.67 300m: 3:50.37 43.00 400m: 4:59.04 33.28					
6.	CARRERA COSTAS, Martin	96	C.N. Ponteareas	<b>4:59.37</b>	11,00	614
	50m: 31.58 31.58 150m: 1:47.25 39.66 250m: 3:07.32 42.24 350m: 4:25.01 35.65					
	100m: 1:07.59 36.01 200m: 2:25.08 37.83 300m: 3:49.36 42.04 400m: 4:59.37 34.36					
7.	MARTI HOLGADO, Gabriel	00	C.N. Medio Cudeyo	<b>5:05.84</b>	10,00	576
	50m: 29.23 29.23 150m: 1:42.32 39.53 250m: 3:05.31 44.68 350m: 4:27.52 37.02					
	100m: 1:02.79 33.56 200m: 2:20.63 38.31 300m: 3:50.50 45.19 400m: 5:05.84 38.32					
8.	PINELA GOYA, Iker	99	C.D.E. Mako	<b>5:20.00</b>	9,00	503
	50m: 33.08 33.08 150m: 1:55.08 42.70 250m: 3:20.77 45.90 350m: 4:45.41 37.78					
	100m: 1:12.38 39.30 200m: 2:34.87 39.79 300m: 4:07.63 46.86 400m: 5:20.00 34.59					
9.	ANDUJAR TEBAR, Esteban	99	C.N. Albacete	<b>5:22.58</b>	8,00	491
	50m: 32.79 32.79 150m: 1:54.93 43.92 250m: 3:23.16 46.16 350m: 4:46.85 37.17					
	100m: 1:11.01 38.22 200m: 2:37.00 42.07 300m: 4:09.68 46.52 400m: 5:22.58 35.73					
10.	PEÑATO TARIFA, Juan Jose	97	C.N. Merida	<b>5:28.99</b>	7,00	462
	50m: 31.64 31.64 150m: 1:55.65 46.80 250m: 3:25.48 45.42 350m: 4:51.41 39.82					
	100m: 1:08.85 37.21 200m: 2:40.06 44.41 300m: 4:11.59 46.11 400m: 5:28.99 37.58					
11.	AUÑON LLORENS, Juan Manuel	96	C.D. Jerez Natacion Master	<b>5:29.77</b>	6,00	459
	50m: 31.14 31.14 150m: 1:54.16 45.94 250m: 3:23.52 45.40 350m: 4:54.92 41.08					
	100m: 1:08.22 37.08 200m: 2:38.12 43.96 300m: 4:13.84 50.32 400m: 5:29.77 34.85					
12.	SANCHEZ MILLAS, Jorge	00	C.N. Madrid Moscardo	<b>5:34.05</b>	5,00	442
	50m: 33.41 33.41 150m: 1:55.82 43.26 250m: 3:27.65 48.38 350m: 4:56.55 39.87					
	100m: 1:12.56 39.15 200m: 2:39.27 43.45 300m: 4:16.68 49.03 400m: 5:34.05 37.50					

20+

1.	MORENO PABLOS, Sergio	05	C.N. Las Anclas Castrillon	<b>4:40.59</b>	19,00	746
	50m: 28.95 28.95 150m: 1:38.49 36.03 250m: 2:55.59 42.48 350m: 4:10.58 32.68					
	100m: 1:02.46 33.51 200m: 2:13.11 34.62 300m: 3:37.90 42.31 400m: 4:40.59 30.01					
2.	BLANES FRIGOLA, Aleix	04	C.D. Jerez Natacion Master	<b>4:40.85</b>	16,00	744
	50m: 29.60 29.60 150m: 1:40.39 36.92 250m: 2:57.54 41.00 350m: 4:10.45 31.97					
	100m: 1:03.47 33.87 200m: 2:16.54 36.15 300m: 3:38.48 40.94 400m: 4:40.85 30.40					



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

Prueba 21, Masc., 400m Estilos, 20+

Clasificación	AN		Tiempo				
3. CABRERA WINTER, Alvaro	01	C.N. Fainagua C. Telde	<b>5:02.18</b>	14,00	597		
50m: 32.34	32.34	150m: 1:50.90	42.20	250m: 3:14.27	42.74	350m: 4:30.90	33.42
100m: 1:08.70	36.36	200m: 2:31.53	40.63	300m: 3:57.48	43.21	400m: 5:02.18	31.28
4. FERNANDEZ DEL VALLE, Ivan	05	C.N. Pabellon Ourense	<b>5:04.88</b>	13,00	581		
50m: 32.17	32.17	150m: 1:49.50	40.41	250m: 3:10.61	41.04	350m: 4:29.80	36.40
100m: 1:09.09	36.92	200m: 2:29.57	40.07	300m: 3:53.40	42.79	400m: 5:04.88	35.08
5. RODRIGUEZ CAMPO, Oscar	03	C.N. Camargo	<b>5:09.40</b>	12,00	556		
50m: 31.57	31.57	150m: 1:48.24	39.27	250m: 3:11.08	44.69	350m: 4:33.87	37.49
100m: 1:08.97	37.40	200m: 2:26.39	38.15	300m: 3:56.38	45.30	400m: 5:09.40	35.53
6. ALONSO PALOMAR, Alvaro	01	Lagunak S.M.	<b>5:10.76</b>	11,00	549		
50m: 31.10	31.10	150m: 1:48.31	39.60	250m: 3:13.83	46.30	350m: 4:36.02	36.49
100m: 1:08.71	37.61	200m: 2:27.53	39.22	300m: 3:59.53	45.70	400m: 5:10.76	34.74
7. IZQUIERDO IRUELA, Oscar	03	C.D.F. Acuatico Soriano	<b>5:10.98</b>	10,00	548		
50m: 31.71	31.71	150m: 1:50.03	41.05	250m: 3:14.43	45.04	350m: 4:37.17	36.71
100m: 1:08.98	37.27	200m: 2:29.39	39.36	300m: 4:00.46	46.03	400m: 5:10.98	33.81
8. JORGE SANTAMARIA, Joel	02	C.N. Camargo	<b>5:12.18</b>	9,00	541		
50m: 30.08	30.08	150m: 1:50.67	43.13	250m: 3:17.11	44.26	350m: 4:38.54	37.24
100m: 1:07.54	37.46	200m: 2:32.85	42.18	300m: 4:01.30	44.19	400m: 5:12.18	33.64
9. ODRIOZOLA JIMENEZ, Rene	05	C.N. Medio Cudeyo	<b>5:25.70</b>	8,00	477		
50m: 32.59	32.59	150m: 1:53.52	42.22	250m: 3:24.64	49.51	350m: 4:50.14	36.03
100m: 1:11.30	38.71	200m: 2:35.13	41.61	300m: 4:14.11	49.47	400m: 5:25.70	35.56
10. SAGRERA ESCRIBA, Marti	04	C. Tenis Chamartin	<b>5:25.94</b>	7,00	476		
50m: 33.11	33.11	150m: 1:53.57	41.16	250m: 3:24.25	50.45	350m: 4:51.26	38.13
100m: 1:12.41	39.30	200m: 2:33.80	40.23	300m: 4:13.13	48.88	400m: 5:25.94	34.68
11. FERNANDEZ RODRIGUEZ, Marcos	05	C.N. Medio Cudeyo	<b>5:27.00</b>	6,00	471		
50m: 33.90	33.90	150m: 1:57.07	42.07	250m: 3:24.42	46.23	350m: 4:50.08	38.11
100m: 1:15.00	41.10	200m: 2:38.19	41.12	300m: 4:11.97	47.55	400m: 5:27.00	36.92
12. GONZALEZ REQUENA, Javier	05	C.P. La Roda	<b>5:27.61</b>	5,00	468		
50m: 35.44	35.44	150m: 1:59.57	42.64	250m: 3:28.38	46.65	350m: 4:52.04	35.48
100m: 1:16.93	41.49	200m: 2:41.73	42.16	300m: 4:16.56	48.18	400m: 5:27.61	35.57
13. MENA LASPRILLA, John Alejandro	01	C.N. Madrid Moscardo	<b>5:35.76</b>	4,00	435		
50m: 39.59	39.59	150m: 2:07.41	41.67	250m: 3:32.80	44.97	350m: 4:59.21	39.85
100m: 1:25.74	46.15	200m: 2:47.83	40.42	300m: 4:19.36	46.56	400m: 5:35.76	36.55