



CTO CYL ABSOLUTO OPEN VERANO-CTO CYL JUNIOR VERANO VA  
VALLADOLID, 1 - 2/7/2023

Prueba 27  
02/07/2023 - 10:09

Fem., 400m Libre

Absoluto Femenino  
Resultados

MM 17	4:14.72	, CAÑAS GARRIDO SARA	DOHA	09/12/2009
MM 16	4:18.55	, CAÑAS GARRIDO SARA	BELGRADO	31/07/2008
MM 15	4:25.52	, CAÑAS GARRIDO SARA	GIJON	22/12/2007
MM 14	4:28.09	, CAÑAS GARRIDO SARA	RIO MAYOR	30/06/2006
MM 13	4:33.63	, CAÑAS GARRIDO SARA	VALLADOLID	26/06/2005
RA	4:14.72	, CAÑAS GARRIDO SARA	DOHA	31/12/2009

Puntos: FINA 2023

Clasificación AN Tiempo Pts

16 años

1. SANZ GOBERNADO, Laura	07	C.N. Riavall	<b>4:43.69</b>	578
50m: 32.00 32.00	150m: 1:43.98	36.42 250m: 2:56.90	36.26 350m: 4:08.85	35.71
100m: 1:07.56 35.56	200m: 2:20.64	36.66 300m: 3:33.14	36.24 400m: 4:43.69	34.84
2. ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora	<b>4:48.47</b>	550
50m: 31.90 31.90	150m: 1:43.08	36.08 250m: 2:56.21	36.44 350m: 4:10.96	37.52
100m: 1:07.00 35.10	200m: 2:19.77	36.69 300m: 3:33.44	37.23 400m: 4:48.47	37.51
3. IBAÑEZ MUÑOZ, Irene	07	C.N. Castilla-Burgos	<b>5:09.93</b>	443
50m: 34.09 34.09	150m: 1:51.59	39.45 250m: 3:10.39	39.54 350m: 4:30.49	40.22
100m: 1:12.14 38.05	200m: 2:30.85	39.26 300m: 3:50.27	39.88 400m: 5:09.93	39.44
4. MARTIN ALVARO, Lucia	07	C.D Triatlón Lacerta	<b>5:33.39</b>	356
50m: 36.35 36.35	150m: 2:00.40	42.97 250m: 3:26.26	43.14 350m: 4:53.16	43.80
100m: 1:17.43 41.08	200m: 2:43.12	42.72 300m: 4:09.36	43.10 400m: 5:33.39	40.23
5. NIETO HERNANDEZ, Irene	07	C.N. Parquesol	<b>5:42.65</b>	328
50m: 36.52 36.52	150m: 2:02.86	43.96 250m: 3:31.24	44.47 350m: 4:59.79	44.00
100m: 1:18.90 42.38	200m: 2:46.77	43.91 300m: 4:15.79	44.55 400m: 5:42.65	42.86
6. MOREDA VILLA, Nadia	07	C.N. Riavall	<b>5:43.10</b>	327
50m: 37.56 37.56	150m: 2:01.94	42.74 250m: 3:28.75	44.55 350m: 4:59.04	45.37
100m: 1:19.20 41.64	200m: 2:44.20	42.26 300m: 4:13.67	44.92 400m: 5:43.10	44.06
7. CORRALES GARCIA, Alexandra	07	C.Acuatico Salamanca	<b>5:50.55</b>	306
50m: 38.08 38.08	150m: 2:05.33	44.36 250m: 3:35.91	45.65 350m: 5:07.11	45.54
100m: 1:20.97 42.89	200m: 2:50.26	44.93 300m: 4:21.57	45.66 400m: 5:50.55	43.44
8. VELAZQUEZ FRADEJAS, Paula	07	C.N.Castilla Zamora	<b>5:55.61</b>	293
50m: 37.41 37.41	150m: 2:06.82	45.54 250m: 3:39.64	46.52 350m: 5:13.46	46.72
100m: 1:21.28 43.87	200m: 2:53.12	46.30 300m: 4:26.74	47.10 400m: 5:55.61	42.15

17 años

1. CECILIA GARCIA, Carlota	06	C.D Triatlón Lacerta	<b>5:11.17</b>	438
50m: 34.11 34.11	150m: 1:51.59	39.64 250m: 3:11.86	40.24 350m: 4:32.58	39.89
100m: 1:11.95 37.84	200m: 2:31.62	40.03 300m: 3:52.69	40.83 400m: 5:11.17	38.59
2. SANCHEZ HERNANDEZ, Laura	06	C.Acuatico Salamanca	<b>5:24.57</b>	386
50m: 35.75 35.75	150m: 1:56.88	41.08 250m: 3:20.84	42.23 350m: 4:43.85	40.99
100m: 1:15.80 40.05	200m: 2:38.61	41.73 300m: 4:02.86	42.02 400m: 5:24.57	40.72
3. SANCHEZ GASCON, Alba	06	C.Acuatico Salamanca	<b>5:36.78</b>	345
50m: 38.61 38.61	150m: 2:03.15	42.48 250m: 3:29.74	43.28 350m: 4:55.41	43.22
100m: 1:20.67 42.06	200m: 2:46.46	43.31 300m: 4:12.19	42.45 400m: 5:36.78	41.37
4. GONZALEZ PEREZ, Lucia	06	C.D Triatlón Lacerta	<b>5:53.21</b>	299
50m: 36.88 36.88	150m: 2:03.44	44.51 250m: 3:35.06	45.90 350m: 5:08.58	46.10
100m: 1:18.93 42.05	200m: 2:49.16	45.72 300m: 4:22.48	47.42 400m: 5:53.21	44.63
5. DEL RIO DEL CASTILLO, Leyre	06	C.N. Soriano	<b>6:23.41</b>	234
50m: 37.80 37.80	150m: 2:09.01	48.17 250m: 3:49.98	51.68 350m: 5:33.87	51.12
100m: 1:20.84 43.04	200m: 2:58.30	49.29 300m: 4:42.75	52.77 400m: 6:23.41	49.54



CTO CYL ABSOLUTO OPEN VERANO-CTO CYL JUNIOR VERANO VA  
VALLADOLID, 1 - 2/7/2023

Prueba 27, Fem., 400m Libre

Absoluto Femenino

1.	GONZALEZ SAÑUDO, Daniela	10	C.D. Torrelago Wellness	<b>4:42.96</b>	583
	50m: 31.60 31.60	150m: 1:43.35 36.35	250m: 2:56.78 36.72	350m: 4:08.99 35.76	
	100m: 1:07.00 35.40	200m: 2:20.06 36.71	300m: 3:33.23 36.45	400m: 4:42.96 33.97	
2.	SANZ GOBERNADO, Laura	07	C.N. Riavall	<b>4:43.69</b>	578
	50m: 32.00 32.00	150m: 1:43.98 36.42	250m: 2:56.90 36.26	350m: 4:08.85 35.71	
	100m: 1:07.56 35.56	200m: 2:20.64 36.66	300m: 3:33.14 36.24	400m: 4:43.69 34.84	
3.	ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora	<b>4:48.47</b>	550
	50m: 31.90 31.90	150m: 1:43.08 36.08	250m: 2:56.21 36.44	350m: 4:10.96 37.52	
	100m: 1:07.00 35.10	200m: 2:19.77 36.69	300m: 3:33.44 37.23	400m: 4:48.47 37.51	
4.	SACEDO PARIS, Maria	05	C.N. Ciudad De Avila	<b>4:51.46</b>	533
	50m: 33.78 33.78	150m: 1:46.78 36.68	250m: 3:01.00 36.92	350m: 4:15.15 36.40	
	100m: 1:10.10 36.32	200m: 2:24.08 37.30	300m: 3:38.75 37.75	400m: 4:51.46 36.31	
5.	REDONDO DIEZ, Ana	09	C.N. Palencia	<b>4:53.44</b>	522
	50m: 32.56 32.56	150m: 1:44.60 36.88	250m: 3:00.14 37.99	350m: 4:16.20 38.05	
	100m: 1:07.72 35.16	200m: 2:22.15 37.55	300m: 3:38.15 38.01	400m: 4:53.44 37.24	
6.	DELGADO NISTAL, Nadia	09	C.N. Castilla-Burgos	<b>4:59.55</b>	491
	50m: 34.06 34.06	150m: 1:48.89 37.73	250m: 3:05.12 38.33	350m: 4:22.17 38.49	
	100m: 1:11.16 37.10	200m: 2:26.79 37.90	300m: 3:43.68 38.56	400m: 4:59.55 37.38	
7.	CALVO HUIDOBRO, Celia	08	C.Acuatico Salamanca	<b>5:01.20</b>	483
	50m: 33.59 33.59	150m: 1:48.27 38.15	250m: 3:05.79 38.69	350m: 4:23.62 38.75	
	100m: 1:10.12 36.53	200m: 2:27.10 38.83	300m: 3:44.87 39.08	400m: 5:01.20 37.58	
8.	SERRANO GRANADO, Sofia	08	C.N. Soriano	<b>5:04.53</b>	467
	50m: 34.16 34.16	150m: 1:50.60 38.90	250m: 3:09.12 39.56	350m: 4:27.10 39.04	
	100m: 1:11.70 37.54	200m: 2:29.56 38.96	300m: 3:48.06 38.94	400m: 5:04.53 37.43	
9.	JIMENEZ GARCIA, Erika	09	Club Benavente Natacion	<b>5:08.57</b>	449
	50m: 34.77 34.77	150m: 1:52.95 39.84	250m: 3:11.84 39.65	350m: 4:31.35 39.40	
	100m: 1:13.11 38.34	200m: 2:32.19 39.24	300m: 3:51.95 40.11	400m: 5:08.57 37.22	
10.	GONZALEZ ARAUZO, Natalia	08	C.N. Castilla-Burgos	<b>5:09.21</b>	446
	50m: 31.13 31.13	150m: 1:40.59 35.25	250m: 3:02.29 45.40	350m: 4:28.22 42.69	
	100m: 1:05.34 34.21	200m: 2:16.89 36.30	300m: 3:45.53 43.24	400m: 5:09.21 40.99	
11.	IBAÑEZ MUÑOZ, Irene	07	C.N. Castilla-Burgos	<b>5:09.93</b>	443
	50m: 34.09 34.09	150m: 1:51.59 39.64	250m: 3:10.39 39.54	350m: 4:30.49 40.22	
	100m: 1:12.14 38.05	200m: 2:30.85 39.26	300m: 3:50.27 39.88	400m: 5:09.93 39.44	
12.	CECILIA GARCIA, Carlota	06	C.D Triatlón Lacerta	<b>5:11.17</b>	438
	50m: 34.11 34.11	150m: 1:51.59 39.64	250m: 3:11.86 40.24	350m: 4:32.58 39.89	
	100m: 1:11.95 37.84	200m: 2:31.62 40.03	300m: 3:52.69 40.83	400m: 5:11.17 38.59	
13.	ALONSO PERAL, Lola	10	C.N. Palencia	<b>5:12.46</b>	433
	50m: 34.38 34.38	150m: 1:53.65 40.23	250m: 3:14.75 40.56	350m: 4:35.77 40.30	
	100m: 1:13.42 39.04	200m: 2:34.19 40.54	300m: 3:55.47 40.72	400m: 5:12.46 36.69	
14.	DELGADO MALILLOS, Carmen	10	C.N.Castilla Zamora	<b>5:16.08</b>	418
	50m: 34.42 34.42	150m: 1:53.14 39.86	250m: 3:14.14 40.32	350m: 4:37.14 41.27	
	100m: 1:13.28 38.86	200m: 2:33.82 40.68	300m: 3:55.87 41.73	400m: 5:16.08 38.94	
15.	RODRIGUEZ MIGUELEZ, Nerea	10	CD Acuatico Leon	<b>5:17.32</b>	413
	50m: 34.39 34.39	150m: 1:52.38 39.63	250m: 3:14.70 41.07	350m: 4:37.88 41.46	
	100m: 1:12.75 38.36	200m: 2:33.63 41.25	300m: 3:56.42 41.72	400m: 5:17.32 39.44	
16.	CORRALES GARCÍA, Dana	09	C.Acuatico Salamanca	<b>5:18.70</b>	408
	50m: 35.20 35.20	150m: 1:53.34 40.17	250m: 3:15.59 41.74	350m: 4:38.51 41.59	
	100m: 1:13.17 37.97	200m: 2:33.85 40.51	300m: 3:56.92 41.33	400m: 5:18.70 40.19	
17.	ALVAREZ REPARAZ, Olga	10	C.N. Bierzo-Ponferrada	<b>5:20.60</b>	400
	50m: 35.28 35.28	150m: 1:55.79 40.99	250m: 3:18.61 41.28	350m: 4:40.95 41.24	
	100m: 1:14.80 39.52	200m: 2:37.33 41.54	300m: 3:59.71 41.10	400m: 5:20.60 39.65	
18.	SANCHEZ HERNANDEZ, Laura	06	C.Acuatico Salamanca	<b>5:24.57</b>	386
	50m: 35.75 35.75	150m: 1:56.88 41.08	250m: 3:20.84 42.23	350m: 4:43.85 40.99	
	100m: 1:15.80 40.05	200m: 2:38.61 41.73	300m: 4:02.86 42.02	400m: 5:24.57 40.72	
19.	SANCHEZ HERNANDEZ, Ruth	10	C.Acuatico Salamanca	<b>5:28.46</b>	372
	50m: 37.85 37.85	150m: 2:01.50 41.87	250m: 3:24.58 41.52	350m: 4:48.57 41.49	
	100m: 1:19.63 41.78	200m: 2:43.06 41.56	300m: 4:07.08 42.50	400m: 5:28.46 39.89	
20.	RODRÍGUEZ RODRÍGUEZ, Celia	09	C.N. Bierzo-Ponferrada	<b>5:29.20</b>	370
	50m: 35.53 35.53	150m: 1:57.79 41.60	250m: 3:22.73 42.52	350m: 4:47.66 42.21	
	100m: 1:16.19 40.66	200m: 2:40.21 42.42	300m: 4:05.45 42.72	400m: 5:29.20 41.54	



CTO CYL ABSOLUTO OPEN VERANO-CTO CYL JUNIOR VERANO VA  
VALLADOLID, 1 - 2/7/2023

Prueba 27, Fem., 400m Libre, Absoluto Femenino

Clasificación	AN				Tempo	Pts
21. MUÑOZ GARCÍA, María	10	C.N. Riavall	<b>5:31.46</b>	362		
50m: 37.10 37.10	150m: 2:01.22	42.69	250m: 3:27.31	43.03	350m: 4:53.36	43.51
100m: 1:18.53 41.43	200m: 2:44.28	43.06	300m: 4:09.85	42.54	400m: 5:31.46	38.10
22. MARTIN ALVARO, Lucia	07	C.D Triatlón Lacerta	<b>5:33.39</b>	356		
50m: 36.35 36.35	150m: 2:00.40	42.97	250m: 3:26.26	43.14	350m: 4:53.16	43.80
100m: 1:17.43 41.08	200m: 2:43.12	42.72	300m: 4:09.36	43.10	400m: 5:33.39	40.23
23. SANCHEZ GASCON, Alba	06	C.Acuatico Salamanca	<b>5:36.78</b>	345		
50m: 38.61 38.61	150m: 2:03.15	42.48	250m: 3:29.74	43.28	350m: 4:55.41	43.22
100m: 1:20.67 42.06	200m: 2:46.46	43.31	300m: 4:12.19	42.45	400m: 5:36.78	41.37
24. NIETO HERNANDEZ, Irene	07	C.N. Parquesol	<b>5:42.65</b>	328		
50m: 36.52 36.52	150m: 2:02.86	43.96	250m: 3:31.24	44.47	350m: 4:59.79	44.00
100m: 1:18.90 42.38	200m: 2:46.77	43.91	300m: 4:15.79	44.55	400m: 5:42.65	42.86
25. MOREDA VILLA, Nadia	07	C.N. Riavall	<b>5:43.10</b>	327		
50m: 37.56 37.56	150m: 2:01.94	42.74	250m: 3:28.75	44.55	350m: 4:59.04	45.37
100m: 1:19.20 41.64	200m: 2:44.20	42.26	300m: 4:13.67	44.92	400m: 5:43.10	44.06
26. CORRALES GARCIA, Alexandra	07	C.Acuatico Salamanca	<b>5:50.55</b>	306		
50m: 38.08 38.08	150m: 2:05.33	44.36	250m: 3:35.91	45.65	350m: 5:07.11	45.54
100m: 1:20.97 42.89	200m: 2:50.26	44.93	300m: 4:21.57	45.66	400m: 5:50.55	43.44
27. GONZALEZ PEREZ, Lucia	06	C.D Triatlón Lacerta	<b>5:53.21</b>	299		
50m: 36.88 36.88	150m: 2:03.44	44.51	250m: 3:35.06	45.90	350m: 5:08.58	46.10
100m: 1:18.93 42.05	200m: 2:49.16	45.72	300m: 4:22.48	47.42	400m: 5:53.21	44.63
28. JIMENEZ MOÑIVAS, Maria	09	C.N. Ciudad De Avila	<b>5:55.39</b>	294		
50m: 38.38 38.38	150m: 2:06.82	45.06	250m: 3:38.51	46.32	350m: 5:12.07	46.92
100m: 1:21.76 43.38	200m: 2:52.19	45.37	300m: 4:25.15	46.64	400m: 5:55.39	43.32
29. VELAZQUEZ FRADEJAS, Paula	07	C.N.Castilla Zamora	<b>5:55.61</b>	293		
50m: 37.41 37.41	150m: 2:06.82	45.54	250m: 3:39.64	46.52	350m: 5:13.46	46.72
100m: 1:21.28 43.87	200m: 2:53.12	46.30	300m: 4:26.74	47.10	400m: 5:55.61	42.15
30. NIKOLAEVA DIMITROVA, Victoria	08	C.N. Parquesol	<b>5:57.98</b>	287		
50m: 36.98 36.98	150m: 2:04.04	45.22	250m: 3:38.08	47.17	350m: 5:13.56	46.84
100m: 1:18.82 41.84	200m: 2:50.91	46.87	300m: 4:26.72	48.64	400m: 5:57.98	44.42
31. RAMIREZ REVILLA, Nuria	98	C.N. Soriano	<b>5:58.59</b>	286		
50m: 39.15 39.15	150m: 2:08.81	45.39	250m: 3:40.72	45.73	350m: 5:13.04	45.97
100m: 1:23.42 44.27	200m: 2:54.99	46.18	300m: 4:27.07	46.35	400m: 5:58.59	45.55
32. DEL RIO DEL CASTILLO, Leyre	06	C.N. Soriano	<b>6:23.41</b>	234		
50m: 37.80 37.80	150m: 2:09.01	48.17	250m: 3:49.98	51.68	350m: 5:33.87	51.12
100m: 1:20.84 43.04	200m: 2:58.30	49.29	300m: 4:42.75	52.77	400m: 6:23.41	49.54