

Prueba 6  
09/11/2019

Fem., 400m Libre

Absoluto Femenino  
Resultados

RCTO	4:32.68	VÁZQUEZ ÁLVAREZ, ELENA	TOMELLOSO	23/03/2019
R	4:08.02	, IBAÑEZ HERNANDEZ Nerea	BARCELONA	15/11/2018
MM 18	4:12.99	IBAÑEZ HERNANDEZ, NEREA	BARCELONA	23/11/2017
MM 17	4:25.34	, IBAÑEZ HERNANDEZ NEREA	TALAVERA DE LA REINA	14/02/2016
MM 16	4:30.21	, IBAÑEZ HERNANDEZ NEREA	TALAVERA DE LA REINA	15/02/2015
MM 15	4:24.28	, IBAÑEZ HERNANDEZ NEREA	TALAVERA DE LA REINA	16/02/2014
MM 14	4:24.47	, MARTA CARMONA VILLAPLANA	MADRID	27/10/2019
MM 13	4:31.34	, ELENA VAZQUEZ ALVAREZ	M86_MADRID	27/10/2019
MM 12	4:40.91	, CABANES GARZÁS LAURA	ALBACETE	05/05/2018

Clasificación AN Tiempo Abs GE

Alevín Femenino

1. HERENCIA BALLESTEROS, Irene	07	C.N. Criptana Gigantes	<b>5:07.18</b>	-	27,00
50m: 33.61 33.61	150m: 1:50.03 38.90	250m: 3:07.87 38.83	350m: 4:27.90 40.34	400m: 5:07.18 39.28	
100m: 1:11.13 37.52	200m: 2:29.04 39.01	300m: 3:47.56 39.69			
2. RUBIO MORENO, Maria Del Prado	07	C.N. Alarcos Ciudad Real	<b>5:19.11</b>	-	25,00
50m: 33.97 33.97	150m: 1:55.86 41.52	250m: 3:18.16 40.69	350m: 4:41.05 40.44	400m: 5:19.11 38.06	
100m: 1:14.34 40.37	200m: 2:37.47 41.61	300m: 4:00.61 42.45			
3. MORA LOPEZ, Africa	08	C.N. Albacete	<b>5:21.98</b>	-	23,00
50m: 35.54 35.54	150m: 1:56.16 40.30	250m: 3:18.71 42.11	350m: 4:39.74 41.19	400m: 5:21.98 42.24	
100m: 1:15.86 40.32	200m: 2:36.60 40.44	300m: 3:58.55 39.84			
4. DELGADO MARTIN, Irene	07	C.N. Ciudad Real	<b>5:25.66</b>	-	21,00
50m: 35.98 35.98	150m: 1:57.06 41.17	250m: 3:20.63 41.99	350m: 4:44.90 41.83	400m: 5:25.66 40.76	
100m: 1:15.89 39.91	200m: 2:38.64 41.58	300m: 4:03.07 42.44			
5. GARCIA SERNA, Maria	07	C.N. Tomelloso	<b>5:52.62</b>	-	20,00
50m: 38.72 38.72	150m: 2:08.06 44.93	250m: 3:38.31 45.72	350m: 5:09.69 45.68	400m: 5:52.62 42.93	
100m: 1:23.13 44.41	200m: 2:52.59 44.53	300m: 4:24.01 45.70			
6. ORTIZ GUIASOLA, Itziar	07	C.N. Toledo	<b>6:10.45</b>	-	19,00
50m: 41.20 41.20	150m: 2:14.42 47.32	250m: 3:50.33 48.18	350m: 5:24.99 48.11	400m: 6:10.45 45.46	
100m: 1:27.10 45.90	200m: 3:02.15 47.73	300m: 4:36.88 46.55			
7. BONETE TOMAS, Emma	07	C.N. Almansa	<b>6:10.60</b>	-	18,00
50m: 42.04 42.04	150m: 2:17.21 47.91	250m: 3:53.31 48.01	350m: 5:27.82 46.79	400m: 6:10.60 42.78	
100m: 1:29.30 47.26	200m: 3:05.30 48.09	300m: 4:41.03 47.72			

Infantil Femenino

1. CARMONA VILLAPLANA, Marta	05	C.N. Albacete	<b>4:23.02</b>	37,00	32,00 rc
50m: 30.86 30.86	150m: 1:37.21 33.20	250m: 2:43.61 33.27	350m: 3:50.62 33.46	400m: 4:23.02 32.40	
100m: 1:04.01 33.15	200m: 2:10.34 33.13	300m: 3:17.16 33.55			
2. VAZQUEZ ALVAREZ, Elena	06	C.N. El Cisne	<b>4:27.13</b>	25,00	30,00 mm
50m: 31.19 31.19	150m: 1:37.59 33.21	250m: 2:45.50 34.48	350m: 3:54.13 34.33	400m: 4:27.13 33.00	
100m: 1:04.38 33.19	200m: 2:11.02 33.43	300m: 3:19.80 34.30			
3. RUIZ SANCHEZ, Marta	06	C.N. Alarcos Ciudad Real	<b>4:50.50</b>	18,00	23,00
50m: 32.34 32.34	150m: 1:46.41 37.59	250m: 3:00.74 36.38	350m: 4:14.58 37.19	400m: 4:50.50 35.92	
100m: 1:08.82 36.48	200m: 2:24.36 37.95	300m: 3:37.39 36.65			
4. HUETE Gº DEL CASTILLO, Maria	06	C.N. Ciudad Real	<b>4:54.81</b>	15,00	21,00
50m: 32.70 32.70	150m: 1:46.01 37.10	250m: 3:01.53 37.66	350m: 4:17.85 38.34	400m: 4:54.81 36.96	
100m: 1:08.91 36.21	200m: 2:23.87 37.86	300m: 3:39.51 37.98			
5. MARTINEZ TERUEL, Andrea	05	C.N. Almansa	<b>4:57.98</b>	14,00	20,00
50m: 33.08 33.08	150m: 1:47.83 37.75	250m: 3:04.44 38.43	350m: 4:21.31 38.51	400m: 4:57.98 36.67	
100m: 1:10.08 37.00	200m: 2:26.01 38.18	300m: 3:42.80 38.36			
6. MUÑOZ SÁNCHEZ, Susana	06	C.N. Valdepeñas	<b>4:58.26</b>	13,00	19,00
50m: 33.18 33.18	150m: 1:46.79 37.50	250m: 3:03.32 38.11	350m: 4:20.18 38.62	400m: 4:58.26 38.08	
100m: 1:09.29 36.11	200m: 2:25.21 38.42	300m: 3:41.56 38.24			

Prueba 6, Fem., 400m Libre, Infantil Femenino

Clasificación	AN		Tiempo		Abs	GE
7. VALVERDE MARTINEZ, Daniela	06	C.P. La Roda	<b>4:59.21</b>	11,00	18,00	
50m: 32.58 32.58	150m: 1:45.92 37.63	250m: 3:02.51 38.43	350m: 4:21.05 39.90			
100m: 1:08.29 35.71	200m: 2:24.08 38.16	300m: 3:41.15 38.64	400m: 4:59.21 38.16			
8. SANCHEZ MONFORTE, Virginia	05	E.C. Ciudad De Talavera	<b>5:04.70</b>	7,00	17,00	
50m: 34.44 34.44	150m: 1:50.21 38.05	250m: 3:07.27 38.09	350m: 4:26.40 39.68			
100m: 1:12.16 37.72	200m: 2:29.18 38.97	300m: 3:46.72 39.45	400m: 5:04.70 38.30			
9. MOYA VALERA, Ingrid	06	Club Natacion Daimiel	<b>5:18.15</b>	-	16,00	
50m: 35.88 35.88	150m: 1:56.16 40.94	250m: 3:16.98 40.43	350m: 4:38.72 40.78			
100m: 1:15.22 39.34	200m: 2:36.55 40.39	300m: 3:57.94 40.96	400m: 5:18.15 39.43			

Junior Femenino

1. CABANES GARZAS, Marta	03	Club Natacion Daimiel	<b>4:40.10</b>	23,00	27,00
50m: 31.11 31.11	150m: 1:39.31 34.60	250m: 2:51.16 36.48	350m: 4:04.20 36.59		
100m: 1:04.71 33.60	200m: 2:14.68 35.37	300m: 3:27.61 36.45	400m: 4:40.10 35.90		
2. GARCÍA-MORATO FDEZ DE SIMÓN, A04alia C.N. Alarcos Ciudad Real			<b>4:44.02</b>	21,00	25,00
50m: 31.35 31.35	150m: 1:40.99 35.42	250m: 2:53.80 36.88	350m: 4:08.11 37.01		
100m: 1:05.57 34.22	200m: 2:16.92 35.93	300m: 3:31.10 37.30	400m: 4:44.02 35.91		
3. GARCIA ARENAS, Carmen	03	C.P. La Roda	<b>4:58.75</b>	12,00	23,00
50m: 33.09 33.09	150m: 1:47.29 37.78	250m: 3:03.40 37.97	350m: 4:20.65 38.69		
100m: 1:09.51 36.42	200m: 2:25.43 38.14	300m: 3:41.96 38.56	400m: 4:58.75 38.10		
4. NOMBELA GARVIN, Lucia	04	C.N. El Cisne	<b>5:00.07</b>	-	21,00
50m: 33.61 33.61	150m: 1:48.10 37.71	250m: 3:05.03 38.51	350m: 4:22.15 38.49		
100m: 1:10.39 36.78	200m: 2:26.52 38.42	300m: 3:43.66 38.63	400m: 5:00.07 37.92		
5. DE LA GUIA PANADERO, Teresa	03	C.N. Criptana Gigantes	<b>5:00.40</b>	10,00	20,00
50m: 34.37 34.37	150m: 1:50.62 38.25	250m: 3:07.31 38.40	350m: 4:24.52 38.40		
100m: 1:12.37 38.00	200m: 2:28.91 38.29	300m: 3:46.12 38.81	400m: 5:00.40 35.88		
6. CAMELLO SERRANO, Ana Li	04	C.N. Toledo	<b>5:07.65</b>	6,00	19,00
50m: 34.37 34.37	150m: 1:52.30 39.41	250m: 3:11.24 39.81	350m: 4:30.52 39.16		
100m: 1:12.89 38.52	200m: 2:31.43 39.13	300m: 3:51.36 40.12	400m: 5:07.65 37.13		
7. DENIA CEBRIAN, Claudia	03	C.N. Albacete	<b>5:10.79</b>	5,00	18,00
50m: 34.89 34.89	150m: 1:52.62 39.09	250m: 3:12.18 39.59	350m: 4:31.97 39.41		
100m: 1:13.53 38.64	200m: 2:32.59 39.97	300m: 3:52.56 40.38	400m: 5:10.79 38.82		
8. MERINO GOMEZ, Vera	03	E.C. Ciudad De Talavera	<b>5:13.26</b>	-	17,00
50m: 35.45 35.45	150m: 1:52.37 39.37	250m: 3:11.71 39.83	350m: 4:33.10 40.98		
100m: 1:13.00 37.55	200m: 2:31.88 39.51	300m: 3:52.12 40.41	400m: 5:13.26 40.16		
9. MUÑOZ SANCHEZ, Lucia	03	C.N. Valdepeñas	<b>5:13.69</b>	-	16,00
50m: 34.69 34.69	150m: 1:51.19 39.09	250m: 3:11.40 40.28	350m: 4:33.48 41.26		
100m: 1:12.10 37.41	200m: 2:31.12 39.93	300m: 3:52.22 40.82	400m: 5:13.69 40.21		
10. NAVARRO MOYA, Patricia	04	C.N. Tomelloso	<b>5:25.29</b>	2,00	15,00
50m: 35.49 35.49	150m: 1:56.46 41.20	250m: 3:20.96 42.12	350m: 4:44.51 41.57		
100m: 1:15.26 39.77	200m: 2:38.84 42.38	300m: 4:02.94 41.98	400m: 5:25.29 40.78		
11. VILLAESCUSA LAPEÑA, Rocio	04	C.N. Almansa	<b>5:52.36</b>	1,00	14,00
50m: 36.59 36.59	150m: 2:00.15 42.99	250m: 3:33.91 47.25	350m: 5:06.38 45.89		
100m: 1:17.16 40.57	200m: 2:46.66 46.51	300m: 4:20.49 46.58	400m: 5:52.36 45.98		

Prueba 6, Fem., 400m Libre

Senior Femenino

1.	OLMEDO LEON, Lourdes	96	C.N. Valdepeñas	<b>4:48.01</b>	20,00	27,00
	50m: 31.63 31.63	150m: 1:42.78 36.17	250m: 2:57.42 37.64	350m: 4:13.52 38.06		
	100m: 1:06.61 34.98	200m: 2:19.78 37.00	300m: 3:35.46 38.04	400m: 4:48.01 34.49		
2.	LAJO GUERRA, Andrea	01	C.N. Toledo	<b>4:48.63</b>	19,00	25,00
	50m: 32.66 32.66	150m: 1:43.82 36.32	250m: 2:58.07 37.25	350m: 4:13.36 37.63		
	100m: 1:07.50 34.84	200m: 2:20.82 37.00	300m: 3:35.73 37.66	400m: 4:48.63 35.27		
3.	SANCHEZ-MUÑOZ LOPEZ, Lucia	02	C.N. El Cisne	<b>4:54.02</b>	17,00	23,00
	50m: 31.96 31.96	150m: 1:43.70 36.81	250m: 2:58.34 37.65	350m: 4:15.30 38.69		
	100m: 1:06.89 34.93	200m: 2:20.69 36.99	300m: 3:36.61 38.27	400m: 4:54.02 38.72		
4.	SANCHEZ-ROJO HUERTAS, Belen	97	C.N. Criptana Gigantes	<b>4:54.21</b>	16,00	21,00
	50m: 34.97 34.97	150m: 1:50.29 37.68	250m: 3:05.19 37.24	350m: 4:18.84 36.64		
	100m: 1:12.61 37.64	200m: 2:27.95 37.66	300m: 3:42.20 37.01	400m: 4:54.21 35.37		
5.	RODRIGUEZ MORENO, Carlota	01	E.C. Ciudad De Talavera	<b>5:01.93</b>	9,00	20,00
	50m: 35.19 35.19	150m: 1:50.29 37.81	250m: 3:06.95 37.99	350m: 4:24.80 38.55		
	100m: 1:12.48 37.29	200m: 2:28.96 38.67	300m: 3:46.25 39.30	400m: 5:01.93 37.13		
6.	DEL CERRO MARTIN-ONDARZA, Pilar	98	C.N. Ciudad Real	<b>5:03.88</b>	8,00	19,00
	50m: 35.01 35.01	150m: 1:51.57 38.75	250m: 3:08.26 38.32	350m: 4:25.76 38.60		
	100m: 1:12.82 37.81	200m: 2:29.94 38.37	300m: 3:47.16 38.90	400m: 5:03.88 38.12		
7.	MEZCUA JIMENA, Victoria	98	C.N. Tomelloso	<b>5:14.33</b>	4,00	18,00
	50m: 35.54 35.54	150m: 1:55.91 40.42	250m: 3:17.35 40.50	350m: 4:36.47 39.32		
	100m: 1:15.49 39.95	200m: 2:36.85 40.94	300m: 3:57.15 39.80	400m: 5:14.33 37.86		
8.	LÓPEZ DE LA NIETA, Berta	02	Club Natacion Daimiel	<b>5:16.28</b>	3,00	17,00
	50m: 34.61 34.61	150m: 1:52.14 39.22	250m: 3:12.91 40.73	350m: 4:35.34 41.08		
	100m: 1:12.92 38.31	200m: 2:32.18 40.04	300m: 3:54.26 41.35	400m: 5:16.28 40.94		
9.	OJEDA TEBAR, Angela	00	C.P. La Roda	<b>5:23.99</b>	-	16,00
	50m: 36.10 36.10	150m: 1:56.25 40.31	250m: 3:18.62 41.06	350m: 4:42.45 42.32		
	100m: 1:15.94 39.84	200m: 2:37.56 41.31	300m: 4:00.13 41.51	400m: 5:23.99 41.54		

Absoluto Femenino

1.	CARMONA VILLAPLANA, Marta	05	C.N. Albacete	<b>4:23.02</b>	37,00	32,00 rc
	50m: 30.86 30.86	150m: 1:37.21 33.20	250m: 2:43.61 33.27	350m: 3:50.62 33.46		
	100m: 1:04.01 33.15	200m: 2:10.34 33.13	300m: 3:17.16 33.55	400m: 4:23.02 32.40		
2.	VAZQUEZ ALVAREZ, Elena	06	C.N. El Cisne	<b>4:27.13</b>	25,00	30,00 mm
	50m: 31.19 31.19	150m: 1:37.59 33.21	250m: 2:45.50 34.48	350m: 3:54.13 34.33		
	100m: 1:04.38 33.19	200m: 2:11.02 33.43	300m: 3:19.80 34.30	400m: 4:27.13 33.00		
3.	CABANES GARZAS, Marta	03	Club Natacion Daimiel	<b>4:40.10</b>	23,00	27,00
	50m: 31.11 31.11	150m: 1:39.31 34.60	250m: 2:51.16 36.48	350m: 4:04.20 36.59		
	100m: 1:04.71 33.60	200m: 2:14.68 35.37	300m: 3:27.61 36.45	400m: 4:40.10 35.90		
4.	GARCÍA-MORATO FDEZ DE SIMÓN, A04	04	Alia C.N. Alarcos Ciudad Real	<b>4:44.02</b>	21,00	25,00
	50m: 31.35 31.35	150m: 1:40.99 35.42	250m: 2:53.80 36.88	350m: 4:08.11 37.01		
	100m: 1:05.57 34.22	200m: 2:16.92 35.93	300m: 3:31.10 37.30	400m: 4:44.02 35.91		
5.	OLMEDO LEON, Lourdes	96	C.N. Valdepeñas	<b>4:48.01</b>	20,00	27,00
	50m: 31.63 31.63	150m: 1:42.78 36.17	250m: 2:57.42 37.64	350m: 4:13.52 38.06		
	100m: 1:06.61 34.98	200m: 2:19.78 37.00	300m: 3:35.46 38.04	400m: 4:48.01 34.49		
6.	LAJO GUERRA, Andrea	01	C.N. Toledo	<b>4:48.63</b>	19,00	25,00
	50m: 32.66 32.66	150m: 1:43.82 36.32	250m: 2:58.07 37.25	350m: 4:13.36 37.63		
	100m: 1:07.50 34.84	200m: 2:20.82 37.00	300m: 3:35.73 37.66	400m: 4:48.63 35.27		
7.	RUIZ SANCHEZ, Marta	06	C.N. Alarcos Ciudad Real	<b>4:50.50</b>	18,00	23,00
	50m: 32.34 32.34	150m: 1:46.41 37.59	250m: 3:00.74 36.38	350m: 4:14.58 37.19		
	100m: 1:08.82 36.48	200m: 2:24.36 37.95	300m: 3:37.39 36.65	400m: 4:50.50 35.92		

Prueba 6, Fem., 400m Libre, Absoluto Femenino

Clasificación	AN						Tiempo	Abs	GE		
8. SANCHEZ-MUÑOZ LOPEZ, Lucia	02	C.N. El Cisne					<b>4:54.02</b>	17,00	23,00		
50m:	31.96	31.96	150m:	1:43.70	36.81	250m:	2:58.34	37.65	350m:	4:15.30	38.69
100m:	1:06.89	34.93	200m:	2:20.69	36.99	300m:	3:36.61	38.27	400m:	4:54.02	38.72
9. SANCHEZ-ROJO HUERTAS, Belen	97	C.N. Criptana Gigantes					<b>4:54.21</b>	16,00	21,00		
50m:	34.97	34.97	150m:	1:50.29	37.68	250m:	3:05.19	37.24	350m:	4:18.84	36.64
100m:	1:12.61	37.64	200m:	2:27.95	37.66	300m:	3:42.20	37.01	400m:	4:54.21	35.37
10. HUETE Gº DEL CASTILLO, Maria	06	C.N. Ciudad Real					<b>4:54.81</b>	15,00	21,00		
50m:	32.70	32.70	150m:	1:46.01	37.10	250m:	3:01.53	37.66	350m:	4:17.85	38.34
100m:	1:08.91	36.21	200m:	2:23.87	37.86	300m:	3:39.51	37.98	400m:	4:54.81	36.96
11. MARTINEZ TERUEL, Andrea	05	C.N. Almansa					<b>4:57.98</b>	14,00	20,00		
50m:	33.08	33.08	150m:	1:47.83	37.75	250m:	3:04.44	38.43	350m:	4:21.31	38.51
100m:	1:10.08	37.00	200m:	2:26.01	38.18	300m:	3:42.80	38.36	400m:	4:57.98	36.67
12. MUÑOZ SÁNCHEZ, Susana	06	C.N. Valdepeñas					<b>4:58.26</b>	13,00	19,00		
50m:	33.18	33.18	150m:	1:46.79	37.50	250m:	3:03.32	38.11	350m:	4:20.18	38.62
100m:	1:09.29	36.11	200m:	2:25.21	38.42	300m:	3:41.56	38.24	400m:	4:58.26	38.08
13. GARCIA ARENAS, Carmen	03	C.P. La Roda					<b>4:58.75</b>	12,00	23,00		
50m:	33.09	33.09	150m:	1:47.29	37.78	250m:	3:03.40	37.97	350m:	4:20.65	38.69
100m:	1:09.51	36.42	200m:	2:25.43	38.14	300m:	3:41.96	38.56	400m:	4:58.75	38.10
14. VALVERDE MARTINEZ, Daniela	06	C.P. La Roda					<b>4:59.21</b>	11,00	18,00		
50m:	32.58	32.58	150m:	1:45.92	37.63	250m:	3:02.51	38.43	350m:	4:21.05	39.90
100m:	1:08.29	35.71	200m:	2:24.08	38.16	300m:	3:41.15	38.64	400m:	4:59.21	38.16
15. NOMBELA GARVIN, Lucia	04	C.N. El Cisne					<b>5:00.07</b>	-	21,00		
50m:	33.61	33.61	150m:	1:48.10	37.71	250m:	3:05.03	38.51	350m:	4:22.15	38.49
100m:	1:10.39	36.78	200m:	2:26.52	38.42	300m:	3:43.66	38.63	400m:	5:00.07	37.92
16. DE LA GUIA PANADERO, Teresa	03	C.N. Criptana Gigantes					<b>5:00.40</b>	10,00	20,00		
50m:	34.37	34.37	150m:	1:50.62	38.25	250m:	3:07.31	38.40	350m:	4:24.52	38.40
100m:	1:12.37	38.00	200m:	2:28.91	38.29	300m:	3:46.12	38.81	400m:	5:00.40	35.88
17. RODRIGUEZ MORENO, Carlota	01	E.C. Ciudad De Talavera					<b>5:01.93</b>	9,00	20,00		
50m:	35.19	35.19	150m:	1:50.29	37.81	250m:	3:06.95	37.99	350m:	4:24.80	38.55
100m:	1:12.48	37.29	200m:	2:28.96	38.67	300m:	3:46.25	39.30	400m:	5:01.93	37.13
18. DEL CERRO MARTIN-ONDARZA, Pilar	98	C.N. Ciudad Real					<b>5:03.88</b>	8,00	19,00		
50m:	35.01	35.01	150m:	1:51.57	38.75	250m:	3:08.26	38.32	350m:	4:25.76	38.60
100m:	1:12.82	37.81	200m:	2:29.94	38.37	300m:	3:47.16	38.90	400m:	5:03.88	38.12
19. SANCHEZ MONFORTE, Virginia	05	E.C. Ciudad De Talavera					<b>5:04.70</b>	7,00	17,00		
50m:	34.44	34.44	150m:	1:50.21	38.05	250m:	3:07.27	38.09	350m:	4:26.40	39.68
100m:	1:12.16	37.72	200m:	2:29.18	38.97	300m:	3:46.72	39.45	400m:	5:04.70	38.30
20. HERENCIA BALLESTEROS, Irene	07	C.N. Criptana Gigantes					<b>5:07.18</b>	-	27,00		
50m:	33.61	33.61	150m:	1:50.03	38.90	250m:	3:07.87	38.83	350m:	4:27.90	40.34
100m:	1:11.13	37.52	200m:	2:29.04	39.01	300m:	3:47.56	39.69	400m:	5:07.18	39.28
21. CAMELLO SERRANO, Ana Li	04	C.N. Toledo					<b>5:07.65</b>	6,00	19,00		
50m:	34.37	34.37	150m:	1:52.30	39.41	250m:	3:11.24	39.81	350m:	4:30.52	39.16
100m:	1:12.89	38.52	200m:	2:31.43	39.13	300m:	3:51.36	40.12	400m:	5:07.65	37.13
22. DENIA CEBRIAN, Claudia	03	C.N. Albacete					<b>5:10.79</b>	5,00	18,00		
50m:	34.89	34.89	150m:	1:52.62	39.09	250m:	3:12.18	39.59	350m:	4:31.97	39.41
100m:	1:13.53	38.64	200m:	2:32.59	39.97	300m:	3:52.56	40.38	400m:	5:10.79	38.82
23. MERINO GOMEZ, Vera	03	E.C. Ciudad De Talavera					<b>5:13.26</b>	-	17,00		
50m:	35.45	35.45	150m:	1:52.37	39.37	250m:	3:11.71	39.83	350m:	4:33.10	40.98
100m:	1:13.00	37.55	200m:	2:31.88	39.51	300m:	3:52.12	40.41	400m:	5:13.26	40.16
24. MUÑOZ SANCHEZ, Lucia	03	C.N. Valdepeñas					<b>5:13.69</b>	-	16,00		
50m:	34.69	34.69	150m:	1:51.19	39.09	250m:	3:11.40	40.28	350m:	4:33.48	41.26
100m:	1:12.10	37.41	200m:	2:31.12	39.93	300m:	3:52.22	40.82	400m:	5:13.69	40.21

Prueba 6, Fem., 400m Libre, Absoluto Femenino

Clasificación	AN		Tiempo		Abs	GE
25. MEZCUA JIMENA, Victoria	98	C.N. Tomelloso	<b>5:14.33</b>		4,00	18,00
50m: 35.54 35.54	150m: 1:55.91 40.42	250m: 3:17.35 40.50	350m: 4:36.47 39.32			
100m: 1:15.49 39.95	200m: 2:36.85 40.94	300m: 3:57.15 39.80	400m: 5:14.33 37.86			
26. LÓPEZ DE LA NIETA, Berta	02	Club Natacion Daimiel	<b>5:16.28</b>		3,00	17,00
50m: 34.61 34.61	150m: 1:52.14 39.22	250m: 3:12.91 40.73	350m: 4:35.34 41.08			
100m: 1:12.92 38.31	200m: 2:32.18 40.04	300m: 3:54.26 41.35	400m: 5:16.28 40.94			
27. MOYA VALERA, Ingrid	06	Club Natacion Daimiel	<b>5:18.15</b>		-	16,00
50m: 35.88 35.88	150m: 1:56.16 40.94	250m: 3:16.98 40.43	350m: 4:38.72 40.78			
100m: 1:15.22 39.34	200m: 2:36.55 40.39	300m: 3:57.94 40.96	400m: 5:18.15 39.43			
28. RUBIO MORENO, Maria Del Prado	07	C.N. Alarcos Ciudad Real	<b>5:19.11</b>		-	25,00
50m: 33.97 33.97	150m: 1:55.86 41.52	250m: 3:18.16 40.69	350m: 4:41.05 40.44			
100m: 1:14.34 40.37	200m: 2:37.47 41.61	300m: 4:00.61 42.45	400m: 5:19.11 38.06			
29. MORA LOPEZ, Africa	08	C.N. Albacete	<b>5:21.98</b>		-	23,00
50m: 35.54 35.54	150m: 1:56.16 40.30	250m: 3:18.71 42.11	350m: 4:39.74 41.19			
100m: 1:15.86 40.32	200m: 2:36.60 40.44	300m: 3:58.55 39.84	400m: 5:21.98 42.24			
30. OJEDA TEBAR, Angela	00	C.P. La Roda	<b>5:23.99</b>		-	16,00
50m: 36.10 36.10	150m: 1:56.25 40.31	250m: 3:18.62 41.06	350m: 4:42.45 42.32			
100m: 1:15.94 39.84	200m: 2:37.56 41.31	300m: 4:00.13 41.51	400m: 5:23.99 41.54			
31. NAVARRO MOYA, Patricia	04	C.N. Tomelloso	<b>5:25.29</b>		2,00	15,00
50m: 35.49 35.49	150m: 1:56.46 41.20	250m: 3:20.96 42.12	350m: 4:44.51 41.57			
100m: 1:15.26 39.77	200m: 2:38.84 42.38	300m: 4:02.94 41.98	400m: 5:25.29 40.78			
32. DELGADO MARTIN, Irene	07	C.N. Ciudad Real	<b>5:25.66</b>		-	21,00
50m: 35.98 35.98	150m: 1:57.06 41.17	250m: 3:20.63 41.99	350m: 4:44.90 41.83			
100m: 1:15.89 39.91	200m: 2:38.64 41.58	300m: 4:03.07 42.44	400m: 5:25.66 40.76			
33. VILLAESCUSA LAPEÑA, Rocio	04	C.N. Almansa	<b>5:52.36</b>		1,00	14,00
50m: 36.59 36.59	150m: 2:00.15 42.99	250m: 3:33.91 47.25	350m: 5:06.38 45.89			
100m: 1:17.16 40.57	200m: 2:46.66 46.51	300m: 4:20.49 46.58	400m: 5:52.36 45.98			
34. GARCIA SERNA, Maria	07	C.N. Tomelloso	<b>5:52.62</b>		-	20,00
50m: 38.72 38.72	150m: 2:08.06 44.93	250m: 3:38.31 45.72	350m: 5:09.69 45.68			
100m: 1:23.13 44.41	200m: 2:52.59 44.53	300m: 4:24.01 45.70	400m: 5:52.62 42.93			
35. ORTIZ GUIASOLA, Itziar	07	C.N. Toledo	<b>6:10.45</b>		-	19,00
50m: 41.20 41.20	150m: 2:14.42 47.32	250m: 3:50.33 48.18	350m: 5:24.99 48.11			
100m: 1:27.10 45.90	200m: 3:02.15 47.73	300m: 4:36.88 46.55	400m: 6:10.45 45.46			
36. BONETE TOMAS, Emma	07	C.N. Almansa	<b>6:10.60</b>		-	18,00
50m: 42.04 42.04	150m: 2:17.21 47.91	250m: 3:53.31 48.01	350m: 5:27.82 46.79			
100m: 1:29.30 47.26	200m: 3:05.30 48.09	300m: 4:41.03 47.72	400m: 6:10.60 42.78			