



Cto Regional Master de Verano 2024
Puertollano, 15 - 16/6/2024



Prueba 12	Fem., 400m Estilos			20 - 89 años
15/06/2024 - 17:10				Resultados
R 55+	8:16.75	, ARACELI CASARES PERALES	Puertollano	23/07/2022
R 50+	6:01.16	, M ^a LUISA CABAÑERO SANCHEZ-LEON	LAS PALMAS DE GRAN CANARIA	02/07/2016
R 45+	7:15.30	, ELENA PARREÑO CAPARRÓS	PUERTOLLANO	08/07/2023
R 40+	7:07.44	, LAURA HIDALGO SANCHEZ	PUERTOLLANO	08/07/2023
R 35+	6:08.81	, HELENA RUBIO PALOMARES	LAS PALMAS G. C.	09/07/2022
R 30+	5:14.77	, PATRICIA GONZALEZ MEGIA	Kyushu (JPN)	07/08/2023
R 25+	5:19.12	, GONZALEZ MEGIA PATRICIA	MADRIDEJOS	15/07/2018
R 20+	5:37.08	, ELENA SORIA HORTELANO	ZARAGOZA	25/07/2015

Clasificación	AN		Tiempo		Pts	SMP					
25+											
1. TORRE MAROTO, Miriam De La	95	C.N. Albacete	6:02.72	19,00	581						
50m:	37.25	37.25	150m:	2:10.69	48.83	250m:	3:48.52	50.87	350m:	5:22.66	42.90
100m:	1:21.86	44.61	200m:	2:57.65	46.96	300m:	4:39.76	51.24	400m:	6:02.72	40.06
2. MORENO LÓPEZ, Miriam	97	Master Natacion Tomelloso	7:10.50	16,00	347						
50m:	49.53	49.53	150m:	2:43.72	54.68	250m:	4:32.91	56.03	350m:	6:22.72	50.60
100m:	1:49.04	59.51	200m:	3:36.88	53.16	300m:	5:32.12	59.21	400m:	7:10.50	47.78
30+											
1. PERONA LARA, Lorena	93	Master Natacion Tomelloso	7:07.59	19,00	332						
50m:	51.16	51.16	150m:	2:41.69	53.37	250m:	4:32.11	56.48	350m:	6:18.94	50.09
100m:	1:48.32	57.16	200m:	3:35.63	53.94	300m:	5:28.85	56.74	400m:	7:07.59	48.65
45+											
1. HIDALGO SANCHEZ, Laura	79	C.N. Puertollano	7:11.41	24,00	385R						
50m:	44.49	44.49	150m:	2:35.68	57.67	250m:	4:34.24	1:02.99	350m:	6:26.12	47.46
100m:	1:38.01	53.52	200m:	3:31.25	55.57	300m:	5:38.66	1:04.42	400m:	7:11.41	45.29
2. MARTINEZ GONZALEZ, Montserrat	75	Master Natacion Tomelloso	8:15.00	16,00	254						
50m:	56.75	56.75	150m:	3:05.16	1:04.23	250m:	5:18.96	1:10.55	350m:	7:24.11	54.20
100m:	2:00.93	1:04.18	200m:	4:08.41	1:03.25	300m:	6:29.91	1:10.95	400m:	8:15.00	50.89
50+											
1. CHARCOS BUENO, Remedios	71	Res Albacete Swim	7:48.99	19,00	319						
50m:	55.85	55.85	150m:	3:01.13	1:04.83	250m:	5:02.16	59.16	350m:	6:58.10	55.81
100m:	1:56.30	1:00.45	200m:	4:03.00	1:01.87	300m:	6:02.29	1:00.13	400m:	7:48.99	50.89
2. LEAL SCASSO, Eva	71	C.N. Albacete	8:20.80	16,00	262						
50m:	1:00.71	1:00.71	150m:	3:23.08	1:10.63	250m:	5:37.97	1:05.48	350m:	7:33.35	49.02
100m:	2:12.45	1:11.74	200m:	4:32.49	1:09.41	300m:	6:44.33	1:06.36	400m:	8:20.80	47.45
3. DUEÑAS RUIZ, Ines	72	Master Natacion Tomelloso	8:55.85	14,00	214						
50m:	1:01.39	1:01.39	150m:	3:20.15	1:09.87	250m:	5:42.77	1:14.83	350m:	7:55.49	57.97
100m:	2:10.28	1:08.89	200m:	4:27.94	1:07.79	300m:	6:57.52	1:14.75	400m:	8:55.85	1:00.36
55+											
1. ALONSO LÓPEZ, Rosa	67	Master Toledo 3 Culturas	9:48.85	19,00	164						
50m:	1:13.65	1:13.65	150m:	3:54.40	1:21.91	250m:	6:31.28	1:13.71	350m:	8:49.58	1:03.52
100m:	2:32.49	1:18.84	200m:	5:17.57	1:23.17	300m:	7:46.06	1:14.78	400m:	9:48.85	59.27

Comprometidos con la natación para toda la vida