

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

Prueba 4
10/12/2022

Fem., 3000m Libre

16 años y mayores
Resultados

Clas.	Nombre	Año	Club	Marca
JUNIOR FEMENINO LD FMN				
1.	TEJEDOR SANCHEZ, Lucia	07	CANOE - Real Canoe N.C.	37:19.66
	50m: 35.02 35.02	800m: 9:37.15	36.58	1550m: 18:53.63 37.90
	100m: 1:11.00 35.98	850m: 10:13.89	36.74	1600m: 19:31.51 37.88
	150m: 1:46.88 35.88	900m: 10:50.69	36.80	1650m: 20:09.02 37.51
	200m: 2:22.80 35.92	950m: 11:27.18	36.49	1700m: 20:46.56 37.54
	250m: 2:59.06 36.26	1000m: 12:03.54	36.36	1750m: 21:24.33 37.77
	300m: 3:34.89 35.83	1050m: 12:40.34	36.80	1800m: 22:02.30 37.97
	350m: 4:10.79 35.90	1100m: 13:17.07	36.73	1850m: 22:40.29 37.99
	400m: 4:46.47 35.68	1150m: 13:54.25	37.18	1900m: 23:18.50 38.21
	450m: 5:22.07 35.60	1200m: 14:31.03	36.78	1950m: 23:56.75 38.25
	500m: 5:58.20 36.13	1250m: 15:08.17	37.14	2000m: 24:34.88 38.13
	550m: 6:34.83 36.63	1300m: 15:45.34	37.17	2050m: 25:12.55 37.67
	600m: 7:10.74 35.91	1350m: 16:22.64	37.30	2100m: 25:49.95 37.40
	650m: 7:47.39 36.65	1400m: 17:00.43	37.79	2150m: 26:27.74 37.79
	700m: 8:24.28 36.89	1450m: 17:38.14	37.71	2200m: 27:05.72 37.98
	750m: 9:00.57 36.29	1500m: 18:15.73	37.59	2250m: 27:44.30 38.58
				2300m: 28:22.86 38.56
				2350m: 29:01.29 38.43
				2400m: 29:39.64 38.35
				2450m: 30:18.21 38.57
				2500m: 30:56.76 38.55
				2550m: 31:35.19 38.43
				2600m: 32:13.93 38.74
				2650m: 32:52.73 38.80
				2700m: 33:31.43 38.70
				2750m: 34:09.96 38.53
				2800m: 34:48.46 38.50
				2850m: 35:27.31 38.85
				2900m: 36:06.46 39.15
				2950m: 36:43.51 37.05
				3000m: 37:19.66 36.15
2.	MARTIN RUIZ, Carla	05	RIVAS - A.D. Rivas Natación	38:42.87
	50m: 36.22 36.22	800m: 10:07.90	38.33	1550m: 19:52.36 39.32
	100m: 1:13.59 37.37	850m: 10:46.64	38.74	1600m: 20:30.27 37.91
	150m: 1:51.66 38.07	900m: 11:25.31	38.67	1650m: 21:09.36 39.09
	200m: 2:30.10 38.44	950m: 12:04.43	39.12	1700m: 21:48.18 38.82
	250m: 3:08.06 37.96	1000m: 12:43.03	38.60	1750m: 22:27.96 39.78
	300m: 3:44.92 36.86	1050m: 13:22.11	39.08	1800m: 23:08.15 40.19
	350m: 4:22.40 37.48	1100m: 14:01.28	39.17	1850m: 23:47.86 39.71
	400m: 5:00.85 38.45	1150m: 14:40.24	38.96	1900m: 24:27.43 39.57
	450m: 5:39.27 38.42	1200m: 15:19.31	39.07	1950m: 25:05.87 38.44
	500m: 6:17.72 38.45	1250m: 15:58.56	39.25	2000m: 25:45.20 39.33
	550m: 6:55.93 38.21	1300m: 16:37.57	39.01	2050m: 26:24.39 39.19
	600m: 7:34.39 38.46	1350m: 17:16.05	38.48	2100m: 27:03.03 38.64
	650m: 8:12.26 37.87	1400m: 17:54.77	38.72	2150m: 27:41.58 38.55
	700m: 8:51.20 38.94	1450m: 18:33.91	39.14	2200m: 28:20.62 39.04
	750m: 9:29.57 38.37	1500m: 19:13.04	39.13	2250m: 28:59.74 39.12
				2300m: 29:38.23 38.49
				2350m: 30:17.78 39.55
				2400m: 30:57.38 39.60
				2450m: 31:36.50 39.12
				2500m: 32:15.80 39.30
				2550m: 32:53.92 38.12
				2600m: 33:32.55 38.63
				2650m: 34:11.52 38.97
				2700m: 34:50.42 38.90
				2750m: 35:29.98 39.56
				2800m: 36:09.40 39.42
				2850m: 36:48.50 39.10
				2900m: 37:27.36 38.86
				2950m: 38:05.98 38.62
				3000m: 38:42.87 36.89

25 metros - cronometraje manual

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

Prueba 4, Fem., 3000m Libre, JUNIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca
3.	VARELA ALONSO, Lucía	05	VALLE - C.D. El Valle	39:04.31
	50m: 36.60 36.60	800m: 10:18.30	39.26	1550m: 20:09.02 39.65
	100m: 1:14.03 37.43	850m: 10:56.99	38.69	1600m: 20:48.36 39.34
	150m: 1:52.03 38.00	900m: 11:36.59	39.60	1650m: 21:27.64 39.28
	200m: 2:30.40 38.37	950m: 12:15.86	39.27	1700m: 22:06.74 39.10
	250m: 3:08.51 38.11	1000m: 12:55.69	39.83	1750m: 22:46.00 39.26
	300m: 3:47.16 38.65	1050m: 13:34.68	38.99	1800m: 23:25.49 39.49
	350m: 4:26.06 38.90	1100m: 14:14.07	39.39	1850m: 24:04.23 38.74
	400m: 5:04.86 38.80	1150m: 14:52.68	38.61	1900m: 24:43.34 39.11
	450m: 5:43.61 38.75	1200m: 15:32.13	39.45	1950m: 25:22.39 39.05
	500m: 6:22.50 38.89	1250m: 16:11.16	39.03	2000m: 26:01.63 39.24
	550m: 7:01.56 39.06	1300m: 16:50.47	39.31	2050m: 26:39.25 37.62
	600m: 7:40.74 39.18	1350m: 17:30.23	39.76	2100m: 27:17.40 38.15
	650m: 8:20.06 39.32	1400m: 18:09.93	39.70	2150m: 27:57.01 39.61
	700m: 8:59.39 39.33	1450m: 18:49.52	39.59	2200m: 28:36.19 39.18
	750m: 9:39.04 39.65	1500m: 19:29.37	39.85	2250m: 29:15.56 39.37
				2300m: 29:54.59 39.03
				2350m: 30:33.61 39.02
				2400m: 31:13.06 39.45
				2450m: 31:52.25 39.19
				2500m: 32:31.57 39.32
				2550m: 33:10.56 38.99
				2600m: 33:49.87 39.31
				2650m: 34:29.64 39.77
				2700m: 35:09.46 39.82
				2750m: 35:49.21 39.75
				2800m: 36:28.81 39.60
				2850m: 37:08.45 39.64
				2900m: 37:47.78 39.33
				2950m: 38:26.99 39.21
				3000m: 39:04.31 37.32
4.	FERNANDEZ VALERO, Lucia	07	RIVAS - A.D. Rivas Natación	39:19.06
	50m: 35.45 35.45	800m: 10:05.04	39.06	1550m: 20:07.60 39.92
	100m: 1:12.37 36.92	850m: 10:44.48	39.44	1600m: 20:46.85 39.25
	150m: 1:49.28 36.91	900m: 11:24.32	39.84	1650m: 21:26.45 39.60
	200m: 2:26.18 36.90	950m: 12:04.05	39.73	1700m: 22:06.38 39.93
	250m: 3:03.30 37.12	1000m: 12:44.65	40.60	1750m: 22:46.97 40.59
	300m: 3:40.33 37.03	1050m: 13:24.48	39.83	1800m: 23:26.93 39.96
	350m: 4:18.11 37.78	1100m: 14:04.53	40.05	1850m: 24:07.79 40.86
	400m: 4:55.44 37.33	1150m: 14:44.96	40.43	1900m: 24:49.01 41.22
	450m: 5:33.36 37.92	1200m: 15:25.03	40.07	1950m: 25:29.15 40.14
	500m: 6:11.64 38.28	1250m: 16:05.78	40.75	2000m: 26:10.00 40.85
	550m: 6:50.07 38.43	1300m: 16:46.01	40.23	2050m: 26:50.20 40.20
	600m: 7:28.56 38.49	1350m: 17:26.46	40.45	2100m: 27:29.91 39.71
	650m: 8:07.68 39.12	1400m: 18:06.62	40.16	2150m: 28:10.17 40.26
	700m: 8:46.61 38.93	1450m: 18:47.67	41.05	2200m: 28:49.48 39.31
	750m: 9:25.98 39.37	1500m: 19:27.68	40.01	2250m: 29:29.39 39.91
				2300m: 30:08.78 39.39
				2350m: 30:48.53 39.75
				2400m: 31:28.40 39.87
				2450m: 32:08.19 39.79
				2500m: 32:48.50 40.31
				2550m: 33:28.05 39.55
				2600m: 34:07.28 39.23
				2650m: 34:46.64 39.36
				2700m: 35:25.76 39.12
				2750m: 36:04.88 39.12
				2800m: 36:44.59 39.71
				2850m: 37:23.76 39.17
				2900m: 38:03.35 39.59
				2950m: 38:41.54 38.19
				3000m: 39:19.06 37.52
5.	ORTIZ MESONES, Gema	05	ROZAS - C.N. Las Rozas	40:54.71
	50m: 38.49 38.49	700m: 9:25.53	40.56	1350m: 18:20.50 41.19
	100m: 1:17.59 39.10	750m: 10:06.45	40.92	1400m: 19:01.68 41.18
	150m: 1:58.46 40.87	800m: 10:47.28	40.83	1450m: 19:43.20 41.52
	200m: 2:39.58 41.12	850m: 11:28.43	41.15	1500m: 20:24.15 40.95
	250m: 3:20.87 41.29	900m: 12:09.44	41.01	1550m: 21:04.89 40.74
	300m: 4:01.95 41.08	950m: 12:51.11	41.67	1600m: 21:45.12 40.23
	350m: 4:42.16 40.21	1000m: 13:31.64	40.53	1650m: 22:26.67 41.55
	400m: 5:23.22 41.06	1050m: 14:12.70	41.06	1700m: 23:07.94 41.27
	450m: 6:03.73 40.51	1100m: 14:53.66	40.96	1750m: 23:49.15 41.21
	500m: 6:44.56 40.83	1150m: 15:34.93	41.27	1800m: 24:30.01 40.86
	550m: 7:24.82 40.26	1200m: 16:16.59	41.66	1850m: 25:11.89 41.88
	600m: 8:05.04 40.22	1250m: 16:57.57	40.98	1900m: 25:54.01 42.12
	650m: 8:44.97 39.93	1300m: 17:39.31	41.74	1950m: 26:34.96 40.95
				2000m: 27:16.58 41.62
				2050m: 27:57.24 40.66
				2100m: 28:38.37 41.13
				2150m: 29:18.47 40.10
				2200m: 29:59.71 41.24
				2250m: 30:41.11 41.40
				2300m: 31:22.70 41.59
				2350m: 32:03.53 40.83
				2400m: 32:44.72 41.19
				2450m: 33:26.54 41.82
				2500m: 34:07.88 41.34
				2550m: 34:48.40 40.52
				2600m: 35:29.94 41.54

25 metros - cronometraje manual

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

Prueba 4, Fem., 3000m Libre, JUNIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca				
	2650m: 36:11.76	41.82	2750m: 37:36.10	40.78	2850m: 38:56.36	40.90	2950m: 40:16.46	39.34
	2700m: 36:55.32	43.56	2800m: 38:15.46	39.36	2900m: 39:37.12	40.76	3000m: 40:54.71	38.25
6.	FERNANDEZ GOMEZ, Iria	07	MALVA - C.D.E. Malvar	43:00.63				
	50m: 39.04	39.04	800m: 11:14.08	43.34	1550m: 22:03.88	43.78	2300m: 32:55.47	42.80
	100m: 1:19.92	40.88	850m: 11:57.06	42.98	1600m: 22:47.65	43.77	2350m: 33:38.73	43.26
	150m: 2:01.60	41.68	900m: 12:40.64	43.58	1650m: 23:31.77	44.12	2400m: 34:22.00	43.27
	200m: 2:43.35	41.75	950m: 13:23.72	43.08	1700m: 24:15.50	43.73	2450m: 35:05.69	43.69
	250m: 3:25.62	42.27	1000m: 14:06.68	42.96	1750m: 24:59.69	44.19	2500m: 35:49.62	43.93
	300m: 4:07.49	41.87	1050m: 14:49.94	43.26	1800m: 25:43.53	43.84	2550m: 36:32.66	43.04
	350m: 4:50.30	42.81	1100m: 15:33.15	43.21	1850m: 26:27.14	43.61	2600m: 37:16.96	44.30
	400m: 5:32.65	42.35	1150m: 16:16.12	42.97	1900m: 27:11.97	44.83	2650m: 38:00.97	44.01
	450m: 6:15.50	42.85	1200m: 16:59.24	43.12	1950m: 27:55.32	43.35	2700m: 38:45.08	44.11
	500m: 6:58.47	42.97	1250m: 17:42.65	43.41	2000m: 28:38.19	42.87	2750m: 39:29.05	43.97
	550m: 7:40.49	42.02	1300m: 18:25.64	42.99	2050m: 29:20.59	42.40	2800m: 40:12.55	43.50
	600m: 8:22.85	42.36	1350m: 19:08.53	42.89	2100m: 30:03.52	42.93	2850m: 40:55.85	43.30
	650m: 9:05.17	42.32	1400m: 19:51.81	43.28	2150m: 30:46.78	43.26	2900m: 41:38.80	42.95
	700m: 9:47.75	42.58	1450m: 20:35.91	44.10	2200m: 31:29.90	43.12	2950m: 42:20.37	41.57
	750m: 10:30.74	42.99	1500m: 21:20.10	44.19	2250m: 32:12.67	42.77	3000m: 43:00.63	40.26
7.	GOMEZ BROCHAT, Jimena	06	MIRAS - C.N. Mirasierra	43:01.68				
	50m: 37.76	37.76	800m: 10:44.06	40.66	1550m: 21:18.50	43.43	2300m: 32:14.92	44.55
	100m: 1:16.66	38.90	850m: 11:24.70	40.64	1600m: 22:02.74	44.24	2350m: 32:59.17	44.25
	150m: 1:57.13	40.47	900m: 12:05.83	41.13	1650m: 22:47.76	45.02	2400m: 33:43.55	44.38
	200m: 2:37.41	40.28	950m: 12:47.04	41.21	1700m: 23:30.89	43.13	2450m: 34:28.85	45.30
	250m: 3:17.69	40.28	1000m: 13:28.89	41.85	1750m: 24:14.74	43.85	2500m: 35:12.86	44.01
	300m: 3:58.21	40.52	1050m: 14:11.21	42.32	1800m: 24:58.09	43.35	2550m: 35:55.66	42.80
	350m: 4:38.90	40.69	1100m: 14:52.93	41.72	1850m: 25:41.06	42.97	2600m: 36:38.17	42.51
	400m: 5:19.28	40.38	1150m: 15:34.31	41.38	1900m: 26:25.34	44.28	2650m: 37:20.02	41.85
	450m: 5:59.93	40.65	1200m: 16:16.94	42.63	1950m: 27:09.44	44.10	2700m: 38:03.22	43.20
	500m: 6:40.20	40.27	1250m: 16:59.09	42.15	2000m: 27:53.92	44.48	2750m: 38:47.00	43.78
	550m: 7:20.95	40.75	1300m: 17:42.08	42.99	2050m: 28:36.12	42.20	2800m: 39:30.73	43.73
	600m: 8:01.85	40.90	1350m: 18:24.79	42.71	2100m: 29:18.23	42.11	2850m: 40:13.50	42.77
	650m: 8:42.37	40.52	1400m: 19:07.90	43.11	2150m: 30:01.61	43.38	2900m: 40:56.61	43.11
	700m: 9:22.97	40.60	1450m: 19:51.23	43.33	2200m: 30:46.20	44.59	2950m: 41:42.28	45.67
	750m: 10:03.40	40.43	1500m: 20:35.07	43.84	2250m: 31:30.37	44.17	3000m: 43:01.68	1:19.40
8.	MENDEZ MENDEZ, Agueda	07	MIRAS - C.N. Mirasierra	44:30.77				
	50m: 38.21	38.21	550m: 7:41.96	42.05	1050m: 15:01.32	44.52	1550m: 22:33.40	45.68
	100m: 1:19.00	40.79	600m: 8:24.70	42.74	1100m: 15:46.59	45.27	1600m: 23:18.40	45.00
	150m: 2:00.74	41.74	650m: 9:07.06	42.36	1150m: 16:30.69	44.10	1650m: 24:03.53	45.13
	200m: 2:43.28	42.54	700m: 9:50.64	43.58	1200m: 17:15.75	45.06	1700m: 24:48.50	44.97
	250m: 3:25.26	41.98	750m: 10:34.96	44.32	1250m: 18:01.04	45.29	1750m: 25:33.43	44.93
	300m: 4:07.71	42.45	800m: 11:19.08	44.12	1300m: 18:46.72	45.68	1800m: 26:18.50	45.07
	350m: 4:50.15	42.44	850m: 12:03.51	44.43	1350m: 19:31.95	45.23	1850m: 27:04.37	45.87
	400m: 5:32.78	42.63	900m: 12:47.38	43.87	1400m: 20:17.88	45.93	1900m: 27:50.04	45.67
	450m: 6:15.98	43.20	950m: 13:31.23	43.85	1450m: 21:02.78	44.90	1950m: 28:35.40	45.36
	500m: 6:59.91	43.93	1000m: 14:16.80	45.57	1500m: 21:47.72	44.94	2000m: 29:20.99	45.59

25 metros - cronometraje manual

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

Prueba 4, Fem., 3000m Libre, JUNIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca				
2050m:	30:05.01	44.02	2300m: 33:51.30	45.55	2550m: 37:40.12	45.45	2800m: 41:27.96	46.16
2100m:	30:50.16	45.15	2350m: 34:37.25	45.95	2600m: 38:26.07	45.95	2850m: 42:14.10	46.14
2150m:	31:34.80	44.64	2400m: 35:22.06	44.81	2650m: 39:11.26	45.19	2900m: 42:59.34	45.24
2200m:	32:19.76	44.96	2450m: 36:09.09	47.03	2700m: 39:56.12	44.86	2950m: 43:44.77	45.43
2250m:	33:05.75	45.99	2500m: 36:54.67	45.58	2750m: 40:41.80	45.68	3000m: 44:30.77	46.00

9. MENDEZ HERRERO, Cristina 07 ROZAS - C.N. Las Rozas 44:38.04

50m:	39.94	39.94	800m:	11:27.95	41.98	1550m:	22:37.21	45.41	2300m:	33:54.34	45.03
100m:	1:21.68	41.74	850m:	12:11.51	43.56	1600m:	23:22.68	45.47	2350m:	34:39.86	45.52
150m:	2:04.52	42.84	900m:	12:55.55	44.04	1650m:	24:08.89	46.21	2400m:	35:24.96	45.10
200m:	2:47.67	43.15	950m:	13:38.98	43.43	1700m:	24:54.64	45.75	2450m:	36:10.06	45.10
250m:	3:31.81	44.14	1000m:	14:22.78	43.80	1750m:	25:40.50	45.86	2500m:	36:53.66	43.60
300m:	4:15.06	43.25	1050m:	15:07.30	44.52	1800m:	26:25.30	44.80	2550m:	37:38.24	44.58
350m:	4:58.50	43.44	1100m:	15:52.38	45.08	1850m:	27:10.44	45.14	2600m:	38:22.91	44.67
400m:	5:41.11	42.61	1150m:	16:38.06	45.68	1900m:	27:54.41	43.97	2650m:	39:08.29	45.38
450m:	6:24.40	43.29	1200m:	17:23.05	44.99	1950m:	28:38.80	44.39	2700m:	39:52.69	44.40
500m:	7:07.58	43.18	1250m:	18:08.40	45.35	2000m:	29:22.63	43.83	2750m:	40:37.36	44.67
550m:	7:50.93	43.35	1300m:	18:52.72	44.32	2050m:	30:07.85	45.22	2800m:	41:21.97	44.61
600m:	8:34.48	43.55	1350m:	19:37.92	45.20	2100m:	30:53.52	45.67	2850m:	42:04.94	42.97
650m:	9:18.57	44.09	1400m:	20:22.77	44.85	2150m:	31:38.73	45.21	2900m:	42:49.14	44.20
700m:	10:02.09	43.52	1450m:	21:05.63	42.86	2200m:	32:24.04	45.31	2950m:	43:29.84	40.70
750m:	10:45.97	43.88	1500m:	21:51.80	46.17	2250m:	33:09.31	45.27	3000m:	44:38.04	1:08.20

10. RODRIGUEZ ALGUACIL, Maria 05 ROZAS - C.N. Las Rozas 45:35.04

50m:	38.57	38.57	800m:	11:35.10	45.28	1550m:	22:58.64	46.23	2300m:	34:41.90	46.59
100m:	1:19.34	40.77	850m:	12:20.26	45.16	1600m:	23:45.69	47.05	2350m:	35:29.05	47.15
150m:	2:01.38	42.04	900m:	13:05.76	45.50	1650m:	24:31.73	46.04	2400m:	36:16.09	47.04
200m:	2:44.01	42.63	950m:	13:51.16	45.40	1700m:	25:18.17	46.44	2450m:	37:02.73	46.64
250m:	3:26.94	42.93	1000m:	14:36.69	45.53	1750m:	26:04.73	46.56	2500m:	37:49.52	46.79
300m:	4:10.75	43.81	1050m:	15:22.58	45.89	1800m:	26:51.38	46.65	2550m:	38:36.60	47.08
350m:	4:55.13	44.38	1100m:	16:08.65	46.07	1850m:	27:38.74	47.36	2600m:	39:23.93	47.33
400m:	5:38.71	43.58	1150m:	16:53.73	45.08	1900m:	28:26.32	47.58	2650m:	40:10.87	46.94
450m:	6:22.95	44.24	1200m:	17:38.32	44.59	1950m:	29:13.32	47.00	2700m:	40:57.96	47.09
500m:	7:07.03	44.08	1250m:	18:23.31	44.99	2000m:	30:00.04	46.72	2750m:	41:44.99	47.03
550m:	7:50.89	43.86	1300m:	19:07.88	44.57	2050m:	30:46.49	46.45	2800m:	42:32.69	47.70
600m:	8:35.40	44.51	1350m:	19:54.34	46.46	2100m:	31:33.76	47.27	2850m:	43:20.10	47.41
650m:	9:20.34	44.94	1400m:	20:40.54	46.20	2150m:	32:21.33	47.57	2900m:	44:06.22	46.12
700m:	10:05.25	44.91	1450m:	21:26.26	45.72	2200m:	33:08.43	47.10	2950m:	44:52.41	46.19
750m:	10:49.82	44.57	1500m:	22:12.41	46.15	2250m:	33:55.31	46.88	3000m:	45:35.04	42.63

25 metros - cronometraje manual

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

Prueba 4, Fem., 3000m Libre, JUNIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca	
11.	LOPEZ CEDIEL, Blanca	07	MALVA - C.D.E. Malvar	46:47.43	
	50m: 42.45 42.45	800m: 12:05.90	45.10 1550m: 23:50.40	47.20 2300m: 35:47.55	46.81
	100m: 1:26.53 44.08	850m: 12:52.00	46.10 1600m: 24:37.39	46.99 2350m: 36:34.34	46.79
	150m: 2:11.89 45.36	900m: 13:38.25	46.25 1650m: 25:24.50	47.11 2400m: 37:22.05	47.71
	200m: 2:57.71 45.82	950m: 14:23.79	45.54 1700m: 26:12.69	48.19 2450m: 38:10.99	48.94
	250m: 3:44.35 46.64	1000m: 15:09.34	45.55 1750m: 27:01.30	48.61 2500m: 38:58.98	47.99
	300m: 4:29.21 44.86	1050m: 15:56.48	47.14 1800m: 27:49.06	47.76 2550m: 39:46.55	47.57
	350m: 5:15.05 45.84	1100m: 16:43.66	47.18 1850m: 28:36.05	46.99 2600m: 40:35.06	48.51
	400m: 6:00.62 45.57	1150m: 17:30.39	46.73 1900m: 29:23.89	47.84 2650m: 41:23.57	48.51
	450m: 6:47.27 46.65	1200m: 18:18.41	48.02 1950m: 30:11.59	47.70 2700m: 42:10.38	46.81
	500m: 7:32.91 45.64	1250m: 19:05.51	47.10 2000m: 31:00.32	48.73 2750m: 42:59.02	48.64
	550m: 8:18.62 45.71	1300m: 19:52.65	47.14 2050m: 31:48.29	47.97 2800m: 43:45.68	46.66
	600m: 9:04.36 45.74	1350m: 20:39.74	47.09 2100m: 32:37.03	48.74 2850m: 44:33.10	47.42
	650m: 9:50.31 45.95	1400m: 21:27.06	47.32 2150m: 33:25.45	48.42 2900m: 45:19.82	46.72
	700m: 10:35.59 45.28	1450m: 22:14.47	47.41 2200m: 34:12.98	47.53 2950m: 46:03.72	43.90
	750m: 11:20.80 45.21	1500m: 23:03.20	48.73 2250m: 35:00.74	47.76 3000m: 46:47.43	43.71
DQ	HERRANZ PRESA, Laura	07	ROZAS - C.N. Las Rozas		
BAJA	CASTELLO BLASCO, Sue	07	SBLAS - C.N. San Blas		
BAJA	CASTELLÓ BLASCO, Lydia	07	SBLAS - C.N. San Blas		
BAJA	CASTELLÓ BLASCO, Lucia	07	SBLAS - C.N. San Blas		

SENIOR FEMENINO LD FMN

1.	UNGO QUERO, Susana	01	VALLE - C.D. El Valle	36:19.56	
	50m: 35.12 35.12	800m: 9:34.01	36.04 1550m: 18:41.06	36.44 2300m: 27:49.91	36.44
	100m: 1:10.90 35.78	850m: 10:10.32	36.31 1600m: 19:17.83	36.77 2350m: 28:26.61	36.70
	150m: 1:47.06 36.16	900m: 10:46.63	36.31 1650m: 19:54.64	36.81 2400m: 29:03.10	36.49
	200m: 2:23.05 35.99	950m: 11:22.83	36.20 1700m: 20:31.08	36.44 2450m: 29:39.58	36.48
	250m: 2:58.93 35.88	1000m: 11:59.19	36.36 1750m: 21:07.45	36.37 2500m: 30:16.26	36.68
	300m: 3:34.81 35.88	1050m: 12:35.63	36.44 1800m: 21:43.72	36.27 2550m: 30:52.73	36.47
	350m: 4:10.61 35.80	1100m: 13:12.13	36.50 1850m: 22:20.38	36.66 2600m: 31:29.00	36.27
	400m: 4:46.39 35.78	1150m: 13:48.60	36.47 1900m: 22:56.98	36.60 2650m: 32:05.32	36.32
	450m: 5:22.30 35.91	1200m: 14:24.93	36.33 1950m: 23:33.55	36.57 2700m: 32:42.10	36.78
	500m: 5:58.31 36.01	1250m: 15:01.39	36.46 2000m: 24:10.26	36.71 2750m: 33:18.86	36.76
	550m: 6:34.20 35.89	1300m: 15:38.13	36.74 2050m: 24:46.96	36.70 2800m: 33:55.41	36.55
	600m: 7:10.11 35.91	1350m: 16:14.72	36.59 2100m: 25:23.75	36.79 2850m: 34:31.60	36.19
	650m: 7:46.06 35.95	1400m: 16:51.40	36.68 2150m: 26:00.04	36.29 2900m: 35:07.81	36.21
	700m: 8:22.14 36.08	1450m: 17:28.09	36.69 2200m: 26:36.73	36.69 2950m: 35:43.90	36.09
	750m: 8:57.97 35.83	1500m: 18:04.62	36.53 2250m: 27:13.47	36.74 3000m: 36:19.56	35.66

25 metros - cronometraje manual

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

Prueba 4, Fem., 3000m Libre, SENIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca
2.	SAEZ GONZALEZ, Lourdes	96	MOSCA - C.N. Madrid Moscardo	37:41.90
	50m: 36.14 36.14	800m: 9:52.80	36.98	1550m: 19:19.20 37.84
	100m: 1:12.92 36.78	850m: 10:30.21	37.41	1600m: 19:57.12 37.92
	150m: 1:50.03 37.11	900m: 11:07.53	37.32	1650m: 20:34.95 37.83
	200m: 2:27.21 37.18	950m: 11:45.12	37.59	1700m: 21:13.31 38.36
	250m: 3:04.27 37.06	1000m: 12:22.84	37.72	1750m: 21:51.67 38.36
	300m: 3:41.14 36.87	1050m: 13:00.57	37.73	1800m: 22:29.64 37.97
	350m: 4:18.17 37.03	1100m: 13:38.97	38.40	1850m: 23:07.12 37.48
	400m: 4:55.27 37.10	1150m: 14:16.63	37.66	1900m: 23:44.97 37.85
	450m: 5:32.70 37.43	1200m: 14:54.47	37.84	1950m: 24:23.10 38.13
	500m: 6:09.85 37.15	1250m: 15:31.73	37.26	2000m: 25:00.95 37.85
	550m: 6:47.08 37.23	1300m: 16:09.42	37.69	2050m: 25:39.01 38.06
	600m: 7:24.21 37.13	1350m: 16:47.16	37.74	2100m: 26:16.67 37.66
	650m: 8:01.58 37.37	1400m: 17:25.29	38.13	2150m: 26:55.39 38.72
	700m: 8:38.68 37.10	1450m: 18:03.41	38.12	2200m: 27:33.46 38.07
	750m: 9:15.82 37.14	1500m: 18:41.36	37.95	2250m: 28:11.83 38.37
				2300m: 28:50.40 38.57
				2350m: 29:28.98 38.58
				2400m: 30:07.38 38.40
				2450m: 30:45.97 38.59
				2500m: 31:23.84 37.87
				2550m: 32:02.05 38.21
				2600m: 32:40.21 38.16
				2650m: 33:18.37 38.16
				2700m: 33:56.13 37.76
				2750m: 34:34.49 38.36
				2800m: 35:12.54 38.05
				2850m: 35:50.94 38.40
				2900m: 36:29.01 38.07
				2950m: 37:06.30 37.29
				3000m: 37:41.90 35.60
3.	FERNANDEZ MARTINEZ, Vanessa	95	MALVA - C.D.E. Malvar	41:52.48
	50m: 38.12 38.12	800m: 10:57.31	41.72	1550m: 21:28.39 41.83
	100m: 1:17.53 39.41	850m: 11:39.29	41.98	1600m: 22:10.66 42.27
	150m: 1:57.44 39.91	900m: 12:21.62	42.33	1650m: 22:52.86 42.20
	200m: 2:37.75 40.31	950m: 13:03.60	41.98	1700m: 23:35.24 42.38
	250m: 3:18.58 40.83	1000m: 13:45.33	41.73	1750m: 24:17.47 42.23
	300m: 3:59.32 40.74	1050m: 14:27.37	42.04	1800m: 24:59.77 42.30
	350m: 4:40.92 41.60	1100m: 15:09.37	42.00	1850m: 25:42.13 42.36
	400m: 5:22.56 41.64	1150m: 15:51.49	42.12	1900m: 26:24.13 42.00
	450m: 6:04.34 41.78	1200m: 16:33.99	42.50	1950m: 27:06.51 42.38
	500m: 6:46.23 41.89	1250m: 17:16.35	42.36	2000m: 27:48.89 42.38
	550m: 7:27.95 41.72	1300m: 17:58.49	42.14	2050m: 28:31.49 42.60
	600m: 8:09.65 41.70	1350m: 18:40.55	42.06	2100m: 29:13.74 42.25
	650m: 8:51.60 41.95	1400m: 19:22.73	42.18	2150m: 29:56.26 42.52
	700m: 9:33.43 41.83	1450m: 20:04.79	42.06	2200m: 30:38.69 42.43
	750m: 10:15.59 42.16	1500m: 20:46.56	41.77	2250m: 31:20.94 42.25
				2300m: 32:03.31 42.37
				2350m: 32:45.34 42.03
				2400m: 33:27.72 42.38
				2450m: 34:10.40 42.68
				2500m: 34:52.89 42.49
				2550m: 35:35.02 42.13
				2600m: 36:17.16 42.14
				2650m: 36:59.17 42.01
				2700m: 37:41.62 42.45
				2750m: 38:24.21 42.59
				2800m: 39:06.87 42.66
				2850m: 39:48.91 42.04
				2900m: 40:31.26 42.35
				2950m: 41:13.01 41.75
				3000m: 41:52.48 39.47
4.	LÓPEZ CEDIEL, Paula	03	MALVA - C.D.E. Malvar	45:00.91
	50m: 40.71 40.71	700m: 10:10.64	44.37	1350m: 19:52.41 44.98
	100m: 1:22.69 41.98	750m: 10:54.93	44.29	1400m: 20:37.75 45.34
	150m: 2:05.48 42.79	800m: 11:40.24	45.31	1450m: 21:22.90 45.15
	200m: 2:48.89 43.41	850m: 12:24.91	44.67	1500m: 22:07.93 45.03
	250m: 3:32.20 43.31	900m: 13:09.62	44.71	1550m: 22:52.59 44.66
	300m: 4:15.44 43.24	950m: 13:54.15	44.53	1600m: 23:37.52 44.93
	350m: 4:59.42 43.98	1000m: 14:38.95	44.80	1650m: 24:22.98 45.46
	400m: 5:43.55 44.13	1050m: 15:23.60	44.65	1700m: 25:08.50 45.52
	450m: 6:27.92 44.37	1100m: 16:08.12	44.52	1750m: 25:55.04 46.54
	500m: 7:12.71 44.79	1150m: 16:52.53	44.41	1800m: 26:40.58 45.54
	550m: 7:56.97 44.26	1200m: 17:37.12	44.59	1850m: 27:26.37 45.79
	600m: 8:41.31 44.34	1250m: 18:22.41	45.29	1900m: 28:12.47 46.10
	650m: 9:26.27 44.96	1300m: 19:07.43	45.02	1950m: 28:58.35 45.88
				2000m: 29:44.49 46.14
				2050m: 30:30.17 45.68
				2100m: 31:16.37 46.20
				2150m: 32:02.32 45.95
				2200m: 32:48.38 46.06
				2250m: 33:34.53 46.15
				2300m: 34:21.28 46.75
				2350m: 35:06.98 45.70
				2400m: 35:53.19 46.21
				2450m: 36:39.10 45.91
				2500m: 37:25.00 45.90
				2550m: 38:10.48 45.48
				2600m: 38:56.07 45.59

25 metros - cronometraje manual

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

Prueba 4, Fem., 3000m Libre, SENIOR FEMENINO LD FMN

Clas.	Nombre	Año	Club	Marca				
2650m:	39:41.90	45.83	2750m: 41:13.78	45.92	2850m: 42:45.26	45.38	2950m: 44:15.77	45.38
2700m:	40:27.86	45.96	2800m: 41:59.88	46.10	2900m: 43:30.39	45.13	3000m: 45:00.91	45.14

INC	LAPEÑA RUIZ, Julia	07	HELIO - C.N. Helios	36:07.44				
50m:	34.12	34.12	800m: 9:28.43	36.09	1550m: 18:33.69	36.40	2300m: 27:39.32	36.29
100m:	1:09.04	34.92	850m: 10:04.28	35.85	1600m: 19:09.91	36.22	2350m: 28:15.46	36.14
150m:	1:43.96	34.92	900m: 10:40.20	35.92	1650m: 19:46.76	36.85	2400m: 28:51.75	36.29
200m:	2:19.31	35.35	950m: 11:16.42	36.22	1700m: 20:22.88	36.12	2450m: 29:28.25	36.50
250m:	2:54.70	35.39	1000m: 11:52.60	36.18	1750m: 20:58.74	35.86	2500m: 30:04.73	36.48
300m:	3:30.38	35.68	1050m: 12:29.16	36.56	1800m: 21:34.83	36.09	2550m: 30:41.00	36.27
350m:	4:06.03	35.65	1100m: 13:05.80	36.64	1850m: 22:11.47	36.64	2600m: 31:17.28	36.28
400m:	4:41.58	35.55	1150m: 13:42.21	36.41	1900m: 22:48.40	36.93	2650m: 31:53.99	36.71
450m:	5:17.51	35.93	1200m: 14:18.17	35.96	1950m: 23:24.55	36.15	2700m: 32:30.45	36.46
500m:	5:53.10	35.59	1250m: 14:54.56	36.39	2000m: 24:01.07	36.52	2750m: 33:06.92	36.47
550m:	6:28.81	35.71	1300m: 15:31.21	36.65	2050m: 24:37.46	36.39	2800m: 33:43.86	36.94
600m:	7:04.24	35.43	1350m: 16:07.47	36.26	2100m: 25:13.65	36.19	2850m: 34:20.43	36.57
650m:	7:40.22	35.98	1400m: 16:44.18	36.71	2150m: 25:50.23	36.58	2900m: 34:56.86	36.43
700m:	8:16.90	36.68	1450m: 17:20.86	36.68	2200m: 26:26.51	36.28	2950m: 35:32.93	36.07
750m:	8:52.34	35.44	1500m: 17:57.29	36.43	2250m: 27:03.03	36.52	3000m: 36:07.44	34.51

25 metros - cronometraje manual