



XXIX COPA DE CLUBES DE NATACIÓN SEGUNDA DIVISIÓN RFEN VA
 VALLADOLID, 2 - 3/12/2023

Prueba 2	Fem., 400m Estilos			Abs.
02/12/2023 - 10:12				Resultados
RCYL	4:49.17	, CAÑAS GARRIDO SARA	SABADELL	18/04/2009
MMT 17	4:49.17	, CAÑAS GARRIDO SARA	SABADELL	18/04/2009
MMT 16	4:57.63	, CAÑAS GARRIDO SARA	HOSPITALET	19/04/2008
MMT 15	5:03.39	, YARA GARRIDO REBOLLO	VALLADOLID	06/12/2020
MMT 14	5:12.24	, PELAEZ MARZO CELIA	BADAJOS	07/03/2009
MMT 13	5:03.64	, NAYARA PINEDA LOPEZ	VALLADOLID	19/12/2021

Puntos: FINA 2023

Clasificación	AN						Tiempo	Pts
1. GARRIDO REBOLLO, Yara	05 C.N. Parquesol						5:03.23	622
50m: 32.36 32.36	150m: 1:48.53	40.43	250m: 3:09.54	41.54	350m: 4:28.40	35.96		
100m: 1:08.10 35.74	200m: 2:28.00	39.47	300m: 3:52.44	42.90	400m: 5:03.23	34.83		
2. AMARILLA ABAGA, Veronica	08 El Perú Cáceres Wellness						5:15.69	551
50m: 33.47 33.47	150m: 1:51.94	40.26	250m: 3:16.67	44.64	350m: 4:39.02	36.74		
100m: 1:11.68 38.21	200m: 2:32.03	40.09	300m: 4:02.28	45.61	400m: 5:15.69	36.67		
3. SANTOS MARTINEZ, Sandra	10 C.N. Parquesol						5:20.66	526
50m: 33.88 33.88	150m: 1:54.04	40.12	250m: 3:19.54	45.59	350m: 4:44.48	37.63		
100m: 1:13.92 40.04	200m: 2:33.95	39.91	300m: 4:06.85	47.31	400m: 5:20.66	36.18		
4. CALDERA ROSSELL, Laura	06 C.N. Merida						5:21.98	520
50m: 33.89 33.89	150m: 1:55.17	43.75	250m: 3:22.86	45.13	350m: 4:47.10	38.20		
100m: 1:11.42 37.53	200m: 2:37.73	42.56	300m: 4:08.90	46.04	400m: 5:21.98	34.88		
5. GONZALEZ ARAUZO, Natalia	08 C.N. Castilla-Burgos						5:24.03	510
50m: 33.88 33.88	150m: 1:52.99	40.90	250m: 3:20.42	46.36	350m: 4:46.60	37.89		
100m: 1:12.09 38.21	200m: 2:34.06	41.07	300m: 4:08.71	48.29	400m: 5:24.03	37.43		
6. ARROYO BONIFACIO, Sofia	07 C.D.N. Zamora						5:28.17	491
50m: 33.04 33.04	150m: 1:53.18	41.56	250m: 3:22.60	47.99	350m: 4:51.17	37.31		
100m: 1:11.62 38.58	200m: 2:34.61	41.43	300m: 4:13.86	51.26	400m: 5:28.17	37.00		
7. MIELGO DIEZ, Ines	04 CD Acuatico Leon						5:30.09	482
50m: 34.62 34.62	150m: 1:58.30	44.11	250m: 3:26.55	44.95	350m: 4:51.56	39.35		
100m: 1:14.19 39.57	200m: 2:41.60	43.30	300m: 4:12.21	45.66	400m: 5:30.09	38.53		
8. VALCARCEL MACHO, Alba	07 C.N. Palencia						5:34.39	464
50m: 33.16 33.16	150m: 1:52.96	40.91	250m: 3:25.39	51.20	350m: 4:55.09	38.70		
100m: 1:12.05 38.89	200m: 2:34.19	41.23	300m: 4:16.39	51.00	400m: 5:34.39	39.30		
9. GONZALEZ SANCHEZ, Nazaret	09 C.N. Merida						5:35.75	458
50m: 35.17 35.17	150m: 1:59.13	43.64	250m: 3:28.72	46.23	350m: 4:57.08	40.80		
100m: 1:15.49 40.32	200m: 2:42.49	43.36	300m: 4:16.28	47.56	400m: 5:35.75	38.67		
10. TENA RAMIRO, Alea	06 El Perú Cáceres Wellness						5:37.83	450
50m: 34.26 34.26	150m: 1:57.27	43.55	250m: 3:28.25	48.13	350m: 4:57.84	40.15		
100m: 1:13.72 39.46	200m: 2:40.12	42.85	300m: 4:17.69	49.44	400m: 5:37.83	39.99		
11. RODRIGUEZ BLANCO, Gabriela	09 CD Acuatico Leon						5:59.17	374
50m: 37.09 37.09	150m: 2:09.93	47.78	250m: 3:43.93	48.33	350m: 5:17.92	43.96		
100m: 1:22.15 45.06	200m: 2:55.60	45.67	300m: 4:33.96	50.03	400m: 5:59.17	41.25		
12. VICENTE ALFONSO, Lucia	08 C.Acuatico Salamanca						6:02.64	364
50m: 38.02 38.02	150m: 2:09.55	43.68	250m: 3:49.51	56.98	350m: 5:22.69	38.82		
100m: 1:25.87 47.85	200m: 2:52.53	42.98	300m: 4:43.87	54.36	400m: 6:02.64	39.95		
13. SANCHEZ HERNANDEZ, Ruth	10 C.Acuatico Salamanca						6:06.63	352
50m: 38.56 38.56	150m: 2:08.77	46.47	250m: 3:51.75	56.58	350m: 5:27.70	40.32		
100m: 1:22.30 43.74	200m: 2:55.17	46.40	300m: 4:47.38	55.63	400m: 6:06.63	38.93		
14. GARCIA CARRERA, Paula	09 C.N. Ciudad De Avila						6:08.02	348
50m: 37.66 37.66	150m: 2:08.62	44.68	250m: 3:48.05	54.80	350m: 5:26.33	42.49		
100m: 1:23.94 46.28	200m: 2:53.25	44.63	300m: 4:43.84	55.79	400m: 6:08.02	41.69		
15. RODRÍGUEZ RODRÍGUEZ, Celia	09 C.N. Bierzo-Ponferrada						6:14.89	329
50m: 39.53 39.53	150m: 2:17.04	48.09	250m: 3:57.03	53.21	350m: 5:34.89	41.71		
100m: 1:28.95 49.42	200m: 3:03.82	46.78	300m: 4:53.18	56.15	400m: 6:14.89	40.00		
16. TOBAR MANGUAN, Esther	08 C.N. Castilla-Burgos						6:23.07	308
50m: 38.47 38.47	150m: 2:16.32	52.26	250m: 4:00.38	52.75	350m: 5:40.03	45.00		
100m: 1:24.06 45.59	200m: 3:07.63	51.31	300m: 4:55.03	54.65	400m: 6:23.07	43.04		
17. CONDÉS ACOSTA, Leire	08 C.N. Riavall						6:24.37	305
50m: 36.85 36.85	150m: 2:13.29	48.39	250m: 3:58.42	57.05	350m: 5:39.46	42.96		
100m: 1:24.90 48.05	200m: 3:01.37	48.08	300m: 4:56.50	58.08	400m: 6:24.37	44.91		



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Clasificación					AN					Tiempo	Pts	
18.	URBON GOMEZ, Lucia				07	C.N. Palencia				6:27.78	297	
	50m:	39.83	39.83	150m:	2:18.65	50.36	250m:	4:00.53	51.19	350m:	5:42.00	46.81
	100m:	1:28.29	48.46	200m:	3:09.34	50.69	300m:	4:55.19	54.66	400m:	6:27.78	45.78
19.	RAMIREZ REVILLA, Nuria				98	C.N. Soriano				6:29.96	292	
	50m:	38.02	38.02	150m:	2:20.48	57.43	250m:	4:07.55	53.02	350m:	5:46.70	45.17
	100m:	1:23.05	45.03	200m:	3:14.53	54.05	300m:	5:01.53	53.98	400m:	6:29.96	43.26
20.	PAZ MARTIN, Andrea				10	C.N. Rio Adaja				6:38.23	274	
	50m:	44.28	44.28	150m:	2:33.46	52.89	250m:	4:17.64	51.70	350m:	5:55.72	44.77
	100m:	1:40.57	56.29	200m:	3:25.94	52.48	300m:	5:10.95	53.31	400m:	6:38.23	42.51
21.	MOREDA VILLA, Nadia				07	C.N. Riavall				6:38.97	273	
	50m:	39.78	39.78	150m:	2:19.03	49.85	250m:	4:05.69	57.07	350m:	5:54.03	46.72
	100m:	1:29.18	49.40	200m:	3:08.62	49.59	300m:	5:07.31	1:01.62	400m:	6:38.97	44.94
22.	FERNANDEZ SANTO DOMINGO, Paula				10	C.N. Ciudad De Avila				7:22.53	200	
	50m:	48.54	48.54	150m:	2:40.03	56.38	250m:	4:39.06	1:05.53	350m:	6:35.41	49.34
	100m:	1:43.65	55.11	200m:	3:33.53	53.50	300m:	5:46.07	1:07.01	400m:	7:22.53	47.12