



XII Copa de Castilla y León de Clubes Valladolid
Valladolid, 23 - 24/5/2026

Prueba 35
24/05/2026 - 17:18

Fem., 400m Libre

Absoluto Femenino
Resultados

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

Puntos: AQUA 2026

| Clasificación | AN | | | Tiempo | FINA | Pts |
|----------------------------------|---------------------|-------------------------|---------------------|--------|-------|-----|
| 1. ALFONSO SICILIA, Vega | 11 | C.D. Torrelago Wellness | 4:31.59 | 641 | 27,00 | |
| 50m: 30.34 30.34 | 150m: 1:38.06 34.27 | 250m: 2:47.76 34.85 | 350m: 3:58.39 35.21 | | | |
| 100m: 1:03.79 33.45 | 200m: 2:12.91 34.85 | 300m: 3:23.18 35.42 | 400m: 4:31.59 33.20 | | | |
| 2. ARROYO BONIFACIO, Sofia | 07 | CD Acuatico Leon | 4:39.55 | 587 | 24,00 | |
| 50m: 31.25 31.25 | 150m: 1:41.60 35.52 | 250m: 2:52.97 35.97 | 350m: 4:04.69 36.03 | | | |
| 100m: 1:06.08 34.83 | 200m: 2:17.00 35.40 | 300m: 3:28.66 35.69 | 400m: 4:39.55 34.86 | | | |
| 3. GONZALEZ ARAUZO, Natalia | 08 | C.N. Castilla-Burgos | 4:54.79 | 501 | 22,00 | |
| 50m: 33.14 33.14 | 150m: 1:45.50 36.83 | 250m: 3:01.25 37.75 | 350m: 4:17.30 37.65 | | | |
| 100m: 1:08.67 35.53 | 200m: 2:23.50 38.00 | 300m: 3:39.65 38.40 | 400m: 4:54.79 37.49 | | | |
| 4. SANTIAGO GARCIA, Naia | 10 | C.N. Palencia | 4:56.21 | 494 | 21,00 | |
| 50m: 33.25 33.25 | 150m: 1:48.01 37.87 | 250m: 3:04.32 37.81 | 350m: 4:20.87 38.07 | | | |
| 100m: 1:10.14 36.89 | 200m: 2:26.51 38.50 | 300m: 3:42.80 38.48 | 400m: 4:56.21 35.34 | | | |
| 5. ALONSO PERAL, Lola | 10 | C.N. Palencia | 4:56.22 | 494 | 20,00 | |
| 50m: 32.67 32.67 | 150m: 1:47.87 37.54 | 250m: 3:03.75 37.40 | 350m: 4:19.59 37.30 | | | |
| 100m: 1:10.33 37.66 | 200m: 2:26.35 38.48 | 300m: 3:42.29 38.54 | 400m: 4:56.22 36.63 | | | |
| 6. MURIEL BARROSO, Alba | 11 | C.D.N. San Jose Obrero | 4:56.64 | 491 | 19,00 | |
| 50m: 32.87 32.87 | 150m: 1:46.64 37.46 | 250m: 3:03.19 38.30 | 350m: 4:19.86 37.89 | | | |
| 100m: 1:09.18 36.31 | 200m: 2:24.89 38.25 | 300m: 3:41.97 38.78 | 400m: 4:56.64 36.78 | | | |
| 7. FERNANDEZ ISABEL, Marina | 11 | Casino De La Union | 4:57.31 | 488 | 18,00 | |
| 50m: 34.02 34.02 | 150m: 1:49.52 38.41 | 250m: 3:06.26 38.61 | 350m: 4:22.61 37.87 | | | |
| 100m: 1:11.11 37.09 | 200m: 2:27.65 38.13 | 300m: 3:44.74 38.48 | 400m: 4:57.31 34.70 | | | |
| 8. JIMENEZ GARCIA, Erika | 09 | Club Benavente Natacion | 5:01.34 | 469 | 17,00 | |
| 50m: 34.31 34.31 | 150m: 1:48.62 37.62 | 250m: 3:05.57 39.05 | 350m: 4:23.75 39.41 | | | |
| 100m: 1:11.00 36.69 | 200m: 2:26.52 37.90 | 300m: 3:44.34 38.77 | 400m: 5:01.34 37.59 | | | |
| 9. CARAZO GARCIA, Clara | 10 | C.D.F. Acuatico Soriano | 5:02.82 | 462 | 16,00 | |
| 50m: 32.74 32.74 | 150m: 1:49.12 38.57 | 250m: 3:07.22 38.69 | 350m: 4:26.62 39.53 | | | |
| 100m: 1:10.55 37.81 | 200m: 2:28.53 39.41 | 300m: 3:47.09 39.87 | 400m: 5:02.82 36.20 | | | |
| 10. REFOYO MARTIN, Africa | 12 | C.D.N. Zamora | 5:05.34 | 451 | 15,00 | |
| 50m: 34.91 34.91 | 150m: 1:50.44 37.82 | 250m: 3:08.38 38.69 | 350m: 4:26.71 38.98 | | | |
| 100m: 1:12.62 37.71 | 200m: 2:29.69 39.25 | 300m: 3:47.73 39.35 | 400m: 5:05.34 38.63 | | | |
| 11. MARIN BERMEJO, Mencia | 12 | C.N. Castilla-Burgos | 5:13.79 | 415 | 14,00 | |
| 50m: 35.41 35.41 | 150m: 1:55.50 40.61 | 250m: 3:17.14 40.50 | 350m: 4:37.62 40.04 | | | |
| 100m: 1:14.89 39.48 | 200m: 2:36.64 41.14 | 300m: 3:57.58 40.44 | 400m: 5:13.79 36.17 | | | |
| 12. LARA CALLEJA, Olga | 12 | C.N. Castilla-Burgos | 5:14.00 | 414 | - | |
| 50m: 34.29 34.29 | 150m: 1:53.72 40.36 | 250m: 3:14.62 40.26 | 350m: 4:35.26 40.31 | | | |
| 100m: 1:13.36 39.07 | 200m: 2:34.36 40.64 | 300m: 3:54.95 40.33 | 400m: 5:14.00 38.74 | | | |
| 13. MUÑOZ GARCÍA, María | 10 | C.D. Parquesol | 5:14.71 | 412 | 13,00 | |
| 50m: 35.89 35.89 | 150m: 1:55.37 40.13 | 250m: 3:15.98 40.28 | 350m: 4:37.81 40.99 | | | |
| 100m: 1:15.24 39.35 | 200m: 2:35.70 40.33 | 300m: 3:56.82 40.84 | 400m: 5:14.71 36.90 | | | |
| 14. GARCIA MARCOS, Alicia Ainara | 10 | C.Acuatico Salamanca | 5:15.02 | 410 | - | |
| 50m: 35.38 35.38 | 150m: 1:54.81 39.84 | 250m: 3:15.20 39.97 | 350m: 4:36.81 40.44 | | | |
| 100m: 1:14.97 39.59 | 200m: 2:35.23 40.42 | 300m: 3:56.37 41.17 | 400m: 5:15.02 38.21 | | | |
| 15. ARRIBAS NARROS, Sofia | 09 | Casino De La Union | 5:16.36 | 405 | 12,00 | |
| 50m: 35.47 35.47 | 150m: 1:55.16 40.07 | 250m: 3:16.53 40.46 | 350m: 4:37.76 40.00 | | | |
| 100m: 1:15.09 39.62 | 200m: 2:36.07 40.91 | 300m: 3:57.76 41.23 | 400m: 5:16.36 38.60 | | | |
| 16. MUÑOZ VELILLA, Elena | 09 | C.D. Parquesol | 5:21.77 | 385 | 11,00 | |
| 50m: 35.34 35.34 | 150m: 1:55.37 40.85 | 250m: 3:18.43 41.79 | 350m: 4:42.01 41.79 | | | |
| 100m: 1:14.52 39.18 | 200m: 2:36.64 41.27 | 300m: 4:00.22 41.79 | 400m: 5:21.77 39.76 | | | |
| 17. SANCHEZ HERNANDEZ, Ruth | 10 | C.Acuatico Salamanca | 5:31.14 | 353 | - | |
| 50m: 37.47 37.47 | 150m: 2:02.56 42.30 | 250m: 3:27.08 42.74 | 350m: 4:51.81 41.46 | | | |
| 100m: 1:20.26 42.79 | 200m: 2:44.34 41.78 | 300m: 4:10.35 43.27 | 400m: 5:31.14 39.33 | | | |

