



## 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 Castilla Burgos Palma M. 20/12/00	Sara Cañas 29.47 Gimn. Valladolid Valladolid 05/12/04	Vega Alfonso Sicilia 26.85 Torrelago Wellness Valladolid 15/12/24	Vega Alfonso Sicilia 26.87 Torrelago Wellness Valladolid 14/12/25	Nerea Rodriguez 26.43 Acuático León Valladolid 14/11/25	Yael Mantecón 26.45 Acuático León Valladolid 15/12/24	Blanca Cerón 26.77 A. Helmántica Valladolid 29/11/91	Natalia Fernández 26.53 Gimn. Valladolid Madrid 1/12/2008
	Natalia Fernández 55.49 Gimn. Valladolid Sabadell 19/04/09	Paula Cachaperin 1:02.23 Torrelago Wellness Logroño 5/11/2023	Vega Alfonso Sicilia 58.69 Torrelago Wellness Valladolid 15/12/24	Vega Alfonso Sicilia 57.71 Torrelago Wellness Valladolid 14/12/25	Nerea Rodriguez 57.63 Acuático León Valladolid 14/11/25	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 1/12/2008
100m Libre	Natalia Fernández 1:57.44 Gimn. Valladolid Sabadell 17/04/09	Paula Cachaperin 2:14.41 Torrelago Wellness Oviedo 1/02/2023	Vega Alfonso Sicilia 2:06.96 Torrelago Wellness Valladolid 14/12/24	Vega Alfonso Sicilia 2:04.62 Torrelago Wellness Valladolid 13/12/25	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 1/12/2008
	Natalia Fernández 4:10.49 Gimn. Valladolid Castellón 27/11/09	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. 3/12/2010
200m Libre	Sara Cañas 8:33.80 Gimn. Valladolid Castellón 28/11/09	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 Madrid 19/12/08	Sara Cañas 8:33.80 Gimn. Valladolid Castellón 28/11/09	Sara Cañas 8:46.11 Gimn. Valladolid Palma M. 4/12/2010
	Sara Cañas 16:17.15 Gimn. Valladolid Castellón 26/11/09	Marta Franco Rojo 18:32.19 Torrelago Wellness Valladolid 03/12/22	Irene Carlón Fuente 18:16.97 Torrelago Wellness Valladolid 2/12/2023	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 Madrid 21/12/08	Sara Cañas 16:17.15 Gimn. Valladolid Castellón 26/11/09	Alicia Salvador 17:55.03 CN Benavente Valladolid 3/12/2022
50m Mariposa	Nerea Rodriguez 27.80 Acuático León Sabadell 15/11/25	Paula Cachaperin 30.52 Torrelago Wellness Zamora 3/01/2023	Noemi Feliz 29.76 C.N. Bierzo Valladolid 27/12/01	Sandra Santos 29.07 Parquesol Plencia 18/05/24	Nerea Rodriguez 27.63 Acuático León Gijón 20/12/25	Sara Rodriguez 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
	Nerea Rodriguez 1:00.67 Acuático León Gijón 20/12/25	Paula Cachaperin 1:07.95 Torrelago Wellness Cáceres 1/05/2023	Paula Cachaperin 1:05.01 Torrelago Wellness Cáceres 11/05/24	Nerea Rodriguez 1:02.78 Acuático León Gijón 1/12/2024	Nerea Rodriguez 1:00.67 Acuático León Gijón 20/12/25	Irene Carlón 1:03.19 Torrelago Wellness Avilés 03/01/25	Paula Galván 1:03.25 Gimn. Valladolid Madrid 06/02/09	Alejandra Tornero 1:03.50 C.N. Parquesol Madrid 8/11/2023
100m Mariposa	Paula Galván 2:14.98 Gimn. Valladolid Madrid 07/02/09	Paula Cachaperin 2:31.81 Torrelago Wellness Oviedo 1/02/2023	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 Valladolid 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 8/11/2023
	Noelia Pérez 29.14 Gimn. Valladolid Valladolid 18/12/10	Paula Cachaperin 32.43 Torrelago Wellness Logroño 5/11/2023	Paula Cachaperin 29.93 Torrelago Wellness Valladolid 15/12/24	Paula Cachaperin 30.19 Torrelago Wellness Sabadell 13/11/25	Nerea Rodriguez 29.05 Acuático León Gijón 20/12/25	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
50m Espalda	Laura Castro 1:03.54 Gimn. Valladolid Valladolid 08/04/11	Paula Cachaperin 1:06.87 Torrelago Wellness Logroño 5/11/2023	Paula Cachaperin 1:03.76 Torrelago Wellness Valladolid 15/12/24	Paula Cachaperin 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
	Sara Cañas 2:14.19 Gimn. Valladolid Valladolid 19/12/09	Paula Cachaperin 2:27.34 Torrelago Wellness Oviedo 1/02/2023	Paula Cachaperin 2:17.89 Torrelago Wellness Valladolid 14/12/24	Paula Cachaperin 2:18.48 Torrelago Wellness Cáceres 11/05/25	Blanca Soto 2:16.87 Gimn. Valladolid Torre P. 01/05/05	Blanca Soto 2:16.97 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 9/11/2009
200m Espalda	Nayara Pineda 31.01 Torrelago Wellness Cáceres 1/05/2025	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 1/05/2023	Nayara Pineda 31.16 Torrelago Wellness Cáceres 11/05/24	Nayara Pineda 31.01 Torrelago Wellness Cáceres 10/05/25	Nayara Pineda 30.90 Torrelago Wellness Maliño 4/01/2026
	Nayara Pineda 1:06.94 Torrelago Wellness Cáceres 1/05/2024	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 5/11/2023	Nayara Pineda 1:06.94 Torrelago Wellness Cáceres 11/05/24	Nayara Pineda 1:06.97 Torrelago Wellness Valladolid 13/12/25	Jimena Pedregal 1:12.74 Ac León Gijón 1/12/2024
100m Braza	Nayara Pineda 2:24.92 Torrelago Wellness Maliño 7/01/2024	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 1/02/2023	Nayara Pineda 2:24.92 Torrelago Wellness Maliño 27/01/24	Nayara Pineda 2:27.78 Torrelago Wellness Maliño 08/02/25	Jimena Pedregal 2:36.48 Ac León Valladolid 4/12/2024
	Noemi Feliz 1:03.24 Gimn. Valladolid Sabadell 18/04/09	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	Nerea Rodriguez 1:04.62 Acuático León Valladolid 14/12/25	Nayara Pineda 1:04.58 Torrelago Wellness Valladolid 15/12/24	Nayara Pineda 1:04.13 Torrelago Wellness Valladolid 14/12/25	Noemi Feliz 1:04.13 Gimn. Valladolid Barcelona 17/12/06
200m Estilos	Noemi Feliz 2:13.37 Gimn. Valladolid Sabadell 17/04/09	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 5/11/2023	Nayara Pineda 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 7/11/2009
	Sara Cañas 4:49.17 Gimn. Valladolid Sabadell 18/04/09	Paula Cachaperin 5:25.09 Torrelago Wellness Zamora 3/01/2023	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