



**XII OPEN CASTILLA Y LEÓN NATACIÓN MÁSTER INVIERNO VALLADOLID
VALLADOLID, 11/1/2025**

Prueba 14 **Fem., 400m Estilos**
11/01/2025 - 12:16 **20 años y mayores**
Resultados

| | | | | |
|--------|----------|-------------------------------------------|------------------|------------|
| RM 75+ | 59:59.00 | , A ESTABLECER | . | 01/01/1998 |
| RM 70+ | 59:59.00 | , A ESTABLECER | . | 01/01/1998 |
| RM 65+ | 59:59.00 | , A ESTABLECER | . | 01/01/1998 |
| RM 60+ | 59:59.00 | , A ESTABLECER | . | 01/01/1998 |
| RM 55+ | 10:08.68 | , MARÍA DEL PILAR GARCÍA PALOMAR | LAS PALMAS G. C. | 09/07/2022 |
| RM 50+ | 8:03.10 | , SANDRA CARAZO GARCIA | Valladolid | 02/06/2024 |
| RM 45+ | 8:58.55 | , M ^º CARMEN MARTINEZ MARTINEZ | VALENCIA | 13/07/2012 |
| RM 40+ | 7:10.00 | , ISABEL PLAZA LASTRAS | VALLADOLID | 04/06/2023 |
| RM 35+ | 7:10.53 | , NOEMI BARBUDO GONZALEZ | VALLADOLID | 08/06/2008 |
| RM 30+ | 59:59.00 | , A ESTABLECER | . | 01/01/1998 |
| RM 25+ | 5:30.75 | , SARA POMAR SOLANA | CASTELLON | 06/07/2024 |
| RM 20+ | 5:42.29 | , NEREA BARRENA ZUDAIRE | LAS PALMAS G. C. | 09/07/2022 |

Puntos: AQUA Master 2024

| Clasificación | AN | | Tiempo | | Pts |
|------------------------------|-----------------------|-----------------------------|---------------------|---------------------|-----|
| 30+ | | | | | |
| 1. BLANCO APARICIO, Ana | 95 | Casino De La Union | 7:38.58 | 10,00 | 269 |
| 50m: 1:50.42 | 150m: 4:00.67 | 250m: 6:01.35 | 350m: 7:38.58 | 400m: 7:38.58 | |
| 40+ | | | | | |
| 1. RODRIGUEZ SANCHEZ, Laura | 81 | 00006 - C.N. Cuatro Caminos | 6:52.97 | 10,00 | 422 |
| 50m: 44.42 44.42 | 150m: 2:31.76 56.84 | 250m: 4:23.06 54.96 | 350m: 6:06.25 47.28 | 400m: 6:52.97 46.72 | |
| 100m: 1:34.92 50.50 | 200m: 3:28.10 56.34 | 300m: 5:18.97 55.91 | | | |
| 45+ | | | | | |
| 1. PLAZA LASTRAS, Isabel | 80 | Casino De La Union | 7:16.55 | 10,00 | 371 |
| 50m: 50.62 50.62 | 150m: 2:43.49 56.06 | 250m: 4:38.70 1:01.65 | 350m: 6:29.80 48.36 | 400m: 7:16.55 46.75 | |
| 100m: 1:47.43 56.81 | 200m: 3:37.05 53.56 | 300m: 5:41.44 1:02.74 | | | |
| 50+ | | | | | |
| Baja CARAZO GARCIA, Sandra | 72 | C.N. Palencia | - | - | - |
| 55+ | | | | | |
| 1. SANJUÁN MOYANO, Ana Maria | 69 | C.N. Palencia | 7:33.99 | 10,00 | 358 |
| 50m: 51.31 51.31 | 150m: 2:53.19 1:02.19 | 250m: 4:50.24 56.82 | 350m: 6:43.15 53.75 | 400m: 7:33.99 50.84 | |
| 100m: 1:51.00 59.69 | 200m: 3:53.42 1:00.23 | 300m: 5:49.40 59.16 | | | |