

1 - 1ª Jornada, 1ª sesión

24/10/2025

Prueba 4
24/10/2025

Fem., 400m Libre

Absoluto femenino
Resultados

Puntos: AQUA 2025

Clasificación	AN				Tiempo				AQUA	RT
1. DENBY, Kennedy Hope	05	C.N. Las Palmas			4:24.12	662	+0,88			
50m: 29.43 29.43	150m: 1:33.95	32.89	250m: 2:40.86	33.55	350m: 3:49.85	34.74				
100m: 1:01.06 31.63	200m: 2:07.31	33.36	300m: 3:15.11	34.25	400m: 4:24.12	34.27				
2. JAEN SERRA, Naira	08	C.D.N. Nadamas Santa Rosa			4:29.77	621	+0,81			
50m: 30.75 30.75	150m: 1:37.18	33.78	250m: 2:45.39	33.98	350m: 3:54.99	34.81				
100m: 1:03.40 32.65	200m: 2:11.41	34.23	300m: 3:20.18	34.79	400m: 4:29.77	34.78				
3. AGUIAR ESPINO, Olivia	09	C.N. Metropole			4:36.22	579	+0,97			
50m: 32.08 32.08	150m: 1:40.65	34.74	250m: 2:50.86	35.00	350m: 4:01.15	35.24				
100m: 1:05.91 33.83	200m: 2:15.86	35.21	300m: 3:25.91	35.05	400m: 4:36.22	35.07				
4. ULIBARRI SANCHEZ, Ines	09	C.N. Las Palmas			4:37.46	571	+0,85			
50m: 31.84 31.84	150m: 1:40.63	34.78	250m: 2:51.08	35.18	350m: 4:02.61	35.75				
100m: 1:05.85 34.01	200m: 2:15.90	35.27	300m: 3:26.86	35.78	400m: 4:37.46	34.85				
5. MEJIAS INGLOTT, Valeria	08	C.N. Las Palmas			4:37.98	568	+1,00			
50m: 31.99 31.99	150m: 1:40.57	34.67	250m: 2:51.31	35.61	350m: 4:02.84	35.72				
100m: 1:05.90 33.91	200m: 2:15.70	35.13	300m: 3:27.12	35.81	400m: 4:37.98	35.14				
6. BENITEZ BRITO, Ana	10	C.N. Metropole			4:40.67	552	+0,88			
50m: 31.90 31.90	150m: 1:40.70	34.73	250m: 2:51.67	35.68	350m: 4:04.82	36.88				
100m: 1:05.97 34.07	200m: 2:15.99	35.29	300m: 3:27.94	36.27	400m: 4:40.67	35.85				
7. SARMIENTO OJEDA, Andrea	12	C.N. Aguacan			4:42.78	539	+0,94			
50m: 32.30 32.30	150m: 1:42.74	35.63	250m: 2:54.88	36.01	350m: 4:07.72	36.49				
100m: 1:07.11 34.81	200m: 2:18.87	36.13	300m: 3:31.23	36.35	400m: 4:42.78	35.06				
8. EXPOSITO AFONSO, Maria	02	C.N. Teneteide			4:44.26	531	+0,87			
50m: 32.31 32.31	150m: 1:41.72	35.01	250m: 2:54.12	36.58	350m: 4:07.94	37.01				
100m: 1:06.71 34.40	200m: 2:17.54	35.82	300m: 3:30.93	36.81	400m: 4:44.26	36.32				
9. BELLO CODINA, Julia	08	C.N. Las Palmas			4:48.99	505	+0,92			
50m: 31.58 31.58	150m: 1:42.71	36.08	250m: 2:56.53	37.58	350m: 4:12.22	37.89				
100m: 1:06.63 35.05	200m: 2:18.95	36.24	300m: 3:34.33	37.80	400m: 4:48.99	36.77				
10. DELGADO HERNANDEZ, Nora	11	C.D.N. Nadamas Santa Rosa			4:49.61	502	+0,87			
50m: 31.81 31.81	150m: 1:41.89	35.74	250m: 2:56.31	37.47	350m: 4:11.10	37.57				
100m: 1:06.15 34.34	200m: 2:18.84	36.95	300m: 3:33.53	37.22	400m: 4:49.61	38.51				
11. DE CASTRO URQUIOLA, Helena	04	C.N. Aguacan			4:51.84	491	+1,01			
50m: 32.80 32.80	150m: 1:43.89	36.27	250m: 2:58.42	37.75	350m: 4:14.73	38.39				
100m: 1:07.62 34.82	200m: 2:20.67	36.78	300m: 3:36.34	37.92	400m: 4:51.84	37.11				
12. PISA, Maria Sofia	11	C.N. Metropole			4:52.56	487	+0,81			
50m: 32.63 32.63	150m: 1:44.57	36.61	250m: 2:59.62	37.77	350m: 4:14.98	38.12				
100m: 1:07.96 35.33	200m: 2:21.85	37.28	300m: 3:36.86	37.24	400m: 4:52.56	37.58				
13. PAMPIN ALVARADO, Sara	11	C.N. Metropole			4:54.89	476	+0,76			
50m: 32.35 32.35	150m: 1:45.50	37.27	250m: 3:02.21	38.24	350m: 4:17.75	37.57				
100m: 1:08.23 35.88	200m: 2:23.97	38.47	300m: 3:40.18	37.97	400m: 4:54.89	37.14				
14. SUAREZ MACIAS, Gabriela	09	C.N. Aguacan			4:57.05	465	+0,86			
50m: 32.49 32.49	150m: 1:45.05	36.87	250m: 3:01.12	38.33	350m: 4:18.81	38.58				
100m: 1:08.18 35.69	200m: 2:22.79	37.74	300m: 3:40.23	39.11	400m: 4:57.05	38.24				
15. ACOSTA GONZALEZ, Carolina	08	C.N. Teneteide			4:58.71	457	+0,78			
50m: 32.71 32.71	150m: 1:45.86	37.12	250m: 3:02.57	38.98	350m: 4:20.80	39.10				
100m: 1:08.74 36.03	200m: 2:23.59	37.73	300m: 3:41.70	39.13	400m: 4:58.71	37.91				
16. QUINTANA SUAREZ, Miriam	10	Club Deportivo Agaeterun			5:02.87	439	+1,01			
50m: 34.39 34.39	150m: 1:50.05	38.44	250m: 3:08.55	39.14	350m: 4:26.36	38.57				
100m: 1:11.61 37.22	200m: 2:29.41	39.36	300m: 3:47.79	39.24	400m: 5:02.87	36.51				

Prueba 4, Fem., 400m Libre, Absoluto femenino

Clasificación	AN				Tiempo				AQUA	RT
17. REINA LLAMAS, Arwen	08	C.N. Teneteide			5:02.88	439	+0,89			
50m: 32.98 32.98	150m: 1:47.85	38.68	250m: 3:06.37	39.51	350m: 4:25.37	39.10				
100m: 1:09.17 36.19	200m: 2:26.86	39.01	300m: 3:46.27	39.90	400m: 5:02.88	37.51				
18. HERRERA FIGUEIRAS, Tania	13	Esna Lanzarote			5:05.82	426	+0,81			
50m: 35.06 35.06	150m: 1:53.62	39.73	250m: 3:12.64	39.69	350m: 4:29.87	38.04				
100m: 1:13.89 38.83	200m: 2:32.95	39.33	300m: 3:51.83	39.19	400m: 5:05.82	35.95				
19. BRITO SANCHEZ, Maria	08	C.D. Tennis Valle De Aridane			5:07.28	420	+0,82			
50m: 33.60 33.60	150m: 1:49.97	38.79	250m: 3:08.76	39.43	350m: 4:28.31	39.53				
100m: 1:11.18 37.58	200m: 2:29.33	39.36	300m: 3:48.78	40.02	400m: 5:07.28	38.97				
20. JOVER RODRIGUEZ, Dacil	11	C.N. Metropole			5:07.55	419	+0,83			
50m: 35.26 35.26	150m: 1:51.82	38.71	250m: 3:09.95	39.27	350m: 4:28.55	39.43				
100m: 1:13.11 37.85	200m: 2:30.68	38.86	300m: 3:49.12	39.17	400m: 5:07.55	39.00				
21. PEREZ HERNANDEZ, Beatriz	09	C.D. Tennis Valle De Aridane			5:09.47	411	+0,89			
50m: 34.17 34.17	150m: 1:52.47	39.80	250m: 3:12.30	39.98	350m: 4:32.56	40.07				
100m: 1:12.67 38.50	200m: 2:32.32	39.85	300m: 3:52.49	40.19	400m: 5:09.47	36.91				
22. PERERA SOSA, Zayra	12	C.N. Aguacan			5:20.33	371	+0,88			
50m: 34.96 34.96	150m: 1:56.10	41.17	250m: 3:17.82	40.87	350m: 4:39.36	40.34				
100m: 1:14.93 39.97	200m: 2:36.95	40.85	300m: 3:59.02	41.20	400m: 5:20.33	40.97				
23. CEDRES ESPINOSA, Martina	09	Esna Lanzarote			5:30.35	338	+0,84			
50m: 36.58 36.58	150m: 1:57.13	40.87	250m: 3:21.48	42.51	350m: 4:47.41	43.20				
100m: 1:16.26 39.68	200m: 2:38.97	41.84	300m: 4:04.21	42.73	400m: 5:30.35	42.94				
Baja RUIZ REYES, Raquel	07	C.N. Las Palmas								