

# MEJORES MARCAS MASCULINAS C.N. GREDOS SAN DIEGO p. 25m. a 30-09-2016

ANO 2015	12 ANOS (2004)	13 ANOS (2003)	14 ANOS (2002)	15 ANOS (2001)	16 ANOS (2000)	ABSOLUTO
50 LIBRE	IVÁN SÁNCHEZ 00:29,34 (Madrid, 28-04-13)	DIEGO FERNÁNDEZ 00:27,92 (Madrid, 20-11-10)	DIEGO FERNÁNDEZ 00:25,56 (Madrid, 20-11-11)	ALBERTO GARCÍA 00:24:41 (Madrid, 08-11-15)	GONZALO CARAZO 00:24,14 (Mallorca 10-03-12)	ÁLVARO VEGA 00:22,84 (Sabadell, 12-12-14)
100 LIBRE	SERGIO SÁNCHEZ 01:02,41 (Madrid, 26-10-13)	DIEGO FERNÁNDEZ 00:58,49 (Madrid, 20-11-10)	DIEGO FERNÁNDEZ 00:55,62 (Madrid, 11-12-11)	ALBERTO GARCÍA 00:53,02 (Madrid, 07-11-15)	GONZALO CARAZO 00:51,87 (Mallorca 9-03-12)	RAÚL SÁNCHEZ 00:50,93 (Madrid, 22-11-14)
200 LIBRE	SERGIO SÁNCHEZ 02:13,59 (Madrid, 22-12-13)	SERGIO SÁNCHEZ 02:09,24 (Madrid, 30-03-14)	DIEGO FERNÁNDEZ 02:02,17 (Sabadell, 20-03-11)	GONZALO CARAZO 01:56,60 (Madrid, 20-11-11)	RAUL SÁNCHEZ 01:53,70 (Mallorca, 30-11-12)	RAÚL SÁNCHEZ 01:51,40 (Castellón, 29-11-13)
400 LIBRE	SERGIO SÁNCHEZ 04:36,91 (Madrid, 22-12-13)	SERGIO SÁNCHEZ 04:31,26 (Madrid, 24-05-14)	SERGIO SÁNCHEZ 04:13,87 (Madrid, 07-03-2015)	SERGIO SANTISTEBAN 04:06,79 (Madrid, 07-11-15)	HÉCTOR GÓMEZ 03:56,14 (Gijón, 28-11-15)	HÉCTOR GÓMEZ 03:56,14 (Gijón, 28-11-15)
800 LIBRE						HÉCTOR GÓMEZ 07:58,46 (Gijón, 29-11-15)
1500 LIBRE	NICOLÁS GARCÍA 19:05,03 (Madrid, 13-12-14)	JUAN FCO. GARCÍA 17:51,08 (Madrid, 12-05-12)	SERGIO SANTISTEBAN 16:21,62 (Madrid, 23-11-14)	SERGIO SANTISTEBAN 15:42,73 (Madrid, 08-11-15)	RAUL SÁNCHEZ 15:37,55 (Mallorca, 30-11-12)	RAUL SÁNCHEZ 15:37,55 (Mallorca, 30-11-12)
50 MARIPOSA	SERGIO SÁNCHEZ 00:30,33 (Madrid, 22-12-13)	SERGIO SÁNCHEZ 00:30,55 (Madrid, 27-04-14)	PABLO MARTÍN 00:28,24 (Madrid, 19-12-10)	IÑIGO PAINO 00:27,25 (Madrid, 22-11-14)	GONZALO CARAZO 00:26,99 (Mallorca, 10-03-12)	ÁLVARO VEGA 00:23,86 (Sabadell, 14-12-14)
100 MARIPOSA	SERGIO SÁNCHEZ 01:06:35 (Madrid, 22-12-13)	SERGIO SÁNCHEZ 01:05,69 (Madrid, 23-05-14)	SERGIO SÁNCHEZ 01:03,61 (Cáceres, 25-04-15)	JAVIER NICOLÁS 00:58,52 (Madrid, 08-11-15)	GONZALO CARAZO 00:57,28 (Mallorca, 10-03-12)	RAÚL SÁNCHEZ 00:53,92 Gijón, 27-11-15)
200 MARIPOSA	JUAN FCO. GARCÍA 02:42,82 (Madrid, 19-03-11)	JUAN FCO. GARCÍA 02:31,93 (Madrid, 31-03-12)	GONZALO CARAZO 02:15,26 (Madrid, 12-12-10)	PABLO MARTÍN 02:09,98 (Madrid, 19-11-11)	GONZALO CARAZO 02:08,27 (Mallorca, 10-03-12)	GONZALO CARAZO 02:07,25 (Madrid, 02-11-13)
50 ESPALDA	SERGIO SÁNCHEZ 00:32,97 (Arganda, 11-05-13)	SERGIO SÁNCHEZ 01:04,36 (Coslada, 01-06-14)	ALBERTO GARCÍA 00:29,14 (Madrid, 22-11-14)	SERGIO SANTISTEBAN 00:29,19 (Madrid, 07-11-15)	HÉCTOR GÓMEZ 00:27,22 (Gijón, 29-11-15)	ÁLVARO VEGA 00:24,50 (Sabadell, 12-12-14)
100 ESPALDA	SERGIO SÁNCHEZ 01:09,44 (Arganda, 12-05-13)	SERGIO SÁNCHEZ 01:04,36 (Coslada, 01-06-14)	ALBERTO GARCÍA 00:59,80 (Madrid, 22-11-14)	SERGIO SANTISTEBAN 00:59,26 (Madrid, 07-11-15)	HÉCTOR GÓMEZ 00:55,99 (Gijón, 29-11-15)	ÁLVARO VEGA 00:53,26 (Sabadell, 14-12-14)
200 ESPALDA	SERGIO SÁNCHEZ 02:23,80 (Madrid, 26-10-13)	SERGIO SÁNCHEZ 02:23,80 (Madrid, 26-10-14)	SERGIO SANTISTEBAN 02:10,54 (Madrid, 23-11-14)	SERGIO SANTISTEBAN 02:07,02 (Madrid, 08-11-15)	ROBERTO VEGA 02:06,68 (Castellón, 30-11-13)	RAÚL SÁNCHEZ 01:58,24 (Sabadell, 13-12-14)
50 BRAZA	ALONSO CARAZO 00:36,90 (Madrid, 14-01-12)	ALONSO CARAZO 00:31,07 (Coslada, 01-06-14)	GONZALO CARAZO 00:32,34 (Madrid, 19-12-10)	DAVID MAZANO 00:31,12 (Madrid, 10-11-12)	GONZALO CARAZO 00:30,44 (Mallorca, 01-12-12)	ALBERTO TORRES 00:28,70 (Mallorca, 30-11-12)
100 BRAZA	ALONSO CARAZO 01:18,72 (Madrid, 28-10-12)	ALONSO CARAZO 01:13,70 (Madrid, 22-12-13)	GONZALO CARAZO 01:07,64 (Madrid, 14-11-10)	GONZALO CARAZO 01:07,31 (Madrid, 17-02-11)	GONZALO CARAZO 01:03,75 (Mallorca, 02-12-12)	ALBERTO TORRES 01:03,28 (Mallorca, 02-12-12)
200 BRAZA	SERGIO SÁNCHEZ 02:50,13 (Móstoles, 23-11-13)	ALONSO CARAZO 02:42,52 (Móstoles, 23-11-13)	GONZALO CARAZO 02:25,54 (Madrid, 19-12-10)	GONZALO CARAZO 02:24,84 (Madrid, 10-12-11)	GONZALO CARAZO 02:20,30 (Mallorca, 10-03-12)	ALBERTO TORRES 02:17,00 (Mallorca, 01-12-12)
200 ESTILOS	IVÁN SÁNCHEZ 02:32,10 (Madrid, 28-04-13)	SERGIO SÁNCHEZ 02:25,00 (Madrid, 27-04-14)	GONZALO CARAZO 02:12,42 (Madrid, 19-12-10)	GONZALO CARAZO 02:10,06 (Madrid, 10-12-11)	GONZALO CARAZO 02:03,62 (Mallorca, 02-12-12)	GONZALO CARAZO 02:02,33 (Castellón, 01-12-13)
400 ESTILOS	ALONSO CARAZO 05:32,81 (Madrid, 13-05-12)	SERGIO SÁNCHEZ 05:08,37 (Madrid, 30-03-14)	GONZALO CARAZO 04:44,79 (Madrid, 11-12-10)	ALONSO CARAZO 04:35,56 (Madrid, 07-11-15)	HÉCTOR GÓMEZ 04:21,38 (Gijón, 28-11-15)	HÉCTOR GÓMEZ 04:21,38 (Gijón, 28-11-15)

Mejor Marca Madrileña

Mejor Marca Nacional

*Estos datos están sacados de los resultados oficiales de la FMN y RFEN de las últimas temporadas. Cualquier error que puedan detectar mandar un email a [natacion@gsd.coop](mailto:natacion@gsd.coop)*