

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

Prueba 3  
10/12/2022

Masc., 3000m Libre

16 años y mayores  
Resultados

Clas.	Nombre	Año	Club	Marca
<b>JUNIOR MASCULINO LD FMN</b>				
1.	<b>DÍEZ CANO, Isaac</b>	06	<b>VALLE - C.D. El Valle</b>	<b>33:16.70</b>
	50m: 30.21 30.21	800m: 8:47.04	33.33	1550m: 17:06.51 33.32
	100m: 1:02.15 31.94	850m: 9:20.62	33.58	1600m: 17:40.05 33.54
	150m: 1:35.00 32.85	900m: 9:53.90	33.28	1650m: 18:13.54 33.49
	200m: 2:07.94 32.94	950m: 10:27.10	33.20	1700m: 18:47.29 33.75
	250m: 2:40.95 33.01	1000m: 11:00.53	33.43	1750m: 19:20.97 33.68
	300m: 3:14.07 33.12	1050m: 11:33.37	32.84	1800m: 19:54.50 33.53
	350m: 3:47.27 33.20	1100m: 12:06.76	33.39	1850m: 20:28.18 33.68
	400m: 4:20.30 33.03	1150m: 12:40.40	33.64	1900m: 21:02.18 34.00
	450m: 4:53.65 33.35	1200m: 13:13.52	33.12	1950m: 21:35.94 33.76
	500m: 5:27.20 33.55	1250m: 13:46.80	33.28	2000m: 22:09.28 33.34
	550m: 6:00.17 32.97	1300m: 14:19.81	33.01	2050m: 22:42.48 33.20
	600m: 6:33.76 33.59	1350m: 14:53.02	33.21	2100m: 23:16.17 33.69
	650m: 7:06.85 33.09	1400m: 15:26.54	33.52	2150m: 23:49.81 33.64
	700m: 7:40.34 33.49	1450m: 15:59.84	33.30	2200m: 24:23.19 33.38
	750m: 8:13.71 33.37	1500m: 16:33.19	33.35	2250m: 24:56.71 33.52
				2300m: 25:30.28 33.57
				2350m: 26:03.61 33.33
				2400m: 26:37.40 33.79
				2450m: 27:10.81 33.41
				2500m: 27:44.10 33.29
				2550m: 28:17.22 33.12
				2600m: 28:50.68 33.46
				2650m: 29:24.37 33.69
				2700m: 29:57.93 33.56
				2750m: 30:31.42 33.49
				2800m: 31:04.93 33.51
				2850m: 31:38.09 33.16
				2900m: 32:11.89 33.80
				2950m: 32:45.03 33.14
				3000m: 33:16.70 31.67
2.	<b>MARTÍNEZ SANZ, Sergio</b>	06	<b>VALLE - C.D. El Valle</b>	<b>33:58.42</b>
	50m: 32.14 32.14	800m: 9:10.86	35.15	1550m: 17:36.77 33.35
	100m: 1:05.29 33.15	850m: 9:45.51	34.65	1600m: 18:09.51 32.74
	150m: 1:39.22 33.93	900m: 10:19.82	34.31	1650m: 18:42.83 33.32
	200m: 2:13.91 34.69	950m: 10:53.97	34.15	1700m: 19:16.28 33.45
	250m: 2:48.00 34.09	1000m: 11:27.96	33.99	1750m: 19:50.03 33.75
	300m: 3:22.64 34.64	1050m: 12:01.45	33.49	1800m: 20:24.04 34.01
	350m: 3:57.19 34.55	1100m: 12:35.23	33.78	1850m: 20:58.26 34.22
	400m: 4:32.10 34.91	1150m: 13:09.26	34.03	1900m: 21:32.15 33.89
	450m: 5:06.94 34.84	1200m: 13:43.12	33.86	1950m: 22:05.82 33.67
	500m: 5:41.89 34.95	1250m: 14:16.27	33.15	2000m: 22:40.11 34.29
	550m: 6:16.71 34.82	1300m: 14:50.00	33.73	2050m: 23:14.10 33.99
	600m: 6:51.79 35.08	1350m: 15:23.55	33.55	2100m: 23:48.38 34.28
	650m: 7:26.52 34.73	1400m: 15:56.53	32.98	2150m: 24:21.71 33.33
	700m: 8:00.87 34.35	1450m: 16:30.18	33.65	2200m: 24:55.32 33.61
	750m: 8:35.71 34.84	1500m: 17:03.42	33.24	2250m: 25:29.16 33.84
				2300m: 26:03.24 34.08
				2350m: 26:37.05 33.81
				2400m: 27:10.81 33.76
				2450m: 27:44.10 33.29
				2500m: 28:17.16 33.06
				2550m: 28:50.51 33.35
				2600m: 29:25.12 34.61
				2650m: 29:59.51 34.39
				2700m: 30:33.59 34.08
				2750m: 31:08.32 34.73
				2800m: 31:42.91 34.59
				2850m: 32:17.26 34.35
				2900m: 32:51.71 34.45
				2950m: 33:26.03 34.32
				3000m: 33:58.42 32.39

25 metros - cronometraje manual

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

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

Clas.	Nombre	Año	Club	Marca
3.	<b>LÓPEZ DÍAZ, Antonio Luis</b>	<b>05</b>	<b>GSD - C.D. Gredos San Diego</b>	<b>34:18.87</b>
	50m: 30.75 30.75	800m: 8:57.82	33.84	1550m: 17:36.40 34.36
	100m: 1:03.07 32.32	850m: 9:32.10	34.28	1600m: 18:11.10 34.70
	150m: 1:36.01 32.94	900m: 10:06.75	34.65	1650m: 18:45.37 34.27
	200m: 2:09.52 33.51	950m: 10:41.45	34.70	1700m: 19:20.04 34.67
	250m: 2:43.04 33.52	1000m: 11:16.20	34.75	1750m: 19:54.62 34.58
	300m: 3:16.67 33.63	1050m: 11:51.02	34.82	1800m: 20:29.07 34.45
	350m: 3:50.36 33.69	1100m: 12:25.43	34.41	1850m: 21:03.49 34.42
	400m: 4:24.57 34.21	1150m: 12:59.67	34.24	1900m: 21:38.15 34.66
	450m: 4:58.53 33.96	1200m: 13:33.99	34.32	1950m: 22:12.83 34.68
	500m: 5:32.69 34.16	1250m: 14:08.66	34.67	2000m: 22:47.66 34.83
	550m: 6:06.89 34.20	1300m: 14:43.67	35.01	2050m: 23:21.88 34.22
	600m: 6:41.20 34.31	1350m: 15:18.04	34.37	2100m: 23:56.48 34.60
	650m: 7:15.52 34.32	1400m: 15:53.05	35.01	2150m: 24:31.26 34.78
	700m: 7:50.04 34.52	1450m: 16:27.37	34.32	2200m: 25:05.96 34.70
	750m: 8:23.98 33.94	1500m: 17:02.04	34.67	2250m: 25:40.90 34.94
				2300m: 26:15.73 34.83
				2350m: 26:50.17 34.44
				2400m: 27:25.06 34.89
				2450m: 27:59.83 34.77
				2500m: 28:34.86 35.03
				2550m: 29:09.37 34.51
				2600m: 29:44.00 34.63
				2650m: 30:18.06 34.06
				2700m: 30:53.26 35.20
				2750m: 31:27.84 34.58
				2800m: 32:02.70 34.86
				2850m: 32:37.16 34.46
				2900m: 33:11.91 34.75
				2950m: 33:46.27 34.36
				3000m: 34:18.87 32.60
4.	<b>ALVAREZ GONZALEZ, Unai</b>	<b>07</b>	<b>GSD - C.D. Gredos San Diego</b>	<b>34:50.54</b>
	50m: 31.28 31.28	800m: 8:58.36	34.10	1550m: 17:39.24 35.27
	100m: 1:03.85 32.57	850m: 9:32.35	33.99	1600m: 18:15.20 35.96
	150m: 1:37.03 33.18	900m: 10:07.11	34.76	1650m: 18:51.11 35.91
	200m: 2:10.27 33.24	950m: 10:41.73	34.62	1700m: 19:26.60 35.49
	250m: 2:43.87 33.60	1000m: 11:16.74	35.01	1750m: 20:02.65 36.05
	300m: 3:17.45 33.58	1050m: 11:51.44	34.70	1800m: 20:38.60 35.95
	350m: 3:51.19 33.74	1100m: 12:25.92	34.48	1850m: 21:14.49 35.89
	400m: 4:24.92 33.73	1150m: 13:00.18	34.26	1900m: 21:50.62 36.13
	450m: 4:58.94 34.02	1200m: 13:34.83	34.65	1950m: 22:26.89 36.27
	500m: 5:32.82 33.88	1250m: 14:09.50	34.67	2000m: 23:02.73 35.84
	550m: 6:06.91 34.09	1300m: 14:44.17	34.67	2050m: 23:38.74 36.01
	600m: 6:41.28 34.37	1350m: 15:18.83	34.66	2100m: 24:14.75 36.01
	650m: 7:15.65 34.37	1400m: 15:53.89	35.06	2150m: 24:50.94 36.19
	700m: 7:50.13 34.48	1450m: 16:28.82	34.93	2200m: 25:25.84 34.90
	750m: 8:24.26 34.13	1500m: 17:03.97	35.15	2250m: 26:01.23 35.39
				2300m: 26:37.20 35.97
				2350m: 27:11.63 34.43
				2400m: 27:46.49 34.86
				2450m: 28:22.30 35.81
				2500m: 28:58.37 36.07
				2550m: 29:33.34 34.97
				2600m: 30:08.80 35.46
				2650m: 30:44.35 35.55
				2700m: 31:20.25 35.90
				2750m: 31:55.52 35.27
				2800m: 32:31.54 36.02
				2850m: 33:07.31 35.77
				2900m: 33:42.57 35.26
				2950m: 34:17.41 34.84
				3000m: 34:50.54 33.13
5.	<b>ROMERO VARAS, Carlos</b>	<b>06</b>	<b>GSD - C.D. Gredos San Diego</b>	<b>35:08.29</b>
	50m: 32.56 32.56	700m: 8:06.83	34.87	1350m: 15:44.38 35.31
	100m: 1:06.17 33.61	750m: 8:41.88	35.05	1400m: 16:19.61 35.23
	150m: 1:41.00 34.83	800m: 9:17.48	35.60	1450m: 16:55.06 35.45
	200m: 2:15.95 34.95	850m: 9:52.57	35.09	1500m: 17:30.50 35.44
	250m: 2:50.86 34.91	900m: 10:27.69	35.12	1550m: 18:05.91 35.41
	300m: 3:25.86 35.00	950m: 11:02.89	35.20	1600m: 18:41.45 35.54
	350m: 4:00.73 34.87	1000m: 11:38.12	35.23	1650m: 19:16.38 34.93
	400m: 4:35.55 34.82	1050m: 12:13.13	35.01	1700m: 19:51.30 34.92
	450m: 5:10.87 35.32	1100m: 12:48.19	35.06	1750m: 20:26.82 35.52
	500m: 5:46.48 35.61	1150m: 13:23.29	35.10	1800m: 21:02.71 35.89
	550m: 6:21.75 35.27	1200m: 13:58.52	35.23	1850m: 21:38.18 35.47
	600m: 6:57.13 35.38	1250m: 14:33.79	35.27	1900m: 22:13.93 35.75
	650m: 7:31.96 34.83	1300m: 15:09.07	35.28	1950m: 22:49.37 35.44
				2000m: 23:24.91 35.54
				2050m: 24:00.42 35.51
				2100m: 24:35.86 35.44
				2150m: 25:11.28 35.42
				2200m: 25:46.74 35.46
				2250m: 26:22.26 35.52
				2300m: 26:57.68 35.42
				2350m: 27:32.88 35.20
				2400m: 28:08.47 35.59
				2450m: 28:43.97 35.50
				2500m: 29:19.07 35.10
				2550m: 29:54.39 35.32
				2600m: 30:29.88 35.49

**25 metros - cronometraje manual**

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

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

Clas.	Nombre	Año	Club	Marca				
	2650m: 31:05.25	35.37	2750m: 32:15.52	35.17	2850m: 33:25.81	35.06	2950m: 34:35.90	34.71
	2700m: 31:40.35	35.10	2800m: 32:50.75	35.23	2900m: 34:01.19	35.38	3000m: 35:08.29	32.39
<b>6.</b>	<b>LOPEZ QUINTERO, Serjio</b>	<b>06</b>	<b>GSD - C.D. Gredos San Diego</b>	<b>35:08.92</b>				
	50m: 32.43	32.43	800m: 9:14.99	35.51	1550m: 18:08.41	35.75	2300m: 26:58.97	35.36
	100m: 1:06.61	34.18	850m: 9:50.46	35.47	1600m: 18:43.92	35.51	2350m: 27:34.41	35.44
	150m: 1:41.25	34.64	900m: 10:26.07	35.61	1650m: 19:19.36	35.44	2400m: 28:09.86	35.45
	200m: 2:15.91	34.66	950m: 11:01.74	35.67	1700m: 19:54.34	34.98	2450m: 28:45.41	35.55
	250m: 2:50.41	34.50	1000m: 11:37.41	35.67	1750m: 20:29.53	35.19	2500m: 29:20.66	35.25
	300m: 3:24.95	34.54	1050m: 12:13.32	35.91	1800m: 21:04.54	35.01	2550m: 29:55.64	34.98
	350m: 3:59.81	34.86	1100m: 12:48.30	34.98	1850m: 21:39.93	35.39	2600m: 30:30.80	35.16
	400m: 4:34.23	34.42	1150m: 13:23.45	35.15	1900m: 22:15.91	35.98	2650m: 31:05.70	34.90
	450m: 5:08.89	34.66	1200m: 13:59.47	36.02	1950m: 22:50.95	35.04	2700m: 31:40.80	35.10
	500m: 5:43.55	34.66	1250m: 14:34.94	35.47	2000m: 23:26.17	35.22	2750m: 32:15.42	34.62
	550m: 6:17.82	34.27	1300m: 15:10.89	35.95	2050m: 24:02.08	35.91	2800m: 32:50.41	34.99
	600m: 6:52.97	35.15	1350m: 15:47.19	36.30	2100m: 24:37.36	35.28	2850m: 33:24.92	34.51
	650m: 7:28.59	35.62	1400m: 16:21.71	34.52	2150m: 25:12.22	34.86	2900m: 33:59.09	34.17
	700m: 8:03.81	35.22	1450m: 16:56.67	34.96	2200m: 25:48.28	36.06	2950m: 34:34.51	35.42
	750m: 8:39.48	35.67	1500m: 17:32.66	35.99	2250m: 26:23.61	35.33	3000m: 35:08.92	34.41
<b>7.</b>	<b>GARNICA ESCALANTE, Luis David</b>	<b>07</b>	<b>LEGAN - C.N. Leganes</b>	<b>36:30.98</b>				
	50m: 32.66	32.66	800m: 9:33.71	35.93	1550m: 18:43.79	37.17	2300m: 27:54.57	36.51
	100m: 1:07.05	34.39	850m: 10:09.87	36.16	1600m: 19:20.19	36.40	2350m: 28:31.44	36.87
	150m: 1:42.39	35.34	900m: 10:45.70	35.83	1650m: 19:56.32	36.13	2400m: 29:08.63	37.19
	200m: 2:18.16	35.77	950m: 11:22.31	36.61	1700m: 20:32.89	36.57	2450m: 29:45.72	37.09
	250m: 2:54.19	36.03	1000m: 11:58.94	36.63	1750m: 21:09.71	36.82	2500m: 30:22.09	36.37
	300m: 3:30.19	36.00	1050m: 12:35.49	36.55	1800m: 21:46.97	37.26	2550m: 30:58.90	36.81
	350m: 4:06.76	36.57	1100m: 13:12.21	36.72	1850m: 22:23.71	36.74	2600m: 31:36.22	37.32
	400m: 4:43.41	36.65	1150m: 13:48.92	36.71	1900m: 23:00.63	36.92	2650m: 32:13.58	37.36
	450m: 5:19.19	35.78	1200m: 14:25.31	36.39	1950m: 23:37.19	36.56	2700m: 32:50.63	37.05
	500m: 5:55.74	36.55	1250m: 15:02.15	36.84	2000m: 24:13.89	36.70	2750m: 33:28.62	37.99
	550m: 6:32.40	36.66	1300m: 15:39.01	36.86	2050m: 24:50.67	36.78	2800m: 34:05.73	37.11
	600m: 7:08.53	36.13	1350m: 16:15.80	36.79	2100m: 25:26.76	36.09	2850m: 34:42.51	36.78
	650m: 7:44.81	36.28	1400m: 16:52.50	36.70	2150m: 26:04.18	37.42	2900m: 35:18.54	36.03
	700m: 8:21.77	36.96	1450m: 17:29.59	37.09	2200m: 26:41.12	36.94	2950m: 35:54.70	36.16
	750m: 8:57.78	36.01	1500m: 18:06.62	37.03	2250m: 27:18.06	36.94	3000m: 36:30.98	36.28
<b>8.</b>	<b>DE CASTRO CATIVIELA, Eneko</b>	<b>05</b>	<b>ALCOB - C.N. Alcobendas</b>	<b>36:36.45</b>				
	50m: 33.71	33.71	550m: 6:30.97	36.38	1050m: 12:36.20	36.48	1550m: 18:42.05	36.39
	100m: 1:07.87	34.16	600m: 7:07.50	36.53	1100m: 13:12.61	36.41	1600m: 19:18.58	36.53
	150m: 1:43.11	35.24	650m: 7:43.80	36.30	1150m: 13:48.97	36.36	1650m: 19:55.42	36.84
	200m: 2:18.76	35.65	700m: 8:20.34	36.54	1200m: 14:25.49	36.52	1700m: 20:32.12	36.70
	250m: 2:54.53	35.77	750m: 8:56.75	36.41	1250m: 15:01.89	36.40	1750m: 21:08.83	36.71
	300m: 3:30.09	35.56	800m: 9:33.26	36.51	1300m: 15:38.34	36.45	1800m: 21:45.91	37.08
	350m: 4:06.06	35.97	850m: 10:09.81	36.55	1350m: 16:15.14	36.80	1850m: 22:22.43	36.52
	400m: 4:41.90	35.84	900m: 10:46.46	36.65	1400m: 16:51.82	36.68	1900m: 22:59.41	36.98
	450m: 5:17.99	36.09	950m: 11:23.15	36.69	1450m: 17:28.94	37.12	1950m: 23:36.60	37.19
	500m: 5:54.59	36.60	1000m: 11:59.72	36.57	1500m: 18:05.66	36.72	2000m: 24:13.62	37.02

**25 metros - cronometraje manual**

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

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

Clas.	Nombre	Año	Club	Marca				
	2050m: 24:50.85	37.23	2300m: 27:55.48	37.35	2550m: 31:02.40	37.49	2800m: 34:08.39	37.04
	2100m: 25:27.40	36.55	2350m: 28:33.00	37.52	2600m: 31:39.66	37.26	2850m: 34:45.69	37.30
	2150m: 26:04.59	37.19	2400m: 29:10.37	37.37	2650m: 32:17.09	37.43	2900m: 35:22.82	37.13
	2200m: 26:41.49	36.90	2450m: 29:47.86	37.49	2700m: 32:54.26	37.17	2950m: 35:59.78	36.96
	2250m: 27:18.13	36.64	2500m: 30:24.91	37.05	2750m: 33:31.35	37.09	3000m: 36:36.45	36.67
<b>9.</b>	<b>PIQUERAS MIGUEL, Pedro Manuel</b>	<b>06</b>	<b>COSLA - C.N. Coslada</b>	<b>37:01.25</b>				
	50m: 34.30	34.30	800m: 9:42.91	37.76	1550m: 19:03.87	37.49	2300m: 28:23.38	37.24
	100m: 1:09.68	35.38	850m: 10:20.39	37.48	1600m: 19:41.16	37.29	2350m: 29:00.76	37.38
	150m: 1:45.20	35.52	900m: 10:57.85	37.46	1650m: 20:18.38	37.22	2400m: 29:37.98	37.22
	200m: 2:21.19	35.99	950m: 11:35.55	37.70	1700m: 20:55.83	37.45	2450m: 30:15.06	37.08
	250m: 2:57.75	36.56	1000m: 12:13.48	37.93	1750m: 21:33.19	37.36	2500m: 30:52.88	37.82
	300m: 3:34.43	36.68	1050m: 12:50.52	37.04	1800m: 22:10.95	37.76	2550m: 31:29.73	36.85
	350m: 4:11.07	36.64	1100m: 13:28.00	37.48	1850m: 22:48.04	37.09	2600m: 32:06.76	37.03
	400m: 4:47.54	36.47	1150m: 14:04.99	36.99	1900m: 23:25.91	37.87	2650m: 32:44.51	37.75
	450m: 5:24.32	36.78	1200m: 14:41.74	36.75	1950m: 24:03.36	37.45	2700m: 33:21.57	37.06
	500m: 6:00.87	36.55	1250m: 15:19.37	37.63	2000m: 24:40.61	37.25	2750m: 33:58.53	36.96
	550m: 6:37.59	36.72	1300m: 15:56.78	37.41	2050m: 25:18.35	37.74	2800m: 34:35.40	36.87
	600m: 7:14.61	37.02	1350m: 16:34.20	37.42	2100m: 25:55.54	37.19	2850m: 35:12.66	37.26
	650m: 7:51.12	36.51	1400m: 17:11.59	37.39	2150m: 26:32.30	36.76	2900m: 35:49.44	36.78
	700m: 8:28.13	37.01	1450m: 17:49.06	37.47	2200m: 27:09.01	36.71	2950m: 36:25.80	36.36
	750m: 9:05.15	37.02	1500m: 18:26.38	37.32	2250m: 27:46.14	37.13	3000m: 37:01.25	35.45
<b>10.</b>	<b>ROJO GOMARA, Hector</b>	<b>06</b>	<b>ALCOB - C.N. Alcobendas</b>	<b>38:04.48</b>				
	50m: 36.44	36.44	800m: 10:12.33	37.92	1550m: 19:25.39	35.76	2300m: 28:33.65	37.63
	100m: 1:13.91	37.47	850m: 10:50.18	37.85	1600m: 20:02.01	36.62	2350m: 29:11.03	37.38
	150m: 1:52.77	38.86	900m: 11:27.53	37.35	1650m: 20:38.50	36.49	2400m: 29:48.32	37.29
	200m: 2:31.64	38.87	950m: 12:05.42	37.89	1700m: 21:14.40	35.90	2450m: 30:25.54	37.22
	250m: 3:10.17	38.53	1000m: 12:41.70	36.28	1750m: 21:50.64	36.24	2500m: 31:02.75	37.21
	300m: 3:49.16	38.99	1050m: 13:18.29	36.59	1800m: 22:27.12	36.48	2550m: 31:40.49	37.74
	350m: 4:28.02	38.86	1100m: 13:55.32	37.03	1850m: 23:04.04	36.92	2600m: 32:19.38	38.89
	400m: 5:07.09	39.07	1150m: 14:32.66	37.34	1900m: 23:40.61	36.57	2650m: 32:59.56	40.18
	450m: 5:46.44	39.35	1200m: 15:09.41	36.75	1950m: 24:17.73	37.12	2700m: 33:42.07	42.51
	500m: 6:25.22	38.78	1250m: 15:46.28	36.87	2000m: 24:53.80	36.07	2750m: 34:25.78	43.71
	550m: 7:02.20	36.98	1300m: 16:22.89	36.61	2050m: 25:30.56	36.76	2800m: 35:08.13	42.35
	600m: 7:40.05	37.85	1350m: 16:59.76	36.87	2100m: 26:07.32	36.76	2850m: 35:49.92	41.79
	650m: 8:17.74	37.69	1400m: 17:36.33	36.57	2150m: 26:43.18	35.86	2900m: 36:31.91	41.99
	700m: 8:56.12	38.38	1450m: 18:13.14	36.81	2200m: 27:19.59	36.41	2950m: 37:08.46	36.55
	750m: 9:34.41	38.29	1500m: 18:49.63	36.49	2250m: 27:56.02	36.43	3000m: 38:04.48	56.02

**25 metros - cronometraje manual**

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

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

Clas.	Nombre	Año	Club	Marca	
11.	VELASCO RIOS, Mario	07	ALCOB - C.N. Alcobendas	<b>38:14.28</b>	
	50m: 35.04 35.04	800m: 9:56.32	38.13 1550m: 19:35.18	39.02 2300m: 29:18.27	38.05
	100m: 1:11.23 36.19	850m: 10:34.45	38.13 1600m: 20:14.31	39.13 2350m: 29:57.39	39.12
	150m: 1:48.25 37.02	900m: 11:12.65	38.20 1650m: 20:53.00	38.69 2400m: 30:37.16	39.77
	200m: 2:25.45 37.20	950m: 11:51.38	38.73 1700m: 21:31.70	38.70 2450m: 31:14.87	37.71
	250m: 3:03.29 37.84	1000m: 12:29.75	38.37 1750m: 22:11.39	39.69 2500m: 31:53.30	38.43
	300m: 3:40.34 37.05	1050m: 13:07.62	37.87 1800m: 22:49.58	38.19 2550m: 32:31.70	38.40
	350m: 4:17.66 37.32	1100m: 13:46.09	38.47 1850m: 23:28.50	38.92 2600m: 33:11.02	39.32
	400m: 4:55.58 37.92	1150m: 14:25.11	39.02 1900m: 24:06.98	38.48 2650m: 33:48.79	37.77
	450m: 5:33.32 37.74	1200m: 15:03.73	38.62 1950m: 24:46.28	39.30 2700m: 34:27.72	38.93
	500m: 6:10.23 36.91	1250m: 15:41.78	38.05 2000m: 25:26.10	39.82 2750m: 35:07.17	39.45
	550m: 6:47.91 37.68	1300m: 16:20.53	38.75 2050m: 26:05.28	39.18 2800m: 35:46.27	39.10
	600m: 7:25.36 37.45	1350m: 16:59.37	38.84 2100m: 26:43.64	38.36 2850m: 36:23.85	37.58
	650m: 8:02.71 37.35	1400m: 17:38.43	39.06 2150m: 27:22.49	38.85 2900m: 37:01.33	37.48
	700m: 8:40.50 37.79	1450m: 18:16.41	37.98 2200m: 28:01.33	38.84 2950m: 37:39.35	38.02
	750m: 9:18.19 37.69	1500m: 18:56.16	39.75 2250m: 28:40.22	38.89 3000m: 38:14.28	34.93
DQ	GUEVARA RODRÍGUEZ, Ignacio	07	MIRAS - C.N. Mirasierra		
DQ	MANZANARES MARTÍNEZ, Hugo	07	VALLE - C.D. El Valle		
BAJA	CASTELLÓ BLASCO, Erik	06	SBLAS - C.N. San Blas		
BAJA	AGÜERO MONTERO, Javier	04	MIRAS - C.N. Mirasierra		

SENIOR MASCULINO LD FMN

1.	ALCOLADO DURANGO, David	90	MOSCA - C.N. Madrid Moscardo	<b>33:42.23</b>	
	50m: 32.15 32.15	800m: 9:01.26	33.94 1550m: 17:27.69	33.44 2300m: 25:53.40	33.78
	100m: 1:05.56 33.41	850m: 9:35.46	34.20 1600m: 18:01.19	33.50 2350m: 26:27.33	33.93
	150m: 1:39.17 33.61	900m: 10:09.58	34.12 1650m: 18:34.99	33.80 2400m: 27:00.91	33.58
	200m: 2:13.22 34.05	950m: 10:43.27	33.69 1700m: 19:08.75	33.76 2450m: 27:34.32	33.41
	250m: 2:47.17 33.95	1000m: 11:17.19	33.92 1750m: 19:42.44	33.69 2500m: 28:07.80	33.48
	300m: 3:21.37 34.20	1050m: 11:50.98	33.79 1800m: 20:16.13	33.69 2550m: 28:41.36	33.56
	350m: 3:55.50 34.13	1100m: 12:24.75	33.77 1850m: 20:49.66	33.53 2600m: 29:14.78	33.42
	400m: 4:29.50 34.00	1150m: 12:58.71	33.96 1900m: 21:23.47	33.81 2650m: 29:48.34	33.56
	450m: 5:03.41 33.91	1200m: 13:32.40	33.69 1950m: 21:56.95	33.48 2700m: 30:22.01	33.67
	500m: 5:37.36 33.95	1250m: 14:06.14	33.74 2000m: 22:30.52	33.57 2750m: 30:55.46	33.45
	550m: 6:11.11 33.75	1300m: 14:39.98	33.84 2050m: 23:04.15	33.63 2800m: 31:29.07	33.61
	600m: 6:45.16 34.05	1350m: 15:13.70	33.72 2100m: 23:38.00	33.85 2850m: 32:02.45	33.38
	650m: 7:19.23 34.07	1400m: 15:47.08	33.38 2150m: 24:11.85	33.85 2900m: 32:35.89	33.44
	700m: 7:53.16 33.93	1450m: 16:20.78	33.70 2200m: 24:46.01	34.16 2950m: 33:09.52	33.63
	750m: 8:27.32 34.16	1500m: 16:54.25	33.47 2250m: 25:19.62	33.61 3000m: 33:42.23	32.71

25 metros - cronometraje manual

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

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

Clas.	Nombre	Año	Club	Marca	
2.	<b>MUÑOZ MEJUTO, Angel</b>	96	<b>MOSCA - C.N. Madrid Moscardo</b>	<b>34:00.11</b>	
	50m: 32.66 32.66	800m: 8:59.57	34.16 1550m: 17:28.92	33.90 2300m: 26:00.42	34.38
	100m: 1:05.82 33.16	850m: 9:33.85	34.28 1600m: 18:02.79	33.87 2350m: 26:34.91	34.49
	150m: 1:39.40 33.58	900m: 10:07.85	34.00 1650m: 18:36.54	33.75 2400m: 27:09.46	34.55
	200m: 2:13.23 33.83	950m: 10:41.79	33.94 1700m: 19:10.67	34.13 2450m: 27:44.40	34.94
	250m: 2:47.13 33.90	1000m: 11:15.53	33.74 1750m: 19:44.72	34.05 2500m: 28:18.84	34.44
	300m: 3:20.98 33.85	1050m: 11:49.33	33.80 1800m: 20:18.64	33.92 2550m: 28:52.70	33.86
	350m: 3:54.94 33.96	1100m: 12:23.26	33.93 1850m: 20:52.69	34.05 2600m: 29:27.13	34.43
	400m: 4:28.78 33.84	1150m: 12:57.39	34.13 1900m: 21:26.76	34.07 2650m: 30:01.97	34.84
	450m: 5:02.45 33.67	1200m: 13:31.13	33.74 1950m: 22:00.99	34.23 2700m: 30:36.14	34.17
	500m: 5:36.22 33.77	1250m: 14:05.08	33.95 2000m: 22:34.81	33.82 2750m: 31:10.58	34.44
	550m: 6:10.06 33.84	1300m: 14:39.11	34.03 2050m: 23:08.63	33.82 2800m: 31:44.65	34.07
	600m: 6:43.92 33.86	1350m: 15:13.11	34.00 2100m: 23:43.20	34.57 2850m: 32:18.92	34.27
	650m: 7:17.76 33.84	1400m: 15:47.32	34.21 2150m: 24:17.53	34.33 2900m: 32:53.12	34.20
	700m: 7:51.70 33.94	1450m: 16:21.12	33.80 2200m: 24:52.12	34.59 2950m: 33:27.18	34.06
	750m: 8:25.41 33.71	1500m: 16:55.02	33.90 2250m: 25:26.04	33.92 3000m: 34:00.11	32.93
3.	<b>IZAGUIRRE GARCIA, Francisco Javier</b>	92	<b>MOSCA - C.N. Madrid Moscardo</b>	<b>35:23.25</b>	
	50m: 34.72 34.72	800m: 9:26.62	35.31 1550m: 18:17.26	35.22 2300m: 27:08.27	35.29
	100m: 1:09.54 34.82	850m: 10:02.13	35.51 1600m: 18:52.49	35.23 2350m: 27:43.87	35.60
	150m: 1:44.53 34.99	900m: 10:37.62	35.49 1650m: 19:27.73	35.24 2400m: 28:19.25	35.38
	200m: 2:19.94 35.41	950m: 11:13.22	35.60 1700m: 20:02.96	35.23 2450m: 28:54.76	35.51
	250m: 2:55.27 35.33	1000m: 11:48.52	35.30 1750m: 20:38.45	35.49 2500m: 29:30.53	35.77
	300m: 3:31.05 35.78	1050m: 12:23.57	35.05 1800m: 21:13.79	35.34 2550m: 30:05.84	35.31
	350m: 4:06.70 35.65	1100m: 12:58.89	35.32 1850m: 21:49.11	35.32 2600m: 30:41.33	35.49
	400m: 4:42.31 35.61	1150m: 13:34.26	35.37 1900m: 22:24.60	35.49 2650m: 31:16.76	35.43
	450m: 5:17.95 35.64	1200m: 14:09.59	35.33 1950m: 23:00.14	35.54 2700m: 31:52.23	35.47
	500m: 5:53.78 35.83	1250m: 14:45.36	35.77 2000m: 23:35.51	35.37 2750m: 32:27.57	35.34
	550m: 6:29.41 35.63	1300m: 15:21.14	35.78 2050m: 24:10.98	35.47 2800m: 33:03.12	35.55
	600m: 7:04.93 35.52	1350m: 15:56.56	35.42 2100m: 24:46.47	35.49 2850m: 33:38.64	35.52
	650m: 7:40.48 35.55	1400m: 16:31.31	34.75 2150m: 25:22.06	35.59 2900m: 34:14.13	35.49
	700m: 8:15.88 35.40	1450m: 17:06.68	35.37 2200m: 25:57.54	35.48 2950m: 34:49.27	35.14
	750m: 8:51.31 35.43	1500m: 17:42.04	35.36 2250m: 26:32.98	35.44 3000m: 35:23.25	33.98
4.	<b>NUÑEZ CALERO, Hector</b>	03	<b>MALVA - C.D.E. Malvar</b>	<b>37:07.11</b>	
	50m: 33.22 33.22	700m: 8:23.69	37.51 1350m: 16:27.38	37.76 2000m: 24:35.81	37.93
	100m: 1:08.69 35.47	750m: 9:01.08	37.39 1400m: 17:05.54	38.16 2050m: 25:13.10	37.29
	150m: 1:43.69 35.00	800m: 9:38.53	37.45 1450m: 17:42.73	37.19 2100m: 25:51.02	37.92
	200m: 2:19.63 35.94	850m: 10:15.65	37.12 1500m: 18:19.51	36.78 2150m: 26:28.47	37.45
	250m: 2:55.46 35.83	900m: 10:52.74	37.09 1550m: 18:56.72	37.21 2200m: 27:06.12	37.65
	300m: 3:31.39 35.93	950m: 11:30.18	37.44 1600m: 19:35.04	38.32 2250m: 27:44.13	38.01
	350m: 4:07.26 35.87	1000m: 12:07.73	37.55 1650m: 20:12.27	37.23 2300m: 28:21.83	37.70
	400m: 4:43.24 35.98	1050m: 12:44.78	37.05 1700m: 20:49.96	37.69 2350m: 28:59.73	37.90
	450m: 5:19.20 35.96	1100m: 13:21.86	37.08 1750m: 21:27.08	37.12 2400m: 29:37.07	37.34
	500m: 5:55.84 36.64	1150m: 13:59.46	37.60 1800m: 22:04.25	37.17 2450m: 30:15.10	38.03
	550m: 6:32.68 36.84	1200m: 14:36.99	37.53 1850m: 22:42.49	38.24 2500m: 30:52.36	37.26
	600m: 7:09.55 36.87	1250m: 15:14.03	37.04 1900m: 23:19.73	37.24 2550m: 31:30.56	38.20
	650m: 7:46.18 36.63	1300m: 15:49.62	35.59 1950m: 23:57.88	38.15 2600m: 32:08.87	38.31

**25 metros - cronometraje manual**

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

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

Clas.	Nombre	Año	Club	Marca				
	2650m: 32:46.48	37.61	2750m: 34:00.95	37.57	2850m: 35:16.39	37.64	2950m: 36:31.52	37.49
	2700m: 33:23.38	36.90	2800m: 34:38.75	37.80	2900m: 35:54.03	37.64	3000m: 37:07.11	35.59
5.	<b>IZAGUIRRE GARCIA, Adrian</b>	94	<b>MOSCA - C.N. Madrid Moscardo</b>	<b>39:55.01</b>				
	50m: 34.61	34.61	800m: 10:08.27	39.91	1550m: 20:14.96	40.96	2300m: 30:27.97	40.88
	100m: 1:10.29	35.68	850m: 10:48.45	40.18	1600m: 20:55.89	40.93	2350m: 31:09.32	41.35
	150m: 1:46.72	36.43	900m: 11:28.14	39.69	1650m: 21:36.13	40.24	2400m: 31:50.36	41.04
	200m: 2:23.81	37.09	950m: 12:08.26	40.12	1700m: 22:17.11	40.98	2450m: 32:31.35	40.99
	250m: 3:00.86	37.05	1000m: 12:48.32	40.06	1750m: 22:58.27	41.16	2500m: 33:12.65	41.30
	300m: 3:38.50	37.64	1050m: 13:28.65	40.33	1800m: 23:40.00	41.73	2550m: 33:54.19	41.54
	350m: 4:16.23	37.73	1100m: 14:08.91	40.26	1850m: 24:20.73	40.73	2600m: 34:35.63	41.44
	400m: 4:54.13	37.90	1150m: 14:49.41	40.50	1900m: 25:01.88	41.15	2650m: 35:16.06	40.43
	450m: 5:32.46	38.33	1200m: 15:29.73	40.32	1950m: 25:42.68	40.80	2700m: 35:56.68	40.62
	500m: 6:10.97	38.51	1250m: 16:10.51	40.78	2000m: 26:23.84	41.16	2750m: 36:37.22	40.54
	550m: 6:49.83	38.86	1300m: 16:51.21	40.70	2050m: 27:04.10	40.26	2800m: 37:17.33	40.11
	600m: 7:29.50	39.67	1350m: 17:32.06	40.85	2100m: 27:44.54	40.44	2850m: 37:57.61	40.28
	650m: 8:08.95	39.45	1400m: 18:12.89	40.83	2150m: 28:25.44	40.90	2900m: 38:37.55	39.94
	700m: 8:48.71	39.76	1450m: 18:53.49	40.60	2200m: 29:05.98	40.54	2950m: 39:16.78	39.23
	750m: 9:28.36	39.65	1500m: 19:34.00	40.51	2250m: 29:47.09	41.11	3000m: 39:55.01	38.23

25 metros - cronometraje manual

Splash Meet Manager, 11.75236

Registered to Madrid

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