



RÉCORDS Y MEJORES MARCAS DE CASTILLA Y LEÓN - PISCINA 25 METROS - FEMENINO

PRUEBA	ABSOLUTO		11 AÑOS		12 AÑOS		13 AÑOS		14 AÑOS		15 AÑOS		16 AÑOS		17 AÑOS	
50m Libre	Blanca Cerón	25.78	Paula Cachaperín	29.77	Sara Cañas	29.47	Vega Alfonso Sicilia	26.85	Claudia Gallego	27.36	Diana Herrero	26.45	Yael Mantecón	26.53	Blanca Cerón	26.77
	Castilla Burgos Palma M.	20/12/00	Torrelago Wellness Logroño	19/11/22	Gimm. Valladolid Valladolid	05/12/04	Torrelago Wellness Valladolid	15/12/24	C.N. León Gijón	28/11/05	C.N. León Zaragoza	10/02/90	Acuático León Valladolid	15/12/24	A. Helmántica Valladolid	29/11/91
100m Libre	Natalia Fernández	55.49	Sandra Santos	1:04.38	Paula Cachaperín	1:02.23	Vega Alfonso Sicilia	58.69	Noemi Feliz	59.62	Noemi Feliz	57.65	Noemi Feliz	57.11	Noemi Feliz	57.43
	Gimm. Valladolid Sabadell	19/04/09	C.N. Palencia Lloret de Mar	21/05/21	Torrelago Wellness Logroño	25/11/2023	Torrelago Wellness Valladolid	15/12/24	C.N. Ponferrada León	15/12/02	C.N. Ponferrada Valladolid	21/12/03	C.N. Ponferrada León	02/04/04	C.N. Ponferrada Torre P.	30/04/05
200m Libre	Natalia Fernández	1:57.44	Sandra Santos	2:25.44	Paula Cachaperín	2:14.41	Vega Alfonso Sicilia	2:06.96	Sara Cañas	2:06.77	Sara Cañas	2:05.46	Noemi Feliz	2:01.29	Noemi Feliz	2:01.89
	Gimm. Valladolid Sabadell	17/04/09	C.N. Palencia Lloret de Mar	21/05/21	Torrelago Wellness Oviedo	26/02/2023	Torrelago Wellness Valladolid	14/12/24	Gimm. Valladolid Barcelona	15/12/06	Gimm. Valladolid Gimm. Valladolid	09/12/07	C.N. Ponferrada Valencia	18/12/04	C.N. Ponferrada Torre P.	01/05/05
400m Libre	Natalia Fernández	4:10.49	TOPE A BATIR	5:07.55	Sara Cañas	4:46.07	Vega Alfonso Sicilia	4:26.72	Sara Cañas	4:23.70	Sara Cañas	4:25.67	Sara Cañas	4:10.64	Sara Cañas	4:12.02
	Gimm. Valladolid Castellón	27/11/09		Gimm. Valladolid Burgos	27/11/04	Torrelago Wellness Valladolid	15/12/24	Gimm. Valladolid Barcelona	16/12/06	Gimm. Valladolid Madrid	16/03/07	Gimm. Valladolid Madrid	20/12/08	Gimm. Valladolid Gimm. Valladolid	27/11/09	
800m Libre	Sara Cañas	8:33.80	TOPE A BATIR	10:36.35	Elena Cuevas	9:37.70	Sara Cañas	9:15.08	Sara Cañas	9:00.47	Sara Cañas	9:04.31	Sara Cañas	8:38.14	Sara Cañas	8:33.80
	Gimm. Valladolid Castellón	28/11/09		Castilla Burgos Valladolid	08/12/01	Gimm. Valladolid Torre P.	30/04/05	Gimm. Valladolid Madrid	18/11/06	Gimm. Valladolid Madrid	09/11/07	Gimm. Valladolid Madrid	19/12/08	Gimm. Valladolid Castellón	28/11/09	
1500m. Libre	Sara Cañas	16:17.15	TOPE A BATIR	19:53.16	Marta Franco Rojo	18:32.19	Irene Carlón Fuentes	18:16.97	Sara Cañas	17:24.87	Ana Redondo	17:49.92	Sara Cañas	16:36.44	Sara Cañas	16:17.15
	Gimm. Valladolid Castellón	26/11/09		Torrelago Wellness Valladolid	03/12/22	Torrelago Wellness Valladolid	02/12/2023	Torrelago Wellness Valladolid	26/05/06	Gimm. Valladolid Valladolid	11/05/24	C.N. Palencia Cáceres	11/05/24	Gimm. Valladolid Madrid	21/12/08	Gimm. Valladolid Castellón
50m Mariposa	Blanca Cerón	27.83	Paula Cachaperín	33.64	Paula Cachaperín	30.52	Noemi Feliz	29.76	Sandra Santos	29.07	Jerina Gutierrez	29.50	Sara Rodríguez	28.54	Noemi Feliz	29.35
	Castilla Burgos Palma M.	21/12/00	Torrelago Wellness Logroño	19/11/22	Torrelago Wellness Zamora	28/01/2023	C.N. Bierzo Valladolid	27/12/01	Parquesol Plasencia	18/05/24	A. Salamanca Valladolid	05/12/20	C.N. León Barcelona	25/11/17	C.N. Ponferrada Valladolid	24/04/05
100m Mariposa	Nerea Rodríguez	1:02.78	Paula Cachaperín	1:09.83	Paula Cachaperín	1:07.95	Paula Cachaperín	1:05.01	Nerea Rodríguez	1:02.78	Nayara Pineda	1:03.08	Paula Galván	1:03.47	Paula Galván	1:03.25
	Acuático León Gijón	21/12/2024	Torrelago Wellness Logroño	19/11/22	Torrelago Wellness Cáceres	13/05/2023	Torrelago Wellness Cáceres	11/05/24	Acuático León Gijón	21/12/2024	Torrelago Wellness Cáceres	13/05/2023	Gimm. Valladolid Madrid	21/12/08	Gimm. Valladolid Madrid	06/02/09
200m Mariposa	Paula Galván	2:14.98	TOPE A BATIR	3:13.77	Paula Cachaperín	2:31.81	Nayara Pineda	2:21.67	Irene Carlón	2:22.21	Camino Sevillano	2:20.07	Paula Galván	2:17.61	Paula Galván	2:14.98
	Gimm. Valladolid Madrid	07/02/09		Torrelago Wellness Oviedo	25/02/2023	Torrelago Wellness Valladolid	19/12/21	Torrelago Wellness Valladolid	14/12/24	Torrelago Wellness Valladolid	31/12/84	La Venatoria Madrid	30/11/08	Gimm. Valladolid Madrid	07/02/09	
50m Espalda	Noelia Pérez	29.14	TOPE A BATIR	34.90	Paula Cachaperín	32.43	Paula Cachaperín	29.93	Blanca Soto	30.90	Blanca Soto	29.84	Eva Merayo	30.11	Noelia Pérez	30.10
	Gimm. Valladolid Valladolid	18/12/10		Torrelago Wellness Logroño	25/11/2023	Torrelago Wellness Valladolid	15/12/24	Gimm. Valladolid Valencia	18/12/04	Gimm. Valladolid Palma M.	17/12/05	Gimm. Valladolid Gijón	27/11/15	Bierzo-Ponferrada Valladolid	19/12/09	
100m Espalda	Laura Castro	1:03.54	Paula Cachaperín	1:12.12	Paula Cachaperín	1:06.87	Paula Cachaperín	1:03.76	Blanca Soto	1:04.05	Blanca Soto	1:03.66	Blanca Soto	1:03.70	Andrea Lajo	1:03.82
	Gimm. Valladolid Valladolid	08/04/11	Torrelago Wellness Logroño	19/11/22	Torrelago Wellness Logroño	25/11/2023	Torrelago Wellness Valladolid	15/12/24	Gimm. Valladolid Valladolid	05/12/04	Gimm. Valladolid Palma M.	16/12/05	Gimm. Valladolid Barcelona	17/12/06	C.N. Palencia Barcelona	17/11/18
200m Espalda	Sara Cañas	2:14.19	Paula Cachaperín	2:44.20	Paula Cachaperín	2:27.34	Paula Cachaperín	2:17.89	Blanca Soto	2:19.31	Blanca Soto	2:16.87	Blanca Soto	2:16.97	Sara Cañas	2:14.19
	Gimm. Valladolid Valladolid	19/12/09	Torrelago Wellness León	23/01/22	Torrelago Wellness Oviedo	25/02/2023	Torrelago Wellness Valladolid	14/12/24	Gimm. Valladolid Valencia	16/12/04	Gimm. Valladolid Torre P.	01/05/05	Gimm. Valladolid Barcelona	17/12/06	Gimm. Valladolid Valladolid	19/12/09
50m Braza	Nayara Pineda	31.16	TOPE A BATIR	40.16	Nayara Pineda	35.13	Nayara Pineda	32.89	Nayara Pineda	31.86	Nayara Pineda	31.88	Nayara Pineda	31.16	Nayara Pineda	32.16
	Torrelago Wellness Cáceres	11/05/2024		Torrelago Wellness Valladolid	05/12/20	Torrelago Wellness Valladolid	29/12/21	Torrelago Wellness Ordizia	04/12/22	Torrelago Wellness Cáceres	13/05/2023	Torrelago Wellness Cáceres	11/05/24	Torrelago Wellness Maliño	09/02/25	
100m Braza	Nayara Pineda	1:06.94	Cecilia Franco	1:26.67	Nayara Pineda	1:16.62	Nayara Pineda	1:10.64	Nayara Pineda	1:08.99	Nayara Pineda	1:06.96	Nayara Pineda	1:06.94	Nayara Pineda	1:07.36
	Torrelago Wellness Cáceres	11/05/2024	Torrelago Wellness Logroño	19/11/22	Torrelago Wellness Valladolid	06/12/20	Torrelago Wellness Ordizia	29/12/21	Torrelago Wellness Madrid	19/11/22	Torrelago Wellness Logroño	25/11/2023	Torrelago Wellness Cáceres	11/05/24	Torrelago Wellness Maliño	09/02/25
200m Braza	Nayara Pineda	2:24.92	TOPE A BATIR	3:11.38	Nayara Pineda	2:43.80	Nayara Pineda	2:32.80	Nayara Pineda	2:28.97	Nayara Pineda	2:26.07	Nayara Pineda	2:24.92	Nayara Pineda	2:27.78
	Torrelago Wellness Maliño	27/01/2024		Torrelago Wellness Valladolid	06/12/20	Torrelago Wellness Valladolid	18/12/21	Torrelago Wellness Madrid	20/11/22	Torrelago Wellness Maliño	04/02/2023	Torrelago Wellness Maliño	27/01/2024	Torrelago Wellness Maliño	08/02/25	
100m Estilos	Nayara Pineda	1:06.31	Nayara Pineda	1:17.94	Noemi Feliz	1:14.55	Noemi Feliz	1:09.12	Nayara Pineda	1:06.31	Noemi Feliz	1:07.98	Nayara Pineda	1:04.58	Noemi Feliz	1:04.56
	Torrelago Wellness Madrid	19/11/22	Torrelago Wellness León	15/06/19	C.N. Bierzo Burgos	25/11/00	C.N. Bierzo Avila	17/11/01	Torrelago Wellness Madrid	19/11/22	C.N. Ponferrada Valladolid	07/12/03	C.N. Ponferrada Valladolid	15/12/24	C.N. Ponferrada Torre P.	29/04/05
200m Estilos	Noemi Feliz	2:13.37	Paula Cachaperín	2:38.00	Helena Carbajo	2:32.92	Nayara Pineda	2:25.88	Nayara Pineda	2:21.09	Nayara Pineda	2:18.92	Noemi Feliz	2:18.59	Noemi Feliz	2:16.96
	Gimm. Valladolid Sabadell	17/04/09	Torrelago Wellness Logroño	19/11/22	Gimm. Valladolid Valladolid	09/06/06	Torrelago Wellness Valladolid	18/12/21	Torrelago Wellness Valladolid	04/12/22	Torrelago Wellness Logroño	25/11/2023	C.N. Ponferrada Valencia	16/12/04	C.N. Ponferrada Torre P.	01/05/05
400m Estilos	Sara Cañas	4:49.17	Sandra Santos	5:43.96	Paula Cachaperín	5:25.09	Nayara Pineda	5:03.64	Sandra Santos	5:11.05	Yara Garrido	5:03.39	Sara Cañas	4:57.63	Sara Cañas	4:49.17
	Gimm. Valladolid Sabadell	18/04/09	C.N. Palencia Lloret de Mar	22/05/21	Torrelago Wellness Zamora	29/01/2023	Torrelago Wellness Valladolid	19/12/21	C.N. Palencia Madrid	15/11/24	Acuático León Valladolid	06/12/20	Gimm. Valladolid Hospitalet	19/04/08	Gimm. Valladolid Sabadell	18/04/09