



CTO CYL ABSOLUTO-JUNIOR INVIERNO VALLADOLID
VALLADOLID, 27 - 28/1/2024

Prueba 4
27/01/2024 - 9:58

Fem., 400m Libre

ABSOLUTA
Resultados

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

Puntos: FINA 2023

Clasificación AN Tiempo Pts

16 años

1. GONZALEZ ARAUZO, Natalia	08	C.N. Castilla-Burgos	4:50.77	537
50m: 32.91 32.91	150m: 1:45.60 36.57	250m: 2:59.64 36.83	350m: 4:14.74 37.36	
100m: 1:09.03 36.12	200m: 2:22.81 37.21	300m: 3:37.38 37.74	400m: 4:50.77 36.03	
2. CALVO HUIDOBRO, Celia	08	C.Acuatico Salamanca	4:59.84	490
50m: 33.72 33.72	150m: 1:48.82 38.71	250m: 3:04.75 38.33	350m: 4:21.70 38.67	
100m: 1:10.11 36.39	200m: 2:26.42 37.60	300m: 3:43.03 38.28	400m: 4:59.84 38.14	
3. RAMOS CABEZAS, Beatriz	08	C.D.N. Zamora	5:04.38	468
50m: 32.77 32.77	150m: 1:48.48 38.67	250m: 3:08.20 39.85	350m: 4:27.06 38.52	
100m: 1:09.81 37.04	200m: 2:28.35 39.87	300m: 3:48.54 40.34	400m: 5:04.38 37.32	
4. CECILIA GARCÍA, Daniela	08	Club Benavente Natacion	5:21.58	397
50m: 34.42 34.42	150m: 1:53.58 40.26	250m: 3:17.26 42.19	350m: 4:41.09 41.90	
100m: 1:13.32 38.90	200m: 2:35.07 41.49	300m: 3:59.19 41.93	400m: 5:21.58 40.49	
5. TOBAR MANGUAN, Esther	08	C.N. Castilla-Burgos	5:29.06	370
50m: 35.47 35.47	150m: 1:55.28 40.63	250m: 3:19.87 42.94	350m: 4:46.77 43.48	
100m: 1:14.65 39.18	200m: 2:36.93 41.65	300m: 4:03.29 43.42	400m: 5:29.06 42.29	
6. RODRIGUEZ RUIZ, Leyre	08	C.N. Leon	5:37.60	343
50m: 34.61 34.61	150m: 1:53.58 40.48	250m: 3:18.79 43.20	350m: 4:50.09 46.53	
100m: 1:13.10 38.49	200m: 2:35.59 42.01	300m: 4:03.56 44.77	400m: 5:37.60 47.51	

17 años

1. ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora	4:46.64	560
50m: 31.29 31.29	150m: 1:42.00 35.86	250m: 2:56.70 37.48	350m: 4:10.81 36.93	
100m: 1:06.14 34.85	200m: 2:19.22 37.22	300m: 3:33.88 37.18	400m: 4:46.64 35.83	

18 años

1. SANTOS MARTINEZ, Lidia	06	C.N. Parquesol	5:09.07	447
50m: 32.27 32.27	150m: 1:46.78 37.80	250m: 3:04.99 39.55	350m: 4:26.93 40.97	
100m: 1:08.98 36.71	200m: 2:25.44 38.66	300m: 3:45.96 40.97	400m: 5:09.07 42.14	
2. CECILIA GARCIA, Carlota	06	Club Benavente Natacion	5:17.50	412
50m: 34.30 34.30	150m: 1:51.29 39.38	250m: 3:13.67 41.49	350m: 4:37.43 41.82	
100m: 1:11.91 37.61	200m: 2:32.18 40.89	300m: 3:55.61 41.94	400m: 5:17.50 40.07	

ABSOLUTA

1. CARLÓN DE FUENTES, Irene	10	C.D. Torrelago Wellness	4:44.28	575
50m: 31.89 31.89	150m: 1:43.71 36.54	250m: 2:57.01 36.93	350m: 4:10.35 36.44	
100m: 1:07.17 35.28	200m: 2:20.08 36.37	300m: 3:33.91 36.90	400m: 4:44.28 33.93	
2. GONZALEZ SAÑUDO, Daniela	10	C.D. Torrelago Wellness	4:44.67	572
50m: 31.89 31.89	150m: 1:42.90 35.63	250m: 2:56.13 36.62	350m: 4:09.46 36.36	
100m: 1:07.27 35.38	200m: 2:19.51 36.61	300m: 3:33.10 36.97	400m: 4:44.67 35.21	
3. ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora	4:46.64	560
50m: 31.29 31.29	150m: 1:42.00 35.86	250m: 2:56.70 37.48	350m: 4:10.81 36.93	
100m: 1:06.14 34.85	200m: 2:19.22 37.22	300m: 3:33.88 37.18	400m: 4:46.64 35.83	
4. GONZALEZ ARAUZO, Natalia	08	C.N. Castilla-Burgos	4:50.77	537
50m: 32.91 32.91	150m: 1:45.60 36.57	250m: 2:59.64 36.83	350m: 4:14.74 37.36	
100m: 1:09.03 36.12	200m: 2:22.81 37.21	300m: 3:37.38 37.74	400m: 4:50.77 36.03	
5. REDONDO DIEZ, Ana	09	C.N. Palencia	4:51.21	534
50m: 32.44 32.44	150m: 1:44.41 36.47	250m: 2:58.40 37.18	350m: 4:13.60 37.81	
100m: 1:07.94 35.50	200m: 2:21.22 36.81	300m: 3:35.79 37.39	400m: 4:51.21 37.61	



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Clasificación	AN				Tiempo				Pts											
6. CALVO HUIDOBRO, Celia	08	C.Acuatico Salamanca	4:59.84	490	50m: 33.72	33.72	150m: 1:48.82	38.71	250m: 3:04.75	38.33	350m: 4:21.70	38.67	100m: 1:10.11	36.39	200m: 2:26.42	37.60	300m: 3:43.03	38.28	400m: 4:59.84	38.14
7. JIMENEZ GARCIA, Erika	09	Club Benavente Natacion	5:00.01	489	50m: 33.68	33.68	150m: 1:47.25	37.49	250m: 3:04.30	38.75	350m: 4:22.26	38.44	100m: 1:09.76	36.08	200m: 2:25.55	38.30	300m: 3:43.82	39.52	400m: 5:00.01	37.75
8. DELGADO NISTAL, Nadia	09	C.N. Castilla-Burgos	5:03.84	470	50m: 32.92	32.92	150m: 1:47.78	38.28	250m: 3:06.07	39.30	350m: 4:25.51	39.95	100m: 1:09.50	36.58	200m: 2:26.77	38.99	300m: 3:45.56	39.49	400m: 5:03.84	38.33
9. RAMOS CABEZAS, Beatriz	08	C.D.N. Zamora	5:04.38	468	50m: 32.77	32.77	150m: 1:48.48	38.67	250m: 3:08.20	39.85	350m: 4:27.06	38.52	100m: 1:09.81	37.04	200m: 2:28.35	39.87	300m: 3:48.54	40.34	400m: 5:04.38	37.32
10. SACEDO PARIS, Maria	05	C.N. Ciudad De Avila	5:04.90	466	50m: 34.52	34.52	150m: 1:50.90	38.70	250m: 3:08.81	38.98	350m: 4:27.61	39.06	100m: 1:12.20	37.68	200m: 2:29.83	38.93	300m: 3:48.55	39.74	400m: 5:04.90	37.29
11. CARLON DE FUENTES, Elisa	10	C.D. Torrelago Wellness	5:05.09	465	50m: 34.52	34.52	150m: 1:51.25	39.12	250m: 3:10.10	39.58	350m: 4:27.93	38.99	100m: 1:12.13	37.61	200m: 2:30.52	39.27	300m: 3:48.94	38.84	400m: 5:05.09	37.16
12. SANTOS MARTINEZ, Lidia	06	C.N. Parquesol	5:09.07	447	50m: 32.27	32.27	150m: 1:46.78	37.80	250m: 3:04.99	39.55	350m: 4:26.93	40.97	100m: 1:08.98	36.71	200m: 2:25.44	38.66	300m: 3:45.96	40.97	400m: 5:09.07	42.14
13. ALONSO PERAL, Lola	10	C.N. Palencia	5:12.22	434	50m: 34.99	34.99	150m: 1:53.50	39.66	250m: 3:13.19	39.95	350m: 4:34.58	40.52	100m: 1:13.84	38.85	200m: 2:33.24	39.74	300m: 3:54.06	40.87	400m: 5:12.22	37.64
14. DELGADO MALILLOS, Carmen	10	C.N.Castilla Zamora	5:15.69	419	50m: 34.31	34.31	150m: 1:52.19	39.51	250m: 3:13.23	40.55	350m: 4:35.83	41.11	100m: 1:12.68	38.37	200m: 2:32.68	40.49	300m: 3:54.72	41.49	400m: 5:15.69	39.86
15. CECILIA GARCIA, Carlota	06	Club Benavente Natacion	5:17.50	412	50m: 34.30	34.30	150m: 1:51.29	39.38	250m: 3:13.67	41.49	350m: 4:37.43	41.82	100m: 1:11.91	37.61	200m: 2:32.18	40.89	300m: 3:55.61	41.94	400m: 5:17.50	40.07
16. ALVAREZ REPARAZ, Olga	10	C.N. Bierzo-Ponferrada	5:18.32	409	50m: 34.89	34.89	150m: 1:53.80	40.20	250m: 3:15.82	41.15	350m: 4:38.60	41.80	100m: 1:13.60	38.71	200m: 2:34.67	40.87	300m: 3:56.80	40.98	400m: 5:18.32	39.72
17. RODRÍGUEZ RODRÍGUEZ, Celia	09	C.N. Bierzo-Ponferrada	5:20.86	399	50m: 1:14.02		150m: 1:54.96	40.94	250m: 3:17.14	41.19	350m: 4:40.54	41.15	100m: 1:14.02		200m: 2:35.95	40.99	300m: 3:59.39	42.25	400m: 5:20.86	40.32
18. CECILIA GARCÍA, Daniela	08	Club Benavente Natacion	5:21.58	397	50m: 34.42	34.42	150m: 1:53.58	40.26	250m: 3:17.26	42.19	350m: 4:41.09	41.90	100m: 1:13.32	38.90	200m: 2:35.07	41.49	300m: 3:59.19	41.93	400m: 5:21.58	40.49
19. CORRALES GARCÍA, Dana	09	C.Acuatico Salamanca	5:23.16	391	50m: 37.05	37.05	150m: 1:58.13	40.82	250m: 3:21.07	41.25	350m: 4:43.30	41.17	100m: 1:17.31	40.26	200m: 2:39.82	41.69	300m: 4:02.13	41.06	400m: 5:23.16	39.86
20. SANTIAGO GARCIA, Naia	10	C.N. Palencia	5:25.00	384	50m: 37.04	37.04	150m: 2:00.15	42.11	250m: 3:23.76	41.08	350m: 4:45.68	40.23	100m: 1:18.04	41.00	200m: 2:42.68	42.53	300m: 4:05.45	41.69	400m: 5:25.00	39.32
21. TOBAR MANGUAN, Esther	08	C.N. Castilla-Burgos	5:29.06	370	50m: 35.47	35.47	150m: 1:55.28	40.63	250m: 3:19.87	42.94	350m: 4:46.77	43.48	100m: 1:14.65	39.18	200m: 2:36.93	41.65	300m: 4:03.29	43.42	400m: 5:29.06	42.29
22. MORENO CRESPO, Yaiza	01	C.N. Leon	5:30.84	364	50m: 35.95	35.95	150m: 1:56.60	41.34	250m: 3:22.00	42.83	350m: 4:48.47	43.32	100m: 1:15.26	39.31	200m: 2:39.17	42.57	300m: 4:05.15	43.15	400m: 5:30.84	42.37
23. SEQUERA CARO, Miriam	97	C.N. Leon	5:35.72	349	50m: 37.70	37.70	150m: 2:01.80	42.96	250m: 3:28.39	43.35	350m: 4:53.91	42.91	100m: 1:18.84	41.14	200m: 2:45.04	43.24	300m: 4:11.00	42.61	400m: 5:35.72	41.81
24. RODRIGUEZ RUIZ, Leyre	08	C.N. Leon	5:37.60	343	50m: 34.61	34.61	150m: 1:53.58	40.48	250m: 3:18.79	43.20	350m: 4:50.09	46.53	100m: 1:13.10	38.49	200m: 2:35.59	42.01	300m: 4:03.56	44.77	400m: 5:37.60	47.51