



Cto Castilla y León Absoluto-Junior de Verano Valladolid
Valladolid, 28 - 29/6/2025

Prueba 29
29/06/2025 - 10:11

Fem., 400m Libre

Absoluto Femenino
Resultados

MMA 18	4:22.62	SARA CAÑAS, GARRIDO	MALAGA	25/04/2010
MMA 17	4:14.72	SARA CAÑAS, GARRIDO	DOHA	09/12/2009
MMA 16	4:18.55	SARA CAÑAS, GARRIDO	BELGRADO	31/07/2008
MMA 15	4:25.52	SARA CAÑAS, GARRIDO	GIJON	22/12/2007
MMA 14	4:28.09	SARA CAÑAS, GARRIDO	RIO MAYOR	30/06/2006
RA	4:14.72	SARA CAÑAS, GARRIDO	DOHA	31/12/2009

Puntos: AQUA 2025

Clasificación AN Tiempo Pts

16 años

1. OREJAS VALDERREY, Alejandra	09	CD Acuatico Leon	5:12.55	427
50m: 34.39 34.39	150m: 1:52.17 39.42	250m: 3:12.25 39.89	350m: 4:32.68 39.95	
100m: 1:12.75 38.36	200m: 2:32.36 40.19	300m: 3:52.73 40.48	400m: 5:12.55 39.87	
2. CORRALES GARCIA, Dana	09	C.Acuatico Salamanca	5:14.01	421
50m: 36.35 36.35	150m: 1:55.04 39.77	250m: 3:15.79 40.43	350m: 4:35.49 39.42	
100m: 1:15.27 38.92	200m: 2:35.36 40.32	300m: 3:56.07 40.28	400m: 5:14.01 38.52	
3. JIMENEZ GARCIA, Erika	09	Club Benavente Natacion	5:16.77	410
50m: 34.63 34.63	150m: 1:53.56 39.79	250m: 3:15.09 40.84	350m: 4:37.47 40.86	
100m: 1:13.77 39.14	200m: 2:34.25 40.69	300m: 3:56.61 41.52	400m: 5:16.77 39.30	
4. ARRIBAS NARROS, Sofia	09	Casino De La Union	5:20.36	396
50m: 36.45 36.45	150m: 1:58.55 41.23	250m: 3:19.97 40.44	350m: 4:41.66 40.86	
100m: 1:17.32 40.87	200m: 2:39.53 40.98	300m: 4:00.80 40.83	400m: 5:20.36 38.70	
5. RODRIGUEZ RODRIGUEZ, Celia	09	C.N. Bierzo-Ponferrada	5:22.98	387
50m: 34.52 34.52	150m: 1:53.64 40.30	250m: 3:17.18 41.51	350m: 4:41.68 42.20	
100m: 1:13.34 38.82	200m: 2:35.67 42.03	300m: 3:59.48 42.30	400m: 5:22.98 41.30	

17 años

1. TOBAR MANGUAN, Esther	08	C.N. Castilla-Burgos	5:04.92	459
50m: 34.22 34.22	150m: 1:52.17 39.80	250m: 3:10.77 38.86	350m: 4:28.41 38.93	
100m: 1:12.37 38.15	200m: 2:31.91 39.74	300m: 3:49.48 38.71	400m: 5:04.92 36.51	
2. CALVO HUIDOBRO, Celia	08	C.Acuatico Salamanca	5:05.13	459
50m: 35.32 35.32	150m: 1:52.72 38.72	250m: 3:10.88 39.33	350m: 4:28.02 38.39	
100m: 1:14.00 38.68	200m: 2:31.55 38.83	300m: 3:49.63 38.75	400m: 5:05.13 37.11	
3. CLIMENT CEMBRANOS, Marta	08	C.D. Parquesol	5:40.53	330
50m: 36.88 36.88	150m: 2:00.41 41.80	250m: 3:29.32 45.08	350m: 4:58.86 44.10	
100m: 1:18.61 41.73	200m: 2:44.24 43.83	300m: 4:14.76 45.44	400m: 5:40.53 41.67	

18 años

1. ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora	4:44.19	568
50m: 30.90 30.90	150m: 1:41.24 36.00	250m: 2:54.23 37.25	350m: 4:08.32 37.11	
100m: 1:05.24 34.34	200m: 2:16.98 35.74	300m: 3:31.21 36.98	400m: 4:44.19 35.87	
2. SANZ GOBERNADO, Laura	07	CD Acuatico Leon	4:55.38	506
50m: 32.59 32.59	150m: 1:46.46 37.45	250m: 3:02.03 37.73	350m: 4:18.12 37.90	
100m: 1:09.01 36.42	200m: 2:24.30 37.84	300m: 3:40.22 38.19	400m: 4:55.38 37.26	

Absoluto Femenino

1. ALFONSO SICILIA, Vega	11	C.D. Torrelago Wellness	4:34.80	628
50m: 30.25 30.25	150m: 1:38.78 35.10	250m: 2:49.10 34.87	350m: 4:01.35 36.11	
100m: 1:03.68 33.43	200m: 2:14.23 35.45	300m: 3:25.24 36.14	400m: 4:34.80 33.45	
2. ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora	4:44.19	568
50m: 30.90 30.90	150m: 1:41.24 36.00	250m: 2:54.23 37.25	350m: 4:08.32 37.11	
100m: 1:05.24 34.34	200m: 2:16.98 35.74	300m: 3:31.21 36.98	400m: 4:44.19 35.87	
3. CARLON DE FUENTES, Elisa	10	C.D. Torrelago Wellness	4:50.69	530
50m: 32.04 32.04	150m: 1:43.76 36.61	250m: 2:58.63 37.54	350m: 4:14.39 37.92	
100m: 1:07.15 35.11	200m: 2:21.09 37.33	300m: 3:36.47 37.84	400m: 4:50.69 36.30	
4. SANZ GOBERNADO, Laura	07	CD Acuatico Leon	4:55.38	506
50m: 32.59 32.59	150m: 1:46.46 37.45	250m: 3:02.03 37.73	350m: 4:18.12 37.90	
100m: 1:09.01 36.42	200m: 2:24.30 37.84	300m: 3:40.22 38.19	400m: 4:55.38 37.26	



Cto Castilla y León Absoluto-Junior de Verano Valladolid
Valladolid, 28 - 29/6/2025

Prueba 29, Fem., 400m Libre, Absoluto Femenino

Clasificación					AN					Tiempo	Pts	
5.	RAMOS VILUMBRALES, Nuria				11	C.N. Castilla-Burgos				4:57.29	496	
	50m:	33.98	33.98	150m:	1:49.21	37.64	250m:	3:05.28	37.95	350m:	4:21.29	37.67
	100m:	1:11.57	37.59	200m:	2:27.33	38.12	300m:	3:43.62	38.34	400m:	4:57.29	36.00
6.	SANTIAGO GARCIA, Naia				10	C.N. Palencia				5:03.37	467	
	50m:	34.07	34.07	150m:	1:50.03	38.58	250m:	3:07.89	38.79	350m:	4:25.42	38.67
	100m:	1:11.45	37.38	200m:	2:29.10	39.07	300m:	3:46.75	38.86	400m:	5:03.37	37.95
7.	TOBAR MANGUAN, Esther				08	C.N. Castilla-Burgos				5:04.92	459	
	50m:	34.22	34.22	150m:	1:52.17	39.80	250m:	3:10.77	38.86	350m:	4:28.41	38.93
	100m:	1:12.37	38.15	200m:	2:31.91	39.74	300m:	3:49.48	38.71	400m:	5:04.92	36.51
8.	CALVO HUIDOBRO, Celia				08	C.Acuatico Salamanca				5:05.13	459	
	50m:	35.32	35.32	150m:	1:52.72	38.72	250m:	3:10.88	39.33	350m:	4:28.02	38.39
	100m:	1:14.00	38.68	200m:	2:31.55	38.83	300m:	3:49.63	38.75	400m:	5:05.13	37.11
9.	RODRIGUEZ MARTINEZ, Carla				11	N. Casa De Asturias				5:06.94	450	
	50m:	32.02	32.02	150m:	1:48.13	38.99	250m:	3:08.27	39.81	350m:	4:28.72	40.04
	100m:	1:09.14	37.12	200m:	2:28.46	40.33	300m:	3:48.68	40.41	400m:	5:06.94	38.22
10.	OREJAS VALDERREY, Alejandra				09	CD Acuatico Leon				5:12.55	427	
	50m:	34.39	34.39	150m:	1:52.17	39.42	250m:	3:12.25	39.89	350m:	4:32.68	39.95
	100m:	1:12.75	38.36	200m:	2:32.36	40.19	300m:	3:52.73	40.48	400m:	5:12.55	39.87
11.	CORRALES GARCIA, Dana				09	C.Acuatico Salamanca				5:14.01	421	
	50m:	36.35	36.35	150m:	1:55.04	39.77	250m:	3:15.79	40.43	350m:	4:35.49	39.42
	100m:	1:15.27	38.92	200m:	2:35.36	40.32	300m:	3:56.07	40.28	400m:	5:14.01	38.52
12.	MUÑOZ GARCÍA, Maria				10	C.D. Parquesol				5:14.26	420	
	50m:	36.50	36.50	150m:	1:55.59	39.88	250m:	3:15.86	39.94	350m:	4:36.54	39.90
	100m:	1:15.71	39.21	200m:	2:35.92	40.33	300m:	3:56.64	40.78	400m:	5:14.26	37.72
13.	JIMENEZ GARCIA, Erika				09	Club Benavente Natacion				5:16.77	410	
	50m:	34.63	34.63	150m:	1:53.56	39.79	250m:	3:15.09	40.84	350m:	4:37.47	40.86
	100m:	1:13.77	39.14	200m:	2:34.25	40.69	300m:	3:56.61	41.52	400m:	5:16.77	39.30
14.	ARRIBAS NARROS, Sofia				09	Casino De La Union				5:20.36	396	
	50m:	36.45	36.45	150m:	1:58.55	41.23	250m:	3:19.97	40.44	350m:	4:41.66	40.86
	100m:	1:17.32	40.87	200m:	2:39.53	40.98	300m:	4:00.80	40.83	400m:	5:20.36	38.70
15.	RODRIGUEZ RODRIGUEZ, Celia				09	C.N. Bierzo-Ponferrada				5:22.98	387	
	50m:	34.52	34.52	150m:	1:53.64	40.30	250m:	3:17.18	41.51	350m:	4:41.68	42.20
	100m:	1:13.34	38.82	200m:	2:35.67	42.03	300m:	3:59.48	42.30	400m:	5:22.98	41.30
16.	SANCHEZ HERNANDEZ, Laura				06	C.Acuatico Salamanca				5:26.77	373	
	50m:	36.87	36.87	150m:	2:00.01	42.22	250m:	3:23.04	41.48	350m:	4:45.55	40.77
	100m:	1:17.79	40.92	200m:	2:41.56	41.55	300m:	4:04.78	41.74	400m:	5:26.77	41.22
17.	GARCIA MARCOS, Alicia Ainara				10	C.Acuatico Salamanca				5:28.33	368	
	50m:	36.69	36.69	150m:	1:58.91	41.59	250m:	3:23.16	42.18	350m:	4:47.46	41.50
	100m:	1:17.32	40.63	200m:	2:40.98	42.07	300m:	4:05.96	42.80	400m:	5:28.33	40.87
18.	SACEDO PARIS, Maria				05	Club Natacion Ciudad De Avila				5:31.35	358	
	50m:	35.11	35.11	150m:	1:54.61	40.53	250m:	3:19.71	43.15	350m:	4:47.77	44.50
	100m:	1:14.08	38.97	200m:	2:36.56	41.95	300m:	4:03.27	43.56	400m:	5:31.35	43.58
19.	SANCHEZ HERNANDEZ, Ruth				10	C.Acuatico Salamanca				5:33.18	352	
	50m:	37.75	37.75	150m:	2:01.19	42.59	250m:	3:26.79	42.23	350m:	4:51.79	41.94
	100m:	1:18.60	40.85	200m:	2:44.56	43.37	300m:	4:09.85	43.06	400m:	5:33.18	41.39
20.	CLIMENT CEMBRANOS, Marta				08	C.D. Parquesol				5:40.53	330	
	50m:	36.88	36.88	150m:	2:00.41	41.80	250m:	3:29.32	45.08	350m:	4:58.86	44.10
	100m:	1:18.61	41.73	200m:	2:44.24	43.83	300m:	4:14.76	45.44	400m:	5:40.53	41.67
Baja	VELA ALONSO, Jimena				10	C.D. Parquesol						