

XXX Cto. de España "OPEN" de invierno natación Máster  
Oviedo, 6 - 9/2/2025

Prueba 11  
07/02/2025 - 9:00

Fem., 400m Libre

20 años y mayores  
Resultados

Clasificación	AN		Tiempo		
<b>75+</b>					
1.	SANCHEZ BENITEZ, Maria Del Carmen	48	C.D. Jerez Natacion Master	<b>9:29.41</b>	19,00 271
	50m: 1:03.10 1:03.10	150m: 3:27.80 1:14.18	250m: 5:55.82 1:14.60	350m: 8:19.25 1:09.55	
	100m: 2:13.62 1:10.52	200m: 4:41.22 1:13.42	300m: 7:09.70 1:13.88	400m: 9:29.41 1:10.16	
<b>70+</b>					
1.	DELGADO GAVILAN, Maria Luisa	54	C.D. Jerez Natacion Master	<b>7:47.48</b>	19,00 315
	50m: 51.35 51.35	150m: 2:49.15 59.54	250m: 4:49.18 1:00.00	350m: 6:49.51 1:00.27	
	100m: 1:49.61 58.26	200m: 3:49.18 1:00.03	300m: 5:49.24 1:00.06	400m: 7:47.48 57.97	
2.	SANGUINETTI DE LA TORRE, Margarit	51	C. Tenis Chamartin	<b>8:42.47</b>	16,00 226
	50m: 59.65 59.65	150m: 3:10.01 1:06.25	250m: 5:23.92 1:05.96	350m: 7:37.04 1:06.85	
	100m: 2:03.76 1:04.11	200m: 4:17.96 1:07.95	300m: 6:30.19 1:06.27	400m: 8:42.47 1:05.43	
DSQ	ECHEGARAY HERNANDEZ, Lidia	51	Pamplona C.N.	-	
<b>65+</b>					
1.	GUILLEN MUÑOZ, Ma Ramona	59	C.N. Palma de Mallorca	<b>5:24.04</b>	27,00 810
	<i>Récord de España</i>				
	50m: 37.04 37.04	150m: 1:57.89 40.88	250m: 3:20.04 41.08	350m: 4:43.30 41.77	
	100m: 1:17.01 39.97	200m: 2:38.96 41.07	300m: 4:01.53 41.49	400m: 5:24.04 40.74	
2.	POLONIO CASADO, Dolores	58	C.D. Jerez Natacion Master	<b>6:35.11</b>	16,00 446
	50m: 44.52 44.52	150m: 2:22.39 50.11	250m: 4:04.12 50.93	350m: 5:46.32 50.54	
	100m: 1:32.28 47.76	200m: 3:13.19 50.80	300m: 4:55.78 51.66	400m: 6:35.11 48.79	
3.	CORONADO OLARTE, Pilar M.A.	58	C. Tenis Chamartin	<b>6:42.01</b>	14,00 424
	50m: 46.62 46.62	150m: 2:27.66 50.57	250m: 4:09.81 50.91	350m: 5:51.88 50.93	
	100m: 1:37.09 50.47	200m: 3:18.90 51.24	300m: 5:00.95 51.14	400m: 6:42.01 50.13	
4.	MUÑOZ GARDE, Mo Sol Reyes	59	C.N. Santa Olaya	<b>7:49.06</b>	13,00 267
	50m: 54.28 54.28	150m: 2:55.50 1:00.69	250m: 4:54.71 59.72	350m: 6:54.38 59.45	
	100m: 1:54.81 1:00.53	200m: 3:54.99 59.49	300m: 5:54.93 1:00.22	400m: 7:49.06 54.68	
5.	VEGA BARROSO, Maria Del Carmen	60	C.N. Monteverde	<b>8:11.41</b>	12,00 232
	50m: 53.53 53.53	150m: 2:55.94 1:02.26	250m: 5:02.15 1:03.46	350m: 7:09.62 1:03.77	
	100m: 1:53.68 1:00.15	200m: 3:58.69 1:02.75	300m: 6:05.85 1:03.70	400m: 8:11.41 1:01.79	
6.	BRANF, Judith Sarah	60	C.N. Vulcania Master	<b>8:18.23</b>	11,00 222
	50m: 54.99 54.99	150m: 3:00.54 1:04.23	250m: 5:08.35 1:03.82	350m: 7:16.89 1:04.63	
	100m: 1:56.31 1:01.32	200m: 4:04.53 1:03.99	300m: 6:12.26 1:03.91	400m: 8:18.23 1:01.34	
7.	MEDINA ALVAREZ, Gloria	60	C.N. Leganes	<b>8:19.31</b>	10,00 221
	50m: 56.88 56.88	150m: 3:01.87 1:03.34	250m: 5:09.14 1:04.12	350m: 7:17.52 1:04.00	
	100m: 1:58.53 1:01.65	200m: 4:05.02 1:03.15	300m: 6:13.52 1:04.38	400m: 8:19.31 1:01.79	

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60+

1.	GARCIA GUIRADO, Maria Victoria	64	C.N. Aquamasters	<b>5:43.45</b>	19,00	556
	50m: 39.52 39.52 150m: 2:06.23 43.47 250m: 3:33.56 43.45 350m: 5:01.29 43.93					
	100m: 1:22.76 43.24 200m: 2:50.11 43.88 300m: 4:17.36 43.80 400m: 5:43.45 42.16					
2.	QUINTANILLA AYLLON, Elena	65	C.N. Metropole	<b>5:54.48</b>	16,00	506
	50m: 40.55 40.55 150m: 2:08.94 44.74 250m: 3:39.54 45.07 350m: 5:10.20 45.09					
	100m: 1:24.20 43.65 200m: 2:54.47 45.53 300m: 4:25.11 45.57 400m: 5:54.48 44.28					
3.	TERCEIRO DELGADO, Maria Del Mar	63	Club del Mar	<b>6:13.43</b>	14,00	433
	50m: 40.62 40.62 150m: 2:14.00 48.13 250m: 3:50.83 48.33 350m: 5:28.00 48.24					
	100m: 1:25.87 45.25 200m: 3:02.50 48.50 300m: 4:39.76 48.93 400m: 6:13.43 45.43					
4.	RUIZ CALVO, Ma Dolores	62	A.D. Rivas Natación	<b>6:23.01</b>	13,00	401
	50m: 43.49 43.49 150m: 2:20.13 48.82 250m: 3:58.78 49.47 350m: 5:37.24 49.10					
	100m: 1:31.31 47.82 200m: 3:09.31 49.18 300m: 4:48.14 49.36 400m: 6:23.01 45.77					
5.	MARTIN CRESPO, Mercedes	62	C.D. Jerez Natacion Master	<b>6:36.45</b>	12,00	362
	50m: 45.93 45.93 150m: 2:25.36 49.97 250m: 4:07.25 51.11 350m: 5:47.59 50.02					
	100m: 1:35.39 49.46 200m: 3:16.14 50.78 300m: 4:57.57 50.32 400m: 6:36.45 48.86					
6.	MENENDEZ MORIS, Emilia	62	R.G.C. Covadonga	<b>6:38.49</b>	11,00	356
	50m: 43.01 43.01 150m: 2:20.66 49.60 250m: 4:03.78 51.96 350m: 5:47.12 51.21					
	100m: 1:31.06 48.05 200m: 3:11.82 51.16 300m: 4:55.91 52.13 400m: 6:38.49 51.37					
7.	MORENO ALOY, Rosa Ana	65	C. Tenerife Masters	<b>6:44.40</b>	10,00	341
	50m: 45.82 45.82 150m: 2:27.60 51.43 250m: 4:10.32 50.98 350m: 5:52.19 49.61					
	100m: 1:36.17 50.35 200m: 3:19.34 51.74 300m: 5:02.58 52.26 400m: 6:44.40 52.21					
8.	MARTINEZ DOMINGUEZ, Maria Jose	64	C.N. Almansa	<b>7:02.90</b>	9,00	298
	50m: 47.08 47.08 150m: 2:31.60 53.72 250m: 4:20.93 54.82 350m: 6:10.66 54.44					
	100m: 1:37.88 50.80 200m: 3:26.11 54.51 300m: 5:16.22 55.29 400m: 7:02.90 52.24					
9.	MONEO HERNANDEZ, Idoia	63	C.D. Jerez Natacion Master	<b>7:04.64</b>	8,00	294
	50m: 45.72 45.72 150m: 2:32.04 54.50 250m: 4:20.42 54.44 350m: 6:09.81 53.82					
	100m: 1:37.54 51.82 200m: 3:25.98 53.94 300m: 5:15.99 55.57 400m: 7:04.64 54.83					
10.	CALDERON FERNANDEZ, Maria Dolores	64	C.D. Albacete Swim	<b>7:46.76</b>	7,00	221
	50m: 52.77 52.77 150m: 2:49.52 58.88 250m: 4:49.02 59.76 350m: 6:48.32 59.53					
	100m: 1:50.64 57.87 200m: 3:49.26 59.74 300m: 5:48.79 59.77 400m: 7:46.76 58.44					
11.	MUÑIZ ALVAREZ, Emilia	62	C.N. Ovimaster	<b>7:50.14</b>	6,00	217
	50m: 53.93 53.93 150m: 2:51.07 59.34 250m: 4:50.45 59.74 350m: 6:49.76 59.79					
	100m: 1:51.73 57.80 200m: 3:50.71 59.64 300m: 5:49.97 59.52 400m: 7:50.14 1:00.38					
12.	VALLES MARTIN, Gema	64	U.E. Horta	<b>8:33.95</b>	5,00	166
	50m: 51.38 51.38 150m: 2:53.47 1:03.29 250m: 5:06.71 1:07.32 350m: 7:24.89 1:09.70					
	100m: 1:50.18 58.80 200m: 3:59.39 1:05.92 300m: 6:15.19 1:08.48 400m: 8:33.95 1:09.06					

55+

1.	ESCATLLAR FDEZ. DE MISA, Concepc66n	66	C. Tenerife Masters	<b>5:01.46</b>	19,00	778
	50m: 33.55 33.55 150m: 1:48.48 37.98 250m: 3:05.82 38.86 350m: 4:24.07 38.93					
	100m: 1:10.50 36.95 200m: 2:26.96 38.48 300m: 3:45.14 39.32 400m: 5:01.46 37.39					
2.	SNELL, Carol	66	C.N. Mediterraneo Valencia	<b>5:16.48</b>	16,00	673
	50m: 35.77 35.77 150m: 1:55.14 39.97 250m: 3:15.79 40.28 350m: 4:37.38 40.83					
	100m: 1:15.17 39.40 200m: 2:35.51 40.37 300m: 3:56.55 40.76 400m: 5:16.48 39.10					

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Clasificación	AN		Tiempo			
3. NEGRIN FIGUEROA, Elena	70	C. Tenerife Masters	<b>5:40.82</b>	14,00	538	
50m: 38.01 38.01	150m: 2:03.64	43.41	250m: 3:31.03	43.55	350m: 4:58.63	43.97
100m: 1:20.23 42.22	200m: 2:47.48	43.84	300m: 4:14.66	43.63	400m: 5:40.82	42.19
4. ELIO VILLANUEVA, Marian	67	Anaitasuna S.C.D.R.	<b>5:43.39</b>	13,00	526	
50m: 39.83 39.83	150m: 2:06.91	43.70	250m: 3:34.99	43.70	350m: 5:02.26	43.65
100m: 1:23.21 43.38	200m: 2:51.29	44.38	300m: 4:18.61	43.62	400m: 5:43.39	41.13
5. ELIO VILLANUEVA, Maria Cristina	66	R.G.C. Covadonga	<b>5:47.99</b>	12,00	506	
50m: 39.84 39.84	150m: 2:08.01	44.27	250m: 3:37.61	44.94	350m: 5:06.71	44.22
100m: 1:23.74 43.90	200m: 2:52.67	44.66	300m: 4:22.49	44.88	400m: 5:47.99	41.28
6. ASPINALL, Karen	69	C.N. Mijas	<b>5:49.75</b>	11,00	498	
50m: 36.66 36.66	150m: 2:02.48	43.98	250m: 3:34.40	46.38	350m: 5:06.38	46.03
100m: 1:18.50 41.84	200m: 2:48.02	45.54	300m: 4:20.35	45.95	400m: 5:49.75	43.37
7. BODAS ARRANZ, Marta Maria	68	C.N. Tres Cantos	<b>5:53.43</b>	10,00	483	
50m: 39.87 39.87	150m: 2:09.52	45.06	250m: 3:39.38	45.01	350m: 5:10.79	45.61
100m: 1:24.46 44.59	200m: 2:54.37	44.85	300m: 4:25.18	45.80	400m: 5:53.43	42.64
8. ALFONSO BLANES, Ma Del Carmen	67	C.N. Palma de Mallorca	<b>5:55.73</b>	9,00	473	
50m: 39.84 39.84	150m: 2:08.26	44.84	250m: 3:39.47	45.67	350m: 5:10.89	45.36
100m: 1:23.42 43.58	200m: 2:53.80	45.54	300m: 4:25.53	46.06	400m: 5:55.73	44.84
9. LOPEZ DEL PRADO, Raquel	69	C.N. Master Madrid	<b>6:04.96</b>	8,00	438	
50m: 41.09 41.09	150m: 2:13.15	46.62	250m: 3:46.76	46.56	350m: 5:20.20	46.85
100m: 1:26.53 45.44	200m: 3:00.20	47.05	300m: 4:33.35	46.59	400m: 6:04.96	44.76
10. GRESSET, Christine	68	C.N. Mijas	<b>6:13.77</b>	7,00	408	
50m: 42.32 42.32	150m: 2:16.17	47.33	250m: 3:52.92	48.44	350m: 5:28.01	47.27
100m: 1:28.84 46.52	200m: 3:04.48	48.31	300m: 4:40.74	47.82	400m: 6:13.77	45.76
11. DEL RIO REDONDO, Emma	69	C.D. Gredos San Diego	<b>6:20.25</b>	6,00	388	
50m: 42.23 42.23	150m: 2:15.74	47.27	250m: 3:54.02	49.34	350m: 5:32.21	49.04
100m: 1:28.47 46.24	200m: 3:04.68	48.94	300m: 4:43.17	49.15	400m: 6:20.25	48.04
12. JIMENEZ SANCHEZ, Paloma	70	Anaitasuna S.C.D.R.	<b>6:23.36</b>	5,00	378	
50m: 40.45 40.45	150m: 2:13.62	48.35	250m: 3:53.77	50.14	350m: 5:34.45	50.53
100m: 1:25.27 44.82	200m: 3:03.63	50.01	300m: 4:43.92	50.15	400m: 6:23.36	48.91
13. SANCHEZ SANTA BARBARA, Natalia	70	C.N. Ovimaster	<b>6:36.89</b>	4,00	341	
50m: 43.16 43.16	150m: 2:23.20	50.94	250m: 4:06.32	51.61	350m: 5:49.95	51.82
100m: 1:32.26 49.10	200m: 3:14.71	51.51	300m: 4:58.13	51.81	400m: 6:36.89	46.94
14. UBIETA ORTIZ, Maria Jose	68	Sopela Igeriketa Swim	<b>6:37.02</b>	3,00	340	
50m: 43.69 43.69	150m: 2:22.16	50.46	250m: 4:03.97	51.21	350m: 5:47.32	51.96
100m: 1:31.70 48.01	200m: 3:12.76	50.60	300m: 4:55.36	51.39	400m: 6:37.02	49.70
15. CASARES PERALES, Araceli	67	C.N. Monteverde	<b>6:56.01</b>	2,00	296	
50m: 44.05 44.05	150m: 2:23.96	51.15	250m: 4:08.34	52.46	350m: 5:59.49	55.88
100m: 1:32.81 48.76	200m: 3:15.88	51.92	300m: 5:03.61	55.27	400m: 6:56.01	56.52
16. DE MIGUEL DE MIGUEL, Maria Reina	66	Stadium Venecia	<b>7:05.78</b>	1,00	276	
50m: 47.82 47.82	150m: 2:37.26	55.36	250m: 4:27.29	54.65	350m: 6:16.11	53.84
100m: 1:41.90 54.08	200m: 3:32.64	55.38	300m: 5:22.27	54.98	400m: 7:05.78	49.67
17. BENITO VIOQUE, Carmen	67	C.N. Ovimaster	<b>7:35.83</b>	-	225	
50m: 52.94 52.94	150m: 2:51.55	1:00.29	250m: 4:47.27	57.34	350m: 6:40.42	57.02
100m: 1:51.26 58.32	200m: 3:49.93	58.38	300m: 5:43.40	56.13	400m: 7:35.83	55.41

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Prueba 11, Fem., 400m Libre

50+

1.	VILA FORTUNY, Marta	72	C.E.N. Cabrera de Mar	<b>5:13.55</b>	19,00	666
	50m: 35.75 35.75	150m: 1:52.20	38.69 250m: 3:11.99	40.20	350m: 4:33.69	41.08
	100m: 1:13.51 37.76	200m: 2:31.79	39.59 300m: 3:52.61	40.62	400m: 5:13.55	39.86
2.	GONZALEZ SANTAMARTA, Cristina	75	C.N. Leganes	<b>5:15.32</b>	16,00	655
	50m: 34.66 34.66	150m: 1:53.48	40.03 250m: 3:14.52	40.37	350m: 4:36.16	40.32
	100m: 1:13.45 38.79	200m: 2:34.15	40.67 300m: 3:55.84	41.32	400m: 5:15.32	39.16
3.	FERNANDEZ, Veronica	73	C.N. Fuenlabrada	<b>5:19.27</b>	14,00	631
	50m: 35.31 35.31	150m: 1:54.52	40.43 250m: 3:16.12	40.81	350m: 4:39.31	41.80
	100m: 1:14.09 38.78	200m: 2:35.31	40.79 300m: 3:57.51	41.39	400m: 5:19.27	39.96
4.	GARCIA GARCIA, Maria Miriam	72	C. Tenerife Masters	<b>5:37.28</b>	13,00	535
	50m: 37.18 37.18	150m: 2:01.56	43.45 250m: 3:28.59	43.25	350m: 4:55.74	43.53
	100m: 1:18.11 40.93	200m: 2:45.34	43.78 300m: 4:12.21	43.62	400m: 5:37.28	41.54
5.	CARLOS DE LA GUARDIA, Sandra	74	Stadium Venecia	<b>5:50.51</b>	12,00	476
	50m: 38.91 38.91	150m: 2:06.56	44.94 250m: 3:37.34	45.32	350m: 5:08.37	45.25
	100m: 1:21.62 42.71	200m: 2:52.02	45.46 300m: 4:23.12	45.78	400m: 5:50.51	42.14
6.	ROZAS REYES, Paloma	74	R.G.C. Covadonga	<b>6:08.20</b>	11,00	411
	50m: 40.34 40.34	150m: 2:12.81	47.27 250m: 3:47.94	47.64	350m: 5:23.43	47.57
	100m: 1:25.54 45.20	200m: 3:00.30	47.49 300m: 4:35.86	47.92	400m: 6:08.20	44.77
7.	LARREA ONAINDIA, Natividad	75	Club Natación Rivalia	<b>6:11.52</b>	10,00	400
	50m: 38.97 38.97	150m: 2:08.89	46.62 250m: 3:45.54	48.47	350m: 5:23.35	49.12
	100m: 1:22.27 43.30	200m: 2:57.07	48.18 300m: 4:34.23	48.69	400m: 6:11.52	48.17
8.	ZIRIZA ANSA, Saioa	73	Amaya C.D.	<b>6:15.41</b>	9,00	388
	50m: 41.82 41.82	150m: 2:15.89	47.83 250m: 3:52.49	48.56	350m: 5:29.18	48.29
	100m: 1:28.06 46.24	200m: 3:03.93	48.04 300m: 4:40.89	48.40	400m: 6:15.41	46.23
9.	VALENCIANO BARBA, Raquel	75	C.N. Mediterraneo Valencia	<b>6:19.44</b>	8,00	375
	50m: 40.44 40.44	150m: 2:14.34	48.28 250m: 3:52.72	49.32	350m: 5:32.29	48.99
	100m: 1:26.06 45.62	200m: 3:03.40	49.06 300m: 4:43.30	50.58	400m: 6:19.44	47.15
10.	PEÑA PACHON, Lucia	75	C.N. Iregua-Villamediana	<b>6:28.32</b>	7,00	350
	50m: 42.73 42.73	150m: 2:19.62	49.37 250m: 3:59.27	49.74	350m: 5:38.87	49.66
	100m: 1:30.25 47.52	200m: 3:09.53	49.91 300m: 4:49.21	49.94	400m: 6:28.32	49.45
11.	LEAL SCASSO, Eva	71	C.N. Albacete	<b>6:30.67</b>	6,00	344
	50m: 43.19 43.19	150m: 2:18.13	48.56 250m: 3:58.23	50.33	350m: 5:41.61	52.27
	100m: 1:29.57 46.38	200m: 3:07.90	49.77 300m: 4:49.34	51.11	400m: 6:30.67	49.06
12.	FUERTES LLAMAZALES, Begona	73	C.N. Santa Olaya	<b>6:31.43</b>	5,00	342
	50m: 42.84 42.84	150m: 2:22.47	50.71 250m: 4:05.60	51.42	350m: 5:45.93	49.17
	100m: 1:31.76 48.92	200m: 3:14.18	51.71 300m: 4:56.76	51.16	400m: 6:31.43	45.50
13.	FERNANDEZ PEÑA, Auxiliadora	72	C.N. Master Madrid	<b>6:46.19</b>	4,00	306
	50m: 46.06 46.06	150m: 2:28.24	51.61 250m: 4:12.31	51.82	350m: 5:56.19	51.82
	100m: 1:36.63 50.57	200m: 3:20.49	52.25 300m: 5:04.37	52.06	400m: 6:46.19	50.00
14.	RAMIREZ TARDIO, Maria Yovana	71	C.N. Monteverde	<b>6:59.95</b>	3,00	277
	50m: 47.10 47.10	150m: 2:30.10	52.25 250m: 4:16.33	53.67	350m: 6:05.31	54.19
	100m: 1:37.85 50.75	200m: 3:22.66	52.56 300m: 5:11.12	54.79	400m: 6:59.95	54.64
15.	POZA HERNANDEZ, Paloma	75	C.N. Monteverde	<b>7:07.22</b>	2,00	263
	50m: 49.42 49.42	150m: 2:34.57	54.18 250m: 4:24.25	55.27	350m: 6:13.81	54.44
	100m: 1:40.39 50.97	200m: 3:28.98	54.41 300m: 5:19.37	55.12	400m: 7:07.22	53.41



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Prueba 11, Fem., 400m Libre, 50+

Clasificación	AN		Tiempo								
16. ESCRIBANO VICTORIO, Monica	74	C.D. Albacete Swim	<b>7:43.98</b> 1,00 205								
50m:	54.56	54.56	150m:	2:54.91	1:00.86	250m:	4:53.44	59.16	350m:	6:50.44	58.19
100m:	1:54.05	59.49	200m:	3:54.28	59.37	300m:	5:52.25	58.81	400m:	7:43.98	53.54

45+

1. PEREZ GALLINA, Soraya	76	C.D. Albacete Swim	<b>4:55.81</b> 19,00 717								
50m:	33.85	33.85	150m:	1:46.31	36.66	250m:	3:01.50	37.69	350m:	4:18.06	38.42
100m:	1:09.65	35.80	200m:	2:23.81	37.50	300m:	3:39.64	38.14	400m:	4:55.81	37.75
2. CERDAN GRAN, Angela	78	C.N. Master Naturalswim Petrer	<b>4:55.95</b> 16,00 716								
50m:	33.18	33.18	150m:	1:46.72	37.59	250m:	3:02.68	37.89	350m:	4:18.73	38.11
100m:	1:09.13	35.95	200m:	2:24.79	38.07	300m:	3:40.62	37.94	400m:	4:55.95	37.22
3. CAMI CARAVACA, Judit	79	C.N.Master Jaen	<b>5:24.96</b> 14,00 541								
50m:	34.72	34.72	150m:	1:53.64	40.07	250m:	3:17.20	42.19	350m:	4:42.87	42.98
100m:	1:13.57	38.85	200m:	2:35.01	41.37	300m:	3:59.89	42.69	400m:	5:24.96	42.09
4. PASTOR CAMPOS, Ruth	76	C.D. Santa Ana	<b>5:54.15</b> 13,00 418								
50m:	41.18	41.18	150m:	2:09.51	44.41	250m:	3:39.53	45.03	350m:	5:10.12	45.40
100m:	1:25.10	43.92	200m:	2:54.50	44.99	300m:	4:24.72	45.19	400m:	5:54.15	44.03
5. ARAMBURU ZUÑIGA, Patricia	77	C. Aquatico Aviles Solras	<b>6:00.30</b> 12,00 397								
50m:	40.81	40.81	150m:	2:10.22	45.47	250m:	3:42.16	46.11	350m:	5:14.57	46.49
100m:	1:24.75	43.94	200m:	2:56.05	45.83	300m:	4:28.08	45.92	400m:	6:00.30	45.73
6. GARCIA ARENAL, Esther	77	Stadium Casablanca	<b>6:01.89</b> 11,00 392								
50m:	40.74	40.74	150m:	2:09.84	45.22	250m:	3:42.44	46.56	350m:	5:16.68	47.16
100m:	1:24.62	43.88	200m:	2:55.88	46.04	300m:	4:29.52	47.08	400m:	6:01.89	45.21
7. MURGA BLANCO, Maria Rita	79	C.N. Pozuelo	<b>6:22.19</b> 10,00 332								
50m:	44.67	44.67	150m:	2:20.92	48.91	250m:	3:58.81	49.67	350m:	5:36.41	49.16
100m:	1:32.01	47.34	200m:	3:09.14	48.22	300m:	4:47.25	48.44	400m:	6:22.19	45.78
8. ALEMAÑ MARTINEZ, Aurelia	76	C.D. Albacete Swim	<b>6:25.81</b> 9,00 323								
50m:	40.27	40.27	150m:	2:13.23	47.98	250m:	3:52.77	49.99	350m:	5:34.44	51.32
100m:	1:25.25	44.98	200m:	3:02.78	49.55	300m:	4:43.12	50.35	400m:	6:25.81	51.37
9. VELA GARCIA, Silvia	78	C.D.N. Zamora	<b>6:27.48</b> 8,00 319								
50m:	44.09	44.09	150m:	2:21.90	50.01	250m:	4:02.16	50.04	350m:	5:40.03	48.86
100m:	1:31.89	47.80	200m:	3:12.12	50.22	300m:	4:51.17	49.01	400m:	6:27.48	47.45

40+

1. HERMIDA RODRIGUEZ, Blanca	81	C.N. Ferrol	<b>4:48.85</b> 19,00 744								
50m:	32.67	32.67	150m:	1:44.97	36.49	250m:	2:57.26	36.02	350m:	4:11.89	37.60
100m:	1:08.48	35.81	200m:	2:21.24	36.27	300m:	3:34.29	37.03	400m:	4:48.85	36.96
2. VON MALDONADO, Susana	84	C.D. Jerez Natacion Master	<b>4:55.45</b> 16,00 695								
50m:	35.09	35.09	150m:	1:49.82	37.62	250m:	3:04.58	37.39	350m:	4:19.42	37.44
100m:	1:12.20	37.11	200m:	2:27.19	37.37	300m:	3:41.98	37.40	400m:	4:55.45	36.03
3. DANTE, Leigh	81	C.N. Las Rozas	<b>5:05.93</b> 14,00 626								
50m:	34.71	34.71	150m:	1:51.98	38.99	250m:	3:10.73	39.34	350m:	4:28.39	38.98
100m:	1:12.99	38.28	200m:	2:31.39	39.41	300m:	3:49.41	38.68	400m:	5:05.93	37.54

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Prueba 11, Fem., 400m Libre, 40+

Clasificación	AN		Tiempo			
4. BARBEITO DOMINGUEZ, Marta	84	C. Tenis Chamartin	<b>5:09.76</b>	13,00	603	
50m: 34.53 34.53 150m: 1:51.64	39.06	250m: 3:10.06 39.12	350m: 4:30.01 40.07			
100m: 1:12.58 38.05 200m: 2:30.94	39.30	300m: 3:49.94 39.88	400m: 5:09.76 39.75			
5. CARBONELL SEGUER, Maria	85	Marnaton	<b>5:14.78</b>	12,00	574	
50m: 35.64 35.64 150m: 1:53.56	39.31	250m: 3:13.96 40.25	350m: 4:35.17 40.90			
100m: 1:14.25 38.61 200m: 2:33.71	40.15	300m: 3:54.27 40.31	400m: 5:14.78 39.61			
6. DAMASIO CAMPOS, Ana Carolina	82	C.D. Jerez Natacion Master	<b>5:25.35</b>	11,00	520	
50m: 35.31 35.31 150m: 1:54.71	40.38	250m: 3:18.23 42.24	350m: 4:44.39 43.36			
100m: 1:14.33 39.02 200m: 2:35.99	41.28	300m: 4:01.03 42.80	400m: 5:25.35 40.96			
7. VAZQUEZ FERNANDEZ, Begona	83	C.N. Cuatro Caminos	<b>5:28.92</b>	10,00	503	
50m: 35.65 35.65 150m: 1:56.75	41.47	250m: 3:20.71 42.16	350m: 4:46.76 43.07			
100m: 1:15.28 39.63 200m: 2:38.55	41.80	300m: 4:03.69 42.98	400m: 5:28.92 42.16			
8. MORIANA MARTIN, Fatima	82	C.D. Jerez Natacion Master	<b>5:35.12</b>	9,00	476	
50m: 36.19 36.19 150m: 1:58.46	42.30	250m: 3:24.63 43.38	350m: 4:52.77 43.95			
100m: 1:16.16 39.97 200m: 2:41.25	42.79	300m: 4:08.82 44.19	400m: 5:35.12 42.35			
9. ARGOTE ROSADO, Concepcion	83	C.N. Las Rozas	<b>5:41.70</b>	8,00	449	
50m: 37.97 37.97 150m: 2:02.85	43.08	250m: 3:30.61 43.96	350m: 4:59.30 44.27			
100m: 1:19.77 41.80 200m: 2:46.65	43.80	300m: 4:15.03 44.42	400m: 5:41.70 42.40			
10. MARTINEZ FERRI, Marina	82	C.N. Master Madrid	<b>5:42.10</b>	7,00	447	
50m: 39.06 39.06 150m: 2:04.54	43.63	250m: 3:32.37 44.00	350m: 5:00.13 44.02			
100m: 1:20.91 41.85 200m: 2:48.37	43.83	300m: 4:16.11 43.74	400m: 5:42.10 41.97			
11. RUIZ VALDEPEÑAS, Cristina	81	Real Canoe N.C.	<b>5:43.32</b>	6,00	443	
50m: 38.51 38.51 150m: 2:03.64	43.10	250m: 3:31.00 43.53	350m: 5:00.08 44.85			
100m: 1:20.54 42.03 200m: 2:47.47	43.83	300m: 4:15.23 44.23	400m: 5:43.32 43.24			
12. AMADO RODRIGUEZ, Laura	83	R.G.C. Covadonga	<b>5:44.15</b>	5,00	439	
50m: 38.86 38.86 150m: 2:03.60	42.96	250m: 3:31.66 44.43	350m: 5:00.80 44.59			
100m: 1:20.64 41.78 200m: 2:47.23	43.63	300m: 4:16.21 44.55	400m: 5:44.15 43.35			
13. ARAHUETES HIDALGO, Ana	85	C.N. Master Murcia	<b>5:46.81</b>	4,00	429	
50m: 38.42 38.42 150m: 2:03.34	43.15	250m: 3:32.12 44.53	350m: 5:02.37 45.48			
100m: 1:20.19 41.77 200m: 2:47.59	44.25	300m: 4:16.89 44.77	400m: 5:46.81 44.44			
14. ESTARELLAS PAYERAS, Cristina	85	C.N. Inca	<b>5:56.79</b>	3,00	394	
50m: 38.31 38.31 150m: 2:05.78	45.09	250m: 3:38.70 46.69	350m: 5:11.89 46.12			
100m: 1:20.69 42.38 200m: 2:52.01	46.23	300m: 4:25.77 47.07	400m: 5:56.79 44.90			
15. SENTRE DOMINGO, Barbara	83	Triatlón Cierzo	<b>6:03.29</b>	2,00	374	
50m: 39.78 39.78 150m: 2:08.37	45.00	250m: 3:41.17 46.86	350m: 5:16.36 47.43			
100m: 1:23.37 43.59 200m: 2:54.31	45.94	300m: 4:28.93 47.76	400m: 6:03.29 46.93			
16. MEDINA MONTERO, Esther	85	C.N. Fuenlabrada	<b>6:20.15</b>	1,00	326	
50m: 41.27 41.27 150m: 2:16.18	48.76	250m: 3:55.21 49.72	350m: 5:34.33 48.69			
100m: 1:27.42 46.15 200m: 3:05.49	49.31	300m: 4:45.64 50.43	400m: 6:20.15 45.82			
17. BERMUDEZ BLANCO, Esther	84	C.N. Ovimaster	<b>6:24.33</b>	-	315	
50m: 43.53 43.53 150m: 2:21.27	49.59	250m: 4:01.54 50.01	350m: 5:38.10 47.38			
100m: 1:31.68 48.15 200m: 3:11.53	50.26	300m: 4:50.72 49.18	400m: 6:24.33 46.23			
18. CAMPOMAR GOMEZ, Patricia	84	C.N. Palma de Mallorca	<b>6:30.88</b>	-	300	
50m: 43.13 43.13 150m: 2:21.28	50.07	250m: 4:01.67 49.72	350m: 5:42.61 50.34			
100m: 1:31.21 48.08 200m: 3:11.95	50.67	300m: 4:52.27 50.60	400m: 6:30.88 48.27			

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Prueba 11, Fem., 400m Libre, 40+

Clasificación	AN	Equipo	Tiempo		
19.	MOLANES PIÑEIRO, Maria Elena	84	C.N. Vulcania Master	<b>7:04.72</b>	- 234
	50m: 47.83 47.83 150m: 2:34.89	54.07	250m: 4:22.52	53.89	350m: 6:10.58 54.20
	100m: 1:40.82 52.99 200m: 3:28.63	53.74	300m: 5:16.38	53.86	400m: 7:04.72 54.14
20.	ULIANOVA, Tatiana	81	C.D.E. Mako	<b>7:06.09</b>	- 231
	50m: 47.53 47.53 150m: 2:33.40	53.96	250m: 4:23.80	55.75	350m: 6:14.27 54.31
	100m: 1:39.44 51.91 200m: 3:28.05	54.65	300m: 5:19.96	56.16	400m: 7:06.09 51.82
NP	BARREAL VEGA, Carmen	81	R.G.C. Covadonga	-	
<b>35+</b>					
1.	ASHLEY, Susanna Elizabeth	86	C.D. Halegatos	<b>5:06.87</b>	19,00 607
	50m: 35.84 35.84 150m: 1:53.82	39.26	250m: 3:11.73	38.80	350m: 4:29.53 38.74
	100m: 1:14.56 38.72 200m: 2:32.93	39.11	300m: 3:50.79	39.06	400m: 5:06.87 37.34
2.	CORBALAN HERNANDEZ, Maria Jose	90	Ucam C.N. Fuensanta	<b>5:19.27</b>	16,00 539
	50m: 35.34 35.34 150m: 1:52.78	39.41	250m: 3:13.97	40.87	350m: 4:37.88 42.04
	100m: 1:13.37 38.03 200m: 2:33.10	40.32	300m: 3:55.84	41.87	400m: 5:19.27 41.39
3.	LOPEZ DE LA ROSA, Irene	89	C.N. Alcobendas	<b>5:19.70</b>	14,00 537
	50m: 35.71 35.71 150m: 1:55.95	40.72	250m: 3:17.72	40.85	350m: 4:39.47 40.74
	100m: 1:15.23 39.52 200m: 2:36.87	40.92	300m: 3:58.73	41.01	400m: 5:19.70 40.23
4.	GARCIA JURADO-SALMERON, Leyre	87	C.D. Albacete Swim	<b>5:31.01</b>	13,00 484
	50m: 36.55 36.55 150m: 1:57.86	41.63	250m: 3:23.87	43.32	350m: 4:49.94 43.00
	100m: 1:16.23 39.68 200m: 2:40.55	42.69	300m: 4:06.94	43.07	400m: 5:31.01 41.07
5.	DIAZ ALVAREZ, Julia	87	Club Natacion San Juan	<b>5:32.69</b>	12,00 477
	50m: 35.94 35.94 150m: 1:56.26	40.83	250m: 3:22.13	43.26	350m: 4:49.52 43.76
	100m: 1:15.43 39.49 200m: 2:38.87	42.61	300m: 4:05.76	43.63	400m: 5:32.69 43.17
6.	CARRERAS RODRIGUEZ, Alejandra	89	C.N. Aquamasters	<b>5:33.84</b>	11,00 472
	50m: 36.56 36.56 150m: 1:58.82	41.84	250m: 3:24.57	43.16	350m: 4:51.64 43.73
	100m: 1:16.98 40.42 200m: 2:41.41	42.59	300m: 4:07.91	43.34	400m: 5:33.84 42.20
7.	RODRIGUEZ CALABUIG, Angela	86	C. Valenciano	<b>5:34.57</b>	10,00 469
	50m: 38.10 38.10 150m: 2:01.54	42.57	250m: 3:27.60	43.10	350m: 4:53.60 43.02
	100m: 1:18.97 40.87 200m: 2:44.50	42.96	300m: 4:10.58	42.98	400m: 5:34.57 40.97
8.	MARTINEZ SAN JOSE, Ana	88	A.D.N. Mostoles	<b>5:39.16</b>	9,00 450
	50m: 37.61 37.61 150m: 2:01.25	42.30	250m: 3:29.58	44.32	350m: 4:58.22 44.20
	100m: 1:18.95 41.34 200m: 2:45.26	44.01	300m: 4:14.02	44.44	400m: 5:39.16 40.94
9.	RIBES BARGUES, Marta	86	C.N. Las Rozas	<b>5:55.54</b>	8,00 390
	50m: 40.45 40.45 150m: 2:09.51	45.08	250m: 3:39.71	45.14	350m: 5:10.64 45.13
	100m: 1:24.43 43.98 200m: 2:54.57	45.06	300m: 4:25.51	45.80	400m: 5:55.54 44.90
10.	CAÑELLAS MESTRE, Maria Angels	90	C.N. Inca	<b>5:57.66</b>	7,00 383
	50m: 38.47 38.47 150m: 2:06.40	44.87	250m: 3:38.42	46.07	350m: 5:08.73 44.33
	100m: 1:21.53 43.06 200m: 2:52.35	45.95	300m: 4:24.40	45.98	400m: 5:57.66 48.93
11.	VAN DER POEL CARO, Chantelle	90	C.N. Swimfaster Salt	<b>6:04.49</b>	6,00 362
	50m: 39.82 39.82 150m: 2:11.50	46.17	250m: 3:44.50	46.25	350m: 5:18.83 47.59
	100m: 1:25.33 45.51 200m: 2:58.25	46.75	300m: 4:31.24	46.74	400m: 6:04.49 45.66
Baja	LOPEZ CORTABITARTE, Belen	87	Casino de La Coruña	-	

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Prueba 11, Fem., 400m Libre

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1.	REDONDO MARTIN, Samantha	93	C.N. Monteverde	<b>4:52.44</b>	19,00	659
	50m: 32.16 32.16	150m: 1:44.47	36.83 250m: 2:59.52	37.43	350m: 4:15.37	38.15
	100m: 1:07.64 35.48	200m: 2:22.09	37.62 300m: 3:37.22	37.70	400m: 4:52.44	37.07
2.	BOUCHET, Sybille	93	C.N. Vulcania Master	<b>5:17.66</b>	16,00	514
	50m: 34.38 34.38	150m: 1:51.37	39.20 250m: 3:12.79	40.97	350m: 4:36.15	41.79
	100m: 1:12.17 37.79	200m: 2:31.82	40.45 300m: 3:54.36	41.57	400m: 5:17.66	41.51
3.	CAMPELOS FREIRE, Miriam	95	Univ. Politecnica Valencia	<b>5:32.44</b>	14,00	448
	50m: 35.57 35.57	150m: 1:56.65	41.46 250m: 3:22.94	43.84	350m: 4:51.29	44.54
	100m: 1:15.19 39.62	200m: 2:39.10	42.45 300m: 4:06.75	43.81	400m: 5:32.44	41.15
4.	LAMAS HERNANDEZ, Jessica Gabriela	94	C.N. Sant Andreu	<b>5:34.28</b>	13,00	441
	50m: 37.78 37.78	150m: 1:59.43	41.68 250m: 3:25.16	43.14	350m: 4:51.55	43.00
	100m: 1:17.75 39.97	200m: 2:42.02	42.59 300m: 4:08.55	43.39	400m: 5:34.28	42.73
5.	DEL BARRIO TEJEDA, Mar	95	A.D. Rivas Natación	<b>5:39.79</b>	12,00	420
	50m: 39.18 39.18	150m: 2:03.99	42.63 250m: 3:30.32	43.04	350m: 4:58.13	44.08
	100m: 1:21.36 42.18	200m: 2:47.28	43.29 300m: 4:14.05	43.73	400m: 5:39.79	41.66
6.	SOTO PALACIN, Maria	94	P. San Agustin	<b>5:41.50</b>	11,00	414
	50m: 38.32 38.32	150m: 2:01.42	42.14 250m: 3:28.84	43.84	350m: 4:57.58	44.34
	100m: 1:19.28 40.96	200m: 2:45.00	43.58 300m: 4:13.24	44.40	400m: 5:41.50	43.92
7.	DIAZ MOLINA, Paula	95	E.C. Ciudad de Talavera	<b>6:14.61</b>	10,00	313
	50m: 39.67 39.67	150m: 2:12.52	47.67 250m: 3:50.40	49.38	350m: 5:28.33	49.31
	100m: 1:24.85 45.18	200m: 3:01.02	48.50 300m: 4:39.02	48.62	400m: 6:14.61	46.28
8.	ARAUJO CASTRO, Paula	91	Club del Mar	<b>6:36.36</b>	9,00	264
	50m: 41.93 41.93	150m: 2:18.24	49.18 250m: 4:00.34	51.54	350m: 5:45.30	52.97
	100m: 1:29.06 47.13	200m: 3:08.80	50.56 300m: 4:52.33	51.99	400m: 6:36.36	51.06

25+

1.	SUAREZ GONZALEZ, Gracia	00	C.N. Pontareas	<b>4:34.47</b>	19,00	789
	50m: 31.25 31.25	150m: 1:40.46	35.21 250m: 2:50.91	35.20	350m: 4:01.27	35.28
	100m: 1:05.25 34.00	200m: 2:15.71	35.25 300m: 3:25.99	35.08	400m: 4:34.47	33.20
2.	BERTRAN IZQUIERDO, Aida	96	C.E. Mediterrani	<b>4:41.27</b>	16,00	733
	50m: 31.43 31.43	150m: 1:40.19	34.71 250m: 2:51.72	35.93	350m: 4:04.56	36.69
	100m: 1:05.48 34.05	200m: 2:15.79	35.60 300m: 3:27.87	36.15	400m: 4:41.27	36.71
3.	ZANINI, Francesca	97	C.E. Panteres Grogues	<b>4:48.97</b>	14,00	676
	50m: 32.59 32.59	150m: 1:44.72	36.21 250m: 2:58.75	37.09	350m: 4:13.99	37.74
	100m: 1:08.51 35.92	200m: 2:21.66	36.94 300m: 3:36.25	37.50	400m: 4:48.97	34.98
4.	FERNANDEZ MIRANDA, Sara	99	C.N. Alcobendas	<b>4:51.88</b>	13,00	656
	50m: 31.53 31.53	150m: 1:43.11	36.45 250m: 2:58.62	37.80	350m: 4:15.11	38.43
	100m: 1:06.66 35.13	200m: 2:20.82	37.71 300m: 3:36.68	38.06	400m: 4:51.88	36.77
5.	GARCIA GARCIA, Aitana	97	C.N. Cuencas Mineras	<b>4:56.99</b>	12,00	623
	50m: 33.30 33.30	150m: 1:46.18	37.07 250m: 3:01.87	37.84	350m: 4:18.93	38.70
	100m: 1:09.11 35.81	200m: 2:24.03	37.85 300m: 3:40.23	38.36	400m: 4:56.99	38.06
6.	GIMENO POZA, Marta	99	C.N. Trencaones Alzira	<b>5:03.05</b>	11,00	586
	50m: 34.02 34.02	150m: 1:50.16	38.80 250m: 3:08.47	39.01	350m: 4:25.50	38.21
	100m: 1:11.36 37.34	200m: 2:29.46	39.30 300m: 3:47.29	38.82	400m: 5:03.05	37.55



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Clasificación	AN		Tiempo										
7. ARTILES CARBALLO, Irene	96	C.N. Las Palmas	<b>5:04.59</b>	10,00	577	50m: 33.51	33.51	150m: 1:49.39	38.21	250m: 3:07.52	39.21	350m: 4:26.35	39.58
						100m: 1:11.18	37.67	200m: 2:28.31	38.92	300m: 3:46.77	39.25	400m: 5:04.59	38.24
8. CERRILLO MARTINEZ, Alba	96	C.N. Cornella	<b>5:08.81</b>	9,00	554	50m: 33.48	33.48	150m: 1:47.67	38.10	250m: 3:06.42	39.34	350m: 4:28.74	41.79
						100m: 1:09.57	36.09	200m: 2:27.08	39.41	300m: 3:46.95	40.53	400m: 5:08.81	40.07
9. IGLESIAS GIL, Paula	00	C.N. Alcobendas	<b>5:12.53</b>	8,00	534	50m: 34.54	34.54	150m: 1:51.53	38.92	250m: 3:11.47	40.26	350m: 4:32.88	40.42
						100m: 1:12.61	38.07	200m: 2:31.21	39.68	300m: 3:52.46	40.99	400m: 5:12.53	39.65
10. GONZALEZ LOPEZ, Susana	96	C.N. Las Anclas Castrillon	<b>5:21.88</b>	7,00	489	50m: 35.60	35.60	150m: 1:56.04	41.01	250m: 3:18.86	40.87	350m: 4:42.49	41.97
						100m: 1:15.03	39.43	200m: 2:37.99	41.95	300m: 4:00.52	41.66	400m: 5:21.88	39.39
11. SERRANO ARRANZ, Lucia	97	C.N. Madrid Moscardo	<b>5:24.01</b>	6,00	480	50m: 35.63	35.63	150m: 1:54.84	40.10	250m: 3:18.32	42.02	350m: 4:43.67	42.79
						100m: 1:14.74	39.11	200m: 2:36.30	41.46	300m: 4:00.88	42.56	400m: 5:24.01	40.34
12. CUENCA JIMENEZ, Elia Maria	96	C.D.N. Cordoba	<b>5:24.18</b>	5,00	479	50m: 35.78	35.78	150m: 1:55.47	40.77	250m: 3:19.05	41.92	350m: 4:43.51	42.43
						100m: 1:14.70	38.92	200m: 2:37.13	41.66	300m: 4:01.08	42.03	400m: 5:24.18	40.67
13. ALVAREZ ALVAREZ, Tania	97	C.N. Cuencas Mineras	<b>5:35.55</b>	4,00	432	50m: 36.03	36.03	150m: 1:56.75	41.17	250m: 3:23.28	43.37	350m: 4:51.61	44.49
						100m: 1:15.58	39.55	200m: 2:39.91	43.16	300m: 4:07.12	43.84	400m: 5:35.55	43.94
14. BAEZ DIEGUEZ, Silvia	98	C.N. Monteverde	<b>5:43.29</b>	3,00	403	50m: 37.63	37.63	150m: 2:05.80	43.93	250m: 3:34.24	44.17	350m: 5:01.24	43.18
						100m: 1:21.87	44.24	200m: 2:50.07	44.27	300m: 4:18.06	43.82	400m: 5:43.29	42.05
15. ALBARRACIN PANIAGUA, Belen	97	Natacion Sevilla Master, C.D.	<b>5:45.67</b>	2,00	395	50m: 38.50	38.50	150m: 2:03.67	43.30	250m: 3:32.22	44.63	350m: 5:01.76	44.50
						100m: 1:20.37	41.87	200m: 2:47.59	43.92	300m: 4:17.26	45.04	400m: 5:45.67	43.91
16. CORREDOR GOROSQUIETA, Miriam	97	Anaitasuna S.C.D.R.	<b>5:52.27</b>	1,00	373	50m: 37.47	37.47	150m: 2:01.81	42.98	250m: 3:32.88	46.02	350m: 5:06.68	47.06
						100m: 1:18.83	41.36	200m: 2:46.86	45.05	300m: 4:19.62	46.74	400m: 5:52.27	45.59
17. LOPEZ ALVAREZ, Rosa Mary	99	E.N. Corvera	<b>6:01.41</b>	-	345	50m: 42.20	42.20	150m: 2:13.04	45.51	250m: 3:44.06	45.12	350m: 5:15.80	46.01
						100m: 1:27.53	45.33	200m: 2:58.94	45.90	300m: 4:29.79	45.73	400m: 6:01.41	45.61
18. VILLANUEVA PANADERO, Almudena	96	Universidad de Granada	<b>6:24.71</b>	-	286	50m: 43.53	43.53	150m: 2:20.35	49.41	250m: 4:00.28	50.06	350m: 5:38.51	49.10
						100m: 1:30.94	47.41	200m: 3:10.22	49.87	300m: 4:49.41	49.13	400m: 6:24.71	46.20
Baja LOPEZ MONDEJAR, Sara	98	C.N. Albacete	-	-	-								

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1.	HIGUERA MENDO, Paula	02	C.N. Camargo	<b>4:50.19</b>	19,00	668
	50m: 32.92 32.92	150m: 1:45.66	36.72 250m: 2:59.14	36.61	350m: 4:13.33	37.42
	100m: 1:08.94 36.02	200m: 2:22.53	36.87 300m: 3:35.91	36.77	400m: 4:50.19	36.86
2.	GARCIA DE CASTRO, Victoria	03	C.N. Santa Olaya	<b>4:51.20</b>	16,00	661
	50m: 32.28 32.28	150m: 1:42.89	35.86 250m: 2:57.71	37.79	350m: 4:14.40	38.49
	100m: 1:07.03 34.75	200m: 2:19.92	37.03 300m: 3:35.91	38.20	400m: 4:51.20	36.80
3.	PIQUERAS CHULIA, Andrea	02	C.N. Mediterraneo Valencia	<b>4:52.04</b>	14,00	655
	50m: 32.76 32.76	150m: 1:45.06	36.39 250m: 2:59.91	37.35	350m: 4:15.11	37.70
	100m: 1:08.67 35.91	200m: 2:22.56	37.50 300m: 3:37.41	37.50	400m: 4:52.04	36.93
4.	LOPEZ CORNEJO, Lucia	04	C.N. Astillero	<b>4:54.67</b>	13,00	638
	50m: 32.03 32.03	150m: 1:44.29	37.01 250m: 3:00.13	38.17	350m: 4:17.35	38.79
	100m: 1:07.28 35.25	200m: 2:21.96	37.67 300m: 3:38.56	38.43	400m: 4:54.67	37.32
5.	SORIA PAZ, Leyre	05	C.N. Las Norias	<b>4:59.33</b>	12,00	608
	50m: 33.72 33.72	150m: 1:46.26	36.68 250m: 3:01.39	37.96	350m: 4:19.74	39.27
	100m: 1:09.58 35.86	200m: 2:23.43	37.17 300m: 3:40.47	39.08	400m: 4:59.33	39.59
6.	MERINO GOMEZ, Vera	03	C.D.E. Mako	<b>5:02.39</b>	11,00	590
	50m: 34.35 34.35	150m: 1:49.98	38.51 250m: 3:07.22	38.59	350m: 4:24.78	38.93
	100m: 1:11.47 37.12	200m: 2:28.63	38.65 300m: 3:45.85	38.63	400m: 5:02.39	37.61
7.	TORO GARCIA, Aina	02	C.N. Calvia	<b>5:03.24</b>	10,00	585
	50m: 32.68 32.68	150m: 1:47.30	37.75 250m: 3:04.78	38.89	350m: 4:23.75	39.61
	100m: 1:09.55 36.87	200m: 2:25.89	38.59 300m: 3:44.14	39.36	400m: 5:03.24	39.49
8.	VALVIDARES GONZALEZ, Nadia	03	C.N. Santa Olaya	<b>5:25.03</b>	9,00	475
	50m: 34.74 34.74	150m: 1:53.09	40.15 250m: 3:17.16	42.31	350m: 4:42.46	42.54
	100m: 1:12.94 38.20	200m: 2:34.85	41.76 300m: 3:59.92	42.76	400m: 5:25.03	42.57
9.	ARIAS RODRIGUEZ, Diana	02	C.D.E. Mako	<b>5:26.98</b>	8,00	467
	50m: 36.35 36.35	150m: 1:57.55	41.28 250m: 3:21.41	42.16	350m: 4:45.81	42.26
	100m: 1:16.27 39.92	200m: 2:39.25	41.70 300m: 4:03.55	42.14	400m: 5:26.98	41.17
10.	GONZALEZ ALARCON, Nerea	02	C.D. Jerez Natacion Master	<b>5:39.27</b>	7,00	418
	50m: 36.88 36.88	150m: 1:59.77	42.29 250m: 3:27.14	43.82	350m: 4:57.13	44.93
	100m: 1:17.48 40.60	200m: 2:43.32	43.55 300m: 4:12.20	45.06	400m: 5:39.27	42.14
11.	GONZALEZ GALINDO, Raquel	01	C.N. Monteverde	<b>5:47.43</b>	6,00	389
	50m: 36.67 36.67	150m: 2:00.15	42.74 250m: 3:30.04	45.43	350m: 5:02.45	46.26
	100m: 1:17.41 40.74	200m: 2:44.61	44.46 300m: 4:16.19	46.15	400m: 5:47.43	44.98
12.	HERRAIZ ABRIL, Cristina	02	C. Valenciano	<b>5:48.91</b>	5,00	384
	50m: 38.90 38.90	150m: 2:04.14	43.47 250m: 3:33.13	45.13	350m: 5:04.14	45.48
	100m: 1:20.67 41.77	200m: 2:48.00	43.86 300m: 4:18.66	45.53	400m: 5:48.91	44.77
13.	TORREJON SANCHEZ, Lucia	03	E.C. Ciudad de Talavera	<b>6:12.57</b>	4,00	315
	50m: 43.19 43.19	150m: 2:15.44	46.79 250m: 3:50.10	47.26	350m: 5:26.18	48.02
	100m: 1:28.65 45.46	200m: 3:02.84	47.40 300m: 4:38.16	48.06	400m: 6:12.57	46.39