



XI Open Castilla y León Natación Máster Verano Valladolid
Valladolid, 1/6/2025

Prueba 414

01/06/2025 - 11:45

Fem., 400m Libre

20 - 94 años

Resultados

MTI 75+	9:50.80	MARINA BUENO, DOMINGUEZ	BADAJOS	29/06/2017
MTI 70+	8:45.09	MARINA BUENO, DOMINGUEZ	VALENCIA	14/07/2012
MTI 65+	7:33.20	MARIA INMACULADA APELLANIZ, ALBENIZ	CASTELLON	04/07/2024
MTI 60+	7:43.51	MARINA BUENO, DOMINGUEZ	TENERIFE	02/08/2002
MTI 55+	6:10.12	RODRIGUEZ NIDAGUILA, MA MAR	OVIEDO	22/03/2025
MTI 50+	6:01.09	Mª MAR RODRÍGUEZ, NIDAGUILA	VITORIA	28/04/2019
MTI 45+	5:52.77	MARIA JOSE GARCIA, ALVAREZ	VALLADOLID	12/05/2018
MTI 40+	5:34.98	MARIA MARTIN, CHAGUACEDA	VALLADOLID	17/05/2015
MTI 35+	5:18.18	FERNANDEZ PEREZ, SARA	OVIEDO	22/03/2025
MTI 30+	5:25.77	SARA FERNANDEZ, PEREZ	VALLADOLID	12/05/2018
MTI 25+	5:31.61	SARA FERNANDEZ, PEREZ	VALLADOLID	17/05/2015
MTI 20+	5:07.36	MARTA GUERRERO, FERNANDEZ	VALLADOLID	23/05/2021

Puntos: AQUA Master 2024

Clasificación

AN

Tiempo

Pts

20+

1.	WATSON, Dana	01	C.N. Tres Cantos	5:39.96	440
	50m: 37.13 37.13	150m: 2:00.29 42.28	250m: 3:26.29 42.95	350m: 4:55.73 44.89	
	100m: 1:18.01 40.88	200m: 2:43.34 43.05	300m: 4:10.84 44.55	400m: 5:39.96 44.23	
2.	ULLOA OSORNO, Alba	01	C.N. Palencia	5:49.30	405
	50m: 35.07 35.07	150m: 1:58.95 43.02	250m: 3:30.79 46.48	350m: 5:03.82 46.22	
	100m: 1:15.93 40.86	200m: 2:44.31 45.36	300m: 4:17.60 46.81	400m: 5:49.30 45.48	
3.	TRICAS VIDAL, Estrella	01	C.Acuatico Salamanca	6:01.57	365
	50m: 39.01 39.01	150m: 2:08.21 45.63	250m: 3:41.87 47.04	350m: 5:16.53 47.35	
	100m: 1:22.58 43.57	200m: 2:54.83 46.62	300m: 4:29.18 47.31	400m: 6:01.57 45.04	
4.	GONZALEZ LOPEZ, Yaiza	05	C.N. Bierzo-Ponferrada	6:23.39	306
	50m: 36.87 36.87	150m: 2:08.19 47.70	250m: 3:50.15 51.89	350m: 5:33.83 52.13	
	100m: 1:20.49 43.62	200m: 2:58.26 50.07	300m: 4:41.70 51.55	400m: 6:23.39 49.56	

25+

1.	COTOS SUAREZ, Ana	97	C.Acuatico Salamanca	5:32.44	470
	50m: 36.25 36.25	150m: 1:58.44 41.90	250m: 3:24.52 43.07	350m: 4:50.10 42.97	
	100m: 1:16.54 40.29	200m: 2:41.45 43.01	300m: 4:07.13 42.61	400m: 5:32.44 42.34	
2.	GONZALEZ FIERRO, Julia	99	C.N. Bierzo-Ponferrada	6:06.50	351
	50m: 40.12 40.12	150m: 2:10.41 46.46	250m: 3:45.57 48.16	350m: 5:22.71 48.44	
	100m: 1:23.95 43.83	200m: 2:57.41 47.00	300m: 4:34.27 48.70	400m: 6:06.50 43.79	
3.	GONZALEZ ORALLO, Cristina	98	C.N. Bierzo-Ponferrada	6:21.12	312
	50m: 40.63 40.63	150m: 2:13.81 47.81	250m: 3:52.84 49.78	350m: 5:32.84 50.02	
	100m: 1:26.00 45.37	200m: 3:03.06 49.25	300m: 4:42.82 49.98	400m: 6:21.12 48.28	
4.	MORSODORF, Anna Carolina	97	C.N. Master Madrid	6:36.53	277
	50m: 41.48 41.48	150m: 2:20.06 50.49	250m: 5:48.68 2:36.61	350m: 5:23.53 48.10	
	100m: 1:29.57 48.09	200m: 3:12.07 52.01	300m: 4:56.83 48.65	400m: 6:36.53 45.24	

Baja DE ANDRES MORALA, Elena 00 C.D. Jerez Natacion Master

30+

1.	VISINI, Martina	92	C.N. Master Madrid	5:17.79	539
	50m: 34.94 34.94	150m: 1:53.67 39.64	250m: 3:15.43 40.96	350m: 4:37.40 40.76	
	100m: 1:14.03 39.09	200m: 2:34.47 40.80	300m: 3:56.64 41.21	400m: 5:17.79 40.39	
2.	ROCA GONZALEZ, Beatriz	94	C.N. Madrid Moscardo	7:02.86	228
	50m: 42.62 42.62	150m: 2:22.64 52.48	250m: 4:15.02 56.97	350m: 6:08.48 56.76	
	100m: 1:30.16 47.54	200m: 3:18.05 55.41	300m: 5:11.72 56.70	400m: 7:02.86 54.38	

35+

1.	CARRANZA MARTIN, Paula	90	C.D. Tizona Burgos	6:08.77	376
	50m: 39.03 39.03	150m: 2:10.43 47.21	250m: 3:46.78 48.47	350m: 5:23.53 48.10	
	100m: 1:23.22 44.19	200m: 2:58.31 47.88	300m: 4:35.43 48.65	400m: 6:08.77 45.24	



XI Open Castilla y León Natación Máster Verano Valladolid
Valladolid, 1/6/2025

Prueba 414, Fem., 400m Libre, 35+

Clasificación				AN						Tiempo		Pts
2.	RIBES BARGUES, Marta			86	C.N. Las Rozas						6:10.53	370
	50m:	41.34	41.34	150m:	2:14.15	46.86	250m:	3:49.02	47.65	350m:	5:24.14	47.43
	100m:	1:27.29	45.95	200m:	3:01.37	47.22	300m:	4:36.71	47.69	400m:	6:10.53	46.39
40+												
1.	DANTE, Leigh			81	C.N. Las Rozas						5:19.74	555
	50m:	35.78	35.78	150m:	1:53.91	39.62	250m:	3:15.35	41.13	350m:	4:38.60	41.79
	100m:	1:14.29	38.51	200m:	2:34.22	40.31	300m:	3:56.81	41.46	400m:	5:19.74	41.14
2.	ARRANZ ACEVES, Alicia			83	CD Upstream						6:32.84	299
	50m:	41.75	41.75	150m:	2:20.47	50.83	250m:	4:03.18	50.90	350m:	5:46.19	51.64
	100m:	1:29.64	47.89	200m:	3:12.28	51.81	300m:	4:54.55	51.37	400m:	6:32.84	46.65
45+												
1.	VELA GARCIA, Silvia			78	C.D.N. Zamora						6:26.65	342
	50m:	43.52	43.52	150m:	2:19.93	49.53	250m:	3:59.85	49.81	350m:	5:39.53	49.41
	100m:	1:30.40	46.88	200m:	3:10.04	50.11	300m:	4:50.12	50.27	400m:	6:26.65	47.12
2.	GUTIERREZ ROMERO, Beatriz			80	CD Upstream						7:00.60	266
	50m:	49.23	49.23	150m:	2:34.62	52.84	250m:	4:21.86	53.90	350m:	6:09.77	53.78
	100m:	1:41.78	52.55	200m:	3:27.96	53.34	300m:	5:15.99	54.13	400m:	7:00.60	50.83
3.	HERNANDEZ ARRIBAS, Susana			76	C.D.N. Zamora						7:21.57	230
	50m:	49.92	49.92	150m:	2:40.09	55.90	250m:	4:33.91	57.43	350m:	6:27.91	57.14
	100m:	1:44.19	54.27	200m:	3:36.48	56.39	300m:	5:30.77	56.86	400m:	7:21.57	53.66
Baja	GONZALEZ DE LA FUENTE, Ma Carolina			77	CD Upstream							
50+												
1.	SANCHEZ BARAHONA, Silvia			75	C.N. Las Rozas						7:54.72	206
	50m:	51.82	51.82	150m:	2:52.45	1:01.23	250m:	4:56.91	1:02.22	350m:	7:00.02	59.97
	100m:	1:51.22	59.40	200m:	3:54.69	1:02.24	300m:	6:00.05	1:03.14	400m:	7:54.72	54.70
55+												
1.	RODRIGUEZ GONZALEZ, Cristina			67	Cdb Natacion Swimtonic						6:09.12	452
	50m:	38.94	38.94	150m:	2:10.13	46.95	250m:	3:46.69	48.69	350m:	5:24.16	48.78
	100m:	1:23.18	44.24	200m:	2:58.00	47.87	300m:	4:35.38	48.69	400m:	6:09.12	44.96
2.	GARCIA TARRERO, Emma			70	C.N. Palencia						8:07.03	197
	50m:	52.46	52.46	150m:	2:54.67	1:02.96	250m:	4:58.49	1:02.36	350m:	7:06.32	1:03.86
	100m:	1:51.71	59.25	200m:	3:56.13	1:01.46	300m:	6:02.46	1:03.97	400m:	8:07.03	1:00.71
3.	FUERTES ZAPATA, Maria			70	C.D. Tizona Burgos						8:42.13	159
	50m:	58.77	58.77	150m:	3:09.85	1:06.28	250m:	5:23.94	1:07.00	350m:	7:37.58	1:06.36
	100m:	2:03.57	1:04.80	200m:	4:16.94	1:07.09	300m:	6:31.22	1:07.28	400m:	8:42.13	1:04.55
Baja	HERAS GONZALEZ, Eva Maria			69	C.N. Palencia							
60+												
1.	BLAZQUEZ HERRANZ, Silvia			65	C.N. Master Madrid						6:35.40	409
	50m:	42.47	42.47	150m:	2:19.16	49.34	250m:	4:00.56	51.05	350m:	5:44.11	52.13
	100m:	1:29.82	47.35	200m:	3:09.51	50.35	300m:	4:51.98	51.42	400m:	6:35.40	51.29
65+												
1.	AHIJON MORENO, Maria Luisa			60	C.N. Las Rozas						6:33.56	502
	50m:	43.48	43.48	150m:	2:20.49	49.39	250m:	4:01.84	51.24	350m:	5:43.93	51.24
	100m:	1:31.10	47.62	200m:	3:10.60	50.11	300m:	4:52.69	50.85	400m:	6:33.56	49.63