



**XI OPEN CYL NATACIÓN MÁSTER INVIERNO LE
LEÓN, 20/1/2024**

Prueba 31
20/01/2024 - 18:40

Fem., 400m Libre

20 - 84 años
Resultados

RMCYL 75+	9:35.84	, MARINA BUENO DOMINGUEZ	PALMA DE MALLORCA	02/02/2017
RMCYL 70+	8:37.90	, MARINA BUENO DOMINGUEZ	CASTELLOM	28/01/2012
RMCYL 65+	8:12.38	, MARINA BUENO DOMINGUEZ	BURGOS	26/11/2006
RMCYL 60+	7:53.53	, MARIA INMACULADA APELLANIZ ALB	Logroño	02/12/2023
RMCYL 55+	6:19.80	, ANGELES AYALA GUTIERREZ	LEÓN	15/01/2022
RMCYL 50+	5:44.19	, MARIA JOSE GARCIA ALVAREZ	LEÓN	15/01/2022
RMCYL 45+	5:23.07	, MARTA PACIOS PEDRERO	CASTELLÓN	10/04/2021
RMCYL 40+	5:15.42	, NOEMI BARBUDO GONZALEZ	GIJÓN	03/12/2011
RMCYL 35+	5:26.89	, SARA FERNANDEZ PEREZ	LEÓN	15/01/2022
RMCYL 30+	5:12.66	, SARA FERNANDEZ PEREZ	BURGOS	08/04/2017
RMCYL 25+	5:00.81	, SILVIA GONZALEZ ARRANZ	MADRID	26/01/2007
RMCYL 20+	4:48.50	, NAZARET GUERRERO VICARIO	LEON	14/03/2015

Clasificación

AN

Tiempo

Pts

20+

1. GARCIA DE CASTRO, Victoria	03	C.N. Santa Olaya	4:49.17	10,00
50m: 32.50 32.50	150m: 1:43.12 35.75	250m: 2:56.96 37.19	350m: 4:12.51 37.93	
100m: 1:07.37 34.87	200m: 2:19.77 36.65	300m: 3:34.58 37.62	400m: 4:49.17 36.66	

25+

1. FERNANDEZ DIAZ, Andrea	97	C.N. Aquamàsters	5:16.38	10,00	528
50m: 35.57 35.57	150m: 1:54.78 40.06	250m: 3:14.92 39.62	350m: 4:36.01 40.77		
100m: 1:14.72 39.15	200m: 2:35.30 40.52	300m: 3:55.24 40.32	400m: 5:16.38 40.37		
2. SEQUERA CARO, Miriam	97	C.N. Leon	5:26.54	8,00	480
50m: 35.71 35.71	150m: 1:54.68 40.13	250m: 3:17.82 42.07	350m: 4:43.77 43.04		
100m: 1:14.55 38.84	200m: 2:35.75 41.07	300m: 4:00.73 42.91	400m: 5:26.54 42.77		
3. RAMIREZ REVILLA, Nuria	98	C.N. Soriano	5:36.95	6,00	437
50m: 38.14 38.14	150m: 2:02.28 42.55	250m: 3:28.17 42.75	350m: 4:54.52 43.33		
100m: 1:19.73 41.59	200m: 2:45.42 43.14	300m: 4:11.19 43.02	400m: 5:36.95 42.43		

35+

1. MAYO ANTON, Rut	87	C.D.N. Zamora	6:41.41	10,00	279
50m: 42.87 42.87	150m: 2:22.78 51.49	250m: 4:08.26 53.03	350m: 5:53.30 52.66		
100m: 1:31.29 48.42	200m: 3:15.23 52.45	300m: 5:00.64 52.38	400m: 6:41.41 48.11		

40+

1. BASSOLS DELGADO, Sonia	83	CD Upstream	6:50.37	10,00	259
50m: 42.40 42.40	150m: 2:23.28 52.12	250m: 4:10.00 53.54	350m: 5:58.40 53.72		
100m: 1:31.16 48.76	200m: 3:16.46 53.18	300m: 5:04.68 54.68	400m: 6:50.37 51.97		
2. GUTIERREZ ROMERO, Beatriz	80	CD Upstream	6:53.02	8,00	254
50m: 48.49 48.49	150m: 2:33.56 53.23	250m: 4:19.68 52.91	350m: 6:05.24 51.80		
100m: 1:40.33 51.84	200m: 3:26.77 53.21	300m: 5:13.44 53.76	400m: 6:53.02 47.78		

45+

1. GONZÁLEZ DE LA FUENTE, Mª Carolina	77	CD Upstream	6:51.76	10,00	266
50m: 46.57 46.57	150m: 2:30.08 52.08	250m: 4:16.83 53.96	350m: 6:02.85 51.74		
100m: 1:38.00 51.43	200m: 3:22.87 52.79	300m: 5:11.11 54.28	400m: 6:51.76 48.91		
2. VELA GARCÍA, Silvia	78	C.D.N. Zamora	7:11.61	8,00	231
50m: 46.74 46.74	150m: 2:35.81 55.78	250m: 4:27.18 55.70	350m: 6:19.37 55.91		
100m: 1:40.03 53.29	200m: 3:31.48 55.67	300m: 5:23.46 56.28	400m: 7:11.61 52.24		
3. COUSO FRAIZ, Carmen	78	C.N Tritón Bierzo	7:46.33	6,00	183
50m: 52.18 52.18	150m: 2:51.00 59.23	250m: 4:49.46 58.80	350m: 6:48.76 59.61		
100m: 1:51.77 59.59	200m: 3:50.66 59.66	300m: 5:49.15 59.69	400m: 7:46.33 57.57		



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LEÓN, 20/1/2024

Prueba 31, Fem., 400m Libre

50+

1.	CARAZO GARCIA, Sandra	72	C.N. Palencia	6:45.03	10,00	309
	50m: 43.19 43.19	150m: 2:21.07 50.36	250m: 4:05.41 52.18	350m: 5:52.86 53.42		
	100m: 1:30.71 47.52	200m: 3:13.23 52.16	300m: 4:59.44 54.03	400m: 6:45.03 52.17		
2.	CALVO BARTULOS, Sandra	72	C.D.N. Zamora	6:48.91	8,00	300
	50m: 44.40 44.40	150m: 2:24.52 51.51	250m: 4:12.13 52.82	350m: 5:59.61 53.62		
	100m: 1:33.01 48.61	200m: 3:19.31 54.79	300m: 5:05.99 53.86	400m: 6:48.91 49.30		
3.	FUERTES ZAPATA, Maria	70	C.D. Tizona Burgos	8:32.85	6,00	152
	50m: 57.74 57.74	150m: 3:05.84 1:05.44	250m: 5:17.54 1:05.79	350m: 7:29.22 1:05.37		
	100m: 2:00.40 1:02.66	200m: 4:11.75 1:05.91	300m: 6:23.85 1:06.31	400m: 8:32.85 1:03.63		

55+

1.	HERAS GONZÁLEZ, Eva Maria	69	C.N. Palencia	7:06.59	10,00	274
	50m: 48.02 48.02	150m: 2:35.49 54.80	250m: 4:24.00 54.64	350m: 6:15.81 55.23		
	100m: 1:40.69 52.67	200m: 3:29.36 53.87	300m: 5:20.58 56.58	400m: 7:06.59 50.78		
2.	HIDALGO MARTINEZ, Rosa	68	C.N. Leon	7:58.16	8,00	195
	50m: 53.09 53.09	150m: 2:48.92 59.20	250m: 4:49.33 59.78	350m: 6:56.15 1:03.47		
	100m: 1:49.72 56.63	200m: 3:49.55 1:00.63	300m: 5:52.68 1:03.35	400m: 7:58.16 1:02.01		
3.	TOBAR GONZALEZ, Blanca Esther	66	C.D. Tizona Burgos	10:33.11	6,00	84
	50m: 1:11.82 1:11.82	150m: 3:47.15 1:18.68	250m: 6:28.92 1:20.12	350m: 9:12.80 1:22.09		
	100m: 2:28.47 1:16.65	200m: 5:08.80 1:21.65	300m: 7:50.71 1:21.79	400m: 10:33.11 1:20.31		

65+

1.	APELLANIZ ALBENIZ, Maria Inmaculada	59	C.D. Tizona Burgos	7:46.87	10,00	270RMCYL
	50m: 50.41 50.41	150m: 2:51.58 1:01.56	250m: 4:52.44 59.77	350m: 6:52.93 1:00.46		
	100m: 1:50.02 59.61	200m: 3:52.67 1:01.09	300m: 5:52.47 1:00.03	400m: 7:46.87 53.94		