



XXX COPA DE CLUBES DE NATACIÓN SEGUNDA DIVISIÓN RFEN VA
 VALLADOLID, 14 - 15/12/2024

Prueba 26
 15/12/2024 - 11:12

Fem., 400m Libre

Abs.
 Resultados

RA	4:10.49	FERNANDEZ DIAZ NATALIA	CASTELLON	27/11/2009
MMT 17	4:12.02	CAÑAS GARRIDO SARA	CASTELLON	27/11/2009
MMT 16	4:10.64	CAÑAS GARRIDO SARA	MADRID	20/12/2008
MMT 15	4:25.67	CAÑAS GARRIDO SARA	MADRID	16/03/2007
MMT 14	4:23.70	CAÑAS GARRIDO SARA	BARCELONA	16/12/2006
MMT 13	4:30.76	CAÑAS GARRIDO SARA	TORRE PACHECO	01/05/2005
MMT 12	4:46.07	CAÑAS GARRIDO SARA	BURGOS	27/11/2004
MMT 11	5:07.55	TOPE A BATIR	CASTILLA Y LEON	01/01/2023

Puntos: AQUA 2024

Clasificación	AN				AN	Club	Time	Pts
1.	ALFONSO SICILIA, Vega	11	C.D. Torrelago Wellness	4:26.72	652			
	50m: 30.23 30.23	150m: 1:37.49	33.92 250m: 2:45.81	33.88	350m: 3:53.44	33.95		
	100m: 1:03.57 33.34	200m: 2:11.93	34.44 300m: 3:19.49	33.68	400m: 4:26.72	33.28		
2.	CARLÓN DE FUENTES, Irene	10	C.D. Torrelago Wellness	4:27.34	647			
	50m: 30.47 30.47	150m: 1:37.32	33.79 250m: 2:46.35	34.46	350m: 3:54.60	34.00		
	100m: 1:03.53 33.06	200m: 2:11.89	34.57 300m: 3:20.60	34.25	400m: 4:27.34	32.74		
3.	DOMINGO RUIZ, Andrea	09	C.N. Palencia	4:34.92	595			
	50m: 31.46 31.46	150m: 1:40.84	34.89 250m: 2:51.22	35.11	350m: 4:00.91	34.76		
	100m: 1:05.95 34.49	200m: 2:16.11	35.27 300m: 3:26.15	34.93	400m: 4:34.92	34.01		
4.	PEDROSA MOLERO, Ana Maria	09	El Perú Cáceres Wellness	4:44.09	539			
	50m: 31.72 31.72	150m: 1:42.28	35.71 250m: 2:55.07	36.38	350m: 4:08.11	36.72		
	100m: 1:06.57 34.85	200m: 2:18.69	36.41 300m: 3:31.39	36.32	400m: 4:44.09	35.98		
5.	ARROYO BONIFACIO, Sofia	07	C.D.N. Zamora	4:45.40	532			
	50m: 31.29 31.29	150m: 1:41.60	36.07 250m: 2:55.57	37.00	350m: 4:09.44	36.67		
	100m: 1:05.53 34.24	200m: 2:18.57	36.97 300m: 3:32.77	37.20	400m: 4:45.40	35.96		
6.	RODRÍGUEZ JARA, Carla	07	El Perú Cáceres Wellness	4:47.52	520			
	50m: 32.10 32.10	150m: 1:43.11	36.01 250m: 2:57.31	37.32	350m: 4:11.75	37.09		
	100m: 1:07.10 35.00	200m: 2:19.99	36.88 300m: 3:34.66	37.35	400m: 4:47.52	35.77		
7.	SANZ GOBERNADO, Laura	07	CD Acuatico Leon	4:48.30	516			
	50m: 32.09 32.09	150m: 1:43.88	36.30 250m: 2:58.04	36.99	350m: 4:12.12	37.00		
	100m: 1:07.58 35.49	200m: 2:21.05	37.17 300m: 3:35.12	37.08	400m: 4:48.30	36.18		
8.	PAREJO HERNANDEZ, Irene	09	Cn.Caceres Delfines	4:55.20	481			
	50m: 33.33 33.33	150m: 1:47.81	37.64 250m: 3:03.69	37.94	350m: 4:18.99	37.45		
	100m: 1:10.17 36.84	200m: 2:25.75	37.94 300m: 3:41.54	37.85	400m: 4:55.20	36.21		
9.	NAVAS ALVAREZ, Laura	09	C.N. Parquesol	4:55.40	480			
	50m: 33.58 33.58	150m: 1:48.04	36.95 250m: 3:03.35	37.56	350m: 4:18.42	37.70		
	100m: 1:11.09 37.51	200m: 2:25.79	37.75 300m: 3:40.72	37.37	400m: 4:55.40	36.98		
10.	DELGADO NISTAL, Nadia	09	C.N. Castilla-Burgos	4:56.42	475			
	50m: 33.08 33.08	150m: 1:45.91	37.18 250m: 3:02.58	38.34	350m: 4:19.46	38.30		
	100m: 1:08.73 35.65	200m: 2:24.24	38.33 300m: 3:41.16	38.58	400m: 4:56.42	36.96		
11.	AMADO CASTELLANO, Laura	10	Cn.Caceres Delfines	4:56.44	475			
	50m: 33.90 33.90	150m: 1:48.39	37.66 250m: 3:04.49	38.33	350m: 4:20.62	37.85		
	100m: 1:10.73 36.83	200m: 2:26.16	37.77 300m: 3:42.77	38.28	400m: 4:56.44	35.82		
12.	MIELGO DIEZ, Raquel	07	CD Acuatico Leon	4:57.34	470			
	50m: 33.44 33.44	150m: 1:47.46	37.68 250m: 3:03.37	38.06	350m: 4:20.48	38.77		
	100m: 1:09.78 36.34	200m: 2:25.31	37.85 300m: 3:41.71	38.34	400m: 4:57.34	36.86		
13.	RAMOS CABEZAS, Beatriz	08	C.D.N. Zamora	4:57.36	470			
	50m: 33.94 33.94	150m: 1:48.59	37.84 250m: 3:03.98	37.84	350m: 4:20.52	38.05		
	100m: 1:10.75 36.81	200m: 2:26.14	37.55 300m: 3:42.47	38.49	400m: 4:57.36	36.84		
14.	SANTIAGO GARCIA, Naia	10	C.N. Palencia	4:57.93	467			
	50m: 34.27 34.27	150m: 1:48.88	37.73 250m: 3:04.92	38.21	350m: 4:20.82	37.91		
	100m: 1:11.15 36.88	200m: 2:26.71	37.83 300m: 3:42.91	37.99	400m: 4:57.93	37.11		
15.	CORRALES GARCÍA, Dana	09	C.Acuatico Salamanca	5:04.19	439			
	50m: 35.82 35.82	150m: 1:51.90	38.49 250m: 3:08.70	38.41	350m: 4:26.73	39.29		
	100m: 1:13.41 37.59	200m: 2:30.29	38.39 300m: 3:47.44	38.74	400m: 5:04.19	37.46		
16.	CALVO HUIDOBRO, Celia	08	C.Acuatico Salamanca	5:05.13	435			
	50m: 34.94 34.94	150m: 1:51.27	38.65 250m: 3:09.91	39.08	350m: 4:26.85	38.06		
	100m: 1:12.62 37.68	200m: 2:30.83	39.56 300m: 3:48.79	38.88	400m: 5:05.13	38.28		
17.	MARTIN ALVARO, Lucia	07	Casino De La Union	5:05.72	433			
	50m: 34.80 34.80	150m: 1:50.76	38.32 250m: 3:09.09	39.36	350m: 4:27.44	39.19		
	100m: 1:12.44 37.64	200m: 2:29.73	38.97 300m: 3:48.25	39.16	400m: 5:05.72	38.28		



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Prueba 26, Fem., 400m Libre, Abs.

Clasificación	AN				Tempo	Pts
18. TOBAR MANGUAN, Esther	08	C.N. Castilla-Burgos		5:06.00	431	
50m: 34.72 34.72	150m: 1:50.47	38.36 250m: 3:08.31	39.04	350m: 4:27.51	39.89	
100m: 1:12.11 37.39	200m: 2:29.27	38.80 300m: 3:47.62	39.31	400m: 5:06.00	38.49	
19. BLANCO PRIETO, Paula	09	C.N. Merida		5:08.36	422	
50m: 33.78 33.78	150m: 1:49.87	38.69 250m: 3:09.47	39.88	350m: 4:29.28	39.98	
100m: 1:11.18 37.40	200m: 2:29.59	39.72 300m: 3:49.30	39.83	400m: 5:08.36	39.08	
20. RODRÍGUEZ RODRÍGUEZ, Celia	09	C.N. Bierzo-Ponferrada		5:10.24	414	
50m: 34.18 34.18	150m: 1:51.56	39.19 250m: 3:11.25	40.00	350m: 4:31.56	40.09	
100m: 1:12.37 38.19	200m: 2:31.25	39.69 300m: 3:51.47	40.22	400m: 5:10.24	38.68	
21. PEREZ PEREZ, Lucia	10	C.N. Leon		5:13.33	402	
50m: 35.70 35.70	150m: 1:54.63	40.13 250m: 3:14.47	40.53	350m: 4:35.46	40.13	
100m: 1:14.50 38.80	200m: 2:33.94	39.31 300m: 3:55.33	40.86	400m: 5:13.33	37.87	
22. MUÑOZ GARCÍA, María	10	C.N. Parquesol		5:15.62	393	
50m: 34.51 34.51	150m: 1:50.94	38.81 250m: 3:11.75	41.02	350m: 4:35.63	42.20	
100m: 1:12.13 37.62	200m: 2:30.73	39.79 300m: 3:53.43	41.68	400m: 5:15.62	39.99	
23. JIMENEZ MOÑIVAS, Ainhoa	11	C.N. Ciudad De Avila		5:26.39	355	
50m: 36.01 36.01	150m: 1:57.87	40.55 250m: 3:21.90	42.06	350m: 4:45.90	41.97	
100m: 1:16.57 40.56	200m: 2:39.84	41.97 300m: 4:03.93	42.03	400m: 5:26.39	40.49	
24. CARROZA RUFO, Belen	08	C.N. Merida		5:28.05	350	
50m: 35.69 35.69	150m: 1:56.48	41.14 250m: 3:21.05	42.83	350m: 4:46.50	42.78	
100m: 1:15.34 39.65	200m: 2:38.22	41.74 300m: 4:03.72	42.67	400m: 5:28.05	41.55	
25. GUERRERO VICARIO, Nazaret	95	C.D.F. Acuatico Soriano		5:28.85	347	
50m: 35.14 35.14	150m: 1:54.56	40.55 250m: 3:18.42	42.53	350m: 4:45.86	43.79	
100m: 1:14.01 38.87	200m: 2:35.89	41.33 300m: 4:02.07	43.65	400m: 5:28.85	42.99	
26. ECHEVERRIA GONZALEZ, Grecia Valeria	05	C.N.Castilla Zamora		5:34.38	330	
50m: 36.19 36.19	150m: 1:55.95	40.88 250m: 3:21.63	43.61	350m: 4:49.83	44.28	
100m: 1:15.07 38.88	200m: 2:38.02	42.07 300m: 4:05.55	43.92	400m: 5:34.38	44.55	
27. GONZALEZ FUENTES, Ana	11	C.N. Riavall		5:51.12	285	
50m: 39.51 39.51	150m: 2:07.86	44.23 250m: 3:38.55	46.03	350m: 5:07.93	44.24	
100m: 1:23.63 44.12	200m: 2:52.52	44.66 300m: 4:23.69	45.14	400m: 5:51.12	43.19	
28. FERNANDEZ SANTO DOMINGO, Paula	10	C.N. Ciudad De Avila		5:56.41	273	
50m: 39.30 39.30	150m: 2:08.22	45.47 250m: 3:40.77	46.19	350m: 5:12.15	45.69	
100m: 1:22.75 43.45	200m: 2:54.58	46.36 300m: 4:26.46	45.69	400m: 5:56.41	44.26	
29. GÓMEZ MARTÍN, Aitana	11	Casino De La Union		6:34.22	201	
50m: 41.46 41.46	150m: 2:18.48	50.75 250m: 4:02.63	52.10	350m: 5:46.49	52.17	
100m: 1:27.73 46.27	200m: 3:10.53	52.05 300m: 4:54.32	51.69	400m: 6:34.22	47.73	
30. SANCHEZ PEÓN, Leah	11	C.N.Castilla Zamora		6:35.08	200	
50m: 40.53 40.53	150m: 2:21.30	51.13 250m: 4:04.51	51.13	350m: 5:46.00	49.66	
100m: 1:30.17 49.64	200m: 3:13.38	52.08 300m: 4:56.34	51.83	400m: 6:35.08	49.08	