



CTO CYL ABSOLUTO-JUNIOR INVIERNO VALLADOLID  
VALLADOLID, 1 - 2/2/2025

| Prueba 4          | Fem., 400m Libre |                     |           |            | ABSOLUTA   |
|-------------------|------------------|---------------------|-----------|------------|------------|
| 01/02/2025 - 9:58 |                  |                     |           |            | Resultados |
| RA                | 4:14.72          | CAÑAS GARRIDO, SARA | DOHA      | 31/12/2009 |            |
| MMA 18            | 4:22.62          | SARA CAÑAS, GARRIDO | MALAGA    | 25/04/2010 |            |
| MMA 17            | 4:14.72          | CAÑAS GARRIDO, SARA | DOHA      | 09/12/2009 |            |
| MMA 16            | 4:18.55          | CAÑAS GARRIDO, SARA | BELGRADO  | 31/07/2008 |            |
| MMA 15            | 4:25.52          | CAÑAS GARRIDO, SARA | GIJON     | 22/12/2007 |            |
| MMA 14            | 4:28.09          | CAÑAS GARRIDO, SARA | RIO MAYOR | 30/06/2006 |            |

Puntos: AQUA 2024

| Clasificación                 | AN                  |                         |                     |                | Tiempo | Pts |
|-------------------------------|---------------------|-------------------------|---------------------|----------------|--------|-----|
| <b>16 años</b>                |                     |                         |                     |                |        |     |
| 1. REDONDO DIEZ, Ana          | 09                  | C.D. Torrelago Wellness |                     | <b>4:49.32</b> | 538    |     |
| 50m: 32.16 32.16              | 150m: 1:43.12 35.83 | 250m: 2:56.48 36.65     | 350m: 4:11.91 37.69 |                |        |     |
| 100m: 1:07.29 35.13           | 200m: 2:19.83 36.71 | 300m: 3:34.22 37.74     | 400m: 4:49.32 37.41 |                |        |     |
| 2. NAVAS ALVAREZ, Laura       | 09                  | C.D. Parquesol          |                     | <b>5:00.45</b> | 480    |     |
| 50m: 33.45 33.45              | 150m: 1:46.31 36.68 | 250m: 3:02.17 37.38     | 350m: 4:20.96 39.71 |                |        |     |
| 100m: 1:09.63 36.18           | 200m: 2:24.79 38.48 | 300m: 3:41.25 39.08     | 400m: 5:00.45 39.49 |                |        |     |
| 3. DELGADO NISTAL, Nadia      | 09                  | C.N. Castilla-Burgos    |                     | <b>5:05.20</b> | 458    |     |
| 50m: 33.68 33.68              | 150m: 1:49.75 38.69 | 250m: 3:08.27 39.46     | 350m: 4:26.32 38.45 |                |        |     |
| 100m: 1:11.06 37.38           | 200m: 2:28.81 39.06 | 300m: 3:47.87 39.60     | 400m: 5:05.20 38.88 |                |        |     |
| 4. JIMENEZ GARCIA, Erika      | 09                  | Club Benavente Natacion |                     | <b>5:12.76</b> | 426    |     |
| 50m: 34.10 34.10              | 150m: 1:49.65 38.48 | 250m: 3:10.09 40.62     | 350m: 4:32.71 41.37 |                |        |     |
| 100m: 1:11.17 37.07           | 200m: 2:29.47 39.82 | 300m: 3:51.34 41.25     | 400m: 5:12.76 40.05 |                |        |     |
| 5. RODRIGUEZ RODRIGUEZ, Celia | 09                  | C.N. Bierzo-Ponferrada  |                     | <b>5:18.27</b> | 404    |     |
| 50m: 34.28 34.28              | 150m: 1:52.07 39.85 | 250m: 3:13.97 41.47     | 350m: 4:37.42 41.55 |                |        |     |
| 100m: 1:12.22 37.94           | 200m: 2:32.50 40.43 | 300m: 3:55.87 41.90     | 400m: 5:18.27 40.85 |                |        |     |
| 6. ARRIBAS NARROS, Sofia      | 09                  | Casino De La Union      |                     | <b>5:23.53</b> | 385    |     |
| 50m: 36.35 36.35              | 150m: 1:56.07 41.32 | 250m: 3:19.63 42.26     | 350m: 4:44.96 42.81 |                |        |     |
| 100m: 1:14.75 38.40           | 200m: 2:37.37 41.30 | 300m: 4:02.15 42.52     | 400m: 5:23.53 38.57 |                |        |     |
| 7. MUÑOZ VELILLA, Elena       | 09                  | C.D. Parquesol          |                     | <b>5:23.69</b> | 384    |     |
| 50m: 35.59 35.59              | 150m: 1:55.47 40.42 | 250m: 3:19.42 42.45     | 350m: 4:44.58 42.56 |                |        |     |
| 100m: 1:15.05 39.46           | 200m: 2:36.97 41.50 | 300m: 4:02.02 42.60     | 400m: 5:23.69 39.11 |                |        |     |
| <b>17 años</b>                |                     |                         |                     |                |        |     |
| 1. CALVO HUIDOBRO, Celia      | 08                  | C.Acuatico Salamanca    |                     | <b>5:00.72</b> | 479    |     |
| 50m: 33.41 33.41              | 150m: 1:48.74 38.52 | 250m: 3:05.85 39.07     | 350m: 4:23.77 38.20 |                |        |     |
| 100m: 1:10.22 36.81           | 200m: 2:26.78 38.04 | 300m: 3:45.57 39.72     | 400m: 5:00.72 36.95 |                |        |     |
| 2. RAMOS CABEZAS, Beatriz     | 08                  | C.D.N. Zamora           |                     | <b>5:01.47</b> | 475    |     |
| 50m: 33.75 33.75              | 150m: 1:48.30 37.90 | 250m: 3:05.21 38.83     | 350m: 4:23.76 39.33 |                |        |     |
| 100m: 1:10.40 36.65           | 200m: 2:26.38 38.08 | 300m: 3:44.43 39.22     | 400m: 5:01.47 37.71 |                |        |     |
| 3. TOBAR MANGUAN, Esther      | 08                  | C.N. Castilla-Burgos    |                     | <b>5:10.70</b> | 434    |     |
| 50m: 34.40 34.40              | 150m: 1:50.57 38.35 | 250m: 3:10.80 40.28     | 350m: 4:31.77 40.13 |                |        |     |
| 100m: 1:12.22 37.82           | 200m: 2:30.52 39.95 | 300m: 3:51.64 40.84     | 400m: 5:10.70 38.93 |                |        |     |
| <b>18 años</b>                |                     |                         |                     |                |        |     |
| 1. ARROYO BONIFACIO, Sofia    | 07                  | C.D.N. Zamora           |                     | <b>4:45.90</b> | 558    |     |
| 50m: 31.66 31.66              | 150m: 1:43.46 36.26 | 250m: 2:56.47 36.55     | 350m: 4:10.44 36.76 |                |        |     |
| 100m: 1:07.20 35.54           | 200m: 2:19.92 36.46 | 300m: 3:33.68 37.21     | 400m: 4:45.90 35.46 |                |        |     |
| 2. SANZ GOBERNADO, Laura      | 07                  | CD Acuatico Leon        |                     | <b>4:53.28</b> | 516    |     |
| 50m: 32.90 32.90              | 150m: 1:45.74 36.92 | 250m: 3:00.90 37.43     | 350m: 4:16.74 37.72 |                |        |     |
| 100m: 1:08.82 35.92           | 200m: 2:23.47 37.73 | 300m: 3:39.02 38.12     | 400m: 4:53.28 36.54 |                |        |     |
| 3. MARTIN ALVARO, Lucia       | 07                  | Casino De La Union      |                     | <b>5:10.65</b> | 435    |     |
| 50m: 35.00 35.00              | 150m: 1:53.03 39.69 | 250m: 3:13.58 40.34     | 350m: 4:32.41 39.04 |                |        |     |
| 100m: 1:13.34 38.34           | 200m: 2:33.24 40.21 | 300m: 3:53.37 39.79     | 400m: 5:10.65 38.24 |                |        |     |



CTO CYL ABSOLUTO-JUNIOR INVIERNO VALLADOLID  
VALLADOLID, 1 - 2/2/2025

Prueba 4, Fem., 400m Libre

ABSOLUTA

|     |                            |               |                         |                |               |
|-----|----------------------------|---------------|-------------------------|----------------|---------------|
| 1.  | ALFONSO SICILIA, Vega      | 11            | C.D. Torrelago Wellness | <b>4:31.27</b> | 653           |
|     | 50m: 30.08 30.08           | 150m: 1:38.17 | 34.21 250m: 2:47.49     | 34.77          | 350m: 3:57.66 |
|     | 100m: 1:03.96 33.88        | 200m: 2:12.72 | 34.55 300m: 3:22.91     | 35.42          | 400m: 4:31.27 |
| 2.  | GUERRA HERNANZ, Sandra     | 11            | Casino De La Union      | <b>4:44.11</b> | 568           |
|     | 50m: 31.19 31.19           | 150m: 1:41.87 | 36.14 250m: 2:55.90     | 36.83          | 350m: 4:08.69 |
|     | 100m: 1:05.73 34.54        | 200m: 2:19.07 | 37.20 300m: 3:32.20     | 36.30          | 400m: 4:44.11 |
| 3.  | ARROYO BONIFACIO, Sofia    | 07            | C.D.N. Zamora           | <b>4:45.90</b> | 558           |
|     | 50m: 31.66 31.66           | 150m: 1:43.46 | 36.26 250m: 2:56.47     | 36.55          | 350m: 4:10.44 |
|     | 100m: 1:07.20 35.54        | 200m: 2:19.92 | 36.46 300m: 3:33.68     | 37.21          | 400m: 4:45.90 |
| 4.  | REDONDO DIEZ, Ana          | 09            | C.D. Torrelago Wellness | <b>4:49.32</b> | 538           |
|     | 50m: 32.16 32.16           | 150m: 1:43.12 | 35.83 250m: 2:56.48     | 36.65          | 350m: 4:11.91 |
|     | 100m: 1:07.29 35.13        | 200m: 2:19.83 | 36.71 300m: 3:34.22     | 37.74          | 400m: 4:49.32 |
| 5.  | SANZ GOBERNADO, Laura      | 07            | CD Acuatico Leon        | <b>4:53.28</b> | 516           |
|     | 50m: 32.90 32.90           | 150m: 1:45.74 | 36.92 250m: 3:00.90     | 37.43          | 350m: 4:16.74 |
|     | 100m: 1:08.82 35.92        | 200m: 2:23.47 | 37.73 300m: 3:39.02     | 38.12          | 400m: 4:53.28 |
| 6.  | CARLON DE FUENTES, Elisa   | 10            | C.D. Torrelago Wellness | <b>4:53.99</b> | 513           |
|     | 50m: 32.35 32.35           | 150m: 1:45.88 | 37.75 250m: 3:02.10     | 38.45          | 350m: 4:17.75 |
|     | 100m: 1:08.13 35.78        | 200m: 2:23.65 | 37.77 300m: 3:40.57     | 38.47          | 400m: 4:53.99 |
| 7.  | NAVAS ALVAREZ, Laura       | 09            | C.D. Parquesol          | <b>5:00.45</b> | 480           |
|     | 50m: 33.45 33.45           | 150m: 1:46.31 | 36.68 250m: 3:02.17     | 37.38          | 350m: 4:20.96 |
|     | 100m: 1:09.63 36.18        | 200m: 2:24.79 | 38.48 300m: 3:41.25     | 39.08          | 400m: 5:00.45 |
| 8.  | CALVO HUIDOBRO, Celia      | 08            | C.Acuatico Salamanca    | <b>5:00.72</b> | 479           |
|     | 50m: 33.41 33.41           | 150m: 1:48.74 | 38.52 250m: 3:05.85     | 39.07          | 350m: 4:23.77 |
|     | 100m: 1:10.22 36.81        | 200m: 2:26.78 | 38.04 300m: 3:45.57     | 39.72          | 400m: 5:00.72 |
| 9.  | RAMOS CABEZAS, Beatriz     | 08            | C.D.N. Zamora           | <b>5:01.47</b> | 475           |
|     | 50m: 33.75 33.75           | 150m: 1:48.30 | 37.90 250m: 3:05.21     | 38.83          | 350m: 4:23.76 |
|     | 100m: 1:10.40 36.65        | 200m: 2:26.38 | 38.08 300m: 3:44.43     | 39.22          | 400m: 5:01.47 |
| 10. | DELGADO NISTAL, Nadia      | 09            | C.N. Castilla-Burgos    | <b>5:05.20</b> | 458           |
|     | 50m: 33.68 33.68           | 150m: 1:49.75 | 38.69 250m: 3:08.27     | 39.46          | 350m: 4:26.32 |
|     | 100m: 1:11.06 37.38        | 200m: 2:28.81 | 39.06 300m: 3:47.87     | 39.60          | 400m: 5:05.20 |
| 11. | RAMOS VILUMBRALES, Nuria   | 11            | C.N. Castilla-Burgos    | <b>5:06.21</b> | 454           |
|     | 50m: 32.58 32.58           | 150m: 1:48.06 | 38.28 250m: 3:07.25     | 39.61          | 350m: 4:28.13 |
|     | 100m: 1:09.78 37.20        | 200m: 2:27.64 | 39.58 300m: 3:47.95     | 40.70          | 400m: 5:06.21 |
| 12. | SANTIAGO GARCIA, Naia      | 10            | C.N. Palencia           | <b>5:06.83</b> | 451           |
|     | 50m: 34.92 34.92           | 150m: 1:51.00 | 38.40 250m: 3:09.87     | 39.50          | 350m: 4:28.72 |
|     | 100m: 1:12.60 37.68        | 200m: 2:30.37 | 39.37 300m: 3:49.53     | 39.66          | 400m: 5:06.83 |
| 13. | RODRIGUEZ MARTINEZ, Carla  | 11            | N. Casa De Asturias     | <b>5:09.45</b> | 440           |
|     | 50m: 34.03 34.03           | 150m: 1:50.15 | 38.43 250m: 3:10.61     | 40.68          | 350m: 4:31.86 |
|     | 100m: 1:11.72 37.69        | 200m: 2:29.93 | 39.78 300m: 3:51.34     | 40.73          | 400m: 5:09.45 |
| 14. | MARTIN ALVARO, Lucia       | 07            | Casino De La Union      | <b>5:10.65</b> | 435           |
|     | 50m: 35.00 35.00           | 150m: 1:53.03 | 39.69 250m: 3:13.58     | 40.34          | 350m: 4:32.41 |
|     | 100m: 1:13.34 38.34        | 200m: 2:33.24 | 40.21 300m: 3:53.37     | 39.79          | 400m: 5:10.65 |
| 15. | TOBAR MANGUAN, Esther      | 08            | C.N. Castilla-Burgos    | <b>5:10.70</b> | 434           |
|     | 50m: 34.40 34.40           | 150m: 1:50.57 | 38.35 250m: 3:10.80     | 40.28          | 350m: 4:31.77 |
|     | 100m: 1:12.22 37.82        | 200m: 2:30.52 | 39.95 300m: 3:51.64     | 40.84          | 400m: 5:10.70 |
| 16. | JIMENEZ GARCIA, Erika      | 09            | Club Benavente Natacion | <b>5:12.76</b> | 426           |
|     | 50m: 34.10 34.10           | 150m: 1:49.65 | 38.48 250m: 3:10.09     | 40.62          | 350m: 4:32.71 |
|     | 100m: 1:11.17 37.07        | 200m: 2:29.47 | 39.82 300m: 3:51.34     | 41.25          | 400m: 5:12.76 |
| 17. | MUÑOZ GARCÍA, Maria        | 10            | C.D. Parquesol          | <b>5:13.30</b> | 424           |
|     | 50m: 34.35 34.35           | 150m: 1:52.20 | 39.70 250m: 3:12.05     | 39.86          | 350m: 4:33.41 |
|     | 100m: 1:12.50 38.15        | 200m: 2:32.19 | 39.99 300m: 3:52.66     | 40.61          | 400m: 5:13.30 |
| 18. | SANCHEZ HERNANDEZ, Ruth    | 10            | C.Acuatico Salamanca    | <b>5:17.62</b> | 406           |
|     | 50m: 35.85 35.85           | 150m: 1:55.64 | 39.96 250m: 3:16.63     | 41.10          | 350m: 4:38.61 |
|     | 100m: 1:15.68 39.83        | 200m: 2:35.53 | 39.89 300m: 3:57.93     | 41.30          | 400m: 5:17.62 |
| 19. | GONZALEZ CARRO, Veronica   | 11            | C.D. Torrelago Wellness | <b>5:18.06</b> | 405           |
|     | 50m: 33.54 33.54           | 150m: 1:52.53 | 40.83 250m: 3:14.86     | 41.17          | 350m: 4:37.72 |
|     | 100m: 1:11.70 38.16        | 200m: 2:33.69 | 41.16 300m: 3:56.62     | 41.76          | 400m: 5:18.06 |
| 20. | RODRIGUEZ RODRIGUEZ, Celia | 09            | C.N. Bierzo-Ponferrada  | <b>5:18.27</b> | 404           |
|     | 50m: 34.28 34.28           | 150m: 1:52.07 | 39.85 250m: 3:13.97     | 41.47          | 350m: 4:37.42 |
|     | 100m: 1:12.22 37.94        | 200m: 2:32.50 | 40.43 300m: 3:55.87     | 41.90          | 400m: 5:18.27 |



CTO CYL ABSOLUTO-JUNIOR INVIERNO VALLADOLID  
VALLADOLID, 1 - 2/2/2025

Prueba 4, Fem., 400m Libre, ABSOLUTA

| Clasificación |                          |         |       | AN    |                     |       |       |         |       |       | Tiempo         | Pts   |
|---------------|--------------------------|---------|-------|-------|---------------------|-------|-------|---------|-------|-------|----------------|-------|
| 21.           | DELGADO MALILLOS, Carmen |         |       | 10    | C.N.Castilla Zamora |       |       |         |       |       | <b>5:18.34</b> | 404   |
|               | 50m:                     | 34.52   | 34.52 | 150m: | 1:50.79             | 38.83 | 250m: | 3:12.58 | 41.58 | 350m: | 4:37.20        | 42.11 |
|               | 100m:                    | 1:11.96 | 37.44 | 200m: | 2:31.00             | 40.21 | 300m: | 3:55.09 | 42.51 | 400m: | 5:18.34        | 41.14 |
| 22.           | ARRIBAS NARROS, Sofia    |         |       | 09    | Casino De La Union  |       |       |         |       |       | <b>5:23.53</b> | 385   |
|               | 50m:                     | 36.35   | 36.35 | 150m: | 1:56.07             | 41.32 | 250m: | 3:19.63 | 42.26 | 350m: | 4:44.96        | 42.81 |
|               | 100m:                    | 1:14.75 | 38.40 | 200m: | 2:37.37             | 41.30 | 300m: | 4:02.15 | 42.52 | 400m: | 5:23.53        | 38.57 |
| 23.           | MUÑOZ VELILLA, Elena     |         |       | 09    | C.D. Parquesol      |       |       |         |       |       | <b>5:23.69</b> | 384   |
|               | 50m:                     | 35.59   | 35.59 | 150m: | 1:55.47             | 40.42 | 250m: | 3:19.42 | 42.45 | 350m: | 4:44.58        | 42.56 |
|               | 100m:                    | 1:15.05 | 39.46 | 200m: | 2:36.97             | 41.50 | 300m: | 4:02.02 | 42.60 | 400m: | 5:23.69        | 39.11 |
| 24.           | FERNANDEZ ISABEL, Marina |         |       | 11    | Casino De La Union  |       |       |         |       |       | <b>5:43.79</b> | 320   |
|               | 50m:                     | 37.16   | 37.16 | 150m: | 2:03.64             | 43.61 | 250m: | 3:33.70 | 45.41 | 350m: | 5:02.49        | 44.26 |
|               | 100m:                    | 1:20.03 | 42.87 | 200m: | 2:48.29             | 44.65 | 300m: | 4:18.23 | 44.53 | 400m: | 5:43.79        | 41.30 |