



CIRCUITO CASTILLA Y LEÓN MASTER 2024/2025  
I Trofeo Master Ciudad de Zamora "Nadador Completo"  
I Trofeo Master Ciudad de Ponferrada  
XII OPEN Castilla y León Invierno  
X Trofeo OPEN Master CN Tizona  
XI OPEN Castilla y León Verano

Circuito MASTER 2024 - 2025 Femenino

Fem., 20+ - 42 of 46 Events

|                                  |                     |                         |                    |   |
|----------------------------------|---------------------|-------------------------|--------------------|---|
| 1. FERNÁNDEZ CORTADA, Lucía      | 04                  | C.N. Palencia           | 5038               | 8 |
| 100 Li 1:04.62 684               | 50 Li 28.99 674     | 100 Li 1:05.04 671      | 50 Li 29.09 667    |   |
| 50 Li 28.67 663                  | 50 Esp 34.13 575    | 50 Esp 33.64 569        | 50 Esp 34.96 535   |   |
| 100 Est 1:16.61 524              | 100 Esp 1:16.69 518 | 100 Esp 1:17.37 504     | 50 Ma 34.73 426    |   |
| 50 Br 43.36 348                  |                     |                         |                    |   |
| 2. SAEZ FERNANDEZ, Lucia         | 05                  | C.D. Torrelago Wellness | 4267               | 8 |
| 100 Li 1:07.46 601               | 200 Li 2:30.42 567  | 50 Li 30.83 560         | 100 Li 1:09.85 542 |   |
| 50 Li 31.39 531                  | 50 Li 31.33 508     | 200 Li 2:36.86 500      | 50 Ma 34.13 458    |   |
| 50 Ma 34.37 439                  | 50 Esp 38.23 387    | 50 Br 44.16 329         |                    |   |
| 3. ABAD JIMÉNEZ, Ángela          | 02                  | C.N. Ciudad De Avila    | 3814               | 8 |
| 100 Est 1:17.04 515              | 50 Li 31.76 487     | 100 Esp 1:18.59 481     | 50 Esp 36.37 475   |   |
| 50 Ma 33.58 471                  | 50 Ma 33.87 469     | 50 Esp 36.15 458        | 100 Ma 1:17.77 458 |   |
| 50 Br 41.04 410                  |                     |                         |                    |   |
| 4. SEGOVIA MORENO, Silvia        | 04                  | C.D. Torrelago Wellness | 3675               | 8 |
| 50 Esp 34.40 532                 | 100 Est 1:18.89 480 | 200 Est 2:59.95 478     | 50 Li 32.12 471    |   |
| 50 Esp 36.90 455                 | 50 Ma 34.04 452     | 100 Esp 1:21.23 436     | 50 Br 42.41 371    |   |
| 100 Ma 1:25.97 339               |                     |                         |                    |   |
| 5. LAJO GUERRA, Andrea           | 01                  | C.N. Palencia           | 3555               | 6 |
| 100 Esp 1:10.05 648              | 200 Est 2:43.17 594 | 200 Est 2:47.43 593     | 200 Li 2:28.35 591 |   |
| 100 Li 1:08.44 576               | 100 Esp 1:15.03 553 |                         |                    |   |
| 6. LOPEZ JIMENEZ, Silvia         | 02                  | C.D.N. Zamora           | 3489               | 7 |
| 100 Li 1:08.84 566               | 50 Ma 32.70 521     | 50 Esp 35.60 507        | 50 Li 31.35 507    |   |
| 200 Est 2:58.85 486              | 100 Esp 1:18.87 476 | 200 Est 3:02.27 426     |                    |   |
| 7. RIOCEREZO SAN ESTEBAN, Jimena | 03                  | C.D. Tizona Burgos      | 3399               | 8 |
| 50 Ma 32.93 500                  | 50 Li 31.74 488     | 50 Ma 33.20 488         | 50 Li 31.74 488    |   |
| 400 Li 5:49.26 383               | 50 Esp 39.11 362    | 50 Esp 39.35 355        | 50 Br 43.90 335    |   |
| 50 Br 44.30 326                  | 200 Ma 3:11.78 308  |                         |                    |   |
| 8. FERNANDEZ VEGA, Marina        | 02                  | C.D.N. Zamora           | 2737               | 8 |
| 100 Li 1:13.39 467               | 50 Li 33.18 449     | 50 Li 34.24 389         | 50 Esp 42.44 299   |   |
| 50 Br 47.37 296                  | 50 Esp 42.02 292    | 50 Br 46.55 281         | 50 Ma 40.70 264    |   |
| 9. PELAEZ GOMEZ, Ana             | 01                  | C.D.N. Zamora           | 2709               | 6 |
| 50 Br 40.23 484                  | 50 Br 40.56 472     | 200 Li 2:42.15 453      | 100 Br 1:32.45 444 |   |
| 100 Br 1:33.25 433               | 200 Li 2:45.90 423  |                         |                    |   |
| 10. ANGON MARTÍN, Celia          | 05                  | C.Acuatico Salamanca    | 2392               | 6 |
| 50 Li 32.35 485                  | 100 Li 1:13.20 471  | 50 Li 33.54 414         | 50 Ma 35.47 400    |   |
| 50 Ma 36.62 371                  | 50 Esp 44.16 251    |                         |                    |   |



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|                                       |                    |                        |                 |   |
|---------------------------------------|--------------------|------------------------|-----------------|---|
| 17. PEDRAZA DE FRUTOS, Angela         | 04                 | CD Upstream            | 1703            | 6 |
| 200 Li 3:03.50 312                    | 50 Li 36.88 311    | 100 Li 1:24.26 308     | 50 Li 37.84 303 |   |
| 100 Br 1:53.17 242                    | 100 Br 1:49.52 227 |                        |                 |   |
| 22. MERAYO GARCÍA, Alba               | 04                 | C.N. Bierzo-Ponferrada | 1296            | 6 |
| 50 Li 36.94 309                       | 100 Br 1:43.55 268 | 50 Br 49.37 235        | 50 Li 42.15 208 |   |
| 50 Esp 52.96 145                      | 50 Ma 51.38 131    |                        |                 |   |
| 30. VASQUEZ MOGOLLON, Laura Valentina | 02                 | C.D. Tizona Burgos     | 603             | 7 |
| 50 Br 57.88 162                       | 50 Li 50.47 121    | 100 Li 2:00.38 105     | 50 Li 56.14 88  |   |
| 50 Ma 1:04.20 67                      | 50 Ma 1:07.05 60   | 50 Li -                |                 |   |

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|                              |                     |                        |                     |   |
|------------------------------|---------------------|------------------------|---------------------|---|
| 1. MERAYO YECORA, Eva        | 99                  | C.N. Bierzo-Ponferrada | 4888                | 8 |
| 50 Esp 32.10 691             | 50 Esp 32.28 680    | 100 Esp 1:09.14 674    | 100 Esp 1:12.35 617 |   |
| 200 Esp 2:38.87 589          | 100 Esp 1:14.48 565 | 200 Esp 2:43.58 539    | 50 Ma 32.24 533     |   |
| 50 Br 39.76 502              | 50 Br 40.88 461     |                        |                     |   |
| 2. BLAZQUEZ JIMENEZ, Julia   | 99                  | C.N. Ciudad De Avila   | 3293                | 8 |
| 200 Est 3:03.37 451          | 100 Est 1:21.47 436 | 100 Esp 1:22.51 416    | 50 Ma 35.02 415     |   |
| 200 Li 2:47.12 414           | 50 Ma 35.52 406     | 50 Li 34.26 388        | 50 Esp 38.92 367    |   |
| 50 Br 44.38 324              |                     |                        |                     |   |
| 3. COTOS SUAREZ, Ana         | 97                  | C.Acumatico Salamanca  | 3138                | 8 |
| 200 Li 2:34.73 521           | 50 Ma 33.43 488     | 50 Li 32.06 474        | 400 Li 5:32.44 470  |   |
| 50 Ma 34.55 433              | 50 Br 41.31 402     | 50 Esp 39.54 350       | 50 Br -             |   |
| 4. SERRANO ARRANZ, Lucia     | 97                  | C.N. Madrid Moscardo   | 2990                | 7 |
| 200 Li 2:37.84 491           | 50 Li 31.71 490     | 200 Est 3:01.55 465    | 200 Esp 2:53.54 452 |   |
| 50 Esp 37.08 425             | 50 Ma 37.29 344     | 50 Br 44.45 323        |                     |   |
| 5. GONZALEZ FIERRO, Julia    | 99                  | C.N. Bierzo-Ponferrada | 2928                | 8 |
| 100 Br 1:36.44 391           | 200 Br 3:29.74 383  | 200 Li 2:52.95 373     | 200 Br 3:32.71 367  |   |
| 100 Est 1:26.53 364          | 100 Br 1:34.43 354  | 400 Li 6:06.50 351     | 400 Li 6:01.64 345  |   |
| 50 Ma 37.62 335              | 50 Li 36.16 330     | 50 Br 44.22 328        | 50 Ma 38.27 325     |   |
| 50 Li 36.61 318              | 50 Br 44.74 316     | 400 Li 6:21.55 311     | 50 Ma 38.88 303     |   |
| 50 Esp 41.69 299             | 50 Esp 41.88 295    | 100 Esp 1:32.83 292    |                     |   |
| 6. CALVO ORTEGA, Silvia      | 97                  | C.N. Palencia          | 2520                | 8 |
| 200 Esp 3:08.78 351          | 100 Esp 1:28.61 335 | 50 Esp 41.37 323       | 50 Esp 41.49 320    |   |
| 200 Esp 3:17.44 306          | 50 Li 38.08 297     | 100 Esp 1:32.55 294    | 50 Li 38.21 294     |   |
| 7. GONZALEZ ORALLO, Cristina | 98                  | C.N. Bierzo-Ponferrada | 2394                | 8 |
| 100 Li 1:23.15 321           | 400 Li 6:10.92 320  | 400 Li 6:21.12 312     | 200 Br 3:47.60 299  |   |
| 400 Li 6:30.21 291           | 50 Br 46.32 285     | 50 Li 38.05 283        | 50 Li 38.70 283     |   |
| 50 Br 48.15 282              | 50 Ma 40.05 278     | 50 Br 48.58 275        | 50 Ma 41.16 261     |   |
| 50 Esp 45.74 226             | 50 Ma 44.39 204     |                        |                     |   |



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|---------------------------|--------------------|---------------------|---------------------|---|
| 9. MARIN PORTUGAL, Jimena | 97                 | C.D. Tizona Burgos  | 2240                | 6 |
| 200 Est 3:04.70 442       | 50 Ma 36.31 380    | 100 Esp 1:24.01 375 | 100 Esp 1:25.44 374 |   |
| 100 Ma 1:23.56 370        | 200 Ma 3:13.87 299 |                     |                     |   |

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|-----------------------------|---------------------|---------------------|------------------|---|
| 20. BARBON ZAPICO, Jennifer | 99                  | C.D. Tizona Burgos  | 1156             | 8 |
| 50 Li 47.04 157             | 50 Esp 52.07 153    | 50 Esp 52.26 151    | 50 Li 46.90 151  |   |
| 50 Li 47.93 141             | 50 Li 48.02 141     | 400 Li 8:17.76 132  | 50 Esp 56.03 130 |   |
| 200 Li 4:08.28 126          | 100 Est 2:08.50 111 | 200 Esp 4:37.79 110 | 50 Br 1:06.15 98 |   |
| 50 Br 1:06.45 96            | 50 Ma 59.73 83      | 50 Ma 1:01.93 75    |                  |   |

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|                       |                     |                 |                  |   |
|-----------------------|---------------------|-----------------|------------------|---|
| 1. POMAR SOLANA, Sara | 95                  | C.D.N. Zamora   | 4960             | 8 |
| 100 Est 1:10.90 685   | 100 Br 1:20.13 669  | 50 Br 36.52 632 | 50 Ma 31.57 602  |   |
| 200 Br 2:56.37 602    | 200 Est 2:38.60 601 | 50 Br 37.38 589 | 50 Ma 31.97 580  |   |
| 100 Ma 1:10.93 569    | 50 Li 30.40 567     | 50 Li 30.60 556 | 50 Esp 33.88 530 |   |
| 50 Esp 34.67 495      |                     |                 |                  |   |

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| 2. DIEZ FERNANDEZ, Marta | 95                 | Natacion Sevilla Master, C.D. | 4223             | 8 |
| 50 Br 35.78 672          | 100 Br 1:20.96 649 | 200 Br 2:59.43 571            | 50 Li 30.45 564  |   |
| 50 Ma 33.15 520          | 100 Li 1:11.84 454 | 100 Ma 1:19.98 397            | 50 Esp 37.35 396 |   |

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| 3. RUIZ IAÑEZ, Isabel Maria | 95                 | C.D.N. Zamora      | 4188                | 8 |
| 50 Li 29.98 591             | 50 Ma 31.83 588    | 50 Ma 32.97 579    | 100 Est 1:16.14 553 |   |
| 100 Li 1:08.90 515          | 200 Li 2:36.82 474 | 100 Ma 1:16.74 450 | 50 Esp 36.10 438    |   |
| 50 Br 41.81 421             |                    |                    |                     |   |

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| 4. APORTA DEL TESO, Eva | 91              | C.D.N. Zamora   | 4065                | 8 |
| 50 Li 30.72 588         | 50 Ma 33.05 574 | 50 Li 30.48 563 | 100 Est 1:17.17 531 |   |
| 100 Li 1:09.80 495      | 50 Ma 34.40 466 | 50 Br 41.40 434 | 200 Li 2:44.15 414  |   |
| 50 Esp 37.92 378        |                 |                 |                     |   |

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| 5. SADORNIL GUTIERREZ, Ana Marta | 91                  | C.N. Palencia      | 2966                | 8 |
| 50 Br 42.58 433                  | 50 Br 42.69 429     | 100 Br 1:34.92 402 | 100 Br 1:31.06 397  |   |
| 100 Br 1:36.23 386               | 200 Br 3:32.96 342  | 200 Br 3:36.40 325 | 200 Est 3:31.95 252 |   |
| 200 Est 3:30.99 252              | 200 Est 3:33.14 247 |                    |                     |   |

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| 7. LAZARO PRIETO, Cristina | 91                  | C.D.N. Zamora       | 2700                | 8 |
| 50 Li 34.94 373            | 50 Li 34.98 372     | 50 Li 36.19 359     | 50 Ma 38.56 330     |   |
| 100 Est 1:30.49 329        | 50 Ma 40.32 316     | 50 Li 37.04 313     | 50 Ma 39.46 308     |   |
| 50 Br 47.63 285            | 50 Ma 40.75 280     | 100 Li 1:24.58 278  | 100 Esp 1:35.31 272 |   |
| 50 Br 48.43 271            | 50 Esp 42.68 265    | 100 Esp 1:38.35 247 | 200 Esp 3:39.27 247 |   |
| 50 Esp 44.24 238           | 200 Est 3:40.34 224 | 200 Li 3:21.22 224  |                     |   |

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| 8. PAJUELO CAÑAS, Sara Dacil | 95                  | C.D. Tizona Burgos  | 2477            | 8 |
| 50 Li 35.17 366              | 50 Li 36.17 360     | 50 Li 36.50 327     | 50 Br 46.31 310 |   |
| 50 Br 47.93 303              | 100 Br 1:47.38 278  | 100 Est 1:36.65 270 | 50 Ma 41.59 263 |   |
| 50 Esp 43.96 242             | 100 Esp 1:40.03 225 | 100 Li 1:33.10 208  |                 |   |



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|                         |                     |                     |                    |   |
|-------------------------|---------------------|---------------------|--------------------|---|
| 9. BLANCO APARICIO, Ana | 95                  | Casino De La Union  | 2375               | 8 |
| 50 Li 35.99 342         | 100 Est 1:31.91 314 | 100 Br 1:44.15 304  | 100 Br 1:39.55 304 |   |
| 200 Est 3:18.87 301     | 50 Br 47.60 285     | 400 Est 7:38.58 269 | 50 Ma 41.95 256    |   |
| 100 Esp 1:38.56 246     | 50 Esp 45.69 216    | 200 Ma 4:08.80 154  |                    |   |

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|-------------------------|---------------------|----------------------------|---------------------|---|
| 13. LÓPEZ GARCÍA, Marta | 95                  | C.D. Jerez Natacion Master | 1797                | 8 |
| 50 Li 36.95 316         | 100 Li 1:24.31 281  | 200 Li 3:07.80 276         | 100 Est 1:42.39 227 |   |
| 50 Br 54.47 190         | 100 Esp 1:49.46 179 | 200 Est 4:01.04 171        | 50 Esp 50.76 157    |   |
| 50 Ma 53.23 125         | 200 Ma 4:36.07 112  |                            |                     |   |

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|                          |                     |                    |                     |   |
|--------------------------|---------------------|--------------------|---------------------|---|
| 1. FERNANDEZ PEREZ, Sara | 87                  | C.D. Tizona Burgos | 3750                | 8 |
| 200 Est 2:56.62 509      | 200 Est 2:57.66 500 | 50 Li 33.01 487    | 100 Est 1:20.92 475 |   |
| 50 Ma 35.30 470          | 50 Li 32.40 464     | 50 Ma 35.44 456    | 50 Br 42.79 389     |   |
| 100 Br 1:36.96 383       | 50 Br 43.30 379     | 50 Esp 41.73 290   |                     |   |

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| 2. RODRIGUEZ FERNANDEZ, Ana | 87                  | C.N. Leon           | 3629               | 8 |
| 50 Li 33.35 472             | 100 Li 1:13.73 471  | 50 Li 33.44 468     | 50 Ma 35.56 460    |   |
| 50 Li 32.52 459             | 50 Ma 35.67 447     | 50 Li 33.32 427     | 50 Ma 36.51 425    |   |
| 50 Ma 36.86 405             | 100 Est 1:25.57 402 | 200 Li 2:50.43 399  | 400 Li 5:54.31 394 |   |
| 200 Li 2:51.76 390          | 50 Ma 37.43 387     | 200 Esp 3:10.29 383 | 50 Esp 39.63 338   |   |
| 50 Esp 40.03 328            | 50 Br 47.35 287     | 50 Br 47.74 280     |                    |   |

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|---------------------------|-----------------|--------------------|--------------------|---|
| 3. CARRANZA MARTIN, Paula | 90              | C.D. Tizona Burgos | 3187               | 8 |
| 100 Li 1:16.00 430        | 50 Li 34.74 418 | 400 Li 5:58.82 408 | 200 Li 2:49.31 407 |   |
| 100 Li 1:18.06 397        | 50 Li 35.69 385 | 400 Li 6:08.77 376 | 200 Li 2:55.40 366 |   |

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| 4. PRIETO BELVER, Lidia | 87                  | C.D.N. Zamora       | 2030                | 8 |
| 400 Li 6:43.98 266      | 50 Br 49.13 259     | 50 Li 39.38 258     | 50 Br 49.22 255     |   |
| 50 Li 39.71 252         | 100 Br 1:51.58 251  | 50 Br 49.73 248     | 50 Li 40.32 241     |   |
| 200 Br 4:10.14 239      | 200 Esp 3:42.45 239 | 100 Est 1:42.86 231 | 200 Esp 3:47.03 225 |   |
| 100 Esp 1:43.63 211     | 50 Esp 48.38 207    | 100 Esp 1:44.93 203 | 50 Esp 48.00 190    |   |
| 50 Esp 50.50 163        | 50 Ma 50.06 162     | 50 Ma 52.22 142     |                     |   |

|                        |                  |                     |                     |   |
|------------------------|------------------|---------------------|---------------------|---|
| 5. ARIAS GAMAZO, Ester | 90               | C.D.N. Zamora       | 1901                | 8 |
| 200 Br 3:57.91 278     | 50 Li 40.64 261  | 50 Li 39.95 248     | 100 Est 1:43.25 229 |   |
| 50 Br 51.24 229        | 50 Br 51.21 227  | 50 Br 52.23 216     | 50 Esp 47.92 213    |   |
| 50 Esp 48.78 202       | 50 Esp 47.69 194 | 200 Esp 3:59.34 192 | 50 Ma 50.19 160     |   |



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|                                 |                     |                     |                     |   |
|---------------------------------|---------------------|---------------------|---------------------|---|
| 1. RODRIGUEZ SANCHEZ, Laura     | 81                  | C.N. Cuatro Caminos | 3852                | 8 |
| 50 Ma 34.41 549                 | 200 Est 3:01.20 512 | 50 Li 32.75 501     | 100 Br 1:31.79 488  |   |
| 100 Est 1:22.30 474             | 50 Br 42.04 447     | 200 Est 3:09.75 446 | 100 Br 1:35.38 435  |   |
| 400 Est 6:52.97 422             | 200 Br 3:34.02 405  | 50 Esp 39.99 375    |                     |   |
| 2. LOSANTOS PRIETO, Esther      | 83                  | C.D. Tizona Burgos  | 3786                | 7 |
| 100 Esp 1:15.69 582             | 50 Esp 34.66 577    | 100 Est 1:17.48 568 | 50 Ma 34.26 557     |   |
| 100 Br 1:25.94 539              | 50 Br 40.52 499     | 50 Li 33.60 464     |                     |   |
| 3. VAZQUEZ FERNANDEZ, Begoña    | 83                  | C.N. Cuatro Caminos | 3630                | 8 |
| 200 Li 2:40.41 523              | 50 Li 32.74 501     | 100 Li 1:13.23 497  | 100 Est 1:21.99 479 |   |
| 200 Esp 3:09.17 433             | 50 Br 43.56 402     | 100 Esp 1:27.87 399 | 50 Esp 39.27 396    |   |
| 50 Ma 38.85 382                 |                     |                     |                     |   |
| 4. ALONSO NAVARRO, Maria Teresa | 81                  | C.D.N. Zamora       | 3257                | 8 |
| 50 Li 33.29 501                 | 50 Li 33.87 475     | 50 Ma 37.98 416     | 50 Li 35.12 406     |   |
| 50 Esp 40.88 380                | 50 Ma 39.01 377     | 200 Est 3:22.98 364 | 100 Esp 1:32.88 338 |   |
| 100 Esp 1:33.10 335             | 200 Esp 3:27.30 329 | 50 Esp 42.60 310    | 50 Br 48.77 286     |   |
| 5. BLANCO VECILLA, Patricia     | 84                  | C.D.N. Zamora       | 2932                | 8 |
| 200 Br 3:34.37 403              | 100 Est 1:27.15 399 | 50 Li 35.47 394     | 50 Br 43.89 393     |   |
| 50 Ma 39.28 369                 | 50 Br 45.81 354     | 200 Est 3:27.82 339 | 50 Esp 44.03 281    |   |
| 50 Ma 43.70 273                 |                     |                     |                     |   |
| 9. REDONDO ENRIQUEZ, Anabella   | 85                  | C.D.N. Zamora       | 1207                | 8 |
| 100 Br 2:09.34 174              | 50 Br 58.07 174     | 50 Li 47.58 171     | 50 Br 58.51 166     |   |
| 50 Li 49.62 144                 | 100 Li 1:51.88 139  | 100 Est 2:04.94 135 | 50 Esp 1:01.22 104  |   |
| 50 Ma 1:00.71 100               |                     |                     |                     |   |
| 13. MARTINEZ RODRIGUEZ, Raquel  | 83                  | CD Upstream         | 1071                | 6 |
| 200 Li 3:30.19 232              | 100 Li 1:38.72 203  | 100 Li 1:41.23 188  | 50 Esp 55.41 152    |   |
| 100 Esp 2:01.73 150             | 50 Esp 56.14 146    |                     |                     |   |

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|                               |                     |                    |                    |   |
|-------------------------------|---------------------|--------------------|--------------------|---|
| 1. SAMANIEGO MIGUÉLEZ, Paloma | 78                  | CD Upstream        | 4246               | 8 |
| 50 Li 31.48 582               | 50 Li 32.00 573     | 50 Br 40.90 552    | 50 Ma 35.20 532    |   |
| 50 Li 32.61 523               | 50 Esp 39.03 502    | 50 Br 41.66 497    | 50 Ma 36.29 485    |   |
| 100 Est 1:23.49 485           | 200 Est 3:07.06 431 | 50 Esp 39.73 410   |                    |   |
| 2. HERAS VIDAURRE, Elena      | 77                  | C.D. Tizona Burgos | 3493               | 8 |
| 50 Br 42.53 491               | 50 Br 42.59 465     | 50 Li 34.37 463    | 100 Br 1:35.50 434 |   |
| 50 Li 34.91 427               | 50 Li 35.43 408     | 50 Ma 38.54 405    | 100 Li 1:17.87 400 |   |
| 100 Est 1:30.39 382           | 50 Ma 40.88 339     | 50 Esp 45.21 278   |                    |   |



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|                                                |                     |                            |                     |   |
|------------------------------------------------|---------------------|----------------------------|---------------------|---|
| 3. DE PRADO ESCRIBANO, Maria                   | 79                  | C.N. Palencia              | 3005                | 8 |
| 50 Br 44.97 415                                | 200 Br 3:36.64 402  | 50 Br 45.55 399            | 50 Br 45.05 393     |   |
| 100 Br 1:38.76 392                             | 100 Br 1:39.27 386  | 200 Br 3:44.10 363         | 50 Li 41.41 255     |   |
| 100 Est 1:46.23 235                            | 200 Est 3:53.39 222 | 200 Est 3:58.22 208        | 50 Ma 52.02 164     |   |
| 50 Esp 55.57 149                               |                     |                            |                     |   |
| 4. PLAZA LASTRAS, Isabel                       | 80                  | Casino De La Union         | 2900                | 8 |
| 50 Li 35.89 393                                | 100 Esp 1:32.37 382 | 400 Est 7:16.55 371        | 100 Est 1:31.54 368 |   |
| 400 Est 7:18.98 365                            | 200 Esp 3:24.19 351 | 100 Esp 1:35.62 344        | 200 Est 3:22.32 326 |   |
| 200 Est 3:27.32 317                            | 100 Esp 1:35.27 309 | 50 Esp 43.80 306           | 200 Est 3:30.43 303 |   |
| 50 Br 51.19 268                                | 50 Ma 44.68 260     | 200 Ma 3:45.85 254         | 200 Ma 3:50.66 245  |   |
| 5. HERNÁNDEZ ARRIBAS, Susana                   | 76                  | C.D.N. Zamora              | 2814                | 8 |
| 200 Br 3:36.34 404                             | 200 Br 3:38.13 394  | 100 Br 1:42.03 356         | 100 Br 1:42.91 347  |   |
| 50 Br 47.91 343                                | 100 Br 1:41.63 335  | 50 Br 48.69 327            | 50 Br 48.83 308     |   |
| 50 Br 49.87 290                                | 400 Li 7:21.57 230  | 50 Li 43.13 226            | 100 Li 1:36.37 211  |   |
| 100 Est 1:50.67 208                            | 50 Li 44.54 205     | 50 Li 45.63 191            | 50 Esp 56.78 140    |   |
| 50 Esp 56.98 139                               | 50 Ma 58.44 116     | 50 Ma 1:00.91 102          |                     |   |
| 6. MORA ESPINO, Mercedes                       | 79                  | C.D. Jerez Natacion Master | 2685                | 7 |
| 50 Br 43.43 461                                | 50 Br 44.09 441     | 100 Br 1:37.55 407         | 100 Li 1:19.95 370  |   |
| 200 Li 3:01.74 366                             | 50 Ma 41.38 323     | 200 Est 3:27.22 317        |                     |   |
| 7. VELA GARCÍA, Silvia                         | 78                  | C.D.N. Zamora              | 2676                | 8 |
| 200 Li 3:03.26 357                             | 200 Li 3:04.28 351  | 400 Li 6:26.65 342         | 50 Li 38.10 339     |   |
| 400 Li 6:24.86 325                             | 50 Li 38.30 323     | 50 Li 38.43 320            | 50 Li 38.44 319     |   |
| 400 Li 6:46.73 294                             | 100 Esp 1:45.93 253 | 200 Esp 3:54.81 230        | 100 Est 1:48.14 223 |   |
| 50 Esp 49.05 217                               | 50 Esp 50.47 200    | 50 Ma 49.92 186            | 50 Br 57.74 186     |   |
| 50 Br 57.88 185                                | 50 Ma 50.21 183     | 100 Li -                   |                     |   |
| GONZÁLEZ DE LA FUENTE, M <sup>a</sup> Carolina | 77                  | CD Upstream                | 2676                | 8 |
| 50 Br 45.12 411                                | 50 Br 45.04 393     | 50 Li 37.25 351            | 100 Br 1:44.51 331  |   |
| 200 Li 3:12.11 310                             | 50 Li 39.08 304     | 100 Br 1:45.03 304         | 100 Est 1:41.24 272 |   |
| 50 Ma 51.22 172                                | 50 Esp 54.55 158    | 200 Est -                  |                     |   |
| 10. GUTIERREZ ROMERO, Beatriz                  | 80                  | CD Upstream                | 1993                | 8 |
| 400 Li 7:00.60 266                             | 50 Br 52.25 264     | 50 Br 52.74 257            | 200 Br 4:14.23 249  |   |
| 400 Li 7:09.94 249                             | 50 Br 52.86 243     | 100 Br 1:56.41 239         | 50 Li 43.62 226     |   |
| 50 Li 43.71 217                                | 100 Est 1:51.92 201 | 50 Esp 54.72 157           | 50 Ma 54.49 141     |   |
| 50 Ma 55.48 135                                |                     |                            |                     |   |
| 11. MASTROPIETRO ACEVEDO, Gioanna Alejand80    |                     | C.N. Leon                  | 1779                | 6 |
| 50 Li 37.75 337                                | 50 Li 38.38 332     | 100 Li 1:24.57 312         | 50 Ma 43.34 281     |   |
| 50 Ma 44.03 272                                | 50 Ma 45.38 245     |                            |                     |   |
| 12. TORIO MATEOS, Silvia                       | 77                  | C.D.N. Zamora              | 1431                | 8 |
| 50 Br 53.50 246                                | 50 Br 54.59 221     | 50 Br 56.66 207            | 50 Li 45.62 198     |   |
| 50 Li 46.83 183                                | 50 Li 49.07 153     | 50 Esp 1:00.93 131         | 50 Esp 1:08.58 92   |   |
| 50 Esp 1:05.68 90                              | 100 Br -            |                            |                     |   |



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|                          |                     |                        |                     |   |
|--------------------------|---------------------|------------------------|---------------------|---|
| 13. GARCIA MARTINEZ, Eva | 80                  | C.N. Bierzo-Ponferrada | 1260                | 8 |
| 50 Li 44.39 207          | 50 Li 46.12 185     | 200 Li 3:54.63 170     | 100 Li 1:46.41 156  |   |
| 50 Esp 59.91 138         | 50 Ma 55.21 137     | 100 Esp 2:05.27 136    | 100 Esp 2:11.69 131 |   |
| 200 Li 4:15.53 131       | 100 Esp 2:12.56 129 | 50 Esp 58.78 126       | 50 Ma 58.66 115     |   |
| 50 Ma 59.01 113          | 50 Esp 1:01.47 110  | 50 Br 1:10.55 102      | 50 Ma 1:01.24 99    |   |
| 50 Ma 1:01.84 96         | 50 Br -             |                        |                     |   |

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|                                  |                     |                        |                     |   |
|----------------------------------|---------------------|------------------------|---------------------|---|
| 1. ALVAREZ GAGO, Marta           | 73                  | S.D. Venatoria         | 4840                | 8 |
| 200 Br 3:05.00 705               | 100 Br 1:26.07 634  | 100 Br 1:28.09 628     | 50 Br 40.17 616     |   |
| 100 Est 1:19.04 610              | 50 Br 40.13 606     | 50 Ma 35.45 544        | 50 Li 33.16 497     |   |
| 50 Li 33.34 489                  | 50 Esp 39.05 465    |                        |                     |   |
| 2. ALVAREZ DURANGO, Eva          | 71                  | S.D. Venatoria         | 3775                | 8 |
| 50 Li 33.31 537                  | 50 Li 32.80 513     | 50 Li 34.28 493        | 50 Esp 40.50 474    |   |
| 50 Esp 41.08 454                 | 100 Li 1:18.63 453  | 100 Esp 1:27.55 426    | 100 Esp 1:30.22 425 |   |
| 100 Esp 1:31.33 410              | 200 Esp 3:20.71 389 |                        |                     |   |
| 4. VALLE MUÑOZ, Maria Almudena   | 72                  | C.N. Alcobendas        | 2767                | 7 |
| 50 Li 34.65 477                  | 50 Ma 38.73 417     | 50 Li 35.83 394        | 100 Ma 1:33.15 385  |   |
| 50 Br 47.14 373                  | 100 Est 1:33.23 371 | 50 Esp 42.95 350       |                     |   |
| 6. SANCHEZ ANDRES, Olga          | 73                  | C.N. Palencia          | 2178                | 8 |
| 50 Br 49.77 323                  | 200 Br 4:03.82 308  | 100 Br 1:50.11 302     | 50 Br 51.00 295     |   |
| 200 Br 4:22.32 247               | 200 Est 4:02.79 240 | 50 Esp 51.27 233       | 100 Est 1:49.41 230 |   |
| 50 Li 42.95 228                  | 50 Esp 52.26 220    | 200 Est 4:04.99 217    | 100 Esp 1:54.77 206 |   |
| 50 Esp 52.11 196                 | 200 Est 4:21.30 193 | 50 Ma 58.38 121        |                     |   |
| 9. CARAZO GARCIA, Sandra         | 72                  | C.N. Palencia          | 1606                | 6 |
| 400 Li 6:24.64 360               | 400 Est 8:05.01 289 | 200 Ma 4:00.20 251     | 100 Ma 1:48.54 243  |   |
| 200 Ma 3:58.51 239               | 50 Ma 47.85 224     |                        |                     |   |
| 12. PEREZ CASTREJON, Sara        | 71                  | C.D. Tizona Burgos     | 1261                | 6 |
| 50 Br 53.18 265                  | 200 Li 3:35.93 234  | 200 Est 4:04.01 220    | 200 Est 4:17.27 202 |   |
| 50 Ma 49.30 202                  | 50 Ma 56.23 138     |                        |                     |   |
| 13. HERAS GONZÁLEZ, Maria Esther | 71                  | C.N. Bierzo-Ponferrada | 1151                | 8 |
| 50 Li 50.56 153                  | 100 Li 1:54.16 148  | 50 Br 1:04.55 148      | 50 Li 51.33 146     |   |
| 400 Li 8:43.40 143               | 50 Br 1:05.80 140   | 100 Li 1:57.07 137     | 50 Br 1:05.93 136   |   |
| 50 Li 51.99 129                  | 50 Li 52.31 126     | 50 Li 52.41 125        | 50 Br 1:08.41 122   |   |
| 100 Est 2:35.68 79               | 50 Esp 1:19.54 55   | 50 Ma 1:17.94 51       | 50 Ma 1:18.52 50    |   |
| 50 Ma 1:20.69 46                 | 50 Esp 1:26.91 42   |                        |                     |   |
| 14. LUCAS COCHO, Marta           | 74                  | C.D.N. Zamora          | 1098                | 8 |
| 400 Li 7:56.42 204               | 200 Li 3:56.70 178  | 100 Li 1:50.08 165     | 50 Li 52.56 124     |   |
| 50 Li 53.92 115                  | 50 Br 1:11.49 107   | 50 Ma 1:01.66 103      | 50 Esp 1:04.62 102  |   |
| 100 Esp 2:25.36 101              | 50 Esp 1:08.18 87   |                        |                     |   |



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|                                 |                    |                 |                   |   |
|---------------------------------|--------------------|-----------------|-------------------|---|
| 16. CRESPO FERNANDEZ, Margarita | 71                 | C.N. Leon       | 1006              | 8 |
| 50 Br 1:03.54 155               | 100 Br 2:22.67 139 | 50 Li 51.10 135 | 50 Li 53.76 127   |   |
| 50 Esp 1:03.73 121              | 50 Esp 1:01.81 117 | 50 Li 53.91 115 | 100 Li 2:11.29 97 |   |

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|                                              |                     |                     |                     |   |
|----------------------------------------------|---------------------|---------------------|---------------------|---|
| 1. RODRÍGUEZ NIDAGUILA, M <sup>a</sup> Mar   | 69                  | C.D. Tizona Burgos  | 3621                | 7 |
| 100 Br 1:29.84 638                           | 50 Br 41.72 598     | 100 Est 1:23.68 562 | 100 Esp 1:25.24 489 |   |
| 50 Ma 38.09 459                              | 50 Li 35.87 446     | 50 Esp 39.92 429    |                     |   |
| 2. SANJUÁN MOYANO, Ana Maria                 | 69                  | C.N. Palencia       | 3556                | 8 |
| 100 Br 1:38.49 533                           | 50 Br 44.35 497     | 50 Br 44.92 497     | 50 Br 45.12 490     |   |
| 100 Est 1:32.18 420                          | 50 Li 37.82 381     | 200 Est 3:29.11 380 | 400 Est 7:33.99 358 |   |
| 50 Ma 42.73 325                              | 50 Ma 44.48 320     | 100 Esp 1:46.19 282 | 50 Esp 49.45 270    |   |
| 50 Esp 48.20 244                             |                     |                     |                     |   |
| 3. ALONSO PRIETO, Ines                       | 69                  | S.D. Venatoria      | 2960                | 8 |
| 200 Li 3:04.85 400                           | 100 Li 1:24.27 395  | 50 Li 38.06 395     | 50 Li 38.31 387     |   |
| 50 Li 38.15 371                              | 400 Li 6:38.93 358  | 400 Li 6:33.18 351  | 200 Esp 3:45.94 303 |   |
| 100 Esp 1:47.67 271                          | 50 Esp 49.81 264    |                     |                     |   |
| 4. FERNANDEZ LEBRATO, M <sup>a</sup> Angeles | 70                  | C.D. Tizona Burgos  | 2740                | 8 |
| 50 Li 36.94 432                              | 100 Li 1:26.36 367  | 50 Li 39.45 355     | 50 Li 39.21 341     |   |
| 100 Li 1:30.23 322                           | 50 Br 51.94 321     | 200 Li 3:21.73 308  | 50 Ma 45.72 294     |   |
| 50 Ma 48.45 247                              | 100 Esp 1:51.75 217 |                     |                     |   |
| 5. RODRIGUEZ GONZALEZ, Maria                 | 70                  | S.D. Venatoria      | 2562                | 7 |
| 50 Br 47.30 425                              | 200 Br 3:57.93 413  | 100 Br 1:47.41 411  | 100 Br 1:48.01 404  |   |
| 50 Br 48.87 386                              | 50 Li 42.67 280     | 50 Esp 51.20 243    |                     |   |
| 7. ANDRÉS GONZÁLEZ, Ana Maria                | 70                  | C.N. Palencia       | 1579                | 8 |
| 50 Li 44.20 252                              | 200 Li 3:45.66 220  | 100 Li 1:42.34 220  | 50 Li 46.99 210     |   |
| 200 Li 3:50.60 206                           | 100 Li 1:45.39 202  | 50 Ma 58.69 139     | 50 Ma 59.97 130     |   |
| 8. ORTEGA ABIA, Susana                       | 69                  | C.N. Palencia       | 1548                | 8 |
| 200 Br 4:44.33 242                           | 200 Br 4:45.20 240  | 200 Esp 4:21.97 194 | 200 Esp 4:26.83 184 |   |
| 100 Esp 2:03.06 181                          | 200 Est 4:25.75 171 | 50 Esp 57.89 168    | 100 Esp 2:01.65 168 |   |
| 100 Esp 2:06.73 166                          | 50 Esp 59.09 158    |                     |                     |   |
| 9. GARCIA TARRERO, Emma                      | 70                  | C.N. Palencia       | 1518                | 8 |
| 200 Li 3:48.75 211                           | 50 Li 46.97 210     | 100 Li 1:44.11 209  | 400 Li 8:07.03 197  |   |
| 200 Li 3:56.65 190                           | 100 Li 1:48.34 186  | 400 Li 8:19.60 182  | 100 Esp 2:16.35 133 |   |
| 10. HIDALGO MARTINEZ, Rosa                   | 68                  | C.N. Leon           | 1460                | 8 |
| 50 Li 47.54 203                              | 50 Li 48.29 193     | 50 Li 47.63 190     | 50 Li 48.08 185     |   |
| 400 Li 8:16.72 185                           | 100 Est 2:03.93 173 | 50 Br 1:03.73 167   | 200 Est 4:36.45 164 |   |
| 50 Br 1:04.51 161                            | 200 Esp 4:39.86 159 | 50 Ma 54.26 158     | 50 Ma 55.22 150     |   |
| 100 Esp 2:13.72 141                          | 50 Esp 1:02.39 112  | 50 Esp 1:05.24 98   |                     |   |



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|-----------------------------------|--------------------|--------------------|-----------------|---|
| 11. RODRIGUEZ ROMERO, Maria Elena | 68                 | C.N. Palencia      | <b>1382</b>     | 6 |
| 50 Br 54.20 283                   | 100 Br 2:01.58 283 | 100 Br 2:04.37 265 | 50 Br 56.87 245 |   |
| 50 Li 51.41 160                   | 50 Li 53.06 146    |                    |                 |   |

|                           |                    |                    |                    |   |
|---------------------------|--------------------|--------------------|--------------------|---|
| 13. FUERTES ZAPATA, Maria | 70                 | C.D. Tizona Burgos | <b>1149</b>        | 8 |
| 200 Li 4:08.38 165        | 400 Li 8:42.13 159 | 400 Li 8:51.92 151 | 400 Li 8:47.45 145 |   |
| 200 Li 4:21.25 141        | 100 Li 1:59.94 137 | 50 Li 54.60 126    | 100 Li 2:03.43 125 |   |
| 50 Li 57.97 111           | 50 Br 1:19.19 90   |                    |                    |   |

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|                                            |                    |                  |                 |   |
|--------------------------------------------|--------------------|------------------|-----------------|---|
| 1. HERNANDEZ MARTIN, M <sup>a</sup> Isabel | 65                 | CD Upstream      | <b>3076</b>     | 8 |
| 100 Br 1:49.04 441                         | 200 Br 4:02.06 440 | 50 Br 49.22 439  | 50 Br 49.79 413 |   |
| 100 Br 1:49.68 395                         | 100 Li 1:33.42 318 | 50 Li 41.83 316  | 50 Li 41.90 314 |   |
| 100 Est 1:54.94 246                        | 50 Esp 53.95 226   | 50 Ma 1:08.48 94 |                 |   |

|                                |                     |                     |                    |   |
|--------------------------------|---------------------|---------------------|--------------------|---|
| 2. RODRÍGUEZ ROMERO, Ana Maria | 64                  | C.N. Palencia       | <b>2189</b>        | 8 |
| 50 Li 41.01 347                | 200 Est 4:00.34 321 | 200 Est 4:00.99 318 | 50 Ma 44.74 298    |   |
| 50 Li 44.19 277                | 50 Ma 49.75 217     | 100 Ma 2:01.33 209  | 100 Ma 2:02.65 202 |   |

|                                      |                     |                            |                    |   |
|--------------------------------------|---------------------|----------------------------|--------------------|---|
| 5. GARCÍA PALOMARES, María Del Pilar | 65                  | C.D. Jerez Natacion Master | <b>1179</b>        | 8 |
| 50 Li 52.12 163                      | 100 Est 2:13.46 157 | 200 Est 5:06.25 155        | 200 Li 4:25.22 150 |   |
| 200 Ma 5:04.75 148                   | 50 Br 1:10.79 143   | 50 Ma 1:00.19 139          | 100 Ma 2:24.19 124 |   |
| 50 Esp 1:08.16 112                   | 50 Ma 1:02.25 110   |                            |                    |   |

Fem., 65+ - 24 of 46 Events

|                                        |                    |                    |                     |   |
|----------------------------------------|--------------------|--------------------|---------------------|---|
| 1. APELLANIZ ALBENIZ, Maria Inmaculada | 59                 | C.D. Tizona Burgos | <b>1992</b>         | 8 |
| 50 Li 44.64 282                        | 50 Li 44.89 272    | 200 Li 3:47.04 262 | 100 Li 1:43.39 247  |   |
| 50 Li 46.61 243                        | 100 Li 1:44.98 236 | 50 Esp 55.18 225   | 100 Esp 2:02.44 225 |   |
| 100 Esp 2:02.79 210                    | 50 Esp 57.37 200   |                    |                     |   |

Fem., 70+ - 28 of 46 Events

|                              |                    |                    |                   |   |
|------------------------------|--------------------|--------------------|-------------------|---|
| 1. ARRIBAS PAMPLIEGA, Felisa | 53                 | C.D. Tizona Burgos | <b>1011</b>       | 8 |
| 100 Br 2:49.27 182           | 100 Br 2:50.83 177 | 50 Br 1:14.82 172  | 50 Br 1:16.64 160 |   |
| 100 Br 3:01.51 138           | 50 Li 1:15.77 66   | 50 Li 1:17.56 61   | 100 Li 2:54.54 55 |   |
| 50 Li 1:22.32 52             | 100 Li 3:00.03 50  |                    |                   |   |

|                                   |                     |                    |                     |   |
|-----------------------------------|---------------------|--------------------|---------------------|---|
| 2. DIEZ-ANDINO RUIZ, Carmen Elena | 51                  | C.D.N. Zamora      | <b>899</b>          | 8 |
| 400 Li 10:34.29 129               | 200 Esp 5:39.02 124 | 200 Li 5:06.89 116 | 100 Esp 2:39.33 109 |   |
| 50 Li 1:04.45 106                 | 100 Esp 2:41.02 106 | 50 Li 1:04.41 106  | 100 Esp 2:36.75 103 |   |
| 50 Li 1:06.21 98                  | 100 Li 2:24.25 98   | 50 Esp 1:15.87 95  | 50 Li 1:07.58 94    |   |
| 50 Esp 1:15.20 90                 | 50 Esp 1:17.86 81   | 100 Est 3:07.42 74 | 50 Br 1:40.67 73    |   |
| 50 Br 1:41.97 70                  | 50 Ma 2:02.06 21    | 50 Ma 2:08.79 18   |                     |   |



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|                                      |                     |                    |                    |   |
|--------------------------------------|---------------------|--------------------|--------------------|---|
| 3. GARCÍA LÓPEZ, Maria Victoria      | 53                  | C.D.N. Zamora      | 846                | 8 |
| 100 Esp 2:34.90 119                  | 200 Esp 5:46.40 117 | 50 Esp 1:12.24 110 | 50 Esp 1:13.34 105 |   |
| 200 Li 5:21.64 100                   | 100 Li 2:23.52 100  | 100 Esp 2:38.87 99 | 50 Li 1:07.10 96   |   |
| 50 Esp 1:15.20 90                    | 50 Li 1:08.00 90    | 50 Li 1:08.40 89   | 50 Li 1:10.09 84   |   |
| 50 Esp 1:19.70 76                    | 50 Li 1:14.02 70    |                    |                    |   |
| 4. SANTAMARIA MINGUEZ, Blanca Nieves | 53                  | C.D. Tizona Burgos | 418                | 6 |
| 100 Esp 2:48.70 83                   | 100 Esp 3:01.05 74  | 50 Esp 1:22.28 74  | 50 Li 1:14.56 68   |   |
| 100 Li 2:48.93 61                    | 50 Li 1:19.13 58    |                    |                    |   |