



Cto CyL Absoluto Trofeo Ciudad de Valladolid
Valladolid, 30 - 31/3/2019

Prueba 21
30/03/2019 - 18:03

Fem., 400m Libre

ABSOLUTA
Resultados

RCL 4:14.72 CAÑAS GARRIDO, Sara 00157 DOHA 31/12/2009

Puntos: FINA 2019

| Clasificación | | | AN | | | Tiempo | FINA | PTOS |
|---------------|----------------------------------|-------|---------------|-------------------------|---------------|----------------|---------------|-------|
| 1. | ABARCA CRESPO, Marta | | 01 | C.D.N. Zamora | | 4:43.74 | 578 | 12,00 |
| | 50m: 31.64 | 31.64 | 150m: 1:43.81 | 36.62 | 250m: 2:57.12 | 36.59 | 350m: 4:09.16 | 35.74 |
| | 100m: 1:07.19 | 35.55 | 200m: 2:20.53 | 36.72 | 300m: 3:33.42 | 36.30 | 400m: 4:43.74 | 34.58 |
| 2. | CURTO GARCIA, Patricia | | 01 | C.Acuatico Salamanca | | 4:43.94 | 577 | 11,00 |
| | 50m: 32.18 | 32.18 | 150m: 1:43.93 | 36.22 | 250m: 2:57.32 | 36.14 | 350m: 4:09.92 | 35.37 |
| | 100m: 1:07.71 | 35.53 | 200m: 2:21.18 | 37.25 | 300m: 3:34.55 | 37.23 | 400m: 4:43.94 | 34.02 |
| 3. | TORNERO TEJERINA, Alejandra | | 05 | C.N. Parquesol | | 4:51.49 | 533 | 10,00 |
| | 50m: 33.54 | 33.54 | 150m: 1:47.10 | 37.04 | 250m: 3:01.34 | 37.41 | 350m: 4:15.97 | 37.00 |
| | 100m: 1:10.06 | 36.52 | 200m: 2:23.93 | 36.83 | 300m: 3:38.97 | 37.63 | 400m: 4:51.49 | 35.52 |
| 4. | ACEBES FERNANDEZ, Nerea | | 00 | C.D.N. Zamora | | 4:54.27 | 518 | 9,00 |
| | 50m: 33.35 | 33.35 | 150m: 1:47.41 | 37.36 | 250m: 3:02.40 | 37.24 | 350m: 4:17.28 | 37.38 |
| | 100m: 1:10.05 | 36.70 | 200m: 2:25.16 | 37.75 | 300m: 3:39.90 | 37.50 | 400m: 4:54.27 | 36.99 |
| 5. | GUERRERO FERNANDEZ, Marta | | 01 | C.N. Parquesol | | 4:57.17 | 503 | 8,00 |
| | 50m: 33.09 | 33.09 | 150m: 1:46.72 | 37.73 | 250m: 3:03.56 | 38.77 | 350m: 4:20.51 | 38.51 |
| | 100m: 1:08.99 | 35.90 | 200m: 2:24.79 | 38.07 | 300m: 3:42.00 | 38.44 | 400m: 4:57.17 | 36.66 |
| 6. | CASTAÑO CASTAÑEIRAS, Maria | | 04 | Cd Acuatico Leon | | 4:57.96 | 499 | 7,00 |
| | 50m: 33.36 | 33.36 | 150m: 1:48.44 | 37.85 | 250m: 3:05.41 | 38.53 | 350m: 4:21.55 | 38.16 |
| | 100m: 1:10.59 | 37.23 | 200m: 2:26.88 | 38.44 | 300m: 3:43.39 | 37.98 | 400m: 4:57.96 | 36.41 |
| 7. | SALVADOR LOPEZ, Alicia Anastasia | | 04 | Club Benavente Natacion | | 4:58.68 | 496 | 6,00 |
| | 50m: 33.52 | 33.52 | 150m: 1:48.35 | 37.93 | 250m: 3:05.34 | 38.68 | 350m: 4:22.20 | 38.53 |
| | 100m: 1:10.42 | 36.90 | 200m: 2:26.66 | 38.31 | 300m: 3:43.67 | 38.33 | 400m: 4:58.68 | 36.48 |
| 8. | MIELGO DIEZ, Ines | | 04 | Cd Acuatico Leon | | 5:01.80 | 480 | 5,00 |
| | 50m: 34.44 | 34.44 | 150m: 1:50.29 | 37.57 | 250m: 3:06.63 | 38.02 | 350m: 4:24.33 | 38.98 |
| | 100m: 1:12.72 | 38.28 | 200m: 2:28.61 | 38.32 | 300m: 3:45.35 | 38.72 | 400m: 5:01.80 | 37.47 |
| 9. | HEREDERO GONZALEZ, Sara | | 04 | C.N. Ciudad De Avila | | 5:06.64 | 458 | 4,00 |
| | 50m: 34.07 | 34.07 | 150m: 1:50.03 | 38.47 | 250m: 3:08.66 | 39.37 | 350m: 4:27.85 | 39.60 |
| | 100m: 1:11.56 | 37.49 | 200m: 2:29.29 | 39.26 | 300m: 3:48.25 | 39.59 | 400m: 5:06.64 | 38.79 |
| 10. | VILLAR PRIETO, Carolina | | 03 | C.D.N. Zamora | | 5:07.61 | 454 | 3,00 |
| | 50m: 34.36 | 34.36 | 150m: 1:52.69 | 38.96 | 250m: 3:11.68 | 39.38 | 350m: 4:29.24 | 38.67 |
| | 100m: 1:13.73 | 39.37 | 200m: 2:32.30 | 39.61 | 300m: 3:50.57 | 38.89 | 400m: 5:07.61 | 38.37 |
| 11. | JIMENEZ GARAY, Aroa | | 01 | C.D. Torrelago Wellness | | 5:12.91 | 431 | 2,00 |
| | 50m: 35.70 | 35.70 | 150m: 1:54.91 | 40.09 | 250m: 3:15.76 | 40.46 | 350m: 4:35.23 | 39.63 |
| | 100m: 1:14.82 | 39.12 | 200m: 2:35.30 | 40.39 | 300m: 3:55.60 | 39.84 | 400m: 5:12.91 | 37.68 |
| 12. | AGUDO DELGADO, Sofia | | 05 | C.Acuatico Salamanca | | 5:13.01 | 431 | 1,00 |
| | 50m: 35.97 | 35.97 | 150m: 1:55.94 | 40.10 | 250m: 3:17.21 | 40.65 | 350m: 4:36.56 | 39.61 |
| | 100m: 1:15.84 | 39.87 | 200m: 2:36.56 | 40.62 | 300m: 3:56.95 | 39.74 | 400m: 5:13.01 | 36.45 |
| 13. | PEREZ GARCIA, Irene | | 05 | Cd Acuatico Leon | | 5:13.21 | 430 | - |
| | 50m: 35.84 | 35.84 | 150m: 1:55.56 | 40.14 | 250m: 3:16.10 | 39.93 | 350m: 4:35.66 | 39.02 |
| | 100m: 1:15.42 | 39.58 | 200m: 2:36.17 | 40.61 | 300m: 3:56.64 | 40.54 | 400m: 5:13.21 | 37.55 |
| 14. | GRAUPNER RECIO, Sara | | 05 | C.N. Parquesol | | 5:14.64 | 424 | - |
| | 50m: 34.60 | 34.60 | 150m: 1:54.13 | 40.77 | 250m: 3:15.20 | 40.83 | 350m: 4:36.77 | 40.81 |
| | 100m: 1:13.36 | 38.76 | 200m: 2:34.37 | 40.24 | 300m: 3:55.96 | 40.76 | 400m: 5:14.64 | 37.87 |
| 15. | BARREIRO RODILLA, Paula | | 04 | C.Acuatico Salamanca | | 5:17.11 | 414 | - |
| | 50m: 36.72 | 36.72 | 150m: 1:57.65 | 39.97 | 250m: 3:17.52 | 39.69 | 350m: 4:38.19 | 39.72 |
| | 100m: 1:17.68 | 40.96 | 200m: 2:37.83 | 40.18 | 300m: 3:58.47 | 40.95 | 400m: 5:17.11 | 38.92 |
| 16. | SANCHEZ GONZALEZ, Ines | | 04 | C.Acuatico Salamanca | | 5:21.16 | 399 | - |
| | 50m: 36.18 | 36.18 | 150m: 1:55.93 | 40.38 | 250m: 3:17.56 | 40.56 | 350m: 4:40.63 | 41.71 |
| | 100m: 1:15.55 | 39.37 | 200m: 2:37.00 | 41.07 | 300m: 3:58.92 | 41.36 | 400m: 5:21.16 | 40.53 |
| 17. | YAGUE ALONSO, Laura | | 03 | C.N. Parquesol | | 5:32.12 | 360 | - |
| | 50m: 37.40 | 37.40 | 150m: 2:01.10 | 41.86 | 250m: 3:25.55 | 42.15 | 350m: 4:50.78 | 42.47 |
| | 100m: 1:19.24 | 41.84 | 200m: 2:43.40 | 42.30 | 300m: 4:08.31 | 42.76 | 400m: 5:32.12 | 41.34 |
| 18. | MARTIN GARCIA, Magali | | 04 | C.Acuatico Salamanca | | 5:36.58 | 346 | - |
| | 50m: 37.99 | 37.99 | 150m: 2:00.77 | 41.91 | 250m: 3:26.59 | 43.65 | 350m: 4:53.53 | 43.98 |
| | 100m: 1:18.86 | 40.87 | 200m: 2:42.94 | 42.17 | 300m: 4:09.55 | 42.96 | 400m: 5:36.58 | 43.05 |
| 19. | SANTAMARTA MARTÍNEZ, Nerea | | 05 | Cd Acuatico Leon | | 6:00.70 | 281 | - |
| | 50m: 39.51 | 39.51 | 150m: 2:11.30 | 46.70 | 250m: 3:45.54 | 46.65 | 350m: 5:17.01 | 45.34 |
| | 100m: 1:24.60 | 45.09 | 200m: 2:58.89 | 47.59 | 300m: 4:31.67 | 46.13 | 400m: 6:00.70 | 43.69 |
| 20. | VIGUERAS CAPABLO, Claudia | | 04 | N. Casa De Asturias | | 6:12.12 | 256 | - |
| | 50m: 41.17 | 41.17 | 150m: 2:14.00 | 47.56 | 250m: 3:51.59 | 49.16 | 350m: 5:27.33 | 47.38 |
| | 100m: 1:26.44 | 45.27 | 200m: 3:02.43 | 48.43 | 300m: 4:39.95 | 48.36 | 400m: 6:12.12 | 44.79 |
| 21. | FERNÁNDEZ ALONSO, Yira | | 04 | N. Casa De Asturias | | 6:27.80 | 226 | - |
| | 50m: 41.98 | 41.98 | 150m: 2:20.62 | 50.03 | 250m: 4:02.12 | 50.87 | 350m: 5:30.00 | |
| | 100m: 1:30.59 | 48.61 | 200m: 3:11.25 | 50.63 | 300m: 4:53.01 | 50.89 | 400m: 6:27.80 | |



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Prueba 21, Fem., 400m Libre, ABSOLUTA

| Clasificación | AN | | | | | | | | Tiempo | FINA | PTOS |
|---------------------------------|------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|--|----------------|------|------|
| 22. MORÁN GONZÁLEZ, Lucia | 03 N. Casa De Asturias | | | | | | | | 6:51.61 | 189 | - |
| 50m: 43.27 43.27 | 150m: 2:27.23 53.68 | 250m: 4:15.16 53.81 | 350m: 6:01.88 53.04 | 100m: 1:33.55 50.28 | 200m: 3:21.35 54.12 | 300m: 5:08.84 53.68 | 400m: 6:51.61 49.73 | | | | |
| 23. DIEZ SANMARTÍN, Lucia | 05 N. Casa De Asturias | | | | | | | | 6:52.82 | 187 | - |
| 50m: 44.70 44.70 | 150m: 2:27.55 52.13 | 250m: 4:15.03 52.98 | 350m: 6:02.28 52.65 | 100m: 1:35.42 50.72 | 200m: 3:22.05 54.50 | 300m: 5:09.63 54.60 | 400m: 6:52.82 50.54 | | | | |
| 24. QUINTANA DE LA FUENTE, Alba | 03 N. Casa De Asturias | | | | | | | | 7:13.79 | 161 | - |
| 50m: 47.57 47.57 | 150m: 2:35.61 54.76 | 250m: 4:27.30 55.77 | 350m: 6:20.20 56.28 | 100m: 1:40.85 53.28 | 200m: 3:31.53 55.92 | 300m: 5:23.92 56.62 | 400m: 7:13.79 53.59 | | | | |