Prueba 14 — Masc., 400m Libre — 20+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA 4:16.08 DIAZ GONZALEZ, Juan Manuel 00468 Cáceres 11/05/2019

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1056807	TRINIDAD SANCHO, Carlos	2004	C.N. Merida	**4:07.28**	18,00	632
		Récord de Extremadura					

50m:	27.46	27.46	150m:	1:29.29	31.08	250m:	2:31.61	31.24	350m:	3:35.80	32.26
100m:	58.21	30.75	200m:	2:00.37	31.08	300m:	3:03.54	31.93	400m:	4:07.28	31.48

2.	1266277	MARTINEZ FUENTES, Carlos	2003	C.N. Merida	**5:30.36**	10,00	265				
50m:	38.54	38.54	150m:	1:59.04	40.34	250m:	3:23.04	42.24	350m:	4:48.41	42.95
100m:	1:18.70	40.16	200m:	2:40.80	41.76	300m:	4:05.46	42.42	400m:	5:30.36	41.95

Prueba 14 — Masc., 400m Libre — 25+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA 4:16.70 CORCHO PORTILLO, Carlos 00798 Plasencia 21/03/2015

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1157809	RUIZ MARTIN, Jesus	1997	C.D.N.Arahal	**4:50.31**	-	390

50m:	31.80	31.80	150m:	1:44.39	37.04	250m:	2:59.74	37.61	350m:	4:14.92	37.40
100m:	1:07.35	35.55	200m:	2:22.13	37.74	300m:	3:37.52	37.78	400m:	4:50.31	35.39

2.	1255527	HORMIGO LOPEZ, Jose Antonio	1997	C.N. Almendralejo	**5:24.45**	13,00	279				
50m:	36.27	36.27	150m:	1:56.56	41.33	250m:	3:21.36	42.58	350m:	4:46.47	41.16
100m:	1:15.23	38.96	200m:	2:38.78	42.22	300m:	4:05.31	43.95	400m:	5:24.45	37.98

3.	1039566	HERNANDEZ MOLANO, Adrian	1998	A.D. Plasencia 96	**5:34.00**	10,00	256				
50m:	34.64	34.64	150m:	1:54.63	40.48	250m:	3:20.02	43.14	350m:	4:49.11	45.42
100m:	1:14.15	39.51	200m:	2:36.88	42.25	300m:	4:03.69	43.67	400m:	5:34.00	44.89

4.	1091914	HOLGUERA HENAO, Antonio Manuel	1997	C.N. Badajoz	**6:16.00**	8,00	179				
50m:	39.38	39.38	150m:	2:12.66	47.78	250m:	3:50.19	48.91	350m:	5:28.75	49.29
100m:	1:24.88	45.50	200m:	3:01.28	48.62	300m:	4:39.46	49.27	400m:	6:16.00	47.25

5.	1266279	GALLARDO SANCHEZ, Pedro	1998	C.N. Merida	**7:11.80**	7,00	118				
50m:	41.05	41.05	150m:	2:24.15	54.15	300m:	5:15.23	1:54.87	400m:	7:11.80	56.15
100m:	1:30.00	48.95	200m:	3:20.36	56.21	350m:	6:15.65	1:00.42			

Prueba 14 — Masc., 400m Libre — 30+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA 4:28.09 CORCHO PORTILLO, Carlos 00798 Badajoz (San Roque) 06/05/2023

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1196215	PEREZ FRANCO, Ismael	1994	C.N. Merida	**5:26.53**	13,00	274

50m:	35.05	35.05	150m:	1:54.36	40.71	250m:	3:17.55	41.06	400m:	5:26.53	1:27.02
100m:	1:13.65	38.60	200m:	2:36.49	42.13	300m:	3:59.51	41.96			

2.	1196144	RODRIGUEZ AMIGO, Jesus	1993	C.N. Merida	**5:31.69**	10,00	262				
50m:	36.10	36.10	150m:	1:57.08	41.22	250m:	3:21.66	43.21	350m:	4:47.93	43.11
100m:	1:15.86	39.76	200m:	2:38.45	41.37	300m:	4:04.82	43.16	400m:	5:31.69	43.76

3.	1089019	DEL ALAMO VENEGAS, Juan Jose	1992	El Perú Cáceres Wellness	**5:38.34**	8,00	246				
50m:	34.64	34.64	150m:	1:56.00	41.58	250m:	3:22.38	43.84	350m:	4:53.45	46.42
100m:	1:14.42	39.78	200m:	2:38.54	42.54	300m:	4:07.03	44.65	400m:	5:38.34	44.89

4.	1265432	ALVERO ZAMBRANO, Vicente	1992	A.D. Plasencia 96	**6:13.48**	7,00	183				
50m:	38.21	38.21	150m:	2:09.80	47.41	250m:	3:46.32	48.29	350m:	5:24.67	49.25
100m:	1:22.39	44.18	200m:	2:58.03	48.23	300m:	4:35.42	49.10	400m:	6:13.48	48.81

Prueba 14, Masc., 400m Libre

Prueba 14 — Masc., 400m Libre — 35+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA 4:23.55 CASTELLANO JIMÉNEZ, Rafael 01263 Pontevedra 21/02/2015

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1253986	RUIZ SANCHEZ, Jaime	1989	C.N. Merida	**5:57.08**	13,00	210
2.	1270893	PALOS DE LA FUENTE, Fernando	1987	C.N. Merida	**6:09.19**	10,00	190
3.	1267263	PIFANO JIMENEZ, Christian Alejandro	1990	C.N. Badajoz	**7:39.96**	8,00	98

1.	50m:	36.79	36.79	150m:	2:01.71	43.66	250m:	3:35.95	47.03	350m:	5:11.78	48.35
	100m:	1:18.05	41.26	200m:	2:48.92	47.21	300m:	4:23.43	47.48	400m:	5:57.08	45.30
2.	50m:	37.95	37.95	150m:	2:03.89	44.69	250m:	3:39.61	49.19	350m:	5:20.55	50.61
	100m:	1:19.20	41.25	200m:	2:50.42	46.53	300m:	4:29.94	50.33	400m:	6:09.19	48.64
3.	50m:	45.96	45.96	150m:	2:37.20	58.12	250m:	4:37.88	1:00.66	350m:	6:41.35	1:01.95
	100m:	1:39.08	53.12	200m:	3:37.22	1:00.02	300m:	5:39.40	1:01.52	400m:	7:39.96	58.61

Prueba 14 — Masc., 400m Libre — 40+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA 4:33.46 CASTELLANO JIMÉNEZ, Rafael 01263 Pontevedra 04/03/2022

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1256844	CABANILLAS PROVENCIO, Antonio Jose	1981	C.N. Badajoz	**5:19.66**	13,00	292
2.	1269542	BARRAGAN MACHO, Victor Manuel	1984	C.N. Merida	**5:31.18**	10,00	263
3.	1248797	VAZQUEZ BARRANCA, Jesus Maria	1983	C.N. Maimona	**6:01.25**	8,00	202
4.	1237544	NIEUWOUDT, Daniel Johannes	1982	C.N. Badajoz	**6:10.90**	7,00	187

1.	50m:	36.30	36.30	150m:	1:55.48	39.91	250m:	3:16.94	40.61	350m:	4:38.41	40.75
	100m:	1:15.57	39.27	200m:	2:36.33	40.85	300m:	3:57.66	40.72	400m:	5:19.66	41.25
2.	50m:	37.12	37.12	150m:	1:58.58	41.27	250m:	3:23.70	42.80	350m:	4:50.50	43.02
	100m:	1:17.31	40.19	200m:	2:40.90	42.32	300m:	4:07.48	43.78	400m:	5:31.18	40.68
3.	50m:	38.57	38.57	150m:	2:09.69	47.31	250m:	3:45.48	48.75	350m:	5:20.62	47.45
	100m:	1:22.38	43.81	200m:	2:56.73	47.04	300m:	4:33.17	47.69	400m:	6:01.25	40.63
4.	50m:	41.45	41.45	150m:	2:14.69	47.55	250m:	3:51.49	48.45	350m:	5:28.78	49.12
	100m:	1:27.14	45.69	200m:	3:03.04	48.35	300m:	4:39.66	48.17	400m:	6:10.90	42.12

Prueba 14 — Masc., 400m Libre — 45+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA 5:01.57 SOUSA LLERENA, Fernando Santia00245 Plasencia 28/05/2022

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1106950	RODRIGUEZ GARDUÑO, Jorge	1976	C.D. Jerez Natacion Master	**5:32.70**	-	259
2.	1074497	MOYANO LLERA, Manuel Alfonso	1980	C.N. Maimona	**6:17.61**	13,00	177
3.	1038732	TENA CALDERON, Jose Angel	1979	El Perú Cáceres Wellness	**6:26.30**	10,00	165
4.	1267219	PADILLA PACHON, Jose Maria	1980	C.N. Maimona	**6:39.28**	8,00	150

1.	50m:	37.19	37.19	150m:	1:58.85	41.43	250m:	3:24.63	43.05	350m:	4:50.74	43.69
	100m:	1:17.42	40.23	200m:	2:41.58	42.73	300m:	4:07.05	42.42	400m:	5:32.70	41.96
2.	50m:	39.88	39.88	150m:	2:13.13	47.58	250m:	3:50.23	48.66	350m:	5:28.74	49.10
	100m:	1:25.55	45.67	200m:	3:01.57	48.44	300m:	4:39.64	49.41	400m:	6:17.61	48.87
3.	50m:	42.95	42.95	150m:	2:16.50	47.66	250m:	3:55.05	49.65	350m:	5:35.51	50.29
	100m:	1:28.84	45.89	200m:	3:05.40	48.90	300m:	4:45.22	50.17	400m:	6:26.30	50.79
4.	50m:	41.24	41.24	150m:	2:15.76	48.75	250m:	3:59.57	52.54	350m:	5:45.20	52.66
	100m:	1:27.01	45.77	200m:	3:07.03	51.27	300m:	4:52.54	52.97	400m:	6:39.28	54.08

Prueba 14, Masc., 400m Libre, 45+

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
5.	1221286	QUESADA LOPEZ, Jose Luis	1979	C.N. Merida	**7:16.48**	7,00	114
		50m: 55.76 55.76 150m: 2:45.79 53.75 250m: 4:35.63 54.76 350m: 6:23.80 55.71					
		100m: 1:52.04 56.28 200m: 3:40.87 55.08 300m: 5:28.09 52.46 400m: 7:16.48 52.68					

Prueba 14 — Masc., 400m Libre — 50+

24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA 5:01.05 SOUSA LLERENA, Fernando Santia00245 PLASENCIA 25/05/2024

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1077521	MACARRO SANCHO, Jesus	1974	Natacion Sevilla Master, C.D.	**5:00.89**	-	351
		50m: 33.12 33.12 150m: 1:47.87 37.88 250m: 3:04.69 38.60 350m: 4:23.13 39.17					
		100m: 1:09.99 36.87 200m: 2:26.09 38.22 300m: 3:43.96 39.27 400m: 5:00.89 37.76					
2.	1076059	SOUSA LLERENA, Fernando Santiago	1973	C.N. Maimona	**5:08.65**	13,00	325
		50m: 33.92 33.92 150m: 1:49.22 38.02 250m: 3:07.52 39.20 350m: 4:27.97 40.39					
		100m: 1:11.20 37.28 200m: 2:28.32 39.10 300m: 3:47.58 40.06 400m: 5:08.65 40.68					
3.	1058074	NUÑEZ PEREZ, Francisco Javier	1972	Club Arriacense Natacion	**5:18.35**	-	296
		50m: 35.40 35.40 150m: 1:55.57 40.52 250m: 3:15.51 40.28 350m: 4:37.60 41.42					
		100m: 1:15.05 39.65 200m: 2:35.23 39.66 300m: 3:56.18 40.67 400m: 5:18.35 40.75					
4.	1059844	PAREJO GUTIERREZ, Miguel	1975	C.N. Merida	**5:26.07**	10,00	275
		50m: 36.15 36.15 150m: 1:55.94 40.78 250m: 3:19.81 41.96 350m: 4:45.00 42.56					
		100m: 1:15.16 39.01 200m: 2:37.85 41.91 300m: 4:02.44 42.63 400m: 5:26.07 41.07					
5.	1133775	SANCHEZ ESCOLAR, Alejandro	1975	A.D. Plasencia 96	**5:31.30**	8,00	262
		50m: 36.86 36.86 150m: 1:58.55 41.43 250m: 3:23.74 43.22 350m: 4:51.01 43.29					
		100m: 1:17.12 40.26 200m: 2:40.52 41.97 300m: 4:07.72 43.98 400m: 5:31.30 40.29					
6.	1050667	CAPUTTO CAMARENA, Javier	1971	Club Arriacense Natacion	**5:31.87**	-	261
		50m: 35.91 35.91 150m: 1:59.14 41.94 250m: 3:25.24 42.89 350m: 4:51.73 42.66					
		100m: 1:17.20 41.29 200m: 2:42.35 43.21 300m: 4:09.07 43.83 400m: 5:31.87 40.14					
7.	1265428	TORRE RUIZ, Gonzalo	1971	A.D. Plasencia 96	**6:02.51**	7,00	200
		50m: 38.94 38.94 150m: 2:08.49 46.06 250m: 3:44.91 48.43 350m: 5:18.60 46.64					
		100m: 1:22.43 43.49 200m: 2:56.48 47.99 300m: 4:31.96 47.05 400m: 6:02.51 43.91					
8.	1249911	REMON SEÑORAN, Angel Luis	1971	A.D. Plasencia 96	**6:10.09**	6,00	188
		50m: 41.64 41.64 150m: 2:12.83 47.12 250m: 3:47.33 46.88 350m: 5:23.12 47.50					
		100m: 1:25.71 44.07 200m: 3:00.45 47.62 300m: 4:35.62 48.29 400m: 6:10.09 46.97					
9.	1212817	ERASO SIERRA, Roberto	1973	C.N. Bahia De Cadiz	**6:25.85**	-	166
		50m: 41.50 41.50 150m: 2:19.30 50.02 250m: 3:59.15 49.94 350m: 5:37.62 49.02					
		100m: 1:29.28 47.78 200m: 3:09.21 49.91 300m: 4:48.60 49.45 400m: 6:25.85 48.23					
10.	1056382	PAREDES DAVILA, Pedro	1974	C.N. Badajoz	**6:54.26**	5,00	134
		50m: 46.08 46.08 150m: 2:28.09 52.03 250m: 4:14.84 54.18 350m: 6:01.58 52.54					
		100m: 1:36.06 49.98 200m: 3:20.66 52.57 300m: 5:09.04 54.20 400m: 6:54.26 52.68					
11.	1249722	GONZALEZ VELASCO, Horacio Manuel	1971	El Perú Cáceres Wellness	**7:25.95**	4,00	107
		50m: 48.15 48.15 150m: 2:39.53 56.53 250m: 4:34.86 57.64 350m: 6:30.88 57.60					
		100m: 1:43.00 54.85 200m: 3:37.22 57.69 300m: 5:33.28 58.42 400m: 7:25.95 55.07					
Baja	1055832	ESCRIBANO GOMEZ, Pedro	1972	El Perú Cáceres Wellness		-	

Prueba 14, Masc., 400m Libre

Prueba 14 — Masc., 400m Libre — 55+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA	5:19.01	ORDOÑEZ BERMEJO, Angel Antonio	00798	Badajoz (San Roque)	15/02/2025

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1076076	SABATER REDONDO, Jorge	1968	C.N. Cuatro Caminos	**4:54.62**	-	373
2.	1196213	GONZALEZ MARIN, Vicente	1969	C.N. Merida	**5:34.62**	13,00	255
3.	1055861	CARMONA BERNAL, Jose Ignacio	1969	El Perú Cáceres Wellness	**5:37.33**	10,00	249
4.	1056335	GARCIA RAMOS, Jose Antonio	1967	C.N. Badajoz	**7:53.05**	8,00	90
5.	1037179	TAPIA ROMERO, Antonio Miguel	1968	C.N. Merida	**7:55.04**	7,00	89

1.	50m:	33.50	33.50	150m:	1:46.52	37.02	250m:	3:01.89	37.91	350m:	4:18.01	37.93
	100m:	1:09.50	36.00	200m:	2:23.98	37.46	300m:	3:40.08	38.19	400m:	4:54.62	36.61
2.	50m:	36.79	36.79	150m:	1:59.08	42.03	250m:	3:24.86	43.43	350m:	4:52.69	43.97
	100m:	1:17.05	40.26	200m:	2:41.43	42.35	300m:	4:08.72	43.86	400m:	5:34.62	41.93
3.	50m:	36.87	36.87	150m:	1:59.08	41.76	250m:	3:26.05	43.72	350m:	4:54.86	44.79
	100m:	1:17.32	40.45	200m:	2:42.33	43.25	300m:	4:10.07	44.02	400m:	5:37.33	42.47
4.	50m:	48.87	48.87	150m:	2:47.06	1:00.53	250m:	4:50.98	1:02.24	350m:	6:56.49	1:01.66
	100m:	1:46.53	57.66	200m:	3:48.74	1:01.68	300m:	5:54.83	1:03.85	400m:	7:53.05	56.56
5.	50m:	49.32	49.32	150m:	2:48.09	1:00.74	250m:	4:51.84	1:03.02	350m:	6:57.55	1:02.43
	100m:	1:47.35	58.03	200m:	3:48.82	1:00.73	300m:	5:55.12	1:03.28	400m:	7:55.04	57.49

Prueba 14 — Masc., 400m Libre — 60+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA	6:08.63	BERNABE MARTIN, Gonzalo Jose	01331	PLASENCIA	25/05/2024

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1045685	BERNABE MARTIN, Gonzalo Jose *Récord de Extremadura*	1964	Club Deportivo Escuela De Natacion Pis	**6:06.09**	18,00	194
2.	1074928	JIMENEZ CAMACHO, Francisco Manuel	1965	Cn.Caceres Delfines	**6:38.01**	10,00	151
3.	1074850	RODRIGUEZ GESTOSO, Antonio	1962	C.N. Bahia De Cadiz	**6:42.05**	-	147

1.	50m:	41.46	41.46	150m:	2:11.40	45.61	250m:	3:44.33	46.51	350m:	5:19.16	47.32
	100m:	1:25.79	44.33	200m:	2:57.82	46.42	300m:	4:31.84	47.51	400m:	6:06.09	46.93
2.	50m:	43.41	43.41	150m:	2:20.09	50.09	250m:	4:03.87	52.12	350m:	5:47.29	51.84
	100m:	1:30.00	46.59	200m:	3:11.75	51.66	300m:	4:55.45	51.58	400m:	6:38.01	50.72
3.	50m:	43.59	43.59	150m:	2:23.93	51.10	250m:	4:09.04	53.14	350m:	5:51.39	51.02
	100m:	1:32.83	49.24	200m:	3:15.90	51.97	300m:	5:00.37	51.33	400m:	6:42.05	50.66

Prueba 14 — Masc., 400m Libre — 65+
24/05/2025 - 17:34 — Resultados

RECORD EXTREMADURA	6:36.26	LEON GUTIERREZ, Fco. Juan	00798	Badajoz (San Roque)	15/02/2025

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1074846	PARRADO RAMOS, Antonio	1956	C.N. Bahia De Cadiz	**6:42.46**	-	146

1.	50m:	47.02	47.02	150m:	2:28.18	51.33	250m:	4:11.22	51.76	350m:	5:53.13	50.56
	100m:	1:36.85	49.83	200m:	3:19.46	51.28	300m:	5:02.57	51.35	400m:	6:42.46	49.33