



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	18 AÑOS		
50m Libre	Blanca Cerón 25.78 Castilla Burgos Palma M. 20/12/00	Paula Cachaperín 29.77 Torrelago Wellness Logroño 19/11/22	Sara Cañas 29.47 Gimn. Valladolid Valladolid 05/12/04	Vega Alfonso Sicilia 26.85 Torrelago Wellness Valladolid 15/12/24	Claudia Gallego 27.36 C.N. León Gijón 28/11/05	Diana Herrero 26.96 Acuático León Zaragoza 10/02/90	Yael Mantecón 26.45 A. Helmántica Valladolid 15/12/24	Blanca Cerón 26.77 Gimn. Valladolid Madrid 29/11/91	Natalia Fernández 26.53 Gimn. Valladolid Madrid 20/12/2008		
	Natalia Fernández 55.49 Gimn. Valladolid Sabadell 19/04/09	Sandra Santos 1:04.38 C.N. Palencia Lloret de Mar 21/05/21	Paula Cachaperín 1:02.23 Torrelago Wellness Logroño 25/11/2023	Vega Alfonso Sicilia 58.69 Torrelago Wellness Valladolid 15/12/24	Vega Alfonso Sicilia 58.45 Torrelago Wellness Cáceres 11/05/25	Noemi Feliz 57.65 C.N. Ponferrada Valladolid 21/12/03	Noemi Feliz 57.11 C.N. Ponferrada León 02/04/04	Noemi Feliz 57.43 C.N. Ponferrada Torre P. 30/04/05	Natalia Fernández 56.20 Gimn. Valladolid Madrid 20/12/2008		
200m Libre	Natalia Fernández 1:57.44 Gimn. Valladolid Sabadell 17/04/09	Sandra Santos 2:25.44 C.N. Palencia Lloret de Mar 21/05/21	Paula Cachaperín 2:14.41 Torrelago Wellness Oviedo 26/02/2023	Vega Alfonso Sicilia 2:06.96 Torrelago Wellness Valladolid 14/12/24	Vega Alfonso Sicilia 2:05.06 Torrelago Wellness Cáceres 11/05/25	Sara Cañas 2:05.46 Gimn. Valladolid Valladolid 09/12/07	Noemi Feliz 2:01.29 C.N. Ponferrada Valencia 18/12/04	Noemi Feliz 2:01.89 C.N. Ponferrada Torre P. 01/05/05	Natalia Fernández 2:00.67 Gimn. Valladolid Madrid 21/12/2008		
400m Libre	Natalia Fernández 4:10.49 Gimn. Valladolid Castellón 27/11/09	TOPE A BATIR 5:07.55	Sara Cañas 4:46.07 Gimn. Valladolid Burgos 27/11/04	Vega Alfonso Sicilia 4:26.72 Torrelago Wellness Valladolid 15/12/24	Sara Cañas 4:23.70 Gimn. Valladolid Barcelona 16/12/06	Sara Cañas 4:25.67 Gimn. Valladolid Madrid 16/03/07	Sara Cañas 4:10.64 Gimn. Valladolid Madrid 20/12/08	Sara Cañas 4:12.02 Gimn. Valladolid Castellón 27/11/09	Sara Cañas 4:14.77 Gimn. Valladolid Palma M. 03/12/2010		
800m Libre	Sara Cañas 8:33.80 Gimn. Valladolid Castellón 28/11/09	TOPE A BATIR 10:36.35	Elena Cuevas 9:37.70 Castilla Burgos Valladolid 08/12/01	Sara Cañas 9:15.08 Gimn. Valladolid Torre P. 30/04/05	Sara Cañas 9:00.47 Gimn. Valladolid Madrid 18/11/06	Sara Cañas 9:04.31 Gimn. Valladolid Valladolid 09/11/07	Sara Cañas 8:38.14 Gimn. Valladolid Valladolid 19/12/08	Sara Cañas 8:33.80 Gimn. Valladolid Castellón 28/11/09	Sara Cañas 8:46.11 Gimn. Valladolid Palma M. 04/12/2010		
1500m. Libre	Sara Cañas 16:17.15 Gimn. Valladolid Castellón 26/11/09	TOPE A BATIR 19:53.16	Marta Franco Rojo 18:32.19 Torrelago Wellness Valladolid 03/12/22	Irene Carlón Fuentes 18:16.97 Torrelago Wellness Valladolid 02/12/2023	Sara Cañas 17:24.87 Gimn. Valladolid Valladolid 26/05/06	Ana Redondo 17:49.92 C.N. Palencia Cáceres 11/05/24	Sara Cañas 16:36.44 Gimn. Valladolid Valladolid 21/12/08	Sara Cañas 16:17.15 Gimn. Valladolid Castellón 26/11/09	Alicia Salvador 17:55.03 CN Benavente Castellón 03/12/2022		
50m Mariposa	Blanca Cerón 27.83 Castilla Burgos Palma M. 21/12/00	Paula Cachaperín 33.64 Torrelago Wellness Logroño 19/11/22	Paula Cachaperín 30.52 Torrelago Wellness Zamora 28/01/2023	Noemi Feliz 29.76 C.N. Bierzo Valladolid 27/12/01	Sandra Santos 29.07 Parquesol Plasencia 18/05/24	Jerina Gutierrez 29.50 A. Salamanca Valladolid 05/12/20	Sara Rodríguez 28.54 C.N. León Barcelona 25/11/17	Noemi Feliz 29.35 C.N. Ponferrada Valladolid 24/04/05	Marta Abarca 29.20 CDN Zamora Gijón 16/11/2019		
100m Mariposa	Nerea Rodríguez 1:02.78 Acuático León Gijón 21/12/2024	Paula Cachaperín 1:09.83 Torrelago Wellness Logroño 19/11/22	Paula Cachaperín 1:07.95 Torrelago Wellness Cáceres 13/05/2023	Paula Cachaperín 1:05.01 Torrelago Wellness Cáceres 11/05/24	Nerea Rodríguez 1:02.78 Acuático León Gijón 21/12/2024	Nayara Pineda 1:03.08 Torrelago Wellness Cáceres 13/05/2023	Paula Galván 1:03.47 Gimn. Valladolid Madrid 21/12/08	Paula Galván 1:03.25 Gimn. Valladolid Madrid 06/02/09	Alejandra Tornero 1:03.50 Gimn. Valladolid Madrid 18/11/2023		
200m Mariposa	Paula Galván 2:14.98 Gimn. Valladolid Madrid 07/02/09	TOPE A BATIR 3:13.77	Paula Cachaperín 2:31.81 Torrelago Wellness Oviedo 25/02/2023	Nayara Pineda 2:21.67 Torrelago Wellness Valladolid 19/12/21	Irene Carlón 2:22.21 Torrelago Wellness Valladolid 14/12/24	Camino Sevillano 2:20.07 La Venatoria Madrid 31/12/84	Paula Galván 2:17.61 Gimn. Valladolid Madrid 30/11/08	Paula Galván 2:14.98 Gimn. Valladolid Madrid 07/02/09	Alejandra Tornero 2:19.12 Parquesol Madrid 18/11/2023		
50m Espalda	Noelia Pérez 29.14 Gimn. Valladolid Valladolid 18/12/10	TOPE A BATIR 34.90	Paula Cachaperín 32.43 Torrelago Wellness Logroño 25/11/2023	Paula Cachaperín 29.93 Torrelago Wellness Valladolid 15/12/24	Paula Cachaperín 30.85 Gimn. Valladolid Cáceres 10/05/25	Blanca Soto 29.84 Gimn. Valladolid Palma M. 17/12/05	Eva Merayo 30.11 Bierzo-Ponferrada Gijón 27/11/15	Noelia Pérez 30.10 Gimn. Valladolid Valladolid 19/12/09	Noelia Pérez 29.14 Gimn. Valladolid Valladolid 18/12/10		
100m Espalda	Laura Castro 1:03.54 Gimn. Valladolid Valladolid 08/04/11	Paula Cachaperín 1:12.12 Torrelago Wellness Logroño 19/11/22	Paula Cachaperín 1:06.87 Torrelago Wellness Logroño 25/11/2023	Paula Cachaperín 1:03.76 Torrelago Wellness Valladolid 15/12/24	Paula Cachaperín 1:03.89 Torrelago Wellness Cáceres 10/05/25	Blanca Soto 1:03.66 Gimn. Valladolid Palma M. 16/12/05	Blanca Soto 1:03.70 Gimn. Valladolid Barcelona 17/12/06	Andrea Lajo 1:03.82 C.N. Palencia Barcelona 17/11/18	Laura Castro 1:03.92 Gimn. Valladolid Valladolid 19/12/10		
200m Espalda	Sara Cañas 2:14.19 Gimn. Valladolid Valladolid 19/12/09	Paula Cachaperín 2:44.20 Torrelago Wellness León 23/01/22	Paula Cachaperín 2:27.34 Torrelago Wellness Oviedo 25/02/2023	Paula Cachaperín 2:17.89 Torrelago Wellness Valladolid 14/12/24	Paula Cachaperín 2:18.48 Torrelago Wellness Cáceres 11/05/25	Blanca Soto 2:16.97 Gimn. Valladolid Torre P. 01/05/05	Blanca Soto 2:16.87 Gimn. Valladolid Barcelona 17/12/06	Sara Cañas 2:14.19 Gimn. Valladolid Valladolid 19/12/09	Fiamma Barreda 2:15.44 Gimn. Valladolid Castellón 29/11/2009		
50m Braza	Nayara Pineda 31.01 Torrelago Wellness Cáceres 10/05/2025	TOPE A BATIR 40.16	Nayara Pineda 35.13 Torrelago Wellness Valladolid 05/12/20	Nayara Pineda 32.89 Torrelago Wellness Ordizia 29/12/21	Nayara Pineda 31.86 Torrelago Wellness Valladolid 04/12/22	Nayara Pineda 31.88 Torrelago Wellness Cáceres 13/05/2023	Nayara Pineda 31.16 Torrelago Wellness Cáceres 11/05/24	Nayara Pineda 31.01 Torrelago Wellness Ac León 10/05/2025	Jimena Pedregal 32.64 Ac León Gijón 21/12/2024		
100m Braza	Nayara Pineda 1:06.94 Torrelago Wellness Cáceres 11/05/2024	Cecilia Franco 1:26.67 Torrelago Wellness Logroño 19/11/22	Nayara Pineda 1:16.62 Torrelago Wellness Valladolid 06/12/20	Nayara Pineda 1:10.64 Torrelago Wellness Ordizia 29/12/21	Nayara Pineda 1:08.99 Torrelago Wellness Madrid 19/11/22	Nayara Pineda 1:06.96 Torrelago Wellness Logroño 25/11/2023	Nayara Pineda 1:06.94 Torrelago Wellness Cáceres 11/05/24	Nayara Pineda 1:07.36 Torrelago Wellness Maliño 09/02/25	Jimena Pedregal 1:12.74 Ac León Gijón 21/12/2024		
200m Braza	Nayara Pineda 2:24.92 Torrelago Wellness Maliño 27/01/2024	TOPE A BATIR 3:11.38	Nayara Pineda 2:43.80 Torrelago Wellness Valladolid 06/12/20	Nayara Pineda 2:32.80 Torrelago Wellness Valladolid 18/12/21	Nayara Pineda 2:28.97 Torrelago Wellness Madrid 20/11/22	Nayara Pineda 2:26.07 Torrelago Wellness Maliño 04/02/2023	Nayara Pineda 2:24.92 Torrelago Wellness Maliño 27/01/2024	Nayara Pineda 2:27.78 Torrelago Wellness Ac León 08/02/25	Jimena Pedregal 2:36.48 Ac León Valladolid 14/12/2024		
100m Estilos	Nayara Pineda 1:06.31 Torrelago Wellness Madrid 19/11/22	Nayara Pineda 1:17.94 Torrelago Wellness León 15/06/19	Noemi Feliz 1:14.55 C.N. Bierzo Burgos 25/11/00	Noemi Feliz 1:09.12 C.N. Bierzo Avila 17/11/01	Nayara Pineda 1:06.31 Torrelago Wellness Madrid 19/11/22	Noemi Feliz 1:07.98 C.N. Ponferrada Valladolid 07/12/03	Nayara Pineda 1:04.58 Torrelago Wellness Valladolid 15/12/24	Noemi Feliz 1:04.56 C.N. Ponferrada Torre P. 29/04/05	Noemi Feliz 1:04.13 Gimn. Valladolid Barcelona 17/12/06		
200m Estilos	Noemi Feliz 2:13.37 Gimn. Valladolid Sabadell 17/04/09	Paula Cachaperín 2:38.00 Torrelago Wellness Logroño 19/11/22	Helena Carbajo 2:32.92 Gimn. Valladolid Valladolid 09/06/06	Nayara Pineda 2:25.88 Torrelago Wellness Valladolid 18/12/21	Nayara Pineda 2:21.09 Torrelago Wellness Valladolid 04/12/22	Nayara Pineda 2:18.92 Torrelago Wellness Logroño 25/11/2023	Noemi Feliz 2:18.59 C.N. Ponferrada Valencia 16/12/04	Noemi Feliz 2:16.96 C.N. Ponferrada Torre P. 01/05/05	Fiamma Barreda 2:20.52 Gimn. Valladolid Castellón 27/11/2009		
400m Estilos	Sara Cañas 4:49.17 Gimn. Valladolid Sabadell 18/04/09	Sandra Santos 5:43.96 C.N. Palencia Lloret de Mar 22/05/21	Paula Cachaperín 5:25.09 Torrelago Wellness Zamora 29/01/2023	Nayara Pineda 5:03.64 Torrelago Wellness Valladolid 19/12/21	Sandra Santos 5:11.05 C.N. Parquesol Madrid 15/11/24	Yara Garrido 5:03.39 Acuático León Valladolid 06/12/20	Sara Cañas 4:57.63 Gimn. Valladolid Hospitalet 19/04/08	Sara Cañas 4:49.17 Gimn. Valladolid Sabadell 18/04/09	Yara Garrido 4:57.72 C.N. Parquesol Madrid 19/11/23		