

Prueba 12  
21/02/2026

Fem., 400m Libre

Absoluto Femenino  
Resultados

r	4:07.57	MARTA CARMONA, VILLAPLANA	Sabadell	17/12/2022
mm 18	4:12.99	NEREA IBAÑEZ, HERNANDEZ	BARCELONA	23/11/2017
mm 17	4:07.57	MARTA CARMONA, VILLAPLANA	Sabadell	17/12/2022
mm 16	4:11.41	MARTA CARMONA, VILLAPLANA	PALMA DE MALLORCA	25/11/2021
mm 15	4:16.72	MARTA CARMONA, VILLAPLANA	Talavera	07/11/2020
mm 14	4:23.02	MARTA CARMONA, VILLAPLANA	Tomelloso	09/11/2019
mm 13	4:26.35	ELENA VAZQUEZ, ALVAREZ	GIJON	14/11/2019
mm 12	4:40.91	CABANES GARZÁS, LAURA	ALBACETE	05/05/2018
mm 11	5:01.51	BLANCA DIAZ, GOMEZ	Tomelloso	06/11/2021

Clasificación

AN

Tiempo

Alevín Femenino

1.	<b>MORENO-TOME NAVARRO, Abril</b>	13	C.N. Torrijos	<b>4:54.03</b>
	50m: 33.47 33.47	150m: 1:46.84	37.07 250m: 3:01.64	37.24 350m: 4:16.88 37.37
	100m: 1:09.77 36.30	200m: 2:24.40	37.56 300m: 3:39.51	37.87 400m: 4:54.03 37.15
2.	<b>MORATA SOMOZAS, Dunia</b>	13	C.N. Ciudad Real	<b>5:12.18</b>
	50m: 36.44 36.44	150m: 1:55.36	40.03 250m: 3:15.21	39.87 350m: 4:33.14 39.24
	100m: 1:15.33 38.89	200m: 2:35.34	39.98 300m: 3:53.90	38.69 400m: 5:12.18 39.04
3.	<b>PEÑA RODRÍGUEZ, Maria</b>	13	C.D. Toledo Monteverde	<b>5:16.02</b>
	50m: 36.28 36.28	150m: 1:55.94	40.18 250m: 3:17.26	40.69 350m: 4:37.98 40.72
	100m: 1:15.76 39.48	200m: 2:36.57	40.63 300m: 3:57.26	40.00 400m: 5:16.02 38.04

Infantil Femenino

1.	<b>MENDIOLA LABRADOR, Marta</b>	12	C.N. Ciudad Real	<b>5:09.77</b>
	50m: 34.87 34.87	150m: 1:53.92	39.87 250m: 3:13.55	39.72 350m: 4:32.27 39.01
	100m: 1:14.05 39.18	200m: 2:33.83	39.91 300m: 3:53.26	39.71 400m: 5:09.77 37.50
2.	<b>RODRIGUEZ LOPEZ, Elsa</b>	11	C.N. Cuenca	<b>5:10.97</b>
	50m: 34.13 34.13	150m: 1:50.50	39.03 250m: 3:10.24	40.06 350m: 4:31.11 40.13
	100m: 1:11.47 37.34	200m: 2:30.18	39.68 300m: 3:50.98	40.74 400m: 5:10.97 39.86
3.	<b>PERNIAS NARANJO, Isabel</b>	12	C.N. Ciudad Real	<b>5:11.78</b>
	50m: 35.78 35.78	150m: 1:54.21	39.82 250m: 3:14.04	39.80 350m: 4:34.34 40.10
	100m: 1:14.39 38.61	200m: 2:34.24	40.03 300m: 3:54.24	40.20 400m: 5:11.78 37.44
4.	<b>VALEAN ESCRIBANO, Estrella</b>	11	C.N. Criptana Gigantes	<b>5:14.46</b>
	50m: 35.89 35.89	150m: 1:55.36	40.20 250m: 3:15.62	40.19 350m: 4:36.09 40.36
	100m: 1:15.16 39.27	200m: 2:35.43	40.07 300m: 3:55.73	40.11 400m: 5:14.46 38.37
5.	<b>POLO BASTANTE, Carmen Maria</b>	12	Club Natacion Daimiel	<b>5:15.37</b>
	50m: 36.30 36.30	150m: 1:55.28	39.85 250m: 3:15.52	40.07 350m: 4:36.26 40.60
	100m: 1:15.43 39.13	200m: 2:35.45	40.17 300m: 3:55.66	40.14 400m: 5:15.37 39.11

Junior Femenino

1.	<b>CICUENDEZ PLAZA, Andrea</b>	08	C.N. Criptana Gigantes	<b>4:47.38</b>
	50m: 33.22 33.22	150m: 1:44.34	35.72 250m: 2:56.97	36.49 350m: 4:11.06 37.20
	100m: 1:08.62 35.40	200m: 2:20.48	36.14 300m: 3:33.86	36.89 400m: 4:47.38 36.32
2.	<b>RODRIGUEZ GONZALEZ GALLEGO, Blandi</b>	0	C.N. Ciudad Real	<b>5:03.98</b>
	50m: 33.85 33.85	150m: 1:48.11	37.72 250m: 3:06.36	39.63 350m: 4:25.51 39.67
	100m: 1:10.39 36.54	200m: 2:26.73	38.62 300m: 3:45.84	39.48 400m: 5:03.98 38.47
3.	<b>BANEGAS RUIZ VALDEPEÑAS, Alba</b>	10	Club Natacion Daimiel	<b>5:10.16</b>
	50m: 34.72 34.72	150m: 1:51.61	38.91 250m: 3:11.39	39.99 350m: 4:31.43 39.65
	100m: 1:12.70 37.98	200m: 2:31.40	39.79 300m: 3:51.78	40.39 400m: 5:10.16 38.73

Comprometidos con la natación para toda la vida

Prueba 12, Fem., 400m Libre, Junior Femenino

Clasificación	AN		Tiempo								
4. AGUIRRE MONTES DE OCA, Paula	09	C.D. Toledo Monteverde	<b>5:15.75</b>								
50m:	35.52	35.52	150m:	1:53.94	39.71	250m:	3:15.02	40.75	350m:	4:36.37	40.65
100m:	1:14.23	38.71	200m:	2:34.27	40.33	300m:	3:55.72	40.70	400m:	5:15.75	39.38
5. LOPEZ GALLEG0, Irene	09	C.P.N. La Roda	<b>5:21.11</b>								
50m:	34.76	34.76	150m:	1:53.26	40.00	250m:	3:15.97	41.70	350m:	4:39.88	42.11
100m:	1:13.26	38.50	200m:	2:34.27	41.01	300m:	3:57.77	41.80	400m:	5:21.11	41.23

Absoluto Femenino

1. CICUENDEZ PLAZA, Andrea	08	C.N. Criptana Gigantes	<b>4:47.38</b>								
50m:	33.22	33.22	150m:	1:44.34	35.72	250m:	2:56.97	36.49	350m:	4:11.06	37.20
100m:	1:08.62	35.40	200m:	2:20.48	36.14	300m:	3:33.86	36.89	400m:	4:47.38	36.32
2. MORENO-TOME NAVARRO, Abril	13	C.N. Torrijos	<b>4:54.03</b>								
50m:	33.47	33.47	150m:	1:46.84	37.07	250m:	3:01.64	37.24	350m:	4:16.88	37.37
100m:	1:09.77	36.30	200m:	2:24.40	37.56	300m:	3:39.51	37.87	400m:	4:54.03	37.15
3. PAVON CASTAÑERA, Ines	07	C.N. Ugena	<b>4:59.19</b>								
50m:	33.53	33.53	150m:	1:45.65	36.57	250m:	3:02.77	38.91	350m:	4:20.59	39.02
100m:	1:09.08	35.55	200m:	2:23.86	38.21	300m:	3:41.57	38.80	400m:	4:59.19	38.60
4. RODRIGUEZ GONZALEZ GALLEG0, Blanca	10	C.N. Ciudad Real	<b>5:03.98</b>								
50m:	33.85	33.85	150m:	1:48.11	37.72	250m:	3:06.36	39.63	350m:	4:25.51	39.67
100m:	1:10.39	36.54	200m:	2:26.73	38.62	300m:	3:45.84	39.48	400m:	5:03.98	38.47
5. MENDIOLA LABRADOR, Marta	12	C.N. Ciudad Real	<b>5:09.77</b>								
50m:	34.87	34.87	150m:	1:53.92	39.87	250m:	3:13.55	39.72	350m:	4:32.27	39.01
100m:	1:14.05	39.18	200m:	2:33.83	39.91	300m:	3:53.26	39.71	400m:	5:09.77	37.50
6. BANEGAS RUIZ VALDEPEÑAS, Alba	10	Club Natacion Daimiel	<b>5:10.16</b>								
50m:	34.72	34.72	150m:	1:51.61	38.91	250m:	3:11.39	39.99	350m:	4:31.43	39.65
100m:	1:12.70	37.98	200m:	2:31.40	39.79	300m:	3:51.78	40.39	400m:	5:10.16	38.73
7. RODRIGUEZ LOPEZ, Elsa	11	C.N. Cuenca	<b>5:10.97</b>								
50m:	34.13	34.13	150m:	1:50.50	39.03	250m:	3:10.24	40.06	350m:	4:31.11	40.13
100m:	1:11.47	37.34	200m:	2:30.18	39.68	300m:	3:50.98	40.74	400m:	5:10.97	39.86
8. MEJIAS VELASCO, Maria	04	C.N. Alarcos Ciudad Real	<b>5:11.59</b>								
50m:	35.10	35.10	150m:	1:54.12	39.98	250m:	3:13.60	39.33	350m:	4:33.40	39.69
100m:	1:14.14	39.04	200m:	2:34.27	40.15	300m:	3:53.71	40.11	400m:	5:11.59	38.19
9. PERNIAS NARANJO, Isabel	12	C.N. Ciudad Real	<b>5:11.78</b>								
50m:	35.78	35.78	150m:	1:54.21	39.82	250m:	3:14.04	39.80	350m:	4:34.34	40.10
100m:	1:14.39	38.61	200m:	2:34.24	40.03	300m:	3:54.24	40.20	400m:	5:11.78	37.44
10. MORATA SOMOZAS, Dunia	13	C.N. Ciudad Real	<b>5:12.18</b>								
50m:	36.44	36.44	150m:	1:55.36	40.03	250m:	3:15.21	39.87	350m:	4:33.14	39.24
100m:	1:15.33	38.89	200m:	2:35.34	39.98	300m:	3:53.90	38.69	400m:	5:12.18	39.04
11. VALEAN ESCRIBANO, Estrella	11	C.N. Criptana Gigantes	<b>5:14.46</b>								
50m:	35.89	35.89	150m:	1:55.36	40.20	250m:	3:15.62	40.19	350m:	4:36.09	40.36
100m:	1:15.16	39.27	200m:	2:35.43	40.07	300m:	3:55.73	40.11	400m:	5:14.46	38.37
12. PECELLIN MACIAS, Paula	07	C.N. Ciudad Real	<b>5:15.12</b>								
50m:	34.98	34.98	150m:	1:51.52	38.75	250m:	3:11.76	40.49	350m:	4:34.65	41.54
100m:	1:12.77	37.79	200m:	2:31.27	39.75	300m:	3:53.11	41.35	400m:	5:15.12	40.47
13. POLO BASTANTE, Carmen Maria	12	Club Natacion Daimiel	<b>5:15.37</b>								
50m:	36.30	36.30	150m:	1:55.28	39.85	250m:	3:15.52	40.07	350m:	4:36.26	40.60
100m:	1:15.43	39.13	200m:	2:35.45	40.17	300m:	3:55.66	40.14	400m:	5:15.37	39.11
14. AGUIRRE MONTES DE OCA, Paula	09	C.D. Toledo Monteverde	<b>5:15.75</b>								
50m:	35.52	35.52	150m:	1:53.94	39.71	250m:	3:15.02	40.75	350m:	4:36.37	40.65
100m:	1:14.23	38.71	200m:	2:34.27	40.33	300m:	3:55.72	40.70	400m:	5:15.75	39.38

Comprometidos con la natación para toda la vida



Prueba 12, Fem., 400m Libre, Absoluto Femenino

Clasificación	AN		Tiempo			
15. PEÑA RODRÍGUEZ, María	13	C.D. Toledo Monteverde	<b>5:16.02</b>			
50m: 36.28 36.28	150m: 1:55.94	40.18	250m: 3:17.26	40.69	350m: 4:37.98	40.72
100m: 1:15.76 39.48	200m: 2:36.57	40.63	300m: 3:57.26	40.00	400m: 5:16.02	38.04
16. LOPEZ GALLEGO, Irene	09	C.P.N. La Roda	<b>5:21.11</b>			
50m: 34.76 34.76	150m: 1:53.26	40.00	250m: 3:15.97	41.70	350m: 4:39.88	42.11
100m: 1:13.26 38.50	200m: 2:34.27	41.01	300m: 3:57.77	41.80	400m: 5:21.11	41.23

