



IX COPA DE CASTILLA Y LEÓN DE CLUBES VA
VALLADOLID, 27 - 28/5/2023

Prueba 36
28/05/2023 - 17:35

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			FINA	Pts		
1. GONZALEZ ARAUZO, Jimena	06	C.N. Castilla-Burgos	4:48.97	547	27,00	50m: 33.01 33.01	150m: 1:45.87 36.84	250m: 3:00.17 37.11	350m: 4:13.12 36.12	400m: 4:48.97 35.85
2. DOMINGO RUIZ, Andrea	09	C.N. Palencia	4:51.41	533	24,00	50m: 32.81 32.81	150m: 1:46.15 36.90	250m: 3:01.01 37.12	350m: 4:16.13 37.51	400m: 4:51.41 35.28
3. REDONDO DIEZ, Ana	09	C.N. Palencia	4:53.34	523	22,00	50m: 34.07 34.07	150m: 1:47.80 37.35	250m: 3:02.65 37.48	350m: 4:17.30 37.30	400m: 4:53.34 36.04
4. GONZALEZ ARAUZO, Natalia	08	C.N. Castilla-Burgos	4:55.62	511	21,00	50m: 33.55 33.55	150m: 1:47.22 36.86	250m: 3:01.06 36.03	350m: 4:16.02 38.09	400m: 4:55.62 39.60
5. MIELGO DIEZ, Ines	04	CD Acuatico Leon	5:02.87	475	20,00	50m: 34.89 34.89	150m: 1:50.53 38.04	250m: 3:07.99 38.54	350m: 4:25.84 37.89	400m: 5:02.87 37.03
6. CALVO HUIDOBRO, Celia	08	C.Acuatico Salamanca	5:03.83	471	19,00	50m: 34.57 34.57	150m: 1:51.51 38.57	250m: 3:08.52 38.30	350m: 4:25.87 38.38	400m: 5:03.83 37.96
7. SACEDO PARIS, Maria	05	C.N. Ciudad De Avila	5:06.99	456	18,00	50m: 35.28 35.28	150m: 1:51.91 38.49	250m: 3:09.99 39.17	350m: 4:28.68 38.92	400m: 5:06.99 38.31
8. CASTAÑO CASTAÑEIRAS, Paula	08	CD Acuatico Leon	5:07.39	454	17,00	50m: 34.47 34.47	150m: 1:51.40 39.03	250m: 3:11.69 39.43	350m: 4:29.89 38.18	400m: 5:07.39 37.50
9. NAVAS ALVAREZ, Laura	09	C.N. Parquesol	5:10.39	441	16,00	50m: 35.15 35.15	150m: 1:53.19 39.32	250m: 3:12.81 39.60	350m: 4:31.64 38.99	400m: 5:10.39 38.75
10. COTOS SUAREZ, Ana	97	C.Acuatico Salamanca	5:14.97	422	15,00	50m: 36.36 36.36	150m: 1:55.28 39.02	250m: 3:14.75 39.08	350m: 4:35.19 40.36	400m: 5:14.97 39.78
11. AREVALO VELASCO, Berta	07	C.N. Parquesol	5:15.72	419	14,00	50m: 34.15 34.15	150m: 1:50.97 38.93	250m: 3:11.79 40.39	350m: 4:35.06 41.33	400m: 5:15.72 40.66
12. CORRALES GARCÍA, Dana	09	C.Acuatico Salamanca	5:16.31	417	-	50m: 36.67 36.67	150m: 1:56.07 39.71	250m: 3:16.70 40.40	350m: 4:37.54 40.45	400m: 5:16.31 38.77
13. CECILIA GARCIA, Carlota	06	C.D Triatlón Lacerta	5:18.93	407	13,00	50m: 36.29 36.29	150m: 1:57.48 40.47	250m: 3:18.90 40.73	350m: 4:40.66 40.79	400m: 5:18.93 38.27
14. ALONSO PERAL, Lola	10	C.N. Palencia	5:23.61	389	-	50m: 35.29 35.29	150m: 1:56.15 41.13	250m: 3:19.30 41.67	350m: 4:42.74 41.75	400m: 5:23.61 40.87
15. RODRÍGUEZ RODRÍGUEZ, Celia	09	C.N. Bierzo-Ponferrada	5:23.69	389	12,00	50m: 35.79 35.79	150m: 1:56.87 40.93	250m: 3:20.49 42.00	350m: 4:43.66 41.60	400m: 5:23.69 40.03
16. ALVAREZ REPARAZ, Olga	10	C.N. Bierzo-Ponferrada	5:25.37	383	11,00	50m: 35.71 35.71	150m: 1:57.35 41.52	250m: 3:21.35 41.80	350m: 4:45.43 41.64	400m: 5:25.37 39.94
17. SANTIAGO GARCIA, Naia	10	C.N. Palencia	5:29.99	367	-	50m: 36.38 36.38	150m: 2:01.08 42.78	250m: 3:25.49 41.84	350m: 4:50.02 42.06	400m: 5:29.99 39.97



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Clasificación				AN				Tiempo	FINA	Pts		
18.	COLOMER GONZALEZ, Cayetana			10	C.N. Parquesol			5:30.85	364	-		
	50m:	36.94	36.94	150m:	2:01.96	42.98	250m:	3:25.60	42.32	350m:	4:51.96	42.99
	100m:	1:18.98	42.04	200m:	2:43.28	41.32	300m:	4:08.97	43.37	400m:	5:30.85	38.89
19.	RIOCEREZO SAN ESTEBAN, Ines			06	C.N. Castilla-Burgos			5:31.54	362	-		
	50m:	37.41	37.41	150m:	2:02.35	42.88	250m:	3:28.57	43.32	350m:	4:52.51	41.58
	100m:	1:19.47	42.06	200m:	2:45.25	42.90	300m:	4:10.93	42.36	400m:	5:31.54	39.03
20.	GONZALEZ PEREZ, Lucia			06	C.D Triatlón Lacerta			5:39.29	338	10,00		
	50m:	38.58	38.58	150m:	2:02.61	42.51	250m:	3:29.00	43.31	350m:	4:56.86	43.38
	100m:	1:20.10	41.52	200m:	2:45.69	43.08	300m:	4:13.48	44.48	400m:	5:39.29	42.43
21.	PASTORA RINCON, Martina			08	C.N. Soriano			5:54.95	295	9,00		
	50m:	37.50	37.50	150m:	2:06.14	45.41	250m:	3:37.98	45.99	350m:	5:10.89	46.39
	100m:	1:20.73	43.23	200m:	2:51.99	45.85	300m:	4:24.50	46.52	400m:	5:54.95	44.06
22.	ROMERO GRANJA, Alicia			09	S.D. La Venatoria			6:08.74	263	8,00		
	50m:	40.11	40.11	150m:	2:15.01	48.03	250m:	3:50.40	46.72	350m:	5:23.09	45.45
	100m:	1:26.98	46.87	200m:	3:03.68	48.67	300m:	4:37.64	47.24	400m:	6:08.74	45.65
23.	DEL RIO DEL CASTILLO, Leyre			06	C.N. Soriano			6:26.11	229	7,00		
	50m:	40.81	40.81	150m:	2:16.23	49.27	250m:	3:56.63	50.45	350m:	5:38.27	50.80
	100m:	1:26.96	46.15	200m:	3:06.18	49.95	300m:	4:47.47	50.84	400m:	6:26.11	47.84
24.	RODRIGUEZ SANCHIDRIAN, Carla			08	C.N. Ciudad De Avila			6:49.31	192	6,00		
	50m:	42.26	42.26	150m:	2:23.94	51.14	250m:	4:10.33	53.08	350m:	5:57.62	53.03
	100m:	1:32.80	50.54	200m:	3:17.25	53.31	300m:	5:04.59	54.26	400m:	6:49.31	51.69
25.	GARCÍA SOLÍS, Elisabeth			08	CD Acuatico Leon			7:08.86	167	-		
	50m:	47.03	47.03	150m:	2:38.18	56.55	250m:	4:29.60	55.41	350m:	6:19.33	54.76
	100m:	1:41.63	54.60	200m:	3:34.19	56.01	300m:	5:24.57	54.97	400m:	7:08.86	49.53