

Prueba 12  
12/11/2022

Fem., 200m Libre

Absoluto Femenino  
Resultados

Clasificación	AN	Equipo	Tiempo
1. PEREZ MUÑOZ, Claudia	08	Esna Lanzarote	<b>2:09.97</b> 38,00
50m: 30.47 30.47	100m: 1:03.26	32.79 200m: 2:09.97	1:06.71
2. SOSA HERNANDEZ, Andrea Esther	04	C.N. Martianez Coral Hotels	<b>2:10.61</b> 35,00
50m: 30.94 30.94	100m: 1:03.62	32.68 200m: 2:10.61	1:06.99
3. EXPOSITO AFONSO, Maria	02	C.N. Teneteide	<b>2:12.65</b> 33,00
50m: 30.95 30.95	100m: 1:03.89	32.94 200m: 2:12.65	1:08.76
4. RUIZ REYES, Raquel	07	Metropole	<b>2:13.03</b> 32,00
50m: 31.50 31.50	100m: 1:04.73	33.23 150m: 1:38.99	34.26 200m: 2:13.03
5. RIJO MARTIN, Sara	08	Esna Lanzarote	<b>2:13.29</b> 31,00
50m: 30.57 30.57	100m: 1:03.74	33.17 200m: 2:13.29	1:09.55
6. LABRADOR CASTILLA, Paula Daopin	05	C.N. Reales	<b>2:14.09</b> 30,00
50m: 31.48 31.48	100m: 1:05.13	33.65 200m: 2:14.09	1:08.96
7. MARTIN CHRISTIANSEN, Nadia	05	C.D.N. Nadamas Las Marinas	<b>2:14.43</b> 29,00
50m: 30.19 30.19	100m: 1:03.72	33.53 200m: 2:14.43	1:10.71
8. GUADALUPE NEGRIN, Yumalai	08	C.N. Teneteide	<b>2:15.73</b> 28,00
50m: 31.20 31.20	100m: 1:04.96	33.76 200m: 2:15.73	1:10.77
9. GARABATOS RODRIGUEZ, Susana	79	C.N. Los Cristianos	<b>2:16.27</b> 27,00
50m: 30.20 30.20	100m: 1:04.64	34.44 200m: 2:16.27	1:11.63
10. ANGULO FALCON, Cristina	06	LasPalmas	<b>2:17.10</b> 26,00
50m: 32.69 32.69	100m: 1:07.62	34.93 150m: 1:42.92	35.30 200m: 2:17.10
11. GARCIA GARCIA, Lucia	05	LasPalmas	<b>2:18.23</b> 25,00
50m: 32.01 32.01	100m: 1:06.89	34.88 150m: 1:42.51	35.62 200m: 2:18.23
12. OSORIO GARCIA, Alejandra	07	Metropole	<b>2:18.44</b> 24,00
50m: 32.53 32.53	100m: 1:06.85	34.32 150m: 1:42.51	35.66 200m: 2:18.44
13. HERNÁNDEZ MARTÍN, Carla	08	C.N. Reales	<b>2:18.55</b> 23,00
50m: 32.40 32.40	100m: 1:07.94	35.54 200m: 2:18.55	1:10.61
14. CAPLLONCH DE UÑA, Lucia	05	C.N. Los Cristianos	<b>2:20.91</b> 22,00
50m: 31.66 31.66	100m: 1:07.35	35.69 200m: 2:20.91	1:13.56
15. PULIDO SOSA, Valeria	10	Salinas	<b>2:21.94</b> 21,00
50m: 33.44 33.44	100m: 1:09.46	36.02 150m: 1:46.42	36.96 200m: 2:21.94
16. MORALES FAJARDO, Nora	10	C.D.N. Nadamas Las Marinas	<b>2:22.04</b> 20,00
50m: 31.56 31.56	100m: 1:06.51	34.95 200m: 2:22.04	1:15.53
17. SANTANA FLORES, Ainhoa	01	C. Telde	<b>2:22.70</b> 19,00
50m: 33.31 33.31	100m: 1:09.51	36.20 150m: 1:47.30	37.79 200m: 2:22.70
18. GARCIA LOPEZ, Marta	03	R.C. Náutico De Tenerife	<b>2:22.86</b> 18,00
50m: 33.50 33.50	100m: 1:09.58	36.08 200m: 2:22.86	1:13.28
19. ROMERO BASTERRECHEA, Andrea	93	Aguacan	<b>2:23.48</b> 17,00
50m: 33.81 33.81	100m: 1:10.34	36.53 150m: 1:47.03	36.69 200m: 2:23.48
20. DIAZ SUAREZ, Mariela	03	R.C. Náutico De Tenerife	<b>2:24.61</b> 16,00
50m: 33.19 33.19	100m: 1:09.67	36.48 200m: 2:24.61	1:14.94
21. DE LEON NERCELLAS, Noah	05	C.D. Herbania	<b>2:29.29</b> 15,00
50m: 33.54 33.54	100m: 1:12.37	38.83 200m: 2:29.29	1:16.92
22. FERNANDEZ RODRIGUEZ, Daniela	05	C.D. Zero Wattios	<b>2:29.31</b> 14,00
50m: 32.97 32.97	100m: 1:09.79	36.82 200m: 2:29.31	1:19.52
23. MACHIN FERNANDEZ, Martina	06	C.D. N. Bentacu-Laguna	<b>2:29.86</b> 13,00
50m: 35.09 35.09	100m: 1:12.60	37.51 200m: 2:29.86	1:17.26

Prueba 12, Fem., 200m Libre, Absoluto Femenino

Clasificación	AN		Tiempo			
24. DE MARCO CASTAÑO, Natalia	08	C.D. Zero Wattios	<b>2:30.85</b>	12,00		
50m: 35.35 35.35	100m: 1:12.91	37.56	200m: 2:30.85	1:17.94		
25. GIMENEZ CASTILLA, Maria	07	C. Telde	<b>2:31.48</b>	11,00		
50m: 36.35 36.35	100m: 1:15.14	38.79	150m: 1:54.33	39.19	200m: 2:31.48	37.15
26. SUÁREZ MACÍAS, Gabriela	09	Aguacan	<b>2:31.53</b>	10,00		
50m: 34.18 34.18	100m: 1:12.44	38.26	150m: 1:53.14	40.70	200m: 2:31.53	38.39
27. SOCORRO CASTRO, Rita	06	Salinas	<b>2:31.72</b>	9,00		
50m: 34.41 34.41	100m: 1:12.26	37.85	150m: 1:51.80	39.54	200m: 2:31.72	39.92
28. SARABIA OUBIÑA, Ariadna	08	C.D. Nonadamos	<b>2:35.36</b>	8,00		
50m: 35.52 35.52	100m: 1:14.09	38.57	200m: 2:35.36	1:21.27		
29. GLENESK FLORES, Lucia	08	C.D. Piscina	<b>2:38.62</b>	7,00		
50m: 35.99 35.99	100m: 1:15.93	39.94	200m: 2:38.62	1:22.69		
30. FAJARDO SANCHEZ, Yaneli	05	C.D. Herbania	<b>2:41.15</b>	6,00		
50m: 35.85 35.85	100m: 1:16.46	40.61	200m: 2:41.15	1:24.69		
31. DE NOVA PÉREZ, Cayetana	09	C.B. Dominicás Vistabella	<b>2:41.77</b>	5,00		
50m: 36.83 36.83	100m: 1:17.58	40.75	200m: 2:41.77	1:24.19		
32. GONZÁLEZ RODRÍGUEZ, Leyre Maria	10	C.B. Dominicás Vistabella	<b>2:46.24</b>	4,00		
50m: 38.42 38.42	100m: 1:21.12	42.70	200m: 2:46.24	1:25.12		
33. CARRO BONILLA, Carlota	08	A.D. Santa Cruz	<b>2:47.74</b>	3,00		
50m: 36.55 36.55	100m: 1:19.50	42.95	200m: 2:47.74	1:28.24		
34. CALZADILLA SOCAS, Rebeca	08	C.D. N. Bentacu-Laguna	<b>2:53.36</b>	2,00		
50m: 37.72 37.72	100m: 1:22.35	44.63	200m: 2:53.36	1:31.01		
35. FERNANDEZ ALPERI, Noa	11	C.D. Nonadamos	<b>3:06.15</b>	1,00		
50m: 41.83 41.83	100m: 1:29.14	47.31	200m: 3:06.15	1:37.01		
DSQ HERNANDEZ ALMENARA, Laia	08	A.D. Santa Cruz		-		
Baja enf. HERNÁNDEZ HERNÁNDEZ, Gloria Isab	09	C.N. Martianez Coral Hotels		-		

Prueba 13  
12/11/2022

Masc., 400m Estilos

Absoluto Masculino  
Resultados

Clasificación	AN		Tiempo			
1. MACARIO MOLINA, Joan	05	Metropole	<b>4:37.27</b>	38,00		
50m: 30.35 30.35	150m: 1:41.21	36.26	250m: 2:55.59	39.80	350m: 4:07.28	31.25
100m: 1:04.95 34.60	200m: 2:15.79	34.58	300m: 3:36.03	40.44	400m: 4:37.27	29.99
2. LORENÇO FERREIRA, Gustavo	06	C.D.N. Nadamas Las Marinas	<b>4:46.23</b>	35,00		
50m: 29.41 29.41	100m: 1:03.42	34.01	200m: 2:13.54	1:10.12	400m: 4:46.23	2:32.69
3. BATISTA GOMEZ, Diego	04	LasPalmas	<b>4:51.65</b>	33,00		
50m: 29.77 29.77	150m: 1:42.87	38.87	250m: 3:04.61	43.52	350m: 4:20.52	32.75
100m: 1:04.00 34.23	200m: 2:21.09	38.22	300m: 3:47.77	43.16	400m: 4:51.65	31.13
4. CERES, Inti	05	A.D. Santa Cruz	<b>4:52.16</b>	32,00		
50m: 31.14 31.14	200m: 2:22.29	1:16.38	400m: 4:52.16	1:08.25		
100m: 1:05.91 34.77	300m: 3:43.91	1:21.62				
5. RAMOS DELGADO, Ricardo	07	C.N. Reales	<b>4:55.76</b>	31,00		
50m: 29.75 29.75	200m: 2:17.84	1:12.79	400m: 4:55.76	1:06.99		
100m: 1:05.05 35.30	300m: 3:48.77	1:30.93				
6. CARRASCOSA HESTER, Tomas	04	LasPalmas	<b>4:56.23</b>	30,00		
50m: 29.84 29.84	150m: 1:41.66	39.00	250m: 3:05.52	43.56	350m: 4:24.08	34.73
100m: 1:02.66 32.82	200m: 2:21.96	40.30	300m: 3:49.35	43.83	400m: 4:56.23	32.15

Prueba 13, Masc., 400m Estilos, Absoluto Masculino

Clasificación	AN		Tiempo	
7. GONZALEZ NEGRIN, Aquiles	08	C.N. Teneteide	<b>4:57.06</b>	29,00
50m: 29.71 29.71	200m: 2:26.39	1:21.44	400m: 4:57.06	1:08.09
100m: 1:04.95 35.24	300m: 3:48.97	1:22.58		
8. HENRIQUEZ GARCIA, Lucas	07	Metropole	<b>4:57.16</b>	28,00
50m: 33.21 33.21	150m: 1:50.13	40.03	250m: 3:09.11	40.77
100m: 1:10.10 36.89	200m: 2:28.34	38.21	300m: 3:51.66	42.55
			350m: 4:25.25	33.59
			400m: 4:57.16	31.91
9. GUILLEN PEÑA, Victor	02	A.D. Santa Cruz	<b>4:57.24</b>	27,00
50m: 31.09 31.09	200m: 2:23.18	1:15.85	400m: 4:57.24	1:06.44
100m: 1:07.33 36.24	300m: 3:50.80	1:27.62		
10. GARCIA LOPEZ, Javier	99	R.C. Náutico De Tenerife	<b>4:58.47</b>	26,00
50m: 29.63 29.63	200m: 2:22.63	1:17.96	400m: 4:58.47	1:07.57
100m: 1:04.67 35.04	300m: 3:50.90	1:28.27		
11. ELMAALOU FERNANDEZ, Tarek Ouk	06	C.N. Los Cristianos	<b>4:58.95</b>	25,00
50m: 32.70 32.70	200m: 2:29.14	1:18.67	400m: 4:58.95	1:04.05
100m: 1:10.47 37.77	300m: 3:54.90	1:25.76		
12. MARTIN VELAZQUEZ, Iker	05	C.N. Los Cristianos	<b>4:59.20</b>	24,00
50m: 30.91 30.91	200m: 2:23.56	1:15.90	400m: 4:59.20	1:04.14
100m: 1:07.66 36.75	300m: 3:55.06	1:31.50		
13. CERPA CABALLERO, Jonay Salvador	99	Aguacan	<b>5:01.67</b>	23,00
50m: 30.79 30.79	150m: 1:47.94	41.07	250m: 3:09.00	41.17
100m: 1:06.87 36.08	200m: 2:27.83	39.89	300m: 3:51.48	42.48
			350m: 4:27.26	35.78
			400m: 5:01.67	34.41
14. CRUZ ARTILES, Antonio	02	Salinas	<b>5:05.05</b>	22,00
50m: 31.74 31.74	150m: 1:45.29	38.98	250m: 3:09.08	44.83
100m: 1:06.31 34.57	200m: 2:24.25	38.96	300m: 3:55.51	46.43
			350m: 4:31.24	35.73
			400m: 5:05.05	33.81
15. KEZELE MASI, Kameron	06	Esna Lanzarote	<b>5:05.35</b>	21,00
50m: 31.17 31.17	100m: 1:07.75	36.58	200m: 2:22.64	1:14.89
			400m: 5:05.35	2:42.71
16. CALLERO MURILLO, Javier	07	Esna Lanzarote	<b>5:07.45</b>	20,00
50m: 32.79 32.79	100m: 1:10.14	37.35	200m: 2:26.13	1:15.99
			400m: 5:07.45	2:41.32
17. TOVAR MORENO, Esteban	06	Salinas	<b>5:12.12</b>	19,00
50m: 30.64 30.64	150m: 1:45.98	38.23	250m: 3:10.36	46.09
100m: 1:07.75 37.11	200m: 2:24.27	38.29	300m: 3:57.76	47.40
			350m: 4:35.42	37.66
			400m: 5:12.12	36.70
18. FERNANDEZ ACUÑA, Airam	07	C.N. Teneteide	<b>5:13.26</b>	18,00
50m: 31.36 31.36	200m: 2:33.80	1:24.37	400m: 5:13.26	1:08.99
100m: 1:09.43 38.07	300m: 4:04.27	1:30.47		
19. DIAZ GARCIA, Samuel Manuel	03	R.C. Náutico De Tenerife	<b>5:15.66</b>	17,00
50m: 30.14 30.14	200m: 2:25.95	1:19.29	400m: 5:15.66	1:16.37
100m: 1:06.66 36.52	300m: 3:59.29	1:33.34		
20. RAVELO SUAREZ, Antonio Jesus	09	C.B. Dominicás Vistabella	<b>5:16.05</b>	15,50
50m: 32.90 32.90	200m: 2:31.29	1:20.43	400m: 5:16.05	1:11.82
100m: 1:10.86 37.96	300m: 4:04.23	1:32.94		
DUQUE BROUARD, Daniel	08	C.B. Dominicás Vistabella	<b>5:16.05</b>	15,50
50m: 33.39 33.39	200m: 2:31.29	1:20.43	400m: 5:16.05	1:11.82
100m: 1:10.86 37.47	300m: 4:04.23	1:32.94		
22. HERNÁNDEZ MÉNDEZ, Julio	07	C.N. Martianez Coral Hotels	<b>5:18.38</b>	14,00
50m: 31.85 31.85	200m: 2:34.41	1:23.94	400m: 5:18.38	1:10.47
100m: 1:10.47 38.62	300m: 4:07.91	1:33.50		
23. PADRON MIGUELEZ, Matias	08	C.D.N. Nadamas Las Marinas	<b>5:20.21</b>	13,00
50m: 33.09 33.09	100m: 1:12.17	39.08	200m: 2:35.83	1:23.66
			400m: 5:20.21	2:44.38
24. CARRERO SERRANO, Marcos Daniel	09	C.D. Herbania	<b>5:27.38</b>	12,00
50m: 33.28 33.28	100m: 1:12.04	38.76	200m: 2:37.87	1:25.83
			400m: 5:27.38	2:49.51
25. PADRON MARTIN, Echedey	07	C.D. Nonadamos	<b>5:27.88</b>	11,00
50m: 35.99 35.99	100m: 1:15.80	39.81	200m: 2:40.24	1:24.44
			400m: 5:27.88	2:47.64

Prueba 13, Masc., 400m Estilos, Absoluto Masculino

Clasificación	AN	Equipo	Tiempo
26. ELVIRA GLAUBITZ, Alejandro	00	C.D. Nonadamos	<b>5:30.41</b> 10,00
50m: 34.40 34.40 100m: 1:12.98 38.58 200m: 2:35.78 1:22.80 400m: 5:30.41 2:54.63			
27. RAMIREZ MORALES, Sergio C.	03	C. Telde	<b>5:34.35</b> 9,00
50m: 34.19 34.19 150m: 1:57.61 40.39 250m: 3:27.80 49.44 350m: 4:57.98 38.51 100m: 1:17.22 43.03 200m: 2:38.36 40.75 300m: 4:19.47 51.67 400m: 5:34.35 36.37			
28. OUBIÑA CORVALAN, Marcos A	05	C. Telde	<b>5:35.14</b> 8,00
50m: 35.46 35.46 150m: 2:01.06 44.22 250m: 3:34.13 49.04 350m: 5:00.36 37.68 100m: 1:16.84 41.38 200m: 2:45.09 44.03 300m: 4:22.68 48.55 400m: 5:35.14 34.78			
29. SÁNCHEZ EDODEY, Fabio	08	C.N. Martianez Coral Hotels	<b>5:36.94</b> 7,00
50m: 33.10 33.10 200m: 2:38.56 1:25.96 400m: 5:36.94 1:15.68 100m: 1:12.60 39.50 300m: 4:21.26 1:42.70			
30. OLIVER GARCÍA, Jesús	05	C.D. N. Bentacu-Laguna	<b>5:59.47</b> 6,00
50m: 35.76 35.76 200m: 2:50.13 1:29.96 400m: 5:59.47 1:23.55 100m: 1:20.17 44.41 300m: 4:35.92 1:45.79			
31. FRANCO MELIAN, Jorge Javier	09	Aguacan	<b>6:43.56</b> 5,00
50m: 46.96 46.96 150m: 2:35.98 48.30 250m: 4:19.58 55.74 350m: 5:59.49 45.59 100m: 1:47.68 1:00.72 200m: 3:23.84 47.86 300m: 5:13.90 54.32 400m: 6:43.56 44.07			
DSQ KEY RAMÍREZ, Octavio José	10	C.D. N. Bentacu-Laguna	-

Prueba 14  
12/11/2022

Fem., 50m Mariposa

Absoluto Femenino  
Resultados

Clasificación	AN	Equipo	Tiempo
1. VAZQUEZ HDEZ, Lucia	06	C.D.N. Nadamas Las Marinas	<b>30.06</b> 38,00
2. PORRERO MARTIN, Lucia	08	C.N. Teneteide	<b>30.13</b> 35,00
3. SANTANA DRAGO, Leire	07	Metropole	<b>30.25</b> 33,00
4. WOLGESCHAFFEN FERNANDEZ, Sofi06	06	C.N. Reales	<b>30.53</b> 32,00
5. HERNANDEZ SANCHEZ, Lara	02	A.D. Santa Cruz	<b>30.75</b> 31,00
6. SANCHEZ CABAÑAS, Naira	00	R.C. Náutico De Tenerife	<b>30.88</b> 30,00
7. ULIBARRI SANCHEZ, Ines	09	Metropole	<b>31.32</b> 29,00
8. GARABATOS RODRIGUEZ, Susana	79	C.N. Los Cristianos	<b>31.41</b> 28,00
9. CERPA CABALLERO, Xiomara Mª	01	Aguacan	<b>31.72</b> 27,00
10. GARCIA BETHENCOURT, Raquel	07	C.N. Teneteide	<b>31.93</b> 26,00
11. DIAZ RODRIGUEZ, Grisela	02	Salinas	<b>32.06</b> 25,00
12. GONZALEZ MONTELONGO, Julia	08	Esna Lanzarote	<b>32.27</b> 24,00
13. PERDOMO DEL CASTILLO, Noa	07	C.D. N. Bentacu-Laguna	<b>32.35</b> 23,00
14. GARCIA GONZALEZ, Sara	06	C.D. Herbania	<b>32.37</b> 22,00
15. MATOS QUEVEDO, Lucía	04	LasPalmas	<b>32.47</b> 21,00
16. PADRÓN ORTIZ, Lucía	03	C.D. N. Bentacu-Laguna	<b>32.54</b> 20,00
17. BORNAGHI, Roberta Elisa	83	C.D.N. Nadamas Las Marinas	<b>33.00</b> 19,00
18. RODRIGUEZ COLMENARES, Bella Sof09	09	C.N. Los Cristianos	<b>33.02</b> 18,00
19. QUESADA GARCIA, Yanel	04	Salinas	<b>33.20</b> 17,00
20. WOLGESCHAFFEN FERNANDEZ, Pat09a	09a	C.N. Reales	<b>33.70</b> 16,00
21. PEREZ SUAREZ, Laura	01	C. Telde	<b>33.75</b> 15,00
22. BONILLA BORDON, Ines	06	Aguacan	<b>33.90</b> 14,00
23. DIAZ CORTES, Nerea	06	C.D. Herbania	<b>34.13</b> 13,00
24. PÉREZ-SIVERIO GARCÍA, Lara	06	C.N. Martianez Coral Hotels	<b>34.18</b> 12,00
25. FELIPE RODRIGUEZ, Yaritza Nazaret	06	LasPalmas	<b>34.30</b> 11,00
26. DE MARCO CASTAÑO, Carla	08	C.D. Zero Wattios	<b>34.50</b> 10,00
27. GONZALEZ CAMACHO, Desiree	01	C. Telde	<b>34.65</b> 9,00
28. MARTIN GONZALEZ DE CHAVES, Mar08	08	R.C. Náutico De Tenerife	<b>35.17</b> 8,00
29. DIAZ PASTORIZA, Iria	05	C.D. Nonadamos	<b>36.75</b> 6,50
SOCAS REYES, Enma	07	C.B. Dominicas Vistabella	<b>36.75</b> 6,50

Prueba 14, Fem., 50m Mariposa, Absoluto Femenino

Clasificación	AN		Tiempo	
31.	MARTÍN GONZÁLEZ, Valentina	06	C.D. Zero Wattios	<b>38.20</b> 5,00
32.	LIMA MÚJICA, Nicole Adriana	10	C.B. Dominicas Vistabella	<b>39.70</b> 4,00
33.	RODRÍGUEZ REYES, Julia	10	C.D. Lanzarote Dolphins Basket Maoh	<b>44.23</b> 3,00
34.	RODRIGUEZ REGUEIRA, Catalina	11	C.D. Lanzarote Dolphins Basket Maoh	<b>44.81</b> 2,00
DSQ	ABDENABAOU SAIDI, Malak	10	C.D. Nonadamos	-
DSQ	CABRERA BLANCO, Irina	04	A.D. Santa Cruz	-
Baja enf.	HERNÁNDEZ HERNÁNDEZ, Gloria Isab09		C.N. Martianez Coral Hotels	-

Prueba 15  
12/11/2022

Masc., 50m Mariposa

Absoluto Masculino  
Resultados

Clasificación	AN		Tiempo	
1.	CHIVILEV, Arseniy	01	A.D. Santa Cruz	<b>24.87</b> 38,00
2.	RODRIGUEZ VEGA, Enrique	02	Metropole	<b>25.58</b> 35,00
3.	COELLO TEJERA, Adrian	98	A.D. Santa Cruz	<b>25.67</b> 33,00
4.	MORERA SANCHEZ, Enrique	03	LasPalmas	<b>26.68</b> 32,00
5.	VACCARI, Federico	07	LasPalmas	<b>26.76</b> 31,00
6.	GUADALUPE NEGRIN, Jorge Ramses	03	R.C. Náutico De Tenerife	<b>26.81</b> 30,00
7.	MANZATTO, Nicolas	06	Esna Lanzarote	<b>26.88</b> 29,00
8.	CABALLERO IZQUIERDO, Alfonso Jose	93	Esna Lanzarote	<b>26.92</b> 28,00
9.	MAUDES DOMENECH, Daniel	05	C.N. Teneteide	<b>27.02</b> 27,00
10.	MAÑOJIL CABRERA, Sergio	05	Metropole	<b>27.09</b> 26,00
11.	GONZALEZ NEGRIN, Aquiles	08	C.N. Teneteide	<b>27.64</b> 25,00
12.	NUEZ WEHBE, Eduardo	99	C.N. Martianez Coral Hotels	<b>27.98</b> 24,00
13.	VALLEJO BUCK, Manuel	05	Salinas	<b>28.03</b> 23,00
14.	TAMBINI, Daniele	90	C.D.N. Nadamas Las Marinas	<b>28.54</b> 22,00
15.	MORALES LEMES, Marcos	05	C.D. Zero Wattios	<b>28.57</b> 21,00
16.	DOS REIS SANTANA, Alejandro	04	Aguacan	<b>29.87</b> 20,00
17.	BOTELLO DE LA VEGA, Manuel	06	C.N. Los Cristianos	<b>30.01</b> 19,00
18.	VARELA MESA, Raul	05	R.C. Náutico De Tenerife	<b>30.02</b> 18,00
19.	MARTIN FERRER, Alejandro	94	C.D.N. Nadamas Las Marinas	<b>30.06</b> 17,00
20.	HERNANDEZ HERNANDEZ, Abraham	05	C.N. Reales	<b>30.20</b> 16,00
21.	PERALES SILVA, Francisco	09	C.N. Los Cristianos	<b>30.57</b> 15,00
22.	LEÓN RODRÍGUEZ, Gerardo	08	C.N. Martianez Coral Hotels	<b>30.92</b> 14,00
23.	CARDENES RODRIGUEZ, Cristo	02	C. Telde	<b>31.03</b> 13,00
24.	ALONSO GUILLEN, Adrian	95	C. Telde	<b>31.13</b> 12,00
25.	HERRERA DEVORA, Kevin	00	C.D. N. Bentacu-Laguna	<b>31.24</b> 11,00
26.	TORREIRO MARTINEZ, Carlos	06	C.D. Herbania	<b>31.92</b> 10,00
27.	HERNÁNDEZ SUÁREZ, Bentchey	05	Aguacan	<b>33.98</b> 9,00
28.	HERNANDEZ HERNANDEZ, Alejandro	98	C.D. Nonadamos	<b>35.63</b> 7,50
	GARCÍA CÁCERES, Ari	06	C.D. Zero Wattios	<b>35.63</b> 7,50
30.	CIRUGEDA LOPEZ, Aythami	97	C.D. Nonadamos	<b>35.91</b> 6,00
31.	NASSEREDDINE MESA, Nash	09	C.B. Dominicas Vistabella	<b>40.74</b> 5,00
32.	VELASQUEZ VALERO, Ramsés José	08	C.D. N. Bentacu-Laguna	<b>44.03</b> 4,00
DSQ	RAMIREZ FERNANDEZ, Juan Lazaro	01	Salinas	-
DSQ	AVERO RODRIGUEZ, Aday	07	C.D. Herbania	-
DNS	HERNÁNDEZ HERNÁNDEZ, Daniel	05	C.N. Reales	-
Baja enf.	PRADERA TOUZANI, Endika	02	C.B. Dominicas Vistabella	-

Prueba 16  
12/11/2022

Fem., 200m Braza

Absoluto Femenino  
Resultados

Clasificación	AN		Tiempo	
1. SANTANA SANTANA, Andrea	03	Metropole	<b>2:40.56</b>	38,00
50m: 36.81 36.81	100m: 1:17.65	40.84 150m: 1:59.21 41.56	200m: 2:40.56	41.35
2. CALVICHE FERNANDEZ, Nazaret	87	A.D. Santa Cruz	<b>2:43.76</b>	35,00
50m: 38.40 38.40	100m: 1:20.28	41.88 200m: 2:43.76 1:23.48		
3. QUILES PEÑATE, Andrea	06	Metropole	<b>2:47.28</b>	33,00
50m: 38.64 38.64	100m: 1:21.33	42.69 150m: 2:04.95 43.62	200m: 2:47.28	42.33
4. FRANCOS PINEDA, Carlota	05	C.N. Teneteide	<b>2:48.82</b>	32,00
50m: 38.97 38.97	100m: 1:21.79	42.82 200m: 2:48.82 1:27.03		
5. FUENTES MONTES, Amaya	08	LasPalmas	<b>2:48.84</b>	30,50
50m: 40.27 40.27	100m: 1:23.51	43.24 150m: 2:07.24 43.73	200m: 2:48.84	41.60
FERNANDEZ VIEIRA, Carolina	08	C.N. Teneteide	<b>2:48.84</b>	30,50
50m: 39.40 39.40	100m: 1:22.58	43.18 200m: 2:48.84 1:26.26		
7. NODA SÁEZ, Isabel	06	C.D. N. Bentacu-Laguna	<b>2:51.98</b>	29,00
50m: 38.78 38.78	100m: 1:22.04	43.26 200m: 2:51.98 1:29.94		
8. IBARRA PAREDES, Marta	08	C.D.N. Nadamas Las Marinas	<b>2:52.51</b>	28,00
50m: 40.11 40.11	100m: 1:24.04	43.93 200m: 2:52.51 1:28.47		
9. BARRIOS CORUJO, Maria	07	Esna Lanzarote	<b>2:53.99</b>	27,00
50m: 41.06 41.06	100m: 1:26.20	45.14 200m: 2:53.99 1:27.79		
10. HERNANDO ARMAS, Paula	06	C.D.N. Nadamas Las Marinas	<b>2:55.08</b>	26,00
50m: 39.42 39.42	100m: 1:23.06	43.64 200m: 2:55.08 1:32.02		
11. CURBELO TEJERA, Laura	01	Aguacan	<b>2:55.80</b>	25,00
50m: 39.04 39.04	100m: 1:23.79	44.75 150m: 2:10.22 46.43	200m: 2:55.80	45.58
12. MATOS QUEVEDO, María	02	LasPalmas	<b>3:03.48</b>	24,00
50m: 42.38 42.38	100m: 1:27.51	45.13 150m: 2:16.62 49.11	200m: 3:03.48	46.86
13. SAIZ PEREZ, Mar	08	C.N. Los Cristianos	<b>3:06.33</b>	23,00
50m: 43.05 43.05	100m: 1:30.57	47.52 200m: 3:06.33 1:35.76		
14. DIAZ ABRANTE, Ines	08	C.N. Reales	<b>3:07.14</b>	22,00
50m: 42.54 42.54	100m: 1:29.21	46.67 200m: 3:07.14 1:37.93		
15. GONZALEZ MELO, Ainara	06	Esna Lanzarote	<b>3:09.36</b>	21,00
50m: 43.42 43.42	100m: 1:31.62	48.20 200m: 3:09.36 1:37.74		
16. HERNÁNDEZ CABO, Sofía	06	C.N. Martianez Coral Hotels	<b>3:09.68</b>	20,00
50m: 44.45 44.45	100m: 1:32.32	47.87 200m: 3:09.68 1:37.36		
17. GONZALEZ GONZALEZ, Aitana	10	C.D. Zero Wattios	<b>3:11.33</b>	19,00
50m: 42.59 42.59	100m: 1:30.36	47.77 200m: 3:11.33 1:40.97		
18. LOZANO VERDE, Laura	07	Salinas	<b>3:14.98</b>	18,00
50m: 43.12 43.12	100m: 1:32.01	48.89 150m: 2:23.35 51.34	200m: 3:14.98	51.63
19. HERNANDEZ ALMENARA, Nerea	07	A.D. Santa Cruz	<b>3:15.57</b>	17,00
50m: 45.49 45.49	100m: 1:35.61	50.12 200m: 3:15.57 1:39.96		
20. DELGADO BARDON, Alicia	07	R.C. Náutico De Tenerife	<b>3:15.92</b>	16,00
50m: 46.35 46.35	100m: 1:37.67	51.32 200m: 3:15.92 1:38.25		
21. BALLESTER EXPOSITO, Elena	06	Salinas	<b>3:19.43</b>	15,00
50m: 44.07 44.07	100m: 1:34.38	50.31 150m: 2:27.23 52.85	200m: 3:19.43	52.20
22. DOS REIS SANTANA, Andrea	08	Aguacan	<b>3:20.52</b>	14,00
50m: 45.61 45.61	100m: 1:35.94	50.33 150m: 2:29.66 53.72	200m: 3:20.52	50.86
23. SANISIDRO HERMIDA, Emma	10	C.N. Los Cristianos	<b>3:20.78</b>	13,00
50m: 44.51 44.51	100m: 1:34.59	50.08 200m: 3:20.78 1:46.19		



Prueba 16, Fem., 200m Braza, Absoluto Femenino

Clasificación	AN	Club	Tiempo
24.	SOCAS REYES, Ariadna	11 C.B. Dominicás Vistabella	<b>3:22.38</b> 12,00
	50m: 47.67 47.67 100m: 1:38.75	51.08 200m: 3:22.38 1:43.63	
25.	SARABIA OUBIÑA, Ariadna	08 C.D. Nonadamos	<b>3:27.20</b> 11,00
	50m: 49.21 49.21 100m: 1:41.67	52.46 200m: 3:27.20 1:45.53	
26.	MELIAN MESA, Anyara	08 C.D. Nonadamos	<b>3:27.32</b> 10,00
	50m: 47.47 47.47 100m: 1:38.50	51.03 200m: 3:27.32 1:48.82	
27.	DIAZ CABRERA, Maria Luz	09 R.C. Náutico De Tenerife	<b>3:33.50</b> 9,00
	50m: 47.19 47.19 100m: 1:40.94	53.75 200m: 3:33.50 1:52.56	
28.	TRUJILLO PADILLA, Lara	09 C.D. N. Bentacu-Laguna	<b>3:37.02</b> 8,00
	50m: 48.33 48.33 100m: 1:42.63	54.30 200m: 3:37.02 1:54.39	
29.	GARCIA ORTEGA, Claudia	09 C.D. Zero Wattios	<b>3:38.99</b> 7,00
	50m: 50.09 50.09 100m: 1:45.69	55.60 200m: 3:38.99 1:53.30	
30.	FAJARDO SANCHEZ, Valeria	11 C.D. Herbania	<b>4:07.80</b> 6,00
	50m: 54.60 54.60 100m: 1:59.17	1:04.57 200m: 4:07.80 2:08.63	
DSQ	CARRASCOSA SANTAMARIA, Sara	08 C. Telde	-
DSQ	GONZÁLEZ QUINTANA, Valeria	08 C.B. Dominicás Vistabella	-
Baja enf.	GONZALEZ RAMIREZ, Marta	09 C. Telde	-

Prueba 17  
12/11/2022

Masc., 200m Braza

Absoluto Masculino  
Resultados

Clasificación	AN	Club	Tiempo
1.	AFONSO SUAREZ, Ivan	96 A.D. Santa Cruz	<b>2:22.95</b> 38,00
2.	CERES, Inti	05 A.D. Santa Cruz	<b>2:31.49</b> 35,00
3.	RODRIGUEZ MARTIN, Eric	98 R.C. Náutico De Tenerife	<b>2:32.20</b> 33,00
4.	MORLAN OLIVA, Asier	05 C.N. Los Cristianos	<b>2:33.41</b> 32,00
5.	CABRERA GUADALUPE, Javier	05 C.D.N. Nadamas Las Marinas	<b>2:33.79</b> 31,00
	50m: 36.70 36.70 100m: 1:15.95	39.25 200m: 2:33.79 1:17.84	
6.	PEREZ MUÑOZ, Oscar	05 Esna Lanzarote	<b>2:34.25</b> 30,00
	50m: 36.77 36.77 100m: 1:16.45	39.68 200m: 2:34.25 1:17.80	
7.	HILARIO REYES, Hugo	00 R.C. Náutico De Tenerife	<b>2:37.37</b> 29,00
8.	JAEN SERRA, Andreu	06 C.D.N. Nadamas Las Marinas	<b>2:38.79</b> 28,00
	50m: 36.72 36.72 100m: 1:17.76	41.04 200m: 2:38.79 1:21.03	
9.	BELAMENDIA COTORRUELO, Gerald	07 C.N. Teneteide	<b>2:39.21</b> 27,00
	50m: 35.38 35.38 100m: 1:14.89	39.51 200m: 2:39.21 1:24.32	
10.	SEGURA DOMÍNGUEZ, Agustín	04 C.D. N. Bentacu-Laguna	<b>2:42.79</b> 26,00
	50m: 36.55 36.55 100m: 1:17.50	40.95 200m: 2:42.79 1:25.29	
11.	PETTY, Jolyon	06 Esna Lanzarote	<b>2:47.73</b> 25,00
	50m: 38.02 38.02 100m: 1:19.78	41.76 200m: 2:47.73 1:27.95	
12.	CURTIS LORENZO, Nathan	07 C.D. N. Bentacu-Laguna	<b>2:49.44</b> 24,00
	50m: 38.03 38.03 100m: 1:21.19	43.16 200m: 2:49.44 1:28.25	
13.	AMARO HERNANDEZ, Eduardo Asdrub	06 C.N. Teneteide	<b>2:49.78</b> 23,00
	50m: 38.40 38.40 100m: 1:20.79	42.39 200m: 2:51.01 1:30.22	
14.	RAMOS DELGADO, Gabriel	05 C.N. Reales	<b>2:51.01</b> 22,00
	50m: 40.70 40.70 100m: 1:25.42	44.72 200m: 2:51.01 1:25.59	
15.	HERNÁNDEZ MÉNDEZ, Julio	07 C.N. MartianeZ Coral Hotels	<b>2:51.21</b> 21,00
	50m: 37.89 37.89 100m: 1:21.05	43.16 200m: 2:51.21 1:30.16	
16.	GROHN, Mark Benedikt	06 C.D. Zero Wattios	<b>2:51.80</b> 20,00
	50m: 37.26 37.26 100m: 1:20.47	43.21 200m: 2:51.80 1:31.33	

Prueba 17, Masc., 200m Braza, Absoluto Masculino

Clasificación	AN	Equipo	Tiempo
17. ESTEVEZ GALVEZ, Carlos	08	C.B. Dominicas Vistabella	<b>2:53.49</b> 19,00
50m: 39.81 39.81 100m: 1:24.37		44.56 200m: 2:53.49 1:29.12	
18. PEREZ CERVILLA, Daniel	07	C.D. Nonadamos	<b>2:56.60</b> 18,00
50m: 41.02 41.02 100m: 1:26.18		45.16 200m: 2:56.60 1:30.42	
19. BELLO HERNANDEZ, Sergio	04	C.N. Reales	<b>2:57.97</b> 17,00
50m: 40.57 40.57 100m: 1:25.59		45.02 200m: 2:57.97 1:32.38	
20. VEGA RODRÍGUEZ, Javier	08	C.B. Dominicas Vistabella	<b>2:58.34</b> 16,00
50m: 39.88 39.88 100m: 1:24.82		44.94 200m: 2:58.34 1:33.52	
21. MESA LÓPEZ, Marcos	08	C.N. Martianez Coral Hotels	<b>3:00.08</b> 15,00
50m: 39.44 39.44 100m: 1:25.67		46.23 200m: 3:00.08 1:34.41	
22. HIDALGO CARABALLO, Gabriel	08	C.D. Nonadamos	<b>3:04.12</b> 14,00
50m: 40.42 40.42 100m: 1:27.49		47.07 200m: 3:04.12 1:36.63	
23. RODRIGUEZ MORINIGO, Aritz	09	C.D. Herbania	<b>3:22.00</b> 13,00
50m: 45.61 45.61 100m: 1:37.65		52.04 200m: 3:22.00 1:44.35	
DSQ MEYER, Alber Sebastian	06	C.N. Los Cristianos	-
DNS HERNANDEZ GONZALEZ, Enrique	89	Aguacan	-
DNS SANTANA VALIDO, Alan	05	Aguacan	-
DNS SANCHEZ MEDINA, Ian	06	LasPalmas	-
DNS SANTANA PEREZ, Saul Carmelo	02	LasPalmas	-
DNS QUINTANA MATEO, Adrian	05	Metropole	-
DNS HENRIQUEZ GARCIA, Lucas	07	Metropole	-
DNS CARAMÉS HUERTAS, Oriol	08	C. Telde	-
DNS GAURISHANKER NAVARRO, Elgin	08	Salinas	-
DNS MARTEL OJEDA, Raul Jose	01	Salinas	-
DNS CARRETERO SANTANA, Airam	94	C. Telde	-
Baja enf. GÓMEZ BATISTA, Daniel Pablo	06	C.D. Herbania	-

Prueba 18  
12/11/2022

Fem., 1500m Libre

Absoluto Femenino  
Resultados

Clasificación	AN	Equipo	Tiempo
1. DENBY, Kennedy Hope	05	C.D.N. Nadamas Las Marinas	<b>17:43.21</b> 38,00
50m: 32.62 32.62 200m: 2:19.11 1:11.12 800m: 9:23.82 4:42.67		100m: 1:07.99 35.37 400m: 4:41.15 2:22.04 1500m: 17:43.21 8:19.39	
2. HENRIQUEZ HERNANDEZ, Nefertiri	06	Metropole	<b>18:00.99</b> 35,00
50m: 31.67 31.67 450m: 5:18.00 36.34 850m: 10:08.06 37.07 1250m: 15:02.53 36.86		100m: 1:05.96 34.29 500m: 5:53.83 35.83 900m: 10:44.57 36.51 1300m: 15:39.37 36.84	
150m: 1:42.04 36.08 550m: 6:29.76 35.93 950m: 11:21.77 37.20 1350m: 16:15.78 36.41		200m: 2:18.09 36.05 600m: 7:06.05 36.29 1000m: 11:58.45 36.68 1400m: 16:51.50 35.72	
250m: 2:53.85 35.76 650m: 7:42.46 36.41 1050m: 12:35.05 36.60 1450m: 17:27.20 35.70		300m: 3:30.00 36.15 700m: 8:18.25 35.79 1100m: 13:11.54 36.49 1500m: 18:00.99 33.79	
350m: 4:05.74 35.74 750m: 8:54.92 36.67 1150m: 13:48.14 36.60		400m: 4:41.66 35.92 800m: 9:30.99 36.07 1200m: 14:25.67 37.53	
3. NAVARRO MELGAR, Claudia	07	Metropole	<b>18:02.78</b> 33,00
50m: 32.48 32.48 450m: 5:21.41 36.63 850m: 10:13.60 36.31 1250m: 15:04.77 36.36		100m: 1:07.62 35.14 500m: 5:57.87 36.46 900m: 10:49.98 36.38 1300m: 15:40.87 36.10	
150m: 1:44.07 36.45 550m: 6:34.35 36.48 950m: 11:26.66 36.68 1350m: 16:16.75 35.88		200m: 2:20.34 36.27 600m: 7:10.98 36.63 1000m: 12:02.61 35.95 1400m: 16:53.27 36.52	
250m: 2:56.41 36.07 650m: 7:47.59 36.61 1050m: 12:39.09 36.48 1450m: 17:29.47 36.20		300m: 3:32.38 35.97 700m: 8:24.06 36.47 1100m: 13:15.58 36.49 1500m: 18:02.78 33.31	
350m: 4:08.52 36.14 750m: 9:00.73 36.67 1150m: 13:51.92 36.34		400m: 4:44.78 36.26 800m: 9:37.29 36.56 1200m: 14:28.41 36.49	



Prueba 18, Fem., 1500m Libre, Absoluto Femenino

Clasificación			AN				Tiempo	
<b>4. BASILI, Veronica</b>			<b>08</b>		<b>C.N. Teneteide</b>		<b>18:41.06</b> 32,00	
50m:	34.57	34.57	400m:	4:50.36	1:13.03	800m:	9:50.47	1:15.77
100m:	1:10.53	35.96	500m:	6:04.34	1:13.98	900m:	11:06.38	1:15.91
200m:	2:23.78	1:13.25	600m:	7:19.03	1:14.69	1000m:	12:24.47	1:18.09
300m:	3:37.33	1:13.55	700m:	8:34.70	1:15.67	1100m:	13:40.70	1:16.23
1200m:	14:56.81	1:16.11	1300m:	16:12.40	1:15.59	1400m:	17:28.13	1:15.73
1500m:	18:41.06	1:12.93						
<b>5. ARTILES CARBALLO, Irene</b>			<b>96</b>		<b>LasPalmas</b>		<b>18:41.64</b> 31,00	
50m:	33.64	33.64	450m:	5:27.57	36.92	850m:	10:29.05	38.42
100m:	1:09.80	36.16	500m:	6:04.84	37.27	900m:	11:07.04	37.99
150m:	1:46.14	36.34	550m:	6:42.02	37.18	950m:	11:45.32	38.28
200m:	2:22.79	36.65	600m:	7:19.50	37.48	1000m:	12:23.58	38.26
250m:	2:59.96	37.17	650m:	7:56.95	37.45	1050m:	13:01.54	37.96
300m:	3:36.76	36.80	700m:	8:34.63	37.68	1100m:	13:40.10	38.56
350m:	4:13.55	36.79	750m:	9:12.27	37.64	1150m:	14:17.93	37.83
400m:	4:50.65	37.10	800m:	9:50.63	38.36	1200m:	14:55.75	37.82
1250m:	15:34.27	38.52						
1300m:	16:12.29	38.02						
1350m:	16:50.43	38.14						
1400m:	17:27.73	37.30						
1450m:	18:05.09	37.36						
1500m:	18:41.64	36.55						
<b>6. SCARPA, Barbara</b>			<b>08</b>		<b>C.N. Reales</b>		<b>19:03.29</b> 30,00	
50m:	34.95	34.95	400m:	4:56.34	1:16.18	800m:	10:05.28	1:17.47
100m:	1:10.90	35.95	500m:	6:13.59	1:17.25	900m:	11:22.77	1:17.49
200m:	2:25.35	1:14.45	600m:	7:31.31	1:17.72	1000m:	12:39.78	1:17.01
300m:	3:40.16	1:14.81	700m:	8:47.81	1:16.50	1100m:	13:55.82	1:16.04
1200m:	15:13.46	1:17.64						
1300m:	16:31.80	1:18.34						
1400m:	17:48.74	1:16.94						
1500m:	19:03.29	1:14.55						
<b>7. JAEN SERRA, Naira</b>			<b>08</b>		<b>C.D.N. Nadamas Las Marinas</b>		<b>19:07.13</b> 29,00	
50m:	32.95	32.95	200m:	2:20.92	1:12.45	800m:	9:59.72	5:06.99
100m:	1:08.47	35.52	400m:	4:52.73	2:31.81	1500m:	19:07.13	9:07.41
<b>8. REINA LLAMAS, Arwen</b>			<b>08</b>		<b>C.N. Teneteide</b>		<b>19:23.94</b> 28,00	
50m:	34.19	34.19	400m:	5:00.65	1:17.72	800m:	10:13.26	1:19.43
100m:	1:11.18	36.99	500m:	6:18.00	1:17.35	900m:	11:32.66	1:19.40
200m:	2:26.47	1:15.29	600m:	7:35.91	1:17.91	1000m:	12:53.66	1:21.00
300m:	3:42.93	1:16.46	700m:	8:53.83	1:17.92	1100m:	14:13.24	1:19.58
1200m:	15:31.11	1:17.87						
1300m:	16:50.17	1:19.06						
1400m:	18:08.32	1:18.15						
1500m:	19:23.94	1:15.62						
<b>9. DIAZ SUAREZ, Mariela</b>			<b>03</b>		<b>R.C. Náutico De Tenerife</b>		<b>19:24.50</b> 27,00	
50m:	35.93	35.93	400m:	5:07.14	1:17.54	800m:	10:17.99	1:17.88
100m:	1:14.43	38.50	500m:	6:24.81	1:17.67	900m:	11:36.24	1:18.25
200m:	2:31.92	1:17.49	600m:	7:42.18	1:17.37	1000m:	12:54.93	1:18.69
300m:	3:49.60	1:17.68	700m:	9:00.11	1:17.93	1100m:	14:13.60	1:18.67
1200m:	15:32.40	1:18.80						
1300m:	16:51.08	1:18.68						
1400m:	18:09.11	1:18.03						
1500m:	19:24.50	1:15.39						
<b>10. GARCIA LOPEZ, Marta</b>			<b>03</b>		<b>R.C. Náutico De Tenerife</b>		<b>20:22.23</b> 26,00	
50m:	36.50	36.50	400m:	5:18.36	1:21.62	800m:	10:46.37	1:21.71
100m:	1:15.72	39.22	500m:	6:40.37	1:22.01	900m:	12:08.34	1:21.97
200m:	2:35.83	1:20.11	600m:	8:02.60	1:22.23	1000m:	13:30.95	1:22.61
300m:	3:56.74	1:20.91	700m:	9:24.66	1:22.06	1100m:	14:53.66	1:22.71
1200m:	16:16.33	1:22.67						
1300m:	17:39.05	1:22.72						
1400m:	19:02.02	1:22.97						
1500m:	20:22.23	1:20.21						
<b>11. HERNÁNDEZ CASTRILLO, Yessica</b>			<b>00</b>		<b>Agucan</b>		<b>20:28.29</b> 25,00	
50m:	35.68	35.68	450m:	5:59.95	41.01	850m:	11:30.52	41.24
100m:	1:14.87	39.19	500m:	6:41.19	41.24	900m:	12:11.49	40.97
150m:	1:54.85	39.98	550m:	7:22.14	40.95	950m:	12:52.27	40.78
200m:	2:35.69	40.84	600m:	8:03.72	41.58	1000m:	13:34.21	41.94
250m:	3:16.59	40.90	650m:	8:45.02	41.30	1050m:	14:15.73	41.52
300m:	3:57.25	40.66	700m:	9:26.60	41.58	1100m:	14:57.27	41.54
350m:	4:38.22	40.97	750m:	10:07.85	41.25	1150m:	15:38.92	41.65
400m:	5:18.94	40.72	800m:	10:49.28	41.43	1200m:	16:20.67	41.75
1250m:	17:02.02	41.35						
1300m:	17:43.75	41.73						
1350m:	18:25.30	41.55						
1400m:	19:06.81	41.51						
1450m:	19:47.92	41.11						
1500m:	20:28.29	40.37						
<b>12. DIAZ CRUZ, Isabel</b>			<b>10</b>		<b>LasPalmas</b>		<b>20:29.64</b> 24,00	
50m:	35.79	35.79	450m:	6:00.58	41.11	850m:	11:29.96	41.83
100m:	1:15.00	39.21	500m:	6:42.18	41.60	900m:	12:10.14	40.18
150m:	1:55.45	40.45	550m:	7:22.87	40.69	950m:	12:53.01	42.87
200m:	2:35.72	40.27	600m:	8:03.60	40.73	1000m:	13:35.42	42.41
250m:	3:16.55	40.83	650m:	8:44.61	41.01	1050m:	14:16.62	41.20
300m:	3:57.39	40.84	700m:	9:25.87	41.26	1100m:	14:58.14	41.52
350m:	4:38.00	40.61	750m:	10:06.87	41.00	1150m:	15:39.65	41.51
400m:	5:19.47	41.47	800m:	10:48.13	41.26	1200m:	16:21.76	42.11
1250m:	17:03.46	41.70						
1300m:	17:45.64	42.18						
1350m:	18:27.83	42.19						
1400m:	19:09.73	41.90						
1450m:	19:51.96	42.23						
1500m:	20:29.64	37.68						

Prueba 18, Fem., 1500m Libre, Absoluto Femenino

Clasificación			AN					Tiempo	
13.	JORGE FUENTES, Carla		11	Salinas				<b>20:38.12</b>	23,00
	50m:	35.66	35.66	450m:	6:02.01	41.33	850m:	11:37.51	42.12
	100m:	1:16.18	40.52	500m:	6:43.28	41.27	900m:	12:19.41	41.90
	150m:	1:56.34	40.16	550m:	7:25.91	42.63	950m:	13:01.54	42.13
	200m:	2:36.65	40.31	600m:	8:07.97	42.06	1000m:	13:43.41	41.87
	250m:	3:17.45	40.80	650m:	8:49.69	41.72	1050m:	14:25.68	42.27
	300m:	3:58.13	40.68	700m:	9:31.88	42.19	1100m:	15:07.77	42.09
	350m:	4:39.76	41.63	750m:	10:13.66	41.78	1150m:	15:49.72	41.95
	400m:	5:20.68	40.92	800m:	10:55.39	41.73	1200m:	16:31.83	42.11
14.	DE CASTRO URQUIOLA, Helena		04	Aguacan				<b>20:38.34</b>	22,00
	50m:	35.75	35.75	450m:	6:03.88	42.10	850m:	11:38.32	41.76
	100m:	1:15.17	39.42	500m:	6:45.88	42.00	900m:	12:19.87	41.55
	150m:	1:55.56	40.39	550m:	7:27.39	41.51	950m:	13:01.91	42.04
	200m:	2:36.90	41.34	600m:	8:09.20	41.81	1000m:	13:43.93	42.02
	250m:	3:17.73	40.83	650m:	8:50.69	41.49	1050m:	14:26.16	42.23
	300m:	3:58.54	40.81	700m:	9:33.09	42.40	1100m:	15:08.15	41.99
	350m:	4:40.21	41.67	750m:	10:14.96	41.87	1150m:	15:50.01	41.86
	400m:	5:21.78	41.57	800m:	10:56.56	41.60	1200m:	16:32.04	42.03
15.	LOPEZ SOSA, Carla		09	Salinas				<b>20:43.89</b>	21,00
	50m:	38.21	38.21	450m:	6:10.41	41.98	850m:	11:45.82	41.86
	100m:	1:18.91	40.70	500m:	6:52.21	41.80	900m:	12:27.36	41.54
	150m:	2:00.78	41.87	550m:	7:34.20	41.99	950m:	13:09.46	42.10
	200m:	2:41.99	41.21	600m:	8:16.31	42.11	1000m:	13:50.75	41.29
	250m:	3:23.67	41.68	650m:	8:58.41	42.10	1050m:	14:32.95	42.20
	300m:	4:05.13	41.46	700m:	9:40.30	41.89	1100m:	15:14.49	41.54
	350m:	4:47.28	42.15	750m:	10:22.59	42.29	1150m:	15:56.45	41.96
	400m:	5:28.43	41.15	800m:	11:03.96	41.37	1200m:	16:38.51	42.06
16.	MOURE GAO, Natalia		11	C.N. Los Cristianos				<b>20:50.93</b>	20,00
	50m:	36.80	36.80	400m:	5:22.04	1:22.12	800m:	11:01.01	1:25.36
	100m:	1:16.67	39.87	500m:	6:45.01	1:22.97	900m:	12:26.61	1:25.60
	200m:	2:37.34	1:20.67	600m:	8:09.75	1:24.74	1000m:	13:50.18	1:23.57
	300m:	3:59.92	1:22.58	700m:	9:35.65	1:25.90	1100m:	15:14.06	1:23.88
17.	ACUÑA VANKOVA, Bianca		08	C.D. Nonadamos				<b>21:15.35</b>	19,00
	50m:	37.12	37.12	200m:	2:43.38	1:25.22	800m:	11:20.83	5:45.92
	100m:	1:18.16	41.04	400m:	5:34.91	2:51.53	1500m:	21:15.35	9:54.52
18.	ROJAS PÉREZ, Reina Chiquinquirá		08	A.D. Santa Cruz				<b>21:44.75</b>	18,00
	50m:	38.63	38.63	400m:	5:40.95	1:28.66	800m:	11:28.09	1:26.05
	100m:	1:21.45	42.82	500m:	7:08.48	1:27.53	900m:	12:55.72	1:27.63
	200m:	2:45.48	1:24.03	600m:	8:36.03	1:27.55	1000m:	14:22.18	1:26.46
	300m:	4:12.29	1:26.81	700m:	10:02.04	1:26.01	1100m:	15:52.56	1:30.38
19.	GONZALEZ ROJAS, Sofia		06	C.N. Los Cristianos				<b>21:58.20</b>	17,00
	50m:	36.10	36.10	400m:	5:34.87	1:27.53	800m:	11:30.11	1:29.84
	100m:	1:17.08	40.98	500m:	7:02.32	1:27.45	900m:	13:00.58	1:30.47
	200m:	2:40.78	1:23.70	600m:	8:30.81	1:28.49	1000m:	14:31.23	1:30.65
	300m:	4:07.34	1:26.56	700m:	10:00.27	1:29.46	1100m:	16:02.11	1:30.88
20.	BINEATA SARGHI, Beatrice Valeria		07	C.D. Nonadamos				<b>22:22.61</b>	16,00
	50m:	38.84	38.84	200m:	2:51.78	1:29.51	800m:	11:48.51	5:59.72
	100m:	1:22.27	43.43	400m:	5:48.79	2:57.01	1500m:	22:22.61	10:34.10
21.	CABRERA SUAREZ, Julia		09	A.D. Santa Cruz				<b>22:47.07</b>	15,00
	50m:	38.14	38.14	400m:	5:56.18	1:31.75	800m:	12:03.14	1:31.22
	100m:	1:21.91	43.77	500m:	7:28.13	1:31.95	900m:	13:35.30	1:32.16
	200m:	2:53.32	1:31.41	600m:	9:00.12	1:31.99	1000m:	15:07.27	1:31.97
	300m:	4:24.43	1:31.11	700m:	10:31.92	1:31.80	1100m:	16:40.88	1:33.61
Baja enf.	DUQUE BROUARD, Elena		10	C.B. Dominicas Vistabella				-	-

Prueba 19  
12/11/2022

Masc., 4 x 200m Libre

Absoluto Masculino  
Resultados

Clasificación

								Tiempo
<b>1.</b>	<b>LasPalmas 1</b>		<b>LasPalmas</b>					<b>7:42.35</b> 38,00
	MORALES PULIDO, Kevin Jesus	93	27.92	30.29	29.64	29.15		1:57.00
	ROJAS JAVIGNAMO, Luis	03	0.00	25.93	28.68	29.35	29.46	1:53.42
	SANCHEZ JIMENEZ, Bruno	92	0.00	26.46	29.35	30.00	30.31	1:56.12
	DE LEON ARTEAGA, Gabriel	00	0.00	26.84	28.80	30.15	30.02	1:55.81
<b>2.</b>	<b>Metropole 1</b>		<b>Metropole</b>					<b>7:53.39</b> 32,00
	SANTANA RAMIREZ, Ángel	04	27.75	29.84	29.92	29.95		1:57.46
	COCERA CORDON, Yare	05	0.00	26.82	29.34	31.03	31.35	1:58.54
	MANNANOV, Eduard	86	0.00	27.14	30.03	32.02	32.60	2:01.79
	HERRERA TORRES, Carlos	04	0.00	25.18	28.93	30.88	30.61	1:55.60
<b>3.</b>	<b>Esna Lanzarote 1</b>		<b>Esna Lanzarote</b>					<b>7:58.94</b> 28,00
	FDEZ BERMUDEZ, Iker	06	28.97	30.34				2:03.71
	CALLERO MURILLO, Javier	07						2:00.75
	PEREZ MUÑOZ, Oscar	05						2:00.90
	RIJO MARTIN, Hugo	05						1:53.58
<b>4.</b>	<b>C.D.N. Nadamas Las Marinas 1</b>		<b>C.D.N. Nadamas Las Marinas</b>					<b>8:01.85</b> 26,00
	DE ARMAS DELGADO, Juan Jose	07	28.66	31.52				2:00.66
	JAEN SERRA, Andreu	06						2:01.89
	VIZCAINO RIGOL, Carlos	05						2:01.19
	LORENÇO FERREIRA, Gustavo	06						1:58.11
<b>5.</b>	<b>C.N. Reales 1</b>		<b>C.N. Reales</b>					<b>8:04.40</b> 24,00
	RAMOS DELGADO, Gabriel	05	27.53	29.58				1:58.59
	BELLO HERNANDEZ, Sergio	04						2:04.02
	RAMOS DELGADO, Ricardo	07						2:02.55
	HOLZENDORF DIONIS, Thomas	97						1:59.24
<b>6.</b>	<b>A.D. Santa Cruz 1</b>		<b>A.D. Santa Cruz</b>					<b>8:09.32</b> 22,00
	LUIS ALVAREZ, Oscar	02	28.00	30.08				2:01.15
	GUILLEN PEÑA, Victor	02						2:03.35
	TAVIO MEDINA, Emilio Jose	02						2:05.35
	COELLO TEJERA, Adrian	98						1:59.47
<b>7.</b>	<b>R.C. Náutico De Tenerife 1</b>		<b>R.C. Náutico De Tenerife</b>					<b>8:11.14</b> 20,00
	GUADALUPE NEGRIN, Jorge Ramses	03	27.28	29.83				2:01.20
	HILARIO REYES, Hugo	00						2:06.34
	RODRIGUEZ MARTIN, Eric	98						2:03.98
	GARCIA LOPEZ, Javier	99						1:59.62
<b>8.</b>	<b>C.N. Los Cristianos 1</b>		<b>C.N. Los Cristianos</b>					<b>8:16.78</b> 18,00
	CAPLLONCH DE UÑA, Ismael	07	28.55	30.99				2:01.39
	LATTANZIO ORTIVEROS, Kevin Alesio	05						2:03.86
	BOTELLO DE LA VEGA, Manuel	06						2:06.41
	ELMAALOU FERNANDEZ, Tarek Ould	06						2:05.12
<b>9.</b>	<b>C.N. Teneteide 1</b>		<b>C.N. Teneteide</b>					<b>8:23.28</b> 16,00
	PORRERO MARTIN, Jorge	07	27.74	30.73				2:02.55
	GONZALEZ NEGRIN, Aquiles	08						2:04.23
	CHAVES RODRIGUEZ, Cristian	07						2:08.37
	AMARO HERNANDEZ, Eduardo Asdrubal	06						2:08.13
<b>10.</b>	<b>Salinas 1</b>		<b>Salinas</b>					<b>8:27.29</b> 14,00
	MARTIN BETANCOR, Danilo	07	29.40	32.22	32.88	32.64		2:07.14
	CRUZ ARTILES, Antonio	02	0.00	29.21	31.77	32.93	31.90	2:05.81
	VALLEJO BUCK, Manuel	05	0.00	29.53	31.84	32.98	32.78	2:07.13
	MARTEL OJEDA, Raul Jose	01	0.00	28.78	32.00	33.28	33.15	2:07.21
<b>11.</b>	<b>C.N. Martianez Coral Hotels 1</b>		<b>C.N. Martianez Coral Hotels</b>					<b>8:35.27</b> 12,00
	DEVORA CHINEA, Diego	05	29.00	32.03				2:08.93
	MARTÍN GARCÍA, Mario	04						2:08.27
	HERNÁNDEZ MÉNDEZ, Julio	07						2:12.97
	GARCIA CASTILLO, Jose Victor	88						2:05.10

Prueba 19, Masc., 4 x 200m Libre, Absoluto Masculino

Clasificación				Tiempo				
12.	C.D. Herbania 1	C.D. Herbania		<b>8:47.81</b>	10,00			
	AVERO RODRIGUEZ, Aday	07	28.92	32.45	2:08.33			
	CARRERO SERRANO, Marcos Daniel	09			2:15.25			
	SUAREZ MONTERO, Nicolas	07			2:08.37			
	TORREIRO MARTINEZ, Carlos	06			2:15.86			
13.	C.D. Zero Wattios 1	C.D. Zero Wattios		<b>8:48.71</b>	8,00			
	MORALES LEMES, Marcos	05	28.47	31.55	2:02.56			
	VIÑA CABRERA, Juan Francisco	06			2:22.34			
	GROHN, Mark Benedikt	06			2:13.32			
	INFANTE FRANCU, Bruno	05			2:10.49			
14.	Aguacan 1	Aguacan		<b>8:49.81</b>	6,00			
	HERNÁNDEZ SUÁREZ, Bentchey	05	33.07	34.56	36.77	36.83	2:21.23	
	CHAVARREN CORUJO, Asier	98	0.00	28.65	33.04	34.40	35.26	2:11.35
	DOS REIS SANTANA, Alejandro	04	0.00	29.39	33.41	35.40	34.71	2:12.91
	CERPA CABALLERO, Jonay Salvador	99	0.00	28.22	31.70	32.65	31.75	2:04.32
15.	C. Telde 1	C. Telde		<b>8:51.96</b>	4,00			
	RAMIREZ MORALES, Sergio C.	03	29.54	32.26	34.26	34.14	2:10.20	
	CARDENES RODRIGUEZ, Cristo	02	0.00	30.39	33.76	35.78	36.35	2:16.28
	OUBIÑA CORVALAN, Marcos A	05	0.00	30.25	33.64	34.94	34.09	2:12.92
	CARRETERO SANTANA, Airam	94	0.00	30.32	33.79	35.17	33.28	2:12.56
16.	C.B. Dominicas Vistabella 1	C.B. Dominicas Vistabella		<b>9:04.56</b>	2,00			
	RAVELO SUAREZ, Antonio Jesus	09	31.37	33.77				2:15.27
	MORENO ALVAREZ, Alexis	08						2:14.49
	DUQUE BROUARD, Daniel	08						2:17.91
	ESTEVEZ GALVEZ, Carlos	08						2:16.89
17.	C.D. N. Bentacu-Laguna 1	C.D. N. Bentacu-Laguna		<b>9:16.71</b>	-			
	CURTIS LORENZO, Nathan	07	29.03	31.96				2:08.28
	RODRÍGUEZ GARCÍA, Iker	05						2:26.61
	OLIVER GARCÍA, Jesús	05						2:25.17
	HERRERA DEVORA, Kevin	00						2:16.65
18.	C.D. Nonadamos 1	C.D. Nonadamos		<b>9:32.39</b>	-			
	SEPULVEDA REAL, Aday	07	33.07	39.31				2:37.54
	ELVIRA GLAUBITZ, Alejandro	00						2:17.54
	PADRON MARTIN, Echedey	07						2:16.06
	PEREZ CERVILLA, Daniel	07						2:21.25

Prueba 20  
12/11/2022

Fem., 4 x 100m Libre

Absoluto Femenino  
Resultados

Clasificación				Tiempo			
1.	C.D.N. Nadamas Las Marinas 1	C.D.N. Nadamas Las Marinas		<b>4:04.39</b>	38,00		
	MORALES FAJARDO, Nora	10	1:04.87	VAZQUEZ HDEZ, Lucia	06	58.93	
	MARTIN CHRISTIANSEN, Nadia	05	1:01.68	DENBY, Kennedy Hope	05	58.91	
2.	Metropole 1	Metropole		<b>4:04.41</b>	32,00		
	BERNARD BERNARD, Escarlata	30.06	1:02.04	SANTANA DRAGO, Leire	0.00	29.05	1:00.78
	HERNANDEZ MARTIN, Nerea	0.00	1:01.13	SANTANA SANTANA, Andrea	0.00	29.03	1:00.46
3.	Esna Lanzarote 1	Esna Lanzarote		<b>4:05.62</b>	28,00		
	RIJO MARTIN, Sara	08	1:01.22	GONZALEZ MONTELONGO, Julia	08		1:03.56
	BARRIOS CORUJO, Maria	07	1:01.16	PEREZ MUÑOZ, Claudia	08		59.68
4.	C.N. Teneteide 1	C.N. Teneteide		<b>4:06.98</b>	26,00		
	MORENO ARMAS, Ainara	07	1:01.43	BASILI, Veronica	08		1:02.15
	BASILI, Eleonora	06	1:01.78	EXPOSITO AFONSO, Maria	02		1:01.62
5.	C.N. Reales 1	C.N. Reales		<b>4:11.17</b>	24,00		
	WOLGESCHAFFEN FERNANDEZ, S06ia	28.73	1:00.45	HERNÁNDEZ MARTÍN, Carla	08		1:02.87
	WOLGESCHAFFEN FERNANDEZ, F09ricia		1:05.81	LABRADOR CASTILLA, Paula Daoç05			1:02.04

Prueba 20, Fem., 4 x 100m Libre, Absoluto Femenino

Clasificación						Tiempo	
6.	Aguacan 1	Aguacan		<b>4:18.49</b>	22,00		
	MAÑOJIL CABRERA, Eva	30.60	1:05.01	CURBELO TEJERA, Laura	0.00	31.00	1:04.78
	ROMERO BASTERRECHEA, Andr0.00	30.73	1:05.20	CERPA CABALLERO, Xiomara M <sup>o</sup> 0.00		29.87	1:03.50
7.	R.C. Náutico De Tenerife 1	R.C. Náutico De Tenerife		<b>4:19.28</b>	20,00		
	SANCHEZ CABAÑAS, Naira 00	29.84	1:01.60	FERNANDEZ CHICO, Carmen	06		1:06.77
	GARCIA LOPEZ, Marta 03		1:06.19	DIAZ SUAREZ, Mariela	03		1:04.72
8.	C.N. Los Cristianos 1	C.N. Los Cristianos		<b>4:21.33</b>	18,00		
	CAPLLONCH DE UÑA, Lucia 05	31.60	1:06.37	SAIZ PEREZ, Mar	08		1:08.30
	GARABATOS RODRIGUEZ, Susana:79		1:01.60	MENDOZA HERNANDEZ, Natalia	05		1:05.06
9.	Salinas 1	Salinas		<b>4:22.34</b>	16,00		
	PULIDO SOSA, Valeria	31.44	1:05.13	DIAZ RODRIGUEZ, Grisela	0.00	30.31	1:05.25
	SOCORRO CASTRO, Rita 0.00	32.63	1:07.66	QUESADA GARCIA, Yanel	0.00	30.97	1:04.30
10.	LasPalmas 1	LasPalmas		<b>4:22.44</b>	14,00		
	MEJIAS INGLOTT, Valeria	32.30	1:04.96	ANGULO FALCON, Cristina	0.00	30.30	1:03.91
	BORDÓN CABRERA, Judith 0.00	30.73	1:06.70	MATOS QUEVEDO, María	0.00	32.04	1:06.87
11.	C.N. Martianez Coral Hotels 1	C.N. Martianez Coral Hotels		<b>4:22.48</b>	12,00		
	SOSA HERNANDEZ, Andrea Esthe04	29.27	1:00.62	HERNÁNDEZ CABO, Sofía	06		1:07.94
	PÉREZ-SIVERIO GARCÍA, Lara 06		1:07.34	SOSA GARCIA, Victoria	05		1:06.58
12.	C.D. N. Bentacu-Laguna 1	C.D. N. Bentacu-Laguna		<b>4:22.75</b>	10,00		
	NODA SÁEZ, Isabel 06	29.34	1:00.74	PADRÓN ORTIZ, Lucía	03		1:08.42
	MACHIN FERNANDEZ, Martina 06		1:08.59	PERDOMO DEL CASTILLO, Noa	07		1:05.00
13.	A.D. Santa Cruz 1	A.D. Santa Cruz		<b>4:28.52</b>	8,00		
	HERNANDEZ SANCHEZ, Lara 02	30.69	1:03.82	HERNANDEZ ALMENARA, Laia	08		1:09.50
	CASTRO ADRIAN, Michelle 02		1:08.62	CALVICHE FERNANDEZ, Nazaret	87		1:06.58
14.	C.B. Dominicás Vistabella 1	C.B. Dominicás Vistabella		<b>4:32.63</b>	6,00		
	DUQUE BROUARD, Elena 10	34.11	1:10.43	GONZÁLEZ QUINTANA, Valeria	08		1:05.93
	SOCAS REYES, Enma 07		1:11.12	GARRIDO ALONSO, Lucia	09		1:05.15
15.	C.D. Zero Wattios 1	C.D. Zero Wattios		<b>4:34.21</b>	4,00		
	FERNANDEZ RODRIGUEZ, Daniela 05	31.70	1:06.86	MARTÍN GONZÁLEZ, Valentina	06		1:11.54
	DE MARCO CASTAÑO, Carla 08		1:05.91	DE MARCO CASTAÑO, Natalia	08		1:09.90
16.	C.D. Herbania 1	C.D. Herbania		<b>4:38.31</b>	2,00		
	GARCIA GONZALEZ, Sara 06	31.25	1:06.50	PEREZ LUIS, Lucia	08		1:14.34
	FAJARDO SANCHEZ, Yaneli 05		1:13.90	DE LEON NERCELLAS, Noah	05		1:03.57
17.	C. Telde 1	C. Telde		<b>4:38.47</b>	-		
	SANTANA FLORES, Ainhoa	32.19	1:06.30	GONZALEZ CAMACHO, Desiree	0.00	32.26	1:09.92
	PEREZ SUAREZ, Laura 0.00	34.06	1:11.64	GIMENEZ CASTILLA, Maria	0.00	34.16	1:10.61
18.	C.D. Nonadamos 1	C.D. Nonadamos		<b>5:30.15</b>	-		
	PEREZ CERVILLA, Carla 09	39.74	1:21.17	ABDENABAOUI SAIDI, Malak	10		1:26.55
	GARCIA MONTESDEOCA, Martina 08		1:14.53	FERNANDEZ ALPERI, Noa	11		1:27.90