



X Copa de Castilla y León de Clubes Valladolid  
Valladolid, 25 - 26/5/2024

Prueba 35  
26/05/2024 - 17:19

Fem., 400m Libre

Absoluto Femenino  
Resultados

RA	4:14.72	, CAÑAS GARRIDO SARA	DOHA	31/12/2009
MMT 18	4:22.62	, CAÑAS GARRIDO, SARA	MALAGA	25/04/2010
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

Puntos: FINA 2024

Clasificación	AN				Tiempo	FINA	Pts
1. ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora			<b>4:43.67</b>	571	27,00
50m: 31.58 31.58	150m: 1:41.66 35.08	250m: 2:53.34 35.83	350m: 4:08.19 37.36				
100m: 1:06.58 35.00	200m: 2:17.51 35.85	300m: 3:30.83 37.49	400m: 4:43.67 35.48				
2. REDONDO DIEZ, Ana	09	C.N. Palencia			<b>4:49.79</b>	535	24,00
50m: 33.28 33.28	150m: 1:46.01 36.64	250m: 2:59.66 36.58	350m: 4:13.77 36.79				
100m: 1:09.37 36.09	200m: 2:23.08 37.07	300m: 3:36.98 37.32	400m: 4:49.79 36.02				
3. GONZALEZ ARAUZO, Natalia	08	C.N. Castilla-Burgos			<b>4:52.48</b>	521	22,00
50m: 33.93 33.93	150m: 1:47.60 36.56	250m: 3:01.26 36.05	350m: 4:15.73 37.14				
100m: 1:11.04 37.11	200m: 2:25.21 37.61	300m: 3:38.59 37.33	400m: 4:52.48 36.75				
4. CALVO HUIDOBRO, Celia	08	C.Acuatico Salamanca			<b>4:55.28</b>	506	21,00
50m: 33.78 33.78	150m: 1:47.90 37.05	250m: 3:02.01 37.01	350m: 4:17.98 38.17				
100m: 1:10.85 37.07	200m: 2:25.00 37.10	300m: 3:39.81 37.80	400m: 4:55.28 37.30				
5. DELGADO NISTAL, Nadia	09	C.N. Castilla-Burgos			<b>4:58.97</b>	488	20,00
50m: 34.39 34.39	150m: 1:50.61 38.89	250m: 3:07.88 38.29	350m: 4:25.02 38.92				
100m: 1:11.72 37.33	200m: 2:29.59 38.98	300m: 3:46.10 38.22	400m: 4:58.97 33.95				
6. CASTAÑO CASTAÑEIRAS, Paula	08	CD Acuatico Leon			<b>4:59.92</b>	483	19,00
50m: 34.29 34.29	150m: 1:51.96 39.12	250m: 3:10.11 38.35	350m: 4:24.97 36.37				
100m: 1:12.84 38.55	200m: 2:31.76 39.80	300m: 3:48.60 38.49	400m: 4:59.92 34.95				
7. NAVAS ALVAREZ, Laura	09	C.N. Parquesol			<b>5:00.96</b>	478	18,00
50m: 35.14 35.14	150m: 1:53.09 38.58	250m: 3:09.79 37.66	350m: 4:25.02 37.01				
100m: 1:14.51 39.37	200m: 2:32.13 39.04	300m: 3:48.01 38.22	400m: 5:00.96 35.94				
8. ALONSO PERAL, Lola	10	C.N. Palencia			<b>5:01.22</b>	477	17,00
50m: 33.88 33.88	150m: 1:50.48 38.92	250m: 3:07.87 38.66	350m: 4:24.54 38.45				
100m: 1:11.56 37.68	200m: 2:29.21 38.73	300m: 3:46.09 38.22	400m: 5:01.22 36.68				
9. MIELGO DIEZ, Raquel	07	CD Acuatico Leon			<b>5:08.21</b>	445	16,00
50m: 34.10 34.10	150m: 1:52.85 39.73	250m: 3:11.93 39.21	350m: 4:31.92 39.23				
100m: 1:13.12 39.02	200m: 2:32.72 39.87	300m: 3:52.69 40.76	400m: 5:08.21 36.29				
10. RAMOS CABEZAS, Beatriz	08	C.D.N. Zamora			<b>5:11.68</b>	430	15,00
50m: 34.45 34.45	150m: 1:51.11 38.19	250m: 3:11.14 39.99	350m: 4:32.99 41.10				
100m: 1:12.92 38.47	200m: 2:31.15 40.04	300m: 3:51.89 40.75	400m: 5:11.68 38.69				
11. CORRALES GARCÍA, Dana	09	C.Acuatico Salamanca			<b>5:12.09</b>	429	14,00
50m: 36.29 36.29	150m: 1:55.75 39.75	250m: 3:14.72 39.33	350m: 4:34.50 39.90				
100m: 1:16.00 39.71	200m: 2:35.39 39.64	300m: 3:54.60 39.88	400m: 5:12.09 37.59				
12. TOBAR MANGUAN, Esther	08	C.N. Castilla-Burgos			<b>5:12.11</b>	428	-
50m: 34.60 34.60	150m: 1:52.97 39.64	250m: 3:13.04 39.79	350m: 4:32.55 40.01				
100m: 1:13.33 38.73	200m: 2:33.25 40.28	300m: 3:52.54 39.50	400m: 5:12.11 39.56				
13. VICENTE ALFONSO, Lucia	08	C.Acuatico Salamanca			<b>5:15.15</b>	416	-
50m: 36.74 36.74	150m: 1:56.32 39.74	250m: 3:15.66 39.63	350m: 4:36.13 40.46				
100m: 1:16.58 39.84	200m: 2:36.03 39.71	300m: 3:55.67 40.01	400m: 5:15.15 39.02				
14. ALVAREZ REPARAZ, Olga	10	C.N. Bierzo-Ponferrada			<b>5:18.38</b>	404	13,00
50m: 36.61 36.61	150m: 1:56.87 40.21	250m: 3:18.75 40.39	350m: 4:39.14 39.31				
100m: 1:16.66 40.05	200m: 2:38.36 41.49	300m: 3:59.83 41.08	400m: 5:18.38 39.24				
15. PEREZ GOMEZ, Jimena	08	C.N. Soriano			<b>5:21.77</b>	391	12,00
50m: 36.75 36.75	150m: 1:57.44 41.68	250m: 3:20.61 41.18	350m: 4:42.85 40.96				
100m: 1:15.76 40.01	200m: 2:39.43 41.99	300m: 4:01.89 41.28	400m: 5:21.77 38.92				
16. RODRÍGUEZ RODRÍGUEZ, Celia	09	C.N. Bierzo-Ponferrada			<b>5:22.26</b>	389	11,00
50m: 37.08 37.08	150m: 1:57.50 41.07	250m: 3:20.10 41.56	350m: 4:42.37 41.05				
100m: 1:16.43 39.35	200m: 2:38.54 41.04	300m: 4:01.32 41.22	400m: 5:22.26 39.89				
17. SANTIAGO GARCIA, Naia	10	C.N. Palencia			<b>5:25.60</b>	377	-
50m: 36.66 36.66	150m: 1:57.80 40.76	250m: 3:21.07 42.35	350m: 4:45.57 42.40				
100m: 1:17.04 40.38	200m: 2:38.72 40.92	300m: 4:03.17 42.10	400m: 5:25.60 40.03				



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18.	GONZALEZ NIÑO, Jimena			10	S.D. La Venatoria			<b>5:31.98</b>	356	10,00		
	50m:	35.63	35.63	150m:	1:59.49	42.79	250m:	3:25.81	43.11	350m:	4:51.27	42.31
	100m:	1:16.70	41.07	200m:	2:42.70	43.21	300m:	4:08.96	43.15	400m:	5:31.98	40.71
19.	JIRUI FU, Talia			08	C.N. Soriano			<b>5:33.01</b>	353	9,00		
	50m:	35.36	35.36	150m:	1:59.30	43.05	250m:	3:26.20	43.00	350m:	4:52.50	42.66
	100m:	1:16.25	40.89	200m:	2:43.20	43.90	300m:	4:09.84	43.64	400m:	5:33.01	40.51
20.	REVILLA PEREZ, Emma			10	C.N. Parquesol			<b>5:47.29</b>	311	8,00		
	50m:	37.16	37.16	150m:	2:03.56	44.24	250m:	3:32.71	44.50	350m:	5:03.17	45.46
	100m:	1:19.32	42.16	200m:	2:48.21	44.65	300m:	4:17.71	45.00	400m:	5:47.29	44.12
21.	JIMENEZ MOÑIVAS, Maria			09	C.N. Ciudad De Avila			<b>5:49.22</b>	306	7,00		
	50m:	38.07	38.07	150m:	2:06.19	44.27	250m:	3:36.47	45.51	350m:	5:07.14	45.37
	100m:	1:21.92	43.85	200m:	2:50.96	44.77	300m:	4:21.77	45.30	400m:	5:49.22	42.08
22.	BLANCO GOMEZ, Irene			08	Casino De La Union			<b>5:56.45</b>	287	6,00		
	50m:	37.60	37.60	150m:	2:06.81	45.88	250m:	3:39.31	46.33	350m:	5:12.50	45.64
	100m:	1:20.93	43.33	200m:	2:52.98	46.17	300m:	4:26.86	47.55	400m:	5:56.45	43.95
23.	LUCAS PÉREZ, Vega			08	C.N. Ciudad De Avila			<b>6:24.55</b>	229	5,00		
	50m:	40.32	40.32	150m:	2:14.03	48.37	250m:	3:56.27	51.81	350m:	5:37.18	50.01
	100m:	1:25.66	45.34	200m:	3:04.46	50.43	300m:	4:47.17	50.90	400m:	6:24.55	47.37
24.	SANCHEZ TERRON, Paula			07	C.N. Ciudad De Avila			<b>6:31.63</b>	217	-		
	50m:	42.16	42.16	150m:	2:20.04	50.11	250m:	4:01.23	50.63	350m:	5:42.41	50.55
	100m:	1:29.93	47.77	200m:	3:10.60	50.56	300m:	4:51.86	50.63	400m:	6:31.63	49.22
Baja	CASTAÑO MACIAS, Alba			09	C.N. Parquesol					-		