



I CAMPEONATO DE ESPAÑA DE NATACIÓN LARGA DISTANCIA
Categorías INFANTIL, JUNIOR y SENIOR
Organiza: Federación Madrileña de Natación
Piscina: Centro Natación MD'86, 50 mts. - 10 calles
Madrid, 27 de Febrero de 2010



Prueba nº 1 - 3000 metros - Categoría INFANTIL MASCULINO

Puntos

		100	200	400	500	800	1000	1500	2000	2500	3000		
01	ARROYO PEREZ, ANTONIO - 1994 P00063103 ATLETIC-BARCELONETA	0:33:51,97	1:05,48	2:11,72	4:25,35	5:31,02	8:49,80	11:04,02	16:43,03	22:24,66	28:09,91	33:51,97	14
	1-4-D	PROMEDIOS	1:07,73	5:38,66	11:17,32		11:04,02	5:33,00	5:39,01	5:41,63	5:45,25	5:42,06	
02	BOSCH PLANAS, JORDI - 1994 047440881 C.N.BADALONA	0:35:02,67	1:07,28	2:17,40	4:39,89	5:50,56	9:21,41	11:41,60	17:35,41	23:29,06	29:17,85	35:02,67	11
	1-6-D	PROMEDIOS	1:10,09	5:50,45	11:40,89		11:41,60	5:51,04	5:53,81	5:53,65	5:48,79	5:44,82	
03	DOMINGUEZ SANTIAGO, IGNACIO - 1994 076879151 R.C.MEDITERRANEO	0:35:05,07	1:05,18	2:11,56	4:25,39	5:32,90	9:00,70	11:20,52	17:16,03	23:15,95	29:14,87	35:05,07	9
	1-5-D	PROMEDIOS	1:10,17	5:50,85	11:41,69		11:20,52	5:47,62	5:55,51	5:59,92	5:58,92	5:50,20	
04	BUADES PEREZ, LUIS - 1994 043197848 C.N. LA SALLE PALMA	0:35:06,60	1:08,06	2:16,83	4:36,35	5:46,09	9:16,99	11:38,33	17:35,06	23:28,50	29:18,31	35:06,60	7
	1-3-D	PROMEDIOS	1:10,22	5:51,10	11:42,20		11:38,33	5:52,24	5:56,73	5:53,44	5:49,81	5:48,29	
05	BAUTISTA BORRAS, MIGUEL - 1994 P00088031 C.N.MAIRENA ALJARAFE	0:35:53,20	1:06,38	2:15,11	4:36,44	5:47,57	9:21,02	11:42,35	17:37,48	23:37,30	29:47,45	35:53,20	6
	1-7-D	PROMEDIOS	1:11,77	5:58,87	11:57,73		11:42,35	5:54,78	5:55,13	5:59,82	6:10,15	6:05,75	
06	CASTELLANOS MOLINA, ADRIAN - 1994 074741287 C. NAUTICO DE MOTRIL	0:36:50,26	1:10,09	2:24,61	4:53,06	6:08,25	9:50,23	12:17,67	18:24,59	24:30,05	30:38,17	36:50,26	5
	1-0-D	PROMEDIOS	1:13,68	6:08,38	12:16,75		12:17,67	6:09,42	6:06,92	6:05,46	6:08,12	6:12,09	
07	CANOVAS JUAREZ, VICTOR - 1994 077824258 C.N.MAIRENA ALJARAFE	0:37:04,09	1:08,08	2:18,34	4:39,26	5:52,64	9:34,53	12:02,46	18:15,98	24:29,74	30:48,70	37:04,09	4
	1-1-D	PROMEDIOS	1:14,14	6:10,68	12:21,36		12:02,46	6:09,82	6:13,52	6:13,76	6:18,96	6:15,39	
08	GIL PEREZ, PABLO - 1994 048693844 C.N.FUENSANTA	0:37:34,55	1:08,95	2:20,21	4:45,97	5:59,53	9:41,70	12:10,68	18:25,91	24:44,38	31:08,86	37:34,55	3
	1-2-D	PROMEDIOS	1:15,15	6:15,76	12:31,52		12:10,68	6:11,15	6:15,23	6:18,47	6:24,48	6:25,69	
09	MARTIN DOMINGUEZ, ADRIAN - 1994 053447605 C.N. LEGANES	0:38:06,33	1:09,83	2:21,90	4:47,95	6:02,09	9:46,06	12:15,99	18:39,34	25:10,36	31:41,45	38:06,33	2
	1-9-D	PROMEDIOS	1:16,21	6:21,05	12:42,11		12:15,99	6:13,90	6:23,35	6:31,02	6:31,09	6:24,88	
10	GOMEZ GOMEZ, TOMAS - 1995 053259226 C.N.PISCIS-MISLATA	0:38:10,45	1:07,39	2:19,42	4:47,59	6:02,74	9:49,73	12:22,88	18:48,03	25:16,24	31:46,63	38:10,45	1
	1-8-D	PROMEDIOS	1:16,35	6:21,74	12:43,48		12:22,88	6:20,14	6:25,15	6:28,21	6:30,39	6:23,82	





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 Madrid, 27 de Febrero de 2010



Prueba nº 2 - 3000 metros - Categoría INFANTIL FEMENINO

Puntos

		100	200	400	500	800	1000	1500	2000	2500	3000		
01	GARCIA MAURI, CRISTINA - 1995 044652608 R.C.MEDITERRANEO	0:36:40,27	1:08,38	2:18,44	4:38,77	5:49,19	9:22,40	11:47,88	17:59,09	24:13,25	30:29,96	36:40,27	14
	1-1-I	PROMEDIOS	1:13,34	6:06,71	12:13,42		5:58,69	6:11,21	6:14,16	6:16,71	6:10,31	12:27,02	
02	HERRADON MORENO, CARMEN - 1996 049097038 C.N. ALCORCON	0:37:31,53	1:10,74	2:23,08	4:48,91	6:02,74	9:46,28	12:16,46	18:33,28	24:53,91	31:13,35	37:31,53	11
	1-7-I	PROMEDIOS	1:15,05	6:15,25	12:30,51		12:16,46	6:13,72	6:16,82	6:20,63	6:19,44	6:18,18	
03	SERRA NITTI, CRISTINA - 1996 043196488 CN. PALMA DE MALLORCA	0:37:35,16	1:10,24	2:22,70	4:49,05	6:03,19	9:46,02	12:16,60	18:32,67	24:55,55	31:19,34	37:35,16	9
	1-4-I	PROMEDIOS	1:15,17	6:15,86	12:31,72		12:16,60	6:13,41	6:16,07	6:22,88	6:23,79	6:15,82	
04	POMAR SOLANA, SARA - 1995 043223837 CN. PALMA DE MALLORCA	0:38:00,99	1:09,69	2:23,40	4:50,45	6:05,41	9:59,65	12:22,41	18:46,20	25:12,48	31:43,29	38:00,99	7
	1-3-I	PROMEDIOS	1:16,03	6:20,17	12:40,33		12:22,41	6:17,00	6:23,79	6:26,28	6:30,81	6:17,70	
05	LAGO AROBES, YUDITH - 1995 053795247 C.N. RIVEIRA	0:38:06,56	1:11,37	2:25,68	4:55,15	6:10,89	9:58,29	12:31,93	18:58,20	25:28,62	31:47,77	38:06,56	6
	1-5-I	PROMEDIOS	1:16,22	6:21,09	12:42,19		12:31,93	6:21,04	6:26,27	6:30,42	6:19,15	6:18,79	
06	LOPEZ RODERO, IRENE - 1995 077188026 R.C.MEDITERRANEO	0:38:11,68	1:10,12	2:22,62	4:50,18	6:04,67	9:52,23	12:23,22	18:48,57	25:16,06	31:46,93	38:11,68	5
	1-8-I	PROMEDIOS	1:16,39	6:21,95	12:43,89		12:23,22	6:18,55	6:25,35	6:27,49	6:30,87	6:24,75	
07	BLANCO BERMUDEZ, YAIZA - 1995 053480735 C.N. RIVEIRA	0:38:35,22	1:12,01	2:28,63	5:00,67	6:17,09	10:07,27	12:42,38	19:12,77	25:43,14	32:11,02	38:35,22	4
	1-6-I	PROMEDIOS	1:17,17	6:25,87	12:51,74		12:42,38	6:25,29	6:30,39	6:30,37	6:27,88	6:24,20	
08	LUIS HERRERO, ANABEL - 1995 P00063033 ATLETIC-BARCELONETA	0:38:51,16	1:10,56	2:25,16	4:55,02	6:11,16	10:01,96	12:37,00	19:09,16	25:44,40	32:16,80	38:51,16	3
	1-0-I	PROMEDIOS	1:17,71	6:28,53	12:57,05		12:37,00	6:25,84	6:32,16	6:35,24	6:32,40	6:34,36	
09	CHAVES MATELLANES, ANGELA - 1995 P00088030 C.N. MAIRENA ALJARAFE	0:39:20,34	1:11,72	2:26,29	4:56,53	6:12,92	10:03,86	12:38,65	19:11,41	25:50,87	32:36,35	39:20,34	2
	1-9-I	PROMEDIOS	1:18,68	6:33,39	13:06,78		12:38,65	6:25,73	6:32,76	6:39,46	6:45,48	6:43,99	
10	ROMERO ALVAREZ, CARLA - 1995 053190503 GALAICO-SERCOYSA	0:39:30,77	1:13,72	2:29,41	5:02,34	6:18,89	10:10,24	12:45,50	19:20,65	26:04,89	32:50,49	39:30,77	1
	1-2-I	PROMEDIOS	1:19,03	6:35,13	13:10,26		12:45,50	6:26,61	6:35,15	6:44,24	6:45,60	6:40,28	





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Prueba nº 3 - 5000 metros - Categoría SENIOR MASCULINO

Puntos

		100	200	400	500	800	1000	1500	2000	2500	3000	3500	4000	4500	5000		
01	HERVAS JODAR, FCO. JOSE - 1981 052629935 L' HOSPITALET 2-4-D	0:54:30,65	1:04,96	2:08,74	4:18,46	5:23,57	8:38,76	10:49,01	16:16,34	21:42,61	27:10,96	32:38,17	38:04,63	43:33,72	49:03,19	0:54:30,65	14
	PROMEDIOS		100	500	1000		5:25,44	5:27,33	5:26,27	5:28,35	5:27,21	5:26,46	5:29,09	5:29,47	5:27,46		
	PROMEDIOS		1:05,41	5:27,06	10:54,13		10:49,01	10:53,60	10:55,56	10:55,55	10:55,55	10:55,55	10:55,55	10:55,55	10:56,93		
02	NOGUEIRA MONTERO, DIEGO - 1984 004842646 REAL CANOE N.C. 2-6-D	0:54:38,48	1:04,97	2:10,31	4:20,42	5:25,47	8:40,28	10:50,36	16:16,79	21:43,50	27:11,59	32:40,43	38:10,14	43:39,93	49:10,28	0:54:38,48	11
	PROMEDIOS		100	500	1000		5:24,89	5:26,43	5:26,71	5:28,09	5:28,84	5:29,71	5:29,79	5:30,35	5:28,20		
	PROMEDIOS		1:05,57	5:27,85	10:55,70		10:50,36	10:53,14	10:56,93	10:56,93	10:56,93	10:56,93	10:56,93	10:56,93	10:58,55		
03	SNELSON KILBRIDE, THOMAS - 1990 026261165 R.C. MEDITERRANEO 2-2-D	0:56:32,23	1:06,96	2:14,45	4:29,80	5:35,81	8:54,54	11:08,11	16:43,81	22:21,68	28:00,21	33:39,33	39:20,95	45:04,10	50:48,23	0:56:32,23	9
	PROMEDIOS		100	500	1000		5:32,30	5:35,70	5:37,87	5:38,53	5:39,12	5:41,62	5:43,15	5:44,13	5:44,00		
	PROMEDIOS		1:07,84	5:39,22	11:18,45		11:08,11	11:13,57	11:17,65	11:17,65	11:17,65	11:17,65	11:17,65	11:17,65	11:28,13		
04	FERNANDEZ ORDOÑEZ, JAVIER - 1989 044593704 REAL CANOE N.C. 2-3-D	0:57:40,17	1:06,52	2:13,38	4:27,23	5:34,73	8:58,90	11:16,47	17:00,31	22:45,20	28:31,66	34:21,14	40:14,27	46:09,50	52:01,06	0:57:40,17	7
	PROMEDIOS		100	500	1000		5:41,74	5:43,84	5:44,89	5:46,46	5:49,48	5:53,13	5:55,23	5:51,56	5:39,11		
	PROMEDIOS		1:09,20	5:46,02	11:32,03		11:16,47	11:28,73	11:35,94	11:35,94	11:35,94	11:35,94	11:35,94	11:35,94	11:30,67		
05	ARTEAGA CASTAÑO, SERGIO - 1990 047467963 C.N. ALCORCON 2-1-D	0:57:40,39	1:06,21	2:14,49	4:30,13	5:37,84	9:00,87	11:17,57	17:02,66	22:45,92	28:32,00	34:21,55	40:08,92	46:01,76	51:57,02	0:57:40,39	6
	PROMEDIOS		100	500	1000		5:39,73	5:45,09	5:43,26	5:46,08	5:49,55	5:47,37	5:52,84	5:55,26	5:43,37		
	PROMEDIOS		1:09,21	5:46,04	11:32,08		11:17,57	11:28,35	11:35,63	11:35,63	11:35,63	11:35,63	11:35,63	11:35,63	11:38,63		
06	MUÑOZ ILLANA, ADRIA - 1990 045640215 C.N. TERRASSA 2-7-D	0:58:02,77	1:09,02	2:19,34	4:37,51	5:46,48	9:12,26	11:28,49	17:10,19	22:53,90	28:40,05	34:42,97	40:27,95	46:14,11	52:09,06	0:58:02,77	5
	PROMEDIOS		100	500	1000		5:42,01	5:41,70	5:43,71	5:46,15	5:49,92	5:44,98	5:46,16	5:54,95	5:53,71		
	PROMEDIOS		1:09,66	5:48,28	11:36,55		11:28,49	11:25,41	11:49,07	11:49,07	11:49,07	11:49,07	11:49,07	11:49,07	11:48,66		
07	BRIÓN SAMPEDEDO, IVÁN - 1989 052932348 C.N. RIVEIRA 2-5-D	0:58:48,10	1:06,12	2:13,68	4:29,38	5:37,90	9:04,54	11:23,00	17:11,59	23:04,09	28:55,95	34:39,68	40:49,26	46:51,64	52:54,62	0:58:48,10	4
	PROMEDIOS		100	500	1000		5:45,10	5:48,59	5:52,50	5:51,86	5:43,73	6:09,58	6:02,38	6:02,98	5:53,48		
	PROMEDIOS		1:10,56	5:52,81	11:45,62		11:23,00	11:41,09	11:35,59	11:35,59	11:35,59	11:35,59	11:35,59	11:35,59	11:56,46		
08	GÓMEZ FUSTER, SERGIO - 1989 023057438 A.D.ANCORA 2-0-D	0:58:53,03	1:06,50	2:14,54	4:30,68	5:39,01	9:06,57	11:25,70	17:15,22	23:10,31	29:07,28	34:59,11	40:59,11	46:59,65	52:58,40	0:58:53,03	3
	PROMEDIOS		100	500	1000		5:46,69	5:49,52	5:55,09	5:56,97	5:51,83	6:00,00	6:00,54	5:58,75	5:54,63		
	PROMEDIOS		1:10,66	5:53,30	11:46,61		11:25,70	11:44,61	11:48,80	11:48,80	11:48,80	11:48,80	11:48,80	11:48,80	11:53,38		
09	GONZÁLEZ MANSO, ROI - 1987 032712237 C.N. FERROL 2-8-D	1:00:56,25	1:11,24	2:24,60	4:47,98	5:59,39	9:28,83	11:53,95	17:46,38	23:49,86	29:57,57	36:01,81	42:14,78	48:35,95	54:48,84	1:00:56,25	2
	PROMEDIOS		100	500	1000		5:54,56	5:52,43	6:03,48	6:07,71	6:04,24	6:12,97	6:21,17	6:12,89	6:07,41		
	PROMEDIOS		1:13,13	6:05,63	12:11,25		11:53,95	11:55,91	11:55,91	11:55,91	11:55,91	11:55,91	11:55,91	11:55,91	12:20,30		
10	GARCÍA GASCON, JUAN CARLOS - 1984 047080120 C.N. ALBACETE 2-9-D	1:01:03,16	1:09,95	2:20,13	4:44,02	5:56,26	9:31,37	11:55,33	17:57,73	24:05,13	30:14,87	36:25,46	42:34,56	48:43,66	54:53,94	1:01:03,16	1
	PROMEDIOS		100	500	1000		5:59,07	6:02,40	6:07,40	6:09,74	6:10,59	6:09,10	6:09,10	6:10,28	6:09,22		
	PROMEDIOS		1:13,26	6:06,32	12:12,63		11:55,33	12:09,80	12:09,80	12:09,80	12:09,80	12:09,80	12:09,80	12:09,80	12:19,50		





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Prueba nº 3 - 5000 metros - Categoría JUNIOR MASCULINO

Puntos

Rank	Name	Time	100	200	400	500	800	1000	1500	2000	2500	3000	3500	4000	4500	5000	Puntos
01	RUIZ PEREZ, HECTOR - 1992 041555996 C.N. FIGUERES 2-4-I	0:55:12,55	100:05,62	200:2:11,02	400:4:21,53	500:5:27,11	800:8:43,89	1000:10:55,23	1500:16:23,44	2000:21:53,21	2500:27:26,03	3000:32:59,10	3500:38:32,33	4000:44:06,15	4500:49:40,41	5000:0:55:12,55	14
	PROMEDIOS		100:1:06,25	500:5:31,26	1000:11:02,51			1000:10:55,23		2000:10:57,98		3000:11:05,89		4000:11:07,05		5000:11:06,40	
02	VALLS CASTAÑO, PATRIK - 1992 043560679 CN. PALMA DE MALLORCA 2-3-I	0:58:09,76	100:1:06,76	200:2:13,84	400:4:27,52	500:5:35,26	800:8:59,06	1000:11:16,08	1500:17:01,13	2000:22:45,81	2500:28:31,58	3000:34:21,24	3500:40:14,56	4000:46:10,31	4500:52:08,53	5000:0:58:09,76	11
	PROMEDIOS		100:1:09,80	500:5:48,98	1000:11:37,95			1000:5:40,82	1500:5:45,05	2000:5:44,68	2500:5:45,77	3000:5:49,66	3500:5:53,32	4000:5:55,75	4500:5:58,22	5000:6:01,23	
03	ZABALO SAN JUAN, JÜLEN - 1993 045947760 C.N. BARAKALDO 2-6-I	0:58:19,60	100:1:06,37	200:2:13,65	400:4:29,68	500:5:37,50	800:9:00,77	1000:11:17,35	1500:17:00,13	2000:22:45,51	2500:28:34,72	3000:34:23,77	3500:40:16,05	4000:46:17,57	4500:52:28,75	5000:0:58:19,60	9
	PROMEDIOS		100:1:09,99	500:5:49,96	1000:11:39,92			1000:11:17,35	1500:5:42,78	2000:5:45,38	2500:5:49,21	3000:5:49,05	3500:5:52,28	4000:6:01,52	4500:6:11,18	5000:5:50,85	
04	FARO MOLINA, CARLES - 1993 045859841 C.N. TERRASSA 2-5-I	0:58:27,38	100:1:06,13	200:2:13,77	400:4:29,38	500:5:37,99	800:9:05,98	1000:11:22,96	1500:17:04,48	2000:22:49,34	2500:28:42,56	3000:34:35,31	3500:40:29,45	4000:46:32,04	4500:52:37,14	5000:0:58:27,38	7
	PROMEDIOS		100:1:10,15	500:5:50,74	1000:11:41,48			1000:11:22,96	1500:5:44,97	2000:5:41,52	2500:5:44,86	3000:5:53,22	3500:5:52,75	4000:5:54,14	4500:6:02,59	5000:6:05,10	
05	FONTCUBERTA RAMIREZ, PEDRO - 1991 023051055 A.D. ANCORA 2-2-I	0:59:35,13	100:1:06,84	200:2:14,36	400:4:29,70	500:5:36,81	800:8:58,62	1000:11:16,77	1500:17:03,65	2000:23:01,01	2500:29:08,03	3000:35:11,33	3500:41:16,23	4000:47:22,95	4500:53:30,47	5000:0:59:35,13	6
	PROMEDIOS		100:1:11,50	500:5:57,51	1000:11:55,03			1000:11:16,77	1500:5:46,88	2000:5:57,36	2500:6:07,02	3000:6:03,30	3500:6:04,90	4000:6:06,72	4500:6:07,52	5000:6:04,66	
06	ROSILLO MAGARIÑO, JOSHUA - 1991 047464361 C.N. ALCORCON 2-8-I	1:00:49,19	100:1:08,24	200:2:17,91	400:4:38,56	500:5:49,97	800:9:26,85	1000:11:52,36	1500:17:55,86	2000:24:04,82	2500:30:14,74	3000:36:25,26	3500:42:27,11	4000:48:35,44	4500:54:48,91	5000:1:00:49,19	5
	PROMEDIOS		100:1:12,98	500:6:04,92	1000:12:09,84			1000:6:02,39	1500:6:03,50	2000:6:08,96	2500:6:09,92	3000:6:10,52	3500:6:01,85	4000:6:08,33	4500:6:13,47	5000:6:00,28	
07	FERNANDEZ NIETO, CRISTIAN - 1992 077404524 GALAICO-SERCOYSA 2-7-I	1:02:09,88	100:1:08,41	200:2:17,93	400:4:37,11	500:5:46,62	800:9:17,48	1000:11:41,11	1500:17:43,73	2000:23:49,54	2500:29:57,19	3000:36:13,30	3500:42:36,60	4000:49:08,94	4500:55:46,85	5000:1:02:09,88	4
	PROMEDIOS		100:1:14,60	500:6:12,99	1000:12:25,98			1000:11:41,11	1500:6:02,62	2000:6:05,81	2500:6:07,65	3000:6:16,11	3500:6:23,30	4000:6:32,34	4500:6:37,91	5000:6:23,03	
08	COROMINAS JODAR, JORDI - 1991 045830829 C.N. CALELLA 2-0-I	1:02:58,33	100:1:08,51	200:2:20,45	400:4:47,22	500:6:01,39	800:9:44,84	1000:12:14,88	1500:18:30,89	2000:24:47,28	2500:31:08,77	3000:37:28,07	3500:43:47,51	4000:50:10,39	4500:56:36,03	5000:1:02:58,33	3
	PROMEDIOS		100:1:15,57	500:6:17,83	1000:12:35,67			1000:6:13,49	1500:6:16,01	2000:6:16,39	2500:6:21,49	3000:6:19,30	3500:6:19,44	4000:6:22,88	4500:6:25,64	5000:6:22,30	
09	MENZEZ DUNJO, JUAN FERNANDO - 1992 044740558 C.N. LAS PALMAS 2-1-I	1:05:26,71	100:1:09,77	200:2:23,85	400:4:50,04	500:6:03,28	800:9:46,68	1000:12:17,49	1500:18:44,42	2000:25:18,31	2500:31:55,47	3000:38:30,71	3500:45:09,35	4000:52:04,49	4500:58:53,72	5000:1:05:26,71	2
	PROMEDIOS		100:1:18,53	500:6:32,67	1000:13:05,34			1000:6:14,21	1500:6:26,93	2000:6:33,89	2500:6:37,16	3000:6:35,24	3500:6:38,64	4000:6:55,14	4500:6:49,23	5000:6:32,99	
10	COLORADO SANCHEZ, RAUL - 1992 047639515 C.N. VILANOVA 2-9-I	1:06:39,69	100:1:09,44	200:2:23,02	400:4:50,74	500:6:05,07	800:9:48,64	1000:12:17,65	1500:18:35,04	2000:24:59,11	2500:31:28,10	3000:38:05,56	3500:44:58,59	4000:52:02,74	4500:59:27,49	5000:1:06:39,69	1
	PROMEDIOS		100:1:19,99	500:6:39,97	1000:13:19,94			1000:12:17,65	1500:6:17,39	2000:6:24,07	2500:6:28,99	3000:6:37,46	3500:6:53,03	4000:7:04,15	4500:7:24,75	5000:7:12,20	



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I CAMPEONATO DE ESPAÑA DE NATACIÓN LARGA DISTANCIA
 Categorías INFANTIL, JUNIOR y SENIOR
 Organiza: Federación Madrileña de Natación
 Piscina: Centro Natación M'86, 50 mts. - 10 calles
 Madrid, 27 de Febrero de 2010



Prueba nº 4 - 5000 metros - Categoría SENIOR FEMENINO

Puntos

		100	200	400	500	800	1000	1500	2000	2500	3000	3500	4000	4500	5000		
01	VILLAECIJA GARCIA, ERIKA - 1984 044021228	0:56:55,97	1:06,72	2:13,97	4:29,72	5:37,78	9:01,83	11:17,84	16:58,28	22:39,15	28:19,25	34:01,22	39:44,26	45:29,18	51:14,20	0:56:55,97	14
	C.N. SANT ANDREU 3-4-D	PROMEDIOS	1:08,32	5:41,60	11:23,19			5:40,06	5:40,44	5:40,87	5:40,10	5:41,97	5:43,04	5:44,92	5:45,02	5:41,77	
02	REQUENA JUAREZ, YUREMA - 1983 053377623	0:59:29,01	1:09,43	2:20,58	4:43,81	5:55,74	9:30,64	11:53,78	17:51,69	23:50,24	29:48,99	35:47,84	41:45,19	47:41,27	53:33,61	0:59:29,01	11
	C.N. VILA-REAL 3-2-D	PROMEDIOS	1:11,38	5:56,90	11:53,80			5:58,04	5:57,91	5:58,55	5:58,75	5:58,85	5:57,35	5:56,08	5:52,34	5:55,40	
03	DOMINGUEZ CABEZAS, MARGARITA - 1987 023045572	0:59:38,68	1:09,18	2:18,90	4:40,22	5:51,28	9:23,52	11:45,49	17:39,56	23:35,59	29:33,06	35:32,57	41:29,31	47:29,05	53:32,18	0:59:38,68	9
	A.D. ANCORA 3-6-D	PROMEDIOS	1:11,57	5:57,87	11:55,74			5:54,21	5:54,07	5:56,03	5:57,47	5:59,51	5:56,74	5:59,74	6:03,13	6:06,50	
04	VILARIÑO GARCIA, XENIA - 1991 077420795	1:00:22,67	1:07,10	2:15,31	4:33,81	5:43,54	9:13,77	11:35,21	17:32,13	23:30,52	29:29,81	35:32,87	41:36,93	47:45,84	54:05,40	1:00:22,67	7
	GALAICO-SERCOYSA 3-3-D	PROMEDIOS	1:12,45	6:02,27	12:04,53			5:51,67	5:56,92	5:58,39	5:59,29	6:03,06	6:04,06	6:08,91	6:19,56	6:17,27	
05	RECIO PANEQUE, MARTA - 1990 076427117	1:00:24,91	1:09,60	2:20,30	4:42,61	5:54,66	9:30,07	11:53,39	17:52,82	23:54,52	29:53,16	35:59,28	42:04,50	48:14,09	54:21,20	1:00:24,91	6
	R.C. MEDITERRANEO 3-5-D	PROMEDIOS	1:12,50	6:02,49	12:04,98			5:58,73	5:59,43	6:01,70	6:05,64	6:06,12	6:05,22	6:09,59	6:07,11	6:03,71	
06	MAYOL ANDURELL, MARTA - 1991 043599001	1:00:54,18	1:09,66	2:20,33	4:39,56	5:49,27	9:21,88	11:44,84	17:43,88	23:48,96	29:54,55	36:05,25	42:16,98	48:27,60	54:43,08	1:00:54,18	5
	C.N. SABADELL 3-1-D	PROMEDIOS	1:13,08	6:05,42	12:10,84			7:05,28	5:59,04	6:05,08	6:05,59	6:10,70	6:11,73	6:10,62	6:15,48	6:11,10	
07	ATANASIO NEGRETE, SONIA - 1988 002665269	1:02:16,99	1:11,05	2:22,41	4:44,52	5:55,47	9:33,62	12:00,26	18:14,35	24:30,80	30:44,68	37:02,13	43:22,90	49:42,60	56:00,16	1:02:16,99	4
	C.N. ALCORCON 3-7-D	PROMEDIOS	1:14,74	6:13,70	12:27,40			6:04,79	6:14,09	6:16,45	6:13,88	6:17,45	6:20,77	6:19,70	6:17,56	6:16,83	
08	RODRIGUEZ FERNANDEZ, ADRIANA - 1989 053516481	1:03:59,81	1:13,70	2:28,01	4:58,27	6:13,97	10:00,36	12:31,23	18:53,05	25:19,59	31:48,56	38:14,24	44:40,16	51:08,88	57:38,35	1:03:59,81	3
	C.N. VILLA DE NAVIA 3-8-D	PROMEDIOS	1:16,80	6:23,98	12:47,96			6:17,26	6:21,82	6:26,54	6:28,97	6:25,68	6:25,92	6:28,72	6:29,47	6:21,46	
09	PRINCIPAL GALLARDO, MARIA - 1988 074733286	1:05:25,94	1:14,82	2:32,17	5:06,13	6:23,30	10:15,06	12:51,59	19:27,39	26:02,91	32:38,10	39:11,91	45:44,41	52:20,37	58:56,38	1:05:25,94	2
	C. NAUTICO DE MOTRIL 3-9-D	PROMEDIOS	1:18,52	6:32,59	13:05,19			6:28,29	6:35,80	6:35,52	6:35,19	6:33,81	6:32,50	6:35,96	6:36,01	6:29,56	
10	GARCIA GUERRERO, ROSA BELEN - 1990 028839477	1:09:28,13	1:15,49	2:33,49	5:10,30	6:29,16	10:25,27	13:02,49	19:36,94	26:30,74	33:30,70	40:30,34	47:36,54	54:55,56	2:14,84	1:09:28,13	1
	C.N. MAIRENA ALJARAJE 3-0-D	PROMEDIOS	1:23,36	6:56,81	13:53,63			6:33,33	6:34,45	6:53,80	6:59,96	6:59,64	7:06,20	7:19,02	7:19,28	7:13,29	





I CAMPEONATO DE ESPAÑA DE NATACIÓN LARGA DISTANCIA
Categorías INFANTIL, JUNIOR y SENIOR
Organiza: Federación Madrileña de Natación
Piscina: Centro Natación M'86, 50 mts. - 10 calles
Madrid, 27 de Febrero de 2010



Prueba nº 4 - 5000 metros - Categoría JUNIOR FEMENINO

Puntos

		100	200	400	500	800	1000	1500	2000	2500	3000	3500	4000	4500	5000		
01	GOMEZ CORTES, BEATRIZ - 1994 077464997	1:00:24,74	1:09,66	2:20,50	4:43,06	5:54,74	9:29,97	11:53,48	17:53,06	23:54,23	29:53,39	35:59,11	42:05,43	48:13,55	54:21,30	1:00:24,74	14
	GALAICO-SERCOYSA	PROMEDIOS	100	500	1000			5:58,74	5:59,58	6:01,17	5:59,16	6:05,72	6:06,32	6:08,12	6:07,75	6:03,44	
	3-5-I		1:12,49	6:02,47	12:04,95			11:53,48	12:00,75	12:04,88	12:14,44					12:11,19	
02	TENA QUINTILLA, LAIA - 1992 047415104	1:00:58,86	1:09,81	2:20,44	4:42,72	5:54,66	9:30,59	11:53,33	17:57,13	23:54,80	30:00,92	36:12,54	42:22,06	48:33,41	54:47,32	1:00:58,86	11
	C.N. SABADELL	PROMEDIOS	100	500	1000			5:58,67	6:03,80	5:57,67	6:06,12	6:11,62	6:09,52	6:11,35	6:13,91	6:11,54	
	3-4-I		1:13,18	6:05,89	12:11,77			11:53,33	12:01,47	12:17,74						12:25,45	
03	PIMETEL PEREZ, LAURA - 1993 044659339	1:01:16,29	1:09,02	2:19,59	4:41,06	5:51,97	9:25,49	11:49,99	17:51,70	23:59,42	30:09,63	36:23,30	42:37,00	48:50,41	55:04,65	1:01:16,29	9
	C.N. PABELLON ORENSE	PROMEDIOS	100	500	1000			5:58,02	6:01,71	6:07,72	6:10,21	6:13,67	6:13,70	6:13,41	6:14,24	6:11,64	
	3-3-I		1:13,53	6:07,63	12:15,26			11:49,99	12:09,43	12:23,88	12:27,11					12:25,88	
04	MORALES GIL, LUISA MAR - 1994 042226434	1:02:03,73	1:10,63	2:22,72	4:48,26	6:01,42	9:42,39	12:09,37	18:19,63	24:30,62	30:44,59	37:02,02	43:22,49	49:42,54	55:57,22	1:02:03,73	7
	C.N. LAS PALMAS	PROMEDIOS	100	500	1000			6:07,95	6:10,26	6:10,99	6:13,97	6:17,43	6:20,47	6:20,05	6:14,68	6:06,51	
	3-6-I		1:14,47	6:12,37	12:24,75			12:09,37	12:21,25	12:31,40	12:40,52					12:21,19	
05	SANCHEZ GARCIA, ELVIRA - 1994 023064625	1:03:20,26	1:11,41	2:25,19	4:51,82	6:05,06	9:49,56	12:21,65	18:41,63	25:04,05	31:26,81	37:51,51	44:12,35	50:36,96	57:00,24	1:03:20,26	6
	A.D. ANCORA	PROMEDIOS	100	500	1000			7:29,83	6:19,98	6:22,42	6:22,76	6:24,70	6:20,84	6:24,61	6:23,28	6:20,02	
	3-2-I		1:16,01	6:20,03	12:40,05			12:21,65	12:42,40	12:47,46	12:45,45					12:43,30	
06	PARADA SUAREZ, ANA - 1994 053795250	1:05:17,52	1:13,41	2:27,96	4:58,72	6:14,04	10:02,44	12:36,85	19:04,07	25:34,04	32:04,41	38:36,53	45:13,94	51:56,46	58:41,25	1:05:17,52	5
	C.N. RIVEIRA	PROMEDIOS	100	500	1000			6:22,81	6:27,22	6:29,97	6:30,37	6:32,12	6:37,41	6:42,52	6:44,79	6:36,27	
	3-8-I		1:18,35	6:31,75	13:03,50			12:36,85	12:57,19	13:02,49	13:19,93					13:21,06	
07	OROZCO DE PARAMO, ESTELA - 1992 075169454	1:05:39,31	1:09,89	2:21,28	4:51,39	6:06,57	9:58,34	12:33,78	19:04,12	25:44,62	32:21,06	38:53,51	45:31,32	52:15,28	58:50,26	1:05:39,31	4
	C.N. ELCHE	PROMEDIOS	100	500	1000			6:27,21	6:30,34	6:40,50	6:36,44	6:32,45	6:37,81	6:43,96	6:34,98	6:49,05	
	3-1-I		1:18,79	6:33,93	13:07,86			12:33,78	13:10,84	13:08,89	13:21,77					13:24,03	
08	CIURO BOIXADERA, NURIA - 1993 047417071	1:06:04,74	1:15,19	2:33,11	5:10,17	6:28,91	10:24,82	13:01,94	19:36,00	26:01,42	32:30,88	39:04,61	45:43,48	52:23,60	59:13,92	1:06:04,74	3
	C.N. TERRASSA	PROMEDIOS	100	500	1000			6:33,03	6:34,06	6:25,42	6:29,46	6:33,73	6:38,87	6:40,12	6:50,32	6:50,82	
	3-0-I		1:19,29	6:36,47	13:12,95			13:01,94	12:59,48	13:03,19	13:18,99					13:41,14	
09	LOPEZ SOUTO, ALBA - 1993 047436594	1:06:59,36	1:11,73	2:25,72	4:58,48	6:16,06	10:15,34	12:56,42	19:41,73	26:27,42	33:13,42	39:59,10	46:46,52	53:34,48	0:21,31	1:06:59,36	2
	C.N. CORUÑA	PROMEDIOS	100	500	1000			6:40,36	6:45,31	6:45,69	6:46,00	6:45,68	6:47,42	6:47,96	6:46,83	6:38,05	
	3-7-I		1:20,39	6:41,94	13:23,87			12:56,42	13:31,00	13:31,68	13:35,38					13:24,88	
10	GARCIA LOPEZ, MARIA - 1994 076943809	1:08:01,47	1:15,21	2:32,74	5:10,61	6:30,30	10:32,21	13:13,69	19:57,40	26:42,46	33:30,18	40:23,00	47:17,31	54:13,51	1:13,90	1:08:01,47	1
	C.N. VILLA DE NAVIA	PROMEDIOS	100	500	1000			6:43,39	6:43,71	6:45,06	6:47,72	6:52,82	6:54,31	6:56,20	7:00,39	6:47,57	
	3-9-I		1:21,63	6:48,15	13:36,29			13:13,69	13:28,77	13:40,54	13:50,51					13:47,96	





I CAMPEONATO DE ESPAÑA LARGA DISTANCIA P50
Categorías INFANTIL, JUNIOR y SENIOR
Organiza: Federación Madrileña de Natación
Piscina: Centro Natación M'86, 50 metros, 10 calles
Madrid, 27 de Febrero de 2010



CLASIFICACIÓN FINAL POR EQUIPOS - CATEGORIA MASCULINA

Clasif.	Club	INFANTIL MAS.	JUNIOR MAS.	SENIOR MAS.	Total
01	00053 REAL CANOE N.C.			18	18
02	00110 R.C. MEDITERRANEO	9		9	18
	00063 C.N. ATLETIC-BARCELONETA	14			14
3 EXQ	00069 C.N. L' HOSPITALET			14	14
	00177 C.N. FIGUERES		14		14
06	00057 C.N. TERRASSA		7	5	12
	00056 CN.PALMA DE MALLORCA		11		11
7 EXQ	00214 C.N. BADALONA	11			11
	00418 C.N. ALCORCON		5	6	11
10	00088 C.N.MAIRENA ALJARAFE	10			10
11 EXQ	00409 C.N. BARAKALDO		9		9
	00713 A.D. ANCORA		6	3	9
13	00848 C.N. LA SALLE-PALMA	7			7
14	00322 C. NAUTICO DE MOTRIL	5			5
	00769 C.N. RIVEIRA			4	4
15 EXQ	00784 C.N. GALAICO-SERCOYSA		4		4
17 EXQ	00298 C.N. FUENSANTA	3			3
	00629 C.N. CALELLA		3		3
	00060 C.N. LAS PALMAS		2		2
19 EXQ	00573 C.N. LEGANES	2			2
	00674 C.N. FERROL			2	2
	00470 C.N. ALBACETE			1	1
22 EXQ	00514 C.N. PISCIS	1			1
	00606 C.N. VILANOVA	1			1

CLASIFICACIÓN FINAL POR EQUIPOS - CATEGORIA FEMENINA

Clasif.	Club	INFANTIL FEM.	JUNIOR FEM.	SENIOR FEM.	Total
01	00110 R.C. MEDITERRANEO	19		6	25
02	00784 C.N. GALAICO-SERCOYSA	1	14	7	22
03	00058 C.N. SABADELL		11	5	16
04	00056 CN.PALMA DE MALLORCA	16			16
	00418 C.N. ALCORCON	11		4	15
5 EXQ.	00713 A.D. ANCORA		6	9	15
	00769 C.N. RIVEIRA	10	5		15
08	00061 C.N. SANT ANDREU			14	14
09	00376 C.N. VILA-REAL			11	11
10	00101 C.N. PABELLÓN ORENSE		9		9
11	00060 C.N. LAS PALMAS		7		7
12 EXQ.	00553 C.N. ELCHE		4		4
	00682 C.N. VILLA DE NAVIA		1	3	4
	00057 C.N. TERRASSA		3		3
14 EXQ.	00063 C.N. ATLETIC-BARCELONETA	3			3
	00088 C.N.MAIRENA ALJARAFE	2		1	3
17 EXQ.	00186 C.N. CORUÑA		2		2
	00322 C. NAUTICO DE MOTRIL			2	2



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I CAMPEONATO DE ESPAÑA LARGA DISTANCIA P50
Categorías INFANTIL, JUNIOR y SENIOR
Organiza: Federación Madrileña de Natación
Piscina: Centro Natación M'86, 50 metros, 10 calles
Madrid, 27 de Febrero de 2010



FICHA TÉCNICA

COMPETICIÓN	I CTO. DE ESPAÑA DE NATACIÓN LARGA DISTANCIA
FECHA	27 de Febrero de 2010
LUGAR DE CELEBRACIÓN	Madrid
ENTIDAD ORGANIZADORA	Federación Madrileña de Natación Real Federación Española de Natación
PISCINA	Centro M-86 - 50 m. 10 calles
TEMPERATURA DEL AGUA	26,5º C. Agua dulce
COMPOSICIÓN DEL JURADO	Según hoja adjunta.
EQUIPOS PARTICIPANTES	Según hoja adjunta.

Certificamos la veracidad de los datos reflejados en la mencionada competición.

Madrid, 27 de Febrero de 2010

Fdo.: Elena Osete García
Juez Árbitro Pruebas Masculinas

Fdo.: Marta Beneyto Vizueté
Juez Árbitro Pruebas Femeninas



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I CAMPEONATO DE ESPAÑA LARGA DISTANCIA P50
Categorías INFANTIL, JUNIOR y SENIOR
Organiza: Federación Madrileña de Natación
Piscina: Centro Natación M'86, 50 metros, 10 calles
Madrid, 27 de Febrero de 2010



COMPOSICIÓN DEL JURADO

JUEZ ÁRBITRO PRUEBAS MAS.	Elena Osete García		
JUEZ ÁRBITRO PRUEBAS FEM.	Marta Beneyto Vizuette		
JUEZ SALIDAS PRUEBAS	Francisco J. Escribano Sevilla		
JUECES CARRERA	Ángel Ruíz Campos Nieves Castro Espinosa		
LOCUTORA	Laura Dueñas Pino		
JEFE DE CRONOMETRADORES	M ^a José Escribano Sevilla		
CRONOMETRADORES			
Jorge Yagüe Andrés	Raúl Solanillos Yagüe	Luis M. Leal García	Berta Sanz Morello
Paula Saturio García	Pablo Romero Rodríguez	Cristina Rodríguez González	Yaiza Romero Fernández
María Sánchez Ontín	Victor Pineda Peralta	Luis Gómez Castro	Nydia Lorente Magán
Marta Gárate Blázquez	Fátima López García	Cristina Gárate Blázquez	Andrés González Ignacio
Pilar García Escribano	César Barragán Roldán	Ricardo Sánchez Medina	Marta Navacerrada Vicente
CÁMARA DE SALIDAS	Elena Dueñas Pino		
CRONOMETRAJE ELECTRÓNICO	Mauricio Bueno Márquez José Seoane Esteban Ortega Angulo		
SOPORTE INFORMÁTICO	Mariano Rubio Rubio		
COORDINADOR FED. MADRILEÑA	Alfredo Indarte Vega		
DIRECTOR DE COMPETICIÓN	Ángel Galán Plaza		



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