



XIII CAMPEONATO CASTILLA Y LEÓN OPEN NATACIÓN MÁSTER INVIERNO ZAMORA  
ZAMORA, 10/1/2026

Prueba 16  
10/01/2026 - 12:18

Fem., 400m Estilos

20 años y mayores  
Resultados

|        |          |                              |                   |            |
|--------|----------|------------------------------|-------------------|------------|
| MT 75+ | 59:59.00 | A, ESTABLECER                | .                 | 01/01/1998 |
| MT 70+ | 59:59.00 | A, ESTABLECER                | .                 | 01/01/1998 |
| MT 65+ | 59:59.00 | A, ESTABLECER                | .                 | 01/01/1998 |
| MT 60+ | 59:59.00 | A, ESTABLECER                | .-                | 01/01/1998 |
| MT 55+ | 59:59.00 | A, ESTABLECER                | .-                | 01/01/1998 |
| MT 50+ | 7:53.33  | SANDRA CARAZO, GARCIA        | LEÓN              | 14/01/2023 |
| MT 45+ | 6:27.42  | MARTA PACIOS, PEDRERO        | LEÓN              | 15/01/2022 |
| MT 40+ | 5:53.84  | MARTA ALVAREZ, GAGO          | GIJÓN             | 11/01/2014 |
| MT 35+ | 6:37.76  | ANA RODRIGUEZ, FERNANDEZ     | PONTEVEDRA        | 05/03/2022 |
| MT 30+ | 5:17.84  | POMAR SOLANA, SARA           | Oviedo            | 08/02/2025 |
| MT 25+ | 5:48.17  | JAIONE BENGOCHEA, ECHEVERRIA | PALMA DE MALLORCA | 24/01/2004 |
| MT 20+ | 5:37.37  | NEREA BARRENA, ZUDAIRE       | CASTELLÓN         | 18/02/2023 |

Puntos: AQUA Master 2025

| Clasificación | AN                          |             |                          |             | Tiempo  |      | Pts |
|---------------|-----------------------------|-------------|--------------------------|-------------|---------|------|-----|
| 25+           |                             |             |                          |             |         |      |     |
| 1.            | LAJO GUERRA, Andrea         | 01          | C.N. Palencia            | 5:00.00     | 10,00   | 857  |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 5:00.00 |      |     |
| 2.            | MARIN PORTUGAL, Jimena      | 97          | C.D. Tizona Burgos       | 5:00.02     | 8,00    | 857  |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 5:00.02 |      |     |
| 3.            | LUJAN MARTIN, Miriam        | 99          | C. Tenis Chamartin       | 6:15.99     | 6,00    | 435  |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 6:15.99 |      |     |
| 30+           |                             |             |                          |             |         |      |     |
| 1.            | FERNANDEZ SANCHEZ, Irene    | 96          | C.D.N. Zamora            | 8:02.00     | 10,00   | 206  |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 8:02.00 |      |     |
| 2.            | ESPINOSA CANO, Eva          | 93          | C.D.N. Zamora            | 8:20.04     | 8,00    | 185  |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 8:20.04 |      |     |
| 40+           |                             |             |                          |             |         |      |     |
| 1.            | BOAL FERNANDEZ, Laura       | 83          | C.D. Torrelago Wellness  | 5:00.03     | 10,00   | 1007 |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 5:00.03 |      |     |
| 45+           |                             |             |                          |             |         |      |     |
| 1.            | PLAZA LASTRAS, Isabel       | 80          | Casino De La Union       | 7:15.35     | 10,00   | 328  |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 7:15.35 |      |     |
| 2.            | DE MARCOS GIL, Miriam       | 81          | Club Arriacense Natacion | 7:24.22     | 8,00    | 308  |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 7:24.22 |      |     |
| 50+           |                             |             |                          |             |         |      |     |
| 1.            | CARAZO GARCIA, Maria Sandra | 72          | C.N. Palencia            | 8:03.10     | 10,00   | 266  |     |
|               | 50m: 100m:                  | 150m: 200m: | 250m: 300m:              | 350m: 400m: | 8:03.10 |      |     |