

Event 6  
09/11/2019

Women, 400m Freestyle

Absoluto Femenino  
Results

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

Rank YB Time 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		
100m: 1:11.13 37.52	200m: 2:29.04 39.01	300m: 3:47.56 39.69	400m: 5:07.18 39.28		
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		
100m: 1:14.34 40.37	200m: 2:37.47 41.61	300m: 4:00.61 42.45	400m: 5:19.11 38.06		
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		
100m: 1:15.86 40.32	200m: 2:36.60 40.44	300m: 3:58.55 39.84	400m: 5:21.98 42.24		
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		
100m: 1:15.89 39.91	200m: 2:38.64 41.58	300m: 4:03.07 42.44	400m: 5:25.66 40.76		
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		
100m: 1:23.13 44.41	200m: 2:52.59 44.53	300m: 4:24.01 45.70	400m: 5:52.62 42.93		
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		
100m: 1:27.10 45.90	200m: 3:02.15 47.73	300m: 4:36.88 46.55	400m: 6:10.45 45.46		
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		
100m: 1:29.30 47.26	200m: 3:05.30 48.09	300m: 4:41.03 47.72	400m: 6:10.60 42.78		

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		
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. 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		
4. HUETE G. 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		
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		
100m: 1:10.08 37.00	200m: 2:26.01 38.18	300m: 3:42.80 38.36	400m: 4:57.98 36.67		
6. MUNOZ SANCHEZ, Susana	06	C.N. Valdepenas	<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		

Event 6, Girls, 400m Freestyle, Infantil Femenino

Rank			YB			Time	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.	GARCIA-MORATO FDEZ DE SIMON, A04alia		04	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.	MUNOZ SANCHEZ, Lucia		03	C.N. Valdepenas		<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 LAPENA, 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

Event 6, Women, 400m Freestyle

Senior Femenino

1. OLMEDO LEON, Lourdes	96	C.N. Valdepenas	<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-MUNOZ 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. LOPEZ 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. GARCIA-MORATO FDEZ DE SIMON, 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. Valdepenas	<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		

Event 6, Women, 400m Freestyle, Absoluto Femenino

Rank			YB			Time	Abs	GE
8.	SANCHEZ-MUNOZ 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 G. 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.	MUNOZ SANCHEZ, Susana		06	C.N. Valdepenas		<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.	MUNOZ SANCHEZ, Lucia		03	C.N. Valdepenas		<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

Event 6, Women, 400m Freestyle, Absoluto Femenino

Rank				YB				Time	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.	LOPEZ 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 LAPENA, 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