

Prueba 33  
14/12/2025

Fem., 400m Libre

12 - 18 años  
Resultados

Puntos: AQUA 2025

Clasificación					AN					Tiempo		AQUA	RT
Alevín femenino													
1.	HERRERA FIGUEIRAS, Tania				13	Esna Lanzarote					<b>5:01.05</b>	477	+0,81
	50m:	33.75	33.75	150m:	1:51.02	38.94	250m:	3:08.73	38.92	350m:	4:24.88	38.10	
	100m:	1:12.08	38.33	200m:	2:29.81	38.79	300m:	3:46.78	38.05	400m:	5:01.05	36.17	
2.	JIMENEZ ARTILES, Carla				13	C.N. Metropole					<b>5:17.88</b>	405	+1,93
	50m:	33.16	33.16	150m:	1:52.66	41.93	250m:	3:17.24	44.52	350m:	4:38.26	39.43	
	100m:	1:10.73	37.57	200m:	2:32.72	40.06	300m:	3:58.83	41.59	400m:	5:17.88	39.62	
3.	TOBAL FEBLES, Helena				13	C.D. Herbania					<b>5:24.51</b>	381	+0,86
	50m:	36.65	36.65	150m:	1:58.55	41.60	250m:	3:22.35	41.87	350m:	4:45.85	40.74	
	100m:	1:16.95	40.30	200m:	2:40.48	41.93	300m:	4:05.11	42.76	400m:	5:24.51	38.66	
4.	BALLI AL SOUFI DEL DIEGO, Suhayla				14	A.D. Santa Cruz					<b>5:26.25</b>	375	+0,80
	50m:	36.37	36.37	150m:	1:59.26	41.73	250m:	3:22.90	41.88	350m:	4:47.09	41.85	
	100m:	1:17.53	41.16	200m:	2:41.02	41.76	300m:	4:05.24	42.34	400m:	5:26.25	39.16	
5.	FERNANDEZ GUILLEN, Valentina				14	Esna Lanzarote					<b>5:35.02</b>	346	+0,89
	50m:	37.91	37.91	150m:	2:02.78	42.48	250m:	3:28.52	42.97	350m:	4:54.26	42.62	
	100m:	1:20.30	42.39	200m:	2:45.55	42.77	300m:	4:11.64	43.12	400m:	5:35.02	40.76	
6.	SIMON MIRANDA, Nora				13	C.N. Las Palmas					<b>5:35.70</b>	344	+0,76
	50m:	35.94	35.94	150m:	2:00.52	43.06	250m:	3:26.75	42.89	350m:	4:53.66	42.72	
	100m:	1:17.46	41.52	200m:	2:43.86	43.34	300m:	4:10.94	44.19	400m:	5:35.70	42.04	
7.	BENITEZ RIVERA, Itziar				14	C.N. Aguacan					<b>5:38.79</b>	335	+0,77
	50m:	37.62	37.62	150m:	2:02.16	42.42	250m:	3:29.39	44.14	350m:	4:58.01	45.06	
	100m:	1:19.74	42.12	200m:	2:45.25	43.09	300m:	4:12.95	43.56	400m:	5:38.79	40.78	
8.	HURTADO, Carla				14	C.B. Dominicas Vistabella					<b>5:43.25</b>	322	+0,83
	50m:	36.60	36.60	150m:	2:05.02	44.07	250m:	3:34.65	44.72	350m:	5:02.00	43.44	
	100m:	1:20.95	44.35	200m:	2:49.93	44.91	300m:	4:18.56	43.91	400m:	5:43.25	41.25	
9.	CABRERA DURAN, Clara				14	C.N. Metropole					<b>5:47.82</b>	309	+0,78
	50m:	35.87	35.87	150m:	2:03.65	45.64	250m:	3:34.87	45.99	350m:	5:04.71	44.51	
	100m:	1:18.01	42.14	200m:	2:48.88	45.23	300m:	4:20.20	45.33	400m:	5:47.82	43.11	
10.	MORON SANTANA, Marta				13	C.N. Metropole					<b>5:49.92</b>	304	+0,93
	50m:	37.77	37.77	150m:	2:07.16	45.64	250m:	3:38.41	45.84	350m:	5:07.66	44.86	
	100m:	1:21.52	43.75	200m:	2:52.57	45.41	300m:	4:22.80	44.39	400m:	5:49.92	42.26	
11.	GONZALEZ-NUEVO GONZALEZ, Maicæ				13	C.B. Dominicas Vistabella					<b>5:50.04</b>	304	+0,75
	50m:	38.88	38.88	150m:	2:08.93	45.32	250m:	3:40.08	45.49	350m:	5:09.99	43.24	
	100m:	1:23.61	44.73	200m:	2:54.59	45.66	300m:	4:26.75	46.67	400m:	5:50.04	40.05	
12.	ALEMAN MILLAN, Paula				14	C.N. Las Palmas					<b>5:50.24</b>	303	+0,76
	50m:	38.62	38.62	150m:	2:07.74	44.63	250m:	3:37.94	44.85	350m:	5:08.03	44.64	
	100m:	1:23.11	44.49	200m:	2:53.09	45.35	300m:	4:23.39	45.45	400m:	5:50.24	42.21	
13.	ALDAY MEILI, Julieta				13	C.N. Martianez Coral Hotels					<b>5:58.50</b>	283	+1,01
	50m:	39.27	39.27	150m:	2:09.95	46.20	250m:	3:41.96	46.34	350m:	5:15.41	46.52	
	100m:	1:23.75	44.48	200m:	2:55.62	45.67	300m:	4:28.89	46.93	400m:	5:58.50	43.09	
Baja	ENSELL ULE, Leire				13	C.B. Dominicas Vistabella							
Baja	UHEROVA DIAZ MASA, Ivana				14	C.D. N. Bentacu-Laguna							

Prueba 33, Fem., 400m Libre

Infantil Femenino

1.	SARMIENTO OJEDA, Andrea	12	C.N. Aguacan	<b>4:48.14</b>	545	+0,85
	50m: 31.61 31.61 150m: 1:44.08 36.31 250m: 2:58.15 36.48 350m: 4:12.94 36.50					
	100m: 1:07.77 36.16 200m: 2:21.67 37.59 300m: 3:36.44 38.29 400m: 4:48.14 35.20					
2.	PISA, Maria Sofia	11	C.N. Metropole	<b>4:50.32</b>	532	+0,80
	50m: 32.82 32.82 150m: 1:46.41 37.11 250m: 3:01.35 37.11 350m: 4:15.98 37.02					
	100m: 1:09.30 36.48 200m: 2:24.24 37.83 300m: 3:38.96 37.61 400m: 4:50.32 34.34					
3.	PEREZ LOPEZ, Katia	12	C.D.N. Nadamas Santa Rosa	<b>4:50.37</b>	532	+0,87
	50m: 32.80 32.80 150m: 1:45.42 36.40 250m: 2:59.93 37.37 350m: 4:14.70 37.25					
	100m: 1:09.02 36.22 200m: 2:22.56 37.14 300m: 3:37.45 37.52 400m: 4:50.37 35.67					
4.	DELGADO HERNANDEZ, Nora	11	C.D.N. Nadamas Santa Rosa	<b>5:01.77</b>	474	+0,82
	50m: 32.62 32.62 150m: 1:47.09 37.99 250m: 3:05.53 39.42 350m: 4:23.48 38.66					
	100m: 1:09.10 36.48 200m: 2:26.11 39.02 300m: 3:44.82 39.29 400m: 5:01.77 38.29					
5.	RUIZ REYES, Carla	12	C.N. Las Palmas	<b>5:04.16</b>	463	+0,76
	50m: 34.58 34.58 150m: 1:52.32 39.25 250m: 3:10.19 38.57 350m: 4:27.16 37.97					
	100m: 1:13.07 38.49 200m: 2:31.62 39.30 300m: 3:49.19 39.00 400m: 5:04.16 37.00					
6.	PAMPIN ALVARADO, Sara	11	C.N. Metropole	<b>5:04.53</b>	461	+0,75
	50m: 32.80 32.80 150m: 1:49.54 39.37 250m: 3:08.77 39.96 350m: 4:27.63 39.19					
	100m: 1:10.17 37.37 200m: 2:28.81 39.27 300m: 3:48.44 39.67 400m: 5:04.53 36.90					
7.	RAMOS GARAY, Andrea	12	C.N. Teneteide	<b>5:06.72</b>	451	+0,82
	50m: 34.86 34.86 150m: 1:52.18 38.76 250m: 3:10.68 38.98 350m: 4:28.40 37.75					
	100m: 1:13.42 38.56 200m: 2:31.70 39.52 300m: 3:50.65 39.97 400m: 5:06.72 38.32					
8.	JORGE FUENTES, Carla	11	C.N. Metropole	<b>5:09.71</b>	438	+0,86
	50m: 34.58 34.58 150m: 1:52.29 39.21 250m: 3:11.48 39.31 350m: 4:31.73 39.91					
	100m: 1:13.08 38.50 200m: 2:32.17 39.88 300m: 3:51.82 40.34 400m: 5:09.71 37.98					
9.	MOURE GAO, Natalia	11	C.N. Los Cristianos	<b>5:11.10</b>	433	+0,86
	50m: 34.51 34.51 150m: 1:52.20 39.30 250m: 3:12.02 39.34 350m: 4:31.81 39.70					
	100m: 1:12.90 38.39 200m: 2:32.68 40.48 300m: 3:52.11 40.09 400m: 5:11.10 39.29					
10.	RODRIGUEZ DIAZ, Maria	11	C.N. Teneteide	<b>5:12.64</b>	426	+0,80
	50m: 34.42 34.42 150m: 1:53.49 40.21 250m: 3:13.65 39.87 350m: 4:33.92 40.10					
	100m: 1:13.28 38.86 200m: 2:33.78 40.29 300m: 3:53.82 40.17 400m: 5:12.64 38.72					
11.	MARTIN MARTIN, Nerea	11	C.D. Nonadamos	<b>5:13.58</b>	422	+0,71
	50m: 34.11 34.11 150m: 1:54.20 41.22 250m: 3:17.16 41.29 350m: 4:37.80 40.10					
	100m: 1:12.98 38.87 200m: 2:35.87 41.67 300m: 3:57.70 40.54 400m: 5:13.58 35.78					
12.	DIAZ ALVAREZ, Valeria	12	C.N. Martianez Coral Hotels	<b>5:16.52</b>	411	+1,23
	50m: 33.29 33.29 150m: 1:54.78 40.89 250m: 3:16.62 41.06 350m: 4:38.24 40.80					
	100m: 1:13.89 40.60 200m: 2:35.56 40.78 300m: 3:57.44 40.82 400m: 5:16.52 38.28					
13.	JOVER RODRIGUEZ, Dacil	11	C.N. Metropole	<b>5:17.17</b>	408	+0,82
	50m: 35.99 35.99 150m: 1:54.32 39.68 250m: 3:15.83 40.98 350m: 4:37.23 40.46					
	100m: 1:14.64 38.65 200m: 2:34.85 40.53 300m: 3:56.77 40.94 400m: 5:17.17 39.94					
14.	GONZALEZ BELON, Elena	12	C.N. Metropole	<b>5:22.08</b>	390	+0,74
	50m: 34.74 34.74 150m: 1:55.18 40.75 250m: 3:18.43 41.56 350m: 4:41.69 42.22					
	100m: 1:14.43 39.69 200m: 2:36.87 41.69 300m: 3:59.47 41.04 400m: 5:22.08 40.39					
15.	GOMEZ RODRIGUEZ, Alba	11	C.N. Aguacan	<b>5:35.52</b>	345	+0,91
	50m: 36.74 36.74 150m: 1:58.77 41.89 250m: 3:24.64 43.26 350m: 4:53.04 44.28					
	100m: 1:16.88 40.14 200m: 2:41.38 42.61 300m: 4:08.76 44.12 400m: 5:35.52 42.48					

Prueba 33, Fem., 400m Libre, Infantil Femenino

Clasificación	AN										Tiempo	AQUA	RT	
16.	NASSEREDDINE MESA, Nara					11	C.B. Dominicas Vistabella					<b>5:37.45</b>	339	+0,84
	50m:	37.04	37.04	150m:	2:02.17	43.57	250m:	3:31.28	44.37	350m:	4:57.58	42.43		
	100m:	1:18.60	41.56	200m:	2:46.91	44.74	300m:	4:15.15	43.87	400m:	5:37.45	39.87		

Junior Femenino

1.	JAEN SERRA, Naira			08	C.D.N. Nadamas Santa Rosa					4:35.39	624	+0,73
	50m:	31.45	31.45	150m:	1:40.16	34.66	250m:	2:49.72	34.92	350m:	4:01.03	35.42
	100m:	1:05.50	34.05	200m:	2:14.80	34.64	300m:	3:25.61	35.89	400m:	4:35.39	34.36
2.	AGUIAR ESPINO, Olivia			09	C.N. Metropole					4:35.98	620	+0,81
	50m:	31.75	31.75	150m:	1:41.40	35.05	250m:	2:52.51	35.45	350m:	4:03.20	34.85
	100m:	1:06.35	34.60	200m:	2:17.06	35.66	300m:	3:28.35	35.84	400m:	4:35.98	32.78
3.	MEJIAS INGLOTT, Valeria			08	C.N. Las Palmas					4:46.40	555	+0,86
	50m:	31.84	31.84	150m:	1:43.38	36.17	250m:	2:56.75	36.52	350m:	4:11.29	37.23
	100m:	1:07.21	35.37	200m:	2:20.23	36.85	300m:	3:34.06	37.31	400m:	4:46.40	35.11
4.	BENITEZ BRITO, Ana			10	C.N. Metropole					4:47.60	548	+0,81
	50m:	32.09	32.09	150m:	1:43.78	36.09	250m:	2:57.04	36.46	350m:	4:11.62	37.13
	100m:	1:07.69	35.60	200m:	2:20.58	36.80	300m:	3:34.49	37.45	400m:	4:47.60	35.98
5.	SUAREZ MACIAS, Gabriela			09	C.N. Aguacan					5:00.98	478	+0,80
	50m:	33.31	33.31	150m:	1:48.43	37.66	250m:	3:05.89	38.46	350m:	4:23.30	38.90
	100m:	1:10.77	37.46	200m:	2:27.43	39.00	300m:	3:44.40	38.51	400m:	5:00.98	37.68
6.	QUINTANA SUAREZ, Miriam			10	Club Deportivo Agaeterun					5:01.38	476	+0,78
	50m:	34.35	34.35	150m:	1:49.72	38.11	250m:	3:07.27	38.31	350m:	4:24.35	38.00
	100m:	1:11.61	37.26	200m:	2:28.96	39.24	300m:	3:46.35	39.08	400m:	5:01.38	37.03
7.	LOPEZ SOSA, Carla			09	Cn.Salinas Sta.Lucia					5:04.62	461	+0,83
	50m:	33.79	33.79	150m:	1:49.76	38.63	250m:	3:08.00	39.44	350m:	4:27.13	39.49
	100m:	1:11.13	37.34	200m:	2:28.56	38.80	300m:	3:47.64	39.64	400m:	5:04.62	37.49
8.	DUQUE BROUARD, Elena			10	C.B. Dominicas Vistabella					5:07.41	448	+0,87
	50m:	34.32	34.32	150m:	1:50.57	38.83	250m:	3:09.08	39.47	350m:	4:28.13	39.71
	100m:	1:11.74	37.42	200m:	2:29.61	39.04	300m:	3:48.42	39.34	400m:	5:07.41	39.28
9.	PEREZ LOPEZ, Naira			09	C.D.N. Nadamas Santa Rosa					5:12.86	425	+0,79
	50m:	34.96	34.96	150m:	1:51.96	38.91	250m:	3:11.58	39.84	350m:	4:32.83	40.77
	100m:	1:13.05	38.09	200m:	2:31.74	39.78	300m:	3:52.06	40.48	400m:	5:12.86	40.03
10.	BRITO SANCHEZ, Maria			08	C.D. Tenis Valle De Aridane					5:22.26	389	+0,77
	50m:	35.01	35.01	150m:	1:54.45	40.97	250m:	3:17.01	41.83	350m:	4:41.19	41.86
	100m:	1:13.48	38.47	200m:	2:35.18	40.73	300m:	3:59.33	42.32	400m:	5:22.26	41.07
11.	NARANJO NOVAL, Lucia			10	C.D. Herbania					5:39.30	333	+1,95
	50m:	36.96	36.96	150m:	2:02.91	43.57	250m:	3:30.34	43.84	350m:	4:57.08	42.71
	100m:	1:19.34	42.38	200m:	2:46.50	43.59	300m:	4:14.37	44.03	400m:	5:39.30	42.22
NP	ULIBARRI SANCHEZ, Ines			09	C.N. Las Palmas							