



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

Prueba 29
11/01/2025 - 18:29

Fem., 400m Libre

20 años y mayores
Resultados

RM 75+	9:50.80	, MARINA BUENO DOMINGUEZ	BADAJOS	29/06/2017
RM 70+	8:45.09	, MARINA BUENO DOMINGUEZ	VALENCIA	14/07/2012
RM 65+	7:33.20	, MARIA INMACULADA APELLANIZ ALB	CASTELLON	04/07/2024
RM 60+	7:43.51	, MARINA BUENO DOMINGUEZ	TENERIFE	02/08/2002
RM 55+	6:20.31	, ANGELES AYALA GUTIERREZ	VALLADOLID	01/06/2019
RM 50+	6:01.09	, M ^a MAR RODRÍGUEZ NIDAGUILA	VITORIA	28/04/2019
RM 45+	5:52.77	, MARIA JOSE GARCIA ALVAREZ	VALLADOLID	12/05/2018
RM 40+	5:34.98	, MARIA MARTIN CHAGUACEDA	VALLADOLID	17/05/2015
RM 35+	5:19.59	, ESTHER LOSANTOS PRIETO	VITORIA	28/04/2019
RM 30+	5:25.77	, SARA FERNANDEZ PEREZ	VALLADOLID	12/05/2018
RM 25+	5:31.61	, SARA FERNANDEZ PEREZ	VALLADOLID	17/05/2015
RM 20+	5:07.36	, MARTA GUERRERO FERNANDEZ	VALLADOLID	23/05/2021

Puntos: AQUA Master 2024

Clasificación	AN										Timepo	Pts
20+												
1. SORIA PAZ, Leyre	05		C.N. Las Norias		5:28.33		10,00	488				
50m:	38.39	38.39	150m:	2:00.92	41.05	250m:	3:24.01	41.32	350m:	4:46.50	41.12	
100m:	1:19.87	41.48	200m:	2:42.69	41.77	300m:	4:05.38	41.37	400m:	5:28.33	41.83	
25+												
1. GONZALEZ FIERRO, Julia	99		C.N. Bierzo-Ponferrada		6:21.55		10,00	311				
50m:	42.21	42.21	150m:	2:15.09	47.30	250m:	3:54.10	49.61	350m:	5:34.26	50.06	
100m:	1:27.79	45.58	200m:	3:04.49	49.40	300m:	4:44.20	50.10	400m:	6:21.55	47.29	
2. GONZALEZ ORALLO, Cristina	98		C.N. Bierzo-Ponferrada		6:30.21		8,00	291				
50m:	42.48	42.48	150m:	2:18.50	49.15	250m:	3:58.55	50.14	350m:	5:40.53	50.65	
100m:	1:29.35	46.87	200m:	3:08.41	49.91	300m:	4:49.88	51.33	400m:	6:30.21	49.68	
35+												
1. CARRANZA MARTIN, Paula	90		C.D. Tizona Burgos		5:58.82		10,00	408				
50m:	38.06	38.06	150m:	2:07.65	45.76	250m:	3:39.77	46.04	350m:	5:13.99	47.57	
100m:	1:21.89	43.83	200m:	2:53.73	46.08	300m:	4:26.42	46.65	400m:	5:58.82	44.83	
Baja NUÑEZ MENENDEZ, Fernanda	87		CD Upstream									
45+												
1. VELA GARCÍA, Silvia	78		C.D.N. Zamora		6:46.73		10,00	294				
50m:	45.09	45.09	150m:	2:27.89	52.37	250m:	4:13.40	53.18	350m:	5:57.37	51.63	
100m:	1:35.52	50.43	200m:	3:20.22	52.33	300m:	5:05.74	52.34	400m:	6:46.73	49.36	
2. GUTIERREZ ROMERO, Beatriz	80		CD Upstream		7:09.94		8,00	249				
50m:	50.33	50.33	150m:	2:40.31	55.46	250m:	4:30.50	54.16	350m:	6:19.36	54.21	
100m:	1:44.85	54.52	200m:	3:36.34	56.03	300m:	5:25.15	54.65	400m:	7:09.94	50.58	
50+												
1. LUCAS COCHO, Marta	74		C.D.N. Zamora		7:56.42		10,00	204				
50m:	55.38	55.38	150m:	2:54.11	59.31	250m:	4:55.33	1:00.59	350m:	6:56.96	1:00.92	
100m:	1:54.80	59.42	200m:	3:54.74	1:00.63	300m:	5:56.04	1:00.71	400m:	7:56.42	59.46	
55+												
1. ALONSO PRIETO, Ines	69		S.D. La Venatoria		6:38.93		10,00	358				
50m:	43.32	43.32	150m:	2:23.49	51.28	250m:	4:07.25	51.61	350m:	5:50.90	51.63	
100m:	1:32.21	48.89	200m:	3:15.64	52.15	300m:	4:59.27	52.02	400m:	6:38.93	48.03	
2. HERAS GONZÁLEZ, Eva Maria	69		C.N. Palencia		7:10.81		8,00	284				
50m:			150m:	2:38.50	55.13	250m:			350m:			
100m:	1:43.37		200m:	3:33.36	54.86	300m:	5:23.41		400m:	7:10.81		



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

Prueba 29, Fem., 400m Libre, 55+

Clasificación	AN										Tiempo	Pts	
3. HIDALGO MARTINEZ, Rosa	68										8:16.72	6,00	185
50m:	56.86	56.86	150m:	3:01.19	1:02.89	250m:	5:08.30	1:03.54	350m:	7:17.41	1:03.88		
100m:	1:58.30	1:01.44	200m:	4:04.76	1:03.57	300m:	6:13.53	1:05.23	400m:	8:16.72	59.31		
4. GARCIA TARRERO, Emma	70										8:19.60	4,00	182
50m:	56.17	56.17	150m:	3:04.53	1:07.70	250m:	5:15.05	1:04.85	350m:	7:23.68	1:04.60		
100m:	1:56.83	1:00.66	200m:	4:10.20	1:05.67	300m:	6:19.08	1:04.03	400m:	8:19.60	55.92		
5. FUERTES ZAPATA, Maria	70										8:51.92	2,00	151
50m:	59.59	59.59	150m:	3:13.34	1:07.24	250m:	5:29.43	1:07.53	350m:	7:46.27	1:07.62		
100m:	2:06.10	1:06.51	200m:	4:21.90	1:08.56	300m:	6:38.65	1:09.22	400m:	8:51.92	1:05.65		

70+

1. DIEZ-ANDINO RUIZ, Carmen Elena	51										10:34.29	10,00	129
50m:	1:18.59	1:18.59	150m:	4:01.00	1:19.89	250m:	6:38.68	1:18.42	350m:	9:16.49	1:18.93		
100m:	2:41.11	1:22.52	200m:	5:20.26	1:19.26	300m:	7:57.56	1:18.88	400m:	10:34.29	1:17.80		