



X Open Castilla y León Natación Máster Verano Valladolid  
Valladolid, 2/6/2024

Prueba 114  
02/06/2024 - 11:33

Fem., 400m Libre

20 - 94 años  
Resultados

RM 75+	9:50.80	, MARINA BUENO DOMINGUEZ	BADAJOS	29/06/2017
RM 70+	8:45.09	, MARINA BUENO DOMINGUEZ	VALENCIA	14/07/2012
RM 65+	7:57.26	, MARIA INMACULADA APELLANIZ ALB	Oviedo	24/03/2024
RM 60+	7:43.51	, MARINA BUENO DOMINGUEZ	TENERIFE	02/08/2002
RM 55+	6:20.31	, ANGELES AYALA GUTIERREZ	VALLADOLID	01/06/2019
RM 50+	6:01.09	, M <sup>a</sup> MAR RODRÍGUEZ NIDAGUILA	VITORIA	28/04/2019
RM 45+	5:52.77	, MARIA JOSE GARCIA ALVAREZ	VALLADOLID	12/05/2018
RM 40+	5:34.98	, MARIA MARTIN CHAGUACEDA	VALLADOLID	17/05/2015
RM 35+	5:19.59	, ESTHER LOSANTOS PRIETO	VITORIA	28/04/2019
RM 30+	5:25.77	, SARA FERNANDEZ PEREZ	VALLADOLID	12/05/2018
RM 25+	5:31.61	, SARA FERNANDEZ PEREZ	VALLADOLID	17/05/2015
RM 20+	5:07.36	, MARTA GUERRERO FERNANDEZ	VALLADOLID	23/05/2021

Puntos: FINA Master 2024

Clasificación	AN								Tiempo	Pts	
<b>35+</b>											
1. MAYO ANTON, Rut	87 C.D.N. Zamora								<b>6:45.35</b>	283	
50m:	45.70	45.70	150m:	2:26.46	51.84	250m:	4:12.95	53.93	350m:	5:56.83	51.11
100m:	1:34.62	48.92	200m:	3:19.02	52.56	300m:	5:05.72	52.77	400m:	6:45.35	48.52
<b>40+</b>											
1. GUTIERREZ ROMERO, Beatriz	80 CD Upstream								<b>7:00.87</b>	243	
50m:	49.10	49.10	150m:	2:36.03	54.02	250m:	4:26.88	55.16	350m:	6:11.49	51.79
100m:	1:42.01	52.91	200m:	3:31.72	55.69	300m:	5:19.70	52.82	400m:	7:00.87	49.38
<b>45+</b>											
1. VELA GARCÍA, Silvia	78 C.D.N. Zamora								<b>6:48.29</b>	291	
50m:	47.20	47.20	150m:	2:28.02	51.58	250m:	4:13.90	53.31	350m:	5:59.30	52.00
100m:	1:36.44	49.24	200m:	3:20.59	52.57	300m:	5:07.30	53.40	400m:	6:48.29	48.99
2. GONZÁLEZ DE LA FUENTE, M <sup>a</sup> Carolina	77 CD Upstream								<b>6:49.33</b>	289	
50m:	46.84	46.84	150m:	2:29.52	52.37	250m:	4:14.71	52.74	350m:	5:59.77	51.91
100m:	1:37.15	50.31	200m:	3:21.97	52.45	300m:	5:07.86	53.15	400m:	6:49.33	49.56
3. COUSO FRAIZ, Carmen	78 C.N Tritón Bierzo								<b>7:52.39</b>	188	
50m:	53.36	53.36	150m:	2:54.14	1:00.97	250m:	4:55.92	1:00.29	350m:	6:55.79	59.30
100m:	1:53.17	59.81	200m:	3:55.63	1:01.49	300m:	5:56.49	1:00.57	400m:	7:52.39	56.60
<b>50+</b>											
1. CARAZO GARCIA, Sandra	72 C.N. Palencia								<b>6:31.09</b>	369	
50m:	42.73	42.73	150m:	2:19.46	49.31	250m:	4:00.97	50.58	350m:	5:43.05	50.46
100m:	1:30.15	47.42	200m:	3:10.39	50.93	300m:	4:52.59	51.62	400m:	6:31.09	48.04
2. GARCIA TARRERO, Emma	70 C.N. Palencia								<b>8:11.81</b>	185	
50m:	55.85	55.85	150m:	2:55.57	1:00.72	250m:	5:06.44	1:05.09	350m:	7:13.16	1:03.06
100m:	1:54.85	59.00	200m:	4:01.35	1:05.78	300m:	6:10.10	1:03.66	400m:	8:11.81	58.65
3. FUERTES ZAPATA, Maria	70 C.D. Tizona Burgos								<b>8:19.77</b>	177	
50m:	56.19	56.19	150m:	3:02.27	1:04.26	250m:	5:12.19	1:04.58	350m:	7:19.53	1:02.92
100m:	1:58.01	1:01.82	200m:	4:07.61	1:05.34	300m:	6:16.61	1:04.42	400m:	8:19.77	1:00.24
<b>55+</b>											
1. HERAS GONZÁLEZ, Eva Maria	69 C.N. Palencia								<b>7:07.50</b>	291	
50m:	49.14	49.14	150m:	2:36.98	54.74	250m:	4:26.75	54.63	350m:	6:16.15	54.59
100m:	1:42.24	53.10	200m:	3:32.12	55.14	300m:	5:21.56	54.81	400m:	7:07.50	51.35
2. HIDALGO MARTINEZ, Rosa	68 C.N. Leon								<b>8:15.44</b>	187	
50m:	55.79	55.79	150m:	3:00.12	1:03.18	250m:	5:07.46	1:04.30	350m:	7:15.66	1:03.90
100m:	1:56.94	1:01.15	200m:	4:03.16	1:03.04	300m:	6:11.76	1:04.30	400m:	8:15.44	59.78