



RANKING CASTILLA Y LEÓN
HISTORICO LARGA DISTANCIA
FEMENINO P.-25 M.

2000m Libre

| <u>RK</u> | <u>NOMBRE</u> | <u>CLUB</u> | <u>AÑO</u> | <u>TIEMPO</u> | <u>FECHA</u> | <u>LUGAR</u> | <u>PISCINA</u> | <u>CRONÓMETRO</u> |
|-----------|---------------------------------|---------------------------|------------|---------------|--------------|--------------|----------------|-------------------|
| 1 | GUIOMAR LLORENTE TORDABLE | C.N. RIAVALL | 2003 | 23:36.68 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 2 | ALICIA ANASTASIA SALVADOR LOPEZ | CLUB BENAVENTE NATACION | 2004 | 23:41.37 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 3 | PAULA ALONSO LORENZO | C.N. PARQUESOL | 1995 | 23:48.00 | 18/01/2015 | VALLADOLID | 25 m | Manual |
| 4 | CARLOTA URIZARNA GRIJALBA | C.N. CASTILLA-BURGOS | 2004 | 24:05.56 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 5 | ANDREA TORNERO TEJERINA | C.N. PARQUESOL | 2003 | 24:08.97 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 6 | ALEJANDRA TORNERO TEJERINA | C.N. PARQUESOL | 2005 | 24:37.97 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 7 | YARA GARRIDO REBOLLO | CD ACUATICO LEON | 2005 | 24:38.69 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 8 | NAYARA PINEDA LOPEZ | C.D. TORRELAGO WELLNESS | 2008 | 24:44.47 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 9 | ALBA GUEMES DE CASTRO | C.N. CASTILLA-BURGOS | 1998 | 24:49.65 | 18/01/2015 | VALLADOLID | 25 m | Manual |
| 10 | MARTA ABARCA CRESPO | C.D.N. ZAMORA | 2001 | 24:52.25 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 11 | SILVIA DE PABLO GÓMEZ | C.D. TORRELAGO WELLNESS | 2007 | 24:56.49 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 12 | NEREA ACEBES FERNANDEZ | C.D.N. ZAMORA | 2000 | 24:57.61 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 13 | GABRIELA SANCHEZ GONZALEZ | C.N. PARQUESOL | 2007 | 25:01.13 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 14 | JIMENA DOURAL BARRIO | C.N. PARQUESOL | 2006 | 25:11.84 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 15 | MARIA SACEDO PARIS | C.N. CIUDAD DE AVILA | 2005 | 25:17.26 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 16 | CLAUDIA ALONSO ZORRILLA | C.N. CASTILLA-BURGOS | 2002 | 25:20.01 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 17 | SARA GRAUPNER RECIO | C.N. PARQUESOL | 2005 | 25:25.95 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 18 | LAURA LAFUENTE ASTORGA | CD ACUATICO LEON | 2002 | 25:27.63 | 17/01/2016 | VALLADOLID | 25 m | Manual |
| 19 | LAURA RODRIGUEZ TEJERINA | C.N. CASTILLA-BURGOS | 2000 | 25:28.15 | 18/01/2015 | VALLADOLID | 25 m | Manual |
| 20 | MARTA O'DOWD FIDALGO | CLUB NATACION MASTER LEON | 2004 | 25:31.75 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 21 | CLAUDIA TIerno DE MIGUEL | C.N. PARQUESOL | 1999 | 25:32.77 | 18/01/2015 | VALLADOLID | 25 m | Manual |
| 22 | JIMENA GONZALEZ ARAUZO | C.N. CASTILLA-BURGOS | 2006 | 25:52.96 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 23 | NATALIA GONZALEZ ARAUZO | C.N. CASTILLA-BURGOS | 2008 | 25:55.12 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 24 | LAURA SANZ GOBERNADO | C.N. RIAVALL | 2007 | 25:55.46 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 25 | CLAUDIA GONZALEZ DORADO | C.D. TORRELAGO WELLNESS | 2004 | 25:59.24 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 26 | JERINA MARIA GUTIERREZ OLIVERO | C.ACUATICO SALAMANCA | 2005 | 25:59.30 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 27 | AROA JIMENEZ GARAY | C.D. TORRELAGO WELLNESS | 2001 | 26:04.56 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 28 | SARA HEREDERO GONZALEZ | C.N. CIUDAD DE AVILA | 2004 | 26:12.43 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 29 | BERTA AREVALO VELASCO | C.N. PARQUESOL | 2007 | 26:14.40 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 30 | MÓNICA LÓPEZ GARCÍA | C.D.N. ZAMORA | 2006 | 26:19.35 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 31 | IRENE IBAÑEZ MUÑOZ | C.N. CASTILLA-BURGOS | 2007 | 26:30.65 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 32 | INES GARCIA ZARZOSA | C.D. TORRELAGO WELLNESS | 2004 | 26:30.78 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 33 | SARA VIVAR VITORES | C.N. PARQUESOL | 2007 | 26:33.15 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 34 | MICAELA NIKOLAIEVA DIMITROVA | C.N. PARQUESOL | 2005 | 26:39.65 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 35 | PAULA REVILLA PEREZ | C.N. PARQUESOL | 2006 | 26:42.79 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 36 | SANDRA SANCHEZ PREVOST | C.N. PARQUESOL | 2000 | 26:44.21 | 18/01/2015 | VALLADOLID | 25 m | Manual |
| 37 | IRENE CUADRADO MARTIN | C.D. NATACION MEDINENSE | 2002 | 26:47.38 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 38 | INES MIELGO DIEZ | CD ACUATICO LEON | 2004 | 26:51.06 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 39 | SARA CUESTA IBAÑEZ | C.N. CASTILLA-BURGOS | 2001 | 26:58.57 | 17/01/2016 | VALLADOLID | 25 m | Manual |
| 40 | NEREA MATO GARCIA | CD ACUATICO LEON | 2003 | 27:02.76 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 41 | CARMEN PELAEZ CRESPO | C.D.N. ZAMORA | 1999 | 27:02.84 | 18/01/2015 | VALLADOLID | 25 m | Manual |
| 42 | ELENA PEREZ AREVALO | C.N. RIAVALL | 2003 | 27:35.08 | 27/01/2018 | VALLADOLID | 25 m | Manual |
| 43 | LAURA YAGUE ALONSO | C.N. PARQUESOL | 2003 | 27:35.17 | 15/01/2017 | VALLADOLID | 25 m | Manual |
| 44 | SARA HERNANDEZ ACERA | C.ACUATICO SALAMANCA | 2006 | 27:44.21 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 45 | LUCIA YAGUE ALONSO | C.N. PARQUESOL | 2007 | 28:03.26 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 46 | PAULA MISIEGO SAEZ | C.D. TORRELAGO WELLNESS | 2007 | 28:11.54 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 47 | CARLOTA CECILIA GARCIA | C.D TRIATLÓN LACERTA | 2006 | 28:17.99 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 48 | HENAR PARRO ALONSO | C.N. PARQUESOL | 2000 | 28:34.44 | 18/01/2015 | VALLADOLID | 25 m | Manual |
| 49 | YAIZA NAVARRO COCO | C.D.N. ZAMORA | 2003 | 28:36.72 | 15/01/2017 | VALLADOLID | 25 m | Manual |
| 50 | ALEXANDRA CORRALES GARCIA | C.ACUATICO SALAMANCA | 2007 | 29:26.08 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 51 | ÁNGELA ABAD JIMÉNEZ | C.N. CIUDAD DE AVILA | 2002 | 30:12.53 | 17/01/2016 | VALLADOLID | 25 m | Manual |
| 52 | ALBA CASADO DEL RINCON | C.D. ARETE | 2001 | 31:02.15 | 17/01/2016 | VALLADOLID | 25 m | Manual |
| 53 | NEREA FERNANDEZ HERREROS | CD ACUATICO LEON | 2001 | 32:37.32 | 17/01/2016 | VALLADOLID | 25 m | Manual |

3000m Libre

| <u>RK</u> | <u>NOMBRE</u> | <u>CLUB</u> | <u>AÑO</u> | <u>TIEMPO</u> | <u>FECHA</u> | <u>LUGAR</u> | <u>PISCINA</u> | <u>CRONÓMETRO</u> |
|-----------|---------------------------------|---------------------------|------------|---------------|--------------|--------------|----------------|-------------------|
| 1 | PAULA ALONSO LORENZO | C.N. PARQUESOL | 1995 | 34:46.16 | 15/01/2017 | VALLADOLID | 25 m | Manual |
| 2 | GUIOMAR LLORENTE TORDABLE | C.N. RIAVALL | 2003 | 35:32.26 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 3 | ALICIA ANASTASIA SALVADOR LOPEZ | CLUB BENAVENTE NATACION | 2004 | 35:42.72 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 4 | CARLOTA URIZARNA GRIJALBA | C.N. CASTILLA-BURGOS | 2004 | 36:25.89 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 5 | ANDREA TORNERO TEJERINA | C.N. PARQUESOL | 2003 | 36:43.50 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 6 | ALEJANDRA TORNERO TEJERINA | C.N. PARQUESOL | 2005 | 37:04.05 | 20/12/2020 | VALLADOLID | 25 m | Electrónico |
| 7 | YARA GARRIDO REBOLLO | CD ACUATICO LEON | 2005 | 37:09.51 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 8 | ALBA GUEMES DE CASTRO | C.N. CASTILLA-BURGOS | 1998 | 37:13.02 | 18/01/2015 | VALLADOLID | 25 m | Manual |
| 9 | MARTA ABARCA CRESPO | C.D.N. ZAMORA | 2001 | 37:28.95 | 20/12/2020 | VALLADOLID | 25 m | Electrónico |
| 10 | NEREA ACEBES FERNANDEZ | C.D.N. ZAMORA | 2000 | 37:36.81 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 11 | CLAUDIA TIerno DE MIGUEL | C.N. PARQUESOL | 1999 | 37:55.25 | 17/01/2016 | VALLADOLID | 25 m | Manual |
| 12 | MARIA SACEDO PARIS | C.N. CIUDAD DE AVILA | 2005 | 38:00.38 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 13 | LAURA RODRIGUEZ TEJERINA | C.N. CASTILLA-BURGOS | 2000 | 38:03.13 | 15/01/2017 | VALLADOLID | 25 m | Manual |
| 14 | JIMENA DOURAL BARRIO | C.N. PARQUESOL | 2006 | 38:10.09 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 15 | MARTA O'DOWD FIDALGO | CLUB NATACION MASTER LEON | 2004 | 38:21.14 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 16 | IRENE CUADRADO MARTIN | C.D. NATACION MEDINENSE | 2002 | 38:25.83 | 27/01/2018 | VALLADOLID | 25 m | Manual |
| 17 | CLAUDIA ALONSO ZORRILLA | C.N. CASTILLA-BURGOS | 2002 | 38:32.78 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 18 | SANDRA SANCHEZ PREVOST | C.N. PARQUESOL | 2000 | 38:49.13 | 17/01/2016 | VALLADOLID | 25 m | Manual |
| 19 | JIMENA GONZALEZ ARAUZO | C.N. CASTILLA-BURGOS | 2006 | 39:02.61 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 20 | ANDREA LAJO GUERRA | C.N. PALENCIA | 2001 | 39:07.39 | 15/01/2017 | VALLADOLID | 25 m | Manual |
| 21 | JUDITH ORTEGA OCHOA | C.N. BIERZO-PONFERRADA | 2001 | 39:12.52 | 15/01/2017 | VALLADOLID | 25 m | Manual |
| 22 | JERINA MARIA GUTIERREZ OLIVERO | C.ACUATICO SALAMANCA | 2005 | 39:15.20 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 23 | AROA JIMENEZ GARAY | C.D. TORRELAGO WELLNESS | 2001 | 39:19.46 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 24 | ALEJANDRA LEDO LOPEZ | C.D. NATACION MEDINENSE | 2002 | 39:37.41 | 27/01/2018 | VALLADOLID | 25 m | Manual |
| 25 | BLANCA CASTAÑO BRAVO | C.N. PARQUESOL | 2000 | 40:05.50 | 17/01/2016 | VALLADOLID | 25 m | Manual |
| 26 | MICAELA NIKOLAIEVA DIMITROVA | C.N. PARQUESOL | 2005 | 40:17.29 | 20/12/2020 | VALLADOLID | 25 m | Manual |
| 27 | ALBA ULLOA OSORNO | C.N. PALENCIA | 2001 | 40:22.15 | 15/01/2017 | VALLADOLID | 25 m | Manual |
| 28 | NEREA MATO GARCIA | CD ACUATICO LEON | 2003 | 40:33.98 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 29 | LAURA LAFUENTE ASTORGA | CD ACUATICO LEON | 2002 | 40:34.50 | 12/01/2019 | VALLADOLID | 25 m | Manual |
| 30 | PAULA REVILLA PEREZ | C.N. PARQUESOL | 2006 | 40:41.19 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 31 | PAULA ALONSO MEDIAVILLA | C.N. CASTILLA-BURGOS | 2000 | 40:49.02 | 17/01/2016 | VALLADOLID | 25 m | Manual |



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| 32 | SARA HEREDERO GONZALEZ | C.N. CIUDAD DE AVILA | 2004 | 41:32.83 | 12/01/2020 | VALLADOLID | 25 m | Manual |
| 33 | ÁNGELA ABAD JIMÉNEZ | C.N. CIUDAD DE AVILA | 2002 | 42:07.50 | 27/01/2018 | VALLADOLID | 25 m | Manual |
| 34 | MIRIAM HURTADO LASTRAS | C.N. CIUDAD DE AVILA | 1999 | 42:37.01 | 17/01/2016 | VALLADOLID | 25 m | Manual |
| 35 | CARLOTA CECILIA GARCIA | C.D TRIATLÓN LACERTA | 2006 | 42:47.04 | 12/12/2021 | VALLADOLID | 25 m | Manual |
| 36 | RUTH GARCIA CALLE | CASINO DE LA UNION | 1993 | 43:43.12 | 29/01/2011 | MADRID | 25 m | Manual |
| 37 | MARIA FUENCISLA SANTOS DE ANDRES | C.N. IMD - CIUDAD DE SEGOVIA | 2000 | 44:16.00 | 27/01/2018 | VALLADOLID | 25 m | Manual |
| 38 | ALBA CASADO DEL RINCON | C.D. ARETE | 2001 | 45:13.50 | 27/01/2018 | VALLADOLID | 25 m | Manual |
| 39 | GLORIA FERNANDEZ VALVERDE | CLUB BENAVENTE NATACION | 1999 | 45:17.13 | 15/01/2017 | VALLADOLID | 25 m | Manual |