



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

Prueba 26
 03/12/2023 - 11:12

Fem., 400m Libre

Abs.
 Resultados

RCYL	4:10.49	FERNANDEZ DIAZ NATALIA	CASTELLON	27/11/2009
MMT 17	4:12.02	, CAÑAS GARRIDO SARA	CASTELLON	27/11/2009
MMT 16	4:10.64	, CAÑAS GARRIDO SARA	MADRID	20/12/2008
MMT 15	4:25.67	, CAÑAS GARRIDO SARA	MADRID	16/03/2007
MMT 14	4:23.70	, CAÑAS GARRIDO SARA	BARCELONA	16/12/2006
MMT 13	4:30.76	, CAÑAS GARRIDO SARA	TORRE PACHECO	01/05/2005

Puntos: FINA 2023

Clasificación	AN				Tiempo	Pts
1. GARRIDO REBOLLO, Yara	05	C.N. Parquesol	4:36.78	583		
50m: 32.30 32.30	150m: 1:42.73	35.25 250m: 2:52.85	34.88	350m: 4:03.04	35.32	
100m: 1:07.48 35.18	200m: 2:17.97	35.24 300m: 3:27.72	34.87	400m: 4:36.78	33.74	
2. GONZALEZ SAÑUDO, Daniela	10	C.D. Torrelago Wellness	4:40.32	561		
50m: 32.12 32.12	150m: 1:42.92	35.80 250m: 2:54.08	35.66	350m: 4:05.84	35.97	
100m: 1:07.12 35.00	200m: 2:18.42	35.50 300m: 3:29.87	35.79	400m: 4:40.32	34.48	
3. ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora	4:40.72	559		
50m: 32.18 32.18	150m: 1:42.91	35.52 250m: 2:54.28	36.17	350m: 4:06.18	36.06	
100m: 1:07.39 35.21	200m: 2:18.11	35.20 300m: 3:30.12	35.84	400m: 4:40.72	34.54	
4. RAMOS RODRIGUEZ, Sonia	06	El Perú Cáceres Wellness	4:43.66	542		
50m: 32.52 32.52	150m: 1:43.86	35.96 250m: 2:55.97	35.89	350m: 4:08.42	36.13	
100m: 1:07.90 35.38	200m: 2:20.08	36.22 300m: 3:32.29	36.32	400m: 4:43.66	35.24	
5. CARLON DE FUENTES, Irene	10	C.D. Torrelago Wellness	4:44.02	540		
50m: 32.68 32.68	150m: 1:44.02	35.88 250m: 2:56.45	36.26	350m: 4:08.99	36.14	
100m: 1:08.14 35.46	200m: 2:20.19	36.17 300m: 3:32.85	36.40	400m: 4:44.02	35.03	
6. RODRÍGUEZ JARA, Carla	07	El Perú Cáceres Wellness	4:46.11	528		
50m: 32.61 32.61	150m: 1:43.85	36.09 250m: 2:56.40	36.21	350m: 4:09.43	36.65	
100m: 1:07.76 35.15	200m: 2:20.19	36.34 300m: 3:32.78	36.38	400m: 4:46.11	36.68	
7. MIELGO DIEZ, Ines	04	CD Acuatico Leon	4:46.59	525		
50m: 32.40 32.40	150m: 1:42.68	35.67 250m: 2:55.96	36.89	350m: 4:10.69	37.46	
100m: 1:07.01 34.61	200m: 2:19.07	36.39 300m: 3:33.23	37.27	400m: 4:46.59	35.90	
8. CALVO HUIDOBRO, Celia	08	C. Acuatico Salamanca	4:49.69	509		
50m: 33.79 33.79	150m: 1:47.61	37.06 250m: 3:00.99	36.50	350m: 4:13.48	35.96	
100m: 1:10.55 36.76	200m: 2:24.49	36.88 300m: 3:37.52	36.53	400m: 4:49.69	36.21	
9. DELGADO NISTAL, Nadia	09	C.N. Castilla-Burgos	4:51.08	501		
50m: 33.06 33.06	150m: 1:44.42	36.30 250m: 2:59.14	37.43	350m: 4:14.25	37.53	
100m: 1:08.12 35.06	200m: 2:21.71	37.29 300m: 3:36.72	37.58	400m: 4:51.08	36.83	
10. REDONDO DIEZ, Ana	09	C.N. Palencia	4:51.20	501		
50m: 32.60 32.60	150m: 1:43.67	36.01 250m: 2:57.75	37.20	350m: 4:13.48	38.08	
100m: 1:07.66 35.06	200m: 2:20.55	36.88 300m: 3:35.40	37.65	400m: 4:51.20	37.72	
11. BASTERRA FERNANDEZ, Arantxa	09	C.N. Merida	4:53.96	487		
50m: 32.79 32.79	150m: 1:44.85	36.63 250m: 3:00.30	37.52	350m: 4:16.98	38.23	
100m: 1:08.22 35.43	200m: 2:22.78	37.93 300m: 3:38.75	38.45	400m: 4:53.96	36.98	
12. NAVAS ALVAREZ, Laura	09	C.N. Parquesol	4:59.25	461		
50m: 33.60 33.60	150m: 1:45.95	36.38 250m: 2:59.99	37.28	350m: 4:18.07	39.88	
100m: 1:09.57 35.97	200m: 2:22.71	36.76 300m: 3:38.19	38.20	400m: 4:59.25	41.18	
13. RAMOS CABEZAS, Beatriz	08	C.D.N. Zamora	4:59.93	458		
50m: 32.35 32.35	150m: 1:47.71	37.76 250m: 3:04.67	39.25	350m: 4:22.91	39.06	
100m: 1:09.95 37.60	200m: 2:25.42	37.71 300m: 3:43.85	39.18	400m: 4:59.93	37.02	
14. DELGADO MALILLOS, Carmen	10	C.N.Castilla Zamora	5:06.18	431		
50m: 33.57 33.57	150m: 1:47.29	37.70 250m: 3:05.63	39.70	350m: 4:26.86	40.61	
100m: 1:09.59 36.02	200m: 2:25.93	38.64 300m: 3:46.25	40.62	400m: 5:06.18	39.32	
15. CORRALES GARCÍA, Dana	09	C. Acuatico Salamanca	5:10.43	413		
50m: 35.19 35.19	150m: 1:51.23	38.95 250m: 3:10.61	39.78	350m: 4:31.21	40.20	
100m: 1:12.28 37.09	200m: 2:30.83	39.60 300m: 3:51.01	40.40	400m: 5:10.43	39.22	
16. BLANCO PRIETO, Paula	09	C.N. Merida	5:16.33	390		
50m: 34.11 34.11	150m: 1:52.15	40.30 250m: 3:14.27	41.53	350m: 4:36.28	40.81	
100m: 1:11.85 37.74	200m: 2:32.74	40.59 300m: 3:55.47	41.20	400m: 5:16.33	40.05	
17. RODRIGUEZ RUIZ, Leyre	08	C.N. Leon	5:17.08	388		
50m: 34.31 34.31	150m: 1:51.62	39.60 250m: 3:14.00	41.37	350m: 4:37.00	41.62	
100m: 1:12.02 37.71	200m: 2:32.63	41.01 300m: 3:55.38	41.38	400m: 5:17.08	40.08	



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Clasificación				AN							Tiempo	Pts
18.	RODRÍGUEZ RODRÍGUEZ, Celia			09	C.N. Bierzo-Ponferrada						5:17.44	386
	50m:	34.56	34.56	150m:	1:53.59	40.30	250m:	3:15.80	41.28	350m:	4:38.73	41.97
	100m:	1:13.29	38.73	200m:	2:34.52	40.93	300m:	3:56.76	40.96	400m:	5:17.44	38.71
19.	SEQUERA CARO, Miriam			97	C.N. Leon						5:19.06	380
	50m:	35.85	35.85	150m:	1:54.42	39.64	250m:	3:15.60	40.83	350m:	4:38.34	41.60
	100m:	1:14.78	38.93	200m:	2:34.77	40.35	300m:	3:56.74	41.14	400m:	5:19.06	40.72
20.	TOBAR MANGUAN, Esther			08	C.N. Castilla-Burgos						5:22.21	369
	50m:	36.25	36.25	150m:	1:58.42	41.56	250m:	3:21.91	41.84	350m:	4:43.42	40.91
	100m:	1:16.86	40.61	200m:	2:40.07	41.65	300m:	4:02.51	40.60	400m:	5:22.21	38.79
21.	GONZALEZ FUENTES, Eva			08	C.N. Riavall						5:25.09	360
	50m:	35.48	35.48	150m:	1:55.29	41.10	250m:	3:20.55	42.68	350m:	4:44.12	41.64
	100m:	1:14.19	38.71	200m:	2:37.87	42.58	300m:	4:02.48	41.93	400m:	5:25.09	40.97
22.	RODRIGUEZ BLANCO, Gabriela			09	CD Acuatico Leon						5:25.96	357
	50m:	35.29	35.29	150m:	1:57.23	41.87	250m:	3:22.75	42.18	350m:	4:45.66	41.33
	100m:	1:15.36	40.07	200m:	2:40.57	43.34	300m:	4:04.33	41.58	400m:	5:25.96	40.30
23.	RAMIREZ REVILLA, Nuria			98	C.N. Soriano						5:27.39	352
	50m:	37.24	37.24	150m:	1:59.36	41.26	250m:	3:21.94	41.48	350m:	4:45.70	41.77
	100m:	1:18.10	40.86	200m:	2:40.46	41.10	300m:	4:03.93	41.99	400m:	5:27.39	41.69
24.	ARRIBAS NARROS, Sofia			09	C.D. Triatlón Lacerta						5:32.89	335
	50m:	35.74	35.74	150m:	1:58.26	41.94	250m:	3:23.75	42.54	350m:	4:50.55	43.65
	100m:	1:16.32	40.58	200m:	2:41.21	42.95	300m:	4:06.90	43.15	400m:	5:32.89	42.34
25.	CLIMENT CEMBRANOS, Marta			08	C.N. Riavall						5:44.37	303
	50m:	37.49	37.49	150m:	2:02.47	43.05	250m:	3:31.98	44.69	350m:	5:03.10	45.50
	100m:	1:19.42	41.93	200m:	2:47.29	44.82	300m:	4:17.60	45.62	400m:	5:44.37	41.27
26.	SANCHEZ TERRON, Paula			07	C.N. Ciudad De Avila						6:09.07	246
	50m:	41.63	41.63	150m:	2:14.49	47.07	250m:	3:49.94	47.76	350m:	5:23.77	46.16
	100m:	1:27.42	45.79	200m:	3:02.18	47.69	300m:	4:37.61	47.67	400m:	6:09.07	45.30
27.	FERNANDEZ SANTO DOMINGO, Paula			10	C.N. Ciudad De Avila						6:22.62	220
	50m:	42.05	42.05	150m:	2:20.24	50.38	250m:	3:58.74	49.44	350m:	5:35.17	48.14
	100m:	1:29.86	47.81	200m:	3:09.30	49.06	300m:	4:47.03	48.29	400m:	6:22.62	47.45
28.	ALONSO SAN JOSE, Lucia			09	S.D. La Venatoria						6:40.32	192
	50m:	42.63	42.63	150m:	2:21.69	51.44	250m:	4:05.43	52.62	350m:	5:49.83	51.56
	100m:	1:30.25	47.62	200m:	3:12.81	51.12	300m:	4:58.27	52.84	400m:	6:40.32	50.49