



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

Prueba 432
30/05/2026 - 18:27

Fem., 400m Estilos

20 - 94 años
Resultados

Puntos: AQUA Master 2025

Clasificación			AN			Tiempo			Pts		
25+											
1. LAJO GUERRA, Andrea			01	C.N. Palencia		6:11.69			540		
50m:	42.37	42.37	150m:	2:17.24	47.42	250m:	3:55.16	52.18	350m:	5:31.36	44.04
100m:	1:29.82	47.45	200m:	3:02.98	45.74	300m:	4:47.32	52.16	400m:	6:11.69	40.33
40+											
1. RUBIO GOMEZ, Diana			82	C.N. Santurtzi		7:45.86			261		
50m:	52.51	52.51	150m:	2:54.13	1:01.60	250m:	4:59.57	1:04.73	350m:	6:56.14	51.91
100m:	1:52.53	1:00.02	200m:	3:54.84	1:00.71	300m:	6:04.23	1:04.66	400m:	7:45.86	49.72
45+											
1. PLAZA LASTRAS, Isabel			80	Casino De La Union		7:24.99			350		
50m:	51.67	51.67	150m:	2:47.07	56.59	250m:	4:46.23	1:03.75	350m:	6:37.69	49.14
100m:	1:50.48	58.81	200m:	3:42.48	55.41	300m:	5:48.55	1:02.32	400m:	7:24.99	47.30