



XI Copa de Castilla y León de Clubes Valladolid
Valladolid, 17 - 18/5/2025

Prueba 35
18/05/2025 - 17:39

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	FINA	Pts
1.	GARRIDO REBOLLO, Yara	05	CD Acuatico Leon			4:36.16	619	27,00
	50m: 31.73 31.73	150m: 1:40.86 35.03	250m: 2:51.01 34.88	350m: 4:01.48 35.33				
	100m: 1:05.83 34.10	200m: 2:16.13 35.27	300m: 3:26.15 35.14	400m: 4:36.16 34.68				
2.	CARLON DE FUENTES, Irene	10	C.D. Torrelago Wellness			4:37.17	612	24,00
	50m: 30.81 30.81	150m: 1:40.14 35.23	250m: 2:51.44 35.79	350m: 4:02.58 35.51				
	100m: 1:04.91 34.10	200m: 2:15.65 35.51	300m: 3:27.07 35.63	400m: 4:37.17 34.59				
3.	GUERRA HERNANZ, Sandra	11	Casino De La Union			4:40.23	592	22,00
	50m: 31.09 31.09	150m: 1:40.65 35.16	250m: 2:51.75 35.49	350m: 4:04.68 36.38				
	100m: 1:05.49 34.40	200m: 2:16.26 35.61	300m: 3:28.30 36.55	400m: 4:40.23 35.55				
4.	ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora			4:42.42	578	21,00
	50m: 31.16 31.16	150m: 1:40.39 34.79	250m: 2:52.34 36.30	350m: 4:06.69 36.81				
	100m: 1:05.60 34.44	200m: 2:16.04 35.65	300m: 3:29.88 37.54	400m: 4:42.42 35.73				
5.	DOMINGO RUIZ, Andrea	09	C.N. Palencia			4:46.60	553	20,00
	50m: 32.35 32.35	150m: 1:43.84 36.18	250m: 2:57.04 36.36	350m: 4:10.59 36.31				
	100m: 1:07.66 35.31	200m: 2:20.68 36.84	300m: 3:34.28 37.24	400m: 4:46.60 36.01				
6.	CARLON DE FUENTES, Elisa	10	C.D. Torrelago Wellness			4:51.19	528	19,00
	50m: 32.37 32.37	150m: 1:43.98 36.17	250m: 2:59.22 37.65	350m: 4:14.75 37.40				
	100m: 1:07.81 35.44	200m: 2:21.57 37.59	300m: 3:37.35 38.13	400m: 4:51.19 36.44				
7.	REDONDO DIEZ, Ana	09	C.D. Torrelago Wellness			4:52.21	522	-
	50m: 32.45 32.45	150m: 1:44.39 36.78	250m: 2:59.04 37.53	350m: 4:14.64 38.08				
	100m: 1:07.61 35.16	200m: 2:21.51 37.12	300m: 3:36.56 37.52	400m: 4:52.21 37.57				
8.	RAMOS VILUMBRALES, Nuria	11	C.N. Castilla-Burgos			4:55.40	505	18,00
	50m: 33.21 33.21	150m: 1:48.12 37.75	250m: 3:04.21 38.01	350m: 4:19.68 37.70				
	100m: 1:10.37 37.16	200m: 2:26.20 38.08	300m: 3:41.98 37.77	400m: 4:55.40 35.72				
9.	SANZ GOBERNADO, Laura	07	CD Acuatico Leon			4:55.51	505	17,00
	50m: 33.51 33.51	150m: 1:47.41 37.34	250m: 3:03.16 37.81	350m: 4:19.03 37.73				
	100m: 1:10.07 36.56	200m: 2:25.35 37.94	300m: 3:41.30 38.14	400m: 4:55.51 36.48				
10.	CALVO HUIDOBRO, Celia	08	C.Acuatico Salamanca			4:55.72	504	16,00
	50m: 34.30 34.30	150m: 1:49.91 38.14	250m: 3:06.42 38.43	350m: 4:21.38 37.02				
	100m: 1:11.77 37.47	200m: 2:27.99 38.08	300m: 3:44.36 37.94	400m: 4:55.72 34.34				
11.	SANTIAGO GARCIA, Naia	10	C.N. Palencia			5:01.32	476	15,00
	50m: 33.97 33.97	150m: 1:48.90 38.08	250m: 3:06.02 38.49	350m: 4:23.39 38.53				
	100m: 1:10.82 36.85	200m: 2:27.53 38.63	300m: 3:44.86 38.84	400m: 5:01.32 37.93				
12.	DELGADO NISTAL, Nadia	09	C.N. Castilla-Burgos			5:07.43	448	14,00
	50m: 33.85 33.85	150m: 1:50.77 39.32	250m: 3:10.29 39.76	350m: 4:28.90 38.60				
	100m: 1:11.45 37.60	200m: 2:30.53 39.76	300m: 3:50.30 40.01	400m: 5:07.43 38.53				
13.	MARTINEZ RUIZ, Leyre	06	C.D.F. Acuatico Soriano			5:08.23	445	13,00
	50m: 33.93 33.93	150m: 1:50.27 38.95	250m: 3:10.59 40.59	350m: 4:31.09 39.94				
	100m: 1:11.32 37.39	200m: 2:30.00 39.73	300m: 3:51.15 40.56	400m: 5:08.23 37.14				
14.	FERNANDEZ ISABEL, Marina	11	Casino De La Union			5:08.35	444	12,00
	50m: 34.53 34.53	150m: 1:53.71 40.28	250m: 3:13.87 40.22	350m: 4:33.08 38.91				
	100m: 1:13.43 38.90	200m: 2:33.65 39.94	300m: 3:54.17 40.30	400m: 5:08.35 35.27				
15.	RODRIGUEZ RODRIGUEZ, Celia	09	C.N. Bierzo-Ponferrada			5:10.76	434	11,00
	50m: 34.18 34.18	150m: 1:51.10 38.87	250m: 3:11.22 40.25	350m: 4:31.62 39.52				
	100m: 1:12.23 38.05	200m: 2:30.97 39.87	300m: 3:52.10 40.88	400m: 5:10.76 39.14				
16.	JIMENEZ GARCIA, Erika	09	Club Benavente Natacion			5:13.92	421	10,00
	50m: 35.14 35.14	150m: 1:53.16 39.78	250m: 3:14.01 40.52	350m: 4:35.40 40.37				
	100m: 1:13.38 38.24	200m: 2:33.49 40.33	300m: 3:55.03 41.02	400m: 5:13.92 38.52				
17.	PEREZ GOMEZ, Jimena	08	C.D.F. Acuatico Soriano			5:14.20	420	9,00
	50m: 34.68 34.68	150m: 1:53.57 40.19	250m: 3:14.73 40.91	350m: 4:35.78 40.23				
	100m: 1:13.38 38.70	200m: 2:33.82 40.25	300m: 3:55.55 40.82	400m: 5:14.20 38.42				



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Clasificación		AN							Tiempo	FINA	Pts
18.	SANTOS ANTOLIN, Paula	11	C.N. Palencia						5:14.62	418	-
	50m: 35.50 35.50	150m:	1:54.88 39.89	250m:	3:16.12 40.92			350m:	4:37.15 40.05		
	100m: 1:14.99 39.49	200m:	2:35.20 40.32	300m:	3:57.10 40.98			400m:	5:14.62 37.47		
19.	MUÑOZ GARCÍA, Maria	10	C.D. Parquesol						5:15.08	416	8,00
	50m: 34.22 34.22	150m:	1:51.26 39.27	250m:	3:11.93 40.66			350m:	4:35.63 42.03		
	100m: 1:11.99 37.77	200m:	2:31.27 40.01	300m:	3:53.60 41.67			400m:	5:15.08 39.45		
20.	ARRIBAS NARROS, Sofia	09	Casino De La Union						5:16.85	409	-
	50m: 35.36 35.36	150m:	1:54.96 40.02	250m:	3:16.62 40.97			350m:	4:38.64 40.84		
	100m: 1:14.94 39.58	200m:	2:35.65 40.69	300m:	3:57.80 41.18			400m:	5:16.85 38.21		
21.	VELA ALONSO, Jimena	10	C.D. Parquesol						5:21.08	393	7,00
	50m: 35.92 35.92	150m:	1:56.92 41.36	250m:	3:19.06 41.50			350m:	4:42.10 41.61		
	100m: 1:15.56 39.64	200m:	2:37.56 40.64	300m:	4:00.49 41.43			400m:	5:21.08 38.98		
22.	CECILIA GARCIA, Carlota	06	Club Benavente Natacion						5:34.37	348	6,00
	50m: 35.90 35.90	150m:	1:59.33 42.69	250m:	3:26.58 44.01			350m:	4:53.78 43.24		
	100m: 1:16.64 40.74	200m:	2:42.57 43.24	300m:	4:10.54 43.96			400m:	5:34.37 40.59		
23.	GARCIA MARCOS, Alicia Ainara	10	C.Acuatico Salamanca						5:35.26	346	5,00
	50m: 37.82 37.82	150m:	2:02.38 42.89	250m:	3:28.75 42.44			350m:	4:54.66 42.36		
	100m: 1:19.49 41.67	200m:	2:46.31 43.93	300m:	4:12.30 43.55			400m:	5:35.26 40.60		
24.	SANCHEZ HERNANDEZ, Ruth	10	C.Acuatico Salamanca						5:38.23	337	-
	50m: 37.95 37.95	150m:	2:02.58 42.92	250m:	3:29.27 43.16			350m:	4:56.26 43.00		
	100m: 1:19.66 41.71	200m:	2:46.11 43.53	300m:	4:13.26 43.99			400m:	5:38.23 41.97		
25.	CLIMENT CEMBRANOS, Marta	08	C.D. Parquesol						5:39.75	332	-
	50m: 36.59 36.59	150m:	2:01.32 42.60	250m:	3:28.45 43.86			350m:	4:57.89 44.49		
	100m: 1:18.72 42.13	200m:	2:44.59 43.27	300m:	4:13.40 44.95			400m:	5:39.75 41.86		
26.	ALLER REY, Iria	08	CD Acuatico Leon						5:46.99	312	-
	50m: 39.24 39.24	150m:	2:07.25 45.05	250m:	3:37.43 45.05			350m:	5:06.50 44.18		
	100m: 1:22.20 42.96	200m:	2:52.38 45.13	300m:	4:22.32 44.89			400m:	5:46.99 40.49		
27.	VIRUMBRALES NAVARRO, Lucia	09	C.N. Castilla-Burgos						5:47.47	310	-
	50m: 39.01 39.01	150m:	2:06.40 43.94	250m:	3:35.86 44.77			350m:	5:05.50 44.76		
	100m: 1:22.46 43.45	200m:	2:51.09 44.69	300m:	4:20.74 44.88			400m:	5:47.47 41.97		
28.	PEREZ GARCIA, Marta	09	C.N. Bierzo-Ponferrada						5:49.08	306	4,00
	50m: 37.67 37.67	150m:	2:04.53 44.41	250m:	3:35.86 46.10			350m:	5:06.69 45.19		
	100m: 1:20.12 42.45	200m:	2:49.76 45.23	300m:	4:21.50 45.64			400m:	5:49.08 42.39		
29.	OVIEDO FERNANDEZ, Clara	10	C.N. Bierzo-Ponferrada						7:00.93	174	-
	50m: 48.17 48.17	150m:	2:36.62 55.53	250m:	4:26.20 55.01			350m:	6:13.42 52.57		
	100m: 1:41.09 52.92	200m:	3:31.19 54.57	300m:	5:20.85 54.65			400m:	7:00.93 47.51		