

Prueba 20	Fem., 400m Libre			20 - 89 años
16/06/2024 - 11:00				Resultados
R 70+	11:55.09	, MERCEDES LOPEZ DE LA CRUZ	PUERTOLLANO	06/07/2023
R 65+	8:49.74	, MARIA PILAR FERNANDEZ-TORIJA G	OVIEDO	09/02/2020
R 60+	7:38.02	, BEATRIZ RODRIGUEZ PAÑOS	LAS PALMAS DE GRAN CANARIA	01/07/2016
R 55+	5:42.16	, Mª LUISA CABAÑERO SANCHEZ-LEON	Puertollano	24/07/2022
R 50+	5:49.62	, LUCIA VECINA SANCHEZ	Oviedo	24/03/2024
R 45+	4:52.66	, REBECA SANTOS ARRIAGA	MADRID	11/06/2023
R 40+	4:40.36	, SANTOS ARRIAGA REBECA	BADAJOS	29/06/2017
R 35+	5:09.18	, SORAYA PEREZ GALLINA	VALENCIA	14/07/2012
R 30+	4:55.66	, PATRICIA GONZALEZ MEGIA	MURCIA	23/04/2023
R 30+	4:55.66	, PATRICIA GONZALEZ MEGIA	MURCIA	23/04/2023
R 30+	4:55.66	, PATRICIA GONZALEZ MEGIA	MURCIA	23/04/2023
R 25+	4:48.20	, RAQUEL LUENGO VAZQUEZ	ZARAGOZA	24/07/2015
R 20+	4:47.27	, ELENA SORIA HORTELANO	ZARAGOZA	24/07/2015

Clasificación AN Tiempo Pts SMP

20+

1. TORREJON SANCHEZ, Lucia	03	Cn Ugena Bucanners	6:19.60	19,00	316
50m: 42.63 42.63	150m: 2:17.89 48.30	250m: 3:55.60 49.40	350m: 5:33.32 48.82		
100m: 1:29.59 46.96	200m: 3:06.20 48.31	300m: 4:44.50 48.90	400m: 6:19.60 46.28		
2. REDONDO MUÑOZ, Sonia	01	Master Natacion Tomelloso	6:51.78	16,00	247
50m: 45.42 45.42	150m: 2:28.45 52.71	250m: 4:14.08 53.00	350m: 5:59.55 51.92		
100m: 1:35.74 50.32	200m: 3:21.08 52.63	300m: 5:07.63 53.55	400m: 6:51.78 52.23		

25+

1. GONZALEZ ROJO, Ainhoa	98	C.N. Ciudad Real	5:20.18	19,00	526
50m: 35.57 35.57	150m: 1:55.80 40.61	250m: 3:17.76 41.15	350m: 4:39.86 40.80		
100m: 1:15.19 39.62	200m: 2:36.61 40.81	300m: 3:59.06 41.30	400m: 5:20.18 40.32		
2. ALISES PARDILLA, Sofia	99	C.N. Manzamaster	6:12.04	16,00	335
50m: 40.29 40.29	150m: 2:11.28 46.69	250m: 3:48.07 48.74	350m: 5:26.01 49.01		
100m: 1:24.59 44.30	200m: 2:59.33 48.05	300m: 4:37.00 48.93	400m: 6:12.04 46.03		
3. PICAZO TENDERO, Ana Isabel	97	C.P.N. La Roda	7:04.98	14,00	225
50m: 48.12 48.12	150m: 2:35.96 54.89	250m: 4:26.81 56.03	350m: 6:16.63 54.17		
100m: 1:41.07 52.95	200m: 3:30.78 54.82	300m: 5:22.46 55.65	400m: 7:04.98 48.35		
4. RODRIGUEZ LUCENA, Cristina	95	C.N. Tritones-Talavera	8:23.33	13,00	135
50m: 55.36 55.36	150m: 2:57.27 1:03.14	250m: 5:08.09 1:05.81	350m: 7:20.87 1:06.16		
100m: 1:54.13 58.77	200m: 4:02.28 1:05.01	300m: 6:14.71 1:06.62	400m: 8:23.33 1:02.46		

30+

1. DEL CERRO MARTIN-ONDARZA, Ana	90	C.N. Ciudad Real	5:47.64	19,00	411
50m: 38.59 38.59	150m: 2:07.04 44.94	250m: 3:37.85 45.44	350m: 5:07.25 44.33		
100m: 1:22.10 43.51	200m: 2:52.41 45.37	300m: 4:22.92 45.07	400m: 5:47.64 40.39		

35+

1. GARCIA GUERRERO, Irene	89	E.C. Ciudad De Talavera	5:53.08	19,00	428
50m: 39.57 39.57	150m: 2:09.02 45.90	250m: 3:41.32 46.33	350m: 5:11.15 44.25		
100m: 1:23.12 43.55	200m: 2:54.99 45.97	300m: 4:26.90 45.58	400m: 5:53.08 41.93		
2. MASANET BERENGUER, Janira	87	Club Velociraptor Mp Twinner	6:25.12	16,00	330
100m: 1:27.63 1:27.63	250m: 3:57.16 50.34	350m: 5:38.02 49.59			
200m: 3:06.82 1:39.19	300m: 4:48.43 51.27	400m: 6:25.12 47.10			
3. DEL PINO RUIZ, Noelia	87	C.N. Tritones-Talavera	7:14.77	14,00	229
50m: 47.47 47.47	150m: 2:34.95 55.00	250m: 4:28.43 56.97	350m: 6:23.51 56.44		
100m: 1:39.95 52.48	200m: 3:31.46 56.51	300m: 5:27.07 58.64	400m: 7:14.77 51.26		

Comprometidos con la natación para toda la vida



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



Prueba 20, Fem., 400m Libre, 35+

Clasificación	AN							Tiempo	Pts	SMP	
Baja PINO HERNÁNDEZ, Carmen	85	C.N. Monteverde							-		
40+											
1. CUENCA PERAL, Adela	80	C.N. Almansa						5:57.25	19,00	398	
50m:	38.93	38.93	150m:	2:09.24	46.02	250m:	3:41.78	46.44	350m:	5:13.83	45.53
100m:	1:23.22	44.29	200m:	2:55.34	46.10	300m:	4:28.30	46.52	400m:	5:57.25	43.42
45+											
1. PEREZ GALLINA, Soraya	76	Res Albacete Swim						5:05.99	19,00	725	
50m:	35.30	35.30	150m:	1:51.32	38.29	250m:	3:09.10	39.10	350m:	4:27.81	39.95
100m:	1:13.03	37.73	200m:	2:30.00	38.68	300m:	3:47.86	38.76	400m:	5:05.99	38.18
2. TEBAR ESCRIBANO, Susana	76	C.N. Albacete						6:12.65	16,00	401	
50m:	40.08	40.08	150m:	2:13.72	47.83	250m:	3:49.60	47.47	350m:	5:26.42	47.27
100m:	1:25.89	45.81	200m:	3:02.13	48.41	300m:	4:39.15	49.55	400m:	6:12.65	46.23
3. ALEMAÑY MARTINEZ, Aurelia	76	Res Albacete Swim						6:32.73	-	343	
50m:	41.78	41.78	150m:	2:17.94	48.86	250m:	3:59.77	51.36	350m:	5:43.33	51.64
100m:	1:29.08	47.30	200m:	3:08.41	50.47	300m:	4:51.69	51.92	400m:	6:32.73	49.40
50+											
1. LEAL SCASSO, Eva	71	C.N. Albacete						6:22.30	19,00	395	
50m:	42.62	42.62	150m:	2:17.69	48.54	250m:	3:55.13	48.61	350m:	5:33.59	49.29
100m:	1:29.15	46.53	200m:	3:06.52	48.83	300m:	4:44.30	49.17	400m:	6:22.30	48.71
2. DELGADO MOYA, Begoña	72	C.N. Valdepeñas						6:29.02	16,00	375	
50m:	44.61	44.61	150m:	2:22.27	49.32	250m:	4:01.78	49.53	350m:	5:41.62	49.59
100m:	1:32.95	48.34	200m:	3:12.25	49.98	300m:	4:52.03	50.25	400m:	6:29.02	47.40
3. DELGADO DE LA CASA, Monica	74	Res Albacete Swim						6:34.21	14,00	360	
50m:	46.19	46.19	150m:	2:27.43	50.94	250m:	4:08.75	50.29	350m:	5:47.19	48.86
100m:	1:36.49	50.30	200m:	3:18.46	51.03	300m:	4:58.33	49.58	400m:	6:34.21	47.02
4. SANCHEZ ABAD, Maria Jose	73	C.N. Valdepeñas						7:58.50	-	201	
50m:	52.93	52.93	150m:	2:52.44	1:00.85	250m:	4:58.14	1:01.98	350m:	7:00.76	1:00.36
100m:	1:51.59	58.66	200m:	3:56.16	1:03.72	300m:	6:00.40	1:02.26	400m:	7:58.50	57.74
5. MARTIN ESCOBAR, Maria Del Mar	70	C.N. Ciudad Real						8:35.34	13,00	161	
50m:	57.63	57.63	150m:	3:14.41	1:10.46	250m:	5:27.27	1:04.31	350m:	7:30.65	1:01.48
100m:	2:03.95	1:06.32	200m:	4:22.96	1:08.55	300m:	6:29.17	1:01.90	400m:	8:35.34	1:04.69
Baja GARRIDO JARA, María Soledad	74	C.N. Tritones-Talavera							-		
65+											
1. MARTIN GARRIDO, Juana Maria	55	C.N. Valdepeñas						9:04.37	19,00	189	
100m:	2:06.51	2:06.51	200m:	4:26.62	2:20.11	300m:	6:46.84	2:20.22	400m:	9:04.37	2:17.53
70+											
1. LOPEZ DE LA CRUZ, Mercedes	52	E.C. Ciudad De Talavera						12:16.13	19,00	112	
50m:	1:22.14	1:22.14	150m:	4:26.65	1:32.70	250m:	7:32.84	1:33.71	350m:	10:41.63	1:33.73
100m:	2:53.95	1:31.81	200m:	5:59.13	1:32.48	300m:	9:07.90	1:35.06	400m:	12:16.13	1:34.50

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