



Cto Castilla y León Absoluto-Junior de Verano Valladolid
Valladolid, 4 - 5/7/2026

Prueba 4
04/07/2026 - 10:07

Fem., 400m Libre

Absoluto Femenino
Resultados

RA	4:14.72	SARA CAÑAS, GARRIDO	DOHA	31/12/2009
MMT 18	4:22.62	SARA CAÑAS, GARRIDO	MALAGA	25/04/2010
MMT 17	4:14.72	SARA CAÑAS, GARRIDO	DOHA	09/12/2009
MMT 16	4:18.55	SARA CAÑAS, GARRIDO	BELGRADO	31/07/2008
MMT 15	4:25.52	SARA CAÑAS, GARRIDO	GIJON	22/12/2007
MMT 14	4:28.09	SARA CAÑAS, GARRIDO	RIO MAYOR	30/06/2006

Puntos: AQUA 2026

Clasificación AN Tiempo Pts

16 años

1. CARLON DE FUENTES, Elisa	10	C.D. Torrelago Wellness	4:50.06	526
50m: 32.24 32.24	150m: 1:44.17 36.50	250m: 2:58.76 37.40	350m: 4:13.61 37.58	
100m: 1:07.67 35.43	200m: 2:21.36 37.19	300m: 3:36.03 37.27	400m: 4:50.06 36.45	
2. ALONSO PERAL, Lola	10	C.N. Palencia	5:00.93	471
50m: 32.96 32.96	150m: 1:48.20 38.29	250m: 3:05.28 38.24	350m: 4:22.62 38.51	
100m: 1:09.91 36.95	200m: 2:27.04 38.84	300m: 3:44.11 38.83	400m: 5:00.93 38.31	
3. SANTIAGO GARCIA, Naia	10	C.N. Palencia	5:05.50	450
50m: 33.58 33.58	150m: 1:49.03 38.57	250m: 3:07.44 39.02	350m: 4:27.08 39.27	
100m: 1:10.46 36.88	200m: 2:28.42 39.39	300m: 3:47.81 40.37	400m: 5:05.50 38.42	
4. GARCIA MARCOS, Alicia Ainara	10	C.Acuatico Salamanca	5:16.56	404
50m: 35.81 35.81	150m: 1:54.14 39.53	250m: 3:16.82 41.00	350m: 4:39.32 40.87	
100m: 1:14.61 38.80	200m: 2:35.82 41.68	300m: 3:58.45 41.63	400m: 5:16.56 37.24	
5. MUÑOZ GARCÍA, María	10	C.D. Parquesol	5:19.38	394
50m: 34.61 34.61	150m: 1:54.39 40.41	250m: 3:17.11 41.14	350m: 4:40.19 41.39	
100m: 1:13.98 39.37	200m: 2:35.97 41.58	300m: 3:58.80 41.69	400m: 5:19.38 39.19	
6. GARCIA MARTIN, Raquel Carmen	10	C.D.N. San Jose Obrero	5:27.50	365
50m: 36.56 36.56	150m: 1:59.84 42.34	250m: 3:25.57 42.68	350m: 4:50.40 42.12	
100m: 1:17.50 40.94	200m: 2:42.89 43.05	300m: 4:08.28 42.71	400m: 5:27.50 37.10	
7. SANCHEZ HERNANDEZ, Ruth	10	C.Acuatico Salamanca	5:39.83	327
50m: 35.40 35.40	150m: 1:52.57 39.17	250m: 3:14.26 41.14	350m: 4:37.07 41.37	
100m: 1:19.40 38.00	200m: 2:44.45 40.55	300m: 3:55.70 41.44	400m: 5:39.83 40.96	

17 años

1. JIMENEZ GARCIA, Erika	09	Club Benavente Natacion	5:13.97	414
50m: 33.68 33.68	150m: 1:50.79 38.97	250m: 3:10.92 40.13	350m: 4:33.47 41.38	
100m: 1:11.82 38.14	200m: 2:30.79 40.00	300m: 3:52.09 41.17	400m: 5:13.97 40.50	
2. ARRIBAS NARROS, Sofia	09	Casino De La Union	5:17.30	402
50m: 36.99 36.99	150m: 1:58.75 41.14	250m: 3:20.00 40.26	350m: 4:40.15 40.01	
100m: 1:17.61 40.62	200m: 2:39.74 40.99	300m: 4:00.14 40.14	400m: 5:17.30 37.15	
3. CORRALES GARCIA, Dana	09	C.Acuatico Salamanca	5:18.03	399
50m: 35.40 35.40	150m: 1:52.57 39.17	250m: 3:14.26 41.14	350m: 4:37.07 41.37	
100m: 1:13.40 38.00	200m: 2:33.12 40.55	300m: 3:55.70 41.44	400m: 5:18.03 40.96	

18 años

1. GONZALEZ ARAUZO, Natalia	08	C.N. Castilla-Burgos	4:48.84	532
50m: 33.40 33.40	150m: 1:46.31 36.83	250m: 2:59.86 36.32	350m: 4:13.13 36.31	
100m: 1:09.48 36.08	200m: 2:23.54 37.23	300m: 3:36.82 36.96	400m: 4:48.84 35.71	

Absoluto Femenino

1. GUERRA HERNANZ, Sandra	11	Casino De La Union	4:42.00	572
50m: 31.48 31.48	150m: 1:42.91 35.99	250m: 2:54.69 35.71	350m: 4:06.54 35.72	
100m: 1:06.92 35.44	200m: 2:18.98 36.07	300m: 3:30.82 36.13	400m: 4:42.00 35.46	
2. ARROYO BONIFACIO, Sofia	07	CD Acuatico Leon	4:42.98	566
50m: 31.24 31.24	150m: 1:42.84 36.47	250m: 2:55.81 36.75	350m: 4:08.93 36.10	
100m: 1:06.37 35.13	200m: 2:19.06 36.22	300m: 3:32.83 37.02	400m: 4:42.98 34.05	
3. RAMOS VILUMBRALES, Nuria	11	C.N. Castilla-Burgos	4:43.02	566
50m: 31.51 31.51	150m: 1:42.25 35.67	250m: 2:55.03 36.21	350m: 4:08.26 35.99	
100m: 1:06.58 35.07	200m: 2:18.82 36.57	300m: 3:32.27 37.24	400m: 4:43.02 34.76	



Cto Castilla y León Absoluto-Junior de Verano Valladolid
Valladolid, 4 - 5/7/2026

Prueba 4, Fem., 400m Libre, Absoluto Femenino

Clasificación	AN								Tiempo				Pts	
4.	GONZALEZ ARAUZO, Natalia				08	C.N. Castilla-Burgos				4:48.84				532
	50m:	33.40	33.40	150m:	1:46.31	36.83	250m:	2:59.86	36.32	350m:	4:13.13	36.31		
	100m:	1:09.48	36.08	200m:	2:23.54	37.23	300m:	3:36.82	36.96	400m:	4:48.84	35.71		
5.	CARLON DE FUENTES, Elisa				10	C.D. Torrelago Wellness				4:50.06				526
	50m:	32.24	32.24	150m:	1:44.17	36.50	250m:	2:58.76	37.40	350m:	4:13.61	37.58		
	100m:	1:07.67	35.43	200m:	2:21.36	37.19	300m:	3:36.03	37.27	400m:	4:50.06	36.45		
6.	VALDERREY PEREZ, Maria				06	CD Acuatico Leon				4:54.69				501
	50m:	32.10	32.10	150m:	1:47.02	38.52	250m:	3:03.84	38.27	350m:	4:18.43	37.22		
	100m:	1:08.50	36.40	200m:	2:25.57	38.55	300m:	3:41.21	37.37	400m:	4:54.69	36.26		
7.	ALONSO PERAL, Lola				10	C.N. Palencia				5:00.93				471
	50m:	32.96	32.96	150m:	1:48.20	38.29	250m:	3:05.28	38.24	350m:	4:22.62	38.51		
	100m:	1:09.91	36.95	200m:	2:27.04	38.84	300m:	3:44.11	38.83	400m:	5:00.93	38.31		
8.	MURIEL BARROSO, Alba				11	C.D.N. San Jose Obrero				5:02.81				462
	50m:	33.67	33.67	150m:	1:48.76	38.44	250m:	3:06.70	39.15	350m:	4:24.59	38.53		
	100m:	1:10.32	36.65	200m:	2:27.55	38.79	300m:	3:46.06	39.36	400m:	5:02.81	38.22		
9.	SANTIAGO GARCIA, Naia				10	C.N. Palencia				5:05.50				450
	50m:	33.58	33.58	150m:	1:49.03	38.57	250m:	3:07.44	39.02	350m:	4:27.08	39.27		
	100m:	1:10.46	36.88	200m:	2:28.42	39.39	300m:	3:47.81	40.37	400m:	5:05.50	38.42		
10.	FERNANDEZ ISABEL, Marina				11	Casino De La Union				5:07.63				441
	50m:	33.63	33.63	150m:	1:51.96	40.26	250m:	3:11.30	39.73	350m:	4:30.63	39.73		
	100m:	1:11.70	38.07	200m:	2:31.57	39.61	300m:	3:50.90	39.60	400m:	5:07.63	37.00		
11.	JIMENEZ GARCIA, Erika				09	Club Benavente Natacion				5:13.97				414
	50m:	33.68	33.68	150m:	1:50.79	38.97	250m:	3:10.92	40.13	350m:	4:33.47	41.38		
	100m:	1:11.82	38.14	200m:	2:30.79	40.00	300m:	3:52.09	41.17	400m:	5:13.97	40.50		
12.	GARCIA MARCOS, Alicia Ainara				10	C.Acuatico Salamanca				5:16.56				404
	50m:	35.81	35.81	150m:	1:54.14	39.53	250m:	3:16.82	41.00	350m:	4:39.32	40.87		
	100m:	1:14.61	38.80	200m:	2:35.82	41.68	300m:	3:58.45	41.63	400m:	5:16.56	37.24		
13.	ARRIBAS NARROS, Sofia				09	Casino De La Union				5:17.30				402
	50m:	36.99	36.99	150m:	1:58.75	41.14	250m:	3:20.00	40.26	350m:	4:40.15	40.01		
	100m:	1:17.61	40.62	200m:	2:39.74	40.99	300m:	4:00.14	40.14	400m:	5:17.30	37.15		
14.	CORRALES GARCIA, Dana				09	C.Acuatico Salamanca				5:18.03				399
	50m:	35.40	35.40	150m:	1:52.57	39.17	250m:	3:14.26	41.14	350m:	4:37.07	41.37		
	100m:	1:13.40	38.00	200m:	2:33.12	40.55	300m:	3:55.70	41.44	400m:	5:18.03	40.96		
15.	MUÑOZ GARCÍA, Maria				10	C.D. Parquesol				5:19.38				394
	50m:	34.61	34.61	150m:	1:54.39	40.41	250m:	3:17.11	41.14	350m:	4:40.19	41.39		
	100m:	1:13.98	39.37	200m:	2:35.97	41.58	300m:	3:58.80	41.69	400m:	5:19.38	39.19		
16.	FERNANDEZ GOMULKA, Maria				12	C.Acuatico Salamanca				5:26.54				368
	50m:	37.13	37.13	150m:	1:58.67	41.14	250m:	3:23.43	42.45	350m:	4:47.68	41.67		
	100m:	1:17.53	40.40	200m:	2:40.98	42.31	300m:	4:06.01	42.58	400m:	5:26.54	38.86		
17.	GARCIA MARTIN, Raquel Carmen				10	C.D.N. San Jose Obrero				5:27.50				365
	50m:	36.56	36.56	150m:	1:59.84	42.34	250m:	3:25.57	42.68	350m:	4:50.40	42.12		
	100m:	1:17.50	40.94	200m:	2:42.89	43.05	300m:	4:08.28	42.71	400m:	5:27.50	37.10		
18.	PRIETO GARCIA, Candelas				12	C.D.N. Zamora				5:30.33				356
	50m:	37.04	37.04	150m:	1:58.60	40.91	250m:	3:22.25	41.75	350m:	4:48.20	42.65		
	100m:	1:17.69	40.65	200m:	2:40.50	41.90	300m:	4:05.55	43.30	400m:	5:30.33	42.13		
19.	SANCHEZ HERNANDEZ, Ruth				10	C.Acuatico Salamanca				5:39.83				327
	50m:			150m:		250m:				350m:				
	100m:	1:19.40		200m:	2:44.45	300m:	4:12.73			400m:	5:39.83			
20.	CECILIA GARCIA, Carlota				06	Club Benavente Natacion				5:40.06				326
	50m:	36.72	36.72	150m:	2:01.33	43.13	250m:	3:28.91	44.09	350m:	4:57.52	44.34		
	100m:	1:18.20	41.48	200m:	2:44.82	43.49	300m:	4:13.18	44.27	400m:	5:40.06	42.54		
21.	ALVAREZ ESCRIBANO, Ariadna				12	C.D. Torrelago Wellness				5:50.78				297
	50m:	39.19	39.19	150m:		250m:	3:35.35		44.71	350m:	5:07.27	45.88		
	100m:	1:21.39	42.20	200m:	2:50.64	300m:	4:21.39		46.04	400m:	5:50.78	43.51		