



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

PRUEBA	ABSOLUTO	12 AÑOS	13 AÑOS	14 AÑOS	15 AÑOS	16 AÑOS	17 AÑOS	18 AÑOS
50m Libre	Blanca Cerón 25.78	Sara Cañas 29.47	Vega Alfonso Sicilia 26.85	Vega Alfonso Sicilia 27.14	Diana Herrero 26.96	Yael Mantecon 26.45	Blanca Cerón 26.77	Natalia Fernández 26.53
	Castilla Burgos Palma M. 20/12/00	Gimn. Valladolid Valladolid 05/12/04	Torrelago Wellness Valladolid 15/12/24	Torrelago Wellness Sabadell 14/11/25	C.N. León Zaragoza 10/02/90	Acuático León Valladolid 15/12/24	A. Helmántica Valladolid 29/11/91	Gimn. Valladolid Madrid 3/12/2008
100m Libre	Natalia Fernández 55.49	Paula Cachaperin 1:02.23	Vega Alfonso Sicilia 58.69	Vega Alfonso Sicilia 58.45	Noemi Feliz 57.65	Noemi Feliz 57.11	Noemi Feliz 57.43	Natalia Fernández 56.20
	Gimn. Valladolid Sabadell 19/04/09	Torrelago Wellness Logroño 25/11/2023	Torrelago Wellness Valladolid 15/12/24	Torrelago Wellness Cáceres 11/05/25	C.N. Ponferrada Valladolid 21/12/03	C.N. Ponferrada León 02/04/04	C.N. Ponferrada Torre P. 30/04/05	Gimn. Valladolid Madrid 3/12/2008
200m Libre	Natalia Fernández 1:57.44	Paula Cachaperin 2:14.41	Vega Alfonso Sicilia 2:06.96	Vega Alfonso Sicilia 2:05.06	Sara Cañas 2:05.46	Noemi Feliz 2:01.29	Noemi Feliz 2:01.89	Natalia Fernández 2:00.67
	Gimn. Valladolid Sabadell 17/04/09	Torrelago Wellness Oviedo 3/02/2023	Torrelago Wellness Valladolid 14/12/24	Torrelago Wellness Cáceres 11/05/25	Sara Cañas Valladolid 09/12/07	C.N. Ponferrada Valencia 18/12/04	C.N. Ponferrada Torre P. 01/05/05	Gimn. Valladolid Madrid 1/12/2008
400m Libre	Natalia Fernández 4:10.49	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	Sara Cañas 4:14.77
	Gimn. Valladolid Castellón 27/11/09	Gimn. Valladolid Burgos 27/11/04	Torrelago Wellness Valladolid 15/12/24	Gimn. Valladolid Barcelona 16/12/06	Gimn. Valladolid Madrid 16/03/07	Gimn. Valladolid Madrid 20/12/08	Gimn. Valladolid Castellón 27/11/09	Gimn. Valladolid Palma M. 13/12/2010
800m Libre	Sara Cañas 8:33.80	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	Sara Cañas 8:46.11
	Gimn. Valladolid Castellón 28/11/09	Castilla Burgos Valladolid 08/12/01	Gimn. Valladolid Torre P. 30/04/05	Gimn. Valladolid Madrid 18/11/06	Gimn. Valladolid Valladolid 09/11/07	Gimn. Valladolid Madrid 19/12/08	Gimn. Valladolid Castellón 28/11/09	Gimn. Valladolid Palma M. 4/12/2010
1500m. Libre	Sara Cañas 16:17.15	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	Alicia Salvador 17:55.03
	Gimn. Valladolid Castellón 26/11/09	Torrelago Wellness Valladolid 03/12/22	Torrelago Wellness Valladolid 12/12/2023	Gimn. Valladolid Valladolid 26/05/06	C.N. Palencia Cáceres 11/05/24	Gimn. Valladolid Madrid 21/12/08	Gimn. Valladolid Castellón 26/11/09	CN Benavente Valladolid 3/12/2022
50m Mariposa	Nerea Rodríguez 27.80	Paula Cachaperin 30.52	Noemi Feliz 29.76	Sandra Santos 29.07	Nerea Rodríguez 27.80	Sara Rodríguez 28.54	Noemi Feliz 29.35	Marta Abarca 29.20
	Acuático León Sabadell 15/11/25	Torrelago Wellness Zamora 8/01/2023	C.N. Bierzo Valladolid 27/12/01	Parquesol Plasencia 18/05/24	Acuático León Sabadell 15/11/25	C.N. León Valladolid 25/11/17	C.N. Ponferrada Valladolid 24/04/05	CDN Zamora Gijón 16/11/2019
100m Mariposa	Nerea Rodríguez 1:00.92	Paula Cachaperin 1:07.95	Paula Cachaperin 1:05.01	Nerea Rodríguez 1:02.78	Nerea Rodríguez 1:00.92	Paula Galván 1:03.47	Paula Galván 1:03.25	Alejandra Tórner 1:03.50
	Acuático León Sabadell 13/11/25	Torrelago Wellness Cáceres 3/05/2023	Torrelago Wellness Cáceres 11/05/24	Acuático León Gijón 21/12/2024	Acuático León Sabadell 13/11/25	Gimn. Valladolid Madrid 21/12/08	Gimn. Valladolid Madrid 06/02/09	C.N. Parquesol Madrid 18/11/2023
200m Mariposa	Paula Galván 2:14.98	Paula Cachaperin 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	Alejandra Tórner 2:19.12
	Gimn. Valladolid Madrid 07/02/09	Torrelago Wellness Oviedo 5/02/2023	Torrelago Wellness Valladolid 19/12/21	Torrelago Wellness Valladolid 14/12/24	La Venatoria Madrid 31/12/84	Gimn. Valladolid Madrid 30/11/08	Gimn. Valladolid Madrid 07/02/09	Parquesol Madrid 18/11/2023
50m Espalda	Noelia Pérez 29.14	Paula Cachaperin 32.43	Paula Cachaperin 29.93	Paula Cachaperin 30.19	Blanca Soto 29.84	Eva Merayo 30.11	Noelia Pérez 30.10	Noelia Pérez 29.14
	Gimn. Valladolid Valladolid 18/12/10	Torrelago Wellness Logroño 25/11/2023	Torrelago Wellness Valladolid 15/12/24	Torrelago Wellness Sabadell 13/11/25	Gimn. Valladolid Palma M. 17/12/05	Bierzo-Ponferrada Gijón 27/11/15	Gimn. Valladolid Valladolid 19/12/09	Gimn. Valladolid Valladolid 18/12/10
100m Espalda	Laura Castro 1:03.54	Paula Cachaperin 1:06.87	Paula Cachaperin 1:03.76	Paula Cachaperin 1:03.89	Blanca Soto 1:03.66	Blanca Soto 1:03.70	Andrea Lajo 1:03.82	Laura Castro 1:03.92
	Gimn. Valladolid Valladolid 08/04/11	Torrelago Wellness Logroño 25/11/2023	Torrelago Wellness Valladolid 15/12/24	Torrelago Wellness Cáceres 10/05/25	Gimn. Valladolid Palma M. 16/12/05	Gimn. Valladolid Barcelona 17/12/06	C.N. Palencia Barcelona 17/11/18	Gimn. Valladolid Valladolid 19/12/10
200m Espalda	Sara Cañas 2:14.19	Paula Cachaperin 2:27.34	Paula Cachaperin 2:17.89	Paula Cachaperin 2:18.48	Blanca Soto 2:16.87	Sara Cañas 2:16.97	Sara Cañas 2:14.19	Fiamma Barreda 2:15.44
	Gimn. Valladolid Valladolid 19/12/09	Torrelago Wellness Oviedo 5/02/2023	Torrelago Wellness Valladolid 14/12/24	Torrelago Wellness Cáceres 11/05/25	Gimn. Valladolid Torre P. 01/05/05	Gimn. Valladolid Barcelona 17/12/06	Gimn. Valladolid Valladolid 19/12/09	Gimn. Valladolid Castellón 9/11/2009
50m Braza	Nayara Pineda 31.01	Nayara Pineda 35.13	Nayara Pineda 32.89	Nayara Pineda 31.86	Nayara Pineda 31.88	Nayara Pineda 31.16	Nayara Pineda 31.01	Jimena Pedregal 32.64
	Torrelago Wellness Cáceres 0/05/2025	Torrelago Wellness Valladolid 05/12/20	Torrelago Wellness Ordizia 29/12/21	Torrelago Wellness Valladolid 04/12/22	Torrelago Wellness Cáceres 3/05/2023	Torrelago Wellness Cáceres 11/05/24	Torrelago Wellness Cáceres 3/05/2025	Ac León Gijón 1/12/2024
100m Braza	Nayara Pineda 1:06.94	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	Jimena Pedregal 1:12.74
	Torrelago Wellness Cáceres 1/05/2024	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 Maliaño 09/02/25	Ac León Gijón 1/12/2024
200m Braza	Nayara Pineda 2:24.92	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	Jimena Pedregal 2:36.48
	Torrelago Wellness Maliaño 7/01/2024	Torrelago Wellness Valladolid 06/12/20	Torrelago Wellness Valladolid 18/12/21	Torrelago Wellness Madrid 20/11/22	Torrelago Wellness Maliaño 4/02/2023	Torrelago Wellness Maliaño 7/01/2024	Torrelago Wellness Maliaño 08/02/25	Ac León Valladolid 4/12/2024
100m Estilos	Nayara Pineda 1:06.31	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	Noemi Feliz 1:04.13
	Torrelago Wellness Madrid 19/11/22	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	Torrelago Wellness Valladolid 15/12/24	C.N. Ponferrada Torre P. 29/04/05	Gimn. Valladolid Barcelona 17/12/06
200m Estilos	Noemi Feliz 2:13.37	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	Fiamma Barreda 2:20.52
	Gimn. Valladolid Sabadell 17/04/09	Gimn. 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	Gimn. Valladolid Castellón 7/11/2009
400m Estilos	Sara Cañas 4:49.17	Paula Cachaperin 5:25.09	Nayara Pineda 5:03.64	Sandra Santos 5:11.05	Sara Garrido 5:03.39	Sara Cañas 4:57.63	Sara Cañas 4:49.17	Yara Garrido 4:57.72
	Gimn. Valladolid Sabadell 18/04/09	Torrelago Wellness Zamora 9/01/2023	Torrelago Wellness Valladolid 19/12/21	C.N. Parquesol Madrid 15/11/24	Acuático León Valladolid 06/12/20	Gimn. Valladolid Hospitalet 19/04/08	Gimn. Valladolid Sabadell 18/04/09	C.N. Parquesol Madrid 19/11/23