

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

Prueba 22  
08/02/2025 - 10:12

Fem., 400m Estilos

20 años y mayores  
Resultados

Clasificación	AN		Tiempo									
<b>70+</b>												
1.	CASTILLO MIQUEL, Roser		51	C.N. Palamós		<b>10:22.00</b>	19,00			214		
	50m:	1:08.46	1:08.46	150m:	3:55.03	1:26.51	250m:	6:43.24	1:23.52	350m:	9:18.53	1:09.44
	100m:	2:28.52	1:20.06	200m:	5:19.72	1:24.69	300m:	8:09.09	1:25.85	400m:	10:22.00	1:03.47
<b>65+</b>												
1.	MARTINEZ PABLO, Ana Maria		60	C.N. Ferca-San Jose		<b>6:56.27</b>	19,00			620		
	50m:	46.29	46.29	150m:	2:37.13	55.42	250m:	4:26.80	57.62	350m:	6:11.64	46.84
	100m:	1:41.71	55.42	200m:	3:29.18	52.05	300m:	5:24.80	58.00	400m:	6:56.27	44.63
2.	ARANEGA BENITEZ, Aranzazu		57	C. Tenerife Masters		<b>7:35.09</b>	16,00			474		
	50m:	52.85	52.85	150m:	2:52.85	59.77	250m:	4:52.80	1:02.07	350m:	6:47.42	50.97
	100m:	1:53.08	1:00.23	200m:	3:50.73	57.88	300m:	5:56.45	1:03.65	400m:	7:35.09	47.67
3.	VERGARA GOMEZ, Maria Del Rocio		60	C.N. Villalba		<b>8:01.84</b>	14,00			399		
	50m:	56.43	56.43	150m:	3:01.16	59.29	250m:	5:06.39	1:07.21	350m:	7:09.25	54.73
	100m:	2:01.87	1:05.44	200m:	3:59.18	58.02	300m:	6:14.52	1:08.13	400m:	8:01.84	52.59
4.	POTTER, Karin		59	C.D. Jerez Natacion Master		<b>8:44.32</b>	13,00			310		
	50m:	59.32	59.32	150m:	3:22.71	1:07.49	250m:	5:38.33	1:09.83	350m:	7:47.63	1:00.49
	100m:	2:15.22	1:15.90	200m:	4:28.50	1:05.79	300m:	6:47.14	1:08.81	400m:	8:44.32	56.69
<b>60+</b>												
1.	ASTORGA MOYA DE LA TORRE, Mari64ª		62	C.D.N. Cordoba		<b>7:30.15</b>	19,00			420		
	50m:	48.40	48.40	150m:	2:44.34	1:00.14	250m:	4:45.52	1:02.34	350m:	6:40.62	52.15
	100m:	1:44.20	55.80	200m:	3:43.18	58.84	300m:	5:48.47	1:02.95	400m:	7:30.15	49.53
2.	MARTIN CRESPO, Mercedes		62	C.D. Jerez Natacion Master		<b>7:42.89</b>	16,00			386		
	50m:	54.70	54.70	150m:	2:58.42	1:03.67	250m:	5:01.14	1:01.84	350m:	6:54.88	51.11
	100m:	1:54.75	1:00.05	200m:	3:59.30	1:00.88	300m:	6:03.77	1:02.63	400m:	7:42.89	48.01
3.	BARJA BARJA, Liliana		65	C. Traviesas Nat.		<b>7:57.30</b>	14,00			352		
	50m:	1:00.60	1:00.60	150m:	3:06.15	57.48	250m:	5:03.48	1:02.19	350m:	7:00.86	55.38
	100m:	2:08.67	1:08.07	200m:	4:01.29	55.14	300m:	6:05.48	1:02.00	400m:	7:57.30	56.44
4.	MONEO HERNANDEZ, Idoia		63	C.D. Jerez Natacion Master		<b>7:59.81</b>	13,00			346		
	50m:	55.54	55.54	150m:	3:03.10	1:02.46	250m:	5:06.68	1:03.70	350m:	7:08.05	55.19
	100m:	2:00.64	1:05.10	200m:	4:02.98	59.88	300m:	6:12.86	1:06.18	400m:	7:59.81	51.76
<b>55+</b>												
1.	LACOMBA CALLE, Maria Victoria		69	C. Tennis Chamartin		<b>6:43.39</b>	19,00			479		
	50m:	46.08	46.08	150m:	2:31.23	50.40	250m:	4:16.05	55.21	350m:	5:58.47	45.87
	100m:	1:40.83	54.75	200m:	3:20.84	49.61	300m:	5:12.60	56.55	400m:	6:43.39	44.92
2.	PORT CASAMITJANA, Adriana		67	C.N. Sabadell		<b>6:49.93</b>	16,00			456		
	50m:	44.57	44.57	150m:	2:34.19	53.95	250m:	4:21.03	54.58	350m:	6:03.96	46.27
	100m:	1:40.24	55.67	200m:	3:26.45	52.26	300m:	5:17.69	56.66	400m:	6:49.93	45.97

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Prueba 22, Fem., 400m Estilos, 55+

Clasificación	AN	Equipo	Tiempo	14,00	
3. ASPINALL, Karen	69	C.N. Mijas	<b>6:54.20</b>	14,00	442
50m: 40.99 40.99 150m: 2:28.56 55.25 250m: 4:23.09 1:00.43 350m: 6:10.89 46.24					
100m: 1:33.31 52.32 200m: 3:22.66 54.10 300m: 5:24.65 1:01.56 400m: 6:54.20 43.31					
4. NEGRIN FIGUEROA, Elena	70	C. Tenerife Masters	<b>6:58.80</b>	13,00	428
50m: 48.26 48.26 150m: 2:39.34 50.60 250m: 4:29.42 59.95 350m: 6:14.99 45.44					
100m: 1:48.74 1:00.48 200m: 3:29.47 50.13 300m: 5:29.55 1:00.13 400m: 6:58.80 43.81					
5. PINTO SALVADOR, Ma Teresa	67	C.N. Albacora	<b>7:21.02</b>	12,00	366
50m: 47.17 47.17 150m: 2:44.64 58.07 250m: 4:40.22 59.84 350m: 6:32.45 51.00					
100m: 1:46.57 59.40 200m: 3:40.38 55.74 300m: 5:41.45 1:01.23 400m: 7:21.02 48.57					
6. MORALA FORTE, Laura	68	C.D. Jerez Natacion Master	<b>8:16.70</b>	11,00	256
50m: 58.23 58.23 150m: 3:08.05 1:00.75 250m: 5:15.72 1:07.48 350m: 7:19.27 56.82					
100m: 2:07.30 1:09.07 200m: 4:08.24 1:00.19 300m: 6:22.45 1:06.73 400m: 8:16.70 57.43					
7. CASARES PERALES, Araceli	67	C.N. Monteverde	<b>8:56.82</b>	10,00	203
50m: 59.95 59.95 150m: 3:16.49 1:07.53 250m: 5:40.40 1:14.65 350m: 7:57.01 59.59					
100m: 2:08.96 1:09.01 200m: 4:25.75 1:09.26 300m: 6:57.42 1:17.02 400m: 8:56.82 59.81					

Baja COMIN RODRIGUEZ, Rocio Paz 69 C. Tennis Chamartin -

50+

1. VALIDO CARREÑO, Isabel	74	C.N. Las Palmas	<b>5:43.23</b>	19,00	743
50m: 35.04 35.04 150m: 2:00.25 45.29 250m: 3:34.24 49.95 350m: 5:05.04 40.30					
100m: 1:14.96 39.92 200m: 2:44.29 44.04 300m: 4:24.74 50.50 400m: 5:43.23 38.19					
2. VILA FORTUNY, Marta	72	C.E.N. Cabrera de Mar	<b>6:02.58</b>	16,00	630
50m: 39.26 39.26 150m: 2:11.53 46.68 250m: 3:47.81 51.83 350m: 5:21.89 41.70					
100m: 1:24.85 45.59 200m: 2:55.98 44.45 300m: 4:40.19 52.38 400m: 6:02.58 40.69					
3. GARCIA HERMOSO, Maria Jose	73	A.D. Plasencia 96	<b>6:06.55</b>	14,00	610
50m: 42.66 42.66 150m: 2:15.83 46.64 250m: 3:52.90 51.30 350m: 5:26.62 41.77					
100m: 1:29.19 46.53 200m: 3:01.60 45.77 300m: 4:44.85 51.95 400m: 6:06.55 39.93					
4. BRAÑA MENENDEZ, Sonia	75	C.D. Jerez Natacion Master	<b>6:27.84</b>	13,00	515
50m: 44.12 44.12 150m: 2:24.94 50.23 250m: 4:06.27 52.76 350m: 5:44.12 43.70					
100m: 1:34.71 50.59 200m: 3:13.51 48.57 300m: 5:00.42 54.15 400m: 6:27.84 43.72					
5. HERNANDEZ ESPINOSA, Olga	73	Stadium Venecia	<b>6:33.54</b>	12,00	493
50m: 44.95 44.95 150m: 2:31.87 56.48 250m: 4:13.19 49.49 350m: 5:50.76 46.60					
100m: 1:35.39 50.44 200m: 3:23.70 51.83 300m: 5:04.16 50.97 400m: 6:33.54 42.78					
6. ESCANERO MAICAS, Begona	73	C.D. Jerez Natacion Master	<b>6:47.69</b>	11,00	443
50m: 42.05 42.05 150m: 2:27.31 54.10 250m: 4:17.59 57.17 350m: 6:01.77 45.38					
100m: 1:33.21 51.16 200m: 3:20.42 53.11 300m: 5:16.39 58.80 400m: 6:47.69 45.92					
7. NAVARRO SIMON, Esperanza	73	C. Valenciano	<b>6:53.57</b>	10,00	425
50m: 46.67 46.67 150m: 2:42.70 56.78 250m: 4:31.15 53.86 350m: 6:10.41 45.73					
100m: 1:45.92 59.25 200m: 3:37.29 54.59 300m: 5:24.68 53.53 400m: 6:53.57 43.16					
8. TAHARA, Maiko	72	C. Tennis Chamartin	<b>6:59.12</b>	9,00	408
50m: 46.50 46.50 150m: 2:33.72 54.18 250m: 4:22.12 55.62 350m: 6:10.24 50.24					
100m: 1:39.54 53.04 200m: 3:26.50 52.78 300m: 5:20.00 57.88 400m: 6:59.12 48.88					

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Prueba 22, Fem., 400m Estilos, 50+

Clasificación	AN	Equipo	Tempo	Segundo	Tercero
9.	PEREZ RODRIGUEZ, Maria Esther	74 C.N. Merida	<b>7:13.37</b>	8,00	369
	50m: 44.91 44.91 150m: 2:37.30 58.38 250m: 4:37.23 1:01.24 350m: 6:26.47 47.62				
	100m: 1:38.92 54.01 200m: 3:35.99 58.69 300m: 5:38.85 1:01.62 400m: 7:13.37 46.90				
10.	NEMETH, Andrea	74 C.N. Cuatro Caminos	<b>7:17.85</b>	7,00	358
	50m: 48.27 48.27 150m: 2:46.11 59.32 250m: 4:41.45 57.45 350m: 6:29.12 49.97				
	100m: 1:46.79 58.52 200m: 3:44.00 57.89 300m: 5:39.15 57.70 400m: 7:17.85 48.73				
11.	PEÑA PACHON, Lucia	75 C.N. Iregua-Villamediana	<b>7:34.42</b>	6,00	320
	50m: 54.26 54.26 150m: 2:53.20 57.21 250m: 4:51.35 1:03.52 350m: 6:46.17 51.47				
	100m: 1:55.99 1:01.73 200m: 3:47.83 54.63 300m: 5:54.70 1:03.35 400m: 7:34.42 48.25				
12.	GONZALEZ FERNANDEZ, Ana Maria	74 Universidad de Granada	<b>7:35.88</b>	5,00	317
	50m: 48.07 48.07 150m: 2:47.27 58.74 250m: 4:48.22 1:02.99 350m: 6:44.42 53.54				
	100m: 1:48.53 1:00.46 200m: 3:45.23 57.96 300m: 5:50.88 1:02.66 400m: 7:35.88 51.46				
13.	VALENCIANO BARBA, Raquel	75 C.N. Mediterraneo Valencia	<b>7:38.15</b>	4,00	312
	50m: 49.43 49.43 150m: 2:49.53 1:00.04 250m: 4:51.71 1:03.59 350m: 6:47.65 50.74				
	100m: 1:49.49 1:00.06 200m: 3:48.12 58.59 300m: 5:56.91 1:05.20 400m: 7:38.15 50.50				
<b>45+</b>					
1.	FUENTES GUTIERREZ, Maria C.	79 C. Tenis Chamartin	<b>5:47.67</b>	19,00	644
	50m: 36.50 36.50 150m: 2:04.10 46.89 250m: 3:41.11 50.33 350m: 5:09.71 38.29				
	100m: 1:17.21 40.71 200m: 2:50.78 46.68 300m: 4:31.42 50.31 400m: 5:47.67 37.96				
2.	GUTIERREZ GARCIA, Noelia	78 C. Tenerife Masters	<b>6:45.47</b>	16,00	406
	50m: 44.76 44.76 150m: 2:28.70 53.96 250m: 4:18.06 56.14 350m: 6:00.59 46.03				
	100m: 1:34.74 49.98 200m: 3:21.92 53.22 300m: 5:14.56 56.50 400m: 6:45.47 44.88				
3.	GARCIA DELGADO, Yaiza	76 C.N. Metropole	<b>6:50.77</b>	14,00	390
	50m: 46.31 46.31 150m: 2:34.86 52.82 250m: 4:22.60 56.62 350m: 6:06.33 46.96				
	100m: 1:42.04 55.73 200m: 3:25.98 51.12 300m: 5:19.37 56.77 400m: 6:50.77 44.44				
<b>40+</b>					
1.	GARCIA SANCHEZ, Mireia	81 C.E. Mediterrani	<b>5:09.28</b>	19,00	920
	50m: 32.13 32.13 150m: 1:48.91 40.49 250m: 3:13.33 44.71 350m: 4:33.76 36.19				
	100m: 1:08.42 36.29 200m: 2:28.62 39.71 300m: 3:57.57 44.24 400m: 5:09.28 35.52				
2.	HERMIDA RODRIGUEZ, Blanca	81 C.N. Ferrol	<b>5:32.63</b>	16,00	739
	50m: 33.95 33.95 150m: 1:56.58 43.20 250m: 3:27.62 48.92 350m: 4:56.23 39.50				
	100m: 1:13.38 39.43 200m: 2:38.70 42.12 300m: 4:16.73 49.11 400m: 5:32.63 36.40				
3.	VON MALDONADO, Susana	84 C.D. Jerez Natacion Master	<b>5:44.51</b>	14,00	665
	50m: 39.80 39.80 150m: 2:07.12 44.89 250m: 3:40.74 49.87 350m: 5:08.79 38.07				
	100m: 1:22.23 42.43 200m: 2:50.87 43.75 300m: 4:30.72 49.98 400m: 5:44.51 35.72				
4.	RODRIGUEZ SANCHEZ, Laura	81 C.N. Cuatro Caminos	<b>6:07.55</b>	13,00	548
	50m: 38.72 38.72 150m: 2:12.03 49.94 250m: 3:53.68 52.04 350m: 5:28.55 41.54				
	100m: 1:22.09 43.37 200m: 3:01.64 49.61 300m: 4:47.01 53.33 400m: 6:07.55 39.00				
5.	GARCIA ORDAS, Estefania	85 C.N. Leganes	<b>6:16.81</b>	12,00	508
	50m: 41.74 41.74 150m: 2:18.45 48.79 250m: 3:54.51 48.35 350m: 5:31.85 46.94				
	100m: 1:29.66 47.92 200m: 3:06.16 47.71 300m: 4:44.91 50.40 400m: 6:16.81 44.96				

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Prueba 22, Fem., 400m Estilos, 40+

Clasificación	AN		Tiempo														
6. MEDINA MONTERO, Esther	85	C.N. Fuenlabrada	<b>7:13.54</b>	11,00	334	50m:	48.81	48.81	150m:	2:43.13	58.17	250m:	4:37.83	58.71	350m:	6:27.49	49.55
						100m:	1:44.96	56.15	200m:	3:39.12	55.99	300m:	5:37.94	1:00.11	400m:	7:13.54	46.05

35+

1. BUGALLO PEREZ, Estibaliz	90	C.N. Galaico	<b>5:36.65</b>	19,00	658	50m:	36.38	36.38	150m:	2:02.15	43.20	250m:	3:31.35	46.76	350m:	4:58.49	39.25
						100m:	1:18.95	42.57	200m:	2:44.59	42.44	300m:	4:19.24	47.89	400m:	5:36.65	38.16
2. AGUERA FERNANDEZ, Patricia	87	R.G.C. Covadonga	<b>5:40.34</b>	16,00	637	50m:	36.04	36.04	150m:	2:01.76	44.85	250m:	3:33.85	48.22	350m:	5:02.50	40.36
						100m:	1:16.91	40.87	200m:	2:45.63	43.87	300m:	4:22.14	48.29	400m:	5:40.34	37.84
3. ROLDAN GOMEZ, Alba	86	C.D. Jerez Natacion Master	<b>5:43.81</b>	14,00	617	50m:	36.29	36.29	150m:	2:05.43	46.13	250m:	3:36.95	46.62	350m:	5:05.12	41.08
						100m:	1:19.30	43.01	200m:	2:50.33	44.90	300m:	4:24.04	47.09	400m:	5:43.81	38.69
4. CORBALAN HERNANDEZ, Maria Jose	90	Ucam C.N. Fuensanta	<b>6:06.23</b>	13,00	511	50m:	36.77	36.77	150m:	2:05.91	46.55	250m:	3:46.71	53.97	350m:	5:23.92	42.33
						100m:	1:19.36	42.59	200m:	2:52.74	46.83	300m:	4:41.59	54.88	400m:	6:06.23	42.31
5. MORALEDA DIAZ, Laura	89	C.N. Fuenlabrada	<b>6:24.16</b>	12,00	442	50m:	40.26	40.26	150m:	2:19.12	52.45	250m:	4:01.05	49.85	350m:	5:40.63	48.52
						100m:	1:26.67	46.41	200m:	3:11.20	52.08	300m:	4:52.11	51.06	400m:	6:24.16	43.53
6. MARIN RUEDA, Melania	88	C.N. Albacete	<b>7:02.56</b>	11,00	332	50m:	46.46	46.46	150m:	2:41.77	52.55	250m:	4:31.75	59.17	350m:	6:17.59	46.97
						100m:	1:49.22	1:02.76	200m:	3:32.58	50.81	300m:	5:30.62	58.87	400m:	7:02.56	44.97

30+

1. GONZALEZ MEGIA, Patricia	93	C.N. Monteverde	<b>5:14.42</b>	19,00	745	50m:	31.53	31.53	150m:	1:48.41	41.24	250m:	3:12.59	42.79	350m:	4:35.83	38.97
						100m:	1:07.17	35.64	200m:	2:29.80	41.39	300m:	3:56.86	44.27	400m:	5:14.42	38.59
2. POMAR SOLANA, Sara	95	C.D.N. Zamora	<b>5:17.84</b>	16,00	721	50m:	32.86	32.86	150m:	1:52.94	43.06	250m:	3:18.79	44.23	350m:	4:40.91	37.35
						100m:	1:09.88	37.02	200m:	2:34.56	41.62	300m:	4:03.56	44.77	400m:	5:17.84	36.93
3. SANCHEZ CASTILLO, Sheila	95	Club Natacion Thiar Horadada	<b>5:32.36</b>	14,00	630	50m:	35.18	35.18	150m:	1:58.62	42.90	250m:	3:27.23	46.52	350m:	4:55.35	40.94
						100m:	1:15.72	40.54	200m:	2:40.71	42.09	300m:	4:14.41	47.18	400m:	5:32.36	37.01
4. PORTILLA ERAÑA, Nekane	95	Galdakao I.T.	<b>5:48.80</b>	13,00	545	50m:	37.32	37.32	150m:	2:06.87	47.43	250m:	3:40.88	49.14	350m:	5:10.89	40.81
						100m:	1:19.44	42.12	200m:	2:51.74	44.87	300m:	4:30.08	49.20	400m:	5:48.80	37.91
5. TORRE MAROTO, Miriam De La	95	C.N. Albacete	<b>5:51.14</b>	12,00	535	50m:	36.92	36.92	150m:	2:06.64	46.05	250m:	3:40.77	48.85	350m:	5:11.22	40.83
						100m:	1:20.59	43.67	200m:	2:51.92	45.28	300m:	4:30.39	49.62	400m:	5:51.14	39.92
6. RAMOS LOBO, Raquel	93	C.N. Portamiña Lugo	<b>5:56.07</b>	11,00	513	50m:	36.66	36.66	150m:	2:06.45	44.94	250m:	3:43.39	51.83	350m:	5:17.06	40.89
						100m:	1:21.51	44.85	200m:	2:51.56	45.11	300m:	4:36.17	52.78	400m:	5:56.07	39.01

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Oviedo, 6 - 9/2/2025

Prueba 22, Fem., 400m Estilos, 30+

Clasificación	AN	Equipo	Tiempo	10,00	462
7. NUÑEZ REDONDO, Yolanda	93	C.N. Madrid Moscardo	<b>6:08.74</b>	10,00	462
50m: 35.09 35.09 150m: 2:03.05 46.10 250m: 3:44.88 55.43 350m: 5:25.76 45.00					
100m: 1:16.95 41.86 200m: 2:49.45 46.40 300m: 4:40.76 55.88 400m: 6:08.74 42.98					
8. ESTEPA MELGAREJO, Laura Maria	94	C.N. Mediterraneo Valencia	<b>6:22.97</b>	9,00	412
50m: 39.38 39.38 150m: 2:11.11 48.22 250m: 3:54.94 56.47 350m: 5:38.66 46.90					
100m: 1:22.89 43.51 200m: 2:58.47 47.36 300m: 4:51.76 56.82 400m: 6:22.97 44.31					
9. HORTIGUELA PINTADO, Marta	95	C.N. San Blas	<b>6:25.37</b>	8,00	404
50m: 44.18 44.18 150m: 2:28.22 51.67 250m: 4:07.37 50.07 350m: 5:43.10 44.65					
100m: 1:36.55 52.37 200m: 3:17.30 49.08 300m: 4:58.45 51.08 400m: 6:25.37 42.27					
10. DEL BARRIO TEJEDA, Mar	95	A.D. Rivas Natación	<b>6:30.58</b>	7,00	388
50m: 45.07 45.07 150m: 2:23.31 48.24 250m: 4:07.47 56.33 350m: 5:48.77 45.03					
100m: 1:35.07 50.00 200m: 3:11.14 47.83 300m: 5:03.74 56.27 400m: 6:30.58 41.81					
11. DIAZ MOLINA, Paula	95	E.C. Ciudad de Talavera	<b>7:01.75</b>	6,00	308
50m: 44.58 44.58 150m: 2:35.94 55.80 250m: 4:25.17 55.21 350m: 6:12.34 49.68					
100m: 1:40.14 55.56 200m: 3:29.96 54.02 300m: 5:22.66 57.49 400m: 7:01.75 49.41					

25+

1. PAREDES HUETE, Uxue	97	C.N. Santurtzi	<b>5:23.30</b>	19,00	684
50m: 32.58 32.58 150m: 1:51.67 41.45 250m: 3:20.16 46.86 350m: 4:46.03 38.18					
100m: 1:10.22 37.64 200m: 2:33.30 41.63 300m: 4:07.85 47.69 400m: 5:23.30 37.27					
2. BARRENA ZUDAIRE, Nerea	99	Lagunak S.M.	<b>5:30.04</b>	16,00	643
50m: 34.01 34.01 150m: 1:55.65 43.09 250m: 3:27.29 48.38 350m: 4:53.45 37.24					
100m: 1:12.56 38.55 200m: 2:38.91 43.26 300m: 4:16.21 48.92 400m: 5:30.04 36.59					
3. FERNANDEZ MIRANDA, Sara	99	C.N. Alcobendas	<b>5:31.99</b>	14,00	632
50m: 33.69 33.69 150m: 1:56.52 42.50 250m: 3:26.63 48.71 350m: 4:54.46 38.69					
100m: 1:14.02 40.33 200m: 2:37.92 41.40 300m: 4:15.77 49.14 400m: 5:31.99 37.53					
4. RODRIGUEZ RUBIO, Sandra	96	C.N. Reus Ploms	<b>5:34.55</b>	13,00	618
50m: 34.35 34.35 150m: 1:59.54 44.40 250m: 3:29.30 46.10 350m: 4:55.85 39.90					
100m: 1:15.14 40.79 200m: 2:43.20 43.66 300m: 4:15.95 46.65 400m: 5:34.55 38.70					
5. CARTES ORDOVAS, Alba	99	C.N. Monteverde	<b>5:37.58</b>	12,00	601
50m: 38.14 38.14 150m: 2:04.47 43.15 250m: 3:32.46 45.85 350m: 4:58.89 39.87					
100m: 1:21.32 43.18 200m: 2:46.61 42.14 300m: 4:19.02 46.56 400m: 5:37.58 38.69					
6. NAVAS JIMENEZ, Carmen	97	C.D.E. Mako	<b>5:55.48</b>	11,00	515
50m: 37.66 37.66 150m: 2:09.86 46.85 250m: 3:44.32 47.60 350m: 5:15.34 42.06					
100m: 1:23.01 45.35 200m: 2:56.72 46.86 300m: 4:33.28 48.96 400m: 5:55.48 40.14					
7. PEREZ PEIRATS, Beatriz	99	C.N. Mediterraneo Valencia	<b>6:02.14</b>	10,00	487
50m: 36.13 36.13 150m: 2:04.25 43.34 250m: 3:41.95 54.80 350m: 5:20.41 42.71					
100m: 1:20.91 44.78 200m: 2:47.15 42.90 300m: 4:37.70 55.75 400m: 6:02.14 41.73					
8. SALAZAR GARCIA, Patricia	96	P. San Agustin	<b>6:03.61</b>	9,00	481
50m: 35.58 35.58 150m: 2:05.58 48.08 250m: 3:45.24 51.96 350m: 5:22.44 44.20					
100m: 1:17.50 41.92 200m: 2:53.28 47.70 300m: 4:38.24 53.00 400m: 6:03.61 41.17					
9. LUJAN MARTIN, Miriam	99	C.N. Alcobendas	<b>6:15.99</b>	8,00	435
50m: 41.13 41.13 150m: 2:16.41 46.55 250m: 3:54.87 52.40 350m: 5:32.80 45.69					
100m: 1:29.86 48.73 200m: 3:02.47 46.06 300m: 4:47.11 52.24 400m: 6:15.99 43.19					

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

Prueba 22, Fem., 400m Estilos, 25+

Clasificación	AN		Tiempo								
10. ALVAREZ ALVAREZ, Tania	97	C.N. Cuencas Mineras	<b>6:24.58</b>	7,00	406						
50m:	38.19	38.19	150m:	2:14.26	49.63	250m:	3:57.62	54.95	350m:	5:39.98	46.24
100m:	1:24.63	46.44	200m:	3:02.67	48.41	300m:	4:53.74	56.12	400m:	6:24.58	44.60
11. GONZALEZ AVENDAÑO, Lucia	99	C.D.N. Ciudad de Santiago	<b>6:33.29</b>	6,00	380						
50m:	41.43	41.43	150m:	2:20.89	50.18	250m:	4:06.22	57.14	350m:	5:48.75	44.63
100m:	1:30.71	49.28	200m:	3:09.08	48.19	300m:	5:04.12	57.90	400m:	6:33.29	44.54
12. RAMIREZ REVILLA, Nuria	98	C.D.F. Acuatico Soriano	<b>7:00.41</b>	5,00	311						
50m:	40.30	40.30	150m:	2:28.56	1:00.23	250m:	4:23.33	57.52	350m:	6:12.01	50.48
100m:	1:28.33	48.03	200m:	3:25.81	57.25	300m:	5:21.53	58.20	400m:	7:00.41	48.40

20+

1. PIQUERAS CHULIA, Andrea	02	C.N. Mediterraneo Valencia	<b>5:37.39</b>	19,00	602						
50m:	34.60	34.60	150m:	1:57.58	43.05	250m:	3:28.84	47.64	350m:	4:58.20	39.86
100m:	1:14.53	39.93	200m:	2:41.20	43.62	300m:	4:18.34	49.50	400m:	5:37.39	39.19
2. LOPEZ CORNEJO, Lucia	04	C.N. Astillero	<b>5:44.05</b>	16,00	568						
50m:	33.12	33.12	150m:	1:57.46	41.88	250m:	3:30.69	51.63	350m:	5:04.42	40.40
100m:	1:15.58	42.46	200m:	2:39.06	41.60	300m:	4:24.02	53.33	400m:	5:44.05	39.63
3. MERINO GOMEZ, Vera	03	C.D.E. Mako	<b>5:44.31</b>	14,00	567						
50m:	37.54	37.54	150m:	2:03.78	43.38	250m:	3:35.91	49.51	350m:	5:06.22	40.25
100m:	1:20.40	42.86	200m:	2:46.40	42.62	300m:	4:25.97	50.06	400m:	5:44.31	38.09
4. GARCIA SEBASTIAN, Juliana Maria	02	C.D.E. Mako	<b>6:02.63</b>	13,00	485						
50m:	35.70	35.70	150m:	2:06.55	47.14	250m:	3:42.55	50.31	350m:	5:19.12	44.13
100m:	1:19.41	43.71	200m:	2:52.24	45.69	300m:	4:34.99	52.44	400m:	6:02.63	43.51
5. RAMON ZAFRA, Marta	01	C.D.E. Mako	<b>6:11.36</b>	12,00	451						
50m:	37.08	37.08	150m:	2:10.41	49.37	250m:	3:51.27	53.86	350m:	5:31.43	44.51
100m:	1:21.04	43.96	200m:	2:57.41	47.00	300m:	4:46.92	55.65	400m:	6:11.36	39.93
6. VELASCO DE LA TORRE, Esther	02	C. Tenis Chamartin	<b>6:31.47</b>	11,00	385						
50m:	37.33	37.33	150m:	2:14.59	49.53	250m:	4:00.35	56.54	350m:	5:44.60	45.83
100m:	1:25.06	47.73	200m:	3:03.81	49.22	300m:	4:58.77	58.42	400m:	6:31.47	46.87