



XII Open Castilla y León Natación Máster Verano Valladolid
Valladolid, 30/5/2026

Prueba 414
30/05/2026 - 11:55

Fem., 400m Libre

20 - 94 años
Resultados

Puntos: AQUA Master 2025

Clasificación			AN			Tiempo			Pts
20+									
1.	MARTINEZ RUIZ, Leyre		06	C.D.F. Acuatico Soriano		4:57.30			643
	50m:	32.16	32.16	150m:	1:44.58	36.84	250m:	3:01.44	38.87
	100m:	1:07.74	35.58	200m:	2:22.57	37.99	300m:	3:40.93	39.49
							350m:	4:20.24	39.31
							400m:	4:57.30	37.06
25+									
1.	BLAZQUEZ JIMENEZ, Julia		99	Club Natacion Ciudad De Avila		5:45.99			407
	50m:	39.17	39.17	150m:	2:06.36	44.40	250m:		350m:
	100m:	1:21.96	42.79	200m:	2:50.59	44.23	300m:	4:19.86	400m:
								5:45.99	
40+									
1.	DAMASIO CAMPOS, Ana Carolina		82	C.D. Jerez Natacion Master		5:22.72			540
	50m:	35.57	35.57	150m:	1:57.34	42.04	250m:	3:21.09	41.91
	100m:	1:15.30	39.73	200m:	2:39.18	41.84	300m:	4:03.03	41.94
							350m:	4:44.47	41.44
							400m:	5:22.72	38.25
2.	ARRANZ ACEVES, Alicia		83	CD Upstream		6:34.02			296
	50m:	42.46	42.46	150m:	2:20.46	50.22	250m:	4:05.43	52.31
	100m:	1:30.24	47.78	200m:	3:13.12	52.66	300m:	4:57.96	52.53
							350m:	5:49.54	51.58
							400m:	6:34.02	44.48
45+									
1.	VELA GARCIA, Silvia		78	C.D.N. Zamora		6:33.83			324
	50m:	45.04	45.04	150m:	2:23.09	49.90	250m:	4:04.40	50.71
	100m:	1:33.19	48.15	200m:	3:13.69	50.60	300m:	4:55.54	51.14
							350m:	5:45.73	50.19
							400m:	6:33.83	48.10
2.	GUTIERREZ ROMERO, Beatriz		80	CD Upstream		7:10.68			248
	50m:	50.24	50.24	150m:	2:39.03	55.55	250m:	4:30.22	55.49
	100m:	1:43.48	53.24	200m:	3:34.73	55.70	300m:	5:26.16	55.94
							350m:	6:20.74	54.58
							400m:	7:10.68	49.94
50+									
1.	CARAZO GARCIA, Maria Sandra		72	C.N. Palencia		6:37.12			353
	50m:	43.47	43.47	150m:	2:20.46	49.80	250m:	4:02.80	51.03
	100m:	1:30.66	47.19	200m:	3:11.77	51.31	300m:	4:55.35	52.55
							350m:	5:47.48	52.13
							400m:	6:37.12	49.64
2.	LUCAS COCHO, Marta		74	C.D.N. Zamora		7:53.06			208
	50m:	50.49	50.49	150m:	2:47.46	1:00.22	250m:	4:50.20	1:02.03
	100m:	1:47.24	56.75	200m:	3:48.17	1:00.71	300m:	5:51.32	1:01.12
							350m:	6:53.14	1:01.82
							400m:	7:53.06	59.92
55+									
1.	HERAS GONZALEZ, Eva Maria		69	C.N. Palencia		7:12.01			282
	50m:	51.23	51.23	150m:	2:39.45	54.99	250m:	4:30.57	55.31
	100m:	1:44.46	53.23	200m:	3:35.26	55.81	300m:	5:24.99	54.42
							350m:	6:19.77	54.78
							400m:	7:12.01	52.24
2.	RUIZ GOMEZ, Maria Pilar		71	Casino De La Union		7:20.16			266
	50m:	49.45	49.45	150m:	2:41.29	57.86	250m:	4:35.86	58.60
	100m:	1:43.43	53.98	200m:	3:37.26	55.97	300m:	5:32.10	56.24
							350m:	6:29.89	57.79
							400m:	7:20.16	50.27
3.	ROSAENZ OCHOA, Rosa Ana		68	C.N. Iregua-Villamediana		7:23.44			261
	50m:	53.35	53.35	150m:	2:43.81	56.43	250m:	4:35.89	55.94
	100m:	1:47.38	54.03	200m:	3:39.95	56.14	300m:	5:32.74	56.85
							350m:	6:29.58	56.84
							400m:	7:23.44	53.86
4.	GARCIA TARERO, Emma		70	C.N. Palencia		8:04.32			200
	50m:	51.10	51.10	150m:	2:51.79	1:02.47	250m:	4:59.86	1:03.81
	100m:	1:49.32	58.22	200m:	3:56.05	1:04.26	300m:	6:02.83	1:02.97
							350m:	7:06.21	1:03.38
							400m:	8:04.32	58.11



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65+

1.	MAIER PLOTZKE, Isabel	61	C.D. Jerez Natacion Master	7:43.54	307
	50m: 47.03 47.03	150m: 2:40.46 58.33	250m: 4:43.52 1:02.61	350m: 6:47.83 1:03.06	
	100m: 1:42.13 55.10	200m: 3:40.91 1:00.45	300m: 5:44.77 1:01.25	400m: 7:43.54 55.71	

75+

1.	DIEZ-ANDINO RUIZ, Carmen Elena	51	C.D.N. Zamora	10:55.23	183
	50m: 1:18.19 1:18.19	150m: 4:02.48 1:23.51	250m: 6:48.77 1:24.27	350m: 9:33.76 1:21.24	
	100m: 2:38.97 1:20.78	200m: 5:24.50 1:22.02	300m: 8:12.52 1:23.75	400m: 10:55.23 1:21.47	