

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

Prueba 4
06/02/2025 - 13:11

Fem., 200m Espalda

20 años y mayores
Resultados

Clasificación	AN		Tiempo			
85+						
1.	RODRIGUEZ FUENTES, Mercedes	37	C. Tenerife Masters	6:11.34	27,00	232
	<i>Récord de España</i>					
	50m: 1:26.19	1:26.19	100m: 2:59.08	1:32.89	150m: 4:33.48	1:34.40
	200m: 6:11.34	1:37.86				
75+						
1.	SEGARRA PEÑARROYA, Rosa	49	C.N. Vulcania Master	3:33.10	27,00	714
	<i>Récord de España</i>					
	50m: 53.04	53.04	100m: 1:47.22	54.18	150m: 2:42.34	55.12
	200m: 3:33.10	50.76				
70+						
1.	IRAIZOZ SANZOL, Natividad	55	Pamplona C.N.	3:22.69	27,00	527
	<i>Récord de España</i>					
	50m: 49.52	49.52	100m: 1:41.17	51.65	150m: 2:33.44	52.27
	200m: 3:22.69	49.25				
2.	FOZ BALDIZ, Marta	55	R.G.C. Covadonga	3:28.51	16,00	484
	50m: 51.15	51.15	100m: 1:44.31	53.16	150m: 2:37.40	53.09
	200m: 3:28.51	51.11				
3.	DELGADO GAVILAN, Maria Luisa	54	C.D. Jerez Natacion Master	4:29.83	14,00	223
	50m: 1:03.53	1:03.53	100m: 2:11.29	1:07.76	150m: 3:23.52	1:12.23
	200m: 4:29.83	1:06.31				
4.	FERNANDEZ-TORIJA GARCIA, Maria P55r		C.N. Monteverde	4:44.74	13,00	190
	50m: 1:06.39	1:06.39	100m: 2:18.63	1:12.24	150m: 3:35.84	1:17.21
	200m: 4:44.74	1:08.90				
5.	DIEZ-ANDINO RUIZ, Carmen Elena	51	C.D.N. Zamora	5:18.24	12,00	136
	50m: 1:15.89	1:15.89	100m: 2:35.06	1:19.17	150m: 3:56.72	1:21.66
	200m: 5:18.24	1:21.52				
6.	LOPEZ DE LA CRUZ, Mercedes	52	E.C. Ciudad de Talavera	5:55.72	11,00	97
	50m: 1:23.64	1:23.64	100m: 2:53.40	1:29.76	150m: 4:26.24	1:32.84
	200m: 5:55.72	1:29.48				
DSQ	SANGUINETTI DE LA TORRE, Margarit:51		C. Tenis Chamartin			-
65+						
1.	GUILLEN MUÑOZ, Ma Ramona	59	C.N. Palma de Mallorca	2:53.70	19,00	824
	50m: 40.80	40.80	100m: 1:23.98	43.18	150m: 2:08.78	44.80
	200m: 2:53.70	44.92				
2.	VERGARA GOMEZ, Maria Del Rocio	60	C.N. Villalba	3:41.12	16,00	399
	50m: 54.32	54.32	100m: 1:50.32	56.00	150m: 2:46.22	55.90
	200m: 3:41.12	54.90				
3.	POTTER, Karin	59	C.D. Jerez Natacion Master	3:42.89	14,00	390
	50m: 52.08	52.08	100m: 1:49.80	57.72	150m: 2:47.37	57.57
	200m: 3:42.89	55.52				
4.	BAEZ CEJAS, Maria Mercedes	60	C. Tenerife Masters	3:53.00	13,00	341
	50m: 54.64	54.64	100m: 1:54.95	1:00.31	150m: 2:55.21	1:00.26
	200m: 3:53.00	57.79				
5.	CASCANTE BURGOS, Isabel	59	C. Tenis Chamartin	4:12.87	12,00	267
	50m: 59.74	59.74	100m: 2:03.63	1:03.89	150m: 3:09.19	1:05.56
	200m: 4:12.87	1:03.68				

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Prueba 4, Fem., 200m Espalda, 65+

Clasificación	AN		Tiempo		
6. VEGA BARROSO, Maria Del Carmen	60	C.N. Monteverde	4:38.95	11,00	199
50m:	1:02.52	1:02.52	100m:	2:14.21	1:11.69
150m:	3:28.39	1:14.18	200m:	4:38.95	1:10.56
7. MEDINA ALVAREZ, Gloria	60	C.N. Leganes	4:41.25	10,00	194
50m:	1:08.09	1:08.09	100m:	2:19.29	1:11.20
150m:	3:31.46	1:12.17	200m:	4:41.25	1:09.79

60+

1. GERKEN, Kay	61	C.N. Mediterraneo Valencia	3:06.08	19,00	478
50m:	42.45	42.45	100m:	1:28.89	46.44
150m:	2:17.53	48.64	200m:	3:06.08	48.55
2. RAMIREZ SANTANA, Cristina	65	C.N. Metropole	3:19.95	16,00	385
50m:	46.08	46.08	100m:	1:36.24	50.16
150m:	2:28.43	52.19	200m:	3:19.95	51.52
3. QUIJANO BARROSO, Paz	64	C. Tenis Chamartin	3:27.36	14,00	345
50m:	47.42	47.42	100m:	1:39.82	52.40
150m:	2:34.86	55.04	200m:	3:27.36	52.50
4. FOZ BALDIZ, Ma Luisa	61	A.D. Rivas Natación	3:28.18	13,00	341
50m:	47.53	47.53	100m:	1:38.52	50.99
150m:	2:32.77	54.25	200m:	3:28.18	55.41
5. GARCIA COLOMO, Maria Cristina	62	C.N. Pabellon Ourense	3:34.44	12,00	312
50m:	50.16	50.16	100m:	1:43.74	53.58
150m:	2:39.36	55.62	200m:	3:34.44	55.08
6. DIAZ RODRIGUEZ, Covadonga	65	C.N. Torrelavega	4:09.62	11,00	198
50m:	54.32	54.32	100m:	1:56.79	1:02.47
150m:	3:03.76	1:06.97	200m:	4:09.62	1:05.86
7. MUÑOZ ALVAREZ, Emilia	62	C.N. Ovimaster	4:15.91	10,00	183
50m:	58.82	58.82	100m:	2:03.76	1:04.94
150m:	3:11.65	1:07.89	200m:	4:15.91	1:04.26

55+

1. ESCATLLAR FDEZ. DE MISA, Concepc66n	66	C. Tenerife Masters	2:37.33	27,00	787
<i>Récord de España</i>					
50m:	36.67	36.67	100m:	1:15.93	39.26
150m:	1:56.34	40.41	200m:	2:37.33	40.99
2. ELIO VILLANUEVA, Marian	67	Anaitasuna S.C.D.R.	2:59.80	16,00	527
50m:	42.67	42.67	100m:	1:27.08	44.41
150m:	2:12.74	45.66	200m:	2:59.80	47.06
3. ELIO VILLANUEVA, Maria Cristina	66	R.G.C. Covadonga	3:00.45	14,00	521
50m:	42.99	42.99	100m:	1:28.54	45.55
150m:	2:14.98	46.44	200m:	3:00.45	45.47
4. LOPEZ DEL PRADO, Raquel	69	C.N. Master Madrid	3:34.13	13,00	312
50m:	51.43	51.43	100m:	1:45.48	54.05
150m:	2:40.84	55.36	200m:	3:34.13	53.29
5. GARCIA MARTINEZ, Maria Ester	66	C.N. Monteverde	3:40.82	12,00	284
50m:	53.05	53.05	100m:	1:50.00	56.95
150m:	2:46.73	56.73	200m:	3:40.82	54.09
6. RUIZ OLIVARES, Carmen	67	C.N. Master Madrid	3:43.27	11,00	275
50m:	51.63	51.63	100m:	1:47.82	56.19
150m:	2:46.03	58.21	200m:	3:43.27	57.24
7. ARROYO ARBOLEDA, Ma Del Carmen	67	C.D. Jerez Natacion Master	4:22.34	10,00	169
50m:	1:01.23	1:01.23	100m:	2:09.49	1:08.26
150m:	3:18.84	1:09.35	200m:	4:22.34	1:03.50

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Prueba 4, Fem., 200m Espalda

50+

1.	TOLNAI, Sara	73	C.N. Mijas	2:40.26	19,00	701
	50m: 36.61 36.61 100m: 1:16.61		40.00 150m: 1:58.70 42.09	200m: 2:40.26 41.56		
2.	VILA FORTUNY, Marta	72	C.E.N. Cabrera de Mar	2:50.13	16,00	586
	50m: 40.97 40.97 100m: 1:23.62		42.65 150m: 2:07.15 43.53	200m: 2:50.13 42.98		
3.	GARCIA HERMOSO, Maria Jose	73	A.D. Plasencia 96	2:51.21	14,00	575
	50m: 40.33 40.33 100m: 1:23.13		42.80 150m: 2:07.80 44.67	200m: 2:51.21 43.41		
4.	OJEA DE CASTRO, Macarena	73	C.N. Portamiña Lugo	3:07.89	13,00	435
	50m: 43.99 43.99 100m: 1:30.02		46.03 150m: 2:18.70 48.68	200m: 3:07.89 49.19		
5.	RAMIREZ PERDOMO, Ma Begona	73	C.D. Nonadamos	3:18.87	12,00	366
	50m: 45.28 45.28 100m: 1:35.19		49.91 150m: 2:27.71 52.52	200m: 3:18.87 51.16		
6.	ROCHE ARMADA, Blanca	73	Stadium Venecia	3:21.30	11,00	353
	50m: 45.84 45.84 100m: 1:36.49		50.65 150m: 2:30.01 53.52	200m: 3:21.30 51.29		
7.	NEMETH, Andrea	74	C.N. Cuatro Caminos	3:32.95	10,00	298
	50m: 48.93 48.93 100m: 1:42.71		53.78 150m: 2:38.93 56.22	200m: 3:32.95 54.02		
8.	RAMIREZ TARDIO, Maria Yovana	71	C.N. Monteverde	3:50.49	9,00	235
	50m: 53.39 53.39 100m: 1:51.81		58.42 150m: 2:51.60 59.79	200m: 3:50.49 58.89		

45+

1.	SANTIDRIAN TOMILLO, Laura	77	Real Canoe N.C.	2:44.99	19,00	587
	50m: 38.47 38.47 100m: 1:20.32		41.85 150m: 2:03.29 42.97	200m: 2:44.99 41.70		
2.	OLIVES PONS, Silvia	78	Club Natacion Triswim	2:49.57	16,00	540
	50m: 38.08 38.08 100m: 1:20.18		42.10 150m: 2:04.81 44.63	200m: 2:49.57 44.76		
3.	CAMI CARAVACA, Judit	79	C.N.Master Jaen	2:51.18	14,00	525
	50m: 39.10 39.10 100m: 1:21.92		42.82 150m: 2:06.14 44.22	200m: 2:51.18 45.04		
4.	FERRER ROMA, Estefania	78	C.N. San Javier Mar Menor	2:51.54	13,00	522
	50m: 39.83 39.83 100m: 1:22.40		42.57 150m: 2:07.16 44.76	200m: 2:51.54 44.38		
5.	OLIVER MIRO, Pilar	76	Club Natacion Triswim	2:57.92	12,00	468
	50m: 42.39 42.39 100m: 1:27.08		44.69 150m: 2:13.29 46.21	200m: 2:57.92 44.63		
6.	MENDEZ ALONSO, Lydia	78	C. Valenciano	3:00.02	11,00	451
	50m: 42.93 42.93 100m: 1:28.66		45.73 150m: 2:14.95 46.29	200m: 3:00.02 45.07		
7.	AGUADO HERNANDEZ, Patricia	78	Stadium Casablanca	3:27.62	10,00	294
	50m: 50.83 50.83 100m: 1:43.30		52.47 150m: 2:35.81 52.51	200m: 3:27.62 51.81		
8.	VELA GARCIA, Silvia	78	C.D.N. Zamora	3:47.52	9,00	223
	50m: 53.96 53.96 100m: 1:48.82		54.86 150m: 2:49.27 1:00.45	200m: 3:47.52 58.25		

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Prueba 4, Fem., 200m Espalda

40+

1.	FRESNO RODRIGUEZ, Soraya	84	C.N. Fuenlabrada	2:45.36	19,00	526
	50m: 37.36 37.36 100m: 1:18.28		40.92 150m: 2:01.34 43.06	200m: 2:45.36 44.02		
2.	REY URDANIZ, Mercedes	82	Club Natación Rivalia	2:49.33	16,00	489
	50m: 38.73 38.73 100m: 1:21.60		42.87 150m: 2:05.78 44.18	200m: 2:49.33 43.55		
3.	VERBO PERULERO, Cristina	84	E.C. Ciudad de Talavera	2:51.85	14,00	468
	50m: 40.86 40.86 100m: 1:24.17		43.31 150m: 2:08.90 44.73	200m: 2:51.85 42.95		
4.	LAURRRIETA SAIZ, Izaskun	84	C.N. Torrelavega	2:52.50	13,00	463
	50m: 39.86 39.86 100m: 1:22.72		42.86 150m: 2:07.47 44.75	200m: 2:52.50 45.03		
5.	VAZQUEZ FERNANDEZ, Begona	83	C.N. Cuatro Caminos	2:53.17	12,00	458
	50m: 40.27 40.27 100m: 1:23.68		43.41 150m: 2:08.38 44.70	200m: 2:53.17 44.79		
6.	HIDALGO MONZO, Eva	82	C.N. Trencaones Alzira	2:55.38	11,00	440
	50m: 38.86 38.86 100m: 1:22.41		43.55 150m: 2:08.42 46.01	200m: 2:55.38 46.96		
7.	BARREAL VEGA, Carmen	81	R.G.C. Covadonga	3:02.01	10,00	394
	50m: 42.40 42.40 100m: 1:27.18		44.78 150m: 2:14.44 47.26	200m: 3:02.01 47.57		
8.	SANCHEZ GARCIA, Cristina	85	C.N. Fuenlabrada	3:26.04	9,00	271
	50m: 44.90 44.90 100m: 1:36.39		51.49 150m: 2:31.06 54.67	200m: 3:26.04 54.98		

35+

1.	BENAVENT SERRA, Maria	87	C.N. Trencaones Alzira	2:36.92	19,00	613
	50m: 35.41 35.41 100m: 1:14.42		39.01 150m: 1:55.84 41.42	200m: 2:36.92 41.08		
2.	ABELLO NAVAS, Paula	88	C.N. Tres Cantos	2:50.56	16,00	478
	50m: 39.18 39.18 100m: 1:21.66		42.48 150m: 2:05.87 44.21	200m: 2:50.56 44.69		
3.	HORNILLOS ARENAL, Andrea	87	C.N. Torrelavega	2:57.45	14,00	424
	50m: 40.88 40.88 100m: 1:24.89		44.01 150m: 2:11.25 46.36	200m: 2:57.45 46.20		
4.	LOPEZ DE LA ROSA, Irene	89	C.N. Alcobendas	2:57.71	13,00	422
	50m: 42.33 42.33 100m: 1:27.42		45.09 150m: 2:14.20 46.78	200m: 2:57.71 43.51		
5.	MARIN RUEDA, Melania	88	C.N. Albacete	3:10.61	12,00	342
	50m: 45.08 45.08 100m: 1:32.99		47.91 150m: 2:22.47 49.48	200m: 3:10.61 48.14		
6.	PRIETO BELVER, Lidia	87	C.D.N. Zamora	3:34.12	11,00	241
	50m: 50.18 50.18 100m: 1:43.60		53.42 150m: 2:39.10 55.50	200m: 3:34.12 55.02		

30+

1.	MARTI ARASA, Anna Aida	93	C.D. Jerez Natacion Master	2:29.02	19,00	692
	50m: 34.92 34.92 100m: 1:11.82		36.90 150m: 1:49.72 37.90	200m: 2:29.02 39.30		
2.	JIMENEZ TOBOSO, Angela	92	C.P. La Roda	2:34.18	16,00	625
	50m: 35.11 35.11 100m: 1:13.15		38.04 150m: 1:53.45 40.30	200m: 2:34.18 40.73		
3.	SANCHEZ CASTILLO, Sheila	95	Club Natacion Thiar Horadada	2:34.64	14,00	619
	50m: 35.56 35.56 100m: 1:15.18		39.62 150m: 1:55.37 40.19	200m: 2:34.64 39.27		
4.	BERTOLUCCI, Greta	95	C. Tenis Chamartin	2:35.21	13,00	613
	50m: 35.06 35.06 100m: 1:13.74		38.68 150m: 1:54.61 40.87	200m: 2:35.21 40.60		

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Prueba 4, Fem., 200m Espalda, 30+

Clasificación	AN		Tiempo		
5. ORTEGA LOPEZ, Ines	95	C.N. Monteverde	2:43.33	12,00	526
50m: 37.49 37.49	100m: 1:18.84	41.35 150m: 2:01.17 42.33	200m: 2:43.33 42.16		
6. SANTOS LOPEZ, Monica	95	C.D. Jerez Natacion Master	2:43.86	11,00	521
50m: 36.99 36.99	100m: 1:17.45	40.46 150m: 2:00.68 43.23	200m: 2:43.86 43.18		
7. TORRE MAROTO, Miriam De La	95	C.N. Albacete	2:44.48	10,00	515
50m: 38.62 38.62	100m: 1:20.12	41.50 150m: 2:02.53 42.41	200m: 2:44.48 41.95		
8. MARTIN SANCHEZ, Lorena	91	C.N. Alcobendas	2:49.16	9,00	473
50m: 38.55 38.55	100m: 1:20.99	42.44 150m: 2:05.39 44.40	200m: 2:49.16 43.77		
9. ZURITA LOZANO, Maria Del Valle	94	C.N. Vulcania Master	2:54.88	8,00	428
50m: 41.46 41.46	100m: 1:25.88	44.42 150m: 2:10.83 44.95	200m: 2:54.88 44.05		
10. ESTEPA MELGAREJO, Laura Maria	94	C.N. Mediterraneo Valencia	2:56.56	7,00	416
50m: 41.28 41.28	100m: 1:25.45	44.17 150m: 2:11.05 45.60	200m: 2:56.56 45.51		
11. SOTO PALACIN, Maria	94	P. San Agustin	3:00.66	6,00	388
50m: 42.18 42.18	100m: 1:26.26	44.08 150m: 2:13.54 47.28	200m: 3:00.66 47.12		
12. PEREZ CASTELLANOS, Sandra	91	C.N. Camargo	3:08.55	5,00	342
50m: 42.13 42.13	100m: 1:28.46	46.33 150m: 2:18.30 49.84	200m: 3:08.55 50.25		
13. COLAS GARCIA, Alejandra Andrea	95	C.D. Jerez Natacion Master	4:47.11	4,00	96
50m: 1:02.62 1:02.62	100m: 2:15.76	1:13.14 150m: 3:29.83 1:14.07	200m: 4:47.11 1:17.28		

25+

1. ZANINI, Francesca	97	C.E. Panteres Grogues	2:24.64	19,00	732
50m: 33.59 33.59	100m: 1:10.06	36.47 150m: 1:47.24 37.18	200m: 2:24.64 37.40		
2. SORIANO PASCUAL, Marta	98	Club Arriacense Natacion	2:25.12	16,00	725
50m: 33.76 33.76	100m: 1:10.49	36.73 150m: 1:48.54 38.05	200m: 2:25.12 36.58		
3. ZARAUZA VILLA, Lucia	99	C.N. Master Madrid	2:31.91	14,00	632
50m: 33.97 33.97	100m: 1:12.00	38.03 150m: 1:51.61 39.61	200m: 2:31.91 40.30		
4. GONZALEZ MARTIN, Nerea	00	C.D.N. Inacua Malaga	2:34.71	13,00	598
50m: 36.00 36.00	100m: 1:14.65	38.65 150m: 1:54.58 39.93	200m: 2:34.71 40.13		
5. PEREZ PEIRATS, Beatriz	99	C.N. Mediterraneo Valencia	2:36.39	12,00	579
50m: 35.88 35.88	100m: 1:14.93	39.05 150m: 1:55.66 40.73	200m: 2:36.39 40.73		
6. GARCIA GARCIA, Aitana	97	C.N. Cuencas Mineras	2:38.87	11,00	552
50m: 37.08 37.08	100m: 1:16.28	39.20 150m: 1:57.40 41.12	200m: 2:38.87 41.47		
7. SERRANO ARRANZ, Lucia	97	C.N. Madrid Moscardo	2:45.02	10,00	493
50m: 38.47 38.47	100m: 1:19.79	41.32 150m: 2:02.52 42.73	200m: 2:45.02 42.50		
8. LASHERAS SOBREVIELA, Berta	96	Stadium Casablanca	2:55.95	9,00	406
50m: 41.03 41.03	100m: 1:24.58	43.55 150m: 2:10.00 45.42	200m: 2:55.95 45.95		
9. BAEZ DIEGUEZ, Silvia	98	C.N. Monteverde	2:57.63	8,00	395
50m: 41.63 41.63	100m: 1:26.87	45.24 150m: 2:12.84 45.97	200m: 2:57.63 44.79		
10. KASCH, Isabelle	00	Natacion Sevilla Master, C.D.	3:02.82	7,00	362
50m: 40.95 40.95	100m: 1:26.31	45.36 150m: 2:14.18 47.87	200m: 3:02.82 48.64		

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Prueba 4, Fem., 200m Espalda

20+

1.	HIGUERA MENDO, Paula	02	C.N. Camargo	2:26.63	19,00	702
	50m: 34.26 34.26	100m: 1:11.27	37.01 150m: 1:48.61	37.34	200m: 2:26.63	38.02
2.	LOPEZ CORNEJO, Lucia	04	C.N. Astillero	2:29.29	16,00	665
	50m: 34.45 34.45	100m: 1:11.78	37.33 150m: 1:50.73	38.95	200m: 2:29.29	38.56
3.	GRAMAGE MARTINEZ, Alba	03	C. Valenciano	2:32.88	14,00	620
	50m: 36.15 36.15	100m: 1:15.38	39.23 150m: 1:54.79	39.41	200m: 2:32.88	38.09
4.	GUILLEN MARIN, Sofia	01	C.N. Fuenlabrada	2:35.09	13,00	593
	50m: 35.37 35.37	100m: 1:14.34	38.97 150m: 1:54.95	40.61	200m: 2:35.09	40.14
5.	ALVAREZ MEJIAS, Irene	01	C.D. Gredos San Diego	2:36.07	12,00	582
	50m: 35.84 35.84	100m: 1:15.22	39.38 150m: 1:55.69	40.47	200m: 2:36.07	40.38
6.	MERINO GOMEZ, Vera	03	C.D.E. Mako	2:39.85	11,00	542
	50m: 38.28 38.28	100m: 1:18.64	40.36 150m: 1:59.38	40.74	200m: 2:39.85	40.47
7.	HERRAIZ ABRIL, Cristina	02	C. Valenciano	2:53.05	10,00	427
	50m: 41.52 41.52	100m: 1:26.32	44.80 150m: 2:10.07	43.75	200m: 2:53.05	42.98
8.	ARIAS RODRIGUEZ, Diana	02	C.D.E. Mako	2:54.31	9,00	418
	50m: 40.49 40.49	100m: 1:24.47	43.98 150m: 2:10.12	45.65	200m: 2:54.31	44.19
9.	GARCIA ALVAREZ, Adriana	04	C.N. Las Anclas Castrillon	2:55.22	8,00	411
	50m: 39.77 39.77	100m: 1:24.10	44.33 150m: 2:09.68	45.58	200m: 2:55.22	45.54
10.	GONZALEZ GALINDO, Raquel	01	C.N. Monteverde	2:56.71	7,00	401
	50m: 39.12 39.12	100m: 1:22.54	43.42 150m: 2:09.50	46.96	200m: 2:56.71	47.21
11.	GARIN GARCIA, Marta	01	C.D. Fortuna	2:57.40	6,00	396
	50m: 39.86 39.86	100m: 1:24.23	44.37 150m: 2:10.64	46.41	200m: 2:57.40	46.76
12.	VELASCO DE LA TORRE, Esther	02	C. Tennis Chamartin	3:02.41	5,00	365
	50m: 38.77 38.77	100m: 1:24.33	45.56 150m: 2:12.92	48.59	200m: 3:02.41	49.49
13.	SOUTIÑO RAMIREZ, Carmen Victoria	01	C.N. Portamiña Lugo	3:13.66	4,00	305
	50m: 41.27 41.27	100m: 1:28.82	47.55 150m: 2:20.08	51.26	200m: 3:13.66	53.58
14.	RIOS GUERRERO, Ariadna	01	C.D. Jerez Natacion Master	3:17.77	3,00	286
	50m: 47.29 47.29	100m: 1:37.92	50.63 150m: 2:29.03	51.11	200m: 3:17.77	48.74